



**Firstenberg
Community Center**

Firstenberg Pool Schedule

700 NE 136th Ave, Vancouver, WA 98684

June 23 — July 19, 2025

Average Temperatures: Pool 85-86°F | Spa 99-101°F

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim/ Individual Exercise 8 a.m.–12 p.m. 4–5 p.m.	Lap Swim/ Individual Exercise 8–10:45 a.m.	Lap Swim/ Individual Exercise 8 a.m.–12 p.m. 4–5 p.m.	Lap Swim/ Individual Exercise 8–10:45 a.m.	Lap Swim/ Individual Exercise 8–11:15 a.m. 3–4 p.m.	
8:05–8:55 a.m. Tai Chi Jeremy	8:05–8:55 a.m. Upbeat Aqua Jen	8:05–8:55 a.m. Upbeat Aqua Jen	8:05–8:55 a.m. Upbeat Aqua Jen	8:05–8:55 a.m. Aqua Synergy Jeannie	9–10 a.m. Public Swim <i>entry swim bands available 30 min. prior</i>
9–9:50 a.m. Pool Party Andrea	9:15–10:15 a.m. Aqua Fusion Loralee	9–9:50 a.m. Pool Party Andrea	9:15–10:15 a.m. Aqua Synergy Jen	9–9:50 a.m. Pool Party Frank	10:15–11:15 a.m. Public Swim <i>entry swim bands available 30 min. prior</i>
8 a.m.–12 p.m. Individual Exercise	8 a.m.–10:45 a.m. Individual Exercise	8 a.m.–12 p.m. Individual Exercise	8 a.m.–10:45 a.m. Individual Exercise	8 a.m.–11:15 a.m. Individual Exercise	11:45 a.m.–12:45 p.m. Public Swim <i>entry swim bands available 30 min. prior</i>
9:30–11:45 a.m. Swim Lessons <i>registration required</i>	11 a.m.–12 p.m. Public Swim <i>entry swim bands available 30 min. prior</i>	9:30–11:45 a.m. Swim Lessons <i>registration required</i>	11 a.m.–12 p.m. Day Camp Only <i>registration required</i>	10:05–11 a.m. Waterworks Frank	1–2 p.m. Public Swim <i>entry swim bands available 30 min. prior</i>
12:15–1:15 p.m. Public Swim <i>entry swim bands available 30 min. prior</i>	12:15–1:15 p.m. Public Swim <i>entry swim bands available 30 min. prior</i>	12:15–1:15 p.m. Public Swim <i>entry swim bands available 30 min. prior</i>	12:15–1:15 p.m. Public Swim <i>entry swim bands available 30 min. prior</i>	11:30 a.m.–12:30 p.m. Public Swim <i>entry swim bands available 30 min. prior</i>	2:30–3:30 p.m. Public Swim <i>entry swim bands available 30 min. prior</i>
1:15 p.m.–4 p.m. Pool & Spa Closed	1:15 p.m.–2:45 p.m. Pool & Spa Closed	1:15 p.m.–4 p.m. Pool & Spa Closed	1:15 p.m.–2:45 p.m. Pool & Spa Closed	12:30 p.m.–3 p.m. Pool & Spa Closed	3:45–4:45 p.m. Public Swim <i>entry swim bands available 30 min. prior</i> One session allowed per day for member and public swimmers. A maximum of six swim bands can be purchased.
Lap Swim/ Individual Exercise 4–5 p.m.	2:45 p.m.–3:45 p.m. Family Swim <i>entry swim bands available 30 min. prior</i>	Lap Swim/ Individual Exercise 4–5 p.m.	2:45 p.m.–3:45 p.m. Family Swim <i>entry swim bands available 30 min. prior</i>	Lap Swim/ Individual Exercise 3–4 p.m.	
4:05–5 p.m. Zumba Angela	4–6:15 p.m. Swim Lessons <i>registration required</i>	4:05–5 p.m. Zumba Angela	4–6:15 p.m. Swim Lessons <i>registration required</i>	4:15–5:15 p.m. Public Swim <i>entry swim bands available 30 min. prior</i>	
5:15–6:15 p.m. Public Swim <i>entry swim bands available 30 min. prior</i>		5:15–6:15 p.m. Public Swim <i>entry swim bands available 30 min. prior</i>		5:30–6:30 p.m. Public Swim <i>entry swim bands available 30 min. prior</i>	
6:30–7:30 p.m. Public Swim <i>entry swim bands available 30 min. prior</i>	6:30–7:30 p.m. Public Swim <i>entry swim bands available 30 min. prior</i>	6:30–7:30 p.m. Public Swim <i>entry swim bands available 30 min. prior</i>	6:30–7:30 p.m. Public Swim <i>entry swim bands available 30 min. prior</i>	Subject to change. Visit cityofvancouver.us/schedules for holiday hours and inclement weather details.	

For information about Firstenberg Swim Lessons email Tracy.Walther@cityofvancouver.us

For pool related questions email Taylor.Cochran@cityofvancouver.us

Swim Rules & Notes

- Participants must be 13 years of age or older to attend aquatic fitness classes.
 - Equipment is provided for all classes.
 - Children age 6 and under must be within arm's reach of an adult at all times (with or without a lifejacket).
 - 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.
 - Keep your valuables safe by using the lockers.
- Bring your own or buy one at the front desk. Firstenburg Community Center is not responsible for lost or stolen items.
- Self-directed workouts may be substituted for any water exercise class if an instructor is not available.
 - Swim caps, goggles, ear plugs, ear covers, wave gloves and locks are available to purchase at the Firstenburg Center front desk.
 - **One session allowed per day for public swims. A maximum of six swim bands can be purchased.**
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Swim & Class Descriptions

Aqua Fusion

Spend the first part of class building strength and cardio, then unwind with yoga-inspired movements. Part energy, part chill—this dynamic class blends power and peace for a full-body refresh.

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 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 accompanied in the water by a parent or guardian and in arm's reach at all times.

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. Must be 13 years or older.

Leveling Up!

Level up your fun with this aqua combo class! A variety of methods are used including intervals, strength training, kickboxing moves, and challenging wall work. Moderate to high intensity.

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 accompanied in the water by a parent or guardian and within arm's reach at all times. 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!