



# Swim Lesson Schedule— June-August 2024

Registration begins at 7 a.m. on Wed., June 12 for residents and at 7 a.m. on Thurs., June 13 for non-residents

**Firstenburg Pool** 700 NE 136th Ave. | 360-487-7001  
Average Pool Temperature: 86-87° F (7\* or 8 lessons per session, 30 min)

**Marshall Pool** 1009 E. McLoughlin Blvd. | 360-487-7100  
Average Pool Temperature: 84-86° F (7\* or 8 lessons per session, 30 min)

Levels	Mondays, June 24—Aug. 12				Wednesdays, June 26—Aug. 14			
	9:30am	10:05am	10:40am	11:15am	9:30am	10:05am	10:40am	11:15am
Parent-n-Tot				28576			28665	
Pre-Level 1	28578	28670		28671	28672			28673
Pre-Level 2	28580		28679		28680		28681	
Pre-Level 3			28582	28687		28688		28689
Level 1		28568	28645				28646	28647
Level 2		28570				28654		
Level 3						28572		
Private Lesson	28564		28634	28635	28636		28637	28638

Levels	Tuesdays, June 25—Aug. 13				Thursdays, June 27—Aug. 15*			
	9:30am	10:05am	10:40am	11:15am	9:30am	10:05am	10:40am	11:15am
Parent-n-Tot				28716				28717
Pre-Level 1	28720					28721		28722
Pre-Level 2		28725					28726	
Pre-Level 3			28583					
Level 1		28702			28703		28704	
Level 2			28707			28708		
Level 3				28711				
Private Lesson	28565			28693	28694			28695

Levels	Tuesdays, June 25—Aug. 13				Thursdays, June 27—Aug. 15*			
	4pm	4:35pm	5:10pm	5:45pm	4pm	4:35pm	5:10pm	5:45pm
Parent-n-Tot		28666		28667		28668	28669	
Pre-Level 1	28674		28675	28676	28677		28678	
Pre-Level 2	28682			28683	28684	28685	28686	
Pre-Level 3		28690		28691				28692
Level 1	28648	28649	28650		28651	28652		28653
Level 2	28655	28656	28657		28658	28659		28660
Level 3	28661		28662			28663		28664
Level 4								
Level 5								
Level 6								
Adult Beginner				28566			28643	28664
Adult Stroke Imp.								
Private Lesson		28639	28640		28641		28642	

Levels	Mondays, June 24—Aug. 12				Wednesdays, June 26—Aug. 14			
	4pm	4:35pm	5:10pm	5:45pm	4pm	4:35pm	5:10pm	5:45pm
Parent-n-Tot				28577				28715
Pre-Level 1	28579				28718	28719		
Pre-Level 2	28581	28723			28724			
Pre-Level 3						28727		
Level 1		28569	28698		28699	28700		28701
Level 2		28571				28705		28706
Level 3			28573	28709			28710	
Level 4				28574	28712		28713	
Level 5			28575				28714	
Level 6								
Adult Beginner								
Adult Stroke Imp.								28567
Private Lesson	28697						28696	

\*No class July 4

Group Session Fees: 7\* lessons \$77/\$88, 8 lessons \$88/\$100

Private Lesson Fees: 7\* lessons \$274/\$314, 8 lessons \$314/\$359

## **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.



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