



Arne Hanna Aquatic Center

Bellingham Parks & Recreation

Schedule January 2 - March 22

Closures: Jan. 1, Jan. 25-26 —All Day, and Jan. 31 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 Jan. 6 - Mar. 19

Register online at cob.org/ezreg

Swim Lessons

Monday/Wednesday

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

Session 1: 1/6—1/29/20

\$45.50 for 7 Lessons

(No lessons 1/20)

Session 2: 2/3—2/26/20

\$45.50 for 7 Lessons

(No lessons 2/17)

Session 3: 3/2—3/18/20

\$39.00 for 6 Lessons

Tuesday/Thursday

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

Session 1: 1/7—1/30/20

\$52.00 for 8 Lessons

Session 2: 2/4—2/27/20

\$52.00 for 8 Lessons

Session 3: 3/3—3/19/20

\$39.00 for 6 Lessons

Saturday

9:30am-12:30pm

Session 1: 1/11—2/8/20

\$19.50 for 3 Lessons

(No lessons 1/18, 1/25)

Session 2: 2/22—3/14/20

\$26.00 for 4 Lessons

Sunday

4:10pm-5:05pm

Session 1: 1/12—2/9/20

\$19.50 for 3 Lessons

(No lessons 1/19, 1/26)

Session 2: 2/23—3/15/20

\$26.00 for 4 Lessons

Monday-Midday

1:15pm-3:15pm

Session 1: 1/6—2/3/20

\$26.00 for 4 Lessons

(No lessons 1/20)

Session 2: 2/24—3/16/20

\$26.00 for 4 Lessons



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, February 23, March 1, 8

Time: 8:00am - 5:30pm

Lifeguarding Review Course:

The American Red Cross Lifeguarding certification is valid for two years. Take this short, one day course before expiring to avoid retaking the entire Lifeguard course again.

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

Cost: \$100

Dates: Sunday, January 12

Times: 8:00am - 5:30pm



Volunteers Needed!

Tuesdays, Wednesdays, or Thursdays

January 14—March 12

We are currently seeking volunteers for our Adapted Aquatics program. Volunteer for one to three hours per week working in the water with individuals with special needs. This program is designed to have fun, increase mobility and range of motion, and to swim.

Contact Jordan Soderquist at:

jesoderquist@cob.org — 360.778.7665

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, Jan. 21-Feb. 11

Wednesdays, Jan. 22-Feb. 12

Thursdays, Jan. 23-Feb. 13

Session 2

Tuesdays, Feb. 18-Mar. 10

Wednesdays, Feb. 19-Mar. 11

Thursdays, Feb. 20-Mar. 12

Time: 5:15-6:00pm **Cost:** \$26.00

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.



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.

Notes

- * 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.