

# CONNECTIONS

October through  
December, 2024



**Bellevue resident  
registration begins  
September 4 @ Noon**

Registrations from non-Bellevue residents will be accepted beginning September 11.



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

#### Food & Refreshments

Programs listed in this brochure may include a food or beverage refreshment. Please contact your Program Area site for more information; phone numbers are available in this brochure. Food and beverage cost, when applicable, is included in the cost of the program.

**City of Bellevue Tax ID Number** 91-6007020

*Every attempt has been made to ensure that information in this brochure is accurate at the time of publication. For the most up-to-date information on activity availability, pricing, dates, times, and location, please visit our online registration system at [register.BellevueWA.gov](http://register.BellevueWA.gov).*

*Program availability, minimum and maximum enrollment, location, times, dates, and health screening requirements are all subject to change based on the latest guidance from local, state, and national public health authorities.*

*On the Cover: Halloween on the Hill at South Bellevue Community Center. Photo by Colin Walker*

*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	<b>Information</b>	情報
Información		معلومات
సమాచారం		Информация
اطلاعات		Thông Tin
सूचना	<b>425-452-6800</b>	資料



# Financial Assistance Available for Recreation Programs

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

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

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

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

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

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

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

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

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

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

# Registration & Payment Policies

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

For camps meeting fewer than 15 hours per week, please see "General Recreation Programs and Mini-Camps" policies. Day Camp policies on this page do not apply to camps meeting fewer than 15 hours per week.

## Food & Refreshments

Programs listed in this brochure may include a food or beverage refreshment. Please contact the Program Area site for more information; phone numbers are available in this brochure. Food and beverage cost, when applicable, is included in the cost of the program.

## City of Bellevue Tax ID Number:

91-6007020

## Registration Priority:

The City of Bellevue is committed to providing a wide range of recreation activities for Bellevue residents. Therefore, the City gives advance registration preference for those residing within the Bellevue city limits. Non-residents are welcome to take part in recreation programs on a space-available basis. Non-resident registrations are not accepted prior to the first day of non-resident registration. On this day, mailed and faxed registrations will be accepted, via phone at 425-452-6885, or online at <http://register.bellevuewa.gov>.

*Due to an interlocal agreement with King County, all registrations for programs at South Bellevue Community Center are processed in the order received.*

## Registration Confirmation:

Registration receipts are mailed electronically after registration has been processed. Call 425-452-6885 to request a printed registration receipt.

## Financial Assistance/Scholarships:

Financial assistance is available to qualifying residents who live within the Bellevue City limits. Applicants will be notified of the amount due for each registration after financial assistance application is processed. Please call 425-452-6885 or visit [BellevueWA.gov/Connections](http://BellevueWA.gov/Connections) for information on applying for financial assistance.

## Payment:

Payment is accepted in cash, gift certificates, checks, or Visa/MasterCard only. Payment for all programs except day camps is due in full at the time of registration. All transactions completed online require payment in full at the time of registration. Please do not mail cash.

*Scholarship/financial assistance application is required prior to registration.*

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

Day Camps: Each Day Camp requires a \$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 September 4 at Noon**  
**Registrations from non-Bellevue residents will be accepted beginning September 11.**

### 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**

Fall Auditions – free for Bellevue residents  
Mummy's Revenge  
Finding Nemo JR  
'Twas the Night Before Christmas

## **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  
Kelsey Creek Farm Fair  
Barn Lighting  
Log Cabin Open House  
Fraser Cabin Heritage Program  
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  
SeniorTech Computer Help  
Sounds of Swing - Jazz

## **Northwest Arts Center**

Indoor Play

## **South Bellevue Community Center**

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 Information

Last Name	First Name	Date of Birth
Street Address	City	State ZIP
Email Address-By providing your email address, you will receive receipts and updates from Bellevue Parks & Community Services ( ) ( )		
Primary Phone	Alternate Phone	

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

Date of Birth: \_\_\_\_\_

**Registration Opens:**  
 Bellevue Resident: **September 4<sup>th</sup>**  
 Non-Bellevue Resident: **September 11<sup>th</sup>**

**INTELLECTUAL DISABILITY PROGRAMS**  
 NO CLASS: NOVEMBER 11<sup>TH</sup>, 28<sup>TH</sup>, 29<sup>TH</sup>

<b>Indoor Bocchia</b> .....\$60(r)   \$72(nr) Sat 9am-11am Sep 28 <sup>th</sup> – Nov 23 <sup>rd</sup>	<b>Morning-Arts &amp; Crafts **</b> ..... \$50(r)   \$63(nr) Fri 11am-12:30pm Sep 27 <sup>th</sup> - Nov 22 <sup>nd</sup>
<b>Hangout</b> ..... \$50(r)   \$63(nr) Mon-Thu 3pm-5pm Sep 23 <sup>rd</sup> - Nov 27 <sup>th</sup>	<b>Afternoon-Arts &amp; Crafts **</b> ..... \$50(r)   \$63(nr) Fri 1pm-2:30pm Sep 27 <sup>th</sup> - Nov 22 <sup>nd</sup>
<b>Artistic Inspirations</b> .....\$72(r)   \$88(nr) Mon 5pm-7pm Sep 23 <sup>rd</sup> - Nov 25 <sup>th</sup>	<b>World Rhythms Concert</b> .....FREE Mon 5pm-7pm September 16 <sup>th</sup>
<b>Social Club</b> ..... \$50(r)   \$63(nr) Mon 7pm-8pm Sep 23 <sup>rd</sup> - Nov 25 <sup>th</sup>	<b>Halloween Howl</b> ..... \$10(r)   \$12(nr) Fri 6pm-8:30pm October 18 <sup>th</sup>
<b>Fitness</b> .....\$89(r)   \$111(nr) Tue/Thu 5pm-6:30pm Sep 24 <sup>th</sup> - Nov 26 <sup>th</sup>	<b>Holiday Dinner &amp; Dance</b> .....\$10(r)   \$12(nr) Fri 6pm-8:30pm December 6 <sup>th</sup>
<b>Multi-Sport</b> ..... \$71(r)   \$88(nr) Tue/Thu 6:30pm-8pm Sep 24 <sup>th</sup> - Nov 26 <sup>th</sup>	<b>North Bellevue Community Center</b> 4063 148th Ave NE   Bellevue, WA 98007
<b>Movie Time</b> .....\$50(r)   \$63(nr) Wed 5pm-7pm Sep 25 <sup>th</sup> - Nov 27 <sup>th</sup>	<b>Seafair Cruise</b> .....FREE Sun 2pm-5pm December 8 <sup>th</sup>
<b>BINGO</b> ..... \$50(r)   \$63(nr) Wed 7pm-8pm Sep 25 <sup>th</sup> - Nov 27 <sup>th</sup>	<b>Meet at Meydenbauer Bay Yacht Club</b> 9927 Meydenbauer Way SE   Bellevue, WA 98004

<b>Virtual Trivia</b> .....\$50(r)   \$63(nr) Mon 7pm-8pm Sep 23 <sup>rd</sup> - Nov 25 <sup>th</sup>	<b>Virtual BINGO</b> .....\$50(r)   \$63(nr) Wed 7pm-8pm Sep 25 <sup>th</sup> - Nov 27 <sup>th</sup>
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**PHYSICAL DISABILITY PROGRAMS**  
 NO CLASS: NOVEMBER 28<sup>TH</sup>

<b>PD Exercise</b> .....\$108(r)   \$129 (nr) Tue & Thu 11am-Noon Sep 24 <sup>th</sup> - Dec 5 <sup>th</sup>	<b>PD Exercise</b> .....\$108(r)   \$129(nr) Tue & Thu Noon-1:30pm Sep 24 <sup>th</sup> - Dec 5 <sup>th</sup>
<b>PD Brunch</b> .....FREE Tuesday 11am-1:30pm December 3 <sup>rd</sup>	

(r)= Resident of Bellevue (nr)=Non-Bellevue Residents  
**\*\*Can only register for one craft class\*\***

**Remember to sign the back**

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 / 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



Payment Details	
<b>Payment Method</b>	
<input type="checkbox"/> Check	<input type="checkbox"/> D.D.A. (send to Highland CC)
<input type="checkbox"/> Credit Card	Total Fee: \$ _____
Card Number _____	
Expiration Date _____	CVV _____

**Highland Community Center** Fall 2024 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

## Halloween Howl

This class is adapted and designed for individuals with intellectual disabilities. Get ready to boogie in the moonlight at our spooktacular Halloween dance! Join us for a night of ghoulish fun with witch's brew, Halloween treats, and snacks. We'll also have a photo booth for capturing those scary-good moments, a crafting corner for creating eerie masterpieces, and a sensory room for some chilling relaxation. Let's make this a frightfully fantastic evening! Guardians and caregivers are FREE. Registrations at the door accepted

\$10(R) \$12(N) Ages 16/up  
5761 6:00pm-8:30pm 10/18

## Highland's Holiday Dinner & Dance Party

This class is adapted and designed for individuals with intellectual disabilities. Get ready to dazzle in your holiday sweater at our Holiday Extravaganza, whether it's a classic or your fabulous creation. Join friends and Highland staff as we dance the night away, savor a delicious dinner, and strike a pose in our fun photo booth. We've also got a sensory room for relaxation and a crafting corner for extra creativity. Let's make this a night to remember! Guardians and caregivers are FREE.

Registrations at the door accepted

Please note the location of this event: North Bellevue Community Center 4063 148th Ave NE Bellevue WA 98007

\$10(R) \$12(N) Ages 16/up  
5792 6:00pm-8:30pm 12/6

## World Rhythms: A Musical Journey with Ian Dobson

This event is adapted and designed for adults with intellectual disabilities. Join us for a captivating musical journey with Ian Dobson! Ian, a world-traveling percussionist, and educator, brings diverse cultural rhythms to life with his unique blend of Caribbean steel drums, jazz, and Latin beats. Don't miss this exciting opportunity to experience his vibrant and inclusive performance. Register now for an unforgettable musical adventure!

FREE Ages 8/up  
5940 5:00pm-7:00pm 9/16

## Seafair Cruise

This event is adapted and designed for adults with intellectual disabilities. Meydenbauer Yacht Club provides the ships and volunteers to join the parade along the Lake Washington Shoreline. Individuals interested in attending please register. Wheelchair and walker users need to register directly through Seafair. Space is limited. Meet at Meydenbauer Yacht Club, 9927 Meydenbauer Way SE; Bellevue, WA 98004.

FREE Ages 18/up  
5793 Su 2:00pm-5:00pm 12/8

## 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(R) \$56(N) Ages 14/up  
5004 We 4:00pm-5:00pm 11/6-12/18

## 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

\$72(R) \$88(N) Ages 18/up  
5720 Mo 5:00pm-7:00pm 9/23-11/25

## 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

\$50(R) \$63(N) Ages 18/up  
5718 Fr 11:00am-12:30pm 9/27-11/22  
5719 Fr 1:00pm-2:30pm 9/27-11/22

## 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

\$50(R) \$63(N) Ages 18/up  
5758 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

\$89(R) \$111(N) Ages 18/up  
5724 Tu, Th 5:00pm-6:30pm 9/24-11/26

## Highland Hangout

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

Highland Community Center

\$50(R) \$63(N) Ages 18/up  
5723 Mo-Th 3:00pm-5:00pm 9/23-11/27

### Indoor Bocchia

This class is designed and adapted for adults with intellectual disabilities. Get ready for a blast with Bocchia! 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 Bocchia 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. Bocchia 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  
\$60(R) \$72(N) Ages 18/up  
5760 Sa 9:00am-11:00am 9/28-11/23

### 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  
\$50(R) \$63(N) Ages 18/up  
5757 We 5:00pm-7:00pm 9/25-11/27

### Multi-Sport

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

Highland Community Center  
\$71(R) \$88(N) Ages 18/up  
5756 Tu, Th 6:30pm-8:00pm 9/24-11/26

### 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  
\$50(R) \$63(N) Ages 18/up  
5721 Mo 7:00pm-8:00pm 9/23-11/25

### 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  
\$50(R) \$63(N) Ages 18/up  
5722 Mo 7:00pm-8:00pm 9/23-11/25

### 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  
\$50(R) \$63(N) Ages 18/up  
5759 We 7:00pm-8:00pm 9/25-11/27

### Theater of Possibility

Theater of Possibility ("TOP") works to foster creativity, teach resilience, and build community through acting, improvisation, and the creation of original theater. This is an adaptive theatre program for participants with intellectual disabilities. You must speak to staff at BYT to register.

Bellevue Youth Theatre  
FREE (R) \$200(N) Ages 8-12  
5868 Sa 9:30am-10:20am 10/12-3/22  
FREE (R) \$200(N) Ages 13/up  
5869 Sa 10:30am-11:45am 10/12-3/22

### PD Exercise

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

Highland Community Center  
\$108(R) \$129(N) Ages 18/up  
5962 Tu, Th 11:00am-12:00pm 9/24-12/5  
5972 Tu, Th 12:00pm-1:30pm 9/24-12/5

## Drop-In Programs

### 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.

### Family Story and Play Time

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

North Bellevue Community Center

### Family Play Time

Free Ages 1-5  
3260 Th 2:00pm-4:00pm 1/4-12/26

### Family Story Time

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

Free Ages 1-5  
3259 Th 1:30pm-2:00pm 1/4-12/26

### Indoor Play

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

South Bellevue Community Center  
\$4(R) \$5(N) Ages 5/under  
5159 Mo, We, Fr 10:30am-12:00pm 10/2-12/20

### Afterschool Teen Makerspace

The Crossroads Community Center Makerspace is a community-oriented workspace where teens 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 are instructor-led projects. Wednesdays are drop-in days with limited supplies available for participants.

Free  
Ages 12-18  
Tu, We 3:00pm-5:00pm 9/10-9/25  
Tu, We 3:00pm-5:00pm 10/1-12/10

### Teen Makerspace Workshop Series

Crossroads Community Center

#### Crochet the Day Away

Crochet the day away! Various crochet patterns will be available for participants to try including beginner projects. All supplies will be on hand for participants. Theme ideas will be posted for inspiration!

FREE  
Ages 12-18  
5870 Tu 3:00pm-5:00pm 10/1

#### Canvas Art!

Canvas Art! Various mediums will be available to create with including paint, paper, chalking and more! Theme ideas will be posted for inspiration!

FREE  
Ages 12-18  
5871 Tu 3:00pm-5:00pm 10/8

#### Flip Book Stories

Flip Book Stories. Create a story using your imagination, supplies and a flip book! Theme ideas will be posted for inspiration!

FREE  
Ages 12-18  
5872 Tu 3:00pm-5:00pm 10/15

#### Iron on Artwork

Iron-on Artwork. Use the Cricut Machine to create your art and iron-on to shirts, bags, and more! Theme ideas will be posted for inspiration!

FREE  
Ages 12-18  
5873 Tu 3:00pm-5:00pm 10/22

#### Halloween Scream!

Halloween Art Time!  
Create your own Halloween themed design using the medium or mediums of your choice. Paint, paper, markers, pens, glitter, glue and more. Theme ideas will be posted for inspiration!

FREE  
Ages 12-18  
5874 Tu 3:00pm-5:00pm 10/29

#### Bracelets & Beading

Bracelets and Beading... and more! Supplies will be on hand to make bracelets, necklaces and more! Also beading supplies will be available. Theme ideas will be posted for inspiration!

FREE  
Ages 12-18  
5875 Tu 3:00pm-5:00pm 11/5

### Paper art projects

Paper art projects.  
Various types of paper will be available to create the artwork of your choice. Theme ideas will be posted for inspiration!

FREE  
Ages 12-18  
5876 Tu 3:00pm-5:00pm 11/12

### Tie Dye Takeover

Tie Dye Takeover!  
Supplies will be on hand to create tie dye shirts, bags or handkerchiefs. Theme ideas will be posted for inspiration!

FREE  
Ages 12-18  
5877 Tu 3:00pm-5:00pm 11/19

### Cricut Crazy Art

Cricut Crazy Art!  
Various items will be made available to create awesome Cricut art! Theme ideas will be posted for inspiration!

FREE  
Ages 12-18  
5878 Tu 3:00pm-5:00pm 11/26

### Holiday Art

Holiday Art  
Create and celebrate the holidays that mean the most to you! Various mediums will be made available for participants to use to create art that will showcase your favorite holiday! Theme ideas will be posted for inspiration!

FREE  
Ages 12-18  
5879 Tu 3:00pm-5:00pm 12/3

### Card Making workshop

Card Making workshop  
Create greeting cards! Use for family and friends birthdays, holidays or just because! Theme ideas will be posted for inspiration!

FREE  
Ages 12-18  
5880 Tu 3:00pm-5:00pm 12/10

### 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 Ongoing  
Tu, Th 6:00pm-8:00pm Ongoing  
Mo, We, Fr 3:00pm-5:00pm Ongoing

Hidden Valley Sports Park

\$4(R) \$5(N) Ages 18/up  
5819 Tu, We 10:00am-12:00pm 10/1-12/18  
5820 Fr 12:30pm-2:30pm 10/4-12/20

### Drop-In Volleyball

Coed Volleyball at Hidden Valley Sports complex is for adults ages 18+. This is a drop-in program. A COB PlayPass is recommended which can be purchased at any City of Bellevue recreation facility. Day drop-in rates may be paid with Visa or MasterCard only.

Hidden Valley Sports Park

\$4(R) \$5(N) Ages 18/up  
5821 Mo, Fr 10:00am-12:00pm 10/4-12/20

## NBCC Drop-in Social Activities

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

North Bellevue Community Center

### Drop-In Billiards

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

Free			Ages 18/up
	Mo-Th	9:00am-8:30pm	Ongoing
	Fr	9:00am-5:30pm	Ongoing

### Board Game Library at NBCC

Participants are welcome to use the NBCC game library during business hours. This program receives funds from the King County Veterans, Seniors and Human Services Levy.

Free			Ages 18/up
	Mo-Th	9:00am-8:30pm	Ongoing
	Fr	9:00am-5:30pm	Ongoing

### Drop-in Cribbage

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

Free			All Ages
	Th	10:00am-12:00pm	Ongoing

### Drop-in Pinochle

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

Free			All Ages
	Th	12:00pm-3:00pm	Ongoing

### Drop-in Duplicate Bridge

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

Free			Ages 18/up
	Fr	12:15pm-3:30pm	Ongoing

### Coffee & Coloring

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

Free			All Ages
	Fr	9:30am-11:30am	Ongoing

### Friday Movies

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

Free			Ages 18/up
	Fr	2:00pm-4:00pm	Ongoing

## Hidden Valley Drop-In Sports

Hidden Valley Sports Park

### Drop-In Pickleball

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

\$4(R) \$5(N)			Ages 18/up
5819	Tu, We	10:00am-12:00pm	10/1-12/18
5820	Fr	12:30pm-2:30pm	10/4-12/20

### Drop-In Volleyball - Coed

Coed Volleyball at Hidden Valley Sports complex is for adults ages 18+. This is a drop-in program. A COB PlayPass is recommended which can be purchased at any City of Bellevue recreation facility.

\$4(R) \$5(N)			Ages 18/up
5821	Mo, Fr	10:00am-12:00pm	10/4-12/20

### South Bellevue Community Center Climbing Wall

The South Bellevue Climbing Wall is 33 feet tall and sculpted to look and feel like Index granite. The wall offers three, top-ropes each with several routes with varying degrees of difficulty from beginner to expert and a bouldering wall. Call 425-452-4240 or visit [BellevueWA.gov/SBCC](http://BellevueWA.gov/SBCC) for the current schedule.

### South Bellevue Community Center Drop-In Sports

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

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

### CCC Drop-In Programs

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

Crossroads Community Center

### Adult Basketball

Extend your lunch break with drop-in adult hoops.

\$4(R) \$5(N)			Ages 18/up
Call 425-452-4874 for current schedule			

### Adult Pickleball

Open play pickleball offered at a variety of times throughout the week.

\$4(R) \$5(N)			Ages 18/up
Call 425-452-4874 for current schedule			

### Badminton

Family badminton on Monday nights. Free for 18 and under.

\$4(R) \$5(N)			All Ages
Call 425-452-4874 for current schedule			

### 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.

Free All Ages  
Call 425-452-4874 for current schedule

### Youth/Family Basketball

FREE afterschool drop-in program for students and families.

Free Ages 18/under  
Call 425-452-4874 for current schedule

### Adult Table Tennis

Six ping pong tables provided for open play in the gym.

\$4(R) \$5(N) Ages 18/up  
Call 425-452-4874 for current schedule

### Adult Volleyball

Play volleyball after-work on Wednesday nights.

\$4(R) \$5(N) Ages 18/up  
Call 425-452-4874 for current schedule

### Indoor Kite Flying

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

Free All Ages  
Call 425-452-4874 for current schedule

### Indoor Play

Great way to get out of the house and make new friends.

\$4(R) \$5(N) Ages 5/under  
Call 425-452-4874 for current schedule

### Drop-In Programs at Highland Community Center

#### Adult Badminton

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

Highland Community Center  
\$4(R) \$5(N) Ages 18/up  
Mo/We 1:30pm-3:30pm Ongoing

#### Adult Basketball

Drop-In Basketball is available on Tuesdays and Thursdays from 11:30a-1:30pm (Excluding Holidays) The adult drop-in sports programs have a cap of 15 players per day. Fees payable at the door.

Highland Community Center  
\$4(R) \$5(N) Ages 18/up  
Tu/Th 11:30am-1:30pm Ongoing

### Child Indoor Play

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

Highland Community Center  
\$4(R) \$5(N) (Parent/Caregiver Free) Ages 8/under  
We/Fr 9:00am-12:00pm Ongoing

### Exercise:

Welcome to our inclusive fitness room, where you'll find adaptive equipment for your fitness needs. Whether you seek to maintain motor strength, enhance range of motion, or build stamina, check us out! Fees payable at the door.

Highland Community Center  
\$4(R) \$5(N) Ages 18/up  
Mo/We 9:00am-5:00pm Ongoing  
Tu/Th 2:00pm-5:00pm Ongoing

### 50+ Half-Court Basketball

Get ready to rediscover the joy of the game and connect with fellow enthusiasts! Whether you're craving the thrill of half-court action or simply looking to shoot hoops and unwind, our exclusive sessions for ages 50+ offer camaraderie, laughter, and unforgettable moments on the court. Fees payable at the door.

Highland Community Center  
\$4(R) \$5(N) Ages 50/up  
Fr 1:00pm-3:00pm Ongoing

## 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

### Book Group

Volunteer-led adult book group. Group meets on monthly basis (Fridays) at Crossroads Community Center.

Crossroads Community Center  
FREE Ages 18/up  
5032 Fr 11:00am-2:00pm 7/26, 8/30, 9/27

### 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!

South Bellevue Community Center

Free Ages 18/up  
5691 Th 1:00pm-3:00pm 10/3-12/19

### Line Dancing

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

South Bellevue Community Center

Free Ages 18/up  
5152 Mo 1:00pm-3:00pm 10/7-12/30

### CCC Book Group

Volunteer-led adult book group. Group meets on monthly basis (Fridays) at Crossroads Community Center.

Crossroads Community Center

Free Ages 18/up  
5679 Fr 11:00am-2:00pm 10/25-12/6

### 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  
5681 We, Fr 10:00am-12:00pm 10/2-12/20

## NBCC Trips & Tours

Come join and meet other older adults through NBCC Trips & Tours. Fee includes round trip transportation to and from North Bellevue Community Center and destination. Round trip home pickup is available for Bellevue residents upon request. *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

### Snoqualmie Falls

Visit Snoqualmie Falls, a Washington state landmark attraction and site of natural, historic, and cultural convergence. View the falls from 2 upper paved observation areas cascading 268 feet over granite cliffs. From there, you'll have access to Centennial Interpretive Trail, a paved walk you may follow for 1 mile leading into historic downtown Snoqualmie (2 miles roundtrip). Alternatively, enjoy the mellow, but steep, nature hike down to the lower Falls viewpoint along the unpaved .75-mile River Trail (1.5 miles roundtrip) descending about 270 ft, where you can soak up energy from the powerful falls. A \$10 non-refundable travel fee will be collected at the time of registration. *This program receives funding from the King County Veterans, Seniors, and Human Services Levy intended for those individuals aged 55 or older.*

\$10(R) \$12(N) Ages 55/up  
5627 9:45am-3:00pm 10/8

### Tulalip Casino & Seattle Premium Outlets

Fun is the name of the game at Tulalip, featuring the best variety and selection of games and cash back of any casino in the area! Extra special promotions give you more ways to win at Tulalip. Plus, the holidays are right around the corner, so why not start your holiday shopping ahead of the crowd? Find impressive savings at Seattle premium outlets! Please bring funds for food & beverage, gaming, and shopping. \$10 non-refundable travel fee will be collected at the time of registration. *This program receives funding from the King County Veterans, Seniors, and Human Services Levy intended for those individuals aged 55 or older.*

\$10(R) \$12(N) Ages 55/up  
5314 Daily 10:00am-4:00pm 11/12

### Out to Lunch: Falls Buffet at Snoqualmie Casino

Come hungry and make yourself at home with five action stations of world-class comfort food in the heart of the Snoqualmie Valley. Participants will meet in the lobby at North Bellevue Community Center at 10 a.m. and travel together to the restaurant. Please bring funds for lunch on your own. Space is limited and advance registration is required. A \$10 non-refundable travel fee will be collected at the time of registration. *The funds for this workshop are covered under the King County Veterans, Seniors and Human Services Levy intended for those individuals aged 55 or older.*

\$10(R) \$12(N) Ages 55/up  
5766 Daily 10:00am-2:00pm 12/10

## Multi-Cultural Services & Programs

### Health and Wellness for Older Adults

Workshops, discussions and services promoting health and wellness for older adults.

North Bellevue Community Center

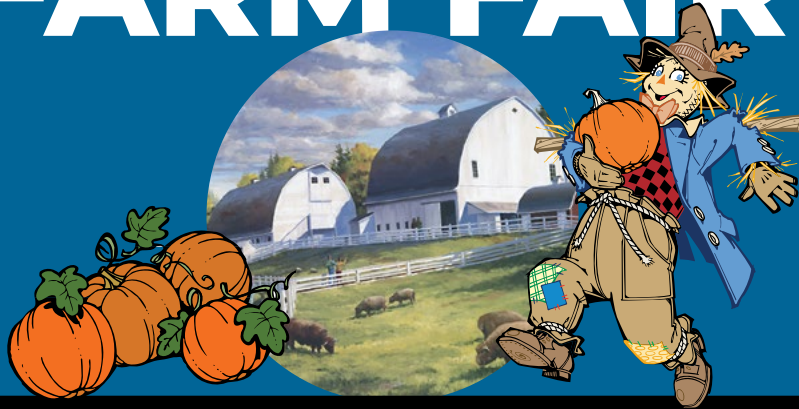
### Introduction to Mental Health for Older Adults & Caregivers

Join us for this introduction to what mental wellness looks like for aging adults and their caregivers. The workshop is led by a licensed psychotherapist and consultant. Topics we will discuss include: Common mental health conditions, how mental health impacts older adults and caregivers, early warning signs of mental health conditions, factors that impact mental health, barriers to seeking mental health services, and strategies and resources to support older adults and caregiver mental health. *The funds for this event are covered under the King County Veterans Seniors and Human Services Levy intended for those individuals aged 55 or older.*

Free Ages 55/up  
5325 Fr 1:00pm-2:00pm 10/18



# KELSEY CREEK FARM FAIR



**Saturday, October 1, 11 a.m.-4 p.m.**

Free shuttle available from Banerwood Sports Park and Wilburton Park & Ride. Sorry, no ATM on site and pets are not allowed in the barnyard.

Visit [BellevueWA.gov/Kelsey](http://BellevueWA.gov/Kelsey) for more information

- Pumpkin Patch and Decorating
- Country Lane
- Children's Play Area
- Tractor-Pulled Wagon Rides
- Food Trucks
- Kettle Corn
- Fun Farm Photo Area
- Animal Viewing
- Pedal Tractors

**And more!**



## ESL

North Bellevue Community Center

### CISC ESL Instruction

This class will be conducted in English and Cantonese/Mandarin. Participants will learn basic English words and simple phrases. This class is great for new English learners with no and low English literacy skills.

This class is coordinated by Chinese Information Services Community Living Connections Outreach Program. Please contact Boliver Choi at [boliverc@cisc-seattle.org](mailto:boliverc@cisc-seattle.org) for any questions. Registration required to join online. In-person participants can drop in without registration.

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

### NBCC Drop-In Social Services

North Bellevue Community Center

### CISC Drop-In SHIBA Assistance

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

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

## ELAP Legal Assistance

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

Free			Ages 55/up
3257	Th	2:30pm-5:30pm	1/4-12/26

## 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. Please contact Lyudmila Pashkova at [lyudmilap@cisc-seattle.org](mailto:lyudmilap@cisc-seattle.org) or Boliver Choi at [boliverc@cisc-seattle.org](mailto:boliverc@cisc-seattle.org) for any questions.

Free			Ages 50/up
3120	Tu, Fr	9:30am-2:00pm	1/2-12/20

## CISC Information & Assistance

Information & Assistance provides short-term support and crisis intervention to help low-income families and people with disabilities with no/low English literacy to access crucial services. Through our language appropriate services, we help our clients understand options and resources available to them so that they can make informed choices. We offer personal application assistance for clients who are in need of public assistance to meet their basic necessities.

This class is provided in Mandarin to those 55+ and is coordinated by CISC's Family Resource Support Program. Please contact Karia Wong at kariaw@cisc-seattle.org or Stephen Lam at stephenl@cisc-seattle.org for any questions. This is a FREE walk-in first come first served program.

Free Ages 18/up  
3115 Th 9:00am-12:00pm 1/4-12/19

## 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. Contact IACS for additional information; 206-805-8955, or www.iacswa.org.

Free Ages 18/up  
3261 Th 9:00am-3:00pm 1/4-12/19

## Sea Mar Community Program

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

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.

Free Ages 18/up  
3275 Fr 9:00am-2:00pm 1/5-12/27

## Music @NBCC

North Bellevue Community Center

### CISC Chorus

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

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

## NBCC Chorus

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

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

## CISC Chinese Musical Instrument Group

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

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

## Sounds of Swing Big Band Practice

Sounds of Swing Big Band rehearses toe-tapping music of the swing era as well as jazz standards for your listening pleasures at North Bellevue Community Center. No pre-registration required. This is a FREE activity and takes place every Tuesday except the 2nd Tuesday of the month where we host a dance for a \$3 fee.

Free Ages 18/up  
3279 Tu 1:00pm-3:00pm 1/9-12/17

# 多元文化服務與項目

## 老年人健康與保健

North Bellevue Community Center (北 Bellevue 社區中心)

## ESL

North Bellevue Community Center (北 Bellevue 社區中心)

## 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。

本課程由中文資訊服務社區生活連結推廣計劃協調。若有任何疑問，請透過下列電子郵件聯絡 Boliver Choi: boliverc@cisc-seattle.org。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。

免費 年滿 50 歲以上  
3103 星期三, 星期五 上午 9:15 至 10:45 1月3日至12月20日

## NBCC 到場社群服務

North Bellevue Community Center (北 Bellevue 社區中心)

## 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。

免費 年滿 18 歲以上  
2767 星期三 上午 9:30 至 11:00 1月3日至12月18日

## CISC (中文資訊服務中心, 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 的家庭資源支援計劃負責協調。如有任何疑問,請聯絡 Karia Wong (kariaw@cisc-seattle.org) 或 Stephen Lam (stephen@cisc-seattle.org)。這是先到先參加的免費課程。

免費 年滿 18 歲以上  
3115 星期四 上午 9:00 至中午 12:00 1 月 4 日至 12 月 19 日

## Music @NBCC

North Bellevue Community Center (北 Bellevue 社區中心)

## CISC 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。

免費 年滿 18 歲以上  
3117 星期一 上午 9:30 至中午  
12:00 1 月 8 日至 12 月 23 日

## Dance @NBCC

North Bellevue Community Center (北 Bellevue 社區中心)

## 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 - Chinese Information Service Center (中文資訊服務中心) 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。

\$4 (居民) \$5 (非居民) 年滿 18 歲以上  
2765 星期三 下午 1:00 至下午 2:45  
1 月 3 日至 12 月 18 日

# 多元文化服務與項目

## 老年人健康與保健

North Bellevue Community Center (北 Bellevue 社區中心)

## ESL

North Bellevue Community Center (北 Bellevue 社區中心)

## CISC ESL 教學

本課程將使用英語和廣東話/普通話授課。參與者將學習基礎英語單詞和簡單的短語。本課程適合無英語讀寫能力或能力水平較低的英語初學者。

本課程由仁人服務社的社區生活連接外展計劃協調。如有疑問,請聯繫 Boliver Choi, 電子郵件: boliverc@cisc-seattle.org。線上參與課程需要進行註冊。線下課程無需註冊即可參加。

免費 年齡 50 歲及以上  
3103 周三、周五 上午 9:15-上午 10:45 1/3-12/20

## NBCC 免預約社會服務

North Bellevue Community Center (北 Bellevue 社區中心)

## CISC 老年人健康保險福利上門援助

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。

免費 年齡 18 歲及以上  
2767 周三 上午 9:30-11:00 1/3-12/18

## CISC 信息與援助計劃

信息與援助計劃旨在提供短期支持和危機干預,以幫助英語能力差或較低的低收入家庭和殘疾人獲得關鍵服務。通過我們的語言相關服務,我們將幫助客戶了解可供選擇的選項和資源,以便他們做出明智的選擇。我們為需要公共援助的客戶提供個人申請援助,以滿足他們的基本生活需要。

本課程面向年滿 55 歲人士,使用普通話授課,並由 CISC 家庭資源支持計劃協調。如有任何疑問,請聯繫 Karia Wong (kariaw@cisc-seattle.org) 或 Stephen Lam (stephen@cisc-seattle.org)。這是一項免費項目,先到先得。

免費 年齡 18 歲及以上  
3115 周四 上午 9:00-中午 12:00 1/4-12/19

## NBCC 樂器隊

North Bellevue Community Center (北 Bellevue 社區中心)

## CISC 中國樂器隊

CISC 中國樂器隊是中國音樂和樂器愛好者的非正式聚會。每週一,參與者會聚集在一起演奏和欣賞中國音樂。這不是一個教學小組;參與者必須擁有個人樂器,並準備好與他人一起演奏音樂。

免費 年齡 18 歲及以上  
3117 周一 上午 9:30-中午 12:00 1/8-12/23

## NBCC 舞蹈隊

North Bellevue Community Center (北 Bellevue 社區中心)

## CISC 排舞團

排舞是一種編排的舞蹈,其中有一系列重複的舞步,需要一群人排成一排或多排,並且所有人面對面或朝著同一個方向,同時跳這些舞步。在這個舞團,您將學習並練習這些舞蹈和動作!您也可以選擇獨舞(即無需舞伴)。這是一項可即時參加的活動,無需預先報名。活動現場付費

該項目由 CISC - Chinese Information Service Center (仁人服務社) 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。

\$4(R) \$5(N) 年滿 18 歲  
2765 周三 下午 1:00-下午 2:45 1/3-12/18

# बहु-सांस्कृतिक सेवाएँ एवं कार्यक्रम

## IACS सामुदायिक कार्यक्रम

North Bellevue Community Center (North Bellevue कम्प्यूनिटी 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 कुर्सी योगा, स्वास्थ्य वार्ता सहित सामाजिक संचार गतिविधियों के लिए सुरक्षित, रचनात्मक स्थान प्रदान करके समुदाय में सांस्कृतिक फ्रांसलों को कम करने के प्रयास हेतु भागीदारी की है। IACS Bellevue की जनता के लिए स्वस्थ रहन-सहन पर लेक्चर्स, सावधान साँस लेने के व्यायाम, और विभिन्न प्रकार की विशेष सामूहिक गतिविधियाँ और युवा गतिविधियाँ प्रदान करेगा। हल्का लंच भी दिया जाएगा। ये प्रोग्राम प्रत्येक गुरुवार को सभी के लिए खुला है। अतिरिक्त जानकारी के लिए IACS से संपर्क करें: 206-805-8955, या [www.iacswa.org](http://www.iacswa.org)।

मुफ्त उम्र 18/ज्यादा  
3261 गुरुवार सुबह 9 बजे-दोपहर 3 बजे 1/4-12/19

# HALLOWEEN ON THE HILL



**Saturday, Oct. 26, 2024**

**SOUTH BELLEVUE COMMUNITY CENTER**

presenting sponsor



Halloween on the Hill is an annual event that consists of a series of Halloween themed activities for all ages. The community will participate in various activities throughout the day including the Great SBCC Pumpkin Race, Carnival with games and inflatable bouncers, Magic Show and much more. This event is a Fall tradition within the South Bellevue community.

## Мультикультурные услуги и программы

### 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 Дневной программы CISC для пожилых русскоязычных жителей. По любым вопросам обращайтесь к Lyudmila Pashkova по адресу [lyudmilap@cisc-seattle.org](mailto:lyudmilap@cisc-seattle.org) или Boliver Choi по адресу [boliverc@cisc-seattle.org](mailto:boliverc@cisc-seattle.org).

Бесплатно  
3120 Вт, Пт

Для возраста от 50 и старше  
9:30-14:00 1/2-12/20

## Servicios y programas multiculturales

### Programa comunitario Sea Mar

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

Este programa se imparte en asociación con Sea Mar. El 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.

Gratis  
3275 Vie

Edad: mayores de 18 años  
9:00 a. m. - 2:00 p. m. 1/5-12/27

# Continuing Education

## SeniorTech of Puget Sound Drop-in Computer Assistance

North Bellevue Community Center  
We offer technical support on a one-on-one basis on the 2nd and 4th Tuesday of each month, and the 5th Tuesday when there is one, during the hours of 9:30am to noon. Experienced senior technology users will be available to help you with technical issues with your computers and mobile devices. This is a drop-in program, no pre-registration required. Fees payable at the door; \$3/residents, \$4/non-residents.

## Older Adult Tech Literacy

Computer and technology classes and workshops for older adults.

North Bellevue Community Center

## Microsoft Windows Workshop

In this workshop, you will gain the skills to use Microsoft Windows with ease, learn to navigate the Start Menu, use the Taskbar, learn basics of file management, use a browser and search engine, set up email and security, and use voice options. You will learn tips and tricks make it easier for you to use your computer and get help when you need it. Please bring your Windows computer or Windows tablet and your charging cable, and also have your passwords available.

\$36(R) \$44(N) Ages 18/up  
5822 We 1:30pm-3:00pm 10/2-10/23

## Mobile Photography

Participants will provide their own mobile iOS or android device with an onboard camera while we explore standard techniques of photography for achieving proper composition, lighting, balance and focus to get that perfect shot. We will explore the early days of Photography leading up to present day advancements in photographic technology. Participants will also learn and practice mobile photo editing and file storage. Participants will complete an in-class exercise demonstrating understanding for techniques learned in class. This program is free; however, advance registration is required.

*This is a free program for older adults ages 55+. Funding for this program comes from the King County Veterans Seniors and Human Services Levy.*

Free Ages 55/up  
5767 Mo 11:00am-1:00pm 10/7, 11/4, 12/2

## ReSALE Online Marketplace Workshop

Join the ReSALE workshop series, where participants learn to downsize for aging in place, resale, or buying your favorite items you didn't know existed. The program is led, by a tech expert, who will safely guide you through the world wide web and into existing online marketplaces. We will explore desktop computer and mobile applications in this 3-part workshop. While no pre-requisite is required, it is encouraged to attend all 3 sessions. *This program receives funding from the King County Veterans, Seniors, and Human Services Levy intended for those individuals aged 55 or older.*

Free(R) Free(N) Ages 55/up  
5764 11:00am-12:30pm 10/14-10/28

# 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, including Seattle Art Museum, Frye Art Museum, Seattle Public Library, Central and West Seattle Branches, University House Wallingford, Mirabella, Bellevue's Crossroads Community Center Theater, Congregational Church on Mercer Island, and the Music Center of the Northwest in North Seattle. These intimate, one-half-hour to one-hour, music programs are free and open to the public.

Crossroads Community Center  
1:00pm-2:30pm 10/15, 11/19

# Arts

## Open Art Studio

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

South Bellevue Community Center  
FREE Ages 16/up  
Tu 1:00pm-3:00pm Ongoing

## Arts & Crafts at NBCC

North Bellevue Community Center

## Yarn Club

Yarn Club meets each Tuesday to explore the exciting and fun world of fiber crafts. Experiment with felting, knitting, crochet, and more during our open studio sessions and instructional workshops. This is a volunteer led program. Participants will need to provide their own materials and projects of open studio sessions. Open studio sessions are free, but workshops may require a payment to cover the cost of class materials.

Free(R) Ages 55/up  
5797 Tu 11:30am-1:00pm 10/1-12/17

## Afterschool Art Adventures

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!

\$64(R) \$76(N) Ages 7-11  
5771 We 3:30pm-4:45pm 10/2-10/23  
\$48(R) \$58(N) Ages 7-11  
5774 We 3:30pm-4:45pm 11/6-11/20  
5775 We 3:30pm-4:45pm 12/4-12/18

## Art for Older Adults

Art for Older Adults is a weekly art club. 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
5799	We	1:00pm-2:30pm	10/2
5807	We	1:00pm-2:30pm	10/9
5808	We	1:00pm-2:30pm	10/16
5809	We	1:00pm-2:30pm	10/23
5810	We	1:00pm-2:30pm	10/30
5811	We	1:00pm-2:30pm	11/6
5812	We	1:00pm-2:30pm	11/13
5813	We	1:00pm-2:30pm	11/20
5814	We	1:00pm-2:30pm	12/4
5815	We	1:00pm-2:30pm	12/11
5816	We	1:00pm-2:30pm	12/18

## Linocut Printmaking

Participants will learn how to carve linoleum blocks for relief/block printing. Safely handle industry standard carving tools to cut out your very own unique designs. You will then practice the technique of rolling ink, followed by pressing and stamping prints to take home. Make art prints, a greeting card template, decorate a picture frame, design a personal stamp- on the proper surface-- there are few limits to linocut block prints! Space is limited and advance registration is required.

*The funds for this workshop are covered under the King County Veterans, Seniors and Human Services levy intended for those individuals aged 55 or older.*

Free			Ages 55/up
5763		11:00am-1:00pm	11/18

## Winter Wreath Making

Join us at North Bellevue Community Center for Winter Wreath Making! Participants will decorate a wreath to take home this holiday season. We have a large variety of decorative material, but participants are encouraged to bring additional decor. Advance registration is required. *The funds for this event are covered under a levy intended for those individuals aged 55 or older. This program receives funding from the King County Veterans, Seniors, and Human Services Levy.*

Free			Ages 55/up
5317		1:00pm-2:30pm	11/26

## Spice Making & Face Mask Art Workshops

Attend this workshop and enjoy two multi-cultural activities: Spice Making and Face Mask Art creation. Embark on a flavorful journey with our hands-on Indian Spice Blending class. This immersive workshop introduces you to the rich world of Indian spices, teaching you how to blend and balance them to create authentic, aromatic spice mixes. Learn the history, uses, and health benefits of various spices while creating your own custom blends. Guided by an expert instructor, you'll discover the secrets to making classic Indian spice blends such as garam masala, chai masala, and more. Suitable for all cooking levels, this class provides all the ingredients and tools needed to enhance your culinary skills and bring the vibrant flavors of India to your kitchen. Join us to spice up your cooking with confidence and creativity!

Also, Discover the art of face mask decoration in this hands-on class where creativity meets practicality. Participants will learn various techniques to personalize and embellish face masks using paints, fabrics, beads, and other materials. Whether you're looking to make a fashion statement or simply add a personal touch to your protective gear, this class offers a fun and engaging way to express your style. Suitable for all skill levels, this workshop will provide all the necessary materials and guidance to create your unique designs. Join us to transform plain masks into wearable art!

Northwest Arts Center

Free			Ages All Ages
5938		2:00pm-4:00pm	9/28

## Pee Wee Picasso - Preschool Art

Dress for a mess as you and your little one explore hands on art projects using paint, glue, paper, stamps, and other art mediums. Kids and caregivers rotate through a variety of art stations to complete projects. All supplies and instruction provided.

Northwest Arts Center

\$120(R)	\$144(N)		Ages 2-5
5699	Mo	9:30am-10:15am	9/30-11/25
5700	Mo	10:30am-11:15am	9/30-11/25

## Watercolor Painting for Adults

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.

Northwest Arts Center

\$320(R)	\$384(N)		Ages 16/up
5697	Mo	12:30pm-2:00pm	9/30-11/25

## Illustration Book Design

This course is designed for aspiring illustrators and storytellers who want to bring their creative ideas to life through beautifully illustrated storybooks. Learn the fundamentals of drawing and illustration, including creating simple characters, scenes, and objects using various techniques in a fun and easy-to-understand way. Discover the joy of storytelling by developing your own stories, characters, and plotlines.

Northwest Arts Center

\$280(R)	\$336(N)		Ages 7-13
5701	Tu	6:00pm-7:15pm	10/1-11/19

## 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.

Northwest Arts Center

\$320(R)	\$384(N)		Ages 16/up
5696	Mo	11:00am-12:30pm	9/30-11/25



The City of Bellevue invites the community to celebrate Eastside Welcoming Week 2024 with several events during and around September 13-22. Welcoming Week is a national celebration bringing together neighbors of all backgrounds to build strong connections and affirm the importance of inclusive places in achieving collective prosperity. We celebrate the work to become welcoming places for all, including immigrants.

Launched in 2012 by Welcoming America and its members, Welcoming Week provides individuals and organizations the opportunity to showcase their values through events and initiatives that foster connections and collaboration between immigrants and non-immigrants, fostering a sense of belonging for all.

## Learn more at [BellevueWA.gov/Welcoming-Week](https://BellevueWA.gov/Welcoming-Week)

### Monday, September 9, 2024

Swing Dance workshop with Brian Jolly Dance Studio, North Bellevue Community Center - 1-2 p.m.  
Urvasi Dance Ensemble dance performance, Crossroads Community Center - 5-8 p.m.

### Tuesday, September 10, 2024

Piano Concert and Tuesday Swing Dance, North Bellevue Community Center - 11:30-12:30 p.m. & 1-3 p.m.  
Ladies Musical Club - Duo Duoro, flute/harp performance, Crossroads Community Center - 3:30-4:30 p.m.

### Wednesday, September 11, 2024

Xinjiang Dance - Chinese traditional and folk dances, North Bellevue Community Center - 11:30 a.m.-12:30 p.m.  
Wednesday Walks, Pop-Up Soccer, Scavenger Hunt, and Activity Book - Downtown Park - 10:30-11:30 a.m.

### Thursday, September 12, 2024

IACS traditional Indian dance performance, North Bellevue Community Center - 6:30 p.m.  
Open House & Scavenger Hunt, Bellevue Youth Theatre - 5-7 p.m.

### Friday, September 13, 2024

Huayin Performing Arts traditional Chinese dance performance, Crossroads Community Center - 10 a.m.-12 p.m.  
Salsa workshop and dance performance with Salsa y Mas, North Bellevue Community Center - time TBD

### Sunday, September 15, 2024

Free Swim in both pools with lifejacket fittings and swim lesson assessments, Bellevue Aquatic Center - 12-2 p.m.

### Monday, September 16, 2024

Ian Dobson steel drumming for adults with intellectual disabilities, Highland Community Center 5-7 p.m.

### Tuesday, September 17, 2024

End of Summer Senior Social, concert by the Memphis Belles, festive treats, Bellevue Botanical Garden - 10 a.m.-Noon  
Open house and play time in the barn, Kelsey Creek Farm - 10 a.m.-Noon

### Wednesday, September 18, 2024

Aztec Dance Performance, Crossroads Community Center - 5:30-7:30 p.m.  
Welcome Week Coffee Cart with free coffee, tea, and beverages, South Bellevue Community Center - 9:30-11:30 a.m.

### Friday, September 20, 2024

Beyond Engagement: Leading Together in Communities - Visit [EastsideForAll.org](https://EastsideForAll.org) for more information  
Free skateboarding at the indoor park includes equipment and instructor assistance. Bellevue Skate Park, 3-6 p.m.

### Saturday, September 21, 2024

Welcoming Week Resource Fair - Crossroads Bellevue Shopping Center - 11 a.m.-3 p.m.  
Open house w/ Clinic & Free Demo Day, Robinswood Tennis Center - Afternoon, time TBD

### Saturday, September 28, 2024

Spice Making & Mask Art Making, Northwest Arts Center - 2-4 p.m.

## 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：\$320 非居民课程费用：\$384

年龄限制：16 岁及以上

5696 星期一 下午 12:30 到下午 2:00 9/30-11/25

## Cartoon and Manga Drawing Class

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

Northwest Arts Center

\$280(R) \$336(N) Ages 7-11  
5698 Tu 4:30pm-5:45pm 10/1-11/19

## Creative Kids Art Class

This program is designed to enhance your child's enjoyment of art and creative expression. Children will explore their creativity using a variety of materials including pen and ink, charcoal, pastels, watercolor and acrylics paints.

Northwest Arts Center

\$144(R) \$172.80(N) Ages 6-8  
5687 We 4:00pm-5:00pm 10/2-11/20  
5689 Sa 9:30am-10:30am 10/5-11/23

\$144(R) \$172.80(N) Ages 8-11  
5688 We 5:15pm-6:15pm 10/2-11/20  
5690 Sa 10:45am-11:45am 10/5-11/23

## Draw, Paint, Build & Sculpt with CreArt Studios

Embark on a journey into the realm of imagination this season with a range of exciting projects: from spooky silhouettes and 3D Picasso faces to clay monsters and Tim Burton-inspired portraits. Explore the rich culture of Mexico, undertake figure drawing, and delve into the fundamentals of one-point perspective. Join us for a fun and educational artistic adventure!

Northwest Arts Center

\$280(R) \$336(N) Ages 7-11  
5772 Th 4:30pm-5:30pm 10/3-11/21  
5773 Th 5:45pm-6:45pm 10/3-11/21

# Culinary Arts

## Basic Candy Making Workshop for Adults

In this workshop, participants will learn the basics of candy making and molding. Instructors will give technical demonstrations on how to make treats such as suckers, nut clusters, foil-wrapped candies, candy bark, tiger's butter, mint melt-aways, dipped pretzels and more! Participants will have the opportunity to make a number of the items demonstrated during the class. In addition to what participants make in class, they will also receive samples of the other items demonstrated and a folder with complete instructions on how to make them at home.

Northwest Arts Center

\$85(R) \$102(N) Ages 14/up  
5886 Tu 6:00pm-8:30pm 12/3

## Holiday Candy Making Workshop for Adults

In this workshop, participants will learn to make special holiday candies such as peppermint bark, Rocky Road, foil-wrapped chocolate ornaments, dipped Oreos and more! Participants will have the opportunity to make a number of the items demonstrated during the class. In addition to what participants make in class, they will also receive samples of the other items demonstrated and a folder with complete instructions on how to make them at home.

Northwest Arts Center

\$95(R) \$114(N) Ages 14/up  
5884 Mo 6:00pm-8:30pm 12/9

## Holiday Candy Making Workshop for Kids

Join in the fun of holiday candy creation! Participants will create, dip and decorate various treats such as holiday themed suckers, Oreos, a large sugar cookie, gingerbread house and foil wrapped chocolate tree ornaments. Participants will leave with all items made in class and a folder with complete instructions on how to make them at home.

Northwest Arts Center

\$85(R) \$102(N) Ages 7-12  
5883 We 2:00pm-4:30pm 12/4  
5885 Sa 11:00am-1:30pm 12/7  
5888 We 4:30pm-7:00pm 12/11

# Ceramics

## Pottery for Beginners

This introductory pottery course will teach fundamental pottery techniques including hand building, sculpting, coil construction, and glazing. Several hand-built projects will be completed including coil pots, pinch pots, mini sculptures, and slab projects. On the final day of class students will be introduced to wheel throwing. 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. Proper use of tools and studio etiquette will be emphasized.

Northwest Arts Center

\$200(R) \$240(N) Ages 8-13  
5661 Mo 4:30pm-5:45pm 9/30-11/25  
\$200(R) \$240(N) Ages 13/up  
5662 Mo 6:00pm-7:15pm 9/30-11/25



### Pottery Studio - Intermediate/Advance

Explore the art of making pottery in this open studio style class. Students must have some experience to register for this intermediate class. Pottery instructor will review basic techniques of wheel throwing, hand building (sculpting, coil construction) and glazing. Students are responsible for the proper care of tools and supplies. Attendance and arriving to class on time is important as demonstration are provided at the beginning of each class and progress from week to week.

Northwest Arts Center

\$224(R)	\$268.80(N)		Ages 8-13
5486	Sa	10:00am-11:30am	10/5-11/23
\$224(R)	\$268.80(N)		Ages 13/up
5487	Sa	12:00pm-1:30pm	10/5-11/23

## Dance

### 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 - Chinese Information Service Center helps 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
2765	We	1:00pm-2:45pm	1/3-12/18

### Line Dancing

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

North Bellevue Community Center

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

### 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			Ages 18/up
3280	Tu	1:00pm-3:00pm	1/9-12/10

### Aztec Dance

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

Crossroads Community Center

Free			All Ages
5680	We, Th	5:30pm-7:30pm	10/2-12/19

### Hippy Hop Dance Class by City Opera Ballet

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

Northwest Arts Center

\$128(R)	\$153.60(N)		Ages 3-5
5685	Th	4:00pm-4:45pm	10/3-11/21

### Pre-Ballet I by Emerald Ballet Theater

A joyful introduction to movement. Basic dance technique inspired by beautiful music, literature, and art in a developmentally appropriate way. Flexibility, coordination, strength, and creativity develop in the young dancer. Each session concludes with a delightful showcase for family and friends. Children can wear dance attire or any clothing that is comfortable to move around in.

Northwest Arts Center

\$160(R)	\$192(N)		Ages 3-5
5683	Tu	4:00pm-4:45pm	10/1-11/19
5684	Tu	5:00pm-5:45pm	10/1-11/19

### Story Ballet by City Opera Ballet

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

Northwest Arts Center

\$160(R)	\$192(N)		Ages 5-7
5686	Th	5:00pm-6:15pm	10/3-11/21

# 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:

- September 4 at South Bellevue Community Center from 5-6:30pm for MUMMY'S REVENGE ONLY
- September 5 or 6 at Bellevue Youth Theatre from 5-6:30pm for MUMMY'S REVENGE, FINDING NEMO JR., and 'Twas THE NIGHT BEFORE CHRISTMAS

## Mummy's Revenge

When a famous professor and Egyptologist disappears just after his greatest discovery, the world demands to know the truth. Did his rival have something to do with it? Or was it the very discovery that led to his demise? Taking place in three different time periods, this historical mystery is a thrilling adventure with parts for all ages! Pre-registration required for participants 11 and under. *Pre-registration for age 5-11 (Course 5903) - 30 spots available*

**Rehearsal Location:** South Bellevue Community Center

**Rehearsal Times:** 5-7 pm

**Rehearsal Start Date:** September 16

**Tech Week:** October 21-24

**Performances:** October 25-November 3

**NO CONFLICTS** October 21-November 3

## Finding Nemo, Jr.

Go with the flow and join us for Finding Nemo! This musical version of the classic Pixar film follows the beloved clownfish, Marlin, as he journeys across the ocean to find his lost son Nemo. With a totally tubular soundtrack this show will have you flipping your fins. Remember to just keep swimming and join us for auditions this fall! Participants auditioning for this production will be asked to sing. Roles for participants 18 and under. Children 11 and under can expect roles in the ensemble and are required to pre-register. *Pre-registration for age 5-9 (Course 5904) 10 spots available. Pre-registration for age 10-11 (Course 5905) 10 spots available.*

**Rehearsal Location:** Bellevue Youth Theatre

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

**Rehearsal Start Date:** September 23

**Tech Week:** November 12-15

**Performances:** November 15-24

**NO CONFLICTS** NOVEMBER 12-24

## 'Twas The Night Before Christmas

We invite you to celebrate the holiday season with us as we follow Clement Clark on his magical journey surrounding the makings of the infamous poem "Twas the night before Christmas!" Be a part of this delightful staging as we incorporate drama, magic, music, and of course family, into this BYT favorite! This show is full of holiday music so please come prepared to sing! We also ask if you play a stringed instrument at an advanced level, that you bring your instrument to auditions if you would like to be considered for a spot to play during the show. Pre-registration required for participants 11 and under. *Pre-registration for age 5-11 (Course 5906) 25 spots available.*

**Rehearsal Location:** Crossroads Community Center

**Rehearsal Times:** 5-7 pm

**Rehearsal Start Date:** September 23

**Tech Week:** December 2-5

**Performances:** December 6-15

**NO CONFLICTS** DECEMBER 2-15

## Play Lab (5907)

Join us for this four-part playwrighting series where you will learn how to craft characters, develop plot, and create dramatic structure! This workshop culminates in short public reading of work. Meets 9/15, 10/13, 11/10, and 12/8.

Bellevue Youth Theatre

FREE			Ages 12-19
5907	Su	5:00pm-7:30p	9/15-11/10
	Su	5:00pm-8pm	12/8

## Theater of Possibility

Theater of Possibility ("TOP") works to foster creativity, teach resilience, and build community through acting, improvisation, and the creation of original theater. This is an adaptive theatre program for participants with intellectual disabilities. You must speak to staff at BYT to register.

Bellevue Youth Theatre

FREE (R)	\$200(N)		Ages 8-12
5868	Sa	9:30am-10:20am	10/12-3/22

FREE (R)	\$200(N)		Ages 13/up
5869	Sa	10:30am-11:45am	10/12-3/22

# Kelsey Creek Farm

## Farm Fair

Bring your family to the farm to enjoy our annual fall celebration. Event features include tractor-pulled wagon rides, off-the-vine pumpkin patch, pumpkin decorating, farm animal viewing and interaction, children's activities, food trucks, and more! Free shuttle service from Wilburton Park & Ride and Bannerwood Sports Park. Please note: no pets allowed on shuttle bus or in the barnyard areas. Admission is free, costs vary for food and activities.

Kelsey Creek Farm

Free			All Ages
3885	Sa	11:00am-4:00pm	10/5

## Trick or Treat with the Farm Animals

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

Kelsey Creek Farm

\$30(R)	\$36(N)		Ages 2-10
3887	Sa	1:00pm-3:00pm	10/26

## Barn Lighting

Join Kelsey Creek Farm staff in turning on the barn lights for the holiday season. This event begins with a count down to turning on the lights on the barns and singing carols. With the lighted barns and decorations providing a festive background, the event's activities include crafts, hot cocoa, taking photos with the farm animals, visiting the decorated log cabin, and a special once-per-year opportunity to go inside the barn to watch the animals eat dinner. Admission is free, some activities may have fees.

Kelsey Creek Farm

Free			All Ages
3889	Sa	5:00pm-6:30pm	12/7

## 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.

Kelsey Creek Farm

Free			Ages 1-5
5411	Th	10:00am-10:30am	11/21

### Woolly Wonders

It's getting chilly outside, so come to the farm and learn all about how wool keeps us warm. We'll visit the sheep, see some fiber demonstrations, and make your very own woolly sheep to take home. This is an adult/child class.

Kelsey Creek Farm

\$25(R) \$30(N) Ages 4-8  
4812 Su 1:00pm-2:00pm 10/13

### Bunny Buddies

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

Kelsey Creek Farm

\$25(R) \$30(N) Ages 4-8  
4813 Su 1:00pm-2:00pm 11/3

### Little Farmers

Join us for hands-on fun in the barn and barnyard with your 2-3-year-old. Classes will feature various farm animals, seasonal themes, barn chores, feeding and petting farm animals, crafts, parallel play, and a pony ride. Children team up with an adult to actively participate in this class. Each session focuses on a different set of animals and will have different activities. Some activities and animals will overlap but many will be new. Come dressed to play inside and outside and get dirty! Siblings under two are welcome in front or back packs.

Kelsey Creek Farm

\$78(R) \$94(N) Ages 2-3  
5384 Tu 10:00am-11:30am 10/8-10/22  
5385 Tu 10:00am-11:30am 10/29-11/12  
5386 Tu 10:00am-11:30am 12/3-12/17

### Farm Explorers

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

Kelsey Creek Farm

\$96(R) \$115(N) Ages 4-6  
5402 Th 10:00am-12:30pm 10/10-10/24  
5403 Th 10:00am-12:30pm 10/31-11/14  
5404 Th 10:00am-12:30pm 12/5-12/19

### Junior Farmers

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

Kelsey Creek Farm

\$78(R) \$94(N) Ages 7-9  
5394 We 2:00pm-4:00pm 10/9-10/23  
5395 We 2:00pm-4:00pm 10/30-11/13  
5397 We 2:00pm-4:00pm 12/4-12/18

## Volunteering

### Farm Fair Special Event Volunteers

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

Kelsey Creek Farm

Free Ages 15/up  
3886 Sa 9:30am-5:00pm 10/5

### Barn Lighting Special Event Volunteer

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

Kelsey Creek Farm

Free Ages 15/up  
3890 Sa 4:00pm-7:00pm 12/7

### Trick or Treat with the Farm Animals Special Event Volunteer

Assist staff with event set up, running children's activity booths, helping to pass out candy, and other event tasks at our Trick or Treat with the Farm Animals event. Volunteers gain experience working with children, build teamwork skills, and will earn community service hours for school.

Kelsey Creek Farm

Free Ages 15/up  
3888 Sa 12:00pm-3:30pm 10/26

### 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  
5390 Tu 8:30am-10:30am 10/29-12/17  
5392 We 8:30am-10:30am 10/30-12/18

### 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  
5398 We 2:00pm-4:30pm 10/9-10/23  
5399 We 2:00pm-4:30pm 10/30-11/13  
5400 We 2:00pm-4:30pm 12/4-12/18

### Saturday Morning Teen Farm Volunteers

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

Kelsey Creek Farm

\$15(R) \$18(N)			Ages 15-18
5405	Sa	8:30am-12:00pm	10/12-10/26
5407	Sa	8:30am-12:00pm	11/2-11/16
5408	Sa	8:30am-12:00pm	12/7-12/21

## 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.

### Crossroads Preschool 2024-2025 Academic Year

Coming soon... Please call Crossroads Community Center 425-452-4874 or email CCC@BellevueWA.gov to learn more about registering your child for the upcoming Parkside Pre-K school year program, Sept. 2024 – May 2025.

### New Friends

Let's make new friends and learn all about Parkside preschool. This popular class will gently help your child prepare for kindergarten next year while learning early math, pre-reading and writing. Art, singing, circle time, taking turns and sharing, along with structured games and activities are a few of the things we will cover. Children must be 4 years old and fully toilet trained.

Crossroads Community Center

\$285(R) \$342(N)			Ages: 4-5
4896	Weekdays	9:30am-12:30pm	9/3-9/27

### Family Story and Play Time

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

North Bellevue Community Center

### Family Story Time

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

FREE			Ages 1-5
	Th	1:30pm-2:00pm	1/4-12/26

### Family Play Time

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

### Indoor Play

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

South Bellevue Community Center

\$4(R) \$5(N)			Ages 5/under
	Mo, We, Fr	10:30am-12:00pm	10/2-12/20

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 8/under
	Th	10:30am-12:00pm	10/3-12/19

North Bellevue Community Center

During Family Storytime, NBCC volunteers will read several of their favorite children's books for toddlers. Followed by the story time, enjoy indoor gym play with toys, mats and other fun activities. Parents/caregivers must supervise their own children and be present at all times.

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

### KCLS Story Time

Enjoy stories, music, movement and rhymes that develop your child's early literacy skills.

Crossroads Community Center

Free			Ages 5/under
5825	Fr	10:30am-11:30am	11/8-12/13

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

### Jazzercise

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

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

Northwest Arts Center

South Bellevue Community Center

### Cycle/Stretch

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

South Bellevue Community Center

\$70(R)	\$85(N)		Ages 13/up
5594	Tu, Th	10:30am-11:30am	10/1-10/31
\$49(R)	\$59.50(N)		Ages 13/up
5595	Tu, Th	10:30am-11:30am	11/5-11/26
\$42(R)	\$51(N)		Ages 13/up
5596	Tu, Th	10:30am-11:30am	12/3-12/19

### Cycling

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

South Bellevue Community Center

\$77(R)	\$93.50(N)		Ages 13/up
5562	Mo, We	6:00am-7:00am	10/2-11/6
\$70(R)	\$85(N)		Ages 13/up
5563	Mo, We	6:00am-7:00am	11/13-12/18

### 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

\$72(R)	\$86(N)		Ages 16/up
5044	We	11:15am-12:15pm	11/6-12/18

### Active Adult Fitness

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

South Bellevue Community Center

\$60(R)	\$72(N)		Ages 18/up
5568	We	10:30am-11:30am	10/2-11/6
\$40(R)	\$48(N)		Ages 18/up
5566	Mo	10:30am-11:30am	10/7-11/4
\$50(R)	\$60(N)		Ages 18/up
5569	We	10:30am-11:30am	11/13-12/18
5567	Mo	10:30am-11:30am	11/18-12/16

### 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

\$55(R)	\$65(N)		Ages 13/up
5564	Tu	1:00pm-2:00pm	10/8-11/5
5565	Tu	1:00pm-2:00pm	11/19-12/17

### Small Group Training

Join a certified personal trainer for this small group training class focused on helping you achieve your fitness goals! Work-outs 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

\$80(R)	\$100(N)		Ages 16/up
5588	Mo	7:00pm-7:50pm	10/7-10/28
\$60(R)	\$75(N)		Ages 16/up
5589	Mo	7:00pm-7:50pm	11/4-11/25
5590	Mo	7:00pm-7:50pm	12/2-12/16

### SilverSneakers Classic

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

North Bellevue Community Center

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

### Fit 360

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

South Bellevue Community Center

\$50(R)	\$60(N)		Ages 13/up
5573	Tu	7:00pm-7:50pm	10/1-11/5
\$60(R)	\$72(N)		Ages 13/up
5574	Tu	7:00pm-7:50pm	11/12-12/17
\$99(R)	\$117(N)		Ages 13/up
5575	Mo, We	9:15am-10:15am	10/2-10/30
\$66(R)	\$78(N)		Ages 13/up
5576	Mo, We	9:15am-10:15am	11/4-11/25
5577	Mo, We	9:15am-10:15am	12/2-12/18

### Functional Fitness

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

South Bellevue Community Center

\$99(R)	\$117(N)		Ages 18/up
5624	Tu, Fr	9:15am-10:15am	10/1-10/29
\$88(R)	\$104(N)		Ages 18/up
5625	Tu, Fr	9:15am-10:15am	11/1-11/26
\$66(R)	\$78(N)		Ages 18/up
5626	Tu, Fr	9:15am-10:15am	12/3-12/20

## Total Body Fitness

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

South Bellevue Community Center

\$110(R) \$130(N)			Ages 16/up
5591	Tu, Th	6:00am-6:50am	10/1-10/31
\$77(R) \$91(N)			Ages 16/up
5592	Tu, Th	6:00am-6:50am	11/5-11/26
\$66(R) \$78(N)			Ages 16/up
5593	Tu, Th	6:00am-6:50am	12/3-12/19

## Total Body Fitness - Virtual

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

South Bellevue Community Center Zoom Room

\$55(R) \$65(N)			Ages 16/up
5789	Tu	6:00am-6:50am	10/1-10/29
\$44(R) \$52(N)			Ages 16/up
5790	Tu	6:00am-6:50am	11/5-11/26
\$33(R) \$39(N)			Ages 16/up
5791	Tu	6:00am-6:50am	12/3-12/17

## 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.

South Bellevue Community Center

\$60(R) \$72(N)			Ages 13/up
5586	Fr	10:30am-11:30am	10/4-11/8
\$50(R) \$60(N)			Ages 13/up
5582	Mo	10:30am-11:30am	10/7-11/4
5584	Mo	6:00pm-6:50pm	10/7-11/4
5587	Fr	10:30am-11:30am	11/15-12/20
5583	Mo	10:30am-11:30am	11/18-12/16
5585	Mo	6:00pm-6:50pm	11/18-12/16

## Zumba Fitness - 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

\$75(R) \$90(N)			Ages 13/up
5489	Mo	6:00pm-6:45pm	9/30-11/18

## Zumba Fitness - Family

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

Northwest Arts Center

\$75(R) \$90(N)			Ages 3/up
5488	Mo	5:00pm-5:45pm	9/30-11/18

# Body & Mind

## SilverSneakers Yoga

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

North Bellevue Community Center

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

## 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
5787	Th	9:15am-10:15am	10/10
5796	Sa	9:15am-10:15am	11/9

## Gentle Yoga

Each class offers poses for stretching, active strengthening and deep relaxing. We focus on alignment for joint safety and use props to make poses accessible for many levels of experience. Benefits include improved strength, flexibility and balance, reduced tension, better joint health, better mental clarity and an overall feeling of well-being.

South Bellevue Community Center

\$78(R) \$90(N)			Ages 13/up
5560	Tu	11:45am-12:45pm	10/1-11/5
5561	Tu	11:45am-12:45pm	11/12-12/17

## Kids Yoga

Each weekly practice will include deep breathing, sun salutations, a variety of accessible postures, kid-friendly meditation, and gratitude sharing. Students will learn about the importance of self care and the many benefits of a regular yoga practice. This class promotes focus, concentration, fine and gross motor skills, sensory input, strength building, proprioceptive awareness, balance, coordination, and provides tools to calm the mind and body. Kids must be potty trained.

Northwest Arts Center

\$180(R) \$216(N)			Ages 3-6
5542	Fr	9:30am-10:15am	10/4-12/13

### Little Yogi and Me

Our Little Yogi & Me class offers a unique blend of movement, mindfulness, and fun, tailored to suit all ages and abilities. This class is an opportunity for parents/caregivers to connect and deepen the bond with their little ones through mindful movement. In this playful yoga class we will practice postures and movement through stories, songs, and partner poses. Each weekly class will include deep breathing practice, sun salutations, a variety of accessible postures, kid-friendly meditation, and gratitude sharing. Yoga for toddlers promotes fine and gross motor skills, sensory input, proprioceptive awareness, strength building, balance, coordination, and tools to calm the mind and body. No prior experience necessary, just bring an open heart and a spirit of adventure! Registration required for child only.

Northwest Arts Center  
 \$200(R) \$240(N) Ages 1/up  
 5541 Fr 10:30am-11:15am 10/4-12/13

### Self Defense: Personal Empowerment - Adult & Youth

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. One youth ages 8+ can be registered with each adult family member. Curriculum will be appropriate for youth.

South Bellevue Community Center  
 \$15(R) \$18(N) Ages 8/up  
 5717 Sa 9:30am-11:30am 10/19

### 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. Please be advised that this class is not recommended if you have an implanted heart or brain device such as a pacemaker or diabetic pump. Also consider removing body piercings as they may absorb and radiate sound vibrations.

South Bellevue Community Center  
 \$22.50(R) \$27(N) Ages 13/up  
 5612 Sa 10:30am-11:45am 10/5  
 5613 Sa 10:30am-11:45am 10/12  
 5615 Sa 10:30am-11:45am 10/26  
 5616 Sa 10:30am-11:45am 11/2  
 5617 Sa 10:30am-11:45am 11/9  
 5618 Sa 10:30am-11:45am 11/16  
 5619 Sa 10:30am-11:45am 11/23  
 5620 Sa 10:30am-11:45am 12/14  
 5621 Sa 10:30am-11:45am 12/21

### 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.

South Bellevue Community Center  
 \$50(R) \$60(N) Ages 18/up  
 5571 Fr 10:30am-11:30am 10/4-11/8  
 5572 Fr 10:30am-11:30am 11/15-12/20

Northwest Arts Center  
 \$72(R) \$86(N) Ages 16/up  
 5047 We 10:00am-11:00am 11/6-12/18

### 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.

South Bellevue Community Center  
 \$104(R) \$120(N) Ages 13/up  
 5622 We 6:00pm-6:50pm 10/2-11/20

### Yoga - Mixed Levels

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

Northwest Arts Center  
 \$45(R) \$54(N) Ages 16/up  
 5066 Tu 9:30am-10:30am 11/5-12/17

## Martial Arts

### Hapkido

Conqueror Hapkido Martial Arts, Self Defense is a family friendly program that aims to instill or enhance discipline, patience, perseverance and self-confidence through fitness, self-defense, Martial Arts and meditation exercises.

North Bellevue Community Center  
 \$72(R) \$90(N) Ages 5-12  
 5829 Mo, We 5:30pm-6:30pm 10/2-10/30  
 \$48(R) \$60(N) Ages 5-12  
 5830 Mo, We 5:30pm-6:30pm 11/4-11/25  
 5831 Mo, We 5:30pm-6:30pm 12/2-12/18  
 \$72(R) \$90(N) Ages 12/up  
 5823 Mo, We 6:35pm-7:35pm 10/2-10/30  
 \$48(R) \$60(N) Ages 12/up  
 5827 Mo, We 6:35pm-7:35pm 11/4-11/25  
 5828 Mo, We 6:35pm-7:35pm 12/2-12/18

### Kendo

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

Highland Community Center & Park

Please note: Kendo will be held at Tye Community Gym on October 18 and December 6.

### 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. Please note, first time participants must purchase an equipment package of a bokken (oak sword), shinai (bamboo sword), and carry bag, either before or at the first class. Cost is \$70 and can be paid by credit card, check or cash.

Highland Community Center & Park

\$90(R) \$108(N) Ages 10/up  
4890 Fr 6:30pm-8:00pm 9/20-12/13

### 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  
4891 Fr 6:30pm-8:00pm 9/20-12/13

### 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  
4892 Fr 7:30pm-9:30pm 9/20-12/13

### 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

\$81(R) \$99(N) Ages 6-12  
5597 Mo, We 6:00pm-6:50pm 10/2-10/30

\$54(R) \$66(N) Ages 6-12  
5598 Mo, We 6:00pm-6:50pm 11/4-11/25  
5599 Mo, We 6:00pm-6:50pm 12/2-12/18

\$81(R) \$99(N) Ages 9/up  
5600 Mo, We 7:00pm-7:50pm 10/2-10/30

\$54(R) \$66(N) Ages 9/up  
5601 Mo, We 7:00pm-7:50pm 11/4-11/25  
5602 Mo, We 7:00pm-7:50pm 12/2-12/18

### 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

\$90(R) \$108(N) Ages 9-17  
5803 Tu, Th 7:00pm-7:50pm 10/1-10/29  
5770 Mo, We 5:00pm-5:50pm 10/2-10/30

\$60(R) \$72(N) Ages 9-17  
5782 Mo, We 5:00pm-5:50pm 11/4-11/25

\$70(R) \$84(N) Ages 9-17  
5804 Tu, Th 7:00pm-7:50pm 11/5-11/26

\$60(R) \$72(N) Ages 9-17  
5784 Mo, We 5:00pm-5:50pm 12/2-12/18  
5805 Tu, Th 7:00pm-7:50pm 12/3-12/19

\$90(R) \$108(N) Ages 18/up  
5769 Mo, We 11:45am-12:45pm 10/2-10/30

\$60(R) \$72(N) Ages 18/up  
5783 Mo, We 11:45am-12:45pm 11/4-11/25  
5785 Mo, We 11:45am-12:45pm 12/2-12/18

### 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

\$90(R) \$110(N) Ages 6/up  
5603 Tu, Th 4:00pm-4:50pm 10/1-10/31  
5606 Tu, Th 5:00pm-5:50pm 10/1-10/31

\$63(R) \$77(N) Ages 6/up  
5604 Tu, Th 4:00pm-4:50pm 11/5-11/26  
5607 Tu, Th 5:00pm-5:50pm 11/5-11/26

\$54(R) \$66(N) Ages 6/up  
5605 Tu, Th 4:00pm-4:50pm 12/3-12/19  
5608 Tu, Th 5:00pm-5:50pm 12/3-12/19

\$90(R) \$110(N) Ages 9/up  
5609 Tu, Th 6:00pm-6:50pm 10/1-10/31

\$63(R) \$77(N) Ages 9/up  
5610 Tu, Th 6:00pm-6:50pm 11/5-11/26

\$54(R) \$66(N) Ages 9/up  
5611 Tu, Th 6:00pm-6:50pm 12/3-12/19

## TRACKS

### Cascade Hiking Club

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

Lewis Creek Park

\$12(R) \$15(N) Ages 18/up

### Garfield Ledges

5555 Fr 9:30am-3:30pm 10/4

### Tiger Mountain West

5556 Fr 9:30am-3:30pm 10/11



## May Valley Loop

5557 Fr 9:30am-3:30pm 10/18

## Little Si

5558 Fr 9:30am-3:30pm 10/25

## 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  
5559 We 2:00pm-4:00pm 10/2-10/23

## Tracks Tuesday Trails 50+ Hiking

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

\$8(R) \$10(N) Ages 50/up

North Bellevue Community Center

## Meadowbrook Farm

5548 Tu 10:00am-2:00pm 9/24

## Osprey Park

5549 Tu 10:00am-2:00pm 10/1

## Oxbow Lake Loop

5550 Tu 10:00am-2:00pm 10/8

## Franklin Falls

5551 Tu 10:00am-2:00pm 10/15

## St. Edwards Park

5552 Tu 10:00am-2:00pm 10/22

## Bridle Trails State Park

5553 Tu 10:00am-2:00pm 10/29

## Redtown Trailhead

5554 Tu 10:00am-2:00pm 11/5

# Natural Resources & Outdoor Education

## Ranger Programs

### 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. Pre-Registration Required.

Mercer Slough Environmental Education Center

Free Ages 5/up  
5703 Fr 7:00pm-8:00pm 10/25

### 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			All Ages
5710	Su	2:00pm-3:30pm	10/6
5711	Su	2:00pm-3:30pm	10/20
5712	Su	2:00pm-3:30pm	11/10
5713	Su	2:00pm-3:30pm	11/24
5715	Su	2:00am-3:30pm	12/8
5716	Su	2:00pm-3:30pm	12/22

### Ranger-led Hike at Coal Creek

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

Coal Creek Natural Area

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

### Ranger-led Hike at Lakemont Community Park

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

Lakemont Community Park

Free			All Ages
5846	Su	10:30am-12:00pm	10/20

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

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

Lewis Creek Park

Free			All Ages
5847	Su	10:00am-12:00pm	11/10

### Ranger-led Hike at Lewis Creek Park

Join a 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). Pre-registration required for each participant. Outdoor only.

Lewis Creek Park

Free			All Ages
5843	Sa	10:30am-11:30am	10/5
	Sa	10:30am-11:30am	11/2
	Sa	10:30am-11:30am	12/7

### Lake Hills Greenbelt Ranger-Led Walk

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

Lake Hills Greenbelt

Free			All Ages
5256	Sa	2:00pm-3:00pm	9/28
5908	Sa	2:00pm-3:00pm	10/5
5920	Sa	2:00pm-3:00pm	10/12
5921	Sa	2:00pm-3:00pm	10/19
5922	Sa	2:00pm-3:00pm	10/26
5923	Sa	2:00pm-3:00pm	11/2
5924	Sa	2:00pm-3:00pm	11/9
5925	Sa	2:00pm-3:00pm	11/16
5926	Sa	2:00pm-3:00pm	11/23
5927	Sa	2:00pm-3:00pm	12/7
5928	Sa	2:00pm-3:00pm	12/14
5929	Sa	2:00pm-3:00pm	12/21

### 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
5704	Fr	11:00am-12:00pm	10/4
5705	Fr	11:00am-12:00pm	10/18
5706	Fr	11:00am-12:00pm	11/1
5707	Fr	11:00am-12:00pm	11/15
5708	Fr	11:00am-12:00pm	12/6
5709	Fr	11:00am-12:00pm	12/20

### An International Bat Week Hike

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

Lewis Creek Park

Free			Ages 5/up
5840	Sa	6:30pm-8:00pm	10/19

### An Un-Stuffing Day Hike

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

Lewis Creek Park

Free			All Ages
5848	Sa	10:30am-12:00pm	11/30

### Ranger Programs at Mercer Slough

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

### All about the BATS

Bats play a vital ecological role all over the world. Several species of bats call the Mercer Slough Nature Park home. Come learn some fun facts about these mammals. Enjoy a spooky bat story and put your artistic skills to use to take home your own batty creation.

Free			Ages 5/up
5833	Sa	2:00pm-3:00pm	10/12

### WHOOO was for Lunch?

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

Free			Ages 5/up
5832	Sa	2:00pm-3:00pm	11/16

### Winter Wild Crafts

Enjoy making winter animal crafts while learning about some of the unique characteristics and adaptations of our wild neighbors.

Free			Ages 5/up
5838	Sa	2:00pm-3:00pm	12/14

### Local Wildlife

Join us at the Lake Hills Greenbelt Ranger Station on the many animals that live among us in our parks and waterways. Whether Buzzing, Crawling, or Swimming, our natural areas are alive with the wild residents that make it their home.

Lake Hills Greenbelt

### Nocturnal Neighbors

Join us for a special evening event and learn about some animals that seem to thrive in an urban environment. What makes Raccoons such great scavengers? Why are Coyotes seemingly found everywhere, and how might you live safely around your Black Bear Neighbors? Join us for a short walk through the greenbelt as well as we learn about our wild neighbors the make their homes here.

Free			Ages 4/up
5381		10:00am-11:00am	10/5
5382		10:00am-11:00am	10/12

### Trees and Plants

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

Lake Hills Greenbelt

### A Trail That Autumn Leaves

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

Free		All Ages	
5412	10:00am-11:00am		11/9
5413	10:00am-11:00am		11/23

### An Evergreen Evening

Join us for an evening hike in the Lake Hills Greenbelt. Bring your flashlight and a warm coat as we learn about native Washington trees, share some folklore, and look for signs of creatures that get active in the dark hours! Pre-registration is required for each participant.

Free		All Ages	
5835	4:30pm-5:30pm		12/7
5836	4:30pm-5:30pm		12/14

## Family Discovery Series

### A Bat-Tea Party

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

Lewis Creek Park

Free		Ages 5/up	
5857	1:00pm-3:00pm		10/27

### Bobcats and Bunnies

Bobcats are the most abundant North American wildcat and can be found right here in Bellevue! Come discover more about our stealthy neighbors and how they help keep the ecosystem balanced by playing a game of bobcats and bunnies! Preregistration required for children and adults.

Lewis Creek Park

Free	Ages 5-10 w/ accompanying adult(s)		
5858	2:30pm-3:30pm		11/3
5859	2:30pm-3:30pm		11/9
5860	2:30pm-3:30pm		11/23

### Creature Crafts

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

Lewis Creek Park

Free	Ages 3-7 w/ accompanying adult(s)		
5853	10:30am-11:30am		10/13
5854	10:30am-11:30am		11/16
5855	10:30am-11:30am		12/21

### Hungry Hungry Hibernators

When the days get shorter and the weather turns cool, our bears spend all day eating in preparation for a long winters nap. Come learn more about the different bear species that call North America home and which one you might see in Bellevue if you're lucky. Preregistration required for children and adults.

Lewis Creek Park

Free	Ages 5-10 w/ accompanying adult(s)		
5861	2:30pm-3:30pm		12/7
5862	2:30pm-3:30pm		12/22
5863	2:30pm-3:30pm		12/28

### Night Hike at Lewis Creek Park

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

Lewis Creek Park

Free	Ages 5+ w/ accompanying adult(s)		
5841	Sa	5:30pm-7:00pm	11/23
	Sa	5:00pm-6:30pm	12/14

### Toddler Trails

#### 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. This hike's difficulty is rated as easy (.5 miles). Preregistration required for children and adults. Outdoor only.

Free	Ages 18-36 mo w/ accompanying adult(s)		
		10:00am-11:00am	10/6
		10:00am-11:00am	11/24
		10:00am-11:00am	12/28

#### Lake Hills Greenbelt

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

Free	Ages 18-36 mo w/ accompanying adult(s)		
	Sa	10:00am-11:00am	9/21
	Su	10:00am-11:00am	10/6
	Su	10:00am-11:00am	11/24
	Su	10:00am-11:00am	12/28

## Salmon Sense

Each year, salmon migrate inland throughout our region... but have you ever wondered why they make this perilous journey or how they find their way? Join us as we explore the inner workings of salmon and for hands-on activities before heading onto Lewis Creek Park's trails to learn about stream habitat and how we can help salmon starting right here in Bellevue! Preregistration required for children and adults.

Free Ages 8+ w/ accompanying adult(s)  
5856 Sa 1:30pm-3:00pm 10/12

# Adult Sports

## Adult Sports Leagues

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

# Youth Sports

## Soccer League

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

Robinswood Community Park - Fields

## Mighty Mites

\$80(R) \$96(N) Ages 5-6  
4866 We 4:15pm-5:15pm 9/18-10/23

## Youth

\$80(R) \$96(N) Ages 7-9  
4865 Tu 4:15pm-5:15pm 9/17-10/22

## Running - Cross Country

Cross country running is one of the most basic forms of physical activity for kids. Workouts will be age and experience appropriate and will provide short and long-distance workouts to improve fitness while having fun. Cross country running develops strong mental skills and builds an improved sense of discipline towards running, other sports, and life in general. Running distances will vary from 1/2 mile to 2 miles. There will be optional cross country meets with other local cities. Meets are typically on weekends with one on a Thursday or Friday evening. Meet details will be provided at the first practice.

Lake Hills Community Park

\$80(R) \$96(N) Ages 6-13  
4870 Th 5:00pm-6:00pm 9/12-10/24

## Flag Football

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

Robinswood Community Park - Fields

\$40(R) \$48(N) Ages 7-13  
4868 We 1:45pm-3:00pm 9/25-10/16  
4869 We 1:45pm-3:00pm 10/23-11/13

## Multi-Sport

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

Robinswood Community Park - Fields

\$40(R) \$48(N) Ages 7-13  
4867 Mo 4:15pm-5:15pm 9/30-10/21

Tyee Middle School Site

\$44(R) \$53(N) Ages 7-13  
4887 Mo 5:30pm-6:30pm 11/4-12/2

## 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

## Girls Basketball Club Fall 2024

\$55(R) \$66(N) Ages 6-12  
5798 Th 5:30pm-6:30pm 11/7-12/12

## Local Hoops Pre-Season Basketball Clinics

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

Crossroads Community Center

\$115(R) \$138(N) Ages 5-6  
4893 Mo 4:30pm-5:30pm 11/4-12/16

\$115(R) \$138(N) Ages 7-9  
4894 Tu 4:30pm-5:30pm 11/5-12/10

\$115(R) \$138(N) Ages 10-13  
4895 We 4:30pm-5:30pm 11/6-12/11

## 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

			Ages 10/up
\$20(R)	\$24(N)		
5735	We	2:00pm-3:00pm	10/2
5745	Sa	10:45am-11:45am	10/5
5725	Mo	4:30pm-5:30pm	10/7
5736	We	2:00pm-3:00pm	10/9
5746	Sa	10:45am-11:45am	10/12
5726	Mo	4:30pm-5:30pm	10/14
5737	We	2:00pm-3:00pm	10/16
5747	Sa	10:45am-11:45am	10/19
5727	Mo	4:30pm-5:30pm	10/21
5738	We	2:00pm-3:00pm	10/23
5748	Sa	10:45am-11:45am	10/26
5728	Mo	4:30pm-5:30pm	10/28
5749	Sa	10:45am-11:45am	11/2
5729	Mo	4:30pm-5:30pm	11/4
5739	We	2:00pm-3:00pm	11/6
5750	Sa	10:45am-11:45am	11/9
5740	We	2:00pm-3:00pm	11/13
5751	Sa	10:45am-11:45am	11/16
5730	Mo	4:30pm-5:30pm	11/18
5741	We	2:00pm-3:00pm	11/20
5752	Sa	10:45am-11:45am	11/23
5731	Mo	4:30pm-5:30pm	11/25
5753	Sa	10:45am-11:45am	11/30
5732	Mo	4:30pm-5:30pm	12/2
5742	We	2:00pm-3:00pm	12/4
5754	Sa	10:45am-11:45am	12/7
5733	Mo	4:30pm-5:30pm	12/9
5743	We	2:00pm-3:00pm	12/11
5755	Sa	10:45am-11:45am	12/14
5734	Mo	4:30pm-5:30pm	12/16
5744	We	2:00pm-3:00pm	12/18

# Tennis

## Registration dates for tennis programs in this brochure:

Bellevue Residents: October 14, 2024

Non-Bellevue Residents: October 21, 2024

## 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
4989	Tu	7:45pm-9:00pm	10/29-12/17
4985	We	11:00am-12:15pm	10/30-12/18
4990	We	9:00pm-10:15pm	10/30-12/18

## 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
4986	Tu	11:00am-12:15pm	10/29-12/17
4991	Tu	9:00pm-10:15pm	10/29-12/17
4987	We	12:15pm-1:30pm	10/30-12/18
4992	We	7:45pm-9:00pm	10/30-12/18

## 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.

\$140			Ages 18/up
4988	Mo	12:15pm-1:30pm	10/28-12/16
4993	Mo	7:45pm-9:00pm	10/28-12/16
4994	Th	7:45pm-9:00pm	10/31-12/19

## Advanced

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

\$140			Ages 18/up
4995	Mo	9:00pm-10:15pm	10/28-12/16
4996	Th	9:00pm-10:15pm	10/31-12/19

**Subscribe to alerts at [BellevueWA.gov/Tennis](https://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](https://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

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

Sa 9:00am-10:00am Ages 7-18

### Team 1

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

Tu, Th 4:00pm-5:15pm Ages 7-18

### Team 2

Players on Team 2 have completed a session in one of the top ladder spots on Team 1. They have shown a progression of their basic skills and they are incorporating those skills into their match play.

Tu, Th 5:15pm-6:30pm Ages 7-18

### Tournament Team

Players on Tournament Team have completed a session in one of the top ladder spots on Team 2. A requirement for this team is that the student is actively participating in tournaments. The student has a strong grasp of the basics and is working on developing offensive shots and strategies.

Mo, We, Fr 5:15pm-6:30pm Ages 7-18

### Elite Team

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

Mo, We, Fr 4:00pm-5:15pm Ages 7-18

### 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.

\$91 4998 Sa 11:00am-11:45am Ages 4-6 11/2-12/21

### 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.

\$91 4999 Sa 1:30pm-2:30pm Ages 7-10 11/2-12/21

\$91 5000 Sa 2:30pm-3:30pm Ages 11-14 11/2-12/21

### Advanced Beginning

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

\$91 5001 Sa 3:30pm-4:30pm Ages 7-10 11/2-12/21

\$91 5002 Sa 4:30pm-5:30pm Ages 11-14 11/2-12/21

### Teen

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

\$91 5003 Sa 12:00pm-1:00pm Ages 15-18 11/2-12/21

### 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.

\$91 4997 Sa 10:00am-11:00am Ages 7-14 11/2-12/21

## 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 Ongoing  
Tu, Th 6:00pm-8:00pm Ongoing  
Mo, We, Fr 3:00pm-5:00pm Ongoing

Hidden Valley Sports Park

\$4(R) \$5(N) Ages 18/up  
Tu, We 10:00am-12:00pm 10/1-12/18  
Fr 12:30pm-2:30pm 10/4-12/20

### 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  
5323 Th 10:00am-12:00pm 10/3-10/24  
5817 Th 10:00am-12:00pm 10/31-11/21  
\$30(R) \$36(N) Ages 18/up  
5818 Th 10:00am-12:00pm 12/5-12/19

### Crossroads Pickleball

Crossroads Community Center offers a variety of pickleball classes and clinics for varying skill levels.

Crossroads Community Center

### 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.

\$10(R)	\$12(N)		Ages 18/up	
5525	Mo	9:00am-11:00am		10/7
5526	Mo	9:00am-11:00am		11/4

### SBCC Pickleball

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

South Bellevue Community Center

### Adult Beginner Pickleball

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

\$60(R)	\$72(N)		Ages 18/up	
5650	Th	8:30am-10:00am		10/3-11/7
5651	Tu	8:30am-10:00am		11/12-12/17

### 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.

\$10(R)	\$12(N)		Ages 18/up	
5653	Tu	8:30am-10:00am		10/29
5654	Tu	8:30am-10:00am		11/5
5655	Th	8:30am-10:00am		11/14
5658	Th	8:30am-10:00am		12/12
5659	Th	8:30am-10:00am		12/19

### 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+

\$10(R)	\$12(N)		Ages 18/up	
5652	Tu	8:30am-10:00am		10/22
5657	Tu	8:30am-10:00am		12/5

### Turkey Smash Pickleball Tournament

Come take part in the Inaugural SBCC Turkey Smash Pickleball Tournament. This is a social event with a round robin format and will only allow for a maximum of 32 players. Each player will compete in 6 games over 8 rounds with a different partner each game. Due to time constraints, games will be completed with the first team to reach 11 points, win by 1. Event winners will be determined by the player(s) with the most game wins. Refreshments will be available, and awards given in the 2nd Floor Community Room immediately following play, so please stick around for some social time. This is sure to be a fun event for all!

\$20(R)	\$24(N)		Ages 18/up	
5656	Th	8:30am-12:00pm		11/21

### Crossroads Badminton

Crossroads Community Center offers a variety of badminton clinics and classes to help teach you the game as well as advance your skills in the game.

Crossroads Community Center

### Badminton Clinic

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

\$10(R)	\$12(N)		Ages 18/up	
5529	Tu	9:00am-11:00am		10/8
5530	Tu	9:00am-11:00am		11/5

### SBCC Badminton

SBCC offers a variety of badminton clinics and classes to help teach you the game as well as advance your skills in the game.

South Bellevue Community Center

### 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.

\$10(R)	\$12(N)		Ages 18/up	
5629	We	8:30am-10:00am		10/2
5630	Mo	8:30am-10:00am		10/7
5631	We	8:30am-10:00am		10/9
5632	Mo	8:30am-10:00am		10/14
5633	We	8:30am-10:00am		10/16
5634	Mo	8:30am-10:00am		10/21
5635	We	8:30am-10:00am		10/23
5636	Mo	8:30am-10:00am		10/28
5637	We	8:30am-10:00am		10/30
5638	Mo	8:30am-10:00am		11/4
5639	We	8:30am-10:00am		11/6
5640	We	8:30am-10:00am		11/13
5641	Mo	8:30am-10:00am		11/18
5642	We	8:30am-10:00am		11/20
5643	Mo	8:30am-10:00am		11/25
5644	Mo	8:30am-10:00am		12/2
5645	We	8:30am-10:00am		12/4
5646	Mo	8:30am-10:00am		12/9
5647	We	8:30am-10:00am		12/11
5648	Mo	8:30am-10:00am		12/16
5649	We	8:30am-10:00am		12/18

**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 (gaspings). 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 fall performances.

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



Friday, October 25 at 7 pm  
Saturday, October 26 at 7 pm  
Sunday, October 27 at 2 pm  
Saturday, November 2 at 2 pm  
Saturday, November 2 at 7pm  
Sunday, November 3 at 2 pm



Friday, November 15 at 7 pm  
Saturday, November 16 at 7 pm  
Sunday, November 18 at 2 pm  
Saturday, November 23 at 2 pm  
Saturday, November 23 at 7 pm  
Sunday, November 24 at 2 pm



Friday, December 6 at 7 pm  
Saturday, December 7 at 7 pm  
Sunday, December 8 at 2 pm  
Saturday, December 14 at 2 pm  
Saturday, December 14 at 7 pm  
Sunday, December 15 at 2 pm

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