



**Bellevue Parks &  
Community Services**

**Youth and Adult Fall Programs  
2017**

# **Northwest Arts Center and Bellevue Main Club Center**



**425-452-4106**

**NWAC@bellevuewa.gov**



## Northwest Arts Center Office Hours:

**8 a.m. to 4 p.m. M-F**

**Closed all major holidays**

**Phone: 425-452-4106**

**Fax: 425-452-2051**

**9825 NE 24th St**

**Bellevue, WA 98004**

**Located just minutes from Downtown Bellevue about one mile north of Bellevue Square Mall just off Bellevue Way on NE 24th ST.**

**NWAC@bellevuewa.gov**

**[www.bellevuewa.gov/northwest\\_arts.htm](http://www.bellevuewa.gov/northwest_arts.htm)**



## Bellevue Main Club Center- Adult Programs

Located at 209 100th Ave. NE, on the east side of Bellevue Downtown Park. Adult programs are offered M-F, 8 a.m. to 2 p.m. For more information contact the Northwest Arts Center, 425-452-4106 or visit <http://parks.bellevuewa.gov/mainclub>.

OPEN HOUSE September 19. See page 11 for details.



## Facility Rentals at Northwest Arts Center

### The perfect place for your next event!

Parties, Meetings, Classes? We offer well maintained rooms on beautiful grounds. Each room has tables, chairs and free Wi-Fi. Rates range from \$40 to \$60 per hour and can accommodate up to 100 people. Nonprofit agencies receive discount on rental rates. Call us for a tour or to talk about your event.

### Birthday Parties

Let us take care of the details so you can enjoy a stress free party! Our parties provide an hour of fun-filled activity and an hour in our party room. We provide the friendly and enthusiastic staff, ample space for your gathering, and a special party gift for each child. You bring the cake, decorations to fit your desired theme, and the kids. Maximum number of kids per party varies depending on facility size and instructor availability. Call our Party Coordinator today to schedule your next party at the Northwest Arts Center, 425-452-4106. Resident rates listed below, Non-Resident rates are 20% more.

#### Playzone Party

Ages 2Y-5Y Cost \$175 (10 kids/each additional child \$10)

#### Junior Chef Party

Ages 5Y-12Y Cost \$200 (10 kids/each additional child \$10)

#### Tae Kwon Do Party

Ages 5Y-9Y Cost \$200 (10 kids/each additional child \$10)

#### Themed Parties

Ages 2Y-8Y Cost \$175.00 (10 kids/each additional child \$10)

#### Pottery Party

Ages 6Y+ Cost \$220 (10 kids/each additional child \$10)

**Adult Art Night and  
Pottery Parties  
coming in 2018!**



# Preschool ~ Music, Movement, Art!

## Pee Wee Picasso

Caregiver and child have fun together doing delightful art projects reflecting various subjects.

Please, no siblings during class time.

\$98(R) \$110(N) Age: 18mo - 3Y

117868 9:30-10:15am Thu Sep 14-Nov 2

## Pee Wee Picasso Holiday Fun

Caregiver and child together will do delightful art projects with holiday themed subjects.

Please, no siblings during class time.

\$50(R) \$60(N) Age: 18mo - 3Y

118394 9:30-10:15am Thu Dec 07-14

## Young Rembrandts: Preschool Drawing

Children as young as 3½ years old can learn to draw using Young Rembrandts' step-by-step method. Little ones have fun drawing and coloring familiar, child-friendly pictures of animals, toys, and the world around them. See improved observation skills, fine motor skills, attention to detail, and kindergarten readiness.

\$91(R) \$109(N) Age: 42mo-5y

118485 9:15-10:15am Sat Sep 23-Nov 18

## Parent & Me Clay Time

Have FUN working together on clay projects that primarily focus on clay. Two projects will be made to create a lasting memory of this parent and child experience. Materials provided.

\$99(R) \$111 (N) Age: 3Y – 5Y

118991 1:45-2:45pm Tue Sep 19-Nov 07

## Parent & Me Clay Time

Have FUN working together on projects that primarily focus on clay. Two projects will be made to create a lasting memory of this parent and child experience. Materials provided.

\$99(R) \$111(N) Age: 3Y-5Y

118991 1:45-2:45pm Tue Sep 19- Nov 07

## Baby Beethoven

A fun and stimulating hands-on introduction to music and movement class for toddler and caregiver. Rhythm instruments included in this playful, fun class. Please no siblings during class.

\$98(R) \$110(N) Age: 18mo - 3Y

118994 3-3:45pm Tue Sep 19-Nov 07

118395 10:45-11:30am Thu Sep 21-Nov 09

## Baby Beethoven Holiday Fun

A fun and stimulating hands-on introduction to music and movement for toddler and caregiver, with a holiday theme. Please no siblings during class.

\$50(R) \$60(N) Age: 18mo - 3Y

118396 10:45-11:30am Thu Dec 07-14

## Move Over Mozart/ Piano Classes

Learn to play familiar tunes on the piano, read music, and basic music theory. One-time \$10 materials fee payable to instructor due at first class session.

\$132(R) \$157(N) Age: 3Y – 4Y

118475 4-4:30pm Tue Sep 19-Dec 19

118476 5:30-6pm Tue Sep 19-Dec 19

118482 5-5:30pm Thu Sep 21-Dec 21

\$132(R) \$157(N) Age: 5Y – 6Y

118477 4-4:30pm Tue Sep 19-Dec 19

118478 5:30-6pm Tue Sep 19-Dec 19

118480 5-5:30pm Thu Sep 21-Dec 21

118481 6:30-6pm Thu Sep 21-Dec 21

\$132(R) \$157(N) Age: 7Y – 12Y

118479 4-4:30pm Tue Sep 19-Dec 19

118483 6-6:30pm Thu Sep 21-Dec 21

## FIT4MOM Stroller Strides ~ Fun for Mom & Baby!

This is a fitness program moms can do WITH their babies. Includes power walking/jogging, intervals of strength and body toning exercises. Songs and activities woven into the routine to engage children. Participants must have doctor's approval to exercise. Your first class is FREE! For more information, schedule, pricing, holiday schedule, and to register visit [bellevue.fit4mom.com](http://bellevue.fit4mom.com), email [yudydeng@fit4mom.com](mailto:yudydeng@fit4mom.com), or call 425 998-8048

10-11am Mon, Wed, Fri  
Bellevue Main Club

## Little Learners Tumble Time

Children will develop key building blocks for reading, writing, and math through interactive play, beginning gymnastics, and circle time. Create a world of play and imagination through weekly themed activities. Caregivers required in class.

\$98(R) \$110(N) Age: 18mo - 3Y

118399 12-12:45pm Thu Sep 21-Nov 09

## Little Learners Tumble Time: Holiday Fun!

Children will develop key building blocks for reading, writing, and math through interactive play, beginning gymnastics, and circle time. Create a world of play and imagination through holiday themed activities. Caregivers required in class.

\$50(R) \$60(N) Age: 18mo - 3Y  
118400 12-12:45pm Thu Dec 07-14

## Emerald Ballet Theater: Pre-Ballet

A joyful introduction to movement. Basic dance technique is inspired by beautiful music, literature, and art in a developmentally appropriate way. Flexibility, coordination, strength, and creativity develop in the young dancer.

\$125(R) \$140(N) Age: 3Y - 5Y  
118474 4:15-5pm Tue Sep 26-Nov 14

## Top Junior Chef Parent & Child

Parent and child make good food together BUT having FUN is our top priority! Create basic quality food in a safe and happy learning environment using fresh, healthy ingredients.

Caregiver required in class. Please no siblings during class.

\$104(R) \$118(N) Age: 2Y - 4Y  
118397 10-11am Wed Sep 20-Nov 08

## Top Junior Chef Parent & Child Holiday Fun!

Parent and child make good food together BUT having HOLIDAY fun is our top priority! Create basic quality food in a safe and happy learning environment using fresh, healthy ingredients. Caregiver required in class. No siblings during class.

\$55(R) \$65(N) Age: 18mo - 3Y  
118402 10-11am Wed Dec 06-13

## Preschool ~ One Day Workshops

### Fall's Fabulous Fellows

Creepy, crawlies, hairy scaries-spiders, bats, and owls. Oh, my! Join us for a fun fact-filled morning learning about fall's fabulous fellows through art, music, and dance. Special treats awaits you, too!

\$25(R) \$30(N) Age: 2Y - 5Y Each additional family member: \$5(R) \$6(N)  
118406 10-11:30am Sat Sep 16

### 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.

\$25(R) \$30(N) Age: 2Y - 5Y Each additional family member: \$5(R) \$6(N)  
118407 10-11:30am Sat Oct 28

### Visions of Sugarplums

Join us for a sweet beginning to the holiday season by making a gingerbread house, singing songs, dancing, and eating yummys for your tummies! Dress in your party clothes for happy holiday wholesome fun.

\$25(R) \$30(N) Age: 2Y - 5Y Each additional family member: \$5(R) \$6(N)  
118408 10-11:30am Sat Nov 18

## Youth & Teen Programs Wednesdays ~ Early Release

### Creative Kids After- School Art Program

Enhance your child's creativity with a variety of arts and crafts, pottery, drawing, painting, and games to get you moving. Activities take place in both indoor and outdoor settings. Must be in 2nd grade - 7th grade.

\$150(R) \$180(N) Ages: 7Y-12Y  
111231 12:30-3:00 Wed Sep 20-Oct 25

\$125(R) \$150(N) Ages: 7Y-12Y  
\*111232 12:30-3:00 Wed Nov 01-Dec 13

\*No class on 11/23 and 11/30 due to Thanksgiving Holiday and Special Event at NW Arts Center.

### Top Junior Chef

Good food is our focus and having fun is our priority! Our goal is to create basic quality food in a safe learning environment. Learning to use fresh, healthy ingredients and the proper cooking methods for each recipe.

\$100(R) \$110(N) Ages 6Y-11Y  
118398 3:15-4:30pm Wed Sep 20-Oct 25

\$83(R) \$93(N) Ages 6Y-11Y  
118546 3:15-4:30pm Wed Nov 01 - Dec. 13  
(no class on 11/22 and 11/29)



# Youth & Teen Art Programs

## Children's Pottery Studio

An introduction to hand and wheel building, sculpting, coil construction, and glazing. Materials and firing fee included.

\$180(R) \$209(N) Age: 6Y - 11Y  
118468 4-5:30pm Thu Sep 21 – Nov 09  
118469 10-11:30pm Sat Sep 23 – Nov 18 (no class 11/11)

## Teen Clay Club

Bring your imagination and creativity as we explore the world of ceramic art. In this beginner level class we will draw, paint, model and construct with clay using a variety of basic hand building, pottery wheel and surface decoration techniques to personalize your creations.

\$132(R) \$158(N) Age: 13Y-19Y  
118495 4-5:30pm Wed Sep 27-Nov 01

## Drawing Fundamentals 1

Learn to shade with pencil, draw line contour drawings, and create volume and shape with shadowing. A foundation for the "abc's of drawing."

\$144(R) \$164(N) Age: 5Y – 11Y  
118778 4-5:30pm Wed Sep 20-Nov 08



## Drawing Fundamentals 2

With skills learned from Drawing Fundamentals, project will be watercolor, pastels, acrylics, charcoal, crayons, and pen and ink. Bright, contrasting colors, faux stained glass, and construction paper to create impressionism.

\$144(R) \$164(N) Age: 5Y – 11Y  
118779 4-5:30pm Mon Sep 18-Nov 06

## Drawing School: Young Rembrandts

Have fun while learning to draw in realistic, graphic, and abstract styles! Every month includes a lesson in art history. Media includes pencil, Sharpies, and markers. We provide all the supplies and a trained instructor. Everyone can learn to draw.

\$105(R) \$126(N) Age: 5Y - 12Y  
118486 10:30-11:30am Sat Sep 23-Nov 18

## Cartooning: Young Rembrandts:

Learn to create exciting cartoon imagery filled with dynamic characters and expressive personalities. Develop visual story telling skills. New lessons each week that are educational and fun. Media includes pencils, Sharpies, and markers.

\$105(R) \$126(N) Age: 5Y to 12Y  
118990 11:45am-12:45pm  
Sat Sep 23-Nov 18

## Drawing & Cartooning Class Combo: Young Rembrandts:

Your child learns basic drawing skills and cartooning as well in this 2 hour class. First hour explore realistic graphic and abstract drawing styles. Second hour, get ready to craft original cartoon characters in silly situations. Enroll in single classes as well for an hour long session. Bring snacks.

\$145(R)-\$165(N) Age: 5Y to 12Y  
118489 11:45am-1:45pm Sat Sep 23-Nov 18

## Cartooniversity Saturday Workshop

Area of study include character development, expression, directional views, action poses, background, and letter. Projects include blank puzzles, flip-book animation, character profiles, comic strips, and more! All supplies included. Bring snacks.

\$75(R)-\$90(N) Age: 9Y to 14Y  
118993 10am-2pm Sat Nov 04

## Cooking Workshops for Active Teens

Performance-powering nutrition is tastier, easier, and quicker than you think. In 4 intense cooking sessions, learn how to build simple snacks and meals to help fuel your body or to be more focused while at school. Food and materials included.

\$145(R)-\$174(N) Age: 12Y to 17Y  
118497 6-7:30pm Mon Oct 02-23

## BusinessKids

This program for young entrepreneurs in which they learn to develop business ideas through games. We teach children that good businesses are more than just a source of wealth. BusinessKids uses activities to prepare children for the future.

\$128(R)-\$160(N) Age: 7Y to 10Y

118644 4-6pm Tue Sep 19-Oct 10

118645 4-6pm Tue Oct 24-Nov 14

## Art on the Go! Miniature Porcelain Creations

HOMESCHOOL OPTION. Make miniature porcelain objects from scratch. Focus on sculpting porcelain with small tools and painting details with fine brushwork using China paint on palm-sized masterpieces. Materials provided.

\$83(R) \$100(N) Age: 12Y-16Y

118933 12:45pm-2:15pm Mon Oct 16-Nov 06

South Bellevue Community Center

## Art on the Go! Hand Building with Clay

HOMESCHOOL OPTION. Learn basics of constructing with clay using hand building and decorative techniques. Develop core skills allowing you to progress in ceramic art making abilities. Focus on visualizing ideas through the creative process.

\$83(R) \$100(N) Age: 12Y-16Y

118512 12:45pm-2:15pm Mon Sep 18-Oct 09

South Bellevue Community Center



## Sports & Fitness

### Mini Kickers Martial Arts

Basic kicks and strikes in a fun, positive environment. The instructor is 2nd degree black belt and national level competitor, and has coached national tournaments and Junior Olympics.

\$235(R) \$256(N) Age: 8Y - 12Y

118470 5:30- 6:15pm

Mon, Wed Sep 18-Jan 31

### Emerald Ballet Theater: Beginning Ballet

Dancing hearts are nurtured and basic ballet technique, improvisation, and choreography are introduced in a developmentally appropriate way. Flexibility, coordination, strength, and creativity increase. .

\$144(R) \$159(N) Age: 6Y - 9Y

118473 5-6pm Tue Sep 26-Nov 14

## Adult Programs

Adult program are held the following locations:

Northwest Arts Center, 9825 NE24th St ~ Bellevue Main Club Center, 209 100th Ave NE ~ South Bellevue Community Center, 14509 SE Newport Way

## Adult Art Programs

### Sculpting & Painting Porcelain

Hone your ceramic skills. We will emphasize refinement and embellishment techniques in both hand building and glazing processes using porcelain.

\$163(R) \$196(N) Age: 18Y and up  
118496 6-7:30pm Thu Sep 28-Nov 02  
Northwest Arts Center

### Clay Concepts: On and Off the Wheel

Beginners will learn slap building, coiling, pinching, working with textures, the basics of wheel throwing, surface decoration, and glazing. Advance students will further develop skills with individual guidance.

\$163(R) \$196(N) Age: 18Y and up  
118493 11am-12:30pm Tue Sep 26-Oct 31  
118494 6-7:30pm Wed Sep 27-Nov 01  
Northwest Arts Center

### Cultivating Clay Workshop

In this workshop you will be introduced to a variety of hand building and surface decoration techniques to construct a geometric functional form. Pieces will be available for pick-up two weeks after the workshop.

\$30(R) \$35(N) Age: 18Y and up  
10am-1pm Sat Sep 16  
Northwest Arts Center

### The Sewing Workshop by Cheryl of Paradiso Design

Sewing is a life skill for all-purpose needs that we love to do for ourselves. Topics of interest will focus on mending techniques, pillow cover making, jewelry bags, zip bags, hand sewing, patchwork embellishment, quilting, & t-shirt making. You can bring your own well running sewing machine, to learn how it runs or borrow one from the instructor. Materials list.

\$240(R) \$260(N) Age: 16+  
119005 6-9pm Fri Sep 15-Nov 17

### Exploring Landscape with Versatile Acrylics - Continuing Education TELOS Program

For beginners with little or no painting experience. Demonstrations on landscape using color to create paintings using acrylics. Brushes and their use, along with other tools, will be incorporated. Several small paintings will be done.

\$89 (R) (N) Age: 18Y and up  
8003 10-11:30am Thu Sep 21-Nov 16 (no class 11/09)  
To register visit [www.BCconted.com](http://www.BCconted.com) or call  
Bellevue College Continuing Education at  
425-564-2263  
Bellevue Main Club

### Mixing Color to Make Beautiful Mandalas with Acrylics - Continuing Education TELOS Program

Students will be taught how to create a unique mandala. Learn how to mix with acrylics using just primary colors. Create tints and shades of each color on the wheel. Techniques on smooth blending and transitions will be demonstrated.

\$89 (R) (N) Age 18Y and up  
8004 12:15-1:45pm Thu Sep 21 – Nov 16  
(no class 11/09)  
To register visit [www.BCconted.com](http://www.BCconted.com) or call  
Bellevue College Continuing Education at  
425-564-2263  
Bellevue Main Club

### Art on the Go! Creating with Mixed Media

Develop observational skills and creativity in this multi-level class using a variety of media including wire, paper, wood, glue and found object. Students will be encouraged to use their own creative concepts in developing one of a kind art pieces.

\$75(R) \$90(N) Age: 18Y and up  
118509 10-11:30am Wed Sep 20-Oct 11  
118510 10-11:30am Wed Oct 18-Nov 08  
Boys and Girls Club of Bellevue – Main Club

## Art on the Go! Miniature Porcelain Creations

Make miniature porcelain objects from scratch with as much or as little detail as you like. Focus on sculpting porcelain with small tools and painting details with fine brushwork using china paint on palm-sized masterpieces.

**\$83(R) \$100(N) Age: 18Y and up**  
**118677 10:30am-12pm Fri**  
**Sep 22-Oct 13**  
**118777 10:30am-12pm Fri**  
**Oct 20-Nov 10**  
**Boys and Girls Club of Bellevue – Main Club**

**\$83(R) \$100(N) Age: 55 and up**  
**118932 11am-12:30pm Mon Sep 18-Oct 09**  
**South Bellevue Community Center**

## Art on the Go! Hand Building with Clay

Learn the basics of constructing with clay using a variety of hand building and decorative techniques. In this class you will develop core skills that will allow you to progress in your ceramic art making abilities. We will also focus on visualizing your ideas through the creative process.

**\$83(R) \$100(N) Age: 55 and up**  
**118514 11am-12:30pm Mon Oct 16-Nov 06**  
**South Bellevue Community Center**



## Hands On ~ Minds On workshops

Designed for participants to learn by doing and interacting with others. Bring your life experiences, creativity, and friends. All material included.

## Visual Journaling (watercolor / sketching)

During this hands on workshop, participants will learn basic drawing and watercolor skills, and explore ways to create a journal of daily activities by using ink, collage, and watercolor.

**\$18 (R) \$20 (N)**  
**118456 10:30am to 12noon Thu Sept 28**  
**Bellevue Main Club**

## Poetry

Through photographs, music, and objects, explore the theme of "flight," to create simple and elegant individual and group poems based on the group's ideas and imagination.

**\$18 (R) \$20 (N)**  
**118457 10:30am to 12noon Thu Oct 5**  
**Bellevue Main Club**

## Digital Storytelling

Explore ways to share personal stories by using video and photography to create a digital narrative to share with family and friends.

**\$18 (R) \$20 (N)**  
**118458 10:30am to 12noon Thu Oct 12**  
**Bellevue Main Club**

## Memoir Writing

During this workshop, participants will explore how to craft their personal stories into written narratives. We will explore techniques on how to generate, organize, and structure individual life experiences to include in a longer memoir to share with family and friends.

**\$18 (R) \$20 (N)**  
**118459 10:30am to 12noon Thu Oct 19**  
**Bellevue Main Club**

## Improvistational Theatre

An interactive workshop which teaches basic skills of improvistational theatre - how to say yes to new ideas, how to create characters and stories at the drop of a hat, and how to work together with other people to develop scenes and stories.

**\$18 (R) \$20 (N)**  
**118460 10:30am to 12noon Thu Oct 26**  
**Bellevue Main Club**

## Circle Dance

During this hands on (and feet on!) workshop, participants will engage in simple dance moves designed to build strength and community. Seated dance options available.

**\$18 (R) \$20 (N)**  
**118461 10:30am to 12noon Thu Nov 2**  
**Bellevue Main Club**





## Greek and Roman Mythology - Continuing Education TELOS Program

This course will be a fun but brief overview of the gods, goddess, heroes, and villains of Greek and Roman mythology. We will consider how their stories have influenced Western culture and lasted the test of time. Starting with the Creation stories, and working our way through some of the most well-know and even less familiar stories, before finishing in the age of the of Roman Empire.

Fee: \$79 (R) (N)

F8000 10-11:30am

Mon Sep 25-Nov 13 (7 classes)

To register visit [www.BCconted.com](http://www.BCconted.com) or call Bellevue College Continuing Education at 425-564-2263

Bellevue Main Club



## Adult Sports & Fitness

### Hatha Yoga

Increase your strength and flexibility.

This class for all levels of Yoga experience. Learn balancing poses, deep stretching, and a calm mind and body. Wear comfortable clothing, bring water, and yoga mat, Yoga strap, and/or block.

\$80(R) \$96(N) Age: 18Y and up

118462 1:45-2:45pm Tue Sep12-Oct10

118463 1:45-2:45pm Thu Sep14-Oct12

118465 1:45-2:45pm Tue Oct 17-Nov 14

118466 1:45-2:45pm Thu Oct 19-Nov 16

\$150(R) \$180(N) Age: 18Y and up

118464 1:45-2:45pm

Tue, Thu Sept 12-Oct 12

118467 1:45-2:45pm

Tue, Thu Oct 17-Nov 16

Northwest Arts Center

\$108(R) \$90(N) Age: 18Y and up

118503 9:30-10:30am Tue Sep 26-Oct 31

118505 9:30-10:30am Thu Sep 28-Nov 02

\$188(R) \$168(N) Age: 18Y and up

118507 9:30-10:30am Tue & Thu Sep 26-Nov 02

\$90(R) \$75(N) Age: 18Y and up

118504 9:30-10:30am Tue Nov 07-Dec12 (no class 11/21)

\$72(R) \$60(N) Age: 18Y and up

118506 9:30-10:30am Thu Nov 16-Dec 14 (no class 11/23)

\$146(R) \$126(N) Age: 18Y and up

118507 9:30-10:30am Tue & Thu Nov 07-Dec 14 (no class 11/9, 11/21, 11/23)

Bellevue Main Club

## Bluegrass Music- Will the Circle Ever Be Unbroken - Continuing Education TELOS Program

Discover how Bluegrass music has become an integral part of our lives in America. The course will take you on a journey of the history and evolution of bluegrass music, starting with its old time music roots and continuing through contemporary modern bluegrass styles. Vocal harmony structure, cultural issues, and the choice of instruments will be explored by guest artists and professionals in the bluegrass community.

Fee: \$79 (R) (N)

F8001 12:15-1:45pm

Mon Sep 18-Nov 6 (8 classes)

To register visit [www.BCconted.com](http://www.BCconted.com) or call Bellevue College Continuing Education at 425-564-2263

Bellevue Main Club





## Beginning Ballet for Balance – Bellevue College – Continuing Education TELOS Program

Never studied ballet before? Here is your chance to reap the benefits and joys of dancing while improving your balance, range of motion, and overall fitness. Beginner barre work followed by low impact ballet moves across the floor.

\$ 79 (R) (N) Age: 18Y and up  
 118633 10-11:30am Thu Sep 21-Nov 09  
 To register visit [www.BCconted.com](http://www.BCconted.com) or call  
 Bellevue College Continuing Education at 425  
 564-2263  
 Northwest Arts Center

## Strength Training All Levels

Work on toning, balance, stretch, and strengthen with the use of light weights, tubing and more to work upper and lower body. Technique is emphasized to create a workout that is fun, safe, effective, and up lifting.

\$36(R) \$42(N) Age: 18Y and up  
 118498 9-10am Tue Sep 26-Oct 31  
 118499 9-10am Tue Nov 07-Dec 12  
 Bellevue Main Club

## Strength Training for Older Adults

Exercise on the lighter side to work on toning, balance, stretch, and strengthen with the use of light weights, tubing, and more. For older adults or people new to exercise. Proper technique and forms are emphasized Seated options available.

\$36(R) \$42(N)  
 118500 10:30-11:30am Tue Sep 26-Oct 31  
 118501 10:30-11:30am Tue Nov 07-Dec 12  
 Bellevue Main Club

## Mindful Movement

Guided movement based on Chi Kung and soft style martial arts. Encourages proper posture for effective stretching combined with easy strengthening exercise. Feel an immediate sense of refreshed focus and relaxation. [www.mindfularts.us](http://www.mindfularts.us)

\$45(R) \$50(N) Age: 18Y and up  
 118448 12 to 12:50pm Fri  
 Sep 29-Nov 03 (no class 10/13)  
 119000 12 to 12:45pm Fri  
 Nov 17-Dec 15 (no class 11/24)  
 Bellevue Main Club

## Gentle Yoga – Bellevue College – Continuing Education TELOS Program

Gentle format that reduces strain on limbs and joints. Explore postures, breath work, and meditation. Seated or standing with support of a chair. Promotes stability and flexibility, self-awareness, and clarity of the mind, and overall wellness.

\$79(R) & (N) Age: 18Y and up  
 8002 11:11:30am Wed Sep 20-Nov 08  
 To register visit [www.BCconted.com](http://www.BCconted.com)  
 or call Bellevue College Continuing  
 Education at 425 564-2263  
 Bellevue Main Club







## Tai Chi-Yang Family Style

Come learn the slow, smooth, gentle moves of the Yang Family Style Long Form and reduce stress, relax the body, and increase balance, strength, coordination, and flexibility. Cheryl Inouye, Instructor.

\$80(R) \$96(N) Age: 16Y and up  
118329 10-11am Tue Sep 19-Nov 21  
Northwest Arts Center

## Naginata

This form of Japanese martial arts shows both power and grace. This art is for people of all ages interested in either competitive fighting, or in the physical beauty of choreographed movements called "kata." Visit [www.pnnf.org](http://www.pnnf.org)

**Beginner**  
\$144(R) \$170(N) Age: 13Y and up  
118453 7-9pm Tue Sep 12-Dec 19  
**Advanced**  
\$216(R) \$246(N) Age: 13Y and up  
118455 7-9pm Tue, Thu Sep 12-Dec 21  
\$216(R) \$246(N) Age: 13Y and up  
118454 7-9pm Thu Sep 14-Dec 21  
Northwest Arts Center

## FIT4MOM Stroller Strides ~ Fun for Mom & Baby!

This is a fitness program moms can do WITH their babies. Includes power walking/jogging, intervals of strength and body toning exercises. Songs and activities woven into the routine to engage children. Participants must have doctor's approval to exercise. Your first class is FREE! For more information, schedule, pricing, holiday schedule, and to register visit [bellevue.fit4mom.com](http://bellevue.fit4mom.com), email [yudydeng@fit4mom.com](mailto:yudydeng@fit4mom.com), or call 425 998-8048

10-11am Mon, Wed, Fri  
Bellevue Main Club

## Jazzercise

For more information, visit [www.jazzercise.com](http://www.jazzercise.com) or call Lori Hollow – 206-232-2608

8:15-9:15am  
Northwest Arts Center

Mon-Sat



## Adaptive Recreation ~ Fire Arts & Cooking

### Glass Fusion

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

\$215(R) \$245(N) Age: 18Y +  
117901 10-11:30am Thu Sep 14-Nov 02

### Stoneware Creations

An introduction to beginning and intermediate hand-building and wheel throwing stoneware. Accommodations provided for people with disabilities. Materials are included.

\$215(R) \$245(N) Age: 18Y +  
117902 12:30am-2:30pm Thu Sep 14-Nov 02

### Kitchen Kapers

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

\$119(R) \$139(N) Age: 18+  
117931 12:00-1:30pm Wed Sep 20-Nov 08

### Holiday Kitchen Kapers

Real secrets to delicious and healthy dishes for the holidays. Recipes and materials included. Accommodations provided for people with disabilities.

\$33(R) \$39(NR) Age: 18+  
117932 12:00-1:30pm Wed Dec 06-13



# Special Events

## Main Club Open House - Sept 19

Sample upcoming fall programs, meet teachers, and visit with others with a common interest. Tours lasting 20 minutes start at 10am; 20 minute drop-in activities session to follow. Social time with coffee and treats provided! Fall program registration available on site. Bellevue Main Club Center is located in the Bellevue Boys & Girls Club, 209 100th Ave NE. Pre-registration not required.

Free 10am to 12:30am Tue

## The Great Northwest Glass Pumpkin Patch

Wander through a pumpkin patch of more than 1,000 hand-blown one of a kind glass pumpkins from the Tacoma Glassblowing Studio. Admission is free. Pumpkin prices range from \$35-\$200. Children must be accompanied by an adult. Come Rain or Shine.

Free 9am-3pm Sat Oct 07

## The GREAT Pumpkin Hunt

Kid carnival games, Halloween crafts, entertainment, and the Great Pumpkin Hunt make this an event you will not want to miss. **Pumpkin Hunts offered by age groups: 2-4 years hunt at 6:00pm; 5-8 years hunt at 6:45pm; 9-14 years hunt at 7:30pm.** Children must check in **15 minutes** prior to hunt time to ensure participation. Visit prize central and turn in tickets collected in found pumpkins for exciting prizes and treats. Costumes are encouraged with prizes offered for best costume. Admission gains access to all carnival games, crafts, entertainment, and the Pumpkin Hunt. Pre-registration is highly recommended as last year's event sold out! Space is limited.

\$15 fee per child  
5:30 – 8:30pm Sat Oct 21  
Free for parents and grandparents

## Hilltop Holiday Craft Show

Lift your holiday spirits – come and enjoy a delightful, unique, and whimsical, one-of-a-kind craft show featuring thousands of hand-crafted items from over 80 selected Northwest crafters. Prices vary. Credit Cards accepted.

Free 10am-8pm Wed-Fri Nov 29-Dec 01  
10am-4pm Sat Dec 2

## Christmas Ship Festival ~ Presented by Argosy Cruises

Join us on the shores of Lake Washington to welcome a parade of Christmas Ships and boats. Come with family and friends, join in the caroling or just enjoy the onboard choir's performance. Beach fire provided! Children must be supervised by adult.

Free 3-4:30pm Sun Dec 03  
Newcastle Beach Park

## Register Now!

## ParksReg.BellevueWa.gov

Click on "Activities" then enter the course number provided.

### For More Information:

Northwest Arts Center  
9825 NE 24th  
Bellevue, WA 98004  
NWAC@bellevuewa.gov  
425-452-4106

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