

SPECIAL EVENTS AND TRAININGS

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, September 14-November 16—4:45-5:45pm
Ten Classes—\$110.00 Resident / \$120.00 Non-resident

ADVANCED REGISTRATION REQUIRED

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-

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

Healthy Heart Week

February 8—13

Celebrate Valentine's Day by taking care of your heart. Come to the pool to exercise and you and your friend get in two-for-the-price-of-one! This includes any lap swim, deep or shallow aerobics class and deep water running. For more information contact Justin Shields at (360) 778-7665 or jshields@cob.org
- ALL EXERCISE ACTIVITIES -

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-

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, October 11-12

BBSTMembership@gmail.com
www.bellinghambayswimteam.org

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

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 (8/24-9/23 & 11/13-12/31)
T & Th—9:00-10:00pm (9/24-11/12)
4 competitive workout lanes.

Contact:

Linda Hegeberg (AM Group) - 676-4639
Jof Abshire (PM Group) - 319-2813