



KIDS PROGRAMS

Effective September 15th, 2009 See other side for additional information

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
KIDS CLUB 8 am - 8 pm	KIDS CLUB 8 am - 8 pm	KIDS CLUB 8 am - 8 pm	KIDS CLUB 8 am - 8 pm	KIDS CLUB 8 am - 8 pm	KIDS CLUB 8 am - 12 pm	KIDS CLUB Closed
REC CENTER 8 am - 8 pm	REC CENTER 8 am - 8 pm	REC CENTER 8 am - 8 pm	REC CENTER 8 am - 8 pm	REC CENTER 8 am - 8 pm	REC CENTER 8 am - 12pm	REC CENTER Closed
OPEN GYM 7-8:45 am 10:45-Noon 2-3:30 pm 4:30-5:30 pm 6:45-10 pm	OPEN GYM 7-8:00 am 11 am-3:30 pm 4:30-6 pm	OPEN GYM 5:30-8:45 am 10:45-Noon 3:00-3:30 pm 4:30-5:30 pm	OPEN GYM 7-9:00 am 11am-12:15 pm 1:15-3:30 pm 4:30-5:30 pm 6:00-10:00 pm	OPEN GYM 5:30-8:45 am 10:45-Noon 2:00-10:00 pm	OPEN GYM 7:00-1:30 pm 2:30-4:30 pm 5:30-9:00 pm	OPEN GYM 7 am-1.30 pm 2:30-4:30 pm 5:30-9:00 pm
KREATIVE KIDS PRESCHOOL (ages 3-6) 10:00 - 10:45 am	DINO MUSCLES (ages 3-6) 10:00-10:45 am	KREATIVE KIDS PRESCHOOL (ages 3-6) 10:00 - 10:45 am	DINO MUSCLES (ages 3-6) 10:00-10:45 am	KREATIVE KIDS PRESCHOOL (ages 3-6) 10:00 - 10:45 am	*Call or see the front desk at Cordata to schedule Birthday Parties, Moonlight Madness, or Overnights	
	SWIM LESSONS* 10 am-12 pm 3-5 pm, 6-8 pm		SWIM LESSONS* 10 am-12 pm 3-5 pm, 6-8 pm			
SPORTS XCEL (ages 12+) 3:30-5:00 pm	SPORTS XCEL (ages 12+) 3:30-5:00 pm	HOMESCHOOL P.E. 2:30-3:30 pm	SPORTS XCEL (ages 12+) 3:30-5:00 pm	FAMILY SWIM 3:30-5:00 pm	BIRTHDAY PARTIES 1:30-4:00 pm	BIRTHDAY PARTIES 1:30-4:00 pm
		SPORTS XCEL (ages 12+) 3:30-5:00 pm			FAMILY SWIM 3:30-5:00 pm	FAMILY SWIM 3:00-5:00 pm
INTERMEDIATE* RACQUETBALL (ages 7-10) 4:15-5:00 pm	BEGINNER* RACQUETBALL (ages 10-16) 4:15-5:00 pm	INTERMEDIATE* RACQUETBALL (ages 7-10) 4:15-5:00 pm	BEGINNER* RACQUETBALL (ages 10-16) 4:15-5:00 pm	FRIDAY NIGHT OUT* (ages 5-11) 6:30-9:30 pm	BIRTHDAY PARTIES 4:30-7:00 pm	BIRTHDAY PARTIES 4:30-7:00 pm
ADVANCED* RACQUETBALL (ages 10-16) 5:00-6:00 pm	ADVANCED* RACQUETBALL (ages 10-16) 5:00-6:00 pm	ADVANCED* RACQUETBALL (ages 10-16) 5:00-6:00 pm	INTERMEDIATE RACQUETBALL* (ages 7-16) 5:00-5:45 pm		FAMILY SWIM 7:00-8:30 pm	FAMILY SWIM 6:00-8:30 pm
FAMILY SWIM 7:00-8:30 pm		FAMILY SWIM 7:00-8:30 pm		MOONLIGHT MADNESS* 9 pm-12 am OVER-NIGHTERS* 9:30pm-6:30 am	MOONLIGHT MADNESS* 9 pm-12 am OVER-NIGHTERS* 9:30pm-6:30 am	

BELLINGHAM ATHLETIC CLUB

KIDS PROGRAMS

We've got lots of stuff for your kids to do here at BAC!

DINO MUSCLES - Dino Muscles will keep your child on the run! Children ages 3-6 are encouraged to keep active as well as develop social and motor skills through creative dramatics and various obstacle courses.

Per Class: \$3 members, \$4 non-members

FRIDAY NIGHT OUT - This is an excellent chance for you to use the club or get away to dinner and a movie while we entertain your 5 to 11 year olds! Kids spend a fun-filled evening swimming, playing games, watching movies, and having snacks with their friends.

\$7 for members - additional siblings \$5

\$10 Non-members - additional siblings \$7

HOMESCHOOL P.E.: An age appropriate class exploring all types of sports, health, and fun and games to broaden your home scholar's horizons and encourage him or her to love being healthy.

\$20/month for members

\$30/month for Non-members

KREATIVE KIDS PRESCHOOL- Preschool includes art, music, and games each day. Learning activities and art tie in with the monthly theme. The children's interests are kept alive with creative science projects, movement and dance, and many types of art activities. Each child's individualism and creativity is encouraged and nurtured in helping them to become a secure and confident person. Ages 3-6.

\$3 per class members, \$4 Non-members

CALL TO SCHEDULE BIRTHDAY PARTIES, OVERNIGHTERS, AND MOONLIGHT MADNESS

CALL TO ENROLL IN ALL OTHER PROGRAMS

BIRTHDAY BASH - Celebrate your child's next birthday at Bellingham Athletic Club while you sit back and RELAX! We take care of all the details including decorations, utensils, tables, chairs, and juice. And best of all...we do the clean up! We have games and activities for all ages - Kindergarten through Teens!

\$120 for 1-10 kids members

\$150 for 1-10 kids non-members

MOONLIGHT MADNESS - Whether it is a birthday or just something fun for your youth group or soccer team to do, BAC has the answer! Come on in while the club is closed and enjoy racquetball, swimming, cardio, and the gym.

\$130 for 10 children members

\$150 for 10 children non-member

OVERNIGHTERS - Games, swimming and more! Reserve the Club for an evening of fantastic fun for any group function.

COURT, AQUATICS AND SPORTS PERFORMANCE YOUTH PROGRAMS

JUNIOR RACQUETBALL -BAC offers the best in junior racquetball with lessons for all ability levels between the ages of 7 to 16. We emphasize fun and good sportsmanship as well as skill improvement.

Per 4 week session: \$30 members, \$40 Non-members

JUNIOR RACQUETBALL CHALLENGE COURT -

Join us Sundays for a chance to play other juniors and participate in our junior challenge ladder. All levels are invited. Free to Junior members, \$3 Non-Members.

SPORT XCEL PERFORMANCE TRAINING -By utilizing the latest information in sports performance training, our mission is to provide young and adult athletes with the foundation upon which they can build the skills they need to become faster, stronger; and more explosive.

Through the coaching and practice of these specialized techniques each person 12 years or older will be given the opportunity to become a complete athlete.

Starting at \$45 per month members

SWIM LESSONS -BAC offers swim lessons for children 6 months old and up! We also offer swim team for kids who are "aquatically advanced." Enroll your child and give him or her the skills to be water safe for a lifetime of aquatic enjoyment.

Per Four Week Session: \$35 members, \$45 non-members

FAMILY SCHEDULE

Bellingham
ATHLETIC
Club

AGES: 6 weeks - 2 years old

- Kids Club by Appointment
- Caterpillar Club 1 1/2 -3 years old
- Swim Lessons
- Family Swim Must be accompanied by an adult

AGES: 3 - 6 years old

- Kids Club open 8:00 am - 8:00 pm Monday-Friday 8:00 - Noon Saturday - No appointment needed
- Caterpillar Club 1 1/2 -3 years old
- Kreative Kids Preschool
- Dino Muscles
- Swim Lessons
- Friday Night Out 5-11 years old
- Saturday Night Out 3-7 years old
- Birthday Parties
- Family Swim Children under age 6 must pass swim test to swim without a parent during family swim time

AGES: 7-10 years old

- REC Center Open 8:00 am - 8:00 pm Monday-Friday 8:00 - Noon Saturday - No appointment needed
- Junior Racquetball Lessons 7-16 years old
- Racquetball Challenge Courts 8-12 years old
- Fit Kids 6-12 years old
- Swim Lessons
- Friday Night Out 5-11 years old
- Saturday Night Out 3-7 years old
- Birthday Parties
- Family Swim

AGES: 10-15 years old

- REC Center Open 8:00 am - 8:00 pm Monday-Friday 8:00 - Noon Saturday - No appointment needed
- Sign Up for Junior Orientation & receive card (see back for details)
- Swim Lessons
- Sport Xcel 12 years and up
- Birthday Parties
- Family Swim
- Fit Kids 6-12 years old

AGES: 16 years old and up

- May use Downtown BAC and Cordata as an adult and use all amenities including adult locker rooms
- Sport Xcel
- Birthday Parties

FRUSTRATION



Members under the age of 16 have limited usage of the BAC Cordata facilities.

- They must change in the family locker rooms located off the pool.
- Juniors 10 and under must be checked into the Kids Club while their parents are working out. They may play in Kids Club or use the REC Center during Kids Club hours. A parent may bring their junior to the gym during open gym time or to the pool during family swim time. Juniors 6 and under must pass a swim test to use the pool without a parent in the pool with them during family swim time.
- Juniors may use the gym, pool (during family swim time), racquetball courts, cardio area, and weight room only after receiving a Junior Orientation Card and getting a sticker for that area.
- Children 12 and under must be accompanied by an adult on the premises

FRONT ORIENTATION

Juniors between the ages of 10 to 15 years must complete several orientation sessions during their quest to become an independent member of BAC. During the initial orientation juniors will receive a laminated card which they must wear when using the club. Juniors and their parents are required to sign a usage agreement and behavior contract. Juniors are taken through and introduced to each part of BAC and its rules and regulations. They will also learn how to use their Junior Orientation (JO) Card.

Once the JO Card has been issued more orientation sessions need to be completed. Each child must attend three sessions each of Cardio and Racquetball. After completion in each area the child will receive a sticker for their JO Card which indicates the child can use that area without staff supervision. For the Weights area, each child 13 years and older must complete a specialized weight program and be able to demonstrate responsibility and knowledge of the weight area to be able to use the fitness floor without staff supervision.

The goal of this program is to create a safe and enjoyable exercise environment for all our members. If you have any questions, please contact Tiffany at 676-1800.