

# Swim Lesson Schedule November/December 2024

Registration begins at 7 a.m. on Wed., Oct. 23 for residents and on Thurs., Oct. 24 for non-residents

**Firstenburg Pool**  
700 NE 136th Ave. | 360-487-7001

Average Pool Temperature: 86-87° F  
(7 lessons per session, 30 min.)

Levels	Tuesdays, Nov. 5—Dec. 17			
	4pm	4:35pm	5:10pm	5:45pm
Parent-n-Tot			29105	
Pre-Level 1	29087		29106	29107
Pre-Level 2	29089			29111
Pre-Level 3	29091		29114	
Level 1	29076	29094	29095	
Level 2		29078		29099
Level 3		29080		29102
Level 4				
Level 5				
Level 6				
Adult Beginner		29074		
Adult Stroke Imp.				

Levels	Thursdays, Nov. 7—Dec. 19*			
	4pm	4:35pm	5:10pm	5:45pm
Parent-n-Tot		29085		
Pre-Level 1	29108	29109		29110
Pre-Level 2	29112			29113
Pre-Level 3		29115		29116
Level 1		29096	29097	29098
Level 2	29100		29101	
Level 3	29103		29104	
Level 4				
Level 5				
Level 6				
Adult Beginner			29093	
Adult Stroke Imp.				

**Marshall Pool**  
1009 E. McLoughlin Blvd. | 360-487-7100

Average Pool Temperature: 84-86° F  
(7 lessons per session, 30 min.)

Levels	Mondays, Nov. 4—Dec. 16*			
	4pm	4:35pm	5:10pm	5:45pm
Parent-n-Tot			29086	
Pre-Level 1			29088	
Pre-Level 2			29090	
Pre-Level 3				
Level 1	29077			29117
Level 2	29079	29120		29121
Level 3	29081			
Level 4		29082		
Level 5				
Level 6		29084		
Adult Beginner				
Adult Stroke Imp.				29075

Levels	Wednesdays, Nov. 6—Dec. 18			
	4pm	4:35pm	5:10pm	5:45pm
Parent-n-Tot			29127	
Pre-Level 1	29128			
Pre-Level 2	29129			
Pre-Level 3	29092			
Level 1		29118	29119	
Level 2		29122		29123
Level 3		29124		29125
Level 4				29126
Level 5			29083	
Level 6				
Adult Beginner				
Adult Stroke Imp.				

**Group Session Fees:** 6 lessons \$66/\$75 or 7 lessons \$77/\$88

\*No lessons on Nov. 11 or 28

## 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](http://cityofvancouver.us/SwimLessons)