

# South Bellevue Community Center

Partnership for a healthy community



Facility Guide • April-August 2024

# WELCOME



## TABLE OF CONTENT

South Bellevue Community Center is a diverse, welcoming place for all to experience. SBCC was built in 2005 with the goal of the facility and programs to be a cornerstone in building a healthy community in South Bellevue. All are welcome to enjoy the variety of programs, classes and events offered throughout the year. Through many partnerships, South Bellevue Community Center is proud to serve the community, encouraging all to gather, learn, play, exercise and engage with others.

WELCOME	2
GENERAL INFORMATION	3
MEET OUR STAFF	4
RENTALS	6
DROP-IN SPORTS	7
FITNESS CENTER	9
FITNESS CLASSES	10
PERSONAL TRAINING	15
YOUTH PROGRAMS	16
ADULT PROGRAMS	18
SOUTH BELLEVUE CLIMBING WALL	19
BELLEVUE ZIP TOUR	20
CHALLENGE COURSE	21
ANNIVERSARY CELEBRATION	22

# GENERAL INFORMATION

South Bellevue Community Center (SBCC) is operated in partnership with the Boys & Girls Clubs of Bellevue (BGCB). The City of Bellevue's Parks & Community Services Department is the primary program provider for preschool-age children, adults, seniors, specialized recreation, family special events, fitness and wellness, human services and facility rentals at SBCC. The BGCB provides programs and services primarily for children, youth and teens (K-19), including after-school, school's out activities and summer camps.

## Mission

Through partnerships and exceptional customer service, the South Bellevue Community Center provides inclusive opportunities for recreation, fitness, education and celebrations to build a healthy community.

## Scholarships

The City of Bellevue offers scholarships for most of the Parks & Community Services programs. For more details about applying, ask our front desk or call 425-452-4240.



## Hours of Operation

Monday-Friday.....	6 a.m.-8 p.m.
Saturday.....	8 a.m.-5 p.m.
Sunday.....	8 a.m.-2 p.m.

## Phone

425-452-4240

## Address

14509 SE Newport Way

## Email

[sbcc@bellevuewa.gov](mailto:sbcc@bellevuewa.gov)


## Website

[BellevueWA.gov/sbcc](http://BellevueWA.gov/sbcc)

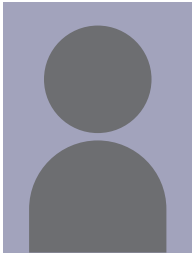
## Registration

[Register.BellevueWA.gov](http://Register.BellevueWA.gov)



 For alternate formats, interpreters, or reasonable modification requests please phone at least 48 hours in advance 425-452-4240 (voice) or email [sbcc@bellevuewa.gov](mailto:sbcc@bellevuewa.gov). For complaints regarding modifications, contact the City of Bellevue ADA, Title VI, and Equal Opportunity Officer at [ADATitleVI@bellevuewa.gov](mailto:ADATitleVI@bellevuewa.gov).

# MEET OUR STAFF



## Program Manager

### Vacant position

The City of Bellevue is seeking a skilled and dynamic manager with a proven track record of motivating staff and providing innovative approaches to meet

desired goals and outcomes.

The South Bellevue Community Center Program Manager is part of the Parks & Community Services recreation team committed to providing exceptional customer service, upholding the public interest and being a part of the community vision.

Search 'careers' at [Bellevuewa.gov](https://www.bellevuewa.gov) and click on 'Job Opportunities' to learn more.



## Joan Perugini

### Fitness Supervisor

[jperugini@bellevuewa.gov](mailto:jperugini@bellevuewa.gov)

Joan has worked for the City of Bellevue for 19 years and provided the fitness-related expertise for SBCC including program design, equipment purchase, policies and procedures and staffing. She has a BA in Recreation from Western Washington University. Joan and husband, John, are enjoying their new Suncadia house and have 2 adult, married kids who live in the same neighborhood in West Seattle. Joan loves spending time with her Grandchildren, Benny and Brooklyn, long distance road cycling and manages the family wheat farms in Alberta Canada.



## Bill Gatlin

### Community Services Coordinator

[wgatlin@bellevuewa.gov](mailto:wgatlin@bellevuewa.gov)

Bill joined SBCC in October 2021 after spending the previous 18 years of his career within military recreation. He currently oversees the general recreation activities, preschool, climbing wall, and special events. He was born in Southern California and then moved to Port Orchard in his teenage years. He graduated from Washington State University in 2004 with a degree in Sport Management. GO COUGS! He loves all things sports, enjoys golfing, spending time with his family and watching his two daughters play soccer.

# MEET OUR STAFF



**Kristina Bylenga**  
**Administrative Assistant**  
[kbylenga@bellevuewa.gov](mailto:kbylenga@bellevuewa.gov)

Kristina joined SBCC in December 2022 after spending several years working in healthcare. She has a BA

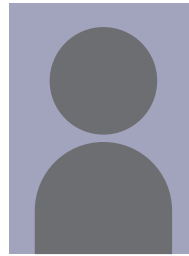
in Psychology and an MA in Counseling Psychology. Kristina is passionate about mental and physical wellness and the connections between the two. In her free time, Kristina can be found spending time with family and friends, enjoying an outdoor adventure on the beach or in the mountains, or cozied up on the couch reading a good book.



**Andres Calderon**  
**Assistant Fitness Coordinator**  
[acalderon@bellevuewa.gov](mailto:acalderon@bellevuewa.gov)

Andres has been assisting with the operation of the Fitness Center since 2011. In 2015 he became a NASM Certified

Personal Trainer and has become a strong advocate for improving wellness through small behavioral changes, functional training, and positive thinking. He, his wife, and daughter reside in nearby Issaquah. Andres enjoys cooking, hiking, paddleboarding and playing guitar in his spare time.



**Recreation Technician**  
**Vacant position**

The City of Bellevue is seeking a part-time Recreation Technician to assist with a variety of programs at The South Bellevue Community Center.

The Recreation Technician maintains records, assists instructors, prepares facility for specific activities, cleans up after programs, and is expected to provide general office support. Work hours may fluctuate considerably to accommodate evening and weekend programs.

Search 'careers' at [Bellevuewa.gov](http://Bellevuewa.gov) and click on 'Job Opportunities' to learn more.



# RENTALS

Conveniently located just off of I-90 and minutes from I-405, South Bellevue Community Center is surrounded by 40 acres of lush green space at Eastgate Park, providing a beautifully unique and exciting opportunity to host your event.

You can swing from the trees at the Bellevue Challenge Course, climb the walls on our 33' rock wall or dance the night away in our stunning community rooms! 32,000 square feet of facilities include two full sized gymnasiums, two classrooms, banquet room with full kitchen, mirrored dance studio, indoor rock wall and a large open lobby. Bring in your caterer and toast your event with champagne, wine or beer. Whatever event you are planning, South Bellevue Community Center has it all!

## Gymnasiums

Play basketball. Start a badminton game. Set up a volleyball tournament. 6,500 square feet of space per gym make it perfect for 3 badminton courts or 2 volleyball courts. Use it for a full court basketball game or two half court games. **Gym A & B: \$120/hr**  
**Gym A or B: \$65/hr**

## Classrooms

Able to hold up to 28 people each, these rooms are ideal for hosting craft group meet-ups, birthday parties, and other events. Saturdays and Sundays are the best time to book these rooms.

**Classroom 1 or 2: \$45/hr.**

## Community Rooms

2,400 square feet of space (1,200 per side) and floor to ceiling windows make it a perfect place for weddings, receptions, bar mitzvahs, corporate parties and more. The full kitchen is an added bonus to enhance your event.

**Community Rooms A & B: \$150/hr**

**Community Room A or B: \$80/hr**

**Call 425-452-4240 for more information about facility rentals.**



# DROP-IN SPORTS



South Bellevue Community Center offers a wide variety of drop-in sports including **basketball, badminton, pickleball, and volleyball**. Adult drop-in sports are for anyone 18 years and older. See pricing chart on page 8. Family drop-in sports are FREE activities. Visit [BellevueWA.gov/sbcc](https://BellevueWA.gov/sbcc) for current Drop-in sports schedule.

## Fees

Drop-in sports are \$4 for residents and \$5 for non-residents. Save money by purchasing a **Play Pass**. Play Passes are transferable and do not expire. See the drop-in program pricing chart on page 8. Visit the front desk to purchase a Play Pass. Fitness Center pass holders enjoy free Drop-in sports – inquire at the Front Desk.

## Holiday drop-in

When SBCC is open on holidays, the gyms are open for a variety of drop-in sports. Normal drop-in fees apply. Visit [BellevueWA.gov/sbcc](https://BellevueWA.gov/sbcc) for holiday drop-in schedules.

## Family drop-in

Family drop-in sports are free and an opportunity for families with children under the age of 18 to play together. At least one parent/guardian/caregiver of the same household must participate on the court with children at all times. No drop-offs or team practices are allowed.

## Participant guidelines

Please check in at the front desk before participating in a drop-in activity. Check in begins 15 minutes prior to start time on a first-come, first-served basis.

# DROP-IN SPORTS

## Drop-in Program Pricing

	Resident	Cost Per Visit	Non-Resident	Cost Per Visit
<b>Daily Drop-In</b>	\$4.00	\$4.00	\$5.00	\$5.00
<b>12 Punch Play Pass</b>	\$36.00	\$3.00	\$48.00	\$4.00
<b>24 Punch Play Pass</b>	\$66.00	\$2.75	\$90.00	\$3.75
<b>36 Punch Play Pass</b>	\$90.00	\$2.50	\$126.00	\$3.50
<b>48 Punch Play Pass</b>	\$108.00	\$2.25	\$156.00	\$3.25

Visit [BellevueWA.gov/sbcc](http://BellevueWA.gov/sbcc) for current Drop-in sports schedule

### SBCC 19th Anniversary Week

January 6-12, 2025

All Drop-In Sports are FREE





# FITNESS CENTER

We are your neighborhood fitness choice! We welcome you into our community whether you are a seasoned fitness veteran or brand new to exercise. We offer all the tools to support you! The Fitness Center features state of the art treadmills, bikes, elliptical trainers, weight training machines and free weights. The Fitness Center is designed for adult use, as well as youth ages 13-17 with parent permission. All participants must attend one of the scheduled Fitness Center orientations before your first exercise visit. See chart on right. Fitness pass options can be found in the Fitness Center brochure at the Front Desk or visit [BellevueWA.gov/sbcc](http://BellevueWA.gov/sbcc) and navigate to the Fitness Center page.

Orientation Schedule	
Monday	6:15 p.m.
Tuesday	9:30 a.m.
Thursday	6:30 p.m.
Friday	11:30 a.m.
Saturday	10 a.m.

- No sign-up needed. Please meet in Fitness Center 5 minutes before start time as we are unable to accommodate late arrivals.
- Lasts approximately 20 minutes.
- Once you have attended an orientation, you are ready to workout.



# FITNESS CLASSES

There are many ways to take our fitness classes, and you can try many of them for the first time for FREE! Use the following key to identify which options are available for each class. Options are listed in class descriptions:

- **Res:** Resident rate. Bellevue residents save 20%.
- **Non:** Non-resident rate.
- **Free 1st class:** Try the class for FREE before you register. Must sign-in at Front Desk.
- **Discounted session rate:** Best value! Save money when you register for a session. Classes are held in either 4-, 5-, or 6- week sessions. Rates vary.
- **5-class Flex Session:** Pay for 5-classes in advance valid for the current quarter (Jan-Mar, April-June, July-Sep, Oct-Dec). Flex Session rates differ for each class. Purchase at the Front Desk.
- **Drop-in:** No need to register in advance. Most flexible option—pay as you go. Rates differ for each class. Purchase at the Front Desk.



## Active Adult Fitness

**Ages 18+**

**Mondays & Wednesdays: 10:30-11:30 a.m.**

This all-levels, balanced workout welcomes and benefits adults of all ages! Energize your mind and body with movements from the disciplines of Martial Arts/Tai Chi, Yoga, Strength Conditioning, Pilates, Cardio, Stretching and balance challenges. Register separately for the Monday or Wednesday class. For the ultimate benefit and the advantage of the expertise of both instructors, register for both days. Participants must have the mobility to transition from the floor to standing. Join our encouraging and motivating community!

**FREE 1st class**

**Discounted session rate available**

**5-Class Flex Session: Res (\$55), Non (\$65)**

**Drop-In: Res (\$12), Non (\$14)**

## Boxing Fundamentals

**Mondays & Wednesdays: 5-5:50 p.m.**

**(Ages 9-17), 11:45 a.m.-12:45 p.m. (Ages 18+)**

Gain a strong foundation with technical skills to increase confidence and competence in this martial art. Learn footwork, stance, base, mechanics of offense and defense while understanding movement that works best for your body. USA Boxing certified coaches use USA Boxing protocols to create an emotionally, mentally, and physically safe environment to explore the benefits of boxing.

**FREE 1st class**

**Session rate available**

# FITNESS CLASSES

## Cycle/Stretch

**Ages 13+**

**Tuesdays & Thursdays: 10:30-11:30 a.m.**

Join us for this fusion class of beginner level indoor cycling and flexibility exercises. Class is designed for those who are brand new to cycling including: older adults, participants new to exercise and overweight or deconditioned participants. Arrive 10 minutes early on first day for a bike fit. Bring a water bottle & towel. Wear stiff soled shoes or SPD cycle shoes, padded shorts and heart rate monitor if you have them.

**FREE 1st class**

**Discounted session rate available**

**5-Class Flex Session: Res (\$45), Non (\$54)**

**Drop-In: Res (\$10), Non (\$12)**

## Cycling

**Ages 13+**

**Mondays & Wednesdays: 6-7 a.m.**

Double the benefits as you increase your aerobic fitness level and burn a lot of calories in the fresh air of our outdoor natural setting. Classes are held under cover. Dress for the temperature. This is an all-levels class as you control your pace in our friendly, welcoming community.

**FREE 1st class**

**Discounted session rate available**

**5-Class Flex Session: Res (\$45), Non (\$54)**

**Drop-In: Res (\$10), Non (\$12)**

## Forest Bathing

**Ages 12+**

**Fridays: 9-10:30 a.m.**

**Days/times vary by quarter**

Inspired by the Japanese practice of shinrin-yoku, Forest Bathing-spending quiet time in nature-has scientifically proven to boost

immune strength, reduce stress, and improve cognitive function. Escape the rapid pace of your daily routine, relax, and find unexpected beauty in the moment and all around.

**Res (\$25), Non (\$30)**

## Fit 360°

**Ages 13+**

**Mondays & Wednesdays: 9:15-10:15 a.m.**

Join a certified group fitness instructor for this action-packed cardio & strength class. Each workout includes a warm-up followed by strength, cardio and cool-down/stretching exercises. Your instructor will work with you on any modifications. Class will include equipment such as dumbbells and bands. All fitness levels welcome.

**FREE 1st class**

**Discounted session rate available**

**5-Class Flex Session: Res (\$66), Non (\$78)**

**Drop-In: Res (\$14), Non (\$17)**

## Functional Fitness

**Ages 18+**

**Tuesdays & Thursdays: 9:15-10:15 a.m.**

Explore a pain-free range of motion with a variety of mobility, flexibility, and movement patterns. Each session will progress from isolated joint mobility exercises to exercises using multiple muscle groups that mimic activities of daily living as well as sports movements. Consistent participation will be rewarded with stronger and more supple bodies, negating the effects of modern sedentary lifestyles.

**FREE 1st class**

**Session rate available**

**5-class Flex Session: Res (\$66), Non (\$78)**

**Drop-In: Res (\$14), Non (\$17)**

# FITNESS CLASSES

## Gentle Yoga

**Ages 13+**

**Tuesdays: 11:45 a.m.-12:45 p.m.**

Each class offers poses for stretching, active strengthening and deep relaxing. We focus on alignment for joint safety and use props to make poses accessible for many levels of experience. Benefits include: improved strength, flexibility and balance; reduced tension; better joint health; better mental clarity and an overall feeling of well-being.

**FREE 1st class**

**Discounted session rate available**

**5-Class Flex Session: Res (\$78), Non (\$90)**

**Drop-In: Res (\$17), Non (\$20)**

## Jazzercise

**Ages 13+**

**Mondays-Fridays: 9:15-10:15 a.m.**

**Saturdays: 8:15-9:15 a.m.**

Call Jamie at 206-407-8646 or email [sbjazzercise@gmail.com](mailto:sbjazzercise@gmail.com) for more information.

## Martial Arts Fitness

**Ages 13+**

**Tuesdays: 7-7:50 p.m.**

Increase your fitness level and gain skills in the disciplines of Hapkido, Aikido and Taekwondo. Class includes breath work, balance, cardio, strength, and flexibility exercises. Begin anytime and work at your own pace as this class is on-going and adaptable to all levels.

**FREE 1st class**

**Session rate available**

**5-class Flex Session: Res (\$55), Non (\$65)**

**Drop-In: Res (\$12), Non (\$14)**

## Pilates

**Ages 13+**

**Fridays: 9:15-10:15 a.m.**

Pilates is a low-impact exercise designed to strengthen core muscles, increase body awareness, and improve balance and flexibility. This class combines Pilates basics with yoga and barre exercises. Students often feel a sense of overall wellness with a strong mind-body connection. All fitness levels welcome. For more info about the class and instructor, visit [community-pilates.com](http://community-pilates.com).

**FREE 1st class**

**Discounted session rate available**

**5-class Flex Session: Res (\$90), Non (\$105)**

**Drop-In: Res (\$20), Non (\$24)**

## Self Defense:

### Personal Empowerment

**Ages 8+**

**Res (\$12.50), Non (\$15)**

**Days/times vary by quarter**

This class incorporates the practices of Chi Kung, Yang Family Style Tai Chi, stretching, breathwork and meditation. Expect to feel an immediate sense of refreshed focus, relaxation, and overall well-being. Longer term benefits include increased flexibility, balance, calmness, strength, and a deeper mind-body connection.



# FITNESS CLASSES

## Shotokan Karate

**Mondays & Wednesdays: 6-6:50 p.m.**  
**(Ages 6-12), 7-7:50 p.m. (Ages 9-Adult or instructor permission)**

Learn traditional Karate with a non-violent philosophy emphasizing respect, excellence, strength and character with fun and experienced black belt instructors. Bring a water bottle.

**Session rate available**

## Small Group Training

**Ages 16+**

**Mondays: 7-7:50 p.m.**

Join a Certified Personal Trainer for this small group training class focused on helping you achieve your fitness goals. Workouts will be designed to meet your needs and fitness level. Trainer will provide support, encouragement, and accountability to help you reach new heights in health and wellness.

**Session rate available**

## Sound Bath

**Ages 13+**

**Saturdays: 10:30-11:30 a.m.**

A sound bath is a meditative practice with waves of soothing, echoing sound from traditional wind and crystal bowl instruments. Learning to focus on the sound waves may help participants feel a decrease in stress, fatigue, anxiety, depression, sadness, and pain. Sound baths may improve your overall mood and release tension in your body as it soothes the nervous system. Participating in a sound bath may be easier than other meditative practices because all you need to do is listen.

**Res (\$22.50), Non (\$27)**

## Taekwondo

**Tuesdays & Thursdays:**

**4-4:50 p.m. (Ages 5-Adult)**

**5-5:50 p.m. (Ages 5-Adult)**

**6-6:50 p.m. (Ages 9-Adult or instructor permission)**

An ancient Korean Martial Art, Taekwondo is a system of practical techniques for self-defense. Instruction is designed to emphasize kicks and punches that strengthen and condition the whole body and promote confidence, patience and respect.

**Session rate available**

## Tai Chi & Mindful Movement

**Ages 18+**

**Fridays: 10:30-11:30 a.m.**

This class incorporates the practices of Chi Kung, Yang Family Style Tai Chi, stretching, breathwork and meditation. Expect to feel an immediate sense of refreshed focus, relaxation, and overall well-being. Longer term benefits include increased flexibility, balance, calmness, strength, and a deeper mind-body connection.

**FREE 1st class**

**Session rate available**

**5-class Flex Session: Res (\$55), Non (\$65)**

**Drop-In: Res (\$12), Non (\$14)**



# FITNESS CLASSES

## Total Body Fitness In-person or Virtual

**Ages 16+**

**Tuesdays & Thursdays: 6-6:50 a.m.**

Join a certified instructor either in-person or virtually from home for this fun and effective way to burn stubborn body fat and improve your level of fitness! In-person workouts utilize dumbbells, bands, and more while virtual workouts are modified for virtual participants using bodyweight exercises, agility movements, and more to strengthen your body and core. Get ready to sweat and have fun!

**FREE 1st class**

**Discounted session rate available**

**Flex Session: Res (\$66), Non (\$78)**

**Drop-In: Res (\$14), Non (\$17)**

## Yoga – All Levels

**Ages 13+**

**Wednesdays: 6-6:50 p.m.**

Beginner and intermediate students who want a strong, safe foundation in alignment yoga will develop body awareness, flexibility, balance, and strength, plus learn sequences to start a personalized yoga practice.

Students with injuries or health conditions will learn modifications to practice safely.

This joyful class integrates other aspects of a well-rounded practice such as breathing, meditation and health and nutrition tips.

**FREE 1st class**

**Discounted session rate available**

**5-class Flex Session: Res (\$78), Non (\$90)**

**Drop-In: Res (\$17), Non (\$20)**

## ZUMBA

**Ages 13+**

**Mondays & Fridays: 10:30-11:30 a.m**

**Mondays: 6-6:50 p.m.**

ZUMBA is a one-of-a-kind fitness program with easy-to-follow Latin rhythms designed for all fitness levels. The Friday Toning class incorporates light weights to build muscles in the arms, legs and glutes. You will fall in love with working out again and look forward to it. This hour of calorie burning, energizing, and expressive movements brings spice back into everyone's fitness program.

**FREE 1st class**

**Discounted session rate available**

**Flex Session: Res (\$52), Non (\$63)**

**Drop-In: Res (\$11), Non (\$13)**



# PERSONAL TRAINING

Get a FREE 30-minute consultation with a certified personal trainer. Call or email the personal trainers to learn how they can encourage, motivate and create an exercise routine that is safe and appropriate for you.

Rates and more information about the personal trainers are found at [BellevueWA.gov/sbcc](http://BellevueWA.gov/sbcc) or ask for a brochure at the SBCC front desk. A pre-activity screening questionnaire is required prior to your first exercise session.

Fill out the questionnaire at your FREE consultation or go to [BellevueWA.gov/sbcc](http://BellevueWA.gov/sbcc) and navigate to the "Fitness Center" page to find the form. A physician's consent may be required based on your health history. Youth ages 13-17 need a parent/guardian present for the first training session.



**Diane DeFuria**

425-221-0070

[diane1959defuria@gmail.com](mailto:diane1959defuria@gmail.com)



**Sara Grandstrand**

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**Sam Slaby**

540-454-2245

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# YOUTH PROGRAMS

## Natural Start Preschool

This Preschool offers a unique nature-based curriculum that supports the developmental and learning needs of preschoolers. Children spend most of their time outside each day. For more information you can visit [NaturalStartPreschool.com](http://NaturalStartPreschool.com) or call 425-452-4240 for details.

## Indoor Play at SBCC

**Monday/Wednesday/Friday**  
**10:30 a.m.-12 p.m.**

Drop-in gym playtime for children under 5 with parents. No charge for those under 1 year. Parents/caregivers must supervise their own children. Save even more when you purchase a play pass. Closed all holidays, Bellevue School District breaks and summer.

**Fee: Res (\$4) Non (\$5)**

## Drama Kids Youth Theater

**Ages 6-10**

**Thursdays, 4-5 p.m.**

**New session each quarter, excluding summer.**

Drama Kids at SBCC is a NEW 12-week youth theater program. Drama Kids offer theater classes and programs that are specially tailored to elementary school children ages 6-10. The instructors provide unique instructions and enhance the skills of every participant. Students learn speech, improvisation, dramatic movement, scene starters, snippets, and an additional variety of dramatic arts skills. The best part of our composite classes is the end-of-the-year performance. Our students demonstrate the skills they have learned over the course of the class in a short production in front of friends and family. Our theater classes are not only

enjoyable for the students; they also help develop social skills, confidence, and speaking abilities. The unique knowledge and skills learned through Drama kids can create lasting friendships as well as educational benefits.

**Fee: vary by session**

**Pre-Registration Required**

## Pre-Ballet by City Opera Ballet

**Ages 4-5**

**Saturdays, 9-9:45 a.m.**

**New session each quarter, excluding summer.**

Students will gain coordination, confidence, and social skills as they learn the basics of ballet steps. This course ends in a fun recital to showcase student progress for family and friends.

**Fee: vary by session**

**Pre-Registration Required**

## Ballet 1/2 by City Opera Ballet

**Ages 6-8**

**Tuesdays, 5-6 p.m.**

**New session each quarter, excluding summer.**

Students will gain coordination, confidence, and social skills as they learn the foundations of ballet and basic French vocabulary. This course ends in a fun recital to showcase student progress for family and friends.

**Fee: vary by session**

**Pre-Registration Required**





# YOUTH PROGRAMS

South Bellevue Community Center also offers martial arts classes for youth.  
See page 13 for Shotokan Karate and Taekwondo classes.

## Hip Hop 1/2 by City Opera Ballet

**Ages 5-7**

**Saturdays, 11 a.m.-12 p.m**

**New session each quarter,  
excluding summer.**

Time to POP, LOCK and BREAK! Children will learn basic hip hop moves and gain physical strength as they start the introduction to hip hop floorwork (coffee grinder, etc.). You can expect your child to develop confidence, coordination, personality and have fun; all while listening to some of their favorite music! This course ends in a fun recital to showcase student progress for family and friends. Students of all genders are welcomed!

**Fee: vary by session**

**Pre-Registration Required**

## Hippity Hop by City Opera Ballet

**Ages 3-4**

**Saturdays, 10-10:45 a.m.**

**New session each quarter,  
excluding summer.**

ARE YOU READY TO BOOGIE? Children will learn the basics of hip-hop dancing with fun and upbeat music. You can expect your child to develop confidence, coordination, personality and HAVE FUN! This course ends in a fun recital to showcase student progress for family and friends. Students of all genders are welcomed!

**Fee: vary by session**

**Pre-Registration Required**

## Intro to Cheerleading

**Ages 8-13**

**Tuesdays, 6-7 p.m.**

**New session each quarter,  
excluding summer.**

Students should expect to gain confidence as they learn cheer motions, placement, jumps and how to rally. This class will also begin introducing basic tumbling and stunting as skill/strength progression of students allows. Pom poms, T-shirt and hair bow are included within the price of registration.

**Fee: vary by session**

**Pre-Registration Required**

## Music Together

**Ages 0-5**

**Tuesdays, 6:15-7 p.m.**

**Thursdays, 10:30-11:15 a.m.**

**11:30 a.m.-12:15 p.m.**

**Session days/times vary by quarter.**

This is the foundational Music Together class, one that a child can attend from birth to age five, through 12 song collections. This class is designed for parent/guardian/caretaker participation with child. Each week, a trained Music Together teacher leads the class in singing, dancing, and playing songs from our award-winning music. An additional \$50 materials fee will be paid directly to the instructor on the first day of class.

**Fee: vary by session**

**Pre-Registration Required**

# ADULT PROGRAMS

## Line Dancing

**Ages 18+**

**Mondays, 1-3 p.m.**

Do you like to dance? Line dancing is a great way to move to a variety of popular music, elevate your mood, and make some new friends. We have a caller who walks you through each dance. Enjoy the benefits of using your brain and at the same time providing exercise, with excellent health benefits. The first 45 minutes will be geared to beginner dancers and each session will progress towards the improver to intermediate levels as time goes on. Come join the fun! Closed all holidays, Bellevue School District breaks and summer.

**Fee: FREE**

**No registration necessary**

## Open Art Studio

**Ages 18+**

**Tuesdays, 1-3 p.m.**

The open art studio is an opportunity for artists 18+ to gather and practice their art and techniques, receive feedback from other artists, and socialize. The studio will primarily focus on media that includes pencil, charcoal, watercolor, acrylics and oil; however, it's also open to textiles, knitting and needle work. Closed all holidays, Bellevue School District breaks and summer.

**Fee: FREE**

**No registration necessary**

## Pickleball Classes & Clinics

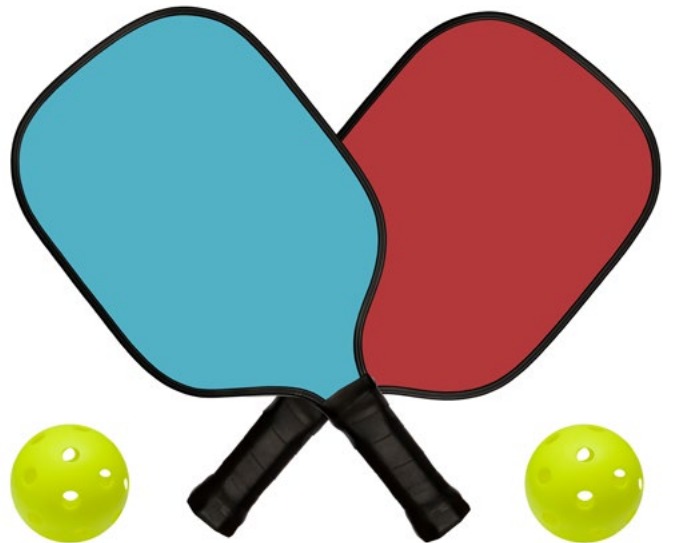
**Ages 18+**

**Days/times vary by quarter**

If you've never played pickleball before or are looking to advance your skills, SBCC offers a variety of pickleball classes and clinics for varying skill levels. Classes are multi-week programs that cover the basics of the game and help develop an understanding of pickleball. Clinics and Skills classes are one-day programs that will help you learn basic strategy and advanced nuances of game play. Players are encouraged to bring their own paddle.

**Fee: vary by program**

**Pre-Registration Required**





# SOUTH BELLEVUE CLIMBING WALL



The Bellevue Climbing Wall is 33 feet tall and sculpted to look and feel like Index granite. The wall offers three top-ropes each with several routes with varying degrees of difficulty from beginner to expert and a bouldering wall.

The wall is available for private parties, open climbs, climbing classes, and climbing camps.

**For pricing and program information scan the QR code**



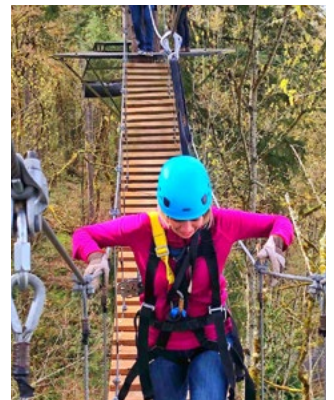
**For questions** about the Climbing Wall, call 425-452-4240 or visit [BellevueWA.gov/sbcc](https://BellevueWA.gov/sbcc).



# BELLEVUE ZIP TOUR

**ZIP through old Maple and Douglas Fir 80 feet above the ground, 35 miles per hour.**

Seven zip lines totaling over 458 feet give you a spectacular view of Mt. Baker and Glacier Peak. Open April through October, the Bellevue Zip Tour is a natural wonder located in the City of Bellevue. Make your reservations now.



14509 SE Newport Way, Bellevue, WA 98006  
206-317-7768

For pricing and program information visit  
[BellevueZipTour.com](https://BellevueZipTour.com)

For questions about the Bellevue Zip Tour,  
call 206-317-7768.

# BELLEVUE CHALLENGE COURSE



For pricing and program information  
visit [NWTeamBuilding.com](http://NWTeamBuilding.com)

For questions about the Bellevue  
Challenge Course, call 206-348-3941.



# SBCC

# Anniversary Celebration

January 6-12, 2025

The background features two large fireworks, one on the left and one on the right, with several smaller starburst graphics scattered throughout. The fireworks are rendered in a light blue and light green color scheme.

# SBCC

**SOUTH BELLEVUE COMMUNITY CENTER**  
A Partnership for a Healthy Community

**FREE** fitness classes and recreation activities  
Complete schedule at [BellevueWA.gov/sbcc](http://BellevueWA.gov/sbcc) • 425-452-4240



**SBCC is CLOSED for Annual Maintenance  
August 19-September 2, 2024**

Register for classes at: [Register.BellevueWA.gov](https://Register.BellevueWA.gov)

For information about the Challenge Course or ZipTours, visit:  
[NWTeamBuilding.com](https://NWTeamBuilding.com)

For information about Boys and Girls Club visit:  
[BGCBellevue.org](https://BGCBellevue.org)



# South Bellevue Community Center

425-452-4240 | [sbcc@bellevuewa.gov](mailto:sbcc@bellevuewa.gov)

