



Get Fit and Have Fun This Summer!

Summer's coming and its time to shake off the winter doldrums. Take charge of your life and get your body moving!

JUNIOR TENNIS CLINICS

Classes held 4 days a week Mon-Thurs. Every last Friday of each month a one set tournament will be held for the intermediate, challenger and academy prep class. Every second Friday of each month a QuickStart tournament will be held.

Session 1: June 22-July 2 Session 4: August 3-13
Session 2: July 6-16 Session 5: August 17-27
Session 3: July 20-30

QUICKSTART MIGHTY-MITES Ages 4-6
 In this class we introduce tennis to new students with an emphasis on having fun. Players starting this class need to be able to follow directions and participate in a group environment.

12:30-1:15pm Tuesday & Thursday
 \$30 per session Tennis Member
 \$36 per session Non-Tennis Member

QUICKSTART ROOKIES Ages 6-9
 Players are taught the basic techniques for ground strokes, volleys and serves. Players are encouraged to rally the ball to develop a solid base of consistency for the development of their game.

1:15-2:15pm Mon-Thurs
 \$80 per session Tennis Member
 \$96 per session Non-Tennis Member

INTERMEDIATES

Ages 8-12
 Players continue on the development of their basic techniques and consistency. Players should be able to rally the ball in a cooperative manner. Players also learn to begin playing real points. Beginners ages 10 and up are encouraged to sign-up for this class.

2:15-3:30pm Mon-Thurs
 \$100 per session Tennis Member
 \$120 per session Non-Tennis Member

CHALLENGER

For the player getting ready to play USTA challenger level tournaments, or is looking to play high school tennis.

3:30-4:45pm Mon-Thurs
 \$100 per session Tennis Member
 \$120 per session Non-Tennis Member

JUNIOR ACADEMY PREP

This class is for the player who has committed to tennis as their sport and has already begun to play tournaments. Players must have approval from the tennis staff.

4:45-6pm Mon-Thurs
 \$100 per session Tennis Member
 \$120 per session Non-Tennis Member

JUNIOR ACADEMY

This class is an intense tennis training program for the player looking to play USTA champs level tournaments as well as high school varsity players. All players must be tennis members and have approval of the tennis staff before enrolling

8:30-10pm Mon-Thurs
 \$120 Tennis Members Only

JUNIOR & QUICKSTART TOURNAMENTS

\$15 for Juniors enrolled in Junior Clinics
 \$20 for all others



Treat your child to a Snack Card for an after program snack. Snack Cards can be purchased at the Front Desk in denominations of \$5, \$10 and \$25.

YOUTH FITNESS

PRESCHOOL YOGA CAMP

This class is the perfect form of exercise for any age! Your child will learn fun and challenging poses without even realizing it! We will practice various breathing techniques that make us giggle, play various games that make us wiggle, and adding poses that make us waggle. Eventually practicing being still, quiet and mindful all the while strengthening our muscles, improving our flexibility and balance. A positive challenge for all! Parents are welcome to join in!
Instructor: Cathleen Wellbrock

Mon-Thur June 1-25 1-1:30pm

Session: \$96 Members/\$120 Non-Members

Drop in: \$10 Members/\$12.50 Non-Members

SUMMER KIDS CLUB

Through the summer Kids Club will extend the age limit to 11 years old. Older kids attending Kids Club will be supervised in the Ping Pong Room for fun games and age appropriate activities.

KIDS NIGHT OUT!

Ages 4+ *Must be Fully Potty Trained*

Kids, join us the third Saturday of each month, for four hours of fun and let Mom and Dad have a night to themselves. We will have pizza, play group games, crafts and watch a movie at the end of the evening. Any allergies? We need to know!

May 16th, June 20th, July 18th, August 15th 5-9pm

Family memberships: \$20 1st child or only \$30*

Non Family members: \$25 1st child or only \$40*

Sign up at the BAC Front Desk to reserve your spot.

* (2 or more children)

BABYSITTING 101

We will be offering this very popular class again this year on May 30th (the Saturday after Memorial Day) from 10am-3pm at the Phelps Road Fire Station. Your child will learn infant and child CPR, basic first aid, and baby-sitting skills such as diapering, feeding, conflict resolution, and group games. Your child will receive a Baby-sitting Reference Guide to take home, as well as a CPR manual. \$35 for family members, \$45 for non-family members. Sign-up at the Front Desk.

SUMMER BIRTHDAY PARTIES

Ages 5+

Plan your birthday here at the Club. The Kids Club and the Tennis Department have organized a great day for your birthday boy or girl. You can invite up to ten friends for tennis games, cake, and drinks. Kids Club staff will organize your group and we'll supply the cake, juice, paper products and decorations. All you need to do is send out invitations, provide goody bags and we will handle the rest.

Call (206) 842-5661 for details.

\$180.00 1.5 hours

PILATES FOR TEENS

Ages 14-18

Pilates is a unique, powerful method of strength training that focuses on core strength and stability while providing a full-body workout. These classes will help improve students' flexibility and postural problems, prevent injury, and develop longer, leaner muscles. Pilates also improves confidence and enables greater concentration on daily activities.

Instructor: Stephanie Dalton

Mondays

June 22-July 27 11am-12pm

\$78 Members \$95 Non-Members



Youth Strength & Power Training

Ages 11-15

Our program has been developed to include strength principles fundamental to all sports. Each athlete is first assessed using a Functional Movement Screen (FMS). This test will identify any deficits in core strength or flexibility that can limit performance and lead to injury. A program will then be developed to correct any deficiencies, teach movement fundamentals and progress to more advanced skills when a solid training base is achieved. Much of the program is taught in a circuit format which allows each athlete to work at their own level and perform sport specific drills as appropriate.

Instructor: Maggie Greenawalt,
PT, CSCS

Tues/Thurs

June 23-July 30

9:45-10:45am

\$190 Members /
\$228 Non-Members

10 workout package



SPEED CAMP

Ages 14-17

Speed and power are the two most important attributes an athlete needs to compete at the highest level. Many elements determine speed in sports and we will design a program to fit your individual needs.

Speed camp is designed to teach proper mechanics, increase proficiency, and determine the proper progression for each athlete. If we can make you even one step faster, it shortens the football field by 11 yards and the basketball court by 5 feet! Imagine that. It CAN be done with the proper program. This IS that program!

* Some work-outs will be held at the BHS track.

Instructor: Maggie Greenawalt, PT, CSCS and Melissa House, ACSM-H/FS, CSCS

Tues/Thurs

June 23-July 30 11:15am-12:15am

\$190 Members \$228 Non-Members

Adult Tennis Clinics

Summer Ladies Flights

Our Summer Flights is for Ladies with a 2.5-3.5 USTA rating. Three courts will play at 11 and three courts will play at 12:30. You move up or down a court based on your score for the week. This format allows for players with different ratings to play in the same program and have a challenging and fun round of tennis each week. Flights are also a great way to improve your doubles game. Laurel will be there for a half hour of each court time to give doubles tips and strategy as well as start you off with a warm up game. We will start off the session with a flight party, and have prizes for the winners at the end of the session.

July 8-Aug 26

\$80 for 8 weeks of play

Skills & Drills

If you are looking to change a grip, improve your foot work or gain some new strategic game plans, this is your class. Each class incorporates fast-paced drills to ingrain those fundamentals, as well as point play drills to work on the strategic aspects of the game. Classes are run on a drop-in basis and sign-ups are taken at the Front Desk. Cost of class varies according to length and instructor.

Monday: 9:30-11am and 7-8:30pm

Tuesday: 9:30-11am

Thursday: 6-7pm

Friday: 9:30-11am

Singles Challenge Ladder

Get some competitive singles play through the summer, beginning in July and running through the first week of September. Players sign-up at the Front Desk and will be randomly placed in the ladder. Players will then arrange challenges on their own and report scores to the Tennis Department. The winner of the ladder will receive a prize and bragging rights. Must be a tennis member to participate.

Men's / Women's singles ladder- FREE

BAC to Tennis

This is a class geared for new players or players coming back to the game. Each week will build on the skills taught in the previous class in order to get you ready to play.

Mondays 8:30- 9:45pm

May: May 4, May 11, May 18, June 1

(No class Memorial Day-5/25)

June: June 8, June 15, June 22, June 29

July: July 6, July 13, July 20, July 27

Aug: Aug 3, Aug 10, Aug 17, Aug 24

\$75 / session

Core Fusion Body Sculpting

Turn your body into THE body.

Core Fusion is a high energy, fast-paced class that fuses yoga, Pilates, Lotte Berk, and core-conditioning to produce lean muscles, a strong, youthful body, and a sense of peace and relaxation. This low-impact program firms, tones, lengthens, and shapes muscles to their optimal form. You'll develop washboard abs, sculpted arms, and a tighter, higher backside—a perfectly toned body.

Instructor: Stephanie Dalton

The class is open to all levels, and no experience is required. (This is the class that Kelly Ripa does regularly to stay in fantastic shape!)

Tue/Thur

May 19-June 11

9:35-10:35am

\$110 Members

\$138 Non-Members



Check with the Front Desk or our monthly Bulletin for our many options for adult fitness classes and programs all throughout the summer.

Adult Programs & Socials



Summer Saturdays in the Courtyard

Join us Saturday mornings from 8:30 to 10:30 in the Club courtyard for a warm cup of coffee and light refreshments before or after your workout, class, or tennis match. Relax and chat with BAC members and staff and get your weekend started off right.

Circle these Saturdays on your calendar:
June 20, July 18, and August 8.

Women's Book Group

Join us for Book Group gatherings in the Club lounge. Read *The Friday Night Knitting Club* by Kate Jacobs for May and *The Abstinence Teacher* by Tom Perotta for June. You'll receive a warm welcome, wonderful refreshments, and entertaining, thought-provoking discussion!

**Monday,
May 11th &
June 8th
7pm**



Co-Ed Poker!

Ladies and Gentlemen: bring your skills, bravado, or at least an appetite for poker, pizza, beer and fun. Come to BAC for a great evening of fun and frivolity. Pizza, beverages, poker equipment supplied. Sign up early at the Front Desk. The last poker night filled quickly, so don't delay!

**Thursday, May 21
6:30-9:30pm
Members: \$15**



Summer Rewards & Passes



BAC Summer Rewards are back at BAC! Stay motivated and fit throughout the summer and earn some special rewards for yourself at the same time. Work out 22 times between June 1 and July 15 and earn a one-of-a kind BAC luggage tag; work out 22 times between July 16th and August 31st and choose your reward from a special selection!

Is your college student home for the summer? Do you have friends and relatives coming to visit? See Member Services for special summer pass rates.

BAC Juice Bar

Smoothies will be available throughout the summer. Make a smoothie part of your program for maximum repair and recovery after your workout.



To register and for all other inquiries, please contact us at: 206-842-5661

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