



**Firstenberg
Community Center**

Firstenberg Pool Swim Lessons: January/February 2026

Registration opens at 7 a.m. Dec. 17 for Vancouver residents and Dec. 18 for non-residents.

| | Mondays, Jan. 5-Feb. 23 | | | |
|----------------|-------------------------|---------|---------|---------|
| Levels | 9:30am | 10:05am | 10:40am | 11:15am |
| Parent-n-Tot | | 31764 | | |
| Pre-Level 1 | 31759 | 31766 | | 31778 |
| Pre-Level 2 | 31762 | | | 31779 |
| Pre-Level 3 | | | 31773 | |
| Level 1 | | | 31775 | |
| Level 2 | | | | |
| Level 3 | | | | |
| Adult Beginner | | | | |
| Private Lesson | | | | |

6 lessons \$79/\$103 | no class 1/19 and 2/16

| | Tuesdays, Jan. 6-Feb. 24 | | | |
|--|--------------------------|--------|--------|--------|
| | 4pm | 4:35pm | 5:10pm | 5:45pm |
| | | 31797 | | 31806 |
| | 31793 | | 31802 | |
| | 31794 | | 31803 | |
| | | | 31804 | |
| | 31795 | 31798 | | 31807 |
| | 31796 | 31799 | | 31808 |
| | | | 31805 | 31809 |
| | | 31801 | | |
| | | | | |

8 lessons \$105/\$137

| | Wednesdays Jan. 7-Feb. 25 | | | |
|--|---------------------------|---------|---------|---------|
| | 9:30am | 10:05am | 10:40am | 11:15am |
| | | | | 31791 |
| | 31785 | | 31789 | |
| | 31786 | | 31790 | |
| | | 31787 | | |
| | | 31788 | | 31792 |
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8 lessons \$105/\$137

| | Thursdays, Jan. 6-Feb. 26 | | | |
|----------------|---------------------------|--------|--------|--------|
| Levels | 4pm | 4:35pm | 5:10pm | 5:45pm |
| Parent-n-Tot | | | 31818 | 31822 |
| Pre-Level 1 | 31810 | 31814 | | |
| Pre-Level 2 | 31811 | 31815 | | |
| Pre-Level 3 | | | 31819 | |
| Level 1 | 31812 | | 31820 | 31823 |
| Level 2 | 31813 | 31816 | | 31824 |
| Level 3 | | 31817 | | 31825 |
| Adult Beginner | | | 31821 | |
| Private Lesson | | | | |

8 lessons \$105/\$137

| | Fridays Jan. 9-Feb. 27 | | | |
|--|------------------------|--------|--------|--------|
| | 1pm | 1:35pm | 2:10pm | 2:45pm |
| | 31826 | | | |
| | | 31827 | | |
| | | | | |
| | | | 31828 | |
| | | | | 31829 |
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| | | | | |
| | | | | |
| | | | | |

8 lessons \$105/\$137

Firstenberg Community Center

700 NE 136th Ave., Vancouver

360-487-7001

cityofvancouver.us/fcc

Firstenberg Pool Information

30-Minute Lessons

Average Pool Temperature: 86-87°F

cityofvancouver.us/swimlessons

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.

Recreation Scholarships

Scholarships that cover 50% of tuition for classes and activities are available to eligible Vancouver residents. Learn more and apply at cityofvancouver.us/scholarship.

ADULT SWIM LESSONS:

Adult Beginner | Ages 13+

Basic swimming and safety skills for the adult beginner. Pass to Adult Intermediate.

Adult Stroke Improvement | Ages 13+

Increase stroke efficiency. Work on long distance swimming, stroke refinement and endurance.



VISIT cityofvancouver.us/SwimLessons