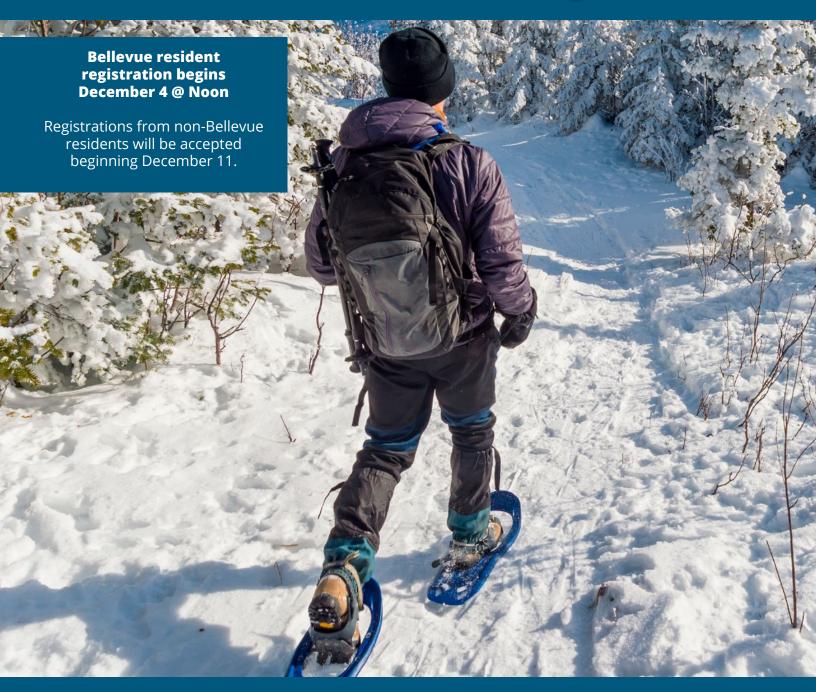
CONNECTIONS January through March, 2024





For alternate formats, interpreters, or reasonable modification requests please phone at least 48 hours in advance 425-452-6885 (voice) or email ParksWeb@BellevueWA.gov. For complaints regarding modifications, contact the City of Bellevue ADA, Title VI, and Equal Opportunity Officer at ADATitleVI@bellevuewa.gov.







PO Box 90012 Bellevue, WA 98009-9012

Bellevue City Council

Lynne Robinson, Mayor Jared Nieuwenhuis, Deputy Mayor

Dave Hamilton Conrad Lee Mo Malakoutian **John Stokes** Janice Zahn

Parks & Community Services Board

Paul Clark, Chair Rowena Clima, Vice-Chair

Elizabeth Kronoff Eileen Chou Heather Trescases Michelle Valverde

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.

Human Services Commission

Ted Mansfield, Chair Jaskaran Singh Sarao, Vice-Chair

Someireh Amirfaiz Chad Halsted Akshi Jain Benjamin Piper Angela White Major Mark Tarantino, Ex-Officio

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.





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 vi 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 PI 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 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

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

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/Scholarships:

Financial assistance is available to qualifying residents who live within the Bellevue City limits. Applicants will be notified of the amount due for each registration after financial assistance 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. Please do not mail cash.

Scholarship/financial assistance application is required prior to registration.

<u>General Recreation Programs and Mini-Camps:</u> Payment is due at the time of registration. Scholarship application is required prior to registration if paying with scholarship.

<u>Day Camps:</u> 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 (Administrative 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.

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



For alternate formats, interpreters, or reasonable modification requests please phone at least 48 hours in advance 425-452-6885 (voice) or email ParksWeb@BellevueWA.gov. For complaints regarding modifications, contact the City of Bellevue ADA, Title VI, and Equal Opportunity Officer at ADATitleVI@bellevuewa.gov.

Bellevue resident registration begins December 4 at Noon Registrations from non-Bellevue residents will be accepted beginning December 11.

		Adult	First Name	!	Adult Date of E	3irth	
Street Address				City	State		ZIP
E-Mail Address - <i>By p</i>	roviding your email address	, you will re	ceive emailed re	eceipts and updates from Be	llevue Parks & Community S	Services.	
)		(_) e Phone				
Nork Phone		Home	e Phone		Pronouns		
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Last	First			Last	First		
Date of Birth:	Pronou	ıns		Date of Birth:	Pron	nouns	
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	alis			Date of Birth:	Pron	ouns	
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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.

I acknowledge that I have carefully read this WAIVER OF LIABILITY / PHOTO & VIDEO RELEASE 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 guidlines.

Bellevue Aquatic Center

Lap Swim Open Swim

Bellevue Botanical Garden

Docent-Led Tours

Bellevue Skate Park

Skate Clinics

Bellevue Youth Theatre

Zombies **Ghost Girls** Frozen IR. Playwriting Lab Improv Workshop

Crossroads Community Center

Adult Volleyball Adult Pickleball

Adult, Youth, and Family Basketball

Adult Kite Flying **Adult Table Tennis**

Badminton

Parent/Child Playgroup

Adult, Youth & Family Games Room - Arts/ Crafts, Board Games, Billiards, Table Tennis, Air Hockey

Highland Community Center

Adaptive Recreation Programs Physical Disability Exercise Wheelchair Basketball Drop-In Adult Basketball **Drop-In Exercise**

Kelsey Creek Farm

Family Story Time Weekend Workshops Teen/Adult Farm Programs

Lake Hills Greenbelt Ranger Station

Ranger Walks

Family Discovery Series

Lewis Creek Visitor Center

Evening Programs Ranger-led Hikes

Family Discovery Series **Adult Volunteers**

Mercer Slough Environmental Education Center

Story & A Stroll Ranger-led Hikes Family Discovery Series

North Bellevue Community Center

Friday Movies Art for Older Adults **Book Club** Billiards Chorus

Cribbage Drop-In Pickleball Drop In Table Tennis Drop-In Tai Chi

Family Story Time/Play Time

Adult Volleyball Drop-In - Hidden Valley Gym Adult Pickleball Drop-In - Hidden Valley Gym

Line Dancing **Board Games** Coffee & Coloring **Duplicate Bridge**

Pinochle

SeniorTech Computer Help Sounds of Swing - Jazz

South Bellevue Community Center

Active Adult Fitness Badminton - Adult & Family Basketball - Adult & Family Indoor Cycling & Cycle/Stretch

Fitness Center Drop-In Pickleball - Adult & Family Shotokan Karate - Youth

Taekwondo Adult Volleyball **ZUMBA**

TRACKS

Tuesday Trails Wednesday Walks TRACKS Elementary Program

CONNECTIONS

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 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, self-respect, 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.

Highland Community Center

Mailing Address: PO Box 90012 Bellevue, WA 98009 **★**(425) 452-7686 | MHCC@BellevueWA.Gov



Adaptive Rec Registration Form

Last Name Street Address City State ZIP	ation				
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Registration Opens: Bellevue Resident: December 4th Non-Bellevue Resident: December 11th	ntact	Street Address	City	State	ZIP
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Registration Opens: Bellevue Resident: December 4th Non-Bellevue Resident: December 11th	Λai	()		()	
Bellevue Resident: December 4 th Non-Bellevue Resident: December 11 th Intellectual Disability Programs IN-PERSON No CLASS ON: JAN 15 Th , FEB 19 Th Highland Hangout \$50(r) \$63(nr) Mon-Thur 3pm-5pm Jan 2 nd -Mar 7 th Artistic Inspirations \$72(r) \$88(nr) Mon 5pm-7pm Jan 8 th -Mar 4 th Dance \$50(r) \$63(nr) Mon 7pm-8pm Jan 8 th -Mar 4 th Fitness \$89(r) \$111(nr) Tue/Thus 5pm-6:30pm Jan 2 nd -Mar 7 th Basketball \$71(r) \$88(nr) Tue/Thur 6:30pm-8pm Jan 2 nd -Mar 7 th Basketball \$571(r) \$88(nr) Tue/Thur 6:30pm-8pm Jan 3 rd -Mar 6 th Movie Time \$550(r) \$63(nr) Weds 5pm-7pm Jan 3 rd -Mar 6 th BINGO \$50(r) \$63(nr) Tues & Thur 11am-Noon Jan 2 nd -Mar 21 st PD Exercise \$108(r) \$129(nr) Tues & Thur Noon-1:30pm Jan 2 nd -Mar 21 st PD Exercise \$108(r) \$129(nr) Tues & Thur Noon-1:30pm Jan 2 nd -Mar 21 st PD Exercise \$108(r) \$129(nr) Tues & Thur Noon-1:30pm Jan 2 nd -Mar 21 st PD Exercise \$108(r) \$129(nr) Tues & Thur Noon-1:30pm Jan 2 nd -Mar 21 st PD Exercise \$108(r) \$129(nr) Tues & Thur Noon-1:30pm Jan 2 nd -Mar 21 st PD Exercise \$108(r) \$129(nr) Tues & Thur Noon-1:30pm Jan 2 nd -Mar 21 st PD Exercise \$108(r) \$129(nr) Tues & Thur Noon-1:30pm Jan 2 nd -Mar 21 st PD Exercise \$108(r) \$129(nr) Tues & Thur Noon-1:30pm Jan 2 nd -Mar 21 st PD Exercise \$108(r) \$129(nr) Tues & Thur Noon-1:30pm Jan 2 nd -Mar 21 st PD Exercise \$108(r) \$129(nr) Tues & Thur Noon-1:30pm Jan 2 nd -Mar 21 st PD Exercise \$108(r) \$129(nr) Tues & Thur Noon-1:30pm Jan 2 nd -Mar 21 st PD Exercise \$108(r) \$129(nr) Tues & Thur Noon-1:30pm Jan 2 nd -Mar 21 st PD Exercise \$108(r) \$129(nr) Tues & Thur Noon-1:30pm Jan 2 nd -Mar 21 st PD Exercise \$108(r) \$129(nr) Tues & Thur Noon-1:30pm Jan 2 nd -Mar 21 st PD Exercise \$108(r) \$129(nr) Tues & Thur Noon-1:30pm Jan 2 nd -Mar 21 st PD Exercise \$108(r) \$129(nr) Tues & Thur Noon-1:30pm Jan 2 nd -Mar 21 st PD Exercise \$108(r) \$129(nr) Tues & Thur Noon-1:30pm Jan 2 nd -Mar 21 st PD Exercise \$108(r) \$129(nr)		Primary Phone		Alternate Phone	
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		_	•		

(r) = Resident of Bellevue

Friday 6pm-8:30pm

(nr)=Non-Bellevue Residents

February 23rd



Registrations received without a signed waiver <u>will not</u> 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.

I acknowledge that I have carefully read this WAIVER OF LIABILITY / PHOTO & VIDEO RELEASE 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.

Parent or Guardian Signature	DATE PRINTED NAM	 ЛЕ
BELL EN MING	Payment Details Payment Method Check D.D.A. (send to High!	
Bellevue Parks & Community Services	Card Number	VISA

Adaptive Recreation

All new Adaptive Recreation participants must meet with Mary Boyle prior to registering. Please call (425) 452-4118 or e-mail mboyle@bellevuewa.gov for an appointment.

Adaptive Tennis

Robinswood Tennis Center

Tennis for individuals with intellectual disabilities allow participants to be introduced to basic tennis skills with the focus on building self-esteem and participation. Registration for this class may only be done in person with Instructor Sara Wilson.

\$56		Ages	Ages 14/up		
2557	We	4:30pm-5:30pm	1/10-2/21		
2718	We	4:30pm-5:30pm	3/6-4/17		

HCC Adaptive Drop-In Sports

Highland Community Center & Park

Exercise

Welcome to our inclusive fitness room, where you'll find adaptive equipment for your fitness needs. Whether you seek to maintain motor strength, enhance range of motion, or build stamina, check us out! This is a drop-in program, with fees payable at the door. Ask the front desk how you can save time and money with the Play Pass.

\$4(R) \$5(N)		Age	Ages 18/up		
	Weekdays	2:00pm-5:00pm	Ongoing		

Adult Wheelchair Basketball

Drop-In Wheelchair Basketball is available on Wednesday evenings with fees payable at the door.

\$4(R)	\$5(N)	Ages 1	8/up
	We	6:00nm-9:00nm	1/3-3/27

Special Events

This event is designed and adapted for adults with intellectual disabilities. Grab your friends and head on down to Highland Center. Spend the night dancing away to classic hits and the newest songs. About halfway through the evening, we take a break and enjoy some fun food.

Highland Community Center & Park

Decades Dance

Get ready to boogie through time at our Decades Dance. We will take you on a whirlwind journey from the groovy '70s disco floors, to the neon-soaked '80s, all the way to the sizzling moves of the 2000s. Grab your glitter and leg warmers, because it's a night of non-stop fun where you can dance your way through the ages and groove like there's no tomorrow!

\$10(R)	\$12(N)	Ages 16/up	
3268		6:00pm-8:30pm	2/23

Artistic Inspirations

This class is designed and adapted for adults with intellectual disabilities. This evening art class is for the more serious artists. Each week a different medium will be taught from watercolor to colored pencil drawings and more!

Highland Community Center & Park

\$72(R)	\$88(N)	Ages 1	Ages 18/up	
3182	Mo	5:00pm-7:00pm	1/8-3/4	

Arts & Crafts

This class is adapted and designed for individuals living with intellectual disabilities. Come and get your creative juices flowing and make fun arts and crafts projects!

Highland Community Center & Park

\$50(R)	\$63(N)	Ages	18/up
3249	Fr	1:00pm-2:30pm	1/5-3/8

Basketball

This class is designed and adapted for adults with intellectual disabilities. New players at all levels of ability are welcome! Learn essential skills such as dribbling, shooting, passing, and teamwork while enjoying the thrill of the game in a fun and energetic environment. We practice twice a week, and Special Olympic competition is optional. Coaches provide leadership at the Special Olympic tournaments.

Highland Community Center & Park

\$71(R)	\$88(N)	Ages	s 18/up
3205	Tu, Th	6:30pm-8:00pm	1/2-3/7

BINGO

This class is adapted and designed for adults with intellectual disabilities. Join us for a thrilling game of BINGO where you get a chance to win fantastic prizes (no money)! Grab your cards and get ready to shout "BINGO!" as we play for exciting rewards and endless entertainment.

Highland Community Center & Park

\$50(R)	\$63(N)	Ages 18/up	
3248	We	7:00pm-8:00pm	1/3-3/6

Dance

This class is adapted and designed for adults with intellectual disabilities. This is a great group activity that will enhance your physical coordination and artistic self-expression.

Highland Community Center & Park

\$50(R) \$63(N)		Ages 18	Ages 18/up		
3188	Мо	7:00pm-8:00pm	1/8-3/4		

Full Fitness

This class is designed and adapted for adults with intellectual disabilities. This course meets twice a week to discuss nutrition and how to implement a healthy lifestyle over dinner. Participants provide their own meal for each class. After dinner, the group will explore and try various exercises focusing on strength, balance, flexibility, and control.

Highland Community Center & Park

\$89(R)	\$111(N)	Ages 18/up	
3192	Tu, Th	5:00pm-6:30pm	1/2-3/7

Highland Hangout

This class is designed and adapted for adults with intellectual disabilities. Join us for an afternoon filled with vibrant conversation, lively board games, puzzle-solving, and cinematic adventures. It's the perfect way to transform your slow afternoons into thrilling and stimulating experience!

Highland Community Center & Park

\$50(R) \$63(N)		Ages 18/up	
3178	Mo-Th	3:00pm-5:00pm	1/2-3/7

Movie Time

This class is designed and adapted for adults with intellectual disabilities. Bring your dinner and enjoy a movie in-house with your peers. Participants can bring up to two movies (rated: G, PG, or PG13) to submit to the group vote each week.

Highland Community Center & Park

\$50(R) \$63(N) Ages 18/up 3247 We 5:00pm-7:00pm 1/3-3/6

Physical Disability Exercise

This class is developed and adapted for adults with physical disabilities. Whether you are seeking to maintain motor strength, enhance range of motion, or build your social network this fitness course has something for you.

Highland Community Center & Park

\$108(R)	\$129(N)	Ages 18/up	Ages 18/up		
3274	Tu, Th	11:00am-12:00pm 1/2-3/2	21		
3277	Tu, Th	12:00pm-1:30pm 1/2-3/2	21		

Virtual Trivia Night

This class is designed for adults with intellectual disabilities. Join us for Highland's virtual trivia night! Our staff has put together epic trivia bundles ranging from Highland facts, Seattle sports, music, decades, and more. Not a quiz master? No worries the trivia has been designed with fun in mind, everyone gets a chance to participate. Bring that random fact knowledge and flex your trivia skills in this virtual program

Highland Community Center & Park

\$50(R)	\$63(N)	Age	Ages 18/up	
3269	Mo	7:00pm-8:00pm	1/8-3/4	

Virtual BINGO

This class is designed for adults with intellectual disabilities. BINGO goes virtual! Each week the BINGO game will be hosted on Zoom. Keep an eye on your e-mail inbox to receive your BINGO card (you will use the same BINGO card for all weeks) Real prizes, real fun!

Highland Community Center & Park

\$50(R) \$63(N)		Ages 18/up	Ages 18/up	
3272	We	7:00pm-8:00pm 1/	3-3/6	

Virtual Mindfulness

This class is designed and adapted for adults with intellectual disabilities. This class will focus on the foundations of mindfulness. We will discuss the benefits mindfulness has on physical health and social-emotional wellness. During the class, we will practice everyday mindfulness strategies and utilize journaling to support mindfulness techniques. This class will apply skills that prove beneficial in life, at work, and with peers.

Highland Community Center & Park

\$50(R) \$63(N)		Ages 1	Ages 18/up	
3273	Th	3:00pm-4:00pm	1/4-3/7	

Drop-In Programs

Teen Cafe

Play games, sports and other fun activities with other youth! Free food and fun! For more info, email Youth Link at youthlink@bellevuewa.gov. All teens are welcome to attend.

Crossroads Community Center

Free Ages 11-17
Mo 3:00pm-5:00pm Ongoing

South Bellevue Community Center Climbing Wall

The South 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. Call 425-452-4240 of visit BellevueWA.gov/SBCC for the current schedule.

Highland Community Center Drop-In Activities

Highland Community Center & Park

Adult Basketball

The adult drop-in sports programs are for individuals 18+ and have a cap of 15 players per day. This is a drop-in program, fees payable at the door

\$4(R)	\$5(N)	Ages 18/up	
3309	Tu, Th	11:30am-1:30pm 1/2-3	/28

Adult Badminton

Badminton is the perfect opportunity for everyone, from beginners to seasoned players, to enjoy a casual yet thrilling game of badminton. Come join us for a friendly and welcoming atmosphere, meet new friends, and experience the fun of badminton. We invite you to grab your racket and shuttlecock and be a part of the vibrant badminton community. See you on the court!

\$4(R)	\$5(N)	Ages 1	8/up
3315	Mo, We	1:00pm-3:00pm	1/3-3/27

Child Indoor Play

Parent-child drop-in play is a fantastic opportunity for parents/caregivers and their little ones to come together in a warm, welcoming space filled with a variety of toys and activities. You're in charge of setting up and taking down the fun, creating a unique and engaging play environment. Join us for quality time, laughter, and learning through play.

\$4(R)	\$5(N)	Ages 8/under	
3318	We, Fr	9:00am-12:00pm 1/3-3/2	9

Family Basketball

Drop-in family basketball offers a fantastic opportunity for families with kids under 18 to hit the court together. To ensure a family-oriented environment, at least one adult from the same household must join in the game with the kids at all times. Please remember, this program is for family fun, no drop-offs or organized team activities are allowed. It's all about enjoying basketball as a family.

\$4(R)	\$5(N)	Ages 18/u	nder
3321	Mo, We	3:00pm-5:00pm	1/3-3/27

North Bellevue Community Center Drop-In Sports

Drop-in for a recreational game of pickleball during a two-hour session, adults 18+.

Hidden Valley Sports Park

Drop-In Volleyball - Coed

This is a drop-in program, a COB Play Pass required which can be purchased in any City of Bellevue recreation facility.

Hidden Valley Sports Park

\$5(N)	Ages 18/0	Ages 18/up	
Mo	10:00am-12:00pm	1/8-3/25	
Tu	11:00am-1:00pm	1/2-3/26	
Fr	10:00am-12:00pm	1/5-3/29	
	Mo Tu	Mo 10:00am-12:00pm Tu 11:00am-1:00pm	

Drop-In Pickleball

Court and net provided by the facility, players provide their own paddle and balls. This is a drop-in program, COB PlayPass required which can be purchased in any City of Bellevue recreation facility.

Hidden Valley Sports Park

\$4(R) \$5(N) Ages 18/up We 10:00am-12:00pm 1/3-3/27

Drop-In Pickleball

Court and net provided by the facility, players provide their own paddle and balls. This is a drop-in program, fees payable at the door. Discounts available with COB PlayPass.

North Bellevue Community Center

\$4(R) \$5(N) Ages 18/up

Tu 6:00pm-8:00pm 1/3-12/31

Mo, We, Fr 3:00pm-5:00pm 1/3-12/27

Drop-In Ping Pong - NBCC

Table and net provided by North Bellevue Community Center. Players provide their own paddle and balls. This is a drop-in program, fees payable at the door Discounts available with COB PlayPass.

\$4(R) \$5(N) Ages 18/up
Mo, We, Fr 3:00pm-5:00pm 1/3-3/29

South Bellevue Community Center Drop-In Sports

South Bellevue Community Center offers a wide variety of dropin sports. Adult drop-in programs are 18+. Call 425-452-4240 or visit BellevueWA.gov/SBCC for the current schedule.

- Adult Pickleball
- Adult Volleyball
- · Adult Badminton
- Adult Basketball
- · Family Basketball
- Family Badminton
- Family Pickleball

Crossroads Community Center Drop-In Programs

Crossroads Community Center offers many programs and partners with community providers to serve anyone interested in recreational activities. We offer a range of afterschool programming, pre-kindergarten, cultural growth, and health & wellness programs. No registration required: first-come, first-served, and space is limited.

Crossroads Community Center

Adult Basketball

Discounted pricing available with purchasing a COB play pass. Equipment is provided by facility; participants are responsible for setup and takedown

\$4(R) \$5(N) Ages 18/up
Tu, Fr 12:00pm-2:00pm Ongoing

Adult Pickleball

Discounted pricing available with purchasing a COB play pass. Equipment is provided by facility; participants are responsible for setup and takedown.

\$4(R) \$5(N) Ages 18/up
Mo, Tu, Th, Fr 12:00pm-2:00pm Ongoing

Adult Table Tennis

Discounted pricing available with purchasing a COB play pass. Equipment is provided by facility; participants are responsible for setup and takedown.

\$4(R) \$5(N) Ages 18/up
Mo, We, Fr 9:00am-11:00am Ongoing

Games Room

This is a FREE drop-in program. Room amenities include: four pool tables, two ping pong tables, air hockey table, arts/crafts, board games, and more.

Free Ages All Ages
Weekdays 9:00am-7:00pm Ongoing

Youth Basketball

This is a FREE afterschool drop-in program. Adult and youth size basketballs available for use.

Free Ages 18/under
Weekdays 2:00pm-5:00pm Ongoing

Adult Volleyball

Discounted pricing available with purchasing a COB play pass. Equipment is provided by facility; participants are responsible for setup and takedown.

\$4(R) \$5(N) Ages 18/up
We 5:00pm-7:00pm Ongoing

Indoor Kite Flying

This is a FREE drop-in program. Equipment is provided by facility partner.

Free Ages All Ages
Th 5:00pm-7:00pm Ongoing

Badminton

Discounted pricing available with purchasing a COB play pass. Equipment is provided by facility; participants are responsible for setup and takedown.

\$4(R) \$5(N) Ages All Ages
Mo 5:00pm-7:00pm Ongoing

Parent/Child PlayGroup

Discounted pricing available with purchasing a COB play pass. Parent/guardian supervision is required at all times. Equipment is provided by facility; participants are responsible for setup and cleanup.

\$4(R) \$5(N) Ages 5/under Tu, Th 9:00am-11:00am Ongoing

Aquatics

The Bellevue Aquatic Center is offering group (3Y -12Y) and private (3Y+) swim lessons.

Please visit Register.BellevueWA.gov for lesson availability.

Open and family swim times offered daily.

Please visit our website for times: BellevueWA.gov/Aquatics

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.

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BellevueWA.gov/Parks Register Online: January through March, 2024
Register.BellevueWA.gov Connections

Adult Enrichment

Line Dancing

Do you like to dance? Line dancing is a great way to move to a variety of popular music, elevate your mood, and make some new friends. We have a caller who walks you through each dance. Enjoy the benefits of using your brain and at the same time providing exercise, with excellent health benefits. The first 45 minutes will be geared to beginner dancers and each session will progress towards the improver to intermediate levels as time goes on. Come join the fun!

South Bellevue Community Center

Free Ages 18/up Mo 1:00pm-3:00pm Ongoing

Dance @NBCC

North Bellevue Community Center

CISC Line Dancing

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. This is a drop-in activity, no pre-registration required. Fees payable at the door.

\$4(R) \$5(N) Ages 18/up 2765 We 1:00pm-2:45pm 1/3-12/18

NBCC Line Dancing

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. Instructor Leila Wyatt 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! Drop-in program fees payable at the door.

\$4(R) \$5(N) Ages 18/up 3270 Fr 1:00pm-2:45pm 1/5-12/27

Sounds of Swing Big Bang Dance

The second Tuesday of each month, Sounds of Swing Big Band hosts a dance at the North Bellevue Community Center. Come enjoy the toe-tapping music of the swing era as well as jazz standards. This activity is \$3 per person, payable at the door, no pre-registration required. Coffee and snacks provided.

\$3(R) Ages 18/up 3280 Tu 1:00pm-3:00pm 1/9-12/10

Educational Workshops

North Bellevue Community Center

Simplify Your Life with Elder-Move Alliance

If your home feels overwhelming, or you are ready to put time into yourself, your family, and your friends instead of your home and yard, these FREE SEMINARS are FOR YOU! You'll learn from our senior-focused experts what is involved in Moving to a Simpler Life!

Free Ages All Ages 2068 Tu 10:00am-1:00pm 1/16 & 1/23

Book Group

Volunteer-led adult book group. Group meets the last Fruday of every month.

Crossroads Community Center

Fr 11:00am-2:00pm 1/26-3/29

ESL

North Bellevue Community Center

CISC ESL Instruction

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 Chinese Information Services Community Living Connections Outreach Program. Please contact Boliver Choi at boliverc@cisc-seattle.org for any questions. Registration required to join online. In-person participants can drop in without registration.

FREE Ages 50/up 3103 We, Fr 9:15am-10:45am 1/3-12/20

Health and Wellness for Older Adults

North Bellevue Community Center

KIN ON Hyper-Tension Self-Management Program

Join this 8-week evidence-based workshop to learn of ways and to support each other to maintain a healthy blood pressure. A complimentary digital blood pressure monitor will be given to participants who have completed 6 of the 8 sessions. Registration of this class is completed by calling Kin On at 206-556-2262. Fee will be refunded after completing 4 out of 6 classes in a session.

\$20(R) \$20(N) Ages All Ages 3263 We 10:30am-12:00pm 1/17-3/6

Music @NBCC

North Bellevue Community Center

Sounds of Swing Big Bang Practice

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. This is a FREE activity.

FREE Ages 18/up 3279 Tu 1:00pm-3:00pm 1/2-12/17

CISC Chorus

Come sing with the CISC Chorus at North Bellevue Community Center! New singers are welcomed to join at any time, no auditions required. This is a FREE activity. Registration required to join online. In-person participants can drop-in without registration.

FREE Ages 50/up 2766 We 9:30am-11:30am 1/3-12/18

NBCC Chorus

The NBCC Chorus meets Friday mornings 10:30am-12:00pm to sing together with piano accompaniment. It is very informal; no auditions required. We generally sing in unison, but harmony is great if you wish to do it. We have six books of songs of the 1920's, 30's to 60's. No performances, we welcome everyone, please join us!

FREE Ages All Ages 3264 Fr 10:30am-12:00pm 1/5-12/20

CISC Chinese Musical Instrument Group

CISC's Chinese Musical Instrument is an informal gathering for enthusiasts of Chinese music and instruments. Every Monday, participants will gather to play and appreciate Chinese music. This is not an instructional group; participants should have their own instrument and come prepared to play music with others.

FREE Ages 18/up 3117 Mo 9:30am-12:00pm 1/8-12/23

NBCC Drop-in Social Activities

The North Bellevue Community Center offers variety of drop-in social activities that are Free or low-cost.

North Bellevue Community Center

Drop-In Billiards

Adults 18+ can drop-in during business hours to play pool/billiards on our two regulation sized tables at North Bellevue Community Center. Balls, cues, racks & chalk provided. No registration required.

FREE Ages 18/up

Weekdays 9:00am-8:30pm

Board Games at NBCC

North Bellevue Community Center has a collection of board games that are available for checkout. To learn more or to check out a game, please inquire at the front desk.

FREE Ages 18/up
We 1:00pm-3:00pm 1/3-12/18

Drop-in Cribbage

Come play the classic card game Cribbage in a friendly, community setting. This is a free, drop-in program, no registration required.

FREE Ages All Ages
Th 10:00am-12:00pm 1/4-12/19

Drop-in Pinochle

Enjoy Thursday Pinochle games in a casual, friendly setting. This is a free, drop-in program, no registration required.

FREE Ages All Ages
Th 12:00pm-3:00pm 1/4-12/19

Coffee & Coloring

Join us for a relaxing morning of coloring pictures, drinking coffee and socializing. We will provide coloring pages from books that are designed especially for adults as well as colored pencils, crayons and markers. Coffee, water, and tea will also be provided. Feel free to bring your own favorite coloring and supplies as well. Don't like to color? That's okay! Have a cup of coffee, chat a little and enjoy a stress-free time.

FREE Ages All Ages Fr 9:30am-11:30am 1/5-12/27

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.

FREE Ages 18/up Fr 12:15pm-3:30pm 1/5-12/27

Friday Movies

Enjoy a free movie and popcorn at North Bellevue Community Center! Detailed movie list is available in print format at North Bellevue Community Center or by calling 425-452-7681.

FREE Ages 18/up Fr 2:00pm-4:00pm 1/5-12/20

Older Adult Tech Program

North Bellevue Community Center

Android Phones and Tablets

Learn all about how to use your Android powered phones and Tablets. This workshop will help you learn how to use the basic features of your Android devices including: user interface, navigation, installing/updating/organizing apps, emailing, messaging, social media, and more. Join us for this workshop where you can ask questions and learn from other attendees with similar challenges. Please update your devices and have your passwords available.

\$36(R) \$44(N) Ages 55/up 3299 We 1:30pm-3:00pm 1/3-1/24

Senior Tech Drop-In Computer Assistance

We offer one-on-one technical support on the 2nd and 4th Tuesday of each month. Experienced senior technology users will be available to help you with technical issues with your computers and mobile devices. This is a drop-in program, no pre-registration required.

\$3(R) \$4(N) Ages 18/up Tu 9:30am-12:00pm 1/9-12/24

Microsoft Windows

We will explore basics of Windows 10 and 11. To upgrade, do I need to buy a new computer? How do I transfer photos from my smartphone to my Windows machine? How do I edit photos in Windows? Is there a free word processor in which I can compose documents? Which tips and tricks will save me time and make it easier for me to use my computer? Where can I get free help? Join us for this workshop where you can ask questions and learn from other attendees with similar challenges. Please update your computer and have your passwords available.

\$36(R) \$44(N) Ages All Ages 3297 We 1:30pm-3:00pm 2/7-2/28

iPhones and iPads

Basic features and functionalities, user interface, gestures, navigation, installing/updating/organizing apps, email, messaging, social media, browse and search internet, bookmarking websites, managing tabs, camera features, taking and editing photos and videos, accessibility options, iCloud, backing up, syncing, Notes, Calendar, AppStore, privacy setting, security. Where can you get free help? Join us for this workshop where you can ask questions and learn from other attendees with similar challenges. Please update your devices and have your passwords available.

\$36(R) \$44(N) Ages 55/up 3317 We 1:30pm-3:00pm 3/6-3/27

Open Art Studio

Open art studio provides the opportunity for you to join with others in a social setting while doing art. Bring your own art project to work on or create something from supplies provided by the NW Arts Center. Participants are responsible for set up and clean up of their projects.

Northwest Arts Center

FREE Ages 16/up 3262 Mo 1:00pm-3:00pm 1/8-5/20

Pool School Workshop

Come and join a free billiards workshop! This is an excellent opportunity to learn more about the game of pool. This workshop is designed to introduce participants to the fundamentals of the game. Participants will improve their skills and develop knowledge in the following areas: rules, etiquette, proper form and technique, aiming, strategy, drills, cue ball positioning, shot making, and trick shots. Pre-registration is required.

Crossroads Community Center

Free Ages 12/up 0131 We 6:00pm-8:30pm 1/31

Tai Chi

North Bellevue Community Center

CISC Tai Chi

Practice Chi Kung, Tai Chi, and flowing movements to encourage proper posture, strength, stretching and flow of chi. Experience meditative practice through movement and stillness. Gain a sense of refreshed focus and relaxation. This class is coordinated by Chinese Information Services. Please contact Boliver Choi at boliverc@cisc-seattle.org for any questions.

\$4(R) \$5(N) Ages 18/up 3207 Th 9:30am-10:30am 1/4-12/18

Multi-Cultural Services & Programs

ESI

North Bellevue Community Center

CISC ESL Instruction

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 Chinese Information Services Community Living Connections Outreach Program. Please contact Boliver Choi at boliverc@cisc-seattle.org for any questions. Registration required to join online. In-person participants can drop in without registration.

FREE Ages 50/up
We, Fr 9:15am-10:45am 1/3-12/20

NBCC Drop-In Social Services

North Bellevue Community Center

CISC Russian Speaking Program

This program supports the Russian older adults with structured activities to promote physical, social and emotional well-being and cross cultural interaction with other older participants. The civic activities will allow aging adults to be engaged in the community by familiarizing participants with WA State and U.S. history, local news, and by introducing and encouraging them to attend local events, offering health/mind wellness seminars, offering social services support and referral, promotion of socialization within an English-speaking community. Arts, crafts, music and games will be part of the daily activities which will be incorporated into the program schedule.

FREE Ages 50/up
Tu, Fr 9:30am-2:00pm 1/2-12/20

CISC Drop-In SHIBA Assistance

Statewide Health Insurance Benefits Advisors (SHIBA) provides free, unbiased and confidential help with Medicare and health care choices. We help to assess client's health care coverage needs, determine general eligibility for health care coverage programs and provide enrollment help with Medicare.

FREE Ages 18/up 2767 We 9:30am-11:00am 1/3-12/18

CISC Information & Assistance

Information & Assistance provides short-term support and crisis intervention to help low-income families and people with disabilities with no/low English literacy to access crucial services. Through our language appropriate services, we help our clients understand options and resources available to them so that they can make informed choices. We offer personal application assistance for clients who are in need of public assistance to meet their basic necessities. This class is provided in Mandarin to those 55+ and is coordinated by CISC's Family Resource Support Program. Please contact Karia Wong at kariaw@cisc-seattle.org or Stephen Lam at stephenl@cisc-seattle.org for any questions. This is a FREE walk-in first come first served program.

FREE Ages 18/up
Th 9:00am-12:00pm 1/4-12/19

ELAP Legal Assistance

Eastside Legal Assistance Program will host an elder law and probate clinic at North Bellevue Community Center on the 3rd Thursday of each month. To schedule an appointment, please call ELAP at 425-747-7274. ELAP determines income qualification to utilize this program.

IACS Community Program

North Bellevue Community Center and the Indian American Community Services (Formerly IAWW) have partnered in an effort to unite and celebrate multi-generational Indian families and bridge cultural gaps in the community by providing safe, creative space for activities including chair yoga, health talks and social communications. IACS will provide healthy living lectures, mindful breathing exercises, and a variety of special group activities and youth activities for the Bellevue public. Light lunch is also provided. This program is open to everyone every Thursday.

FREE Ages 18/up
Th 9:00am-3:00pm 1/4-12/19

Sea Mar Community Program

Spanish speaking older adults will have an opportunity to be part of the community by participating in various activities provided by North Bellevue Community Center. Activities could include health/mind wellness seminars, social services support, ESL classes, social engagement classes, exercise programs, community meal program and promotion of socialization within English speaking community.

FREE Ages 18/up Fr 9:00am-2:00pm 1/5-12/27

Continuing Education

SeniorTech of Puget Sound Drop-in Computer Assistance

North Bellevue Community Center

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. This is a drop-in program, no pre-registration required. Fees payable at the door; \$3/residents, \$4/non-residents.

Arts

Open Art Studio

Northwest Arts Center

Open art studio provides the opportunity for you to join with others in a social setting while doing art. Bring your own art project to work on or create something from supplies provided by the NW Arts Center. Participants are responsible for set up and clean up of their projects.

FREE Ages 16/up
Mo 1:00pm-3:00pm Ongoing

South Bellevue Community Center

This is an opportunity for artists 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.

FREE Ages 16/up
Tu 1:00pm-3:00pm Ongoing

Adult Acrylic Painting Class

Discover the world of art with our Adult Acrylic Painting Class! Unleash your inner artist and express yourself through vibrant acrylic colors. Whether you're a beginner or an experienced painter, our class offers a welcoming environment to explore your creativity. Learn techniques, experiment with various styles, and create stunning works of art. Our experienced instructors provide personalized guidance to help you develop your skills. Join us for a relaxing and fulfilling artistic experience. Enroll now to embark on a colorful journey of self-expression and creativity. Bellevue Main Club

\$280(R) \$336(N) Ages 16/up 3340 Th 11:45am-1:15pm 1/18-3/14

Adult Watercolor Painting Class

This class introduces classic watercolor techniques and builds slowly from the simple to the more complex. Topics include using value, control of the medium, color mixing, and composition. Demonstrations are part of the class, but painting from still life and photographs is emphasized. Experienced students will focus on assignments to improve color handling, composition, and specific painting challenges.

Bellevue Main Club

\$280(R) \$336(N) Ages 16/up 3339 Th 10:00am-11:30pm 1/18-3/14

Cartoon/ Manga Drawing Class

Our Cartoon and Manga Drawing Class is the perfect creative outlet for kids aged 7 to 13. This dynamic course allows young artists to explore two distinct artistic styles. Western cartoons and Japanese manga. Students will learn character design, storytelling, and illustration techniques in a fun and supportive environment. Our experienced instructors provide individualized guidance, helping children bring their imaginative characters to life on paper. Join us for an inspiring artistic journey where your child can develop their drawing skills and discover the colorful worlds of cartoons and manga.

Northwest Arts Center

\$280(R) \$336(N) Ages 7-13 3302 Tu 5:30pm-7:00pm 1/16-3/12

Fantastic Fiber Arts: Felt, Knit, Weave & More

Explore the world of fiber arts with master fiber art instructor Shelly Vollstedt. Use various colorful and soft fibers, yarns, fabrics, beads and more to create your projects. Projects include knitting, potholders, weaving, felting and more.

Northwest Arts Center

\$160(R) \$192(N) Ages 8-16 3015 Th 4:00pm-5:30pm 1/18-3/14 3016 Th 4:00pm-5:30pm 3/28-5/23

Fun Creativity Art Class for Young Kids

In this program, young artists explore various mediums, such as crayons, watercolors, and colored pencils, to bring their ideas to life on paper. Our instructors encourage creativity and help children discover their unique artistic voices. Whether it's painting colorful landscapes or drawing imaginative creatures, these young artists have the opportunity to grow their creative talents while having loads of fun. Join us and watch your child's creativity flourish!

Northwest Arts Center

\$240(R) \$288(N) Ages 5-7 3301 Tu 4:15pm-5:15pm 1/16-3/12

Mixed Media Art for Kids Class

This fine art program is process-oriented and designed to enhance your child's enjoyment of art and creative expression. Children will explore their creativity using pen and ink, charcoal, soft and oil pastels, and acrylics (all supplies furnished). The classes are led by a degreed, professional artist.

Northwest Arts Center

We

We

Sa

\$148(R)	\$177.60(N)	Ages	5-7
3286	We	1:30pm-2:30pm	1/17-3/13
3296	We	1:30pm-2:30pm	3/27-5/22
3287	Sa	9:30am-10:30am	1/20-3/16
3297	Sa	9:30am-10:30am	3/23-5/18
¢4.40(D)	#477 CO(NI)	A	0.44
\$148(R)	\$177.60(N)	Ages	8-11

2:45pm-3:45pm

2:45pm-3:45pm

10:45am-11:45am

10:45am-11:45am

3289

3298

3295

3300

1/17-3/13

3/27-5/22

1/20-3/16

3/23-5/18

Ceramics

Pottery: Get Your Hands Dirty!

Calling all creators, welcome to the wonderful world of pottery! This introductory pottery course is perfect for those wanting to explore the art of pottery making. Students will learn basic pottery techniques such as: hand building, wheel throwing, sculpting, coil construction, glazing, and more. No experience required.

Northwest Arts Center

\$160(R)	\$192(N)	Ages	7-12
3011	Sa	10:00am-11:30am	1/20-3/16
3012	Sa	12:00pm-1:30pm	1/20-3/16
3090	Sa	10:00am-11:30am	3/23-5/18
3091	Sa	12:00pm-1:30pm	3/23-5/18
\$160(R)	\$192(N)	Ages 1	3/up
3013	Th	6:00pm-7:30pm	1/18-3/14
3014	Th	6:00pm-7:30pm	3/28-5/23

Culinary Arts

Kids' Candy Making

Dip & decorate Oreos and pretzel rods. Detail and mold chocolate suckers. Create delicious, colorful cake pops. Dip & decorate marshmallows, decorate sugar cookies, make funfetti popcorn balls, pull & wrap taffy, dip & embellish caramel apples; create your own candy bark and funfetti Rice Krispie treats. Make a balloon chocolate bowl and fill it with dipped gummy bears. Build and decorate a chocolate house, decorate cupcakes, and create candy dots.

Northwest Arts Center

\$320(R)	\$384(N)	Ages	Ages 7-13	
3212	Sa	11:00am-1:30pm	1/27-3/9	
3213	Sa	11:00am-1:30pm	4/20-5/18	

Dance

Aztec Dance

Learn about traditional aztec dance performed by Nahui Ollin Tezcatlipocatl of Bellevue. Community members are welcomed to attend; group meets weekly.

Crossroads Community Center

Free		Ages All Ages	
2907	We. Th	5:00pm-7:00pm	9/13-6/13

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

Line Dancing

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	Fri	Ongoing

Story Ballet

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

Northwest Arts Center

\$160(R)	\$192(N)	Ages 5-7	
3083	Th	5:00pm-6:15pm	1/18-3/14
3084	Th	5:00pm-6:15pm	3/28-5/23

Hippity Hop Dance Class by City Opera Ballet

Children will learn the basics of hip hop dance with fun and upbeat music, while developing confidence, coordination and personality. A fun recital ends this course to share student progress for family and friends.

Northwest Arts Center

\$128(R)	\$153.60(N)		Ages 3-5
3087	Th	4:00pm-4:45pm	1/18-3/14
3088	Th	4:00pm-4:45pm	3/28-5/23

Pre-Ballet I by Emerald Ballet Theater

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

Northwest Arts Center

\$160(R)	\$192(N)		Ages 3-5
3038	Tu	4:00pm-4:45pm	1/16-3/12
3039	Tu	5:00pm-5:45pm	1/16-3/12
3040	Tu	4:00pm-4:45pm	3/26-5/21
3041	Tu	5:00pm-5:45pm	3/26-5/21

SBCC Dance Classes

Each program will conclude with a recital at the conclusion of each session. Students of all genders welcomed!

South Bellevue Community Center

Hip Hop 1/2 by City Opera Ballet

Time to POP, LOCK and BREAK! Children will learn basic hip hop moves and gain physical strength as they start the introduction to hip hop floorwork (coffee grinder, etc..). You can expect your child to develop confidence, coordination, personality and have fun; all while listening to some of their favorite music! This course ends in a fun recital to showcase student progress for family and friends. Students of all genders are welcomed!

\$140(R)	\$168(N)	Ages 5-7
3126	Sa	11:00am-12:00pm 1/13-3/23

Hippity Hop by City Opera Ballet

ARE YOU READY TO BOOGIE? 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! This course ends in a fun recital to showcase student progress for family and friends. Students of all genders are welcomed!

\$110(R) \$132(N) Ages 3-4 3124 Sa 10:00am-10:45am 1/13-3/23

Pre-Ballet by City Opera Ballet

Students will gain coordination, confidence, and social skills as they learn the basics of ballet steps. This course ends in a fun recital to showcase student progress for family and friends. Students of all genders welcomed!

\$110(R) \$132(N) Ages 4-5 3113 Sa 9:00am-9:45am 1/13-3/23

Ballet 1/2 by City Opera Ballet

Students will gain coordination, confidence, and social skills as they learn the foundations of ballet and basic French vocabulary. This course ends in a fun recital to showcase student progress for family and friends. Students in this session are invited to perform with City Opera Ballet in a December Nutcracker event. Students of all genders welcomed!

\$140(R) \$168(N) Ages 6-8 3136 Tu 5:00pm-6:00pm 1/16-3/23

Intro to Cheerleading

Students should expect to gain confidence as they learn cheer motions, placement, jumps and how to rally. This class will also begin introducing basic tumbling and stunting as skill/strength progression of students allows. Pom poms, T-shirt and hair bow are included within the price of registration.

\$160(R) \$192(N) Ages 8-13 3137 Tu 6:00pm-7:00pm 1/16-3/23

Music

Ladies Musical Club Music Concert Series

LMC's most visible face is its Public Concert Series that offers over 50 free classical music concerts from October through May by LMC member-musicians and guests. The classical music series is presented at a variety of venues throughout the Seattle metro area. These music programs are free and open to the public.

Crossroads Community Center

Free Ages 18/up
Tu 1:00pm-2:30pm 1/16 & 2/20

Music Together

Learn original and traditional songs from around the world during this unique musical experience of languages, tonalities and rhythms. An illustrated songbook, print and online resources will help families continue the music-making fun at home and nurture a child's musical growth. 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/caregiver participation with the child. Build a love of music to last a lifetime!

South Bellevue Community Center

\$195(R)	\$234(N)	Ages 5/under	
3018	Tu	6:15pm-7:00pm	1/9-3/19
3019	Th	10:30am-11:15am	1/11-3/21
3020	Th	11:30am-12:15pm	1/11-3/21

Northwest Arts Center

\$195(R)	\$234(N)	Ages 5/under	
2768	We	9:30am-10:15am	1/10-3/20
2770	We	10:30am-11:15am	1/10-3/20
2771	We	11:30am-12:15pm	1/10-3/20

Performing Arts

SBCC Drama Kids

Drama Kids at SBCC offers theater classes and programs for kids that are specially tailored to elementary school children ages 6-10. The instructors in our classes provide unique requirements and enhance the skills of every participant. Students at our kids' theater classes learn speech, improvisation, dramatic movement, scene starters, snippets, and an additional variety of dramatic arts activities. One of the most fun parts of our composite classes is the end-of-the-year performances. Our students demonstrate the dramatic skills they have learned over the course of the class in a short production in front of friends and family. Our theater classes and programs for kids are not only highly enjoyable for the students; they also help develop social skills, confidence, and speaking abilities. The unique knowledge and skills kids pick up at Drama Kids at SBCC can create lasting friendships as well as educational benefits.

\$150(R) \$180(N)		Aş	Ages 6-10	
3025	Th	4:00pm-5:00pm	1/18-3/28	

Bellevue Youth Theatre

Bellevue Youth Theatre auditions will be held as follows:

You must attend an audition to be cast in a play. Everyone who comes to auditions is given a role. No need to pre-register, just show up.

AUDITIONS FOR THE PHANTOM TOLLBOOTH

Wednesday, January 10 - 5-6:30pm at South Bellevue Community Center

AUDITIONS FOR PLAYLAB, THE PHANTOM TOLLBOOTH, THE TEMPEST, STORYBOOK SERIES, and ONCE ON THIS ISLAND, JR.

Monday, January 8 and Tuesday, January 9 -5-6:30pm at Bellevue Youth Theatre

Cost: FREE - Bellevue residents/\$150 Non-Residents

Frequently Asked Question: Rehearsals

A frequent question we get is if your child will be called to rehearsal every day. While we do schedule rehearsals every Monday through Friday, your child will likely only be called 2-3 times per week.

This commitment will increase as we get closer to the production week. We do work around conflicts, but you cannot have *any* conflicts during our tech week or during *any* of the performances. Rehearsal calendars are distributed during the first rehearsal. We will not have your schedule any earlier than that date.

Play Lab

Come audition to be in this original play written by a BYT Teen! PlayLab is for participants ages 12-20. NO CONFLICTS MARCH 11-17.

Fee: FREE (R) \$150(N) Min/Max: 10/25 Ages: 12-20

Rehearsals begin: Tuesday, January 30 Rehearsal location: Bellevue Youth Theatre

Rehearsal time: 6-8pm Tech week: March 11-14 Performs at BYT: March 15-17 NO CONFLICTS March 11-17 **Storybook Series**

Come audition to be a part of "Storybook Series," a series of short plays by some of our youngest performers intended for very young audiences. These plays are all based on well-known, classic fairy tales and are suitable for the whole family. "Storybook Series" is for participants 12 and younger.

Fee: FREE (R) \$150(N) Ages: 12 and younger

Rehearsals begin: Monday, January 29 Rehearsal location: Bellevue Youth Theatre

Rehearsal time: 5:30-7:30pm TECH WEEK: March 25-28 Performs: March 25-April 7

NO CONFLICTS March 29 to April 7.

The Phantom Tollbooth

If you like witty dialogue, corny dad jokes, and playful wordplay, have we got a show for you. Based on the beloved book by Norton Juster, "The Phantom Tollbooth" takes Milo on a wild adventure to wacky lands to restore Rhyme and Reason to the kingdoms of Dictionopolis and Digitopolis.

Fee: FREE (R) \$150(N)

Ages: Parts available for all ages Rehearsals begin: Monday, January 29

Rehearsal location: South Bellevue Community Center

Rehearsal time: 5-7pm TECH WEEK: April 15-18 Performs: April 19-28 NO CONFLICTS April 15-28

The Tempest

The Tempest is a Shakespearean story of betrayal, love, mischief, and mayhem following a shipwreck on a deserted island. Don't be scared by the old language we'll be reimagining this production to be fun and accessible for all by using modern music, dancing, and puppetry to help tell the story!

Fee: FREE (R) \$150(N) Ages: 13 and up

Rehearsals begin: Monday, January 29

Rehearsal location: Crossroads Community Center

Rehearsal time: 5-7pm TECH WEEK: April 28-May 2 Performs: May 3-11

NO CONFLICTS April 28-May 11

Once On This Island, Jr.

Once on This Island is the story of Ti Moune, an orphan saved by the Gods for something wonderful! When she falls in love with a boy from the other side of the island, she will have to test the strength of her love against the power of death. This musical features parts for all ages and singing opportunities for teens.

Fee: FREE (R) \$150(N)

Ages: Parts for all ages, singing opportunities for teens

Rehearsals begin: Monday, January 29

Rehearsal location: Crossroads Community Center

Rehearsal time: 5-7pm TECH WEEK: May 13-16 Performs: Masy 17-26 NO CONFLICTS MAY 13-26.

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. For more information you can visit

NaturalStartPreschool.com or call 425-452-4240 for details.

Family Story and Play Time

Every Thursday, NBCC volunteers lead a family story time reading for children ages 1-5 years old. Story time is followed by play time in the multipurpose room with a variety of toys provided by NBCC. All children must be accompanied by a parent or guardian and must be supervised throughout the program. North Bellevue Community Center

Family Story Time

Enjoy story-time with your little-one (ages 2-5) each Thursday from 1:30 - 2 pm. During Family Storytime, NBCC volunteers will read several of their favorite children's books for toddlers.

FREE Ages 1-5

Th 1:30pm-2:00pm 1/4-12/26

Family Play Time

FREE Ages 1-5
Th 2:00pm-4:00pm 1/4-12/26

Indoor Play

Kids and parents can enjoy indoor play time in a safe warm environment. Toys provided. Parents/caregivers must supervise their own children and be present at all times.

Northwest Arts Center

\$4(R) \$5(N) Ages 6/under Th 9:30am-11:30am 1/11-3/28

South Bellevue Community Center

\$4(R) \$5(N) Ages 5/under Mo, We, Fr 10:30am-12:00pm Ongoing

Day Camps

Mid-Winter Climbing Camp

It's Mid-Winter break time and this camp is a great way for your child to have some indoor fun! Book your child's spot in this fun climbing adventure. Your child will get to experience bouldering, top rope climbing on our 33' climbing wall, explore hiking trails within Eastgate park, and learn climbing knots throughout the week.

South Bellevue Community Center

\$120(R)	\$144(N)	Ages 6-	12
3457	Tu-Fr	9:00am-12:00pm 2	2/20-2/23
3458	Tu-Fr	1:00pm-4:00pm 2	2/20-2/23

Mid-Winter Fantastic Fiber Arts Camp

Explore the world of fiber arts with master fiber art instructor Shelly Vollstedt. Use various colorful and soft fibers, yarns, fabrics, beads and more to create your projects. Projects include knitting, potholders, weaving, felting and more.

Northwest Arts Center

\$180(R) \$216(N) Ages 6-11 3099 Tu-Fr 9:00am-11:30am 2/20-2/23

Add Lunch Care: \$20(R) \$24(N)

3162 Tu-Fr 11:30am-12:30pm 2/20-2/23

Mid-Winter Watercolor Painting Camp

This class introduces classic watercolor techniques and builds slowly from the simple to the more complex. Topics include use of value, control of the medium, color mixing, and composition. Demonstrations are part of the class but painting from still life and photographs is emphasized. Experienced students will focus on assignments to improve color handling, composition, and specific painting challenges.

Northwest Arts Center

\$196(R) \$235(N) Ages 6-11 3304 Tu-Fr 12:30pm-3:00pm 2/20

Add Lunch Care: \$20(R) \$24(N)

3162 Tu-Fr 11:30am-12:30pm 2/20-2/23

Add After Care: \$40(R) \$48(N)

3163 Tu-Fr 3:00pm-5:00pm 2/20-2/23

Local Hoops Academy Basketball Camp

Participants will be coached on ball handling, shooting technique, defensive principles, decision making and other fundamentals. Work through a series of drills each day and finish with competitive game play. Come ready to work!

Crossroads Community Center

\$204(R) \$245(N) Ages 6-12 3169 Tu-Fr 9:00am-12:00pm 2/20-2/23

Little Medical School Camps

Kelsey Creek Farm

Future Doctor Camp

Camp participants will role-play the key responsibilities of a doctor and learn about vital organs in the human body. These future doctors will learn how to use a stethoscope, blood pressure cuff, and reflex hammer. They will practice administering first aid, learn how pharmacists play a role in administering medications, and more!

\$280(R) \$336(N) Ages 8-10 3284 Tu-Fr 9:15am-12:15pm 2/20-2/23

Future Veterinarian Camp: Dog

Camp participants will role-play the key responsibilities of a veterinarian and learn how to care for a dog and/or a cat. These future veterinarians will learn how to remove ticks, perform a nose-to-tail exam, understand proper animal nutrition and hydration, suture lacerations, and more!

\$280(R) \$336(N) Ages 8-10 3348 Tu-Fr 1:00pm-4:00pm 2/20-2/23

Kelsey Creek Farm

Adult Farm Volunteers

Assist Kelsey Creek Farm staff in providing daily care to our farm animals. Help staff bring the animals out to pasture, clean their living quarters, and prepare meals for the animals each day. Volunteers will learn about caring for livestock and about Bellevue's agricultural history while giving back to their community.

Kelsey Creek Farm

FREE		Ages 18/up	
3123	Tu	8:30am-10:30am	1/9-2/20
3125	We	8:30am-10:30am	1/10-2/21
3140	Tu	8:30am-10:30am	3/5-4/16
3141	We	8:30am-10:30am	3/6-4/17

After School Teen Farm Volunteers

Assist Kelsey Creek Farm staff in providing daily care to our farm animals. Help prepare meals for the animals, clean their living quarters, assist with other farm chores, and help bring the animals back into the barn each day. Teens will learn responsible animal care, job skills, and independence while earning service hours for school.

Kelsey Creek Farm

\$15(R)	\$18(N)	Ages	Ages 12-18		
3149	We	2:00pm-4:30pm	1/10-1/24		
3150	We	2:00pm-4:30pm	2/7-2/21		
3151	We	2:00pm-4:30pm	3/6-3/20		

Saturday Morning Teen Farm Volunteers

Assist Kelsey Creek Farm staff in providing daily care to our farm animals. Help prepare meals for the animals, clean their living quarters, assist with other farm chores, and help bring the animals out to pasture for the day. Teens will learn responsible animal care, job skills, and independence while earning service hours for school.

Kelsey Creek Farm

\$15(R)	\$18(N)	Ages ´	Ages 15-18		
3159	Sa	8:30am-12:00pm	1/13-1/27		
3160	Sa	8:30am-12:00pm	2/10-2/24		
3161	Sa	8:30am-12:00pm	3/9-3/23		

Bunny Buddies

Does your child love bunnies? In this program, you and your child will pet our bunnies, feed them some yummy treats, and do a bunny-themed craft. Your child will learn all about bunnies and listen to a fun story about an adventurous rabbit! This is an adult/child class.

Kelsey Creek Farm

\$25(R)	\$30(N)	Ages 4-8	
3167	Su	1:00pm-2:00pm	3/10

Farm Explorers

Join us for a farm adventure featuring animal care, barn chores, a pony ride, and baking yummy snacks. This drop-off program is designed for the independent 4-6 year old. Curriculum is integrated with seasonal themes, arts and crafts, stories, and animal interactions. This class includes a pony ride. Some activities and animals will repeat but many will be new.

Kelsey Creek Farm

\$96(R)	\$115(N)	Ages 4-6	
3111	Th	10:00am-12:30pm 1/11-1/25	,
3116	Th	10:00am-12:30pm 2/8-2/22)
3121	Th	10:00am-12:30pm 3/7-3/21	

Farm Story Time

Come enjoy story time in a farm setting. Each story session will involve a different farm-related theme and include a visit with one of our resident farm animals. The stories will come alive for your children as they see the featured animal characters from the stories in real life. Pre-registration not required. Children must be accompanied by an adult. Space is limited. Doors close when the program begins. Recommended for ages 1-5.

Kelsey Creek Farm

FREE		Ages 1-5	
3155	Th	10:00am-10:30am	1/4
3156	Th	10:00am-10:30am	2/1
3157	Th	10:00am-10:30am	2/29
3158	Th	10:00am-10:30am	3/28

Grass to Butter: An Introduction to Farm Science and a Tasty Snack

How does a farm actually work? Come meet our cows and see what's growing in our pastures. You'll learn how cows digest grass, when they produce milk, and what people can make with milk. Then we'll make butter with milk from a certified western Washington dairy and taste-test it with some yummy crackers. Adult/child teams only, a team is one child and one adult.

Kelsey Creek Farm

\$25(R)	\$30(N)	Ages 4-8	
3170	Su	1:00pm-2:00pm	3/31

Junior Farmers

Your child will be immersed in farm life in this after-school program. Activities include interacting with our farm animals, exploring the park's natural habitats, and creating crafts. Your child will take the animals on walks around the farm, see what's growing in the garden, and explore Bellevue's past through the historic buildings at Kelsey Creek Farm.

Kelsey Creek Farm

\$78(R)	\$94(N)		Ages 7-9
3146	We	2:00pm-4:00pm	1/10-1/24
3147	We	2:00pm-4:00pm	2/7-2/21
3148	We	2:00pm-4:00pm	3/6-3/20

Little Farmers

Classes will feature various farm animals, seasonal themes, barn chores, feeding and petting farm animals, crafts, parallel play, and a pony ride. Children team up with an adult to actively participate in this class. Each session focuses on a different set of animals and will have different activities. Some activities and animals will overlap but many will be new.

Kelsey Creek Farm

\$78(R)	\$94(N)	Ages 2-3	
3089	Tu	10:00am-11:30am 1/9-1	/23
3098	Tu	10:00am-11:30am 2/6-2	/20
3107	Tu	10:00am-11:30am 3/5-3	/19

St. Patrick's Celebration

Celebrate St. Patrick's Day at the farm with the animals! We'll dress up a pony in green decorations, go on a treasure hunt to look for leprechaun gold, and do a craft. Adult/child teams only, a team is one child and one adult.

Kelsey Creek Farm

\$25(R)	\$30(N)		Ages 4-8	
3168	Su	1:00pm-2:00pm		3/17

Veggies for Valentine's

Do you love farm animals? So do we! We'll celebrate Valentine's Day by making veggie treats for the farm animals and popcorn treats for the kids! Your child will meet our animals, make a Valentine card for an animal, and receive one in return! If you do not want your child to eat popcorn, please bring your own snack. Adult/child teams only, a team is one child and one adult. Kelsey Creek Farm

\$25(R) \$30(N) Ages 4-8 3165 Su 1:00pm-2:00pm 2/11

Health & Wellness

Strength, Conditioning, Cardio, & Active Fitness

SilverSneakers Classic

Seated and standing exercises to increase muscular strength, range of motion and activities for daily living. This is a drop-in program, no pre-registration required.

North Bellevue Community Center

\$6(R) \$7(N) Age: 18Y & Up
Silver Sneakers, 12 visit Punch Pass \$60 (R) \$72 (N)
11am-12pm Mon, Wed, Fri Ongoing

Crossroads Community Center

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

SilverSneakers For Beginners

SilverSneakers for Beginners is a slow-paced, easier exercise class for individuals who are new to fitness or need a more relaxed workout routine. This workout includes fall prevention drills and exercises to improve muscular strength, range of motion and endurance for daily living. A chair and handheld weights or tubing are used. If SilverSneakers is included in your Medicare Plan, you can attend the classes at no cost. This is a drop-in program, no pre-registration required.

North Bellevue Community Center

\$6(R) \$7(N) Age: 18Y & Up 9:30am-10:30am Wed Ongoing

Tazzercise

Dance-based group fitness program combining cardio with strength training and stretching to sculpt, tone, and lengthen muscles for a full-body workout. Visit Jazzercise.com for class times and fees.

New student specials are available! Registration/payment is completed directly with Jazzercise instructor at each class location.

Northwest Arts Center North Bellevue Community Center South Bellevue Community Center

Martial Arts Fitness

Increase your fitness level and gain skills in the disciplines of Hapkido, Aikido and Taekwondo. Class includes breath work, balance, cardio, strength, and flexibility exercises. Begin anytime and work at your own pace as this class is on-going and adaptable to all levels.

South Bellevue Community Center

\$50(R)	\$60(N)	Ages 13/up		
3032	Tu	7:00pm-7:50pm	1/16-2/13	
\$30(R)	\$36(N)	Ages	13/up	
3033	Tu	7:00pm-7:50pm	3/5-3/26	

Active Adult Fitness

This all-levels, balanced workout welcomes and benefits adults of all ages! Energize your mind and body with movements from the disciplines of Martial Arts/Tai Chi, Yoga, Strength Conditioning, Pilates, Cardio, Stretching and Balance Challenges. Register separately for the Monday and Wednesday class. For the ultimate benefit and to take advantage of the expertise of both instructors, register for both days. Participants must have the mobility to transition from the floor to standing. Join our encouraging and motivating community!

South Bellevue Community Center

\$50(R)	\$60(N)	Ages 18/up
3029	We	10:30am-11:30am 1/17-2/14
\$40(R)	\$48(N)	Ages 18/up
3028	Мо	10:30am-11:30am 1/22-2/12
\$60(R)	\$72(N)	Ages 18/up
3031	We	10:30am-11:30am 2/21-3/27
\$50(R)	\$60(N)	Ages 18/up
3030	Mo	10:30am-11:30am 2/26-3/25

Cycle/Stretch

Join us for this fusion class of beginner level indoor cycling and flexibility exercises. Class is designed for those who are new to indoor cycling including: older adults, participants new to exercise and de-conditioned participants.

\$35(R) \$42.50(N)	Ages 1	l3/up
3067 Tu, Th	10:30am-11:30am	1/16-1/30
\$63(R) \$76.50(N)	Ages 1	3/up
3068 Tu, Th	10:30am-11:30am	2/1-2/29
\$56(R) \$68(N)	Ages 1	3/up
3069 Tu, Th	10:30am-11:30am	3/5-3/28

Cycling

Double the benefits as you increase your aerobic fitness level and burn a lot of calories in our outdoor natural setting. Classes are held under cover if needed. Dress for the temperature. This is an all-levels class as you control your pace in our friendly, welcoming community.

South Bellevue Community Center

\$63(R)	\$76.50(N)	Ages	13/up
3036	Mo, We	6:00am-7:00am	1/17-2/14
\$49(R)	\$59.50(N)	Ages	13/up
3037	Mo, We	6:00am-7:00am	2/21-3/13

Weight Training & Fitness

Fun, flexibility, balance, and strength. Enjoy a mixture of styles to stay fit and confident. Increase flexibility and range of motion through mat work and various movement styles, with chair/seated options available. Use body weight and free weights. All fitness levels and ages welcome.

Northwest Arts Center

\$88(R)	\$106(N)	Ages 16/u	Ages 16/up	
3007	We	11:15am-12:15pm	1/10-3/6	
3008	We	11:15am-12:15pm 3	/20-6/12	

ZUMBA

ZUMBA is a one of a kind fitness program with easy to follow Latin rhythms designed for all fitness levels. The Monday class is a full hour of calorie burning, energizing, and expressive dance movements. The Friday ZUMBA Toning class focuses on building muscles in the arms, legs and glutes using light weights. Sign up for both days to get a well-rounded workout. You will fall in love with working out again and look forward to it.

South Bellevue Community Center

,	\$44(N)	Ages 1	
3048	Mo, Fr	10:30am-11:30am	1/19-1/29
\$18(R)	\$22(N)	Ages 1	3/up
3049	Мо	6:00pm-6:50pm	1/22-1/29
\$54(R)	\$66(N)	Ages 1	3/up
3050	Mo, Fr	10:30am-11:30am	2/2-2/26
\$27(R)	\$33(N)	Ages 1	3/up
3053	Mo	6:00pm-6:50pm	2/5-2/26
\$81(R)	\$99(N)	Ages 1	3/up
3051	Mo, Fr	10:30am-11:30am	3/1-3/29
\$36(R)	\$44(N)	Ages 1	3/up
3052	Мо	6:00pm-6:50pm	3/4-3/25

ZUMBA Parent/Child

Experience the joy of dancing together! This class will focus on the bonding experience between kids & parents / caregivers with the help of dance, music and movement. During the class, everyone will enjoy dancing with various props.

Northwest Arts Center

\$160(R)	\$192(N)	Ages 3-5
3454	Мо	4:30pm-5:15pm 1/22-3/18
3475	Tu	11:00am-11:45am 1/23-3/19

ZUMBA Kids

Welcome to the dance party! This class is a high-energy dance party packed with kid friendly dance routines. During the session, the students will work on improving their flexibility, strength and confidence. This class will encourage students to dance outside-the-box and bring their own personality to each movement.

Northwest Arts Center

\$160(R) \$192(N) Ages 5-8 3455 Mo 5:30pm-6:15pm 1/22-3/18

ZUMBA Adults

This dance inspired class is great for everyone interested in fitness. These easy to follow dance routines encourage aerobic fitness, using a combination of low-intensity and high-intensity moves. Come and enjoy the calorie-burning dance fitness party. Northwest Arts Center

\$160(R)	\$192(N)	Ages 1	6/up
3456	Mo	6:45pm-7:30pm	1/22-3/18
3476	Tu	12:15pm-1:00pm	1/23-3/19

Fit 360

This action-packed class builds cardio and strength with a variety of equipment and exercises. All fitness levels are welcome. Your certified instructor will work with you on needed modifications and will end each class with a relaxing cooldown and stretching routine.

South Bellevue Community Center

\$55(R)	\$65(N)	Ages	13/up
3073	Mo, We	9:15am-10:15am	1/17-1/31
\$77(R)	\$91(N)	Ages	13/up
3074	Mo, We	9:15am-10:15am	2/5-2/28
\$88(R)	\$104(N)	Ages	13/up
3075	Mo, We	9:15am-10:15am	3/4-3/27

Functional Fitness

Explore a pain-free range of motion with a variety of mobility, flexibility and movement patterns. Each session will progress from isolated joint mobility exercises to exercises using multiple muscle groups that mimic activities of daily living as well as sports movements. Consistent participation will be rewarded with stronger and more supple bodies, negating the effects of modern sedentary lifestyles.

South Bellevue Community Center

\$44(R)	\$52(N)	Ages 1	8/up
3251	Tu, Th	9:15am-10:15am	1/16-1/25
\$110(R)	\$130(N)	Ages 1	8/up
3253	Tu, Th	9:15am-10:15am	2/27-3/28

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)	Ages 1	16/up
3026	Мо	7:00pm-7:50pm	1/22-2/26
\$80(R)	\$100(N)	Ages 1	16/up
3027	Mo	7:00pm-7:50pm	3/4-3/25

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!

\$55(R)	\$65(N)	Ages	16/up
3070	Tu, Th	6:00am-6:50am	1/16-1/30
\$99(R)	\$117(N)	Ages	16/up
3071	Tu, Th	6:00am-6:50am	2/1-2/29
\$88(R)	\$104(N)	Ages	16/up
3072	Tu, Th	6:00am-6:50am	3/5-3/28

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

\$33(R)	\$39(N)	Ages 16/up	1/16-1/30
3448	Tu	6:00am-6:50am	
\$44(R) 3450 3452	\$52(N) Tu Tu	Ages 16/up 6:00am-6:50am 6:00am-6:50am	2/6-2/27 3/5-3/26
\$22(R)	\$26(N)	Ages 16/up	1/18-1/25
3449	Th	6:00am-6:50am	
\$55(R)	\$65(N)	Ages 16/up	2/1-2/29
3451	Th	6:00am-6:50am	
\$44(R)	\$52(N)	Ages 16/up	3/7-3/28
3453	Th	6:00am-6:50am	

Body & Mind

SilverSneakers Yoga

SilverSneakers® Yoga: Seated and standing yoga poses to increase flexibility, balance and range of motion. This is a drop-in program, no pre-registration required.

North Bellevue Community Center

\$6(R) \$7(N) Age: 18Y & Up
Silver Sneakers, 12 visit Punch Pass \$60 (R) \$72 (N)
9:30am-10:30am Mon, Fri Ongoing

Crossroads Community Center

\$6(R) \$7(N) Age: 18Y & Up 9:30am-10:30am Mon, Tue, Fri Ongoing

Yoga - Mixed Levels

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

Northwest Arts Center

\$120(R)	\$144(N)	Ages 16/up	
3045	Tu	9:30am-10:30am	1/9-3/5
3046	Tu	9:30am-10:30am	3/12-5/7

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

\$65(R)	\$75(N)	Ages 13/up	
3174	Tu	11:45am-12:45pm	1/16-2/13
\$78(R)	\$90(N)	Ages ´	13/up
3175	Tu	11:45am-12:45pm	2/20-3/26

Pilates

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 stronger mind-body connection. All fitness levels welcome. For more info about the class and instructor, visit www.community-pilates.com

South Bellevue Community Center

\$93(R) \$108(N)		Ages 13/up	
3172	Fr	9:15am-10:15am	1/19-2/23
\$77.50(R)	\$90(N)	Ages	13/up
3173	Fr	9:15am-10:15am	3/1-3/29

Self Defense: Personal Empowerment

Self Defense begins with awareness and confidence gained through training. Learn martial arts techniques to empower yourself to fight back, be confident and escape from grabs and holds. Black belt instructors will guide you in a positive learning environment to practice strikes, releases and takedowns as well as use of voice, and personal safety principles. All techniques and curriculum will be adapted based on the age and size of the participant.

South Bellevue Community Center

\$12.50(R) \$15(N)		Ages 8/up	
3208	Daily	9:30am-11:30am	3/2

Sound Bath

A sound bath is a meditative practice with waves of soothing, echoing sound from traditional wind and crystal bowl instruments. Learning to focus on the sound waves may help participants feel a decrease in stress, fatigue, anxiety, depression, sadness, and pain. Sound baths may improve your overall mood and release tension in your body as it sooths the nervous system. Participating in a sound bath may be easier than other meditative practices because all you need to do is listen. Relaxation is the main takeaway from the session, and it is not intended to replace other medication or therapies.

South Bellevue Community Center

\$22.50(R)	\$27(N)	Ages 13/up	
3189	Sa	10:30am-11:45am	1/20
3190	Sa	10:30am-11:45am	1/27
3191	Sa	10:30am-11:45am	2/3
3193	Sa	10:30am-11:45am	2/10
3194	Sa	10:30am-11:45am	2/17
3195	Sa	10:30am-11:45am	2/24
3196	Sa	10:30am-11:45am	3/9
3197	Sa	10:30am-11:45am	3/16
3198	Sa	10:30am-11:45am	3/23
3199	Sa	10:30am-11:45am	3/30

Tai Chi & Mindful Movement

This class incorporates the practices of Chi Kung, Tai Chi, core strength, stretching, breath work and meditation. Expect to feel an immediate sense of refreshed focus, relaxation, and overall well-being. Longer term benefits include increased flexibility, balance, strength, and deeper mind-body calmness. An excellent way to spend your lunch break and start your weekend!

\$50(R)	\$60(N)	Ages 18	Ages 18/up	
3034	Fr	10:30am-11:30am	1/19-2/16	
\$40(R)	\$48(N)	Ages 18	3/up	
3035	Fr	10:30am-11:30am	3/1-3/29	

Tai Chi / Mindful Movement

Follow your breath and focus on flowing techniques to experience a Moving Meditation. In this class we practice sets of Chi Kung (Qigong), or Energy Cultivation. These small patterns, such as the Precious 8, form the foundation of our class. Expand your skills through learning the Yang Family Style Short Form. Sabrina Mix, instructor / website at mindfularts.us

Northwest Arts Center

\$88(R)	\$106(N)	Ages 16/up	
3009	We	10:00am-11:00am 1/10-3/6	
3010	We	10:00am-11:00am 3/20-6/12	

Bellevue Main Club

\$88(R)	\$106(N)	Ages	Ages 16/up	
3005	Th	10:00am-11:00am	1/11-3/7	
3006	Th	10:00am-11:00am	3/21-6/12	

Yoga - All Levels

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

\$65(R)	\$75(N)	Ages	Ages 13/up	
3266	We	6:00pm-6:50pm	1/17-2/14	
\$91(R)	\$105(N)	Ages	: 13/up	
3267	We	6:00pm-6:50pm	3/13-4/24	

Yoga - Mixed Levels

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

Northwest Arts Center

\$120(R)	\$144(N)	Ages 16/up	
3045	Tu	9:30am-10:30am	1/9-3/5
3046	Tu	9:30am-10:30am	3/12-5/7

Martial Arts

Self Defense: Personal Empowerment

Self Defense begins with awareness and confidence gained through training. Learn martial arts techniques to empower yourself to fight back, be confident and escape from grabs and holds. Black belt instructors will guide you in a positive learning environment to practice strikes, releases and takedowns as well as use of voice, and personal safety principles. All techniques and curriculum will be adapted based on the age and size of the participant. Dress in comfortable athletic attire. Bring a water bottle.

South Bellevue Community Center

\$12.50(R)	\$15(N)	Ages 8/up	
3208	Daily	9:30am-11:30am	3/2

Boxing Fundamentals

Gain a strong foundation with technical skills to increase confidence and competence in this martial art. Learn footwork, stance, base, mechanics of offense and defense while understanding movement that works best for your body. USA Boxing certified coaches use USA Boxing protocols to create an emotionally, mentally and physically safe environment to explore the benefits of boxing.

South Bellevue Community Center

\$50(R)	\$60(N)	,	Ages 9-17
3201	Mo, We	5:00pm-5:50pm	1/17-1/31
\$60(R)	\$72(N)	,	Ages 9-17
3202	Mo, We	5:00pm-5:50pm	2/5-2/28
\$70(R)	\$84(N)	,	Ages 9-17
3204	Mo, We	5:00pm-5:50pm	3/4-3/27
\$50(R)	\$60(N)	Aş	ges 18/up
3200	Mo, We	11:45am-12:45pn	n 1/17-1/31
\$60(R)	\$72(N)	Aş	ges 18/up
3203	Mo, We	11:45am-12:45pn	n 2/5-2/28
\$70(R)	\$84(N)	Aş	ges 18/up
3206	Mo, We	11:45am-12:45pn	n 3/4-3/27

Hapkido

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.

North Bellevue Community Center

\$64(R)	\$80(N)	Ages	5-12
3303	Mo, We	5:30pm-6:30pm	1/3-1/31
3313	Mo, We	5:30pm-6:30pm	3/4-3/27
\$48(R)	\$60(N)	Ages	5-12
3312	Mo, We	5:30pm-6:30pm	2/5-2/7
\$64(R)	\$80(N)	Ages 1	2/up
3310	Mo, We	6:35pm-7:35pm	1/3-1/31
3314	Mo, We	6:35pm-7:35pm	3/4-3/27
\$48(R)	\$60(N)	Ages 1	2/up
3306	Mo, We	6:35pm-7:35pm	2/5-2/28

Kendo

Kendo is a co-ed martial arts sport based on Samurai traditions requiring both mental and physical discipline. There are various levels of classes offered based on experience.

Beginning

The beginning class focuses on learning basic footwork and sword handling. Participants use a Bokken (oak sword) for weeks 1-4. At week 5, a Shinai (bamboo sword) is also required. Upon completion of the beginning class, continuing students enroll in the Intermediate Kendo class.

Highland Community Center & Park 2/23 class will be held at Tyee Community Gym.

\$90(R)	\$108(N)	Ages	Ages 10/up		
2613	Fr	6:30pm-8:00pm	1/5-3/15		
2621	Fr	6:30pm-8:00pm	3/22-5/31		

Intermediate

Intermediate Kendo is a continuation where participants work on skill improvement. Part of the class time is spent in drills with the advanced class. The prerequisite to Intermediate Kendo is completion of Beginning Kendo. Students will progress to actual striking of live targets. Once students have progressed in skill, they will be able to move into wearing armor and engage in bouts with other students.

Highland Community Center & Park 2/23 class will be held at Tyee Community Gym.

\$90(R)	\$108(N)	Ages 8/up		
2614	Fr	6:30pm-8:00pm	1/5-3/15	
2622	Fr	6:30pm-8:00pm	3/22-5/31	

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 Community Center & Park 2/23 class will be held at Tyee Community Gym.

\$90(R)	\$108(N)	Ages 8/up		
2615	Fr	7:30pm-9:30pm	1/5-3/15	
2623	Fr	7:30pm-9:30pm	3/22-5/31	

Women's Advanced Kendo

This 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 be currently enrolled in Advanced Kendo, have armor (bogu), and have approval from the teacher to enroll. This class takes place one time per month. Participants are welcome to attend the class that matches their gender identity or expression.

Highland Community Center & Park

\$30(R)	\$36(N)	Ages 8/up
3446	Fr	8:00pm-9:30pm 1/12, 2/9, 3/8

Martial Arts Fitness

Increase your fitness level and gain skills in the disciplines of Hapkido, Aikido and Taekwondo. Class includes breath work, balance, cardio, strength, and flexibility exercises. Begin anytime and work at your own pace as this class is on-going and adaptable to all levels.

South Bellevue Community Center

\$50(R)	\$60(N)	Ages 13/up	
3032	Tu	7:00pm-7:50pm	1/16-2/13
\$30(R)	\$36(N)	Ages	13/up
3033	Tu	7:00pm-7:50pm	3/5-3/26

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

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\$63(R)	\$77(N)	Ages	6-12
3079	Mo, We	6:00pm-6:50pm	1/8-1/31
3080	Mo, We	6:00pm-6:50pm	2/5-2/28
\$72(R)	\$88(N)	Ages	6-12
3081	Mo, We	6:00pm-6:50pm	3/4-3/27
\$63(R)	\$77(N)	Ages	9/up
3076	Mo, We	7:00pm-7:50pm	1/8-1/31
3077	Mo, We	7:00pm-7:50pm	2/5-2/28
\$72(R)	\$88(N)	Ages	9/up
3078	Mo, We	7:00pm-7:50pm	3/4-3/27

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

50 at. 1 L	chevae commanity	CCITICA	
\$40(R)	\$47.50(N)	Ages	5/up
3176	Tu, Th	4:00pm-4:50pm	1/16-1/30
3177	Tu, Th	5:00pm-5:50pm	1/16-1/30
\$72(R)	\$85.50(N)	Ages	5/up
3181	Tu, Th	4:00pm-4:50pm	2/1-2/29
3183	Tu, Th	5:00pm-5:50pm	2/1-2/29
\$64(R)	\$76(N)	Ages	5/up
3185	Tu, Th	4:00pm-4:50pm	3/5-3/28
3186	Tu, Th	5:00pm-5:50pm	3/5-3/28
\$40(R)	\$47.50(N)	Ages	9/up
3179	Tu, Th	6:00pm-6:50pm	1/16-1/30
\$72(R)	\$85.50(N)	Ages	9/up
3184	Tu, Th	6:00pm-6:50pm	2/1-2/29

Natural Resources & Outdoor Education

6:00pm-6:50pm

Ages 9/up

3/5-3/28

TRACKS

Tracks Bike Club

\$64(R) \$76(N)

Tu, Th

Come ride bikes, play games and hang out with us on early release Wednesdays. We will take a different 2-3 mile bike ride each week on trails in Bellevue. Participants must be proficient at riding bikes. This program is not suitable for beginners or those looking to learn to ride. Bikes and helmets are available by request.

Lake Hills Community Park

\$30(R)	\$36(N)	Ages	10-13
3209	We	2:00pm-4:00pm	3/6-3/27

Tracks Park Walks

Join us for a 50+ Thursday walk! We will take a leisurely walk through a new Bellevue Park each week. Meet new people as you walk around some of Bellevue's best parks. After a short walk we will head to a picnic spot and enjoy lunch before returning to North Bellevue Community Center. Transportation to and from North Bellevue Community Center is included, please bring your own lunch and water.

\$5(R)	\$6(N)	Ages	50/up
3211	Th	11:00am-1:00pm	3/7-3/28

Tracks Snowshoe Rental

Tracks offers weekend snowshoe equipment rentals. All rentals are 4 days from Thursday-Monday afternoon. Pick up and drop off is at North Bellevue Community Center Adult and kid sizes are available, please register each person that needs equipment.

North Bellevue Community Center

\$15(R)	\$20(N)	Ages :	5/up
2780	Daily	3:30pm-5:00pm	1/4-1/8
2781	Daily	3:30pm-5:00pm	1/11-1/15
2782	Daily	3:30pm-5:00pm	1/18-1/22
2783	Daily	3:30pm-5:00pm	1/25-1/29
2784	Daily	3:30pm-5:00pm	2/2-2/5
2785	Daily	3:30pm-5:00pm	2/8-2/12
2786	Daily	3:30pm-5:00pm	2/15-2/20
2787	Daily	3:30pm-5:00pm	2/22-2/26
2788	Daily	3:30pm-5:00pm	2/29-3/4

Tracks Tuesday Trails Snowshoeing 50+

This easy and beginner friendly snowshoe series is designed for active seniors looking to get outside this winter. We will meet at the North Bellevue Community Center and ride to a trailhead in the Cascades, routes will be specifically chosen for the over 50 crowd. Snowshoes, poles and transportation provided.

North Bellevue Community Center

\$15(R)	\$20(N)	Ages 50/up	
3054	Daily	10:00am-2:00pm	1/9
3055	Daily	10:00am-2:00pm	1/16
3056	Daily	10:00am-2:00pm	1/23
3057	Daily	10:00am-2:00pm	1/30
3058	Daily	10:00am-2:00pm	2/6
3059	Daily	10:00am-2:00pm	2/13
3060	Daily	10:00am-2:00pm	2/20
3061	Daily	10:00am-2:00pm	2/27

Ranger Programs

Movies at Mercer Slough: Our Planet

Mercer Slough Environmental Education Center

How the Earth was Made

Take a journey through the past, present and future of earth in this 3-part series documentary.

FREE	REE Ages 10/L		
2923	Su	2:00pm-3:30pm	1/21

A Global Warning

Take a journey through the past, present and future of earth in this 3-part series documentary.

FREE	REE Ages 10/up		
2924	Su	2:00pm-3:30pm	2/18

Life After People

Take a journey through the past, present and future of earth in this 3-part series documentary.

FREE	REE Ages 10/uj		
2925	Su	2:00pm-3:30pm	3/24

Mercer Slough Night Hike

Awaken your senses and step into the nocturnal world for a guided hike into the Mercer Slough Nature Park. Exploring the park after the sun has set will certainly prove to be a unique and memorable experience for the whole family.

Mercer Slough Environmental Education Center

FREE		Ages 5/up	
2926	Fr	7:00pm-8:00pm	1/26
2927	Fr	7:00pm-8:00pm	2/23
2928	Fr	7:00pm-8:00pm	3/22

Ranger Programs at Mercer Slough

Join a Ranger for an educational program at Mercer Slough Environmental Education Center. Programs are held throughout the year, regardless of weather. Programs are indoors AND outdoors. Please dress for outdoor activities and bring a water bottle. Pre-registration for each person attending is required.

Mercer Slough Environmental Education Center

A Long Winter's Nap

Can you imagine sleeping all winter and waking up in the Spring? Wouldn't you get hungry. While some animals can adapt to winter conditions others will hibernate right here in our own backyards. Join a park Ranger find out what happens to their bodies that allows them to survive without any food.

FREE Ages 5-		10	
2910	Daily	2:00pm-3:00pm	1/20

Woodland Wonders

The Mercer Slough Nature Park is home to many woodland creatures. Together they create a balanced ecosystem where all can thrive. Find out just who is living in this mosaic of habitats. Join a Park Ranger to see if you can spot the signs of wildlife.

FREE	E Ages 5-10)
2922	Daily	2:00pm-3:00pm	2/17

Nature's Recylers

Who is cleaning up the forest floor? Fungus, bacteria, and invertebrates are nature's busy recyclers working endlessly to break down organic material. Not only do they break down decaying matter, but they also turn it into rich nutrient filled soil necessary for healthy forests. Join a park Ranger to enjoy a story, hands-on activities, and a chance to meet some wiggly recyclers.

FREE		Ages 5-10	
2912	Daily	2:00pm-3:00pm	3/16

Ranger-Led Hike at 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. All are welcome but best for ages 5 and up. Pre-registration for all participants is required. Meet at the Mercer Slough Visitor's Center.

Mercer Slough Environmental Education Center

FREE		Recommended for ages 5/up	
2921	Su	2:00pm-3:30pm	3/3

Story and Stroll at Mercer Slough

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. Pre-registration for all parents and children is required.

Mercer Slough Environmental Education Center

FREE	EE Ages 3-5		
2913	Fr	11:00am-12:00pm	1/5
2915	Fr	11:00am-12:00pm	1/19
2916	Fr	11:00am-12:00pm	2/9
2917	Fr	11:00am-12:00pm	2/23
2918	Fr	11:00am-12:00pm	3/8
2919	Fr	11:00am-12:00pm	3/22

World Wetlands Day Celebration

World Wetlands Day is a global event that recognizes the importance of protecting our wetland ecosystems. These ecosystems provide critical habitat for many threatened and endangered wildlife, maintain water quality, and support biodiversity. Learn more about how you can help to protect our wetlands. We are partnering with several non-profits and other organizations to provide a fun-filled family friendly event with hands-on activities, crafts and nature walks through the wetland.

Mercer Slough Environmental Education Center

FREE		Ages All Ages	
3082	Daily	11:00am-2:00pm	2/3

Evening Walk and Talk

Join park rangers for a short walk around Lewis Creek Park as we chat about our local wildlife. We'll discuss local urban wildlife and learn how we can reduce conflicts with our most common backyard visitors. All ages are welcome. This hike's difficulty is rated as easy (.5 miles). Preregistration is required for each participant.

Lewis Creek Park

FREE		Ages All Age	!S
3283	Sa	5:30pm-6:30pm	3/16

Lake Hills Greenbelt Ranger Walk

Are you interested in a weekend activity that's both fun and educational? Bring the whole family to the Lake Hills Greenbelt Ranger Station 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! The trail is mostly level and is mostly gravel. Pre-registration is required.

Lake Hills Greenbelt

FREE		Recommended for ages 5/up	
2891	Sa	2:00pm-3:00pm	1/6
2892	Sa	2:00pm-3:00pm	1/13
2893	Sa	2:00pm-3:00pm	1/20
2894	Sa	2:00pm-3:00pm	1/27
2895	Sa	2:00pm-3:00pm	2/10
2896	Sa	2:00pm-3:00pm	2/17
2897	Sa	2:00pm-3:00pm	2/24
2898	Sa	2:00pm-3:00pm	3/2
2899	Sa	2:00pm-3:00pm	3/9
2900	Sa	2:00pm-3:00pm	3/16
2901	Sa	2:00pm-3:00pm	3/23
2902	Sa	2:00pm-3:00pm	3/30

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. Outdoor only.

Lakemont Community Park

FREE		Recommended for ages 5/up	
3243	Su	10:30am-12:00pm	3/10

Ranger-led Hike at Lakemont Highlands Open Space

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. Outdoor only.

Lewis Creek Park

FREE		Recommended for ages 5/up	
3238	Daily	10:00am-12:00pm	1/28

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. Outdoor only.

Lewis Creek Park

FREE	Recommended for ages 5/up	
3235	10:30am-11:30am	1/6
3236	10:30am-11:30am	2/3
3237	10:30am-11:30am	3/2

Family Discovery Series

Bears of Bellevue

Bears can be a surprising sight in parks and neighborhoods, given their size and elusive habits, but are also an important part of our local ecosystems! Join our program to learn all about bears and better understand the reasons behind their often-unexpected appearances, as well as some ways to ensure a safe and beneficial coexistence when camping and backpacking in bear country!

Lake Hills Greenbelt

FREE Ages 4-10 w/ accompanying adul		ılt	
2888	Sa	10:00am-11:00am	2/10
2889	Sa	10:00am-11:00am	2/17

Riveting Rabbits

Sprinting or hopping through the green grass and between the tall trees, mice and rabbits are abundant in our parks through the whole year. How do these little creatures keep themselves safe from predators, and how do they prepare for winter? Enjoy a class about these critters with a Bellevue Park Ranger, and then join us for a craft!

FREE		Ages 4-10 w/ accompanying adult	
2890	Sa	10:00am-11:00am	3/23

Creature Crafts

Join us for themed crafts and fun with your little ones. Create a take home craft and have fun with additional activities your little explorer can discover at their own pace. Each month we'll have a new topic to focus on. Preregistration required for children and adults.

Lewis Creek Park

FREE	Ages 3/i	up
3229	10:30am-11:30am	1/13
3230	10:30am-11:30am	2/10
3231	10:30am-11:30am	3/24

Making Tracks in Lewis Creek Park

Join a park ranger to learn Bellevue's animal signs, then head outside on a hunt to see what animals have been wandering through Lewis Creek Park! We'll look for prints, feathers, and even scat to see what's been happening in the park. Ages 5-10 with accompanying adult(s). Preregistration is required for children and adults.

Lewis Creek Park

FREE		Ages 5-10 w/ accompanying adult	
3219	Su	2:30pm-3:30pm	2/4
3220	Sa	2:30pm-3:30pm	2/17
3221	Sa	2:30pm-3:30pm	2/24

Night Hike at Lewis Creek Park

When the sun sets and the dark of night creeps in, Lewis Creek Park comes alive! Learn about the different nocturnal and crepuscular species that call the park home.! Bring a flashlight or headlamp, as well as good shoes and warm clothes for the journey. Ages 5+ with accompanying adult(s). Preregistration is required for children and adults.

Lewis Creek Park

FREE	Ages 5/	up
3232	5:30pm-7:00pm	1/19
3233	6:00pm-7:30pm	2/16
3234	6:30pm-8:00pm	3/22

Toddler Trails at Lewis Creek Park

Explore the trails at Lewis Creek Park with a park ranger and get out some wiggles. 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 to 36 months with accompanying adult(s). This hike's difficulty is rated as easy (.5 miles). Preregistration required for children and adults. Outdoor only.

Lewis Creek Park

FREE	Ages 18-36 months w/ accompanying adult	
3225	10:00am-11:00am	1/21
3226	10:00am-11:00am	2/11
3227	10:00am-11:00am	3/23

Toddler Trails at the Lake Hills Greenbelt

Come enjoy a special program designed for our littlest explorers. Whether by stroller or shoe, this short walk along the lake hills greenbelt trail will give your little one an opportunity to look at some different plants and learn about a few special animals.

Lake Hills Greenbelt

FREE	Ages 18-36 Months w/accompanying adult	
2904	10:00am-10:45am	1/5
2905	10:00am-10:45am	3/8

What's Wild?

Dogs and coyotes look the same, so what makes them different? Find what it means to be wild as we examine what separates the animals of the Lewis Creek Park from their domestic cousins on a ramble through the trails. Preregistration is required for children and adults.

Lewis Creek Park

FREE		Ages 5-10 w/ accompanying adult	
3222	Sa	2:30pm-3:30pm	3/9
3224	Su	2:30pm-3:30pm	3/17
3223	Sa	2:30pm-3:30pm	3/23

Whoooo's Hooting?

How does a barn owl can find its prey in total darkness? How does a great horned owl clasp its talons with 28 pounds of force? Join us as we learn all about our favorite silently flying friends, try out our hoots, and dig deeper into an owl's diet by dissecting owl pellets! Preregistration is required for children and adults.

Lewis Creek Park

FREE		Ages 5-10 w/ accompanying adult	
3215	Su	2:30pm-3:30pm	1/7
3216	Sa	2:30pm-3:30pm	1/20
3218	Sa	2:30pm-3:30pm	1/27

Adult Sports

Adult Sports Leagues

Adult volleyball and basketball leagues play Fall, Winter, & Spring seasons at various Bellevue Parks locations and are supervised by Parks staff. Players must be 18 or older. An Interested Players List is maintained and made available to team managers looking for additional players. For more information visit <u>BellevueWA.gov/Leagues</u>. email the league coordinator at leagues@BellevueWA.gov, or call 425-452-4479.

Badminton Clinic

If you've never played badminton before or are just a beginner, this introductory clinic is designed specifically for you! The one-time session will cover the basics of the game and help develop an understanding of badminton for recreational and social play, badminton rules, terminology, and provide beginner play time. All equipment is provided. Advanced registration is required.

\$10(R)	\$12(N)	Ages 18/up	
3374	Tu	8:30am-10:00am	1/16
3375	Th	8:30am-10:00am	1/18
3376	Tu	8:30am-10:00am	1/23
3377	Th	8:30am-10:00am	1/25
3378	Tu	8:30am-10:00am	1/30
3379	Th	8:30am-10:00am	2/1
3380	Tu	8:30am-10:00am	2/6
3381	Th	8:30am-10:00am	2/8
3382	Tu	8:30am-10:00am	2/13
3383	Th	8:30am-10:00am	2/15
3384	Tu	8:30am-10:00am	2/20
3385	Th	8:30am-10:00am	2/22
3386	Tu	8:30am-10:00am	2/27
3387	Th	8:30am-10:00am	2/29
3388	Tu	8:30am-10:00am	3/5
3389	Th	8:30am-10:00am	3/7
3390	Tu	8:30am-10:00am	3/12
3391	Th	8:30am-10:00am	3/14
3392	Tu	8:30am-10:00am	3/19
3393	Th	8:30am-10:00am	3/21

Winter Basketball

Women's Pick up Basketball

Register for the whole session 6 weeks (averages to \$4 per session). Check in with staff and sign sheet upon arrival. Teams are decided at the gym. Rules, teams, points are the group's consensus.

Hidden Valley Sports Park

\$24 Ages 18/up 3210 Mo 8:00pm-10:00pm 1/8-2/12

Men's Pick up Basketball

Register for the whole session 6 weeks (averages to \$4 per session). Check in with staff and sign sheet upon arrival. Teams are decided at the gym. Rules, teams, points are the groups consensus.

Bellevue Main Club

\$24 Ages 18/up 3166 Th 7:30pm-10:00pm 1/11-2/15

Youth Sports

Skate Clinics

This skateboard class is designed for first-time, beginner-level, and skaters looking to improve on their skills. The clinic covers rolling and dropping in on ramps, ollies, ramp tricks, park etiquette, correct pushing, and most importantly, how to fall safely. For skaters returning from previous classes, we will work on progressing from where you left off. If you do not have your own equipment, skateboards and safety gear will be provided on-site. We have a one to three instructor ratio.

Bellevue Skate Park

\$20(R) \$24(N) Ages 5/up

Mondays @ 4:30-5:30pm Wednesdays @ 2-3pm Saturdays @ 10:45-11:45am

Basketball Clinics

Want to improve your basketball skills and fundamentals? Basketball clinics create an opportunity for up-and-coming players to learn the concepts of basketball, practice new skills, and improve during basketball season. Sessions focus on building individual skills such as dribbling, shooting, passing, and defense. No prior experience necessary. Participants are welcome to attend the class that matches their gender identity or expression.

Tyee Middle School Site

\$60(R)	\$72(N)	Ages 7-10	
2611	Mo	5:30pm-6:30pm	1/22-3/4
\$30(R)	\$36(N)	Α	ges 7-10
2619	We	4:30pm-5:30pm	3/20-4/3

Girls Basketball Club

\$60(R)	\$72(N)	Ages (6-12
2612	Th	5:30pm-6:30pm	1/25-3/7
\$40(R)	\$48(N)	Ages (6-12
2618	Th	6:00pm-7:00pm	3/14-4/4

Basketball League

This co-ed instructional league is full of fun and is a great way to further develop and enhance your basic knowledge and skills in basketball! Learn to become a team player while improving your individual skillset. Emphasis is on participation, fun, and skill development of dribbling, shooting, passing, and defense. The league will begin with two weeks of team practice followed by six weeks of games. Participants will receive a team jersey and basketball at the first practice. Volunteer coaches are needed for this league. If you are interested in volunteering, please email Erin McCaslin at emccaslin@bellevuewa.gov.

Tyee Middle School Site

Mighty Mites

\$95(R)	\$114(N)		Ages 5-6
2610	We	5:00pm-6:00pm	1/17-3/13

Youth

\$95(R)	\$114(N)		Ages 7-9
2609	Tu	5:30pm-6:30pm	1/16-3/12

Flag Football

Join this safe, dynamic, and non-competitive environment for beginning young co-ed athletes to discover the fun in playing flag football. Athletes will develop basic skills and techniques necessary to succeed on both offense and defense. This program is designed to introduce players to the sport with 30-45 minutes of practice drills and agility followed by 30 minutes of fun game play. No experience necessary.

Robinswood Community Park - Fields

\$40(R)	\$48(N)	Ages	Ages 7-13	
2616	We	1:45pm-3:00pm	1/24-2/14	

Multi-Sport

Are you the type of kid who likes to play? This 4-week program is for you! Flag football, soccer, ultimate frisbee, kickball, capture the flag...whatever the game may be, our widely talented coaches will make sure you have a blast!

Robinswood Community Park - Fields

\$40(R)	\$48(N)		Ages 7-13
2617	Mo	4:15pm-5:15pm	3/11-4/1

Youth Soccer Clinics

Join this safe, positive, and non-competitive environment for beginning young co-ed athletes to discover the fun in playing soccer. Athletes will develop basic skills and techniques necessary to succeed on both offense and defense. This program is designed to introduce players to the sport with 30 minutes of practice and conditioning followed by 30 minutes of fun game play. Basic skills will include dribbling, passing, and shooting. No experience necessary. Soccer balls will be available for use onsite at the program.

Robinswood Community Park - Fields

\$40(R)	\$48(N)		Ages 7-12	
2620	Th	4:00pm-5:00pm	3/14-4/4	

Tennis

Robinswood Tennis Center Registration Dates:

Winter Session: December 4 (R) / December 11 (N) Spring 1 Session: February 5 (R) / February 12 (N)

Adaptive Tennis

Robinswood Tennis Center

Tennis for individuals with intellectual disabilities allow participants to be introduced to basic tennis skills with the focus on building self-esteem and participation. Registration for this class may only be done in person with Instructor Sara Wilson.

\$56 Ages 14/up

Winter:

2557 We 4:00pm-5:00pm 1/10-2/21

Spring 1:

2718 We 4:00pm-5:00pm 3/6-4/17

Week-to-Week Tennis Classes

Robinswood Tennis Center

Register up to seven days in advance. Non-refundable, non-trasnferable.

Senior Drill & Play

This class is a combination of instruction, drill and point play, running September through June.

\$14		Ages 5	Ages 50/up	
	Tu	1:30pm-2:45pm	Weekly	

Cardio Tennis

Cardio Tennis consists of short cycles of workouts. Players of all abilities enjoy tennis together while they also consistently elevate their heart rates into their aerobic training zone.

\$13		Ages 1	Ages 18/up	
	Mo	1:30pm-2:30pm	Weekly	
	We	1:30pm-2:30pm	Weekly	
	Th	6·30nm-7·30nm	Weekly	

Adult Tennis

Robinswood Tennis Center

Beginning

The beginning level is designed to provide basic skills needed to play tennis including etiquette, rules, and scoring. USTA level of 2.0.

\$160 Ages 18/up

Winter:

2549	Tu	7:45pm-9:00pm	1/2-2/20
2545	We	11:00am-12:15pm	1/3-2/21
2550	We	9:00pm-10:15pm	1/3-2/21

Spring 1:

2706	We	11:00am-12:15pm	2/28-4/17
2710	Tu	7:45pm9:00pm	2/27-4/16
2711	We	9:00pm-10:15pm	2/28-4/17

Advanced Beginning

The advanced beginning level will build on the basics, reinforce techniques, and add advanced drills on learning how to play doubles. USTA level of 2.5 or higher.

\$160		Ages 18/up	
Winter: 2546 Tu 2551 Tu 2547 We 2552 We		11:00am-12:15pm 9:00pm-10:15pm 12:15pm-1:30pm 7:45pm-9:00pm	1/2-2/20 1/2-2/20 1/3-2/21 1/3-2/21
Spring 1: 2707 Tu 2712 Tu 2708 We 2713 We		11:00am-12:15pm 9:00pm-10:15pm 12:15pm-1:30pm 7:45pm-9:00pm	2/27-4/16 2/27-4/16 2/28-4/17 2/28-4/17

Intermediate

The intermediate level is for participants who already have sound fundamentals and are working on advanced techniques such as spin serves, continental grip volleys, slice backhand, and basic strategies. USTA level 3.0 or higher.

Winter:

\$160 Ages 18/up					
Th	7:45pm-9:00pm	1/4-2/22			
	Ages 18	3/up			
Mo	12:15pm-1:30pm	1/8-2/12			
Mo	7:45pm-9:00pm	1/8-2/12			
Spring 1:					
	Ages 18	3/up			
Mo	12:15pm-1:30pm	2/26-4/15			
Mo	7:45pm-9:00pm	2/26-4/15			
Th	7:45pm-9:00pm	2/29-4/18			
	Mo Mo Mo Mo	Th 7:45pm-9:00pm Ages 18 Mo 12:15pm-1:30pm Mo 7:45pm-9:00pm Ages 18 Mo 12:15pm-1:30pm Mo 7:45pm-9:00pm			

Advanced

The advanced level will focus on more advanced drills and strategy for singles/doubles play. USTA 3.5 level or higher.

Winter:

2717

Th

\$160		Ages 18/up		
2556	Th	9:00pm-10:15pm	1/4-2/22	
\$100		Ages 1	8/up	
2555	Mo	9:00pm-10:15pm	1/8-2/12	
Spring 1:				
\$160		Ages 1	8/up	
2716	Мо	9:00pm-10:15pm	2/26-4/15	

9:00pm-10:15pm

2/29-4/18

Junior Tennis Teams

Robinswood Junior Teams require tryouts to register. Tryout forms are available at <u>bellevuewa.gov/tennis</u>. Forms can be dropped off in-person at the front desk or provided day of. See the provided drop-off date highlighted at the top of the form. Prep Team has limited availability and is on a first-come basis to secure a spot.

Robinswood Tennis Center

Prep Team

The Prep Team will focus on strengthening the student's rally skills. This team is designed for students who have completed Intermediate Saturday class. The goal of the team is to develop consistent rallies and begin match play. Entry to this team is through tryout.

\$84	Ages /-18

Winter:

2533 Sa 9:00am-10:00am 1/6-2/24

Spring 1:

2719 Sa 9:00am-10:00am 3/2-4/20

Team 1

Players on Team 1 have progressed past the Intermediate Class and Prep Team level. Players at this level should already be able to keep score, play matches against other players, execute volleys, execute overheads, and place serve consistently in the box. Entry to this team is through a tryout.

\$192 Ages 7-18

Winter:

2534 Tu, Th 4:00pm-5:15pm 1/2-2/22

Spring 1:

2720 Tu, Th 4:00pm-5:15pm 2/27-4/18

Team 2

Players on Team 2 have completed 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. Entry to this team is through a tryout.

\$192 Ages 7-18

Winter:

2535 Tu, Th 5:15pm-6:30pm 1/2-2/22

Spring 1:

2721 Tu, Th 5:15pm-6:30pm 2/27-4/18

Tournament Team

Players on Tournament Team have completed a session in one of the top ladder 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. Entry to this team is through a tryout.

Winter:

\$252 Ages 7-18 2536 Mo, We, Fr 5:15pm-6:30pm 1/3-2/23

Spring 1:

\$288 Ages 7-18 2722 Mo, We, Fr 5:15pm-6:30pm 2/26-4/19

Elite Team

Players on Elite Team have completed a session in one of the top ladder spots on Tournament Team. This team is designed for the high-level player. Drills are designed in a match-play environment. Elite Team is the highest-level junior team at Robinswood. Entry to this team is through a tryout.

Winter:

\$252 Ages 7-18 2537 Mo, We, Fr 4:00pm-5:15pm 1/3-2/23

Spring 1:

\$288 Ages 7-18 2723 Mo, We, Fr 4:00pm-5:15pm 2/26-4/19

Youth Tennis

Robinswood Tennis Center

Little Lobbers

The Little Lobbers class focuses on young children building hand-eye coordination and developing muscle memory for basic form.

\$104 Ages 4-6

Winter:

2538 Sa 11:00am-11:45am 1/6-2/24

Spring 1:

2700 Sa 11:00am-11:45am 3/2-4/20

Beginning

The Beginning Class is designed for any child who has never taken lessons before or has minimal experience. The goal of the class is to introduce basic tennis.

\$104 Ages 7-10

Winter:

2539 Sa 12:30pm-1:30pm 1/6-2/24

Spring 1:

2701 Sa 12:30pm-1:30pm 3/2-4/20

\$104 Ages 11-14

Winter:

2540 Sa 1:30pm-2:30pm 1/6-2/24

Spring 1:

2702 Sa 1:30pm-2:30pm 3/2-4/20

Advanced Beginning

The Advanced Beginning class is designed for students who have completed Beginning class or have had comparable lessons in the past.

\$104	•	Ages 7	7-10
Winter: 2541	Sa	2:30pm-3:30pm	1/6-2/24

Spring 1:

2703 Sa

2:30pm-3:30pm 3/2-4/20

\$104 Ages 11-14

Winter:

2542 Sa 3:30pm-4:30pm 1/6-2/24

Spring 1:

2704 3:30pm-4:30pm 3/2-4/20

The Teen class is designed for beginning and advanced beginning levels of teens. The class will focus on fundamental skills.

\$104 Ages 15-18

Winter:

2543 Sa 4:30pm-5:30pm 1/6-2/24

Spring 1:

2705 4:30pm-5:30pm 3/2-4/20

Intermediate

The Intermediate Class is designed for students who have completed the Advanced Beginning class or have had comparable lessons in the past. Intermediate Class is the highest level of Saturday Youth lessons.

\$104 Ages 7-14

Winter:

2544 10:00am-11:00am 1/6-2/24 Sa

Spring 1:

2699 10:00am-11:00am 3/2-4/20

Pickleball

Adult Drop-In Pickleball

North Bellevue Community Center \$4(R) \$5(N) 3-5pm Monday, Wednesday, Friday - Ongoing

Drop-in Pickleball at Hidden Valley

Court and net provided by the facility, players provide their own paddle and balls. This is a drop-in program, COB PlayPass required which can be purchased in any City of Bellevue Recreation facility.

Hidden Valley Fieldhouse

\$4(R) \$5(N) Ages 18/up

Wed 10 am - 12 pm Ongoing Fri 12:30pm-2:30pm Ongoing

SBCC Pickleball Class

SBCC offers a variety of pickleball classes and clinics for varying skill levels.

South Bellevue Community Center

Adult Beginner Pickleball

This program is designed to provide basic skills needed to play pickleball, including etiquette, terminology, rules, and scoring. This is an 8-week progressive program that is designed to assist in developing you to grow in the game and be provided instruction on ways in which you can improve your skills. Recommended for players up to a Level 2.5 rating. Players are encouraged to bring their own paddle, but one will be provided if necessary. All other equipment will be provided.

\$65(R)	\$78(N)	Ages	18/up
3127	Tu	8:30am-10:00am	1/16-3/5

Pickleball Clinic

If you've never played pickleball before or are just a beginner, this introductory 90-minute clinic at SBCC is designed specifically for you! The one-time 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. All equipment is provided. Advanced registration is required.

\$10(R)	\$12(N)	Ages 18/up	
3128	Th	8:30am-10:00am	1/18
3129	Th	8:30am-10:00am	1/25
3130	Th	8:30am-10:00am	2/1
3131	Th	8:30am-10:00am	2/8
3132	Th	8:30am-10:00am	2/15
3133	Th	8:30am-10:00am	2/22
3134	Th	8:30am-10:00am	2/29
3135	Th	8:30am-10:00am	3/7

Beginner Pickleball Clinic for Adults

This introductory clinic is designed especially for beginners. The session will cover the basics and help develop an understanding of pickleball for recreational and social play, pickleball rules, terminology, and provide beginner play time. Nets and balls will be provided, bring your own paddle. Advance registration is required.

Hidden Valley Sports Park

\$10(R)	\$12(N)	Ages 18/up	
3326	Th	10:00am-12:00pm	1/4
3327	Th	10:00am-12:00pm	1/11
3328	Th	10:00am-12:00pm	1/18
3329	Th	10:00am-12:00pm	1/25
3330	Th	10:00am-12:00pm	2/1
3331	Th	10:00am-12:00pm	2/8
3332	Th	10:00am-12:00pm	2/15
3334	Th	10:00am-12:00pm	2/29
3335	Th	10:00am-12:00pm	3/7
3336	Th	10:00am-12:00pm	3/14
3337	Th	10:00am-12:00pm	3/21
3338	Th	10:00am-12:00pm	3/28



Claim your account. Register online.

Get started today at Register.BellevueWA.gov

Garden d'Lights On display nightly through December 31 (Closed December 25) Visit GardenDLights.org to purchase tickets

Garden d'Lights features over half a million sparkling lights formed into the whimsical shapes of plants, flowers, birds, animals, and cascading waterfalls set amid the natural beauty of the Bellevue Botanical Garden.