



# Pool Schedule

Effective May 1, 2019. 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
Aqua Aerobics 8:15 - 9:15 am		Aqua Aerobics 8:15 - 9:15 am		Aqua Aerobics 8:15 - 9:15 am	Laps 7:00 - 9:00 am	Laps 7:00 - 10:30 am
Aqua Aerobics 9:30 - 10:15 am	Aqua Aerobics 9:00 - 10:00 am	Aqua Aerobics 9:30 - 10:15 am	Aqua Aerobics 9:00 - 10:00 am	Aqua Aerobics 9:30 - 10:15 am	Aqua 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	A lap lane is available from 5:00-6:00 pm with reservations	Family Swim 3:30 - 5:00 pm	A lap lane is available from 5:00-6:00 pm with reservations	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	Swim Team 5:30 - 6:30 pm	Laps 5:00 - 6:00 pm	Swim Team 5:30 - 6:30 pm	Laps 5:00 - 7:00 pm	Laps 5:00 - 6:00 pm	Laps 5:00 - 6:00 pm
Aqua Aerobics 6:00 - 7:00 pm	Swim Lessons 6:00 - 8:00 pm	Aqua Aerobics 6:00 - 7:00 pm	Swim Lessons 6:00 - 8:00 pm		Family Swim 6:00 - 8:30 pm	Family Swim 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		
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 on our website or 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:** For those age 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:** For those age 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.

**STARFISH:** For those age 7+ and just starting out

Meant for beginners - this is our youth beginner class! This class is for those who are a little older and just starting out - they may have some fears of the water, may or may not be comfortable putting their face under, and may or may not have had swim lessons before. For this level, the focus is on getting students adjusted for more advanced levels and becoming comfortable with the curriculum.

**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)