

BELLEVUE CLUB

# youth

ACTIVITIES

2018/2019



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](http://bellevueclub.com/youth).

## ONGOING PROGRAMS

### ● TODDLER OPEN PLAY

**0-5 years, Basketball Gym**  
**M, Sept. 10-June 3\*, 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 or Memorial Day.*

### ● KARATE CLUB

For ages 5 and older. The cost for one class/week is \$85 a month and \$110 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**

### ● PRIVATE VOLLEYBALL LESSONS

Sessions will focus on fundamentals, drills and real game situations, challenging player to push themselves to the next level. 90 minutes/\$130; \$20/additional players up to six.

### ● SQUASH

**PRIVATE LESSONS WITH LATASHA KHAN**  
Single player: 30 min/\$50; two or more players: 60 min/\$60 per player.

### JUNIOR SQUASH TEAM

**Ages 6-18, all playing levels are welcome**  
Join our junior Squash Team and compete in the Lake Washington Tri Cup against fellow youth teams from the Pro Club and Seattle Tennis Club. \$50/per participant.

### JUNIOR SQUASH TRAINING

**M, 6:30-7:30 p.m., Squash Courts**  
**W, 5-6 p.m., Squash Courts**  
Open to all looking to take their game to the next level. \$30/session

### ● PRIVATE BALLET LESSONS

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

## 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 10/26 due to the Halloween Carnival.*

### ● INFLATABLE OBSTACLE COURSE

**Saturdays, 6-7:30 p.m.**  
Challenge your skills and race across the surface of the water! Swim tests required. Complimentary.

### ● WATER RUNNER

**Sundays, 5-6:30 p.m.**  
Like a slip 'n' slide on the water! Complimentary.

### ● FLOAT-IN MOVIE NIGHT

**Sept. 21, Oct. 19, Nov. 23, 7-9 p.m.**  
Complimentary for members.

### ● KIDS' TAKE OVER

**January 11, March 15, May 17 6-9 p.m.**  
**Ages 4-10, 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. \$40/member

### ● BUBBLE UP - FAMILY SHOW

**F, Sept. 14, 6 p.m.**  
Bring the whole family and get ready to laugh with the Bubble UP clowns! \$20/member

### ● FAMILY PUMPKIN CARVING

**Tu, 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! \$40/adult/child pair; \$15/additional pumpkin. *\*Please indicate how many seats you'll need when registering.*

### ● HALLOWEEN CARNIVAL

**F, Oct. 26, 5:30-8 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: MAD SCIENCE NIGHT

**F, Nov. 9, 6-8 p.m., Ballroom**  
Fathers and sons will be amazed as they watch the Mad Scientist defy gravity in show full of pops, booms & surprises. After the show, sons will enjoy hand on science experiments. \$60/ father-son pair. \$30/additional participant

Join us for dinner! Reservations in our restaurants are recommended on nights of family events.

**POLARIS** 425.637.4608 **SPLASH** 425.688.3345

● **GINGERBREAD HOUSE DECORATING PARTY**

**M, Dec. 3, 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.) \$55/gingerbread house. \*Please indicate how many seats you'll need when registering.

● **BRUNCH WITH SANTA**

**Sa, Dec. 15 and Su, Dec. 16, 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. \$60/adult, \$30/child, 2 and under free. \*Reservations can be made by calling 425-688-3382 beginning Oct. 1.

● **BUILD-A-BOAT**

**F, Dec. 21, 6-9 p.m., Ages 7-13**

Come build your own boat and race it under the northern lights. Sign up with your friends for a friendly competition of handmade boat races in the recreation pool! Each team will consist of two team members who will build their own boats and 7 heats will determine the ultimate boat building masters! \*Supplies will be provided. Time to build your boat will be capped so please plan on arriving on time. \*\*Participants must register in pairs and one adult must be present. \$17/member

● **MOTHER-SON: ADVENTURE ZONE**

**F, Jan. 18, 6-8 p.m., Ballroom**

Meet in the ballroom for snacks and games then head to the Gym for a real adventure with human foosball, archery, mini-golf and much more! \$60/mother-son pair. \$30/additional participant

● **MOTHER-DAUGHTER GAL-ENTINES DAY BASH**

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

Calling all ladies - this night is for you. Enjoy treats, drinks, crafts and some extra special surprises during a night like no other. \$60/mother-daughter pair. \$30/additional participant

● **FATHER-DAUGHTER DISCO PROM**

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

Get ready to boogie during our most popular event of the year! Our DJ will be playing the latest hits while fathers and daughters enjoy desserts, crafts and a night on the dance floor. \$60/father-daughter pair. \$30/additional participant

● **UNDERWATER EASTER EGG-STRAVAGANZA**

**Sa, April 20**

**Session 1 Hunt: 12:15-12:45 p.m.**

**Session 2 Hunt: 1pm-1:30 p.m.**

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

*new!*

**TODDLER TIME EVENTS**

Join us for a new event series that will ignite laughter, exploration and creativity in our youngest members. Space is limited - early registration is recommended. \$12/child; babes in arms are free.

● **REPTILE MAN**

**Sept. 21, 10 a.m., Kids' Camp Room**

A hands-on experience with reptiles from all over the world!

● **BUBBLE MAN**

**Oct. 12, 10 a.m., Basketball Gym**

Seattle's famous Bubble Man will delight us all with bubble after bubble!

● **PRINCESS STORY TIME**

**Nov. 16, 10 a.m., Kids' Camp Room**

Stories, songs and photos with one of the most popular princess who is known for her love of the sea and voyaging.

● **IMAGINATIONBAND**

**Jan. 11, 10 a.m., Kids' Camp Room**

An interactive adventure featuring puppets, musical instruments, singing and dancing!

● **SEATTLE KIDS MAGICIAN, NATE JESTER**

**Feb. 15, 10 a.m., Kids' Camp Room**

Kids will laugh their way through Nate's magic show while the adults are left wondering, "how did he do that?"

● **COUGAR MOUNTAIN ZOO- WORLD OF MACAWS**

**Mar. 29, 10 a.m., Kids' Camp Room**

Let's open our eyes and imagination to the world of macaws - time will be spent learning, exploring and meeting a special Macaw Parrot.

● **SUPERHERO STORY TIME**

**Apr. 19, 10 a.m., Kids' Camp Room**

Stories, photos and adventures with a very special superhero.

● **WOODLAND PARK ZOO - LITTLE CRITTERS**

**May 10, 10 a.m., Kids' Camp Room**

Get up close and personal with one of the Zoo's ambassador animals as we learn how they live.



PARTY @ BC!

**BC BIRTHDAY & TEAM PARTIES**

Visit [bellevueclub.com/recreation/birthdayparties.html](http://bellevueclub.com/recreation/birthdayparties.html) to learn more and fill out a request form.



# SESSION DATES

**SESSION 1**  
Sept. 10 - Oct. 28  
(7 weeks)

**SESSION 2**  
Oct. 29 - Dec. 23\*  
(7 weeks)

**SESSION 3**  
Jan. 7 - Feb. 17  
(6 weeks)

**SESSION 4**  
Feb. 25 - April 7  
(6 weeks)

**SESSION 5**  
April 15 - June 9\*\*  
(8 weeks)

\*No class week of Thanksgiving

\*\*No class May 27

## 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 & 2: \$140/member; Ses. 3 & 4: \$120/member; Ses. 5: \$160/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 & 2: \$154/member; Ses. 3 & 4: \$132/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 & 2: \$154/member; Ses. 3 & 4: \$132/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 & 2: \$140/member; Ses. 3 & 4: \$120/member; Ses. 5: \$160/member

### ● INTRO TO SPORTS

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

This fun, class will focus on a new sport each day. Kids will learn basic rules and skills while continuing to develop their ability to follow directions in a fun, sport oriented manner. Ses. 1 & 2: \$140/member; Ses. 3 & 4: \$120/member; Ses. 5: \$160/member

### ● ELEMENTARY YOGA

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

Each class offers a new experience while the children work together in storytelling, partner poses and yoga games and improve their flexibility, coordination and self-esteem. Ses. 1 & 2: \$140/member; Ses. 3 & 4: \$120/member; Ses. 5: \$160/member

## SCHOOL BREAK CAMPS

### ● ALL-SPORTS CAMP

Ages 5-12, 9:30 a.m.-2 p.m.,  
Basketball Gym

Veterans Day Break: Nov. 12  
Winter Break: Dec. 26-28, 31, Jan. 2-4  
MLK Jr. Day: Jan. 21  
Mid-Winter Break: Feb. 18-22  
Spring Break: April 8-12  
No school days: Oct. 12, Nov. 9, Jan. 28,  
March 15 & 18

Elementary age youth will enjoy a wide variety of sports through drills, skills and games. Please pack a swimsuit and NUT-FREE lunch each day. \$45/member per day

### ● KIDS' CAMP

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

Veterans Day Break: Nov. 12  
Winter Break: Dec. 26-28, 31, Jan. 2-4  
MLK Jr. Day: Jan. 21  
Mid-Winter Break: Feb. 18-22  
Spring Break: April 8-12  
No school days: Oct. 12, Nov. 9, Jan. 28,  
March 15 & 18

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. \$20/member per day

KIDS' CAMP EXPRESS (No swimming)  
9:30-11 a.m., \$15 per day

### ● AFTERNOON PRE-SCHOOL CAMP

Ages 3-6, noon-2 p.m., Kids' Camp Room  
Veterans Day Break: Nov. 12  
Winter Break: Dec. 26-28, 31, Jan. 2-4  
MLK Jr. Day: Jan. 21  
Mid-Winter Break: Feb. 18-22  
Spring Break: April 8-12

No school days: Oct. 12, Nov. 9, Jan. 28,  
March 15 & 18

Children enjoy themed arts and crafts, activities, story time and more! Please pack a NUT-FREE Lunch. \$25/member per day

### ● LEGO CAMP

Ages 5-12, 2-4 p.m., Kids' Camp Room  
Winter Break: Dec. 26-28  
Mid-Winter Break: Feb. 18-22

This is the perfect camp for any LEGOmaniac! Explore the four formats of LEGO building: miniature, mosaic, sculpture and mechanical, all in different daily themes. \$40/member per day

### ● SWIM CAMP

Ages 5-10, 9:30 a.m.-2 p.m.

Veterans Day Break: Nov. 12  
Winter Break: Dec. 26-28, 31, Jan. 2-4  
Mid-Winter Break: Feb. 18-22  
Spring Break: April 8-12

Swim camp includes two swimming sessions, each complete with group activities, swimming and water safety lessons and FUN! \$45/member per day

### ● CRAFT CAMP

Ages 5-12, 2-4 p.m., Kids' Camp Room  
Mid-Winter Break: Feb. 18-22

Spring Break: April 8-12

No school days: Oct. 12, Jan. 28, March 18

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

### ● BASKETBALL CAMP

Ages 5-12, 2-4 p.m., Basketball Gym  
Veterans Day Break: Nov. 12

Winter Break: Dec. 26-28, 31, Jan. 2-4

MLK Jr. Day: Jan. 21

No school days: Nov. 9, March 15 & 18

Participants will increase their basketball skill level and knowledge of the game. They'll focus on drills, skill building games and scrimmages. \$35/member per day

## 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 & 2: \$154/member; Ses. 3 & 4: \$132/member; Ses. 5: \$176/member

### ● SMASHERS (ORANGE BALL)

**Ages 6-8, M, 4-5 p.m., Tu, 4-5 p.m., W, 3:45-4:45 p.m., Th, 4-5 p.m.**

This class focuses on advanced stroke production, hand-eye coordination, camaraderie and competition. Ses. 1 & 2: \$154/member; Ses. 3 & 4: \$132/member; Ses. 5: \$176/member

### ● SLAMMERS (GREEN DOT BALL)

**Ages 9-10; M, 5-6 p.m., 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. Ses. 1 & 2: \$154/member; Ses. 3 & 4: \$132/member; Ses. 5: \$176/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. Ses. 1 & 2: \$192.50/member; Ses. 3 & 4: \$165/member; Ses. 5: \$220/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.**

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. Ses. 1 & 2: \$192.50/member; Ses. 3 & 4: \$165/member; Ses. 5: \$220/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. Ses. 1 & 2: \$192.50/member; Ses. 3 & 4: \$165/member; Ses. 5: \$220/member

### ● ELITE USTA

**Ages 11-17, Tu, 6-7:15 p.m., W, 4:45-6 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. Ses. 1 & 2: \$192.50/member; Ses. 3 & 4: \$165/member; Ses. 5: \$220/member

## TENNIS REGISTRATION DATES

SESSION 1: Th, Aug. 9 at 7 a.m.

SESSION 2: Th, Sept. 27 at 7 a.m.

SESSION 3: Th, Dec. 6 at 7 a.m.

SESSION 4: Th, Jan. 24 at 7 a.m.

SESSION 5: Th, March 14 at 7



# SESSION DATES

## SESSION 1

Sept. 10 - Oct. 28  
(7 weeks)

## SESSION 2

Oct. 29 - Dec. 23\*  
(7 weeks)

## SESSION 3

Jan. 7 - Feb. 17  
(6 weeks)

## SESSION 4

Feb. 25 - April 7  
(6 weeks)

## SESSION 5

April 15 - June 9\*\*  
(8 weeks)

\*No class week of Thanksgiving

\*\*No class May 27

## GROUP SWIM LESSONS

Following the American Red Cross Learn-to-Swim curriculum, we teach aquatic and water safety skills in a logical progression. Participants build on basic aquatic postures in order to learn various propulsive movements on the front, back and side. The program objectives are to teach people to be safe in, on and around the water and become efficient and successful swimmers. Class times may change depending on availability.

*Lessons beyond level 1 have prerequisites.*

All Preschool & Youth 1-4: 30 min. lessons

Sessions 1 & 2: \$84/member

Sessions 3 & 4: \$90/member

Sessions 5: \$120/member\*

### ● PRESCHOOL 1

INTRODUCTION TO WATER SKILLS

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 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, 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. Skills are performed with minimal support from the instructor.

### ● PRESCHOOL 3

ELEMENTARY WATER 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, 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., 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 and dolphin kick.

### ● PRESCHOOL 5

STROKE DEVELOPMENT

Ages 4-5 years, class size 6

*\*Class time and availability determined by demand. Please direct inquiries to the Aquatics desk.*

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

Th, 4:30 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, 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 and dolphin kick.

### ● 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 participants are working towards perfecting all 4 strokes (Freestyle, Backstroke, Breaststroke, and butterfly) practicing shorter distances and working on technique with the goal of being able to swim all 4 strokes for 25 yards.

## PRE-COMPETITION

**Offered M/W or Tu/Th, class size 18**

The focus of these courses is refining stroke skills and increasing endurance.

The participant has perfected all 4 strokes when entering the pre-competition courses. The participant can swim all 4 strokes a minimum of 25 yards. Side breathing without lifting their head up and breathing to the side. Working on building endurance in all 4 strokes.

*\*First day assessments will be made. Any changes in level is at instructor's discretion.*

### ● PRE-COMP 1: BEGINNER

4:15-4:45 p.m.

*Prerequisites: at least 3 sessions of Youth 4 or assessment of equivalent skills*

Swimmers will continue to refine all four competitive strokes as well as understand workout sets, intervals and lane swimming etiquette.

Sessions 1 & 2: \$196/member

Sessions 3 & 4: \$168/member

Sessions 5: \$224/member

### ● PRE-COMP 2: INTERMEDIATE

4:45-5:30 p.m.

*Prerequisites: at least 3 sessions of Youth 4 or assessment of equivalent skills*

Participants can swim 50-100 yards without stopping. Working on a higher level of endurance to prepare swimmers for BCST. Workouts will focus on drills to refine muscle memory and fine tune stroke coordination. Swimmers will learn to understand and incorporate drills into workouts to further improve performance.

Sessions 1 & 2: \$280/member

Sessions 3 & 4: \$240/member

Sessions 5: \$320/member

## ● SWIM FIT

**Saturdays 9-10 a.m.**

*Prerequisites: completed the Youth 4 swim level or qualified for Pre-Comp 1*

Swimmers will continue to refine all four competitive strokes as well as understand workout sets, intervals and lane swimming etiquette. This course will provide a solid hour-long swimming workout one day per week for those looking for increased endurance as well as extra preparation for competitive swim team.

**Sessions 3 & 4:** \$132/member

**Sessions 5:** \$176/member

**Drop-In:** \$25/member

## PARENT & CHILD

**Tu, or Sa, 10-10:30 a.m.**

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, floatation devices, lifejackets, and basic water posture.

**6 classes:** \$66

**12 classes:** \$110

**15 classes:** \$135

**Drop-in:** \$15/class

*\*There are no classes during session breaks*

## 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 the swimmer. The private lesson instructors are experienced with swimmers of all levels. We try to tailor the instructor to the skill level and goals of the child or children.

**SERIES 1: SEP. 10-JAN. 7**

Registration opens: Aug. 8 at 10 a.m.

**SERIES 2: JAN. 8-APRIL 15**

**SERIES 3: APRIL 16-JUNE 10**

*\*Participants who cancel 5 or more lessons will be cancelled for the series. Written notice must be given to those cancelling all ongoing lessons.*

**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 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. The 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, Recommended ages: 5-7**

Designed to train players on the fundamentals of basketball, introducing basic skills such as dribbling, passing and shooting. Ses. 1 & 2: \$140/member; Ses. 3 & 4: \$120/member; Ses. 5: \$160/member

### ● SILVER: BUILDING FUNDAMENTALS

**T, 4-4:45 p.m., Sa, 10:30 - 11:15 a.m., Basketball Gym, Recommended ages: 7-10**

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. Ses. 1 & 2: \$140/member; Ses. 3 & 4: \$120/member; Ses. 5: \$160/member

### ● GOLD: FUNDAMENTALS REFINEMENT

**Tu, 4:45-5:45 p.m., Basketball Gym Recommended ages: 10-13**

Each class will focus on 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. Ses. 1 & 2: \$154/member; Ses. 3 & 4: \$132/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. Using sport-specific skills 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! 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 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 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: \$190/team

### ● BASKETBALL CLINICS

**Ages 8-14, 4-6 p.m., Basketball Gym**  
BCYBA trainers offer skill specific clinics to those looking to take their game to the next level! \$50/member per day

**OFFENSIVE SKILLS:** Oct. 12

**SPEED & AGILITY:** Nov. 20-21

**PURE SHOOTING & OFFENSE:** Jan. 16

**DEFENSIVE & REBOUNDING:** Feb. 20-21

**BALL HANDLING & SHOOTING:** Apr. 10-11



## BE THE FIRST TO KNOW

Sign up for email alerts and receive all of the updated information delivered right to your inbox. Email [athleticservices@bellevueclub.com](mailto:athleticservices@bellevueclub.com) to sign up.





**CHILD CARE**  
 Monday-Friday 8 a.m.- 7:30 p.m.  
 Weekends, 8:45 a.m. – 1:30 p.m.  
 Ages 6 weeks-6 years  
 The Bellevue Club Child Care provides a safe, enjoyable and supervised environment for members' children. For Reservations and rates

**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 |

**EXPLORE WITH ME SESSION DATES**

SESSION 1 Sept. 10 - Nov. 18  
 SESSION 2 Jan. 7- March 24\*  
 SESSION 3 March 25 - June 9\*\*

*\*No Class Feb. 18-24 \*\*No Class May 27*

**Explore with Me Programs**

Bellevue Club Explore with Me programs allow children to discover the world around them through music, art, athletics. 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 2-4 years with caregiver  
 W, 10:30-11:15 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. \$220/member

**LIL' KICKERS**  
 Ages 18 months-3 years with caregiver  
 Tu, 9:30-10:10 a.m., Basketball Gym  
 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. \$190/member

**new! MUSIC TOGETHER FAMILY CLASS WITH MRS. CHRISI**  
 Ages 0-5 years with caregiver  
 M, 9:30-10:15 a.m.; Th, 10:30-11:15 a.m., Kids' Camp Room

This is the essential Music Together® class, one that a child can attend from birth to age five through all nine song collections. This class follows the recommendations of child development researchers-grouping children of a variety of ages because this fosters natural, family-style learning. Younger children enjoy watching and imitating older ones; older children learn by leading younger ones; and adults are happy because the children in the family can go to class together. Each child participates at his or her own level in singing, moving, chanting, listening, watching or exploring musical instruments. The whole family is welcome for this important family music experience. \$220/ member

**new! MUSIC TOGETHER RHYTHM KIDS**  
 Music Together® music, movement, and drumming program that helps children complete the pathway of early childhood music development from birth to age 8. Children will sing, dance, move, drum and play to songs and beats from around the world while they integrate and assimilate rhythm in new ways. \$220/member

**RHYTHM KIDS**  
 Ages 4-5 years old with caregiver  
 W, 3:30 - 4:30 p.m., Kids' Camp Room

**RHYTHM KIDS 2**  
 Ages 5-8 years  
 W, 4:30 - 5:30 p.m., Kids' Camp Room