

**YOUTH SPORTS & FITNESS REGISTRATION FORM**

PARENT/GUARDIAN INFORMATION: Last Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
 Street Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Day Phone: \_\_\_\_\_ Alt. Phone: \_\_\_\_\_ Apt #: \_\_\_\_\_ Private Use Only   
 Email address: \_\_\_\_\_  
 Emergency Contact/Phone Number: \_\_\_\_\_ Register Online: [MyParksandRecreation.com](http://MyParksandRecreation.com)  
 Request for Accommodations: \_\_\_\_\_ A Service of eCityGov.net

Participant's Name	Date of Birth	Grade	Male/Female	Class #	Class Title	Fee
	Mo/Day/Yr					
	Mo/Day/Yr					
	Mo/Day/Yr					

**Mail completed form to:** BELLEVUE CITY OF WASHINGTON  
 Bellevue Parks Registration  
 PO Box 90012  
 Bellevue, WA 98009-9012

**AMOUNT ENCLOSED:** \$ \_\_\_\_\_ Payment required at time of registration  
 \* 5 scholarships available. Call 425-452-6885 for more information. Scholarship application must be approved prior to registration.

**PAYMENT METHOD:**  Master Card  VISA  Other  Check number: \_\_\_\_\_  
 Credit Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

**WAIVER OF LIABILITY:** 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, on behalf of myself and my child(ren) 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 children, my heirs, executors, assigns, and personal representatives, to waive and release any and all rights and claims for damages, including attorney fees, for my child(ren) 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 or my child(ren) may have to bring a legal action to assert a claim against the City of Bellevue for negligence. I have read, understood, and voluntarily accepted the conditions of the Waiver of Liability printed above. **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.

Signature(s): \_\_\_\_\_ Date: \_\_\_\_\_  
**Registration is not valid without signed waiver.**

**For complete registration policies or questions please call 425-452-6885**

**TRADITIONAL TAI CHI (CHUAN) SWORD PLAY (AGES 16 & 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.  
**South Bellevue Community Center**  
**Resident \$56 Non Resident \$67**

**Mondays 7:15pm – 8:45pm**  
 #51125 September 27 – October 25  
 #51126 November 1 – 29  
 #51127 December 6 – January 3

**Thursdays 7:15pm – 8:45pm**  
 #51122 September 9 – October 7  
 #51123 October 14 – November 18  
 #51124 December 2 - 30



For more information, please contact  
 Bellevue Parks & Community Services:  
**425-452-6885**

Or register online: [MyParksandRecreation.com](http://MyParksandRecreation.com)  
 A Service of eCityGov.net

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.

**CITY OF BELLEVUE**  
 BELLEVUE CITY OF WASHINGTON  
 PARKS & COMMUNITY SERVICES  
 P O BOX 90012  
 BELLEVUE WA 98009-9812

**FALL 2010**



**Youth Sports & Fitness**



PRSRRT STD  
 U.S. Postage  
**PAID**  
 Bellevue, WA  
 Permit No. 420

**CITY OF BELLEVUE**  
 BELLEVUE CITY OF WASHINGTON  
 Bellevue Parks & Community Services

# FALL 2010 Youth Sports & Fitness

The goal of Youth Sports and 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.

## YOUTH SOCCER PROGRAM INFORMATION

- **Uniforms:** Jersey is included in the registration fee. *Shin guards required for all soccer leagues.*
- **Inclement Weather Policy:** *Players must show up at the field. Decision to play or not to play will be made at the field. Come prepared to play in all weather!*
- **Volunteer Coaches Needed:** Volunteer soccer coaches are needed. Call 425-452-4627 to receive a \$20 discount towards your registration fee for being a volunteer coach. **MUST ATTEND A COACHES CLINIC TO RECEIVE DISCOUNT!**
- **Participants will be assigned to teams based on the following:**
  1. Special request for coach.
  2. Special request from ONE teammate. Additional teammates will not be considered.
  3. Age and gender of participant.

PLEASE NOTE THAT THERE ARE NO GUARANTEES REGARDING SPECIAL REQUESTS OR TEAM ASSIGNMENTS. ALL REQUESTS MUST BE MADE **BEFORE** SEPTEMBER 8, 2010 BY CALLING 425-452-4627.

## MIGHTY MITES SOCCER LEAGUE (AGES 5-6)

This is a great way for your budding star to begin team play and progress to the next stage of learning soccer. This 7 week league, will give your child the basic instructions of dribbling, passing, scoring and cheering! We will begin with 2 weeks of team practice, then followed by 5 weeks of soccer games. Come and join the fun! **Volunteer coaches are needed for this league.** Max. 6 players per team.  
**Resident: \$60/player (includes team jersey)**  
**Non-Resident: \$72/player (includes team jersey)**  
**Robinswood Sports Field**

#51128 4:30-5:45pm Tuesday September 14-October 26

## YOUTH SOCCER LEAGUE (AGES 7-8)

It's a kick! Kids will further develop and enhance their basic knowledge and skills of soccer, in our 7 week program. We will learn positive sportsmanship and team play while having fun! **Volunteer coaches are needed for this league.** Max. 7 players per team.

**Resident: \$60/player (includes team jersey)**  
**Non-Resident: \$72/player (includes team jersey)**  
**Robinswood Sports Field**

#51129 4:30-5:45pm Wednesday September 15-October 27

## JUNIOR SOCCER LEAGUE (AGES 9-12)

It's time to elevate your game! This league is designed to give your child more advanced playing skills & ball movement techniques, also encompassing team strategies. **Volunteer coaches are needed for this league.** Max. 8 players per team.

**Resident: \$60/player (includes team jersey)**  
**Non-Resident: \$72/player (includes team jersey)**  
**Robinswood Sports Field**

#51130 4:30-5:45pm Thursday September 16-October 28

## BIDDY SPORTS PROGRAMS (AGES 3-6)

Give your child the opportunity to participate in sports through 3 different programs designed to develop basic motor skills, teaching age appropriate fundamentals. You can choose from Soccer, T-ball, or Basketball, or you can sign-up for all three classes. This program is a **Parent/guardian participation required** program, which will offer quality bonding time with your children.

**South Bellevue Community Center**

**Resident: \$36/per child Non-Resident: \$43/per child**

### Soccer

#51210	9-9:45am	Saturday	September 18-October 9
#51211	9-9:45am	Saturday	October 16-November 6
#51212	9-9:45am	Saturday	November 13-December 11

### T-Ball

#51213	10-10:45am	Saturday	September 18-October 9
#51214	10-10:45am	Saturday	October 16-November 6
#51215	10-10:45am	Saturday	November 13-December 11

### Basketball

#51207	11-11:45pm	Saturday	September 18-October 9
#51208	11-11:45pm	Saturday	October 16-November 6
#51209	11-11:45pm	Saturday	November 13-December 11

## PRE SEASON BASKETBALL CLINIC

Get a jump-start on the basketball season with our great coaches! This 5 week clinic will improve your child's skills designed to make their weakness their strengths. Also this will provide you child the time they will need to get in shape for the upcoming basketball season.

**Resident: \$69 Non-Resident: \$76**

**South Bellevue Community Center**

#51216	6:00-7:00pm	Monday	Nov 1-Nov 29 Ages: 5-6
#51217	6:00-7:00pm	Tuesday	Nov 9-Dec 7 Ages: 7-9
#51218	6:00-7:00pm	Thursday	Nov 5-Dec 10 Ages: 10-13

# Youth Fitness & Martial Arts

## KENDO (AGES 8 & UP)

**Highland Community Center**

**Resident \$53 Non Resident \$64**

### 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.

#46283 September 24- December 17 **6:30 - 8pm Friday**

### Intermediate Kendo (Prerequisite-Completed Beginning Kendo Class or equivalent)

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.

#46286 September 24- December 17 **6:30 - 8pm Friday**

### Advanced Kendo (Prerequisite-Intermediate Kendo Class or permission from instructors)

Advanced kendo is for those students that have completed beginning and intermediate kendo and are in armor (bogu).

#46290 September 24- December 17 **6:30 - 8pm Friday**

## SELF DEFENSE/HAPKIDO (BEGINNING) (AGES 6-12)

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.

**Lake Hills Clubhouse**

**Resident \$45/session Non-Resident \$54/session**

**Mondays & Wednesdays**

#51222	September 1-29	5-5:50pm
#51223	October 4-27	5-5:50pm
#51224	November 1-29	5-5:50pm
#51225	December 1-22	5-5:50pm

## SELF DEFENSE/HAPKIDO (INTERMEDIATE/ADVANCED) (AGES 13 & UP)

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.

**Lake Hills Clubhouse**

**Resident \$45/session Non-Resident \$54/session**

**Mondays & Wednesdays**

#51226	September 1-29	6-6:55pm
#51227	October 4-27	6-6:55pm
#51228	November 1-29	6-6:55pm
#51229	December 1-22	6-6:55pm

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

Participants will learn the fun game of soccer! Soccer techniques; dribbling, passing and scoring goals will be emphasized. Children will learn to play with teammates and develop balance/coordination and listening skills.

**Highland Community Center**

**Resident \$54 Non Resident \$65**

### Session I

**Tuesdays September 21<sup>st</sup> - October 26<sup>th</sup>**

#51230	10:00 - 10:45 am
#51231	11:00 - 11:45 am
#51232	1:00 - 1:45 pm
#51233	2:00 - 2:45 pm

**Thursdays September 23<sup>rd</sup> - October 28<sup>th</sup>**

#51234	1:00 - 1:45 pm
#51235	2:00 - 2:45 pm

### Session II

**Tuesdays November 2<sup>nd</sup> - December 7<sup>th</sup>**

#51236	10:00 - 10:45 am
#51237	11:00 - 11:45 am
#51238	1:00 - 1:45 pm
#51239	2:00 - 2:45 pm

**Thursdays November 4<sup>th</sup> - December 9<sup>th</sup>**

#51240	1:00 - 1:45 pm
#51241	2:00 - 2:45 pm

*Continued on back*

