



BELLEVUE CLUB  
**SWIMMING**

**THERE ARE MANY REASONS TO LEARN TO SWIM.** LEARNING TO SWIM DECREASES THE RISK OF DROWNING, HAS THERAPEUTIC AND WELLNESS VALUE, AND INTRODUCES INDIVIDUALS TO THE EXCITING WORLD OF COMPETITIVE SWIMMING.

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#### **PARENT-CHILD AQUATICS:**

##### **Ages 6 months to 3 years with caregiver**

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.

#### **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 tailor the instructor to the skill level and goals of the child or children. Private swim lessons are a great compliment to group lesson instruction.

#### **GROUP LESSONS**

##### **Preschool: Ages 3-5**

Preschool classes are designed for ages 3-5 year olds. We offer "introduction to water" up to "stroke development" courses. Whether your child is new to water or a natural fish, we have a small group class that will meet your child's needs. We promote basic water skills like floating, gliding and blowing bubbles. Kids will learn to move in a forward motion while coordinating their arms and legs with their breathing, allowing them to be efficient as they progress through the courses.

##### **Youth: Ages 6-12**

Youth lessons are offered for ages 6-12 years old. Not everyone learns to swim in their preschool years, so we offer youth courses to cater to older kids either just starting out or gearing up to move onto the next level.



#### **PRE-COMPETITION**

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.

##### **PRE-COMP 1: Beginner**

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

##### **PRE-COMP 2: Intermediate**

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.

*\* Level determined by swimmer's endurance, technique and age. Assessments are required.*

#### **BELLEVUE CLUB SWIM TEAM**

Ready to take it to the next level? Visit [bcst.com](http://bcst.com) for more information.



# MEET THE COACHES

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**ASHLEY EDMISON** has been teaching swim lessons for 10 years, including four at the Bellevue Club. She specializes in adaptive lessons and enjoys working with special needs children. Ashley develops a bond with each child to foster his or her unique strengths. She uses a variety of teaching methods and believes that a fun environment goes hand in hand with productive learning.

*CPR, First Aid and AED certified*

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**ALEX HAGER** grew up around the water from an early age. He has spent most of his adolescent and adult life working with children and young adults. He swam competitively for 6 years, coached athletics for 3, and he has 4 years of camp counseling and youth activities experience. His philosophy is to work hard and play hard, striving to build a fun and productive environment for his kids, where they look forward to learning and growing with every lesson.

*LG, CPR, First-Aid, and AED Certified*

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**ROGAN WHITE** has been teaching swim lessons for almost 5 years and has had the privilege of working with youth, as well as adult students. Rogan also has taught lessons abroad in Philippine communities jeopardized by typhoons. He enjoys working with the disabled and has been able to modify and implement successful teaching methods for students with autism. He believes that swimming is an essential skill and that learning and fun go hand in hand in a great lesson.



**KYLE GRINOLDS** has been a certified swim instructor for 12 years, teaching all ages from toddlers to adults. He has spent the last seven years at the Club specializing in stroke refinement and preparing kids for Blue Whales and BCST swim team. He enjoys forming relationships with clients and getting to know them better in order to aid their swimming abilities.

*CPR, First Aid and AED certified*

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**KAREN DUGAN** first fell in love with swimming and coaching in high school. Graduating from The University of Oregon, Karen did her internship here at the Club in 1980 and never left. She found her true calling teaching a variety of age groups from pre-competitive to Masters swimmers.



**THE BELLEVUE  
CLUB MASTERS  
SWIMMING  
PROGRAM**  
PROVIDES A  
SWIMMING  
EXPERIENCE  
THAT PROMOTES  
IMPORTANT LIFE  
SKILLS TO ALL  
OUR MEMBERS,  
REGARDLESS  
OF AGE OR  
ABILITY.

**MASTERS: 18 AND OVER**

This is a year-round program offering high quality professional coaching and technique instruction. Masters training groups are organized by ability level so that swimmers may develop skills at their own pace. The program is a USMS registered training group, which gives swimmers of all levels an opportunity to compete. Drop-in any time!

**MASTERS SCHEDULE**

- M-F 12-1 p.m.
- Tu, Th, F: 5:45-7 a.m.
- Sa: 7-8:30 a.m.

**FREQUENTLY ASKED QUESTIONS**

**THE TERM “MASTERS” IS INTIMIDATING...**

The term “Masters” is not a descriptor of your swimming ability. It simply refers to ages 18 and older.

**DO I HAVE TO COMPETE?**

No.

**I’M NOT A GOOD OR A FAST SWIMMER, IS THE MASTERS PROGRAM RIGHT FOR ME?**

We hear this all the time; we have participants of all levels in the Masters Program. Don’t let your perceived ability, or lack thereof, keep you from participating.



**COST**

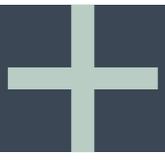
You can drop by a single practice for \$12/member or register for Masters + GPX monthly membership which gives you access to all Masters and GPX fitness classes. *Note: Requires signed Masters Swimming agreement*

**SINGLE:** \$56.30/month

**FAMILY:** \$74.50/month

Please contact the Athletic Services Desk to register.





# POOL RULES



# WE WANT YOU TO HAVE A GREAT EXPERIENCE EACH TIME YOU VISIT THE BELLEVUE CLUB POOLS! TO MAKE THIS POSSIBLE, PLEASE FOLLOW THESE RULES AND ALWAYS ASK THE LIFEGUARDS IF YOU HAVE QUESTIONS.

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## SWIM DIAPERS AND CONTAMINATIONS

Anyone requiring diapers must have a tight-fitting protective covering. If you don't have one for your child, they are available at the Aquatics Desk. However, they are not a substitute for frequent bathroom breaks.

In the event of a contamination from a leaky or inappropriate diaper, the pool will close for anywhere between 30 minutes to 24 hours, which creates an inconvenience to all members.

Diapers must be changed in the Changing Rooms, located just outside the outdoor pool entrance, or in the locker rooms. Diaper changing is not allowed on the lounge chairs or indoor pool deck.



## LIFEJACKETS AND FLOTATION DEVICES

Use U.S. Coast Guard approved life jackets. Do not use air-filled or foam toys, such as water wings, noodles, or inner tubes in place of life jackets. These toys are not designed to keep swimmers safe.

## CHILD SUPERVISION

Drowning is the second leading cause of injury-related death for children ages 1 to 5 years old in the United States. Please adhere to the following safety precautions to help prevent drowning injuries and deaths.

- Never leave a small child alone or in the care of another child while in the pool or hot tub, even if the child has had formal swimming lessons.
- When a young child or inexperienced swimmer is in or around water, always be within arm's length.
- Adults who are supervising children in the pool should not be distracted by activities such as reading, texting or talking on the phone. You may think you'll hear splashing and screaming when a child is in trouble, but when a child drowns, it usually happens quickly and silently.
- Knowing how to swim doesn't make a child drown-proof. Never use flotation devices as a substitute for in-water, arm's length supervision.
- Supervision is important even when there are lifeguards at the pool. Lifeguards are another layer of safety precaution to prevent drowning.



For more information, please contact the Aquatics Department 425.688.3223 or email [aquatics@bellevueclub.com](mailto:aquatics@bellevueclub.com).

### SUNSCREEN APPLICATION

For the best protection, apply sunscreen generously 30 minutes before entering water.

### HOT TUBS AND OVERHEATING

The temperature of a hot tub essentially induces a fever in your body. Fifteen minutes is the longest anyone should submerge in a hot tub. Our timers are designed to shut the jets off after 15 minutes to remind you that you should get out and cool off. Children under the age of 6, people with known heart or circulatory conditions should use a hot tub with extreme caution.

### SWIM TESTS

**Why:** Lifeguards need to know each child can support themselves in water over their head.

**When:** To swim in the competition pool, includes using the inflatable obstacle course.

**Who:** Anyone ages 7 - 11

**When:** To swim in the recreation, competition or outdoor pool without an adult present in the pool area

**The Test:** Twenty-five yards continuous front crawl (freestyle), face in the water, no goggles, no hanging on the lane lines or wall, and no touching the ground.

### REQUIRED SHOWERS

Please take a shower immediately before getting in any pool or hot tub and get completely wet. This helps reduce the amount of chlorine in the pools and is better for your hair and skin.

### LAP SWIM ETIQUETTE

Swim on the right side of the lane, just like you drive a car. You'll reduce your risk of running into someone because they're swimming along the same straight line as you.

Our pools are designed to accommodate many swimmers. Circle swimming accommodates more than one person in a lane. Lap swimming is for members of all ages.

