

*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 June 19 through August 13, 2010 (Pool Closed July 4, August 14th—22nd)**

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	Water Aerobics, H <sub>2</sub> O Child Care	Water Aerobics, H <sub>2</sub> O Child Care	Water Aerobics, H <sub>2</sub> O Child Care	Water Aerobics, H <sub>2</sub> O Child Care	Water Aerobics, H <sub>2</sub> O Child Care	Water Aerobics, H <sub>2</sub> O Child Care	Lap Swim*, Swim Lessons, Deep Water Running, Swim Teams (8:45—9:45) Water Aerobics	
9:30-10:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
10:00-11:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons		
11:00-11:30	Deep Water Running	Deep Water Running	Deep Water Running	Deep Water Running	Deep Water Running	Deep Water Running		
11:30-12:30	Arthritis Exercise, H <sub>2</sub> O Child Care	H <sub>2</sub> O Child Care	Arthritis Exercise, H <sub>2</sub> O Child Care	H <sub>2</sub> O Child Care	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	Open Swim (2:45—4:45), Lap Swim*, Swim Teams, Red Cross Courses						(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	Swim Lessons, Swim Teams	Swim Lessons, Swim Teams	Swim Lessons, Swim Teams	(4:45-7:00) Swim Teams	(5:00—6:30) \$1.00 off Family & Lap Swim*	
5:45-6:45	Deep Water Aerobics	Deep Water Aerobics	Deep Water Aerobics	Deep Water Aerobics	Deep Water Aerobics	(4:30-6:30) Open & Lap Swim	(4:00-5:15) Deep Water Running, Swim Lessons & Lap Swim	
6:45-8:00	50% off Open & Lap Swim*, Swim Teams						(6:30-8:00) \$1 off Open & Lap Swim*	(5:15-6:30) 50% off Open & Lap Swim
8:00-9:00	Lap Swim, Preschool Swim, Deep Water Aerobics, Swim Lessons, Kayaking		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)

## 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 come and enjoy all 4 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 all of the fun instructional equipment we have to offer.

**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.

## 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 professional-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 Michelle Smith (360) 393-2555

[www.bellinghambayswimteam.org](http://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

## 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 Pass</b>		
Youth/Senior	\$25.00	\$30.00
Adult	\$35.00	\$40.00
Family	\$95.00	\$105.00
<b>3 Month 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

### 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](http://www.swim-tek.com)

Jim Williams

# 2010 Summer Swim Lesson Schedule and Information

PC—6 month - 36 months  
 PS—3—5 years  
 YL—6—12 years  
 Tr/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 and 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—Thursday—30 min classes

Session 1: 6/21—7/1/10  
 \$40.00 Resident/\$44.00 Non-Resident

Session 2: 7/5—7/15/10  
 \$40.00 Resident/\$44.00 Non-Resident

Session 3: 7/19—7/29/10  
 \$40.00 Resident/\$44.00 Non-Resident

Session 3: 8/2—8/12/10  
 \$40.00 Resident/\$44.00 Non-Resident

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

## Monday/Wednesday—30 min classes

Session 1: 6/21—7/14/10  
 \$40.00 Resident/\$44.00 Non-Resident

Session 2: 7/19—8/11/10  
 \$40.00 Resident/\$44.00 Non-Resident

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

## Tuesday/Thursday—30 min classes

Session 1: 6/22—7/15/10  
 \$40.00 Resident/\$44.00 Non-Resident

Session 2: 7/20—8/12/10/10  
 \$40.00 Resident/\$44.00 Non-Resident

9:40-10:10am	PS-1, 3, YL-5
10:15-10:45am	PC-B #1, PC-A #2 YL 1, 2
10:50-11:20am	PS-2, YL-3 YL-6 PWS #1, Fit #2
11:25-11:55am	PS-1, 2, YL-4
12:00-12:30pm	PS-4, YL-1, 2
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/\$68NR)

## Saturday—30 min classes

Session 1: 6/19—7/10/10 (No lessons 7/3)  
 \$15.00 Resident/\$16.50 Non-Resident

Session 2: 7/17—8/7/10  
 \$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: 6/20—7/11/10 (No lessons 7/4)  
 \$15.00 Resident/\$16.50 Non-Resident

Session 2: 7/18—8/8/10  
 \$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

## 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, June 23rd—August 11th—4:45-5:45pm**

\$52.00 Resident Fee

\$60.00 Non-resident Fee

ADVANCED REGISTRATION REQUIRED

### Lake Padden Triathlon

**Saturday, June 26, 8:30am**

It's time to try a triathlon. We'd like to encourage those of you who've never completed a triathlon, but love to be active to give this fabulous sport a try. We use chip timing to provide immediate, accurate split and transition times.

For more information contact Lance Romo at  
 (360) 778-7000 or [Lromo@cob.org](mailto:Lromo@cob.org).

### Bellingham Youth Tri

**Saturday, August 14**

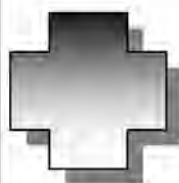
Age 11—13 Starts at 9:00am

Age 9—10 Starts at 10:00am

Age 6—8 Starts at 10:30am

Our focus is still squarely on participation and fun, though that competitive edge still sneaks in there in bits and pieces. This is an inexpensive event that's fun for participants and family members alike.

For more information contact Lance Romo at  
 (360) 778-7000 or [Lromo@cob.org](mailto:Lromo@cob.org)



**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!



**Lifeguarding Instructor Course:** Upon successful completion, you will receive certification in instructing basic level Lifeguarding, Shallow Water Attendant, First Aid, CPR/AED for the Professional Rescuer, Administering Emergency Oxygen, Blood-Borne Pathogens Training: Preventing Disease Transmission and Basic Water Rescue courses. Students must be at least 17 years old and complete a swimming and written pretest before entering the course. Fundamentals of Instructor Training is also required and will be included.

Cost: \$275.00 Resident/\$300.00 Non-Resident

Dates: Sat-Sun, **Jul 31, Aug 1, 7 & 8**, 8:00am—5:30pm

**(2)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 pr-etest before entering the course. Fundamentals of Instructor Training is also required and will be included.

Cost: \$200.00 Resident/\$225.00 Non-Resident

Dates: #1-Sat-Sun, May 15, 16, 22 & 23, 8:00am—5:30pm

#2-Mon-Thu, Aug 23-26, 8:00am—5:30pm

**(3)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, May 17-27, 5:00pm—9:00pm

#2-Sat-Sun, Jun 12, 13, 19 & 20, 8:00am—5:30pm

#3-Mon-Thu, Jun 21-24, 8:00am—5:30pm

**(4) 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, May 9, 1:00-5:00pm

#2-Sun, Jun 27, 1:00-5:00pm

#3-Sun, Jul 18, 1:00-5:00pm

#4-Sun, Aug 29, 1:00-5:00pm

**(4) 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, May 9, 1:00-3:00pm

#2-Sun, Jun 27, 1:00-3:00pm

#3-Sun, Jul 18, 1:00-3:00pm

#4-Sun, Aug 29, 1:00-3:00pm

For additional American Red Cross courses not offered at the Arne Hanna Aquatic Center, please contact the Mt Baker chapter of the Red Cross at **360.733.3290** or visit **mtbredcross.org**.

**AQUATIC CENTER  
CLOSURES**

The aquatic center will be closed  
for holidays and maintenance,  
July 4, August 14-22

### 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, July 21, 1:00—3:00pm**

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

### 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.