

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, January 4 to March 7—4:45-5:45pm

Ten Classes—\$110.00 Resident / \$120.00 Non-resident

ADVANCED REGISTRATION REQUIRED

Adapted Aquatics

Session 1

Tuesdays, January 17-February 7
Wednesdays, January 18-February 8
Thursdays, January 19-February 9

Session 2

Tuesdays, February 14-March 6
Wednesdays, February 15-March 7
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.

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

- ALL EXERCISE ACTIVITIES -

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, 2:45-7:30pm

Sat 8:30-11:30am

Contact BBSTMembership@gmail.com

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