

BELLEVUE CLUB

youth

ACTIVITIES

2017/2018



SCHOOL
BREAK
CAMPS

SWIM, TENNIS,
BASKETBALL

SESSION
CLASSES

FAMILY EVENTS

+ MUCH MORE!



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 school 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. 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

● TODDLER OPEN PLAY

0-5 years, Basketball Gym
M, Sept. 8-May 21, 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.*

● KARATE CLUB

For ages 7 and older. The cost for one class/week is \$80 a month and \$105 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

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.
*Not open on 10/27.

● 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.

● KIDS' TAKE OVER

October 20, January 19, May 18, 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

● FAMILY LEGO NIGHT

F, Sept. 15, 6-8 p.m.

Bring the whole family for an evening of dinner and Legos with expert Dan Parker. \$27/member

● FAMILY PUMPKIN CARVING

M, Oct. 16, 6-7:30 p.m., Kids' Camp Room

Leave the mess with us as you spend the evening transforming your pumpkin into a work of art! \$38/adult/child pair; \$12/ additional pumpkin. **Please indicate how many seats you'll need when registering.*

● HALLOWEEN CARNIVAL

F, Oct. 27, 6-8 p.m., Basketball Gym

Young and old, dress in your favorite costume and join us for games, crafts, bouncy houses and more! \$17/ages 1 & older; adults & ages 11 months & younger are free.

● FATHER-SON: A NIGHT ON THE DARK SIDE

F, Nov. 17, 6-8 p.m., Ballroom

Fathers and sons will enjoy the evening on the dark side including dinner and Jedi training from our very special guests. \$54/ father-son pair. \$27/additional participant

● GINGERBREAD HOUSE DECORATING PARTY

M, Dec. 11, 6-8 p.m., Ballroom

You provide a little imagination and we'll take care of the rest! (We suggest adult assistance for those under age 8.) \$54/ gingerbread house. **Please indicate how many seats you'll need when registering.*

● BRUNCH WITH SANTA

Sa, Dec. 16 and Su, Dec. 17,
Reservations begin at 9 a.m.

Bring the whole family and join us in celebrating the holiday season. Adults and children will enjoy a customized seasonal buffet, entertainment and a visit and photo with Santa. \$55/adult, \$25/child, 2 and under free. *Reservations will open Sept. 11. in Polaris at 425-637-4608.

● MOTHER-SON: GLOW IN THE DARK DANCE PARTY

F, Jan. 12, 6-8 p.m., Ballroom

Get ready to move at the mother-son party of the year! From dancing, treats and airbrush tattoos, this is one party you don't want to miss! \$54/mother-son pair. \$27/additional participant

● MOTHER-DAUGHTER GAL-ENTINES DAY BASH

F, Feb. 9, 6-8 p.m., Ballroom

Calling all ladies – this night is for you. Enjoy treats, drinks, crafts and mini-manicures during a night like no other. \$54/mother-daughter pair. \$27/additional participant

● FATHER-DAUGHTER MASQUERADE BALL

F, March 9, 6-8 p.m., Ballroom

Dust off your dancing shoes and dress to impress for a magical night that will be talked about for years to come! \$54/father-daughter pair. \$27/additional participant

● UNDERWATER EASTER EGG-STRAVAGANZA

Sa, March 31, Noon-2 p.m.

Join us for an Easter Egg-stravaganza! An underwater Easter Egg Hunt for kids ages 2 to 12 years old, participants will hunt eggs and redeem them for prizes. There will also be other games and activities, including an appearance from the Easter Bunny for photos. \$21/member



SCHOOL BREAK CAMPS

● KIDS' CAMP

Ages 3-6, Kids' Camp Room
9:30 a.m.-noon

Veterans Day Break: Nov. 9, 10

Winter Break: Dec. 18-22, 26-29

MLK Jr. Day: Jan 15

Mid-Winter Break: Feb. 19-23

Spring Break: April 9-13

No school days: Oct. 13, Jan. 29, Mar. 16 & 19

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. \$18/member per day

KIDS' CAMP EXPRESS (No swimming)

9:15-11 a.m., \$14 per day

● ALL-SPORTS CAMP

Grades 5-12, 9:30 a.m.-2 p.m.

Veterans Day Break: Nov. 9, 10

Winter Break: Dec. 18-22, 26-29

MLK Jr. Day: Jan 15

Mid-Winter Break: Feb. 19-23

Spring Break: April 9-13

No school days: Oct. 13, Jan. 29, Mar. 16 & 19

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. \$43/day per member

● SWIM CAMP

Ages 6-12; 9:30 a.m. – 2 p.m.

Veterans Day Break: Nov. 10

Winter Break: Dec. 18-22, 26-29

Mid-Winter Break: Feb. 19-23

Spring Break: April 9-13

We know your kids need to burn off some energy, so why not send them to the pool? Swim camp includes two swimming sessions, each complete with group activities, swimming and water safety lessons and FUN! \$43/member per day

● LEGO CAMP

Grades 5-12, 2-4 p.m., Kids' Camp Room
Winter Break: 26-29

This is the perfect camp for any LEGOmania! Explore the four formats of LEGO building: miniature, mosaic, sculpture and mechanical, all in different daily themes. \$35/member per day

● ART CAMP

Grades 5-12, 2-4 p.m., Kids' Camp Room
Oct. 13, Nov. 10, Jan. 15 & 29, March 16 & 19

With Club favorite Ms. Debra Mason, this camp lets your child express his or her artistic side. Cost includes all art supplies. \$40/member per day

● BASKETBALL CAMP

Grades 5-12, 2-4 p.m., Gym
Nov. 9, Mid-Winter Break: Feb. 19-23

Participants will increase their basketball skill level and knowledge of the game. They'll focus on drills, skill building games and scrimmages. \$30/member per day

● CRAFT CAMP

Ages 5-12, 2-4 p.m., Kids' Camp Room
Winter Break: Dec. 18-22
Spring Break: April 9-13

Get crafty in this fun camp! Participants will explore a variety of craft types, learning new ways to create fun projects each day! \$35/member per day

● AFTERNOON

PRE-SCHOOL CAMP

Ages 3-6, noon-2 p.m., Kids' Camp Room
Veterans Day Break: Nov. 9, 10

Winter Break: Dec. 18-22, 26-29

MLK Jr. Day: Jan 15

Mid-Winter Break: Feb. 19-23

Spring Break: April 9-13

No school days: Oct. 13, Jan. 29, Mar. 16 & 19

Children enjoy themed arts and crafts, activities, story time and more! Please pack a NUT-FREE Lunch. \$17/member per day

PARTY @ BC!

BC BIRTHDAY & TEAM PARTIES

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



SESSION DATES

SESSION 1

Sept. 11 - Oct. 22
(6 weeks)

SESSION 2

Oct. 23 - Dec. 17*
(7 weeks)

SESSION 3

Jan. 8 - Feb. 18
(6 weeks)

SESSION 4

Feb. 26 - April 8
(6 weeks)

SESSION 5

April 16 - June 10**
(8 weeks)

*No class week of Thanksgiving

**No class May 28

SESSION CLASSES

● PRE-BALLET

Ages 3-5, M, 4:15-5p.m., Tu, 5-5:45
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 encouraged. Ses. 1, 3 & 4: \$110/member; Ses. 2: \$128/member; Ses. 5: \$146/member

● BALLET LEVEL 1 & 2

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

Ballet Level 1 & 2 allows ballerinas to begin developing the main concepts of ballet including coordination, spatial awareness, position of the feet and an introduction to movement vocabulary. Ses. 1, 3 & 4: \$132/member; Ses. 2: \$154/member; Ses. 5: \$176/member



● BALLET LEVEL 3

Ages 5½-8, Tu, 4-5 p.m.
Multipurpose Room

Upon successful completion of Ballet Level 1 & 2 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. 1, 3 & 4: \$132/member; Ses. 2: \$154/member; Ses. 5: \$176/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. 1, 3 & 4: \$110/member; Ses. 2: \$128/member; Ses. 5: \$146/member

● INTRO TO SPORTS

Ages 5-6, Th, 4-4:45 p.m.
Racquetball Court 2

This fun, Intro to Sports class will focus on a new sport each day. Class lessons will teach basic rules and skills while continuing to develop their ability to focus and follow directions in a fun, sport oriented manner. Ses. 1, 3 & 4: \$110/member; Ses. 2: \$128/member; Ses. 5: \$146/member *Parents, Intro to Sports is a prerequisite for the Bronze

Basketball Class!

new! LITTLE PICASSOS

Ages 3-6, Sa, 10:15-11 a.m.
Kids' Camp Room

In this hands-on educational art class, preschoolers will experiment with a variety of art techniques while being inspired by famous artist and their works. Preschoolers will develop their creativity, problem solving, social skills and self-esteem. Tuition includes all class materials. Ses. 1, 3 & 4: \$132/member; Ses. 2: \$154/member; Ses. 5: \$176/member

new! PRESCHOOL YOGA

Ages 3-5, Tu, 4-4:45 p.m.
Kids' Camp Room

While participating in engaging stories, songs, games and simple yoga poses, preschoolers will exercise their social, sensory and motor skills while building confidence and body awareness. Ses. 1, 3 & 4: \$132/member; Ses. 2: \$154/member; Ses. 5: \$176/member

new! ELEMENTARY YOGA

Ages 5 and up, Tu, 5-5:45 p.m.
Kids' Camp Room

Each elementary yoga class offers a new experience while the children work together in storytelling, partner poses and yoga games as they improve their flexibility, coordination and self-esteem. Ses. 1, 3 & 4: \$132/member; Ses. 2: \$154/member; Ses. 5: \$176/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. 1, 3 & 4: \$120/member; Ses. 2: \$140/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. 1, 3 & 4: \$120/member; Ses. 2: \$140/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. 1, 3 & 4: \$120/member; Ses. 2: \$140/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. 1, 3 & 4: \$150/member; Ses. 2: \$175/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 contain 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. 1, 3 & 4: \$150/member; Ses. 2: \$175/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. 1, 3 & 4: \$150/member; Ses. 2: \$175/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. 1, 3 & 4: \$150/member; Ses. 2: \$175/member; Ses. 5: \$200/member

TENNIS REGISTRATION DATES

SESSION 1: Th, Aug. 10 at 7 a.m.

SESSION 2: Th, Sept. 28 at 7 a.m.

SESSION 3: Th, Nov. 30 at 7 a.m.

SESSION 4: Th, Jan. 25 at 7 a.m.

SESSION 5: Th, March 15 at 7 a.m.



SESSION DATES

SESSION 1
Sept. 11 - Oct. 22
(6 weeks)

SESSION 2
Oct. 23 - Dec. 16*
(7 weeks)

SESSION 3
Jan. 8 - Feb. 18
(6 weeks)

SESSION 4
Feb. 26 - April 8
(6 weeks)

SESSION 5
April 16 - June 10**
(8 weeks)

*No class week of Thanksgiving

**No class May 28

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 days to attend. 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 1-4: 30 min. lessons

Sessions 1, 3 & 4: \$72/member

Sessions 2: \$84/member

Sessions 5: \$96/member*

*Session 5: Monday classes are only 7 weeks \$84/member

● PRESCHOOL 1 INTRODUCTION TO WATER SKILLS

Ages 3-5, class size 4

M, 10 a.m. or 4 p.m.

Tu, 10:30 a.m. or 5:30 p.m.

W, 10 a.m. or 5 p.m.

Th, 10:30 a.m. or 4:30 p.m.

Sa, 10 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

INTRO TO INDEPENDENT WATER SKILLS

Ages 3-5, class size 4

M, 10:30 a.m. or 4:30 p.m.

Tu, 11 a.m. or 4 p.m.

W, 10:30 a.m. or 5:30 p.m.

Th, 11 a.m. or 5 p.m.

Sa, 10:30 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

ELEMENTARY WATER SKILLS

Ages 3-5, class size 4

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

T, 4 p.m.

W, 10:35 a.m. or 3:30 p.m.

Th, 4:35 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

FUNDAMENTAL WATER SKILLS

Ages 3-5, class size 4

M, 5 p.m.

T, 4:30 p.m.

W, 4 p.m.

Th, 5:30 p.m.

Sa, 11 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.

● PRESCHOOL 5

STROKE DEVELOPMENT

Ages 4-5 years, class size 6

*Must be approved by instructor

Tu, 5 p.m.

Th, 4 p.m.

Sa, 11 a.m.

The objective of P5 is to refine stroke technique and to continue stroke coordination with the addition of butterfly. Swimmers will work toward swimming a full 20 yards with side breathing, increasing their endurance and continue to gain confidence in their skills.

● YOUTH 1

INTRODUCTION TO WATER SKILLS

Ages 5-12, class size 4

M, 4 p.m.

Tu, 5:30 p.m.

W, 5 p.m.

Th, 4:30 p.m.

Sa, 11:30 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 WATER SKILLS

Ages 6-12, class size 4

M, 4:30 p.m.

Tu, 4 p.m.

W, 5:30 p.m.

Th, 5 p.m.

Sa, 10:30 a.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, 5 p.m.

Tu, 4:30 p.m.

W, 4 p.m.

Th, 5:30 p.m.

Sa, 11 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.

● YOUTH 4

STROKE IMPROVEMENT

Ages 6-12, class size 6

M, 5:30 p.m.

T, 5 p.m.

W, 4:30 p.m.

Th, 4 p.m.

Sa, 11:30 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.

BLUE WHALES

Our goal is to develop young swimmers' stroke proficiency in a fun, supportive environment. Blue Whales coaches encourage swimmers to swim farther, with more power and ease. Focused instruction leads swimmers to a more efficient stroke, in turn allowing them to swim greater distances.

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, Tu, W, TH, 4:15 - 4:45 p.m.

Workouts run for 30 minutes and range from 600 to 900 yards, including warm up and cool down. Swimmers will continue to refine all four competitive strokes as well as their dives and flip turns. Ses. 1, 3 & 4: \$72/member; Ses. 2: \$84/member; Ses. 5: \$96/member

INTERMEDIATE: Ages 7 - 12
M, Tu, W, Th, 4:45-5:30 p.m. & Sa, 9 a.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. 1, 3 & 4: \$108/member; Ses. 2: \$126/member; Ses. 5: \$144/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 complement to group lesson instruction.

SERIES 1: SEP. 11-JAN. 7
Registration opens: W, Aug. 16 at 10 a.m.
**Lessons Dec. 18-Jan. 7 dependent on instructor availability*

SERIES 2: JAN. 8-APRIL 15
Registration opens: W, Dec. 13 at 10 a.m.
**Lessons Feb. 19-23 dependent on instructor availability*

SERIES 3: APRIL 16-JUNE 10
Registration opens: W, March 14 at 10 a.m.
**Lessons April 9-13 dependent on instructor availability*

Cost: Prices listed are per member

Private lesson:

30-min. \$37; 45-min. \$49; 60-min. \$71

Semi-private lesson: (2 people)

30-min. \$25; 45-min. \$29; 60-min. \$40

Semi-private lesson: (3 people)

30-min. \$21; 45-min. \$25; 60-min. \$31

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 Little Olympians. Ses. 1, 3, & 4: \$110/member; Ses. 2: \$128/member; Ses. 5: \$146/member

SILVER: BUILDING FUNDAMENTALS

T, 4-4:45 p.m., Sa, 10:30 - 11:15 a.m., Basketball Gym

Silver focuses on building 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. 1, 3, & 5: \$110/member; Ses. 2: \$128/member; Ses. 5: \$146/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 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. 1, 3, & 4: \$132/member; Ses. 2: \$154/member; Ses. 5: \$176/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. 1, 3, & 4: \$132/member; Ses. 2: \$154/member; Ses. 5: \$176/member

BASKETBALL LESSONS

Ages 6 and older, Basketball Gym

Private lessons are the most effective way to improve your game. Customized workouts utilize multiple resources including the Shoot-A-Way, weighted balls, adjustable hoop and more!

INDIVIDUAL TRAINING

50-minute lesson: \$55/member

25-minute lesson: \$28/member

GROUP TRAINING

50 minute lesson for two players: \$71

\$17/additional player for up to 4 participants. Charges are split evenly between players.

TEAM TRAINING

Available for teams between 4 to 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: \$170/team

SPECIAL EVENTS

Stay up to date with the latest youth basketball events and clinics by subscribing to our email alerts. Email basketball@bellevueclub.com to sign up!





BE THE FIRST TO KNOW!
 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.

EXPLORE WITH ME SESSION DATES

SESSION 1 Sept. 11 - Nov. 19
SESSION 2 Nov. 27 - Feb. 18*
SESSION 3 Feb. 26 - May 13**

**No Class Dec. 18-29 **No Class April 9-14*

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!

● ART WITH ME
Ages 18 months-3 years with caregiver
Sa, 9-9:45 a.m.; Kids' Camp Room
 Caregivers come alongside little ones who will spend time in this fun class exploring their creativity as their self-esteem and social skills begin to flourish. Class fee includes all materials. \$210/member

● LIL' KICKERS
 Join in the popular Lil' Kickers programs as 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. All first-time participants will receive a Lil' Kickers soccer jersey. \$180/member

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

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

● new! MUSIC & MOVEMENT
 Each Music & Movement class is full of energy, imagination, music, dance and playful delight. You'll witness your child's developmental evolution in language skills, literacy, listening, problem solving, social skills and self-esteem over the course of our carefully planned curriculum. \$180/member **Note: Music & Movement will be offered during sessions 2 and 3 only*

Ages 0-18 months with caregiver
W, 11-11:45 a.m.; Multipurpose 2

Ages 18 months-3 years with caregiver
W, 9-9:45 a.m.; Multipurpose 2

NEW! Ages 2.5-4 years
W, 10-10:45 a.m.; Multipurpose 2
 Our toddler program is designed for caregivers to participate in the first four classes. As the child grows comfortable, caregivers will remove themselves, allowing the child's independence to flourish.

● PARENT-CHILD AQUATICS
Ages: 6 months-3 years with caregiver
Tu, 10-10:30 a.m., Th, 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

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.)

Classes that do not meet the minimum number of participants are subject to cancellation

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 children 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