

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

Program Schedule Effective August 24 through January 1, 2010 (Pool Closed Oct 17, 18, Nov 26, Dec 24-25, Jan 1)

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

* 1-2 lanes <Programs Share Pools> <Closed October 17, 18, November 26, December 24, 25 and January 1 all day and October 30 from 2:30—9:00pm> <See next page for description of activities>

Fees (Youth under 18 and Senior 62+)

Single Admission		10-Visit Pass Valid 1 year		3 Month Pass		Water Aerobics		Swim Lessons		Pool Rentals (Call for rental availability)			
Youth/Sr \$3	Adult (>18) \$4	Youth/Sr \$25	Adult (>18) \$35	Youth/Sr \$85	Adult (>18) \$115	Single Admission Youth/Senior \$3.50 Adult \$4.50	3-Month Pass Yth/Sr \$70 Adult \$90	Group Lesson 1/2-hr Class \$5.00 3/4-hr Class \$7.50		Whole facility with 1-50 people \$130/hr & \$1.30 for ea. add'l person over 50		Hydrotherapy Pool \$65/hr	Water Slide \$60/hr
Family (Up to 6 members) \$12	Shower Only \$1.50	Family (Up to 6 members) \$95		Family (Up to 6 members) \$340		10-Visit Pass Valid 1 year Yth/Sr \$30 Adult \$40		Semi-Private \$22	Private \$15	Training Pool w/Slide \$100/hr	Training Pool \$60/hr	Dive Tank \$60/hr	Lap Pool Lanes \$13/lane/hr 5 lane min

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

Open Swim: A swim designated for recreational enjoyment during which the 135-foot water slide is 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 come in and enjoy all 4 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 all of the fun instructional equipment we have to offer.

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

Kayaking: A time for patrons to bring in their kayaks to practice rolling and basic techniques. The fee is regular admission and maximum capacity of 20 kayaks.

Scuba: Scuba and snorkeling classes are available through Washington Divers. Please call (360) 676-8029 for more information.

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. The cost is \$1.50/child/hour.

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.

Water Walking: Enjoy moving through the water at different speeds and water levels. Research indicates 1/2 hour of water walking equals 2 hours of land walking, without the stress on the body.

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.

D.W.R. Interval Class: An instructor takes you through a series of interval moves for a high-intensity workout. Maximum capacity of 15 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. Maximum capacity of 15 students.

Arthritis Exercise: This 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 of class and stay 15 minutes after the end of class.

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 scheduling of staff and equipment. All rules remain the same.

2009 Fall Quarter Swim Lesson Schedule and Information

PC—6 months—2 years

PS—3—5 years

YL—6—12 years

Tn/Adlt—13 years and up

Diving—Ages 6 years & up and at YL4 ability

Registration

To sign up for classes you may walk in, phone in, go on-line at www.cob.org/ezreg or mail in your registration. We accept cash, checks, Visa and MasterCard purchases. Payment is due at time of registration. Registration is done on a first-come, first-serve basis. A class must have 50% of the maximum enrollment to run, unless noted otherwise; if not the class will be cancelled and you will receive a full refund. Additional information will be given to you when you register.

Scholarships available for those who qualify upon request

Private and Semi-Private Lessons are scheduled for 1 and 2 people for 1/2 hour time slots and a minimum of 4 lessons must be scheduled when registering. The scheduled times for lessons vary daily. Please call for available times and instructors. Cost: \$15.00 and \$22.00 for one 30-minute lesson.

Monday/Wednesday—30 min classes

Session 1: 9/9—9/30/09 - \$35.00

Session 2: 10/5—10/28/09 -\$40.00

Session 3: 11/2—12/2/09 -\$35.00

(Session 3-No lessons November 11, 23-29)

9:40-10:10am PS-1/2
10:15-10:45am PC-A #1, 3 PC-B #2

10:50-11:20am PS-3/4

11:25-11:55am PS-1/2

12:00-12:30pm PS-2/3

5:00-5:30pm PS-1/2, 2/3, 4/5/6
YL-1/2, 4

5:35-6:05pm PC-B #1, 3 PC-A #2
PS-3/4
YL-1/2, 3,

YL-5/6 PF #1, 4 PWS #2, LR #3

6:10-6:40pm PS-1/2, 3/4
YL-1/2, 3, 4

Tuesday/Thursday—30 min classes

Session 1: 9/8—10/1/09 -\$40.00 (\$60.00tn/ad)

Session 2: 10/6-10/29/09 -\$40.00 (\$60.00tn/ad)

Session 3: 11/3—12/3/09 -\$40.00 (\$60.00tn/ad)

(Session 3-No lessons November 23-29)

9:40-10:10am PS-4/5/6
10:15-10:45am PC-B #1, 3 PC-A #2

10:50-11:20am PS-2/3

11:25-11:55am PS-1/2

12:00-12:30pm PS-3/4

5:00-5:30pm PS-2/3, 3/4
YL-1/2, 3

YL-5/6 PWS #1, 4 LR #2, PF #3
5:35-6:05pm PC-A #1, 3 PC-B #2
PS-1/2

6:10-6:40pm PS-1/2, 3/4, 4/5/6

YL-1/2, 4
8:15-9:00pm Teen/Adult

Saturday—30 min classes

Session 1 9/12—10/3/09 \$20.00

Session 2 10/10—10/31/09 \$15.00

(Session 2—No lessons on 10/17)

Session 3 11/7—12/5/09 \$20.00

(Session 3—No lessons on 11/28)

9:00-9:30am PS-1/2, 2/3 YL-1/2, 3

9:35-10:05am PS-3/4, 4/5/6 YL-1/2, 4

10:10-10:40am PS 1/2, 2/3 YL 3

YL 5/6 PWS#1, LR #2, PF #3

10:45-11:15am PS-1/2, 3/4 YL-1/2, 4

11:20-11:50am PC-B#1, 3, A #2

PS 1/2, YL 1/2, 3

11:55-12:25pm PS 2/3, 3/4, 4/5/6, YL 4

Sunday—30 min classes

Session 1 9/13—10/4/09 \$20.00

Session 2 10/11—11/1/09 \$15.00

(Session 2—No lessons on 10/18)

Session 3 11/8—12/6/09 \$20.00

(Session 3—No lessons on 11/29)

4:00-4:30pm PS-1/2, 3/4

YL-1/2, 3, 4

4:35-5:05pm PC-A #1, 3 PC-B #2

PS-1/2

YL-1/2, 3

YL 5/6 LR #1, PWS #2, PF #3

Monday Midday—45 min classes

Session 1 9/14—10/5/09 \$30.00

Session 2 10/12—11/2/09 \$30.00

Session 3 11/9—11/30/09 \$22.50

(Session 3—No lessons on 11/23)

1:15-2:00pm PS-1/2, YL-4

2:05-2:50pm YL-1/2, 3

2:55-3:40pm PS-1/2, 3/4

3:45-4:30pm PS 2/3, 4/5/6

SPECIAL EVENTS

Adapted Aquatics

Session 1

Tuesdays October 6-October 27
Wednesdays October 7-October 28
Thursdays October 8-October 29

Session 2

Tuesdays November 3-December 1
Wednesdays November 4-December 2
Thursdays November 5-December 3

Time: 4:45-5:45pm Cost: \$20.00 (Four one hour sessions)

The second Wednesday session will have no class on Nov. 11th due to veterans day and will cost \$15.00.

Session 2 will not have classes November 24th—26th due to Thanksgiving.

A time for individuals 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.

Fitness Food Drive

November 9—14

Bring a non-perishable food item to any fitness class the week of November 9th and you and a friend can get in for (2) two-for-the-price-of-one paid admission!

Help needy families in our community and work off those cream cheese and almond-covered pumpkin rolls before you even eat them.

- ALL EXERCISE CLASSES -

Padden Polar Dip

Friday, January 1, 12 Noon

FREE

At high noon we'll line up for a quick dip in chilly Lake Padden. Last year it was a smokin' 36 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.

Bellingham Bay Swim Team

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

Five training groups based on ability.
Practice times vary depending on ability:

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

Sat 8:30-11:30am

Swim Meet on Sat and Sun October 17 & 18

Contact Michelle Smith at (360) 393-2555

Contact Diana Roley at (360) 389-3600 or roley4@comcast.net

www.bellinghambayswimteam.org



Springboard Diving Sessions

A fun springboard diving program for divers with at least Youth 4 swimming abilities and at least 6 years of age. We welcome teenagers & adults too.

Call (360) 778-7665 for additional information.

Beginning Diving Class

Wednesdays, September 23rd - November 18th—4:45-5:45pm

\$52.00/Eight classes (No class on Nov. 11)

ADVANCED REGISTRATION REQUIRED

Fitness Toy Drive

December 7—12

Bring a new toy or warm clothing to any fitness class the week of December 7th and you and a friend can get in for (2) two-for-the-price-of-one paid admission! Do your part to help make this a happy holiday season by bringing unwrapped toys, blankets or warm clothes.

- ALL EXERCISE CLASSES -

2009 Races!

Fairhaven Runners 15K September 12

RunningShoes.com Duathlon October 11

Visit our website at trithecookie.com or contact Lance Romo at (360) 778-7665 or lromo@cob.org for more information.

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

Cathy Renaud (PM Group) - 738-0148

New Fees

Beginning January 1, we will have resident and non-resident fees. For more information, contact Lori Jacobson at ljacobson@cob.org or 360.778.7665

Pumpkin Patch in the Pool

Saturday, October 24th

4:30-6:30pm

Pick your pumpkin from our patch in the pool. Haggen has donated a patch of 200 pumpkins for us to throw in the pool and they float! Swim around and pick the pumpkin that suits your fancy. Also take time out to enjoy apple bobbing and games. This is a popular event, so come early to be sure to get your pumpkin!

\$5/person

Padden Resolution

Walk/Run

Friday, January 1 11:00 a.m.

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. FREE!

Swim-Tek

Video Stroke Analysis

Fitness lap swimmers, competitive swimmers, triathletes, cross-training athletes: learn the art of swimming "smarter not harder" through video-taping above and below the surface with a coach's feedback for improved technique.

www.swim-tek.com

Jim Williams

American Red Cross Courses

Lifeguarding Instructor Course: Upon successful completion, you will receive certification in instructing basic level Lifeguarding, Shallow Water Attendant, First Aid, CPR/AED for the Professional Rescuer, Administering Emergency Oxygen, Blood-Borne Pathogens Training: Preventing Disease Transmission and Basic Water Rescue courses. Students must be at least 17 years old and complete a swimming and written pretest before entering the course. Fundamentals of Instructor Training is also required and will be included.

Cost: \$275.00

Dates: Sat-Sun, October 31, November 1, 7 & 8, 8:00am—5:30pm

Water Safety Instructor Course: Upon successful completion you will receive certification in instructing the learn-to-swim and parent/child programs for infants, toddlers, preschoolers, youth, adults and people with special needs, water safety presentations and basic water rescue. Students must be at least 16 years old and complete a swimming pretest before entering the course. Fundamentals of Instructor Training is also required and will be included.

Cost: \$200.00

Dates: Mon-Thu, August 31-September 3, 8:00am—5:30pm

(2) Lifeguard Training Course: Upon successful completion, you will receive a certification in Lifeguarding, First Aid, CPR/AED for the Professional Rescuer, Oxygen Administration and Preventing Disease Transmission. Students must be at least 15 years old and complete a swimming pretest before entering the course.

Cost: \$175.00

Dates: Sat-Sun, October 3, 4, 10 & 11, 8:00am—5:30pm
Mon-Thu, December 28-31, 8:00am—5:30pm

Standard First Aid with Adult CPR/AED: This course is great for parents, coaches, babysitters, camp counselors and anyone who has a clumsy spouse, child, roommate, or sibling. Upon successful completion, you will receive a certification in First Aid and Adult CPR/AED.

Cost: \$50.00

Dates: Sun, December 13, 8:00am-2:30pm

(4) Lifeguarding Challenge: Renew your Lifeguarding, First Aid and CPR/AED for the Professional Rescuer certifications. This class does not provide any review or instruction. Participants must be prepared to pass the written test and demonstrate all skills.

Cost: \$65.00

Dates: Sun, September 27, 1:00-5:00pm
Sun, October 25, 1:00-5:00pm
Sun, November 22, 1:00-5:00pm
Sun, December 20, 1:00-5:00pm

(4) CPR/AED for the Professional Rescuer: Renew your CPR/AED for the Professional Rescuer certification. This class does not provide a review or instruction. Participants must be prepared to pass the written test and demonstrate all skills.

Cost: \$35.00

Dates: Sun, September 27, 1:00-3:00pm
Sun, October 25, 1:00-3:00pm
Sun, November 22, 1:00-3:00pm
Sun, December 20, 1:00-3:00pm

Girls' High School Swim Meets

2:45—4:45 p.m.

Bellingham—Sehome—Squalicum

Tuesday, September 15—Sehome vs. Ferndale
Wednesday, September 16—Sehome vs. Archbishop
Thursday, September 17—Bellingham vs. Burlington Edison
Monday, September 21—Sehome vs. Mount Vernon
Tuesday, September 22—Bellingham vs. Archbishop
Thursday, September 24—Bellingham vs. Sehome
Friday, September 25—Squalicum vs. Mount Vernon
Tuesday, September 29—Bellingham vs. Lynden
Friday, October 2—Bellingham vs. Ferndale
Tuesday, October 6—Sehome vs. Lynden
Thursday, October 8—Bellingham vs. Anacortes
Friday, October 9—Sehome vs. Burlington Edison
Tuesday, October 13—Squalicum vs. Archbishop
Thursday, October 15—Squalicum vs. Sehome
Tuesday, October 20—Bellingham vs. Oak Harbor
Thursday, October 22—Squalicum vs. Bellingham
Friday, October 31—NW League (2:30p.m.—9:00p.m.)

**AQUATIC CENTER
CLOSURES**

The aquatic center will be closed for holidays and swim meets:
Oct 17-18, Nov 26, Dec 24-25 and
Jan 1—All Day
October 30 from 2:30pm—9:00pm

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, October 28, 1:00—3:00pm

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

Arne Hanna Aquatic Center

Gift Certificates

Redeemable for: Lap swimming Swim lessons for all ages
Aerobic classes Open and family swims
Training courses 10-visit and 3 month passes
Merchandise Pool rentals

Available at the front desk year-round in any amount.
For additional information please call (360) 778-7665.