

PRESCHOOL (Ages 3-5) | YOUTH / BREASTSTROKE / PRE-COMPETITION (Ages 6-12) | TEEN (Ages 12-15)
\$115 MEMBERS \$150 NON-MEMBERS MON-FRI BEFORE 3:30PM

ADDITIONAL SWIM LESSON OPPORTUNITIES - REGISTER IN THE CONNECT APP

2-WEEK GROUP SWIM LESSON INTENSIVES

2-Week Group Lesson Intensives	
\$230 (M) \$300 (NM)	
Level	Time
Pre 3	9:00 AM
Pre 2	9:30 AM
Pre 1	10:00 AM
Pre 4	10:30 AM
Youth 2	11:00 AM
Youth 1	11:30 AM
Youth 3	12:00 PM
Youth 4	1:00 PM
Youth 5	1:30 PM
Youth 6	2:00 PM
Pre Comp	2:30 PM

Take your learning to the next level with 25-minute lessons every day Monday-Friday for 2 weeks. The repetitive learning sets up an ideal environment for quick progress in the pool.

Open to Members & Non-members. Minimum of 2 enrollees for class to run. Instructor to be announced.

Register on the connect app. Call 425-861-6274, Text 425-406-4626 or email aquaticsinfo@proclub.com for more information.

Mon-Fri 2 weeks 10 classes	
Session	Dates
A	June 29-July 10
B	July 13-July 24
C	July 27-August 7
D	August 10-August 21



SEA ANIMAL EXPLORATION (AGES 3-5, 6-12)

This camp begins with a 30-minute group swim lesson to master the essential skills for gliding through the water like a deep-sea creature. They'll discover the wonders of the ocean's mystical creatures. The fun continues on dry land, where activities and the mysteries of these sea legends await!

Member: \$225/WEEK

Non-Member: \$300/WEEK

9:00am-11:30am | 12:30-3:00pm

SHARKTASTIC (AGES 3-5, 6-12)

Dive into the deep end with a 30-minute group swim lesson. Campers will swim with shark flns, play games during open swim, and embrace the adventure on dry land by exploring the captivating world of sharks through fun activities.

Member: \$225/WEEK

Non-Member: \$300/WEEK

9:00am-11:30am | 12:30-3:00pm

SUPERHERO (AGES 3-5, 6-12)

Dive into action with a 30-minute group swim lesson, where campers zoom through the pool with superhero "powers." Play heroic games during open swim, and embark on thrilling dry-land adventures learning about their favorite superheroes through fun, themed activities.

Member: \$225/WEEK

Non-Member: \$300/WEEK

9:00am-11:30am | 12:30-3:00pm

MERMAID ADVENTURE (AGES 3-5, 6-12)

Embark on a magical aquatic journey with a 30-minute group swim lesson. Campers will transform by swimming with mermaid tails, playing games during open swim, and then continue their mermaid adventure on dry land with fun activities.

Member: \$225/WEEK

Non-Member: \$300/WEEK

9:00am-11:30am | 12:30-3:00pm



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 via Call/Email/Text | Change Over Enrollment via Call/In person | Open Enrollment begins at 7 a.m. Connect app

SESSION	DATES	FLYER POST DATE	PRE-ENROLLMENT	CHANGE OVER	MEMBER Open Enrollment
4	June 29-Aug 2(no class 7/4)	June 17	x	June 17	June 18
5	Aug 3-Aug 30	July 22-28	July 22-28	July 29	July 30

Pre-Enrollment: Sign-up for the same level, day, and time in which the student is currently enrolled. NOT available for summer as we change the schedule offerings.

Change Over: Currently enrolled students may switch to another class. | **Open Enrollment:** All new or returning students may signup. Online registration begins on connect app.

ENTRY REQUIREMENTS

PRESCHOOL (Ages 3-5) | YOUTH / BREASTSTROKE / PRE-COMPETITION (Ages 6-12) | TEEN (Ages 12-15)

Must be able to perform skills listed prior to entering the program level.

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.

OPEN & FLIP TURN | Focus on improving your flip turn technique. Perfect complement to regular group lessons.

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 teens who are comfortable in water but haven't had any formal lessons. Independent swimming is not required. Learn basic movements in the water including gliding, breathing techniques, basic freestyle, and backstroke. Introduction to breaststroke and butterfly skills.

TEEN 2 | For those who have completed Teen 1 (or a comparable level) and are comfortable in water up to nine feet deep. Class will focus on improving efficiency and endurance in all four strokes (similar to a Youth 4/ Youth 5 class).

TEEN 3 | For those who have completed Teen 2 (or a comparable level) and are comfortable in water up to nine feet deep. Class will focus on improving endurance and fine tuning all four strokes (similar to a Pre Comp/Pre Comp+ class).

DROP-IN Private Swim lessons | June 2026 | PRO Club Bellevue

Summer is the perfect time to help your child build confidence, skills, and safety awareness in the water! Throughout the summer, conveniently book a 25-minute drop-in private swim lesson.

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Level	Day	Time	Instructor
Baby 1	Friday	10:30 AM	Lizzie L

Level	Day	Time	Instructor
Toddler 1	Friday	11:00 AM	Lizzie L
	Thursday	6:00 PM	Patrick W

Level	Day	Time	Instructor
2+2	Friday	11:30 AM	Lizzie L
	Friday	12:00 PM	Lizzie L
	Friday	2:00 PM	Hannah C
	Friday	6:30 PM	Ayiki B
	Thursday	3:00 PM	Patrick W
	Thursday	3:30 PM	Patrick W
	Thursday	5:00 PM	Patrick W
	Tuesday	5:30 PM	Dallas B
	Tuesday	6:30 PM	Bella M
	Friday	3:00 PM	Ayiki B

Level	Day	Time	Instructor
Pre 1	Friday	3:00 PM	Hannah C
	Friday	5:00 PM	Sonya
	Monday	4:00 PM	Alexius
	Monday	5:30 PM	Dallas B
	Saturday	10:30 AM	Alexius
	Saturday	12:00 PM	Nilla M.
	Saturday	12:30 PM	Ben S
	Sunday	1:00 PM	Ben S
	Thursday	10:30 AM	Eric P
	Thursday	4:00 PM	Patrick W
	Thursday	4:30 PM	Patrick W
	Thursday	5:00 PM	Eli L
	Thursday	6:00 PM	Rose B
	Thursday	7:30 PM	Patrick W
	Tuesday	11:00 AM	Eric P
	Tuesday	3:30 PM	Bella M
	Tuesday	4:00 PM	Sonya
	Tuesday	5:00 PM	Dallas B
	Tuesday	5:30 PM	Sonya
	Tuesday	6:30 PM	Mary Ann D
	Wednesday	3:00 PM	Sonya

Level	Day	Time	Instructor
Pre 2	Friday	2:30 PM	Hannah C
	Friday	4:30 PM	Ryan M
	Friday	5:00 PM	Ayiki B
	Friday	6:00 PM	Hannah C
	Friday	6:30 PM	Sonya
	Saturday	9:00 AM	Mary Ann D
	Saturday	11:30 AM	Nilla M.
	Sunday	3:30 PM	Alexius
	Thursday	4:00 PM	Ryan M
	Thursday	7:00 PM	Ryan M
	Tuesday	10:30 AM	Eric P
	Tuesday	4:00 PM	Bella M
	Tuesday	6:00 PM	Mary Ann D
Pre 3	Monday	5:00 PM	Alexius
	Monday	7:00 PM	Dallas B

Level	Day	Time	Instructor
Pre 3	Friday	5:00 PM	Ryan M
	Friday	6:00 PM	Ayiki B
	Monday	4:30 PM	Dallas B
	Saturday	12:30 PM	Nilla M.
	Tuesday	5:00 PM	Bella M
Pre 4	Tuesday	7:00 PM	Dallas B

Level	Day	Time	Instructor
Pre 4	Friday	5:30 PM	Hannah C
	Monday	5:30 PM	Alexius
	Saturday	1:00 PM	Ben S
	Thursday	5:30 PM	Patrick W

Level	Day	Time	Instructor
Breaststroke	Friday	4:30 PM	Ayiki B
	Thursday	5:30 PM	Ryan M
	Thursday	7:30 PM	Rose B
	Tuesday	5:30 PM	Bella M

Level	Day	Time	Instructor
Butterfly	Monday	6:00 PM	Alexius
	Tuesday	5:00 PM	Sonya
	Tuesday	6:00 PM	Dallas B
	Wednesday	8:00 PM	Ayiki B

Level	Day	Time	Instructor
Open & Flip Turn	Wednesday	8:30 PM	Ayiki B

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Level	Day	Time	Instructor
Youth 1	Friday	4:00 PM	Ayiki B
	Friday	7:00 PM	Ayiki B
	Thursday	4:00 PM	Eli L
	Tuesday	6:00 PM	Bella M
	Tuesday	7:00 PM	Mary Ann D

Level	Day	Time	Instructor
Youth 2	Friday	3:30 PM	Hannah C
	Friday	5:00 PM	Hannah C
	Monday	6:30 PM	Dallas B
	Monday	4:00 PM	Dallas B
	Saturday	11:30 AM	Ben S
	Saturday	3:00 PM	Ryan M
	Thursday	7:30 PM	Ryan M
	Tuesday	4:30 PM	Bella M
	Wednesday	3:30 PM	Sonya

Level	Day	Time	Instructor
Youth 3	Friday	3:30 PM	Sonya
	Friday	4:30 PM	Hannah C
	Friday	5:30 PM	Ryan M
	Friday	6:30 PM	Hannah C
	Friday	7:00 PM	Hannah C
	Friday	7:30 PM	Hannah C
	Monday	4:30 PM	Alexius
	Monday	5:00 PM	Dallas B
	Saturday	10:00 AM	Thejas R
	Saturday	2:30 PM	Ryan M
	Saturday	3:30 PM	Ryan M
	Thursday	4:30 PM	Ryan M
	Thursday	5:30 PM	Eli L
	Thursday	6:30 PM	Rose B
	Thursday	7:00 PM	Rose B
	Thursday	6:30 PM	Eli L
	Tuesday	4:00 PM	Dallas B
	Tuesday	6:00 PM	Sonya
	Tuesday	6:30 PM	Dallas B
	Tuesday	7:30 PM	Mary Ann D

Level	Day	Time	Instructor
Youth 4	Friday	3:00 PM	Sonya
	Friday	7:00 PM	Alexius
	Saturday	9:30 AM	Thejas R
	Saturday	10:00 AM	Dallas B
	Saturday	10:30 AM	Ben S
	Sunday	2:00 PM	Ben S
	Sunday	3:00 PM	Alexius
	Thursday	8:00 PM	Ryan M
	Tuesday	3:00 PM	Eric P
	Tuesday	7:00 PM	Bella M

Level	Day	Time	Instructor
Youth 5	Saturday	9:30 AM	Dallas B
	Saturday	11:00 AM	Ben S
	Saturday	12:00 PM	Ben S
	Saturday	1:30 PM	Ryan M
	Sunday	9:00 AM	Eli L
	Sunday	1:30 PM	Ben S
	Thursday	8:30 PM	Alexius
Youth 6	Tuesday	7:30 PM	Bella M

Level	Day	Time	Instructor
Youth 6	Saturday	9:00 AM	Thejas R
	Saturday	1:00 PM	Ryan M
	Sunday	9:30 AM	Eli L
	Sunday	10:00 AM	Eli L
	Thursday	8:00 PM	Alexius
	Tuesday	8:00 PM	Bella M

Level	Day	Time	Instructor
Pre Comp	Friday	6:30 PM	Alexius
	Saturday	9:00 AM	Dallas B
	Saturday	11:30 AM	Dallas B
	Sunday	2:00 PM	Alexius
	Thursday	7:30 PM	Alexius
	Tuesday	3:30 PM	Sonya
Pre Comp +	Friday	8:00 PM	Ayiki B

Level	Day	Time	Instructor
Pre Comp +	Friday	8:30 PM	Ayiki B
	Sunday	2:30 PM	Alexius
	Friday	7:30 PM	Ayiki B

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

Level	Day	Time	Instructor
Teen 3	Saturday	10:30 AM	Dallas B
	Saturday	2:00 PM	Ryan M
	Sunday	2:30 PM	Ben S

Level	Day	Time	Instructor
Adult 1	Thursday	8:00 PM	Rose B
	Thursday	8:30 PM	Ryan M
	Tuesday	7:30 AM	Mary Ann D

Level	Day	Time	Instructor
Adult 2	Thursday	6:30 PM	Patrick W
	Tuesday	7:00 AM	Mary Ann D

Level	Day	Time	Instructor
Adult 3	Thursday	7:00 PM	Patrick W
	Tuesday	6:30 AM	Mary Ann D

Registration:
Phone 425-861-6274
Email: aquaticsinfo@proclub.com
Text: 425-406-4626