

Firstenburg Pool Schedule | August 31 – December 19, 2026

700 NE 136th Ave., Vancouver WA 98684 | Average Temperatures: Pool 85-86° | Spa 99-101°

Non-member daily drop-in fees: Age 0-3 (\$4/\$5); Age 4-18 (\$7/\$9); Age 19-64 (\$11/\$14); Age 65+ (\$8/\$10)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim/ Individual Exercise 8am-5pm	Lap Swim/ Individual Exercise 8am-2pm	Lap Swim/ Individual Exercise 8am-12pm 1:30-5pm	Lap Swim/ Individual Exercise 8-2pm	Lap Swim/ Individual Exercise 8-11:30am 1-4pm	Lap Swim/ Individual Exercise 9-10am 2 lap swim lanes
Tai Chi 8:05-8:55am JermeY	Upbeat Aqua 8:05-8:55am Jen	Upbeat Aqua 8:05-8:55am Self-Directed	Upbeat Aqua 8:05-8:55am Jen	Aqua Synergy 8:05-8:55am Susan	Family Swim 9-10am
Aqua Strength 9-9:50am JermeY	Aqua Fusion 9-9:50am JermeY	Pool Party 9-9:50am Susan	Aqua Synergy 9-9:50am Jen	Pool Party 9-9:50am Kristen	Public Swim 10:15-11:15am Entry bands 30 min. prior
Swim Lessons 9:30-11:45am Registration required	Aqua Play 11am-12pm	Swim Lessons 9:30-11:45am Registration required	Access to Recreation 12:30-1:30pm Registration required	Waterworks 10:05-11am Harley Starting 7/10	Public Swim 11:45am-12:45pm Entry bands 30 min. prior
Aqua Play 12:15-1:15pm	Lap Swim/ Individual Exercise 8am-2pm	Family/Homeschool Swim 12:15-1:15pm Entry bands 30 min. prior	Lap Swim/ Individual Exercise 8am-2pm	Family/Homeschool Swim 11:45-12:45pm Entry bands 30 min. prior	Public Swim 1-2pm Entry bands 30 min. prior
Lap Swim/ Individual Exercise 8am-5pm	Pool and Spa Closed 2-4pm	Lap Swim/ Individual Exercise 2-5pm	Pool and Spa Closed 2-4pm	Lap Swim/ Individual Exercise 1-4pm	Public Swim 2:30-3:30pm Entry bands 30 min. prior
Zumba 4:05-5pm Angela	Swim Lessons 4-6:15pm Registration required	Zumba 4:05-5pm Angela	Swim Lessons 4-6:15pm Registration required	Swim Lessons 1-3:15pm Registration required	
Public Swim 5:15-6:15pm Entry bands 30 min. prior		Public Swim 5:15-6:15pm Entry bands 30 min. prior		Public Swim 4:15-5:15pm Entry bands 30 min. prior	Public Swim 3:45-4:45pm Entry bands 30 min. prior
Public Swim 6:30-7:30pm Entry bands 30min. prior	Public Swim 6:30-7:30pm Entry bands 30 min. prior	Public Swim 6:30-7:30pm Entry bands 30 min. prior	Public Swim 6:30-7:30pm Entry bands 30 min. prior	Public Swim 5:30-6:30pm Entry bands 30 min. prior	
FCC Hours 6am-8pm	FCC Hours 6am-8pm	FCC Hours 6am-8pm	FCC Hours 6am-8pm	FCC Hours 6am-7pm	FCC Hours 8am-5pm

Schedules subject to change. Visit cityofvancouver.us/schedules for holiday hours and inclement weather information.

Swim Rules and Notes

- One public swim session allowed per day.
- Participants must be 13 years of age or older to attend aquatic fitness classes.
- Any fitness class with no sub scheduled will be moved to self-directed for the day.
- Equipment is provided for all classes.
- Children age 6 and under must always be within arm's reach of an adult, with or without a life jacket.
- Swim diapers and plastic pants are required for all children 3 and under and non-toilet trained patrons. They are available to purchase at the front desk.

Swim Lessons: harley.hogan@cityofvancouver.us

Other Pool Questions: taylor.kilmer@cityofvancouver.us

- Keep your valuables safe by using the lockers provided. Bring your own or buy one at the front desk. Firstenberg Community Center is not responsible for lost or stolen items.
- Self-directed workouts may be substituted for any water exercise if an instructor is not available.
- Swim caps, goggles, ear plugs, ear covers, wave gloves, and locks are available to purchase at the front desk.

Swim and Class Descriptions

Access to Recreation (ATR) Class: Registration-based class for people with disabilities. Participants practice shallow water movement, stretching, aerobics, and water play to encourage full range of motion, coordination, and socialization. This class will use adaptive equipment under the guidance of experienced staff with lifeguards on duty.

Aqua Fusion: A moderate intensity class with a focus on form and functional movements to help build strength, flexibility, and balance. Part energy and part chill. Match your efforts to whatever your body needs each time you come to class.

Aqua Play: Parents, bring your children 6 and under for non-instructed water play time! The slide and water feature may not be turned on due to other programming in the pool. Children must be always accompanied in the water by a parent or guardian and in arm's reach.

Aqua Strength: Moderate intensity, strength and balance training for the major movements of the body.

Aqua Synergy: Designed with students who prefer moderate intensity cardio in mind. This class is structured to be easy to follow with distinct warm up, cardio, strength, balance, and flexibility segments. Moderate intensity that is easily modified to fit individual needs.

Family/Homeschool Swim: The entire pool and slide area are open/available for use. The slide may be turned off at designated times during the swim. Families or children 16 and older. Children 15 and under must be accompanied in the water by a parent or guardian. Children under the age of 7 must be always accompanied in the water by a parent or guardian and in arm's reach.

Individual Exercise: Exercising on your own in areas not being used by classes. Water walking and Individual Exercise is available in lap swimming areas based on current programming. Please refer to signs posted near lap lanes. Must be 13+.

Lap Swim: For all skills and abilities who wish to swim laps to improve or maintain fitness and health (ages 13+).

Pool Party: This class uses a mixture of moves including cardio, strength, flexibility and balance. If you are looking for a full body workout, this is the class for you!

Public Swim: The entire pool and slide area are open/available for use. Children under the age of 7 must be always accompanied in the water by a parent or guardian and within arm's reach. The slide may be turned off at designated times during the swim. You may check in at the front desk to purchase (free for members) an entry swim band 30 min prior to the start of the swim. Bands are limited to ensure a safe number of swimmers in the pool for each session.

Spa: The spa is available for use to ages 16+.

Swim Lessons: During swim lessons, the pool is closed to public swimming. To register for swim lessons, visit cityofvancouver.us/SwimLessons, or stop by the front desk.

Tai Chi: Increase your flexibility, improve your balance and strengthen your core.

Upbeat Aqua: Level up your fun with this music driven, upbeat aqua class. A variety of methods are used including intervals, strength training, kickboxing moves, and challenging wall work. Moderate to high intensity.

Water Features: Water features such as the slide, river, sprays or jets can be turned off at any time at the discretion of the lifeguards.

Waterworks: Do you want to move water and get a great workout? Then come push and pull water and move in all directions to fun music while having a great time! Exercises are shown with options to help everyone have a safe and effective workout!

Zumba: Ditch the workout, join the party! Unique and creative Latin movement. Great Fun. All levels!