



LIED ACTIVITY CENTER
BELLEVUE PUBLIC SCHOOLS



Fall 2025

Activities, Clinics, Leagues, and Wellness Programs

2700 Arboretum Drive | Bellevue, NE 68005
(402) 293-5000 | 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 open if Bellevue Public Schools closes. Breaks are allowed between sessions for inclement weather make-ups & facility conflicts.

DOWNLOAD OUR APP

Easily sign up for activities for yourself and your family using our app! Search BPS Lied Activity Center in the Apple App Store or Play Store or scan the QR codes below.

Link to Apple App Store



Link to Google Play Store



BPS LIED ACTIVITY CENTER CONTACT

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

Ryan Schultz
Recreation Specialist
ryan.schultz@bpsne.net

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

Labor Day.....September 1, 2025

Veterans' Day.....November 11, 2025

Thanksgiving.....November 26, 27 & 28, 2025

Christmas.....December 24 & 25, 2025

New Year's.....December 31, 2025 & January 1, 2026

Martin Luther King Jr. Day.....January 19, 2026

Easter Break.....April 3, 4 & 5, 2026

Memorial Day.....May 25, 2026

Juneteenth.....June 19, 2026

Independence Day.....July 3 & 4, 2026

*Changes to the Calendar can be found online at
www.bellevuepublicschools.org*

CONTACTS FOR SELECT TEAMS

Bellevue West Developmental Programs Contact List

Baseball:

Nick Schumacher (402) 293-4040 email: NSchumacher.uba@gmail.com

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:

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

Girls Golf:

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

Boys Soccer:

Alex Zimmer (402) 293-4040 email: alex.zimmer@bpsne.net

Girls Soccer:

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

Matt Lauritsen (402) 293-4040 email: matthew.lauritsen@bpsne.net

Girls Tennis:

Stattin Yates (402) 293-4040 email: stattin.yates@bpsne.net

Boys Track:

Derrell Bradford (402) 293-4040 email: DerrellBradford@gmail.com

Girls Track:

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

Volleyball:

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

Boys Wrestling:

Nolan Barry (402) 293-4040 email: nolan.barry@bpsne.net

Girls Wrestling:

Nolan Barry (402) 293-4040 email: nolan.barry@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:

Noah Bishop (402) 293-4150 email: noah.bishop@bpsne.net

Girls Soccer:

Sipres Hoefer (402) 293-4150 email: sipres.hoefer@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 Tennis:

Ben Dalton (402) 293-4150 email: benjamin.dalton@bpsne.net

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

Boys Wrestling:

Jake Nieman (402) 293-4150 email: jake.nieman@bpsne.net

Girls Wrestling:

Bryan Irsik (402) 293-4150 email: bryan.irsik@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: Pre-school – Level 6

Cost: \$70 members; \$90 non-members

Registration Process

The registration period for each session is listed below. **Once registration opens**, you can easily register online by visiting 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 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.**

Fall Session 1: Registration Period: August 11 - 24, 2025

Fall Session 2: Registration Period: October 20 - 26, 2025

Mondays

Classes 6:00 – 6:25 p.m.	Session 1: Aug. 25, Sept. 8, 15, 22, 29, Oct. 6 & 13
6:30 – 6:55 p.m.	(No Class Sept. 1)
7:00 – 7:25 p.m.	Session 2: Oct. 27, Nov. 3, 10, 17, Dec. 1, 8, 15
7:30 – 7:55 p.m.	(No Class Nov. 24)

Wednesdays

Classes 6:00 – 6:25 p.m.	Session 1: Aug. 27, Sept. 10, 17, 24, Oct. 1, 8, 15
6:30 – 6:55 p.m.	(No Class Sept. 3)
7:00 – 7:25 p.m.	Session 2: Oct. 29, Nov. 5, 12, 19, Dec. 3, 10, 17
7:30 – 7:55 p.m.	(No Class Nov. 26)

Private Lessons Available / All Ages

Cost: \$150 members; \$170 non-members

Date/Time: 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.

SWIM LESSONS

Aqua Tots / 6–36 months

Cost: \$50 members; \$70 non-members

Saturdays

Classes 9:30 – 10:00 a.m. Session 1: Aug. 30, Sept. 6, 13, 20 & 27
10:00 – 10:30 a.m. Session 2: Oct. 11, 18, 25, Nov. 1 & 8
Session 3: Nov. 15, 22, Dec. 6, 13, 20 (No class Nov. 29)

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 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 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 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

Cost: \$70 members; \$90 non-members

Tuesdays

Class 7:00 – 8:00 p.m. Session 1: Aug. 26, Sept. 2, 9, 16, 23
Session 2: Oct. 7, 14, 21, 28, Nov. 4
Session 3: Nov. 18, Dec. 2, 9, 16, 23 (No class Nov. 25)

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 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 conveniently paid online via the online registration process.

Families may register in person at the Lied Activity Center; however, we encourage

SWIM LESSONS

you to save time and utilize the new 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 rotary breathing continuously, without assistance
- Must be currently or previously enrolled in Level 5 or 6 swimming lessons
- Must be 11+ years old

YOUTH ACTIVITIES

Co-ed Basketball League / Ages 4 years old-Grade 2

Cost: \$50 members; \$70 non-members

Time: Age 4 - Kindergarten: 6:00-7:00 p.m.
1st & 2nd Grade: 6:00-7:00 p.m.

Dates: Tuesday on Oct. 28, Nov. 4, 18, 25 & Dec. 2 (No league Nov. 11)

Learn the basic skills of basketball. Volunteers for head and assistant coaches are needed. Contact the Lied Activity Center at (402) 293-5000. **No refunds after the first week. Registration ends on October 12th.**

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

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

Co-ed Basketball Clinic / Pk - 2nd & 3rd - 6th Grade

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

Time: Pk -2nd Grade: 8:00-9:00 a.m.
3rd - 6th Grade: 9:15-10:30 a.m.

Dates: December 22, 23, 29 & 30

Learn the basic skills of basketball by experienced coaches. Drills, games and fun. T-shirts will be provided to each child. Contact the Lied Activity Center at (402) 293-5000. **No refunds once registration ends. Registration ends on December 7th.**

You can easily register online by visiting 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 conveniently paid online via the new online registration process.

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

LAC ACTIVITIES & EVENTS

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 scholarship fund for the Lied Activity Center. Vendor spots are available. Please contact Christina Gesser at laccraftfair@gmail.com

Adult Open Pickleball League

Cost: \$5 for members and non-members
Dates: Tuesdays
Time: 11:00 a.m.-1:00 p.m.

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 s

Hunter's Safety Training

Cost: Free
Dates: Session 1: September 20 & 21
Session 2: October 4 & 5
Time: Saturday: 9:00 a.m.-2:00 p.m.
Sunday: 12:00-5:00 p.m.

The Nebraska Game and Parks Department requires that all youth in the state of Nebraska complete a Hunter Safety Certification. Students must be at least 11 years old to be tested and certified. Please register online at outdoornebraska.gov.

2025 FALL ONE & FALL TWO 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

Fall One Session: September 15-November 1 * 7 Week Session

Registration Period: September 2-September 21

Fall Two Session: November 3-December 20 * 7 Week Session

Registration Period: October 20-November 9

(No class November 11, 26, 27, 28, 29)

Pay per Class Options: If not registered for the current session, you may pay a drop-in class fee of \$10.00 for members and \$12.00 for non-members. Payment for a 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 presented to the instructor.

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.

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

2025 FALL ONE & FALL TWO WELLNESS PROGRAMS

Program Pricing for Group Fitness Land and Aquatic Classes

*Pricing may change without notice

7 Week Session	Member	Non-Member
1 Class Per Week	\$57.00	\$70.00
2 Classes Per Week	\$83.00	\$96.00
3 Classes Per Week	\$101.00	\$114.00
4 Classes Per Week	\$118.00	\$131.00
5 Classes Per Week	\$136.00	\$149.00
BPS Staff* Unlimited	\$96.00	

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

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.

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.

2025 FALL ONE & FALL TWO WELLNESS PROGRAMS

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.

Please Note for Saturday Aqua Moves Class - 10:30-11:20 a.m.

This class is based on instructor availability. If no instructor is available for a scheduled class students may attend their class time with self-paced individual water walking. A lifeguard will be provided.

Drop-in rates do apply for those not enrolled in a current session.

2025 FALL ONE & FALL TWO WELLNESS PROGRAMS

Overview of Weekly Scheduled Classes Class Schedule Subject to Change

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 with 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 with 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*

*This class is based on instructor availability. If no instructor is available for a scheduled class students may attend their class time with self- paced individual water walking. A lifeguard will be provided.

Drop- in rates do apply for those not enrolled in a current session.

BELLEVUE PUBLIC SCHOOLS



CHAMPIONS
— FOR —
CHILDREN

www.bellevuepublicschools.org