

GYM SCHEDULE NOTES

DROP-IN PICKLEBALL

Check out the Bellevue Club's Drop-In Pickleball schedule for recreation play! Pickleball is available FREE of charge! Any set-up or tear down of equipment is the responsibility of the participating members. Please honor all club policies; no outside coaching, leagues, or tournaments may be played during this time. Please honor all posted times and appropriate gym space for each sport. To schedule an equipment orientation, please contact the Recreation Director at 688-3102 or recreation@bellevueclub.com.

OPEN GYM

Open Gym is available first come first served for BASKETBALL during all unscheduled times. Bellevue Club basketball trainer's may use basketball hoops for private lessons.

PRIVATE LESSONS

Lessons are available with excellent Bellevue Club staff by contacting the Athletic Services Desk at 425.688.3177 or athleticervices@bellevueclub.com. Please note that only Bellevue Club employees may instruct, coach or personal train members.

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.

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.

GYM CLOSURE

Friday, Oct 26th, 1-9 p.m. for the Halloween Carnival

GYMNASIUM RULES

- Only athletic shoes are allowed on the gym floor.
- No food or drink (except water).
- Members under the age of 12 must be accompanied by an adult.
- Only soft balls, such as basketballs and volleyballs. No hard balls such as baseballs, lacrosse balls, etc.
- Emergency exit is to remain closed at all times.
- Must be seven years or older to be on the upper track.
- Put soiled towels in the towel bin.
- No shirts and skins games; please wear Club provided jerseys and drop them in the towel bin prior to exiting the gym.
- The mini-gym space on the far west side of the gym is reserved for children ages 7 and under and their caregivers.
- Contact Recreation staff for assistance raising and lowering equipment.
- Only Bellevue Club employee ay instruct, coach, or personal train members.

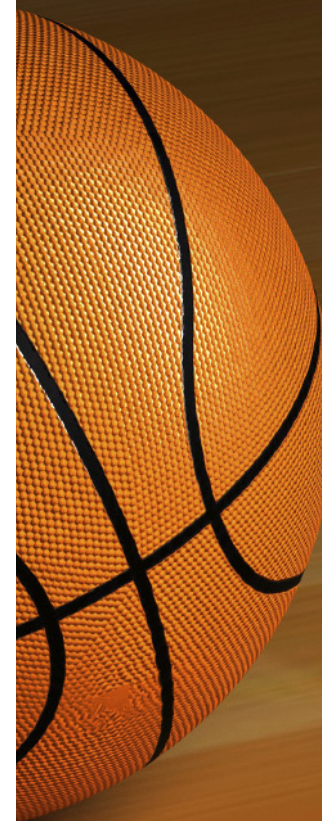


PRIVATE BASKETBALL LESSONS

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

BELLEVUE CLUB



GYM
SCHEDULE

	MONDAY - 5 AM-10:30 PM				TUESDAY - 5 AM-10:30 PM				WEDNESDAY - 5 AM-10:30 PM				THURSDAY - 5 AM-10:30 PM				FRIDAY - 5 AM-10:30 PM				SATURDAY - 6 AM-10:30 PM			
	Full Court		Youth Court	Mini-Gym	Full Court		Youth Court	Mini-Gym	Full Court		Youth Court	Mini-Gym	Full Court		Youth Court	Mini-Gym	Full Court		Youth Court	Mini-Gym	Full Court		Youth Court	Mini-Gym
	West Cross Court	East Cross Court			West Cross Court	East Cross Court			West Cross Court	East Cross Court			West Cross Court	East Cross Court			West Cross Court	East Cross Court			West Cross Court	East Cross Court		
5:00 AM																								
6:00 AM																								
7:00 AM																								
8:00 AM																						8:00-10:30 Adult Drop-in Basketball	9:30-10:15 BCYBA Bronze	
9:00 AM		9:00-11:30 Drop-in Pickleball			9:30-10:10 Lil' Kickers	9:00-11:30 Drop-in Pickleball			8:00-11:30 Drop-in Pickleball				8:00-11:30 Drop-in Pickleball				8:00-11:30 Drop-in Pickle ball			10:30-11:15 BCYBA	10:30-1:00 Drop-in Pickleball			
10:00 AM			9:30-12:00 Toddler Open Play																					
11:00 AM																							1:00-5:00 Birthday Parties	
12:00 PM																								
1:00 PM	11:30-2:30 Adult Drop-in Basketball				11:30-2:30 Adult Drop-in Basketball				11:30-2:30 Adult Drop-in Basketball				11:30-2:30 Adult Drop-in Basketball				11:30-2:30 Adult Drop-in Basketball				2:00-9:00 Private Volleyball			
2:00 PM																								
3:00 PM																								
4:00 PM																								
5:00 PM					4-4:45 BCYBA Silver				4-4:45 BCYBA Bronze				4-4:45 BCYBA Cond.									8-10:30 Drop-in Pickleball		
6:00 PM					4:45-5:45 BCYBA Gold																			
7:00 PM						6:00-8:00 Private Volleyball																		
8:00 PM																							1:00-5:00 Birthday Parties	
9:00 PM																								
10:00 PM																								

This schedule is subject to change at the discretion of the Recreation Director. For questions regarding the Gym Schedule, please call (425) 688-3102.

 Designated Drop-in Sports
 Registration Only
 Open Gym/ Private Lessons