

Swim Lesson Schedule— Jan./Feb. 2025

Registration begins at 7 a.m. on Wed., Dec. 18 for residents and at 7 a.m. on Thurs., Dec. 19 for non-residents

Firstenburg Pool 700 NE 136th Ave. | 360-487-7001
Average Pool Temperature: 86-87° F (6* or 7 lessons per session, 30 min)

Marshall Pool 1009 E. McLoughlin Blvd. | 360-487-7100
Average Pool Temperature: 84-86° F (6* or 7 lessons per session, 30 min)

	Mondays, Jan. 6—Feb. 10*				Wednesdays, Jan. 8—Feb. 19			
Levels	9:30am	10:05am	10:40am	11:15am	9:30am	10:05am	10:40am	11:15am
Parent-n-Tot			29483				29623	
Pre-Level 1	29484				29626			29627
Pre-Level 2	29485	29634			29635	29636		
Pre-Level 3			29486	29641			29642	
Level 1		29480		29608		29609		
Level 2								29481
Level 3								

	Tuesdays, Jan. 7—Feb. 18				Thursdays, Jan. 9—Feb. 20			
Levels	9:30am	10:05am	10:40am	11:15am	9:30am	10:05am	10:40am	11:15am
Parent-n-Tot				29597				29598
Pre-Level 1	29495						29599	
Pre-Level 2		29496				29602		
Pre-Level 3			29606					
Level 1					29589			
Level 2								
Level 3								

	Tuesdays, Jan. 7—Feb. 18				Thursdays, Jan. 9—Feb. 20			
Levels	4pm	4:35pm	5:10pm	5:45pm	4pm	4:35pm	5:10pm	5:45pm
Parent-n-Tot			29624			29625		
Pre-Level 1	29628		29629	29630	29631	29632		29633
Pre-Level 2	29637			29638	29639			29640
Pre-Level 3	29643		29644			29645		29646
Level 1	29610	29611	29612			29613	29614	29615
Level 2		29616		29617	29618		29619	
Level 3		29482		29620	29621		29622	
Level 4								
Level 5								
Level 6								
Adult Beginner		29479					29607	
Adult Stroke Imp.								

	Mondays, Jan. 6—Feb. 10*				Wednesdays, Jan. 8—Feb. 19			
Levels	4pm	4:35pm	5:10pm	5:45pm	4pm	4:35pm	5:10pm	5:45pm
Parent-n-Tot			29494				29596	
Pre-Level 1		29601			29600			
Pre-Level 2		29604			29603			
Pre-Level 3		29497			29605			
Level 1	29488		29586			29587	29588	
Level 2	29489			29590		29591		29592
Level 3	29490					29593		29594
Level 4				29491				29595
Level 5							29492	
Level 6				29493				
Adult Beginner								
Adult Stroke Imp.			29487					

*No lessons on Jan. 20

Group Session Fees: 5 lessons \$60/\$80 or 7 lessons \$84/\$112

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.

NEW IN 2025: RESIDENCY VERIFICATION

Vancouver resident benefits are provided automatically based on the contact information in your free ActiveNetwork registration account.

To verify your address in an existing account or open a new account, visit the customer service desk or cityofvancouver.us/recreation-fees.



VISIT cityofvancouver.us/SwimLessons