

# CONNECTIONS

January through  
April, 2025



**Bellevue resident  
registration begins  
December 9 @ Noon**

Registrations from non-Bellevue  
residents will be accepted  
beginning December 16.



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

Mo Malakoutian, Deputy Mayor

Dave Hamilton                      Conrad Lee  
Jared Nieuwenhuis                John Stokes  
Janice Zahn

### Parks & Community Services Board

Rowena Clima, Chair

Eileen Chou, Vice-Chair

Steve Chianglin                      Paul Clark  
Elizabeth Kronoff                  Heather Trescases  
Michelle Valverde

### Human Services Commission

Jaskaran Singh Sarao, Chair

Delfina Gonzalez                      Jeanine Imfura  
Angela Phan                              Fitri Rashid  
Angela White                              Edmund Wong

**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.*

*On the Cover: Tuesday Trails 50+ Hiking. Photo by Carrie Sabochik*

*Questions or comments about this publication? Contact Colin Walker, Department Marketing Administrator, [CWalker@BellevueWA.gov](mailto:CWalker@BellevueWA.gov).*

#### Equal Opportunity Statement

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

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



# Financial Assistance Available for Recreation Programs

Bellevue Parks & Community Services strives to make program opportunities available to all interested individuals who live in the boundaries of the city of Bellevue, regardless of income. We provide scholarships to those who might not otherwise be able to participate. Visit one of the locations listed at the bottom of this page to obtain a copy of the scholarship application form, visit [bellevuewa.gov/connections](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 \$50 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 thirty (30) 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 or credits will be issued on or after the first day of the program or camp. No refunds are available for programs \$10 or less.

## 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 at least 15 hours per week): Each Day Camp requires a \$50 non-refundable fee, per participant, per camp, at the time of registration, and will be applied toward the final amount due. Non-Bellevue resident fee differential is also due at the time of registration. Payment in full of the remaining balance is due thirty (30) calendar days prior to the first day of each session.

## 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 December 9 at Noon**  
**Registrations from non-Bellevue residents will be accepted beginning December 16.**

### 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 or language access need.

#### 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 CC)

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.**

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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**

Open Skate Sessions

## **Bellevue Youth Theatre**

Winter Auditions – free for Bellevue residents

*The Little Prince*

*Storybook Series*

*Pizza and Existentialism*

*Disney's Descendants: The Musical*

## **Crossroads Community Center**

Adult Volleyball  
Adult Pickleball  
Adult, Youth, and Family Basketball  
Adult Kite Flying  
Adult Table Tennis  
Badminton  
Indoor Play  
Pop a Shot  
Adult, Youth & Family Games Room - Arts/Crafts, Board Games, Billiards, Table Tennis, Air Hockey

## **Highland Community Center**

Adult Badminton  
Adaptive Recreation Programs  
Physical Disability Exercise  
Wheelchair Basketball  
Drop-In Adult Basketball  
Drop-In Exercise  
Parent/Child Indoor Play  
1/2 Court Basketball

## **Kelsey Creek Farm**

Farm Story Time  
Sheep Shearing Special Event  
Weekend Workshops  
Teen/Adult Farm Programs

## **Lake Hills Greenbelt Ranger Station**

Ranger Walks  
Family Discovery Series

## **Lewis Creek Visitor Center**

Evening Programs  
Ranger-led Hikes  
Family Discovery Series  
Adult Volunteers

## **Mercer Slough Environmental Education Center**

Story & A Stroll  
Ranger-led Hikes  
Family Discovery Series

## **North Bellevue Community Center**

Friday Movies  
Art for Older Adults  
Billiards  
Chorus  
Cribbage  
Drop-In Pickleball  
Drop In Table Tennis  
Drop-In Tai Chi  
Family Story Time/Play Time  
Adult Volleyball Drop-In - Hidden Valley Gym  
Adult Pickleball Drop-In - Hidden Valley Gym  
Line Dancing  
Board Games  
Coffee & Coloring  
Duplicate Bridge  
Pinochle  
Sounds of Swing - Jazz

## **Northwest Arts Center**

Indoor Play

## **South Bellevue Community Center**

Bridge  
Indoor Play  
Tai Chi & Mindful Movement  
Boxing Fundamentals  
Active Adult Fitness  
Badminton - Adult & Family  
Basketball - Adult & Family  
Indoor Cycling & Cycle/Stretch  
Line Dancing  
Open Art Studio  
Fitness Center Drop-In  
Pickleball - Adult & Family  
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  
 ☎(425) 452-7686 | ✉ HCC@BellevueWA.Gov  
**Adaptive Rec Registration Form**



Main Contact- <b>Last Name</b>	Main Contact- <b>First Name</b>	Main Contact- <b>Date of Birth</b>
Main Contact- <b>Street Address</b>	<b>City</b>	<b>State</b>
<b>ZIP</b>		
<b>Email Address</b> -By providing your email address, you will receive receipts and updates from Bellevue Parks & Community Services		
(    )	(    )	

Main Contact- <b>Primary Phone</b>	<b>Alternate Phone</b>
Participant Name: _____	<b>Registration Opens:</b> Residents: December 9 Non-Residents: December 16
Date of Birth: _____	

INTELLECTUAL DISABILITY PROGRAMS			
NO CLASS: JANUARY 20 <sup>TH</sup> & FEBRUARY 17 <sup>TH</sup>			
<b>Indoor Bocchia</b> .....	\$62(r)   \$75(nr)	<b>Movie Time</b> .....	\$52(r)   \$63(nr)
Sat 9am-11am	Jan 11 <sup>th</sup> – Mar 15 <sup>th</sup>	Wed 5pm-7pm	Jan 8 <sup>th</sup> – Mar 12 <sup>th</sup>
<b>Hangout</b> .....	\$52(r)   \$63(nr)	<b>BINGO</b> .....	\$52(r)   \$63(nr)
Mon-Thu 3pm-5pm	Jan 6 <sup>th</sup> – Mar 13 <sup>th</sup>	Wed 7pm-8pm	Jan 8 <sup>th</sup> – Mar 12 <sup>th</sup>
<b>Artistic Inspirations</b> .....	\$75(r)   \$90(nr)	<b>Morning-Arts &amp; Crafts **</b> .....	\$56(r)   \$68(nr)
Mon 5pm-7pm	Jan 6 <sup>th</sup> – Mar 10 <sup>th</sup>	Fri 11am-12:30pm	Jan 10 <sup>th</sup> – Mar 14 <sup>th</sup>
<b>Social Club</b> .....	\$52(r)   \$63(nr)	<b>Afternoon-Arts &amp; Crafts **</b> .	\$56(r)   \$68(nr)
Mon 7pm-8pm	Jan 6 <sup>th</sup> – Mar 10 <sup>th</sup>	Fri 1pm-2:30pm	Jan 10 <sup>th</sup> – Mar 14 <sup>th</sup>
<b>Fitness</b> .....	\$92(r)   \$111(nr)	<b>Decades Dance</b> .....	\$10(r)   \$12(nr)
Tue/Thu 5pm-6:30pm	Jan 7 <sup>th</sup> – Mar 13 <sup>th</sup>	Fri 6pm-8:30pm	February 21 <sup>st</sup>
<b>Basketball</b> .....	\$74(r)   \$89(nr)	<b>Highland Times</b> .....	\$0(r)   \$0 (nr)
Tue/Thu 6:30pm-8pm	Jan 7 <sup>th</sup> – Mar 13 <sup>th</sup>	4pm-6pm	Jan 10 <sup>th</sup> , Feb 7 <sup>th</sup> , Mar 7 <sup>th</sup>
<b>Virtual Trivia</b> .....	\$52(r)   \$63(nr)	<b>Virtual BINGO</b> .....	\$50(r)   \$63(nr)
Mon 7pm-8pm	Jan 6 <sup>th</sup> – Mar 10 <sup>th</sup>	Wed 7pm-8pm	Jan 25 <sup>th</sup> - Mar 27 <sup>th</sup>

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

**\*\*Can only register for one craft class\*\***

PHYSICAL DISABILITY PROGRAMS	
<b>PD Exercise</b> .....	<b>Remember to sign the back</b> Registrations received without a signed waiver <u>will not</u> be processed
Tue & Thu 11am-Noon	
<b>PD Exercise</b> .....	
Tue & Thu Noon-1:30pm	

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

**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 / 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.**

By signing below, I accept the conditions printed above, and by further initialing where indicated below, I acknowledge that I have carefully reviewed and understand the Concussion Information Sheet and Sudden Cardiac Arrest Information Sheet accompanying this Waiver of Liability / Release.

\_\_\_\_\_  
PARENT/ GUARDIAN SIGNATURE

\_\_\_\_\_  
DATE

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

\_\_\_\_ I acknowledge that I have carefully reviewed and understand the Concussion Information Sheet

Initial

\_\_\_\_ I acknowledge that I have carefully reviewed and understand the Sudden Cardiac Arrest Information Sheet

Initial



**Bellevue Parks & Community Services**

**Payment Details**

**Payment Method**

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

Credit Card      Total Fee: \$ \_\_\_\_\_



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

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

**Highland Community Center** Winter 2025 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.

## Special Events

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

Highland Community Center & Park

## Decades Dance '25

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

\$10(R) \$12(N) Ages 16/up  
7314 6:00pm-8:30pm 2/21-2/28

## Adaptive Tennis

Tennis for individuals with intellectual disabilities allow participants to be introduced to basic tennis skills with the focus on building self-esteem and participation. Registration for this class may only be done in person with Instructor Sara Wilson. Contact the front desk for assistance 425-452-7690.

Robinswood Tennis Center

\$56 Ages 14/up  
6370 We 4:00pm-5:00pm 1/15-2/26  
6447 We 4:00pm-5:00pm 3/12-4/23

## Artistic Inspirations

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

Highland Community Center & Park

\$75(R) \$90(N) Ages 18/up  
7306 Mo 5:00pm-7:00pm 1/6-3/10

## Arts & Crafts

This class is adapted and designed for individuals living with intellectual disabilities. Join us for a burst of creativity and fun with exciting arts and crafts projects! Let your imagination soar and create something amazing! (only 1 craft class per session)

Highland Community Center & Park

\$56(R) \$68(N) Ages 18/up  
7312 Fr 11:00am-12:30pm 1/12-3/14  
7313 Fr 1:00pm-2:30pm 1/10

## Basketball

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

Highland Community Center & Park

\$74(R) \$89(N) Ages 18/up  
7309 Tu, Th 6:30pm-8:00pm 1/7-3/13

## BINGO

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

Highland Community Center & Park

\$52(R) \$65(N) Ages 18/up  
7311 We 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

\$92(R) \$111(N) Ages 18/up  
7308 Tu, Th 5:00pm-6:30pm 1/6-3/13

## Highland Hangout

This class is designed and adapted for adults with intellectual disabilities. Unwind your way at Highland Hangout! Whether you're in the mood for a board game, coloring, solving puzzles, or just chatting with friends, this laid-back space is all about fun, your way. Enjoy great tunes and make new connections while doing the activities you love. Drop in, relax, and make the afternoon your own!

Highland Community Center & Park

\$52(R) \$63(N) Ages 18/up  
7305 Mo-Th 3:00pm-5:00pm 1/6-3/13

## Indoor Boccia

This class is designed and adapted for adults with intellectual disabilities. Get ready for a blast with Boccia! This exciting precision ball sport is similar to Bocce and related to bowling, but it's specially designed for adults with intellectual disabilities. Join Highland's Boccia team and enjoy the fun indoors, where you'll get to throw, kick, or use a ramp to launch your ball onto the court. The goal? Get your ball as close as possible to the target, known as the jack. Boccia is about skill and strategy, making it a thrilling and inclusive game for everyone of all abilities. Come join the fun and test your aim in this fantastic sport!

Highland Community Center & Park

\$62(R) \$75(N) Ages 18/up  
7304 Sa 9:00am-11:00am 1/11-3/15

## 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

\$52(R)	\$63(N)		Ages 18/up
7310	We	5:00pm-7:00pm	1/10-3/12

## Social Club

This class is adapted and designed for adults with intellectual disabilities. Join us weekly for a blast of fun and camaraderie with activities like game nights and karaoke sessions! Make new friends and create unforgettable memories in our lively and welcoming social club.

Highland Community Center & Park

\$52(R)	\$63(N)		Ages 18/up
7307	Mo	7:00pm-8:00pm	1/6-3/10

## 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

\$52(R)	\$63(N)		Ages 18/up
7315	Mo	7:00pm-8:00pm	1/6-3/10

## 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

\$52(R)	\$63(N)		Ages 18/up
5759	We	7:00pm-8:00pm	1/8-3/12

# Day Camps

## Art Exploration Camp for Kids

Dive into the world of 3D art and beyond! Young artists will create with clay, paper mache, paint and other mediums. Students will experiment with new materials and finish the week with a special art showcase for family and friends. Camp taught by CreArt Studioz. All materials included. Afternoon extended care available when added separately.

Northwest Arts Center

\$400(R)	\$480(N)		Ages 7-11
6928	Tu-Fr	9:00am-3:00pm	2/18-2/21
\$500(R)	\$600(N)		Ages 7-11
6929	Mo-Fr	9:00am-3:00pm	4/7-4/11

## Add Extended Care:

\$36(R)	\$43(N)		Ages 7-11
6926	Tu-Fr	3:00pm-5:00pm	2/18-2/21
\$45(R)	\$54(N)		Ages 7-11
6927	Mo-Fr	3:00pm-5:00pm	4/7-4/11

## Local Hoops Academy Basketball Camp

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

Crossroads Community Center

\$204(R)	\$245(N)		Ages 6-12
6756	Mo, Tu, Th, Fr	9:00am-12:00pm	12/30-31, 1/2-3
6387	Tu-Fr	9:00am-12:00pm	2/18-2/21
\$55(R)	\$66(N)		Ages 6-12
7092	Fr	9:00am-12:00pm	3/28
\$255(R)	\$306(N)		Ages 6-12
6389	Mo-Fr	9:00am-12:00pm	4/7-4/11

## McVander Co-Ed Street Hockey Camp

No ice, no skating, and no hockey experience required! It is our mission to bring a super-fun hockey experience directly to the community! All participants receive a t-shirt and a hockey stick and ball to keep.

Tyee Middle School Site

\$225(R)	\$270(N)		Ages 6-12
7086	Mo-Fr	9:00am-12:00pm	4/7-4/11

## Skate Camp

Discover the thrill of skateboarding this Spring Break at our newly transformed indoor skate park! Join our dedicated team with years of expertise, ready to guide skaters of all levels. With an impressive 30 years in the skate game, we take pride in delivering the most comprehensive camp experience. Our camp is designed to cover every aspect of skating, from park safety to mastering tricks, engaging in skate-centric games, enjoying an end-of-week showcase, and indulging in a pizza party all while fostering camaraderie and fun. Whether you're a novice or a skilled skater, our camp is tailored just for you. Don't worry about equipment - skateboards and safety gear are provided at no extra cost. We recommend experiencing our camp before making any skateboard or gear purchases. Get ready for an unforgettable Spring Break filled with excitement, learning, and camaraderie!

Bellevue Skate Park

\$180(R)	\$216(N)		Ages 7-15
6873	Tu-Fr	9:00am-12:00pm	2/18-2/21
\$200(R)	\$230(N)		Ages 7-15
6874	Mo-Fr	9:00am-12:00pm	4/7-4/11

## UK International Soccer Camp

Learn the best of UK soccer through a coaching curriculum which develops the whole player, as an athlete and as a person, providing campers with the tools and self-belief to reach goals on and off the field. Daily schedule includes warm up, skills, fundamentals, small-sided games, technical session, and tournaments.

Robinswood Community Park - Fields

\$166(R)	\$199(N)		Ages 7-13
6630	Mo-Fr	12:30pm-3:00pm	4/7-4/11
\$303(R)	\$364(N)		Ages 7-13
6629	Mo-Fr	9:00am-3:00pm	4/7-4/11
\$200(R)	\$240(N)		Ages 4-13
6627	Mo-Fr	9:00am-12:00pm	4/7-4/11

## Bellevue Youth Theatre Day Camps

### The Brave Little Tailor

Enjoy the adventures of a tailor's journey through the countryside. Along the way he meets a giant and an assortment of colorful characters. In honor of our season, *where worlds collide*, we're putting our BYT twist on this old-timely western tale by including hip-hop music! This is a camp you won't want to miss.

Bellevue Youth Theatre

\$300(R) \$360(N) Ages 7-12  
7012 Mo-Fr 9:30am-3:00pm 4/7-4/11

### Add Extended Care

\$120(R) \$140(N) Ages 7-12  
7013 Mo-Fr 8:00am-9:30am 4/7-4/11  
3:00-5:30pm

## Drop-In Programs

*Drop-in schedules at facilities are subject to change.  
Visit [BellevueWA.gov/Parks](http://BellevueWA.gov/Parks) for current drop-in schedules.*

### Afterschool Teen Makerspace

The Crossroads Community Center Makerspace is a community-oriented workspace where teens (12-18) can learn, create, and collaborate through hands-on experiences. Free drop-in program. Space may be limited. The CCC Makerspace includes equipment and supplies for activities that include: Watercolor, & acrylic painting, line drawing, coloring, photography, beading, and other fine arts projects. Cricut machine - leather earrings & bracelets, custom stickers, vinyl decals, handmade greeting cards, and more. Sewing machine and projects. Light board. Tuesdays offer a 3 hour drop in program from 4pm-7pm and Wednesdays offer Pre-registered weekly workshops from 2pm-7pm.

Crossroads Community Center

FREE Ages 12-18  
7244 Tu, We 4:00pm-7:00pm 1/7-4/30

### Youth Eastside Services Counseling

Youth Eastside Services provides resources, on-site, for mental health counseling, crisis intervention and referrals for youth & teens. No appointment is required to meet with Y.E.S. counselor Judith Mercado. For more information about the organization, visit [youtheastideservices.org](http://youtheastideservices.org) or call 425-747-4937.

Crossroads Community Center

### Drop-In Billiards

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

North Bellevue Community Center

Free Ages 18/up  
7052 Mo-Fr 9:00am-8:00pm 7/3-12/31

## Games Room

Join the fun at the Crossroads Community Center Games Room. The room includes Table Tennis (2), 4 Pool Tables, Air Hockey, Pop-a-Shot, Giant Connect Four, Table Top XL Jenga and 16 fun table games to choose from including Mah Jong, chess, Sling Hockey, Shut the Box, decks of cards and more. Participants are welcome to use the CCC games room during business hours. Bring your friends and family, make new friends, socialize, and sharpen your mind.

Crossroads Community Center

FREE Ages All Ages  
7239 Mo-Fr 9:00am-7:45pm 1/2-4/30

## Board Game Library at NBCC

North Bellevue Community Center has a substantial board game collection available for community use. Community members can check out board games from the front desk to be used within the facility. The game collection includes a variety of classic games such as chess, go, Rummikub, and Monopoly, but also includes modern titles such as Settlers of Catan, Wingspan, and Ticket to Ride. To find out more information, or to check out a board game, please inquire at the front desk.

This program receives funds from the King County Veterans, Seniors and Human Services Levy.

North Bellevue Community Center

FREE Ages 18/up  
7041 Mo-Fr 9:00am-8:00pm 1/2-12/31

## Drop-in Cribbage

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

North Bellevue Community Center

FREE Ages All Ages  
7048 Th 10:00am-12:00pm 1/2-12/18

## Drop-in Duplicate Bridge

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

North Bellevue Community Center

FREE Ages 18/up  
7061 Fr 12:15pm-3:30pm 1/3-12/19

## Friday Movies

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

North Bellevue Community Center

FREE Ages 18/up  
7078 Fr 2:00pm-4:00pm 1/3-12/26

### Older Adult Social Hour

Hang out with us at NBCC every Monday afternoon for our weekly social event for older adults. Meet new people and visit with old friends while enjoying snacks, beverages, activities, and educational experiences. The program will include a variety of games, discussions, crafts, competitions, snacks, coffee, and more! For more detailed schedule information, inquire at (425) 452-7681 or visit us at the NBCC front desk. This program is for adults ages 55+, caregivers are also welcome. This program receives funding from the King County Veterans Seniors and Human Services Levy. Drop-ins are welcome, but preregistration is recommended; drop-in participants will be welcomed on a first come first served basis when open spots are available.

North Bellevue Community Center  
FREE  
7182 Mo 1:00pm-3:00pm Ages 55/up 1/6-4/28

### SBCC Bridge Bunch

Just learning, a little rusty, or just want a fun place to play Bridge while increasing your skill level? Come join us every Thursday and play your favorite game with other members of your community! This is a FREE drop-in activity.

South Bellevue Community Center  
FREE  
6749 Th 1:00pm-3:00pm Ages 18/up 1/9-6/12

### Drop-In Pickleball

Courts and nets provided by the facility, players provide their own paddle and balls. This is a drop-in program, fees payable at the door.

North Bellevue Community Center  
\$4(R) \$5(N)  
7064 Mo, We, Fr 3:00pm-5:00pm Ages 18/up 1/3-12/29

Hidden Valley Sports Park  
\$4(R) \$5(N)  
7131 Tu, We, Fr 10:00am-12:00pm 12:30-2:30pm Ages 18/up 1/3-4/29

Crossroads Community Center  
\$4(R) \$5(N)  
7236 Mo, Tu, Th, Fr 9:00am-11:00am Ages 18/up 1/6-4/28

### Drop-in Family Pickleball

Drop-in Family Pickleball is available on Sunday from 8am-10am at SBCC. Come enjoy a game with your family! This program is an opportunity for families, with children under the age of 18, to play together. At least one parent/guardian/caregiver of the same household must be participating on the court with the child/children at all times. No drop-offs, lessons or organized team activities are allowed.

South Bellevue Community Center  
FREE  
Visit BellevueWA.gov/SBCC or call 425-452-4240 for current schedule

### Drop-In Volleyball - Coed

Coed Volleyball at Hidden Valley Sports complex is for adults ages 18+. This is a drop-in program.

Hidden Valley Sports Park  
\$4(R) \$5(N)  
7120 Mo, Fr 10:00am-12:00pm Ages 18/up 1/3-4/28

### Adult Volleyball

Play volleyball after-work on Wednesday nights.

Crossroads Community Center  
\$4(R) \$5(N)  
7238 We 5:45pm-7:45pm Ages 18/up 1/8-4/25

### Drop-in Family Basketball

Drop-in Family Basketball is available on Saturday morning from 10am-12pm at SBCC. Come enjoy a game of hoops with your family! This program is an opportunity for families, with children under the age of 18, to play together. At least one parent/guardian/caregiver of the same household must be participating on the court with the child/children at all times. No drop-offs or organized team activities are allowed.

South Bellevue Community Center  
FREE  
Visit BellevueWA.gov/SBCC or call 425-452-4240 for current schedule

### Adult Basketball

Extend your lunch break with drop-in adult hoops.

Crossroads Community Center  
\$4(R) \$5(N)  
7237 Tu, Th, Fr 12:00pm-2:00pm Ages 18/up 1/7-4/29

### Drop-in Family Badminton

Drop-in Family Badminton is available on Sunday from 8am-10am at SBCC. Come enjoy a game with your family! This program is an opportunity for families, with children under the age of 18, to play together. At least one parent/guardian/caregiver of the same household must be participating on the court with the child/children at all times. No drop-offs, lessons or organized team activities are allowed.

South Bellevue Community Center  
FREE  
Visit BellevueWA.gov/SBCC or call 425-452-4240 for current schedule

### Indoor Kite Flying

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

Crossroads Community Center  
FREE  
7234 Th 5:45pm-7:45pm Ages All Ages 1/16-4/17

### 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.

South Bellevue Community Center  
FREE  
6748 Tu 1:00pm-3:00pm Ages 18/up 1/7-6/17

# Aquatics

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

Please call 425-452-4444 or visit Register.BellevueWA.gov for lesson availability.

## Open and family swim times offered daily.

Please call 425-452-4444 or visit our website for times: BellevueWA.gov/Aquatics

## Bellevue Aquatic Center

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

# Adult Enrichment

## CCC Book Group

Volunteer-led adult book group. Group meets on monthly basis (Fridays) at Crossroads Community Center. Feel free to come and join!

Crossroads Community Center

FREE			Ages 18/up
7232	Fr	11:00am-2:00pm	1/31-4/25

## Community Lunch

North Bellevue Community Center

The congregate meal service provides meals to older adults in our community from a variety of cultural backgrounds. Lunch is served on a first-come-first-served basis at 12pm. Monthly menus are available online or at North Bellevue Community Center. Fee payable by cash or check at the door. \$5 suggested donation, 55 years of age and older.

## Line Dancing

North Bellevue Community Center

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. Come learn to dance while giving your brain and body a great workout! Drop-in program fees payable at the door.

\$4(R)	\$5(N)		Ages 18/up
7085	We, Fr	1:00pm-2:45pm	1/3-2/14

South Bellevue Community Center

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
6747	Mo	1:00pm-3:00pm	1/6-6/16

## Sounds of Swing Big Band Dance

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

North Bellevue Community Center

\$3(R)	\$3(N)		Ages 18/up
7107		1:00pm-3:00pm	1/14-12/9

## NBCC Chorus

The North Bellevue Community Center Chorus meets weekly to sing together with piano accompaniment. It is very informal; no auditions required. We generally sing in unison, but harmony is great if you wish to do it. We have six books of songs of the 1920's, 30's to 60's. No performances, we welcome everyone, please join us!

North Bellevue Community Center

FREE			Ages All Ages
7083	Fr	10:30am-12:00pm	1/3-12/26

## Parkinson's Support Group

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

North Bellevue Community Center

FREE			Ages 18/up
		5:00pm-7:00pm	1/1-12/3

# NBCC Trips & Tours

## Trips & Tours at NBCC

Come join and meet other older adults through NBCC Trips & Tours. Trip fees include round trip transportation from North Bellevue Community Center. For those with limited access to transportation, round trip home pickup is available upon request for Bellevue residents only. Space is limited and advance registration is required. This program is funded by the King County Veterans, Seniors, and Human Services Levy intended for those individuals aged 55 or older.

North Bellevue Community Center

## MoPOP - Museum of Pop Culture

In the essence of inaugurating socio-political movements fighting racial discrimination, we'll visit MoPOP to view Keith Haring: A radiant Legacy. This traveling exhibition celebrates the artist's life, work, and activism from NYC to Seattle through 240+ Haring artworks and objects. Participants will also have access to other exhibits on display. Participants will meet in the lobby at NBCC at 10:15 a.m. and travel together to and from the destination.

\$34(R)	\$40.80(N)		Ages 55/up
7016	Daily	10:15am-3:00pm	1/21

## Seattle Asian Art Museum

Join us on this Day of Remembrance as we commemorate Japanese Americans incarcerated during World War II with a visit to the Seattle Asian Art Museum for a guided tour of the exhibits. Participants will meet in the lobby at NBCC at 10:00 a.m. and travel together to and from the destination.

\$26(R)	\$31(N)		Ages 55/up
7017	Daily	10:00am-2:00pm	2/19

### Seattle Aquarium & Waterfront Park

Join North Bellevue Community Center on a trip to the Seattle Aquarium, located along the newly rebuilt and expanded waterfront. You'll have access to three buildings historic piers 59 and 60 and the new Ocean Pavilion where experts dive into daily activities and presentations including Marine Mammal feeding and more! Participants will meet in the lobby at NBCC at 10:15 a.m. and travel together to and from the destination.

\$34(R) \$40.80(N) Ages 55/up  
7018 Daily 10:15am-3:00pm 3/18

### Skagit Valley Tulip Festival & La Conner Waterfront

Join us on Earth Day for a blooming fest of flowers across 100's of acres of tulip fields in the Skagit Valley. The picturesque setting each year, offers backdrops to practice those mobile photography skills you may have picked up in one of our offered programs. Following the fields, you'll be dropped off at the historic waterfront district in La Conner, Washington where you may enjoy sweeping views along the river walk featuring dining, boutiques, and the Museum of Northwest art. Please bring money for lunch and recreation. Participants will meet in the lobby at NBCC at 9:00 a.m. and travel together to and from the destination.

\$10(R) \$12(N) Ages 55/up  
7019 Daily 9:00am-4:00pm 4/22

## Multi-Cultural Services & Programs

### Huayin Performing Arts Group

On Wednesdays and Fridays from 10:00am to 12:00pm you are welcome to join the Huayin Performing Arts Group and learn traditional Chinese Dance at Crossroads Community Center.

Crossroads Community Center  
FREE Ages 18/up  
7243 We, Fr 10:00am-12:00pm 1/3-4/30

### CISC Line Dancing

Line Dancing is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows, all facing each other or in the same direction, and executing the steps at the same time. With this dance group, you will learn and practice these routines and moves! Individual dancing/no partner required. This is a drop-in activity, no pre-registration required. Fees payable at the door. This program is provided by CISC - helping immigrants throughout King County achieve success in their new community by providing information, referral, advocacy, social, and support services.

North Bellevue Community Center  
\$4(R) \$5(N) Ages 18/up  
7126 We 1:00pm-2:45pm 1/6-12/22

### CISC ESL Instruction

This class will be conducted in English and Cantonese/Mandarin. Participants will learn basic English words and simple phrases. This class is great for new English learners with no and low English literacy skills. This class is coordinated by Chinese Information Services Community Living Connections Outreach Program. Registration required to join online. In-person participants can drop in without registration.

North Bellevue Community Center  
FREE Ages 50/up  
7165 We, Fr 9:15am-10:45am 1/3-12/19

### CISC Chinese Musical Instrument Group

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

North Bellevue Community Center  
FREE Ages 18/up  
7128 Mo 9:30am-1:30pm 1/6-12/28

### CISC Chorus

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

This program is provided by CISC - Helping immigrants throughout King County achieve success in their new community by providing information, referral, advocacy, social, and support services.

North Bellevue Community Center  
FREE Ages 50/up  
7127 We 9:30am-11:30am 1/8-12/17

### CISC Information & Assistance

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

North Bellevue Community Center  
FREE Ages 18/up  
7173 Th 9:00am-12:00pm 1/2-12/18

### CISC Drop-In SHIBA Assistance

Statewide Health Insurance Benefits Advisors (SHIBA) provides free, unbiased and confidential help with Medicare and health care choices. We help to assess client's health care coverage needs, determine general eligibility for health care coverage programs and provide enrollment help with Medicare. This program is provided by CISC - helping immigrants throughout King County achieve success in their new community by providing information, referral, advocacy, social, and support services.

North Bellevue Community Center  
FREE Ages 18/up  
7168 We 9:30am-11:00am 1/8-12/17



## CISC Russian Speaking Program

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

North Bellevue Community Center

FREE  
7176 Tu, Fr 9:30am-2:00pm Ages 50/up 1/3-12/30

## IACS Community Program

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

North Bellevue Community Center

FREE  
7080 Th 9:00am-3:00pm Ages 18/up 1/2-12/18

## Sea Mar Gema Chorus

Sea Mar's Gema Chorus is a drop-in singing program for older adults with a focus on Spanish language music. Hosted by volunteers from Sea Mar, this choir is open to the general public and singers of all skill levels. This is a drop-in program; preregistration is not required.

North Bellevue Community Center

FREE  
7047 Fr 10:30am-11:30am Ages All Ages 1/3-4/25

## 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. This program is provided in partnership with Sea Mar - Sea Mar Community Health Centers is a community-based organization committed to providing quality, comprehensive health, human, housing, educational and cultural services to diverse communities, specializing in service to Latinos.

North Bellevue Community Center

FREE  
7090 Fr 9:00am-2:00pm Ages 18/up 1/3-12/26

# 多元文化服务与项目

## Huayin Performing Arts Group (华音艺术团)

欢迎加入 Huayin Performing Arts Group (华音艺术团), 于每周三和每周五上午 10:00 至中午 12:00 在 Crossroads 社区中心学习中国传统舞蹈。

Crossroads Community Center (Crossroads 社区中心)

免费  
7243 周三, 周五 上午 10:00-中午 12:00 年满 18 周岁 1/3-4/30

## CISC 排舞团

排舞是一种编排的舞蹈, 其中有一系列重复的舞步, 需要一群人排成一排或多排, 并且所有人面对面或朝着同一个方向, 同时跳这些舞步。在这个舞团, 您将学习并练习这些舞蹈和动作! 您也可以选择独舞(即无需舞伴)。这是一项可即时参加的活动, 无需预先报名。在门口支付费用。该项目由 CISC 发起, 旨在为 King 县的移民提供信息、转诊、拥护、社会和支持服务, 以帮助他们融入新社区的生活。

North Bellevue Community Center (北 Bellevue 社区中心)

\$4(R) \$5(N)  
7126 周一, 周三 下午 1:00-下午 2:45 年满 18 周岁 1/6-12/22

## CISC ESL 教学

本课程将使用英语和广东话/普通话授课。参与者将学习基础英语单词和简单的短语。本课程适合无英语读写能力或能力水平较低的英语初学者。本课程由 Chinese Information Services Community Living Connections Outreach Program (仁人服务社的社区生活连接外展计划) 协调。线上参与课程需要进行注册。线下课程无需注册即可参加。

North Bellevue Community Center (北 Bellevue 社区中心)

免费  
7165 周五 上午 9:15-上午 10:45 年满 50 周岁 1/3-12/19

## CISC Chinese Musical Instrument Group (中国乐器队)

CISC 中国乐器队是中国音乐和乐器爱好者的非正式聚会。每周一, 参与者会聚集在一起演奏和欣赏中国音乐。这不是一个教学小组; 参与者必须拥有个人乐器, 并准备好与他人一起演奏音乐。

North Bellevue Community Center (北 Bellevue 社区中心)

免费  
7128 周一 上午 9:30-中午 12:00 年满 18 周岁 1/6-12/28

## CISC 合唱团

在 North Bellevue Community Center (北 Bellevue 社区中心) 和 CISC 合唱团一起歌唱! 欢迎新歌手随时加入, 无需试镜。本活动免费, 无需注册即可参加。

该项目由 CISC 发起, 旨在为 King 县的移民提供信息、转诊、拥护、社会和支持服务, 以帮助他们融入新社区的生活。

North Bellevue Community Center (北 Bellevue 社区中心)

免费  
7127 周三 上午 9:30-上午 11:30 年满 50 周岁 1/8-12/17

## 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。本课程面向 55+ 周岁人士, 使用普通话授课, 并由 CISC 家庭资源支持计划协调。这是一项免费项目, 先到先得。

North Bellevue Community Center (北 Bellevue 社区中心)

免费  
7173 周四 上午 9:00-中午 12:00 年满 18 周岁 1/2-12/18

## CISC SHIBA 上門援助

Statewide Health Insurance Benefits Advisors (老年人健康保險福利援助計劃, SHIBA) 提供有關 Medicare 和醫療保健選擇的免費、公正和保密的幫助。我們幫助評估客戶的醫療保健保險需求, 確定醫療保健保險計劃的一般資格, 並提供 Medicare 的註冊幫助。該項目由 CISC 發起, 旨在為 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。

North Bellevue Community Center (北 Bellevue 社區中心)  
免費 年滿 18 周歲  
7168 周三 上午 9:30-上午 11:00 1/8-12/17

# 多元文化服務與項目

## Huayin Performing Arts Group (華音藝術團)

歡迎您在星期三和星期五的上午 10:00 至中午 12:00 前來 Crossroads Community Center (Crossroads 社區中心), 和 Huayin Performing Arts Group (華音藝術團) 一起學習傳統中華舞蹈。Crossroads Community Center (Crossroads 社區中心)  
免費 年滿 18 歲以上  
7243 星期三、五 上午 10:00 - 中午 12:00 1/3-4/30

## CISC 排舞

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。這是自由參加的活動, 無需事先報名。在門口支付費用。本計畫由 CISC 提供 - 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。

North Bellevue Community Center (北 Bellevue 社區中心)  
\$4 (居民) \$5 (非居民) 年滿 18 歲以上  
7126 星期一、三 下午 1:00-2:45 1/6-12/22

## CISC ESL 教學

本課程將以英語和廣東話/中文進行。參加者將學習基本英文單字和簡單片語。本課程適合無英語素養技能或該技能程度低的新英語學習者。本課程由 Chinese Information Services Community Living Connections Outreach Program (中文資訊服務社區生活連結推廣計劃) 協調。需要登記才能線上加入。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 年滿 50 歲以上  
7165 星期五 上午 9:15-10:45 1/3-12/19

## CISC Chinese Musical Instrument Group (中國樂團)

CISC 中國樂器中國音樂和樂器愛好者的非正式聚會。參與者每週一聚集在一起演奏和欣賞中國音樂。這不是教學小組; 參與者必須有個人樂器, 並準備與他人一起演奏音樂。

North Bellevue Community Center (北 Bellevue 社區中心)  
免費 年滿 18 歲以上  
7128 星期一 上午 9:30-中午 12:00 1/6-12/28

## CISC 合唱團

前往 North Bellevue Community Center (北 Bellevue 社區中心) 參加 CISC 合唱團! 歡迎新歌手隨時加入, 無需試鏡。此為免費活動, 參與者無需登記即可直接參加。本計畫由 CISC 提供 - 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。

North Bellevue Community Center (北 Bellevue 社區中心)  
免費 年滿 50 歲以上  
7127 星期三 上午 9:30-11:30 1/8-12/17

## 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, 並由 CISC 的 Family Resource Support Program (家庭資源支援計劃) 負責協調。這是先到先參加的免費課程。  
North Bellevue Community Center (北 Bellevue 社區中心)  
免費 年滿 18 歲以上  
7173 星期四 上午 9:00-中午 12:00 1/2-12/18

## CISC 到場 SHIBA 協助

Statewide Health Insurance Benefits Advisors (全州健康保險福利顧問, SHIBA) 提供有關 Medicare 和醫療保健選擇的免費、公正和保密的幫助。我們協助評估客戶的醫療保健保險需求, 確定醫療保健保險計劃的一般資格, 並提供 Medicare 投保協助。本計畫由 CISC 提供 - 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。

North Bellevue Community Center (北 Bellevue 社區中心)  
免費 年滿 18 歲以上  
7168 星期三 上午 9:30-11:00 1/8-12/17

# Мультикультурные услуги и программы

## CISC Russian Speaking Program (Русскоязычная программа CISC)

Эта программа поддерживает русскоязычных пожилых людей посредством проведения специальных структурированных мероприятий, способствующих физическому, социальному и эмоциональному благополучию, а также межкультурному взаимодействию с другими пожилыми участниками. Гражданская деятельность позволит пожилым взрослым участвовать в жизни сообщества, знакомя участников с историей штата WA и США, местными новостями, а также предлагая им и поощряя их посещать местные мероприятия, семинары по физическому/психическому здоровью, а также предлагая поддержку социальных служб и направления к специалистам, содействие социализации внутри англоязычного сообщества. Искусство, ремесла, музыка и игры станут частью ежедневных мероприятий, которые будут включены в расписание программы. Данное занятие координируется в рамках CISC's Russian Senior Day Program (Дневной программы CISC для пожилых русскоязычных жителей).

North Bellevue Community Center (Общественный центр северного Bellevue)

БЕСПЛАТНО Для возраста от 50 и выше  
7176 Чт, Пт 9:30am-2:00pm 1/3-12/30

# बहु-सांस्कृतिक सेवाएँ एवं कार्यक्रम

## IACS Community Program (IACS सामुदायिक कार्यक्रम)

North Bellevue Community Center (North Bellevue कम्युनिटी सेंटर) और Indian American Community Services (भारतीय अमेरिकी सामुदायिक सेवाएँ) (पहले IAWW) ने बहु-पीढ़ी वाले भारतीय परिवारों को एकजुट करने और जश्न मनाने और कूची योगा, स्वास्थ्य वार्ता सहित सामाजिक संचार गतिविधियों के लिए सुरक्षित, रचनात्मक स्थान प्रदान करके समुदाय में सांस्कृतिक फ़ासलों को कम करने के प्रयास हेतु भागीदारी की है। IACS Bellevue की जनता के लिए स्वस्थ रहने-सहन पर लेक्चर्स, सावधान साँस लेने के व्यायाम, और वभिनिन प्रकार की वशिष सामूहिक गतिविधियाँ और युवा गतिविधियाँ प्रदान करेगा। हल्ला लंच भी दिया जाएगा। ये प्रोग्राम प्रत्येक गुरुवार को सभी के लिए खुला है।

North Bellevue Community Center (North Bellevue कम्युनिटी सेंटर)  
 मुफ्त उम्र 18/ज़्यादा  
 7080 गुरु सुबह 9:00 बजे-शाम 3:00 बजे 1/2-12/18

# Servicios y programas multiculturales

## Sea Mar Gema Chorus (coro Gema de Sea Mar)

El Sea Mar Gema Choir (coro Gema de Sea Mar) es un programa de canto sin inscripción previa para adultos mayores que se centra en la música en español. Organizado por voluntarios de Sea Mar, este coro está abierto al público en general y a cantantes de todos los niveles. Este es un programa con entrada libre, no se requiere inscripción previa.

North Bellevue Community Center (Centro comunitario de North Bellevue)  
 GRATUITO Para todas las edades  
 7047 Viernes de 10:30 a. m. a 11:30 a. m. 1/3-4/25

## Sea Mar Community Program (Programa comunitario de 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. Este programa se imparte en asociación con Sea Mar. - Sea Mar Community Health Centers (Centro de salud comunitario Sea Mar) es una organización con bases en la comunidad comprometida en proveer servicios de salud, humanos, de vivienda, educativos y culturales de calidad e integrales a comunidades diversas, en especial a los latinos.

North Bellevue Community Center (Centro comunitario de North Bellevue)  
 GRATIS Edad: mayores de 18 años  
 7090 Viernes de 9:00 a. m. a 2:00 p. m. 1/3-12/26

## FACILITY ADDRESSES AND PHONE NUMBERS QUICK FIND

<b>RECREATION REGISTRATION .....</b>	<b>425-452-6885</b>
<b>FACILITY &amp; FIELD RENTALS .....</b>	<b>425-452-6914</b>
ADULT SPORTS LEAGUES, Bellevue City Hall, 450 - 110th Ave NE.....	425-452-4479
BELLEVUE AQUATIC CENTER, 601 - 143rd Ave NE.....	425-452-4444
BELLEVUE BOTANICAL GARDEN, 12001 Main ST.....	425-452-2750
BELLEVUE GOLF COURSE, 5450—140th Ave NE.....	425-452-7250
BELLEVUE YOUTH THEATRE, 16051 NE 10th St.....	425-452-7155
COMMUNITY GARDENS, SE 16th ST near 156th Ave SE.....	425-452-2568
CROSSROADS COMMUNITY CENTER, 16000 NE 10th ST.....	425-452-4874
CROSSROADS GOLF COURSE, 15801 NE 15th ST.....	425-452-4873
DOWNTOWN MAIN CLUB ADULT PROGRAMS, BOYS & GIRLS CLUB MAIN CLUB, 209 100th Ave NE.....	425-452-4106
HIGHLAND COMMUNITY CENTER AND PARK, 14224 NE Bel-Red RD - Adaptive recreation for people with disabilities & general programs....	425-452-7686
KELSEY CREEK COMMUNITY FARM PARK, 410 - 130th PI SE.....	425-452-7688
LAKE HILLS GREENBELT RANGER STATION, 15416 SE 16th ST.....	425-452-7225
LEWIS CREEK VISITOR CENTER, 5808 Lakemont BLVD SE.....	425-452-4195
MERCER SLOUGH ENVIRONMENTAL EDUCATION CENTER, 1625 118th Ave SE.....	425-452-2565
Pacific Science Center.....	425-450-0207
NORTH BELLEVUE COMMUNITY CENTER, 4063—148th Ave NE.....	425-452-7681
NORTHWEST ARTS CENTER, 9825 NE 24th ST - Program Registration & Rental Information.....	425-452-4106
PARKS ADMINISTRATION, Bellevue City Hall, 450 - 110th Ave NE.....	425-452-6885
ROBINSWOOD HOUSE.....	425-452-7850
ROBINSWOOD TENNIS CENTER, 2400—151st PL SE.....	425-452-7690
SKATE PARK, 14224 NE Bel-Red Rd.....	425-452-2722
SOUTH BELLEVUE COMMUNITY CENTER, 14509 SE Newport Way.....	425-452-4240
TEEN SERVICES, City Hall, 450 - 110th Ave NE.....	425-452-2846
YOUTH LINK, City Hall, 450 - 110th Ave NE.....	425-452-5254
YOUTH SPORTS, Bellevue City Hall, 450 - 110th Ave NE.....	425-452-6885

# Continuing Education

## ELAP Eastside Legal Assistance Program

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

North Bellevue Community Center  
FREE  
Ages 55/up  
2:30pm-5:30pm 1/16-12/18

## Basic Computer Workshop

Basic Computer Workshop--How do I turn on and off a computer? What are the basic parts of a computer? How do I use a mouse and a keyboard? How do I scroll with a mouse? What are icons? How do I get to the internet? What is a search engine? How do I set up an email account? How do I send an email and attach things to it? How do I attend a Zoom meeting? These are only a few of the many items we will cover. Please join this workshop in person to get hands-on experience learning all about computers and what they enable you to do. You must bring laptop computer, charging cable, and passwords.

North Bellevue Community Center  
\$36(R) \$44(N)  
7245 We 1:30pm-3:00pm Ages 18/up  
1/8-1/29

## Mobile Phones & Photos

Participants will learn to better navigate their smart phones and practice mobile photography, image editing and file management. Furthermore, Investigate photography principles like composition, light, depth of field, and subject. You will be introduced to early processes in photography and its evolution from analog to digital. In-house exercises will be completed to demonstrate understanding of content. Please bring your own mobile devices. The funds for this program are covered under the King County Veterans, Seniors and Human Services levy intended for those individuals aged 55 or older.

North Bellevue Community Center  
FREE  
Ages 55/up  
7021 Mo 11:00am-1:00pm 1/13  
7022 Mo 11:00am-1:00pm 2/10  
7023 Mo 11:00am-1:00pm 4/7

## iPhones and iPads Workshop

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

North Bellevue Community Center  
\$36(R) \$44(N)  
7246 We 1:30pm-3:00pm Ages 18/up  
3/5-3/26

## Android Workshop

Android Workshop-- Introduction to Android, Customizing Your Device, Managing Apps, Communication Tools, Essential Apps and Features, Security and Privacy, Connecting and Sharing, Managing Storage and Files, Battery Management, and Troubleshooting Common Issues. Where can I get free help? Join us for this workshop where you can ask questions and learn from other attendees with similar challenges. You must bring your updated Android phone and/or tablet, charging cables and passwords.

North Bellevue Community Center  
\$36(R) \$44(N)  
7247 We 1:30pm-3:00pm Ages 18/up  
4/2-4/23

# Music

## Ladies Musical Club Music Concert Series

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

Crossroads Community Center

## January 21, 2025 - 1-2pm

*Clarinet Trio in B-flat Major, Op 11* by Ludwig van Beethoven, featuring Katie Beisel Hollenbach, clarinet; Erika Pierson, cello; and Joan Lundquist, piano

Franz Schubert Selected Piano Works for Four Hands: *Military March #1 Op. 51*, and *Fantasia in F Minor, Op. 103*, featuring Tatiana Moore and Maria Khavin, piano

## February 18, 2025 - 1-2pm

*The Seasons, Op. 37b* by Pyotr Ilyich Tchaikovsky; *All twelve pieces, six played by Tatiana and six by Maria*; *Other short works by Tchaikovsky, Rachmaninoff, TBA*; featuring Tatiana Moore and Maria Khavin, piano.

## March 18, 2025 - 1-2pm

*Songs by Brahms and Fauré: Wir wandelten; Wie Melodien; O wüßt ich doch den Weg zurück; Von ewiger Liebe; Notre Amour; Les Berceuse; Clair De Lune; Apres un Reve.* Featuring Dhanushi Wijeyakulasuriya, soprano and Rob Toren, piano

*Music for Violin and Piano by Prokofiev, Pärt, and Satoh: 5 Melodies, Op.35 by Sergei Prokofiev (1891-1953); Fratres by Arvo Pärt (b. 1935); Bifu by Somei Satoh (b. 1947).* Featuring Angie Kam, violin and Nicole Truesdell, piano

## 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!

Northwest Arts Center

\$200(R)	\$240(N)		Ages 5/under
6566	We	9:30am-10:15am	1/8-3/19
6568	We	10:30am-11:15am	1/8-3/19
6567	We	9:30am-10:15am	4/2-6/11
6569	We	10:30am-11:15am	4/2-6/11

South Bellevue CommunityCenter

\$200(R)	\$240(N)		Ages 5/under
6739	Th	10:30am-11:15am	1/9-3/20
6740	Th	11:30am-12:15pm	1/9-3/20
6741	Th	5:00pm-5:45pm	1/9-3/20
6742	Th	6:00pm-6:45pm	1/9-3/20
6743	Th	10:30am-11:15am	4/3-6/12
6744	Th	11:30am-12:15pm	4/3-6/12
6745	Th	5:00pm-5:45pm	4/3-6/12
6746	Th	6:00pm-6:45pm	4/3-6/12

## Music Together Babies

Every child's development benefits from early exposure to music and movement. Because the early months are so important, Music Together® offers two options for babies. Babies eight months and younger on the first day of class may attend the special Babies Class offered as a one-semester introduction to Music Together (this class cannot be repeated.) The music activities and material are specially designed for parents who want to learn as much as possible about music development in babies. Meet other parents of newborns and learn some fascinating music activities you can recreate at home with your baby. Babies eight months and younger on the first day of class may also attend a Mixed Ages Class, whether registered on their own or attending with an older brother or sister

Northwest Arts Center

\$200(R)	\$240(N)		Ages 8m/under
6570	We	11:30am-12:15pm	1/8-3/19
6571	We	11:30am-12:15pm	4/2-6/11

# Arts

## Afterschool Teen Makerspace

The Crossroads Community Center Makerspace is a community-oriented workspace where teens (12-18) can learn, create, and collaborate through hands-on experiences. Free drop-in program. Space may be limited. The CCC Makerspace includes equipment and supplies for activities that include: Watercolor, & acrylic painting, line drawing, coloring, photography, beading, and other fine arts projects. Cricut machine - leather earrings & bracelets, custom stickers, vinyl decals, handmade greeting cards, and more. Sewing machine and projects. Light board. Tuesdays offer a 3 hour drop in program from 4pm-7pm and Wednesdays offer Pre-registered weekly workshops from 2pm-7pm.

Crossroads Community Center

FREE			Ages 12-18
7244	Tu, We	4:00pm-7:00pm	1/7-4/30

## 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.

South Bellevue Community Center

FREE			Ages 18/up
6748	Tu	1:00pm-3:00pm	1/7-6/17

## Group Paint by Number

An activity described as therapeutic, participants will continue working on a paint by number canvas alongside one another to display in our community center. Drop-in participation allowed. The funds for this program are covered under the King County Veterans, Seniors and Human Services levy intended for those individuals aged 55 or older.

North Bellevue Community Center

FREE			Ages 55/up
7020	Daily	11:00am-1:00pm	1/6

## Art for Older Adults

Activities will include drawing, cartooning, watercolor, crafts, and more! This is a fun, social club centered around creativity and exploring the arts. Beginner friendly, artists of all skill levels are welcome. This is a free weekly workshop for adults ages 55+. Funding for this program comes from the King County Veterans Seniors and Human Services Levy.

FREE			Ages 55/up
7026	We	1:00pm-2:30pm	1/8
7027	We	1:00pm-2:30pm	1/15
7028	We	1:00pm-2:30pm	1/22
7029	We	1:00pm-2:30pm	1/29
7030	We	1:00pm-2:30pm	2/5
7031	We	1:00pm-2:30pm	2/12
7032	We	1:00pm-2:30pm	3/5
7033	We	1:00pm-2:30pm	3/12
7034	We	1:00pm-2:30pm	3/19
7035	We	1:00pm-2:30pm	3/26
7036	We	1:00pm-2:30pm	4/2
7037	We	1:00pm-2:30pm	4/9
7038	We	1:00pm-2:30pm	4/16
7039	We	1:00pm-2:30pm	4/23
7040	We	1:00pm-2:30pm	4/30

## Paper Quilling

Participants will explore the tools and techniques for practicing the basics of Paper Quilling. Space is limited and advance registration is required. The funds for this program are covered under the King County Veterans, Seniors and Human Services levy intended for those individuals aged 55 or older.

FREE			Ages 55/up
7024		11:00am-1:00pm	2/3

## Watercolor Painting Taught in Mandarin

This class is taught in Mandarin. Explore the serene and expressive world of watercolor painting. Designed for beginners and those with some experience, our classes cover the basics of watercolor painting, techniques and methods, color theory and blending, and creative projects. You will receive personalized instruction from experienced instructors, building from simple to more complex. Enjoy the benefits of stress relief, creative expression, and skill development. Join us, nurture your creativity, and immerse yourself in the beauty and joy of watercolor painting. All materials provided.

Northwest Arts Center

\$200(R)	\$240(N)		Ages 16/up
6628	Mo	10:45am-12:15pm	1/6-2/10
\$240(R)	\$288(N)		Ages 16/up
6631	Mo	10:45am-12:15pm	2/24-3/31
6632	Mo	10:45am-12:15pm	4/14-5/19

## 普通话教授《水彩画全程教学课程》

探索水彩画创造的宁静而富有表现力的世界。我们的课程专为初学和有一定经验的爱好者设计，涵盖水彩画基础知识、技巧和方法、色彩理论和调色，以及创意项目。经验丰富的教师将从易到难，为您提供个性化教学。您可以从中享受到减压、创意表达和技能培养的好处。参加我们的课程，培养您的创造力，让您沉浸在水彩画的美妙、乐趣之中，无法自拔。课程由 American Academy of Fine Arts (美国美术学院) 提供。如需了解更多信息，请发送电子邮件至: arts@aafa.info。电话: 425-900-3885

Northwest Arts Center (西北艺术中心)

居民课程费用: \$200 非居民课程费用: \$240

年龄限制: 16 岁及以上

6628 星期一 上午 10:45 到下午 12:15 1/6-2/10

居民课程费用: \$240 非居民课程费用: \$288

6631 星期一 上午 10:45 到下午 12:15 2/24-3/31

6632 星期一 上午 10:45 到下午 12:15 4/14-5/19

## Creative Kids Art Class

This program is designed to enhance your child's enjoyment of art and creative expression. This is a great class for children just beginning their art journey and for experienced artists. Children will explore their creativity through 2D and 3D art forms; from drawing, painting with acrylic and watercolor paints, collage, fiber/paper arts, weaving, sculpting/modeling with clay and other constructing materials. Children's art may also be displayed on the Northwest Arts Center Art Wall.

Northwest Arts Center

\$90(R)	\$108(N)		Ages 7-11
6525	We	4:30pm-5:30pm	1/8-2/12
6526	We	4:30pm-5:30pm	2/26-4/2
6527	We	4:30pm-5:30pm	4/16-5/21
\$90(R)	\$108(N)		Ages 6-8
6528	Sa	9:30am-10:30am	1/11-2/15
6529	Sa	9:30am-10:30am	3/1-4/5
\$90(R)	\$108(N)		Ages 8-11
6753	Sa	10:45am-11:45am	1/11-2/15
6755	Sa	10:30am-11:45am	3/1-4/5

## After School Art

Young artists will mix and match different art media including, but not limited to pencil, watercolor, gouache, pastel, markers, collage and ink. We will paint on paper, cardboard, and canvas. We will test and grow young design, drawing, and assembly skills. This is a creator space where traditional art rules will be bent and broken!

North Bellevue Community Center

\$64(R)	\$74(N)		Ages 7-11
7194	We	3:30pm-4:45pm	1/8-1/29
7196	We	3:30pm-4:45pm	3/5-3/26
7197	We	3:30pm-4:45pm	4/2-4/23

## Facepainting Workshop Parent/Child

Have you ever volunteered to face paint for a birthday party or school event and realized it's much harder than you thought? Or are you just curious how the magic all works? Join this one-day workshop to learn the basic facepainting! We'll go over supply needs, basic brush strokes and tip & tricks. We'll practice small cheek to full face designs. You're welcome to bring a child age 3+ to practice on for the practice portion of class. During the initial learning portion of class, we'll entertain your kids in our Indoor Play gym. Come join the fun!

Northwest Arts Center

\$25(R)	\$30(N)		Ages 3/up
6826	Sa	1:00pm-3:00pm	4/19
6827	Sa	1:00pm-3:00pm	5/3

## Painting on Canvas

Unleash your inner artist with vibrant acrylic colors! Whether a beginner or an experienced painter, this class will offer a welcoming environment for students to explore their creativity. Students will learn various painting techniques, experiment with various styles and create beautiful works of art. Our experienced instructor will provide personalized guidance to help students develop their skills. All materials included. Taught by the American Academy of Fine Arts. All materials provided.

Northwest Arts Center

\$240(R)	\$288(N)		Ages 7-11
6636	Tu	4:30pm-5:45pm	1/7-2/11
6637	Tu	4:30pm-5:45pm	2/25-4/1
6638	Tu	4:30pm-5:45pm	4/15-5/20
\$240(R)	\$288(N)		Ages 14/up
6639	Tu	6:00pm-7:15pm	1/7-2/11
6640	Tu	6:00pm-7:15pm	2/25-4/1
6641	Tu	6:00pm-7:15pm	4/15-5/20

## Pee Wee Picasso - Preschool Art

Connect with your little one as they explore hands-on art projects and build social skills. Participants will use a variety of art materials to create unique pieces that will be cherished for years to come. Kids and their caregivers will rotate through art stations with the guidance of our art instructor. Experience the joy of making art together and meet new friends! All supplies provided.

Northwest Arts Center

\$75(R)	\$90(N)		Ages 2-5
6621	Mo	9:30am-10:15am	1/6-2/10
6622	Mo	10:30am-11:15am	1/6-2/10
\$90(R)	\$108(N)		Ages 2-5
6623	Mo	9:30am-10:15am	2/24-3/31
6624	Mo	10:30am-11:15am	2/24-3/31
6625	Mo	9:30am-10:15am	4/14-5/19
6626	Mo	10:30am-11:15am	4/14-5/19

### Seasonal Watercolor Sketchbook

Explore the seasons through the art of watercolor painting. Whether a beginner or intermediate painter, learn the basics in a fun and approachable format while following the seasons. Students will build a body samples, practice pieces and final works in their sketchbooks. Seasonal themes may include landscapes, city scenes, food and more! All supplies provided.

Northwest Arts Center

\$108(R)	\$129.60(N)		Ages 13/up
6828	We	6:00pm-7:15pm	1/8-2/12
6829	We	6:00pm-7:15pm	2/26-4/2
6830	We	6:00pm-7:15pm	4/16-5/21

### Watercolor Painting for Adults

Explore the serene and expressive world of watercolor painting. Designed for beginners and those with some experience, this class will cover basic watercolor painting techniques and methods, color theory and creative project development. Students will receive personalized instruction from an experienced instructor. Enjoy the benefits of stress relief, creative expression, and skill development. Nurture your creativity and immerse yourself in the joy of watercolor painting. Program offered by the American Academy of Fine Arts. All materials provided.

Northwest Arts Center

\$200(R)	\$240(N)		Ages 16/up
6633	Mo	12:30pm-2:00pm	1/6-2/10
\$240(R)	\$288(N)		Ages 16/up
6634	Mo	12:30pm-2:00pm	2/24-3/31
6635	Mo	12:30pm-2:00pm	4/14-5/19

## Culinary Arts

### Valentine's Candy Class

Northwest Arts Center

Delight your Valentine with a variety of beautifully decorated cookies and chocolate candies! Dip and decorate cookies, mold chocolate heart suckers and candies to fill a chocolate heart box. Participants will take home the creations they make in class and the recipes for how to make them. Children who require additional assistance should have an adult accompany them during the class.

\$75(R)	\$90(N)		Ages 7-11
7059	Sa	11:00am-1:30pm	1/11

Delight and impress your Valentine with handmade candies! Participants will make and mold heart-shape suckers, chocolates and bon-bons to fill a box, dip and decorate cookies and more! Participants will take home the creations they make in class and the recipes for how to make them.

\$85(R)	\$102(N)		Ages 18/up
7058	Sa	11:00am-1:30pm	1/18

### Easter Holiday Candy Making Workshop

Northwest Arts Center

See demonstration of and make the following holiday delights: Assorted chocolate & vanilla holiday-themed suckers, frost & decorate a large sugar cookie, dip & decorate marshmallows on a stick, mold small bunnies, chicks & eggs, dip & decorate spring-themed Oreos. Participants will take home the items they've made in class, and a folder with complete recipes and instructions.

\$75(R)	\$90(N)		Ages 7-11
7321	Sa	11:00am-1:30pm	3/29

Learn how to make a 3-D chocolate bunny; chocolate baskets and a chocolate egg dish, filled and foil-wrapped Easter eggs, Fondant and caramel-filled bunny bonbons, chocolate bunny box, marshmallow crème filling, dipped & decorated Oreos, and jellybean bark. Class participants will be given samples of most of the items demonstrated and will have the opportunity to make a chocolate bunny, filled bunny bonbons, filled and foil wrapped eggs and will have the opportunity to dip and decorate Oreos, if they work expediently, and time allows. Participants will take home the candy they've made in class, and a folder with complete recipes and instructions.

\$85(R)	\$102(N)		Ages 18/up
7316	Sa	11:00am-1:30pm	4/5

## Ceramics

### Pottery for Beginners

This introductory pottery course will teach fundamental pottery techniques including hand building, sculpting, coil construction, and glazing. Students will learn proper use of tools, terminology and studio etiquette. Our instructor will lead students through weekly seasonal hand-built projects including coil pots, pinch pots, mini sculptures, and slab projects. Attendance and arriving to class on time is important as the lessons are taught at the beginning of each class and progress from week to week. There is enough project variety in the class to be taken multiple times.

Northwest Arts Center

\$150(R)	\$180(N)		Ages 8-13
6613	Mo	4:30pm-5:45pm	1/6-2/10
6614	Mo	4:30pm-5:45pm	2/24-3/31
6615	Mo	4:30pm-5:45pm	4/14-5/19

\$150(R)	\$180(N)		Ages 13/up
6616	Mo	6:00pm-7:15pm	1/6-2/10
6617	Mo	6:00pm-7:15pm	2/24-3/31
6618	Mo	6:00pm-7:15pm	4/14-5/19

### Pottery Studio - Intermediate/Advanced

Continue exploring the art of pottery making in this open studio style class. Students must have previous experience in a beginning pottery class before taking this higher-level class as it requires more independent creating and allows you to work at your own speed and to choose your own projects. Our pottery instructor will guide you through your projects while sharing next level tips and tricks. This class will provide enhanced exposure to wheel throwing, hand building and glazing and kiln preparation.

Northwest Arts Center

\$180(R)	\$216(N)		Ages 8-13
6560	Sa	10:00am-11:30am	1/11-2/15
6561	Sa	10:00am-11:30am	3/1-4/5
6562	Sa	10:00am-11:30am	4/19-5/31
\$180(R)	\$216(N)		Ages 13/up
6563	Sa	12:00pm-1:30pm	1/11-2/15
6564	Sa	12:00pm-1:30pm	3/1-4/5
6565	Sa	12:00pm-1:30pm	4/19-5/31

## Dance

### Aztec Dance

Learn about traditional aztec dance performed by Nahui Ollin Tezcatlipocatl of Bellevue. Community members are welcome to attend; group meets weekly on Wed/Thurs, 5-7pm.

Crossroads Community Center

FREE			Ages All Ages
7241	We, Th	5:30pm-7:30pm	1/8-4/30

### Hippity Hop Dance Class by City Opera Ballet

For children ready to participate in a dance class without caregiver. Fun acquisition of dance concepts and musicality for young dancers while building strength, balance and connection with others (students should bring "indoor only" clean-soled sneakers to change into for class).

Northwest Arts Center

\$84(R)	\$100.80(N)		Ages 3-5
6757	Th	4:30pm-5:15pm	1/9-2/13
6758	Th	4:30pm-5:15pm	2/27-4/3
6759	Th	4:30pm-5:15pm	4/17-5/22

South Bellevue Community Center

\$120(R)	\$144(N)		Ages 3-4
7535	Sa	10:00am-10:45am	1/18-3/29
\$96(R)	\$115(N)		Ages 3-4
7536	Sa	10:00am-10:45am	4/19-6/14

### Hip Hop 1/2 by City Opera Ballet

Children will learn basic hip-hop moves and gain physical strength as they start the instruction to hip-hop floorwork. You can expect your child to develop confidence, coordination, personality, and have fun; all while listening to some of their favorite music. Students of all genders welcome. Students should bring "indoor only" clean-soled sneakers to change into for class.

South Bellevue Community Center

\$160(R)	\$192(N)		Ages 5-7
6734	Sa	11:00am-12:00pm	1/18-3/29
\$144(R)	\$173(N)		Ages 5-7
6738	Sa	11:00am-12:00pm	4/19-6/14

### Pre-Ballet by City Opera Ballet

Fun and creative experience of learning the fundamental steps of ballet class, including French for Young Dancers. Students will gain coordination, confidence, and social skills as they learn the basics of ballet steps. Students of all genders welcome! (ballet shoes optional).

Northwest Arts Center

\$84(R)	\$100.80(N)		Ages 5-6
6760	Th	5:30pm-6:15pm	1/9-2/13
6761	Th	5:30pm-6:15pm	2/27-4/3
6762	Th	5:30pm-6:15pm	4/17-5/22

South Bellevue Community Center

\$120(R)	\$144(N)		Ages 4-5
7537	Sa	9:00am-9:45am	1/18-3/29
\$96(R)	\$115(N)		Ages 4-5
7538	Sa	9:00am-9:45am	4/19-6/14

### Ballet 1/2 Class by City Opera Ballet

Students will gain coordination, confidence, and social skills as they learn the foundation of ballet and basic French vocabulary. Students of all genders welcome. Please have student wear ballet shoes. This course ends with a fun recital to showcase student progress for family and friends during the last 15min of the last class session.

South Bellevue Community Center

\$176(R)	\$212(N)		Ages 6-8
6731	Tu	5:00pm-6:00pm	1/14-3/25
\$144(R)	\$171(N)		Ages 6-8
6735	Tu	5:00pm-6:00pm	4/15-6/10

## Drama

### SBCC Drama Kids

Students will 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-session performance. Our theater classes and programs for kids are not only highly enjoyable for the students; they also help develop social skills, confidence, and speaking abilities.

South Bellevue Community Center

\$220(R)	\$264(N)		Ages 4-11
6816	Fr	5:00pm-6:00pm	1/17-3/28
6817	Fr	5:00pm-6:00pm	4/4-6/13

## Fiber Arts

### Yarn Club - Fiber Arts Open Studio

Come work on your fiber arts project with other like-minded enthusiasts. Open studio sessions are a great place to share your knowledge, meet new people, and learn from other fiber arts enthusiasts. Whether you knit, crochet, spin, stitch, or felt, you can bring your work in progress to the open studio to share ideas, practice your craft, and learn new things. This program does not include instruction, or materials. Please bring your own project to work on. Fiber Arts Open Studio is a drop-in program, preregistration is not required.

North Bellevue Community Center

FREE			Ages 55/up
6975	Tu	1:00pm-3:00pm	1/7-4/29

### Yarn Club - Fiber Arts Workshop -



## Sashiko

Learn sashiko, a Japanese embroidery and stitching technique used to embellish, mend, and reinforce fabric. In this class, you will learn basic sashiko stitches that you can use to create or decorate your own beautiful clothing at home. Class materials will be provided by NBCC. This class is funded by the King County Veterans Seniors and Human Services Levy. This program is for adults ages 55+. Preregistration is required.

North Bellevue Community Center

FREE  
6976 Daily 1:00pm-3:00pm Ages 55/up 1/14

## Yarn Club - Fiber Arts Workshop - Amigurumi

Learn amigurumi, the Japanese art of crocheting small, stuffed yarn figures. In this class, you will use single stitch crochet to make a yarn creature while learning the basics of amigurumi technique. Class materials will be provided by NBCC. This class is funded by the King County Veterans Seniors and Human Services Levy. This program is for adults ages 55+. Preregistration is required.

North Bellevue Community Center

FREE  
6974 Daily 1:00pm-3:00pm Ages 55/up 2/11

## Yarn Club - Fiber Arts Workshop - Hand Quilting

Learn how to make beautiful, quilted squares without a sewing machine. Hand quilting is a great way to learn how to quilt or build your repertoire of quilting techniques, allowing you to make intricately designed, decorative squares or full-size quilts. Class materials will be provided by NBCC. This class is funded by the King County Veterans Seniors and Human Services Levy. This program is for adults ages 55+. Preregistration is required.

North Bellevue Community Center

FREE  
6980 Daily 1:00pm-3:00pm Ages 55/up 3/11

## Yarn Club - Fiber Arts Workshop - Spring Knitting Project

Learn to knit with a beginner-friendly, spring project. Class materials will be provided by NBCC. This class is funded by the King County Veterans Seniors and Human Services Levy. This program is for adults ages 55+. Preregistration is required.

North Bellevue Community Center

FREE  
6982 Daily 1:00pm-3:00pm Ages 55/up 4/8

# Bellevue Youth Theatre

## BYT Auditions

The Bellevue Youth Theatre provides inclusive recreational programs for youth ages 5-19, with the focus on teen participants. Persons with disabilities, families and older adults are encouraged to participate. The emphasis of the theatre is to build self-esteem, teamwork and confidence in youth while performing in a supportive environment. Children 11 and younger, and first-time participants, may have limited roles. For more information, please call 425-452-7155.

## Auditions:

- **January 8 & 9 at Bellevue Youth Theatre, 5-6:30 pm for:**  
*The Little Prince, Storybook Series, Pizza and Existentialism, Disney's Descendants: The Musical*
- **January 10 at South Bellevue Community Center, 5:30 pm for *The Little Prince***

**No conflicts are allowed during tech week and performance dates.**

## Play Lab

Register to act in our second annual Play Lab! Actors in Play Lab will be cast in an original show(s) and will help playwrights to develop their scripts. This workshop will culminate in a weekend of staged readings. For playwrights interested in submitting, please contact us at [BYT@BellevueWA.gov](mailto:BYT@BellevueWA.gov) for more information. Scripts must be submitted by Dec. 30, 40 pages or fewer.

**Ages:** 12-20

**Fee:** FREE (R) \$75(N)

**Course Number:** 6896

**Rehearsal location:** Bellevue Youth Theatre

**Rehearsal begins:** January 14 Tu, We, Th Jan 14-23; Tu, Th Jan 28-Feb 27, Tu, We, Th Mar 4-6; Mo-Th Mar 10-13.

**Rehearsal time:** 6:30-8:30 pm

**Tech Week:** March 10th-13th

**Performs:** March 14th-16th

## The Little Prince

A plane crashes in the middle of the desert and a lonely aviator meets a strange little prince who's far away from his home planet. Through telling stories and drawing pictures, the aviator learns about all the characters the prince has met and gains a new perspective on the beauty of life and love. This heartwarming tale has roles for all ages.

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

**Rehearsal location:** South Bellevue Community Center

**Rehearsal begins:** January 20

**Rehearsal time:** 5-7 pm

**Tech Week:** March 24-27

**Performs:** March 28-April 6

## Storybook Series

Come audition to be a part of "Storybook Series," BYT's interactive one-hour show intended for young audiences! Based on well-known, classic fairy tales, this year's performance features Hansel and Gretel, Goldilocks, Jack, Little Red, and their friends as they embark on a magical storybook adventure! "Storybook Series" is for participants 12 and younger.

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

**Ages:** 5-12

**Rehearsal location:** Bellevue Youth Theatre

**Rehearsal begins:** January 27

**Rehearsal time:** 5:30-7:30 pm

**Tech Week:** April 14-17

**Performs:** April 18-27

### Pizza and Existentialism

Teens and Adults: Do you enjoy pizza? Do you sometimes contemplate the meaning of life? In this World Premiere production, follow Chef Peel and a cohort of dysfunctional line cooks as they tackle art, friendship, pizza, pasta, the meaning of life, the world, and the universe. This cartoonish comedy has roles for participants of all skills sets.

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

Ages: 13 and up

Rehearsal location: Bellevue Youth Theatre

Rehearsal begins: January 27

Rehearsal time: 5-7 pm

Tech Week: April 28-May 1

Performs: May 2-11

### Disney's Descendants: The Musical

Based on the Disney films of the same name, we invite you to audition to be a part of this magical musical. Discover what happens when four troublemaking teenagers from the Isle of the Lost are sent to attend prep school with the children of Fairytale heroes. This modern musical features singing, dancing, and acting roles for all ages.

Note: Ages 5-10 must pre-register. Maximum of 12 participants ages 10 and younger.

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

Rehearsal location: Crossroads Community Center

Rehearsal begins: January 27

Rehearsal time: 5-7 pm

Tech Week: May 12-15

Performs: May 16-25

## Kelsey Creek Farm

### 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
7390	We	2:00pm-4:15pm		1/8-1/22
7391	We	2:00pm-4:15pm		2/5-2/19
7392	We	2:00pm-4:15pm		3/5-3/19
7393	We	2:00pm-4:15pm		4/2-4/16

### Saturday Morning Teen Farm Volunteers

Join the team at Kelsey Creek Farm and get hands-on experience caring for farm animals! Help bring the animals out to pasture for the day, prepare meals for the animals, clean their living spaces, and assist with other farm chores. 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
7404	Sa	8:30am-12:00pm		1/11-1/25
7405	Sa	8:30am-12:00pm		2/8-2/22
7406	Sa	8:30am-12:00pm		3/8-3/22
7407	Sa	8:30am-12:00pm		4/5-4/19

### Sheep Shearing Special Event Volunteers

Kelsey Creek Farm

### Sheep Shearing Special Event Volunteers

Assist staff with event set up, managing children's activity booths and other event tasks at our annual Sheep Shearing event. This is one of Bellevue's most unique events, running over 40 years. Volunteers gain experience working a large event, customer service skills, experience working with children, and teamwork skills while earning community service hours.

	FREE			Ages 15/up
7419	Sa	9:30am-5:00pm		4/26

### Sheep Shearing Event Clean Up Volunteers

Help us wrap up the annual Sheep Shearing event at Kelsey Creek Farm. Volunteers are needed to assist with breaking down the event activities, and ensuring our farm is ready for the next day. This is a great opportunity to earn community service hours, gain hands-on experience in event operations, build team-work skills, and be part of one of Bellevue's most unique events

	FREE			Ages 15/up
7420	Sa	3:00pm-5:00pm		4/26

### 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
7317	Tu	8:30am-10:30am		1/7-2/25
7318	We	8:30am-10:30am		1/8-2/26
7319	Tu	8:30am-10:30am		3/4-4/29
7320	We	8:30am-10:30am		3/5-4/30

### Sheep Shearing Special Event

Watch the sheep being shorn of their winter coats. Enjoy wool spinning demonstrations, children's crafts, tractor-pulled wagon rides, pony rides, food, animal viewing areas, and more. Free shuttle service available at Wilburton Park & Ride and Bannerwood Sports Park. Please note: no pets allowed on shuttle bus or in the barnyard areas. No registration needed. Admission is free, costs vary for food and activities.

Kelsey Creek Farm

	FREE			Ages All Ages
7418	Sa	11:00am-4:00pm		4/26

### Bunny Buddies

Does your child love bunnies? In this program, you and your child will pet our bunnies, feed them some yummy treats, and do a bunny-themed craft. Adult/child teams only. A team is one child and one adult.

Kelsey Creek Farm

	\$25(R)	\$30(N)		Ages 4-8
7375	Su	1:00pm-2:00pm		3/2

### Farm Story Time

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

Kelsey Creek Farm

FREE			Ages 1-5
7402	Th	10:00am-10:30am	1/30
7403	Th	10:00am-10:30am	2/27

### Little Farmers

Come enjoy hands-on fun in the barn and barnyard with your 2-3-year-old! Each class offers engaging activities centered around farm animals and seasonal themes. Together, you and your child will help with barn chores, feed and pet animals, make crafts, enjoy parallel play, and even go for a pony ride. Each monthly session highlights a different set of animals. While some favorite animals and activities will repeat, there will always be new experiences to enjoy. Be ready to play both indoors and outdoors and to get a bit messy! Siblings under two are welcome in front or back carriers.

Kelsey Creek Farm

\$78(R) \$94(N)			Ages 2-3
7378	Tu	10:00am-11:30am	1/7-1/21
7379	Tu	10:00am-11:30am	2/4-2/18
7380	Tu	10:00am-11:30am	3/4-3/18
7381	Tu	10:00am-11:30am	4/1-4/15

### Farm Explorers

Join us for a farm adventure featuring animal care, barn chores, a pony ride, and making yummy snacks. This drop-off program is designed for the independent 4-6 year old. Classes will feature seasonal themes, arts and crafts, engaging stories, and time with our friendly farm animals. Each monthly session highlights a different set of animals. While some favorite animals and activities will repeat, there will always be new experiences to enjoy.

Kelsey Creek Farm

\$96(R) \$115(N)			Ages 4-6
7396	Th	10:00am-12:30pm	1/9-1/23
7397	Th	10:00am-12:30pm	2/6-2/20
7398	Th	10:00am-12:30pm	3/6-3/20
7399	Th	10:00am-12:30pm	4/3-4/17

### Junior Farmers

Your child will be immersed in farm life in this after-school program. Each class will feature seasonal themes, art and crafts, engaging stories, and hands-on time with our friendly farm animals. Kids will learn about animal care and will get to interact with our farm animals in a safe and supportive environment. Each monthly session highlights a different set of animals. While some favorite animals and activities will repeat, there will always be new experiences to enjoy.

Kelsey Creek Farm

\$78(R) \$94(N)			Ages 7-9
7384	We	2:00pm-4:00pm	1/8-1/22
7385	We	2:00pm-4:00pm	2/5-2/19
7386	We	2:00pm-4:00pm	3/5-3/19
7387	We	2:00pm-4:00pm	4/2-4/16

### Spring Egg-Stravaganza

Celebrate spring at this egg-themed workshop. We'll collect eggs from our chicken coops, feed lettuce to the ducks, and compare the eggs that ducks and chickens lay. We'll pet a bunny and finish off with a fun egg hunt! Adult/child teams only. A team is one child and one adult.

Kelsey Creek Farm

\$25(R) \$30(N)			Ages 4-8
7377	Su	1:00pm-2:00pm	4/13

### St. Patrick's Celebration

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

Kelsey Creek Farm

\$25(R) \$30(N)			Ages 4-8
7376	Su	1:00pm-2:00pm	3/16

### Veggies for Valentine's

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

Kelsey Creek Farm

\$25(R) \$30(N)			Ages 4-8
7374	Su	1:00pm-2:00pm	2/9

## Early Learning/ Preschool

### Natural Start Preschool

Operating out of the South Bellevue Community Center, this Preschool offers a unique nature-based curriculum that supports the developmental and learning needs of preschoolers. Children have the opportunity to spend a majority of each day outside in a natural environment. For more information you can visit

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

### Parkside Pre-K

Join us for a month-to-month Kindergarten readiness program designed for 4 and 5-year old children going into kindergarten for the 2023-2024 school year. Faith and Lindsey have many years as early childhood education instructors. The Parkside classroom at Crossroads is full of learning activities and opportunities for growth, both academically and socially and based on weekly themes. We look forward to making Parkside Pre-K a warm and welcoming environment for every preschooler! Each child must be fully toilet trained and turn 4 by The first day of class to participate.

Crossroads Community Center

### Winter Wonders

Discovering snowy fun, Exploring Winter Animals and Hibernation!

\$285(R) \$342(N)			Ages 4-5
7007	Mo-Fr	9:30am-12:30pm	1/6-1/31

### Love and Friendship- Hearts full of Kindness

Love and Friendship- Hearts full of Kindness. Celebrating our families and friends.

\$285(R) \$342(N) Ages 4-5  
7008 Mo-Fr 9:30am-12:30pm 2/3-2/28

### Spring Sprouts

Growing Little Gardens!

\$300(R) \$360(N) Ages 4-5  
7014 Mo-Fr 9:30am-12:30pm 3/3-3/28

### Bunny Hop

Spring Animals and Easter Fun!

\$300(R) \$360(N) Ages 4-5  
7015 Mo-Fr 9:30am-12:30pm 3/31-5/2

### Indoor Play

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

South Bellevue Community Center

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

Crossroads Community Center

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

Highland Community Center

\$4(R) \$5(N) (Parent/Caregiver Free) Ages 8/under  
We/Fr 9:00am-12:00pm Ongoing  
Mo, We, Fr 10:30am-12:00pm Ongoing

Northwest Arts Center

\$4(R) \$5(N) Ages 5/under  
Th 10:30am-12:00pm 1/9-5/22

North Bellevue Community Center

During Family Storytime, NBCC volunteers will read several of their favorite children's books for toddlers.

\$4(R) \$5(N) Ages 5/under  
Th 1:30pm-4:00pm Ongoing

# Health & Wellness, Strength, Conditioning, Cardio, & Active Fitness

### Jazzercise

Jazzercise is the original dance-based group fitness program combining cardio with strength training and stretching to sculpt, tone, and lengthen muscles for a full-body workout and maximum fat burn. Choreographed to today's hottest music, Jazzercise is a fusion of jazz dance, resistance training, Pilates, yoga, and kickboxing. Tickets can be bought in class or online at [www.jazzercise.com](http://www.jazzercise.com).

Available at:

Northwest Arts Center - Monday, Thursday, & Saturday  
South Bellevue Community Center

### Silver Sneakers

SilverSneakers is a health and fitness program designed for adults 65+ of all fitness levels. Classes are led by supportive instructors who are trained in senior fitness. They can help you learn how to do exercises safely and adapt exercises for your needs. If SilverSneakers is included in your Medicare Plan, you can attend the classes at no additional cost to you.

North Bellevue Community Center

### SilverSneakers Classic

This workout includes fall prevention drills and exercises to improve muscular strength, range of motion and endurance for daily living. A chair and handheld weights or tubing are used. If SilverSneakers is included in your Medicare Plan, you can attend the classes at no cost. This is a drop-in program, no pre-registration required, payable at the door.

\$6(R) \$7(N) Ages 18/up  
7093 Mo, We, Fr 11:00am-12:00pm 1/3-12/29

### SilverSneakers Yoga

Move through seated and standing yoga poses to increase flexibility, balance and range of motion. A chair is used to meet a variety of fitness levels. If SilverSneakers is included in your Medicare Plan, you can attend the classes at no cost. This is a drop-in program, no pre-registration required, payable at the door.

\$6(R) \$7(N) Ages 18-6m  
7097 Daily 9:30am-10:30am 1/3-12/29

### 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! For more flexibility, two additional options are available: purchase a Drop-in rate at the Front Desk or register for the SBCC Fitness Class Flex Session for "Active Adult Fitness". This gives you 5 Active Adult Fitness classes where you choose the dates to attend. Valid for the current trimester.

South Bellevue Community Center

\$50(R)	\$60(N)		Ages 18/up
6889	Mo	10:30am-11:30am	1/13-2/24
\$60(R)	\$72(N)		Ages 18/up
6890	We	10:30am-11:30am	1/15-2/26
\$80(R)	\$96(N)		Ages 18/up
6891	Mo	10:30am-11:30am	3/3-4/28
6892	We	10:30am-11:30am	3/5-4/30

### Beginner Strength Training for Women

Join a small group of women lead by a certified fitness professional and learn the basics of strength training in this beginner level class. At the end of the session, you will be familiar and comfortable with the strength training equipment in the Fitness Center and have your own strength training workout.

South Bellevue Community Center

\$60(R)	\$72.50(N)		Ages 13/up
7088	Tu	1:00pm-2:00pm	1/21-2/18

### 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. For more flexibility, two additional options are available: purchase a Drop-in rate at the Front Desk or register for the SBCC Fitness Class Flex Session for "Fit 360". This gives you 5 Fit 360 classes where you choose the dates to attend. Valid for the current trimester.

South Bellevue Community Center

\$55(R)	\$65(N)		Ages 13/up
6919	Mo, We	9:15am-10:15am	1/13-1/29
\$60(R)	\$72(N)		Ages 13/up
6930	Tu	7:00pm-7:50pm	1/14-2/25
\$77(R)	\$91(N)		Ages 13/up
6920	Mo, We	9:15am-10:15am	2/3-2/26
\$99(R)	\$117(N)		Ages 13/up
6921	Mo, We	9:15am-10:15am	3/3-3/31
\$70(R)	\$84(N)		Ages 13/up
6931	Tu	7:00pm-7:50pm	3/4-4/29
\$99(R)	\$117(N)		Ages 13/up
6922	Mo, We	9:15am-10:15am	4/2-4/30

### Functional Fitness

A unique group class designed to enhance your overall movement quality and everyday performance by focusing on improving your range of motion, agility, balance, and strength through dynamic compound movements that mimic daily activities. Unlike traditional strength training classes, our approach emphasizes functional movements that help you move better in real life - whether it's lifting groceries, climbing stairs, or playing with your kids. Each class is set at a moderate intensity, making it accessible for all fitness levels, from beginners to seasoned athletes. Expect a supportive and motivating environment as you work through exercises that challenge your body in a holistic way. You'll improve your stability and coordination while building strength in a fun community-driven setting. Come ready to move, sweat, and feel empowered - your body will thank you! For more flexibility, two additional options are available: purchase a Drop-in rate at the Front Desk or register for the SBCC Fitness Class Flex Session for "Functional Fitness". This gives you 5 Functional Fitness classes where you choose the dates to attend. Valid for the current trimester.

South Bellevue Community Center

\$77(R)	\$91(N)		Ages 18/up
6903	Tu	9:15am-10:15am	1/14-2/25
\$99(R)	\$117(N)		Ages 18/up
6904	Tu	9:15am-10:15am	3/4-4/29

### Gentle Movement

Designed specifically for older adults seeking to enhance joint mobility and overall wellness, this low-impact, low-intensity class focuses on gentle movements that promote flexibility, strength, and balance without the strain of traditional workouts. Class includes stretching, resistance training with light weights, and balance exercises. Our experienced instructor will guide you through each movement, ensuring proper form and adapting exercises to meet your individual needs. You'll enjoy a supportive and encouraging environment that fosters community. Whether you're looking to improve daily activities, relieve stiffness, or simply enjoy some movement, this class offers a refreshing approach to fitness that prioritizes your comfort and well-being. Come rediscover the joy of movement and leave feeling rejuvenated and empowered! For more flexibility, two additional options are available: purchase a Drop-in rate at the Front Desk or register for the SBCC Fitness Class Flex Session for "Functional Fitness & Gentle Movement". This gives you 5 Functional Fitness classes where you choose the dates to attend. Valid for the current trimester.

South Bellevue Community Center

\$77(R)	\$91(N)		Ages 18/up
6895	Th	11:45am-12:45pm	1/16-2/27
\$88(R)	\$104(N)		Ages 18/up
6902	Th	11:45am-12:45pm	3/6-4/24

### Small Group Training

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

South Bellevue Community Center

\$100(R)	\$125(N)		Ages 16/up
6968	Mo	7:00pm-7:50pm	1/13-2/24
\$160(R)	\$200(N)		Ages 16/up
6969	Mo	7:00pm-7:50pm	3/3-4/28

### 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! For more flexibility, two additional options are available: purchase a Drop-in rate at the Front Desk or register for the SBCC Fitness Class Flex Session for "Total Body Fitness". This gives you 5 Total Body Fitness classes where you choose the dates to attend. Valid for the current trimester.

South Bellevue Community Center

\$66(R)	\$78(N)		Ages 16/up
6970	Tu, Th	6:00am-6:50am	1/14-1/30
6971	Tu, Th	6:00am-6:50am	2/11-2/27
\$55(R)	\$65(N)		Ages 16/up
6972	Tu, Th	6:00am-6:50am	3/4-3/25
\$99(R)	\$117(N)		Ages 16/up
6973	Tu, Th	6:00am-6:50am	4/1-4/29

### Total Body Fitness - Virtual

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

South Bellevue Community Center

\$33(R)	\$39(N)		Ages 16/up
7046	Tu	6:00am-6:50am	1/14-1/28
7049	Tu	6:00am-6:50am	2/11-2/25
7050	Tu	6:00am-6:50am	3/4-3/25
\$55(R)	\$61(N)		Ages 16/up
7051	Tu	6:00am-6:50am	4/1-4/29

### 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. For more flexibility, two additional options are available: purchase a Drop-in rate at the Front Desk or register for the SBCC Fitness Class Flex Session for "Cycle/Stretch". This gives you 5 Cycle/Stretch classes where you choose the dates to attend. Valid for the current trimester.

South Bellevue Community Center

\$42(R)	\$51(N)		Ages 13/up
6977	Tu, Th	10:30am-11:30am	1/14-1/30
6978	Tu, Th	10:30am-11:30am	2/11-2/27
\$35(R)	\$42.50(N)		Ages 13/up
6979	Tu, Th	10:30am-11:30am	3/4-3/25
\$63(R)	\$76.50(N)		Ages 13/up
6981	Tu, Th	10:30am-11:30am	4/1-4/29

### 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

\$78(R)	\$93.60(N)		Ages 16/up
6522	We	11:15am-12:15pm	1/8-2/12
6523	We	11:15am-12:15pm	2/26-4/2
\$104(R)	\$124.80(N)		Ages 16/up
6524	We	11:15am-12:15pm	4/16-6/11

### Cycling

Double the benefits as you increase your aerobic fitness level and burn a lot of calories in our outdoor natural setting. This is an all-levels class as you control your pace in our friendly, welcoming community. Beginners may contact us for an introductory lesson and bike set-up session prior to your first class. Dress for the temperature as this class is held outdoors/under cover. For more flexibility, two additional options are available: purchase a Drop-in rate at the Front Desk or register for the SBCC Fitness Class Flex Session for "Cycling". This gives you 5 Cycling classes where you choose the dates to attend. Valid for the current trimester.

South Bellevue Community Center

\$84(R)	\$102(N)		Ages 13/up
6893	Mo, We	6:00am-7:00am	1/13-2/26
\$112(R)	\$136(N)		Ages 13/up
6894	Mo, We	6:00am-7:00am	3/3-4/30

### 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 strengthening 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. For more flexibility, two additional options are available: purchase a Drop-in rate at the Front Desk or register for the SBCC Fitness Class Flex Session for "ZUMBA". This gives you 5 ZUMBA classes where you choose the dates to attend. Valid for the current quarter.

South Bellevue Community Center

\$50(R)	\$60(N)		Ages 13/up
6985	Mo	10:30am-11:30am	1/13-2/24
7009	Mo	6:00pm-6:50pm	1/13-2/24
\$60(R)	\$72(N)		Ages 13/up
7010	Fr	10:30am-11:30am	1/17-2/28
\$80(R)	\$96(N)		Ages 13/up
7011	Mo	10:30am-11:30am	3/3-4/28
7215	Mo	6:00pm-6:50pm	3/3-4/28
\$70(R)	\$84(N)		Ages 13/up
7216	Fr	10:30am-11:30am	3/7-4/25

### Zumba Fitness - Teen/Adults

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

Northwest Arts Center

\$60(R)	\$72(N)		Ages 13/up
6823	Mo	6:00pm-6:45pm	1/13-2/10
\$90(R)	\$108(N)		Ages 13/up
6824	Mo	6:00pm-6:45pm	2/24-3/31
6825	Mo	6:00pm-6:45pm	4/14-5/19

## Zumba Fitness - Family

Welcome to the dance party! This class is a high-energy dance party for kids and their parent/caregiver to enjoy together! Each class is packed with kid friendly dance routines. During the session, the students will work on improving their flexibility, strength and confidence. This class will encourage families to dance outside-the-box and bring their own personality to each movement. The class fee includes registration for both a child and their parent/caregiver. Please place the registration in the child's name.

Northwest Arts Center

\$60(R)	\$72(N)		Ages 3/up
6820	Mo	5:00pm-5:45pm	1/13-2/10
\$90(R)	\$108(N)		Ages 3/up
6821	Mo	5:00pm-5:45pm	2/24-3/31
6822	Mo	5:00pm-5:45pm	4/14-5/19

# Body & Mind

## Self Defense: Personal Empowerment for Families

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

South Bellevue Community Center

\$15(R)	\$18(N)		Ages 8/up
6965	Sa	9:30am-11:30am	2/8

## Foam Rolling

This class is an introduction to a form of self-massage using a foam roller called self-myofascial release. Foam rolling has shown to help increase flexibility and circulation, remove muscle tension and stress, and improve range of motion. Whether you experience pain in the knee or lower back, or participate in high impact activities like running, learn how foam rolling can help. We will use the foam roller on legs, back, torso and more. Other recovery methods, processes, resources will also be discussed. Please bring a towel and your own foam roller.

South Bellevue Community Center

\$13(R)	\$15(N)		Ages 13/up
7006	Th	9:15am-10:15am	1/23
7005	Sa	9:15am-10:15am	3/8

## 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. For more flexibility, two additional options are available: purchase a Drop-in rate at the Front Desk or register for the SBCC Fitness Class Flex Session for "Gentle Yoga". This gives you 5 Gentle Yoga classes where you choose the dates to attend. Valid for the current trimester.

South Bellevue Community Center

\$91(R)	\$105(N)		Ages 13/up
7068	Tu	11:45am-12:45pm	1/14-2/25
7071	Tu	11:45am-12:45pm	3/4-4/15

## Pilates

Pilates is designed to strengthen your core, maintain joint mobility, and improve balance and flexibility. This class focuses on Pilates basics using resistance bands, small physio balls, and light weights. All fitness levels welcome. For more flexibility, two additional options are available: purchase a Drop-in rate at the Front Desk or register for the SBCC Fitness Class Flex Session for "Pilates". This gives you 5 Pilates classes where you choose the dates to attend. Valid for the current trimester.

South Bellevue Community Center

\$77.50(R)	\$90(N)		Ages 13/up
7053	Mo	9:15am-10:15am	1/13-2/24
\$108.50(R)	\$126(N)		Ages 13/up
7054	Fr	9:15am-10:15am	1/17-2/28
\$139.50(R)	\$162(N)		Ages 13/up
7055	Mo	9:15am-10:15am	3/3-4/28
\$124(R)	\$144(N)		Ages 13/up
7056	Fr	9:15am-10:15am	3/7-4/25

## Sound Bath

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

South Bellevue Community Center

\$22.50(R)	\$27(N)		Ages 13/up
7200	Sa	10:30am-11:45am	1/18
7201	Sa	10:30am-11:45am	1/25
7202	Sa	10:30am-11:45am	2/1
7203	Fr	6:00pm-7:15pm	2/7
7205	Sa	10:30am-11:45am	2/15
7206	Sa	10:30am-11:45am	2/22
7207	Sa	10:30am-11:45am	3/1
7204	Fr	6:00pm-7:15pm	3/7
7208	Sa	10:30am-11:45am	3/15
7209	Sa	10:30am-11:45am	3/22
7210	Sa	10:30am-11:45am	3/29
7211	Sa	10:30am-11:45am	4/5
7212	Sa	10:30am-11:45am	4/12
7213	Sa	10:30am-11:45am	4/19
7214	Sa	10:30am-11:45am	4/26

## Yoga for Women's Health

Come join a therapeutic, specialized yoga class designed to support women at all stages of life. Techniques will address balancing hormones, reducing stress, supporting the endocrine system and reproductive health along with improving flexibility, strength and self-care. Participants will learn the science behind the techniques to educate and empower themselves to improve their well-being.

South Bellevue Community Center

\$62(R)	\$72(N)		Ages 18/up
6907	Su	9:15am-10:15am	1/19-2/9
6908	Su	9:15am-10:15am	2/23-3/16
\$77.50(R)	\$90(N)		Ages 18/up
6910	Su	9:15am-10:15am	3/23-4/27

### Tai Chi & Mindful Movement

This class incorporates the practices of Chi Kung, Yang Family Style Tai Chi, stretching, breathwork and meditation. Expect to feel an immediate sense of refreshed focus, relaxation, and overall well-being. Longer term benefits include increased flexibility, balance, calmness, strength, and a deeper mind-body connection.

Northwest Arts Center

\$78(R)	\$93.60(N)		Ages 16/up
6519	We	10:00am-11:00am	1/8-2/12
6520	We	10:00am-11:00am	2/26-4/2

\$104(R)	\$124.80(N)		Ages 16/up
6521	We	10:00am-11:00am	4/16-6/11

South Bellevue Community Center

\$60(R)	\$72(N)		Ages 18/up
6966	Fr	10:30am-11:30am	1/17-2/28
6967	Fr	10:30am-11:30am	3/7-4/25

North Bellevue Community Center

### CISC Tai Chi

\$4(R)	\$4(N)		Ages 18/up
7121	Daily	9:30am-10:30am	1/2-12/18

### 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. For more flexibility, two additional options are available: purchase a Drop-in rate at the Front Desk or register for the SBCC Fitness Class Flex Session for "Yoga - All Levels". This gives you 5 Yoga - All Levels classes where you choose the dates to attend. Valid for the current trimester.

South Bellevue Community Center

\$78(R)	\$90(N)		Ages 13/up
6983	We	6:00pm-6:50pm	1/15-2/26

\$104(R)	\$120(N)		Ages 13/up
6984	We	6:00pm-6:50pm	3/5-4/30

### Yoga - Mixed Levels

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

Northwest Arts Center

\$75(R)	\$90(N)		Ages 16/up
6923	Tu	9:30am-10:30am	1/14-2/11

\$90(R)	\$108(N)		Ages 16/up
6924	Tu	9:30am-10:30am	2/25-4/1
6925	Tu	9:30am-10:30am	4/15-5/20

### Yoga for Stress Management

Join us for specialized yoga classes designed to help you reconnect with your mind and body, and to help manage stress. Each class will focus on foundational yoga techniques to calm down your nervous system, build self-awareness and release tension in areas impacted by stress. The goal will be to build a solid foundation of techniques for stress management. Suitable for all levels with general modifications provided for comfort and accessibility. Come and experience the transformative power of yoga in a supportive community. Let's support, inspire and uplift each other as we cultivate balance and calm within.

Northwest Arts Center

\$93(R)	\$111.60(N)		Ages 16/up
6998	Tu	5:30pm-6:30pm	1/7-2/11
7001	Fr	10:00am-11:00am	1/10-2/14
6999	Tu	5:30pm-6:30pm	2/25-4/1
7002	Fr	10:00am-11:00am	2/28-4/4
7000	Tu	5:30pm-6:30pm	4/15-5/20
7003	Fr	10:00am-11:00am	4/18-5/23

South Bellevue Community Center

\$62(R)	\$72(N)		Ages 18/up
6905	Su	10:30am-11:30am	1/19-2/9
6906	Su	10:30am-11:30am	2/23-3/16
\$77.50(R)	\$90(N)		Ages 18/up
6909	Su	10:30am-11:30am	3/23-4/27

## Martial Arts

### Self Defense: Personal Empowerment for Families

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

South Bellevue Community Center

\$15(R)	\$18(N)		Ages 8/up
6965	Sa	9:30am-11:30am	2/8

### 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.

**Please note:** Kendo classes scheduled for February 28 and May 9 will be held at Tyee Community Gym.

### Beginning

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

Highland Community Center & Park

\$90(R)	\$108(N)		Ages 10/up
6381	Fr	6:30pm-8:00pm	1/3-3/14
6384	Fr	6:30pm-8:00pm	3/21-5/30



## Intermediate

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

Highland Community Center & Park

\$90(R)	\$108(N)		Ages 8/up
6382	Fr	6:30pm-8:00pm	1/3-3/14
6385	Fr	6:30pm-8:00pm	3/21-5/30

## Advanced

Advanced Kendo is for those students who have completed Beginning and Intermediate Kendo and are in armor (bogu). Individuals with previous experience must contact the teacher for approval to enroll in Advanced Kendo.

Highland Community Center & Park

\$90(R)	\$108(N)		Ages 8/up
6383	Fr	7:30pm-9:30pm	1/3-3/14
6386	Fr	7:30pm-9:30pm	3/21-5/30

## Women's Advanced

This is a women's-only kendo class that builds on the skills learned in the Advanced Kendo class. Participants should have previously completed Advanced Kendo or be currently enrolled in Advanced Kendo, have armor (bogu), and have approval from the teacher to enroll. This class takes place one time per month. Participants are welcome to attend the class that matches their gender identity or expression.

Highland Community Center & Park

\$30(R)	\$36(N)		Ages 10/up
7367	Fr	8:00pm-9:30pm	1/10, 2/7, 3/7

## Boxing Fundamentals

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

South Bellevue Community Center

\$50(R)	\$60(N)		Ages 9-17
7136	Mo, We	5:00pm-5:50pm	1/13-1/29
\$60(R)	\$72(N)		Ages 9-17
7138	Mo, We	5:00pm-5:50pm	2/3-2/26
\$90(R)	\$108(N)		Ages 9-17
7140	Mo, We	5:00pm-5:50pm	3/3-3/31
\$70(R)	\$84(N)		Ages 9-17
7144	Mo, We	5:00pm-5:50pm	4/2-4/30
\$60(R)	\$72(N)		Ages 7/up
7137	Tu, Th	7:00pm-7:50pm	1/14-1/30
7139	Tu, Th	7:00pm-7:50pm	2/4-2/27
\$80(R)	\$96(N)		Ages 7/up
7143	Tu, Th	7:00pm-7:50pm	3/4-3/27
\$70(R)	\$84(N)		Ages 7/up
7146	Tu, Th	7:00pm-7:50pm	4/1-4/29

## 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

\$45(R)	\$55(N)		Ages 6-12
6911	Mo, We	6:00pm-6:50pm	1/13-1/29
\$54(R)	\$66(N)		Ages 6-12
6913	Mo, We	6:00pm-6:50pm	2/3-2/26
\$81(R)	\$99(N)		Ages 6-12
6915	Mo, We	6:00pm-6:50pm	3/3-3/31
\$63(R)	\$77(N)		Ages 6-12
6917	Mo, We	6:00pm-6:50pm	4/2-4/30
\$45(R)	\$55(N)		Ages 9/up
6912	Mo, We	7:00pm-7:50pm	1/13-1/29
\$54(R)	\$66(N)		Ages 9/up
6914	Mo, We	7:00pm-7:50pm	2/3-2/26
\$81(R)	\$99(N)		Ages 9/up
6916	Mo, We	7:00pm-7:50pm	3/3-3/31
\$63(R)	\$77(N)		Ages 9/up
6918	Mo, We	7:00pm-7:50pm	4/2-4/30

## 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

\$54(R)	\$66(N)		Ages 6/up
6986	Tu, Th	4:00pm-4:50pm	1/14-1/30
6987	Tu, Th	5:00pm-5:50pm	1/14-1/30
6989	Tu, Th	4:00pm-4:50pm	2/4-2/27
6990	Tu, Th	5:00pm-5:50pm	2/4-2/27
\$72(R)	\$88(N)		Ages 6/up
6992	Tu, Th	4:00pm-4:50pm	3/4-3/27
6993	Tu, Th	5:00pm-5:50pm	3/4-3/27
\$63(R)	\$77(N)		Ages 6/up
6995	Tu, Th	4:00pm-4:50pm	4/1-4/29
6996	Tu, Th	5:00pm-5:50pm	4/1-4/29
\$54(R)	\$66(N)		Ages 9/up
6988	Tu, Th	6:00pm-6:50pm	1/14-1/30
6991	Tu, Th	6:00pm-6:50pm	2/4-2/27
\$72(R)	\$88(N)		Ages 9/up
6994	Tu, Th	6:00pm-6:50pm	3/4-3/27
\$63(R)	\$77(N)		Ages 9/up
6997	Tu, Th	6:00pm-6:50pm	4/1-4/29

# TRACKS

## 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

\$30(R)	\$36(N)		Ages 10-13
6941	We	2:00pm-4:00pm	3/5-3/26

# Natural Resources & Outdoor Education

## Ranger Programs

### Tracks Park Walks

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

North Bellevue Community Center

### Lewis Creek Park

\$5(R)	\$6(N)		Ages 50/up	
6936	Daily	11:00am-1:00pm		3/6

### Killarney Glen Park

\$5(R)	\$6(N)		Ages 50/up	
6937	Daily	11:00am-1:00pm		3/13

### Lake Hills Greenbelt

\$5(R)	\$6(N)		Ages 50/up	
6938	Daily	11:00am-1:00pm		3/20

### Bellevue Botanical Gardens

\$5(R)	\$6(N)		Ages 50/up	
6939	Daily	11:00am-1:00pm		3/27

### Tracks Snowshoe Rental

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

North Bellevue Community Center

\$15(R)	\$20(N)		Ages 5/up	
6876	Th-Mo	3:30pm-5:00pm	12/12-12/16	
6878	Th-Mo	3:30pm-5:00pm	1/2-1/6	
7364	Th-Mo	3:30-5:00pm	1/9-1/13	
6875	Th-Tu	3:30pm-5:00pm	1/16-1/21	
7365	Th-Mo	3:30-5:00pm	1/23-1/27	
7366	Th-Mo	3:30-5:00pm	1/30-2/3	
6879	Th-Mo	3:30pm-5:00pm	2/6-2/10	
6880	Th-Tu	3:30pm-5:00pm	2/13-2/18	

### Tracks Tuesday Trails Snowshoeing 50+

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

North Bellevue Community Center

\$15(R)	\$20(N)		Ages 50/up	
6881	Daily	10:00am-2:00pm		1/7
6882	Daily	10:00am-2:00pm		1/14
6883	Daily	10:00am-2:00pm		1/21
6884	Daily	10:00am-2:00pm		1/28
6885	Daily	10:00am-2:00pm		2/4
6886	Daily	10:00am-2:00pm		2/11
6887	Daily	10:00am-2:00pm		2/18
6888	Daily	10:00am-2:00pm		2/25

### Evening Nature Walk at Lewis Creek Park

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

Lewis Creek Park

FREE			Ages 18/up	
7135		7:00pm-8:30pm		1/4

### Movies at Mercer Slough

Come spend an evening with us and enjoy a nature documentary at Mercer Slough Environmental Education Center.

Mercer Slough Environmental Education Center

### Fortress of the Bears

Admiralty Island in Southeast Alaska supports the largest concentration of brown bears anywhere in the world. This hour-long documentary takes a closer look at the struggles these bears face to survive in an unknown future.

FREE			Ages 6/up	
7228	Fr	7:00pm-8:00pm		1/24

### Clash Encounters of Bears and Wolves

The mighty Grizzlies and powerful wolves test their strength and strategies as they compete for survival. An entire food chain of scavengers survives in their wake. Enjoy watching these amazing keystone species in Yellowstone National Park.

FREE			Ages 6/up	
7229	Fr	7:00pm-8:00pm		2/21

### Life in the Undergrowth

Join David Attenborough in this groundbreaking exploration of the bizarre, ferocious and surprisingly beautiful world of invertebrates.

FREE			Ages 6/up	
7230	Fr	7:00pm-8:00pm		3/21

### Super Hummingbirds

With high-speed camerawork and break through science, we are able to dive into the fast paced world of hummingbirds as never seen before. They may be the smallest birds on earth but these brilliant creatures are absolutely fascinating.

FREE			Ages 6/up	
7231	Fr	7:00pm-8:00pm		4/25

### Coal Mining at Cougar Mountain, Presented by the Eastside Heritage Center

This program focuses on 100 years of local coal mining. In 1888, there were 20 mules and 200 men employed here! Exporting coal to San Francisco turned Seattle into a dominant seaport. Learn what is underneath a mountain that is older than Rainier. Presented in partnership by the Eastside Heritage Center and Bellevue Parks & Community Services. This program is best for adults, but participants ages 13+ are welcome with accompanying adult(s). No pre-registration required.

Lewis Creek Park

FREE Ages 13/up  
7132 Daily 1:00pm-3:00pm 1/26

### History of Eastside Logging, Presented by the Eastside Heritage Center

Did you know that most of the east side of Lake Washington was clear-cut by 1920 or that nearly all the big trees that we see today are less than 100 years old? (It will take another 400 years for our evergreens to reach 'maturity')! Come and see the equipment that evolved from two men working one tree all day with a hand-saw, to sky-line cable operations that could clear a whole Cougar Mountain valley in a single day. Presented in partnership by the Eastside Heritage Center and Bellevue Parks & Community Services. This program is best for adults, but participants ages 13+ are welcome with accompanying adult(s). No pre-registration required.

Lewis Creek Park

FREE Ages All Ages  
7133 Daily 1:00pm-3:00pm 3/23

### Mercer Slough Night Hike

Awaken your senses and step into the nocturnal world for a guided hike into the Mercer Slough Nature Park. Exploring the park after the sun has set will certainly prove to be a unique and memorable experience for the whole family. Dress for the weather and bring a headlamp. All are welcome but best for 5 and up.

Mercer Slough Environmental Education Center

FREE Ages 5/up  
7148 Sa 7:00pm-8:30pm 1/11  
7149 Sa 7:00pm-8:30pm 2/8  
7150 Sa 7:00pm-8:30pm 3/8  
7151 Sa 7:00pm-8:30pm 4/12

### 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. Beginning in July, registration will open 2 weeks prior to each program.

Mercer Slough Environmental Education Center

### Woodland Wonders

FREE Ages 4-8  
7220 All Day Open

### A Long Winter's Nap

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

FREE Ages 4/up  
7223 2:00pm-3:00pm 1/25

### Wildlife in the Wetlands

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

FREE Ages 4/up  
7224 Sa 2:00pm-3:00pm 2/22

### Nature's Recyclers

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

FREE Ages 4/up  
7225 Sa 2:00pm-3:00pm 3/22

### Wake up Wetland

As the seasons change, so does nature. Many creatures big and small are emerging from their long winters nap in search of food and friends. Branches and shrubs are coming to life. Learn more about the plants and animals that indicate the first signs of Spring.

FREE Ages 4/up  
7226 Sa 2:00pm-3:00pm 4/19

### Ranger-Led Hike at Mercer Slough Nature Park

Bring the whole family to join a Ranger on a guided 1.5-mile hike through the Mercer Slough Nature Park. This kid-oriented program aims to educate kids and their parents about the Nature Park while discovering the birds and animals that call the Mercer Slough home. The hour-long nature walk ends at the channel bridge in the middle of the park. From there you can continue on to further explore the rich diversity the park has to offer. All are welcome but best for ages 5 and up.

Pre-registration for all participants is required. Meet at the Mercer Slough Visitor's Center.

Mercer Slough Environmental Education Center

FREE Ages All Ages  
7076 Su 2:00pm-3:30pm 1/5  
7084 Su 2:00pm-3:30pm 1/19  
7095 Su 2:00pm-3:30pm 2/9  
7100 Su 2:00pm-3:30pm 2/23  
7108 Su 2:00pm-3:30pm 3/9  
7112 Su 2:00pm-3:30pm 3/23  
7114 Su 2:00pm-3:30pm 4/6  
7115 Su 2:00pm-3:30pm 4/20

### World Wetlands Day Celebration

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

Mercer Slough Environmental Education Center

FREE	Ages All Ages	
3082	11:00am-2:00pm	2/1

### Moonlit Stroll

While we are typically resting, the nocturnal wildlife at the Lake Hills Greenbelt is just waking up. Bring the whole family to explore the trails with us, just after sunset, to try to catch a glimpse of these nighttime creatures, discover what helps them survive at night, and how to avoid a potentially dangerous encounter with nocturnal predators. Bring a flashlight or headlamp. Dress for the weather, rain or shine. Pre-registration required for all attendees. Children must be accompanied by an adult.

Lake Hills Greenbelt

FREE	Ages All Ages	
6946	8:00pm-9:00pm	4/4
6947	8:00pm-9:00pm	4/11

### Lake Hills Greenbelt Ranger Walk

Are you interested in a weekend activity that's both fun and educational? Bring the whole family to the Lake Hills Greenbelt Ranger Station for a mild 1-mile nature hike through the Greenbelt's trails and discover the season's myriad of flora and fauna. Wear your favorite weather-appropriate outdoor clothing and shoes, and feel free to bring personal wildlife-viewing gear (e.g. binoculars or magnifying glasses) to further enjoy the park. If you're feeling especially energized, continue on to the Larsen Lake trail loop and use your newfound knowledge to explore. We'll be heading out rain or shine, so come prepared to learn and have a great time! The trail is mostly level and is mostly gravel.

FREE		Ages All Ages	
6948	Sa	2:00pm-3:00pm	1/4
6949	Sa	2:00pm-3:00pm	1/11
6950	Sa	2:00pm-3:00pm	1/18
6951	Sa	2:00pm-3:00pm	1/25
6952	Sa	2:00pm-3:00pm	2/1
6953	Sa	2:00pm-3:00pm	2/8
6954	Sa	2:00pm-3:00pm	2/15
6955	Sa	2:00pm-3:00pm	2/22
6956	Sa	2:00pm-3:00pm	3/1
6957	Sa	2:00pm-3:00pm	3/8
6958	Sa	2:00pm-3:00pm	3/15
6959	Sa	2:00pm-3:00pm	3/22
6960	Sa	2:00pm-3:00pm	3/29
6961	Sa	2:00pm-3:00pm	4/5
6962	Sa	2:00pm-3:00pm	4/12
6963	Sa	2:00pm-3:00pm	4/19

### 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 - Cinder Mine Trailhead

FREE	Ages All Ages	
7087	10:30am-12:00pm	3/30

### Ranger-led Hike at Lakemont Community Park

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

Lakemont Community Park

FREE		Ages All Ages	
	Su	10:30am-12:00pm	1/19
	Su	10:30am-12:00pm	4/27

### Ranger-led Hike at Lakemont Highlands Open Space

Join a Bellevue Park Ranger at the Lewis Creek Visitor Center to explore the Lakemont Highlands Open Space trail system. Please dress for the weather and wear sturdy shoes. This hike is rated as moderately difficult (3.5 miles with 680 ft elevation change). Preregistration required for each participant. Outdoor only.

Lewis Creek Park

FREE		Ages All Ages	
	Su	10:00am-12:00pm	2/9

### Ranger-led Hike at Lewis Creek Park

Join a Bellevue Park Ranger to explore the natural and cultural history of Lewis Creek Park. Look for signs of local wildlife and learn what to do when encountering animals in the wild. Please dress for the weather and wear sturdy shoes. This hike's difficulty is rated as easy (1 mile with approximately 50 ft elevation change). Preregistration required for each participant. Outdoor only.

Lewis Creek Park

FREE		Ages All Ages	
7069		10:30am-11:30am	1/4
	Sa	10:30am-11:30am	3/1
	Sa	10:30am-11:30am	4/5

## Family Discovery Series

### Story and Stroll at Mercer Slough

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

Mercer Slough Environmental Education Center

FREE		Ages 3/up	
7152	Fr	11:00am-12:00pm	1/17
7153	Fr	11:00am-12:00pm	2/21
7160	Fr	11:00am-12:00pm	3/21
7163	Fr	11:00am-12:00pm	4/18

### Best Buds

All winter long the trees have been holding onto their buds, but now that spring is here leaves will be opening everywhere! Join a park ranger to discover what's hiding inside the protected buds, see some that have already opened and dig deeper into a closed bud. Ages 5-10 with accompanying adult(s). Preregistration is required for children and adults.

Lewis Creek Park

FREE	Ages 5-10 w/ accompanying adult(s)	
7122	2:30pm-3:30pm	3/9
7123	2:30pm-3:30pm	3/16
7124	2:30pm-3:30pm	3/22

### Busy Beavers

Beavers shape the environment with help from their whole family to make places where animals of all shapes and sizes live. Join us as we learn about nature's engineers, dive in with a fun fur experiment, and go on a short walk outside around our wetland. Ages 5-10 with accompanying adult(s). Preregistration required for children and adults.

Lewis Creek Park

FREE	Ages 5-10 w/ accompanying adult(s)	
7125	2:30pm-3:30pm	4/6
7129	2:30pm-3:30pm	4/12
7130	2:30pm-3:30pm	4/19

### Creature Crafts

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

Lewis Creek Park

FREE	Ages 3-7 w/ accompanying adult(s)	
7099	10:30am-11:30am	1/11
7101	10:30am-11:30am	2/23
7102	10:30am-11:30am	3/15
7103	10:30am-11:30am	4/13

### Freezing Furry Friends

During the coldest months of the year, animals need a way to stay warm and survive. What makes coyote fur so special? Do bears really hibernate? Designed for kids 4-13, join us in discovering how the wildlife around us has adapted to the cold as we experience the winter conditions firsthand on a walk through the Lake Hills Greenbelt trails. Then stay to make a cozy critter craft. Dress for the weather, rain or shine. Pre-registration required for all attendees, including accompanying adult(s).

Lake Hills Greenbelt

FREE	Ages 4/up	
6934	10:00am-11:00am	1/11
6935	10:00am-11:00am	1/18

### Fungi Frenzy

The impact of fungi in the forest extends far deeper than the mushrooms we see pop out of the ground. All fungi enthusiasts ages 4 and up are welcome to join us for a walk along the Lake Hills Greenbelt trails as we spot different types of mushrooms and learn about how fungi grow, recycle nutrients, and create an immense underground network for plants. Dress for the weather, rain or shine. Pre-registration required for all attendees. Children must be accompanied by an adult.

Lake Hills Greenbelt

FREE	Ages 4/up	
6944	10:00am-11:00am	3/22
6943	10:00am-11:00am	3/29

### Magnificent Tiny Swimmers

Water comes to life under a magnifying glass! Even seemingly clear water is home to insect larvae, worms, snails, and tiny fish. Bring kids 4-13 to learn about how water is used as a crucial part of their life cycle and how they contribute to the larger ecosystem. Explore the tiny aquatic world of the lakes and ponds at the Lake Hills Greenbelt as we collect and identify specimens, getting a close up look at these fascinating aquatic creatures. Dress for the weather, rain or shine. Pre-registration required for all attendees.

Lake Hills Greenbelt

FREE	Ages 4/up	
6940	10:00am-11:00am	2/1
6942	10:00am-11:00am	2/8

### Making Tracks in Lewis Creek Park

Animals leave all kinds of clues that tell us which critter has been visiting and what they were up to. Join a park ranger to learn Bellevue's animal signs, then head outside to see what animals have been wandering through Lewis Creek Park! We'll look for prints, feathers, and even scat to see what's been happening in the park. Ages 5-10 with accompanying adult(s). Preregistration is required for children and adults.

Lewis Creek Park

FREE	Ages 5-10 w/ accompanying adult(s)	
7117	2:30pm-3:30pm	2/2
7118	2:30pm-3:30pm	2/8
7119	2:30pm-3:30pm	2/22

### Night Hike at Lewis Creek Park

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

Lewis Creek Park

FREE	Ages 5/up	
7141	5:30pm-7:00pm	1/18
7142	6:00pm-7:30pm	2/15
7145	6:30pm-8:00pm	3/8
7147	8:00pm-9:30pm	4/12

### Spring has Sprung

Spring is the season of new growth! This is the time for seeds to sprout, dormant plants to come back to life, and wildlife to emerge from their winter slumber. Bring the whole family ages 4 and up to explore the life cycle of plants, tour our gardens, and take a walk along the trail to see the spring revival of the wetland. Then get ready to garden with us as we decorate flowerpots to take home along with your very own native seeds to plant. Dress for the weather, rain or shine. Pre-registration required for all attendees. Children must be accompanied by an adult.

Lake Hills Greenbelt

FREE	Ages 4/up	
6945	10:00am-11:00am	4/19

# Youth Sports

## Toddler Trails at Lewis Creek Park

Explore the trails at Lewis Creek Park with a park ranger and get out some wiggles. We'll take frequent stops while we investigate the different environments of Lewis Creek Park we wander through and learn how we can make hiking fun for everyone. This is an outdoor program, please dress for the weather and wear sturdy shoes. Ages 18-36 months with accompanying adult(s). This hike's difficulty is rated as easy (.5 miles). Preregistration required for children and adults. Outdoor only.

Lewis Creek Park

FREE	Ages 18-36 mo. w/ accompanying adult(s)	10:00am-11:00am	1/25
7094		10:00am-11:00am	2/8
7096		10:00am-11:00am	3/2
7098		10:00am-11:00am	4/19

## Toddler Trails at the Lake Hills Greenbelt

Ignite the curiosity of your little ones, ages 2 to 5 at the Lake Hills Greenbelt! Your adventurers will explore the plants and wildlife along the trails with a park ranger, learn through stories, and get creative with an artsy craft. We'll be heading out rain or shine, so dress for the weather and wear sturdy shoes. Pre-registration is required for all attendees, including accompanying adults. Distance: 0.5 miles. Level of Difficulty: Easy

Lake Hills Greenbelt

FREE	Ages 2/up		
6932		10:00am-10:45am	3/7
6933		10:00am-10:45am	4/25

## Whoooo's Hooting?

How does a barn owl find its prey in total darkness? How does a great horned owl clasp its talons with 28 pounds of force? Join us as we learn all about our favorite silently flying friends, try out our hoots, and dig deeper into an owl's diet by dissecting owl pellets! Ages 5-10 with accompanying adult(s). Preregistration is required for children and adults.

Lewis Creek Park

FREE	Ages 5-10 w/ accompanying adult(s)		
7105		2:30pm-3:30pm	1/5
7106		2:30pm-3:30pm	1/18
7116		2:30pm-3:30pm	1/25

# 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.

## Basketball Clinics

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

Tyee Middle School Site

\$66(R)	\$79(N)		Ages 7-10
6330	Mo	5:30pm-6:30pm	1/13-3/3
\$33(R)	\$40(N)		Ages 7-10
6336	We	4:30pm-5:30pm	3/19-4/2

## Girls Basketball Club Winter 2025

\$66(R)	\$79(N)		Ages 6-12
6334	Th	5:30pm-6:30pm	1/23-3/6
\$44(R)	\$53(N)		Ages 6-12
6339	Th	6:00pm-7:00pm	3/13-4/3

## Basketball League

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

Tyee Middle School Site

## Mighty Mites

\$105(R)	\$126(N)		Ages 5-6
6332	We	5:00pm-6:00pm	1/15-3/12

## Youth

\$105(R)	\$126(N)		Ages 7-9
6331	Tu	5:30pm-6:30pm	1/14-3/11

## 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.

\$44(R)	\$52.80(N)		Ages 7-13
Robinswood Community Park - Fields			
6333	We	1:45pm-3:00pm	1/22-2/12
Wilburton Hill Community Park - Soccer Field			
6342	We	1:45pm-3:00pm	4/16-5/7

## Gymnastics

Learn gymnastics or improve your current gymnastics skills with Jet's Gymnastics Express. Our grade school class provides basic to intermediate gymnastics training. Gymnastics builds strength, balance, coordination, flexibility and confidence, a valuable athletic foundation to excel in a variety of sports. Each student will experience gymnastics including tumbling, bars, beam and vault, progressing at his or her own level. Classes are noncompetitive and focus on general fitness, self-esteem, and fun. We accommodate all skill levels in our classes and teach to the ability level of each child.

Crossroads Community Center

\$210(R)	\$252(N)		Ages 6-12
6752	Mo	4:30pm-5:30pm	1/13-3/17
7175	Mo	4:30pm-5:30pm	3/24-5/19

## 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, basketball, hockey, capture the flag...whatever the game may be, our widely talented coaches will make sure you have a blast!

Robinswood Community Park - Fields

\$44(R)	\$53(N)		Ages 7-13
6335	Mo	4:15pm-5:15pm	3/10-3/31

## 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 to five 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).

Wilburton Hill Community Park - Soccer Field

## Mighty Mites

\$94(R)	\$113(N)		Ages 5-6
6341	We	4:15pm-5:15pm	4/16-5/28

## Youth

\$94(R)	\$113(N)		Ages 7-9
6340	Tu	4:15pm-5:15pm	4/15-5/27

## Youth Soccer Clinics

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

Robinswood Community Park - Fields

\$44(R)	\$53(N)		Ages 7-12
6337	Th	4:00pm-5:00pm	3/13-4/3

## UK International Soccer Academy Training

UK International Soccer is bringing its Spring Soccer Academy to Bellevue. Qualified international coaches will provide every player with an engaging, developmental Spring training program focused on building fundamentals and learning the game. This clinic will be an opportunity to improve overall soccer skills and play in fun scrimmages!

Wilburton Hill Community Park - Soccer Field

\$125(R)	\$150(N)		Ages 7-10
6751	Mo	4:00pm-5:15pm	4/14-5/19

## Youth Track & Field

Join us for Youth Track & Field this spring, beginning in April following Bellevue School District's spring break! Be on the lookout for registration once a school track location and date/time are confirmed.

## Skate Clinics

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

Bellevue Skate Park

\$20(R)	\$24(N)		Ages 5 and up
5755	Sa	10:45am-11:45am	1/4
6831	Mo	4:00pm-4:55pm	1/6
6845	We	2:00pm-3:00pm	1/8
6860	Sa	10:45am-11:45am	1/11
6832	Mo	4:00pm-4:55pm	1/13
6846	We	2:00pm-3:00pm	1/15
6861	Sa	10:45am-11:45am	1/18
6847	We	2:00pm-3:00pm	1/22
6862	Sa	10:45am-11:45am	1/25
6833	Mo	4:00pm-4:55pm	1/27
6848	We	2:00pm-3:00pm	1/29
6863	Sa	10:45am-11:45am	2/1
6834	Mo	4:00pm-4:55pm	2/3
6849	We	2:00pm-3:00pm	2/5
6864	Sa	10:45am-11:45am	2/8
6835	Mo	4:00pm-4:55pm	2/10
6850	We	2:00pm-3:00pm	2/12
6836	Mo	4:00pm-4:55pm	2/24
6851	We	2:00pm-3:00pm	2/26
6865	Sa	10:45am-11:45am	3/1
6837	Mo	4:00pm-4:55pm	3/3
6852	We	2:00pm-3:00pm	3/5
6866	Sa	10:45am-11:45am	3/8
6838	Mo	4:00pm-4:55pm	3/10
6853	We	2:00pm-3:00pm	3/12
6867	Sa	10:45am-11:45am	3/15

6839	Mo	4:00pm-4:55pm	3/17
6854	We	2:00pm-3:00pm	3/19
6868	Sa	10:45am-11:45am	3/22
6840	Mo	4:00pm-4:55pm	3/24
6855	We	2:00pm-3:00pm	3/26
6869	Sa	10:45am-11:45am	3/29
6841	Mo	4:00pm-4:55pm	3/31
6856	We	2:00pm-3:00pm	4/2
6870	Sa	10:45am-11:45am	4/5
6842	Mo	4:00pm-4:55pm	4/14
6857	We	2:00pm-3:00pm	4/16
6871	Sa	10:45am-11:45am	4/19
6843	Mo	4:00pm-4:55pm	4/21
6858	We	2:00pm-3:00pm	4/23
6872	Sa	10:45am-11:45am	4/26
6844	Mo	4:00pm-4:55pm	4/28
6859	We	2:00pm-3:00pm	4/30

# Tennis

## Registration dates for tennis programs in this brochure:

Bellevue Residents: December 9, 2024  
 Non-Bellevue Residents: December 16, 2024

### Adaptive Tennis

Tennis for individuals with intellectual disabilities allow participants to be introduced to basic tennis skills with the focus on building self-esteem and participation. Registration for this class may only be done in person with Instructor Sara Wilson. Contact the front desk for assistance 425-452-7690.

Robinswood Tennis Center

\$56			Ages 14/up
6370	We	4:00pm-5:00pm	1/15-2/26
6447	We	4:00pm-5:00pm	3/12-4/23

### Week-to-Week Tennis Classes

Robinswood Tennis Center  
 Register up to seven days in advance. Non-refundable, non-transferable.

### Senior Drill & Play

This class is a combination of instruction, drill and point play, running September through June 13.

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

### Cardio Tennis

Cardio Tennis consists of short cycles of workouts. Players of all abilities enjoy tennis together while they also consistently elevate their heart rates into their aerobic training zone, running September through June 13.

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

## Adult Tennis

Robinswood Tennis Center

### Beginning

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

\$160			Ages 18/up
6347	Tu	1:30pm-2:45pm	1/7-2/25
6355	Tu	7:45pm-9:00pm	1/7-2/25
6348	We	11:00am-12:15pm	1/8-2/26
6356	We	9:00pm-10:15pm	1/8-2/26
6349	Th	2:45pm-4:00pm	1/9-2/27
6432	Tu	7:45pm-9:00pm	3/4-4/22
6424	Tu	1:30pm-2:45pm	3/4-4/22
6425	We	11:00am-12:15pm	3/5-4/23
6433	We	9:00pm-10:15pm	3/5-4/23
6426	Th	2:45pm-4:00pm	3/6-4/24

### Advanced Beginning

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

\$160			Ages 18/up
6350	Tu	11:00am-12:15pm	1/7-2/25
6351	Tu	2:45pm-4:00pm	1/7-2/25
6357	Tu	9:00pm-10:15pm	1/7-2/25
6352	We	12:15pm-1:30pm	1/8-2/26
6358	We	7:45pm-9:00pm	1/8-2/26
6353	Th	1:30pm-2:45pm	1/9-2/27
6427	Tu	11:00am-12:15pm	3/4-4/22
6428	Tu	2:45pm-4:00pm	3/4-4/22
6434	Tu	9:00pm-10:15pm	3/4-4/22
6429	We	12:15pm-1:30pm	3/5-4/23
6435	We	7:45pm-9:00pm	3/5-4/23
6430	Th	1:30pm-2:45pm	3/6-4/24

### 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.

\$120			Ages 18/up
6354	Mo	12:15pm-1:30pm	1/6-2/24
6359	Mo	7:45pm-9:00pm	1/6-2/24
6360	Th	7:45pm-9:00pm	1/9-2/27
6431	Mo	12:15pm-1:30pm	3/3-4/21
6436	Mo	7:45pm-9:00pm	3/3-4/21
6437	Th	7:45pm-9:00pm	3/6-4/24

### Advanced

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

\$120			Ages 18/up
6361	Mo	9:00pm-10:15pm	1/6-2/24
6362	Th	9:00pm-10:15pm	1/9-2/27
6438	Mo	9:00pm-10:15pm	3/3-4/21
6439	Th	9:00pm-10:15pm	3/6-4/24



Subscribe to alerts at [BellevueWA.gov/Tennis](http://BellevueWA.gov/Tennis) for information about upcoming registration sessions and tryouts for Junior Tennis Teams this fall! Registration and tryout dates will vary.

### Junior Tennis Teams

Robinswood Junior Teams require tryouts to register. Tryout forms are available at [bellevuewa.gov/tennis](http://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. Participants registered in a Saturday youth tennis program in the same session are not permitted to try out.

Robinswood Tennis Center

### Prep Team

\$84			Ages 7-18
6371	Sa	9:00am-10:00am	1/11-3/1
6448	Sa	9:00am-10:00am	3/8-4/26

### Team 1

\$192			Ages 7-18
6372	Tu, Th	4:00pm-5:15pm	1/7-2/27
6449	Tu, Th	4:00pm-5:15pm	3/4-4/24

### Team 2

\$192			Ages 7-18
6373	Tu, Th	5:15pm-6:30pm	1/7-2/27
6450	Tu, Th	5:15pm-6:30pm	3/4-4/24

### Tournament Team

\$264			Ages 7-18
6374	Mo, We, Fr	5:15pm-6:30pm	1/6-2/28
\$288			Ages 7-18
6451	Mo, We, Fr	5:15pm-6:30pm	3/3-4/25

### Elite Team

\$264			Ages 7-18
6375	Mo, We, Fr	4:00pm-5:15pm	1/6-2/28
\$288			Ages 7-18
6452	Mo, We, Fr	4:00pm-5:15pm	3/3-4/25

### Youth Tennis

Space is limited. Participants may only register for one class at their skill level. Participants may not register for more than one class, including additional classes at a different level. Participants registered for a Saturday youth tennis program in the same session are not permitted to try out for Junior Teams. Students registered for more than one class or a class at the incorrect level will be removed according to the city's withdrawal policy and will be charged a withdrawal fee.

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
6364	Sa	11:00am-11:45am	1/11-3/1
6440	Sa	11:00am-11:45am	3/8-4/26

### 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
6366	Sa	1:30pm-2:30pm	1/11-3/1
6443	Sa	1:30pm-2:30pm	3/8-4/26
\$104			Ages 11-14
6367	Sa	2:30pm-3:30pm	1/11-3/1
6444	Sa	2:30pm-3:30pm	3/8-4/26

### 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
6368	Sa	3:30pm-4:30pm	1/11-3/1
6445	Sa	3:30pm-4:30pm	3/8-4/26
\$104			Ages 11-14
6369	Sa	4:30pm-5:30pm	1/11-3/1
6446	Sa	4:30pm-5:30pm	3/8-4/26

### 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
6365	Sa	12:00pm-1:00pm	1/11-3/1
6442	Sa	12:00pm-1:00pm	3/8-4/26

### 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
6363	Sa	10:00am-11:00am	1/11-3/1
6441	Sa	10:00am-11:00am	3/8-4/26

## Pickleball & Badminton

### Drop-In Pickleball

Courts and nets provided by the facility, players provide their own paddle and balls. This is a drop-in program, fees payable at the door. 18 players max per each session.

North Bellevue Community Center

\$4(R)	\$5(N)		Ages 18/up
		Tu, Th	4:00pm-6:00pm
		Tu, Th	6:00pm-8:00pm
		Mo, We, Fr	3:00pm-5:00pm

Hidden Valley Sports Park

\$4(R)	\$5(N)		Ages 18/up
		Tu, We	10:00am-12:00pm
		Fr	12:30pm-2:30pm

### Badminton Clinic

If you've never played badminton before or are just a beginner, this introductory 90-minute clinic at SBCC is designed specifically for you! The one-time session will cover the basics of the game and help develop an understanding of badminton for recreational and social play, badminton rules, terminology, and provide beginner play time. All equipment is provided. Advanced registration is required. Ages 18+

Free			Ages 18/up
6783	Mo	8:30am-10:00am	1/6
6784	We	8:30am-10:00am	1/8
6785	Mo	8:30am-10:00am	1/13
6786	We	8:30am-10:00am	1/15
6788	We	8:30am-10:00am	1/22
6789	Mo	8:30am-10:00am	1/27
6790	We	8:30am-10:00am	1/29
6791	Mo	8:30am-10:00am	2/3
6792	We	8:30am-10:00am	2/5
6793	Mo	8:30am-10:00am	2/10
6794	We	8:30am-10:00am	2/12
6795	Mo	8:30am-10:00am	2/24
6796	We	8:30am-10:00am	2/26
6797	Mo	8:30am-10:00am	3/3
6798	We	8:30am-10:00am	3/5
6799	Mo	8:30am-10:00am	3/10
6800	We	8:30am-10:00am	3/12
6801	Mo	8:30am-10:00am	3/17
6802	We	8:30am-10:00am	3/19
6803	Mo	8:30am-10:00am	3/24
6804	We	8:30am-10:00am	3/26
6805	Mo	8:30am-10:00am	3/31
6806	We	8:30am-10:00am	4/2
6807	Mo	8:30am-10:00am	4/14
6808	We	8:30am-10:00am	4/16
6809	Mo	8:30am-10:00am	4/21
6810	We	8:30am-10:00am	4/23
6811	Mo	8:30am-10:00am	4/28
6812	We	8:30am-10:00am	4/30

### 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

Free(R)	Free(N)		Ages 18/up
6763	Th	8:30am-10:00am	1/7
6764	Th	8:30am-10:00am	1/9
\$10(R)	\$12(N)		Ages 18/up
6768	Th	8:30am-10:00am	1/30
6771	Th	8:30am-10:00am	2/27
6775	Tu	8:30am-10:00am	3/18
6779	Tu	8:30am-10:00am	4/15
6781	Th	8:30am-10:00am	4/24

### Adult Beginner Pickleball

This program is designed to provide basic skills needed to play pickleball, including etiquette, terminology, rules, and scoring. This is a 6-week progressive program that is designed to assist in developing you to grow in the game and be provided instruction on ways in which you can improve your skills. Recommended for players up to a Level 2.5 rating. Players are encouraged to bring their own paddle, but one will be provided if necessary. All other equipment will be provided.

South Bellevue Community Center

\$60(R)	\$72(N)		Ages 18/up
6765	Tu	8:30am-10:00am	1/14-2/25
6773	Th	8:30am-10:00am	3/6-4/17

### Pickleball Skills & Drills

If you are looking to advance some of your pickleball skills past the introductory stages of the game, this course is for you. This one-time 90-minute class is designed for those looking to build upon the skills learned in the Adult Beginner Class and Pickleball Clinics. The drills will focus on improving ground strokes, volley, dinks and serves. You will also learn basic strategy and nuances for game play. All equipment is provided. Advanced registration is required. Ages 18+

South Bellevue Community Center

\$10(R)	\$12(N)		Ages 18/up
6772	Tu	8:30am-10:00am	3/4
6774	Tu	8:30am-10:00am	3/11
6780	Tu	8:30am-10:00am	4/22
6782	Tu	8:30am-10:00am	4/29

### Two-Week Pickleball Skills & Drills

If you are looking to advance some of your pickleball skills past the introductory stages of the game, this course is for you. This 2-week class, which consists of (2) 90-minute sessions is designed for those looking to build upon the skills learned in the Adult Beginner Class, Pickleball Clinics, or 1-week Skills and Drills class. The drills will focus on a more advanced approach to improving ground strokes, volley, dinks and serves. You will also further develop strategy and nuances for game play. All equipment is provided. Advanced registration is required. Ages 18+

\$22(R)	\$26(N)		Ages 18/up
6766	Th	8:30am-10:00am	1/16-1/23
6769	Th	8:30am-10:00am	2/6-2/13
6777	Tu	8:30am-10:00am	3/25-4/1

### Beginner Pickleball Clinic for Adults

This introductory, 4 session clinic is designed especially for beginners. The sessions will cover the basics and help players develop an understanding of pickleball rules, techniques, and terminology, while also providing beginner play time. Nets and balls will be provided, bring your own paddle. Advance registration is required.

Hidden Valley Sports Park

\$40(R)	\$48(N)		Ages 18/up
7057	Th	10:00am-12:00pm	1/9-1/30
7060	Th	10:00am-12:00pm	2/6-2/27
7062	Th	10:00am-12:00pm	3/6-3/27
7063	Th	10:00am-12:00pm	4/3-4/24



# **Kelsey Creek Sheep Shearing**

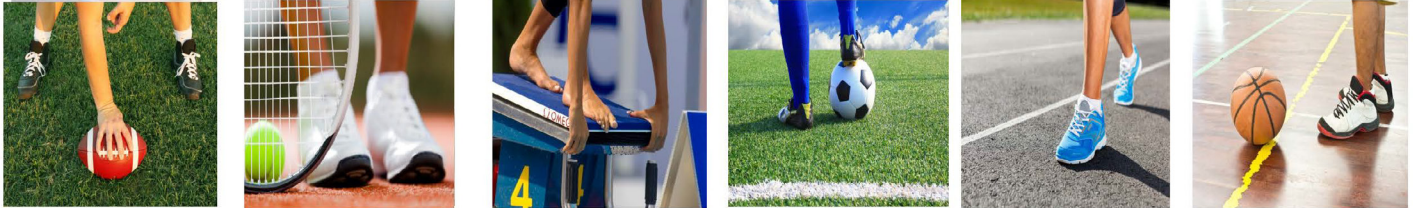
Saturday, April 26 • 11 a.m.-4 p.m.

Watch the sheep being shorn of their winter coats. Enjoy wool spinning demonstrations, children's crafts, tractor-pulled wagon rides, pony rides, food, animal viewing areas, and more. Free shuttle service available at Wilburton Park & Ride and Bannerwood Sports Park. Admission is free, costs vary for food and activities.

# Bellevue Parks & Community Services Department Sudden Cardiac Arrest Information Sheet



## Nick of Time Foundation Sudden Cardiac Arrest Information Sheet



**What is sudden cardiac arrest?** Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S.

*SCA is also the leading cause of sudden death in young athletes during sports*

**What causes sudden cardiac arrest?** SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult. SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. SCA also can occur from a direct blow to the chest by a firm projectile (baseball, softball, lacrosse ball, or hockey puck) or by chest contact from another player (called "commotio cordis").

While a heart condition may have no warning signs, some young athletes may have symptoms but neglect to tell an adult. If any of the following symptoms are present, a cardiac evaluation by a physician is recommended:

- Passing out during exercise
- Chest pain with exercise
- Excessive shortness of breath with exercise
- Palpitations (heart racing for no reason)
- Unexplained seizures
- A family member with early onset heart disease or sudden death from a heart condition before the age of 40

**How to prevent and treat sudden cardiac arrest?** Some heart conditions at risk for SCA can be detected by a thorough heart screening evaluation. However, all schools and teams should be prepared to respond to a cardiac emergency. Young athletes who suffer SCA are collapsed and unresponsive and may appear to have brief seizure-like activity or abnormal breathing (gasping). SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to a defibrillator (AED). AEDs are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restore a normal heart rhythm.

*Remember, to save a life: recognize SCA, call 9-1-1, begin CPR, and use an AED as soon as possible!*



### Cardiac 3-Minute Drill

- 1. RECOGNIZE**  
Sudden Cardiac Arrest
  - Collapsed and unresponsive
  - Abnormal breathing
  - Seizure-like activity
- 2. CALL 9-1-1**
  - Call for help and for an AED
- 3. CPR**
  - Begin chest compressions
  - Push hard/ push fast (100 per minute)
- 4. AED**
  - Use AED as soon as possible
- 5. CONTINUE CARE**
  - Continue CPR and AED until EMS arrives



**Be Prepared!  
Every Second  
Counts!**



PO Box 14178  
Mill Creek, WA 98082  
206-457-5270

[www. nickoftimefoundation.org](http://www.nickoftimefoundation.org)

# Bellevue Parks & Community Services Department

## Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

### Symptoms may include one or more of the following:

- Headaches
- “Pressure in head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)
- Repeating the same question/comment

### Symptoms may include one or more of the following:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

### What can happen if my child keeps on playing with a concussion or returns too soon?

Participants with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the participant suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage participants will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to participant’s safety.

### If you think your child has suffered a concussion

Any participant even suspected of suffering a concussion should be removed from the game or practice immediately. No participant may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the participant should continue for several hours. The new “Zackery Lystedt Law” in Washington now requires the consistent and uniform implementation of long and well-established return-to-play concussion guidelines that have been recommended for several years:

“a youth participant who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time”

and

“...may not return to play until the participant is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”.

You should also inform your child’s coach if you think that your child may have a concussion. Remember it’s better to miss one game than miss the whole season. And when in doubt, the participant sits out.

**For current and up-to-date information on concussions you can go to:**  
**<http://www.cdc.gov/ConcussionInYouthSports/>**



## INSTRUCTIONS

It is the policy of Bellevue Parks & Community Services to make program opportunities available to all interested people, regardless of income. We provide scholarships to those who might not otherwise be able to participate. Scholarships may be granted for the entire class fee or may provide a percentage discount, depending on individual circumstances. All information will remain confidential.

To be eligible for a scholarship **you must reside within the city limits of Bellevue** and meet the household size/yearly income requirements. Applicants meeting the eligibility guidelines are awarded up to \$500 per person, per calendar year. Eligible residents will be **required to provide proof of living in Bellevue City limits and income for entire household**. Household is defined as: those on the IRS Income Tax Return and/or all individuals living in your home that you care for (married or not).

Send only **copies** of your documents and **attach them to the completed application**. Copies **will not be returned**.

**Examples of supporting documents** You only need **one** of each category:

### 1. Income verification with name on it

- tax return, W-2's for all income earners in the household 21 and older
- most recent month of pay stubs for all income earners in the household 21 and older
- KCHA 'Rent Calculation Worksheet'
- City of Bellevue Utility Rate reduction income qualification meets 75% rate for parks scholarship. If you wish to provide additional income verification, you may qualify for more scholarship
- Social Security Income
- DSHS food stamps–families of 4 or less automatically qualify for 75% under HUD and families of 5 or more automatically qualify for 50%.

### 2. Proof of living within the Bellevue city limits

Supporting documents must have the name and address of service location on them

- Water, sewer, garbage bills
- PSE gas/electric bill
- Lease agreement or Mortgage paperwork

## Scholarship applications must be approved prior to registration

A scholarship application alone does not register the participant, nor does it reserve space in a program.

Registrations are processed in the order received. You will be notified once your application for scholarship has been reviewed.

Scholarship Application and copies of supporting documents may be dropped off at any location listed below:

Bellevue Aquatic Center	601 143rd Avenue Northeast
Bellevue City Hall	450 110th Avenue Northeast - Service First
Bellevue Youth Theatre	16501 Northeast 10th Street
Crossroads Community Center	16000 Northeast 10th Street
Highland Community Center	14224 Bel-Red Road
Kelsey Creek Farm	410 130th Place Southeast
Mini City Hall Crossroads Mall	15600 Northeast 8th Street #H9
North Bellevue Community Center	4063 148th Avenue Northeast
Northwest Arts Center	9825 Northeast 24th Street
South Bellevue Community Center	14509 Southeast Newport Way



### ATTACH COPIES OF SUPPORTING DOCUMENTS TO THE SCHOLARSHIP APPLICATION

Proof of living in Bellevue City limits and proof of income. See front page for list of examples.  
Contact us at 425-452-6885 option #1 to inquire about other forms not listed.

### LIST OF HOUSEHOLD MEMBERS

Parent/Guardian First Name	Parent/Guardian Last Name	Date of Birth	Gender
Household Member First Name	Household Member Last Name	Date of Birth	Gender

### CONTACT INFORMATION

City	State	ZIP Code
Work Phone	Cell Phone	
Email Address	Primary School Location (optional)	
Household Size	Yearly Income Before Taxes \$	

### QUALIFYING GUIDELINES FOR SCHOLARSHIP APPLICATION

Household Size	1	2	3	4	5	6	7	8
Full Scholarship	\$31,650	\$36,200	\$40,700	\$45,200	\$48,850	\$52,450	\$59,045	\$65,728
3/4 Scholarship	\$52,700	\$60,250	\$67,800	\$75,350	\$81,400	\$87,450	\$93,400	\$99,450
1/2 Scholarship	\$77,700	\$88,800	\$99,900	\$110,950	\$119,850	\$128,750	\$137,600	\$146,500

**Example: If your family size is 2 and your household income is \$27,800 or less, you are eligible for a full scholarship.**

I certify that the above information is correct to the best of my knowledge. I reside within the city limits of Bellevue, and I understand that any additional fees (i.e., supply fees, late fees for Day Camp Programs) are my own responsibility. **Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

If you are outside qualifying parameters and believe you qualify, please contact us by one of the following:

- **Email:** parksweb@bellevuewa.gov
- **Call:** 425-452-6885, option #1
- **In person** at one of the facilities listed on the front page

### OFFICE USE ONLY

Date _____ Year _____	Approved By (print) _____	Initial _____
<input type="checkbox"/> Approved <input type="checkbox"/> Denied <input type="checkbox"/> Exception	Comments: _____	
Circle One: 50% 75% 100%	_____	
Staff Name: _____	_____ <input type="checkbox"/> COB <input type="checkbox"/> INC	



## Experience the magic of theatre with one of Bellevue Youth Theatre's winter performances.

Tickets \$13/each • Livestream access \$8

### The Little Prince

*No livestream available for this production.*

A plane crashes in the middle of the desert and a lonely aviator meets a strange little prince who's far away from his home planet. Through telling stories and drawing pictures, the aviator gains a new perspective on the beauty of life and love. This charming tale is fun for the whole family.

Friday, March 28 at 7 pm  
Saturday, March 29 at 7 pm  
Sunday, March 30 at 2 pm  
Friday, April 4 at 7 pm  
Saturday, April 5 at 2 & 7 pm  
Sunday, April 6 at 2 pm

### Storybook Series

Introducing BYT's first play for the very young (ages 3-7), Storybook Series is an interactive theatre experience featuring familiar fairy-tale characters. Join Hansel and Gretl, Goldilocks, Jack, Little Red, and their friends on this magical storybook adventure. This show includes pre-show activities, dances, and even a sing-along! Experience the magic and wonder of live theatre in this production that was created for the whole family!

Friday, April 18 at 6 pm  
Saturday, April 19 at 2 pm & 6 pm  
Friday, April 25 at 6 pm  
Saturday, April 26 at 2 pm & 6 pm  
Sunday, April 27 at 2 pm

Visit [BellevueWA.gov/BYT](http://BellevueWA.gov/BYT) or call 425-452-7155 for more information or to purchase tickets.