

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



Summer Program Schedule Effective June 20 through August 14, 2009 (Pool closed July 4th, August 15th—23th)

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	Closed	Closed
7:30-8:30	Lap Swim, DWR Interval Class, Preschool Swim until 9:30, Swim Teams						Rentals	
8:30-9:30	Lap Swim	Water Aerobics, H ₂ O Child Care, Swim Teams	Lap Swim	Water Aerobics, H ₂ O Child Care, Swim Teams	Lap Swim	Water Aerobics, H ₂ O Child Care, Swim Teams	(8:45-9:45), Water Aerobics, H ₂ O Child Care	Rentals & Red Cross Courses
9:30-10:00	Swim Lessons		Swim Lessons		Preschool Swim			
10:00-11:00	Deep Water Running	Water Aerobics	Deep Water Running		Deep Water Running	Water Aerobics		
11-11:30		Arthritis Exercise, H ₂ O Child Care		Arthritis Exercise, H ₂ O Child Care		Arthritis Exercise, H ₂ O Child Care		
11:30-12:30						Lap Swim & Swim Lessons	(11:30-1:00) Preschool Swim, Deep Water Running, Red Cross Courses & Kayaking	
12:30-2:30	\$1.00 off Family Swim & Lap Swim						Open Swim & Lap Swim	(1:00-2:00) Preschool Swim, Deep Water Running, Lap Swim & Water Walking
2:30-4:45	Open Swim (2:45—4:45), Lap Swim*, Swim Teams, Red Cross Courses				Preschool Swim Swim Teams	(2:30—4:30) Red Cross Courses	(2:45-4:15) \$1 off Family Swim & Lap Swim	(2:00-4:00)
4:45-5:45	Swim Lessons, Swim Teams		Swim Lessons, Swim Teams		Swim Lessons, Swim Teams		(4:30-6:30) Open Swim & Lap Swim	(4:00-5:30) Deep Water Running, Swim Lessons & Lap Swim
5:45-6:45	Deep Water Aerobics		Deep Water Aerobics		Water Aerobics	(5:00—6:30) \$1.00 off Family Swim		
6:45-8:00	50% off Open Swim, Swim Teams & Lap Swim*, Red Cross Courses				(6:30-7:30) Rentals & Swim Teams	(6:30-7:30) Rentals	(5:30-7:00) \$1 off Open Swim & Lap Swim	
8:00-9:00	Lap Swim, Preschool Swim, Deep Water Aerobics, H ₂ O Child Care	Lap Swim, Preschool Swim, Deep Water Aerobics, Swim Lessons, H ₂ O Child Care, Kayaking	Lap Swim, Preschool Swim, Deep Water Aerobics, H ₂ O Child Care	Lap Swim, Preschool Swim, Deep Water Aerobics, Swim Lessons, H ₂ O Child Care, Kayaking	(7:30-9:00) \$1 off Open Swim and Lap Swim	(7:30-9:00) \$1 off Open Swim & Lap Swim	(7:00-10:00) Rentals	
9:00-10:00	Rentals	Rentals	Rentals	Rentals	Rentals	Rentals		

* 1-2 lanes

<Programs Share Pools>

<Closed July 4, August 15-23>

<See next page for description of activities>

Fees

Single Admission		10-Visit Pass Valid 1 year		3 Month Pass		Water Aerobics		Swim Lessons		Pool Rentals			
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 \$40/hr	Dive Tank \$50/hr	Lap Pool Lanes \$13/lane/hr

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 and 7 years or older 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. Please see schedule for times.

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 30 minutes 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 12 students.

Water Aerobics: This class is taught in shallow water. 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 12 students.

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

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 Summer Quarter Swim Lesson Schedule and Information

PC: 6 months—36 months

PS: 3—5 years

YL: 6—12 years

Tn/Adlt: 13 years and up

Diving: Ages 6 years & up and at YL 4 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—Thursday 30 min classes	Monday/Wednesday-30 min classes	Tuesday/Thursday—30 min classes	Saturday—30 min classes
Session 1: 6/22-7/2—\$40.00 Session 2: 7/6-7/16—\$40.00 Session 3: 7/20-7/30—\$40.00 Session 4: 8/3-8/13 —\$40.00	Session 1: 6/22-7/15—\$40.00 Session 2: 7/20-8/12—\$40.00	Session 1: 6/23-7/16—\$40.00 Session 2: 7/21-8/13—\$40.00	Session 1: 6/20-7/11—\$15.00 (Session 1: 3 lessons, no lessons on 7/4) Session 2: 7/18-8/1—\$15.00
9:40-10:10am PS-2/3, YL-1/2, 4	9:40-10:10am PS-1/2, 3/4, YL-3 10:15-10:45am PC-A #1 PC-B #2 PS-2/3, YL 1/2	9:40-10:10am PS-2/3, 4/5/6 YL-1/2 10:15-10:45am PC-B #1 PC-A #2 YL 3, 4	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
10:15-10:45am PS-1/2, 4/5/6, YL-3	10:50-11:20am PS-3/4 YL 3, 4 11:25-11:55am PS-1/2, 4/5/6, YL 5/6 LR #1, PF#2	10:50-11:20am PS-1/2, 3/4 YL 5/6 PF #1, PWS#2	10:10-10:40am PS 1/2, 2/3 YL 3, 5/6 Fit#1, LR #2 10:45-11:15am PS-1/2, 3/4 YL-1/2, 4
10:50-11:20am PS-3/4, YL-1/2, YL-5/6 PWS #1 LR #2, PF #3, PWS#4	12:00-12:30pm PS-2/3, 3/4 YL 1/2	11:25-11:55am PS-2/3, 4/5/6, YL 1/2 12:00-12:30pm PS-1/2, 3/4, YL 3	11:20-11:50am PC-B#1, A #2, PS 1/2, YL 1/2, 3 11:55-12:25pm PS 2/3, 3/4, 4/5/6, YL 4
11:25-11:55am PS-2/3, YL-3, 4	5:00-5:30pm PS-1/2, 2/3, 4/5/6 YL-1/2, 4	5:00-5:30pm PS- 2/3, 3/4 YL-1/2, 3, 4	Sunday—30 min classes
12:00-12:30pm PS-1/2, 3/4, YL-1/2	5:35-6:05pm PC-B #1 PC-A #2 PS-3/4 YL-1/2, 3 YL-5/6 PF #1 PWS #2	5:35-6:05pm PC-A #1 PC-B #2 PS-1/2, 4/5/6 YL-1/2, 3	Session 1: 6/21-7/12/09—\$15.00 (Session 1: 3 lessons, no lessons on 7/5)
	6:10-6:40pm PS-1/2, 3/4 YL-1/2, 3, 4	6:10-6:40pm PS-1/2, 3/4 YL-1/2, 4 YL-5/6 PWS #1 LR #2	Session 2: 7/19-8/2/09—\$15.00
		8:15-9:00pm Teen/Adult (\$60.00)	4:15-4:45pm PS-1/2, 3/4, YL-1/2, 3, 4 4:50-5:20pm PC-A #1, PC-B #2, PS-1/2, YL-1/2, 3, YL 5/6 LR #1, PWS #2

SPECIAL EVENTS

Bellingham Youth Triathlon

Saturday, August 8

Age 11—13 Starts at 9:00am

Age 9—10 Starts at 10:00am

Age 6—8 Starts at 10:30am

Our focus is still squarely on participation and fun, though that competitive edge still sneaks in there in bits and pieces. This is an inexpensive event that's fun for participants and family members alike.

For more information contact Lance Romo at
(360) 778-7665 or Lromo@cob.org
or visit trithecookie.com

Lake Padden Triathlon

Saturday, June 27, 8:30am

It's time to try a triathlon. We'd like to encourage those of you who've never completed a triathlon, but love to be active to give this fabulous sport a try. We use chip timing to provide immediate, accurate split and transition times.

To register on-line go to www.trithecookie.com.

For more information contact Lance Romo at
(360) 778-7665 or Lromo@cob.org.

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 coaches feedback for improved technique.

Jim Williams

www.swim-tek.com

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

Contact:

Linda Hegeberg (AM Group) - 676-4639

Cathy Renaud (PM Group) - 738-0148

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, June 24-August 12—4:45-5:45pm

\$52.00/Eight classes

Advanced Diving Class

Thursdays, June 25-August 13—4:45-5:45pm

\$52.00/Eight classes

ADVANCED REGISTRATION REQUIRED

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 6:30-9:30am, 3:30-7:30pm

Sat 8:30-11:30am



Contact Emily Baird-Levine (by phone) (360)-738-3561

Contact Annie Huang (by e-mail) annie1516@yahoo.com

www.bellinghambayswimteam.org

2009 Races!

Padden Triathlon June 27

Padden Duathlon July 25

Bellingham Youth Triathlon August 8

Fairhaven Runners 15K September 12

RunningShoes.com Duathlon October 11

Visit our website at trithecookie.com

For more information contact Lance Romo at
(360) 778-7665 or Lromo@cob.org.



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!



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, June 13, 14, 20 & 21, 8:00am—5:30pm

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: Mon-Thu, July 6-9, 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, August 9, 8:00am-2:30pm

(3) 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: 1) Sun, June 28, 1:00-5:00pm

2) Sun, July 19, 1:00-5:00pm

3) Sun, August 30, 1:00-5:00pm

(3) 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: 1) Sun, June 28, 1:00-3:00pm

2) Sun, July 19, 1:00-3:00pm

3) Sun, August 30, 1:00-3:00pm

AQUATIC CENTER CLOSURES

The Aquatic Center will be closed for holidays and annual maintenance:
July 4th
August 15th—August 23rd

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, July 29, 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.