



**LIED ACTIVITY CENTER**  
BELLEVUE PUBLIC SCHOOLS



# Spring/Summer 2023

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

2700 Arboretum Drive | Bellevue, NE 68005  
(402) 293-5000 | [www.bellevuepublicschools.org](http://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

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](http://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](mailto:bps.liedactivitycenter@bpsne.net)

**Ryan Schultz**

Recreation Specialist

[ryan.schultz@bpsne.net](mailto: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:**

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

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

Tristan Wilkins (402) 293-4150 email: tristan.wilkins@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: \$60 members; \$80 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](http://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.**

**May Session** Registration Period: April 24 - 30

**June Session** Registration Period: May 30 - June 4

**July Session** Registration Period: July 3 - 9

### May Swim Lessons - Mondays & Wednesdays

Classes 6:00 – 6:25 p.m.	Session 1: May 1, 3, 8, 10, 15, 17, 22
6:30 – 6:55 p.m.	
7:00 – 7:25 p.m.	
7:30 – 7:55 p.m.	

### June Swim Lessons - Mondays & Wednesdays

Classes 6:00 – 6:25 p.m.	Session 1: June 5, 7, 12, 14, 21, 26, 28
6:30 – 6:55 p.m.	(No Class June 19)
7:00 – 7:25 p.m.	
7:30 – 7:55 p.m.	

### July Swim Lessons - Mondays & Wednesdays

Classes 6:00 – 6:25 p.m.	Session 1: 10, 12, 17, 19, 24, 26, 31
6:30 – 6:55 p.m.	
7:00 – 7:25 p.m.	
7:30 – 7:55 p.m.	

# SWIM LESSONS

## Aqua Tots / 6–36 months

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

### Saturdays

Classes 9:30 – 10:00 a.m.

Session 1: May 20, 27, June 3, 10, 17

10:00 – 10:30 a.m.

Session 2: July 1, 8, 15, 22, 29

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](http://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: \$60 members; \$80 non-members

### Tuesdays

Class 7:00 – 8:00 p.m.

Session 1: May 16, 23, 30, June 6, 13

Session 2: June 27, July 11, 18, 25, August 1

(No class July 4)

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](http://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

## **Private Lessons Available / All Ages**

Cost: \$125 members; \$150 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.



# LAC ACTIVITIES & EVENTS

## **Adult Open Pickleball League**

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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 player 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 Fall 2023 Craft Fair**

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Date: October 14, 2023

Time: 9:00 a.m. – 3:00 p.m.

Location: 2700 Arboretum Drive  
Bellevue, NE 68005

The Lied Activity Center will be hosting our 13th 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](mailto:laccraftfair@gmail.com)

# 2023 SPRING TWO & SUMMER 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

Spring Two .....May 1.....June 24

Registration Period: April 17 - May 6

(No class May 27, May 29, & June 19)

Summer Session.....June 26 - August 19

Registration Period: June 12 - July 1

(No class July 4)

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 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.

# 2023 SPRING TWO & SUMMER 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	\$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

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](mailto: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.

# 2023 WINTER & SPRING 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

# 2023 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>
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](http://www.bellevuepublicschools.org)