

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 & COACHING

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.18 -May 21, 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 Camps.

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.

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 may instruct, coach, or personal train members.

TRACK INFORMATION

14 laps = 1 mile

- Move clockwise direction on even days & counter-clockwise on odd days.



PRIVATE BASKETBALL LESSONS

Ages 6 and older, Basketball Gym

Private lessons are the most effective way to improve your game. Lessons customized workouts utilizing multiple resources including the Shoot-A-Way, weights balls, adjustable hoop and more!
50-minute lesson: \$55/member;
25-minute Lesson: \$28/member



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