



PRESCHOOL (Ages 3-5) | YOUTH / BREASTSTROKE / PRE-COMPETITION (Ages 6-12) | ADULTS 16+

Level	Day	Time	Instructor
Youth 4	Fri	4:30 PM	Ryan M
Youth 4	Mon	5:30 PM	Mario D
Youth 4	Sat	9:30 AM	Thejas R
Youth 4	Sat	10:30 AM	Ben S
Youth 4	Sat	11:00 AM	Azita Z
Youth 4	Sat	11:30 AM	Azita Z
Youth 4	Sun	10:00 AM	TBA - OM
Youth 4	Sun	2:00 PM	Ben S
Youth 4	Thurs	5:00 PM	Patrick W
Youth 4	Wed	2:30 PM	Ryan M
Youth 4	Wed	3:30 PM	Lizzie L

Level	Day	Time	Instructor
Youth 5	Sat	10:00 AM	Azita Z
Youth 5	Sat	11:00 AM	Sonya
Youth 5	Sat	12:00 PM	Ben S
Youth 5	Sat	1:30 PM	Ryan M
Youth 5	Sun	9:00 AM	Mo A
Youth 5	Sun	1:30 PM	Ben S
Youth 5	Thurs	4:00 PM	Patrick W
Youth 5	Thurs	8:30 PM	Tim P
Youth 5	Tues	4:30 PM	Sonya
Youth 5	Wed	3:00 PM	Lizzie L

Level	Day	Time	Instructor
Youth 6	Fri	5:30 PM	Ryan M
Youth 6	Mon	4:30 PM	Dallas B
Youth 6	Sat	9:00 AM	Thejas R
Youth 6	Sat	12:00 PM	TBA-MD
Youth 6	Sun	9:30 AM	Mo A
Youth 6	Sun	10:00 AM	Mo A
Youth 6	Thurs	4:30 PM	Patrick W

Level	Day	Time	Instructor
Pre Comp	Fri	4:00 PM	Hannah C
Pre Comp	Sat	9:00 AM	Sonya
Pre Comp	Sat	11:30 AM	Dallas B
Pre Comp	Wed	4:30 PM	Lizzie L

Level	Day	Time	Instructor
Pre Comp +	Fri	5:00 PM	Ryan M
Pre Comp +	Sun	12:30 PM	Tim P

Level	Day	Time	Instructor
Teen 1	Sun	11:30 AM	Tim P

Level	Day	Time	Instructor
Teen 2	Sat	10:30 AM	Thejas R

Level	Day	Time	Instructor
Teen 3	Thurs	8:00 PM	Tim P

Level	Day	Time	Instructor
Adult Intro	Wed	8:30 PM	TBA-MD

Level	Day	Time	Instructor
Adult 1	Thurs	9:30 AM	TBA-MD
Adult 1	Thurs	8:30 PM	Ryan M
Adult 1	Wed	8:30 AM	Eric P
Adult 1	Wed	12:30 PM	Lizzie L

Level	Day	Time	Instructor
Adult 2	Thurs	7:30 PM	Patrick W
Adult 2	Tues	7:30 PM	Rob A
Adult 2	Wed	12:00 PM	Lizzie L

Level	Day	Time	Instructor
Adult 3	Thurs	9:00 AM	TBA-MD

NON-MEMBER SUMMER SWIM SPECIAL: Non-members may register for any SUMMER group swim lessons. Non-member rates apply.

GROUP SWIM

JULY 28-AUG 29 BABIES -ADULTS

AQUATICS 



REGISTRATION 425.885.5566 | MORE INFO 425.861.6274 | TEXT 425-406-4626 | aquaticsinfo@proclub.com

CONNECT APP - ONLINE REGISTRATION ([Bay Club Connect app](#)) (begins at 5 a.m. on Open Enrollment)

Prices do not include sales tax. No refunds after session has started. Please note we are not able to offer make-up classes for missed lessons. Instructors subject to change without notice. Class minimum of attendees required. If minimum is not met, class will be cancelled.

PRO Club's Aquatic Center teaches more kids how to swim than anywhere else in the state. Our exclusive program combines the best of several nationally-recognized, cutting edge techniques to develop more efficient swimmers while instilling confidence. Our instructors are experts with individuals of all ages and abilities and they specialize in providing an enjoyable and comfortable experience.

REGISTRATION TIMELINE

Pre - Enrollment and Change-Over Enrollment begin at 7 a.m. | Online Registration begins at 5 a.m. on the Connect App

SESSION	DATES	FLYER POST DATE	PRE-ENROLLMENT	CHANGE OVER	OPEN ENROLLMENT
5	July 28-Aug 29	July 16	July 16-22	July 23	July 24
6	Sept 8-Nov 2	Aug 20		Aug 20	Aug 21

Pre-enrollment: Currently enrolled students can enroll in same day/time/level and instructor.
Change Over: Currently enrolled students may switch to another class.
Open Enrollment: All new or returning students may signup. Online registration begins at 5 a.m. (members only).

ENTRY REQUIREMENTS

PRESCHOOL (Ages 3-5) | YOUTH / BREASTSTROKE / PRE-COMPETITION (Ages 6-12) | TEENS (Ages 12-15) | ADULTS 16+
Must be able to perform skills listed prior to entering the program level.

2+2 | Lessons for 2 years olds in groups of two. Perfect for toddlers who are ready to transition to independent swimming without parental assistance.

PRESCHOOL 1, YOUTH 1 | Beginner level, no experience required.

PRESCHOOL 2, YOUTH 2 | Submerge head in a rhythmic pattern 5 times. Front float, face-down and back float independently. Independent swim on front, face-down (20 feet).

PRESCHOOL 3, YOUTH 3 | Front, face-down glide and back glide. Front crawl stroke with rhythmic breathing by rolling onto back (15 yards). Independent swim on back with flutter kick and horizontal body position. Backstroke (15 yards). Elementary backstroke (10 yards).

PRESCHOOL 4, YOUTH 4 | Crawl stroke with side breathing (15 yards). Independent swimming on back with flutter kick and horizontal body position. Elementary backstroke (15 yards). Introduction to breast stroke with proper kick, arms, breathing and timing (15 yards). Comfortable swimming in water up to 9-feet deep.

PRESCHOOL 5, YOUTH 5 | Crawl stroke with side breathing, backstroke and elementary backstroke (25 yards). Breaststroke with proper arm movements and kick (25 yards).

YOUTH 6 | Crawl stroke with alternate side breathing and backstroke (50 yards). Breaststroke with proper technique combining proper arm movement, kick and breathing (50 yards). Butterfly with proper dolphin kick (25 yards). Dive in kneeling and standing position. Tread water for 1-minute. Swim underwater (5 yards).

PRE-COMPETITION | Must successfully complete Youth 5 or pass tryouts. Crawl stroke with alternate side breathing and backstroke (100 yards). Breaststroke with proper technique and timing (100 yards). Butterfly with proper technique combining arm movement, kick and breathing (25 yards). Dive from starting blocks.

PRE-COMPETITION PLUS | Must successfully complete Pre-Competition or pass tryouts. Crawl stroke with alternate side breathing and backstroke with flip turns (150 yards). Breaststroke with proper technique and timing (150 yards). Butterfly with proper technique combining arm movement, kick, and breathing (50 yards). Dive from starting blocks.

BREASTSTROKE | Focus on improving your breaststroke technique. Perfect complement to regular group lessons.

BUTTERFLY | Focus on improving your butterfly technique. Perfect complement to regular group lessons.

TEEN 1 | For those comfortable in water but haven't had any formal lessons. Similar to a Youth 1 / Youth 2.

TEEN 2 | For those working to learn all 4 stroke. Similar to a Youth 3 / Youth 4.

TEEN 3 | For those improving skills with all 4 strokes. Similar to a Youth 5 / Youth 6.

ADULT 1 | For those comfortable in water but haven't had any formal lessons.

ADULT 2 | For those working to improve efficiency and endurance of freestyle and backstroke.

ADULT 3 | Adding in Breaststroke and Butterfly



PRESCHOOL (Ages 3-5) | YOUTH / BREASTSTROKE / PRE-COMPETITION (Ages 6-12) | ADULTS 16+

Level	Day	Time	Instructor
Baby 1	Fri	10:30 AM	Lizzie L
Baby 1	Thurs	3:00 PM	Patrick W

Level	Day	Time	Instructor
Toddler 1	Fri	11:00 AM	Lizzie L
Toddler 1	Sun	9:00 AM	Tim P
Toddler 1	Thurs	7:00 PM	Patrick W
Toddler 1	Tues	7:00 PM	Rob A

Level	Day	Time	Instructor
Toddler 2	Thurs	6:30 PM	Patrick W

Level	Day	Time	Instructor
2+2	Fri	11:30 AM	Lizzie L
2+2	Fri	12:00 PM	Lizzie L
2+2	Fri	3:30 PM	Hannah C
2+2	Sat	9:30 AM	Ben S
2+2	Sat	11:30 AM	Sonya
2+2	Thurs	11:00 AM	Eric P
2+2	Thurs	3:30 PM	Patrick W
2+2	Tues	5:30 PM	Dallas B

Level	Day	Time	Instructor
Pre 1	Fri	3:00 PM	Hannah C
Pre 1	Fri	5:00 PM	Sonya
Pre 1	Mon	4:30 PM	Ben S
Pre 1	Mon	5:30 PM	Dallas B
Pre 1	Sat	9:30 AM	Dallas B
Pre 1	Sat	10:00 AM	Sonya
Pre 1	Sat	10:30 AM	Dallas B
Pre 1	Sat	12:00 PM	Nilla M.
Pre 1	Sun	11:00 AM	TBA - OM
Pre 1	Thurs	4:30 PM	Shahaf W
Pre 1	Thurs	5:00 PM	Eli L
Pre 1	Thurs	6:00 PM	Rose B
Pre 1	Thurs	6:30 PM	Tim P
Pre 1	Thurs	7:00 PM	Tim P
Pre 1	Tues	2:30 PM	Sonya
Pre 1	Tues	4:00 PM	Sonya
Pre 1	Tues	5:00 PM	Dallas B
Pre 1	Tues	5:30 PM	Mary Ann D
Pre 1	Wed	10:00 AM	Eric P
Pre 1	Wed	1:30 PM	Lizzie L
Pre 1	Wed	5:30 PM	Mehek M
Pre 1	Wed	7:00 PM	Mario D

Level	Day	Time	Instructor
Pre 2	Fri	2:30 PM	Hannah C
Pre 2	Fri	6:00 PM	Hannah C
Pre 2	Fri	6:30 PM	Sonya
Pre 2	Mon	4:30 PM	Mario D
Pre 2	Mon	5:00 PM	Ben S
Pre 2	Mon	6:30 PM	Mario D
Pre 2	Sat	10:00 AM	Ben S
Pre 2	Sat	11:30 AM	Nilla M.
Pre 2	Sat	2:00 PM	Ryan M
Pre 2	Sun	10:30 AM	Tim P
Pre 2	Thurs	5:00 PM	Shahaf W
Pre 2	Thurs	7:00 PM	Ryan M
Pre 2	Tues	10:30 AM	Eric P
Pre 2	Tues	5:00 PM	Mary Ann D
Pre 2	Wed	1:00 PM	Lizzie L
Pre 2	Wed	4:30 PM	Mario D
Pre 2	Wed	5:30 PM	Mario D
Pre 2	Mon	7:00 PM	Dallas B

Level	Day	Time	Instructor
Pre 3	Fri	6:00 PM	Ayiki
Pre 3	Mon	4:00 PM	Dallas B
Pre 3	Mon	7:00 PM	Mario D
Pre 3	Sat	9:30 AM	Azita Z
Pre 3	Sat	2:30 PM	TBA-MA
Pre 3	Sun	11:00 AM	Tim P
Pre 3	Sun	1:30 PM	Tim P
Pre 3	Thurs	4:00 PM	Shahaf W
Pre 3	Tues	7:00 PM	Dallas B
Pre 3	Wed	9:30 AM	Eric P
Pre 3	Wed	4:00 PM	Ryan M
Pre 3	Wed	5:00 PM	Mario D

Level	Day	Time	Instructor
Pre 4	Sun	2:30 PM	Ben S
Pre 4	Wed	4:00 PM	Mario D

Level	Day	Time	Instructor
Pre 5	Wed	4:00 PM	Lizzie L

Registration:

Phone: 425-861-6274

Email: aquaticsinfo@proclub.com

Text: 425-406-4626

NON-MEMBER SUMMER SWIM SPECIAL: Non-members may register for any SUMMER group swim lessons. Non-member rates apply.

SESSION 5 JULY 28-AUG 28 2025

GROUPS/ADULTS \$105(M) \$140(NM) * BABIES \$110(M) \$150(NM)



PRESCHOOL (Ages 3-5) | YOUTH / BREASTSTROKE / PRE-COMPETITION (Ages 6-12) | ADULTS 16+

Level	Day	Time	Instructor
Youth 1	Fri	5:00 PM	Ayiki
Youth 1	Fri	7:00 PM	Ayiki
Youth 1	Mon	5:00 PM	Mario D
Youth 1	Sat	12:30 PM	Azita Z
Youth 1	Thurs	7:30 PM	Brennan M
Youth 1	Tues	3:00 PM	Sonya
Youth 1	Wed	2:00 PM	Tim P
Youth 1	Wed	6:00 PM	Mehek M

Level	Day	Time	Instructor
Youth 2	Fri	5:00 PM	Hannah C
Youth 2	Fri	7:00 PM	Sonya
Youth 2	Mon	6:30 PM	Dallas B
Youth 2	Sat	9:00 AM	Dallas B
Youth 2	Sat	10:30 AM	Sonya
Youth 2	Thurs	5:30 PM	Eli L
Youth 2	Thurs	6:30 PM	Brennan M
Youth 2	Thurs	7:30 PM	Ryan M
Youth 2	Tues	5:30 PM	Rob A
Youth 2	Tues	6:00 PM	Rob A

Level	Day	Time	Instructor
Youth 3	Fri	4:30 PM	Hannah C
Youth 3	Fri	6:30 PM	Hannah C
Youth 3	Mon	4:00 PM	Mario D
Youth 3	Mon	6:00 PM	Mario D
Youth 3	Sat	9:30 AM	Sonya
Youth 3	Sat	10:00 AM	Thejas R
Youth 3	Sat	10:30 AM	Azita Z
Youth 3	Sat	1:00 PM	Azita Z
Youth 3	Sat	2:30 PM	Ryan M
Youth 3	Sat	3:30 PM	Ryan M
Youth 3	Sun	10:30 AM	TBA - OM
Youth 3	Thurs	4:00 PM	Brennan M
Youth 3	Thurs	4:30 PM	Brennan M
Youth 3	Thurs	4:30 PM	Ryan M
Youth 3	Thurs	6:00 PM	Tim P
Youth 3	Thurs	7:00 PM	Brennan M
Youth 3	Tues	4:00 PM	Dallas B
Youth 3	Tues	5:00 PM	Rob A
Youth 3	Tues	6:00 PM	Sonya
Youth 3	Tues	6:30 PM	Dallas B
Youth 3	Wed	6:30 PM	Mario D
Youth 3	Wed	8:00 PM	Mario D

Level	Day	Time	Instructor
Breaststroke	Thurs	7:30 PM	Rose B
Breaststroke	Wed	5:00 PM	Mehek M

Level	Day	Time	Instructor
Butterfly	Tues	6:00 PM	Dallas B

CONNECT APP SELF-REGISTRATION BEGINS OPEN ENROLLMENT.
 PRICES DO NOT INCLUDE SALES TAX.
 NO REFUNDS AFTER SESSION HAS STARTED.
 PLEASE NOTE WE ARE NOT ABLE TO OFFER MAKE UP CLASSES FOR MISSED LESSONS.
 INSTRUCTORS SUBJECT TO CHANGE.
 CLASS MINIMUM OF ATTENDEES REQUIRE. IF MINIMUM IS NOT MET, CLASS WILL BE CANCELLED.

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Updated: 7/16/2025