

## SPECIALTY CLASSES

### PARENT & CHILD (P&C) AQUATICS

Mon., Wed. or Sat., 9:30 a.m., 30 minute lessons, \$32.25. Ages 6 mo.-3 yrs.

P&C Aquatics introduces basic aquatic skills to parents and children. Parents are taught to safely work with their children in the water, including how to appropriately support and hold their child in the water. Children are introduced to basic skills that lay a foundation to help them learn to swim independently. Evening group lesson cost and session dates

### PRIVATE SWIM LESSONS

Whether you're working on improving your times or just learning how to swim, private swim lessons are the fastest way to get you the individualized attention and instruction you need. Private lessons are available at various times throughout the week according to instructor availability. Please contact the Aquatics Desk to arrange your private lesson at 688.3223.

#### Private Lesson Cost

Single Participant	Additional Participants
30 Minutes/\$33	30 Minutes/\$10
60 Minutes/\$55	60 Minutes/\$12

## SWIM CAMPS

### WATER EXTRAVAGANZA SWIM CAMPS

Ages 6-12, 9:30 a.m.-2 p.m.

Cost: \$175/member per session

Each day includes at least two lessons, one for stroke and one for safety, a lunchtime activity, and games galore to tire your swimmer out! Participants must bring a sack lunch, swimsuit, and ready-to-please attitude.

Sessions:

- |                   |                |                  |
|-------------------|----------------|------------------|
| 1. June 21-25     | 5. July 19-22  | 9. August 16-20  |
| 2. June 28-July 2 | 6. July 26-30  | 10. August 23-27 |
| 3. July 5-9       | 7. August 2-6  |                  |
| 4. July 12-16     | 8. August 9-13 |                  |

### GUARDSTART: LIFEGUARD TOMORROW

Ages 7-14, 9:30 a.m.-2 p.m.,

Cost: \$185, including materials

This is an American Red Cross program for youth that provides a water safety foundation for everyday use and for future successful completion of the Red Cross Lifeguarding course. Participants must be currently enrolled in Y3 or above or able to swim 25 yards of continuous front crawl and tread water for one minute.

Sessions:

- |                   |               |                |
|-------------------|---------------|----------------|
| 1. June 21-July 8 | 2. July 12-29 | 3. August 2-19 |
|-------------------|---------------|----------------|

### RESERVATIONS

To register for Aquatics programs or lessons, call 688.3223 or visit <https://members.bellevueclub.com>.

### GROUP LESSONS

All summer sessions are open for registration and ends the second day of the session. Morning sessions are one week, evening and Saturday sessions are three weeks with one lesson per week. We offer group lessons throughout the week to fit almost any schedule. Most classes are 30 minutes long. Class times are subject to change depending on availability.

**Prerequisites for group lessons:** Successful completion of prior level or an assessment and placement by instructor prior to first day of class. No prerequisite for P1 or Y1.

### ASSESSMENTS

An assessment is required to enter any level beyond P1 or Y1, if you have not taken lessons in the last 6 months or are not currently enrolled. An instructor is available for an assessment Wednesdays before 10 a.m. or after 1 p.m. and weekends before 9:30 a.m. or after noon. Assessments run approximately 5-10 minutes. Students will be assessed on comfort, body position, buoyancy, and balance for each skill.

### CANCELLATIONS

24 hours notice is required to cancel a private lesson. Group lesson session cancellations must be made 7 days prior to the first day of the session. There are no make-up lessons. For sudden illness or unplanned schedule conflict, please call the Aquatics Director at 688.3127.

### BILLING

All billing will occur through member account. No other form of payment will be accepted. Please contact the Aquatics Director for any billing, credit or refund questions at 688.3127.

### GUESTS

Athletic members are welcome to register a guest to participate in one session per calendar year. All billing is through the member's account. Complete information on Kids' Activities Newsletter at [www.bellevueclub.com/summercamps](http://www.bellevueclub.com/summercamps).

For questions and more information contact:  
Aquatics Director 688.3127  
Aquatics Customer Service 688.3223



BELLEVUE CLUB

# SWIM LESSONS & CAMPS



## PRESCHOOL SCHEDULE (AGES 3-5)

### MORNING CLASSES

30-minute lesson, \$53.75 per session.

#### Monday-Friday

**P1:** 10 a.m., 10:30 a.m., Noon      **P3:** 11 a.m., Noon  
**P2:** 10 a.m., 11:30 a.m., 12:30 p.m.      **P4:** 10:30 a.m., 12:30 p.m.

### EVENING & SATURDAY CLASSES

30-minute lessons, \$32.25.

#### Monday or Wednesday

**P1:** 4 p.m., 5 p.m.      **P3:** 5 p.m.  
**P2:** 4:30 p.m.      **P4:** 4:30 p.m.

#### Tuesday or Thursday

**P1:** 4:30 p.m.      **P3:** 4:30 p.m.  
**P2:** 4 p.m., 5 p.m.      **P4:** 4 p.m.

#### Saturdays

**P1:** 9:30 a.m.      **P2:** 11 a.m.

## YOUTH 1-4 SCHEDULE (AGES 6-12)

### MORNING CLASSES

#### Monday-Friday

30-minute lessons, \$32.25 per session.

**Y1:** 11 a.m.      **Y3:** 10 a.m., 11 a.m., Noon  
**Y2:** 11:30 a.m., 12:30 p.m.      **Y4:** 10:30 a.m., 11:30 a.m.

### EVENING & SATURDAY CLASSES

30 minute lesson, \$32.25 per session.

#### Monday or Wednesday

**Y1:** 4 p.m.      **Y3:** 5 p.m.  
**Y2:** 4:30 p.m.      **Y4:** 4 p.m.

#### Tuesday or Thursday

**Y1:** 5 p.m.      **Y3:** 4 p.m.  
**Y2:** 5 p.m.      **Y4:** 4:30 p.m.

#### Saturdays

**Y1:** 10:30 a.m.      **Y3:** 9:30 a.m.  
**Y2:** 10 a.m.      **Y4:** 11 a.m.

## YOUTH 5-6 SCHEDULE (AGES 6-12)

### MORNING CLASSES

#### Monday-Friday

45-minute lessons, \$76.80 per session.

**Y5:** 11 a.m., 12:30 p.m.      **Y6 Fitness:** 11:45 a.m.  
**Y6 Endurance:** 10:15 a.m.

### EVENING & SATURDAY CLASSES

45-minute lessons, \$43 per session.

#### Monday or Wednesday

**Y5:** 4:45 p.m.      **Y6 Fitness:** 4 p.m.

#### Tuesday or Thursday (held in competition pool)

**Y5:** 4 p.m.      **Y6 Endurance:** 4:45 p.m.

#### Saturdays

**Y5:** 10:45 a.m.      **Y6 Endurance:** 10 a.m.

## CLASS LEVEL DESCRIPTIONS

### Preschool 1 (3-5 years, class size: 5)

P1 is designed to orient young children to the aquatic environment and help them gain basic water skills in each skill category. Floating, gliding, blowing bubbles and simple arm and leg motions are all introduced and practiced.

### Preschool 2 (3-5 years, class size: 5)

In P2, students build on the elementary skills learned in P1 and add independent forward motion to skills performed on their front and back. Children continue to explore arm and leg motions to learn self-supporting movement.

### Preschool 3 (3-5 years, class size: 5)

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

### Preschool 4: Stroke Development (3-5 years, class size: 5)

Successful completion of P3 or instructor pre-assessment required. Participants learn to coordinate front crawl & elementary backstroke, scissors and dolphin kicks and build on the fundamentals of treading water. Students also learn safe diving techniques.

### Youth 1: Introduction to Water Skills (3-5 years, class size: 5)

Y1 introduces students to basic water safety. Simple arm and leg motions, efficient floating and gliding positions and breath control are introduced and practiced.

### Youth 2: Fundamental Aquatic Skills (3-5 years, class size: 5)

Y2 is the foundation for future stroke development, focusing on changing directions and body position while swimming greater distances and for longer periods of time.

### Youth 3: Stroke Development (3-5 years, class size: 5)

Participants learn to coordinate front crawl and elementary backstroke, scissor and dolphin kicks and safe diving rules.

### Youth 4: Stroke Improvement (3-5 years, class size: 5)

Y4 participants improve endurance and confidence by swimming familiar strokes for greater distances. Participants also begin to learn coordinated back crawl, breaststroke, butterfly and basic wall turns.

### Youth 5: Stroke Refinement (6-12 years, class size: 8)

Y5 students are comfortable swimming all six strokes for 15 yards or greater. The objective of Y5 is to refine stroke, diving and turning techniques.

### Youth 6: Fitness Swimmer (6-12 years, class size: 8)

Y6 Fitness refines students' strokes to swim with more ease, efficiency, power and smoothness over greater distances. A pre-competitive program, Y6 introduces students to fitness swimming equipment and terminology.

### Youth 6: Endurance Swimmer (6-12 years, class size: 8)

Successful completion of Y5 or instructor pre-assessment required. Y6 Endurance Students learn improved efficiency and power over increasing distances and times. Students also learn circle swimming, pace clock use, exercise equipment, proper warm-up and stretching and competitive swim preparation.

## SESSION DATES & FEES

### MORNING SESSIONS

1 week/5 lessons

Sessions:

1. June 21-25	5. July 19-22	9. August 16-20
2. June 28-July 2	6. July 26-30	10. August 23-27
3. July 5-9	7. August 2-6	
4. July 12-16	8. August 9-13	

**P1-4 & Y1-4, Monday-Friday**      **\$53.75 per session**

*30-minute lessons*

**Y5-6, Monday-Friday**      **\$76.80 per session**

*45-minute lessons*

### EVENING & SATURDAY SESSIONS

3 week/3 lessons. Mon, Tues., Wed., Thurs., or Sat.

Sessions:

1. June 21-July 8	2. July 12-29	3. August 2-19
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**P1-4 & Y1-4**      **\$32.25 per session**

*30-minute lessons*

**Y5-6**      **\$43 per session**

*45-minute lessons*

## SWIM LESSON LEVEL CONVERSION CHART

PREVIOUS LEVEL TITLE	LEARN-TO-SWIM LEVEL
Water Babies	Parent & Child
Ducky, Froggy	Preschool 1 or Youth 1
Turtle	Preschool 2 or Youth 2
Dolphin	Preschool 3 or Youth 2
Little Swimmers	Preschool 4 or Youth 3
Octopus, Whale	Youth 4
Advanced Swimming	Youth 5
Pre-Competition	Youth 6F or Youth 6E

**HAVE YOU SIGNED UP FOR  
E-MAIL ALERTS YET?**

**Contact the Aquatics Department for  
instant updates to your inbox!**

Aquatics Director: 688.3127  
 Aquatics Customer Service: 688.3223