

Bellevue Public Schools **Lied Activity Center**

Fall 2022



**Activities, Clinics, Leagues
and Wellness Programs**

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 second 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.

BPS LIED ACTIVITY CENTER CALENDAR

DATES FACILITY IS CLOSED

Labor Day	Sept. 5, 2022
Veterans' Day.....	Nov. 11, 2022
Thanksgiving.....	Nov. 21-25, 2022
Holiday Break.....	Dec. 24-25, 2022
New Years.....	Dec. 31, 2022 & Jan. 1, 2023
Martin Luther King Jr. Day	Jan. 16, 2023
Easter Break	April 7-9, 2023
Memorial Day.....	May 29, 2023
Juneteenth	June 19, 2023
Independence Day	July 4, 2023

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

CONTACT FOR BPS LIED ACTIVITY CENTER

Ryan Schultz
Recreation Specialist
ryan.schultz@bpsne.net

Bellevue Public Schools
Lied Activity Center
2700 Arboretum Drive
Bellevue, NE 68005
(402) 293-5000

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

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

Girls Soccer:

Tobi Maertzke (402) 293-4040

Softball:

Bre Hamilton (402) 293-4040

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

Volleyball:

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

Wrestling:

Tyler Hodges (402) 293-4040

CONTACT FOR SELECT TEAMS

Bellevue East Developmental Programs Contact List

Baseball:

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

Boys Basketball:

Chad Mustard (402) 293-4150 email: chad.mustard@bpsne.net

Girls Basketball:

Brittany Wilson (402) 293-4150

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:

Chad Mustard (402) 293-4150 email: chad.mustard@bpsne.net

Girls Golf:

Nicole Burns (402) 293-4150

Boys Soccer:

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

Girls Soccer:

Nathan Frankman (402) 293-4150

Softball:

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

Swimming:

Tristan Wilkins (402) 293-4150 email: tristan.wilkins@bpsne.net

Boys & Girls Tennis:

Krista Tew (402) 293-4150

Boys Track:

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

Girls Track:

Bryan McKinley (402) 293-4150

Volleyball:

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

Wrestling:

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

SWIM LESSONS

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.

Session 1: Registration Period August 15 - 21, 2022

Session 2: Registration Period October 17 - 23, 2022

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

Mondays

Classes 1. 6:00 - 6:25 p.m.
2. 6:30 - 6:55 p.m.
3. 7:00 - 7:25 p.m.
4. 7:30 - 7:55 p.m.

Mondays

Sessions 1: Aug. 22, 29, Sept. 12, 19, 26, Oct. 3, 10
(No class on Sept. 5)
Sessions 2: Oct. 24, Nov. 7, 14, 28, Dec. 5, 12, 19
(No class on Oct. 31 & Nov. 21)

Wednesdays

Classes 1. 6:00 - 6:25 p.m.
2. 6:30 - 6:55 p.m.
3. 7:00 - 7:25 p.m.
4. 7:30 - 7:55 p.m.

Wednesdays

Sessions 1: Aug. 24, 31 Sept. 14, 21, 28, Oct. 5, 12
(No class on Sept. 7)
Sessions 2: Oct. 26, Nov. 9, 16, 30, Dec. 7, 14, 21
(No class on Nov. 2 & Nov. 23)

SWIM LESSONS

Private Swim Lessons (All Ages)

Cost: \$125 members; \$150 non-members

Time/Dates: 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.

Aqua Tots (Children 6-36 months)

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.

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

Saturdays 9:30 - 10:00 a.m. or 10:00 - 10:30 a.m.

Session 1: Aug. 27, Sept. 3, 10, 17, 24

Session 2: Oct. 8, 15, 22, 29, Nov. 5

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

SWIM LESSONS

LAC Youth Stroke Clinics

Location: BPS Lied Activity Center Pool

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

Time: Tuesdays: 7:00 – 8:00 p.m.

Dates: Session 1: Aug. 30, Sept. 6, 13, 20, 27

Session 2: Oct. 11, 18, 25, Nov. 1, 8

Session 3: Nov. 15, 29, Dec. 6, 13, 20 (No class Nov. 22)

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.

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

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 9:

Friday, Oct. 14 from 5:30 p.m. - 9:00 p.m. at Bellevue East Pool

Saturday, Oct. 15 from 8:00 a.m. - 5:00 p.m. (with a lunch break) at Bellevue East Pool

Sunday, Oct. 16 from 8:00 a.m. - 5:00 p.m. (with a lunch break) at Bellevue East Pool

YOUTH ACTIVITIES

Fitness & All Star Sports & Dance Stars (Ages 2 - 6 years old)

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.

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

Fitness & All Star Sport (Ages 3-6 years old): Mondays 10:30 a.m. - 11:00 a.m.

It is a fun, action-packed fitness class where kids learn strength, endurance, flexibility, balance, and how healthy foods fuel their bodies. Watch your kids develop focus and gain self-control from physical activity that will help with school and sports readiness and skyrocket them to their next milestone... all while making friends and having FUN!

Fall Session 1: Aug. 22, 29, Sept. 12, 19, 26, Oct. 3, 10, 17 (No class Sept. 5)

Fall Session 2: Oct. 24, 31, Nov. 7, 14, 28, Dec. 5, 12, 19 (No class Nov. 21) - October 31 is a Halloween Party!

Dance Stars (Ages 2-6 years old): Thursdays 10:00 a.m. - 10:30 a.m. OR Thursdays 10:30 a.m. - 11:00 a.m.

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 so they can see all that their dancer is learning.

Time: 10:00 a.m. - 10:30 a.m. - Ages 2-3

10:30 a.m. - 11:00 a.m. - Ages 4-6

Fall Session 1: Aug. 25, Sept. 1, 8, 15, 22, 29, Oct. 6, 13

Fall Session 2: Oct. 20, 27, Nov. 3, 10, 17, Dec. 1, 8, 15 (No class Nov. 24) - December 15th is our showcase recital day!

YOUTH ACTIVITIES

Co-Ed Basketball League (4 years old – 2nd Grade)

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

Time: 4 years old – Kindergarten: 6:00 - 7:00 p.m. or 7:00 - 8:00 p.m.
(Depending on league numbers)
1st & 2nd Grade: 6:00 - 7:00 p.m. or 7:00 - 8:00 p.m.
(Depending on league numbers)

Dates: Tuesday Evenings: Nov. 1, 8, 15, 29 & Dec. 6 (No league Nov. 22)

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 second week. Registration ends on October 16th.**

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.

Co-Ed Basketball League (Grades 3rd - 6th)

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

Times: Saturdays: Games: 9:00, 10:00, or 11:00 a.m. at BPS Middle Schools

Dates: Dec. 3, 10, 17, Jan. 7, 14, 21, 28 (No games Dec. 24 & 31)

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 second week. Registration ends on November 6th.**

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 EVENT

LAC Fall 2022 Craft Fair

Date: October 15, 2022

Time: 9:00 a.m. – 3:00 p.m.

Location: 2700 Arboretum Drive
Bellevue, NE 68005

The Lied Activity Center will be hosting our 11th 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

2022 FALL 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 Programs

Fall One Session.....August 29 - October 22, 2022

Registration Period: August 15 - September 3, 2022

(No class September 3 & September 5)

Fall Two Session.....October 24 - December 23, 2022

Registration Period: October 10 - October 29, 2022

(No class November 11, 21-26, 2022)

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 also purchase multiple classes.

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 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 Shultz, Recreation Specialist. 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(es) during the **CURRENT SESSION**.

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

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.

2022 FALL WELLNESS PROGRAMS

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	\$60.00	\$75.00	1 Class Per Week	\$75.00	\$90.00
2 Classes Per Week	\$90.00	\$105.00	2 Classes Per Week	\$105.00	\$120.00
3 Classes Per Week	\$110.00	\$125.00	3 Classes Per Week	\$125.00	\$140.00
4 Classes Per Week	\$130.00	\$145.00	4 Classes Per Week	\$145.00	\$160.00
5 Classes Per Week	\$150.00	\$165.00	5 Classes Per Week	\$165.00	\$180.00
BPS Staff* Unlimited	\$105.00		BPS Staff* Unlimited	\$120.00	

BPS Staff Unlimited Pass

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.

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.

2022 FALL WELLNESS PROGRAMS

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 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.

2022 FALL WELLNESS PROGRAMS

Overview of Weekly Scheduled Classes - 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 w/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>
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