BELLEVUE CLUB

youth ACTIVITIES

2019 Summer Planning guide
From tennis, basketball and swim lessons to art classes and special holiday events, the Bellevue Club and our excellent instructors have a lot in store for your family this summer. 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. There are also helpful tips about cancellation and lunch policies.

The dates and times of each program are subject to change. For the most up-to-date offerings, please visit bellevueclub.com/youth.

SUMMER ONE-WEEK CAMP DATES

<table>
<thead>
<tr>
<th>WEEK</th>
<th>DATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>JUNE 24-28</td>
</tr>
<tr>
<td>2</td>
<td>JULY 1-5</td>
</tr>
<tr>
<td>3</td>
<td>JULY 8-12</td>
</tr>
<tr>
<td>4</td>
<td>JULY 15-19</td>
</tr>
<tr>
<td>5</td>
<td>JULY 22-26</td>
</tr>
<tr>
<td>6</td>
<td>JULY 29-AUG. 2</td>
</tr>
<tr>
<td>7</td>
<td>AUG. 5-9</td>
</tr>
<tr>
<td>8</td>
<td>AUG. 12-16</td>
</tr>
<tr>
<td>9</td>
<td>AUG. 19-23</td>
</tr>
<tr>
<td>10</td>
<td>AUG. 26-30</td>
</tr>
</tbody>
</table>

SESSION CLASSES

<table>
<thead>
<tr>
<th>SESSION</th>
<th>DATE</th>
<th>DURATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>JUNE 10-30</td>
<td>3 WEEKS</td>
</tr>
<tr>
<td>2</td>
<td>JULY 8-AUG. 4</td>
<td>4 WEEKS</td>
</tr>
<tr>
<td>3</td>
<td>AUG. 5-SEPT. 1</td>
<td>4 WEEKS</td>
</tr>
</tbody>
</table>

*No camps on July 4. Prices are adjusted to accommodate the shorter week
*No session classes the week of July 4.

FAMILY NIGHTS

Bring the entire family for an evening of fun! Enjoy Bellevue Club favorites and build new traditions with us as we come together for each month’s family-centered events.

- **FAMILY GYM NIGHT**
  - First and fourth Friday of each month
  - 5:30-8 p.m., Basketball Gym
  - Enjoy bouncy house fun and classic gym games. All children must be accompanied by one supervising adult. Complimentary.

- **INFLATABLE OBSTACLE COURSE & WATER RUNNER**
  - Third Saturday of each month, 6–8 p.m.
  - Race across the surface of the water! Swim tests required. Complimentary.

ON-GOING PROGRAMS

- **KARATE CLUB (AGES 5+)**
  - 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
  - The cost for one class/week is $85 a month and $110 a month for two classes/week.

- **PRIVATE KARATE LESSONS**
  - $100/hour for up to two participants

- **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 SQUASH LESSONS**
  - Single player: 30 min/$50; two or more players: 60 min/$60 per player.

- **PRIVATE VOLLEYBALL LESSONS**
  - Sessions focus on fundamentals, drills and real game situations, challenging players to push themselves to the next level. 90 minutes/$130; $20/additional players up to six.

- **PRIVATE BALLET LESSONS**
  - For children and adults, Bellevue Club’s ballet instructors will design a lesson just for you. 60 min/$65 for up to two participants. $15/additional participants up to four.
### Session Classes

<table>
<thead>
<tr>
<th>AGES</th>
<th>CAMP/CLASS</th>
<th>TIME</th>
<th>PAGE #</th>
<th>SESSION OPTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 mos - 3 yrs</td>
<td>Parent &amp; Child Aquatics</td>
<td>Sa, 10 - 10:30 a.m.</td>
<td>006</td>
<td>Ses. 1: June 10 - 30; Ses. 2: July 8 - Aug. 4; Ses. 3: Aug. 5 - Sept. 1</td>
</tr>
<tr>
<td>3 - 5</td>
<td>Pre-Ballet/Creative Dance</td>
<td>Tu, 4:15 - 5 p.m.</td>
<td>007</td>
<td>Ses. 1: June 10 - 30; Ses. 2: July 8 - Aug. 4; Ses. 3: Aug. 5 - Sept. 1</td>
</tr>
<tr>
<td>3 - 12</td>
<td>Group Swim Lessons</td>
<td>varies</td>
<td>006</td>
<td>Ses. 1: June 10 - 30; Ses. 2: July 8 - Aug. 4; Ses. 3: Aug. 5 - Sept. 1</td>
</tr>
<tr>
<td>5 1/2 - 8</td>
<td>Ballet 1 &amp; 2</td>
<td>Tu, 5 - 6 p.m.</td>
<td>007</td>
<td>Ses. 1: June 10 - 30; Ses. 2: July 8 - Aug. 4; Ses. 3: Aug. 5 - Sept. 1</td>
</tr>
<tr>
<td>6 and up</td>
<td>BCYBA Bronze</td>
<td>Th, 4 - 4:45 p.m., &amp; Sa, 9:30 - 10:15 a.m.</td>
<td>008</td>
<td>Ses. 1: June 10 - 30; Ses. 2: July 8 - Aug. 4; Ses. 3: Aug. 5 - Sept. 1</td>
</tr>
<tr>
<td>6 and up</td>
<td>BCYBA Silver</td>
<td>Tu, 4 - 4:45 p.m., &amp; Sa, 10:30 - 11:15 a.m.</td>
<td>008</td>
<td>Ses. 1: June 10 - 30; Ses. 2: July 8 - Aug. 4; Ses. 3: Aug. 5 - Sept. 1</td>
</tr>
<tr>
<td>6 and up</td>
<td>BCYBA Gold</td>
<td>Tu, 4:45 - 5 p.m.</td>
<td>008</td>
<td>Ses. 1: June 10 - 30; Ses. 2: July 8 - Aug. 4; Ses. 3: Aug. 5 - Sept. 1</td>
</tr>
<tr>
<td>8 and up</td>
<td>PADI Seal Team</td>
<td>2 - 4 p.m.</td>
<td>005</td>
<td></td>
</tr>
<tr>
<td>8 - 10</td>
<td>BCYBA Girls Basketball Camp</td>
<td>2 - 4 p.m.</td>
<td>004</td>
<td></td>
</tr>
<tr>
<td>8 - 12</td>
<td>BCYBA Basketball Camp*</td>
<td>9:30 a.m. - 2 p.m.</td>
<td>004</td>
<td></td>
</tr>
<tr>
<td>8 - 12</td>
<td>Radical Robots Mad Science Camp</td>
<td>9:30 a.m. - 2 p.m.</td>
<td>005</td>
<td></td>
</tr>
<tr>
<td>8 - 13</td>
<td>Hip Hop Camp</td>
<td>2 - 4 p.m.</td>
<td>005</td>
<td></td>
</tr>
<tr>
<td>8 - 14</td>
<td>BCYBA Elite Skills Camp</td>
<td>2 - 4 p.m.</td>
<td>004</td>
<td></td>
</tr>
<tr>
<td>8 - 14</td>
<td>BCYBA Basketball Conditioning Camp</td>
<td>2 - 4 p.m.</td>
<td>004</td>
<td></td>
</tr>
<tr>
<td>9 - 14</td>
<td>Advanced Lego Builders Camp</td>
<td>9:30 - 11:30 a.m.</td>
<td>005</td>
<td></td>
</tr>
<tr>
<td>11 - 14</td>
<td>BCYBA Girls Basketball Camp</td>
<td>4 - 6 p.m.</td>
<td>004</td>
<td></td>
</tr>
<tr>
<td>11 - 16</td>
<td>Tween Yoga Camp</td>
<td>2 - 4 p.m.</td>
<td>005</td>
<td></td>
</tr>
<tr>
<td>11 - 17</td>
<td>Rookie &amp; JV Tennis Boot Camp*</td>
<td>11:45 a.m. - 2 p.m.</td>
<td>004</td>
<td></td>
</tr>
<tr>
<td>11 - 17</td>
<td>Elite/Varsity Tennis Camp*</td>
<td>8:30 - 10:45 a.m.</td>
<td>004</td>
<td></td>
</tr>
<tr>
<td>11 and up</td>
<td>Junior Instructors*</td>
<td>9:30 a.m. - 2 p.m.</td>
<td>005</td>
<td></td>
</tr>
<tr>
<td>12 - 14</td>
<td>Volleyball Camp</td>
<td>5 - 7 p.m.</td>
<td>004</td>
<td></td>
</tr>
<tr>
<td>15 - 18</td>
<td>Volleyball Camp</td>
<td>7 - 9 p.m.</td>
<td>004</td>
<td></td>
</tr>
</tbody>
</table>

*No camps on July 4. Prices are adjusted to accommodate the shorter week.

**SUMMER PLANNING GUIDE 2019**

**TWO WAYS TO REGISTER:**

MEMBERS.BELLEVUECLUB.COM 425.688.3177

SUMMER 2019 | 003
SPORTS CAMPS

- **ALL-SPORTS CAMP**
  Ages 5-10, M-F, 9:30 a.m.-2 p.m., Basketball Gym
  Weeks 1, 3, 6, 8
  This classic Bellevue Club camp focuses on a different sport each day. Camps include skills, drills and scrimmages of each day's sport, a variety of games and swimming. Dress for sports. Bring a nut-free lunch, water bottle, sunscreen and a swimsuit! $225/member

- **AFTERNOON ALL-SPORTS CAMP**
  Ages 5-10, M-F, 2-4 p.m., Basketball Gym
  Weeks 2, 5
  This shortened version of our classic camp focuses on a different sport each day. Dress for sports. Bring a water bottle and sunscreen! $155/member

- **SOCCER CAMP**
  Ages 5-8, M-F, 9:30 a.m.-2 p.m., Basketball Gym
  Weeks 4, 10
  Arena Sports Skills Institute's coaching staff provides a foundational approach to youth soccer training in a fun, safe environment. Camp participants will work on footwork, ball handling, accurate passing techniques, and defensive strategies. $175/member

- **BCYBA AFTERNOON BASKETBALL CAMP**
  Ages 5-10, M-F, 2-4 p.m., Basketball Gym
  Weeks 3, 6, 10
  Enjoy a shortened version of our full-day basketball camp! Dress for basketball and bring a water bottle. $155/member

- **BCYBA GIRLS BASKETBALL CAMP**
  Ages 8-10, M-Th, Basketball Gym, Week 8
  Ages 8-10: 2-4 p.m.
  Ages 11-14: 4-6 p.m.
  Join BCYBA coaches for a competitive, skill-driven camp that focuses on individual skill development and team play as girls build their confidence on the court. $175/member

- **BCYBA BASKETBALL CONDITIONING CAMP**
  Ages 8-14, M-Th, 2-4 p.m., Basketball Gym
  Week 4
  Join BCYBA coach Lawrence Wong for an intense camp focusing on strength, stamina and endurance. The camp focuses on sport-specific skills, drills 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! $175/member

- **BCYBA ELITE SKILLS CAMP**
  Ages 8-14, M-Th, 2-4 p.m., Basketball Gym
  Week 1
  Join BCYBA trainer Antonio Chavers for a competitive, skill-driven camp that focuses on ball handling, accurate passing techniques, and defensive strategies. $175/member

- **VOLLEYBALL CAMP**
  Ages 5-12, M-F, 9:30 a.m.-2 p.m., Weeks 1-10
  dropping & pick-up: Game Room
  BCYBA trainers will lead skill-based drills and games as participants increase their knowledge and enjoyment of the game. Dress for volleyball. Bring a nut-free lunch, sunscreen and water bottle. $225/member

- **SWIM CAMP**
  Ages 7-10, M-F, 9:30 a.m.-2 p.m.
  Drop off & pick-up: Game Room
  Weeks 1-8
  We know your kids need to burn off some energy, so why not burn that energy in the pool! Swim camp includes two swimming sessions, each complete with group activities, swimming, water safety lessons and FUN! $225/member

- **SWIM CONDITIONING CAMP**
  Ages 5-12, M-F, 9:30 a.m.-2 p.m.
  Drop off & pick-up: Game Room
  Weeks 2, 3, 4, 5, 6, 7
  Burn off that last little bit of energy with an intense camp focusing on strength, stamina and endurance. The camp focuses on sport-specific skills, drills 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! $175/member

- **TENNIS CAMPS**

  - **TEENIE TENNIS**
    Ages 3-4, M-Th, 11-11:45 a.m.
    Weeks 1-10
    We are pleased to offer this popular program for junior tennis players. $90/member

  - **JUNIOR TENNIS CAMP**
    Ages 5-10, M-Th, 11:45 a.m.-2 p.m.
    Weeks 1-10
    This camp covers fundamental stroke instruction, drills, footwork, match play and singles/doubles strategy. $195/member

  - **ROOKIE AND JUNIOR VARSITY BOOT CAMP**
    Ages 11-17 or staff approval, M-Th, 11:45 a.m.-2 p.m., Weeks 1-10
    This boot camp is for those striving to become competitive players in match play. Practice will focus on stroke production, drill and strategy. Players have an opportunity to play interclub matches on Fridays. $195/member

  - **ELITE/VARSITY CAMP**
    Ages 11-17 or staff approval, M-Th, 8:30 a.m.-10:45 a.m., Weeks 1-10
    Participants must be able to do the following: 20 in a row with a partner, use both semi-western and continental grips and hit a flat and slice serve. Practice will focus on consistent hitting, court positioning, shot selection, conditioning and footwork. Players have an opportunity to play in interclub matches on Fridays. $195/member

*Tennis participates in the JETF (Junior Eastside Tennis League) each summer. Juniors participating in either the Elite/Varsity or Rookie/Junior Varsity camps are eligible to play in league matches held on each Friday.
SUMMER 2019
TWO WAYS TO REGISTER:

| FAMILY | MEMBERS.BELLEVUECLUB.COM | 425.688.3177 | SUMMER 2019 | 005 |

**Yoga Camp**
Ages 6-14, M-F, 2-4 p.m., Aerobics Studio, Week 1, 9
Learn basic blocks, punches and kicks through individual and group instruction. Camp is a great introduction to our year-round Karate Club, taught by Sensei James Penor. $175/member

**Hip Hop Camp**
Ages 8-13, M-F, 2-4 p.m., Aerobics Studio, Week 5
Get ready to join in on this fun dance party! Campers will learn the latest dance trends and have a blast! All dance levels are welcome. Join us for a performance at the end of camp on Friday. $175/member

**Karate Camp**
Ages 6-14, M-F, 2-4 p.m., Aerobics Studio, Weeks 1, 9
Learn basic blocks, punches and kicks through individual and group instruction. Camp is a great introduction to our year-round Karate Club, taught by Sensei James Penor. $175/member

**Teen Yoga Camp**
Ages 11-16, M-F, 2-4 p.m., Yoga Studio, Week 4
Twen Yoga is will join Bellevue Club’s experienced yoga instructors in a camp specifically designed for them. Camp will focus on techniques that allow tweens to discover greater strength, balance, coordinator, flexibility and comfort in their bodies. $175/member

**Junior Instructors**
Ages 11+, M-F, 9:30 a.m.-2 p.m.
Swim Camp: Weeks 1-8
All-Sports Camp: Weeks 1, 3, 6, 8
Basketball Camp: Weeks 5, 9
Work beside Bellevue Club instructors to gain hands-on experience along with valuable communication and leadership skills as a Junior instructor in one of our popular camps. $100/member

**Padi Seal Team**
Ages 8 & older, M-F, 2-4 p.m.
Weeks 1, 9
Beyond learning basic scuba skills, participants will tackle deep dives, as well as reef diving, underwater navigation and more. No prior scuba diving experience is required, but kids should be comfortable in the water. $275/member

**Before and After Camp Care**

**AGES 3+, 8-9:30 A.M., AND/OR 4-6 P.M.**
Is a 9:30 a.m. start time too late or a 4 p.m. end time too early for your schedule? Provide us with your child’s camp schedule for the week and we’ll make sure they get to camp and are picked up on time!

BEFORE CARE: $60/WEEK
AFTER CARE: $80/WEEK

**LEGO Camps**

**LEGO Builders Camp**
Ages 5-12, M-F, 2-4 p.m., Kids’ Camp Room, Weeks 4, 7
This is the perfect camp for your LEGOmaniac! Explore the four formats of LEGO building (miniature, mosaic, sculpture and mechanical) in different themes. While participants do not take camp creations home, they are encouraged to bring their own from home to display during sharing time. $175/member

**Advanced LEGO Builders Camp**
Ages 9-14, M-F, 9:30-11:30 a.m., Multipurpose 2, Weeks 4, 7
Join LEGO-certified professional, founder of Train Builders Lego Company, and Bellevue Club favorite Dan Parker for this unique experience that offers an in-depth look into LEGO creations. Participants will work in small groups alongside Dan as they explore advanced castle building, 3D modeling, engineering, as well as constructing landmarks and architectures based on real-life examples. $200/member

**Mad Science Camps**

**New! Crazy Checkworks**
Ages 6-12, 2-4 p.m., Kids’ Camp Room, Week 2
Junior chemists will create surprising concoctions and break molecules with ease as they shake up a flask full of fun. Lesson plans will have the participants exploring the tools, safety procedures and laboratory techniques of real chemists as they investigate solids, liquids and gasses at the atomic level. $160/member

**New! Radical Robots**
Ages 6-12, 2-4 p.m., Kids’ Camp Room, Week 5
Learn the science behind electricity, conductors and simple circuits while investigating how robots use line-tracking, sound and infrared sensors to function. Students will work each day on assembling their own robot, which they will take home at the end of camp. $230/member

**New! Super Science Sampler**
Ages 6-12, 2-4 p.m., Kids’ Camp Room, Week 10
Junior scientists will try it all through this hands-on camp that explores building like an engineer, creating like a chemist and much more! $200/member

**Art Camps**

**New! Fused Glass Art Camp**
Ages 6-12, 2-4 p.m., Kids’ Camp Room, Weeks 3, 8
Young artists will create without boundaries in this brand new camp! Experienced instructors from the fused glass studio Molten Works will lead students as they each design a three-piece fused glass suncatcher. Students will explore laying colors and textures of glass as they create a one-of-a-kind work of art. $200/member

**New! Photography Camp**
Ages 6-12, 2-4 p.m., Kids’ Camp Room, Weeks 6, 9
Join the talented photographers from The Sprouting Image and explore the art of photography. Students will learn the ins and outs of how to control cameras and the light around them as they create expressive works of art. Using recycled art materials, light and digital cameras, students will leave this class with a broader understanding of themselves as creators and the world around them $200/member

**Let Us Pack Your Lunch**
Is your child attending one of our amazing summer camps? Let us pack their lunch! Order online at bellevueclub.com/youth or pick up an order form at Luna.
PARENT & CHILD

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 needs of the swimmer.

Summer Series: June 10–Sept. 9 (subject to change due to instructor availability)

Sign up: June 6 at 10 a.m.

Register with the Aquatics Coordinator, 425.688.3223 or email aquatics@bellevueclub.com. Online registration is not available at this time.

Cost: 20-minute, $25/member; 30-min, $37/member; 45-min, $49/member; 60-min, $71/member

ONE-WEEK CAMP DATES

WEEK 1: JUNE 24-28
WEEK 2: JULY 1-5  *NO CAMP JULY 4
WEEK 3: JULY 8-12
WEEK 4: JULY 15-19
WEEK 5: JULY 22-26
WEEK 6: JULY 29-AUG. 2
WEEK 7: AUG. 5-9
WEEK 8: AUG. 12-16
WEEK 9: AUG. 19-23
WEEK 10: AUG. 26-30

SESSION CLASSES

SESSION 1: JUNE 10-30  (5 WEEKS)
SESSION 2: JULY 8-AUG. 4  (4 WEEKS)
SESSION 3: AUG. 5-SEPT. 1  (4 WEEKS)

PRIVATE SWIM LESSONS

Our program follows the American Red Cross Learn-to-Swim curriculum that teaches aquatic and water safety skills in a logical progression. The objectives of our program are to teach people to be safe in, on and around the water and become efficient swimmers. Classes 30-minutes each. 

Cost: One-week Camp: $75/member
Session 1: $45/member, Session 2 & 3: $60/member

- **PRESCHOOL 1: INTRO TO WATER**
  Ages 3–5, class size 4
  One-week Camp: M-F, 10 a.m., Weeks 2, 4, 5, 7
  Sessions Classes: 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 introduce young children to the water. Students practice floating, gliding and blowing bubbles with instructor support.

- **PRESCHOOL 2: INTRO TO WATER SKILLS**
  Ages 3–5, class size 4
  One-week Camp: M-F, 10:30 a.m., Weeks 2, 4, 5, 7
  Sessions Classes: 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 with minimal support from the instructor.

- **PRESCHOOL 3: FUNDAMENTAL SKILLS**
  Ages 3–5, class size 4
  Sessions Classes: 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 to perform skills for longer distances and times. All skills are performed independently.

- **PRESCHOOL 4: STROKE DEVELOPMENT**
  Ages 3–5, class size 4
  Sessions Classes: 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, dolphin kick, dives and safe diving rules.

- **PRESCHOOL 5: STROKE DEVELOPMENT**
  Ages 4–5, class size 6
  *Class time and availability determined by demand. Please inquire to the Aquatics Desk.
  Students work on stroke technique and coordination and toward swimming 20 yards with side breathing. Swimmers are also introduced to butterfly.

- **YOUTH 1: INTRO TO WATER SKILLS**
  Ages 6–12, class size 4
  Sessions Classes: 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. Focuses on teaching students to be independent and comfortable in the water.

- **YOUTH 2: FUNDAMENTAL SKILLS**
  Ages 6–12, class size 4
  One-week Camp: M-F, 10 a.m., Weeks 2, 4, 5, 7
  Sessions Classes: M, 5 p.m, Tu, 4 p.m, W, 5:30 p.m, Th, 4:30 p.m, Sa, 10:30 a.m.
  Students focus 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
  One-week Camp: M-F, 10:30 a.m., Weeks 2, 4, 5, 7
  Sessions Classes: 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, dolphin kick, dives and safe diving rules.

- **YOUTH 4: STROKE IMPROVEMENT**
  Ages 6–12, class size 4
  Sessions Classes: M, 5:30 p.m, Tu, 5 p.m, W, 4:30 p.m, Th, 4 p.m, Sa, 11:30 a.m.
  Y4 students improve endurance and confidence by swimming greater distances. Participants also begin to learn coordinated breaststroke and butterfly as well as basic turns at the wall.

PRE-COMPETITION

These courses refine stroke skills and increase endurance. To enter the course, participants must have at least 3 sessions of Y4 or assessment of equivalent skills. *First day assessments and changes in level made at instructor’s discretion.

- **PRE-COMP 1: BEGINNER**
  Tu/Th, 4:15 – 4:45 p.m.
  Swimmers refine all four competitive strokes as well as workout sets, intervals and lane swimming. Swimmers have the opportunity to work on starts, turns and dives. Participants refine all four competitive strokes and prepare for BCST. They will incorporate drills into workouts to further improve performance.

- **PRE-COMP 2: INTERMEDIATE**
  Tu/Th, 4:45-5:30 p.m.
  Swimmers work on a higher level of endurance to prepare for BCST. They will incorporate drills into workouts to further improve performance.

- **YOUTH: NEW SWIM FIT**
  Ages 7-14, Sa, 9-10 a.m.
  This course provides a workout for those looking to increase endurance as well as extra preparation for competitive swim team. Swimmers will also have the opportunity to work on starts, turns and dives in the competitive pool. Session 1: $120/member; Sessions 2 & 3: $160/member

Available class times based on participation. Verify availability at the Aquatics Desk. Assessments are required to enter any level beyond P1 or Y1 or if you are not currently enrolled in lessons. An adult is required to be in the water with any child under the age of 6.
PRESCHOOL CAMPS

- **KIDS’ CAMP**
  Ages 3-6, daily, 9:30 a.m.-noon, Kids’ Camp Room, Weeks 1-10
  Register for individual days of Kids’ Camp!
  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/day

- **KIDS’ CAMP EXPRESS (No Swimming)**
  9:30-11 a.m., $15/day

- **PRESCHOOL ART***
  Ages 3-6, M-F, 12-2 p.m., Kids’ Camp Room, Weeks 2, 9
  Let your little ones explore their creative side in this new art camp! Paint, clay, crafts and more will be explored. Cost of materials is included in the tuition. $175/member

- **ANIMAL EXPLORATION***
  Ages 3-6, M-F, 12-2 p.m., Kids’ Camp Room, Weeks 4, 7
  Get Ready for a fun in-depth look at the animals we all love. Camp will include getting to know animals through songs, games, crafts and hands-on animal experiences. $175/member

- **PRESCHOOL SWIM CAMP***
  Ages 3–6, M-F, 12-2 p.m.
  Weeks 2, 4, 5, 7
  Now offering swim camp for preschoolers! Join us for a fun-filled week of improving comfort in the water with group swim lessons, games and free swim entertainment. $125/member

- **EXPLORE WITH ME SCIENCE***
  Ages 3-6, M-F, 12-2 p.m.,
  Kids’ Camp Room, Weeks 5, 10
  Pint-sized science for your preschoolers. Each day will focus on a different theme in this hands-on class. $175/member

- **LITTLE OLYMPIANS***
  Ages 3-6, M-F, 12-2 p.m.,
  Racquetball Court 2, Weeks 3, 8
  Little Olympians will enjoy a variety of sports, building on physical skills and the ability to work with a team. $175/member

- **NEW! PASSPORT TO THE WORLD***
  Ages 3-6, M-F, 12-2 p.m.,
  Kids’ Camp Room, Weeks 1, 6
  Get to know the world through a hands-on experience of language exploration, songs, art and games. $175/member

- **NEW! ROYAL IMAGINATION***
  Ages 3-6, M-F, Noon-2p.m.,
  Kids’ Camp Room, Weeks 3, 8
  Preschoolers are joined by the professionals from Seattle’s Princesses as they expand their imagination while exploring far off kingdoms. Campers enjoy favorite fairytales through songs, pretend play, stories, hands-on activities and character meet and greets. $175/member

*

- **PRE-BALLET/ CREATIVE DANCE**
  Ages 3-5, Tu, 4:15-5 p.m.,
  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. Session 1: $66/member, Sessions 2 & 3: $88/member

- **BALLET LEVEL 1 & 2**
  Ages 5½-8, Tu, 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. Session 1: $80/member, Sessions 2 & 3: $105/member

---

**SESSION DATES**

**SESSION 1:** JUNE 10-30 (3 WEEKS)
**SESSION 2:** JULY 8-AUG. 4 (4 WEEKS)
**SESSION 3:** AUG. 5-SEPT. 1 (4 WEEKS)

---

**SESSION CLASSES**

- **PRE-BALLET/ CREATIVE DANCE**
  Ages 3-5, Tu, 4:15-5 p.m.,
  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. Session 1: $66/member, Sessions 2 & 3: $88/member

- **BALLET LEVEL 1 & 2**
  Ages 5½-8, Tu, 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. Session 1: $80/member, Sessions 2 & 3: $105/member

---

*Please pack a nut-free lunch.*
YOUTH SPORTS

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. Youth basketball class curriculum follows a natural skill progression, allowing players to reach their full potential.

BRONZE: INTRO 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.
Session 1: $66/member, Sessions 2 & 3: $88/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.
Session 1: $66/member, Sessions 2 & 3: $88/member

GOLD: FUNDAMENTALS REFINEMENT
Tu, 4:45-5:45 p.m., Basketball Gym, Recommended ages: 10-13
Each class highlights 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.
Session 1: $80 /member, Sessions 2 & 3: $105/member

BASKETBALL LESSONS
Ages 6 and older, Basketball Gym

INDIVIDUAL TRAINING
50-minute lesson: $60/member
25-minute lesson: $30/member

GROUP TRAINING
50-minute lesson for two players: $78
$19/additional player up to 4 participants.
Charges are split evenly between players.

TEAM TRAINING
Available for teams between four 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

GREGG ROGERS’ JR. GOLF DEVELOPMENT
The Gregg Rogers’ Performance Junior Golf Camps for ages 8 and up focuses on improving key fundamentals of all aspects of the game while emphasizing fun and competition. Camps are conducted at the Gregg Rogers’ Performance Center in Bellevue. Register at grgolfperformance.com, and enter promo-code BAC to receive the Bellevue Club discount. All registration fees will be billed through your Bellevue Club membership.

NXTGEN BASEBALL
Former Major League baseball players Trent Oeltjen and Ryan Roland-Smith are excited to bring their program back to Bellevue! Outdoor camps focus on training, instructing and inspiring the next generation of baseball talent to reach their full potential. Visit Nxtgenbaseball.com for camp specifics and enter promo-code BC2019 to receive the Bellevue Club discount.

REGISTRATION AND CANCELLATION POLICIES

REGISTRATION FEES: Payment for programs is billed at the time of registration. Program fees cannot be prorated. Payment for services is billed the day of the service (Fees subject to change.)
Tax is not included in price for athletic classes, camps and training sessions.
TAX: Tax is applied to the price for athletic-based classes, camps, workshops and training sessions.

CANCELLATIONS: To receive a refund for a program, you must notify us of cancellation at least seven days prior to the start of program. For services, you must notify us of cancellation at least 24 hours before the service. Late cancellations and no-shows are billed at full price. (Cancellations cannot be made online.)

MISSED CLASSES AND LATE ARRIVALS: There are no refunds for missed classes or late arrivals for services.

CHECK IN/CHECK OUT: Parents or legal guardians of program or service participants younger than 12 must check their children in and out every day with the instructor.

GUEST POLICIES

MEMBER SPONSOR: A guest may participate in a program or service when he or she is registered by a member. The sponsoring member must be in the Club while the guest attends the program or service. Members have registration priority over guests.

REGISTRATION: Members can sign up guests by calling or visiting the Athletic Services Desk. Guest registration is not available online.
FEES: Guest fees for programs and services are typically 20 percent higher than member fees. (Fees subject to change.)

LIMITATION: Guests are allowed to attend one program or service per year.
BILLING: Guest fees are billed to the sponsoring member’s account. No other forms of payment are accepted.