

CONNECTIONS

May through August, 2025



Bellevue resident registration begins March 31 @ Noon

Registrations from non-Bellevue residents will be accepted beginning April 7.



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
Jared Nieuwenhuis
Conrad Lee
John Stokes
Janice Zahn

Parks & Community Services Board

Rowena Clima, Chair

Eileen Chou, Vice-Chair

Steve Chianglin
Elizabeth Kronoff
Paul Clark
Heather Trescases
Michelle Valverde

Human Services Commission

Jaskaran Singh Sarao, Chair

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

City of Bellevue Tax ID Number 91-6007020

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

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

On the Cover: Movies in the Park. Picture credit: Colin Walker

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 programs meeting fewer than 10 hours per week, please see "General Recreation Programs" policies. Day Camp policies on this page do not apply to camps meeting fewer than 10 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 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. Please do not mail cash.

Financial assistance/Scholarship/ application is required prior to registration.

General Recreation Programs: Payment is due at the time of registration.

Day Camps (camps meeting 10 hours or more per week): Each Day Camp requires a \$50 non-refundable registration fee, per participant, per camp, at the time of registration, and will be

applied toward the final amount due. Non-Bellevue resident fee differential is also due at the time of registration. Payment in full of the remaining balance is due thirty (30) calendar days prior to the first day of each session. The city of Bellevue will automatically charge a credit card/debit card on file for balances due for day camps on the payment due date and, if necessary, adjust or reverse a payment for any entry made to an account or credit card in error.

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: 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 10 hours or more per week):

A refund is granted if the withdrawal is made at least fourteen (14) calendar days prior to the first day of class, less a \$50 non-refundable registration fee, per participant, per camp. Camp withdrawals requested less than fourteen (14) 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 December 9 at Noon
Registrations from non-Bellevue residents will be accepted beginning December 16.

Please Print Clearly

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

Street Address _____ City _____ State _____ ZIP _____

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

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

Participant #1 Name:

Last First
Date of Birth: _____ Pronouns _____

Class No	Class Title	Fee	Use Scholarship?

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

Participant #2 Name:

Last First
Date of Birth: _____ Pronouns _____

Class No	Class Title	Fee	Use Scholarship?

Participant #3 Name:

Last First
Date of Birth: _____ Pronouns _____

Class No	Class Title	Fee	Use Scholarship?

Payment Details

Payment Method

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

Credit Card Total Fee: \$ _____



Card Number _____

Expiration Date _____ CVV _____

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



WAIVER OF LIABILITY/PHOTO & VIDEO RELEASE

PLEASE READ CAREFULLY

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

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

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

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

Winter Auditions – free for Bellevue residents

The Little Prince

Storybook Series

Pizza and Existentialism

Disney's Descendants: The Musical

Crossroads Community Center

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

Highland Community Center

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

Kelsey Creek Farm

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

Lake Hills Greenbelt Ranger Station

Ranger Walks
Family Discovery Series

Lewis Creek Visitor Center

Evening Programs
Ranger-led Hikes
Family Discovery Series
Adult Volunteers

Mercer Slough Environmental Education Center

Story & A Stroll
Ranger-led Hikes
Family Discovery Series

North Bellevue Community Center

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

Northwest Arts Center

Indoor Play

South Bellevue Community Center

Bridge
Indoor Play
Tai Chi & Mindful Movement
Boxing Fundamentals
Active Adult Fitness
Badminton - Adult & Family
Basketball - Adult & Family
Indoor Cycling & Cycle/Stretch
Line Dancing
Open Art Studio
Fitness Center Drop-In
Pickleball - Adult & Family
Shotokan Karate - Youth
Taekwondo
Adult Volleyball
ZUMBA

TRACKS

Tuesday Trails
Wednesday Walks
TRACKS Elementary Program

Inclusion Process

Bellevue Parks & Community Services provides a variety of programs, activities, and services. We are committed to working with people with disabilities, their families, and caregivers to help ensure they have access to services. We provide information about program opportunities and when needed, modifications that make it possible for participants to access and participate in programs of their choice.

We welcome the opportunity to provide modifications for people with disabilities so that full participation in leisure and recreation programs, classes, services, and facilities may be enjoyed by all. The City provides reasonable modifications on a case-by-case, individualized basis including, but not limited to, training of staff, added supervision, use of adaptive equipment, consultation with other professionals, and taking other steps to ensure a safe and enjoyable leisure experience.

Successful participation and modifications succeeds with the commitment of staff, participants, as well as parents/guardians. You may request modifications during the registration process, or any time after registration. Participants are asked to notify staff regarding reasonable modifications necessary for participation, if possible, at least two full weeks prior to the start of the program. However, in some cases we may need more time to make a reasonable modification. The city strives to provide a safe and enjoyable environment and will do this cooperatively with all participants.

Individuals who have requested a modification will receive the city's best efforts at providing adaptations and reasonable support in programs, activities, and services. The city reserves the right to take any and all steps necessary, at any time, to ensure the safety and fundamental nature of its programs, classes, or activities

Inclusive experiences encourage and enhance opportunities for people of varying abilities to participate and interact in life's activities together. They also provide an environment that promotes and fosters physical, social and psychological inclusion of people with diverse experiences and skill levels. Additionally, inclusion is effective in developing community support and encouraging attitudinal changes to reflect dignity, self-respect, and involvement within the community. Recreation and socialization activities and programs provided by Bellevue Parks & Community Services promote healthy social, physical, educational, and cultural development. Inclusion allows those with differing abilities the opportunity to participate in City of Bellevue recreational programs. Inclusion increases the number of recreational choices, allows for individual growth and development, expanded social circles. Adaptive recreation programs provide choice, support skill development, and successful recreation participation for participants with disabilities.

For more information about our inclusion process, or our adaptive recreation programs for youth and adults, contact Highland Community Center at 425-452-7686.

Highland Community Center

Mailing Address: PO Box 90012 Bellevue, WA 98009

☎(425) 452-7686 | ✉HCC@BellevueWA.Gov



Adaptive Rec Registration Form

Participant Name:

Date of Birth:

POINT OF 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

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Primary Phone

Residents: December 9

Non-Residents: December 16

Registration

Bellevue Resident: **March 3rd**

Non-Bellevue Resident: **March 10th**

INTELLECTUAL DISABILITY PROGRAMS

NO CLASS: MAY 17TH AND MAY 26TH

Indoor Bocchia \$62(r) \$75(nr) Sat 10am-Noon Apr 5 th - Jun 7 th	Morning-Arts & Crafts ** \$56(r) \$68(nr) Fri 11am-12:30pm Apr 4 th - Jun 6 th
Hangout \$52(r) \$63(nr) Mon-Thu 3pm-5pm Mar 31 st - Jun 5 th	Afternoon-Arts & Crafts ** . \$56(r) \$68(nr) Fri 1pm-2:30pm Apr 4 th - Jun 6 th
Artistic Inspirations \$75(r) \$90(nr) Mon 5pm-7pm Mar 31 st - Jun 2 nd	Barn Dance \$10(r) \$12(nr) Fri 6pm-8:30pm May 9 th
Mindful Movement \$74(r) \$89(nr) Mon/Wed 5pm-7pm Mar 31 st - Jun 4 th	Will any family members or caregivers be joining you? No, just me! <input type="checkbox"/> Yes! 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/>
Social Club \$52(r) \$63(nr) Mon 7pm-8pm Mar 31 st - Jun 2 nd	Highland Times \$0(r) \$0 (nr) 4pm-6pm Apr 4 th , May 2 nd , Jun 6 th
Fitness \$92(r) \$111(nr) Tue/Thu 5pm-6:30pm Apr 1 st - Jun 5 th	Virtual Trivia \$52(r) \$63(nr) Mon 7pm-8pm Mar 31 st - Jun 2 nd
Track \$74(r) \$89(nr) Tue/Thu 6:30pm-8pm Apr 1 st - Jun 5 th	Virtual BINGO \$52(r) \$63(nr) Wed 7pm-8pm Apr 2 nd - Jun 4 th
Movie Time \$52(r) \$63(nr) Wed 5pm-7pm Apr 2 nd - Jun 4 th	Northwest Arts Center 9825 NE 24th St Bellevue, WA 98004
BINGO \$52(r) \$63(nr) Wed 7pm-8pm Apr 2 nd - Jun 4 th	Fire Arts Class\$150(r) \$180(nr) Fri 10am-11:30am Apr 18 th -May 23 rd

PHYSICAL DISABILITY PROGRAMS

PD Exercise\$108(r) \$129 (nr) Tue & Thu 11am-Noon Apr 1 st -Jun 17 th
PD Exercise\$108(r) \$129(nr) Tue & Thu Noon-1:30pm Apr 1 st -Jun 17 th

Remember to sign the back

Registrations received without a signed waiver will not be processed

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

WAIVER OF LIABILITY/PHOTO & VIDEO RELEASE

PLEASE READ CAREFULLY

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

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

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

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

PARENT/ GUARDIAN SIGNATURE

DATE

PRINTED NAME

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

Initial

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

Initial



Bellevue Parks & Community Services

Payment Details

Payment Method

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

Credit Card

Total Fee: \$ _____



Card Number _____

Expiration Date _____

CVV _____

Adaptive Recreation

All new Adaptive Recreation participants must meet with Mary Boyle prior to registering. Please call (425) 452-4118 or e-mail MBoyle@BellevueWA.gov for an appointment.

Adaptive Tennis

All new Robinswood Tennis Center participants must meet with Sara Wilson prior to registering. Please call (425) 452-7690 or e-mail swilson@bellevuewa.gov for your appointment.

Tennis for individuals with intellectual disabilities allow participants to be introduced to basic tennis skills with the focus on building self-esteem and participation.

Robinswood Tennis Center

Spring 2 Session Registration Dates: March 19 (R) March 26 (N)

\$48(R)	\$48(N)		Ages 14/up
6547	We	4:00 p.m.-5:00 p.m.	5/7-6/11

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.

NO CLASS ON HOLIDAYS

Highland Community Center & Park

\$52(R)	\$63(N)	Ages 18/up
8675	We	7:00 p.m.-8:00 p.m. 7/2-9/3

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.

NO CLASS ON HOLIDAYS.

Highland Community Center & Park

\$62(R)	\$85(N)	Ages 18/up
8653	Mo	5:00 p.m.-7:00 p.m. 6/30-8/25

\$92(R)	\$111(N)	Ages 18/up
8654	Tu, Th	5:00 p.m.-6:30 p.m. 7/1-9/4

HCC Adaptive Drop-In Sports

Fitness/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! This is a drop-in program for individuals 18+, with fees payable at the door: \$4 Bellevue residents | \$5 Non-Bellevue residents. Ask the front desk how you can save time and money with the Bellevue Parks Play Pass. (Community Center is closed on weekends and holidays)

Highland Community Center & Park

Free(R)	\$1(N)	Ages 18/up
8630	Weekdays	2:00 p.m.-5:00 p.m. 5/1-8/29

Wheelchair Basketball

Drop-In Wheelchair Basketball is available on Wednesday evenings from 6 p.m.-9 p.m. (Excluding Holidays) This is a drop-in program are for individuals 18+, with fees payable at the door: \$4 Bellevue residents | \$5 Non-Bellevue residents. Ask the front desk how you can save time and money with the Bellevue Parks Play Pass.

Free(R)	\$1(N)	Ages 18/up
8644	We	6:00 p.m.-9:00 p.m. 5/7-8/27

Highland Hangout

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

NO CLASS ON HOLIDAYS

Highland Community Center & Park

\$52(R)	\$63(N)	Ages 18/up
8652	Mo-Th	3:00 p.m.-5:00 p.m. 6/30-9/4

Indoor Boccia

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

NO CLASS ON HOLIDAYS.

Highland Community Center & Park

\$62(R)	\$75(N)	Ages 18/up
8677	Sa	10:00am-12:00 p.m. 7/12-9/6

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.

NO CLASS ON HOLIDAYS.

Highland Community Center & Park

\$52(R)	\$63(N)	Ages 18/up
8658	We	5:00 p.m.-7:00 p.m. 7/2-9/3

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.

NO CLASS ON HOLIDAYS

Highland Community Center & Park

\$108(R)	\$129(N)	Ages 18/up
8679	Tu, Th	11:00am-12:00 p.m. 7/1-9/18
8680	Tu, Th	12:00 p.m.-1:30 p.m. 7/1-9/18

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.

NO CLASS ON HOLIDAY

Highland Community Center & Park

\$52(R) \$63(N) Ages 18/up
8655 Mo 7:00 p.m.-8:00 p.m. 6/30-8/25

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.

NO CLASS ON HOLIDAYS.

Highland Community Center & Park

\$74(R) \$89(N) Ages 18/up
8657 Tu, Th 6:30 p.m.-8:00 p.m. 7/1-9/4

Special Events

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

Aloha Picnic & Dance '25

Highland presents their annual summer picnic and Aloha Dance. Celebrate your summer with friends as there will be plenty on this warm summer evening. Picnic starts at 5 p.m. with the dance to follow.

Highland Community Center & Park

\$10(R) \$12(N) Ages 16/up
8678 5:00 p.m.-8:30 p.m. 8/15

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

NO CLASS ON HOLIDAYS

Highland Community Center & Park

\$52(R) \$63(N) Ages 18/up
8656 Mo 7:00 p.m.-8:00 p.m. 6/30-8/25

Virtual BINGO

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

NO CLASS ON HOLIDAYS

Highland Community Center & Park

\$52(R) \$63(N) Ages 18/up
8676 We 7:00 p.m.-8:00 p.m. 7/2-9/3

Performing Arts

Auditions

Attend an audition and complete the paperwork. Once you've completed the audition, you're cast! Please pay special attention to the no conflicts dates before you commit to a show's process.

Auditions take place June 4 and June 5. Drop in either day anytime between 5-6:30 pm.

Ages: 5 and up (Note: children ages 5-7 must be accompanied by a parent to each rehearsal and backstage during tech week and performances.)

Rehearsals start: Tuesday, June 24

Free for Bellevue residents. Non-residents pay \$150.

All rehearsals and performances take place at the Bellevue Youth Theatre.

We will hold rehearsals 5 days per week, but each actor will be called in approximately 3-5 times per week. Each week will be different. All paperwork (casting, scene breakdowns, scripts, calendars) will be distributed at the first rehearsal on June 24.

A Fairy Modern Midsummer

Break out your butterfly clips, flip phones, and bucket hats, and join us as we travel back in time to Y2K for "A Very Modern Midsummer!" Enter into the era of boy-bands and girl groups, as four teens from Athens High decide to skip school and find themselves in a world of magical mayhem. This reimagined Shakespearean story features modern language, pop-music, and iconic dance moves from the early 2000's. Roles for all ages. Participants 9 and younger should expect ensemble roles. No singing or dance experience is necessary.

Oberon Cast

Rehearsal time: 4-6 pm
Tech Week: July 28-31
Performs: August 1-3
NO CONFLICTS JULY 28-AUGUST 3

Puck Cast

Rehearsal time: 5-7 pm
Tech Week: August 4-7
Performs: August 8-10
NO CONFLICTS AUGUST 4-10

Titania Cast

Rehearsal time: 5-7 pm
Tech Week: August 11-14

Performs: August 15-17
NO CONFLICTS AUGUST 11-17

Amplify Program

Join Beyond the Stage Youth at Bellevue Youth Theatre for an electrifying journey of creativity. Through dynamic activities, collaborative writing exercises, improv games, and engaging community conversations, participants will craft their own unique interpretations of a given theme and weave together scenes, monologues, and performance pieces. Whether you're passionate about acting, creative writing, scriptwriting, dance, or just looking for a summer filled with fun and creativity, THIS program is for you!
*Multilingual/multicultural backgrounds & LGBTQIA encouraged.

Must attend auditions or contact Blaire at contact@beyondthestageyouth.org. Auditions are June 4 or 5 anytime between 5-6:30 pm at Bellevue Youth Theatre. This is a FREE program for teens.

Ages: 13-19

9075 June 24-August 21, 6-8 pm

Performances August 22-24

NO CONFLICTS AUGUST 18-24

Tennis

Week-to-Week Tennis Classes

Robinswood Tennis Center

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. Register up to seven days in advance. Register online, starting at 12 p.m. or by phone at 425-452-7690, starting at 12:30 p.m. Non-refundable, non-transferable.

\$13(R) \$13(N) Ages 18/up

Mo	1:30 p.m.-2:30 p.m.
Tu	12:15 p.m.-1:15 p.m.
We	1:30 p.m.-2:30 p.m.
Th	6:30 p.m.-7:30 p.m.

Senior Drill & Play

This class is a combination of instruction, drill and point play, running September through June. Register up to seven days in advance. Register online, starting at 12 p.m. or by phone at 425-452-7690, starting at 12:30 p.m. Non-refundable, non-transferable.

\$14.00(R) \$14.00(N) Ages 50/up

Tu	1:30 p.m.-2:45 p.m.
Tu	6:30 p.m.-7:45 p.m.
Th	1:15 p.m.-2:30 p.m.

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.

Spring 2 Session Registration Dates: March 19 (R) March 26 (N)
\$147.00(R) \$147.00(N) Ages 18/up

6531	Tu	1:30 p.m.-2:45 p.m.	4/29-6/10
6539	Tu	7:45 p.m.-9:00 p.m.	4/29-6/10
6532	We	11:00am-12:15 p.m.	4/30-6/11
6540	We	9:00 p.m.-10:15 p.m.	4/30-6/11
6533	Th	2:45 p.m.-4:00 p.m.	5/1-6/12

Summer 1 Session Registration Dates: May 26 (R) June 2 (N)

\$105.00(R) \$105.00(N) Ages 18/up

7635	Tu	7:45 p.m.-9:00 p.m.	6/24-7/22
7636	We	9:00 p.m.-10:15 p.m.	6/25-7/23

Summer 2 Session Registration Dates: May 26 (R) June 2 (N)

\$84(R) \$84(N) Ages 18/up

7647	Tu	7:45 p.m.-9:00 p.m.	7/29-8/19
7648	We	9:00 p.m.-10:15 p.m.	7/30-8/20

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.

Spring 2 Session Registration Dates: March 19 (R) March 26 (N)

\$147.00(R) \$147.00(N) Ages 18/up

6534	Tu	11:00am-12:15 p.m.	4/29-6/10
6535	Tu	2:45 p.m.-4:00 p.m.	4/29-6/10
6541	Tu	9:00 p.m.-10:15 p.m.	4/29-6/10
6536	We	12:15 p.m.-1:30 p.m.	4/30-6/11
6542	We	7:45 p.m.-9:00 p.m.	4/30-6/11
6537	Th	1:30 p.m.-2:45 p.m.	5/1-6/12

Summer 1 Session Registration Dates: May 26 (R) June 2 (N)

\$105.00(R) \$105.00(N) Ages 18/up

7637	Tu	9:00 p.m.-10:15 p.m.	6/24-7/22
7638	We	7:45 p.m.-9:00 p.m.	6/25-7/23

Summer 2 Session Registration Dates: May 26 (R) June 2 (N)

\$84(R) \$84(N) Ages 18/up

7649	Tu	9:00 p.m.-10:15 p.m.	7/29-8/19
7650	We	7:45 p.m.-9:00 p.m.	7/30-8/20

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.

Spring 2 Session Registration Dates: March 19 (R) March 26 (N)

\$126(R) \$126(N) Ages 18/up

6538	Mo	12:15 p.m.-1:30 p.m.	4/28-6/9
6543	Mo	7:45 p.m.-9:00 p.m.	4/28-6/9

\$147.00(R) \$147.00(N) Ages 18/up

6544	Th	7:45 p.m.-9:00 p.m.	5/1-6/12
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Summer 1 Session Registration Dates: May 26 (R) June 2 (N)

\$105.00(R) \$105.00(N) Ages 18/up

7639	Mo	7:45 p.m.-9:00 p.m.	6/23-7/21
7640	Th	7:45 p.m.-9:00 p.m.	6/26-7/24

Summer 2 Session Registration Dates: May 26 (R) June 2 (N)

\$84(R) \$84(N) Ages 18/up

7651	Mo	7:45 p.m.-9:00 p.m.	7/28-8/18
7652	Th	7:45 p.m.-9:00 p.m.	7/31-8/21

Advanced

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

Spring 2 Session Registration Dates: March 19 (R) March 26 (N)

\$126(R)	\$126(N)	Ages 18/up		
6545	Mo	9:00 p.m.-10:15 p.m.	4/28-6/9	
\$147.00(R)	\$147.00(N)	Ages 18/up		
6546	Th	9:00 p.m.-10:15 p.m.	5/1-6/12	
Summer 1 Session Registration Dates: May 26 (R) June 2 (N)				
\$105.00(R)	\$105.00(N)	Ages 18/up		
7641	Mo	9:00 p.m.-10:15 p.m.	6/23-7/21	
7642	Th	9:00 p.m.-10:15 p.m.	6/26-7/24	
Summer 2 Session Registration Dates: May 26 (R) June 2 (N)				
\$84(R)	\$84(N)	Ages 18/up		
7653	Mo	9:00 p.m.-10:15 p.m.	7/28-8/18	
7654	Th	9:00 p.m.-10:15 p.m.	7/31-8/21	

Junior Tennis Teams

Robinswood Tennis Center

Robinswood Junior Teams require tryouts to register. Tryout forms are available at www.bellevuewa.gov/tennis. Forms can be dropped off in-person at the front desk or provided day of. See the provided drop-off date highlighted at the top of the form. Prep Team has limited availability and is on a first-come basis to secure a spot.

Prep Team

The Prep Team will focus on strengthening the student's rally skills. This team is designed for students who have completed Intermediate Saturday class. The goal of the team is to develop consistent rallies and begin match play. Entry to this team is through tryout. Tryout forms available at www.bellevuewa.gov/tennis. Participants registered for a Saturday class cannot tryout for a Junior Team within the same session.

Spring 2 Session

\$72(R) \$72(N) Ages 7-18
Sa 9:00am-10:00am 5/3-6/14

Team 1

Players on Team 1 have progressed past the Intermediate Class and Prep Team level. Players at this level should already be able to keep score, play matches against other players, execute volleys, execute overheads, and place serve consistently in the box. Entry to this team is through a tryout. Participants registered for a Saturday class cannot tryout for a Junior Team within the same session.

Spring 2 Session

\$168.00(R) \$168.00(N) Ages 7-18
Tu, Th 4:00 p.m.-5:15 p.m. 4/29-6/12

Summer 1 Session

\$120.00(R) \$120.00(N) Ages 7-18
Tu, Th 2:00 p.m.-3:30 p.m. 6/24-7/24

Summer 2 Session

\$96.00(R) \$96.00(N) Ages 7-18
Tu, Th 2:00 p.m.-3:30 p.m. 7/29-8/21

Team 2

Players on Team 2 have completed a session in one of the top ladder spots on Team 1. They have shown a progression of their basic skills and they are incorporating those skills into their match play. Entry to this team is through a tryout. Participants registered for a Saturday class cannot tryout for a Junior Team within the same session.

Spring 2 Session

\$168.00(R) \$168.00(N) Ages 7-18
Tu, Th 5:15 p.m.-6:30 p.m. 4/29-6/12

Summer 1 Session

\$120.00(R) \$120.00(N) Ages 7-18
Tu, Th 3:30 p.m.-5:00 p.m. 6/24-7/24

Summer 2 Session

\$96.00(R) \$96.00(N) Ages 7-18
Tu, Th 3:30 p.m.-5:00 p.m. 7/29-8/21

Tournament Team

Players on Tournament Team have completed a session in one of the top ladder spots on Team 2. A requirement for this team is that the student is actively participating in tournaments. The student has a strong grasp of the basics and is working on developing offensive shots and strategies. Entry to this team is through a tryout. Participants registered for a Saturday class cannot tryout for a Junior Team within the same session.

Spring 2 Session

\$240(R) \$240(N) Ages 7-18
Mo, We, Fr 5:15 p.m.-6:30 p.m. 4/28-6/13

Summer 1 Session

\$156.00(R) \$156.00(N) Ages 7-18
Mo, We 2:00 p.m.-3:30 p.m., Fr 10:30 a.m.-12:00 p.m. 6/25-7/25

Summer 2 Session

\$144.00(R) \$144.00(N) Ages 7-18
Mo, We 2:00 p.m.-3:30 p.m., Fr 10:30 a.m.-12:00 p.m. 7/28-8/22

Elite Team

Players on Elite Team have completed a session in one of the top ladder spots on Tournament Team. This team is designed for the high-level player. Drills are designed in a match-play environment. Elite Team is the highest-level junior team at Robinswood. Entry to this team is through a tryout. Participants registered for a Saturday class cannot tryout for a Junior Team within the same session.

Spring 2 Session

\$240(R) \$240(N) Ages 7-18
Mo, We, Fr 4:00 p.m.-5:15 p.m. 4/28-6/13

Summer 1 Session

\$156.00(R) \$156.00(N) Ages 7-18
Mo, We 3:30 p.m.-5:00 p.m., Fr 9:00 a.m.-10:30 a.m. 6/25-7/25

Summer 2 Session

\$144.00(R) \$144.00(N) Ages 7-18
Mo, We 3:30 p.m.-5:00 p.m., Fr 9:00 a.m.-10:30 a.m. 7/28-8/22

Youth Tennis

Robinswood Tennis Center

Space is limited. Participants may only register for one class at their skill level and cannot register for multiple classes, even at different levels. Those enrolled in a Saturday youth tennis program within the same session cannot try out for Junior Teams. Students registered for more than one class or at the wrong level will be removed per the City's withdrawal policy and charged a withdrawal fee.

Spring 2 Session Registration Dates: March 19 (R) March 26 (N)

Little Lobbers

The Little Lobbers class focuses on young children building hand-eye coordination and developing muscle memory for basic form.

\$91(R) \$91(N) Ages 4-6
6549 Sa 11:00 a.m.-11:45 a.m. 5/3-6/14

Beginning

The Beginning Class is designed for any child who has never taken lessons before or has minimal experience. The goal of the class is to introduce basic tennis.

\$91(R) \$91(N) Ages 7-10
6551 Sa 1:30 p.m.-2:30 p.m. 5/3-6/14
\$91(R) \$91(N) Ages 11-14
6552 Sa 2:30 p.m.-3:30 p.m. 5/3-6/14

Advanced Beginning

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

\$91(R) \$91(N) Ages 7-10
6553 Sa 3:30 p.m.-4:30 p.m. 5/3-6/14
\$91(R) \$91(N) Ages 11-14
6554 Sa 4:30 p.m.-5:30 p.m. 5/3-6/14

Teen

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

\$91(R) \$91(N) Ages 15-18
6550 Sa 12:00 p.m.-1:00 p.m. 5/3-6/14

Intermediate

The Intermediate Class is designed for students who have completed the Advanced Beginning class or have had comparable lessons in the past. Intermediate Class is the highest level of Saturday Youth lessons.

\$91(R) \$91(N) Ages 7-14
6548 Sa 10:00am-11:00am 5/3-6/14

Drop-In Sports

HCC Drop-In Activities

Highland Community Center & Park

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. This is a drop-in program, fees payable at the door: \$4 residents | \$5 Non-Bellevue residents. (Parents/Caregivers FREE)

Community Center closed on City observed holidays.

Free(R) \$1(N) Ages 8/under
8646 We, Fr 9:00am-12:00 p.m. 5/2-6/27

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. This is a drop-in program, fees payable at the door: \$4 residents | \$5 Non-Bellevue residents.

Free(R) \$1(N) Ages 18/up
8649 Fr 1:00 p.m.-3:00 p.m. 5/2-6/27

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! The adult drop-in sports programs are for individuals 18+. This is a drop-in program, fees payable at the door: \$4 residents | \$5 Non-Bellevue residents.

Community Center closed on holidays.

Free(R) \$1(N) Ages 18/up
8634 Mo, We 1:30 p.m.-3:30 p.m. 5/5-6/25

NBCC Drop-In Sports

Drop-in for a recreational game of pickleball during a two-hour session, adults 18+.

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(R) Free(N) Ages 18/up
8735 Weekdays 9:00am-8:00 p.m. 5/1-8/31

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; \$4/residents, \$5/non-residents. 18 players max per each session. Discounts available with COB PlayPass: Play Pass Information (bellevuewa.gov).

\$4(R) \$5(N) Ages 18/up
8738 Tu, Th 6:00 p.m.-8:00 p.m. 5/1-8/31
\$4(R) \$5(N) Ages 18/up
8737 Mo, We, Fr 3:00 p.m.-5:00 p.m. 5/1-8/31

Drop-In Ping Pong

Adults 18+ can drop-in for a recreational game of ping pong during specified play times. Table and net provided by North Bellevue Community Center. Players provide their own paddle and balls. This is a drop-in program, fees payable at the door; \$4 for residents, \$5 for non-residents. Discounts available with COB PlayPass: Play Pass Information (bellevuewa.gov).

\$4(R) \$5(N) Ages 18/up
8739 Mo, Fr 3:00 p.m.-5:00 p.m. 5/1-6/30

Drop-In Volleyball

Hidden Valley Sports Park

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

\$4(R) \$5(N) Ages 18/up
8642 Mo, Fr 10:00am-12:00 p.m. 5/2-6/20

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(R) Free(N) Ages All Ages
8734 Th 10:00am-12:00 p.m. 5/1-8/29

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(R) Free(N) Ages 18/up
8736 Fr 11:30am-3:00 p.m. 5/1-8/31

Adult & Family Sports

Lake to Lake Bike Ride

Join us for the 12th 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

\$20(R) \$20(N) Ages 9/up
8557 Sa 9:00am-1:00 p.m. 6/14

Lake to Lake Bike Ride (Child age 8 and under accompanied by registered adult)

Participants age 8 and under must be riding on a tandem, in a trailer, or tag-along.

Free(R) Free(N) Ages 8/under
8559 Sa 9:00am-1:00 p.m. 6/14

Lake to Lake Kids Bike Ride (Robinswood Park course)

As part of the 12th annual Lake to Lake Bike Ride, there is a kid-friendly course around the pond at Robinswood Park. The Kids

Ride is free and open to ages 3-8. Kids can complete as many laps around the course as time permits. Start area opens at 12:15 p.m. for ages 3-4 and 12:30 p.m. for ages 5-8.

Free(R) Free(N) Ages 3-8
8558 Sa 12:15 p.m.-12:45 p.m. 6/14

Evening Nature Walk at Lewis Creek Park

Lewis Creek Park

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

Free(R) Free(N) Ages 18/up
8858 9:00 p.m.-10:30 p.m. 7/12

Skate Clinics for Adults

This skateboard clinic is perfect for adults 18+ at any level, whether you're just starting out with skateboarding or returning after a break. Beginners will learn foundational skills like knee slides, pushing, pumping, and basic ramp moves in a small group. For those already comfortable with the basics, we'll dive into more advanced moves on the ramps, ledges and rails. Whenever the weather allows, we'll go outside to the street skate plaza. Boards and gear are provided at no additional cost. Equipment is also available for purchase.

Bellevue Skate Park

\$20(R) \$24(N) Ages 18-99
8643 Mo 5:00 p.m.-5:55 p.m. 5/12
8645 Mo 5:00 p.m.-5:55 p.m. 6/9

Badminton Clinics for Adults

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+

South Bellevue Community Center

\$10(R) \$20(N) Ages 18-99
9157 Mo 8:30 a.m.-10:00 a.m. 5/5
9158 Wed 8:30 a.m.-10:00 a.m. 5/7
9159 Mo 8:30 a.m.-10:00 a.m. 5/12
9160 Wed 8:30 a.m.-10:00 a.m. 5/14
9161 Mo 8:30 a.m.-10:00 a.m. 5/19
9162 Wed 8:30 a.m.-10:00 a.m. 5/21
9163 Mo 8:30 a.m.-10:00 a.m. 5/26
9164 Wed 8:30 a.m.-10:00 a.m. 5/28
9165 Mo 8:30 a.m.-10:00 a.m. 6/2
9166 Wed 8:30 a.m.-10:00 a.m. 6/4
9167 Mo 8:30 a.m.-10:00 a.m. 6/9
9168 Wed 8:30 a.m.-10:00 a.m. 6/11
9169 Mo 8:30 a.m.-10:00 a.m. 6/16
9170 Wed 8:30 a.m.-10:00 a.m. 6/18

Pickleball Clinics for Adults

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) \$80(N) Ages 18-99

9151 Tue 8:30 a.m.-10:00 a.m. 5/6-6/10

2-week Pickleball Skills & Drill

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

\$22(R) \$42(N) Ages 18-99

9152 Thur 8:30 a.m.-10:00 a.m. 5/1-5/8
9153 Thur 8:30 a.m.-10:00 a.m. 5/15-5/22
9154 Thur 8:30 a.m.-10:00 a.m. 5/29-6/5

Introduction to Pickleball Clinic

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

\$10(R) \$30(N) Ages 18-99

9155 Thur 8:30 a.m.-10:00 a.m. 6/12

Spring Fling Pickleball Tournament

Come take part in the Inaugural SBCC Spring Fling Pickleball Tournament. This is a social event with a round robin format and will only allow for a maximum of 32 players. Each player will compete in 6 games over 8 rounds with a different partner each game. Due to time constraints, games will be completed with the first team to reach 11 points, win by 1. Event winners will be determined by the player(s) with the most game wins.

Refreshments and snacks will be available, and awards given in the 2nd Floor Community Room immediately following play, so please stick around for some social time. This is sure to be a fun event for all! Advanced registration is required. Ages 18+

\$20(R) \$40(N) Ages 18-99

9156 Tue 8:30 a.m.-12:30 p.m. 6/17

Adult Enrichment

Arts & Crafts at NBCC

Arts and Craft enrichment activities for older adults. Space is limited, advance registration is required.

North Bellevue Community Center

Art for Older Adults

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

Free(R) Free(N) Ages 55/up

8704	We	1:00 p.m.-2:30 p.m.	5/7
8705	We	1:00 p.m.-2:30 p.m.	5/14
8706	We	1:00 p.m.-2:30 p.m.	5/21
8707	We	1:00 p.m.-2:30 p.m.	5/28
8708	We	1:00 p.m.-2:30 p.m.	6/4
8709	We	1:00 p.m.-2:30 p.m.	6/11
8710	We	1:00 p.m.-2:30 p.m.	6/18
8711	We	1:00 p.m.-2:30 p.m.	6/25
8712	We	1:00 p.m.-2:30 p.m.	7/2
8713	We	1:00 p.m.-2:30 p.m.	7/9
8714	We	1:00 p.m.-2:30 p.m.	7/16
8715	We	1:00 p.m.-2:30 p.m.	7/23
8716	We	1:00 p.m.-2:30 p.m.	7/30
8717	We	1:00 p.m.-2:30 p.m.	8/6
8718	We	1:00 p.m.-2:30 p.m.	8/13
8719	We	1:00 p.m.-2:30 p.m.	8/20
8720	We	1:00 p.m.-2:30 p.m.	8/27

Introduction to Perspective Drawing

Participants will learn the foundational art of perspective drawing through standardized exercises. You will practice one-, two- and three-point perspective drawing. This is a beginner level class, and no drawing experience is required. Techniques learned in this class may be practiced across other areas of two-dimensional art. Water and snack provided. This program receives funding from the King County Veterans, Seniors, and Human Services Levy intended for those individuals aged 55 or older.

\$4(R) \$4.80(N) Ages 18/up

8825 11:00am-12:30 p.m. 5/14

Introduction to Figure & Gesture Drawing

Participants will learn the foundational art of gesture drawing through guided exercises from arts instructor and an assistive drawing tool. You will learn and practice capturing the line of action, form and pose of a subject. Apply learned techniques across other areas of two- and three-dimensional art. This is a beginner level class, and no drawing experience is required. Water and snack provided. This program receives funding from the King County Veterans, Seniors, and Human Services Levy intended for those individuals aged 55 or older.

\$4(R) \$4.80(N) Ages 18/up

8831 11:00am-12:30 p.m. 6/11

Bridge

Just learning, a little rusty, or just want a fun place to play Bridge while increasing your skill level? Come join us every Thursday and play your favorite game with other members of your community! This is a FREE drop-in activity. Ages 18+.
South Bellevue Community Center

SBCC Bridge Bunch

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

Free(R) Free(N) Ages 18/up
9012 Th 1:00 p.m.-3:00 p.m. 5/1-6/12

CCC Book Group

Crossroads Community Center

Adult Book Group

Volunteer led - adult book group that meets every last Friday of the month at Crossroads Community Center. Feel free to come and join! Group will meet on May 30, July 25, and August 29.

Free(R) Free(N) Ages 18/up
7233 Fr 11:00am-2:00 p.m. 5/30-8/29

Community Lunch at NBCC

North Bellevue Community Center

The congregate meal services provide meals to older adults in our community. Come share a delicious, diverse, and nutritious meal while building relationships with others in the community from a variety of cultural backgrounds. Lunch is served on a first come-first served basis at 12 p.m., lunch tickets are available starting at 11 a.m. Weekly schedule and menus are available online or at North Bellevue Community Center. \$5 suggested donation for ages 60+, 7\$ for those under 60.

\$5(R) \$5(N) Ages 55/up
8733 Fr 12:00 p.m.-1:00 p.m. 5/2-8/29

Dance

North Bellevue Community Center

NBCC 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. Come learn to dance while giving your brain and body a great workout! Drop-in program fees payable at the door. Discounts available with COB PlayPass: Play Pass Information (bellevuewa.gov)

\$4(R) \$5(N) Ages 18/up
8935 Mo, Fr 1:00 p.m.-2:45 p.m. 5/2-8/29

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.

\$3(R) \$3(N) Ages 18/up
8940 1:00 p.m.-3:00 p.m. 5/6-8/26

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; \$4/Bellevue Residents, \$5/Non-residents. Discounts available with COB PlayPass: Play Pass Information (bellevuewa.gov).

This program is provided by CISC - Chinese Information & Services Center helps immigrants throughout King County achieve success in their new community by providing information, referral, advocacy, social, and support services.

\$4(R) \$5(N) Ages 18/up
8722 We 1:00 p.m.-2:45 p.m. 5/7-8/27

Line Dancing with Tim

Crossroads Community Center

Join Tim's free line dancing class! Line dancing is a great way to get your mind and body moving. In this class, each week you will learn a sequence of choreographed steps, through fun, easy to follow routines.

Free(R) Free(N) Ages 18/up
7976 Mo 5:30 p.m.-7:30 p.m. 5/5-5/19

SBCC Line Dancing

South Bellevue Community Center

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

Free(R) Free(N) Ages 18/up
9010 Mo 1:00 p.m.-3:00 p.m. 5/5-6/16

Games & Socialization for Older Adults

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

North Bellevue Community Center

Board Game Library at NBCC

NBCC has a substantial board game collection available for community use. Community members can check out board games from the front desk to be used within the facility. The game collection includes a variety of classic games such as chess, go,

Rummikub, and Monopoly, but also includes modern titles such as Settlers of Catan, Wingspan, and Ticket to Ride. To find out more information, or to check out a board game, please inquire at the front desk. This program receives funds from the King County Veterans, Seniors and Human Services Levy.

Free(R) Free(N) Ages 18/up
8721 Mo-Th 9:00am-8:00 p.m. 5/1-8/31

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(R) Free(N) Ages All Ages
8732 Fr 9:30am-11:30am 5/2-8/29

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(R) Free(N) Ages 18/up
8932 Fr 2:00 p.m.-4:00 p.m. 5/2-8/29

Monday Mixer for Older Adults

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

Free(R) Free(N) Ages 55/up
8560 Mo 1:00 p.m.-3:00 p.m. 5/5-8/25

Health and Wellness for Older Adults

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

North Bellevue Community Center

CISC Health and Wellness Fair

The Health and Wellness Fair, organized by Chinese Information Service Center, is a great opportunity for Bellevue Community members to learn more about health services on the Eastside and the Greater Seattle area.

Free(R) Free(N) Ages 18-121
8619 10:00am-1:00 p.m. 5/21

KIN ON Journeying the Golden Years: Building Resilience

樂齡人生: 培養生命韌力

The Golden Years can be full of opportunities and challenges. The workshop intends to enhance our awareness on areas of our lives we can foster that may help us to cope with life's "Up and Downs" more effectively.

黃金歲月充滿了機遇與挑戰。這個工作坊旨在幫助我們生命中那些可以克服的地方, 以幫助我們更有效地應對老年生活中的起伏和挑戰。

Registration of this class is completed by calling Kin On at 206-556-2262. Fee will be refunded after completing 4 of 6 sessions.

\$20(R) \$20(N) Ages 55/up
8552 We 10:30am-11:30am 5/7

KIN ON Journeying the Golden Years: Being a Caregiver

樂齡人生: 我是照顧者

There is a high probability that we will be and/or need a caregiver at some point in our lives. The workshop will explore some of the challenges of caregiving and the resources available to support family caregivers in our community.

我們很可能在人生中的某個階段會成為照顧者, 或者會需要一位照顧者。這個工作坊將探討照顧過程中的一些挑戰, 以及社區中可用來支持家庭照顧者的資源。

Registration of this class is completed by calling Kin On at 206-556-2262. Fee will be refunded after completing 4 of 6 sessions.

\$20(R) \$20(N) Ages 55/up
8553 We 10:30am-11:30am 5/14

KIN ON Journeying the Golden Years: Considering Long Term Care

樂齡人生: 如果我需要考慮長期照顧服務

The workshop will discuss the nature and options of long-term care services. We will also discuss the potential cost and some of the government programs that support eligible individuals who need long-term care services in our community.

Registration of this class is completed by calling Kin On at 206-556-2262. Fee will be refunded after completing 4 of 6 sessions.

\$20(R) \$20(N) Ages 55/up
8554 We 10:30am-11:30am 5/21

Huayin Performing Arts

Crossroads Community Center

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

Free(R) Free(N) Ages 18/up
7971 We, Fr 10:00am-12:00 p.m. 5/2-6/18

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(R) Free(N) Ages 50/up
8726 We, Fr 9:15am-10:45am 5/1-8/29

Parkinson's Support Group

North Bellevue Community Center

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

Free(R) Free(N) Ages 18/up
8936 5:00 p.m.-7:00 p.m. 5/7-6/4

Transcend United

Crossroads Community Center

Free(R) Free(N) Ages 18/up
7970 Mo, Th 9:30am-2:00 p.m. 5/1-6/16

Multicultural Social Services

North Bellevue Community Center

ELAP Eastside Legal Assistance Program

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

Free(R) Free(N) Ages 55/up
8740 2:30 p.m.-5:30 p.m. 5/1-8/31

IACS Community Program

North Bellevue Community Center and the Indian American Community Services (Formerly IAWW) have partnered in an effort to unite and celebrate multi-generational Indian families and bridge cultural gaps in the community by providing safe, creative space for activities including chair yoga, health talks and social communications. IACS will provide healthy living lectures, mindful breathing exercises, and a variety of special group activities and youth activities for the Bellevue public. Light lunch is also provided. This program is open to everyone every Thursday. Contact IACS for additional information; 206-805-8955, or www.iacswa.org

Free(R) Free(N) Ages 18/up
8933 Th 9:00am-3:00 p.m. 5/1-8/28

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(R) Free(N) Ages 18/up
8937 Fr 9:00am-2:00 p.m. 5/1-8/29

CISC Drop-In SHIBA Assistance

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

Free(R) Free(N) Ages 18/up
8725 We 9:30am-11:00am 5/1-8/31

CISC Information & Assistance

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

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

This program is provided by CISC - Chinese Information & Services Center helps immigrants throughout King County achieve success in their new community by providing information, referral, advocacy, social, and support services.

Free(R) Free(N) Ages 18/up
8728 Th 9:00am-12:00 p.m. 5/1-8/31

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.

This program is provided by CISC - Chinese Information & Services Center helps immigrants throughout King County achieve success in their new community by providing information, referral, advocacy, social, and support services.

Free(R) Free(N) Ages 50/up

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, participants can drop-in without registration. This program is provided by CISC - Chinese Information & Services Center that helps immigrants throughout King County achieve success in their new community by providing information, referral, advocacy, social, and support services.

Free(R) Free(N) Ages 50/up
8724 We 9:30am-11:30am 5/1-8/31

NBCC Chorus

The NBCC Chorus meets Friday mornings 10:30am-12:00 p.m. 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(R) Free(N) Ages All Ages
8934 Fr 10:30am-12:00 p.m. 5/2-8/29

SeaMar Gema Chorus

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

Free(R) Free(N) Ages All Ages
8555 Fr 10:30am-11:30am 5/2-8/29

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(R) Free(N) Ages 18/up
8730 Mo 9:30am-1:30 p.m. 5/5-8/25

Older Adult Tech Literacy

Computer and technology classes and workshops for older adults. North Bellevue Community Center

Introduction to Mobile Photography

Participants of this program will explore the history of photographic technology and processes, and practice key principles of photography with their personal smart phone camera. In-class exercises will be completed to demonstrate understanding of elemental techniques and system tools to foster confidence while shooting, editing, and storing files on your mobile device. Participants who register for this program should have basic working knowledge of smart phone and camera app. For novices in technology applications, we recommend registering for: Mobile Phones & Photos.

This program receives funding from the King County Veterans, Seniors, and Human Services Levy intended for those individuals aged 55 or older.

\$5(R)	\$6(N)	Ages 55/up	
8989		11:00am-12:30 p.m.	5/5
8990		11:00am-12:30 p.m.	6/2
8991		11:00am-12:30 p.m.	8/4

One-on-One Tech Help

North Bellevue Community Center

Participants will receive one-on-one technology assistance from tech arts enthusiast, and instructor with over two decades of experience. You should sign-up for this program if you have questions about your laptops, mobile phones or devices like ipads and tablets.

Tackle basic topics like:

- Email Set up
- Device Setup
- Scam & Virus identification and prevention
- Basic Device Operation
- Home Wifi Tips & Tricks
- Start Device Assistance

Tackle more involved topics like:

- System Settings, User Interface, Privacy and Security
- Desktop Operating Systems: Windows and MacOS
- Mobile Operating System: iOS and Android
- Desktop and Mobile Applications
- Printers and other peripheral devices
- Unique issues and concerns

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

\$4(R)	\$9(N)	Ages 55/up	
8941		1:00 p.m.-1:45 p.m.	5/5
8942		2:00 p.m.-2:45 p.m.	5/5
8943		3:00 p.m.-3:45 p.m.	5/5
8944		1:00 p.m.-1:45 p.m.	5/12
8945		2:00 p.m.-2:45 p.m.	5/12
8946		3:00 p.m.-3:45 p.m.	5/12
8947		1:00 p.m.-1:45 p.m.	5/19
8948		2:00 p.m.-2:45 p.m.	5/19
8949		3:00 p.m.-3:45 p.m.	5/19
8950		1:00 p.m.-1:45 p.m.	6/2
8951		2:00 p.m.-2:45 p.m.	6/2
8952		3:00 p.m.-3:45 p.m.	6/2
8953		1:00 p.m.-1:45 p.m.	6/9
8954		2:00 p.m.-2:45 p.m.	6/9
8955		3:00 p.m.-3:45 p.m.	6/9
8956		1:00 p.m.-1:45 p.m.	6/16

8957	2:00 p.m.-2:45 p.m.	6/16
8958	3:00 p.m.-3:45 p.m.	6/16
8959	1:00 p.m.-1:45 p.m.	6/23
8960	2:00 p.m.-2:45 p.m.	6/23
8961	3:00 p.m.-3:45 p.m.	6/23
8962	1:00 p.m.-1:45 p.m.	6/30
8963	2:00 p.m.-2:45 p.m.	6/30
8964	3:00 p.m.-3:45 p.m.	6/30
8965	1:00 p.m.-1:45 p.m.	7/7
8966	2:00 p.m.-2:45 p.m.	7/7
8967	3:00 p.m.-3:45 p.m.	7/7
8968	1:00 p.m.-1:45 p.m.	7/14
8969	2:00 p.m.-2:45 p.m.	7/14
8970	3:00 p.m.-3:45 p.m.	7/14
8971	1:00 p.m.-1:45 p.m.	7/21
8972	2:00 p.m.-2:45 p.m.	7/21
8973	3:00 p.m.-3:45 p.m.	7/21
8974	1:00 p.m.-1:45 p.m.	7/28
8975	2:00 p.m.-2:45 p.m.	7/28
8976	3:00 p.m.-3:45 p.m.	7/28
8977	1:00 p.m.-1:45 p.m.	8/4
8978	2:00 p.m.-2:45 p.m.	8/4
8979	3:00 p.m.-3:45 p.m.	8/4
8980	1:00 p.m.-1:45 p.m.	8/11
8981	2:00 p.m.-2:45 p.m.	8/11
8982	3:00 p.m.-3:45 p.m.	8/11
8983	1:00 p.m.-1:45 p.m.	8/18
8984	2:00 p.m.-2:45 p.m.	8/18
8985	3:00 p.m.-3:45 p.m.	8/18
8986	1:00 p.m.-1:45 p.m.	8/25
8987	2:00 p.m.-2:45 p.m.	8/25
8988	3:00 p.m.-3:45 p.m.	8/25

Trips & Tours at NBCC

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

Seattle Asian Art Museum w/ Guided Tour

Join us as we commemorate Asian American and Pacific Islander Heritage month with a visit to the Seattle Asian Art Museum and a special guided tour of the exhibits. Paid fee covers travel and admission to museum, and docent led guided tour. Participants will meet in the lobby at North Bellevue Community Center at 10:00 a.m. and travel together to the destination.

\$10(R) \$12(N) Ages 55/up
8605 Daily 12:30 p.m.-3:00 p.m. 5/8

Waterways BINGO Lunch Cruise

Spend an exciting afternoon aboard a Waterways yacht while enjoying bingo, a delicious lunch, and the captain's narration of Seattle sights! Fee includes admission onto yacht for 2-hour cruise on Lake Union and Lake Washington, lunch, coffee & tea, gratuity, and of course, BINGO. Participants will meet in the lobby at NBCC at 10:00 a.m. and travel together to the destination.

\$43(R) \$95(N) Ages 55/up
8432 Daily 10:00am-2:30 p.m. 5/20

Out to Lunch at Alki

Take in the Seattle scenic waterfront views from the beach at Alki point, preceded or followed by lunch at one of over a dozen restaurants: Salty's, Harry's Beach House, Cactus, Sunfish, El Chupacabra, Pho & Bar, Lotus Asian Fusion, Gyros, Alki Café, Spud Fish & Chips, Ice Cream, Burgers at Blue Moon or Pepperdock, Natalie's, Italian and Greek by Christos, or Seafood at Duke's. Paid fee includes transportation. Participants will meet at North Bellevue community center at 10 a.m. and travel together to the destination. Please bring money for lunch and recreation.

\$10(R) \$12(N) Ages 55/up
8433 Daily 10:00am-2:30 p.m. 6/3

Northwest African American Museum w/ Guided Tour

The Juneteenth American Holiday, is a celebration that began in Texas, commemorating the emancipation of enslaved people. Join us as we acknowledge the events of Juneteenth with a trip to the Northwest African American Museum. Paid fee includes transportation, admission to the museum, plus docent lead guided tour. Participants will meet at North Bellevue Community Center at 12:15 p.m. and travel together to the destination.

\$10(R) \$12(N) Ages 55/up
8753 Daily 12:15 p.m.-3:00 p.m. 6/20

Museum of Flight w/ Guided Tour

Commemorate Amelia Earhart's birthday with a guided tour of the exhibits at the world's largest independent non-profit air and space museum. You'll have a chance to view a model replica of the same plane Ms. Earhart flew on her last flight. The museum of Flight is located in the heart of the Duwamish River valley, and bolsters 175 aircraft and spacecraft, over ten-thousand artifacts, and millions of rare photographs that bring mankind's spectacular history of flight to life. Paid fee covers transportation, admission to the museum, and docent led guided tour. Participants will meet in the lobby at North Bellevue Community Center at 10:00 a.m. and travel together to the destination. Please bring money for Lunch.

\$43(R) \$51.60(N) Ages 55/up
8434 Daily 10:00am-2:30 p.m. 7/22

Woodland Park Zoo & Rose Garden

Join North Bellevue Community Center on an excursion to the Woodland Park Zoo and Rose Garden. The zoo, founded in 1899, has sparked delight, discovery, and unforgettable memories for generations of Northwest families. You will also have access to their rose Garden, established in 1924, representing over 200 different varieties. Paid fee includes transportation and admission cost. Participants will meet at the North Bellevue Community Center lobby at 10:15 am, and travel together to the destination. Please bring money for lunch, optional concessions, or gift shop.
 \$17(R) \$37(N) Ages 55/up
 8752 Daily 10:15am-3:00 p.m. 8/19

offer a 3 hour drop in program from 4 p.m.-7 p.m.

Free(R) Free(N) Ages 12-18
 8408 We, Th 2:00 p.m.-5:30 p.m. 5/1-6/5

CCC Drop-In Programs

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

Adult Pickleball

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

\$4(R) \$5(N) Ages 18/up
 7690 Mo, Tu, Th, Fr 9:00am-11:00am 5/1-8/26
 7690 Mo, Tu, Th, Fr 9:00am-11:00am 5/1-8/26
 7690 Mo, Tu, Th, Fr 9:00am-11:00am 5/1-8/26

Drop-In Programs

Afterschool Teen Makerspace

Our Makerspace is free, dedicated for middle and high school students. Great opportunity to learn, create, and collaborate through hands-on experiences. Drop-in program. Limited space available. 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. Wednesdays offer Pre-registered weekly workshops from 2 p.m.-5:30 p.m. Thursdays

FACILITY ADDRESSES AND PHONE NUMBERS QUICK FIND

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

Games Room

Join the fun at the Crossroads Community Center Games Room. The room includes Table Tennis (2), 4 Pool Tables, Air Hockey, Foosball Table, 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(R) Free(N) Ages All Ages
7693 Mo-Sa 9:00am-7:45 p.m. 5/1-8/30

Indoor Kite Flying

This is a FREE drop-in program offered on the 1st/3rd Thursdays of the month; equipment is provided by facility partner.

Free(R) Free(N) Ages All Ages
7689 Th 5:45 p.m.-7:45 p.m. 5/1-6/5

Youth/Family Basketball

FREE afterschool drop-in program for students and families. Gym is open until 7:45 p.m. every 2nd/4th Thursday.

Free(R) Free(N) Ages 18/under
7696 Weekdays 2:00 p.m.-5:30 p.m. 5/1-6/18

Adult Women's Volleyball

Play volleyball after-work on Wednesday nights and now available on Saturday afternoon!

\$4(R) \$5(N) Ages 18/up
8169 Fr 5:45 p.m.-7:45 p.m. 5/2-8/29

Adult Basketball

Extend your lunch break with drop-in adult hoops or come in to play on Saturday morning.

\$4(R) \$5(N) Ages 18/up
7691 Th-Sa 12:00 p.m.-2:00 p.m. 5/3-8/30

Adult Volleyball

Play volleyball after-work on Wednesday nights and now available on Saturday afternoon!

\$4(R) \$5(N) Ages 18/up
7692 We, Sa 5:45 p.m.-7:45 p.m. 5/3-8/30

Family Basketball

FREE drop-in Family Basketball is available on Saturday morning from 9-10am at Crossroads Community Center. This program is an opportunity for families, with children under the age of 18, to play together. At least one parent/guardian/caregiver of the same household must be participating on the court with the child/children at all times. No drop-offs or organized team activities are allowed.

Free(R) Free(N) Ages 5/up
7699 Sa 9:00am-10:00am 5/3-8/30

Badminton

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

\$4(R) \$5(N) Ages All Ages
7695 Mo 5:45 p.m.-7:45 p.m. 5/5-8/25

Indoor Play

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

\$4(R) \$5(N) Ages 5/under
7694 Fr 9:00am-11:00am 5/7-6/18

Youth/Family Basketball

FREE afterschool drop-in program for students and families. Gym is open until 7:45 p.m. on Thursday nights.

Free(R) Free(N) Ages 18/under
7697 Weekdays 12:30 p.m.-5:30 p.m. 7/1-8/29

Indoor Play

Indoor gym play with toys, mats and other fun activities for children ages 5 and under. Parents/caregivers must supervise their own children and be present at all times.

North Bellevue Community Center

NBCC Storytime and Indoor Play

During Family Storytime 1:30 p.m.-2:00 p.m., NBCC volunteers will read several of their favorite children's books for toddlers. Followed by the story time, enjoy indoor gym play 2 p.m.-3:45 p.m. with toys, mats and other fun activities. Parents/caregivers must supervise their own children and be present at all times.

Free(R) Free(N) Ages 5/under
8931 Th 1:30 p.m.-3:00 p.m. 5/1-8/28

SBCC Indoor Play

South Bellevue Community Center

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.

\$4(R) \$5(N) Ages 5/under
9009 Mo, We, Fr 10:30am-12:00 p.m. 5/2-6/20

Open Art Studio

Open art studio provides the opportunity for you to join with others in a social setting while doing art. Bring your own art project to work on or create something from supplies provided by the NW Arts Center. Participants are responsible for set up and clean up of their projects.

South Bellevue Community Center

SBCC Open Art Studio

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

Free(R) Free(N) Ages 18/up
 9011 Tu 1:00 p.m.-3:00 p.m. 5/6-6/10

NO CLASS ON HOLIDAYS
 Highland Community Center & Park
 Free(R) Free(N) Ages 18/up
 8692 4:00 p.m.-6:00 p.m. 7/11-9/5

Dance

Aztec Dance

Learn about traditional aztec dance performed by Nahui Ollin Tezcatlipocatl of Bellevue. Community members are welcome to attend .Aztec dance group that meets weekly at Crossroads Community Center. Group practices on Wed/Thurs,5:30-7:30 p.m. at the center.

Crossroads Community Center

Free(R) Free(N) Ages All Ages
 7972 We, Th 5:30 p.m.-7:30 p.m. 5/1-6/18

Youth Eastside Services Counseling

Crossroads Community Center

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 youtheastsideservices.org or call 425-747-4937.

Free(R) Free(N) Ages All Ages
 7973 Tu, We 10:00am-2:00 p.m. 5/6-6/18

Adult Enrichment Series

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

Free(R) Free(N) Ages 18/up
 7974 Tu 1:00 p.m.-2:30 p.m. 5/20-8/19

Highland Times

Join us for the Highland Times, our participant-led publication! In this collaborative space, participants will work together as a team to choose topics, and individually on assigned articles. This is a fantastic opportunity to share perspectives and create something meaningful for our community. Feel free to bring along a meal or snack to enjoy while we work together. Since each team member's contribution is important to completing the issue, attendance is essential.

Body & Mind

Foam Rolling

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

South Bellevue Community Center

\$13(R)	\$15(N)	Ages 13/up	
8424	Th	9:15am-10:15am	5/8
8425	Th	9:15am-10:15am	5/22
8426	Th	9:15am-10:15am	6/12
8427	Th	9:15am-10:15am	6/26
8428	Th	9:15am-10:15am	7/10
8429	Th	9:15am-10:15am	7/31
8430	Th	9:15am-10:15am	8/14

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

No class 5/27. Wear comfortable sportswear. Students should bring a yoga mat, strap and two yoga blocks to class if possible. Online registration not available after session start date. To register after start date, call the South Bellevue Community Center at (425) 452-4240 or visit us in-person.

For more flexibility, two additional options are available: purchase a Drop-in rate at the Front Desk or register for the SBCC Fitness Class Flex Session for "Gentle Yoga". This gives you 5 Gentle Yoga classes where you choose the dates to attend. Valid for the current trimester. Expires 4/30, 8/31, and 12/31.

\$91(R)	\$105(N)	Ages 13/up	
8681	Tu	11:45am-12:45 p.m.	5/6-6/24
8682	Tu	11:45am-12:45 p.m.	7/1-8/12

Gentle Yoga for Renewal & Relaxation

Join us for specialized yoga classes designed to help you reconnect with your mind and body, and to help manage stress.

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

South Bellevue Community Center

Yoga for Stress Management

Please dress in warm layers and bring a mat, towel and water bottle. Online registration not available after session start date. To register after start date, call the South Bellevue Community Center at (425) 452-4240 or visit us in-person.

\$62(R)	\$72(N)	Ages 18/up	
8489	Su	10:30am-11:30am	5/4-5/25
\$77.50(R)	\$90(N)	Ages 18/up	
8490	Su	10:30am-11:30am	6/1-6/29
\$46.50(R)	\$54(N)	Ages 18/up	
8491	Su	10:30am-11:30am	8/3-8/17

Pilates

South Bellevue Community Center

Pilates is designed to strengthen your core, maintain joint mobility, and improve balance and flexibility. This class focuses on Pilates basics using resistance bands, small physio balls, and light weights. All fitness levels welcome. For more info about the class and instructor, visit www.community-pilates.com.

Bring a mat, small towel and water bottle. Online registration not available after session start date. To register after start date, call the South Bellevue Community Center at (425) 452-4240 or visit us in-person.

For more flexibility, two additional options are available: purchase a Drop-in rate at the Front Desk or register for the SBCC Fitness Class Flex Session for "Pilates". This gives you 5 Pilates classes where you choose the dates to attend. Valid for the current trimester. Expires 4/30, 8/31, and 12/31.

\$124(R)	\$144(N)	Ages 13/up	
7968	Fr	9:15am-10:15am	5/2-6/20
\$93(R)	\$108(N)	Ages 13/up	
8493	Mo	9:15am-10:15am	5/5-6/23
\$62(R)	\$72(N)	Ages 13/up	
8492	Fr	9:15am-10:15am	7/11-8/15

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. Online registration not available after session start date.

To register after start date, call the South Bellevue Community Center at (425) 452-4240 or visit us in-person.

Please be advised that this class is not recommended if you have an implanted heart or brain device such as a pacemaker or diabetic pump. Also consider removing body piercings as they may absorb and radiate sound vibrations. Please wear warm and comfortable clothing including socks as the room is cool. Optional - bring a pillow, yoga mat, blanket, eye mask, and water.

South Bellevue Community Center

\$22.50(R)	\$27(N)	Ages 13/up	
8522	Sa	10:30am-11:45am	5/10
8523	Sa	10:30am-11:45am	5/17
8524	Sa	10:30am-11:45am	5/24
8525	Sa	10:30am-11:45am	5/31
8526	Sa	10:30am-11:45am	6/7
8527	Sa	10:30am-11:45am	6/14
8528	Sa	10:30am-11:45am	6/21
8529	Sa	10:30am-11:45am	7/12
8530	Sa	10:30am-11:45am	7/19
8531	Sa	10:30am-11:45am	7/26
8532	Sa	10:30am-11:45am	8/2
8533	Sa	10:30am-11:45am	8/9
8534	Sa	10:30am-11:45am	8/16

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. Instructor: Sabrina Mix

CISC Tai Chi

North Bellevue Community Center

Practice Chi Kung, Tai Chi, and flowing movements to encourage proper posture, strength, stretching and flow of chi. Experience meditative practice through movement and stillness. Gain a sense of refreshed focus and relaxation.

This class is coordinated by Chinese Information Services. Please contact Boliver Choi at boliverc@cisc-seattle.org for any questions.

\$4(R)	\$4(N)	Ages 18/up	
8731	Th	9:30am-10:30am	5/1-8/28

Tai Chi & Mindful Movement

South Bellevue Community Center

No class 5/16 and 5/23. No equipment necessary. Online registration not available after session start date. To register after start date, call the South Bellevue Community Center at (425) 452-4240 or visit us in-person.

\$70(R)	\$84(N)	Ages 18/up	
8477	Fr	10:30am-11:30am	5/2-6/27

Yoga - All Levels

South Bellevue Community Center

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.

No class 5/21. Bring a mat, towel and water bottle. Online registration not available after session start date. To register after start date, call the South Bellevue Community Center at (425) 452-4240 or visit us in-person.

For more flexibility, two additional options are available: purchase a Drop-in rate at the Front Desk or register for the SBCC Fitness Class Flex Session for "Yoga - All Levels". This gives you 5 Yoga - All Levels classes where you choose the dates to attend. Valid for the current trimester. Expires 4/30, 8/31, and 12/31.

\$78(R)	\$90(N)	Ages 13/up		
8503	We	6:00 p.m.-6:50 p.m.	5/7-6/18	
8504	We	6:00 p.m.-6:50 p.m.	7/9-8/13	

Yoga for Women's Health

South Bellevue Community Center

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

Online registration not available after session start date. To register after start date, call the South Bellevue Community Center at (425) 452-4240 or visit us in-person.

\$62(R)	\$72(N)	Ages 18/up		
8486	Su	9:15am-10:15am	5/4-5/25	
\$77.50(R)	\$90(N)	Ages 18/up		
8487	Su	9:15am-10:15am	6/1-6/29	
\$46.50(R)	\$54(N)	Ages 18/up		
8488	Su	9:15am-10:15am	8/3-8/17	

Cardio & Active Fitness

Cycle/Stretch

South Bellevue Community Center

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. Please arrive 10 minutes early on first day for a bike fit. Bring a bike-style water bottle and towel. Wear stiff soled shoes or SPD cycle shoes, padded shorts and heart rate monitor if you have them. Online registration not available after session start date. To register after start date, call the South Bellevue Community Center at (425) 452-4240 or visit us in-person.

For more flexibility, two additional options are available: purchase a Drop-in rate at the Front Desk or register for the SBCC Fitness Class Flex Session for "Cycle/Stretch". This gives you 5 Cycle/

Stretch classes where you choose the dates to attend. Valid for the current trimester. Expires 4/30, 8/31, and 12/31.

No class 6/19.

\$56(R)	\$68(N)	Ages 13/up		
8456	Tu, Th	10:30am-11:30am	5/6-5/29	
\$49(R)	\$59.50(N)	Ages 13/up		
8457	Tu, Th	10:30am-11:30am	6/3-6/26	
\$70(R)	\$85(N)	Ages 13/up		
8458	Tu, Th	10:30am-11:30am	7/1-7/31	
\$28(R)	\$34(N)	Ages 13/up		
8459	Tu, Th	10:30am-11:30am	8/5-8/14	

Cycling

South Bellevue Community Center

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.

No class 5/26. Online registration not available after session start date. To register after start date, call the South Bellevue Community Center at (425) 452-4240 or visit us in-person.

Beginners may contact us for an introductory lesson and bike set-up session prior to your first class by calling 425-452-4240. Bring a bike-style water bottle and towel. Wear stiff soled shoes or SPD cycle shoes, padded shorts and heart rate monitor if you have them. Dress for the temperature as this class is held outdoors/under cover. Please arrive 10 minutes before class start time for set-up. Park in the lower tennis court lot.

For more flexibility, two additional options are available: purchase a Drop-in rate at the Front Desk or register for the SBCC Fitness Class Flex Session for "Cycling". This gives you 5 Cycling classes where you choose the dates to attend. Valid for the current trimester. Expires 4/30, 8/31 and 12/31.

\$112(R)	\$136(N)	Ages 13/up		
8462	Mo, We	6:00am-7:00am	5/5-6/30	
\$91(R)	\$110.50(N)	Ages 13/up		
8463	Mo, We	6:00am-7:00am	7/2-8/13	

Silver Sneakers

North Bellevue Community Center

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

This workout includes fall prevention drills and exercises to improve muscular strength, range of motion and endurance for daily living. A chair and handheld weights or tubing are used. This is a drop-in program, no pre-registration required, payable at the door \$6/residents, \$7 non-residents.

\$6(R)	\$7(N)	Ages 18/up		
8938	Mo, We, Fr	11:00am-12:00 p.m.	5/2-8/29	
8939	Mo, We, Fr	9:30am-10:30am	5/2-8/29	

ZUMBA

South Bellevue Community Center

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.

Bring a small towel and water bottle. Online registration not available after session start date. To register after start date, call the South Bellevue Community Center at (425) 452-4240 or visit us in-person.

For more flexibility, two additional options are available: purchase a Drop-in rate at the Front Desk or register for the SBCC Fitness Class Flex Session for "ZUMBA". This gives you 5 ZUMBA classes where you choose the dates to attend. Valid for the current trimester. Expires 4/30, 8/31, and 12/31. No class 5/26.

\$99(R) \$117(N) Ages 13/up			
8499	Fr	10:30am-11:30am	5/2-6/27
\$88(R) \$104(N) Ages 13/up			
8501	Mo	10:30am-11:30am	5/5-6/30
8497	Mo	6:00 p.m.-6:50 p.m.	5/5-6/30
\$44(R) \$52(N) Ages 13/up			
8502	Mo	10:30am-11:30am	7/7-7/28
8498	Mo	6:00 p.m.-6:50 p.m.	7/7-7/28
\$33(R) \$39(N) Ages 13/up			
8500	Fr	10:30am-11:30am	7/11-7/25

Day Camps

Boxing Immersion Summer Clinic
South Bellevue Community Center

This non-contact, week-long camp will immerse your child into the exciting sport of boxing with a Bronze Level USA Boxing Coach. Kids will learn their base, how to move, and work defense and offense drills in a fun and action-packed camp. Each day of camp will focus on the basics of footwork, coordination, balance, while increasing self-esteem and confidence in their movement. Coaches use USA Boxing protocols to create an emotionally, mentally and physically safe environment.

Dress in loose fitting athletic attire. Bring a water bottle. Online registration not available after session start date. To register after start date, call the South Bellevue Community Center at (425) 452-4240 or visit us in-person.

\$150(R) \$180(N) Ages 8-16			
8248	Weekdays	1:00 p.m.-3:00 p.m.	7/14-7/18
8249	Weekdays	1:00 p.m.-3:00 p.m.	8/11-8/15

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.

Dress in loose fitting athletic attire. Bring a water bottle. Online registration not available after session start date. To register after start date, call the South Bellevue Community Center at (425) 452-4240 or visit us in-person.

No classes 5/26.

South Bellevue Community Center

Youth & Adult

This class is designed for individuals and families with children ages 7 and up.

\$90(R) \$108(N) Ages 7/up			
8519	Tu, Th	7:00 p.m.-7:50 p.m.	5/1-5/29
8520	Tu, Th	7:00 p.m.-7:50 p.m.	6/3-6/26

Boxing Fundamentals - Youth

\$70(R) \$84(N) Ages 9-17			
8517	Mo, We	5:00 p.m.-5:50 p.m.	5/5-5/28
8518	Mo, We	5:00 p.m.-5:50 p.m.	6/2-6/25

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

Conquer Hapkido 12

The 12+ Class is for students ages 12 and older. *Pre-registration required; no drop-in allowed.

\$56(R) \$70(N) Ages 12/up			
8538	Mo, We	6:35 p.m.-7:35 p.m.	5/5-5/28
\$72(R) \$90(N) Ages 12/up			
8541	Mo, We	6:35 p.m.-7:35 p.m.	6/2-6/30
8542	Mo, We	6:35 p.m.-7:35 p.m.	7/2-7/30
8545	Mo, We	6:35 p.m.-7:35 p.m.	8/4-8/27

Conquer Hapkido Youth

The Youth Class is for students ages 5-12. *Pre-registration required; no drop-in allowed.

\$56(R) \$63.84(N) Ages 5-12			
8537	Mo, We	5:30 p.m.-6:30 p.m.	5/5-5/28
\$72(R) \$84.96(N) Ages 5-12			
8539	Mo, We	5:30 p.m.-6:30 p.m.	6/2-6/30
8543	Mo, We	5:30 p.m.-6:30 p.m.	7/2-7/30
8544	Mo, We	5:30 p.m.-6:30 p.m.	8/4-8/27

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

Advanced Summer 2025

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

\$90(R) \$108(N) Ages 8/up			
7673	Fr	7:30 p.m.-9:30 p.m.	6/6-8/15

Beginning Summer 2025

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.

\$90(R) \$108(N) Ages 10/up
7671 Fr 6:30 p.m.-8:00 p.m. 6/6-8/15

Intermediate Summer 2025

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

\$90(R) \$108(N) Ages 8/up
7672 Fr 6:30 p.m.-8:00 p.m. 6/6-8/15

Women's Advanced Summer 2025

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

\$30(R) \$36(N) Ages 10/up
8835 Fr 8:00 p.m.-9:30 p.m. 6/6-8/8

Shotokan Karate

Learn traditional Karate with a non-violent philosophy emphasizing Respect, Excellence, Strength and Character with fun and experienced Black Belt instructors. No class 5/26. Bring a water bottle. Online registration not available after session start date. To register after start date, call the South Bellevue Community Center at (425) 452-4240 or visit us in-person.

South Bellevue Community Center
\$63(R) \$77(N) Ages 6-12
8469 Mo, We 6:00 p.m.-6:50 p.m. 5/5-5/28
\$36(R) \$44(N) Ages 6-12
8472 Mo, We 6:00 p.m.-6:50 p.m. 8/4-8/13
\$63(R) \$77(N) Ages 9/up
8473 Mo, We 7:00 p.m.-7:50 p.m. 5/5-5/28
\$81(R) \$99(N) Ages 6-12
8470 Mo, We 6:00 p.m.-6:50 p.m. 6/2-6/30
8471 Mo, We 6:00 p.m.-6:50 p.m. 7/2-7/30
\$81(R) \$99(N) Ages 9/up
8474 Mo, We 7:00 p.m.-7:50 p.m. 6/2-6/30
8475 Mo, We 7:00 p.m.-7:50 p.m. 7/2-7/30
\$36(R) \$44(N) Ages 9/up
8476 Mo, We 7:00 p.m.-7:50 p.m. 8/4-8/13

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.

Bring a water bottle. Online registration not available after session start date. To register after start date, call the South Bellevue Community Center at (425) 452-4240 or visit us in-person. No class 6/19.

An additional \$50 fee will be due to instructor upon purchase of uniform. Additional fees for belt testing.

South Bellevue Community Center
\$81(R) \$99(N) Ages 6/up
8505 Tu, Th 4:00 p.m.-4:50 p.m. 5/1-5/29
8509 Tu, Th 5:00 p.m.-5:50 p.m. 5/1-5/29
8513 Tu, Th 6:00 p.m.-6:50 p.m. 5/1-5/29
\$63(R) \$77(N) Ages 6/up
8506 Tu, Th 4:00 p.m.-4:50 p.m. 6/3-6/26
8510 Tu, Th 5:00 p.m.-5:50 p.m. 6/3-6/26
8514 Tu, Th 6:00 p.m.-6:50 p.m. 6/3-6/26
\$90(R) \$110(N) Ages 6/up
8507 Tu, Th 4:00 p.m.-4:50 p.m. 7/1-7/31
8511 Tu, Th 5:00 p.m.-5:50 p.m. 7/1-7/31
8515 Tu, Th 6:00 p.m.-6:50 p.m. 7/1-7/31
\$36(R) \$44(N) Ages 6/up
8508 Tu, Th 4:00 p.m.-4:50 p.m. 8/5-8/14
8512 Tu, Th 5:00 p.m.-5:50 p.m. 8/5-8/14
8516 Tu, Th 6:00 p.m.-6:50 p.m. 8/5-8/14

Pickleball

Beginner Pickleball Clinic for Adults

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

Hidden Valley Sports Park
\$40(R) \$48(N) Ages 18/up
8546 Th 10:00am-12:00 p.m. 5/1-5/22

Early Learning/Pre-school

Family Story Time

Enjoy stories, music, movement and rhymes that develop your child's early literacy skills. No class on Sept 20 & Nov 29. Last reading time for spring is May 16th. Reading time will resume September 12th

Crossroads Community Center
Free(R) Free(N) Ages 5/under
7667 Fr 10:30am-11:30am 5/2-5/16

Parkside Pre-K

Join us for a month-to month Kindergarten readiness program designed for 4 and 5-year old children going into kindergarten for the 2024-2025 school year. Harpreet and Carly have many years as early childhood education instructors. The Parkside classroom at Crossroads is full of learning activities and opportunities for growth, both academically and socially and based on weekly themes. We look forward to making Parkside Pre-K a warm and welcoming environment for every preschooler! Each child must be fully toilet trained and turn 4 by The first day of class to participate. Crossroads Community Center

Buzzing Bees

Natures little helpers learn all about the wonderful outdoors. No School May 26, 2025. Children must be 4 years old and fully toilet trained.

\$285(R) \$342(N) Ages 4-5
7477 Weekdays 9:30am-12:30 p.m. 5/5-5/30

Sunny Days

Fun in the sunshine, let's get ready for summer! Last day of school June 18th. No School June 19th-June 30th. Children must be 4 years old and fully toilet trained.

\$195(R) \$234(N) Ages 4-5
7478 Weekdays 9:30am-12:30 p.m. 6/2-6/18

Starry Nights

Learning all about the sky and space! School begins on July 7th. Children must be 4 years old and fully toilet trained.

\$300(R) \$360(N) Ages 4-5
7479 Weekdays 9:30am-12:30 p.m. 7/7-8/1

Ocean Adventures

Exploring under the sea to learn about our fishy friends. No school August 25-29. Children must be 4 years old and fully toilet trained.

\$225(R) \$270(N) Ages 4-5
7480 Weekdays 9:30am-12:30 p.m. 8/4-8/22

Parkside Pre-K Saturday School

Saturday school is in session. The same great school, awesome opportunity to learn with our wonderful teachers the first Saturday of every month. For children ages 4-5. Must be fully potty trained. Crossroads Community Center

May Saturday School

Saturday school for kids ages 4-5. Our experienced teachers and engaging curriculum offer children the opportunity to learn and grow in a safe, nurturing environment. Saturday preschool will offer a chance for kids to have fun with friends making crafts, singing songs, playing in the gym or outside and learning as they go. Saturday preschool is the first Saturday of each month.

\$15(R) \$18(N) Ages 4-5
8685 Daily 9:30am-12:30 p.m. 5/3

June Saturday School

Saturday school for kids ages 4-5. Our experienced teachers and engaging curriculum offer children the opportunity to learn and grow in a safe, nurturing environment. Saturday preschool will offer a chance for kids to have fun with friends making crafts, singing songs, playing in the gym or outside and learning as they go. Saturday preschool is the first Saturday of each month.

\$15(R) \$18(N) Ages 4-5
8686 Daily 9:30am-12:30 p.m. 6/7

July Saturday School

Saturday school for kids ages 4-5. Our experienced teachers and engaging curriculum offer children the opportunity to learn and grow in a safe, nurturing environment. Saturday preschool will offer a chance for kids to have fun with friends making crafts, singing songs, playing in the gym or outside and learning as they go. Saturday preschool is the first Saturday of each month.

\$15(R) \$18(N) Ages 4-5
8687 Daily 9:30am-12:30 p.m. 7/5

August Saturday School

Saturday school for kids ages 4-5. Our experienced teachers and engaging curriculum offer children the opportunity to learn and grow in a safe, nurturing environment. Saturday preschool will offer a chance for kids to have fun with friends making crafts, singing songs, playing in the gym or outside and learning as they go. Saturday preschool is the first Saturday of each month.

\$15(R) \$18(N) Ages 4-5
8689 Daily 9:30am-12:30 p.m. 8/2

Story and Stroll at Mercer Slough

Join a park Ranger to explore the forested Wetlands of the Mercer Slough Nature Park. Each week as we venture outside, children will be fascinated by all there is to discover and become more comfortable navigating the trail. Children will also enjoy a nature-based story connecting them to the natural world. Pre-registration for all parents and children is required. Ages: 3-5. Cost: Free!

Mercer Slough Environmental Education Center

Free(R) Free(N) Ages 3/up
8766 Fr 9:30am-10:30am 5/2
8767 Fr 9:30am-10:30am 6/6
8768 Fr 9:30am-10:30am 7/11
8769 Fr 9:30am-10:30am 8/8

Tiny Trailblazers

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

Lake Hills Greenbelt

Free(R) Free(N) Ages 2/up
8832 10:00am-11:00am 5/9
8833 10:00am-11:00am 6/13
8834 10:00am-11:00am 7/18
8836 10:00am-11:00am 8/8

A Solstice Night Stroll

Come celebrate the shortest night of the year and discover the nocturnal animals that call the park home with a ranger this summer! Ages 5+ with accompanying adult(s). Preregistration required for children and adults.

Lewis Creek Park

Free(R) Free(N) Ages 5/up
8803 Fr 9:30 p.m.-11:00 p.m. 6/20

Batty Nights at Lewis Creek Park

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

Lewis Creek Park

Free(R) Free(N) Ages 5/up
8800 8:30 p.m.-10:00 p.m. 5/17
8801 8:30 p.m.-10:00 p.m. 7/19
8802 8:00 p.m.-9:30 p.m. 8/9

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(R) Free(N) Ages 3/up
8791 10:30am-11:30am 5/24
8792 10:30am-11:30am 6/28
8793 10:30am-11:30am 7/26
8794 10:30am-11:30am 8/3

Fawning over Deer

Colombian black-tailed deer are found all over Bellevue, from frolicking in our forests to browsing through flowerbeds. Come learn how these charismatic herbivores are able to navigate suburban life and step into their hooves for the afternoon. Ages 5-10 with accompanying adult(s). Preregistration is required for children and adults.

Lewis Creek Park

Free(R) Free(N) Ages 5/up
8860 Daily 2:30 p.m.-3:30 p.m. 6/7
8861 Daily 2:30 p.m.-3:30 p.m. 6/22
8862 Daily 2:30 p.m.-3:30 p.m. 6/29

High-Flying Hawks

From patrolling I-405 to flying over the trees of Lewis Creek Park, hawks can be found in almost all of Bellevue's habitats. Learn about the different raptor species that call Lewis Creek Park home before we head out on a hike to scan the sky for them. Ages 5-10 with accompanying adult(s). Preregistration required for children and adults.

Lewis Creek Park

Free(R) Free(N) Ages 5/up
8798 Sa 2:30 p.m.-3:30 p.m. 8/2
8799 Su 2:30 p.m.-3:30 p.m. 8/10

Ranger-led Programs

Ranger Programs at Mercer Slough

Join a Park Ranger for an educational program at Mercer Slough Environmental Education Center. Programs are held throughout the year, rain or shine. Programs are indoors AND outdoors. Please dress for outdoor activities and bring a water bottle. Preregistration for each person attending is required.

Mercer Slough Environmental Education Center

May the Flowers BEE with You

Pollination is not just fascinating; it is an essential ecological function. Over 80% of the world's flowering plants require a pollinator to reproduce. Unfortunately, we are witnessing a significant decline in our natural pollinator populations. Without these pollinators, humans will not survive, and terrestrial ecosystems will continue to deteriorate. Join Park Ranger to learn more about what we can do to protect our future of food. Ages:5-8. Cost: Free!

Mercer Slough Environmental Education Center

Free(R) Free(N) Ages 5-8
8776 Sa 2:00 p.m.-3:00 p.m. 5/24

Happy Hikers

Get excited about hiking with your kids! Join a Park Ranger to learn some new strategies to keep your kids happy and safe on the trail this summer. We will have some fun activities to help you be prepared and ready for your new adventures. Ages: 5 and up. Cost: Free!

Mercer Slough Environmental Education Center

Free(R) Free(N) Ages 5/up
8775 Sa 2:00 p.m.-3:00 p.m. 6/28

Who Let the Bugs Out?

We can find insects in almost every habitat, yet insects are underappreciated for their role in the food web. Without insects to help break down and dispose of waste, dead animals and plants would accumulate in our environment. Other animals rely on insects as their primary source of food. Without them they would starve. Join a Park Ranger for a nature walk in search of bugs. Enjoy some hands-on activities and crafts as well. Ages: 5-8. Cost: Free!

Mercer Slough Environmental Education Center

Free(R) Free(N) Ages 5-8
8774 Sa 2:00 p.m.-3:00 p.m. 7/19

Let's STICK with Beavers

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. Ages: 5-8. Cost: Free!

Mercer Slough Environmental Education Center

Free(R) Free(N) Ages 5-8
8777 Sa 2:00 p.m.-3:00 p.m. 8/23

Bellevue Bears

Celebrate national bear month with us and learn about our bear-y intelligent neighbors. As their natural habitats shrink, these berry-loving bears have found ways to survive amongst the city of Bellevue. Learn how to Be Bear Aware as we walk the Lake Hills Greenbelt trail and explore how we can safely coexist, avoiding an unbearable encounter. Then, join us for a craft that you just can't bear to miss! Ages 4-13 with accompanying adult(s). Preregistration required for children and adults.

Lake Hills Greenbelt

Free(R)	Free(N)	Ages 4-13	
8820	10:00am-11:00am		5/24
8821	10:00am-11:00am		5/17

Curious Cats in the City

Ignite your feline curiosity about the wild (and not so wild) cats around us. What crucial roles do Bobcats and Cougars play in our ecosystem? How do domestic cats impact wildlife? Explore how we can protect these wild cats as well as ourselves as we walk the Lake Hills Greenbelt trails and then create some crafty cats. Ages 4-13 with accompanying adult(s). Preregistration required for children and adults.

Lake Hills Greenbelt

Free(R)	Free(N)	Ages 4-13	
8822	10:00am-11:00am		6/7
8823	10:00am-11:00am		6/21

Bird Walk with Eastside Audubon

The Lake Hills Greenbelt and Gardens are a bird haven! Observe and learn about the many birds here on a walk hosted by the Eastside Audubon. Perfect for bird enthusiasts of all levels, expect a slow walk along a flat gravel trail as we look for and ID birds along the trail. Bring your own binoculars for better viewing. Distance: 2 miles. All ages welcome, children must have an accompanying adult. Pre-registration required for all attendees.

Lake Hills Greenbelt

Free(R)	Free(N)	Ages All Ages	
8857	8:00am-10:00am		6/28

Native Plants of the Lake Hills Greenbelt

Plants have traveled all over the world, forever changing their new habitats. How can we reduce the harm of invasive plants while also supporting the native ones? Explore the Lake Hills Greenbelt trail to identify the native plants that were crucial to the native ecosystem and indigenous people. Then let nature inspire you as we use nature to create art. Ages 5/up, children must have an accompanying adult. Pre-registration required for all attendees.

Lake Hills Greenbelt

Free(R)	Free(N)	Ages 5/up	
8826	10:00am-11:00am		7/12
8827	10:00am-11:00am		7/26

Bees, Butterflies, and Birds, Oh My!

What do all these creatures have in common? They are pollinators! Learn about the diverse collection of pollinators in Bellevue helping sustain plant growth.

Explore ways we can support their mission in our parks as well as in your own yard as we walk the Lake Hills Greenbelt Trail and see them in action. Then become a busy bee and create a pollinator craft. Ages 4-13 with accompanying adult(s). Preregistration required for children and adults.

Lake Hills Greenbelt

Free(R)	Free(N)	Ages 4-13	
8829	10:00am-11:00am		8/16
8830	10:00am-11:00am		8/23

International Bat Night

Celebrate International Bat Night at Larsen Lake! Visit the bat boxes, watch these nocturnal creatures come to life and get a chance to hear their bat calls. Take a walk around the lake, learn about how the little brown bat helps the ecosystem and how we can support them in return. Then join us for some batty games and crafts. Please bring a flashlight or headlamp. Pre-registration required for all attendees. Children must be accompanied by an adult. Age: All ages, Cost: Free

Lake Hills Greenbelt

Free(R)	Free(N)	Ages All Ages	
8837	Daily	7:30 p.m.-8:30 p.m.	8/30

The Secret Life of Slugs

Creepy, slimy, and cool! Put your best tentacle forward and crawl in to learn more about the slugs that call Lewis Creek home. We'll talk all about that marvelous slime and find a new perspective from the forest floor. Ages 5-10 with accompanying adult(s). Preregistration is required for children and adults.

Lewis Creek Park

Free(R)	Free(N)	Ages 5-10	
8795	2:30 p.m.-3:30 p.m.		5/4
8796	Su	2:30 p.m.-3:30 p.m.	5/18
8797	Sa	2:30 p.m.-3:30 p.m.	5/31

Toddler Trails at Lewis Creek Park

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

Lewis Creek Park

Free(R)	Free(N)	Ages 1yr 6m- 36 months	
8787	10:00am-11:00am		5/11
8788	10:00am-11:00am		6/14
8789	10:00am-11:00am		7/13
8790	10:00am-11:00am		8/16

Weasely Good Times at Lewis Creek

Have you ever seen a small creature scampering in the wetland or burrowing in the forests? If so, you might have spotted an elusive weasel! Stop by this month to discover more about Bellevue's Mustelids while we play camouflage games and explore their habitats. Ages 5-10 with accompanying adult(s). Preregistration is required for children and adults.

Lewis Creek Park

Free(R) Free(N) Ages 5-10

8853	Daily	2:30 p.m.-3:30 p.m.	7/6
8855	Daily	2:30 p.m.-3:30 p.m.	7/12
8856	Daily	2:30 p.m.-3:30 p.m.	7/19

Canoe Mercer Slough 2025

Explore the beautiful Mercer Slough Nature Park by water! Bellevue park rangers lead this 3-hour canoe trip from Enatai Beach Park. You'll see how this amazing ecosystem functions as you travel through 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. This program is for those who already have experience paddling canoes. This program is not designed to teach you how to paddle. You will paddle your own canoe.

You must arrive no later than 8:45 a.m. to participate. Late arrivals will miss the safety briefing and forfeit participation. Participants paddle the entire distance of 4 miles in 3-hours and must stay with the group. Parties with little paddling experience may be separated for safety. Safety information and paddling equipment (canoe, paddle, life jacket) are provided.

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. Programs run rain or shine; dress for the weather. Trips will be cancelled in the case of lightning, high winds and/or waves at the discretion of the ranger and/or lifeguard.

Up to 3 people per canoe. (2 adults + small child.) The weight capacity of each canoe is 500 lbs.

Registration opens 2-weeks prior to each session. There are no sessions July 6, August 3, or August 17.

Enatai Beach Park

Canoe-2025-01

\$20(R)	\$20(N)	Ages 5/up	
8741	Daily	8:45am-12:00 p.m.	6/1

Canoe-2025-02

\$20(R)	\$20(N)	Ages 5/up	
8742	Daily	8:45am-12:00 p.m.	6/8

Canoe-2025-03

\$20(R)	\$20(N)	Ages 5/up	
8743	Daily	8:45am-12:00 p.m.	6/15

Canoe-2025-04

\$20(R)	\$20(N)	Ages 5/up	
8744	Daily	8:45am-12:00 p.m.	6/22

Canoe-2025-05

\$20(R)	\$20(N)	Ages 5/up	
8745	Daily	8:45am-12:00 p.m.	6/29

Canoe-2025-06

\$20(R)	\$20(N)	Ages 5/up	
8746	Daily	8:45am-12:00 p.m.	7/13

Canoe-2025-07

\$20(R)	\$20(N)	Ages 5/up	
8747	Daily	8:45am-12:00 p.m.	7/20

Canoe-2025-08

\$20(R)	\$20(N)	Ages 5/up	
8748	Daily	8:45am-12:00 p.m.	7/27

Canoe-2025-09

\$20(R)	\$20(N)	Ages 5/up	
8749	Daily	8:45am-12:00 p.m.	8/10

Canoe-2025-10

\$20(R)	\$20(N)	Ages 5/up	
8750	Daily	8:45am-12:00 p.m.	8/24

Canoe-2025-11

\$20(R)	\$20(N)	Ages 5/up	
8751	Daily	8:45am-12:00 p.m.	8/31

Cascade Hiking Club

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

Lewis Creek Park

Cedar Butte

Trails will have a moderate degree of difficulty, perfect for those looking for a challenge. Hikes range from 4-6 miles with up to 2000ft elevation gain. Round trip transportation provided to trailhead. Participants will be emailed hike details the week prior to the hike, location will be chosen based on weather and trail conditions.

\$12(R)	\$15(N)	Ages 18/up	
8671	Fr	9:30am-3:30 p.m.	5/2

Harry's Balcony

Trails will have a moderate degree of difficulty, perfect for those looking for a challenge. Hikes range from 4-6 miles with up to 2000ft elevation gain. Round trip transportation provided to trailhead. Participants will be emailed hike details the week prior to the hike, location will be chosen based on weather and trail conditions.

\$12(R)	\$15(N)	Ages 18/up	
8672	Fr	9:30am-3:30 p.m.	5/9

Garfield Ledges

Trails will have a moderate degree of difficulty, perfect for those looking for a challenge. Hikes range from 4-6 miles with up to 2000ft elevation gain. Round trip transportation provided to trailhead. Participants will be emailed hike details the week prior to the hike, location will be chosen based on weather and trail conditions.

\$12(R)	\$15(N)	Ages 18/up	
8673	Fr	9:30am-3:30 p.m.	5/16

Talapus Lake

Trails will have a moderate degree of difficulty, perfect for those looking for a challenge. Hikes range from 4-6 miles with up to 2000ft elevation gain. Round trip transportation provided to trailhead. Participants will be emailed hike details the week prior to the hike, location will be chosen based on weather and trail conditions.

\$12(R)	\$15(N)	Ages 18/up	
8674	Fr	9:30am-3:30 p.m.	5/30

Mercer Slough Night Hike

Awaken your senses and step into the nocturnal world for a guided hike into the Mercer Slough Nature Park. Exploring the park after the sun has set will certainly prove to be a unique and memorable experience for the whole family.

Mercer Slough Environmental Education Center

A Slough of Bats

Bats play a vital ecological role all over the world. Several species of bats call the Mercer Slough Nature Park home. Enjoy an evening bat story out on the trail while wait for these nocturnal mammals to emerge from their roosts. All Ages: but best for 5-10. Cost: Free

Free(R) Free(N) Ages All Ages
8778 Fr 8:30 p.m.-9:30 p.m. 5/23

National Moth Week Celebration

All different colors, patterns, shapes, and sizes—this is just some of what we see when peeking into the incredible world of moths! Join us in celebrating this very special week by observing these stunning insects up close. Flutter over to the Bellevue Botanical Garden to learn about the fascinating lives of moths and see them for yourself as they visit our moth light and sheet setup! 10:30 p.m.-11:30 p.m. will be primetime for moth-sheeting and observation for those excited to marvel at the garden’s species! No registration required. Ages: All ages. Cost: Free

Bellevue Botanical Garden
Free(R) Free(N) Ages All Ages
9031 8:30 p.m.-11:30 p.m. 7/19

Ranger-Led Hike at Mercer Slough Nature Park

Bring the whole family to join a Park 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 pedestrian bridge in the middle of the park. From there you can continue on to further explore the rich diversity the park has to offer. All are welcome but best for ages 5 and up.

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

Mercer Slough Environmental Education Center
Mercer Slough Ranger Hike
Free(R) Free(N) Ages All Ages
8770 Sa 2:00 p.m.-3:30 p.m. 5/17
8771 Sa 2:00 p.m.-3:30 p.m. 6/21
8772 Sa 2:00 p.m.-3:30 p.m. 7/19
8773 Sa 2:00 p.m.-3:30 p.m. 8/30

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 an easy 1-mile nature hike through the Greenbelt’s trails and discover the season’s myriad of flora and fauna. Wear weather appropriate clothing and shoes, and feel free to bring personal wildlife-viewing gear (e.g. binoculars or magnifying glasses) to further enjoy the park. We’ll be heading out rain or shine, so come prepared to learn and have a great time!

The trail is mostly level and gravel. Pre-registration is required.

Ages: All ages. Cost: Free

Lake Hills Greenbelt

Ranger Walk at the Lake Hills Greenbelt

Free(R) Free(N) Ages All Ages
8838 2:00 p.m.-3:00 p.m. 5/3
8839 2:00 p.m.-3:00 p.m. 5/17
8840 2:00 p.m.-3:00 p.m. 5/24
8841 2:00 p.m.-3:00 p.m. 5/31
8842 2:00 p.m.-3:00 p.m. 6/7
8843 2:00 p.m.-3:00 p.m. 6/21
8844 2:00 p.m.-3:00 p.m. 6/28
8845 2:00 p.m.-3:00 p.m. 7/5
8846 2:00 p.m.-3:00 p.m. 7/12
8847 2:00 p.m.-3:00 p.m. 7/19
8848 2:00 p.m.-3:00 p.m. 7/26
8849 2:00 p.m.-3:00 p.m. 8/9
8850 2:00 p.m.-3:00 p.m. 8/16
8851 2:00 p.m.-3:00 p.m. 8/23

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(R) Free(N) Ages All Ages
10:30am-12:00 p.m. 6/29

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(R) Free(N) Ages All Ages
8786 Su 10:30am-12:00 p.m. 7/27

Ranger-led Hike at Lakemont Highlands Open Space

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

Preregistration required for each participant. Outdoor only.
Lewis Creek Park

Free(R) Free(N) Ages All Ages
Su 10:00am-12:00 p.m. 5/25
Su 10:00am-12:00 p.m. 8/24

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(R) Free(N) Ages All Ages

8779	Daily	10:30am-11:30am	2/16-5/3
Daily	10:30am-11:30am		6/7
Daily	10:30am-11:30am		7/5
Daily	10:30am-11:30am		8/2

World Migratory Bird Day

Each year over 81 countries all over the globe come together to celebrate migratory birds, flock to the parks and celebrate this very special event with us! Park rangers will be leading drop-in programs throughout the morning where you can join activities like our fun migration game, a ranger-led hike at 10 a.m., and create crafts for bird friendly communities. This event is for all ages. Optional pre-registration for the ranger walk. Outdoor only. Larsen Lake Blueberry Farm, 700 148th Avenue SE

Lake Hills Greenbelt

Free(R) Free(N) Ages All Ages

8859	9:00am-12:00 p.m.		5/10
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Farm Programs

Little Farmers

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

\$78(R) \$94(N) Ages 2-3

7382	Tu	10:00am-11:30am	5/6-5/20
7383	Tu	10:00am-11:30am	5/27-6/10

Farm Explorers

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

Kelsey Creek Farm

\$96(R) \$115(N) Ages 4-6

7400	Th	10:00am-12:30 p.m.	5/8-5/22
7401	Th	10:00am-12:30 p.m.	5/29-6/12

Junior Farmers

Your child will be immersed in farm life in this after-school program. Each class will feature seasonal themes, art and crafts, engaging stories, and hands-on time with our friendly farm animals.

Kids will learn about animal care and will get to interact with our farm animals in a safe and supportive environment. Each monthly session highlights a different set of animals. While some favorite animals and activities will repeat, there will always be new experiences to enjoy.

Kelsey Creek Farm

\$78(R) \$94(N) Ages 7-9

7388	We	2:00 p.m.-4:00 p.m.	5/7-5/21
7389	We	2:00 p.m.-4:00 p.m.	5/28-6/11

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(R) Free(N) Ages 14/up

9035	Fr	7:30 p.m.-9:30 p.m.	8/15
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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(R) Free(N) Ages All Ages

9036	Sa	11:00am-3:00 p.m.	6/14
9037	Sa	11:00am-3:00 p.m.	7/12
9038	Sa	11:00am-3:00 p.m.	8/9

KCLS Family Story Time

King County Library System in partnership with Bellevue Parks & Community Services presents Family Story Time at Kelsey Creek Farm. Gather in the outdoor amphitheater and enjoy delightful tales and fun songs led by a children's librarian from the Bellevue Library. Please note, program may be cancelled due to inclement weather or librarian illness. Pre-registration not required.

Kelsey Creek Farm

Free(R) Free(N) Ages All Ages

9106	Tu	10:30am-11:00 a.m.	7/1
9107	Tu	10:30am-11:00 a.m.	7/8
9108	Tu	10:30am-11:00 a.m.	7/15
9109	Tu	10:30am-11:00 a.m.	7/22
9110	Tu	10:30am-11:00 a.m.	7/29
9111	Tu	10:30am-11:00 a.m.	8/5

Out of School Time & Youth Enrichment

Domino Toppling

Crossroads Community Center

Have fun designing and building amazing chain reactions with dominoes. Each session will introduce a new technique - beginning with basic lines and splits to more complex turns and towers. No experience is needed, and all skills levels are welcome. All materials are provided by the instructor. Class size is limited to 15 participants.

Free(R) Free(N) Ages 7-17

9029 We 3:00 p.m.-4:00 p.m. 5/7-6/4

TRACKS Camps

Tracks Park Walks

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

Kelsey Creek Park

\$5(R) \$6(N) Ages 50/up

8660 Daily 11:00am-1:00 p.m. 5/8

Mercer Slough

\$5(R) \$6(N) Ages 50/up

8661 Daily 11:00am-1:00 p.m. 5/15

Crossroads Park

\$5(R) \$6(N) Ages 50/up

8662 Daily 11:00am-1:00 p.m. 5/22

Bellevue Botanical Gardens

\$5(R) \$6(N) Ages 50/up

8663 Daily 11:00am-1:00 p.m. 5/29

Tracks Tuesday Trails 50+ Hiking

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

Cinder Mine Trailhead

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

8664 Tu 10:00am-2:00 p.m. 4/22

Gold Creek County Park

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

8665 Tu 10:00am-2:00 p.m. 4/29

Tolt MacDonald Park

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

8666 Tu 10:00am-2:00 p.m. 5/6

Soaring Eagle Regional Park

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

8667 Tu 10:00am-2:00 p.m. 5/13

Harvey Manning Trailhead

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

8668 Tu 10:00am-2:00 p.m. 5/20

Redmond Watershed Preserve

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

8669 Tu 10:00am-2:00 p.m. 5/27

Franklin Falls

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

8670 Tu 10:00am-2:00 p.m. 6/3

Strength & Conditioning

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!

No class 5/26. Bring a small towel and water bottle. Online registration not available after session start date. To register after start date, call the South Bellevue Community Center at (425) 452-4240 or visit us in-person.

For more flexibility, two additional options are available: purchase a Drop-in rate at the Front Desk or register for the SBCC Fitness Class Flex Session for "Active Adult Fitness". This gives you 5 Active Adult Fitness classes where you choose the dates to attend. Valid for the current trimester. Expires 4/30, 8/31, and 12/31.

South Bellevue Community Center

\$80(R) \$96(N) Ages 18/up
8455 Mo 10:30am-11:30am 5/5-6/30

\$70(R) \$84(N) Ages 18/up
8535 We 10:30am-11:30am 5/7-6/25

8536 We 10:30am-11:30am 7/2-8/13

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. No class 5/26. Bring water and a small towel to class. Online registration not available after session start date. To register after start date, call the South Bellevue Community Center at (425) 452-4240 or visit us in-person.

For more flexibility, two additional options are available: purchase a Drop-in rate at the Front Desk or register for the SBCC Fitness Class Flex Session for "Fit 360". This gives you 5 Fit 360 classes where you choose the dates to attend. Valid for the current trimester. Expires 4/30, 8/31, and 12/31.

South Bellevue Community Center

\$77(R)	\$91(N)	Ages 13/up		
8464	Mo, We	9:15am-10:15am	5/5-5/28	
8468	Tu	7:00 p.m.-7:50 p.m.	5/6-6/24	
\$99(R)	\$117(N)	Ages 13/up		
8465	Mo, We	9:15am-10:15am	6/2-6/30	
8466	Mo, We	9:15am-10:15am	7/2-7/30	
\$44(R)	\$52(N)	Ages 13/up		
8467	Mo, We	9:15am-10:15am	8/4-8/13	

Functional Fitness

A unique group class designed to enhance your overall movement quality and everyday performance by focusing on improving your range of motion, agility, balance, and strength through dynamic compound movements that mimic daily activities.

Unlike traditional strength training classes, our approach emphasizes functional movements that help you move better in real life - whether it's lifting groceries, climbing stairs, or playing with your kids. Each class is set at a moderate intensity, making it accessible for all fitness levels, from beginners to seasoned athletes.

Last class is 6/24. Wear comfortable athletic attire. Bring a water bottle. Online registration not available after session start date. To register after start date, call the South Bellevue Community Center at (425) 452-4240 or visit us in-person.

For more flexibility, two additional options are available: purchase a Drop-in rate at the Front Desk or register for the SBCC Fitness Class Flex Session for "Functional Fitness". This gives you 5 Functional Fitness classes where you choose the dates to attend. Valid for the current trimester. Expires 4/30, 8/31, and 12/31.

South Bellevue Community Center

\$88(R)	\$104(N)	Ages 18/up		
8550	Tu	9:15am-10:15am	5/6-6/24	

Gentle Movement

Designed specifically for older adults seeking to enhance joint mobility and overall wellness, this low-impact, low-intensity class focuses on gentle movements that promote flexibility, strength, and balance without the strain of traditional workouts.

Class includes stretching, resistance training with light weights, and balance exercises. Our experienced instructor will guide you through each movement, ensuring proper form and adapting exercises to meet your individual needs. You'll enjoy a supportive and encouraging environment that fosters community.

Last class is 6/26. Wear comfortable athletic attire. Bring a water bottle. Online registration not available after session start date. To register after start date, call the South Bellevue Community Center at (425) 452-4240 or visit us in-person.

For more flexibility, two additional options are available: purchase a Drop-in rate at the Front Desk or register for the SBCC Fitness Class Flex Session for "Functional Fitness and Gentle Movement". This gives you 5 Functional Fitness classes where you choose the dates to attend. Valid for the current trimester. Expires 4/30, 8/31, and 12/31.

South Bellevue Community Center

\$99(R)	\$117(N)	Ages 18/up		
8551	Th	11:45am-12:45 p.m.	5/1-6/26	

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.

Bring a small towel and water bottle. Online registration not available after session start date. To register after start date, call the South Bellevue Community Center at (425) 452-4240 or visit us in-person.

South Bellevue Community Center

\$100(R)	\$125(N)	Ages 16/up		
8494	Mo	7:00 p.m.-7:50 p.m.	6/2-6/30	
\$80(R)	\$100(N)	Ages 16/up		
8495	Mo	7:00 p.m.-7:50 p.m.	7/7-7/28	
\$40(R)	\$50(N)	Ages 16/up		
8496	Mo	7:00 p.m.-7:50 p.m.	8/4-8/11	

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!

Bring a small towel and water bottle. Online registration not available after session start date. To register after start date, call the South Bellevue Community Center at (425) 452-4240 or visit us in-person.

For more flexibility, two additional options are available: purchase a Drop-in rate at the Front Desk or register for the SBCC Fitness Class Flex Session for "Total Body Fitness". This gives you 5 Total Body Fitness classes where you choose the dates to attend. Valid for the current trimester. Expires 4/30, 8/31, and 12/31.

South Bellevue Community Center

\$88(R)	\$104(N)	Ages 16/up		
8478	Tu, Th	6:00am-6:50am	5/6-5/29	

\$77(R) 8479	\$91(N) Tu, Th	Ages 16/up	6:00am-6:50am	6/3-6/26
\$110(R) 8480	\$130(N) Tu, Th	Ages 16/up	6:00am-6:50am	7/1-7/31
\$44(R) 8481	\$52(N) Tu, Th	Ages 16/up	6:00am-6:50am	8/5-8/14

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!

Virtual participants will receive an email with class information and virtual access link about 24 hours prior to the start of the class. Online registration not available after session start date. To register after start date, call the South Bellevue Community Center at (425) 452-4240 or visit us in-person.

South Bellevue Community Center

\$44(R) 8482	\$52(N) Tu	Ages 16/up	6:00am-6:50am	5/6-5/27
8483	Tu		6:00am-6:50am	6/3-6/24
\$55(R) 8484	\$65(N) Tu	Ages 16/up	6:00am-6:50am	7/1-7/29
\$22(R) 8485	\$26(N) Tu	Ages 16/up	6:00am-6:50am	8/5-8/12

Swim Lessons

Learn-to-Swim Lessons

Jump into swim lessons with us! We offer weekday and weekend lessons for all ages—including tots, preschoolers, youth, and adults. Choose between group classes or personalized private lessons.

Registration dates are announced monthly, so be sure to subscribe to alerts to stay updated!

Lifeguard Training

American Red Cross Lifeguard Training (blended learning) course. A required online portion of this course must be completed prior to the first day of class. A link for this course will be e-mailed to the registered participants address on file. Participants of this course must complete the required prerequisites on the first day of class, which consist of the following:

200-yard Swim-Tread-Swim sequence. Participants must swim a continuous 150-yards, tread in place for 2 minutes using only the legs, swim an additional 50-yards. All swimming must be completed using front crawl, breaststroke, or a combination of the two.

A brick tow sequence which consists of swimming 25 yards, recovering a 10-pound brick from at least 10 feet of water depth and then swimming the brick back 25 yards in under 1 minute and 40 seconds.

Upon successful completion of this course participants will obtain their American Red Cross Lifeguard certification.

Bellevue Aquatic Center

\$125(R) \$125(N) Ages 15-100
8421 Fr-Su 5/9-5/11: Fr 3:30pm-9pm, Sat/Sun 9am-6pm

Volunteering

Adult Farm Volunteers

Assist Kelsey Creek Farm staff in providing daily care to our farm animals. Help staff bring the animals out to pasture, clean their living quarters, and prepare meals for the animals each day. Volunteers will learn about caring for livestock and about Bellevue's agricultural history while giving back to their community.

Kelsey Creek Farm

Free(R) 7322	Free(N) Tu	Ages 18/up	8:30am-10:30am	5/6-6/10
7323	We		8:30am-10:30am	5/7-6/11

After School Teen Farm Volunteers

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

Kelsey Creek Farm

\$15(R) 7394	\$18(N) We	Ages 12-18	2:00 p.m.-4:15 p.m.	5/7-5/21
7395	We		2:00 p.m.-4:15 p.m.	5/28-6/11

Saturday Morning Teen Farm Volunteers

Join the team at Kelsey Creek Farm and get hands-on experience caring for farm animals! Help bring the animals out to pasture for the day, prepare meals for the animals, clean their living spaces, and assist with other farm chores. Teens will learn responsible animal care, job skills, and independence while earning service hours for school.

Kelsey Creek Farm

\$15(R) 7416	\$18(N) Sa	Ages 15-18	8:30am-12:00 p.m.	5/10-5/24
7417	Sa		8:30am-12:00 p.m.	5/31-6/14

Youth Enrichment

Babysitting 101

Babysitting 101 is a 2.5 hour course for students ages 11+ interested in babysitting. It covers basic childcare, safety, first aid, understanding of developmental stages and relevant activities, health, nutrition, sleep information,

Heimlich maneuver, and EpiPen usage. Students also create a babysitting ad and earn a certificate. This class can also be used to earn the Girl Scouts babysitting badge.

Northwest Arts Center

\$93(R) \$111.60(N) Ages 11-18
9005 Sa 10:00am-12:30 p.m. 6/7

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.

Wilburton Hill Community Park

\$44(R) \$53(N) Ages 7-13
6343 We 1:45 p.m.-3:00 p.m. 5/14-6/4

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. For youth and teens aged 6+

Bellevue Skate Park

\$20(R) \$24(N) Ages 5-99
8625 Sa 10:45am-11:45am 5/3
8633 Mo 4:00 p.m.-4:55 p.m. 5/5
8637 We 2:00 p.m.-3:00 p.m. 5/7
8627 Sa 10:45am-11:45am 5/10
8635 Mo 4:00 p.m.-4:55 p.m. 5/12
8638 We 2:00 p.m.-3:00 p.m. 5/14
8628 Sa 10:45am-11:45am 5/17
8639 We 2:00 p.m.-3:00 p.m. 5/21
8629 Sa 10:45am-11:45am 5/24
8640 We 2:00 p.m.-3:00 p.m. 5/28
8631 Sa 10:45am-11:45am 5/31
8636 Mo 4:00 p.m.-4:55 p.m. 6/2
8641 We 2:00 p.m.-3:00 p.m. 6/4
8632 Sa 10:45am-11:45am 6/7
8647 Mo 4:00 p.m.-4:55 p.m. 6/9

Track & Field

The main philosophy of the Track & Field program is to learn, participate, and introduce your child to physical fitness through basic events such as running, jumping, and throwing. This program will increase your child's knowledge and understanding of track and field events and teach them a variety of techniques and skills used in this sport. Your child will learn about various running distances and relays, hurdles, shotput, and turbo javelin. There will be an opportunity to participate in at least one optional track meet with another local city.

A schedule with locations for the track season will be provided to the parents on the first day. Practice will be held at a local Bellevue Middle School.

Bellevue School District

\$80(R) \$96(N) Ages 6-13
9044 Fr 4:30 p.m.-5:30 p.m. 4/18-6/6

Bellevue Youth Theatre Performances

A Fairy Modern Midsummer

Break out your butterfly clips, flip phones, and bucket hats, and join us as we travel back in time to Y2K for "A Very Modern Midsummer!" Enter into the era of boy bands and girl groups, as four teens from Athens High decide to skip school and find themselves in a world of magical mayhem. This reimagined Shakespearean story features modern language, pop-music, and iconic dance moves from the early 2000's. This summer, put on your platform shoes and choker necklaces and join us for this family friendly comedy for all ages!

Ticket prices: \$13

Live streaming links: \$8

Fridays: August 1, 8, 15 at 7 pm

Saturdays: August 2, 9, 16 at 2 pm

Saturdays: August 2, 9, 16 at 7 pm

Sundays, August 3, 10, 17 at 2 pm



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