



LIED ACTIVITY CENTER  
BELLEVUE PUBLIC SCHOOLS



# Spring / Summer 2025

Activities, Clinics, Leagues, and Wellness Programs

2700 Arboretum Drive | Bellevue, NE 68005  
(402) 293-5000 | [www.bellevuepublicschools.org](http://www.bellevuepublicschools.org)

# GENERAL INFORMATION

The Bellevue Public Schools Lied Activity Center has program offerings for youth and adults. **Classes are open to both members and non-members.** We staff according to registration; therefore, no refunds are given after the first class. The facility has the right to add, drop, or change classes to meet program requirements. Please see facility postings for dates the facility is closed.

**Inclement weather: The Lied Activity Center will not be open if Bellevue Public Schools closes. Breaks are allotted between sessions for inclement weather make-ups and facility conflicts.**

# HOURS OF OPERATION

**Monday, Tuesday, Thursday & Friday**

5:30 a.m. - 9:00 p.m.

*Summer: May 15 - August 15, Close at 8:00 p.m.*

**Wednesday**

5:30 a.m. - 7:00 p.m.

**Saturday**

8:00 a.m. - 5:00 p.m.

**Sunday**

12:00 noon - 5:00 p.m.

# CALENDAR

## Dates the Facility is Closed

Memorial Day..... May 26, 2025

Juneteenth ..... June 19, 2025

Independence Day..... July 4, 2025

*Changes to the Calendar can be found online at  
[www.bellevuepublicschools.org](http://www.bellevuepublicschools.org)*

## BPS LIED ACTIVITY CENTER CONTACT

**Bellevue Public Schools**  
**Lied Activity Center**  
2700 Arboretum Drive  
Bellevue, NE 68005  
(402) 293-5000  
[bps.liedactivitycenter@bpsne.net](mailto:bps.liedactivitycenter@bpsne.net)

**Ryan Schultz**  
Recreation Specialist  
[ryan.schultz@bpsne.net](mailto:ryan.schultz@bpsne.net)

# CONTACTS FOR SELECT TEAMS

## Bellevue West Developmental Programs Contact List

### **Baseball:**

Jason Shockey (402) 293-4040 email: jason.shockey@bpsne.net

### **Boys Basketball:**

Steve Klein (402) 293-4040 email: steven.klein@bpsne.net

### **Girls Basketball:**

Dane Bacon (402) 293-4040 email: dane.bacon@bpsne.net

### **Cross Country:**

Larissa Knudson (402) 293-4040 email: larissa.knudson@bpsne.net

### **Football:**

Michael Huffman (402) 293-4040 email: michael.huffman@bpsne.net

### **Boys Golf:**

Rob Klug (402) 293-4040 email: robert.klug@bpsne.net

### **Girls Golf:**

Rick Mintken (402) 293-4040 email: richard.mintken@bpsne.net

### **Boys Soccer:**

Alan Carr (402) 293-4040 email: alan.carr@bpsne.net

### **Girls Soccer:**

Tobi Maertzke (402) 293-4040 email: tobi.maertzke@bpsne.net

### **Softball:**

Josie Chronic (402) 293-4040 email: josie.chronic@bpsne.net

### **Swimming:**

Peg Speer (402) 293-4150 email: peggy.speer@bpsne.net

### **Boys Tennis:**

Steve Lemon (402) 293-4040 email: steve.lemon@bpsne.net

### **Girls Tennis:**

Steve Lemon (402) 293-4040 email: steve.lemon@bpsne.net

### **Boys Track:**

Brent Litz (402) 293-4040 email: brent.litz@bpsne.net

### **Girls Track:**

Epley Hamilton (402) 293-4040 email: epley.hamilton@bpsne.net

### **Volleyball:**

Christina Reicks (402) 293-4040 email: christina.reicks@bpsne.net

### **Wrestling:**

Tyler Hodges (402) 293-4040 email: tyler.hodges@bpsne.net

# CONTACTS FOR SELECT TEAMS

## Bellevue East Developmental Programs Contact List

### **Baseball:**

Ian DeLaet (402) 293-4150 email: ian.delaet@bpsne.net

### **Boys Basketball:**

Trevor Lenear (402) 293-4150 email: trevor.lenear@bpsne.net

### **Girls Basketball:**

Eric Lenear (402) 293-4150 email: eric.lenear@bpsne.net

### **Cross Country:**

Connor Mazzei (402) 293-4150 email: connor.mazzei@bpsne.net

### **Football:**

Aaron Thumann (402) 293-4150 email: aaron.thumann@bpsne.net

### **Boys Golf:**

Trevor Lenear (402) 293-4150 email: trevor.lenear@bpsne.net

### **Girls Golf:**

Nicole Burns (402) 293-4150 email: nicole.burns@bpsne.net

### **Boys Soccer:**

Jeremy Lenz (402) 293-4150 email: jeremy.lenz@bpsne.net

### **Girls Soccer:**

Nathan Frankman (402) 293-4150 email: nathan.frankman@bpsne.net

### **Softball:**

Casie Onken (402) 293-4150 email: casie.onken@bpsne.net

Whitney Wilson (402) 293-4150 email: whitney.wilson@bpsne.net

### **Swimming:**

Peg Speer (402) 293-4150 email: peggy.speer@bpsne.net

### **Boys & Girls Tennis:**

Krista Tew (402) 293-4150 email: krista.tew@bpsne.net

### **Boys Track:**

Tom Messier (402) 293-4150 email: thomas.messier@bpsne.net

### **Girls Track:**

Bryan McKinley (402) 293-4150 email: bryan.mckinley@bpsne.net

### **Volleyball:**

Courtney Smeby (402) 293-4150 email: courtney.smeby@bpsne.net

### **Wrestling:**

Matt Malcom (402) 293-4150 email: matthew.malcom@bpsne.net

# SWIM LESSONS

## Youth Swim Lessons / 3-12 years old

Learn to swim while having fun with our trained instructors. We offer Preschool (3-4 years old only) and Levels 1 through 6 at the Lied Activity Center. All of our swim instructors are American Red Cross certified lifeguards.

Levels: Preschool – Level 6

Cost: \$65 members; \$85 non-members

### Registration Process

You can easily register online by visiting [www.bellevuepublicschools.org](http://www.bellevuepublicschools.org) to register under “**Lied Activity Center - Registration Forms**” OR you can download the Lied Activity Center App and sign up there!

When you register, you will be able to choose the date and time of the session you would like. Early sign up is encouraged to ensure your desired time is available. Payment is due at the time of registration, which can be conveniently paid online via the online registration process.

Families may also register in person at the Lied Activity Center; however, we encourage you to save time and utilize the online registration system. **No refunds after the first lesson.**

**Summer Session 1:** Registration Period: May 12 - 18, 2025

**Summer Session 2:** Registration Period: June 16 - 22, 2025

### Summer Session 1 - Mondays & Wednesdays

Classes 6:00 – 6:25 p.m.                      Session 1: May 19, 21, 28, June 2, 4, 9, 11  
6:30 – 6:55 p.m.  
7:00 – 7:25 p.m.  
7:30 – 7:55 p.m.

### Summer Session 2 - Mondays & Wednesdays

Classes 6:00 – 6:25 p.m.                      Session 1: June 23, 25, 30, July 2, 7, 9, 14  
6:30 – 6:55 p.m.  
7:00 – 7:25 p.m.  
7:30 – 7:55 p.m.

# SWIM LESSONS

## Aqua Tots / 6–36 months

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Cost: \$45 members; \$65 non-members

### Saturdays

Classes 9:30 – 10:00 a.m.      Session 1: May 17, 24, 31, June 7, 14  
10:00 – 10:30 a.m.      Session 2: June 21, 28, July 5, 12, 19

This water experience is best for tots that are ready to explore the aqua environment and are ready to have fun in the pool with mom or dad. Skills, games and water safety activities are included. Swim diapers are required for those not potty trained.

You can easily register online by visiting [www.bellevuepublicschools.org](http://www.bellevuepublicschools.org) to register under “**Lied Activity Center - Registration Forms**” OR you can download the Lied Activity Center App and sign up there!

When you register, you will be able to choose the date and time of the session you would like. Early sign up is encouraged to ensure your desired time is available. Payment is due at the time of registration, which can be conveniently paid online via the online registration process.

Families may also register in person at the Lied Activity Center; however, we encourage you to save time and utilize the online registration system. **No refunds after the first lesson.**

## LAC Youth Stroke Clinic

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Location: BPS Lied Activity Center Pool

Cost: \$65 members; \$85 non-members

### Tuesdays

Class 7:00 – 8:00 p.m.      Session 1: May 6, 13, 20, 27 & June 3  
Session 2: June 17, 24, July 1, 8, 15

Give your child a head start in competitive swimming by enrolling in our Stroke Clinic. This Stroke Clinic is designed for students who already have a solid foundation in the fundamentals of swimming and desire to learn more advanced swimming techniques. The class puts an emphasis on proper technique over speed. Students will enhance their competitive strokes (freestyle, backstroke, breaststroke, and butterfly) with drills taught by our experienced instructors.

You can easily register online by visiting [www.bellevuepublicschools.org](http://www.bellevuepublicschools.org) to register under “**Lied Activity Center - Registration Forms**” OR you can download the Lied Activity Center App and sign up there!

Early sign up is encouraged. Payment is due at the time of registration, which can be

# SWIM LESSONS

conveniently paid online via the online registration process.

Families may also register in person at the Lied Activity Center; however, we encourage you to save time and utilize the online registration system.

In order to participate, students must meet 2 of the 3 following criteria:

- Must be able to swim 50 yards freestyle with continuous rotary breathing, without assistance
- Must currently or previously be enrolled in Level 5 or 6 swimming lessons
- Must be 11+ years old

## **Private Lessons Available / All Ages**

Cost: \$140 members; \$160 non-members

Time/Date: Classes consist of seven 30-minute sessions. Dates and times to be determined between instructor/student. To register, please contact the Lied Activity Center at (402) 293-5000.

# LAC ACTIVITIES & EVENTS

## Kindergarten - 2nd Grade Skills Camp

Cost: \$75 members; \$100 non-members

### Thursdays

Class 7:00 – 8:00 p.m. Session 1: May 29, June 5, 12, 26 & July 3

Learn the basic skills of basketball from experienced coaches. Drills, games, and fun. T-shirts will be provided for each child. For questions, contact the Lied Activity Center at (402) 293-5000. **No refunds once registration ends. Registration ends on May 18.**

You can easily register online by visiting [www.bellevuepublicschools.org](http://www.bellevuepublicschools.org) to register under “Lied Activity Center - Registration Forms” OR you can download the Lied Activity Center App and sign up there!

Early sign up is encouraged. Payment is due at the time of registration, which can be paid in person or via the online registration process.

## Adult Open Pickleball League

Cost: \$5 for members and non-members

Time: 11:00 a.m. – 1:00 p.m.

Dates: Tuesdays

The Lied Activity Center will be hosting an open Pickleball league for all members and non-members. The cost is \$5 per player and you will be able to play against other players in the community. Learn the basics from other players and enjoy one of the fastest growing sports. All levels are welcome. Paddles, balls and nets are provided.

## LAC Fall 2025 Craft Fair

Date: October 11, 2025

Time: 9:00 a.m. – 3:00 p.m.

Location: BPS Lied Activity Center

2700 Arboretum Drive, Bellevue, NE 68005

The Lied Activity Center will be hosting our 17th craft fair for the Bellevue community. It has grown to become one of the biggest craft fairs in Sarpy County.

Admission is \$5 and that fee goes to support the BPS Lied Activity Center. Vendor spots are available. Please contact Christina Gesser at [laccraftfair@gmail.com](mailto:laccraftfair@gmail.com)

# 2025 SPRING TWO & SUMMER WELLNESS PROGRAMS

## General Information

Welcome new and returning participants. All registrations are taken at the Lied Activity Center. Please bring completed form and payment to the Lied Center Front Desk during business hours Monday-Sunday. Payments will be processed at the time of registration.

## Scheduled Sessions for all Programming

Summer Giant Session: April 28 – July 12, 2025 (11 Weeks)

Registration Period: April 14 – May 4, 2025

No class: May 24, May 25, June 19, July 4, & July 5

Mini Land Only Unlimited Session: July 28 – August 22, 2025

Registration Period: June 30 – August 3, 2025

Pay per Class Options: If not registered for a current session, you may pay a drop-in class fee of \$10.00 for members and \$12.00 for non-members. Payment for single class must be made before each class at the front desk. You will be issued a class form for admittance to your group fitness class and must be turned in to the instructor. You may purchase multiple classes but each class must be on an individual form.

**Cancellation policy:** If your program is cancelled due to not meeting minimum class participation not including BPS Staff Unlimited Pass, you may transfer into another class or request a refund.

If you are cancelling your enrollment for any other reason you must cancel prior to the second scheduled class for which you are registered. *Refunds will not be given after second class has been conducted.*

If you are cancelling due to a medical issue, you must provide documentation from your medical care provider stating that you are to refrain from physical activity, and submit the documentation to Ryan Schultz, Recreation Specialist at the Lied Activity Center. Registrations may be credited up to *six months*.

**Inclement Weather / Holiday Closing Policy / Missed Class:** If Bellevue Public Schools close due to inclement weather or a scheduled holiday the facility will also be closed. If you miss a scheduled class, you are encouraged to make up the missed class during the CURRENT SESSION.

For current information concerning inclement weather closures at the Lied Activity Center contact the Lied Activity Center (402) 293-5000.

# 2025 SPRING TWO & SUMMER WELLNESS PROGRAMS

Please Note: There are no prorates for missed classes or late registrations and there is no transfer of classes to another person. See pricing schedule for late registrations.

## Program Pricing for Group Fitness Land and Aquatic Classes

\*Pricing may change without notice

GIANT SESSION - April 28 – July 12			MINI LAND ONLY UNLIMITED July 28 – August 22		
11 Week Session	Member	Non-Member		Member	Non-Member
1 Class Per Week	\$89.00	\$104.00	Mini Land Unlimited	\$55.00	\$70.00
2 Classes Per Week	\$131.00	\$146.00	Yoga Only (Wed)	\$35.00	
3 Classes Per Week	\$158.00	\$173.00			
4 Classes Per Week	\$186.00	\$200.00			
5 Classes Per Week	\$213.00	\$228.00			
BPS Staff* Unlimited	\$151.00				

### BPS Staff Unlimited

Attend an unlimited number of aquatic and/or group fitness classes during the week.  
\*Staff Rate- includes teachers, administrators and all support staff and BPS retirees-  
No other discounts apply.

The facility has the right to add/drop/change classes/instructors to meet program and minimum class participation requirements. Fitness programs are designed for ages 16 & up. Participants younger than 19 must have a legal guardian or parent's written consent.

For questions contact Renee at 402-740-3282 or [renee@fitinthecity.com](mailto:renee@fitinthecity.com)

### Group Exercise Etiquette

- Please introduce yourself to the instructor, if you are new to the class.
- In order to prevent injury, do not enter a class already in session, or leave before properly stretching and cooling down.
- Please refrain from talking during class to avoid distracting other students, your instructor, and your lifeguard.
- All cell phones should be turned OFF during class.

# 2025 SPRING TWO & SUMMER WELLNESS PROGRAMS

## Adult Wellness Programs

Open to members/non-members (Ages 16 & older)

All classes conducted by nationally certified instructors. Our wellness programs offer multiple benefits regardless of your fitness level. Our instructors provide modifications to increase or decrease the difficulty of the moves, and you're always free to go at your own pace.

**Yoga** - Find physical harmony through traditional yoga poses that help strengthen both mind and body.

## Real Fitness Wellness Program

These classes focus on **Functional Training** to help maintain a healthy lifestyle for the active older adult.

**Balance with Flexibility** - Work on maintaining your balance and flexibility through standing and seated exercises tailored to help you lengthen muscles and improve joint stability.

**Strength Moves** - Staying strong and healthy as we age is recommended and accommodated in this total body strength program for those ages 55 & up. Each participant is provided physical distancing and the appropriate class equipment and chair.

## Aquatic Classes

Held in a heated, zero depth entry pool. Swimmers and non-swimmers are welcome.

Classes conducted by nationally certified instructors. Our aquatic programs offer multiple benefits regardless of your fitness level. Our instructors provide modifications to increase or decrease the difficulty of the moves, and you're always free to go at your own pace. Working out in water provides equal resistance through your full range of motion, and allows you to strengthen your muscles without stressing vulnerable joints.

**Aqua Moves** - Offering the aquatic exerciser a safe way to exercise in the comfort of the water by providing physical distancing and purpose-driven exercises. Shallow and deeper water levels are available for participants to complete their water exercises while instructors provide effective cues, patterns, variety, and intensity levels. Classes include cardiovascular fitness, Zumba aqua patterns and strength training with added resistance and buoyancy options with the use of aquatic equipment.

For participants seeking the deeper areas of the pool water belts and aqua noodles can be provided.

# 2025 SPRING TWO & SUMMER WELLNESS PROGRAMS

## Overview of Weekly Scheduled Classes Class Schedule Subject to Change

### Summer Giant Session – 11 Weeks

#### MONDAY

<u>Time</u>	<u>Class</u>
8:30 - 9:20 a.m.	Strength Moves
9:30 - 10:20 a.m.	Aqua Moves

#### TUESDAY

<u>Time</u>	<u>Class</u>
8:30 - 9:20 a.m.	Balance w/Flexibility
9:30 - 10:20 a.m.	Aqua Moves
5:30 - 6:20 p.m.	Aqua Moves

#### WEDNESDAY

<u>Time</u>	<u>Class</u>
8:30 - 9:20 a.m.	Strength Moves
9:30 - 10:20 a.m.	Aqua Moves
6:00 - 7:00 p.m.	Yoga

#### THURSDAY

<u>Time</u>	<u>Class</u>
8:30 - 9:20 a.m.	Balance w/Flexibility
9:30 - 10:20 a.m.	Aqua Moves
5:30 - 6:20 p.m.	Aqua Moves

#### FRIDAY

<u>Time</u>	<u>Class</u>
8:30 - 9:20 a.m.	Strength Moves
9:30 - 10:20 a.m.	Aqua Moves

#### SATURDAY

<u>Time</u>	<u>Class</u>
10:30 - 11:20 a.m.	Aqua Moves

### Summer Mini Land Only Unlimited Session – 4 Weeks

#### MONDAY

<u>Time</u>	<u>Class</u>
9:00 - 9:50 a.m.	Upper Body Strength & Core

#### TUESDAY

<u>Time</u>	<u>Class</u>
9:00 - 9:50 a.m.	Better Balance

#### WEDNESDAY

<u>Time</u>	<u>Class</u>
9:00 - 9:50 a.m.	Lower Body Strength & Core
6:00 - 7:00 p.m.	Yoga

#### THURSDAY

<u>Time</u>	<u>Class</u>
9:00 - 9:50 a.m.	Zumba Gold Cardio Movements

#### FRIDAY

<u>Time</u>	<u>Class</u>
9:00 - 9:50 a.m.	Total Body Strength & Balance

BELLEVUE PUBLIC SCHOOLS



CHAMPIONS  
— FOR —  
CHILDREN

[www.bellevuepublicschools.org](http://www.bellevuepublicschools.org)