

# Sports / Fitness



**Bellingham  
Parks &  
Recreation  
Department**

## GENTLE YOGA

For anyone who desires a gentle approach to yoga including those who have MS, arthritis, and other health issues. 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. These classes are taught by Louise Smith, a longtime student of Iyengar Yoga and advocate of health through yoga and by Vicki Roy who has been teaching yoga since 1988 and has studied all over the world.

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

**PROG# 22296**  
DAY/DATES: Tuesdays, June 22-August 24  
TIME: 10-11:15 a.m.

**PROG# 22297**  
DAY/DATES: Tuesdays, June 22-August 24  
TIME: 5:30-6:45 p.m.

**PROG# 22298**  
DAY/DATES: Wednesdays, June 23-August 25  
TIME: 10-11:15 a.m.

**PROG# 22299**  
DAY/DATES: Wednesdays, June 23-August 25  
TIME: 5:30-6:45 p.m.

AGES: 18 years and older  
LOCATION: Maritime Park Pavilion, (formerly Environmental Learning Center), 514 W Holly St

COST: \$65  
INSTRUCTORS: Louise Smith (mornings) & Vicki Roy (evenings)

MIN: 12 MAX: 12

## FAMILY KAYAKING

Have you and your family been interested in finding a new hobby together? How about kayaking? It is great exercise, a fun way to spend time with the family and extremely low impact on the environment. Highly skilled instructors from Elakah Kayaks will teach and encourage your whole family along the way. All ability levels are welcome; kids 3 and under ride in the center cockpit, kids will be paired up with an adult paddler. We will provide all of the equipment you need. Please bring weather appropriate clothes, we will be going rain or shine!

**PROG# 21880**  
TIME: 9 a.m.-12 noon

**PROG# 21881**  
TIME: 2-5 p.m. *SPACE LIMITED!*  
DAY/DATES: Sunday, May 23  
AGES: 2 years and up, each child must be accompanied by an adult  
LOCATION: Fairhaven Boat Launch  
TRIP LEADER: Cori Kauk & Elakah Kayak Tour staff  
COST: \$35 per adult, \$20 per child age 12 and under

MIN: 8 MAX: 18

## HOOP JAM

HOOP JAM is Bellingham's biggest 3 on 3 basketball tournament! Registration deadline is July 16, 5 p.m. Registration form must be completed in order to participate in tournament. Tournament information is available at [www.cob.org](http://www.cob.org).

AGES: 3rd grade-adult  
DAY/DATES: Saturday, August 7  
LOCATION: Bellingham High School  
COST/DIVISION:

Adult Men Open	\$100
Adult Women	\$100
Wheelchair	\$100
Girls HS 11-12 grade	\$100
Girls HS 9-10 grade	\$100
Boys HS 11-12 grade	\$100
Boys HS 9-10 grade	\$100
Girls 7-8 grade	\$80
Girls 5-6 grade	\$80
Girls 3-4 grade	\$80
Boys 7-8 grade	\$80
Boys 5-6 grade	\$80
Boys 3-4 grade	\$80

## YOUTH BASEBALL/SOFTBALL

Contact the Bellingham Boys and Girls Club at 527-9777 for information on summer baseball/softball leagues.

## SUMMER POLE VAULT INSTRUCTION

Bellingham Parks & Recreation provides pole vaulting instruction for beginners to advanced, ages 10 and older. All aspects will be taught and all equipment will be provided. This is your chance to take advantage of summer weather to become the pole vaulter you want to be. All ability levels.

**PROG # 22314 SESSION 1**  
DAY/DATES: Tuesdays, June 8-August 24  
TIME: 5-6:15 p.m.

**PROG # 22315 SESSION 2**  
DAY/DATES: Tuesdays, June 8-August 24  
TIME: 6:15-7:30 p.m.

**PROG # 22316 SESSION 3**  
DAY/DATES: Thursdays, June 10-August 26  
TIME: 5-6:15 p.m.

**PROG # 22317 SESSION 4**  
DAY/DATES: Thursdays, June 10-August 26  
TIME: 6:15-7:30 p.m.

AGES: 10 years and older  
LOCATION: Civic Stadium  
COST: \$70 for one session (12 classes)  
\$120 for Tues & Thurs sessions (24 classes)

COACH: Scott McCoy  
MIN: 6 MAX: 10

## SPEED & AGILITY TRAINING

Bellingham Parks & Recreation will provide speed and agility training for all athletes ages 12 and older. All aspects of sprinting technique and overall quickness will be taught using a wide variety of drills and workouts. Athletes from all sports benefit from speed and agility, so take advantage of the summer season to improve your times and first step quickness. Team/large group rates and times are available. All ability levels.

### SESSION 1 – SPEED & AGILITY FOR ALL SPORTS

**PROG # 22318**  
DAY/DATES: Wednesdays, June 9-August 25  
TIME: 4:30-5:30 p.m.  
MIN: 4 MAX: 10

### SESSION 2 – SPEED & AGILITY FOR ALL SPORTS

**PROG # 22319**  
DAY/DATES: Wednesdays, June 9-August 25  
TIME: 5:30-6:30 p.m.  
MIN: 4 MAX: 10

### SESSION 3 – SPEED & AGILITY FOR DISTANCE RUNNING

**PROG # 22320**  
DAY/DATES: Wednesdays, June 9-August 25  
TIME: 6:30-7:30 p.m.  
MIN: 6 MAX: 15

AGES: 12 years and older  
LOCATION: Civic Stadium  
COST: \$70 (12 classes)  
COACH: Scott McCoy

## ALL COMER'S TRACK AND FIELD

A meet for kids, adults and families conveniently located at Civic Field. We start the night with 50s for kids 12 and under and a few field events. We progress through a variety of track and field events. All par-



## DO YOU NEED ASSISTANCE OR ACCOMMODATION?

If you have a disability and require assistance and/or accommodation to participate in any of our programs, please call at least two weeks prior to the registration deadline. Our staff can assist in obtaining special equipment, interpretive services, or other support necessary to make your involvement successful. Please look over our program offerings in this publication and contact Amanda at 778-7000 (778-7011 TDD) for more information. Please note that accommodations are most successful when we are notified as far in advance as possible.

# Sports / Fitness



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## Quality of Play — Quality of Life

Participants receive a ribbon. Every meet we'll also offer the Jogger's Mile where participants guess their time then run the mile without a watch. Participants able to predict their time within 3 seconds win a t-shirt. The last Monday we'll forgo the 1500 meter and offer a 5K. For a season pass bring completed registration forms to the Bellingham Parks and Recreation offices at either Cornwall Park, the Arne Hanna Aquatic Center or to the meet. Day passes may be purchased at the meet. Please contact Lance Romo with any comments or questions or go to [trithecookie.com](http://trithecookie.com) for a schedule of events and records.

**PROG#** 22210  
**AGES:** All  
**DAY/DATE:** Mondays, June 14 through August 30  
**TIME:** First Race 6 p.m.  
**LOCATION:** Civic Field  
**COST:**  
 Day Pass \$4  
 Season Pass \$30  
 Family Pass \$90  
**COORDINATOR:** Lance Romo

### LAKE PADDEN TRIATHLON

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. No matter whether this is your 1st triathlon or 101st this is a great course and a great race. We use chip timing to provide immediate & accurate split times. To register on-line or to print a registration form go to [www.trithecookie.com](http://www.trithecookie.com). Bring completed registration forms to the Arne Hanna Aquatic Center at 1114 Potter St. or to Bellingham Parks and Recreation at 3424 Meridian St. For more information contact Lance Romo at 778-7000 or [Lromo@cob.org](mailto:Lromo@cob.org).

Division 1	Division 2
Competitive	Recreational
Swim: 1/2 mile	Swim: 1/4 mile
Bike: 21 miles	Bike: 10 miles
Run: 5.2 miles	Run: 2.6 miles
Time Limit: 3 hrs.	Time Limit: 2.5 hrs.



**PROG#** 21840 Division 1  
 21841 Division 2  
**AGES:** All  
**DAY/DATE:** Saturday, June 26  
**TIME:** Division 1 - 8:30 a.m. start  
 Division 2 - 1 p.m. start  
**LOCATION:** Lake Padden Bathhouse  
**COST:** \$50 pre-registration (by May 27),  
 \$60 May 28 to June 25  
*Please Note: This program is not eligible for a refund. ID required at check-in. No day of race registration.*  
**COORDINATOR:** Lance Romo  
**MAX:** 300 Each Division

### PADDEN DUATHLON – 1/3 LESS RACE

This race is for all those "swim hating" triathletes. To register on-line or to print a registration form go to [www.trithecookie.com](http://www.trithecookie.com). Bring completed registration forms to the Arne Hanna Aquatic Center at 1114 Potter St. or to Bellingham Parks and Recreation at 3424 Meridian St. For more information contact Lance Romo at 778-7000 or [Lromo@cob.org](mailto:Lromo@cob.org).

Run: 2.6 miles  
 Road Bike: 14.5 miles  
 Run: 2.6 miles  
 Time Limit: 2.5 hrs.



**PROG#** 21844  
**AGES:** All  
**DAY/DATE:** Saturday, July 24  
**TIME:** Start 9 a.m.  
**LOCATION:** Lake Padden Dog off leash area  
**COST:** \$20 pre-registration (by June 25)  
 \$25 Late July 15 (June 26 to day of race)

*Please Note: This program is not eligible for a refund. ID required at check-in.*

**COORDINATOR:** Lance Romo  
**MAX:** 200

### BELLINGHAM YOUTH TRIATHLON

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. To register on-line or to print a registration form go to [www.trithecookie.com](http://www.trithecookie.com). Bring completed registration forms to the Arne Hanna Aquatic Center at 1114 Potter St. or to Bellingham Parks and Recreation at 3424 Meridian St. For more information contact Lance Romo at 778-7000 or [Lromo@cob.org](mailto:Lromo@cob.org).



Division 1	Division 2	Division 3
Swim: 400 yd.	Swim: 200 yd.	Swim: 100 yd.
Bike: 3 miles	Bike: 2 miles	Bike: 1 mile
Run: 1 mile	Run: 1/2 mile	Run: 1/4 mile

**PROG#** 21845 Division 1  
 21846 Division 2  
 21847 Division 3  
**AGES:** Division 1: 11–13 years old,  
 Division 2: 9–10 years old,  
 Division 3: 6–8 years old  
**DAY/DATE:** Saturday, August 8

**TIME:** Division 1: 9 a.m. start,  
 Division 2: 10 a.m. start,  
 Division 3: 10:30 a.m. start  
**LOCATION:** Arne Hanna Aquatic Center  
**COST:** \$15 pre-registration (by July 15)  
 \$20 Late (July 16 to day of race)  
*Please Note: This program is not eligible for a refund.*

**COORDINATOR:** Lance Romo  
**MAX:** 60 Each Division

### FAIRHAVEN RUNNERS WATERFRONT 15K



If you are looking for one of our community's best events, this 15K will be one to remember. This mostly flat course winds along beautiful Bellingham Bay and features chip timing, fully staffed aid station, awards, post-race food, entertainment, and great local support. All registrants will receive Mizuno technical shirts. Registration will be capped at 1000 so register early. To register on-line or to print a registration form go to [www.trithecookie.com](http://www.trithecookie.com) or [www.fairhavenrunners.com](http://www.fairhavenrunners.com). Bring completed registration forms to the Arne Hanna Aquatic Center at 1114 Potter St. or to Bellingham Parks and Recreation at 3424 Meridian St.

**PROG#** 21851  
**AGES:** All  
**DAY/DATE:** Saturday, September 11  
**TIME:** Check-in 7 a.m. - Race start 8:30 a.m.  
**LOCATION:** Fairhaven Village Green  
**COST:** \$20 pre-registration (by August 12)  
 \$25 Late (July 13 to September 10 or until max is reached)  
*Please Note: This program is not eligible for a refund. ID required at check-in.*  
**No day of race registration**

**COORDINATOR:** Lance Romo  
**MAX:** 1000

### RUNNINGSHOES.COM MT. BIKE DUATHLON



Join us on this fun and challenging course. The Mt. Bike will be 1 lap of the steep root and rock strewn "expert loop" and both runs are around the lake. The first is counter-clockwise and the second is clockwise. First 100 registrants will receive a tech shirt (receive at race). There will also be a free youth race for kids 5 to 15 years old sponsored by the Whatcom Family YMCA. To register on-line or to print a registration form go to [www.trithecookie.com](http://www.trithecookie.com). Bring completed registration forms to the Arne Hanna Aquatic Center at 1114 Potter St. or to Bellingham Parks and Recreation at 3424 Meridian St. For more information contact Lance Romo at 778-7000 or [Lromo@cob.org](mailto:Lromo@cob.org).

**Program Registration begins Monday, May 3 at 8 a.m.**

**For information call (360) 778-7000 (or 778-7011 TDD) or visit [www.cob.org/ezreg](http://www.cob.org/ezreg)**

# Sports / Fitness



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## Quality of Play — Quality of Life

**PROG#** 22182  
**AGES:** All  
**DAY/DATE:** Sunday, October 10  
**TIME:** 11 a.m.  
**LOCATION:** Lake Padden Dog Off Leash Area  
**COST:** \$15 pre-registration (by September 9)  
 \$20 Late (September 10 to Day of Race)  
*Please Note: This program is not eligible for a refund. ID required at check-in.*  
**COORDINATOR:** Lance Romo  
**MAX:** 150

### RACE VOLUNTEERS NEEDED

Bellingham Parks and Recreation sponsors races throughout the summer and we need your help. We need people to help direct participants, time events and help with set up and take down. Please contact us if you're interested in helping in any way. Thank You.

#### **Padden Triathlon—June 26**

Contact Cori Kauk at ckauk@cob.org or 778-7000

#### **Padden Duathlon—July 24**

Contact Lance Romo at Lromo@cob.org or 778-7000

**Bellingham Youth Triathlon—August 14**  
 Contact Lance Romo at Lromo@cob.org or 778-7000  
**Fairhaven Runners 15K—September 11**  
 Contact Lance Romo at Lromo@cob.org or 778-7000  
**RunningShoes.com Duathlon—October 10**  
 Contact Lance Romo at Lromo@cob.org or 778-7000

### TRIATHLON TRANSITION CLINIC

We'll cover everything transition - what to wear, to how to find your bike, shoes, laces, efficiency, etc. Bring all your equipment (bike, shoes, helmet, etc.) to this session for real time transition practice. All participants are invited to practice or watch both transitions from wet to finish. First timers will learn the importance of planning for transition as if it were another leg of the event, veterans will learn and share those small tips that shave valuable seconds. For more information contact Lance Romo at 778-7000 or Lromo@cob.org.

*Registration is not required for this event*

**AGES:** All  
**DATE:** Saturday, May 22  
**TIME:** Noon

**LOCATION:** Lake Padden - East entrance  
**COST:** FREE  
**COORDINATOR:** Lance Romo  
**MAX:** Infinity

### KIDS' BIKE CLASS

This class is sponsored by the Fairhaven Bicycle Club and focuses on biking skills and fitness. Participants will progress through 4 classes starting with basic safety and progressing through shifting, spinning, drafting, hills, etc. Participants will need a bicycle, a helmet and weather appropriate clothing. The first class will meet at Civic Field, future classes will meet and ride from local parks and schools.

**PROG#** 22300  
**AGES:** 9-14 years old  
**DAY/DATE:** Saturdays, July 10 through July 31  
**TIME:** 10-11:30 a.m.  
**LOCATION:** First Class @ Civic Field  
 (other locations TBA)  
**COST:** \$5  
**COORDINATOR:** Lance Romo

# Sports Camps



**Bellingham  
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## Quality of Play — Quality of Life

### MARINER BOYS BASKETBALL CAMP

**PROG#** 22214  
**AGES:** Boys entering grades 3-6  
**TIME:** 9 a.m.-12 noon

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**PROG#** 22215  
**AGES:** Boys entering grades 7-9  
**TIME:** 1-4 p.m.  
**DAYS/DATES:** Monday-Thursday, July 19-22  
**LOCATION:** Sehome High School Gym  
**COST:** \$65 (includes T-shirt & basketball)  
**DIRECTOR:** A.J. LaBree

### STORM BOYS BASKETBALL CAMP

**PROG#** 22230  
**AGES:** Boys entering grades 3-6  
**DAYS/DATES:** Monday-Thursday, June 21-24  
**TIME:** 9 a.m.-12 noon  
**LOCATION:** Squalicum High School Gym  
**COST:** \$75 (includes T-shirt & basketball)  
**DIRECTOR:** Dave Dickson

### RAIDER BOYS HOOP CAMP

**PROG#** 21873  
**AGES:** Boys entering grades 3-6  
**TIME:** 9 a.m.-12 noon

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**PROG#** 21874  
**AGES:** Boys entering grades 7-9  
**TIME:** 1-4 p.m.  
**DAYS/DATES:** Monday-Thursday, June 28-July 1  
**LOCATION:** Bellingham High School Gym  
**COST:** \$65 (includes T-shirt and basketball)  
**DIRECTOR:** Mark Wright

### DO YOU NEED ASSISTANCE OR ACCOMMODATION?

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# Sports Camps



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## Quality of Play — Quality of Life

### STORM BOYS ADVANCED SKILLS BASKETBALL CAMP

**PROG#** 22229  
**AGES:** Boys entering grades 7–9  
**DAYS/DATES:** Monday-Thursday, June 21–24  
**TIME:** 1–4 p.m.  
**LOCATION:** Squalicum High School Gym  
**COST:** \$100 (includes a T-shirt)  
**DIRECTOR:** Dave Dickson

### STORM GIRLS BASKETBALL CAMP

**PROG#** 22222  
**AGES:** Girls entering grades 3–6  
**TIME:** 9 a.m.–12 noon

**PROG#** 22223  
**AGES:** Girls entering grades 7–9  
**TIME:** 1–4 p.m.

**DAYS/DATES:** Monday–Thursday, June 28–July 1  
**LOCATION:** Squalicum High School Gym  
**COST:** \$65 (includes T-shirt and basketball)  
**DIRECTOR:** Scott Wilson

### RAIDER SOCCER CAMP

**PROG#** 22216  
**AGES:** Students entering grades 3–9  
**DAYS/DATES:** Monday-Thursday, June 21–24  
**TIME:** 9 a.m.–12 noon  
**LOCATION:** Bellingham High School  
**COST:** \$50 (includes T-shirt)  
**DIRECTOR:** Mark Wright & Jared Fields

### RAIDER VOLLEYBALL CAMP

**PROG#** 21926  
**AGES:** Students entering grades 6–7  
**TIME:** 9 a.m.–12p.m.

**PROG#** 21927  
**AGES:** Students entering grades 8–9  
**TIME:** 1–4 p.m.

**DAYS/DATES:** Monday-Thursday, July 26–29  
**LOCATION:** Bellingham High School Gym  
**COST:** \$75 (includes Volleyball & T-shirt)  
**DIRECTOR:** Kim Bjorklund

### GRAND SLAM BASEBALL CAMP

**PROG#** 21870  
**AGES:** 7–10 years old  
**DAYS/DATES:** Monday-Thursday, June 28–July 1

**PROG#** 21871  
**AGES:** 13–16 years old  
**DAYS/DATES:** Monday-Thursday, July 5–8

**PROG#** 21872  
**AGES:** 11–12 years old  
**DAYS/DATES:** Monday–Thursday, July 12–15

**TIME:** 9 a.m.–3 p.m.  
**LOCATION:** Sehome High School  
**COST:** \$110 (includes T-shirt)  
**DIRECTORS:** Gary Hatch & Monte Walton

### JR. MARINER FOOTBALL CAMP

**PROG#** 22328  
**AGES:** Students entering grades 1–8  
**DAYS/DATES:** Monday-Thursday, June 21–24  
**TIME:** 9–11:30 a.m.  
**LOCATION:** Civic Stadium  
**COST:** \$60 (includes T-shirt and prizes)  
**DIRECTOR:** Darren Tinnerstet

### YOUTH TENNIS CAMP

**PROG#** 21875  
**AGES:** Coed entering grades 4–6  
**DAYS/DATES:** Monday-Thursday, June 21–24  
**TIME:** 9–11:30 a.m.

**PROG#** 21918  
**AGES:** Coed entering grades 4–6  
**DAYS/DATES:** Monday-Thursday, July 12–15  
**TIME:** 1–3:30 p.m.

**LOCATION:** Squalicum High School Tennis Courts  
**COST:** \$75 (includes camp T-shirt)  
**DIRECTORS:** Joe O'Brien & Cindy O'Brien

### MIDDLE SCHOOL TENNIS

**PROG#** 21920  
**AGES:** Coed entering grades 6–9  
**DATE:** June 21–24  
**TIME:** 1–3:30 p.m.

**PROG#** 21921  
**AGES:** Girls entering grades 6–9  
**DATE:** June 28–July 1  
**TIME:** 9–11:30 a.m.

**PROG#** 21922  
**AGES:** Boys entering grades 6–9  
**DATE:** June 28–July 1  
**TIME:** 1–3:30 p.m.

**PROG#** 21923  
**AGES:** Coed entering grades 6–9

**DATE:** July 5–8  
**TIME:** 9–11:30 a.m.

**PROG#** 21924  
**AGES:** Coed entering grades 6–9  
**DATE:** July 12–15  
**TIME:** 9–11:30 a.m.

**LOCATION:** Squalicum High School Tennis Courts  
**COST:** \$75 (includes camp T-shirt)  
**DIRECTORS:** Joe O'Brien & Cindy O'Brien

### HIGH SCHOOL TENNIS CAMP

**PROG#** 21919  
**AGES:** Coed entering grades 9–12  
**TIME:** 1–3:30 p.m.  
**DAYS/DATES:** Monday–Thursday, July 5–8  
**LOCATION:** Squalicum High School Tennis Courts  
**COST:** \$75 (includes camp T-shirt)  
**DIRECTORS:** Joe O'Brien & Cindy O'Brien

### STORM YOUTH FOOTBALL CAMP

**PROG#** 21929  
**AGES:** Students entering grades 1–8  
**DAYS/DATES:** Sunday-Wednesday, June 13–16  
**TIME:** 5–7:30 p.m.  
**LOCATION:** Squalicum High School Football Field  
**COST:** \$60 (includes T-shirt and football)  
**DIRECTOR:** Reed Richardson

### SQUALICUM H.S. SUMMER WEIGHTLIFTING, SPEED & CONDITIONING

**PROG#** 21930  
**AGES:** Students entering grades 10–12  
**TIMES:** 9–10:30 a.m.

**PROG#** 21931  
**AGES:** Students entering grades 6–9  
**TIME:** 10–11:30a.m.

**DAYS/DATES:** Mon/Wed/Fri, June 21–Aug 13  
(No program July 12–23)  
**LOCATION:** Squalicum High School Weight Room  
**COST:** \$35

### MARINER CROSS COUNTRY RUNNING CAMP

**PROG#** 21928  
**AGES:** Students entering grades 5–12  
**DAYS/DATES:** Monday-Friday, July 19–23  
**TIME:** 8:30 a.m.–1 p.m.

*Program Registration begins Monday, May 3 at 8 a.m.*

*For information call (360) 778-7000 (or 778-7011 TDD) or visit [www.cob.org/ezreg](http://www.cob.org/ezreg)*

# Sports Camps



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## Quality of Play — Quality of Life

**LOCATION:** Sehome High School Track  
**COST:** \$95 (includes T-shirt, water bottle, camp binder & lecture articles)  
**DIRECTOR:** Kevin Ryan & Mark Kerr

### RED RAIDER CROSS COUNTRY CAMP

**PROG#** 22216  
**AGES:** Students entering grades 6–12  
**DAYS/DATES:** Tuesday–Friday, July 6–9  
**TIME:** 9 a.m. – 12 noon  
**LOCATION:** Bloedel Donovan Park (Tu–Th), Lake Padden (Fri)  
**COST:** \$65 (includes T-shirt)  
**DIRECTOR:** Bill McClement & Chris Friday

### MARINER SUMMER TRACK CAMP

**PROG#** 21925  
**AGES:** Students entering grades K–12  
**DATES/DAYS:** Monday–Friday June 28–July 2  
**TIMES:** 9 a.m. – 12 noon

**COST:** \$89 (includes T-shirt & water bottle)  
**LOCATION:** Civic Stadium  
**DIRECTOR:** Kevin Ryan, Mark Kerr & Tim Carlson

### STORM VOLLEYBALL CAMP

**PROG#** 22225  
**AGES:** Students entering grades 5–7  
**TIME:** 9 a.m. – 12 noon

**PROG#** 22226  
**AGES:** Students entering grades 8–9  
**TIME:** 1–4 p.m.

**DATE:** July 19–22  
**LOCATION:** Squalicum High School Gym  
**COST:** \$55 (Includes T-shirt)  
**DIRECTOR:** Julie Hathaway

### BELLINGHAM HIGH SCHOOL WEIGHTLIFTING, SPEED & CONDITIONING

**PROG#** 22056  
**AGES:** Students entering grades 6–12

**TIME:** 9–11:30 a.m.  
**DAYS/DATES:** Tuesday & Thursday, June 22–August 5  
**LOCATION:** Bellingham High School Weightroom  
**COST:** \$35  
**DIRECTOR:** BHS Staff

### RAIDER GIRLS BASKETBALL CAMP

**PROG#** 22227  
**AGES:** Students entering grades 3–6  
**TIME:** 9 a.m. – 12 noon

**PROG#** 22228  
**AGES:** Students entering grades 7–9  
**TIME:** 1–4 p.m.

**DAYS/DATES:** Monday–Thursday, July 5–8  
**LOCATION:** Bellingham High School Gym  
**COST:** \$65  
**DIRECTOR:** Randy Kauai