

*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 February 22 through June 18, 2010 (Pool Closed April 4 All day and April 17 8:30am-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, Swim Teams							
8:30-9:30	Lap Swim	Water Aerobics, H <sub>2</sub> O Child Care	Lap Swim	Water Aerobics, H <sub>2</sub> O Child Care	Lap Swim	Water Aerobics, H <sub>2</sub> 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 <sub>2</sub> O Child Care	Preschool Swim	H <sub>2</sub> O Child Care	Preschool Swim	Arthritis Exercise, H <sub>2</sub> 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, Deep Water Running, Lap Swim*						(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	(4:00-5:15) Deep Water Running, Swim Lessons & 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*		(5:15-6:30) 50% off Open & Lap Swim	
8:00-9:00	360.778.7665		www.cob.org/ahac		Please call our front desk for available pool rental times.			

Online Registration available at:  
[www.cob.org/ezreg](http://www.cob.org/ezreg)

# 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.

**H<sub>2</sub>O 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.

# 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
<b>Single Admissions</b>		
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
<b>10-Visit Swim Pass</b>		
Youth/Senior	\$25.00	\$30.00
Adult	\$35.00	\$40.00
Family	\$95.00	\$105.00
<b>3 Month Swim Pass</b>		
Youth/Senior	\$85.00	\$95.00
Adult	\$115.00	\$130.00
Family	\$340.00	\$380.00
<b>Water Aerobics</b>		
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
<b>Swim Lessons</b>		
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

# 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, 2:45-7:30pm

Sat 8:30-11:30am

Swim Meet on Sat, April 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

# 2010 Spring 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](http://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: 3/29—4/21/10  
 \$40.00 Resident/\$44.00 Non-Resident  
 Session 2: 4/26—5/19/10  
 \$40.00 Resident/\$44.00 Non-Resident  
 Session 3: 5/24—6/16/10 (No lessons 5/31)  
 \$35.00 Resident/\$38.50 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-4
3:50-4:20pm	PS-2, YL-1
4:25-4:55pm	PS-1, YL-2
5:00-5:30pm	PS-1, 2, 4 YL-1, 5
5:35-6:05pm	PC-B #1, #3 PC-A #2 PS-3 YL-2, 4, YL-6 Fit #1, #3 PWS #2
6:10-6:40pm	PS-1, 2, YL-1, 2, 3

## Tuesday/Thursday—30 min classes

Session 1: 3/30—4/22/10  
 \$40.00 Resident/\$44.00 Non-Resident  
 Session 2: 4/27—5/20/10  
 \$40.00 Resident/\$44.00 Non-Resident  
 Session 3: 5/25—6/17/10  
 \$40.00 Resident/\$44.00 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
3:50-4:20pm	PS-1, YL-3
4:25-4:55pm	PS-3, YL-1
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: 4/10—5/8/10 (No lessons 4/17)  
 \$20.00 Resident/\$22.00 Non-Resident  
 Session 2: 5/15—6/12/10 (No lessons 5/29)  
 \$20.00 Resident/\$22.00 Non-Resident

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

## Sunday—30 min classes

Session 1: 4/11—5/9/10 (No lessons 4/18)  
 \$20.00 Resident/\$22.00 Non-Resident  
 Session 2: 5/15—6/13/10 (No lessons 5/30)  
 \$20.00 Resident/\$22.00 Non-Resident

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

## Monday Midday—45 min classes

Session 1: 3/29—4/19/10  
 \$30.00 Resident/\$34.00 Non-Resident  
 Session 2: 4/26—5/17/10  
 \$30.00 Resident/\$34.00 Non-Resident  
 Session 3: 5/24—6/14/10 (No lessons 5/31)  
 \$22.50 Resident/\$25.50 Non-Resident

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

## Spring Break Lessons

4/5—4/8/10  
 \$20.00 Resident/\$22.00 Non-Resident

9:40-10:10am	PS-3, YL-1
10:15-10:45am	PS-1, YL-2
10:50-11:20am	PS-2, YL-4
11:25-11:55am	PS-1, YL-1
12:00-12:30pm	PS-4, YL-3

# SPECIAL EVENTS

## 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, April 14th—June 16th—4:45-5:45pm**

\$65.00 Resident Fee  
 \$75.00 Non-resident Fee

ADVANCED REGISTRATION REQUIRED

## Egg Hunt

**Saturday, April 3—4:30-6:30pm**

Join us for a hidden egg hunt in the pool! We'll have water games, search for underwater treasure & so much more. All the activities are taking place in the pool area, so bring your swim suits and plan on getting wet. It'll be much warmer than the outdoor egg hunt. Children 6 years and younger require an adult to accompany them in the water.

For more information contact Justin Shields at 360-778-7665 or [jshields@cob.org](mailto:jshields@cob.org)

**Regular Admission**

## Shallow Water Aerobics

Wednesdays, March 24—May 26, 8:00pm—9:00pm  
 Residents \$60.00 / Non-residents \$70.00

A shallow water aerobics class with a variety of cardio, strengthening, toning and stretching exercises to help maintain and/or improve personal fitness.

Maximum participants 20. Must have 10 registered by March 14.  
 Registration deadline is March 23 at 9:00pm

## Water Fitness Workshop

Sunday, March 28—11:30am-1:00pm  
 Residents \$10.00 / Non-residents \$12.00

A water fitness workshop introducing a variety of our exercise programs including the deep water running interval, shallow water aerobics and deep water aerobics classes. Provide hands on instructions on how to properly use all the exercise equipment and perform the exercises. Plus, we'll have some fun activities and games throughout the workshop. Additional information and materials will be provided at the end.

Maximum 40 participants. Must have 20 registered by March 18.  
 Registration deadline is 2:30pm on March 27.



# 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, May 15, 16, 22 & 23, 8:00am—5:30pm

**(4)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-Mon-Thu, Mar 22-25, 8:00am—5:30pm  
#2-Mon-Thu, Apr 5-8, 8:00am—5:30pm  
#3-Sat-Sun, April 24, 25, May 1 & 2, 8:00am—5:30pm  
#4-Mon-Thu, May 17-27, 5:00pm—9:00pm

**(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 Resident/\$75.00 Non-resident  
Dates: #1-Sun, March 21, 1:00-5:00pm  
#2-Sun, April 18, 1:00-5:00pm  
#3-Sun, May 9, 1:00-5:00pm

**(3) 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, March 21, 1:00-3:00pm  
#2-Sun, April 18, 1:00-3:00pm  
#3-Sun, May 9, 1:00-3:00pm

**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 Resident/\$56.00 Non-Resident  
Dates: Sun, March 28, 8:00am-2:30pm

## Adapted Aquatics

### Session 1

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

### Session 2

Tuesdays May 4-May 25  
Wednesdays May 5-May 26  
Thursdays May 6-May 27

Time: 4:45-5:45pm

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

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, April 21, 1:00—3:00pm**

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

**AQUATIC CENTER CLOSURES**

The aquatic center will be closed for holidays and swim meets:  
Apr 4—All Day  
Apr 17—8:30am-2:30pm

## 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.