

CONNECTIONS

November &
December, 2023

**Bellevue resident
registration begins
October 2 @ Noon**

Registrations from non-Bellevue
residents will be accepted
beginning October 9.



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 Parks &
Community Services

CONNECTIONS



Bellevue Parks & Community Services

PO Box 90012
Bellevue, WA 98009-9012

Bellevue City Council

Lynne Robinson, Mayor

Jared Nieuwenhuis, Deputy Mayor

Jeremy Barksdale Conrad Lee
Jennifer Robertson John Stokes
Janice Zahn

Parks & Community Services Board

Paul Clark, Chair

Rowena Clima, Vice-Chair

Eileen Chou David Hamilton
Elizabeth Kronoff 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.

On the Cover:

Garden D'Lights at Bellevue Botanical Garden

Saturday, November 25 to Sunday,
December 31, 2023, 4:30-9 p.m. nightly
Closed Christmas Day.

Tickets available beginning October 15, 2023
\$8 per person, 11 years and older.
Children 10 and under are free.

Visit GardenDLights.org or call
425-452-2750 for more information.

Equal Opportunity Statement

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

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



Financial Assistance Available for Recreation Programs

Bellevue Parks & Community Services strives to make program opportunities available to all interested individuals who live in the boundaries of the city of Bellevue, regardless of income. We provide scholarships to those who might not otherwise be able to participate. Visit one of the locations listed at the bottom of this page to obtain a copy of the scholarship application form, visit bellevuewa.gov/connections to download a copy, or call 425-452-6885 and staff will be happy to mail you a copy of the form, free of charge.

贝尔维尤公园和社区服务中心致力于为居住在贝尔维尤市边界地区的所有对此计划感兴趣的人士提供机会，而不会考虑个人的收入情况。我们为可能无法参与的人士提供奖学金。您可前往本页面底部列出的其中任一地点，领取一份奖学金申请表副本，也可以浏览网站 bellevuewa.gov/connections 下载一份副本，或致电 425-452-6885，工作人员将乐意给您免费邮寄申请表副本。

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

벨뷰 공원 및 근린시설 서비스는 소득 수준과 관계없이 프로그램에 관심이 있는 벨뷰시 거주 시민이라면 누구든지 프로그램을 이용할 기회를 제공하고자 노력합니다. 참여가 어려운 사람에게는 장학금을 제공합니다. 이 페이지 하단에 열거된 지점 중 한 곳을 방문하거나 bellevuewa.gov/connections를 방문하여 장학금 지원서 양식을 받을 수 있으며, 425-452-6885번으로 전화하면 직원이 지원서 양식을 무료로 발송해드립니다.

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

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

Служба парков и коммунальных предприятий Белвью предлагает программы создания возможностей всем заинтересованным лицам, которые живут в пределах города Белвью, независимо от их дохода. Мы предоставляем стипендии тем, кто без этого не сможет стать участником программы. Получить бланк заявки на стипендию можно в одном из офисов, перечисленных в нижней части этой страницы. Чтобы скачать бланк заявки, зайдите на страницу bellevuewa.gov/connections или позвоните по номеру 425-452-6885, и сотрудники бесплатно отправят вам бланк по почте.

Parques y Servicios Comunitarios de Bellevue procura hacer que las oportunidades para participar en los programas estén disponibles a todos aquellos que estén interesados y vivan dentro de los límites de la ciudad de Bellevue, independientemente de sus ingresos. Otorgamos becas a los que no podrían participar de otra manera. Visite algunos de los locales listados al pie de esta página para obtener una copia del formulario de solicitud de becas, también puede ingresar a bellevuewa.gov/connections y descargar el formulario o puede llamar al 425-452-6885 y el personal felizmente le enviará una copia por correo electrónico sin costo.

Bellevue Aquatic Center 601 143rd Ave NE
Bellevue City Hall 450 110th Ave NE - ServiceFirst
Bellevue Youth Theatre 16501 NE 10th St
Crossroads Community Center 16000 NE 10th St
Highland Community Center 14224 Bel-Red Rd

Kelsey Creek Farm 410 130th Pl SE
Crossroads Mini City Hall 15600 NE 8th St #H9
North Bellevue Community Center 4063 148th Ave NE
Northwest Arts Center 9825 NE 24th St
South Bellevue Community Center 14509 SE Newport Way

Registration & Payment Policies

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

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

Day Camps: Each Day Camp requires a \$35 non-refundable fee, per participant, per camp, at the time of registration, and will be applied toward the final amount due. Payment in full is due for the first two (2) camps at the time of registration. Payments for subsequent camps are due fourteen (14) calendar days prior to the first day of each session.

Credit Card:

Include credit card number and expiration date on registration form.

Checks:

All checks or drafts received by the City which are returned or dishonored by the drawee bank or other such depository shall be assessed a charge of \$15.00 (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 October 2 at Noon
Registrations from non-Bellevue residents will be accepted beginning October 9.

Please Print Clearly

Adult Last Name _____ Adult First Name _____ Adult Date of Birth _____

Street Address _____ City _____ State _____ ZIP _____

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

(_____) _____ (_____) _____ _____
Work Phone Home Phone Pronouns

Participant #1 Name:

Last First
Date of Birth: _____ Pronouns _____

Class No	Class Title	Fee	Use Scholarship?

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

Participant #2 Name:

Last First
Date of Birth: _____ Pronouns _____

Class No	Class Title	Fee	Use Scholarship?

Participant #3 Name:

Last First
Date of Birth: _____ Pronouns _____

Class No	Class Title	Fee	Use Scholarship?

Payment Details

Payment Method

Check D.D.A. (send to Highland)

Credit Card

Total Fee: \$ _____



Card Number _____

Expiration Date _____

CVV _____

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



WAIVER OF LIABILITY/PHOTO & VIDEO RELEASE

PLEASE READ CAREFULLY

In consideration of myself and/or my child(ren) being allowed to use City of Bellevue Parks & Community Services facilities and/or participate in the City-sponsored activity(ies) identified herein, I ASSUME ANY AND ALL RISKS, INCLUDING RISK OF INJURY OR DEATH, associated with my or my child(ren)'s use of said facilities and/or participation in said activities. I further agree on behalf of myself, my heirs, executors, assigns, and personal representatives, to waive and RELEASE any and all rights and claims for damages, including attorney fees, I now, or may hereafter have, whether known or unknown, against the City of Bellevue and its officials, employees, and agents for any injuries suffered by me or my child(ren) in connection with the use of City facilities or participation in the City-sponsored activity(ies) identified herein. I acknowledge that I have carefully read this WAIVER OF LIABILITY and fully understand that I am waiving any right that I may have to bring a legal action or to assert a claim against the City of Bellevue in connection with the use of City facilities or participation in the City-sponsored activity stated below.

PHOTO/VIDEO RELEASE: I give my permission to have photos and/or video and audio recordings taken of me or my child(ren) during City of Bellevue activities and authorize the City of Bellevue to copyright, use, and publish the same. I understand I am waiving any right of privacy, compensation, copyright or other ownership right connected to the photo or recording. If you do not give permission to have photos and/or video and audio taken of you or your child(ren), please contact the main office at 425-452-6885 or Parksweb@bellevuewa.gov.

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 guidelines.

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 JR.
Playwriting Lab
Improv Workshop

Crossroads Community Center

Adult Volleyball
Adult Pickleball
Adult, Youth, and Family Basketball
Adult Kite Flying
Adult Table Tennis
Adult, Youth & Family Games Room - Billiards, Table Tennis, Air Hockey, Foosball

Highland Community Center

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

Kelsey Creek Farm

Log Cabin Open House
Stitch Circle
Holiday Barn Lighting

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

TRACKS

Tuesday Trails
Wednesday Walks
TRACKS Elementary Program

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.

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

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. Contact the front desk for assistance 425-452-7690.

Robinswood Tennis Center

\$40 Ages 14/up
2007 We 4:30pm-5:30pm 11/8-12/13

Adult Wheelchair Basketball

Drop-In Wheelchair Basketball is available on Wednesday evenings.

Highland Community Center & Park

\$4(R) \$5(N) Ages 18/up
2056 We 6:00pm-9:00pm 11/1-12/13

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!

Highland Community Center & Park

\$4(R) \$5(N) Ages 18/up
2062 Weekdays 9:00am-5:00pm 11/1-12/15
2062 Weekdays 9:00am-5:00pm 11/1-12/15

Drop-In Programs

SBCC DROP-IN SPORTS

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

South Bellevue Community Center

- **Drop-in Pickleball**
- **Drop-in Volleyball**
- **Drop-in Badminton**
- **Drop-in Basketball**
- **Drop-in Family Basketball**

SBCC 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 or visit BellevueWA.gov/SBCC for the current schedule.

Adult Basketball

The adult drop-in sports programs are for individuals 18+ and have a cap of 15 players per day.

Highland Community Center & Park

\$4(R) \$5(N) Ages 18/up
2058 Tu, Th 11:30am-1:30pm 11/1-12/14

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.

Adult Enrichment

SBCC Adult Enrichment

South Bellevue Community Center offers a wide variety of Adult Enrichment programs to include, but not limited to, arts & crafts, dance, and culinary arts.

South Bellevue Community Center

Open Art Studio

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

Free Ages 18/up
1953 Tu 1:00pm-3:00pm 9/5-12/26

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!

Free Ages 18/up
1954 Mo 1:00pm-3:00pm 9/11-12/18

Parkinson's Disease Support Group

Come join others who are living with Parkinson's disease. Come share ideas, support each other, learn together, and build community. The group is made up of people who are living with Parkinson's disease and family members. This program meets 1st Wednesday of each month.

Free Ages 18/up
Wed 7 pm – 8 pm 11/1, 12/6

Art for Older Adults

Art for Older Adults is a weekly art club for folks ages 55+. Each week, instructor Brad Niemeyer will lead a different art activity. Activities will include drawing, cartooning, watercolor, crafts, and more! This is a fun, beginner friendly social club centered around creativity and exploring the arts. Funding for this program comes from the King County Veterans Seniors and Human Services Levy.

Free Ages 55/up
Wed 1pm - 2:30 pm Ongoing

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 All ages, minors should be accompanied by adult
Fri 10:30am - 12pm Ongoing

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 18/up
Fri 2pm - 4 pm Ongoing

Boardgames and Cards at NBCC

Each week, NBCC staff will lead and teach a different game. Spots for the "game of the week" are limited, but other participants can use the NBCC game library during this time. No gaming experience required. For game schedule details, please inquire at the NBCC front desk or at (425) 452-7681. The board game library is also available for use during opening hours M-F. This program receives funds from the King County Veterans, Seniors and Human Services Levy.

Free 55/up
Wed 1 - 3 pm Ongoing

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 18/up
M-F During regular business hours Ongoing

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 18/up
Fri 12:15 - 3:30 pm Ongoing

Coffee and 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, and markers. Coffee, water, and tea will also be provided.

Free all ages, minors should be accompanied by an adult
Fri 9:30 am - 11:30 am Ongoing

Cribbage Group

Weekly drop-in group for cribbage players.

Free 18/up
Thu 10am - 12pm Ongoing

Pinochle

Weekly drop-in group for pinochle players

Free 18/up
Thu 12 pm - 3 pm Ongoing

Multi-Cultural Services & Programs

Programs at North Bellevue Community Center with the Chinese Information & Service Center

位於 North Bellevue Community Center (北 Bellevue 社區中心) 課程, 含中文資訊與服務中心

North Bellevue Community Center (北 Bellevue 社區中心) 与 仁人服务社的计划

CISC 到場 SHIBA 協助

North Bellevue Community Center (北 Bellevue 社區中心)
免費 年齡: 18 歲以上
2300409 上午 9:30-11:00 星期三 1月4日 - 12月31日

仁人服务社 (CISC) 老年人健康保險福利上門援助

North Bellevue Community Center (北 Bellevue 社區中心)
免費 年齡: 18 歲及以上
2300409 上午 9:30-11:00 星期三 1月4日-12月31日

CISC Drop-in SHIBA Assistance

North Bellevue Community Center
FREE Age: 18Y & Up
2300409 9:30-11am Wed Jan 04-Dec 31

CISC ESL 牛津圖解字典

使用牛津圖解字典學習英語文法概念。容易理解的範例很適合英語初學者。這是練習英語並認識其他學習語言的老年人的好機會。

本課程由 CISC 的 Community Living Connections Outreach Program (社區生活連結推廣計劃) 協調。若有任何疑問, 請透過下列電子郵件聯絡 Boliver Choi: boliverc@cisc-seattle.org。親自到場的參與者不須登記即可參加。

North Bellevue Community Center (北 Bellevue 社區中心)
免費 年齡: 50 歲以上
上午 9:15-10:45 星期五 1月6日 - 12月29日

仁人服务社 (CISC) ESL 牛津图解词典

使用《牛津图解词典》来学习英语语法概念。示例简单易懂, 适合英语初学者。这是一个练习英语和认识其他老年英语学习者的大好机会。

本课程由仁人服务社的 Community Living Connections Outreach Program (社区生活连接外展计划) 协调。如有疑问, 请联系 Boliver Choi, 电子邮箱: boliverc@cisc-seattle.org。本课程无需注册即可参加。

North Bellevue Community Center (北 Bellevue 社区中心)

免费 年龄: 50 岁及以上
上午 9:15-10:45 星期五 1月6日-12月29日

CISC ESL Oxford Picture Dictionary

Using Oxford Picture Dictionary to learn English grammar concepts. Easy-to-understand examples are suitable for English beginners. It is a good opportunity to practice English and meet other seniors learning the language. This class is coordinated by CISC's Community Living Connections Outreach Program. Please contact Boliver Choi at boliverc@cisc-seattle.org for any questions. Participants can drop in without registration.

North Bellevue Community Center

FREE Age: 50Y & Up
9:15-10:45am Fri Jan 06-Dec 29

CISC 資訊與協助

資訊與協助提供低收入家庭以及無/低英語程度的障礙人士短期支援與危機干預, 幫助其獲得重要服務。透過我們的適當語言服務, 我們就能幫助客戶他們可使用的選項和資源, 使其做出我們提供需要公共援助才能達成基本需求的客戶申請協助。本課程以普通話提供, 對象為 55 歲以上的人。

North Bellevue Community Center (北 Bellevue 社區中心)

免費 年齡: 18 歲以上
上午 9:00 - 中午 12:00 星期四 1月1日 - 12月31日

仁人服务社 (CISC) 信息与援助计划

信息与援助计划旨在提供短期支持和危机干预, 以帮助英语能力差或较低的低收入家庭和残疾人获得关键服务。通过我们的语言相关服务, 我们将帮助客户了解可供选择的选项和资源, 以便他们做出明智的选择。我们为需要公共援助的客户提供个人申请援助, 以满足他们的基本生活需要。本课程为 55 岁以上人士提供普通话版本。

North Bellevue Community Center (北 Bellevue 社区中心)

免费 年龄: 18 岁及以上
上午 9:00-下午 12:00 星期四 1月1日-12月31日

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+.

North Bellevue Community Center

FREE Age: 18Y & Up
9am-12pm Thu Jan 01-Dec 31

CISC 合唱團

一起來 North Bellevue Community Center (北 Bellevue 社區中心) 和 CISC 合唱團一同唱歌! 隨時歡迎新的歌唱者。

North Bellevue Community Center (北 Bellevue 社區中心)

免費 年齡: 50 歲以上
上午 9:30-11:30 星期三 進行中

仁人服务社 (CISC) 合唱團

來 North Bellevue Community Center (北 Bellevue 社區中心) 和仁人服務社合唱團一起歌唱! 您可以在任何時候加入合唱團。

North Bellevue Community Center (北 Bellevue 社區中心)

免費 年齡: 50 歲及以上
上午 9:30-下午 11:30 星期三 持續進行

CISC Chorus

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

North Bellevue Community Center

FREE Age: 50Y & Up
9:30am-11:30pm Wed Ongoing

CISC 交際舞與排舞

中文資訊服務透過提供資訊、轉介、倡導、社會與支援服務, 幫助整個 King 縣的移民在新社區中成功。排舞是經過編排的舞蹈, 有著重複的步驟順序, 會有排成至少一列的人跳舞, 全都面對彼此或相同方向, 並同時進行步驟。只要跟著舞群, 就能學習並練習這些舞步! 個人舞蹈/無需舞伴。

North Bellevue Community Center (北 Bellevue 社區中心)

\$4(居民) \$5(非居民) 年齡: 18 歲以上
下午 1:00 - 2:45 星期三 進行中

仁人服务社 (CISC) 交际舞和排舞团

仁人服务社为 King 县的移民提供信息、转诊、拥护、社会和支持服务, 以帮助他们融入新社区的生活。排舞是一种编排的舞蹈, 其中有一系列重复的舞步, 需要一群人排成一排或多排, 并且所有人面对面或朝着同一个方向, 同时跳这些舞步。在这个舞团, 您将学习并练习这些舞蹈和动作! 您也可以选择独舞 (即无需舞伴)。

North Bellevue Community Center (北 Bellevue 社区中心)

\$4(居民) \$5(非居民) 年龄: 18 岁及以上
下午 1:00-2:45 星期三 持续进行

CISC Line Dancing

Chinese Information Services helps immigrants throughout King County achieve success in their new community by providing information, referral, advocacy, social, and support services. Line Dancing is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows, all facing each other or in the same direction, and executing the steps at the same time. With this dance group, you will learn and practice these routines and moves! Individual dancing/ no partner required.

North Bellevue Community Center

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

CISC 太極拳

太極拳是中國內部的武術，可用於防禦訓練並且有健康益處，包括增加靈活性與平衡感、降低血壓並改善心臟健康，並且可能可以降低憂鬱、壓力與焦慮程度。太極很容易學習並跟隨，且能隨時加入。本活動不提供教學

North Bellevue Community Center (北 Bellevue 社區中心)

\$4(居民) \$5(非居民) 年齡: 50 歲以上

2300408 上午 9:15 - 10:30 星期四 1 月 5 日 - 12 月 28 日

仁人服務社 (CISC) 太極社

太極是中國的一種武術，既可以作為防禦訓練，也可以增強身體靈活性和平衡能力，降低血壓和改善心臟健康，還可以降低抑鬱、壓力和焦慮水平。太極很容易學習和上手，參與者可以隨時加入。此活動未提供任何說明

North Bellevue Community Center (北 Bellevue 社區中心)

\$4 (居民) \$5 (非居民) 年齡: 50 歲及以上

2300408 上午 9:15-10:30 星期四 1 月 5 日-12 月 28 日

CISC Tai Chi

Tai chi is an internal Chinese martial art practiced for both its defense training and its health benefits including enhanced flexibility and balance, lower blood pressure and improved heart health, and may lower levels of depression, stress and anxiety. Tai chi is easy to learn and follow, join any time. NCISC Tai Chi is a volunteer-led activity.

North Bellevue Community Center

\$4(R) \$5(N) Age: 50Y & Up

2300408 9:15-10:30am Thu Jan 05-Dec 28

Sea Mar Community Program (Programa comunitario Sea Mar)

Los adultos mayores que hablen español tienen la oportunidad de ser parte de la comunidad al participar de diferentes actividades provistas por el North Bellevue Community Center (Centro comunitario de North Bellevue). Las actividades pueden incluir seminarios sobre el bienestar de la salud/mente, servicios sociales, clases ESL, clases de compromiso social, programas de ejercicio físico, programa de alimentación comunitaria y promoción de la sociabilización dentro de las comunidades angloparlantes.

North Bellevue Community Center

(Centro comunitario de North Bellevue)

GRATUITO: Edad: mayores de 18

2300392 de 9 a.m. a 2 p.m. Viernes 06 de enero - 29 de diciembre

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.

North Bellevue Community Center

FREE Age: 18Y & Up

2300392 9am-2pm Fri Jan 06-Dec 29

IACS Community Program (IACS सामुदायिक कार्यक्रम)

North Bellevue Community Center और Indian American Community Services (पूर्व में IAWW) ने चैयर योगा, स्वास्थ्य वार्ता और सामाजिक संचार सहित गतिविधियों के लिए सुरक्षा, रचनात्मक स्थान प्रदान करके, कई पीढ़ियों से रहे रहे भारतीय परिवारों को एकजुट करने और जश्न मनाने, साथ ही समुदाय में सांस्कृतिक अंतराल को पाटने के प्रयास में भागीदारी की है। IACS Bellevue की जनता के लिए स्वस्थ रहने वाले व्याख्यान, ध्यानपूर्वक सांस लेने के व्यायाम, और वभिन्न प्रकार की विशेष समूह गतिविधियां और युवा गतिविधियां प्रदान करेगा। हल्का लंच दिया जाता है।

North Bellevue Community Center (North Bellevue कम्यूनिटी सेंटर)

मुफ्त उम्र: 18 साल और उससे ज्यादा

जारी: सुबह 9 बजे से रात 8:30 बजे तक गुरुवार 05 जनवरी - 28 दिसंबर

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.

North Bellevue Community Center

FREE Age: 18Y & Up

Ongoing 9am-8:30pm Thu Jan 05-Dec 28

CISC Russian-Speaking Senior Day Program

This program supports Russian-speaking 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, 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.

North Bellevue Community Center

FREE Age: 50Y & Up

2300411 10am-2pm Tue,Fri Jan 03-Dec 29

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.

Culinary Arts

Beginner Candy Making Workshop

Learn all the basics of candy making/molding. A demonstration will include candy making basics, molding candies, detailing suckers, foil-wrapped candies, nut clusters, Mint Melt-a-ways (like Frango Mints), Tiger's Butter, Fondant & Caramel filled chocolates, Dipped Oreos, Pretzels, and Barks.

Class participants will have the opportunity to make some of the items demonstrated during the class. In addition to what participants make in class, they will receive samples of the other items demonstrated, and a packet with complete recipes and instructions.

South Bellevue Community Center
 \$75 Ages 16/up
 2481 Tu 5:30pm-8:00pm 11/7

Adult Candy Making

Beginning, Advanced, and Advanced II Candy Making Series.

In all classes, class participants will have the opportunity to make some of the items demonstrated during the class. In addition to what participants make in class, they will receive samples of most of the items demonstrated and a folder with complete recipes and instructions.

Northwest Arts Center
 \$245(R) \$294(N) Ages 16/up
 1919 We 6:30pm-8:30pm 11/1-11/15

Holiday Candy Making Workshop for Adults

Learn how to make holiday specialty candies, including Peppermint bark, Rocky Road, a Chocolate sleigh, a Chocolate present box, a 3D Santa, Chocolate Christmas tree ornaments, foil-wrapped candies, and dipped and decorated sugar cookies. Class participants will have the opportunity to make peppermint bark, chocolate (foiled) Christmas tree ornaments and dipped and decorated sugar cookies, plus a chocolate sleigh filled with packages. In addition to what participants make in class, they will receive samples items demonstrated, and a packet with complete recipes and instructions.

South Bellevue Community Center
 \$75(R) \$90(N) Ages 16/up
 2477 We 5:30pm-8:00pm 11/21
 2478 We 5:30pm-8:00pm 12/5

Northwest Arts Center
 \$65(R) \$78(N) Ages 16/up
 1938 We 6:00pm-8:30pm 12/6

Holiday Candy Making Workshop for Kids

Learn how to make holiday specialty candies! Includes peppermint bark, Rocky Road, a chocolate sleigh, a chocolate present box, a 3D Santa, chocolate Christmas tree ornaments, foil-wrapped candies, and dipped and decorated sugar cookies.

Northwest Arts Center
 \$65(R) \$78(N) Ages 7-12
 1918 We 1:30pm-4:00pm 12/6

Truffle Making Candy Workshop for Adults

Delight everyone this holiday season with a gift of your beautiful handmade truffles! Learn how to make delectable truffle centers and multiple ways to temper couverture chocolate when dipping truffles. Following the demonstration, from making the center to rolling in various coatings and dipping in tempered chocolate, class participants will have a chance to dip several kinds of truffle centers. Participants will take home both the truffles they've made in class and a packet with complete recipes and instructions.

Northwest Arts Center
 \$95(R) \$114(N) Ages 16/up
 1900 We 6:00pm-8:30pm 11/29

Dance

Sounds of Swing Big Band Practice & Dance

Each week the Sounds of Swing Big Band rehearses toe-tapping music of the swing era as well as jazz standards for your listening pleasures at North Bellevue Community Center. No pre-registration required. *The second Tuesday of each month Sounds of Swing Big Band hosts a dance. \$3/person fee payable at the door, no pre-registration required.

North Bellevue Community Center
 FREE Age: 18Y & Up
 1-3pm Tue Ongoing

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

Music

SBCC Music Together - Holiday Sing-Along

It's the most wonderful time of the year! Join Mrs. Chrisi and friends in a special Holiday Sing-along! Music Together's Family Favorites and treasured holiday music will be shared in song, dance, and general merriment! Festive attire encouraged.

\$25(R) \$30(N) Ages 5/under
 South Bellevue Community Center
 2519 Th 10:30am-11:15am 12/7
 2520 Th 11:30am-12:15pm 12/14
 2521 Tu 6:15pm-7:00pm 12/12
 2523 Tu 6:15pm-7:00pm 12/19

Bellevue Youth Theatre

BYT PERFORMANCES

In-person seating as well as live-streaming links are available for all shows.

Ticket prices: \$12 (No refunds once purchased.) Group rates are available. Call the Bellevue Youth Theatre Box Office for more information, 425-452-7155.

Zombies!

Zombies are popping up in a quaint Texas town! Is it a global conspiracy or does a stranger have all the answers? Find out in this light-hearted Halloween tale. Mild cartoonish scares and violence.

Performs:

Fridays, October 27 & November 3 at 7 pm
Saturday, November 4 at 2 pm
Saturdays, October 28 & November 4 at 7 pm
Sundays, October 29 & November 5 at 2 pm

Ghost Girls

Radium was discovered at the end of the 19th century and was touted as a miracle cure for almost everything. When young women ventured into the workforce to paint watch dials with radium, they had no idea it would forever alter the course of their lives, and the lives of generations to come. Join us for this incredible new play based on true events. This performance touches on the concept of death and may not be suitable for audiences younger than 10 years of age.

Performs:

Fridays, November 10 & 17 at 7 pm
Saturday, November 18 at 2 pm
Saturdays, November 11 & 18 at 7 pm
Sundays, November 12 & 19 at 2 pm

Frozen, Jr.

Join Anna, Elsa, and all your Arendelle favorites this holiday season as we present *Frozen, Jr.* This show features the award-winning songs of the film as well as new numbers from the Broadway production. With plenty of adventure, magic, and non-stop musical numbers, this show is sure to enchant the entire family!

Snow Cast Performs:

Friday, December 1 at 7 pm
Saturday, December 2 at 2 & 7 pm
Sunday, December 3 at 2 pm
Saturday, December 9 at 2 pm & 7 pm

Ice Cast Performs:

Friday, December 8 at 7 pm
Sunday, December 10 at 2 pm
Friday, December 15 at 7 pm
Saturday, December 16 at 2 & 7 pm
Sunday, December 17 at 2 pm

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.

Indoor Play

Indoor Play at the South Bellevue Community Center is a fun, indoor activity that is held in the gymnasium. Come enjoy some indoor gym play with toys, mats and other fun activities. Parents/caregivers must supervise their own children and be present at all times. Save even more when you purchase a play pass. South Bellevue Community Center

\$4(R) \$5(N) Age: Up to 5Y
10:30am-12pm Mon, Wed, Fri

Indoor Play @ Highland

Drop-in gym play for children under 8 with parents/caregivers. Toys and Equipment are self set up and take down. No charge for those under 1 year. Parents/caregivers must supervise their own children. Save even more when you purchase a play pass.

Highland Community Center
\$4(R) \$5(N) Age: Up to 8Y
Call for current schedule

Family Story Time

Enjoy story time with your little-one each Thursday. During story time, NBCC volunteers will read several of their favorite children's books for toddlers. This is a free, drop-in program. All children must be supervised by a parent or guardian throughout the program.

Free Ages 1-5
Thu 1:30 pm - 2 pm Ongoing

Family Playtime

Family Playtime occurs in the NBCC multi-purpose room after family Story-Time. Toys for playtime are provide by NBCC. All children must be supervised by a parent or guardian throughout the program.

FREE Ages 1-5
Thu 2 pm - 4 pm Ongoing

Youth Enrichment

Drama Kids Youth Theater

This program offers theater classes and programs for kids that are specially tailored to elementary school children. 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. These theater classes and programs for kids help develop social skills, confidence, and speaking abilities.

South Bellevue Community Center
\$180(R) \$216(N) Age: 6-10Y
1970 4-5pm Thu Sep 21-Dec 14
Call 425-452-4240 for mid-session registration

Kelsey Creek Farm

Barn Lighting

Join Kelsey Creek Farm staff in turning on the barn lights for the holiday season. This event begins with holiday carols, sheep dressed up in lights, a visit from Santa, and a countdown to turning on the lights. With the lighted barns and decorations providing a festive background, the event's activities include crafts, hot cocoa, taking photos with the farm animals, visiting the decorated log cabin, and a special, once-per year opportunity to go inside the barn to watch the animals eat dinner.

Kelsey Creek Farm

Free Admission, Some activities may have fees All Ages
2283 Sa 5:00pm-6:30pm 12/2

Barn Lighting Special Event Volunteer

Assist staff with event set up, running children's crafts, turning on the holiday lights, and other event tasks at our Barn Lighting event. Volunteers gain experience working with children, build teamwork skills, and will earn community service hours for school.

Kelsey Creek Farm

Free Ages 14/up
2286 Sa 4:00pm-7:30pm 12/2

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
2221 Tu 8:30am-10:30am 11/7-11/21
2222 We 8:30am-10:30am 11/8-11/22
2223 Th 8:30am-10:30am 11/9-11/16

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 12-18
2224 We 2:00pm-4:30pm 11/8-11/22
2225 We 2:00pm-4:30pm 12/6-12/20

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 15-18
2217 Sa 8:30am-12:00pm 11/4-11/25
2218 Sa 8:30am-12:00pm 12/9-12/23

Stitch Circle

Bring your current fiber project to Kelsey Creek Farm and work on it while meeting fellow crafters. This is an opportunity to gather, chat, and work on projects while meeting new people, not a formal class. Bring your own materials. Pre-registration encouraged.

Kelsey Creek Farm

Free Ages 18/up
2254 Fr 10:00am-12:00pm 11/3
2255 Fr 10:00am-12:00pm 12/8

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
2176 Su 1:00pm-2:00pm 11/5

Little Farmers

Join us for hands-on fun in the barn and barnyard with your young one. Classes will feature various 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 each session but many will be new. This class includes a pony ride.

Kelsey Creek Farm

\$78(R) \$94(N) Ages 2-3
2177 Mo 10:00am-11:30am 11/6-11/20
2178 Tu 10:00am-11:30am 11/7-11/21
2179 We 10:00am-11:30am 11/8-11/22
2213 Mo 10:00am-11:30am 12/4-12/18
2214 Tu 10:00am-11:30am 12/5-12/19
2215 We 10:00am-11:30am 12/6-12/20
2216 Fr 10:00am-11:30am 12/8-12/22

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
2180 Tu 10:00am-12:30pm 11/7-11/21
\$64(R) \$81(N) Ages 4-6
2181 Th 10:00am-12:30pm 11/9-11/16
\$96(R) \$115(N) Ages 4-6
2249 Tu 10:00am-12:30pm 12/5-12/19
2250 Th 10:00am-12:30pm 12/7-12/21
2251 Fr 1:00pm-3:30pm 12/8-12/22

Health & Wellness

Strength, Conditioning, Cardio, & Active Fitness

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	
2219	We	2:00pm-4:00pm	11/8-11/22
2220	We	2:00pm-4:00pm	12/6-12/20

Little Scientists

Join us for science experiments on the farm! You and your child will explore biology, chemistry, and environmental science while getting to meet farm animals. Children team up with an adult to actively participate in this class. Each session will focus on a different animal and different activities. Some activities and animals will repeat but most will be new.

Kelsey Creek Farm

\$55(R) \$66(N)		Ages 2-3	
2183	Th	10:00am-11:30am	11/9-11/16
\$78(R) \$94(N)		Ages 2-3	
2253	Th	10:00am-11:30am	12/7-12/21

Science Explorers

Come to the farm and have some fun with biology, chemistry, and environmental science! In this drop-off program, children will get to participate in science experiments and meet a farm animal. Each session will focus on a different set of animals and will have different activities. Some activities and animals will overlap each session but many will be new.

Kelsey Creek Farm

\$96(R) \$115(N)		Ages 4-6	
2182	We	10:00am-12:30pm	11/8-11/22
2252	We	10:00am-12:30pm	12/6-12/20

Pioneer Play

When it starts to get cold and wet, we like to stay inside more and watch TV or read books. Do you ever wonder about what pioneers did for fun in the fall? Come learn about how the pioneers played and meet a farm animal friend. This is an adult/child class.

Kelsey Creek Farm

\$25(R) \$30(N)		Ages 4-8	
2175	Sa	10:00am-11:00am	11/4

Quilts and Tails

From the fabrics used to make them, to specific patterns with different meanings, quilts have long been used to tell stories! Come learn about different ways a quilt can tell a tale, and meet some furry friends who have tails! You will also get to make your very own quilt-patch craft! What story will you tell? This is an adult/child class.

Kelsey Creek Farm

\$25(R) \$30(N)		Ages 4-6	
2184	Sa	10:00am-11:00am	11/18

Future Doctor School

These future doctors will learn about prescriptions, explore the brain and spine, and learn about vital bodily functions through hands-on activities and role-play. Students will build a first aid kit and create models of the brain and spine. This is a drop-off class.

\$185(R) \$222(N)		Ages 7-10	
1997	Th	4:00pm-5:00pm	11/2-12/7

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)			
Ongoing	11am-12pm	Mon, Wed, Fri	

Jazzercise

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

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

\$70(R) \$84(N)		Ages 18/up	
2300125-8	We	10:30am-11:30am	11/1-12/20
2300124-8	Mo	10:30am-11:30am	11/6-12/18

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

\$105(R) \$127.50(N)		Ages 13/up	
2300025-8	Mo, We	6am-7am	11/1-12/20

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.

South Bellevue Community Center
\$56(R) \$68(N) Ages 13/up
2300463-8 Tu, Th 10:30am-11:30am 11/2-11/30
\$42(R) \$51(N) Ages 13/up
2300463-9 Tu, Th 10:30am-11:30am 12/5-12/21

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
\$99(R) \$117(N) Ages 13/up
2300469-9 Mo, We 9:15am-10:15am 11/1-11/29
\$66(R) \$78(N) Ages 13/up
2300469-10 Mo, We 9:15am-10:15am 12/4-12/20

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
\$70(R) \$84(N) Ages 13/up
2301750-3 Tu 7:00pm-7:50pm 11/7-12/19

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
\$140(R) \$175(N) Ages 16/up
2300123-7 Mo 7:00pm-7:50pm 11/6-12/18

Strong & Mobile

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
\$66(R) \$79(N) Ages 18/up
2322 Tu, Fr 9:15am-10:15am 11/3-11/27
\$77(R) \$91(N) Ages 18/up
2366 Tu, Fr 9:15am-10:15am 12/1-12/22

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. You will fall in love with working out again and look forward to it.

South Bellevue Community Center
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.

\$99(R) \$121(N) Ages 13/up
2300466-11 Mo, Fr 10:30am-11:30am 11/3-12/18
\$63(R) \$77(N) Ages 13/up
1833 Mo 6:00pm-6:50pm 11/6-12/18

Northwest Arts Center
\$75(R) \$90(N) Ages 16/up
2522 Mon 5:30pm-6:15pm 11/6-12/11
2524 Thu 9:00am-9:45am 11/9-12/14

Total Body Fitness

Join a certified group fitness instructor for this fun and effective way to burn stubborn body fat and improve your level of fitness! Workouts utilize dumbbells, bands, bodyweight exercises, agility movements, and more to strengthen your body and core. Sweat and have fun!

South Bellevue Community Center
\$88(R) \$104(N) Ages 16/up
2300490-9 Tu, Th 6:00am-6:50am 11/2-11/30
\$66(R) \$78(N) Ages 16/up
2300490-10 Tu, Th 6:00am-6:50am 12/5-12/21

Total Body Fitness - Virtual

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
\$44(R) \$52(N) Ages 16/up
2300600-9 Th 6:00am-6:50am 11/2-11/30
2300489-9 Tu 6:00am-6:50am 11/7-11/28
\$33(R) \$39(N) Ages 16/up
2300489-10 Tu 6:00am-6:50am 12/5-12/19
2300600-10 Th 6:00am-6:50am 12/7-12/21

Bootcamp All Levels

Bootcamp classes combine various forms of high-intensity interval training (HIIT), strength exercises and balance. Participants push their limits through a mix of bodyweight exercises, weights, and agility training, fostering endurance, strength, and overall fitness. Bootcamp classes are designed to provide a full-body workout, often in a motivating group setting, making them an ideal choice for individuals aiming to enhance their physical prowess and mental resilience.

Northwest Arts Center
\$75(R) \$90(N) Ages 16/up
2525 Mo 6:30pm-7:15pm 11/6-12/11
2526 Thu 10:00am-10:45am 11/9-12/14

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)

Ongoing 11am-12pm Tue,Thu

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

\$78(R) \$90(N) Ages 13/up

2300495-8 Tu 11:45am-12:45pm 11/7-12/19

Mindful Movement Fusion

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!

South Bellevue Community Center

\$50(R) \$60(N) Ages 18/up

2301749-3 Fr 10:30am-11:30am 11/3-12/15

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

2300126-8 Fr 9:15am-10:15am 11/3-12/22

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 soothes 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

2301359-13 Fr	6:00pm-7:00pm	11/3
2301361-13 Sa	10:30-11:30am	11/11
2301359-14 Fr	6:00pm-7:00pm	11/17
2301361-14 Sa	10:30-11:30am	12/9
2301359-15 Fr	6:00pm-7:00pm	12/1
2301359-16 Fr	6:00pm-7:00pm	12/15
2301361-15 Sa	10:30-11:30am	12/23

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

\$52(R) \$60(N) Ages 13/up

2301777-4 We 6:00pm-6:50pm 11/29-12/20

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

\$60(R) \$72(N) Ages 16/up

1743 Tu 9:30am-10:30am 11/28-12/19

Martial Arts

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

\$70(R) \$84(N) Ages 13/up

2301750-3 Tu 7:00pm-7:50pm 11/7-12/19

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

\$90(R) \$108(N) Ages 9-17

2289 Mo, We 5:00pm-5:50pm 11/1-11/29

\$60(R) \$72(N) Ages 9-17

2291 Mo, We 5:00pm-5:50pm 12/4-12/20

\$90(R) \$108(N) Ages 18/up

2290 Mo, We 11:45am-12:45pm 11/1-11/29

\$60(R) \$72(N) Ages 18/up

2292 Mo, We 11:45am-12:45pm 12/4-12/20

Natural Resources & Outdoor Education

Ranger Programs

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

\$72(R) \$88(N)	Ages 6-12	
2300474-11 Mo, We	6:00pm-6:50pm	11/1-11/29
2300474-11 Mo, We	6:00pm-6:50pm	11/1-11/29
\$72(R) \$88(N)	Ages 12/up	
2300475-11 Mo, We	7:00pm-7:50pm	11/1-11/29
2300475-11 Mo, We	7:00pm-7:50pm	11/1-11/29
\$54(R) \$66(N)	Ages 6-12	
2300474-12 Mo, We	6:00pm-6:50pm	12/4-12/20
2300474-12 Mo, We	6:00pm-6:50pm	12/4-12/20
\$54(R) \$66(N)	Ages 12/up	
2300475-12 Mo, We	7:00pm-7:50pm	12/4-12/20
2300475-12 Mo, We	7:00pm-7:50pm	12/4-12/20

Taekwondo

An ancient Korean Martial Art, Taekwondo is a system of practical techniques for self-defense. Instruction is designed to emphasize kicks and punches that strengthen and condition the whole body and promote confidence, patience and respect.

South Bellevue Community Center

\$64(R) \$76(N)	Ages 5/up	
2300503-11 Tu, Th	4:00pm-4:50pm	11/2-11/30
2300550-11 Tu, Th	5:00pm-5:50pm	11/2-11/30
\$64(R) \$76(N)	Ages 9/up	
2300482-11 Tu, Th	6:00pm-6:50pm	11/2-11/30
\$48(R) \$57(N)	Ages 5/up	
2300503-12 Tu, Th	4:00pm-4:50pm	12/5-12/21
2300550-12 Tu, Th	5:00pm-5:50pm	12/5-12/21
\$48(R) \$57(N)	Ages 9/up	
2300482-12 Tu, Th	6:00pm-6:50pm	12/5-12/21

Conqueror Hapkido

Conqueror Hapkido & Mixed Martial Arts for 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. Pre-registration required; no drop-in allowed.

North Bellevue Community Center

\$72(R) \$90(N)	Ages 5-12	
2560 Mo, We	5:30pm-6:30pm	11/1-11/29
\$48(R) \$60(N)	Ages 5-12	
2563 Mo, We	5:00pm-5:50pm	12/4-12/20
\$48(R) \$60(N)	Ages 12/up	
2562 Mo, We	6:35pm-7:35pm	11/1-11/29
2564 Mo, We	6:35pm-7:35pm	12/4-12/20

Evening Nature Walk at Lewis Creek Park

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

Lewis Creek Park

Free		Ages 18/up	
2413	Fri	6:00pm-7:30pm	12/15

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.

Lake Hills Greenbelt

Free		All Ages	
2128	Sa	2:00pm-3:00pm	11/4
2129	Sa	2:00pm-3:00pm	11/11
2130	Sa	2:00pm-3:00pm	11/18
2133	Sa	2:00pm-3:00pm	12/2
2134	Sa	2:00pm-3:00pm	12/9
2135	Sa	2:00pm-3:00pm	12/16

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 Nature Park

Free		All Ages	
2014	Su	2:00pm-3:30pm	11/5
2015	Su	2:00pm-3:30pm	11/19
2016	Su	2:00pm-3:30pm	12/3
2017	Su	2:00pm-3:30pm	12/17

An Un-Stuffing Day Hike

There's a lot to be thankful for in our parks, so take a deep breath and shake off the turkey haze on a walk with a park ranger. As we explore, we'll take a moment to reflect on the benefits of our forest and learn what we can do to help this resource. Please dress for the weather and wear sturdy shoes. This hike's difficulty is rated as moderately easy (1 mile with approximately 50 ft elevation change). Preregistration is required for each participant.

Lewis Creek Park

Free All Ages
2411 10:30am-12:00pm 11/25

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 All Ages
2410 Daily 10:00am-12:00pm 11/12

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 All Ages
Sa 10:30am-11:30am 11/4
Sa 10:30am-11:30am 12/2

Family Discovery Series

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

Nocturnal in November

Several types of owls can be found living throughout many of Bellevue's Parks. These silent predators of the night are considered a keystone species within the ecosystem. Join us for a fun-filled hour learning about these owls. Dissect an owl pellet to discover who was for lunch.

Free Ages 4-10 with accompanying adult
2028 Sa 2:00pm-3:00pm 11/18

Breakfast for Birds

The Mercer Slough provides critical habitat for both residential and migratory birds year-round. Limited resources for these birds during the winter months can make survival challenging. Join us to find out more about our winter birds and what you can do in your own backyard to help them survive tough times.

Free Ages 4-10 with accompanying adult
2029 2:00pm-3:00pm 12/16

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 3-7 with accompanying adult
2395 10:30am-11:30am 11/11
2396 10:30am-11:30am 12/9

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. Preregistration is required for children and adults.

Lewis Creek Park

Free Ages 5 and up with accompanying adult
2406 5:00pm-6:30pm 11/17
4:30pm-6:00pm 12/22

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 18-36 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 1½ and up
2397 10:00am-11:00am 11/26
2398 10:00am-11:00am 12/3

Toddler Trails at Lake Hills Greenbelt

Come and enjoy a special program designed for our littlest explorers. 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 with accompanying adult
2118 10-10:45am Fri 11/3

Let's Plant A Tree!

Learn why tree leaves change color and why some trees don't. We'll try some experiments on tree leaves, go for a short walk through the forest at Lewis Creek Park, and end with a tree planting! Please wear waterproof shoes. Preregistration is required for children and adults.

Lewis Creek Park

Free Ages 5-10 with accompanying adult
2400 2:30pm-3:30pm 11/5
2402 2:30pm-3:30pm 11/18
2:30pm-3:30pm 11/26

Salmon Sense

Each year, salmon migrate inland throughout our region... but have you ever wondered why they make this perilous journey or how they find their way? Join us as we dissect an adult salmon and discuss this incredible journey. Afterwards, head to Lewis Creek Park's trails to learn about stream habitat and how we can help salmon starting right here in Bellevue! Ages 9+ with accompanying adult(s). Preregistration is required for children and adults.

Lewis Creek Park
Free Ages 9 and up with accompanying adult
2399 1:30pm-3:00pm 11/12

Animals In Winter

Where do the animals go in winter? How do bears sleep so long? Join us for hands-on activities to learn the how's and why's of wintertime adaptations. Afterwards we'll see how well we can hibernate! Preregistration is required for children and adults.

Lewis Creek Park
Free Ages 5-10 with accompanying adult
2403 2:30pm-3:30pm 12/3
2:30pm-3:30pm 12/16
2:30pm-3:30pm 12/30

Family Discovery Series at the Lake Hills Greenbelt Ranger Station

Outdoor programs for the whole family at the Lake Hills Greenbelt
Lake Hills Greenbelt

The Owls of October

Many Owls make their home in the Pacific Northwest. Join us for a special walk down the lake hills greenbelt and learn how our hooting friends use their special adaptations to thrive in the wild. After the walk, return to the ranger station for an owl craft! All children must be registered and accompanied by a registered adult

Free Ages 4-10 with accompanying adult
2113 Sa 10:00am-11:00am 10/28

An Evergreen Evening

Join us for an evening hike in the Lake Hills Greenbelt. Bring your flashlight and a warm coat as we learn about native Washington trees and listen for creatures that get active in the dark hours!

Free Ages 4-10 with accompanying adult
2117 Sa 5:00pm-6:00pm 11/10

A Trail of Autumn Leaves

Why do trees lose their leaves in the Fall? Come learn more about the autumn season, and what brings about this great change to our forests each year. For our leaf print craft, we will search the Lake Hills trail for fallen leaves, but feel free to bring your own from home as well! Families are encouraged to attend, please register with your child.

Free Ages 4-10 with accompanying adult
2114 Sa 10:00am-11:00am 11/11

Coastal Cats

Everyone knows the purring companion many of us have as a pet, but did you know that Bellevue is home to its very own wild cats? Although elusive, these animals are not uncommon in many parts of our city. From bobcat to cougar, learn all you need to know about safely enjoying these species in the parks and natural spaces. We'll be stalking the trail for clues, and use what we've learned to put together a craft!

Free Ages 4-10 with accompanying adult
2115 Sa 10:00am-11:00am 12/2
2116 Sa 10:00am-11:00am 12/9

Story & A Stroll

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 Ages 3-5 w/ accompanying adult
2022 Fr 11:00am-12:00pm 11/3
2023 Fr 11:00am-12:00pm 11/17
2024 Fr 11:00am-12:00pm 12/1
2025 Fr 11:00am-12:00pm 12/8
2026 Fr 11:00am-12:00pm 12/15

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 BellevueWA.gov/Leagues, email the league coordinator at leagues@BellevueWA.gov, or call 425-452-4479.

Youth Sports

Pre-Season Basketball Clinics

Want to improve your basketball skills and fundamentals? The Pre-Season Basketball Clinics create an opportunity for participants to learn the concepts of basketball, develop their game, and prepare for the upcoming basketball season. Clinics focus on helping athletes build fundamentals and understand basic concepts. Participants will work through a series of individual and group practice drills to improve their dribbling, shooting, defense, passing and much more!

Tyee Middle School Site

\$115(R) \$138(N) Ages 5-6
1914 Mo 5:30pm-6:30pm 11/6-12/11
\$115(R) \$138(N) Ages 7-9
1915 Tu 5:30pm-6:30pm 11/7-12/12
\$115(R) \$138(N) Ages 10-13
1916 We 5:00pm-6:00pm 11/8-12/13

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
2059 Th	4:15pm-5:15pm 11/2-11/30

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 7-13
1826 We	1:45pm-3:00pm 10/25-11/15

Tennis

Adaptive Tennis

Robinswood Tennis Center

Adaptive Tennis

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. Contact the front desk for assistance 425-452-7690.

\$40	Ages 14/up
2007 We	4:30pm-5:30pm 11/8-12/13

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.

\$133	Ages 18/up
1604 Tu	8:00pm-9:00pm 10/31-12/12
1600 We	12:00pm-1:00pm 11/1-12/13
1605 We	9:00pm-10:00pm 11/1-12/13

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.

\$133	Ages 18/up
1601 Tu	12:00pm-1:00pm 10/31-12/12
1606 Tu	9:00pm-10:00pm 10/31-12/12
1602 We	1:00pm-2:00pm 11/1-12/13
1607 We	8:00pm-9:00pm 11/1-12/13

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.

\$133	Ages 18/up
1603 Mo	1:00pm-2:00pm 10/30-12/11
1608 Mo	8:00pm-9:00pm 10/30-12/11
\$114	Ages 18/up
1609 Th	8:00pm-9:00pm 11/2-12/14

Advanced

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

\$133	Ages 18/up
1610 Mo	9:00pm-10:00pm 10/30-12/11
\$114	Ages 18/up
1611 Th	9:00pm-10:00pm 11/2-12/14

Junior Tennis Teams

Robinswood Junior Teams require tryouts to register.

Tryout forms are available at www.bellevuewa.gov/tennis.

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.

\$60	Ages 7-18
1623 Sa	9:00am-10:00am 11/4-12/16

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.

\$156	Ages 7-18
1621 Tu, Th	4:30pm-5:45pm 10/31-12/14

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.

\$156	Ages 7-18
1619 Tu, Th	5:45pm-7:00pm 10/31-12/14

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.

\$228	Ages 7-18
1618 Mo, We, Fr	5:45pm-7:00pm 10/30-12/15

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.

\$228
1617 Mo, We, Fr Ages 7-18
4:30pm-5:45pm 10/30-12/15

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.

\$78
1594 Sa Ages 4-6
11:00am-11:45am 11/4-12/16

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.

\$78
1595 Sa Ages 7-10
12:30pm-1:30pm 11/4-12/16

\$78
1596 Sa Ages 11-14
1:30pm-2:30pm 11/4-12/16

Advanced Beginning

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

\$78
1597 Sa Ages 7-10
2:30pm-3:30pm 11/4-12/16

\$78
1598 Sa Ages 11-14
3:30pm-4:30pm 11/4-12/16

Teen

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

\$78
1599 Sa Ages 15-18
4:30pm-5:30pm 11/4-12/16

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.

\$78
1592 Sa Ages 7-14
10:00am-11:00am 11/4-12/16

Pickleball

Adult Drop-In Pickleball

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

Adult Beginner Pickleball

This program is designed to provide basic skills needed to play pickleball, including etiquette, terminology, rules, and scoring. This is a 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.

South Bellevue Community Center
\$50(R) \$60(N) Ages 18/up
2474 Tu 8:30am-10:00am 11/7-12/12

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! Each clinic session will cover the basics of the game and help develop an understanding of pickleball for recreational and social play, pickleball rules, terminology, and provide beginner play time. All equipment is provided. Advanced registration is required.

South Bellevue Community Center
\$10(R) \$12(N) Ages 18/up
2488 Tu 8:30am-10:00am 11/2
2489 Tu 8:30am-10:00am 11/16
2490 Tu 8:30am-10:00am 11/30
2491 Tu 8:30am-10:00am 12/7
2492 Tu 8:30am-10:00am 12/14

Beginner Pickleball Clinic for Adults

This introductory clinic is designed especially for beginners. The clinic takes place at the Hidden Valley Field House. Each 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 Fieldhouse
\$10(R) \$12(N) Ages 18/up
2573 Thu 10am - 12pm 11/2
2574 Thu 10am - 12pm 11/9
2575 Thu 10am - 12pm 11/16
2576 Thu 10am - 12pm 11/30
2577 Thu 10am - 12pm 12/7
2578 Thu 10am - 12pm 12/14
2579 Thu 10am - 12pm 12/21

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



**Claim your account.
Register online.**

**Get started today at
Register.BellevueWA.gov**