

BELLEVUE CLUB

youth

ACTIVITIES

2020
Summer
Camp
Planning
guide

Family
Events

Swim
Lessons

Sports
Teams

+Much
more!

Welcome!



From tennis, basketball and swim lessons to art and science camps, the Bellevue Club and our excellent instructors have a lot 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 members.bellevueclub.com.



SUMMER ONE-WEEK CAMP DATES

- WEEK 1: JUNE 22-26
- WEEK 2: JUNE 29-JULY 3
- WEEK 3: JULY 6-10
- WEEK 4: JULY 13-17
- WEEK 5: JULY 20-24
- WEEK 6: JULY 27-31
- WEEK 7: AUG. 3-7
- WEEK 8: AUG. 10-14
- WEEK 9: AUG. 17-21
- WEEK 10: AUG. 24-28
- WEEK 11: AUG. 31-SEPT. 4

SESSION CLASSES

- SESSION 1: JUNE 22-JULY 25*
(5 WEEKS)
- SESSION 2: JULY 27-AUG. 28
(5 WEEKS)

*No session classes Saturday, 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 & WATER RUNNER

Third Saturday of each month, 6-8 p.m.
Race across the surface of the water! Swim tests required. Complimentary.

ON-GOING PROGRAMS

● KARATE CLUB (AGES 5+)

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 per week is \$85 a month and \$110 a month for two classes per week.

● PRIVATE KARATE LESSONS

\$100/hour, up to two hours

● JUNIOR SQUASH TRAINING

M, 6:30-7:30 p.m., Squash Courts

W, 5-6 p.m., Squash Courts

Open to all levels.

\$30/session

● PRIVATE SQUASH LESSONS

Single player: 30 mins/\$50; two or more players: 60 mins/\$60 per player.

● PRIVATE VOLLEYBALL LESSONS

Sessions focus on fundamentals, drills and real game situations, challenging players to push themselves. 90 mins/\$130; \$20/additional players up to six.

● PRIVATE BALLET LESSONS

For children and adults, Bellevue Club's ballet instructors will design a lesson just for you. 60 min/\$65 for up to two participants; \$15/additional participants up to four.

SUMMER 2020 PLANNING GUIDE

JUNE 22-26	JUNE 29-JULY 3	JULY 6-10	JULY 13-17	JULY 20-24	JULY 27-31	AUG. 3-7	AUG. 10-14	AUG. 17-21	AUG. 24-28	AUG. 31-SEPT. 4
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AGES	CAMP	TIME	PAGE #	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.	004	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3 & up	● After Camp Care	4 - 6 p.m.	004	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3 - 4	● Teenie Tennis*	11 -11:45 a.m.	004	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3 - 6	● Kids' Camp	9:30 a.m. - Noon	004	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3 - 6	● Preschool Science	12 - 2 p.m.	007	✓										✓
3 - 6	● World Travelers Camp	12 - 2 p.m.	007		✓							✓		
3 - 6	● Preschool Art	12 - 2 p.m.	007			✓							✓	
3 - 6	● Animal Adventures Camp	12 - 2 p.m.	007				✓				✓			
3 - 6	● Little Sports Camp	12 - 2 p.m.	007					✓		✓				
3 - 6	● Royal Imagination	12 - 2 p.m.	007					✓		✓				
3 - 6	● Little Engingeers Camp	12 - 2 p.m.	007						✓					
3 - 6	● Preschool Swim Camp	12 - 2 p.m.	007		✓	✓	✓	✓	✓	✓				
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 - 12	● Lego Builders Camp	2 - 4 p.m.	005			✓				✓				
5 - 12	● Beginning Cheer Camp	2 - 4 p.m.	005				✓							
5 - 12	● Advanced Cheer Camp	2 - 4 p.m.	005							✓				
5 - 8	● Basketball Camp	9:30 a.m. - 2 p.m.	004						✓					
5 - 10	● Soccer Camp	9:30 a.m. - 2 p.m.	004					✓					✓	
5 - 10	● Junior Tennis Camp*	11:45 a.m. - 2 p.m.	004	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
6 - 11	● Spy Academy Camp	2 - 4 p.m.	005									✓		
6 - 11	● Ancient Mysteries Camp	2 - 4 p.m.	005				✓							
6 - 12	● Afternoon Basketball Camp	2 - 4 p.m.	004	✓		✓		✓		✓				
6 - 12	● Photography Camp	2 - 4 p.m.	005		✓			✓					✓	
6 - 12	● Fantastic Forces Camp	2 - 4 p.m.	005						✓					
5 - 10	● Craftsman Workshop Camp	2 - 4 p.m.	005								✓			
6 - 12	● Karate Camp	2 - 4 p.m.	005	✓									✓	
6 - 12	● Yoga Camp	2 - 4 p.m.	005			✓								
6 - 17	● Squash Camp	9:30 - 11:45 a.m.	004	✓			✓							
7 - 12	● Fused Art Camp	2 - 4 p.m.	005								✓			✓
5 - 10	● Swim Camp	9:30 a.m. - 2 p.m.	004				✓					✓		
7 - 10	● Swim Camp	9:30 a.m. - 2 p.m.	004	✓	✓	✓	✓	✓	✓	✓	✓	✓		
5 - 12	● Afternoon Swim Camp	2 - 4 p.m.	004		✓	✓	✓	✓	✓	✓				
7 - 12	● Fin Fun Mermaid University	2 - 4 p.m.	004		✓	✓	✓	✓	✓					
8 - 10	● Girls Basketball Camp	2 - 4 p.m.	004										✓	
8 - 12	● Basketball Camp	9:30 a.m. - 2 p.m.	004				✓					✓		
8 - 13	● Hip Hop Camp	2 - 4 p.m.	005						✓					
8 - 13	● Tween Yoga Camp	2 - 4 p.m.	005					✓						
8 - 14	● Elite Basketball Skills Camp*	2 - 4 p.m.	004								✓			
8 - 14	● Basketball Conditioning Camp*	2 - 4 p.m.	004		✓									
9 - 14	● Advanced Lego Builders Camp	9:30 - 11:30 a.m.	005			✓				✓				
11 - 14	● Girls Basketball Camp*	4 - 6 p.m.	004										✓	
11 - 17	● Rookie & JV Tennis Boot Camp*	11:45 a.m. - 2 p.m.	004	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
11 - 17	● Elite/Varsity Tennis Camp*	11:45 a.m. - 2 p.m.	004	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
11 and up	● Junior Instructors	9:30 a.m. - 2 p.m.	005	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
12 - 14	● Volleyball Camp*	5 - 7 p.m.	004				✓	✓						
15 - 18	● Volleyball Camp*	7 - 9 p.m.	004				✓	✓						

*Monday-Thursday camp only.

SESSION CLASSES				
AGES	CAMP/ CLASS	TIME	PAGE #	SESSION OPTIONS
6 mos - 3 yrs	● Parent & Child Aquatics	Sa, 10 - 10:30 a.m.	006	Ses. 1: June 10 - 30; Ses. 2: July 27 - August 28
3 - 5	● Pre-Ballet/Creative Dance	Tu, 4:15 - 5 p.m.	007	Ses. 1: June 10 - 30; Ses. 2: July 27 - August 28
3 - 12	● Group Swim Lessons	varies	006	Ses. 1: June 10 - 30; Ses. 2: July 27 - August 28
5 1/2 - 8	● Ballet 1 & 2	Tu, 5 - 6 p.m.	007	Ses. 1: June 10 - 30; Ses. 2: July 27 - August 28
6 and up	● Bronze: Intro to Basketball	Th, 4 - 4:45 p.m., & Sa, 9:30 - 10:15 a.m.	008	Ses. 1: June 10 - 30; Ses. 2: July 27 - August 28
6 and up	● Silver: Building Fundamentals	Tu, 4 - 4:45 p.m., & Sa, 10:30 - 11:15 a.m.	008	Ses. 1: June 10 - 30; Ses. 2: July 27 - August 28
6 and up	● Gold: Fundamentals Refinement	Tu, 4:45 - 5 p.m.	008	Ses. 1: June 10 - 30; Ses. 2: July 27 - August 28

SPORTS CAMPS

● ALL-SPORTS CAMP

Ages 5-10, M-F, 9:30 a.m.-2 p.m., basketball gym
Weeks 1, 2, 3, 7, 8, 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! \$225/member

● AFTERNOON ALL-SPORTS CAMP

Ages 5-10, M-F, 2-4 p.m., basketball gym
Weeks 2, 4, 6, 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! \$155/member

● SOCCER CAMP

Ages 5-10, M-F, 9:30 a.m.-2 p.m., basketball gym
Weeks 5, 10
Arena Sports Skills Institute's coaching staff provides a foundational approach to youth soccer training in a fun, safe environment. Camp participants will work on footwork, ball handling and juggling in a controlled indoor environment. Dress for soccer and bring a ball, nut-free lunch, and water bottle. \$225/member

● VOLLEYBALL CAMP

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

● **new!** SQUASH CAMP

Ages 6-17, M-F, 9:30 - 11:45 a.m., squash court 1
Weeks 1, 4
Join Coach Latasha Khan to work on stoke technique, footwork, and agility while learning new drills and game strategy. Great for the regular player but also beneficial for those new to the game. All levels welcome. \$175/member

BASKETBALL CAMPS

● BCYBA BASKETBALL CAMP

M-F, 9:30 a.m.-2 p.m., basketball gym
Ages 5-8: Week 6
Ages 8-12: Weeks 4, 9
BCYBA trainers will lead skill-based drills and games as participants increase their knowledge and enjoyment of the game. Dress for basketball. Bring a nut-free lunch, sunscreen and water bottle. \$225/member

● BCYBA AFTERNOON BASKETBALL CAMP

Ages 6-12, M-F, 2-4 p.m., basketball gym
Weeks 1, 3, 5, 7
Enjoy a shortened version of our full-day basketball camp! Dress for basketball and bring a water bottle. \$175/member

● BCYBA GIRLS BASKETBALL CAMP

M-Th, basketball gym, Week 10
Ages 8-10: 2-4 p.m.
Ages 11-14: 4-6 p.m.
Join BCYBA coaches for a competitive, skill-driven camp that focuses on individual skill development and team play as girls build their confidence on the court. \$175/member

● BCYBA BASKETBALL CONDITIONING CAMP

Ages 8-14, M-Th, 2-4 p.m., basketball gym
Week 2
Join BCYBA coach Lawrence Wong for an intense camp focusing on strength, stamina and endurance. The camp focuses on sport-specific skills, drills and exercises to prepare players for movements they will perform on the court. This is the perfect way to supplement your training. \$175/member

● BCYBA ELITE BASKETBALL SKILLS CAMP

Ages 8-14, M-Th, 2-4 p.m., basketball gym,
Week 8
Join BCYBA trainer Antonio Chavers for a competitive, skill-driven camp that focuses on ball handling, accurate passing techniques, and defensive strategies. \$175/member

SWIM CAMPS

● SWIM CAMP

M-F, 9:30 a.m.-2 p.m.
Drop off & pick-up: Game Room
Ages 5-10, Weeks 4, 9
Ages 7-10, Weeks 1-9
We know your kids need to burn off some energy, why not do it in the pool! Swim camp includes two swimming sessions, each complete with group activities, swimming, water safety lessons and FUN! \$225/member

● AFTERNOON SWIM CAMP

Ages 5-12, M-F, 2-4 p.m.
Drop-off & pick-up: game room
Weeks 2, 3, 4, 5, 6, 7
Burn off that last little bit of energy with afternoon swim camp. Campers will become more comfortable in the water playing interactive group games and activities. \$125/member

● **new!** FIN FUN MERMAID UNIVERSITY

Ages 7-12, M-F, 2-4 p.m., class size 8
Weeks 2, 3, 4, 5, 6
Swimming is fun, but swimming in a mermaid tails is even better! Swimmers will learn how to safely move like a mermaid and other basic mermaid movements. Mermaids will get to play imaginative activities and receive a certificate of completion from Mermaid U! \$225/member

Participants must be able to:

- Back float for 30 seconds (for resting)
- Roll over from front to back and hold each for 30 seconds
- Swim 25 yards (one lap in the pool)

*Tails will be provided, but swimmers are welcome to bring their own.
*Goggles recommended.

TENNIS CAMPS

● TEENIE TENNIS

Ages 3-4, M-Th, 11-11:45 a.m.
Weeks 1-11
Junior tennis players will learn the fundamentals through drills and games. \$90/member

● JUNIOR TENNIS CAMP

Ages 5-10, M-Th, 11:45 a.m.-2 p.m.
Weeks 1-11
This camp covers fundamental stroke instruction, drills, footwork, match play and singles/doubles strategy. \$195/member

● ROOKIE AND JUNIOR VARSITY BOOT CAMP

Ages 11-17, or staff approval
M-Th, 11:45 a.m.-2 p.m., Weeks 1-11
This boot camp is for those striving to become competitive players in match play. Practice will focus on stroke production, drill and strategy. Players have an opportunity to play interclub matches on Fridays. \$195/member

● ELITE/VARSITY CAMP

Ages 11-17, or staff approval
M-Th, 11:45 a.m.-2 p.m., Weeks 1-11
Participants must be able to do the following: perform 20 hits 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, conditioning and footwork. Players will have an opportunity to play in interclub matches on Fridays. \$195/member

**Tennis participates in the JETL (Junior Eastside Tennis League) each summer. Juniors participating in either the Elite/Varsity or Rookie/Junior Varsity camps are eligible to play in league matches held on each Friday.*

SPECIALTY CAMPS

● CHEER CAMP

Ages 5-12, M-F, 2-4 p.m.,
Aerobics studio, Week 4

Back by popular demand! Join SeaGal Miss Errin in this exciting camp that allows participants to learn cheers and chants while dancing their hearts out. \$175/member

● **new!** ADVANCED CHEER CAMP

Ages 5-12, M-F, 2-4 p.m.,
Aerobics studio, Week 7

Join SeaGal Miss Errin to take your cheer skills to the next level in this new, advanced cheer camp. Cheer or dance experience is recommended. \$175/member

● HIP HOP CAMP

Ages 8-13, M-F, 2-4 p.m.,
Aerobics studio, Week 6

Join in on the fun dance party! Campers will learn the latest dance trends and have a blast! All dance levels are welcome. Join us for a performance at the end of camp. \$175/member

● KARATE CAMP

Ages 6-12, M-F, 2-4 p.m.,
Aerobics studio, Weeks 1, 10

Learn basic blocks, punches and kicks through individual and group instruction. Camp is a great introduction to our year-round Karate Club, taught by Sensei James Penor. \$175/member

● YOGA CAMP

Ages 6-12, M-F, 2-4 p.m.,
Yoga studio, Week 3

Yoga builds strength and flexibility, physically and internally. This camp will teach participants how to live with confidence and to care for their bodies through yoga, games, mindfulness techniques and more. \$175/member

● TWEEN YOGA CAMP

Ages 8-13, M-F, 2-4 p.m.,
Yoga studio, Week 5

This camp is designed for students to learn about yoga and mindfulness. Through poses, games, activities and guided meditations, students will learn about hatha yoga, vinyasa, restorative yoga and more. No yoga experience required. \$175/member

BEFORE & AFTER CAMP CARE

AGES 3+, 8-9:30 A.M., AND 4-6 P.M.
KIDS' CAMP ROOM

Provide us with your child's camp schedule, and we'll make sure they get to camp and are picked up on time!

BEFORE CARE: \$60/WEEK
AFTER CARE: \$80/WEEK

MAD SCIENCE CAMPS

● **new!** SPY ACADEMY CAMP

Ages 6-11, M-F, 2-4 p.m., kids' camp room
Week 9

Look out 007 – The Mad Science Spy Academy is in session! Sharpen your special operative skills as you uncover the secret world of espionage. Learn the art of listening and observation, sending secret messages and decoding clues. \$200/member

● **new!** ANCIENT MYSTERIES CAMP

Ages 6-11, M-F, 2-4 p.m., kids' camp room
Week 5

Join Mad Science as we unearth the past in this brand-new archaeology and paleontology camp. Dig into ancient artifacts left behind by people and animals from long ago. Learn how fossils were created and make your own replicas. Each day your budding archaeologist will take home a treasure. \$200/member

● **new!** FANTASTIC FORCES CAMP

Ages 6-11, M-F, 2-4 p.m., kids' camp room
Week 6

Discover the marvels of invisible forces as we use air pressure to blow up a marshmallow and then crush a can. Be awed by the wonders of physics as you race rubber band powered cars, build a rocket and make your very own vortex generator with the Mad Science Van de Graaff generator! \$200/member

LEGO CAMPS

● LEGO BUILDERS CAMP

Ages 5-12, M-F, 2-4 p.m.,
Kids' camp room, weeks 3, 7

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 room 2, weeks 3, 7

Join LEGO-certified professional and Bellevue Club favorite Dan Parker for this unique experience that offers an in-depth look into LEGO creations. 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

ONE-WEEK CAMP DATES

WEEK 1: JUNE 22-26

WEEK 2: JUNE 29-JULY 3

WEEK 3: JULY 6-10

WEEK 4: JULY 13-17

WEEK 5: JULY 20-24

WEEK 6: JULY 27-31

WEEK 7: AUG. 3-7

WEEK 8: AUG. 10-14

WEEK 9: AUG. 17-21

WEEK 10: AUG. 24-28

WEEK 11: AUG. 31-SEPT. 4

LET US PACK YOUR LUNCH

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

ART CAMPS

● FUSED GLASS ART CAMP

Ages 7-12, M-F, 2-4 p.m., kids' camp room
Weeks 8, 11

Young artists will create without boundaries in this brand new camp! Experienced instructors from the fused glass studio Molten Works will lead students as they each design a three-piece fused glass suncatcher. Students will explore laying colors and textures of glass as they create a one-of-a-kind work of art. \$225/member

● PHOTOGRAPHY CAMP

Ages 6-12, 2-4 p.m., kids' camp room
Weeks 2, 5, 10

Join the talented photographers from The Sprouting Image and explore the art of photography. Students will learn the ins and outs of how to control cameras and the light around them as they create expressive works of art. Using recycled art materials, light and digital cameras, students will leave this class with a broader understanding of themselves as creators and the world around them. \$200/member

● **new!** CRAFTSMAN WORKSHOP

Ages 5-10, 2-4 p.m., Youth Library
Week 8

Participants will develop practical woodworking skills with an emphasis on the safe use of hand tools. Kids will have unique opportunities to construct exciting projects while becoming independent thinkers. \$225/member

GROUP SWIM LESSONS

Our program follows the American Red Cross Learn-to-Swim curriculum, which teaches aquatic and water safety skills in a logical progression. The objectives are to teach people to be safe in, on and around the water and become efficient swimmers. Classes are 30 minutes each. \$75/member

● PRESCHOOL 1: INTRO TO WATER

Ages 3–5, class size 4

M, 5:30 p.m., Tu, 4 p.m.,

W, 5 p.m., Th, 4:30 p.m., Sa, 10 a.m.

P1 is designed to introduce young children to the water. Students practice floating, gliding and blowing bubbles with instructor support.

● PRESCHOOL 2: INTRO TO WATER SKILLS

Ages 3–5, class size 4

M, 4 p.m., Tu, 5:30 p.m.,

W, 4:30 p.m., Th, 4 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 with minimal support from the instructor.

● PRESCHOOL 3: FUNDAMENTAL SKILLS

Ages 3–5, class size 4

M, 4:30 p.m., Tu, 5:30 p.m.,

W, 5:30 p.m., Th, 5 p.m., Sa, 11 a.m.

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

● PRESCHOOL 4: STROKE DEVELOPMENT

Ages 3–5, class size 4

M, 5 p.m., Tu, 4:30 p.m.,

W, 4 p.m., Th, 5:30 p.m., Sa, 11:30 a.m.

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

● PRESCHOOL 5: STROKE DEVELOPMENT

Ages 4–5, class size 6

*Class time and availability determined by demand. Please inquire at the Aquatics Desk. Students work on stroke technique, coordination and toward swimming 20 yards with side breathing. Swimmers are also introduced to butterfly.

● YOUTH 1: INTRO TO WATER SKILLS

Ages 6–12, class size 4

M, 4 p.m., Tu, 4:30 p.m.,

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

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



● YOUTH 2: FUNDAMENTAL SKILLS

Ages 6–12, class size 4

M, 5 p.m., Tu, 4 p.m., W,

5:30 p.m., Th, 4:30 p.m., Sa, 10:30 a.m.

Students focus 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, 4:30 p.m., Tu, 5 p.m.,

W, 4 p.m., Th, 5 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, dolphin kick, dives and diving rules.

● YOUTH 4: STROKE IMPROVEMENT

Ages 6–12, class size 4

M, 5:30 p.m., Tu, 5 p.m., W,

4:30 p.m., Th, 4 p.m., Sa, 11:30 a.m.

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

PRE-COMPETITION

*These courses refine stroke skills and increase endurance. To enter the course, participants must have at least three sessions of Y4 or assessment of equivalent skills. *First-day assessments and changes in level made at instructor's discretion.*

● PRE-COMP 1: BEGINNER

Tu/Th, 4:15 – 4:45 p.m.

Swimmers refine all four competitive strokes as well as workout sets, intervals and lane swimming etiquette. \$140/member

● PRE-COMP 2: INTERMEDIATE

Tu/Th, 4:45–5:30 p.m.

Swimmers work on a higher level of endurance to prepare for BCST. They will incorporate drills into workouts to further improve performance. \$200/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 needs of the swimmer.

Summer Series: June 22–Aug. 30

Sign up: May 4 at 10 a.m.

Register with the Aquatics Coordinator, call 425.688.3223 or email aquatics@bellevueclub.com. Online registration is not available at this time.

Cost: 20 mins, \$25/member; 30 mins, \$39/member; 45 mins, \$54/member; 60 mins, \$75/member

PARENT & CHILD

June 22–Aug. 28, Sa, 10–10:30 a.m.

Parent & Child Aquatics 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 for a foundation for independent swimming, including water balance exercises, floatation devices, life jackets, and basic water posture.

Cost: \$120/session; \$17/class

Available class times based on participation. Verify availability at the Aquatics Desk. Assessments are required for any level beyond P1 or Y1 or if you are not currently enrolled in lessons.



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WEEK 6: JULY 27-31

WEEK 7: AUG. 3-7

WEEK 8: AUG. 10-14

WEEK 9: AUG. 17-21

WEEK 10: AUG. 24-28

WEEK 11: AUG. 31-SEPT. 4

SESSION DATES

SESSION 1: JUNE 22-JULY 25

(5 WEEKS)

SESSION 2: JULY 27-AUG. 28

(5 WEEKS)

REMINDER: ALL AFTERNOON CAMPS
START WITH LUNCH. PLEASE REMEMBER
TO PACK A NUT-FREE LUNCH.

PRESCHOOL CAMPS

● KIDS' CAMP

Ages 3-6, daily, 9:30 a.m.-12 p.m.,

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. Campers must be able to use the toilet and change in and out of their swimsuits independently. \$20/day

KIDS' CAMP EXPRESS (No Swimming)

9:30-11 a.m., \$15/day

● PRESCHOOL ART CAMP

Ages 3-6, M-F, 12-2 p.m.,

Kids' camp room, weeks 3, 10

Let your little ones explore their creative side while using paint, clay, crafts and more. Cost of materials is included in the cost. \$175/member

● ANIMAL ADVENTURES

Ages 3-6, M-F, 12-2 p.m., kids' camp room,

Weeks 4, 8

Get ready for a fun, in-depth look at the animals we all love. Camp will include getting to know animals through songs, games, crafts and hands-on experiences. \$175/member

● PRESCHOOL SWIM CAMP

Ages 3-6, M-F, 12-2 p.m.

Weeks 2, 3, 4, 5, 6, 7

Now offering swim camp for preschoolers! Join us for a fun-filled week of improving comfort in the water with group swim lessons, games and free swim entertainment. \$125/member

● PRESCHOOL SCIENCE CAMP

Ages 3-6, M-F, 12-2 p.m.,

Kids' camp room, weeks 1, 11

Pint-sized science for your preschoolers. Each day will focus on a different theme in this hands-on class. \$175/member

● LITTLE SPORTS CAMP

Ages 3-6, M-F, 12-2 p.m.,

Racquetball court 2, weeks 5, 7

Little ones will enjoy a variety of sports, building on physical skills and the ability to work with a team. \$175/member

● **new!** LITTLE ENGINEERS CAMP

Ages 3-6, M-F, 12-2 p.m.,

Kids' camp room, week 6

Join us as we encourage creativity and imagination while building bridges, skyscrapers and more! \$175/member

● WORLD TRAVELERS CAMP

Ages 3-6, M-F, 12-2 p.m.,

Kids' camp room, weeks 2, 9

Get to know the world through a hands-on experience of language exploration, song, art and games. \$175/member

● ROYAL IMAGINATION

Ages 3-6, M-F, 12-2 p.m.,

Kids' camp room, weeks 5, 7

Preschoolers are joined by the professionals from Seattle's Princesses as they expand their imagination while exploring far away kingdoms. Campers enjoy fairytales through songs, pretend play, stories, hands-on activities and character meet and greets. \$175/member

SESSION CLASSES

● PRE-BALLET/ CREATIVE DANCE

Ages 3-5, Tu, 4:15-5 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 encouraged. \$110/member

● BALLET LEVEL 1 & 2

Ages 5-8, Tu, 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. \$110/member



BELLEVUE CLUB BIRTHDAY & TEAM PARTIES

Party at the Bellevue Club!
Visit members.bellevueclub.com
to learn more and fill out a
request form.

CHILD CARE

AGES 3 AND UNDER: \$12/HOUR

AGES 3-6: \$11/HOUR

3-hour maximum

Please call 425.637.4613 to make
a reservation.

YOUTH SPORTS

BELLEVUE CLUB YOUTH BASKETBALL

The Bellevue Club's Youth Basketball Academy (BCYBA) develops each player as an individual and teammate, placing a high value on skill and character development. Our youth basketball class curriculum follows a natural skill progression, allowing players to reach their full potential.

● **BRONZE: INTRO TO BASKETBALL**

Th, 4-4:45 p.m., Sa, 9:30-10:15 a.m.,
Basketball gym, ages 6+

Designed to train players on the fundamentals of basketball, introducing basic skills such as dribbling, passing and shooting. Sessions 1 & 2; \$110/member

● **SILVER: BUILDING FUNDAMENTALS**

T, 4-4:45 p.m., Sa, 10:30 - 11:15 a.m.,
Basketball gym, ages 6+

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. Silver players must pass the bronze skills assessment prior to registration. Sessions 1 & 2; \$110/member

● **GOLD: FUNDAMENTALS REFINEMENT**

Tu, 4:45-5:45 p.m., basketball gym
Ages 6+

Each class highlights a different essential aspect of the game, focusing on skill development and increasing players' confidence through proper repetition. Gold players must pass the silver skills assessment prior to registration. Sessions 1 & 2; \$110/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 hoops and more!

INDIVIDUAL TRAINING

50-minute lesson: \$60/member
25-minute lesson: \$30/member

GROUP TRAINING

50-minute lesson for two players: \$78
\$19/additional player up to 4 participants.
Charges are split evenly between players.

TEAM TRAINING

Available for teams between four to 10 players. Fees are charged to a single sponsoring member. Guests are allowed under a sponsoring member's account. 50-minute session: \$190/team



BELLEVUE CLUB SWIM TEAM

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

POLICIES

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: 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.

