NEW THEATRE OPENS THIS SPRING
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## FACILITY ADDRESSES AND PHONE NUMBERS QUICK FIND

**RECREATION REGISTRATION**

FACILITY & FIELD RENTALS

- **425-452-6885**

- **425-452-6914**

**ADULT SPORTS LEAGUES**, Bellevue City Hall, 450 - 110th Ave NE...

- **425-452-4479**

**BELLEVUE AQUATIC CENTER**, 601 - 143rd Ave NE

- **425-452-4444**

**BELLEVUE BOTANICAL GARDEN**, 12001 Main St

- **425-452-2750**

**BELLEVUE GOLF COURSE**, 5450—140th Ave NE

- **425-452-7250**

**BELLEVUE YOUTH THEATRE**, 16661 Northup Wy

- **425-452-7155**

**COMMUNITY GARDENS**, SE 16th St near 156th Ave SE

- **425-452-7225**

**CROSSROADS COMMUNITY CENTER**, 16000 NE 10th St

- **425-452-4874**

**CROSSROADS GOLF COURSE**, 15801 NE 15th St

- **425-452-4873**

**HIGHLAND COMMUNITY CENTER AND PARK**, 14224 NE Bel-Red Rd

- **425-452-7686**

**KELSEY CREEK COMMUNITY FARM PARK**, 410 - 130th Pl SE

- **425-452-7688**

**LAKE HILLS GREENBELT RANGER STATION**, 15416 SE 16th St

- **425-452-7225**

**LEWIS CREEK VISITOR CENTER**, 5808 Lakemont BLVD SE

- **425-452-4195**

**MERCER SLOUGH ENVIRONMENTAL EDUCATION CENTER**, 1625 118th Ave SE

- **425-452-2565**

**Pacific Science Center**

- **425-450-0207**

**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 & Information

- **425-452-6046**

  - Rental Information

- **425-452-7150**

  - Community Events Office

- **425-452-4106**

**PARKS ADMINISTRATION**, Bellevue City Hall, 450 - 110th Ave NE

- **425-452-6885**

**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**

**WINTERS HOUSE**, 2102 Bellevue Way SE

- **425-452-2752**

**YOUTH SPORTS**, Bellevue City Hall, 450 - 110th Ave NE

- **425-452-6885**

## 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**: Taekwondo at South Bellevue Community Center. Photo by Dot Long.

**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 www.myparksandrecreation.com 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 affect 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.

Family, friends, and neighbors, get comfy! Bring your picnics, blankets, and low-back chairs to enjoy blockbuster movies on a HUGE 40’ screen — and enjoy free popcorn!

Each week will be dedicated to a special non-profit. Your donations will be graciously accepted.

We’ve Temporarily Moved...
Hidden Valley Sports Park • 1905 112th Ave NE

Movies start at dusk
Pre-movie activities start at 8pm!
Visit bellevuewa.gov/outdoor-movies.htm or call 425-452-4240
**Once Upon a Mattress**
Perform at BYT - Crossroads
See Bellevue Youth Theatre’s production of the hilarious musical comedy, “The Princess and the Pea”, featuring Lords, Ladies, a mute King and an evil Queen, plus a ton of princesses competing for the hand of Prince Dauntless the Drab.

Friday, May 1 at 7pm
Saturday, May 2 at 2pm & ★7pm
Sunday, May 3 at 2pm
Friday, May 8 at 7pm
Saturday, May 9 at ★2pm & 7pm

**A Midsummer Night’s Dream**
Perform at BYT - Crossroads
One of Shakespeare’s most popular productions, “A Midsummer Night’s Dream” has intrusive fairies, love-sick teens, and a rather unfortunate troupe of actors. With some modern adaptation this show is appropriate for all ages, so come and visit our magical, mischievous little world.

Friday, May 15 at 7pm
Saturday, May 16 at ★7pm
Sunday, May 17 at 2pm
Friday, May 22 at 7pm
Saturday, May 23 at ★2pm & 7pm
Sunday, May 24 at 2pm & 7pm

**Aladdin**
Perform at BYT - Crossroads
The magical journey of Aladdin comes to life in the new Bellevue Youth Theatre at Crossroads. Aladdin, the Genie, and all the characters of the classic Arabian story are told in fun fashion suitable for the whole family. There are two separate casts performing each weekend. Are you coming to see a friend or family member perform? Ask the Box Office. We can tell you which weekend they are performing. Appropriate for all ages.

Friday, August 7 & 14 at ★7pm
Sat., Aug. 8 & 15 at ★2pm & ★7pm
Sun., Aug. 9 & 16 at ★2pm & ★7pm

**10 Ways to Survive the Zombie Apocalypse**
Perform at BYT - Crossroads
It’s the end of the world and hordes of singing, dancing, rampaging zombies are about to kill you. What do you do? Come find out in the first performance of the Bellevue Youth Theatre in our new amphitheatre at Crossroads. This show is suitable for ages 7 and up, parental discretion is recommended. Seating within the amphitheatre requires a ticket. Beyond the interior perimeter is free seating.

Friday, August 21 at ★7pm
Sat., August 22 at ★2pm & ★7pm
Sun., August 23 at ★2pm & ★7pm

**Ticket prices:**
$10 per ticket for tickets purchased in advance.
$12 per ticket for tickets purchased during the week of the first show for each play.

**Special:** $5 shows marked with a ★.

Active duty and retired military and their immediate family members are $5 each (must be bought in person with your military ID).

www.bellevuewa.gov/BYT-productions.htm
**Theatre Transforms Lives**

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 10 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 10,000 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.

**Most importantly, Bellevue Youth Theatre is a place where everyone has a role.**
**THE GREAT SBCC CHALLENGE**

South Bellevue Community Center and the Boys & Girls Clubs of Bellevue are co-presenting this unique fun event where teams of 3-5 will challenge each other performing physical feats, mind tasks and creative endeavors. Points will be awarded as tasks are completed with winners announced at the end. The fastest will not necessarily be the winner as tasks will provide several options to score points. At least one adult must be part of the team. At least one adult and one child must be a part of the Family Edition. Min 45/Max 100

### FAMILY EDITION

- **Age:** 6Y and up
- **Cost:** $5
- **Date:** 90956 9:30am-12:30pm Sat Apr 25

### TEEN/ADULT EDITION

- **Age:** 16Y - 30Y
- **Cost:** $5
- **Date:** 90957 1:30-4:30pm Sat Apr 25

**KELSEY CREEK SHEEP SHEARING EVENT**

Saturday, April 25, 11am-4pm at Kelsey Creek Farm Park. Watch the sheep being shorn of their winter coats. Enjoy spinning demonstrations, children’s crafts, tractor/wagon rides, pony rides, food, animal viewing areas and more. Free shuttle service available at Wilburton Park & Ride and Bannerwood Sports Park. Please note: no pets allowed in the barnyard areas. No entrance fee. Cost vary for food & activities; sorry, no ATM on site and we cannot accept charge cards. For more information, call 425-452-7688 or e-mail KelseyCreekFarm@bellevuewa.gov. Min 1/Max 1 Kelsey Creek Farm

**A DAY OF PLAY WITH DAD!**

Make Father’s Day a family day to remember! Start the morning with a delicious pancake breakfast (8:30-9:30am) followed by challenging activities. Climb the climbing wall, try out the vertical playpen and take your family on an orienteering trek through Eastgate Park!! Moms welcomed! Registration is required. Min 15/Max 90

- **Age:** 1Y and up
- **Cost:** $8
- **Date:** 94585 8:30am-12pm Sun Jun 21

**COMMUNITY CAMPOUT**

Come experience Bellevue’s Community Campout! Bring your neighbors, friends, and family and join us for a night of camping in the great outdoors. This year we will be holding the Campout at the nearby Tolt MacDonald Park. Participants will enjoy hiking, outdoor skills workshops, stargazing, games and crafts. A tasty dinner, delicious breakfast and campfire treats are included. Enjoy a night under the stars and meet new friends. Limited camping gear is available upon request. Perfect for new or experienced campers! Min 20/Max 60 Tolt-MacDonald Park

Email jwalenga@bellevuewa.gov for more information and pricing.

**crossroads movies in the park**

**Thursday in August • Crossroads International Park**

- **Pre-Movie Activities at 7:30, movies at dusk**
- **Call 425-452-4240 for more information or visit bellevuewa.gov/outdoor-movies.htm**

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

Visit [www.bellevuewa.gov/COBCalendar](http://www.bellevuewa.gov/COBCalendar) or [http://www.bellevuewa.gov/recreation_events_intro.htm](http://www.bellevuewa.gov/recreation_events_intro.htm) for more information.
Registration Steps

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 March 18, 2015

Registration Policies

REGISTRATION PRIORITIES: The City of Bellevue is committed to providing a wide
range of recreation activities for Bellevue residents. Therefore, the City gives a
ten day calendar 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 MyParksAndRecreation.
com, 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-TAPE: 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 425-452-6885.

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 pro-
grams 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 JWilson@bellevuewa.gov, or 425-452-4278.
Registration Form

10-day Registration Preference for Bellevue Residents • Registration Begins March 9, 2015

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

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

( )   ( )

Work Phone   Home Phone

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

Mail completed form to:
Bellevue Parks Registration; PO Box 90012; Bellevue, WA 98009-9012 • Make checks payable to City of Bellevue

Registration NOT VALID without signed waiver.

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 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.

Save time, register online...

Visit http://parksreg.bellevuewa.gov to sign up for classes, see availability, pay for facility rentals, and manage your account.

May-August 2015

Bellevue Parks & Community Services
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:

<table>
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<th>HOUSEHOLD SIZE</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
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<td>$15,171</td>
<td>$20,449</td>
<td>$25,727</td>
<td>$31,005</td>
<td>$36,283</td>
<td>$41,561</td>
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<td>$51,634</td>
<td>$59,145</td>
<td>$66,656</td>
<td>$74,167</td>
</tr>
</tbody>
</table>

Example: If your family size is two and your income is $20,449 or less you are eligible for a full scholarship.


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: ________

☑ Approved  ☐ Denied  ☐ Exception

Comments: ____________________________________________________________

Circle One: 50%  75%  100%

Staff: __________________________  ID: ________  RES: ________  INC: ________

May-August 2015
Bellevue Aquatic Center

Phone: 425-452-4444
Fax: 425-452-6100
Address: 601 - 143rd Avenue NE

April Pool's Day
Saturday, April 18
12:30 to 2:30pm
FREE for ages 12 and under.

SWIM RATES
Drop-In Fees
Adult: ........................................ $6.75
Youth (12 yrs. and younger): ...... $5.75
Deep Water Exercise Class: ........... $7.75
Master Swim Class: ....................... $7.75
Discounted Swim ............................ $5
Mon-Sat before 10am, Wed 7-8pm when available
Shower only: ................................ $2

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: .............................................. $67.68
Youth: .............................................. $57.72
Deep Water Exercise: ...................... $77.64
Masters Swim: ................................. $77.64
Discounted Swim: ......................... $50.04

3 Month Swim Pass Cards
For Lap, Open, and Rehab Swims
Adult: .............................................. $174
Youth: .............................................. $115.50
Family: ............................................. $281

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.

Aquarobics Class - Professionally trained instructors will inspire you - promoting muscle tone and a vigorous cardiovascular workout. Reduce the risk of injury and impact to your joints. Swimming skills not req’d and all fitness levels welcome. Registration: 425-894-0045 /www.aquarobics.net.


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

SPECIAL PARKING NOTICE:
Construction at Odle Middle School is underway, greatly reducing parking. Plan to arrive early for scheduled programs as it may take longer to find a parking space. We expect parking to be most heavily impacted between the hours of 9am-noon and 4-7pm. Thank you for your patience during construction.

OTHER ACTIVITIES AVAILABLE AT THE BELLEVUE AQUATIC CENTER
The activities listed below are run by contractors who rent pool space. To get more information or register for a program, please contact the company directly. These classes are not eligible for Bellevue Parks & Community Services scholarship funds.

OTHER ACTIVITIES AVAILABLE AT THE BELLEVUE AQUATIC CENTER
The activities listed below are run by contractors who rent pool space. To get more information or register for a program, please contact the company directly. These classes are not eligible for Bellevue Parks & Community Services scholarship funds.

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.

ORCA Swim School - Swim company that offers private and semi-private lessons. Call the ORCA Swim School at 425-793-9870 for more information or to register.

Silent World - SCUBA diving company that uses the Blue Lagoon pool for lessons. Contact Silent World at 425-747-8842 for more information.

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.

Drop-In Fees
Adult: .............................................. $6.75
Youth (12 yrs. and younger): ...... $5.75
Deep Water Exercise Class: ........... $7.75
Master Swim Class: ....................... $7.75
Discounted Swim ............................ $5
Mon-Sat before 10am, Wed 7-8pm when available
Shower only: ................................ $2

Contact Scott Armstrong at 425-452-2806.

Swim Pass Cards
12 visits for the price of 10, no expiration date
Adult: .............................................. $67.68
Youth: .............................................. $57.72
Deep Water Exercise: ...................... $77.64
Masters Swim: ................................. $77.64
Discounted Swim: ......................... $50.04

Swim Pass Cards
For Lap, Open, and Rehab Swims
Adult: .............................................. $174
Youth: .............................................. $115.50
Family: ............................................. $281

Other Activities Available
At the Bellevue Aquatic Center
The activities listed below are run by contractors who rent pool space. To get more information or register for a program, please contact the company directly. These classes are not eligible for Bellevue Parks & Community Services scholarship funds.

Aquarobics Class - Professionally trained instructors will inspire you - promoting muscle tone and a vigorous cardiovascular workout. Reduce the risk of injury and impact to your joints. Swimming skills not req’d and all fitness levels welcome. Registration: 425-894-0045 /www.aquarobics.net.


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

Party Room Rentals
Available during pool rentals or open swims. $69.75 per hour. Accommodates groups of under 20. This room is not wheelchair accessible.
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 will be given for the canceled course.

**PRIVATE/SEMI-PRIVATE SWIM LESSONS**

For private lesson availability visit myparksandrecreation.com 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.

**LIFEGUARD TRAINING**

Program offers American Red Cross certification in lifeguard training, first aid, and CPR for the professional rescuer. Participants must pass a pre-course test prior to enrollment and be at least 15 years of age by the end of the course.

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Bellevue Aquatic Center Registration Dates:

Programs listed in **PLAIN TYPEFACE:**
- **Resident:** Mar. 9
- **Non-Resident:** Mar. 18

Programs listed in **UNDERLINE:**
- **Resident:** Apr. 27
- **Non-Resident:** May 6

Programs listed in **BOLD:**
- **Resident:** June 1
- **Non-Resident:** June 10

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**ADULT INTRODUCTION SWIM LESSONS**

- 9173: 5:45-6:15pm Mon, Wed May 11-Jun 03 $90
- 9174: 5:45-6:15pm Mon, Wed Jun 22-Jul 15 $94.40
- 94740: 5:45-6:45pm Fri Jun 26-Aug 14 $188.80
- 94741: 9:35-10:15am Sun Jun 28-Aug 16 $141.60

**ADULT INTERMEDIATE SWIM LESSONS**

- 91162: 6:20-6:30pm Tue, Thu May 12-Jun 04 $90
- 91163: 6:20-6:30pm Tue, Thu Jun 23-Jul 16 $94.40
- 94739: 10:45-11:45am Sat Jun 27-Aug 15 $141.60
- 94738: 6:20-6:50pm Tue, Thu Jul 21-Aug 13 $94.40

**ADULT ADVANCED SWIM LESSONS**

- 91157: 6:20-6:30pm Tue, Thu May 12-Jun 04 $90
- 91158: 6:20-6:30pm Tue, Thu Jun 23-Jul 16 $94.40
- 94737: 10:45-11:45am Sun Jun 28-Aug 16 $141.60
- 91159: 6:20-6:50pm Tue, Thu Jul 21-Aug 13 $94.40

**PARENT/TOT SWIM LESSONS**

- 91196: 6:20-6:30pm Mon, Wed May 11-Jun 03 $83.20
- 94696: 11:10-11:30am Mon, Wed May 11-Jun 03 $83.20
- 91192: 11:20-11:50am Mon, Wed Jun 22-Jul 15 $87.20
- 91193: 6:20-6:30pm Mon, Wed Jun 22-Jul 15 $87.20
- 94744: 10:10-10:40am Sat Jun 27-Aug 15 $65.40
- 94745: 11:20-11:50am Sun Jun 28-Aug 16 $65.40

**PARENT/TOT 2 SWIM LESSONS**

- 91185: 5:45-6:15pm Mon, Wed May 12-Jun 04 $83.20
- 91187: 11:20-11:50am Sat Jun 27-Aug 15 $65.40
- 94743: 5:45-6:15pm Tue, Thu Jun 23-Jul 16 $87.20
- 94929: 5:45-6:15pm Tue, Thu Jul 21-Aug 13 $87.20
- 94930: 11:20-11:50am Tue, Thu Jul 21-Aug 13 $87.20

**PRESCHOOL 1 SWIM LESSONS**

- 91240: 10-10:30am Mon, Wed May 11-Jun 03 $94.40
- 94689: 3:25-3:55pm Mon, Wed May 11-Jun 03 $94.40
- 94690: 3:25-3:55pm Tue, Thu May 12-Jun 04 $94.40
- 94691: 5:45-6:15pm Mon, Wed May 11-Jun 03 $94.40
- 94692: 4:35-5:05pm Tue, Thu May 12-Jun 04 $94.40
- 91245: 9-9:30am Mon-Fri Jun 22-Jul 03 $124
- 94711: 10:45-11:15am Mon-Fri Jun 22-Jul 03 $124
- 94749: 3:25-3:55pm Tue, Thu Jun 23-Jul 16 $99.20
- 94750: 4:35-5:05pm Tue, Thu Jun 23-Jul 16 $99.20
- 94751: 5:45-6:15pm Mon, Wed Jun 22-Jul 15 $99.20
- 94752: 4:43pm Fri Jun 26-Jul 14 $99.20
- 94753: 6:20-6:50pm Fri Jun 26-Jul 14 $99.20
- 94754: 9:35-10:05am Sat Jun 27-Aug 15 $74.40
- 94755: 11:20-12:25pm Sat Jun 27-Aug 15 $74.40
- 94756: 9:35-9:40am Sun Jun 28-Aug 16 $74.40
- 94710: 9-9:30am Mon-Fri Jul 06-17 $124
- 94712: 10:45-11:15am Mon-Fri Jul 06-17 $124
- 94936: 9:30am Mon-Fri Jul 20-31 $124
- 94938: 10:45-11:15am Mon-Fri Jul 20-31 $124
- 94941: 3:25-3:55pm Tue, Thu Jul 21-Aug 13 $99.20
- 94956: 4:35-5:05pm Tue, Thu Jul 21-Aug 13 $99.20
- 94957: 5:45-6:15pm Mon, Wed Jul 20-Aug 12 $99.20
- 94937: 9:30am Mon-Fri Aug 03-14 $124
- 94939: 10:45-11:15am Mon-Fri Aug 03-14 $124
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.
**Preschool 2 Swim Lessons**

- **9:30-10:05am Mon-Fri Jun 22-Jul 15 $99.20**
- **11:20-11:50am Mon-Fri Jun 22-Jul 15 $99.20**

**Preschool 3 Swim Lessons**

- **9:30-10:05am Mon-Fri Jun 22-Jul 15 $99.20**

**Youth Level 3 Swim Lessons**

- **9:35-10:05am Mon-Fri Jun 22-Jul 15 $94.40**
- **4-4:30pm Mon, Wed Jun 22-Jul 15 $94.40**

**Pre-Competition Swim Lessons**

- **9:10-9:30am Mon-Fri Jun 22-Jul 15 $118**

**Youth Level 1 Swim Lesson**

- **9:35-10:05am Mon-Fri Aug 03-14 $118**

**Youth Level 4 Swim Lessons**

- **5:10-5:40pm Mon, Wed Jun 22-Jul 15 $94.40**
- **4-4:30pm Tue, Thu Jun 22-Jul 15 $94.40**

**Youth Level 5 Swim Lessons**

- **5:10-5:40pm Mon, Wed Jun 22-Jul 15 $94.40**

Bellevue Aquatic Center Registration Dates:

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Programs listed in **UNDERLINE**: Resident: Apr. 27/ Non-Resident: May 6

Programs listed in **BOLD**: Resident: June 1 / Non-Resident: June 10
After-School Programs

KID-ZONE GAMES DROP-IN
This is a drop-in after-school program for youth and teens at Crossroads Community Center. Join the fun in our games room! Activities include: table tennis, billiards, air hockey, foosball, and other games. All kids under 7 need to be accompanied by an adult. All teens must still be in high school. Does not require registration. FREE
Age: 7Y - 18Y
Crossroads Community Center
2:30-5:30pm Mon-Fri Ongoing

Spring Break Camps

ROCK CLIMBING CAMP
Get a jump start on your rock climbing skills in a safe and fun climbing environment on SBCC’s 33 foot indoor climbing wall. There will be climbing routes and fun, but challenging games for every level of ability from beginner to expert. Weather-permitting, campers will take field trips to Marymoor Park and Exit 38 east of North Bend for outdoor climbing and return by 4:00PM. All climbing equipment is provided. Campers need to bring a pack with lunch, sunscreen and a hat. Climbing shoes are recommended but are not required. Min 4/Max 5
South Bellevue Community Center
$245(R) $290(N) Age: 8Y - 13Y
89560 9am-4pm Mon-Fri Apr 06-10

BYT DAY CAMPS
This camp is perfect for the child with little or no acting experience. Children will get the full theatre experience from auditions to performance. Your child will rehearse, participate in arts & crafts and recreational activities. This camp will build your child’s self esteem, confidence, teamwork, and basic memorization skills. Children are cast into a role that is appropriate for their age and development level. Bellevue Youth Theatre emphasizes positive experience and growth of the child over stage time, role size, and number of lines. Extended care is available for this camp. Min 10/Max 25
Ivanhoe Park Site
Seven Super Siblings
It’s a bird! It’s a plane! It’s Seven Super Siblings! Based on the children’s story, Seven Chinese Brothers, this is great for boys and girls of all ages. Coming Spring of 2015, this is a fantastic adventure you won’t want to miss! $194.50(R) $229.50(N) Age: 5Y - 12Y
89708 9:30am-3pm Mon-Fri Apr 06-10
Seven Super Siblings Extended Care
$57.50(R) $64.50(N) Age: 5Y - 12Y
89698 7:30am-5:30pm Mon-Fri Apr 06-10

CREATIVE KIDS DAY CAMP
Enhance your child’s creativity while enjoying the beautiful setting of the Northwest Arts Center. Activities include time spent in both indoor and outdoor settings. Children will explore a variety of art & craft mediums, painting, three dimensional art, collage, pottery, and more. Participant must be in 2st - 5th grade. Min 15/Max 20
Northwest Arts Center
$250(R) $275(N) Age: 7Y - 11Y
90513 9am-3pm Mon-Fri Apr 06-10

HIGH ADVENTURE CAMP
What appeals to your sense of a spring break adventure? If it is hiking in the Cascades, snowshoeing, parkour, sledding, geocaching, or just hanging with friends outdoors, then join our expert guides for an action packed week of outdoor fun. We will spend each day in a different location, developing new skills and exploring fresh terrain. All technical gear and transportation provided! Min 5/Max 10
Highland Community Center
$200(R) $220(N) Age: 10Y - 14Y
89645 9am-3pm Mon-Fri Apr 06-10
PRO BASEBALL CLINIC
Quality baseball instruction - hitting, throwing, fielding, games, scrimmages and more! This baseball camp is well suited for all players. From the aspiring to the elite. Taught by Steve Goucher and his staff. Steve is a former professional baseball player, and an Atlanta Braves scout who has coached baseball at all levels. Don’t miss out on the fun! Min 10/Max 30

Newport Hills Community Park
$59(R) $71(N) Age: 8Y - 13Y
91083 11am-1pm Thu-Fri Apr 09-10

Tyee Middle School Site
$192(R) $214(N) Age: 7Y - 12Y
91028 8am-4pm Mon-Fri Apr 06-10

SPORTS CAMP
A week of fast paced action where kids will have a blast! Campers will receive instruction and participate in a variety of sports including basketball, dodgeball, indoor soccer and floor-hockey. Outdoor activities will take place as weather allows. A field trip to a local recreational attraction is included in the price of camp. Please bring a lunch, snack and water bottle. Min 10/Max 25

Newport Hills Community Park
$155(R) $185(N) Age: 6Y - 9Y
91078 9am-12pm Mon-Fri Apr 06-10

Tyee Middle School Site
$155(R) $185(N) Age: 6Y - 9Y
91078 1-4pm Mon-Fri Apr 06-10

UK INTERNATIONAL SOCCER CAMP
We have partnered with UK International Soccer Camps (UKISC) to bring you the best of UK soccer. UK British soccer coaches will instruct your child. Exciting new camp schedule includes ball mastery section at start and end of every day, fundamentals of the game, small sided games, tournaments and awards plus NEW online ranking system available. Min 10/Max 60

Robinswood Community Park
$115(R) $138(N) Age: 4Y - 13Y
91029 9am-12pm Mon-Fri Apr 06-10

$181(R) $217(N) Age: 7Y - 13Y
91030 9am-3pm Mon-Fri Apr 06-10

KELSEY CREEK FARM SPRING BREAK CAMP
Time to get outside! Grab your boots and let’s work on the Farm! We’ll learn about our animals, work in the barn and mix up treats for both the animals and ourselves. We’ll create, explore and learn in this hands-on camp. Snack provided. Min 6/Max 10

Kelsey Creek Farm
$138(R) $152(N) Age: 4Y - 6Y
90789 10am-1pm Mon-Fri Apr 06-10

SPORTBALL FITKIDS CAMP
This program offers the perfect blend of sports fun and physical activity for your child. The first half of each class focuses on key body movements which will help build coordination, flexibility, stability and strength. Our trained and certified coaches then focus on the development of fundamental sport skills for up to 8 different ball sports; baseball, football, hockey, basketball, soccer, volleyball, golf and tennis. Children have an opportunity to REFINE, REHEARSE and REPEAT skills and put those skills to work in an exciting non-competitive game. Min 3/Max 14

South Bellevue Community Center
$155(R) $186(N) Age: 6Y - 9Y
90789 10am-1pm Mon-Fri Apr 06-10

SPORTBALL SEASONAL CAMPS: SPRING BREAK
Seasonal Sportball camps provide a great change of pace for children during school holidays. Offered in our multi-sport format (sports include hockey, soccer, tennis, baseball, basketball, volleyball, golf and football). Our certified coaches teach more advanced skills and provide opportunities to refine, rehearse and repeat them. Please bring water bottle and snack. Ages: 3-5 MUST be potty trained, Min 8/Max 12

Northwest Arts Center
$155(R) $185(N) Age: 3Y - 5Y
89874 9am-12pm Mon-Fri Apr 06-10

$155(R) $185(N) Age: 6Y - 9Y
89873 1-4pm Mon-Fri Apr 06-10

I-BALL SPRING BREAK SKILLS CAMP
The City of Bellevue and i-Ball have partnered to offer Pro Basketball Camps for kids, ages 6-14. i-Ball is ran by professional basketball player and former Globetrotter’s Harlem All-Star, Kyle Keyes along with i-Ball staff. Players will have a fun and exciting experience learning a wide array of basketball skills, developing sportsmanship and playing games at i-Ball Skills Camps. Players will be drilled throughout camp on the proper form and technique that it takes to be both confident and successful in real games. Players will gain a wealth of basketball knowledge at i-Ball Camps. Min 15/Max 40

Crossroads Community Center
$164(R) $197(N) Age: 6Y - 14Y
91088 9am-3pm Mon-Thur Apr 06-09

Register Online: MyParksAndRecreation.com
CRAFTS - 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. Min 4/Max 20
South Bellevue Community Center
FREE Age: 18Y and up 98059 10am-12pm Fri May 01-Jun 19

GLASS FUSION
Combine the elements of ‘Fire and Ice’ to create fabulous jewel-like art pieces. Glass Fusion provides through step-by-step instruction, the basics of glass art. Projects include small jewelry pieces, plates, platters, candle holders and much more. Materials included. Accommodations provided for people with disabilities. Min 6/Max 9
Northwest Arts Center
Glass Fusion
$110(R) $132(N) Age: 18Y and up 98045 9-10:30am Thu May 21-Jun 11

STONEWARE CREATIONS
Stoneware Creations provides an introduction for beginning & intermediate students to hand-building and wheel throwing stoneware. Various and seasonal subject matter included as design inspirations for practical and decorative art work. Class fee includes supplies and firing. Accommodations provided for people with disabilities. Min 6/Max 9
Northwest Arts Center
$110(R) $132(N) Age: 18Y and up 98040 11am-1pm Thu May 21-Jun 11

SENIORS CREATING ART
What if painting didn’t have to be difficult? What if it could be learning through exploration? In this class you will be guided through exercises designed to teach you many ways to use a brush on various surfaces, mix colors, put certain colors next to one another, find your own symbols and forms to create shapes, and express what you see and feel. We will study other painters and dive into purposeful, playful exercises. You can do nothing wrong in this class! No artistic experience necessary; all materials provided. Offered in partnership with North Bellevue Community Center and Seniors Creating Art. Min 3/Max 10
North Bellevue Community Center
FREE All Ages 98045 1-3pm Tue Jun 02-Jul 07

Get Fit and Get Healthy

MASSAGE THERAPY - TUNE UP YOUR BODY!
Relieve aches and pains. Experience a sense of balance and well-being. Move with greater comfort and ease. Elizabeth Strauss is a Licensed Massage Practitioner and Registered Jin Shin Do® Acupressurist, trained to work with older adults. All ages welcome. For a 30 min. session, please reserve one slot; for a 1 hour session please reserve two consecutive slots. Appointments are available the first Monday of each month. Call 425-452-7681 to make an appointment. North Bellevue Community Center

HEALTH - FOOTCARE
Chris Egan, RN will trim toe nails by appointment. This service is geared for older adults and/or diabetics who need assistance with this task. Fee is $28 payable by cash or check the day of the appointment. Call 425-452-7681 to make an appointment. North Bellevue Community Center

REFLEXOLOGY
Feel better and more healthy with this unique therapy that is “more than a foot massage.” 25 min $33(R)/$39(N) and 55 min $64(R)/$77(N). 1st & 3rd Tuesdays at North Bellevue Community Center. Call 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. One hour appointments available the 4th Monday each month from 9am to 4:30pm at the North Bellevue Community Center 425 452-7681. NOTE: Cancellations happen, please utilize the waitlist option.

AERBIOCS & CONDITIONING

ENHANCE FITNESS
This low impact aerobics class is designed to give you the maximum amount of cardiovascular exercise with a minimum amount of wear and tear on your body. This class is offered in conjunction with Group Health. If you are a Group Health Clear Care HMO Plan member, there is no charge for this class. All you need to do is sign in each day you attend. Ask us for details. Min 10/Max 30
North Bellevue Community Center
$36(R) $43(N) Age: 50Y and up 98040 9-10am Fri, Tue, Thu May 01-Jun 19
$36(R) $43(N) Age: 50Y and up 98040 9-10am Fri, Tue, Thu May 01-Jun 19
$36(R) $43(N) Age: 50Y and up 98040 9-10am Fri, Tue, Thu May 01-Jun 19
$36(R) $43(N) Age: 50Y and up 98040 9-10am Fri, Tue, Thu May 01-Jun 19

Shape Up Fall 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 for more information and details.

Motion Is Life
Attend this informative talk by an orthopedic surgeon, Jonah Hulst, MD, to learn more about joint pain relief as well as hip and knee replacement. Presentation sponsored by the Joint Replacement Center at Overlake Medical Center. Min 5/Max 50
North Bellevue Community Center
FREE Age: 18Y and up 98040 1-2:30pm Thu May 01-Jun 19

Register Online: MyParksAndRecreation.com

16 May-August 2015 CONNECTIONS
ADULT SMALL GROUP TRAINING WITH SARA

This small group training class will help you achieve your fitness goals. Workouts will be individualized to meet each individuals' needs and fitness level. Sara will provide support, encouragement, and accountability to help you reach new heights in health and wellness. Min 2/Max 5

South Bellevue Community Center
$60(R) $75(N) Age: 18Y and up
89912 7:7:30pm Mon May 04-18
94202 7-7:30pm Mon Jul 06-20
94203 7-7:30pm Mon Aug 03-17
$100(R) $125(N) Age: 18Y and up
89913 7:7:30pm Mon Jun 01-29

POST-REHAB STRENGTH AND CONDITIONING

This class is designed to rebuild your balance and core stability after injury or illness. It is geared toward those who are recovering from injuries and are returning to physical activity, or those who suffer from chronic or reoccurring injuries. It is focused on developing and/or regaining core strength and stability through exercises using body weight resistance, resistance bands, and balance equipment. Exercises will be adaptable to accommodate for injuries and fitness levels. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 3/Max 15

South Bellevue Community Center
$48(R) $56(N) All Ages
90256 9:15-10:15am Tue, Thu May 05-28
90257 9:15-10:15am Tue, Thu Jun 02-25
$36(R) $42(N) All Ages
90258 9:15-10:15am Tue, Thu Jun 30-Jul 23
90259 9:15-10:15am Tue, Thu Aug 04-20

Body & Mind

BARRE CLASS

Karan’s Barre Class draws from the best parts of barre, yoga, dance, and Pilates to produce a breakthrough workout that will knock your leg warmers off. Every step has been meticulously designed to build strength, endurance, and grace, while also creating longer and leaner muscles that are far more resistant to injury. All this, while having fun! In a remarkably brief time, this class will give you significant improvement in flexibility, strength, resilience, posture, energy, stamina, and balance. A Flex Card is available for this class. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 8/Max 20

South Bellevue Community Center
$160(R) $192(N) Age: 13Y and up
90010 9-10am Mon, Wed May 04-Jun 29
$108(R) $128(N) Age: 13Y and up
89993 6:15-7:15pm Tue May 05-Jun 30
$170(R) $204(N) Age: 13Y and up
89998 6:15-7:15pm Tue, Thu May 05-Jun 30
$96(R) $114(N) Age: 13Y and up
90008 9-10am Mon May 04-Jun 29
90008 9-10am Wed May 06-Jun 24
89994 6:15-7:15pm Thu May 07-Jun 25
90024 9-10am Wed Jul 01-Aug 19
89995 6:15-7:15pm Thu Jul 02-Aug 20
$150(R) $180(N) Age: 13Y and up
90023 9-10am Wed, Mon Jul 01-Aug 19
90000 6:15-7:15pm Thu, Tue Jul 02-Aug 20
$84(R) $100(N) Age: 13Y and up
90022 9-10am Mon Jul 06-Aug 17
89999 6:15-7:15pm Tue Jul 07-Aug 18

PILATES

This instructional class focuses on correct form/postural alignment, strengthening 'core' muscles, increasing body awareness and improving balance and flexibility. We combine pilates with yoga and barre exercises using bands, balls, and small weights. All fitness levels welcome. A Flex Card is available for this class. To register during a session call South Bellevue Community Center at (425)452-4240. Min 5/Max 20

South Bellevue Community Center
$77(R) $92(N) Age: 13Y and up
90028 9:15-10:15am Fri May 01-Jun 19
90238 7-8pm Mon May 04-Jun 22
$66(R) $78(N) Age: 13Y and up
90240 7-8pm Mon Jul 06-Aug 10

PURNA YOGA CLASSES

Students gain flexibility, strength and coordination by focusing on correct alignment while using props to make each pose accessible. Classes help each student feel more centered and peaceful while developing a deeper relationship with body, mind and spirit. With 2000 hours of teacher training, your Certified Purna Yoga teacher has a wealth of knowledge to share with you. All levels classes welcome beginning and experienced students to learn and to expand their knowledge of yoga poses. Wear comfortable clothing and bring a yoga mat to class if you have one. Additional props will be provided. A Flex Card is available for this class. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 5/Max 20

South Bellevue Community Center
$72(R) $84(N) Age: 13Y and up
90269 7:15-8:30pm Tue May 05-Jun 09
90270 7:15-8:30pm Thu May 07-Jun 11
$60(R) $72(N) Age: 13Y and up
90271 7:15-8:30pm Tue Jun 16-Jul 14
90272 7:15-8:30pm Thu Jun 18-Jul 16
90273 7:15-8:30pm Tue Jul 21-Aug 18
90274 7:15-8:30pm Thu Jul 23-Aug 20

PURNA YOGA LEVEL 2

Focusing on correct alignment while using props to make each pose accessible, students gain flexibility, strength and coordination. Purna Yoga also helps each student feel more centered and peaceful as you learn to develop a new relationship with your body, mind and spirit. With 2000 hours of teacher training, your teacher has a wealth of knowledge to share with you. The Level 2 classes welcome experienced students to expand their knowledge of the yoga poses. Students should bring a yoga mat to class. Additional props will be furnished. A Flex Card is available for this class. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 1/Max 30

South Bellevue Community Center
$48(R) $58(N) Age: 13Y and up
90297 11:45am-1pm Sun May 03-31
90300 11:45am-1pm Sun Jun 07-28
90301 11:45am-1pm Sun Jul 12-Aug 02
$36(R) $43(N) Age: 13Y and up
90302 11:45am-1pm Sun Aug 09-23

Register Online: MyParksAndRecreation.com

May-August 2015 CONNECTIONS
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.

FREE Fitness Assessments
Blood Pressure readings and Body Composition Analysis with calipers are available complimentary on weekdays at SBCC. Give a quick call to the Fitness Center staff to confirm staff availability 425-452-4240.

Youth Privileges
We welcome 10-12yr olds to exercise in the Fitness Center. Students 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.

Personal Training Rates
30 minutes - $33 for 1 person
45 minutes - $46 for 1 person
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 three trainers.

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 for 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.

Mihai Suvagau
NASM, CHEK, FMS, HKC, IACEFT, TPI, Crossfit
Phone: 425-444-2729
Email: coach1mihai@gmail.com

With two AAS degrees, one in Exercise Science and one in Massage Therapy and eleven national certifications, Coach Mihai has developed a training style that focuses on results. No frills and no ‘fillers’, just focused results. His specialty is weight loss, strength training and injury rehab and for the past 5 years he has helped hundreds of clients. He believes that everyone should achieve the strongest and healthiest version of themselves and he strives to help everyone achieve their goals in the shortest time possible.

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!

Diane Price,
DC, LMP, NCSF-CPT, American Red Cross Instructor
Phone: 425-691-7594
Email: diane.price@outlook.com

Diane is a Personal Trainer as well as a Doctor of Chiropractic and a Licensed Massage Therapist. She practiced and operated a Chiropractic and Massage Therapy clinic for 16 years and completed a 300+ hour post-graduate program on exercise rehabilitation. Additionally, Diane is affiliated with Weight Watchers and she has assisted hundreds of people to obtain their weight loss goals! She believes that everyone, at any age, is able to improve themselves both physically and nutritionally. She is an avid fitness participant and has always enjoyed helping people improve their health, reach their goals, and be the best that they can be!

SUMMER STUDENT SPECIAL
3-month pass available: $75(R) $90(N)

Stay fit and active throughout the summer! Students age 18-23 are eligible for a 3-month Fitness Center pass. For more information contact the South Bellevue Community Center, 425-452-4240.
The Fitness Center at South Bellevue Community Center features state of the art treadmills, bikes, elliptical trainers, weight training machines and free weights. The Fitness Center is designed for adult use, as well as teens, ages 10+, 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  
bellevuewa.gov/10595.htm

South Bellevue Community Center  
bellevuewa.gov/sbcc-fitness-center.htm

**HEARTSAVER CPR AED CLASS FOR ADULTS/CHILDREN**

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. The course is 3 hours in length. Please call 425-452-7673 for more information. Min 6/Max 10

<table>
<thead>
<tr>
<th>Fire Station #1</th>
<th>Age: 14Y and up</th>
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</thead>
<tbody>
<tr>
<td>90966</td>
<td>Thu 7-10pm</td>
</tr>
<tr>
<td>90967</td>
<td>Thu 7-10pm</td>
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<td>90968</td>
<td>Thu 7-10pm</td>
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<td>90974</td>
<td>Thu 7-10pm</td>
</tr>
<tr>
<td>90975</td>
<td>Thu 7-10pm</td>
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</table>

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

Registration/payment is completed directly with Jazzercise instructor at each class location.
## STRONG AND FIT SENIORS/ADULTS

This group fitness program taught by certified personal trainers, provides education on improving overall functional fitness using a variety of equipment and a varied routine while accommodating individual needs and limitations. Participants will improve strength, balance, coordination, posture, flexibility, core strength, and aerobic conditioning while participating in a fun, safe, social, and supportive atmosphere. A Flex Card is available for this class. To join this class during a session, call the South Bellevue Community Center at (425) 452-4240. Min 8/Max 16

<table>
<thead>
<tr>
<th>Course ID</th>
<th>Start/End</th>
<th>Days</th>
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<th>Notes</th>
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<tr>
<td>90045</td>
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<td>M/W</td>
<td>10:30AM-11:30AM</td>
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<td>90043</td>
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</table>

### HATHA YOGA

Join Maude Pauletto at the Northwest Arts Center for a gentle approach to increase your strength and flexibility. This class is adaptable for all levels of Yoga experience. Participants will learn balancing poses, deep stretching and a calm mind and body through deep breathing exercises. Wear comfortable clothing. Bring water and yoga mat. Class is for ages 18 and above. Please do not bring children to class. Instructor: Maude Pauletto Min 8/Max 10

<table>
<thead>
<tr>
<th>Course ID</th>
<th>Start/End</th>
<th>Days</th>
<th>Time</th>
<th>Ages</th>
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<th>Notes</th>
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<td>90497</td>
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<td>90498</td>
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<td>5:30PM-6:30PM</td>
<td>18+</td>
<td>$44</td>
<td>$52(N)</td>
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### GENTLE YOGA BY WENDY

Easy yoga is adapted for seniors and others who need the gentle approach. Yoga can provide many benefits. The class will adapt to accommodate all levels of experience and ability. Min 4/Max 30

<table>
<thead>
<tr>
<th>Course ID</th>
<th>Start/End</th>
<th>Days</th>
<th>Time</th>
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<td>90238</td>
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<td>11:30AM-12:30PM</td>
<td>18+</td>
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<td>$84(N)</td>
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### YOGA FOR ADULTS 50+

Join us to find out why world-class athletes like Martina Navratilova say about yoga ‘I love the way it makes me feel physically and mentally, both while I am doing it and afterward. Yoga combines core strength and spine flexibility...I believe that yoga is keeping me young and flexible, especially in my back.’ Each class offers poses for stretching, active strengthening and deep relaxing. We focus on alignment for joint safety and use props to make poses accessible for many levels of experience and to help you progress individually. Benefits include: improved strength, flexibility and balance; reduced tension and worry; better bone, joint and weight health; increased mental clarity with an overall feeling of well-being. Wear comfortable clothing. Bring a yoga mat if you have one. Min 5/Max 20

<table>
<thead>
<tr>
<th>Course ID</th>
<th>Start/End</th>
<th>Days</th>
<th>Time</th>
<th>Ages</th>
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<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>90368</td>
<td>7/7-8/11</td>
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<td>9:15AM-10:15AM</td>
<td>50+</td>
<td>$73.50</td>
<td>$87.50(N)</td>
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</table>

### Active Fitness

#### GOURMET BIKERS

Join other seniors and set aside Wednesdays for a day of low-impact exercise, fun, fellowship and lunch. We will start our rides around 10am and bike for 12-15 miles for lunch and return. We will ride on flat bike trails and low traffic roadways. As our confidence builds, we will plan trips to the tulip fields, lavender fields, and maybe an even winery trip. Riders must provide their own bicycle and helmet. Contact Judy at 425-378-0645 if you are interested. Min 1/Max 50

#### BOOT CAMP WITH KARIE

In its eighth 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 stretches. 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. To register during a session call the South Bellevue Community Center at (425) 452-4240. M/W class 8:45am. T/TH class 9:15am. Sign up for ALL 4 classes a week and receive a 15% discount. Min 8/Max 25

<table>
<thead>
<tr>
<th>Course ID</th>
<th>Start/End</th>
<th>Days</th>
<th>Time</th>
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<th>Notes</th>
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<td>10:30AM-11:30AM</td>
<td>50+</td>
<td>$84</td>
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<td>90362</td>
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<td>1:30PM-2:30PM</td>
<td>50+</td>
<td>$107</td>
<td>$127.50(N)</td>
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</table>

### HEALTHWAYS SILVER SNEAKERS AT NORTH BELLEVUE COMMUNITY CENTER

Call the North Bellevue Community Center at 425-452-7681 for more information.
TOTAL BODY FITNESS
Would you like a fun, affordable and effective way to burn stubborn body fat, get stronger, build lean muscle mass, and improve your level of fitness? Our group workouts utilize dumbbells, bands, bodyweight exercises, fun agility movements, and a variety of exercises to strengthen your core and more. Expect to sweat and have fun! Certified Personal Trainers will educate you, encourage you, and modify exercises to meet individual needs. A Flex Card is available for this class. To register during a session, call the South Bellevue Community Center at 425-452-4240. Min 6/Max 20
South Bellevue Community Center
$44(R) $52.50(N) Age: 16Y and up
90387 6-6:50am Fri May 01-29
90386 6-6:50am Tue, Thu May 05-28
90390 6-6:50am Thu, Tue Jul 02-30
$35(R) $42(N) Age: 16Y and up
90389 6-6:50am Fri Jun 05-26
90391 6-6:50am Fri Jul 10-31

INDOOR GROUP CYCLING
Come ride our LeMond RevMaster Classic Bikes and get a serious aerobic workout while burning approximately 600+ calories per class. Your instructor and motivating music will entertain you as you ‘climb hills’, ‘race’ along on flat terrain, and challenge your leg muscles for strength and tone. All fitness levels welcome because you control your pace. A Flex Card is available for this class. To register during a session call South Bellevue Community Center (425) 452-4240. Please arrive 10 minutes early on day one for a bike fit. Bring a bike-style water bottle & 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! Min 4/Max 10
South Bellevue Community Center
$96(R) $112(N) Age: 13Y and up
90102 6-7am Mon, Wed May 04-Jun 29
90126 7:15-8:15am Mon, Wed May 04-Jun 29
$96(R) $112(N) Age: 13Y and up
90119 6-7am Mon May 04-Jun 29
90124 7:15-8:15am Mon May 04-Jun 29
90129 6-7am Wed May 06-Jun 24
90130 7:15-8:15pm Wed May 06-Jun 24
$75(R) $90(N) Age: 13Y and up
90125 6-7am Wed, Mon Jul 01-Aug 19

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. To join this class after the session has started, call South Bellevue Community Center (425) 452-4240. Min 8/Max 25
South Bellevue Community Center
$56(R) $68(N) Age: 13Y and up
90354 9:15-10:15am Fri May 01-19
90360 6-7pm Mon May 04-Jun 29
90361 6-7pm Wed May 06-Jun 24
90366 9:30-10:30am Tue, Thu Jul 07-30
$96(R) $112(N) Age: 13Y and up
90359 6-7pm Mon, Wed May 04-Jun 29
$84(R) $98(N) Age: 13Y and up
90352 10-11am Wed May 04-Jun 19
90353 10-11am Wed May 06-Jun 17
90370 6-7pm Mon, Wed Jul 06-29
$42(R) $51(N) Age: 13Y and up
90376 6-7pm Mon, Wed Aug 03-19
$36(R) $42(N) Age: 13Y and up
90377 9:30-10:30am Tue, Thu Aug 04-20

Register Online: MyParksAndRecreation.com
Parkour

To register during a session, call the South Bellevue Community Center at (425) 452-4240.

PARKOUR KIDS LEVEL 2
The Parkour Kids Level 2 class welcomes students who have attended the Level 1 class and have tested up through the in-program achievement system. Level 2 provides new skill, strength, and goal challenges. Students focus on advanced Parkour techniques which require motor control, strength, power, agility, and the ability to apply it to all movement development. Focus is on games, skill challenges, strength achievements, and time trials. To register during a session, call the South Bellevue Community Center at (425) 452-4240.

Attend the Wed/Fri combo class at a 10% discount. Min 6/Max 32
South Bellevue Community Center
$77.50(R) $92.50(N) Age: 9Y - 16Y
90230 6-6:55pm Fri May 01-29
$126(R) $150(N) Age: 9Y - 16Y
95132 6-6:55pm Fri, Wed May 01-29
$62(R) $74(N) Age: 9Y - 16Y
95142 6-6:55pm Wed May 06-27
95143 6-6:55pm Wed Jun 03-24
90231 6-6:55pm Fri Jun 05-26
95144 6-6:55pm Wed Jul 01-22
$112(R) $132(N) Age: 9Y - 16Y
95133 6-6:55pm Wed, Fri Jun 03-26
$98(R) $115.50(N) Age: 9Y - 16Y
95134 6-6:55pm Wed, fri Jul 01-24
$46.50(R) $55.50(N) Age: 9Y - 16Y
90232 6-6:55pm Fri Jul 10-24
95145 6-6:55pm Wed Aug 05-19
90233 6-6:55pm Wed Aug 07-21
$84(R) $99(N) Age: 9Y - 16Y
95135 6-6:55pm Wed, Fri Aug 05-21

HOMESCHOOL PHYSICAL EDUCATION (PARKOUR) AGES 5-8
Experience movement like never before! The fun begins with exciting warmups, games, Parkour skill training, obstacle courses and an interactive achievement system. We invite you to join our community where students are challenged to meet personal goals, gain new strengths and create strong friendships. Our coaches view movement as a life-long activity. We monitor each student’s body mechanics to ensure proper movement patterns that lead to pain free movement for life. Throughout this course students will set and track goals that are individually tailored to their needs. Students will learn to rise to new challenges both mentally and physically while developing group self-awareness and self esteem. To keep parents up to date, achievement records will contain physical and social milestones, focus areas, and current skill level. To register during a session, please call South Bellevue Community Center at 425-452-4240. Min 6/Max 32
South Bellevue Community Center
$56(R) $68(N) Age: 5Y - 8Y
94322 12:30-1:25pm Tue May 05-26
94323 12:30-1:25pm Thu May 07-28
$42(R) $51(N) Age: 5Y - 8Y
94324 12:30-1:25pm Tue Jun 02-16
94325 12:30-1:25pm Thu Jun 04-18

HOMESCHOOL PHYSICAL EDUCATION (PARKOUR) AGES 9-13
Experience movement like never before! The fun begins with exciting warmups, games, Parkour skill training, obstacle courses and an interactive achievement system. We invite you to join our community where students are challenged to meet personal goals, gain new strengths and create strong friendships. Our coaches view movement as a life-long activity. We monitor each student’s body mechanics to ensure proper movement patterns that lead to pain free movement for life. Throughout this course students will set and track goals that are individually tailored to their needs. Students will learn to rise to new challenges both mentally and physically while developing group self-awareness and self esteem. To keep parents up to date, achievement records will contain physical and social milestones, focus areas, and current skill level. To register during a session, please call South Bellevue Community Center at 425-452-4240. Min 6/Max 32
South Bellevue Community Center
$56(R) $68(N) Age: 9Y - 13Y
90082 1:30pm-2:25pm Tue May 05-26
90087 11:30am-12:25pm Thu May 07-28
$42(R) $51(N) Age: 9Y - 13Y
90086 1:30pm-2:25pm Tue Jun 02-16
90083 11:30am-12:25pm Thu Jun 04-18
PARKOUR KIDS LEVEL 1
The Parkour Kids Level 1 class establishes a strong physical foundation by educating students on the six milestones of Parkour. Students develop the basic motor control, strength and skill to optimize safety. Kids class focuses on games, skill challenges, obstacles, and all out fun! To register during a session, call the South Bellevue Community Center at (425) 452-4240. Sign up for 2 classes a week and receive a 10% discount. Min 6/Max 32
South Bellevue Community Center
$77.50(R) $92.50(N) Age: 6Y - 12Y
90190 5-5:55pm Fri May 01-29
$126(R) $150 Age: 6Y - 12Y
90191 5-5:55pm Fri, Wed May 01-29
$62(R) $74(N) Age: 6Y - 12Y
90189 5-5:55pm Wed May 06-27
90204 5-5:55pm Wed Jun 03-24
90197 5-5:55pm Fri Jun 05-26
90206 5-5:55pm Wed Jul 01-22
$112(R) $132(N) Age: 6Y - 12Y
90198 5-5:55pm Wed, Fri Jun 03-26
$98(R) $115.50(N) Age: 6Y - 12Y
90199 5-5:55pm Wed, Fri Jul 01-24
$46.50(R) $55.50(N) Age: 6Y - 12Y
90215 5-5:55pm Fri Jul 10-24
90200 5-5:55pm Wed Aug 05-19
90201 5-5:55pm Fri Aug 07-21
$84(R) $99(N) Age: 6Y - 12Y
90216 5-5:55pm Wed, Fri Aug 05-21

FITNESS - SPORTBALL FITKIDS
Sportball Fitkids is a fun, functional, fitness program for kids ages 6-10 to improve overall fitness with non-competitive sports instruction and health education. By incorporating age-appropriate exercises and exciting high energy games, instructed by trained and certified professionals, kids build flexibility, endurance, agility, and core strength. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 4/Max 10
South Bellevue Community Center
$78(R) $93(N) Age: 6Y - 10Y
90318 5-5:55pm Mon May 04-Jun 15

YOUTH SMALL GROUP TRAINING WITH SARA
Improve core strength, balance, flexibility, stability and overall conditioning in this co-ed small group training class for middle and high school students led by a Certified Athletic Trainer. Perfect for athletes wanting to make gains in the off-season or any student wanting to improve their fitness level. Workouts will be customized to accommodate all levels and abilities. Min 2/Max 5
South Bellevue Community Center
$120(R) $150(N) Age: 12Y - 18Y
89908 6-6:50pm Mon May 04-Jun 15
$100(R) $125(N) Age: 12Y - 18Y
89905 6-6:50pm Mon Jun 22-Jul 20

Martial Arts

TAI CHI- WEDNESDAY PRACTICE
Tai Chi helps blood flow smoothly in the vessels and can strengthen the functions of heart & lungs. It is the best kind of exercise for the health of middle aged and seniors. Easy to learn and follow as well as helps you mildly exercise your whole body. No instructor provided. Come join us and feel good! Min 5/Max 30
North Bellevue Community Center
FREE Age: 18Y and up
90923 9-10:30am Wed Jun 17-Oct 14

YANG STYLE TAI CHI: INTERMEDIATE
This class continues from Tai Chi Beginner and focuses on the second section of the Yang Style long form. Students who have completed the Beginner class or have previous experience are welcome to participate. See Beginner class description for more details. To register during a session, call the South Bellevue Community Center at 425-452-4240. Min 5/Max 20
South Bellevue Community Center
$50(R) $60(N) Age: 16Y and up
89923 10-10:55am Sat Jun 13-Jul 18

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. This art is for people of all ages interested in either competitive fighting, or in the physical beauty of choreographed, practiced movements called ‘kata’. Beginners are welcome but please contact instructor before registering (425) 736-5663. Thursday is an advanced class. Students must have completed one-quarter before registering for the Thursday class. Visit their website www.pnnf.org
Instructor: Kurt and Karen Schmucker have represented the United States in the International Naginata Federation World Championships. Min 7/Max 11
Northwest Arts Center
$144(R) $169(N) Age: 13Y and up
93937 7-9pm Tue, Thu Jul 07-Aug 27
$96(R) $116(N) Age: 13Y and up
93939 7-9pm Tue Jul 07-Aug 27
93938 7-9pm Thu Jul 07-Aug 27

Register Online: MyParksAndRecreation.com
TAEKWONDO
An ancient Korean Martial Art, TaeKwonDo is a system of practical techniques used for self-defense. Instruction is designed to physically emphasize kicks and punches that strengthen and condition the whole body and mentally promote confidence, patience, and respect. For the 6pm class, students must be 10 yrs old or have instructor permission. To register during a session call South Bellevue Community Center at (425) 452-4240. Min 8/Max 28
South Bellevue Community Center
$26.50(R) $31.50(N) Age: 6Y and up
89940 6-7:30pm Tue, Thu May 19-28
89941 6-7:30pm Tue, Thu May 19-28
$33(R) $38(N) Age: 6Y and up
89946 5-6:30pm Tue, Thu Jun 02-25
89947 5-6:30pm Tue, Thu Jun 02-25
89944 4-5:30pm Tue, Thu Jul 07-30
89948 4-5:30pm Tue, Thu Jul 07-30
$40(R) $47(N) Age: 6Y and up
89942 5-6:30pm Tue, Thu Aug 04-20
89949 4-5:30pm Tue, Thu Aug 04-20
$26.50(R) $31.50(N) Age: 10Y and up
89941 6-7:30pm Tue, Thu May 19-28
89943 6-7:30pm Tue, Thu May 19-28
$33(R) $38(N) Age: 10Y and up
89945 6-7:30pm Tue, Thu Jun 02-25
89946 6-7:30pm Tue, Thu Jun 02-25
89944 5-6:30pm Tue, Thu Jul 07-30
89947 5-6:30pm Tue, Thu Jul 07-30
$40(R) $47(N) Age: 10Y and up
89950 6-7:30pm Tue, Thu Aug 04-20

MINI KICKERS MARTIAL ARTS
Mini-Kickers teaches basic kicks and strikes to young children in an active, fun and positive environment. The instructor 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. Min 6/Max 30
Northwest Arts Center
$215(R) $239(N) Age: 4Y-10Y
9948 4:30-5:15pm Mon, Wed Jun 29-Aug 26

SELF DEFENSE/HAPKIDO - WARRIORS AND/OR 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. Full sparring gear is mandatory for this class or student will not be allowed to participate in sparring sessions which is an essential requirement for their progress in Hapkido. Classes taught by certified World Hapkido Association instructor. www.worldhapkido.com. Instructor permission required to attend Min 10/Max 30
North Bellevue Community Center
$48(R) $58(N) Age: 13Y and up
95178 6:30-7:30pm Mon, Wed May 04-27
95179 6:30-7:30pm Mon, Wed Jun 01-24
95180 6:30-7:30pm Mon, Wed Jul 01-29
95181 6:30-7:30pm Wed, Mon Aug 01-26

ADVANCED KENDO
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. Min 12/Max 60
Highland Community Center
$70(R) $84(N) Age: 8Y and up
91094 6:30-8pm Fri May 29-Aug 14

INTERMEDIATE KENDO
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. Min 12/Max 25
Highland Community Center
$70(R) $84(N) Age: 8Y and up
91094 6:30-8pm Fri May 29-Aug 14

SELF DEFENSE/HAPKIDO - LITTLE WARRIORS AND/OR 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. Min 5/Max 12
North Bellevue Community Center
$48(R) $58(N) Age: 5Y-12Y
95174 5:15-6:30pm Mon, Wed May 04-27
95175 5:15-6:30pm Mon, Wed Jun 01-24
95176 5:15-7:30pm Mon, Wed Jul 01-29
95177 5:15-7:30pm Wed, Mon Aug 01-26

TAKEWONDO
TaeKwonDo is a Korean Martial Art that uses hands and feet. The art helps bring confidence, fitness, and mental growth. Have you always wanted to learn a martial art, it is time to try and experience it. Learning the art requires only an open mind and it is never late to join the classes. 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. A typical class starts with warm-ups and there will be a combination of kicks, punches, forms, sparring, and target practice. Min 3/Max 20
North Bellevue Community Center
$30(R) $30(N) Age: 16Y and up
94023 6-7:30pm Thu May 07-28
94024 6-7:30pm Thu Jun 04-25
94025 6-7:30pm Thu Jul 02-30
94026 6-7:30pm Thu Aug 06-27

SELF DEFENSE/HAPKIDO - WARRIORS AND/OR INTERMEDIATE/ADVANCED
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North Bellevue Community Center
$48(R) $58(N) Age: 13Y and up
95178 6:30-7:30pm Mon, Wed May 04-27
95179 6:30-7:30pm Mon, Wed Jun 01-24
95180 6:30-7:30pm Mon, Wed Jul 01-29
95181 6:30-7:30pm Wed, Mon Aug 01-26

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Highland Community Center
$70(R) $84(N) Age: 8Y and up
91098 7:30-9:30pm Fri May 29-Aug 14
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 jwalenga@bellevuewa.gov or call 425-452-6883.

OUR EDIBLE FORESTS: MOREL MUSHROOMS

Learn about foraging for mushrooms in the Spring in the Pacific Northwest! Puget Sound Mycological Society Past-President Marian Maxwell will explain the basics, including types of mushrooms to hunt in the Spring, permits required, cooking, preservation, dangers and types of habitats in which to hunt. Min 5/Max 35

Highland Community Center
$10(R) $12(R) Age: 14Y and up
93989 7-8pm Thu May 07

GEOCACHING 101

This free event will send you on a treasure hunt right outside your door. There are hundreds of Geocaches hidden throughout Bellevue, and this course will give you the tools to find them. Learn how to use the App or a GPS, how to engage with a growing community of geocachers, and help you find your first cache. An endless world of exploration, puzzle solving, and discovery awaits! Dress to head outdoors on your search. If you have a smartphone or GPS bring it with you! Presented with the Washington State Geocaching Alliance. For more information head to www.geocaching.com or email jwalenga@bellevuewa.gov. Min 5/Max 30

Lewis Creek Park
FREE Age: 2Y and up
94578 10-11:30am Sun May 17

HIKING SERIES MOUNT SI COMMUNITY CLIMB

It’s been said everyone in the Puget Sound should climb Mount Si at least once. TRACKS wants to help you reach that goal. We will provide transportation, training trip leaders, and all the encouragement you’ll need. This trail is 8 miles round trip and has an elevation gain of 3150 feet. Participants should be in moderate to good physical condition and dressed for the weather. Please bring plenty of water and snacks. For more information contact jwalenga@bellevuewa.gov

Min 4/Max 12
Highland Community Center
$5 Age: 8Y and up
94584 9am-4pm Sun May 10

TUESDAY TRAILS - SENIOR HIKING SERIES

This easy hiking series is designed for active seniors looking to explore the beautiful trails around Bellevue. Every Tuesday this spring, we will meet at the Highland Community Center and ride to a trailhead in the Issaquah Alps, Cascades, or other scenic areas nearby. Hikes will be between 3 and 7 miles and specifically chosen for the over 50 crowd. Dress for the weather and bring a lunch and water. For more information contact jwalenga@bellevuewa.gov or call 425-452-6883. Transportation Provided. Pre-registration is required. Min 5/Max 12

Highland Community Center
$5 Age: 50Y and up
93019 10am-3:30pm Tue May 05
93020 10am-3:30pm Tue May 12
93021 10am-3:30pm Tue May 19
93022 10am-3:30pm Tue May 26
93023 10am-3:30pm Tue Jun 02
93024 10am-3:30pm Tue Jun 09
93025 10am-3:30pm Tue Jun 16
93026 10am-3:30pm Tue Jun 23

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 plants 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: www.bellevuewa.gov/botanical_garden.htm

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: www.bellevuewa.gov/lake_hills_greenbelt.htm

Register Online: MyParksAndRecreation.com

May-August 2015 CONNeCTIONS 25
**ART IN NATURE EXHIBITS**
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.

**COST:** Free

**FAMILY 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, Mercer Slough Environmental Education Center

**COST:** FREE!

**INFO:** 425-452-2565

**FAMILY DISCOVERY: LEWIS CREEK EXPLORERS’ CLUB**
Fun for the whole family! Both adult and child must pre-register for programs with a course number listed below. Lewis Creek Park Visitor Center

**Frequent Fliers: Migratory Birds of Lewis Creek**
Did you know that some birds migrate thousands of miles every year? Migratory birds are the true international jet setters! Come and learn about the migratory birds that return to Lewis Creek each year. We’ll be going on a hike to spot some birds for ourselves; be sure to dress for the weather and wear sturdy shoes.

$2(R) $3(N) Age: 5Y and up

94451 1-2pm Sat May 09

**Bat Walk**
Discover the local bat species of Lewis Creek! Then, take a bat hike with a Ranger at dusk to watch for bats leaving their roosting sites! Bring a flashlight or headlamp, as well as good shoes, for the journey!

$2 $3 Age: 5Y and up

94453 7:30-9pm Fri May 15

94454 7:30-9pm Fri Aug 14

**Tree Detectives**
How can you use clues, like leaves, flowers, and bark to solve the tree mystery at Lewis Creek? Come discover how to identify different trees that are found in your own backyard!

FREE Age: 5Y and up

1-2pm Sat Apr 26

**Pond Dip**
The edges of ponds and wetlands are great places for budding naturalists to explore! We will use tools like dip nets and water scopes to get a closer look at the wetland creatures of Lewis Creek Park... what will we find in this unfamiliar under-water world?!

FREE Age: 5Y and up

1-2pm Sat Jun 13

**Night Hike**
When the sun sets and the dark of night creeps in, Lewis Creek comes alive! Learn about the different nocturnal and crepuscular species that call Bellevue home, and join a Ranger on a hike through the woods after dark! Bring a flashlight or headlamp, as well as good shoes and warm clothes, for the journey!

$2 $3 Age: 5Y and up

94456 7:30-9pm Fri May 15

94457 7:30-9pm Fri Jun 26

94458 7:30-9pm Fri Jul 17

94459 7:30-9pm Fri Aug 28

**A Midsummer Night’s Stream**
SSSSHHHHHHHH!!! What do you see and hear at a stream on a summer’s night? Quietly observe Lewis Creek with a Ranger, and find out what the creek is like at night! Bring a flashlight or headlamp, as well as good shoes and warm clothes, for the journey!

$2 $3 Age: 5Y and up

94456 7:30-9pm Fri May 15

94457 7:30-9pm Fri Jun 26

94458 7:30-9pm Fri Jul 17

94459 7:30-9pm Fri Aug 28

**What’s in the Forest Floor?**
There’s so much more to the forest floor than just soil! Come and learn about all the creepy crawlies and other organisms that make the forest floor home.

FREE Age: 5Y and up

1-2pm Sat Jul 25

Lewis Creek Visitor Center
This beautiful park offers ample opportunity to wander through forests, meadows and wetlands. Come inside the center and pick up trail and park maps for the area, attend a Natural Resource program, or simply enjoy the relaxing atmosphere.

**Location:** 5808 Lakemont Blvd., 98007

**Hours:** Wed-Sun, 10am-4pm

**Phone:** 425-452-2565

**Website:** www.bellevuewa.gov/mseec.htm

**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:** www.bellevuewa.gov/lewis_creek_park.htm

**FAMILY DISCOVERY SERIES**
Fun for the whole family! Both adult and child must pre-register for programs with a course number listed below.

**Lewis Creek Park Visitor Center**

**What’s in the Forest Floor?**

SSSSHHHHHHHH!!! What do you see and hear at a stream on a summer’s night? Quietly observe Lewis Creek with a Ranger, and find out what the creek is like at night! Bring a flashlight or headlamp, as well as good shoes and warm clothes, for the journey!

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1-2pm Sat Jul 25

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FREE Age: 5Y and up

1-2pm Sat Jul 25
LEWIS CREEK FILM SERIES
Lewis Creek Visitor Center

Hummingbirds: Magic in the Air
Discover the fast and marvellous lives of the tiniest warm-blooded animals on Earth as they are captured at 500 images per second, from nose dives to mating rituals. Running time: 73 minutes.
FREE Age: 8Y and up 2-3:15pm Sun May 10

Wolves: A Legend Returns to Yellowstone
After being hunted to the brink of extinction, this majestic misunderstood wolf is attempting the comeback of the century in America’s beloved Yellowstone Park. Four years in the making, this amazing film invited you to run with the pack for a wolf’s eye-view. Witness the unfolding saga of hardships and affection and the controversy surrounding the decision to reintroduce these wolves back into the heart of the West. Running time: 60 minutes.
FREE Age: 8Y and up 2-3pm Sun Jun 14

Jane Goodall’s When Animals Talk
Just like any pet owner, Jane Goodall believes that all animals can talk -- it’s just that we don’t always understand what they’re saying. When Animals Talk recounts the amazing stories of animals that have changed the lives of the people they’ve touched. We witness how animals can learn our language and find unique human-animal partnerships that make the world a better place. Running time: 55 min
FREE Age: 8Y and up 2-3pm Sun Jul 12

Raptor Force
Humans have had a unique relationship with raptors for more than four thousand years, first through the ancient sport of falconry, and, more recently, as scientists and engineers have turned to these mighty birds as the inspiration for the latest in aircraft design. In Raptor Force, you’ll learn the secrets of these astonishing aerialists, and how they’ve mastered, more than any other type of bird, the art of soaring. Running time: approx. 60 min.
FREE Age: 8Y and up 2-3pm Sun Aug 09

NATIVE AMERICAN GAMES
Come play some games developed by local Native Americans. Did you know that many of the games we play today were originally developed by these peoples? Discover the rules for the game Salhal, in the Native American way, when you join Eastside Heritage Center volunteer, Barb Williams, for this fun, skill-building and active game program. Be prepared to go outside and to learn something new! This program is presented by the Eastside Heritage Center in partnership with Bellevue Parks & Community Services. Min 5/Max 15
FREE Age: 8Y and up 2-3:30pm Sat Jun 27

Voices of the Wild
What animals do you hear when you walk through the woods? Come discover different animals voices and how they respond to YOU! We always make a fun craft to take home!
$2(R) $3(N) Age: 3Y and up 11am-12pm Fri Aug 07

FAMILY DISCOVERY: STORY TIME SERIES

Look, listen and create during an hour of stories and crafts on the 1st Friday of every month. Parents and children will explore together the diverse animal world with animated fiction. Pre-registration is required. All children must be accompanied by a registered adult. Min 2/Max 20
FREE Age: 8Y and up 2-3pm Sun May 03

Lost in the Woods
A new life was born in the woods. He slept alone in the tall grass. Was he lost? The animals of the forest want to know. We always make a fun craft to take home!
$2(R) $3(N) Age: 3Y and up 11am-12pm Fri May 01

Dream Weaver
Weave along with a small yellow spider as she enchants and inspires you! We always make a fun craft to take home!
$2(R) $3(N) Age: 3Y and up 11am-12pm Fri Jul 10

FAMILY DISCOVERY SERIES:
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. Min 1/Max 40

Great Blue Herons
Did you know that the Mercer Slough Nature Park is home to a great blue heron rookery? We’ll learn about what makes the Slough such a great home for these long-legged birds.
FREE All Ages 2-3pm Sun May 03

Wild West Wolves
After being hunted to the brink of extinction, this majestic misunderstood wolf is trying the comeback of the century in America’s beloved Yellowstone Park. Four years in the making, this amazing film invited you to run with the pack for a wolf’s eye-view. Witness the unfolding saga of hardships and affection and the controversy surrounding the decision to reintroduce these wolves back into the heart of the West. Running time: 60 minutes.
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Look, listen and create during an hour of stories and crafts on the 1st Friday of every month. Parents and children will explore together the diverse animal world with animated fiction and fun. Pre-registration is required. All children must be accompanied by a registered adult. Min 2/Max 20
FREE Age: 8Y and up 2-3pm Sun May 03

SLITHERING SNAKES AND CREEPY CRAWLIES
Young Verdi doesn’t want to grow up to be a big green snake. Come find out how Verdi discovers turning green doesn’t stop him from being himself! We always make a fun craft to take home!
$2(R) $3(N) Age: 3Y and up 11am-12pm Fri May 01

DREAM WEAVER
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WOLVES: A LEGEND RETURNS TO YELLOWSTONE
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FREE Age: 8Y and up 2-3pm Sun May 10
Experience a summer of discovery, outdoor adventure and environmental science with camps for children in preschool through grade 12 offered by Pacific Science Center.

For program details and to register visit pacificsciencecenter.org or call (206) 443-2925.
Backpacking and Encounters with Wildlife
Washington State is a great place to explore. Come learn from a Park Ranger and TRACKS leader, Jenna Walenga, about preparing for your first hike or overnight backpacking trip. Includes information on what to bring, good trail etiquette, and proper wildlife safety while out in the woods.
FREE    All Ages
94661    2-3pm    Sun    Jun 07
94662    2-3pm    Sun    Jun 14

Energy of the Sun!
Come learn about the amazing relationship we all have with the sun. Learn about how energy from the sun travels through animals and plants, and how without it, we could do nothing at all!
FREE    All Ages
94663    2-3pm    Sun    Jul 12
94664    2-3pm    Sun    Jul 19

Invasion of the Turtles
Did you know that up to three different species of Turtles live in the Mercer Slough? Did you also know that only one of them is native? This free program will focus both on the Turtles that live in Mercer Slough, and what it means to be an Invasive Species in a natural setting.
FREE    All Ages
94665    2-3pm    Sun    Aug 09
94666    2-3pm    Sun    Aug 30

**FAMILY DISCOVERY SERIES: MOVIES AT MERCER SLOUGH**
Join us 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. Info: 425-452-2565 or MSEEC@bellevuewa.gov
Mercer Slough Environ. Ed. Center
FREE    Best for ages 8+

**Eagle - Master of the Skies**
Take a look at one of the world’s most amazing animals, the North American Bald Eagle in this one hour wildlife special. Learn about the predator/prey relationship, and how eagles are important to a healthy ecosystem!
FREE    Age: 1Y and up
94674    5-6pm    Fri    May 29

**Earth Navigators**
Each year, driven by the changing of seasons, millions of animals navigate from one spot to another, taking part in one of the world’s many great migrations. This film explores both the native and exotic navigators of our world, and what drives them to travel such great distances.
FREE    Age: 1Y and up
94675    5-6pm    Fri    Jun 26

**How the Earth Was Made**
How the Earth was made plots the twisting course of Earth’s amazing journey. Using groundbreaking special effects and traveling to remote locations where our planet still bears the scars of its violent history, this compelling tells the story of unimaginable timescales, world shattering forces, and mass extinctions!
FREE    Age: 1Y and up
94676    5-6pm    Fri    Jul 31

**REPTILES: Turtles and Tortoises**
A turtle’s shell is among the most peculiar but successful pieces of design in the natural world. Unchanged for 200 million years, it has allowed the various species of turtles to populate almost everywhere in the world. This episode introduces some inspirational people who are trying to help the turtle keep thriving in our world!
FREE    Age: 1Y and up
94677    5-6pm    Fri    Aug 28

**BUZZING BLUEBERRIES**
Bellevue has some wonderful opportunities for picking blueberries. How do the berries grow? It all starts with a bee or other pollinator. Bring your family to discover how important our pollinators are for blueberries and other plants, then you can check in with farm stands to pick blueberries. Farm stand rates apply to u-pick purchases. Please dress for the weather. Families are encouraged to attend. Meet at the Lake Hills Greenbelt Ranger Station, 15416 SE 16th St., Bellevue, WA 98008. Cost: Free! Plus U-pick blueberry rates. Registration is required. Info & to Register: 425-452-6993 or ParkRangerProgram@bellevuewa.gov.
Min 2/Max 15
Lake Hills Greenbelt
FREE    All Ages
94341    2-3:30pm    Fri    Jul 31
94342    2-3:30pm    Fri    Aug 14

Register Online: MyParksAndRecreation.com
ADULT ENRICHMENT SERIES

ADULT ENRICHMENT: LIVING WITH WILDLIFE SERIES
How do I get the deer to stop eating my rose bushes? What do I do about those mole hills in my yard? Just how smart are those crows and ravens going through my garbage? How fortunate we are to live in a city full of wildlife! But this also leaves us with the responsibility of learning how to live with our furry and feathered neighbors. Learn about the wildlife that lives in and around Bellevue and how to live in harmony with wild animals. No Registration Required.
Lewis Creek Visitor Center
FREE    Age:  12Y and up
1-2pm Sun Jul 26

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 what species live in Bellevue and how you can prevent your home from becoming a bat cave.
FREE    Age:  12Y and up
1-2pm Sun Jul 26

That Woodpecker is Driving Me Crazy!
Tap-tap-tap-tap is the calling card of many woodpeckers in the summer months. What may be driving you crazy might actually be beneficial to you! Come and learn why Woodpeckers are a benefit to homeowners, and we can get along together.
FREE    Age:  12Y and up
1-2pm Sun Aug 23

LEWIS CREEK ADULT ENRICHMENT
Lewis Creek Visitor Center
Forest of Stone: Petrified Wood and our Geological Past
Did you know that petrified wood can be found in the Northwest? Join Paul Kester, president of the Northwest Paleontological Association for an exploration of all things petrified wood; what is it, how did it form, and what did these ancient forests look like? RSVP is required LCVC@Bellevuew.gov
FREE    Age:  13Y and up
2-3pm Sat May 16

Hot Topics in Washington State
Did you know that fire plays an important role in ecosystems? Many ecosystems have evolved with fire as a necessary contributor to a healthy habitat. Come discover how natural wildfires can be both beneficial to wildlife habitat, and learn how you can prevent unnatural wildfires from flaring up.
FREE    Age:  12Y and up
1-2pm Sun Jun 21

WHO’S THAT AT YOUR BIRD-FEEDER?
Join a Park Ranger to find out who is flying through your yard and might visit your birdfeeder. Learn about the different birds, what they eat and when you may see them. We will make a birdfeeder to take home. Families are encouraged to attend. Registration is required. For more information call 425-452-6993 or email ParkRanger-Program@bellevuew.gov Min 1/Max 10
Lake Hills Greenbelt
FREE All Ages 90763 10-11am Fri Apr 24

MERCER SLOUGH HOT TOPIC SERIES
Learn about important conservation issues in your local and regional communities. Suggest topics you’d be interested in learning more about!
Best for ages 12+. Info: 425-452-2565.
Min 4/Max 25
Mercer Slough Nature Park
The Real Seahawks
Did you know that the Seahawk is a real bird that lives in Washington State? Come learn about Ospreys in this fascinating program. Find out why this bird was chosen as the mascot for your favorite football team.
FREE    Age:  1Y and up
94671 2-3pm Sun Jun 28

MERCER SLOUGH GUEST LECTURE SERIES
Mercer Slough Environmental Education Center; 1625 118th Ave SE
Birding in Zambia and Mercer Slough
Join guest speaker Hugh Jennings, as we travel to Zambia through his beautiful photos. Afterwards, take a walk with Hugh Jennings as you explore the birds of The Mercer Slough. This is a perfect time of year to see migrating birds, as well as our resident birds. Please dress for the weather and if you have binoculars please feel free to bring them along!
FREE All Ages 94667 2-3:30pm Sun May 17

Wolf Haven
Join this FREE, family-friendly program to discover the wild wolves that live in our state. Wolves mean a great many things to different groups of people. Find out what they can mean to you.
FREE All Ages 94668 2-3:30pm Sun Aug 23

MERCER SLOUGH ADULT ENRICHMENT SERIES
Mercer Slough Environmental Education Center; 1625 118th Ave SE
The History of Mercer Slough
Presented by the Eastside Heritage Center; Take a look at Mercer Slough through the lens of time. Discover what our Nature Park was like before it was abused and how the city is helping it to heal.
FREE    All Ages
94669 2-3pm Sun Jul 26

Register Online: MyParksAndRecreation.com
**FRASER CABIN HERITAGE PROGRAMS**

Presented by the Eastside Heritage Center, in partnership with Bellevue Parks & Community Services. Fraser Cabin, built in 1888 and located at Kelsey Creek Farm, comes to life with volunteers and staff from Eastside Heritage Center. Visitors are invited to participate in hands-on activities that relate to 1880s settler life: agriculture, diary, household tasks, log cabins, games and Eastside history. For more information, contact the Eastside Heritage Center at 425-450-1049 or visit [www.eastsideheritagecenter.org](http://www.eastsideheritagecenter.org).

**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, 2pm
- **Location:** Bellevue Botanical Garden Visitor Center, 12001 Main Street
- **Information:** 425-451-3755
- **Cost:** Free
- **Groups:** Pre-register 3 weeks in advance, special times ok, available April through October.

**Mercer Slough Ranger Hike**

Meet a Park Ranger at the Visitor Center for a free guided tour and learn about the fascinating flora, fauna, and history of the Mercer Slough Nature Park – Lake Washington’s largest remaining wetland. Please dress for weather. All ages welcome. No registration necessary.

- **When:** Weekly, every Saturday 2-3pm.
- **Where:** Mercer Slough Environmental Education Center, 1625 118th Ave SE
- **Cost:** Free
- **Info:** 425-452-2565 or MSEEC@bellevuewa.gov

**Lake Hills Greenbelt Ranger Hike**

Saturdays, 2-3pm

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

- Have you enjoyed the community gardens in Bellevue? Can you spot a nurse log? Join a Park Ranger for a free guided tour of the Greenbelt. Learn the history of the park, tour community gardens, and learn about local wildlife! Fun for the family! All ages welcome. Call 425-452-6993 for more information.

<table>
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<th>Tours, Hikes, Walks, &amp; Outdoor Activities</th>
<th>Lewis Creek Ranger Hikes</th>
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<td><strong>Bellevue Botanical Garden Tours</strong></td>
<td><strong>Join a Ranger in exploring the natural history of Lewis Creek Park. Look for signs of local wildlife and learn what to do when encountering animals in the wild. All ages welcome. Dress for the weather and wear sturdy shoes. No registration required.</strong></td>
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</table>
| **Mercer Slough Ranger Hike**            | **Time:** Saturdays: December 6, January 3, February 7, March 7, April 4 10:30 a.m. – 11:30 a.m.
| **Lake Hills Greenbelt Ranger Hike**     | **Location:** Lewis Creek Visitor Center, 5808 Lakemont Blvd SE **Cost:** Free! **Info:** Call 425-452-4195 |
LEWIS CREEK RANGER HIKES
Join a Ranger in exploring the natural history of Lewis Creek Park. Look for signs of local wildlife and learn what to do when encountering animals in the wild. All ages welcome. Dress for the weather and wear sturdy shoes. Cost: Free! No registration required.
Lewis Creek Park
FREE  Age: 6Y and up
10:30-11:30am Sat May 02
10:30-11:30am Sat Jun 06
10:30-11:30am Sat Jul 11
10:30-11:30am Sat Aug 08

LOCAL AREA RANGER HIKES
Did you know Bellevue has almost 100 parks and over 80 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  Min 1/Max 50
Coal Creek Natural Area
Discover Bellevue’s largest park and get lost in the wilderness while still in the city! This area is rich in history and wildlife. Distance: 5 miles. Level of Difficulty: Moderate (100 feet elevation change) Meeting Place: Coal Creek East Trailhead (Newcastle Golf Club Road, west of Redtown Trailhead)
FREE  Age: 6Y and up
10am-12pm Sat Jun 20
10am-12pm Sat Aug 15

Trails of South Bellevue
Explore the lesser-known trails of South Bellevue with a park ranger! Lakemont Highlands Open Spaces 10 a.m. - 12 p.m. Distance: 3.5 miles. Level of Difficulty: Difficult (350 feet elevation change).
Meeting Place: Lewis Creek Visitor Center, 5808 Lakemont Blvd SE
FREE  Age: 6Y and up
10am-12pm Sat Jul 18

OWL PROWL
Join a Park Ranger on a night walk to look for owls as well as other nocturnal wildlife. Learn about and listen for the animals that thrive in the dark! Wear sturdy footwear and be ready to walk the trails in the dark. Bring a flashlight or headlamp for the journey. Pre-registration required. Min 2/Max 12
Lake Hills Greenbelt Ranger Station
FREE  Age: 5Y and up
94345 8-9pm Fri Aug 28

WOOF WALK
Join a Park Ranger and discover fascinating ecological facts about Bellevue City Parks. Bring your dog(s) and learn how you can enjoy your parks with your furry friends. Please dress for the weather. Dogs must be on a leash no longer than 6 feet. Families are encouraged to attend. For more information please call 425-452-6993 or email ParkRangerProgram@bellevuewa.gov  Min 2/Max 10
Lake Hills Greenbelt Ranger Station
FREE  Age: 5Y and up
94345 10-11am Sun Jun 21
94345 10-11am Sun Jul 19
94345 10-11am Sun Aug 23

COMMUNITY FARMS & 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,
425-452-6993,
gardening.wsu.edu

2015 COMMUNITY GARDEN P-PATCH
The City of Bellevue offers P-Patch garden plots to the community at two locations: The Lake Hills Greenbelt Ranger Station and Crossroads Park. Each plot measures approximately 400 square feet and water is supplied on site. Returning gardeners apply in early winter. New gardeners please contact Laura Harper for more information and to be added to our mailing list. Seasonal and ADA-accessible p-patches offered.
Information: 425-452-7225 or email ParkRangerProgram@bellevuewa.gov.
Arbor Day—Earth Day
April 18, 2015

Bellevue’s annual Arbor Day—Earth Day event, scheduled for Saturday, April 18, will be held at Lewis Creek Park (5808 Lakemont Blvd). This year’s celebration will also mark the city’s 24th year of being recognized as a Tree City USA by the Arbor Day foundation. The event will include volunteer projects, a tree-planting ceremony, and a family festival.

Volunteer Projects — 9 a.m. to 11 a.m.: Approximately 400 volunteers will participate in park enhancement projects at Lewis Creek Park and several other parks across the city. Projects will include planting, trail resurfacing, and removing invasive species. Drop-in projects are limited, so register today! Parks_Stewardship@BellevueWA.gov.

Family Festival – 11 a.m. to 1:30 p.m.: Held at Lewis Creek Park Visitors Center. Local environmental stewardship organizations will host free activities, ranger walks and eco-demonstrations. All ages are welcome! Kids can grab an Arbor Day—Earth Day Passport from a ranger and journey through various eco-stations. After learning about each station, children can have their passport stamped. Completed passports will be entered into a raffle.

Arbor Day—Earth Day Ceremonial Tree Planting – 11:30 a.m.: Bellevue Park Rangers and elected officials will participate in the ceremony and recognize many wonderful volunteers and community groups. A ceremonial tree will be planted.

For more information about the City of Bellevue’s Arbor Day—Earth Day 2015 event, contact Curtis Kukal at 425-452-4195.
Outdoor & Natural Resources / Kelsey Creek Farm

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

Farm animals in the pastures daily from 9am 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.

Groups of 10+ 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.

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, and chicken. Adoption levels are available from $15 for Best Friend to $200 for Great Grandparent. For more information, call Kelsey Creek Farm at 425-452-7688 or email KelseyCreekFarm@bellevuewa.gov.

DOCENT-LED TOURS

2 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

Sparkling volunteer opportunities await at Garden d’Lights: Greeters are needed to take tickets, answer questions and provide directions every night from November 29 through January 3. Trillium Store workers are needed as cashiers and general helpers. Special Event Support volunteers are needed to assist staff with operational duties. Training is provided; work as many or as few shifts as you like; see all the smiling faces as they arrive and experience the joy of Garden d’Lights! If you are interested, please submit your Volunteer Application at www.bellevuebotanical.org – you will be contacted.

BBG 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.

BELLEVUE BOTANICAL GARDEN

BELLEVIEW Botanical Garden

VOLUNTEER OPPORTUNITIES

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 on line at http://www.bellevuewa.gov/environmental-volunteering.htm or contact Curtis Kukal at 425-452-4195 or by email at Parks_Stewardship@bellevuewa.gov.

Here are just a few of the opportunities:
- Canoe Guide Naturalist
- Natural Resource Week Educators
- Scout Leadership Service Project
- Environmental Education Center Docent
- Eco Fridays and Stewardship Saturday Events
- Master Naturalist Training Program
- ... and much, much more!

EASTSIDE HERITAGE CENTER VOLUNTEERS

Various opportunities including Historical Winters House Host, assisting with educational outreach, collections, marketing, special events and more. Must be 18.

Information: Eastside Heritage Center, 425-450-1049
FARM PARTIES
Celebrate your child's special day with a visit to the farm! Meet our goats, sheep, rabbits, pig, and ponies. Then create your own wooly sheep to take home. Party packages include one hour tour/craft time and one hour room rental. Parties are limited to 30 children and/or adults. Children under 2 are no additional charge. Call early for reservations and more information, 425-452-7688 or email kelseycreekfarm@bellevuewa.gov

FARM TOURS FOR SCHOOLS AND GROUPS
Experience the Farm with a tour designed specifically for groups. Tour themes vary by season as described below. Each focuses on a particular subject ranging from pioneer life in the 1880s to springtime on the farm. Most tours appropriate for children ages 2 and up. Tours are available weekdays and are approximately one hour in length. $85 for 15 or fewer people (children & adults). Additional attendees: $5.50 per child & $2.50 per adult. Staff are free. Call early for reservations and more information, 425-452-7688 or email kelseycreekfarm@bellevuewa.gov

KELSEY CREEK FARM RABBIT TALES
Get up close to the Kelsey Creek rabbits. Teen volunteers and staff will teach you about what rabbits eat, where they live, and how they like to be touched. Create a craft project to take home. All ages welcome; children must be accompanied by an adult. Suggested donation to support the farm - $1 per person/$5 per family. For more information e-mail KelseyCreekFarm@bellevuewa.gov or call 425-452-7688.

KELSEY CREEK VOLUNTEERS: EQUINE NEW
If you have never volunteered in the Kelsey Creek Equine program, then this program is for you. Learn about horses as you work directly with children in the equine programs. Qualifications include; interest in horses, tolerance to be on your feet for a physically active day, ability to work in diverse weather conditions, capable of understanding and following directions, willingness to learn, and a positive attitude. Volunteers must be on time and able to attend every day of the entire two week session. Volunteers will be required to attend a mandatory training and to pass a skills test. Training is Saturday, June 13 from 10pm-12pm. All volunteers will be required to complete a Criminal Background check and provide their Social Security number. Limit 1, (ONE) session per participant. Please choose only 1 volunteer program per participant. Please note; Thursdays are short days, 8am-Noon. Min 1(Max 6)

KELSEY CREEK FARM BATS AT TWILIGHT
Discover bats and the important role they play in nature. Bats Northwest will dispel myths and discern the facts as we learn about the bats that live in the Pacific Northwest and beyond. After dusk, we will scan the evening skies to see the bats that live at Kelsey Creek Park and use a bat detector to see and hear the resident bats at work. Appropriate for ages 10 yrs and above; children must be accompanied by an adult. Suggested donation $1 per person/$5 per family. Kelsey Creek Community Farm Park, 410 130th PL SE, 98005. For more information e-mail KelseyCreekFarm@bellevuewa.gov or call 425-452-7688. Min 1/Max 1

JUST RIDE
Take a pony ride on the trails at Kelsey Creek Farm. Ponies and horses are groomed, saddled, bridled, and ready to go! Boots with 1/2 inch heels are required, helmets provided. Class will begin promptly on time. Siblings welcome in backpacks only. Min 1/Max 2

Kelsey Creek Farm
$50(R) $60(N) Age: 4Y - 6Y
94277 1:30pm Thu Jul 09-16
94286 2:30pm Thu Jul 09-16
94291 11-11:30am Fri Jul 10-17
94292 12:30- 1pm Fri Jul 10-17
94293 1:30- 2pm Fri Jul 10-17
94287 1:30pm Thu Jul 23-30
94288 2:30pm Thu Jul 23-30
94294 11-11:30am Fri Jul 24-31
94295 12:30- 1pm Fri Jul 24-31
94296 1:30- 2pm Fri Jul 24-31
94289 1- 1:30pm Thu Aug 06-13
94290 2- 2:30pm Thu Aug 06-13
94297 11-11:30am Fri Aug 07-14
94298 12:30- 1pm Fri Aug 07-14
94299 1:30- 2pm Fri Aug 07-14
Parent & Child Class
$50(R) $60(N) Age: 3Y - 4Y
94271 9- 9:30am Fri Jul 10-17
94272 10-10:30am Fri Jul 10-17
94273 9- 9:30am Fri Jul 24-31
94274 10-10:30am Fri Jul 24-31
94275 9- 9:30am Fri Aug 07-14
94276 10-10:30am Fri Aug 07-14

KELSEY CREEK FARM PONY RIDES
Take a pony ride on the trails at Kelsey Creek Farm. Ponies and horses are groomed, saddled, bridled, and ready to go! Boots with 1/2 inch heels are required, helmets provided. Class will begin promptly on time. Siblings welcome in backpacks only. Min 1/Max 2

Kelsey Creek Farm
FREE Age: 10Y and up
94041 7:30- 9pm Fri Aug 21

KELSEY CREEK FARM PARTIES
Celebrate your child's special day with a visit to the farm! Meet our goats, sheep, rabbits, pig, and ponies. Then create your own wooly sheep to take home. Party packages include one hour tour/craft time and one hour room rental. Parties are limited to 30 children and/or adults. Children under 2 are no additional charge. Call early for reservations and more information, 425-452-7688 or email kelseycreekfarm@bellevuewa.gov

Ages 2-11
Residents $160 - up to 15 children
Nonresidents $175 - up to 15 children
Addl’ Children $5.50 each

KELSEY CREEK FARM RABBIT TALES
Get up close to the Kelsey Creek rabbits. Teen volunteers and staff will teach you about what rabbits eat, where they live, and how they like to be touched. Create a craft project to take home. All ages welcome; children must be accompanied by an adult. Suggested donation to support the farm - $1 per person/$5 per family. For more information e-mail KelseyCreekFarm@bellevuewa.gov or call 425-452-7688.

Min 1/Max 1
Kelsey Creek Farm
FREE All Ages
93923 11-11:30am Wed Jul 29

KELSEY CREEK VOLUNTEERS: EQUINE NEW
If you have never volunteered in the Kelsey Creek Equine program, then this program is for you. Learn about horses as you work directly with children in the equine programs. Qualifications include; interest in horses, tolerance to be on your feet for a physically active day, ability to work in diverse weather conditions, capable of understanding and following directions, willingness to learn, and a positive attitude. Volunteers must be on time and able to attend every day of the entire two week session. Volunteers will be required to attend a mandatory training and to pass a skills test. Training is Saturday, June 13 from 10pm-12pm. All volunteers will be required to complete a Criminal Background check and provide their Social Security number. Limit 1, (ONE) session per participant. Please choose only 1 volunteer program per participant. Please note; Thursdays are short days, 8am-Noon. Min 1(Max 6)
Kelsey Creek Farm
$15(R) $18(N) Age: 12Y - 18Y
94218 8am-4:30pm Mon-Thu Jul 06-16
94219 8am-4:30pm Mon-Thu Jul 20-30
94220 8am-4:30pm Mon-Thu Aug 03-13

Register Online: MyParksAndRecreation.com
**MEET OUR INSTRUCTORS**

**Jayne Ash**
farmerjayne.com

Jayne Ash, or Farmer Jayne as she is called by her students, combines 25 years of early childhood education experience with her knowledge of animals to actively engage children in the joys of farm life. Offering farm classes, school tours, specialized summer camps and birthday parties, Farmer Jayne mixes creative art experiences with hands-on learning. Activities include animal handling and interaction, barn chores and structured play.

**Diane Culhane**
dianeculhaneart.com

Diane is a ceramic artist, painter and educator with a Bachelor of Fine Arts from the University of Utah and a Masters in Teaching from Seattle University. For the past 15 years Diane shows her paintings in fine arts craft fairs, Galleries in multiple states. She has also been commissioned by local libraries, area hospitals and various corporations for her art work. Diane teaches online art classes, building relationships with students and collectors all over the world, and has taught at the Bellevue Arts Museum, Pratt, Kirkland Arts Center, and Seattle Pacific University.

During the summer months, Diane dedicates her time, talents and passion to teaching children at Kelsey Creek Farm’s Go Go with Van Gogh summer camps. Diane is all about sharing her love of creative expression and nurturing the artistic gifts in others.

**Dale Rumens-Partee**
westernskyhorsemanship.com

Dale is well respected in the horse community for her numerous successes in Cowboy Dressage, as well as competitive trail events. She travels to a variety of states and equine expos sharing her knowledge and assisting riders develop a willing partnership with their horses and ponies. Dale’s philosophy with horses is to offer the horse a variety of experiences in and out of the arena, to develop a well-rounded horse and partner for herself and her clients. She enjoys teaching riders of all ages, helping clients choose their first or next horse. She has taught summer horsemanship camps for Kelsey Creek Farm for many years, introducing children from all backgrounds to horsemanship, how to be safe and have fun on the ground and in the saddle!

**Jeff Johnson**
cartooniversity.com

Jeff, for the past 25 years, has been an editorial cartoonist and cartooning instructor. He provides a unique opportunity for kids of all skill levels to explore the art of cartooning through a series of fun, challenging projects that are designed to develop each student’s own style in a positive, encouraging classroom environment. With an emphasis on FUN, students learn the importance of expression, action/movement, character development, layout, backgrounds, perspective, lettering and much more in this one-of-a-kind cartooning experience at the Cartooniversity Day Camp at Kelsey Creek Farm.
**KELSEY CREEK VOLUNTEERS: SUMMER FARM**

Volunteers assist the farm staff with daily operations in this week long program. Volunteers will help with the animal chores, participate in special projects and learn responsible animal care. All this, and earn community service hours too! You need to have a willingness to learn and the ability to be on your feet for a physically active day. Also you must have a tolerance for being outside and working in a farm environment in close proximity to animals, hay, vegetation and dust. Participants must be capable of understanding and following directions and be able to begin on Monday. All volunteers will be required to complete a Criminal Background check and provide their Social Security number. Limit 1, (ONE) session per participant for either the Farm, Art OR Equine summer volunteer program. Please choose only 1 volunteer program per participant. Min 2/Max 8 Kelsey Creek Farm

$15(R) $18(N) Age: 12Y - 14Y
94084 9am-4:30pm Mon-Fri Jul 06-10
94089 9am-4:30pm Mon-Fri Aug 10-14

$15(R) $18(N) Age: 15Y - 18Y
94085 9am-4:30pm Mon-Fri Jul 13-17
94086 9am-4:30pm Mon-Fri Jul 20-24
94087 9am-4:30pm Mon-Fri Jul 27-31
94088 9am-4:30pm Mon-Fri Aug 03-07

**KELSEY CREEK VOLUNTEERS: SUMMER LOG CABIN**

Enjoy working with children and want to earn community service? Here is the opportunity for you. You will assist the instructor with daily tasks and help children as they take part in the Log Cabin day camp, comparing their lives today to pioneer times. Qualifications include; enjoy working with children ages 4-6, willingness to learn, self-motivated, capable of understanding and following directions and a positive attitude. All volunteers will be required to complete a Criminal Background check and provide their Social Security number. Min 1/Max 2 Kelsey Creek Farm

$15(R) $18(N) Age: 14Y - 18Y
94094 9:30am-1:30pm Mon-Fri Jul 20-24
94093 9:30am-1:30pm Mon-Fri Jul 27-31

**Performing Arts**

**DANCE - PRE-BALLET 2**

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. Min 5/Max 12 South Bellevue Community Center

$61(R) $73(N) Age: 5Y - 6Y
90825 4-4:45pm Tue Jun 02-Jul 07

**DANCE - 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. Min 5/Max 12 South Bellevue Community Center

$61(R) $73(N) Age: 7Y - 10Y
90834 5-6pm Tue Jun 02-Jul 07

**ROCK ‘N’ MORE GUITAR LESSONS**

Rock ‘n’ More Music Academy - Learn to play guitar chords and single notes on your electric or acoustic guitar. Fun, personalized, ongoing weekly guitar lessons teach you everything you want to learn on electric or acoustic guitar with an emphasis on fundamentals. And of course, practice makes perfect! Min 3/Max 10 Crossroads Community Center

$80(R) $96(N) Age: 8Y - 12Y
95010 3-7:30pm Wed May 06-27

**MOVE OVER MOZART/PIANO CLASSES**

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. One-time $10 materials fee payable to instructor due at first class session, and is separate from class fee. (Additional classes may be added from waitlist as needed). Instructor: Pamela J. Cornell

Min 5/Max 6 Northwest Arts Center

$99(R) $119(N) Age: 42M - 4Y
95007 4:30-5pm Tue Jun 30-Sep 01
95008 5-5:30pm Mon Jun 29-Aug 31
95009 4-4:30pm Tue Jun 30-Sep 01
95010 5-6pm Tue Jun 30-Sep 01

$99(R) $119(N) Age: 3Y - 4Y
95007 4:30-5pm Tue Jun 30-Sep 01
95008 5-5:30pm Mon Jun 29-Aug 31
95009 4-4:30pm Tue Jun 30-Sep 01
95010 5-6pm Tue Jun 30-Sep 01

$99(R) $119(N) Age: 5Y - 6Y
95007 4:30-5pm Tue Jun 30-Sep 01
95008 5-5:30pm Mon Jun 29-Aug 31
95009 4-4:30pm Tue Jun 30-Sep 01
95010 5-6pm Tue Jun 30-Sep 01

$99(R) $119(N) Age: 7Y - 12Y
95007 4:30-5pm Tue Jun 30-Sep 01
95008 5-5:30pm Mon Jun 29-Aug 31
95009 4-4:30pm Tue Jun 30-Sep 01
95010 5-6pm Tue Jun 30-Sep 01

**Move Over Mozart**

- 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.

- Min 5/Max 12
- South Bellevue Community Center

**DANCE - PRE-BALLET 2**

- Age: 14Y - 18Y
- Kelsey Creek Farm

**DANCE - YOUTH BALLET 1**

- Age: 7Y - 10Y
- South Bellevue Community Center

**ROCK ’N’ MORE GUITAR LESSONS**

- Crossroads Community Center

**MOVE OVER MOZART/PIANO CLASSES**

- Northwest Arts Center
The Bellevue Youth Theatre is dedicated to providing opportunities for all young people in the theatre, ages 8-19, or children under 8 with a parent or guardian present at all times. Persons with disabilities, families and older adults are encouraged to participate. The focus of the theatre is to build self-esteem, teamwork and confidence while performing in a supportive environment. Children under 12 and first time participants can expect smaller roles and limited lines. For more information please call 425-452-7155.

BELLEVUE YOUTH THEATRE SUMMER 2015 AUDITIONS

Pre-registration is not allowed. YOU MUST AUDITION TO BE IN OUR PROGRAM. There is no need to prepare anything for the audition. Participants 18 and older are required to have a current background check on file at the theatre. These are good for one year.

FREE (R) $125 (N)

Children 4 and younger are required to have a parent perform with them on stage.

Children 5-7 will require a parent to be present at all rehearsals and performances. They will not get lines and will perform with a group.

For more information about our casting policy, please call 425-922-1862 or e-mail JMclain@bellevuewa.gov.

Auditions will be held at the following place and times:

ALADDIN
This show is great for the whole family. Based on the Arabian Nights. There are two casts that will perform on two different weekends, pick your time and weekend. Great roles for all ages. (Youth under 8 can expect group lines only.)

Cast 1:
Rehearsal location: BYT-Crossroads
Rehearsals begins: Monday, June 29
Rehearsals: Mon. to Fri., 3-5 p.m.
Tech Week: The week of August 10 at BYT-Crossroads
Performs at BYT-Crossroads: August 14-16
Directed by: TBA

Cast 2:
Rehearsal location: BYT-Crossroads
Rehearsals begins: Monday, June 29
Rehearsals: Mon. to Fri., 3-5 p.m.
Tech Week: The week of August 10 at BYT-Crossroads
Performs at BYT-Crossroads: August 14-16
Directed by: TBA

10 WAYS TO SURVIVE THE ZOMBIE APOCALYPSE
A fun show with singing, dancing, and rampaging zombies. This is the first show in the Bellevue Youth Theatre’s new amphitheatre. Ages 12 and older ONLY. You must be 12 by June 29.

Rehearsal location: BYT-Crossroads
Rehearsal begins: Monday June 29
Rehearsals: Mon. to Fri., 1-3 p.m.
Tech Week: The week of August 17 at BYT-Crossroads
Performs at BYT-Crossroads: August 21-23
Directed by: James McClain

Preschool
Dance, Movement, & Music

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.

$3 (R) $4 (N) Age: Up to 5Y
Crossroads Community Center
9-11:30am Mon-Fri Ongoing
North Bellevue Community Center
11am-1pm Wed Ongoing
2-4pm Thu
South Bellevue Community Center
10:30am-12pm Mon, Wed, Fri

Arts, Crafts, Cooking & Family Fun

TEATIME WITH MOTHER AND 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! Min 4/Max 5
Northwest Arts Center
$25 (R) $30 (N) Age: 2Y - 5Y
Each Add’tl Child: $5 (R) $6 (N)
90008 10-11:30am Sat May 09
**PLAYDATE WITH DAD!**
Spend a fun-filled morning with dad playing games, making crafts and making a special snack to share. Min 6/Max 8
Northwest Arts Center
$25(R) $30(N) Age: 2Y - 5Y
Each Add’l Child: $5(R) $6(N)
90612 10-11:30am Sat Jun 20

**A PIRATE’S LIFE FOR ME!**
Yo Ho, Yo Ho! A pirate’s life for me!
Join us for a whale of a time learning about pirates. Hunt for treasure, play games, do art, sing songs and make a treat to eat and enjoy! Child only class. Min 6/Max 12
Northwest Arts Center
$35(R) $40(N) Age: 3Y - 6Y
93901 10am-12pm Sat Jun 06

**PEE WEE PICASSO**
Have fun together doing delightful art projects reflecting various subjects as well as seasonal specialties. Projects made in this delightful class make for artful memories and lasting treasures.
No please no siblings during class time.
Caregiver required in class. Min 8/Max 10
Northwest Arts Center
$48(R) $58(N) Age: 18M - 3Y
93909 9:45-10:30am Thu Jun 04-25

**RAH! RAH! REMBRANDTS!**
Calling all preschoolers! Come explore the colorful world of art and imagina-
tion. Each week we will focus holiday themed related projects. Materials are included.
Min 6/Max 10
Northwest Arts Center
$48(R) $58(N) Age: 3Y - 6Y
93910 11-11:45am Thu Jun 04-25

**SPORTBALL BIG KIDS - MULTI-SPORT**
Sportball Multi-Sport skills development programs introduce preschool age children to the concepts and skills involved in the eight core sports of the Sportball methodology. Developmentally appropriate methods are introduced to reinforce the benefits of teamwork and skills development rather than the importance of winning.
Children gain the confidence and develop the social skills necessary to succeed in sport and life. Child only program. Min 6/Max 12
South Bellevue Community Center
$19 $22 Age: 3Y - 5Y
90439 4-5pm Mon May 04-Jun 15
$91(R) $109(N) Age: 3Y - 5Y
90432 1-2pm Tue May 05-Jun 16
90434 11:30am-12:30pm Tue May 05-Jun 16

**SPORTBALL OUTDOOR SOCCER**
Sportball coaches develop competence and confidence on the field in Sportball soccer classes. Children are taught the fundamental skills necessary to excel in soccer. These include throw-ins, dribbling, trapping, passing, goalie skills and more. Classes are dedicated to skills development and putting those skills to work in an exciting, non-competitive game. Min 4/Max 15
South Bellevue Community Center
$91(R) $109(N) Age: 3Y - 5Y
94522 10:30-11:30am Sat Jul 11-Aug 22

**SPORTBALL PARENT & CHILD OUTDOOR SOCCER**
Parents and caregivers can have a direct hand in a preschooler’s development through our Sportball soccer classes. Children are taught the fundamental skills necessary to excel in soccer. These include throw-ins, dribbling, trapping, passing, goalie and more. Classes are dedicated to skills development and putting those skills to work in an exciting, non-competitive game. Min 4/Max 15
South Bellevue Community Center
$91(R) $109(N) Age: 2Y - 3Y
94523 9:30-10:15am Sat Jul 11-Aug 22

**KELSEY CREEK FREE KID’S SHOWS**
Bellevue Friends of the Library, in partnership with Bellevue Parks & Community Services presents a free children’s event that will be held at Kelsey Creek Farm Park, in the amphitheater, next to the Education Barn. For more information call 425-452-7688 or e-mail KelseyCreekFARM@bellevuewa.gov. Min 1/Max 1
Kelsey Creek Farm
Recess Monkey
FREE 93935 10:30-11:30am Tue Jul 14
Eric Ode
FREE 93934 10:30-11:30am Tue Aug 04
Nancy Stewart
FREE 93935 10:30-11:30am Tue Aug 11

**ROBINSWOOD FREE KID’S SHOW**
Kid’s Show at Robinswood Park. Bellevue Friends of the Library, in partnership with Bellevue Parks & Community Services presents a children’s event that will be held in the park, on the grass area outside the Robinswood Barn located at 2430-148th Ave SE. A blanket for seating is encouraged. For more information call 425-452-7688 or e-mail KelseyCreekFARM@bellevuewa.gov. Min 1/Max 1
Robinswood Community Park
Harmonica Pocket
FREE 93936 10:30-11:30am Tue Jul 28

Register Online: MyParksAndRecreation.com
Music & Movement

BABY BEETHOVEN
A fun and stimulating hands-on introduction to music and movement class for toddler and parent. Traditional songs, movement, and playing rhythm instruments included. Caregiver required in class. Please no siblings during class. Instructor: Karen Renfroe-Gielgens Min 8/Max 10 Northwest Arts Center $48(R) $58(N) Age: 18M - 3Y 93911 9:45-10:30am Fri Jun 05-26

DANCE - PRE BALLET & TAP 1
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. Min 5/Max 12 South Bellevue Community Center $51(R) $61(N) Age: 3Y - 5Y 90803 10:30-11:15am Fri Jun 05-Jul 10

DANCE - 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. Min 5/Max 12 South Bellevue Community Center $51(R) $64(N) Age: 3Y - 5Y 90803 11:30am-12:15pm Fri Jun 05-Jul 10

DANCE - PRE-BALLET & TAP 2
For those who have already completed Pre-ballet 1 - try Pre-ballet/Tap 2. Dancers will continue working on rhythm, grace and coordination while exploring new ways to move and express themselves. Attire: leotard, tights, ballet and tap shoes Min 6/Max 12 South Bellevue Community Center $61(R) $73(N) Age: 4Y - 5Y 90813 12:30-1:15pm Thu Jun 04-Jul 09

Learning & Enrichment

NATURAL START PRESCHOOL OPEN HOUSE
Natural Start Preschool is a nature-based preschool combining Kindergarten readiness with experience in nature, physical activity and environmental education. We will be hosting several open houses for the 2012-2013 school year. Parents and children are invited to visit our classroom, meet our teachers, tour the facility, and learn more about what our unique program has to offer! For more information, please call 425-891-0764 or visit our website at www.naturalstartpreschool.com. Min 1/Max 30 South Bellevue Community Center FREE Age: 3Y and up 93496 10am-12pm Sat May 02 93497 10am-12pm Sat Jul 18 93498 10am-12pm Sat Aug 08
Natural Start 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 45-90 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.

Pre-Kindergarten Preschool
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
$1736(R) $2083(N) Age: 4Y - 5Y
9:30am-1pm Mon, Wed, Fri Sep to May

Preschool Playschool
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
$996(R) $1195(N) Age: 3Y - 4Y
9:30am-12pm Tue, Thu Sep to May

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

Your Neighborhood Preschool Choice
Special Interest & Extended Learning

Computer Classes

ONE-ON-ONE COMPUTER OR TABLET HELP
Need help with a particular computer or tablet even software program that has you stumped? Feel more comfortable asking questions one-on-one? Need a quick skill brush-up for your new job? Gain computer skills, confidence, and comfort level with your equipment in a 2-hour one-on-one session. NEW! Bring your Computer Tablet or Laptop from home if you feel more comfortable using your own equipment, or use the laptop in our lab. (This for Windows and Android devices. Min 1/Max 1)

North Bellevue Community Center
$20(R) $24(N) Age: 18Y and up
94470 10am-12pm Tue May 12
94472 10am-12pm Tue Jun 02
94474 10am-12pm Tue Jul 07
94475 10am-12pm Tue Jul 21
94476 10am-12pm Tue Aug 04
94477 10am-12pm Tue Aug 18
$28(R) $34(N) Age: 18Y and up
94471 1-3pm Thu May 21
94473 1-3pm Thu Jun 18

ANDROID TABLETS AND CELL PHONES
Want to learn more about your tablet or phone? Thinking about buying a tablet because you are having trouble seeing information on your cell phone? Join us as we explore everything about Android. You may bring your Android tablet or cell phone, but it is not required to attend. Min 3/Max 10

North Bellevue Community Center
$17(R) $20(N) Age: 18Y and up
94527 10am-12pm Thu Aug 06
94528 10am-12pm Thu Aug 20

Buying and Selling Via Internet
Never attempted to buy or sell anything via the internet? Let's explore how it is done. Everything you wanted to know about Craig's List, eBay, Amazon, TV Shopping Channels, etc. but were afraid to try. Learn how to use these websites for buying and selling on the internet. Optional, but not required: bring a tablet, laptop, or other device that can access the internet.

Min 3/Max 10
North Bellevue Community Center
$17(R) $20(N) Age: 18Y and up
94525 10am-12pm Thu May 04
94526 7-9pm Thu Jun 16

Dance & Arts

Tap Dance - Beginning
Have you wanted to learn to tap dance or want to improve the skills you learned long ago? This is a wonderful way to exercise while improving coordination and memory - while having fun. Min 10/Max 30

North Bellevue Community Center
$22.50(R) $27.50(N) Age: 18Y and up
93993 11am-12pm Tue Jun 02-30
93994 12:15-1:15pm Tue May 05-26
93995 12:15-1:15pm Tue Jun 02-30

Tap Dance - Intermediate
Improve your skills dancing to fun music from the old days. This is a wonderful way to exercise while improving your memory, coordination, and having fun. Min 10/Max 30

North Bellevue Community Center
$18(R) $22(N) Age: 18Y and up
93993 11am-12pm Tue Jun 02-30
93994 12:15-1:15pm Tue May 05-26
93995 12:15-1:15pm Tue Jun 02-30

Continuing Education & Group Learning

Writing Club
Meets the first Tuesday of each month. Min 3/Max 15
North Bellevue Community Center
FREE Age: 19Y and up
90820 10am-12pm Tue May 05-Aug 04

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. Min 4/Max 25
North Bellevue Community Center
FREE Age: 18Y and up
90898 7-8:30pm Wed May 06-Aug 05

Games

The South Bellevue Bridge Bunch
Just learning, a little rusty or just want a fun place to play bridge while increasing your skill level? Min 4/Max 40
South Bellevue Community Center
$5(R) $6.50(N) Age: 55Y and up
89665 1:10-3:10pm Tue May 05-Jun 16

Multi-Cultural Services

ESL For Chinese Seniors
English as a second language is offered for non-native speakers. Beginner and Intermediate. Min 6/Max 27
South Bellevue Community Center
FREE Age: 60Y and up
89662 12:30-2pm Thu May 07-Jun 16
Financial, Legal, & Insurance

AARP Driver Safety Program

The nation's first and largest classroom driver improvement course designed especially for motorists 50 and older may qualify you for an auto insurance discount. Payable at class time are course fees of $15 AARP member & $20 non-AARP member. Bring a sack lunch. Min 5/Max 30.

North Bellevue Community Center
FREE Age: 50Y and up
88178 9am-2pm Tue, Thu Jun 02-04
93991 9am-2pm Tue, Thu Aug 04-06

Children & Youth

Etiquette Young Ladies & Gentlemen I

Children rarely attend classes on manners, and yet it is the key to building positive friendships and strong self-esteem. This fun, hands-on workshop teaches telephone etiquette, basic table manners, introductions, personal care, and posture. ***There is no child care available the hour between classes. Please consider if enrolling in both classes. Min 8/Max 20.

Northwest Arts Center
$50(R) $60(N) Age: 6Y - 11Y
93078 9am-12pm Sat Aug 15

Etiquette Young Ladies & Gentlemen II

This course is a natural follow-up to Young Ladies and Gentlemen I. Learning how to be a gracious guest, guest of honor, or host, are skills they will use lifelong. Boys and girls will learn about invitations, being a great guest and host, practice meeting and greeting others, polite conversation, giving and receiving gifts, basic table manners while neatly eating birthday cake, and how to create their own thank you notes. It is not necessary to have taken Young Ladies and Gentlemen I to enroll in Young Ladies and Gentlemen II. Cake will be served in this class. Min 8/Max 20.

Northwest Arts Center
$50(R) $60(N) Age: 6Y - 11Y
93080 1-4pm Sat Aug 15

Drop-In Sports

Badminton - Drop-In South Bellevue

Enjoy playing badminton? Put this opportunity on your schedule! The schedule is subject to change depending on attendance. Min 1/Max 30.

South Bellevue Community Center
$3(R) $4(N) Age: 18Y and up
7-8:45pm Mon, Wed Ongoing

Highland Community Center
10am-12pm Sun Ongoing

Basketball - Adult Open Gym

Come to our open gym time for adults. Open for full court play until there are too many, then players have option to switch to half court play. Schedule subject to change depending on attendance. Call 452-4240 for schedule.

Min 1/Max 50.

South Bellevue Community Center
$3(R) $4(N) Age: 18Y and up
94679 6:30-9pm Wed Jun 24-Sep 09

Wheelchair Basketball Drop-In

This opportunity occurs every Wednesday offering brisk exercise and friendly competition from 7-9pm. Cost is $3.00 for residents and $4.00 for non-residents per visit. Save when you purchase a play pass. Bring your own wheelchair for this challenging workout. Age: 18 and up Min 5/Max 25.

Highland Community Center
$3(R) $4(N) Age: 18Y and up
94679 6:30-9pm Wed Jun 24-Sep 09

Pickball

Join our pickle ball players for some good exercise and lots of fun. Easy sport to pick up if you have not played before. Min 1/Max 30.

South Bellevue Community Center
$3(R) $4(N) Age: 18Y and up
93477 12:30-2:30pm Fri May 01-Jun 19

Volleyball - Drop-In

Non-competitive general-regulation volleyball for those 18 and over that are looking for afternoon fun and a little exercise. When three teams are formed due high attendance the weight room will be available for workout at no additional charge while waiting for your game. Min 5/Max 15.

Highland Community Center
$3 $4(N) Age: 18Y and up
94678 3:30-5:30pm Mon, Fri Jun 22-Sep 11
Youth Sports Leagues

The Youth Sports Soccer League is specially designed to help your child understand the team concept of soccer, enhancing their dribbling, passing, scoring and defense. The values of teamwork and strategy along with understanding the importance of sportsmanship, create an environment that promotes positive developmental assets amongst our youth.

- **League Structure:** The first 2 weeks are practice, followed by 5 weeks of games. This league is a one day per week commitment. Always the same location and time.
- **Uniforms:** Jersey is included in the registration fee and will be issued on your first game day.
- **Shin guards** are required for all soccer leagues. Shin guards will be for sale on site for $10.00
- **Inclement Weather Policy:** Cancellations due to inclement weather will be made by the Recreation Coordinator at the field. Coaches and players must report to the field. Soccer is an all-weather sport. Come prepared to play in all weather!
- **Volunteer Coaches Needed:** Volunteer soccer coaches are needed. Call (425) 452-4627 for more information and to receive a $20 discount towards your registration fee. Background check required & attendance to mandatory coaches clinic to receive discount.
- **Participants will be assigned to teams based on the following:**
  1. Special request for coach.
  2. Special request for ONE teammate. Additional requests for teammates will not be considered.
  3. Age and gender of participant.

**PLEASE NOTE THAT THERE ARE NO GUARANTEES REGARDING RE-**
TRACK & FIELD
This program's main philosophy is to learn, participate, and introduce your child to physical fitness through basic track and field events such as running, jumping, and throwing. We want your child to further increase their knowledge of this sport by teaching a variety of techniques and skills needed in understanding and playing this sport. Practices are held on Thursdays and track meets are held on Fridays starting in May. Volunteer Adult runners are needed for this program!
Tillicum Middle School Track

Serevi Rugby 100
Serevi Rugby 100 is for sporty children who want to try a fun new sport. This program focuses on the development of running, catching, passing, and kicking skills, in a safe, fun, and friendly environment. Teamwork and sportsmanship are fundamental to this program. Emphasis will be on safety and fun at all times. All participants will receive an official Serevi Rugby™ t-shirt, wristband, and sticker. These programs are taught by current and former International Rugby Players. Min 4/Max 12
Robinswood Community Park
$125(R) $150(N) Ages 4Y - 5Y
91088 4:30-5:45pm Mon Apr 20-Jun 15

Serevi Rugby 200
Serevi Rugby® 200 and Bellevue Parks & Community Services are excited to offer Serevi Rugby 200, a coed, limited-contact sport for young athletes, ages 6-9, which mimics Rugby 7s, the world’s newest Olympic Game. Tag Rugby is a free-flowing game that allows all players to pick up the ball and run. Teamwork and sportsmanship are fundamental to this program. Emphasis will be on safety and fun at all times, and physical contact is limited. Skills developed are: evasive running and agility, ball handling, catching and fitness through small sided games. This is an excellent compliment and alternative to prototypical American sports. This program is co-ed. These programs are taught by current and former International Rugby Players. All participants will receive a t-shirt, wristband, and sticker. Min 5/Max 20
Robinswood Community Park
$125(R) $150(N) Age: 6Y - 12Y
91082 4:30-5:45pm Mon Apr 20-Jun 15

Serevi Rugby 300
Serevi Youth Rugby presents Rugby 300 for developing rugby kids, ages 10 - 12. With a progression in speed of play, participants will showcase their skills in both individual and team settings. Building on the lessons of Rugby 100 and 200 (not required) participants will have a full grasp of a variety of kicks, handling skills and trick moves, evasive running abilities. They will improve field vision and fix or beat defenders in a variety of situations. Sessions are comprised of skill work touch rugby scrimmages. Participants receive an official Serevi Youth Rugby t-shirt, wristband, and sticker. Min 6/Max 20
Robinswood Community Park
$125(R) $150(N) Age: 10Y - 12Y
91087 4:30-5:45pm Mon Apr 20-Jun 15

Register Online: MyParksAndRecreation.com
CHEERLEADING - 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. Previous experience is not required. There are performance opportunities as well! Dream Team has performed at halftime for the Univ. of WA basketball games and Seattle Storm and numerous community events. Dream Team is offered on Wed. or Fri - please choose one day. Extra costs may be incurred for this class. Contact instructor with questions. Min 10/Max 35
Crossroads Community Center
$45(R) $49(N)  Age:  7Y - 18Y
90536  4- 5:30pm Fri Jun 26-Jul 24

CHEERLEADING - INTERMEDIATE (POWER SQUAD)
Intermediate level cheer class for those who want a more intense program without being on a competitive team. Beginning stunting and tumbling, along with advance dance are taught. Pre-requisite: A minimum of one session on Dream Team or Dance/Drill, concurrent registration on Dream Team, and instructor permission. (Some extra costs may be incurred for this class) Min 10/Max 35
Robinswood Community Park
$125(R) $150(N)  Age:  8Y - 18Y
90544  3- 4pm Fri Jun 26-Jul 24

SUPERSTIX GIRLS LACROSSE CLINIC
Bellevue Parks & Community Services in partnership with SuperStix Lacrosse Club is excited to offer SuperStix Junior Lacrosse, for girls, ages 6-14; Lacrosse is the fastest growing sport in the nation. Consistent training is the main aspect that helps to greatly accelerate learning and retention for young players. 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. Team work and sportsmanship are fundamental to this program. Players of ALL skill levels are welcome and will be grouped accordingly. Emphasis will be on safety and fun at all times, and physical contact is limited. Min 8/Max 30
Robinswood Community Park
$125(R) $150(N)  Age:  6Y - 12Y
90537  4:15- 5:30pm Thu May 05-Jun 25

ROCK CLIMBING 101
This class is for the beginning or intermediate climber who would like to learn all of the basics of rock climbing. You will learn how to correctly wear a harness, tie knots, handle the rope, use a belay device and communicate effectively. Pre-registration is required. Min 1/Max 8
South Bellevue Community Center
$22(R) $27(N)  Age:  4Y and up
89408  6- 7pm Tue May 05
89396  6- 7pm Tue May 12
89397  6- 7pm Tue May 19
89398  6- 7pm Tue May 26
89399  6- 7pm Tue Jun 02
89415  6- 7pm Tue Jun 09
89416  6- 7pm Tue Jun 16

ROCK CLIMBING 101 FOR PARENT/CHILD
This course covers the same material as Rock Climbing 101, but is ideal for parents to do with their children to take their relationship to new heights. Go Climbing! Price is for one child and one adult. Additional children ($11 resident; $13 non-resident). Min 1/Max 8
South Bellevue Community Center
UseArray  Age:  4Y and up
89481  9-10am Sat May 02
89482  11am-12pm Sun May 03
89483  7- 8pm Mon May 04
89484  6- 7pm Thu May 07
89485  9-10am Sat May 09
89486  11am-12pm Sun May 10
89487  7- 8pm Mon May 11
89488  6- 7pm Thu May 14
89489  9-10am Sat May 16
89490  11am-12pm Sun May 17
89491  7- 8pm Mon May 18
89492  6- 7pm Tue May 19
89493  9-10am Sat May 23
89494  11am-12pm Sun May 24
89495  6- 7pm Thu May 28
89496  9-10am Sat May 30
89497  11am-12pm Sun May 31
89498  7- 8pm Mon Jun 01
89499  6- 7pm Thu Jun 04
89500  9-10am Sat Jun 06
89501  11am-12pm Sun Jun 07
89502  7- 8pm Mon Jun 08
89503  6- 7pm Tue Jun 09
89504  9-10am Sat Jun 13
89505  11am-12pm Sun Jun 14
89506  7- 8pm Mon Jun 15
89507  6- 7pm Thu Jun 18
89508  9-10am Sat Jun 20
89509  11am-12pm Sun Jun 21
89510  9-10am Sat Jul 11
89511  10-11am Sat Jul 18
89512  9-10am Sat Jul 25
89475  9-10am Sat Aug 01
94780  9-10am Sat Aug 08
94781  9-10am Sat Aug 15
94782  9-10am Sat Aug 22

ROCK CLIMBING - BELAYED CLIMB SESSION
During these scheduled times there will be trained staff to belay all individuals who wish to climb in a safe and encouraging atmosphere. All equipment is provided. Sessions include up to 3 hours of climb time; length of times vary among sessions. A Single Climb option is available for people to climb a single rope. Cost is $3 (Bellevue Resident) and $4 (Non-Resident). Min 1/Max 1
South Bellevue Community Center
$7(R) $9(N)  Age:  4Y - 99Y
94784  10am- 1pm Sat Thu May 02-Aug 22
Sportball Youth Tennis

Game, set, match! Sportball Tennis programs introduce children to fundamental concepts of gameplay and provide them with the basic skills required to build confidence and get into the swing of things in a supportive, non-competitive environment. Classes zero in on skills including: forehand, backhand, volleying and more. Trained, certified Sportball Coaches apply their dedicated instruction in fun, exciting, skills-focused games. Min 6/Max 12

South Bellevue Community Center

$77(R)  $93(N)  Age:  4Y - 6Y
94520  4:45pm  Thu  May 07-Jun 18

$77(R)  $93(N)  Age:  7Y - 10Y
94521  5-6pm  Thu  May 07-Jun 18

Indoor Climbing Wall

all levels of climbing
3 top-rope routes
33’ high

Classes
Camps
Parties & Rentals

Register at: www.myparksandrecreation.com
The 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: www.myparksandrecreation.com

LADIES’ COMPETITIVE CUP INTER-CLUB LEAGUE
Six different levels of play: Evergreen, Emerald, Classic, Rainier, Challenge, and Kingco. NTRP rating 2.5-4.5. 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.

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.

Mixed Doubles – Monday, 7:30-8:45pm
Coordinator: Rick Paukstis, salesroad@gmail.com

Working Women - Wednesday, 6:15-7:30pm
Coordinator: Evie Davis, evedavis@gmail.com.

Men’s Doubles – Tuesday/Thursday, 6:15-7:30pm and 7:30-8:45pm. Coordinator: Pat McGill, 360-805-4916, patrickmcgill@yahoo.com.

SENIOR DRILL AND PLAY
50+ Years. Combination of instruction, drills, and point play.

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.
### Youth Tennis Programs

#### LOBBERS YOUTH INSTRUCTIONAL CLINIC

The 'Lobbers' Instructional Clinics are a great way to introduce young children to the sport of tennis. The format is general in nature: tennis fundamentals are taught along with many tennis related drills, games, and activities. Emphasis is on FUN! Min 6/Max 20

<table>
<thead>
<tr>
<th>Session 1</th>
<th>Robinswood Community Park</th>
<th>$44</th>
<th>Age: 4Y - 6Y</th>
</tr>
</thead>
<tbody>
<tr>
<td>92860 Mon-Thur</td>
<td>12-12:45pm</td>
<td>Mon-Thu</td>
<td>Jun 29-Jul 02</td>
</tr>
<tr>
<td>92861 Mon-Thur</td>
<td>12-12:45pm</td>
<td>Mon-Thu</td>
<td>Jul 03-Jul 02</td>
</tr>
<tr>
<td>92862 Mon-Thur</td>
<td>12-12:45pm</td>
<td>Mon-Thu</td>
<td>Jul 10-Jul 13</td>
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<tr>
<td>92863 Mon-Thur</td>
<td>12-12:45pm</td>
<td>Mon-Thu</td>
<td>Jul 17-Jul 20</td>
</tr>
<tr>
<td>92864 Mon-Thur</td>
<td>12-12:45pm</td>
<td>Mon-Thu</td>
<td>Jul 27-Aug 02</td>
</tr>
<tr>
<td>92865 Mon-Thur</td>
<td>12-12:45pm</td>
<td>Mon-Thu</td>
<td>Aug 06-Aug 20</td>
</tr>
<tr>
<td>92866 Mon-Thur</td>
<td>12-12:45pm</td>
<td>Mon-Thu</td>
<td>Aug 10-Aug 13</td>
</tr>
<tr>
<td>92867 Mon-Thur</td>
<td>12-12:45pm</td>
<td>Mon-Thu</td>
<td>Aug 17-Aug 20</td>
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#### YOUTH MINI TENNIS CAMP

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. Min 6/Max 34

<table>
<thead>
<tr>
<th>Session 1</th>
<th>Robinswood Community Park</th>
<th>$128</th>
<th>Age: 7Y - 12Y</th>
</tr>
</thead>
<tbody>
<tr>
<td>92868 Mon-Thu</td>
<td>9am-12pm</td>
<td>Mon-Thu</td>
<td>Jun 29-Jul 02</td>
</tr>
<tr>
<td>92869 Mon-Thu</td>
<td>9am-12pm</td>
<td>Mon-Thu</td>
<td>Jul 06-Jul 09</td>
</tr>
<tr>
<td>92870 Mon-Thu</td>
<td>9am-12pm</td>
<td>Mon-Thu</td>
<td>Jul 13-Jul 16</td>
</tr>
<tr>
<td>92871 Mon-Thu</td>
<td>9am-12pm</td>
<td>Mon-Thu</td>
<td>Jul 20-Jul 23</td>
</tr>
<tr>
<td>92872 Mon-Thu</td>
<td>9am-12pm</td>
<td>Mon-Thu</td>
<td>Jul 27-Aug 02</td>
</tr>
<tr>
<td>92873 Mon-Thu</td>
<td>9am-12pm</td>
<td>Mon-Thu</td>
<td>Aug 03-Aug 13</td>
</tr>
<tr>
<td>92874 Mon-Thu</td>
<td>9am-12pm</td>
<td>Mon-Thu</td>
<td>Aug 10-Aug 17</td>
</tr>
<tr>
<td>92875 Mon-Thu</td>
<td>9am-12pm</td>
<td>Mon-Thu</td>
<td>Aug 17-Aug 20</td>
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#### TEEN INSTRUCTIONAL CLINIC

The Teen Instructional Clinics are designed as a general class for youth with an emphasis on tennis basic form and applying it in actual match play. Min 4/Max 32

<table>
<thead>
<tr>
<th>Session 1</th>
<th>Robinswood Community Park</th>
<th>$48</th>
<th>Age: 13Y - 17Y</th>
</tr>
</thead>
<tbody>
<tr>
<td>92852 Mon-Thur</td>
<td>1-2pm</td>
<td>Mon-Thur</td>
<td>Jun 29-Jul 02</td>
</tr>
<tr>
<td>92853 Mon-Thur</td>
<td>1-2pm</td>
<td>Mon-Thur</td>
<td>Jul 06-Jul 09</td>
</tr>
<tr>
<td>92854 Mon-Thur</td>
<td>1-2pm</td>
<td>Mon-Thur</td>
<td>Jul 13-Jul 16</td>
</tr>
<tr>
<td>92855 Mon-Thur</td>
<td>1-2pm</td>
<td>Mon-Thur</td>
<td>Jul 20-Jul 23</td>
</tr>
<tr>
<td>92856 Mon-Thur</td>
<td>1-2pm</td>
<td>Mon-Thur</td>
<td>Jul 27-Aug 02</td>
</tr>
<tr>
<td>92857 Mon-Thur</td>
<td>1-2pm</td>
<td>Mon-Thur</td>
<td>Aug 03-Aug 06</td>
</tr>
<tr>
<td>92858 Mon-Thur</td>
<td>1-2pm</td>
<td>Mon-Thur</td>
<td>Aug 10-Aug 13</td>
</tr>
<tr>
<td>92859 Mon-Thur</td>
<td>1-2pm</td>
<td>Mon-Thur</td>
<td>Aug 17-Aug 20</td>
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</table>

#### TENNIS TEAMS

Robinswood offers four different levels of tennis teams for youth. Teams are offered for youth who have progressed past the Saturday Youth Intermediate level. Min 16/Max 36.

<table>
<thead>
<tr>
<th>Session 1</th>
<th>Robinswood Tennis Center</th>
<th>Age: Up to 17Y</th>
</tr>
</thead>
<tbody>
<tr>
<td>92881 Mon-Thur</td>
<td>1-2pm</td>
<td>Mon-Thur</td>
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<tr>
<td>92882 Mon-Thur</td>
<td>1-2pm</td>
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<tr>
<td>92883 Mon-Thur</td>
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<td>92884 Mon-Thur</td>
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<td>92885 Mon-Thur</td>
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<td>92886 Mon-Thur</td>
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<tr>
<td>92887 Mon-Thur</td>
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<tr>
<td>92888 Mon-Thur</td>
<td>1-2pm</td>
<td>Mon-Thur</td>
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#### SATURDAY YOUTH GROUP LESSONS

**CLASS DESCRIPTIONS:**

**Little Lobbers**: Ages 4-6. Class focuses on young children to build hand-eye coordination and develop muscle memory for basic form. Session 1

| 92792 Mon-Thu | 1-2pm | Mon-Thu | Jun 02-Jun 20 | $96 |

**Beginning I**: Ages 7-12. Class is designed for any child who has never taken lessons before or has minimal experience. Goals of the class are to introduce basic tennis techniques. Session 1

| 92793 Mon-Thu | 1-2pm | Mon-Thu | Jun 02-Jun 20 | $96 |

**Beginning II**: Ages 7-12. Class is designed for students who have completed Beginning I or have had Beginning lessons in the past. Session 1

| 92794 Mon-Thu | 1-2pm | Mon-Thu | Jun 02-Jun 20 | $96 |

**Advanced Beginning I**: Ages 7-12. Class is designed for students who have completed Beginning II. Goal of the class is to start to create spin on groundstrokes and hit serves into the correct box. Session 1

| 92795 Mon-Thu | 1-2pm | Mon-Thu | Jun 02-Jun 20 | $96 |

**Advanced Beginning II**: Ages 7-12. Class is designed for students who have completed Advanced Beginning I. Session 1

| 92796 Mon-Thu | 1-2pm | Mon-Thu | Jun 02-Jun 20 | $96 |

**Intermediate**: Ages 9-12. Class is designed for students who have completed Advanced Beginning II. Goal of the class is to be able to hit all strokes with consistency and correct technique. Highest Level of Saturday Youth Lessons. Session 1

| 92797 Mon-Thu | 1-2pm | Mon-Thu | Jun 02-Jun 20 | $96 |

**Advanced**: Participants in the Advanced class will be working on more advanced drills and strategy for singles/doubles play. Should be at least 4.0 USTA Level or above. Session 1

| 92798 Mon-Thu | 1-2pm | Mon-Thu | Jun 02-Jun 20 | $96 |
Tennis / Aging Services

Teen: Ages 13-18. Class is treated as an introductory course, focusing on development of proper strokes.
Session 1
92758 5-6pm Sat May 02-Jun 20 $96

Prep Team: Ages: 8-17 Class focuses on strengthening students rally skills. Class is designed for students who have completed Intermediate Saturday Classes. Entry to this class granted only through Instructor approval. Goal of the class is develop consistent rally and begin match play. Next Level is Team 1.
Session 1
92717 9-10am Sat May 02-Jun 20 $128

Aging Services
North Bellevue Community Center
4063 - 149th 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. http://www.bellevuewa.gov/north_bellevue_community_center_programs.htm or visit www.myparksandrecreation.com.

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 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.

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.

BEHAVIORAL/MENTAL HEALTH THERAPY
Not feeling like yourself? Facing a major life event? Do you suffer from behavioral or mental health challenges? SeaMar Community Health Center is now offering psychotherapy to adults at the North Bellevue Community Center. Individual, group, and family therapy sessions, as well as case management, will be available on site. Our goal is to help people improve and develop new skills to lead happier, healthier lives. While we specialize in working with Spanish and English speaking adults, we work with translators to serve this diverse community. Medicaid, private insurance and private pay on our sliding fee scale are all accepted. Please call Marcy at (425) 460-7130 for more information and to make an appointment.

CITY OF BELLEVUE UTILITY RATE RELIEF PROGRAM

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.Ccsww.org.

ELDER AND ADULT DAY SERVICES
Supervised facility for activities and services full or partial day. Call 425-867-1799.

EVERGREEN CARE NETWORK
Service to help older adults remain independent. Case Management services available through Geriatric Regional Assessment Team (GRAT). Call 425-899-3200.

HEALTH

BENEFITS CHECK UP ONLINE

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.

COMPUTER HELP DESK SERVICE
KEGS (Komputer Enthusiasts of Greater Seattle) can help with your computer needs. Call Joe Mraz at 425-747-2433 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.

SENIOR INFORMATION & ASSISTANCE
Resources and information on all topics related to older adults. 1-888-435-3377 or 206-448-3110.

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, bilingual 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.

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.

SUPPORT GROUPS/MEETINGS

NARFE [National Association of Retired Federal Employees]
3rd Tuesday of each month at noon. For more information, call 425-868-4502.

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.

VOLUNTEER OPPORTUNITIES

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

EYEGlass 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:

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 at Bellevue City Hall. Meetings are open to the public. For more information, agendas, and minutes, please call 425-452-4200, or visit http://www.bellevuewa.gov/network_on_aging.htm.

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

SPRING FLING DANCE
Welcome Spring with ‘Sounds of Swing’ Dance the night away to all the Big band favorites and the standards. Sure to be a fun night! $15 admission fee payable at the door. Min 10/Max 200
North Bellevue Community Center
FREE Age: 18Y and up
88194 7-10pm Sat Mar 07

ST. PATRICK’S DAY LUNCHEON
Join us in being ‘Irish for a day’! Wear your favorite green outfit and enjoy a traditional Irish meal. We’ll play some Irish music and sing some favorite Irish songs. Your ‘Irish Eyes’ are sure to be smiling! Co-sponsored by Catholic Community Services. $3 suggested donation payable at the door for those 60 years and better, $6.00 fee for under 60 years. Min 30/Max 90
North Bellevue Community Center
$3(R) $6(N) Age: 18Y and up
88195 11:30am-1pm Wed Mar 11

THURSDAY AFTERNOON MOVIES
Movies shown every Thursday. Call or stop by the center for the monthly listing. Min 4/Max 40
North Bellevue Community Center

MOMENTIA AT THE MOVIES
Join other community members who live with and/or without dementia for an afternoon at the movies. Movies shown every Thursday. Call or stop by the center for the monthly listing. Caregivers welcome.
FREE Age: 6Y and up
90929 2-4pm Thu May 14-Sep 10

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

It is the purpose of Bellevue’s Adaptive Recreation Program to provide people who have 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 Kim Indurkar at 425-452-6105 or email kindurkar@bellevuewa.gov for more information.

KING COUNTY FAMILY COALITION FOR DEVELOPMENTAL DISABILITIES
Contact: Joe Cunningham, 206-829-7048 2nd Tuesday of most months.

ADAPTIVE PROGRAMS
All programs are located at Highland Center unless otherwise noted.
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 USING WHEELCHAIRS
Robinswood Tennis Center. See the tennis section for more details.

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

ADAPTIVE RECREATION PROGRAMS

ARTISTIC INSPIRATIONS
This class is designed and adapted for adults with intellectual disabilities. Bring your inspiration and imagination to create some of the most beautiful art pieces imaginable. Class will explore watercolor, acrylic, pencil and other fun mediums. NO CLASS ON HOLIDAYS Min 15/Max 20
Highland Community Center
$45(R) $55(N) Age: 18Y and up
94575 5-7pm Tue Jun 23-Aug 25

ADULT ADVENTURE EDUCATION
This specialized class is adapted and designed for adults with Intellectual disabilities. This program offers an array of educational outings to explore the things that make our community tick. A schedule will be given out at the first class. The roster is determined by lottery and all eligible interested persons must sign up before the non-Bellevue registration date to be included in the drawing. Age: 21 Min 10/Max 13
Highland Community Center
$222(R) $277(N) Age: 21Y and up
94529 9:30am-3pm Wed Jun 24-Aug 26

ALOHA PICNIC/DANCE FOR ADULTS WITH INTELLECTUAL DISABILITIES
Warm summer evenings, tropical breezes, pineapple, papaya and the annual Highland Center Summer Potluck in conjunction with the Aloha Dance is a fun way to celebrate summer with friends. Potluck at 5pm; dance at 7pm Age: 16 and up Min 50/Max 200
Highland Community Center
$9(R) $11(N) Age: 16Y and up
94580 7-9:30pm Fri Aug 21

BINGO
This specialized class is adapted and designed for teens and adults 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. Age: 18 and up NO CLASS ON HOLIDAYS Min 20/Max 40
Highland Community Center
$42(R) $53(N) Age: 18Y and up
94573 7-8:30pm Wed Jun 24-Aug 26
BOWLING ADAPTIVE
This specialized class is adapted and designed for adults with Intellectual disabilities. 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 on the first day of bowling for amount required for Tech City Bowl. Age: 18 and up NO CLASS ON HOLIDAYS Min 50/Max 90
Highland Community Center
$45(R) $56(N) Age: 18Y and up
94530 9:30-11:30am Sat Jun 20-Aug 29

BRIDGE OF PROMISE ACADEMY
In partnership with Bellevue Parks and Community Services, Bridge of Promise offers a day program from 10am-2pm every Thursday at Bellevue’s Highland Center. This program is designed for adults with developmental disabilities to engage in educational activities that offer opportunities to learn and increase personal skills. Bridge Academy includes opportunities to participate in music, art, and community activities. Instruction is always individualized to each participants needs and goals. For further registration information, please contact the program director at 209-919-7167. Min 5/Max 20
Highland Community Center
FREE
10am-2pm Thu Jun 25-Jul 23

COOKING - COOKING WITH EASE
This specialized class is designed and adapted for adults living with Intellectual disabilities. Learn basic cooking techniques... Each participant will share the evenings creation as a class. At the end of 10 weeks each person will bring home a notebook of the recipes that were used. Fee includes food cost. Age: 18 and up. NO CLASS ON HOLIDAYS Min 10/Max 18
Highland Community Center
$74(R) $92(N) Age: 18Y and up
94542 5-7pm Wed Jun 24-Aug 26

DANCE-CULTURAL MIX
This specialized class is adapted and designed for teens and adults with Intellectual disabilities. Experience dances from around the world. Age:16 and up Min 15/Max 35
Highland Community Center
$42(R) $53(N) Age: 16Y and up
94533 7-8:30pm Tue Jun 23-Aug 25

FULL FITNESS FUN
This Specialized class is adapted and designed for adults with Intellectual disabilities. You will learn about nutrition, meal planning, exercise and how to live a healthy lifestyle. Please bring a sack dinner for the dinner break at 5pm. You will exercise here during class two times a week. We will have a variety of exercise routines to keep you motivated. Let’s get fit! Age: 18 and up NO CLASS ON HOLIDAYS Min 10/Max 13
Highland Community Center
$78(R) $98(N) Age: 18Y and up
94543 5-7pm Tue, Thu Jun 23-Aug 27

KITCHEN KAPERS
Kitchen Kitchen introduces the REAL secrets of creating great and healthy dishes. Make some of the easiest but tastiest meals while having a great time! Discussions include seasonings, cooking methods, healthy meal choices etc. Recipes included. Materials included. Accommodations provided for people with disabilities. Min 8/Max 10
Northwest Arts Center
$56(R) $66(N) Age: 18Y and up
93912 12-1:30pm Fri Jun 05-26

KITCHEN KAPERS
This specialized class is adapted and designed for adults with Intellectual disabilities. Experience dances from around the world. Age:16 and up Min 15/Max 35
Highland Community Center
$42(R) $53(N) Age: 16Y and up
94543 7-8:30pm Tue Jun 23-Aug 25

MOVIE TIME ADAPTED
This specialized class is adapted and designed for adults with Intellectual disabilities. Come out and enjoy a movie with friends and a light dinner that you provide. Min 20/Max 35
Highland Community Center
$42(R) $53(N) Age: 18Y and up
94577 5-7pm Mon Jun 22-Aug 24
94544 5-7pm Thu Jun 25-Aug 27

PD - EXERCISE CLASS ADAPTED
This specialized class is designed and adapted for those living with physical disabilities. Build Muscles, build strength, build your social network. It all happens at Highland’s exercise classes. NO CLASS ON HOLIDAYS Min 8/Max 9
Highland Community Center
$110(R) $139(N) Age: 21Y and up
94581 11:45am-1:15pm Mon, Wed Jun 22-Sep 09
94582 10:30-11:30am Mon, Wed, Fri Jun 22-Sep 11
94583 9:15-10:15am Mon, Wed, Fri Jun 22-Sep 11

SOCIAL CLUB ADAPTED
This specialized class is adapted and designed for adults with Intellectual Disabilities. Come on out and have fun with friends, playing games and socializing with peers. NO CLASS ON HOLIDAYS Min 20/Max 38
Highland Community Center
$42(R) $53(N) Age: 18Y and up
94576 7-8:30pm Mon Jun 22-Aug 24
94571 7-8:30pm Thu Jun 25-Aug 27

SOFTBALL - ADULT ADAPTED
This specialized class is adapted and designed for adults with Intellectual disabilities. ‘Take me out to the ball game!’ It’s fast, furious and fun. Learn the fundamentals of the game while enjoying team sports. Special Olympic competition is optional. Our coaches provide leadership at the Special Olympic tournaments. Age: 16 and up Min 15/Max 25
Highland Community Center
$62(R) $77(N) Age: 17Y and up
94572 7-8:30pm Tue, Thu Jun 23-Aug 27

COMPUTER ENHANCED VIDEO PRODUCTION
Stretch your creativity while exploring a variety of video production techniques, including green screen and animation! Work in teams with your classmates to produce videos in a fun, collaborative manner! Digitally ‘visit’ exotic places to tell stories straight from your imagination! On the final session, showcase the videos your team developed to family and friends in a ‘world premiere’ event! Take home a copy of the DVD that YOU helped design! Min 5/Max 10
Highland Community Center
$195(R) $210(N) Age: 15Y-25Y
94579 5-7pm Mon Jun 22-Aug 24
ADULT Adaptive Programs at Highland Center

<table>
<thead>
<tr>
<th>Course #</th>
<th>Title</th>
<th>Rates - Res/Non-Res</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>94529</td>
<td>Adult Ad Education</td>
<td>$222</td>
<td>Wed</td>
<td>9:30am-3p</td>
<td>6/24-8/26</td>
</tr>
<tr>
<td>94530</td>
<td>Adult Bowling</td>
<td>$45 $56</td>
<td>Sat</td>
<td>9:30am-11:30am</td>
<td>6/20-8/29</td>
</tr>
<tr>
<td>94533</td>
<td>Cultural Dance Mix</td>
<td>$42 $53</td>
<td>Tue</td>
<td>7-8:30pm</td>
<td>6/23-8/25</td>
</tr>
<tr>
<td>94542</td>
<td>Cooking</td>
<td>$74 $92</td>
<td>Wed</td>
<td>5:00-7:00pm</td>
<td>6/24-8/26</td>
</tr>
<tr>
<td>94543</td>
<td>Full Fitness Fun</td>
<td>$78 $98</td>
<td>Tue/Thu</td>
<td>5p-7p</td>
<td>6/23-8/27</td>
</tr>
<tr>
<td>94544</td>
<td>Movie Time</td>
<td>$42 $53</td>
<td>Thu</td>
<td>5p-7p</td>
<td>6/25-8/27</td>
</tr>
<tr>
<td>94571</td>
<td>Social Club</td>
<td>$42 $53</td>
<td>Thu</td>
<td>7p-8:30p</td>
<td>6/25-8/27</td>
</tr>
<tr>
<td>94580</td>
<td>Aloha Picnic</td>
<td>$9 $11</td>
<td>Fri</td>
<td>5p-9:30p</td>
<td>8/21</td>
</tr>
<tr>
<td>94572</td>
<td>Adult Softball</td>
<td>$62 $77</td>
<td>Tue/Thu</td>
<td>7p-8:30p</td>
<td>6/23-8/27</td>
</tr>
<tr>
<td>94573</td>
<td>Bingo</td>
<td>$42 $53</td>
<td>Wed</td>
<td>7:00p-8:30p</td>
<td>6/24-8/26</td>
</tr>
<tr>
<td>94575</td>
<td>Artistic Inspirations</td>
<td>$45 $55</td>
<td>Tue</td>
<td>5:00p-7:00p</td>
<td>6/23-8/25</td>
</tr>
<tr>
<td>94576</td>
<td>Social Club</td>
<td>$42 $53</td>
<td>Mon</td>
<td>7:00p-8:30p</td>
<td>6/22-8/24</td>
</tr>
<tr>
<td>94577</td>
<td>Movie Time</td>
<td>$42 $53</td>
<td>Mon</td>
<td>5:00p-7pm</td>
<td>6/22-8/24</td>
</tr>
<tr>
<td>94579</td>
<td>Video Production</td>
<td>$195 $210</td>
<td>Mon</td>
<td>5:00p-7pm</td>
<td>6/22-8/24</td>
</tr>
</tbody>
</table>

Bridge Academy: Thursdays, 10am-2pm - Call Cindy O’Neill at 209-919-7167

YOUTH Adaptive Programs at Highland Center

<table>
<thead>
<tr>
<th>Course #</th>
<th>Title</th>
<th>Rates - Res/Non-Res</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>93492</td>
<td>Summer Camp</td>
<td>$172 $215</td>
<td>T-F</td>
<td>9:30a-3p</td>
<td>6/23-6/26</td>
</tr>
<tr>
<td>93502</td>
<td>Summer Camp</td>
<td>$215 $269</td>
<td>M-F</td>
<td>9:30a-3p</td>
<td>7/6-7/10</td>
</tr>
<tr>
<td>93507</td>
<td>Summer Camp</td>
<td>$215 $269</td>
<td>M-F</td>
<td>9:30a-3p</td>
<td>7/13-7/17</td>
</tr>
<tr>
<td>93503</td>
<td>Summer Camp</td>
<td>$215 $269</td>
<td>M-F</td>
<td>9:30a-3p</td>
<td>7/20-7/24</td>
</tr>
<tr>
<td>93504</td>
<td>Summer Camp</td>
<td>$215 $269</td>
<td>M-F</td>
<td>9:30a-3p</td>
<td>7/27-7/31</td>
</tr>
<tr>
<td>93505</td>
<td>Summer Camp</td>
<td>$215 $269</td>
<td>M-F</td>
<td>9:30a-3p</td>
<td>8/3-8/7</td>
</tr>
<tr>
<td>93506</td>
<td>Summer Camp</td>
<td>$215 $269</td>
<td>M-F</td>
<td>9:30a-3p</td>
<td>8/10-8/14</td>
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ADULT Adaptive Programs at Northwest Arts Center

<table>
<thead>
<tr>
<th>Course #</th>
<th>Title</th>
<th>Rates - Res/Non-Res</th>
<th>Time</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>89545</td>
<td>Glass Fusion</td>
<td>$110 $132</td>
<td>9-10:30am</td>
<td>5/21-6/11</td>
</tr>
<tr>
<td>89540</td>
<td>Stoneware</td>
<td>$110 $132</td>
<td>11am-1pm</td>
<td>5/21-6/11</td>
</tr>
</tbody>
</table>

Physical Disabilities

ADULT Adaptive Programs at Highland Center

<table>
<thead>
<tr>
<th>Course #</th>
<th>Title</th>
<th>Rates - Res/Non-Res</th>
<th>Time</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>94583</td>
<td>Exercise Class</td>
<td>$110 $139</td>
<td>M/W/F</td>
<td>9:15-10:15a</td>
</tr>
<tr>
<td>94582</td>
<td>Exercise Class</td>
<td>$110 $139</td>
<td>M/W/F</td>
<td>10:30-11:30</td>
</tr>
<tr>
<td>94581</td>
<td>Exercise Class</td>
<td>$110 $139</td>
<td>M/W</td>
<td>11:45-1:15</td>
</tr>
</tbody>
</table>

People living with disabilities are encouraged to participate in any of the Recreation Division programs in which they are interested. Please contact Kim Indurkar, Program Coordinator if you have not taken programs at Highland Center in the past, to schedule an appointment at 425-452-6105.
### 2015 MASTER GARDENERS WORKSHOP SCHEDULE

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Speaker</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/14</td>
<td>Fruit Tree Pathogens and Pests</td>
<td>Randy Lee</td>
</tr>
<tr>
<td>3/21</td>
<td>Wildlife Friendly Gardening</td>
<td>Emily Bishton</td>
</tr>
<tr>
<td>3/28</td>
<td>Native Splendor in the Garden</td>
<td>Emily Bishton</td>
</tr>
<tr>
<td>4/4</td>
<td>No Workshop–Easter Weekend</td>
<td></td>
</tr>
<tr>
<td>4/11</td>
<td>Growing Melons in the Northwest–You Can Do It!!</td>
<td>Jim Olson</td>
</tr>
<tr>
<td>4/18</td>
<td>Summer Blooming Bulbs</td>
<td>Pat Roome</td>
</tr>
<tr>
<td>4/25</td>
<td>Northwest Tomatoes and Plant Sale</td>
<td>Wally Prestbo &amp; Marcia Dillon</td>
</tr>
<tr>
<td>5/2</td>
<td>No Workshop–Master Gardener Plant Sale (Seattle location)</td>
<td></td>
</tr>
<tr>
<td>5/9</td>
<td>Building Better Soil With Amendments–Understanding Which</td>
<td>Jeff Thompson</td>
</tr>
<tr>
<td></td>
<td>Ones, How Much, &amp; When</td>
<td></td>
</tr>
<tr>
<td>5/16</td>
<td>All About Lavender</td>
<td>Tom Frei</td>
</tr>
<tr>
<td>5/23</td>
<td>No Workshop - Memorial Day Weekend</td>
<td></td>
</tr>
<tr>
<td>5/30</td>
<td>Beneficial Bugs and Bad Pests</td>
<td>Martha Clatterbaugh</td>
</tr>
<tr>
<td>6/6</td>
<td>All About Dahlias</td>
<td>Art Chmura</td>
</tr>
<tr>
<td>6/13</td>
<td>Alternatives to Pesticides</td>
<td>Pat Roome</td>
</tr>
<tr>
<td>6/20</td>
<td>What’s better than Compost? Worm Compost!</td>
<td>Linda Rasp</td>
</tr>
<tr>
<td>6/27</td>
<td>Vermicomposting: Why and How</td>
<td></td>
</tr>
<tr>
<td>7/4</td>
<td>All About Fuchsias</td>
<td>Frankie Dennison</td>
</tr>
<tr>
<td>7/11</td>
<td>No Workshop–4th of July</td>
<td></td>
</tr>
<tr>
<td>7/18</td>
<td>Ferns Unfurling</td>
<td>Judith Jones</td>
</tr>
<tr>
<td>7/25</td>
<td>Waterwise Gardening</td>
<td>Elaine Keehn</td>
</tr>
<tr>
<td></td>
<td>Bringing your Tomatoes to Harvest</td>
<td>Wally Prestbo &amp; Marcia Dillon</td>
</tr>
<tr>
<td>8/1</td>
<td>Control those Weeds! Keeping Plant Bullies at Bay</td>
<td>Sasha Shaw</td>
</tr>
<tr>
<td>8/8</td>
<td>Late Summer and Fall Pruning</td>
<td>Larry Davis</td>
</tr>
<tr>
<td>8/15</td>
<td>Ornamental Grasses</td>
<td>Eric Nelson</td>
</tr>
<tr>
<td>8/22</td>
<td>Ornamental Vines</td>
<td>Joan Helbacka</td>
</tr>
<tr>
<td>8/29</td>
<td>Gardening in the Shade</td>
<td>Ellon Jarvis</td>
</tr>
<tr>
<td>9/5</td>
<td>No Workshop–Labor Day Weekend</td>
<td></td>
</tr>
<tr>
<td>9/12</td>
<td>No Workshop–Harvest Festival, Children’s Fair and Plant</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sale in the Garden</td>
<td></td>
</tr>
</tbody>
</table>

**MASTER GARDENER URBAN DEMONSTRATION GARDEN**

A hands-on, how to educational garden. Consult with King County 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:** Saturdays 9am-1pm

**Info:** 425-452-7225

http://gardening.wsu.edu or http://www.mgfkc.org

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BELLEVUE BOTANICAL GARDEN EVENTS: MAY THROUGH AUGUST, 2015

May 2 — Eastside Fuchsia Society sale, 9 am – 1 pm. Featuring a great selection of plants from Eastside Fuchsia Society. For more information, call 425-452-2750.

May 10 — Mothers’ Day Social, 1 pm. Open house featuring light refreshments, music and beautiful scenery. For more information, call 425-452-2750 or visit www.bellevuebotanical.org. FREE

May 12 — Container Crazy (and Plants for Small Gardens) lecture with Dan Heims, 7 pm. Speaker Dan Heims, is the owner of Terra Nova Nursery in Oregon. His trips around the world have exposed him to an amazing array of wild containers planted with the most unusual plants that give new life to containers. Tips on how to design containers and small garden spaces, as well as helpful information on maintaining soil fertility and plant health, are presented. $5.00 for Bellevue Botanical Garden Society Members; $15.00 Non-members. No pre-registration; pay at the door. Doors open at 6:30 pm.

May 16 — Northwest Passages, a Garden Club of America Flower Show presented by Seattle Garden Club. Floral design, horticulture, photography and a conservation exhibit on water gardens. FREE

May 23 — North American Rock Garden Society Exhibit, 9 am. Specialty growers exhibit rare plants, alpines and plants suitable for rock gardens. FREE

May 27 — “An Illustrated Walk through the Wespelaar Arboretum in Belgium”, 7 pm. Dr. Koen Camelbeke, the exuberant director of the Arboretum Wespelaar in Belgium, will give us a photo tour of the estate. 5.00 for Bellevue Botanical Garden Society Members; $15.00 Non-members. No pre-registration; pay at the door. Doors open at 6:30 pm.

July 18 — Music in the Garden, 5:30 – 8:30 pm. Pack a picnic dinner and a blanket to spread on the lawn for a special night of beautiful music in the Garden. No alcoholic beverages and no pets, please. This event is free and open to the public. Donations are encouraged. For more information, visit www.bellevuebotanical.org or call 425-452-2750. FREE


August 15-16 — Eastside Fuchsia Society Show & Sale, 10 a.m. – 3 p.m. Featuring a great selection of plants from Eastside gardeners. For more information, visit www.bellevuebotanical.com or call 425-452-2750.

August 29-30 — Art in the Garden, 10 am – 6 pm. Sculptures and garden art by several outstanding Northwest artists will grace the gardens, each in its own private space. From the serious and simplistic to the whimsical and elaborate, exhibits will include works in metal, wood, blown and fused glass, bronze and other outdoor-appropriate materials. This event is free and open to the public. For more information, visit www.bellevuebotanical.org or call 425-452-2750. FREE
Join us this April for the opening of the new Bellevue Golf Course Driving Range. This new two-story range will provide year-round comfort as you practice your swing.

Visit bellevuepgc.com or call 425-452-7251 for more information.

Crossroads Par 3 Footgolf

The Crossroads Par 3 Golf Course, located at 15801 NE 15th Street, is open for the season! The course is an excellent beginner and family short course that takes only about an hour to play.

Plus—new this year, the course offers Footgolf! What’s that? It’s a fun game where you sink a soccer ball into the cup! This is great activity for small groups, friends and families. See a short video here: www.footgolf.net

To schedule, or for more information, call Crossroads Par 3 Golf, 425-452-4873
The Bellevue Golf Course is a fun, challenging layout that is a great place to play for golfers of all abilities. Excellent greens, strategic bunkering, and mature trees place a premium on accuracy and game management. Please contact the Pro Shop at 425-452-7250 or online at www.bellevuepgc.com for additional information.

- 18 Hole Championship Course
- Covered Driving Range with 23 hitting stations
- Full service pro shop
- Reservations taken up to two weeks in advance
- Tournament bookings
- Lessons from PGA instructors
- Full service grill
- Power carts
- Rental clubs
- Putting & chipping green
- Women’s and Men’s Clubs
- Banquet Room
- Free App!

The Crossroads Par 3 Golf Course offers a nine hole course, practice area with restricted flight range balls and a practice putting green.

The Par 3 is an excellent beginner and family course that takes about an hour to play. The holes range from 64 to 107 yards. This gives the more accomplished player an opportunity to work on their short game, while the beginner can have success learning the game in a relaxed, friendly environment. Tee times are not necessary unless you’re planning a group outing. For course information and operating hours, call 425-452-4873.

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

James McEachran, Chair
Carla Villar, Vice-Chair
Stefanie Beighle
John Bruels
Michelle Kline
Olga Perelman
Dr. Brian Plaskon

Register Online: MyParksAndRecreation.com
Tour the beautiful Mercer Slough Nature Park, paddle the shorelines of lovely Lake Washington and view the grandeur of majestic Mount Rainier. In partnership with Cascade PaddleSports, the City of Bellevue offers hourly rentals, lessons, trips, and racing programs for youth and adults in all aspects of paddle sports. To learn more, see Cascade’s website at canoe-kayak.com or call them at 425-430-0111 and like us on Facebook!

Get Started Kayaking:
Join us for a pleasant weekend morning to learn just the basics - general safety, equipment, moving forward, backward, sideways, and assisted recovery from a capsize. Paddling skills are greatly simplified to get you going quickly. Learn basic skills at one of our paddling centers, go for a short practice paddle, and learn to re-enter your kayak from the water with the help of your instructor. If you're interested in paddling short trips on protected waters and quiet lakes, this is a great way to get started! All lessons are taught in single kayaks.

Kids Day Camp:
Learn to paddle with your class in the 10-person Voyageur canoe, in your own single kayak, and Stand Up Paddle Board. Build self-esteem, confidence, strength, and conditioning. Learn boating safety and paddling skills in a playful environment of fun and self-discovery. Cascade PaddleSports is the premier paddling school for youth in the Northwest! One-week day camps are offered from the Enatai Beach Boathouse in Bellevue, on Lake Washington. Campers must be comfortable in the water and also confident of their swimming ability.

Learn to Canoe:
Canoes are ideal for family outings and relaxing days spent with your dog. With basic skills and quality equipment, canoes are lightweight and easy to paddle, easy to pack with gear, easy to carry, and easy to load on your vehicle. Canoes also make a great platform for fishing and waterfowl hunting, or packing out your elk. In this beginning course you will learn how to canoe safely on lakes by learning maneuvering strokes for maximum precision, how to compensate for wind and small waves, and how to paddle with your paddling partner. We're on the water every session with two 2.5-hour lessons at our paddling center and a day trip on a gorgeous mountain lake, with lunch next to a beautiful waterfall.
**Skate Parks**

**Outdoor Skate Facilities**

**HIGHLAND OUTDOOR SKATE PLAZA**
Newly Remodeled for 2015!
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.

**CROSROADS SKATE PARK**
Crossroads Community Center, 16000 NE 10th Street, 9808
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 ’70s. 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.

**BELLEVUE INDOOR SKATEPARK**
14224 Bel Red Road, 98007
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. This newly-remodeled indoor facility features three and four-foot mini ramps, micro-mega, vert wall, 28 feet of pool coping as well as a variety of quarter-pipes, banks, rails, ledges, hubbas, and a small indoor climbing wall. Call 425-452-2722 for current hours, fees, events and rentals or visit www.bellevuewa.gov/bellevue_skate_park.htm

**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.
COST: $40 per hour; $25 per 1/2 hour

**CURRENT YOUTH LINK PROJECTS**
For more information about any of these opportunities, please call 425-452-5254, unless otherwise specified, or visit www.youthlink.com.

- **Bellevue Youth Council**
- **Outspoken Teen Paper**
- **Youth Link Web Team**
- **Kids Care Coat Drive**
- **Teen Closet**
- **T.R.A.C.K.S. Action Team**
- **Community Leadership Awards**
- **Eastside Youth Council Summit**
- **Youth Court Action Team**
- **Youth Involvement Conference**

If you are a young person of middle or high school age or an adult who might be able to help make a youth priority a reality, call 425-452-5254.
**BELLEVUE CHALLENGE COURSE**

**BELLEVUE ZIP TOUR**  
*Feel Wild in the City*  
6.5 zip lines, 2 suspension bridges  
Affordable, amazing views, easy access  
Tours April through October

**BELLEVUE 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

**BELLEVUE 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:** www.myparksandrecreation.com  
**MORE INFORMATION:** www.bellevuewa.gov/sbcc-challenge-course.htm or call 425-452-4240
EASTSIDE’S LARGEST

BELLEVUE FAMILY 4TH

SATURDAY, JULY 4, 2014
2:00-10:30PM
BELLEVUE DOWNTOWN PARK

PRODUCED BY

Visit BellevueDowntown.com or call 425-453-1223