



*Bellevue Parks &
Community Services*

YOUTH SPORTS JANUARY-APRIL 2017



PROUD SPONSOR OF BELLEVUE YOUTH SPORTS



Great Tasting Lunchmeat

The goal of Youth Sports & Fitness programs is to provide quality programming with responsible leaders so youth have the opportunity to grow and learn. We are a program in which opportunity for participation is provided to all those who enter, regardless of skill and ability. We wish to provide youth with a fun learning experience and the opportunity to develop lifetime sports and fitness skills.

BASKETBALL LEAGUES

YOUTH BASKETBALL PROGRAM INFORMATION

This basketball league is specially designed to help your child understand the team concept of basketball, enhancing their dribbling, shooting, passing, 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.

- **Practices and League Games:** The first 2 weeks are team practice followed by 6 weeks of games. Parents will be given an information packet outlining their practice times and game schedule. Please note that practices and games are one hour in duration. You must be available for the time frame listed in each league, as practices and game times may vary throughout the season. No day-of-the-week or time requests will be considered.
- **Uniforms:** Basketball reversible jersey is included in the registration fee. Tennis shoes required.
- **VOLUNTEER COACHES ARE NEEDED.** Call 425-452-4627 for more information and to receive a \$20 discount towards your registration fee. Background check required and attendance to mandatory coaches clinic to receive discount. Basketball experience required.
- **Schedules:** A team confirmation, parent packet, and practice/game schedule will be sent via email by Jan 20. Contact Steve Gonzales at sgonzales@bellevuewa.gov with questions regarding schedules.

Participants will be assigned to teams based on the following:

- Special request for coach.
- Special request for ONE teammate. Additional requests for teammates will not be considered.
- Age and gender of participant.
- **Please note that there are no guarantees regarding requests or team assignments and all requests must be made before Jan 18 by email to sgonzales@bellevuewa.gov**
- **I've signed up for basketball...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 Jan 20.



BASKETBALL LEAGUES

MIGHTY MITES BASKETBALL LEAGUE (AGES 5-6)

This coed 3 on 3 league is specially designed to help your child understand the team concept of basketball in an instructional setting. Emphasis on participation, fun, and skill development while enhancing their dribbling, shooting, passing, and defense will be emphasized. This 8-week league will begin with 2 weeks of team practice followed by 6 weeks of games on Wednesdays. Practice/games are 1 hour in duration and will be at 4:30pm OR 5:45pm depending on scheduling. Min 4/ Max 6

Tyce Community Gym **4:30pm or 5:45pm**

Wed, Jan 25 – Mar 22 Resident: \$95

Non-Resident: \$110

#112218

YOUTH BASKETBALL LEAGUE (AGES 7-9)

This coed 4 on 4 instructional league is full of fun and is a great way to further develop and enhance your basic knowledge and skills in basketball! Learn to become a team player and become a better individual player. Emphasis on participation, fun, and skill development while enhancing their dribbling, shooting, passing, and defense will be emphasized. This 8-week league will begin with 2 weeks of team practice followed by 6 weeks of games on Tuesdays. Practice/games are 1 hour in duration and will be at 5:30pm OR 6:45pm depending on scheduling. Min 5/ Max 7

Tyce Community Gym **5:30pm or 6:45pm**

Tue, Jan 24 – Mar 21

Resident: \$95

Non-Resident: \$110

#112220



COURSES

BIDDY MULTI SPORT (AGES 4-6)

Come join the NEW Biddy Multi Sport class. This 4-week parent/guardian participation program will cover basketball & soccer. 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 6/Max 12

Tyce Community Gym

Sat, 9:00 – 9:45am

Resident: \$45

Non-Resident: \$54

#111926

Jan 21 – Feb 11

#111950

Mar 4 – 25

#111951

Apr 8 – 29

BEGINNER LACROSSE CLINICS (AGES 5-8)

Lacrosse is the largest growing sport in America and is often referred to as the fastest game on two feet. The game was originally invented and developed by Native American Indians (the Iroquois Nation) and is America's original team sport (lacrosse has been played for over a thousand years in the US). Lacrosse is a combination of all other sports best attributes (strength of football, hand-eye coordination of basketball, precision of baseball, etc.) mixed into one action-packed game that demands the absolute best from each player mentally and physically. When trying to visualize how things might look: think hockey-in-the-air. If this sounds like fun and something you want to learn, come out and play with us. Any and all skill levels are welcome, but brand new players are strongly encouraged too. Equipment will be provided.

Tyce Community Gym

10:15 – 11:15am

Sat, Jan 21 – Feb 25

Resident: \$90

Non-Resident: \$108

#112927



ATAVUS RUGBY 100 (AGES 4-6)

ATAVUS Youth Rugby 100 is for active children who want to try a fun new sport. This program focuses on the development of age-appropriate motor skills (running, catching, passing, and kicking) and social skills (teamwork, following directions, sportsmanship) in a safe, fun and child centered-environment. Emphasis will be on safety and fun at all times. All participants will receive an official Youth Rugby t-shirt. This program is an excellent complement and alternative to other common sports such as football, soccer, track, basketball, and lacrosse.

Robinswood Sports Field

Mons, 4:30pm – 5:45pm

Resident: \$125

Non-Resident: \$120

#112647

Feb 6 – Apr 3 (no class Feb 20)

#112648

Apr 17 – Jun12 (no class May 29)

ATAVUS RUGBY 200 (AGES 6-9)

ATAVUS Youth Rugby presents Rugby 200 for boys and girls who are 'emerging' rugby kids. Rugby 200 is a healthy and active program that keeps kids moving through small sided games and scrimmages. Participants will perform a variety of 'rugby moves' in play: pass & loop, kick & collect, evade & score, and more as they acquire more confidence and comprehension. With the focus on fun, teamwork, and sportsmanship, each child's talents will begin to shine through the teaching of our certified ATAVUS coaching staff. All participants will receive an official Youth Rugby t-shirt, wristband, and sticker.

Robinswood Sports Field

Mons, 4:30pm – 5:45pm

Resident: \$125

Non-Resident: \$150

#112653

Feb 6 – Apr 3 (no class Feb 20)

#112658

Apr 17 – Jun 12 (no class May 29)

ATAVUS RUGBY 300 (AGES 10-12)

ATAVUS Youth Rugby presents Rugby 300 for developing rugby kids. With a progression in speed of play, participants will showcase their skills in both individual and team settings. Building on the lessons of Rugby 100 & Rugby 200 (not required), participants will have a full grasp of a variety of kicks, handling skills and trick moves, evasive running abilities, improvements in field vision, and how to fix and beat defenders in a variety of situations. Sessions are comprised of skill work touch rugby scrimmages. All participants receive an official Youth Rugby t-shirt, wristband, and sticker.

Robinswood Sports Field

Mons, 4:30 – 5:45pm

Resident: \$125

Non-Resident: \$150

#112660

Feb 6 – Apr 3 (no class Feb 20)

#112663

Apr 17 – Jun12 (no class May 29)



INDOOR SOCCER LESSONS WITH MICHAEL SMITH (AGES 4-6)

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.

Resident: \$65

Non-Resident: \$77

Highland Community Center

Wed, Jan 11 – Feb 15

#112686 1:00 – 1:45pm

#112692 2:00 – 2:45pm

Wednesday, Mar 1 – Apr 5

#112696 1:00 – 1:45pm

#112697 2:00 – 2:45pm

Wednesdays, Apr 19 – May 24

#112699 1:00 – 1:45pm

#112698 2:00 – 2:45pm

South Bellevue Community Center

Tus, Jan 10 – Feb 14

#112700 11:00 – 11:45am

Tus, Feb 28 – Apr 4

#112701 11:00 – 11:45am

Tus, Apr 18 – May 23

#112678 11:00 – 11:45am



MID WINTER & SPRING BREAK CAMPS

MID-WINTER BREAK & SPRING BREAK SPORTS CAMPS (AGES 7-12)

A week of fast paced action where kids will have a blast. Campers will receive instruction and participate in a variety of sports including basketball, dodgeball, volleyball, indoor soccer, and floor-hockey. Outdoor activities will take place as weather allows. Field trip to local recreational attraction is included in the price of camp. Please bring a lunch, beverage, and snack.

MID-WINTER BREAK SPORTS CAMP

Crossroads Community Center 9:00am – 4:00pm

Feb 21 – 24

Resident: \$165

Non-Resident: \$185

#112176

SPRING BREAK SPORTS CAMP

Tyee Community Gym

9:00am – 4:00pm

Apr 10 – 14

Resident: \$200

Non-Resident: \$220

#112177



ATAVUS YOUTH RUGBY SPRING BREAK CAMP (AGES 6-12)

Fun, active, and exciting are three words often used to describe to our youth rugby camps. Presented by ATAVUS and Bellevue Parks & Community Services, boys and girls will learn how to play rugby and develop kicking, passing, and decision-making skills through small sided games and scrimmages. Safety, teamwork, and sportsmanship will be emphasized at all times. Activities include rugby golf, rugby soccer, rugby tennis, sharks and minnows, tag rugby, and ultimate rugby, along with team and individual competitions. Participants will receive an assortment of ATAVUS merchandise including a t-shirt, wristband, and gift card.

Robinswood Park (Field 2)

9am – 12pm

Apr 10 – 14

Resident: \$150

Non-Resident: \$175

#112742

PRO BASEBALL SPRING BREAK BASEBALL CLINIC (AGES 8-13)

Quality baseball instruction - hitting, throwing, fielding, games, scrimmages, and more. This baseball camp is well suited for all players from the aspiring to the elite taught by Steve Goucher and his staff. Steve is a former professional baseball player and an Atlanta Braves scout who has coached baseball at all levels. Don't miss out on the fun.

Hidden Valley Park (Field #2) 10:00am – 12pm

Apr 13 – 14

Resident: \$59

Non-Resident: \$71

#112178



MARTIAL ARTS

KENDO (AGES 8 & UP)

Highland Community Center

Fri, Jan 6 -Mar 17

Resident: \$77

Non-Resident: \$92

#112180

Beginning

6:30 – 8pm

#112549

Intermediate

6:30 – 8:30pm

#112559

Advanced

7:30 – 9:30pm

Fri, Mar 24 – May 26

Resident: \$70

Non-Resident: \$84

#112181

Beginning

6:30 – 8pm

#112550

Intermediate

6:30 – 8:30pm

#112560

Advanced

7:30 – 9:30pm



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. Students should arrive at least 15 minutes prior to the start of class.

INTERMEDIATE KENDO

(Prerequisite-Completed Beginning Kendo Class or equivalent)

Intermediate Kendo is a continuation where they work on skill improvement. Half of the class time is spent in drills with the advanced class. There, 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.

ADVANCED KENDO

(Prerequisite-Intermediate Kendo Class or permission from instructors)

Advanced kendo is for those students who 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.

SELF DEFENSE/HAPKIDO

(LITTLE WARRIORS &/OR BEGINNING) (AGES 5-12)

This coed 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 and available at class for a fee.

North Bellevue Community Center

Resident: \$40

Non-Resident: \$45

* Mons & Wednesdays, 5:15 – 5:50pm for ages 5-8; 5:30 – 6:35pm for ages 9-12

Resident: \$40

Non-Resident: \$45

#112743

Jan 4 – 25 (No class Jan 16)

Resident: \$50

Non-Resident: \$60

#112744

Feb 13 – Mar 13 (No class Feb 20)

#112745

Mar 15 - Apr 10

#112746

Apr 12 – May 8

SELF DEFENSE/HAPKIDO

(WARRIORS &/OR INTERMEDIATE TO ADVANCE) (AGES 13 & UP)

This coed course builds on skills introduced in the beginning class and helps young people and adults successfully face physically confronting issues. With a blend of traditional and real-world scenarios, students learn to identify, avoid, and de-escalate potentially dangerous situations. While refining on skills learned from beginning class, students will start learning joint locks, pressure points (adults only) and weapons. Prerequisite: Graduation from the beginning class, or age 13 and above. Full sparring gear is mandatory for this class or student will not be allowed to participate in sparring sessions which is an essential and a requirement for their progress in Hapkido. Classes taught by certified World Hapkido Association instructor. www.worldhapkido.com. Instructor permission required to attend.

North Bellevue Community Center

Mons & Wednesdays

6:30 – 7:35pm

Resident: \$40

Non-Resident: \$45

#112784

Jan 4 – 25 (No class Jan 16)

Resident: \$50

Non-Resident: \$60

#112785

Feb 13 – Mar 13 (No class Feb 20)

#112786

Mar 15 - Apr 10

#112787

Apr 12 – May 8

TRACKS

TRACKS



FAMILY SNOWSHOE HIKES (AGES 7 & UP)

Looking to get outside with your family this winter? Snowshoeing is the perfect family activity. We will explore kid-friendly beginner trails in the region. Pre- registration is required. All trips and locations are dependent on weather and snow conditions. Transportation and snowshoes are provided, please make sure to dress for the weather and bring water, snacks, and lunch.

*** All trips will meet at Lewis Creek Visitor Center**

Fee: \$20

8am – 2pm

Sat

#111852

Jan 21

#111854

Feb 4

#111853

Feb 11

YOUTH MID-WINTER BREAK SNOW SHOE TRIPS (AGES 10-13)

Enjoy the snow this break. We will head into the hills for a snowy adventure. A great opportunity for beginners or more experienced teens. Snowshoe, build a snow shelter, check out wildlife, and enjoy a day away from your usual routine. Pre- registration is required. All trips and locations are dependent on weather and snow conditions. Transportation and snowshoes are provided, please make sure to dress for the weather and bring water, snacks, and lunch.

***All trips will meet at Highland Community Center**

9:30am – 3pm

Resident: \$45

Non-Resident: \$55

#111849

Tu, Feb 21

#111850

Wed, Feb 22

#111851

Thur, Feb 23



TRACKS SPRING BREAK CAMP (AGES 10-13)

What appeals to your sense of a spring break adventure? If it is hiking, snowshoeing, climbing, geocaching, mountain biking, or just hanging with friends outdoors, then join our expert guides for an action packed week of outdoor fun. We will spend each day in a different location, developing new skills and exploring fresh terrain. All technical gear and transportation provided. All activities are weather dependent, especially all snow activities.

Highland Community Center Apr 10-14

9am – 3pm

Resident: \$310

Non-Resident: \$350

#111855

CHEERLEADING

DREAM TEAM CHEER SQUAD (AGES 7-18)

Be a part of the Bellevue Parks beginning-to-intermediate level cheer squad. You'll learn dances, cheers, and beginning tumbling. There will be opportunities to perform too. Dream Team has performed at halftime for the Seattle Storm and University of Washington basketball games, and numerous community events. Previous experience is not required—contact instructor with questions. Dream Team is offered on either Wednesday or Fri, please choose one day. (Some extra costs may be incurred for this class.)

Highland Community Center

Resident: \$79 Non-Resident: \$88 (6 classes)

<u>#112705</u>	2:30-4pm	Wed	Jan 4 – Feb 8
<u>#112703</u>	4-5:30pm	Fri	Jan 6 – Feb 10
<u>#112706</u>	2:30-4pm	Wed	Mar 1 – Apr 5
<u>#112704</u>	4-5:30pm	Fri	Mar 3 – Apr 7

Resident: \$118 Non-Resident: \$133 (9 classes)

<u>#112708</u>	2:30-4pm	Wed	Apr 19 – Jun 14 (9 classes)
<u>#112707</u>	4-5:30pm	Fri	Apr 21 – Jun 16 (9 classes)

DANCE/DRILL TEAM (AGES 7-18)

Be a part of the Bellevue Parks Dance Team. Do you want to learn to dance, or improve your technique? Are you thinking about trying out for your high school dance team, drill team, or cheerleading squad? This team works on beginning-to-intermediate level spirit-style dance technique focusing on hip-hop, precision, and pom styles. There will be opportunities to perform too. Dream Team has performed in the past at halftime for the Seattle Storm, the University of Washington Basketball, and numerous community events. Previous cheer or dance experience is recommended but not required—contact instructor with questions. (Some extra costs may be incurred for this class.)

Highland Community Center

Resident: \$79 Non-Resident: \$88 (6 classes)

<u>#112724</u>	5-6:30pm	Thurs	Jan 5 – Feb 9
<u>#112725</u>	5-6:30pm	Thurs	Mar 2 – Apr 6

Resident: \$118 Non-Resident: \$133 (9 classes)

<u>#112726</u>	5-6:30pm	Thurs	Apr 20 – Jun 15 (9 classes)
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POWER SQUAD (AGES 8-18)

Intermediate level cheer class for those who want a more intense program without being on a competitive team. This team focuses on stunting and tumbling, with some dance as well. Pre-requisite: a minimum of one session on Dream Team or Dance/Drill Team, concurrent registration on Dream Team or Dance/Drill Team, and instructor permission. (Some extra costs may be incurred for this class.)

Highland Community Center

Resident: \$79

Non-Resident: \$88 (6 classes)

#112714 4 – 5:30pm Wed Jan 4 – Feb 8 (bonus class Feb 15)

#112715 4 – 5:30pm Wed Mar 1 – Apr 5

Resident: \$118

Non-Resident: \$133 (9 classes)

#112716 4 – 5:30pm Wed Apr 19 – Jun 14 (9 classes)

BEGINNING/INTERMEDIATE TUMBLING CLASS (AGES 7-18)

This is a great class for starting and improving your tumbling skills. We use a series of progressions to work from doing bridges and cartwheels up to back handsprings and back tucks. This small class is specifically geared towards tumbling for cheerleading.

Highland Community Center

Resident: \$60

Non-Resident: \$70 (6 classes)

#112733 4:15 – 5pm Thurs Jan 5 – Feb 9

#112734 4:15 – 5pm Thurs Mar 2 – Apr 6

Resident: \$90

Non-Resident: \$112 (9 classes)

#112735 4:15 – 5pm Thurs Apr 20 – Jun 15 (9 classes)

BEGINNING TUMBLING CLASS (AGES 7-18)

This is a great class for starting and improving your tumbling skills. We use a series of progressions to work from doing bridges and cartwheels up to back handsprings and back tucks. This small class is specifically geared towards tumbling for cheerleading. Min 5/Max 7

Highland Community Center

Resident: \$60

Non-Resident: \$70 (6 classes)

#112736 5 – 5:45pm Thurs Jan 5 – Feb 9

#112737 5 – 5:45pm Thurs Mar 2 – Apr 6

Resident: \$90

Non-Resident: \$112 (9 classes)

#112741 5 – 5:45pm Thurs Apr 20 – Jun 15 (9 classes)

CHEERLEADING—TRY IT OUT WORKSHOPS (AGES 7-18)

Try It Ou...Have you thought about trying cheerleading but weren't sure if it's for you? This is an opportunity to come to a one-day workshop put on by Eastside Dream Elite, the cheerleading program for Bellevue Parks & Community Services. You'll learn cheers, jumps, motions, and a dance routine. You'll get a fun cheer gift as well.

BEGINNING TUMBLING WORKSHOP.

An opportunity to work with the best tumbling coaches to improve your tumbling skills. This beginning workshop is for any level of tumblers who do not yet have their kick over and geared specifically towards tumbling for cheerleading.

Highland Community Center Sat, Mar 18

Resident: \$22

Non-Resident: \$28

#112782

9 – 10am

#112917

10 – 11am

Resident: \$35

Non-Resident: \$42

#112781

9:30am – 12pm

INTER/ADVANCED TUMBLING WORKSHOP

is for any level tumblers who do already have a kick over and is geared specifically towards tumbling for cheerleading. Please wear comfortable clothes and tennis shoes and bring a water bottle and snack.

Highland Community Center Sat, Mar 18

Resident: \$22

Non-Resident: \$28

#112783

11am – 12pm

HIGH SCHOOL CHEER & DANCE/ DRILL TRY-OUT WORKSHOP (AGES 12-18)

This workshop is geared specifically towards those who are considering trying out for their high school cheerleading or dance/drill team in the next year or two. Come learn a sample try-out routine, get lots of tips and tricks from expert coaches, and run through a mock try-out to get experience and feedback. This is a great way to improve your skills and gain confidence going into try-outs.

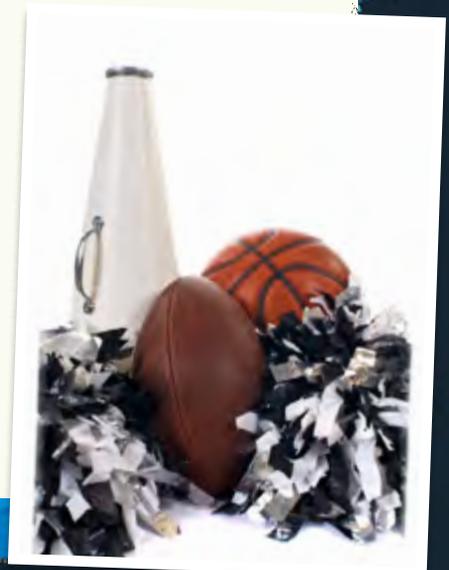
Highland Community Center Sat, Mar 18

Resident: \$35

Non-Resident: \$42

#112920

9 – 11am





Bellevue Parks & Community Services

Register today

425-452-6885

Scholarships available for all programs.

American Sign Language (ASL) or other interpretation available upon request. Assisted listening devices available. Call at least 48 hours in advance for any request. 425-452-6885 or Relay Service 711.

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The Bellevue School District does not sponsor nor endorse this event and/or information, nor does the district assume responsibility for it. In consideration of the privilege to distribute materials, the Bellevue School District will be held harmless from any cause of action filed in any court or administrative tribunal arising out of the distribution of these materials, including costs, attorney's fees and judgments or awards.