



# Pool Activities

Effective October 1, 2018. See other side for additional information.

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY

Laps 5:30 - 8:15 am	Laps 5:30 - 9:00 am	Laps 5:30 - 8:15 am	Laps 5:30 - 9:00 am	Laps 5:30 - 8:15 am	Club Opens 7:00 am	Club Opens 7:00 am
Water Aerobics 8:15 - 9:15 am		Water Aerobics 8:15 - 9:15 am		Water Aerobics 8:15 - 9:15 am	Laps 7:00 - 9:00 am	Laps 7:00 - 10:30 am
Water Aerobics 9:30 - 10:15 am	Water Aerobics 9:00 - 10:00 am	Water Aerobics 9:30 - 10:15 am	Water Aerobics 9:00 - 10:00 am	Water Aerobics 9:30 - 10:15 am	Water Aerobics 9:00 - 10:00 am	
Laps 10:30 am - 3:00 pm	Swim Lessons 10:00 - 12:00 am	Aqua Zumba 10:30 - 11:30 am	Swim Lessons 10:00 - 12:00 am	Family Swim 10:30 - 11:30 am	Laps 10:00 - 10:30 am	Laps/Private Lessons 10:30 am - 12:00 pm
	Laps 12:00 - 3:30 pm	Laps 11:30 am - 3:00 pm	Laps 12:00 - 3:30 pm	Laps 11:30 am - 1:30 pm	Laps/Private Lessons 10:30 am - 12:00 pm	Laps 12:00 - 1:00 pm
				Pool Available for Rental 1:30 - 2:30 pm	Laps 12:00 - 2:00 pm	Laps/Private Lessons 1:00 - 2:00 pm
Laps/Private Lessons 3:00 - 3:30 pm	Swim Lessons 3:30 - 5:30 pm	Laps/Private Lessons 3:00 - 3:30 pm	Swim Lessons 3:30 - 5:30 pm	Laps/Private Lessons 2:30 - 3:30 pm	Pool Available for Rental 2:00 - 3:00 pm	Pool Available for Rental 2:00 - 3:00 pm
Family Swim 3:30 - 5:00 pm		Family Swim 3:30 - 5:00 pm		Family Swim 3:30 - 5:00 pm	Family Swim 3:00 - 5:00 pm	Family Swim 3:00 - 5:00 pm
Laps 5:00 - 6:00 pm	A lap lane is available from 5:00-6:00 pm with reservations	Laps 5:00 - 6:00 pm	A lap lane is available from 5:00-6:00 pm with reservations	Laps 5:00 - 7:00 pm	Laps 5:00 - 6:00 pm	Laps 5:00 - 6:00 pm
Water Aerobics 6:00 - 7:00 pm		Water Aerobics 6:00 - 7:00 pm			Family Swim 6:00 - 8:30 pm	Family Swim 6:00 - 8:30 pm
Family Swim 7:00 - 8:30 pm	Swim Lessons 5:30 - 8:00 pm	Family Swim 7:00 - 8:30 pm	Swim Lessons 5:30 - 8:00 pm	Family Swim 7:00 - 8:30 pm		
Laps 8:30 - 10:00 pm	Laps 8:00 - 10:00 pm	Laps 8:30 - 10:00 pm	Laps 8:00 - 10:00 pm	Laps 8:30 - 10:00 pm	Club Closes 9:00 pm	Club Closes 9:00 pm

# 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 lifelong 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 experienced teachers with passion for teaching water safety.

Lessons offered Tuesdays & Thursdays. Prices vary per session. Session dates and pricing can be found at the front desk.

Adult lessons are available on Tuesday/Thursday evenings. See front desk for registration.

Only five students per instructor. Private lessons are also available

## Lesson Levels

**ANGELFISH:** 6 months—3 years

This is a Parent-Child aquatics class, focused on water adjustment and enjoyment! You will learn how to hold your child in the water, practice survival skills and play games aimed at providing a positive first experience in the pool.

**BELUGA:** 3 years +

For students who have never had lessons before. Focus on head & face submersion, bubbles through mouth & nose 5 seconds. Introduction to crawl stroke, front and back floats, & elementary backstroke (w/assistance). Introduction to jumps & water safety.

**CLOWNFISH:** For those who have passed Beluga

Focus on transitioning from swimming with assistance to unassisted skills - by the end of the level they will be swimming 15-20 feet on their own. Effective crawl stroke and kicks. Front and back glide. Front & back floats w/ recovery (10-15 seconds). Introduction to dolphin kick.

**DOLPHIN:** For those who have passed Clownfish

Focus on increased distance and endurance - They will be swimming full lengths on a regular basis. Development of freestyle (crawl stroke) technique & side breathing. Introduction to backstroke. Effective glide w/kick - on stomach, back, and dolphin. Introduction to treading water. Introduction to side stroke.

**FLOUNDER:** For those who have passed Dolphin

Distance: They will be swimming 3-5 lengths on a regular basis. Refine freestyle and backstroke. Introduction to breaststroke. Underwater glide w/ dolphin kick. Tread water (40-60 seconds).

**JELLYFISH:** For those who have passed Flounder

Distance: 6-8 lengths. Refine freestyle, backstroke & breaststroke. Introduction to butterfly. Introduction to flip turns. Side stroke. Introduction to yardage & competitive swimming skills.

**MANATEE:** For those who have passed Jellyfish

Distance: 12 lengths. Refine freestyle, backstroke, breaststroke, and butterfly. 100 yards freestyle w/flip turns. Introduction to backstroke flipturns. Introduction to IM order. Competitive swimming skills including time clock, starts, turns, & finishes.

**SWIM TEAM:** For those who have passed Manatee (tryouts available)

## Cordata Hours

Monday - Friday	5:30 am - 10:00 pm
Saturday - Sunday	7:00 am - 9:00 pm
Holidays	7:00 am - 7:00 pm

## Downtown Hours

Monday - Friday	5:00 am - 9:00 pm
Saturday - Sunday	7:00 am - 7:00 pm
Holidays	7:00 am - 2:00 pm