

# CONNECTIONS

September &  
October, 2023

## Bellevue resident registration begins August 15

Registrations from non-Bellevue  
residents will be accepted  
beginning August 22.



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](mailto:ParksWeb@BellevueWA.gov). For complaints regarding modifications, contact the City of Bellevue ADA, Title VI, and Equal Opportunity Officer at [ADATitleVI@bellevuewa.gov](mailto: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](http://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](mailto:CWalker@BellevueWA.gov).*

### On the Cover:

## Halloween on the Hill at South Bellevue Community Center

Saturday, October 28, 2023  
10am-4pm

The Great SBCC Pumpkin Race  
Carnival Games  
Bounce Houses  
Carnival Prizes  
Popcorn  
Afternoon Entertainment

Visit [BellevueWA.gov/SBCC](http://BellevueWA.gov/SBCC) or call 425-452-4240 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	<b>Information</b>	情報
Información		معلومات
సమాచారం		Информация
اطلاعات		Thông Tin
सूचना	<b>425-452-6800</b>	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](http://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](http://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](http://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/connections](http://bellevuewa.gov/connections)를 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](http://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](http://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](http://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](http://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](http://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](http://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](mailto: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 August 15**

**Registrations from non-Bellevue residents will be accepted beginning August 22.**

### 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](http://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

## **Lake Hills Greenbelt Ranger Station**

Ranger Walks  
Family Discovery Series

## **Lewis Creek Visitor Center**

Evening Programs  
Ranger-led Hikes  
Family Discovery Series

## **Mercer Slough Environmental Education Center**

Story & A Stroll  
Ranger-led Hikes  
Family Discovery Series

## **North Bellevue Community Center**

Friday Movies  
Book Club  
Billiards  
Chorus  
Cribbage  
Drop-In Pickleball  
Drop In Table Tennis  
Adult Volleyball 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.



# Highland Community Center

Mailing Address: PO Box 90012 Bellevue, WA 98009

## Adaptive Rec Registration Form

### Fall 2023

**PLEASE PRINT CLEARLY**

Main Contact-Last Name Main Contact-First Name Main Contact-Date of Birth

Street Address City State ZIP

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

( ) ( )

Primary Phone Alternate Phone

Participant Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ M  F

**Registration Opens:**  
 Bellevue Resident: **August 15<sup>th</sup>**  
 Non-Bellevue Resident: **August 22<sup>nd</sup>**

Intellectual Disability Programs <b>IN-PERSON</b>	
NO CLASS ON: NOV 10 <sup>TH</sup> , 23 <sup>RD</sup> , & 24 <sup>TH</sup>	
<b>In-Person Highland Hangout</b> .....\$48(r)   \$60(nr) <i>Mon-Thur 3pm-5pm</i>   <i>Sep 25<sup>th</sup>-Nov 30<sup>th</sup></i>	
<b>In-Person Artistic Inspirations</b> .....\$69(r)   \$85(nr) <i>Mon 5pm-7pm (NEW)</i>   <i>Sep 25<sup>th</sup>-Nov 27<sup>th</sup></i>	
<b>In-Person Dance</b> .....\$48(r)   \$60(nr) <i>Mon 7pm-8pm (NEW)</i>   <i>Sep 25<sup>th</sup>-Nov 27<sup>th</sup></i>	
<b>In-Person Fitness</b> .....\$86(r)   \$108(nr) <i>Tue/Thur 5pm-6:30pm</i>   <i>Sep 26<sup>th</sup>-Nov 30<sup>th</sup></i>	
<b>In-Person Multi-Sport</b> .....\$69(r)   \$85(nr) <i>Tue/Thur 6:30pm-8pm</i>   <i>Sep 26<sup>th</sup>-Nov 30<sup>th</sup></i>	
<b>In-Person Movie Time</b> .....\$48(r)   \$60(nr) <i>Weds 5pm-7pm</i>   <i>Sep 27<sup>th</sup>-Nov 29<sup>th</sup></i>	
<b>In-Person BINGO</b> .....\$48(r)   \$60(nr) <i>Weds 7pm-8pm (NEW)</i>   <i>Sep 27<sup>th</sup>-Nov 29<sup>th</sup></i>	
<b>In-Person Craft Class</b> .....\$48(r)   \$60(nr) <i>Fri 1pm-2:30pm</i>   <i>Sep 29<sup>th</sup>- Dec 1<sup>st</sup></i>	
<b>In-Person Halloween Howl</b> .....\$10(r)   \$12(nr) <i>Friday 6pm-8:30pm</i>   <i>October 20<sup>th</sup></i>	
<b>In-Person Holiday Sweater Party</b> ....\$10(r)   \$12(nr) <i>Friday 6pm-8:30pm</i>   <i>December 8<sup>th</sup></i>	
<b>In-Person Seafair Cruise</b> .....FREE <i>Sunday 2pm-5pm</i>   <i>December 3<sup>rd</sup></i> <b>Location:</b> <i>Meydenbauer Yacht Club</i> <i>9927 Meydenbauer Way SE</i> <i>Bellevue, WA 98004</i>	

Intellectual Disability Programs <b>VIRTUAL</b>	
NO VIRTUAL CLASSES THE WEEK OF THANKSGIVING	
<b>Virtual Trivia</b> .....\$48(r)   \$60(nr) <i>Mon 7pm-8pm</i>   <i>Sep 25<sup>th</sup>-Nov 27<sup>th</sup></i>	
<b>Virtual BINGO</b> .....\$48(r)   \$60(nr) <i>Weds 7pm-8pm</i>   <i>Sep 27<sup>th</sup>-Nov 29<sup>th</sup></i>	
<b>Virtual Mindfulness</b> .....\$48(r)   \$60(nr) <i>Thurs 3pm-4pm</i>   <i>Sept 28<sup>th</sup>-Nov 30<sup>th</sup></i>	
Physical Disability Programs <b>In-Person</b>	
NO CLASSES ON NOVEMBER 23 <sup>RD</sup>	
<b>PD Exercise</b> .....\$106(r)   \$126 (nr) <i>Tues &amp; Thur 11am-Noon</i>   <i>Sept 26<sup>th</sup>-Dec 7<sup>th</sup></i>	
<b>PD Exercise</b> .....\$106(r)   \$126(nr) <i>Tues &amp; Thur Noon-1:30pm</i>   <i>Sept 26<sup>th</sup>-Dec 7<sup>th</sup></i>	
<b>PD Brunch</b> .....FREE <i>Tuesday 11:30am-1:00pm</i>   <i>December 5<sup>th</sup></i>	

(r) = Resident of Bellevue      (nr)=Non-Bellevue Residents

Remember to  
sign the back

Registrations received without a signed waiver  
will not be processed

(r) = Resident of Bellevue      (nr)=Non-Bellevue Residents

Highland Community Center Fall 2023 Registration



**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 OR PARTICIPANT'S PARENT/GUARDIAN SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

PRINTED NAME \_\_\_\_\_



**Bellevue Parks & Community Services**

**Payment Details**

**Payment Method**

- Check
  - D.D.A. (send to Highland)
  - Credit Card
- Total Fee: \$ \_\_\_\_\_



Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_

CVV \_\_\_\_\_

Highland Community Center Fall 2023 Registration

# 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.

## Halloween Howl

This class is adapted and designed for individuals living with intellectual disabilities. Get ready to boogie in the moonlight at our ghoulishly amazing Halloween dance! Come dressed in your most creative costumes and dance the night away to eerie tunes in a bewitching atmosphere of fun and fright. We'll have witch's brew and Halloween delights for all (snacks provided). Guardians and caregivers are free.

Highland Community Center & Park

\$10(R) \$12(N) Ages 18/up  
1977 Fr 6:00pm-8:30pm 10/20

## 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 at Robinswood Tennis Center with Instructor Sara Wilson.

Robinswood Tennis Center

\$56(R) \$56(N) Ages 14/up  
2006 We 4:30pm-5:30pm 9/13-10/25

## Artistic Inspirations

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

Highland Community Center & Park

\$69(R) \$85(N) All Ages  
1805 Mo 5:00pm-7:00pm 9/25-11/27

## 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

\$48(R) \$60(N) Ages 18/up  
1977 Fr 1:00pm-2:30pm 9/27-12/1

## BINGO

This specialized 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

\$48(R) \$60(N) Ages 18/up  
1976 We 7:00pm-8:00pm 9/27-11/29

## Dance

This specialized 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

\$48(R) \$60(N) Ages 18/up  
1806 Mo 7:00pm-8:00pm 9/25-11/27

## 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

\$86(R) \$108(N) Ages 18/up  
1807 Tu, Th 5:00pm-6:30pm 9/26-11/30

## Highland Hangout

This class is designed and adapted for adults with intellectual disabilities. Your answer to a slow afternoon. Stimulating conversation, lively board games, solving puzzles, or just enjoying a movie.

Highland Community Center & Park

\$48(R) \$60(N) Ages 18/up  
1795 Mo-Th 3:00pm-5:00pm 9/25-11/30

## 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

\$48(R) \$60(N) Ages 18/up  
1975 We 5:00pm-7:00pm 9/27-11/29

## Multi-Sport

This class is designed and adapted for adults with intellectual disabilities. Come and enjoy playing a variety of fun sports with friends. This class will play Basketball, Volleyball, Hockey, Kickball, and other indoor sports. This will be a great opportunity to try out new activities.

Highland Community Center & Park

\$69(R) \$85(N) Ages 18/up  
1974 Tu, Th 6:30pm-8:00pm 9/26-11/30

## Physical Disability Exercise

This specialized 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

\$106(R) \$126(N) Ages 18/up  
1985 Tu, Th 11:00am-12:00pm 9/26-12/7  
1986 Tu, Th 12:00pm-1:30pm 9/26-12/7

## 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

\$48(R) \$60(N) Ages 18/up  
1980 Mo 7:00pm-8:00pm 9/25-11/27



## 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

\$48(R) \$60(N) Ages 18/up  
1982 We 7:00pm-8:00pm 9/27-11/29

## 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

\$48(R) \$60(N) Ages 18/up  
1983 Th 3:00pm-4:00pm 9/28-11/30

# 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](http://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](http://BellevueWA.gov/SBCC) for the current schedule.

## 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

## Poetry Workshop with SilverKite

Love wordplay, literature, and the creative process? Then try your hand at writing poetry! Reading and writing poetry is a wonderful hobby that can be learned at any age. Learn how to express yourself through the written word and gain a deeper understanding of the poems you already love. This class is put on by SilverKite Community Arts. It is a free program for older adults ages 55+. Funding for this program comes from the King County Veterans Seniors and Human Services Levy.

Free Ages 55/up  
1966 1:00pm-2:00pm 9/22

# Aquatics

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

Please visit [Register.BellevueWA.gov](http://Register.BellevueWA.gov) for lesson availability.

**Open and family swim times offered daily.**

Please visit our website for times: [BellevueWA.gov/Aquatics](http://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](http://BellevueWA.gov/Swim) — or contact the pool at [Aquatics@BellevueWA.gov](mailto:Aquatics@BellevueWA.gov) or call 425-452-4444.

# Adult Enrichment

## Dance @NBCC

North Bellevue Community Center

## Storytelling through Hula Dance

Learn about the ancient, Hawaiian artform of Hula Dance. Hula dance has been practiced in Hawaii for many centuries and has a rich history of modern and ancient styles. In this workshop, you will learn how Hula has been used to tell stories and pass on oral history in Hawaiian communities all while trying out the dance yourself! This workshop is beginner friendly and is hosted by SilverKite Community Arts. The program is free for older adults ages 55+. Funding for this program comes from the King County Veterans Seniors and Human Services Levy.

Free Ages 55/up  
1926 1:00pm-2:00pm 9/5

## 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 12y/up  
2301697 6:00pm-8:30pm 9/13

## 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

## 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  
2032 Fr 10:00am-12:00pm 9/15  
2033 Fr 10:00am-12:00pm 10/13

## Support Groups at NBCC

North Bellevue Community Center

### First Time Parent Support Group

Bring your baby and meet other new parents. Talk about the joys and challenges of being a new parent and how it may be different from what you expected. Understand both your needs and your baby's needs. This program is for parents with babies 1-6 months old. Our group leader, Judy, has over 30 years of experience working with parents and babies. Throughout her career as a Parent Educator, Judy has worked for Bellevue College, PEPS (Parents for Early Parent Support), and Listening Mothers. She has a master's degree in psychology from SU and a two-year certificate from the Program in Infant Mental Health from UW.

\$60(R) \$72(N) All Ages  
1981 Th 11:00am-12:30pm 9/28-10/26

# 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 9:30-11:00 星期五 1 月 6 日 - 12 月 29 日

## 仁人服务社 (CISC) ESL 牛津圖解詞典

使用《牛津圖解詞典》來學習英語語法概念。示例簡單易懂, 適合英語初學者。這是一個練習英語和認識其他老年英語學習者的大好機會。

本課程由仁人服務社的 Community Living Connections Outreach Program (社區生活連接外展計劃) 協調。如有疑問, 請聯繫 Boliver Choi, 电子邮箱: boliverc@cisc-seattle.org。本課程無需註冊即可參加。

North Bellevue Community Center (北 Bellevue 社區中心)  
免費 年齡: 50 歲及以上  
上午 9:30-11:00 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  
9:30-11am 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

## 仁人服務社 (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)

免費 年齡: 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 10:00-12:00 星期三 進行中

## 仁人服務社 (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 岁及以上  
上午 10:00-下午 12:00 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  
10am-12pm 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

## 仁人服務社 (CISC) 交際舞和排舞團

仁人服務社為 King 縣的移民提供信息、轉診、擁護、社會和支持服務,以幫助他們融入新社區的生活。排舞是一種編排的舞蹈,其中有一系列重複的舞步,需要一群人排成一排或多排,並且所有人面對面或朝著同一個方向,同時跳這些舞步。在這個舞團,您將學習並練習這些舞蹈和動作!您也可以選擇獨舞(即無需舞伴)。

North Bellevue Community Center (北 Bellevue 社區中心)

\$4(居民) \$5(非居民) 年齡: 18 岁及以上  
下午 1:00-2:45 星期三 持續進行

## CISC Ballroom & Line Dancing

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

North Bellevue Community Center

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

## 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,既可以用於防禦訓練,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 岁及以上  
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 चेयर योगा, स्वास्थ्य वार्ता और सामाजिक संचार सहित गतिविधियों के लिए सुरक्षा, रचनात्मक स्थान प्रदान करके, कई पीढ़ियों से रह 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 कम्यूनटी 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

# Continuing Education

## 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

## 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

## Fantastic Fiber Arts: Felt, Knit, Weave, and More

Explore the world of fiber arts with master fiber art instructor. Use various colorful and soft fibers, yarns, fabrics, beads and more to create your own personal style. Create fiber art pieces while building skills like knitting, crochet, weaving, felting and beading. May also include natural materials, poly-clay, resin, ceramic and fused glass. Mixed media encouraged.

Northwest Arts Center

\$200(R) \$240(N) Ages 8-14  
1746 Th 4:00pm-5:30pm 9/28-12/7

## Mixed Media Art 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. Please bring a snack (peanut free) and an old shirt to keep clothes from getting stained.

Northwest Arts Center

\$185(R) \$222(N) Ages 5-8  
1729 We 1:30pm-2:30pm 9/27-12/6  
1731 Sa 9:30am-10:30am 9/30-12/9  
\$185(R) \$222(N) Ages 8-12  
1730 We 2:45pm-3:45pm 9/27-12/6  
1732 Sa 10:45am-11:45am 9/30-12/9

# Ceramics

## Pottery: Get Your Hands Dirty

Calling all creators, welcome to the wonderful world of pottery! no experience required. 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

\$400(R)	\$480(N)	Ages 7-12	
1736	Sa	10:00am-11:30am	9/30-12/9
1737	Sa	12:00pm-1:30pm	9/30-12/9
\$400(R)	\$480(N)	Ages 13Y/up	
1744	Th	6:00pm-7:30pm	9/28-12/7

# Drawing & Painting

## Acrylic Painting

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

Bellevue Main Club

\$315(R)	\$378(N)	Ages 16y/up	
1745	Tu	10:30am-12:00pm	9/26-12/5

## Cartooning and Animation

Cartooning and drawing for kids! Drawing and cartooning skills unleash a child's creativity as they create zany characters to drop into a story or make a statement. Fledgling cartoonists will learn the basics of expression drawing, line quality, constructing from the imagination, and exaggerating from life while exploring moods and animating actions. Media includes pencil, markers, charcoal and ink, among others.

Northwest Arts Center

\$400(R)	\$480(N)	Ages 7-13	
1883	Tu	4:15pm-5:45pm	9/26-12/5

## Watercolor Painting Class

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

\$400(R)	\$480(N)	Ages 7-13	
1884	Tu	6:00pm-7:30pm	9/26-12/5

# Culinary Arts

## Kids' Candy Camp

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

\$295(R)	\$354(N)	Ages 7-13	
1898	We	1:00pm-3:30pm	9/27-10/25
1899	Sa	10:00am-12:30pm	9/30-10/28

# Music

## 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!

\$195(R) \$234(N) Ages 5/under

Northwest Arts Center

1733	We	9:30am-10:15am	9/13-11/15
1734	We	10:30am-11:15am	9/13-11/15
1735	We	11:30am-12:15pm	9/13-11/15

South Bellevue Community Center

1808	Tu	6:15pm-7:00pm	9/12-11/14
1809	Th	10:30am-11:15am	9/14-11/16
1810	Th	12:15am-11:30am	9/14-11/16

# 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 with Leila

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

North Bellevue Community Center

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

## SBCC Dance Classes

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!

\$126(R) \$151(N) Ages 5-7  
1993 Sa 11:00am-12:00pm 9/16-12/2

### 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!

\$99(R) \$118.80(N) Ages 3-4  
1992 Sa 10:00am-10:45am 9/16-12/2

### 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. Participation in the session includes an invitation to perform a student role in the December Nutcracker with City Opera Ballet. Students of all genders welcomed!

\$99(R) \$118.80(N) Ages 4-5  
1991 Sa 9:00am-9:45am 9/16-12/2

### 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. Participation in the session includes an invitation to perform a student role in the December Nutcracker. Students of all genders welcomed!

\$140(R) \$168(N) Ages 6-8  
1994 Tu 5:00pm-6:00pm 9/19-12/2

### 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 are included within the price of registration.

\$150(R) \$180(N) Ages 8-13  
1995 Tu 6:00pm-7:00pm 9/19-12/2

## NWAC Dance Classes

Northwest Arts Center

### 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.

\$200(R) \$240(N) Ages 3-5  
1724 Tu 4:00pm-4:45pm 9/26-12/5

### Pre-Ballet II by Emerald Ballet Theater

Dancing hearts are nurtured, and basic ballet technique, improvisation, and choreography are introduced in a developmentally appropriate way. Flexibility, coordination, strength, and creativity increase. Opportunities for creativity and performance are provided.

\$200(R) \$240(N) Ages 6-9  
1726 Tu 4:50pm-5:50pm 9/26-12/5

### Youth Ballet by City Opera Ballet

Learn the basic movements of classical ballet. Practice ballet vocabulary and etiquette, memorize combinations and rehearse for performance. Includes French for Dancers.

\$210(R) \$252(N) Ages 8-12  
1728 Th 5:05pm-6:35pm 9/28-12/7

# Performing Arts

## SBCC Drama Kids

Drama Kids at SBCC offers theater classes and programs for kids that are specially tailored to elementary school children. Students in these 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, where students demonstrate the dramatic skills they have learned over the course of the class in a short production in front of friends and family.

South Bellevue Community Center

\$180(R) \$216(N) Ages 6-10  
1970 Th 4:00pm-5:00pm 9/21-12/14



# Bellevue Youth Theatre

## Bellevue Youth Theatre auditions will be held as follows:

**AUDITIONS FOR GHOST GIRLS**  
Wednesday, September 6 from 5-6:30pm  
at South Bellevue Community Center

**AUDITIONS FOR ZOMBIES, GHOST GIRLS, and FROZEN, JR.**  
Thursday, September 7 and Friday, September 8 from 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.

### Zombies

This is a comedic show about zombies invading a small Texas town. Conspiracies abound about the zombie's origin. Is it 5G? Illuminati? We're bringing the Lone Star State to Bellevue. Roles for ages 5 and older.

**Fee:** FREE (R) \$150(N)  
**Ages:** 5 and up  
**Rehearsals begin:** Monday, September 18  
**Rehearsal location:** Bellevue Youth Theatre  
**Rehearsal time:** 5:30-7:30 pm  
**TECH WEEK:** October 23-26  
**Performs:** October 27-November 5  
**NO CONFLICTS OCTOBER 23-29 and NOVEMBER 2-5.**

### Ghost Girls

Join us for this jaw-dropping new play based on true events and written by BYT's Sylvie Crowe. Help tell the courageous stories of the real radium dial women who forever changed history. This play contains heavy themes and is written for actors ages 10 and up.

**Fee:** FREE (R) \$150(N)  
**Ages:** 10 and up  
**Rehearsals begin:** Tuesday, September 19  
**Rehearsal location:** South Bellevue Community Center  
**Rehearsal time:** 5-7 pm  
**TECH WEEK:** November 6-9  
**Performs:** November 10-19  
**NO CONFLICTS NOVEMBER 6-12 and 16-19.**

### Disney's Frozen, Jr.

Celebrate the holiday season by being a part of this enchanting Disney musical based on the animated film! Singing, dancing, and acting roles for children 5 and older. Please note that there will be two casts for this production and each cast will have an equal number of performances.

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

#### Snow Cast

**Ages:** 5 and up  
**Rehearsals begin:** Tuesday, September 26  
**Rehearsal location:** Crossroads Community Center  
**Rehearsal time:** 5-7 pm  
**TECH WEEK:** November 27-29  
**Performs:** November 30-December 9  
**NO CONFLICTS NOVEMBER 27-DECEMBER 3 and DECEMBER 7-9.**

#### Ice Cast

**Ages:** 5 and up  
**Rehearsals begin:** Wednesday, September 27  
**Rehearsal location:** Crossroads Community Center  
**Rehearsal time:** 5-7 pm  
**TECH WEEK:** December 4-6  
**Performs:** December 7-17  
**NO CONFLICTS DECEMBER 4-10 and 14-17.**

### Playwriting Lab

Join us for this four-part playwriting series where you will learn how to craft characters, develop plot, and create dramatic structure! This workshop culminates in short public reading of work.

Free(R) \$50(N) Ages 13-19  
2008 Su 5:00pm-7:00pm 9/10, 10/1, 11/12, 12/10

### Improv Workshop

Whether you're new to comedy or a veteran performer of the stage, everyone can benefit from attending this improv comedy workshop. Learn how to create authentic characters in extraordinary circumstances. This class will help you practice thinking on your feet!

Free Ages 13-19  
2009 Sa 2:00pm-5:00pm 10/14

## 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

### Disney's Frozen, Jr.

Join Anna, Elsa, and all your Arendelle favorites this holiday season as we present Disney's "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:

Thursday, November 30 at 7 pm  
Friday, December 1 at 7 pm  
Saturday, December 2 at 2 & 7 pm  
Sunday, December 3 at 2 pm  
Friday, December 8 at 7 pm  
Saturday, December 9 at 2 pm

#### Ice Cast Performs:

Thursday, December 7 at 7 pm  
Saturday, December 9 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. Registration for the 2023/2024 school year is now open. For more information you can visit [NaturalStartPreschool.com](http://NaturalStartPreschool.com) or call 425-452-4240 for details.

### RainyDay Gym Time

Kids age 5 and under with parents come enjoy some indoor play space to work off a little energy with a variety of indoor play toys and mats. No pre-registration required.

North Bellevue Community Center

FREE                      Age: All Ages  
1:30-3pm              Thu                      Apr 06-Dec 29

### 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.

Highland Community Center

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

## Youth Enrichment

### 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

## 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	
2039	Tu	8:30am-10:30am	9/12-9/26
2041	We	8:30am-10:30am	9/13-9/27
2042	Th	8:30am-10:30am	9/14-9/28
2043	Tu	8:30am-10:30am	10/10-10/24
2044	We	8:30am-10:30am	10/11-10/25
2045	Th	8:30am-10:30am	10/12-10/26

### 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	
2034	We	2:00pm-4:30pm	9/13-9/27
2035	We	2:00pm-4:30pm	10/11-10/25

### 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	
2036	Sa	8:30am-12:00pm	9/16-9/30
2037	Sa	8:30am-12:00pm	10/14-10/28

### Farm Fair Special Event Volunteers

Assist staff with event set up, running children's activity booths, and other event tasks at our annual Farm Fair event. Volunteers gain experience working with children, build teamwork skills, and will earn community service hours for school.

Kelsey Creek Farm

Free  
2038 Sa Ages 14/up  
9:30am-5:30pm 10/7

### Kelsey Creek Farm Fair

Bring your family to the farm to enjoy our annual fall celebration. Event features include tractor-pulled wagon rides, Country Lane Play Area, off-the-vine pumpkin patch and pumpkin decorating, farm animals, food trucks, and more! Free shuttle service from Wilburton Park & Ride and Bannerwood Sports Park.

Please note: no pets allowed on shuttle bus or in the barnyard areas. For more information call 425-452-7688 or email kelsey-creekfarm@bellevuewa.gov.

Kelsey Creek Farm

Free  
1957 Sa All Ages  
11:00am-4:00pm 10/7

### Trick or Treat with the Farm Animals

Put on your Halloween costume and come to the farm for a fun mini event! Your child will get to go trick-or-treating with the farm animals and see what costumes they're wearing! You'll also get to decorate a trick-or-treating bag, make a Halloween-themed craft, and play pumpkin bowling. This mini-event is mostly outdoors so come dressed for the weather.

Kelsey Creek Farm

\$30(R) \$36(N)  
1962 Sa Ages 2-10  
1:00pm-3:00pm 10/28

### Log Cabin Open House

Visitors of all ages are welcome to join us for this free, drop-in activity to explore Kelsey Creek Farm's log cabin, which was built in 1888. We will have antique logging and farming implements from the 1880s on display, including a variety of axes, farm implements, and other tools. Children can participate in a variety of free pioneer activities, including grinding wheat, churning butter, and playing with bread dough. You can watch a wool spinning demonstration and try your hand at carding wool. Adults can take a deeper dive into the history of logging and farming on the Eastside with our farm's passionate historian. Registration is not required.

Kelsey Creek Farm

Free  
1906 Daily All Ages  
1:00pm-3:00pm 9/17

### Little Farmers

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

Kelsey Creek Farm

\$78(R) \$94(N)  
1885 Mo Ages 2-3  
10:00am-11:30am 9/11-9/25  
1886 Tu 10:00am-11:30am 9/12-9/26  
1887 We 10:00am-11:30am 9/13-9/27  
1890 Fr 10:00am-11:30am 9/15-9/29  
1908 Mo 10:00am-11:30am 10/9-10/23  
1909 Tu 10:00am-11:30am 10/10-10/24  
1910 We 10:00am-11:30am 10/11-10/25  
1911 Fr 10:00am-11:30am 10/13-10/27

### 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. Some activities and animals will repeat but most will be new. This class includes a pony ride.

Kelsey Creek Farm

\$96(R) \$115(N)  
1891 Tu Ages 4-6  
10:00am-12:30pm 9/12-9/26  
1896 Th 10:00am-12:30pm 9/14-9/28  
1897 Fr 1:00pm-3:30pm 9/15-9/29  
1912 Tu 10:00am-12:30pm 10/10-10/24  
1955 Th 10:00am-12:30pm 10/12-10/26  
2031 Fr 1:00pm-3:30pm 10/13-10/27

### 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)  
1964 We Ages 7-9  
2:00pm-4:00pm 9/13-9/27  
1963 We 2:00pm-4:00pm 10/11-10/25

### 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

\$78(R) \$94(N)  
1893 Th Ages 2-3  
10:00am-11:30am 9/14-9/28  
1956 Th 10:00am-11:30am 10/12-10/26

### 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 repeat but most will be new.

Kelsey Creek Farm

\$96(R)	\$115(N)	Ages 4-6	
1892	We	10:00am-12:30pm	9/13-9/27
1913	We	10:00am-12:30pm	10/11-10/25

### Little Medical School Programs

Kelsey Creek Farm

#### Pre-K Doctor School

Our youngest future doctors will use a real stethoscope and other medical instruments, learn how muscles and nerves work together, cast a broken bone, and how to properly scrub their hands before surgery in this drop off class.

\$185(R)	\$222(N)	Ages 4-6	
1998	Tu	10:00am-11:00am	9/19-10/24

#### Future Doctor School

Through role-play and activities, students will learn the key responsibilities of a doctor and explore the heart, lungs, and digestion. In this drop-off class, students will use real medical instruments (stethoscope, reflex hammer, and blood pressure cuff) and practice scrubbing, suturing, and tying knots like a real doctor.

\$185(R)	\$222(N)	Ages 7-10	
1996	Th	4:00pm-5:00pm	9/21-10/26

### Bees and Blooms

Come meet Kelsey Creek Farm's newest residents, the honeybees! You and your child will visit our bees, explore what kinds of flowers pollinators like, and make a bee-themed notebook. We'll talk about what honeybees do on farms and what native bees do for us all over Bellevue. This is an adult/child class.

Kelsey Creek Farm

\$25(R)	\$30(N)	Ages 4-8	
1903	Su	1:00pm-2:00pm	9/10

### Fall Fun on the Farm

The trees are starting to change colors and drop their leaves! Do you ever wonder why this happens? Come learn about the life cycle of a tree, make a fun leaf-themed craft and visit some animal friends at Kelsey Creek Farm! This is an adult/child class.

Kelsey Creek Farm

\$25(R)	\$30(N)	Ages 4-6	
1959	Sa	10:00am-11:00am	10/14

### Fiber and a Fungi

We're combining sheep and mushrooms in this fun class to create a wool mushroom craft. In this class, participants will spend a little time out on the farm to visit our sheep and learn about mushrooms. Then we'll go inside to create an adorable mushroom made with real wool from our sheep. This is an adult/child class.

Kelsey Creek Farm

\$25(R)	\$30(N)	Ages 4-8	
1958	Su	1:00pm-2:00pm	10/22

### 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. This is an adult/child class.

Kelsey Creek Farm

\$25(R)	\$30(N)	Ages 4-8	
1907	Su	1:00pm-2:00pm	10/15

### Pumpkins and Pals

What do we see a lot of in the fall? If you guessed pumpkins, good guess! Come to the farm with your child and learn about pumpkins! We will find out which of our animal pals at Kelsey Creek like to snack on them. You will also get to take home your own jack-o-lantern craft! This is an adult/child class.

Kelsey Creek Farm

\$25(R)	\$30(N)	Ages 2-3	
1960	Sa	9:00am-10:00am	10/21
\$25(R)	\$30(N)	Ages 4-6	
1961	Sa	10:30am-11:30am	10/21

## 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 )		
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



## 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

\$110(R) \$132(N) Ages 16y/up  
1749 We 12:15am-11:15am 9/27-12/6

Bellevue Main Club

\$110(R) \$132(N) Ages 16y/up  
1750 Th 11:15am-12:15pm 9/28-12/7

## 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

\$30(R) \$36(N) Ages 18/up  
2300124-6 Mo 10:30am-11:30am 9/11-9/25  
2300125-6 We 10:30am-11:30am 9/13-9/27

\$40(R) \$48(N) Ages 18/up  
2300124-7 Mo 10:30am-11:30am 10/2-10/23  
2300125-7 We 10:30am-11:30am 10/4-10/25

## 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.

South Bellevue Community Center

\$42(R) \$50(N) Ages 13/up  
2300463-6 Tu, Th 10:30am-11:30am 9/12-9/28

\$63(R) \$77(N) Ages 13/up  
2300463-7 Tu, Th 10:30am-11:30am 10/3-10/31

## 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

\$42(R) \$50(N) Ages 13/up  
2300025-6 Mo, We 6:00am-7:00am 9/11-9/27

\$63(R) \$77(N) Ages 13/up  
2300025-7 Mo, We 6:00am-7:00am 10/2-10/30

## 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

\$66(R) \$78(N) Ages 13/up  
2300469-7 Mo, We 9:15am-10:15am 9/11-9/27

\$99(R) \$117(N) Ages 13/up  
2300469-8 Mo, We 9:15am-10:15am 10/2-10/30

## 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

## Personal Empowerment for Adult/Teen

\$20(R) \$24(N) Ages 13/up  
1881 Sa 9:30am-12:00pm 9/30

## Personal Empowerment for Families

\$12.50(R) \$15(N) Ages 8/up  
1882 Sa 9:30am-11:30am 10/14

## 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

\$60(R) \$75(N) Ages 16/up  
2300123-5 Mo 7:00pm-7:50pm 9/11-9/25

\$100(R) \$125(N) Ages 16/up  
2300123-6 Mo 7:00pm-7:50pm 10/2-10/30

## 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  
1793 Tu, Fr 9:15am-10:15am 9/11-9/29

\$99(R) \$119(N) Ages 18/up  
1796 Tu, Fr 9:15am-10:15am 10/3-10/31

### 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			
\$66(R)	\$78(N)	Ages 16/up	
2300490-7	Tu, Th	6:00am-6:50am	9/12-9/28
\$99(R)	\$117(N)	Ages 16/up	
2300490-8	Tu, Th	6:00am-6:50am	10/3-10/31

### 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			
\$33(R)	\$39(N)	Ages 16/up	
2300489-7	Tu	6:00am-6:50am	9/12-9/26
2300600-7	Th	6:00am-6:50am	9/14-9/28

### 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			
\$54(R)	\$66(N)	Ages 13/up	
2300466-9	Mo, Fr	10:30am-11:30am	9/11-9/29
\$27(R)	\$33(N)	Ages 13/up	
1831	Mo	6:00pm-6:50pm	9/11-9/25
\$72(R)	\$88(N)	Ages 13/up	
2300466-10	Mo, Fr	10:30am-11:30am	10/2-10/30
\$45(R)	\$55(N)	Ages 13/up	
1832	Mo	6:00pm-6:50pm	10/2-10/30

## 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

### Forest Bathing

Inspired by the Japanese practice of shinrin-yoku, Forest Bathing--spending quiet time in nature-- has scientifically proven to boost immune strength, reduce stress, and improve cognitive functioning. Beyond these physiological benefits, Forest Bathing also offers the opportunity to deepen your relationship with the natural world. By slowing down and carefully observing with all the senses, we may notice incredible things that have eluded us our whole lives. Escape the rapid pace of your daily routine, relax, and find unexpected beauty in the moment and all around.

South Bellevue Community Center			
\$25(R)	\$30(N)	Ages 12/up	
2301473-5	We	9:00am-10:30am	9/20

### 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			
\$52(R)	\$60(N)	Ages 13/up	
2300495-6	Tu	11:45am-12:45pm	9/5-9/26
\$65(R)	\$75(N)	Ages 13/up	
2300495-7	Tu	11:45am-12:45pm	10/3-10/31

### 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			
\$30(R)	\$36(N)	Ages 18/up	
2301749	Fr	10:30am-11:30am	9/15-9/29
\$30(R)	\$36(N)	Ages 18/up	
2301749-2	Fr	10:30am-11:30am	10/6-10/20

### 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](http://www.community-pilates.com)

South Bellevue Community Center			
\$93(R)	\$108(N)	Ages 13/up	
2300126-7	Fr	9:15am-10:15am	9/8-10/27

## 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(R)	\$27(N)	Ages 13/up	
2301361-10	Sa	10:30am-11:30am	9/9
2301359-9	Fr	6:00pm-7:00pm	9/15
2301361-11	Sa	10:30am-11:30am	9/23
2301359-10	Fr	6:00pm-7:00pm	9/29
2301361-12	Sa	10:30am-11:30am	10/7
2301359-11	Fr	6:00pm-7:00pm	10/13
2301361-13	Sa	10:30am-11:30am	10/21
2301359-12	Fr	6:00pm-7:00pm	10/27

## 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	
2301777-2	We	6:00pm-7:00pm	9/6-9/27
2301777-3	We	6:00pm-7:00pm	10/4-10/25

## 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. Instructor, Lynne Aebi.

Northwest Arts Center

\$60(R)	\$72(N)	Ages 16y/up	
1742	Tu	9:30am-10:30am	9/26-10/17

# 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 any-time and work at your own pace as this class is on-going and adaptable to all levels.

South Bellevue Community Center

\$30(R)	\$36(N)	Ages 13/up	
2301750	Tu	7:00pm-7:50pm	9/12-9/26
2301750-2	Tu	7:00pm-7:50pm	10/3-10/17

## 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

\$60(R)	\$72(N)	Ages 9-17	
1789	Mo, We	5:00pm-5:50pm	9/11-9/27
\$90(R)	\$108(N)	Ages 9-17	
1790	Mo, We	5:00pm-5:50pm	10/2-10/30

## 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

\$72(R)	\$86(N)	Ages 12/up	
1971	Mo, We	6:35pm-7:35pm	10/2-10/30

## 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.

Highland Community Center & Park

## 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.

\$90(R)	\$108(N)	Ages 10/up	
1828	Fr	6:30pm-8:00pm	9/22-12/8

## 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.

\$90(R)	\$108(N)	Ages 8/up	
1829	Fr	6:30pm-8:00pm	9/22-12/8

## 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.

\$90(R)	\$108(N)	Ages 8/up	
1830	Fr	7:30pm-9:30pm	9/22-12/8

# Natural Resources & Outdoor Education

## TRACKS

### Shotokan Karate

Learn traditional Karate with a non-violent philosophy emphasizing Respect, Excellence, Strength and Character with fun and experienced Black Belt instructors.

South Bellevue Community Center

\$54(R)	\$66(N)	Ages 6-12	
2300474-9	Mo, We	6:00pm-6:50pm	9/11-9/27
\$54(R)	\$66(N)	Ages 12/up	
2300475-9	Mo, We	7:00pm-7:50pm	9/11-9/27
\$81(R)	\$99(N)	Ages 6-12	
2300474-10	Mo, We	6:00pm-6:50pm	10/2-10/30
\$81(R)	\$99(N)	Ages 12/up	
2300475-10	Mo, We	7:00pm-7:50pm	10/2-10/30

### 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	
2300503-9	Tu, Th	4:00pm-4:50pm	9/5-9/28
2300550-9	Tu, Th	5:00pm-5:50pm	9/5-9/28
\$64(R)	\$76(N)	Ages 9/up	
2300482-9	Tu, Th	6:00pm-6:50pm	9/5-9/28
\$72(R)	\$85.50(N)	Ages 5/up	
2300503-10	Tu, Th	4:00pm-4:50pm	10/3-10/31
2300550-10	Tu, Th	5:00pm-5:50pm	10/3-10/31
\$72(R)	\$85.50(N)	Ages 9/up	
2300482-10	Tu, Th	6:00pm-6:50pm	10/3-10/31

### Tai Chi Exercise / Mindful Movement

Practice Chi Kung, Tai Chi, and flowing movements to encourage proper posture, strength, stretching and flow of chi. Experience meditative practice through movement and stillness. Gain a sense of refreshed focus and relaxation. Postures and practice using mat or chair and standing. Non-strenuous class.

Northwest Arts Center

\$110(R)	\$132(N)	Ages 16y/up	
1747	We	10:00am-11:00am	9/27-12/6

Bellevue Main Club

\$110(R)	\$132(N)	Ages 16y/up	
1748	Th	10:00am-11:00am	9/28-12/7

### Tracks Bike Club

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

\$8(R)	\$10(N)	Ages 9-12	
1939	We	1:15pm-3:00pm	9/27
1940	We	1:15pm-3:00pm	10/4
1941	We	1:15pm-3:00pm	10/11
1942	We	1:15pm-3:00pm	10/18

### Cascade Hiking Club

This hiking series is meant for hikers ready to level up and move from beginner to intermediate. Trails will have moderate degree of difficulty perfect for those looking for a challenge. Hikes range from 3.5-6 miles with up to 2,000 ft of elevation gain.

Lewis Creek Visitor Center & Park

\$12(R)	\$15(N)	Ages 18/up	
1901	Fr	9:00am-3:00pm	9/22
1902	Fr	9:00am-3:00pm	9/29
1904	Fr	9:00am-3:00pm	10/6
1905	Fr	9:00am-3:00pm	10/13

### Tuesday Trails 50+ Hiking

This easy hiking series is designed for active seniors looking to explore the beautiful trails around Bellevue, we will meet at the North Bellevue Community Center and ride to a trailhead in the Issaquah Alps, Cascades, or other scenic areas nearby. Hikes will be generally less than 3 miles and specifically chosen for the over 50 crowd.

North Bellevue Community Center

\$8(R)	\$10(N)	Ages 50/up	
1798	Tu	10:00am-2:00pm	9/19
1799	Tu	10:00am-2:00pm	9/26
1800	Tu	10:00am-2:00pm	10/3
1801	Tu	10:00am-2:00pm	10/10
1802	Tu	10:00am-2:00pm	10/17
1803	Tu	10:00am-2:00pm	10/24
1804	Tu	10:00am-2:00pm	10/31



# Ranger Programs

## Ranger-led Hike at Coal Creek

Explore Coal Creek at the Cinder Mine Trailhead to discover Bellevue's largest park and get lost in the wilderness while still in the city! This area is rich in history and wildlife you'll learn about while being guided by a Bellevue Park Ranger. Please dress for the weather and wear sturdy shoes. This hike is rated as moderately difficult (2 miles with 240 ft elevation change). Preregistration required for each participant. Outdoor only.

Coal Creek Natural Area

Free		All Ages	
2010	Daily	10:30am-12:00pm	9/10

## Ranger-led Hike at Lakemont Community Park

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

Lakemont Community Park

Free		All Ages	
2011	Daily	10:30am-12:00pm	10/15

## 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 Visitor Center & Park

Free		All Ages	
1739	Daily	10:30am-11:30am	9/2
1850	Daily	10:30am-11:30am	10/7

## 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	
1548	Sa	2:00pm-3:30pm	9/9
1550	Sa	2:00pm-3:30pm	9/30
2012	Su	2:00pm-3:30pm	10/8
2013	Su	2:00pm-3:30pm	10/22

# Family Discovery Series

## 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 Visitor Center & Park

Free		Ages 18m-36m	
1740	Daily	10:00am-11:00am	9/9
1852	Daily	10:00am-11:00am	10/8

## Family Discovery Series at the Lake Hills Greenbelt Ranger Station

Outdoor programs for the whole family at the Lake Hills Greenbelt

Lake Hills Greenbelt

## A Batty Evening at the Lake Hills Greenbelt

When darkness falls, nocturnal animals are just waking up! From bats to owls in the air, and raccoons to coyotes on the ground, the night is ever so active! Discover which of these creatures live in Bellevue and come listen for them on a special Ranger-led night hike! Pre-registration required for both adults and children.

Free		All Ages	
1989	Sa	8:30pm-9:30pm	9/1

## The Good Garter Snake

Garter snakes and rubber boas are the only native snakes in Bellevue. Nearly harmless, they slither through the wetlands hunting insects, frogs, and other small creatures. Join us as we learn about a few reptiles that make their home in our parks.

Free		Ages 100/under	
1990	Sa	10:00am-11:00am	9/30

## Creature Crafts at Lewis Creek

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 Visitor Center & Park

Free		Ages 3-7	
1738	Daily	10:30am-11:30am	9/24
1848	Daily	10:30am-11:30am	10/14

### Batty Nights at Lewis Creek Park

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

Lewis Creek Visitor Center & Park

Free		Ages 5/up	
1741		7:30pm-9:00pm	9/15

### A Bat-Tea Party

Don your batty best looks for a bat inspired afternoon tea where we'll celebrate International Bat Week! Learn strategies for seeing bats and how you help them in your neighborhood while sipping tea and eating bat inspired snacks. Ages 5+ with accompanying adult(s). Preregistration required for children and adults. Preregister at Register.BellevueWA.gov.

Lewis Creek Visitor Center & Park

Free		Ages 5/up	
1857	Daily	1:00pm-3:00pm	10/22
1859	Daily	1:00pm-3:00pm	10/28

### An International Bat Week Hike

Join us this Bat Week to learn about the bats that call Bellevue home. We'll discover how bats all over the world help us every day and take a dusk hike to look for evening wildlife that call Lewis Creek home! Bring a flashlight or headlamp, as well as sturdy shoes! Ages 5+ with accompanying adult(s). Preregistration required for children and adults.

Lewis Creek Visitor Center & Park

Free		Ages 5/up	
1847	Daily	6:00pm-7:30pm	10/27

### The Washington State Sea Turtle Race

Did you know that leatherback sea turtles forage for jellyfish just off the coast of Washington State? Join us to learn about their biology and step into the life of a sea turtle as we play a fun migration game outside. Ages 5-10 with accompanying adult(s). Preregistration required for children and adults.

Lewis Creek Visitor Center & Park

Free		Ages 5-10	
1854	Daily	2:30pm-3:30pm	9/3
1855	Daily	2:30pm-3:30pm	9/9
1856	Daily	2:30pm-3:30pm	9/16

### 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

### Fall for Frogs

Have you ever heard the chorus of frogs and wondered how they stop and start in unison? Hop on over to the Mercer Slough to discover more about our frogs thriving in the wetland. These musical amphibians play an intricate role in the food web and help keep our ecosystems in balance. Enjoy some fun activities, crafts and a nature walk. It will be a splash!

Free		Ages 5-10	
1567		2:00pm-3:00pm	9/16

### Swim to Spawn

Salmon were once abundant here in the PNW but have been on a rapid decline in most of our region. Come learn more about

the Salmon that make the arduous journey from the ocean to the Mercer Slough where they will eventually spawn in the shallow waters of Kelsey creek. Learn about the different stages of our Salmon and what you can do to help aid in their survival.

Free		Ages 5-10	
2027		2:00pm-3:00pm	10/21

## Adult Enrichment Series

### Story & A Stroll

#### Story & a Stroll

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

Mercer Slough Environmental Education Center

Free		Ages 3-5	
1561	Fr	11:00am-12:00pm	9/8
1562	Fr	11:00am-12:00pm	9/15
1563	Fr	11:00am-12:00pm	9/22
1564	Fr	11:00am-12:00pm	9/29
2018	Fr	11:00am-12:00pm	10/6
2019	Fr	11:00am-12:00pm	10/13
2020	Fr	11:00am-12:00pm	10/20
2021	Fr	11:00am-12:00pm	10/27

## 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 [BellevueWA.gov/Leagues](http://BellevueWA.gov/Leagues), email the league coordinator at [leagues@BellevueWA.gov](mailto:leagues@BellevueWA.gov), or call 425-452-4479.

## Youth Sports

### 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	
1825	We	1:45pm-3:00pm	9/27-10/18
1826	We	1:45pm-3:00pm	10/25-11/15

## 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	
1827	Mo	4:15pm-5:15pm	10/2-10/23

## Running - Cross Country

Cross country running is one of the most basic forms of physical activity for kids. Come join Bellevue Youth Sports for outdoor running and workouts, while exploring trails within Bellevue's Park system. Workouts will be age and experience appropriate and will provide short and long-distance workouts to improve fitness while having fun. Cross country running develops strong mental skills and builds an improved sense of discipline towards running, other sports, and life in general. Running distances will vary from 1/2 mile to 2 miles.

Lake Hills Community Park

## Fall 2023

This season, there will be five optional cross country meets with other local cities. We will compete against Si View, Issaquah, Renton, and Maple Valley. Meets are typically on weekends with one on a Friday evening. Meet details will be provided at the first practice.

\$75(R)	\$90(N)	Ages 6-13	
1824	Th	5:00pm-6:00pm	9/14-10/26

## Soccer League

This co-ed instructional league is a great way to develop your child's basic knowledge and skills in soccer. This league will emphasize participation, fun, and positive sportsmanship while giving your child the basic instructions of dribbling, passing, scoring and teamwork! The season will begin with two weeks of team practice followed by four weeks of games. Come and join the fun! Volunteer coaches are needed for this league. If you are interested in volunteering, please email Erin McCaslin at [emccaslin@bellevuewa.gov](mailto:emccaslin@bellevuewa.gov).

Robinswood Community Park - Fields

## Mighty Mites

\$80(R)	\$96(N)	Ages 5-6	
1823	We	4:15pm-5:15pm	9/20-10/25

## Youth

\$80(R)	\$96(N)	Ages 7-9	
1822	Tu	4:15pm-5:15pm	9/19-10/24

# Tennis

## 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 at Robinswood Tennis Center with Instructor Sara Wilson.

Robinswood Tennis Center

\$56(R)	\$56(N)	Ages 14/up	
2006	We	4:30pm-5:30pm	9/13-10/25

## 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.

\$152		Ages 18/up	
1579	Tu	8:00pm-9:00pm	9/5-10/24
1571	We	12:00pm-1:00pm	9/6-10/25
1580	We	9:00pm-10:00pm	9/6-10/25

## 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.

\$152		Ages 18/up	
1572	Tu	12:00pm-1:00pm	9/5-10/24
1581	Tu	9:00pm-10:00pm	9/5-10/24
1575	We	1:00pm-2:00pm	9/6-10/25
1582	We	8:00pm-9:00pm	9/6-10/25

## 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.

\$152		Ages 18/up	
1585	Th	8:00pm-9:00pm	9/7-10/26
\$133		Ages 18/up	
1578	Mo	1:00pm-2:00pm	9/11-10/23
1584	Mo	8:00pm-9:00pm	9/11-10/23

## Advanced

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

\$152		Ages 18/up	
1590	Th	9:00pm-10:00pm	9/7-10/26
\$133		Ages 18/up	
1588	Mo	9:00pm-10:00pm	9/11-10/23

## Junior Tennis Teams

Robinswood Junior Teams require tryouts to register. Tryout forms are available at [www.bellevuewa.gov/tennis](http://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.

\$84		Ages 7-18	
1622	Sa	9:00am-10:00am	9/9-10/28

### 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	
1614	Tu, Th	4:30pm-5:45pm	9/5-10/24

### 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	
1616	Tu, Th	5:45pm-7:00pm	9/5-10/26

### 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.

\$276		Ages 7-18	
1613	Mo, We, Fr	5:45pm-7:00pm	9/6-10/27

### 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.

\$276		Ages 7-18	
1612	Sa	9:00-10:00am	9/9-10/28

## 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	
1541	Sa	11:00am-11:45am	9/9-10/28

### 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	
1542	Sa	12:30pm-1:30pm	9/9-10/28

\$104		Ages 11-14	
1543	Sa	1:30pm-2:30pm	9/9-10/28

### 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 7-10	
1544	Sa	2:30pm-3:30pm	9/9-10/28

\$104		Ages 11-14	
1546	Sa	3:30pm-4:30pm	9/9-10/28

### Teen

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

\$104		Ages 15-18	
1547	Sa	4:30pm-5:30pm	9/9-10/28

### 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	
1540	Sa	10:00am-11:00am	9/9-10/28

## Pickleball

### Adult Drop-In Pickleball

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

### 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. Ages 18+

South Bellevue Community Center

\$60(R) \$72(N)		Ages 18/up	
1951	Tu	8:30am-10:00am	9/19-10/24
1952	Th	8:30am-10:00am	9/21-10/26



# Wednesday Walks

Explore easy, one mile or less, paved walks that are accessible to all, right here in the Bellevue Parks system. This series of walks is perfect for strollers, scooters, bikes and wheels of all kinds and are perfect if you're looking to explore a new walking path with the whole family.



For more information, email [TRACKS@BellevueWA.gov](mailto:TRACKS@BellevueWA.gov)  
or call 425-452-6883