



Bellevue Parks & Community Services

BELLEVUE MAIN CLUB ADULT PROGRAMS

FALL PROGRAMS 2016



BOYS & GIRLS CLUB OF BELLEVUE MAIN CLUB

209 100th Avenue NE, Bellevue, WA 98004

The Bellevue Main Club opens their new facility this October! This large facility will provide a safe place for the youth of Bellevue and through a partnership with the City of Bellevue, will be open to adults as well. Boys and Girls Clubs of Bellevue will schedule all programming for youth and rentals at this facility while the City of Bellevue Parks & Community Services will schedule adult programs.

FIT4MOM STROLLER STRIDES – BELLEVUE

Stroller Strides is a fitness program that moms can do WITH their babies. It includes power walking/jogging and intervals of strength and body toning exercises using light equipment, your stroller/carrier, and the environment. Certified fitness instructor with specialty training in the pre and post natal woman. Our instructors weave songs and activities into the routine to engage/entertain/educate children as well! Physician approval for exercise is required. It is suggested new moms join six weeks after baby is born. Several payment options available. Your first class is always FREE! For more information, schedule, pricing, and to register visit bellevue.fit4mom.com, email yudydeng@fit4mom.com, or call 425 998-8048

Mon, Wed, Fri

10am-11pm

BELLEVUE COLLEGE TELOS PROGRAM

(COMING THIS WINTER TO MAIN CLUB)

TELOS offers a variety of intellectually stimulating courses for retirees. Course categories are History & Politics, Arts & Literature, Philosophy & Religion, Science & Technology, Health & Healthcare. Students and faculty will enjoy intellectually stimulating courses that make learning a creative exchange of ideas, as well as supportive interactions as peers form lasting friendships. TELOS classes are non- credit and non-graded. Courses at Main Club will be offered Mondays and Thursdays and are 8 weeks. Contact Bellevue College at 425-564-2263 or at <http://www.bellevuecollege.edu/ce/retiree-programs>

OVER →

WWW.BELLEVUEWA.GOV/NORTHWEST_ARTS.HTM

425-452-4016

MAIN CLUB CONNECTIONS – 55+

Get out and get connected! Come meet other energetic adults at this new social meet up group at the new Main Club facility next to Bellevue Downtown Park. Gym time for walking and light exercise session available from 9-9:45am, followed by a social hour in the lounge where participants can enjoy refreshments and play board games or do art projects until 11am. Coffee, tea and cookies provided. Beginning in January, The Connections Club will begin regular Monday/Wednesday sessions from 9-11am and will have a quarterly pass fee of \$20.00. Come check out our free meet up on Nov 7, 9am to 11am.

SOFT STYLE MARTIAL ARTS MINDFUL MOVEMENT

This class blends Chi Kung, Tai Chi, Hapkido to create a calm, whole body exercise that will improve your strength, balance, flexibility and posture.

#108226 10-11am Tue Nov 1-22 Ages: 18 yrs & up

SEASONAL HOLIDAY CRAFTS

Learn to make a variety of gifts by combining nature and ordinary objects into useable works of art and unique gifts.

#108205 10am-12pm Wed Dec 7 & 14 Ages: 18 yrs & up

GRANDKIDS ARE COMING! – FREE

Do you struggle to find exciting projects to do with your Grandchild when they come to visit?

This class teaches grandparents how to create fun craft projects appropriate for young children while creating lasting memories for you and your grandchild. All supplies provided.

#107547 10am-12 pm Tue Dec 6 Ages: 50 yrs & up

GLASS FUSION HOLIDAY WORKSHOP

Looking to create that special gift or just interested in trying the craft of fused glass? Join this wonderful workshop taught by NW Arts Center art instructor. Project ideas include: tree ornaments, sun catchers, paper weight, soap dish, jewelry etc. You choose the colors and design which could include different themes like the Seahawks or a holiday focus. No experience necessary. Participants will need to pick up their fired projects one week later. Six week class session in Glass Fusion will begin starting this January.

#107875 10am-12:30 pm Wed Nov 30 Ages: 18 yrs & up

- *To register for Adult Programs at Bellevue Main Club contact Northwest Arts Center at www.Bellevuewa.gov/northwest_arts.htm or call 425-452-4106.*
- *For Bellevue College TELOS program registration info contact 425-564-2263.*
- *For youth programs, facility rentals and events at Main Club, contact Boys & Girls Clubs of Bellevue at 425-452-6162 or www.BGCBellevue.org*

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