

BELLEVUE CLUB

youth

ACTIVITIES

**WINTER/
SPRING 2017**

SCHOOL
BREAK
CAMPS



+
MORE!

FAMILY
EVENTS



SESSION
CLASSES





WELCOME!

From tennis, basketball and swim lessons to art classes and special holiday events, the Bellevue Club and our roster of excellent instructors have lots of plans for your family this new year. With this comprehensive guide, pick and choose what interests your little one(s) and get the details on how to register. Be on the lookout 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.

ONGOING PROGRAMS AND 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; Ages 3-6*: \$9.40/hour *Children older than 6 may attend if they are able to behave appropriately. Parents must be in the Club. Call 425.637.4613 to make a reservation.

● TODDLER OPEN PLAY

0-5 years, Basketball Gym

M, Sept. 14-May 22, 9:30 a.m.-noon

Bring your children, ages 5 and younger, for some fun and games. This is unsupervised, so parents must accompany their children. Complimentary. *Please note: *There is no open play on dates of School Break All-Sports Camp.*

● 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

For ages 7 and older. The cost for one class/week is \$75 a month and \$100 a month for two classes/week.

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

● SQUASH

Learn the game or improve on it with expert 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

● NEW TIME! KIDS' CAMP

Ages 3-6, Kids' Camp Room

9:15 a.m.-noon, \$17 per day

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. Offered during all Bellevue School District school breaks. Please visit the Members Only website for additional days Kids' Camp will be offered.

KIDS' CAMP EXPRESS (No Swimming)

9:15-11 a.m., \$13 per day



SCHOOL BREAK CAMPS

● ALL-SPORTS CAMP

Mid-Winter Break: Feb 20-24

Spring Break: April 10-14

PPD*: Jan 16, Jan 30, March 17, March 20

Youth enjoy a variety of sports—no camp is exactly the same! The day ends with swimming. Please bring a swimsuit and NUT-FREE lunch. Drop-off and pick-up in the gymnasium. \$42/member per day

● SWIM CAMP

Ages 6-12; 9:30 a.m. – 2 p.m.

Mid-Winter Break: Feb 20-24

Spring Break: April 10-14

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 and water safety lessons and FUN! \$42/member per day

● LEGO CAMP

Ages 6-12; 2-4 p.m., Kids' Camp Room

Mid-Winter Break: Feb 20-24

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. \$37/member per day

● BASKETBALL CAMP

Ages 6-12; 2-4 p.m., Gym

Spring Break: April 10-14

Participants will increase their basketball skill level and knowledge of the game. They'll focus on drills, skill building games and scrimmages. \$26/member per day

● AFTERNOON PRE-SCHOOL CAMP

Ages 3-6, noon-2 p.m., Kids' Camp Room

Mid-Winter Break: Feb 20-24

Spring Break: April 10-14

Children enjoy themed arts and crafts, activities, story time and more! Please pack a NUT-FREE Lunch. \$15/member per day

*PPD: Paid Professional Day

FAMILY EVENTS

● FAMILY GYM NIGHT

First and Fourth Friday of each month

5:30-8 p.m., Basketball Gym

Meet in the gym for bouncy house fun. All children must be accompanied by at least one supervising adult. Complimentary.

● FAMILY INFLATABLE DAYS

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.

new! KIDS' TAKE OVER

Jan. 20, March 10, May 19, 6-9 p.m.

Ages 3-10, Meet in the Basketball Gym

Get ready, the kids are taking over the Club! Children will enjoy an evening of bouncy houses, basketball, swimming, crafts and dinner. \$36/member

● MOTHER-SON LEGO PARTY

F, Jan. 13, 6-8 p.m.

Join us for a buffet dinner at 6 p.m., followed by LEGO night with Dan Parker. Dan, is owner/operator of CITY BLOCKS, the world's only public commercial LEGO art studio. Dan's LEGO creations have been displayed worldwide, from Seattle's EMP to Dubai! LEGO Night participants will have lots of time to build and explore

tons of LEGOs! Don't forget to bring your own LEGO creation from home to be put on display (one 15"x15" entry per child please). \$26/member

● MOTHER-DAUGHTER

SPA-JAMA NIGHT

F, Feb. 10, 6-8 p.m.

Throw on your pajamas for a mother-daughter night to remember. Daughters will be pampered with manicures and crafts while mothers relax with sparking glass of wine. \$26/member

● FATHER-DAUGHTER MAD HATTER TEA PARTY

F, March 17, 6-8 p.m.

Don't be late for a very important date! Join us down the rabbit hole as fathers and daughters dance the night away in wonderland! This important date will include photos, crafts, dancing and treats that daughters will cherish for years to come. \$26/member

● FAMILY OLYMPICS

Sa, May 6, 10 a.m.-Noon

Bring the whole family for the competition of the year! The Bellevue Club has teamed up with Underdog Sports to offer this special Family Olympics that will include mini-golf, giant Jenga, relay races, photo booth and more! Space is limited, so register early as this event is sure to sell out! \$26/member

PARTY @ BC!

BC BIRTHDAY & TEAM PARTIES

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



SESSION DATES

SESSION 3

Jan. 2 - Feb. 19
(7 weeks)

SESSION 4

Feb. 27 - Apr. 9
(6 weeks)

SESSION 5**

April 17 - June 11
(8 weeks)

**No class May 29



SESSION CLASSES

new! MONTESSORI PHONICS FUN

Join Bellevue's International Montessori Academy instructors as they introduce your child to the essential ingredient in reading - phonics. Our two levels of fun, interactive classes involve Montessori inspired songs and games that will provide each child an opportunity to strengthen their basic phonics and reading skills. Parents are encouraged to be involved in the program process by taking advantage of the provided weekly activities. Ses. 3: \$245/member; Ses. 4: \$210/member; Ses. 5: \$280/member

LEVEL 1

Ages 3-4, Th, 4-4:45 p.m., Multipurpose 2
The Level 1 class will introduce children the world of phonics as they focus on the 19 most common single letter sounds and consonant-vowel-consonant word combinations.

LEVEL 2

Ages 5-6, Th, 5-5:45 p.m., Multipurpose 2
Upon successful completion of level 1 or instructor permission, Level 2 will introduce sounds that are made up of two letters such as sh, ch, th, and more. Class lesson plans will focus on reading and spelling using games, songs and activities.

● ART CLASS

Ages 5-12, Th, 4-6 p.m., Kids' Camp Room
With Club favorite Ms. Debra Mason, this class lets children express their artistic side! The emphasis is on exploring different art mediums, including watercolor, pen and ink, pastels and mixed texture. Cost includes all art supplies. Ses. 3: \$280/member; Ses. 4: \$240/member; Ses. 5: \$320/member

● HANDS-ON SCIENCE & ART

Ages 3-6, W, 4-4:45 p.m., Kids' Camp Room
Each day will focus on a different theme as your child explores and learns in this hands-on class. Cost includes all materials. Ses. 3: \$140/member; Ses. 4: \$120/member; Ses. 5: \$160/member

● PRE-BALLET

Ages 3-5, M, 3:45-4:30 p.m.; Tu, 3:45-4:30 p.m., 4:30-5:15 p.m., Multipurpose Room
Children will learn basic ballet steps and terminology while discovering rhythm and coordination, using their own creativity and lively imaginations. Ballet and pretty dress-up clothes are welcome! Ses. 3: \$105/member; Ses. 4: \$90/member; Ses. 5: \$120/member

● BALLET LEVEL 1

Ages 5½-8, M, 4:30-5:30 p.m., Multipurpose Room
Ballet Level 1 will allow ballerinas to begin developing the main concepts of ballet including coordination, spatial awareness, position of the feet and an introduction to movement vocabulary. Ses. 3: \$140/member; Ses. 4: \$120/member; Ses. 5: \$160/member

● BALLET LEVEL 2

Ages 5½-8, Tu, 5:15-6:15 p.m., Multipurpose Room

Upon successful completion of Ballet Level 1 or instructor permissions, ballerinas will focus on basic ballet technique, proper body alignment and musicality. Class lessons will also explore on barre work, positions of the arms and comportment of classical ballet. Ses. 3: \$140/member; Ses. 4: \$120/member; Ses. 5: \$160/member

● ELEMENTARY DRAMA

Ages 6-10, M, 5:30-6:15 p.m., Multipurpose Room
Budding actors will create characters, settings and stories using beginning acting skills, pantomime and improvisation in this imaginative class. Ses. 3: \$105/member; Ses. 4: \$90/member; Ses. 5: \$120/member

● LITTLE OLYMPIANS

Ages 3-4, M, 4-4:45 p.m., Racquetball Court 2
Does your 3 or 4-year-old love to go, go, GO? This class is the perfect fit! Each youth sports class is designed to meet your child right where they are in their physical, mental and social development. Boys and girls learn to follow rules, listen to directions, work as a team and focus on different sports and games each week of class. Ses. 3: \$105/member; Ses. 4: \$90/member; Ses. 5: \$120/member

● INTRO TO SPORTS

Ages 5-6, Th, 4-4:45 p.m., Racquetball Court 2
This fun Intro to Sports class will focus a new sport each day. Class lessons will teach basic rules, skills while continuing to develop their ability to focus and follow directions in a fun, sport oriented manner. *Parents, Intro to Sports is a prerequisite for the Bronze Basketball Class! Ses. 3: \$105/member; Ses. 4: \$90/member; Ses. 5: \$120/member

JUNIOR TENNIS (10 AND UNDER)

The USTA requirement is for all players under the age of 10 to use lower compression tennis balls during play. This is to help play "slower" and allow younger players greater opportunity to rally, learn the game and have fun.

● TEENIE TENNIS (RED BALL) Ages 4-5, Tu, 3:30-4 p.m.

The main focus of this class is to learn basic stroke techniques, sportsmanship and hand-eye coordination. Ses. 3: \$140/member; Ses. 4: \$120/member; Ses. 5: \$160/member

● SMASHERS (ORANGE BALL) Ages 6-8, Tu, 4-5 p.m., Th, 4-5 p.m.

This class focuses on advanced stroke production, hand-eye coordination, camaraderie and competition. Sign up for 1 or 2 classes a week. Ses. 3: \$140/member; Ses. 4: \$120/member; Ses. 5: \$160/member

● SLAMMERS (GREEN DOT BALL)

Ages 9-10; Tu, 5-6 p.m., Th, 5-6 p.m.

In this more competitive class, players will learn to keep score and play more accurately. We will also focus on strategy and footwork. Sign up for 1 or 2 classes a week. Ses. 3: \$140/member; Ses. 4: \$120/member; Ses. 5: \$160/member

TENNIS (11 AND OVER)

● ROOKIE

Ages 11-17
M, 4:45-6 p.m., W, 4:45-6 p.m.

The focus of this class is on basic technique, stroke production, scoring, friendly competition and team camaraderie. Sign up for 1 or 2 classes a week. Ses. 3: \$175/member; Ses. 4: \$150/member; Ses. 5: \$200/member

● JR. VARSITY

Ages 11-17, M, 3:30-4:45 p.m.,
W, 3:30-4:45 p.m., Su, 1-2:15 p.m.

The first 15 minutes of this class contains an optional conditioning workout. Players participating in this class must be knowledgeable of and able to do the following: place groundstrokes and volleys in a given area of the court and serve in the diagonal service box. Players are required to understand how to keep score, including tie-breakers. This class will focus on advanced stroke production, competition, consistency and repetition. Sign up for 1, 2 or all three classes in a week. Ses. 3: \$175/member; Ses. 4: \$150/member; Ses. 5: \$200/member

● VARSITY USTA

Ages 11-17, Th, 6-7:15 p.m.,
Su, 1-2:15 p.m.

Players participating in this class must be able to do the following: 20 in a row mini with a partner, use both semi-western and continental grips, hit a flat and slice serve and must play matches regularly. The focus of this class is on hitting with more consistency and depth, court positioning, shot selection and conditioning and footwork. Sign up for 1 or 2 classes a week. Ses. 3: \$175/member; Ses. 4: \$150/member; Ses. 5: \$200/member

● ELITE USTA

Ages 13-17, Tu, 6-7:15 p.m.,
Su, 1-2:15 p.m.

Players must be able to do the following: 40 in a row mini with a partner; variety of strokes - spin, drive and lob. Tournament experience required. This class will focus on strategy, court positioning, tactical set up and solutions, conditioning and footwork. Sign up for 1 or 2 classes a week. Ses. 3: \$175/member; Ses. 4: \$150/member; Ses. 5: \$200/member

TENNIS REGISTRATION DATES

SESSION 4:

Th, Jan. 26 at 7 a.m.

SESSION 5:

Th, March 16 at 7 a.m.

MAKE SUMMER PLANS!

BE THE FIRST TO KNOW ABOUT OUR 2017 SUMMER CAMPS

Sign up for email alerts and receive all of the updated information delivered right to your inbox. Do your part and help us cut back on the use of paper throughout the club. Email athleticservices@bellevueclub.com to sign up.



SESSION DATES

SESSION 3

Jan. 2 - Feb. 19
(7 weeks)

SESSION 4

Feb. 27 - Apr. 9
(6 weeks)

SESSION 5**

April 17 - June 11
(8 weeks)

**No class May 29

GROUP SWIM LESSONS

Group swim lessons are available on Monday, Tuesday, Wednesday, or Thursday evenings and Saturday morning in six, week-long sessions. Evening and Saturday lessons allow you the convenience of choosing what day or days to attend lessons. Most classes are 30 minutes long. Youth 5 is 45 minutes long. Class times may change depending on availability. Ages 3-12 years.

Lessons beyond level 1 have prerequisites.

All Preschool & Youth 1-5: 30 min. lessons

Sessions 1 & 3: \$84/member

Sessions 2 & 4: \$72/member

Sessions 5: \$96/member

● PRESCHOOL 1

INTRODUCTION TO WATER

Ages 3-5, class size 4

M, 10:35-11:05 a.m. or 4:35-5:05 p.m.

T, 10:35-11:05 a.m. or 4:35-5:05 p.m.

W, 11:10-11:40 a.m. or 4:35-5:05 p.m.

Th, 10:35-11:05 a.m. or 5:10-5:40 p.m.

Sa, 10:35-11:05 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 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

M, 10:35-11:05 a.m. or 4-4:30 p.m.

T, 11:10-11:40 a.m. or 5:10-5:40 p.m.

W, 10-10:30 a.m. or 4-4:30 p.m.

Th, 4-4:30 p.m.

Sa, 11:10-11:40 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.

● PRESCHOOL 3

FUNDAMENTAL AQUATIC SKILLS

Ages 3-5, class size 4

M, 11:10-11:40 a.m. or 4:35-5:05 p.m.

T, 4-4:30 p.m.

W, 10:35-11:05 a.m. or 3:30-4 p.m.

or 5:10-5:40 p.m.

Th, 4:35-5:05 p.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, 4-4:30 p.m.

T, 4:35-5:05 p.m.

W, 3:30-4 p.m. or 5:10-5:40 p.m.

Th, 11:10-11:40 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. P4 students also learn dives and safe diving rules.

● YOUTH 1

INTRODUCTION TO WATER SKILLS

Ages 5-12, class size 4

T, 4:35-5:05 p.m.

W, 4-4:30 p.m.

Th, 4:35-5:05 p.m.

Sa, 10:35-11:05 a.m.

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

● YOUTH 2

FUNDAMENTAL AQUATIC SKILLS

Ages 6-12, class size 4

M, 4-4:30 p.m.

T, 5:10-5:40 p.m.

W, 3:30-4:00 p.m. or 4:35-5:05 p.m.

Th, 4-4:30 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 4

M, 4:35-5:05 p.m.

T, 4-4:30 p.m.

W, 4:35-5:05 p.m. or 5:10-5:40 p.m.

Th, 5:10-5:40 p.m.

Sa, 11:10-11:40 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

M, 5:10-5:40 p.m.

T, 4-4:30 p.m.

W, 4-4:30 p.m.

Th, 5:10-5:40 p.m.

Sa, 10-10:30 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 8

T, 5:10-5:40 p.m.

Th, 4-4:30 p.m.

Sa, 10:35-11:05 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.

BLUE WHALES

Our goal is to develop young swimmers' stroke proficiency in a fun, supportive environment. Blue Whales coaches encourage swimmers to swim further, with more power and ease. Focused instruction leads swimmers to a more efficient stroke, in turn allowing them to swim greater distances. As swimmer's endurance increases, so will the ability to improve and refine their strokes.

Assessments are required. Contact the Aquatics Coordinator for assessment information and scheduling. Level determined by swimmer's endurance, technique and age.

BEGINNER

Ages 5 - 10, M/W or T/Th, 4 - 4:30 p.m.

Workouts run for 30 minutes and range from 600-900 yards, including warm up and cool down. Swimmers will continue to refine all four competitive strokes as well as refine their dives and flip turns. Ses. 3: \$140/member; Ses. 4: \$120/member; Ses. 5: \$160/member

INTERMEDIATE

Ages 7 - 12, M/W or T/Th, 4:30-5:15 p.m.

Workouts focus on technique development as well as improving efficiency in the water. Swimmers will learn to understand more complicated sets and incorporate drills into workouts to further improve performance. Ses. 3: \$229.60/member; Ses. 4: \$196.80/member; Ses. 5: \$262.40/member

Sa, 9 - 9:45 a.m.

Ses. 3: \$114.80/member; Ses. 4: \$98.40/member; Ses. 5: \$131.20/member



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. Private swim lessons are a great compliment to group lesson instruction.

SERIES 1: AUG. 27-JAN. 1

Registration opens: W, Aug. 10 at 10 a.m.

**Lessons Dec. 19-Jan. 1 dependent on instructor availability*

SERIES 2: JAN. 2-APRIL 9

Registration opens: W, Dec. 7 at 10 a.m.

**Lessons Feb. 20-24 dependent on instructor availability*

SERIES 3: APRIL 10-JUNE 19

Registration opens: W, March 15 at 10 a.m.

**Lessons April 10-14 dependent on instructor availability*

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

Registration: 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.

BELLEVUE CLUB SWIM TEAM

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



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. Youth Basketball Class curriculum follows a natural skill progression allowing players to reach their full potential.

BRONZE: INTRODUCTION TO BASKETBALL

Th, 4-4:45 p.m., Sa, 9:30-10:15 a.m., Basketball 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. Bronze players must have completed one session of Super Sports. Ses. 3: \$105/member; Ses. 4: \$90/member; Ses. 5: \$120/member

SILVER: BUILDING FUNDAMENTALS

T, 4-4:45 p.m., Sa, 10:20-11:05 a.m., Basketball Gym

Silver focuses on building the game's fundamentals. 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. Silver players must pass the Bronze skills assessment prior to registration. Ses. 3: \$105/member; Ses. 4: \$90/member; Ses. 5: \$120/member

GOLD: FUNDAMENTALS REFINEMENT

Tu, 4:45-5:45 p.m., Basketball 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 through proper repetition. Gold players must pass the Silver skills assessment prior to registration. Ses. 3: \$140/member; Ses. 4: \$120/member; Ses. 5: \$160/member

BASKETBALL CONDITIONING

Th, 4:45-5:45 p.m., Basketball Gym

Join Coach Lawrence for an intense workout focusing on overall strength, stamina and endurance. The best basketball conditioning drills use sport-specific skills and exercises to prepare players for the movements they will perform on the court. As players learn to perform basic skills while exhausted, their in game performances will dramatically improve. This is the perfect way to supplement your training and take your game to the next level! Ses. 3: \$140/member; Ses. 4: \$120/member; Ses. 5: \$160/member

BC BALLERS

M/W, 4-5 p.m., Basketball Gym

BC Ballers allows 1st and 2nd grade boys and girls to gain real-time game experience in a supportive, non-competitive environment. The team will practice on Mondays and scrimmage on Wednesdays. Players are encouraged to participate in other BCYBA classes at their appropriate level. Ses. 3: \$280/member; Ses. 4: \$240/member; Ses. 5: \$320/member

BASKETBALL LESSONS

Ages 6 and older, Basketball 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

50-minute Lesson: \$54/member

25-minute Lesson: \$27/member

GROUP TRAINING

50 minute Lesson for Two Players: \$70

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

TEAM TRAINING

Available for teams between 4-10 players who are looking to bring their playing to the next level. Fees are charged to a single sponsoring member. Guests allowed under a sponsoring members account. 50-minute session: \$150/team

SHOOT-A-WAY RENTAL

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





Explore with Me Programs

Bellevue Club Explore with Me programs allow children under the age of 4 to discover the world around them through music, art, athletics and swimming. Children will develop their language skills, literacy, listening, problem solving and social skills all alongside their caregiver in an encouraging environment, designed just for them!

● MUSIC & ME

Each Music & Me is full of energy, imagination, music, dancing and playful delight. You'll witness your child's developmental evolution in language skills, literacy, listening, problem solving, social skills, self-esteem and musicality. Class tuition includes weekly activities and home materials. \$180/member

Ages 0-18 months with caregiver
Th, 11:30-12:15 p.m.; Multipurpose 2

Ages 18 months-3 years with caregiver
Th, 9:30-10:15 a.m., 10:30-11:15 a.m.; Multipurpose 2

● LIL' KICKERS

Lil' Kickers classes introduce toddlers to soccer with games that allow them to run, play as a group and kick a ball. They gain basic soccer skills while building fundamentals such as balance and coordination. Lil' kickers instructors incorporate activities that are geared toward a toddler's unique way of learning and include parachutes, bubbles, noodles, cones, lots of goal scoring and more. Adult participation is required. \$170/member

LIL' KICKERS: BUNNIES
Ages 18-24 months; Tu, 9:30-10:20 a.m., Basketball Gym

LIL' KICKERS: THUMPERS
Ages 24-36 months; Tu, 10:20-11:10 a.m., Basketball Gym

● ART WITH ME

18 months-3 years with caregiver
W, 11:30-12:15 p.m.; Kids' Camp Room
Caregivers come alongside little ones will spend time in this fun class exploring their creativity as their self-esteem and social skills begin to flourish. \$200/member

● PARENT-CHILD AQUATICS

Ages: 6 months-3 years with caregiver
Tu, 10-10:30 a.m., Sa, 10-10:30 a.m.
Under the guidance of an instructor, parents are shown how to teach their children swimming and water safety skills. Each week's lessons build upon the skills from previous weeks. Skills include water balance exercises, flotation devices, and basic water posture. Classes are themed by the week, so attend class on a Monday evening one week and Tuesday morning the next, and you and your child won't miss out on a thing. No need to register for parent and child aquatics, just drop in. You can also pre-purchase classes and receive a discount. The classes you pre-purchase are valid for an entire year.

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

EXPLORE WITH ME SESSION DATES

SESSION 2 Nov. 28 - Feb. 18 (10 Weeks)

SESSION 3 Feb. 27 - May 13 (10 Weeks)

*No Class April 10-15

REGISTRATION AND CANCELLATION POLICIES

REGISTRATION FEES: Payment is due at the time of registration and all payments will occur through member accounts. No other forms of payment will be accepted. No prorating of program fees.

CANCELLATIONS: A 7-day cancellation notice prior to the start of programs is required for a full refund. Late cancellations or no-shows will be charged full price. Services require a 24-hour cancellation. (Cancellations not available online.)

MAKE UP LESSONS: There are no refunds for missed classes. Every effort will be made to offer make up times.

LATE REGISTRATION: Fees will be prorated for late registration only based on space availability.

CHECK IN/CHECK OUT: Parents or Legal Guardian of program participants younger than 12 must check their child in and out of services and programs with the instructor daily.

GUEST POLICIES

MEMBER SPONSOR: A guest may participate in a program when sponsored and registered by a member. The sponsoring member is required to be in the Club while their guest attends the camp/activity. Members have priority over guests on camp/activity rosters.

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

FEES: Guests pay approximately 20 percent more than members.

ACTIVITY LIMITATION: Guests are only allowed to attend one program at the Bellevue Club per year.

BILLING: All guest fees are billed to the sponsoring member's account. No other forms of payment will be accepted.

PLEASE NOTE: policies apply to all services and programs listed in this brochure. Fees subject to change.

TWO WAYS TO REGISTER!

Register online at:
members.bellevueclub.com

It's quick, easy and you receive a confirmation email. You also have the opportunity to review all your family's classes and camps.

Call Athletic Services at 425.688.3177
or for more detailed information call:

RECREATION	425.688.3102
AQUATICS	425.688.3223
TENNIS	425.688.3174
FITNESS	425.688.3172