



# Youth Schedule

Effective January 1, 2020. See other side for additional information.

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY

Kids Club  
9:00am-1:00pm

Kids Club  
9:00am-1:00pm

Kids Club  
9:00am-1:00pm

Kids Club  
9:00am-1:00pm

Kids Club  
9:00am-1:00pm

Kids Club  
9:00am-1:00pm

Kids Club  
9:00am-1:00pm

**\*Swim Lessons**  
10:00am-12:00pm

**\*Swim Lessons**  
10:00am-12:00pm

Family Swim  
10:30 -11:30am

**\*Birthday Parties**  
1:30-2:30pm

**\*Birthday Parties**  
1:30-2:30pm

Family Swim  
3:30 - 5:00pm

**\*Swim Lessons**  
3:30-5:30pm

Family Swim  
3:30 - 5:00pm

**\*Swim Lessons**  
3:30-5:30pm

Family Swim  
3:30 - 5:00pm

Family Swim  
3:30 - 5:00pm

Family Swim  
3:30 - 5:0 pm

Kids Club  
4:00-7:30pm

Kids Club  
4:00-7:30pm

Kids Club  
4:00-7:30pm

Kids Club  
4:00-7:30pm

Kids Club  
4:00-7:30pm

**\*Rball Lessons**  
Intermediate  
4:15-5:00pm

**\*Rball Lessons**  
Advanced  
4:15-5:00pm

**\*Rball Lessons**  
Intermediate  
4:15-5:00pm

**\*Rball Lessons**  
Advanced  
4:15-5:00pm

**\*Birthday Parties**  
4:30-5:30pm

**\*Birthday Parties**  
4:30-5:30pm

**\*Rball Lessons**  
Beginners  
5:00-5:45pm

**\*Rball Lessons**  
Intermediate  
5:00-5:45pm

**\*Rball Lessons**  
Beginners  
5:00-5:45pm

**\*Rball Lessons**  
Intermediate  
5:00-5:45pm

Family Swim  
6:00 - 8:30pm

Family Swim  
6:00 - 8:30pm

Family Swim  
7:00 - 8:30pm

**\*Swim Lessons**  
6:00-8:00pm

Family Swim  
7:00 - 8:30pm

**\*Swim Lessons**  
6:00-8:00pm

Family Swim  
7:00 - 8:30pm

# Bellingham Athletic Club

## Youth programs

### Youth Programs

**BIRTHDAY PARTIES** - Includes full set up/clean up, balloons/decorations, plates, cups, and juice. Birthday parties run both Saturday and Sunday. We have activities for all ages – kindergarten through teens! Swimming is included in all parties.

**SWIM LESSONS/SWIM TEAM** - 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.

**FAMILY SWIM** - Family swim is offered most evenings for an open swim. There is a lifeguard on duty at all times, so drop the kids off for a swim while you're working out in the club!

**FRIDAY NIGHT OUT** - Drop off your kids at the club for a monthly Friday night out (each month has its own theme). They will enjoy an evening of games, swimming, a movie, and snacks.

**JUNIOR RACQUETBALL LESSONS** - BAC offers the best in junior racquetball with lessons for all ability levels. We emphasize fun and good sportsmanship as well as skill improvement. Classes for beginner, intermediate, and advanced players.

### Junior Orientation

Juniors between the ages of 9 to 15 years must complete several orientation sessions during their quest to become an independent member of the 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 the 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.

### Junior Usage

A Junior is any member younger than 15. 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 REC Center during Kids Club hours, Gym during Open Gym time and the Pool during Family Swim time supervised or unsupervised with a Junior Orientation Card. Juniors 6 and under must pass a swim test to use the pool without parental supervision during family swim. Children 12 and under must be accompanied by an adult on the premises. The Downtown club is for members over 16 only. Juniors must change in the family locker rooms located off the pool.