

# Swim Lesson Schedule— April-June 2024

Registration begins at 7 a.m. on Wednesday, March 27

**Firstenburg Pool** 700 NE 136th Ave. | 360-487-7001  
Average Pool Temperature: 86-87° F (8\* or 9 lessons per session, 30 min)

	Mondays, Apr. 8—June 3*				Wednesdays, April 10—June 5			
Levels	9:30am	10:05am	10:40am	11:15am	9:30am	10:05am	10:40am	11:15am
Parent-n-Tot				28086				
Pre-Level 1	28288							
Pre-Level 2		28090						
Pre-Level 3								28092
Level 1							28077	
Level 2						28079		
Private Lesson			28073		28512			

**Marshall Pool** 1009 E. McLoughlin Blvd. | 360-487-7100  
Average Pool Temperature: 84-86° F (8\* or 9 lessons per session, 30 min)

	Tuesdays, Apr. 9—June 4				Thursdays, Apr. 11—June 6			
Levels	9:30am	10:05am	10:40am	11:15am	9:30am	10:05am	10:40am	11:15am
Parent-n-Tot				28087				
Pre-Level 1	28556					28089		
Pre-Level 2		28559					28091	
Pre-Level 3			28093					
Level 1								
Level 2								
Private Lesson					28074			28543

	Tuesdays, Apr. 9—June 4				Thursdays, Apr. 11—June 6			
Levels	4pm	4:35pm	5:10pm	5:45pm	4pm	4:35pm	5:10pm	5:45pm
Parent-n-Tot		28513					28514	
Pre-Level 1	28515		28516	28517	28518		28519	
Pre-Level 2	28520			28521	28522	28523	28524	
Pre-Level 3		28525		28526				28527
Level 1	28528	28529			28530	28531		28532
Level 2	28533		28534			28535		28536
Level 3			28281			28537		28538
Level 4								
Level 5								
Level 6								
Adult Beginner				28075			28539	
Adult Stroke Imp.								
Private Lesson		28540	28541		28542			

	Mondays, Apr. 8—June 3*				Wednesdays, April 10—June 5			
Levels	4pm	4:35pm	5:10pm	5:45pm	4pm	4:35pm	5:10pm	5:45pm
Parent-n-Tot				28544				28545
Pre-Level 1	28558				28557			
Pre-Level 2	28560	28561			28562			
Pre-Level 3						28563		
Level 1		28078	28546		28548	28547		
Level 2		28080				28549		28550
Level 3			28082	28551			28552	
Level 4				28083			28553	
Level 5			28084				28554	
Level 6								
Adult Beginner								
Adult Stroke Imp.								28076
Private Lesson	28555							

**\*No class May 27**

**Group Session Fees:** 8 lessons \$88/\$100, 9 lessons \$99/\$113

**Private Lesson Fees:** 8 lessons \$314/\$359, 9 lessons \$353/\$404

## **YOUTH SWIM LESSONS**

Students pass to the next pre-level or level class unless otherwise noted.

### **Parent-n-Tot | Ages 6 months-3 years**

Includes water orientation for a child 6 months to 3 years old with a parent. You'll assist your child in basic swimming and safety skills. Non toilet-trained children must wear an elasticized diaper.

### **Pre-Level 1 | Ages 3-5**

The starting point for ages 3-5. Students will adjust to the water and become comfortable putting their faces in.

### **Pre-Level 2 | Ages 3-5**

For children who have completed Pre-Level 1 or are comfortable putting their face under water. Students will progress to swimming on their back and stomach independently and rolling over from side to side.

### **Pre-Level 3 | Ages 3-5**

For children who have completed Pre-Level 2 or are able to swim on their back and stomach independently. Students will progress to moving through the water with arm-strokes and kicking in preparation for side-breathing. Students pass to Level 3 regardless of age; registration for Level 3 must be completed in-person or by phone to override the age requirement.

### **Level 1 | Ages 6-12**

The starting point for ages 6 and older. Students will get comfortable in the water and progress to rolling over and swimming on their front and back independently.

### **Level 2 | Ages 6-12**

For children who have completed Level 1 or are able to swim comfortably on their front and back without instructor assistance. Students will progress to using combined arm and leg action independently with their face in the water.

### **Level 3 | Ages 6-12**

For children who have completed Level 2 or are able to swim the front crawl and back glide strokes independently. Students will progress to swimming 25 yards of front crawl with side breathing and 25 yards of elementary backstroke without instructor assistance.

### **Level 4 | Ages 6-12**

For children who have completed Level 3 or are able to swim 25 yards of front crawl with side breathing and 25 yards of elementary backstroke. Students will refine front crawl and elementary backstroke skills and learn breaststroke.

### **Level 5 | Ages 6-14**

For children who have passed Level 4 or are able to swim 25 yards of front crawl and elementary backstroke. Students will progress to swimming 50 yards of front crawl and elementary backstroke, and 25 yards of backstroke and breaststroke.

### **Level 6 | Ages 6-14**

For children who have passed Level 5 or are able to swim 50 yards front crawl and elementary backstroke, and 25 yards breaststroke and backstroke. Students will refine all 6 strokes, learn conditioning skills, complete a 500 yard swim and 5 minutes of treading water. Level 6 may be repeated for continued skill enhancement and endurance.

## **ADULT SWIM LESSONS:**

### **Adult Beginner | Ages 13+**

Basic swimming and safety skills for the adult beginner. Pass to Adult Intermediate.

### **Adult Intermediate | Ages 13+**

Continued water orientation. Begin swimming longer distances with and introduction to the breaststroke and endurance work. Pass to Adult Stroke Improvement.

### **Adult Stroke Improvement | Ages 13+**

Increase stroke efficiency. Work on long distance swimming, stroke refinement and endurance.

### **Private Lessons | Ages 3+**

Private lessons provide 1-on-1 instruction. Lessons are tailored to fit the student's goals.



**VISIT** [cityofvancouver.us/SwimLessons](https://cityofvancouver.us/SwimLessons)