

# 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 Emily Baird-Levine (by phone) (360) 738-3561  
Contact Annie Huang (by e-mail) annie1516@yahoo.com  
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](http://trithecookie.com) or contact Lance Romo at (360) 778-7665 or [lromo@cob.org](mailto: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](mailto: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. Hagen 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