

CONNECTIONS

July &
August 2022



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.



Bellevue Parks &
Community Services

CONNECTIONS



Bellevue Parks & Community Services

PO Box 90012
Bellevue, WA 98009-9012

Bellevue City Council

Lynne Robinson, Mayor

Jared Nieuwenhuis, Deputy Mayor

Jeremy Barksdale

Conrad Lee

Jennifer Robertson

John Stokes

Janice Zahn

Parks & Community Services Board

David Hamilton, Chair

Paul Clark, Vice-Chair

Cassidy Giampetro

Debra Kumar

Eric Synn

Heather Trescases

Food & Refreshments

Programs listed in this brochure may include a food or beverage refreshment. Please contact 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 at 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.

Program availability, minimum and maximum enrollment, location, times, dates, and health screening requirements are all subject to change based on the latest guidance from local, state, and national public health authorities.

Questions or comments about this publication?
Contact Colin Walker, Department Marketing Administrator, CWalker@BellevueWA.gov.

On the cover: Golf at the Crossroads Par 3 Golf Course, photograph by Brian Casey.

Equal Opportunity Statement

The City of Bellevue assures that no person shall on the grounds of race, color, national origin, or sex as provided by Title VI of the Civil Rights Act of 1964, and related statutes, be excluded from participation in, be denied the benefits of, or be otherwise subjected to discrimination under any City of Bellevue program or activity. Any person who believes his/her Title VI protection has been violated may file a complaint with the ADA/Title VI Administrator. For Title VI complaint forms and advice, please contact the ADA/Title VI Administrator at 425-452-6168.

정보	Information	情報
Información		معلومات
సమాచారం		Информация
اطلاعات		Thông Tin
सूचना		資料
425-452-6800		



Financial Assistance 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 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 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。

Bellevue 公園和社區服務致力於為居住在 Bellevue 市邊界的所有感興趣的個人提供計劃機會，無論收入為何。我們為那些可能無法參加的人提供獎學金。請瀏覽本頁下方列出的地點之一以索取獎學金申請表的副本，請瀏覽 bellevuewa.gov/connections 下載副本，或致電 425-452-6885，工作人員將很樂意為您郵寄一份副本表格，無需額外費用。

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 bellevuewa.gov/connections를 방문하여 장학금 지원서 양식을 받을 수 있으며, 425-452-6885번으로 전화하면 직원이 지원서 양식을 무료로 발송해드립니다.

Bãi đỗ xe & Dịch vụ Cộng đồng Bellevue cố gắng tạo cơ hội tham gia chương trình cho tất cả những cá nhân quan tâm sống trong địa phận thành phố Bellevue, bất kể thu nhập. Chúng tôi cung cấp học bổng cho những cá nhân không thể tham gia. Truy cập một trong những địa điểm được liệt kê ở cuối trang này để lấy một bản sao của mẫu đơn đăng ký học bổng, truy cập bellevuewa.gov/connections để tải xuống một bản sao, hoặc gọi 425-452-6885 và nhân viên luôn sẵn lòng gửi cho quý vị một bản sao của mẫu đơn qua đường bưu điện hoàn toàn miễn phí.

Bellevue パーク&コミュニティサービスは、プログラムにご興味をお持ちのBellevue市民全員が収入の多寡によらずご利用いただけるよう努めています。参加が叶わない方には奨学金を支給しています。奨学金の申請用紙は、このページの下に記載の場所にて直接入手または bellevuewa.gov/connections からダウンロード、あるいは 425-452-6885 にお電話いただければ、職員が無料で用紙を郵送させていただきます。

Служба парков и коммунальных предприятий Белвью предлагает программы создания возможностей всем заинтересованным лицам, которые живут в пределах города Белвью, 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 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 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

Registration & Payment Policies

Every effort is made to ensure that the information in this catalog is accurate at the time of publication. Because policies, personnel, and funding can change, Bellevue Parks & Community Services reserves the right to add or withdraw programs and to amend, revise, or modify any provision, including - but not limited to - price, date, and location, printed in this brochure. You are encouraged to visit <https://register.bellevuewa.gov> for the most up-to-date information.

For camps meeting fewer than 15 hours per week, please see "General Recreation Programs and Mini-Camps" policies. Day Camp policies on this page do not apply to camps meeting fewer than 15 hours per week.

Food & Refreshments

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City of Bellevue Tax ID Number:

91-6007020

Registration Priority:

The City of Bellevue is committed to providing a wide range of recreation activities for Bellevue residents. Therefore, the City gives advance 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, via phone at 425-452-6885, or online at <http://register.bellevuewa.gov>.

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:

Registration receipts are mailed electronically after registration has been processed. Call 425-452-6885 to request a printed registration receipt.

Financial Assistance:

Financial assistance is available to qualifying residents who live within the Bellevue City limits. Scholarship applicants will be notified of the amount due for each registration after scholarship application is processed. Please call 425-452-6885 or visit bellevuewa.gov/connections for information on applying for financial assistance.

Payment:

Payment is accepted in cash, gift certificates, checks, or Visa/MasterCard 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/financial assistance 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 fee, 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:

Classes 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. See COVID-19 procedures on preceding pages for information regarding pandemic-related refunds.

General Recreation Programs/Mini-Camps

(camps meeting fewer than 15 hours per week):

A refund is granted if the withdrawal is made at least seven (7) calendar days prior to the start of class, less a \$10 administrative fee per participant, per program. Class withdrawals requested fewer than seven (7) calendar days prior to class 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 (camps meeting 15 hours or more per week): A refund is granted if the withdrawal is made at least ten (10) calendar days prior to the first day 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.

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.

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 Susan Freeburg at SFreeburg@bellevuewa.gov, or 425-452-4278.



Activity Registration Form



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Please Print Clearly

Adult Last Name Adult First Name Adult Date of Birth

Street Address City State ZIP

E-Mail Address - By providing your email address, you will receive emailed receipts and updates from Bellevue Parks & Community Services.

()
Work Phone

()
Home Phone

Participant #1 Name:

Last First

Date of Birth: Male Female

Class No	Class Title	Fee	Use Scholarship?

☐ Check here if you need to be contacted by staff to request a modification for a participant with a disability.

Participant #2 Name:

Last First

Date of Birth: Male Female

Class No	Class Title	Fee	Use Scholarship?

Participant #3 Name:

Last First

Date of Birth: Male Female

Class No	Class Title	Fee	Use Scholarship?

Payment Details

Payment Method

☐ Check ☐ D.D.A. (send to Highland)

☐ Credit Card

Total Fee: \$



Card Number

Expiration Date

Waiver on reverse side of form must be signed prior to returning this form. Registrations received without a signed waiver will not be processed.



WAIVER OF LIABILITY/PHOTO & VIDEO 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.

ASSUMPTION OF THE RISK AND WAIVER OF LIABILITY RELATING TO COVID-19 PLEASE READ CAREFULLY

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is very contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people. The City of Bellevue has put in place preventative measures to reduce the spread of COVID-19; however, the City cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, using City facilities and/or participating in City programs and activities could increase you and your child(ren)'s risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and VOLUNTARILY ASSUME THE RISK THAT I OR MY CHILD(REN) MAY BE EXPOSED TO OR INFECTED BY COVID-19 by using the City facility and/or participating in the City programs or activities identified herein AND THAT SUCH EXPOSURE OR INFECTION MAY RESULT IN PERSONAL INJURY, ILLNESS, PERMANENT DISABILITY, AND DEATH. I understand that the risk of becoming exposed to or infected by COVID-19 at the facility or in the programs or activities identified herein may result from the actions, omissions, or negligence of myself and others, including, but not limited to, City employees, volunteers, and participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to myself or my child(ren) (including but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I, or my child(ren) may experience or incur in connection with my or my child(ren)'s attendance at the facility or participation in the program or 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 facility or participation in the City programs and activities identified herein. I understand that this release includes any claims based on the actions, omissions, or negligence of the City, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in the City program or activity.

IN ADDITION, I AGREE TO COMPLY WITH ALL COVID-19 SAFETY POLICIES AND PROCEDURES OF THE FACILITY OR PROGRAM/ACTIVITY IDENTIFIED HEREIN.

I acknowledge that I have carefully read this WAIVER OF LIABILITY / PHOTO & VIDEO RELEASE / ASSUMPTION OF RISK AND WAIVER OF LIABILITY RELATING TO COVID-19 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.

Participant's Parent/Guardian Signature

Date

Printed Name

Registration NOT VALID without signed waiver.

Mail completed form to:

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

Low-Cost & No-Cost Programs

Bellevue Parks & Community Services offers a variety of low-cost and no-cost programs for all ages! Enjoy year-round participation in one or more of these programs for less than \$500.

Visit BellevueWA.gov/scholarship to learn more about our financial assistance program, which provides up to \$500 per year to Bellevue residents meeting certain income guidelines.

Bellevue Aquatic Center

Lap Swim
Open Swim

Bellevue Botanical Garden

Docent-Led Tours

Bellevue Youth Theatre

Charlotte's Web
The Amplify Program

Kelsey Creek Farm

Stitch Circle
Tour of Bellevue's Pioneer & Agricultural History
Saturday Workshops

Lake Hills Greenbelt Ranger Station

Ranger Walks
Family Discovery Series

Lewis Creek Visitor Center

Ranger-led hikes
Family Discovery Series

Mercer Slough Environmental Education Center

Story & A Stroll
Ranger-led hikes
Family Discovery Series

North Bellevue Community Center

Friday Movies
Billiards
Drop-In Pickleball
Drop In Table Tennis
Adult Volleyball Drop-In - Hidden Valley Gym
Line Dancing
Board Games
Coffee & Coloring
Duplicate Bridge
SeniorTech Computer Help
Sounds of Swing - Jazz

South Bellevue Community Center

Active Adult Fitness
Badminton
Adult Basketball
Family Basketball
Cornhole
Cycle/Stretch
Fitness Center Drop-In
Indoor Cycling
Pickleball
Shotokan Karate - Youth
Strong & Fit
Taekwondo
Adult Volleyball
ZUMBA

TRACKS

Tuesday Trails
Wednesday Walks
TRACKS Elementary Program



Face coverings are no longer required to enter Bellevue Parks & Community Services facilities, with the exception of the Warm Springs Pool at the Bellevue Aquatic Center and the Fitness Center at Highland Community Center.

Please respect people's choice to continue to wear a mask when in our facilities.

Inclusion Process

Bellevue Parks & Community Services provides a variety of programs, activities, and services. We are committed to working with people with disabilities, their families, and caregivers to help ensure they have access to services. We provide information about program opportunities and when needed, modifications that make it possible for participants to access and participate in programs of their choice.

We welcome the opportunity to provide modifications for people with disabilities so that full participation in leisure and recreation programs, classes, services, and facilities may be enjoyed by all. The City provides reasonable modifications on a case-by-case, individualized basis including, but not limited to, training of staff, added supervision, use of adaptive equipment, consultation with other professionals, and taking other steps to ensure a safe and enjoyable leisure experience.

Successful participation and modifications succeeds with the commitment of staff, participants, as well as parents/guardians. You may request modifications during the registration process, or any time after registration. Participants are asked to notify staff regarding reasonable modifications necessary for participation, if possible, at least two full weeks prior to the start of the program. However, in some cases we may need more time to make a reasonable modification. The city strives to provide a safe and enjoyable environment and will do this cooperatively with all participants.

Individuals who have requested a modification will receive the city's best efforts at providing adaptations and reasonable support in programs, activities, and services. The city will continue to adapt ideas until all possibilities are exhausted. The city reserves the right to take any and all steps necessary, at any time, to ensure the safety and fundamental nature of its programs, classes, or activities. Inclusive experiences encourage and enhance opportunities for people of varying abilities to participate and interact in life's activities together. They also provide an environment that promotes and fosters physical, social and psychological inclusion of people with diverse experiences and skill levels. Additionally, inclusion is effective in developing community support and encouraging attitudinal changes to reflect dignity, selfrespect, and involvement within the community. Recreation and socialization activities and programs provided by Bellevue Parks & Community Services promote healthy social, physical, educational, and cultural development. Inclusion allows those with differing abilities the opportunity to participate in City of Bellevue recreational programs. Inclusion increases the number of recreational choices, allows for individual growth and development, expanded social circles. Adaptive recreation programs provide choice, support skill development, and successful recreation participation for participants with disabilities.

For more information about our inclusion process, or our adaptive recreation programs for youth and adults, contact Highland Community Center at 425-452-7686.

Drop-In Programs

Bellevue Climbing Wall Programs

The Bellevue Climbing Wall, located at the South Bellevue Community Center, is 33 feet tall and sculpted to look and feel like Index granite. The wall offers three belay ropes with at least five climbing routes of varying degrees of difficulty per rope, and a bouldering or horizontal traverse wall. Advanced climbers can take advantage of the wall's natural-looking granite for the ultimate texture climb.

We offer a full array of classes, supervised drop-in sessions, camps and programs for people of all skill levels to develop or improve their rock-climbing skills. The wall is also available to rent for parties, team-building and other celebration events. Program days/times may vary. To view the current schedule and register please visit www.nwteambuilding.com or call 206-295-5494

Pickleball

Adults can drop-in for a recreational game of pickleball during a two hour session. Court, net and balls are provided by the facility, players provide their own paddle. This is a drop-in program.

North Bellevue Community Center
\$4(R) \$5(N) Age: 18Y & Up
3-5pm Mon,Wed,Fri Ongoing

Drop-In Sports at South Bellevue Community Center

South Bellevue Community Center offers a wide variety of drop-in sports for all ages, including:

- Adult Badminton
- Adult Basketball
- Adult Pickleball
- Adult Volleyball
- Cornhole
- Family Basketball
- Family Badminton
- Open Drop-In

For the most current drop-in sports schedule, as well as pricing and reservation information, please visit BellevueWA.gov/SBCC or call 425-452-4240.

Ping Pong

Adults can drop-in for a recreational game of ping pong during specified play times. Table and net are provided by North Bellevue Community Center. Players provide their own paddle and balls.

North Bellevue Community Center
\$4(R) \$5(N) Age: 18Y & Up
9-11am Mon,Wed Ongoing
3-5pm Mon, Wed Ongoing

Drop-In Volleyball

Summer hours - co-ed Tuesday evenings
Two courts, maximum 28 players per session, first-come, first-served.

Hidden Valley Sports Park

\$4(R) \$5(N) Age: 18Y & Up
2202827 8-10pm Tue Jun 28-Aug 16

Bellevue Aquatic Center

The Bellevue Aquatic Center is open to the public 6 days a week. Monday – Friday 8am-8pm and Saturdays 8am-4pm. Programs available include Lap Swim, Water Walking, Water Exercise and Open Swim. For the most up to date schedule and for specific program information visit the Bellevue Aquatic Center website — BellevueWA.gov/Swim — or contact the pool at Aquatics@BellevueWA.gov or call 425-452-4444.

Adaptive Recreation

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's Aloha Event

Highland presents their annual summer picnic and Dance. Celebrate your summer with friends as there will be plenty on this warm summer evening. Picnic starts at 5pm with the dance to follow at 6pm. Please pre-register for Highland Center dances.

Highland Park & Community Center

\$10(R) \$12(N) Age: 18Y & Up
1902072 5-8pm Fri Aug 12

Adult Enrichment

End of Summer Picnic

North Bellevue Community Center invites you to a classic summer picnic lunch. While the burgers and hotdogs are grilling on the BBQ take part in outdoor Croquet, Golf and Bean Bag Baseball or the "cupcake walk" Pre-registration required.

North Bellevue Community Center

\$5 Age: All Ages
2202821 11:30am-1pm Wed Aug 24

Friday Movies

Enjoy a free movie and popcorn at North Bellevue Community Center! The detailed movie list is available in print format at North Bellevue Community Center or by calling 425-452-7681. This program is free; however, advance registration is required.

North Bellevue Community Center

FREE Age: 18Y & Up
2-4pm Fri Ongoing

Drop-in Duplicate Bridge

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

North Bellevue Community Center

FREE Age: 18Y & Up
12:15-3:30pm Fri Ongoing

Board Games

Board games and group games teach critical thinking, strategic skills, offer social opportunities for participants, keep minds sharp and are just plain fun! Join us at the North Bellevue Community Center every Wednesday for a fun afternoon playing a variety of games, from board, oversized, to group games. This program is open to all ages and game experience. Bring your family, friends and neighbors or come to meet fellow board game enthusiasts. This program is free; however, advance registration is required. Open to all ages and experience. Children under 12 must be accompanied by a guardian. This program receives funds from the King County Veterans, Seniors and Human Services Levy.

North Bellevue Community Center

FREE Age: 1Y & Up
2202825 3:30-5:30pm Wed Jul 06-Aug 31

Continuing Education

SeniorTech of Puget Sound

We offer technical support on a one-on-one basis on the 2nd and 4th Tuesday of each month, and the 5th Tuesday when there is one, during the hours of 9:30am to noon. Experienced senior technology users will be available to help you with technical issues with your computers and mobile devices.

North Bellevue Community Center

\$3(R) \$4(N) Age: 18Y & Up
2202834 Jul 12-Aug 30

BellevueAtHome: iPhone and/or iPad Workshop

iPhone and/or iPad Workshop--Review basics of iOS for iPhones and iPads. How do I share photos via text or email? Which app do I use to compose a letter? Can I use the Maps app to get to my appointment? How do I use my iPhone or iPad as a magnifier? Which tips and tricks will save me time and make it easier to use my iPhone or iPad? Where can I get free help? Join us for this workshop where you can ask questions and learn from other attendees with similar challenges.

North Bellevue Community Center

\$36(R) \$44(N) Age: 18Y & Up
2202849 1:30-3pm Wed Jul 06-Jul 27

BellevueAtHome: Android Workshop

Android Workshop--Review the basics of Android for phones and/or tablets. How do I transfer photos? Do I need security on my phone and/or tablet? How do I make text larger? How do I use Maps rather than a separate GPS? Which apps should I consider using? Which tips and tricks will save me time and make it easier for me to use my phone and/or tablet? Where can I get help? Join us for this workshop where you can ask questions and learn from other attendees with similar challenges.

North Bellevue Community Center

\$36(R) \$44(N) Age: 18Y & Up
2202850 1:30-3pm Wed Aug 03-Aug 24

Multi-Cultural Services & Programs

Cultural Conversations

The North Bellevue Community Center has teamed up with the city's Neighborhood Outreach workgroup to offer *Cultural Conversations*. This is a great opportunity for community members to enjoy tea and conversation, and to learn about Bellevue's thriving diversity. Snacks and beverages will be served at noon with the discussion beginning at 12:30pm. For more information about Cultural Conversations visit <https://bellevuewa.gov/cultural-conversations>. Event is free; however, advance registration is required. Open to all ages and experience. Children under 12 must be accompanied by a guardian. This program receives funding from the King County Veterans, Seniors and Human Services Levy.

North Bellevue Community Center

FREE Age: 18Y & Up
2202442 12-3pm Fri Jun 24

CISC Chinese Senior Beginning ESL

This class will be conducted in English and Cantonese/Mandarin. Participants will learn basic English words and simple phrases. This class is great for new English learners with no and low English literacy skills. This class is coordinated by CISC's Community Living Connections Outreach Program.

North Bellevue Community Center

FREE Age: 50Y & Up
2202833 9:30-11:30am Wed, Fri Jul 01-Aug 31

CISC Chorus

Come sing with the CISC Chorus at North Bellevue Community Center! New singers are welcome at any time.

North Bellevue Community Center

FREE Age: 50Y & Up
2202839 10am-12pm Wed Jul 06-Dec 21

CISC Newspaper Reading

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.

North Bellevue Community Center

FREE Age: All Ages
2202853 9-10am Wed Jul 06-Dec 21

Dance

Sounds of Swing Big Band Practice & Dance

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. *The second Tuesday of each month Sounds of Swing Big Band hosts a dance. \$3/person fee payable at the door, no pre-registration required.

North Bellevue Community Center

FREE Age: 18Y & Up
1-3pm Tue Ongoing

CISC Ballroom & Line Dancing

Chinese Information Services 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 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.

North Bellevue Community Center

\$4(R) \$5(N) Age: 18Y & Up
1-2:45pm Wed Ongoing



LIFEGUARD

Beach lifeguards needed!

Spend your summer on the shores of Lake Washington. Learn more about training and certification opportunities, or visit GovernmentJobs.com/careers/BellevueWA to apply.



Line Dancing with Leila

This fun drop-in program is designed to meet the needs of both beginners and those looking for a review of basic line dance steps and combinations. The instructor is patient, fun and full of energy. She uses a variety of music, in a relaxed, social atmosphere. Come learn to dance while giving your brain and body a great workout!

North Bellevue Community Center

\$4(R) \$5(N) Age: 16Y & Up
1-2:45pm Mon, Fri Ongoing

Music

Music Together with Mrs. Chrisi

This unique musical experience of languages, tonalities and rhythms 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. This class is designed for parent/guardian/caretaker participation with child.

South Bellevue Community Center

\$110(R) \$132(N) Age: Up to 5Y
2202902 6-6:45pm Tue Jul 12-Aug 09

Theatre

Charlotte's Web

Come be a part of the family as everyone gets to enjoy acting in this timeless tale. All participants will have group lines depend-ing on age and some may have individual lines. All participants get to sing and have more than ample stage time. Audition dates are June 6 or June 7 anytime between 5-7 p.m. at Bellevue Youth Theatre. Ages 5-12 must pre-register to be in the play but will still audition on June 6 or 7. Course # 2202811 (40 spots available) – performs August 5-14, NO CONFLICTS AUGUST 1-14. Bellevue Residents: FREE; Non-Bellevue Residents: \$150

PERFORMANCE

Tickets: \$12 • All seats are reserved
Performances will be held at the Bellevue Youth Theatre, 16051 NE 10th Street, Bellevue WA 98008

A fantastic journey of love with Wilbur the Pig and Charlotte the Spider. The show will give you happiness and joy as we share their experiences. This show is suitable for the entire family.

Friday, August 5 & 12 at 7 p.m.
Saturday, August 6 & 13 at 2 p.m.
Saturday, August 6 & 13 at 7 p.m.
Sunday, August 7 & 14 at 2 p.m.

The Amplify Program

What story would you tell? In partnership with *Beyond the Stage Youth*, teens will have an opportunity to create an innovative theatrical showcase. Participants will draw from their lived experiences through written exercises, collaborative theatre activities, and community conversations.

Bellevue Youth Theatre

FREE Age: 13-19Y
2202430 Jun 27-Aug 26

Preschool

Natural Start Preschool

Operating out of the South Bellevue Community Center, this Preschool offers a unique nature-based curriculum that supports the developmental and learning needs of preschoolers. Children have the opportunity to spend a majority of each day outside in a natural environment. Registration for the 2022/2023 school year is now open. For more information you can visit NaturalStartPreschool.com or call 425-452-4240 for details.

Kelsey Creek Farm

Farm Animal Pen Pals

Are you curious about what Kelsey Creek Farm's animals are up to? Sign up for this program to receive a letter from Eleanor the Duck. She wants to meet you by sending you a letter and her picture. This is a great opportunity to get to know Eleanor and receive mail. If you send a letter in reply to your farm animal, we will send you one additional letter in return. For each purchase, we will send you up to 2 letters, a picture of your animal and a self-addressed envelope. This activity is best suited for children 4-10 years old. Pen Pal options: Eleanor the Duck, Harriet the Bunny, Jackson the Cat, Rascal the Pony

\$6 (R) \$8 (N) All Ages

Counselor in Training Summer Camp Volunteer

Counselor in Training (CIT) volunteers will assist Day Camp staff with children in our Day Camp programs. CITs will assist staff with daily activities for campers, provide attentive supervision during assigned activities, provide a positive role model for campers by exhibiting an upbeat, cooperative, and friendly attitude, and help campers learn and follow rules to ensure a safe and healthy environment.

Kelsey Creek Farm Park

	\$10(R)	\$12(N)		Age: 15-18Y
2202618-1	8:30am-4:30pm	Mon-Fri	Jun 27-Jul 01	
2202618-2	8:30am-4:30pm	Tue, Wed, Thu, Fri	Jul 05-Jul 08	
2202618-3	8:30am-4:30pm	Mon-Fri	Jul 11-Jul 15	
2202618-4	8:30am-4:30pm	Mon-Fri	Jul 18-Jul 22	
2202618-5	8:30am-4:30pm	Mon-Fri	Jul 25-Jul 29	
2202618-6	8:30am-4:30pm	Mon-Fri	Aug 01-Aug 05	
2202618-7	8:30am-4:30pm	Mon-Fri	Aug 08-Aug 12	
2202618-8	8:30am-4:30pm	Mon-Fri	Aug 15-Aug 19	

Counselor in Training Camp Volunteer

Counselor in Training (CIT) volunteers will assist Day Camp staff with children in our Day Camp programs. CITs will assist staff with daily activities for campers, provide attentive supervision during assigned activities, provide a positive role model for campers by exhibiting an upbeat, cooperative, and friendly attitude, and help campers learn and follow rules to ensure a safe and healthy environment. CIT volunteers must be punctual, follow directions, and demonstrate excellent verbal communication skills.

Robinswood Barn

\$10(R)	\$12(N)		Age: 15-18Y
2202630-1	8:30am-4:30pm	Mon-Fri	Jun 27-Jul 01
2202630-2	8:30am-4:30pm	Tue,Wed,Thu,Fri	Jul 05-Jul 08
2202630-3	8:30am-4:30pm	Mon-Fri	Jul 11-Jul 15
2202630-4	8:30am-4:30pm	Mon-Fri	Jul 18-Jul 22
2202630-5	8:30am-4:30pm	Mon-Fri	Jul 25-Jul 29
2202630-6	8:30am-4:30pm	Mon-Fri	Aug 01-Aug 05
2202630-7	8:30am-4:30pm	Mon-Fri	Aug 08-Aug 12

Summer Teen Farm Program

Teens will help with the animal chores, participate in special projects, and learn responsible animal care. Qualifications include understanding and following directions, ability to be on your feet for a physically active day, tolerance for being outside and working in a farm environment near animals, hay, vegetation, and dust.

Kelsey Creek Farm Park

\$15(R)	\$18(N)		Age: 14-18Y
2200573	8:30am-4:30pm	Mon-Fri	Jul 11-Jul 15
22005511	8:30am-4:30pm	Mon-Fri	Jul 18-Jul 22
22005533	8:30am-4:30pm	Mon-Fri	Jul 25-Jul 29
22005577	8:30am-4:30pm	Mon-Fri	Aug 01-Aug 05
22005841	8:30am-4:30pm	Mon-Fri	Aug 08-Aug 12
22005643	8:30am-4:30pm	Mon-Fri	Aug 15-Aug 19
22005731	8:30am-4:30pm	Mon-Fri	Aug 22-Aug 26

Saturday Morning 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.

Kelsey Creek Farm Park

FREE			Age: 18Y & Up
2202726-2	8:30-10:30am	Sat	Jul 02-Jul 30
2202726-3	8:30-10:30am	Sat	Aug 06-Aug 27

Little Nursing/Nutrition Mini Camp

These future dieticians will learn about healthy eating habits, the food pyramid, and global foods through our nutrition workbook *Asha's Magical Ride*. Students will discover the important responsibilities of a nurse and identify the primary instruments used. These future nurses will learn about the importance of immunizations, the role a nurse plays before/during/after surgery and how to treat broken bones. Students will role-play the key responsibilities of a dentist and become familiar with basic dental instruments. These future dentists will learn about mouth structure, the parts of a tooth, oral hygiene, most common dental operations, and how to fill a cavity.

Kelsey Creek Farm Park

\$300(R)	\$360(N)		Age: 6-12Y
2202882	10:30am-1:30pm	Mon-Fri	Aug 01-Aug 05

Little Doctor School Mini Camp

Students will role-play the key responsibilities of a doctor and learn about vital organs in the human body. These future doctors will practice suturing stitches and administering first aid; they will learn about the heart, lungs, bones, brain, spine, eyes, digestion, and how pharmacists play a role in prescribing medicine. Each student will receive a lab coat, stethoscope and diploma as a graduate of Little Doctor School upon completion of the course.

Kelsey Creek Farm Park

\$300(R)	\$360(N)		Age: 6-12Y
2202875	9am-12pm	Mon-Fri	Jun 20-Jun 24
2202884	1-4pm	Mon-Fri	Aug 22-Aug 26

Little Vet School Mini Camp: Dog

Students will role-play the key responsibilities of a veterinarian and learn how to care for a dog. These future veterinarians will learn how to remove ticks, give immunizations, suture lacerations, read an x-ray, design their own veterinarian office, and explore dog digestion. Each student will receive a lab coat, plush dog and diploma as a graduate of Little Veterinarian School upon completion of the course along with supplies for each class.

Kelsey Creek Farm Park

\$300(R)	\$360(N)		Age: 6-12Y
2202876	1-4pm	Wed,Thu,Fri	Jun 20-Jun 24
2202879	10:30am-1:30pm	Mon-Fri	Jul 11-Jul 15
2202883	9am-12pm	Mon-Fri	Aug 22-Aug 26

Wilderness Medicine Mini Camp

Students will role-play emergency situations in the wild and learn how to prepare for natural disasters. These future emergency medics will learn about snake bites, hypothermia, tourniquets, poisonous plants, edible plants, distress signals, forest fires, tornadoes, storms, mosquito bites, and water safety. Each student will receive a diploma as a graduate of Wilderness Medicine School upon completion of the course.

Kelsey Creek Farm Park

\$300(R)	\$360(N)		Age: 6-12Y
2202877	10:30am-1:30pm	Mon-Fri	Jul 27-Jul 01
2202880	10:30am-1:30pm	Mon-Fri	Jul 18-Jul 22

Little Vet School Mini Camp: Horse

Students can learn all about horses and their care from the newest Little Medical School Equine program. Students will adopt and name their plush horse and learn the anatomy and maintenance of a horse. They will also learn basic horse nutrition, riding styles, gaits and role-play and basic key responsibilities of an equine veterinarian.

Kelsey Creek Farm Park

\$300(R)	\$360(N)		Age: 6-12Y
2202878	10:30am-1:30pm	Tue,Wed,Thu,Fri	Jul 05-Jul 08

Little Vet School Mini Camp: Cat

Students will role-play the key responsibilities of a veterinarian and learn how to care for a cat. These future veterinarians will learn how to give a tip-to-tail exam, suture lacerations, give immunizations, discover the elements that make up a cat's blood, explore cat digestion, and understand cat body language. Each student will receive a lab coat, plush cat and diploma as a graduate of Little Veterinarian School upon completion of the course along with supplies for each class.

Kelsey Creek Farm Park

\$300(R)	\$360(N)		Age: 6-12Y
2202881	10:30am-1:30pm	Mon-Fri	Jul 25-Jul 29

Health & Wellness

Exercise and Nutrition: Eat Better and Move More

Most people find nutrition information confusing and contradicting. They also can be overwhelmed with how to even start an exercise program. So, in this presentation we will be offering some easy and fun ideas for folks to choose even one thing to try to eat better or add a bit more activity in their life with the purpose of better overall health and longevity. Advance registration is required. This program receives funding from the King County Veterans, Seniors and Human Services Levy.

North Bellevue Community Center

FREE Age: All Ages
2202822 12:30-1pm Wed Aug 17

Strength, Conditioning, Cardio, & Active Fitness

Total Body Fitness

Join a certified group fitness instructor for this fun 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

\$99(R) \$117(N) Age: 16Y & Up
2200275-7 6-6:50am Tue,Thu Jul 05-Aug 18

BellevueAtHome: Virtual Total Body Fitness

Join a certified group fitness instructor virtually from home for this fun, affordable and effective way to burn stubborn body fat and improve your level of fitness! Workouts are modified for virtual participants using bodyweight exercises, agility movements, and more to strengthen your body and core. Get ready to sweat and have fun!

South Bellevue Community Center Zoom Room

\$55(R) \$65(N) Age: 16Y & Up
2200277-7 6-6:50am Tue Jul 05-Aug 16
\$44(R) \$52(N) Age: 16Y & Up
2200276-7 6-6:50am Thu Jul 07-Aug 18

Fit 360

Join a certified group fitness instructor for this action-packed cardio & strength class. Each workout will include a warm-up followed by strength, cardio and cool-down/stretching exercises. Instructor will work with you on any modifications. All fitness levels welcome.

South Bellevue Community Center

\$99(R) \$117(N) Age: 13Y & Up
220022-7 9:15-10:15am Mon,Wed Jul 06-Aug 17

BellevueAtHome: Virtual Fit 360

Join a certified group fitness instructor virtually from home, for this action-packed cardio & strength class. Each workout will include a warm-up followed by strength, cardio, and cool-down/stretching exercises. Instructor will work with you on any modifications. Enjoy a virtual community of friends while you improve your fitness from home! All fitness levels welcome.

South Bellevue Community Center Zoom Room

\$44(R) \$52(N) Age: 13Y & Up
2200486-7 9:15-10:15am Mon Jul 11-Aug 15
\$55(R) \$65(N) Age: 13Y & Up
2200487-7 9:15-10:15am Wed Jul 06-Aug 17

Small Group Training

Join a certified personal trainer for this small group training class focused on helping you achieve your fitness goals! Workouts will be designed to meet everyone's needs and fitness level. Trainer will provide support, encouragement, and accountability to help you reach new heights in health and wellness.

South Bellevue Community Center

\$100(R) \$125(N) Age: 16Y & Up
2200264-4 7-7:50pm Mon Jul 18-Aug 15

Active Adult Fitness

Designed for those who have graduated from the beginner adult classes or senior fitness programs and are ready for more of a challenge. You will enjoy this fun hour-long full body workout that keeps your heart rate elevated while improving strength, endurance, and cardiovascular fitness in an 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

\$40(R) \$48(N) Age: 18Y & Up
2200211-7 10:30-11:30am Wed Jul 06-Jul 27
\$30(R) \$36(N) Age: 18Y & Up
2200211-8 10:30-11:30am Wed Aug 03-Aug 17

Strong and Fit Seniors/Adults

This group fitness class is best suited for beginners or advanced beginners who are looking to improve strength, balance, cardiovascular health, flexibility, and coordination within a strong community of supportive friends. A certified instructor will guide you through 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

\$40(R) \$48(N) Age: 18Y & Up
2200216-7 10:30-11:30am Wed Jul 06-Jul 27
\$30(R) \$36(N) Age: 18Y & Up
2200216-8 10:30-11:30am Wed Aug 03-Aug 17

Cycling

Ride LeMond bikes and increase aerobic fitness while burning approximately 600+ calories per class. All fitness levels welcome as you control your pace. Please arrive 10 minutes before class start time for set-up. Park in the lower tennis court lot. Classes will be held outdoors under cover. Dress for the temperature.

South Bellevue Community Center

\$91(R) \$110(N) Age: 13Y & Up
2200214-4 6-7am Mon,Wed Jul 06-Aug 17

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

\$27(R)	\$33(N)	Age: 13Y & Up	
2200351-7	10:30-11:30am	Mon	Jul 11-Jul 25
\$54(R)	\$66(N)	Age: 13Y & Up	
2200292-7	10:30-11:30am	Mon, Fri	Jul 08-Jul 29

SilverSneakers Classic

Seated and standing exercises to increase muscular strength, range of motion and activities for daily living. Register for the month and save \$1.00 per class!

North Bellevue Community Center

\$60(R)	\$72(N)	Age: 18Y & Up	
2202835	11am-12pm	Mon, Wed, Fri	Jul 06-Jul 28
\$70(R)	\$84(N)	Age: 18Y & Up	
2202836	11am-12pm	Mon, Wed, Fri	Aug 01-Aug 31

Drop-In SilverSneakers Classic

\$6(R)	\$7(N)	Age: 18Y & Up	
	11am-12pm	Mon, Wed, Fri	Ongoing

Body & Mind

Gentle Yoga

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.

South Bellevue Community Center

\$39(R)	\$45(N)	Age: 13Y & Up	
2200257-7	11:45am-12:45pm	Tue	Jul 12-Jul 26
2200257-8	11:45am-12:45pm	Tue	Aug 02-Aug 16

Yoga - Levels 1 & 2

Beginner and intermediate students who want a strong, safe foundation in alignment yoga will develop body awareness, flexibility, balance, and strength, plus learn sequences to start a personalized yoga practice. Students with injuries or health conditions will learn modifications to practice safely. This joyful class integrates other aspects of a well-rounded practice such as breathing, meditation and health and nutrition tips.

South Bellevue Community Center

\$78(R)	\$90(N)	Age: 13Y & Up	
2200290-5	6-6:50pm	Wed	Jul 06-Aug 10

SilverSneakers Yoga

SilverSneakers® Yoga: Seated and standing yoga poses to increase flexibility, balance and range of motion. Register for the month and save \$1.00 per class!

North Bellevue Community Center

\$40(R)	\$48(N)	Age: 18Y & Up	
2202837	11am-12pm	Tue, Thu	Jul 05-Jul 28
\$54(R)	\$65(N)	Age: 18Y & Up	
2202838	11am-12pm	Tue, Thu	Aug 02-Aug 30

Drop-In SilverSneakers Yoga

\$6(R)	\$7(N)	Age: 18Y & Up	
	11am-12pm	Tue, Thu	Ongoing

14 July & August, 2022

CONNECTIONS

Martial Arts

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

\$54(R)	\$66(N)	Age: 6-12Y	
2200296-7	6-6:50pm	Mon, Wed	Jul 11-Jul 27
2200296-8	6-6:50pm	Mon, Wed	Aug 01-Aug 17

Ages 12-Adult or instructor permission for younger children.

\$54(R)	\$66(N)	Age: 12Y & Up	
2200297-7	7-7:50pm	Mon, Wed	Jul 11-Jul 27
2200297-8	7-7:50pm	Mon, Wed	Aug 01-Aug 17

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

\$64(R)	\$76(N)	Age: 5Y & Up	
2200266-7	4-4:50pm	Tue, Thu	Jul 05-Jul 28
2200267-7	5-5:50pm	Tue, Thu	Jul 05-Jul 28
\$48(R)	\$57(N)	Age: 5Y & Up	
2200266-8	4-4:50pm	Tue, Thu	Aug 02-Aug 18
2200267-8	5-5:50pm	Tue, Thu	Aug 02-Aug 18

6pm class is for ages 9-Adult or by instructor permission.

\$64(R)	\$76(N)	Age: 9Y & Up	
2200290-7	6-6:50pm	Tue, Thu	Jul 05-Jul 28
\$48(R)	\$57(N)	Age: 9Y & Up	
2200290-8	6-6:50pm	Tue, Thu	Aug 02-Aug 18

Kendo - Beginning

Kendo is a co-ed martial arts sport based on Samurai traditions requiring both mental and physical discipline. The beginning class focus is on learning basic footwork and sword handling. Upon completion of the beginning class, continuing students enroll in the Intermediate Kendo class. Prospective students should make an effort to research Kendo prior to signing up for the class.

Highland Park & Community Center

\$90(R)	\$108(N)	Age: 8Y & Up	
2202592	6:30-8pm	Fri	Jun 24-Aug 19

Kendo - Intermediate

Intermediate Kendo is a continuation where participants work on skill improvement. Half of the class time is spent in drills with the advanced class. Prerequisite is completion of Beginning Kendo 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.

Highland Park & Community Center

\$90(R)	\$108(N)	Age: 8Y & Up	
2202593	6:30-8pm	Fri	Jun 24-Aug 19

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

BellevueWA.gov/Parks

Natural Resources & Outdoor Education

Ranger Programs

Kendo - Advanced

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.

Highland Park & Community Center

\$90(R) \$108(N) Age: 8Y & Up
2202591 7:30-9:30pm Fri Jun 24-Aug 19

Kendo - Women's Advanced

Women's Kendo is a women's only kendo class that builds on the skills learned in the Advanced Kendo class. Participants should have previously completed Advanced Kendo or are currently enrolled in Advanced Kendo, have armor (bogu), and have approval from the teacher to enroll. This class takes place one time per month on 7/8 and 8/5.

Highland Park & Community Center

\$20(R) \$24(N) Age: 8Y & Up
2202893 8-9:30pm Fri Jul 08-Aug 05

Conqueror Hapkido & MMA for Self Defense

Conqueror Hapkido Martial Arts, Self Defense is a family friendly program that aims to instill or enhance discipline, patience, perseverance and self-confidence through fitness, self-defense, Martial Arts and meditation exercises. HAP = United or Coordinate. KI = Mental and/or Physical energy.

North Bellevue Community Center

\$56(R) \$70(N) Age: 5-12Y
2202828 5:30-6:30pm Mon,Wed Jul 06-Jul 27

\$56(R) \$70(N) Age: 12Y & Up
2202829 6:35-7:35pm Mon,Wed Jul 06-Jul 27

\$80(R) \$100(N) Age: 5-12Y
2202830 5:30-6:30pm Mon,Wed Aug 01-Aug 31

\$80(R) \$100(N) Age: 12Y & Up
2202831 6:35-7:35pm Mon,Wed Aug 01-Aug 31

CISC 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 and no pre-registration required.

North Bellevue Community Center

\$4(R) \$5(N) Age: 50Y & Up
2202854 9:30-10:30am Thu Jul 06-Dec 21

Ranger Walk

Interested in a weekend activity that's both fun *and* educational? Bring the whole family to the Lake Hills Greenbelt Ranger Station for a ranger-led walk! On select Saturdays from 2-3 p.m., join us for a mild 1-mile nature hike through the Greenbelt's trails and discover the season's myriad of flora and fauna. Wear your favorite weather-appropriate outdoor clothing and shoes, and feel free to bring personal wildlife-viewing gear (e.g. binoculars or magnifying glasses) 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! Pre-registration required.

Lake Hills Greenbelt

FREE			Age: All Ages
2202339	2-3pm	Sat	Jun 18
2202340	2-3pm	Sat	Jun 25
2202340	2-3pm	Sat	Jun 25
	2-3pm	Sat	Jul 02
	2-3pm	Sat	Jul 09
	2-3pm	Sat	Jul 16
	2-3pm	Sat	Jul 23
	2-3pm	Sat	Jul 30
	2-3pm	Sat	Aug 13
	2-3pm	Sat	Aug 20
	2-3pm	Sat	Aug 27

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). Preregistration required for each participant.

Lewis Creek Visitor Center & Park

FREE			Age: All Ages
	10:30-11:30am	Sat	Jul 02
	10:30-11:30am	Sat	Aug 06

Ranger-led Hike at Lakemont Highlands Open Space

Meets at Lewis Creek Park Visitor Center, 5808 Lakemont Blvd SE
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). Preregistration required for each participant.

Lewis Creek Visitor Center & Park

FREE			Age: 1Y & Up
	10am-12pm	Sun	Jul 10

Ranger-led Hike at Lakemont Community Park

This lovely trail winds alongside a creek as we ascend and descend throughout the park. Please dress for the weather and wear sturdy shoes. This hike is rated as moderately difficult (2 miles with 700 ft total elevation change). Preregistration required for each participant.

Lakemont Community Park

FREE Age: All Ages
10:30am-12pm Sun Aug 21

Ranger Hike: Mercer Slough Nature Park

Bring the whole family to join a Ranger on a guided 1.5-mile 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.

Ages: All are welcome but best for 5 and up.

Mercer Slough Nature Park

FREE Age: 3Y & Up
2202548 2-3:30pm Sun Jul 03
2202549 2-3:30pm Sun Jul 17
2202550 2-3:30pm Sun Aug 07
2202551 2-3:30pm Sun Aug 21

Night Hike with a Ranger

Most of us have taken walks or hikes during the day, but what about the evening? A whole different world of creatures awakens as the sun goes down in 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. You'll be amazed how different the sights and sounds of the forest are in the evening hours. Bring warm clothing and comfortable shoes, as we'll be doing about a mile of walking in rainy or clear weather!

Pre-registration required.

Lake Hills Greenbelt

FREE Age: 5Y & Up
9:30-10:30pm Fri Jun 24
8:30-9:30pm Fri Aug 26

Ranger Program: Who's Humming

Did you know that Hummingbirds flap their wings 80 times per second? This is why you hear that humming sound when they are nearby? These small colorful birds are fascinating to watch as they eagerly drink nectar from flowers or visit backyard feeders. Join a park Ranger to discover more fun facts, enjoy some crafts, and a stroll in nature to listen for some humming...birds.

Mercer Slough Nature Park

FREE Age: 5Y & Up
2202554 2-3pm Sat Jul 16

Ranger Program: Hunters of the Sky

Dragonflies are beautiful and intriguing to watch but did you know they are also ferocious predators? They can judge the speed and trajectory of their prey with such precision that they adjust their flight accordingly and ambush unsuspecting insect's mid-air. Join a Park Ranger for a fun filled hour to learn more about these aerial hunters.

Mercer Slough Nature Park

FREE Age: 5Y & Up
2202555 2-3pm Sat Aug 20

Canoe Mercer Slough

Explore the beautiful Mercer Slough Nature Park by water! Bellevue park rangers lead this 3-hour canoe trip from Enatai Beach Park. You'll see how this amazing ecosystem functions as you travel into the heart of Mercer Slough Nature Park, a 320 acre wetland. You may catch a glimpse of otters, herons, turtles, and other wildlife of Mercer Slough. Program may be cancelled due to high wind and/or lightning.

PRIOR CANOEING EXPERIENCE AND PRE-REGISTRATION FOR EACH PARTICIPANT ARE REQUIRED. Participants must be at least 5-years old. There is always a chance that canoes can capsize. Ability to swim and comfort in and around water are recommended.

Due to limited equipment we have a maximum of 8 participants per program. Please call Mercer Slough Environmental Education Center for questions; 425-452-2565

Enatai Beach Park

\$18(R) \$20(N) Age: 5Y & Up
CMS-2022-1 9am-12pm Sat Jun 25
CMS-2022-2 9am-12pm Sat Jul 09
CMS-2022-3 9am-12pm Sat Jul 16
CMS-2022-4 9am-12pm Sat Jul 23
CMS-2022-5 9am-12pm Sat Jul 30
CMS-2022-6 9am-12pm Sat Aug 13
CMS-2022-7 9am-12pm Sat Aug 20
CMS-2022-8 9am-12pm Sat Aug 27

Story & A Stroll

Story and a Stroll

Join a park Ranger to explore the forested Wetlands of the Mercer Slough Nature Park. Each week as we venture outside, children will be fascinated by all there is to discover and become more comfortable navigating the trail. Children will also enjoy a nature-based story connecting them to the natural world. Each week we will read a new story!

Mercer Slough Nature Park

FREE Age: 3Y & Up
2202564 11am-12pm Fri Jun 24
2202565 11am-12pm Fri Jul 01
2202566 11am-12pm Fri Jul 08
2202567 11am-12pm Fri Jul 15
2202568 11am-12pm Fri Jul 22
2202569 11am-12pm Fri Jul 29
2202571 11am-12pm Fri Aug 05
2202572 11am-12pm Fri Aug 12
2202573 11am-12pm Fri Aug 19
2202574 11am-12pm Fri Aug 26

Family Discovery Series

Toddler Trails

Explore the trails at Lewis Creek Park with a park ranger and get out some wiggles on select days this spring. We'll take frequent stops while we investigate the different environments of Lewis Creek Park we wander through and learn how we can make hiking fun for everyone. This is an outdoor program, please dress for the weather and wear sturdy shoes. Ages 18 months - 3 years with accompanying adult(s). This hike's difficulty is rated as easy (.5 miles). Preregistration required for children and adults.

Lewis Creek Visitor Center & Park

FREE	Age: All Ages		
10-11am	Fri	Jun 24	
10-11am	Fri	Jul 08	
10-11am	Sun	Jul 31	
10-11am	Sun	Aug 14	
10-11am	Fri	Aug 26	

Monsters In The Creek

Look closely into a creek. Stay still, and you might just see a giant set of jaws emerge from the deep to snatch dinner as it swims by! Creeks are full of living organisms, and while they might just look like ordinary bugs from afar, we'll get a tadpole's view of all the exoskeletons, pinchers, and external gills creeping along the creek bed this month. Ages 5-10 with accompanying adult(s). Preregistration required for children and adults. Preregister at Register.BellevueWA.gov. Current local guidelines regarding covid-19 apply. Maximum enrollment 15.

Lewis Creek Visitor Center & Park

FREE	Age: 5Y & Up		
2:30-3:30pm	Sat	Jun 25	

Cascade Canines

Did you know foxes are the only canids to climb trees or that coyotes tip toe to be extra sneaky? Discover more about Washington's furry canines and practice your howl with a park ranger this month. Ages 5-10 with accompanying adult(s). Preregistration required for children and adults.

Lewis Creek Visitor Center & Park

FREE	Age: 5Y & Up		
2:30-3:30pm	Sat	Jul 09	

Batty Nights at Lewis Creek Park

Come test out your echolocation with a Park Ranger. We'll learn all about our local bat species while taking a dusk hike to watch for bats as they forage for insects! Bring a flashlight or headlamp, as well as sturdy shoes! Ages 5+ with accompanying adult(s). Preregistration required for children and adults.

Lewis Creek Visitor Center & Park

FREE	Age: 5Y & Up		
8:30-10pm	Fri	Jul 15	
8-9:30pm	Fri	Aug 12	

Forest Fire Tag

Join a park ranger to learn about forest fires this month. We'll play some fun games to explore the science behind wildland fires, learn how trees protect themselves from fire and even how some forests need fire to keep the ecosystem healthy. Ages 5-10 with accompanying adult(s). Preregistration required for children and adults.

Lewis Creek Visitor Center & Park

FREE	Age: 5Y & Up		
2:30-3:30pm	Sun	Aug 07	
2:30-3:30pm	Sat	Aug 13	
2:30-3:30pm	Sat	Aug 20	

Brilliant Bugs

Lots of bugs call our park home, but how many of them have you actually seen? Join us for a deeper look into where these important critters can be found, from up in the trees to deep in the ground. We'll be looking to see just how many different kinds of bugs we can find, and discussing how they affect the world around them. Come prepared to explore the Lake Hills Greenbelt (with clothing you don't mind getting a little dirty), and discover its many-legged inhabitants--the findings may surprise you!

Pre-registration required.

Lake Hills Greenbelt

FREE	Age: 5Y & Up		
10-11am	Fri	Aug 12	
10-11am	Fri	Aug 19	

EVENT: National Moth Week

All different colors, patterns, shapes, and sizes--this is just some of what we see when peeking into the incredible world of moths! For the first time ever, join us in celebrating this very special week by observing these stunning insects up close. Flutter over to the Bellevue Botanical Garden to learn about the fascinating lives of moths, and see them for yourself as they visit our moth light and sheet setup! This event will take place outdoors, so be sure to dress for the weather. Pre-registration required.

Bellevue Botanical Garden

FREE	Age: 5Y & Up		
8:30-10:30pm	Sat	Jul 23	
8:30-10:30pm	Sat	Jul 30	

Adult Enrichment Series

Evening Nature Walk

Join a Bellevue Park Ranger for a (grown-ups only) hike where we'll explore some of the park's nocturnal species, as well as strategies for seeing these shy animals at night. Please bring a flashlight or headlamp, dress for the weather, and wear sturdy shoes. This hike's difficulty is rated as easy (1 mile with approximately 50 ft elevation change). Ages 18+. Preregistration required for each participant.

Lewis Creek Visitor Center & Park

FREE	Age: 18Y & Up		
8:30-10pm	Fri	Jun 17	

Youth Sports

Sports Day of Play

Calling kids who are interested in learning new sports and skills to stay active this summer! Whether you want to learn a new game or brush up on your skills, this is the place to be. Join us for Sports Day of Play! This day is focused on sports instruction for youth in a safe, welcoming environment. Participants will have the opportunity to rotate through multiple sports stations such as basketball, soccer, pickleball, and more! Don't miss out on a chance to try new sports, make new friends, and participate in fun competitions!

South Bellevue Community Center

\$5 Age: 7-13Y
2202380 12-5pm Sat Jun 18

Tennis

Registration began April 4 for adult tennis programs.

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

\$80(R) \$80(N) Age: 18Y & Up
2201692 7:45-9pm Tue Jun 28-Jul 19
2201693 9-10:15pm Wed Jun 29-Jul 20
2201795 7:45-9pm Tue Jul 26-Aug 16
2201796 9-10:15pm Wed Jul 27-Aug 17

Adult Advanced Beginning Tennis

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

Robinswood Tennis Center

\$80(R) \$80(N) Age: 18Y & Up
2201688 9-10:15pm Tue Jun 28-Jul 19
2201689 7:45-9pm Wed Jun 29-Jul 20
2201791 9-10:15pm Tue Jul 26-Aug 16
2201792 7:45-9pm Wed Jul 27-Aug 17

Adult Intermediate Tennis

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

Robinswood Tennis Center

\$60(R) \$60(N) Age: 18Y & Up
2201694 7:45-9pm Mon Jun 27-Jul 18
\$80(R) \$80(N) Age: 18Y & Up
2201695 7:45-9pm Thu Jun 30-Jul 21
2201797 7:45-9pm Mon Jul 25-Aug 15
2201798 7:45-9pm Thu Jul 28-Aug 18

Adult Advanced Tennis

Class will focus on more advanced drills and strategy for singles/doubles play. USTA Level of 3.5 or higher.

Robinswood Tennis Center

\$60(R) \$60(N) Age: 18Y & Up
2201690 9-10:15pm Mon Jun 27-Jul 18
\$80(R) \$80(N) Age: 18Y & Up
2201691 9-10:15pm Thu Jun 30-Jul 21
2201793 9-10:15pm Mon Jul 25-Aug 15
2201794 9-10:15pm Thu Jul 28-Aug 18

Online registration not available for the following Junior Teams. A tryout required each session

Tryout forms and form drop-off date available at BellevueWA.gov/Tennis. Forms may not be dropped off before June 15.

Team 1 & 2 Tryout Dates:

Summer 1: June 28 and June 30

Summer 2: July 26 and July 28

Tournament & Elite Tryout Dates:

Summer 1: June 27 and June 29

Summer 2: July 25 and July 27

Tennis 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

\$112(R) \$112(N) Age: All Ages
2-3:30pm Tue,Thu Jun 28-Jul 21
2-3:30pm Tue,Thu Jul 26-Aug 18

Tennis Team 2

Players on Team 2 have finished a session in one of the top ladder spots on Team 1. They have shown a progression of their basic skills and they are incorporating those skills into their match play. Team 2 players are playing at an intermediate USTA level.

Robinswood Tennis Center

\$112(R) \$112(N) Age: 4-18Y
3:30-5pm Tue,Thu Jun 28-Jul 21
3:30-5pm Tue,Thu Jul 26-Aug 18

Tennis Tournament Team

Players on Tournament Team have finished a session in one of the top spots on Team 2. A requirement for this team is that the student is actively participating in tournaments. The student has a strong grasp of the basics and is working on developing offensive shots and strategies. Tournament Team players are playing at an intermediate and/or advanced USTA level.

Robinswood Tennis Center

\$154(R) \$154(N) Age: 4-18Y
2-3:30pm Mon,Wed Jun 27-Jul 22
10:30am-12pm Fri

\$168(R) \$168(N) Age: 4-18Y
2-3:30pm Mon,Wed Jul 25-Aug 19
10:30am-12pm Fri

Tennis 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

\$154(R) \$154(N) Age: 4-18Y
3:30-5pm Mon,Wed Jun 27-Jul 22
9-10:30am Fri

\$168(R) \$168(N) Age: 4-18Y
3:30-5pm Mon,Wed Jul 25-Aug 19
9-10:30am Fri

Facility Addresses & Phone Numbers

Quick Find Directory

RECREATION REGISTRATION425-452-6885
FACILITY & FIELD RENTALS425-452-6914

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 & 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

THE BELLEVUE
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BELLEVUE FAMILY 4th

★★ THE EASTSIDE'S ★★
LARGEST CELEBRATION

JULY 4

5:00PM - 10:30PM

BELLEVUE DOWNTOWN PARK

 FREE PARKING at The Bellevue Collection after 5pm

JOIN US FOR OUR ANNUAL CELEBRATION OF **LIVE MUSIC**,
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