



# Firstenberg Pool Swim Lessons: March/April 2026

Registration opens at 7 a.m. Feb. 25 for Vancouver residents and Feb. 26 for non-residents.

	Mondays, Mar. 9-Apr. 20			
Levels	9:30am	10:05am	10:40am	11:15am
Parent-n-Tot		32061		
Pre-Level 1		32062		32065
Pre-Level 2	32059			
Pre-Level 3			32063	
Level 1			32064	32066
Level 2				
Level 3				
Adult Beginner				
Private Lesson	32060			

6 lessons \$79/\$103 | Private \$279/\$376

	Tuesdays, Mar. 10-Apr. 21			
	4pm	4:35pm	5:10pm	5:45pm
		32146	32150	
	32142		32151	
	32143		32152	
				32154
	32144	32147		32155
	32145	32148		32156
			32153	32157
		32149		

6 lessons \$79/\$103

	Wednesdays, Mar. 11-Apr. 22			
	9:30am	10:05am	10:40am	11:15am
				32073
	32067			32074
	32068		32071	
		32069		
		32070	32072	

6 lessons \$79/\$103

	Thursdays, Mar. 12-Apr. 23			
Levels	4pm	4:35pm	5:10pm	5:45pm
Parent-n-Tot			32166	32170
Pre-Level 1	32158	32162		32171
Pre-Level 2	32159	32163		32172
Pre-Level 3				32173
Level 1	32160		32167	
Level 2	32161		32168	
Level 3		32164	32169	
Adult Beginner		32165		
Private Lesson				

6 lessons \$79/\$103

	Fridays Mar. 13-Apr. 24			
	1pm	1:35pm	2:10pm	2:45pm
	32174			
		32175		
			32176	
				32177

6 lessons \$79/\$103 | Private \$279/\$376

## Firstenberg Community Center

700 NE 136th Ave., Vancouver

360-487-7001

[cityofvancouver.us/fcc](http://cityofvancouver.us/fcc)

## Firstenberg Pool Information

30-Minute Lessons

Average Pool Temperature: 86-87°F

[cityofvancouver.us/swimlessons](http://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](http://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.

## **PRIVATE SWIM LESSONS:**

### **Private Swim Lessons | Ages 3+**

Each session includes 30-minute lessons with a swim instructor providing individual instruction in the water. Classes are taught by Red Cross-certified Water Safety Instructors (WSI).



**VISIT** [cityofvancouver.us/SwimLessons](http://cityofvancouver.us/SwimLessons)