



Bellevue Parks &
Community Services

September-December 2022

Northwest Arts Center and Downtown Bellevue Main Club

Recreation Programs – Events – Rentals



425-452-4106 | nwac@bellevuewa.gov

register.bellevuewa.gov

BellevueWA.gov/northwest-arts

BellevueWA.gov/mainclub

NORTHWEST ARTS CENTER

9825 NE 24th St | Bellevue, WA 98004

Website: BellevueWA.gov/northwest-arts

Phone: 425-452-4106 | nwac@bellevuewa.gov

Bellevue Parks & Community Services 425 452-6885

Welcome to the Northwest Arts Center!

Please check our home web page BellevueWA.gov/northwest-arts for any updates on schedules, class listings, events, and COVID procedures. If you have a need for an accommodation, questions on COVID procedures, or need for scholarship information or assistance, please call 425-452-4106 or email us at nwac@bellevuewa.gov. We hope to see you soon.

FACILITY RENTALS AT NORTHWEST ARTS CENTER

The perfect place for your next event!

Parties, meetings, small events, classes? We offer several studios for rent at our facility with beautiful grounds and free parking. Rental rates range from \$40 to \$60 per hour with a 2-hour minimum. WIFI, tables and chairs are included with rental. Non-profit agencies receive a discount on rental rates. Call us for a tour today!

DOWNTOWN BELLEVUE MAIN CLUB

Boys & Girls Club of Bellevue Facility (209 100th Ave NE, next to Downtown Park)

Adult recreation programs are offered at this facility.

SCHOLARSHIPS

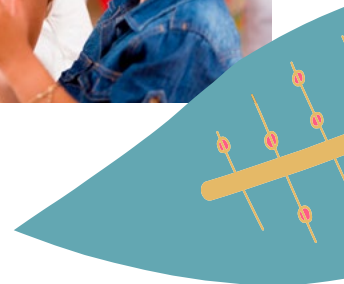
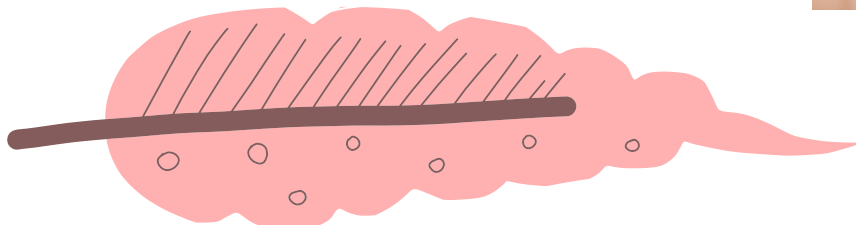
Financial scholarships are available for qualifying Bellevue residents of all ages. Scholarships can be used to help pay for recreation program fees. Visit the BellevueWA.gov/northwest-arts for additional details and application process.

REGISTER ONLINE

register.bellevuewa.gov



For updated information regarding COVID, see Department of Health page



Youth Art Classes

Cartooning and Drawing

Drawing and cartooning skills unleash a child's creativity. Fledgling cartoonists will learn the basics of expression drawing, line quality, constructing from imagination and exaggerating from life, while exploring moods and animating actors. Materials provided. Instructor: Brad Niemeyer

Fee: \$135/resident and \$162/non-resident
(6 classes)

Ages: 6-11Y

Dates/Time: Tuesdays, Sept 20-Oct 25, 4-5:30 p.m.

Register Here: [22026491](https://www.belleveuwa.gov/register/22026491)

Dates/Time: Tuesdays, Nov 1-Dec 13, 4-5:30 p.m.
(no class 11/22)

Register Here: [22026492](https://www.belleveuwa.gov/register/22026492)

Modern Acrylic Painting

In this fun class, kids will practice different style, surface, and techniques. They will use brushes, brayers, mark-making, monoprints, and acrylics on canvas. Explore modern and traditional approaches in the context of a variety of subjects. Children will receive personalized instruction and encouraging support. This class is ongoing and offered by the American Academy of Fine Arts. For more class information contact American Academy of Fine Arts:

aafawa.com, E-mail yanz@aafa.info

Fee: \$249/resident + material fee \$10
and \$298/non-resident + material fee \$10

(6 classes)

Grades: 2-8

Dates/Time: Tuesdays, Sept 20-Oct 25, 4-5:30 p.m.

Register Here: [2203174](https://www.belleveuwa.gov/register/2203174)

Dates/Time: Tuesdays, Nov 1-Dec 13, 4-5:25 p.m.

(no class 11/22)

Register Here: [2203175](https://www.belleveuwa.gov/register/2203175)

Basic Drawing Skills

What will your kids discover when they explore drawing? With this class, your kiddos can take their curiosity and creativity even further, exploring how to draw with step-by-step drawing for kids and sketching tutorials. Whether you're looking for easy drawing ideas for kids, or you want to help your little ones learn to draw their favorite animals and characters, we will help them reach their goals. As your youngsters learn to draw, they'll find opportunities to stretch their creativity with various tools like pencils, chalks, and ink. This class offered by the American Academy of Fine Arts.

For more class information contact: aafawa.com,
e-mail: yanz@aafa.info

Fee: \$249/resident + material fee \$10
and \$298/non-resident + material fee \$10
(6 classes)

Grades: 1-6

Dates/Time: Tuesdays, Sept 20-Oct 25, 5:35-7 p.m.

Register Here: [2203176](https://www.belleveuwa.gov/register/2203176)

Dates/Time: Tuesdays, Nov 1-Dec 13

5:35-7 p.m. (no class 11/22)

Register Here: [2203177](https://www.belleveuwa.gov/register/2203177)

Teen/Adult Pottery Studio

An introduction to pottery which includes hand and wheel building, sculpting, coil construction, glazing and more. All materials included. Shelly Vollstedt Instructor.

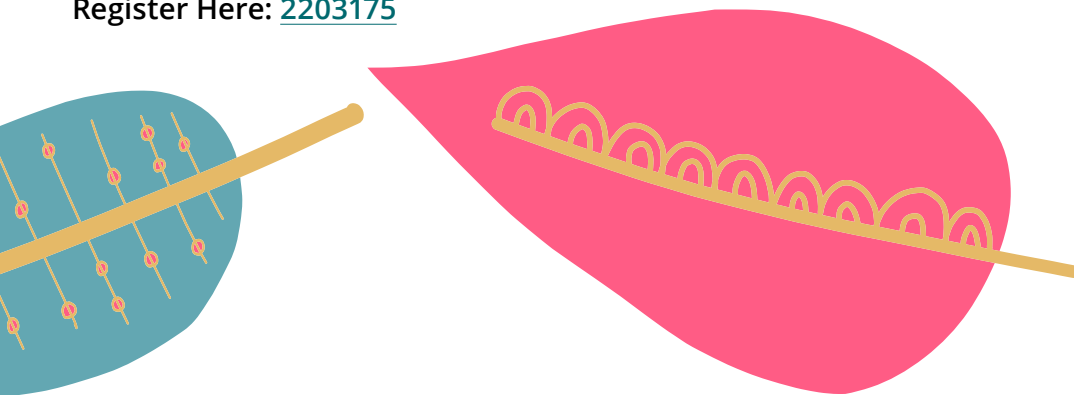
Fee: \$ 180 (R) \$216 (NR) (6 classes)

Ages: 12-Adults

Dates/Time: Tuesdays, Nov 1-Dec 13

6:30-8 p.m. (no class 11/22)

Register Here: [2203860](https://www.belleveuwa.gov/register/2203860)



Register online [register.belleveuwa.gov](https://www.belleveuwa.gov/register)

Creative Kids

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

Fee: \$225/resident and \$270/non-resident (6 classes)

Grades: 2-5

Dates/Time: Wednesdays, Sept 21-Oct 26, 12:30-3 p.m.

Register Here: [2200116](#)

Dates/Time: Wednesdays, Nov 2-Dec 14, 12:30-3 p.m. (no class 11/23)

Register Here: [2200160](#)

Anime Drawing & Design

This art class is for students ages 8 and up. Students will learn to draw from a variety of outstanding works of different styles and create their own character designs. The course will take a relaxed approach to draw Anime characters! All Taught by a professionally trained art teacher. For more class information contact American Academy of Fine Arts: [aafawa.com](#), E-mail yanz@aafa.info

Fee: \$240 resident and \$270/non-resident (6 classes)

Grades: 3-8

Dates/Time: Wednesdays, Sept 21-Oct 26, 4-5:25 p.m.

Register Here: [2203358](#)

Dates/Time: Wednesdays, Nov 2-Dec 14, 4-5:25 p.m. (no class 11/23)

Register Here: [2203359](#)



Oil Painting Color Exploration

The most effective way to mix colors in oil paints to best represent nature is to start with color theory. We will approach color in a practical, hands-on way. This class breaks down color theory into manageable steps, starting with basic concepts and building up to advance techniques. You will be mixing color in oil paint and creating paintings on canvas. Together we will take the first steps toward mastering the use of color. For more class information contact American Academy of Fine Arts: [aafawa.com](#), E-mail yanz@aafa.info

Fee: \$280 resident + material fee \$20 and \$336/non-resident + material fee \$20

(6 classes)

Grades: 4-10

Dates/Time: Wednesdays, Sept 21-Oct 26, 5:35-7 p.m.

Register Here: [2203360](#)

Dates/Time: Wednesdays, Nov 2-Dec 14, 5:35-7 p.m (no class 11/23)

Register Here: [2203361](#)

Funtastic Art Mission!

Artists will boost the fun into orbit with this rocket powered art mission. We will mix and match different art media including, but not limited to pencil, charcoal, watercolor, acrylics, pastel, markers, collage and ink. We will paint on paper, cardboard, and canvas. The art could go 3-dimensional with pop-ups, cut-outs, and layers. We will test and grow young design, drawing and assembly skills. This will be a creator space where the traditional art rules are bent and broken. Bring all your creativity! Materials included. Brad Niemeyer, Instructor.

Fee: \$135/resident and \$162/non-resident (6 classes)

Ages: 6-11Y

Dates/Time: Thursdays, Sept 22-Oct 27, 4-5:30 p.m.

Register Here: [22026511](#)

Dates/Time: Thursdays, Nov 3-Dec 15, 4-5:30 p.m. (no class 11/24)

Register Here: [22026512](#)

Teen/Adult Art Studio

Using your own supplies and creativity the teacher will help you to execute your own artwork. Some supplies will be available. Shelly Vollstedt Instructor.

Fee: \$135 (R) \$162 (NR) (6 classes)

Ages: 12-Adults

Dates/Time: Thursdays, Nov 3-Dec 15

6:30-8 p.m. (no class 11/24)

Register Here: [2203861](#)

Children's Pottery Studio

An introduction to pottery which includes hand and wheel building, sculpting, coil construction, glazing and more. All materials included.

Fee: \$180/resident and \$216 non-resident (6 classes)

Ages: 7-11Y

Dates/Time: Saturdays, Sept 24-Oct 29, 10-11:30 a.m.

Register Here: [2200163](#)

Dates/Time: Saturdays, Sept 24-Oct 29, 12-1:30 p.m.

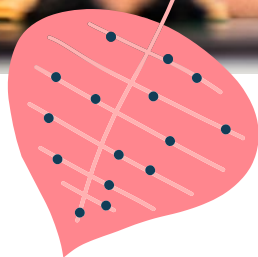
Register Here: [2200317](#)

Dates/Time: Saturdays, Nov 5-Dec 17, 10-11:30 a.m. (no class 11/26)

Register Here: [2200427](#)

Dates/Time: Saturdays, Nov 5-Dec 17, 12-1:30 p.m. (no class 11/26)

Register Here: [22000971](#)



YOUTH ENRICHMENT CLASSES

Chess Wizards

Chess Wizards is a premier chess education company providing fun, informative, and challenging chess lessons to students. Chess Wizards teaches children many important life concepts, such as learning the ability to win graciously and accept defeat with dignity and sportsmanship. Students will be divided into groups according to their chess experience. At the end of this session, each student will have had the chance to participate in a mini-chess tournament.

Fee: \$162/resident and \$195/non-resident (6 classes)

Ages: 6-12Y

Dates/Time: Thursday, Sept 22-Oct 27, 4:15-5:15 p.m.

Register Here: [22028511](#)

Dates/Time: Thursday, Nov 3-Dec 15, 4:15-5:15 p.m. (no class 11/24)

Register Here: [22028512](#)

Hindi Language Class for Children by Hindi Time Kids: Beginner Level 1

This is a fun beginner level class for children to learn common greetings in conversational Hindi Language and understand how to express feelings and daily activities using the language. Children will also be introduced to Hindi vowels (swar), consonants (Vyanjan), numbers (Sankhya) 0 - 31 through workbooks, games and multimedia activities. Using a combination of carefully curated crafts and learning aids, students will also learn about colors, shapes, animals, and common food names in Hindi. At the end of the sessions our students typically walk away feeling comfortable understanding beginner level Hindi Language and utilizing it for conversations with family and friends. Our goal is to make children comfortable with being bilingual or multilingual and using Hindi as a second or third language while growing up in the United States.

Fee: \$400/resident and \$480/non-resident, (8 classes)

Ages: 5-10Y

Dates/Time: 10-11 a.m., Saturdays, Sept 24 - Dec 17, 10-11 a.m.

(No class 10/8,10/22,11/12,11/26,12/10)

Register Here: [2203365](#)

Register online register.bellevuewa.gov

YOUTH & PRESCHOOL - MUSIC & DANCE CLASSES

Pre-Ballet I - Emerald Ballet Theater

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

Fee: \$120/resident and \$144/non-resident
(6 classes)

Ages: 3-5Y

Dates/Time: Tuesdays, Sept 20-Oct 25, 4-4:45p.m.
Register Here: [22026531](https://www.belleveuwa.gov/register/22026531)

Dates/Time: Tuesdays, Nov 1-Dec 13, 4-4:45p.m.
(no class 11/22)
Register Here: [22026532](https://www.belleveuwa.gov/register/22026532)

Pre-Ballet II - Emerald Ballet Theater

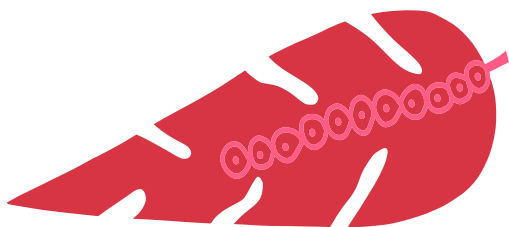
Dancing hearts are nurtured and basic ballet technique, improvisation, and choreography are introduced in a developmentally appropriate way. Flexibility, coordination, strength, and creativity increase. Opportunities for creativity and performance are provided. Dancers in all Pre-ballet levels will wear a solid color leotard of any color, and pink ballet tights with pink ballet slippers with leather soles. Dancers should have their hair secured away from their face. Dancers will have the opportunity to participate in Emerald Ballet Theatre's "Petite Suite."

Fee: \$132/resident and \$158/non-resident
(6 classes)

Ages: 6-9Y

Dates/Time: Tuesdays, Sept 20-Oct 25,
4:50-5:50 p.m.
Register Here: [22028601](https://www.belleveuwa.gov/register/22028601)

Dates/Time: Tuesdays, Nov 1-Dec 13,
4:50-5:50 p.m. (no class 11/22)
Register Here: [22028602](https://www.belleveuwa.gov/register/22028602)



Music Together with Mrs. Chrisi

This is the foundational Music Together class, one that a child can attend from birth to age five through 12 song collections. Each of these collections contain original and traditional songs from around the world. This unique musical experience of languages, tonalities and rhythms, sets Music Together apart. The class follows the recommendations of child development researchers-grouping children of a variety of ages because this fosters natural, family-style learning. Younger children enjoy watching and imitating older ones, older children learn by leading younger ones and adults are happy because the children in the family can go to class together. The relaxed, no pressure environment lets all kids learn at their own pace. Each week, a trained Music Together teacher leads the class in singing, dancing and playing songs from our award-winning music. The illustrated songbook and other print and online resources will help you continue the music-making fun at home and nurture your child's musical growth. No previous experience is necessary! This class is designed for parent/guardian/caretaker participation with child.

Fee: \$185/resident and \$222/non-resident + \$50 material fee to be paid directly to the instructor on the first day of class.

Ages: 0-5Y

Dates/Time: Wednesdays, Sept 14-Nov 16,
9:30-10:15 a.m.

Register Here: [22030931](https://www.belleveuwa.gov/register/22030931)

Dates/Time: Wednesdays, Sept 14-Nov 16,
10:30-11:15 a.m.

Register Here: [22030932](https://www.belleveuwa.gov/register/22030932)

Materials include: illustrated songbook, corresponding CD and download access, "hello everybody" app, "Music and Your Child" and other print and online resources for enrolled students and families.

For more information please visit musictogetherwithmrschrisi.com.

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. Ballet Bellevue Instructor.

Fee: \$144/resident and \$173/non-resident (6 classes)

Ages: 8-12Y

Dates/Time: Saturdays, Sept 24-Oct 29, 9:30 a.m.-11 a.m.

Register Here: [22028671](#)

Dates/Time: Saturdays, Nov 5-Dec 17, 9:30 a.m.-11 a.m. (no class 11/26)

Register Here: [22028672](#)

City Opera Ballet: Hippity Hop for Tots

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 dance steps. Includes French for Young Dancers. Ballet Bellevue Instructor.

Fee: \$76/resident and \$91/non-resident (6 classes)

Ages: 3-4Y

Dates/Time: Saturdays, Sept 24-Oct 29, 11:15 a.m.-12 p.m.

Register Here: [22028691](#)

Dates/Time: Saturdays, Nov 5-Dec 17, 11:15 a.m.-12 p.m. (no class 11/26)

Register Here: [22028692](#)



City Opera Ballet: Story-Ballet for Boys & Girls

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

Fee: \$96/resident and \$116/non-resident (6 classes)

Ages: 5-7Y

Dates/Time: Saturdays, Sept 24-Oct 29, 12:15-1:15 p.m.

Register Here: [22028711](#)

Dates/Time: Saturdays, Nov 5-Dec 17, 12:15-1:15 p.m. (no class 11/26)

Register Here: [22028712](#)

YOUTH & ADULT MARTIAL ARTS

Martial Art Fitness at the Northwest Arts Center

Practice true martial arts techniques from Hapkido, TaeKwondo and Aikido by certified Black belt instructors. Focus on fun, flexibility and strength with creative workouts to engage the body and mind. Gain usable defense skills while getting a balanced cardio and flexibility workout. No belts or rankings, just a great skill building workout. All fitness levels welcome, with choices offered to fit your progressing fitness path. Instructors, Sabrina Mix & Matthias Leibmann. mindfularts.us

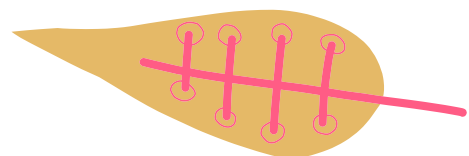
Fee: \$60/resident and \$72/non-resident (6 classes)
Ages: 13+Y

Dates/Time: Tuesday, Sept 20-Oct 25, 6:05-6:50 p.m.

Register Here: [2203105](#)

Dates/Time: Tuesday, Nov 1-Dec 13, 6:05-6:50 p.m. (no class 11/22)

Register Here: [2203106](#)



ADULT ART CLASSES at Northwest Arts Center and the Downtown Bellevue Main Club

Teen/Adult Pottery Studio

An introduction to pottery which includes hand and wheel building, sculpting, coil construction, glazing and more. All materials included. Shelly Vollstedt Instructor.

Fee: \$ 180 (R) \$216 (NR) (6 classes)

Ages: 12-Adults

Dates/Time: Tuesdays, Nov 1-Dec 13

6:30-8 p.m. (no class 11/22)

Register Here: [2203860](#)

Teen/Adult Art Studio

Using your own supplies and creativity the teacher will help you to executive your own artwork. Some supplies will be available. Shelly Vollstedt Instructor.

Fee: \$135 (R) \$162 (NR) (6 classes)

Ages: 12-Adults

Dates/Time: Thursdays, Nov 3-Dec 15

6:30-8p.m. (no class 11/24)

Register Here: [2203861](#)

Acrylic Painting Class at Bellevue Main Club

This painting class will explore acrylic painting and is designed to include several different themes such as botanicals, landscape, still life etc. This class is suitable for beginners with little or no painting experience or for intermediate/advanced painters who are looking for a great space to socialize and paint with other creative individuals. Several in-class demonstrations on color theory and composition will be discussed. Basic materials provided. Feel free to bring your own easel and other art supplies. Rohini Mathur, Instructor.

Fee: \$150/resident and \$180/non-resident
(5 classes)

Ages: 18+Y

Dates/Time: Tuesdays, Sept 20-Oct 18,
10:30 a.m.-12 p.m.

Register Here: [2203164](#)

Dates/Time: Tuesdays, Nov 1-Dec 6,
10:30 a.m.-12 p.m. (no class 11/22)

Register Here: [2203165](#)

Painting Autumn Landscape at the Northwest Arts Center

In this workshop, we will be creating a colorful Autumn inspired landscape painting full of colors and textures. Participants in this workshop will learn skills such underpainting, layering, composition basics and mixing a strong color palette – all the skills which they will be able to add to their own painting practice. We will explore some different art techniques and new mark making tools. Bring your creativity and enthusiasm. Materials included. Rohini Mathur, Instructor.

Fee: \$35/resident and \$42/non-resident

Ages: 16+Y

Dates/Time: Saturday, Oct 22, 10-11:30 a.m.

Register Here: [2203215](#)

Painting Autumn Florals at the Northwest Arts Center

In this workshop, we will be creating a mixed media painting combining seasonal elements such as pumpkin, harvest and floral blooms. We will explore some fun techniques and play with different art mediums including but not limited to watercolors, acrylics and inks. Bring your creative enthusiasm. Materials included. Rohini Mathur, Instructor.

Fee: \$35/resident and \$42/non-resident

Ages: 16+Y

Dates/Time: Saturday, Nov 12, 10-11:30 a.m.

Register Here: [2203216](#)



Painting Holiday Florals at the Northwest Arts Center

In this workshop, we will be creating a holiday Poinsettia floral painting full of season cheer and holiday spirit. Participants will learn how to paint loosely with bold expressive strokes, simplify shapes, push color and add interest to the composition. Bring your holiday cheer and let your creative spirit soar in this workshop. Materials included. Rohini Mathur, Instructor.

Fee: \$35/resident \$42/non-resident

Ages: 16+Y

Dates/Time: Saturday, Dec 10, 10-11:30 a.m.

Register Here: [2203217](#)

ADULT MARTIAL ARTS & FITNESS at Northwest Arts Center and the Downtown Bellevue Main Club

Jazzercise

Jazzercise is the original dance-based group fitness

program combining cardio with strength training and stretching to sculpt, tone, and lengthen muscles for a full-body workout and maximum fat burn.

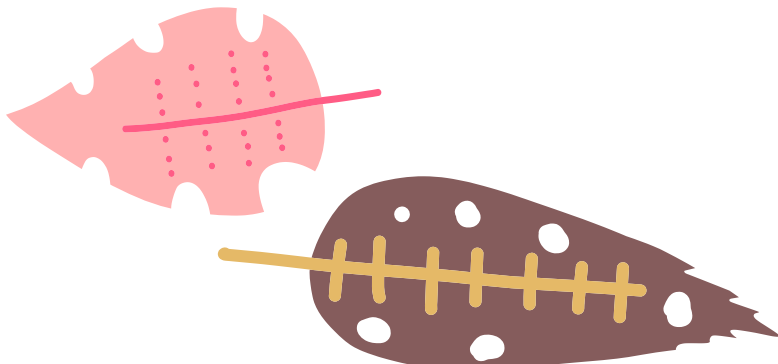
Choreographed to today's hottest music, Jazzercise is a fusion of jazz dance, resistance training, Pilates, yoga, and kickboxing. Tickets can be bought in class or online at jazzercise.com. Visit jazzercise.com for updates, pricing information and special offers. For more information contact, Annie Johnston at jazzercise425@gmail.com or 206-321-7811.

Fees and registration: jazzercise.com

Ages: 18+Y

Dates/Times: Monday, Wednesday, Thursday and Saturdays, Ongoing, 8-9 a.m.

jazzercise



Yoga: Mixed Levels at Northwest Arts Center

This class welcomes all levels and all body types in a joyful practice that helps you build strength, flexibility, and balance. Beginners or anyone with a health condition will benefit from a strong, safe foundation in alignment yoga while intermediate students will receive expert guidance on deepening their practice. This Purna Yoga class guides you towards well-rounded sequences for your individual needs, and includes breathing and meditation techniques, and health and nutrition tips. Bring your own mat, towel, strap/belt, and block. Instructor, Lynne Aebi.

Fees: \$90/resident \$108/non-resident (6 classes)

Ages: 18+Y

Dates/Time: Tuesdays, Sept 20-Oct 25, 9:30 a.m.-10:30 p.m.

Register Here: [2200089](#)

Dates/Time: Tuesdays, Nov 1-Dec 13, 9:30 a.m.-10:30 p.m. (no class 11/22)

Register Here: [2200287](#)

Martial Art Fitness at the Northwest Arts Center

Practice true martial arts techniques from Hapkido, TaeKwondo and Aikido by certified Black belt instructors. Focus on fun, flexibility and strength with creative workouts to engage the body and mind. Gain usable defense skills while getting a balanced cardio and flexibility workout. No belts or rankings, just a great skill building workout. All fitness levels welcome, with choices offered to fit your progressing fitness path. Instructors, Sabrina Mix & Matthias Leibmann. mindfularts.us

Fees: \$60/resident \$72/non-resident (6 classes)

Ages: 13+Y

Dates/Time: Tuesday, Sept 20-Oct 25, 6:05-6:50 p.m.

Register Here: [2203105](#)

Dates/Time: Tuesday, Nov 1-Dec 13, 6:05-6:50 p.m. (no class 11/22)

Register Here: [2203106](#)

Register online register.bellevuewa.gov

Tai Chi & Mindful Movement at the Northwest Arts Center

Practice Chi Kung, Tai Chi and flowing movements to encourage proper posture, strength, stretching and flow of chi. Experience meditative practice through movement and stillness. Gain a sense of refreshed focus and relaxation. Postures and practice using mat or chair and standing. Non strenuous class appropriate for all ages 16+ Please call/ text the instructor Sabrina Mix at 206-498-5801 for more information or visit her website at mindfularts.us

Fees: \$60/resident \$ 72/non-resident

(6 classes)

Ages: 16+Y

Dates/Time: Wednesdays, Sept 21-Oct 26, 10-11 a.m.

Register Here: [2200235](http://mindfularts.us)

Dates/Time: Wednesdays, Nov 2-Dec 14, 10-11 a.m. (no class 11/23)

Register Here: [2200236](http://mindfularts.us)

Weight Training & Fitness at the Northwest Arts Center

Stretch and strengthen. Increase flexibility and Range of Motion through mat work and various movement styles. Gain Balance, Muscular Strength and Confidence using Free Weights and Isometric Exercises. All fitness levels welcome, with choices offered to fit your progressing fitness path.

Fees: \$60/resident \$72/non-resident

(6 classes)

Ages: 18+Y

Dates/Time: Wednesdays, Sept 21-Oct 26, 11:15 a.m.-12 p.m.

Register Here: [2203042](http://mindfularts.us)

Dates/Time: Wednesdays, Nov 2-Dec 14, 11:15 a.m.-12 p.m. (no class 11/23)

Register Here: [2203043](http://mindfularts.us)

Tai Chi & Mindful Movement at the Downtown Bellevue Main Club

Practice Chi Kung, Tai Chi and flowing movements to encourage proper posture, strength, stretching and flow of chi. Experience meditative practice through movement and stillness. Gain a sense of refreshed focus and relaxation. Postures and practice using mat or chair and standing. Non strenuous class appropriate for all ages 16+ Please call/ text the instructor Sabrina Mix at 206-498-5801 for more information or visit her website at mindfularts.us

Fees: \$60/resident \$72/non-resident

(6 classes)

Ages: 16+Y

Dates/Time: Thursday, Sept 22-Oct 27, 10-11 a.m.

Register Here: [2200323](http://mindfularts.us)

Dates/Time: Thursday, Nov 3-Dec 15, 10-11 a.m. (no class 11/24)

Register Here: [2200719](http://mindfularts.us)

Tai Chi Form – Mindful Movement Advanced at the Downtown Bellevue Main Club

This class is by instructor permission only and follows the Mindful Movement Tai Chi Exercise class held on Thursday from 10:00-11:00 a.m. The class focus is on smooth movement, balance, breath, and proper stances as you learn and do the Yang Family Style Short Form, Chi Kung forms, and meditation techniques. Please call/text the instructor Sabrina Mix at 206-498-5801 for more information or visit her website at mindfularts.us

Fees: \$30/resident \$36/non-resident (6 classes)

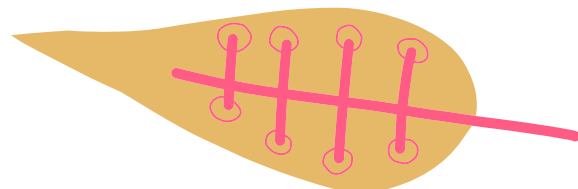
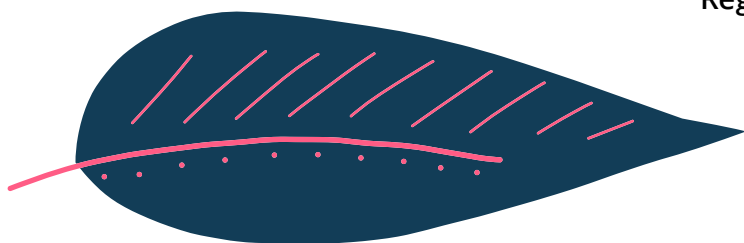
Ages: 16+Y

Dates/Time: Thursday, Sept 22-Oct 27, 11:10-11:40 a.m.

Register Here: [2200106](http://mindfularts.us)

Dates/Time: Thursday, Nov 3-Dec 15, 11:10-11:40 a.m. (no class 11/24)

Register Here: [2200107](http://mindfularts.us)



Weight Training & Fitness 55+ at the Northwest Arts Center

Fun, flexibility, balance, and strength. Enjoy a mixture of styles to stay fit, increase confidence in daily movements through strength, balance and agility skills. Use body weight and free weights, some mat work or chair/seated options. All fitness levels welcome, with choices offered to fit your progressing fitness path.

Fees: \$60/resident \$72/non-resident (6 classes)

Ages: 18+Y

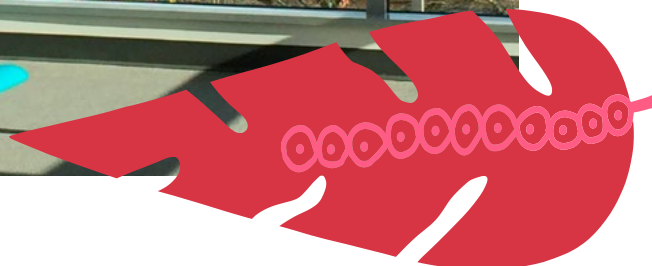
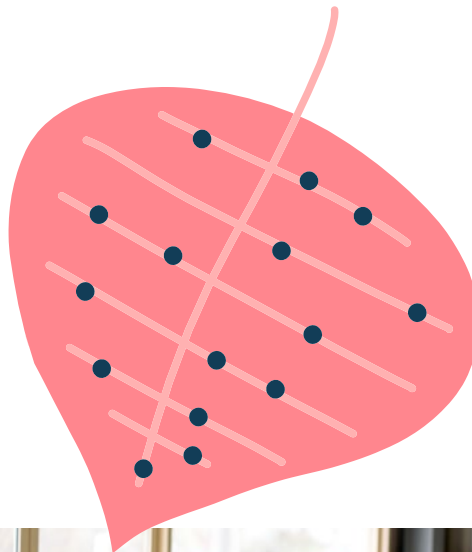
Dates/Time: Thursday, Sept 22-Oct 27, 1-1:45 p.m.

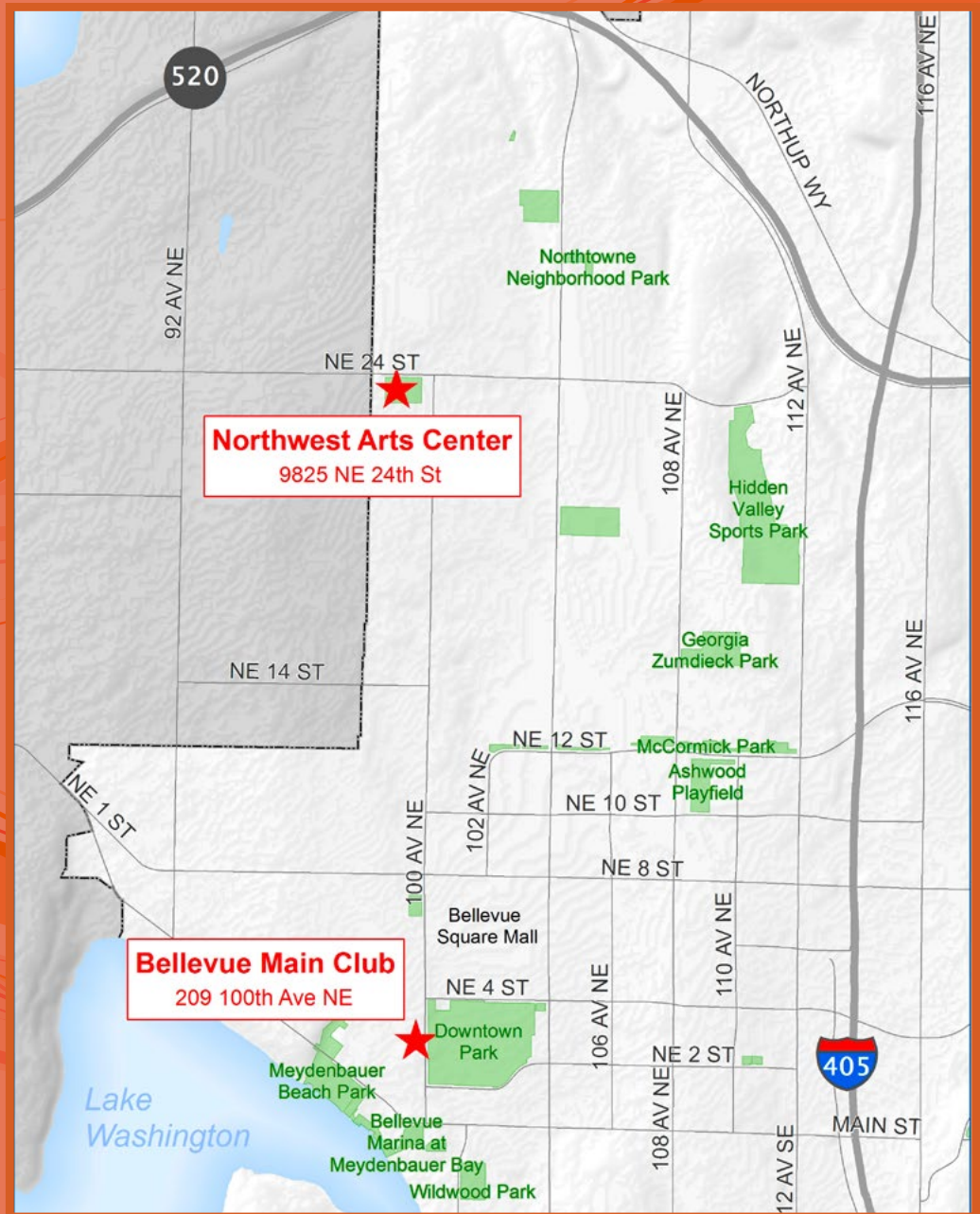
Register Here: [2203363](https://www.2203363.com)

Dates/Time: Thursday, Nov 3-Dec 15, 1-1:45 p.m.

(no class 11/24)

Register Here: [2203362](https://www.2203362.com)





REGISTER NOW!

register@bellevuewa.gov | nwac@bellevuewa.gov

FOR MORE INFORMATION:

Northwest Arts Center | 9825 NE 24th St | Bellevue, WA 98004

BellevueWA.gov/northwest-arts | 425-452-4106

Downtown Main Club | 209 100th Ave NE | Bellevue, WA 98004

BellevueWA.gov/mainclub | 425-452-4106



Bellevue Parks & Community Services

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