

SPECIAL EVENTS

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.

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 -

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

Pumpkin Patch in the Pool

Saturday, October 23rd

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

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

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, 2:45-7:30pm

Sat 8:30-11:30am

Swim Meet on Sat, April 17

Contact Michelle Smith (360) 393-2555

www.bellinghambayswimteam.org

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