

BELLEVUE CLUB

youth

2019/2020

ACTIVITIES

Toddler
time
Events

Swim,
basketball
& Tennis

Classes,
camps
and more!

Welcome!



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 fall. With this comprehensive guide, pick and choose what interests your little one(s) and get the details on how to register. Be on the look out for the **new!** icon, which indicates a new program. There are also helpful tips about cancellation.

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

ON-GOING PROGRAMS

● TODDLER OPEN PLAY

0-5 years, Basketball Gym

M, Sept. 9-June 8*, 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 Breaks, including Nov. 11, Jan 20, May 25

● KARATE CLUB

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

For ages 5 and older. The cost for one class/week is \$85 a month and \$110 a month for two classes/week.

● PRIVATE VOLLEYBALL LESSONS

Sessions will 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.

● SQUASH

Junior Squash Team

Ages 6-18, All levels welcome

Join our Junior Squash Team and compete in the Lake Washington Tri Cup against fellow youth teams from the Pro Club and Seattle Tennis Club. \$50/member

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 Lessons with Latasha Khan

Single player: 30 min/\$50; two or more players: 60 min/\$60 per player.

● PRIVATE BALLET LESSONS

For children and adults, Bellevue Club's qualified ballet instructors will design a lesson just for you. 60 min/\$65 for up to two participants. \$15/additional participant up to four.

FAMILY NIGHTS

● 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.

*Not open 10/25 due to the Halloween Carnival.

● FAMILY FLOAT NIGHT

Third Saturday of each month, 6-8 p.m.

Race and slide across the water with the inflatable obstacle course and water runner! Complimentary.

● KIDS' TAKE OVER

Sep. 20, Oct. 18, Nov. 15, Dec. 20, Jan. 17, Mar.

20, May 15, June 19, 6-9 p.m., ages 4-11

Get ready, the kids are taking over the Club!

Children will enjoy an evening of bouncy houses camp games, swimming, crafts and dinner. \$40/member

● FAMILY MAGIC NIGHT

F, Sept. 13, 6 p.m., Ballroom

Join us for a buffet dinner while you're amazed by award-winning, Seattle-based Magician, Nate Jester. \$30/member

● FAMILY PUMPKIN CARVING

Tu, Oct. 22, 6-7:30 p.m., Kids' Camp Room

Leave the mess with us as you spend the evening transforming your pumpkin into a work of art! \$40/adult/child pair; \$15/additional pumpkin.

*Please indicate how many seats you'll need when registering.

● HALLOWEEN CARNIVAL

F, Oct. 25, 5:30-8 p.m., Basketball Gym

Young and old, dress in your favorite costume and join us for games, crafts, bouncy houses and more! \$17/ages 1 & older; adults & ages 11 months & younger are free

● FATHER-SON: LEGO NIGHT

F, Nov. 8, 6-8 p.m., Ballroom

Get ready to build! Fathers and Sons will enjoy appetizers as they work side by side creating creatures, cars and whatever else their imagination allows. LEGO building will be led by Dan Parker, owner of Brickable Designs, who will also display his LEGO masterpieces. \$60/ father-son pair, \$30/additional participant

● GINGERBREAD HOUSE DECORATING

M, Dec. 2, 6-8 p.m., Ballroom

You provide a little imagination, and we'll take care of the rest! (We suggest adult assistance for those under age 8.) \$55/gingerbread house.

*Please indicate how many seats you'll need when registering.

→ JOIN US FOR DINNER!

Reservations in our restaurants are recommended on nights of family events.

POLARIS 425.637.4608 **SPLASH** 425.688.3345

● **BRUNCH WITH SANTA**

Sa, Dec. 14 and Su, Dec. 15,
Reservations begin at 9 a.m.
Bring the whole family and join us in celebrating the holiday season. Adults and children will enjoy a customized seasonal buffet, entertainment and a visit and photo with Santa. \$60/adult, \$30/child, 2 and under free. *Reservations can be made by calling 425-688-3382 beginning Oct. 1.

● **MOTHER-SON: CRAFTSMANS WORKSHOP**

F, Jan. 10, 6-8 p.m., Ballroom
Hammers, nails, glue and paint – everything needed for a fun DIY night. Explore carpentry as you snack on treats from the dessert bar. \$60/mother-son pair, \$30/additional participant

● **ANNUAL MOTHER-DAUGHTER: GAL-ENTINES DAY BASH**

F, Feb. 7, 6-8 p.m., Ballroom
Calling all ladies – this night is for you. Enjoy treats, drinks, crafts and some special surprises during a night like no other. \$60/mother-daughter pair. \$30/additional participant

● **FATHER-DAUGHTER: SOCK HOP**

F, March 6, 6-8 p.m., Ballroom
Get ready to shake, rattle, roll and make memories to last a lifetime! Our DJ will play the best throwback tunes while fathers and daughters enjoy ice cream sundaes, crafts and a night on the dance floor. \$60/father-daughter pair, \$30/additional participant

● **EASTER EGG-STRAVAGANZA**

Sa, April 11
Session 1 Hunt: 12:15-12:45 p.m.
Session 2 Hunt: 1-1:30 p.m. (2-12 years old)
Join us for our Eggstravaganza! An underwater Easter Egg Hunt for kids ages 2-12 years old. Inside each egg are special gems. Collect as many gems as you can and redeem them for prizes. The Easter Bunny will make a cameo appearance, so bring your cameras for photo opportunities. The inflatables and the mat runner will be out for the kids to enjoy. \$25/participating member
*Non-swimmers must be within arm's reach at all times.
Parents must remain on deck at all times.*

TODDLER TIME EVENTS

Join us for an event series that will ignite laughter, exploration and creativity in our youngest members. Space is limited. Early registration is recommended. \$12/child; babies in arms are free

● **NORTHWEST ANIMAL ADVENTURES**

Sept. 13, 10 a.m., Kids' Camp Room
An interactive experience with a variety of different animals and the possibility of some hands-on learning.

● **IMAGINATION BAND**

Oct. 11, 10 a.m., Kids' Camp Room
An interactive adventure featuring puppets, musical instruments, singing and dancing!

● **COUGAR MOUNTAIN ZOO BRINGS LEGEND OF DRAGONS**

Nov. 8, 10 a.m., Kids' Camp Room
When you imagine a dragon, what do you see? We will hear from a zoo ambassador and meet an ancestor of these mysterious creatures.

● **SEATTLE KIDS MAGICIAN, NATE JESTER**

Jan. 17, 10 a.m., Kids' Camp Room
Great for the young and the old! Kids will laugh their way through Nate's magic show while the adults are left wondering, "How did he do that?"

● **SUPER HERO TRAINING**

Feb. 7, 10 a.m., Basketball Gym
Kids will get some special training from a real superhero and go through an obstacle course built to test their might!

● **TANGERINE TALES**

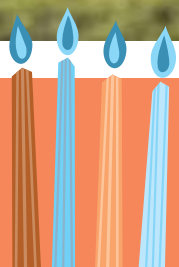
Mar. 20, 10 a.m., Kids' Camp Room
Once upon a time never sounded so fun with this creative and interactive story time sure to captivate the imagination.

● **COUGAR MOUNTAIN ZOO HOSTS TURTLE TIME**

Apr. 10, 10 a.m., Kids' Camp Room
Join us as we learn all about turtles with an interactive presentation from our friends at the Cougar Mountain Zoo, plus an opportunity to meet and greet a special turtle.

● **THISTLE THEATER PIRATE SHOW**

May 8, 10 a.m., Kids' Camp Room
Join us on an interactive adventure aboard the Black Thistle, featuring puppets and lost treasure. Participants will walk away with more than they came with!



PARTY @ BC!

BC BIRTHDAY & TEAM PARTIES

Party at the Bellevue Club!
Visit bellevueclub.com/recreation/birthdayparties.html to learn more and fill out a request form.

SESSION CLASSES

● PRE-BALLET

Ages 3-5, M, 4:15-5 p.m., 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. Ses. 1, 2 & 4: \$140/member; Ses. 3: \$120/member; Ses. 5: \$160/member

● BALLET LEVEL 1 & 2

Ages 5½-8, M, 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. Ses. 1, 2 & 4: \$154/ member; Ses. 3: \$132/ member; Ses. 5: \$176/member

● BALLET LEVEL 3

Ages 5½-8, Tu, 5-6 p.m.

Multipurpose Room

Upon successful completion of Ballet Level 1 & 2, or instructor permission, ballerinas will focus on basic ballet technique, proper body alignment and musicality. Class lessons will also explore barre work, positions of the arms and comportment of classical ballet. Ses. 1, 2 & 4: \$154/ member; Ses. 3: \$132/member; Ses. 5: \$176/member

● LITTLE SPORTS

Ages 3-5, M, 4-4:45 p.m. or W, 4-4:45 p.m.

Squash Court 2

Does your 3 to 5 year-old love to play games with others? This class is designed to introduce them to organized games with their peers while improving their movement and listening skills. Each sports class is designed to meet your child right where they are in their physical, mental and social development. Boys and girls learn to follow rules, listen to directions, work as a team, and most importantly how to have fun! Ses. 1, 2 & 4: \$140/member; Ses. 3: \$120/member; Ses. 5: \$160/member

● **new!** LITTLE TITANS CLIMBING

Ages 4-8, Th, 4-4:45 p.m. or Sa, 10:30-11:15 a.m.

Kids' Camp Room

Let's put that climbing energy to good use! Youth will learn the basics to bouldering, basic knots, and what they are capable of in a fun and supportive atmosphere. Ses. 1, 2 & 4: \$175/member; Ses. 3: \$150/member; Ses. 5: \$200/member

● ELEMENTARY YOGA

Ages 5 and up, Tu, 5-5:45 p.m.

Kids' Camp Room

Each class offers a new experience while the children work together in storytelling, partner poses and yoga games to improve their flexibility, coordination and self-esteem. Ses. 1, 2 & 4: \$140/ member; Ses. 3: \$120/member; Ses. 5: \$160/ member



SESSION DATES

SESSION 1: SEPT. 9 - OCT. 26 (7 weeks)

SESSION 2: OCT. 27 - DEC. 21 (7 weeks)

SESSION 3: JAN. 5 - FEB. 15 (6 weeks)

SESSION 4: FEB. 23 - APRIL 11 (7 weeks)

SESSION 5: APRIL 18 - JUNE 13 (8 weeks)

**No session classes Nov. 11, Jan. 20, and May 25.*



SCHOOL BREAK CAMPS

● ALL-SPORTS CAMP

Ages 5-12, 9:30 a.m.-2 p.m., Basketball Gym

Veteran's Day, Winter Break, MLK Jr. Day, Mid-Winter Break, Spring Break

Kids will enjoy a wide variety of sports through drills, skills and games. Please pack a swimsuit and NUT-FREE lunch each day. \$45/member per day

● KIDS' CAMP

Ages 3-6, 9:30 a.m.-noon, Kids' Camp Room

Veteran's Day, Winter Break, MLK Jr. Day, Mid-Winter Break, Spring Break

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/member per day

KIDS' CAMP EXPRESS (No swimming)

9:30-11 a.m., \$15 per day

● AFTERNOON PRE-SCHOOL CAMP

Ages 3-6, 12-2 p.m., Kids' Camp Room

Veteran's Day, Winter Break, MLK Jr. Day, Mid-Winter Break, Spring Break

Children enjoy themed arts and crafts, activities, story time and more! Please pack a NUT-FREE lunch. \$25/member per day

● LEGO CAMP

Ages 5-12, 2-4 p.m., Kids' Camp Room

Winter Break, MLK Jr. Day, Mid-Winter Break

This is the perfect camp for any LEGOmaniac!

Explore the four formats of LEGO building: miniature, mosaic, sculpture and mechanical, all in different daily themes. \$40/member per day

● SWIM CAMP

Ages 5-10, 9:30 a.m.-2 p.m.

Veteran's Day, Winter Break, Mid-Winter Break, Spring Break

We know your kids need to burn off some energy, so why not burn it in the pool! Swim camp includes two swimming sessions, each complete with group activities, swimming and water safety lessons and FUN! \$45/member per day

● CRAFT CAMP

Ages 5-12, 2-4 p.m., Kids' Camp Room

Veteran's Day, MLK Jr. Day

Get crafty in this fun camp! Participants will explore a variety of craft types, learning new ways to create fun projects each day! \$35/ member per day

● BASKETBALL CAMP

Ages 5-12, 2-4 p.m., Basketball Gym

Winter Break, Mid-Winter Break, Spring Break

Participants will increase their basketball skill level and knowledge of the game. They'll focus on drills, skill-building games and scrimmages. \$35/member per day

SCHOOL BREAK DATES

VETERAN'S DAY BREAK: NOV. 11

WINTER BREAK: DEC. 23 - JAN 3

MLK JR. DAY: JAN. 20

MID- WINTER BREAK: FEB. 17-21

SPRING BREAK: APRIL 13-17

JUNIOR TENNIS

The USTA requirement is for all players under the age of 10 to use lower compression tennis balls during play. This is to help play “slower” and allow younger players greater opportunity to rally, learn the game and have fun.

● TEENIE TENNIS (RED BALL)

Ages 4-5, Tu, 3:30-4 p.m.

The main focus of this class is to learn basic stroke techniques, sportsmanship and hand-eye coordination. Ses. 1 & 2: \$154/member; Ses. 3 & 4: \$132/member; Ses. 5: \$176/member

● SMASHERS (ORANGE BALL)

Ages 6-8, M, 4-5 p.m., Tu, 4-5 p.m., Th, 4-5 p.m.

This class focuses on advanced stroke production, hand-eye coordination, camaraderie and competition. Ses. 1,2 & 4: \$154/member; Ses. 3 : \$132/member; Ses. 5: \$176/member

● SLAMMERS (GREEN DOT BALL)

Ages 9-10; M, 5-6 p.m., Tu, 5-6 p.m., Th, 5-6 p.m.

In this more competitive class, players will learn to keep score and play more accurately. We will also focus on strategy and footwork. Ses. 1, 2 & 4: \$154/member; Ses. 3: \$132/member; Ses. 5: \$176/member

TENNIS (11 AND OLDER)

● ROOKIE

Ages 11-17

M, 4:45-6 p.m., W, 4:45-6 p.m., Su, 1-2:25 p.m.

The focus of this class is on basic technique, stroke production, scoring, friendly competition and team camaraderie. Ses. 1, 2 & 4: \$192.50/member; Ses. 3: \$165/member; Ses. 5: \$220/member

● JR. VARSITY

Ages 11-17, M, 3:30-4:45 p.m., W, 3:30-4:45 p.m., Su, 1-2:15 p.m.

Players participating in this class must be knowledgeable of and able to do the following: place groundstrokes and volleys in a given area of the court and serve in the diagonal service box. Players are required to understand how to keep score, including tie-breakers. This class will focus on advanced stroke production, competition, consistency and repetition. Ses. 1, 2 & 4: \$192.50/member; Ses.3 \$165/member; Ses. 5: \$220/member

● VARSITY USTA

Ages 11-17, W, 3:30-4:45 p.m., Th, 6-7:15 p.m., Su, 1-2:15 p.m.

Players participating in this class must be able to do the following: 20 in a row mini with a partner, use both semi-western and continental grips, hit a flat and slice serve and must play matches regularly. The focus of this class is on hitting with more consistency and depth, court positioning, shot selection and conditioning and footwork. Ses. 1, 2 & 4: \$192.50/member; Ses. 3: \$165/member; Ses. 5: \$220/member

● ELITE USTA

Ages 11-17, Tu, 6-7:15 p.m., W, 3:30-4:45 p.m., Su, 1-2:15 p.m.

Players must be able to do the following: 20 in a row mini with a partner; variety of strokes – spin, drive and lob. Tournament experience required. This class will focus on strategy, court positioning, tactical set up and solutions, conditioning and footwork. Ses. 1, 2 & 4: \$192.50/member; Ses. 3: \$165/member; Ses. 5: \$220/member



TENNIS REGISTRATION DATES

SESSION 1: TH, AUG. 8 AT 7 A.M.

SESSION 2: TH, SEPT. 26 AT 7 A.M.

SESSION 3: TH, DEC. 5 AT 7 A.M.

SESSION 4: TH, JAN. 23 AT 7 A.M.

SESSION 5: TH, MAR. 19 AT 7 A.M.



GROUP 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.

Sessions 1, 2 & 4: \$105/member

Session 3: \$90/member

Session 5: \$120/member

● PRESCHOOL 1: INTRODUCTION TO WATER SKILLS

Ages 3–5, class size 4

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 orient young children to the aquatic environment and help them gain basic water skills. Floating, gliding and blowing bubbles are introduced. All skills are performed with instructor support. Developing water comfort is the primary goal.

● PRESCHOOL 2: INTRO TO INDEPENDENT WATER SKILLS

Ages 3–5, class size 4

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: ELEMENTARY WATER SKILLS

Ages 3–5, class size 4

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, enabling them to perform skills for longer distances and times. All skills are performed independently.

● PRESCHOOL 4: FUNDAMENTAL WATER SKILLS

Ages 3–5, class size 4

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 and dolphin kick.

● PRESCHOOL 5: STROKE DEVELOPMENT

Ages 4–5 years, class size 6

Class availability determined by demand. Please direct inquiries to the Aquatics Desk.

The objective of P5 is to refine stroke technique and to continue stroke coordination with the addition of butterfly. Swimmers will work toward swimming a full 20 yards with side breathing, increasing their endurance and continue to gain confidence in their skills.

● YOUTH 1: INTRODUCTION TO WATER SKILLS

Ages 6–12, class size 4

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. Focus is on teaching students to be independent and comfortable in the water.

● YOUTH 2: FUNDAMENTAL WATER SKILLS

Ages 6–12, class size 4

M, 5 p.m., Tu, 4 p.m., W, 5:30 p.m., Th, 4:30 p.m., Sa, 10:30 a.m.

Y2 is the foundation for future stroke development, focusing 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

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 and backstroke. Students are introduced to the breaststroke, dolphin kick, and diving.

● YOUTH 4: STROKE IMPROVEMENT

Ages 6–12, class size 4

M, 5:30 p.m., Tu, 5 p.m., W, 4:30 p.m., Th, 4 p.m., Sa, 11:30 a.m.

Y4 participants are working toward perfecting all four strokes (freestyle, backstroke, breaststroke, and butterfly) practicing shorter distances and working on technique with the goal of being able to swim all strokes for 25 yards.

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 needs of the swimmer.

Series 1: September 9–January 5

Sign up: August 19 at 10 a.m.

Series 2: January 6–April 19

Sign up: November 25 at 10 a.m.

Series 3: April 15–June 10

Sign up: March 30 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.

30-minute, \$37; 45-min, \$49; 60-min, \$71

Semi-private lesson, 2 people: 30 minutes, \$25/member, 45 minutes, \$29/member, 60 minutes, \$40/member

Semi-private lesson, 3 people: 30 minutes, \$21/member, 45 minutes, \$25/member, 60 minutes, \$31/member

PRE-COMPETITION

Offered M/W & Tu/Th, class size 18

The focus of these courses is refining stroke skills and increasing endurance. The participant has perfected all four strokes when entering the pre-competition courses. The participant can swim all four strokes a minimum of 25 yards. Side breathing without lifting their head up and breathing to the side. Working on building endurance in all strokes.

**First day assessments will be made. Any changes in level is at instructor's discretion.*

● PRE-COMP 1: BEGINNER

4:15 – 4:45 p.m.

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

Prerequisites: at least 3 sessions of Youth 4 or assessment of equivalent skills

Sessions 1, 2 & 4: \$196/member

Session 3: \$168/member

Session 5: \$224/member

● PRE-COMP 2: INTERMEDIATE

4:45 – 5:30 p.m.

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.

Prerequisites: at least 3 sessions of Youth 4 or assessment of equivalent skills

Sessions 1, 2 & 4: \$280/member

Session 3: \$240/member

Session 5: \$320/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.



BELLEVUE CLUB SWIM TEAM
FOR MORE INFORMATION AND TRYOUT
DETAILS, VISIT BCST.COM.

SESSION DATES

SESSION 1: SEPT. 9 - OCT. 26	(7 weeks)
SESSION 2: OCT. 27 - DEC. 21	(7 weeks)
SESSION 3: JAN. 5 - FEB. 15	(6 weeks)
SESSION 4: FEB. 23 - APRIL 11	(7 weeks)
SESSION 5: APRIL 18 - JUNE 13	(8 weeks)

**No session classes Nov. 11, Jan. 20, and May 25.*

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

● BRONZE: INTRODUCTION 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. Ses. 1, 2 & 4 : \$140/member; Ses. 3: \$120/member; Ses. 5: \$160/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. Ses. 1, 2 & 4 : \$140/member; Ses. 3: \$120/member; Ses. 5: \$160/member

● GOLD: FUNDAMENTALS REFINEMENT

Tu, 4:45-5:45 p.m., Basketball Gym
Recommended ages: 10-13

Each class will focus on 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. Ses. 1, 2 & 4 : \$175/member; Ses. 3: \$150/member; Ses. 5: \$200/member

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!

INDIVIDUAL TRAINING

50-minute lesson: \$60/member

25-minute lesson: \$30/member

GROUP TRAINING

50 minute lesson for two players: \$78

\$19/additional player for up to 4 participants. Charges are split evenly between players.

TEAM TRAINING

Available for teams between 4 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

BASKETBALL CLINICS

Ages 8-14, 4-6 p.m., Basketball Gym

BCYBA trainers offer skill-specific clinics to those looking to take their game to the next level! \$50/member

● BALL HANDLING AND FINISHING AROUND THE BASKET: F, Sept. 13

● DEFENSE & AGILITY: F, Oct. 11

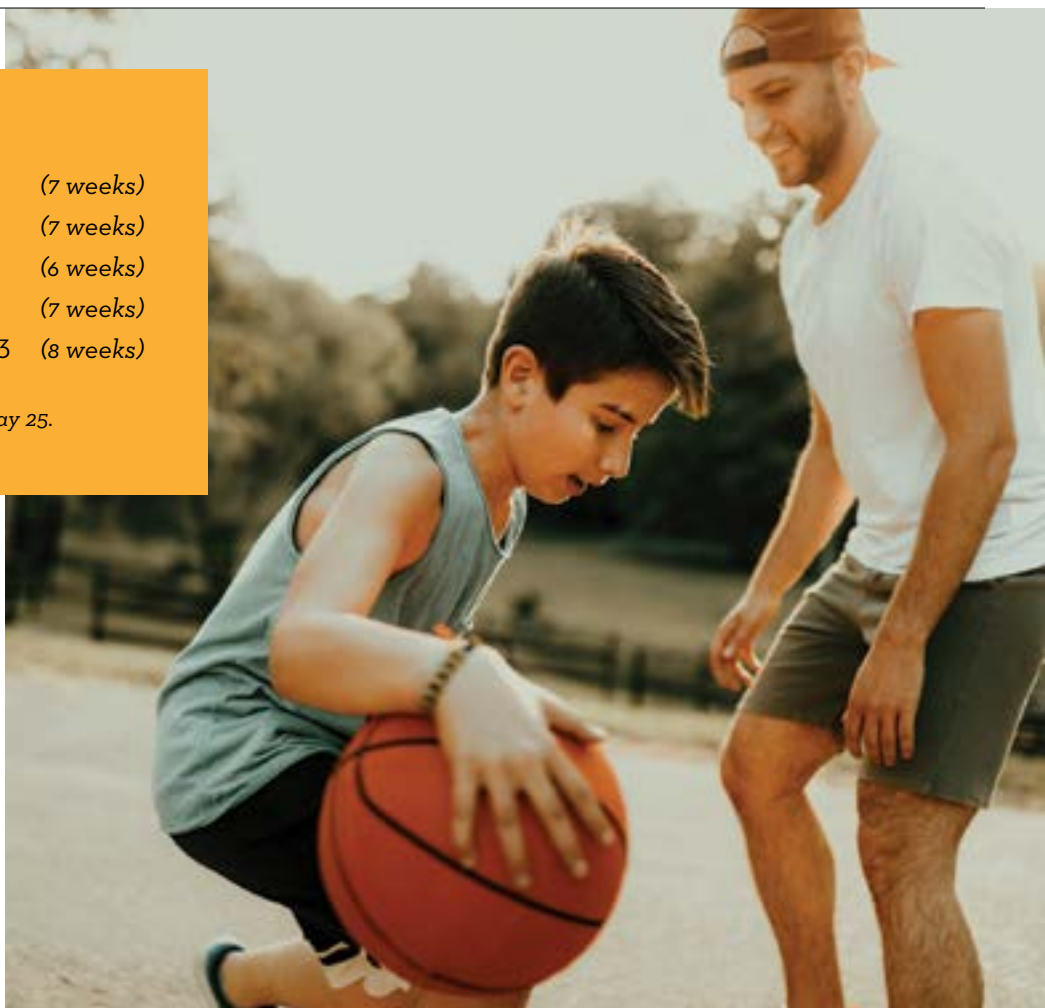
● PURE SHOOTING & OFFENSE: F, Nov. 15

● SKILLS: Th, Dec. 19

● 1-ON-1: F, Jan. 17

● REBOUNDING & DEFENSE: F, Mar. 20

● OFFENSIVE TOOLS: W, May 6





EXPLORE WITH ME

Bellevue Club Explore with Me programs allow children to discover the world around them through music, art and athletics. Children will develop their language skills, literacy, listening, problem solving and social skills all alongside their caregiver in an encouraging environment designed just for them!

● ART WITH ME

Ages 2-4 years with caregiver

W, 10:30-11:15 a.m., Kids' Camp Room

Caregivers come alongside little ones who will spend time in this fun class exploring their creativity as their self-esteem and social skills begin to flourish. Class fee includes all materials. \$275/member

● LIL' KICKERS

Ages 18 months-3 years with caregiver

Tu, 9:30-10:10 a.m., Basketball Gym

Join in the popular Lil' Kickers programs as instructors incorporate activities that are geared toward a toddler's unique way of learning and include parachutes, bubbles, noodles, cones, lots of goal scoring and more. Adult participation is required. All first-time participants will receive a Lil' Kickers soccer jersey. \$230/member

● **new!** STEM PRE-K

Ages 2-5 years with caregiver

Th, 10:30-11:15 a.m., Kids' Camp Room

Explore the mysteries of the universe using science, technology, engineering and a little bit of math. Each class includes a fun experiment or activity for both you and your toddler to do that is sure to give them a good start moving forward. \$275/member

● MUSIC TOGETHER

FAMILY CLASS WITH MRS. CHRIS

Ages 0-5 years with caregiver

M, 9:15-10 a.m.; 10:15-11 a.m., Kids' Camp Room

This is the essential Music Together® class that a child can attend from birth to age five through all nine song collections. This class follows the recommendations of child development researchers-grouping children of a variety of ages because this fosters natural, family-style learning. Younger children enjoy watching and imitating older ones; older children learn by leading younger ones; and adults are happy because the children in the family can go to class together. Each child participates at his or her own level in singing, moving, chanting, listening, watching or exploring musical instruments. The whole family is welcome for this music experience. \$275/member

● **new!** BABY & ME AQUATICS

Ages 6-18 months with caregiver

Tu, 10-10:30 a.m.; Sa, 10-10:30 a.m.

Baby and Me Aquatics introduces basic aquatic skills to parents and children. Introduce your child to the water early to encourage confidence and comfortability in the water. Under the guidance of a professional instructor, parents are instructed on how to teach their children swimming and water safety skills. \$120/session or \$17/class

● **new!** TODDLER & ME AQUATICS

Ages 1.5-3 years with caregiver

Tu, 10:30-11 a.m.; Sa, 10:30-11 a.m.

Toddler and Me Aquatics children are introduced to basic skills that lay a foundation for independent swimming. Each session will be progressive and include basic water safety in a fun and inviting environment. \$120/session or \$17/class

EXPLORE WITH ME SESSION DATES

SESSION 1: SEPT. 9 - NOV. 16 (10 weeks)

SESSION 2: JAN. 6 - MARCH 21 (10 weeks)

SESSION 3: MARCH 23 - JUNE 6 (10 weeks)

**No class Nov. 11, Jan. 20, Feb. 18-24, April 13-17*

POLICIES

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: 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.