

CONNECTIONS

January through
April 2020



Bellevue Parks &
Community Services

425-452-6885
register.bellevuewa.gov



For alternate formats, interpreters, or reasonable accommodation requests please phone at least 48 hours in advance 425-452-6885 (voice) or email parksweb@bellevuewa.gov. For complaints regarding accommodations, contact City of Bellevue ADA/Title VI Administrator at 425-452-6168 (voice). If you are deaf or hard of hearing dial 711. All meetings are wheelchair accessible.

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RECREATION REGISTRATION	425-452-6885
FACILITY & FIELD RENTALS	425-452-6914
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
COMMUNITY GARDENS, SE 16th ST near 156th Ave SE	425-452-2568
CROSSROADS COMMUNITY CENTER, 16000 NE 10th ST	425-452-4874
CROSSROADS GOLF COURSE, 15801 NE 15th ST	425-452-4873
DOWNTOWN MAIN CLUB ADULT PROGRAMS, BOYS & GIRLS CLUB MAIN CLUB, 209 100th Ave NE	425-452-4106
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

Heather Trescases, Chair

David Hamilton, Vice Chair

Paul Clark Stuart Heath
Debra Kumar 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

Every attempt has been made to ensure that information in this brochure is accurate as of the time of publication. For the most up-to-date information on activity availability, pricing, dates, times, and location, please visit our online registration system at register.bellevuewa.gov.

On the Cover: *Creative Kids at Northwest Arts Center*, 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 begins November 12, 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 November 21, 2019.*

INTERNET

Visit
[http://register.
bellevuewa.gov](http://register.bellevuewa.gov)
to register for
classes online.

PHONE-IN

Telephone
Registration
begins
December 2.
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

It is the purpose of Bellevue Parks & Community Services to provide people with disabilities the opportunities and choices for recreation, socialization, and learning so that they can participate more successfully in the life of our community. We offer adaptive recreation programs at Highland Community Center, Robinswood Tennis Center, Northwest Arts Center and the Bellevue Youth Theatre. Programs include summer camps, art, theater, sports, dance, and much more. We welcome the opportunity to provide modifications for people with disabilities so that full participation in recreation programs, classes, services and facilities may be enjoyed by all. For more information about adaptive recreation, please contact each facility directly. Modification requests for recreation programs can be made at the time of online registration, by email, or in person.

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 Brad Bennett at BBennett@bellevuewa.gov, or 425-452-2813.



Registration Form

Advance Registration Preference for Bellevue Residents • Registration Begins November 12, 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			
Mailing Address				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"/>					\$	

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 November 21, 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

Rapunzel

This version of the timeless tale is sure to have you rolling in the aisles. Learn the who, what, where, when, and most of all, why behind a fairy tale you thought you already knew. It's full of surprises and laughs.

Friday, March 20 at 7 pm
Saturday, March 21 at 7 pm
Sunday, March 22 at 2 pm
Saturday, March 28 at 2 pm and 7 pm
Sunday, March 29 at 2 pm

Once On This Island, Jr.

Once on This Island is the story of Ti Moune, an orphan saved by the Gods for something wonderful! Ti Moune is a peasant who longs for a more exciting life. When she falls in love with a boy from the other side of the island, she will have to test the strength of her love against the power of death. This musical adaptation of Hans Christian Anderson's The Little Mermaid is a beautiful new fairytale that is appropriate for all audiences.

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

All Seats Reserved:
All shows \$15 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!

The Taming of the Shrew

Shakespeare's play about the struggle for control within a relationship. A comedy romp, a witty, eccentric, passionate and sometimes bruising story of true-ish love. This show is suitable for the entire family.

Friday, April 24 at 7 pm
Saturday, April 25 at 7 pm
Sunday, April 26 at 2 pm
Saturday, May 2 at 2 pm and 7 pm
Sunday, May 3 at 2 pm

Cinderella

This delightful show with memorable music from Rogers and Hammerstein makes for a delightful experience for the whole family. Come feel the magic of this classical musical at BYT.

Friday, May 8 at 7 pm
Saturday, May 9 at 7 pm
Friday, May 15 at 7 pm
Saturday, May 16 at 2 pm and 7 pm
Sunday, May 17 at 2 pm

 **BYT**
BELLEVUE
YOUTH THEATRE

425-452-7155

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.

AUDITIONS, CASTS & REHEARSALS

AUDITION SCHEDULE

Bellevue Youth Theatre for ALL shows on January 7 or January 8

Ages 5-10: 4-5:30 p.m.

Ages 11 and older: 5:30-7 p.m.

South Bellevue Community Center for Rapunzel ONLY on January 8

All ages: 5-6:30 p.m.

Families with mixed ages may audition together at any time.

Call Bellevue Youth Theatre at 425-452-7155 for more information.

Fee: Bellevue Residents FREE / Non-Bellevue Residents: \$150

NO SCHEDULING CONFLICTS ALLOWED DURING TECH AND PERFORMANCE WEEKS

RAPUNZEL

Join us for a boisterous and fun-filled time as we follow the classic story of a princess with long hair in her journey. A great audition selection for all ages, especially kids.

Auditions: January 7 or 8 at BYT OR January 8 at SBCC
Rehearsal Location: South Bellevue Community Center
Rehearsals Begin: January 27

Rehearsal time: Monday-Friday, 5-7pm
Tech Week: The week beginning March 16
Performs: March 20-29

ONCE ON THIS ISLAND, JR.

Once on This Island is the story of Ti Moune, an orphan saved by the Gods for something wonderful! Ti Moune is a peasant who longs for a more exciting life. When she falls in love with a boy from the other side of the island, she will have to test the strength of her love against the power of death. This musical adaptation of Hans Christian Anderson's The Little Mermaid is a beautiful new fairytale with parts for all ages and singing opportunities for teens.

Auditions: January 7 or 8 at BYT
Rehearsal Location: Bellevue Youth Theatre
Rehearsals Begin: January 27

Rehearsal time: Monday-Friday, 5-7pm
Tech Week: The week beginning March 30
Performs: April 3-11

THE TAMING OF THE SHREW

This play is very challenging for all actors, a chance to take on some of Shakespeare's most challenging roles. There are some physically strenuous roles. Speaking roles cannot be guaranteed to actors under 10.

Auditions: January 7 or 8 at BYT
Rehearsal Location: Bellevue Youth Theatre
Rehearsals Begin: January 27

Rehearsal time: Monday-Friday, 5-7pm
Tech Week: The week beginning April 20
Performs: April 24-May 3

CINDERELLA

This show gives you the opportunity to sing in a classic Broadway Musical. It has limited roles and most participants will be in the ensemble chorus. YOU MUST SING AT AUDITIONS TO BE CAST IN THIS SHOW.

Auditions: January 7 or 8 at BYT
Rehearsal Location: Crossroads Community Center
Rehearsals Begin: January 27

Rehearsal time: Monday-Friday, 5:30-7:30pm
Tech Week: The week beginning May 4
Performs: May 8-17

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

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, including the birthday child. Two-hour party packages include one hour of party activity, plus one hour in the party room:

- **Art Party!** Features painting or crafts for ages 3 and up \$180
- **Play Zone Party** Features an open gym and playground games for ages 2-5 \$180
- **Pottery Party** Make a small bowl, vase or other item to cherish or give someone as a gift, for ages 6 and up. Limit 10 children. \$230
- **Junior Chef Party** Create a birthday treat and decorate an apron to take home, for ages 5-12 \$210
- **Taekwondo Party** Enjoy learning martial arts and playing fitness and challenge games with your friends. Ages 5-9 \$210

Themed Parties \$180

- **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, additional child fees (\$15 per child), and to arrange your party today! Parties are held at the Northwest Arts Center - 9825 NE 24th St.

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 will 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.

Lifeguard positions start \$15 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 January 2 through February 29, 2020

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

Bellevue Aquatic Center Holiday Hours:

Closed November 28, December 25, and January 1

November 29 Open 12:30-2:30pm for Youth Appreciation Day

December 24 Open 8am-2:30pm

December 31 Open 8am-2:30pm



Blue Lagoon Lap Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00	Shallow Water Ex Lap Swim	Lap Swim	Shallow Water Ex Lap Swim	Lap Swim	Lap Swim	Special Olympics & Lap Swim	
9:00	Open & Lap Swim					Lap Swim & Lessons 9:00-12:30	Lap Swim & Lessons 9:00-12:30
12:00	Lap Swim Masters (4 lanes)	Lap Swim	Lap Swim Masters (4 lanes) Deep Water Ex 12:30-1:30	Lap Swim	Lap Swim Masters (4 lanes)	Deep H2O 10:00 - 11:00	
1:00	Open & Lap Swim	MS Assoc 1-2pm Open Swim 2:00-3:30	Open & Lap Swim	Open & Lap Swim	Open & Lap Swim	12:30-2:30 Open & Lap Swim	
3:30	HIGH SCHOOL SWIM TEAM					Swim Teams 2:30-4:30	Pool Rentals 2:30-4:30
4:00	Lessons Swim Teams Deep H2O 6:00-7:00	Lessons Swim Teams	Lessons Swim Teams Deep H2O 6:00-7:00	Lessons Swim Teams	Swim Teams		
7:00	Open & Lap Swim	Lap Swim Swim Teams Scuba DT	Open & Lap Swim	Lap Swim Swim Teams Scuba DT	Open & Lap Swim		
8:00							

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	Adult & Therapy (shallow end only)	Adult & Therapy	Adult & Therapy (shallow end only)	Adult & Therapy	Adult & Therapy (shallow end only)	Adult & Therapy	
9:00	Open & Therapy	Open & Therapy	Open & Therapy	Open & Therapy	Open & Therapy	Lessons 9:00-12:30	
11:30	Lessons	Adult & Therapy	Lessons	Adult & Therapy		Open & Therapy 12:30-2:30	
2:30	Adult & Therapy	Open & Therapy	Adult & Therapy	Open & Therapy	Adult & Therapy		
	Lessons @ 3						
4:00	Lessons				Open & Therapy		
7:00	Open & Therapy				Lessons		
8:00							



ADULT ENRICHMENT

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 community. When someone who is 21-50 years old receives a diagnosis of Parkinson disease, it is referred to as early onset Parkinson disease, or young onset. Parkinsons 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.

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
2000593 2-4pm Thu Jan 02-Apr 30

CONTINUING EDUCATION

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

FREE Age: 50Y & Up
2000261 9am-1pm Tue Feb 04-Feb 11
2000262 9am-1pm Tue Apr 21-Apr 28

NBCC Computer Class - Android & More

How do I transfer photos? Do I need security on my phone or tablet? How do I make text larger? Which apps should I consider to use? Where can I get help? Which tips and tricks will save me time and make it easier for me to use my phone or tablet? Join us for this interactive workshop where you can ask questions and learn from other attendees with similar challenges. Please have your Android smartphone and/or tablet charged and bring your passwords.

North Bellevue Community Center

\$35(R) \$42(N) Age: All Ages
2000609 1:30-3pm Tue Jan 07-Jan 28
2000610 1:30-3pm Tue Apr 07-Apr 28

NBCC Computer Class - Windows 10 & More

How do I transfer photos from my smartphone to my Windows computer? What do I need to do about privacy settings in Windows? How do I create a letter without installing Office? How do I maintain my computer so it runs faster? How do I sync my calendar with my smartphone? Where can I get help? Which tips and tricks will save me time and make it easier for me to use my computer? Join us for this interactive workshop where you can ask questions and learn from other attendees with similar challenges. Please have your devices updated and charged and bring your passwords. If you do not have a laptop, we do have a few laptops for class use.

North Bellevue Community Center

\$35(R) \$42(N) Age: All Ages
2000611 1:30-3pm Tue Feb 04-Mar 03
2000612 1:30-3pm Tue Mar 10-Mar 31

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
2000922 9:30am-12pm Tue Jan 21
2000923 9:30am-12pm Tue Mar 17
2000924 9:30am-12pm Tue Apr 21

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

MULTI-CULTURAL SERVICES & PROGRAMS

CISC Drop-in Line Dancing

Chinese Information Services (CISC) helps immigrants throughout King County achieve success in their new community by providing information, referral, advocacy, social, and support services. Line Dancing is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows, all facing either each other or in the same direction, and executing the steps at the same time. With this dance group you, will learn and practice these routines and moves! 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)

2000015 1-3pm

Wed

Age: 18Y & Up

Jan 08-Apr 29

CISC Chorus

Chinese Information Services (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

10:30am-12pm

Thu

Age: 18Y & Up

Jan 08-Apr 29

CISC Drop-in SHIBA Assistance

Chinese Information Services (CISC) helps immigrants throughout King County achieve success in their new community by providing information, referral, advocacy, social, and support services. 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. This service is available all but the 4th Wednesday of each month. This is a Drop-in program. No pre-registration required. This is a FREE program.

North Bellevue Community Center

FREE

9am-12pm

Wed

Age: 50Y & Up

Jan 08-Apr 29

CISC ESL Instruction

Chinese Information Services (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

9:30-11am

Wed,Fri

Age: All Ages

Jan 03-Apr 29

CISC 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

9-10am

Wed

Age: All Ages

Jan 08-Apr 29

CISC Drop-in Tai Chi

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)

9-11am

Wed

Age: All Ages

Jan 08-Apr 29

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

12:45-1:45pm

Mon

Age: 18Y & Up

Jan 06-Apr 29

CISC Information & Assistance

Chinese Information Services (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	9am-12pm	Thu	Age: All Ages Jan 02-Apr 30
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CISC Music Group

Chinese Information Services (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	9-10:30am	Thu	Age: All Ages Jan 02-Apr 30
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CISC ESL Newspaper Reading

Chinese Information Services (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	9-10am	Wed	Age: All Ages Jan 08-Apr 29
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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)	9-11am	Wed	Age: 18Y & Up Jan 08-Apr 29
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ESL for Chinese Seniors

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

South Bellevue Community Center

FREE	12:30-2pm	Thu	Age: 60Y & Up Jan 09-Apr 30
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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	11am-12pm	Fri	Age: All Ages Jan 03-Apr 24
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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	9am-9pm	Thu	Age: All Ages Jan 09-Apr 30
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SOCIAL SERVICES & PROGRAMS

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	2-4pm	Thu	Age: 18Y & Up Jan 02-Apr 30
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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	9:30am-1pm	Mon,Tue,Wed,Fri	Age: Up to 120Y Jan 01-Apr 30
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SBCC Book Club

Join the South 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 the South Bellevue Community Center. Join anytime, no pre-registration required. This is a FREE activity and will run the 1st Friday of each month, with the exception of January, which will be offered during our Anniversary Celebration on Friday, January 10th.

FREE
2005301-1

Age: 18Y & Up
Jan 10-Apr 04

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
2000933 6-7:30pm Tue Jan 21
2000934 6-7:30pm Tue Mar 17
2000935 6-7:30pm Tue Apr 21

Age: All Ages

DROP-IN PROGRAMS

Drop-in Bridge

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
2004542 1:10-3:10pm Tue

Age: 18Y & Up
Jan 07-Apr 28

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. SBCC can checkout 2 Mahjong sets, players are welcome to bring their own set as well.

South Bellevue Community Center

FREE
2005332 2:30-4pm Thu

Age: 18Y & Up
Jan 09-Apr 30

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)

9:30am-12pm	Tue	Age: All Ages Jan 14
9:30am-12pm	Tue	Jan 28
9:30am-12pm	Tue	Feb 11
9:30am-12pm	Tue	Mar 10
9:30am-12pm	Tue	Mar 24
9:30am-12pm	Tue	Mar 31
9:30am-12pm	Tue	Apr 14
9:30am-12pm	Tue	Apr 28

ARTS

BYT Teen Improv Classes

BYT teens will have instruction and practice with improv fundamentals. Each class builds on the skills learned at the previous session. Come have fun as you set your creativity free!

Bellevue Youth Theatre

FREE
2000011 10-12am Sat

Age: 12-19Y
Jan 18-Feb 29

Creative Kids After School Art Program

Enhance your child's creativity with a variety of arts and crafts, pottery, drawing, painting, and games to get you moving. Activities take place both indoor and outdoor settings.

Northwest Arts Center

\$180(R) \$210(N)		Age: All Ages
2006511 12:30am-3pm	Wed	Jan 08-Feb 12
\$210(R) \$245(N)		Age: All Ages
2006512 12:30am-3pm	Wed	Feb 26-Apr 08
\$240(R) \$280(N)		Age: All Ages
2006513 12:30am-3pm	Wed	Apr 22-Jun 10



CRAFTS

Soapstone 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: 7Y & Up

2000876	4-5:30pm	Tue	Jan 21
2000882	10-11:30am	Sat	Jan 11
2000885	4-5:30pm	Tue	Mar 17
2000886	4-5:30pm	Tue	Apr 21
2000887	10-11:30am	Sat	Feb 08
2000888	10-11:30am	Sat	Mar 14
2000889	10-11:30am	Sat	Apr 11

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

\$126(R) \$151(N)

Age: 6-11Y

2005024	10-11:30am	Sat	Jan 11-Feb 15
2005035	10-11:30am	Sat	Feb 29-Apr 04

FINE ARTS

Bellevue Artist Studio Social - Open Studio

Bass (Bellevue Artist Studio Social) is a drop in open-studio where you can draw with other local artists in a relaxing and comfortable space. Bring your sketchbook! A surprise still life subject will be provided at each session. Big paper, charcoal, and easels provided. You bring the rest of your needed supplies. Pre-registration required.

Northwest Arts Center

\$15(R) \$18(N)

Age: 18Y & Up

2007651	1-3pm	Wed	Jan 08
2007652	1-3pm	Wed	Jan 22
2007653	1-3pm	Wed	Feb 12
2007654	1-3pm	Wed	Feb 26
2007655	1-3pm	Wed	Mar 11
2007656	1-3pm	Wed	Mar 25
2007657	1-3pm	Wed	Apr 08
2007658	1-3pm	Wed	Apr 22

DRAWING/PAINTING

Cartooning & Drawing

Cartooning and Drawing for kids!

Drawing and Cartooning skills unleash a child's creativity as they Create zany characters to drop into a story or make a statement. Fledgling cartoonists will learn the basics of expression drawing, line quality, constructing from the imagination and exaggerating from life while exploring moods and animating actions. Media will include pencil, markers, charcoal, ink and water color, among others.

Northwest Arts Center

\$128(R) \$154(N)

Age: All Ages

2005062	4-5:30pm	Tue	Jan 21-Mar 17
2005073	4-6pm	Tue	Mar 31-May 26

FORGOTTEN ARTS/FIBER ARTS

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

FREE		Age: 18Y & Up
2004551	10am-12pm Fri	Jan 10-Apr 24

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.

Northwest Arts Center

\$156(R) \$188(N)		Age: 3-4Y
2001841	5:30-6pm Tue	Mar 24-Jun 16
2001842	4-4:30pm Tue	Mar 24-Jun 16
\$130(R) \$156(N)		Age: 3-4Y
2001791	5:30-6pm Tue	Jan 07-Mar 17
2001792	4-4:30pm Tue	Jan 07-Mar 17
\$156(R) \$188(N)		Age: 5-6Y
2001793	5-5:30pm Tue	Jan 07-Mar 17
2001843	5-5:30pm Tue	Mar 24-Jun 16
\$130(R) \$156(N)		Age: 7-12Y
2001794	4:30-5pm Tue	Jan 07-Mar 17
2001795	6-6:30pm Tue	Jan 07-Mar 17
\$156(R) \$188(N)		Age: 7-12Y
2001844	4:30-5pm Tue	Mar 24-Jun 16
2001845	6-6:30pm Tue	Mar 24-Jun 16

North Bellevue Community Center

\$130(R) \$156(N)		Age: 3-4Y
2005994	10:30-11am Sat	Jan 04-Mar 21
\$143(R) \$172(N)		Age: 3-4Y
2006004	10:30-11am Sat	Mar 28-Jun 20
\$130(R) \$156(N)		Age: 5-6Y
2005993	10-10:30am Sat	Jan 04-Mar 21
2005995	11-11:30am Sat	Jan 04-Mar 21
\$143(R) \$172(N)		Age: 5-6Y
2006003	10-10:30am Sat	Mar 28-Jun 20
2006005	11-11:30am Sat	Mar 28-Jun 20
\$130(R) \$156(N)		Age: 7-12Y
2005991	9-9:30am Sat	Jan 04-Mar 21
2005992	9:30-10am Sat	Jan 04-Mar 21
\$143(R) \$172(N)		Age: 7-12Y
2006001	9-9:30am Sat	Mar 28-Jun 20
2006002	9:30-10am Sat	Mar 28-Jun 20

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: All Ages
2000239	10:30am-12pm Fri	Jan 03-Apr 24

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: All Ages
2000964	1-3pm Tue	Jan 07-Apr 28

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. Crossroads Community Center

\$120(R) \$144(N)		Age: 8Y & Up
2000988	3-7:30pm Wed	Jan 08-Jan 29
\$90(R) \$108(N)		Age: 8Y & Up
2000989	3-7:30pm Wed	Feb 05-Feb 26
\$120(R) \$144(N)		Age: 8Y & Up
2000990	3-7:30pm Wed	Mar 04-Mar 25
2000991	3-7:30pm Wed	Apr 01-Apr 29
\$120(R) \$144(N)		Age: 7Y & Up
2000992	2:30-7:30pm Wed	Jan 08-Jan 29
\$90(R) \$108(N)		Age: 7Y & Up
2000993	2:30-7:30pm Wed	Feb 05-Feb 26
\$120(R) \$144(N)		Age: 7Y & Up
2000994	2:30-7:30pm Wed	Mar 04-Mar 25
2000995	2:30-7:30pm Wed	Apr 01-Apr 29

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
2000242	10:30am-1:45pm Mon,Fri	Jan 03-Apr 27

City Opera Ballet - Ballet Fitness

Basic ballet barre for all levels. Includes stretching routines, center work, jumps and across the floor combinations, provide exercise for the brain. Students gain flexibility, coordination and memorization skills that enhance everyday life. Ballet Bellevue instructor.

Boys & Girls Clubs of Bellevue - Main Clubhouse

\$84(R) \$101(N)			Ages: 18Y & Up
2010991	8-8:55am	Wed	Jan 08-Feb 12
\$98(R) \$118(N)			Ages: 18Y & Up
2010992	8-8:55am	Wed	Feb 26-Apr 08
\$112(R) \$134(N)			Ages: 18Y & Up
2010993	8-8:55am	Wed	Apr 22-Jun 10

Emerald Ballet

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

Northwest Arts Center

\$180(R) \$216(N)			Age: 3-5Y
20001891	4:15-5pm	Tue	Jan 07-Mar 03
2001902	4:15-5pm	Tue	Mar 17-May 12

Emerald Ballet Theater Pre-Ballet II

Basic ballet technique focuses on flexibility, coordination, strength, and musicality. Creativity is encouraged through improvisation exercises. Dancers in Pre and Pre-Ballet I & II levels will wear a solid color leotard of any color, and pink tights with pink ballet slippers with leather soles. Dancers should have their hair secured from their face.

Northwest Arts Center

\$180(R) \$216(N)			Age: 6-10Y
2004933	5-6pm	Tue	Jan 07-Mar 03
2004944	5-6pm	Tue	Mar 17-May 12

City Opera Ballet - Parent & Child

Class opens with Anne Green Gilbert's "Brain Dance" exercise accompanied by the singing of nursery rhymes and followed by the practicing of basic ballet steps. Includes French for little dances. Wear ballet attire or clothing that allows for fluid movement and ballet technique shoes.

Boys & Girls Clubs of Bellevue - Main Clubhouse

\$66(R) \$76(N)			Ages: 2-4Y
2011031	9-9:45am	Wed	Jan 08-Feb 12
\$77(R) \$88(N)			Ages: 2-4Y
2011032	9-9:45am	Wed	Feb 26-Apr 08
\$88(R) \$101(N)			Ages: 2-4Y
2011033	9-9:45am	Wed	Apr 22-Jun 10

City Opera Ballet - Dance With Me

In this introduction to dance class we go through the first 8 physical movements we go through in the first year of our life. Going from sitting to standing, spinning and jumping, your child can do it all holding your hand. We incorporate nursery rhymes so you can do the dances at home. This method is Anne Green Gilbert's "Brain Dance" and has many benefits for people of all ages.

South Bellevue Community Center

FREE Open House			Age: 2-3Y
2008675	11:30am-12:15pm	Thu	Jan 09
\$55(R) \$65(N)			Age: 2-3Y
2008686	11:30am-12:15pm	Thu	Jan 16-Feb 13
\$77(R) \$91(N)			Age: 2-3Y
2008687	11:30am-12:15pm	Thu	Feb 27-Apr 09

City Opera Ballet Pre-Ballet

Each class opens with Anne Green Gilbert's "Brain Dance" exercise accompanied by the singing of nursery rhymes and followed by the practicing of basic ballet steps. Includes French for Young Dancers.

Northwest Arts Center

\$74(R) \$88(N)			Age: 3-4Y
2005321	11-11:45am	Sat	Jan 11-Feb 29
\$64(R) \$77(N)			Age: 3-4Y
2005322	11-11:45am	Sat	Mar 07-Apr 11
\$74(R) \$88(N)			Age: 3-4Y
2005323	11-11:45am	Sat	Apr 25-Jun 13

City Opera Ballet - Ballet 1

Learning basic Ballet and tap movements and memorizing routine.

South Bellevue Community Center

FREE Open House			Age: 5-7Y
2008665	4-4:45pm	Fri	Jan 10
\$55(R) \$65(N)			Age: 5-7Y
2008666	4-4:45pm	Fri	Jan 17-Feb 14
\$77(R) \$91(N)			Age: 5-7Y
2008667	4-4:45pm	Fri	Feb 28-Apr 10



City Opera Ballet Story Ballet

Introductory ballet class with story time from classical ballets, dance games and performance practice. Includes French for Young Dancers.

Northwest Arts Center

\$77(R) \$91(N)			Age: 5-7Y
2005431	11:45am-12:45pm	Sat	Jan 11-Feb 29
2005432	11:45am-12:45pm	Sat	Mar 07-Apr 11
\$74(R) \$88(N)			Age: 5-7Y
2005433	11:45am-12:45pm	Sat	Apr 25-Jun 13

South Bellevue Community Center

FREE Open House			Age: 4-5Y
2008681	12:30-1:30pm	Thu	Jan 09
\$55(R) \$65(N)			Age: 4-5Y
2008682	12:30-1:30pm	Thu	Jan 16-Feb 13
\$77(R) \$91(N)			Age: 4-5Y
2008683	12:30-1:30pm	Thu	Feb 27-Apr 09

City Opera Ballet Youth Ballet

Learn basic ballet movements at the barre, in the center and across the floor. Practice ballet vocabulary and memorize combinations. Includes French for Young Dancers.

Northwest Arts Center

\$147(R) \$176(N)			Age: 8-10Y
2005521	9:30-11am	Sat	Jan 11-Feb 29
\$126(R) \$152(N)			Age: 8-10Y
2005522	9:30-11am	Sat	Mar 07-Apr 11
\$147(R) \$176(N)			Age: 8-10Y
2005523	9:30-11am	Sat	Apr 25-Jun 13

South Bellevue Community Center

FREE Open House			Age: 8-12Y
2008695	5-6pm	Fri	Jan 10
\$55(R) \$65(N)			Age: 8-12Y
2008696	5-6pm	Fri	Jan 17-Feb 14
\$77(R) \$91(N)			Age: 8-12Y
2008697	5-6pm	Fri	Feb 28-Apr 10

CULINARY ARTS

Top Junior Chef

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

Robinswood Community Park

\$136(R) \$163(N)			Grades: 2-5
2007231	4-5:30pm	Thu	Jan 16-Mar 12
2007232	4-5:30pm	Thu	Mar 26-May 21

STORY TIME

KCLS Family Story & Play Time

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

North Bellevue Community Center

FREE			Age: Up to 5Y
2000596	1:30-3:30pm	Thu	Jan 07-Feb 11
2000597	1:30-3:30pm	Thu	Mar 03-Apr 07

DAY CAMPS

BELLEVUE SCHOOL DISTRICT

MID-WINTER BREAK: FEBRUARY 17-21

SPRING BREAK: APRIL 13-17

Red Riding Hood & Friends Day Camp

Join Little Red on her journey to save Grandma. This is an updated version of the classic story. This camp is great for boys and girls ages 6-12. Campers will perform at the end of the week.

Bellevue Youth Theatre

\$250(R) \$275(N)			Age: 6-12Y
2001079	9:30am-3pm	Mon-Fri	Apr 13-Apr 17

Cartooniversity Camp

A unique opportunity for kids ages 9-14 of all skill levels to explore the art of cartooning with professional cartoonist and humorous illustrator Jeff Johnson. Multiple challenging projects and a positive, encouraging classroom environment make this one-of-a-kind cartooning camp fun and exciting! Areas of study include; expressions, character development, action/movement, layout, backgrounds, perspective, lettering and much more. The emphasis is on developing each student's own cartooning style. All materials provided. Bring a sack lunch and a water bottle each day. Please pick up your child promptly at 3:00pm each day.

Kelsey Creek Farm Park

\$265(R) \$313(N)			Age: 9-14Y
2000125	10am-3pm	Tue,Wed,Thu,Fri	Feb 18-Feb 21

Little Farmers School Break Camp

Children will be actively engaged with the joys of farm life. Learn about Kelsey Creek Farm's animal friends, work in the barn with rakes and pails and mix up treats for the animals. We'll create art, bake snacks, and play games too.

Kelsey Creek Farm Park

\$155(R) \$187(N)			Age: 4-6Y
2001451	10am-1pm	Mon-Fri	Feb 17-Feb 21
2001472	10am-1pm	Mon-Fri	Apr 13-Apr 17

The Great Kelsey Baking Camp

Join Mrs. Kandi in the Farm House for the Great Kelsey Baking Camp. We will bake and decorate cookies, cupcakes, bread, pie, and a small cake. Experience royal frosting, fondant, buttercream, and put them together to make a masterpiece. Please bring your lunch and an apron to camp.

Kelsey Creek Farm Park

\$250(R) \$300(N)	Age: 7-11Y
2000315 9:30am-2pm Mon-Fri	Feb 17-Feb 21

Creative Kids Mid-Winter Day Camp

Camp activities compliment the season and include a combination of indoor and outdoor activities. Children will explore mixed media and three-dimensional arts and crafts, pastel, water color, paper collage, and more. Bring a lunch each day.

Northwest Arts Center

\$220(R) \$264(N)	Grades: 2-5
2000870 9am-3pm Tue-Fri	Feb 18-Feb 21

Creative Kids Spring Break Camp

Camp activities complement the season and include a combination of indoor and outdoor activities. Children will explore mixed media and three-dimensional arts and crafts, pastel, water color, paper collage, and more. Bring a lunch each day.

Northwest Arts Center

\$275(R) \$330(N)	Age: All Ages
2000873 9am-3pm Mon-Fri	Apr 13-Apr 17

Biddy Boarder Skate Camp - Mid-Winter & Spring Break

A skateboard camp for the little shredders. This camp will help get them up and rolling on their boards safely on the ramps and street. This fun camp also includes ramp riding skills, falling correctly, taking turns and skate park etiquette. This camp has been a starting point for many skateboarders.

Bellevue Skate Park

\$100(R) \$120(N)	Age: 4-7Y
2000171 1-2:15pm Mon-Fri	Feb 17-Feb 21
2000173 1-2:15pm Mon-Fri	Apr 13-Apr 17

Parkour Camp

Our method is parkour - the functional art of movement. We train participants to gain control of their bodies and minds through physical and mental challenges - the way they were meant to be used. There is a correct way to crawl, fall, roll, run, land, jump, climb, and swing. Through our trainings, students learn to optimize performance while protecting their body from impact. We train to play forever! Participants will be placed in age/ability appropriate small groups for this camp.

South Bellevue Community Center

\$150(R) \$180(N)	Age: 6-11Y
2006351 9am-12pm Tue,Wed,Thu,Fri	Feb 18-Feb 21
2006352 1-4pm Tue,Wed,Thu,Fri	Feb 18-Feb 21
\$185(R) \$220(N)	Age: 6-11Y
2006353 9am-12pm Mon-Fri	Apr 13-Apr 17
2006354 1-4pm Mon-Fri	Apr 13-Apr 17

Skate Camp - Winter Break

Get out of the cold and skate inside! Our professional skateboard staff have years of experience from helping beginners for the very first time showing secret techniques to advanced skaters. The camp includes park safety, trick tips, intro to vert, skate games, a contest, and a pizza party, all with an emphasis on friends and fun. Whether you're just starting out or an experienced skater this camp is for you. Safety gear and boards are available at no charge if needed.

Bellevue Skate Park

\$175(R) \$195(N)	Age: 8-15Y
1900174 9am-12pm Mon-Fri	Feb 17-21

Skate Camp - Spring Break

The longest running skateboard camp in the state just got even better! Skaters now have the opportunity to experience the best of both worlds from ramp skating in the incredible indoor park or street skating at the nationally recognized skate plaza. Our professional skateboard staff have years of experience from helping beginners for the very first time showing secret techniques to advanced skaters. The camp includes park safety, trick tips, intro to vert, skate games, a contest, and a pizza party, all with an emphasis on friends and fun. Whether you're just starting out or an experienced skater this camp is for you. Safety gear and boards are available at no charge if needed.

Bellevue Skate Park

\$175(R) \$195(N)	Age: 8-15Y
1900173 9am-12pm Mon-Fri	Apr 13-17



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.



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.

See Early Learning/Preschool section for more information.



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

Rock Climbing School's Out Camp

School is out so 'Climb Our Wall'. There are climbing routes from beginner to expert. Experienced climbing staff will teach campers about equipment, knots, climbing techniques, and effective communication and safety. Climbers will participate in games and challenges in a fun and encouraging atmosphere. All climbing equipment is provided. Climbing shoes are recommended but are not required. Pre-registration is required. Low camper/staff ratio.

South Bellevue Community Center

\$232(R) \$276(N)			Age: 6-12Y
1802359-1	9am-4pm	Tue-Fri	Feb 18-Feb 21
\$290(R) \$345(N)			Age: 6-12Y
1802359-2	9am-4pm	Mon-Fri	Apr 13-Apr 17

Pro Baseball - School's Out Baseball Camp

What better way to spend a day out of school than playing ball? This school's out camp will focus on quality baseball instruction - hitting, throwing, fielding, games, scrimmages, and more. Located at the new Hidden Valley Park, this baseball camp is well-suited for all players from the aspiring to the elite taught by Steve Goucher and his staff. Steve is a former professional baseball player, and an Atlanta Braves scout who has coached baseball at all levels. Don't miss out on the fun.

Hidden Valley Sports Park

\$50(R) \$60(N)			Age: 7-13Y
2000717	10am-1pm	Mon	Jan 20

Pro Baseball Camp

Quality baseball instruction - hitting, throwing, fielding, games, scrimmages, and more. This one-week baseball camp 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. Bring a baseball glove.

Hidden Valley Sports Park

\$125(R) \$150(N)			Age: 8-13Y
2000728	10am-1pm	Tue,Wed,Thu,Fri	Feb 18-Feb 21
\$179(R) \$208(N)			Age: 8-13Y
2000729	9am-12pm	Mon-Fri	Apr 13-Apr 17

Youth Sports Mid-Winter Break Camp

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

Crossroads Community Center

\$175(R) \$195(N)			Age: 7-13Y
2000720	9am-4pm	Tue,Wed,Thu,Fri	Feb 18-Feb 21

Youth Sports Spring Break Camp

A week of fast paced action where kids will have a blast!! Campers will receive instruction and participate in a variety of sports including basketball, dodgeball, volleyball, indoor soccer and floor-hockey. Outdoor activities will take place as weather allows. Field trip to local recreational attraction is included in the price of camp. Field trip to bowl and play games at Lucky Strike Bellevue on Friday, April 17.

Crossroads Community Center

\$225(R) \$250(N)			Age: 7-12Y
2000723	9am-4pm	Mon-Fri	Apr 13-Apr 17

UK International Soccer Camp

UK International Soccer brings you the best of UK soccer. Coaching curriculum uses a methodology to develop the whole player, as an athlete and as a person, providing campers with the tools and self-belief to reach goals on and off the field. Daily schedule includes warm up, skills, fundamentals, small sided games, technical session, and tournaments.

Robinswood Community Park - Fields

\$140(R) \$160(N)			Age: 4-14Y
2000731	9am-12pm	Mon-Fri	Apr 13-Apr 17
\$220(R) \$250(N)			Age: 4-14Y
2000733	9am-3pm	Mon-Fri	Apr 13-Apr 17



EARLY LEARNING/PRESCHOOL

Indoor Play at SBCC

Drop-in gym play for children under 5 with parents. No charge for those under 1 year. Parents/caregivers must supervise their own children. Save even more when you purchase a play pass. Closed all Holidays, Bellevue School District Breaks, and Summer.

South Bellevue Community Center

\$4(R) \$5(N)	Age: Up to 5Y
2005233 10:30am-12pm Mon,Wed,Fri	Jan 06-Apr 29

Little Learners Tumble Time

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

Northwest Arts Center

\$98(R) \$118(N)	Age: 2-4Y
2005571 9:45-10:45am Wed	Apr 01-May 27
2005572 9:45-10:45am Wed	Jan 15-Mar 18

Boogie Woogie Baby

Begin your child's first classroom experience with music and movement. Come and sing and boogie to timeless toddler hits and much more. Child and caregiver class, please no more than 2 children per caregiver.

Northwest Arts Center

\$98(R) \$118(N)	Age: 1-2Y
2005603 9:15-9:45am Thu	Jan 16-Mar 12
2005614 9:15-9:45am Thu	Mar 26-May 21

Baby Beethoven

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

Northwest Arts Center

\$98(R) \$118(N)	Age: 2-5Y
2005623 10-10:45am Thu	Jan 16-Mar 12
2005634 10-10:45am Thu	Mar 26-May 21

/

WORKSHOPS

Funny Little Valentine

Make a gift for your special pal to take home. Sing songs, do a little dance and complete the morning decorating a sweet Valentine treat. Come join the FUN! Child and caregiver class. Pre-registration required.

Northwest Arts Center

\$21(R) \$26(N)	Age: 2-5Y
2000747 10-11:30am Sat	Feb 08

Lucky Leprechauns!

Top o' the mornin to ya! Join us for art, games, music and all things green! Don't forget to have your leprechaun wear something green so you won't get pinched! There is a pot of "gold" waiting for you at the end of the rainbow. Child and caregiver class. Pre-registration required.

Northwest Arts Center

\$21(R) \$26(N)	Age: 2-5Y
2000755 10-11:30am Sat	Mar 14

Peep! Peep!

Peep! Peep! Make cheerful chicks that peek out of decorated eggs as well as other springtime creatures. Music and an egg hunt round off our morning of FUN! Caregiver and child class. Pre-registration required.

Northwest Arts Center

\$21(R) \$26(N)	Age: 2-5Y
2000758 10-11:30am Sat	Apr 04

Mix, Measure & Chop!

Caregiver and child mix, measure and cook a delicious and tasty mini-meal together. One caregiver/ one child. All materials provided. Pre-registration required.

Northwest Arts Center

\$25(R) \$28(N)	Age: 2-5Y
2000762 10-11:30am Sat	Jan 18

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 Kelsey-CreekFarm@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, due to facility codes.

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: 2 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)

Chicken Birthday Party

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

Package includes:

- One-hour chicken activities/farm walk
- One-hour room rental in our farm house.

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)

Duck Birthday Party

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

Package includes:

- Duck activities and a farm walk
- One hour 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)

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.

FARM TOURS FOR INDIVIDUALS & FAMILIES

Holiday Farm Tour: Martin Luther King Jr. 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 on site will be accepted as space allows. Cost is per person.

Kelsey Creek Farm Park

\$8(R) \$10(N)		Age: 2Y & Up	
2006672	10-10:45am	Mon	Jan 20
2006683	11-11:45am	Mon	Jan 20

Holiday Farm Tour: President's 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 on site will be accepted as space allows. Cost is per person.

Kelsey Creek Farm Park

\$8(R) \$10(N)		Age: 2Y & Up	
2007642	10-10:45am	Mon	Feb 17
2007653	11-11:45am	Mon	Feb 17

Family and Friends Tour

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. This program is designed for children 2-6 but all ages are welcome. 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 on site will be accepted as space allows. Cost is per person.

Kelsey Creek Farm Park

\$8(R) \$10(N)		Age: 2Y & Up	
2008621	10-10:45am	Sat	Mar 07
2008622	10-10:45am	Sat	Apr 04

FARM PROGRAMS FOR CHILDREN & YOUTH

Kelsey Creek Farm Story Time

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

Kelsey Creek Farm Park

FREE		Age: 3-6Y	
2001144	10:30-11am	Fri	Jan 17
2001165	10:30-11am	Fri	Jan 31
2001166	10:30-11am	Fri	Feb 14
2001167	10:30-11am	Fri	Feb 28
2001168	10:30-11am	Fri	Mar 06
2001169	10:30-11am	Fri	Apr 03

Little Farmers

Join Farmer Jayne in a special hands-on opportunity to experience farm life with your toddler. Children team up with a parent/adult to actively participate in animal care, barn chores, a pony ride*, and baking. Curriculum is integrated with seasonal themes, arts and crafts, stories and games. One adult per child. Additional adult, \$10 per session. Drop-in extra adult, \$5. Siblings under two are welcome in front or back packs. *-Two-week sessions do not include a pony ride.

Kelsey Creek Farm Park

\$90(R) \$108(N)		Age: 2-3Y	
2001482	10-11:30am	Mon	Jan 06-Jan 27
2001483	10-11:30am	Tue	Jan 07-Jan 28
2001484	10-11:30am	Wed	Jan 08-Jan 29
2001485	10-11:30am	Fri	Jan 10-Jan 31
2001486	10-11:30am	Mon	Feb 03-Mar 02
2001497	10-11:30am	Tue	Feb 04-Mar 03
2001498	10-11:30am	Wed	Feb 05-Mar 04
2001499	10-11:30am	Fri	Feb 07-Mar 06
20014910	10-11:30am	Mon	Mar 30-Apr 27
20014911	10-11:30am	Tue	Mar 31-Apr 28
20014912	10-11:30am	Wed	Apr 01-Apr 29
20014913	10-11:30am	Fri	Apr 03-May 01
\$40(R) \$48(N)		Age: 2-3Y	
2001442	10-11:30am	Mon	Mar 09-Mar 16
2001463	10-11:30am	Tue	Mar 10-Mar 17
	10-11:30am	Wed	Mar 11-Mar 18
	10-11:30am	Fri	Mar 13-Mar 20

Farm Explorers

Join Farmer Jayne for a hands-on farm adventure featuring animal care, barn chores, a pony ride*, and baking. This drop-off program is designed for the independent 3 to 6-year-old. Curriculum is integrated with seasonal themes, arts, and crafts, stories and games. Children must be potty trained. Bring a lunch/drink. Snack will be provided. *-Two-week sessions do not include a pony ride.

Kelsey Creek Farm Park

\$98(R) \$116(N)		Age: 3-6Y	
2001463	10am-12:30pm	Thu	Jan 09-Jan 30
2001464	10am-12:30pm	Thu	Feb 06-Mar 05
2001465	10am-12:30pm	Thu	Apr 02-Apr 30
\$46(R) \$54(N)		Age: 3-6Y	
20003041	10am-12:30pm	Thu	Mar 12-Mar 19

Painting with Chickens

Create a painting with a chicken! Children will work with a chicken to create a fun, colorful piece of artwork combining your child's creativity with the footprints of one of our resident chickens. Children also get to pet the chicken artists and feed them some yummy treats. The nontoxic children's finger paint is washable, but wear clothes that you don't mind getting dirty. Adult/child teams only. A team is one child and one adult.

Kelsey Creek Farm Park

\$25(R) \$30(N)		Age: 4-8Y	
20005361	1:30-2:30pm	Sat	Jan 25
2005362	1:30-2:30pm	Sat	Mar 21

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 more fun. *-Three-week sessions do not include a pony ride.

Kelsey Creek Farm Park

\$90(R) \$108(N)		Age: 2-5Y	
2001702	10:30am-12pm	Wed	Jan 08-Jan 29
2001703	10:30am-12pm	Thu	Jan 09-Jan 30
2001704	10:30am-12pm	Wed	Mar 04-Mar 25
2001705	10:30am-12pm	Thu	Mar 05-Mar 26
\$60(R) \$72(N)		Age: 2-5Y	
2003112	10:30am-12pm	Wed	Feb 05-Feb 26
2003123	10:30am-12pm	Thu	Feb 06-Feb 27
2003124	10:30am-12pm	Wed	Apr 01-Apr 29

Cocoa and Canvas

Join your child for a fun afternoon on the farm! You and your child will each create a farm-themed painting to take home with you. Cocoa, cookies, and all art supplies will be provided. Painting will be inside the heated barn but come dressed to get messy. Each registration fee includes one child and one adult.

Kelsey Creek Farm Park

\$60(R) \$72(N)		Age: 6-10Y	
2003221	1:30-3pm	Sat	Feb 15
2003232	6-7:30pm	Thu	Apr 09

Winter on the Farm

Adult and child will team up to find out how the farm animals at Kelsey Creek survive the chilly winter months. Meet some of our fluffy and furry friends, then come in and warm up as we continue our fun activities in the historic barn. Adult/child teams only. A team is one child and one adult.

Kelsey Creek Farm Park

\$25(R) \$30(N)		Age: 4-8Y	
2000335	1:30-2:30pm	Sat	Jan 18

Fiber Fun at Kelsey Creek

School is out but the sheep are still busy at the farm. Join Mrs. Kandi for a fun day of fiber arts. We will visit the sheep, learn the process of making yarn, and felt a project with wool from the farm sheep. Please bring your lunch and wear close toed shoes.

Kelsey Creek Farm Park

\$50(R) \$60(N)		Age: 5-7Y	
2000317	9:30am-2pm	Mon	Jan 20

Kids Can Cook Cinnamon Rolls

Join Mrs. Kandi in the Farm House and learn the process of making cinnamon rolls from scratch. Each child will bring home a pan of cinnamon rolls and the recipe. Please bring your lunch and wear closed-toe shoes.

Kelsey Creek Farm Park

\$50(R) \$60(N)		Age: 5-11Y	
2000334	9:30am-2pm	Mon	Jan 27

Valentine Fun

Adult and child will team together to create beautiful Valentine cards, share their love with a farm animal and participate in some fun holiday activities. Adult/child teams only. A team is one child and one adult.

Kelsey Creek Farm Park

\$25(R) \$30(N) Age: 4-8Y
2000337 1:30-2:30pm Sat Feb 08

Cowabunga with Cows

Moove on over to the farm for an afternoon with our adorable cows! Your child will meet our cows, prepare their stall for the night, and learn all about cows. Adult/child teams only. A team is one child and one adult.

Kelsey Creek Farm Park

\$25(R) \$30(N) Age: 4-8Y
2000391 1:30-2:30pm Sat Feb 22

St. Patrick's Day

Adult and child team up to create holiday crafts, get up close with a farm animal and hunt for a pot of gold in the barnyard. Adult/child teams only. A team is one child and one adult.

Kelsey Creek Farm Park

\$25(R) \$30(N) Age: 4-8Y
2000360 1:30-2:30pm Sat Mar 14

Kids Can Cook Pasta

Join Mrs. Kandi in the Farm House and we will learn to make pasta using three different methods with only two ingredients. We will make fresh butter to top the pasta. Each child will bring home the recipe, fresh pasta to cook, and compound butter. Please bring your lunch and wear close toed shoes.

Kelsey Creek Farm Park

\$50(R) \$60(N) Age: 5-11Y
2000534 9:30am-2pm Fri Mar 20

Hop Into Spring

Bunnies love spring because it means it is time to plant carrots! 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: 4-8Y
2000363 1:30-2:30pm Sat Mar 28

Spring Egg-stravaganza

Come to Kelsey Creek for a fun time on the farm with our lovable farm animals and learn all about eggs. Collect eggs from our chicken coops and compare chicken, duck, and goose eggs. You will also pet a bunny, pet a chicken, and go on an egg hunt! Adult/child teams only. A team is one child and one adult.

Kelsey Creek Farm Park

\$25(R) \$30(N) Age: 4-8Y
2000368 1:30-2:30pm Sat Apr 11

What is Woolly, Wiggly, and Snuggly All Over?

A sheep! Come to the farm to meet our sheep and find out what it takes to be a shepherd. Help us clean the sheep stall, feed out hay, and pet a sheep! Each child will do a craft with wool from one of our sheep. Come dressed for the weather. Adult/child teams only. A team is one child and one adult.

Kelsey Creek Farm Park

\$25(R) \$30(N) Age: 4-8Y
2000371 1:30-2:30pm Sat Apr 18

FARM PROGRAMS FOR ADULTS

Make Pasta at the Farm

Join Kandi in the Farm House as we learn to make pasta using three different methods with only two ingredients. Kandi will provide sauce options and recipes. You will leave with a pound of fresh pasta and the confidence to make it again at home.

Kelsey Creek Farm Park

\$30(R) \$36(N) Age: 18Y & Up
2000318 7-8:30pm Fri Jan 24

Make Soup and Bread at the Farm

Join Kandi in the Farm House and learn three different soup recipes and one bread recipe. We will make beef stew, butternut squash bisque, and barley-mushroom soup and pair that with 4-ingredient Dutch Oven Artisan Bread.

Kelsey Creek Farm Park

\$30(R) \$36(N) Age: 18Y & Up
2003202 7-8:30pm Fri Feb 28

Introduction to Backyard Chickens

If you're interested in keeping pet chickens, the staff at Kelsey Creek Farm can help you get started! We'll cover setting up a chicken coop, where to get chickens, what breeds to pick from, how to care for them at all stages of life, and much more. You'll also tour our chicken coops, see the kind of equipment you will need, and practice picking up and holding a chicken. Pre-register to reserve your spot. Day-of registrations accepted as space allows.

Kelsey Creek Farm Park

\$20(R) \$25(N) Age: 12Y & Up
2000384 1:30-2:30pm Sat Feb 29

Make Mozzarella at the Farm

Join Kandi in the Farm House and learn to make mozzarella cheese. You will leave with the recipe, know-how, and confidence to make the cheese at home and experiment with flavors.

Kelsey Creek Farm Park

\$30(R) \$36(N) Age: 18Y & Up
2000542 7-8:30pm Fri Mar 27

VOLUNTEER OPPORTUNITIES

Special Event Volunteer

Earn community service hours. Assist with children's activities and other event tasks at our annual sheep shearing event. Volunteers need to be able to follow directions, be comfortable in crowds and be on their feet in all types of weather. Participants must register by April 21, 2020 and be enrolled in high school at date of event. Questions; kelsey-creekfarm@bellevuewa.gov, or 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 which must be submitted by April 21, 2020.

Kelsey Creek Farm Park

FREE			Age: 14-18Y
2000153	10am-5pm	Sat	Apr 25

Adult Volunteers

This is an opportunity to learn about livestock care and farm maintenance, as volunteers assist Kelsey Creek Farm staff with daily operations, animal chores, and learn responsible animal care. Volunteers will be working outside, exposed to animals, hay, vegetation, and dust. They will work independently and be physically active. Volunteers need to be able to attend the first two weeks of the program and no less than a total of 5 sessions.

Kelsey Creek Farm Park

\$10(R) \$12(N)			Age: 18Y & Up
2001191	9:30-11:30am	Tue	Mar 03-Apr 28
2001212	9:30-11:30am	Wed	Mar 04-Apr 29

After School Volunteers

Assist Kelsey Creek Farm staff with farm chores and learn responsible animal care. Volunteers will be working outside exposed to animals, hay, vegetation, and dust. Participants must be capable of understanding and following directions. Volunteers need to be able to attend the first two weeks of the program and no less than a total of 5 sessions. Maximum of 1 day per week sign up per participant.

Kelsey Creek Farm Park

\$10(R) \$12(N)			Age: 12-18Y
2001211	3-4:30pm	Tue	Mar 03-Apr 21
2001232	3-4:30pm	Wed	Mar 04-Apr 22
2001233	3-4:30pm	Thu	Mar 05-Apr 23

HEALTH & WELLNESS

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® Practitioner, Registered Jin Shin Do® Acupressurist, and Licensed Massage Practitioner. Wear comfortable clothing. Pre-registration is required. Fee is payable at time of registration.

<http://parks.bellevuewa.gov>

FITNESS

STRENGTH & CONDITIONING

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 Elijah 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

\$37.50(R) \$45(N)			Age: 18Y & Up
200119-1	9:30-10:20am	Mon,Wed	Jan 13-Jan 29
\$52.50(R) \$63(N)			Age: 18Y & Up
200119-2	9:30-10:20am	Mon,Wed	Feb 03-Feb 26
\$67.50(R) \$81(N)			Age: 18Y & Up
200119-3	9:30-10:20am	Mon,Wed	Mar 02-Mar 30
\$52.50(R) \$63(N)			Age: 18Y & Up
200119-4	9:30-10:20am	Mon,Wed	Apr 01-Apr 29

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
2000274	9-10am	Tue,Thu,Fri	Jan 02-Jan 31
\$18(R) \$24(N)			Age: 50Y & Up
2000275	9-10am	Tue,Thu,Fri	Feb 04-Feb 14
\$36(R) \$48(N)			Age: 50Y & Up
2000276	9-10am	Tue,Thu,Fri	Mar 03-Mar 27
\$52(R) \$48(N)			Age: 50Y & Up
2000277	9-10am	Tue,Thu,Fri	Apr 02-Apr 30

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

January through April 2020

CONNECTIONS

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 Eastern 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 treadmills, 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
bellevuewa.gov/nbcc

South Bellevue Community Center
bellevuewa.gov/sbcc

Highland Community Center

Featuring brand new cardio and weight equipment!

bellevuewa.gov/highland



Fit 360°

Turn your life and fitness level around - 360 degrees! Formally known as *Karie's Boot Camp*, this fun, non-competitive class incorporates the five components of physical fitness: cardio, muscle strength & endurance, balance, flexibility and we wrap it up with a little focus on mind & body. Out of shape? No worries. the instructors will work with you to modify exercises to meet your individual needs. Students rave about their results!

South Bellevue Community Center

\$89(R) \$107(N)		Age: 13Y & Up	
200370-1	8:45-9:45am	Mon, Wed	Jan 13-Jan 30
	9:15-10:15am	Tue, Thu	
\$107(R) \$128(N)		Age: 13Y & Up	
200370-2	8:45-9:45am	Mon, Wed	Feb 03-Feb 27
	9:15-10:15am	Tue, Thu	
\$160(R) \$193(N)		Age: 13Y & Up	
200370-3	8:45-9:45am	Mon, Wed	Mar 02-Mar 31
	9:15-10:15am	Tue, Thu	
\$142.50(R) \$171(N)		Age: 13Y & Up	
200370-4	8:45-9:45am	Mon, Wed	Apr 01-Apr 30
	9:15-10:15am	Tue, Thu	
\$42(R) \$50(N)		Age: 13Y & Up	
200371-1	8:45-9:45am	Mon, Wed	Jan 13-Jan 29
\$63(R) \$75(N)		Age: 13Y & Up	
200371-2	8:45-9:45am	Mon, Wed	Feb 03-Feb 26
200386-1	9:15-10:15am	Tue, Thu	Jan 14-Jan 30
200386-2	9:15-10:15am	Tue, Thu	Feb 04-Feb 27
\$94.50(R) \$112.50(N)		Age: 13Y & Up	
200371-3	8:45-9:45am	Mon, Wed	Mar 02-Mar 30
200386-3	9:15-10:15am	Tue, Thu	Mar 03-Mar 31
\$73.50(R) \$87.50(N)		Age: 13Y & Up	
200371-4	8:45-9:45am	Mon, Wed	Apr 01-Apr 29
200386-4	9:15-10:15am	Tue, Thu	Apr 02-Apr 30
\$31.50(R) \$37.50(N)		Age: 13Y & Up	
200121-1	9:15-10:15am	Tue	Jan 14-Jan 28
200121-2	9:15-10:15am	Tue	Feb 04-Feb 25
\$52.50(R) \$62.50(N)		Age: 13Y & Up	
200121-3	9:15-10:15am	Tue	Mar 03-Mar 31
\$31.50(R) \$37.50(N)		Age: 13Y & Up	
200121-4	9:15-10:15am	Tue	Apr 07-Apr 28

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 Elijah 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

\$37.50(R) \$45(N)		Age: 18Y & Up	
200290-1	10:30-11:20am	Mon, Wed	Jan 13-Jan 29
\$52.50(R) \$63(N)		Age: 18Y & Up	
200290-2	10:30-11:20am	Mon, Wed	Feb 03-Feb 26
\$67.50(R) \$81(N)		Age: 18Y & Up	
200290-3	10:30-11:20am	Mon, Wed	Mar 02-Mar 30
\$52.50(R) \$63(N)		Age: 18Y & Up	
200290-4	10:30-11:20am	Mon, Wed	Apr 01-Apr 29

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 Elijah 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

\$37.50(R) \$45(N)		Age: 18Y & Up	
200119-1	9:30-10:20am	Mon, Wed	Jan 13-Jan 29
\$52.50(R) \$63(N)		Age: 18Y & Up	
200119-2	9:30-10:20am	Mon, Wed	Feb 03-Feb 26
\$67.50(R) \$81(N)		Age: 18Y & Up	
200119-3	9:30-10:20am	Mon, Wed	Mar 02-Mar 30
\$52.50(R) \$63(N)		Age: 18Y & Up	
200119-4	9:30-10:20am	Mon, Wed	Apr 01-Apr 29

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	
2005811	9:15-10:15am	Tue	Jan 14-Feb 25
\$80(R) \$96(N)		Age: 18Y & Up	
2005812	9:15-10:15am	Tue	Mar 03-Apr 28



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 three other participants.

South Bellevue Community Center

\$81(R) \$97.50(N)			Age: 13Y & Up
2002971	7-7:40am	Tue	Jan 14-Jan 28
2002981	7-7:40am	Thu	Jan 16-Jan 30
\$108(R) \$130(N)			Age: 13Y & Up
2002972	7-7:40am	Tue	Feb 04-Feb 25
2002982	7-7:40am	Thu	Feb 06-Feb 27
2002983	7-7:40am	Thu	Mar 05-Mar 26
2002984	7-7:40am	Thu	Apr 02-Apr 30
\$135(R) \$162.50(N)			Age: 13Y & Up
2002973	7-7:40am	Tue	Mar 03-Mar 31
\$81(R) \$97.50(N)			Age: 13Y & Up
2002974	7-7:40am	Tue	Apr 07-Apr 28

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

\$30(R) \$36(N)			Age: 13Y & Up
2003291	6-6:50am	Tue	Jan 14-Jan 28
\$40(R) \$48(N)			Age: 13Y & Up
2003292	6-6:50am	Tue	Feb 04-Feb 25
\$50(R) \$60(N)			Age: 13Y & Up
2003293	6-6:50am	Tue	Mar 03-Mar 31
\$30(R) \$36(N)			Age: 13Y & Up
2003294	6-6:50am	Tue	Apr 07-Apr 28
\$60(R) \$72(N)			Age: 13Y & Up
2003301	6-6:50am	Tue,Thu	Jan 14-Jan 30
\$80(R) \$96(N)			Age: 13Y & Up
2003302	6-6:50am	Tue,Thu	Feb 04-Feb 27
\$90(R) \$108(N)			Age: 13Y & Up
2003303	6-6:50am	Tue,Thu	Mar 03-Mar 31
\$70(R) \$84(N)			Age: 13Y & Up
2003304	6-6:50am	Tue,Thu	Apr 02-Apr 30

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

\$77(R) \$91(N)			Age: 13Y & Up
2007261	5:45-6:35pm	Wed	Jan 15-Feb 26
\$99(R) \$117(N)			Age: 13Y & Up
2007262	5:45-6:35pm	Wed	Mar 04-Apr 29

Strength Training - Balance & Cardio

Work on toning, balance, stretch, and strengthen with the use of light weights and tubing to work upper and lower body. Technique focus on agility, balance, and coordination to create a workout that is fun, safe, effective, and up lifting. Great programs for all ages and abilities.

Northwest Arts Center

\$48(R) \$57(N)			Age: 18Y & Up
2008771	9:30-10:30am	Tue	Jan 07-Feb 11
2008774	9:30-10:30am	Thu	Jan 09-Feb 13
\$56(R) \$67(N)			Age: 18Y & Up
2008772	9:30-10:30am	Tue	Feb 25-Apr 07
2008775	9:30-10:30am	Thu	Feb 27-Apr 09
\$64(R) \$76(N)			Age: 18Y & Up
2008773	9:30-10:30am	Tue	Apr 21-Jun 09
2008776	9:30-10:30am	Thu	Apr 23-Jun 11

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

\$100(R) \$125(N)			Age: 15Y & Up
2006331	7-7:50pm	Mon	Jan 13-Feb 24
\$160(R) \$200(N)			Age: 15Y & Up
2006332	7-7:50pm	Mon	Mar 02-Apr 27

HEALTHWAYS

SilverSneakers®
FITNESS

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



BODY & MIND

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

\$36(R) \$48(N)			Age: 13Y & Up
2006741	7:15-8:30pm	Thu	Jan 16-Jan 30
2006742	7:15-8:30pm	Thu	Feb 06-Feb 27
\$48(R) \$60(N)			Age: 13Y & Up
2006753	7:15-8:30pm	Thu	Mar 05-Mar 26
2006754	7:15-8:30pm	Thu	Apr 02-Apr 30
\$36(R) \$43(N)			Age: 13Y & Up
2000015-1	10:15-11:30am	Sun	Jan 12-Jan 26
\$48(R) \$58(N)			Age: 13Y & Up
2000015-2	10:15-11:30am	Sun	Feb 02-Feb 23
\$60(R) \$72(N)			Age: 13Y & Up
2000015-3	10:15-11:30am	Sun	Mar 01-Mar 29
\$48(R) \$58(N)			Age: 13Y & Up
2000015-4	10:15-11:30am	Sun	Apr 05-Apr 26

Gentle Yoga with Wendy

GeGentle 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. No pre-registration required. This is a drop-in activity. Fee payable at the door.

North Bellevue Community Center

\$9(R) \$11(N)			Age: All Ages
2000286	10:30-11:30am	Mon	Jan 06-Apr 27

Pilates for Beginners

Beginner Pilates is a safe, sensible exercise system of mind-body exercise using a floor mat to build strength without excess bulk. Capable of creating a sleek toned body with slender thighs and a flat abdomen. No matter what your age or condition, it will work for you. It teaches body awareness, good posture, and easy, gracefully movement. Pilates also improves flexibility, agility, and economy of motion to alleviate lower back pain.

Boys & Girls Clubs of Bellevue - Bellevue Main Club

\$60(R) \$72(N)			Age: 18Y & Up
2006901	7-8pm	Tue	Jan 07-Feb 11
2006904	12:30-1:30pm	Thu	Jan 09-Feb 13
\$70(R) \$84(N)			Age: 18Y & Up
2006902	7-8pm	Tue	Feb 25-Apr 07
2006905	12:30-1:30pm	Thu	Feb 27-Apr 09
\$80(R) \$96(N)			Age: 18Y & Up
2006903	7-8pm	Tue	Apr 21-Jun 09
2006906	12:30-1:30pm	Thu	Apr 23-Jun 11

Pilates

Community Pilates is a low-impact exercise focused on whole body toning. This class is designed to increase and improve core strength, balance, posture, flexibility and joint mobility. We use bands, balls and small weights. Pilates students often feel a sense of overall wellness with a stronger mind-body connection. All fitness levels welcome.

South Bellevue Community Center

\$65(R) \$77.50(N)			Age: 13Y & Up
2006391	7:15-8:15pm	Mon	Jan 13-Feb 24
\$91(R) \$108.50(N)			Age: 13Y & Up
2006411	9-10am	Fri	Jan 17-Feb 28
\$104(R) \$124(N)			Age: 13Y & Up
2006392	7:15-8:15pm	Mon	Mar 02-Apr 27
2006412	9-10am	Fri	Mar 06-Apr 24

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

\$36(R) \$48(N)			Age: 13Y & Up
2006701	11:15am-12:30pm	Tue	Jan 14-Jan 28
2006702	11:15am-12:30pm	Tue	Feb 04-Feb 25
\$60(R) \$72(N)			Age: 13Y & Up
2006703	11:15am-12:30pm	Tue	Mar 03-Mar 31
\$36(R) \$48(N)			Age: 13Y & Up
2006704	11:15am-12:30pm	Tue	Apr 07-Apr 28

Relaxing Yoga

Balance the hectic, fast-paced day with an evening yoga practice that will restore and relax you. Reboot your mind, emotions, and body with deep stretching, calming breath, and a restful guided meditation. All experience levels welcome. Students should bring a yoga mat to class.

South Bellevue Community Center

\$36(R) \$48(N)			Age: 13Y & Up
2006751	7:15-8:30pm	Tue	Jan 14-Jan 28
2006752	7:15-8:30pm	Tue	Feb 04-Feb 25
2006764	7:15-8:30pm	Tue	Apr 07-Apr 28
\$60(R) \$72(N)			Age: 13Y & Up
2006763	7:15-8:30pm	Tue	Mar 03-Mar 31

Hatha Yoga

Increase your strength and flexibility through this gentle Hatha Yoga class. 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.

Boys & Girls Clubs of Bellevue - Bellevue Main Club

\$90(R) \$108(N)			Age: 18Y & Up
2008071	9:30-10:30am	Tue	Jan 07-Feb 11
2008074	9:30-10:30am	Thu	Jan 09-Feb 13
2008072	9:30-10:30am	Tue	Feb 25-Apr 07
2008075	9:30-10:30am	Thu	Feb 27-Apr 09
\$120(R) \$144(N)			Age: 18Y & Up
2008073	9:30-10:30am	Tue	Apr 21-Jun 09
2008076	9:30-10:30am	Thu	Apr 23-Jun 11

Mindful Movement - Tai Chi Form

The class focus is on smooth movement, balance, breathe, and proper stances as you learn and do the Yang Family Style Short Form, Chi Kung forms, and meditation techniques. Instructor permission required for registration: please call 206-498-5801 for more information.

Boys & Girls Clubs of Bellevue - Bellevue Main Club

\$30(R) \$36(N)			Age: 18Y & Up
2007501	11:10-11:40am	Wed	Jan 08-Feb 12
2007502	11:10-11:40am	Wed	Feb 26-Apr 01

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
2000981	9-10am	Sat	Jan 04-Apr 25

Mindful Movement - Tai Chi Exercise

Guided movement based on Chi Kung and soft style martial arts. Flowing movements encourage proper posture for effective stretching, combined with easy strengthening exercise. Feel an immediate sense of refreshed focus and relaxation. Tai Chi Short Form

Boys & Girls Clubs of Bellevue - Bellevue Main Club

\$54(R) \$66(N)			Age: 18Y & Up
2007381	7:15-8:15pm	Tue	Jan 07-Feb 11
2007384	10-11am	Wed	Jan 08-Feb 12
2007382	7:15-8:15pm	Tue	Feb 25-Mar 31
2007385	10-11am	Wed	Feb 26-Apr 01
\$72(R) \$88(N)			Age: 18Y & Up
2007383	7:15-8:15pm	Tue	Apr 21-Jun 09
2007386	10-11am	Wed	Apr 22-Jun 10

\$40(R) \$48(N)			Age: 18Y & Up
2007503	11:10-11:40am	Wed	Apr 22-Jun 10

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

\$32(R) \$36(N)			Age: 18Y & Up
2000996	9:30-10:30am	Thu	Jan 09-Jan 30
\$16(R) \$18(N)			Age: 18Y & Up
2000997	9:30-10:30am	Thu	Feb 06-Feb 27
\$32(R) \$36(N)			Age: 18Y & Up
2000998	9:30-10:30am	Thu	Mar 05-Mar 26
\$24(R) \$27(N)			Age: 18Y & Up
2000999	9:30-10:30am	Thu	Apr 02-Apr 30



CARDIO & ACTIVE FITNESS

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

\$66(R) \$79(N)			Age: 13Y & Up
2000051-1	6-7am	Mon,Wed	Jan 13-Feb 26
\$102(R) \$123(N)			Age: 13Y & Up
2000051-2	6-7am	Mon,Wed	Mar 04-Apr 29
\$28(R) \$34(N)			Age: 13Y & Up
2000063-1	6-7am	Mon	Jan 13-Feb 10
\$56(R) \$67(N)			Age: 13Y & Up
2000063-2	6-7am	Mon	Mar 09-Apr 27
\$49(R) \$59(N)			Age: 13Y & Up
2000071-1	6-7am	Wed	Jan 15-Feb 26
\$63(R) \$76(N)			Age: 13Y & Up
2000071-2	6-7am	Wed	Mar 04-Apr 29

Cardio, Cut & Core

This 45-minute class combines short groupings of circuit based strength exercises, followed by cardio exercises and Pilates based ab work.

South Bellevue Community Center

\$31.50(R) \$37.50(N)			Age: 13Y & Up
2005681	7:05-7:50am	Fri	Jan 17-Jan 31
2005682	7:05-7:50am	Fri	Feb 07-Feb 28
\$42(R) \$50(N)			Age: 13Y & Up
2005683	7:05-7:50am	Fri	Mar 06-Mar 27
\$31.50(R) \$37.50(N)			Age: 13Y & Up
2005684	7:05-7:50am	Fri	Apr 03-Apr 24

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

\$63(R) \$75(N)			Age: 13Y & Up
2005771	7:05-7:50am	Mon,Wed	Jan 13-Jan 29
2005772	7:05-7:50am	Mon,Wed	Feb 03-Feb 26
\$94.50(R) \$112.50(N)			Age: 13Y & Up
2005783	7:05-7:50am	Mon,Wed	Mar 02-Mar 30
\$63(R) \$75(N)			Age: 13Y & Up
2005784	7:05-7:50am	Mon,Wed	Apr 06-Apr 29

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

\$72(R) \$84(N)			Age: 13Y & Up
2006431	10-11am	Wed,Fri	Jan 15-Feb 28
\$42(R) \$51(N)			Age: 13Y & Up
2006471	10-11am	Fri	Jan 17-Feb 28
2006451	10-11am	Wed	Jan 15-Feb 26
\$84(R) \$98(N)			Age: 13Y & Up
2006432	10-11am	Wed,Fri	Mar 04-Apr 29
\$56(R) \$68(N)			Age: 13Y & Up
2006452	10-11am	Wed	Mar 04-Apr 29
\$49(R) \$59.50(N)			Age: 13Y & Up
2006472	10-11am	Fri	Mar 06-Apr 24

ZUMBA® Gold Dance Fitness

This low-impact full body exercise class is perfect for anyone looking for an easy, fun, and effective full body workout. Seated options are always available. Move to a medley of dance styles, including merengue, cha-cha, cumbia, belly dance, tango, salsa, and old school rock n roll. Show up and dance; leave refreshed and renewed. Seated options are always available

Boys & Girls Clubs of Bellevue - Bellevue Main Club

\$60(R) \$72(N)			Age: 18Y & Up
2006661	12:30-1:30pm	Tue	Jan 07-Feb 11
\$70(R) \$84(N)			Age: 18Y & Up
2006662	12:30-1:30pm	Tue	Feb 25-Apr 07
\$80(R) \$96(N)			Age: 18Y & Up
2006663	12:30-1:30pm	Tue	Apr 21-Jun 09

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

\$72(R) \$86(N)			Age: 13Y & Up
2006501	10:35-11:35am	Tue,Thu	Jan 14-Feb 20
\$84(R) \$100(N)			Age: 13Y & Up
2006502	10:35-11:35am	Tue,Thu	Mar 10-Apr 30
\$42(R) \$51(N)			Age: 13Y & Up
2006491	10:35-11:35am	Tue	Jan 14-Feb 18
\$49(R) \$59(N)			Age: 13Y & Up
2006492	10:35-11:35am	Tue	Mar 10-Apr 28

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

\$60(R) \$72(N)			Age: 18Y & Up
2008451	10:30am-12pm	Mon,Wed,Fri	Jan 03-Jan 31
\$30(R) \$36(N)			Age: 18Y & Up
2008452	10:30am-12pm	Mon,Wed,Fri	Feb 03-Feb 14
\$60(R) \$72(N)			Age: 18Y & Up
2008453	10:30am-12pm	Mon,Wed,Fri	Mar 02-Mar 27
\$65(R) \$78(N)			Age: 18Y & Up
2008454	10:30am-12pm	Mon,Wed,Fri	Apr 01-Apr 29



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 Williams - 425-829-2341.

North Bellevue Community Center

4063 148th Ave NE • 425-452-7681

Evening sessions available throughout the week and Saturday mornings. For more information, call Instructor Kris Rooke @ 425-894-4111, or email nbccjazzercise@aol.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.





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



MARTIAL ARTS

Youth Taekwondo

Taekwondo is a Korean Martial Arts discipline that emphasizes kicking techniques. It is also an Olympic sport that teaches students to develop the positive aspects of their own personality through respect, courage, self control, confidence, and patience. It is a great workout that involves light contact sparring, self defense, and correct forms in a fun and supportive program. Action Martial Arts, Instructor, 2nd degree Black Belt and has coached national tournaments and Junior Olympics students.

Northwest Arts Center

\$132(R) \$159(N)			Age: 6-10Y
20001701	4:30-5:15pm	Mon,Wed	Jan 20-Mar 04
2001702	4:30-5:15pm	Mon,Wed	Mar 16-Apr 29
2001725	5:30-6:30pm	Mon,Wed	Mar 16-Apr 29
2001726	5:30-6:30pm	Mon,Wed	Jan 20-Mar 04

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

\$72(R) \$81(N)			Age: 7 & Up
2000984	4:30-5:30pm	Tue,Thu	Jan 07-Jan 30
\$45(R) \$50(N)			Age: 7 & Up
2000985	4:30-5:30pm	Tue,Thu	Feb 04-Feb 27
\$81(R) \$90(N)			Age: 7 & Up
2000986	4:30-5:30pm	Tue,Thu	Mar 03-Mar 31
\$45(R) \$50(N)			Age: 7 & Up
2000987	4:30-5:30pm	Tue,Thu	Apr 02-Apr 30

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.

South Bellevue Community Center

\$58(R) \$70(N)			Age: 5Y & Up
2006541	4pm-4:50am	Tue,Thu	Jan 07-Jan 30
2006542	4pm-4:50am	Tue,Thu	Feb 04-Feb 27
2006553	4pm-4:50am	Tue,Thu	Mar 03-Mar 26
2006554	4pm-4:50am	Tue,Thu	Apr 02-Apr 28
2006551	5-5:50pm	Tue,Thu	Jan 07-Jan 30
2006552	5-5:50pm	Tue,Thu	Feb 04-Feb 27
2006563	5-5:50pm	Tue,Thu	Mar 03-Mar 26
2006564	5-5:50pm	Tue,Thu	Apr 02-Apr 28
\$58(R) \$70(N)			Age: 10Y & Up
2006561	6-6:50pm	Tue,Thu	Jan 07-Jan 30
2006562	6-6:50pm	Tue,Thu	Feb 04-Feb 27
2006573	6-6:50pm	Tue,Thu	Mar 03-Mar 26
2006574	6-6:50pm	Tue,Thu	Apr 02-Apr 28

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

\$72(R) \$87(N)			Age: 16Y & Up
200685-1	10:30-11:30am	Fri	Jan 17-Feb 28
2006862	10:30-11:30am	Fri	Mar 06-Apr 10

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

\$72(R) \$87(N)			Age: 16Y & Up
200686-1	9-10am	Sat	Jan 18-Feb 29
2006872	9-10am	Sat	Mar 07-Apr 11

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

\$45(R) \$54(N)			Age: 6-11Y
2007491	5-5:45pm	Mon,Wed	Jan 13-Jan 29
\$72(R) \$86(N)			Age: 6-11Y
2007492	5-5:45pm	Mon,Wed	Feb 03-Feb 26
2007493	5-5:45pm	Mon,Wed	Mar 02-Mar 30
2007494	5-5:45pm	Mon,Wed	Apr 01-Apr 29
\$59(R) \$70(N)			Age: 12Y & Up
2007501	6-7pm	Mon,Wed	Jan 13-Jan 29
\$94(R) \$112(N)			Age: 12Y & Up
2007502	6-7pm	Mon,Wed	Feb 03-Feb 26
2007503	6-7pm	Mon,Wed	Mar 02-Mar 30
2007504	6-7pm	Mon,Wed	Apr 01-Apr 29

Self Defense / Hapkido / MMA - Beginner

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.

North Bellevue Community Center

\$56(R) \$70(N)			Age: 5-12Y
2000616	5:30-6:30pm	Mon,Wed	Jan 06-Jan 29
\$32(R) \$40(N)			Age: 5-12Y
2000622	5:30-6:30pm	Mon,Wed	Feb 03-Feb 12
\$64(R) \$80(N)			Age: 5-12Y
2000618	5:30-6:30pm	Mon,Wed	Mar 02-Mar 28
\$72(R) \$90(N)			Age: 5-12Y
2000619	5:30-6:30pm	Mon,Wed	Apr 01-Apr 29

Self Defense / Hapkido / MMA - Intermediate / Advanced

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.

North Bellevue Community Center

\$56(R) \$70(N)			Age: 13Y & Up
2000621	6:30-7:30pm	Mon,Wed	Jan 06-Jan 29
\$32(R) \$40(N)			Age: 13Y & Up
2000617	6:30-7:30pm	Mon,Wed	Feb 03-Feb 12
\$64(R) \$80(N)			Age: 13Y & Up
2000623	6:30-7:30pm	Mon,Wed	Mar 02-Mar 28
\$72(R) \$90(N)			Age: 13Y & Up
2000624	6:30-7:30pm	Mon,Wed	Apr 01-Apr 29

Kendo - Beginning

Kendo is a coed martial arts sport based on Samurai traditions requiring both mental and physical discipline. Participants use a Bokken (oak sword) for weeks 1-4, at week 5 a Shinai (bamboo sword) is also required. Participants must purchase an equipment package bokken (oak sword), shinai (bamboo sword) and carry bag either before or at the first class, cost is \$60, check or cash. Beginning students should arrive at least 20 minutes early for the first class. Beginning students should wear loose fitting clothes. The beginning class focus is on learning basic footwork and sword handling. Upon completion of the beginning class, continuing students enroll in the intermediate class. Prospective students should make an effort to research kendo prior to signing up for the class.

Highland Park & Community Center

\$70(R) \$84(N)			Age: 8Y & Up
2000736	6:30-8pm	Fri	Jan 03-Mar 06
2000738	6:30-8pm	Fri	Mar 13-May 15

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

\$70(R) \$84(N)			Age: 8Y & Up
2000752	6:30-8:30pm	Fri	Jan 03-Mar 06
2000821	6:30-8:30pm	Fri	Mar 13-May 15

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

\$70(R) \$84(N)			Age: 8Y & Up
2000822	7:30-9:30pm	Fri	Jan 03-Mar 06
2000824	7:30-9:30pm	Fri	Mar 13-May 15

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 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
	11am-4pm	Sat	Apr 25



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+ Snowshoeing

This easy and beginner snowshoe series is designed for active seniors looking to explore great snowshoe spots in the region. Hikes will be around 2 miles and chosen specifically for the over-50 crowd.

North Bellevue Community Center

\$15			Age: 50Y & Up
2000565	10am-3pm	Tue	Jan 07
2000566	10am-3pm	Tue	Jan 14
2000567	10am-3pm	Tue	Jan 21
2000569	10am-3pm	Tue	Jan 28
2000570	10am-3pm	Tue	Feb 04
2000571	10am-3pm	Tue	Feb 11
2000572	10am-3pm	Tue	Feb 18
2000574	10am-3pm	Tue	Feb 25

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 during business hours

WHERE: Lewis Creek Visitor Center,
Lake Hills Greenbelt Ranger Station,
Mercer Slough Environmental Education Center

COST: FREE!

INFO: 425-452-4195

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.

Lake Hills Greenbelt Ranger Walks

Interested in a weekend activity that is both fun *and* educational? Bring the whole family to the Lake Hills Greenbelt Ranger Station for a ranger-led walk. This mild one-mile hike through the greenbelt's trails will allow you to discover the season's plants and animals. Wear your favorite weather-appropriate outdoor clothing and shoes, and feel free to bring personal wildlife-viewing gear (binoculars, magnifying glasses, etc.) to further enjoy the park. If you're feeling especially energized, continue on to the Larsen Lake trail loop and use your newfound knowledge to explore. We'll be heading out rain or shine, so come prepared to learn and have a great time! No pre-registration or RSVP required.

Lake Hills Greenbelt Ranger Station

FREE

Age: All Ages

2-3pm every Saturday



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: 425-452-6993

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

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 425-452-4195. No pre-registration or RSVP required.

Lewis Creek Visitor Center & Park

FREE

Age: All Ages

10:30-11:30am	Sat	Jan 04
10:30-11:30am	Sat	Feb 01
10:30-11:30am	Sat	Mar 07
10:30-11:30am	Sat	Apr 04

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 425-452-4195. No pre-registration or RSVP required.

Lewis Creek Visitor Center & Park

FREE

Age: All Ages

10am-12pm	Sun	Jan 26
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World Wetlands Day Hike

Join a park ranger to celebrate World Wetlands Day with a hike around Lewis Creek Park's marsh. We'll discuss the role wetlands play in our communities for both people and wildlife. 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 425-452-4195. No pre-registration or RSVP required.

Lewis Creek Visitor Center & Park

FREE

Age: All Ages

10:30am-12pm	Sun	Feb 02
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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 425-452-4195. No pre-registration or RSVP required.

Coal Creek Natural Area - Cinder Mine Trailhead

FREE

Age: All Ages

10:30am-12pm	Sun	Mar 22
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MOVIES AT MERCER SLOUGH

Movies at Mercer Slough: Planet Earth II - Mountains

In this episode we climb high into the world's great mountain ranges. Only a few pioneering animals have what it takes to survive up here, they are amongst the most elusive and mysterious on the planet. Popcorn Provided! All are welcome but best for 5yrs and UP. Cost: FREE! Registration requested: RSVP 425-452-2565 or mseec@bellevuewa.gov
Mercer Slough Nature Park

FREE
2000440 5-6pm Fri Age: All Ages Jan 24

Movies at Mercer Slough: Beavers; The Biggest Dam Movie You Ever Saw

Have you ever seen a beaver lodge or dam and wondered "how did they do that?" Take an intimate swim with Beavers to explore an amazing diverse aquatic habitat that is home to one of Nature's greatest engineers. This film is a heartfelt story about following a family of beavers as they grow, play and transform the world around them. Popcorn provided! All are welcome but best for 5yrs and UP. Cost: FREE! Registration requested: RSVP 425-452-2565 or mseec@bellevuewa.gov
Mercer Slough Nature Park

FREE
2000441 5-6pm Fri Age: All Ages Feb 28

Movies at Mercer Slough: Planet Earth II - Cities

Cities are growing at a faster rate than any other habitat on Earth. They may seem an unlikely place for animals to thrive, but for the bold this is a world of surprising opportunity. Popcorn provided! All are welcome but best for 5yrs and UP. Cost: FREE! Registration requested: RSVP 425-452-2565 or mseec@bellevuewa.gov
Mercer Slough Nature Park

FREE
2000442 5-6pm Fri Age: All Ages Mar 27

Movies at Mercer Slough: Mystery Sharks of Seattle

One of the world's largest and most elusive predatory sharks, the sixgill, suddenly appears in Seattle's waters. These creatures typically dwell in darkness several thousands of feet beneath the surface. Little is known about them. What would make them appear in the shallows of Puget Sound? And what does it say about our oceans? Researchers are hunting for answers. Popcorn provided! All are welcome but best for 5yrs and UP. Cost: FREE! Registration requested: RSVP 425-452-2565 or mseec@bellevuewa.gov
Mercer Slough Nature Park

FREE
2000443 5-6pm Fri Age: All Ages Apr 24

FAMILY DISCOVERY SERIES

A Long Winter's Nap

Can you imagine sleeping all winter and waking up in the Spring? Wouldn't you get hungry. While some animals can adapt to winter conditions others will hibernate right here in our own backyards do jus Join a park Ranger find out what happens to their bodies that allows them to survive without any food.

Ages: Best for children 5-10yrs old. Cost: FREE! Pre-registration required: RSVP at 425-452-2565 or mseec@bellevuewa.gov

Mercer Slough Nature Park

FREE
2000436 2-3pm Sat Age: All Ages Jan 11

Beaver Fever

Beavers' ability to change the landscape is second only to humans. These amazing rodents are so valuable to the ecosystem that Native Americans often referred to them as the "sacred center." Not only do they create a healthy habitat for a number of aquatic species, but they also provide essential natural services for humans as well. Come learn more about these nocturnal creatures that call the Mercer Slough home. Ages: Best for children 5-10yrs old. Cost: FREE! Pre-registration required: RSVP at 425-452-2565 or mseec@bellevuewa.gov

Mercer Slough Nature Park

FREE
2000437 2-3pm Sat Age: All Ages Feb 15

Wildlife in the City

For many of us living in King county and the surrounding areas, nature is our backyard. While we enjoy the tranquility of our parks in urban areas, humans are not the only ones taking advantage of these natural spaces. Many animals are adapting and thriving in an urban environments and together we must coexist. Learn more about the animals living in these areas and how we can avoid negative interactions. Ages: Best for children 5-10yrs old. Cost: FREE! Pre-registration required: RSVP at 425-452-2565 or mseec@bellevuewa.gov

Mercer Slough Nature Park

FREE
2000438 2-3pm Sat Age: All Ages Mar 14

Wake Up Wetland

As the seasons change, so does nature. Many creatures big and small are emerging from their long winters nap in search of food and friends. Branches and shrubs are coming to life. Learn more about the plants and animals that indicate the first signs of Spring. Ages: Best for children 5-10yrs old. Cost: FREE! Pre-registration required: RSVP at 425-452-2565 or mseec@bellevuewa.gov

Mercer Slough Nature Park

FREE
2000439 2-3pm Sat Age: All Ages Apr 11

Story & a Stroll: Baby Bear is Not Hibernating

This story captures baby Black Bear's winter adventures with his friend's moose, owl, and rabbit. He soon realizes that life outside his warm cozy den may not be all that fun. With the help of his friends he makes his way back to shelter to spend a long cozy winter with his mom and dad. Ages: Best for children 3-5yrs old. Cost: FREE! Pre-registration required: RSVP at 425-452-2565 or mseec@bellevuewa.gov

Mercer Slough Nature Park

FREE			Age: All Ages
2000444	11am-12pm	Fri	Jan 17

Story & a Stroll: I'm Done

This story explores the value of perseverance at a level perfect for very young kids. The darling illustrations capture the sweetness of Little Beaver's attempts at perfecting his dam--and the triumph of his eventual success. Ages: Best for children 3-5yrs old. Cost: FREE! Pre-registration required: RSVP at 425-452-2565 or mseec@bellevuewa.gov

Mercer Slough Nature Park

FREE			Age: All Ages
2000445	11am-12pm	Fri	Feb 21

Story & a Stroll: Critter Litter

Let the kids giggle as they learn what animals have left behind on the forest floor. From animal tracks to food and scat (yes poop)! They will love this engaging introduction to wildlife right in their own backyard. Ages: Best for children 3-5yrs old. Cost: FREE! Pre-registration required: RSVP at 425-452-2565 or mseec@bellevuewa.gov

Mercer Slough Nature Park

FREE			Age: All Ages
2000446	11am-12pm	Fri	Mar 20

Story & a Stroll: Goodbye Winter, Hello Spring

Join a boy and his dog as they explore nature and take a stroll through the countryside, greeting all the signs of the coming season. In a series of conversations with everything from the melting brook to chirping birds, they say goodbye to winter and welcome the lushness of spring. Ages: Best for children 3-5yrs old. Cost: FREE! Pre-registration required: RSVP at 425-452-2565 or mseec@bellevuewa.gov

Mercer Slough Nature Park

FREE			Age: All Ages
2000447	11am-12pm	Fri	Apr 17

Mercer Slough Ranger Hikes

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 can continue on to further explore the rich diversity the park has to offer. Cost: FREE! Pre-registration required: RSVP at 425-452-2565 or mseec@bellevuewa.gov

Mercer Slough Environmental Education Center

FREE			Age: All Ages
2004481	2-3:30pm	Sun	Jan 05
2004482	2-3:30pm	Sun	Feb 09
2004483	2-3:30pm	Sun	Mar 08
2004484	2-3:30pm	Sun	Apr 05

Mercer Slough Night Hike: A Slough of Senses

Awaken your senses and step into the nocturnal world for a guided hike into the Mercer Slough Nature Park. Exploring the park after the sun has set will certainly prove to be a unique and memorable experience for the whole family. Afterwards, warm up in our community room with a cup of hot cocoa. Dress warm and don't forget a headlamp or flashlight. Hot cocoa provided! All are welcome but best for ages 5yrs and UP Cost: FREE! Pre-registration required: RSVP at 425-452-2565 or mseec@bellevuewa.gov

Mercer Slough Environmental Education Center

FREE			Age: All Ages
2004521	5:30-7pm	Fri	Jan 10
2004522	7:30-9pm	Fri	Mar 13

Toddler Trails

Explore the trails at Lewis Creek Park with a park ranger and get out some wiggles on select Fridays. We'll make frequent stops while we investigate the different environments of Lewis Creek Park as we wander through the park. Learn how nature can be fun for all ages. 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 very 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: 18M - 3Y
	10-11am	Fri	Mar 13
	10-11am	Fri	Apr 10

Night Hike With a Ranger

Most of us have taken walks or hikes during the day, but what about at night? A whole different world of creatures awoken in the evenings at our parks, ready to be discovered! Take a relaxed hike through the Lake Hills Greenbelt with a Ranger to look and listen for these mysterious animals. Bring warm clothing and a reusable cup for some free hot chocolate!

Lake Hills Greenbelt

FREE

2000353

Age: All Ages

Jan 10

Lewis Creek Story Time: Over and Under the Snow

Look, listen, and create during an hour of stories and crafts! Many animals burrow down into the subnivean zone to stay nice and toasty from the worst winter weather. Read along with us as we discover this hidden refuge under our feet! 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

Jan 03

1:30-2:30pm

Fri

Jan 03



Lewis Creek Story Time: Coyote Moon

Look, listen, and create during an hour of stories and crafts! Join Coyote in her search for food to feed her family. She'll take us on a midnight tour as she trots along roadways and creeps through a golf course, encountering wildlife along the way. 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

1:30-2:30pm

Fri

Feb 07

11am-12pm

Fri

Feb 07

Lewis Creek Story Time: If Sharks Disappeared

Look, listen, and create during an hour of stories and crafts! Sharks might seem scary, but they do a very important job for our oceans! In this story time program, we'll discover what would happen without sharks and take a closer look at Puget Sound's prehistoric sixgill sharks. 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

Mar 06

1:30-2:30pm

Fri

Mar 06

Lewis Creek Story Time: Nature's Yucky!

Look, listen, and create during an hour of stories and crafts! Sometimes the things we discover about nature can gross us out, but in this story time we'll discover that even the strangest things in nature have a purpose! 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

1:30-2:30pm

Fri

Apr 03

11am-12pm

Fri

Apr 03

What's Up? The Canopy!

There's an entire world hiding within the layers of Bellevue's forests. We'll learn what makes up the canopy and why each layer of the forest is important to our resident wildlife. Afterwards, we'll go out on a short walk to put our new forest knowledge to the test. Best for children ages 5-10 with accompanying adult(s). RSVP required for children and adults by 4 p.m. the Friday before the program at LCVC@BellevueWA.gov or 425-452-4195. Indoor/outdoor program.

Lewis Creek Visitor Center & Park

FREE

Age: 5Y & Up

2:30-3:30pm

Sun

Jan 05

2:30-3:30pm

Sat

Jan 18

2:30-3:30pm

Sat

Jan 25

Making Tracks in Lewis Creek Park

Join a park ranger to learn Bellevue's animal signs, then head outside on a hunt to see what animals have been wandering through Lewis Creek Park! We'll look for prints, feathers, and even scat to see what's been happening in the park. Best for children ages 5-10 with accompanying adult(s). RSVP required for children and adults by 4 p.m. the Friday before the program at LCVC@BellevueWA.gov or 425-452-4195. Indoor/outdoor program.

Lewis Creek Visitor Center & Park

FREE			Age: 5Y & Up
	2:30-3:30pm	Sat	Feb 08
	2:30-3:30pm	Sun	Feb 23
	2:30-3:30pm	Sat	Feb 29

Step Softly Mountain Goats

Mountain goats are lovable icons of the Cascade Mountains, but when it comes to visiting new environments, even our sure-footed friends can have an impact. Join a park ranger to learn more about mountain goats and step into their hooves to find out how we can follow leave no trace principles when visiting the subalpine environment. Best for children ages 5-10 with accompanying adult(s). RSVP required for children and adults by 4 p.m. the Friday before the program at LCVC@BellevueWA.gov or 425-452-4195. Indoor/outdoor program.

Lewis Creek Visitor Center & Park

FREE			Age: 5Y & Up
	2:30-3:30pm	Sun	Mar 08
	2:30-3:30pm	Sat	Mar 14
	2:30-3:30pm	Sat	Mar 21

April's Showers Make... Watersheds?

We know that April means rain showers, but what happens after the rain falls? Join a park ranger to learn the ins and outs of watersheds and the important part they play in our lives. We'll start our own mini rain showers and then discuss different ways we can help our watersheds. Indoor/outdoor program. RSVP required for children and adults by 4 p.m. the Friday before the program at 425-452-4195 or LCVC@BellevueWA.gov. Indoor/outdoor program.

Lewis Creek Visitor Center & Park

FREE			Age: 5Y & Up
2000418	2:30-3:30pm	Sun	Apr 05
2000419	2:30-3:30pm	Sat	Apr 25

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 which species of frogs live in Western Washington. Then, join us to explore Lewis Creek using your ears to guide the way! Bring a flashlight or headlamp, as well as good shoes and warm clothes, for the journey! Pre-registration required for children and adults at 425-452-4195. Ages: 5+. Cost: Free. Indoor/outdoor program.

Lewis Creek Visitor Center & Park

FREE			Age: 5Y & Up
2000420	8-9:30pm	Fri	Apr 24

Night Hike at Lewis Creek Park

When the sun sets and the dark of night creeps in, Lewis Creek Park comes alive! Learn about the different nocturnal and crepuscular species that call the park home, and join a park ranger on a hike through the woods after dark! Bring a flashlight or headlamp, as well as good shoes and warm clothes for the journey. Pre-registration required for children and adults at 425-452-4195. Ages: 5+. Cost: Free. Indoor/outdoor program.

Lewis Creek Visitor Center & Park

FREE			Age: 5Y & Up
20004221	6:30-8pm	Fri	Jan 17
2000422	7:30-9pm	Fri	Mar 20

Winter Wings

While many of the other animals in our region are tucked away, we still often notice plenty of different birds--even ones we don't usually see! On a Ranger-led walk, we'll discuss why this is, how migration works, and learn which species to look for (and who knows, maybe we'll even see a few)! Back at the Ranger Station, use your creative side for a craft to take home! Ages: Best for ages 3-8. Cost: Free! Pre-registration required: (425) 452-6993 or parkrangerprogram@bellevuewa.gov.

Lake Hills Greenbelt Ranger Station

FREE			Age: 3Y & Up
2000427	10-11am	Fri	Jan 10

Wondrous Woodpeckers

Bellevue is home to a myriad of woodpecker species, from the striking red-breasted sapsucker to the brightly-patterned pileated woodpecker. Spend a morning learning how these birds fit into our parks, and what you can do to help them thrive. We'll gaze into the forest on a Ranger-led walk to discuss them (and maybe even spot a few), and enjoy a craft back at the Ranger Station! Ages: Best for ages 3-8. Cost: Free! Pre-registration required: (425) 452-6993 or erprogram@bellevuewa.gov.

Lake Hills Greenbelt Ranger Station

FREE			Age: 3Y & Up
2000429	10-11am	Fri	Feb 07

Curious Coyotes

Very few animals of the Pacific Northwest invoke stronger feelings than the native coyote. Together, we'll discuss these canines' unique place in our ecosystem and clear up misconceptions during a mild hike, along with information on living with this unique animal! As we conclude the program, enjoy creating a coyote-themed craft to take home. Ages: Best for ages 3-8. Cost: Free! Pre-registration required: (425) 452-6993 or parkrangerprogram@bellevuewa.gov.

Lake Hills Greenbelt Ranger Station

FREE			Age: 3Y & Up
2000430	10-11am	Fri	Feb 28



Wild Weather

The phrase 'in like a lion, out like a lamb' has long been used to describe March's weather, bringing to mind the reasons for these crazy conditions. Become an expert by learning how we get rain, wind, and our other types of weather. Take a stroll outside with a Ranger during the lesson, and stay for a weather experiment to demonstrate your newfound knowledge! Ages: Best for ages 3-8. Cost: Free! Pre-registration required: (425) 452-6993 or parkrangerprogram@bellevuewa.gov.

Lake Hills Greenbelt Ranger Station

FREE			Age: 3Y & Up
2000431	10-11am	Fri	Mar 13

Black Bears

Bears are becoming an increasingly common sight in our parks and neighborhoods, but why? Join our program to learn all about bears and better understand the reasons behind their often surprising appearances, as well as some ways to ensure a safe and beneficial coexistence. We'll be venturing out on a Ranger-guided walk through the Greenbelt's trails, and end with a bear-y fun craft! Ages: Best for ages 3-8. Cost: Free! Pre-registration required: (425) 452-6993 or parkrangerprogram@bellevuewa.gov.

Lake Hills Greenbelt Ranger Station

FREE			Age: 3Y & Up
2000432	10-11am	Fri	Mar 27

Pollinators: Hummingbirds

Who hasn't heard the soft hum of wings or felt a slight breeze pass them as a small bird flies by? Hummingbirds are plentiful in this region as the months warm, and some even stay around for wintertime. This program will introduce one of our most charismatic pollinators, and teach you about the species found in Bellevue's parks and neighborhoods. Fly out to start on a walk, and swoop back to the Ranger Station for a creative craft! Ages: Best for ages 9+. Cost: Free! Pre-registration required: (425) 452-6993 or parkrangerprogram@bellevuewa.gov.

Lake Hills Greenbelt Ranger Station

FREE			Age: 3Y & Up
2000433	12-1pm	Sat	Apr 25

Night Hike With a Ranger

Most of us have taken walks or hikes during the day, but what about at night? A whole different world of creatures awaken in the evenings at our parks, ready to be discovered! Take a relaxed hike through the Lake Hills Greenbelt with a Ranger to look and listen for these mysterious animals. Bring warm clothing and a reusable cup for some free hot chocolate! Ages: Great for all ages. Cost: Free! Pre-registration required: (425) 452-6993 or parkrangerprogram@bellevuewa.gov.

Lake Hills Greenbelt Ranger Station

FREE			Age: 3Y & Up
2000434	5:30-6:30pm	Sat	Jan 25
2000435	8:30-9:30pm	Sat	Apr 11

ADULT ENRICHMENT SERIES

History of Eastside Logging (Presented by the Eastside Heritage Center)

Did you know that most of the east side of Lake Washington was clear-cut by 1920 or that nearly all of the big trees that we see today are less than 100 years old? (It will take another 400 years for our evergreens to reach 'maturity')! Come and see the equipment that evolved from two men working one tree all day with a hand-saw, to sky-line cable operations that could clear a whole Cougar Mountain valley in a single day. Presented in partnership by the Eastside Heritage Center and Bellevue Parks & Community Services. Ages: This program is best for adults. Cost: Free! No registration required. Indoor program.

Lewis Creek Visitor Center & Park

FREE
2-4pm Sat Age: 18Y & Up
Feb 15

Living with Wildlife - Crouching Bobcats

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. Ages: This program is best for adults. Cost: Free! No registration required. Indoor program.

Lewis Creek Visitor Center & Park

FREE
2-3pm Sat Age: 18Y & Up
Jan 11

Living with Wildlife - Not So Coy Coyotes

So... there's a coyote in the yard... should I be worried? Nope, but there are definitely some tips and tricks to keep this fascinating urban creature as wild as possible. Join us to learn how! Ages: This program is best for adults. Cost: Free! No registration required. Indoor program.

Lewis Creek Visitor Center & Park

FREE
2-3pm Sun Age: 18Y & Up
Mar 15

Living with Wildlife - There's a Bear in the Yard!

Springtime in south Bellevue means roaming bears. Learn all about black bears in our area... including how to prevent conflicts in your neighborhood, and what to do if you see one! Ages: This program is best for adults. Cost: Free! No registration required. Indoor program.

Lewis Creek Visitor Center & Park

FREE
2-3pm Sun Age: 18Y & Up
Apr 26

SPORTS ADULT SPORTS LEAGUES

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

Winter 2020 Registration:

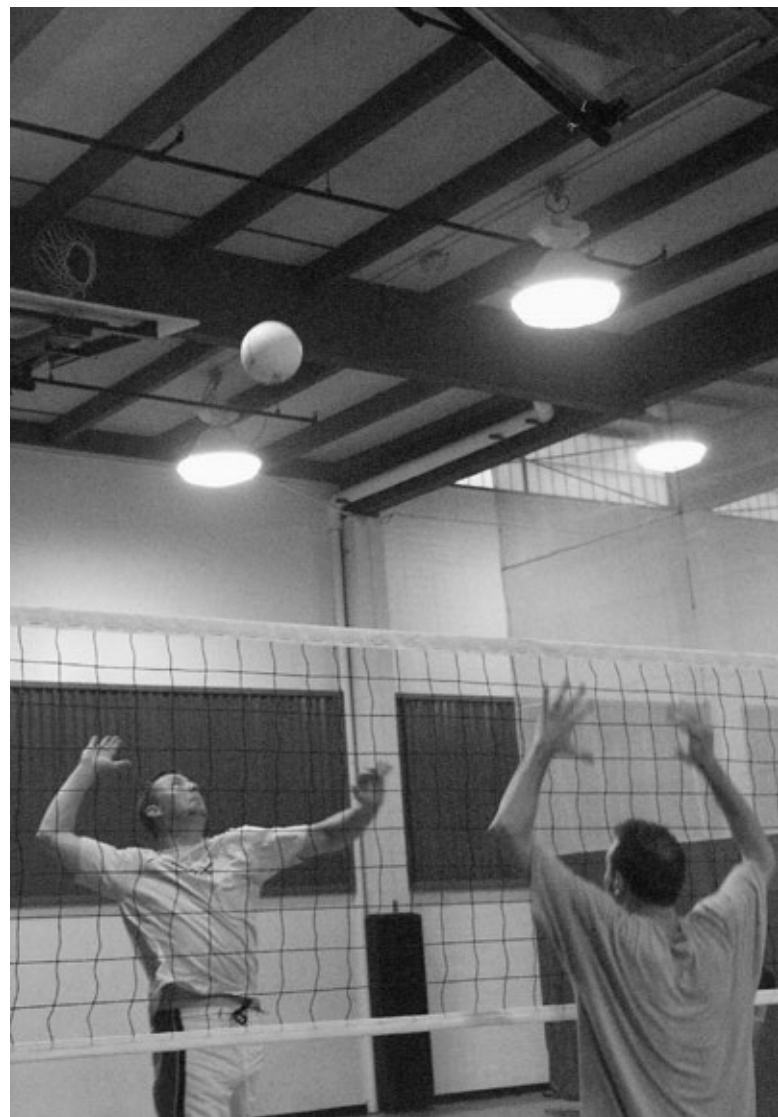
Residents: October 28 - November 29

Non-Resident: November 4 - November 29

League Play: Starts January 5, 2020

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.



FAMILY SPORTS

Rock Climbing - DIY Climb Session

During "Do It Yourself" (DIY) Climb Sessions climbers with valid SBCC Belay Cards may belay other adults with valid SBCC Belay Cards or their legal children. Minimum age is 4. \$6 (Resident) | \$7.50 (Non-resident).

South Bellevue Community Center (Climbing Wall)

\$6(R) \$7.50(N) Age: 4Y & Up
2004562 9am-8pm Sun-Fri Jan 02-Dec 31

Rock Climbing - Beginning Parent/Child Class

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
2004751 9-10:30am Sat Jan 18

FREE Age: 4Y & Up
2004752 9-10:30am Sat Jan 11

\$29(R) \$39(N) Age: 4Y & Up

2004753	9-10:30am	Sat	Jan 25
2004754	9-10:30am	Sat	Feb 01
2004755	9-10:30am	Sat	Feb 08
2004756	9-10:30am	Sat	Feb 15
2004757	9-10:30am	Sat	Feb 29
2004758	9-10:30am	Sat	Mar 07
2004759	9-10:30am	Sat	Mar 14
20047510	9-10:30am	Sat	Mar 21
20047511	9-10:30am	Sat	Mar 28
20047512	9-10:30am	Sat	Apr 04
20047513	9-10:30am	Sat	Apr 11
20047514	9-10:30am	Sat	Apr 18
20047515	9-10:30am	Sat	Apr 25

Rock Climbing - Beginners 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.

South Bellevue Community Center (Climbing Wall)

FREE Open House Age: 13Y & Up
180805-1 6:30-8pm Mon Jan 06

\$29(R) \$39(N) Age: 13Y & Up

2004592	6:30-8pm	Mon	Jan 13
2004593	6:30-8pm	Mon	Jan 27
2004594	6:30-8pm	Mon	Feb 03
2004595	6:30-8pm	Mon	Feb 10
2004596	6:30-8pm	Mon	Feb 24
2004607	6:30-8pm	Mon	Mar 02
2004608	6:30-8pm	Mon	Mar 09
2004609	6:30-8pm	Mon	Mar 16
20046010	6:30-8pm	Mon	Mar 23

20046011	6:30-8pm	Mon	Mar 30
20046012	6:30-8pm	Mon	Apr 06
20046013	6:30-8pm	Mon	Apr 13
20046014	6:30-8pm	Mon	Apr 20
20046015	6:30-8pm	Mon	Apr 27

Rock Climbing - Belay Class - Open House

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)

FREE Open House January 11 Age: 18Y & Up
20050534 10:30am-12pm Sun Jan 11

\$29(R) \$39(N) Age: 18Y & Up

20050635	10:30am-12pm	Sun	Jan 19
20050636	10:30am-12pm	Sun	Jan 26
20050637	10:30am-12pm	Sun	Feb 02
20050638	10:30am-12pm	Sun	Feb 09
20050639	10:30am-12pm	Sun	Feb 23
20050640	10:30am-12pm	Sun	Mar 01
20050641	10:30am-12pm	Sun	Mar 08
20050642	10:30am-12pm	Sun	Mar 15
20050643	10:30am-12pm	Sun	Mar 22
20050644	10:30am-12pm	Sun	Mar 29
20050645	10:30am-12pm	Sun	Apr 05
20050646	10:30am-12pm	Sun	Apr 12
20050647	10:30am-12pm	Sun	Apr 19
20050648	10:30am-12pm	Sun	Apr 26
	10:30am-12pm	Sun	Apr 26

Staffed Climb Session

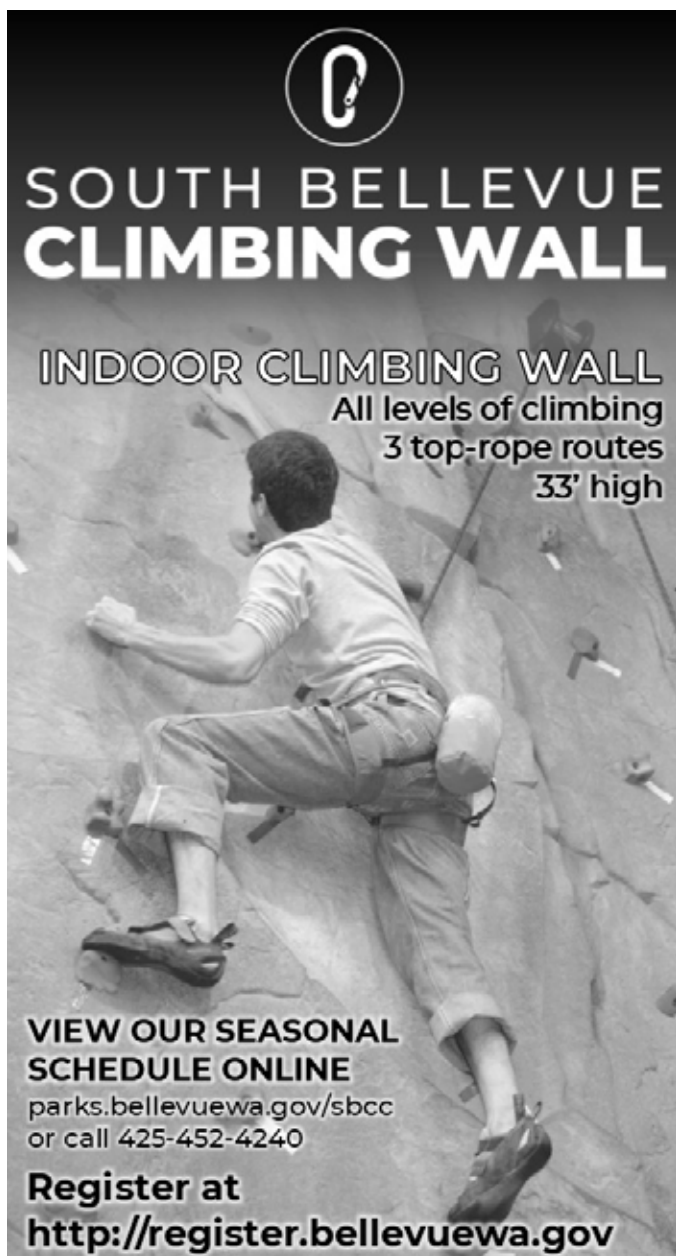
During these scheduled times there will be experienced staff to belay all individuals who wish to climb in a safe and encouraging atmosphere. All equipment is provided. Min. age is 4.


o Staffed Climb Sessions are 2 hours of climb time. \$7 (R) | \$9 (NR) Single Climb allows people a chance to try climbing a single rope. Climbers get three attempts to reach the summit. \$3 (R) | \$4 (NR) Single Climbers--Do you want to climb more? UPGRADE! Take your Single Climb receipt to the front desk and pay the difference to continue climbing the rest of the Staffed Climb Session.

South Bellevue Community Center (Climbing Wall)

FREE Open House January 5-11 Age: 4Y & Up
2004572 10:30am-6pm Sun,Mon,Wed,Sat Jan 05-Jan 11

Price Varies Age: 4Y & Up
2004583 10:30am-6pm Sun,Mon,Wed,Sat Jan 12-Apr 29




**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>

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 Centre

Teen Basketball | FREE
 Adult Volleyball | FREE
 Adult Indoor Kite Flying | FREE
 Adult Pickleball | FREE
 Adult Table Tennis | FREE
 Teen/Adult Billiards | FREE

Call 425-452-4874 for current schedule

Highland Community Center

Wheelchair Basketball
 Quad Rugby
 Adult Basketball
 Adult Volleyball
 Adult Badminton

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

Downtown Main Club: Boys & Girls Clubs of Bellevue

Adult Basketball

Call 425-452-4106 for current schedule

YOUTH SPORTS

Youth Basketball Leagues

This basketball league is specially designed to help your child understand the team concept of basketball, enhancing their dribbling, shooting, passing and defense. The values of teamwork and strategy, along with understanding the importance of sportsmanship, create an environment that promotes positive developmental assets amongst our youth.

- **League Structure:** The first 2 weeks are team practice followed by 4 weeks of games. Parents will be given an information packet outlining their practice times and game schedule. *Please note that practices and games are one hour in duration. You must be available for the time frame listed in each league, as practices and game times may vary throughout the season. No day-of-the-week or time requests will be considered.*
- **Uniforms:** Basketball reversible jersey is included in the registration fee. Tennis shoes required.
- **Volunteer Coaches Needed:** Call (425) 452-4627 for more information and to receive a \$20 discount towards your registration fee. Background check required and attendance to mandatory coaches clinic to receive discount. Basketball experience required.
- **Schedules:** A team confirmation, parent packet, and practice/game schedule will be sent via email. Contact Steve Gonzales at sgonzales@bellevuewa.gov with questions regarding schedules.
- **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 AND ALL REQUESTS MUST BE MADE BEFORE JANUARY 15 FOR SESSION #1 AND MARCH 4 FOR SESSION #2 BY EMAIL TO sgonzales@bellevuewa.gov

- **I've signed up for basketball...now what do I do?**
You will be contacted prior to the league start date via email. This email will include your team confirmation and parent packet. A team confirmation, parent packet, and practice/game schedule will be sent via email by January 17 (session #1) or March 6 (session #2).

Youth BASKETBALL Leagues sponsored by



Mighty Mites Basketball League

This co-ed 3 on 3 league is specially designed to help your child understand the team concept of basketball in an instructional setting. Emphasis on participation, fun, and skill development while enhancing their dribbling, shooting, passing, and defense will be emphasized. This 6-week league will begin with 2 weeks of team practice followed by 4 weeks of games on Wednesdays.

Tyee Middle School Site

\$72(R) \$83(N)			Age: 5-6Y
2000703	5:30-6:30pm	Wed	Jan 22-Mar 04
2000704	5:30-6:30pm	Wed	Mar 11-Apr 22

Youth Basketball League

This co-ed 4 on 4 instructional league is full of fun and is a great way to further develop and enhance your basic knowledge and skills in basketball! Learn to become a team player and become a better individual player. Emphasis on participation, fun, and skill development while enhancing their dribbling, shooting, passing, and defense will be emphasized. This 6-week league will begin with 2 weeks of team practice followed by 4 weeks of games on Tuesdays.

Tyee Middle School Site

\$72(R) \$83(N)			Age: 7-9Y
2000707	5:30-6:30pm	Tue	Jan 21-Mar 03
2000708	5:30-6:30pm	Tue	Mar 10-Apr 21

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 - Fields

\$30(R) \$35(N)			Age: 8-13Y
2000709	1:45-3pm	Wed	Jan 15-Feb 05
2000710	1:45-3pm	Wed	Feb 12-Mar 11
2000711	1:45-3pm	Wed	Mar 18-Apr 08
2000712	1:45-3pm	Wed	Apr 22-May 13

Pro Baseball - Indoor Baseball Clinic

What better way to spend a cold, wet day after school than playing ball indoors? This indoor clinic will focus on quality baseball instruction - hitting, throwing, fielding, games, scrimmages, and more all indoors. Located at the Tyee Community Gym, this baseball class is well-suited for all players from the aspiring to the elite taught by Steve Goucher and his staff. Steve is a former professional baseball player, and an Atlanta Braves scout who has coached baseball at all levels. Don't miss out on the indoor fun.

Tyee Middle School Site

\$100(R) \$110(N)			Age: 7-13Y
2000715	5:30-6:45pm	Mon	Feb 03-Mar 09



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 (Gym B - Single)

\$84(R) \$100(N)			Age: 6-10Y	\$46.50(R) \$55.50(N)			Age: 10-16Y
2003371	5-5:55pm	Wed,Fri	Jan 15-Jan 31	2003542	6-6:55pm	Fri	Feb 07-Feb 28
2003372	5-5:55pm	Wed,Fri	Feb 05-Feb 28				
\$112(R) \$132(N)			Age: 6-10Y	\$62(R) \$74(N)			Age: 10-16Y
2003373	5-5:55pm	Wed,Fri	Mar 04-Mar 27	2003543	6-6:55pm	Fri	Mar 06-Mar 27
\$98(R) \$115.50(N)			Age: 6-10Y	\$46.50(R) \$55.50(N)			Age: 10-16Y
2003374	5-5:55pm	Wed,Fri	Apr 01-Apr 29	2003544	6-6:55pm	Fri	Apr 03-Apr 24
\$46.50(R) \$55.50(N)			Age: 6-10Y	2003551	6-6:55pm	Wed	Jan 15-Jan 29
2001151	5-5:55pm	Wed	Jan 15-Jan 29	2003552	6-6:55pm	Wed	Feb 05-Feb 26
2001152	5-5:55pm	Wed	Feb 05-Feb 26	\$62(R) \$74(N)			Age: 10-16Y
\$62(R) \$74(N)			Age: 6-10Y	2003553	6-6:55pm	Wed	Mar 04-Mar 25
2001153	5-5:55pm	Wed	Mar 04-Mar 25	2003554	6-6:55pm	Wed	Apr 01-Apr 29
2001154	5-5:55pm	Wed	Apr 01-Apr 29				
\$46.50(R) \$55.50(N)			Age: 6-10Y	\$84(R) \$100(N)			Age: 10-16Y
2003491	5-5:55pm	Fri	Jan 17-Jan 31	2003561	6-6:55pm	Wed,Fri	Jan 15-Jan 31
2003492	5-5:55pm	Fri	Feb 07-Feb 28	2003562	6-6:55pm	Wed,Fri	Feb 05-Feb 28
\$62(R) \$74(N)			Age: 6-10Y	\$112(R) \$132(N)			Age: 10-16Y
2003493	5-5:55pm	Fri	Mar 06-Mar 27	2003563	6-6:55pm	Wed,Fri	Mar 04-Mar 27
\$46.50(R) \$55.50(N)			Age: 6-10Y	\$98(R) \$115.50(N)			Age: 10-16Y
2003494	5-5:55pm	Fri	Apr 03-Apr 24	2003564	6-6:55pm	Wed,Fri	Apr 01-Apr 29
2003541	6-6:55pm	Fri	Jan 17-Jan 31				

Cheerleading - 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. (Some extra uniform costs may be incurred for this class.)

Highland Park & Community Center

\$92(R) \$104(N)			Age: 7-18Y
2000834	4-5:30pm	Fri	Jan 10-Feb 14
2000835	4-5:30pm	Fri	Feb 28-Apr 03
\$137(R) \$155(N)			Age: 7-18Y
2000836	4-5:30pm	Fri	Apr 10-Jun 12

Dance / Drill Team

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

Highland Park & Community Center

\$92(R) \$104(N)			Age: 11-18Y
2000838	5-6:30pm	Thu	Jan 09-Feb 13
2000839	5-6:30pm	Thu	Feb 27-Apr 02
\$137(R) \$155(N)			Age: 11-18Y
2000840	5-6:30pm	Thu	Apr 09-Jun 11

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. (Some extra uniform costs may be incurred for this class.)

Highland Park & Community Center

\$92(R) \$104(N)			Age: 7-18Y
2000841	4-5:30pm	Wed	Jan 08-Feb 12
2000842	4-5:30pm	Wed	Feb 26-Apr 01
\$137(R) \$155(N)			Age: 7-18Y
2000843	4-5:30pm	Wed	Apr 08-Jun 10

Beginning / Intermediate Tumbling Class

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

Highland Park & Community Center

\$64(R) \$76(N)			Age: 7-18Y
2000844	4:15-5pm	Thu	Jan 09-Feb 13
2000846	4:15-5pm	Thu	Feb 27-Apr 02
\$95(R) \$115(N)			Age: 7-18Y
2000847	4:15-5pm	Thu	Apr 09-Jun 11

Beginning Tumbling Class

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

Highland Park & Community Center

\$64(R) \$76(N)			Age: 7-18Y
2000848	5-5:45pm	Thu	Jan 09-Feb 13
2000849	5-5:45pm	Thu	Feb 27-Apr 02
\$95(R) \$115(N)			Age: 7-18Y
2000850	5-5:45pm	Thu	Apr 09-Jun 11

Ninja Tumbling Class

Want to improve your Ninja skills? This is a fun class to teach tumbling with a ninja-like twist. We use a series of progressions to work from doing bridges and cartwheels up to back handsprings and back tucks, taking out bad guys in the process.

Highland Park & Community Center

\$64(R) \$76(N)			Age: 7-12Y
2000976	5:45-6:30pm	Thu	Jan 09-Feb 13
2001003	5:45-6:30pm	Thu	Feb 27-Apr 02
\$95(R) \$115(N)			Age: 7-12Y
2001004	5:45-6:30pm	Thu	Apr 09-Jun 11

Indoor Soccer Lessons with Michael Smith

Come and learn the fun game of soccer. Each session, our theme will focus on one soccer technique; dribbling, passing or scoring goals. Participants will also actually play small sided soccer games. Children will learn to play with teammates and develop balance/coordination while developing good habits of staying on task and improving their listening skills.

Highland Park & Community Center

\$65(R) \$77(N)			Age: 4-6Y
2001007	2-3pm	Wed	Jan 08-Jan 29
2001008	2-3pm	Wed	Feb 05-Mar 04
2001009	2-3pm	Wed	Mar 11-Apr 01
2001010	2-3pm	Wed	Apr 22-May 13
2001012	11am-12pm	Tue	Jan 07-Jan 28
2001013	11am-12pm	Tue	Feb 04-Mar 03
2001014	11am-12pm	Tue	Mar 10-Mar 31
2001015	11am-12pm	Tue	Apr 21-May 12

Skateboarding is Fun - Intro Class

This intro class is designed for first time, or beginner level skaters. The clinic covers rolling on ramps, dropping-in, ollies, park etiquette, correct pushing and most importantly how to fall safely. All equipment will be provided on-site, including skateboards and all safety equipment. This clinic should be attended multiple times before moving on to the Step-Up Clinic.

\$60(R)	\$70(N)		Age: 5-12Y
2000700	10:15-11:45am	Sat	Jan 11-Jan 18
2000589	10:15-11:45am	Sat	Feb 01-Feb 08
2000701	10:15-11:45am	Sun	Mar 7-Mar 14

Skateboarding is Fun - Step-Up Clinic

The Step-Up Skate Clinic is for skateboarders who have the basics down and are looking to progress. Our expert staff will help individual skaters identify areas that can be improved on, breaking bad habits, and stepping up and out of their comfort zone. The main focus is having fun while becoming a confident and solid skater. Safety gear and boards are available at no charge if needed.

Bellevue Skate Park

\$60(R)	\$70(N)		Age: 7Y & Up
200589	10:15-11:45am	Sun	Jan 19-Jan 26
200590	10:15-11:45am	Sun	Mar 22-Mar 29

Sports Stars Multi-Sport

Are you the type of kid who likes to play? This program is for you, indoor soccer, basketball, kick ball, ultimate ball, capture the flag...whatever the game may be, our widely talented coaches will make sure you have a blast!

Highland Park & Community Center

\$25(R)	\$30(N)		Age: 7-13Y
2000322	4:30-5:30pm	Thu	Jan 09-Jan 30
2000324	4:30-5:30pm	Thu	Mar 05-Mar 26

Mini Adventure & Sports Stars

Do you have kids who like to adventure and play? This program includes indoor soccer, basketball, kick ball, ultimate ball, capture the flag, hiking and indoor rock climbing. Our amazingly talented staff will make sure you have a blast!

South Bellevue Community Center

\$30(R)	\$35(N)		Ages: 4-6Y
2001067	11am-12pm	Thu	Jan 23-Feb 13
2001068	11am-12pm	Thu	Feb 27-Mar 19

ROBINSWOOD TENNIS CENTER

2400 151st PI SE

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

Email: robinswoodinfo@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, and a viewing lounge. Robinswood has received national and regional recognition for its comprehensive programs and outstanding community service.

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

Seattle Area Ladies' Cups Leagues

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 runs 18 weeks beginning 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, patrickmcgill@yahoo.com.

Adaptive Recreation Tennis Class

Tennis for Individuals with Intellectual Disabilities allows participants to be introduced to basic tennis skills with the focus on participation and building self-esteem. Registration for this class may only be done in person - if interested please contact our Instructor Sara Wilson (425) 452-7690.

Robinswood Tennis Center

\$48			Age: 14-90Y
2000084	4-5pm	Wed	Jan 08-Feb 26
2001017	4-5pm	Wed	Mar 04-Apr 22

Cardio Tennis

Cardio Tennis consists of short cycles of workouts. 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

Combination of instruction, drills, and point play.

\$13 Age: 50Y and up

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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Prep Team

Prep Team: Class focuses on strengthening students rally skills. Class is designed for students who have completed Intermediate Saturday Classes. Entry to this class granted only through Instructor approval. Goal of the class is develop consistent rallies and begin match play. Next Level is Team 1.

Robinswood Tennis Center

\$84			Age: 4-18Y
2000033	9-10am	Sat	Jan 11-Feb 29
2001019	9-10am	Sat	Mar 07-Apr 25

Youth Intermediate

Class is designed for students who have completed Advanced Beginning II. Goal of the class is to be able to hit all strokes with consistency and correct technique. Highest Level of Saturday Youth Lessons.

Robinswood Tennis Center

\$96			Age: 7-14Y
2000034	10-11am	Sat	Jan 11-Feb 29
2001020	10-11am	Sat	Mar 07-Apr 25

Youth Little Lobbers

Class focuses on young children to build hand-eye coordination and develop muscle memory for basic form.

Robinswood Tennis Center

\$96			Age: 4-6Y
2000037	11-11:45am	Sat	Jan 11-Feb 29
2001021	11-11:45am	Sat	Mar 07-Apr 25

Youth Adv. Beginning

Class is designed for students who have completed the Beginning class or have had lessons in the past.

Robinswood Tennis Center

\$96			Age: 7-10Y
2000038	3-4pm	Sat	Jan 11-Feb 29
2001023	3-4pm	Sat	Mar 07-Apr 25

\$96			Age: 11-14Y
2000039	4-5pm	Sat	Jan 11-Feb 29
2000025	4-5pm	Sat	Mar 07-Apr 25

Important Robinswood Tennis Center Registration Dates

Winter Session 1

January-February 2020

Registration Dates:

November 12 (Residents)

November 21 (Non-Residents)

Winter Session 2

March-April 2020

Registration Dates:

Feb. 2 (Residents)

Feb. 12 (Non-Residents)

Youth Beginning

Class is designed for any child who has never taken lessons before or has minimal experience. Goals of the class are to introduce basic tennis

Robinswood Tennis Center

\$96			Age: 7-10Y
2000046	1-2pm	Sat	Jan 11-Feb 29
2001022	1-2pm	Sat	Mar 07-Apr 25
\$96	Age: 11-14Y		
2000045	2-3pm	Sat	Jan 11-Feb 29
2001024	2-3pm	Sat	Mar 07-Apr 25

Teen Class

Class is designed for Beginning to Adv Beginning levels of Teens. (After 1st or 2nd Session will be called High School Class)

Robinswood Tennis Center

\$96			Age: 15-17Y
2000047	5-6pm	Sat	Jan 11-Feb 29
2001026	5-6pm	Sat	Mar 07-Apr 25

Adult Beginning Tennis

Level 1 is designed to provide basic skills needed to play tennis; including etiquette, rules, and scoring. USTA Level of 2.0

Robinswood Tennis Center

\$148			Age: 18Y & Up
2000048	10:30-11:45am	Wed	Jan 08-Feb 26
2000060	7:45-9pm	Tue	Jan 07-Feb 25
2000062	9-10:15pm	Wed	Jan 08-Feb 26
2000061	7:45-9pm	Tue	Mar 03-Apr 21
2000049	10:30-11:45am	Wed	Mar 04-Apr 22
2000063	9-10:15pm	Wed	Mar 04-Apr 22

Adult Advanced Beginning Tennis

USTA level of 2.5 or higher. Builds on the basics, reinforcing technique, and adding advanced drills and learning how to play doubles.

Robinswood Tennis Center

\$148			Age: 18Y & Up
2000065	10:30-11:45am	Tue	Jan 07-Feb 25
2000050	9-10:15pm	Tue	Jan 07-Feb 25
2000052	11:45am-1pm	Wed	Jan 08-Feb 26
2000069	7:45-9pm	Wed	Jan 08-Feb 26
2000066	10:30-11:45am	Tue	Mar 03-Apr 21
2000068	9-10:15pm	Tue	Mar 03-Apr 21
2000053	11:45am-1pm	Wed	Mar 04-Apr 22
2000070	7:45-9pm	Wed	Mar 04-Apr 22

Adult Intermediate Tennis

USTA Level of 3.0 or higher. Participants already have sound fundamentals and are working on advanced technique such as spin serves, continental grip volleys, the slice backhand, basic strategies.

Robinswood Tennis Center

\$148			Age: 18Y & Up
2000054	11:45am-1pm	Mon	Jan 06-Feb 24
2000071	7:45-9pm	Mon	Jan 06-Jan 24
2000056	10:30-11:45am	Thu	Jan 09-Feb 27
2000080	7:45-9pm	Thu	Jan 09-Feb 27
2000073	7:45-9pm	Thu	Jan 09-Feb 27
2000055	11:45am-1pm	Mon	Mar 02-Apr 20
2000072	7:45-9pm	Mon	Mar 02-Apr 20
2000057	10:30-11:45am	Thu	Mar 05-Apr 23
2000074	7:45-9pm	Thu	Mar 05-Apr 23
2000081	7:45-9pm	Thu	Mar 05-Apr 23

Adult Advanced Tennis

Class will be focus on more advanced drills and strategy for singles/doubles play. Participants must hold a current USTA rating of 3.5 or above to enroll into class.

Don't have a USTA rating? Self Rate at:

tennislink.usta.com/dashboard/main/signup.aspx

Robinswood Tennis Center

\$148			Age: 18Y & Up
2000075	9-10:15pm	Mon	Jan 06-Feb 24
2000077	9-10:15pm	Mon	Mar 02-Apr 24
2000078	9-10:15pm	Thu	Jan 09-Feb 27
2000079	9-10:15pm	Thu	Mar 05-Apr 23

Important Robinswood Tennis Center Registration Dates

Winter Session 1 January-February 2020

Registration Dates:
November 12 (Residents)
November 21 (Non-Residents)

Winter Session 2 March-April 2020

Registration Dates:
Feb. 2 (Residents)
Feb. 12 (Non-Residents)

Adult Advanced Doubles Tennis Strategy

USTA Level of 3.0 or higher. Participants already have sound fundamentals and are working on advanced technique such as spin serves, continental grip volleys, the slice backhand, basic strategies.

Robinswood Tennis Center

\$88			Age: 18Y & Up
2000058	11:45am-1pm	Mon	Jan 06-Jan 27
2000059	11:45am-1pm	Mon	Feb 03-Feb 24
2001028	11:45am-1pm	Mon	Mar 02-Mar 23
2001027	11:45am-1pm	Mon	Mar 30-Apr 20

Men's Doubles Play & Instruct Tennis

4 players maximum Doubles play only. Instructor works on different strategies, techniques, movement etc. Used as preparation for USTA matchplay. USTA Level 3.0 or higher.

Robinswood Tennis Center

\$88			Age: 18Y & Up
2000082	6:30-7:45pm	Thu	Jan 09-Jan 30
2000083	6:30-7:45pm	Thu	Feb 06-Feb 27
2001060	6:30-7:45pm	Thu	Mar 05-Mar 26
2001061	6:30-7:45pm	Thu	Apr 02-Apr 23

Booster Team

Prep Team: Class focuses on strengthening students rally skills. Class is designed for students who have completed Intermediate Saturday Classes. Entry to this class granted only through Instructor approval. Goal of the class is develop consistent rallies and begin match play. Next Level is Team 1.

Robinswood Tennis Center

\$72			Age: 4-18Y
2000086	11:30am-12:30pm	Sat	Jan 04-Feb 22
2000092	11:30am-12:30pm	Sat	Mar 07-Apr 18

Team 1

Have progressed past Saturday Intermediate Lessons. Players at this level should already be able to keep score, play matches against other players, execute volleys & overheads, and place serves consistently in the box. USTA Rookie Level Tournament Players.

Robinswood Tennis Center

\$168			Age: All Ages
2000088	4-5:15pm	Tue,Thu	Jan 07-Feb 27
2000094	4-5:15pm	Tue,Thu	Mar 03-Apr 23

Team 2

Have progressed past Saturday Intermediate Lessons. Players at this level should already be able to keep score, play matches against other players, execute volleys & overheads, and place serves consistently in the box. USTA Rookie Level Tournament Players.

Robinswood Tennis Center

\$168			Age: 4-18Y
2000089	5:15-6:30pm	Tue,Thu	Jan 07-Feb 27
2000095	5:15-6:30pm	Tue,Thu	Mar 03-Apr 23

Tournament Team

Have progressed past Saturday Intermediate Lessons. Players at this level should already be able to keep score, play matches against other players, execute volleys & overheads, and place serves consistently in the box. USTA Rookie Level Tournament Players.

Robinswood Tennis Center

\$252			Age: 4-18Y
2000090	5:15-6:30pm	Mon,Wed,Fri	Jan 06-Feb 28
2000096	5:15-6:30pm	Mon,Wed,Fri	Mar 02-Apr 24

Elite Team

This junior team is for USTA Champs level players only. Participants should be ranked in the top 50 of their age group in the Pacific Northwest to try out. Drill and Match-play environment. Highest Level of Junior Teams at Robinswood.

Robinswood Tennis Center

\$252			Age: 4-18Y
2000091	4-5:15pm	Mon,Wed,Fri	Jan 06-Feb 28
2000097	4-5:15pm	Mon,Wed,Fri	Mar 02-Apr 24

Adult 2.0 Flight

The 2.0 flight is an introductory-level program for players new to competitive play. Self Rate at tennislink.usta.com/dashboard/main/signup.aspx

Robinswood Tennis Center

\$112(R) \$112(N)			Age: All Ages
2000098	1:30-3pm	Thu	Jan 06-Feb 28
2000099	1:30-3pm	Thu	Mar 02-Apr 24

Adult 2.5 Flight

Thursday Flight is USTA NTRP Level 2.5 and Seattle Area Cup level Evergreen. Don't have a USTA rating? Self Rate at tennislink.usta.com/dashboard/main/signup.aspx

Robinswood Tennis Center

\$112(R) \$112(N)			Age: All Ages
2000100	9-10:30am	Thu	Jan 06-Feb 28
2000101	9-10:30am	Thu	Mar 02-Apr 24

Adult 3.0 Flight

Wednesday Flight is USTA NTRP Level 3.0 and Seattle Area Cup level Emerald to Classic. Don't have a USTA rating? Self Rate at

tennislink.usta.com/dashboard/main/signup.aspx

Robinswood Tennis Center

\$112(R) \$112(N)			Age: All Ages
2000103	9-10:30am	Wed	Jan 06-Feb 28
2000104	9-10:30am	Wed	Mar 02-Apr 24

Adult 3.0 Partner Flight

Tuesday Partner Flight is USTA NTRP Level 3.0 and Seattle Area Cup level Classic. Don't have a USTA rating? Self Rate at

tennislink.usta.com/dashboard/main/signup.aspx

Robinswood Tennis Center

\$112(R) \$112(N)			Age: All Ages
2000105	9-10:30am	Tue	Jan 06-Feb 28
2000106	9-10:30am	Tue	Mar 02-Apr 24

Adult 3.5 Partner Flight

Friday Partner Flight is USTA NTRP Level 3.5 to 4.0 and Seattle Area Cup level Rainier to Challenge. Don't have a USTA rating? Self Rate at tennislink.usta.com/dashboard/main/signup.aspx

Robinswood Tennis Center

\$112(R)	\$112(N)		Age: All Ages
2000107	9-10:30am	Fri	Jan 06-Feb 28
2000108	9-10:30am	Fri	Mar 02-Apr 24

Adult 3.5-4.0 Flight

Monday Flight is USTA NTRP Level 3.5 to 4.0 and Seattle Area Cup level Challenge to Kingco. Don't have a USTA rating? Self Rate at tennislink.usta.com/dashboard/main/signup.aspx

Robinswood Tennis Center

\$98(R)	\$98(N)		Age: All Ages
2000109	9-10:30am	Mon	Jan 06-Feb 28
2000110	9-10:30am	Mon	Mar 02-Apr 24

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.-9pm

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

Sat: 8 a.m.-12pm

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

Volunteer Luncheon

This is a very special (invitation only) event to honor all the wonderful people who volunteered their time and talents at the North Bellevue Community Center in 2018. Watch for your invitation in the mail. This luncheon is co-sponsored by the Bellevue Firefighters Community Support Foundation. An RSVP is required. This is a FREE event.

North Bellevue Community Center

FREE

2000245

11:30am-1pm

Tue

Age: 18Y & Up

Apr 21

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: All Ages

2000967

1-3pm

Tue

Jan 14

2000968

1-3pm

Tue

Feb 11

2000969

1-3pm

Tue

Mar 10

2000970

1-3pm

Tue

Apr 14

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 with disabilities with opportunities for recreation, socialization, and learning so that they can participate more successfully in the life of our community. People 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)

COMMUNITY PROGRAMS OF INTEREST

King County Family Coalition for Developmental Disabilities

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

Bridge of Promise

Bridge of Promise is a local non-profit which offers community-based programs, camps, and respite for people with disabilities. This group meets every Thursday at Highland Community Center. More information: call Jodi, 425-549-0500.

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 1-3pm. 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

Disco Fever Dance

This class is adapted and designed for individuals with intellectual disabilities. Come and show us your Disco Fever! Come dressed up or just as you are. Price includes refreshment and snack. Caregivers and parents are FREE.

Highland Park & Community Center

\$10(R) \$12(N)			Age: 16Y & Up
2007782	7-9:30pm	Fri	Feb 28

Barn Dance

This class is adapted and designed for individuals with intellectual disabilities. Grab your hats 'n boots and mosey on down to Highland's Barn Dance. Spin yourself around and 'round with a "YEEHAW!" with friends, and dance the night away.

Highland Park & Community Center

\$10(R) \$12(N)			Age: 16Y & Up
2008031	7-9:30pm	Fri	May 08

Bellevue Kiwanis Dinner

Come on out to Highland Center on the 3rd Thursday of most months 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			Age: 16Y & Up
20073116	5-6pm	Thu	Jan 16
20073117	5-6pm	Thu	Feb 20
20073118	5-6pm	Thu	Mar 19
20073219	5-6pm	Thu	Apr 16
20073220	5-6pm	Thu	May 21

ADAPTIVE RECREATION PROGRAMS

Ceramics: Stoneware Creations

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

Northwest Arts Center

\$189(R) \$227(N)			Age: 18Y & Up
2000499	12-2pm	Thu	Jan 09-Mar 05
2000500	12-2pm	Thu	Mar 19-May 14

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

\$170(R) \$204(N)			Age: 18Y & Up
2005551	12-1:30pm	Wed	Jan 08-Apr 01
2005552	12-1:30pm	Wed	Apr 22-Jun 17

Artistic Inspirations

This class is designed and adapted for adults with intellectual disabilities. This evening art class is for the more serious artist. Each week a different medium will be taught from watercolor to colored pencil drawings and more.. NO CLASS ON HOLIDAYS. ***All new participants 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

\$50(R) \$62(N)			Age: 18Y & Up
2007014	5-7pm	Tue	Jan 07-Mar 03
\$50(R) \$62(N)			Age: 18Y & Up
2007015	5-7pm	Tue	Mar 24-May 26

Full Fitness Fun

This specialized class is adapted and designed for adults with intellectual disabilities. This course meets twice a week to discuss nutrition and how to implement a healthy lifestyle over dinner. Participants 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
2007048	5-7pm	Tue,Thu	Mar 24-May 28
2007059	5-7pm	Tue,Thu	Jan 02-Mar 05

Modern Dance

This specialized class is adapted and designed for adults with intellectual disabilities. Come and learn hip hop, modern dance and many other popular dances in a fun and easy-going environment. ***All new participants 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

\$48(R) \$60(N)			Age: 18Y & Up
2007072	7-8:30pm	Tue	Jan 07-Mar 03



Basketball

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
2007132	7-8:30pm	Tue,Thu	Jan 02-Mar 05

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 participants** ***All new participants 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
2007157	9:30am-3pm	Wed	Jan 08-Mar 04
2007168	9:30am-3pm	Wed	Mar 25-May 27

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. Participants 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 participants 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

\$48(R)	\$60(N)		Age: 18Y & Up
2007178	5-7pm	Wed	Jan 08-Mar 04
2007189	5-7pm	Wed	Mar 25-May 27

Cheerleading: Highland Squad

Be a part of a cheerleading squad and come learn new skills and work as a team. This class is open to women and men with intellectual disabilities, ages 16 and up. We have regular weekly performances on the Highland Center schedule and we have occasional performances outside of class time as well. Come join the fun!

Highland Park & Community Center

\$85(R)	\$105(N)		Age: 16Y & Up
2007206	5:30-6:30pm	Wed	Jan 08-Mar 04
2007217	5:30-6:30pm	Wed	Mar 25-May 27

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 participants 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

\$48(R)	\$60(N)		Age: 18Y & Up
2007248	7-8:30pm	Wed	Jan 08-Mar 04
2007259	7-8:30pm	Wed	Mar 25-May 27

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 participants 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)		Age: 18Y & Up
2007368	5-7pm	Thu	Jan 02-Mar 05
2007379	5-7pm	Thu	Mar 26-May 28

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. NO CLASS ON HOLIDAYS ***All new participants 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

\$48(R)	\$60(N)		Age: 18Y & Up
2007398	7-8:30pm	Thu	Jan 02-Mar 05
2007409	7-8:30pm	Thu	Mar 26-May 28

Arts and Crafts

This class is adapted and designed for individuals living with intellectual disabilities. Come and get your creative juices flowing and make fun arts and crafts projects! NO CLASS ON HOLIDAYS ***All new participants 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

\$48(R) \$60(N)			Age: 18Y & Up
2007466	1-2:30pm	Fri	Jan 03-Mar 06
2007477	1-2:30pm	Fri	Mar 27-May 29

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 if there are no other PG-13, PG or G rated movies.

Crossroads Regal Cinema - 1200 156th Ave

\$20(R) \$24(N)			Age: 18Y & Up
20076316	5-9:30pm	Fri	Mar 06
20076317	5-9:30pm	Fri	Jan 17
20076418	5-9:30pm	Fri	Feb 14
20076419	5-9:30pm	Fri	Apr 17

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

Tech City Bowl - 13033 NE 70th Pl, Kirkland

\$50(R) \$62(N)			Age: 18Y & Up
2007798	9:30-11:30am	Sat	Jan 04-Mar 07
2007809	9:30-11:30am	Sat	Mar 28-May 30

Step Into Fitness

This class is designed to adapt group exercise classes, for adults with intellectual disabilities. This introductory class will involve a variety of exercises using steps, free weights, medicine and monkey balls, and yoga balls. The group will set goals together and work support one another in accomplishing those goals throughout the class. NO CLASS ON HOLIDAYS. ***All new participants must meet with Mary Boyle prior to registering. Please call (425) 452-4118 or e-mail mboyle@bellevuewa.gov for an appointment. ***

Highland Park & Community Center

FREE			Age: 18Y & Up
20007811	3-5pm	Mon,Wed	Jan 06-Mar 04
2007822	3-5pm	Mon,Wed	Mar 23-May 27

Exercise for Adults with Physical Disabilities

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 participants 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

\$125(R) \$158(N)			Age: 18Y & Up
20078213	10-11am	Mon,Wed,Fri	Jan 03-Mar 20
20078214	11:30am-1pm	Mon,Wed	Jan 06-Mar 18
20078315	10-11am	Mon,Wed,Fri	Mar 23-Jun 12
20078316	11:30am-1pm	Mon,Wed	Mar 23-Jun 10

Highland Hangout

This class is designed and adapted for adults with intellectual disabilities. Your answer to a slow afternoon. Stimulating conversation, lively board games, solving puzzles or just enjoy a movie. NO CLASS ON HOLIDAYS

Highland Park & Community Center

\$44(R) \$55(N)			Age: 18Y & Up
2007858	3-5pm	Mon,Tue,Wed,Thu	Jan 02-Mar 05
2007847	3-5pm	Mon,Tue,Wed,Thu	Mar 23-May 28

Line Dance

This specialized class is adapted and designed for adults living with intellectual disabilities. Come and learn hip hop, modern dance and many other popular dances in a fun and easy-going environment. ***All new participants 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

\$48(R) \$60(N)			Age: 18Y & Up
2007072	7-8:30pm	Tue	Jan 07-Mar 03

Track

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
2007911	7-8:30pm	Tue,Thu	Mar 24-May 28

Winter 2020**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 ☐

Intellectual Disabilities

<input checked="" type="checkbox"/>	Course #	Course	Rates		Days	Time	Date
			Res	Non-Res			
<input type="checkbox"/>	2007858	Highland Hangout*	\$44	\$55	M-TH	3:00p-5:00p	1/2-3/5
<input type="checkbox"/>	2007811	Step Into Fitness*	FREE		M/W	3:00p-5:00p	1/6-3/4
<input type="checkbox"/>	2007014	Artistic Inspirations	\$50	\$62	Tues	5:00p-7:00p	1/7-3/3
<input type="checkbox"/>	2007048	Full Fitness Fun	\$86	\$108	Tu/Thu	5:00p-7:00p	1/2-3/5
<input type="checkbox"/>	2007072	Modern Dance	\$48	\$60	Tue	7:00p-8:30p	1/7-3/3
<input type="checkbox"/>	2007132	Basketball	\$69	\$85	Tu/Thu	7:00p-8:30p	1/2-3/5
<input type="checkbox"/>	2007157	Adventure Ed	\$244	\$305	Wed	9:30a-3:00p	1/8-3/4
<input type="checkbox"/>	2007178	Movie Time	\$48	\$60	Wed	5:00p-7:00p	1/8-3/4
<input type="checkbox"/>	2007206	Cheerleading	\$85	105	Wed	5:30p-6:30p	1/8-3/4
<input type="checkbox"/>	2007248	Social Club	\$48	\$60	Wed	7:00p-8:30p	1/8-3/4
<input type="checkbox"/>	20073116	Kiwanis Dinner	FREE		Thurs	5:00p-6:00p	1/16
<input type="checkbox"/>	20073117	Kiwanis Dinner	FREE		Thurs	5:00p-6:00p	2/20
<input type="checkbox"/>	20073118	Kiwanis Dinner	FREE		Thurs	5:00p-6:00p	3/19
<input type="checkbox"/>	2007368	Cooking w/Ease	\$81	\$101	Thurs	5:00p-7:00p	1/2-3/5
<input type="checkbox"/>	2007398	BINGO	\$48	\$60	Thurs	7:00p-8:30p	1/2-3/5
<input type="checkbox"/>	2007466	Arts/Crafts-Adult	\$48	\$60	Fri	1:00p-2:30p	1/3-3/6
<input type="checkbox"/>	20076316	Friday Night Out	\$20	\$24	Fri	5:00p-9:30p	1/17
<input type="checkbox"/>	20076317	Friday Night Out	\$20	\$24	Fri	5:00p-9:30p	2/14
<input type="checkbox"/>	20076318	Friday Night Out	\$20	\$24	Fri	5:00p-9:30p	3/6
<input type="checkbox"/>	2007782	Disco Fever Dance	\$10	\$12	Fri	7:00p-9:30p	2/28
<input type="checkbox"/>	2007798	Bowling	\$50	\$62	Sat	9:30a-11:30a	1/4-3/7
<input type="checkbox"/>							
Programs at Northwest Arts Center (425) 452-4106							
<input type="checkbox"/>	2005551	Kitchen Kapers	\$170	\$204	Wed	12:00p-1:30p	1/8-4/1
<input type="checkbox"/>	2000499	Stoneware Creations	\$189	\$227	Thurs	12:00p-2:00p	1/9-3/5
<input type="checkbox"/>							

Physical Disabilities

Programs at Highland Community Center							
<input type="checkbox"/>	20078213	PD Exercise*	\$125	\$158	M/W/F	10:00a-11:00a	1/3-3/20
<input type="checkbox"/>	20078214	PD Exercise*	\$125	\$158	M/W	11:30a-1:00p	1/6-3/18
<input type="checkbox"/>							

*No Programs on Monday January 20th (MLK Day) and Monday February 17th (President's Day)

☐ Donation to Highland Community Center \$ _____

Request for Modifications _____

Payment Method

See Payment Policies for More Information

☐ Credit Card



Card Number _____

Expiration Date _____

☐ Check

☐ City of Bellevue Scholarship

☐ DDA

Case Manager _____

Case Manager E-mail _____

Registration Opens

Nov 12th for

Bellevue Residents

Nov 21st for

Non-Bellevue Residents

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.

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:

Participant or Participant's Parent/Guardian Signature _____

Printed Participant Name _____

Date _____

**Registration NOT VALID
unless signed**

Spring 2020**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 ☐

Intellectual Disabilities

<input checked="" type="checkbox"/>	Course #	Course	Res	Non-Res	Days	Time	Date
<input type="checkbox"/>	2007847	Highland Hangout*	\$44	\$55	M-TH	3:00p-5:00p	3/23-5/28
<input type="checkbox"/>	2007822	Step Into Fitness*	FREE		M/W	3:00p-5:00p	3/23-5/27
<input type="checkbox"/>	2007015	Artistic Inspirations	\$50	\$62	Tues	5:00p-7:00p	3/24-5/26
<input type="checkbox"/>	2007048	Full Fitness Fun	\$86	\$108	Tu/Thu	5:00p-7:00p	3/24-5/28
<input type="checkbox"/>	2007073	Line Dance	\$48	\$60	Tue	7:00p-8:30p	3/24-5/26
<input type="checkbox"/>	2007911	Track	\$69	\$85	Tu/Thu	7:00p-8:30p	3/24-5/28
<input type="checkbox"/>	2007168	Adventure Ed	\$244	\$305	Wed	9:30a-3:00p	3/25-5/27
<input type="checkbox"/>	2007189	Movie Time	\$48	\$60	Wed	5:00p-7:00p	3/25-5/27
<input type="checkbox"/>	2007217	Cheerleading	\$85	\$105	Wed	5:30p-6:30p	3/25-5/27
<input type="checkbox"/>	2007259	Social Club	\$48	\$60	Wed	7:00p-8:30p	3/25-5/27
<input type="checkbox"/>	20073219	Kiwanis Dinner	FREE		Thurs	5:00p-6:00p	4/16
<input type="checkbox"/>	20073220	Kiwanis Dinner	FREE		Thurs	5:00p-6:00p	5/21
<input type="checkbox"/>	2007379	Cooking w/Ease	\$81	\$101	Thurs	5:00p-7:00p	3/26-5/28
<input type="checkbox"/>	2007409	BINGO	\$48	\$60	Thurs	7:00p-8:30p	3/26-5/28
<input type="checkbox"/>	2007477	Arts/Crafts-Adult	\$48	\$60	Fri	1:00p-2:30p	3/27-5/29
<input type="checkbox"/>	20076419	Friday Night Out	\$20	\$24	Fri	5:00p-9:30p	4/17
<input type="checkbox"/>	20076420	Friday Night Out	\$20	\$24	Fri	5:00p-9:30p	5/22
<input type="checkbox"/>	2008031	Barn Dance	\$10	\$12	Fri	7:00p-9:30p	5/8
<input type="checkbox"/>	2007809	Bowling	\$50	\$62	Sat	9:30a-11:30a	3/28-5/30

Programs at Northwest Arts Center (425) 452-4106

<input type="checkbox"/>	2005552	Kitchen Kapers	\$170	\$204	Wed	12:00p-1:30p	4/22-6/17
<input type="checkbox"/>	2000500	Stoneware Creations	\$189	\$227	Thurs	12:00p-2:00p	3/19-5/14

Programs at Highland Community Center

<input type="checkbox"/>	20078315	PD Exercise*	\$125	\$158	M/W/F	10:00a-11:00a	3/23-6/12
<input type="checkbox"/>	20078316	PD Exercise*	\$125	\$158	M/W	11:30a-1:00p	3/23-6/10

***No Programs on Monday May 25th (Memorial Day)**☐ Donation to Highland Community Center \$ _____

Request for Modifications _____

Physical Disabilities

Payment Method

See Payment Policies for More Information

☐ Credit Card

Card Number _____

Expiration Date _____

☐ Check
☐ City of Bellevue Scholarship
☐ DDA

Case Manager _____

Case Manager E-mail _____

Registration Opens**Feb 3rd for**

Bellevue Residents

Feb 12th for

Non-Bellevue Residents

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Printed Participant Name _____

Date _____

**Registration NOT VALID
unless signed**

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

Someireh Amirfaiz

Michelle Kline

Timothy Ma, Vice-Chair

Anita Jain

Ted Mansfield

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
- uEnglish Conversationalist/ESL Instructor
- Coffee Bar/Refreshments
- 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 Volunteer

Earn community service hours. Assist 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. Participants must register by October 4, 2019 and be enrolled in high school at date of event. Questions; kelseycreekfarm@bellevuewa.gov, or 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 which must be submitted by October 1st, 2019.

Kelsey Creek Farm Park

FREE

1903175

10am-5pm

Sat

Age: 14-18Y

Oct 05



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

Sheep Shearing

Watch the sheep being shorn of their winter coats. Enjoy wool spinning demonstrations, children's crafts, tractor-pulled wagon rides, pony rides, food, animal viewing areas, and more. Free shuttle service available at Wilburton Park & Ride and Bannerwood Sports Park.

Please note: no pets allowed on shuttle bus or in the barnyard areas.

No entrance fee. Costs vary for food & activities.

Kelsey Creek Farm Park

FREE

2000141

11am-4pm

Sat

Age: All Ages

Apr 25



BELLEVUE
DOWNTOWN

ice Rink

SYMETRA
RETIREMENT | BENEFITS | LIFE

November 29
thru January 20

Bellevue Downtown Park

bellevueicerink.com

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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

Open Session

Mon, Tue, Thu, Fri: 3-8pm

Wed: 1-6pm open session, 6-9pm ladies' night

Sat & Sun:

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

1:30-8pm - Open session

**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.*





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: January through April 2020

LECTURE: Ferns: A Bellevue Botanical Garden Legacy. January 15, 7pm Richie Steffen, President of the Hardy Fern Foundation, will present an informative and fun lecture on the ferns of the BBG. *

LECTURE: Northwest Perennial Alliance "Promise of Spring" Event and Lecture. January 19, 10:30am-2pm

CLASS: Urban Gardening Series - Indoor Plants. January 23, 6:30-8:30pm *

CLASS: Making Paper Icelandic Poppies. February 1, 1pm Taught by Kate Alarcon *

LECTURE: Washington Native Plant Society Lecture. February 11, 6:30pm

CLASS: Hydrangeas. March 3, March 10, 10am-12pm Taught by Kit Haesloop, two separate identical sessions offered by popular demand. *

CLASS: Botanical Latin. March 6, 11am-1pm. Presented by the Northwest Perennial Alliance

PLANT SALE: Northwest Perennial Alliance March Mania Plant Sale. March 14, 9:30am-2pm

LECTURE: The 21st Century Botanic Garden: Where We've Come From and Where We're Going. March 18, 7 pm Dr. Ari Novi, President and CEO of the San Diego Botanic Garden. *

PLANT SALE: Puget Sound Dahlia Association Tuber Sale. March 20 and March 21, see website for times

LECTURE: Northwest Perennial Alliance Nicolay Memorial Lecture. March 22, 1-3pm

CLASS: Botanical Drawing: Butterflies and Botanicals. March 28, 10am Taught by Dorota Haber-Lehigh *

CLASS: Kokodama. April 4, 10am Taught by Dinata Weina *

CLASS: Mini-Habitats (Family Class). April 4, 1pm Taught by Dinata Weina *

PLANT SALE: NW Chapter of the North American Rock Garden Society Plant Sale. April 11, 10am-2pm

LECTURE: Washington Native Plant Society Lecture. April 14, 6:30pm

LECTURE: The Pleasure Garden. April 15, 7 pm Lecture by Jeffrey Bale, Garden designer and mosaic artist. *

LECTURE: Puget Sound Dahlia Association Meeting and Lecture. April 16, 7pm

EVENT: Garden d'Lights. November 30 – December 31, 2019* Every night, doors open at 4:30 and the last entry is at 9pm. Lights go out at 9:30pm.

**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, April through September, 10am-2pm.



BELLEVUE BOTANICAL
GARDEN

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

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

Download our
FREE mobile
app today!



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.

Experience

— THE —



BELLEVUE
Magic Season
NOVEMBER 29 - JANUARY 20

magicseason.com

Bellevue Downtown Ice Rink

The region's largest open-air ice rink at the Bellevue Downtown Park. Presented by Symetra.

Snowflake Lane

A nightly parade between Bellevue Square and Lincoln Square from NE 4th to NE 8th Streets at 7 pm. Presented by The Bellevue Collection.

Garden d'Lights

Over half a million lights to explore at the Bellevue Botanical Garden. Produced by Bellevue Botanical Garden Society in partnership with Bellevue Parks & Community Services.

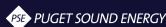
Holiday Performances

Meydenbauer Center Theatre hosts a series of musical and dance productions.

ICE RINK PRESENTING SPONSOR



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