



Arne Hanna Aquatic Center

Bellingham Parks & Recreation

Schedule August 19-December 31

Closures: Oct. 5-6, Nov 28-Dec 1, Dec 24-26, Jan. 1—All Day, and Nov. 1 from 2:30pm-9:00pm

| Type of Swim | Monday -Thursday | Friday | Saturday | Sunday |
|--|---|--|-------------------------------------|------------------------------------|
| Open <small>*Waterslide runs for all open swims</small> | | 7:00pm - 9:00pm | 12:30pm - 2:30pm 4:30pm - 6:30pm | 2:00pm - 4:00pm |
| \$1 Off Open | 7:00pm - 8:15pm | | | 5:15pm - 6:30pm |
| \$1 Off Family | 12:30pm - 2:30pm | 12:30pm - 2:30pm 5:15pm - 6:45pm | 2:45pm - 4:15pm | |
| Preschool <small>*Instructional pool will be shared with swim lessons.</small> | 5:30am - 12:30pm 2:30pm - 4:30pm 8:15pm - 9:00pm | 5:30am - 12:30pm 2:30pm - 5:15pm | 8:30am - 9:30am | 1:00pm - 2:00pm |
| Lap <small>*Lap pool shared with other programs</small> | 5:30am - 3:30pm 7:00pm - 9:00pm | 5:30am - 3:30pm 7:00pm - 9:00pm | 8:30am - 6:30pm | 1:00pm - 6:30pm |
| Deep Water Running (max 23) <small>*Dive tank will be shared with other programs</small> | 5:30am - 7:30am 8:30am - 12:30pm 2:30pm - 3:30pm 8:15pm - 9:00pm | 5:30am - 7:30am 8:30am - 12:30pm 2:30pm - 3:30pm | 8:30am - 12:30pm | 1:00pm - 2:00pm 4:00pm - 5:15pm |
| Kayaking (T/TH starts 11/12/19) | 8:15pm - 9:00pm T/Th | | | 1:00pm - 2:00pm |
| Instructor-led Classes | Monday-Thursday | Friday | Saturday | Sunday |
| DWR Interval (max 15) | 7:30am - 8:30am | 7:30am - 8:30am | | |
| Water Aerobics | 8:30am - 9:30am 10:00am - 11:00am | 8:30am - 9:30am 10:00am - 11:00am | 11:00am - 12:00pm | |
| Water Arthritis | 11:30am - 12:30pm (M/W) | 11:30am - 12:30pm | | |
| Deep Water Aerobics (max 15) | 6:00pm - 7:00pm | | | |

| Swim Admissions | Daily | 10 Visit | 3 Month | Annual |
|-----------------------|---------|----------|---------|--------|
| Youth/Senior/Disabled | \$ 4.25 | \$ 37.50 | \$110 | \$360 |
| Adult | \$ 5.25 | \$ 47.50 | \$150 | \$485 |
| Family | \$15.75 | \$107.50 | \$330 | \$840 |
| Shower | \$ 3.00 | | | |
| Water Aerobics | | | | |
| Youth/Senior/Disabled | \$5.25 | \$47.50 | \$105 | \$340 |
| Adult | \$6.25 | \$57.50 | \$125 | \$400 |

Children 6 and younger must be within arms reach of adult in the water.

Users must be at least 4 feet tall to use the water slide.

Documentation must be provided for discounted rates

10 visit passes valid for 1 year.

Family fees valid for 4-6 family members living in the same household.

Youth: Under 18 Senior: 62 & older

Fitness classes are drop-in and for all ages.



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Swim Lessons September 3-December 12

Register online at cob.org/ezreg

Swim Lessons

Monday/Wednesday

9:30am-12:30pm and 4:45pm-6:40pm

Session 1: 9/4 - 9/18/19

\$32.50 for 5 Lessons

Session 2: 9/23 - 10/16/19

\$52.00 for 8 Lessons

Session 3: 10/21 - 11/13/19

\$45.50 for 7 Lessons

(No lessons 11/11)

Session 4: 11/18 - 12/11/19

\$39.00 for 6 Lessons

(No lessons 11/25-28)

Tuesday/Thursday

9:30am-12:30pm and 4:45pm-6:40pm

Session 1: 9/3 - 9/19/19

\$39.00 for 6 Lessons

Session 2: 9/24 - 10/17/19

\$52.00 for 8 Lessons

Session 3: 10/22 - 11/14/19

\$52.00 for 8 Lessons

\$45.50 for 7 lessons

(No PM lessons 10/31)

Session 4: 11/19 - 12/12/19

\$39.00 for 6 Lessons

(No lessons 11/25-28)

Saturday

9:30am-12:30pm

Session 1: 9/7 - 9/21/19

\$19.50 for 3 Lessons

Session 2: 9/28 - 10/26/19

\$26.00 for 4 Lessons

(No lessons 10/5)

Session 3: 11/2 - 11/23/19

\$26.00 for 4 lessons

Sunday

4:10pm-5:05pm

Session 1: 9/8 - 9/22/19

\$19.50 for 3 Lessons

Session 2: 9/29 - 10/27/19

\$26.00 for 4 Lessons

(No lessons 10/6)

Session 3: 11/3 - 11/24/19

\$26.00 for 4 lessons

Monday-Midday

1:15pm-3:15pm

Session 1: 9/23 - 10/14/19

\$26.00 for 4 Lessons

Session 2: 10/21 - 11/18/19

\$26.00 for 4 Lessons

(No lessons 11/11)



Parent Child (PC): Parents are in the water with their 6 months to 36 months old child learning water safety and swimming techniques.

Preschool (PS): Swim lessons for children 3 through 5 years old. Levels 1-5 based on students' abilities.

Youth (YL): Swim lessons for children 6 through 12 years old. Levels 1-6 based on the American Red Cross Learn to Swim program.

Teen/Adult: More specialized lessons for 13+ years old. The Beginner class is for students with little to no swimming experience wanting to learn the basics. The Advanced class is to help lap swimmers, triathletes and other swimmers improve their strokes.

Privates: Thirty minutes of one-on-one instruction for any age. Times and dates vary, please contact the Aquatic Center for availability.

Placement Test: If you are unsure of your child's level or if it has been more than 6 months since your child's last swim lessons, please bring your child to the Aquatic Center for a free placement test.

Refunds: To be eligible for a refund or transfer, minus administrative fees, participants must notify the Aquatic Center 3 days prior to the beginning of the program (\$5 administrative fee). Programs will not be prorated for partial participation.



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American Red Cross Health and Safety Classes

Lifeguard Training Course:

Learn how to effectively prevent and respond to water emergencies. The certification includes First Aid, CPR, AED, Administering Emergency Oxygen, and Bloodborne Pathogens training. Training is valid for two years and accepted nationwide.

Prerequisites: 15 years or older and complete a swimming pretest at Arne Hanna.

Cost: \$200

Dates: Sundays, Nov 3, 10, 17

Time: 8:00am - 5:30pm

Water Safety Instructor Course:

This course trains instructor candidates to teach all of the courses presented in the Swimming and Water Safety program to all age groups. Courses include Parent and Child Aquatics, Preschool Aquatics and levels 1 - 6 of the Learn-to-Swim program.

Prerequisites: 16 years or older, complete swimming pretest to Learn-to-Swim level 4 ability

Cost: \$200 AHAC course fee + \$35 Red Cross fee

Dates: Fri, Sat, Sun; Dec 20-22

Times: 8:00 am - 5:30 pm

Registration deadline: December 5

Lifeguarding Review Course:

Prerequisites: Current lifeguard certification or less than 30 days expired.

Cost: \$100

Dates: Sunday, October 13

Times: 8:00am - 5:30pm

Lifeguarding Instructor / IT Review:

Prerequisites: Current Lifeguard Instructor or Instructor Trainer certification or less than 30 days expired.

Cost: \$100

Dates: Sunday, December 8

Times: 8:00am - 5:30pm

Lifeguarding Instructor Course:

Upon successful completion, you will be certified to instruct basic level Lifeguarding, First Aid, CPR, AED, Bloodborne Pathogens Training, Emergency Oxygen Administration, and Basic Water Rescue courses.

Prerequisites: 17 years or older, current Red Cross Lifeguard certification, swimming pretest and an online pre-course

Cost: \$200 AHAC course fee + \$35 Red Cross fee

Dates: Fri-Sun, Dec 13-15

Times: Fri, 5:30-9:00pm; Sat-Sun, 8:00am-5:30pm

Registration deadline: Nov 26

Bellingham Bay Swim Team

A year-round, professionally coached swim team. Practice times vary depending on ability:

M-F 5:30-8:15 am, M/W/F 5:15-8:15 pm,
T/Th 5:15-7:15pm,
Sat 8:30-11:00 am, Sun 3:00-5:15 pm

bbstblackfishoffice@gmail.com
www.bellinghambayswimteam.org

Bellingham Masters

A year-round competitive work-out group for swimmers aged 18 and older.

M, T, Th, F—5:30-6:45 am
T & Th—7:15-8:15 pm
4 competitive workout lanes.

Contact:
Jof Abshire—319-2813



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Adapted Aquatics

Session 1

Tuesdays, October 8—October 29
Wednesdays, October 9—October 30
Thursdays, October 10—October 31

Session 2

Tuesdays, November 5—December 3
Wednesdays, November 6—December 4
Thursdays, November 7—December 5

Time: 5:15-6:00pm **Cost:** \$26.00 (No class Thanksgiving week, Nov. 26, 27, 28)

A time for individuals, 3 years or older, with special needs to get in the water and work one-on-one with a volunteer for 45 minutes followed by 15 minutes in the hydrotherapy pool. Volunteers will be working with participants toward increasing swim skills, flexibility, exercising and having fun.

Pumpkin Patch in the Pool

Saturday, October 26th 4:30-6:30pm

Pick your pumpkin from our patch in the pool. Friends have donated a patch of pumpkins for us to throw in the pool and they float! Swim around and pick the pumpkin that suits your fancy. Also take time out to enjoy treats, games and water safety activities. This is a popular event, so come early to be sure to get your pumpkin!

Cost: \$6.00

To swim and take home a pumpkin

Pool Rentals

| | | | |
|--|---------------|---|------------------|
| Whole Facility | \$230 | Lap Lanes (min 5) | \$18/lane |
| Instructional Pool | \$ 80 | Dive Tank | \$80 |
| Instructional Pool w/Waterslide | \$ 130 | Waterslide* (*Add on to Family Swim only) | \$80 |

Reservations must be booked and paid at least 2 weeks prior to rental date. Cancellations must be made more than thirty days prior to the rental date in order to receive a refund. There is a \$20 processing fee for all rental cancellations.

Food and non-glass serve ware may be served on the pool deck, but must be at least six feet away from the pools.

Rentals are available starting after regular pool hours. Weekdays starting at 9:00pm, and weekends starting at 6:30pm. Sunday mornings are also available for rentals, ending at 1:00pm. No rentals can occur during regular facility hours.

Fitness Classes such as deep water running (DWR), aerobics and arthritis are designed for all ages and abilities. Classes are drop-in. Participants may enter the pool 15 minutes prior to class and stay up to 15 minutes after.

Family Swim and Open Swim are both play time in the pools. The water slide is only available during Open Swim.

Facility Rentals are available. Contact our front desk for information.

Preschool Swim is designed for smaller children. Only the instructional pool and pool toys are available.

Lap Swim is designed for multiple people to share lanes by circle swimming. Contact the front desk for a schedule indicating lane availability.

Deep Water Running requires body position to be vertical with head out of the water using arms, legs and flotation devices.

Showers are available during regular public swim hours with a 30 minute time limit in the facility.

Kayaking is a self led practice opportunity. All equipment must be cleaned before entering the pool deck. Limit 10 participants.

Lockers are day use only. Locks are available for \$0.25 plus a deposit of \$5 or a driver's license.

Note

- * Children 6 and younger must be within arms reach of their caretaker (16 years or older) while in the water.
- * Users must be 16 or older to enter the hydrotherapy pool.
- * Users must be at least 4 feet tall to use the water slide.