

# Sports / Fitness



Bellingham  
Parks &  
Recreation  
Department

*Quality of Play — Quality of Life*

## DO YOU NEED ASSISTANCE OR ACCOMMODATION?

Please look over our program offerings in this publication and contact Amanda at 778-7000 (778-7011/TDD) for more information.

## GENTLE YOGA

This program is intended for individuals who have health issues such as MS, arthritis, fibromyalgia or other conditions that would benefit from a gentle approach to yoga. Yoga is a safe and gentle form of exercise which develops strength and flexibility, balance and coordination. This class will focus on exercises that can be done from a standing, lying, or sitting position. Activities will also include breathing and relaxation techniques. Please complete a Yoga Information Sheet at registration if you are new to the class. This class is taught by Vicki Roy who has been teaching yoga since 1988 and has studied all over the world and Louise Smith, a longtime student of Iyengar Yoga and advocate of health through yoga.

*Minimum must be met by one week prior to first class*

**PROG# 21404**

**DAY/DATES:** Tuesdays, September 29–December 1  
**TIME:** 10–11:15 a.m.

**PROG# 21405**

**DAY/DATES:** Tuesdays, September 29–December 1  
**TIME:** 5:30–6:45 p.m.

**PROG# 21406**

**DAY/DATES:** Wednesdays, September 30–December 2  
**TIME:** 10–11:15 a.m.

**PROG# 21407**

**DAY/DATES:** Wednesdays, September 30–December 2  
**TIME:** 5:30–6:45 p.m.

**AGES:** 18 years and older

**LOCATION:** Environmental Learning Center,  
514 W Holly

**COST:** \$54

**INSTRUCTORS:** Vicki Roy (evenings) and  
Louise Smith (mornings)

**MIN:** 10 **MAX:** 10

## SOCCER INFORMATION

For information concerning youth and adult fall soccer leagues please call the Soccer Hotline, 384-6323.

## ADULT MEN'S BASKETBALL LEAGUES

Adult Basketball Leagues will begin in October. Registration is by team. If you do not have a team, contact the Parks Office to be placed on a pick-up player list. The pick-up player list does not guarantee team placement; your name will be provided to teams looking for more players.

**COST:** \$425 per team/10 games

**MONDAY FASTBREAK** MAX: 18 teams

**PROG# 21408**

**AGES:** 18 years & Over

**WEDNESDAY FASTBREAK** MAX: 12 teams

**PROG# 21409**

**AGES:** 18 years & Over

**THURSDAY SLOWBREAK** MAX: 12 teams

**PROG# 21410**

**AGES:** 40 years & Over

**FRIDAY FASTBREAK** MAX: 12 teams

**PROG# 21411**

**AGES:** 18 years & Over

## ADULT WOMEN'S BASKETBALL LEAGUE

Women's Basketball will begin in October. Registration is by team. If you do not have a team, contact the Parks Office to be placed on a pick-up player list. The pick-up player list does not guarantee team placement; your name will be provided to teams looking for more players.

**PROG# 21412**

**AGES:** 18 years & Over

**DAY/TIME:** Tuesday evenings

**COST:** \$425 per team/10 games

**MAX:** 12 teams

## ADULT VOLLEYBALL LEAGUES

Adult Volleyball Leagues will begin in October. Registration is by team. If you do not have a team, contact the Parks Office to be placed on a pick-up player list.

**COST:** \$335 per team/12 matches

**AGES:** 18 years & Over

**MONDAY WOMEN'S** MAX: 30 teams

**PROG# 21413**

**WEDNESDAY COED** MAX: 24 teams

**PROG# 21414**

**THURSDAY COED** MAX: 24 teams

**PROG# 21415**

## FAIRHAVEN RUNNERS WATERFRONT 15K

If you are looking for one of our community's best events, this 15K will be one to remember. This flat course winds along beautiful Bellingham Bay and features chip timing, fully staffed aid station, awards, post-race food, entertainment, and great local support. Registration will be capped at 1000 so register early. To register online go to trithecookie.com, fairhavenrunners.com or bring completed registration forms to the Arne Hanna Aquatic Center at 1114 Potter St. For more information contact Lance Romo at lromo@cob.org.



**FAIRHAVEN  
RUNNERS  
& WALKERS, TOO!**

**PROG# 20199**

**AGES:** All

**DAY/DATE:** Saturday, September 12

**TIME:** Check-in 7 a.m. – Race Start 8:30 a.m.  
(course closes at 11 a.m.)

**LOCATION:** Fairhaven Village Green

**COST:** \$25 until September 10.

**NO LATE/DAY OF RACE REGISTRATION**

**COORDINATOR:** Lance Romo

**MAX:** 1000

## RUNNINGSHOES.COM MT. BIKE DUATHLON

Run 2.6 miles, Mt. Bike 6 mile, then run 2.6 miles again. Sound like fun? Join us on this fun and challenging course.

The Mt. Bike will be 1 lap of the expert loop and both runs are around the lake. The first is counter-clockwise and the second is clockwise. There will also be a free youth race sponsored by the YMCA. To register go to trithecookie.com or Bring completed registration forms to the Arne Hanna Aquatic Center at 1114 Potter St. For more information contact Lance Romo at (360) 778-7665 or lromo@cob.org.

**PROG# 20200**

**AGES:** All

**DAY/DATE:** Sunday, October 12

**TIME:** 8:30–11 a.m.

**LOCATION:** Lake Padden Dog Off Leash Area

**COST:** \$15 pre-registration, \$20 after Oct 3

**COORDINATOR:** Lance Romo

**RUNNING  
SHOES.com**

*Program Registration begins Tuesday, September 8 at 8 a.m.*