



LIED ACTIVITY CENTER
BELLEVUE PUBLIC SCHOOLS



Winter 2024

Activities, Clinics, Leagues, and Wellness Programs

2700 Arboretum Drive | Bellevue, NE 68005
(402) 293-5000 | www.bellevuepublicschools.org

GENERAL INFORMATION

The Bellevue Public Schools Lied Activity Center has program offerings for youth and adults. **Classes are open to both members and non-members.** We staff according to registration therefore no refunds are given after the first class. The facility has the right to add/drop/change classes to meet program and minimum class participant requirements. Please see facility postings for dates the facility is closed.

Inclement weather: The Lied Activity Center will not open if Bellevue Public Schools closes. Breaks are allowed between sessions for inclement weather make-ups & facility conflicts.

HOURS OF OPERATION

Monday, Tuesday, Thursday & Friday

5:30 a.m. - 9:00 p.m.

Summer: May 15 - August 15, Close at 8:00 p.m.

Wednesday

5:30 a.m. - 7:00 p.m.

Saturday

8:00 a.m. - 5:00 p.m.

Sunday

12:00 noon - 5:00 p.m.

CALENDAR

Dates the Facility is Closed

| | |
|----------------------------------|---------------------------------|
| Holiday Break | Dec. 24, 25 & 26, 2023 |
| New Years | Dec. 31, 2023, Jan. 1 & 2, 2024 |
| Martin Luther King Jr. Day | Jan. 15, 2024 |
| Easter Break | March 29, 30 & 31, 2024 |
| Memorial Day..... | May 27, 2024 |
| Juneteenth | June 19, 2024 |
| Independence Day | July 4, 2024 |

*Changes to the Calendar can be found online at
www.bellevuepublicschools.org*

BPS LIED ACTIVITY CENTER CONTACT

Bellevue Public Schools

Lied Activity Center

2700 Arboretum Drive

Bellevue, NE 68005

(402) 293-5000

bps.liedactivitycenter@bpsne.net

Ryan Schultz

Recreation Specialist

ryan.schultz@bpsne.net

CONTACTS FOR SELECT TEAMS

Bellevue West Developmental Programs Contact List

Baseball:

Jason Shockey (402) 293-4040 email: jason.shockey@bpsne.net

Boys Basketball:

Doug Woodard (402) 293-4040 email: james.woodard@bpsne.net

Girls Basketball:

Dane Bacon (402) 293-4040 email: dane.bacon@bpsne.net

Cross Country:

Larissa Knudson (402) 293-4040 email: larissa.knudson@bpsne.net

Football:

Michael Huffman (402) 293-4040 email: michael.huffman@bpsne.net

Boys Golf:

Rob Klug (402) 293-4040 email: robert.klug@bpsne.net

Girls Golf:

Rick Mintken (402) 293-4040 email: richard.mintken@bpsne.net

Boys Soccer:

Alan Carr (402) 293-4040 email: alan.carr@bpsne.net

Girls Soccer:

Tobi Maertzke (402) 293-4040 email: tobi.maertzke@bpsne.net

Softball:

Bre Hamilton (402) 293-4040 email: breanna.hamilton@bpsne.net

Swimming:

Peg Speer (402) 293-4150 email: peggy.speer@bpsne.net

Boys Tennis:

Steve Lemon (402) 293-4040 email: steve.lemon@bpsne.net

Girls Tennis:

Steve Lemon (402) 293-4040 email: steve.lemon@bpsne.net

Boys Track:

Brent Litz (402) 293-4040 email: brent.litz@bpsne.net

Girls Track:

Epley Hamilton (402) 293-4040 email: epley.hamilton@bpsne.net

Volleyball:

Christina Reicks (402) 293-4040 email: christina.reicks@bpsne.net

Wrestling:

Tyler Hodges (402) 293-4040 email: tyler.hodges@bpsne.net

CONTACTS FOR SELECT TEAMS

Bellevue East Developmental Programs Contact List

Baseball:

Ian DeLaet (402) 293-4150 email: ian.delaet@bpsne.net

Boys Basketball:

Trevor Lenear (402) 293-4150 email: trevor.lenear@bpsne.net

Girls Basketball:

Brittany Wilson (402) 293-4150 email: brittany.wilson@bpsne.net

Cross Country:

Connor Mazzei (402) 293-4150 email: connor.mazzei@bpsne.net

Football:

Aaron Thumann (402) 293-4150 email: aaron.thumann@bpsne.net

Boys Golf:

Trevor Lenear (402) 293-4150 email: trevor.lenear@bpsne.net

Girls Golf:

Nicole Burns (402) 293-4150 email: nicole.burns@bpsne.net

Boys Soccer:

Jeremy Lenz (402) 293-4150 email: jeremy.lenz@bpsne.net

Girls Soccer:

Nathan Frankman (402) 293-4150 email: nathan.frankman@bpsne.net

Softball:

Casie Onken (402) 293-4150 email: casie.onken@bpsne.net

Swimming:

Cassidy Benjamin (402) 293-4150 email: cassidy.benjamin@bpsne.net

Boys & Girls Tennis:

Krista Tew (402) 293-4150 email: krista.tew@bpsne.net

Boys Track:

Tom Messier (402) 293-4150 email: thomas.messier@bpsne.net

Girls Track:

Bryan McKinley (402) 293-4150 email: bryan.mckinley@bpsne.net

Volleyball:

Courtney Smeby (402) 293-4150 email: courtney.smeby@bpsne.net

Wrestling:

Matt Malcom (402) 293-4150 email: matthew.malcom@bpsne.net

SWIM LESSONS

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: \$65 members; \$85 non-members

Registration Process

The Lied Activity Center is excited to now offer a new online registration for our 3 to 12 year-old swim lesson program. The registration period for each session is listed below. **Once registration opens**, you can easily register online by visiting www.bellevuepublicschools.org home page to register under “**Lied Activity Center - Registration Forms**” OR you can download the Lied Activity Center App and sign up there!

When you register, you will be able to choose the time and date of the session you would like. Early sign up is encouraged to ensure your desired time is available. Payment is due at the time of registration, which can be conveniently paid online via the new online registration process.

Families may register in person at the Lied Activity Center; however, we encourage you to save time and utilize the new online registration system. **No refunds after the first lesson.**

Winter Session 1 Registration Period: December 18 - January 7, 2024

Winter Session 2 Registration Period: March 4 - March 10, 2024

Mondays

| | |
|--------------------------|--|
| Classes 6:00 – 6:25 p.m. | Sessions 1: Jan. 8, 22, 29, Feb. 5, 12, 19, 26 |
| 6:30 – 6:55 p.m. | (No Class Jan. 15) |
| 7:00 – 7:25 p.m. | |
| 7:30 – 7:55 p.m. | Sessions 2: Mar. 11, 18, 25, Apr. 1, 8, 15, 22 |

Wednesdays

| | |
|--------------------------|---|
| Classes 6:00 – 6:25 p.m. | Sessions 1: Jan. 10, 24, 31, Feb. 7, 14, 21, 28 |
| 6:30 – 6:55 p.m. | (No Class Jan. 17) |
| 7:00 – 7:25 p.m. | |
| 7:30 – 7:55 p.m. | Sessions 2: Mar. 13, 20, 27, Apr. 3, 10, 17, 24 |

Private Lessons Available / All Ages

Cost: \$140 members; \$160 non-members

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

SWIM LESSONS

Aqua Tots / 6–36 months

Cost: \$45 members; \$65 non-members

Saturdays

Classes 9:30 – 10:00 a.m.

10:00 – 10:30 a.m.

Session 1: Jan. 6, 13, 20, 27, Feb. 3

Session 2: Feb. 17, 24, Mar. 2, 9, 16

Session 3: Apr. 6, 13, 20, 27 & May 4

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

You can easily register online by visiting www.bellevuepublicschools.org home page to register under “**Lied Activity Center - Registration Forms**” OR you can download the Lied Activity Center App and sign up there!

When you register, you will be able to choose the time and date of the session you would like. Early sign up is encouraged to ensure your desired time is available. Payment is due at the time of registration, which can be conveniently paid online via the new online registration process.

Families may register in person at the Lied Activity Center; however, we encourage you to save time and utilize the new online registration system. **No refunds after the first lesson.**

LAC Youth Stroke Clinic

Location: BPS Lied Activity Center Pool

Cost: \$65 members; \$85 non-members

Tuesdays

Class 7:00 – 8:00 p.m.

Session 1: Feb. 20, 27, Mar. 5, 12, 19

Session 2: Apr. 2, 9, 16, 23, 30

Give your child a head start in competitive swimming 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.

You can easily register online by visiting www.bellevuepublicschools.org home page to register under “**Lied Activity Center - Registration Forms**” OR you can download the Lied Activity Center App and sign up there!

When you register, you will be able to choose the time and date of the session you would like. Early sign up is encouraged to ensure your desired time is available. Payment is due at the time of registration, which can be conveniently paid online via the new online registration process.

SWIM LESSONS

Families may register in person at the Lied Activity Center; however, we encourage you to save time and utilize the new online registration system.

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

Red Cross Lifeguard Class

The Lied Activity Center is proud to offer Red Cross Lifeguard Certification classes and Lifeguard/First Aid Review Courses. Individuals interested in becoming certified lifeguards must be 15 years or older and attend all three class days. Cost is \$175. You may register online or in person.

You can easily register online by visiting www.bellevuepublicschools.org home page to register under “Lied Activity Center - Registration Forms” OR you can download the Lied Activity Center App and sign up there!

April Class – Registration due by April 14, 2024

Friday, April 19, 2024

6:00 – 9:00 p.m. at Bellevue East High School

Saturday & Sunday, April 20 & 21, 2024

8:00 a.m. – 5:00 p.m. at Bellevue East High School (with a lunch break)

May Class – Registration due by April 28, 2024

Friday, May 3, 2024

6:00 – 9:00 p.m. at Bellevue East High School

Saturday & Sunday, May 4 & 5, 2024

8:00 a.m. – 5 p.m. at Bellevue East High School (with a lunch break)

Red Cross Lifeguard/First Aid Review Class

Cost is \$100. Must bring current certifications to the class.

Saturday, April 13, 2024

8:00 a.m. – 5:00 p.m. at Bellevue East High School – **Register by April 7**

Saturday, May 11, 2024

8:00 a.m. – 5:00 p.m. at Bellevue East High School – **Register by May 5**

YOUTH ACTIVITIES

Dance Stars Ages / 3-6 years old

Cost: \$80 members; \$110 non-members

Tuesdays

Class 9:30-10:00 Winter Session 1: Jan. 9, 16, 23, 30, Feb. 6, 13, 20, 27

Winter Session 2: Mar. 5, 19, 26, Apr. 2, 9, 16, 23, 30

(No Class March 12)

April 30th is our showcase recital day!

With Dance Stars, our dancers learn the fundamentals of ballet, jazz, and hip-hop while developing grace, coordination, balance, and poise. By inspiring a passion for dance, our imaginative and engaging classes will create twirling, self-expressive machines! PLUS – your families will get to experience a recital performance twice a year (December & May) so they can see all that their dancer is learning. *Must be enrolled in both Spring Sessions to learn dances for the Showcase Performance.

You can easily register online by visiting www.bellevuepublicschools.org home page to register under “Lied Activity Center - Registration Forms” OR you can download the Lied Activity Center App and sign up there!

When you register, you will be able to choose the time and date of the session you would like. Early sign up is encouraged to ensure your desired time is available. Payment is due at the time of registration, which can be conveniently paid online via the new online registration process.

Families may register in person at the Lied Activity Center; however, we encourage you to save time and utilize the new online registration system. **No refunds after the first week.**

Co-ed Indoor Soccer League / Ages 4 years old-Grade 2

Cost: \$45 members; \$65 non-members

Time: Age 4 - Kindergarten: 6:00 - 7:00 p.m. or 7:00 - 8:00 p.m.

1st & 2nd Grade: 6:00 - 7:00 p.m. or 7:00 - 8:00 p.m.

Dates: Tuesdays - Mar. 12, 19, 26, Apr. 2, 9

Learn the basic skills of soccer. Volunteers for head and assistant coaches are needed. Contact the Lied Activity Center at (402) 293-5000. **No refunds after the first week. Registration ends on February 25.**

You can easily register online by visiting www.bellevuepublicschools.org home page to register under “Lied Activity Center - Registration Forms” OR you can download the Lied Activity Center App and sign up there!

Early sign up is encouraged. Payment is due at the time of registration, which can

YOUTH ACTIVITIES

be conveniently paid online via the new online registration process.

Families may register in person at the Lied Activity Center; however, we encourage you to save time and utilize the new online registration system.

Co-Ed Basketball League / Ages 4 years old-Grade 2

Cost: \$45 members; \$65 non-members

Time: Age 4 - Kindergarten: 6:00 - 7:00 p.m. or 7:00 - 8:00 p.m.

1st & 2nd Grade: 6:00 - 7:00 p.m. or 7:00 - 8:00 p.m.

Dates: Tuesdays: Apr. 16, 23, 30, May 14, 21 (No league May 7)

Learn the basic skills of basketball. Volunteers for head and assistant coaches are needed. Contact the Lied Activity Center at (402) 293-5000. **No refunds after the first week. Registration ends on April 1.**

You can easily register online by visiting www.bellevuepublicschools.org home page to register under “**Lied Activity Center - Registration Forms**” OR you can download the Lied Activity Center App and sign up there!

Early sign up is encouraged. Payment is due at the time of registration, which can be conveniently paid online via the new online registration process.

Families may register in person at the Lied Activity Center; however, we encourage you to save time and utilize the new online registration system.

LAC ACTIVITIES & EVENTS

Adult Open Pickleball League

Cost: \$5 for members and non-members

Time: 11:00 a.m. – 1:00 p.m.

Dates: Tuesdays

The Lied Activity Center will be hosting an open Pickleball league for all members and non-members. The cost is \$5 per day and you will be able to play against other players in the community. Learn the basics from other players and enjoy one of the fastest growing sports. All levels are welcome. Paddles, balls and nets are provided.

LAC Spring 2024 Craft Fair

Date: March 9, 2024

Time: 9:00 a.m. – 3:00 p.m.

Location: 2700 Arboretum Drive
Bellevue, NE 68005

The Lied Activity Center will be hosting our 14th craft fair for the Bellevue community. It has grown to become one of the biggest craft fairs in Sarpy County. Admission is \$3 and that fee goes to support the scholarship fund for the Lied Activity Center. Vendor spots are available. Please contact Christina Gesser at laccraftfair@gmail.com

2024 WINTER & SPRING ONE WELLNESS PROGRAMS

General Information

Welcome new and returning participants. All registrations are taken at the Lied Activity Center. Please bring completed form and payment to the Lied Center Front Desk during business hours Monday-Sunday. Payments will be processed at the time of registration.

Scheduled Sessions for all Programming

Winter SessionJanuary 8 – March 2, 2024

Registration Period: December 18, 2023 – January 14, 2024

(No Class January 15)

Spring One SessionMarch 4 – April 27, 2024

Registration Period: February 19 – March 10, 2024

(No class March 29, 30)

Pay per Class Options: If not registered for a current session, you may pay a drop-in class fee of \$10.00 for members and \$12.00 for non-members. Payment for single class must be made before each class at the front desk. You will be issued a class form for admittance to your group fitness class and must be turned in to the instructor. You may purchase multiple classes but each class must be on an individual form.

Cancellation policy: If your program is cancelled due to not meeting minimum class participation not including BPS Staff Unlimited Pass, you may transfer into another class or request a refund.

If you are cancelling your enrollment for any other reason you must cancel prior to the second scheduled class for which you are registered. *Refunds will not be given after second class has been conducted.*

If you are cancelling due to a medical issue, you must provide documentation from your medical care provider stating that you are to refrain from physical activity, and submit the documentation to Ryan Schultz, Recreation Specialist at the Lied Activity Center. Registrations may be credited up to *six months*.

Inclement Weather / Holiday Closing Policy / Missed Class: If Bellevue Public Schools close due to inclement weather or a scheduled holiday the facility will also be closed. If you miss a scheduled class, you are encouraged to make up the missed class during the CURRENT SESSION.

For current information concerning inclement weather closures at the Lied Activity Center contact the Lied Activity Center (402) 293-5000.

2024 WINTER & SPRING ONE WELLNESS PROGRAMS

Please Note: There are no prorates for missed classes or late registrations and there is no transfer of classes to another person. See pricing schedule for late registrations.

Program Pricing for Group Fitness Land and Aquatic Classes

*Pricing may change without notice

| Pricing During Registration Period | Member | Non- Member | Pricing After Registration Period | Member | Non- Member |
|---------------------------------------|----------|----------------|--------------------------------------|----------|----------------|
| 1 Class Per Week | \$65.00 | \$80.00 | 1 Class Per Week | \$80.00 | \$95.00 |
| 2 Classes Per Week | \$95.00 | \$110.00 | 2 Classes Per Week | \$110.00 | \$125.00 |
| 3 Classes Per Week | \$115.00 | \$130.00 | 3 Classes Per Week | \$130.00 | \$145.00 |
| 4 Classes Per Week | \$135.00 | \$150.00 | 4 Classes Per Week | \$150.00 | \$165.00 |
| 5 Classes Per Week | \$155.00 | \$170.00 | 5 Classes Per Week | \$170.00 | \$185.00 |
| BPS Staff* Unlimited | \$110.00 | | BPS Staff* Unlimited | \$125.00 | |

BPS Staff Unlimited

Attend an unlimited number of aquatic and/or group fitness classes during the week.

*Staff Rate- includes teachers, administrators and all support staff and BPS retirees- No other discounts apply.

The facility has the right to add/drop/change classes/instructors to meet program and minimum class participation requirements. Fitness programs are designed for ages 16 & up. Participants younger than 19 must have a legal guardian or parent's written consent.

For questions contact Renee at 402-740-3282 or renee@fitinthecity.com

Group Exercise Etiquette

- Please introduce yourself to the instructor, if you are new to the class.
- In order to prevent injury, do not enter a class already in session, or leave before properly stretching and cooling down.
- Please refrain from talking during class to avoid distracting other students, your instructor, and your lifeguard.
- All cell phones should be turned OFF during class.

2024 WINTER & SPRING ONE WELLNESS PROGRAMS

Adult Wellness Programs

Open to members/non-members (Ages 16 & older)

All classes conducted by nationally certified instructors. Our wellness programs offer multiple benefits regardless of your fitness level. Our instructors provide modifications to increase or decrease the difficulty of the moves, and you're always free to go at your own pace.

Yoga - Find physical harmony through traditional yoga poses that help strengthen both mind and body.

Real Fitness Wellness Program

These classes focus on Functional Training to help maintain a healthy lifestyle for the active older adult.

Balance with Flexibility - Work on maintaining your balance and flexibility through standing and seated exercises tailored to help you lengthen muscles and improve joint stability.

Strength Moves - Staying strong and healthy as we age is recommended and accommodated in this total body strength program for those ages 55 & up. Each participant is provided physical distancing and the appropriate class equipment and chair.

Aquatic Classes

Held in a heated, zero depth entry pool. Swimmers and non-swimmers are welcome.

Classes conducted by nationally certified instructors. Our aquatic programs offer multiple benefits regardless of your fitness level. Our instructors provide modifications to increase or decrease the difficulty of the moves, and you're always free to go at your own pace. Working out in water provides equal resistance through your full range of motion, and allows you to strengthen your muscles without stressing vulnerable joints.

Aqua Moves - Offering the aquatic exerciser a safe way to exercise in the comfort of the water by providing physical distancing and purpose-driven exercises. Shallow and deeper water levels are available for participants to complete their water exercises

2024 WINTER & SPRING ONE WELLNESS PROGRAMS

while instructors provide effective cues, patterns, variety, and intensity levels. Classes include cardiovascular fitness and strength training with added resistance and buoyancy options with the use of aquatic equipment.

For participants seeking the deeper areas of the pool water belts and aqua noodles can be provided.

Overview of Weekly Scheduled Classes Class Schedule Subject to Change

MONDAY

| <u>Time</u> | <u>Class</u> |
|-------------------|----------------|
| 8:30 - 9:20 a.m. | Strength Moves |
| 9:30 - 10:20 a.m. | Aqua Moves |

TUESDAY

| <u>Time</u> | <u>Class</u> |
|-------------------|--------------------------|
| 8:30 - 9:20 a.m. | Balance with Flexibility |
| 9:30 - 10:20 a.m. | Aqua Moves |
| 5:30 - 6:20 p.m. | Aqua Moves |

WEDNESDAY

| <u>Time</u> | <u>Class</u> |
|-------------------|----------------|
| 8:30 - 9:20 a.m. | Strength Moves |
| 9:30 - 10:20 a.m. | Aqua Moves |
| 6:00 - 7:00 p.m. | Yoga |

THURSDAY

| <u>Time</u> | <u>Class</u> |
|-------------------|--------------------------|
| 8:30 - 9:20 a.m. | Balance with Flexibility |
| 9:30 - 10:20 a.m. | Aqua Moves |
| 5:30 - 6:20 p.m. | Aqua Moves |

FRIDAY

| <u>Time</u> | <u>Class</u> |
|-------------------|----------------|
| 8:30 - 9:20 a.m. | Strength Moves |
| 9:30 - 10:20 a.m. | Aqua Moves |

SATURDAY

| <u>Time</u> | <u>Class</u> |
|--------------------|--------------|
| 10:30 - 11:20 a.m. | Aqua Moves |



www.bellevuepublicschools.org