



KIDS PROGRAMS

Effective August 1st, 2010. 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
FAMILY SWIM 3:30-5:00 pm		SPORTS XCEL (ages 12+) 3:30-5:00 pm			FAMILY SWIM 3:00-5:00 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			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	INTERMEDIATE RACQUETBALL* (ages 7-16) 5:00-5:45 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, \$5 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.

\$10 for members

\$12 Non-members

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, \$5 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.

\$155 for 10 children members

\$175 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, \$4 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