



Kids and Youth Fall Programs 2009

Aquatics

Session 1:

September 14 - October 24

Session 2:

October 26 - December 12

*No classes the week of
Thanksgiving*

Group and Private Swim Lessons

For ages six months to adult. We will help you develop confidence for all your swimming needs. Our instructors are all American Red Cross certified. We offer individual and group lessons Monday through Saturday. Schedule available upon request.

BAC Swim Teams

Flounders: Pre-junior swim team 30-minute workout.

Dolphins: Our junior swim team workouts are for those who can swim all strokes and the practices run for 45-minutes.

Senior swim team workouts:

These are geared for the advanced swimmers who are ready for a full hour practice in a non-competitive environment.

Swim Team Conditioning:

This one hour practice is for all swimmers who want to maintain their stamina and stay in shape year round!

Please note that we do have two swim meets a year for those who want to participate.

For more aquatic information please contact Karen Sue Mackaluso at (269) 544-3200, ext. 266.

Youth Training

Starts Saturday, October 10

This program is designed to teach children ages 10-13 about proper nutrition and exercise mechanics. With an increase in knowledge and activity level, children can help reduce their risk of obesity and diabetes while improving their self-esteem.

Saturdays, Oct. 10 - Nov. 14

Time: 10:45 - 11:45 a.m.

Cost: \$180

Instructor: Kyle Skinner

Gym Bugs/Tots

Starts Tuesday, October 6

This six-week class is designed to develop your three-year-old child's balance, coordination, and motor skills. With the use of music and games, your child will learn to be active in a fun and energetic atmosphere. This class teaches children healthy habits at a young age.

Tuesdays, Oct. 6 - Nov. 10

Time: 9 - 11 a.m.

(check packet for specific times)

Cost: \$30

Instructor: Kaitlin Johnson

Play With The Players

Have fun learning fundamentals, interacting with local athletes and experiencing sports on a whole different level.

Ages: 6-12

Ask service desk for more information.

Youth Basketball League

October 10 - November 7

This is for children in the second through eighth grades. It is a five-week league that consists of one practice per week and games on Saturdays. Participants may sign up as a team, with a friend or as an individual. All teams are parent or volunteer coached.

Member: \$55/child

Non-Member: \$70/child

(\$65 per child if five or more sign up as a team)

Coaches Meeting:

Friday, September 21

Time: 7 p.m.

Parent's Night Out October 16

Drop your kids off at the BAC for a fun-filled night of Halloween activities while you relax and enjoy a night of your own!

When: October 16

Time: 6 - 9 p.m.

Ages: 4 -12

Member Rate: \$18/one child
\$30/two children; \$35/family
*(four children qualify as a family,
\$5 extra for additional children)*

Non-Member Rate:

\$28/one child

\$40/two children; \$45/family
*(four children qualify as a family,
\$8 extra for additional children).*

Sign up for any of these programs at the service desk, or call the club at (269) 544-3200. For more information, contact Jeremy Wheaton or Kaitlin Johnson at (269) 544-3200.



Teens and Adults

Fall 2009 Programs

Aquatics

We offer a variety of water exercise classes including Deep Water, Circuit Training, Arthritis, Nice & Easy, Pregnancy Fitness, and several aqua fun classes.

For more aquatic information, see our flyer or contact Karen Sue Mackaluso at (269) 544-3200, ext. 266.

Women on Weights

Starts Tuesday, October 5

Women on Weights (WoW) is a program designed to be challenging for women of all fitness levels. Learn to exercise in a way that works for you, reach your goals and manage your time. This class also helps teach proper nutrition and lifestyle improvement.

Tuesdays, Oct. 5 - Nov. 9

Time: 11 a.m. - 12 p.m.

Cost: \$180

Instructor: Sheri Shon

Next 50 Years

Starts Thursday, October 8

The Next 50 Years is a program that increases knowledge of the aging process while promoting lifestyle behaviors that will increase your quality of life. This class will focus on bone health and muscle strength while incorporating techniques to improve your balance, mobility and flexibility.

Thursdays, Oct. 8 - Nov. 12

Time: 11 a.m. - 12 p.m.

Cost: \$180

Instructor: BAC personal trainer

Living Lite

Starts Thursday, October 8

This comprehensive eight-week weight management and lifestyle improvement program matches you with a personal trainer and focuses on nutrition, exercise and behavior to help you improve your health.

Thursdays, Oct. 4 - Nov. 26

Time: 6 - 7 p.m.

Cost: varies with training sessions

Instructor: BAC personal trainer

Dance Lessons

Country Line Dancing
Starts September 20

Put on your boots and get ready to do a little boot scootin'!

Sundays, Sept. 20 - Oct. 25

Time: 7 - 8 p.m.

Member: \$20/person

Non-Member: \$25/person

Instructors: Debbie Snell and Ken DeDie

BAC Ballroom Dancing
Starts September 20

Come learn or improve your ballroom dancing skills.

Sundays, Sept. 20 - Oct. 25

Time: 7 - 8 p.m.

Member: \$20/person

Non-Member: \$25/person

Instructors: Debbie Snell and Ken DeDie

Sign up for any of these programs at the service desk or call the club at (269) 544-3200 for more information.

BAC Basketball League

Starts September 30

Teams and individuals welcome! Recreational league. Playoffs and championship game for each session.

September 30 - November 18

League Meeting —
Wednesday, Sept. 16

Time: 7 p.m.

Members: \$35/player

Non-Members*: \$50/player

*Non-members must be sponsored by a member. Teams must consist of 60% members.

Contact Ashley Weber at (269) 330-4718 or aweber3212@aol.com for any questions.

Pilates

The BAC offers both private and group training sessions, all based on the original Joseph H. Pilates method. Instructors will train your mind with emphasis on breathing and body awareness. Call the service desk for current session dates. Fees for the sessions are:

One hour private session

Member: \$50 Non-Member: \$60

Duets: \$30/each person

Six-Week Reformer Class

Three to four class participants
Member: \$150 Non-Member: \$180

Five to six class participants
Member: \$120 Non-Member: \$150

Matinee Specials 1-3 p.m.

Member: \$108 Non-Member: \$138

To make an appointment or more more information, contact the Pilates studio at (269) 544-3200, ext. 259, or contact Sheri Shon.