



SEPTEMBER-DECEMBER 2019



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

SOCCER LEAGUES

YOUTH SOCCER PROGRAM INFORMATION

- **League Structure:** The first 2 weeks are practice, followed by 4 weeks of games. This league is a one day per week commitment. Always the same location and time.
- **Uniforms:** Jersey is included in the registration fee and will be issued on your first game day.
- **Shin guards are required for all soccer leagues.**
- **Inclement Weather Policy:** Cancellations due to inclement weather will be made by the Recreation Coordinator at the field. Coaches and players must report to the field. Soccer is an all-weather sport. Come prepared to play in all weather!
- **Volunteer Coaches Needed:** Volunteer soccer coaches are needed. Call 425-452-4627 for more information and to receive a \$20 discount towards your registration fee. Background check required & attendance to mandatory coaching clinic to receive discount.
- **Participants will be assigned to teams based on the following:**
 - Special request for coach.
 - Special request for ONE teammate. Additional requests for teammates will not be considered.
 - Age and gender of participant.

Please note that there are no guarantees regarding requests or team assignments. All requests must be made before September 11 by email to sgonzales@bellevuewa.gov

I've signed up for soccer...now what do I do? You will be contacted prior to the league start date via email. This email will include your team and parent packet.



MIGHTY MITES SOCCER LEAGUE (AGES 5-6)

This 5-6 year old co-ed league, is a great way for your little star to begin team play with emphasis on participation, fun, and skill development in an instructional setting. This 6 week league, will give your child the basic instructions of dribbling, passing, scoring and teamwork! We will begin with 2 weeks of team practice followed by 4 weeks of games on Wednesdays from 4:15-5:15 pm at Robinswood Sports Field. Come and join the fun! **Volunteer coaches are needed for this league.** Max. 6 players per team.

Robinswood Sports Field 4:15-5:15pm

Resident: \$80

#1903497

Non-Resident: \$95

Wednesdays, Sep 18-Oct 23

YOUTH SOCCER LEAGUE (AGES 7-9)

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

Robinswood Sports Field 4:15-5:15pm

Resident: \$80

#1903494

Non-Resident: \$95

Tuesdays, Sep 17-Oct 22

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

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.

Resident \$65

Non-Resident \$77

11-11:45am

South Bellevue Community Center

#1903508

#1903509

Tuesdays, Sep 17-Oct 22

Tuesdays, Oct 29-Dec 03

Highland Community Center 2-3:45pm

#1903514

#1903515

Wednesdays, Sep 18-Oct 23

Wednesdays, Oct 30-Dec 4



FOOTBALL

YOUTH FLAG FOOTBALL (AGES 8-13)

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 four-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 Sports Field (East Field)

1:45-3pm

Resident \$30

[#1903502](#)

[#1903505](#)

[#1903506](#)

Non-Resident \$35

Wednesdays, Sep 4-25

Wednesdays, Oct 2-23

Wednesdays, Oct 30-Nov 20

BASEBALL

FALL BASEBALL CLASS (AGES 8-13)

Quality baseball instruction - hitting, throwing, fielding, games, scrimmages, and more. Located at the Robinswood Sports Field, this Wednesday afternoon fall baseball class is well-suited for all players from the aspiring to the elite taught by Steve Goucher, a former professional baseball player, and an Atlanta Braves scout who has coached baseball at all levels. Don't miss out on the fun.

Robinswood Sports Field

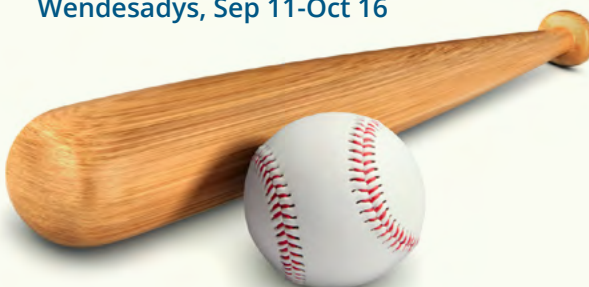
1:45-3pm

Resident \$100

[#1903517](#)

Non-Resident \$120

Wednesdays, Sep 11-Oct 16



BASKETBALL

PRE SEASON BASKETBALL CLINIC (AGES 5-11)

Want to improve your basketball skills and fundamentals? This Pre Season Basketball Clinic creates an opportunity for coed players, ages 5-11 to participate and learn the concepts of basketball, develop their game, and prepare for the upcoming basketball season. Clinics focus on helping athletes improve their skills and develop their talent by learning basic practice drills and emphasizing the fundamentals such as dribbling, shooting, defense, passing and much more! Min10/Max 30

Tyee Community Gym

Resident: \$60

Non-Resident: \$66

5:30-6:30pm

[#1903518](#)

Ages: 5-6

Mondays, Nov 4-Dec 9 (No Class Nov 25)

[#1903519](#)

Ages: 7-9

Tuesdays, Nov 5-Dec 10 (No Class Nov 26)

[#1903520](#)

Ages: 10-13

Wednesdays, Nov 6-Dec 11 (No Class Nov 27)

RUNNING

RUNNING – FALL CROSS COUNTRY (AGES 6-12)

Kids running cross country is one of the most basic forms of kids' sports. Come join Bellevue Youth Sports for outdoor running and workouts, while exploring trails within Bellevue's Park system. Workouts will be age and experience appropriate and will provide both short and long distance workouts to improve fitness while having fun. Please send your runner with a towel for ground exercises and a water bottle each day. Cross country running for children develops strong mental skills and builds an improved sense of discipline towards running, other sports, and life in general. Note: Running distances will vary from ½ mile – 1 mile. There are six cross country meets in the area. This season we are racing against Si View, Issaquah, Maple Valley and Auburn. Practices are on Thursdays and meets are on Sundays with one on a Friday evening.

Robinswood Park

Resident \$50

Non-Resident \$60

5-6pm

[#1902501](#)

Thursdays, Sep 19-Oct 31

MULTI-SPORT

BIDDY MULTI SPORT (AGES 4-6)

Come join the NEW Biddy Multi Sport class! This 4 week parent/guardian participation required program will cover basketball & soccer. Each class is 45 minutes in length and encompasses developmental sports lessons along with activities proven to build and mature a child's motor development, hand-eye coordination, and cardiovascular fitness. The result of our action-packed curriculum is a program which allows every child to build their skills at their own pace within a non-competitive, learning-based environment that emphasizes patience, teamwork, and self-confidence. Min 6 /Max 12

Crossroads Community Center

Resident: \$30

Non-Resident: \$35

10:30-11:15am

[#1903526](#)

Thursdays, Sep 19-Oct 10

[#1903528](#)

Thursdays, Oct 17-Nov 07



MARTIAL ARTS



Highland Community Center

Resident \$91

Non Resident \$109

BEGINNING KENDO

Kendo is a coed martial arts sport based on Samurai traditions requiring both mental and physical discipline. Participants use a Bokken (oak sword) for weeks 1-4, at week 5 a Shinai (bamboo sword) is also required (\$25). Participants must purchase a bokken (oak sword) either before or at the first class, cost is \$25 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. Min 10/Max 25

6:30-8pm

[#1903531](#)

Fridays, Sep 13-Dec 13 (No class Nov 29)

INTERMEDIATE KENDO

(Prerequisite-Completed Beginning Kendo Class or equivalent)

Intermediate Kendo is a continuation of where the students progress to actual striking of live targets. Once the student has progressed in skill they will be able to move into wearing armor and engage in bouts with other students. 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.

6:30-8:30pm

[#1903532](#)

Fridays, Sep 13-Dec 6 (No class Nov 29)

ADVANCED KENDO

(Prerequisite-Intermediate Kendo Class or permission from instructors)

Advanced kendo is for those students that have completed beginning and intermediate kendo and are in armor (bogu). Individuals with previous experience must contact the teacher for approval to enroll in advanced kendo.

7:30-9:30pm

[#1903533](#)

Fridays, Sep 13-Dec 6 (No class Nov 29)

CHEERLEADING AND TUMBLING



BASKETBALL CHEER SQUAD (AGES 5-13)

Come learn to cheer! This is the beginning-level cheer squad that cheers for the Bellevue Parks Youth Basketball League. We practice once a week from September to December, then cheer for our teams in weekly games from January to March, in real cheerleading uniforms! Come join the fun! Mandatory parent & cheerleader meeting and uniform fitting on the first day of practice, September 26th at 4:15pm at Highland Community Center. Additional uniform costs will be incurred for this class.

Both fall and winter sessions are included in the registration fee!

Highland Community Center

Resident \$185

#1903534

Non-Resident \$200

4:15-5pm

Thursdays, Sep 26-Dec 19

(No class Oct 31 & Nov 28)

Games Tuesdays, Jan-March (time/dates TBA)

DREAM TEAM CHEER SQUAD (AGES 7-18)

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, and numerous community events. Previous experience is not required—contact instructor with questions. Dream Team is offered on either Wednesday or Friday. Participants may sign up for both days if they want extra practice on their skills. (Some extra costs may be incurred for this class.)

Highland Community Center

Resident \$92

Non-Resident \$104 (6 classes)

2:30-4pm

#1903543

#1903544

Wednesdays, Sept.18-Oct 23

Wednesdays, Nov 6-Dec 18 (No class Nov 27)

4-5:30pm

#1903545

#1903546

Fridays, Sept 20-Oct 25

Fridays, Nov 8-Dec 20 (No class 29)

DANCE/DRILL TEAM (AGES 11-18)

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 Community Center

Resident \$92 Non-Resident \$104 (6 classes) 5-6:30pm

[#1903547](#) Thursdays, Sep 19-Oct 24

[#1903548](#) Thursdays, Nov 7-Dec 19 (No class Nov 28)

POWER SQUAD (AGES 8-18)

Intermediate level cheer class for those who want a more intense program without being on a competitive team. This team focuses on stunting and tumbling, with some dance as well. Pre-requisite: a minimum of one session on Dream Team or Dance/Drill Team, concurrent registration on Dream Team or Dance/Drill Team, and instructor permission. (Some extra costs may be incurred for this class.)

Highland Community Center

Resident \$92 Non-resident \$104 (6 classes) 4-5:30pm

[#1903549](#) Wednesdays, Sep 18-Oct 23

[#1903550](#) Wednesdays, Nov 6-Dec 18 (No class Nov 27)

BEGINNING/INTERMEDIATE TUMBLING CLASS (AGES 8 AND UP)

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 Community Center

Resident \$64 Non-resident \$76 (6 classes) 4:15-5pm

[#1903552](#) Thursdays, Sep 19-Oct 24

[#1903553](#) Thursdays, Nov 7-Dec 19 (No class Nov 28)

BEGINNING TUMBLING CLASS (AGES 7 AND UP)

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 Center

Resident \$64

[#1903554](#)

[#1903555](#)

Non-resident \$76 (6 classes) 5-5:45pm

Thursdays, Sept 19-Oct 24

Thursdays, Nov 7-Dec 19 (No class Nov. 28)

CHEERLEADING AND CROWD LEADING WORKSHOP (AGES 7-18)

This cheerleading workshop is aimed at those who want to improve their sideline cheer skills. The focus is on effectively leading the crowd, jumps, tumbling, and cheer basics. This is a fantastic opportunity to improve your skills! Please bring a snack, sack lunch, a water bottle, and wear comfortable clothes and tennis shoes.

Highland Community Center

Resident \$49

[#1903556](#)

Non-Resident \$59

Saturdays, Nov 16

12:30-4pm

NINJA TUMBLING CLASS (AGES 7-12)

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! Min 5/Max 10

Highland Community Center

Resident \$64

[#1903557](#)

[#1903558](#)

Non-resident \$76 (6 classes) 5:45-6:30pm

Thursdays, Sep 19-Oct 24

Thursdays, Nov 7-Dec 19 (No class Nov 28)



SKATEPARKS

BELLEVUE INDOOR SKATE PARK & RETAIL SHOP

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.

FALL HOURS – SEPTEMBER 1-DECEMBER 31

14224 Bel-Red RD., Bellevue WA 98007

425-452-2722

Mon, Thu, Fri	3-8pm (Open Session)
Wed	1-8pm (Open Session)
Saturday & Sunday	12-1:30pm (12 and under)
1:30-8pm (Open Session)	

PARK FEES

Residents	Non-Residents	
Annual Membership	\$10	\$12
Skate Session	\$5	\$6
Unlimited Monthly Skate	\$20	\$24
Out of Town Visitor Day Pass	N/A	\$10
10-Session Pass	\$45	\$55
Pad Rental/Set	\$2	\$2
Helmet Rental	\$2	\$2



RENTALS

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

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

HIGHLAND OUTDOOR SKATE PLAZA – UPDATED IN 2017

This 13,000 square foot public skate park 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. In 2017 we added two new rails and refinished the surface so it is as smooth as butter. The park is also lit for evening skateboarding or rollerblading. 14224 Bel-Red Road, 98007.

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 park builders. 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.



Notes

[illegible]



For alternate formats, interpreters, or reasonable accommodation requests please phone at least 48 hours in advance 425-452-4627 (voice) or email sgonzales@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.

The goal of Youth Sports & Fitness programs is to provide quality programming with responsible leaders so youth have the opportunity to grow and learn. We are a program in which opportunity for participation is provided to all those who enter, regardless of skill and ability. We wish to provide youth with a fun learning experience and the opportunity to develop lifetime sports and fitness skills.

The Bellevue School District does not sponsor nor endorse this event and/or information, nor does the district assume responsibility for it. In consideration of the privilege to distribute materials, the Bellevue School District will be held harmless from any cause of action filed in any court or administrative tribunal arising out of the distribution of these materials, including costs, attorney's fees and judgments or awards.



Bellevue Parks & Community Services

Register today

425-452-6885
parksreg.BellevueWA.gov

Scholarships available for all programs.