



# YOUTH PROGRAMS

Effective February 22nd, 2017. See other side for additional information

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
KIDS CLUB 8:30am- 1:30pm 3:30pm-8pm	KIDS CLUB 8:30am-1:30pm 3:30pm-8pm	KIDS CLUB 8:30am-1:30pm 3:30- 8pm	KIDS CLUB 8:30am-1:30pm 3:30pm-8pm	KIDS CLUB : 8:30am- 1:00pm 3:30- 7pm	KIDS CLUB 8am-12pm	
	DINO MUSCLES 10- 10:30		DINO MUSCLES 10- 10:30			
	*SWIM LESSONS 10am-12pm		*SWIM LESSONS 10am-12pm	FAMILY SWIM 10:30 - 11:30am		
				KIDS CLUB CLOSED 1- 3:30PM	*BIRTHDAY PARTIES 1:30-4:00 pm	*BIRTHDAY PARTIES 1:30-4:00 pm
KIDS CLUB CLOSED 1:30-3:30pm	KIDS CLUB CLOSED 1-3:30pm	KIDS CLUB CLOSED 1:30-3:30pm	KIDS CLUB CLOSED 1:30-3:30pm			
FAMILY SWIM 3:30- 5pm		FAMILY SWIM 3:30- 5pm		FAMILY SWIM 3:30- 5pm	FAMILY SWIM 3:- 5pm	FAMILY SWIM 3:- 5pm
*JR. RACQUET-BALL LESSONS BEGINNERS 4:15- 5pm	*SWIM LESSONS 3 30- 5:30pm	*JR. RACQUET-BALL LESSONS BEGINNERS 4:15- 5pm	*SWIM LESSONS 3:30 -5:30pm		*BIRTHDAY PARTIES 4:30 - 7pm	*BIRTHDAY PARTIES 4:30 - 7pm
*JR. RACQUET-BALL LESSONS INTERMEDIATE 5- 5:45pm		*JR. RACQUET-BALL LESSONS INTERMEDIATE 5- 5:45pm		*FRIDAY NIGHT OUT 6:30- 10:00pm		
FAMILY SWIM 7-8:30pm	*SWIM LESSONS 6 -8pm	FAMILY SWIM 7 - 8:30pm	*SWIM LESSONS 6-8pm	FAMILY SWIM 7 - 8:30pm	FAMILY SWIM 6 - 8:30pm	FAMILY SWIM 6 - 8:30pm

+Please let us know if Kids Club can accommodate you in any way. We are happy to help!

# BELLINGHAM ATHLETIC CLUB

## YOUTH PROGRAMS

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**BIRTHDAY PARTIES** Includes full set up/clean up, balloons/decorations, plates, cups, and juice. Birthday parties run both Saturday and Sunday from 1:30-4:30pm, or 4:30-7:00pm. We have activities for all ages – kindergarten through teens! Swimming is included in all parties.

**MOONLIGHT MADNESS** This program is available Saturday nights from 9:00pm until midnight! You choose the schedule. This program is great for birthday parties, gatherings and banquets!

**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 4 to 11 year old at the club at 6:30pm on Friday night. They will enjoy an evening of games, swimming, a movie, and snacks while you enjoy....we'll let your mind wander! This program goes until 10pm weekly.

**JUNIOR RAQUETBALL LESSONS** BAC offers the best in junior racquetball with lessons for all ability levels between the ages of 8 to 12. We emphasize fun and good sportsmanship as well as skill improvement. Classes for beginner, intermediate, and advanced players.

**HOMESCHOOL P.E.** Kids ages 7 and up stay active participating in a variety of games and sports tailored to displaying the importance of maintaining an active lifestyle! Kids are welcome to stay and spend time in our pool during Family swim..

**MOVE IT MONDAY** This program is designed to focus on the activities for preschool age kids where they can participate in a variety of lessons in art, action movements, games, and story time. Each Monday will engage in a new activity focused on ways to get your child's body and mind movin'

**DINO MUSCLES** Want to improve your child's motor skills? Bring them to Dino Muscles! Children cycle through a variety of obstacles suited to improve their balance, memory and listening skills. No need to sign up, just show up and be ready to start building those Dino Muscles!

### JR. ORIENTATION

#### JUNIOR ORIENTATION

Juniors between the ages of 10 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, the wii room or Ball Room 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 as long as they are supervising them. Juniors 6 and under must pass a swim test to use the pool with out 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 pool locker room ONLY.

REFER TO OUR WEBSITE OR FRONT DESK FOR  
ADDITIONAL INFORMATION