

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 23 through December 31, 2010 (Pool Closed Oct 16, 17, Nov 25, Dec 24-26, Jan 1 All day and Oct 29 after 2:30pm)

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	
9:30-10:00	Swim Lessons		Swim Lessons		Swim Lessons		(8:45—9:45) Water Aerobics	
10:00-11:00	Deep Water Running	Water Aerobics	Deep Water Running	Water Aerobics	Deep Water Running	Water Aerobics		
11:00-11:30	Preschool Swim	Arthritis Exercise, H ₂ O Child Care	Preschool Swim	H ₂ O Child Care	Preschool Swim	Arthritis Exercise, H ₂ O Child Care		
11:30-12:30							Lap Swim & 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 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	Deep Water Aerobics	Swim Lessons, Swim Teams	Adapted Aquatics	Swim Lessons, Swim Teams	Adapted Aquatics	(4:45-7:00) Swim Teams	(5:00—6:30) \$1.00 off Family & Lap Swim*
5:45-6:45								(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*			(4:00-5:15) Deep Water Running, Swim Lessons & Lap Swim
8:00-9:00	360.778.7665		Lap Swim, Preschool Swim, Deep Water Aerobics, Swim Lessons, Kayaking		www.cob.org/ahac		Lap Swim, Preschool Swim, Deep Water Aerobics, Swim Lessons, Kayaking	

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

Please call our front desk for available pool rental times.

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 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 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.

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 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. Maximum capacity is 23 participants.

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

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	Pool Rentals	Cost/Hour
Whole Facility w/1-50 people	\$130.00	Dive Tank	\$60.00
Add'l People over 50	\$1.30/person	Hydrotherapy Pool	\$65.00
Training Pool	\$60.00	Water Slide	\$60.00
Training Pool w/Slide	\$100.00	Lap Lanes (5 Lane Minimum)	\$13.00/lane

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

Sat 8:30-11:30am

Swim Meet on Sat + Sun, October 16-17

Contact Michelle Smith (360) 393-2555

www.bellinghambayswimteam.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 a coach’s feedback for improved technique.

www.swim-tek.com

Jim Williams

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

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.

Youth—Under 18 Senior—62+

	Resident	Non-Resident
Single Admissions		
Youth/Senior	\$3.00	\$3.50
Adult	\$4.00	\$4.50
Family	\$12.00	\$13.50
Child Care	\$1.50	\$2.00
Shower	\$1.50	\$2.00
10-Visit Swim Pass		
Youth/Senior	\$25.00	\$30.00
Adult	\$35.00	\$40.00
Family	\$95.00	\$105.00
3 Month Swim Pass		
Youth/Senior	\$85.00	\$95.00
Adult	\$115.00	\$130.00
Family	\$340.00	\$380.00
Water Aerobics		
Youth/Senior	\$3.50	\$4.00
Adult	\$4.50	\$5.00
10-Visit Yth/Sr	\$30.00	\$35.00
10-Visit Adult	\$40.00	\$45.00
3-Month Yth/Sr	\$70.00	\$80.00
3-Month Adult	\$90.00	\$100.00
Swim Lessons		
Group-30 min	\$5.00	\$5.50
Group-45 min	\$7.50	\$8.50
Private Lesson	\$15.00	\$17.00
Semi-Pvt Lsn	\$22.00	\$24.00

2010 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 or go on-line at www.cob.org/ezreg. 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 by the start of the second day, unless noted otherwise. If not, the class will be cancelled, and you will receive a pro-rated refund. A class with at least one student will always run on the first day. 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 or 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 (Resident)/\$17.00 (Non-Resident) for one 30-minute lesson.

Monday/Wednesday—30 min classes

Session 1: 9/8—9/29/10 (7 lessons)
 \$35.00 Resident/\$38.50 Non-Resident
 Session 2: 10/4—10/27/10
 \$40.00 Resident/\$44.00 Non-Resident
 Session 3: 11/1—12/1/10 (No lsn 11/22-28)
 \$40.00 Resident/\$44.00 Non-Resident

9:40-10:10am	PS-1
10:15-10:45am	PC-A #1, #3 PC-B #2
10:50-11:20am	PS-3
11:25-11:55am	PS-2
12:00-12:30pm	PS-1
5:00-5:30pm	PS-1, 2, 4 YL-4, YL-5 #1, #3, YL-6 PWS #2
5:35-6:05pm	PC-B #1, #3 PC-A #2
	PS-3 YL-2, 3, 4,
6:10-6:40pm	PS-1, 2, YL-1, 2, 3

Tuesday/Thursday—30 min classes

Session 1: 9/7—9/30/10
 \$40.00 Resident/\$44.00 Non-Resident
 Session 2: 10/5—10/28/10
 \$40.00 Resident/\$44.00 Non-Resident
 Session 3: 11/2—12/2/10 (No lsn 11/11, 22-28)
 \$35.00 Resident/\$38.50 Non-Resident

9:40-10:10am	PS-3
10:15-10:45am	PC-B #1, #3 PC-A #2
10:50-11:20am	PS-2
11:25-11:55am	PS-1
12:00-12:30pm	PS-4
5:00-5:30pm	PS-2, 5, YL-2, 3, 5
5:35-6:05pm	PC-A #1, #3 PC-B #2
	PS-1, 3, YL-1, 4
6:10-6:40pm	PS-1, 2, 4, YL-1, 2
8:15-9:00pm	Teen/Adult (\$60/\$68 NR)

Saturday—30 min classes

Session 1: 9/11—10/2/10
 \$20.00 Resident/\$22.00 Non-Resident
 Session 2: 10/9—10/30/10 (No lessons 10/16)
 \$15.00 Resident/\$16.50 Non-Resident
 Session 3: 11/6—12/4 (No lessons 11/27)
 \$20.00 Resident/\$22.00 Non-Resident

9:00-9:30am	PS-1, 3 YL-3, 4
9:35-10:05am	PS-2, 5 YL-2, 4
10:10-10:40am	PS 3 YL 2, 3, 5
10:45-11:15am	PS-1, 2 YL-1, 3
11:20-11:50am	PC-B#1, #3, A #2
	PS 2, YL 1, 4
11:55-12:25pm	PS 1, 4, YL 2
	YL 6 PWS #1, #3, Fit #2

Sunday—30 min classes

Session 1: 9/12—10/3/10
 \$20.00 Resident/\$22.00 Non-Resident
 Session 2: 10/10—10/31/10 (No lessons 10/17)
 \$15.00 Resident/\$16.50 Non-Resident
 Session 3: 11/7—12/5/10 (No lessons 11/28)
 \$20.00 Resident/\$22.00 Non-Resident

4:05-4:35pm	PS-1, 3, YL-1, 2, 3
4:40-5:10pm	PC-A #1, #3, PC-B #2
	PS-2, 4, YL-3, 4

Monday Midday—45 min classes

Session 1: 9/13—9/27 (Only 3 lessons)
 \$22.50 Resident/\$25.50 Non-Resident
 Session 2: 10/4—10/25/10
 \$30.00 Resident/\$34.00 Non-Resident
 Session 3: 11/1—11/29/10 (No lessons 11/22)
 \$30.00 Resident/\$34.00 Non-Resident

1:15-2:00pm—PS-3	2:05-2:50pm—PS-1
2:55-3:40pm—PS-2	3:45-4:30pm—PS 4

SPECIAL EVENTS

Fitness Food Drive

November 8-13

Bring a non-perishable food item to any fitness class the week of November 8th and you and a friend can get in for

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 -

Springboard Diving

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.

Wednesdays, October 6-December 1—4:45-5:45pm

Eight classes—No class November 24

\$48.00 Resident / \$60.00 Non-resident

ADVANCED REGISTRATION REQUIRED

Pumpkin Patch in the Pool

Saturday, October 23rd

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

Fitness Toy Drive

December 6—11

Bring a new toy or warm clothing to any fitness class the week of December 6th and you and a friend can get in for

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 -



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!



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 Resident/\$225.00 Non-Resident
Dates: Sat-Sun, Oct 2, 3, 9 & 10, 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 Resident/\$200 Non-Resident
Dates: #1-Sat-Sun, Sept 18, 19, 25 & 26, 8:00am—5:30pm
#2-Mon-Thu, December 27-30, 8:00am—5:30pm

(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 Resident/\$75.00 Non-resident
Dates: #1-Sun, September 12, 1:00-5:00pm
#2-Sun, October 24, 1:00-5:00pm
#3-Sun, November 21, 1:00-5:00pm
#4-Sun, December 12, 1:00-5:00pm

(4) CPR/AED for the Professional Rescuer Challenge: 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 Resident/\$40.00 Non-Resident
Dates: #1-Sun, September 12, 1:00-3:00pm
#2-Sun, October 24, 1:00-3:00pm
#3-Sun, November 21, 1:00-3:00pm
#4-Sun, December 12, 1:00-3:00pm

Girls' High School Swim Meets

2:45—4:45 p.m.

Bellingham—Sehome—Squalicum

- Thursday, September 9—Sehome vs. Marysville
- Tuesday, September 14—Squalicum vs. Bellingham / Everett
- Thursday, September 16—Bellingham vs. Archbishop
- Friday, September 17—Sehome vs. Ferndale
- Tuesday, September 21—Squalicum vs. Bellingham
- Thursday, September 23—Squalicum vs. Archbishop
- Tuesday, September 28—Sehome vs. Lynden / Nooksack
- Wednesday, September 29—Squalicum vs. Burlington Edison / Sedro Woolley
- Thursday, September 30—Bellingham vs. Ferndale
- Friday, October 1—Sehome vs. Burlington Edison / Sedro Woolley
- Thursday, October 7—Squalicum vs. Anacortes
- Tuesday, October 12—Bellingham vs. Lynden / Nooksack
- Thursday, October 14—Bellingham vs. Sehome
- Wednesday, October 20—Bellingham vs. Mt. Vernon
- Thursday, October 21—Squalicum vs. Sehome
- Friday, October 29—NW League (2:30p.m.—8:00p.m.)

Adapted Aquatics

Session 1

- Tuesdays Oct 5-Oct 26
- Wednesdays Oct 6-Oct 27
- Thursdays Oct 7-Oct 28

Session 2

- Tuesdays Nov 2-Nov 30
- Wednesdays Nov 3-Dec 1
- Thursdays Nov 4-Dec 2

Time: 4:45-5:45pm

Cost: \$20.00 Resident/\$22.00 Non-Resident (Four one hour sessions)

The second Thursday session will have no class on Nov. 11th due to Veteran's Day and will cost \$15.00 for Residents and \$16.50 for non-residents.

Session 2 will not have classes November 23rd—25th 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.

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 20, 1:00—3:00pm

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

Arne Hanna Aquatic Center

Gift Certificates

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|-----------------|------------------|-----------------------------|
| 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.