

CONNECTIONS

May through
August 2019



MORE VALUE
MORE VARIETY
MORE FUN

SUMMER
DAY
CAMPS



Bellevue resident registration begins February 2
Non-Bellevue resident registration begins February 11
Register.BellevueWA.gov | 425-452-6885

Bellevue Parks &
Community Services

Summer Day
Camps Inside!



Bellevue Parks &
Community Services

425-452-6885

register.bellevuewa.gov

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ADULT SPORTS LEAGUES, Bellevue City Hall, 450 - 110th Ave NE.....	425-452-4479
BELLEVUE AQUATIC CENTER, 601 - 143rd Ave NE	425-452-4444
BELLEVUE BOTANICAL GARDEN, 12001 Main ST	425-452-2750
BELLEVUE GOLF COURSE, 5450—140th Ave NE	425-452-7250
BELLEVUE YOUTH THEATRE, 16051 NE 10th St	425-452-7155
BELLEVUE MAIN CLUB ADULT PROGRAMS, BOYS & GIRLS CLUB MAIN CLUB, 209 100th Ave NE.....	425-452-4106
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 ST	425-452-4873
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 - 130 th PI SE	425-452-7688
LAKE HILLS GREENBELT RANGER STATION, 15416 SE 16th ST	425-452-7225
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 Center	425-450-0207
NORTH BELLEVUE COMMUNITY CENTER, 4063—148th Ave NE	425-452-7681
NORTHWEST ARTS CENTER, 9825 NE 24th ST	
Program Registration & Rental Information.....	425-452-4106
PARKS ADMINISTRATION, Bellevue City Hall, 450 - 110th Ave NE	425-452-6885
ROBINSWOOD HOUSE.....	425-452-7850
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 Way	425-452-4240
TEEN SERVICES, City Hall, 450 - 110th Ave NE	425-452-2846
YOUTH LINK, City Hall, 450 - 110th Ave NE.....	425-452-5254
YOUTH SPORTS, Bellevue City Hall, 450 - 110th Ave NE.....	425-452-6885

CONNECTIONS



Bellevue Parks & Community Services

PO Box 90012
Bellevue, WA 98009-9012

Bellevue City Council

John Chelminiak, Mayor

Lynne Robinson, Deputy Mayor

Conrad Lee Jared Nieuwenhuis
Jennifer Robertson John Stokes
Janice Zahn

Parks & Community Services Board

Debra Kumar, Chair

Heather Trescases, Vice Chair

Paul Clark David Hamilton
Stuart Heath Eric Synn
Pamela Unger

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: *Day Camp Fun*, photograph by Marcus Donner.

Questions or comments about Connections? Contact Colin Walker, Department Marketing Administrator, at cwalker@bellevuewa.gov.



Advance Registration Preference for Bellevue Residents • Registration began March 26, 2019

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 April 4, 2019.

INTERNET

Visit
<http://register.bellevuewa.gov>
to register for
classes online.

PHONE-IN

Telephone
Registration
begins
April 9.
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 <http://register.bellevue-wa.gov>, 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 either electronically or via USPS after registration has been processed.

PAYMENT: Payment is accepted in Cash, gift certificates, checks, or Visa/Master-Card only. Payment for all programs except day camps is due in full at the time of registration. All transactions completed online require payment in full at the time of registration. **Scholarship application is required prior to registration.** Please do not mail cash.

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 each session.

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

CHECKS: All checks or drafts received by the City which are returned or dishonored by the drawee bank or other such depository shall be assessed a charge of \$15.00 (Adm. Order 53).

REFUNDS: Programs cancelled by the City will result in a 100% refund of program fees. No refunds are available for programs \$10 or less. No refunds or credits will be issued on or after the first day of the program or camp.

General Recreation Programs/Mini-Camps: A refund is granted if the withdrawal is made at least seven (7) calendar days prior to the start of the program, less a \$10 administrative fee per participant, per program. Withdrawals requested fewer than seven (7) calendar days prior to the start of the program will result in a refund of:

Programs with fees \$20 or less: program fee, less \$10 administrative fee, per participant, per program.

Programs with fees greater than \$20: 50% of the program fee, per participant, per program.

Day Camps: A refund is granted if the withdrawal is made at least ten (10) calendar days prior to the start of class, less a \$35 non-refundable deposit, per participant, per camp. Camp withdrawals requested less than ten (10) calendar days prior to camp will result in a refund of 50% of the program fee, per participant, per program. If you are interested in transferring to a different camp, please call 425-452-6885 for information on our transfer policy.

Scholarships: Scholarships are available to qualifying residents who live within the Bellevue City limits. See page 9 for scholarship application. Scholarship applicants will be notified of the amount due for each session after scholarship application is processed. Please attach proof of residency and income to scholarship application.

Adaptive Recreation Programs

Highland Community Center: 425-452-7686 | **Northwest Arts Center:** 425-452-4106 | **Bellevue Youth Theatre:** 425-452-7155

People with disabilities are encouraged to participate in any program of their choice. The city will provide reasonable modifications for programs and services. This information will be provided in alternate formats for individuals with disabilities upon request. Assistance for the Deaf and Hard of Hearing can be provided through the 711 Telecommunications Relay Service. For assistance, please call 425-452-6885.

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.

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 JSWilson@bellevuewa.gov, or 425-452-4278.



Advance Registration Preference for Bellevue Residents • Registration Began March 26, 2019

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

See **Registration Steps** Page 7.

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

Make checks payable to **City of Bellevue**

Please print clearly

Main Contact Last Name		First Name		E-mail Address	
City	State	ZIP Code		<input type="checkbox"/> I do not wish to receive updates from Bellevue Parks & Community Services via email. <small>NOTE: If you check this box, you will not be notified of future registration opportunities by email.</small>	
Main contact date of birth	() Home phone	() Work phone	() Cell phone		

Participant's Name	Use Schol-ar-ship?*	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)

People with disabilities are encouraged to participate in any program of their choice. The city will provide reasonable modifications for programs and services. Call Highland Community Center, 425-452-7686, for more information.

***For scholarship information, call 425-452-6885, or see page 9.**

Scholarship applications must be approved prior to registration.

Payment Details Payment due in full at time of registration

Payment Method

☐ Check ☐ D.D.A. (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 April 4, 2019.

Mail completed form to:

Bellevue Parks Registration; P.O. Box 90012; Bellevue, WA 98009-9012

WAIVER OF LIABILITY/RELEASE – PLEASE READ CAREFULLY

In consideration of myself and/or my child(ren) being allowed to use City of Bellevue Parks & Community Services facilities and/or participate in the City-sponsored activity(ies) identified herein, **I ASSUME ANY AND 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 the City-sponsored activity(ies) identified herein. 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 or to assert a claim against the City of Bellevue in connection with the use of City facilities or participation in the City-sponsored activity stated below.

PHOTO/VIDEO RELEASE: I give my permission to have photos and/or video and audio recordings taken of me or my child(ren) during City of Bellevue activities and authorize the City of Bellevue to copyright, use, and publish the same. I understand I am waiving any right of privacy, compensation, copyright or other ownership right connected to the photo or recording. If you do not give permission to have photos and/or video and audio taken of you or your child(ren), please contact the main office at 425-452-6885 or Parksweb@bellevuewa.gov.

I acknowledge that I have carefully read this WAIVER OF LIABILITY / RELEASE and fully understand that I am waiving any right that I may now or hereafter have to bring a legal action to assert any claim against the City of Bellevue in connection with my or my child(ren)'s participation in this activity.

Printed Name: _____

Registration NOT VALID without signed waiver.

Adult Participant or Participant's Parent/Guardian Signature _____

Date _____



SCHOLARSHIPS AVAILABLE FOR RECREATION PROGRAMS

Bellevue Parks & Community Services strives to make program opportunities available to all interested individuals who live in the boundaries of the city of Bellevue, regardless of income. We provide scholarships to those who might not otherwise be able to participate. Visit one of the locations listed at the bottom of this page to obtain a copy of the scholarship application form, visit parks.bellevuewa.gov/connections to download a copy, or call 425-452-6885 and staff will be happy to mail you a copy of the form, free of charge.

贝尔维尤公园和社区服务中心致力于为居住在贝尔维尤市边界地区的所有对此计划感兴趣的人士提供机会，而不会考虑个人的收入情况。我们为可能无法参与的人士提供奖学金。您可前往本页面底部列出的其中任一地点，领取一份奖学金申请表副本，也可以浏览网站 parks.bellevuewa.gov/connections 下载一份副本，或致电 425-452-6885，工作人员将乐意给您免费邮寄申请表副本。

벨뷰 공원 및 근린시설 서비스는 소득 수준과 관계없이 프로그램에 관심이 있는 벨뷰시 거주 시민이라면 누구든지 프로그램을 이용할 기회를 제공하고자 노력합니다. 참여가 어려운 사람에게는 장학금을 제공합니다. 이 페이지 하단에 열거된 지점 중 한 곳을 방문하거나 parks.bellevuewa.gov/connections를 방문하여 장학금 지원서 양식을 받을 수 있으며, 425-452-6885번으로 전화하면 직원이 지원서 양식을 무료로 발송해드립니다.

Служба парков и коммунальных предприятий Бельвю предлагает программы создания возможностей всем заинтересованным лицам, которые живут в пределах города Бельвю, независимо от их дохода. Мы предоставляем стипендии тем, кто без этого не сможет стать участником программы. Получить бланк заявки на стипендию можно в одном из офисов, перечисленных в нижней части этой страницы. Чтобы скачать бланк заявки, зайдите на страницу parks.bellevuewa.gov/connections или позвоните по номеру 425-452-6885, и сотрудники бесплатно отправят вам бланк по почте.

Parques y Servicios Comunitarios de Bellevue procura hacer que las oportunidades para participar en los programas estén disponibles a todos aquellos que estén interesados y vivan dentro de los límites de la ciudad de Bellevue, independientemente de sus ingresos. Otorgamos becas a los que no podrían participar de otra manera. Visite algunos de los locales listados al pie de esta página para obtener una copia del formulario de solicitud de becas, también puede ingresar a parks.bellevuewa.gov/connections y descargar el formulario o puede llamar al 425-452-6885 y el personal felizmente le enviará una copia por correo electrónico sin costo.

Bellevue Aquatic Center 601 143rd Ave NE
Bellevue City Hall 450 110th Ave NE - ServiceFirst
Bellevue Youth Theatre 16501 NE 10th St
Crossroads Community Center 16000 NE 10th St
Highland Community Center 14224 Bel-Red Rd

Kelsey Creek Farm 410 130th Pl SE
Crossroads Mini City Hall 15600 NE 8th St #H9
North Bellevue Community Center 4063 148th Ave NE
Northwest Arts Center 9825 NE 24th St
South Bellevue Community Center 14509 SE Newport Way



UPCOMING PRODUCTIONS

Bobby's World of Adventure

What if you suddenly woke up to find yourself in an entirely new world where the characters you read about were not what you thought? Piecing together the clues, Bobby must quickly figure out how to return home before being trapped forever. This show is suitable for all ages of audience members ready for a fun-filled adventure.

Friday, May 3 at 7pm
Saturday, May 4 at 7pm
Sunday, May 5 at 2pm
Friday, May 10 at 7pm
Saturday, May 11 at 2pm and 7pm

A Midsummer Night's Dream

Shakespeare's journey into a world of fairies and mystery. The most popular of his work comes to life at the Bellevue Youth Theatre. This is fun for the whole family. The show will run approximately 60 minutes.

Friday, May 17 at 7pm
Saturday, May 18 at 7pm
Sunday, May 19 at 2pm
Saturday, May 25 at 2pm and 7pm
Sunday, May 26 at 2pm



Pippi and the Wayward Pirates

Come enjoy a journey with pirates, the circus, and just hometown fun as Pippi shows her power and saves everyone in the process. New songs highlight this musical. Great fun for all ages, this is summer youth theatre at its best.

Friday, August 2, 9 & 16 at 7pm
Saturday, August 3, 10 & 17 at 2pm
Saturday, August 3, 10 & 17 at 7pm
Sunday, August 4, 11 & 18 at 2pm

All Seats Reserved:

Bobby's World & A Midsummer Night's Dream: \$15 per ticket

Pippi and the Wayward Pirates: \$12 per ticket

No refunds once purchased. All ticket prices the same regardless of age. All seats are reserved and we do sell out. Buying your tickets early is highly recommended!



425-452-7155

parks.bellevuewa.gov/BYT

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, and people living with disabilities and seniors not only in Bellevue, but in other Eastside communities as well.

The theatre presents 11 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 7,000 performance attendees.

Today the Bellevue Youth Theatre is a place where skills are learned, talents are discovered, creativity is expressed, and community is strengthened. In March, 2015, Bellevue Youth Theatre opened the doors on its new, state-of-the-art theatre at Crossroads Community Park.

<http://parks.bellevuewa.gov>

AUDITIONS, CASTS & REHEARSALS

PIPPY AND THE WAYWARD PIRATES

Pick your time and enjoy this delightful tale with all the characters from the book. There will be three casts. One cast rehearses at 4-6 p.m. (performs August 16-18), one cast rehearses 5-7 p.m. (performs August 9-11), and one cast rehearses 6-8 p.m. (performs August 2-4). All rehearsals and performances are at the Bellevue Youth Theatre, 16051 NE 10th Street in Bellevue. Great roles for all ages. (Youth ages 5-10 must pre-register and will not attend auditions unless they have been in 3 BYT shows within 2 years.)

NO SCHEDULING CONFLICTS ALLOWED DURING TECH AND PERFORMANCE WEEKS

CAST MEMBERS AGES 11 AND OLDER

Blue Cast

Auditions: June 3 or 4 at BYT, 5-6:30 p.m. Rehearsal location: Bellevue Youth Theatre Rehearsals begin: Monday, June 24	Rehearsal time: Monday-Friday, 6-8 p.m. Tech Week: The week beginning July 29 Performs: August 2-4
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Red Cast

Auditions: June 3 or 4 at BYT, 5-6:30 p.m. Rehearsal location: Bellevue Youth Theatre Rehearsals begin: Monday, June 24	Rehearsal time: Monday-Friday, 5-7 p.m. Tech Week: The week beginning August 5 Performs: August 9-11
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White Cast

Auditions: June 3 or 4 at BYT, 5-6:30 p.m. Rehearsal location: Bellevue Youth Theatre Rehearsals begin: Monday, June 24	Rehearsal time: Monday-Friday, 4-6 p.m. Tech Week: The week beginning August 12 Performs: August 16-18
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CAST MEMBERS AGES 5-10

Children who have been in 3 or more shows at BYT in 2018-2019 may audition. Parents will NOT pre-register their children in this class.

Blue Cast

Course #: 1902400 Rehearsal location: Bellevue Youth Theatre Rehearsals begin: Monday, June 24	Rehearsal time: Monday-Friday, 6-8 p.m. Tech Week: The week beginning July 29 Performs: August 2-4
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Red Cast

Course #: 1902401 Rehearsal location: Bellevue Youth Theatre Rehearsals begin: Monday, June 24	Rehearsal time: Monday-Friday, 5-7 p.m. Tech Week: The week beginning August 5 Performs: August 9-11
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White Cast

Course #: 1902402 Rehearsal location: Bellevue Youth Theatre Rehearsals begin: Monday, June 24	Rehearsal time: Monday-Friday, 4-6 p.m. Tech Week: The week beginning August 12 Performs: August 16-18
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Birthday Party Packages at Northwest Arts Center



Leave your party details to us! Enjoy an hour of fun-filled activity and one hour of party room festivities. We provide the friendly and enthusiastic party staff, teachers, and a special party gift for each child. You bring the rest!

Party packages are for 10 children, with prices listed for Bellevue residents. Ask about non-Bellevue resident pricing, and fee for additional children over 10. Party packages include:

- **Art It Up!** Features crafts or beading assembly, for ages 3-12 \$175
- **Play Zone Party** Features an open gym and playground games for ages 2-5 \$175
- **Pottery Party** Make a small bowl, vase or other item to cherish or give someone as a gift, for ages 6 and up \$220
- **Junior Chef Party** Create a birthday treat and decorate an apron to take home, for ages 5-12 \$200
- **Taekwondo Party** Enjoy learning martial arts and playing fitness and challenge games with your friends. Ages 5-9 \$200

Themed Parties \$175

- **Princess Party** for ages 2-8
- **Pirate Party** for ages 4-8
- **Dinosaur Party** for ages 4-8

Call our Party Coordinator at 425-452-4106 for pricing, availability, and to arrange your party today! Parties are held at the Northwest Arts Center - 9825 NE 24th St.

BELLEVUE AQUATIC CENTER

601 - 143rd Avenue NE

Phone: 425-452-4444 | Fax: 425-452-6100

Email: aquatics@bellevuewa.gov

SWIM RATES

Drop-In Fees

Adult:	\$7
Youth (12 yrs. and younger):	\$6
Deep Water Exercise Class:	\$8
Master Swim Class:	\$8
Discounted Swim (Mon-Sat before 10am, Wed 7-8pm when available):	\$5.50
Shower only: (Blue Lagoon locker rooms)	\$2

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:	\$71.04
Youth:	\$60.72
Deep Water Exercise:	\$81.60
Masters Swim:	\$81.60
Discounted Swim:	\$55.08

3 Month Swim Pass Cards: For Lap, Open, and Rehab Swims

Adult:	\$182.75
Youth:	\$121.25
Family:	\$295

PARTIES AT THE POOL

Pool rentals available on Saturdays and Sundays, 2:30-4:30pm in the Blue Lagoon Pool. Cost includes staff and use of pool toys.

1 - 25 guests:	\$225 per hour
26-50 guests:	\$271.50 per hour
51-75 guests:	\$301 per hour
76-100 guests:	\$357.50 per hour
100-125 guests:	\$447 per hour

Party Room Rentals

Available during pool rentals or open swims. \$77 per hour. Accommodates groups of under 20. This room **is not** wheelchair accessible.

EXERCISE CLASSES & TRAINING

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.



OTHER ACTIVITIES AVAILABLE AT THE BELLEVUE AQUATIC CENTER

The Bellevue Aquatic Center has a diverse group of contractors operating at our facility. These program areas include: physical, occupational, and recreational therapy, fitness and exercise programs, USS Swim teams, private and group swim lessons, triathlon training, springboard diving, and SCUBA diving. For a list of contractors with their contact numbers please call the Aquatic Center at 425-452-4444 or visit the Bellevue Aquatic Center webpage at parks.bellevuewa.gov/swim.

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

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.

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 at register.bellevuewa.gov 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.
- Many courses have pre-requisites that need to be met prior to registration. Participants registered for the incorrect level will be removed according to the City's withdrawal policy, and will be charged a withdrawal fee. Call the Bellevue Aquatics Center at 425-452-4444 for more information.

Minimum Class Size: Each program has a minimum class size requirement. If this is not met, the Bellevue Aquatic Center may cancel the course. Accommodations will be made for the participant if possible; otherwise a full refund be given for the canceled course.

Private/Semi-Private Swim Lessons

For private lesson availability visit register.bellevuewa.gov and search "Private Swim Lessons." We offer semi-private (2:1) swim lessons to participants of similar swim ability. If you are interested in setting up semi-private swim lessons, please call Julie at 425-452-4444.

CURRENT SWIM LESSON SCHEDULE

Due to a regional swim instructor and lifeguard shortage, our complete class schedule was not available at the time of publication.

Additional sessions may be available.

Visit register.bellevuewa.gov or call 425-452-4444 for the most up-to-date list of lessons.



NOW HIRING LIFEGUARDS AND SWIM INSTRUCTORS

The Bellevue Aquatic Center has immediate openings available for lifeguards and swim instructors. These positions offer flexible hours in a fun work environment, with the chance to provide a positive impact on many peoples' lives.

Our lifeguards earn between \$11.50-\$21.50 per hour (depending on experience).

Pool lifeguards and swim instructors must be 15 years old, have and maintain current American Red Cross Lifeguard certification, and pass a criminal background check prior to being hired.

Apply online today! For more information, contact Patrick Simmons, 425-452-4444 or visit parks.bellevuewa.gov/swim

Not a certified lifeguard yet? Contact the Bellevue Aquatic Center for more information about requirements to becoming a lifeguard and upcoming lifeguard training classes.

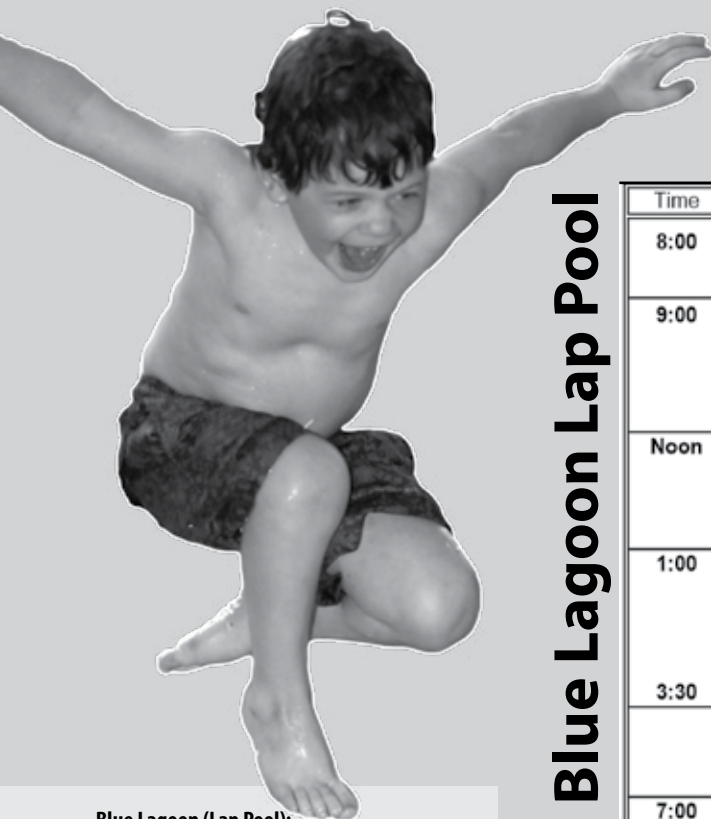
BELLEVUE AQUATIC CENTER

Pool Schedule• Valid June 24 through August 18, 2019

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

Special Hours of Operation: July 4 - Open 8am-2:30pm; No lessons July 4 & August 3-4.

Pool annual maintenance closure August 19 to September 8.



Blue Lagoon Lap Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00	Lap Swim (4 lanes)	Lap Swim	Lap Swim (4 lanes)	Lap Swim	Lap Swim (4 lanes)	Lap Swim 8-12:30	Open at 9
9:00	Lessons & Lap Swim					Lessons Deep H2O 10-11am	Lap Swim Lessons
Noon	Lap Swim Masters 4 lanes	Lap Swim	Lap Swim Masters 4 lanes	Lap Swim Masters 4 lanes	Lap Swim Masters 4 lanes	Open Swim 12:30-2:30	
1:00	Open Swim	MS 1-2 Open Swim 2-3:30	Open Swim	Open Swim	Open Swim		
3:30	Lessons @ 3:25 Swim Teams					Swim Teams 2:30-4:30	Pool Rentals 2:30-4:30
7:00	Open Swim	Lap Swim Swim Teams	Open Swim	Lap Swim Swim Teams	Open Swim		
8:00		Scuba (DT)		Scuba (DT)			

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.

Warm Springs Therapy Pool

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00	Open & Therapy (shallow end)	Adult & Therapy	Open & Therapy (shallow end)	Adult & Therapy	Open & Therapy (shallow end)	Adult & Therapy	Open at 9
9:00	Lessons						
12:30	Open & Therapy	Adult & Therapy	Open & Therapy	Adult & Therapy	Open & Therapy	Open & Therapy 12:30 - 2:30	
2:30	Adult & Therapy	Open & Therapy	Adult & Therapy	Open & Therapy	Adult & Therapy		
4:00	Lessons @ 3:25				Open & Therapy		
7:00	Open & Therapy				Lessons		
8:00							



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 arm-stroke.
- **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.

Preschool 1

40	9-9:30am	Mon-Fri	Jun 24-Jul 05	\$132.75
41	9-9:30am	Mon-Fri	Jul 08-Jul 19	\$147.50
42	9-9:30am	Mon-Fri	Jul 22-Aug 02	\$147.50
43	9-9:30am	Mon-Fri	Aug 05-Aug 16	\$147.50

Preschool 2

11	9:35-10:05am	Mon-Fri	Jun 24-Jul 05	\$132.75
14	9:35-10:05am	Mon-Fri	Jul 08-Jul 19	\$142.50
15	9:35-10:05am	Mon-Fri	Jul 22-Aug 02	\$147.50
16	9:35-10:05am	Mon-Fri	Aug 05-Aug 16	\$147.50

Preschool 3

180665-33	10:10-10:40am	Mon-Fri	Jun 24-Jul 05	\$132.75
180665-36	10:10-10:40am	Mon-Fri	Jul 22-Aug 02	\$142.50

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-COMPETITION:** An endurance building class preparing students for swim team.

Youth 1

180674-14	10:45-11:15am	Mon-Fri	Jun 24-Jul 05	\$132.75
19067333	10:45-11:15am	Mon-Fri	Jul 08-Jul 19	\$147.50
19067334	10:45-11:15am	Mon-Fri	Jul 22-Aug 02	\$147.50
19067335	10:45-11:15am	Mon-Fri	Aug 05-Aug 16	\$147.50

Youth 2

180677-30	10:10-10:40am	Mon-Fri	Jul 08-Jul 19	\$142.50
19067633	10:10-10:40am	Mon-Fri	Aug 05-Aug 16	\$142.50

Youth 3

180679-16	11:20-11:50am	Mon-Fri	Jun 24-Jul 05	\$128.25
19067833	11:20-11:50am	Mon-Fri	Jun 24-Jul 05	\$128.25

Youth 4

180680-30	11:20-11:50am	Mon-Fri	Jul 08-Jul 19	\$142.50
19067933	11:20-11:50am	Mon-Fri	Jul 22-Aug 02	\$142.50

Youth 5

180682-30	11:55am-12:25pm	Mon-Fri	Jul 08-Jul 19	\$142.50
19068132	11:55am-12:25pm	Mon-Fri	Aug 05-Aug 16	\$142.50

Youth 6

180663-20	11:55am-12:25pm	Mon-Fri	Jun 24-Jul 05	\$128.25
19066222	11:55am-12:25pm	Mon-Fri	Jul 22-Aug 02	\$142.50

Pre-Competition

49	11:55am-12:25pm	Mon-Fri	Jun 24-Jul 05	\$128.25
19066052	11:55am-12:25pm	Mon-Fri	Jul 22-Aug 02	\$142.50

ADULT ENRICHMENT

Eastside Legal Assistance Clinic

The Eastside Legal Assistance Program offers a general legal clinic for low-income individuals at 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.

North Bellevue Community Center

FREE			Age: 18Y & Up
1900873	2-4pm	Thu	May 02-Aug 29

APDA Early On-Set Parkinson's Disease Support Group

The American Parkinson Disease Association nationwide network provides information and referral, education and support programs, health and wellness activities, and events to facilitate a better quality of life for the Parkinson's community. When someone who is 21-50 years old receives a diagnosis of Parkinson's disease, it is referred to as early onset Parkinson's disease, or young onset Parkinson's disease. This early on-set Parkinson's support group meets the 1st Wednesday of each month 7-8:30pm at North Bellevue Community Center. No pre-registration required. This is a FREE program.

North Bellevue Community Center

FREE			Age: All Ages
191019-1	7-8:30pm	Wed	May 01
191019-2	7-8:30pm	Wed	Jun 05
191019-3	7-8:30pm	Wed	Jul 03
191019-4	7-8:30pm	Wed	Aug 07

ORCA-To-Go Card Distribution

Each month ORCA To-Go travels around the Puget Sound area making stops at senior and community centers, major events, fairs and other key locations to provide on the spot full-service ORCA card sales and assistance. Cash, checks, and major credit cards accepted for payment. No pre-registration required. Call 1-888-988-6722 or visit www.orcacard.com for more information.

North Bellevue Community Center

FREE			Age: All Ages
191081-1	10am-12pm	Tue	May 21
191081-2	10am-12pm	Tue	Jul 16

CONTINUING EDUCATION

AHA Heartsaver Adult/Child CPR AED Class

The Bellevue Fire Department offers citizen CPR/AED classes that follow the American Heart Association's Heartsaver CPR curriculum. Pre-registration is required for all classes. The Adult/Child CPR hands-on course teaches warning signs of heart attack and stroke, CPR, AED and relief of choking for adult and child victims (1 to 8 years of age). Skills test required for course completion card.

Fire Station #1

\$60			Age: 14Y & Up
1902769	7-10pm	Thu	May 02
19029010	7-10pm	Tue	May 21
19029011	7-10pm	Thu	Jun 06
19029012	7-10pm	Tue	Jun 18
19029013	7-10pm	Thu	Jul 11
19029014	7-10pm	Thu	Aug 08
19029015	7-10pm	Tue	Aug 20
1902752	7-10pm	Tue	Jul 23

AHA Heartsaver Infant/Child CPR Class

The Bellevue Fire Department offers citizen CPR/AED classes that follow the American Heart Association's Heartsaver CPR curriculum. Pre-registration is required for all classes. The hands on Infant/Child CPR course teaches CPR and choking intervention for infants and children from birth to 8 years of age. It also includes AED for children from 1 to 8. Skills test required for course completion card.

Fire Station #1

\$60			Age: 14Y & Up
1903133	7-10pm	Thu	May 16
1903134	7-10pm	Thu	Jul 18

SeniorTech of Puget Sound Drop-in Computer Assistance

SeniorTech of Puget Sound provides basic education in the use of computers, tablets, smartphones, electronic book readers, digital cameras, and similar devices. They focus on, but do not limit their services to, persons 50 and older. Their goal is to provide computer and related device literacy to any senior and other persons willing to learn. Stop by the 2nd, 4th & 5th Tuesday of each month to get assistance with your computer needs. No pre-registration required. This is a drop-in activity. Fee payable at the door.

North Bellevue Community Center

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

Age: 50Y & Up

SeniorTech of Puget Sound Computer Education Session

SeniorTech of Puget Sound provides basic education in the use of computers, tablets, smartphones, electronic book readers, digital cameras, and similar devices. They focus on, but do not limit our services to, adults 50 and older. Their goal is to provide computer and related device literacy to any senior and other persons willing to learn. Join them for a FREE monthly education session. For more information visit <http://www.seniortechps.org/>

North Bellevue Community Center

FREE			Age: 50Y & Up
190580-1	9:30am-12pm	Tue	May 07
190580-2	9:30am-12pm	Tue	Jun 04
190580-3	9:30am-12pm	Tue	Jul 02
190580-4	9:30am-12pm	Tue	Aug 06

AARP Driver Safety Program

The AARP 2-day Smart Driver Course is one of many programs offered by AARP Driver Safety. It's the nation's largest classroom and online driver safety course and it's designed especially for drivers age 50 and older. Pre-registration is required. Fee payable by cash or check to AARP at the door.

North Bellevue Community Center

\$15 AARP Members / \$20 Non-Members			Age: 50Y & Up
191058-1	9am-1pm	Tue	May 14-May 21
191058-2	9am-1pm	Tue	Jul 16-Jul 23

SHIBA Medicare Assistance

The Statewide Health Insurance Benefits Advisors (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 are also experts in Medigap coverage, employment-related health benefits, managed care, long-term care insurance, fraud and abuse questions. Appointments available 3rd Wednesday each month. Pre-registration required. This is a FREE program.

North Bellevue Community Center

FREE

Age: All Ages

NBCC Computer Class - Windows 10

You have used windows for awhile and want to learn more. We will focus on Windows 10. You will learn to make your computer experience easier and will learn tips and tricks to save you time. Plan to bring your own laptop updated and fully charged and also bring the passwords for your accounts. If you do not have a laptop, we do have a few laptops for class use.

North Bellevue Community Center

\$35(R) \$42(N)

1901454

1:30-3pm

Tue

Age: All Ages

May 07-May 28

MULTI-CULTURAL SERVICES & PROGRAMS

CISC Chorus

CISC helps immigrants throughout King County achieve success in their new community by providing information, referral, advocacy, social, and support services. Come sing with the CISC Chorus at North Bellevue Community Center! New singers are welcome at any time. No auditions and no pre-registration required. This is a FREE activity.

North Bellevue Community Center

FREE

1900437

10:30am-12pm

Wed

Age: All Ages

May 01-Aug 28

CISC Music Group

CISC helps immigrants throughout King County achieve success in their new community by providing information, referral, advocacy, social, and support services. This free drop-in music class offers participants to sing-along with traditional Chinese instruments. No pre-registration required.

North Bellevue Community Center

FREE

1900457

9-10:30am

Thu

Age: All Ages

May 02-Aug 29

CISC Ballroom & Line Dancing

CISC helps immigrants throughout King County achieve success in their new community by providing information, referral, advocacy, social, and support services. With this dance group you, will learn and practice new dance moves such as the Cha-Cha, Waltz, Tango, and Rumba. Individual dancing/no partner required. No pre-registration required. This is a drop-in activity. Fee payable at the door.

North Bellevue Community Center

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

1900617

1-3pm

Wed

Age: 18Y & Up

May 01-Aug 28

CISC ESL Instruction

CISC helps immigrants throughout King County achieve success in their new community by providing information, referral, advocacy, social, and support services. This English as a Second Language instruction is for beginner/intermediate English speaking adults with Mandarin as a first language. No pre-registration required. This is a FREE activity.

North Bellevue Community Center

FREE

1900727

9:30-11am

Wed

Age: Up to 120Y

May 01-Aug 30

<http://parks.bellevuewa.gov>

CISC ESL Newspaper Reading

CISC helps immigrants throughout King County achieve success in their new community by providing information, referral, advocacy, social, and support services. Each week this group will study an article from the local newspaper and learn new vocabulary. This English as a Second Language instruction is for beginner/intermediate English speaking adults with Mandarin as a first language. No pre-registration required. This is a FREE activity.

North Bellevue Community Center

FREE

1900730

9-10am

Wed

Age: All Ages

May 01-Aug 28

Sea Mar ESL Instruction

Sea Mar, while serving all populations, takes pride in specializing in services to Latino families, many of whom are native Spanish speakers and have limited or no English-speaking abilities. In this group 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 at North Bellevue Community Center. No pre-registration required. This is a FREE activity.

North Bellevue Community Center

FREE

1900733

12:45-1:45pm

Mon

Age: 18Y & Up

May 06-Aug 26

Sea Mar Exercise in Spanish

Sea Mar, while serving all populations, takes pride in specializing in services to Latino families, many of whom are native Spanish speakers and have limited or no English-speaking abilities. Exercise instruction is given in Spanish. No pre-registration required. This is a FREE activity.

North Bellevue Community Center

FREE

1900808

11am-12pm

Fri

Age: All Ages

May 03-Aug 30

CISC Information & Assistance

CISC helps immigrants throughout King County achieve success in their new community by providing information, referral, advocacy, social, and support services. This service is provided in Mandarin to those 55 years of age or older with questions and concerns regarding health insurance, housing, naturalization application, utility or medical bills etc. Please call 206-624-5633 x4123 for additional information or to make an appointment. This is a FREE service.

North Bellevue Community Center

FREE

1901034

9am-12pm

Thu

Age: All Ages

May 02-Aug 29

Register Online:

<http://register.bellevuewa.gov>

May through August 2019

CONNECTIONS

CISC Drop-in Tai Chi Practice

Tai chi is an internal Chinese martial art practiced for both its defense training and its health benefits including enhanced flexibility and balance, lower blood pressure and improved heart health, and may lower levels of depression, stress and anxiety. Tai chi is easy to learn and follow, join any time. No instruction provided for this activity. No pre-registration required. This is a drop-in activity. Fee payable at the door.

North Bellevue Community Center

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

1901037

9-11am

Wed

Age: 18Y & Up

May 01-Aug 28

IAWW Community Program

North Bellevue Community Center and the India Association of Western Washington (IAWW) have partnered in effort to unite and celebrate multi-generational Indian families and bridge cultural gaps in the community by providing safe, creative space for activities including yoga, health talks and social communication. This program is open to everyone every Thursday morning and evening. Contact IAWW for additional information; 206-805-8955, or www.iaww.org.

North Bellevue Community Center

FREE

1901040

9am-9pm

Thu

Age: All Ages

May 02-Aug 29

RJCC Choir

The Russian-Jewish Cultural Center (RJCC) works towards unification and development of the Russian-Jewish community by developing good citizenship skills awareness. The RJCC Choir students will learn to produce a healthy vocal tone and match pitch by developing their singing voice. Learning to sing in a choral ensemble, along with learning to read music, and learning to sing in multi-vocal parts are core components of the curriculum. Developing self-discipline is an integral part of the learning process. RJCC teaches students to work with and follow a choral director, with intonation on concentration and cooperation. A great deal of class time is spent on vocal and musical techniques, as well as performance standards, which will be demonstrated to audiences in various styles of performances throughout the year.

North Bellevue Community Center

FREE

1901044

6-8pm

Thu

Age: All Ages

May 02-Aug 29

RJCC Pantomime

The Russian-Jewish Cultural Center (RJCC) works towards unification and development of the Russian-Jewish community by developing good citizenship skills awareness. Pantomime is a type of musical comedy stage production designed for family entertainment. Through self and collaborative exploration, RJCC Pantomime students will develop skills in all aspects of acting. During this course students will investigate stagecraft, voice, movement, text, improvisation, and performance within focused units of study.

North Bellevue Community Center

FREE

1901046

7-8:30pm

Wed

Age: All Ages

May 01-Aug 28

RJCC Immigrants in Business

The Russian-Jewish Cultural Center (RJCC) works towards unification and development of the Russian-Jewish community by developing good citizenship skills awareness. One of the important goals of the Center's activities is to provide a platform for immigrants in the City of Bellevue to meet each other and share cultural experiences as a group. Contact Adira Wiseman at 425-736-7265 for more information. A fee of \$15 will be collected by RJCC at the door.

North Bellevue Community Center

\$15

1901049

6-8:30pm

Tue

Age: All Ages

May 07

ESL for Chinese Seniors

English as a second language is offered for non-native speakers. Beginner and Intermediate.

South Bellevue Community Center (Classroom 201)

FREE

1906512

12:30-2pm

Thu

Age: 60Y & Up

May 02-Jun 13

SOCIAL SERVICES & PROGRAMS

NBCC Book Club

Join the North Bellevue Community Center Book Club to read and discuss literature with a group of your peers. A monthly reading list is available online or at North Bellevue Community Center. Join anytime, no pre-registration required. This is a FREE activity.

North Bellevue Community Center

FREE

Age: 50Y & Up

Evening book club: 3rd Tuesday of the month

Call 425-452-7681 for more information

Alive @ 25

Alive at 25, is a four (4) hour driver awareness program that addresses the number one cause of death for drivers ages 15 to 24-- motor vehicle crashes-- and is a national program that has been adopted by many states and courts. Alive @ 25 encourages young drivers to take responsibility for their driving behavior. Alive at 25 is a highly-effective interactive course ideal for young drivers who incur traffic violations. This is a classroom based course utilizing media segments, workbook exercises, class discussions and role playing; young drivers develop convictions and strategies that will keep them safe on the road. *THE FEE FOR THIS COURSE IS NON-REFUNDABLE. For further information or to speak to someone, contact Bellevue Probation by calling 425-452-6956 or by email at COBProbation@bellevuewa.gov **BELLEVUE PROBATION has MOVED! Our new address is 1309 114th Ave SE, Suite 200 in Bellevue.**

Bellevue Court House (Bellevue Probation Office)

\$75(R) \$75(N)

Age: 15-24Y

1-5pm

Wed

Jun 05

1-5pm

Wed

May 01

1-5pm

Wed

Jul 03

Afternoon at the Movies

Come enjoy a free movie and popcorn each week at North Bellevue Community Center. A monthly movie list can be found online or at North Bellevue Community Center. No pre-registration required. This is a FREE activity.

North Bellevue Community Center

FREE			Age: 18Y & Up
1900460	2-4pm	Thu	May 02-Aug 27

Community Lunch Program

Come enjoy a weekly meal sponsored by Catholic Community Services at North Bellevue Community Center. Lunch is served on a first come-first served basis at 12:00pm. Monthly menus are available online or at North Bellevue Community Center. No pre-registration required. Fee payable by cash or check at the door.

North Bellevue Community Center

FREE			Age: Up to 120Y
1900724	9:30am-1pm	Mon,Tue,Wed,Fri	May 01-Aug 31

DROP-IN PROGRAMS

Drop-in Billiards

Adults can drop-in with friends or show up to make some during business hours to play pool/billiards on our two regulation sized tables at North Bellevue Community Center. Balls, cues, racks & chalk provided. No pre-registration required. This is a FREE activity.

North Bellevue Community Center

FREE			Age: 18Y & Up
1900825	8am-8:30pm	Mon,Tue,Wed,Thu,Fri,Sat	May 01-Aug 31

Drop-in Duplicate Bridge

Duplicate bridge is the most widely used variation of contract bridge in club and tournament play. Bring a partner or get on a list at North Bellevue Community Center to be paired with a partner and enjoy some social play! No pre-registration required. This is a FREE activity.

North Bellevue Community Center

FREE			Age: 18Y & Up
1900828	12-3:30pm	Wed,Fri	May 01-Aug 30

Drop-in Cribbage

Come join friends for a fun game of Cribbage. No pre-registration required. This is a FREE activity.

North Bellevue Community Center

FREE			Age: 18Y & Up
1900832	10am-12pm	Thu	May 02-Aug 29

Drop-in Pickleball

Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Adults can drop-in for a recreational game of pickleball during specified play times. Court, net and balls are provided by North Bellevue Community Center. Players provide their own paddle. No pre-registration required. This is a drop-in activity. Fee payable at the door.

North Bellevue Community Center

\$4(R) \$5(N)			Age: 18Y & Up
1900860	3:30-5:30pm	Mon,Wed,Fri	May 01-Aug 30

Hidden Valley Fieldhouse

\$4(R) \$5(N)			Age: 18Y & Up
	10am-12pm	Thu	May 04-Jun 20

Drop-in Ping Pong

Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Adults can drop-in for a recreational game of pickleball during specified play times. Court, net and balls are provided by North Bellevue Community Center. Players provide their own paddle. No pre-registration required. This is a drop-in activity. Fee payable at the door.

North Bellevue Community Center

\$4(R) \$5(N)			Age: 18Y & Up
	8:45-10:45am	Mon,Wed,Fri	May 01-Aug 30
	3:30-5:30pm	Mon,Wed,Fri	May 01-Aug 30

Drop-in Mahjong

Similar to the Western card game rummy, Mahjong is a game of skill, strategy, and calculation and involves a degree of chance. This is a FREE activity. Beginners are welcome.

South Bellevue Community Center

FREE			Age: 18Y & Up
1900135	2:30-4:30pm	Thu	May 02-Jun 13

South Bellevue Bridge Bunch

Just learning, a little rusty, or just want a fun place to play Bridge while increasing your skill level? Come join us every Tuesday and enjoy some coffee/snacks and play your favorite game!

South Bellevue Community Center

FREE			Age: 18Y & Up
1900602	1:10-3:10pm	Tue	May 07-Jun 11

ARTS CRAFTS

Soap Stone Carving

Participants will go through the entire process of carving a soapstone animal in this class. The pre-cut soapstone animals will be provided as well as all the tools needed. The instruction will be provided by a professional stone sculptor, Kentaro Kojima. The participant will start with filing the soapstone, then move on to sanding and polishing it. And finally the instructor will use wax to seal the sculpture. Each participant will take home a beautiful carved soapstone animal.

North Bellevue Community Center

\$25(R) \$30(N)			Age: All Ages
192578-1	4-5:30pm	Tue	May 07
192578-2	10-11:30am	Sat	May 18
192578-3	4-5:30pm	Tue	Jun 11
192578-4	10-11:30am	Sat	Jun 22
192578-5	4-5:30pm	Tue	Jul 09
192578-6	10-11:30am	Sat	Jul 20
192578-7	4-5:30pm	Tue	Aug 13
192578-8	10-11:30am	Sat	Aug 24

CERAMICS

Ceramics: Children's Pottery Studio

In a fun and supportive environment, your child will be introduced to hand and wheel building, sculpting, coil construction, and glazing. The possibilities of turning clay into a piece of treasured art is limitless! Materials and firing fee included.

Northwest Arts Center

\$157(R) \$189(N)			Age: 6-11Y
18004183	4-5:30pm	Thu	May 02-Jun 20
1904202	10-11:30am	Sat	May 04-Jun 15

FORGOTTEN ARTS/FIBER ARTS

Red Cross Knitting Group

Come join this group of Red Cross volunteers at North Bellevue Community Center who knit items for donation to local hospitals and Eastside Baby Corner. Patterns and yarn are provided. No pre-registration required. This is a FREE activity.

North Bellevue Community Center

FREE			Age: 18Y & Up
1900464	11am-3pm	Wed	May 01-Aug 25

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.

South Bellevue Community Center (Comm Room 206-A)

FREE			Age: 18Y & Up
1900592	10am-12pm	Fri	May 03-Jun 14

MUSIC

Move Over Mozart

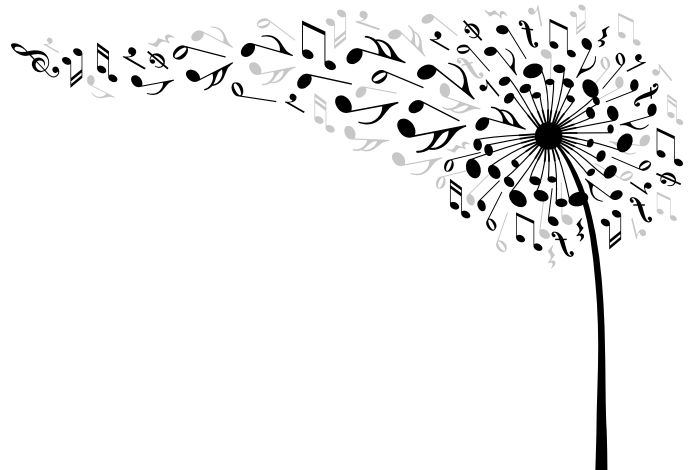
Move Over Mozart is a piano-learning program where children participate in musical activities and learn from each other as well as their teacher. Learn to play familiar tunes on the piano, read music, and basic music theory for a lifetime of musical enjoyment. Having a piano at home is recommended but not required. Class recitals are scheduled throughout the year. Classes continue throughout the year with new material in each session. A one-time \$20 materials fee payable to instructor due first day of class session, and is separate from the class fee. Pre-registration is required. Fee payable at time of registration.

North Bellevue Community Center

\$99(R) \$119(N)			Age: 3-4Y
191106-4	10:30-11am	Sat	Jun 29-Aug 24
\$99(R) \$119(N)			Age: 4-6Y
191106-1	9-9:30am	Sat	Jun 29-Aug 24
\$99(R) \$119(N)			Age: 5-6Y
191106-3	10-10:30am	Sat	Jun 29-Aug 24
191106-5	11-11:30am	Sat	Jun 29-Aug 24
\$99(R) \$119(N)			Age: 7-12Y
191106-2	9:30-10am	Sat	Jun 29-Aug 24

Northwest Arts Center

\$110(R) \$132(N)			Age: 3-4Y
1921431	5:30-6pm	Tue	Jun 25-Aug 27
\$110(R) \$132(N)			Age: 5-6Y
1921432	5-5:30pm	Tue	Jun 25-Aug 27
1921434	4-4:30pm	Tue	Jun 25-Aug 27
\$110(R) \$132(N)			Age: 7-12Y
1921433	4:30-5pm	Tue	Jun 25-Aug 27
1921435	6-6:30pm	Tue	Jun 25-Aug 27





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 60-90 minutes outside each day.

Junior Explorers for ages 3-4

Explorers for ages 4-5

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.

<http://parks.bellevuewa.gov>



Parkside Pre-Kindergarten

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 and payment plans are available.

Crossroads Community Center

\$2083(R)	\$2500(N)	Age: 4Y - 5Y
190274	9:30am- 1pm	M, W, F Sep 09-May 22

\$3550(R)	\$4260(N)	Age: 4Y - 5Y
1902261	9:30am- 1pm	M-F Sep 09-May 22

Register Online:
<http://register.bellevuewa.gov>



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

May through August 2019

CONNECTIONS

A DAY OF PLAY WITH DAD

PANCAKE BREAKFAST

ROCK WALL

DISC GOLF

Saturday, June 15th
8:30 am - 12 noon
\$8/Person (FREE ages 3 and under)
South Bellevue Community Center
 14509 SE Newport Way
 #SBCCsuperdad
 Registration Required
 Register.BellevueWA.gov

FUN FAMILY ACTIVITIES

SCAVENGER HUNT

Bellevue Parks & Community Services

BOYS & GIRLS CLUBS OF BELLEVUE

Rock 'N' More Guitar Lessons

This weekly, half-hour, one-on-one class is perfect to learn to play chords and single notes on either electric or acoustic guitar. Learn how to make your guitar learning experience as fun as easy as possible. You will learn enough about playing guitar in the first week that you'll be able to play a song that you know by the time you get to the second lesson... if you practice. Taught by Dace's Rock 'n' More Music Academy Founder and President, Dace Anderson, this class will be a lot of fun whether or not you practice but will likely be a lot more fun if you practice a lot.

Crossroads Community Center

\$150(R) \$180(N)			Age: 8Y & Up
1902403	4-7pm	Wed	May 01-May 29
\$90(R) \$108(N)			Age: 8Y & Up
1902405	4-7pm	Wed	Jun 05-Jun 19
\$120(R) \$144(N)			Age: 8Y & Up
1902406	4-7pm	Wed	Jul 10-Jul 31
\$90(R) \$108(N)			Age: 8Y & Up
1902414	4-7pm	Wed	Aug 14-Aug 28

Rock 'N' More Piano Lessons

This weekly, half-hour, one-on-one class is perfect for any beginning piano student age seven and up. We'll make the lessons fun and informative so the student will learn the important fundamentals of piano and music in general while being inspired to keep practicing and wanting to learn more. Taught by Dace's Rock 'n' More Music Academy Vice President, Arielle Young, this class will be a lot of fun whether or not you practice but will likely be a lot more fun if you practice a lot.

Crossroads Community Center

\$150(R) \$180(N)			Age: 7Y & Up
1902415	4-7pm	Wed	May 01-May 29
\$90(R) \$108(N)			Age: 7Y & Up
1902416	4-7pm	Wed	Jun 05-Jun 19
\$120(R) \$144(N)			Age: 7Y & Up
1902417	4-7pm	Wed	Jul 10-Jul 31
\$90(R) \$108(N)			Age: 7Y & Up
1902418	4-7pm	Wed	Aug 14-Aug 28

NBCC Chorus

Come sing as a chorus at North Bellevue Community Center! New singers are welcome at any time. No auditions and no pre-registration required. This is a FREE activity.

North Bellevue Community Center

FREE			Age: Up to 120Y
1900434	10:30-11:45am	Fri	May 03-Aug 30

Sounds of Swing Big Band Practice

Each week the Sounds of Swing Big Band rehearses toe-tapping music of the swing era as well as jazz standards for your listening pleasures at North Bellevue Community Center. No pre-registration required. This is a FREE activity.

North Bellevue Community Center

FREE			Age: Up to 120Y
1900721	1-3pm	Tue	May 07-Aug 27

DANCE

NBCC Line Dancing

Line dancing is practiced and learned in country-western dance bars, social clubs, dance clubs, ballrooms and at North Bellevue Community Center! Come anytime as you are. No pre-registration required. This is a drop-in activity. Fee payable at the door.

North Bellevue Community Center

\$4(R) \$5(N)			Age: 18Y & Up
1900614	10:30am-1:45pm	Mon,Fri	May 03-Aug 30

City Opera Ballet - Pre-Ballet

Learning basic Ballet and tap movements and memorizing routine.

South Bellevue Community Center

\$77(R) \$98(N)			Age: 5-7Y
1900914	4-4:45pm	Fri	May 03-Jun 14

City Opera Ballet - Youth Ballet

Learning basic Ballet movements at barre, center and across the floor. Pronouncing vocabulary and memorizing routines.

South Bellevue Community Center

\$77(R) \$98(N)			Age: 8-12Y
1900894	5-6pm	Fri	May 03-Jun 14

City Opera Ballet - Story Ballet

Class includes ballet class, ballet themed story time, and performance practice. Perfect class for 3-4 year olds to have fun!

South Bellevue Community Center

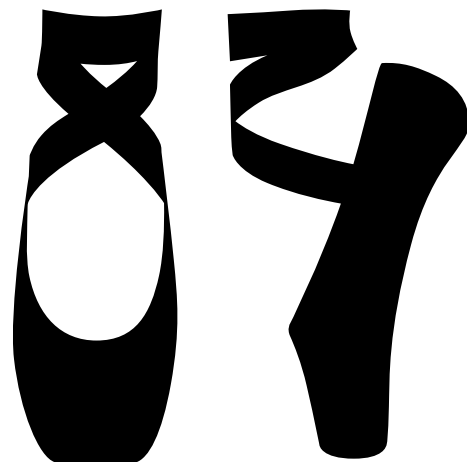
\$77(R) \$98(N)			Age: 3-4Y
1900924	12:30-2pm	Thu	May 02-Jun 13

City Opera Ballet - Pre-Ballet & Tap

Learning basic Ballet and tap movements and memorizing routine.

South Bellevue Community Center

\$77(R) \$98(N)			Age: 3-5Y
1900934	11:30-12:30pm	Thu	May 02-Jun 13



STORY TIME

KCLS English Story Time

Please join us for our King County Library drop-in English-language Family Storytime.

Crossroads Community Center

FREE			Age: All Ages
	2-2:45pm	Mon	Sep 17-Oct 15
	10:30-11:30am	Fri	Sep 21-Oct 19
	2-2:45pm	Mon	Nov 05-Dec 03
	10:30-11:30am	Fri	Nov 09-Dec 07

KCLS Russian Story Time

Please join us for our King County Library drop-in Russian Storytime.

Crossroads Community Center

FREE			Age: All Ages
	10:30-11:30am	Wed	Sep 19-Sep 26
	10:30-11:30am	Wed	Nov 07-Dec 07

KCLS Tamil Story Time

Please join us for our King County Library drop-in Tamil Storytime.

Crossroads Community Center (Community Room)

FREE			Age: All Ages
	12:15-1:15pm	Tue	Sep 18-Oct 16
	12:15-1:15pm	Tue	Nov 06-Dec 05

KCLS Story & Play Time

Enjoy interactive Story Times with your child that include early literacy fun with books, songs and body movement. This is a FREE program. All ages are welcome with an adult. No pre-registration required. For more information visit kcls.org

North Bellevue Community Center

FREE			All Ages
Story Time	1:30-2pm	Thu	Meets 7/11, 7/18, 7/25
Play Time	2-3:30pm	Thu	8/1, 8/8, 8/15, and 8/22



MINI CAMPS

Dinosaur Detective Camp

Sign-up early for this popular summer day camp! Pint-size Paleontologists search for dinosaur eggs, dig for fossils and have fun exploring the amazing world of dinosaurs. Art project, storytelling, music and a yummy snack rounds out a delightful day of digging! Child only class. **Age requirement strictly adhered to.

Northwest Arts Center

\$111(R) \$133(N)			Age: 3-5Y
1901442	10am-12pm	Wed,Thu,Fri	Jul 24-Jul 26

Mini-Masters Chefs Camp

Appetizers to dessert, campers will come learn to make a four-course meal for their family. Kitchen skills, nutrition and food choices will be topics included in our fun paced camp. Child only class. All materials included.

Northwest Arts Center

\$142(R) \$170(N)			Age: 6-8Y
1914431	1-3pm	Wed,Thu,Fri	Jul 24-Jul 26
\$142(R) \$170(N)			Age: 3-5Y
1914432	10am-12pm	Mon,Tue,Wed	Aug 19-Aug 21
\$142(R) \$170(N)			Age: 9-12Y
1914433	1-3pm	Mon,Tue,Wed	Aug 19-Aug 21

Little Learners Play & Grow Camp

Parents and caregivers Both children and caregiver should dress in play clothes.share your child's first Summer Day Camp experience! Spend each morning enjoying a different themed class with arts and crafts, camp-songs, games, movement and a yummy snack that you make! Both children and caregiver should dress in play clothes.

Northwest Arts Center

\$72(R) \$86(N)			Age: 2-4Y
1901446	10am-12pm	Mon,Tue	Aug 26-Aug 27

Back To School Art Workshop

Spark your imagination and jump start your school year by participating in this fun back to school workshop! You will use different art tools and materials to make interesting art projects that will help you develop skills in observation, creative thinking, problem solving, and communication. Bring a nut-free snack and beverage.

Northwest Arts Center

\$66(R) \$80(N)			Age: 6-12Y
1901561	10am-12pm	Mon,Tue	Aug 26-Aug 27

DAY CAMPS

See summer day camp insert for full day camp list. These camps have been added since our camp guide was initially published.

French Immersion Camp

Journey into French language and culture: language immersion lessons, arts and crafts, songs and music, dance and games, cooking, baking and more! Students who are entering 1st through 5th grade will develop their skills, make new friends, and learn/improve their French. All levels of French are welcome.

Highland Park & Community Center

\$259(R) \$311(N)			Age: 6-12Y
1925582	1-3pm	Mon-Fri	Jul 15-Jul 19
1925583	9am-12pm	Mon-Fri	Jul 22-Jul 26
1925581	9am-12pm	Mon-Fri	Jul 15-Jul 19
1925584	1-3pm	Mon-Fri	Jul 22-Jul 26

Spanish Immersion

Journey into Spanish language and culture: language immersion lessons, arts and crafts, songs and music, dance and games, cooking, baking and more! Students who are entering 1st through 5th grade will develop their skills, make new friends, and learn/improve their Spanish. ALL LEVELS of Spanish are welcome. The learning objectives are specific to each age and level.

Highland Park & Community Center

\$245(R) \$294(N)			Age: 6-12Y
1926183	9am-12pm	Mon-Fri	Jul 15-Jul 19
1926182	1-4pm	Mon-Fri	Jul 15-Jul 19
1926181	9am-12pm	Mon-Fri	Jul 22-Jul 26
1926184	1-4pm	Mon-Fri	Jul 22-Jul 26

EARLY LEARNING/PRESCHOOL

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.

\$4(R) \$5(N) Age: Up to 5Y

Crossroads Community Center

9-11:30am	Mon-Fri	Ongoing
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South Bellevue Community Center

10:30am-12pm	Mon, Wed, Fri	Through Jun 14
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Highland Community Center (Up to age 8)

9-11:30am	Mon-Thu	School year
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KELSEY CREEK FARM

410 130th PI SE

Phone: 425-452-7688 | Fax: 425-452-2804

Email: KelseyCreekFarm@bellevuewa.gov
parks.bellevuewa.gov/kelsey

Animals available for viewing
365 days per year from 9:30am-3:30pm.

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. Our programs foster creativity and active play. The farm's two historical barns sit prominently on the crest of a hill. There is no formal entrance fee; however, we welcome and appreciate your donations.

When visiting any of Bellevue's parks, all dogs and other pets must be kept on a leash at all times. Out of consideration for our farm animals' health and wellbeing, please observe all posted signs prohibiting pets from the barnyard and feeding of the farm animals.

Groups of 15+ must pre-register, and for large groups of 30+ there will be a \$30 fee. Please call in advance Monday through Friday, 9am-4pm at 425-452-7688 or email KelseyCreekFarm@bellevuewa.gov.

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 Sponsor! 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, goat, cow, rabbit, and chicken. Adoption levels are available from \$25 for Best Friend to \$200 for Grandparent.

For more information, call 425-452-7688, or email KelseyCreekFarm@bellevuewa.gov.

BIRTHDAY PARTIES

Contact Kelsey Creek Farm to schedule your party or tour
KelseyCreekFarm@bellevuewa.gov | 425-452-7688

Kelsey Creek Farm offers a variety of party packages to make your child's day special. All party packages are two hours long. Each party begins with a group activity led by a member of our farm team and is followed by a one-hour room rental for cake and presents. The locations of the room vary with the type of party, but all locations are indoors and include: 3 preschool-height tables (6-foot-long by 2.5-foot-wide) with children's chairs, a refrigerator/freezer, kitchen sink and trash cans. A restroom with hand-washing soap and paper towels is also available. Total group size cannot exceed 30 people, no exceptions.

Bunny Birthday Party

Celebrate your child's birthday by visiting the farm and meeting our friendly bunny. Enjoy a farm walk, a bunny craft, and special time with the birthday bunny.

Package includes:

- Bunny activities/farm walk followed by
- One hour of room rental

Ages: 3 to 11 years old

Fees: \$200/resident and \$220/non-resident, up to 10 children. Additional children \$10/each, (max 5 add'l children).

Total party size: Limited to 30 people (max. 15 children)

Cookie Decorating Birthday Party

Visit the farm to celebrate your child's birthday. Each child will decorate six Farm Cookies and enjoy a Farm Walk. Unfortunately, we cannot accommodate food allergies or sensitivities.

Package includes:

- Cookie decorating and farm walk, followed by
- One hour room rental

Ages: 5 to 11 years old

Fees: \$200/resident and \$220/non-resident, up to 10 children. Additional children \$15/each, (max 5 add'l children).

Total party size: Limited to 30 people (max. 15 children)

Farm Birthday Party

Celebrate your child's birthday with a visit to our historic farm. Make memories learning about sheep, rabbits, pigs, chickens and ponies. Tour inside our 1930's era dairy barn to learn local lore, too.

Package includes:

- Farm tour, followed by
- One hour room rental

Ages: 2 to 11 years old

Fees: \$200/resident and \$220/non-resident, up to 10 children. Additional children \$10 /each, children under 2 yrs. no additional charge.

Total party size: Limited to 30 people (max. 15 children)

FARM TOURS FOR SCHOOLS AND GROUPS

Contact Kelsey Creek Farm to schedule your party or tour
KelseyCreekFarm@bellevuewa.gov | 425-452-7688

Experience Kelsey Creek Farm with a tour designed specifically for groups. Tour themes vary by season:

Tours are available on weekdays and are approximately one hour long.

Ages: Most tours are appropriate for children ages 2 years and older.

Fees: \$90 for 15 or fewer people (children and adults). Additional attendees: \$6/child and \$2.50/adult. Staff are free

Kids on the Farm Group Tour

Available January-April

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 May only

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 with planting pumpkin seeds in the garden.

Fall at the Farm Group Tour

Available October only

Experience harvest season in a traditional way. Visit a pony and pig. 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

Imagine life in the 1880's in our authentic log cabin. Children participate in activity stations learning to grind wheat and coffee, churn butter, hammer nails, pump water, 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.

Fun on the Farm

Join Mrs. Kandi for a fun time as an adult/child team. Each week we will have a different theme enhanced with sensory activities based on a farm topic or animal. We will cook, play, create, walk on the farm, ride a pony, pet a chicken, hug a bunny, and have lots of fun at Kelsey Creek Farm.

Kelsey Creek Farm Park

\$80(R) \$96(N)

1905415	10:30am-12pm	Wed	Age: 2-5Y May 01-May 22
1905420	10:30am-12pm	Thu	May 02-May 23

Fraser Cabin Heritage Program

Presented by the Eastside Heritage Center in partnership with Bellevue Parks & Community Services, the Fraser Cabin, built in 1888, comes to life with hands-on activities that relate to 1880s settler life. For more information, contact the Eastside Heritage Center at 425-450-1049, or visit www.eastsideheritagecenter.org.

Kelsey Creek Farm Park

FREE			Age: All Ages
1908502	11am-3pm	Sat	May 18
1908503	11am-3pm	Sat	Jun 15
1908504	11am-3pm	Sat	Jul 20
1908505	11am-3pm	Sat	Aug 17

Private Horseback Riding Lessons

Kelsey Creek Farm's private riding lessons allow your child to work one-on-one with our riding instructor to deepen your child's understanding of horsemanship and develop foundational riding skills. Each one-hour lesson includes brushing and saddling your pony, groundwork, and riding time. Skills taught include mounting, steering, backing, proper balance, and posting at the trot.

Kelsey Creek Farm Park

\$165(R) \$190(N)			Age: 4-6Y
1908464	1-2pm	Sat	May 11-May 25
1908465	2-3pm	Sat	May 11-May 25
1908466	3-4pm	Sat	May 11-May 25

Story Time

Come enjoy story time in a farm setting. Each story session will involve a different farm animal-related theme and include a visit by one of our resident farm animals. The stories will come alive for your child as they see the featured animal characters from the stories in real life. Pre-registration not required but space is limited. Children must be accompanied by an adult. Doors close when the program begins.

Kelsey Creek Farm Park

FREE			Age: 3-6Y
	10:30-11am	Fri	May 10
	10:30-11am	Fri	May 17
	10:30-11am	Fri	Jun 14

Mom and Me Play with Pigs and Ponies

Join us with your child for a fun Mother's Day activity at Kelsey Creek Farm. Each child will get to feed a pig, go on a pony ride, and make a farm-themed craft to take home. Your child will also help us prepare a fun Mother's Day surprise! Adult/child teams only. A team is one child and one adult.

Kelsey Creek Farm Park

\$30(R) \$35(N)			Age: 4-8Y
1902117	1-2:30pm	Sun	May 12

Holiday Farm Tour: Memorial Day

If you've always wanted a tour of the farm to meet our resident farm animals, this is your opportunity! You will get to meet our ponies, pigs, sheep, goats, chickens, and rabbits, and even pet some of them, all while discovering what it takes to be a farmer. Each person that attends the tour must register and pay. Children must be accompanied by an adult. Pre-register to guarantee your spot. Day-of registration will be accepted as space allows. Cost is per person.

Kelsey Creek Farm Park

\$8(R) \$10(N)			Age: 2Y & Up
1902118	11am-12pm	Mon	May 27

Evening Summer Farm Tours

Come spend a warm summer evening learning about Kelsey Creek Farm and meeting our resident animals. Visit with our ponies, pigs, sheep, goats, chickens, and rabbits, all while discovering what it takes to be a farmer. Each person that attends the tour must register and pay. Children must be accompanied by an adult. Pre-register to guarantee your spot. Day-of registration will be accepted as space allows. Cost is per person.

Kelsey Creek Farm Park

\$8(R) \$10(N)			Age: 2Y & Up
1921181	5-6pm	Wed	Jul 17

Evening Summer Farm Tours

Come spend a warm summer evening learning about Kelsey Creek Farm and meeting our resident animals. Visit with our ponies, pigs, sheep, goats, chickens, and rabbits, all while discovering what it takes to be a farmer. Each person that attends the tour must register and pay. Children must be accompanied by an adult. Pre-register to guarantee your spot. Day-of registration will be accepted as space allows. Cost is per person.

Kelsey Creek Farm Park

\$8(R) \$10(N)			Age: 2Y & Up
1921182	5-6pm	Wed	Jul 24
1921183	5-6pm	Wed	Aug 07
1921184	5-6pm	Wed	Aug 14

Hop into Spring

Bunnies love spring because the carrots are growing everywhere! Your child will get to meet our adorable bunnies, go on a pony ride, do a bunny-themed craft, and find out what's growing in the garden. Adult/child teams only. A team is one child and one adult.

Kelsey Creek Farm Park

\$30(R) \$35(N)			Age: 3-6Y
1902122	10-11:30am	Sat	Jun 01

Bats at Twilight

Discover bats and the important role they play in Bellevue's ecology. Bats Northwest will teach us about the bats that live in the Pacific Northwest and beyond. After dusk, we will scan the evening skies to see the bats that live at Kelsey Creek Park and use a bat detector to see and hear the resident bats at work. Appropriate for teenagers and adults. Children must be accompanied by an adult.

Kelsey Creek Farm Park

FREE
1902123 7:30-9pm Fri Age: 12Y & Up Aug 23

Tag-A-Long Tour

Rise and shine! Adult and child teams will get a sneak peek at Kelsey Creek Farm life as they help the farmers with their morning chores. Help us prepare the animals' meals, make sure they have fresh water, and help clean their stalls. After all that hard work, we'll reward ourselves with a farm-themed snack. Adult/child teams only. A team is one child and one adult.

Kelsey Creek Farm Park

\$30(R) \$35(N) Age: 3-5Y
1921251 9:30-10:30am Fri May 03
1921252 9:30-10:30am Fri Jun 07

VOLUNTEER OPPORTUNITIES

Kelsey Creek Summer Art Volunteers

You will assist the Go Go Van Gogh art camp instructor and children ages 6-11 with daily classroom activities. Qualifications include but are not limited to; assist staff with daily activities for campers, provide attentive supervision during assigned activities, establish relationships with campers based on genuine interest and mutual respect; provide a positive role model for campers by exhibiting an upbeat, cooperative, and friendly attitude at all times; help campers learn and follow rules to ensure a safe and healthy environment; be punctual, organized, and follow directions; excellent verbal communication skills. Volunteers are required to start on Monday, complete a Criminal Background check and provide their Social Security number. Limit 1, (ONE) session per participant for either the Farm, Art, Equine, Little Farmers/Log Cabin or Day Camp summer volunteer programs.

Kelsey Creek Farm Park

\$15(R) \$18(N) Age: 14-18Y
1913221 9:15am-3:15pm Mon-Fri Jun 24-Jun 28
1913222 9:15am-3:15pm Mon,Tue,Wed Jul 01-Jul 03
1913223 9:15am-3:15pm Mon-Fri Jul 08-Jul 12
1913224 9:15am-3:15pm Mon-Fri Jul 15-Jul 19
1913225 9:15am-3:15pm Mon-Fri Jul 29-Aug 02
1913226 9:15am-3:15pm Mon-Fri Aug 05-Aug 09
1913227 9:15am-3:15pm Mon-Fri Aug 12-Aug 16
1913228 9:15am-3:15pm Mon-Fri Aug 19-Aug 23

Little Farmers Camp Volunteers

Volunteers will work with children as they explore farm life, do farm chores, play games and do crafts at Kelsey Creek Farm. Qualifications include but are not limited to; assist staff with daily activities for campers; provide attentive supervision during assigned activities; establish relationships with campers based on genuine interest and mutual respect; provide a positive role model for campers by exhibiting an upbeat, cooperative, and friendly attitude at all times; help campers learn and follow rules to ensure a safe and healthy environment; be punctual, organized, and follow directions; excellent verbal communication skills. Volunteers are required to start on Monday, complete a Criminal Background check and provide their Social Security number. Limit 1 (ONE) session per participant for either the Farm, Art, Equine, Little Farmers/Log Cabin or Day Camp summer volunteer programs.

Kelsey Creek Farm Park

\$15(R) \$18(N)	Age: 13-18Y
180143-1 9:30am-1:30pm Mon-Fri	Jun 17-Jun 21
\$15(R) \$18(N)	Age: 14-18Y
180143-2 9:30am-1:30pm Mon-Fri	Jun 17-Jun 21
\$15(R) \$18(N)	Age: 13-18Y
180143-3 9:30am-1:30pm Mon-Fri	Jun 24-Jun 28
\$15(R) \$18(N)	Age: 14-18Y
180143-4 9:30am-1:30pm Mon-Fri	Jun 24-Jun 28
\$15(R) \$18(N)	Age: 13-18Y
180143-5 9:30am-1:30pm Mon-Wed	Jul 01-Jul 03
\$15(R) \$18(N)	Age: 14-18Y
180143-6 9:30am-1:30pm Mon-Wed	Jul 01-Jul 03
\$15(R) \$18(N)	Age: 13-18Y
180143-7 9:30am-1:30pm Mon-Fri	Jul 08-Jul 12
\$15(R) \$18(N)	Age: 14-18Y
180143-8 9:30am-1:30pm Mon-Fri	Jul 08-Jul 12
\$15(R) \$18(N)	Age: 13-18Y
180143-9 9:30am-1:30pm Mon-Fri	Jul 29-Aug 02
\$15(R) \$18(N)	Age: 14-18Y
180143-10 9:30am-1:30pm Mon-Fri	Jul 29-Aug 02
\$15(R) \$18(N)	Age: 13-18Y
180143-11 9:30am-1:30pm Mon-Fri	Aug 05-Aug 09
\$15(R) \$18(N)	Age: 14-18Y
180143-12 9:30am-1:30pm Mon-Fri	Aug 05-Aug 09





Summer Farm Volunteers

Volunteers will help with the animal chores, participate in special projects and learn responsible animal care in this week-long program at Kelsey Creek Farm. Qualifications include; understanding and following directions; ability to be on your feet for a physically active day; tolerance for being outside and working in a farm environment near animals, hay, vegetation and dust. Volunteers are required to start on Monday, complete a Criminal Background check and provide their Social Security number. Limit 1 (ONE) session per participant for either the Farm, Art, Equine, Little Farmers/Log Cabin or Day Camp summer volunteer programs.

Kelsey Creek Farm Park

\$15(R)	\$18(N)		Age: 14-18Y
1913391	8:30am-4pm	Mon-Fri	Jul 08-Jul 12
1913393	8:30am-4pm	Mon-Fri	Jul 22-Jul 26
1913395	8:30am-4pm	Mon-Fri	Aug 05-Aug 09
\$15(R)	\$18(N)		Age: 12-14Y
1913392	8:30am-4pm	Mon-Fri	Jul 15-Jul 19
1913394	8:30am-4pm	Mon-Fri	Jul 29-Aug 02
1913396	8:30am-4pm	Mon-Fri	Aug 12-Aug 16

Equine Volunteers

Work directly with staff and camp participants in the equine programs at Kelsey Creek Farm. Qualifications include but not limited to; comfortable working with horses and children; understanding and following directions; ability to be on your feet for a physically active day; tolerance for being outside and working in a farm environment near animals, hay, vegetation and dust. Volunteers will be required to attend one of the mandatory trainings and must pass a skills test in order to qualify to volunteer for the session which they registered. Training is Tuesday and Wednesday, June 25 & 26 from 10am - 2pm or Thursday and Friday, June 27 & 28 from 10am-2pm. Volunteers are required to start on Monday, complete a Criminal Background check and provide their Social Security number. Limit 1 (ONE) session per participant for either the Farm, Art, Equine, Little Farmers/Log Cabin or Day Camp summer volunteer programs.

Kelsey Creek Farm Park

\$15(R)	\$18(N)		Age: 14-70Y
1915531	9am-4pm	Mon-Fri	Jul 01-Jul 19
\$15(R)	\$18(N)		Age: 14-70Y
1915532	9am-4pm	Mon-Fri	Jul 22-Jul 31
\$15(R)	\$18(N)		Age: 14-70Y
1915533	9am-4pm	Mon-Fri	Aug 05-Aug 16
\$15(R)	\$18(N)		Age: 14-70Y
1915534	9am-4pm	Mon-Fri	Aug 19-Aug 28

Kelsey Creek Counselor in Training Volunteer

"Counselor in Training" will assist Day Camp staff with children in this program. Qualifications include but are not limited to; assist staff with daily activities for campers; provide attentive supervision during assigned activities; establish relationships with campers based on genuine interest and mutual respect; provide a positive role model for campers by exhibiting an upbeat, cooperative, and friendly attitude at all times; help campers learn and follow rules to ensure a safe and healthy environment; be punctual and organized; follow directions and demonstrate excellent verbal communication skills. Volunteers are required to start on Monday, complete a Criminal Background check and provide their Social Security number. Limit 1 (ONE) session per participant for either the Farm, Art, Equine, Little Farmers/Log Cabin or Day Camp summer volunteer programs.

Kelsey Creek Farm Park

\$15(R) \$18(N)			Age: 14-18Y
1901241	10am-5pm	Mon-Fri	Jun 24-Jun 28
1901242	10am-5pm	Mon,Tue,Wed	Jul 01-Jul 03
1901243	10am-5pm	Mon-Fri	Jul 08-Jul 12
1901244	10am-5pm	Mon-Fri	Jul 15-Jul 19
1901245	10am-5pm	Mon-Fri	Jul 22-Jul 26
1901246	10am-5pm	Mon-Fri	Jul 29-Aug 02
1901247	10am-5pm	Mon-Fri	Aug 05-Aug 09
1901248	10am-5pm	Mon-Fri	Aug 12-Aug 16

Robinswood Counselor in Training Volunteer

"Counselor in Training" will assist Day Camp staff with children in this program. Qualifications include but are not limited to; assist staff with daily activities for campers; provide attentive supervision during assigned activities; establish relationships with campers based on genuine interest and mutual respect; provide a positive role model for campers by exhibiting an upbeat, cooperative, and friendly attitude at all times; help campers learn and follow rules to ensure a safe and healthy environment; be punctual and organized; follow directions and demonstrate excellent verbal communication skills. Volunteers are required to start on Monday, complete a Criminal Background check and provide their Social Security number. Limit 1 (ONE) session per participant for either the Farm, Art, Equine, Little Farmers/Log Cabin or Day Camp summer volunteer programs.

Robinswood Community Park

\$15(R) \$18(N)			Age: 14-18Y
1918171	10am-5pm	Mon-Fri	Jun 24-Jun 28
1918172	10am-5pm	Mon,Tue	Jul 01-Jul 02
1918173	10am-5pm	Mon-Fri	Jul 08-Jul 12
1918174	10am-5pm	Mon-Fri	Jul 15-Jul 19
1918175	10am-5pm	Mon-Fri	Jul 22-Jul 26
1918176	10am-5pm	Mon,Tue	Jul 29-Jul 30
1918177	10am-5pm	Mon-Fri	Aug 05-Aug 09
1918178	10am-5pm	Mon	Aug 12-Aug 16
1918179	10am-5pm	Mon-Fri	Aug 19-Aug 23

HEALTH & WELLNESS FITNESS

Beyond Massage

Experience a sense of well-being and calm with gentle touch and movement. Explore new possibilities to: Relieve aches and pains. Find a sense of balance and stability. Regain flexibility and coordination. Improve posture. Move with comfort and ease. Individual sessions are available with Elizabeth Strauss, Feldenkrais(R) Practitioner, Registered Jin Shin Do(R) Acupressurist, and Licensed Massage Practitioner. Wear comfortable clothing. Pre-registration is required. Fee is payable at time of registration.

North Bellevue Community Center

Fee Varies - Call NBCC to schedule appointment

STRENGTH & CONDITIONING

Strength Training

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.

Bellevue Main Club

\$32(R) \$38(N)			Age: 18Y & Up
1903214	10-10:55am	Tue	May 28-Jun 18
1903474	10-10:55am	Thu	May 30-Jun 20

Enhance Fitness

EnhanceFitness focuses on dynamic cardiovascular exercise, strength training, balance, and flexibility to help older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. Contact your Health Care Provider to see if you qualify to attend this free of charge. Pre-registration and drop-in options available. Fee payable at the time of registration. Visit projectenhance.org for more information.

North Bellevue Community Center

\$42(R) \$56(N)			Age: 50Y & Up
190766-1	9-10am	Tue,Thu,Fri	May 02-May 31
\$36(R) \$48(N)			Age: 50Y & Up
190766-2	9-10am	Tue,Thu,Fri	Jun 04-Jun 28
190766-3	9-10am	Tue,Thu,Fri	Jul 02-Jul 30
\$42(R) \$56(N)			Age: 50Y & Up
190766-4	9-10am	Tue,Thu,Fri	Aug 01-Aug 30

PERSONAL TRAINING

Appointments can be scheduled by contacting the trainers directly.

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 Pre-Activity Screening 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 10-15 may work with a trainer with a parent/guardian present for the initial appointment.

PERSONAL TRAINING RATES

30 minutes - \$35 for 1 person
45 minutes - \$46 for 1 person, \$65 for 2
55 minutes - \$55 for 1 person, \$80 for 2 people, \$105 for 3 people. For a FREE 30 MINUTE CONSULTATION or questions, email or call one of our trainers.

YOUTH PRIVILEGES

We welcome 10-12yr olds to exercise in the Fitness Center. Youth 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.



MEET OUR PERSONAL 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 at 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.

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!

We welcome our newest personal trainer to South Bellevue Community Center

Elijah Baker, MPT-AAAI
Phone: 206-920-9635
Email: alwayswinningfitness@gmail.com



Elijah is a Certified Master Personal Trainer through the American Aerobic Association International (AAAI) with an undergraduate degree in Physical Education from East-

ern Washington University. He is a former collegiate athlete and went on to coach high school football and track at both Grover Cleveland High School and Washington High School in Seattle. He has over 15 years of experience working with all levels of fitness and currently teaches classes in a variety of settings such as Senior Living centers and private fitness studios.

Elijah specializes in nutrition, weight loss, adding lean muscle, functional training, sports specific training and transformation changes. He meets his clients where they are regardless of fitness level and is passionate about helping them live a healthier lifestyle, achieve their goals and become the best version of themselves. During his free time, Elijah loves to spend time travelling and working out with his wife and 4 kids.

PERSONAL TRAINING & FITNESS CENTERS

The Fitness Centers feature state of the art tread-mills, bikes, elliptical trainers, weight training machines and free weights. The Fitness Center is designed for adult use, as well as teens, ages 10-12, with direct adult supervision, or 13+ 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, pickleball, volleyball 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. Now accepting Silver Sneakers members!



FITNESS CENTER FEES

Visit our Website for the current
Fitness Center fees:

North Bellevue Community Center
<http://parks.bellevuewa.gov/nbcc>

South Bellevue Community Center
<http://parks.bellevuewa.gov/sbcc>



Active Adult Fitness

A high energy fitness class for those who have graduated from the beginner adult classes or senior fitness program and are ready for more of a challenge. Join Certified Personal Trainer Morgan for 50 minutes of a full body workout that keeps your heart rate elevated while improving strength, endurance, and cardiovascular fitness in a FUN, encouraging, and motivating community! Participants must be highly mobile and able to make quick transitions between cardio and endurance work. All adults are welcome, Millennials to Baby Boomers.

South Bellevue Community Center

\$60(R) \$72(N)			Age: 18Y & Up
1903394-5	9:30-10:20am	Mon,Wed	May 01-May 29
1903394-6	9:30-10:20am	Mon,Wed	Jun 03-Jun 26
1903394-7	9:30-10:20am	Mon,Wed	Jul 08-Jul 31
\$30(R) \$36(N)			Age: 18Y & Up
1903394-8	9:30-10:20am	Mon,Wed	Aug 05-Aug 14

Strong and Fit Seniors/Adults

A beginner to advanced beginner group fitness class for those who are looking to improve strength, balance, cardiovascular health, flexibility, and coordination within a strong community of supportive friends. Join Certified Personal Trainer Morgan for a full body circuit training style workout that will improve functional fitness using a variety of equipment and a varied routine to accommodate individual needs and limitations. Come join us for a fun, safe, social and appropriately challenging workout!

South Bellevue Community Center

\$60(R) \$72(N)			Age: 18Y & Up
1903434-5	10:30-11:20am	Mon,Wed	May 01-May 29
1903434-6	10:30-11:20am	Mon,Wed	Jun 03-Jun 26
1903434-7	10:30-11:20am	Mon,Wed	Jul 08-Jul 31
\$30(R) \$36(N)			Age: 18Y & Up
1903434-8	10:30-11:20am	Mon,Wed	Aug 05-Aug 14

Small Group Training with Sara

This small group training class will help you achieve your fitness goals. Workouts will be designed to meet everyone's needs and fitness level. Sara will provide support, encouragement, and accountability to help you reach new heights in health and wellness. Bring a towel and water.

South Bellevue Community Center

\$120(R) \$150(N)			Age: 15Y & Up
1903352-3	7-7:50pm	Mon	May 06-Jun 17
1903352-4	7-7:50pm	Mon	Jul 01-Aug 12

Post-Rehab Strength and Conditioning

This class is designed for adults recovering from injuries or living with chronic or recurring injuries who desire to return to physical activity. Licensed Athletic Trainer will adapt exercises based upon your injuries to help you develop or regain core strength, balance, and stability so that you can 'play' again.

South Bellevue Community Center

\$60(R) \$72(N)			Age: 18Y & Up
1903374-3	9:15-10:15am	Tue	May 07-Jun 18
1903374-4	9:15-10:15am	Tue	Jul 02-Aug 13

Boot Camp with Karie

In its TWELFTH 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, 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!

South Bellevue Community Center

\$42(R) \$50(N)			Age: 13Y & Up
1902061-5	9:15-10:15am	Tue	May 07-May 28
\$31.50(R) \$37.50(N)			Age: 13Y & Up
1902061-6	9:15-10:15am	Tue	Jun 04-Jun 18
\$84(R) \$100(N)			Age: 13Y & Up
1901981-5	8:45-9:45am	Mon,Wed	May 01-May 29
\$63(R) \$75(N)			Age: 13Y & Up
1901981-6	8:45-9:45am	Mon,Wed	Jun 03-Jun 19
\$94.50(R) \$112.50(N)			Age: 13Y & Up
1902021-5	9:15-10:15am	Tue,Thu	May 02-May 30
\$63(R) \$75(N)			Age: 13Y & Up
1902021-6	9:15-10:15am	Tue,Thu	Jun 04-Jun 20
\$52.50(R) \$62.50(N)			Age: 13Y & Up
1901829-5	8:45-9:45am	Fri	May 03-May 31
\$21(R) \$25(N)			Age: 13Y & Up
1901829-6	8:45-9:45am	Fri	Jun 07-Jun 14
\$151.50(R) \$181(N)			Age: 13Y & Up
1902421-5	8:45-10:15am	Mon,Tue,Wed,Thu	May 01-May 30
\$107(R) \$127.50(N)			Age: 13Y & Up
1902421-6	8:45-10:15am	Mon,Tue,Wed,Thu	Jun 03-Jun 20

Evening Fitness Express

This fun and fast 50-minute fitness class includes strength training, cardio and core work to give you a well-rounded workout. Instructor can modify exercises for all ability levels and ages. Great for parent/teen combos, couples and individuals alike.

South Bellevue Community Center

\$88(R) \$104(N)			Age: 13Y & Up
1904044-3	5:45-6:35pm	Wed	May 01-Jun 19

FITNESS
STRENGTH TRAINING

Total Body Fitness

Need a fun, affordable and effective way to burn stubborn body fat and improve your level of fitness? Workouts utilize dumbbells, bands, bodyweight exercises, agility movements, and more to strengthen your body and core. Sweat and have fun!

South Bellevue Community Center

\$40(R) \$48(N)			Age: 13Y & Up
1902994-5	6-6:50am	Tue	May 07-May 28
1902994-6	6-6:50am	Tue	Jun 04-Jun 25
\$50(R) \$60(N)			Age: 13Y & Up
1902994-7	6-6:50am	Tue	Jul 02-Jul 30
\$40(R) \$48(N)			Age: 13Y & Up
1902994-8	6-6:50am	Tue	Aug 06-Aug 27
\$90(R) \$108(N)			Age: 13Y & Up
1902661-5	6-6:50am	Tue,Thu	May 02-May 30
\$80(R) \$96(N)			Age: 13Y & Up
1902661-6	6-6:50am	Tue,Thu	Jun 04-Jun 27
1902661-7	6-6:50am	Tue,Thu	Jul 02-Jul 30
\$90(R) \$108(N)			Age: 13Y & Up
1902661-8	6-6:50am	Tue,Thu	Aug 01-Aug 29

Small Group Advanced Training with Elijah

Transform your body in this fast-paced, focused 40-minute small group training class designed for intermediate to advanced fitness levels. Elijah individualizes your workout whether your goal is to lose weight, tone muscle, improve strength or all of the above! Enjoy the benefits of working closely with a certified personal trainer while being energized by up to 3 others.

South Bellevue Community Center

\$108(R) \$130(N)			Age: 13Y & Up
1903274-5	7-7:40am	Tue	May 07-May 28
1903274-6	7-7:40am	Tue	Jun 04-Jun 25
\$135(R) \$162.50(N)			Age: 13Y & Up
1903274-7	7-7:40am	Tue	Jul 02-Jul 30
\$54(R) \$65(N)			Age: 13Y & Up
1903274-8	7-7:40am	Tue	Aug 06-Aug 13
\$135(R) \$162.50(N)			Age: 13Y & Up
1903314-5	7-7:40am	Thu	May 02-May 30
\$108(R) \$130(N)			Age: 13Y & Up
1903314-6	7-7:40am	Thu	Jun 06-Jun 27
\$81(R) \$97.50(N)			Age: 13Y & Up
1903314-7	7-7:40am	Thu	Jul 11-Jul 25
1903314-8	7-7:40am	Thu	Aug 01-Aug 15

HEALTHWAYS

SilverSneakers®
FITNESS

Call the North Bellevue Community Center at 425-452-7681 for more information about SilverSneakers programs in Bellevue.

BODY & MIND

Hatha Yoga

Increase your strength and flexibility through this gentle Hatha yoga class. This class is for all levels of Yoga experience. During class you practice balancing poses, deep stretching, and gain a calm mind and body through breath work. This class uses props such as blocks and straps to work on proper alignment and to help make poses accessible to all levels of experience. Please wear comfortable clothing and bring water.

Bellevue Main Club

\$60(R) \$72(N)			Age: 18Y & Up
1909124	9-9:55am	Tue	May 28-Jun 18
1909122	9-9:55am	Thu	May 30-Jun 20

Northwest Arts Center

\$60(R) \$72(N)			Age: 18 & Up
1909134	3-4pm	Tue	May 28-Jun 18
1909130	3-4pm	Thu	May 30-Jun 20
\$75(R) \$90(N)			Age: 18 & Up
1922777	3-4pm	Tue	Jul 09-Aug 06

Tai Chi Qigong

This class uses the principles of Traditional Chinese Medicine combined with Tai Chi and Qigong to improve human health and spirit. Students are instructed in organ and Qi meridian exercise for personal cultivation. The class practices Tai Chi and Qigong descended from the ancient Masters both with empty hand and implements which are used to extend Qi past our hands. This is a drop-in program. No pre-registration required. Fee payable at the door.

North Bellevue Community Center

\$12(R) \$14(N)			Age: 18Y & Up
1901031	9-10am	Sat	May 04-Aug 31

Gentle Yoga with Wendy

Gentle Yoga relieves stress, increases flexibility, calms the mind, and strengthens the body. This style of yoga is adaptive for aging adults and others who need a more gentle approach. All levels of experience and ability are welcome to join. On-going registration or drop-in fee options available.

North Bellevue Community Center

Fee Varies			Age: 18Y & Up
191112-1	10:30-11:30am	Mon,Thu	May 02-May 30
191112-2	10:30-11:30am	Mon,Thu	Jun 03-Jun 27
191112-3	10:30-11:30am	Mon,Thu	Jul 01-Jul 29
191112-4	10:30-11:30am	Mon,Thu	Aug 01-Aug 29

Purna Yoga

Focusing on correct alignment with props to make poses accessible, students gain flexibility, strength and coordination. Purna Yoga helps you feel more centered and peaceful. With 2,000 hours of training, your instructor has a wealth of knowledge to share. All experience levels welcome.

South Bellevue Community Center

\$60(R) \$72(N)			Age: 13Y & Up
1903515-4	7:15-8:30pm	Thu	May 02-May 30
\$48(R) \$60(N)			Age: 13Y & Up
1903515-5	7:15-8:30pm	Thu	Jun 06-Jun 27
\$36(R) \$43(N)			Age: 13Y & Up
1903515-6	7:15-8:30pm	Thu	Jul 11-Jul 25
1903515-7	7:15-8:30pm	Thu	Aug 01-Aug 15
\$48(R) \$58(N)			Age: 13Y & Up
1901211-5	10:15-11:30am	Sun	May 05-Jun 02
1901211-6	10:15-11:30am	Sun	Jun 09-Jun 30
1901211-7	10:15-11:30am	Sun	Jul 07-Jul 28
\$36(R) \$43(N)			Age: 13Y & Up
1901211-8	10:15-11:30am	Sun	Aug 04-Aug 18

Pilates

Community Pilates focuses on correct form/postural alignment, strengthening 'core' muscles, increasing body awareness, and improving balance, flexibility, and joint mobility. We combine pilates with yoga and barre exercises using bands, balls, and small weights. All fitness levels welcome.

South Bellevue Community Center

\$104(R) \$124(N)			Age: 13Y & Up
1903193-3	9:15-10:15am	Fri	May 03-Jun 21
1918331-3	7:15-8:15pm	Wed	May 01-Jun 19
\$91(R) \$108.50(N)			Age: 13Y & Up
1901969-3	9:15-10:15am	Tue	May 07-Jun 18
\$52(R) \$62(N)			Age: 13Y & Up
1918331-4	7:15-8:15pm	Wed	Jul 10-Jul 31

Yoga for Adults 50+

Each class offers poses for stretching, active strengthening and deep relaxing. We focus on alignment for joint safety and use props to make poses accessible for many levels of experience. Benefits include: improved strength, flexibility and balance; reduced tension; better joint health; better mental clarity and an overall feeling of well-being. All adults welcome but note that class designed for adults age 50+.

South Bellevue Community Center

\$48(R) \$60(N)			Age: 13Y & Up
1904484-4	11:15am-12:30pm	Tue	May 07-May 28
1904484-5	11:15am-12:30pm	Tue	Jun 04-Jun 25
1904484-6	11:15am-12:30pm	Tue	Jul 09-Jul 30
\$24(R) \$30(N)			Age: 13Y & Up
1904484-7	11:15am-12:30pm	Tue	Aug 06-Aug 13

Mindful Movement: A Chi Kung Yoga style class

Join us for guided movement based on Chi Kung and soft style martial arts. Begin the Tai Chi Yang style short form. This yoga-esque class encourages proper posture for effective stretching combined with easy strengthening exercise. Long term benefits include increased flexibility, suppleness, balance, strength and a deeper mind-body calm. Instructor of martial arts and meditative movement has over 20 years of experience.

Crossroads Community Center

\$40(R) \$48(N)			Age: 18Y & Up
1902419	9:30-10:30am	Thu	May 02-May 30
\$24(R) \$28(N)			Age: 18Y & Up
1902420	9:30-10:30am	Thu	Jun 06-Jun 20

CARDIO & ACTIVE FITNESS

SilverSneakers Classic

Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. This class can be adapted by the student depending on their fitness level and abilities. It is suitable for beginning to intermediate skill levels. Contact your Health Care Provider to see if you qualify to attend this free of charge. Pre-registration and drop-in options available. Fee payable at the time of registration. Visit SilverSneakers.com to learn more.

North Bellevue Community Center

\$65(R) \$78(N)			Age: All Ages
190813-1	10:30am-12pm	Mon,Wed,Fri	May 01-May 31
\$60(R) \$72(N)			Age: All Ages
190813-2	10:30am-12pm	Mon,Wed,Fri	Jun 03-Jun 28
\$70(R) \$84(N)			Age: All Ages
190813-3	10:30am-12pm	Mon,Wed,Fri	Jul 01-Jul 31
\$65(R) \$78(N)			Age: All Ages
190813-4	10:30am-12pm	Mon,Wed,Fri	Aug 02-Aug 30

Cycle/Stretch

Join us for this fusion class of beginner level indoor cycling and flexibility exercises. Class is designed for those who are brand new to indoor cycling including: older adults, participants new to exercise and overweight or de-conditioned participants.

South Bellevue Community Center

\$56(R) \$67(N)			Age: 13Y & Up
1903103-3	10:35-11:35am	Tue	May 07-Jun 25
\$49(R) \$59(N)			Age: 13Y & Up
1903103-4	10:25-11:25am	Tue	Jul 02-Aug 13
\$119(R) \$143(N)			Age: 13Y & Up
1903074-3	10:35-11:35am	Tue,Thu	May 07-Jun 27
\$98(R) \$117.50(N)			Age: 13Y & Up
1903074-4	10:25-11:25am	Tue,Thu	Jul 02-Aug 15

Indoor Group Cycling

Ride LeMond bikes and increase aerobic fitness while burning approximately 600+ calories per class. All fitness levels welcome as you control your pace.

South Bellevue Community Center

\$49(R) \$59(N)			Age: 13Y & Up
1903652-3	6-7am	Mon	May 06-Jun 24
1903652-4	6-7am	Mon	Jul 01-Aug 12
1903682-4	6-7am	Wed	Jul 03-Aug 14
\$63(R) \$76(N)			Age: 13Y & Up
1903682-3	6-7am	Wed	May 01-Jun 26
\$96(R) \$115(N)			Age: 13Y & Up
1903252-3	6-7am	Mon,Wed	May 01-Jun 26
\$84(R) \$100(N)			Age: 13Y & Up
1903252-4	6-7am	Mon,Wed	Jul 01-Aug 14

Karie's Cardio Kickboxing

Cardio kickboxing is a non-contact group fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike and can burn up to 450 calories an hour. Build stamina, improve coordination and flexibility and burn calories as you build lean muscle with this fun and challenging workout.

South Bellevue Community Center

\$94.50(R) \$112.50(N)			Age: 13Y & Up
1903034-5	7:05-7:50am	Mon,Wed	May 01-May 29
\$63(R) \$75(N)			Age: 13Y & Up
1903034-6	7:05-7:50am	Mon,Wed	Jun 03-Jun 19



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.

South Bellevue Community Center

\$56(R) \$68(N)			Age: 13Y & Up
1902121-3	10-11am	Wed	May 01-Jun 19
\$49(R) \$59(N)			Age: 13Y & Up
1902141-3	10-11am	Fri	May 03-Jun 14
\$90(R) \$105(N)			Age: 13Y & Up
1902101-3	10-11am	Wed, Fri	May 01-Jun 19
\$48(R) \$56(N)			Age: 13Y & Up
1902211-1	9:15-10:15am	Tue,Thu	Jul 02-Jul 25
\$30(R) \$35(N)			Age: 13Y & Up
1902211-2	9:15-10:15am	Tue,Thu	Jul 30-Aug 15

jazzercise®

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

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

Northwest Arts Center

9825 NE 24th St • 425-452-4106

8:15am – 9:15am Monday to Saturday

For more information, visit www.jazzercise.com or call Lana Kim - 425-829-2341.

North Bellevue Community Center

4063 148th Ave NE • 425-452-7681

Evening sessions available throughout the week. For more information, call Instructor Kris Rooke @ 425-894-4111, or visit the class web page at www.jazzwithkris.com

South Bellevue Community Center

14509 SE Newport Way • 425-452-4240

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

MARTIAL ARTS

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

Bellevue Main Club

\$36(R) \$44(N)		Age: 18Y & Up
1900318	10-11am Wed	May 29-Jun 19

Yang Style Tai Chi Beginner

Learn the beginning movements of this Tai Chi form to improve, balance, coordination and flexibility as well as revitalize energy, calm the mind and relax the body.

South Bellevue Community Center

\$66(R) \$78(N)		Age: 16Y & Up
1903122-3	10:30-11:30am Fri	May 10-Jun 21

Yang Style Tai Chi Beginner

Learn the beginning movements of this Tai Chi form to improve, balance, coordination and flexibility as well as revitalize energy, calm the mind and relax the body.

South Bellevue Community Center

\$66(R) \$78(N)		Age: 16Y & Up
1903122-3	10:30-11:30am Fri	May 10-Jun 21
1903122-4	10:30-11:30am Fri	Jun 28-Aug 09

Yang Style Tai Chi Continuing

This class builds upon the movements learned in the Beginner class. Students who have experience in the Yang Style long form are welcome to join the class.

South Bellevue Community Center

\$66(R) \$78(N)		Age: 16Y & Up
1903153-3	9-10am Sat	May 11-Jun 22
1903153-4	9-10am Sat	Jun 29-Aug 10

Shotokan Karate

Learn traditional Karate with a non-violent philosophy emphasizing Respect, Excellence, Strength and Character with fun and experienced Black Belt instructors.

South Bellevue Community Center

\$72(R) \$86(N)		Age: 6-11Y
1902161-5	5-5:45pm Mon,Wed	May 01-May 29
1902161-6	5-5:45pm Mon,Wed	Jun 03-Jun 26
1902161-7	5-5:45pm Mon,Wed	Jul 08-Jul 31

\$36(R) \$43(N)		Age: 6-11Y
1902161-8	5-5:45pm Mon,Wed	Aug 05-Aug 14

\$94(R) \$112(N)		Age: 12Y & Up
1902371-5	6-7pm Mon,Wed	May 01-May 29
1902371-6	6-7pm Mon,Wed	Jun 03-Jun 26
1902371-7	6-7pm Mon,Wed	Jul 08-Jul 31

\$47(R) \$56(N)		Age: 12Y & Up
1902371-8	6-7pm Mon,Wed	Aug 05-Aug 14



Naginata - Beginner

This form of Japanese martial arts shows both power and grace. This art is for people of all Age interested in either competitive fighting, or in the physical beauty of choreographed movements called "kata." Beginner students please contact instructor before enrolling. Visit www.pnnf.org

Northwest Arts Center

\$72(R) \$87(N)		Age: 13Y and up
1922742	7-9pm Tue	Jul 16-Aug 20
1922744	7-9pm Thu	Jul 18-Aug 22

Naginata - Advanced

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

Northwest Arts Center

\$114(R) \$137(N)		Age: 13-99Y
1922752	7-9pm Tue,Thu	Jul 16-Aug 22

Kendo - Intermediate

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

Highland Park & Community Center

\$84(R) \$100(N)		Age: 8Y & Up
1902501	6:30-8:30pm Fri	May 24-Aug 16

Kendo - Advanced

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.

Highland Park & Community Center

\$84(R) \$100(N)		Age: 8Y & Up
1902500	7:30-9:30pm Fri	May 24-Aug 16

Taekwondo

An ancient Korean Martial Art, Taekwondo is a system of practical techniques for self-defense. Instruction is designed to emphasize kicks and punches that strengthen and condition the whole body and promote confidence, patience and respect.

Northwest Arts Center

\$210(R) \$252(N)		Age: 6-10Y
1902269	4:30-5:15pm Mon,Wed	Jul 08-Aug 21

South Bellevue Community Center

\$58(R) \$70(N)		Age: 5Y & Up
1902505-5	4-4:50pm Tue,Thu	May 07-May 30
1902544-5	5-5:50pm Tue,Thu	May 07-May 30
1902505-6	4-4:50pm Tue,Thu	Jun 04-Jun 27
1902544-6	5-5:50pm Tue,Thu	Jun 04-Jun 27
1902505-7	4-4:50pm Tue,Thu	Jul 02-Jul 30
1902544-7	5-5:50pm Tue,Thu	Jul 02-Jul 30
\$36(R) \$44(N)		Age: 5Y & Up
1902505-8	4-4:50pm Tue,Thu	Aug 01-Aug 15
1902544-8	5-5:50pm Tue,Thu	Aug 01-Aug 15
\$58(R) \$70(N)		Age: 10Y & Up
1902605-5	6-6:50pm Tue,Thu	May 07-May 30
1902605-6	6-6:50pm Tue,Thu	Jun 04-Jun 27
1902605-7	6-6:50pm Tue,Thu	Jul 02-Jul 30
\$36(R) \$44(N)		Age: 10Y & Up
1902605-8	6-6:50pm Tue,Thu	Aug 01-Aug 15

TaeKwonDo Plus

TaeKwonDo Plus classes offer a traditional training curriculum with the added benefits of practical self defense techniques (HapKiDo) and instruction of proper, safe falling and rolling. Sparring is light touch, tag-style. Instructor has martial arts experience for over 20 years and is a 4th degree black belt. New students may enroll anytime. Uniforms are required after the first 2 months and can be purchased through the instructor.

Crossroads Community Center

\$81(R) \$97(N)		Age: 7-99Y
1902421	4:30-5:30pm Tue,Thu	May 02-May 30
\$54(R) \$64(N)		Age: 7-99Y
1902422	4:30-5:30pm Tue,Thu	Jun 06-Jun 20

Hapkido

Hapkido is a highly eclectic Korean martial art. It is a form of self-defense that employs joint locks, grappling, and throwing techniques similar to those of other martial arts, as well as kicks, punches, and other striking techniques. This co-ed course helps students develop coordination, balance, focus, strength, self-esteem, group interaction, communication skills and discipline while teaching personal safety and self-defense in a safe, friendly environment. In addition to conditioning exercises, students will learn a basic kicks, strikes, throws, evasions, grappling and weapons. Uniform required & available at class for a fee. www.conquerorhapkido.com

North Bellevue Community Center

Beginner

\$50(R) \$60(N)		Age: 5-12Y
1924041	5:30-6:30pm Mon,Wed	May 01-May 31
1924043	5:30-6:30pm Mon,Wed	Jun 03-Jun 28
1924047	5:30-6:30pm Mon,Wed	Aug 02-Aug 30
\$62.50(R) \$75(N)		Age: 5-12Y
1924045	5:30-6:30pm Mon,Wed	Jul 01-Jul 31

Intermediate

\$50(R) \$60(N)		Age: 13Y & Up
1924042	6:30-7:30pm Mon,Wed	May 01-May 31
1924044	6:30-7:30pm Mon,Wed	Jun 03-Jun 28
1924048	6:30-7:30pm Mon,Wed	Aug 02-Aug 30
\$62.50(R) \$75(N)		Age: 13Y & Up
1924046	6:30-7:30pm Mon,Wed	Jul 01-Jul 31

NATURAL RESOURCES & OUTDOOR EDUCATION

Fraser Cabin Heritage Program

Presented by the Eastside Heritage Center in partnership with Bellevue Parks & Community Services, the Fraser Cabin, built in 1888, comes to life with activities and interpretation. Visitors participate in hands-on activities that relate to 1880s settler life. For more information, contact the Eastside Heritage Center at 425-450-1049 or visit Eastside-HeritageCenter.org. This program is free, for all ages, and no registration is required.

Saturday, April 27, 11am-4pm

TRACKS



TRACKS: Building a healthy community through outdoor adventure!

The TRACKS Outdoor Initiative wants you to get outdoors! From backcountry camps for teens to inspiring speakers,

TRACKS will take you on an adventure. We offer opportunities to explore the wilderness, and can help you build the skills and confidence necessary to develop your own lifelong relationship with nature.

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

Tuesday Trails 50+ Hiking

This easy hiking series is designed for active seniors looking to explore the beautiful trails around Bellevue, we will meet at the North Bellevue Community Center and ride to a trail-head in the Issaquah Alps, Cascades, or other scenic areas nearby. Hikes will be generally less than 3 miles and specifically chosen for the over 50 crowd. Dress for the weather and bring a lunch and water.

North Bellevue Community Center

\$5			Age: 50Y & Up
1902611	10am-3pm	Tue	May 07
1902612	10am-3pm	Tue	May 14
1902613	10am-3pm	Tue	May 21
1902614	10am-3pm	Tue	May 28
1902615	10am-3pm	Tue	Jun 04

COMMUNITY FARMS AND 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 425-452-2568 for information.



Master Gardener Urban Demonstration Garden

A hands-on, how to educational garden. Consult with Washington State University Extension 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: Wednesdays & Saturdays, 9am-1pm

INFO: Mary Osborne, 425-485-5942
<http://gardening.wsu.edu>

RANGER PROGRAMS

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

COST: Free

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

COST: FREE!

INFO: 425-452-4195



MERCER SLOUGH

ENVIRONMENTAL EDUCATION CENTER

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

- Environmental Science & Technology Practicum, Saturdays, grades 9 – 12
- Environmental Science Pathways, Thursdays, grades 6 – 8
- Wetland Field Studies and Classroom Lessons, grades PreK – 8

For additional programs 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



LOCAL AREA RANGER HIKES

Did you know Bellevue has almost 100 parks and over 90 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.

Ranger-led Hike at Lewis Creek Park

Join a Bellevue Park Ranger to explore the natural and cultural history of Lewis Creek Park. Look for signs of local wildlife and learn what to do when encountering animals in the wild. Please dress for the weather and wear sturdy shoes. This hike's difficulty is rated as easy (1 mile with approximately 50 ft elevation change). For groups of 10 or more please call. No pre-registration or RSVP required.

Lewis Creek Visitor Center & Park

FREE			Age: All Ages
	10:30-11:30am	Sat	May 04
	10:30-11:30am	Sat	Jun 01
	10:30-11:30am	Sat	Jul 06
	10:30-11:30am	Sat	Aug 03

Ranger-led Hike at Lakemont Highlands Open Space

Join a Bellevue Park Ranger at the Lewis Creek Visitor Center to explore the Lakemont Highlands Open Space trail system. Please dress for the weather and wear sturdy shoes. This hike is rated as moderately difficult (3.5 miles with 680 ft elevation change). For groups of 10 or more please call. No pre-registration or RSVP required.

Lewis Creek Visitor Center & Park

FREE			Age: All Ages
	10am-12pm	Sun	May 26

Ranger-led Hike at Coal Creek Natural Area

Explore Coal Creek at the Cinder Mine Trailhead to discover Bellevue's largest park and get lost in the wilderness while still in the city! This area is rich in history and wildlife you'll learn about while being guided by a Bellevue Park Ranger. Please dress for the weather and wear sturdy shoes. This hike is rated as moderately difficult (2 miles with 240 ft elevation change). For groups of 10 or more please call. No pre-registration or RSVP required.

Coal Creek Natural Area - Cinder Mine Trailhead

FREE			Age: All Ages
	10:30am-12pm	Sun	Jul 14

Ranger-led Hike at Lakemont Community Park

Meets at Lakemont Community Park, 5170 Village Park Dr SE
This lovely trail winds alongside a creek as we ascend and descend throughout the park. Please dress for the weather and wear sturdy shoes. This hike is rated as moderately difficult (2 miles with 700 ft elevation change). For groups of 10 or more please call. No pre-registration or RSVP required.

Lakemont Community Park

FREE			Age: All Ages
	10:30am-12pm	Sun	Jun 23
	10:30am-12pm	Sat	Aug 31

World Migratory Bird Day Bash

Meets at: Larsen Lake Blueberry Farm, 700 148th Avenue SE
Each year, over 81 countries all over the globe come together to celebrate our wonderful migratory birds during World Migratory Bird Day. Flock to the park to celebrate this very special event where park rangers will be leading drop-in programs throughout the morning where you can browse for birds during a ranger-led hike, fly through the dangers of migration during a fun migration game, and create crafts for bird friendly communities. This jubilee is fun for all ages. No pre-registration or RSVP required. Outdoor Program.

Lake Hills Greenbelt

FREE			Age: 5Y & Up
	8-10am	Sat	May 11

Story and a Stroll: When Rain Falls

When rain falls, we scurry indoors. But what about all those animals in the forests and fields? Journey from your neighborhood to the woods and wetlands of the Mercer Slough after enjoying this engaging story of animal habitats.

Mercer Slough Nature Park

FREE			Age: All Ages
1902453	11am-12pm	Fri	May 24

Perfect Pollinators

Pollination is not just fascinating, it is an essential ecological function. Over 80% of the world's flowering plants require a pollinator to reproduce. Unfortunately, we are witnessing a significant decline in our natural pollinator populations. Without these pollinators, humans will not survive, and terrestrial ecosystems will continue to deteriorate. Join a Park Ranger to learn more about what we can do to protect our future of food.

Mercer Slough Nature Park

FREE			Age: All Ages
1902454	2-3pm	Sat	Aug 10

Story and a Stroll: Under one Rock

Have you ever peeked under a rock? A whole community of creatures lives there! One of the world's most fascinating habitats is right at your feet. After the story, venture out with a park Ranger to uncover some rocks and investigate these hidden creatures.

Mercer Slough Nature Park

FREE

1902455

11am-12pm

Fri

Age: All Ages

Jul 19

Story and a Stroll: A secret Place

In the heart of the City, there is a special place. A place for wildlife to call home. This story immerses young readers into a hidden habitat. A place you may even have just outside your front door. The Mercer Slough Nature Park is one of those places. Join a Park Ranger to explore a little bit of nature in our urban areas.

Mercer Slough Nature Park

FREE

1902456

11am-12pm

Fri

Age: All Ages

Aug 16

Sumer Science: Water you Know

Join a Park Ranger for this NEW summer pre-teen program to investigate the water of the Mercer Slough and to learn more about what factors influence the quality. This inquiry-based program involves observation, critical thinking, and hands-on learning with chemical water testing kits to be used at various locations within the nature park.

Mercer Slough Nature Park

FREE

1902457

2-3pm

Sun

Age: All Ages

Jun 30

Who let the bugs out?

We can find insects in almost every habitat, yet insects are underappreciated for their role in the food web. Without insects to help break down and dispose of wastes, dead animals and plants would accumulate in our environment. Other animals rely on insects as their primary food source. Without them they would starve. Join a Park Ranger for a nature walk in search of bugs. Enjoy some hands-on activities and crafts as well.

Mercer Slough Nature Park

FREE

1902458

2-3pm

Sat

Age: All Ages

Jun 08

Eat or be Eaten

Predator and Prey relationships are essential to creating a healthy and balanced ecosystem. The Mercer Slough Nature Park is home to many creatures both predator and prey. Join a Park Ranger to learn more about these critical interactions and enjoy some fun activities and crafts.

Mercer Slough Nature Park

FREE

1902459

2-3pm

Sat

Age: All Ages

Jul 13

Canoe Mercer Slough

Explore the beautiful Mercer Slough Nature Park by water! Bellevue park rangers lead this 3-hour canoe trip from Enatai Beach Park. You'll see how this amazing ecosystem functions as you travel into the heart of Mercer Slough Nature Park, a 320 acre wetland. You may catch a glimpse of otters, herons, turtles, and other wildlife of Mercer Slough. Program may be cancelled due to wind and/or lightning. PRIOR CANOEING EXPERIENCE AND PRE-REGISTRATION FOR EACH PARTICIPANT ARE REQUIRED. Participants must be at least 5-years old. There is always a chance that canoes can capsize. Ability to swim and comfort in and around water are recommended.

Enatai Beach Park (Enatai Beach Park Boat Launch)

\$16(R) \$18(N)

Age: 5Y & Up

CMS-1	8:30am-12pm	Sat	May 25
CMS-2	8:30am-12pm	Sat	Jun 01
CMS-3	8:30am-12pm	Sat	Jun 08
CMS-4	8:30am-12pm	Sat	Jun 15
CMS-5	8:30am-12pm	Sat	Jun 22
CMS-6	8:30am-12pm	Sat	Jun 29
CMS-7	8:30am-12pm	Sat	Jul 13
CMS-8	8:30am-12pm	Sun	Jul 14
CMS-9	8:30am-12pm	Sat	Jul 20
CMS-10	8:30am-12pm	Sun	Jul 21
19013611	8:30am-12pm	Sat	Jul 27
19013612	8:30am-12pm	Sun	Jul 28
19013613	8:30am-12pm	Sat	Aug 10
19013614	8:30am-12pm	Sun	Aug 11
19013615	8:30am-12pm	Sat	Aug 17
19013616	8:30am-12pm	Sun	Aug 18
19013617	8:30am-12pm	Sat	Aug 24
19013618	8:30am-12pm	Sun	Aug 25
19013619	8:30am-12pm	Sat	Aug 31



Story and a Stroll: A log's Life

This book introduces young readers to the life cycle of a tree inspiring them to look at logs in their own backyards. After the story, head out with a Park Ranger to investigate some fallen logs on the forest floor of the Mercer Slough Nature Park.

Mercer Slough Nature Park

FREE

1902482

11am-12pm

Fri

Age: All Ages

Jun 21

Lake Hills Greenbelt Ranger Walks

Join us Saturdays at 2pm for a free interpretive tour of the Lake Hills Greenbelt. We will depart from the Lake Hills Ranger Station for a 1-hour trek. We will talk about some local history and see native plants and wildlife that calls Bellevue home. As our tour concludes, you may continue on your own as the trail loops Larson Lake park. Bring your friends and family along for this free, weekly hike led by one of your local Bellevue Park Rangers.

Mercer Slough Ranger Walk

Bring the whole family to join a Ranger on a guided hike through the Mercer Slough Nature Park. This kid-oriented program aims to educate kids and their parents about the Nature Park while discovering the birds and animals that call the Mercer Slough home. The hour-long nature walk ends at the channel bridge in the middle of the park. From there you are able to continue on to further explore the rich diversity the park has to offer.

Mercer Slough Nature Park

FREE

1902483

2-3:30pm

Sun

May 05

1902484

2-3:30pm

Sun

Jun 02

1902485

2-3:30pm

Sun

Jul 07

1902486

2-3:30pm

Sun

Aug 04

Age: All Ages

Hike with a Naturalist at Robinswood Park

Come discover the local forests of Robinswood Park. A Naturalist will lead this easy walk, introducing you to local trees, native wildlife, and natural history. Also learn what it means to have a forest in a park, and what you can do to protect it while enjoying your visit! You will find the naturalist ready to lead the hike at the "The Robinswood House" sign at 10 a.m. RSVP required - please call 24 hours in advance to preregister for this program, 425-452-6993.

Robinswood Park

FREE

1902241

10-11am

Sat

Age: All Ages

6/8, 6/22, 7/13, 7/27

8/10, 8/24

MOVIES AT MERCER SLOUGH

Movies at Mercer Slough: Winged Migration

Enjoy the natural world as you fly along with some of the world's most amazing birds. This awe-inspiring film takes you to 40 different countries on each of the seven continents to capture a wide variety of bird migrations. Together the team of experts, cinematographers, and pilots lead you on a rare journey to follow these birds from a variety of unique perspectives.

Mercer Slough Nature Park

FREE

1902466

5-6pm

Fri

Age: All Ages

May 31

FAMILY DISCOVERY SERIES

Lewis Creek Story Time – Feathered Friends

Look, listen, and create during an hour of stories and crafts! Flock together for May's story time as we read two fun books. We'll learn all the different shapes, sizes, and colors birds come in before taking a closer look as a family of chicks grow up and discover the world. Best for ages 3-7 with accompanying adult(s). RSVP required for children and adults by 4 p.m. the day before the program at 425-452-4195 or LCVC@BellevueWA.gov. Indoor program.

Lewis Creek Visitor Center & Park

FREE

11am-12pm

Fri

Age: 3Y & Up

May 03

1:30-2:30pm

Fri

May 03

Lewis Creek Story Time – Beautiful Buzzing Bees

Look, listen, and create during an hour of stories and crafts! When Mason meets a native bee for the first time he learns why they're amazing and that bees need his help! Discover how you can be a bee's superhero too just in time for National Pollinator Week. Best for ages 3-7 with accompanying adult(s). RSVP required for children and adults by 4 p.m. the day before the program at 425-452-4195 or LCVC@BellevueWA.gov. Indoor program.

Lewis Creek Visitor Center & Park

FREE

11am-12pm

Fri

Age: 3Y & Up

Jun 07

1:30-2:30pm

Fri

Jun 07



VISITOR CENTERS

Botanical Garden Visitor Center

The beautiful new visitor center at the Bellevue Botanical Garden is complete and open for visitors! The 53-acre garden offers plant lovers the delightful experience of the Perennial Border, Ravine Experience, Yao Garden, Rock Garden, and trails through peaceful woodlands.

LOCATION: 12001 Main Street, 98005

HOURS: 9am - 4pm daily

PHONE: 425-452-2750

WEBSITE: bellevuebotanical.org

Lake Hills Greenbelt Ranger Station

Surrounded by community farms, gardens, and beautiful wetlands, you will find interpretive information, and nature trails. Come into the ranger station for environmental program information or to get community farm and garden information.

LOCATION: 15416 SE 16th Street, 98007

HOURS: Tue - Sat, noon-4pm

PHONE: 425-452-7225

WEBSITE: parks.bellevuewa.gov/lakehills

Lewis Creek Visitor Center

This beautiful park offers the opportunity to wander through forests, meadows, and wetlands. Come inside the center and pick up trail and park maps for the area, attend an educational 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: parks.bellevuewa.gov/lewiscreek

Mercer Slough Environmental Education 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.

LOCATION: 1625 118th Ave SE, 98005

HOURS: Daily, 10am-4pm

PHONE: 425-452-2565

WEBSITE: parks.bellevuewa.gov/mseec

Lewis Creek Story Time – The Hiding Tree

Look, listen, and create during an hour of stories and crafts! Dive in for a closer look at the role trees play in hiding all sorts of forest critters this story time. We'll read about smallest beetles to the great horned owl that call hiding places in trees home. Best for ages 3-7 with accompanying adult(s). RSVP required for children and adults by 4 p.m. the day before the program at 425-452-4195 or LCVC@BellevueWA.gov. Indoor program.

Lewis Creek Visitor Center & Park

FREE

Age: 3Y & Up

11am-12pm	Fri	Jul 05
1:30-2:30pm	Fri	Jul 05

Lewis Creek Story Time – Remarkable Reptiles

Look, listen, and create during an hour of stories and crafts! If you look closely in Bellevue and step lightly, you're sure to spot one of our marvelous garter snakes! Reptiles come in all shapes and sizes that we'll learn about this story time. Best for ages 3-7 with accompanying adult(s). RSVP required for children and adults by 4 p.m. the day before the program at 425-452-4195 or LCVC@BellevueWA.gov. Indoor program.

Lewis Creek Visitor Center & Park

FREE

Age: 3Y & Up

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

Toddler Trails

Explore the trails at Lewis Creek Park with a park ranger and get out some wiggles on select Fridays this summer. We'll take frequent stops while we investigate the different environments of Lewis Creek Park we wander through and learn how we can make hiking fun for everyone. Please dress for the weather and wear sturdy shoes. Best for children ages 18 months - 3 years with accompanying adult(s). This hike's difficulty is rated as easy (.5 miles). RSVP required for children and adults by 4 p.m. the day before the program at 425-452-4195 or LCVC@BellevueWA.gov. Outdoor program.

Lewis Creek Visitor Center & Park

FREE

Age: 1Y & Up

10-11am	Fri	May 10
10-11am	Fri	Jun 28
10-11am	Fri	Jul 12
10-11am	Fri	Aug 09

Who's that Bird?

Fly in this month to learn the who's who and what's what of our local bird species. We'll learn some new friends, and participants will choose their favorite for an art piece to be displayed at the Lewis Creek Visitor Center. Best for children ages 5-10 with accompanying adult(s). No pre-registration or RSVP required. Indoor/outdoor program.

Lewis Creek Visitor Center & Park

FREE

Age: 5Y & Up

2:30-3:30pm	Sun	May 05
2:30-3:30pm	Sat	May 25

American Crow: The "Feathered Ape"?

Do crows "talk" to each other? Can they distinguish peoples' faces? Where can you see a nightly "river of crows"? Learn about the surprisingly smart American Crow, selected as Species of the Year for Bellevue Parks. Join the Master Naturalists for a slideshow, activity or game, and a crow-inspired habitat walk around Lewis Creek Park. Best for children ages 5-10 with accompanying adult(s). RSVP required for children and adult participants by 4:00 p.m. the Friday before the program at 425-452-4195. Indoor/outdoor program.

Lewis Creek Visitor Center & Park

FREE	2:30-3:30pm	Sat	Age: 5Y & Up May 18
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Frog Hop!

One of the earliest sounds of spring is the constant rib-bit song of frogs. Learn about the amazing life cycle of these amphibians, as well as the kinds of frogs that live in Western Washington. Then join a park ranger to explore Lewis Creek using your ears to guide the way. Best for children ages 5-10 with accompanying adult(s). No pre-registration or RSVP required. Indoor/outdoor program.

Lewis Creek Visitor Center & Park

FREE	2:30-3:30pm	Sat	Age: 5Y & Up Jun 08
	2:30-3:30pm	Sun	Jun 30

Wilderness Tea Party

Join us for a tea party where you never know what new friends you'll make! Learn who lives in our forests and listen to the sounds of nature as we sip beneath the trees. Wear that dress or tie that you don't mind getting a bit dirty and sip on a selection of decaffeinated teas. Best for children ages 4-7 with accompanying adult(s). RSVP required at 425-452-4195 or LCVC@BellevueWA.gov. Outdoor program.

Lewis Creek Visitor Center & Park

FREE	10-11:30am	Sat	Age: 4Y & Up Jul 13
	10-11:30am	Sat	Aug 10

Batty Nights at Lewis Creek Park

Come test your echolocation out with a Park Ranger. We'll learn all about our Northwest bat species before taking a dusk hike to watch for bats as they leave their roosting sites to forage for insects! Bring a flashlight or headlamp, as well as sturdy shoes for the journey! Preregistration is required for youth and adult participants at <https://register.bellevuewa.gov>. Best for children ages 5+ with accompanying adult(s). Indoor/outdoor program.

Lewis Creek Visitor Center & Park

FREE			Age: 5Y & Up
1902082	8-9:30pm	Fri	May 17
1902083	8:30-10pm	Fri	Jul 19
1902084	7:30-9pm	Fri	Aug 23

Creekside Caddisflies

Have you seen a dragonfly nymph's jaws snatch a tasty snack as it crawls along the creek bed, or a caddisfly snuggled up in its weaved case? Find out all about these critters and what they tell us about Lewis Creek as we take samples and dive deeper into what we find! Please dress for the weather and wear cloths you don't mind getting a bit wet. Best for children ages 9-13 with accompanying adult(s). RSVP required for youth and adult participants by 4:00 p.m. the Friday before the program at 425-452-4195. Indoor/outdoor program.

Lewis Creek Visitor Center & Park

FREE	2-3pm	Sun	Age: 9Y & Up May 12
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Street Smart Racoons

Finding masked bandits in your garbage can be startling, but there's no need to be afraid! Come learn more about our problem-solving neighborhood raccoons and how they've learned to navigate our urban environments. Best for children ages 5-10 with accompanying adult(s). No pre-registration or RSVP required. Indoor/outdoor program.

Lewis Creek Visitor Center & Park

FREE	2:30-3:30pm	Sun	Age: 5Y & Up Jul 07
	2:30-3:30pm	Sat	Jul 20

Busy Beavers

Beavers shape the environment with help from their whole families to make places where animals of all shapes and sizes live. Join us as we learn all about nature's engineers, we'll do a fun fur experiment and go on a short walk around our wetland. Best for children ages 5-10 with accompanying adult(s). No pre-registration or RSVP required. Indoor/outdoor program.

Lewis Creek Visitor Center & Park

FREE	2:30-3:30pm	Sun	Age: 5Y & Up Aug 11
	2:30-3:30pm	Sat	Aug 24

Sensational Squirrels!

Who knew such a small animal could have such a big personality? As one of the area's most commonly-observed critters, the squirrel evokes many different emotions in those who come across them. We'll discuss the species present in our forests and backyards, and learn all about this adaptive animal. Join us for a fun time and a craft!

Lake Hills Greenbelt

FREE			Age: 3-8Y
1902096	10-11am	Fri	May 10



All about Amphibians

Ribbit! Ever wonder more about the incredible chorus of frogs heard on warm evenings, or maybe even the sleek salamanders that find refuge under logs and leaves? Learn all you need to know about the amphibians that inhabit our natural spaces, take home a fun craft, and head out on a park ranger-led walk for a chance to spy a few!

Lake Hills Greenbelt

FREE			Age: 3-8Y
1902098	10-11am	Fri	Jun 07

What's in the Water?

Our region is known for its mild, damp conditions, creating the perfect pond habitats for a multitude of creatures, from dragonflies to tadpoles. Join a park ranger for a closer look into the water at the critters that call these ponds home, and learn more about their fascinating (and often strange) lives by seeing them firsthand!

Lake Hills Greenbelt

FREE			Age: 3-8Y
1902099	10-11am	Fri	Jul 12

Bird Brains: The American Crow

Although cultures around the world may regard the crow as a scavenger, bad omen, or simply a nuisance, this bad reputation might overshadow what could be regarded as the crow's most striking characteristic - its intelligence. Come join us for an educational program on our local bird brains, and enjoy a crow craft afterward.

Lake Hills Greenbelt

FREE			Age: 3-8Y
1902100	10-11am	Fri	Aug 23

Evening Wildlife: An Owl Prowl!

When darkness falls, nocturnal animals are just waking up! From bats to owls in the air, and raccoons to coyotes on the ground, the night is ever so active! Discover which of these creatures live in Bellevue, and come listen for them in a special ranger led night hike!

Lake Hills Greenbelt

FREE			Age: All Ages
1902101	8:30-9:30pm	Sat	May 25
1902102	8:30-9:30pm	Sat	Aug 31

Evening Wildlife: Great Blue Herons

Did you know that Bellevue is home to a great blue heron rookery? These patient fishers can be seen all year round in our lakes and streams. Come learn about what makes a wetland such a magnificent home for these long-legged birds

Lake Hills Greenbelt

FREE			Age: All Ages
1902103	7-8pm	Sat	Jun 29

Evening Wildlife: Busy Busy Beavers

The busy beaver is hard at work preparing a home for the winter. They Dam the river, build a lodge, and ever prepare an underwater ladder! Come learn how beavers build their warm home, and why they build their dams.

Lake Hills Greenbelt

FREE			Age: All Ages
1902104	7-8pm	Sat	Jul 27

ADULT ENRICHMENT SERIES

Living with Wildlife - Crouching Bobcats

How can you tell the difference between a bobcat, cougar, and a housecat? Bobcats are reclusive and sneaky, but sometimes we're lucky enough to see them! Find out how to recognize these short-tailed cats and how we can coexist with our shy neighbors. This program is best for adults. No pre-registration or RSVP required. Indoor program.

Lewis Creek Visitor Center & Park

FREE

2-3pm

Sun

Age: 18Y & Up

May 19

Living with Wildlife - Backyard Bats

Washington is home to 15 species of bats! Every fall these bats find a place to hibernate, hopefully avoiding human structures in their search. Find out which species live in Bellevue and how to prevent your home from becoming a bat cave! This program is best for adults. No pre-registration or RSVP required. Indoor program.

Lewis Creek Visitor Center & Park

FREE

2-3pm

Sun

Age: 13Y & Up

Jul 21

Evening Nature Walk

Join a Bellevue Park Ranger for a (grown-ups only) hike where we'll explore some of the park's nocturnal species, as well as strategies for seeing these shy animals at night. Please bring a flashlight or headlamp, dress for the weather, and wear sturdy shoes. This hike's difficulty is rated as easy (1 mile with approximately 50 ft elevation change). This program is for adults. Preregistration is required for participants at <https://register.bellevuewa.gov>. Outdoor program.

Lewis Creek Visitor Center & Park

FREE

1902087

8:30-10pm

Fri

Age: 18Y & Up

Jun 14

Bindweed, Blackberry, and Ivy, Oh My!

A monster is creeping through our gardens! It invades with runners and through clippings to choke trees and shade plantings. Join a Bellevue park ranger to learn more about the plants invading your flowerbeds and what you can do to keep them out. This program is best for adults, but participants ages 13+ are welcome with accompanying adult(s). No pre-registration or RSVP required. Indoor program.

Lewis Creek Visitor Center & Park

FREE

2-3pm

Sun

Age: 13Y & Up

Aug 04

SPORTS DROP-IN SPORTS

Come play your favorite sport or try a new one for the first time. Our community centers offer a variety of fun drop-in sports. Bring a team, bring a friend, or come by yourself and enjoy our drop-in sports times.

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

Adult: 18Y & Up | Family: All ages | Teen: 13Y-18Y

South Bellevue Community Center

Adult Badminton

Adult Basketball

Adult Pickleball

Adult Volleyball

Family Badminton

Family Basketball | FREE

Teen Basketball | FREE

Call 425-452-4240 for current schedule

Crossroads Community Center

Teen Basketball

Adult Volleyball

Adult Indoor Kite Flying

Adult Table Tennis

Teen Basketball

Call 425-452-4874 for current schedule

Highland Community Center

Wheelchair Basketball

Adult Basketball

Adult Volleyball

Call 425-452-7686 for current schedule

North Bellevue Community Center

Adult Pickleball

Adult Ping Pong

Adult Billiards | Free

Call 425-452-7681 for current schedule

Hidden Valley Fieldhouse

Adult Volleyball

Adult Pickleball

Call 425-452-7681 for current schedule

ADULT SPORTS LEAGUES

Winter, Spring, and Fall Adult Leagues for Basketball, Women's Basketball, Co-Rec Volleyball, and Women's Volleyball:

Fall 2019 Registration:

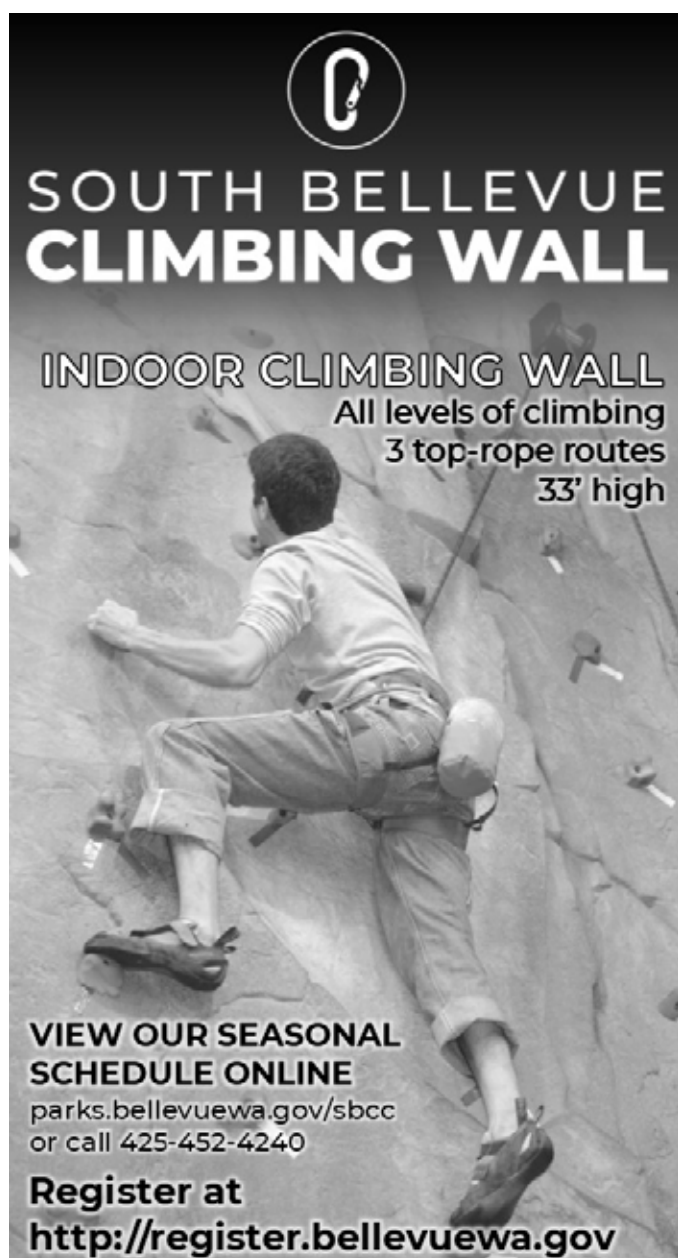
Residents: July 22-August 16

Non-Resident: July 29-August 16

League Play: Starts September 15, 2019

Visit parks.bellevuewa.gov/adult-leagues, email Leagues@bellevuewa.gov, or call 425-452-4479 to register.

New to Bellevue or looking for a team? Individuals can be added to the *Interested Players List* available to team managers looking for players. Contact Shirley Louie at 425-452-4479 or email Leagues@bellevuewa.gov, or visit us on the Web at parks.bellevuewa.gov/adult-leagues.



SOUTH BELLEVUE CLIMBING WALL

INDOOR CLIMBING WALL
All levels of climbing
3 top-rope routes
33' high

VIEW OUR SEASONAL SCHEDULE ONLINE
parks.bellevuewa.gov/sbcc
or call 425-452-4240

Register at
<http://register.bellevuewa.gov>

Rock Climbing - Beginning Class

This class is for the beginning or intermediate climber who would like to learn the basics of rock climbing or improve their climbing skills. We will teach you how to correctly wear a harness, tie the knots, handle the rope, use a belay device and communicate effectively. At the completion of this class, participants 16 and older can take a belay check test to earn an SBCC belay card. Please call 425-452-4240 to register.

South Bellevue Community Center (Climbing Wall)

\$29(R) \$39(N)			Age: 13Y & Up
19006216	6:30-8pm	Tue	May 07
19006217	6:30-8pm	Tue	May 14
19006218	6:30-8pm	Tue	May 21
19006219	6:30-8pm	Tue	May 28
19006220	6:30-8pm	Tue	Jun 04
19006221	6:30-8pm	Tue	Jun 11

Rock Climbing - Beginning Parent/Child

This 90 minute course covers the same material as the Beginning Rock Climbing class, but is ideal for parents to do with their children to take their relationship to new heights. Go Climbing! Pre-registration is required. Price is for one child and one adult. Additional family members (\$15 resident; \$20 non-resident). Minimum age is 4 years old.

South Bellevue Community Center (Climbing Wall)

\$29(R) \$39(N)			Age: 4Y & Up
19011113	6:30-8:30pm	Mon	May 06
19011114	6:30-8:30pm	Mon	May 13
19011115	6:30-8:30pm	Mon	May 20
19011116	6:30-8:30pm	Mon	Jun 03
19011117	6:30-8:30pm	Mon	Jun 10
19012417	9-10:30am	Sat	May 11
19012418	9-10:30am	Sat	May 18
19012419	9-10:30am	Sat	May 25
19012420	9-10:30am	Sat	Jun 01
19012421	9-10:30am	Sat	Jun 08
19012422	9-10:30am	Sat	Jun 15

Rock Climbing - Belay Class

Learn the skills needed to safely belay your rock climbing partner up any rock climbing wall; indoor or out. This 90-minute class teaches proper use and inspection of basic climbing gear, climbing commands, effective rope handling and much more. You will learn the skills needed to pass the Belay Test required to belay on the Crag at SBCC. Pre-registration is required.

South Bellevue Community Center (Climbing Wall)

\$29(R) \$39(N)			Age: 18Y & Up
19136816	10:30am-12pm	Sun	May 05
19136817	10:30am-12pm	Sun	May 12
19136818	10:30am-12pm	Sun	May 19
19136819	10:30am-12pm	Sun	May 26
19136820	10:30am-12pm	Sun	Jun 02
19136821	10:30am-12pm	Sun	Jun 09
19008715	6:30-8pm	Thu	May 02
19008716	6:30-8pm	Thu	May 09
19008717	6:30-8pm	Thu	May 16
19008718	6:30-8pm	Thu	May 23
19008719	6:30-8pm	Thu	May 30
19008720	6:30-8pm	Thu	Jun 06
19008721	6:30-8pm	Thu	Jun 13

YOUTH SPORTS

Youth Soccer Program Information

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 4 weeks of games. This league is a one day per week commitment. Always the same location and time.
- **Uniforms:** Jersey is included in the registration fee and will be issued on your first game day.
- Shin guards are required for all soccer leagues.
- **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 coach's 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.

ALL REQUESTS MUST BE MADE BEFORE May 1 BY EMAIL TO sgonzales@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 May 1.

Youth BASKETBALL Leagues sponsored by



Mighty Mites Soccer League

This 5-6 year old 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 6 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 4 weeks of games on Wednesdays from 4:15-5:15 pm at Robinswood Sports Field. Come and join the fun! Volunteer coaches are needed for this league. Max. 7 players per team.

Robinswood Community Park

\$75(R) \$85(N)	Age: 5-6Y
1901862 4:15-5:15pm Wed	May 08-Jun 12

Youth Soccer League

This 7-9 year old co-ed instructional league is a great way to further develop and enhance your basic knowledge and skills in soccer. This 6 week league, will emphasize positive sportsmanship and team play while having fun! We will begin with 2 weeks of team practice followed by 4 weeks of games on Tuesdays from 4:15-5:15 pm at Robinswood Sports Field. Come and join the fun! Volunteer coaches are needed for this league.

Robinswood Community Park

\$75(R) \$85(N)	Age: 7-9Y
1901863 4:15-5:15pm Tue	May 07-Jun 11

Youth Flag Football

Bellevue Youth Sports is proud to offer a safe, dynamic, and non-competitive environment for beginning young co-ed athletes to discover the fun in playing flag football. Athletes will develop basic skills and techniques necessary to succeed on both offense and defense. This 4-week program is designed to introduce players to the sport with 30 minutes of practice and conditioning followed by 30 minutes of fun game play. No experience necessary.

Robinswood Community Park

\$30(R) \$35(N)	Age: 8-13Y
1901864 1:45-3pm Wed	May 01-May 22
1902423 1:45-3pm Wed	May 29-Jun 19

Pro Baseball - Live Batting Class

Quality baseball batting practice and instruction located at Hidden Valley Park, this Wednesday afternoon baseball class is well-suited for all players from the aspiring to the elite taught by Steve Goucher, a former professional baseball player, and Atlanta Braves scout who has coached baseball at all levels. Don't miss out on the fun.

Robinswood Community Park

\$119(R) \$129(N)	Age: 8-13Y
1901866 1:45-3pm Wed	May 22-Jun 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 will be opportunities to perform too. Dream Team has performed at halftime for the Seattle Storm and University of Washington basketball games. Previous experience is not required—contact instructor with questions.

Highland Community Center

\$51(R) \$61(N)	8Y-18Y
1902657 4-5:30pm Fri	Jun 28-Jul 19

Summer Power Squad

Intermediate level cheer class for those who want a more intense program without being on a competitive team. Beginning stunting and tumbling are taught. Pre-requisite: concurrent registration on Dream Team. No instructor permission required for summer session.

Highland Community Center

\$41(R) \$51(N)	
1902651 3-4pm Fri	Jun 28-Jul 19

Cheer Camp – Intro to Cheer

Learn to be a cheerleader! This cheer camp is designed for those who want to cheer, jump, and dance. It's a fun four-day camp where participants will learn to perform cheers and dance routines. All cheerleaders will receive a camp gift! Please bring a snack and a water bottle, and wear comfortable clothes and tennis shoes.

Highland Community Center

\$75(R) \$85(N)	Age: 5-14Y
1901637 4-6pm M-Th	Jun 24-27

Parkour

Parkour combines the art of play and the science of movement. MoveFree Academy will train your child to control their body through fun, physical and mental challenges the way it was meant to be used. Play games, learn new skills, progress strength and dominate obstacle courses while optimizing your ninja potential!

South Bellevue Community Center

\$62(R) \$74(N)		Age: 6-10Y
1901341-6 5-5:55pm Wed		Jun 05-Jun 26
\$77.50(R) \$92.50(N)		Age: 6-10Y
1901341-5 5-5:55pm Wed		May 01-May 29
1901341-7 5-5:55pm Wed		Jul 03-Jul 31
1901764-5 5-5:55pm Fri		May 03-May 31
\$46.50(R) \$55.50(N)		Age: 6-10Y
1901764-6 5-5:55pm Fri		Jun 07-Jun 21
\$151(R) \$185(N)		Age: 6-10Y
1901802-5 5-5:55pm Wed,Fri		May 01-May 31
\$108.50(R) \$129.50(N)		Age: 6-10Y
1901802-6 5-5:55pm Wed,Fri		Jun 05-Jun 26
\$77.50(R) \$92.50(N)		Age: 10-16Y
1901841-5 6-6:55pm Wed		May 01-May 29
\$62(R) \$74(N)		Age: 10-16Y
1901841-6 6-6:55pm Wed		Jun 05-Jun 26
\$77.50(R) \$92.50(N)		Age: 10-16Y
1901841-7 6-6:55pm Wed		Jul 03-Jul 31
1901882-5 6-6:55pm Fri		May 03-May 31
\$46.50(R) \$55.50(N)		Age: 10-16Y
1901882-6 6-6:55pm Fri		Jun 07-Jun 21
\$151(R) \$185(N)		Age: 10-16Y
1901924-5 6-6:55pm Wed,Fri		May 01-May 31
\$108.50(R) \$129.50(N)		Age: 10-16Y
1901924-6 6-6:55pm Wed,Fri		Jun 05-Jun 26

ROBINSWOOD TENNIS CENTER

2400 151st PI SE

Phone: 425-452-7690 | Fax: 425-452-7111

Email: tennis@bellevuewa.gov
parks.bellevuewa.gov/tennis

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:
register.bellevuewa.gov

FACILITY RENTAL

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

VOLUNTEER AT ROBINSWOOD TENNIS CENTER

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

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 re-stringing is available on site. Service is guaranteed in 48 hours.

OUTDOOR TENNIS COURTS

Visit parks.bellevuewa.gov to find outdoor tennis courts operated by the City of Bellevue.

PROGRAMS & ACTIVITIES

Ladies' Competitive Cup Inter-club League

Six different levels of play: Evergreen, Emerald, Classic, Rainier, Challenge, and Kingco. NTRP rating 2.5-5.0. 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.

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.

Working Women - Wednesday, 6:15-7:30pm
Coordinator: Lisa Stix, StixL44@gmail.com

Men's Doubles – Tuesday, 6:15 and 7:30pm. Coordinator: Pat McGill, 360-805-4916, patrickmcgill@yahoo.com.

Cardio Tennis

18 + years. Cardio Tennis consists of short cycles of work-outs. Players of all abilities enjoy tennis together while they also consistently elevate their heart rates into their aerobic training zone. Min 4/Max 8

Robinswood Tennis Center

\$12

Age: 18Y and up

Call Robinswood Tennis Center to register up to 7 days in advance.

Runs September through June

1- 2pm	Mon
9:30- 10:30am	Tue
6:30- 7:30pm	Thu

Senior Drill and Play

50+ Years. Combination of instruction, drills, and point play.

\$13

Call Robinswood Tennis Center to register up to 7 days in advance.

Runs September through June

2:30- 3:45pm	Tue
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Tennis for Individuals Living with Disabilities

The Adaptive Recreation Tennis Class is designed for individuals living with developmental 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

Age: 14Y and up

Please call Robinswood Tennis Center to register

Youth Mini Clinic

This class is appropriate for new players as well as players with some playing experience. Tennis fundamentals are covered as well as tennis related drills, games, and activities.

Robinswood Tennis Center

\$156			Age: 7-12Y
1902425	9am-12pm	Mon,Tue,Wed,Thu	Jun 24-Jun 27
\$117			Age: 7-12Y
1902426	9am-12pm	Mon,Tue,Wed	Jul 01-Jul 03
\$156			Age: 7-12Y
1902427	9am-12pm	Mon,Tue,Wed,Thu	Jul 08-Jul 11
1902428	9am-12pm	Mon,Tue,Wed,Thu	Jul 15-Jul 18
1902429	9am-12pm	Mon,Tue,Wed,Thu	Jul 22-Jul 25
1902430	9am-12pm	Mon,Tue,Wed,Thu	Jul 29-Aug 01
1902431	9am-12pm	Mon,Tue,Wed,Thu	Aug 05-Aug 08
1902432	9am-12pm	Mon,Tue,Wed,Thu	Aug 12-Aug 15
1902433	9am-12pm	Mon,Tue,Wed,Thu	Aug 19-Aug 22

Lobbers Youth Instructional Clinic

The 'Lobbers' Instructional Clinics are a great way to introduce young children to the sport of tennis. The format is general in nature: tennis fundamentals are taught along with many tennis related drills, games, and activities. Emphasis is on FUN!

Robinswood Tennis Center

\$15			Age: 4-6Y
1902434	12-12:45pm	Wed	Jun 24-Jun 27
1902435	12-12:45pm	Wed	Jul 03
1902436	12-12:45pm	Wed	Jul 10
1902437	12-12:45pm	Wed	Jul 17
1902438	12-12:45pm	Wed	Jul 24
1902439	12-12:45pm	Wed	Jul 31
1902440	12-12:45pm	Wed	Aug 07
1902441	12-12:45pm	Wed	Aug 14
1902442	12-12:45pm	Wed	Aug 21

Teen Instructional Clinic

The Teen Instructional Clinics are designed as a general class. The series meets on Wednesday with an emphasis on tennis basic form and applying it in actual match play.

Robinswood Tennis Center

\$15(R)			Age: 13-17Y
1902443	1-2pm	Wed	Jun 26
1902444	1-2pm	Wed	Jul 03
1902445			Jul 10
1902446	1-2pm	Wed	Jul 17
1902447	1-2pm	Wed	Jul 24
1902448	1-2pm	Wed	Jul 31
1902449	1-2pm	Wed	Aug 14
1902451	1-2pm	Wed	Aug 21
1902452	1-2pm	Wed	Aug 07

NORTH BELLEVUE COMMUNITY CENTER

4063 148th Ave NE

Phone: 425-452-7681 | Fax: 425-882-1968

Email: nbcc@bellevuewa.gov

parks.bellevuewa.gov/nbcc

Hours: Mon-Thu, 8:30 a.m.-9 p.m.

Fri: 8:30 a.m.-6 p.m.

Sat: 8 a.m.-12 p.m.

Call for rental availability

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 visit the community center webpage for current program schedule and additional information.

BELLEVUE NETWORK ON AGING

The Bellevue Network on Aging is dedicated to healthy aging in the community by promoting awareness of needs and resources that support older adults through life's transitions

The Network supports the mission of Aging Services in Bellevue through effective and systematic outreach, regional collaboration and community involvement with a unified voice. It:

- Effectively serves older adults in Bellevue;
- Communicates older adult needs and provides a forum for that communication;
- Strengthens community outreach to inform and connect older adults with the necessary resources;
- Creates a unified voice for older adults in Bellevue;
- Creates an environment that makes Bellevue a livable community where older adults have the ability to age in place. Bellevue is a great place to grow up and grow old;
- Gain respect and knowledge of older adults in Bellevue;
- Set the standard in the region for older adult services through an annual forum of regional senior services providers; and
- Creates a regional approach to serving older adults.

Call 425-452-4470 or visit BellevueWA.gov/BNOA for more information.

MEALS/FOOD DELIVERY

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. There is a suggested donation of \$4 for anyone over age 60, and a fee of \$6 for individuals under the age of 60. See special event listing for special holiday meal events which require pre-registration. Monthly menus available. Must sign up by 11:45am.

Meals on Wheels

There are many circumstances that can make shopping or preparing food difficult for older adults. That's where Meals on Wheels steps in, offering relief to seniors and caregivers by delivering reliable, nutritious meals on a weekly basis. Our friendly drivers bring satisfying, well-balanced meals directly to the homes of older adults call (206)448-5767 or visit <https://soundgenerations.org/get-help/food/meals-on-wheels> for more information.

SUPPORT GROUPS/MEETINGS

Alzheimer's Cafe at Tutta Bella

Families living with the conditions of Alzheimer's are encouraged to meet and socialize in an environment that is accepting and nonjudgmental. Also open to caregivers and family members of persons suffering with memory difficulties. Sponsored by Overlake Medical center, the YMCA and Alzheimer's Association. Endorsed by the Bellevue Network on Aging. Meets monthly on the last Tuesday at Tutta Bella Restaurant in Crossroads. For more information contact Cheri Palmer at the YMCA 425-990-6970 or www.FullLifeCare.org/AlzCafesBellevue.

SPECIAL EVENTS

Sounds of Swing Big Band Dance

The 2nd Tuesday of each month the Sounds of Swing Big Band performs toe-tapping music of the swing era as well as jazz standards for your dancing and listening pleasures at North Bellevue Community Center. Treats and entertainment are included in the \$3 drop-in cost, payable at the door. No pre-registration required.

North Bellevue Community Center

\$3(R) \$3(N)		Age: 18Y & Up	
190620-1	1-3pm	Tue	Jan 08
190620-2	1-3pm	Tue	Feb 12
190620-3	1-3pm	Tue	Mar 12
190620-4	1-3pm	Tue	Apr 09

ADAPTIVE RECREATION HIGHLAND COMMUNITY CENTER

14224 Bel-Red Road

Phone: 425-452-7686 | Fax: 425-452-7841

Email: hcc@bellevuewa.gov

parks.bellevuewa.gov/highland

It is the purpose of Bellevue's Adaptive Recreation Program to provide people living with 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 Mary Boyle at 425-452-4118 or email MBoyle@bellevuewa.gov for more information.

DROP-IN PROGRAMS

Drop-In Exercise

Exercise at Highland Community Center's fitness center! The facility is open Monday, Wednesday, and Friday from 2-5pm and Tuesday and Thursday from 9am-5pm. Call 425-452-7686 for more information. \$4(R) \$5(N)

Drop-In Wheelchair Basketball

Play a game of hoops! This drop-in program is Wednesday evenings from 6-8pm for adults age 18+. Call 425-452-7686 for more information. \$4(R) \$5(N)

Drop-In Quad Rugby

Come and join in on this wheelchair sport for some rough and tumble fun. Save when you purchase a play pass. This drop-in program is the first two Saturdays of the month from 12-4pm for adults age 18+. Call 425-452-7686 for more information. \$4(R) \$5(N) Ends in May.

COMMUNITY PROGRAMS OF INTEREST

King County Family Coalition for Developmental Disabilities

Contact: Cathy Murahashi, 206-829-7039. 2nd Tuesday of most months.

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 12:30-2:30pm. 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 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

ADAPTIVE RECREATION EVENTS

Barn Dance

Mosey on down to the Highland Center for our end-of-the-session dance. Please pre-register for Highland Center dances.

Highland Park & Community Center

\$10(R) \$12(N)

1900718

7-9:30pm

Fri

Age: 16Y & Up

May 03

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.

Highland Park & Community Center

FREE

19045813

5-6pm

Thu

Age: 16Y & Up

May 16

Aloha Picnic and Dance

Highland presents their annual summer picnic and Aloha Dance. Celebrate your summer with friends as there will be plenty on this warm summer evening. Picnic starts at 5pm with the dance to follow at 7pm. Please pre-register for Highland Center dances. Age: 16 and up

Highland Park & Community Center

\$10(R) \$12(N)

Age: 16Y & Up

1902072

5-9:30pm

Fri

Aug 16

ADAPTIVE RECREATION PROGRAMS

Friday Night Out

Develop a new network of friends over dinner and a movie. You may bring a dinner or buy your dinner at the Crossroads Mall. Bring \$14.00 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. There are times we must see a 3D movie at a cost of \$19.0 if there are no other PG-13, PG or G rated movies.

Highland Park & Community Center

\$19(R) \$23(N)

Age: 18Y & Up

19047913

5:30-9:30pm

Fri

May 17

Full Fitness Fun

This specialized class is adapted and designed for adults intellectual disabilities. This course meets twice a week to discuss nutrition and how to implement a healthy lifestyle over dinner. Clients must provide their own dinner for each class. After dinner, the group will explore and try various exercises focusing on strength, balance, flexibility, and control. NO CLASS ON HOLIDAYS

Highland Park & Community Center

\$86(R) \$108(N)

Age: 18Y & Up

1903987

5-7pm

Tue,Thu

Jun 18-Aug 22

Multi-Cultural Dance

This specialized class is adapted and designed for adults living with intellectual disabilities. Experience dances from around the world***All new clients must meet with Mary Boyle prior to registering. Please call (425) 452-4118 or e-mail mboyle@bellevuewa.gov for your appointment. ***

Highland Park & Community Center

\$46(R) \$58(N)

Age: 16Y & Up

1925182

7-8:30pm

Tue

Jun 18-Aug 20

Softball

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. NO CLASS ON HOLIDAYS.

Highland Park & Community Center

\$69(R) \$85(N)

Age: 18Y & Up

1902060

7-8:30pm

Tue,Thu

Jun 18-Aug 22

Adventure Ed

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 up our community. A schedule will be given out at the first class, there is an additional fee each week. ***All new clients must meet with Mary Boyle prior to registering. Please call (425) 452-4118 or e-mail mboyle@bellevuewa.gov for your appointment. ***

Highland Park & Community Center

\$244(R) \$305(N)

Age: 18Y & Up

1904326

Jun 19-Aug 21

Movie Time

This specialized class is adapted and designed for individuals with intellectual disabilities. Bring your dinner and enjoy a movie in-house with your peers. Clients can bring up to two movies (rated: G, PG, or PG13) to submit to the group vote each week. NO CLASS ON HOLIDAYS ***All new clients must meet with Mary Boyle prior to registering. Please call (425) 452-4118 or e-mail mboyle@bellevuewa.gov for your appointment. ***

Highland Park & Community Center

\$46(R) \$58(N)

Age: 16Y & Up

1904377

5-7pm

Wed

Jun 19-Aug 21

Social Club

This specialized class is adapted and designed for individuals with intellectual disabilities. Each week the group will work together through socially engaging activities such as playing a game or singing karaoke. NO CLASS ON HOLIDAYS ***All new clients must meet with Mary Boyle prior to registering. Please call (425) 452-4118 or e-mail mboyle@bellevuewa.gov for your appointment. ***

Highland Park & Community Center

\$46(R) \$58(N)

Age: 18Y & Up

1904507

7-8:30pm

Wed

Jun 19-Aug 21



Cooking with Ease

This class is designed and adapted for adults with intellectual disabilities. This class works as a group to explore all of the working parts that make up a meal. Learn the basics, explore new cuisines, try various methods, and sample the group's creation each week. Fee includes food cost. NO CLASS ON HOLIDAYS ***All new clients must meet with Mary Boyle prior to registering. Please call (425) 452-4118 or e-mail mboyle@bellevuewa.gov for your appointment. ***

Highland Park & Community Center

\$81(R) \$101(N)

1904677 5-7pm

Thu

Age: 18Y & Up

Jun 20-Aug 22

BINGO

This specialized class is adapted and designed for 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 ON HOLIDAYS ***All new clients must meet with Mary Boyle prior to registering. Please call (425) 452-4118 or e-mail mboyle@bellevuewa.gov for your appointment. ***

Highland Park & Community Center

\$46(R) \$58(N)

1920587 7-8:30pm

Thu

Age: 18Y & Up

Jun 20-Aug 22

Bowling

This class is adapted and designed for adults living intellectual disabilities. This class 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 upon registering for amount required for Tech City Bowl. NO CLASS ON HOLIDAYS

Highland Park & Community Center

\$50(R) \$62(N)

1904877 9:30-11:30am

Sat

Age: 18Y & Up

Jun 22-Aug 24

Physical Disability Exercise

This specialized class is developed and adapted for adults with physical disabilities. Whether you are seeking to maintain motor strength, enhance range of motion, or build your social network this fitness course has something for you. NO CLASS ON HOLIDAYS ***All new clients must meet with Mary Boyle prior to registering. Please call (425) 452-4118 or e-mail mboyle@bellevuewa.gov for your appointment. ***

Highland Park & Community Center

\$121(R) \$153(N)

1904941 9:15-10:15am

Mon,Wed,Fri

Age: 18Y & Up

Jun 17-Sep 06

1904942 10:30-11:30am

Mon,Wed,Fri

Jun 17-Sep 06

1904942 11:45am-1:15pm

Mon,Wed

Jun 17-Sep 04

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 included. This is an adaptive program for adults with disabilities.

Northwest Arts Center

\$76(R) \$92(N)

1902581 12-1:30pm

Wed

Age: 18Y & Up

May 29-Jun 19

Adaptive Recreation Registration Form

Highland Community Center

14224 Bel-Red Road Bellevue, WA 98007

(425) 452-7686 Phone HCC@bellevuewa.gov E-mail (425) 452-2910 Fax register.bellevuewa.gov Website

Participant Name: _____ Date of Birth _____ Phone _____ New ☐

Physical Address: _____ New ☐

E-mail Address: _____ New ☐

	<input type="checkbox"/>	Title	Rates		Days	Time	Date	
			Res	Non				
Intellectual Disabilities	<input type="checkbox"/>	1903987 Full Fitness Fun*	\$86	\$108	Tu/Thu	5:00p-7:00p	6/18-8/22	WAIVER OF LIABILITY/RELEASE – PLEASE READ CAREFULLY In consideration of myself and/or my child(ren) being allowed to use City of Bellevue Parks & Community Services facilities and/or participate in the City-sponsored activity(ies) identified herein, I ASSUME ANY AND 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 the City-sponsored activity(ies) identified herein. 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 or to assert a claim against the City of Bellevue in connection with the use of City facilities or participation in the City-sponsored activity stated below. PHOTO/VIDEO RELEASE: I give my permission to have photos and/or video and audio recordings taken of me or my child(ren) during City of Bellevue activities and authorize the City of Bellevue to copyright, use, and publish the same. I understand I am waiving any right of privacy, compensation, copyright or other ownership right connected to the photo or recording. If you do not give permission to have photos and/or video and audio taken of you or your child(ren), please contact the main office at 425-452-6885 or Parksweb@bellevuewa.gov. I acknowledge that I have carefully read this WAIVER OF LIABILITY / RELEASE and fully understand that I am waiving any right that I may now or hereafter have to bring a legal action to assert any claim against the City of Bellevue in connection with my or my child(ren)'s participation in this activity. I accept the conditions printed above:
	<input type="checkbox"/>	1925182 Cultural Dance	\$46	\$58	Tue	7:00p-8:30p	6/18-8/20	
	<input type="checkbox"/>	1902060 Softball*	\$69	\$85	Tu/Thu	7:00p-8:30p	6/18-8/22	
	<input type="checkbox"/>	1904326 Adventure Ed	\$244	\$305	Wed	9:30a-3:00p	6/19-8/21	
	<input type="checkbox"/>	1904377 Movie Time	\$46	\$58	Wed	5:00p-7:00p	6/19-8/21	
	<input type="checkbox"/>	1904507 Social Club	\$46	\$58	Wed	7:00p-8:30p	6/19-8/21	
	<input type="checkbox"/>	1904677 Cooking w/Ease*	\$81	\$101	Thurs	5:00p-7:00p	6/20-8/22	
	<input type="checkbox"/>	1920587 BINGO*	\$46	\$58	Thurs	7:00p-8:30p	6/20-8/22	
	<input type="checkbox"/>	1902072 Aloha Picnic & Dance	\$10	\$12	Fri	5:00p-9:30p	8/16	
Physical Disabilities	<input type="checkbox"/>	1904877 Bowling	\$50	\$62	Sat	9:30a-11:30a	6/22-8/24	*No programs Thursday July 4th in observance of Independence Day ** No programs Monday Sept 2nd in observance of Labor Day Adaptive Summer Day Camps Ages 4-21
	<input type="checkbox"/>	1904941 PD Exercise**	\$121	\$153	M/W/F	9:15a-10:15a	6/17-9/6	
	<input type="checkbox"/>	1904942 PD Exercise**	\$121	\$153	M/W/F	10:30a-11:30a	6/17-9/6	
	<input type="checkbox"/>	1904942 PD Exercise**	\$121	\$153	M/W	11:45a-1:15p	6/17-9/4	
Youth	<input type="checkbox"/>	1902923 Adaptive Day Camp	\$237	\$296	M-F	9:30a-3:00p	6/24-6/28	I accept the conditions printed above:
	<input type="checkbox"/>	1902922 Adaptive Day Camp	\$237	\$296	M-F	9:30a-3:00p	7/8-7/12	
	<input type="checkbox"/>	1902924 Adaptive Day Camp	\$237	\$296	M-F	9:30a-3:00p	7/15-7/19	
	<input type="checkbox"/>	1902925 Adaptive Day Camp	\$237	\$296	M-F	9:30a-3:00p	7/22-7/26	
	<input type="checkbox"/>	1902926 Adaptive Day Camp	\$237	\$296	M-F	9:30a-3:00p	7/29-8/2	
	<input type="checkbox"/>	1902927 Adaptive Day Camp	\$237	\$296	M-F	9:30a-3:00p	8/5-8/9	
	<input type="checkbox"/>	1902928 Adaptive Day Camp	\$237	\$296	M-F	9:30a-3:00p	8/12-8/16	
	<input type="checkbox"/>	1902928 Adaptive Day Camp	\$237	\$296	M-F	9:30a-3:00p	8/12-8/16	

ATTENTION NEW PARTICIPANTS: People living with disabilities are encouraged to participate in any of the Recreation Division programs in which they are interested. Please contact Mary Boyle, Program Coordinator if you have not taken programs at Highland Center in the past, to schedule an appointment at (425) 452-4118.

Payment Details

Credit Card ☐ Total Fee: \$ _____



Check ☐

Card Number _____



City of Bellevue
Scholarship ☐

Expiration Date _____

DDA ☐ Case Manager: _____

E-Mail: _____

☐ Donation to Highland Community Center \$ _____

Request for Modifications _____

Participant or Participant's Parent/Guardian Signature _____

Printed Participant Name _____ Date _____

Registration NOT VALID unless signed

This information will be provided in alternate formats for individuals with disabilities upon request. Assistance for the Deaf and Hard of Hearing can be provided through the 711 Telecommunications Relay Service. For interpreter or format requests please contact Mary Boyle at mboyle@bellevuewa.gov or (425) 452-4118. You may also contact the ADA Administrator Blayne Amson at BAmson@bellevuewa.gov.

Check out our other adaptive programs of interest at Bellevue Aquatic Center, Bellevue Youth Theater, Northwest Arts Center, and Robinswood Tennis Center.



Bellevue Skate Park & Skate Shop #BELLEVUESKATEPARK

Bellevue Indoor Skatepark

14224 Bel Red Road, 98007

The newly remodeled (for 2019) indoor Skate Park features a Pro Shop and ramps for all levels, including a 3.5' mini ramp, 8.0' vert ramp, wall rides, banks, ledges, rails, and 28 feet of pool coping on its 6' quarter pipe. The park is now a hybrid of wood and concrete! The park provides a sense of community and ownership to all participants, regardless of age, experience or level of participation.

Bellevue's first skate park was created in 1994 as part of a Youth Link project. It is renovated annually by skateboarders. Over 100,000 skateboarders have joined since the park opened. Now there are two skateboarding facilities at Highland Park — the original Bellevue Skate Park, an indoor haven for boarders to escape bad weather, and the Highland Skate Plaza, an outdoor space devoted to street skating.

Highland Outdoor Skate Plaza

14224 Bel-Red Road, 98007.

This 13,000 square foot public skate plaza replicates some of the world's favorite street skate-spots. Instead of half-pipes or bowls, it resembles everyday obstacles including various ledges, banks, stairs, hubbas, rails, benches, gaps and barriers. The park is also lit for evening skateboarding or rollerblading.

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, a wall-ride and other obstacles. Designed for skateboarding and rollerblading.

Crossroads Skate Park

Crossroads Community Center,
16000 NE 10th Street, 98008

This state-of-the-art bowl was built by world renowned Grindline Skate Parks. Empty swimming pools paved the way for one of the earliest genres of skateboarding in the '70's. This skate park was built to emulate a similar feel, but with modern additions. The massive bowl's depths range from 4' to 9' 5" and features an over-vertical "clamshell," multiple hips, escalators, tombstone and various coping made of steel and concrete.

BELLEVUE INDOOR SKATE PARK & SKATE SHOP

Skate park hours

Skate Park closed May 1 through mid-June for remodel.

Skate Camp Weeks

Skate Camps: 9am-Noon

Biddy Boarder Skate Camps: 1-2:15pm

Open Session

Monday-Friday 2:15-6pm

Saturday & Sunday:

12:30-1:30pm - Ages 12 and under only

1:30-6pm - Open session

Non-Skate Camp Weeks

July 1-5

Open Session 1-6pm

Closed July 4

July 29-August 2

Open Session 1-6pm

For information about our various rental packages, park fees, lessons, and events contact SK8@bellevuewa.gov or call 425-452-2722.

parks.bellevuewa.gov/SK8

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

HUMAN SERVICES

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

King County ★
2-1-1™
Get Connected. Get Answers.
Crisis Clinic • United Way

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 Denise Catalano by e-mail at DCatalano@bellevuewa.gov, or at 425-452-6165.

HUMAN SERVICES COMMISSION

Judith Mercer, Chair
Anita Jain
James McEachran

Timothy Ma, Vice-Chair
Michelle Kline
Ann Oxrieder

Benjamin Piper



VOLUNTEERING

Aging Adult 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
- Coffee Bar/Refreshments
- Fund Raising
- Garden Assistant
- Entertainment

Eastside Heritage Center Volunteers

Various opportunities including assisting with educational outreach, collections, marketing, special events and more. Must be 18. Information: Eastside Heritage Center, 425-450-1049

Environmental Stewardship Volunteers

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 online at parks.bellevuewa.gov/volunteer or at 425-452-4195 or by email at Parks_Stewardship@bellevuewa.gov.

Here are just a few of the opportunities:

- Master Naturalist Training Program
- Canoe Guide Naturalist
- Eagle Scout Leadership Service Projects
- Eco Fridays and Stewardship Saturday Events
- ... and much, much more!

Docent-led tours

12 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

The Bellevue Botanical Garden 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.

Special Event Volunteers

Earn community service hours while assisting with children's activities and other event tasks. Volunteers need to be able to follow directions, be comfortable in crowds and be on their feet in all types of weather. Volunteers must register by April 22, 2019 and be enrolled in high school at date of event. Questions? Contact Kelsey Creek Farm - kelseycreekfarm@bellevuewa.gov or call 425-452-7688. No day-of-event registrations will be accepted. All volunteers will be required to complete a criminal background check and provide their social security number for that purpose.

Kelsey Creek Farm Park

FREE

1901017

10am-5pm

Sat

Ages 14-18Y

Apr 27



VOLUNTEER WITH US!

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. Contact one of the following facilities or program areas to learn more about available opportunities.

Bellevue Botanical Garden

425-452-6826 | CWelte@bellevuewa.gov

Bellevue Youth Theatre

425-452-7155 | BYT@bellevuewa.gov

Adaptive Recreation

425-452-4118 | MBoyle@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

Youth Sports

425-452-4627 | SGonzales@bellevuewa.gov

EVENTS

Space Dog from Planet K-9 Show

Bellevue Friends of the Library, in partnership with Bellevue Parks & Community Services, presents a fabulous performance by Eric Ode. It is a fun space adventure when Benjamin D. Dog pretends to be a space alien who has crash landed his cardboard spaceship on Earth. Can he get back to Planet K-9?

Family event; all ages welcome; children must be accompanied by an adult. Pre-registration: Not required. Info:kelseycreekfarm@bellevuewa.gov or 425-452-7688.

Robinswood Community Park

FREE

Age: All Ages

11am-12pm Tue

Jul 09

Alien Invasion Concert

Bellevue Friends of the Library, in partnership with Bellevue Parks & Community Services presents entertainer Rick Huddle, storyteller, dancer, and musician. Little blue creatures are coming to take over our planet and eat all of our pizza! Join us for a mini-musical with songs, comedy and puppets!

Family event; all ages welcome; children must be accompanied by an adult. Pre-registration: Not required. Info:kelseycreekfarm@bellevuewa.gov or 425-452-7688

Kelsey Creek Farm Park

FREE

Age: All Ages

11am-12pm Tue

Jul 23

The Jammin' on Jupiter Show

Bellevue Friends of the Library, in partnership with Bellevue Parks & Community Services, presents the energized Brian Waite Band. ViSing, dance and laugh with the band as they blast off to the moon! Explore strange new worlds and meet a few hilarious aliens. Ages: Family event; all ages welcome. Children must be accompanied by an adult. Family event; all ages welcome; children must be accompanied by an adult. Pre-registration: Not required. Info:kelseycreekfarm@bellevuewa.gov or 425-452-7688.

Kelsey Creek Farm Park

FREE

Age: All Ages

11am-12pm Tue

Aug 13

Sounds of Swing Big Band Dance

The 2nd Tuesday of each month the Sounds of Swing Big Band performs toe-tapping music of the swing era as well as jazz standards for your dancing and listening pleasures at North Bellevue Community Center. Treats and entertainment are included in the \$3 drop-in cost, payable at the door. No pre-registration required.

North Bellevue Community Center (Multipurpose Room), North Bellevue Community Center (Banquet Room)

\$3

Age: All Ages

190621-1	1-3pm	Tue	May 14
190621-2	1-3pm	Tue	Jun 11
190621-3	1-3pm	Tue	Jul 09
190621-4	1-3pm	Tue	Aug 13

Mother's Day Luncheon

North Bellevue Community Center invites you to celebrate being, having or knowing a special mother in your life at this luncheon. Come enjoy a meal and entertainment inspired by the outstanding work that mothers do. Pre-registration is required.

North Bellevue Community Center

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

Age: All Ages

1900736	11:30am-1pm	Wed	May 08
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Father's Day Luncheon

Father's Day is a celebration honoring fathers, fatherhood, paternal bonds, and the influence of fathers in our lives. North Bellevue Community Center hosts an annual lunch and entertainment to acknowledge the importance of being, having or knowing an influential father in your life. Pre-registration is required.

North Bellevue Community Center

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

Age: Up to 120Y

1900737	11:30am-1pm	Wed	Jun 12
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End of Summer Picnic

North Bellevue Community Center invites you to a classic summer picnic lunch. While the burgers and hotdogs are gilling on the BBQ take part in outdoor Croquet, Golf and Bean Bag Baseball or indoor Bingo (with prizes!) and the 'cupcake' walk. Pre-registration is required. \$5 fee payable at time of registration.

North Bellevue Community Center

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

Age: All Ages

1900738	11:30am-1pm	Wed	Aug 28
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A Day of Play with Dad

Celebrate Father's Day by inviting dad to a delicious pancake breakfast and then challenge him to fun family adventures. Ascend the climbing wall, scale the vertical play pen at the Bellevue Challenge Course, play disc golf, and finish the morning with an orienteering trek through Eastgate Park. Moms and siblings are welcome too. Registration is required. 3 years old and younger are FREE. #SBCCsuperdad

South Bellevue Community Center

\$8 per person

Age: 4Y & Up

1902328

8:30am-12pm

Sat

Jun 15

Lake to Lake Bike Ride

8th annual Lake to Lake bike ride - an enjoyable, non-competitive ride, that explores the hidden treasures of Bellevue. This ride utilizes low traffic roads, bike lanes and part of the Lake to Lake trail (non technical gravel) and traverses much of the City. Greenbelt Loop - mostly flat 8 mile route; Lake Loop - more challenging 22 mile route with significant elevation gain. The course is well-marked and supported by staff and volunteers. Riders under 18 must be accompanied by an adult. Pre-register - \$15.00 Res & Non-Res per rider; Day of event registration \$20.00 Res & Non-Res per rider. On-site registration will take place from 8: - 9:AM - Start area opens 9:00 - 10:00AM. Under age 9 are FREE.

Robinswood Park

\$15(R) \$15(N)

Age: 9Y & Up

1902424

8am-1pm

Sat

Jun 08

Theatre on the Green

Join Last Leaf Productions as they present a rare evening of outdoor live entertainment at Northwest Arts Center. Free craft activities for children begin 30 minutes before the show. Show times range from 40-60 minutes. Free parking is available on site.

August 7: Purrlie's Mission to the Milky Way

August 14: The Tiger, the Rabbit, and the Rescue of Spring

August 21: As You Like It

For more information, contact the Northwest Arts Center: 425-452-4106 or email NWAC@BellevueWA.gov.

Bellevue Family 4th of July

Join us on Thursday, July 4 for an evening of patriotic fun, with mainstage entertainment, kid's activities, a variety of food options, and family entertainment — all leading up to a spectacular fireworks display in the skies over downtown Bellevue.

Visit <https://www.bellevuedowntown.com/events/family-4th> for more information on this event, now in its 28th year!



Your perfect day... Our perfect places

Plan your next event in a Bellevue park or facility today!

Whether you are looking for a place for a wedding, 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 visitor centers, a theatre, and a historical estate, to large modern community centers, you are sure to find the perfect place to host your gathering.

Call us today at 425-452-6914, or email ParkRental@bellevuewa.gov, to get started with booking your next holiday party, birthday, or wedding celebration!



Bellevue Parks & Community Services

BELLEVUE CHALLENGE COURSE

ZIP TOUR

Feel Wild in the City
7 zip lines and 2 suspension bridges
Affordable and accessible with amazing views
Daytime tours April through October
Zip Scare at night in October

HIGH ROPES ADVENTURE

An Experience to Remember
18 different elements, up to 45 feet high
Affordable for individuals, families, and friends
Open April through October

TEAM CHALLENGE ADVENTURE CAMP

Learn While Playing
A summer camp for 11 - 13 year olds
One week of challenge, choices, and adventure in a team environment!
Team-based exploration with professional facilitators
Experience ALL Challenge Course elements, including the zip tour!

TEAM BUILDING

Learn While Playing
Customized curriculums
Valuable life skills learned
Youth to adult programs to make your organization successful
For information about Bellevue Team Building see nwteambuilding.com



TO REGISTER: <http://register.BellevueWA.gov>

INFORMATION: parks.BellevueWA.gov/WildInTheCity

QUESTIONS about Zip Tours, High Ropes Adventure and Summer Camps call 425-452-7101

QUESTIONS about Teambuilding programs call 425-452-4240



BELLEVUE BOTANICAL GARDEN CLASSES, LECTURES, and SPECIAL EVENTS: May through August 2019

PLANT SALE: Eastside Fuchsia Society Plant Sale. May 4, 10am – 3pm

EVENT: Mother's Day at the Garden, May 12, 11am – 4pm *

LECTURE: The Art of Gardening: Design Inspiration from Chanticleer. May 15, 7pm with Dan Benarcik, Horticulturist at Chanticleer *

LECTURE: Puget Sound Dahlia Association Lecture and Planting Demonstration. May 16, 7pm

CLASS: Mindfulness in the Garden. May 17, 10:30am – 12pm *

EVENT: Chinese Floral Exhibit, May 18-19, 10am – 4pm

EVENT: Chinese Tea demonstration, May 18, 2-4pm

CLASS: Fabulous Ferns. May 19, 10am – 12pm. Taught by George Lasch *

CLASS: Irises. May 23, 6:30 – 8:30pm. Taught by Daniel Mount *

EVENT: Seattle Garden Club Flower Show. June 1, 10am – 4pm

CLASS: iPhonography Lecture and Workshop, June 8, 10am – 4pm. Taught by David Perry *

LECTURE: Butterflies and Garden Habitat Washington Native Plant Society Lecture, June 11, 7pm

CLASS: Summer Dry Gardening in the Pacific Northwest June 15, 10am – 12pm *

CLASS: How to Prune and Renovate the Overgrown Garden June 19, 6:30 – 8:30pm *

CLASS: Ethnobotanical Sketchbook June 22, 2 – 5pm *

EVENT: Vintage Sale. June 27 – 29 *

CLASS: Chinese Tea, July 13, 10am – 12pm

CLASS: Basic Tree Pruning July 17, 6:30 – 8:30pm *

CLASS: Watercolor: Birds July 27, 10am – 12pm. Taught by Molly Hashimoto *

EVENT: Eastside District of Garden Clubs Standard Flower Show August 3-4

CLASS: Drawing Native Berries and other Woodland Fruit August 10, 2-5pm *

CLASS: Versatile Vines for All Gardens August 11, 10am – 12pm. Taught by George Lasch *

PLANT SALE: Eastside Fuchsia Society Show and Plant Sale, August 17-18

EVENT: Arts in the Garden. August 24 – 25 *

**These classes and events are presented by the Bellevue Botanical Garden Society.*

Ongoing Activities:

Garden Tours – Docent-led Tours offered every Saturday and Sunday at 12pm from April – October or request a private tour at <https://bellevuebotanical.org/garden-tours-more/> Tours are free, but donations are appreciated.

Master Gardener Clinics –Saturdays, spring through fall, 10am-2pm, excluding holiday weekends. Check our online calendar for details: www.bellevuebotanical.org/events

Visit bellevuebotanical.org for more information and to register for events. Registration required for some events.



BELLEVUE BOTANICAL
GARDEN

All events at the Aaron Education Center at the Bellevue Botanical Garden • 12001 Main Street, Bellevue



BELLEVUE GOLF COURSE

Reserve tee times online
www.bellevuepgc.com

5500 140th Ave NE
425-452-7250

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FREE mobile
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Search for
BELLEVUE GOLF

Open to the public since 1968 and located near Bellevue's Bridle Trails neighborhood, Bellevue Golf Course is home to an 18-hole championship course, 46-stall driving range, grill and banquet room. Whether new or experienced, younger or older, playing or practicing, Bellevue Golf Course is family friendly and fun for all. Visit us online at **bellevuepgc.com** or call 425-452-7250 for more information.

- 18-Hole Championship Golf Course
- 46-stall covered, heated, lighted Driving Range
- Practice putting & chipping greens
- Golf Shop offering the latest in equipment, apparel and accessories
- PGA-certified teaching professionals, available for Private Lessons
- Food & Drink at the Bellevue Grill
- Tournaments & Events
- Banquet Room
- Power Cart & Golf Club Rentals
- Women's & Men's Clubs



CROSSROADS PAR 3 GOLF COURSE

Open March 1 - November 1

The Crossroads Par 3 Golf Course is perfect for families and new golfers to play on a course in a relaxed, friendly environment and is also a great way for more advanced players to work on their short game. Visit www.bellevuepgc.com or call 425-452-4873 for more information.

- 9-Hole Par 3 Golf Course with holes ranging from 60-105 yards
- Practice Area with restricted flight range balls
- Practice putting & chipping greens
- FootGolf - A fun combination of soccer and golf

The City of Bellevue has partnered with the First Tee of Greater Seattle to provide golf and life instruction for area youth at the Crossroads Par 3 Golf Course. Additional information regarding the First Tee program is available at TheFirstTeeSeattle.org or by calling 206-839-4791.





Tuesday Evenings
July 9-August 27

Downtown Park
10201 4th St. NE
Pre-movie entertainment
starts at 7:30 p.m.

Presenting sponsors:

charles
SCHWAB

V I O M E

Crossroads *Movies* in the Park

AN OUTDOOR FAMILY MOVIE SERIES AT CROSSROADS PARK

Presenting Sponsor: Crossroads Shopping Center

Thursday nights in August

FREE FAMILY ACTIVITIES STARTING AT 7:30PM
MOVIES START AT DUSK



Bellevue Parks &
Community Services

www.bellevueoutdoormovies.com