

CONNECTIONS

May through
August 2018



*Bellevue Parks &
Community Services*

425-452-6885

register.bellevuewa.gov

Registration Steps & Form.....7-8

Adaptive Recreation
Registration Form.....38

Scholarship Application9

Summer Day Camps.....Insert

Adaptive Recreation.....35-37

Adult Enrichment.....27-29

Aging Services33-35

Aquatics.....10-13

Crafts & Visual Arts.....13

Health, Wellness, & Fitness.....13-17

Kelsey Creek Farm24-26

Martial Arts.....17-18

Outdoor & Natural
Resource Programs.....18-24

Performing Arts26-27

Special Events6

Sports.....29-31

Tennis.....32-33

FACILITY ADDRESSES AND PHONE NUMBERS QUICK FIND

RECREATION REGISTRATION 425-452-6885

FACILITY & FIELD RENTALS 425-452-6914

ADULT SPORTS LEAGUES, Bellevue City Hall, 450 - 110th Ave NE.....425-452-4479

BELLEVUE AQUATIC CENTER, 601 - 143rd Ave NE425-452-4444

BELLEVUE BOTANICAL GARDEN, 12001 Main ST.....425-452-2750

BELLEVUE GOLF COURSE, 5450—140th Ave NE.....425-452-7250

BELLEVUE YOUTH THEATRE, 16051 NE 10th St.....425-452-7155

BELLEVUE MAIN CLUB ADULT PROGRAMS, BOYS & GIRLS CLUB MAIN CLUB, 209 100th Ave NE.....425-452-4106

COMMUNITY GARDENS, SE 16th ST near 156th Ave SE425-452-7225

CROSSROADS COMMUNITY CENTER, 16000 NE 10th ST425-452-4874

CROSSROADS GOLF COURSE, 15801 NE 15th ST425-452-4873

HIGHLAND COMMUNITY CENTER AND PARK, 14224 NE Bel-Red RD
Adaptive recreation for people with disabilities and general programs425-452-7686

KELSEY CREEK COMMUNITY FARM PARK, 410 - 130th PI SE425-452-7688

LAKE HILLS GREENBELT RANGER STATION, 15416 SE 16th ST425-452-7225

LEWIS CREEK VISITOR CENTER, 5808 Lakemont BLVD SE.....425-452-4195

MERCER SLOUGH ENVIRONMENTAL EDUCATION CENTER, 1625 118th Ave SE425-452-2565
Pacific Science Center425-450-0207

NORTH BELLEVUE COMMUNITY CENTER, AGING SERVICES, 4063—148th Ave NE
General Programs/Rental Inquiries.....425-452-7681

NORTHWEST ARTS CENTER, 9825 NE 24th ST
Program Registration & Rental Information.....425-452-4106

PARKS ADMINISTRATION, Bellevue City Hall, 450 - 110th Ave NE425-452-6885

ROBINSWOOD HOUSE.....425-452-7850

ROBINSWOOD TENNIS CENTER, 2400—151st PL SE.....425-452-7690

SKATE PARK, 14224 NE Bel-Red Rd.....425-452-2722

SOUTH BELLEVUE COMMUNITY CENTER, 14509 SE Newport Way.....425-452-4240

TEEN SERVICES, City Hall, 450 - 110th Ave NE.....425-452-2846

YOUTH SPORTS, Bellevue City Hall, 450 - 110th Ave NE.....425-452-6885

BELLEVUE PARKS & COMMUNITY SERVICES

CONNECTIONS



Bellevue Parks & Community Services
PO Box 90012
Bellevue, WA 98009-9012

Bellevue City Council

- John Chelminiak, Mayor**
Lynne Robinson, Deputy Mayor
- Conrad Lee Jared Nieuwenhuis
Jennifer Robertson John Stokes
Janice Zahn

Parks & Community Services Board

- Mark Van Hollebeke, Chair**
Eric Synn, Vice Chair
- Yu Deng Dave Hamilton
Stuart Heath Debra Kumar
Heather Trescasses

FOOD & REFRESHMENTS

Programs listed in this brochure may include a food or beverage refreshment. Please contact the your Program Area site for more information; phone numbers are available in this brochure. Food and beverage cost, when applicable, is included in the cost of the program.

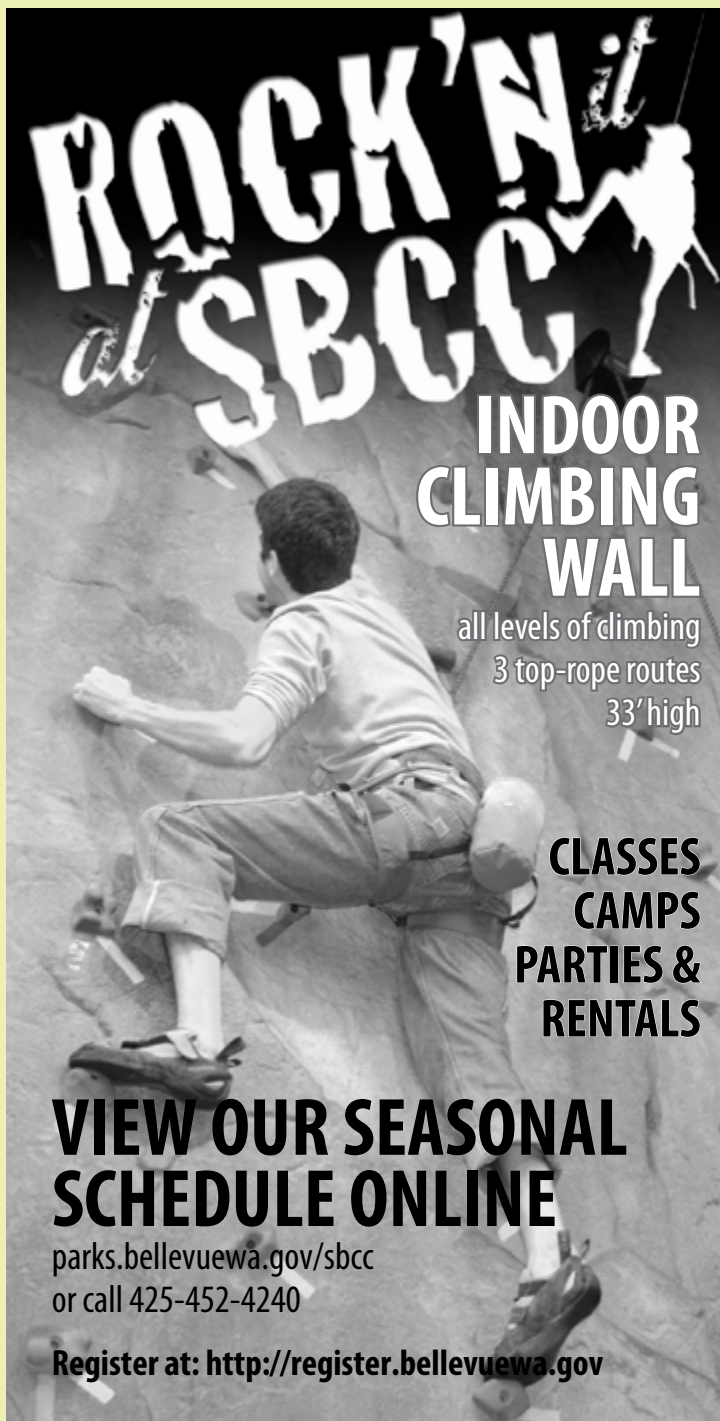
CITY OF BELLEVUE TAX ID NUMBER: 91-6007020

This information will be provided in alternate formats for individuals with disabilities upon request. We invite everyone's participation. Please provide two weeks advance notice for special needs requests. Assistance for the Deaf and Hard of Hearing can be provided through the 711 Telecommunications Relay Service.



On the Cover: *Bellevue Family 4th of July at Downtown Park.* Photo by Colin Walker.

Editor: Colin Walker. *Questions or comments about Connections?*
Email cwalker@bellevuewa.gov.



QUESTIONS OR COMMENTS?

Every effort is made to ensure that the information in this catalog is accurate at the time of publication. Because policies, personnel, and funding can change, Bellevue Parks & Community Services reserves the right to add or withdraw programs and to amend, revise, or modify any provision printed in this brochure.

You are encouraged to visit

<http://register.bellevuewa.gov> for the most up-to-date information. We're always interested in knowing how we can make this publication better — contact Colin Walker, cwalker@bellevuewa.gov, or call 425-452-6885.

INCLEMENT WEATHER POLICY

In the event of inclement weather the City of Bellevue Parks & Community Services Department will make every effort to clearly communicate the status of facilities and programs, scheduled special events, and rentals. Administration will make an operational decision based upon the safety of participants and employees and the ability to appropriately staff programs and facilities.

As a general rule, if the Bellevue School District is closed due to a weather event all Parks & Community Services Department classes and programs will be cancelled for the entire day. If the Bellevue School District is on a delayed schedule, then call the facility for an updated status report. Select facilities may be open for drop-in activities at a modified level.

If you are unable to reach the facility, then call the Parks & Community Services Department general information number at 425-452-6885. Inclement weather can effect park use and trail conditions.

Please use caution when visiting park sites during poor weather as trails and other park facilities may become wet and slippery. Park trails may also be closed.



STAY UP-TO-DATE BY SUBSCRIBING TO OUR MONTHLY E-NEWSLETTER

Get the latest information about events, new programs, and great things to do in Bellevue by subscribing to our monthly e-newsletter.

To subscribe, visit:
<http://parks.bellevuewa.gov/connections>



UPCOMING PRODUCTION

The Jungle Book

Performs at Bellevue Youth Theatre

Rudyard Kipling's famous tale of Mowgli and his relationship with the animals who raise him from a small child. Set in India, this is a great show for all families.

Friday, August 3 at 7 pm

Saturday, August 4 at 2 pm & 7pm

Sunday, August 5 at 2 pm

Friday, August 10 at 7 pm

Saturday, August 11 at 2 pm & 7pm

Sunday, August 12 at 2 pm

Friday, August 17 at 7 pm

Saturday, August 18 at 2 pm & 7pm

Sunday, August 19 at 2 pm

Ticket prices:

\$12 per ticket • All seats reserved

No refunds once purchased

All ticket prices the same regardless of age

All seats are reserved and we do sell out.

Buying your tickets early is highly recommended!



425-452-7155

parks.bellevuewa.gov/BYT

The Bellevue Youth Theatre program was founded in 1990 in the Crossroads area of Bellevue as an outreach program for disenfranchised youth. With proud roots as a recreational performing arts center, it has grown to serve youth, families, and people living with disabilities and seniors not only in Bellevue, but in other Eastside communities as well.

The theatre presents 11 performances throughout the year, offering opportunities targeted for youth ages 11 to 19, while including other community members of all ages. Separate workshop and day camp programs are also offered. Annual involvement in the program has grown to include more than 900 individuals and more than 7,000 performance attendees.

Today the Bellevue Youth Theatre is a place where skills are learned, talents are discovered, creativity is expressed, and community is strengthened. In March, 2015, Bellevue Youth Theatre opened the doors on its new, state-of-the-art theatre at Crossroads Community Park.

AUDITIONS

The Jungle Book

This show is suitable for all ages. There are three casts, so you pick based on your preferred rehearsal time and set of performance dates. The show contains large dance numbers and a couple of songs.

Pick your time and enjoy this delightful tale with all the characters from the book. There will be three casts of *The Jungle Book*. One cast rehearses at 4-6 p.m. (performs August 17-19), one cast rehearses 5-7 p.m. (performs August 10-12), and one cast rehearses 6-8 p.m. (performs August 3-5). All rehearsals and performances are at the Bellevue Youth Theatre, 16051 NE 10th Street in Bellevue. Great roles for all ages. (Youth ages 5-10 must pre-register and will not attend auditions unless they have been in 3 main stage BYT shows.)

Ages 11 +: Monday, June 4 or Tuesday, June 5 from 5-6:30 p.m. at the Bellevue Youth Theatre-Crossroads

Ages 5-10: Mandatory parent/child orientation Thursday, June 7 at 5 p.m. at the Bellevue Youth Theatre-Crossroads (must be pre-registered in one cast by June 5)

Fees: Bellevue Residents: \$0 Non-Bellevue Residents: \$150

CASTS & REHEARSALS

Pre-Registration for children who will be ages 5-10 on June 25:

Mandatory parent/child orientation Thursday, June 7 at 5 p.m. at the Bellevue Youth Theatre-Crossroads (must be pre-registered in one cast by June 5)

Leopard Cast

Rehearsal location: Bellevue Youth Theatre

How to I sign up?

- 5-10s: REGISTER ONLINE! Course # 1802460 (25 spots available)
- 11 & Older: GO TO AUDITIONS!

MANDATORY FIRST MEETING FOR ALL PARTICIPANTS ON MONDAY, JUNE 25. Parents strongly encouraged to attend:

- 5-10s meet at 5 p.m.
- 11 and older meet at 6 p.m.

Rehearsal begins: Tuesday, June 26

Rehearsals: Monday through Friday, 6-8 p.m.

Tech Week: The week of July 30 at Bellevue Youth Theatre

Performs at BYT-Crossroads: August 3-5

NO CONFLICTS ALLOWED JULY 30-AUGUST 5

Tiger Cast

Rehearsal location: Bellevue Youth Theatre

How to I sign up?

- 5-10s: REGISTER ONLINE! Course # 1802461 (25 spots available)
- 11 & Older: GO TO AUDITIONS!

MANDATORY FIRST MEETING FOR ALL PARTICIPANTS ON MONDAY, JUNE 25. Parents strongly encouraged to attend:

- 5-10s meet at 5 p.m.
- 11 and older meet at 6 p.m.

Rehearsal begins: Tuesday, June 26

Rehearsals: Monday through Friday, 5-7 p.m.

Tech Week: The week of August 6 at Bellevue Youth Theatre

Performs at BYT-Crossroads: August 10-12

NO CONFLICTS ALLOWED AUGUST 6-12

Wolf Cast

Rehearsal location: Bellevue Youth Theatre

How to I sign up?

- 5-10s: REGISTER ONLINE! Course # 1802462 (25 spots available)
- 11 & Older: GO TO AUDITIONS!

MANDATORY FIRST MEETING FOR ALL PARTICIPANTS ON MONDAY, JUNE 25. Parents strongly encouraged to attend:

- 5-10s meet at 5 p.m.
- 11 and older meet at 6 p.m.

Rehearsal begins: Tuesday, June 26

Rehearsals: Monday through Friday, 4-6 p.m.

Tech Week: The week of August 13 at Bellevue Youth Theatre

Performs at BYT-Crossroads: August 17-19

NO CONFLICTS ALLOWED AUGUST 13-19



Birthday Party Packages at Northwest Arts Center

Enjoy an hour of fun-filled activity and one hour of party room festivities and leave the details to us! We provide the friendly and enthusiastic party staff, teachers, and a special party gift for each child. You bring the rest!

Party packages include 10 children, with prices listed for Bellevue residents. Ask about non-Bellevue resident pricing, and fee for additional children over 10. Party packages include:

- **Art It Up!** Features crafts or beading assembly, for ages 3-12 \$175
- **Play Zone Party** Features an open gym and playground games for ages 2-5 \$175
- **Pottery Party** Make a small bowl, vase or other item to cherish or give someone as a gift, for ages 6 and up \$220
- **Junior Chef Party** Create a birthday treat and decorate an apron to take home, for ages 5-12 \$200
- **Taekwondo Party** Enjoy learning martial arts and playing fitness and challenge games with your friends. Ages 5-9 \$200

Themed Parties

- **Princess Party** for ages 2-8
- **Pirate Party** for ages 4-8
- **Dinosaur Party** for ages 4-8

Call our Party Coordinator at 425-452-4106 for pricing, availability, and to arrange your party today! Parties are held at the Northwest Arts Center - 9825 NE 24th St.

Special Events

FAMILY FUN-TEATIME WITH MOMMY & ME

Come to our tea party dressed-up in your party attire! Mommy and me have fun together making art, nibbling snacks, listening to stories and singing together!

Robinswood Community Park

\$30(R) \$35(N) Age: 3-6Y
1802365 10-11:30am Sat May 05

THE BELLEVUE COLLECTION: BELLEVUE FAMILY 4TH

Celebrate our nation's birthday with friends and neighbors at the Eastside's largest 4th of July event in Bellevue Downtown Park.

Enjoy live music, children's activities, a variety of foods at the Food Court, the new inspiration playground, all leading up to a spectacular fireworks show synchronized to a live performance by the Bellevue Youth Symphony Orchestra at 10:05pm.

Admission is free. Free event parking available at The Bellevue Collection after 6:00pm. Bring a flashlight for safety.

For more information, call 425-453-1223 or visit BellevueDowntown.com.

Downtown Park

FREE Age: All Ages
2-10:30pm Wed Jul 04

LAKE TO LAKE BIKE RIDE

7th annual Lake to Lake bike ride - an enjoyable, non-competitive ride, that explores the hidden treasures of Bellevue. This ride utilizes low traffic roads, bike lanes and part of the Lake to Lake trail (non technical gravel) and traverses much of the City. Greenbelt Loop - mostly flat 8 mile route; Lake Loop - more challenging 22 mile route with significant elevation gain. The course is well-marked and supported by staff and volunteers. Riders under 18 must be accompanied by an adult. Pre-register - \$15.00 Res & Non-Res per rider; Day of event registration \$20.00 Res & Non-Res per rider. On-site registration will take place from 8: - 9:AM - Start area open 9: - 10:AM. Under age 9 FREE.

Lake Hills Community Park

\$15(R) \$15(N) Age: 6-12Y
1802612 8am-1pm Sat Jun 09

ALT-ROCK RETRO REBOOT CONCERT

Bellevue Friends of the Library, in partnership with Bellevue Parks & Community Services presents entertainer Rick Huddle, storyteller, dancer, and musician. Reboot your brain as you listen to parodies and stories based on alternative rock from the 70s, 80s and the 90s. This is a great opportunity to introduce your little ones to bands like They Might Be Giants, REM, Blondie and The Clash!

FREE Family event; all ages welcome; children must be accompanied by an adult. Pre-registration not required. Info: kelseycreekfarm@bellevuewa.gov or 425-452-7688.

Kelsey Creek Farm Park

FREE Age: All Ages
11am-11:50pm Tue Jul 10

THE BING BANG BOOM SHOW

Bellevue Friends of the Library, in partnership with Bellevue Parks & Community Services, presents a fabulous performance by three great entertainers. When Molly and Luz join forces to put on a spectacular circus show with dance and music, there will be plenty of mishaps, but also a lot of fun! Discover how they find funny solutions to their problems through curiosity, playfulness and working together.

FREE Family event; all ages welcome; children must be accompanied by an adult. Pre-registration not required. Info: kelseycreekfarm@bellevuewa.gov or 425-452-7688.

Robinswood Community Park

FREE Age: All Ages
11am-12pm Tue Jul 24

THEATRE ON THE GREEN

Northwest Arts Center - 9825 NE 24th St. Enjoy this FREE live children's musical theatre experience while you relax outdoors with your family. Children's art and bubbles activity will be available from 6-6:30pm. Theatre presentation from 6:30-7:30pm. This classic theatre is presented by Last Leaf Productions. All ages welcome; family-friendly event. For more information, contact Northwest Arts Center: NWAC@bellevuewa.gov or 425-452-4106.

The Day Zero Left Dodge - August 1

The Emperor and the Nightingale: August 8

Twelfth Night: August 15

THE BATTLE OF THE BANDS

Bellevue Friends of the Library, in partnership with Bellevue Parks & Community Services, presents the energized Brian Waite Band. Visit the "musical land of Rockmania" and sing, dance and laugh as you journey to this magical and musical place! The natives of Fastopolis, Beatbourough and Lowburg like to argue but quickly learn that working together and playing in harmony makes for a better and happier country. FREE Family event; all ages welcome. Children must be accompanied by an adult. Pre-registration not required. Info: kelseycreekfarm@bellevuewa.gov or 425-452-7688.

Kelsey Creek Farm Park

FREE Age: All Ages
11am-12pm Tue Aug 07

A DAY OF PLAY WITH DAD

Celebrate Father's Day by inviting dad to a delicious pancake breakfast and then challenge him to fun family adventures. Ascend the climbing wall, scale the vertical play pen at the Bellevue Challenge Course, play disc golf, and finish the morning with an orienteering trek through Eastgate Park. Moms and siblings are welcome too. Registration is required. 3 years old and younger are FREE.

South Bellevue Community Center

\$8(R) \$8(N) Age: 6Y & Up
1802744 8:30am-12pm Sat Jun 16

More events listed on the Bellevue Parks & Community Services Online Events Calendar

Visit bellevuewa.gov/calendar or parks.bellevuewa.gov for more information.

<http://parks.bellevuewa.gov>



Advance Registration Preference for Bellevue Residents • Registration Begins April 2, 2018

MAIL-IN/FAX/WALK-IN REGISTRATION

Mail completed registration forms to:
Bellevue Parks Registration; PO Box 90012; Bellevue, WA 98009-9012
or FAX to 425-452-2910.

Registration forms may be dropped off at Bellevue City Hall or any recreation facility during normal business hours. Walk-in registration forms will be placed in queue.

*Non-resident registrations are not accepted prior to the first day of non-resident registration.
Registrations received from non-Bellevue residents will be accepted, beginning April 11, 2018.*

INTERNET	PHONE-IN
Visit http://register.bellevuewa.gov to register for classes online.	Telephone Registration begins April 16. 425-452-6885

Registration Policies

REGISTRATION PRIORITY: The City of Bellevue is committed to providing a wide range of recreation activities for Bellevue residents. Therefore, the City gives a ten calendar day registration preference for those residing within the Bellevue city limits. Non-residents are welcome to take part in recreation programs on a space-available basis. Non-resident registrations are not accepted prior to the first day of non-resident registration. On this day, mailed and faxed registrations will be accepted Monday-Friday 8-5 at Bellevue City Hall, online at <http://register.bellevuewa.gov>, or during normal operating hours at other program sites.

Due to an interlocal agreement with King County, all registrations for programs at South Bellevue Community Center are processed in the order received.

REGISTRATION CONFIRMATION: Confirmation notices are mailed either electronically or via USPS after registration has been processed.

PAYMENT: Payment is accepted in Cash, gift certificates, checks, or Visa/Master-Card only. Payment for all programs except day camps is due in full at the time of registration. All transactions completed online require payment in full at the time of registration **Scholarship application is required prior to registration.** Please do not mail cash.

General Recreation Programs and Mini-Camps: Payment is due at the time of registration. Scholarship application is required prior to registration if paying with scholarship.

Day Camps: Each Day Camp requires a \$35 non-refundable deposit, per participant, per camp, at the time of registration, and will be applied toward the final amount due. Payment in full is due for the first two (2) camps at the time of registration. Payments for subsequent camps are due fourteen (14) calendar days prior to the first day of each session.

CREDIT CARD: Include credit card number and expiration date on registration form.

CHECKS: All checks or drafts received by the City which are returned or dishonored by the drawee bank or other such depository shall be assessed a charge of \$15.00 (Adm. Order 53).

REFUNDS: Programs cancelled by the City will result in a 100% refund of program fees. No refunds are available for programs \$10 or less. No refunds or credits will be issued on or after the first day of the program or camp.

General Recreation Programs/Mini-Camps: A refund is granted if the withdrawal is made at least seven (7) calendar days prior to the start of the program, less a \$10 administrative fee per participant, per program. Withdrawals requested fewer than seven (7) calendar days prior to the start of the program will result in a refund of:

Programs with fees \$20 or less: program fee, less \$10 administrative fee, per participant, per program.

Programs with fees greater than \$20: 50% of the program fee, per participant, per program.

Day Camps: A refund is granted if the withdrawal is made at least ten (10) calendar days prior to the start of class, less a \$35 non-refundable deposit, per participant, per camp. Camp withdrawals requested less than ten (10) calendar days prior to camp will result in a refund of 50% of the program fee, per participant, per program. If you are interested in transferring to a different camp, please call 425-452-6885 for information on our transfer policy.

Scholarships: Scholarships are available to qualifying residents who live within the Bellevue City limits. See page 9 for scholarship application. Scholarship applicants will be notified of the amount due for each session after scholarship application is processed. Please attach proof of residency and income to scholarship application.

Adaptive Recreation Programs - 425-452-7686

REGISTRATION FORM IS FOUND ON PAGE 56. Please use this form when registering for Specialized Recreation classes.

AUDIO RECORDING: A loan copy will be available upon request within 48 hours notice from the Bellevue Parks & Community Services Office. We advise individuals to request specific sections of the Community Services Brochure so that information will be functional to the listener.

READERS: Are available over the phone or in person from any program area. Call the appropriate program office and a staff person will read the requested sections.

ADA: The City will provide reasonable accommodations. This information will be provided in alternate formats for individuals with disabilities upon request. We invite everyone's participation, please provide two weeks advance notice for special needs requests. Assistance for the Deaf and Hard of Hearing can be provided through the 711 Telecommunications Relay Service. For Bellevue Parks & Community Services programs please contact Kim Indurkar, Inclusion Coordinator 425-452-7686.

RESIDENT DEFINITION: A resident is defined as anyone living within the jurisdictional boundary of the City of Bellevue as determined by City records. If you have any question as to whether you are within the jurisdictional boundary of the City of Bellevue, please contact the Development Services Department's Land Use Division at 425-452-4188.	EQUAL OPPORTUNITY STATEMENT: The U.S. Department of the Interior strictly prohibits discrimination on the basis of race, color, national origin, age or handicap in its federally-assisted programs and activities. If anyone believes he or she has been discriminated against in a Bellevue Parks & Community Services program, activity or facility, he or she may file a complaint alleging discrimination with Bellevue Parks & Community Services or the Office for Equal Opportunity, U.S. Department of the Interior, Washington, D.C., 20240.
--	---

The City of Bellevue prohibits sex discrimination in the operation or administration of community athletics programs for youth or adults. Third parties who receive leases or permits from the City of Bellevue for a community athletic program are also prohibited from discriminating on the basis of sex. In addition, the City of Bellevue does not discriminate on any other basis provided by Federal or State law. If you have questions or wish to file a complaint, contact Jon Wilson at JSWilson@bellevuewa.gov, or 425-452-4278.



Advance Registration Preference for Bellevue Residents • Registration Began April 2, 2018

For more information please call 425-452-6885 • FAX: 425-452-2910

See *Registration Steps* Page 7.

Mail completed form to: Bellevue Parks Registration; PO Box 90012; Bellevue, WA 98009-9012

Make checks payable to **City of Bellevue**

Please Print

Adult Last Name _____ First _____ Date of Birth _____

Street Address _____ City _____ State _____ ZIP _____

E-Mail Address _____ I do not wish to receive updates from Bellevue Parks & Community Services via email.

NOTE: If you check this box, you will not be notified of future registration opportunities by email.

() _____ () _____

Work Phone _____ Home Phone _____

Save time, register online...
Visit <http://register.bellevuewa.gov> to sign up for classes, see availability, pay for facility rentals, and manage your account.

Participant's Name	Use Scholarship?*	Date of Birth	M/F	Class Number	Class Title	Fee	Alternate Class No.
	<input type="checkbox"/>					\$	
	<input type="checkbox"/>					\$	
	<input type="checkbox"/>					\$	
	<input type="checkbox"/>					\$	
	<input type="checkbox"/>					\$	

Donation \$ _____ Designated area: _____ (we will contact you for clarification if needed)

Request for Modifications: _____

*For scholarship information, call 425-452-6885, or see page 9.

Scholarship applications must be approved prior to registration.

Payment Details Payment due in full at time of registration

Payment Method

Check D.D.A. (send to Highland)

Credit Card Total Fee: \$ _____



Card Number _____

Expiration Date _____

Non-resident registrations are not accepted prior to the first day of non-resident registration. Registrations received from non-Bellevue residents will be accepted beginning April 11, 2018.

Mail completed form to:

Bellevue Parks Registration; P.O. Box 90012; Bellevue, WA 98009-9012

WAIVER OF LIABILITY/RELEASE – PLEASE READ CAREFULLY

In consideration of myself and/or my child(ren) being allowed to use City of Bellevue Parks & Community Services facilities and/or participate in City-sponsored activities, I assume any and all risks, including risk of injury or death, associated with my or my child(ren)'s use of said facilities and/or participation in said activities. I further agree on behalf of myself, my heirs, executors, assigns, and personal representatives, to waive and release any and all rights and claims for damages, including attorney fees, I now, or may hereafter have, whether known or unknown, against the City of Bellevue and its officials, employees, and agents for any injuries suffered by me or my child(ren) in connection with the use of City facilities or participation in City-sponsored activities. I acknowledge that I have carefully read this Waiver of Liability and fully understand that I am waiving any right that I may have to bring a legal action or to assert a claim against the City of Bellevue.

PHOTO/VIDEO RELEASE: I give my permission to have photos and/or video and audio recordings taken of me or my child(ren) by the City of Bellevue or its agents for publicity purposes during City of Bellevue activities even though we will not receive compensation of any kind for appearing in such photos or video recordings. If you wish to waive the photo release, please contact the main office at 425-452-6885 or Parksweb@bellevuewa.gov.

I have read, understood, and voluntarily accepted the conditions of the Waiver of Liability/Release and the Photo Release printed above on behalf of myself and/or my child(ren):

Participant or Parent/Guardian Signature _____ Date _____

Printed Name: _____

Registration NOT VALID without signed waiver.

Scholarship Application

It is the policy of Bellevue Parks & Community Services to make program opportunities available to all interested people, regardless of income. We provide scholarships to those who might not otherwise be able to participate. Scholarships may be granted for the entire class fee or may provide a percentage discount, depending on individual circumstances. All information will remain confidential.

To be eligible for a scholarship **you must reside within the city limits of Bellevue** and meet the family size/yearly income requirements. Applicants meeting the eligibility guidelines are awarded up to \$350 per person, per year. Eligible residents will be **required to provide proof of identification, residency, and income**. **Copies** of your original income and residency verification documents should be attached to the completed application, and will not be returned. **Scholarship applications must be approved prior to registration.**

ACCEPTABLE FORMS OF BACK-UP INFORMATION — ATTACH TO SCHOLARSHIP APPLICATION:

PROOF OF IDENTITY: driver's license, ID card, or passport. **PROOF OF RESIDENCY:** utility bill or rental lease agreement.

PROOF OF INCOME: most current tax return, most current paycheck stub, DSHS check stubs, SSI statement.

A scholarship application alone does not register the participant, nor does it reserve space in a program.

Registrations are processed in the order received. You will be notified once your application for scholarship has been reviewed.

Parent/Guardian First Name	Parent/Guardian Last Name	Date of Birth	Male/Female
Family Member First Name	Family Member Last Name	Date of Birth	Male/Female

Address: _____

City: _____ State: _____ ZIP Code: _____

Phone: (Work) _____ (Home) _____

E-Mail Address: _____

Please Indicate:

Family Size: _____

Yearly Income (Before Taxes):

\$ _____

HOUSEHOLD SIZE	1	2	3	4	5	6	7	8
Full Scholarship	15,678	21,112	26,546	31,980	37,414	42,848	48,282	53,716
3/4 Scholarship	18,995	25,578	32,162	38,745	45,329	51,912	58,496	65,079
1/2 Scholarship	22,311	30,044	37,777	45,510	53,243	60,976	68,709	76,442

Example: If your family size is two and your income is \$21,112 or less you are eligible for a full scholarship.

Source: 2017-2018 USDA Food & Nutrition Services Child Nutrition Programs - Income Eligibility Guidelines. | Updated August 2017

If your income exceeds these guidelines please briefly describe your personal circumstances:

I certify that the above information is correct to the best of my knowledge. I reside within the city limits of Bellevue, and I understand that any additional fees (i.e., supply fees, late fees for Day Camp Programs) are my own responsibility.

Signature: _____ Date: _____

Office Use Only: Date _____ Yr _____	Approved By (Print): _____ Initial: _____
<input type="checkbox"/> Approved <input type="checkbox"/> Denied <input type="checkbox"/> Exception	Comments: _____
Circle One: 50% 75% 100%	_____
Staff: _____	_____ <input type="checkbox"/> ID <input type="checkbox"/> RES <input type="checkbox"/> INC

May through August 2018

CONNECTIONS

Bellevue Aquatic Center

601 - 143rd Avenue NE

425-452-4444

Fax: 425-452-6100

SWIM RATES

Drop-In Fees

Adult:	\$7
Youth (12 yrs. and younger):	\$6
Deep Water Exercise Class:	\$8
Master Swim Class:	\$8
Discounted Swim	\$5.50
<i>Mon-Sat before 10am, Wed 7-8pm when available</i>	
Shower only:	\$2
<i>Blue Lagoon locker rooms</i>	

Contract rate for pool use by businesses; contact Scott Armstrong at 425-452-4444 for more information.

Swim Pass Cards

12 visits for the price of 10, no expiration date

Adult:	\$71.04
Youth:	\$60.72
Deep Water Exercise:	\$81.60
Masters Swim:	\$81.60
Discounted Swim:	\$55.08

3 Month Swim Pass Cards

For Lap, Open, and Rehab Swims

Adult:	\$182.75
Youth:	\$121.25
Family:	\$295

PARTIES AT THE POOL

Pool rentals available on Saturdays and Sundays, 2:30-4:30pm in the Blue Lagoon Pool. Cost includes staff and use of pool toys.

1 - 25 guests:	\$225 per hour
26-50 guests:	\$271.50 per hour
51-75 guests:	\$301 per hour
76-100 guests:	\$357.50 per hour
100-125 guests:	\$447 per hour

Party Room Rentals

Available during pool rentals or open swims. \$77 per hour. Accommodates groups of under 20. This room is **not** wheelchair accessible.

EXERCISE CLASSES & TRAINING

Deep Water Exercise Class - Deep water aerobics workout that uses an aqua-jogging belt. Instructors provide specific exercise routine.

Masters Swim Program - Offers a low-key approach to competitive swimming for individuals age 19 and older. Workouts are based on ability levels and goals. For more information, contact Scott at 425-452-2806.

OTHER ACTIVITIES AVAILABLE AT THE BELLEVUE AQUATIC CENTER

The Bellevue Aquatic Center has a diverse group of contractors operating at our facility. These program areas include: physical, occupational, and recreational therapy, fitness and exercise programs, USS Swim teams, private and group swim lessons, triathlon training, springboard diving, and SCUBA diving. For a list of contractors with their contact numbers please call the Aquatic Center at 425-452-4444 or visit the Bellevue Aquatic Center webpage at parks.bellevuewa.gov/swim.

National Multiple Sclerosis Society - For more information please call 1-800-344-4867 (Press option 1)

Special Olympics - Swim team for physically- and developmentally-disabled participants. Practices are on Saturday mornings. Contact Jackie Booth at 425-277-3659 for more information.

LEARN TO SWIM PROGRAMS

Note: Registration forms are processed in the order received. 10-day preference for Bellevue residents.

HELP! At the Bellevue Aquatic Center, our goal is to provide high quality, productive swim lessons for your children. Enrolling students in classes with others of similar abilities is vital in achieving this goal. To ensure that your child is enrolled in the best class for him/her, please retain your progress cards or ask for a placement test if they have not been in BAC lessons for 3 months. **Children signed up at the incorrect level may be removed from the class.**

Please remember when registering your child:

- All participants will be required to take a swim evaluation if they have not had swimming lessons in our pool in the last three months, or are wanting to register above Level 1.
- Registrations can be made at the Bellevue Aquatic Center, any Bellevue community center, or online with a VISA or MasterCard payment.
- Payment is required in full at the time of registration.
- Repeating levels is common. You may only register for the current level your child is in.
- Space is limited.

Minimum Class Size: Each program has a minimum class size requirement. If this is not met, the Bellevue Aquatic Center may cancel the course. Accommodations will be made for the participant if possible; otherwise a full refund be given for the canceled course.

PRIVATE/SEMI-PRIVATE SWIM LESSONS

For private lesson availability visit <http://register.bellevuewa.gov> and search "Private Swim Lessons". We offer semi-private (2:1) swim lessons to participants of similar swim ability. If you are interested in setting up semi-private swim lessons, please call Julie at 425-452-4444.

PARENT/TOT LEVEL CLASSES

Ages: 6 months to 3 years
Instructors provide parents with information and techniques to help their infant become comfortable in the water.

PRESCHOOL LEVEL CLASSES

Preschool lessons are for children 3 years of age up until they turn 6 years of age.

PRE 1: Beginning level, focus on water adjustment and water safety.

PRE 2: Floating, gliding, kicking, and reach and pull armstroke.

PRE 3: Crawlstroke with side breathing. Introduction to elementary backstroke.

PRE 4: Crawlstroke, backstroke, elementary backstroke, and breaststroke.



PRE 5: Refining the crawlstroke, backstroke, elementary backstroke, & breaststroke and building endurance.

YOUTH LEVEL CLASSES

Youth lessons are for children 6 years of age and up.

YOUTH 1: Beginning level, focus on water adjustment and water safety.

YOUTH 2: Floating, gliding, kicking, and crawlstroke.

YOUTH 3: Crawlstroke with side breathing. Introduction to elementary backstroke, backstroke, and breaststroke.

YOUTH 4: Refining the strokes and introduction to sidestroke.

YOUTH 5: Refining the strokes, building endurance, and introduction to butterfly.

YOUTH 6: Mastering the four competitive strokes and introduction to flip turns.

PRE-COMPETITIVE: An endurance building class preparing students for swim team.

ADULT LEVEL CLASSES

Adult classes are for students 13 years of age and up.

ADULT INTRO: Beginning swim classes for students age 13 years and up.

ADULT INTERMEDIATE: Continued development as students become comfortable in deep water.

ADULT ADVANCED: Development and refinement of the crawlstroke. Introduction of backstroke, breaststroke, and sidestroke.

Additional sessions may be available. Visit

<http://register.bellevuewa.gov> for the most up-to-date list of lessons.

☞ indicates course that has pre-requisite that needs to be met prior to registration. Participants registered for the incorrect level will be removed according to the City's withdrawal policy, and will be charged a withdrawal fee.

ADULT INTRODUCTION

1806542	M, W	6:20-6:50pm	25-Jun-18-Jul	\$96.25
1806544	Sat	10:10-10:40am	1-Jul-19-Aug	\$96.25
1806545	M, W	6:20-6:50pm	23-Jul-15-Aug	\$110.00

ADULT INTERMEDIATE

852	Sat	10:45-11:15am	30-Jun-18-Aug	\$96.25
-----	-----	---------------	---------------	---------

ADULT ADVANCED

180847	Sat	10:45-11:15am	30-Jun-18-Aug	\$96.25
--------	-----	---------------	---------------	---------

PARENT/TOT

180587-4	M, W	11-11:30am	14-May-6-Jun	\$96.00
180587-6	Tu, Th	6:20-6:50pm	26-Jun-19-Jul	\$100.00
180587-7	Sun	11:20-11:50am	1-Jul-19-Aug	\$87.50
180587-8	M-W	11:20-11:50am	23-Jul-3-Aug	\$100.00
180587-9	Tu, Th	6:20-6:50pm	24-Jul-16-Aug	\$96.00

PARENT/TOT 2

1806572	M, W	11:20-11:50am	25-Jun-18-Jul	\$99.75
1806573	Sat	11:20-11:50am	30-Jun-18-Aug	\$87.50
1806574	Tu, Th	11:20-11:50am	23-Jul-3-Aug	\$100.00

PRESCHOOL 1

1805852	M, W	10-10:30am	14-May-6-Jun	\$108.00
180585-10	M, W	10-10:30am	14-May-6-Jun	\$108.00
180585-11	M-F	9-9:30am	25-Jun-6-Jul	\$128.25
180585-12	M, W	3:25-3:55pm	25-Jun-18-Jul	\$99.75
180585-13	Sat	9:35-9:55am	30-Jun-18-Aug	\$99.75
180585-14	Sat	11:55-12:25pm	30-Jun-18-Aug	\$99.75
180585-15	Sun	9-9:30am	1-Jul-19-Aug	\$99.75
180585-16	M-F	9-9:30am	7-Jul-20-Jul	\$142.50
180585-17	M, W	3:25-3:55pm	23-Jul-15-Aug	\$114.00
180585-18	M-F	9-9:30am	23-Jul-3-Aug	\$142.50
180585-19	M-F	9-9:30am	6-Aug-17-Aug	\$142.50

PRESCHOOL 2

185861	M, W	10:30-11am	14-May-6-Jun	\$108.00
185862	M, W	10:30-11am	14-May-6-Jun	\$108.00
185861	Tu, Th	12-12:30pm	15-May-7-Jun	\$108.00
185862	Tu, Th	12-12:30pm	15-May-7-Jun	\$108.00
185862	Tu, Th	3:25-3:55pm	24-Jun-16-Aug	\$114.00
185861	M-F	10:45-11:15am	25-Jun-6-Jul	\$128.25
185861	Tu, Th	3:25-3:55pm	26-Jun-19-Jul	\$114.00
185861	Sat	11:20-11:50am	30-Jun-18-Aug	\$99.75
185861	Sun	10:10-10:40am	1-Jul-19-Aug	\$99.75
185861	Sun	11:20-11:50am	1-Jul-19-Aug	\$99.75
185861	M-F	10:45-11:15am	7-Jul-20-Jul	\$142.50
185861	M-F	10:45-11:15am	23-Jul-3-Aug	\$142.50
185862	M-F	10:45-11:15am	6-Aug-17-Aug	\$142.50

PRESCHOOL 3

1806656	Tu, Th	12:30-1pm	15-May-7-Jun	\$108.00
1806657	M-F	10:10-10:40am	25-Jun-6-Jul	\$128.25
1806658	M, W	4-4:30pm	25-Jun-18-Jul	\$99.75
1806659	Sat	10:10-10:40am	30-Jun-18-Aug	\$99.75
1806651	Sun	9:35-10:05am	1-Jul-19-Aug	\$99.75
1806651	M-F	10:10-10:40am	7-Jul-20-Jul	\$142.50
1806651	M-F	10:10-10:40am	23-Jul-3-Aug	\$142.50
1806651	M, W	4-4:30pm	23-Jul-15-Aug	\$114.00
1806651	M-F	10:10-10:40am	6-Aug-17-Aug	\$142.50

PRESCHOOL 4

1806694	M-F	9:35-10:05am	25-Jun-6-Jul	\$128.25
1806697	M-F	9:35-10:05am	7-Jul-20-Jul	\$142.50
1806698	M-F	9:35-10:05am	23-Jul-3-Aug	\$142.50
1806691	Sat	9:35-10:05am	6-Aug-17-Aug	\$142.50
1806696	Sat	9-9:30am	30-Jun-18-Aug	\$99.75
1806695	Tu, Th	4-4:30pm	26-Jun-19-Jul	\$114.00
1806699	Tu, Th	4-4:30pm	24-Jul-16-Aug	\$81.00

PRESCHOOL 5

1806722	M-F	10:45-11:15am	25-Jun-6-Jul	\$128.25
1806723	Sun	10:45-11:15am	1-Jul-19-Aug	\$99.75
1806724	M-F	10:45-11:15am	7-Jul-20-Jul	\$142.50
1806725	M-F	10:45-11:15am	23-Jul-3-Aug	\$142.50
1806726	M-F	10:45-11:15am	6-Aug-17-Aug	\$142.50

YOUTH LEVEL 1

1806743	M-F	9-9:30am	25-Jun-6-Jul	\$128.75
1806744	Tu, Th	5:45-6:15pm	26-Jun-19-Jul	\$114.00
1806745	Sat	10:45-11:15am	30-Jun-18-Aug	\$99.75
1806746	Sun	10:45-11:15am	1-Jul-19-Aug	\$99.75
1806747	M-F	9-9:30am	7-Jul-20-Jul	\$142.50
1806748	M-F	11:55-12:25pm	23-Jul-3-Aug	\$142.50
1806749	Tu, Th	5:45-6:15pm	24-Jul-16-Aug	\$114.00
1806741	M-F	11:55-12:25pm	6-Aug-17-Aug	\$142.50

YOUTH LEVEL 2

1806777	M-F	11:55-12:25pm	25-Jun-6-Jul	\$123.75
1806778	M, W	5:10-5:40pm	25-Jun-18-Jul	\$96.25
1806779	Sat	11:55-12:25pm	30-Jun-18-Aug	\$96.25
1806771	Sun	9-9:30am	1-Jul-19-Aug	\$96.25
1806771	M-F	11:55-12:25pm	7-Jul-20-Jul	\$137.50
1806771	M-F	9-9:30am	23-Jul-3-Aug	\$137.50
1806771	M, W	5:10-5:40pm	23-Jul-15-Aug	\$110.00
1806771	M-F	9-9:30am	6-Aug-17-Aug	\$137.50

YOUTH LEVEL 3

1806796	M-F	9:35-9:55am	25-Jun-6-Jul	\$123.75
1806797	M, W	5:45-6:15pm	25-Jun-18-Jul	\$96.25
1806798	Sat	9-9:30am	30-Jun-18-Aug	\$96.25
1806799	Sun	11:55-12:25pm	1-Jul-19-Aug	\$96.25
1806791	M-F	9:35-9:55am	7-Jul-20-Jul	\$137.50
1806791	M-F	9:35-9:55am	23-Jul-3-Aug	\$137.50
1806791	M, W	5:45-6:15pm	23-Jul-15-Aug	\$110.00

YOUTH LEVEL 4

1806805	M-F	11:20-11:5am	25-Jun-6-Jul	\$123.75
1806806	M, W	4:35-5:05pm	25-Jun-18-Jul	\$96.25
1806807	Sun	9:35-10:05am	1-Jul-19-Aug	\$96.25
1806801	M-F	11:20-11:50am	7-Jul-20-Jul	\$137.50
1806801	M, W	4:35-5:05pm	23-Jul-15-Aug	\$110.00

YOUTH LEVEL 5

1806825	M-F	11:55-12:25pm	25-Jun-6-Jul	\$123.75
1806826	Tu, Th	5:10-5:40pm	26-Jun-19-Jul	\$110.00
1806827	Sat	9:35-10:05am	30-Jun-18-Aug	\$96.25
1806821	M-F	11:35-12:05pm	7-Jul-20-Jul	\$137.50
1806821	M-F	11:55-12:25pm	23-Jul-3-Aug	\$137.50
1806821	Tu, Th	5:10-5:40pm	24-Jul-16-Aug	\$110.00
1806821	M-F	11:55-12:25pm	6-Aug-17-Aug	\$137.50

Bellevue Aquatic Center Registration Dates:

Programs starting

JUNE through JULY 20

Resident: May 22

Non-Resident: May 31

JULY 23 through AUGUST

Resident: July 3

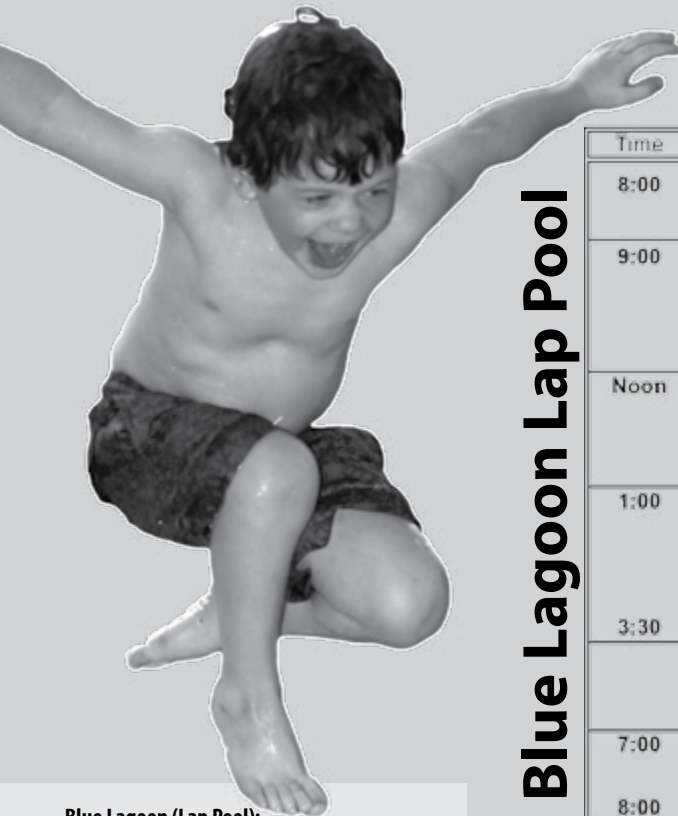
Non-Resident: July 12

BELLEVUE AQUATIC CENTER

Pool Schedule • Valid June 25 to August 19, 2018

Contact Bellevue Aquatic Schedule for most current schedule. All times subject to change.

Special Hours of Operation: July 4: 8am-2:30pm
 No Lessons: July 4 & August 4-5
 POOL CLOSURE AUGUST 20-SEPTEMBER 4



Blue Lagoon Lap Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00	Lap Swim (4 lanes)	Lap Swim	Lap Swim (4 lanes)	Lap Swim	Lap Swim (4 lanes)	Lap Swim 8-12:30	Open at 9
9:00	Lessons & Lap Swim					Lessons Deep H2O 10-11am	Lap Swim Lessons
Noon	Lap Swim Masters 4 lanes	Lap Swim	Lap Swim Masters 4 lanes	Lap Swim Masters 4 lanes	Lap Swim Masters 4 lanes	Open Swim 12:30-2:30	
1:00	Open Swim	MS 1-2 Open Swim 2-3:30	Open Swim	Open Swim	Open Swim		
3:30	Lessons @ 3:25 Swim Teams					Swim Teams 2:30-4:30	Pool Rentals 2:30-4:30
7:00	Open Swim	Lap Swim Swim Teams	Open Swim	Lap Swim Swim Teams	Open Swim		
8:00		Scuba (DT)		Scuba (DT)			

Blue Lagoon (Lap Pool):

During Gray shaded times, pools are open only for those participating in the activities listed. Children under the age of 6 or under 48" in height, must be accompanied by an adult and be within an arm's length distance at all times.

Warm Springs (Warm Therapy Pool):

Children must be accompanied by an adult in the water and be within an arm's length distance at all times. One adult may accompany a maximum of two children. The general public may use the pool during Open Rehab swims, but Therapy patients have priority: you may be asked to relocate to the Blue Lagoon pool. During shaded times the pool is open only for those participating in the activities listed. Lanes will not be sectioned off during "Open & Rehab" times, except for City of Bellevue private lessons. *Therapy Rehab is available for adults, therapy patients, and private lessons.

Discount swim times Monday - Saturday before 10am and Wednesday, 7-8pm

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00	Open & Therapy (shallow end)	Adult & Therapy	Open & Therapy (shallow end)	Adult & Therapy	Open & Therapy (shallow end)	Adult & Therapy	Open at 9
9:00	Lessons						
12:30	Open & Therapy	Adult & Therapy	Open & Therapy	Adult & Therapy	Open & Therapy	Open & Therapy 12:30 - 2:30	
2:30	Adult & Therapy	Open & Therapy	Adult & Therapy	Open & Therapy	Adult & Therapy		
4:00	Lessons @ 3:25				Open & Therapy		
7:00	Open & Therapy				Lessons		
8:00							

Warm Springs Therapy Pool

Important Aquatic Center Information



YOUTH LEVEL 6

1806635	M-F	10:10-10:40am	25-Jun-6-Jul	\$123.75
1806636	Tu, Th	4:35-5:05pm	26-Jun-19-Jul	\$110.00
1806637	Sat	10:10-10:40am	30-Jun-18-Aug	\$96.25
1806639	M-F	10:10-10:40am	7-Jul-20-Jul	\$137.50
1806631	M-F	10:10-10:40am	23-Jul-3-Aug	\$137.50
1806631	Tu, Th	4:35-5:05pm	24-Jul-16-Aug	\$110.00
1806631	M-F	10:10-10:40am	6-Aug-17-Aug	\$137.50

PRE-COMPETITION

1806615	M-F	10:10-10:40am	25-Jun-6-Jul	\$123.75
1806616	Tu, Th	4:35-5:05pm	26-Jun-19-Jul	\$110.00
1806617	Sun	11:55-12:25pm	1-Jul-19-Aug	\$99.25
1806619	M-F	10:10-10:40am	23-Jul-3-Aug	\$137.50
186611	Tu, Th	4:35-5:05pm	24-Jul-16-Aug	\$110.00
186611	M-F	10:10-10:40am	6-Aug-17-Aug	\$137.50

Arts

ART IN NATURE EXHIBIT

The ability to interpret nature through art is an extraordinary talent. These exhibits will display artists' work in the Visitor Center. New artwork will be featured throughout the year. Come, be inspired.

WHEN: Facility Hours

WHERE: Mercer Slough Environmental Education Center and Lewis Creek Visitor Center. Visitor Center

COST: Free

SOUTH BELLEVUE STITCHERS

Crochet or knit a project of your own or one for charity in a fun group. Learn a new craft or increase your skill level.

South Bellevue Community Center

FREE Age: 18Y & Up
1802631 10am-12pm Fri May 04-Jun 22

LE PETIT CHEF: FIESTA-OLE'

Seasonal cooking techniques for parent and child to make together! Classes held at Northwest Arts Center.

Northwest Arts Center (Studio C)

\$48(R) \$58(N) Age: 18Y & Up
1807237 10-11am Wed Jun 06-Jun 20

Ceramics

CHILDREN'S POTTERY CAMP

The young potter will be introduced to a variety of techniques, hand-building and wheel-throwing. Learn the basics of form and balance to create their own style and designs while strengthening motor skills. Materials included. Bring a beverage and nut-free snack. Dress for a mess.

Northwest Arts Center

Additional session added! See camp insert for other sessions.

\$235(R) \$282(N) Age: 10-12Y
1801952 3-5:30pm Mon-Fri Jul 16-Jul 20

CULTIVATING CLAY: GARDEN WORKSHOP

In this workshop, we will draw inspiration from the blooming world around us. Make a ceramic flower, garden tile or gnome you've always wanted. We will use a variety of hand building and decoration techniques to personalize your creation. Limit of one project per person. Materials and firing included. Pieces will be available for pick-up two weeks after class. Instructor: Robert

Northwest Arts Center

\$45(R) \$54(N) Age: All Ages
1802580 1-4pm Sat Jun 09

Health & Wellness

BEYOND MASSAGE

Beyond Massage! Rediscover your innate capacity for graceful and efficient movement. Move with greater comfort and ease. Find a sense of balance and stability. Regain flexibility, coordination and improve posture. Individual sessions are available with Elizabeth Strauss, Feldenkrais® Practitioner, Registered Jin Shin Do® Acupressurist, and Licensed Massage Practitioner. Fee is \$36/R or \$43/NR for a 30 min. session. For an hour, reserve two consecutive slots. Appointments are available the first Monday of each month. Call the North Bellevue Community Center for an appointment, 425-452-7681.

DENTAL HYGIENE SERVICES

Healthy Smiles Inc. will be offering affordable dental hygiene services for people 50 years and older. Your visit will include full service teeth and denture cleaning, fluoride application, measuring of gum pockets, oral cancer screening, and referral to local dentist if needed. Appointments available the 4th Monday each month from 9am to 4:30pm at the North Bellevue Community Center. NOTE: Cancellations happen – please utilize the waitlist option. \$82 payable to the Dental Hygienist at appointment. Cash or Check only. Call Healthy Smiles at 206-650-3272 for an appointment.

SHAPE UP! PREVENTION CAMPAIGN

Exercise is proven to help and maintain balance and reduce falls. In partnership with King County EMS, we are pleased to announce a unique opportunity for anyone 50 years or better to get started in a new fitness program. North Bellevue Community Center is offering a \$10 discount for anyone who is new to our fitness programs, has not taken part in one of our fitness programs in the last 3 months, a returning student signing up for a new fitness class, or a returning student who is bringing a friend who has never taken one of our fitness programs. When you are signing up for a fitness class just look for the ShapeUp! logo and mention the discount. Classes are safe, affordable, and led by knowledgeable, certified instructors. Call the North Bellevue Community Center at 425-452-7681 more information and details.



Call the North Bellevue Community Center at 425-452-7681 for more

information about SilverSneakers programs in Bellevue.

Personal Training & Fitness Centers

PERSONAL TRAINING

Appointments can be scheduled by contacting the trainers directly.

Personal Training is a life-changing investment in your health. A certified fitness professional will assess your physical strengths and weaknesses and will create a personalized workout aimed at achieving your goals. You will be taught how to exercise safely and correctly, encouraged, motivated, and held accountable. You will work harder and smarter with a coach to get the results that you questioned were possible.

All personal trainers look forward to meeting with you for a FREE 30 minute consultation. We invite you to call or email them directly.

A Health History Questionnaire must be completed prior to your first exercise session. The form is available on our website or from your trainer at the consultation. A Physician Consent may be required based upon health history.

Youth ages 10-15 may work with a trainer with a parent/guardian present for the initial appointment.

Personal Training Rates

30 minutes - \$33 for 1 person
45 minutes - \$46 for 1 person, \$65 for 2
55 minutes - \$55 for 1 person, \$80 for 2 people, \$105 for 3 people. For a FREE 30 MINUTE CONSULTATION or questions email or call one of our trainers.

Youth Privileges

We welcome 10-12yr olds to exercise in the Fitness Center. Youth may use only the cardio equipment and must be accompanied by an adult. Other requirements include a doctor's note, age verification, a waiver signed by youth and adult, and attendance by both the youth and adult at a Youth Orientation.

MEET OUR PERSONAL TRAINERS

Sara Grandstrand, MS, ATC/L, CSCS

Grandstrand Athletic Training

Phone: 425-765-8980

Email: sara.atc@gmail.com



Sara is a certified athletic trainer and certified strength and conditioning specialist with a degree in exercise science and athletic training from Pacific Lutheran University and a master's degree in exercise and sports studies from Boise State University. She has experience in a variety of sports medicine related settings including athletic training, biomechanics, performance enhancement and rehabilitation. She is also the head athletic trainer at Interlake High School in Bellevue. Sara has a passion for injury prevention, corrective exercise, and return to play training. She enjoys working with youth and adults of all ability levels to improve their quality of life through exercise.

Morgan Nichols, MS, ACE-PT, ACE-GFI

Trifecta Health Coaching LLC

Phone: 206-679-2720

Email: morgandn@outlook.com

Morgan is a certified Personal Trainer and Group



Fitness Instructor. She is a long time Bellevue resident and an avid outdoor sports enthusiast, both individually and with her husband and children. She wants to help you continuously challenge yourself to gain the physical and mental confidence to push your boundaries and grow, at any age and any stage, to achieve your goals and handle anything life brings! She will empower you to make a change for the better through balancing what she sees as the perfect trifecta to get you there - fitness, nutrition, and motivation.

Diane DeFuria, LMP, NSCA-CPT

Phone: 425-221-0070

Email: ddefuria@msn.com



Diane infuses her cutting-edge approach with a remarkable blend of experience, knowledge, and warmth. She has garnered rave reviews for the unique way in which she leads people to dramatically upgrade their quality of life by making their bodies and minds stronger and more flexible. Her background includes more than 20 years as a licensed massage therapist, giving her an encyclopedic understanding of what a body needs in order to be healthy, fit, and youthful - regardless of age!

Kelvin Wallace, Jr.

MS, MS, USAW L1, NASM CPT, TRX PT

Phone: 409-656-5277

Email: kelvinwallacejr@yahoo.com



Kelvin is a certified strength and conditioning coach with master's degrees in Sport Management and Sports Administration from the University of Miami and Southern New Hampshire University. He played six years of professional football in Europe and the Arena Football League. Kelvin has experience with various populations and fitness levels.

Kelvin has a passion for helping others reach their fitness goals and beyond. Kelvin enjoys golf, tennis, working out and a good happy hour. He believes in living every day with the energy and belief that there is an opportunity to better mental and physical ability through training and hard work.



HOLIDAY STUDENT SPECIAL

6-week pass available: \$25(R) \$30(N)

Stay fit and active through the holidays! Students age 18-23 are eligible for a 6-week Fitness Center pass, available starting Thanksgiving week and good for 6-weeks once activated. For more information, contact South Bellevue Community Center, 425-452-4240.



Fitness Centers at North and South Bellevue Community Centers

The Fitness Centers feature 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 teens, ages 10-15, with direct adult supervision, or 16+ with parent permission. Please plan on attending one of the free, drop-in one hour orientation classes before your first exercise visit.

Call 425-452-7681 for North Bellevue or 425-452-4240 for South Bellevue Fitness Center orientation days and times. 10-12 year old youth may use the cardio equipment only. Contact us for policies and procedures related to use.

Included in South Bellevue Community Center Fitness Center fees: Gymnasium (scheduled drop-in sports including basketball, pickleball and badminton), Fitness Center (cardio/weights), locker rooms, assistance from staff, and orientation.

Included in North Bellevue Community Center Fitness Center fees: Fitness Center (cardio/weights), assistance from staff, and orientation. **Now accepting Silver Sneakers members!**

Fitness Center Fees

Visit our Website for the current Fitness Center fees:

North Bellevue Community Center
<http://parks.bellevuewa.gov/nbcc>

South Bellevue Community Center
<http://parks.bellevuewa.gov/sbcc>

Bellevue Fire Department CPR Training Programs

The Bellevue Fire Department offers citizen CPR/AED classes that follow the American Heart Association's Heartsaver CPR curriculum. Pre-registration is required for all classes. Please call 425-452-6885 to register.

Business group classes are also available at your location for groups of 6 or more. Please call 425-452-7673 for more information.

AHA HEARTSAVER INFANT/CHILD CPR CLASS

The Bellevue Fire Department offers citizen CPR/AED classes that follow the American Heart Association's Heartsaver CPR curriculum. Pre-registration is required for all classes. Please call 425-452-6885 to register.

The hands on Infant/Child CPR course teaches CPR and choking intervention for infants and children from birth to 8 years of age. It also includes AED for children from 1 to 8. Skills test required for course completion card.

Fire Station #1 (Classroom)

\$60(R)	\$60(N)		Age: 14Y & Up
1811203	6-10pm	Thu	May 17
1811204	6-10pm	Thu	Jul 19

AHA HEARTSAVER ADULT/CHILD CPR AED CLASS

The Bellevue Fire Department offers citizen CPR/AED classes that follow the American Heart Association's Heartsaver CPR curriculum. Pre-registration is required for all classes. Please call 425-452-6885 to register.

The Adult/Child CPR hands-on course teaches warning signs of heart attack and stroke, CPR, AED and relief of choking for adult and child victims (1 to 8 years of age). Skills test required for course completion card.

Fire Station #1 (Classroom)

\$60(R)	\$60(N)		Age: 60Y & Up
1810953	7-10pm	Tue	May 15
1810954	7-10pm	Thu	Jun 07
1810951	7-10pm	Thu	May 03
1810951	7-10pm	Tue	Jun 19
1810951	7-10pm	Thu	Jul 05
1810951	7-10pm	Tue	Jul 17
1810951	7-10pm	Thu	Aug 02
1810951	7-10pm	Tue	Aug 21



NORTHWEST ARTS CENTER

9825 NE 24TH ST • 425-452-4106
 8:15am - 9:15am M-Sat. For more information, visit www.jazzercise.com or call Lori Hollow - 206-232-2608.

NORTH BELLEVUE COMMUNITY CENTER

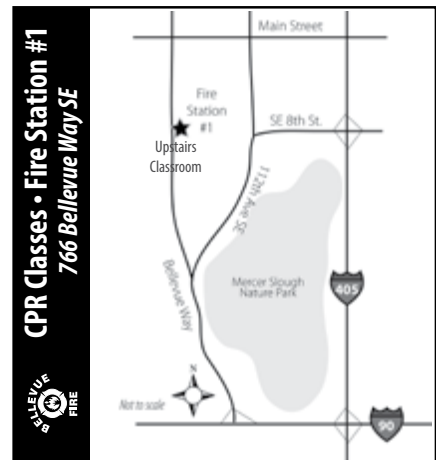
4063 148TH AVE NE • 425-452-7681
 Evening sessions available throughout the week. For more information, call Instructor Kris Rooke @ 425-894-4111, or visit the class web page at www.jazzwithkris.com

SOUTH BELLEVUE COMMUNITY CENTER

14509 SE NEWPORT WAY • 425-452-4240
 Morning sessions available throughout the week. For more info, call Phyllis at 425-814-2134 or visit www.jazzercise.com.

New student specials are available!
Contact instructors directly for details.

Registration/payment is completed directly with Jazzercise instructor at each class location.



Cardio

SILVERSNEAKERS CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. This class can be adapted by the student depending on their fitness level and abilities. It is suitable for beginning to intermediate skill levels. Contact your Health Care Provider to see if you qualify to attend this free of charge. Pre-registration and drop-in options available. Fee payable at the time of registration. Visit SilverSneakers.com to learn more.

North Bellevue Community Center (Craft Room),
North Bellevue Community Center (Room D)

FREE			Age: 18-99Y
180848-5	10:30am-12pm	Mon,Wed,Fri	May 01-May 31
180848-6	10:30am-12pm	Mon,Wed,Fri	Jun 01-Jun 30
180848-7	10:30am-12pm	Mon,Wed,Fri	Jul 01-Jul 31
180848-8	10:30am-12pm	Mon,Wed,Fri	Aug 01-Aug 31

INDOOR GROUP CYCLING

Ride LeMond bikes and get a great aerobic workout while burning up to 700+ calories per class! All fitness levels welcome as you control your pace. Arrive 10 minutes early on first day for a bike fit. Bring a bike-style water bottle and towel. Wear stiff soled shoes or SPD cycle shoes, padded shorts, and a heart rate monitor if you have them.

A Flex Card is available for this class. To register during a session call South Bellevue Community Center (425) 452-4240. Bring a bike-style water bottle & a towel. Wear stiff soled shoes or SPD cycle shoes, padded shorts, and heart rate monitor if you have them. Dress in layers...you will get hot!

South Bellevue Community Center (Gym A - Single)

\$96(R) \$115(N)			Age: 13Y & Up
1827671-1	6-7am	Mon,Wed	May 02-Jun 27
\$78(R) \$94(N)			Age: 13Y & Up
1827671-2	6-7am	Mon,Wed	Jul 02-Aug 15
\$49(R) \$59(N)			Age: 13Y & Up
1827841	6-7am	Mon	May 07-Jun 25
1827842	6-7am	Mon	Jul 02-Aug 13
\$63(R) \$76(N)			Age: 13Y & Up
1827861	6-7am	Wed	May 02-Jun 27
1827862	6-7am	Wed	Jul 01-Aug 15
\$49(R) \$59(N)			Age: 13Y & Up
1829061	6:30-7:20pm	Mon	May 07-Jun 25

ZUMBA

ZUMBA is a one of a kind fitness program with easy to follow Latin rhythms designed for all fitness levels. The goal of the program is for you to love working out again and to look forward to it. This hour of calorie burning, energizing, and expressive movements brings spice back into everyone's fitness program. Bring a towel and water. Sign up for a 2 day a week session and Bellevue residents only pay \$6.00 a class. A Flex Card is available for this class.

South Bellevue Community Center

\$96(R) \$112(N)			Age: 13Y & Up
1802939	10-11am	Wed,Fri	May 02-Jun 22
\$56(R) \$68(N)			Age: 13Y & Up
1802940	10-11am	Wed	May 02-Jun 20
1802941	10-11am	Fri	May 04-Jun 22
\$42(R) \$49(N)			Age: 13Y & Up
1802942-1	9:30-10:25am	Tue,Thu	Jul 05-Jul 26
\$36(R) \$42(N)			Age: 13Y & Up
1829422	9:30-10:25am	Tue,Thu	Jul 31-Aug 16
\$21(R) \$25(N)			Age: 13Y & Up
1802942-3	9:15-10:15am	Tue	Jul 10-Jul 24
1802942-4	9:15-10:15am	Tue	Jul 31-Aug 14

Body & Mind

See Martial Arts section for Tai Chi classes.

MINDFUL MOVEMENT: A CHI KUNG YOGA STYLE CLASS

Join us for guided movement based on Chi Kung and soft style martial arts. Begin the Tai Chi Yang style short form. This yoga-esque class encourages proper posture for effective stretching combined with easy strengthening exercise. Long term benefits include increased flexibility, suppleness, balance, strength and a deeper mind-body calm. Instructor of martial arts and mediative movement has over 20 years of experience.

Crossroads Community Center (Community Room)

\$45(R) \$54(N)			Age: 13Y & Up
181196-1	9:30-10:30am	Thu	May 03-Jun 07
\$38(R) \$45(N)			Age: 13Y & Up
181196-3	9:30-10:30am	Mon	May 07-Jun 11

HATHA YOGA

Gentle Yoga to increase strength, flexibility and balance. Enjoy balance poses, deep stretching for a calm mind and body through deep breathing exercises.

Northwest Arts Center (Studio D)

\$160(R) \$190(N)			Age: 18Y and up
181189-9	3-4pm	Tue,Thu	May 15-Jun 14
\$80(R) \$96(N)			Age: 18Y and up
181189-10	3-4pm	Thu	May 17-Jun 14
181189-12	3-4pm	Tue	May 15-Jun 12
\$120(R) \$144(N)			Age: 18Y and up
181189-22	3-4pm	Tue,Thu	Jun 19-Jul 19
181189-23	3-4pm	Tue,Thu	Jul 24-Aug 23
\$64(R) \$77(N)			Age: 18Y and up
181189-24	3-4pm	Tue	Jun 19-Jul 17
181189-26	3-4pm	Thu	Jun 21-Jul 19
181189-25	3-4pm	Tue	Jul 24-Aug 21
181189-27	3-4pm	Thu	Jul 26-Aug 23

GENTLE YOGA WITH WENDY (MON)

Gentle Yoga relieves stress, increases flexibility, calms the mind, and strengthens the body. This style of yoga is adaptive for aging adults and others who need a more gentle approach. All levels of experience and ability are welcome to join. On-going registration or drop-in fee options available.

North Bellevue Community Center

\$8(R) \$10(N)			Age: 18-99Y
1802725	10:30-11:30am	Mon	May 07-May 28
1802726	10:30-11:30am	Mon	Jun 04-Jun 25
1802727	10:30-11:30am	Mon	Jul 02-Jul 30
1802728	10:30-11:30am	Mon	Aug 06-Aug 27
1808345	10:30-11:30am	Thu	May 03-May 31
1808346	10:30-11:30am	Thu	Jun 07-Jun 28
1808347	10:30-11:30am	Thu	Jul 05-Jul 26
1808348	10:30-11:30am	Thu	Aug 02-Aug 30

Active Fitness

ACTIVE ADULT FITNESS

A high energy fitness class for those who have graduated from the beginner adult classes or senior fitness program and are ready for more of a challenge. Join Certified Personal Trainer Morgan for 50 minutes of a full body workout that keeps your heart rate elevated while improving strength, endurance, and cardiovascular fitness in a FUN, encouraging, and motivating community! Participants must be highly mobile and able to make quick transitions between cardio and endurance work. All adults are welcome, Millennials to Baby Boomers. Bring a small towel and water bottle.

South Bellevue Community Center

\$48(R) \$58(N)			Age: 2-5Y
1802616	9:30-10:20am	Mon,Wed	May 02-May 30

Strength & Conditioning

BOOT CAMP WITH KARIE

In its ELEVENTH year, this fun and action-packed boot camp class will get you in shape, tone your muscles, and burn calories. This class consists of cardio drills, stair climbing, strength and circuit training followed by Pilates based core work and Yoga stretch. Out of shape? No worries. Karie will work with you to modify exercises to meet your individual needs. Her students rave about their results! A Flex Card is available for this class. M/W class 8:45am. T/TH class 9:15am. Sign up for ALL 4 classes a week & receive a 15% discount

South Bellevue Community Center

\$134(R) \$159(N)		Age: 13Y & Up
1829343	8:45-9:45am Mon, Wed 9:15-10:15am Tue, Thu	May 01-May 24
1829348	8:45-9:45am Mon, Wed 9:15-10:15am Tue, Thu	May 29-Jun 21
\$73(R) \$87(N)		Age: 13Y & Up
1829346	8:45-9:45am Mon, Wed	May 02-May 23
1829350	8:45-9:45am Mon, Wed	May 30-Jun 20
\$84(R) \$100(N)		Age: 13Y & Up
1829345	9:15-10:15am Tue, Thu	May 01-May 24
1829347	9:15-10:15am Tue, Thu	May 29-Jun 21
\$42(R) \$50(N)		Age: 13Y & Up
1829344	9:15-10:15am Tue	May 01-May 22
1829349	9:15-10:15am Tue	May 29-Jun 19
\$73(R) \$87(N)		Age: All Ages
1829351	9:15-10:05am Tue, Thu	Jun 26-Jul 19
1829352	9:15-10:05am Tue, Thu	Jul 24-Aug 16

ENHANCE FITNESS

EnhanceFitness focuses on dynamic cardiovascular exercise, strength training, balance, and flexibility to help older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. Contact your Health Care Provider to see if you qualify to attend this free of charge. Pre-registration and drop-in options available. Fee payable at the time of registration. Visit projectenhance.org for more information.

North Bellevue Community Center (Multipurpose Room)

FREE		Age: 18Y & Up
1806835	9-10am Tue, Thu, Fri	May 01-May 31
1806836	9-10am Tue, Thu, Fri	Jun 01-Jun 29
1806837	9-10am Tue, Thu, Fri	Jul 03-Jul 31
1806838	9-10am Tue, Thu, Fri	Aug 02-Aug 31

Martial Arts

MARTIAL ARTS ESSENTIALS: FOR ADULTS & TEENS

Gain experience in the basic movements and principles of throws, take downs, strikes, and falls. Learn practical movements for self defense and for self improvement in a safe, non aggressive manner. No belts or competitions required. Experience the martial arts for self promotion, self confidence, flexibility, strength and peace of mind. All levels beginner to experienced welcome. Instructor of the program has more than 20 years experience. Mats provided, no shoes required.

Crossroads Community Center (Community Room)

\$54(R) \$65(N)		Age: 13Y & Up
1811852	6-7:15pm Thu	May 03-Jun 07

TAEKWONDO

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. Instructor, Kamal Srinivasan, has worked with students of various ages and is well versed in the art of self defense. The class teaches you to train both body and mind. Pre-registration is required. Fee payable at time of registration.

North Bellevue Community Center

FREE		Age: 13-99Y
1819535	6-7:30pm Thu	May 03-May 31
1819536	6-7:30pm Thu	Jun 07-Jun 28
1819537	6-7:30pm Thu	Jul 05-Jul 26
1819538	6-7:30pm Thu	Aug 02-Aug 30

NAGINATA

This form of Japanese martial art shows both power and grace. It is characterized by the grandeur of its sweeping movements of the Naginata, a Japanese sword on the end of a six-foot pole.

Northwest Arts Center (Studio D)

\$84(R) \$100(N)		Age: 16Y & Up
1810287	7-9pm Thu	Jul 12-Aug 23
1810288	7-9pm Tue	Jul 10-Aug 21
\$139(R) \$166(N)		Age: 16Y & Up
1810289	7-9pm Tue, Thu	Jul 10-Aug 23

MINI-KICKERS

Mini-Kickers teaches basic kicks and strikes to young children in an active, fun and posi-

tive environment. Dave Arendt is a second degree black belt who has been studying and teaching Tae Kwon Do for 15 years, and has competed on a national level and coached many students in national tournaments and Junior Olympics. Uniforms may be purchased through instructor; sparring equipment is an optional purchase. No class 2/19, 2/21

Northwest Arts Center (Studio D)

\$154(R) \$184(N)		Age: 13-99Y
1811335	4:30-5:15pm Mon, Wed	Jul 09-Aug 22

KENDO - INTERMEDIATE

Intermediate Kendo is a continuation of where the students progress to actual striking of live targets. Once the student has progressed in skill they will be able to move into wearing armor and engage in bouts with other students. Students remain in intermediate until they have transitioned to armor. During intermediate kendo students generally purchase uniforms which are required for advanced kendo. All students in armor are in the Advanced Class.

Highland Community Center

\$77(R) \$92(N)		Age: 8Y and upY
1802425	7:30-9:30pm Fri	Jun 08-Aug 17

KENDO - ADVANCED

Advanced kendo is for those students that have completed beginning and intermediate kendo and are in armor (bogu). Individuals with previous experience must contact the teacher for approval to enroll in advanced kendo.

Highland Community Center

\$77(R) \$92(N)		Age: 8Y and upY
1802424	7:30-9:30pm Fri	Jun 08-Aug 17

SELF DEFENSE/HAPKIDO BEGINNING

This co-ed course helps young people develop coordination, balance, focus, strength, self-esteem, group interaction, communication skills and discipline, while teaching personal safety/self-defense in a safe, friendly environment. In addition to lots of conditioning exercises, students will learn a basic kicks, strikes, throws, evasion and grappling. Uniform required & available at class for a fee. Association membership required for promotion testing.

North Bellevue Community Center

\$50(R) \$60(N)		Age: 6-12Y
Class times: Mondays & Wednesdays 5:15pm - 5:50pm for ages 5 to 8. 5:30pm - 6:35pm for ages 9-12.		
Visit register.bellevuewa.gov to sign up for this class.		

SELF DEFENSE/HAPKIDO INTERMEDIATE/ADVANCED

This co-ed course builds on skills introduced in the beginning class and helps young people and adults successfully face physically confronting issues. With a blend of traditional and real-world scenarios, students learn to identify, avoid and de-escalate potentially dangerous situations. While refining on skills learned from beginning class, students will start learning joint locks, pressure points (adults only) and weapons. Prerequisite: Graduation from the beginning class, or age 13 and above. Student rank certificates will be certified and signed by the president of the World Hapkido Association, www.worldhapkido.com. Instructor permission required to attend.

North Bellevue Community Center

\$50(R) \$60(N)		Age: 6-12Y
181582-6	6:30-7:30pm	Mon, Wed Jun 04-27
181582-7	6:30-7:30pm	Mon, Wed Jul 09-Aug 01
181582-8	6:30-7:30pm	Mon, Wed Aug 06-29

Outdoor & Natural Resources



**TRACKS:
BUILDING A
HEALTHY
COMMUNITY
THROUGH
OUTDOOR**

ADVENTURE!

The TRACKS Outdoor Initiative wants you to get outdoors! From backcountry camps for teens to inspiring speakers, TRACKS will take you on an adventure. We offer opportunities to explore the wilderness, and can help you build the skills and confidence necessary to develop your own lifelong relationship with nature. Look for the TRACKS symbol throughout Connections to find great ways to get outside, get active, and to care for your environment.

For more information on any TRACKS programs contact CSabochik@bellevuewa.gov or call 425-452-6883.

TUESDAY TRAILS 50+ HIKING

This easy hiking series is designed for active seniors looking to explore the beautiful trails around Bellevue, we will meet at the North Bellevue Community Center and ride to a trailhead in the Issaquah Alps, Cascades, or other scenic areas nearby. Hikes will be generally less than 3 miles and specifically chosen for the over 50 crowd. Dress for the weather and bring a lunch and water.

North Bellevue Community Center

\$5(R) \$5(N)		Age: 9Y & Up
180226	10am-3pm	Tue May 01
180227	10am-3pm	Tue May 08
180228	10am-3pm	Tue May 15
180230	10am-3pm	Tue May 22
180596	10am-3pm	Tue May 29
180232	10am-3pm	Tue Jun 05

Family Discovery Series

ART IN NATURE

The ability to interpret nature through art is an extraordinary talent. These exhibits will display artists' work in the Visitor Center. New artwork will be featured throughout the year. Come, be inspired.

WHEN: Facility Hours

WHERE: Mercer Slough Environmental Education Center

COST: Free

DISCOVERY BACKPACKS

Our Discovery Backpacks provide you with all the materials and activities you'll need for launching a fun, self-guided tour. They include binoculars, magnifying lenses, easy-to-use nature guides and more. Great for families, groups, and individuals! Backpack themes available: Birding, Wildlife, and Wetlands.

WHEN: Available Daily, 10:30am -3:30pm

WHERE: Lewis Creek Visitor Center, Lake Hills Ranger Station

COST: FREE!

INFO: 425-452-4195

LEWIS CREEK FAMILY DISCOVERY PROGRAMS

Lewis Creek Visitor Center; 5808 Lakemont Blvd. SE. Environmental programming for the whole family! All children must be accompanied by an adult. Please call (425) 452-4195 for more information.

Lewis Creek Story Time - The Secret Place

Look, listen, and create during an hour of stories and crafts! Hiding in our cities are places where wildlife thrives. Come join us as we read about finding the special places in the city around you. Best for ages 3-7 with accompanying adult(s). RSVP required at 425-452-4195 or LCVC@BellevueWA.gov. Indoor program.

FREE		Age: 3Y & Up
	11am-12pm	Fri May 04
	1:30-2:30pm	Fri May 04

Lewis Creek Story Time - Bat Loves the Night

Look, listen, and create during an hour of stories and crafts! Did you know that a pipistrelle bat can eat over three thousand insects a night? During this story time, we'll fly with Bat and explore the night like never before. Best for ages 3-7 with accompanying adult(s). RSVP required at 425-452-4195 or LCVC@BellevueWA.gov. Indoor program.

FREE		Age: 3Y & Up
	11am-12pm	Fri Jun 01
	1:30-2:30pm	Fri Jun 01

Lewis Creek Story Time - Over and Under the Pond

Look, listen, and create during an hour of stories and crafts! Have you ever wondered what is happening beneath the water's glossy surface? To find out, we'll be reading two books to find out about the animals around a pond and about one special creature that spends part of its life under the pond before emerging. Best for ages 3-7 with accompanying adult(s). RSVP required at 425-452-4195 or LCVC@BellevueWA.gov. Indoor program.

FREE		Age: 3Y & Up
	11am-12pm	Fri Jul 06
	1:30-2:30pm	Fri Jul 06



Lewis Creek Story Time - Voices of the Wild

Look, listen, and create during an hour of stories and crafts! Ride along with a kayaker as he discovers that every animal around him has its own story. Best for ages 3-7 with accompanying adult(s). RSVP required at 425-452-4195 or LCVC@BellevueWA.gov. Indoor program.

FREE
11am-12pm Fri Aug 03
1:30-2:30pm Fri Aug 03
Age: 3Y & Up

Cold-Blooded Charmers

Ever wondered how snakes can “smell” with their tongues? Or “hear” using their jaw bones? Come learn about Bellevue’s cunning Northwestern Garter Snake, *Thamnophis ordinoides*, selected as Species of the Year for Bellevue Parks. Join the Master Naturalists for a presentation, sss-slihtery game, and a sss-stealthy habitat walk around Lewis Creek Park. Best for ages 5+ with accompanying adult(s). RSVP required at 425-452-4195 or LCVC@BellevueWA.gov. Indoor/outdoor program.

FREE
2:30-3:30pm Sat May 19
Age: 5Y & Up

Creekside Caddisflies

Have you seen a dragonfly nymph’s jaws snatch a tasty snack as it crawls along the creek bed, or a caddisfly snuggled up in its weaved case? Find out all about these critters and more as you explore Lewis Creek Park’s creek bed with a park ranger! Best for children ages 5-10 with accompanying adult(s). Indoor/outdoor program. No pre-registration or RSVP required.

FREE
2:30-3:30pm Sat May 12
2:30-3:30pm Sun May 20
Age: 5Y & Up

Wilderness Tea Party

Join us for a tea party where you never know what new friends you’ll make! Learn who lives in our forests and listen to the sounds of nature as we sip beneath the trees. Wear that dress or tie that you don’t mind getting a bit dirty and sip on a selection of decaffeinated teas. Best for children ages 4-7 with accompanying adult(s). RSVP required at 425-452-4195 or LCVC@BellevueWA.gov. Outdoor program.

FREE
10am-11:30pm Sat Jun 09
10-11:30am Sun Jul 22
10-11:30am Sat Aug 11
Age: 4Y & Up



VISITOR CENTERS

Botanical Garden Visitor Center

The beautiful new visitor center at the Bellevue Botanical Garden is complete and open for visitors! The 53-acre garden offers plant lovers the delightful experience of the Perennial Border, Ravine Experience, Yao Garden, Rock Garden, and trails through peaceful woodlands.

Location: 12001 Main Street, 98005
Hours: 9am - 4pm daily
Phone: 425-452-2750
Website: bellevuebotanical.org

Lake Hills Greenbelt Ranger Station

Surrounded by community farms, gardens, and beautiful wetlands, you will find interpretive information, and nature trails. Come into the ranger station for environmental program information or to get community farm and garden information.

Location: 15416 SE 16th Street, 98007
Hours: Tue - Sat, noon-4pm
Phone: 425-452-7225
Website: parks.bellevuewa.gov/lakehills

Lewis Creek Visitor Center

This beautiful park offers the opportunity to wander through forests, meadows, and wetlands. Come inside the center and pick up trail and park maps for the area, attend an educational program, or simply enjoy the relaxing atmosphere.

Location: 5808 Lakemont Blvd., 98007
Hours: Wed-Sun, 10am-4pm
Closed Mon, Tue, & Holidays
Phone: 425-452-4195
Website: parks.bellevuewa.gov/lewisreek

Mercer Slough Environmental Education Center

Overlooking the 320 acre Mercer Slough Nature Park, the Visitor Center offers remarkable views of the forest canopy and swampy wetlands below. Inside, enjoy an interactive library and interpretive displays for adults and families. Park Rangers provide information and free weekly programs. Pick up trail maps, brochures and program information.

Location: 1625 118th Ave SE, 98005
Hours: Daily, 10am-4pm
Phone: 425-452-2565
Website: parks.bellevuewa.gov/mseec

High-Flying Hawks

Hawks can be found in almost any type of environment. Learn about the different raptor species that call Lewis Creek Park home before we head out on a hike to look for them. Best for children ages 5-10 with accompanying adult(s). Indoor/outdoor program. No pre-registration or RSVP required.

FREE
2:30-3:30pm Sun Jun 03
2:30-3:30pm Sat Jun 30
Age: 5Y & Up

Bobcats and Bunnies

Did you know that Bellevue is home to bobcats and cougars? Come discover how our stealthy neighbors help keep the ecosystem balanced by playing a game of "bobcats and bunnies"! Best for children ages 5-10 with accompanying adult(s). Indoor/outdoor program. No pre-registration or RSVP required.

FREE
2:30-3:30pm Sun Jul 15
2:30-3:30pm Sat Jul 21
Age: 5Y & Up

Forest Fire Tag

Join a park ranger to learn about forest fires this month. We'll play some fun games to explore the science behind wildland fires, how trees protect themselves from fire, and even how some forests need fire to keep the ecosystem healthy. Best for children ages 5-10 with accompanying adult(s). Indoor/outdoor program. No pre-registration or RSVP required.

FREE
2:30-3:30pm Sun Aug 05
2:30-3:30pm Sat Aug 18
2:30-3:30pm Sat Aug 25
Age: 5Y & Up

Batty Nights at Lewis Creek Park

Come test your echolocation out with a Park Ranger. We'll learn all about our Northwest bat species before taking a dusk hike to watch for bats as they leave their roosting sites to forage for insects! Bring a flashlight or headlamp, as well as sturdy shoes for the journey! Preregistration is required for youth and adult participants. Best for children ages 5+ with accompanying adult(s). Indoor/outdoor program.

FREE
1802339 8:30-10pm Fri May 18
1802340 7:30-9pm Fri Aug 24
Age: 5Y & Up

A Midsummer Eve's Hike

You may have heard about diurnal and nocturnal animals, but when dusk takes over crepuscular species rule the evening! Find out more about the crepuscular species that call Bellevue home, and join a Park Ranger on an evening hike through the park! Bring a flashlight or headlamp, as well as sturdy shoes for the journey. Preregistration is required for youth and adult participants. Best for children ages 5+ with accompanying adult(s). Indoor/outdoor program.

FREE
1802341 8:30-10pm Fri Jun 20
Age: 5Y & Up

LAKE HILLS GREENBELT FAMILY DISCOVERY SERIES

Come on over to the Lake Hills Greenbelt Ranger Station for a program with a Park Ranger! All children must be accompanied with an adult, and please dress for the weather as we will likely go explore outside. Please call 425-452-7225 for questions and to RSVP for the program. RSVP is required. Min 2/Max 20

Lake Hills Greenbelt

Great Blue Herons!

Did you know that Bellevue is home to a great blue heron rookery? We'll learn about what makes a wetland such a great home for these long-legged birds. This is a free program for the whole family to enjoy!

FREE
1802288 10-11am Fri May 04
Age: All Ages

Modes of Migration

From the hoary bat to the yellow warbler, peamouth minnow to the Chinook salmon, we'll learn about some pretty amazing migratory animals at this event. This is a free program for the whole family to enjoy!

FREE
1802290 10-11am Fri May 18
Age: All Ages

Who's in Your Backyard: Big Animals

Learn what large animals live in and around Bellevue, and what to do if you are lucky enough to see them. This is a free program for the whole family to enjoy!

FREE
1802291 10-11am Fri Jun 08
Age: All Ages

The Science Sunshine

How does the sun work, and why is it warm in the summer? Learn about these and many more questions in our Summer Science class! This is a free program for the whole family to enjoy!

FREE
1802292 10-11am Fri Jun 22
Age: All Ages

How to Build-a-backpack

Learn how to prepare for a family outdoor adventure with your local Park Ranger. This is a free program for the whole family to enjoy!

FREE
1802293 10-11am Fri Jul 06
Age: All Ages

Tiny Buzzing Hummingbirds

Hummingbirds dart all around in the summer. Come learn more about this amazing little bird! This is a free program for the whole family to enjoy!

FREE
1802294 10-11am Fri Jul 20
Age: All Ages

Busy Busy Beavers

Come learn how beavers build their warm home, and why they build waterway dams. This is a free program for the whole family to enjoy!

FREE
1802295 10-11am Fri Aug 17
Age: All Ages

Creatures of the Night

When darkness falls, nocturnal animals are just waking up! Discover which of these creatures live in Bellevue. This is a free program for the whole family to enjoy!

FREE
1802296 10-11am Fri Aug 24
Age: All Ages

MERCER SLOUGH RANGER PROGRAMS

Join a Park Ranger at the Mercer Slough Environmental Education Center's Visitor Center for a FREE program. All ages welcome, children under 12 must be accompanied by an adult. A portion of the program may be outside, dress for the weather. No registration necessary, but please RSVP 425-452-2565. Min 4/Max 40

FAMILY DISCOVERY SERIES: MOVIES AT MERCER SLOUGH

Join us the last Friday of every month for fun and engaging environmental movies. Bring a comfy blanket or pillow and we'll pop the popcorn. All children under 12 must be accompanied by an adult. No registration necessary. Where: Mercer Slough Environmental Education Center 1625 118th Ave SE. Age: Best for ages 8+ Cost: Free! Please RSVP by calling or emailing 425-452-2565 or MSEEC@bellevuewa.gov Min 4/Max 40

Mammals of Mercer Slough

It's FUR-real. Mercer Slough Nature Park provides critical habitat for both aquatic and terrestrial mammals. Have you ever been curious who might be living here, who may be just passing thru, or where they might be hiding? Join a Park Ranger to discover more about these mammals thru hands-on displays, crafts and activities.

FREE 1802342 2-3pm Sat Age: 5Y & Up May 19

Let's have some TREE time

Did you know that trees provide half of the earth's oxygen? Join a park Ranger to get to the ROOT of tree facts. Enjoy an hour of games, activities and crafts both indoors and out. Learn what you can do to return the favor.

FREE 1802343 2-3pm Sat Age: All Ages Jun 16

Butterflies Bees and birds oh My!

Did you know that Hummingbirds flap their wings 80 times per second? And that butterflies and bees are perfect pollinators? Join a park Ranger to discover more fun facts about some of nature's greatest gifts, enjoy some crafts, and explore the trail.

FREE 1802344 2-3pm Sat Age: All Ages Jul 21

Dragonflies: Ferocious Sky Hunters

Dragonflies are beautiful and intriguing to watch but did you know they are also ferocious predators? They can judge the speed and trajectory of their prey with such precision that they adjust their flight accordingly and ambush unsuspecting insect's mid-air. Join a Park Ranger for a fun filled hour to learn more about these aerial hunters.

FREE 1802345 2-3pm Sat Age: All Ages Aug 18

Movies at Mercer Slough: Mountains

The second instalment focuses on the mountains. All the main ranges are explored with extensive aerial photography. Narrated by David Attenborough.

FREE 1802346 5-6pm Fri Age: All Ages May 25

Movies at Mercer Slough: Caves

This episode explores "Planet Earth's final frontier" -caves featuring the deepest gave with the depth of 1,300ft. Its volume could contain the Empire State Building. Narrated by David Attenborough.

FREE 1802347 5-6pm Fri Age: All Ages Jun 29

Movies at Mercer Slough: Shallow Seas

This program is devoted to the shallow seas that fringe the world's continents. Although they constitute 8% of the oceans, they contain most marine life. Narrated by David Attenborough.

FREE 1802348 5-6pm Fri Age: All Ages Jul 27

Movies at Mercer Slough: Ocean Deep

The final instalment concentrates on the least explored area of the planet- the deep ocean. The last sequence depicts the largest animal on Earth the blue whale of which 300,000 once roamed the world's oceans. Now fewer than 3% remain. Narrated by David Attenborough.

FREE 1802349 5-6pm Fri Age: All Ages Aug 31

Summer Science Series: Water You Know

Join a Park Ranger for this NEW summer pre-teen program to investigate the water of the Mercer Slough and to learn more about what factors influence the quality. This inquiry based program involves observation, critical thinking, and hands-on learning with chemical water testing kits to be used at various locations within the nature park. Please come prepared to spend two hours outside and hike on uneven terrain. (day pack w/water bottle, sunscreen, hat, bug spray)

FREE 1823501 1-3pm Fri Age: All Ages Jul 06
1823502 1-3pm Fri Aug 03

First-Time Birder Walk

Spring is a great time to learn about birds. This walk is for the novice birder. It includes a combination of 30 minutes of instruction and a 2-hour walk to look for birds. Trip leaders Lori and Antonio from Eastside Audubon will first cover topics such as birding etiquette, choosing and using binoculars, using field guides and birding apps. Once orientated, they will then lead the group on a birding trip through the park.

FREE 1802356 8-11am Sat Age: All Ages May 12

Adult Enrichment Series

LIVING WITH WILDLIFE: RACCOONS

Are you neighbors with one (or a several) of these mischievous mammals? If so, you're not alone. Learn all about raccoons, as well as how to prevent conflicts in your neighborhood. This program is best for adults, but participants ages 13+ are welcome with accompanying adult(s). No pre-registration or RSVP required. Indoor program.

Lewis Creek Visitor Center & Park

FREE 2-3pm Sun Age: 13Y & Up May 06

GARTER SNAKES IN YOUR BACKYARD

Local herpetologist Leonard Jones, Ph.D candidate in biology at University of Washington, Seattle, and lifelong snake enthusiast, will explain how researchers study these shy critters. Learn how scientists find out about preferred habitats, food preferences, and dangers of and to snakes. You will be surprised to learn the value of garter snakes in your garden and beyond as indicators of an ecosystem's health.

Mercer Slough Nature Park

FREE 1802357 11am-12pm Sat Age: 13Y & Up Jun 09

LIVING WITH WILDLIFE: THERE'S A BEAR IN THE YARD!

Springtime in south Bellevue means roaming bears. Learn all about black bears in our area... including how to prevent conflicts in your neighborhood, and what to do if you see one. This program is best for adults, but participants ages 13+ are welcome with accompanying adult(s). No pre-registration or RSVP required. Indoor program.

Lewis Creek Visitor Center & Park

FREE 2-3pm Sat Age: 13Y & Up Jun 16

LIVING WITH WILDLIFE: BACKYARD BATS

Washington is home to 15 species of bats! Every fall these bats find a place to hibernate, hopefully avoiding human structures in their search. Find out which species live in Bellevue and how to prevent your home from becoming a bat cave! This program is best for adults, but participants ages 13+ are welcome with accompanying adult(s). No pre-registration or RSVP required. Indoor program.

Lewis Creek Visitor Center & Park

FREE 2-3pm Sun Age: 13Y & Up Jul 08

Cultural History Programs

FRASER CABIN HERITAGE PROGRAM

Presented by the Eastside Heritage Center in partnership with Bellevue Parks & Community Services, the Fraser Cabin, built in 1888, comes to life with activities and interpretation. Visitors participate in hands-on activities that relate to 1880s settler life. For more information, contact the Eastside Heritage Center at 425-450-1049 or visit www.eastsideheritagecenter.org.

Kelsey Creek Farm Park (Log Cabin)

FREE 11am-3pm Sat All Ages May 19
11am-3pm Sat Jun 16
11am-3pm Sat Jul 21
11am-3pm Sat Aug 18

Tours, Hikes, Walks, & Outdoor Activities

BELLEVUE BOTANICAL GARDEN TOURS

Join docents for a free drop-in tour of the world-famous gardens. Tour lasts about one hour.

Time: Saturdays and Sundays, April through October, 12pm

Location: Bellevue Botanical Garden
Shorts House
12001 Main Street

Information: 425-452-2750

Cost: Free

Groups: Pre-register 3 weeks in advance, special times ok, available April through October.

CANOE MERCER SLOUGH

Explore the beautiful Mercer Slough Nature Park by water! Bellevue park rangers lead this 3-hour canoe trip from Enatai Beach Park. You'll see how this amazing ecosystem functions as you travel into the heart of Mercer Slough Nature Park, a 320 acre wetland. With a little luck, you may catch a glimpse of otters, herons, turtles, and other wildlife of Mercer Slough. Program may be cancelled due to wind and/or lightning. Prior canoeing experience and pre-registration are required.

Enatai Beach Park

\$16(R)	\$18(N)		Age: All Ages
1823681	8:30am-12pm	Sat	May 26
1823682	8:30am-12pm	Sat	Jun 02
1823683	8:30am-12pm	Sat	Jun 09
1823684	8:30am-12pm	Sat	Jun 16
1823685	8:30am-12pm	Sat	Jun 23
1823686	8:30am-12pm	Sat	Jul 07
1823687	8:30am-12pm	Sun	Jul 08
1823688	8:30am-12pm	Sat	Jul 14
1823689	8:30am-12pm	Sun	Jul 15
1823681	8:30am-12pm	Sat	Jul 21
1823681	8:30am-12pm	Sun	Jul 22
1823681	8:30am-12pm	Sat	Jul 28
1823681	8:30am-12pm	Sun	Jul 29
1823681	8:30am-12pm	Sat	Aug 11
1823681	8:30am-12pm	Sun	Aug 12
1823681	8:30am-12pm	Sat	Aug 18
1823681	8:30am-12pm	Sun	Aug 19
1823681	8:30am-12pm	Sat	Aug 25
1823681	8:30am-12pm	Sun	Aug 26

LOCAL AREA RANGER HIKES



Did you know Bellevue has almost 100 parks and over 90 miles of trail to explore? Get connected to your local greenbelts and neighborhood parks as rangers take you on hikes throughout the year. Please dress for the weather, bring water and wear sturdy shoes. Hikes vary in theme and length. Please see details below. Cost: Free! No registration required. Info: 425-452-4195.
Lewis Creek Park

Ranger-Led Hike at Lewis Creek Park

Join a park ranger to explore the natural and cultural history of Lewis Creek Park. Look for signs of local wildlife and learn what to do when encountering animals in the wild. All ages are welcome. Please dress for the weather and wear sturdy shoes. Distance: approximately 1 mile.

Level of Difficulty: Easy (50 feet elevation change) Meeting Place: Lewis Creek Visitor Center, 5808 Lakemont Blvd SE Ages: All Cost: Free! No registration or RSVP required

Lewis Creek Park

FREE	All		Ages
	10:30am-12pm	Sat	May 05
	10:30am-12pm	Sat	Jun 02
	10:30am-12pm	Sat	Jul 07
	10:30am-12pm	Sat	Aug 04

Lakemont Highlands Open Space Ranger-led Hike

Explore this wonderful local trail. A park ranger will guide you through this friendly neighborhood open space: We'll learn about local wildlife and forests. All ages are welcome. Please dress for the weather and wear sturdy shoes. Distance: 3.5 miles Level of Difficulty: Moderate-Difficult (350 feet elevation change) Meeting Place: Lewis Creek Visitor Center, 5808 Lakemont Blvd SE Ages: All Cost: Free! No registration required

FREE			All Ages
	10am-12pm	Sun	Jun 10

Mercer Slough Ranger Walk

Bring the whole family to join a Ranger on a guided hike through the Mercer Slough Nature Park. This family friendly program allows both parents and their kids to explore the mosaic of habitats while learning more about the birds and animals that call the Mercer Slough home. This hour-long nature walk ends at the channel bridge on the shores of the Slough. From there you can continue to further explore the rich diversity the park has to offer.

Mercer Slough Nature Park (MSEEC - Front Desk)

FREE
2-3:30pm Sun Age: All Ages
2-3:30pm Sun May 06
2-3:30pm Sun Jun 03-May 06
2-3:30pm Sun Jul 01
2-3:30pm Sun Aug 05

Ranger-led Wolf Walk at Lakemont Community Park

Come explore Lakemont Community Park with your furry friend and learn all about the natural history and wildlife of the park. Limit one dog per guest with leash and waste bag. Please dress for the weather and wear sturdy shoes. This hike is rated as moderately difficult (3.5 miles with 700 ft elevation change). No pre-registration or RSVP required.

Lakemont Community Park

FREE
10am-12pm Sun Age: All Ages
May 13

Ranger-led Hike at Coal Creek Natural Area

Join a Bellevue Park Ranger at the Cinder Mine Trailhead to discover Bellevue's largest park and get lost in the wilderness while still in the city! This area is rich in history and wildlife. Please dress for the weather and wear sturdy shoes. This hike is rated as moderately difficult (2 miles with 240 ft elevation change). No pre-registration or RSVP required.

Coal Creek Natural Area - Cinder Mine Trailhead

FREE
10:30am-12pm Sat Age: All Ages
Jul 14

LAKE HILLS GREENBELT RANGER HIKE

When: Saturdays, 2-3pm

Where: Lake Hills Greenbelt Ranger Station, 15416 SE 16th St.

Join a park ranger to explore the natural history of the Lake Hills Greenbelt. Come to discover the local history, search for wildlife signs, and see the beauty that the community gardens offer. All ages welcome. Dress for the weather and wear sturdy shoes. Trails are mostly flat and are stroller-friendly. No pre-registration required.

Cost: Free

Info: Call 425-452-6993 or email

ParkRangerProgram@bellevuewa.gov

MERCER SLOUGH RANGER HIKE

Bring the whole family to join a ranger on a guided hike through the Mercer Slough Nature Park. This kid-oriented program uses games and activities to educate kids and their parents about the nature park while discovering the birds and animals that call Mercer Slough home. The hour-long nature walk ends at the channel bridge in the middle of the park. From there you are able to explore the rich diversity the park has to offer.

WHEN: Sundays, 2-3:30pm
September 24, October 29,
November 26, and December 31

WHERE: Mercer Slough Environmental Education Center
1625 118th Ave SE
Meet at the Visitor Center

COST: Free

Please RSVP/pre-register by calling or emailing 425-452-2565 or MSEEC@bellevuewa.gov

Community Farms and Gardens

Preserved within the Bellevue Park System is over fifty acres of productive farmland, demonstration gardens, and historic farm buildings. Rich peat soils have provided growers with abundant crops for over 100 years. Today, these farms and gardens continue to provide visitors the opportunity to purchase fresh produce, learn about sound gardening practices, and experience Bellevue's agricultural heritage. Call 425-452-7225 for information.

MASTER GARDENER URBAN DEMONSTRATION GARDEN



A hands-on, how to educational garden. Consult with Washington State University Extension Master Gardeners on all aspects of gardening, including composting and soil building, shrub and tree care, vegetables and flower care. Free drop-in consultations and scheduled educational tours are available.

Location: Lake Hills Greenbelt Urban Demonstration Garden
156th Ave SE & SE 16th St

Time: Wednesdays & Saturdays
9am-1pm

Info: Mary Osborne,
425485-5942,
<http://gardening.wsu.edu>

Volunteer Opportunities

EASTSIDE HERITAGE CENTER VOLUNTEERS

Various opportunities including assisting with educational outreach, collections, marketing, special events and more. Must be 18. Information: Eastside Heritage Center, 425-450-1049

ENVIRONMENTAL STEWARDSHIP VOLUNTEERS

Various ongoing environmental stewardship volunteer opportunities exist with Bellevue Parks & Community Services. Help restore your local parks, lead tours and share your knowledge with the community, or work on special projects. For a full listing, please visit us online at parks.bellevuewa.gov/volunteer or at 425-452-4195 or by email at Parks_Stewardship@bellevuewa.gov.

Here are just a few of the opportunities:

- Master Naturalist Training Program
- Canoe Guide Naturalist
- Eagle Scout Leadership Service Projects
- Eco Fridays and Stewardship Saturday Events
- ... and much, much more!

DOCENT-LED TOURS

12 pm, every Saturday & Sunday, April through October at the Bellevue Botanical Garden, 12001 Main Street. Reservations are not required. For more information call 425-451-3755.

BELLEVUE BOTANICAL GARDEN

The Bellevue Botanical Garden relies heavily on volunteers to help in many roles at the Garden. We love our volunteers! Please visit BellevueBotanical.org or call 425-452-2750 for more information, job descriptions and qualifications.

INTERESTED IN THE ENVIRONMENT? BECOME A BELLEVUE MASTER NATURALIST!

Do you have a passion for the environment and your Bellevue parks? Applications are being accepted until November 30th for a FREE Bellevue Parks & Community Services Master Naturalist training program – designed to build a group of dedicated community volunteers trained in environmental awareness and stewardship.

Bellevue Master Naturalists learn about our area's ecology, geology, wildlife, plant life, cultural history, wetlands, forests, and streams from professors, local professionals, scientists, research assistants, and park rangers. Master Naturalists will focus on restoration and conservation efforts, and will help share this passion by working with and educating their community.

Over the course of this 16-week training program, volunteers will meet with experts in lecture, workshop, and field-trip settings to cover various ecological topics. The program is free with a volunteer commitment of 100 hours of service to Bellevue's Parks Department. Applications must be submitted by mail, postmarked by Nov 30 2018. For more information, or to apply, please contact the park ranger at 425-452-4195 or Parks_Stewardship@BellevueWA.gov.

Kelsey Creek Farm

410 – 130th Pl SE • 425-452-7688
KelseyCreekFarm@bellevuewa.gov

Farm animals in the pastures daily from 9:30am to 3:30pm, including weekends

Kelsey Creek Farm provides the community an opportunity to cross the threshold of urban living into an agricultural experience, while maintaining the historic integrity of the farm through interpretive displays and education. Our programs foster creativity and active play. The farm's two historical barns sit prominently on the crest of a hill. There is no formal entrance fee; however, we welcome and appreciate your donations.

When visiting any of Bellevue's parks, all dogs and other pets must be kept on a leash at all times. Out of consideration for our farm animals' health and wellbeing, please observe all posted signs prohibiting pets from the barnyard and feeding of the farm animals.

Groups of 15+ must pre-register, and for large groups of 30+ there will be a \$30 fee. Please call in advance Monday through Friday, 9am-4pm at 425-452-7688 or email KelseyCreekFarm@bellevuewa.gov.

CRITTER ADOPTIONS

The animals of Kelsey Creek Farm are an essential part of our community's education and enjoyment. Your support helps maintain these animals in a natural farm setting. Become a Kelsey Creek Critter Parent! Simply call for an application. Care and custody of your critter stays with Kelsey Creek Farm. You can adopt any of the following farm animals: pony, pig, sheep, goose, goat, duck, cow, rabbit, or chicken. Adoption levels are available from \$25 for Best Friend to \$200 for Grandparent. For more information, call Kelsey Creek Farm at 425-452-7688 or email KelseyCreekFarm@bellevuewa.gov.

FARM PARTIES

Contact Kelsey creek Farm to schedule your party or tour:

KelseyCreekFarm@bellevuewa.gov
425-452-7688

Bunny Birthday Party

Celebrate your child's birthday by visiting the farm and meeting our friendly bunny. Activities include a farm walk, bunny craft and special time with the farm bunny.

Package includes:

- One hour of bunny activities/farm walk
- One hour of room rental in farmhouse

Total party size: Limited to 30 people.

Ages: 4 to 11 years old

Fees: \$190/resident and \$205/non-resident, up to 10 children. Additional children \$10/each.

Cookie Decorating Birthday Party

Visit the farm to celebrate your child's birthday. Each child will decorate six farm cookies and enjoy a farm walk.

Package includes:

- One hour of cookie decorating/farm walk
- One hour room rental in farmhouse

Total party size: Limited to 30 people

Ages: 5 to 11 years old

Fees: \$190/resident and \$205/non-resident, up to 10 children. Additional children \$15/each.

Farm Birthday Party

Celebrate your child's special day with a visit to the farm! Meet our goats, sheep, rabbits, pig and ponies. Afterwards, create your own wooly sheep to take home.

Package includes:

- One hour tour/craft time
- One hour room rental

Total party size: Limited to 30 people

Ages: 2 to 11 years old

Fees: \$190/resident and \$205/non-resident, up to 15 children. Additional children \$6/each.

FARM TOURS FOR SCHOOLS AND GROUPS

Contact Kelsey creek Farm to schedule your party or tour:

KelseyCreekFarm@bellevuewa.gov
425-452-7688

Experience Kelsey Creek Farm with a tour designed specifically for groups. Tour themes vary by season:

Kids on the Farm - January to April only

Springtime in the Barnyard - May only

Fall at the Farm - October only

Pioneer Days - November only

Tours are available on weekdays and are approximately one hour long.

Ages: Most tours are appropriate for children ages 2 years and older.

Fees: \$90 for 15 or fewer people (children and adults). Additional attendees: \$6/child and \$2.50/adult. Staff are free

Kids on the Farm Group Tour

Available April only

Explore our farm with hands-on fun as you meet our goats, sheep, rabbits, chickens and ponies. Learn interesting animal facts then move inside to experience the old-fashioned skill of wool carding. Children create fuzzy sheep to take home.

Springtime in the Barnyard Group Tour

Available May only

Welcome springtime with a tour of our animals, which may include chicks, goat kids, piglets and a calf. Learn about their special care then finish up with planting pumpkin seeds in the garden.

Fall at the Farm Group Tour

Available October only

Experience harvest season in a traditional way. Visit a pony and pig. Work on barn "chores" with child-sized pails and rakes. Tour the garden and pumpkin patch.

Children finish up by choosing a pumpkin from our harvest-themed indoor pumpkin patch! Extra fee for pumpkins.

Pioneer Days Group Tour

Available November only

Imagine life in the 1880's in our authentic log cabin. Children participate in activity stations learning to grind wheat and coffee, churn butter, hammer nails, pump water, play dress-up, and engage in more living history skills. Storytelling about pioneer life with Laura Ingalls Wilder's Little House books helps children compare their life based on electricity and modern conveniences with the life of Laura and Mary. Ages 3 and up.

FUN ON THE FARM

New adult/child farm classes with Mrs. D. Participate in cooking, puppetry, farm walks, crafts, a pony ride, stories, and games. Each month we will focus on a different theme; January - Snowflakes, February - Hearts Everywhere, March - Luck on the Farm and April - Flowers and Showers, May - Farm Animals, June - Flowers on the Farm. Adult/child teams only.

Kelsey Creek Farm Park

\$56(R)	\$67(N)		Age: 3-6Y
1807595	10:30am-12pm	Wed	May 16-May 30
1807596	10:30am-12pm	Wed	Jun 06-Jun 20

KELSEY CREEK SUMMER ART VOLUNTEERS

You will assist the Go Go Van Gogh art camp instructor and children ages of 6-11 with daily classroom activities. Qualifications include; enjoy working with children, able to play games with children during recess, desire to mentor, self-motivated, capable of understanding and following directions with a positive attitude. Volunteers are required to complete a Criminal Background check and provide their Social Security number. Limit 1, (ONE) session per participant for either the Farm, Art, Equine, Little Farmers summer volunteer programs.

Kelsey Creek Farm Park

\$15(R)	\$18(N)		Age:14-18Y
180124-1	9:15am-3:15pm	Mon-Fri	Jun 25-Jun 29
180124-2	9:15am-3:15pm	Mon,Tue,Thu,Fri	Jul 02-Jul 06
180124-3	9:15am-3:15pm	Mon-Fri	Jul 09-Jul 13
180124-4	9:15am-3:15pm	Mon-Fri	Jul 16-Jul 20
180124-5	9:15am-3:15pm	Mon-Fri	Jul 30-Aug 03
180124-6	9:15am-3:15pm	Mon-Fri	Aug 06-Aug 10
180124-7	9:15am-3:15pm	Mon-Fri	Aug 13-Aug 17
180124-8	9:15am-3:15pm	Mon-Fri	Aug 20-Aug 24

LITTLE FARMERS CAMP VOLUNTEERS

Volunteers will work with children as they explore farm life, do farm chores, play games and do crafts. Qualifications include; enjoy working with children ages 4-6, willingness to learn, self-motivated, capable of understanding and following directions and a positive attitude. Volunteers are required to complete a Criminal Background check and provide their Social Security number. Limit 1, (ONE) session per participant for either the Farm, Art, Equine, or Little Farmers summer volunteer programs.

Kelsey Creek Farm Park

\$15(R) \$18(N)			Age: 14-18Y
180143-1	9:30am-1:30pm	Mon-Fri	Jun 11-Jun 15
180143-2	9:30am-1:30pm	Mon-Fri	Jun 18-Jun 22
180143-3	9:30am-1:30pm	Mon-Fri	Jun 25-Jun 29
180143-4	9:30am-1:30pm	Mon-Fri	Jul 09-Jul 13
180143-5	9:30am-1:30pm	Mon-Fri	Jul 16-Jul 20
180143-6	9:30am-1:30pm	Mon-Fri	Jul 23-Jul 27
180143-7	9:30am-1:30pm	Mon-Fri	Aug 06-Aug 10
180143-8	9:30am-1:30pm	Mon-Fri	Aug 13-Aug 17
180143-9	9:30am-1:30pm	Mon-Fri	Aug 20-Aug 23

SUMMER FARM VOLUNTEERS

Volunteers will help with the animal chores, participate in special projects and learn responsible animal care in this week-long program. Qualifications include; understanding and following directions, ability to be on your feet for a physically active day, tolerance for being outside and working in a farm environment near animals, hay, vegetation and dust. Volunteers are required to start on Monday, complete a Criminal Background check and provide their Social Security number. Limit 1, (ONE) session per participant for either the Farm, Art, Equine, or Little Farmers summer volunteer programs.

Kelsey Creek Farm Park

\$15(R) \$18(N)			Age: 14-18Y
180147-1	9am-4:30pm	Mon-Fri	Jul 09-Jul 13
180147-2	9am-4:30pm	Mon-Fri	Jul 23-Jul 27
180147-3	9am-4:30pm	Mon-Fri	Aug 06-Aug 10
\$15(R) \$18(N)			Age: 12-14Y
180147-4	9am-4:30pm	Mon-Fri	Jul 16-Jul 20
180147-5	9am-4:30pm	Mon-Fri	Jul 30-Aug 03
180147-6	9am-4:30pm	Mon-Fri	Aug 13-Aug 17

EQUINE VOLUNTEERS

Learn about horses as you work directly with children in the equine programs. Qualifications include; comfortable working with horses and children, understanding and following directions, ability to be on your feet for a physically active day, tolerance for being outside and working in a farm environment near animals, hay, vegetation and dust. Volunteers will be required to attend a mandatory training and to pass a skills test. Training is Saturday, June 30th from 9am-noon. Volunteers are required to start on Monday, complete a Criminal Background check and provide their Social Security number. Limit 1, (ONE) session per participant for either the Farm, Art, Equine, or Little Farmers summer volunteer programs.

Kelsey Creek Farm Park

\$15(R) \$18(N)			Age: 14-18Y
180152-1	8:30am-3:30pm	Mon-Fri	Jul 09-Jul 20
1801522	8:30am-3:30pm	Mon-Fri	Jul 23-Aug 03
1801523	8:30am-3:30pm	Mon-Fri	Aug 06-Aug 10
1801524	8:30am-3:30pm	Mon-Fri	Aug 20-Aug 29

Performing Arts

MUSIC

ROCK 'N' MORE GUITAR LESSONS

Learn to play chords and single notes on either electric or acoustic guitar. Learn how to make your guitar learning experience as fun and easy as possible. You will learn enough about playing guitar in the first week that you'll be able to play a song that you know by the time you get to the second lesson. Please contact and coordinate with instructor on time of arrival for class between 4: - 7:PM on Wednesdays at uofrock@hotmail.com

Crossroads Community Center

\$125(R) \$150(N)			Age: 18 & Up
-5	3:30-7:30pm	Wed	May 02-Jun 13
-7	3:30-7:30pm	Wed	Aug 01-Aug 29
\$75(R) \$90(N)			Age: 18 & Up
-6	3:30-7:30pm	Wed	Jul 11-Jul 25

ROCK 'N' MORE PIANO LESSONS

This weekly, half-hour, one-on-one class is perfect for any beginning piano student ages six and up. Lessons will be fun and informative and students will learn the important fundamentals of piano and music in general. Please contact and coordinate with instructor on time of arrival for class between 4: - 7:PM on Wednesdays at uofrock@hotmail.com.

Crossroads Community Center

\$125(R) \$150(N)			Age: 18 & Up
-5	3:30-7:30pm	Wed	May 02-Jun 13
-7	3:30-7:30pm	Wed	Aug 01-Aug 29
\$75(R) \$90(N)			Age: 18 & Up
-6	3:30-7:30pm	Wed	Jul 11-Jul 25

MOVE OVER MOZART

Move Over Mozart is a piano-learning program where children participate in musical activities and learn from each other as well as their teacher. Learn to play familiar tunes on the piano, read music, and basic music theory for a lifetime of musical enjoyment. Having a piano at home is recommended but not required. Class recitals are scheduled throughout the year. Classes continue throughout the year with new material in each session. A one-time \$20 materials fee payable to instructor due first day of class session, and is separate from the class fee. Pre-registration is required. Fee payable at time of registration.

Classes available at Northwest Arts Center and North Bellevue Community Center for children ages 3-12. Visit register.bellevuewa.gov to find your child's age-appropriate session.

Dance

CITY OPERA BALLET - PRE BALLET

Through creative movement and games to classical music children will explore the basic elements of dance including rhythmic and spatial awareness as well as basic ballet vocabulary. They will gain coordination, body awareness, and self esteem as they express themselves through dance.

South Bellevue Community Center (Comm Room 206-B)

\$55(R) \$65(N)			Age: 3-5Y
1826242	12:30-1:15pm	Thu	May 17-Jun 14

PRE BALLET II

Children will explore the basic elements of dance including rhythmic and spatial awareness as well as basic ballet vocabulary in a supportive encouraging environment. they will gain coordination, body awareness, and self- confidence as they express themselves through dance.

South Bellevue Community Center (Studio)

\$55(R) \$65(N) Age: 5-6Y
182622 4-4:45pm Fri May 18-Jun 15

PRE BALLET & TAP I

Children will discover the rhythm of their hands and feet while exploring tap steps and experience the gracefulness of ballet while exploring basic dance elements. They will gain coordination, body awareness, and self esteem as they express themselves through dance.

South Bellevue Community Center (Comm Room 206-B)

\$55(R) \$65(N) Age: 3-5Y
1826222 11:30am-12:15pm Thu May 17-Jun 14

PRE BALLET & TAP II

This class is an advancement of our Pre-Ballet & Tap 1 class. Children will discover the rhythm of their hands and feet while exploring tap steps and experience the gracefulness of ballet while exploring basic dance elements. They will gain coordination, body awareness, and self-esteem as they express themselves through dance.

South Bellevue Community Center (Comm Room 206-B)

\$55(R) \$65(N) Age: 4-6Y
1826202 10:30-11:15am Thu May 17-Jun 14

YOUTH BALLET 1

Children will develop better coordination, grace and self-confidence as they learn the beginning movements of ballet in a supportive encouraging environment. During this class students will build strength at the barre and center floor while learning foundational movements of ballet. Each class will end with the opportunity for students to show their own creativity as they express themselves through their favorite dance movements.

South Bellevue Community Center (Studio)

\$55(R) \$65(N) Age: 7-10Y
1826282 5-6pm Fri May 18-Jun 15

Preschool

PARENT/CHILD DROP-IN PLAY

'It's raining, it's pouring'...Where can we play? At one of our community centers! Come play with our toys, balls, big wheels, and more in a dry and safe environment. Parents provide set-up/take-down and supervision (maximum of three children per adult). No registration required.

\$4(R) \$5(N) Age: Up to 5Y

Crossroads Community Center
9-11:30am Mon-Fri Ongoing

North Bellevue Community Center
1-3pm Thu Includes Storytime

South Bellevue Community Center
10:30am-12pm Mon, Wed, Fri May 02-Jun 22

Highland Community Center
9-11:30am Mon-Fri Ongoing

Adult Enrichment Dance & Arts

SOUNDS OF SWING BIG BAND DANCE

The 2nd Tuesday of each month the Sounds of Swing Big Band performs toe-tapping music of the swing era as well as jazz standards for your dancing and listening pleasures at North Bellevue Community Center. Treats and entertainment are included in the drop-in cost, payable at the door. No pre-registration required.

North Bellevue Community Center (Banquet Rental)

FREE Age: 18Y & Up
1802645 2-4am Tue May 08
1802646 2-4am Tue Jun 12
1802647 2-4am Tue Jul 10
1802648 2-4am Tue Aug 14

LINE DANCE PRACTICE

Practice Line Dances with other participants. No instructor. \$3/Residents, \$4/Nonresidents. Drop-in only. Thursday, 10am-Noon.

North Bellevue Community Center

Games

SOUTH BELLEVUE BRIDGE BUNCH

Just learning, a little rusty, or just want a fun place to play Bridge while increasing your skill level? Come join us every Tuesday and enjoy some coffee/snacks and play your favorite game!

South Bellevue Community Center

\$12(R) \$14.50(N) Age: 18 Y & Up
1802630 1:10-3:10pm Tue May 01-Jun 19

Lifelong Learning

TELOS

Bellevue College TELOS courses are coming to the Boys & Girls Clubs of Bellevue Main Club this FALL!

TELOS offers educational courses for retirees that meet a wide variety of interests. Course categories are History & Politics, Arts & Literature, Philosophy & Religion, Science & Technology, Health & Healthcare. Students and faculty will enjoy intellectually stimulating courses that provide for a creative exchange of ideas, as well as supportive interactions as peers form lasting friendships. TELOS classes are non- credit and non-graded. Please join us for Winter quarter. Online registration will be available beginning November 18 at: <http://www.bellevuecollege.edu/ce/retiree-programs/>

AARP DRIVER SAFETY PROGRAM

The AARP 2-day Smart Driver Course is one of many programs offered by AARP Driver Safety. It's the nation's largest classroom and online driver safety course and it's designed especially for drivers age 50 and older. Pre-registration is required. Fee payable by cash or check to AARP at the door.

North Bellevue Community Center (Room A), North Bellevue Community Center (Gift Shop)

FREE Age: 18Y & Up
1802734 9am-1pm Tue May 08-May 15
1802735 9am-1pm Tue Jun 12-Jun 19
1802736 9am-1pm Tue Jul 10-Jul 17
1802737 9am-1pm Tue Aug 14-Aug 21

NBCC BOOK CLUB

Join the North Bellevue Community Center Book Club to read and discuss literature with a group of your peers. A monthly reading list is available online or at North Bellevue Community Center. Join anytime, no pre-registration required. This is a FREE activity.

North Bellevue Community Center (Library), North Bellevue Community Center (Room B)

FREE			Age: 50Y & Up
180144-5	10am-7:30pm	Tue	May 08
180144-6	10am-7:30pm	Tue	Jun 12
180144-7	10am-7:30pm	Tue	Jul 10
180144-8	10am-7:30pm	Tue	Aug 14

SHIBA MEDICARE ASSISTANCE

The Statewide Health Insurance Benefits Advisors (SHIBA) HelpLine volunteers and staff assist consumers with choices and problems involving private health insurance as well as many government programs (Medicare, Medicaid, Basic Health, Children's Health Insurance Program, and the Washington State Health Insurance Pool). SHIBA HelpLine volunteers are also experts in Medigap coverage, employment-related health benefits, managed care, long-term care insurance, fraud and abuse questions. Appointments available 1st & 3rd Wednesday each month. Pre-registration required. This is a FREE program.

North Bellevue Community Center (Room B)

FREE			Age: 18Y & Up
1815039	9-12am	Wed	May 02
1815031	9-12am	Wed	May 16
1815031	9-12am	Wed	Jun 06
1815031	9-12am	Wed	Jun 20
1815031	9-12am	Wed	Jul 04
1815031	9-12am	Wed	Jul 18
1815031	9-12am	Wed	Aug 01
1815031	9-12am	Wed	Aug 15

ORCA-TO-GO CARD DISTRIBUTION

Each month ORCA To-Go travels around the Puget Sound area making stops at senior and community centers, major events, fairs and other key locations to provide on the spot full-service ORCA card sales and assistance. Cash, checks, and major credit cards accepted for payment. No pre-registration required. Call 1-888-988-6722 or visit www.orcacard.com for more information.

North Bellevue Community Center (Lobby)

FREE			Age: Up to 60Y
1819192	10am-12pm	Tue	May 15
1819193	10am-12pm	Tue	Jul 17

APDA EARLY ON-SET PARKINSON'S DISEASE SUPPORT GROUP

The American Parkinson Disease Association nationwide network provides information and referral, education and support programs, health and wellness activities, and events to facilitate a better quality of life for the Parkinson's community. When someone who is 21-50 years old receives a diagnosis of Parkinson's disease, it is referred to as early onset Parkinson's disease. This early on-set Parkinson's support group meets the 1st Wednesday of each month 7-8:30pm at North Bellevue Community Center. No pre-registration required. This is a FREE program.

North Bellevue Community Center (Room A)

FREE			Age: 18Y & Up
1806815	7-8:30pm	Wed	May 02
1806816	7-8:30pm	Wed	Jun 06
1806817	7-8:30pm	Wed	Jul 04
1806818	7-8:30pm	Wed	Aug 01

CONNECTIONS CAFE' AT THE BELLEVUE MAIN CLUB: SKILLS FOR A WELL-BALANCED LIFE: CHALLENGING CONVERSATION

Challenging Conversations - Skills for a Well-Balanced Life
Develop a toolkit of skills to employ when discussing difficult topics or differences of opinion. Connections Cafe? at the Bellevue Main Club are workshops that teaches you techniques for creating connections and building community at home, work, and in your neighborhood. Workshops are interactive, fun and thought-provoking. Workshops are scheduled to build skills incrementally; however, you can attend one without the others. Classes will be limited to 25 students. Free to attend BUT Preregistration highly suggested. On Steet parking available on 100th Ave NE. Bellevue Main Club

FREE			Age: 65Y & Up
1802262	10am-12pm	Thu	May 03

ALIVE @ 25

Alive at 25, is a driver awareness program that addresses the number one cause of death for drivers ages 15 to 24, motor vehicle crashes. Alive @ 25 encourages young drivers to take responsibility for their driving behavior. This highly effective interactive course is ideal for young drivers who incur traffic violations. *The fee for this course is non-refundable.* For more information, contact Bellevue Probation at 425-452-6956 or COBProbation@bellevuewa.gov.

Bellevue Court House (Bellevue Probation Office)

\$75(R)	\$75(N)		Age: 14Y & Up
182462-5	1-5pm	Wed	May 02
182462-6	1-5pm	Wed	Jun 06
182462-7	1-5pm	Wed	Aug 01
182462-12	1-5pm	Wed	Jul 11

DEFENSIVE DRIVING - DDC4

Defensive Driving Course 4, an instructor-led classroom course, reinforces key fundamental driving skills and motivates drivers to change their behind-the-wheel behaviors and attitudes. It will give participants the basic understanding and techniques to avoid collisions and reduce future violations.

Bellevue Court House

\$75(R)	\$75(N)		Age: 18Y & Up
1802650	1-5pm	Wed	Jun 20
1802653	1-5pm	Wed	May 16
1802654	1-5pm	Wed	Jul 18
1802655	1-5pm	Wed	Aug 15

Multi-Cultural Services

CHINESE & ENGLISH CHORUS

Everyone can join our fun singing group! CISC Eastside members, conductor Mr. & Mrs. Wong Zheng-Feng and Ms. Hong Jia-Bing teach singing Chinese and foreign classic songs. Music helps you relax and get to know more friends. Sharing time follows singing. Wednesdays, 10:30-11:45am
North Bellevue Community Center

INDIA ASSOCIATION OF WESTERN WASHINGTON

Breathing yoga, food, education, and social activities, 10am-2pm and 6-9pm Thursdays.
North Bellevue Community Center

ESL FOR CHINESE SENIORS

English as a second language is offered for non-native speakers. Beginner and Intermediate.

South Bellevue Community Center

FREE Age: 55Y & Up
180829 12:30-2pm Thu May 03-Jun 14

CHINESE INFORMATION SERVICE CENTER

Info & Assistance: 9am-Noon

Music group: Thursdays, 9-10:30am

North Bellevue Community Center

Computer Classes

DROP-IN COMPUTER ASSISTANCE

If you are looking for some help to learn new or enhance existing computer skills, you have found the right place. SeniorNet is the nation's premier and most respected nonprofit organization specializing in computer and Internet education for adults over 55 and those in need. Stop by the 2nd, 4th & 5th Tuesday of each month to get assistance with your computer needs. No pre-registration required. This is a drop-in activity. Fee payable at the door.

North Bellevue Community Center (Room D)

\$3(R) \$4(N)			Age: 18Y & Up
1802091	9:30am-12pm	Tue	May 08
1802091	9:30am-12pm	Tue	May 22
1802091	9:30am-12pm	Tue	May 29
1802091	9:30am-12pm	Tue	Jun 12
1802091	9:30am-12pm	Tue	Jun 26
1802091	9:30am-12pm	Tue	Jul 10
1802091	9:30am-12pm	Tue	Jul 24
1802091	9:30am-12pm	Tue	Jul 31
1802091	9:30am-12pm	Tue	Aug 14
1802091	9:30am-12pm	Tue	Aug 28

SENIORNET COMPUTER EDUCATION SESSION

SeniorNet is the nation's premier and most respected nonprofit organization specializing in computer and Internet education for adults over 55 and those in need. SeniorNet's mission is to provide older adults education for and access to computer technologies to enhance their lives and enable them to share their knowledge and wisdom.

Join then for a FREE monthly education session. For more information visit <http://www.seniornet.org/index.php>

North Bellevue Community Center (Room D)

FREE			Age: 50Y & Up
1828775	9:30am-12pm	Tue	May 15
1828776	9:30am-12pm	Tue	Jun 19

<http://parks.bellevuewa.gov>

Financial, Legal, & Insurance

SHIBA

The Statewide Health Insurance Benefits Advisors (SHIBA) HelpLine provides free, unbiased information about health care access and coverage and works to help improve the lives of all Washington state residents. SHIBA HelpLine volunteers and staff assist consumers with choices and problems involving private health insurance as well as many government programs. (Medicare, Medicaid, Basic Health, Children's Health Insurance Program, and the Washington State Health Insurance Pool). SHIBA HelpLine volunteers also are experts in Medigap coverage, employment-related health benefits, managed care, long-term care insurance, and fraud and abuse questions. Appointments available 1st & 3rd Wednesday each month. Call 425-452-7681 for an appointment.

LEGAL CLINIC

The Eastside Legal Assistance Program offers a general legal clinic for low-income individuals at the North Bellevue Community Center on the 2nd Thursday of each month. All other Thursdays will focus on a full range of family law issues including divorce, parenting plans, maintenance, domestic violence, protective orders, and child support. Please call Eastside Legal Assistance at 425-747-7274 to make an appointment.

North Bellevue Community Center

Adult Sports Leagues

Winter, Spring, and Fall Adult Leagues for Basketball, Women's Basketball, Co-Rec Volleyball, and Women's Volleyball:

Fall 2018 Registration:

Residents: July 20-August 17

Non-Resident: July 27-August 17

League Play: Starts September 9, 2018

Visit parks.bellevuewa.gov/sports-and-athletics/adult-sports-leagues, **email** Leagues@bellevuewa.gov, or **call 425-452-4479 to register.**

New to Bellevue or looking for a team?

Individuals can be added to the **Interested Players List** available to team managers looking for players. Contact Shirley Louie at 425-452-4479 or email Leagues@bellevuewa.gov, or visit us on the Web at parks.bellevuewa.gov/sports-and-athletics/adult-sports-leagues.

Climb the Crag

ROCK CLIMBING - BEGINNING CLASS

This class is for the beginning or intermediate climber who would like to learn the basics of rock climbing or improve their climbing skills. We will teach you how to correctly wear a harness, tie the knots, handle the rope, use a belay device and communicate effectively. At the completion of this class, participants 16 and older can take a belay check test to earn an SBCC belay card.

South Bellevue Community Center

\$29(R) \$39(N)			Age: 18Y & Up
1826329	7-8:30pm	Tue	May 01
1826321	7-8:30pm	Tue	May 08
1826321	7-8:30pm	Tue	May 15
1826321	7-8:30pm	Tue	May 22
1826321	7-8:30pm	Tue	May 29
1826321	7-8:30pm	Tue	Jun 05
1826321	7-8:30pm	Tue	Jun 12

Register Online:

<http://register.bellevuewa.gov>

May through August 2018

CONNECTIONS



MERCER SLOUGH

ENVIRONMENTAL EDUCATION CENTER

Pacific Science Center offers programs for preschoolers, school groups, teens and families to explore and learn in nature including:

- Environmental Science & Technology Practicum, Saturdays, grades 9 – 12
- Environmental Science Pathways, Thursdays, grades 6 – 8
- Wetland Field Studies and Classroom Lessons, grades PreK – 8

For additional programs and to register visit pacificsciencecenter.org or call (206) 443-2925.



The Mercer Slough Environmental Education Center is a collaboration between the City of Bellevue and Pacific Science Center.

1625 118th Avenue SE, Bellevue, WA 98005



ROCK CLIMBING - BEGINNING PARENT/CHILD

This 90 minute course covers the same material as the Beginning Rock Climbing class, but is ideal for parents to do with their children to take their relationship to new heights. Go Climbing! Pre-registration is required. Price is for one child and one adult. Additional family members (\$15 resident; \$20 non-resident). Minimum age is 4 years old.

South Bellevue Community Center

\$29(R) \$39(N)		Age: 4Y & Up
1826888	6:30-8pm	Mon
1826889	6:30-8pm	Mon
1826881	6:30-8pm	Mon
1826881	6:30-8pm	Mon
1826881	6:30-8pm	Mon
1826891	9-10:30am	Sat
1826891	9-10:30am	Sat
1826891	9-10:30am	Sat
1826891	9-10:30am	Sat

ROCK CLIMBING - BELAY CLASS

Learn the skills needed to safely belay your rock climbing partner up any rock climbing wall; indoor or out. This 90-minute class teaches proper use and inspection of basic climbing gear, climbing commands, effective rope handling and much more. You will learn the skills needed to pass the Belay Test required to belay on the Crag at SBCC. Pre-registration is required.

South Bellevue Community Center

\$29(R) \$39(N)		Age: 18Y & Up
1805429	6:30-8pm	Thu
1805421	6:30-8pm	Thu
1805421	6:30-8pm	Thu
1805421	6:30-8pm	Thu
1805421	6:30-8pm	Thu
1805421	6:30-8pm	Thu
1805491	3-4:30pm	Sat
1805491	3-4:30pm	Sat
1805491	3-4:30pm	Sat
1805491	3-4:30pm	Sat

Drop-In Sports

BADMINTON AT HIGHLAND

Whether you're an elite player or just want to have some fun, come check it out! No Pre-registration required. Please bring your own racket and birdie. A City of Bellevue Punch Pass could save you time and money! Inquire at front desk. Closed on holidays.

Highland Community Center

\$4(R) \$5(N)		Age: 18Y & Up
	9am-12pm	Sun

BASKETBALL AT HIGHLAND

Get great exercise and sharpen your basketball skills. Max 15 players. Closed on holidays. City of Bellevue Punch Pass can save you time and money! Inquire at Front Desk.

Highland Community Center

\$4(R) \$5(N)		Age: 18Y & Up
	11:30am-1:30pm	Tue,Thu

VOLLEYBALL AT HIGHLAND

Highland Community Center

\$4(R) \$5(N)		Age: 18Y & Up
	3:30-5:30pm	Mon, Fri

DROP-IN SPORTS AT SBCC

Come play your favorite sport or try a new one for the first time. SBCC offers a variety of fun drop-in sports Monday - Sunday. Bring a team, bring a friend, or come by yourself and enjoy our drop-in sports times.

Adult: 18Y & Up | Family: All ages | Teen: 13Y-18Y

South Bellevue Community Center

\$4(R) \$5(N)

- Adult Badminton
- Adult Basketball
- Adult Pickleball
- Adult Volleyball
- Family Basketball | FREE
- Teen Basketball | FREE

Call 425-452-4240 for current schedule

Youth Sports

DREAM TEAM CHEER SQUAD

Be a part of the Bellevue Parks beginning-to-intermediate level cheer squad! You'll learn dances, cheers, and beginning tumbling. There will be opportunities to perform too. Dream Team has performed at halftime for the Seattle Storm and University of Washington basketball games. Previous experience is not required - contact instructor with questions. (Some extra uniform costs may be incurred for this class.)

Highland Community Center, Crossroads Community Center

\$51(R) \$61(N)		Age: 18Y & Up
180535	4-5:30pm	Fri

SUMMER POWER SQUAD

Intermediate level cheer class for those who want a more intense program without being on a competitive team. Beginning stunting and tumbling are taught. Pre-requisite: concurrent registration on Dream Team. No instructor permission required for summer session. (Some extra uniform costs may be incurred for this class.)

Crossroads Community Center, Highland Community Center

\$41(R) \$51(N)		Age: 7-18Y
180551	3-4pm	Fri

SUPERSTIX GIRLS LACROSSE

Lacrosse is the fastest growing sport in the nation. The program will be run by US Lacrosse credited coaching staff and high school girls lacrosse players. Skills developed are: agility and evasive running, ball handling, cradling, catching and shooting in a fun friendly environment. Teamwork and sportsmanship are fundamental to this program. Players of ALL Skills levels are welcome and will be grouped accordingly. Emphasis will be on safety and fun at all times, and physical contact is limited.

Robinswood Community Park - Fields

\$125(R) \$150(N)		Age: 7-9Y
1802281	4:15-5:30pm	Thu

PARKOUR

Parkour combines the art of play and the science of movement. MoveFree Academy will train your child to control their body through fun, physical and mental challenges the way it was meant to be used. Play games, learn new skills, progress strength and dominate obstacle courses while optimizing your ninja potential!

South Bellevue Community Center

\$126(R) \$148.50(N)		Age: 9Y & Up
1829091	5-5:55pm	Wed, Fri
1829092	5-5:55pm	Wed, Fri
1829191	6-6:55pm	Wed, Fri
1829192	6-6:55pm	Wed, Fri

\$77.50(R) \$92.50(N)		Age: 6-10Y
1829131	5-5:55pm	Wed
1829132	5-5:55pm	Wed
1829133	5-5:55pm	Wed
1829134	5-5:55pm	Wed
1829211	6-6:55pm	Wed
1829212	6-6:55pm	Wed
1829213	6-6:55pm	Wed
1829214	6-6:55pm	Wed

\$62(R) \$74(N)		Age: 6-10Y
1829171	5-5:55pm	Fri
1829172	5-5:55pm	Fri
1829251	6-6:55pm	Fri
1829252	6-6:55pm	Fri

ROBINSWOOD TENNIS CENTER

Address: 2400 151st PL SE
Phone: 425-452-7690
Web: parks.bellevuewa.gov/tennis

Robinswood Tennis Center has been recognized as one of the finest facilities in the country. The facility includes: 4 indoor courts, 4 outdoor lighted courts (6 indoor, 2 outdoor - Winter months), a locker room, mini-pro shop, vending machines, and a viewing lounge. Robinswood has received national and regional recognition for its comprehensive programs and outstanding community service. In 2004, the Robinswood Tennis Center was selected as the national public facility of the year by the Professional Tennis Registry.

Contact Robinswood Tennis Center at 425-452-7690 for more information on programs and services. Remember - you can register online 24 hours a day at: register.bellevuewa.gov

LADIES' COMPETITIVE CUP INTER-CLUB LEAGUE

Six different levels of play: Evergreen, Emerald, Classic, Rainier, Challenge, and Kingco. NTRP rating 2.5-5.0. Team tryouts are conducted in June, the season begins in September. New players who missed the try-outs should contact the Head Professional for potential roster openings.

FACILITY RENTAL

Available for rental for special events, group functions, birthday parties, and other activities. Please call for availability and fees.

VOLUNTEER AT ROBINSWOOD TENNIS CENTER

If you or someone you know is interested in volunteering at Robinswood, contact us about volunteer opportunities.

MISCELLANEOUS SERVICES OFFERED

- Our pro shop offers the latest line of tennis rackets to demo or purchase: grips, tennis balls, and other miscellaneous items are also available.
- Our ball machine is available for rental. It's a great way to work on individual strokes.
- Our professional in-house racket restringing is available on site. Service is guaranteed in 48 hours.

OUTDOOR TENNIS COURTS

Visit parks.bellevuewa.gov to find outdoor tennis courts operated by the City of Bellevue.

ADULT ACTIVITY GROUPS

The Tennis Center supports these rental groups as another opportunity for organized, casual play. For more information please contact the individual coordinator of the specific group. *These programs are not coordinated by the Tennis Center staff.*

Working Women - Wednesday, 6:15-7:30pm

Coordinator: Lisa Stix, StixL44@gmail.com

Men's Doubles - Tuesday, 6:15 and 7:30pm. Coordinator: Pat McGill, 360-805-4916, patrickmcgill@yahoo.com.

CARDIO TENNIS

18 + years. Cardio Tennis consists of short cycles of workouts. Players of all abilities enjoy tennis together while they also consistently elevate their heart rates into their aerobic training zone. Min 4/Max 8

Robinswood Tennis Center

\$12 Age: 18Y and up
Call Robinswood Tennis Center to register up to 7 days in advance.
Runs September through June

1- 2pm	Mon
9:30- 10:30am	Tue
6:30- 7:30pm	Thu

SENIOR DRILL AND PLAY

50+ Years. Combination of instruction, drills, and point play.

\$13
Call Robinswood Tennis Center to register up to 7 days in advance.
Runs September through June
2:30- 3:45pm Tue

TENNIS FOR INDIVIDUALS LIVING WITH DISABILITIES

The Adaptive Recreation Tennis Class is designed for individuals living with developmental disabilities. The format of the class allows participants to be introduced to basic tennis skills with the focus on participation and building self-esteem. Min 3/Max 12
Robinswood Tennis Center

Age: 14Y and up
Please call Robinswood Tennis Center to register

ADULT TENNIS PROGRAMS

Min 4/Max 8 Age: 19Y and up
Robinswood Tennis Center

Beginning

Level 1 is designed to provide basic skills needed to play tennis; including etiquette, rules, and scoring. USTA Level of 2.0

Robinswood Tennis Center				
184000	7:30-8:45pm	Mon	Jun 25-Jul 16	\$74
184004	7:30-8:45pm	Wed	Jun 25-Jul 16	\$55.50
184001	7:30-8:45pm	Mon	Jul 23-Aug 13	\$74
184005	7:30-8:45pm	Wed	Jul 23-Aug 13	\$74

Advanced Beginning

Level 2 builds on the basics, reinforcing technique, and adding advanced drills and learning how to play doubles. USTA level of 2.5 or higher.

Robinswood Tennis Center				
184002	8:45-10pm	Mon	Jun 25-Jul 16	\$74
184006	8:45-10pm	Wed	Jun 25-Jul 16	\$55.50
184003	8:45-10pm	Mon	Jul 23-Aug 13	\$74
184007	8:45-10pm	Wed	Jul 23-Aug 13	\$74

Intermediate

Participants already have sound fundamentals and are working on advanced technique such as spin serves, continental grip volleys, the slice backhand, basic strategies. USTA Level of 3.0 or higher

Robinswood Tennis Center				
184008	7:30-8:45pm	Tue	Jun 26-Jul 17	\$74
184009	7:30-8:45pm	Tue	Jul 24-Aug 14	\$74
184010	7:30-8:45pm	Thu	Jun 28-Jul 19	\$74
184011	7:30-8:45pm	Thu	Jul 26-Aug 16	\$74

Advanced

USTA level 3.5 or above class will be focus on more advanced drills and strategy for singles/doubles play. *Participants must hold a current USTA rating of 3.5 or above to enroll into class.

Don't have a USTA rating?
Self Rate @ tennislink.usta.com/dashboard/main/signup.aspx

Robinswood Tennis Center				
184012	8:45-10pm	Tue	Jun 26-Jul 17	\$74
184013	8:45-10pm	Tue	Jul 24-Aug 14	\$74
184014	8:45-10pm	Thu	Jun 28-Jul 19	\$74
184014	8:45-10pm	Thu	Jun 26-Jul 17	\$74
184015	8:45-10pm	Thu	Jul 26-Aug 16	\$74

LOBBERS YOUTH INSTRUCTIONAL CLINIC

The 'Lobbers' Instructional Clinics are a great way to introduce young children to the sport of tennis. Lobbers class is for ages 4-6 yrs. The lesson series meets for 4 days. The format is general in nature: tennis fundamentals are taught along with many tennis related drills, games, and activities. Emphasis is on FUN!

Robinswood Tennis Center

\$52			Age: 7-12Y
1802803	12-12:45pm	Mon-Thu	Jun 25-Jun 28
\$39			Age: 7-12Y
180610	12-12:45pm	Mon,Tue,Thu	Jul 02-Jul 05
\$52			Age: 7-12Y
180611	12-12:45pm	Mon-Thu	Jul 09-Jul 12
\$52			Age: 4-6Y
180612	12-12:45pm	Mon-Thu	Jul 16-Jul 19
180613	12-12:45pm	Mon-Thu	Jul 23-Jul 26
180615	12-12:45pm	Mon-Thu	Jul 30-Aug 02
180616	12-12:45pm	Mon-Thu	Aug 06-Aug 09
180617	12-12:45pm	Mon-Thu	Aug 13-Aug 16

TEEN INSTRUCTIONAL CLINIC

The Teen Instructional Clinics are designed as a general class for youth ages 13-17 yrs. The series meets for 4 days with an emphasis on tennis basic form and applying it in actual match play.

Robinswood Tennis Center

\$39			Age: 4-6Y
180634	1-2pm	Mon,Tue,Thu	Jul 02-Jul 05
\$52			Age: 13-17Y
180635	1-2pm	Mon-Thu	Jul 09-Jul 12
180636	1-2pm	Mon-Thu	Jul 16-Jul 19
180637	1-2pm	Mon-Thu	Jul 23-Jul 26
180638	1-2pm	Mon-Thu	Jul 30-Aug 02
180639	1-2pm	Mon-Thu	Aug 06-Aug 09
180641	1-2pm	Mon-Thu	Aug 13-Aug 16
1802498	1-2pm	Mon-Thu	Jun 25-Jun 28

YOUTH MINI CLINIC

The Youth Instructional Clinics are for children ages 7-12 yrs. This class is appropriate for new players as well as players with some playing experience. Tennis fundamentals are covered as well as tennis related drills, games, and activities.

Robinswood Tennis Center

\$117			Age: 10-16Y
180600	9am-12pm	Mon,Tue,Thu	Jul 02-Jul 05
\$156			Age: 13-17Y
180601	9am-12pm	Mon-Thu	Jul 09-Jul 12
\$156			Age: 7-12Y
190002	9am-12pm	Mon-Thu	Jun 25-Jun 28
180602	9am-12pm	Mon-Thu	Jul 16-Jul 19
180606	9am-12pm	Mon-Thu	Jul 23-Jul 26
180609	9am-12pm	Mon-Thu	Jul 30-Aug 02
180603	9am-12pm	Mon-Thu	Aug 06-Aug 09
180604	9am-12pm	Mon-Thu	Aug 13-Aug 16

<http://parks.bellevuewa.gov>

Aging Services

North Bellevue Community Center
4063 - 148th Avenue NE, 425-452-7681

Hours of operation: Monday-Thursday, 8:30am to 9pm; Friday, 8:30am-6pm. The North Bellevue Community Center offers a comprehensive array of senior services, resources, and adult programs including health and wellness, cultural and performing arts, human services, drop-in activities, socialization, information and referrals, community dining and trips. Please call or visit the City webpage for current class schedule and additional information. parks.bellevuewa.gov/nbcc.

CARE

ADULT ABUSE PREVENTION

To report a suspicion of abuse or neglect of an older person or a person with disabilities living in a facility or their own home, call toll free 1-866-ENDHARM, or visit www.aasa.dshs.wa.gov.

SENIOR HOUSING

ArchHousing.org
New resource to inform seniors, caregivers, and their families of housing choices in East King County when considering aging in place or transitioning out of the home to a new home. The new website will allow seniors to evaluate their values and needs, and discover the many housing and service options that are available locally for seniors. A hard copy handbook of the website information is available at the North Bellevue Community Center front desk.



IMPORTANT REGISTRATION INFORMATION FOR ROBINSWOOD TENNIS CENTER PROGRAMS

Registration dates for sessions at Robinswood Tennis Center:

All programs in this brochure:
Residents: May 22
Non-Residents: May 31

Register Online:
<http://register.bellevuewa.gov>

NURSING HOME INFORMATION ONLINE

See how specific nursing homes compare to others in the community or nationally for short- and long-term stay residents. For more information call 1-800-MEDICARE or at www.medicare.gov.

CITY OF BELLEVUE UTILITY RATE RELIEF PROGRAM

The City of Bellevue Utilities offers utility rate relief for low income seniors and low income disabled persons. Call 425-452-5285 for information or to make an appointment.

CATHOLIC COMMUNITY SERVICES OF KING COUNTY

Volunteers provide services such as transportation, light housekeeping, minor home repairs, yard work, laundry, shopping assistance, and light cooking. Call 206-328-5696 or visit www.Ccswv.org.

ELDER AND ADULT DAY SERVICES

Supervised facility for activities and services full or partial day. Call 425-867-1799.

HEALTH

BENEFITS CHECK UP ONLINE

A new web-based service of the National Counsel on the Aging allows you to quickly and easily determine what benefits you may qualify for, and how to claim them. Visit them on the web: www.Benefits-CheckUp.org. Medicare questions answered via the Internet at www.mymedicarematters.org.

GENERAL

AARP AREA OFFICE

1-800-227-7457 or 206-517-2327

AARP COMMUNITY SERVICE EMPLOYMENT PROGRAM

Assistance for job seekers aged 55+ including 20hr/wk paid job training and assistance finding permanent employment. Call 206-624-6698 for details, co-sponsored by the US Dept. of Labor and the AARP Foundation.

May through August 2018

CONNECTIONS

COMPUTER ASSISTANCE

KEGS (Komputer Enthusiasts of Greater Seattle) can help with your computer needs. Call Sally Ann Mowrey at 425-822-2046 for meeting and computer help information.

EASTSIDE LEGAL ASSISTANCE PROGRAM

Legal advice, at little or no cost, to low-income Eastside residents. Call 425-747-7274.

W.I.C.S.

Widowed Information & Counseling Services. Call area office 206-241-5650.

COMMUNITY LIVING CONNECTIONS

Resources and information on all topics related to older adults. 206-962-8467.

YOUNG ONSET PARKINSONS

Sponsored by the American Parkinson Disease Association. For those under 60 with the disease and their families. Meets the 1st Wednesday each month 7-8:30pm.

MULTI-CULTURAL SERVICES

CHINESE INFO & SERVICE CENTER

Programs and services for Chinese seniors at the North and South Bellevue Community Centers. Bilingual staff worker assists participation in social, recreational and educational activities. Information and assistance services including issues relating to retirement, senior housing, naturalization, and health insurance. Call CISC, 206-624-5633 ext. 123, for more information.

SEA MAR

Sea Mar Community Health Center co-sponsors a variety of services for Latino Seniors and others at the North Bellevue Community/Senior Center. Ethnic lunch for those 60 years & older every Monday (\$3 donation) followed by a dance, ESL classes, bi-lingual education, healthcare information, behavioral health services, translation and bi-lingual assistance for integration, and transportation assistance offered. Call Sea-Mar, Clemencia Robayo, 206-764-8044 for more information.

INSURANCE/SOCIAL SECURITY

SOCIAL SECURITY INFORMATION

Toll Free: 1-800-772-1213, 7am-7pm weekdays or at www.ssa.gov. Services available in English and Spanish.

TRANSPORTATION

ACCESS

Transportation to appointments, grocery shopping, and to the Center. Call 206-205-5000.

GETTING AROUND PUGET SOUND

Want to go from home to the store, the library & more? Personalized one-on-one assistance with transportation options and planning. Provided through a partnership with Hopelink. Call 425-943-6789.

VOLUNTEER TRANSPORTATION FOR SENIORS

Personal transportation to medical appointments. Call 206-448-5740.

MEALS/FOOD DELIVERY

MEALS ON WHEELS

Frozen meals are delivered to homebound seniors on Mon. Average \$3 donation. Call the Seattle office of Senior Services at 206-448-5767 for additional information.

COMMUNITY DINING PROGRAM

Enjoy a hot mid-day meal sponsored by Catholic Community Services. Available at Noon on Monday, Tuesday, Wednesday, and Friday. First-come, first-served. There is a suggested donation of \$3 for anyone over age 60, and a fee of \$6 for individuals under the age of 60. See special event listing for special holiday meal events which require pre-registration. Monthly menus available.

SUPPORT GROUPS/ MEETINGS

NARFE (National Association of Retired Federal Employees)

3rd Tuesday of each month at noon. For more information, call 425-868-4502.

ALZHEIMER'S CAFE AT TUTTA BELLA

Families living with the conditions of Alzheimer's are encouraged to meet and socialize in an environment that is accepting and nonjudgmental. Also open to caregivers and family members of persons suffering with memory difficulties. Sponsored by Overlake Medical center, the YMCA and Alzheimer's Association. Endorsed by the Bellevue Network on Aging. Meets monthly on the last Tuesday at Tutta Bella Restaurant in Crossroads. For more information contact Cheri Palmer at the YMCA 425-990-6970 or www.FullLifeCare.org/AlzCafesBellevue.

VOLUNTEER OPPORTUNITIES

RSVP

Retired and Senior Volunteer Program. Call 206-694-6787 for more information.

EYEGLOSS DONATIONS

Eyeglasses collection at North Bellevue Community Center for recycling to low-income persons via local eyewear stores.

GOLD CARD FOR HEALTHY AGING

King County's Gold Card for Healthy Aging is a handy resource for Seattle and King County residents age 60 and older. The card features the toll-free Senior Information and Assistance number – 1-888-4ELDERS (1-888-435-3377) – and discounts on goods and services listed in a Special Discounts Directory available online at: http://www.seattle.gov/humanservices/seniorsdisabled/mosc/special_discounts_directory.pdf

Get your Gold Card at the North Bellevue Community Center. Please bring your photo ID with proof of your age. For more information call 425-452-7681.

BELLEVUE NETWORK ON AGING

Meetings are held on the first Thursday each month, 8:30-10:30am. Meetings are open to the public. For more information, agendas, and minutes, please call 425-452-4200. Call for location.

SENIOR VOLUNTEERS

Volunteers play a key role in providing programs and services at North Bellevue Community Center. We depend on volunteers to provide successful programs and positive experiences for everyone who visits our facility. Annually there are over 200 volunteers who provide over 15,000 hours of community services. Please call 425-452-7681 for more information and an application.

- Food Service & Kitchen Help
- Front Desk Reception
- Advisory Boards
- Class Instruction
- Crafts
- English Conversationalist/ESL Instructor
- Foot Care Assistant
- Coffee Bar/Refreshments
- Fund Raising
- Garden Assistant
- Entertainment

SPECIAL EVENTS

SOUND OF SWING DANCES

The 'Sound Of Swing' will perform for your dancing pleasure. \$3 admission collected at the door. Dances are 2nd Tuesday/ monthly. No fee for rehearsal weeks.

MOTHER'S DAY LUNCHEON

North Bellevue Community Center invites you to celebrate being, having or knowing a special mother in your life at this luncheon. Come enjoy a meal and entertainment inspired by the outstanding work that mothers do. Pre-registration is required. \$5 fee payable by cash or check at the door.

North Bellevue Community Center

FREE 180266 11:30am-1pm Wed Age: All Ages May 09

FATHER'S DAY LUNCHEON

Father's Day is a celebration honoring fathers, fatherhood, paternal bonds, and the influence of fathers in our lives. North Bellevue Community Center hosts an annual lunch and entertainment to acknowledge the importance of being, having or knowing an influential father in your life. Pre-registration is required. \$5 fee payable by cash or check at the door.

North Bellevue Community Center

FREE 180267 11:30am-1pm Wed Age: 18Y & Up Jun 13

END OF SUMMER PICNIC

North Bellevue Community Center invites you to a classic summer picnic lunch. While the burgers and hotdogs are gilling on the BBQ take part in outdoor Croquet, Golf and Bean Bag Baseball or indoor Bingo (with prizes!) and the 'cupcake' walk. Pre-registration is required. \$5 fee payable at the door.

North Bellevue Community Center

FREE 180268 11:30am-1pm Wed Age: 18Y & Up Aug 29

Adaptive Recreation

Highland Community Center
14224 Bel-Red Road • 425-452-7686

It is the purpose of Bellevue's Adaptive Recreation Program to provide people living with disabilities with opportunities for recreation, socialization, and learning so that they can participate more successfully in the life of our community. People living with disabilities are encouraged to participate in any of the Recreation Division Programs in which they are interested.

Volunteers are an important part of Highland Center. If you are interested in being a volunteer, please call Mary Boyle at 425-452-4118 or email MBoyle@bellevuewa.gov for more information.

ADAPTIVE PROGRAMS

All programs are located at Highland Center unless otherwise noted.



Volunteer With Us!

Volunteers serve on boards and commissions, lead tours, help out in the office, answer phones, serve lunches, and perform many more vital tasks throughout all of our program areas. Contact one of the following facilities or program areas to learn more about available opportunities.

Bellevue Botanical Garden

425-452-6826
CWelte@bellevuewa.gov

Bellevue Youth Theatre

425-452-7155
BYT@bellevuewa.gov

Adaptive Recreation

425-452-6105
MBoyle@bellevuewa.gov

Special Events

425-452-4106
NWAC@bellevuewa.gov

Kelsey Creek Farm

425-452-7688
KelseyCreekFarm@bellevuewa.gov

North Bellevue Community Center

425-452-7681
NBCC@bellevuewa.gov

Robinswood Tennis Center

425-452-7690
JSoriano@bellevuewa.gov

Park Stewards/Naturalists

425-452-4195
Parks_Stewardship@bellevuewa.gov

Youth Sports

425-452-4627
SGonzales@bellevuewa.gov

DROP-IN EXERCISE

Exercise at Highland Community Center's fitness center! The facility is open Monday, Wednesday, and Friday from 2-5pm and Tuesday and Thursday from 9am-5pm. Call 425-452-7686 for more information. \$4(R) \$5(N)

DROP-IN WHEELCHAIR BASKETBALL

Play a game of hoops! This drop-in program is Wednesday evenings from 6-8pm for adults age 18+. Call 425-452-7686 for more information. \$4(R) \$5(N)

COMMUNITY PROGRAMS OF INTEREST

KING COUNTY FAMILY COALITION FOR DEVELOPMENTAL DISABILITIES

Contact: Cathy Murahashi, 206-829-7039. 2nd Tuesday of most months.

BRAIN INJURY SUPPORT GROUP

Resources, fellowship is all a part of the bi-monthly support group. Program intended for those living with head injuries and their loved ones. Group meets the 1st and 3rd Monday of the month at Highland Community Center, (except for holidays) from 12:30-2:30pm. More information: call 206-897-5755 or visit BrainInjuryWA.org.

Additional Disability Recreation Areas of Interest

Check out these Bellevue Parks & Community Services specialized programs too!

TENNIS FOR THOSE LIVING WITH INTELLECTUAL DISABILITIES

Robinswood Tennis Center. See the tennis section for more details.

AQUATIC THERAPY GROUPS

Includes Multiple Sclerosis Society & lessons for those living with a disability
Bellevue Aquatic Center

SPECIAL OLYMPIC SWIM TEAM

Bellevue Aquatic Center

AQUATIC REHAB PROGRAMS

Bellevue Aquatic Center
Adaptive Actives

Adaptive Recreation Events

BELLEVUE KIWANIS DINNER

Come on out to Highland Center on the 3rd Thursday of the month and have dinner with friends! This dinner is FREE of charge and is sponsored by the KIWANIS Club of Bellevue. Dinner is served from 5pm-6pm. Limit 2 guests per participant.

Highland Community Center (Art Room)

FREE
1804585 5-6pm Thu Age: 18Y and up
May 17

BARN DANCE

Mosey on down to the Highland Center for our end-of-the-session dance. Please pre-register for Highland Center dances.

Highland Community Center

\$10(R) \$12(N)
1802120 7-9:30pm Fri Age: 16Y & Up
May 04

ALOHA PICNIC AND DANCE

Highland presents their annual summer picnic and Aloha Dance. Celebrate your summer with friends as there will be plenty on this warm summer evening. Picnic starts at 5pm with the dance to follow at 7pm. Please pre-register for Highland Center dances.

Highland Community Center

\$10(R) \$12(N)
5-9:30pm Fri Age: 16Y & Up
Aug 17

Adaptive Recreation Programs

All new clients must meet with Mary Boyle prior to registering. Please call (425) 452-4118 or e-mail mboyle@bellevuewa.gov for your appointment.

STONEWARE CREATIONS

An introduction to beginning and intermediate hand-building and wheel throwing stoneware. Accommodations provided for people with disabilities. No class 2/22 and 4/12.

Northwest Arts Center (Studio A)

\$105(R) \$126(N) Age: 18Y and up
1815523 12:30-2:30pm Thu May 31-Jun 21

GLASS FUSION

Step-by-step instruction learning the basics of glass art. Projects include small jewelry pieces, plates, platters, candle holders, and more. Accommodations provided for people with disabilities.

Northwest Arts Center (Studio A)

\$105(R) \$126(N) Age: 18Y and up
1815553 10-11:30am Thu May 31-Jun 21

KITCHEN KAPERS

Make some of the easiest but tastiest meals while having a great time. Learn about seasonings, cooking methods, healthy meal choices, etc. Recipes included. This is an adaptive program for adults with disabilities.

Northwest Arts Center (Studio C)

\$104(R) \$126(N) Age: 18Y and up
1815583 12-1:30pm Wed May 16-Jun 20



FRIDAY NIGHT OUT

This class is adapted and designed for individuals living with intellectual disabilities. Develop a new network of friends over dinner and a movie. You may bring a dinner or buy your dinner at the Crossroads Mall. Bring \$14.00 for the movie. Participants are responsible for their own money. The class will meet for drop-off and pick-up at the Crossroads Regal Cinema Movie Theater. There are times we must see a 3D movie at a cost of \$17.00 if there are no other PG-13, PG or G rated movies.

Highland Community Center

\$19(R) \$23(N) Age: 18Y & Up
1804795 5:30-9:30pm Fri May 11

FULL FITNESS FUN

This specialized class is adapted and designed for adults living with intellectual disabilities. This course meets twice a week to discuss nutrition and how to implement a healthy lifestyle over dinner. Clients must provide their own dinner for each class. After dinner, the group will explore and try various exercises focusing on strength, balance, flexibility, and control.

Highland Community Center

\$86(R) \$108(N) Age: 18Y & Up
1803993 5-7pm Tue,Thu Jun 19-Aug 23

MULTI-CULTURAL DANCE

This specialized class is adapted and designed for adults living with intellectual disabilities. Experience dances from around the world.

Highland Community Center

\$46(R) \$58(N) Age: 18Y & Up
1802511 7-8:30pm Tue Jun 19-Aug 21

SOFTBALL

Exercise and fun are rolled into one! New players at all levels of ability are welcome. We practice twice a week, and Special Olympic competition is optional. Coaches provide leadership at the Special Olympic tournaments. If a participant needs assistance with toileting, eating, dressing or severe behavior intervention, an assistant must accompany that participant during their stay at the tournaments.

Highland Community Center

\$69(R) \$85(N) Age: 18Y & Up
7-8:30pm Tue,Thu Jun 19-Aug 23

COOKING WITH EASE

This class is designed and adapted for adults living with intellectual disabilities. This class works as a group to explore all of the working parts that make up a meal. Learn the basics, explore new cuisines, try various methods, and sample the group's creation each week. Fee includes food cost.

Highland Community Center (Art Room)

\$81(R) \$101(N) Age: 18Y & Up
1804683 5-7pm Thu Jun 21-Aug 23

BINGO

This specialized class is adapted and designed for adults living with intellectual disabilities. Reinforce your concentration skills while trying your luck winning prizes (no money). Not everyone will win, but the anticipation will keep you on the edge of your seat.

Highland Community Center (Art Room)

\$46(R) \$58(N) Age: 18Y & Up
1820593 7-8:30pm Thu Jun 21-Aug 23

MOVIE TIME

This specialized class is adapted and designed for individuals living with intellectual disabilities. Bring your dinner and enjoy a movie in-house with your peers. Clients can bring up to two movies (rated: G, PG, or PG13) to submit to the group vote each week.

Highland Community Center (Art Room)

\$46(R) \$58(N) Age: 18Y & Up
1804383 5-7pm Wed Jun 20-Aug 22

SOCIAL CLUB

This specialized class is adapted and designed for individuals living with intellectual disabilities. Each week the group will work together through socially engaging activities such as playing a game or singing karaoke.

Highland Community Center (Art Room)

\$46(R) \$58(N) Age: 18Y & Up
1804513 7-8:30pm Wed Jun 20-Aug 22

BOWLING

This class is adapted and designed for adults living with intellectual disabilities. This class provides a little exercise, some skill development and a whole lot of quality socializing. Held at Tech City Bowl in Kirkland. There are TWO fees for this program: an administrative fee to the City of Bellevue and a check made out to Tech City Bowl in Kirkland for the weekly two games and shoe rental. Please inquire upon registering for amount required for Tech City Bowl.

Tech City Bowl

\$50(R) \$62(N) Age: 18Y & Up
1804883 9:30-10:30am Sat Jun 23-Aug 25

PHYSICAL DISABILITY EXERCISE

This specialized class is developed and adapted for adults living with physical disabilities. Whether you are seeking to maintain motor strength, enhance range of motion, or build your social network this fitness course has something for you.

Highland Community Center

\$121(R) \$153(N) Age: 18Y & Up
1804957 9:15-10:15am Mon,Wed,Fri Jun 18-Sep 07
1804958 10:30-11:30am Mon,Wed,Fri Jun 18-Sep 07
1804959 11:45am-1:15pm Mon,Wed Jun 18-Sep 05

Highland Community Center Summer Programs

Bellevue Resident Registration- April 2nd Non-Bellevue Resident Registration- April 11th



Bellevue Parks & Community Services

Adaptive Recreation Registration Form

Highland Community Center

14224 Bel-Red Road Bellevue, WA 98007

(425) 452-7686- Phone HCC@bellevuewa.gov- E-mail (425) 452-7841- Fax

Participant Name: _____ Date of Birth _____ Phone _____ New

Physical Address: _____ New

E-mail Address: _____ New

	<input type="checkbox"/>	Title	Rates		Days	Time	Date		
			Res	Non					
Intellectual Disabilities	<input type="checkbox"/>	1803993 Full Fitness Fun	\$86	\$108	Tu/Thu	5:00p-7:00p	6/19-8/23	WAIVER OF LIABILITY/RELEASE – PLEASE READ CAREFULLY In consideration of myself and/or my child(ren) being allowed to use City of Bellevue Parks & Community Services facilities and/or participate in City-sponsored activities, I assume any and all risks, including risk of injury or death, associated with my or my child(ren)'s use of said facilities and/or participation in said activities. I further agree on behalf of myself, my heirs, executors, assigns, and personal representatives, to waive and release any and all rights and claims for damages, including attorney fees, I now, or may hereafter have, whether known or unknown, against the City of Bellevue and its officials, employees, and agents for any injuries suffered by me or my child(ren) in connection with the use of City facilities or participation in City-sponsored activities. I acknowledge that I have carefully read this Waiver of Liability and fully understand that I am waiving any right that I may have to bring a legal action or to assert a claim against the City of Bellevue PHOTO/VIDEO RELEASE: I give my permission to have photos and/or video and audio recordings taken of me or my child(ren) by the City of Bellevue or its agents for publicity purposes during City of Bellevue activities even though we will not receive compensation of any kind for appearing in such photos or video recordings. If you wish to waive the photo release, please contact the main office at 425-452-6885 or Parksweb@bellevuewa.gov. I have read, understood, and voluntarily accepted the conditions of the Waiver of Liability/ Release and the Photo Release printed above on behalf of myself and/or my child(ren): _____ Participant or Parent/Guardian Signature _____ Print Name Date Registration NOT VALID without signed waiver DDA <input type="checkbox"/>	
	<input type="checkbox"/>	1802511 Cultural Dance	\$46	\$58	Tue	7:00p-8:30p	6/19-8/21		
	<input type="checkbox"/>	1802522 Softball	\$69	\$85	Tu/Thu	7:00p-8:30p	6/19-8/23		
	<input type="checkbox"/>	1804383 Movie Time*	\$46	\$58	Wed	5:00p-7:00p	6/20-8/22		
	<input type="checkbox"/>	1804513 Social Club*	\$46	\$58	Wed	7:00p-8:30p	6/20-8/22		
	<input type="checkbox"/>	1804683 Cooking w/Ease	\$81	\$101	Thurs	5:00p-7:00p	6/21-8/23		
	<input type="checkbox"/>	1820593 BINGO	\$46	\$58	Thurs	7:00p-8:30p	6/21-8/23		
	<input type="checkbox"/>	1802530 Aloha Picnic & Dance	\$10	\$12	Fri	5:00p-9:30p	8/17		
<input type="checkbox"/>	1804883 Adult Bowling	\$50	\$62	Sat	9:30a-11:30a	6/23-8/25			
Physical Disabilities	<input type="checkbox"/>	1804957 PD Exercise*	\$121	\$153	M/W/F	9:15a-10:15a	6/18-9/7		
	<input type="checkbox"/>	1804958 PD Exercise*	\$121	\$153	M/W/F	10:30a-11:30a	6/18-9/7		
	<input type="checkbox"/>	1804959 PD Exercise*	\$121	\$153	M/W	11:45a-01:15p	6/18-9/7		
	<input type="checkbox"/>								
YOUTH	Adaptive Summer Day Camps Ages 4-21								
	<input type="checkbox"/>	180293 Adaptive Day Camp	\$237	\$296	M-F	9:30a-3:00p	6/25-6/29		
	<input type="checkbox"/>	180311 Adaptive Day Camp*	\$237	\$296	M-F	9:30a-3:00p	7/2-7/6		
	<input type="checkbox"/>	180323 Adaptive Day Camp	\$237	\$296	M-F	9:30a-3:00p	7/9-7/13		
	<input type="checkbox"/>	180324 Adaptive Day Camp	\$237	\$296	M-F	9:30a-3:00p	7/16-7/20		
	<input type="checkbox"/>	180325 Adaptive Day Camp	\$237	\$296	M-F	9:30a-3:00p	7/23-7/27		
	<input type="checkbox"/>	180326 Adaptive Day Camp	\$237	\$296	M-F	9:30a-3:00p	7/30-8/3		
	<input type="checkbox"/>	180331 Adaptive Day Camp	\$237	\$296	M-F	9:30a-3:00p	8/6-8/10		
*No Programs Wednesday July 4th in Observance of Independence Day									

ATTENTION NEW PARTICIPANTS: People living with disabilities are encouraged to participate in any of the Recreation Division programs in which they are interested. Please contact Mary Boyle, Program Coordinator if you have not taken programs at Highland Center in the past, to schedule an appointment at (425) 452-4118.

Payment Details

Credit Card Total Fee:\$ _____

Card Number _____

Expiration Date _____

Check

City of Bellevue Scholarship

DDA

Donation to Highland Community Center \$ _____

Request for Modifications _____

This information will be provided in alternate formats for individuals with disabilities upon request. We invite everyone's participation, for modification requests please provide as much notice as possible. Assistance for the Deaf/Hard of hearing can be provided through 711 Telecommunications Relay Service or interpreter.

Check out our other adaptive programs of interest at Bellevue Aquatic Center, Bellevue Youth Theater, Robinswood Tennis Center, and the Northwest Arts Center





BELLEVUE SKATE PARK & SKATE SHOP #BVSP

BELLEVUE INDOOR SKATEPARK

14224 Bel Red Road, 98007

The indoor Skate Park features a Pro Shop and ramps for all levels, including a 3.5' mini ramp, 8.0' vert ramp, wall rides, banks, ledges, rails, a micro mini mega, and 28 feet of pool coping on its 6' quarter pipe. The park provides a sense of community and ownership to all participants, regardless of age, experience or level of participation.

Bellevue's first skate park was created in 1994 as part of a Youth Link project. It is renovated annually by skateboarders. Over 100,000 skateboarders have joined since the park opened. Now there are two skateboarding facilities at Highland Park — the original Bellevue Skate Park, an indoor haven for boarders to escape bad weather, and the Highland Skate Plaza, an outdoor space devoted to street skating.

BELLEVUE SKATE PARK RENTALS

The Bellevue Skate Park is a great place for a birthday party or a secret session. From private hourly park rentals to all inclusive birthday packages, we will make your party a hit. Call 425-452-2722 or email SK8@bellevuewa.gov for more information.

BELLEVUE SKATE PARK LESSONS

If you are just starting out, and you want to learn how to skateboard these lessons are for you. Let us show you how to ride ramps, drop-in, ollie and have fun skating. Our experienced instructors will guide you step by step how to safely get up and begin skateboarding. You may be surprised how fast you learn from your one-on-one skate coach. Call or stop by for scheduling, information or to meet our instructors. Lessons increase self-esteem and confidence in and outside of the park. ALL AGES.

<http://parks.bellevuewa.gov>

Outdoor Skate Facilities

HIGHLAND OUTDOOR SKATE PLAZA

14224 Bel-Red Road, 98007. This 13,000 square foot public skate plaza replicates some of the world's favorite street skate-spots. Instead of half-pipes or bowls, it resembles everyday obstacles including various ledges, banks, stairs, hubbas, rails, benches, gaps and barriers. The park is also lit for evening skateboarding or rollerblading

LAKEMONT SKATE COURT

Lakemont Community Park,
5170 Village Park Drive, 98006
Smaller than a traditional skate park, the outdoor skate court includes a pyramid, ledges, a wall-ride and other obstacles. Designed for skateboarding and rollerblading.

CROSSROADS SKATE PARK

Crossroads Community Center,
16000 NE 10th Street, 98008
This state-of-the-art bowl was built by world renowned Grindline Skate Parks. Empty swimming pools paved the way for one of the earliest genres of skateboarding in the '70's. This skate park was built to emulate a similar feel, but with modern additions. The massive bowl's depths range from 4' to 9' 5" and features an over-vertical "clamshell," multiple hips, escalators, tombstone and various coping made of steel and concrete.

Register Online:
<http://register.bellevuewa.gov>

Bellevue Indoor Skate Park

Summer skate park hours

Summer Open Session Times

Monday-Friday

2:30-6pm

12-6pm non-skate camp weeks
(July 2-6, August 6-10)

Saturday and Sunday:

12 p.m. to 1:30 p.m. - Ages 12 and under only

1:30 p.m. to 6 p.m. - Open Session

For information about our
various rental packages, park fees, lessons,
and events contact SK8@bellevuewa.gov
or call 425-452-2722.
parks.bellevuewa.gov/SK8

** To purchase an ID card, you must have a parent or guardian signature if you are under 18 years old.*



May through August 2018

CONNECTIONS

Human Services

Need help
but don't know
where to turn?
Dial 2-1-1

to find social services
such as...

- Caregiver & Disability Resources
- Emergency Shelter
- Food & Clothing
- Health Care & Support Groups
- Rent Assistance
- Transportation
- Volunteering

Language interpretation available



Also: 206.461.3200
Toll Free 800.621.4636
www.crisisclinic.org

CITY OF BELLEVUE HOME REPAIR PROGRAM

Help is available for low and moderate income Bellevue homeowners who need major home repairs to improve the health and safety of their home. For more information, call 425-452-4069.

ROOF REPAIRS
FAULTY PLUMBING
WIRING
EARTHQUAKE RETROFITTING



BELLEVUE'S HUMAN SERVICES PROGRAM

In 1986 the Bellevue City Council resolved that the city would act to ensure that the basic survival needs of Bellevue residents are met. The city serves as a planner, facilitator and funder for support systems that help people through economic and personal crisis and provide low-and moderate-income persons with opportunities to succeed.

The Human Services Division of the Parks & Community Services Department administers the Human Services Fund.

Bellevue takes one of the following three roles in human services, depending on the need:

Planner: assess and anticipate needs and develop appropriate policy and program responses.

Facilitator: convene and engage others in community problem-solving to develop and improve services.

Funder: disburse federal Community Development Block Grant and General Fund dollars to support a network of services which respond to community needs.

Bellevue's human service funding is on a two-year cycle, with second-year funding contingent on contract performance and program outcomes. For more information about funding criteria and timelines, please contact grant coordinator Joseph Adriano by e-mail at JAdriano@bellevuewa.gov, or at 425-452-6165.

HUMAN SERVICES COMMISSION

Judith Mercer, Chair
Timothy Ma
Ann Oxrieder

Michelle Kline, Vice-Chair
James McEachran
Olga Perelman
Benjamin Piper

YOUR NEIGHBORHOOD PRESCHOOL CHOICE



POLLIWOG PRESCHOOL

A Pacific Science Center program at Mercer Slough Environmental Education Center

Polliwog Preschool is a play-based and multi-aged program for children 3 to 5 years old. At Polliwog Preschool, nature is used as the ideal catalyst for discovery and stimulation. Seasonal themes and daily activities are designed to meet the specific developmental needs of early learners, while encouraging curiosity and fostering a love of nature and learning. **To register, call the Pacific Science Center** at 206-443-2925. For more information, call 425-450-0207 or visit: pacificsciencecenter.org/Mercer-Slough/polliwog-preschool



For more information and Open House dates, visit www.naturalstartpreschool.com

Natural Start Preschool At South Bellevue Community Center

Located in the heart of the 39-acre Eastgate Park, Natural Start Preschool at the SBCC offers a unique nature-based curriculum that supports the developmental and learning needs of preschoolers. Children spend 60-90 minutes outside each day.

Junior Explorers for ages 3-4

Explorers for ages 4-5

9am-12pm	T/Th	Sept-June
9am-12pm	M/W/F	Sept-June
9am-12pm	M-F	Sept-June

To register, visit the South Bellevue Community Center or call 425-452-4240.



PARKSIDE PRE-KINDERGARTEN

This program is designed as a preparation for children attending kindergarten during the next school year. This structured interactive class includes music, stories, crafts, and play time, while developing concentration and social skills. Partial scholarships are available. Min 8/Max 14

Crossroads Community Center
\$2083(R) \$2500(N) Age: 4Y - 5Y
9:30am-1pm Mon, Wed, Fri Sep to May

TREETOP PRESCHOOL

This program is designed as a first school experience. This structured interactive class includes music, stories, crafts, and play time, while developing concentration and social skills. Partial scholarships are available. Min 8/Max 14

Crossroads Community Center
\$1195(R) \$1434(N) Age: 3Y - 4Y
9:30am-12pm Tue, Thu Sep to May





BELLEVUE BOTANICAL GARDEN CLASSES, LECTURES, AND SPECIAL EVENTS MAY-AUGUST 2018

FAMILY: Kids in the Garden: A Science Discovery Program for Preschoolers. Session meets four Tuesdays, May 15 – June 5, 10 – 11:30am. *

LECTURE: The World of Rock Gardening. May 16, 7pm Joseph Tychonievih will give us a photo tour through great rock gardens in the US and UK, as well as discuss excellent rock garden plants. *

EVENT: Chinese Floral Exhibit. May 19-20, 10am – 4pm

CLASS: Mindfulness in the Garden: Creating Calm Within. May 31, 10:30am – 12pm Taught by Deborah Wilk and Jessica Volpen-
testa, psychotherapists and co-founders of Mindful in the Wild. Class will be mostly outdoors. *

CLASS: Sassy or Classy – Container Gardening to Suit your Style. May 31, 6:30 – 8:30pm Taught by Karen Chapman. Add a bold,
sassy style or create a chic, elegant look in your container gardens. *

CLASS: Top Ten: Stalwart Shrubs in Summer. June 2, 10am – 12pm Taught by George Lasch. Class will be indoors and outdoors, and
include recommendations on planting and maintenance. *

CLASS: Fern ID, June 12, 1-3pm. Taught by Sue Olsen, presented by the Hardy Fern Foundation. Indoor class followed by a walk in
the Garden.

LECTURE: Northwest Perennial Alliance Lecture, June 12, 1-3pm.

CLASS: Food Fermentation. June 16, 10am – 12pm Taught by Tilth Alliance. You'll see, smell and taste some of these foods and we'll
make kimchi together in class that you can take home to watch ferment. *

CLASS: Growing Fuchsias Successfully in the Northwest. June 20, 6:30 – 8:30pm Taught by Tammy Brown of the Eastside Fuchsia
Society. Classroom talk followed by a short walk through the fuchsia display garden. *

CLASS: Herbal Infusions and Products. August 11, 10am – 12pm Taught by Tilth Alliance. Learn how to grow, harvest and utilize
garden herbs in your kitchen pantry and medicine cabinet. *

PLANT SALE: Eastside Fuchsia Society Show and Plant Sale. August 18, 10am – 3pm.

EVENT: Arts in the Garden. August 25-26, 10am – 5pm. Enjoy this opportunity to see the art in a natural setting, meet the artists, and
get inspired to bring art into your own home and garden. *

**These classes and events are presented by the Bellevue Botanical Garden Society.*

Visit bellevuebotanical.org for more information and to
register for events. **Registration required for some events.**



BELLEVUE BOTANICAL
GARDEN

All events at the Aaron Education Center at the Bellevue
Botanical Garden • 12001 Main Street, Bellevue

BELLEVUE FAMILY 4th

★★ THE EASTSIDE'S ★★
LARGEST CELEBRATION



FOOD



FIREWORKS



FAMILY FUN



LIVE MUSIC

JULY 4

2:00 PM - 10:30 PM

BELLEVUE DOWNTOWN PARK

BellevueDowntown.com

Produced by



Bellevue Parks & Community Services

BELLEVUE CHALLENGE COURSE

ZIP TOUR

Feel Wild in the City
7 zip lines and 2 suspension bridges
Affordable and accessible with amazing views
Daytime tours April through October
Zip Scare at night in October

HIGH ROPES ADVENTURE

An Experience to Remember
18 different elements, up to 45 feet high
Affordable for individuals, families, and friends
Open April through October

TEAM CHALLENGE ADVENTURE CAMP

Learn While Playing
A summer camp for 11 - 13 year olds
One week of challenge, choices, and adventure in
a team environment!
Team-based exploration with professional facilitators
Experience ALL Challenge Course elements,
including the zip tour!

TEAM BUILDING

Learn While Playing
Customized curriculums
Valuable life skills learned
Youth to adult programs to make
your organization successful
For information about Bellevue Team Building
see nwteambuilding.com



TO REGISTER: <http://register.BellevueWA.gov>

INFORMATION: parks.BellevueWA.gov/WildInTheCity

QUESTIONS about Zip Tours, High Ropes Adventure and Summer Camps call 425-452-7101

QUESTIONS about Teambuilding programs call 425-452-4240



B
BELLEVUE
 GOLF COURSE

Reserve tee times online
www.bellevuepgc.com

5500 140th Ave NE
 425-452-7250



Download our
FREE mobile app
 today!



Search for
BELLEVUE GOLF

Open to the public since 1968 and located near Bellevue's Bridle Trails neighborhood, Bellevue Golf Course is home to an 18-hole championship course, 46-stall driving range, grill and banquet room. Whether new or experienced, younger or older, playing or practicing, Bellevue Golf Course is family friendly and fun for all. Visit us online at bellevuepgc.com or call 425-452-7250 for more information.

- 18-Hole Championship Golf Course
- 46-stall covered, heated, lighted Driving Range
- Practice putting & chipping greens
- Golf Shop offering the latest in equipment, apparel and accessories
- PGA-certified teaching professionals, available for Private Lessons
- Food & Drink at the Bellevue Grill
- Tournaments & Events
- Banquet Room
- Power Cart & Golf Club Rentals
- Women's & Men's Clubs

C
CROSSROADS
 PAR 3 GOLF COURSE

OPEN MARCH 1 - NOVEMBER 1



The Crossroads Par 3 Golf Course is perfect for families and new golfers to play on a course in a relaxed, friendly environment and is also a great way for more advanced players to work on their short game. Visit www.bellevuepgc.com or call 425-452-4873 for more information.

- 9-Hole Par 3 Golf Course with holes ranging from 60-105 yards
- Practice Area with restricted flight range balls
- Practice putting & chipping greens
- FootGolf - A fun combination of soccer and golf

The City of Bellevue has partnered with the First Tee of Greater Seattle to provide golf and life instruction for area youth at the Crossroads Par 3 Golf Course. Additional information regarding the First Tee program is available at TheFirstTeeSeattle.org or by calling 206-839-4791.

May through August 2018

CONNECTIONS

Your perfect day... Our perfect places



Plan your next event in a Bellevue park or facility today!

Whether you are looking for a place for a wedding, to host an extended family gathering, or a large party for up to 250 guests, Bellevue Parks & Community Services has a facility to meet your needs! From visitor centers, a theatre, and a historical estate, to large modern community centers, you are sure to find the perfect place to host your gathering.

Call us today at 425-452-6914, or email ParkRental@bellevuewa.gov, to get started with booking your next holiday party, birthday, or wedding celebration!



Bellevue Parks & Community Services

Construction Continues on New Iconic Waterfront Park



Construction is underway on the long-awaited Meydenbauer Bay Park, which will improve the connection between Bellevue's bustling downtown and its scenic Lake Washington waterfront.

With a quarter mile of waterfront, the 10-acre park considerably expands the current Meydenbauer Bay Beach Park, connecting it to the Meydenbauer Marina. A large public swimming beach, pedestrian pier, hand-carry boat launch, historic whaling building and new beach house will make the park a destination for residents and visitors.

Meydenbauer Beach Park will be closed during the project, which is expected to be completed by the end of the year.

For more information, contact:
Scott VanderHyden, Project Manager
SVanderHyden@bellevuewa.gov
425-452-4169





Tuesday Evenings

July 10-August 28

Downtown Park

10201 4th St. NE

Pre-movie entertainment
starts at 7:30 p.m.

Presenting sponsors:

charles
SCHWAB

V I O M E

Crossroads
Movies
in the Park

AN OUTDOOR FAMILY MOVIE SERIES AT CROSSROADS PARK

Presenting Sponsor: Crossroads Shopping Center

Thursday nights in August

FREE FAMILY ACTIVITIES STARTING AT 7:30PM

MOVIES START AT DUSK



**Bellevue Parks &
Community Services**

www.bellevueoutdoormovies.com