

September through
December 2013

CONNECTIONS



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**Bellevue Parks &
Community Services**
425-452-6885

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FACILITY ADDRESSES AND PHONE NUMBERS QUICK FIND

RECREATION REGISTRATION425-452-6885

FACILITY & FIELD RENTALS 425-452-6914

ADULT SPORTS LEAGUES, Bellevue City Hall, 450 - 110th Ave NE425-452-4479

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

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

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

BELLEVUE YOUTH THEATRE, 16661 Northup WY425-452-7155

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 ST425-452-4873

HIGHLAND COMMUNITY CENTER AND PARK, 14224 NE Bel-Red RD
Adaptive recreation for people with disabilities and general programs.....425-452-7686

KELSEY CREEK COMMUNITY FARM PARK, 410 - 130th PI SE.....425-452-7688

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

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

MERCER SLOUGH ENVIRONMENTAL EDUCATION CENTER, 1625 118th Ave SE.....425-452-2565
Pacific Science Center425-450-0207

NORTH BELLEVUE COMMUNITY CENTER, AGING SERVICES, 4063—148th Ave NE
General Programs/Rental Inquiries425-452-7681

NORTHWEST ARTS CENTER, 9825 NE 24th ST
Program Registration & Information425-452-6046
Rental Information425-452-7150
Community Events Office425-452-4106

PARKS ADMINISTRATION, Bellevue City Hall, 450 - 110th Ave NE.....425-452-6885

ROBINSWOOD HOUSE425-452-7850

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 Way425-452-4240

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

BELLEVUE PARKS & COMMUNITY SERVICES
CONNECTIONS



Bellevue Parks & Community Services

PO Box 90012
Bellevue, WA 98009-9012

Bellevue City Council

Conrad Lee, Mayor
Jennifer Robertson, Deputy Mayor
Claudia Balducci John Chelminiak
Don Davidson John Stokes Kevin Wallace

Parks & Community Services Board

Sherry Grindeland, Chair
Dallas Evans, Vice Chair

Kathy George Stuart Heath
Erin Powell Lynne Robinson
Mark Van Hollebeke



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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: Parent/Tot Swim Lesson at the Bellevue Aquatic Center, photo by Colin Walker.

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

QUESTIONS OR COMMENTS?

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

You are encouraged to visit 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 effect park use and trail conditions. Please use caution when visiting parks sites during poor weather as trails and other park facilities may become wet and slippery. Park trails may also be closed.

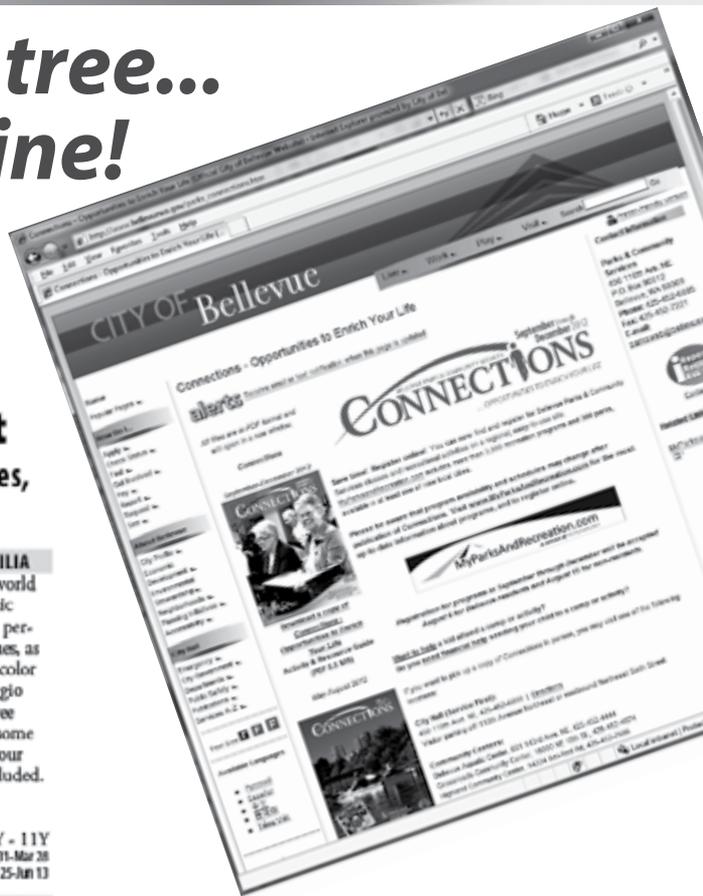
Save a tree... Go online!

Art & Craft Programs for Families, Youth, & Teens

DRAWING & PAINTING: REGGIO EMILIA
Give your child the tools to see the world in different ways! Students learn basic drawing skills through value studies, perspective, line and sketching techniques, as well as learning how to mix and use color in their artwork, inspired by the Reggio Emilia approach. Still life scenes, three dimensional building with clay are some of the tools introduced to broaden your child's visual awareness. Supplies included.
Min 8/Max 12
Northwest Arts Center
\$157(R) \$179(N) Age: 6Y - 11Y
6985 4-5:30pm Thu Jan 31-Mar 28
6986 4-5:30pm Thu Apr 25-Jun 13

ART - ARTS DROP IN
Creative fun group invites you to join us for an evening of creating art. Different medium each week. Adult supervision required for children under 18 years of age. Drop in fee payable at the door. Purchase the Play Pass for additional savings. Min 1/Max 40
North Bellevue Community Center
\$3(R) \$4(N) Age: 10Y and up
7153 6-8:30pm Tue Jan 08-Apr 23

CHILDREN'S POTTERY STUDIO
In a fun and supportive environment, the young artist will learn the ancient art of pottery. The possibilities of turning clay into a piece of treasured art is limitless! Hand and wheel building, sculpting, coil construction and glazing will be introduced. Supplies and firing fee included in price of class. Min 8/Max 10
Northwest Arts Center
\$170(R) \$204(N) Age: 6Y - 11Y
6981 4-5:30pm Thu Jan 31-Mar 28
6982 4-5:30pm Thu Apr 25-Jun 13



Most program names now have clickable links directly to our online registration system in eConnections!

Quickly and easily access our programs in three easy steps:

- 1. Download a copy of Connections**
Visit http://www.bellevuewa.gov/parks_connections.htm
- 2. Browse our catalog for the perfect class or activity and click the program's name.**
- 3. You will be taken to your program. Either sign in to your account or set up a new account.**



No link? Visit www.MyParksAndRecreation.com to find your program.

BELLEVUE AQUATIC CENTER

Pool Schedule • Valid September 16 through December 31, 2013

See page 10 for special holiday schedule | Pool closed August 19 - September 15, December 25, and January 1

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



Blue Lagoon Lap Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00	Aquarobics Lap Swim	Lap Swim	Aquarobics Lap Swim	Lap Swim	Aquarobics Lap Swim	Special Olympics & Lap Swim	
9:00-12:00	Open & Lap Swim					Lessons & Lap swim	Lessons & Lap Swim
12:00-1:00	Lap Swim Masters (4 lanes)	Lap Swim	Lap Swim Deep Wtr Ex Masters (4 lanes)	Lap Swim Masters (4 lanes)	Lap Swim Masters (4 lanes)	9:00-Noon Deep Wtr Ex 10 - 11 am	9:00-Noon
1:00-3:00	Open & Lap Swim	MS Assoc 1-2pm Lap Swim	Open & Lap Swim	Open & Lap Swim	Open & Lap Swim	12:00-2:00 Open Swim	
3:15-4:45	High School Swim Team practice BAC Lessons					Swim Teams	2:00-4:00 Pool Rentals
4:45-7:00	Lessons Swim Teams	Lessons Swim Teams Aquarobics 6-7 pm	Lessons Swim Teams	Lessons Swim Teams Aquarobics 6-7 pm	Swim Teams		
7:00-8:00	Open & Lap swim	Lap Swim Swim Teams Scuba DT	Open & Lap swim	Lap Swim Swim Teams Scuba DT	Open & Lap Swim		

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

Warm Springs Therapy Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00	Water Motion Class	Adult & Therapy	Water Motion Class	Adult & Therapy	Water Motion Class	Adult & Therapy	
9:00-10:00	Open & Therapy 9:00-11:30	Open & Therapy 9:00-11:00	Open & Therapy 9:00-11:30	Open & Therapy 9:00-11:00	Adult & Therapy 9:00-11:00	Lessons 9:00 AM Noon	Lessons 9:00 AM Noon
10:00-11:30							
11:30-12:30	Water Motion	Adult & Therapy 11:00-2:30	Water Motion	Adult & Therapy 11:00-2:30	Open & Therapy 11:00-2:30	12:00-2:00 Open & Therapy	
12:30-2:30	Open & Therapy	Open & Therapy					
2:30-4:00	Adult & Therapy	Open & Therapy	Adult & Therapy	Open & Therapy	Adult & Therapy		
4:00-7:00	Swim Lessons				Open & Therapy Lessons		
7:00-8:00	Open & Therapy	Adult & Therapy	Open & Therapy	Adult & Therapy			

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.

Important Aquatic Center Information



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, persons with disabilities and seniors not only in Bel-



levue 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. Most importantly, it is a place where everyone has a role.

The Mummy's Revenge

Performs at Bellevue Youth Theatre
Locked away in museum, the mummy comes to life in a thrilling and enchanting Halloween adventure. There will be a dinner theatre at the South Bellevue Community Center on Saturday, October 26. This show is suitable for participants of all ages. Participants under 8 must be accompanied by an adult.

Friday, October 25	7pm
Sunday, October 27	2pm
Friday, November 1	7pm
Saturday, November 2	2pm & 7pm

Twelve Dancing Princesses

Performs at Bellevue Youth Theatre
Twelve princesses sleep in twelve beds in the same room. Each night their door is locked, but each morning their dancing shoes are found worn through. Join the King as he promises his kingdom to the man who can discover where they go each night.

Friday, November 8 & 15	7pm
Saturday, November 9★ & 16	7pm
Sunday, November 10 & 17	2pm
Saturday, November 16	2pm

Military members are free on November 10. Family is \$5 each.

It's A Wonderful Life

Performs at Meydenbauer Theatre
Past performers, participants and parents reprise their roles from 10 years ago, bringing this timeless tale to life on stage. Revisit all your favorite characters from George Bailey to Mr. Potter as you enjoy this classic tale suitable for the whole family. Part of Bellevue's Magic Season at the Theatre at Meydenbauer. Go shopping and stop by to enjoy a little theatre with your family for the holidays.

Friday, November 29	7pm
Saturday, November 30	2pm & 7pm
Sunday, December 1	2pm

'Twas The Night Before Christmas

Performs at Bellevue Youth Theatre
Come enjoy the story behind this classic poem and embrace some holiday fun. This enchanting show is suitable for the whole family.

Friday, December 6	7pm
Saturday, December 7★ & 13	7pm
Sunday, December 8	2pm
Saturday, December 14	2pm

Special: \$5 shows marked with a ★.

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.

Discounts available:

10-19 tickets are \$8 each (must be for the same date and time and cannot be exchanged).

20+ tickets are \$5 each (must be for the same date and time and cannot be exchanged).

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

\$5 discount shows for all Saturday matinees and those highlighted and underlined.

BYT Ticket FAQs

Do I need to purchase a ticket for my baby/toddler?

You do not need to purchase a ticket for your baby/toddler if you are planning to hold him/her in your lap. If you need a seat for your child, you will be required to purchase a ticket.

Do you offer group discounts?

Yes. Tickets will be reduced by \$2 per ticket for groups of 10 or more. You must purchase the tickets for the same performance in order to qualify for a group discount. Note: you cannot exchange these tickets for another show date unless you exchange ALL of them at one time. For example, you cannot exchange two tickets for another date and keep eight for the original show date. In order to get the group discount, all 10 or more tickets must be for the same date and time. No group discounts available for \$5 tickets.

What is your refund/exchange policy?

There are no refunds once purchased. All sales are final. You may exchange your tickets, pending availability, for another performance of the same show. We will exchange your tickets at no charge to you. Exchanges must be made in person (with the tickets to be exchanged), and must be made at least 24 hours before the performance date. There can be no exchanges on the day of the show. The Box Office does not buy back unused tickets or refund tickets.

Do you offer senior/child discounts?

No. All tickets are the same price regardless of age.

My friend bought tickets for a show. Can I be seated next to her?

Seating is assigned unless otherwise indicated. In order to be seated with your friends/family, tickets must be purchased together. However, we will make every attempt to seat you near your friend's seats.

Donating your tickets.

If you cannot attend your performance and do not wish to exchange your tickets, you may donate them for tax credit. Simply return your tickets in person or by mail to the BYT Ticket Office before the scheduled performance.

What if I am late to a performance?

Late seating is often disruptive to audience members; therefore, we cannot seat you once the show has started. You will be seated during intermission. If your seating assignment is easily accessible, we may attempt to seat you during a scene break. Seating after the show has started is at the discretion of the Box Office.

Incident Weather Policy

If a performance takes place, despite weather conditions, Bellevue Youth Theatre will not issue refunds to patrons who did not attend. When in doubt, call 425-452-7155 to confirm a performance.

SPECIAL EVENTS

KELSEY CREEK FARM FAIR

Bring your family to the farm and enjoy our Fall Festival. Event features include: live entertainment, heritage demonstrations, tractor-pulled wagon ride, pick-a-pumpkin already picked from the vine but in a farm pasture, pony rides, inflatables, farm animals and much more. No entrance fee; cost varies by activity. No pets please. Free shuttle service from Wilburton Park & Ride and Bannerwood Sports Park For more information call 425-452-7688 or e-mail kelseycreekfarm@bellevuewa.gov Min 1/Max 1

Kelsey Creek Community Park

FREE

11am-4pm

Sat

All Ages
Oct 12

THE GREAT NORTHWEST GLASS PUMPKIN PATCH

9am-4pm Saturday, October 5

Wander through a pumpkin patch of thousands of hand-blown, one-of-a-kind glass pumpkins. Pick your favorite to bring home or just come and see the beautiful hand crafted art. Admission is FREE. Pumpkin prices range from \$35-\$200. Rain or Shine, come join us at the Northwest Arts Center, 9825 NE 24th ST. Sponsored by the Tacoma Glassblowing Studio & Bellevue Parks and Community Services department. Information: e-mail NWAC@bellevuewa.gov or call 425-452-4106.

DROP-IN HALLOWEEN MINATURE GOLF

Play nine holes of miniature golf with a Halloween theme! Fun for the family. Suitable for ages 5 and up. Min 1/Max 200

South Bellevue Community Center

\$3(R) \$4(N)

Age: 5Y and up

75900 9am-5pm

Sat

Oct 26

GREAT SBCC PUMPKIN RACE

Bring your decorated pumpkin complete with wheels to compete in Bellevue's third Annual Pumpkin Race. Upon registration, you will receive basic directions to prepare your pumpkin for race day. Individuals, families and groups encouraged to register. Families and groups can designate one person to register. Wheels available for purchase. Min 15/Max 100

South Bellevue Community Center

FREE

Age: 3Y and up

75904 10am-12pm

Sat

Oct 26

HAUNTED MINIATURE GOLF

Join us for Spook Fest at SBCC. Miniature golf is fun but playing it in the dark in a haunted atmosphere is even better. Min 50/Max 100

South Bellevue Community Center

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

Age: 7Y and up

75901 7-10pm

Fri-Sat

Oct 25-26

MUMMY'S REVENGE DESSERT THEATRE

Locked in a museum, the mummies come to life and what happens next will thrill and enchant you. Journey to Ancient Egypt, 1930s New Orleans and a closed museum. Enjoy the excitement of the story right next to you as the characters move in and out of the tables while you munch on delectable treats. Tables may be reserved for \$40. Min 50/Max 104

South Bellevue Community Center

\$5(R) \$7(N) \$40/Table of 8

Age: 7Y and up

75866 2-3:30pm

Sat

Oct 26

\$5(R) \$7(N) \$40/Table of 8

Age: 7Y and up

75899 7-8:30pm

Sat

Oct 26

SPOOK FEST PANCAKE BREAKFAST

Spook Fest will open for a pancake breakfast this year bringing Halloween fun for your family especially the little ones. Special treat for preschoolers and free haunted miniature golf for the rest of the family. Pre-registration is required. You can register online or call 425-452-4240. Please register each family member. Min 25/Max 85

South Bellevue Community Center

\$5/Person (2 years and under free)

All Ages

75823 8:30-10am

Sat

Oct 26

6TH ANNUAL CYCLE THE WAVE

Bike Ride for a Great Cause

Cycle the WAVE is an all-women, non-competitive bicycle ride through Bellevue and adjacent cities to bond women together through fitness and the desire to make a difference in the community by supporting domestic violence programs. The ride begins and ends at Issaquah High School - 700 2nd Ave SE Issaquah, WA 98027 on Sunday, September 15th, 2013. This event is co-sponsored by Bellevue Parks & Community Services' Lake to Lake Ride. All proceeds fund domestic violence programs. Register at www.cyclethewave.org

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

Visit www.bellevuewa.gov/COBCalendar

or http://www.bellevuewa.gov/recreation_events_intro.htm for more information.

ARTS CRUSH is a month long arts and cultural festival in October that connects artists and audiences at hundreds of events across the Puget sound region. The festival celebrates arts and culture by providing opportunities to participate in theatre, music, literature, dance, visual art and more. Watch for an ARTS CRUSH event coming to a community center near you in October! For more information on ARTS CRUSH 2013, visit their website at www.artscrush.org *Arts Crush is a program of Theatre Puget Sound*

GARDEN D'LIGHTS CONSTRUCTION EDITION AT THE BELLEVUE BOTANICAL GARDEN

Don't despair! Even with construction underway on the new visitor/education center and parking lot at the Bellevue Botanical Garden, this annual holiday season tradition will go on! Thousands of tiny twinkling lights will transform the Bellevue Botanical Garden into a winter wonderland during the annual Garden d'Lights festival. Watch for more information in the next issue of *Connections*, or visit www.BellevueBotanical.org to stay up to date on the happenings at the garden. For more information, call 425-451-3755 or email BBGSOoffice@bellevuebotanical.org.

SPECIAL EVENT VOLUNTEERS NEEDED!

Kelsey Creek Farm Fair Event

We are seeking energetic, fun teens to assist with children's activities at a Kelsey Creek Farm special event. Volunteers must be able to follow directions, be comfortable in crowds and be on your feet in all types of weather. This is a great way to earn your community service hours. Volunteers must pre-register, must be at least 14 years old, and must be enrolled in high school on the date of event. Questions e-mail kelseycreekfarm@bellevuewa.gov, or call the Farm Office at 425-452-7688. No day of event registrations will be accepted.

71650

10am-5pm

Sat

Oct 12

Volunteer- Hilltop Holiday Crafts Fair

Volunteers are needed for the Hilltop Holiday Craft Fair. This is a great way to earn community service hours or just want to gain experience in working an event. Volunteers are a valuable aspect of the crafts show as they assist the event supervisor at the completion of the fair. All volunteers must be at least 14 years of age and must preregister. Questions e-mail NWAC@bellevuewa.gov or call 425-452-4106.

75675

5-8:30pm

Sat

Dec 07

10-day Registration Preference for Bellevue Residents • Registration Begins August 5, 2013

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 August 14, 2013.

PHONE-IN

Telephone
Registration
begins
August 19, 2013.
425-452-6885

Registration Policies

REGISTRATION PRIORITY: The City of Bellevue is committed to providing a wide range of recreation activities for Bellevue residents. Therefore, the City gives a ten calendar day registration preference for those residing within the Bellevue city limits. Non-residents are welcome to take part in recreation programs on a space-available basis. Non-resident registrations are not accepted prior to the first day of non-resident registration. On this day, mailed and faxed registrations will be accepted Monday-Friday 8-5 at Bellevue City Hall, online at 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 after registration has been processed.

PAYMENT: Payment is accepted in Cash, checks, or Visa/MasterCard only. Payment for all programs except day camps is due in full at the time of registration. **Scholarship application is required prior to registration.**

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 the session.

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

LARGE PRINT: *Copies of the Connections are available upon two business days request at Bellevue Parks & Community Services Office.*

Adaptive Recreation Programs - 425-452-7686

REGISTRATION FORM IS FOUND ON PAGE 49. 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 425-452-7686.

RESIDENT DEFINITION:

A resident is defined as anyone living within the jurisdictional boundary of the City of Bellevue as determined by City records. If you have any question as to whether you are within the jurisdictional boundary of the City of Bellevue, please contact the Development Services Department's Land Use Division at 425-452-4188.

EQUAL OPPORTUNITY STATEMENT:

The U.S. Department of the Interior strictly prohibits discrimination on the basis of race, color, national origin, age or handicap in its federally-assisted programs and activities. If anyone believes he or she has been discriminated against in a Bellevue Parks & Community Services program, activity or facility, he or she may file a complaint alleging discrimination with Bellevue Parks & Community Services or the Office for Equal Opportunity, U.S. Department of the Interior, Washington, D.C., 20240.

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



Registration Form

10-day Registration Preference for Bellevue Residents • Registration Begins August 5, 2013

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

See **Registration Steps** Page 9.

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

Please Print

Adult Last Name _____ First _____ Date of Birth _____

Street Address _____ City _____ State _____ ZIP _____

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

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

() _____ () _____
Work Phone _____ Home Phone _____



Sign up to receive e-alerts via email!

Visit www.bellevuewa.gov and click on the e-Alerts icon for options and available lists.

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

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

Request for Accommodations: _____

*For scholarship information, call 425-452-6885, or see page 11.
Scholarship applications must be approved prior to registration.

Payment Details *Payment due in full at time of registration*

Payment Method

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

Credit Card Total Fee: \$ _____

Card Number _____

Expiration Date _____



Non-resident registrations are not accepted prior to the first day of non-resident registration. Registrations received from non-Bellevue residents will be accepted beginning August 14, 2013.

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

CAUTION! PLEASE READ CAREFULLY. WAIVER OF LIABILITY/RELEASE.

To the extent provided by law, 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 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 to assert a claim against the City of Bellevue for negligence.

PHOTO/VIDEO RELEASE: I give my permission to have photos and/or video recordings taken of me or my child(ren) for publicity purposes during City of Bellevue activities even though we will not receive compensation of any kind for appearing in such photos or video recordings. I have read, understood, and voluntarily accepted the conditions of the Waiver of Liability/Release and the Photo Release printed above. If you do not wish to sign the photo release, please contact the main office at 425-452-6885 or Parksweb@bellevuewa.gov.

Participant or Parent/Guardian Signature _____ Date _____

Printed Name: _____

Registration NOT VALID without signed waiver.

Scholarship Application

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

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

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

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

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

A scholarship application alone does not register the participant, nor does it reserve space in a program. Registrations are processed in the order received. You will be notified once your application for scholarship has been reviewed.

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

Address: _____

City: _____ State: _____ ZIP Code: _____

Phone: (Work) _____ (Home) _____

E-Mail Address: _____

Please Indicate:

Family Size: _____

Yearly Income (Before Taxes):

\$ _____

HOUSEHOLD SIZE	1	2	3	4	5	6	7	8
Full Scholarship	\$14,937	\$20,136	\$25,389	\$30,615	\$35,841	\$41,067	\$46,293	\$51,519
3/4 Scholarship	\$18,097	\$24,415	\$30,760	\$37,092	\$43,423	\$49,755	\$56,086	\$62,418
1/2 Scholarship	\$21,257	\$28,694	\$36,131	\$43,568	\$51,005	\$58,442	\$65,879	\$73,316

Example: If your family size is two and your income is \$20,136 or less you are eligible for a full scholarship.

Source: 2013-2014 USDA Food & Nutrition Services Child Nutrition Programs - Income Eligibility Guidelines.

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

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

Signature: _____

Date: _____

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

AQUATICS

Bellevue Aquatic Center

Phone: 425-452-4444

Fax: 425-452-6100

Physical Address: 601 - 143rd Avenue NE

SWIM RATES

Drop-In Fees

Adult: \$6.50

Youth (12 yrs. and younger): \$5.50

Deep Water Exercise Class: \$7.50

Master Swim Class: \$7.50

Discounted Swim (Mon-Sat before 10am,

Wed 7-8pm when available): \$4.75

Shower only: \$2 (*Blue Lagoon locker rooms*)

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: \$65.04

Youth: \$55.08

Deep Water Exercise: \$75

Masters Swim: \$75

Discounted Swim: \$47.40

3 Month Swim Pass Cards

(For Lap, Open, and Rehab Swims)

Adult: \$166

Youth: \$110

Family: \$268

PARTIES AT THE POOL

Pool Rentals

Available on Saturdays, 2-4pm

And Sundays, 2-4pm

Blue Lagoon Pool

1 - 25 guests: \$214 per hour

26-60 guests: \$258.50 per hour

61-90 guests: \$286.75 per hour

91-120 guests: \$340.50 per hour

121 + guests: \$425.75 per hour

Cost includes staff and use of pool toys.



Party Room Rentals

Available during pool rentals or open swims. \$66.75 per hour. Accommodates groups of under 20. This room *is not* wheelchair accessible.

SPECIAL EVENTS/SPECIAL SCHEDULE

November 28 - Fit for the Feast Masters Workout, 9-11am

November 29 - Youth Appreciation Day, 12-2pm

Special Hours of Operation:

December 24: Closes at 3pm

December 25: Closed

December 31: Closes at 3pm

January 1: Closed

OTHER ACTIVITIES AVAILABLE AT THE BELLEVUE AQUATIC CENTER

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.

Aquarobics WaterMotion Class - Group warm-water therapy for those with arthritis, fibromyalgia, joint replacement, back issues and pre & post surgery. Increase strength, flexibility and balance using full range of motion exercises. Get In. Get Fit. Registration: 425-894-0045/www.aquarobics.net

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

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.

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.

LEARN TO SWIM PROGRAMS

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

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

Please remember when registering your child:

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

Minimum Class Size: Each class has a minimum class size requirement. The Bellevue Aquatic Center has the right to cancel classes when registration demand does not meet the requirement. Accommodations will be made for the registered participants whenever possible.



FOLLOW US ON FACEBOOK!

Become a fan of **Bellevue Parks & Community Services** on Facebook to learn about unique events, activities, and fun ways to use Bellevue's park and open space system.

PRIVATE/SEMI-PRIVATE SWIM LESSONS

For lesson availability, please visit <http://www.myparksandrecreation.com> and search for "Private Swim Lessons" or call 425-452-4444.

PARENT/TOT LEVEL CLASSES

Ages: 6 months to 3 years

Gum Drop

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.

See swim lesson registration dates, listed on page 12.

ADULT LEVEL CLASSES

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

ADULT INTRODUCTION: Beginning level for adults with little or no swimming background.

ADULT INTERMEDIATE/ADVANCED: Continued development as you get comfortable in the water.

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.

ADULT INTRODUCTION SWIM LESSONS

67475	5:45-6:15pm	Mon, Wed	Sep 23-Oct 16	\$86
67476	10:45-11:45am	Sun	Sep 29-Nov 03	\$129
67477	5:45-6:15pm	Mon, Wed	Oct 21-Nov 13	\$86
67479	10:45-11:15am	Sun	Nov 10-Dec 22	\$129
67480	5:45-6:15pm	Mon, Wed	Nov 18-Dec 18	\$86
76112	5:10-5:40pm	Tue, Thu	Nov 19-Dec 19	\$86

ADULT INTER - ADV SWIM LESSONS

67447	5:10-5:40pm	Tue, Thu	Sep 24-Oct 17	\$86
67448	5:10-5:40pm	Tue, Thu	Oct 22-Nov 14	\$86
67449	5:10-5:40pm	Tue, Thu	Nov 19-Dec 19	\$86

PARENT/TOT SWIM LESSONS

67524	11-11:50am	Mon, Wed	Sep 23-Oct 16	\$79.20
67535	10:45-11:15am	Sat	Sep 28-Nov 02	\$59.50
67536	6:20-6:50pm	Tue, Thu	Sep 24-Oct 17	\$79.20
67537	6:20-6:50pm	Mon, Wed	Sep 23-Oct 16	\$79.20
67534	11:20-11:50am	Sun	Sep 29-Nov 03	\$59.40
67528	11-11:30am	Mon, Wed	Oct 21-Nov 13	\$79.20
67530	6:20-6:50pm	Mon, Wed	Oct 21-Nov 13	\$79.20
67533	6:20-6:50pm	Tue, Thu	Oct 22-Nov 14	\$79.20
67532	10:45-11:15am	Sat	Nov 09-Dec 21	\$59.40
67531	11:20-11:50am	Sun	Nov 10-Dec 22	\$59.40
67529	11-11:30am	Mon, Wed	Nov 18-Dec 18	\$79.20
67540	6:20-6:50pm	Tue, Thu	Nov 19-Dec 19	\$79.20
67541	6:20-6:50pm	Mon, Wed	Nov 18-Dec 18	\$79.20

PARENT/TOT 2 SWIM LESSONS

75525	11:20-11:50am	Sat	Sep 28-Nov 02	\$59.40
75852	11:20-11:50am	Sat	Nov 09-Dec 21	\$59.40

PRESCHOOL 1 SWIM LESSONS

67678	10-10:30am	Mon, Wed	Sep 23-Oct 16	\$90
67680	4-4:30pm	Mon, Wed	Sep 23-Oct 16	\$90
67681	5:10-5:40pm	Mon, Wed	Sep 23-Oct 16	\$90
67682	6:20-6:50pm	Mon, Wed	Sep 23-Oct 16	\$90
67683	4:35-5:05pm	Tue, Thu	Sep 24-Oct 17	\$90
67684	5:45-6:15pm	Tue, Thu	Sep 24-Oct 17	\$90
67685	9-9:30am	Sat	Sep 28-Nov 02	\$67.50
67687	10:10-10:40am	Sat	Sep 28-Nov 02	\$67.50
67688	11:20-11:50am	Sat	Sep 28-Nov 02	\$67.50
67689	9-9:30am	Sun	Sep 29-Nov 03	\$67.50
67690	10:10-10:40am	Sun	Sep 29-Nov 03	\$67.50
67691	11:20-11:50am	Sun	Sep 29-Nov 03	\$67.50
67692	10-10:30am	Mon, Wed	Oct 21-Nov 13	\$90
67694	4-4:30pm	Mon, Wed	Oct 21-Nov 13	\$90
67695	5:10-5:40pm	Mon, Wed	Oct 21-Nov 13	\$90
67696	6:20-6:50pm	Mon, Wed	Oct 21-Nov 13	\$90
67697	4:35-5:05pm	Tue, Thu	Oct 22-Nov 14	\$90
67698	5:45-6:15pm	Tue, Thu	Oct 22-Nov 14	\$90
67699	9-9:30am	Sat	Nov 09-Dec 21	\$67.50
67700	10:10-10:40am	Sat	Nov 09-Dec 21	\$67.50
67701	10:45-11:15am	Sat	Nov 09-Dec 21	\$67.50
67705	11:20-11:50am	Sat	Nov 09-Dec 21	\$67.50
67702	9-9:30am	Sun	Nov 10-Dec 22	\$67.50
67703	10:10-10:40am	Sun	Nov 10-Dec 22	\$67.50
67704	10:45-11:15am	Sun	Nov 10-Dec 22	\$67.50
67706	11:20-11:50am	Sun	Nov 10-Dec 22	\$67.50
67693	10-10:30am	Mon, Wed	Nov 18-Dec 18	\$90
67709	5:10-5:40pm	Tue, Thu	Nov 19-Dec 19	\$90
67712	6:20-6:50pm	Mon, Wed	Nov 18-Dec 18	\$90
67713	4:35-5:05pm	Tue, Thu	Nov 19-Dec 19	\$90
67714	5:45-6:15pm	Tue, Thu	Nov 19-Dec 19	\$90
67715	4-4:30pm	Mon, Wed	Nov 18-Dec 18	\$90
76108	4:35-5:05	Mon, Wed	Nov 18-Dec 18	\$90
76111	4-4:30pm	Tue, Thu	Nov 19-Dec 19	\$90

PRESCHOOL 2 SWIM LESSONS

67791	10:30-11am	Mon, Wed	Sep 23-Oct 16	\$90
67792	5:45-6:15pm	Mon, Wed	Sep 23-Oct 16	\$90
67793	6:20-6:50pm	Mon, Wed	Sep 23-Oct 16	\$90
67794	4-4:30pm	Tue, Thu	Sep 24-Oct 17	\$90
67795	5:10-5:40pm	Tue, Thu	Sep 24-Oct 17	\$90
67796	6:20-6:50pm	Tue, Thu	Sep 24-Oct 17	\$90
67797	9-9:30am	Sat	Sep 28-Nov 02	\$67.50
67798	10:10-10:40am	Sat	Sep 28-Nov 02	\$67.50
67799	11:20-11:50am	Sat	Sep 28-Nov 02	\$67.50
67800	9:35-10:05am	Sun	Sep 29-Nov 03	\$67.50
67801	10:10-10:40am	Sun	Sep 29-Nov 03	\$67.50
67804	10:45-11:15am	Sun	Sep 29-Nov 03	\$67.50
67802	10-10:30am	Mon, Wed	Oct 21-Nov 13	\$90
67805	5:45-6:15pm	Mon, Wed	Oct 21-Nov 13	\$90
67806	5:10-5:40pm	Tue, Thu	Oct 22-Nov 14	\$90
67820	4-4:30pm	Tue, Thu	Oct 22-Nov 14	\$90
67821	6:20-6:50pm	Tue, Thu	Oct 22-Nov 14	\$90
67824	6:20-6:50pm	Mon, Wed	Oct 21-Nov 13	\$90
67807	9:35-10:05am	Sat	Nov 09-Dec 21	\$67.50
67808	10:10-10:40am	Sat	Nov 09-Dec 21	\$67.50
67809	11:20-11:50am	Sat	Nov 09-Dec 21	\$67.50
67813	10:45-11:15am	Sat	Nov 09-Dec 21	\$67.50
67810	9:35-10:05am	Sun	Nov 10-Dec 22	\$67.50
67811	10:10-10:40am	Sun	Nov 10-Dec 22	\$67.50
67822	10:45-11:15am	Sun	Nov 10-Dec 22	\$67.50
67716	4-4:30pm	Tue, Thu	Nov 19-Dec 19	\$90
67717	5:10-5:40pm	Tue, Thu	Nov 19-Dec 19	\$90
67718	6:20-6:50pm	Tue, Thu	Nov 19-Dec 19	\$90
67803	10:30-11am	Mon, Wed	Nov 18-Dec 18	\$90
67814	5:45-6:15pm	Mon, Wed	Nov 18-Dec 18	\$90
67819	6:20-6:50pm	Mon, Wed	Nov 18-Dec 18	\$90



PRESCHOOL 3 SWIM LESSONS

67872	5:45-6:15pm	Mon, Wed	Sep 23-Oct 16	\$90
67873	4-4:30pm	Tue, Thu	Sep 24-Oct 17	\$90
67874	4:35-5:05pm	Tue, Thu	Sep 24-Oct 17	\$90
67875	5:45-6:15pm	Tue, Thu	Sep 24-Oct 17	\$90
67876	9:35-10:05am	Sat	Sep 28-Nov 02	\$67.50
67877	11:20-11:50am	Sat	Sep 28-Nov 02	\$67.50
67887	4:35-5:05pm	Mon, Wed	Sep 23-Oct 16	\$90
67878	9-9:30am	Sun	Sep 29-Nov 03	\$67.50
67879	9:35-10:05am	Sun	Sep 29-Nov 03	\$67.50
67880	10:45-11:15am	Sun	Sep 29-Nov 03	\$67.50
67881	4:35-5:05pm	Mon, Wed	Oct 21-Nov 13	\$90
67882	5:45-6:15pm	Mon, Wed	Oct 21-Nov 13	\$90
67883	4-4:30pm	Tue, Thu	Oct 22-Nov 14	\$90
67885	5:45-6:15pm	Tue, Thu	Oct 22-Nov 14	\$90
67888	4:35-5:05pm	Tue, Thu	Oct 22-Nov 14	\$90
67825	9:35-10:05am	Sat	Nov 09-Dec 21	\$67.50
67826	10:10-10:40am	Sat	Nov 09-Dec 21	\$67.50
67827	9-9:30am	Sun	Nov 10-Dec 22	\$67.50
75853	9:35-10:05am	Sun	Nov 10-Dec 22	\$67.50
75854	4:35-5:05pm	Mon, Wed	Nov 18-Dec 18	\$90
75855	5:45-6:15pm	Mon, Wed	Nov 18-Dec 18	\$90
75856	4-4:30pm	Tue, Thu	Nov 19-Dec 19	\$90
75857	4:35-5:05pm	Tue, Thu	Nov 19-Dec 19	\$90
75858	5:45-6:15pm	Tue, Thu	Nov 19-Dec 19	\$90

PRESCHOOL 4 SWIM LESSONS

67922	6:20-6:50pm	Tue, Thu	Sep 24-Oct 17	\$90
67939	10:10-10:40am	Sat	Sep 28-Nov 02	\$67.50
67940	10:45-11:15am	Sat	Sep 28-Nov 02	\$67.50
67946	5:10-5:40pm	Mon, Wed	Sep 23-Oct 16	\$90
67944	9:35-10:05am	Sat	Oct 05-Nov 09	\$67.50
67923	5:10-5:40pm	Mon, Wed	Oct 21-Nov 13	\$90
67924	6:20-6:50pm	Tue, Thu	Oct 22-Nov 14	\$90
67941	9-9:30am	Sat	Nov 09-Dec 21	\$67.50
67942	9:35-10:05am	Sun	Nov 10-Dec 22	\$67.50
67895	5:10-5:40pm	Mon, Wed	Nov 18-Dec 18	\$90
67896	6:20-6:50pm	Tue, Thu	Nov 19-Dec 19	\$90
76109	4-4:30pm	Mon, Wed	Nov 18-Dec 18	\$90

PRESCHOOL 5 SWIM LESSONS

67948	4-4:30pm	Mon, Wed	Sep 23-Oct 16	\$90
67976	5:10-5:40pm	Tue, Thu	Sep 24-Oct 17	\$90
67977	9:35-10:05am	Sat	Sep 28-Nov 02	\$67.50
67979	11:20-11:50am	Sun	Sep 29-Nov 03	\$67.50
67981	4-4:30pm	Mon, Wed	Oct 21-Nov 13	\$90
67982	5:10-5:40pm	Tue, Thu	Oct 22-Nov 14	\$90
67949	11:20-11:50am	Sun	Nov 10-Dec 22	\$67.50
67950	4-4:30pm	Mon, Wed	Nov 18-Dec 18	\$90
67951	4:35-5:05pm	Tue, Thu	Nov 19-Dec 19	\$90

YOUTH LEVEL 1 SWIM LESSONS

68054	5:45-6:15pm	Mon, Wed	Sep 23-Oct 16	\$90
68055	4-4:30pm	Tue, Thu	Sep 24-Oct 17	\$90
68056	5:10-5:40pm	Tue, Thu	Sep 24-Oct 17	\$90
68057	9-9:30am	Sat	Sep 28-Nov 02	\$67.50
68063	10:45-11:15am	Sat	Sep 28-Nov 02	\$67.50
68065	4-4:30pm	Mon, Wed	Sep 23-Oct 16	\$90
68064	9-9:30am	Sun	Sep 29-Nov 03	\$67.50
68066	10:10-10:40am	Sun	Sep 29-Nov 03	\$67.50
67991	4-4:30pm	Mon, Wed	Oct 21-Nov 13	\$90
67992	5:45-6:15pm	Mon, Wed	Oct 21-Nov 13	\$90
67993	4-4:30pm	Tue, Thu	Oct 22-Nov 14	\$90
67994	5:10-5:40pm	Tue, Thu	Oct 22-Nov 14	\$90
67996	4-4:30pm	Sat	Nov 09-Dec 21	\$67.50
67997	9-9:30pm	Sun	Nov 10-Dec 22	\$67.50
67998	9-10:05am	Sat	Nov 16-Dec 28	\$67.50
67999	4-4:30pm	Mon, Wed	Nov 18-Dec 18	\$90
68023	5:45-6:15pm	Mon, Wed	Nov 18-Dec 18	\$90
68024	4-4:30pm	Tue, Thu	Nov 19-Dec 19	\$90
68060	5:10-5:40pm	Tue, Thu	Nov 19-Dec 19	\$90

YOUTH LEVEL 2 SWIM LESSONS

68135	4:35-5:05pm	Mon, Wed	Sep 23-Oct 16	\$86
68136	4:35-5:05pm	Tue, Thu	Sep 24-Oct 17	\$86
68137	9-9:30am	Sat	Sep 28-Nov 02	\$64.50
68138	5:45-6:15pm	Tue, Thu	Sep 24-Oct 17	\$86
68139	10:10-10:40am	Sat	Sep 28-Nov 02	\$64.50
68140	9:35-10:05am	Sun	Sep 29-Nov 03	\$64.50
68141	10:45-11:15am	Sun	Sep 29-Nov 03	\$64.50
68142	4:35-5:05pm	Tue, Thu	Oct 22-Nov 14	\$86
68143	5:45-6:15pm	Tue, Thu	Oct 22-Nov 14	\$86
68148	4:35-5:05pm	Mon, Wed	Oct 21-Nov 13	\$86
68144	9-9:30am	Sat	Nov 09-Dec 21	\$86
68145	9:35-10:05am	Sat	Nov 09-Dec 21	\$64.50
68149	11:20-11:50am	Sat	Nov 09-Dec 21	\$64.50
68069	10:10-10:40am	Sun	Nov 10-Dec 22	\$64.50
68070	10:45-11:15am	Sun	Nov 10-Dec 22	\$64.50
68071	4:35-5:05pm	Mon, Wed	Nov 18-Dec 18	\$86
68072	4:35-5:05pm	Tue, Thu	Nov 19-Dec 19	\$86
68073	5:45-6:15pm	Tue, Thu	Nov 19-Dec 19	\$86
76110	5:10-5:40pm	Mon, Wed	Nov 18-Dec 18	\$86

YOUTH LEVEL 3 SWIM LESSONS

68204	4:35-5:05pm	Mon, Wed	Sep 23-Oct 16	\$86
68205	6:20-6:50pm	Mon, Wed	Sep 23-Oct 16	\$86
68206	4-4:30pm	Tue, Thu	Sep 24-Oct 17	\$86
68207	4:35-5:05pm	Tue, Thu	Sep 24-Oct 17	\$86
68208	5:45-6:15pm	Tue, Thu	Sep 24-Oct 17	\$86
68209	9:35-10:05am	Sat	Sep 28-Nov 02	\$64.50
68210	10:45-11:15am	Sat	Sep 28-Nov 02	\$64.50
68211	9-9:30am	Sun	Sep 29-Nov 03	\$64.50
68216	11:20-11:50am	Sun	Sep 29-Nov 03	\$64.50
68174	5:45-6:15pm	Tue, Thu	Oct 22-Nov 14	\$86
68175	5:10-5:40pm	Mon, Wed	Oct 21-Nov 13	\$86
68176	4-4:30pm	Tue, Thu	Oct 22-Nov 14	\$90
68213	6:20-6:50pm	Mon, Wed	Oct 21-Nov 13	\$86
68214	4:35-5:05pm	Tue, Thu	Oct 22-Nov 14	\$86
68217	4:35-5:05pm	Mon, Wed	Oct 21-Nov 13	\$86
68178	9:35-10:05am	Sat	Nov 09-Dec 21	\$64.50
68179	10:10-10:40am	Sat	Nov 09-Dec 21	\$64.50
68212	10:45-11:15am	Sun	Nov 10-Dec 22	\$64.50
75929	6:20-6:50pm	Mon, Wed	Nov 18-Dec 18	\$86
75930	4-4:30pm	Tue, Thu	Nov 19-Dec 19	\$86
75932	4:35-5:05pm	Tue, Thu	Nov 19-Dec 19	\$86
75934	5:45-6:15pm	Mon, Wed	Nov 18-Dec 18	\$86

YOUTH LEVEL 4 SWIM LESSONS

68258	5:10-5:40pm	Mon, Wed	Sep 23-Oct 16	\$86
68259	4-4:30pm	Tue, Thu	Sep 24-Oct 17	\$86
68260	6:20-6:50pm	Tue, Thu	Sep 24-Oct 17	\$86
68261	9:35-10:05am	Sat	Sep 28-Nov 02	\$64.50
68262	11:20-11:50am	Sat	Sep 28-Nov 02	\$64.50
68265	10:10-10:40am	Sat	Sep 28-Nov 02	\$64.50
68263	9:35-10:05am	Sun	Sep 29-Nov 03	\$64.50
68264	10:45-11:15am	Sun	Sep 29-Nov 03	\$64.50
68219	6:20-6:50pm	Tue, Thu	Oct 22-Nov 14	\$86
68221	4-4:30pm	Tue, Thu	Oct 22-Nov 14	\$86
68220	10:10-10:40am	Sat	Nov 09-Dec 21	\$64.50
68218	9:35-10:05am	Sun	Nov 10-Dec 22	\$64.50
68267	10:10-10:40am	Sun	Nov 10-Dec 22	\$64.50
75957	6:20-6:50pm	Tue, Thu	Nov 19-Dec 19	\$86

YOUTH LEVEL 5 SWIM LESSONS

68313	5:10-5:40pm	Mon, Wed	Sep 23-Oct 16	\$86
68314	5:10-5:40pm	Tue, Thu	Sep 24-Oct 17	\$86
68315	6:20-6:50pm	Tue, Thu	Sep 24-Oct 17	\$86
68316	9:35-10:05am	Sat	Sep 28-Nov 02	\$64.50
68317	10:10-10:40am	Sun	Sep 29-Nov 03	\$64.50
68270	6:20-6:50pm	Tue, Thu	Oct 22-Nov 14	\$86
68318	5:10-5:40pm	Mon, Wed	Oct 21-Nov 13	\$86
68320	5:10-5:40pm	Tue, Thu	Oct 22-Nov 14	\$86
68268	10:45-11:15am	Sat	Nov 09-Dec 21	\$64.50
68269	9-9:30am	Sat	Nov 09-Dec 21	\$64.50
68271	11:20-11:50am	Sun	Nov 10-Dec 22	\$64.50
68273	5:10-5:40pm	Tue, Thu	Nov 19-Dec 19	\$86
68274	6:20-6:50pm	Tue, Thu	Nov 19-Dec 19	\$86

YOUTH LEVEL 6 SWIM LESSONS

68355	4-4:30pm	Mon, Wed	Sep 23-Oct 16	\$86
68356	5:45-6:15pm	Tue, Thu	Sep 24-Oct 17	\$86
68357	9-9:30am	Sat	Sep 28-Nov 02	\$64.50
68358	10:10-10:40am	Sun	Sep 29-Nov 03	\$64.50
68359	4-4:30pm	Mon, Wed	Oct 21-Nov 13	\$86
68360	5:45-6:20pm	Tue, Thu	Oct 22-Nov 14	\$86
68361	9:35-10:05am	Sat	Nov 09-Dec 21	\$64.50
68321	9-9:30am	Sun	Nov 10-Dec 22	\$64.50
68323	5:45-6:15pm	Tue, Thu	Nov 19-Dec 19	\$86

PRE-COMPETITION SWIM LESSONS

67570	4:35-5:05pm	Mon, Wed	Sep 23-Oct 16	\$86
67571	4:35-5:05pm	Tue, Thu	Sep 24-Oct 17	\$86
67572	10:45-11:15am	Sat	Sep 28-Nov 02	\$64.50
67573	4:35-5:05pm	Tue, Thu	Oct 22-Nov 14	\$86
67578	4:35-5:05pm	Mon, Wed	Oct 21-Nov 13	\$86
67574	11:20-11:50am	Sat	Nov 09-Dec 21	\$64.50
67575	10:10-10:40am	Sun	Nov 10-Dec 22	\$64.50
67576	5:45-6:15pm	Tue, Thu	Nov 19-Dec 19	\$86

Bellevue Aquatic Center Registration Dates:

Programs listed in BOLD BLACK:

Resident: Aug 5 / Non-Resident: Aug 14

Programs listed in BLACK ITALIC:

Resident: Sep 3 / Non-Resident: Sep 12

Programs listed in BLACK UNDERLINE:

Resident: Sep 30 / Non-Resident: Oct 9

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
1:50-3:00pm Wed Ongoing

CREATIVE KIDS AFTER SCHOOL PROGRAM

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 active play. Participant must be in 1st - 5th grade. Staff will provide safe walking transportation from Clyde Hill Elem. to the Northwest Arts Center. For more information call 425 452-4106. Min 15/Max 20

Northwest Arts Center
 \$175(R) \$210(N) Age: 6Y - 11Y
 75751 12:30-3:30pm Wed Sep 18-Oct 30
 \$150(R) \$180(N) Age: 6Y - 11Y
 75752 12:30-3:30pm Wed Nov 06-Dec 18

Adaptive Recreation

Designed for individuals with intellectual / physical disabilities

AFTER-SCHOOL PROGRAMS FOR YOUTH

Four afternoons a week your child has the opportunity to unwind from school with these interactive activities. Monday they will have a great time with friends, Tuesday will be DVD and Board Games, Thursdays are planned for introduction to sports and fridays will be Arts & games. All programs are for kid's ages 7-18 living with intellectual disabilities. Min 8/Max 20

Highland Community Center
 \$75(R) \$94(N) \$75 Age: 8Y - 18Y
 See Pg. 49 2:30-5pm Mon Sep 23-Dec 02
 See Pg. 49 2:30-5pm Tue Sep 24-Dec 03
 See Pg. 49 2:30-5pm Thu Sep 26-Nov 28
 See Pg. 49 2:30-5:30pm Fri Sep 27-Nov 29

Art & Craft Programs for Adults

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

DROP-IN PAINTING

Bring your watercolor or other painting project and visit with others in this friendly drop-in atmosphere. Bring your own supplies. Min 2/Max 20

North Bellevue Community Center
 FREE Age: 18Y and up
 1-3pm Thu Sep 12-Dec 19

SUMI PAINTING GROUP

Join others as they practice the Art of Sumi Painting. Sumi means 'ink painting' in Japanese and is an art medium that dates back some six thousand years. New to Sumi? Others will be happy to share their knowledge and love of the art form. Other water-based mediums are also welcome to join. Min 5/Max 10

South Bellevue Community Center
 \$20.50(R) \$24.50(N) Age: 18Y and up
 70419 10:30am-1:30pm Mon Oct 07-28
 \$15.50(R) \$18.50(N) Age: 18Y and up
 70420 10:30am-1:30pm Mon Nov 04-25
 70421 10:30am-1:30pm Mon Dec 02-16

WATERCOLOR PAINTING

Learn traditional watercolor techniques by following as instructor demonstrates the entire painting while providing individual assistance. Great for the beginner just learning or those with experience who want to improve their skills. Min 5/Max 14

Northwest Arts Center
 \$130(R) \$156(N) Age: 18Y and up
 75781 6:30-9pm Wed Sep 25-Nov 13

Watercolor Painting Open House

Come check out the Watercolor Painting class during South Bellevue's week of celebrating the wonderful program at SBCC!

FREE Age: 18Y and up
 1-4pm Sat Sep 14

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
 71462 10am-12pm Fri Sep 06-Dec 20

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
 \$92(R) \$115(N) Age: 18Y and up
 74879 9-11:30am Thu Oct 24-Nov 21

IKEBANA-JAPANESE FLORAL DESIGN

Using flowers, branches, driftwood, and other media, you will master the various Sogetsu school styles. For beginners or advanced students. Flower and branch materials supply fee \$50 payable to the instructor at the first class. Min 3/Max 7

North Bellevue Community Center
 \$82(R) \$102(N) Age: 18Y and up
 75520 6:30-8:30pm Wed Sep 11-Oct 09
 75522 10am-12pm Thu Sep 12-Oct 10
 75521 6:30-8:30pm Wed Nov 13-Dec 11

RED CROSS KNITTING GROUP

Join this fun group of Red Cross volunteers who knit items for donation to local hospitals and Eastside Baby Corner. Patterns and yarn provided. Min 3/Max 8

North Bellevue Community Center
 FREE Age: 18Y and up
 75411 11am-3pm Wed Sep 04-Dec 18

STONEWARE CREATIONS

Stoneware Creations provides an introduction to beginning & intermediate 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 8

Northwest Arts Center
 \$115(R) \$138(N) Age: 18Y and up
 74964 11am-1pm Thu Oct 24-Nov 21

Programs for Youth and Families

DRAWING & PAINTING: REGGIO EMILIA

Give your child the tools to see the world in different ways! Students learn basic drawing skills through value studies, perspective, line and sketching techniques, as well as learning how to mix and use color in their artwork, inspired by the Reggio Emilia approach. Still life scenes, three dimensional building with clay are some of the tools introduced to broaden your child's visual awareness. Supplies included.

Instructor: Emmett McLaughlin. www.sandmuseum.com/mclaughlin Min 8/Max 12

Northwest Arts Center
 \$157(R) \$179(N) Age: 6Y - 11Y
 74966 4-5:30pm Thu Sep 26-Nov 14

ARTS DROP IN

Creative fun group invites you to join us for an evening of creating art. Different medium each week. Adult supervision required for children under 18 years of age. Drop in fee payable at the door. Purchase the Play Pass for additional savings. Min 1/Max 40

North Bellevue Community Center
\$3 \$4 Age: 10Y and up
75002 6-8:30pm Tue Sep 03-Dec 17

CHILDREN'S POTTERY STUDIO

In a fun and supportive environment, The Children's Pottery Studio will introduce the young potter to the ancient art of pottery construction. The possibilities of turning clay into a piece of treasured art is limitless! Hand and wheel building, sculpting, coil construction and glazing will be introduced. Supply and firing fee included in price of class. Min 8/Max 10

Northwest Arts Center
\$170(R) \$204(N) Age: 6Y - 11Y
74967 4-5:30pm Fri Sep 27-Nov 15

Adaptive Recreation Arts & Crafts Programs

Designed for individuals with intellectual / physical disabilities

ADULT ART/CRAFTS

This class is adapted and designed for adults with Intellectual disabilities. We off hands-on creative experiences with hand-crafted results that await your artistic touch. Min 8/Max 15

Highland Community Center
\$42(R) \$53(N) Age: 18Y and up
See Pg. 49 1-2:30pm Fri Sep 27-Nov 29

ARTISTIC INSPIRATIONS

Bring your inspiration and imagination to create some of the most beautiful art pieces imaginable. Min 15/Max 30

Highland Community Center
\$45(R) \$55(N) Age: 16Y and up
See Pg. 49 5-7pm Mon Sep 23-Dec 02

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
\$92(R) \$115(N) Age: 18Y and up
See Pg. 49 9-11:30am Thu Oct 24-Nov 21

STONEWARE CREATIONS

Stoneware Creations provides an introduction to beginning & intermediate 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 8

Northwest Arts Center
\$115(R) \$138(N) Age: 18Y and up
See Pg. 49 11am-1pm Thu Oct 24-Nov 21

Get Fit and Get Healthy

MASSAGE THERAPY

Relax. Relieve aches and pains. Experience a sense of balance and well-being. Elizabeth Strauss, Licensed Massage Practitioner and Jin Shin Do® Acupressurist. All ages welcome. Elizabeth also has special training in massage for older adults, and all ages are welcome. For a 30 min. session, please reserve one slot, for 60 min. session, please reserve two consecutive slots. Appointments are available the first Monday of each month.

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 to make an appointment.

SHAPE UP FITNESS CAMPAIGN 

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

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 even and winery trip. Riders must provide their own bicycle and helmet. Contact Judy at 425-378-0645 if you are interested. Min 1/Max 50

North Bellevue Community Center
FREE Age: 18Y and up
75004 8-9am Wed Sep 04-Dec 18

HEALTH- DENTAL 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 fourth Monday of each month.

North Bellevue Community Center
\$79 Age: 50Y and up



Adaptive Recreation Health & Wellness Classes

Designed for individuals with intellectual / physical disabilities

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! Min 10/Max 15

Highland Community Center

\$78(R) \$98(N) Age: 16Y and up
See Pg. 49 5-7pm Tue, Thu Sep 24-Dec 03

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. Min 6/Max 9
Highland Community Center

\$110(R) \$139(N) Age: 21Y and up
See Pg. 49 9:15-10:15am Mon, Wed, Fri Sep 23-Dec 13
See Pg. 49 10:30-11:30am Mon, Wed, Fri Sep 23-Dec 13
See Pg. 49 11:45am- 1:15pm Mon, Wed Sep 23-Dec 11

Aerobics & 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

\$33(R) \$40(N) Age: 55Y and up
75330 9-10am Tue, Thu-Fri Sep 03-27

\$39(R) \$47(N) Age: 55Y and up
75331 9-10am Tue, Thu-Fri Oct 01-31

\$30(R) \$37(N) Age: 55Y and up
75332 9-10am Tue, Thu, Fri Nov 01-26

\$25(R) \$30(N) Age: 55Y and up
75333 9-10am Tue, Thu-Fri Dec 03-20

Forget to register before the first day of class?

Prorated class fees are available for many health and fitness programs. Call the program facility for more information or to register during a session!

CORE CONDITIONING

Core Conditioning centers on building a strong foundation for functional movement and improving spinal stabilization, posture, and balance. This class focuses on engaging the core muscle groups of the abdominals, glutes, hips, back, and lower extremity during exercise and activity. Improving core muscle control and strength will decrease risk for future injury. Learn how to use your muscles effectively to properly stabilize and strengthen your body from the inside out. This class is suited for individuals of all fitness levels. Individuals desiring to build a strong foundation for increased activity are strongly encouraged to join. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 8/Max 20

South Bellevue Community Center

\$60(R) \$72(N) Age: 13Y and up
75627 7:10- 8pm Mon Sep 23-Oct 28
75628 7:10- 8pm Mon Nov 04-Dec 16

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 8/Max 20

South Bellevue Community Center
\$60(R) \$70(N) Age: 18Y and up
75629 10-11am Tue, Thu Sep 24-Oct 31
75630 10-11am Tue, Thu Nov 05-Dec 17

STRONG AND FIT SENIORS/ADULTS

This monthly 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

South Bellevue Community Center

\$55(R) \$66(N) Age: 18Y and up
69949 10:15-11:15am Wed, Mon Sep 04-30
69950 10:15-11:15am Wed, Mon Oct 02-30
69951 10:15-11:15am Mon, Wed Nov 04-27
69952 10:15-11:15am Mon, Wed Dec 02-23

NEW: Parkour Classes

PARKOUR CLASS - KIDS CLASS (6-12)

The Parkour Class for kids establishes a strong physical foundation by educating students on proper positioning for movement. Students begin to develop basic motor control, strength, power, agility, and the ability to apply it to movement development. Kids classes focus on games, obstacles, and all out fun! Prize points are given out to reward individual achievements, friendship, and dedication. Points can then be redeemed for freebies, prizes, and fitness tools that will prove useful on each student's journey of life-long health and fitness. 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 5/Max 16

South Bellevue Community Center

\$62(R) \$74(N) Age: 6Y and up
75940 2:30- 3:25pm Tue Sep 03-24
75902 5- 5:55pm Fri Sep 06-27
75903 5- 5:55pm Fri Oct 04-25
75905 5- 5:55pm Fri Nov 01-22
75942 2:30- 3:25pm Tue Nov 05-26

\$124(R) \$148(N) Age: 6Y - 12Y
75949 5- 5:55pm Wed, Fri Sep 04-27

\$46.50(R) \$56(N) Age: 6Y - 12Y
75827 5- 5:55pm Wed Sep 11-25
75829 5- 5:55pm Wed Nov 06-20
75943 2:30- 3:25pm Tue Dec 03-17
75830 5- 5:55pm Wed Dec 04-18
75906 5- 5:55pm Fri Dec 06-20

\$77.50(R) \$92.50(N) Age: 6Y and up
75941 2:30- 3:25pm Tue Oct 01-29
75828 5- 5:55pm Wed Oct 02-30

\$140(R) \$165(N) Age: 6Y - 12Y
75950 5- 5:55pm Wed, Fri Oct 02-30

\$93(R) \$111(N) Age: 6Y - 12Y
75951 5- 5:55pm Wed, Fri Nov 06-22
75952 5- 5:55pm Wed, Fri Dec 04-20

PARKOUR CLASS - TEENS & ADULTS (13+)

The Parkour adult classes are focused on skills of strength, power, agility and their application to movement development. We integrate fun exercises that include restorative mobility drills, gymnastics-style bodyweight training, and safe parkour movements. An achievement system is in place to help ensure a balanced progression. Prize points are awarded for individual achievements and may be redeemed for prizes that will prove useful on each student's journey of life-long health and fitness. 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 5/Max 16

South Bellevue Community Center			
\$62(R)	\$74(N)	Age: 13Y and up	
75944	3:30-4:25pm	Tue	Sep 03-24
75936	6-6:55pm	Wed	Sep 04-25
75918	7-7:55pm	Fri	Sep 06-27
75919	7-7:55pm	Fri	Oct 04-25
75920	7-7:55pm	Fri	Nov 01-22
75946	3:30-4:25pm	Tue	Nov 05-26
\$77.50(R)	\$92.50(N)	Age: 13Y and up	
75945	3:30-4:25pm	Tue	Oct 01-29
75937	6-6:55pm	Wed	Oct 02-30
\$46.50(R)	\$56(N)	Age: 13Y and up	
75938	6-6:55pm	Wed	Nov 06-20
75947	3:30-4:25pm	Tue	Dec 03-17
75939	6-6:55pm	Wed	Dec 04-18
75921	7-7:55pm	Fri	Dec 06-20

PARKOUR CLASS - STAGE 2

This class reinforces proper positioning for advanced movements while incorporating advanced Parkour techniques. Requirements to level-up into stage 2 class include safety comprehension, strength achievements, respect for peers/parents/property, and completion of lower-level Parkour class. To register during a session, call the South Bellevue Community Center at (425) 452-4240. Min 5/Max 16

South Bellevue Community Center			
\$62(R)	\$74(N)	Age: 13Y and up	
75925	6-6:55pm	Fri	Sep 06-27
75926	6-6:55pm	Fri	Oct 04-25
75927	6-6:55pm	Fri	Nov 01-22
\$46.50(R)	\$56(N)	Age: 13Y and up	
75928	6-6:55pm	Fri	Dec 06-20



Body & Mind

PILATES

This instructional class focuses on breathing technique, correct form/postural alignment, strengthening 'core' muscles, increasing body awareness and improving balance and flexibility 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 15

South Bellevue Community Center			
\$88(R)	\$106(N)	Age: 13Y and up	
69957	9:30-10:30am	Fri	Sep 06-Oct 25
\$77(R)	\$93(N)	Age: 13Y and up	
69958	9:30-10:30am	Fri	Nov 01-Dec 20

YOGA - ADVANCED SHAPE UP!

Stretching and flexibility exercises for the experienced yoga student. Workout especially geared for older adults with significant yoga training. Min 6/Max 15

North Bellevue Community Center			
\$14(R)	\$16(N)	Age: 50Y and up	
75348	10-11am	Mon	Oct 14-Nov 25
\$9(R)	\$10.50(N)	Age: 50Y and up	
75349	10-11am	Mon	Dec 02-23

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			
\$84(R)	\$100(N)	Age: 13Y and up	
75661	9-10am	Mon	Sep 16-Oct 28
72059	6:15-7:15pm	Tue	Sep 17-Oct 29
75663	9-10am	Wed	Sep 18-Oct 30
75657	6:15-7:15pm	Thu	Sep 19-Oct 31
75656	6:15-7:15pm	Tue	Nov 05-Dec 17
75664	9-10am	Wed	Nov 06-Dec 18
\$140(R)	\$168(N)	Age: 13Y and up	
75665	9-10am	Mon, Wed	Sep 16-Oct 30
75659	6:15-7:15pm	Tue, Thu	Sep 17-Oct 31
\$130(R)	\$156(N)	Age: 13Y and up	
75666	9-10am	Mon, Wed	Nov 04-Dec 18
75660	6:15-7:15pm	Tue, Thu	Nov 05-Dec 19
\$72(R)	\$86(N)	Age: 13Y and up	
75658	6:15-7:15pm	Tue, Thu	Nov 07-Dec 19
75662	9-10am	Mon	Nov 04-Dec 16

CORE AND STRETCH SHAPE UP!

This class blends aspects of Yoga, Mat Pilates, and core exercises to create long, strong, lean muscles. A great way to improve your posture, define your mid-section, improve balance, and lengthen tight muscles. Core and Stretch offers a variety of modifications for beginners and advanced exercisers- no Yoga or Pilates experience required. Min 8/Max 60

North Bellevue Community Center			
\$24(R)	\$28.50(N)	Age: 12Y and up	
75848	1-2pm	Thu	Sep 12-26
\$40(R)	\$47.50(N)	Age: 12Y and up	
75849	1-2pm	Thu	Oct 03-31
\$24(R)	\$28.50(N)	Age: 12Y and up	
75850	1-2pm	Thu	Nov 07-21
\$24(R)	\$28.50(N)	Age: 12Y and up	
75851	1-2pm	Thu	Dec 05-19

GENTLE YOGA BY WENDY SHAPE UP!

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

North Bellevue Community Center			
\$32(R)	\$38(N)	Age: 18Y and up	
75339	10:30-11:30am	Mon	Sep 09-30
75343	10:30-11:30am	Thu	Sep 05-26
75340	10:30-11:30am	Mon	Oct 07-28
75342	10:30-11:30am	Mon	Dec 02-23
\$40(R)	\$47.50(N)	Age: 18Y and up	
75344	10:30-11:30am	Thu	Oct 03-31
\$24(R)	\$28.50(N)	Age: 18Y and up	
75341	10:30-11:30am	Mon	Nov 04-25
75345	10:30-11:30am	Thu	Nov 07-21
75346	10:30-11:30am	Thu	Dec 05-19

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. Min 8/Max 10

Northwest Arts Center			
\$45(R)	\$55(N)	Age: 18Y and up	
75671	3:30-4:30pm	Tue	Sep 24-Oct 22
75672	3:30-4:30pm	Thu	Sep 26-Oct 24
\$80(R)	\$96(N)	Age: 18Y and up	
75673	3:30-4:30pm	Tue, Thu	Sep 24-Oct 24
\$66(R)	\$79(N)	Age: 18Y and up	
75676	3:30-4:30pm	Tue	Oct 29-Nov 19
\$55(R)	\$66(N)	Age: 18Y and up	
75677	3:30-4:30pm	Thu	Oct 31-Nov 21
\$80(R)	\$96(N)	Age: 18Y and up	
75678	3:30-4:30pm	Tue, Thu	Oct 29-Nov 21



New fitness center at North Bellevue Community Center

BELLY DANCE INTERMEDIATE

Building upon dance skills learned in Beginner class, students increase their movement vocabulary, learn additional isolations, begin to layer movements, and play finger cymbals. Basic veil work, floor work, new rhythms and basic combinations are also introduced. Bring zills and veil. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 5/Max 20

South Bellevue Community Center
 \$100(R) \$118(N) Age: 13Y and up
 75624 7:10- 8pm Wed Oct 09-Dec 11

BELLY DANCING COMBINED

For your dancing pleasure! Enroll in Drills & Zills, Intermediate, and Art of Raqs Sharqi classes for a discounted fee. To register after a session has started, call South Bellevue Community Center (425)-452-4240. Min 3/Max 20

South Bellevue Community Center
 \$160(R) \$192(N) Age: 13Y and up
 75625 6:30- 8:45pm Wed Oct 09-Dec 11

BELLY DANCE - ART OF RAQS SHARQI

Intermediate to Advanced students explore elements to further develop their dance, including: new rhythms, veil work, improvisation, taqasim, beledi, and music interpretation. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 5/Max 20

South Bellevue Community Center
 \$90(R) \$108(N) Age: 13Y and up
 75626 8- 8:45pm Wed Oct 09-Dec 11

BELLY DANCE DRILLS AND ZILLS

This is a mixed level (advanced beginners to advanced) class with a focus on playing finger cymbals with dance combinations. Some experience with finger cymbals is required. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 5/Max 20

South Bellevue Community Center
 \$45(R) \$54(N) Age: 13Y and up
 75623 6:30- 7pm Wed Oct 09-Dec 11

PURNA YOGA

Purna Yoga focuses on correct alignment, flexibility, strength and coordination. Students 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 All Levels classes welcome beginning and experienced students to learn and expand their knowledge of the yoga poses. Students should bring a yoga mat to class. To register during a session, call North Bellevue Community Center at 425 452-7682. Min 6/Max 18

North Bellevue Community Center
 \$84(R) \$100(N) Age: 16Y and up
 75975 6:30- 7:45pm Mon Sep 30-Nov 18
 \$96(R) \$115(N) Age: 16Y and up
 75976 6:30- 7:45pm Wed Oct 02-Nov 20

South Bellevue Community Center
 A Flex Card is available for this class.
 To register during a session, call South Bellevue Community Center at (425)452-4240.

\$72(R) \$86(N) Age: 13Y and up
 71229 7:15- 8:30pm Tue Sep 24-Oct 29
 71224 7:15- 8:30pm Thu Sep 26-Oct 31
 71226 10:15-11:30am Sun Sep 29-Nov 03
 71230 7:15- 8:30pm Tue Nov 05-Dec 10
 71225 7:15- 8:30pm Thu Nov 07-Dec 19
 71227 10:15-11:30am Sun Nov 10-Dec 15

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 5/Max 30

South Bellevue Community Center
 \$72(R) \$86(N) Age: 13Y and up
 75654 11:45am- 1pm Sun Sep 29-Nov 03
 75655 11:45am- 1pm Sun Nov 10-Dec 15

Belly Dancing

BELLY DANCE FOR BEGINNERS

Women and teens learn the joy of belly dance for fun and exercise. Zulaika teaches basic movements and isolations, simple rhythms, and basic finger cymbal patterns. This class is for the non-dancer as well as dancers of other dance forms. Finger cymbals 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
 \$90(R) \$108(N) Age: 13Y and up
 75622 5:30- 6:20pm Wed Oct 09-Dec 11

PERSONAL TRAINING

Appointments can be scheduled at the Front Desk in person or by calling South Bellevue Community Center at 425-452-4240 or North Bellevue Community Center at 425-452-7681.

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+ 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 - \$30 for 1 person
 45 minutes - \$42.50 for 1 person
 55 minutes - \$50 for 1 person, \$75 for 2 people, \$95 for 3 people. For a FREE 30 MINUTE CONSULTATION or questions email or call one of our three 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.

New: Personal Trainer at North Bellevue Community Center

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!

Fitness Centers at North and South Bellevue Community Centers

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, walking, volleyball, 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.

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

HOLIDAY STUDENT SPECIAL

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

Stay fit and active throughout the holidays! Students age 18-23 are eligible for a 6-week Fitness Center pass, available starting Thanksgiving week and good for 6 weeks once activated. For more information, contact the South Bellevue Community Center, 425-452-4248.



Bellevue Fire Department CPR Training Programs



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

Business Group Classes for groups of 6 or more are available at your location. For more information or to schedule a group class for your business please call 425-452-7673.

BLS FOR HEALTHCARE PROVIDER

This class is for the Healthcare Provider and is offered every three months. Written exam/skills test required for course completion card. The course is 6 hours in length. Pre-requisite: current Heartsaver CPR or Heartsaver AED card required. For details please call 425-452-7673 Min 3/Max 6 Fire Station #1

\$65 Age: 18Y and up
72856 9am-3pm Wed Aug 07

INFANT CPR

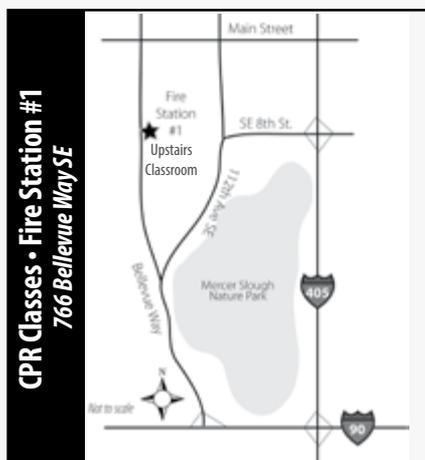
The Bellevue Fire Department offers citizen CPR classes to the community that follow the AHA's Heartsaver CPR curriculum. This hands on course teaches CPR and Choking intervention for infants from birth to 1 year of age. Participants will be required to demonstrate skills to receive a Heartsaver CPR credential. To register please call 425-452-6885. Private Business classes are also available at your location for groups of 6 or more. Please call 425-452-7673 for more information. Min 6/Max 10

Fire Station #1
\$35 Age: 14Y and up
72860 7-10pm Thu Sep 19
72862 7-10pm Thu Nov 21

HEARTSAVER CPR AED CLASS FOR ADULTS/CHILDREN

The Bellevue Fire Department offers citizen CPR classes that follow the AHA's Heartsaver CPR AED curriculum. The Adult/Child CPR AED course teaches warning signs of heart attack and stroke, CPR, and Choking intervention for victims ages 1 through adult and includes the use of an Automatic External Defibrillator as part of the training. Participants will be required to demonstrate skills to receive a Heartsaver CPR AED credential. To register please call 425-452-6885. Business group classes are also available at your location for groups of 6 or more. Please call 425-452-7673 for more information. Min 6/Max 6 Fire Station #1

\$40(R)	\$40(N)	Age: 14Y and up
72879	7-10pm	Thu Aug 08
72880	7-10pm	Tue Aug 20
72876	7-10pm	Thu Sep 05
72877	7-10pm	Tue Sep 17
72881	7-10pm	Thu Oct 03
72882	7-10pm	Tue Oct 15
72883	7-10pm	Thu Nov 07
72884	7-10pm	Tue Nov 19
72885	7-10pm	Thu Dec 05
72886	7-10pm	Tue Dec 17



jazzercise®

Jazzercise is the world's leading dance-fitness program. Millions of people of all ages and fitness levels have reaped the benefits of this comprehensive program, designed to enhance cardiovascular endurance, strength, and flexibility. Easy to follow, fun choreography includes a gentle warm up, 30 min aerobic workout, muscle toning and strength segment with hand held weights and a stretch finale. All Jazzercise classes are ongoing, participants can join anytime at the door of each class.

NORTHWEST ARTS CENTER

9825 NE 24TH ST • 425-452-6046

Jazzercise • Jazzercise Lite • Jazzercise Personal Touch

Morning and evening sessions available throughout the week. For more information, call Pam Kalian 425-643-4911, or visit www.jazzercise.com or Lori Hollow - 206-632-3079.

NORTH BELLEVUE COMMUNITY CENTER

4063 148TH AVE NE • 425-452-7681

Jazzercise

Morning and evening sessions available throughout the week. For more information, call Instructor Kris Rooke @ 425-894-4111, or visit the class web page at www.jazzwith-kris.com

SOUTH BELLEVUE COMMUNITY CENTER

14509 SE NEWPORT WAY • 425-452-4240

Jazzercise • Jazzercise Lite

Morning sessions available throughout the week. For more info, call Phyllis at 425-814-2134 or visit www.jazzfitness.net.

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

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

Active Fitness

FIT CAMP TOTAL BODY CONDITIONING

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, body-weight 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 16

South Bellevue Community Center

\$70(R)	\$84(N)	Age: 16Y and up
69934	6-7am	Wed, Mon Sep 04-30
69930	6-7am	Wed, Mon Oct 02-30
69913	6-7am	Mon, Wed Nov 04-27
69932	6-7am	Mon, Wed Dec 02-23

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 3/Max 7

South Bellevue Community Center

\$80(R)	\$96(N)	Age: 13Y and up
70450	6-7am	Mon, Wed Sep 09-Oct 30
\$56(R)	\$67(N)	Age: 13Y and up
70457	6-7am	Mon Sep 09-Oct 28
70449	6-7am	Wed Sep 11-Oct 30
\$70(R)	\$84(N)	Age: 13Y and up
70447	7:15-8:15pm	Mon, Wed Sep 16-Oct 30
\$49(R)	\$59(N)	Age: 13Y and up
70448	7:15-8:15pm	Mon Sep 16-Oct 28
70432	7:15-8:15pm	Wed Sep 18-Oct 30
\$60(R)	\$72(N)	Age: 13Y and up
70435	6-7am	Mon, Wed Nov 04-Dec 18
70451	7:15-8:15pm	Mon, Wed Nov 04-Dec 18
\$42(R)	\$50(N)	Age: 13Y and up
70453	7:15-8:15pm	Mon Nov 04-Dec 16
70455	6-7am	Mon Nov 04-Dec 16
70433	7:15-8:15pm	Wed Nov 06-Dec 18
70454	6-7am	Wed Nov 06-Dec 18

BOOT CAMP WITH KARIE

In its sixth 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, and 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 20

South Bellevue Community Center

\$63(R)	\$75(N)	Age: 13Y and up
69995	8:45-9:45am	Mon, Wed Sep 16-Oct 02
70004	9:15-10:15am	Tue, Thu Sep 17-Oct 03
69987	8:45-9:45am	Mon, Wed Dec 02-18
70006	9:15-10:15am	Tue, Thu Dec 03-19
\$125(R)	\$150(N)	Age: 13Y and up
70011	8:45-9:45am	Mon, Wed Nov 04-27
	9:15-10:15am	Tue, Thu
\$107(R)	\$128(N)	Age: 13Y and up
70003	8:45-9:45am	Mon, Wed Sep 16-Oct 03
	9:15-10:15am	Tue, Thu
70010	8:45-9:45am	Mon, Wed Dec 02-19
	9:15-10:15am	Tue, Thu
\$31.50(R)	\$37.50(N)	Age: 13Y and up
69994	9:15-10:15am	Tue Sep 17-Oct 01
\$84(R)	\$100(N)	Age: 13Y and up
70005	8:45-9:45am	Mon, Wed Oct 07-30
69999	9:15-10:15am	Tue, Thu Oct 08-31
\$73.50(R)	\$87.50(N)	Age: 13Y and up
69998	8:45-9:45am	Mon, Wed Nov 04-27
70000	9:15-10:15am	Tue, Thu Nov 05-26
\$142(R)	\$171(N)	Age: 13Y and up
70008	8:45-9:45am	Mon, Wed Oct 07-31
	9:15-10:15am	Tue, Thu
\$42(R)	\$50(N)	Age: 13Y and up
69996	9:15-10:15am	Tue Oct 08-29
70001	9:15-10:15am	Tue Nov 05-26
\$31.50(R)	\$37.50(N)	Age: 13Y and up
70009	9:15-10:15am	Tue Dec 03-17

CIRCUIT TRAINING

Come join a circuit training class in our new fitness center! You will be instructed by our certified and experienced trainer in a 55 minute, full body weight workout that will strengthen your body and get your heart pumping. Min 3/Max 8

North Bellevue Community Center

\$96(R)	\$112(N)	Age: 18Y and up
75953	2-3pm	Tue, Fri Sep 03-27
75962	2-3pm	Fri, Tue Nov 01-26
\$108(R)	\$126(N)	Age: 18Y and up
75955	2-3pm	Tue, Fri Oct 01-29
\$72(R)	\$84(N)	Age: 18Y and up
76007	2-3pm	Tue, Fri Dec 03-20

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
70514	9:15-10:15am	Fri Sep 06-Oct 25
70505	6-7pm	Wed Sep 18-Oct 30
\$49(R)	\$59.50(N)	Age: 13Y and up
70479	6-7pm	Mon Sep 16-Oct 28
70482	10-11am	Mon Sep 16-Oct 28
70511	10-11am	Wed Sep 18-Oct 30
70512	9:15-10:15am	Fri Nov 01-Dec 20
70513	10-11am	Wed Nov 06-Dec 18
\$84(R)	\$98(N)	Age: 12Y and up
70492	10-11am	Mon, Wed Sep 16-Oct 30
70499	6-7pm	Mon, Wed Sep 16-Oct 30
\$42(R)	\$51(N)	Age: 13Y and up
70508	6-7pm	Mon Nov 04-Dec 16
70515	10-11am	Mon Nov 04-Dec 16
70516	6-7pm	Wed Nov 06-Dec 18
\$78(R)	\$91(N)	Age: 13Y and up
70509	10-11am	Mon, Wed Nov 04-Dec 18
70510	6-7pm	Mon, Wed Nov 04-Dec 18

Fitness for Youth, Teens, and Family

SPORTBALL FITKIDS

Sportball Fitkids is a fun, functional, fitness program for kids ages 6-8 and 9-12 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 6/Max 14

South Bellevue Community Center

\$91(R)	\$109(N)	Age: 6Y - 8Y
75667	4-4:55pm	Mon Sep 16-Oct 28
\$91(R)	\$109(N)	Age: 9Y - 12Y
75668	5-5:55pm	Mon Sep 16-Oct 28
\$78(R)	\$94(N)	Age: 6Y - 8Y
75669	4-4:55pm	Mon Nov 04-Dec 16
\$78(R)	\$94(N)	Age: 9Y - 12Y
75670	5-5:55pm	Mon Nov 04-Dec 16

INTERNATIONAL DANCE SHAPE Up!

Learn the many popular international dances in a fun setting. All dances are taught at an easy pace appropriate for all ages. No partner necessary, and no experience necessary. (So please wear shoes that protect your toes!) Styles include Greek & Eastern European line dances and Northern European couple dances, like the waltz. For more information call the North Bellevue Community Center 425 452-7681. Min 8/Max 30

North Bellevue Community Center
\$42(R) \$50(N) Age: 12Y and up
75973 7-8:30pm Thu Oct 03-Nov 21

TEEN & ADULT HIP HOP

Teen & Adult Hip Hop; is the right work-out for teens and adults. This class is tailored for any fitness or skill level. The basic format of the class is: warm-up, choreography, and cool down. During warm-up we use body isolations and core conditioning then move into basic hip hop choreography. During cool-down we use tai chi or ballet barre stretching. Each session we start new choreography and build on it each week which is a lot of fun for all our students! This class requires dance shoes (jazz or split sole), comfortable/moveable attire, towel, and water bottle. Min 6/Max 25

Northwest Arts Center
\$51(R) \$61(N) Age: 16Y and up
75742 7-8pm Fri Sep 13-27
\$65(R) \$78(N) Age: 16Y and up
75743 7-8pm Fri Oct 04-25
75744 7-8pm Fri Nov 01-22
\$65(R) \$78(N) Age: 16Y and up
75745 7-8pm Fri Dec 13-Dec 20

FIT GIRLS

Improve athletic performance and overall fitness through this conditioning class targeted to middle school and high school girls. This class incorporates exercises to improve core strength, stability, balance, agility, flexibility, and endurance. This class is ideally suited for athletes looking to stay in shape in the off season or get into shape in the preseason. Additionally, this class incorporates exercises to address and correct muscle imbalances and biomechanical inefficiencies that are common among adolescent girls and makes them more susceptible to overuse and knee injuries. All fitness levels welcome. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 8/Max 20

South Bellevue Community Center
\$60(R) \$70(N) Age: 12Y - 18Y
75631 6-7pm Mon Sep 23-Oct 28
75632 6-7pm Mon Nov 04-Dec 16

Martial Arts

MARTIAL ARTS SELF DEFENSE/HAPKIDO BEG CHILD

This co-ed course helps young people develop coordination, balance, focus, strength, self-esteem, group interaction, communication skills and discipline, while teaching personal safety/self-defense in a safe, friendly environment. In addition to lots of conditioning exercises, students will learn a basic kicks, strikes, throws, evasion and grappling. Uniform required & available at class for a fee. Association membership required for promotion testing. Min 10/Max 30

North Bellevue Community Center
\$48(R) \$58(N) Age: 6Y - 12Y
72987 5:30-6:30pm Mon, Wed Sep 09-30
72988 5:30-6:30pm Wed, Mon Oct 02-30
72989 5:30-6:30pm Mon, Wed Nov 04-27
72990 5:30-6:30pm Wed, Mon Dec 04-23

MARTIAL ARTS - SELF DEFENSE/HAPKIDO INTERMEDIATE/ADVANCED

This co-ed course builds on skills introduced in the beginning class and helps young people and adults successfully face physically confronting issues. With a blend of traditional and real-world scenarios, students learn to identify, avoid and de-escalate potentially dangerous situations. While refining on skills learned from beginning class, students will start learning joint locks, pressure points (adults only) and weapons. Prerequisite: Graduation from the beginning class, or age 13 and above. Student rank certificates will be certified and signed by the president of the World Hapkido Association, www.worldhapkido.com. Instructor permission required to attend. Min 10/Max 30

North Bellevue Community Center
\$48(R) \$58(N) Age: 13Y and up
73007 6:30-7:30pm Mon, Wed Sep 09-30
73008 6:30-7:30pm Mon, Wed Oct 02-30
73009 6:30-7:30pm Mon, Wed Nov 04-27
73010 6:30-7:30pm Mon, Wed Dec 02-23

GENTLE TAI CHI

This class introduces the basic foundation of Tai Chi through the Tai Chi Qigong 18 form. The easy to follow exercise sequence combines gentle upper body movements with deep breathing and is suitable for adults of all ages. Taught by 6th rank, certified instructor. Ages: 18Y and up. Min 5/Max 20

South Bellevue Community Center
\$54(R) \$65(N) Age: 18Y and up
75638 11:15am-12:15pm Wed Sep 11-Oct 16
75640 11:15am-12:15pm Wed Nov 06-Dec 18

YANG STYLE TAI CHI - BEGINNER

Learn the beginning movements of this Tai Chi form as taught by the founding Yang Family. Graceful, flowing, and evenly paced movements help improve balance, coordination, and flexibility. Its meditative quality revitalizes energy, calms the mind, and relaxes the body. Taught by 6th rank, certified instructor. To register during a session, call the South Bellevue Community Center at 425-452-4240. Min 5/Max 20

South Bellevue Community Center
\$60(R) \$72(N) Age: 5Y and up
71299 9-9:55am Sat Sep 14-Oct 19
71300 9-9:55am Sat Nov 02-Dec 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
\$60(R) \$72(N) Age: 18Y and up
71304 10-10:55am Sat Sep 14-Oct 19
71305 10-10:55am Sat Nov 02-Dec 14

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. Min 7/Max 15

Northwest Arts Center
\$130(R) \$156(N) Age: 13Y and up
75679 7-9pm Tue Sep 17-Dec 17
75680 7-9pm Thu Sep 19-Dec 19
\$234(R) \$264(N) Age: 13Y and up
75681 7-9pm Tue, Thu Sep 17-Dec 19

TAI CHIPRACTICE

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
75328 9-10:30am Wed Sep 04-Dec 18

TAI-CHI CHUAN SWORD PLAY SHAPE UP!

An Ancient Chinese method for promoting a well integrated body and mind. Using a series of stretching exercises, beginning with focusing on the natural flow of breath, we slowly work toward incorporating good posture and the 24 simplified movements of Tai-Chi. Also incorporated are the 32 simplified movements of Tai-Chi Swordplay. This method increases circulation throughout the body, improves concentration, coordination, and flexibility. Small classes guarantees plenty of instructional assistance and is appropriate for all abilities. Excellent for toning up the body, good health, and long life. Min 8/Max 20. To register during a session call South Bellevue Community Center at 425-452-4240. Min 8/Max 20

South Bellevue Community Center
 \$56(R) \$67(N) Age: 16Y and up
 71313 7:15-8:45pm Thu Sep 19-Oct 17
 71314 7:15-8:45pm Thu Oct 24-Nov 21
 \$34(R) \$40(N) Age: 16Y and up
 71315 7:15-8:45pm Thu Dec 05-19
 North Bellevue Community Center
 \$57(R) \$68(N) Age: 16Y and up
 75351 7:15-8:45pm Mon Oct 07-Nov 04
 75352 7:15-8:45pm Mon Nov 18-Dec 16

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 10/Max 30

South Bellevue Community Center
 \$53(R) \$63(N) Age: 6Y and up
 71277 4-4:50pm Tue, Thu Sep 03-26
 71287 5-5:50pm Tue, Thu Sep 03-26
 71285 4-4:50pm Tue, Thu Oct 01-29
 71289 5-5:50pm Tue, Thu Oct 01-29
 71286 4-4:50pm Tue, Thu Nov 05-26
 71291 5-5:50pm Tue, Thu Nov 05-26
 \$40(R) \$47(N) Age: 6Y and up
 71292 4-4:50pm Tue, Thu Dec 03-19
 71293 5-5:50pm Tue, Thu Dec 03-19
 \$53(R) \$63(N) Age: 10Y and up
 71284 6-6:50pm Tue, Thu Sep 03-26
 71288 6-6:50pm Tue, Thu Oct 01-29
 71290 6-6:50pm Tue, Thu Nov 05-26
 \$40(R) \$47(N) Age: 10Y and up
 71294 6-6:50pm Tue, Thu Dec 03-19

BEGINNING KENDO

Kendo is a coed martial arts sport based on Samurai traditions requiring both mental and physical discipline. Participants use a Bokken (oak sword) for weeks 1-4, at week 5 a Shinai (bamboo sword) is also required. Participants must purchase a bokken (oak sword) either before or at the first class. Beginning students should wear loose fitting clothes. The beginning class focus is on learning basic footwork and sword handling. Upon completion of the beginning class, continuing students enroll in the intermediate class. Prospective students should make an effort to research kendo prior to signing up for the class. Min 12/Max 25

Highland Community Center
 \$65(R) \$78(N) Age: 8Y and up
 72969 6:30-8pm Fri Sep 20-Dec 13

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
 \$65(R) \$78(N) Age: 8Y and up
 72973 6:30-8:30pm Fri Sep 20-Dec 13

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
 \$65(R) \$78(N) Age: 8Y and up
 72977 7:30-9:30pm Fri Sep 20-Dec 13

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
 \$140(R) \$160(N) Age: 4Y - 10Y
 75682 4:30-5:15pm Mon, Wed Sep 16-Nov 20
 \$154(R) \$175(N) Age: 4Y - 10Y
 75683 4:30-5:15pm Mon, Wed Dec 09-Jan 29

Outdoor & Natural Resources

VISITOR CENTERS

Botanical Garden Visitor Center

The 53-acre Bellevue Botanical Garden offers nature lovers one mile of trails through woodlands, ground cover, perennial, Yao, waterwise, and alpine rock gardens.

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 displays, trails, and environmental program information. Stop in to get community 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



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
Closed Mon, Tue, & Holidays

Phone: 425-452-4195

Website: www.bellevuewa.gov/lewis_creek_park.htm

Mercer Slough Environmental Education Center Visitor 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 today.

Location: 1625 118th Ave SE, 98005

Hours: Daily, 10am-4pm

Phone: 425-452-2565

Website: www.bellevuewa.gov/msec.htm

**FAMILY DISCOVERY SERIES
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

GROUP PROGRAMS

Looking for an engaging program for your club, school group or scout pack? Park Rangers offer interpretive walks, talks and hands-on activities featuring different plants, animals, habitats, cultural and natural history. Exploring a particular chapter in your curricula? Utilize the natural resources of your local parks' unique habitats – wetland, grassland and forest – and immerse your participants into their studies. Please call to discuss program possibilities: Lewis Creek Park at 425-452-4195, or Lake Hills Ranger Station, 425-452-7225. There is a suggested donation of \$2 per person..

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: Suggested Donation of \$5

INFO: 425-452-2565

STORY TIME SERIES

Look, listen and create during an hour of stories and crafts with a park ranger on the 1st Friday of every month. Parents and children will explore together the diverse animal world with animated fiction and fun. All children must be accompanied by a registered adult. Registration is required. Min 3/Max 25

Lewis Creek Park
\$2(R) \$3(N) Age: 3Y and up

Where Would I Be in an Evergreen Tree?

Meet all the creatures that call the Northwest woods their home. We always make a fun craft to take home!

74258	11am-12pm	Fri	Aug 02
74259	1:30- 2:30pm	Fri	Aug 02

Adventures of Riley: Survival of the Salmon

Join Riley and Alice as they attempt to crack a fishy mystery. Why are Pacific Salmon thriving while North Atlantic Salmon are endangered? We always make a fun craft to take home!

75865	11am-12pm	Fri	Sep 06
75867	1:30- 2:30pm	Fri	Sep 06

A Log's Life

Learn about the life cycle of a tree, as well as the forest ecosystem, and be inspired to investigate trees in your own backyard! We always make a fun craft to take home!

75868	11am-12pm	Fri	Oct 04
75869	1:30- 2:30pm	Fri	Oct 04

The Very Best Bed

Where should the gray squirrel sleep? Go along as he searches for the very best bed. We always make a fun craft to take home.

75873	11am-12pm	Fri	Nov 01
75874	1:30- 2:30pm	Fri	Nov 01

Who lives in the Snow?

Find out what goes on beneath the surface of the glistening snow. We always make a fun craft to take home!

75875	11am-12pm	Fri	Dec 06
75876	1:30am- 2:30pm	Fri	Dec 06

LEWIS CREEK EXPLORERS' CLUB

Fun for the whole family! Both adult and child must register.

Wild Tracks

Walk with a park ranger through Lewis Creek looking for signs of wildlife: tracks, scat, rubbings, tunnels, etc. Each child will make and take home a plaster track! Pre-registration required.

\$2(R) \$3(N) Age: 6Y and up
74326 1-2pm Sat Aug 10

Raptor Rapture

Learn about the special adaptations of these magnificent birds. We will make our own pellets to replicate their lunch! Pre-registration required.

\$2(R) \$3(N) Age: 5Y and up
74327 1-2pm Sun Aug 18

The Food Chain

All living things depend on each other to survive. Who do you depend on? Learn about the web of life as you create your very own food chain model to take home! Pre-registration required.

\$2(R) \$3(N) Age: 6Y and up
75881 1-2pm Sat Sep 14

Green Hour

Join us the 3rd Saturday of every month from 1-2pm for a Green Hour at Lewis Creek Park! Observe and explore the park during an hour of unstructured play and interaction with the natural world. Each month, creative, science-based ideas will have children and parents deepening their knowledge and love of nature together! No registration necessary.

FREE Age: 4Y and up
1-2pm Sat Sep 21
1-2pm Sat Oct 19
1-2pm Sat Nov 16
1-2pm Sat Dec 12

Colorful Fall: Why do the leaves change?

Every fall a beautiful, but mysterious event occurs. The trees become brilliant shades of red, yellow, orange and brown, why does this change happen? Learn what makes deciduous trees lose their leaves, and why it is beneficial. No registration required.

FREE Age: 5Y and up
1-2pm Sat Oct 12

Owl Prowl

Discover what owl species live in the Pacific Northwest. Then take a night hike with the Rangers to look for owls and other nocturnal wildlife in the park. Bring a flashlight or headlamp, as well as good shoes, for the journey!

\$5(R) \$6(N) Age: 6Y and up
75883 7:30-9pm Fri Oct 25

Night Hike

When the sun sets and the dark sets 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(R) \$3(N) Age: 5Y and up
75884 7:30-9pm Fri Nov 08

Hibernation Pajama Party!

Come learn about animals that hibernate, as well as other ways of surviving the winter. Make sure to bring your PJ's and a blanket or pillow as we settle in for the winter!

\$2(R) \$3(N) Age: 5Y and up
75885 7:30-9pm Fri Dec 13

Wild Tracks

Walk with a park ranger through Lewis Creek looking for signs of wildlife: tracks, scat, rubbings, tunnels, etc. Each child will make and take home a plaster track! Pre-registration required.

\$2(R) \$3(N) Age: 6Y and up
75886 1-2pm Sat Dec 28

LEWIS CREEK CHILDRENS' MOVIES

Kids! Join us for fun, free, educational nature movies at Lewis Creek. Children under 12 must be accompanied by an adult. **No registration required.** Info: 425-452-4195.

Platypus Cafe

Join the adventures of the Kratt brothers as they meet up with cool creatures from around the world. Each episode is an adventure that also features how animals use science in their natural lives. Running time 30 mins.

FREE Age: 3Y and up
2-2:30pm Sun Aug 11

Build it Beaver

Join the adventures of the Kratt brothers as they meet up with cool creatures from around the world. Each episode is an adventure that also features how animals use science in their natural lives. Running time 30 mins.

2-2:30pm Sun Sep 08

Growing up Wild: It's a Hoot

From falcons and eagles to owls, find out how baby animals spend the day with their families. Growing up Wild gives fun and entertaining insight into the animal kingdom. Running time 30 mins.

2-2:30pm Sun Oct 13

Penguins on Parade

Learn about growing up as a flightless bird. Growing up Wild gives fun and entertaining insight into the animal kingdom. Running time 30 mins.

FREE Age: 3Y and up
2-2:30pm Sun Nov 10

Stranger in the Woods

Venture into the woods and learn about animals that call the forest home, as well as a mysterious stranger! Running time 30 mins.

FREE Age: 3Y and up
2-2:30pm Sun Dec 08

ADULT ENRICHMENT SERIES LEWIS CREEK FILM SERIES

No registration required. Min 5/Max 50 Lewis Creek Park

FREE Age: 12Y and up

A Murder of Crows

Crows are widely thought of as nuisance animals, but recent research has given new insight to the minds of crows. Gain a new understanding of these social animals and their stunning mental capabilities; including facial recognition! Running time 60 mins.

2-3:30pm Sun Sep 01

Wolves: A Legend Returns to Yellowstone

Wolves were hunted to near extinction, but conservation efforts helped to give them a comeback. Learn about the profound impact that the return of these animals to Yellowstone had on the whole park. Running time 55 minutes.

2-3pm Sun Oct 06

Pale Male

Pale Male was the name given to a vivacious male red-tailed hawk that took up residence on Fifth Avenue in New York City. Follow along as he courts a mate, builds a penthouse nest, raises and protects his chicks, and teaches them to thrive in the ultimate urban environment. Running time 60 minutes. impact that the return of these animals to Yellowstone had on the whole park. Running time 55 minutes.

2-3pm Sun Nov 03

Christmas in Yellowstone

Celebrate the beauty of winter in one of the world's most spectacular settings; Yellowstone National Park. Watch as the animals do their best to survive the winter and enjoy the beauty of geysers in the snow. Running time 52 minutes.

2-3pm Sun Dec 01

NATURALIST BOOK CLUB SERIES

Discuss, analyze and reflect on the natural world and those exploring it. All of our selections were written for the lay person, not necessarily those schooled in environmental sciences. Light refreshments served and you do not need to have read the book(s) to attend and join the discussion! Bring copy of the book along with you! Min 1/Max 1 Lewis Creek Park

Collapse by Jared Diamond

Environmental damage, climate change, globalization, rapid population growth, and unwise political choices were all factors in the demise of societies around the world, but some found solutions and persisted. Diamond traces the fundamental pattern of catastrophe, and weaves an all-encompassing global thesis through a series of fascinating historical-cultural narratives

FREE Age: 15Y and up
2-4pm Sun Aug 25

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. Min 2/Max 50 Lewis Creek Park

FREE Age: 10Y and up

Mountain Beavers

Not all beavers build dams! Come learn about another more primitive rodent cousin to the North American Beaver that burrows instead of builds. Mountain beavers are not well known, but can create conflict due to their burrows. Learn how to identify signs of these elusive creatures, and how to prevent possible damage.
75893 1-2pm Sun Sep 22

Bobcats

How can you tell the difference between a bobcat and a cougar or a housecat? Like most felines, bobcats are reclusive and sneaky, but they are out there! Find out how to recognize these short-tailed cats, and learn if they are feline friends or feline fiends.
75894 1-2pm Sun Nov 17

MERCER SLOUGH ADULT ENRICHMENT

Mercer Slough Environmental Education Center; 1625 118th Ave SE

Bird Identification

Come learn some of the finer points of identifying the bird species of our area. We'll be discussing field marks, bird songs, and some good places to go birding nearby. We will focus on the birds of the Mercer Slough Nature Park.
FREE 2-3pm Sun Age: 12Y and up Oct 06

Invasive Species

Join us to learn about some of the invasive species in the Pacific Northwest. We'll be discussing which species are invasive, why they are problematic, and what can be done to stop them.
FREE 2-3pm Sun Age: 12Y and up Nov 03

LEWIS CREEK ADULT ENRICHMENT

Lewis Creek Park

Old Growth Forests: Hot Topics in WA Conservation

There are 3 million acres of Old Growth Forest to be found in Washington State. Find out where these pockets are, what calls them home and why they still exist today. No registration necessary.
FREE 1-2pm Sat Age: 10Y and up Aug 24

Hot Topics in WA Conservation: Owls

There are 3 million acres of Old Growth Forest to be found in Washington State. In recent history a new species of owl has moved into Washington state, while there have been more frequent sightings of another species that usually stays further north. Come find out who these creatures are, their habits, and how their habits can affect other species. No registration necessary.
FREE 1-2pm Sun Age: 10Y and up Oct 20

Animal Art

Draw and sketch different Pacific Northwest species from a collection of wildlife mounts! There is no other way to capture the magnificence of these creatures so close up and so still. Mounts, newsprint, and charcoal pencils provided. Challenge your artistic talents while learning about the natural history of the area you live in. Register at 425-452-6885.
\$4(R) \$5(N) 75891 1-3pm Sun Age: 8Y and up Dec 15

FAMILY CANOE THE MERCER SLOUGH

Explore the beautiful Mercer Slough Nature Park by water and see how this amazing wetland ecosystem functions. Trip begins and ends at Enatai Beach Park. Participants are required to paddle the entire distance of 4 miles. Some paddling experience is required. Restrooms will not be available while on the water. Up to 3 people per canoe. Please dress for the weather. For ages 5+. Children and youth must have at least 1 adult present for every 2 children or youth. Please call 425-452-2565 with any questions. Min 4/Max 15 Enatai Beach Park, 3519 108th Ave SE
\$16(R) \$18(N) Age: 5Y and up

73652	8:45am-12pm	Sat	Aug 10
73653	8:45am-12pm	Sun	Aug 11
73654	8:45am-12pm	Sat	Aug 17
73659	8:45am-12pm	Sun	Aug 18
73648	8:45am-12pm	Sat	Aug 24
73660	8:45am-12pm	Sun	Aug 25
73647	8:45am-12pm	Sat	Aug 31
73646	8:45am-12pm	Sun	Sep 01
73656	8:45am-12pm	Sat	Sep 07
73645	8:45am-12pm	Sun	Sep 08
73661	8:45am-12pm	Sat	Sep 14
73644	8:45am-12pm	Sun	Sep 15
73643	8:45am-12pm	Sat	Sep 21
73657	8:45am-12pm	Sun	Sep 22
73658	8:45am-12pm	Sat	Sep 28
73666	8:45am-12pm	Sun	Sep 29

FAMILY DISCOVERY SERIES: MERCER SLOUGH RANGER PROGRAMS

Mercer Slough Environmental Education Center; 1625 118th Ave SE

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.

Animal House

Wildlife at the Mercer Slough Nature Park makes all kinds of homes. From the hummingbird to the beaver, they're all master builders! All ages.
2-2:30pm Sun Aug 11
2-2:30pm Sun Aug 18

Tree Walk

Come learn about the native trees in your neighborhood! We'll be going on a tree walk to learn how trees fit into our urban ecosystem, and why they're so valuable.
2-3pm Sun Sep 15
2-3pm Sun Sep 29

A Batty Afternoon

In recognition of Halloween, we'll be talking about bats! We'll learn about what species are here, their habits and habitats, and how we can help conserve these amazing creatures! All ages.
2-3pm Sun Oct 13
2-3pm Sun Oct 20

Hérons

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.
2-3pm Sun Nov 10
2-3pm Sun Nov 17

Beavers - Nature's Architects

Did you know that you can find beavers at Mercer Slough? Learn about the beaver's amazing adaptations, how they shape the habitat around them, and why Mercer Slough's beavers are unique.
2-3pm Sun Dec 01
2-3pm Sun Dec 15



Tame your goose bumps as you traverse the Burma Loops Bridge, Charlie Chaplin Walk, Flea Jump, Heebie-Jeebie and fourteen other 'rope' crossings as high as 45 feet above the ground in this unique recreational experience on the Bellevue Challenge Course. The thrills and challenges, plus a safety harness and some encouragement, will provide a memorable experience to share with your friends and family. You'll go home refreshed and more confident. This is a great outdoor activity for individuals, families, friends or for any group.

Information and Reservations:

- **Call 425-452-4240 in advance** to reserve your date and time; drop-ins are accepted on a space-available basis.
- **Payment is required** at time of booking; be prepared to pay with a Visa or MasterCard.

Session Start Times:

Saturdays: September: 10am, 1pm, and 4pm
 October: 10am and 1pm
Sundays: September - 10:30am and 1:30pm

No program Memorial or Labor Day weekends.
September & October: \$39(R) \$49(N)

http://www.bellevuewa.gov/sbcc_challenge_course.htm

FAMILY DISCOVERY SERIES: MOVIES AT MERCER SLOUGH

Join us the last Friday of every month for fun and engaging environmental movies. Bring a comfy blanket or pillow and we'll pop the popcorn. All children under 12 must be accompanied by an adult. No registration necessary. Info: 425-452-2565 or MSEEC@bellevuewa.gov
 Mercer Slough Environ. Ed. Center
 FREE Best for ages 8+

Nature: Salmon

This film investigates the parallel stories of collapsing Pacific salmon populations and how biologists and engineers have become instruments in audacious experiments to replicate every stage of the fish's life cycle.
 5-6pm Fri Aug 30

NATURE: Animal House

Some of the most amazing, creative, and innovative structures on earth are not man-made or urban at all, but residences built by animals in the natural world. Popcorn provided!
 5-6pm Fri Sep 27

NATURE: Jungle Eagle

Harpy eagles are one of the most powerful birds of prey in the world. Standing three feet tall, with a six-foot wingspan and razor-sharp talons the size of bear claws, these birds are the heavyweight hunters of the South American rainforest. This film contains predator-prey interactions which may not be appropriate for some younger viewers. Popcorn provided!
 5-6pm Fri Oct 25

NATURE: Magic of the Snowy Owl

Filmmakers take us deep into the snowy owl's tundra home on the North Slope of Alaska to observe the daily struggles involved in raising a family of helpless owlets until they're able to fly. Popcorn provided!
 5-6pm Fri Nov 29

NATURE: Christmas in Yellowstone

NATURE presents Christmas in Yellowstone, a breathtaking look at wintertime deep within America's first national park. This film contains predator-prey interactions which may not be appropriate for some younger viewers. Popcorn provided!
 5-6pm Fri Dec 27

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.
 Mercer Slough Environ. Ed. Center
 1625 118th Ave SE

Hot Topics in WA Conservation: The Wilderness Act

The Wilderness Act was signed into law in 1964 states: "In order to assure that an increasing population, accompanied by expanding settlement and growing mechanization, does not occupy and modify all areas within the United States..." Join us to learn about Washington State's wilderness areas, controversies, and the future of our wilderness lands. Best for ages 12+.
 FREE Age: 12Y and up
 2-3pm Sun Sep 08

CULTURAL HISTORY PROGRAMS HISTORIC HOUSE TOUR

Tour this charming Spanish Eclectic style home built in 1929 by Cecilia and Frederick Winters. An Eastside Heritage Center docent will explain the early life style and industry of this Mercer Slough family who bought the land in 1917 and operated a landmark. For further information call 425-450-1049.

WHEN: Ongoing, Thursdays, Fridays, and Saturdays, 10am-2pm

WHERE: Winters House, 2102 Bellevue Way SE

COST: FREE
AGES: All

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 activities and interpretation presented by volunteers and staff from Eastside Heritage Center. Visitors are invited to participate in hands-on activities that relate to 1880s settler life: agriculture, dairy, household tasks, log cabins, games and Eastside history. For more information, contact the Eastside Heritage Center at 425-450-1049 or visit www.eastside-heritagecenter.org. Min 1/Max 1
 Kelsey Creek Farm Park

FREE			All Ages
72514	11am-4pm	Sat	Aug 17
72515	11am-3pm	Sat	Sep 21
72516	11am-4pm	Sat	Oct 12

TOURS, HIKES, WALKS, & OUTDOOR ACTIVITIES

BELLEVUE BOTANICAL GARDEN TOURS

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

Time: Saturdays and Sundays, April through October, 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 NATURE WALK

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. (No walk April 20.)

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

COST: Free

INFO: 425-452-2565 or
MSEEC@bellevuewa.gov

LEWIS CREEK RANGER HIKES

Join a Ranger in exploring the natural history of Lewis Creek Park. A different topic will be explored each month, including birding, tracking, native plant identification and more! All ages welcome. Dress for the weather and wear sturdy shoes. No registration required.

Time: Saturdays: September 7, October 5, November 2, & December 7; 10:30 a.m. – 11:30 a.m.

Location: Lewis Creek Visitor Center, 5808 Lakemont Blvd SE

Cost: Free!

Info: Call 425-452-4195

LOCAL AREA 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

Coal Creek Park

September 21, 10am – Noon

Distance: 5 miles

Level of Difficulty: Moderate (380 feet elevation)

Meeting Place: Redtown Trailhead (Cougar Mountain) on Lakemont Blvd SE. Discover Bellevue's largest park and get lost in the wilderness while still in the city! This area is rich in history and wildlife.

Lewis Creek to Lakemont Community Park

October 19, 10am – Noon

Distance: 5 miles

Level of difficulty: Difficult (750 feet elevation)

Meeting Place: Lewis Creek Visitor Center, 5808 Lakemont Blvd SE
This lovely trail winds through green corridors to connect two of Bellevue's most beautiful parks.

Weowna Park

November 16, 10am-Noon

Distance: 3 miles

Level of difficulty: Moderate (200 feet elevation)

Meeting Place: 168th Ave SE & 19th St. Limited Parking. Carpooling encouraged. Bridges, waterfalls, and Bellevue's oldest trees live in Weowna Park. Explore this deep ravine that was restored using bio-engineering techniques.

South Bellevue Green Spaces

December 21, 10am-Noon

Distance: 3 miles

Level of Difficulty: Difficult (350 feet elevation)

Meeting Place: Lattawood Park, 4530 155th Ave SE

Explore the unknown trails of South Bellevue. Parks and open space ravines guide you (and wildlife!) through friendly neighborhoods.

MERCER SLOUGH GROUP TOURS

Looking for an engaging program for your group? Mercer Slough Park Rangers offer outdoor interpretive walks and talks. Learn about the flora, fauna, and history of Mercer Slough Nature Park, or focus on the sustainable features of our LEED Gold-certified Environmental Education Center. We schedule groups of 5-25 on a first-come first-served basis.

WHERE: Mercer Slough Environmental Education Center
1625 118th Ave SE

COST: Suggested donation of \$1 per person

INFO: 425-452-2565 or
MSEEC@bellevuewa.gov

LAKE HILLS GREENBELT RANGER WALK

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. Suggested donation of \$1 per person. Call 425-452-7225 for more information.

TRACKS: TEACHING RECREATION ADVENTURE COMPETENCY KNOWLEDGE STEWARDSHIP

TRACKS is an initiative promoting outdoor adventure, youth leadership, and environmental stewardship. Our mission is to encourage outdoor opportunities for all ages, abilities, and income levels, which develop life skills and knowledge for a healthy community.

The TRACKS team hopes to give people the skills, confidence, and opportunities necessary to develop their own relationships with nature—relationships that are inspirational, enlightening and lifelong.

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



MERCER SLOUGH

ENVIRONMENTAL EDUCATION CENTER

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

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



The Mercer Slough Environmental Education Center is a collaboration between the City of Bellevue and Pacific Science Center.
1625 118th Avenue SE, Bellevue, WA 98005



Outdoor Adventure Programs

Interested in taking your group out into the wild? Let our experts help you do so safely and confidently. Contact TRACKS for outdoor skills training, camping and backpacking education, snowshoe trips, or group day trips and expeditions. Equipment rental may be available. To schedule an event call 425-452-6883 or email jwalenga@bellevuewa.gov

HAUNTED HALLOWEEN HIKE

It's wet, it's dark, and it's creepy. Armed only with a flashlight and your wits, we will attempt to explore the old abandoned tunnel on Iron Horse Trail. In 1980, the Milwaukee Road Railroad ceased operation, while its nearly 100-year-old facilities still creep across the Cascade Mountains just east of Seattle. Join our experienced staff for this unworldly evening hike just one week before Halloween. This hike is classified as easy. Min 5/Max 20
Highland Community Center
\$15(R) \$18(N) All Ages
75859 5-9pm Fri Oct 25

SNOWSHOE ADVENTURE - INTRO

Never been snowshoeing? This is the perfect opportunity for you to explore Snoqualmie Pass while learning the basics of snowshoeing. Expert staff will ensure the trip is safe and fun for everyone. Transportation, snowshoes and hot coco included! Learn new skills and meet new friends while enjoying the great outdoors. You won't find a bigger adventure on a snowy day! Min 5/Max 20
Highland Community Center
\$15(R) \$18(N) All Ages
75860 10am-5pm Sat Dec 07



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 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
10:30am-12pm
Info: Pat Naselow, 425-452-1694, pnaselow@gmail.com
<http://www.mgfk.org>

2014 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 LHarper@bellevuewa.gov.

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 Alexandra DySard 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 Historic Winters House Host, assisting with educational outreach, collections, marketing, special events and more. Must be 18. Information: Eastside Heritage Center, 425-450-1049

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

Bellevue Botanical Garden 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. Opportunities are available in the following areas:

- Horticultural Assistants – Ongoing or Occasional Work Party participants
- Living Lab Teacher Assistants
- Special events
- Occasional Office Help
- Garden d'Lights Installation

Kelsey Creek Farm

410 – 130th Pl SE • 425-452-7688
 e-mail: KelseyCreekFarm@bellevuewa.gov
Farm animals in the pasture daily from 9am to 3:30pm, including weekends and holidays

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. There is no formal entrance fee; however, we welcome and appreciate your donations.

All pets are strictly prohibited from the area surrounding the barns at Kelsey Creek Farm. Groups of 10+ must pre-register, and for large groups of 40+ there will be a \$30 fee. Please call in advance Monday through Friday, 8am-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.

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 woolly 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 the Farm at 425-452-7688 or email jayne@FarmerJayne.com, for information and reservations.

	Ages 2-11
Residents	\$150 - up to 15 children
Nonresidents	\$165 - up to 15 children
Add'l Children	\$5 each



KELSEY CREEK FARM WOOL AND EWE

The farm staff will introduce you to our resident sheep. Learn things about sheep and experience the feel of real wool. Make a wooly craft 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. Min 1/ Max 1
 Kelsey Creek Farm Park
 FREE
 73592 11-11:30am Wed Aug 07

DRAWING FROM FARM-LIFE

Do you find yourself doodling but don't know what to draw? This drawing class is for you! Drawing from Farm-Life teaches basic drawing skills, and allows students to work from a variety of farm animals in their environment. Imagine instead of copying from a picture, actually being able to draw from a real-live horse standing right in front of you! Students will learn how to draw from observation creating artwork that is not only skillful but also inspired. Min 4/Max 9
 Kelsey Creek Community Park
 \$45 \$51 Age: 13Y - 17Y
 75861 3:30- 4:30pm Tue Sep 24-Oct 15
 75862 3:30- 4:30pm Tue Oct 22-Nov 12
 75863 3:30- 4:30pm Tue Nov 19-Dec 10

AFTER SCHOOL VOLUNTEERS

Earn community service hours in this once-a-week after school volunteer program at Kelsey Creek Farm. You will assist the farm staff with the daily operations, help with the animal chore routine, and learn responsible animal care. You need 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 hay, vegetation and dust. Participants must be capable of understanding and following directions. Volunteers must be able to attend the 1st two weeks of the program and no less than a total of 5 sessions. No program when Bellevue schools are not in session. Maximum of 1 day per week sign up per participant. Min 1/Max 3

Kelsey Creek Community Park		Age:	12Y - 18Y
\$8	\$12		
71655	3- 4:30pm	Tue	Oct 01-Nov 19
71656	3- 4:30pm	Wed	Oct 02-Nov 20
71657	3- 4:30pm	Thu	Oct 03-Nov 21
71658	3- 4:30pm	Fri	Oct 04-Nov 22

A LITTLE PIONEER THANKSGIVING

Let's celebrate Thanksgiving in our log cabin, built in 1888. Join Farmer Jayne as we dress up in pioneer clothing, churn butter, grind wheat, pump water and play just like Laura in Little House in the Big Woods. Team up with your favorite adult helper for old-fashioned crafts, snack and active storytelling. Min 6/Max 10

Kelsey Creek Community Park
 \$20 \$25 Age: 2Y - 3Y
 75726 10-11:30am Mon Nov 04
 75727 10-11:30am Tue Nov 05

A PIONEER THANKSGIVING

Let's celebrate Thanksgiving the old-fashioned way in our log cabin from 1888. With no electricity and indoor plumbing, how will we get all our chores done? Join Farmer Jayne as we churn butter, grind wheat, play dress up, pump water, and get our laundry done using muscles and will power! Crafts, snack and active storytelling round out our log cabin adventure. Children must be potty trained. Bring a lunch and drink. Snack will be provided. Min 6/Max 10

Kelsey Creek Community Park
 \$25 \$30 Age: 3Y - 6Y
 75728 10am-12:30pm Thu Nov 14
 75729 10am-12:30pm Fri Nov 15

MERRY CHRISTMAS, ANIMAL FRIENDS

What does a pony or a rabbit want for Christmas? Come help Farmer Jayne create merry Christmas gifts and delicious treats for all our animal friends at the farm. Bring your imagination! Min 6/Max 10

Kelsey Creek Community Park
 \$20(R) \$25(N) Age: 3Y - 7Y
 75724 10am-11:30pm Sat Dec 14

KELSEY CREEK FARM EXPLORERS CLASS

Children actively participate in animal care, barn chores, pony ride, baking and gardening. Curriculum is integrated with seasonal themes, arts and crafts, stories and games. Activities vary between sessions available during the school year. Children must be potty trained and should bring a lunch with beverage. Snack is provided. Min 6/Max 10

Kelsey Creek Community Park
 \$89(R) \$104(N) Age: 3Y - 6Y
 71612 10am-12:30pm Thu Sep 12-Oct 03
 \$68(R) \$81(N) Age: 3Y - 6Y
 71613 10am-12:30pm Thu Dec 05-19



KELSEY CREEK FARM HANDS

Our newest program at the farm, Farm Hands is designed for school-aged kids with early release Wednesdays. Blend a touch of work and a dash of play and mix together for a fun afternoon with Farmer Jayne. We'll learn about our animals, make treats and work in the farm yard. Min 6/Max 10

Kelsey Creek Community Park
 \$25(R) \$30(N) Age: 5Y - 8Y

Welcome to the Farm
 75720 1:30-3pm Wed Sep 18
Happy Halloween, Goats
 75721 1:30-3pm Wed Oct 16
Cows, Butter and a Log Cabin
 75722 1:30-3pm Wed Nov 13
Happy Holidays to All
 75723 1:30-3pm Wed Dec 11

KELSEY CREEK LITTLE FARMERS CLASS

Join Farmer Jayne in a special hands-on opportunity to experience farm life with your 2-3 year old. Children team up with a parent/adult to actively participate in animal care, barn chores, pony ride, baking and gardening. Curriculum is integrated with seasonal themes, arts and crafts, stories and games. Spend one-on-one time with your child in this fun and active learning class. Activities vary between sessions during the school year. Both children and adults should dress in play clothes with sturdy shoes/boots. Snack provided. Adult/child teams only. Please call regarding underage siblings. Min 6/Max 10

Kelsey Creek Community Park
 \$80(R) \$92(N) Age: 2Y - 3Y
 71627 10-11:30am Mon Sep 09-30
 71628 10-11:30am Tue Sep 10-Oct 01
 71629 10-11:30am Wed Sep 11-Oct 02
 \$60(R) \$69(N) Age: 2Y - 3Y
 71630 10-11:30am Mon Dec 02-16
 71632 10-11:30am Tue Dec 03-17
 71631 10-11:30am Wed Dec 04-18

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 Jayne directly at jayne@farmerjayne.com.

Kids on the Farm Group Tour

Available December to April and June to September

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

Springtime in the Barnyard Group Tour

Available mid-April through May

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

Fall at the Farm Group Tour

Available October only

Experience harvest season in a traditional way. Visit a pony, feed the chickens and work on barn "chores" with child-sized pails and rakes. Tour the garden and pumpkin patch. Children finish up by choosing a pumpkin from our harvest-themed indoor pumpkin patch! Extra fee for pumpkins.

Pioneer Days Group Tour

Available November only

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

Bellevue Youth Theatre

16661 Northup Way • 425-452-7155

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 FALL 2013 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 Washington State Patrol background check on file at the theatre. These are good for one year.

FREE (R) \$99 (N)

Auditions will be held at the following place and times: For MUMMY'S REVENGE, IT'S A WONDERFUL LIFE, and 'Twas the Night Before Christmas

Tuesday, September 3 or Wednesday, September 4 from 7-8:30pm at the Bellevue Youth Theatre

For TWELVE DANCING PRINCESSES

Thursday, September 5 from 5-6:30pm at South Bellevue Community Center

THE MUMMY'S REVENGE

This show will perform at BYT and have a dinner theatre at South Bellevue Community Center. Not recommended for elementary age youth due to late rehearsals.

Rehearsal location: Bellevue Youth Theatre

Rehearsal begins: Monday, Sept 16

Rehearsals: Mon through Fri, 6-8 p.m.

Tech Week: The week of October 21 at Bellevue Youth Theatre

Performs at Bellevue Youth Theatre: October 25-November 2

Directed by: Norm Dalire

TWELVE DANCING PRINCESSES

This show has great parts for all ages. There is a dance and song audition required.

Rehearsal location: South Bellevue Community Center

Rehearsal begins: Monday, Sept 16

Rehearsals: Mon through Fri 5-7 p.m.

Tech Week: The week of November 4 at Bellevue Youth Theatre

Performs at Bellevue Youth Theatre: November 8-17

Directed by: Danika Drake

IT'S A WONDERFUL LIFE

This is a reunion show and will feature many adult performers from the past 10 years. Good roles for young actors in this show. Great show for families. PERFORMS THANKSGIVING WEEKEND.

Rehearsal location: Crossroads Community Center

Rehearsal begins: Monday, Sept 16

Rehearsals: Mon - Fri, 5:30-7:30 p.m.

Tech Week: The week of November 25 at Meydenbauer Theatre

Performs at Meydenbauer Theatre: November 29-December 1

Directed by: James McClain

'Twas the Night Before Christmas

Great roles for everyone. This delightful piece is suitable for all ages and families.

Rehearsal location: Bellevue Youth Theatre

Rehearsal begins: Monday, Sept 16

Rehearsals: Mon - Fri, 4:30-6 p.m.

Tech Week: The week of November 29 at Meydenbauer Theatre

Performs at Bellevue Youth Theatre: December 6-14

Directed by: Randall Apted



Performing Arts

PERFORMING ARTS CHILD

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

FREE(R)			Age: 7Y - 10Y
75813	5-6pm	Tue	Sep 10
\$51(R)	\$64(N)		Age: 7Y - 10Y
71704	5-6pm	Tue	Sep 17-Oct 15
71705	5-6pm	Tue	Nov 05-Dec 10

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

FREE(R)			Age: 5Y - 6Y
75812	4-4:45pm	Tue	Sep 10
\$51(R)	\$64(N)		Age: 5Y - 6Y
71696	4-4:45pm	Tue	Sep 17-Oct 15
71697	4-4:45pm	Tue	Nov 05-Dec 10

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. There will be a class recital. 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).

Min 5/Max 6

Northwest Arts Center

\$89(R)	\$107(N)		Age: 42M - 4Y
73399	5:30-6pm	Tue	Sep 17-Nov 19
73401	4-4:30pm	Tue	Sep 17-Nov 19
\$89(R)	\$107(N)		Age: 5Y - 6Y
73400	5-5:30pm	Tue	Sep 17-Nov 19
73403	6-6:30pm	Tue	Sep 17-Nov 19
\$89(R)	\$107(N)		Age: 7Y - 10Y
73402	4:30-5pm	Tue	Sep 17-Nov 19

HIP HOP FOR YOUTH

Hip Hop for Youth; is the ultimate blend of fun and conditioning for several age groups. From skill-building in dance, and floor gymnastics to break dance, these classes are especially tailored to accommodate specific ages and any fitness level. The basic format of these classes are: warm-up, body isolations, gymnastics, stunt skills, break dance with dance choreography and games depending on the age of the group. Preschool requires caregiver to attend. All other ages, child only classes. Min 6/Max 15

Northwest Arts Center				
\$35(R)	\$42(N)		Age: 3Y - 4Y	
75738	3-3:45pm	Fri	Sep 13-27	
\$40(R)	\$48(N)		Age: 3Y - 4Y	
75739	3-3:45pm	Fri	Oct 04-25	
75740	3-3:45pm	Fri	Nov 01-22	
\$25(R)	\$30(N)		Age: 3Y - 4Y	
75741	3-3:45pm	Fri	Dec 13-20	
\$40(R)	\$48(N)		Age: 4Y - 6Y	
75730	4-4:55pm	Fri	Sep 13-27	
\$50(R)	\$60(N)		Age: 4Y - 6Y	
75731	4-4:55pm	Fri	Oct 04-25	
75732	4-4:55pm	Fri	Nov 01-22	
\$30(R)	\$36(N)		Age: 4Y - 6Y	
75733	4-4:55pm	Fri	Dec 13-20	
\$40(R)	\$48(N)		Age: 7Y - 10Y	
75734	5-5:55pm	Fri	Sep 13-27	
\$50(R)	\$60(N)		Age: 7Y - 10Y	
75735	5-5:55pm	Fri	Oct 04-25	
75736	5-5:55pm	Fri	Nov 01-22	
\$30(R)	\$36(N)		Age: 7Y - 10Y	
75737	5-5:55pm	Fri	Dec 13-20	
\$40(R)	\$48(N)		Age: 11Y - 15Y	
75746	6-6:55pm	Fri	Sep 13-27	
75747	6-6:55pm	Fri	Oct 04-25	
75748	6-6:55pm	Fri	Nov 01-22	
\$30(R)	\$36(N)		Age: 11Y - 15Y	
75749	6-6:55pm	Fri	Dec 13-20	

BREAK DANCING WITH THE MASSIVE MONKEES CREW

Students gain critical leadership skills and self confidence through our 'each one teach one' curriculum model that provides instruction on the fundamentals of break-dancing and the rich history of hip hop culture. By working individually and in teams to create choreographed group dance routines, students learn the importance of service and team work as they work together to overcome challenges and perform as a cohesive unit. The session will end with a student-led performance for parents, family and the community. No experience necessary. Min 10/Max 30

Crossroads Community Center				
\$180(R)	\$207(N)		Age: 11Y - 17Y	
76102	3:30- 5pm	Wed, Mon	Sep 11-Dec 16	

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		
North Bellevue Community Center				
	11am- 1pm	Wed	Sep 04-Dec 19	
	2- 4pm	Thu		
South Bellevue Community Center				
	10:30am-12pm	Wed, Fri, Mon		
Highland Community Center				
	9:30-11:30am	Mon-Fri	Ongoing	

INDOOR PLAY PLUS

Regular indoor play with the addition of inflatable play structures and toys. Will be the last Friday each month starting in September. November and December will be the next to the last Fridays due to the holidays. Min 1/Max 50

South Bellevue Community Center				
\$5(R)	\$6(N)		Age: 1Y - 5Y	
71977	10:30am-12pm	Fri	Sep 27-Dec 20	

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				
FREE Open House			Age: 3Y - 5Y	
75814	11:30am-12:30pm	Tue	Sep 10	
75817	1- 2pm	Tue	Sep 10	
\$91(R) \$114(N)			Age: 3Y - 5Y	
75815	11:30am-12:30pm	Tue	Sep 17-Oct 29	
75818	1- 2pm	Tue	Sep 17-Oct 29	
75816	11:30am-12:30pm	Tue	Nov 05-Dec 17	
75819	1- 2pm	Tue	Nov 05-Dec 17	
Northwest Arts Center				
\$104(R)	\$130(N)		Age: 3Y - 5Y	
75800	10:30-11:30am	Thu	Sep 26-Nov 14	

SPORTBALL PARENT & CHILD

This program is a perfect intro to Sportball. Children and parents or caregivers participate in our eight core sports; basketball, baseball, hockey, football, soccer, tennis, golf and volleyball. Min 6/Max 12

South Bellevue Community Center				
FREE Open House			Age: 2Y - 4Y	
75820	10:30-11:15am	Tue	Sep 10	
\$91(R) \$114			Age: 2Y - 4Y	
75821	10:30-11:15am	Tue	Sep 17-Oct 29	
75822	10:30-11:15am	Tue	Nov 05-Dec 17	
Northwest Arts Center				
\$91(R)	\$110(N)		Age: 2Y - 4Y	
76107	12:30- 1:30pm	Wed	Sep 25-Nov 13	
75801	9:45-10:30am	Thu	Sep 26-Nov 07	

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				
\$45(R)	\$55(N)		Age: 18M - 3Y	
75794	9:45-10:30am	Fri	Sep 20-Oct 11	
\$33(R)	\$39(N)		Age: 18M - 3Y	
75795	9:45-10:30am	Fri	Oct 18-Nov 08	

BABY BEETHOVEN HOLIDAY FUN!

A fun and stimulating hands-on introduction to music and movement to celebrate the upcoming holidays for toddlers and caregivers! Songs movement, rhythm instruments included in this festive and fun class! Please, no siblings during class. Min 8/Max 10

Northwest Arts Center				
\$33(R)	\$39(N)		Age: 18M - 3Y	
75796	9:45-10:30am	Fri	Nov 15-Dec 20	

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	
71972	11:30am-12:15pm	Fri	Sep 20-Oct 18	
71973	11:30am-12:15pm	Fri	Nov 08-Dec 13	
Open House				
FREE(R)			Age: 3Y - 5Y	
75810	11:30am-12:15pm	Fri	Sep 13	

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) \$64(N) Age: 3Y - 5Y
 71724 10:30-11:20am Fri Sep 20-Oct 18
 71725 10:30-11:20am Fri Nov 08-Dec 13

Open House

FREE Age: 3Y - 5Y
 75809 10:30-11:20am Fri Sep 13

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
 \$51(R) \$64(N) Age: 4Y - 5Y
 73069 12:30-1:15pm Thu Sep 19-Oct 17
 73070 12:30-1:15pm Thu Nov 07-Dec 12

Open House

FREE(R) Age: 4Y - 5Y
 75811 12:30-1:15pm Thu Sep 12

ARTS, CRAFTS, COOKING & FAMILY FUN

MUSIKIDS YOUNG PRE-K

Each child experience the world of music through movement, dance, instruments, singing and musical games, but they will also work to develop social skills, gross and fine motor skills, educated ears, turn taking, and school readiness skills. Young preschoolers will be introduced to music vocabulary, taught how to find the beat, rhythm, and melody, as well as begin learning how to line the melody. Caregiver and child class. Min 3/Max 12
 Northwest Arts Center
 \$110(R) \$130(N) Age: 2Y - 3Y
 75773 11:30am-12:15pm Tue Sep 10-Oct 15
 76106 11:30am-12:15pm Tue Sep 29-Dec 17

\$110(R) \$130(N) Age: 4Y - 5Y
 75775 1-1:45pm Tue Sep 10-Oct 15
 75776 1-1:45pm Tue Oct 29-Dec 17

MUSIKIDS TODDLERS

Toddlers are always on the go! week we will channel their enthusiastic energy through movement in music, musical games, use of age appropriate instruments, and imaginative play. Caregiver and child program. Min 3/Max 12
 Northwest Arts Center
 \$110(R) \$130(N) Age: 18M - 24M
 75770 10:30-11:15am Tue Sep 10-Oct 15
 75771 10:30-11:15am Tue Oct 29-Dec 17

MUSIKIDS BABY

A weekly class for child with caregiver. Babies will respond with delight to various musical activities and social interaction they experience in each class. Come join us for dance, movement, age appropriate instruments and musical exploration. It's never too early to begin fostering a love of music! Min 3/Max 12
 Northwest Arts Center
 \$110(R) \$130(N) Age: Up to 18M
 75768 9:30-10:15am Tue Sep 10-Oct 15
 75772 9:30-10:15am Tue Oct 29-Dec 17

LITTLE CHEFS

In a fun and happy environment, make yummies for your tummies. Good food is our focus and having fun is our priority! Our goal is to instill in our little chefs a lifelong appreciation for food. Recipes included. Microwave is used in the classroom to prepare some recipes..Child only class . Min 8/Max 10
 Northwest Arts Center Site

\$45(R) \$55(N) Age: 3Y - 6Y
 75790 2-2:45pm Thu Sep 19-Oct 10
 \$33(R) \$39(N) Age: 3Y - 6Y
 75791 2-2:45pm Thu Oct 17-Nov 07

LITTLE CHEFS-HOLIDAY FOODS

Make holiday yummies for your tummies! Child only class. Recipes included. Min 8/Max 10
 Northwest Arts Center Site
 \$33(R) \$39(N) Age: 2Y - 5Y
 75792 2-2:45pm Thu Nov 14-Dec 19

PUMPKIN PALS

Spend a fun filled morning pondering the perfect pumpkin! Art, music, a yummy snack and a pumpkin relay race are some of the happy activities planned for the morning. Min 6/Max 6
 Northwest Arts Center Site
 \$20(R) \$25(N) Age: 2Y - 5Y
 Each addt'l family member: \$5(R) \$6(N)
 75797 10-11:30am Sat Oct 26

VISIONS OF SUGARPLUMS

Jelly bellies, gumdrops and peppermint FUN! Join us for a sweet beginning to the holiday season by making a mini gingerbread house, sing songs, dance and eat yummies for your tummies! Dress in your party clothes for happy holiday wholesome FUN! Min 6/Max 6
 Northwest Arts Center Site
 \$20(R) \$25(N) Age: 2Y - 5Y
 Each addt'l family member: \$5(R) \$6(N)
 75798 10-11:30am Sat Nov 23

I LOVE BUGS!

Parent and child go 'buggy' together into the world of creep crawlies and things that fly. Join us for crafts, stories, music and a yummy treat! Caregiver and child class. Min 6/Max 8
 Northwest Arts Center Site
 \$20(R) \$25(N) Age: 2Y - 5Y
 Each addt'l family member: \$5(R) \$6(N)
 75799 10-11:30am Sat Sep 28

PEE WEE PICASSO

Caregiver and child 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. Please no siblings during class time. Caregiver required in class. Min 8/Max 10
 Northwest Arts Center Site
 \$45(R) \$55(N) Age: 2Y - 4Y
 75787 9:45-10:30am Thu Sep 19-Oct 10
 \$33(R) \$39(N) Age: 2Y - 4Y
 75788 9:45-10:30am Thu Oct 17-Nov 07

PEE WEE PICASSO HOLIDAY FUN

Parent and child have fun together working on special holiday art projects! Caregiver required in class. Please, no siblings during class time. Min 8/Max 10
 Northwest Arts Center Site
 \$33(R) \$39(N) Age: 2Y - 3Y
 75789 9:45-10:30am Thu Nov 14-Dec 12

LANGUAGE

SPANISH LANGUAGE

The Little Spanish Castle provides students with learning Spanish in a fun and happy environment. This class is offered to children and their caregivers. Using Spanish songs, stories, as well as entertaining and engaging games in Spanish motivates children to play and learn the language while having fun. Min 6/Max 10
 Northwest Arts Center
 \$110(R) \$132(N) Age: 3Y - 6Y
 74970 3-3:45pm Fri Sep 27-Nov 29

YOUR NEIGHBORHOOD PRESCHOOL CHOICE



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 preschoolers ages 3-4
Explorers for preschoolers ages 4-5

9am-12pm	M/W	Sept-June
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.

Natural Start Preschool At Northwest Arts Center

Nestled in a quiet neighborhood with great views of the Cascade Mountains, the Northwest Arts Center is located in a large green park with apple trees, and a school garden. Indoors there are bright classrooms, a pottery studio, and a large gym for active play.

Ages 3-5		
9am-12pm	Tue & Thu	Sept-June
9am-12pm	Mon/Wed/Fri	Sept-June
9am-12pm	Mon-Fri	Sept-June

For more information visit www.NaturalStartPreschool.com.
To register, call 425-452-4106.



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**



Photo Courtesy: Tori Gamble



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
73903 9:30am-1pm Mon, Wed, Fri Sep 16-May 23

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
73907 9:30am-12pm Tue, Thu Sep 17-May 22

HELP YOUR CHILD DISCOVER THE WORLD AND PREPARE FOR SCHOOL AT ONE OF OUR PRESCHOOLS, LOCATED JUST MINUTES AWAY FROM YOUR HOME.

Special Interest & Extended Learning

Adaptive Recreation

Designed for individuals with intellectual / physical disabilities

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
See Pg. 49 9:30am-3pm Wed Sep 25-Nov 27

ADULT BALLROOM DANCE

This is a great group activity that will enhance your physical coordination and artistic self expression. This is a specialized recreation activity. NO CLASS NOVEMBER 19th Min 20/Max 45

Highland Community Center
\$42(R) \$53(N) Age: 16Y and up
See Pg. 49 7-8:30pm Tue Sep 24-Nov 26

FUN WITH TECHNOLOGY

Interested in iPads, Computers and making publications or just funny pictures? How about making movies on your laptop. Come and work together as a team to create all these fun projects. Class participants are encouraged to bring a laptop, Ipad or zune. Min 15/Max 30

Highland Community Center
\$42(R) \$53(N) Age: 16Y and up
See Pg. 49 7-8:30pm Mon Sep 23-Dec 03

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 25/Max 34

Highland Community Center
\$42(R) \$53(N) Age: 18Y and up
See Pg. 49 5-7pm Wed Sep 25-Nov 27

FRIDAY NIGHT OUT

Develop a new network of friends over a little dinner and choice of a movie. You may bring a dinner or buy your dinner at the Crossroads Mall. Bring \$9.50 for the movie. Participants are responsible for their own money. The class will meet for drop-off and pick-up at the Crossroads Regal Cinema Movie Theater. Age: 18 and up Min 10/Max 15

Highland Community Center
\$17(R) \$21(N) Age: 18Y - 30Y
See Pg. 49 5:30-9:30pm Fri Sep 27
See Pg. 49 5:30-9:30pm Fri Oct 18
See Pg. 49 5:30-9:30pm Fri Nov 15

SOCIAL CLUB

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. Min 20/Max 29

Highland Community Center
\$42(R) \$53(N) Age: 18Y and up
See Pg. 49 7-8:30pm Mon Sep 23-Dec 02
See Pg. 49 7-8:30pm Wed Sep 25-Nov 27

HIGHLAND HANGOUT

Your answer to a slow afternoon. Stimulating conversation, lively board games, solving puzzles or just enjoy a movie. All yours 4-days-per-week, for a 11-week period, at one low price. Bring your snacks and independence each day as both are required for this program. Age: 18 and up. NO CLASS 11/11, 11/18, 11/19 & 11/28 Min 5/Max 99

Highland Community Center
\$40(R) \$50(N) Age: 16Y and up
See Pg. 49 2:30-5pm Mon-Thu Sep 23-Dec 12

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 11/29 Min 20/Max 40

Highland Community Center
\$42(R) \$53(N) Age: 18Y - 99Y
See Pg. 49 7-8:30pm Thu Sep 26-Nov 28

BRIDGE OF PROMISE ACADEMY

In partnership with Bellevue Parks and Community Services, Bridge of Promise offers a day program from 10am-2pm every Monday and 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 program director, Jessica Schreiber, at 425-238-8535 or jessica@bridgeofpromise.org.

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 11/28 Min 8/Max 15

Highland Community Center
\$74(R) \$92(N) Age: 18Y and up
See Pg. 49 5-7pm Thu Sep 26-Nov 28

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 4/Max 6 Northwest Arts Center Site

\$52(R) \$62(N) Age: 18Y and up
See Pg. 49 12-1:30pm Fri Nov 15-Dec 20

Dance & Arts

TAP DANCE - BEGINNING SHAPE UP!

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
\$18(R) \$22(N) Age: 18Y and up
75400 11am-12pm Tue Oct 01-22
75401 11am-12pm Tue Oct 29-Nov 19
75402 11am-12pm Tue Nov 26-Dec 17

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
 75403 12:15- 1:15pm Tue Oct 01-22
 75404 12:15- 1:15pm Tue Oct 29-Nov 19
 75405 12:15- 1:15pm Tue Nov 26-Dec 17

SINGING - CHORUS

Come sing with the chorus. We welcome new singers at any time. No auditions and no advance notice are required. Just come as you are. We sing for our own fun and enjoyment, with piano accompaniment. Mostly, we sing popular songs from the 30's, 40's and 50's. Our six song books plus holiday music give us a large variety. The Chorus meets every Friday, 10:30am-Noon. Typically, we sing at a nursing home one time each month and occasionally have a gig elsewhere. Call for the monthly schedule. Min 2/Max 30

North Bellevue Community Center
 FREE Age: 50Y and up
 75438 10:30-11:45am Fri Sep 06-Dec 20

LINE DANCING 

Line Dancing is a great way to exercise your body and mind while meeting new friends and listening to some great music. Line Dancing is not just country music anymore and no partner is required. Min 15/Max 30

North Bellevue Community Center
 FREE Open House Age: 18Y and up
 75526 12:15- 1:45pm Fri Sep 06
 \$24.50(R) \$30.50(N) Age: 18Y and up
 75375 12:15- 1:30pm Fri Oct 04-25
 \$18.50(R) \$22.50(N) Age: 18Y and up
 75374 12:15- 1:30pm Fri Sep 13-27
 75376 12:15- 1:30pm Fri Nov 01-15
 75377 12:15- 1:30pm Fri Dec 06-20

South Bellevue Community Center
 FREE Open House Age: 18Y and up
 75527 2:30- 4pm Wed Sep 04
 \$24.50(R) \$30.50(N) Age: 18Y and up
 75366 7- 8:30pm Mon Sep 09-30
 75367 7- 8:30pm Mon Oct 07-28
 \$18.50(R) \$22.50(N) Age: 18Y and up
 75370 2:30- 4pm Wed Sep 11-25
 75373 2:30- 4pm Wed Dec 04-18
 \$30.50(R) \$37(N) Age: 18Y and up
 75371 2:30- 4pm Wed Oct 02-30
 \$12.50(R) \$15.50(N) Age: 18Y and up
 75368 7- 8:30pm Mon Nov 04-18
 75372 2:30- 4pm Wed Nov 06-13
 75369 7- 8:30pm Mon Dec 02-16



Bellevue Parks & Community Services has a variety of volunteer opportunities. Volunteers serve on boards and commissions, lead tours, help out in the office, answer phones, serve lunches, and perform many more vital tasks throughout all of our program areas. If you are not sure what you would like to do, contact Shelly Shellabarger, the City of Bellevue's volunteer program coordinator, at 425-452-5375, or email volunteer@bellevuewa.gov.

You can also contact one of the following facilities or program areas to learn more about available opportunities.

Bellevue Botanical Garden
 425-452-2750
LScott@bellevuewa.gov

Bellevue Youth Theatre
 425-452-7155
BYT@bellevuewa.gov

Adaptive Recreation
 425-452-6105
KIndurkar@bellevuewa.gov

Special Events
 425-452-4106
NWAC@bellevuewa.gov

Kelsey Creek Farm
 425-452-7688
KelseyCreekFarm@bellevuewa.gov

North Bellevue Community Center
 425-452-7681
NBCC@bellevuewa.gov

Robinswood Tennis Center
 425-452-7690
JSoriano@bellevuewa.gov

Park Stewards/Naturalists
 425-452-4195
Parks_Stewardship@bellevuewa.gov

Cultural Diversity Program
 425-452-7886
KHenry@bellevuewa.gov

Youth Sports
 425-452-4627
HChristoff@bellevuewa.gov

Continuing Education & Group Learning

MOVING TO A SIMPLER LIFE

This seminar is designed to help you make the move to an easier lifestyle. Over 2 meetings, you'll learn the types of services available to assist you when your home has become too much to care for, and create a strategy to either age in place, or move to a new home. Over the 2 days you'll meet estate sale/appraiser experts, a mover, Realtor®, Elder Law attorney, financial planner, reverse mortgage specialist, seniors' bookkeeper, in-home care provider, and senior housing expert. After each seminar informal question & answer sessions will follow along with a gracious free lunch. Min 6/Max 36

North Bellevue Community Center
 FREE Age: 18Y and up
 72500 10am-1pm Tue Sep 17-24

South Bellevue Community Center
 FREE Age: 55Y and up
 72501 10am-1pm Tue Oct 15-22

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. For more information, call Carin Mack 206-230-0166. Min 4/Max 25

North Bellevue Community Center
 FREE Age: 18Y and up
 75440 7-8:30pm Wed Sep 04-Dec 04

AMERICAN SIGN LANGUAGE

Offering beginning sign language classes. Learn in a fun and relaxed environment. Min 5/Max 25

Highland Community Center
 \$42(R) \$53(N) Age: 9Y and up
 75538 5:30-7pm Tue Sep 24-Nov 26

BOOK CLUB

Meets the second Tuesday of each month. For more information contact Sue Hipke at 425-747-6843 or Dorothy Goddard at 425-747-5543. Min 2/Max 10

North Bellevue Community Center
 FREE Age: 18Y and up
 75008 10-11:30am Tue Sep 10
 75009 10-11:30am Tue Oct 08
 75010 10-11:30am Tue Nov 12
 75011 10-11:30am Tue Dec 10

Games

PARTY BRIDGE NORTH BELLEVUE

Drop-In 'Party Bridge' play. Individuals welcome. Please contact Eva at 425-746-9907. Min 4/Max 28
 North Bellevue Community Center
 FREE Age: 18Y and up
 12-3pm Wed Sep 04-Dec 18

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
 \$12(R) \$14.50(N) Age: 55Y and up
 72492 1:10-3:10pm Tue Sep 03-Dec 17

DUPLICATE BRIDGE

Group meets Wednesday and Friday afternoons from 12:15 - 3:30pm, FEE \$.50/visit, payable to Advisory Board. Bring a partner. Contact: Ed Jesse 425-746-7435. Min 8/Max 40
 North Bellevue Community Center
 \$.50 Age: 18Y and up
 12-3:30pm Wed, Fri Sep 04-Dec 20

ADULT BILLIARDS & GAMES

Drop-in program for adults at the North Bellevue Community Center. Join the fun! Activities include billiards, board games, puzzles, books, magazines, and video check-outs. No registration required. Not available on holidays. Min 1/Max 40
 North Bellevue Community Center
 FREE Age: 18Y and up
 8:30am-8:30pm Mon-Fri Sep 02-Dec 26

CRIBBAGE

Come join friends for a fun game of Cribbage. Min 4/Max 28
 North Bellevue Community Center
 FREE Age: 18Y and up
 10am-12pm Thu Sep 05-Dec 19

MAH JONG

Come join friends for a fun game of Mah Jong! Min 4/Max 16
 North Bellevue Community Center
 FREE Age: 18Y and up
 1-3pm Wed Sep 04-Dec 18

PING-PONG

Drop in for a lively game of ping pong (table tennis). We provide the two championship quality table tennis tables and balls, you provide your own paddle. Call for current schedule. Ask about the Play Pass for discounted play. Min 2/Max 16
 North Bellevue Community Center
 \$3(R) \$4(N) Age: 18Y and up
 8:30am-5pm Wed-Fri, Mon Sep 04-Dec 23

PINOCHLE

Pinochle is played every Thursday afternoon. If you are interested in joining a foursome, please contact Carl Wittenberg, 425-641-3118 to put your name on the interest list. New tables will be formed as enough people join. Min 4/Max 20
 North Bellevue Community Center
 FREE Age: 18Y and up
 12-3pm Thu Sep 05-Dec 19

GAMES - PICKLEBALL

The monthly schedule for pickleball may vary. Please call for current schedule. Court and net provided - players provide their own paddle and ball. Min 2/Max 24
 North Bellevue Community Center
 \$3(R) \$4(N) Age: 18Y and up
 3pm-5pm Mon & Fri Ongoing

Immigrant 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
 75025 12:30-2pm Thu Sep 05-Dec 19

ESL 111 - NEWSPAPER READING GROUP

Every week we will study an article from the local newspaper and learn new vocabulary. This class is fun and useful. Space is limited, to register call coordinator Boliver at 206-624-5633 ext.4140. Min 5/Max 24
 North Bellevue Community Center
 FREE Age: 65Y and up
 75326 9:30-10:30am Wed Sep 04-Dec 18

EXERCISE IN SPANISH

Low impact exercise designed for older adults. Instruction is given in Spanish. Sponsored by SeaMar Community Health. Min 4/Max 50
 North Bellevue Community Center
 FREE Age: 50Y and up
 75334 11:15am-12pm Fri, Mon Sep 06-Dec 23

INDIAN FELLOWSHIP

This social group is geared for older adults visiting from India. Fellowship meets every Tuesday, 10:30am-1pm. Contact CD Banerjee at 425-746-8420 for additional information. Min 2/Max 12
 North Bellevue Community Center
 FREE Age: 60Y and up
 75469 10:30am-1pm Tue Sep 03-Dec 24

ESL FOR SPANISH SPEAKERS

Reading, writing and speaking skills for non-native English speakers. Learn the American style of handwriting, increase your understanding of common English phrases, and practice your penmanship and conversation skills in a fun and supportive setting. Min 6/Max 25

North Bellevue Community Center
 FREE Age: 18Y and up
 75412 12:45-1:45pm Fri, Mon Sep 06-Dec 23

ESL ADVANCED FOR MANDARIN SPEAKERS

Advanced English as a second language instruction for Mandarin speakers. Min 6/Max 25

North Bellevue Community Center
 FREE Age: 18Y and up
 75327 10-11:30am Thu Sep 05-Dec 19

CHINESE & ENGLISH CHORUS

Everyone can join our fun singing group! CISC Eastside members, conductor Mr. & Mrs. Wong Zheng-Feng and Ms. Hong Jia-Bing teach singing Chinese and foreign classic songs. Music helps you relax and get to know more friends. Sharing time follows singing. Min 5/Max 35

North Bellevue Community Center
 FREE Age: 18Y and up
 75437 10:30-11:50am Wed Sep 04-Dec 18

CHINESE INFORMATION & ASSISTANCE SERVICES

Services provided in Mandarin to those 55 years of age or older. Assistance with questions and concerns regarding health insurance, housing, naturalization application, utility or medical bills, or any other issue where the language barrier is an issue. Our trained volunteer can help. Please call 206-624-5633 x 4123 for additional information and to make an appointment. Min 1/Max 1

North Bellevue Community Center
 FREE Age: 55Y and up
 75012 8:30am-12pm Thu Sep 05-Dec 19

CISC BALLROOM DANCE

Would you love to learn some ballroom dance moves, such as Cha-Cha, Waltz, Tango, and Rumba? This dance class is for you to exercise your body while listening to the music. Come and have some fun! Suggested donation of \$3 per class per person. Course conducted by the Chinese Information and Service Center in Chinese language only. Min 6/Max 40

North Bellevue Community Center
 \$3 Age: 18Y and up
 75014 1-3pm Wed Sep 04-Dec 18

CISC/ CANCER SUPPORT GROUP

CISC Cancer support group meets the 2nd Thursday of each month. Min 5/Max 15
 North Bellevue Community Center

FREE Age: 18Y and up
 75325 10-11:30am Thu Sep 12-Dec 12

Financial, Legal, & Insurance

LEGAL CLINIC

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

SHIBA

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

SENIOR BUS PASS DISTRIBUTION

Metro will sell their Senior Regional Reduced Fare ORCA Card for \$3.00 to adults 65 years or older. Min 1/Max 99
 North Bellevue Community Center

FREE Age: 65Y and up
 75470 10:30-11:30am Tue Sep 17
 75471 10:30-11:30am Tue Nov 19

AARP DRIVER SAFETY PROGRAM

The nation's first and largest classroom driver improvement course designed especially for motorists 50 and older. This course may qualify you for an auto insurance discount. \$12 fee payable to AARP at first class, \$14 if not an AARP member. Bring a sack lunch. Min 12/Max 26
 North Bellevue Community Center

See Description for Fee Age: 50Y and up
 71584 9am-2pm Tue, Thu Oct 01-03
 71585 9am-2pm Tue, Thu Dec 03-05

Youth, Teen, & Family

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. A wonderful gift for the holidays! Min 8/Max 20
 Northwest Arts Center

\$50(R) \$60(N) Age: 6Y - 11Y
 75777 9am-12pm Sat Nov 16

ETIQUETTE YOUNG LADIES & GENTLEMEN II

This course is a natural follow-up to Young Ladies and Gentlemen I. One of the first social settings that children encounter is being a guest. 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. A wonderful gift for the holidays!
 Min 8/Max 20
 Northwest Arts Center

\$50(R) \$60(N) Age: 6Y - 11Y
 75778 1-4pm Sat Nov 16



DROP-IN SPORTS - YOUTH, ADULT, & FAMILY

BADMINTON - DROP-IN

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

\$3(R) \$4 Age: 18Y and up
South Bellevue Community Center

7-8:45pm Wed Ongoing

Highland Community Center

9am-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. Min 1/Max 50

\$3(R) \$4(N) Age: 18Y and up
South Bellevue Community Center

Call 425-452-4240 for Schedule Ongoing

Highland Community Center

11:30am-1pm Tue/Thu Ongoing

ADULT DROP-IN VOLLEYBALL

An afternoon of fast and furious indoor fun!

Highland Community Center
\$3(R) \$4(N) Age: 18Y and up

1-3pm Mon/Fri Ongoing

BASKETBALL - FAMILY TIME

Bring the family in for some basketball fun. No full or half court games at this time. We'll even lower the baskets for your younger ones to shoot. Players must be accompanied by parent or caregiver. Min 1/Max 50

South Bellevue Community Center
FREE Age: 5Y and up

3:30-5pm Sat Ongoing

3:15-4:45pm Sun Ongoing

**Adaptive Recreation
Drop-In Sports Programs**

Designed for individuals with intellectual / physical disabilities

QUAD RUGBY DROP-IN

Come and join in on this wheelchair sport for some rough and tumble fun. Cost is \$3.00 for residents and \$4.00 for non-residents per visit. Save when you purchase a play pass. Meets the first two Saturdays of the month. Age 18 and up. No program July 7-September 8. Min 1/Max 1
Highland Community Center

\$3(R) \$4(N) Age: 18Y and up
See Pg. 49 12-3pm Sat Sep 07-Nov 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 1/Max 1

Highland Community Center
\$3(R) \$4(N) Age: 18Y and up
See Pg. 49 7-9pm Wed, Tue Sep 04-Nov 20

ADULT SPORTS LEAGUES

Registration dates for the Adult Basketball, Women's Basketball, Co-Rec Volleyball, and the NEW Women's Volleyball leagues:

Registration: August 1-23, 2013

League Play: Sept. 15-Dec. 15, 2013

Call 425-452-4479, email SLouie@bellevuewa.gov, or visit bellevuewa.gov/parks_adult_sports_leagues.htm to register.

New to Bellevue or looking for a team?

Individuals are encouraged to get on the **Interested Players List** available to team managers looking for players. Contact Shirley Louie at 425-452-4479 or email SLouie@bellevuewa.gov, or visit us on the Web at http://www.bellevuewa.gov/parks_adult_sports_leagues.htm.

YOUTH SPORTS/FITNESS

YOUTH SOCCER 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:** Team t-shirt 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 requests or team assignments, and all requests **must** be made before **September 18** by email to hchristoff@bellevuewa.gov or by calling 425-452-4627.

- **I've signed up for soccer...now what do I do?** You will be contacted prior to the league start date via email. This email will include your team confirmation and parent packet. Team confirmations will be sent no later than September 21.

MIGHTY MITES SOCCER LEAGUE

This co-ed league, is a great way for your little star to begin team play with emphasis on participation, fun, and skill development in an instructional setting. This 7 week league, will give your child the basic instructions of dribbling, passing, scoring and teamwork! We will begin with 2 weeks of team practice followed by 5 weeks of games on Tuesdays from 4:30-5:45pm at Robinswood Sports Field. Volunteer coaches are needed for this league. Max. 6 players per team.

\$78(R) \$94(N) Ages: 5Y - 6Y
72915 4:30-5:45pm Tue Sep 24 - Nov 05

YOUTH SOCCER LEAGUE

This co-ed instructional league, is a great way to further develop and enhance your basic knowledge and skills in soccer. This 7 week league, will emphasize positive sportsmanship and team play while having fun! We will begin with 2 weeks of team practice followed by 5 weeks of games on Wednesdays from 4:30-5:45pm at Robinswood Sports Field. Volunteer coaches are needed for this league. Max. 7 players per team.

\$78(R) \$94(N) Ages: 7Y - 9Y
72916 4:30-5:45pm Wed Sep 25 - Nov 06

JUNIOR SOCCER LEAGUE

It's time to elevate your game! This 10-12 year old co-ed league is designed to give your child more advanced playing skills & ball movement techniques, while also encompassing team strategies in an instructional setting. We will begin with 2 weeks of team practice followed by 5 weeks of games on Thursdays from 4:30-5:45pm at Robinswood Sports Field. Volunteer coaches are needed for this league. Max. 8 players per team.

\$78(R) \$94(N) Ages: 10Y - 12Y
72917 4:30-5:45pm Thu Sep 26 - Nov 07



BIDDY MULTI SPORT

Come join the NEW Bidly Multi Sport class! This 6 week parent/guardian participation required program will cover three sports - basketball, soccer & t-ball. Each class is 45 minutes in length and encompasses developmental sports lessons along with activities proven to build and mature a child's motor development, hand-eye coordination, and cardiovascular fitness. The result of our action-packed curriculum is a program which allows every child to build their skills at their own pace within a non-competitive, learning-based environment that emphasizes patience, teamwork, and self-confidence. Min 10/Max 20

Tyee Middle School Site
\$66(R) \$79(N) Age: 3Y - 4Y
75983 9:30-10:15am Sat Sep 21-Oct 26
75984 9:30-10:15am Sat Nov 02-Dec 14

BIDDY MULTI SPORT II

Come join the NEW Bidly Multi Sport II class! This 6 week parent/guardian participation required program will cover three sports - basketball, soccer & t-ball. Each class encompasses developmental sports lessons along with activities proven to build and mature a child's motor development, hand-eye coordination, and cardiovascular fitness. Higher level skills, drills and fundamentals will be taught resulting in an action-packed curriculum which allows every child to build their skills at their own pace within a non-competitive, learning-based environment that emphasizes patience, teamwork, and self-confidence. (Pre-requisite: Must complete three (3) Bidly Multi Sport age 3-4 classes or permission from instructor if under the age of 5) Min 10/Max 20

Tyee Middle School Site
\$66(R) \$79(N) Age: 5Y - 6Y
75985 10:30-11:15am Sat Sep 21-Oct 26
75986 10:30-11:15am Sat Nov 02-Dec 14

SPORTBALL MULTI-SPORT

Sportball Multi-Sport skills development programs introduce primary school-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 10/Max 15

Northwest Arts Center
\$104(R) \$130(N) Age: 5Y - 8Y
75802 1:30-2:30pm Wed Sep 25-Nov 13

SEREVI MINI RUGBY

Serevi Mini Rugby is designed to introduce young children to the fun and basics of rugby through skill based games. Participants will learn how to run, pass, catch and kick in a fun friendly environment. Teamwork and sportsmanship are fundamental to this program. Emphasis will be on safety and fun at all times. This program is non-contact and co-ed. Min 1/Max 12
Robinswood Community Park
\$100(R) \$120(N) Age: 4Y - 5Y
75991 4:30-5:45pm Mon Sep 23-Nov 18

PRE-SEASON BASKETBALL CLINIC

Want to improve your basketball skills and fundamentals? This Pre Season Basketball Clinic creates an opportunity for coed players, ages 5-13 to participate and learn the concepts of basketball, develop their game, and prepare for the upcoming basketball season. Clinics focus on helping athletes improve their skills and develop their talent by learning basic practice drills and emphasizing the fundamentals such as dribbling, shooting, defense, passing and much more!
Min 10/Max 30
Tyee Middle School Site
\$69(R) \$76(N) Age: 5Y - 6Y
75987 6-7pm Mon Nov 04-Dec 09
\$69(R) \$76(N) Age: 7Y - 8Y
75988 6-7pm Tue Nov 12-Dec 10
\$69(R) \$76(N) Age: 9Y - 10Y
75989 6-7pm Wed Nov 13-Dec 11
\$69(R) \$76(N) Age: 11Y - 13Y
75990 5:30-6:30pm Thu Nov 14-Dec 19

CHEERLEADING - DANCE/DRILL TEAM

Be a part of the Bellevue Parks Dance Team! Do you want to learn to dance, or improve your technique? Trying out for dance team, drill team or cheerleading? This team works on beginning-to-intermediate level spirit-style dance technique, focusing on hip-hop, precision and pom styles. Previous cheer or dance experience is recommended but not required - contact instructor with questions. Some extra costs may be incurred for this class. Min 10/Max 35
Highland Community Center
\$58(R) \$64(N) Age: 11Y - 18Y
67418 5-6:30pm Thu Sep 19-Oct 24
67419 5-6:30pm Thu Nov 07-Dec 19

BASKETBALL CHEER SQUAD

This is the beginning level cheer squad that cheers for the Parks Youth Basketball league. We practice once a week from September to December then cheer for our teams in weekly games from January to March (Day/Time to be determined during game time) in real cheerleading uniforms! Come join the fun. Mandatory parent and cheerleader meeting and uniform fitting on the first day of practice September 26 at 4:15pm at Highland Community Center. Additional uniform costs will be incurred for this class. Both fall and winter sessions are included in the registration fee. Min 10/Max 35
Highland Community Center
\$129(R) \$149(N) Age: 5Y - 13Y
75026 4:15-5pm Thu Sep 26-Dec 19

DREAM TEAM CHEER SQUAD

Be a part of the Bellevue Parks beginning-to-intermediate level cheer squad! You'll learn dances, cheers, and beginning tumbling. There 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
Highland Community Center
\$58(R) \$64(N) Age: 7Y - 18Y
67408 2-3:30pm Wed Sep 18-Oct 23
67407 4-5:30pm Fri Sep 20-Oct 25
67410 2-3:30pm Wed Nov 06-Dec 18
67409 4-5:30pm Fri Nov 08-Dec 20

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, concurrent registration on Dream Team, and instructor permission. (Some extra costs may be incurred for this class) Min 10/Max 35
Highland Community Center
\$54(R) \$60(N) Age: 8Y - 18Y
67420 4-5:30pm Wed Sep 18-Oct 23
67421 4-5:30pm Wed Nov 06-Dec 18

I-BALL BASKETBALL CLINICS

Bellevue Parks & Community Services and i-Ball have partnered to offer Basketball Skills Clinics for kids, ages 7-14. Consistent training is the main aspect that helps to greatly accelerate learning and retention for young players. i-Ball is ran by professional basketball player and former Globetrotter's Harlem All-Star, Kyle Keyes along with i-Ball staff. Players will learn all aspects of basketball development of core fundamentals along with offensive & defensive techniques, shooting techniques, ball handling and court awareness. Players of ALL skill levels are welcome and will be grouped accordingly. Min 5/Max 30
Highland Community Center
\$79(R) \$95(N) Age: 7Y - 14Y
73126 5:50-7pm Mon Sep 09-30
73136 5:50-7pm Mon Oct 07-28
73137 5:50-7pm Mon Nov 25-Dec 09

INDOOR SOCCER WITH MICHAEL SMITH

Come and learn the fun game of soccer! Each session our theme will focus on one soccer technique; dribbling, passing or scoring goals. Participants will also actually play small sided soccer games. Children will learn to play with teammates and develop balance/coordination while developing good habits of staying on task and improving their listening skills. Min 6/Max 12
Highland Community Center
\$55(R) \$66(N) Age: 4Y - 6Y
72953 1-1:45pm Tue Sep 24-Oct 29
72954 2-2:45pm Tue Sep 24-Oct 29
72955 2-2:45pm Wed Sep 25-Oct 30
72964 1-1:45pm Wed Sep 25-Oct 30
72956 1-1:45pm Thu Sep 26-Oct 31
72957 2-2:45pm Thu Sep 26-Oct 31
72958 1-1:45pm Tue Nov 05-Dec 10
72959 2-2:45pm Tue Nov 05-Dec 10
72960 1-1:45pm Wed Nov 06-Dec 11
72961 2-2:45pm Wed Nov 06-Dec 11
\$46(R) \$55(N) Age: 4Y - 6Y
72934 2-2:45pm Thu Nov 07-Dec 12
72962 1-1:45pm Thu Nov 07-Dec 12



SEREVI JUNIOR RUGBY

Serevi Rugby and Bellevue Parks & Community Services are excited to offer Serevi Junior Rugby, a coed, limited-contact sport for children, ages 6-12, 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 program is co-ed. Min 6/Max 30

Robinswood Community Park

\$125(R) \$150(N) Age: 6Y - 12Y
75992 4:30-5:45pm Mon Sep 23-Nov 13

Adaptive Recreation Sports Programs

*Designed for individuals with intellectual /
physical disabilities*

BASKETBALL - ADULT

Exercise and fun are rolled into one! New players at all levels of ability are welcome. We practice twice a week, and Special Olympic competition is optional. Coaches provide leadership at the Special Olympic tournaments. If a participant needs assistance with toileting, eating, dressing or severe behavior intervention, an assistant must accompany that participant during their stay at the tournaments. Min 20/Max 30

Highland Community Center

\$62(R) \$77(N) Age: 16Y and up
See Pg. 49 7-8:30pm Tue, Thu Sep 24-Dec 03

BOWLING

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 11/30 Min 30/Max 95
Highland Community Center

\$45(R) \$56(N) Age: 18Y and up
See Pg. 49 9:30-11:30am Sat Sep 21-Nov 23

CHEERLEADING

Be a part of a cheerleading squad and come learn new skills and work as a team. This team is part of the Eastside Dream Elite program which is the official cheerleading program of the Bellevue Parks & Community Services. This class is open to women and men with intellectual disabilities, ages 16 and up. We have regular weekly performances on the Highland Center schedule and we have occasional performances outside of class time as well. Come join the fun! Age: 18 and up Min 10/Max 15
Highland Community Center

\$66(R) \$83(N) Age: 16Y - 55Y
See Pg. 49 5:30-6:30pm Wed Sep 25-Nov 27

ROBINSWOOD TENNIS CENTER

Address: 2400 151st PL SE

Phone: 425-452-7690

Web: <http://www.bellevuewa.gov/3685.htm>

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.

FACILITY RENTAL

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

MISCELLANEOUS SERVICES OFFERED

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

VOLUNTEER AT ROBINSWOOD TENNIS CENTER

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

OUTDOOR TENNIS COURTS

Visit www.MyParksAndRecreation.com to find outdoor tennis courts operated by the City of Bellevue.

ADULT ACTIVITY GROUPS

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

Mixed Doubles - Monday, 7:30-8:45pm
Coordinator: Eric Linger,
elinger@sherwood-investments.com

Working Women - Wednesday, 6:15-7:30pm
Coordinator: Robin Ballard, 425-564-4013, dickensball@yahoo.com

Mountaineers - Friday, 7:15-8:30pm
Coordinator: Greg Kidd, 425-828-8590,
Gregory.Kidd@comcast.net

Men's Doubles - Tuesday/Thursday, 6:15-7:30pm and 6:30-8:45pm. Call 425-452-7690.

CARDIO TENNIS

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. Please call 425-452-7690 to reserve your spot. Min 4/Max 8
Robinswood Community Park
\$10 Age: 19Y and up

ADAPTIVE RECREATION TENNIS

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

Robinswood Tennis Center

\$35		Age: 14Y - 90Y
70017	4-5pm Wed	Sep 11-Oct 23
70018	4-5pm Wed	Oct 30-Dec 18

SENIOR DRILL AND PLAY

Focusing on forehand, backhand, volley, overhead, serving, and doubles strategy. Designed to help you improve shots, consistency, and footwork. Call 425-452-7690 to register.

Robinswood Tennis Center

\$13 Age: 50Y and up

HAL'S CLASSIC

October 26, 2013 – 7:45am-5:45pm

This is the 10th annual event for Hal's Classic. This event is in memory of Hal Gallagher. It is a Doubles Only event in which the total age of each team must be a minimum of 100 years. Teams play round robin matches with A/B/C division. Prizes will be awarded to winners within their division. Cost is \$20 per person. Contact Robinswood Tennis Center at 425-452-7690 for more information or to register.

ADULT DAY & NIGHT TENNIS PROGRAMS

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

Beginning

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

Session 1

70051	10:30-11:45am Wed	Sep 11-Oct 23	\$112
70117	7:30-8:45pm Mon	Sep 09-Oct 21	\$112
70121	7:30-8:45pm Wed	Sep 11-Oct 23	\$112

Session 2

70052	10:30-11:45am Wed	Oct 30-Dec 18	\$128
70118	7:30-8:45pm Mon	Oct 28-Dec 16	\$128
70119	7:30-8:45pm Wed	Oct 30-Dec 18	\$128

Advanced Beginning

Level 2 builds on the basics, reinforcing technique, and adding advanced drills and learning how to play doubles. USTA level of 2.0-2.5

Session 1

70034	10:30-11:45am Tue	Sep 10-Oct 22	\$112
70036	11:45am-1pm Wed	Sep 11-Oct 23	\$112
70100	8:45-10pm Mon	Sep 09-Oct 21	\$112
70105	8:45-10pm Wed	Sep 11-Oct 23	\$112

Session 2

70035	11:45am-1pm Tue	Oct 29-Dec 17	\$128
70037	11:45am-1pm Wed	Oct 30-Dec 18	\$128
70101	8:45-10pm Mon	Oct 28-Dec 16	\$128
70102	8:45-10pm Wed	Oct 30-Dec 18	\$128



IMPORTANT REGISTRATION INFORMATION FOR ROBINSWOOD TENNIS CENTER PROGRAMS

Registration dates for sessions at Robinswood Tennis Center:

Session 1:

Residents: August 5
Non-Residents: August 14

Session 2:

Residents: September 30
Non-Residents: October 9

Intermediate

Participants already have sound fundamentals and are working on advanced technique such as spin serves, continental grip volleys, the slice backhand, basic strategies. USTA Level of 3.0-3.5

Session 1

70063	11:45am-1pm Mon	Sep 09-Oct 21	\$112
70065	10:30-11:45am Thu	Sep 12-Oct 24	\$112
70137	7:30-8:45pm Thu	Sep 12-Oct 24	\$112
70140	7:30-8:45pm Tue	Sep 10-Oct 22	\$112

Session 2

70064	10:30-11:45am Mon	Oct 28-Dec 16	\$128
70066	10:30-11:45am Thu	Oct 31-Dec 19	\$112
70136	7:30-8:45pm Tue	Oct 29-Dec 17	\$128
70143	7:30-8:45pm Thu	Oct 31-Dec 19	\$112

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

70083	8:45-10pm Tue	Sep 10-Oct 22	\$112
70085	8:45-10pm Thu	Sep 12-Oct 24	\$112

Session 2

70084	8:45-10pm Tue	Oct 29-Dec 17	\$128
70088	8:45-10pm Thu	Oct 31-Dec 19	\$112

Advanced Doubles

Session 1

70044	11:45am-1pm Mon	Sep 09-Oct 21	\$112
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Session 2

70045	11:45am-1pm Mon	Oct 28-Dec 16	\$128
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WEEKDAY FLIGHTS

Competitive flight leagues in the morning and afternoon. Min 8 / Max 16
Robinswood Tennis Center Age: 19Y and up

Tennis - Weekday Flight - Level A

Level A is USTA NTRP Level 3.5 to 4.0 and Seattle Area Cup level Challenge to Kingco.

Session 1

70224	9-10:30am Mon	Sep 09-Nov 18	\$100
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Tennis - Weekday Flight - Level B

Level B is USTA NTRP Level 3.5 and Seattle Area Cup level Rainier to Challenge.

Session 1

70227	9-10:30am Wed	Sep 11-Nov 13	\$100
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Tennis - Weekday Flight - Level C

Level C is USTA NTRP Level 3.0 to 3.5 and Seattle Area Cup level Rainier to Classic.

Session 1

70230	1-2:30pm Mon	Sep 09-Nov 18	\$100
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Tennis - Weekday Flight - Level D

Level D is USTA NTRP Level 3.0 and Seattle Area Cup level Emerald to Classic.

Session 1

70233	9-10:30am Tue	Sep 10-Nov 12	\$100
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Tennis - Weekday Flight - Level E

Level E is USTA NTRP Level 2.5 to 3.0 and Seattle Area Cup level Evergreen to Emerald.

Session 1

70236	9-10:30am Thu	Sep 12-Nov 14	\$100
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Tennis - Weekday Flight - Level F

Level F is US Tennis Association NTRP Level 2.5 and Seattle Area Cup level Evergreen.

Session 1

70239	1-2:30pm Thu	Sep 12-Nov 14	\$100
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Youth Tennis Programs

TENNIS TEAMS

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

Robinswood Tennis Center

Age: Up to 17Y

Team 1- Players at this level should already be able to keep score, play matches against other players, execute volleys & overheads, and place serves consistently in the box.

Session 1

70245	3:45-5pm Tue, Thu	Sep 10-Oct 24	\$175
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Session 2

70246	3:45-5pm Tue, Thu	Oct 29-Dec 19	\$188
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Team 2 - Players at this level are still working on improving overall consistency, topspin groundstrokes, correct grips, and adding more pace and consistency on their serves. Players in this level are competing at Rookie or Challenger Level USTA tournaments.

Session 1				
70252	5-6:15pm	Tue, Thu	Sep 10-Oct 24	\$175
Session 2				
70253	5-6:15pm	Tue, Thu	Oct 29-Dec 19	\$188

Varsity - Advanced Level class is geared for High School and USTA Challenger/Champs Division competitors. The class is set up in a drill/match play environment where Juniors are working on more advanced strokes and strategy.

Session 1				
70285	5-6:15pm	Mon, Wed, Fri	Sep 09-Oct 25	\$220
Session 2				
70286	5-6:15pm	Mon, Wed, Fri	Oct 28-Dec 20	\$248

Tournament - This is an Elite class for USTA Champs level players only. Participants must be ranked in the top 50 of their age group in the Pacific Northwest. Drill and Match-play environment. Highest Level of Junior Teams at Robinswood.

Session 1				
70278	3:45-5pm	Mon, Wed, Fri	Sep 09-Oct 25	\$220
Session 2				
70279	3:45-5pm	Mon, Wed, Fri	Oct 28-Dec 20	\$248

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				
70214	11-11:45am	Sat	Sep 07-Oct 19	\$77
Session 2				
70215	11-11:45am	Sat	Oct 26-Dec 21	\$88

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				
70193	1-2pm	Sat	Sep 07-Oct 19	\$84
Session 2				
70194	1-2pm	Sat	Oct 26-Dec 21	\$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				
70200	2-3pm	Sat	Sep 07-Oct 19	\$84
Session 2				
70201	2-3pm	Sat	Oct 26-Dec 21	\$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				
70178	3-4pm	Sat	Sep 07-Oct 19	\$84
Session 2				
70179	3-4pm	Sat	Oct 26-Dec 21	\$96

Advanced Beginning II: Ages 7-12. Class is designed for children who have completed Advanced Beginning I.

Session 1				
70185	4-5pm	Sat	Sep 07-Oct 19	\$84
Session 2				
70186	4-5pm	Sat	Oct 26-Dec 21	\$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				
70206	10-11am	Sat	Sep 07-Oct 19	\$84
Session 2				
70207	10-11am	Sat	Oct 26-Dec 21	\$96

Prep Team: Ages 8-17. Class focuses on strengthening students rally skills. Class is designed for students who have completed Intermediate Saturday Classes.

Session 1				
70172	9-10am	Sat	Sep 07-Oct 19	\$112
Session 2				
70173	9-10am	Sat	Oct 26-Dec 21	\$128

Teen: Ages 13-18. Class is treated as an introductory course, focusing on development of proper strokes.

Session 1				
70219	5-6pm	Sat	Sep 07-Oct 19	\$84
Session 2				
70220	5-6pm	Sat	Oct 26-Dec 21	\$96



NORTH BELLEVUE COMMUNITY CENTER, AGING SERVICES

4063 - 148th Avenue NE, 425-452-7681

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

SOUTH BELLEVUE COMMUNITY CENTER, OLDER ADULT PROGRAMS

14509 SE Newport Way • 425-452-4240

As we develop programs, we want to hear from you as to what you would like to find at South Bellevue Community Center. Give us a call at 425-452-4240, email us at sbcc@bellevuewa.gov, or better yet come visit us!

CARE ADULT ABUSE PREVENTION

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

SENIOR HOUSING ArchHousing.org

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

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.

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.Ccsw.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

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

GENERAL AARP AREA OFFICE

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

AARP COMMUNITY SERVICE EMPLOYMENT PROGRAM

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

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.

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

SENIOR INFORMATION & ASSISTANCE

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

IMMIGRANT SERVICES CHINESE INFO & SERVICE CENTER

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

SEA MAR

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

INSURANCE/SOCIAL SECURITY SOCIAL SECURITY INFORMATION

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

MEALS/FOOD DELIVERY LUNCHES

Hot meals sponsored by Catholic Community Services available at noon on Monday, Tuesday, Wednesday & Friday each week. First come-first served. Suggested \$3 donation for 60+, fee if younger. See Special Events listing for special holiday meal events which require pre-registration. Monthly menus available.

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
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. For more information call 206-230-0166.

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. Second Monday each month, 10am-2pm. No appointment necessary. Provided through a partnership with Hopelink.

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/Senior Center for recycling to low-income persons via local eyewear stores.

BELLEVUE NETWORK ON AGING

Meetings are generally 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

SOUNDS OF SWING DANCES

The 'Sound Of Swing' will perform for your dancing pleasure. Min 10/Max 100 North Bellevue Community Center \$3 Age: 18Y and up

Back To School Dance				
72318	2-4pm	Tue		Sep 10
Celebrate Autumn				
72307	2-4pm	Tue		Oct 08
Veteran's Day				
75439	2-4pm	Tue		Nov 12
Celebrate Snow				
72309	2-4pm	Tue		Dec 10

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 FREE Age: 6Y and up 75329 2-4pm Thu Sep 05-Dec 19

COMMUNITY DINING PROGRAM

Enjoy a hot mid day meal sponsored by Catholic Community Services. Available at Noon on Monday, Tuesday, Wednesday and Friday. First come-first served. Fee: Suggested donation of \$3.00 for anyone over age 60. Fee of \$6 if under age 60. See Special Events listing for special holiday meal events which require pre-registration. Monthly menus available. Min 1/Max 99 North Bellevue Community Center Age: 18Y and up 75013 12-1pm Mon-Wed, Fri Sep 02-Dec 24

AUTUMN LEAVES DANCE

Celebrate the coming of Autumn with the 'Sounds of Swing' big band sound. Enjoy 'September Song', 'Autumn Leaves' and other standards of the swing era. This is sure to be a night of fun! \$15 admission fee payable at the door. Min 10/Max 200 North Bellevue Community Center Age: 18Y and up 72531 7-10pm Sat Oct 12

HALLOWEEN LUNCHEON

Come out and enjoy a great lunch and wear your favorite Halloween Outfit. Enjoy a great meal and fun music. Lunch is \$3 dollars for people 60 yrs and older \$6.00 for all others. Min 10/Max 100 North Bellevue Community Center Age: 18Y and up 75966 11:30am-1pm Wed Oct 30

THANKSGIVING LUNCHEON

Join us as we serve you a delicious Thanksgiving feast. Entertainment provided. Please pre-register by November 10. Co-sponsored by Catholic Community Services. \$3 suggested donation for 60+, charge of \$6.00 for those under 60, both payable at the door. Min 10/Max 100 North Bellevue Community Center Age: 18Y and up 75965 11:30am-2pm Wed Nov 13

HOLIDAY BALL

Enjoy an evening of fun and the songs of the season with 'Sounds of Swing' Band. This is sure to be a night of fun! \$15 admission fee payable at the door. Min 10/Max 200 North Bellevue Community Center Age: 18Y and up 72532 7-10pm Sat Dec 07

HOLIDAY LUNCHEON

Join us as we serve you a festive holiday meal. Enjoy seasonal music preceding. Please pre-register by December 9. Co-sponsored by Catholic Community Services. \$3 suggested donation for 60+, charge of \$6.00 for those under 60, both payable at the door. Min 10/Max 100 North Bellevue Community Center Age: 18Y and up 75964 11:30am-1pm Wed Dec 18

ADAPTIVE RECREATION

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.

ADAPTIVE PROGRAMS

All programs are located at Highland Center unless otherwise noted.

COMMUNITY PROGRAMS OF INTEREST

All programs are at the Highland Community Center.

DISABLED AMERICAN VETERANS

(Chapter 43)

When: 1st Sat. of each month,
11:30am-2:30pm

Contact: Eddie Jenson, 425-486-0595
No meetings holiday weekends.

FEAT- FAMILIES FOR EARLY AUTISM TREATMENT

Once a month play group and social activities for children with autism.

When: 2nd Sat. of each month, 9am-1pm

Contact: Amanda Bliggenstorfer,
425-868-6810



KING COUNTY PARENT COALITION FOR DEVELOPMENTAL DISABILITIES

Contact: Lance Morehouse,
206-829-7048

2nd Tuesday of most months.

DOWN SYNDROME COMMUNITY FOR NEW PARENTS AND TODDLERS

Contact: Anne Mullis, 206-842-9027
Call for schedule.

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 1:30-3:00pm. 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

AQUATIC REHAB PROGRAMS

Bellevue Aquatic Center
Adaptive Actives

EVENTS

DANCE - HALLOWEEN HOWL

Start planning your costume now! Come dance the night away if you dare. Our annual costume showcase will highlight the evening. We'll have witch's brew and spooky delights for all. Must register for dance. Min 50/Max 150

Highland Community Center

\$9(R) \$11(N) Age: 16Y and up
See Pg. 49 7-9:30pm Fri Oct 25

DANCE - HOLIDAY BALL

Get out your holiday best and plan an elegant evening or just come as you are. Bring a non-perishable food donation to be given to the Multi-Service Center food bank to help during the holiday season. For teens and adults with developmental disabilities. Must register for dance. Min 50/Max 150

Highland Community Center

\$9(R) \$11(N) Age: 16Y and up
See Pg. 49 7-9:30pm Fri Dec 06

PD BRUNCH

Start the Holiday Season catching up with old friends while enjoying the culinary skills of the staff at Highland Center. It is our thanks to you for being a part of the Highland Family. This brunch is for participants in the M/W/F exercise classes. Min 5/Max 30

Highland Community Center

FREE Age: 21Y and up
See Pg. 49 10:30am-12:30pm Wed Dec 11

SEAFAIR'S HOLIDAY CRUISE

This annual event serves individuals over the age of 16 living with developmental disabilities. Meydenbauer Yacht Club provides the ships and volunteers to join the parade along the Lake Washington Shoreline. Individuals interested in attending please register. Space is limited. Interested volunteers please contact Kim Indurkar at 425-452-7686. Min 30/Max 100

Highland Community Center

FREE Age: 16Y and up
See Pg. 49 2-5pm Sun Dec 08

BELLEVUE KIWANIS DINNER

Come on out to Highland Center on the 3rd Thursday of the month and have dinner with friends! This dinner is FREE of charge and is sponsored by the KIWANIS Club of Bellevue. Dinner is served from 5pm-6pm. Limit 2 guests per participant. Min 30/Max 60

Highland Community Center

FREE Age: 16Y and up
See Pg. 49 5-6pm Thu Sep 19
See Pg. 49 5-6pm Thu Oct 17
See Pg. 49 5-6pm Thu Nov 21

ADAPTIVE RECREATION REGISTRATION FORM

Check out other programs of interest at the Bellevue Aquatic Center, Robinswood Tennis Center and The Northwest Arts Center.

Participant Name: _____

Bill DDD

Caseworker Name for DDD _____

Kent / Seattle (Circle One)

ADULT Adaptive Programs at Highland Center - 425-452-7686

PLEASE FILL OUT AND SIGN PARTICIPANT INFORMATION ON PAGE 10



	Course #	Title	Rates - Res/Non-Res	Days	Time	Dates
<input type="checkbox"/>	75528	Adult Adventure Ed	R \$222 N \$277	Wed	9:30a-3:00p	9/25-11/27
<input type="checkbox"/>	73944	Adult Bowling	R \$45 N \$56	Sat	9:30a-11:30a	9/21-11/23
<input type="checkbox"/>	75561	Cheerleading	R \$66 N \$83	Wed	5:30p – 6:30p	9/25-11/27
<input type="checkbox"/>	74436	Adult-Crafts	R \$42 N \$53	Fri	1p-2:30p	9/27-11/22
<input type="checkbox"/>	72708	Ball Room Dance	R \$42 N \$53	Tue	7:00p-8:30p	9/24-12/3
<input type="checkbox"/>	75582	Fun with Technology	R \$42 N \$53	Mon	6:00p-7:30p	9/23-12/2
<input type="checkbox"/>	72720	Friday Night Out	R \$17 N \$21	Fri	5:30p-9:30p	9/27
<input type="checkbox"/>	72721	Friday Night Out	R \$17 N \$21	Fri	5:30p-9:30p	10/18
<input type="checkbox"/>	72722	Friday Night Out	R \$17 N \$21	Fri	5:30p-9:30p	11/15
<input type="checkbox"/>	72726	Full Fitness Fun	R \$78 N \$98	Tu/Th	5:00p-7:00p	9/24-12/3
<input type="checkbox"/>	75540	Artistic Inspirations	R \$42 N \$53	Mon	5:00p-7:00p	9/23-12/2
<input type="checkbox"/>	73971	Movie time	R \$42 N \$53	Wed	5:00p-7:00p	9/25-11/27
<input type="checkbox"/>	72763	Social Club	R \$42 N \$53	Mon	7:00p-8:30p	9/23-12/2
<input type="checkbox"/>	75615	Social Club	R \$42 N \$53	Wed	7:00p-8:30p	9/25-11/27
<input type="checkbox"/>	72729	Highland Hangout	R \$40 N \$50	M/T/W/TH	2:30p-5:00p	9/23-12/6
<input type="checkbox"/>	75548	Kiwanis Dinner	Free	Thurs	5:00pm-6:00pm	9/19
<input type="checkbox"/>	75549	Kiwanis Dinner	Free	Thurs	5:00pm-6:00pm	10/17
<input type="checkbox"/>	75550	Kiwanis Dinner	Free	Thurs	5:00pm-6:00pm	11/21
<input type="checkbox"/>	75545	Adult Basketball	R \$62 N \$77	Tu/Th	7:00p-8:30p	9/24-12/3
<input type="checkbox"/>	72694	Bingo	R \$42 N \$53	Thurs	7:00p-8:30p	9/26-11/21
<input type="checkbox"/>	75568	Halloween Howl	R \$9 N \$11	Fri	7:00p-9:30p	10/25
<input type="checkbox"/>	72711	Holiday Ball	R \$9 N \$11	Fri	7:00p-9:30p	12/6
<input type="checkbox"/>	74033	Cooking with Ease	R \$74 N \$92	Thurs	5:00p-7:00p	9/26-11/21
<input type="checkbox"/>	72756	Seafair Holiday Cruise	FREE	Sun	2:00p-5:30p	12/8
<input type="checkbox"/>	75538	American Sign Language	R \$42 N \$53	Tue	5:30-7pm	9/24-12/3
<input type="checkbox"/>		BRIDGE ACADEMY - Call 206-510-8396	See Brochure	Mon/Thu	10am-2pm	

YOUTH Adaptive Programs at Highland Center - 425-452-7686

<input type="checkbox"/>	75708	Fun with Friends	R \$75 N \$94	Mon	3:00p-5:00p	9/23-12/2
<input type="checkbox"/>	75710	DVD/Board Games	R \$75 N \$94	Tue	3:00p-5:00p	9/24-12/3
<input type="checkbox"/>	75711	Youth intro to Sports	R \$75 N \$94	Thurs	3:00p-5:00p	9/26-11/21
<input type="checkbox"/>	75718	Arts & Games	R \$75 N \$94	Fri	3:00p-5:00p	9/27-11/22

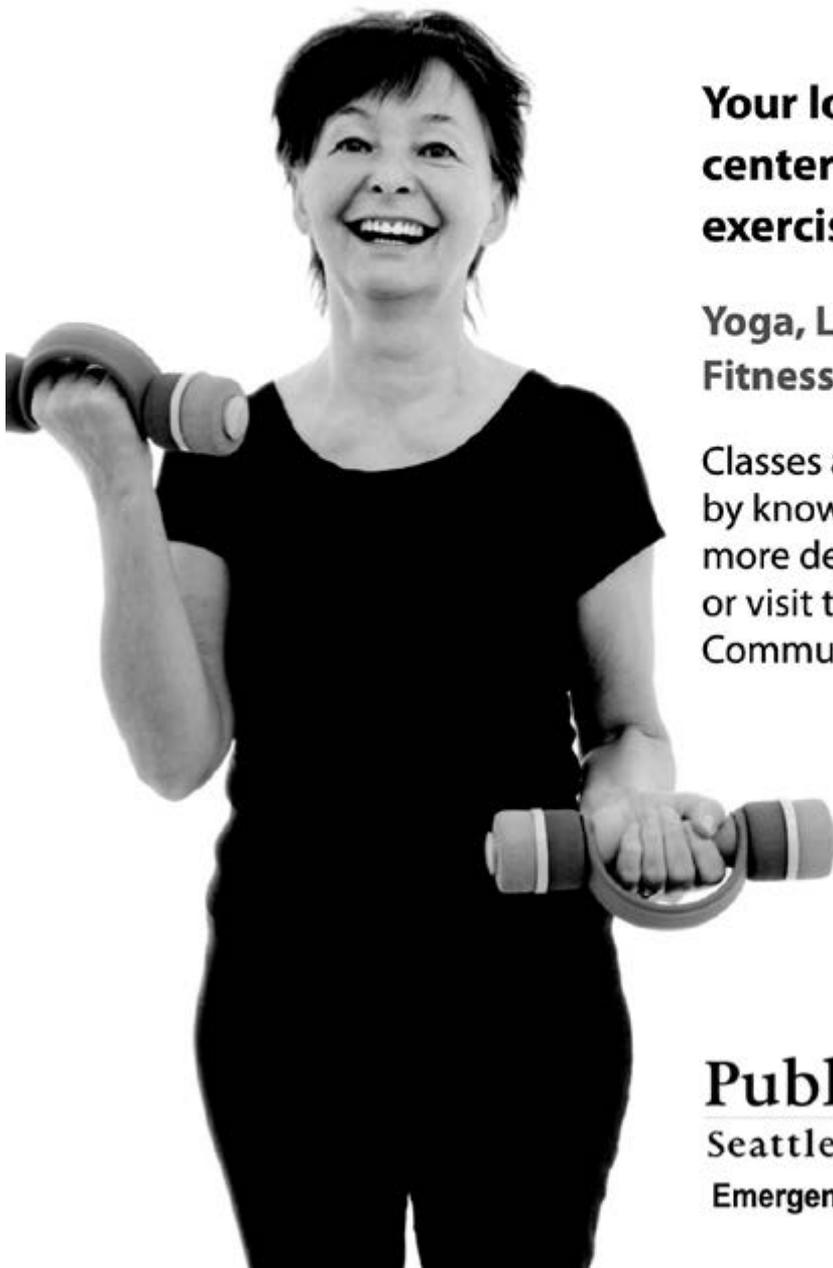
ADULT Adaptive Programs at Highland Center & NW Arts Center - 425-452-7686

<input type="checkbox"/>	75603	Exercise	R\$110 N\$139	M/W/F	9:15am-10:15am	9/23-12/13
<input type="checkbox"/>	75604	Exercise	R\$110 N\$139	M/W/F	10:30am-11:30am	9/23-12/13
<input type="checkbox"/>	75605	Exercise	R\$110 N\$139	M/W	11:45-1:45	9/23-12/11
<input type="checkbox"/>	72753	PD Brunch	FREE	Wed	10:30-12:30	12/11
<input type="checkbox"/>	74334	Kitchen Kapers	R \$98 N \$112	Fri	12-1:30pm	8/30-10/18
<input type="checkbox"/>	74965	Kitchen Kapers	R \$52 N \$62	Fri	12:00-1:30pm	11/15-12/20
<input type="checkbox"/>	74331	Glass Fusion	R \$180 N\$214	Thurs	9-10:30am	8/29-10/17
<input type="checkbox"/>	74879	Glass Fusion	R \$ 115 N \$138	Thurs	9-10:30am	10/24-11/21
<input type="checkbox"/>	74329	Stoneware Creations	R \$180 N \$214	Thurs	11am-1:00pm	8/29-10/17
<input type="checkbox"/>	74694	Stoneware Creations	R \$115 N \$138	Thurs	11am-1:00pm	10/24-11/21

Physical Disabilities

SHAPE UP! 50+

“For a Healthy Independent Lifestyle”



Your local community center is offering group exercise classes for seniors:

Yoga, Line Dancing, Enhance Fitness, Tai Chi, Tap and more.

Classes are safe, affordable, and led by knowledgeable instructors. For more details, call 425-452-7681 or visit the North Bellevue Community Center.

Public Health 
Seattle & King County
Emergency Medical Services Division



Reserve tee times online
www.bellevuepgc.com

5500 140th Ave NE
425-452-7250



Download our
FREE mobile app
today!

- 3-click tee time booking
- Free GPS
- Keep score ... and More!



Search for
BELLEVUE GOLF

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.

The practice area has 7 hitting stations. A restricted-flight ball is used that allows use of all clubs, including drivers. Please contact the Clubhouse at 425-452-4873 for additional information regarding the course, driving range or group outings.

Need help
but don't know
where to turn?
Dial 2-1-1
to find social services
such as...

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

Language interpretation available



Also: 206.461.3200
Toll Free 800.621.4636
www.crisisclinic.org

CITY OF BELLEVUE HOME REPAIR PROGRAM

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

- ROOF REPAIRS**
- FAULTY PLUMBING**
- WIRING**
- EARTHQUAKE RETROFITTING**



BELLEVUE'S HUMAN SERVICES PROGRAM

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

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

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

- Planner:** assess and anticipate needs and develop appropriate policy and program responses.
- Facilitator:** convene and engage others in community problem-solving to develop and improve services.
- Funder:** disburse federal Community Development Block Grant and General Fund dollars to support a network of services which respond to community needs.

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

HUMAN SERVICES COMMISSION

- Michael Yantis, Chair • Olga Perelman Vice-Chair
- Stefanie Beighle John Bruels
- James McEachran Dr. Brian Plaskon
- Janet Stout



South Bellevue Community Center Community Room

It's not too late to reserve one of our indoor facilities for your holiday party, birthday, or wedding celebration!

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

Up to 50 guests: Lewis Creek Visitor Center, Mercer Slough Environmental Education Center Community Room

Up to 75 guests: Historic Winters House

Up to 100-150 guests: Northwest Arts Center, Crossroads Community Center, South Bellevue Community Center, Robinswood House

Up to 200-250 guests: Highland Center, North Bellevue Community Center

For more information, visit www.bellevuewa.gov/rental_facilities.htm or call 425-452-6914.



BELLEVUE INDOOR SKATEPARK

14224 Bel Red Road, 98007
 The newly remodeled Bellevue Skate Park is an indoor facility featuring 3- and 6- foot mini ramps, wall rides, banks, ledges, step up gaps and a new indoor climbing wall. After a decade of skate camps, events and competitions the energy and enthusiasm that our programs generate is unmatched. We provide a sense of community and ownership to all participants regardless of age, experience or level of participation. 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 SGonzales@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



Outdoor Skate Facilities

HIGHLAND OUTDOOR SKATE PLAZA

14224 Bel-Red Road, 98007. This 13,000 square foot skate park replicates some of the worlds favorite street skate spots. Instead of half pipes or bowls, it has ledges, banks, stairs, hubbas, rails, benches, Euro gaps, barriers and a pole jam. This lighted plaza is free and open to all.

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, wall-ride and other obstacles. Designed for skateboards and rollerblading.

CROSSROADS SKATEPARK

Crossroads Community Center, 16000 NE 10th Street, 98008
 This state-of-the-art outdoor, free, concrete facility was built by world renowned Grindline Skate Parks. It consists of a massive bowl with depths ranging from 4' to 9.5', features an over-vertical 'clam shell,' multiple hips, escalators, tombstone, with steel and concrete coping.

Bellevue Indoor Skate Park

SUMMER Park Hours

Monday-Friday
1-6pm

Saturday & Sunday
 12 & under: 12-1:30pm
 Open Session #1: 130-5pm
 Open Session #2: 5-8pm

Biddy Boarder Camp

Weeks:
2:30-6pm

Park Fees

Lessons: \$40/hr, \$25/ ½ hr

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

ID Card*: \$8(R) \$10(N)

10 session pass: \$35(R) \$45(NR)

1 Month Unlimited Pass: \$60

Rentals: For information about our various rental packages, contact Steve at SGonzales@bellevuewa.gov or call 425-452-2722.

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



Giving teens a voice and an opportunity to make things happen...

Youth Link is a youth leadership program sponsored by Bellevue Parks & Community Services and the Bellevue School District. Founded in 1990, Youth Link gives youth an active voice in the community and an opportunity to make a difference!

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.



ROCK OUT & CLIMB UP!

Bring your friends or guests to SBCC and climb the wall for your special occasion! The wall is available to rent for private groups on Thursday evenings and Sundays. Fee: \$130/hour Call 425-452-4240 for more information.

ROCK CLIMBING CLASS

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. At the completion of this class adults can take a belay check test to earn a belay card. Pre-registration is required. Min 1/Max 4

South Bellevue Community Center
\$22(R) \$27(N) Age: 4Y and up

71907	6-7pm	Tue	Sep 10
71908	6-7pm	Tue	Sep 17
71909	6-7pm	Tue	Sep 24
71910	6-7pm	Tue	Oct 01
71911	6-7pm	Tue	Oct 08
71912	6-7pm	Tue	Oct 15
71913	6-7pm	Tue	Oct 22
71914	6-7pm	Tue	Oct 29
71915	6-7pm	Tue	Nov 05
71916	6-7pm	Tue	Nov 12
71917	6-7pm	Tue	Nov 19
71918	6-7pm	Tue	Nov 26
71919	6-7pm	Tue	Dec 03
71920	6-7pm	Tue	Dec 10
71921	6-7pm	Tue	Dec 17

ROCK CLIMBING CLASS 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. Min 1/Max 4

South Bellevue Community Center
\$22(R) \$27(N) Age: 4Y and up
Add'l child: \$11(R) \$13(N)

71949	9-10am	Sat	Sep 14
71950	9-10am	Sat	Sep 21
71951	9-10am	Sat	Sep 28
71952	9-10am	Sat	Oct 05
71953	9-10am	Sat	Oct 12
71954	9-10am	Sat	Oct 19
71955	9-10am	Sat	Oct 26
71956	9-10am	Sat	Nov 02
71957	9-10am	Sat	Nov 09
71958	9-10am	Sat	Nov 16
71959	9-10am	Sat	Nov 30
71960	9-10am	Sat	Dec 07
71961	9-10am	Sat	Dec 14

ROCK CLIMBING YOUTH PROGRAM

This 6-week program provides a supportive, fun, and safe environment for students to explore rock climbing. The focus will be on basic rock climbing and bouldering techniques by incorporating fun games and challenges, while getting fit and improving climbing skills. A fun team competition will conclude the program. No previous experience necessary and all equipment is provided. Min 4/Max 12

South Bellevue Community Center
\$150(R) \$180(N) Age: 8Y - 11Y

71981	4-5:30pm	Mon, Wed	Sep 23-Oct 30
75808	4-5:30pm	Mon, Wed	Nov 04-Dec 16

The Crag is a 33 foot tall indoor climbing wall sculpted to look and feel like Index Granite. The wall offers three, top rope climbing routes with varying degrees of difficulty and a bouldering* wall for your enjoyment. Classes, programs, camps, and supervised climbing sessions for all ages and skill levels as well as birthday parties and private rentals are supervised by Mini-Mountain staff. Minimum age is 4 years to climb; 18 years for a Belay Card. All climbers must have a signed waiver on file.

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. Minimum age is 4 years.

- Sessions include up to 3 hours of climb time; length of time varies among sessions. \$7(R) \$9(N)
- Single Climb allows people a chance to try climbing a single rope. Climbers get three attempts to reach the summit. \$3(R) \$4(N)

Open Climb Session - Valid SBCC Belay Cards are required in order to climb The Crag during Open Climb Sessions. Bouldering is not permitted. Cardholders may only belay other adults with valid SBCC belay cards or their own legal children. \$6(R) \$7.50(N)

Climb Passes save you money and never expire Passes can be used for either Belayed Climb or Open Climb Sessions.

- 5 Climb Pass - \$32.50(R) \$40.50(N)
- 10 Climb Pass - \$60(R) \$72(N)
- 20 Climb Pass - \$110(R) \$130(N)

SBCC Belay Card - Individuals, 18 years and older, interested in obtaining a SBCC Belay Card can be tested during regularly scheduled Belayed Climb Sessions to ensure they are current and effective in belaying skills. Cardholders can belay other adult SBCC belay cardholders or their own legal children during any climb session. Minimum age is 18 years.

Test fee: \$12 (R) \$15 (NR)

SAVE 25% ON A 10-CLIMB PASS WHEN PURCHASED IN CONJUNCTION WITH A CLIMBING CLASS, PROGRAM, OR CAMP!

*- Bouldering is only allowed under the supervision of Mini Mountain belay staff during drop-in belayed climbing sessions.

Call South Bellevue Community Center for updated schedule.

The Crag at South Bellevue Community Center - Climbing Schedule						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Climb 9am-4pm	Open Climb 9am-3:30pm	Open Climb 9am-4pm	Open Climb 9am-3:30pm	Open Climb 9am-7:30pm	Parent/Child Rock Climbing Class 9-10am	AVAILABLE TO RENT 10:30am-4:30pm
Rock Climbing Program for Youth 4-5:30pm	Belayed Climbing Session 3:30-5:30pm	Rock Climbing Program for Youth 4-5:30pm	Belayed Climbing Session 3:30-5:30pm		Belayed Climbing Session 1 10am-1pm	Adult Open Climb 10:30am-4:30pm <i>(If no rental scheduled, call first.)</i>
Belayed Climbing Session 6-8:30pm	Rock Climbing Class 6-7pm Open Climb 7-8:30pm	Belayed Climbing Session 6-8:30pm	AVAILABLE TO RENT: 6-8pm Open Climb Session 5:30-8:30pm <i>(If no rental scheduled, call first.)</i>		Session 2 1:30-4:30pm	

*Bellevue Parks & Community Services congratulates
Washington State Parks as it celebrates 100 years!
Happy Centennial 2013.*

Come Celebrate!

Centennial 2013
in Washington state parks!

Watch for events all year long:
www.parks.wa.gov/events



www.DiscoverPass.wa.gov
www.AdventureAwaits.com

