

South Bellevue Community Center

Partnership for a healthy community



Facility Guide • September-December 2022

WELCOME



TABLE OF CONTENT

South Bellevue Community Center is a diverse, welcoming place for all to experience. SBCC was built in 2005 with the goal of the facility and programs to be a cornerstone in building a healthy community in South Bellevue. All are welcome to enjoy the variety of programs, classes and events offered throughout the year. Through many partnerships, South Bellevue Community Center is proud to serve the community, encouraging all to gather, learn, play, exercise and engage with others.

~ Jen Newton
Program Manger

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GENERAL INFORMATION

South Bellevue Community Center (SBCC) is operated in partnership with the Boys & Girls Clubs of Bellevue (BGCB). The City of Bellevue's Parks & Community Services Department is the primary program provider for preschool-age children, adults, seniors, specialized recreation, family special events, fitness and wellness, human services and facility rentals at SBCC. The BGCB provides programs and services primarily for children, youth and teens (K-19), including after-school, school's out activities and summer camps.

Mission

Through partnerships and exceptional customer service, the South Bellevue Community Center provides inclusive opportunities for recreation, fitness, education and celebrations to build a healthy community.

Scholarships

The City of Bellevue offers scholarships for most of the Parks & Community Services programs. For more details about applying, ask our front desk or call 425-452-4240.



Hours of Operation

Monday-Thursday.....6 a.m.-8 p.m.
Friday.....6 a.m.-7 p.m.
Saturday.....8 a.m.-5 p.m.

Phone

425-452-4240

Address

14509 SE Newport Way

Email

sbcc@bellevuewa.gov


Website

BellevueWA.gov/sbcc

Registration

Register.BellevueWA.gov



 For alternate formats, interpreters, or reasonable accommodation requests please phone at least 48 hours in advance 425-452-4240 (voice) or email sbcc@bellevuewa.gov. For complaints regarding accommodations, contact City of Bellevue ADA/Title VI Administrator at 425-452-6168 (voice) or email ADATitleVI@bellevuewa.gov. If you are deaf or hard of hearing dial 711. All meetings are wheelchair accessible.

MEET OUR STAFF



Jennifer Newton
Program Manager
jnewton@bellevuewa.gov

Jen Newton has been the Manager at South Bellevue Community Center since 2018. Since her youth, she has

always had a passion for parks and recreation and serving her community. She often volunteered for the local recreation programs in her hometown and at the nearby YMCA summer camp. Growing up in a small town Jen understood early how individual connections, especially through sports and recreation, really bring communities together.

With over 25 years in municipal recreation, Jen has experience in management, team building, program development, strategic implementation, fiscal responsibility, and across-department collaboration. Jen holds a BA in Therapeutic Recreation from Western Washington University and an MPA from the Evans School of Public Policy and Governance at the University of Washington. She currently resides in Bellevue with her husband and three children.



Joan Perugini
Fitness Supervisor
jperugini@bellevuewa.gov

Joan has worked for the City of Bellevue for 17 years and provided the fitness-related expertise for SBCC including

program design, equipment purchase, policies and procedures and staffing. She has a BA in Recreation from Western Washington University. Joan and husband, John, are enjoying their new Suncadia house and have 2 adult, married kids who live in the same neighborhood in West Seattle. Joan loves spending time with Grandson, Benny, long distance road cycling and manages the family wheat farms in Alberta Canada.



Bill Gatlin
Community Services Coordinator
wgatlin@bellevuewa.gov

Bill joined SBCC in October 2021 after spending the previous 18 years of his

career within military recreation. He currently oversees the general recreation activities, preschool, climbing wall, and special events. He was born in Southern California and then moved to Port Orchard in his teenage years. He graduated from Washington State University in 2004 with a degree in Sport Management. GO COUGS! He loves all things sports, enjoys golfing, spending time with his family and watching his two daughters play soccer.

MEET OUR STAFF



Kristina DeFlorio

Administrative Assistant

kdeflorio@bellevuewa.gov

Kristina has assisted with the business operations of South Bellevue Community Center for over 14 years. Most afternoons

you can find her at the front desk greeting the Fitness Center regulars. She is a Washington State University Alumni and avid college football and hockey fan. She is willing to talk about running, hockey, or the Cougs any time.



Andres Calderon

Assistant Fitness Coordinator

acalderon@bellevuewa.gov

Andres has been assisting with the operation of the Fitness Center since 2011. In 2015 he became a NASM Certified

Personal Trainer and has become a strong advocate for improving wellness through small behavioral changes, functional training, and positive thinking. He, his wife, and daughter reside in nearby Issaquah. Andres enjoys cooking, hiking, paddleboarding and playing guitar in his spare time.



Katelyn Stewart

Recreation Technician

kstewart@bellevuewa.gov

Katelyn first joined SBCC as an intern for the summer of 2019 and was so excited to be invited back to join the team

as the Recreation Technician in August of 2021. She graduated from Central Washington University in 2020 with a degree in Recreation & Event Management and Dance. Katelyn is also the head coach of the Auburn Riverside High School Dance Team and loves spending time with her team. In her free time, she likes hiking, dancing, and hanging out with friends.



RENTALS

Conveniently located just off of I-90 and minutes from I-405, South Bellevue Community Center is surrounded by 40 acres of lush green space at Eastgate Park, providing a beautifully unique and exciting opportunity to host your event.

You can swing from the trees at the Bellevue Challenge Course, climb the walls on our 33' rock wall or dance the night away in our stunning community rooms! 32,000 square feet of facilities include two full sized gymnasiums, two classrooms, banquet room with full kitchen, mirrored dance studio, indoor rock wall and a large open lobby. Bring in your caterer and toast your event with champagne, wine or beer. Whatever event you are planning, South Bellevue Community Center has it all!

Gymnasiums

Play basketball. Start a badminton game. Set up a volleyball tournament. 6,500 square feet of space per gym make it perfect for 3 badminton courts or 2 volleyball courts. Use it for a full court basketball game or two half court games. **Gym A & B: \$120/hr**
Gym A or B: \$65/hr

Classrooms

Able to hold up to 28 people each, these rooms are ideal for hosting craft group meet-ups, birthday parties, and other events. Saturdays and Sundays are the best time to book these rooms.

Classroom 1 or 2: \$45/hr.

Community Rooms

2,400 square feet of space (1,200 per side) and floor to ceiling windows make it a perfect place for weddings, receptions, bar mitzvahs, corporate parties and more. The full kitchen is an added bonus to enhance your event.

Community Rooms A & B: \$150/hr

Community Room A or B: \$80/hr

Studio Room

Mirrored walls and a barre make it a great place to practice dance or martial arts.
\$50/hr

**Call 425-452-4240 for more
information about facility rentals.**



DROP-IN SPORTS



South Bellevue Community Center offers a wide variety of drop-in sports including **basketball, badminton, pickleball, and volleyball**. Adult drop-in sports are for anyone 18 years and older. See pricing chart on page 8. Family drop-in sports are FREE activities. Visit BellevueWA.gov/sbcc for current Drop-in sports schedule.

Fees

Drop-in sports are \$4 for residents and \$5 for non-residents. Save money by purchasing a **Play Pass**. Play Passes are transferable and do not expire. See the drop-in program pricing chart on page 9. Visit the front desk to purchase a Play Pass. Fitness Center pass holders enjoy free Drop-in sports – inquire at the Front Desk.

Holiday drop-in

When SBCC is open on holidays, the gyms are open for a variety of drop-in sports. Normal drop-in fees apply. Visit BellevueWA.gov/sbcc for holiday drop-in schedules.

Family drop-in

Family drop-in sports are free and an opportunity for families with children under the age of 18 to play together. At least one parent/guardian/caregiver of the same household must participate on the court with children at all times. No drop-offs or team practices are allowed.

Participant guidelines

Please check in at the front desk before participating in a drop-in activity. Each scheduled activity has 20 minutes to begin from the original start time.

DROP-IN SPORTS

Drop-in Program Pricing

	Resident	Cost Per Visit	Non-Resident	Cost Per Visit
Daily Drop-In	\$4.00	\$4.00	\$5.00	\$5.00
12 Punch Play Pass	\$36.00	\$3.00	\$48.00	\$4.00
24 Punch Play Pass	\$66.00	\$2.75	\$90.00	\$3.75
36 Punch Play Pass	\$90.00	\$2.50	\$126.00	\$3.50
48 Punch Play Pass	\$108.00	\$2.25	\$156.00	\$3.25

Visit BellevueWA.gov/sbcc for current Drop-in sports schedule

Next Anniversary Week

January 9-14, 2023

All Drop-In Sports are FREE



FITNESS CENTER

We are your neighborhood fitness choice! We welcome you into our community whether you are a seasoned fitness veteran or brand new to exercise. We offer all the tools to support you! The Fitness Center features state of the art treadmills, bikes, elliptical trainers, weight training machines and free weights. The Fitness Center is designed for adult use, as well as youth ages 13-17 with parent permission. All participants must attend one of the scheduled Fitness Center orientations before your first exercise visit. See chart on right. Fitness pass options can be found in the Fitness Center brochure at the Front Desk or visit BellevueWA.gov/sbcc and navigate to the Fitness Center page.

Orientation Schedule

Monday	6:15 p.m.
Tuesday	9:30 a.m.
Thursday	6:30 p.m.
Friday	11:30 a.m.
Saturday	10 a.m.

- No sign-up needed. Please meet in Fitness Center 5 minutes before start time as we are unable to accommodate late arrivals.
- Lasts approximately 20 minutes.
- Once you have attended an orientation, you are ready to workout.



FITNESS CLASSES

There are many ways to take our fitness classes, and you can try many of them for the first time for FREE! Use the following key to identify which options are available for each class. Options are listed in class descriptions:

- **Res:** Resident rate. Bellevue residents save 20%.
- **Non:** Non-resident rate.
- **Free 1st class:** Try the class for FREE before you register. Must sign-in at Front Desk.
- **Discounted session rate:** Best value! Save money when you register for a session. Classes are held in either monthly or bi-monthly sessions. See class descriptions. Rates vary.
- **5-class Flex Card:** Pay for 5-classes in advance valid for the current trimester (Jan-Apr, May-Aug, Sep-Dec). Flex Card rates differ for each class. Purchase at the Front Desk.
- **Drop-in:** No need to register in advance. Most flexible option—pay as you go. Rates differ for each class. Purchase at the Front Desk.



Active Adult Fitness

Ages 18+

Wednesdays: 10:30-11:30 a.m.

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.

FREE 1st class

Monthly discounted session rate available

5-Class Flex Card: Res (\$55), Non (\$65)

Drop-In: Res (\$12), Non (\$14)

Cycle/Stretch

Ages 13+

Tuesdays & Thursdays: 10:30-11:30 a.m.

Join us for this fusion class of beginner level indoor cycling and flexibility exercises. Class is designed for those who are brand new to cycling including: older adults, participants new to exercise and overweight or deconditioned participants. Arrive 10 minutes early on first day for a bike fit. Bring a water bottle & towel. Wear stiff soled shoes or SPD cycle shoes, padded shorts and heart rate monitor if you have them.

FREE 1st class

Bi-monthly discounted session rate available

5-Class Flex Card: Res (\$45), Non (\$54)

Drop-In: Res (\$10), Non (\$12)

FITNESS CLASSES

Cycling

Ages 13+

Mondays & Wednesdays: 6-7 a.m.

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 are held outdoors under cover. Dress for the temperature.

FREE 1st class

Bi-monthly discounted session rate available

5-Class Flex-Card: Res (\$45), Non (\$54)

Drop-In: Res (\$10), Non (\$12)

Fit 360°

In-person or Virtual

Ages 13+

Mondays & Wednesdays: 9:15-10:15 a.m.

Join a certified group fitness instructor, either virtually from home or in-person for this action-packed cardio & strength class. Each workout will include a warm-up followed by strength, cardio and cool-down/stretching exercises. Your instructor will work with you on any modifications. Virtual participants utilize bodyweight exercises and agility movements. In-person class will include equipment such as dumbbells and bands. All fitness levels welcome.

FREE 1st class

Monthly discounted session rate available

5-Class Flex-Card: Res (\$66), Non (\$78).

Drop-In: Res (\$14), Non (\$17).



Gentle Yoga

Ages 13+

Tuesdays: 11:45 a.m.-12:45 p.m.

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.

FREE 1st class

Monthly discounted session rate available

Flex-Card: Res (\$78), Non (\$90)

Drop-In: Res (\$17), Non (\$20)

Jazzercise & Jazzercise Lite

Ages 13+

Tuesdays/Thursdays/Fridays: 9:15-10:15 a.m.

Saturdays: 8:15-9:15 a.m.

Call Phyllis at 206-484-1494 or email kirklandjazz@gmail.com for more information.

FITNESS CLASSES

Pilates

Ages 13+

Fridays: 9:15-10:15 a.m.

Pilates is a low-impact exercise designed to strengthen core muscles, increase body awareness, and improve balance and flexibility. This class combines Pilates basics with yoga and barre exercises. Students often feel a sense of overall wellness with a strong mind-body connection. All fitness levels welcome. For more info about the class and instructor, visit communitypilates.com.

FREE 1st class

Bi-monthly discounted session rate available

5-class FLEX CARD: Res (\$84), Non (\$100)

Drop-In: Res (\$18), Non (\$22)

Shotokan Karate

Mondays & Wednesdays: 6-6:50 p.m.

(Ages 6-12), 7-7:50 p.m. (Ages 12-Adult or instructor permission)

Learn traditional Karate with a non-violent philosophy emphasizing respect, excellence, strength and character with fun and experienced black belt instructors. Bring a water bottle.

Monthly session rate available

Small Group Training

Ages 16+

Mondays: 7-7:50 p.m.

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 your needs and fitness level. Trainer will provide support, encouragement, and accountability to help you reach new heights in health and wellness.

Bi-monthly session rate available

Strong & Fit Seniors/Adults

Ages 18+

Mondays & Wednesdays: 10:30-11:30 a.m.

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!

FREE 1st class

Monthly discounted session rate available

Flex Card: Res (\$55), Non (\$65)

Drop-In: Res (\$12), Non (\$14)



FITNESS CLASSES

Taekwondo

Tuesdays & Thursdays:

4-4:50 p.m. (Ages 5-Adult)

5-5:50 p.m. (Ages 5-Adult)

6-6:50 p.m. (Ages 9-Adult or instructor permission)

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.

Monthly session rate available

Total Body Fitness

In-person or Virtual

Ages 16+

Tuesdays & Thursdays: 6-6:50 a.m.

Join a certified instructor either in-person or virtually from home for this fun and effective way to burn stubborn body fat and improve your level of fitness! In-person workouts utilize dumbbells, bands, and more while virtual 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!

FREE 1st class

Monthly discounted session rate available

Flex Card: Res (\$66), Non (\$78)

Drop-In: Res (\$14), Non (\$17)



FITNESS CLASSES

Yoga – Level 1: Stretch and Restore

Ages 13+

Wednesdays:

7-7:50 p.m.

Welcome to a mini-spa! This class is designed to help you relax your mind, body, and nervous system. It begins with gentle active poses to release tension and open the body to longer-held stretching and restorative poses using a variety of supportive props. Its slower pace is perfect for beginners, students recovering from injury, or anyone with a stressful lifestyle or sleep problems.

Free 1st class

Bi-monthly discounted session rate available

Flex Card: Res (\$78), Non (\$90)

Drop-In: Res (\$17), Non (\$20)

Yoga– Level 2: Align and Strengthen

Ages 13+

Wednesdays:

6-6:50 p.m.

Designed for students with some yoga experience in any tradition. This active, alignment-based class introduces the Classical Surya Namaskar (Sun Salutations), Purna Yoga Hip and Morning Series and a unique sequence each week that may include standing poses, inversions, twists, backbends and forward bends, chest openers or core work. Safety is top priority, so students will learn to modify poses as needed and understand their purpose and benefits.

Free 1st class

Bi-monthly discounted session rate available

Flex Card: Res (\$78), Non (\$90)

Drop-In: Res (\$17), Non (\$20)

ZUMBA

Ages 13+

Mondays & Fridays: 10:30-11:30 a.m.

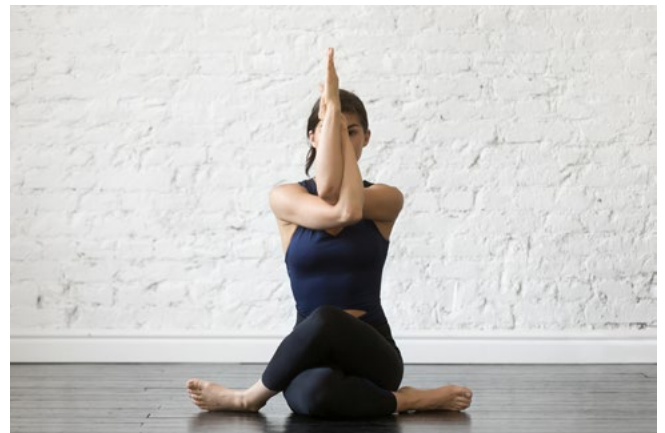
ZUMBA is a one-of-a-kind fitness program with easy-to-follow Latin rhythms designed for all fitness levels. The goal of the program is for you to love working out again and to look forward to it. This hour of calorie burning, energizing, and expressive moves brings spice back into your fitness program!

FREE 1st class

Monthly discounted session rate available

Flex Card: Res (\$52), Non (\$63)

Drop-In: Res (\$11), Non (\$13)



PERSONAL TRAINING

Get a FREE 30-minute consultation with a certified personal trainer. Call or email the personal trainers to learn how they can encourage, motivate and create an exercise routine that is safe and appropriate for you.

Rates and more information about the personal trainers are found at BellevueWA.gov/sbcc or ask for a brochure at the SBCC front desk. A pre-activity screening questionnaire is required prior to your first exercise session. Fill out the questionnaire at your FREE consultation or go to BellevueWA.gov/sbcc and navigate to the "Fitness Center" page to find the form. A physician's consent may be required based on your health history. Youth ages 13-17 need a parent/guardian present for the first training session.



Diane DeFuria

425-221-0070

diane1959defuria@gmail.com



Sara Grandstrand

425-765-8980

sara.atc@gmail.com



YOUTH PROGRAMS



Natural Start Preschool

This Preschool offers a unique nature-based curriculum that supports the developmental and learning needs of preschoolers. Children spend most of their time outside each day. For more information you can visit NaturalStartPreschool.com or call 425-452-4240 for details.

Indoor Play at SBCC

Monday/Wednesday/Friday

10:30 a.m.-12 p.m.

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

Fee: Res (\$4) Non (\$5)



YOUTH PROGRAMS

South Bellevue Community Center also offers martial arts classes for youth.
See page 12 for Shotokan Karate. See page 13 for Taekwondo.

Ballet for Lords and Ladies of the Castle

Ages 4-5

Saturdays, Sep. 17-Dec. 17

9:15-10 a.m.

Children will gain confidence as they dance through the stories of a new Prince or Princess each week. Boys are welcome too!

Fee: Res (\$55) Non (\$65)

Pre-Registration Required

Hippity Hop

Ages 4-5

Saturdays, Sep. 17-Oct. 22

10:15-11 a.m.

Time to POP, LOCK and BREAK! Children will learn the basics of hip-hop dancing with fun and upbeat music. You can expect your child to develop confidence, coordination, personality and HAVE FUN!!!

Fee: Res (\$55) Non (\$65)

Pre-Registration Required

Hippity Hop for Tiny Tots

Ages 3-4

Saturdays, Sep. 17-Dec. 17

11:15 a.m.-12 p.m.

Tiny Tots are invited to learn the basics of hip-hop dancing with fun and upbeat music! Your child will explore how to POP, LOCK and BREAK while developing confidence, coordination, personality with a fun instructor!

Fee: Res (\$55) Non (\$65)

Pre-Registration Required

Music Together

Ages 0-5

Tuesdays, Sep. 13-Nov. 15

6-6:45 p.m.

Thursdays, Sep. 15-Nov. 17

9:30-10:15 a.m. and 10:30-11:15 a.m..

This is the foundational Music Together class, one that a child can attend from birth to age five through 12 song collections. This class is designed for parent/guardian/caretaker participation with child. An additional \$50 materials fee will be paid directly to the instructor on the first day of class.

Fee: Res \$185 Non \$222

Pre-Registration Required



ADULT PROGRAMS

South Bellevue Community Center also offers a wide variety of fitness classes for active adults. See pages 10-14 for more information.

Open Art Studio

Ages 18+

Tuesdays, Sep. 6-Dec. 27

1-3 p.m.

The open art studio is an opportunity for artists 18+ to gather and practice their art and techniques, receive feedback from other artists, and socialize. The studio will primarily focus on media that includes pencil, charcoal, watercolor, acrylics and oil; however, it's also open to textiles, knitting and needle work.

Fee: FREE

South Bellevue Stitches

Ages 18+

Wednesdays, Sep. 7-Dec. 28

10:30 a.m.-12:30 p.m.

Crochet or knit a project of your own or one for charity in a fun group. Learn a new craft or increase your skill level. This is a great opportunity to join a group to socialize with those that share similar interests and hobbies.

Fee: FREE

Pickleball Clinic

Ages 18+

Tuesdays, Sep. 13-Oct. 25

9-10:30 a.m.

If you've never played Pickleball before or are just a beginner, this introductory 90-minute clinic is designed specifically for you! Each clinic session will cover the basics of the game and help develop an understanding of pickleball for recreational and social play, pickleball rules, terminology, and provide beginner play time.

We supply all equipment.

Fee: Res (\$10) Non (\$12)

Pre-Registration Required

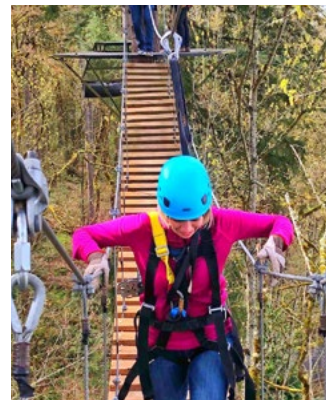




BELLEVUE ZIP TOUR

ZIP through old Maple and Douglas Fir 80 feet above the ground, 35 miles per hour.

Seven zip lines totaling over 458 feet give you a spectacular view of Mt. Baker and Glacier Peak. Open April through October, the Bellevue Zip Tour is a natural wonder located in the City of Bellevue. Make your reservations now.



14509 SE Newport Way, Bellevue, WA 98006
206-295-5494

For pricing and program information visit
BellevueZipTour.com

For questions about the Bellevue Zip Tour,
call 206-295-5494.



SOUTH BELLEVUE CLIMBING WALL



The Bellevue Climbing Wall is 33 feet tall and sculpted to look and feel like Index granite. The wall offers three top-ropes each with several routes with varying degrees of difficulty from beginner to expert and a bouldering wall.

Northwest Teambuilding has recently added The Bellevue Climbing Wall to their list of recreational and educational adventures. The wall is available for private parties, open climbs, climbing classes, and climbing camps.

For pricing and program information visit
NWTeamBuilding.com

For questions about the Climbing Wall, call
206-348-3941.

BELLEVUE CHALLENGE COURSE



For pricing and program information
visit NWTeamBuilding.com

For questions about the Bellevue
Challenge Course, call 206-348-3941.



SBCC

Anniversary Celebration

January 9-14, 2023

The background of the poster features two large, stylized fireworks exploding in the upper corners, one in red and one in blue. Scattered throughout the dark blue background are numerous small, multi-pointed stars in red and blue. The large, bold, blue text 'SBCC' is centered in the middle of the poster.

SBCC

SOUTH BELLEVUE COMMUNITY CENTER
A Partnership for a Healthy Community

FREE fitness classes and recreation activities
Complete schedule at BellevueWA.gov/sbcc • 425-452-4240



Register for classes at:
Register.BellevueWa.gov

For information about the rockwall or ZipTours, visit:
NWTeamBuilding.com

For information about Boys and Girls Club visit:
BGCBellevue.org



South Bellevue Community Center

425-452-4240 | sbcc@bellevuewa.gov

