

BELLEVUE CLUB

youth

ACTIVITIES

SUMMER 2017

SUMMER
CAMP
PLANNING
GUIDE

FAMILY
EVENTS

SWIM
LESSONS

SPORTS
TEAMS

+MORE!





From tennis, basketball and swim lessons to art classes and special holiday events, the Bellevue Club and our excellent instructors have lots in store for your family this summer. With this comprehensive guide, pick and choose what interests your little one(s) and get the details on how to register. Be on the look out for the **new!** icon, which indicates a new program. There are also helpful tips about cancellation and lunch policies.

The dates and times of each program are subject to change. For the most up-to-date offerings, please visit bellevueclub.com/youth.

SUMMER DATES

1-WEEK CAMPS

- WEEK 1:** June 19-23
- WEEK 2:** June 26-30
- WEEK 3:** July 3-7*
- WEEK 4:** July 10-14
- WEEK 5:** July 17-21
- WEEK 6:** July 24-28
- WEEK 7:** July 31-Aug. 4
- WEEK 8:** Aug. 7-11
- WEEK 9:** Aug. 14-18
- WEEK 10:** Aug. 21-25
- WEEK 11:** Aug. 28-Sept. 1

SESSION CLASSES

- SESSION 1:** June 19-July 30** (5 weeks)
- SESSION 2:** July 31- Sept. 3 (5 weeks)

*No camps on July 4.
Prices will be adjusted to accommodate the shorter week.
**No session classes the week of July 4.

FAMILY NIGHTS

Bring the entire family for an evening of fun! Enjoy Bellevue Club favorites and build new traditions with us as we come together for each month's family-centered events.

● FAMILY GYM NIGHT

First and fourth Friday of each month
5:30-8 p.m., Basketball Gym

Enjoy bouncy house fun and classic gym games. All children must be accompanied by one supervising adult. Complimentary.

● INFLATABLE OBSTACLE COURSE

Sa, 6-7:30 p.m.

Challenge your skills and race across the surface of the water! Swim tests required. Complimentary.

● WATER RUNNER RACES

Su, 5-6:30 p.m.

Like a slip 'n' slide on the water! Complimentary.

YEAR-ROUND PROGRAMS/ SERVICES

● CHILD CARE

M-F, 8 a.m.-7:30 p.m.

Sa-Su, 8:45 a.m.-1:30 p.m.

Younger than 3 years: \$10.40/hour; 3-6* years of age, \$9.40/hour *Children older than the age of 6 may attend if they can behave appropriately. Parents must be in the Club. Call 425.637.4613 for reservations.

● OPEN-PLAY BASKETBALL

Available at all times the gym is open, but not scheduled for programs or drop-in sports. For a schedule, visit bellevueclub.com/recreation/GymSchedule.pdf

● KARATE CLUB

Ages 7+

BEGINNER: W, 6-7 p.m.; Sa, 9:15-10:15 a.m., Multipurpose Room

INT./ADVANCED: W, 7-8 p.m.

Sa, 10:30 a.m.-noon, Aerobics Studio

The cost for one class/week is \$75 a month and \$100 a month for two classes/week.

● SQUASH LESSONS

Improve your game with Latasha Khan!

PRIVATE LESSONS

30 min/\$50

SEMI-PRIVATE LESSONS:

60 min/\$60 per player.

JUNIOR SQUASH CLINICS

BEGINNER: M, 6:45 p.m., \$18/member

ADVANCED: Tu, 4:30 p.m., \$25/member

LADIES SQUASH

Tu, 11 a.m.-Noon, \$25/member

← BELLEVUE CLUB → SUMMER CAMPS

AGES	CAMP	TIME	PAGE #	JUNE 19-23	JUNE 26-30	JULY 3-7*	JULY 10-14	JULY 17-21	JULY 24-28	JULY 31-AUG. 4	AUG. 7-11	AUG. 14-18	AUG. 21-25	AUG. 28-SEPT. 1
				WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11
3 & up	● Before Camp Care	8 - 9:30 a.m.	005	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3 & up	● After Camp Care	4 - 6 p.m.	005	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3 - 5	● Teenie Tennis*	11-11:45 a.m.	004	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3 - 6	● Preschool Art Camp	12:30 - 2 p.m.	006	✓						✓				
3 - 6	● Explore with Me: Science Camp	12:30 - 2 p.m.	006		✓									✓
3 - 6	● Kids' Camp	9:30 a.m. - Noon	006	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3 - 6	● Kids' Camp Lunch	Noon - 12:30 p.m.	006	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3 - 6	● Preschool Drama Camp	12:30 - 2 p.m.	006						✓					
3 - 6	● Little Chefs	12:30 - 2 p.m.	006				✓							✓
3 - 6	● Little Olympians	12:30 - 2 p.m.	006			✓					✓			
3 - 6	● Preschool Music Camp	12:30 - 2 p.m.	006									✓		
3 - 6	● Princess Camp	12:30 - 2 p.m.	006			✓					✓			
3 - 6	● Preschool Swim Lessons	varies	007		✓		✓				✓			
3 - 6	● Super Hero Camp	12:30 - 2 p.m.	006					✓						
5 - 8	● BCYBA Basketball Camp	9:30 a.m. - 2 p.m.	004					✓				✓		
5 - 10	● All-Sports Camp	9:30 a.m. - 2 p.m.	004	✓		✓			✓				✓	✓
5 - 10	● Afternoon All-Sports Camp	2 - 4 p.m.	004					✓		✓		✓		✓
5 - 10	● BCYBA Afternoon Basketball Camp	2 - 4 p.m.	004			✓			✓				✓	
5 - 10	● Soccer Camp	9:30 a.m. - 2 p.m.	004				✓				✓			
5 - 10	● Swim Camp	9:30 a.m. - 2 p.m.	004	✓	✓	✓	✓	✓	✓	✓	✓			
5 - 12	● Afternoon Swim Camp	2 - 4 p.m.	004		✓		✓		✓		✓			
5 - 12	● Art Camp	2 - 4 p.m.	005		✓						✓			
5 - 12	● DIY Craft Camp	2 - 4 p.m.	005	✓		✓				✓				
5 - 12	● Lego Builders Camp	2 - 4 p.m.	005				✓						✓	
5 - 12	● Youth Swim Lessons	varies	007		✓		✓				✓			
6 - 10	● Junior Tennis Camp*	11:45 a.m. - 2 p.m.	004	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
6 - 12	● Cheer Camp	2 - 4 p.m.	005							✓				
6 - 12	● Drama Camp	2 - 4 p.m.	005						✓			✓		
6 - 12	● Yoga Camp	2 - 4 p.m.	005										✓	
6 - 14	● Karate Camp	2 - 4 p.m.	004		✓									
6 - 18	● Squash Camp	9:30 - 11:30 a.m.	005				✓		✓			✓		
8 - 12	● BCYBA Basketball Camp	9:30 a.m. - 2 p.m.	004		✓					✓				
8 - 13	● Hip Hop Camp	2 - 4 p.m.	005					✓						
9 - 14	● Advanced Lego Builders Camp	9:30 - 11:30 a.m.	005				✓						✓	
10 - 14	● BCYBA Conditioning Basketball Camp*	2 - 4 p.m.	004				✓				✓			
11 and up	● Junior Instructors	9:30 a.m. - 2 p.m.	005	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
11 - 13	● Water Rescue Camp	9:30 a.m. - 2 p.m.	005					✓						
11 - 16	● Rookie & JV Tennis Boot Camp*	11:45 a.m. - 2 p.m.	004	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
11 - 17	● Elite/Varsity Tennis Camp*	8:30 - 10:45 a.m.	004	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
12 - 14	● Volleyball Camp	5 - 7 p.m.	004				✓			✓				
15 - 18	● Volleyball Camp	7 - 9 p.m.	004				✓			✓				

* Indicates M-Th Camp

SESSION CLASSES

AGES	CAMP/ CLASS	TIME	PAGE #	SESSION OPTIONS
6 mos - 3 yrs	● Parent & Child Aquatics	10 - 10:30 a.m.	007	Session 1: June 19 - July 30; Session 2: July 31 - Sept. 3
3 - 5	● Pre-Ballet/Creative Dance	varies	004	Session 1: June 19 - July 30; Session 2: July 31 - Sept. 3
3 - 12	● Afternoon Swim Lessons	varies	007	Session 1: June 19 - July 30; Session 2: July 31 - Sept. 3
5 - 12	● Blue Whales	varies	008	Session 1: June 19 - July 30; Session 2: July 31 - Sept. 3
5 1/2 - 8	● Ballet 1 & 2	4:30 - 5:30 p.m.	004	Session 1: June 19 - July 30; Session 2: July 31 - Sept. 3

*No camps on July 4. Prices will be adjusted to accommodate the shorter week.

**No session classes the week of July 4.



SPORT CAMPS

● ALL-SPORTS CAMP

Ages 5-10, M-F, 9:30 a.m.-2 p.m., Gym
Weeks 1, 3, 6, 10, 11
 This classic Bellevue Club camp focuses on a different sport each day. Camps include skills, drills and scrimmages of each day's sport, a variety of games and swimming. Dress for sports. Bring a nut-free lunch, water bottle, sunscreen and a swimsuit! \$200/member

● AFTERNOON ALL-SPORTS CAMP

Ages 5-10, M-F, 2-4 p.m., Gym
Weeks 5, 7, 9, 11
 This shortened version of our classic camp focuses on a different sport each day. Dress for sports. Bring a water bottle and sunscreen! \$150/member

● BCYBA BASKETBALL CAMP

M-F, 9:30 a.m.-2 p.m., Gym
Ages 5-8: Weeks 5, 9
Ages 8-12: Weeks 2, 7
 Participants will increase their basketball skill level and knowledge of the game. The first half of each day will focus on drills and games. The second half of the day will be a team tournament. Dress for basketball. Bring a nut-free lunch, sunscreen and water bottle. \$200/member

● BCYBA AFTERNOON BASKETBALL CAMP

Ages 5-10, M-F, 2-4 p.m., Gym
Weeks 3, 6, 10
 Enjoy a shortened version of our full-day basketball camp! Dress for basketball. Bring a water bottle. \$150/member

● BCYBA BASKETBALL CONDITIONING CAMP

M-Th, 2-4 p.m., Gym
Ages 10-14 (Grades 5-8): Weeks 4, 8
 Join BCYBA coaches for an intense camp focusing on strength, stamina, and endurance. The camp focuses on sport-specific skills, drills and exercises to prepare players for the movements they will perform on the court. This is the perfect way to supplement your training and take your game to the next level! \$150/member

● SOCCER CAMP

Ages 5-10, M-F, 9:30 a.m.-2 p.m., Gym
Weeks 4, 8
 Join Arena Sports Skills Institute, coaching staff as they provide a foundational approach to youth soccer training in a fun, safe environment. Camp participants will work daily on footwork, ball handling moves, juggling and ball control, all in a controlled indoor environment. Dress for soccer and bring a ball, nut-free lunch, and water bottle. \$200/member



● SQUASH CAMP

Ages 6-18, M-Th, 9:30-11:30 a.m.
Weeks 4, 6, 9
 Squash camp is not only a great way to build skill and learn the game. It's a great way to have fun and form new friendships. Players will improve performance by focusing on forehand and backhand technique, serving, return of serve, footwork, drills, game strategy and conditioning with BC Squash Pro Latasha Khan. *3 camper minimum. \$175/member

● SWIM CAMP

Ages 5-10, M-F, 9:30 a.m.-2 p.m.
Drop off: Game Room
Weeks 1-8
 We know your kids need to burn off some energy, so why not burn that energy in the pool! Swim camp includes two swimming sessions, each complete with group activities, swimming, water safety lessons and FUN! \$200/member

● AFTERNOON SWIM CAMP

Ages 5-12, M-F, 2-4 p.m.
Drop off: Game Room
Weeks 2, 4, 6, 8
 Supplement your child's camp schedule with afternoon swim camp for added group swimming, games and fun. Campers will be taken from one camp to another by camp instructors. \$95/member

● **new!** VOLLEYBALL CAMP

Ages 12-14: 5-7 p.m.
Ages 15-18: 7-9 p.m.
M-Th, Weeks: 4, 7
 Get ready for a challenge with Coach Eugene Wong as he brings over 25 years of coaching experience and certifications in IMPACT and CAP I to these fun volleyball camps. Camps will focus on fundamentals, drills and real game situations, challenging players to push themselves to the next level. \$175/member

TENNIS CAMPS

● TEENIE TENNIS

Ages 3-5, M-Th, 11-11:45 a.m.
Weeks 1-11
 We are pleased to offer the popular Teenie Tennis program for junior tennis players. \$85/member

● JUNIOR TENNIS CAMP

Ages 6-10, M-Th, 11:45 a.m.-2 p.m.
Weeks 1-8
 This camp covers fundamental stroke instruction, drills, footwork, match play and singles and doubles strategy. \$185/member

● ROOKIE AND JUNIOR VARSITY BOOT CAMP

Ages 11-16 or staff approval,
M-Th, 11:45 a.m.-2 p.m., Weeks 1-11
 This boot camp is for those who are striving to become competitive players in match play. Practice will focus on stroke production, drill and strategy. Players will have an opportunity to play in inter-club matches on Fridays. \$185/member

● ELITE/VARSITY CAMP

Ages 11-17 or staff approval,
M-Th, 8:30-10:45 a.m., Weeks 1-11
 Participants in this camp must be able to do the following: 20 in a row with a partner, use both semi-western and continental grips and hit a flat and slice serve. Practice will focus on consistent hitting, court positioning, shot selection and conditioning and footwork. Players will have an opportunity to play in inter-club matches on Fridays. \$185/member

SPECIALTY CAMPS

● ART CAMP

Ages 5-12, M-F, 2-4 p.m., Kids' Camp Room, Weeks 2, 8
 With Club favorite Ms. Debra Mason, this camp lets your child express their artistic side! The emphasis is on exploring different art mediums, including watercolor, pen and ink, pastels and mixed texture. Cost includes all professional art supplies. \$200/member

● CHEER CAMP

Ages 6-12, M-F, 2-4 p.m., Aerobics Studio
Week 7
 Join former SeaGal, Miss Errin in this exciting new camp. Cheerleaders will learn cheers and chants while dancing their hearts out. All participants will receive a set of pom-poms. \$175/member

● D.I.Y. CRAFT CAMP

Ages 5-12, M-F, 2-4 p.m., Kids' Camp Room, Weeks 1, 3, 7
 Get crafty in this fun camp! We'll explore a variety of craft types, learning new ways to create fun projects each day! \$175/member

● DRAMA CAMP

Ages 6-12, M-F, 2-4 p.m., Kids' Camp Room, Weeks 6, 9
 Budding actors will create characters, settings and stories using beginning acting skills, pantomime and improvisation in these imaginative camps. A short performance will be shared with families on the last day of camp! \$175/member

● HIP HOP CAMP

Ages 8-13, M-F, 2-4 p.m., Aerobics Studio, Week 5
 Get ready to join in on this fun dance party! Campers will learn the latest dance trends and have a blast! All dance levels are welcome. Join us for a mini-performance at the end of camp on Friday. \$175/member

● JR INSTRUCTORS

Ages 11+, M-F, 9:30 a.m.-2 p.m.
Swim Camp: Weeks 1-8
All-Sports Camp: Weeks 1, 3, 6, 10, 11
Basketball Camp: Weeks 5, 9
 Get hands-on experience and guidance from the leaders who work with kids every day. Work side by side with Bellevue Club staff and learn valuable communication and leadership skills. \$85/member

● KARATE CAMP

Ages 6-14, M-F, 2-4 p.m., Aerobics Studio, Week 2
 Learn basic blocks, punches and kicks through individual and group instruction. Camp also includes games and bag training and is a great introduction to our year-round Karate Club, which is also taught by Sensei James Penor. \$175/member

● LEGO BUILDERS CAMP

Ages 5-12, M-F, 2-4 p.m., Kids' Camp Room, Weeks 4, 10
 This is the perfect camp for your LEGOmaniac! Explore the four formats of LEGO building (miniature, mosaic, sculpture and mechanical) in different themes. While participants do not take camp creations home, they are encouraged to bring their own from home to display during sharing time. \$175/member

● ADVANCED LEGO BUILDERS CAMP

Ages 9-14, M-F, 9:30-11:30 a.m. Multipurpose 2, Weeks 4, 10
 Join LEGO certified professional, founder of Train Builders Lego Company and Bellevue Club favorite Dan Parker for this unique experience that offers an in-depth look into LEGO creation. Participants will work in small groups alongside Dan as they explore advanced castle building, 3D modeling, engineering, as well as constructing landmarks and architectures based on real-life examples. \$200/member

● YOGA CAMP

Ages 6-12, M-F, 2-4 p.m., Yoga Studio, Week 10
 Yoga builds strength and flexibility physically, but also internally, teaching participants how to live with confidence. Taught by BC instructor Heather Balajadia, campers learn how to take care of and listen to their bodies through yoga, games, mindfulness techniques and more. \$175/member

● **new!** WATER RESCUE CAMP

Ages 11-13, M-F, 9:30 a.m. - 2 p.m. Week 5
 Are your kids pushing you to allow them to be more independent? Water rescue camp will allow your kids to swim with confidence and teach them how to be prepared should an emergency occur. *For safety reasons, kids must pass prerequisite swim test. \$200/member

● BEFORE AND AFTER CAMP CARE

Ages 3+, 8-9:30 a.m., and/or 4-6 p.m.
 Is a 9:30 a.m. start time too late or a 4 p.m. end time too early for your busy schedule? Provide us with your child's Club camp schedule for the week and we'll make sure they get to camp and are picked up on time!

Before care: \$55/week
After care: \$75/week

CAMP DATES

WEEK 1:	June 19-23
WEEK 2:	June 26-30
WEEK 3:	July 3-7*
WEEK 4:	July 10-14
WEEK 5:	July 17-21
WEEK 6:	July 24-28
WEEK 7:	July 31-Aug. 4
WEEK 8:	Aug. 7-11
WEEK 9:	Aug. 14-18
WEEK 10:	Aug. 21-25
WEEK 11:	Aug. 28-Sept. 1

*No camp July 4

Is your child attending one of our amazing summer camps? Let us pack their lunch! Order online at bellevueclub.com/youth or pick up an order form at Luna.



COMMUNITY PROGRAMS

● **new!** GREGG ROGERS' JR. GOLF DEVELOPMENT

The Gregg Rogers' Performance Junior Golf Camps for ages 8 and up focuses on improving key fundamentals of all aspects of the game while emphasizing fun & competition. Camps are conducted at the Gregg Roger Performance Center in Bellevue. Register at grgolfperformance.com, and enter promo code **BAC** upon check out to receive the Bellevue Club discount. All registration fees will be billed through your Bellevue Club membership.

● **new!** ORION RIVER RAFTING

Bellevue Club members are eligible for a special discount on rafting trips throughout the NW region including the Wenatchee River in Leavenworth, Sauk River in Darrington, Methow River in Chelan and Tieton River in the Yakima! Select one of the amazing experiences at orionexp.com and enter promo code **BC2017RAFTING** upon check out to receive the discount. Tax is to be paid at the time of registration, and all other trip fee's will be billed directly through your Bellevue Club Membership.





PRESCHOOL CAMPS

● KIDS' CAMP

Ages 3-6, M-F, 9:30 a.m.-noon, Kids' Camp Room, Weeks 1-11

Register for individual days of Kids' Camp! Children enjoy arts and crafts, activities, story time and more! Bring a swimsuit for open swim. All snacks are provided. Registrants must be able to use the toilet and change in and out of their swimsuits independently. \$17/day

KIDS' CAMP EXPRESS (No Swimming)
9:30-11 a.m., \$13/day

● KIDS' CAMP LUNCH

Ages 3-6, M-F, Noon-12:30 p.m., Kids' Camp Room, Weeks 1-11

Join us for lunch! Lunch break is designed to help ease the transition from Kids' Camp to recreation afternoon week-long camps. Campers bring a nut-free lunch and dine as a group, ending with coloring or a story if time allows before being taken to recreation preschool camps. \$25/week

● PRESCHOOL ART CAMP

Ages 3-6, M-F, 12:30-2 p.m., Kids' Camp Room, Weeks 1, 7

Let your little ones explore their creative side in this new art camp! Paint, clay, crafts and more will be explored. Cost of materials is included in the tuition. \$130/member

PARTY @ BC!

BC BIRTHDAY & TEAM PARTIES

Visit bellevueclub.com/recreation/birthdayparties.html to learn more and fill out a request form



● PRESCHOOL DRAMA CAMP

Ages 3-6, M-F, 12:30-2 p.m., Kids' Camp Room, Week 6

Does your preschooler have the acting bug? Join instructor Megan Becker in this fun, active camp that will not disappoint. Participants will use creative thinking, movement and problem solving skills as they enjoy drama improvisation and skits! \$130/member

● EXPLORE WITH ME: SCIENCE CAMP!

Ages 3-6, M-F, 12:30-2 p.m., Kids' Camp Room, Weeks 2, 10

Pint-sized science for your preschoolers. Each day will focus on a different theme as your preschooler explores and learns in this hands-on class. \$130/member

● LITTLE CHEFS

Ages 3-6, M-F, 12:30-2 p.m., Kids' Camp Room, Weeks 4, 11

Get ready to "Stir" things up! Little chefs will enjoy a week of recipes, age-appropriate culinary skills, basic nutrition, literature, and movement, all paced for the preschool attention span. This camp is nut-free; please note any allergies while registering. \$130/member

● *new!* LITTLE OLYMPIANS

Ages 3-6, M-F, 12:30-2 p.m., Racquetball Court 2, Weeks 3, 8

Little Olympian campers will enjoy a variety of sports, building not only physical skills but also their ability to work with a team and function within a set of rules. If your 3 to 6 year-old loves sports and has energy to spare, this is the camp for you! \$130/member

● *new!* PRESCHOOL MUSIC CAMP

Ages 3-6, M-F, 12:30-2 p.m., Kids' Camp Room, Week 9

Feel the music! Join Miss Katie as we explore instruments, create songs, and dance our hearts out in this fun, imagination-based music camp \$130/member

● PRINCESS CAMP

Ages 3-6, M-F, 12:30-2 p.m., Kids' Camp Room, Weeks 3, 8

Your little princess will enjoy dress up, pretend play, crafts and story time, all focused around popular fairy tale princesses. Participants are encouraged to dress the part! \$130/member

● SUPER HERO CAMP

Ages 3-6, M-F, 12:30-2 p.m., Kids' Camp Room, Week 5

Would your preschooler rather be called Spider Man or Super Woman? If so, this camp is for you! We will enjoy pretend play, crafts and run a series of fit-for-a-super-hero games and agility training. Participants are encouraged to dress the part! \$130/member



SESSION DATES

SESSION 1: June 19-July 30

SESSION 2: July 31- Sept. 3

**No class week of July 4*

SESSION CLASSES

● PRE-BALLET/ CREATIVE DANCE

Ages 3-5, M, 4:15-5 p.m., Multipurpose Room

Join Miss Megan to learn basic ballet steps and terminology while discovering rhythm and coordination, using creativity and lively imaginations. Ballet and pretty dress-up clothes are welcome! \$55/member

● BALLET LEVEL 1 & 2

Ages 5½-8, M, 5-6 p.m., Multipurpose Room

Miss Megan takes those dancers ready to go beyond our Pre-Ballet classes and move into the world of the 'real' ballerinas! \$60/member

GROUP SWIM LESSONS

Our program follows the American Red Cross Learn-to-Swim curriculum that teaches aquatic and water safety skills in a logical progression. The objectives of our program are to teach people to be safe in, on and around the water and eventually become efficient and successful swimmers. Class times as listed may not be available each session based on participation. Verify lesson availability by session at the Aquatics or Athletic Desk or online.

Lessons beyond level 1 require prerequisites.

Cost: 1-week Sessions: \$60/member
5-week Sessions: \$60/member

● PRESCHOOL 1:

INTRODUCTION TO WATER
Ages 3-5, class size 4

Camp: M-F, 10 a.m., Weeks 2, 4, 8
5-week Sessions: M, 3:30 p.m. or 4:35 p.m., T, 4:35 p.m., W, 4:35 p.m., Th, 4 p.m. or 5:10 p.m., Sa, 10:35 a.m.

P1 is designed to orient young children to the aquatic environment and help them gain basic water skills. Floating, gliding and blowing bubbles are all introduced. All skills are performed with instructor support. Developing water comfort is the primary goal.

● PRESCHOOL 2:

INTRODUCTION TO WATER SKILLS
Ages 3-5, class size 4

Camp: M-F, 10:30 a.m., Weeks 2, 4, 8
5-week Sessions: M, 4 p.m., T, 3:30 p.m. or 5:10 p.m., W, 4 p.m., Th, 4 p.m., Sa, 11:10 a.m.

In P2, students develop independent forward motion for skills on their front and back. Children continue to explore arm and leg movement. Skills are performed with minimal support from the instructor.

PRIVATE SWIM LESSONS

Private swim lessons offer the greatest flexibility and one-on-one attention for swimmers of any age and ability. Private swim lessons allow for focused instruction specific to the individual needs of swimmers of all levels. We try to tailor the instructor to the skill level and goals of the child or children.

Summer Series: June 19-Sept. 3
Sign up: June 7 at 10 a.m.

To Register: Private swim lessons can be scheduled as a series of ongoing lessons with a sign-up date approximately four weeks prior to the start of a series. Register with the Aquatics Coordinator, 425.688.3223. Online registration is not available at this time.

Cost: *Prices listed are per member

Private lesson: 30-min: \$36; 45-min: \$47.95; 60-min: \$70

Semi-private lesson: (2 people) 30-min: \$24.50; 45-min: \$27.95; 60-min: \$39.35

Semi-private lesson: (3 people) 30-min: \$20.10; 45-min: \$23.85; 60-min: \$30

● PRESCHOOL 3:

FUNDAMENTAL AQUATIC SKILLS
Ages 3-5, class size 4

M, 4:35 p.m., T, 4 p.m., W, 5:10 p.m., Th, 4:35 p.m., Sa, 10 a.m.

Through guided practice, students are taught to coordinate arm and leg motions with breathing, enabling them to perform skills for longer distances and times. All skills are performed independently.

● PRESCHOOL 4:

STROKE DEVELOPMENT
Ages 3-5, class size 4

M, 4 p.m. or 5:10 p.m., T, 3:30 p.m. or 4:35 p.m., W, 5:10 p.m., Th, 4:35 p.m.,
Students build on the fundamentals of front crawl with side breathing, backstroke and treading water. Students are introduced to the breaststroke and dolphin kick. P4 students also learn dives and safe diving rules.

● YOUTH 1:

INTRODUCTION TO WATER SKILLS
Ages 6-12, class size 4

M, 3:30 p.m., T, 4 p.m., W, 4:35 p.m., Th, 4 p.m., Sa, 10:35 a.m.

Y1 Introduces simple arm and leg motions, efficient floating and gliding positions, as well as breath control. This class is focused on teaching students to be independent and comfortable in the water.

● YOUTH 2:

FUNDAMENTAL AQUATIC SKILLS
Ages 6-12, class size 4

Camp: M-F, 10 a.m., Weeks 2, 4, 8
5-week Sessions: M, 4 p.m., T, 5:10 p.m., W, 4 p.m., Th, 4:35 p.m.

Y2 is the foundation for future stroke development, focusing on changing directions and body position, while swimming greater distances. All skills are performed with independent forward motion and without support.

● YOUTH 3:

STROKE DEVELOPMENT
Ages 6-12, class size 6

Camp: M-F, 10:35 a.m., Weeks 2, 4, 8
5-week Sessions: M, 3:30 p.m. or 4:35 p.m., T, 4 p.m., W, 4:35 p.m. or 5:10 p.m., Th, 5:10 p.m., Sa, 11:10 a.m.

Students build on the fundamentals of front crawl with side breathing, backstroke and treading water. Students are introduced to the breaststroke and dolphin kick. Y3 students also learn dives and safe diving rules.

● YOUTH 4:

STROKE IMPROVEMENT
Ages 6-12, class size 6

Camp: M-F, 11:10 a.m., Weeks 2, 4, 8
5-week Sessions: M, 5:10 p.m., T, 4:35 p.m., W, 4 p.m., Th, 5:10 p.m., Sa, 10 a.m.

Y4 participants improve endurance and confidence by swimming strokes for greater distances. Participants also begin to learn coordinated breaststroke and butterfly as well as basic turns at the wall.

● YOUTH 5:

STROKE REFINEMENT
Ages 6-12, class size 6

T, 5:10 p.m., Th, 4 p.m., Sa, 10:35 a.m.

The objective of Y5 is to refine stroke technique and continue to improve stroke coordination and endurance as well as refine diving and turning techniques. Students are already comfortable swimming all four competitive strokes for 15 yards or greater.



PARENT & CHILD AQUATICS

Sa, 10-10:30 a.m.

This class introduces basic aquatic skills to parents and children. Under the guidance of a professional instructor, parents are instructed how to teach their children swimming and water safety skills. Children are introduced to basic skills that lay a foundation for independent swimming; including water balance exercises, flotation devices, lifejackets, and basic water posture.

6 classes, \$66; 12 classes, \$110;
15 classes, \$135; Drop-in, \$15/class





YOUTH SPORTS

● BELLEVUE CLUB YOUTH BASKETBALL ACADEMY

The Bellevue Club's Youth Basketball Academy focuses on developing each player as an individual and teammate, placing a high value on both skill and character development.

BRONZE: INTRO TO BASKETBALL Th, 4-4:45 p.m., Gym

Bronze is designed to train players on the fundamentals of basketball. Basic skills such as dribbling, passing, and shooting are introduced. Once players are able to show basic proficiency with their skill development, hand-eye coordination, and sportsmanship they will be ready for the next level of training. Players must have completed one session of Little Olympians prior to registration. \$75/member

SILVER: BUILDING FUNDAMENTALS Tu, 4-4:45 p.m., Gym

Players will begin to refine their shooting technique, dribbling ability, and learn in game competition. Intermediate skills such as crossovers, running the floor, playing defense, chest passing, and jump shots are introduced. Players must display confidence while performing skills, working in a team, and following instructions. Players must pass the Bronze skills assessment prior to registration. \$75/member

GOLD: FUNDAMENTALS REFINEMENT

Tu, 4:45-5:45 p.m., Gym

Participants will go through an intense hour-long skill-building workout. Each class will focus on a different specific, essential aspect of the game. The goal of these workouts is to focus on skill development and increased confidence. Players must pass the Silver skills assessment prior to registration. \$100/member

● BASKETBALL LESSONS

Ages 6 and older, Gym

Private lessons are the most effective way to improve your game. Lessons customized workouts utilizing multiple resources including the Shoot-A-Way, weights balls, adjustable hoop and more!

Individual Training

\$54/50 minute lesson

\$27/25 minute lesson

Group Training

\$70/50 minute lessons for two players

Additional \$16 per additional player for up to 4 participants. Charges are split evenly between players.

Team Training

\$150/ 50 minute session

Available for teams between 4-10 players. Fees are charged to a single sponsoring member. Guests allowed under a sponsoring members account.

● SHOOT-A-WAY RENTAL

The Shoot-A-Way acts as an automatic rebounder, dramatically improving your shot. Fee includes set up, tear down and instruction for use. \$30/50 minute session

● BLUE WHALES

M-Th, Register for any day

Complement your MidLakes Summer Swim League Training with weekly sessions of Blue Whales! Swimmers will receive focused instruction on starts, turns, finishes and detailed stroke development.

INTERMEDIATE

4:30-5:15 p.m.

Prerequisite of at least three sessions of Youth 5 or assessment of equivalent skills. Swimmers will learn to understand and incorporate drills into workouts to further improve performance. \$82/session

BEGINNER

4-4:30 p.m.

Prerequisite of at least three sessions of Youth 4 or assessment of equivalent skills. Swimmers will continue to refine all four competitive strokes as well as understand workout sets and intervals. \$50/session

● TENNIS TEAMS

The Bellevue Club will participate in the JETL (Junior Eastside Tennis League) this summer. Juniors participating in either the Elite/Varsity or Rookie/Junior Varsity camps are eligible to play in the league matches. Matches are held on each Friday throughout the summer.



BE THE FIRST TO KNOW!

Sign up for email alerts and receive all of the updated information right in your inbox. Email athleticservices@bellevueclub.com

REGISTRATION AND CANCELLATION POLICIES

REGISTRATION FEES: Payment for programs is billed at the time of registration. Program fees cannot be prorated. Payment for services is billed the day of the service (Fees subject to change.) Tax is not included in price for athletic classes, camps and training sessions.

CANCELLATIONS: To receive a refund for a program, you must notify us of cancellation at least seven days prior to the start of program. For services, you must notify us of cancellation at least 24 hours before the service. Late cancellations and no-shows are billed at full price. (Cancellations cannot be made online.)

MISSED CLASSES AND LATE ARRIVALS: There are no refunds for missed classes or late arrivals for services.

CHECK IN/CHECK OUT: Parents or legal guardians of program or service participants younger than 12 must check their children in and out every day with the instructor.

GUEST POLICIES

MEMBER SPONSOR: A guest may participate in a program or service when he or she is registered by a member. The sponsoring member must be in the Club while the guest attends the program or service. Members have registration priority over guests.

REGISTRATION: Members can sign up guests by calling or visiting the Athletic Services Desk. Guest registration is not available online.

FEES: Guest fees for programs and services are typically 20 percent higher than member fees. (Fees subject to change.)

LIMITATION: Guests are allowed to attend one program or service per year.

BILLING: Guest fees are billed to the sponsoring member's account. No other forms of payment are accepted.

TWO WAYS TO REGISTER!

MEMBERS.BELLEVUECLUB.COM

ATHLETIC SERVICES 425.688.3177
RECREATION 425.688.3102
AQUATICS 425.688.3223
TENNIS 425.688.3174



BELLEVUE CLUB SWIM TEAM

For more information and tryout details, visit www.BCST.com.