

Arne Hanna

AQUATIC CENTER



(360) 778-7665 • 1114 Potter St, Bellingham, WA 98229 • www.cob.org/ahac • On-line Registration: www.cob.org/ezreg • aquatics@cob.org • Fax: 360-778-

Program Schedule Effective January 1-March 20, 2016

(Pool Closed Jan 1, Jan 9-10, Jan 30-31—All day, Feb 5 from 2:30-9:00 pm)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-7:30	Lap Swim*, Deep Water Running, Preschool Swim, Swim Teams						
7:30-8:30	Lap Swim, DWR Interval Class, Preschool Swim						
8:30-9:30	Lap Swim	Water Aerobics, H ₂ O Child Care	Lap Swim	Water Aerobics, H ₂ O Child Care	Lap Swim	Water Aerobics, H ₂ O Child Care	Lap Swim*, Swim Lessons, Deep Water Running, Swim Teams (8:45—9:45) Water Aerobics
9:30-10:00	Swim Lessons		Swim Lessons		Lap Swim		
10:00-11:00	Deep Water Running	Water Aerobics	Deep Water Running	Water Aerobics	Preschool Swim	Water Aerobics	
11:00-11:30					Deep Water Running		
11:30-12:30	Preschool Swim	Arthritis Exercise, H ₂ O Child Care	Preschool Swim	H ₂ O Child Care	Preschool Swim	H ₂ O Child Care	Lap Swim, Deep Water Running & Swim Lessons
12:30-2:30	\$1.00 off Family & Lap Swim, Swim Lessons					Open & Lap Swim	(1:00-2:00) Preschool Swim, Deep Water Running, Lap Swim, Kayaking & Red Cross Courses
2:30-4:45	Swim Teams, Swim Lessons, Preschool Swim (Lap Swim* and Deep Water Running available starting February 22)					(2:30—4:30) Red Cross Courses	(2:45-4:15) \$1 off Family & Lap Swim (2:00-4:00) Open & Lap Swim
4:45-5:45	Swim Lessons, Swim Teams		Swim Lessons, Swim Teams	Adapted Aquatics	Swim Lessons, Swim Teams	Adapted Aquatics	(4:00-5:15) Deep Water Running, Swim Lessons & Lap Swim
5:45-6:45		Deep Water Aerobics		Deep Water Aerobics		Deep Water Aerobics	
6:45-8:00	50% off Open & Lap Swim*, Swim Teams				(4:45-7:30) Swim Teams	(5:00—6:45) \$1.00 off Family & Lap Swim*	(4:30-6:30) Open & Lap Swim
8:00-9:00	Lap Swim, Preschool Swim, Deep Water Running, Swim Team	Lap Swim, Preschool Swim, Deep Water Aerobics, Swim Lessons, Swim Team, Kayaking	Lap Swim, Preschool Swim, Deep Water Running, Swim Team	Lap Swim, Preschool Swim, Deep Water Aerobics, Swim Lessons, Swim Team, Kayaking			(7:00-9:00) Open and Lap Swim

Online Registration available at:
www.cob.org/ezreg

Please call our front desk for available pool rental times.

* 1-2 lanes

<Programs Share Pools>

<See next page for description of activities>

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PROGRAM DEFINITIONS

Lap Swim: 1 to 8 lanes may be available in the 25 yard lap pool. Circle swimming is required in all of the lanes which are designated as fast, medium and slow.

Open Swim: A swim designated for recreational enjoyment during which the 135-foot water slide and 1-meter diving board are open for your fun and excitement.

Note: You must be at least 4 feet tall to use the water slide and 16 years old to use the hydrotherapy pool.

Family Swim: A time for families, groups and parties to enjoy all four pools. The water slide is *not* available during this swim.

Preschool Swim: For parents with preschoolers and children of all ages to enjoy the 0 to 3½ foot training pool and some of the fun instructional equipment we have to offer.

Note: Children 6 years and under must be accompanied in the water by an adult within arms reach at all times.

Kayaking: A time for patrons to bring in their kayaks to practice rolling and basic techniques on their own. There is no instructor for this program. The fee is regular admission and maximum capacity of 10 kayaks.

H₂O Child Care: Children play in the water with a lifeguard while you participate in water aerobics, lap swimming, deep water running or swim lessons. The program is for children 3 years and older.

Deep Water Running: Flotation devices are available to assist you with buoyancy. By simulating running movements with your arms, legs & body position you will receive a high intensity workout without causing bodily stress. **Max cap:** 23 participants.

D.W.R. Interval Class: An instructor takes you through a series of interval moves for a high-intensity workout. **Max cap:** 16 students.

Water Aerobics: A variety of classes are offered with exercises designed to be used in the water to help tone muscles, improve circulation and maintain personal fitness.

Deep Water Aerobics: A class taught in the 12-foot dive tank with flotation equipment worn by all students. This is a high intensity workout and swimming skills are required. **Max cap:** 16 students.

Arthritis Exercise: This low impact class is designed for anyone recuperating from surgery or injury or individuals with severe joint problems or compromised motor skills.

Water Aerobics General Policies: You are allowed to arrive 15 minutes before the start and stay 15 minutes after the end of class.

Shower: Showers are available during regular public swim hours with a 30 minute time limit in the facility.

Locker Rentals: Lockers are day use only and locks are available to rent for \$0.25 plus a deposit of \$5 or a driver's license.

RENTALS

A time for patrons to reserve the Aquatic Center for their own private parties. Rentals must be reserved and paid for at least 2 weeks in advance to allow appropriate planning and staff scheduling and equipment. All rules remain the same.

Pool Rentals	Cost/Hour
Whole Facility w/1-50 people	\$150.00
Add'l People over 50	\$1.50/person
Training Pool	\$70.00
Training Pool w/Slide	\$110.00
Dive Tank	\$70.00
Hydrotherapy Pool	\$70.00
Water Slide	\$70.00
Lap Lanes (5 Lane Minimum)	\$15.00/lane

FEES

In order to receive the resident rate, you must provide your ID with a physical address within Bellingham City Limits. PO Boxes are automatically considered to be non-resident.

Disabled rates are available for all guests who are classified Disabled by the State and or Federal government and can provide Disability ID card from such government agency.

Youth—Under 18

Senior—62+

* All 10-visit Passes are valid for 1 year from date of purchase.

#Family fees are for up to 6 family members living in the same household.

Swim Admissions	Daily		10 Visit*		3 Month		Annual	
	Resident	Non-Resident	Resident	Non-Resident	Resident	Non-Resident	Resident	Non-Resident
Youth/Senior/Disabled	\$3.50	\$4	\$30	\$35	\$95	\$105	\$304	\$336
Adult	\$4.50	\$5	\$40	\$45	\$130	\$145	\$416	\$464
Family# (max. 6)	\$13.50	\$15	\$105	\$115	\$380	\$420	\$1216	\$1344
Child Care	\$2	\$2.50	\$20	\$25				
Shower	\$2	\$2.50						
Water Aerobics								
Youth/Senior/Disabled	\$4	\$4.50	\$35	\$40	\$80	\$90	\$258	\$288
Adult	\$5	\$5.50	\$45	\$50	\$100	\$110	\$320	\$352

Bellingham Masters

A year-round competitive work-out group for swimmers aged 18 and older.

M, T, Th, F—5:30-7:00am

T & Th—7:00-8:00pm

4 competitive workout lanes.

Contact:

Linda Hegeberg (AM Group) - 676-4639

Jof Abshire (PM Group) - 319-2813

Bellingham Bay Swim Team

A year-round professionally coached swim team for all ages.

Five training groups based on ability.

Practice times vary depending on ability:

M-F 5:30-7:45am, M/W 4:45-8:30pm,

T/TH/F 4:45-7:00pm, Sat 8:30-11:30am

Swim Meet on Sat-Sun, Jan 9-10 & Jan 30-31

BBSTMembership@gmail.com

www.bellinghambayswimteam.org

2016 Winter Quarter Swim Lesson Schedule and Information

Registration—To sign up for classes you may walk in, phone in or go on-line at www.cob.org/ezreg. We accept cash, checks (with a valid photo ID), Visa, American Express, Discover and MasterCard. Payment is due at time of registration. Registration is done on a first-come, first-serve basis. In order to run, a class must have 2 participants enrolled by the start of the second day, unless noted otherwise. If not, the class will be cancelled, and you will receive a prorated refund. A class with at least one student will always run on the first day. We allow 2 to 4 students in a preschool class, 2 to 5 in Youth or Teen/Adult classes and 2 to 10 students for a Parent/Child class. Additional information will be given to you when you register.

Private and Semi-Private Lessons are scheduled for 1 or 2 people for 1/2 hour time slots. The scheduled times for lessons vary daily. Please call for available times and instructors. Cost: \$22.00 (Resident)/\$24.00 (Non-Resident) for one 30-minute private lesson and \$30.00 (Resident) / \$32.00 (Non-Resident) for a semi-private lesson.

PC—6 months—2 years
PS—3—5 years
YL—6—12 years
Tn/Adlt—13 years and up

Monday/Wednesday—25 min classes	Tuesday/Thursday—25 min classes	Saturday—25 min classes	Sunday—25 min classes
Session 1: 1/4—1/27/16 (7 Lessons, no lessons 1/18) \$38.50 Resident/\$42.00 Non-Resident Session 2: 2/1—2/24/16 (7 Lessons, no lessons 2/15) \$38.50 Resident/\$42.00 Non-Resident Session 3: 2/29—3/16/16 \$33.00 Resident/\$36.00 Non-Resident 9:35-10:00am PS-1 10:05-10:30am PC-A: Sessions 1 & 3 PC-B: Session 2 10:35-11:00am PS-3 11:05-11:30am PS-4 11:35-12:00pm PS-1 12:05-12:30pm PS-2 4:45-5:10pm PS-2, PS-4: Sessions 1 & 3 PS-5: Session 2 YL-3, 4 5:15-5:40pm PC-B: Sessions 1 & 3 PC-A: Session 2 PS-1, YL-1 YL-5: Sessions 1 & 3, YL-6 PWS: Session 2, 5:45-6:10pm PS-3 YL-1, 2, 4 6:15-6:40pm PS-1, 2 YL-2, 3	Session 1: 1/5—1/28/16 \$44.00 Resident/\$48.00 Non-Resident Session 2: 2/2—2/25/16 \$44.00 Resident/\$48.00 Non-Resident Session 3: 3/1—3/17/16 \$33.00 Resident/\$36.00 Non-Resident 9:35-10:00am PS-3 10:05-10:30am PS-1 10:35-11:00am PS-2 11:05-11:30am PC-B: Sessions 1 & 3 PC-A: Session 2 11:35-12:00pm PS-4 12:05-12:30pm PS-2 4:45-5:10pm PS-2 YL-2, 3, 5 5:15-5:40pm PC-A: Sessions 1 & 3 PC-B: Session 2 PS-3 YL-1, 4 PS-1, YL-1, 3, 4 5:45-6:10pm PS-1, 2 6:15-6:40pm PS-4: Sessions 1 & 2 PS-5: Session 3 YL-2 8:05-8:30pm Beginner Teen/Adult 8:35-9:00pm Advanced Teen/Adult	Session 1: 1/16—2/13/16 (No lessons 1/30) \$22.00 Resident/\$24.00 Non-Resident Session 2: 2/20—3/12/16 \$22.00 Resident/\$24.00 Non-Resident 9:35-10:00am PS-1, 3, YL-3 10:05-10:30am PS-2, YL-2, 4 10:35-11:00am PS 3, YL 2, 3, 5 11:05-11:30am PS-1, 2, PS-4: Session 1 PS-5: Session 2 YL-1 11:35-12:00pm PC-B: Session 1 PC-A: Session 2 PS 2, YL 1, 4 PS 1, YL 2, 3 YL 6 PWS: Session 1 YL-6 Fit: Session 2 12:05-12:30pm	Session 1: 1/17—2/14/16 (No lessons 1/31) \$22.00 Resident/\$24.00 Non-Resident Session 2: 2/21—3/13/16 \$22.00 Resident/\$24.00 Non-Resident 4:10-4:35pm PS-1, 3, 4, YL-1, 3 4:40-5:05pm PC-A: Session 1, PC-B: Session 2, PS-2, YL-2, 3, 4 <hr/> Monday Midday—25 min classes Session 1: 1/11—2/8/16 (No lessons 1/18) \$22.00 Resident/\$24.00 Non-Resident Session 2: 2/22—3/14/16 \$22.00 Resident/\$24.00 Non-Resident 1:15-1:40pm PS-1 1:45-2:10pm PS-3 2:15-2:40pm PS-2 2:45-3:10pm PS-1 3:15-3:40pm PS-4



Scan this QR Code to register for lessons!

Scholarships are available upon request, for Bellingham city residents who qualify.

SPECIAL EVENTS

Padden Polar Dip

Friday, January 1, 12:00 PM

FREE

At high noon we'll line up for a quick dip in chilly Lake Padden. Last year it was a smokin' 41 degrees! We'll have hot beverages, snacks and warm showers for your after-dip enjoyment.

Lifeguards will be on duty to make sure everyone stays safe. Come to watch, but bring a towel just in case.

-Donations Welcome-

Padden Resolution

Walk/Run

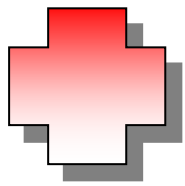
Friday, January 1—11:00 AM

FREE

Start off the new year with a brisk walk or run around the beautiful Lake Padden loop. We'll be timing those who are curious to see their time.

Check-in begins at 10:30 a.m.

-Donations Welcome-



American Red Cross



HEALTH AND SAFETY CLASSES

The safety and emergency training you learn today benefits your family, your home, your workplace and your community everyday. Be prepared!
Sign up for classes today!

Lifeguard Training Course: If you are 15+ years old, interested in a job helping to recognize, prevent and care for injuries, then the American Red Cross Lifeguard Training Course is a great place to start. This instructor-led course includes a prerequisite swim test that will be completed on the first day of class. Course materials are available to access online through the Red Cross website.

Course Fee: \$190.00 Resident/\$215.00 Non-Resident
Dates: Sun, February 21, 28, & March 6, 8:00am—5:30pm

Lifeguarding Review Course: If you're Lifeguarding/CPR/AED certification is about to expire and you wish to update it, then this is the course for you. In order to enroll in this course, you must have a CURRENT Lifeguarding/CPR/AED certification. You must present your CURRENT certification to the instructor at the start of the course to be eligible. The review course includes skills pre-test, videos, short lectures, skills sessions and written tests. Upon successful completion you will receive an updated Lifeguarding/First Aid/CPR/AED certification good for 2 years. Course materials are available to access online through the Red Cross website.

Course Fee: \$100.00 Resident/\$110.00 Non-resident
Dates: Sun, January 24, 8:00-5:30pm

Boys' High School Swim Meets

2:45—4:45 p.m.

Bellingham—Sehome—Squalicum

Tuesday, January 5—Bellingham vs. Anacortes
Thursday, January 7—Squalicum vs. Anacortes
And Sehome vs. Lynden

Tuesday, January 12—Squalicum vs. Lynden
Thursday, January 14—Sehome vs. Burlington-Edison
Friday, January 15—Bellingham vs. Squalicum vs. Lindbergh
Thursday, January 21—Sehome vs. Bellingham
Tuesday, January 26—Squalicum vs. Sehome
Friday, February 5—NWC "B" Championships (2:30p.m.—9:00p.m.)

Adapted Aquatics

Session 1

Tuesdays, January 19-February 9
Wednesdays, January 20-February 10
Thursdays, January 21-February 11

Session 2

Tuesdays, February 16-March 8
Wednesdays, February 17-March 9
Thursdays, February 18-March 10

Time: 4:45-5:45pm Cost: \$22.00 Resident/\$24.00 Non-Resident

A time for individuals, 3 years or older, with special needs to get in the water and work one-on-one with a volunteer pool buddy for one hour. Volunteers will be working with participants toward increasing flexibility, exercising and having fun.

Please call (360) 778-7665 for additional information.

Springboard Diving

A fun springboard diving program for divers 6 - 12 years old. (Must have at least Youth 4 swimming ability) The diving program will work on the basic approach and dives. As the divers progress, more complex dives will be practiced.

Call (360) 778-7665 for additional information.

Mondays, January 4—March 14 4:45-5:45pm
(No class Jan 18 or Feb 15)

Ten Classes—\$110.00 Resident / \$120.00 Non-resident

ADVANCED REGISTRATION REQUIRED

Middle School Late Night Open Swims

Bellingham Parks and Recreation is hosting an open swim for middle-schoolers! Slide, swim, soak, splash around, dive, play water polo, and hang out with friends. We provide a safe and supervised setting for boys and girls to spend their Friday night.

Fridays, January 15, 22, February 12, 19, 26, March 4, 11, 18
9:00pm-10:30pm

Grades: 6-8 Cost: FREE



Scan this QR Code to go to our website!

AQUATIC CENTER CLOSURES

The aquatic center will be closed for holidays and swim meets:
Jan. 1, Jan 9-10, Jan 30-31—All Day
Feb. 5—2:30-9:00 PM

Friends of the Aquatic Center

Come and support the aquatic center programs, facility and staff at our quarterly *Let's Share* session. The next session will be in our meeting room on:

Wednesday, January 20, 5:30-7:00 pm

For more information call Lori Jacobson at (360) 778-7665.