



# POOL ACTIVITIES

Effective October 1st, 2011. See other side for additional information

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAPS 5:30 am-8:15 am	LAPS 5:30 am-9:00 am	LAPS 5:30 am-8:15 am	LAPS 5:30 am-9:00 am	LAPS 5:30 am-8:15 am	Club Opens at 7:00 am ↓	Club Opens at 7:00 am ↓
<u>AEROBICS</u> 8:15-9:15 am		<u>AEROBICS</u> 8:15-9:15 am		<u>AEROBICS</u> 8:15-9:15 am	LAPS 7:00 am-9:00 am	LAPS 7:00 am-2:00 pm
<u>SWIMNASTICS</u> 9:30-10:15 am	<u>AEROBICS</u> 9:00-10:00 am	<u>SWIMNASTICS</u> 9:30-10:15 am	<u>AEROBICS</u> 9:00-10:00 am	<u>SWIMNASTICS</u> 9:30-10:15 am	<u>AEROBICS</u> 9:00-10:00 am	
<u>AEROBICS</u> 10:30-11:15 am	SWIM LESSONS 10:00 am-Noon	<u>AEROBICS</u> 10:30-11:15 am	SWIM LESSONS 10:00 am-Noon	<u>AEROBICS</u> 10:30-11:15 am	LAPS 10:00 am-2:00 pm	
LAPS 11:15 am-3:00 pm	LAPS Noon-3:00 pm	LAPS 11:15 am-3:00 pm	LAPS Noon-3:00 pm	LAPS 11:15 am-1:30 pm	POOL AVAILABLE FOR RENTAL <u>1:30-2:30 pm</u>	POOL AVAILABLE FOR RENTAL <u>2:00-3:00 pm</u>
PRIVATE LESSONS 3:00-3:30 pm	SWIM LESSONS 3:00-5:00 pm	PRIVATE LESSONS 3:00-3:30 pm	SWIM LESSONS 3:00-5:00 pm	PRIVATE LESSONS 3:00-3:30 pm	FAMILY SWIM 3:00-5:00 pm	FAMILY SWIM 3:00-5:00 pm
FAMILY SWIM 3:30-5:00 pm		FAMILY SWIM 3:30-5:00 pm		FAMILY SWIM 3:30-5:00 pm		
LAPS 5:00-6:00 pm	LAPS 5:00-6:00 pm	LAPS 5:00-6:00 pm	LAPS 5:00-6:00 pm	LAPS 5:00-7:00 pm	LAPS 5:00-6:00 pm	LAPS 5:00-6:00 pm
<u>AEROBICS</u> 6:00-7:00 pm	SWIM LESSONS 6:00-8:30 pm	<u>AEROBICS</u> 6:00-7:00 pm	SWIM LESSONS 6:00-8:30 pm			
FAMILY SWIM 7:00-8:30 pm		FAMILY SWIM 7:00-8:30 pm		FAMILY SWIM 7:00-8:30 pm	FAMILY SWIM 6:00-8:30 pm	FAMILY SWIM 6:00-8:30 pm
LAPS 8:30-10:00 pm	LAPS 8:30-10:00 pm	LAPS 8:30-10:00 pm	LAPS 8:30-10:00 pm	LAPS 8:30-10:00 pm	Club Closes at 9:00 pm	Club Closes at 9:00 pm

CORDATA

4191 Meridian St  
(360) 676-1800

www.bellinghamathleticclub.com

# BELLINGHAM ATHLETIC CLUB

## SWIM LESSON PROGRAM INFORMATION

Welcome to the BAC swim lesson program. We offer small classes in a controlled, safe environment of warm water. BAC strives to accomplish three basic goals with your children:

- ◆ Teach children to enjoy and respect the water.
- ◆ Ensure that your child's learning environment is fun, upbeat, and positive so swimming becomes a life-long pleasure.
- ◆ Provide students with the strokes and skills to become accomplished swimmers.

We are committed to offering students of all ages quality personalized instruction in 84-degree shallow water. All instructors are certified by the American Red Cross.

Swimming lessons are offered in four-week sessions either on Tuesdays and Thursdays. Each session consists of 8 thirty-minute lessons held on Tuesdays and Thursdays mornings, afternoons, and evenings.

Only five students per instructor. 3 students minimum per class. Private lessons are also available

### COST -

\$35	Members
\$40	Child of Member
\$45	Non-Members

### CORDATA HOURS

Monday thru Friday	5:30 am - 10:00 pm
Saturday and Sunday	7:00 am - 9:00 pm
Holiday Hours	7:00 am - 7:00 pm

### DOWNTOWN HOURS

Monday thru Friday	5:00 am - 9:00 pm
Saturday and Sunday	7:00 am - 7:00 pm
Holiday Hours	7:00 am - 2:00 pm

Swim Lessons are offered on Tuesday and Thursday  
10:00 am - Noon, 3:00 - 5:00 pm, and 6:00 - 8:00 pm.

## LESSON LEVELS

**ANGELFISH** Key Goals - water adjustment and safety  
\*need at least 4 Angelfish to schedule a class

**BELUGA** Key Goals - face in and submerge head

**CLOWNFISH** Key Goals - face & back float with recovery to stand, swim 5-10 feet

**DOLPHIN** Key Goals - front & back glides with kick, tread water 10-15 seconds, swim front and back 15 feet

**FLOUNDER** Key Goals - freestyle with breathing 20 feet, backstroke 20 feet

**JELLYFISH** Key Goals - front & back glide with whip kick 10 feet, freestyle and backstroke 15 yards

**MANATEE** Key Goals - freestyle with breathing & backstroke 25 yards, elementary backstroke 15 yards, breaststroke arms with breathing 15 feet

**SWIM TEAM** Key Goals - fun, competitive meets in the Puget Sound area.

**ADULT** offered by arrangement