

# Bellevue Public Schools **Lied Activity Center**

Winter 2022



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

# GENERAL INFORMATION

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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

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## DATES FACILITY IS CLOSED

Holiday Break.....	Dec. 24-25, 2021
New Years.....	Dec. 31, 2021 & Jan. 1, 2022
Martin Luther King Jr. Day .....	Jan. 17, 2022
Easter Break .....	April 15-17, 2022
Memorial Day.....	May 30, 2022
Independence Day .....	July 4, 2022

*Changes to the Calendar can be found online at  
[www.bellevuepublicschools.org](http://www.bellevuepublicschools.org)*

## CONTACT FOR BPS LIED ACTIVITY CENTER

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**Ryan Schultz**  
Recreation Specialist  
[ryan.schultz@bpsne.net](mailto:ryan.schultz@bpsne.net)

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

# CONTACTS FOR SELECT TEAMS

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## 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 Maerzke (402) 293-4040

### **Softball:**

Wade Tracy (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:**

Tommy Harris (402) 293-4040 email: thomas.harris@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:**

Curtis Gocke (402) 293-4040 email: curtis.gocke@bpsne.net

# CONTACT FOR SELECT TEAMS

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## 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:**

Rachel Carraher (402) 293-4150 email: rachel.carraher@bpsne.net

### **Football:**

Nathan Liess (402) 293-4150 email: nathan.liess@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:**

Taylor Schultz (402) 293-4150 email: taylor.schultz@bpsne.net

### **Boys & Girls Tennis:**

Krista Tew (402) 293-4150

### **Boys Track:**

Arlen Quinn (402) 293-4150 email: arlen.quinn@bpsne.net

### **Girls Track:**

Taylor Schultz (402) 293-4150 email: taylor.schultz@bpsne.net

### **Volleyball:**

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

### **Wrestling:**

Todd Porter (402) 293-4150 email: todd.porter@bpsne.net

# SWIM LESSONS

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## Youth Swim Lessons / 3-12 years old

Learn to swim while having fun with our trained instructors. The Lied Activity Center offers swim lessons for preschool (3-4 years old) and levels one through six. All swim instructors are American Red Cross certified lifeguards.

Levels: Pre-school – Level 6

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

### Mondays

Classes 6:00 – 6:25 p.m.	Sessions 1: Jan. 3, 10, 24, 31, Feb. 7, 14, 21
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. 7, 14, 21, 28, Apr. 4, 11, 18

### Wednesdays

Classes 6:00 – 6:25 p.m.	Sessions 1: Jan. 5, 12, 26, Feb. 2, 9, 16, 23
6:30 – 6:55 p.m.	(No Class Jan. 19)
7:00 – 7:25 p.m.	
7:30 – 7:55 p.m.	Sessions 2: Mar. 9, 16, 23, 30, Apr. 6, 13, 20

### Registration Process

Register online or in person for any of the Lied Activity Center swim programs. **Once registration opens**, you can easily register online using your smartphone by texting **LACswim to 41444**. Completing the form early will enroll you in swim lesson text & email reminders.

You can also visit [www.bellevuepublicschools.org](http://www.bellevuepublicschools.org) home page to register under “Lied Activity Center - Registration Forms”.

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           December 20, 2021 – January 2, 2022

Session 2:           Registration Period           February 21 – March 6, 2022

# SWIM LESSONS

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## Private Lessons Available / 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.

The Lied Activity Center has partnered with the Bellevue Public Schools Foundation to offer online registration and payment for AquaTots. You can easily register online using your smartphone by texting **AquaTots to 41444**.

You can also visit [www.bellevuepublicschools.org](http://www.bellevuepublicschools.org) home page to register under "Lied Activity Center - Registration Forms".

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

Classes 9:30 – 10:00 a.m.  
10:00 – 10:30 a.m.

Session 1: Jan. 8, 15, 22, 29 & Feb. 5  
Session 2: Feb. 19, 26, Mar. 5, 12, 19  
Session 3: Apr. 2, 9, 23, 30 & May 7  
(No class April 16)

## LAC Youth Stroke Clinic

Location: BPS Lied Activity Center Pool

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

Time: Tuesdays: 7:00 – 8:00 p.m.

Dates: Session 1: February 15, 22, March 1, 8, 15  
Session 2: March 29, April 5, 12, 19, 26

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.

# SWIM LESSONS

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The Lied Activity Center has partnered with the Bellevue Public Schools Foundation to offer online registration and payment for Stroke Clinic. You can easily register online using your smartphone by texting **StrokeClinic to 41444**.

You can also visit [www.bellevuepublicschools.org](http://www.bellevuepublicschools.org) home page to register under "Lied Activity Center - Registration Forms".

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.

To register online using your smartphone, text **LACLifeguard to 41444**. To register in person, visit the front desk at the Lied Activity Center. Registration must be paid in advance to reserve your class spot. Classes are limited.

### **March Class – Registration due by March 20, 2022**

Friday, March 25, 2022

5:00 – 9:00 p.m. at Bellevue East High School

Saturday & Sunday, March 26 & 27, 2022

8:00 a.m. – 6:00 p.m. at Bellevue East High School (with a lunch break)

### **May Class – Registration due by May 1, 2022**

Friday, May 6, 2022

5:00 – 9:00 p.m. at Bellevue East High School

Saturday & Sunday, May 7 & 8, 2022

8:00 a.m. – 6 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 23, 2022

8:00 a.m. – 5:00 p.m. at Bellevue East High School – **Register by April 18**

Saturday, May 14, 2022

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



# YOUTH ACTIVITIES

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## **Stretch-n-Grow / Ages 2-6 years old**

The Lied Activity Center has partnered with the Bellevue Public Schools Foundation to offer online registration and payment for Fitness/Dance Stars. You can easily register online using your smartphone by texting **LACstars to 41444**.

You can also visit [www.bellevuepublicschools.org](http://www.bellevuepublicschools.org) home page to register under "Lied Activity Center - Registration Forms".

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

## **Dance Stars: 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.

Returning and new students are welcome. New students will be provided technique videos from previous sessions. Most children participate in all sessions to participate in the final showcase performance.

**\*\*Showcase Performance Day is Thursday, April 28, 2022.\*\***

### **Winter Session 1: January 6–February 24 (8 week Session)**

\$70 members / \$100 non-members

Class days: January 6, 13, 20, 27, February 3, 10, 17 & 24

This session leads up to a performance showcase day at the end of the Winter Session 2. Most children participate in both sessions to participate in the showcase performance.

### **Winter Session 2: March 3–April 28 (8 week Session)**

\$70 members / \$100 non-members.

Class days: March 3, 10, 24, 31, April 7, 14, 21, 28 (No class March 17)

A separate Showcase Costume Fee will be billed directly by the Stretch-n-Grow Dance Stars studio.

# YOUTH ACTIVITIES

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## **Indoor Soccer League / Ages 4 years old - Grade 4**

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

Time: Age 4 - Kindergarten: 6:00 - 7:00 p.m. or 7:00 - 8:00 p.m. (depends on numbers)

1<sup>st</sup> & 2<sup>nd</sup> Grade: 6:00 - 7:00 p.m. or 7:00 - 8:00 p.m. (depends on numbers)

3<sup>rd</sup> & 4<sup>th</sup> Grade: 6:00 - 7:00 p.m. or 7:00 - 8:00 p.m. (depends on numbers)

Dates: Tuesday Evenings: March 8, 15, 22, 29, April 5

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 second week.**

The Lied Activity Center has partnered with the Bellevue Public Schools Foundation to offer online registration and payment for Youth Soccer. You can easily register online using your smartphone by texting **LACsoccer to 41444**. **Registration ends on February 20.**

You can also visit [www.bellevuepublicschools.org](http://www.bellevuepublicschools.org) home page to register under "Lied Activity Center - Registration Forms".

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

## **Basketball League / Ages 4 years old - Grade 2**

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

Time: Age 4 - Kindergarten: 6:00 - 7:00 p.m. or 7:00 - 8:00 p.m. (depends on numbers)

1<sup>st</sup> & 2<sup>nd</sup> Grade: 6:00 - 7:00 p.m. or 7:00 - 8:00 p.m. (depends on numbers)

Dates: Tuesday Evenings: April 12, 19, 26, May 10, 17 (No league May 3)

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.**

The Lied Activity Center has partnered with the Bellevue Public Schools Foundation to offer online registration and payment for Youth Basketball. You can easily register online using your smartphone by texting **LACBball to 41444**. **Registration ends on March 27.**

You can also visit [www.bellevuepublicschools.org](http://www.bellevuepublicschools.org) home page to register under "Lied Activity Center - Registration Forms".

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

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## **Adult Open Pickleball League**

Cost: \$5 for members and non-members

Time: 11:00 a.m. – 1:00 p.m.

Dates: Tuesdays & Thursdays, December - April

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 2022 Craft Fair**

Date: March 19, 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 10th craft fair for the Bellevue community. It has grown to become one of the biggest craft fairs in Sarpy County.

Admission is \$2 and goes to support the scholarship fund for the Lied Activity Center. Vendor spots are available. Please contact Elaine Stough at [laccraftfair@gmail.com](mailto:laccraftfair@gmail.com).

# 2022 WINTER AND SPRING ONE WELLNESS PROGRAMS

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## 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 Session.....January 10 – March 5, 2022

Registration Period: December 27, 2021 – January 15, 2022

(No Class January 17)

Spring One Session.....March 7 – April 30, 2022

Registration Period: February 21 – March 12, 2021

(No class April 15 & 16)

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.

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 WINTER AND SPRING ONE 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

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 foundational yoga poses that help strengthen both mind and body.

# 2022 WINTER AND SPRING ONE WELLNESS PROGRAMS

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## 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 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 WINTER AND SPRING ONE WELLNESS PROGRAMS

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## 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
6:00 - 7:00 p.m.	Yoga

### 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

BELLEVUE PUBLIC SCHOOLS



CHAMPIONS  
— FOR —  
CHILDREN

[www.bellevuepublicschools.org](http://www.bellevuepublicschools.org)