

Swim Lessons

****Attention****

Registration Process

The Lied Activity Center will have registration periods for families to sign up for our 3-12 years old swim lesson program. You will be able to choose the time and date of the session when you register during the dates listed below. Early sign ups are encouraged to ensure your desired time. Payment is due at the time of registration.

Session 2: Registration Period October 8th, 2018 – October 21st, 2018

Youth Swim Lessons / 3-12 years old

Learn to swim while having fun with our trained instructors. We offer Pre-school (3-4 years old only) and levels one through six at the Lied Activity Center. All of our swim instructors are American Red Cross certified lifeguards.

Levels: Pre-school – Level 6

Cost: \$55 members; \$75 non-members

Saturdays

- Classes
1. 8:00 – 8:30 a.m.
 2. 8:30 – 9:00 a.m.
 3. 9:00 – 9:30 a.m.
 4. 9:30 – 10:00 a.m.

Saturdays

Sessions 2: Oct. 27, Nov. 3, 10, 17, Dec. 1, 8, 15
(No class Nov. 24)

Thursdays

- Classes
1. 6:30 – 7:00 p.m.
 2. 7:00 – 7:30 p.m.
 3. 7:30 – 8:00 p.m.

Thursdays

Sessions 2: Oct. 25, Nov. 1, 8, 15, 29, Dec. 6, 13
(No class Nov. 22)

Group Lessons – Upper Levels

Levels: 3 – 6 ONLY

Cost: \$60 members; \$80 non-members

Tuesdays

Classes 1. 6:30 – 7:15 p.m.
 2. 7:15 – 8:00 p.m.

Tuesdays

Sessions 2: Oct. 23, 30, Nov. 6, 13, 27, Dec. 4, 11
(No class Nov. 20)

Private Lessons Available / All Ages

Cost: \$110 members; \$135 non-members

Time/Dates: Classes consist of seven 30-minute sessions. Dates and times to be determined between instructor/student. Contact the Lied Activity Center at (402) 293-5000.

Swimming for Special Need Students

Introduction to water safety and basic water skills in a pool environment.

Cost: \$95 members; \$120 non-members

Time/Dates: Classes consist of seven 30-minute sessions. Dates and times to be determined between instructor/student. Contact the Lied Activity Center at (402) 293-5000.

Aqua Tots / Children 6 – 36 months

Have fun in the pool with mom and dad. For tots that are ready to explore the aqua environment. Skills, games and water safety activities are included. Swim diapers are required for those not potty trained.

Cost: \$40 members; \$60 non-members

Wednesdays – 6:30 – 7:00 p.m.

Session 2: Oct. 3, 10, 17, 24, Nov. 7 (No class Oct. 31)

Session 3: Nov. 14, 28, Dec. 5, 12, 19 (No class Nov. 21)

Saturdays – 10:00 – 10:30 a.m.

Session 2: Oct. 6, 13, 20, 27, Nov. 3

Session 3: Nov. 10, 17, Dec. 1, 8, 15 (No class Nov. 24)

Red Cross Lifeguard Class- must be 15 years old. Must attend all 3 days. Cost is \$175. Register at the front desk at the Lied Activity Center. Classes are limited in number – paid registrations are reserved a spot.

October Class – Registration due by October 2nd:

Friday, October 12th / 7:00 p.m. – 9:00 p.m. at Bellevue East

Saturday & Sunday, October 13th & 14th/ 8:00 a.m. – 7:00 p.m. at Bellevue East (with a lunch break)

LAC Youth Stroke Clinics

Location: BPS Lied Activity Center Pool

Cost: \$55 members; \$75 non-members

Time: Mondays: 7:00 – 8:00 p.m.

Dates:

Session 2: Oct. 15, 22, 29, Nov. 5, 12

Session 3: Nov. 19, 26, Dec. 3, 10, 17

Give your child a head start in competitive swimming today by enrolling in our Stroke Clinic. This stroke Clinic is designed for students who already have a solid foundation of the fundamentals of swimming and desire to learn more advanced swimming techniques. The classes put emphasis on proper technique over speed. Students will enhance their competitive strokes (freestyle, backstroke, breaststroke, and butterfly) with drills taught by our experienced instructors.

In order to participate, students must meet 2 of the 3 following criteria:

- Must be able to swim 50 yards freestyle with rotary breathing continuously, without assistance
- Must be currently or previously enrolled in Level 5 or 6 swimming lessons
- Must be 11+ years old

Youth Activities

Basketball League – Grades K – 2

- Cost: \$40 members; \$60 non-members
- Time: Kindergarten: 6:00 – 7:00 p.m.
1st & 2nd Grade: 6:00 – 7:00 p.m. or 7:00 – 8:00 p.m. (depends on league numbers)
- Dates: Tuesday Evenings: Oct. 30, Nov. 6, 13, 20, 27

Learn the basic skills of basketball. Registration for boys and girls basketball league will be taken through October 7th, or until teams are full, at the Lied Activity Center. Volunteers for head and assistant coaches are needed. Contact the Lied Activity Center at (402) 293-5000. **No refunds after the second week.**

Basketball League – Grades 3rd – 6th

- Cost: \$50 members; \$70 non-members
- Time: Saturdays: Games: 9:00, 10:00, or 11:00 a.m. at BPS Middle Schools
- Dates: Dec. 1, 8, Jan. 5, 12, 19, 26, & Feb. 2 (No Games on Dec. 15th, 22nd, 29th)

Learn the basic skills of basketball. Registration for boys and girls basketball league will be taken through November 4th at the Lied Activity Center. Volunteers for head and assistant coaches are needed. Contact the Lied Activity Center at (402) 293-5000. **No refunds after the second week.**

Hunter's Safety Training

- Cost: Free
- Time: Friday: 6:00 p.m. – 9:00 p.m.
Saturday: 12:30 p.m. – 4:30 p.m.
Sunday: 12:00 p.m. to completion
- Dates: Session 1: October 12, 13, 14
Session 2: October 26, 27, 28

The Nebraska Game and Parks Department requires that all youth in the state of Nebraska complete a Hunter Safety Certification. Students must be at least 11 years of age to be tested and certified. Please register online at outdoornebraska.gov.

Bellevue Swim Club

Open to swimmers K-12, must be able to swim a length of the pool.

Levels novice, developmental and competitive are based on age and ability.

Free two week trial period.

Also a pre-swim class is available for ages 3 and older.

Check us out at bellevueswimne.com or contact Coach Speer at pegssso@msn.com

Bellevue Junior Sports (BJSa) Youth Volleyball

BJSa has begun accepting youth volleyball registrations for the following Divisions: 3-4th, 5-6th, and 7-8th Grades.

Teams play 8-10 matches, with practices during the week.

Season begins the week of Oct. 15th. First, games played November 3.

For more information, please call (402) 292-2572 or visit www.bjsa.net.

FREE WRESTLING CLINICS

(wrestlers asked to “share” a can food donation each session)

Bellevue West Wrestling Room

(enter through North Gym Doors)

All Clinics 9-11am



College Coaches will “SHARE” the technique and instruction

Sept. 22nd – York College, York NE

Sept. 29th – Morningside College, Sioux City, IA

Oct. 6th - Nebraska Wesleyan, Lincoln NE

Oct 13th – Concordia University, Seward NE

Oct. 21st – Iowa Western, Council Bluffs IA

Oct 27th – Hastings College, Hastings NE



Overall Goal of the clinic:

Provide an instructional practice.

Get wrestlers off to a great start in the fall.

Supporting our local Food Pantry

Bellevue East Spirit Squad Little Chieftain Night



Join the Bellevue East Spirit Squad on the sideline as they cheer on the Varsity football team.

When: October 5, 2018

Time: Enter through the office door at 5:00pm. Your child will join the spirit squad for "practice." Kickoff is at 7pm and your student can cheer as much of the game as they would like.

Cost: \$5.00 (money is used to support the program)

Please RSVP by email at randi.hansen@bpsne.net or kristin.wheeler@bpsne.net

Payments can be paid at door or mailed to:

**Bellevue East High School
Attn: Spirit Squad
1401 High School Drive
Bellevue, NE 68005**



Bellevue West



Little T-Bird Cheerleading Clinic

We are now accepting registration for the Little T-Bird Cheerleading Clinic, which will be on **Friday, October 5th, 2018 from 4:30-6:30pm** at Bellevue West High School. This is a fun afternoon for any PK-8th students to learn about cheerleading and to cheer on the Thunderbirds during the annual Pink Out game! All participants will have the opportunity to cheer on the sidelines for the first half of the Bellevue West Football Game that evening beginning at 6:30pm and lasting until the end of the first half. The cost is \$30 per cheerleader and includes the cheer clinic, football game, a t-shirt, a pair of pom poms, drink, and a slice of pizza. To sign up, cut off and mail in the bottom registration form and a check payable to "Bellevue West" by **Thursday, September 27th**. Please retain this top portion for your records. If you have any questions, please contact Coach Klug at kayla.klug@bpsne.net

Bellevue West Little T-Bird Cheer Clinic Registration

Friday, October 5thth2018

4:30-6:30 p.m. Bellevue West High School

Please include first and last names of participants. T-shirt sizes are available in children's size S, M, L, and XL and adult sizes. **Please indicate "C" for children's and "A" for adult sizes.**

Name: _____ Grade _____ T-Shirt Size _____

Name: _____ Grade _____ T-Shirt Size _____

Name: _____ Grade _____ T-Shirt Size _____

Parent's Name: _____ Phone Number: _____

Street Address: _____

City, State, Zip Code: _____

Please list any known allergies: _____

Total Number Registering _____ X \$30 Registration = \$ _____ Total Amount Due

Please make checks payable to "Bellevue West". **Registration is due by Thursday, September 27th.** Clinic t-shirt and poms are **not** guaranteed if registration is received after this date. Mail checks to:

Bellevue West High School
 Attn: Cheer Coach
 1501 Thurston Ave.
 Bellevue, NE 68123

After the clinic, join us at the Bellevue West Pink Out Football game where the Little T-Birds will cheer on the sidelines for the first half of the game! The game begins at 7:00pm and the cheerleaders will be at the game immediately following the clinic at 6:30pm. Additional concessions are available for purchase at the game (sponsored that evening by the Bellevue West Cheerleading Program). Go T-Birds!



CRAFT FAIR



Fall 2018

Lied Activity Center Craft and Biz Event

October 6th, 2018

Saturday: 9:00 a.m. – 3:00 p.m.

2700 Arboretum Dr. Bellevue, NE 68005



\$1 admission

Fee supports the LAC scholarship fund.

Free Parking

Vendor spots still available, please contact Joni Brooks at

LAC-Craft@outlook.com



2018-2019 Tryout Dates

(Note: Age determination is based upon athlete's age on August 31, 2019.)

Questions? Contact us at: NETopFlightVBC@gmail.com

Website: www.NETopFlightVBC.com

Twitter: @NETopFlightVBC

Date:	Age:	Time:	Location:
Saturday, November 3rd	10U 11U 12U	10:00-11:30am	Bellevue East HS
Saturday, November 3rd	13U 14U	1:00-2:30pm	Bellevue East HS
Sunday, November 11th	15U 16U 17U 18U	1:00-3:00pm	Bellevue West HS