



# Court Activities

Effective February 8, 2019. See other side for additional information.

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY

Open Gym 5:30-8:30 am      Open Gym 5:30-9:30 am      Open Gym 5:30-8:00 am      Open Gym 5:30-9:15 am      TBC 5:45-6:45 am      Club Opens 7:00 am      Club Opens 7:00 am

Open Gym 6:45-8:30 am      Open Gym 7:00-9:30 am      Open Gym 7:00-9:00 am

Retrofit 8:30-9:30 am      Retrofit 8:30-9:30 am      Retrofit 8:30-9:30 am

Zumba 9:30-10:30 am      Zumba 9:15-10:15 am      Zumba 9:30-10:30 am      Pickleball 9:00-11:00 am

Incredible\* 10:00-11:00 am      TRX\* 10:45-11:45 am      Incredible\* 10:00-11:00 am      HIIT 10:15-11:15 am      Incredible\* 10:00-11:00 am      Open Gym 10:30 am-1:30 pm

Open Gym 11:00 am-12:30 pm      Open Gym 11:45 am-12:30 pm      Open Gym 11:00 am-12:30 pm      Open Gym 11:15 am-12:30 pm      Open Gym 11:00am-12:30 pm      Open Gym 11:00 am-1:30 pm

Pickleball 12:30-3:30 pm      Pickleball 12:30-3:30 pm      Pickleball 12:30-3:30 pm      Pickleball 12:30-3:30 pm      Pickleball 12:30-3:30 pm      Birthday Parties\* 1:30-2:30 pm      Birthday Parties\* 1:30-2:30 pm

Open Gym 3:30-5:15 pm      Open Gym 3:30-6:00 pm      Open Gym 3:30-5:15 pm      Open Gym 3:30-5:30 pm      Open Gym 3:30-10:00 pm      Open Gym 2:30-4:30 pm      Open Gym 2:30-4:30 pm

Boot Camp 5:30-6:30 pm      Boot Camp 5:30-6:30 pm      HIIT 5:30-6:30 pm      Birthday Parties\* 4:30-5:30 pm      Birthday Parties\* 4:30-5:30 pm

Open Gym 6:30-10:00 pm      3 On 3 Hoops League\* 6:00-10:00 pm      Open Gym 6:30-10:00 pm      Open Gym 6:30-10:00 pm      Open Gym 5:30-9:00 pm      Open Gym 5:30-9:00 pm

Club Closes 9:00 pm      Club Closes 9:00 pm

Open Gym: unstructured court play on a first-come first-serve basis. See back for full description.

# Bellingham Athletic Club

## Court programs

### Racquetball Court Program

**CHALLENGE COURT** - Looking for a game, but don't have a second player? Challenge Court is a great way to meet players and get your workout. Singles offered Fridays 4:00-7:30 pm, Doubles on Sundays 10:00-3:00 pm, Tuesdays and Thursdays 4:00-7:30 pm.

**JUNIOR GROUP LESSONS** - Offered on a regular basis in a 4-week format.

**LEAGUE PLAY** - Organized play for all skill levels. Statisticians and awards. Offered 3 times a year - Fall, Winter, and Spring on Wednesday evenings.

**LESSONS** - Group and private lessons are conducted on a regular basis year-round. Group lessons are in a 4 or 6 week format. Private lessons are by arrangement with our club professionals.

**INTRO TO RACQUETBALL CLINIC** - Free instruction for 45 minutes with our AmPro. All equipment provided. Monday nights.

**TOURNAMENTS** - BAC offers tournaments year round (September, November, January, and March) for both amateur and professional players. BAC is active in the Washington Racquetball Association, and a prize stop on the WRA sanctioned tour.

**WALLYBALL** - A new version of volleyball played on the racquetball court. Sidewalls are in-bounds. Equipment available at the front desk.

**HANDBALL CHALLENGE COURT** - Want to get on the courts and play some Handball? No partner? No worries. BAC offers 3 different days for Challenge Court. Tuesdays & Thursdays 2:30-4:00 pm. Fridays 5:30-7:30 pm.

**HANDBALL LEAGUE** - Organized play for all skill levels. Statisticians and awards. Offered 3 times a year - Fall, Winter & Spring. League is Monday evenings.

Contact Wanda Collins, AmPro certified Professional Instructor and Programmer and Jessie Scott, Racquetball Coordinator

Racquetball Courts may be reserved up to three days in advance.

### Cordata Hours

Monday - Friday	5:30 am - 10:00 pm
Saturday - Sunday	7:00 am - 9:00 pm
Holidays	7:00 am - 7:00 pm

### Gym Court Program

**BASKETBALL** - Three-on-Three full-court round robin challenge basketball. No referees.

**3 ON 3 HOOPS LEAGUE** - Organized Three-on-Three full-court team play. Scorekeepers, statisticians, T-shirts, and awards.

**TRX** - A suspension training system that allows you to be in control. Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all guided by a personal trainer in this fun group setting.

**DODGEBALL** - Equipment available at the front desk.

**PICKLEBALL** - Equipment available at the front desk.

**RETRO-FIT** - This is a slower-paced, low impact aerobic class set to music. The focus is on basic movement patterns and total body toning. 20-25 minute aerobic segment. A perfect beginning class, and a great maintenance class.

**OPEN GYM** - Unstructured half- or full-court play on a first-come, first-served basis. You can play any full-court recreational gym activity with this provision - full-court recreational activity may continue until someone arrives who does not want to participate. You then have 30 minutes to finish play, after which you may vacate or move to half-court activity - allowing new arrivals use of the gym

REFER TO OUR WEBSITE FOR ADDITIONAL INFORMATION

OUR COURTS ARE AVAILABLE FOR RENTAL CONTACT BRIAN PORTER

### Downtown Hours

Monday - Friday	5:00 am - 9:00 pm
Saturday - Sunday	7:00 am - 7:00 pm
Holidays	7:00 am - 2:00 pm