

# Swim Lesson Schedule— April/May 2025

Registration begins at 7 a.m. on Wed., April 9 for residents and at 7 a.m. on Thurs., April 10 for non-residents

Firstenburg Pool 700 NE 136th Ave. | 360-487-7001 Average Pool Temperature: 86-87° F (5\* or 6 lessons per session, 30 min) Marshall Pool 1009 E. McLoughlin Blvd. | 360-487-7100 Average Pool Temperature: 84-86° F (5\* or 6 lessons per session, 30 min)

	Mond	lays, Apri	il 21—M	Wednesdays, April 23-			
Levels	9:30am	10:05am	10:40am	11:15am	9:30am	10:05am	10:40a
Parent-n-Tot				30274			
Pre-Level 1	30302				30207		
Pre-Level 2		30305					
Pre-Level 3							
Level 1			30266			30265	
Level 2							30198
Level 3							

Tuesdays, April 22—May 27					Thursdays, April 24—May 29					
9:30am	10:05am	10:40am	11:15am		9:30am	10:05am	10:40am	11:15am		
			30231				30232			
30208						30233		30234		
	30210				30237					
		30244								

	Tuesdays, April 22—May 27					Thursdays, April 24—May 29				
Levels	4pm	4:35pm	5:10pm	5:45pm		4pm	<b>4:</b> 35pm	5:10pm	5:45pm	
Parent-n-Tot			30272				30273			
Pre-Level 1	30275		30276	30277		30278			30279	
Pre-Level 2	30209			30303		30304				
Pre-Level 3				30306		30211				
Level 1	30196		30262				30263	30264		
Level 2		30267					30268	30269	30270	
Level 3		30200						30271		
Level 4										
Level 5										
Level 6										
Adult Beginner		30194							30261	
Adult Stroke Imp.										

Mond	ays, Apri	l 21—Ma	ay 19*	Wednesdays, April 23—May 28					
4pm	4:35pm	5:10pm	5:45pm	4pm	4:35pm	5:10pm	5:45pm		
		30206				30230			
	30236			30235					
	30239			30238					
	30258			30212					
30223		30222			30197		30221		
30225			30226		30199		30224		
30229					30201	30228			
			30202				30260		
						30203			
			30204						
		30195							

#### 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 stokes 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 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.

#### **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.



**VISIT** cityofvancouver.us/SwimLessons