

*Arne Hanna*

# AQUATIC CENTER



(360) 778-7665 • 1114 Potter St, Bellingham WA 98229 • [www.cob.org/ahac](http://www.cob.org/ahac) • On-line Registration: [www.cob.org/ezreg](http://www.cob.org/ezreg) • [aquatics@cob.org](mailto:aquatics@cob.org)

**Program Schedule Effective January 1 through March 18, 2012**  
**(Pool Closed Jan 1, 14-16, Feb 18-20 - All day and Feb 3, 2:30-8:00pm)**

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 <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			
10:00-11:00	Deep Water Running	Water Aerobics	Deep Water Running	Water Aerobics	Deep Water Running	Water Aerobics	Lap Swim* (8:45—9:45) Water Aerobics	
11:00-11:30								
11:30-12:30	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	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 (Lap Swim* and Deep Water Running available starting February 21)						(2:30—4:30) Red Cross Courses	(2:45-4:15) \$1 off Family & Lap Swim
4:45-5:45	Swim Lessons, Swim Teams		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	Deep Water Aerobics		Deep Water Aerobics	Deep Water Aerobics	Deep Water Aerobics	Deep Water Aerobics		
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		Lap Swim, Preschool Swim, Deep Water Aerobics, Swim Lessons, Kayaking	www.cob.org/ahac		Lap Swim, Preschool Swim, Deep Water Aerobics, Swim Lessons, Kayaking	Please call our front desk for available pool rental times.	

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

\* 1-2 lanes

<Programs Share Pools>

<See next page for description of activities>

<Closed Jan 1, Jan 14-16, Feb 18-20— All day, and Feb 3, 2:30-8:00pm>

# 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.

**Note for all swims:** Children 6 years and under must be accompanied in the water by an adult (16 years or older) within arms 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.

## 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 for staff scheduling and equipment. All rules remain the same.

Pool Rentals	Cost/Hour	Pool Rentals	Cost/Hour
Whole Facility w/1-50 people	\$150.00	Dive Tank	\$70.00
Add'l People over 50	\$1.50/person	Hydrotherapy Pool	\$70.00
Training Pool	\$70.00	Water Slide	\$70.00
Training Pool w/Slide	\$110.00	Lap Lanes (5 Lane Minimum)	\$15.00/lane

### 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

### 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 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

BBSTMembership@gmail.com

www.bellinghambayswimteam.org

# 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.

Disabled rates are available for all guests who are classified Disabled by the State and or Federal government and can provide Disability ID card from such government agency.

**Youth—Under 18**

**Senior—62+**

	Resident	Non-Resident
<b>Single Admissions</b>		
Yth/Sr/Disabled	\$3.50	\$4.00
Adult	\$4.50	\$5.00
Family	\$13.50	\$15.00
Child Care	\$2.00	\$2.50
Shower	\$2.00	\$2.50
<b>10-Visit Swim Pass</b>	<b>(Valid 1 Year)</b>	
Yth/Sr/Disabled	\$30.00	\$35.00
Adult	\$40.00	\$45.00
Family	\$105.00	\$115.00
<b>3 Month Swim Pass</b>		
Yth/Sr/Disabled	\$95.00	\$105.00
Adult	\$130.00	\$145.00
Family	\$380.00	\$420.00
<b>Water Aerobics</b>		
Yth/Sr/Disabled	\$4.00	\$4.50
Adult	\$5.00	\$5.50
10-Visit Yth/Sr/Db	\$35.00	\$40.00
10-Visit Adult	\$45.00	\$50.00
3-Month Yth/Sr/Db	\$80.00	\$90.00
3-Month Adult	\$100.00	\$110.00
<b>Swim Lessons</b>		
Group-25 min	\$5.50	\$6.00
Private Lesson	\$22.00	\$24.00
Semi-Pvt Lsn	\$30.00	\$32.00

All 10-visit Passes are valid for 1 year from date of purchase.

# 2012 Winter 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 (with a valid photo ID), Visa and MasterCard. Payment is due at time of registration. Registration is done on a first-come, first-serve basis. In order to run, a class must have 2 participants enrolled by the start of the second day, unless noted otherwise. If not, the class will be cancelled, and you will receive a prorated refund. A class with at least one student will always run on the first day. We allow 2 to 4 students in a preschool class, 2 to 5 in Youth or Teen/Adult classes and 2 to 10 students for a Parent/Child class. Additional information will be given to you when you register.

**Private and Semi-Private Lessons** are scheduled for 1 or 2 people for 1/2 hour time slots. The scheduled times for lessons vary daily. Please call for available times and instructors. Cost: \$22.00 (Resident)/\$24.00 (Non-Resident) for one 30-minute private lesson and \$30.00 (Resident)/\$32.00 (Non-Resident) for a semi-private lesson.

Monday/Wednesday—25 min classes	Tuesday/Thursday—25 min classes	Saturday—25 min classes	Sunday—25 min classes
Session 1: 1/4—1/25/12 (6 Lessons, Starts Wed, No lessons 1/16) \$33.00 Resident/\$36.00 Non-Resident Session 2: 1/30—2/22/12 (7 Lessons, No lessons 2/20) \$38.50 Resident/\$42.00 Non-Resident Session 3: 2/27—3/14/12 (Only three weeks) \$33.00 Resident/\$36.00 Non-Resident 9:35-10:00am PS-1 10:05-10:30am PC-A: Sessions 1 & 3, PC-B: Session 2 10:35-11:00am PS-3 11:05-11:30am PS-2 11:35-12:00pm PS-1 12:05-12:30pm PS-2 4:45-5:10pm PS-2, 4 YL-1, 3 5:15-5:40pm PC-B: Sessions 1 & 3, PC-A: Session 2, PS-1, 5 YL-5: Sessions 1 & 3, YL-6 PWS: Session 2 5:45-6:10pm PS-3 YL-1, 2, 4 6:15-6:40pm PS-1, 2 YL-2, 3	Session 1: 1/3—1/26/12 \$44.00 Resident/\$48.00 Non-Resident Session 2: 1/31—2/23/12 \$44.00 Resident/\$48.00 Non-Resident Session 3: 2/28—3/15/12 (Only three weeks) \$33.00 Resident/\$36.00 Non-Resident 9:35-10:00am PS-3 10:05-10:30am PS-4 10:35-11:00am PS-2 11:05-11:30am PC-B: Sessions 1 & 3 PC-A: Session 2 11:35-12:00pm PS-1 12:05-12:30pm PS-2 4:45-5:10pm PS-2 YL-2, 3, 5 5:15-5:40pm PC-A: Sessions 1 & 3 PC-B: Session 2 PS-3 YL-1, 4 5:45-6:10pm PS-1, 5 YL-1, 3 6:15-6:40pm PS-1, 2, 4 YL-2 8:05-8:30pm Beginner Teen/Adult 8:35-9:00pm Advanced Teen/Adult	Session 1: 1/7—2/4/12 (No lessons 1/14) \$22.00 Resident/\$24.00 Non-Resident Session 2: 2/11—3/10/12 (No lessons 2/18) \$22.00 Resident/\$24.00 Non-Resident 9:35-10:00am PS-1, 3 YL-3 10:05-10:30am PS-2 YL-2, 4 10:35-11:00am PS 3 YL 2, 3, 5 11:05-11:30am PS-1, 2, 5, YL-1 11:35-12:00pm PC-B: Session 1, PC-A: Session 2 PS 2, YL 1, 4 12:05-12:30pm PS 1, 4, YL 2 YL 6 PWS: Session 1, YL 6 Fit: Session 2	Session 1: 1/8—2/5/12 (No lessons 1/15) \$22.00 Resident/\$24.00 Non-Resident Session 2: 2/12—3/11/12 (No lessons 2/19) \$22.00 Resident/\$24.00 Non-Resident 4:10-4:35pm PS-1, 3, YL-1, 2, 3 4:40-5:05pm PC-A: Session 1, PC-B: Session 2, PS-2, 4, YL-3, 4
		 <p>Scan this QR Code to register for lessons!</p> <p>Scholarships are available upon request, for Bellingham city residents who qualify.</p>	<b>Monday Midday—25 min classes</b> Session 1: 1/9—2/6/12 (No lessons 1/16) \$22.00 Resident/\$24.00 Non-Resident Session 2: 2/13—3/12/12 (No lessons 2/20) \$22.00 Resident/\$24.00 Non-Resident 1:15-1:40pm—PS 3: Session 1, PS 4: Session 2 1:45-2:10pm—PS-1 2:15-2:40pm—YL-1 2:45-3:10pm—PS-2 3:15-3:40pm—PS-1

## SPECIAL EVENTS

### Middle School Late Night Open Swims

Bellingham Parks and Recreation is hosting an open swim for middle-schoolers! Slide, swim, soak, splash around, dive, play water polo, hang out with friends. We provide a safe and supervised setting for boys and girls to spend their Friday night.

Fridays, Jan 20, 27, Feb 3, 10, 17, 24  
 8:00pm-10:00pm

Grades: 6-8 Cost: FREE

### Padden Polar Dip

Sunday, 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' 41 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-

### Padden Resolution Walk/Run

Sunday, January 1—11:00 AM  
**FREE**

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-

### Healthy Heart Week

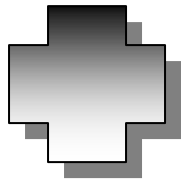
February 13—18

Celebrate Valentine's Day by taking care of your heart. Come to the pool to exercise and you and your friend get in two-for-the-price-of-one! This includes any lap swim, deep or shallow aerobics class and deep water running.

For more information contact Justin Shields at

(360) 778-7665 or [jshields@cob.org](mailto:jshields@cob.org)

- ALL EXERCISE ACTIVITIES -



# American Red Cross



## 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!

**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: \$225.00 Resident/\$250.00 Non-Resident  
Dates: Sat-Sun, February 25, 26, March 3 & 4, 8:00am—5:30pm

**(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: \$100.00 Resident/\$110.00 Non-resident  
Dates: #1-Sun, January 8, 1:00-5:00pm  
#2-Sun, February 12, 1:00-5:00pm  
#3-Sun, March 18, 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: \$65.00 Resident/\$70.00 Non-Resident  
Dates: #1-Sun, January 8, 1:00-3:00pm  
#2-Sun, February 12, 1:00-3:00pm  
#3-Sun, March 18, 1:00-3:00pm

## 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, February 15, 1:00—3:00pm**

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

## Adapted Aquatics

<b>Session 1</b>	<b>Session 2</b>
Tuesdays, January 17-February 7	Tuesdays, February 14-March 6
Wednesdays, January 18-February 8	Wednesdays, February 15-March 7
Thursdays, January 19-February 9	Thursdays, February 16-March 8

Time: 4:45-5:45pm Cost: \$22.00 Resident/\$24.00 Non-Resident

A time for individuals, 3 years or older, 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.

## 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, January 4 to March 7—4:45-5:45pm**  
Ten Classes—\$110.00 Resident / \$120.00 Non-resident

**ADVANCED REGISTRATION REQUIRED**



Scan this QR Code to go to our website!

## Boys' High School Swim Meets

2:45—4:45 p.m.

**Bellingham—Sehome—Squalicum**

Tuesday, January 3—Bellingham vs. Anacortes  
 Thursday, January 5—Squalicum vs. Lynden  
 Wednesday, January 11—Bellingham vs. Burlington Edison / Sedro Woolley  
 Tuesday, January 17—Sehome vs. Anacortes  
 Thursday, January 19—Sehome vs. Bellingham  
 Friday, January 20—Squalicum vs. Mt. Vernon  
 Wednesday, January 25—Bellingham vs. Mt. Vernon  
 Thursday, January 26—Sehome vs. Squalicum  
 Friday, February 3—NW League (2:30p.m.—8:00p.m.)

**AQUATIC CENTER  
CLOSURES**

The aquatic center will be closed for holidays and swim meets:  
Jan. 1, 14-16, Feb. 18-20—All Day  
Feb. 3—2:30-8:00 PM