

Swim Lesson Schedule September/October 2024

Registration begins at 7 a.m. on Wed., Aug. 28 for residents and on Thurs., Aug. 29 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, Sept. 10—Oct. 22			
	4pm	4:35pm	5:10pm	5:45pm
Parent-n-Tot			28953	
Pre-Level 1	28955		29062	29063
Pre-Level 2	28957			29067
Pre-Level 3	28959		29070	
Level 1	28945	29050	29051	
Level 2		28947		29055
Level 3		28949		29058
Level 4				
Level 5				
Level 6				
Adult Beginner		28943		
Adult Stroke Imp.				

Levels	Thursdays, Sept. 12—Oct. 24			
	4pm	4:35pm	5:10pm	5:45pm
Parent-n-Tot		29061		
Pre-Level 1	29064	29065		29066
Pre-Level 2	29068			29069
Pre-Level 3		29071		29072
Level 1		29052	29053	29054
Level 2	29056		29057	
Level 3	29059		29060	
Level 4				
Level 5				
Level 6				
Adult Beginner			29049	
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, Sept. 9—Oct. 21			
	4pm	4:35pm	5:10pm	5:45pm
Parent-n-Tot			28954	
Pre-Level 1			28956	
Pre-Level 2			28958	
Pre-Level 3				
Level 1	28946			29036
Level 2	28948	29039		29040
Level 3	28950			
Level 4		28951		
Level 5				
Level 6		29073		
Adult Beginner				
Adult Stroke Imp.				28944

Levels	Wednesdays, Sept. 11—Oct. 23			
	4pm	4:35pm	5:10pm	5:45pm
Parent-n-Tot			29046	
Pre-Level 1	29047			
Pre-Level 2	29048			
Pre-Level 3	28960			
Level 1		29037	29038	
Level 2		29041		29042
Level 3		29043		29044
Level 4				29045
Level 5			28952	
Level 6				
Adult Beginner				
Adult Stroke Imp.				

Group Session Fees: 7 lessons \$77/\$88

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.



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