AQUATICS

SESSION 7 OCT 26-DEC 20 (NO CLASS 11/26-11/29)

GROUP SWIM AGES 6 MONTHS- 15YO, ADULTS

AQUATICS

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

$184 MEMBERS $240 NON-MEMBERS MON-FRI BEFORE 3:30PM

Level	Day	Time	Instructor
Youth 4	Tuesday	3:00 PM	Eric P
	Tuesday	4:00 PM	Bella M
	Sunday	2:00 PM	Becca M
	Saturday	9:30 AM	Thejas R
	Saturday	10:00 AM	Dallas B
	Friday	6:00 PM	Joy J

Level	Day	Time	Instructor
Youth 5	Wednesday	3:30 PM	Katie B
	Tuesday	4:30 PM	Bella M
	Sunday	9:00 AM	Eli L
	Sunday	1:30 PM	Becca M
	Saturday	9:30 AM	Dallas B
	Saturday	11:00 AM	Ben S
	Saturday	12:00 PM	Ben S
	Friday	5:30 PM	Joy J

Level	Day	Time	Instructor
Youth 6	Wednesday	4:30 PM	Katie B
	Tuesday	5:00 PM	Bella M
	Sunday	9:30 AM	Eli L
	Sunday	10:00 AM	Eli L
	Saturday	9:00 AM	Thejas R

Level	Day	Time	Instructor
Pre Comp	Wednesday	5:00 PM	Katie B
	Tuesday	3:30 PM	Sonya
	Sunday	2:00 PM	Alexius
	Saturday	9:00 AM	Dallas B
	Saturday	11:30 AM	Dallas B

Level	Day	Time	Instructor
Pre Comp+	Wednesday	5:30 PM	Joy J
	Sunday	2:30 PM	Alexius

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

Level	Day	Time	Instructor
Teen 3	Sunday	2:30 PM	Becca M
	Saturday	10:30 AM	Dallas B

Level	Day	Time	Instructor
Adult Intro	Tuesday	11:00 AM	Kelsey B
	Friday	12:30 PM	Lizzie L
Level	**Day**	**Time**	**Instructor**
Adult 1	Wednesday	9:00 AM	Kelsey B
	Wednesday	12:30 PM	Lizzie L
	Tuesday	10:30 AM	Kelsey B
	Thursday	10:00 AM	Mary Ann D
	Thursday	8:00 PM	Eli L
	Friday	1:00 PM	Lizzie L

Level	Day	Time	Instructor
Adult 2	Wednesday	12:00 PM	Lizzie L
	Tuesday	10:00 AM	Kelsey B
	Tuesday	11:30 AM	Eric P
	Tuesday	12:00 PM	Kelsey B
	Tuesday	2:30 PM	Eric P
	Thursday	10:30 AM	Mary Ann D
	Thursday	6:30 PM	Patrick W

Level	Day	Time	Instructor
Adult 3	Tuesday	11:30 AM	Kelsey B
	Thursday	11:30 AM	Eric P
	Thursday	7:00 PM	Patrick W



Bay Club Bellevue'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

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
7	Oct 26-Dec 20 No Class 11/26-11/29	October 14	October 14-20	October 21	October 22
1	January 4 2027	Coming Soon!	Coming Soon!	Coming Soon!	Coming Soon!

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 comparble 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).

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Level	Day	Time	Instructor
Baby 1	Wednesday	11:30 AM	Lizzie L
	Friday	10:30 AM	Lizzie L

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

Level	Day	Time	Instructor
Toddler 2	Wednesday	11:00 AM	Lizzie L

Level	Day	Time	Instructor
2+2	Monday	5:30 PM	Christian L
	Wednesday	1:30 PM	Lizzie L
	Wednesday	3:30 PM	Maggie P
	Wednesday	6:30 PM	Christian L
	Tuesday	9:30 AM	Kelsey B
	Tuesday	2:00 PM	Hannah C
	Tuesday	5:30 PM	Dallas B
	Tuesday	6:30 PM	Bella M
	Thursday	3:00 PM	Patrick W
	Thursday	3:30 PM	Patrick W
	Thursday	5:00 PM	Patrick W
	Saturday	11:00 AM	Maggie P
	Friday	11:30 AM	Lizzie L
	Friday	12:00 PM	Lizzie L
	Friday	6:30 PM	Joy J

Level	Day	Time	Instructor
Pre 1	Wednesday	9:30 AM	Eric P
	Wednesday	4:00 PM	Maggie P
	Wednesday	5:00 PM	Christian L
	Tuesday	3:00 PM	Hannah C
	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	Hannah C
	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	7:30 PM	Patrick W
	Sunday	1:00 PM	Ben S
	Saturday	10:30 AM	Maggie P
	Saturday	12:00 PM	Maggie P
	Saturday	12:30 PM	Ben S
	Monday	4:00 PM	Alexius
	Monday	5:30 PM	Dallas B
	Friday	1:30 PM	Lizzie L
	Friday	5:00 PM	Sonya

Level	Day	Time	Instructor
Pre 2	Wednesday	10:00 AM	Eric P
	Wednesday	1:00 PM	Lizzie L
	Wednesday	3:00 PM	Maggie P
	Wednesday	4:30 PM	Christian L
	Wednesday	6:00 PM	Christian L
	Wednesday	7:00 PM	Joy J
	Tuesday	9:00 AM	Kelsey B
	Tuesday	10:30 AM	Eric P
	Tuesday	11:00 AM	Eric P
	Tuesday	2:30 PM	Hannah C
	Tuesday	4:00 PM	Hannah C
	Tuesday	6:00 PM	Hannah C
	Tuesday	7:00 PM	Bella M
	Thursday	11:00 AM	Eric P
	Sunday	3:30 PM	Alexius
	Saturday	11:30 AM	Maggie P
	Friday	2:00 PM	Lizzie L
	Friday	5:00 PM	Joy J
	Friday	6:30 PM	Sonya
	Monday	4:30 PM	Christian L
	Monday	5:00 PM	Alexius
	Monday	7:00 PM	Dallas B

Level	Day	Time	Instructor
Pre 3	Tuesday	5:30 PM	Michelle S
	Tuesday	7:00 PM	Dallas B
	Tuesday	7:30 PM	Bella M
	Sunday	2:00 PM	Ben S
	Saturday	12:30 PM	Maggie P
	Monday	4:30 PM	Dallas B
	Friday	6:00 PM	Sonya

Level	Day	Time	Instructor
Pre 4	Tuesday	5:30 PM	Hannah C
	Thursday	5:30 PM	Patrick W
	Saturday	1:00 PM	Maggie P
	Monday	5:30 PM	Alexius

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

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SESSION 7 OCT 26-DEC 20 (NO CLASS 11/26-11/29)

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Level	Day	Time	Instructor
Youth 1	Monday	5:00 PM	Christian L
	Wednesday	2:30 PM	Christian L
	Wednesday	4:30 PM	Maggie P
	Wednesday	6:00 PM	Joy J
	Tuesday	6:00 PM	Bella M
	Tuesday	6:30 PM	Michelle S
	Thursday	4:00 PM	Eli L
	Sunday	1:30 PM	Ben S
	Sunday	3:00 PM	Alexius
	Friday	7:00 PM	Joy J

Level	Day	Time	Instructor
Youth 2	Wednesday	2:00 PM	Christian L
	Wednesday	3:00 PM	Eric P
	Wednesday	4:30 PM	Joy J
	Tuesday	3:30 PM	Hannah C
	Tuesday	5:00 PM	Hannah C
	Tuesday	8:00 PM	Bella M
	Sunday	12:30 PM	Eli L
	Saturday	11:30 AM	Ben S
	Monday	4:00 PM	Dallas B
	Monday	6:00 PM	Christian L
	Monday	6:30 PM	Dallas B
	Friday	6:30 PM	Alexius

Level	Day	Time	Instructor
Youth 3	Wednesday	3:00 PM	Christian L
	Wednesday	4:00 PM	Christian L
	Wednesday	5:30 PM	Christian L
	Wednesday	6:30 PM	Joy J
	Tuesday	4:00 PM	Dallas B
	Tuesday	4:30 PM	Hannah C
	Tuesday	6:00 PM	Sonya
	Tuesday	6:30 PM	Dallas B
	Tuesday	7:00 PM	Hannah C
	Thursday	6:30 PM	Eli L
	Thursday	5:30 PM	Eli L
	Sunday	12:00 PM	Eli L
	Sunday	2:30 PM	Ben S
	Saturday	10:00 AM	Thejas R
	Monday	5:00 PM	Dallas B
	Monday	4:30 PM	Alexius
	Monday	6:30 PM	Christian L
	Friday	3:30 PM	Sonya
	Friday	5:30 PM	Sonya
	Friday	7:00 PM	Alexius

Level	Day	Time	Instructor
Breaststroke	Wednesday	5:00 PM	Joy J
	Tuesday	5:30 PM	Bella M
	Tuesday	7:30 PM	Hannah C
	Thursday	7:30 PM	Alexius
	Friday	4:30 PM	Joy J

Level	Day	Time	Instructor
Butterfly	Tuesday	5:00 PM	Sonya
	Tuesday	6:00 PM	Dallas B
	Wednesday	3:30 PM	Christian L
	Thursday	8:00 PM	Alexius
	Monday	6:00 PM	Alexius
Level	**Day**	**Time**	**Instructor**
Open & Flip Turn	Tuesday	7:00 PM	Michelle S
	Thursday	8:30 PM	Alexius

Connect App Self-Registration begins Open Enrollmet.
Prices do not include sales tax.
No refunds after session has started.
No group changes or new enrollments after 2 weeks.
Please note we are are not able to offer makeup classes for missed lessons.
Instructors subject to change.
Class minimum of attendees required. If minimum is not met, class will be cancelled.
Children must be paying members to enroll in group lessons at Bay Club Bellevue except Mon-Fri before 3:30pm.