



**Firstenberg  
Community Center**

# Firstenberg Pool Schedule

**September 3 – October 26, 2024**

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

Updated: 9-4-24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Lap Swim/ Individual Exercise</b> 8 a.m.–12 p.m. 4–5 p.m.	<b>Lap Swim/ Individual Exercise</b> 8–12 p.m.	<b>Lap Swim/ Individual Exercise</b> 8 a.m.–12 p.m. 4–5 p.m.	<b>Lap Swim/ Individual Exercise</b> 8–11 a.m.	<b>Lap Swim/ Individual Exercise</b> 8–12p.m.	
8:05–8:55 a.m. <b>Leveling Up</b> Melissa	8:05–8:55 a.m. <b>Upbeat Aqua</b> Jen	8:05–8:55 a.m. <b>Upbeat Aqua</b> Jen	8:05–8:55 a.m. <b>Upbeat Aqua</b> Jen	8:05–8:55 a.m. <b>Aqua Synergy</b> Jeannie	9–10 a.m. <b>Member Swim</b> <i>entry swim bands available 30 min. prior</i>
9–9:50 a.m. <b>Pool Party</b> Andrea	9:15–10:15 a.m. <b>Aqua Synergy</b> Melissa	9–9:50 a.m. <b>Pool Party</b> Andrea	9:15–10:15 a.m. <b>Aqua Synergy</b> Melissa	9–9:50 a.m. <b>Pool Party</b> Frank	10:15–11:15 a.m. <b>Public Swim</b> <i>entry swim bands available 30 min. prior</i>
8 a.m.–12 p.m. <b>Individual Exercise</b>	11 a.m.–12 p.m. <b>Aqua Play</b>	8 a.m.–12 p.m. <b>Individual Exercise</b>	11–12 p.m. <b>Family/Homeschool Swim</b> <i>entry swim bands available 30 min. prior</i>	10:05–11 a.m. <b>Power Plus PiYo</b> Melissa	11:45 a.m.–12:45 p.m. <b>Public Swim</b> <i>entry swim bands available 30 min. prior</i>
<b>12 p.m. – 4 p.m.</b> <b>Pool &amp; Spa Closed</b>	<b>12 p.m. – 4 p.m.</b> <b>Pool &amp; Spa Closed</b>	<b>12 p.m. – 4 p.m.</b> <b>Pool &amp; Spa Closed</b>	<b>12 p.m. – 4 p.m.</b> <b>Pool &amp; Spa Closed</b>	11 a.m.–12 p.m. <b>Aqua Play</b>	1–2 p.m. <b>Public Swim</b> <i>entry swim bands available 30 min. prior</i>
<b>Lap Swim/ Individual Exercise</b> 4–5 p.m.		<b>Lap Swim/ Individual Exercise</b> 4–5 p.m.		<b>12 p.m. – 4 p.m.</b> <b>Pool &amp; Spa Closed</b>	2:30–3:30 p.m. <b>Public Swim</b> <i>entry swim bands available 30 min. prior</i>
4:05–5 p.m. <b>Zumba</b> Angela	4–6:15 p.m. <b>Swim Lessons</b> <i>registration required</i>	4:05–5 p.m. <b>Zumba</b> Angela	4–6:15 p.m. <b>Swim Lessons</b> <i>registration required</i>	4:15–5:15 p.m. <b>Public Swim</b> <i>entry swim bands available 30 min. prior</i>	3:45–4:45 p.m. <b>Public Swim</b> <i>entry swim bands available 30 min. prior</i>
5:15–6:15 p.m. <b>Public Swim</b> <i>entry swim bands available 30 min. prior</i>		5:15–6:15 p.m. <b>Member Swim</b> <i>entry swim bands available 30 min. prior</i>		5:30–6:30 p.m. <b>Public Swim</b> <i>entry swim bands available 30 min. prior</i>	For pool related questions, contact taylor.cochran @cityofvancouver.us
6:30–7:30 p.m. <b>Public Swim</b> <i>entry swim bands available 30 min. prior</i>	6:30–7:30 p.m. <b>Public Swim</b> <i>entry swim bands available 30 min. prior</i>	6:30–7:30 p.m. <b>Public Swim</b> <i>entry swim bands available 30 min. prior</i>	6:30–7:30 p.m. <b>Public Swim</b> <i>entry swim bands available 30 min. prior</i>	<b>One session allowed per day for member and public swims. A maximum of six swim bands can be purchased.</b>	

Subject to change. Visit [cityofvancouver.us/schedules](http://cityofvancouver.us/schedules) for holiday hours and inclement weather details.

# 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.

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## Swim & Class Descriptions

### Aqua Play

Parents, bring your children 6 and under for non-instructed water play time! The slide and water feature may not be turned on due to other programming in the pool. Children must be accompanied in the water by a parent or guardian and in arm's reach at all times.

### 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 & Homeschool 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.

### Member Swim

Member Swim offers additional leisure swim opportunities for Firstenburg members of all ages. There is no cost for Firstenburg members and the pool is not open to the general public during this time. Wristbands are handed out 30 minutes before scheduled Member Swim sessions.

### 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!

### Power Plus PiYo

Ready for a challenge? You'll burn some serious calories in the fast-paced class. High intensity cardio, strength training, balance challenging aqua pilates and yoga are combined for a fun and well-rounded class.

### 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](http://cityofvancouver.us/SwimLessons), or stop by the front desk.

### 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.

### Zumba

Ditch the workout, join the party! Unique and creative Latin movement. Great Fun. All levels!