

CONNECTIONS

July through
September, 2024



**Bellevue resident
registration begins
June 3 @ Noon**

Registrations from non-Bellevue
residents will be accepted
beginning June 10.



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



Bellevue Parks &
Community Services

CONNECTIONS



Bellevue Parks & Community Services

PO Box 90012
Bellevue, WA 98009-9012

Bellevue City Council

Lynne Robinson, Mayor

Mo Malakoutian, Deputy Mayor

Dave Hamilton Conrad Lee
Jared Nieuwenhuis John Stokes
Janice Zahn

Parks & Community Services Board

Paul Clark, Chair

Rowena Clima, Vice-Chair

Steve Chianglin Eileen Chou
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
Major Mark Tarantino, Ex-Officio

Food & Refreshments

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

City of Bellevue Tax ID Number 91-6007020

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

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

Questions or comments about this publication?
Contact Colin Walker, Department Marketing Administrator, CWalker@BellevueWA.gov.

Equal Opportunity Statement

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

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



Financial Assistance Available for Recreation Programs

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

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

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

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

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

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

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

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

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

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

Registration & Payment Policies

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

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

Food & Refreshments

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

City of Bellevue Tax ID Number:

91-6007020

Registration Priority:

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

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

Registration Confirmation:

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

Financial Assistance/Scholarships:

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

Payment:

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

Scholarship/financial assistance application is required prior to registration.

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

Day Camps: Each Day Camp requires a \$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 15 hours or more per week): A refund is granted if the withdrawal is made at least ten (10) calendar days prior to the first day of class, less a \$35 non-refundable deposit, per participant, per camp. Camp withdrawals requested less than ten (10) calendar days prior to camp will result in a refund of 50% of the program fee, per participant, per program. If you are interested in transferring to a different camp, please call 425-452-6885 for information on our transfer policy.

RESIDENT DEFINITION:

A resident is defined as anyone living within the jurisdictional boundary of the City of Bellevue as determined by City records. If you have any question as to whether you are within the jurisdictional boundary of the City of Bellevue, please contact the Development Services Department's Land Use Division at 425-452-4188.

The City of Bellevue prohibits sex discrimination in the operation or administration of community athletics programs for youth or adults. Third parties who receive leases or permits from the City of Bellevue for a community athletic program are also prohibited from discriminating on the basis of sex. In addition, the City of Bellevue does not discriminate on any other basis provided by Federal or State law. If you have questions or wish to file a complaint, contact Susan Freeburg at SFreeburg@bellevuewa.gov, or 425-452-4278.



Activity Registration Form



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

Bellevue resident registration begins June 3 at Noon
Registrations from non-Bellevue residents will be accepted beginning June 10.

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.

Participant's Parent/Guardian Signature

Date

Printed Name

Registration NOT VALID without signed waiver.

Mail completed form to:

Bellevue Parks Registration; P.O. Box 90012; Bellevue, WA 98009-9012

Low-Cost & No-Cost Programs

Bellevue Parks & Community Services offers a variety of low-cost and no-cost programs for all ages! Enjoy year-round participation in one or more of these programs for less than \$500.

Visit BellevueWA.gov/scholarship to learn more about our financial assistance program, which provides up to \$500 per year to Bellevue residents meeting certain income guidelines.

Bellevue Aquatic Center

Lap Swim
Open Swim

Bellevue Botanical Garden

Docent-Led Tours

Bellevue Skate Park

Open Skate Sessions

Bellevue Youth Theatre

Amplify
Treasure Island
Fall auditions - free for Bellevue residents

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

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

Kelsey Creek Farm

Farm Story Time
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

Parent/Child Indoor Play

South Bellevue Community Center

Indoor Play
Tai Chi & Mindful Movement
Martial Arts Fitness
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: _____ M F

Registration Opens:
 Bellevue Resident: **June 3rd**
 Non-Bellevue Resident: **June 10th**

Intellectual Disability Programs IN-PERSON NO CLASS: JULY 4 TH & SEPTEMBER 2 ND	
Summer Fitness*	\$60(r) \$82(nr)
Mon 5pm-7pm	Jul 1 st -Aug 26 th
Social Club	\$50(r) \$63(nr)
Mon 7pm-8pm	Jul 1 st -Aug 26 th
Fitness*	\$89(r) \$111(nr)
Tue/Thu 5pm-6:30pm	Jul 2 nd -Sep 5 th
Softball	\$71(r) \$88(nr)
Tue/Thu 6:30pm-8pm	Jul 2 nd -Sep 5 th
Movie Time	\$50(r) \$63(nr)
Wed 5pm-7pm	Jul 3 rd -Sep 4 th
BINGO	\$50(r) \$63(nr)
Wed 7pm-8pm	Jul 3 rd -Sep 4 th
Aloha Picnic & Dance	\$10(r) \$12(nr)
Friday 5pm-8:30pm	Aug 16 th
Can only register for one fitness class	

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

Intellectual Disability Programs VIRTUAL NO CLASS: JULY 4 TH & SEPTEMBER 2 ND	
Trivia	\$50(r) \$63(nr)
Mon 7pm-8pm	Jul 1 st -Aug 26 th
BINGO	\$50(r) \$63(nr)
Wed 7pm-8pm	Jul 3 rd -Sep 4 th

Physical Disability Programs IN-PERSON NO CLASS: JULY 4 TH & SEPTEMBER 2 ND	
PD Exercise	\$108(r) \$129 (nr)
Tue & Thu 11am-Noon	Jul 2 nd -Sep 19 th
PD Exercise	\$108(r) \$129(nr)
Tue & Thu Noon-1:30pm	Jul 2 nd -Sep 19 th

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

Remember to
sign the back.

Registrations received without a signed waiver will not
be processed.



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I acknowledge that I have carefully read this WAIVER OF LIABILITY / PHOTO & VIDEO RELEASE and fully understand that I am waiving any right that I may now or hereafter have to bring a legal action to assert any claim against the City of Bellevue in connection with my or my child(ren)'s participation in this activity.

PARENT OR GUARDIAN SIGNATURE

DATE

PRINTED NAME



**Bellevue Parks &
Community Services**

Payment Details

Payment Method

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

Credit Card Total Fee: \$ _____



Card Number _____

Expiration Date _____ CV _____

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.

Aloha Picnic & Dance

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. Celebrate your summer with friends as there will be plenty on this warm summer evening. Picnic starts at 5pm with the dance to follow.

Highland Community Center & Park

\$10(R) \$12(N) Ages 16/up
5127 5:00pm-8:30pm 8/16

Virtual Trivia Night

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

Highland Community Center & Park

\$50(R) \$63(N) Ages 18/up
5272 Mo 7:00pm-8:00pm 7/1-8/26

Virtual BINGO

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

Highland Community Center & Park

\$50(R) \$63(N) Ages 18/up
5126 We 7:00pm-8:00pm 7/3-9/4

BINGO

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

Highland Community Center & Park

\$50(R) \$63(N) Ages 18/up
5125 We 7:00pm-8:00pm 7/3-9/4

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

\$48(R) \$48(N) Ages 14/up
4984 We 4:00pm-5:00pm 9/18-10/23

Full Fitness

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

Highland Community Center & Park

\$60(R) \$82(N) Ages 18/up
5121 Mo 5:00pm-7:00pm 7/1-8/26

\$89(R) \$111(N) Ages 18/up
5122 Tu, Th 5:00pm-6:30pm 7/2-9/5

Movie Time

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

Highland Community Center & Park

\$50(R) \$63(N) Ages 18/up
5124 We 5:00pm-7:00pm 7/3-9/4

Physical Disability Exercise

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

Highland Community Center & Park

\$108(R) \$129(N) Ages 18/up
5155 Tu, Th 11:00am-12:00pm 7/2-9/19
5156 Tu, Th 12:00pm-1:30pm 7/2-9/19

Social Club

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

Highland Community Center & Park

\$50(R) \$63(N) Ages 18/up
5128 Mo 7:00pm-8:00pm 7/1-8/26

Softball

This class is designed and adapted for adults with intellectual disabilities. Exercise and fun are rolled into one! New players at all levels of ability are welcome. We practice twice a week, and Special Olympic competition is optional. Coaches provide leadership at the Special Olympic tournaments.

Highland Community Center & Park

\$71(R) \$88(N) Ages 18/up
5123 Tu, Th 6:30pm-8:00pm 7/2-9/5

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 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 Tu 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
5158 Mo, We, Fr 10:30am-12:00pm 9/4-9/30

NEW PROGRAM!

Afterschool Teen Makerspace

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

Crossroads Community Center

Free Ages 12-18
Tu 3:00pm-5:00pm 7/10-8/14
Tu, We 3:00pm-5:00pm 9/10-9/25

Teen Makerspace Workshop Series

Crossroads Community Center

Let's make GOO!

Learn how to make Goo out of glue! We will use glitter, color dye and more!

FREE Ages 12-18
5160 Tu 3:00pm-5:00pm 9/10

Origami for Beginners

Get started with origami for beginners with step by step instructions for all the basic paper folds, bases and how to make your first origami crane.

FREE Ages 12-18
5161 Tu 3:00pm-5:00pm 9/17

Candle Making

Create your own candle. Pick your jar to design, pick wax color and make it your own!

FREE Ages 12-18
5162 Tu 3:00pm-5:00pm 9/24

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
3347 Tu, Th 6:00pm-8:00pm 1/2-12/31
3255 Mo, We, Fr 3:00pm-5:00pm 1/3-12/27

Hidden Valley Sports Park

\$4(R) \$5(N) Ages 18/up
5196 Tu, We 10:00am-12:00pm 9/3-9/25

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 Ages 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 Ages 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
Fr 9:30am-11:30am Ages All Ages 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
Fr 2:00pm-4:00pm Ages 18/up Ongoing

South Bellevue Community Center Climbing Wall

The South Bellevue Climbing Wall is 33 feet tall and sculpted to look and feel like Index granite. The wall offers three, top-ropes each with several routes with varying degrees of difficulty from beginner to expert and a bouldering wall. Call 425-452-4240 or visit 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 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

Badminton

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

\$4(R) \$5(N) Ages 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
Weekdays 8:00am-7:00pm 7/1-8/23
Weekdays 9:00am-7:45pm 8/26-9/27

Youth/Family Basketball

FREE afterschool drop-in program for students and families.

FREE Ages 18/under
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

Adult Volleyball

Play volleyball after-work on Wednesday nights.

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

Extend your lunch break with drop-in adult hoops.

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

Indoor Kite Flying

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

FREE Ages All Ages
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

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.

South Bellevue Community Center

FREE Ages 18/up
5151 Mo 1:00pm-3:00pm 9/9-9/30

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
5028 We, Fr 10:00am-12:00pm 8/28-9/27

Moving to a Simpler Life

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

North Bellevue Community Center

FREE Ages All Ages
5263 Tu 10:00am-1:00pm 9/17-9/24

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 for individuals ages 55+. 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.

North Bellevue Community Center

FREE Ages 55/up
5170 Tu 11:30am-1:00pm 7/2-9/24

Art for Older Adults

Each week, instructor Brad Niemeyer will lead a different art activity. 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.*

North Bellevue Community Center

FREE Ages 55/up
5172 We 1:00pm-2:30pm 7/3
5173 We 1:00pm-2:30pm 7/10
5174 We 1:00pm-2:30pm 7/17
5175 We 1:00pm-2:30pm 7/24
5176 We 1:00pm-2:30pm 7/31
5177 We 1:00pm-2:30pm 8/7
5178 We 1:00pm-2:30pm 8/14
5179 We 1:00pm-2:30pm 8/21
5180 We 1:00pm-2:30pm 8/28
5181 We 1:00pm-2:30pm 9/4
5182 We 1:00pm-2:30pm 9/11
5183 We 1:00pm-2:30pm 9/18
5184 We 1:00pm-2:30pm 9/25

Multi-Cultural Services & Programs

Health and Wellness for Older Adults

North Bellevue Community Center

ESL

North Bellevue Community Center

CISC ESL Instruction

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

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

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

NBCC Drop-In Social Services

North Bellevue Community Center

CISC Russian Speaking Program

This program supports the Russian older adults with structured activities to promote physical, social and emotional well-being and cross cultural interaction with other older participants.

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

This class is coordinated by CISC's Russian Senior Day Program. Please contact Lyudmila Pashkova at lyudmilap@cisc-seattle.org or Boliver Choi at boliverc@cisc-seattle.org for any questions.

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

CISC Drop-In SHIBA Assistance

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

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

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 Information & Assistance

BellevueWA.gov/Parks

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
3264 Fr 10:30am-12:00pm Ages All Ages 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
3117 Mo 9:30am-12:00pm Ages 18/up 1/8-12/23

Sounds of Swing Big Bang Practice

Each week the Sounds of Swing Big Band rehearses toe-tapping music of the swing era as well as jazz standards for your listening pleasures at North Bellevue Community Center. No pre-registration required. This is a FREE activity.

Free
3279 Tu 1:00pm-3:00pm Ages 18/up 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
3103 星期三, 星期五 上午 9:15 至 10:45 年滿 50 歲以上 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
2767 星期三 上午 9:30 至 11:00 年滿 18 歲以上 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 (stephenl@cisc-seattle.org)。這是先到先參加的免費課程。

免費
3115 星期四 上午 9:00 至中午 12:00 年滿 18 歲以上 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
3117 星期一 上午 9:30 至中午 12:00 年滿 18 歲以上 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

多元文化服务与项目

老年人健康与保健

North Bellevue Community Center (北 Bellevue 社区中心)

ESL

North Bellevue Community Center (北 Bellevue 社区中心)

CISC ESL 教学

本课程将使用英语和广东话/普通话授课。参与者将学习基础英语单词和简单的短语。本课程适合无英语读写能力或能力水平较低的英语初学者。

本课程由仁人服务社的社区生活连接外展计划协调。如有疑问, 请联系 Boliver Choi, 电子邮箱: boliverc@cisc-seattle.org。线上参与课程需要进行注册。线下课程无需注册即可参加。

免费
3103 周三、周五 上午 9:15-上午 10:45 年龄 50 周岁及以上 1/3-12/20

NBCC 免预约社会服务

North Bellevue Community Center (北Bellevue社区中心)

CISC 老年人健康保险福利上门援助

Statewide Health Insurance Benefits Advisors (老年人健康保险福利援助计划, SHIBA) 提供有关 Medicare 和医疗保健选择的免费、公正和保密的帮助。我们帮助评估客户的医疗保健保险需求, 确定医疗保健保险计划的一般资格, 并提供 Medicare 的注册帮助。

免费 年龄 18 周岁及以上
2767 周三 上午 9:30-11:00 1/3-12/18

CISC 信息与援助计划

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

本课程面向年满 55 周岁人士, 使用普通话授课, 并由 CISC 家庭资源支持计划协调。如有任何疑问, 请联系 Karia Wong (kariaw@cisc-seattle.org) 或 Stephen Lam (stephenl@cisc-seattle.org)。这是一项免费项目, 先到先得。

免费 年龄 18 周岁及以上
3115 周四 上午 9:00-中午 12:00 1/4-12/19

NBCC 乐器队

North Bellevue Community Center (北Bellevue社区中心)

CISC 中国乐器队

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

免费 年龄 18 周岁及以上
3117 周一 上午 9:30-中午 12:00 1/8-12/23

NBCC 舞蹈队

North Bellevue Community Center (北Bellevue社区中心)

CISC 排舞团

排舞是一种编排的舞蹈, 其中有一系列重复的舞步, 需要一群人排成一排或多排, 并且所有人面对面或朝着同一个方向, 同时跳这些舞步。在这个舞团, 您将学习并练习这些舞蹈和动作! 您也可以选择独舞(即无需舞伴)。这是一项可即时参加的活动, 无需预先报名。活动现场付费

该项目由 CISC - Chinese Information Service Center (仁人服务社) 发起, 旨在为 King 县的移民提供信息、转诊、拥护、社会和支持服务, 以帮助他们融入新社区的生活。

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

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 или Boliver Choi по адресу boliverc@cisc-seattle.org.

Бесплатно Для возраста от 50 и старше
3120 Вт, Пт 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 Edad: mayores de 18 años
3275 Vie 9:00 a. m. - 2:00 p. m. 1/5-12/27

बहु-सांस्कृतिक सेवाएँ एवं कार्यक्रम

IACS सामुदायिक कार्यक्रम

North Bellevue Community Center (North Bellevue कम्युनिटी सेंटर) और Indian American Community Services (भारतीय अमेरिकी सामुदायिक सेवाएँ) (पहले IAWW) ने बहु-पीढ़ी वाले भारतीय परिवारों को एकजुट करने और जश्न मनाने और कुर्सी योगा, स्वास्थ्य वार्ता सहित सामाजिक संचार गतिविधियों के लिए सुरक्षित, रचनात्मक स्थान प्रदान करके समुदाय में सांस्कृतिक फ़ासलों को कम करने के प्रयास हेतु भागीदारी की है। IACS Bellevue की जनता के लिए स्वस्थ 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।

मुफ़्त उम्र 18/ज़्यादा
3261 गुरुवार सुबह 9 बजे-दोपहर 3 बजे 1/4-12/19

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.

Basic Computer Skills Workshop

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

North Bellevue Community Center
\$36 We 1:30pm-3:00pm Ages 55/up 9/4-9/25

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 7/16

Music Together

Learn original and traditional songs from around the world during this unique musical experience of languages, tonalities and rhythms. An illustrated songbook, print and online resources will help families continue the music-making fun at home and nurture a child's musical growth. This is the foundational Music Together class, one that a child can attend from birth to age five through 12 song collections. This class is designed for parent/caregiver participation with the child. Build a love of music to last a lifetime!

An additional \$50 Music Together Program Fee is to be paid directly to Music Together with Mrs. Chrisi on or before the first day of class.

South Bellevue Community Center		Ages 5/under	
\$116(R)	\$139(N)	10:30am-11:15am	7/24-8/8
5006	We, Th	12:15am-11:30am	7/24-8/8
5007	We, Th	4:00pm-4:45pm	7/24-8/8
5008	We, Th	5:00pm-5:45pm	7/24-8/8
5009	We, Th		
Northwest Arts Center		Ages 5/under	
\$200(R)	\$240(N)	10:30am-11:15am	9/19-11/21
5130	Th	11:30am-12:15pm	9/19-11/21
5131	Th	6:00pm-6:45pm	9/19-11/21
5132	Th	5:00pm-5:45pm	9/19-11/21
5157	Th		

Northwest Arts Center		Ages 5/under	
\$200(R)	\$240(N)	11:30am-12:15pm	9/18-11/20
5048	We	10:30am-11:15am	9/18-11/20
5049	We	9:30am-10:15am	9/18-11/20
5050	We		

Arts

Art for Older Adults

Join us for this aft club for folks ages 55+! A different art activity will be explored each week, including 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.

North Bellevue Community Center
Free We 1:00pm-2:30pm Ages 55/up Ongoing

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

Madhubani painting workshop

Madhubani Painting workshop provided by Deepti Designs.
Crossroads Community Center
FREE We 3:00pm-5:00pm Ages 10-18 7/17

Afterschool Art Adventures September

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

North Bellevue Community Center

\$65(R) \$75(N) Ages 7-11
5185 We 3:30pm-4:45pm 9/4-9/25

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

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
5151 Mo 1:00pm-3:00pm 9/9-9/30

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

BellevueWA.gov/Parks

Register Online:
Register.BellevueWA.gov

Aztec Dance

Learn about traditional aztec dance performed by Nahui Ollin Tezcatlipocatl of Bellevue. Community members are welcome to attend; group meets weekly on Wed/Thurs, 5:30-7:30pm at the center.

Crossroads Community Center

FREE Ages All Ages
5030 We, Th 5:30pm-7:30pm 8/28-9/26

Hip Hop 1/ 2

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

South Bellevue Community Center

\$126(R) \$151(N) Ages 5-7
5135 Sa 11:00am-12:00pm 9/7-11/23

Hippity Hop

ARE YOU READY TO BOOGIE? Children will learn the basics of hip-hop dancing with fun and upbeat music. You can expect your child to develop confidence, coordination, personality and HAVE FUN! This course ends in a fun recital to showcase student progress for family and friends. Students of all genders are welcome!

South Bellevue Community Center

\$99(R) \$118.80(N) Ages 3-4
5134 Sa 10:00am-10:45am 9/7-11/23

Pre-Ballet

Students will gain coordination, confidence, and social skills as they learn the basics of ballet steps. This course ends in a fun recital to showcase student progress for family and friends. Participation in the session includes an invitation to perform a student role in the December Nutcracker with City Opera Ballet. Students of all genders welcomed!

South Bellevue Community Center

\$99(R) \$118.80(N) Ages 4-5
5133 Sa 9:00am-9:45am 9/7-11/23

Ballet 1/ 2

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

South Bellevue Community Center

\$168(R) \$201.60(N) Ages 6-8
5136 Tu 5:00pm-6:00pm 9/10-11/19

Intro to Cheerleading

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

\$180(R) \$216(N) Ages 8-13
5137 Tu 6:00pm-7:00pm 9/10-11/19

July through September, 2024

CONNECTIONS

Urvasi Dance Ensemble

Dance performance and workshop for all ages.
45-minute performance and 15 minutes culture talk and Q&A session.

Crossroads Community Center

FREE
5154 Mo 5:00pm-8:00pm Ages All Ages 9/9

Bellevue Youth Theatre

BYT Auditions

Stay tuned for an announcement with the 2024-2025 Bellevue Youth Theatre performance line-up later this summer! In the meantime, mark your calendars for auditions for our fall season.

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 Show 1 ONLY
- September 5 or 6 at Bellevue Youth Theatre from 5-6:30pm for all shows

Show 1

Rehearsal Location: South Bellevue Community Center

Rehearsal Times: 5-7 pm

Rehearsal Start Date: September 16

Tech Week: November 4-7

Performances: November 8-17

NO CONFLICTS NOVEMBER 4-17

Show 2

Rehearsal Location: Bellevue Youth Theatre

Rehearsal Times: 5:30-7:30 pm

Rehearsal Start Date: September 23

Tech Week: November 18-21

Performances: November 22-December 1

NO CONFLICTS NOVEMBER 18-DECEMBER 1

Show 3

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

Kelsey Creek Farm

Bats on the Farm

Discover bats and the important role they play in Bellevue's ecology. Bats Northwest will teach us about bats that live in the Pacific Northwest and beyond. After dusk, we will scan the evening skies to see the bats that live at Kelsey Creek Farm and use a bat detector to see and hear the resident bats at work. Appropriate for teenagers and adults. Children must be accompanied by an adult. Registration recommended but not required.

Kelsey Creek Farm

FREE
4150 Fr 7:30pm-9:30pm Ages 16/up 8/16

Cowabunga with Cows

Come meet the cows at Kelsey Creek Farm! We'll feed the cows hay, learn all about cows, and do a cow-themed craft to take home. This is a parent/child class.

Kelsey Creek Farm

\$25(R) \$30(N)
4811 Su 1:00pm-2:00pm Ages 4-8 9/29

Fraser Cabin Heritage Program

Presented by the Eastside Heritage Center in partnership with Bellevue Parks & Community Services, the Fraser Cabin, built in 1888, comes to life with hands-on activities that relate to 1880s settler life. For more information, contact the Eastside Heritage Center at 425-450-1049, or visit eastsideheritagecenter.org. Registration not required.

Kelsey Creek Farm

FREE
4314 Sa 11:00am-3:00pm Ages All Ages 7/13
4315 Sa 11:00am-3:00pm 8/10

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)
4896 Weekdays 9:30am-12:30pm Ages: 4-5 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 Th 1:30pm-2:00pm Ages 1-5 1/4-12/26

Family Play Time

FREE Th 2:00pm-4:00pm Ages 1-5 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

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

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 for class times and fees.

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

Northwest Arts Center
North Bellevue Community Center
South Bellevue Community Center

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

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
\$91(R) \$110.50(N) Ages 13/up
5091 Tu, Th 10:30am-11:30am 7/2-8/15
\$42(R) \$51(N) Ages 13/up
5092 Tu, Th 10:30am-11:30am 9/10-9/26

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
\$98(R) \$119(N) Ages 13/up
4897 Mo, We 6:00am-7:00am 7/1-8/14
\$56(R) \$68(N) Ages 13/up
4898 Mo, We 6:00am-7:00am 9/4-9/30

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) \$86.40(N) Ages 16/up
5043 We 11:15am-12:15pm 9/18-10/30

ZUMBA

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

South Bellevue Community Center
\$40(R) \$48(N) Ages 13/up
5058 Mo 10:30am-11:30am 9/9-9/30
5060 Mo 6:00pm-6:50pm 9/9-9/30
\$30(R) \$36(N) Ages 13/up
5059 Fr 10:30am-11:30am 9/13-9/27

Martial Arts Fitness

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

South Bellevue Community Center

\$22(R) \$26(N) Ages 13/up
5063 Tu 7:00pm-7:50pm 9/17-9/24

Active Adult Fitness

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

South Bellevue Community Center

\$30(R) \$36(N) Ages 18/up
5035 Mo 10:30am-11:30am 7/1-7/15

\$70(R) \$84(N) Ages 18/up
5061 We 10:30am-11:30am 7/3-8/14

\$40(R) \$48(N) Ages 18/up
5036 Mo 10:30am-11:30am 9/9-9/30

\$30(R) \$36(N) Ages 18/up
5062 We 10:30am-11:30am 9/11-9/25

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

\$154(R) \$182(N) Ages 13/up
5083 Mo, We 9:15am-10:15am 7/1-8/14

\$77(R) \$91(N) Ages 13/up
5084 Mo, We 9:15am-10:15am 9/9-9/30

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

\$143(R) \$312(N) Ages 18/up
5051 Tu, Th 9:15am-10:15am 7/2-8/15

\$66(R) \$78(N) Ages 18/up
5052 Tu, Th 9:15am-10:15am 9/10-9/26

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

\$143(R) \$169(N) Ages 16/up
5085 Tu, Th 6:00am-6:50am 7/2-8/15

\$66(R) \$78(N) Ages 16/up
5086 Tu, Th 6:00am-6:50am 9/10-9/26

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

\$77(R) \$91(N) Ages 16/up
5087 Tu 6:00am-6:50am 7/2-8/13

\$66(R) \$78(N) Ages 16/up
5088 Th 6:00am-6:50am 7/11-8/15

\$33(R) \$39(N) Ages 16/up
5089 Tu 6:00am-6:50am 9/10-9/24
5090 Th 6:00am-6:50am 9/12-9/26

Small Group Training

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

South Bellevue Community Center

\$120(R) \$150(N) Ages 16/up
5040 Mo 7:00pm-7:50pm 7/1-8/12

\$80(R) \$100(N) Ages 16/up
5041 Mo 7:00pm-7:50pm 9/9-9/30

Body & Mind

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

\$91(R) \$105(N) Ages 13/up
5053 Tu 11:45am-12:45pm 7/2-8/13

\$39(R) \$45(N) Ages 13/up
5054 Tu 11:45am-12:45pm 9/10-9/24

Pilates

Pilates is a low-impact exercise designed to strengthen core muscles, increase body awareness, and improve balance and flexibility. This class combines Pilates basics with yoga and barre exercises. Students often feel a sense of overall wellness with a stronger mind-body connection. All fitness levels welcome.

South Bellevue Community Center

\$46.50(R)	\$54(N)		Ages 13/up
5108	Mo	9:15am-10:15am	9/16-9/30
5109	Fr	9:15am-10:15am	9/13-9/27

SilverSneakers Yoga

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

North Bellevue Community Center

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

Forest Bathing

Inspired by the Japanese practice of shinrin-yoku, Forest Bathing--spending quiet time in nature-- has scientifically proven to boost immune strength, reduce stress, and improve cognitive functioning. Beyond these physiological benefits, Forest Bathing also offers the opportunity to deepen your relationship with the natural world. By slowing down and carefully observing with all the senses, we may notice incredible things that have eluded us our whole lives. Escape the rapid pace of your daily routine, relax, and find unexpected beauty in the moment and all around. *This is a moderately challenging walk on a dirt path with roots and rocks. Although we only travel a short distance, it is not appropriate for people with restricted mobility.*

South Bellevue Community Center

\$25(R)	\$30(N)		Ages 12/up
4279	Fr	9:00am-10:30am	7/26

Sound Bath

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

South Bellevue Community Center

\$22.50(R)	\$27(N)		Ages 13/up
5110	Sa	10:30am-11:45am	7/13
5111	Sa	10:30am-11:45am	7/20
5112	Sa	10:30am-11:45am	8/10
5113	Sa	10:30am-11:45am	8/17
5116	Sa	10:30am-11:45am	9/14
5117	Sa	10:30am-11:45am	9/21
5118	Sa	10:30am-11:45am	9/28

Tai Chi & Mindful Movement

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

Northwest Arts Center

\$72(R)	\$86.40(N)		Ages 16/up
5046	We	10:00am-11:00am	9/18-10/30

South Bellevue Community Center

\$20(R)	\$30(N)		Ages 18/up
5064	Fr	10:30am-11:30am	9/20-9/27

Yoga - All Levels

Beginner and intermediate students who want a strong, safe foundation in alignment yoga will develop body awareness, flexibility, balance, and strength, plus learn sequences to start a personalized yoga practice. Students with injuries or health conditions will learn modifications to practice safely. This joyful class integrates other aspects of a well-rounded practice such as breathing, meditation and health and nutrition tips.

South Bellevue Community Center

\$78(R)	\$90(N)		Ages 13/up
5037	We	6:00pm-6:50pm	7/10-8/14
\$26(R)	\$30(N)		Ages 13/up
5038	We	6:00pm-6:50pm	9/18-9/25

Yoga - Mixed Levels

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

Northwest Arts Center

\$90(R)	\$108(N)		Ages 16/up
5065	Tu	9:30am-10:30am	9/24-10/29

Martial Arts

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

\$70(R)	\$84(N)		Ages 9-17
5119	Mo, We	5:00pm-5:50pm	9/9-9/30
\$70(R)	\$84(N)		Ages 18/up
5120	Mo, We	11:45am-12:45pm	9/9-9/30

Hapkido

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

North Bellevue Community Center

\$80(R)	\$100(N)		Ages 12/up
5211	Mo, We	6:35pm-7:35pm	7/1-7/31
\$80(R)	\$100(N)		Ages 5-12
5206	Mo, We	5:30pm-6:30pm	7/1-7/31
\$64(R)	\$80(N)		Ages 12/up
5212	Mo, We	6:35pm-7:35pm	8/5-8/28
\$64(R)	\$80(N)		Ages 5-12
5207	Mo, We	5:30pm-6:30pm	8/5-8/28
\$64(R)	\$80(N)		Ages 12/up
5213	Mo, We	6:35pm-7:35pm	9/4-9/30
\$64(R)	\$80(N)		Ages 5-12
5208	Mo, We	5:30pm-6:30pm	9/4-9/30

Kendo

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

Highland Community Center & Park

Please note: Kendo will be held at Tyee 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

\$90(R)	\$110(N)		Ages 6-12
5093	Mo, We	6:00pm-6:50pm	7/1-7/31
\$36(R)	\$44(N)		Ages 6-12
5095	Mo, We	6:00pm-6:50pm	8/5-8/14
\$63(R)	\$77(N)		Ages 6-12
5097	Mo, We	6:00pm-6:50pm	9/9-9/30
\$90(R)	\$110(N)		Ages 9/up
5094	Mo, We	7:00pm-7:50pm	7/1-7/31
\$36(R)	\$44(N)		Ages 9/up
5096	Mo, We	7:00pm-7:50pm	8/5-8/14
\$63(R)	\$77(N)		Ages 9/up
5098	Mo, We	7:00pm-7:50pm	9/9-9/30

Taekwondo

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

South Bellevue Community Center

\$56(R)	\$66.50(N)		Ages 5/up
5099	Tu, Th	4:00pm-4:50pm	7/2-7/30
5100	Tu, Th	5:00pm-5:50pm	7/2-7/30
\$40(R)	\$47.50(N)		Ages 5/up
5102	Tu, Th	4:00pm-4:50pm	8/1-8/15
5103	Tu, Th	5:00pm-5:50pm	8/1-8/15
\$63(R)	\$77(N)		Ages 6/up
5105	Tu, Th	4:00pm-4:50pm	9/5-9/26
5106	Tu, Th	5:00pm-5:50pm	9/5-9/26
\$56(R)	\$66.50(N)		Ages 9/up
5101	Tu, Th	6:00pm-6:50pm	7/2-7/30
\$40(R)	\$47.50(N)		Ages 9/up
5104	Tu, Th	6:00pm-6:50pm	8/1-8/15
\$63(R)	\$77(N)		Ages 9/up
5107	Tu, Th	6:00pm-6:50pm	9/5-9/26

Natural Resources & Outdoor Education

Canoe Mercer Slough

Explore the beautiful Mercer Slough Nature Park by water! You'll see how this amazing ecosystem functions as you travel into the heart of Mercer Slough Nature Park, a 329 acre wetland. With a little luck, you may catch a glimpse of otters, herons, turtles, and other wildlife of Mercer Slough. *Children must be at least 5 years old to participate. One adult must be present for every two children or youth. Coast Guard approved life jackets must be provided by parents for children weighing less than 35 lbs. There is no restroom during the 3-hour paddle.*

Enatai Beach Park

\$20(R)	\$20(N)		Ages 5/up
4407		8:45am-12:00pm	7/14
4408		8:45am-12:00pm	7/21
4409		8:45am-12:00pm	7/28
4410		8:45am-12:00pm	8/11
4411		8:45am-12:00pm	8/18
4412		8:45am-12:00pm	8/25

Ranger Programs

Local Wildlife

Join us at the Lake Hills Greenbelt Ranger Station for a continuing summer series 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

Local Wildlife — Buzzing Bugs

The parks are alive with all sorts of buzzing, crawling and wiggling critters this time of year. Join a Bellevue Park Ranger and learn about what sort of insects and arachnids live in our parks, and how they fit into the much bigger ecosystems.

FREE			Ages 4/up
5237	Sa	10:00am-11:00am	7/20
5238	Sa	10:00am-11:00am	7/27

Local Wildlife — Aquatic Animals

Splish splash! From our swimming salmon, to our building beavers, to our quacking ducks, the waterways of Bellevue are alive with activity. Come learn more about this dynamic community, and stay for a aquatic craft in the Lake Hills Ranger Station.

FREE			Ages 4/up
5239	Sa	10:00am-11:00am	8/10
5241	Sa	10:00am-11:00am	8/24

Local Wildlife — Big Predators

Cougars, Coyotes and Bears, oh my! What big predators make their homes in Bellevue, and what should you do if you come across one on the trails? Enjoy a fun class from a Bellevue Park ranger about these big animals, and stick around with your kids for a fun craft.

FREE			Ages 4/up
5242	Sa	10:00am-11:00am	9/14
5243	Sa	10:00am-11:00am	9/28

Lake Hills Greenbelt Ranger Walk

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

Lake Hills Greenbelt

5244	Sa	2:00pm-3:00pm	7/6
5245	Sa	2:00pm-3:00pm	7/13
5246	Sa	2:00pm-3:00pm	7/20
5247	Sa	2:00pm-3:00pm	7/27
5249	Sa	2:00pm-3:00pm	8/10
5250	Sa	2:00pm-3:00pm	8/17
5251	Sa	2:00pm-3:00pm	8/24
5252	Sa	2:00pm-3:00pm	8/31
5253	Sa	2:00pm-3:00pm	9/7
5254	Sa	2:00pm-3:00pm	9/14
5255	Sa	2:00pm-3:00pm	9/21
5256	Sa	2:00pm-3:00pm	9/28

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			Ages All Ages
5235	Su	10:30am-12:00pm	7/14
5236	Su	10:30am-12:00pm	9/29

Ranger-led Hike at Lakemont Community Park

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

Lakemont Community Park

FREE			Ages All Ages
5233	Su	10:30am-12:00pm	8/18

Ranger-led Hike at Lewis Creek Park

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

Lewis Creek Park

FREE			Ages All Ages
5186	Sa	10:30am-11:30am	7/6
5188	Sa	10:30am-11:30am	8/3
5190	Sa	10:30am-11:30am	9/7

Hunters of the Sky

Dragonflies are beautiful and intriguing to watch but did you know they are also ferocious predators? They can judge the speed and trajectory of their prey with such precision that they adjust their flight accordingly and ambush unsuspecting insect's mid-air. Join a Park Ranger for a fun filled hour to learn more about these aerial hunters.

Mercer Slough Environmental Education Center

FREE			Ages 5-10
5214		2:00pm-3:00pm	7/27

Natures Landscape Engineers

Beavers' ability to change the landscape is second only to humans. These amazing rodents are so valuable to the ecosystem that Native Americans often referred to them as the sacred center. Come learn more about these nocturnal creatures that call the Mercer Slough home.

FREE			Ages 5-10
5215	Sa	2:00pm-3:00pm	8/24

Night Hike at Mercer Slough: A Slough of Senses

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.

FREE			Ages 5/up
5201	Fr	7:00pm-8:00pm	9/27

Fall for Frogs

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

FREE
5217 2:00pm-3:00pm Ages 5-10 9/21

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.

Mercer Slough Environmental Education Center

FREE
5189 Sa 2:00pm-3:30pm 7/13
5195 Sa 2:00pm-3:30pm 8/10
5197 Su 2:00pm-3:30pm 9/15

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.

Mercer Slough Environmental Education Center

FREE
5163 Fr 11:00am-12:00pm 7/12
5164 Fr 11:00am-12:00pm 7/26
5166 Fr 11:00am-12:00pm 8/9
5167 Fr 11:00am-12:00pm 8/23
5168 Fr 11:00am-12:00pm 9/13
5169 Fr 11:00am-12:00pm 9/27

Family Discovery Series

Batty Nights at Lewis Creek Park

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

Lewis Creek Park

FREE
5226 Sa 8:30pm-10:00pm 7/27
5228 Sa 8:00pm-9:30pm 8/17
5231 Sa 7:00pm-8:30pm 9/14

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
5203 Su 10:30am-11:30am 7/28
5204 Sa 10:30am-11:30am 8/31
5205 Sa 10:30am-11:30am 9/28

Forest Fire Tag

Join a park ranger to learn about forest fires this month. We'll play some fun games to explore the science behind wildland fires, learn how trees protect themselves from fire and even how some forests need fire to keep the ecosystem healthy. Preregistration is required for children and adults.

Lewis Creek Park

FREE
5219 Su 2:30pm-3:30pm 8/4
5220 Sa 2:30pm-3:30pm 8/10
5221 Sa 2:30pm-3:30pm 8/24

Radical Resident Reptiles

Washington is home to a variety of reptiles, and you can find many of them right here in Bellevue! We'll explore what makes a reptile and try out being ectotherms for an afternoon in Lewis Creek Park. Preregistration is required for children and adults.

Lewis Creek Park

FREE
5223 Su 2:30pm-3:30pm 9/8
5222 Sa 2:30pm-3:30pm 9/14
5225 Sa 2:30pm-3:30pm 9/21

Toddler Trails at Lewis Creek Park

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

Lewis Creek Park

FREE
5198 Sa 10:00am-11:00am 7/13
5200 Su 10:00am-11:00am 8/11
5202 Sa 10:00am-11:00am 9/21

Tricky Crafty Camouflage

Is seeing believing? Just because we don't see animals doesn't mean they're not there. Discover how animals trick your eyes using different camouflage methods before heading out on a hike with a park ranger. We'll put your spotting skills to the test with a fun foraging activity! Preregistration is required for children and adults.

Lewis Creek Park

FREE
5216 Su 2:30pm-3:30pm 7/7
5218 Sa 2:30pm-3:30pm 7/13

Lake to Lake Bike Ride

Join us for the 11th annual Lake to Lake Bike Ride - an enjoyable, non-competitive ride that explores the hidden treasures of Bellevue. This ride utilizes low traffic roads, bike lanes, and part of the Lake-to-Lake Trail (non-technical gravel) and traverses much of the City. There are two routes: Greenbelt Loop, mostly flat 8-mile route; and Lake Loop, more challenging 24-mile route with significant elevation gain. The course is well-marked and supported by staff and volunteers. Riders under 18 must be registered and accompanied by an adult. This event is suggested for riders age 9 and above unless riding on a tandem, in a trailer, or tag-along. Pre-register for the ride at a discounted rate. Onsite day-of-event registration will also be available from 8:30 - 9:00AM. Start area opens 9:00 - 10:00AM. Participants under age 9 are free but registration is required.

Robinswood Community Park - Fields

\$20 Pre-registered

\$24 Day-of-event registration Ages 9/up
4586 Sat 9am-1pm 6/8

Free Ages 8/under
4591 Sat 9am-1pm 6/8

Lake to Lake Kids Bike Ride

As part of the 11th annual Lake to Lake Bike Ride, there is a kid-friendly course around the soccer fields at Robinswood Park. The Kids Ride is free and open to ages 3-8. Registration is required. Kids can complete as many laps around the course as time permits. Start area opens at 12:15pm for ages 3-4 and 12:30pm for ages 5-8.

Robinswood Community Park - Fields

Free Ages 3-8
4588 Sat 12:15-12:45pm 6/8

Adult Sports

Adult Sports Leagues

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

Youth Sports

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

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

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

Skate Clinics

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

Bellevue Skate Park

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

5078	Sa	10:45am-11:45am	9/7
5071	Mo	4:30pm-5:30pm	9/9
5075	We	2:00pm-3:00pm	9/11
5079	Sa	10:45am-11:45am	9/14
5072	Mo	4:30pm-5:30pm	9/16
5076	We	2:00pm-3:00pm	9/18
5080	Sa	10:45am-11:45am	9/21
5073	Mo	4:30pm-5:30pm	9/23
5077	We	2:00pm-3:00pm	9/25
5081	Sa	10:45am-11:45am	9/28
5074	Mo	4:30pm-5:30pm	9/30

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.

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

Tennis

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

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.

\$100			Ages 18/up
3589	Tu	7:45pm-9:00pm	6/25-7/23
3590	We	9:00pm-10:15pm	6/26-7/24
\$80.01			Ages 18/up
3664	Tu	7:45pm-9:00pm	7/30-8/20
3665	We	9:00pm-10:15pm	7/31-8/21

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.

\$100			Ages 18/up
3591	Tu	9:00pm-10:15pm	6/25-7/23
3592	We	7:45pm-9:00pm	6/26-7/24
\$80.01			Ages 18/up
3666	Tu	9:00pm-10:15pm	7/30-8/20
3668	We	7:45pm-9:00pm	7/31-8/21

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.

\$100			Ages 18/up
3593	Mo	7:45pm-9:00pm	6/24-7/22
\$80.01			Ages 18/up
3594	Th	7:45pm-9:00pm	6/27-7/25
3671	Mo	7:45pm-9:00pm	7/29-8/19
3674	Th	7:45pm-9:00pm	8/1-8/22

Advanced

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

\$100			Ages 18/up
3595	Mo	9:00pm-10:15pm	6/24-7/22
\$80.01			Ages 18/up
3596	Th	9:00pm-10:15pm	6/27-7/25
3675	Mo	9:00pm-10:15pm	7/29-8/19
3676	Th	9:00pm-10:15pm	8/1-8/22

Pickleball & Badminton

Adult Drop-In Pickleball

North Bellevue Community Center
\$4(R) \$5(N) Ages 18/up

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

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. Ages 18+

\$10(R)	\$12(N)		Ages 18/up
5138	Mo	8:30am-10:00am	9/9
5139	We	8:30am-10:00am	9/11
5140	Mo	8:30am-10:00am	9/16
5141	We	8:30am-10:00am	9/18
5142	Mo	8:30am-10:00am	9/23
5143	We	8:30am-10:00am	9/25
5144	Mo	8:30am-10:00am	9/30

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
5145	Tu	8:30am-10:00am	9/10-10/15

Pickleball Skills & Drills

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

\$10(R)	\$12(N)		Ages 18/up
5146	Th	8:30am-10:00am	9/12
5147	Th	8:30am-10:00am	9/19
5148	Th	8:30am-10:00am	9/26

Beginner Pickleball Clinic for Adults

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

Hidden Valley Sports Park			Ages 18/up
\$40(R)	\$48(N)		9/5-9/26
5187	Th	10:00am-12:00pm	

Looking for summer day camps?

Visit BellevueWA.gov/Connections, call 425-452-6885, or visit your nearest community center to learn more about our safe, fun, and enriching summer day camps.





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


THE BELLEVUE
COLLECTION™

BELLEVUE FAMILY 4th

★★ THE EASTSIDE'S ★★
LARGEST CELEBRATION

JULY 4

5:00PM - 10:30PM
BELLEVUE DOWNTOWN PARK

 FREE PARKING at The Bellevue Collection after 5pm

JOIN US FOR OUR ANNUAL CELEBRATION OF **LIVE MUSIC**,
KIDS ACTIVITIES, **FOOD** AND **FAMILY FUN**
LEADING UP TO A SPECTACULAR **FIREWORKS** SHOWCASE!



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