



JANUARY-APRIL 2020



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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.

BASKETBALL LEAGUES

YOUTH BASKETBALL PROGRAM INFORMATION

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.

- **Practices and League Games:** 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 ARE 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).

MIGHTY MITES BASKETBALL LEAGUE (AGES 5-6)

This coed 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. Practice/games are 1 hour in duration from 5:30-6:30 pm. Min 4/ Max 6

Tyee Community Gym 5:30-6:30pm

Resident: \$72

#2000703

#2000704

Non-Resident: \$83

Wednesdays, Jan 22-Mar 4 (No games Feb. 19)

Wednesdays, Mar 13-Apr 24 (No games April 15)

YOUTH BASKETBALL LEAGUE (AGES 7-9)

This coed 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. Practice/games are 1 hour in duration from 5:30 – 6:30 pm. Min 5/ Max 7

Tyee Community Gym 5:30-6:30pm

Resident: \$72

#2000707

#2000708

Non-Resident: \$83

Tuesdays, Jan 22-Mar 5 (No games Feb. 18)

Tuesdays, Mar 12-Apr 23 (No games April 14)



COURSES

MINI ADVENTURE & SPORTS STARS (AGES 4-6)

Do you have kids that like to adventure and play? This program is for you, indoor soccer, basketball, kick ball, ultimate ball, capture the flag, hiking and indoor rock climbing..., our widely talented coaches will make sure you have a blast! Participants will spend the last day of the session outdoors.

South Bellevue Community Center

11am-12pm

Resident \$30

Non-Resident \$35

[#2001067](#)

Jan 23-Feb 13

[#2001068](#)

Feb 27-Mar 19

YOUTH SOCCER (AGES 7-13)

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 Community Park

4:15-5:15pm

Resident \$30

Non-Resident \$35

[#2001485](#)

Mondays, Jan 6-27

Resident \$22.50

Non-Resident \$26

[#2001486](#)

Mondays, Feb 3-17 (3 weeks)

SPORTS STARS – MULTI SPORT (AGES 7-13)

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 Community Center

Resident: \$25

Non-Resident: 30

4:30-5:30pm

[#2000322](#)

Jan 9-30

[#2000324](#)

Mar 5-26



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)

Resident \$30	Non-Resident \$35	1:45-3pm
#2000709	Jan 15-Feb 5	
#2000710	Feb 12-Mar 11 (no class February 19)	
#2000711	Mar 18-Apr 8	
#2000712	Apr 22-May 13	
#2000713	May 20-Jun10	

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.

Highland Community Center

Resident: \$65	Non-Resident: \$77
Wednesdays	2-3pm
#2001009	Mar 4-Mar 25
#2001010	Apr 22- May 13

South Bellevue Community Center

Tuesdays	11am-12pm
#2001014	Mar 3-24
#2001015	Apr 21-May 12



PRO BASEBALL – SCHOOL'S OUT BASEBALL CAMP (AGES 7-13)

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 (Field #1)

Resident: \$50

Non-Resident: \$60

Monday

10am-1pm

#2000717

Jan 20

PRO BASEBALL – INDOOR BASEBALL CLINIC (AGES 7-13)

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 Community Gym

Resident: \$75

Non-Resident: \$85

Monday

5:30-6:45 pm

#2000715

Feb 3-Mar 9 (no class Feb 17)



MID WINTER & SPRING BREAK CAMPS

MID-WINTER BREAK & SPRING BREAK SPORTS CAMPS (AGES 7 -12)

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. Please bring a lunch, beverage, and snack.

MID-WINTER BREAK SPORTS CAMP

Crossroads Community Center

Resident \$175

Non-resident \$195

9am-4pm

[#2000720](#)

Feb 18 - 21

SPRING BREAK SPORTS CAMP

Crossroads Community Center

Resident \$225

Non-resident \$250

9am-4pm

[#2000723](#)

Apr 13-17



PRO BASEBALL MID-WINTER & SPRING BREAK BASEBALL CAMP (AGES 8-13)

Quality baseball instruction - hitting, throwing, fielding, games, scrimmages and more. 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 Park (Field #1)

Resident: \$125 Non Resident: \$140

Tue-Fri 10am-1pm

[#2000728](#) Feb 18-21

Hidden Valley Park (Field #2)

Resident: \$155 Non Resident: \$175

Mon-Fri 10am-1pm

[#2000729](#) Apr 13-17

UK INTERNATIONAL SOCCER CAMPS

UK International Soccer brings you the best of UK soccer. UKIS coaches will use their INSPIRE curriculum, a methodology to develop the whole player, as an athlete and as a person. Providing them with the tools/self-belief to reach goals on/off the field to instruct your child. Daily schedule includes warm up, skills, fundamentals, small sided games, technical session, and tournaments.

Robinswood Park (Field 1)

Mon-Fri Apr 13-17

Full Day

Resident: \$220 Non-Resident: \$250

[#2000733](#) 9am-3pm

Half Day

Resident: \$140 Non-Resident: \$160

[#2000731](#) 9am-12pm

MARTIAL ARTS



KENDO (AGES 8 & UP)

Highland Community Center

Resident \$70

Non Resident \$84

Fridays

Jan 3-Mar 6

Beginning:

[#2000736](#)

6:30-8pm

Intermediate:

[#2000752](#)

6:30-8:30pm

Advanced:

[#2000822](#)

7:30-9:30pm

Fridays

Mar 13-May 15

Beginning:

[#2000738](#)

6:30-8pm

Intermediate:

[#2000821](#)

6:30-8:30pm

Advanced:

[#2000824](#)

7:30-9:30pm

BEGINNING KENDO

Kendo is a coed martial arts sport based on Samurai traditions requiring both mental and physical discipline. Participants use a Bokken (oak sword) for weeks 1-4, at week 5 a Shinai (bamboo sword) is also required. Participants must purchase 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.

Students should arrive at least 15 minutes prior to the start of class.

INTERMEDIATE KENDO

(Prerequisite-Completed Beginning Kendo Class or equivalent)

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.

ADVANCED KENDO

(Prerequisite-Intermediate Kendo Class or permission from instructors)

Advanced kendo is for those students who 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.

CHEERLEADING

DREAM TEAM CHEER SQUAD (AGES 7-18)

Be a part of the Bellevue Parks beginning-to-intermediate level cheerleading 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.) Min 10/Max 35

Highland Community Center

Resident \$92

Wed

[#2000832](#)

[#2000833](#)

Fri

[#2000834](#)

[#2000835](#)

Resident \$137

Wed

[#2000837](#)

Fri

[#2000836](#)

Non-resident \$104 (6 classes)

2:30-4pm

Jan 8-Feb12

Feb26-Apr 1

4-5:30pm

Jan 10-Feb 14

Feb28-Apr 3

Non-resident \$155 (9 classes)

2:30-4pm

Apr 8 - Jun 10 (no class April 15)

4-5:30pm

Apr 10-Jun 12 (no class April 17)



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.)

Min 10/Max 35

Highland Community Center

Ages 11-18

Thurs

5-6:30pm

Resident \$92

Non-resident \$104 (6 classes)

[#2000838](#)

Jan 9-Feb 13

[#2000839](#)

Feb 27-Apr 2

Resident \$137

Non-resident \$155 (9 classes)

[#2000840](#)

Apr 9-Jun 11 (no class Apr16)

POWER SQUAD

Intermediate/advanced level cheer class for those who want a more intense program. This team focuses on cheerleading stunting and tumbling, with other skills work 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.)

Min 10/Max 35

Highland Community Center

Ages 8-18

Wed

4:5:30pm

Resident \$92

Non-resident \$104 (6 classes)

[#2000841](#)

Jan 8-Feb 12

[#2000842](#)

Feb 26-Apr 1

Resident \$137

Non-resident \$155 (9 classes)

[#2000843](#)

Apr 8-Jun 10 (no class Apr 15)

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, but isn't exclusive to those in cheer.

Min 8/Max 15

Highland Community Center

Ages 7-18

Thurs

4:15-5pm

Resident \$64

Non-resident \$76 (6 classes)

[#2000844](#)

Jan 9 – Feb 13

[#2000846](#)

Feb 27 – Apr 2

Resident \$95

Non-resident \$115 (9 classes)

[#2000847](#)

Apr 9 – Jun 11 (no class Apr 16)

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, but isn't exclusive to those in cheer.

Min 5/Max 7

Highland Community Center

Ages 7-18

Thurs

5-5:45pm

Resident \$64

Non-resident \$76 (6 classes)

[#2000848](#)

Jan 9 – Feb 13

[#2000849](#)

Feb 27 – Apr 2

Resident \$95

Non-resident \$115 (9 classes)

[#2000850](#)

Apr 9 – Jun 11 (no class Apr 16)



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!

Min 4/Max 6

Highland Community Center

Ages 7-12

Thur 5:45 – 6:30pm

Resident \$64 Non-resident \$76 (6 classes)

[#2000976](#) Jan 9-Feb 13

[#2001003](#) Feb 27-Apr 2

Resident \$95 Non-resident \$115 (9 classes)

[#2001004](#) Apr 9-Jun 11 (no class Apr 16)

HIGH SCHOOL CHEER & DANCE/DRILL TRY-OUT WORKSHOP

This workshop is geared specifically towards those who are considering trying out for their high school cheerleading or dance/drill team in the future. Come learn a sample try-out routine, get lots of tips and tricks from expert coaches, and run through a mock try-out to get experience and feedback. This is a great way to improve your skills and gain confidence going into try-outs!

Min 8/Max 20

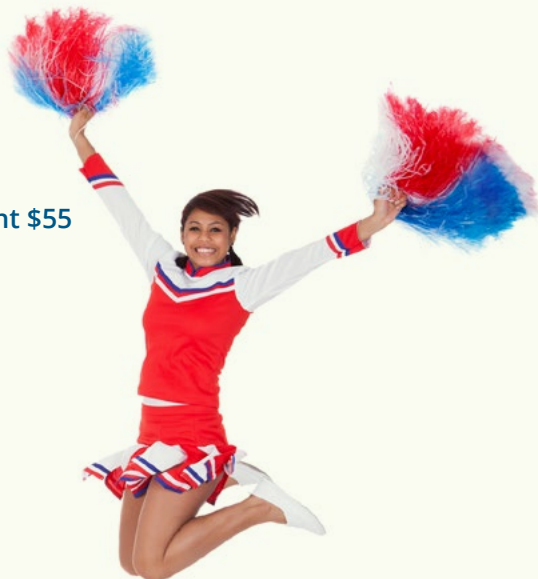
Crossroads Community Center

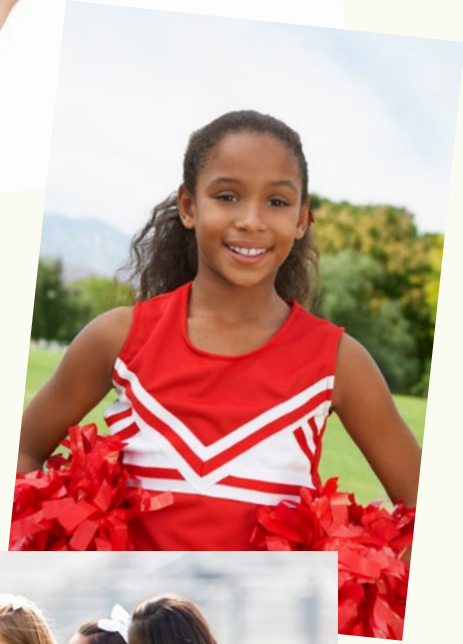
Ages 11-18

Sat 9am-12pm

Resident \$45 Non-resident \$55

March 14





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.

WINTER?SPRING PRK HOURS

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.





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.