

CAC - Juanita Bay 2026 Spring/Summer Guide



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**COLUMBIA**[®]
athletic clubs

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PROGRAMS



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 in camp this summer!

Full Day Camp

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 lunch. Please also be sure your camper arrives to camp with sunscreen applied.

Mini Camp*

Campers ages 3 to 5 will enjoy each week with theme-based activities that typically include crafts, sports, swimming on Monday/Wednesday/Friday, and games. We will also travel to Juanita Beach Park (weather permitting) on Tuesdays and Thursdays 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.

Mini camp themes follow the full day camp themes, except for week 5 and 6 where the themes for mini camp will be different.

- **Week 5 Mini Camp:** Little Picassos
- **Week 6 Mini Camp:** Super Heroes

*Please note that depending on enrollment, Mini Camp may join our Full Day Camp.

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 non-member 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:

Full Day Camp: per week	Mini Camp: per week
\$335 +tax Member	\$210 + tax Member
\$425 +tax Non-member	\$255 + tax Non-member

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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 25: 5am – 3pm
Independence Day - July 4: 6am – 3pm
Labor Day, Monday - September 7: 5am – 3pm

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CAMP DATES AND THEMES:

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! It's the perfect way to kick off the summer with excitement and team spirit. See you there.

Dates: June 22–26

Fees: \$335 + tax Member/\$425 + tax Non-member



Week 2: Party in the USA (4th of July)

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

Dates: June 29 – July 3

Fees: \$335 + tax Member/\$425 + tax Non-member

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 scrimmages. Whether they're perfecting their game or trying something new, it's all about teamwork, sportsmanship, and fun. Go Team!

Dates: July 6–10

Fees: \$335 + tax Member/\$425 + tax Non-member

Week 4: Water Works

Prepare to get soaked! We are doing all things wet and wild this week; water balloon toss, water gun target practice, water brigade, sponge tag, and much more! We will even break out a camper favorite; the Slip n Slide! Join us for all things cool on a hot summer day

Dates: July 13–17

Fees: \$335 + tax Member/\$425 + tax Non-member

Week 5: Snapology Superstructures

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 20–24

Fees: \$420 + tax Member/\$495 + tax Non-member

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 27–31

Fees: \$335 + tax Member/\$425 + tax Non-member

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 3–7

Fees: \$335 + tax Member/\$425 + tax Non-member

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 10–14

Fees: \$335 + tax Member/\$425 + tax Non-member



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 17–21

Fees: \$335 + tax Member/\$425 + tax Non-member

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 24–28

Fees: \$335 + tax Member/\$425 + tax Non-member

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! Standard Kids Club visits are included for children on a Membership. 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.

For children not on Membership, we do offer Unlimited plans as well as single visit options, please note these fees below:

VISIT FEES, UNLIMITED PLANS & EXTENDED CARE

If without a Family Membership or 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:

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.

GROUP EX



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 25

Independence Day, Saturday July 4

Labor Day, Monday, September 7

Cycle at CAC

If you haven't yet checked out one of our cycle classes, we've made a easy list of reasons why you definitely should:

1. It's super FUN and a great way to work up a sweat!
2. Our bikes are pretty 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 – stability is key!
5. Our instructors will lead you through awesome intervals which will boost your metabolism and strengthen your heart.
6. Your lungs, legs and bum will thank you.

We offer classes 6 days a week at various times, there is bound to be a class that suits your schedule!

- Mondays Cycle Express with Erin at 9:45am & Cycling with Bruce at 6pm
- Tuesdays Cycle + Core with Bre at 8:15am
- Wednesdays Cycle Express with Bre at 6am, Cycle Express with Eva at 9:45am & Cycling with Bruce at 6pm
- Thursdays Cycle + Arms with Bre at 9:45am
- Fridays Cycle Express with Genevieve at 6am & Cycle Express with Erin at 9:45am
- Sundays Cycling with Bruce at 9am

Your Hour of Group Power

Group Power is a one-hour, cutting-edge strength training workout designed to get you muscle strong and movement strong! It combines traditional strength training with full-body, innovative exercises using adjustable barbell, weight plates, body weight, a step, heart-pound music and expert coaching!

You can catch Group Power Sunday at 8:15am and Monday at 5:30pm with JoAnne as well as Wednesday at 5:30pm with Mary!

Monthly Sound Healing Sessions at CAC

Join sound healer, Heather the second Saturday of each month as she brings the brain into a theta brainwave state utilizing a multitude of vibrations from crystal singing bowls, Tibetan bowls, chimes, and voice to engage our parasympathetic healing systems. Sound healing has been shown to help with stress reduction, fatigue, joint/muscle/pain relief, sleep issues, attention issues, emotional imbalances and more. Please dress comfortably and feel free to bring your own yoga mat, blanket and/or pillow. Session is complimentary to and open only for members, no registration required. A must try for all members!

FITNESS

Personal Training Consultations Available

Hey members, have questions about our equipment? Looking to revisit your fitness routine? Book a consultation with one of our fitness professionals today!

Fitness consultations are available throughout the week, and include an opportunity to discuss fitness background and goals in the Club, as well as physical limitations or impingements that may exist. Training staff will also take measurements, body fat and body weight, and help draft a baseline for you as you begin a new journey towards health. Lastly, a Fitness Consultation can provide insight and direction on beginning or developing a fitness routine, including an overview of equipment, range of motion of specific equipment and exercise, and more.

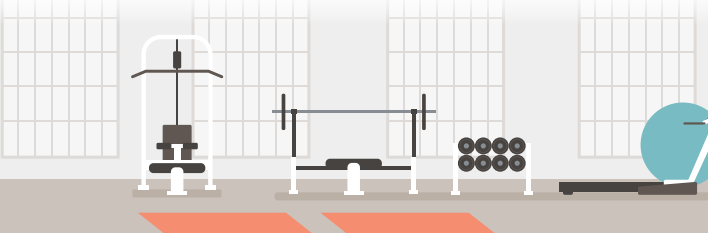
	Bruce Bullard: ACSM Health/Fitness Instructor, ACE-CPT Certified, Trigger Point bruceb@columbiaathletic.com
	Michelle Ohlson: NASM-CPT, CAFS, B.S. Exercise Science, USA Level I triathlon coach, Precision Nutrition Level II, Trigger Point, TRX michelleo@columbiaathletic.com
	Bre Rubbo: B.S. Exercise Science ACSM Health/Fitness Specialist brer@columbiaathletic.com

	Erin Barr: ACE Certified Personal Trainer; ACE Certified Group Fitness Instructor; Barre; Schwinn certified Erinb@columbiaathletic.com
	Christopher Wilson: AA Health Sciences; NASM-CPT; NASM-PES; NASM-Weight Loss Specialist christopherw@columbiaathletic.com
	Nickolas Korpi: B.S. Exercise Science NSCA-CSCS, Trigger Point, Nutrition Level I nickolask@columbiaathletic.com
	Ed Brandt: ACE-PT Certified Personal Trainer, Functional Training Specialist, ACE, Weight Management Specialist, ACE, Golf Conditioning Specialist, GMP Fitness, Fitness Nutrition Specialist, ACE edb@columbiaathletic.com
	Caroline Fuller: BS Dietetics, ACE-PT Certified Personal Trainer carolinef@columbiaathletic.com
	Tracy Herrick ACE-PT Certified Personal Trainer tracyh@columbiaathletic.com

Personal Training Prices

1-hour: \$85 + tax Member \$100 + tax Non-mem.	Half-hour: \$52 + tax Member \$69.34 + tax Non-mem.
Jump Start Package: 3 (1-hour) PT sessions for \$210 + tax	
Jump Start Package: 4 (30 minute) PT sessions for \$180 + tax	
Nutrition & Jump Start Combo: 3 (1-hour) personal training sessions & 2 private consults with a nutritionist..... \$425+ tax	
60 Minute Partner Training: 1 (60 minute) Semi-private PT session for \$50 + tax/participant max	

To book your consult or to learn more about training options, contact the Fitness Department via email at jbfitness@columbiaathletic.com.



AQUATICS



Private/Semi-Private Lessons

30-minute youth (3+) and adult private and semi-private lessons are the main program components of the CAC-Juanita Bay Aquatics Department. These lessons provide direct instruction and supervision for participants with the goal of building confidence and creating swimmers who are safe and happy in the water. 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*: \$42 + tax Member/\$53 + tax Non-member (Private)
\$24.50 + tax M/\$30.50 + tax NM (Semi-Private)
*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: \$65 + tax Member/\$80 + 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: \$65 + tax Member/\$80 + tax Non-member
(Swimmers will be on a monthly billing cycle)

Aquatics 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 timeframe.

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 in attendance 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, \$20 for guests 17 and older, \$15 for guests 16 and under. 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 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.

Equipment:

- We ask that members please wipe down the equipment after each use with a sanitizing wipe, or a towel and disinfecting spray.
- Please refrain from slamming 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 call.



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.

Youth Policies continued next page.

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.

Your community partner for Fitness



look forward to the next 45 years of fitness, recreation and community in the Juanita neighborhood!

One of the ways the Club develops and encourages community ties is through sponsorships and partnerships with other like-minded organizations within the Kirkland area. We’re proud to continue to those partnerships with the following organizations in 2026 and want to recognize their great work here:

- Juanita High School
- Kirkland American Little League
- Kirkland National Little League
- Lakeview Elementary School
- 7 Hills of Kirkland-Kiwanis
- Kirkland Chamber of Commerce
- Peter Kirk Elementary PTSA
- The Kirkland Arts Center
- Kirkland Downtown Association-Winter Ice Rink

We look forward to these and other relationships as the year unfolds, and thank our sponsorship and collaborative partners for their positive impact and our community!



Columbia Athletic Clubs- Juanita Bay is excited to be celebrating 45 years of operation here in 2026!

Throughout the past 5 decades, CAC has taken great pride in being a contributive member of the Kirkland community, and

