SUMMER 2016

SUMMER CAMP PLANNING GUIDE

FAMILY EVENTS

SWIM LESSONS

SPORTS TEAMS

+ MUCH MORE!

BELLEVUE CLUB

youth ACTIVITIES
Summer is a busy time for families, especially for those as active as our members. To help you and your children get the most out of the season, we’ve compiled a comprehensive guide detailing all of the Club’s summer youth classes, events, camps and programs. To make things as easy as possible, we have put together the planning guide on the opposite page. This guide is sorted by age and includes dates and times for all of the camps and classes we offer. The corresponding entries go into more detailed information including descriptions and prices for everything from basketball and swimming lessons to wakeboarding and rafting trips. There are also helpful tips about lunch options, cancellation policies and ways to register. We look forward to a fun summer with you and your family!

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

**SUMMER DATES**

**1-WEEK CAMPS**

**WEEK 1:** June 20-24
**WEEK 2:** June 27-July 1
**WEEK 3:** July 5-8 *No camp July 4
**WEEK 4:** July 11-15
**WEEK 5:** July 18-22

**WEEK 6:** July 25-29
**WEEK 7:** Aug. 1-5
**WEEK 8:** Aug. 8-12
**WEEK 9:** Aug. 15-19
**WEEK 10:** Aug. 22-26

**SESSION CLASSES**

**SESSION 1:** June 27-July 29 *No class July 4-8
**SESSION 2:** Aug. 1-26

**BELLEVUE CLUB 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**
  Sa, 6-7:30 p.m.
  Challenge your skills and race across the surface of the water! Swim tests required. Complimentary.

- **KIDS’ NIGHT OUT**
  Ages 3-10, Third Friday of the month, 6-9 p.m., Kids’ Camp Room (SHHHH...It’s really Parents’ Night Out!) Children will enjoy themed games, art projects, music, dinner and swimming in the indoor pool. Parents receive a certificate valid for $25 off dinner in Polaris with reservations the night of the event! $34/member

- **WATER RUNNER RACES**
  Su, 5-6:30 p.m.
  Like a slip ‘n’ slide on the water! Complimentary.

**YEAR-ROUND PROGRAMS/ SERVICES**

- **OPEN-PLAY BASKETBALL**
  Available at all times the gym is open, but not scheduled for programs or drop-in sports. For a schedule, visit bellevueclub.com/recreation/GymSchedule.pdf Please note that outside coaching of any kind is not permitted.

- **KARATE CLUB**
  Ages 7+
  **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 $75 a month and $100 a month for two classes/week.

- **BASKETBALL LESSONS**
  Ages 6 and older, Gym
  Private lessons are the most effective way to improve your game. For maximum value, take lessons with friends or teammates. $54/hour for the first member; $16/hour for each additional member.

- **SQUASH LESSONS**
  Private squash lessons are available with squash pro Latasha Khan. Learn the game or improve on it with this expert instructor! Private squash lessons: 30 min/$50; semi-private lessons: 60 min/$60 per player

- **CHILD CARE**
  M-F, 8 a.m.-7:30 p.m.
  Sa-Su, 8:45 a.m.-1:30 p.m.
  Younger than 3 years: $10.40/hour; 3-6* years of age, $9.40/hour
  *Children older than the age of 6 may attend if they are able to behave appropriately. Parents must be in the Club. For more information, visit www.bellevueclub.com/recreation/childcarebrochure.pdf

- **BIRTHDAY PARTIES AT THE BELLEVUE CLUB**
  Leave it to the Bellevue Club to host the perfect party for your child! Activities and choices include pool parties, gymnasium parties, art parties, dance parties and much more! For more information, visit www.bellevueclub.com/recreation/birthdayparties.html.
### Summer 2016 Planning Guide

#### Ages Camp Time Page #

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* Indicates M-Th Camp

### Session Camps/Classes

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### Two Ways to Register!

1. **Online at: members.bellevueclub.com**
   - It's quick, easy and you receive a confirmation email.
   - You also have the opportunity to review all your family's classes and camps.

2. **Call Athletic Services at 425.688.3177**
   - or for more detailed information call:
     - **RECREATION** 425.688.3102
     - **AQUATICS** 425.688.3223
     - **TENNIS** 425.688.3174
     - **FITNESS** 425.688.3177
**SPORT CAMPS**

- **ALL-SPORTS CAMP**
  Ages 5-10, M-F, 9:30 a.m.-2 p.m., Gym
  Weeks 1, 3, 6, 10
  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! $200/member

- **AFTERNOON ALL-SPORTS CAMP**
  Ages 5-10, M-F, 2-4 p.m., Gym
  Weeks 3, 9
  This shortened version of our classic camp focuses on a different sport each day. Dress for sports. Bring a water bottle and sunscreen! $135/member

- **BCYBA BASKETBALL CAMP**
  M-F, 9:30 a.m.-2 p.m., Gym
  Ages 5-8: Weeks 5, 7
  Ages 8-12: Weeks 2, 9
  Participants will increase their basketball skill level and knowledge of the game. The first half of each day will focus on drills and games. The second half of the day will be a team tournament. Dress for basketball. Bring a nut-free lunch, sunscreen and water bottle. $200/member

- **BCYBA BASKETBALL FUNDAMENTALS CAMP**
  M-Th, 2-4 p.m., Gym
  Ages 10-14 (Grades 5-8): Weeks 2
  Ages 14-17 (Grades 9-12): Weeks 7
  Girls ages 9-14 (Grades 4-8): Weeks 10
  This camp will crank up the intensity and challenge players to find the next level of their game. $135/member

- **NW DOUBLE DUTCH CAMP**
  Ages 5-12, M-F, 9:30 a.m.-2 p.m., Gym
  Week 2
  Learn single rope, long rope and group skills and tricks, working your way up to Double Dutch! Dress for activity. Bring a nut-free lunch and water bottle. Camp includes jump rope! $200/member

- **AFTERNOON NW DOUBLE DUTCH CAMP**
  Ages 5-12, Tu-F, 2-4 p.m., Gym
  Week 3
  Enjoy a shortened version of our full-day Double Dutch camp! Dress for activity. Bring a water bottle. Camp includes jump rope! $110/member

- **SQUASH CAMP**
  Ages 6-18, M-Th, 9:30-11:30 a.m.
  Weeks 4, 9
  Squash camp is not only a great way to build skill and learn the game. It’s a great way to have fun and form new friendships. Players will improve performance by focusing on forehand and backhand technique, serving, return of serve, footwork, drills, game strategy and conditioning with BC Squash Pro Latasha Khan. *3 camper minimum $100/member

- **SWIM CAMP**
  Ages 5-10, M-F, 9:30 a.m.-2 p.m.
  Drop off: 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! $200/member

- **AFTERNOON SWIM CAMP**
  Ages 5-12, M-F, 2-4 p.m.
  Drop off: Game Room
  Weeks 2, 4, 6, 7, 10
  Supplement your child’s camp schedule with afternoon swim camp for added group swimming, games and fun. Campers will be taken from one camp to another by camp instructors. $135/member

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**TEENIE TENNIS**
Ages 3-5, M-Th, 11-11:45 a.m.
Weeks 1-10
We are pleased to offer the popular Teenie Tennis program for junior tennis players. $80/member

**JUNIOR TENNIS CAMP**
Ages 6-10, M-Th, 11:45 a.m.-2 p.m.
Weeks 1-10
This camp covers fundamental stroke instruction, drills, footwork, match play and singles and doubles strategy. $170/member

**ROOKIE AND JUNIOR VARSITY BOOT CAMP**
Ages 11-16 or staff approval, M-Th, 11:45 a.m.-2 p.m., Weeks 1-10
This boot camp is for those who are striving to become competitive players in match play. Practice will focus on stroke production, drill and strategy. Players will have an opportunity to play in inter-club matches on Fridays. $170/member

**ELITE/VARSITY CAMP**
Ages 11-17 or staff approval, M-Th, 8:30-10:45 a.m., Weeks 1-10
Participants in this camp 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 and conditioning and footwork. Players will have an opportunity to play in inter-club matches on Fridays. $170/member

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**PLEASE SEND YOUR CHILD TO CAMP WITH A NUT-FREE LUNCH.**
SPECIALTY CAMPS

**ART CAMP**
Ages 5-12, M-F, 2-4 p.m., Kids’ Camp Room, Weeks 2, 4, 8
With Club favorite Ms. Debra Mason, this camp lets your child express his or her artistic side! The emphasis is on exploring different art mediums, including watercolor, pen and ink, pastels and mixed texture. Cost includes all professional art supplies. $200/member

**D.I.Y. CRAFT CAMP**
Ages 5-12, M-F, 2-4 p.m., Kids’ Camp Room, Weeks 1, 5, 10
Get crafty in this fun camp! We’ll explore a variety of craft types, learning new ways to create fun projects each day! $160/member

**DRAMATIC CAMP**
Ages 6-12, M-F, 2-4 p.m., Kids’ Camp Room, Weeks 7, 9
Budding actors will create characters, settings and stories using beginning acting skills, pantomime and improvisation in these imaginative camps. A short performance will be shared with families on the last day of camp! $160/member

**HIP HOP CAMP**
Ages 8-13, M-F, 2-4 p.m., Aerobics Studio, Weeks 4, 6
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 mini-performance at the end of camp on Friday. $160/member

**JR INSTRUCTORS**
Ages 11+, M-F, 9:30 a.m.-2 p.m.
Swim Camp: Weeks 1-8
All-Sports Camp: Weeks 1, 3, 6, 10
Basketball Camp: Weeks 5, 7
Get hands-on experience and guidance from the leaders who work with kids every day. Work side by side with Bellevue Club staff and learn valuable communication and leadership skills. $85/member

**KARATE CAMP**
Ages 6-14, M-F, 2-4 p.m., Aerobics Studio, Weeks 2, 10
Learn basic blocks, punches and kicks through individual and group instruction. Camp also includes games and bag training and is a great introduction to our year-round Karate Club, which is also taught by Sensei James Penor. $160/member

**LEGO BUILDERS CAMP**
Ages 5-12, M-F, 9:30-11:30 a.m. OR 2-4 p.m., Multipurpose Room 2
Weeks 5, 6
This is the perfect camp for your LEGOmania! 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. $160/member

**TRIATHLON CAMP**
Ages 9-14, M-F, Noon-2 p.m., Drop off: Game Room, Week 4
Do you love biking? Swimming? Running? Why not do them all together! Our coaches lead the kids through fundamental training of all three sports. On days 1 to 3, we focus on one triathlon sport each day. On day 4, we practice all three sports and prepare for our youth triathlon on day 5. $110/member

**YOGA CAMP**
Ages 6-12, M-F, 2-4 p.m., Yoga Studio, Week 8
Yoga builds strength and flexibility physically, but also internally, teaching participants how to live with confidence. Taught by BC instructor Heather Balajadia, campers learn how to take care of and listen to their bodies through yoga, games, mindfulness techniques and more. $160/member

**WATER POLO CAMP**
Ages 9 - 13, M-F, 9:30 a.m. – 2 p.m.
Weeks 2 and 7
Want to try something new this summer? We’ve got just what you’re looking for. Water Polo camp introduces the basic rules of the game, ball handling, positions and much more. Come learn what this sport is all about. $185/member

**OUTDOOR ADVENTURES**

**WENATCHEE RIVER RAFTING TRIPS**
Ages 10+, Launch site meet time: 9 a.m.
May 23, June 20, June 28, July 11, July 19
Experience beautiful scenery and enjoy the excitement of white-water rafting. This one-day trip includes all gear (including wetsuit) and a qualified guide in each raft. Members provide their own transportation to the launch site near Leavenworth, a 2.5-hour drive from Seattle. Participants under 18 years must have a legal guardian sign a release. Those under age 16 must be accompanied by an adult. $70/member
PRESCHOOL CAMPS

- KIDS’ CAMP
  Ages 3-6, M-Sa, Kids’ Camp Room
  9:30 a.m.-noon, $15.50/day
  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. Offered year-round.

- KIDS’ CAMP EXPRESS (No Swimming)
  9:30-11 a.m., $12.50/day

- KIDS’ CAMP SWIM LESSON
  Available M-F, beginning June 20
  Add a swim lesson to Kids’ Camp in place of open swim time. To sign up for your swim lesson, register for Kids’ Camp Swim Lesson for the same day as your Kids Camp. Swim lessons taught by the aquatics staff. $12/day

- KIDS’ CAMP LUNCH
  Ages 3-6, M-F, Noon-12:30 p.m., Kids’ Camp Room, Weeks 1-10
  Join us for Lunch! Lunch break is designed to help ease the transition from Kids’ Camp to recreation afternoon week-long camps. Campers bring a nut-free lunch and dine as a group, ending with coloring or a story if time allows before being taken to recreation preschool camps. $25/week

- PRESCHOOL ART CAMP
  Ages 3-6, M-F, 12:30-2 p.m., Kids’ Camp Room, Weeks 4, 10
  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. $115/member

- NEW! PRESCHOOL DRAMA CAMP
  Ages 3-6, M-F, 12:30-2 p.m., Kids’ Camp Room, Weeks 7
  Does your preschooler have the acting bug? Join instructor Megan Becker in this fun, active camp that will not disappoint. Participants will use creative thinking, movement and problem solving skills as they enjoy drama improvisation and skits! $115/member

- EXPLORE WITH ME: SCIENCE CAMP!
  Ages 3-6, M-F, 12:30-2 p.m., Kids’ Camp Room, Weeks 1, 6
  Pint-sized science for your preschoolers. Each day will focus on a different theme as your preschooler explores and learns in this hands-on class. $115/member

- NEW! LITTLE CHEFS
  Ages 3-6, M-F, 12:30-2 p.m., Kids’ Camp Room, Week 2
  Get ready to stir things up! Little chefs will enjoy a week of recipes, age-appropriate culinary skills, basic nutrition, literacy and movement, all paced for the preschool attention span. This camp is nut-free; please note any allergies while registering. $115/member

- MINI-SPORTS CAMP
  Ages 3-6, M-F, 12:30-2 p.m., Racquetball Court 1, Weeks 3, 9
  Campers will experience a variety of sports, building physical skills and an ability to work with a team. If your little one loves sports and has energy to spare, this is the camp for you! $115/member; Week 3: $92/member

- PRINCESS CAMP
  Ages 3-6, M-F, 12:30-2 p.m., Kids’ Camp Room, Weeks 3, 9
  Your little princess will enjoy dress up, pretend play, crafts and story time, all focused around popular fairy tale princesses. Participants are encouraged to dress the part! $115/member; Week 3: $92/member

- SUPER HERO CAMP
  Ages 3-6, M-F, 12:30-2 p.m., Kids’ Camp Room, Week 5
  Would your preschooler rather be called Spider Man or Super Woman? If so, this camp is for you! We will enjoy pretend play, crafts and run a series of fit-for-a-super-hero games and agility training designed to make the biggest enthusiast grin from ear to ear. Participants are encouraged to dress the part! $115/member

Is your child attending one of our amazing summer camps? Let us pack their lunch! Order online at www.bellevueclub.com/youth or pick up an order form at Luna.
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 eventually become efficient and successful swimmers. Class times as listed may not be available each session based on participation. Verify lesson availability by session at the Aquatics or Athletic Desk or online.

Group swim lesson prerequisites: Assessments are required to enter any level beyond P1 or Y1 or if you are not currently in enrolled in lessons. An assessment will take approximately 5 to 10 minutes. An adult is required to be in the water with any child under the age of 6. No appointment necessary.

Cost: 4-week Sessions: $48/member Youth 5: $62.80/member

● PRESCHOOL 1: INTRODUCTION TO WATER
Ages 3–5, class size 4
M, 3:30 p.m. or 4:35 p.m., T, 4:35 p.m., W, 4:35 p.m., Th, 4 p.m. or 5:10 p.m., Sa, 10:35 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 all introduced. All skills are performed with instructor support. Developing water comfort is the primary goal.

● PRESCHOOL 2: INTRODUCTION TO WATER SKILLS
Ages 3–5, class size 4
M, 4 p.m., T, 3:30 p.m. or 5:10 p.m., W, 4 p.m., Th, 4 p.m., Sa, 11:10 a.m.

In P2, students develop independent forward motion for skills on their front and back. Children continue to explore arm and leg movement. Skills are performed with minimal support from the instructor.

● PRESCHOOL 3: FUNDAMENTAL AQUATIC SKILLS
Ages 3–5, class size 4
M, 4:35 p.m., T, 4 p.m., W, 5:10 p.m., Th, 4:35 p.m., Sa, 10 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: STROKE DEVELOPMENT
Ages 3–5, class size 4
M, 4 p.m. or 5:10 p.m., T, 3:30 p.m. or 4:35 p.m., W, 5:10 p.m., Th, 4:35 p.m., Sa, 10:35 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. P4 students also learn dives and safe diving rules.

● YOUTH 1: INTRODUCTION TO WATER SKILLS
Ages 6–12, class size 4
M, 3:30 p.m., T, 4 p.m., W, 4:35 p.m., Th, 4 p.m., Sa, 10:35 a.m.

Y1 introduces simple arm and leg motions, efficient floating and gliding positions, as well as breath control. This class is focused on teaching students to be independent and comfortable in the water.

● YOUTH 2: FUNDAMENTAL AQUATIC SKILLS
Ages 6–12, class size 4
M, 4 p.m., T, 5:10 p.m., W, 4 p.m., Th, 4:35 p.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 6
M, 3:30 p.m. or 4:35 p.m., T, 4 p.m., W, 4:35 p.m. or 5:10 p.m., Th, 5:10 p.m. Sa, 11:10 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. Y3 students also learn dives and safe diving rules.

● YOUTH 4: STROKE IMPROVEMENT
Ages 6–12, class size 6
M, 5:10 p.m., T, 4:35 p.m., W, 4 p.m. Th, 5:10 p.m., Sa, 10 a.m.

Y4 participants improve endurance and confidence by swimming strokes for greater distances. Participants also begin to learn coordinated breaststroke and butterfly as well as basic turns at the wall.

● YOUTH 5: STROKE REFINEMENT
Ages 6–12, class size 6
T, 5:10 p.m., Th, 4 p.m., Sa, 10:35 a.m.

The objective of Y5 is to refine stroke technique and continue to improve stroke coordination and endurance as well as refine diving and turning techniques. Students are already comfortable swimming all four competitive strokes for 15 yards or greater.

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 individual needs of swimmers of all levels. We try to tailor the instructor to the skill level and goals of the child or children.

Summer Series: June 27-Aug. 26
Sign up: June 1 at 10 a.m.

To Register: Private swim lessons can be scheduled as a series of ongoing lessons with a sign-up date approximately four weeks prior to the start of a series. Register with the Aquatics Coordinator, 425.688.3223. Online registration is not available at this time.

Cost: *Prices listed are per member
Private lesson: 30-min: $36; 45-min: $47.95; 60-min: $70
Semi-private lesson: (2 people) 30-min: $24.50; 45-min: $27.95; 60-min: $39.35
Semi-private lesson: (3 people) 30-min: $20.10; 45-min: $23.85; 60-min: $30

BELLEVUE CLUB SWIM TEAM
FOR MORE INFORMATION AND TRYOUT DETAILS, VISIT WWW.BCST.COM.
SESSION 1: June 27-July 29
*No class July 4-8

SESSION 2: Aug. 1-26

PRE-BALLET/ CREATIVE DANCE
Ages 3-5, M, 3:30-4:15 p.m., Tu, 3:45-4:30 p.m. & 4:30-5:15 p.m., Multipurpose Room
Join Miss Megan to learn basic ballet steps and terminology while discovering rhythm and coordination, using creativity and lively imaginations. Ballet and pretty dress-up clothes are welcome! $55/mem

BALLET LEVEL 1 & 2
Ages 5½-8, M, 4:30-5:30 p.m., Multipurpose Room
Miss Megan takes those dancers ready to go beyond our Pre-Ballet classes and move into the world of the ‘real’ ballerinas! $60/mem

ART WITH MOM
Ages 18 mo. – 3 years with caregiver, W, 11:30 a.m.-12:15 p.m., Kids’ Camp Room
Caregivers come alongside little ones to create a new work of art in each class. Cost includes all art supplies. $85/mem

KINDERMUSIK
KINDERMUSIK VILLAGE:
Ages 0-18 months with caregiver, Th, 11:30 a.m.-12:15 p.m., Multipurpose 2
KINDERMUSIK OUR TIME:
Ages 18 months-3 years with caregiver, Th, 9:30-10:15 a.m. or 10:30-11:15 a.m., Multipurpose 2
Each Kindermusik class is a world of discovery and adventure. Witness your child’s developmental evolution in language skills, literacy, listening, problem solving, social skills, self-esteem and musicality. All of this happens within a nurturing environment full of energy, imagination, music and dance. Tuition includes weekly activities, a musical instrument, literature book and a music download. $85/member per session

PARENT & CHILD AQUATICS
June 27-Aug. 26 *No class July 4-8
M, 5:10-5:40 p.m., Tu, 10:10-10:30 a.m., Sa, 10:10-10:30 a.m.
This class introduces basic aquatic skills to parents and children. Under the guidance of a professional instructor, parents are instructed how to teach their children swimming and water safety skills. Children are introduced to basic skills that lay a foundation for independent swimming, including water balance exercises, floatation devices, lifejackets, and basic water posture.
6 classes, $66; 12 classes, $110; 15 classes, $135; Drop-in, $15/class

SESSION DATES

YOUTH CLASSES

YOUTH TEAMS

TENNIS TEAMS
The Bellevue Club will participate in the JETL (Junior Eastside Tennis League) again this summer. Juniors participating in either the Elite/Varsity or Rookie/Junior Varsity camps are eligible to play in the league matches. Matches are held on each Friday throughout the summer.

BLUE WHALES
M/W or Tu/Th
Complement your MidLakes Summer Swim League Training with weekly sessions of Blue Whales! Swimmers will receive focused instruction on starts, turns, finishes and detailed stroke development.

Intermediate
11-11:45 a.m. or 4:30-5:15 p.m.
Prerequisite of at least three sessions of Youth 5 or assessment of equivalent skills. Swimmers will learn to understand and incorporate drills into workouts to further improve performance. $131.20/session

Beginner
11:45-12:15 p.m. or 4:4-5:30 p.m.
Prerequisite of at least three sessions of Youth 4 or assessment of equivalent skills. Swimmers will continue to refine all four competitive strokes as well as understand workout sets and intervals. $80/session

BELLEVUE CLUB YOUTH BASKETBALL ACADEMY TEAMS
Summer Season: June 13 – Aug. 13
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.

Boys & Girls Grades 1 & 2 Team Experience
No tryouts or experience required. Practice/Scrimmages: M, 4-5 p.m. Includes one Summer Basketball Camp of your choice. $275/player

Girls Grades 3-5 Skills Development:
No Required Tryouts
Practices/Scrimmages: T/Th, 4-5:30 p.m. Includes one Summer Basketball Camp of your choice. $400/player

Boys Grades 3-5 Teams:
Required Tryouts: June 6 & 8, 4-5:30 p.m. Practices: M/W, 4-5:30 p.m. Teams built upon tryout results
Weekend Games: ProClub Varisty Hoop League. Includes one Summer Basketball Camp of your choice. $500/player

RSVP for team tryouts to basketball@bellevueclub.com. Include player name, grade and phone number

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 are subject to change.) Tax is not included in price for athletic classes, camps 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 are subject to change.)

ACTIVITY LIMITATION: Guests are allowed to attend only one program or service per year.

BILLING: Guest fees are billed to the sponsoring member’s account. No other forms of payment are accepted.

TWO WAYS TO REGISTER ONLINE at members.bellevueclub.com. It’s quick, easy and you receive a confirmation email. You also have the opportunity to review all your family’s classes and camps.

CALL Athletic Services at 425.688.3177