

CAC - Juanita Bay 2025 Spring/Summer Guide



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athletic clubs

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PROGRAMS



Campers ages 4 to 12 will enjoy each week with theme-based activities that typically include crafts, sports, swimming, and games. We will also travel to Juanita Beach Park (weather permitting) for a nature walk, free play on the equipment, sand castle building, or another fun adventure. Full day camp runs from 9am–4pm.

Each day, please be sure to pack your camper with a swimsuit, a couple small snacks, a water bottle, appropriate footwear, a change of clothes (optional), and a sack lunch. Please also be sure your camper arrives to camp with sunscreen applied.

Registration Rules:

Registration is ONLINE and must be received at least 24 hours in advance. If there is room and you're dropping in or have registered within 24 hours of the camp day, there is a camp drop in fee of \$10 IN ADDITION to the daily camp rate.

Cancellations:

For withdrawals or cancellation from camp, a refund/credit will be granted if the withdrawal or cancellation request is received at least 1 week prior to camp. No refund/credit will be granted with less than 1 week notice.*

*Exceptions include illness and emergencies.

Fees:

A registration fee of \$10 per camp per child, up to 4 camps will be collected at time of online registration. This will be billed to your Membership account or card on file. If you are a NonMember and do not yet have a card on file, we will reach out for this information. Please note that your child's spot in camp will not be secured without the registration fee. Unless otherwise noted on a specific camp due to dates change or additional curriculum, fees are as follows:

\$310 + tax Member/\$395 + tax Non-member per week

Camp Updates for 2025

We are excited to announce some important updates for this summer's camp program. Please review the following details to stay informed about camp hours, pricing, and specific changes. We look forward to seeing your child at camp this summer!

Camp Hours: Camp will go from 9am to 4pm, which is 30 minutes longer than last summer.

Camp Pricing: There will be a slight increase in camp prices for 2025.

Full-Day Camp:	Mini Camp:
\$310 + tax Member	\$210 + tax Member
\$395 + tax Non-member	\$255 + tax Non-member

Special Pricing:

Snapology (Week 5, July 21 – 25): This summer we will be hosting Snapology again! This program will run for one week.

Fees: \$410 + tax Member/\$485 + tax Non-member

Fourth of July Week (Week 2, June 30 – July 3): Since the 4th of July falls on Friday this year, we will not hold camp on that day.

Fees: \$248 + tax Member/\$316 + tax Non-member

Camp Columbia Kick-off (Week 1, June 25 – 27): Due to a later last day of school this year for LWSD, Camp Columbia will be shorter (3 days only).

Full-day:	Mini:
\$186 + tax Member	\$126 + tax Member
\$237 + tax Non-member	\$153 + tax Non-member

Full-Day Camps 2025

Week 1: Camp Columbia Kick-off

Come kick it with Columbia! Start your summer off right with all the classic camp fun—games, relay races, crafts, and more! Plus, Coach Brandon Larrieu will be here for a day of exclusive basketball coaching and skills training! It's the perfect way to kick off the summer with excitement and team spirit. See you there!

Dates: June 25 – 27

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425.821.0882

Columbia Athletic Clubs - Juanita Bay
11450 98th Ave NE, Kirkland, WA 98033

NORMAL CLUB HOURS*

Monday – Friday: 5am – 10:30pm
Saturday & Sunday: 6am – 8pm

*The indoor pool closes 30 minutes prior to club closing time.

SUMMER HOLIDAY HOURS

Memorial Day, Monday May 26: 5am – 3pm
Independence Day, Friday July 4: 5am – 3pm
Labor Day, Monday, September 1: 5am – 3pm

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Week 2: Party in the USA

Celebrate America's birthday with us! We will be learning about the states in our great country through activities, games and crafts.

Dates: June 30 – July 1, 2, 3

Week 3: Sports of All Sorts

Get ready for a fun-filled week of athletic excitement! This week is all about developing skills, improving agility, and celebrating the love of sports. Young athletes will enjoy drills, training, and personalized coaching, including exclusive basketball sessions with Coach Brandon Larrieu! Whether they're perfecting their game or trying something new, it's all about teamwork, sportsmanship, and fun. Go Team!

Dates: July 7 – 11

Week 4: Christmas in July

This week is all about spreading festive cheer, enjoying holiday-inspired activities, listening to holiday music, holiday-themed workouts and games to holiday crafts, while still having fun in the sun.

Dates: July 14 – 18



Does your builder enjoy designing beautiful buildings or functional spaces? If so, this program is the perfect space for your young architect to sharpen their design and building skills! All buildings, from the Empire State Building to the house next door, started as an idea in an architect's head. Students will learn how to take an idea from their head and turn it into a building in the real world. They will be guided through the building process, from creating a floor plan to disaster-proofing the structure, so that they will be able to create the next best thing in architecture using LEGO® bricks!

Dates: July 21 – 25

Week 6: Workout Warriors

Each day the campers will get to do a special workout just like Mom and Dad! We will dance like no one is watching with HIGH Fitness, explore mindfulness and thoughtfulness with Kid's Yoga, and run fun circuit workouts with a CAC personal trainer every day!

Dates: July 28 – August 1

Week 7: Outdoor Adventure Week

Let's embrace the great outdoors! Get ready for a week full of fun and exploration as we take on exciting outdoor adventures! Each day will feature a mix of creative crafts, thrilling games, and nature-filled activities like scenic walks and scavenger hunts. Join us as we soak up the sunshine, connect with nature, and create unforgettable memories in the great outdoors!

Dates: August 4 – 8

Week 8: Say Yes to the Mess

This week is all about embracing creativity and having a blast with art projects that may be too messy for home! From tie-dye to slime-making, we'll dive into the messiest and most exciting crafts you can imagine. It's a week filled with fun, color, and a little bit of chaos – so leave your clean clothes at home and get ready to make some unforgettable masterpieces!

Dates: August 11 – 15

Week 9: Tropical Vacation

No need to book a flight – we're bringing the tropical paradise straight to you! Tropical Vacation Week is all about relaxing, unwinding, and enjoying the island vibes with relaxing stretches to the sound of ocean waves, island-inspired games and fun activities that will transport you to paradise – no passport required!

Dates: August 18 – 22

Week 10: Big Summer blowout!

Campers! This is your last chance to have a blast before school! We will be recapping all of our favorite camp days from the previous themed weeks. This camp won't disappoint. End summer with a bang!

Dates: August 25 – 29

Mini Camps 2025

Campers Ages 3 to 5 will enjoy each week with theme-based activities that typically include crafts, sports, swimming, and games. We will also travel to Juanita Beach Park (weather permitting) for a nature walk, free play on the equipment, sand castle building, or another fun adventure. Mini camp runs from **9am to 12:30pm**. Each day, please be sure to pack your camper with a swimsuit, a small snack, a water bottle, appropriate footwear, a change of clothes (optional), Please also be sure your camper arrives to camp with sunscreen applied.

Week 1: Camp Columbia Kick-off

Come kick it with Columbia! All the great things you love about summer camp; classic games, relay races, crafts, and more! See you there to start summer the right way!

Dates: June 25 – 27

Week 2: Party in the USA

Celebrate America's birthday with us! We will be learning about the states in our great country through activities, games and crafts.

Dates: June 30 – July 1, 2, 3

Summer Camps continued on next page.



PROGRAMS continued



Week 3: Sports of All Sorts

Help us gear up for a season of athletics with this camp devoted to our love of all sports! Your mini athlete can plan on brushing up on his or her skills through drills, skills, and agility training, as well as fun team games with friends! Go Team!

Dates: July 7 – 11

Week 4: Christmas in July

This week is all about spreading festive cheer, enjoying holiday-inspired activities, listening to holiday music, holiday-themed workouts and games to decorating your own tropical Christmas tree, while still having fun in the sun.

Dates: July 14 – 18

Week 5: Little Picassos

Your “Little Artist” will explore their creativity with engaging crafts, paintings, collage, clay and paper-maché. We will finish camp with a “Gallery Day” where they can show off all their hard work.

Dates: July 21 – 25

Week 6: Super Heroes

We need all super heroes to grab their capes and masks and get ready to save the day. Campers will play a variety of superhero games, create super powers with arts ‘n’ crafts projects, and capture evil villains all morning.

Dates: July 28 – August 1

Week 7: Outdoor Adventure Week

Let’s embrace the great outdoors! Get ready for a week full of fun and exploration as we take on exciting outdoor adventures! Each day will feature a mix of creative crafts, thrilling games, and nature-filled activities like scenic walks and scavenger hunts. Join us as we soak up the sunshine, connect with nature, and create unforgettable memories in the great outdoors!

Dates: August 4 – 8

Fees: \$210 + tax/\$255 + tax

Week 8: Say Yes to the Mess

This promises to be the most fun, messiest and the crafts week ever! All the art inspired activities that are a bit too messy for home!

Dates: August 11 – 15

Week 9: Tropical Vacation

No need to book a flight – we’re bringing the tropical paradise straight to you! Tropical Vacation Week is all about relaxing, unwinding, and enjoying the island vibes with relaxing stretches to the sound of ocean waves, island-inspired games and fun activities that will transport you to paradise – no passport required!

Dates: August 18 – 22

Week 10: Big Summer Blowout!

Campers! This is your last chance to have a blast before school! We will be recapping all of our favorite camp days from the previous themed weeks. This camp won’t disappoint. End summer with a bang!

Dates: August 25 – 29



Kids Club

HOURS OF OPERATION

Hours of Operation:

Monday – Sunday 8am – 12pm

Monday – Thursday 4 – 8pm

Hours are subject to change based on enrollment.

Make your workouts count while your kiddos have a fun, safe time with our awesome staff! Please take moment to review Kids Club guidelines and parameters:

- Reservations are required!
- We welcome children 3 months to 8 years old.
- To ensure quality care, we allow 8 children per KC attendant. A maximum of one infant 3 to 12 months is allowed per KC attendant at any one time. Thus, availability for infants is limited and dropping in will not be permissible.
- If there are no reservations or children present, KC may open late or close early.
- Parents must remain in the Club while their children are in KC unless using our Extended Care option.
- We ask that you keep sick children home. CAC reserves the right to refuse service to children exhibiting signs of illness.
- There is a 90-minute time limit in KC unless using our Extended Care option.

VISIT FEES, UNLIMITED PLANS & EXTENDED CARE

If not on an Unlimited plan, a charge of \$7.50 per visit will be billed to your membership account. If you have two children in KC, a charge of \$7.50 for the first child and \$3.75 (half price) for the second child will be charged to your membership account.

Our Unlimited Kids Club plan is perfect for members who use the club regularly. Unlimited Kids Club allows you to drop off your child for one low monthly rate:

If All Children are on a Family Membership

1 Child: \$35/month

2 Children: \$55/month

3 or more Children: \$70/month

Parents are welcome to drop off their children in the safe arms of our trained staff while they leave the facility for up to 4 hours using our Extended Care option. This service only available for potty trained children over 3 years old. A charge of \$10 an hour will be billed to your membership account. If you have two children taking advantage of Extended Care, a charge of \$10 an hour for the first child and \$5 (half price) an hour will be charged to your membership account.

FITNESS

Are you looking to recharge your summer? Look no further than the Fitness Department at CAC-Juanita Bay, where our trainers are ready to help guide you through the process of investing in yourself and your health! Your trainer will help you build a strength training routine based on a mindful and results-focused mentality, with an emphasis on functional movement and long-term tenability.

All members of the Club have the option to meet with a trainer for a complimentary consultation, which in itself can be a great resource. This consult can be booked by contacting a trainer directly, or by reaching out to the Club at jbfitness@columbiaathletic.com.



Bruce Bullard: ACSM Health/Fitness Instructor, ACE-CPT Certified, Trigger Point
bruceb@columbiaathletic.com



Michelle Ohlson: NASM-CPT, CAFS, B.S. Exercise Science, USA Level I triathlon coach, Precision Nutrition Level II, Trigger Point, TRX
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Bre Rubbo: B.S. Exercise Science ACSM Health/Fitness Specialist
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Erin Barr: ACE Certified Personal Trainer; ACE Certified Group Fitness Instructor; Barre; Schwinn certified
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Christopher Wilson: AA Health Sciences; NASM-CPT; NASM-PES; NASM-Weight Loss Specialist
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Ed Brandt: ACE-PT Certified Personal Trainer
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GROUP EX



You Should be Indoor Cycling!

Why you ask? Check it out:

1. It's super FUN and a great way to work up a sweat!
2. Our bikes are pretty stinkin' cool (as are our instructors). Not biased over here...
3. Cycle is very low impact which makes it especially friendly to knees and hips.
4. Enjoy improved core strength and balance with every ride.
5. Our instructors will lead you through awesome intervals which will boost your metabolism!
6. Your heart, legs and bum will thank you.

Group Ex continued on next page.

GROUP EX



Yoga Know

Because we offer several different styles of yoga, it can be challenging to know what class is best suited for you. While we do our best to make classes accommodating to all, please give each format description a brief read to make the best choice for your yoga goals!

Fusion Flow is the best of all the yoga worlds; a little Hatha, Flow and Yin! Each class will focus on alignment and different targets of the body. This class is meant to make you feel good and leave you pain-free!

Gentle Flow Yoga is a great place to take it slower, and still experience all the benefits of yoga. Classes focus on releasing tension, connecting with the breath and helping students gain strength and flexibility.

Yin Yoga is a slow, passive practice that works into the deep connective tissues of the body. Using props, postures are held for several minutes allowing the ligaments, joints and fascia to slowly soften. This is an all levels class designed for beginners to advanced practitioners.

Yoga Flow is an active style of yoga linking one movement into the next with breath. This class includes standing postures, core work, hip openers, relaxation and more! Modifications and options are given to make this appropriate for all levels.

Chair Yoga is one of the gentlest forms of yoga available. The chair replaces the yoga mat and becomes an extension of your body allowing you to take full advantage of yoga's amazing fitness and health potential. Students can experience the many benefits of yoga without having to get up or down from the floor.

Summer Holiday Schedules

Please note the following holidays we will be offering a special Group Exercise schedule, see in Club flyers closer to the specified holidays!

- Memorial Day, Monday, May 26
- Independence Day, Friday July 4
- Labor Day, Monday, September 1

AQUATICS

Private/Semi-Private Lessons

30-minute youth (3+) and adult private and semi-private lessons are the main program component of the CAC- Juanita Bay Aquatics Department. These lessons provide direct instruction

and supervision for participants with the goal of progressing swimmers to the next level of instruction or becoming water safe and capable swimmers. Please know that enrollment is subject to a waitlist, and in the interest of ensuring member access non-member additions to the waitlist are not currently available. For more information or to register for the waitlist please contact us at jbcswim@columbiaathletic.com.

Days: Monday – Sunday, 8am – 9pm

Fees: \$41 + tax Member/\$51 + tax Non-member (Private)
\$23.50 + tax Member/\$28.50 + tax Non-member (Semi-Private) (cost list is per-participant)

Weekday Wahoos

Our Wahoos swim team is a non-competitive, junior swim team. We focus on technique development for all four strokes through drill work and coach feedback to teach efficient swimming. Participants may register for as many days as they would like, pricing is based on once per week, and practices are 45 minutes long. We have a growing number of participants that use our team as a springboard to make it on competitive, year-round club teams. Participants should be 6 years of age before starting Wahoos. All new participants are asked to join a practice as try-out to make sure it's a good fit. For more information or to register for the waitlist please contact us at jbcswimteam@columbiaathletic.com.

Days: Tuesday, Wednesday or Thursday, 3:15 – 4pm, 4 – 4:45pm, 4:45 – 5:30pm, 5:30 – 6:15pm, 6:15 – 7pm
(Capacity will be restricted due to lane availability.)

Fees: \$60 + tax Member/\$75 + tax Non-member
(Swimmers will be on a monthly billing cycle)

Saturday Wahoos

Our Wahoos swim team also meets Saturday mornings in the club. For more information or to register for the waitlist please contact us at jbcswimteam@columbiaathletic.com.

Days: Saturdays, 9 – 9:45am, 9:45 – 10:30am, and 10:30 – 11:15am, 11:15am – 12pm

Fees: \$60 + tax Member/\$75 + tax Non-member
(Swimmers will be on a monthly billing cycle)

Lesson and Program Policies

- Please note swim lesson cancellations not made within 72 hours will be charged a \$25 fee as instructors will be unable to adjust their schedule to accommodate the missed lesson.
- No credits will be available for missed Wahoos sessions as program is enrolled/billed on a monthly schedule.
- For extended swim lesson absences, holding of a timeslot is only available for a max of 6 sessions. Please know the \$25 fee will be applied for each missed session during a planned absence, session time cannot be held beyond a 6 session time frame.
- Parents are asked to remain on deck for swim lessons. However, for Wahoos classes, parents are asked to not wait on the deck, except for the first session for their swimmer or if otherwise scheduled with the Aquatics Department.

MEMBERSHIP



Summer Passes

If you have kids home from college, or family visiting from out-of-state, we've got you covered! Temporary Passes are available for various lengths of time, starting at 7 consecutive days, and members' guests receive a 10% discount. Please contact the Membership Department at jbcmem@columbiaathletic.com to find the option that works best for your situation.

Family Upgrade

Looking to keep the kids busy this summer while home from school? Did you know that youth 13 and older may use the club without an adult? Also, dependents as young as 8 years old can use the cardio equipment and upstairs strength equipment if they are supervised by an adult while exercising. If your dependents aren't on your membership yet, consider upgrading to a family through June 30th, and the family upgrade fee will be waived.

Contact the Membership Department for more details at jbcmem@columbiaathletic.com.



Felipe Cruz -
Membership Director

Friendly Reminder - Club Policies

Dear Valued Member, one of the main factors that set aside Columbia Athletic Clubs from its competitors is the quality of the people who frequent our club. We'd like to take a moment to share some club policies and general gym etiquette that help ensure that everyone at the club

has a pleasant experience. Please take a moment to make sure you and your guests are well acquainted with the following so we can continue to foster a well-informed, well-kept, and well-managed fitness and athletic community.

Visiting the Club:

- Please check-in with your membership card at the front desk during each visit, and make sure your guests are checked-in by a front desk representative before they gain access to the club.
- There is a drop-in charge for each guest visit, \$15+tax for guests 13 and older, \$10+tax for guests under the age of 13. The same guest is limited to only two visits in one month.
- Each member can host up to two guests per visit
- Please ensure that your guest is well-acquainted with club

policies or stop by the membership office for a tour if you need assistance

- Don't forget to check the facility schedules in advance to ensure that your program is scheduled before traveling to the club

Club Equipment:

- We ask that members please wipe down the equipment after each use with a sanitizing wipe, or a towel and disinfecting spray
- Please don't slam weights on the floor or machines, as this is a safety hazard but also damages the equipment
- Please use free weights and strength and cardio machines as intended. You can schedule a complimentary 1-hour consultation with a personal trainer for assistance as well
- Please return the equipment back to its proper place after each use, and re-rack the plates

Cell Phone Policy:

- Do not capture other members in photo or video without their expressed consent
- Video calls are prohibited in the locker rooms and adult spa area
- Phone calls should be taken away from the active areas of the club, i.e. - front lobby/member lounge, balcony, club hallways
- Please refrain from using the cellphone speakerphone when picking up calls

CAC Child & Youth Policies

At CAC we believe fitness is for everyone, and love seeing our youngest members moving in the Club! The following policies reflect our desire for kids and teens to move and play safely and healthily while in the Club, while also contributing to a positive environment for all other members and guests. Please contact the Club Manager or the appropriate Department Supervisor in the Club with any questions regarding these policies.

General Club Access:

Youth 16 and up are considered adults for all Club activities and have no limitations on their access.

Children 13 and up may be in the Club without parental supervision, children under 13 must have a parent or guardian over the age of 16 on site.

Children 8 and up may use the Club lounge, Squash courts, and Basketball court without direct parental supervision.

Fitness:

Infants 0-7 months are allowed in the upstairs cardio and weight areas while buckled into a car seat and placed directly next to the parent. Strollers, backpacks, and front pack carriers are not allowed. Please remove your infant from an area if they become fussy or begin to cry.

Children ages 1 – 7 are not allowed on any strength, cardio, or IMPACT/GRAVITY equipment regardless of parental supervision.

Children ages 8 – 12 may use all cardio and upstairs strength equipment with direct parental supervision.

Youth 13 – 15 may use the free weight and IMPACT studio equipment with direct parental supervision.

All youth ages 8 – 15 are highly encouraged to book a complimentary fitness consultation with a Club trainer.

These appointments are available throughout the week and can be booked by contacting the Fitness Department at jbfitness@columbiaathletic.com.

Aquatics:

During open swim, children ages 0 – 8 must have an adult or guardian over the age of 16 in the water with them, or have passed a lifeguard monitored swim test. If they have passed the test, the adult does not need to be in the water with them, however they must remain in the pool area.

During open swim, youth ages 9 – 12 may use the pool(s) without an adult present, if they have passed a lifeguard monitored swim test, and an adult remaining in the Club has “checked in” with the attending lifeguard. The adult may leave the pool but must remain in the Club.

All youth under the age of 16 may only use the Aquatic facility while a lifeguard is present.

Life jackets are available and encouraged for non-water safe children.

Group Exercise:

Youth ages 13 – 15 may attend a non-cycle Group Exercise class with a parent present. An instructor may request any participant of any age leave a class if they are being disruptive.

Youth under 16 may not attend Cycle classes regardless of parental supervision.

Kids Club:

Children ages 3 months to 8 years are welcome to use the Club’s Kids Club facility. Reservations are required.

Programs:

Youth programs, including Summer Camps, Swim & Gym, Parents Night Out etc are designed for children ages 4 – 12 years old. For specific programming and sign-ups visit the Club, or visit us online at www.columbiaathletic.com.



Membership:

Youth-only Memberships are available for youth starting at age 13.



Hey Members! Did you know you can manage your CAC account on-line? It’s true! Just visit us at www.columbiaathletic.com and click on the “member area>member log in” buttons to follow the link to our member self-service (MSS) portal.

From there, follow these easy steps to get your account into your own hands!

1. For your first time logging in, your username and password will be your member ID, found on your membership card under the barcode. (Note that CAPS matter!)

2. Once you enter both, you’ll be prompted with an option to change your username, and will be required to change your password. (Note the first box when changing your password is for your current password, NOT your new one!)
3. If you’ve logged in before and can’t remember your password, simply hit the “forgot password” button and a new one will be emailed to you with a link back to the site. You can do same process for a forgotten username.
4. Once you log in, you can view and change payment methods, view your account history, check out Club schedules for Fitness and Group Ex, sign up for IMPACT Training and GRAVITY classes, and much, much more.
5. Specifically for Club access reservations, all bookable programming can be found under the “my upcoming classes” tab, simply click the “class schedule” icon and find the program you’re looking for. To unenroll, click on the program or class you want to change under your “my upcoming classes” dashboard and click unenroll.

Also, CAC is excited to also offer an app available on both the Apple and Android app store. The “My Columbia” app is a great way to set up a mobile check-in option, view Club schedules and programming, receive Club announcements, and more. Check it out by searching “Columbia Athletic Clubs” today!