

CONNECTIONS

September through
December 2017



**Bellevue Parks &
Community Services**

425-452-6885

parksreg.bellevuewa.gov

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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
PARKS PROGRAMS AT BOYS & GIRLS CLUB MAIN CLUB, 209 100th Ave NE.....	425-452-4106
COMMUNITY GARDENS, SE 16th ST near 156th Ave SE	425-452-7225
CROSSROADS COMMUNITY CENTER, 16000 NE 10th ST	425-452-4874
CROSSROADS GOLF COURSE, 15801 NE 15th ST	425-452-4873
HIGHLAND COMMUNITY CENTER AND PARK, 14224 NE Bel-Red RD	
Adaptive recreation for people with disabilities and general programs	425-452-7686
KELSEY CREEK COMMUNITY FARM PARK, 410 - 130 th PI SE	425-452-7688
LAKE HILLS GREENBELT RANGER STATION, 15416 SE 16th ST	425-452-7225
LEWIS CREEK VISITOR CENTER, 5808 Lakemont BLVD SE.....	425-452-4195
MERCER SLOUGH ENVIRONMENTAL EDUCATION CENTER, 1625 118th Ave SE	425-452-2565
Pacific Science Center	425-450-0207
NORTH BELLEVUE COMMUNITY CENTER, AGING SERVICES, 4063—148th Ave NE	
General Programs/Rental Inquiries.....	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 SPORTS, Bellevue City Hall, 450 - 110th Ave NE.....	425-452-6885

CONNECTIONS



Bellevue Parks & Community Services

PO Box 90012
Bellevue, WA 98009-9012

Bellevue City Council

John Stokes, Mayor
John Chelminiak, Deputy Mayor
Conrad Lee **Jennifer Robertson**
Lynne Robinson **Ernie Simas**
Kevin Wallace

Parks & Community Services Board

Mark Van Hollebeke, Chair
Eric Synn, Vice Chair
Yudi Deng **Stuart Heath**
Debra Kumar **Jared Nieuwenhuis**
Heather Trescasses

FOOD & REFRESHMENTS

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

CITY OF BELLEVUE TAX ID NUMBER: 91-6007020

This information will be provided in alternate formats for individuals with disabilities upon request. We invite everyone's participation. Please provide two weeks advance notice for special needs requests. Assistance for the Deaf and Hard of Hearing can be provided through the 711 Telecommunications Relay Service.



On the Cover: *Aria enjoys the new farm-themed playground at Kelsey Creek Park.*
Photo by Colin Walker.

Editor: Colin Walker. *Questions or comments about Connections?*
Email cwalker@bellevuewa.gov.

COMING SOON: A NEW WAY TO REGISTER FOR BELLEVUE PARKS & COMMUNITY SERVICES CLASSES AND ACTIVITIES

We have been working hard the past year preparing for a brand new activity registration and facility scheduling system, and are getting close to launching. The new system will make it easier than ever to register online for your favorite programs.

Gone will be the annoying web browser compatibility issues present in our current system that make online registration difficult. The new system, in addition to being optimized for your mobile device or tablet, will be compatible with contemporary web browsers.

We are still working to develop our 2018 activity registration schedules based on registration system implementation milestones. The best way to stay up-to-date on upcoming registration dates and opportunities to provide feedback on our registration system is by subscribing to our monthly e-newsletter. Visit parks.bellevuewa.gov/connections to sign up.

We hope you find the new registration system user friendly. For more information, or to sign up to help test the new system once it has launched, please email cwalker@bellevuewa.gov.

QUESTIONS OR COMMENTS?

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 printed in this brochure.

You are encouraged to visit

<http://parksreg.bellevuewa.gov> for the most up-to-date information. We're always interested in knowing how we can make this publication better — contact Colin Walker, cwalker@bellevuewa.gov, or call 425-452-6885.

INCLEMENT WEATHER POLICY

In the event of inclement weather the City of Bellevue Parks & Community Services Department will make every effort to clearly communicate the status of facilities and programs, scheduled special events, and rentals. Administration will make an operational decision based upon the safety of participants and employees and the ability to appropriately staff programs and facilities.

As a general rule, if the Bellevue School District is closed due to a weather event all Parks & Community Services Department classes and programs will be cancelled for the entire day. If the Bellevue School District is on a delayed schedule, then call the facility for an updated status report. Select facilities may be open for drop-in activities at a modified level.

If you are unable to reach the facility, then call the Parks & Community Services Department general information number at 425-452-6885. Inclement weather can effect park use and trail conditions.

Please use caution when visiting park sites during poor weather as trails and other park facilities may become wet and slippery. Park trails may also be closed.



STAY UP-TO-DATE BY SUBSCRIBING TO OUR MONTHLY E-NEWSLETTER

Get the latest information about events, new programs, and great things to do in Bellevue by subscribing to our monthly e-newsletter.

To subscribe, visit:
<http://parks.bellevuewa.gov/connections>



UPCOMING PRODUCTIONS

The Pied Piper of Hamelin Performs at Bellevue Youth Theatre

Last day for advance ticket purchase: October 20

This show follows the delightful story of a town overrun with rats and a bad mayor. The Pied Piper saves the town but not before helping the town realize what truly matters. This is a great show for the entire family. This show is suitable for all ages and is 90 minutes in length.

Friday, October 27 at 7 p.m.

Saturday, October 28 at ★7pm

Sunday, October 29 at 2 p.m.

Friday, November 3 at ★7pm

Saturday, November 4 at 2 p.m. and 7 p.m.

Sunday, November 5 at 2 p.m.

As You Like It Performs at Bellevue Youth Theatre

All tickets \$10!

Classic Shakespeare with a BYT twist. This comedy has great moments and lines which include "all the worlds a stage" and "too much of a good thing". A fun and enjoyable play. Deception and disguises all lead to a delightful time in the theatre. Appropriate for ages 8 and older and is one hour and 45 minutes long.

Friday, November 10 at 7 p.m.

Sunday, November 12 at 2 p.m.

Friday, November 17 at 7 p.m.

Saturday, November 18 at 2 p.m. and 7 p.m.

Sunday, November 19 at 2 p.m.

'Twas the Night Before Christmas Performs at Bellevue Youth Theatre-

Last day for advance ticket purchase: November 17

Join us for the endearing story of a parent's love. Christmas is the backdrop for this wonderful story of Clement C. Moore, his family, and the beloved poem. This show is filled with traditional Christmas carols. This show is suitable for all ages and is 90 minutes in length.

Friday, November 24 at 7 p.m.

Saturday, November 25 at ★7pm

Sunday, November 26 at 2 p.m.

Friday, December 1 at ★7pm

Saturday, December 2 at 2 p.m. and 7 p.m.

Sunday, December 3 at 2 p.m.

Miracle on 34th Street Performs at Bellevue Youth Theatre-

Last day for advance ticket purchase: December 1

Is Macy's Santa real or just hired? This work by Meredith Willson includes some true classics like "It's Beginning to Look a Lot Like Christmas". This is a great show for the whole family and will delight both young and old. This show is suitable for all ages and is one hour and 45 minutes in length.

Friday, December 8 at 7 p.m.

Saturday, December 9 at ★7pm

Sunday, December 10 at 2 p.m.

Friday, December 15 at ★7pm

Saturday, December 16 at 2 p.m. and 7 p.m.

Sunday, December 17 at 2 p.m.

Ticket prices:

\$12 per ticket for 1-9 tickets purchased in advance.

\$15 per ticket for 1-9 tickets purchased after tech week begins.

\$10 per ticket for group purchase of 10 or more tickets for the same show date, and same show time.

No refunds once purchased • All ticket prices the same regardless of age

No exchanges allowed for discount tickets, except for As You Like It.

All seats are reserved and we do sell out. Buying your tickets early is highly recommended!

parks.bellevuewa.gov/BYT

**Special: \$10 shows
marked with a ★.**



425-452-7155

Theatre Transforms Lives

The Bellevue Youth Theatre program was founded in 1990 in the Crossroads area of Bellevue as an outreach program for disenfranchised youth. With proud roots as a recreational performing arts center, it has grown to serve youth, families, and people living with disabilities and seniors not only in Bellevue but in other Eastside communities as well.

The theatre presents 11 performances throughout the year, offering opportunities targeted for youth ages 11 to 19, while including other community members of all ages. Separate workshop and day camp programs are also offered. Annual involvement in the program has grown to include more than 900 individuals and more than 7,000 performance attendees.

Today the Bellevue Youth Theatre is a place where skills are learned, talents are discovered, creativity is expressed and community is strengthened. In March, 2015, Bellevue Youth Theatre opened the doors on its new, state-of-the-art theatre at Crossroads Community Park.

*Most importantly,
Bellevue Youth Theatre
is a place where
everyone has a role.*



Birthday Party Packages at Northwest Arts Center

Enjoy an hour of fun-filled activity and one hour of party room festivities and leave the details to us! We provide the friendly and enthusiastic party staff, teachers, and a special party gift for each child. You bring the rest!

Party packages include 10 children, with prices listed for Bellevue residents. Ask about non-Bellevue resident pricing, and fee for additional children over 10. Party packages include:

- **Art It Up!** Features crafts or beading assembly, for ages 3-12 \$175
- **Play Zone Party** Features an open gym and playground games for ages 2-5 \$175
- **Pottery Party** Make a small bowl, vase or other item to cherish or give someone as a gift, for ages 6 and up \$220
- **Junior Chef Party** Create a birthday treat and decorate an apron to take home, for ages 5-12 \$200
- **Taekwondo Party** Enjoy learning martial arts and playing fitness and challenge games with your friends. Ages 5-9 \$200

Themed Parties

- **Princess Party** for ages 2-8
- **Pirate Party** for ages 4-8
- **Dinosaur Party** for ages 4-8

Call our Party Coordinator at 425-452-4106 for pricing, availability, and to arrange your party today! Parties are held at the Northwest Arts Center - 9825 NE 24th St.

Special Events

THE GREAT NORTHWEST GLASS PUMPKIN PATCH

October 7, 9 a.m. – 3 p.m.

Northwest Arts Center

Visit a Glass Pumpkin Patch featuring over 1,000 hand-blown glass pumpkins crafted by local glass artists from the Tacoma Glass-blowing Studio. Wander through a dazzling array of one-of-a-kind glass pumpkins in a variety of colors, shapes, sizes and price range. Rain or shine, come pick the perfect pumpkin for yourself or as a gift. Ages: All ages; children must be accompanied and supervised by an adult at all times. Cost: Free admission; pumpkins range in price from \$35 to \$200. Credit cards accepted. Info: Northwest Arts Center – NWAC@bellevuewa.gov or 425-452-4106.

KELSEY CREEK FARM FAIR

Saturday, October 7, 11am-4pm

Kelsey Creek Farm Park

Bring your family to the farm and enjoy our Fall Festival. Event features include; live entertainment, heritage demonstrations, tractor pulled wagon rides, pick-a-pumpkin already picked from the vine but in a farm pasture, farm animals and much more. No entrance fee; cost varies by activity. No pets please. Free shuttle service from Wilburton Park & Ride and Bannerwood Sports Park. For more information call 425-452-7688 or e-mail kelseycreekfarm@bellevuewa.gov

HALLOWEEN ON THE HILL

Join us for our annual series of Halloween-inspired events for all ages at South Bellevue Community Center! The event kicks off with the Bellevue Zip Scare. Running three consecutive weekends in October, experience the Bellevue Zip Tour in the dark! The Pumpkin Carnival is a main attraction taking place the Saturday before Halloween. Imagine classic carnival games and entertainment with a Halloween twist! The Great SBCC Pumpkin Race and Jump is a fun-for-all event. Decorated pumpkins on wheels race downhill or jump from a ramp for bragging rights and prizes! Round out the weekend with our annual Dessert Theatre, and join us after dark for a round of Glow Golf and the Night Watchman Tour. For more information, call 425-452-4240 or email SBCC@bellevuewa.gov.

FARM FAIR SPECIAL EVENT VOLUNTEERS NEEDED!

We are seeking energetic, fun teens to assist with children's activities at special events. Volunteers must be able to follow directions, be comfortable in crowds and be on your feet in all types of weather. This is a great way to earn your community service hours. Dress to work outside with the public. Wear sturdy shoes that can get wet. Must register by October 1, 2017. Volunteers must be at least 14 years old & must be enrolled in high school at date of event. Questions; e-mail kelseycreekfarm@bellevuewa.gov, or call the farm office at 425-452-7688. No day of event registrations will be accepted. All volunteers will be required to complete a Criminal Background check and provide their Social Security number. Min 1/Max 10

Kelsey Creek Farm Park

FREE

110926

10am- 5pm

Sat

Age: 14Y - 18Y

Oct 07

THE GREAT PUMPKIN HUNT

Saturday, October 21, 5:30-8:30pm

Northwest Arts Center

Pumpkin Hunt is offered to children 2 - 14 year olds with hunts staged by age groups. 6pm (2-4 yrs. olds); 6:45pm (5yrs - 8 yrs.); 7:30pm (ages 9-14 yrs.). Children must check in 15 minutes prior to hunt time to ensure participation. Only one hunt per age group is offered. Tickets in plastic pumpkins collected from the hunt can be redeemed at Prize Central for children to select their prizes. Costumes are encouraged with prizes for best costume.

Admission: \$15 (parents and grandparents are free) — pre-registration is recommended as last year's event sold out. Space is limited. Info: call 425-452-4106 or e-mail NWAC@bellevuewa.gov

Volunteers needed! Individuals age 14 years to adult are needed to help with a variety of event tasks. Pre-registration of volunteers required by October 9. Contact the Northwest Arts Center at 425-452-4106 or email NWAC@bellevuewa.gov for more information or to sign up.

HILL TOP HOLIDAY CRAFT SHOW

November 29–December 1, 10 am to 8 pm

December 2, 10 am to 4pm

Northwest Arts Center

Come and enjoy a delightful, unique, whimsical craft show featuring thousands of hand crafted items from over 60 selected Northwest crafters. Purchase one-of-a-kind hand crafted items including: holiday ornaments, decorations, pottery, jewelry, wood and knit items and more. This popular show attracts more than 3,000 visitors each year. Admission and parking is free; craft items vary in price. Info: call 425-452-4106 or e-mail NWAC@bellevuewa.gov. Or visit Bellevuehilltopholidaycraftshow.com

CHRISTMAS SHIP FESTIVAL

TBD 8:55 p.m. – 9:15 p.m.

Newcastle Beach Park

Join us on shore to welcome the Christmas Ship Festival presented by Argosy Cruises. Come with family and friends to marvel at the parade of boats as they come by the beach. You can join the caroling or just enjoy the onboard choir's performance. We're providing the beach fire to keep you warm! Bring a flashlight for safety. Ages: All ages welcome; family event. Children must be supervised by an adult.



**More events listed on the
Bellevue Parks &
Community Services
Online Events Calendar**

Visit **bellevuewa.gov/calendar**
or **parks.bellevuewa.gov** for
more information.



Advance Registration Preference for Bellevue Residents • Registration Begins August 7, 2017

MAIL-IN/FAX/WALK-IN REGISTRATION

Mail completed registration forms to:
Bellevue Parks Registration; PO Box 90012; Bellevue, WA 98009-9012
or FAX to 425-452-2910.

Registration forms may be dropped off at Bellevue City Hall or any recreation facility during normal business hours. Walk-in registration forms will be placed in queue.

*Non-resident registrations are not accepted prior to the first day of non-resident registration.
Registrations received from non-Bellevue residents will be accepted, beginning August 16, 2017*

INTERNET

Visit
<http://parksreg.bellevuewa.gov>
to register for
classes online.

PHONE-IN

Telephone
Registration
begins
August 21.
425-452-6885

Registration Policies

REGISTRATION PRIORITY: The City of Bellevue is committed to providing a wide range of recreation activities for Bellevue residents. Therefore, the City gives a ten calendar day 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 Monday-Friday 8-5 at Bellevue City Hall, online at <http://parksreg.bellevuewa.gov>, or during normal operating hours at other program sites.

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: Confirmation notices are mailed either electronically or via USPS after registration has been processed.

PAYMENT: Payment is accepted in Cash, gift certificates, checks, or Visa/Master-Card only. Payment for all programs except day camps is due in full at the time of registration. All transactions completed online require payment in full at the time of registration. **Scholarship application is required prior to registration.** Please do not mail cash.

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

Day Camps: Each Day Camp requires a \$35 non-refundable deposit, per participant, per camp, at the time of registration, and will be applied toward the final amount due. Payment in full is due for the first two (2) camps at the time of registration. Payments for subsequent camps are due fourteen (14) calendar days prior to the first day of each session.

CREDIT CARD: Include credit card number and expiration date on registration form.

CHECKS: All checks or drafts received by the City which are returned or dishonored by the drawee bank or other such depository shall be assessed a charge of \$15.00 (Adm. Order 53).

REFUNDS: Programs cancelled by the City will result in a 100% refund of program fees. No refunds are available for programs \$10 or less. No refunds or credits will be issued on or after the first day of the program or camp.

General Recreation Programs/Mini-Camps: A refund is granted if the withdrawal is made at least seven (7) calendar days prior to the start of the program, less a \$10 administrative fee per participant, per program. Withdrawals requested fewer than seven (7) calendar days prior to the start of the program 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: A refund is granted if the withdrawal is made at least ten (10) calendar days prior to the start of class, less a \$35 non-refundable deposit, per participant, per camp. Camp withdrawals requested less than ten (10) calendar days prior to camp will result in a refund of 50% of the program fee, per participant, per program. If you are interested in transferring to a different camp, please call 425-452-6885 for information on our transfer policy.

Scholarships: Scholarships are available to qualifying residents who live within the Bellevue City limits. See page 9 for scholarship application. Scholarship applicants will be notified of the amount due for each session after scholarship application is processed. Please attach proof of residency and income to scholarship application.

Adaptive Recreation Programs - 425-452-7686

REGISTRATION FORM IS FOUND ON PAGE 56. Please use this form when registering for Specialized Recreation classes.

AUDIO RECORDING: A loan copy will be available upon request within 48 hours notice from the Bellevue Parks & Community Services Office. We advise individuals to request specific sections of the Community Services Brochure so that information will be functional to the listener.

READERS: Are available over the phone or in person from any program area. Call the appropriate program office and a staff person will read the requested sections.

ADA: The City will provide reasonable accommodations. This information will be provided in alternate formats for individuals with disabilities upon request. We invite everyone's participation, please provide two weeks advance notice for special needs requests. Assistance for the Deaf and Hard of Hearing can be provided through the 711 Telecommunications Relay Service. For Bellevue Parks & Community Services programs please contact Kim Indurkar, Inclusion Coordinator 425-452-7686.

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.

EQUAL OPPORTUNITY STATEMENT:

The U.S. Department of the Interior strictly prohibits discrimination on the basis of race, color, national origin, age or handicap in its federally-assisted programs and activities. If anyone believes he or she has been discriminated against in a Bellevue Parks & Community Services program, activity or facility, he or she may file a complaint alleging discrimination with Bellevue Parks & Community Services or the Office for Equal Opportunity, U.S. Department of the Interior, Washington, D.C., 20240.

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 Jon Wilson at JSWilson@bellevuewa.gov, or 425-452-4278.

September through December 2017

CONNECTIONS



Advance Registration Preference for Bellevue Residents • Registration Begins August 7, 2017

For more information please call 425-452-6885 • FAX: 425-452-2910

See **Registration Steps** Page 7.

Mail completed form to: Bellevue Parks Registration; PO Box 90012; Bellevue, WA 98009-9012

Make checks payable to **City of Bellevue**

Please Print

Adult Last Name

First

Date of Birth

Street Address

City

State

ZIP

E-Mail Address

☐

I do not wish to receive updates from Bellevue Parks & Community Services via email.
NOTE: If you check this box, you will not be notified of future registration opportunities by email.

()

()

Work Phone

Home Phone

Save time, register online...

Visit <http://parksreg.bellevuewa.gov> to
sign up for classes, see availability,
pay for facility rentals, and manage your
account.

Participant's Name	Use Scholar- ship?*	Date of Birth	M/F	Class Number	Class Title	Fee	Alternate Class No.
	<input type="checkbox"/>					\$	
	<input type="checkbox"/>					\$	
	<input type="checkbox"/>					\$	
	<input type="checkbox"/>					\$	
	<input type="checkbox"/>					\$	

Donation \$ _____ Designated area: _____ (we will contact you for clarification if needed)

Request for Accommodations: _____

***For scholarship information, call 425-452-6885, or see page 9.**

Scholarship applications must be approved prior to registration.

Payment Details Payment due in full at time of registration

Payment Method

☐ Check ☐ D.D.D. (send to Highland)

☐ Credit Card Total Fee: \$ _____



Card Number

Expiration Date

Non-resident registrations are not accepted prior to the first day of non-resident registration. Registrations received from non-Bellevue residents will be accepted beginning August 16 2017.

Mail completed form to:

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

WAIVER OF LIABILITY/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 City-sponsored activities, 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 City-sponsored activities. 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.

PHOTO/VIDEO RELEASE: I give my permission to have photos and/or video and audio recordings taken of me or my child(ren) by the City of Bellevue or its agents for publicity purposes during City of Bellevue activities even though we will not receive compensation of any kind for appearing in such photos or video recordings. If you wish to waive the photo release, please contact the main office at 425-452-6885 or Parksweb@bellevuewa.gov.

I have read, understood, and voluntarily accepted the conditions of the Waiver of Liability/Release and the Photo Release printed above on behalf of myself and/or my child(ren):

Participant or Parent/Guardian Signature

Date

Printed Name: _____

Registration NOT VALID without signed waiver.

Scholarship Application

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 family size/yearly income requirements. Applicants meeting the eligibility guidelines are awarded up to \$350 per person, per year. Eligible residents will be **required to provide proof of identification, residency, and income**. **Copies** of your original income and residency verification documents should be attached to the completed application, and will not be returned. **Scholarship applications must be approved prior to registration.**

ACCEPTABLE FORMS OF BACK-UP INFORMATION — ATTACH TO SCHOLARSHIP APPLICATION:

PROOF OF IDENTITY: driver's license, ID card, or passport. **PROOF OF RESIDENCY:** utility bill or rental lease agreement.

PROOF OF INCOME: most current tax return, most current paycheck stub, DSHS check stubs, SSI statement.

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.

Parent/Guardian First Name	Parent/Guardian Last Name	Date of Birth	Male/Female
Family Member First Name	Family Member Last Name	Date of Birth	Male/Female

Address: _____

City: _____ State: _____ ZIP Code: _____

Phone: (Work) _____ (Home) _____

E-Mail Address: _____

Please Indicate:

Family Size: _____

Yearly Income (Before Taxes):

\$ _____

HOUSEHOLD SIZE	1	2	3	4	5	6	7	8
Full Scholarship	15,678	21,112	26,546	31,980	37,414	42,848	48,282	53,716
3/4 Scholarship	18,995	25,578	32,162	38,745	45,329	51,912	58,496	65,079
1/2 Scholarship	22,311	30,044	37,777	45,510	53,243	60,976	68,709	76,442

Example: If your family size is two and your income is \$21,112 or less you are eligible for a full scholarship.

Source: 2017-2018 USDA Food & Nutrition Services Child Nutrition Programs - Income Eligibility Guidelines. | Updated August 2017

If your income exceeds these guidelines please briefly describe your personal circumstances:

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: _____

Office Use Only: Date _____ Yr _____

☐ Approved ☐ Denied ☐ Exception

Circle One: 50% 75% 100%

Staff: _____

Approved By (Print): _____ Initial: _____

Comments: _____

_____ ☐ ID ☐ RES ☐ INC

September through December 2017

CONNECTIONS

Bellevue Aquatic Center

601 - 143rd Avenue NE

425-452-4444
Fax: 425-452-6100

SWIM RATES

Drop-In Fees

Adult:	\$7
Youth (12 yrs. and younger):	\$6
Deep Water Exercise Class:	\$8
Master Swim Class:	\$8
Discounted Swim	\$5.50
<i>Mon-Sat before 10am, Wed 7-8pm when available</i>	
Shower only:	\$2
<i>Blue Lagoon locker rooms</i>	

*Contract rate for pool use by businesses;
contact Scott Armstrong at 425-452-4444 for
more information.*

Swim Pass Cards

12 visits for the price of 10, no expiration date

Adult:	\$71.04
Youth:	\$60.72
Deep Water Exercise:	\$81.60
Masters Swim:	\$81.60
Discounted Swim:	\$55.08

3 Month Swim Pass Cards

For Lap, Open, and Rehab Swims

Adult:	\$182.75
Youth:	\$121.25
Family:	\$295

PARTIES AT THE POOL

Pool rentals available on Saturdays and Sundays, 2:30-4:30pm in the Blue Lagoon Pool. Cost includes staff and use of pool toys.

1 - 25 guests:	\$225 per hour
26-50 guests:	\$271.50 per hour
51-75 guests:	\$301 per hour
76-100 guests:	\$357.50 per hour
100-125 guests:	\$447 per hour

Party Room Rentals

Available during pool rentals or open swims. \$77 per hour. Accommodates groups of under 20. This room **is not** wheelchair accessible.



EXERCISE CLASSES & TRAINING

Deep Water Exercise Class - Deep water aerobics workout that uses an aqua-jogging belt. Instructors provide specific exercise routine.

Masters Swim Program - Offers a low-key approach to competitive swimming for individuals age 19 and older. Workouts are based on ability levels and goals. For more information, contact Scott at 425-452-2806.

OTHER ACTIVITIES AVAILABLE AT THE BELLEVUE AQUATIC CENTER

The Bellevue Aquatic Center has a diverse group of contractors operating at our facility. These program areas include: physical, occupational, and recreational therapy, fitness and exercise programs, USS Swim teams, private and group swim lessons, triathlon training, springboard diving, and SCUBA diving. For a list of contractors with their contact numbers please call the Aquatic Center at 425-452-4444 or visit the Bellevue Aquatic Center webpage at parks.bellevuewa.gov/swim.

National Multiple Sclerosis Society - For more information please call 1-800-344-4867 (Press option 1)

Special Olympics - Swim team for physically- and developmentally-disabled participants. Practices are on Saturday mornings. Contact Jackie Booth at 425-277-3659 for more information.

LEARN TO SWIM PROGRAMS

Note: Registration forms are processed in the order received. 10-day preference for Bellevue residents.

HELP! At the Bellevue Aquatic Center, our goal is to provide high quality, productive swim lessons for your children. Enrolling students in classes with others of similar abilities is vital in achieving this goal. To ensure that your child is enrolled in the best class for him/her, please retain your progress cards or ask for a placement test if they have not been in BAC lessons for 3 months. **Children signed up at the incorrect level may be removed from the class.**



Please remember when registering your child:

- All participants will be required to take a swim evaluation if they have not had swimming lessons in our pool in the last three months, or are wanting to register above Level 1.
- Registrations can be made at the Bellevue Aquatic Center, any Bellevue community center, or online with a VISA or MasterCard payment.
- Payment is required in full at the time of registration.
- Repeating levels is common. You may only register for the current level your child is in.
- Space is limited.

Minimum Class Size: Each program has a minimum class size requirement. If this is not met, the Bellevue Aquatic Center may cancel the course. Accommodations will be made for the participant if possible; otherwise a full refund be given for the canceled course.

PRIVATE/SEMI-PRIVATE SWIM LESSONS

For private lesson availability visit <http://parksreg.bellevuewa.gov> and search "Private Swim Lessons". We offer semi-private (2:1) swim lessons to participants of similar swim ability. If you are interested in setting up semi-private swim lessons, please call Julie at 425-452-4444.

PARENT/TOT LEVEL CLASSES

Ages: 6 months to 3 years
Instructors provide parents with information and techniques to help their infant become comfortable in the water.

⌘ indicates course that has pre-requisite that needs to be met prior to registration. Participants registered for the incorrect level will be removed according to the City's withdrawal policy, and will be charged a withdrawal fee.

PRESCHOOL LEVEL CLASSES

Preschool lessons are for children 3 years of age up until they turn 6 years of age.

PRE 1: Beginning level, focus on water adjustment and water safety.

⌘ **PRE 2:** Floating, gliding, kicking, and reach and pull armstroke.

⌘ **PRE 3:** Crawlstroke with side breathing. Introduction to elementary backstroke.

⌘ **PRE 4:** Crawlstroke, backstroke, elementary backstroke, and breaststroke.

⌘ **PRE 5:** Refining the crawlstroke, backstroke, elementary backstroke, & breaststroke and building endurance.

YOUTH LEVEL CLASSES

Youth lessons are for children 6 years of age and up.

YOUTH 1: Beginning level, focus on water adjustment and water safety.

⌘ **YOUTH 2:** Floating, gliding, kicking, and crawlstroke.

⌘ **YOUTH 3:** Crawlstroke with side breathing. Introduction to elementary backstroke, backstroke, and breaststroke.

⌘ **YOUTH 4:** Refining the strokes and introduction to sidestroke.

⌘ **YOUTH 5:** Refining the strokes, building endurance, and introduction to butterfly.

⌘ **YOUTH 6:** Mastering the four competitive strokes and introduction to flip turns.

⌘ **PRE-COMPETITIVE:** An endurance building class preparing students for swim team.

ADULT LEVEL CLASSES

Adult classes are for students 13 years of age and up.

ADULT INTRO: Beginning swim classes for students age 13 years and up.

ADULT INTERMEDIATE: Continued development as students become comfortable in deep water.

ADULT ADVANCED: Development and refinement of the crawlstroke. Introduction of backstroke, breaststroke, and sidestroke.

Additional sessions may be available. Visit <http://parksreg.bellevuewa.gov> for the most up-to-date list of lessons.

ADULT INTRODUCTION

112412	10:10-11:10am	Sat	Sep 23-Oct 28	\$156
112416	6:20- 6:50pm	Mon, Wed	Sep 18-Oct 11	\$104
118729	6:20- 6:50pm	Mon, Wed	Oct 16-Nov 08	\$104
118903	10:10-11:10am	Sat	Nov 04-Dec 16	\$156
118730	6:20- 6:50pm	Mon, Wed	Nov 13-Dec 13	\$104

ADULT INTERMEDIATE

112375	11:20-11:50am	Sun	Sep 24-Oct 29	\$78
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ADULT ADVANCED

112360	11:20-11:50am	Sun	Nov 05-Dec 17	\$78
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PARENT/TOT

112479	5:45- 6:15pm	Tue, Thu	Sep 19-Oct 12	\$96
118550	11-11:30am	Mon, Wed	Sep 18-Oct 11	\$96
112466	11:20-11:50am	Sun	Sep 24-Oct 29	\$72
118549	11-11:30am	Mon, Wed	Oct 16-Nov 08	\$96
118731	5:45- 6:15pm	Tue, Thu	Oct 17-Nov 09	\$96
118905	11:20-11:50am	Sun	Nov 05-Dec 17	\$72
118716	11-11:30am	Mon, Wed	Nov 13-Dec 13	\$96
118732	5:45- 6:15pm	Tue, Thu	Nov 14-Dec 14	\$96

PARENT/TOT 2

112523	11:20-11:50am	Sat	Sep 23-Oct 28	\$72
118904	11:20-11:50am	Sat	Nov 04-Dec 16	\$72

PRESCHOOL 1

113113	4- 4:30pm	Mon, Wed	Sep 18-Oct 11	\$108
113138	10:45-11:15am	Sat	Sep 23-Oct 28	\$81
118547	10-10:30am	Mon, Wed	Sep 18-Oct 11	\$108
118907	9- 9:30am	Sun	Sep 24-Oct 29	\$81
118551	10-10:30am	Mon, Wed	Oct 16-Nov 08	\$108
118719	4- 4:30pm	Mon, Wed	Oct 16-Nov 08	\$108
118908	11:55am-12:25pm	Sat	Nov 04-Dec 16	\$81
118909	9- 9:30am	Sun	Nov 05-Dec 17	\$81
118714	10-10:30am	Mon, Wed	Nov 13-Dec 13	\$108
118720	4- 4:30pm	Mon, Wed	Nov 13-Dec 13	\$108

Bellevue Aquatic Center Registration Dates:

**Programs starting
SEPTEMBER through OCTOBER**
Resident: August 7
Non-Resident: August 16

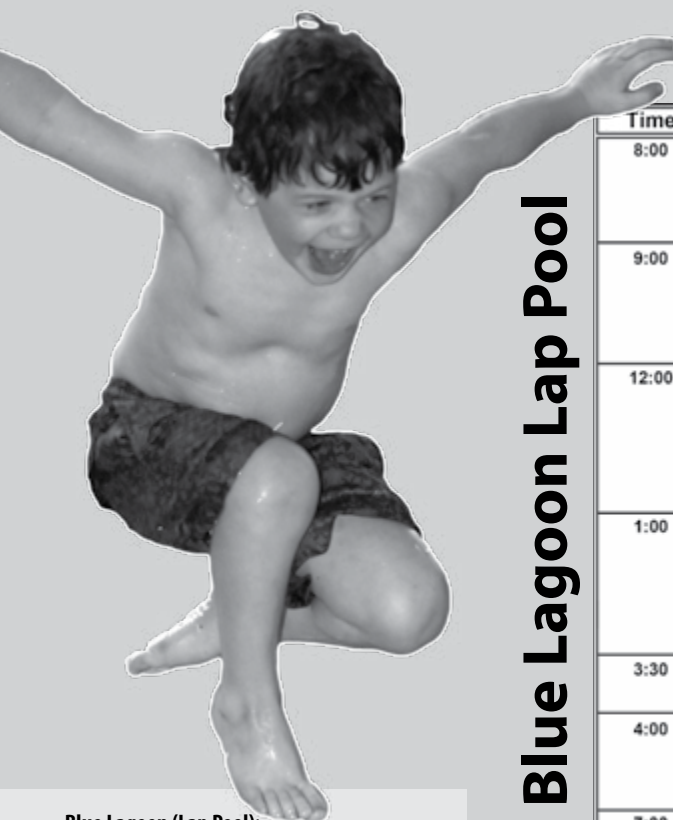
NOVEMBER through DECEMBER
Resident: September 11
Non-Resident: September 20

BELLEVUE AQUATIC CENTER

Pool Schedule• Valid September 11 through December 31, 2017

Contact Bellevue Aquatic Schedule for most current schedule. All times subject to change.

Special Hours of Operation: November 23: Closed except for Fit for the Feast Masters Workout 9-11am; November 24 - Open 12:30-2:30pm for Youth Appreciation Day. December 24 & 31 - Open 8am-2:30pm; Closed December 25 & January 1.



Blue Lagoon Lap Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00	Lap Swim (4 lanes)	Lap Swim	Lap Swim (4 lanes)	Lap Swim	Lap Swim (4 lanes)	Lap Swim & Special Olympics 8-10	
9:00	Open & Lap Swim					Lap Swim & Lessons 9:00-12:30 Deep Wtr Ex (10-11)	Lap Swim & Lessons 9 - 12:30
12:00	Lap Swim Masters (4 lanes)	Lap Swim	Lap Swim Masters (4 lanes) Deep Water Ex	Lap Swim Masters (4 lanes)	Lap Swim Masters (4 lanes)	Open & Lap Swim 12:30 - 2:30	
1:00	Open & Lap Swim	MS Assoc 1-2pm Open Swim 2:00-3:30	Open & Lap Swim	Open & Lap Swim	Open & Lap Swim		
3:30	HIGH SCHOOL SWIM TEAM					Swim Teams 2:30-4:30	Pool Rentals 2:30-4:30
4:00	LESSONS/SWIM TEAMS						
7:00	Open & Lap Swim	Lap Swim Swim Teams Scuba DT	Open & Lap Swim	Lap Swim Swim Teams Scuba DT	Open & Lap Swim		
8:00							

Blue Lagoon (Lap Pool):

During Gray shaded times, pools are open only for those participating in the activities listed. Children under the age of 6 or under 48" in height, must be accompanied by an adult and be within an arm's length distance at all times.

Warm Springs (Warm Therapy Pool):

Children must be accompanied by an adult in the water and be within an arm's length distance at all times. One adult may accompany a maximum of two children. The general public may use the pool during Open Rehab swims, but Therapy patients have priority: you may be asked to relocate to the Blue Lagoon pool. During shaded times the pool is open only for those participating in the activities listed. Lanes will not be sectioned off during "Open & Rehab" times, except for City of Bellevue private lessons. *Therapy Rehab is available for adults, therapy patients, and private lessons.

Warm Springs Therapy Pool

Discount swim times Monday - Saturday before 10am and Wednesday, 7-8pm

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00	Adult & Therapy (shallow end)	Adult & Therapy	Adult & Therapy (shallow end)	Adult & Therapy	Adult & Therapy (shallow end)	Adult & Therapy	
9:00	Open & Therapy	Open & Therapy	Open & Therapy	Open & Therapy	Open & Therapy	Lessons 9:00-12:30	
11:30		Adult & Therapy		Adult & Therapy			
2:30	Adult & Therapy (Lessons @3)	Open & Therapy (Lessons @3)	Adult & Therapy (Lessons @3)	Open & Therapy (Lessons @3)	Adult & Therapy (Lessons @3)		
4:00	Lessons				Open & Therapy		
7:00	Open & Therapy				Lessons		
8:00							





PRESCHOOL 2

113238	11:20-11:50am	Sat	Sep 23-Oct 28	\$81
113324	4- 4:30pm	Tue, Thu	Sep 19-Oct 12	\$108
118548	10:30-11am	Mon, Wed	Sep 18-Oct 11	\$108
118910	10:10-10:40am	Sun	Sep 24-Oct 29	\$81
118552	10:30-11am	Mon, Wed	Oct 16-Nov 08	\$108
118733	4- 4:30pm	Tue, Thu	Oct 17-Nov 09	\$108
118911	11:20-11:50am	Sat	Nov 04-Dec 16	\$81
118912	10:10-10:40am	Sun	Nov 05-Dec 17	\$81
118715	10:30-11am	Mon, Wed	Nov 13-Dec 13	\$108
118734	4- 4:30pm	Tue, Thu	Nov 14-Dec 14	\$108

PRESCHOOL 3

113505	4:35- 5:05pm	Tue, Thu	Sep 19-Oct 12	\$108
113512	10:10-10:40am	Sat	Sep 23-Oct 28	\$81
118913	9:35-10:05am	Sun	Sep 24-Oct 29	\$81
113508	4:35- 5:05pm	Tue, Thu	Oct 17-Nov 09	\$108
118914	10:10-10:40am	Sat	Nov 04-Dec 16	\$81
118915	9:35-10:05am	Sun	Nov 05-Dec 17	\$81

PRESCHOOL 4

113586	9- 9:30am	Sat	Sep 23-Oct 28	\$81
118916	10:45-11:15am	Sun	Sep 24-Oct 29	\$81
118918	9- 9:30am	Sat	Nov 04-Dec 16	\$81
118917	10:45-11:15am	Sun	Nov 05-Dec 17	\$81
113628	4:35- 5:05pm	Tue, Thu	Nov 14-Dec 14	\$124

PRESCHOOL 5

113706	9:35-10:05am	Sat	Nov 04-Dec 16	\$81
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YOUTH LEVEL 1

113759	5:45- 6:15pm	Mon, Wed	Sep 18-Oct 11	\$108
113778	9:35-10:05am	Sat	Sep 23-Oct 28	\$81
118919	10:45-11:15am	Sun	Sep 24-Oct 29	\$81
118727	5:45- 6:15pm	Mon, Wed	Oct 16-Nov 08	\$108
118920	10:45-11:15am	Sat	Nov 04-Dec 16	\$81
118921	10:45-11:15am	Sun	Nov 05-Dec 17	\$81
118728	5:45- 6:15pm	Mon, Wed	Nov 13-Dec 13	\$108

YOUTH LEVEL 2

113929	11:55am-12:25pm	Sat	Sep 23-Oct 28	\$78
113984	5:10- 5:40pm	Tue, Thu	Sep 19-Oct 12	\$104
118922	9- 9:30am	Sun	Sep 24-Oct 29	\$78
113988	5:10- 5:40pm	Tue, Thu	Oct 17-Nov 09	\$104
118923	9- 9:30am	Sun	Nov 05-Dec 17	\$78
113927	5:10- 5:40pm	Tue, Thu	Nov 14-Dec 14	\$104

Bellevue Aquatic Center Registration Dates:

Programs starting
JUNE 1 through JULY 2
Resident: May 30
Non-Resident: June 8

JULY 24 through AUGUST
Resident: July 3
Non-Resident: July 12

YOUTH LEVEL 3

114122	4:35- 5:05pm	Mon, Wed	Sep 18-Oct 11	\$104
114124	11:55am-12:25pm	Sun	Sep 24-Oct 29	\$78
118721	4:35- 5:05pm	Mon, Wed	Oct 16-Nov 08	\$104
118924	11:55am-12:25pm	Sat	Nov 04-Dec 16	\$78
118925	11:55am-12:25pm	Sun	Nov 05-Dec 17	\$78
118722	4:35- 5:05pm	Mon, Wed	Nov 13-Dec 13	\$104

YOUTH LEVEL 4

114320	9- 9:30am	Sat	Sep 23-Oct 28	\$78
114328	6:20- 6:50pm	Tue, Thu	Sep 19-Oct 12	\$104
118926	9:35-10:05am	Sun	Sep 24-Oct 29	\$78
118784	6:20- 6:50pm	Tue, Thu	Oct 17-Nov 09	\$104
118928	9- 9:30am	Sat	Nov 04-Dec 16	\$78
118927	9:35-10:05am	Sun	Nov 05-Dec 17	\$78

YOUTH LEVEL 5

114382	9:35-10:05am	Sat	Sep 23-Oct 28	\$78
114383	10:10-10:40am	Sun	Sep 24-Oct 29	\$78
114389	9:35-10:05am	Sat	Nov 04-Dec 16	\$78
118929	10:10-10:40am	Sun	Nov 05-Dec 17	\$78
114427	6:20- 6:50pm	Tue, Thu	Nov 14-Dec 14	\$104

YOUTH LEVEL 6

112848	5:10- 5:40pm	Mon, Wed	Sep 18-Oct 11	\$104
112817	11:55am-12:25pm	Sun	Sep 24-Oct 29	\$78
118723	5:10- 5:40pm	Mon, Wed	Oct 16-Nov 08	\$104
118930	11:55am-12:25pm	Sun	Nov 05-Dec 17	\$78
118724	5:10- 5:40pm	Mon, Wed	Nov 13-Dec 13	\$104

PRE-COMPETITION

112599	11:55am-12:25pm	Sat	Sep 23-Oct 28	\$78
112601	5:10- 5:40pm	Mon, Wed	Sep 18-Oct 11	\$104
118725	5:10- 5:40pm	Mon, Wed	Oct 16-Nov 08	\$104
118906	11:55am-12:25pm	Sun	Nov 05-Dec 17	\$78
118726	5:10- 5:40pm	Mon, Wed	Nov 13-Dec 13	\$104

After-School Programs

KID-ZONE GAMES DROP-IN

This is a drop-in after-school program for youth and teens at Crossroads Community Center. Join the fun in our games room! Activities include: table tennis, billiards, air hockey, foosball, and other games. All kids under 7 need to be accompanied by an adult. All teens must still be in high school. Does not require registration.

FREE

Age: 7Y - 18Y

Crossroads Community Center

2:30- 5:30pm	Mon-Fri	Ongoing
1-5:30pm	Wed	Ongoing

CREATIVE KIDS AFTER SCHOOL ART PROGRAM

Enhance your child's creativity, confidence, and artistic ability while enjoying the beautiful setting of the Northwest Arts Center. Children will explore a variety of art & craft mediums including pottery; theatrical games & movement; and drawing & painting. Activities include time spent in both indoor and outdoor environments. Children must be 2nd - 7th grade. Kids are group by age. Staff will provide walking transportation from Clyde Hill Elem. to the Northwest Arts Center. Min 6/Max 25

Northwest Arts Center

\$150(R)	\$180(N)		Age: 7Y - 12Y
111231	12:30- 3pm	Wed	Sep 20-Oct 25
\$125(R)	\$150(N)		Age: 7Y - 12Y
111232	12:30- 3pm	Wed	Nov 01-Dec 13

TOP JUNIOR CHEF

Good food is our focus and having fun is our priority. Our goal is to create basic quality food in a safe learning environment. Learning to use fresh, healthy ingredients and the proper cooking methods for each recipe. Min 5/Max 10

Northwest Arts Center

\$100(R)	\$110(N)		Age: 6Y - 11Y
118398	3:15- 4:30pm	Wed	Sep 20-Oct 25
\$83(R)	\$93(N)		Age: 6Y - 11Y
118546	3:15- 4:30pm	Wed	Nov 01-Dec 13

HOMEWORK HELP

Free homework help afterschool program at Crossroads Community Center - Tues/ Thurs 3: - 5:00 PM. No registration required. Contact Crossroads at 425.452.4874 with questions. Min 7/Max 17

Crossroads Community Center

FREE			All Ages
114505	3:30- 5:30pm	Mon-Tue, Thu	Sep 04-Dec 26

ROCK CLIMBING - SCHOOL'S OUT DAY CAMP

School is out so climb our wall! There are climbing routes from beginner to expert. Experienced climbing staff will teach campers about equipment, knots, climbing techniques, and effective communication and safety. Climbers will participate in games and challenges in a fun and encouraging atmosphere. All climbing equipment is provided. Climbing shoes are recommended but are not required. Pre-registration is required. Low camper/staff ratio. Limited space per day. Min 4/Max 5

South Bellevue Community Center

\$64(R)	\$74(N)		Age: 6Y - 10Y
118577	9am-4pm	Fri	Oct 13
118578	9am-4pm	Thu	Nov 09
118579	9am-4pm	Fri	Nov 10
118580	9am-4pm	Mon	Dec 18
118581	9am-4pm	Tue	Dec 19
118582	9am-4pm	Wed	Dec 20
118583	9am-4pm	Thu	Dec 21
118584	9am-4pm	Fri	Dec 22
118585	9am-4pm	Tue	Dec 26
118586	9am-4pm	Wed	Dec 27
118587	9am-4pm	Thu	Dec 28
118588	9am-4pm	Fri	Dec 29

\$270(R)	\$325(N)		Age: 6Y - 10Y
118589	9am-4pm	Mon-Fri	Dec 18-22

\$216(R)	\$260(N)		Age: 6Y - 10Y
118590	9am-4pm	Tue-Fri	Dec 26-29

SPEAK EASY: BUILDING YOUNG LEADERS THROUGH PUBLIC SPEAKING

Isn't learning how to captivate an audience a great skill to have at any age? Public speaking is one of most people's greatest fears so why not learn what it takes to be a great speaker at an early age when it's easiest to overcome fears! Through engaging, interactive games and fun activities, you and your classmates will learn and practice the following skills: · Learn how to 'WOW' an audience with public speaking techniques. · Improvisation-sometimes acting goofy is the best way to overcome fears. · Team building and leading others · Explore key methods to become a leader in family, school, community and life. This class is all about inspiring kids to do great things! Min 12/Max 20

Northwest Arts Center

\$170(R)	\$194(N)		Age: 6Y - 12Y
118484	3-5:30pm	Thu	Sep 14-Nov 02

Art & Craft Programs for Adults

ART IN NATURE EXHIBIT

The ability to interpret nature through art is an extraordinary talent. These exhibits will display artists' work in the Visitor Center. New artwork will be featured throughout the year. Come, be inspired.

WHEN: Facility Hours

WHERE: Mercer Slough Environmental Education Center and Lewis Creek Visitor Center. Visitor Center

COST: Free

ARTS THAT CHANGE LIVES WORKSHOP SERIES

Hands on ~ Minds on workshop series designed for participants to learn by doing and interacting with others. Bring with you your life experiences, creativity and friends.

All material included. Register for each class separately. Min 10/Max 14

Boys & Girls Club of Bellevue - Main Club

Visual Journaling - Watercolor / Sketching

During this hands on workshop participants will learn basic drawing and watercolor skill. Explore ways to create a journal of daily activities by using ink, collage, and watercolor. All materials included.

\$18(R)	\$20(N)		Age: 18Y and up
118456	10:30am-12pm	Thu	Sep 28

Poetry

Through photographs, music and objects, explore the theme of 'flight', to create simple and elegant individual group poems based on the group's ideas and imagination.

\$18(R)	\$20(N)		Age: 18Y and up
118457	10:30am-12pm	Thu	Oct 05

Digital Storytelling

Participants will explore ways to share personal stories by using video and photography to create a digital narrative to share with family and friends.

\$18(R)	\$20(N)		Age: 18Y and up
118458	10:30am-12pm	Thu	Oct 12

Memoir Writing

During this workshop, participants will explore how to craft their personal stories into written narratives. We will explore techniques on how to generate, organize, and structure individual life experiences to include in a longer memoir to share with family and friends.

\$18(R)	\$20(N)		Age: 18Y and up
118459	10:30am-12pm	Thu	Oct 19

Improvistional Theatre

An interactive workshop which teaches basic skills of improvisational theatre - how to say yes to new ideas, how to create characters and stories at the drop of a hat, and how to work together with other people to develop scenes and stories

\$18(R)	\$20(N)		Age: 18Y and up
118460	10:30am-12pm	Thu	Oct 26

Circle Dance

During this hands on (and feet on!) workshop, participants will engage in simple dance moves designed to build strength and community. Seated dance options available.

\$18(R)	\$20(N)		Age: 18Y and up
118461	10:30am-12pm	Thu	Nov 02

SCULPTING & PAINTING PORCELAIN

Are you ready to hone your ceramic skills. We will emphasize refinement and embellishment techniques in both hand building and glazing processes using porcelain. Min 6/Max 8

Northwest Arts Center

\$163(R)	\$196(N)		Age: 18Y and up
118496	6-7:30pm	Thu	Sep 28-Nov 02

CLAY CONCEPTS: ON AND OFF THE WHEEL

Explore the possibilities in functional and sculptural clay. Bring your ideas alive as you create pieces from vessels to figures and animals. Beginners will learn slab building, coiling, pinching, and working with texture as well as the basics of wheel throwing, surface decoration and glazing. Advanced students will further develop skills with individualized guidance. Materials provided. Min 6/Max 8

Northwest Arts Center

\$163(R)	\$196(N)		Age: 18Y and up
118493	11am-12:30pm	Tue	Sep 26-Oct 31
118494	6-7:30pm	Wed	Sep 27-Nov 01



CRAFTS - SOUTH BELLEVUE STITCHERS

Crochet or knit a project of your own or one for charity in a fun group. Learn a new craft or increase your skill level. Min 4/Max 20

South Bellevue Community Center

FREE Age: 18Y and up
10am-12pm Fri Sep 08-Dec 22

DRAWING FUNDAMENTALS

Northwest Arts Center

\$144(R) \$164(N) Age: 5Y - 11Y

Drawing Fundamentals 1

Learn to shade with pencil, how to draw line contour drawings, and create volume and shape with shadowing. Your child will just love to have a foundation for all classes going forward by knowing the abc's of drawing. Materials provided. Min 6/Max 10

118778 4-5:30pm Wed Sep 20-Nov 08

Drawing Fundamentals 2

We will work with the skills from Drawing Fundamentals 1. The projects will be with watercolor, pastels, acrylic, charcoal, pen and ink, crayons and drawing. We will work with animals in bright contrasting color, Edvard Munch's the scream, faux stained glass, doing a profile with construction paper, watercolor and impressionism. Min 6/Max 10

118779 4-5:30pm Mon Sep 18-Nov 06

CHILDREN'S POTTERY STUDIO

In a fun and supportive environment, The Pottery Studio will introduce the potters to the ancient art of pottery construction. The possibilities of turning clay into a piece of treasured art is limitless! Hand and wheel building, sculpting, coil construction and glazing will be introduced. Materials and firing fee included. Min 7/Max 9

Northwest Arts Center

\$180(R) \$209(N) Age: 6Y - 11Y
118468 4-5:30pm Thu Sep 21-Nov 09
118469 10-11:30am Sat Sep 23-Nov 18

TEEN CLAY CLUB

Bring your imagination and creativity as we explore the world of ceramic art. In this beginner level class we will draw, paint, model and construct with clay using a variety of basic hand building, pottery wheel and surface decoration techniques to personalize your creations. Min 6/Max 8

Northwest Arts Center

\$132(R) \$158(N) Age: 13Y - 17Y
118495 4-5:30pm Wed Sep 27-Nov 01

YOUNG REMBRANDTS - PRESCHOOL DRAWING

Children as young as 3-½ years old can learn to draw using Young Rembrandts' step-by-step method. Little ones have fun drawing and coloring familiar, child-friendly pictures of animals, toys, and the world around them. Parents and preschool teachers will see improved observation skills, fine motor skills, attention to detail, and kindergarten readiness. Min 4/Max 10

Northwest Arts Center

\$93(R) \$110(N) Age: 42M - 5Y
118485 9:15-10:15am Sat Sep 23-Nov 18

YOUNG REMBRANDTS - CARTOONING

Learn to create exciting cartoon imagery filled with dynamic characters and expressive personalities. You will develop visual story-telling skills by drawing humorous sequential images. Young Rembrandts teaches all-new lessons every week, and all lessons are both educational and FUN. Media includes pencils Sharpies, and colored markers. Min 4/Max 16

Northwest Arts Center

\$105(R) \$126(N) Age: 5Y - 12Y
118990 11:45am- 12:45pm Sat Sep 23-Nov 18

YOUNG REMBRANDTS DRAWING CLASS

Have fun while learning to draw in realistic, graphic and abstract styles! Young Rembrandts Drawing Classes teach new, seasonally-inspired lessons every session that explore artistic fundamentals. Every month includes an exciting lesson in Art History. Media includes pencil, color pencils, Sharpies, and markers. We provide all supplies and a trained instructor. Everyone can learn to draw. We will teach you how! Min 6/Max 10

Northwest Arts Center

\$105(R) \$126(N) Age: 5Y - 12Y
118486 10:30-11:30am Sat Sep 23-Nov 18



YOUNG REMBRANDTS - DRAWING & CARTOONING CLASS COMBO

The Young Rembrandts Academy provides an opportunity for your child to learn basic drawing skills and to learn cartooning as well in this 2-hour class. First hour explore realistic, graphic and abstract drawing styles. Second hour get ready to laugh as we get ready to craft original cartoon characters in silly situations. **Enroll in single classes as well for an hour-long session. Min 6/Max 20

Northwest Arts Center

\$145(R) \$165(N) Age: 5Y - 12Y
118489 11:45am-1:45pm Sat Sep 23-Nov 18

ART ON THE GO!

Art on the Go! Program brings a variety of high quality art programs from the Northwest Arts Center to Community Centers throughout Bellevue. Min 6/Max 10

Art on the Go! Hand Building with Clay

Learn the basics of constructing with clay using a variety of hand building and decorative techniques. In this class you will develop core skills that will allow you to progress in your ceramic art making abilities. We will also focus on visualizing your ideas through the creative process.

South Bellevue Community Center

\$83(R) \$100(N) Age: 12Y - 16Y
118512 12:45- 2:15pm Mon Sep 18-Oct 09

\$83(R) \$100(N) Age: 18Y and up
118514 11am- 12:30pm Mon Oct 16-Nov 06

Art on the Go! Creating With Mixed Media

Develop your observational skills and creativity in this multi-level class using a variety of media including but not limited to wire, paper, wood, glue and found object. Students will be encouraged to use their own creative concepts in developing one of a kind art pieces.

Boys & Girls Club of Bellevue - Main Club

\$75(R) \$90(N) Age: 18Y and up
118509 10-11:30am Wed Sep 20-Oct 11
118510 10-11:30am Wed Oct 18-Nov 08



Art on th Go! Miniature Porcelain Creations

Make miniature porcelain objects from scratch with as much or as little detail as you like. Focus on sculpting porcelain with small tools and painting details with fine brushwork using China paint on palm sized masterpieces.

Boys & Girls Club of Bellevue - Main Club

\$83(R) \$100(N) Age: 18Y and up
118677 10:30am-12pm Fri Sep 22-Oct 13
118777 10:30am-12pm Fri Oct 20-Nov 10

South Bellevue Community Center

\$83(R) \$100(N) Age: 18Y and up
118932 11am- 12:30pm Mon Sep 22-Oct 13
118777 10:30am-12pm Fri Oct 20-Nov 10

CARTOONIVERSITY SATURDAY WORKSHOP

Cartoonist and humorist illustrator, Jeff Johnson, will lead participants through character development, expressions, directional views, action poses, backgrounds, perspective, and lettering. Daily projects include blank puzzles, flip-book animation, character profiles, comic strips and more! All supplies included, bring a sack lunch and beverage. Min 4/Max 16

Northwest Arts Center

\$75(R) \$90(N) Age: 9Y - 14Y
118993 10am- 4pm Sat Nov 04

Get Fit and Get Healthy

BEYOND MASSAGE

Beyond Massage! Rediscover your innate capacity for graceful and efficient movement. Move with greater comfort and ease. Find a sense of balance and stability. Regain flexibility, coordination and improve posture. Individual sessions are available with Elizabeth Strauss, Feldenkrais® Practitioner, Registered Jin Shin Do® Acupressurist, and Licensed Massage Practitioner. Fee is \$36/R or \$43/NR for a 30 min. session. For an hour, reserve two consecutive slots. Appointments are available the first Monday of each month. Call the North Bellevue Community Center for an appointment, 425-452-7681.

DENTAL HYGIENE SERVICES

Healthy Smiles Inc. will be offering affordable dental hygiene services for people 50 years and older. Your visit will include full service teeth and denture cleaning, fluoride application, measuring of gum pockets, oral cancer screening, and referral to local dentist if needed. Appointments available the 4th Monday each month from 9am to 4:30pm at the North Bellevue Community Center 425 452-7681. NOTE: Cancellations happen, please utilize the waitlist option. \$82 payable to the Dental Hygienist at appointment. Cash or Check only.



FOOT CARE

Chris Egan, RN will trim toe nails by appointment on 2nd & 4th Wednesday & 2nd Tuesday each month. This service is geared for older adults and/or diabetics who need assistance with this task. First time clients will need to schedule a 60 minute appointment. Fee is \$30 payable by cash or check the day of the appointment. Call 425-452-7681 to schedule an appointment.

REFLEXOLOGY-NB

Feel better and more healthy with this unique therapy that is "more than a foot massage." 1st & 3rd Tuesdays at North Bellevue Community Center. 55 minute appointment: \$64(R) \$77(N) Call 425-452-7681 to make an appointment.

SHAPE UP PREVENTION CAMPAIGN

Exercise is proven to help and maintain balance and reduce falls. In partnership with King County EMS, we are pleased to announce a unique opportunity for anyone 50 years or better to get started in a new fitness program. North Bellevue Community Center is offering a \$10 discount for anyone who is new to our fitness programs, has not taken part in one of our fitness programs in the last 3 months, a returning student signing up for a new fitness class, or a returning student who is bringing a friend who has never taken one of our fitness programs. When you are signing up for a fitness class just look for the ShapeUp! logo and mention the discount. Classes are safe, affordable, and led by knowledgeable, certified instructors. Call the North Bellevue Community Center at 425-452-7681 more information and details.

HEALTHWAYS

SilverSneakers®
FITNESS

Call the North Bellevue Community Center at 425-452-7681 for more

information about SilverSneakers programs in Bellevue.

Cardio & Conditioning

ENHANCE FITNESS

This low impact aerobics class is designed to give you the maximum amount of cardiovascular exercise with a minimum amount of wear and tear on your body. This class is offered in conjunction with Kaiser Permanente. If you are a Kaiser Permanente HMO Plan member, there is no charge for this class. All you need to do is sign in each day you attend. Ask us for details. No program February 2017 Min 10/Max 30

North Bellevue Community Center

\$36(R) \$43(N)	Age: 50Y and up
108301 9-10am	Fri, Tue, Thu Sep 01-29
108304 9-10am	Fri, Tue, Thu Dec 01-29

\$39(R) \$47(N)	Age: 50Y and up
108302 9-10am	Tue, Thu-Fri Oct 03-31

\$28(R) \$33(N)	Age: 50Y and up
108303 9-10am	Thu-Fri, Tue Nov 02-30

ACTIVE ADULT FITNESS

A fitness class designed for the 'in-betweeners'; you've graduated from the beginner adult classes or senior fitness program and want more, yet are not quite ready or interested in the 'all-out' options. Join Certified Personal Trainer Morgan for 50 minutes of training all aspects of fitness with encouragement, appropriate challenges, variety, education and FUN! Adults 18+ are welcome, Millennials to Baby Boomers. Bring a small towel and water bottle. Dress in layers. You will get warm! A Flex Card is available for this class. To register once a session has started, call South Bellevue Community Center at (425) 452-4240. Min 6/Max 20

South Bellevue Community Center

\$41(R) \$50(N)	Age: 18Y and up
118647 9:30-10:20am	Mon, Wed Sep 11-27
118650 9:30-10:20am	Mon, Wed Dec 04-20

\$55(R) \$65(N)	Age: 18Y and up
118648 9:30-10:20am	Mon, Wed Oct 02-30
118649 9:30-10:20am	Wed, Mon Nov 01-29

SILVERSNEAKERS CLASSIC

Fitness for all ages!!! An one hour exercise class with light toning, balance and stretch - strengthen with light weights, tubing, fitness balls to work on upper and lower body. A perfect class for the mature participants for those who want a 'lighter' workout. Proper technique and forms are emphasized to create a workout that is fun, safe and effective. Min 6/Max 25

North Bellevue Community Center

\$60(R) \$72(N)	Age: 18Y and up
108314 10:30-11:30am	Mon, Wed, Fri Sep 01-29

\$65(R) \$78(N)	Age: 18Y and up
108315 11am-12pm	Mon, Wed, Fri Oct 02-30

\$55(R) \$66(N)	Age: 18Y and up
108316 11am-12pm	Mon, Wed, Fri Nov 01-29
108317 10:30am-12pm	Mon, Wed, Fri Dec 01-27

INDOOR WALKING CLASS

This class is designed and adapted for adults with intellectual disabilities. Walk yourself healthy, and have fun with your peers at the same time. Class meets Thursdays in the Lobby at Highland Center and walk over to the YMCA. NO CLASS ON HOLIDAYS Min 5/Max 15

Highland Community Center

\$42(R) \$53(N)	Age: 16Y and up
118670 5:30-7pm	Thu Sep 28-Nov 30

FIT4MOM STROLLER STRIDES

Helping moms to reach optimal health and wellbeing. Stroller Strides is a fitness program that moms can do WITH their babies. It includes power walking/jogging, intervals of strength and body toning exercises and songs and activities woven into the routine to engage children. Taught by certified fitness instructors with specialty training in the pre and post-natal woman. Participants must have doctor's approval to exercise. Your first class FREE! For more information, schedule, pricing, holiday schedule, and to register visit bellevue.fit4mom.com, email yudydeng@fit4mom.com, or call 425 998-8048.

Boys & Girls Club of Bellevue - Main Club
10-11am Mon, Wed, Fri Age 18+

Personal Training & Fitness Centers

PERSONAL TRAINING

Appointments can be scheduled by contacting the trainers directly.

Personal Training is a life-changing investment in your health. A certified fitness professional will assess your physical strengths and weaknesses and will create a personalized workout aimed at achieving your goals. You will be taught how to exercise safely and correctly, encouraged, motivated, and held accountable. You will work harder and smarter with a coach to get the results that you questioned were possible.

All personal trainers look forward to meeting with you for a FREE 30 minute consultation. We invite you to call or email them directly.

A Health History Questionnaire must be completed prior to your first exercise session. The form is available on our website or from your trainer at the consultation. A Physician Consent may be required based upon health history.

Youth ages 10-15 may work with a trainer with a parent/guardian present for the initial appointment.

Personal Training Rates

30 minutes - \$33 for 1 person
45 minutes - \$46 for 1 person, \$65 for 2
55 minutes - \$55 for 1 person, \$80 for 2 people, \$105 for 3 people. For a FREE 30 MINUTE CONSULTATION or questions email or call one of our trainers.

FREE Fitness Assessments

Blood Pressure readings and Body Composition Analysis with calipers are available complimentary on weekdays at SBCC. Give a quick call to the Fitness Center staff to confirm staff availability at 425-452-4240.

Youth Privileges

We welcome 10-12yr olds to exercise in the Fitness Center. Youth may use only the cardio equipment and must be accompanied by an adult. Other requirements include a doctor's note, age verification, a waiver signed by youth and adult, and attendance by both the youth and adult at a Youth Orientation.

MEET OUR PERSONAL TRAINERS

Sara Grandstrand, MS, ATC/L, CSCS

Grandstrand Athletic Training

Phone: 425-765-8980

Email: sara.atc@gmail.com



Sara is a certified athletic trainer and certified strength and conditioning specialist with a degree in exercise science and athletic training from Pacific Lutheran University and a master's degree in exercise and sports studies from Boise State University. She has experience in a

variety of sports medicine related settings including athletic training, biomechanics, performance enhancement and rehabilitation. She is also the head athletic trainer at Interlake High School in Bellevue. Sara has a passion for injury prevention, corrective exercise, and return to play training. She enjoys working with youth and adults of all ability levels to improve their quality of life through exercise.

Morgan Nichols, MS, ACE-PT, ACE-GFI

Trifecta Health Coaching LLC

Phone: 206-679-2720

Email: morgandn@outlook.com

Morgan is a certified Personal Trainer and Group



Fitness Instructor. She is a long time Bellevue resident and an avid outdoor sports enthusiast, both individually and with her husband and children. She wants to help you continuously challenge yourself to gain the physical and mental

confidence to push your boundaries and grow, at any age and any stage, to achieve your goals and handle anything life brings! She will empower you to make a change for the better through balancing what she sees as the perfect trifecta to get you there - fitness, nutrition, and motivation.

Diane DeFuria, LMP, NSCA-CPT

Phone: 425-221-0070

Email: ddefuria@msn.com



Diane infuses her cutting-edge approach with a remarkable blend of experience, knowledge, and warmth. She has garnered rave reviews for the unique way in which she leads people to dramatically upgrade their quality of life by making their bodies and minds stronger and more flexible. Her background includes more than 20 years as a licensed massage therapist, giving her an encyclopedic understanding of what a body needs in order to be healthy, fit, and youthful - regardless of age!

Kelvin Wallace, Jr.

MS, MS, USAW L1, NASM CPT, TRX PT

Phone: 409-656-5277

Email: kelvinwallacejr@yahoo.com



Kelvin is a certified strength and conditioning coach with master's degrees in Sport Management and Sports Administration from the University of Miami and Southern New Hampshire University. He played six years of professional football in Europe and the Arena

Football League. Kelvin has experience with various populations and fitness levels.

Kelvin has a passion for helping others reach their fitness goals and beyond. Kelvin enjoys golf, tennis, working out and a good happy hour. He believes in living every day with the energy and belief that there is an opportunity to better mental and physical ability through training and hard work.



HOLIDAY STUDENT SPECIAL

6-week pass available: \$25(R) \$30(N)

Stay fit and active through the holidays! Students age 18-23 are eligible for a 6-week Fitness Center pass, available starting Thanksgiving week and good for 6-weeks once activated. For more information, contact South Bellevue Community Center, 425-452-4240.



Fitness Centers at North and South Bellevue Community Centers

The Fitness Centers feature state of the art treadmills, bikes, elliptical trainers, weight training machines and free weights. The Fitness Center is designed for adult use, as well as teens, ages 10-15, with direct adult supervision, or 16+ with parent permission. Please plan on attending one of the free, drop-in one hour orientation classes before your first exercise visit.

Call 425-452-7681 for North Bellevue or 425-452-4240 for South Bellevue Fitness Center orientation days and times. 10-12 year old youth may use the cardio equipment only. Contact us for policies and procedures related to use.

Included in South Bellevue Community Center Fitness Center fees: Gymnasium (scheduled drop-in sports including basketball, pickleball and badminton), Fitness Center (cardio/weights), locker rooms, assistance from staff, and orientation.

Included in North Bellevue Community Center Fitness Center fees: Fitness Center (cardio/weights), assistance from staff, and orientation. **Now accepting Silver Sneakers members!**

Fitness Center Fees

Visit our Website for the current Fitness Center fees:

North Bellevue Community Center

<http://parks.bellevuewa.gov/nbcc>

South Bellevue Community Center

<http://parks.bellevuewa.gov/sbcc>

Bellevue Fire Department CPR Training Programs

The Bellevue Fire Department offers citizen CPR/AED classes that follow the American Heart Association's Heartsaver CPR curriculum. Pre-registration is required for all classes. Please call 425-452-6885 to register.

Business group classes are also available at your location for groups of 6 or more. Please call 425-452-7673 for more information.

INFANT CPR

The Bellevue Fire Department offers citizen CPR classes to the community that follow the AHA's Heartsaver CPR curriculum. This hands on course teaches CPR and Choking intervention for infants from birth to 1 year of age. Participants will be required to demonstrate skills to receive a Heartsaver CPR credential. To register please call 425-452-6885. Private Business classes are also available at your location for groups of 6 or more. Please call 425-452-7673 for more information. Min 6/Max 10 Fire Station #1

\$40			Age: 14Y and up
112150	7-10pm	Thu	Sep 21
112151	7-10pm	Thu	Nov 23

HEARTSAVER CPR AED CLASS FOR ADULTS/CHILDREN

The Bellevue Fire Department offers citizen CPR classes that follow the AHA's Heartsaver CPR AED curriculum. The Adult/Child CPR AED course teaches warning signs of heart attack and stroke, CPR, and Choking intervention for victims ages 1 through adult and includes the use of an Automatic External Defibrillator as part of the training. Participants will be required to demonstrate skills to receive a Heartsaver CPR AED credential. To register please call 425-452-6885. Business group classes are also available at your location for groups of 6 or more. Please call 425-452-7673 for more information. Min 6/Max 10 Fire Station #1

\$40			Age: 14Y and up
112168	7-10pm	Thu	Sep 07
112169	7-10pm	Tue	Sep 19
112170	7-10pm	Thu	Oct 05
112171	7-10pm	Tue	Oct 17
112172	7-10pm	Thu	Nov 02
112173	7-10pm	Tue	Nov 21
112174	7-10pm	Thu	Dec 07
112175	7-10pm	Tue	Dec 19

jazzercise®

NORTHWEST ARTS CENTER

9825 NE 24TH ST • 425-452-4106

8:15am - 9:15am M-Sat. For more information, visit www.jazzercise.com or call Lori Hollow - 206-232-2608.

NORTH BELLEVUE COMMUNITY CENTER

4063 148TH AVE NE • 425-452-7681

Evening sessions available throughout the week. For more information, call Instructor Kris Rooke @ 425-894-4111, or visit the class web page at www.jazzwithkris.com

SOUTH BELLEVUE COMMUNITY CENTER

14509 SE NEWPORT WAY • 425-452-4240

Morning sessions available throughout the week. For more info, call Phyllis at 425-814-2134 or visit www.jazzercise.com.

New student specials are available!
Contact instructors directly for details.

Registration/payment is completed directly with Jazzercise instructor at each class location.





STRENGTH & FITNESS FOR SENIORS - LIGHT TO REGULAR

One hour exercise class on the lighter side to work on toning, balance, stretch and strengthen with the use of light weights, tubing and other props to work on both upper and lower body. Great class for older adults or people new to exercise. Proper technique and forms are emphasized to create a workout that is fun, safe, effective and up lifting. Seated options available. Dress comfortably and bring water. Min 6/Max 14

Boys & Girls Club of Bellevue - Main Club

\$36(R)	\$42(N)		Age: 50Y and up
118500	10:30-11:30am	Tue	Sep 26-Oct 31
118501	10:30-11:30am	Tue	Nov 07-Dec 12

STRENGTH-FITNESS FOR ALL AGES

One hour exercise class that works on toning, balance, stretch and strengthen with the use of light weights, tubing and other props to work the upper and lower body. A perfect class for those new to fitness or experienced with fitness. Proper technique and form is emphasized to create a workout that is fun, safe, effective and up lifting. Min 6/Max 14

Boys & Girls Club of Bellevue - Main Club

\$36(R)	\$42(N)		Age: 18Y and up
118498	9-10am	Tue	Sep 26-Oct 31
118499	9-10am	Tue	Nov 07-Dec 12

Body & Mind

See Martial Arts section for Tai Chi classes.

GENTLE YOGA BY WENDY

Easy yoga is adapted for seniors and others who need the gentle approach. Yoga can provide many benefits. The class will adapt to accommodate all levels of experience and ability. Drop-in and monthly fees available. Min 4/Max 20

North Bellevue Community Center

\$24(R)	\$30(N)		Age: 18Y and up
108277	10:30-11:30am	Mon	Sep 11-18
\$32(R)	\$40(N)		Age: 18Y and up
108288	10:30-11:30am	Thu	Sep 07-28
108289	10:30-11:30am	Thu	Oct 05-26
\$40(R)	\$50(N)		Age: 18Y and up
108278	10:30-11:30am	Mon	Oct 02-30
\$32(R)	\$40(N)		Age: 18Y and up
108279	10:30-11:30am	Mon	Nov 06-27
\$24(R)	\$30(N)		Age: 18Y and up
108290	10:30-11:30am	Thu	Nov 02-16
\$24(R)	\$30(N)		Age: 18Y and up
108280	10:30-11:30am	Mon	Dec 04-18
\$32(R)	\$40(N)		Age: 18Y and up
108291	10:30-11:30am	Thu	Dec 07-28

YOGA FOR ADULTS 50+

Join us to find out why world-class athletes like Martina Navratilova say about yoga 'I love the way it makes me feel physically and mentally, both while I am doing it and afterward. Yoga combines core strength and spine flexibility...I believe that yoga is keeping me young and flexible, especially in my back.' 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 and to help you progress individually. Benefits include: improved strength, flexibility and balance; reduced tension and worry; better bone, joint and weight health; increased mental clarity with an overall feeling of well-being. Wear comfortable clothing and bring a yoga mat if you have one. Min 3/Max 28

South Bellevue Community Center

\$48(R)	\$57(N)		Age: 13Y and up
111131	11:15am-12:30pm	Tue	Sep 12-Oct 03
111132	11:15am-12:30pm	Tue	Oct 10-31
\$60(R)	\$72(N)		Age: 13Y and up
111133	11:15am-12:30pm	Tue	Nov 07-Dec 12



HATHA YOGA

Increase your strength and flexibility. This class is adaptable for all levels of Yoga experience. Participants will learn balancing poses, deep stretching and a calm mind and body through deep breathing exercises. Students will leave the class feeling rejuvenated, refreshed and relaxed. Wear comfortable clothing. Bring water and yoga mat. Yoga strap and/or block. Min 6/Max 10

Northwest Arts Center

\$80(R) \$96(N)	Age: 18Y and up
118462 1:45- 2:45pm Tue	Sep 12-Oct 10
118463 1:45- 2:45pm Thu	Sep 14-Oct 12
118465 1:45- 2:45pm Tue	Oct 17-Nov 14
118466 1:45- 2:45pm Thu	Oct 19-Nov 16

\$150(R) \$180(N)	Age: 18Y and up
118464 1:45- 2:45pm Tue, Thu	Sep 12-Oct 12
118467 1:45- 2:45pm Tue, Thu	Oct 17-Nov 16

Boys & Girls Club of Bellevue - Main Club

Join us at the Bellevue Main Club Center and reconnect with your mind and body during this stress-reducing Hatha yoga class. Each class increases strength and flexibility and focuses on balancing poses, deep stretching, active strengthening and gaining calmness through deep breathing exercises and meditation. This class is adaptable for all levels of yoga experience and for ages 18 and above. Please bring a yoga mat and water bottle. Min 6/Max 12

\$90(R) \$108(N)	Age: 18Y and up
118503 9:30-10:30am Tue	Sep 26-Oct 31
118505 9:30-10:30am Thu	Sep 28-Nov 02

\$168(R) \$188(N)	Age: 18Y and up
118507 9:30-10:30am Tue, Thu	Sep 26-Nov 02

\$75(R) \$90(N)	Age: 18Y and up
118504 9:30-10:30am Tue	Nov 07-Dec 12

\$126(R) \$146(N)	Age: 18Y and up
118508 9:30-10:30am Tue, Thu	Nov 07-Dec 14

\$60(R) \$72(N)	Age: 18Y and up
118506 9:30-10:30am Thu	Nov 16-Dec 14

PURNA YOGA CLASSES

Students gain flexibility, strength and coordination by focusing on correct alignment while using props to make each pose accessible. Classes help each student feel more centered and peaceful while developing a deeper relationship with body, mind and spirit. With 2000 hours of teacher training, your Certified Purna Yoga teacher has a wealth of knowledge to share with you. All classes welcome beginning and experienced students to learn and to expand their knowledge of yoga poses. Wear comfortable clothing and bring a yoga mat. Additional props will be provided. Thursday class emphasizes restoratives. A Flex Card is available for this class. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 1/Max 25

South Bellevue Community Center

\$36(R) \$43(N)	Age: 13Y and up
111164 10:15-11:15am Sun	Sep 10-24
111146 10:15-11:15am Sun	Nov 05-19
111140 10:15-11:15am Sun	Dec 03-17

\$48(R) \$57(N)	Age: 13Y and up
111136 7:15- 8:30pm Tue	Sep 12-Oct 03
111137 7:15- 8:30pm Thu	Sep 14-Oct 05
111138 7:15- 8:30pm Tue	Oct 10-31
111142 7:15- 8:30pm Thu	Oct 12-Nov 02

\$60(R) \$72(N)	Age: 13Y and up
111165 10:15-11:15am Sun	Oct 01-29
111143 7:15- 8:30pm Tue	Nov 07-Dec 12
111141 7:15- 8:30pm Thu	Nov 09-Dec 14

Active Fitness

EVENING FITNESS EXPRESS

This fun and fast 50 minute fitness class mixes up strength training, cardio and core to give you a well rounded workout. Instructor can modify exercises for all ability levels and ages. This fitness class is great for parent/teen combos, couples and individuals alike. To register during a session, call the South Bellevue Community Center at (425) 452-4240. Sign up for both days and receive a 10% discount. Min 5/Max 15

South Bellevue Community Center

\$150(R) \$180(N)	Age: 13Y and up
118364 5:30- 6:20pm Mon, Wed	Sep 11-Oct 30

\$88(R) \$104(N)	Age: 13Y and up
118365 5:30- 6:20pm Mon	Sep 11-Oct 30

\$120(R) \$144(N)	Age: 13Y and up
118366 5:30- 6:20pm Wed, Mon	Nov 01-Dec 13

\$66(R) \$78(N)	Age: 13Y and up
118367 5:30- 6:20pm Mon	Nov 06-Dec 11

BARRE CLASS

Karan's Barre Class draws from the best parts of barre, yoga, dance, and Pilates to produce a breakthrough workout that will knock your leg warmers off. Every step has been meticulously designed to build strength, endurance, and grace, while also creating longer and leaner muscles that are far more resistant to injury. All this, while having fun! In a remarkably brief time, this class will give you significant improvement in flexibility, strength, resilience, posture, energy, stamina, and balance. A Flex Card is available for this class. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 4/Max 20

South Bellevue Community Center

\$60(R) \$72(N)	Age: 13Y and up
110605 6:15- 7:15pm Tue, Thu	Sep 12-28
110609 6:15- 7:15pm Tue	Oct 03-31

\$36(R) \$43(N)	Age: 13Y and up
110606 6:15- 7:15pm Tue	Sep 12-26
110607 6:15- 7:15pm Thu	Sep 14-28
110612 6:15- 7:15pm Tue	Nov 07-28

\$90(R) \$108(N)	Age: 13Y and up
110608 6:15- 7:15pm Tue, Thu	Oct 03-31

\$48(R) \$58(N)	Age: 13Y and up
110610 6:15- 7:15pm Thu	Oct 05-26
110613 6:15- 7:15pm Thu	Nov 02-30
110615 6:15- 7:15pm Tue	Dec 05-26
110616 6:15- 7:15pm Thu	Dec 07-28

\$70(R) \$84(N)	Age: 13Y and up
110611 6:15- 7:15pm Thu, Tue	Nov 02-30

\$80(R) \$96(N)	Age: 13Y and up
110614 6:15- 7:15pm Tue, Thu	Dec 05-28

SMALL GROUP TRAINING WITH SARA

This small group training class will help you achieve your fitness goals. Workouts will be individualized to meet each individuals' needs and fitness level. Sara will provide support, encouragement, and accountability to help you reach new heights in health and wellness. Min 2/Max 6

South Bellevue Community Center

\$160(R) \$200(N)	Age: 15Y and up
110757 7:10- 8pm Mon	Sep 11-Oct 30

\$140(R) \$175(N)	Age: 15Y and up
110758 7:10- 8pm Mon	Nov 06-Dec 18



BOOT CAMP WITH KARIE

In its TENTH year, this fun and action packed boot camp class will get you in shape, tone your muscles, and burn calories. This class consists of cardio drills, stair climbing, strength and circuit training followed by Pilates based core work and Yoga stretches. Out of shape? No worries. Karie will work with you to modify exercises to meet your individual needs. Her students rave about their results! A Flex Card is available for this class. To register during a session, call the South Bellevue Community Center at (425) 452-4240. M/W class 8:45am. T/TH class 9:15am. Sign up for ALL 4 classes a week and receive a 15% discount. Min 8/Max 25

South Bellevue Community Center

\$63(R)	\$75(N)		Age: 13Y and up
110655	8:45- 9:45am	Mon, Wed	Sep 11-27
110656	9:15-10:15am	Tue, Thu	Sep 12-28
110670	8:45- 9:45am	Mon, Wed	Nov 27-Dec 13
110668	9:15-10:15am	Tue, Thu	Nov 28-Dec 14

\$84(R)	\$100(N)		Age: 13Y and up
110661	8:45- 9:45am	Mon, Wed	Oct 02-25
110659	9:15-10:15am	Tue, Thu	Oct 03-26
110666	8:45- 9:45am	Mon, Wed	Oct 30-Nov 22

\$73.50(R)	\$8750(N)		Age: 13Y and up
110663	9:15-10:15am	Tue, Thu	Oct 31-Nov 21

\$107(R)	\$128(N)		Age: 13Y and up
110658	8:45-9:45am	Mon, Wed	Sep 11-28
	9:15-10:15am	Tue, Thu	
110667	8:45-9:45am	Mon, Wed	Nov 27-Dec 14
	9:15-10:15am	Tue, Thu	

\$142(R)	\$171(N)		Age: 13Y and up
110662	8:45-9:45am	Mon, Wed	Oct 02-26
	9:15-10:15am	Tue, Thu	

\$134(R)	\$161(N)		Age: 13Y and up
110665	8:45-9:45am	Mon, Wed	Oct 30-Nov 22
	9:15-10:15am	Tue, Thu	

\$31.50(R)	\$3750(N)		Age: 13Y and up
110654	9:15-10:15am	Tue	Sep 12-26

\$42(R)	\$50(N)		Age: 13Y and up
110657	9:15-10:15am	Tue	Oct 03-24
110660	9:15-10:15am	Tue	Oct 31-Nov 21

\$31.50(R)	\$3750(N)		Age: 13Y and up
110664	9:15-10:15am	Tue	Nov 28-Dec 12



FREE THANKSGIVING DAY INDOOR CYCLE CLASSES

Burn 600+ calories before your feast! Classes will be held at South Bellevue Community Center. Class times Thursday Nov 23rd are: 7am, 8:15am or 9:30am. FREE with a Target or Fred Meyer Gift card to purchase holiday gifts for disadvantaged kids in the Bellevue Boys and Girls Club at SBCC. Bring water and a towel. Pedals are SPD compatible. Pre-registration is required at 425-452-4240. Ages 13+ and all fitness levels are welcome!

NEW - CYCLE CLASS ORIENTATION - FREE

New riders are invited to schedule a personal orientation session with one of our instructors so that you are familiar with equipment, technique, and class format before your first day of class. Get all of your questions answered and start your class with the knowledge and confidence to make it enjoyable and successful. Call Joan at 425-452-4240 to set up a Cycle Class Orientation that is convenient with your schedule.

CYCLE/STRETCH

Join us for this new fusion class of beginner level indoor cycling and flexibility exercises. Class is specifically designed for those brand new to indoor cycling including: older adults, participants new to exercise, and overweight or de-conditioned participants. Come with your 'Can Do!' attitude and we will nurture you and teach you everything you need to know for success in this program. Increase cardiovascular fitness to ward off disease and increase flexibility for activities of daily living. Bring a standard size water bottle and a towel. Padded bike shorts or a gel seat cover are helpful. A Flex card is available for this class. To register during a session, call South Bellevue Community Center at 425-452-4240. Min 4/Max 11

South Bellevue Community Center

\$105(R)	\$126(N)		Age: 16Y and up
110688	10:35-11:35am	Tue, Thu	Sep 12-Oct 31
\$56(R)	\$68(N)		Age: 16Y and up
110689	10:35-11:35am	Tue	Sep 12-Oct 31
\$77(R)	\$92(N)		Age: 16Y and up
118526	10:35-11:35am	Tue, Thu	Nov 07-Dec 14
\$42(R)	\$50(N)		Age: 16Y and up
118527	10:35-11:35am	Tue	Nov 07-Dec 12



INDOOR GROUP CYCLING

Come ride our LeMond RevMaster Classic Bikes and get a great aerobic workout while burning approximately 600+ calories per class. Your instructor and motivating music will entertain you as you 'climb hills,' 'race' along flat terrain, and challenge your leg muscles for strength and tone. All fitness levels are welcome because you control your pace. Beginners may contact us for an introductory lesson and bike set-up session prior to your first class by calling the phone number below. A Flex Card is available for this class. To register during a session call South Bellevue Community Center (425) 452-4240. Bring a bike-style water bottle & a towel. Wear stiff soled shoes or SPD cycle shoes, padded shorts, and heart rate monitor if you have them. Dress in layers...you will get hot! Min 4/Max 5

South Bellevue Community Center

\$56(R)	\$67(N)		Age: 13Y and up
111010	6:30- 7:20pm	Mon	Sep 11-Oct 30
111013	6- 7am	Mon	Sep 11-Oct 30

\$90(R)	\$108(N)		Age: 13Y and up
111011	6:30- 7:20pm	Mon, Wed	Sep 11-Oct 30
111020	6- 7am	Mon, Wed	Sep 11-Oct 30

\$49(R)	\$59(N)		Age: 13Y and up
111014	6- 7am	Wed	Sep 13-Oct 25
111015	6:30- 7:20pm	Wed	Sep 13-Oct 25

\$42(R)	\$50(N)		Age: 13Y and up
110980	6:30- 7:20pm	Wed	Nov 01-Dec 13
111023	6- 7am	Wed	Nov 01-Dec 13
111022	6- 7am	Mon	Nov 06-Dec 11
111025	6:30- 7:20pm	Mon	Nov 06-Dec 11

\$72(R)	\$86(N)		Age: 13Y and up
111021	6- 7am	Wed, Mon	Nov 01-Dec 13
111024	6:30- 7:20pm	Wed, Mon	Nov 01-Dec 13

PILATES

Community Pilates focuses on correct form/postural alignment, strengthening 'core' muscles, increasing body awareness, and improving balance and flexibility. We combine pilates with yoga and barre exercises using bands, balls and small weights. All fitness levels welcome. 3 payment options: full class session, 5-class Flex Card, or single class drop-in. Community Pilates: www.community-pilates.com. To register during a session, call South Bellevue Community Center at (425) 452-4240. Min 8/Max 20

South Bellevue Community Center

\$104(R)	\$124(N)		Age: 13Y and up
110768	7:15- 8:15pm	Wed	Sep 06-Oct 25
110769	9:15-10:15am	Fri	Sep 08-Oct 20

\$78(R)	\$93(N)		Age: 13Y and up
110770	7:15- 8:15pm	Wed	Nov 01-Dec 13

\$65(R)	\$77.50		Age: 13Y and up
110771	9:15-10:15am	Fri	Nov 03-Dec 15

POST-REHAB STRENGTH AND CONDITIONING

This class is designed to rebuild your balance and core stability after injury or illness. It is geared toward those who are recovering from injuries and are returning to physical activity, or those who suffer from chronic conditions or reoccurring injuries. It is focused on developing and regaining core strength and stability through exercises using body weight resistance, resistance bands, and balance equipment. Exercises will be adaptable to accommodate for injuries, other conditions, and fitness levels. To register during a session, call South Bellevue Community Center at (425) 452-4240. Min 3/Max 10

South Bellevue Community Center

\$81(R)	\$90(N)		Age: 18Y and up
110746	9:15-10:15am	Tue	Sep 05-Oct 31

\$54(R)	\$60(N)		Age: 18Y and up
110747	9:15-10:15am	Tue	Nov 07-Dec 12

TOTAL BODY FITNESS

Would you like a fun, affordable and effective way to burn stubborn body fat, get stronger, build lean muscle mass, and improve your level of fitness? Our group workouts utilize dumbbells, bands, body-weight exercises, fun agility movements, and a variety of exercises to strengthen your core and more. Expect to sweat and have fun! Certified Personal Trainers will educate you, encourage you, and modify exercises to meet individual needs. A Flex Card is available for this class. To register during a session, call the South Bellevue Community Center at 425-452-4240. Min 4/Max 10

South Bellevue Community Center

\$40(R)	\$48(N)		Age: 13Y and up
111096	6- 6:50am	Tue	Sep 05-26
111100	6- 6:50am	Tue	Nov 07-28
111102	6- 6:50am	Tue	Dec 05-26

\$80(R)	\$96(N)		Age: 13Y and up
111097	6- 6:50am	Tue, Thu	Sep 05-28
111101	6- 6:50am	Thu, Tue	Nov 02-30
111103	6- 6:50am	Tue, Thu	Dec 05-28

\$50(R)	\$60(N)		Age: 13Y and up
111098	6- 6:50am	Tue	Oct 03-31

\$90(R)	\$108(N)		Age: 13Y and up
111099	6- 6:50am	Tue, Thu	Oct 03-31

RACQUET SPORTS FITNESS

Improve your game with this racquet sports based, personalized class focusing on moving and strengthening core muscles, hips, back, ankles, wrists, and balance work. Develop power and explosive movement! Join Diane DeFuria, Certified Personal Trainer and licensed Massage Therapist with over 20 years of experience. Min 6/Max 12

South Bellevue Community Center

\$88(R)	\$104(N)		Age: 16Y and up
111184	8- 8:50am	Mon	Sep 11-Oct 30

\$77(R)	\$91(N)		Age: 16Y and up
118409	8- 8:50am	Thu	Sep 14-Oct 26
118411	8- 8:50am	Mon	Nov 06-Dec 18
118995	8- 8:50am	Thu	Nov 02-Dec 21

\$150(R)	\$180(N)		Age: 16Y and up
118410	8- 8:50am	Mon/Thu	Sep 11-Oct 30

\$140(R)	\$168(N)		Age: 16Y and up
118996	8- 8:50am	Mon/Thu	Nov 02-Dec 21

STRONG AND FIT SENIORS/ADULTS

This group fitness program taught by certified personal trainers, provides education on improving overall functional fitness using a variety of equipment and a varied routine while accommodating individual needs and limitations. Participants will improve strength, balance, coordination, posture, flexibility, core strength, and aerobic conditioning while participating in a fun, safe, social, and supportive atmosphere. A Flex Card is available for this class. To join this class during a session, call the South Bellevue Community Center at (425) 452-4240. Min 8/Max 20

South Bellevue Community Center

\$41(R)	\$50(N)		Age: 18Y and up
111313	10:30-11:20am	Mon, Wed	Sep 11-27
111316	10:30-11:20am	Mon, Wed	Dec 04-20

\$55(R)	\$66(N)		Age: 18Y and up
111314	10:30-11:20am	Mon, Wed	Oct 02-30
111315	10:30-11:20am	Wed, Mon	Nov 01-29

ZUMBA®

ZUMBA® is a one of a kind fitness program with easy to follow Latin rhythms designed for all fitness levels. The goal of the program is for you to love working out again and to look forward to it. This hour of calorie burning, energizing, and expressive movements brings spice back into everyone's fitness program! Bring a towel and water. Sign up for a 2 day a week session and Bellevue residents only pay \$6.00 a class. A Flex Card is available for this class. To join this class after the session has started, call South Bellevue Community Center (425) 452-4240. Min 8/Max 25

South Bellevue Community Center

\$49(R)	\$59.50(N)		Age: 13Y and up
111341	10-11am	Wed	Sep 13-Oct 25
111344	9:15-10:15am	Fri	Sep 15-Oct 27
111342	10-11am	Wed	Nov 01-Dec 13

\$84(R)	\$100(N)		Age: 13Y and up
111343	10-11am	Wed	Sep 13-Oct 27
	9:15-10:15am	Fri	

\$72(R)	\$84(N)		Age: 13Y and up
111345	10-11am	Wed	Nov 01-Dec 15
	9:15-10:15am	Fri	

\$35(R)	\$42.50(N)		Age: 13Y and up
111346	9:15-10:15am	Fri	Nov 03-Dec 15

Martial Arts

TAI CHI-YANG FAMILY STYLE

Experience the ancient art of Tai Chi. Come learn the slow, smooth, gentle moves of the Yang Family Style Long Form and reduce stress, relax the body, and increase balance, strength, coordination and flexibility. Cheryl Inouye, Instructor. Min 8/Max 10

Northwest Arts Center

\$80(R)	\$96(N)		Age: 16Y and up
118329	10-11am	Tue	Sep 19-Nov 21



TAI JI QUAN MOVING FOR BETTER BALANCE

Tai Ji Quan: Moving for better balance is a proven program to help reduce falling and help decrease the fear of falling in older adults and people with neurological conditions. Class is run by physical therapist Tim Pazier. Learn how you can improve muscle strength, balance, flexibility and mobility in a fun, gentle and easy to follow format. NO CLASS ON HOLIDAYS. Min 5/Max 15

Highland Community Center

\$240(R)	\$288(N)		Age: 18Y and up
118835	11am-12pm	Tue, Thu	Sep 12-Dec 05

YANG STYLE TAI CHI BEGINNER

Tai Chi Chuan is an ancient Chinese martial art which combines grace with internal power and strength. Movements are practiced at a slow, flowing pace. Learn how to relax the mind and body. Both a fitness and health exercise, Tai Chi helps to relieve stress, revitalizes energy, improves agility, balance and coordination. Since this is low impact, it is suitable for people of all ages. Instructor has 20 years experience in Yang style Tai Chi Chuan. To register during a session, call the South Bellevue Community Center at 425-452-4240. Min 5/Max 20

South Bellevue Community Center

\$66(R)	\$78(N)		Age: 16Y and up
110694	9-9:55am	Sat	Sep 16-Oct 21
110695	9-9:55am	Sat	Nov 04-Dec 16

YANG STYLE TAI CHI CONTINUING

This class continues from Tai Chi Beginner. Students who have completed the Beginner class or have previous experience in Yang style long form are welcome to participate. See Beginner class description for more details. To register during a session, call the South Bellevue Community Center at 425-452-4240. Min 5/Max 20

South Bellevue Community Center

\$66(R)	\$78(N)		Age: 16Y and up
110701	10-10:55am	Sat	Sep 16-Oct 21
110702	10-10:55am	Sat	Nov 04-Dec 16

MINDFUL MOVEMENT

Mindful Movement gently blends Chi Kung, Tai Chi, and Hapkido to create a calm, whole body exercise that will increase your strength, balance, flexibility, and over all sense of wellbeing. No experience necessary. Instructor Sabrina Mix is a 4th degree black belt instructor with over 20 years of experience teaching martial arts & meditative movement. Min 6/Max 15

Boys & Girls Club of Bellevue - Main Club

\$45(R)	\$50(N)		Age: 18Y and up
118448	12-12:50pm	Fri	Sep 29-Nov 03



MINDFUL MOVEMENT: A CHI KUNG STYLE YOGA

Join us for guided movement on Chi Kung and solf style martial arts. This yoga-esque class encourages proper posture for effective stretching combined with easy strengthening exercise. Energize your body as you calm your mind through relaxed, guided gentle movements connected to breathe. Meditation in movement as well as in a seated posture are incorporated into the class. From this class, expect to feel an immediate sense of refreshed focus and relaxation. Long term benefits include increased flexibility, suppleness, balance, strength and a deeper mind-body calm. Mats provided, no shoes required. Min 2/Max 15

Crossroads Community Center

\$53(R) \$63(N)		Age: 11Y and up
118373	9:30-10:30am Mon	Sep 18-Oct 30
\$45(R) \$54(N)		Age: 11Y and up
118376	9:30-10:30am Thu	Sep 21-Oct 26
118377	9:30-10:30am Thu	Nov 02-Dec 14
118374	9:30-10:30am Mon	Nov 06-Dec 11

NAGINATA

This form of Japanese martial art shows both power and grace. It is characterized by the grandeur of its sweeping movements of the Naginata, a Japanese sword on the end of a six foot pole. This art is for people of all ages interested in either competitive fighting, or in the physical beauty of choreographed, practiced movements called 'kata'. Beginners are welcome but please contact instructor before registering (425) 736-5663. Thursday is an advanced class. Students must have completed one-quarter before registering for the Thursday class. Visit their website www.pnnf.org Min 7/Max 11

Beginner

Northwest Arts Center

\$144(R) \$170(N)		Age: 13Y and up
118453	7-9pm Tue	Sep 12-Dec 19

Advanced

Northwest Arts Center

\$216(R) \$246(N)		Age: 13Y and up
118455	7-9pm Tue, Thu	Sep 12-Dec 21
\$134(R) \$155(N)		Age: 13Y and up
118454	7-9pm Thu	Sep 14-Dec 21

TAEKWONDO

An ancient Korean Martial Art, Taekwondo is a system of practical techniques used for self-defense. Instruction is designed to physically emphasize kicks and punches that strengthen and condition the whole body and mentally promote confidence, patience, and respect. For the 6pm class, students must be 10 yrs old or have instructor permission. To register during a session, call South Bellevue Community Center at (425) 452-4240. Min 8/Max 30

South Bellevue Community Center

\$56(R) \$67(N)		Age: 10Y and up
110725	6-6:50pm Tue, Thu	Sep 05-28
110727	6-6:50pm Tue, Thu	Oct 03-26
110739	6-6:50pm Thu, Tue	Nov 02-30
\$56(R) \$67(N)		Age: 6Y and up
110726	5-5:50pm Tue, Thu	Sep 05-28
110728	5-5:50pm Tue, Thu	Oct 03-26
110731	5-5:50pm Thu, Tue	Nov 02-30
\$56(R) \$67(N)		Age: 5Y and up
110740	4-4:50pm Tue, Thu	Sep 05-28
110729	4-4:50pm Tue, Thu	Oct 03-26
110730	4-4:50pm Thu, Tue	Nov 02-30
\$42(R) \$50(N)		Age: 5Y and up
110732	4-4:50pm Tue, Thu	Dec 05-21
\$42(R) \$50(N)		Age: 6Y and up
110733	5-5:50pm Tue, Thu	Dec 05-21
\$42(R) \$50(N)		Age: 10Y and up
110734	6-6:50pm Tue, Thu	Dec 05-21

MARTIAL ARTS ESSENTIALS FOR ADULTS & TEENS

Gain experience in the basic movements and principles of throws, take downs, strikes and falls. learn practical movements for self defense and for self improvement in a safe, non aggressive manner. Move to flowing and cardio movements while learning the skills present in the martial arts of Aikido, hapkido, TaeKwonDo. No belts or competitions. Experience the 'arts' for self promotion, self confidence, flexibility strength and peace of mind. Mats provided, no shoes required. Min 5/Max 20

Crossroads Community Center

\$51(R) \$62(N)		Age: 13Y and up
118371	6-7:15pm Thu	Sep 21-Oct 26
118372	6-7:15pm Thu	Nov 02-Dec 14

TAEKWONDO PLUS

TaeKwonDo Plus classes offer a traditional TaeKwonDo training curriculum with the added benefits of practical self defense techniques and instruction of proper, safe falling and rolling. It is an excellent way to grow physical fitness, gain flexibility, increase your focus, balance and confidence. Workouts include cardio, mental focus, core conditioning and stretching exercises appropriate for all ages 6 and up. Sparring is light touch, tag-style and the techniques are taught in a safe, fun environment by a husband and wife team: Sabrina Mix, martial arts instructor for 20+ years, 4th degree black belt and Matthias Leibmann, 2nd Dan. New students may enroll anytime. Uniforms are required after the 2nd month and can be purchased through the instructor. Families welcome! Min 5/Max 25

Crossroads Community Center

\$102(R) \$122(N)		Age: 6Y and up
118369	4:30-5:45pm Tue, Thu	Sep 19-Oct 26
\$94(R) \$112(N)		Age: 6Y and up
118370	4:30-5:45pm Thu, Tue	Nov 02-Dec 14



TAE KWON DO

Tae-Kwon-Do is a Korean Marial Art that uses hands and feet. The art helps bring confidence, fitness, and mental growth. Have you always wanted to learn a martial art, it is time to try and experience it. Learning the art requires only an open mind and it is never late to join the classes. Instructor Kamal Srinivasan has worked with students of various ages and is well versed in the art of self defense. The class teaches you to train both body and mind. A typical class starts with warm-ups and there will be a combination of kicks, punches, forms, sparring, and target practice. No program February 2017. Min 3/Max 20

North Bellevue Community Center

\$30(R)	\$36(N)		Age: 16Y and up
109272	6-7:30pm	Thu	Sep 07-28
109274	6-7:30pm	Thu	Nov 02-30
109275	6-7:30pm	Thu	Dec 07-28
\$38(R)	\$45(N)		Age: 16Y and up
109273	6-7:30pm	Thu	Oct 05-26

SHOTOKAN KARATE

Learn traditional Karate with a safe, non-violent philosophy and practice emphasizing Respect, Excellence, Strength and Character with fun and experienced Black Belt instructors. Bring a water bottle. To register during a session, call the South Bellevue Community Center at (425) 452-4240. Min 5/Max 15

South Bellevue Community Center

\$57(R)	\$63(N)		Age: 6Y - 11Y
118528	5-5:45pm	Mon, Wed	Sep 11-27
118531	5-5:45pm	Mon, Wed	Dec 04-20
\$85.50(R)	\$94.50(N)		Age: 6Y - 11Y
118529	5-5:45pm	Mon, Wed	Oct 02-30
\$63(R)	\$75(N)		Age: 6Y - 11Y
118530	5-5:45pm	Mon, Wed	Nov 06-29
\$70(R)	\$84(N)		Age: 12Y and up
118532	6-7pm	Mon, Wed	Sep 11-27
118535	6-7pm	Mon, Wed	Dec 04-20
\$94(R)	\$112(N)		Age: 12Y and up
118533	6-7pm	Mon, Wed	Oct 02-30
118534	6-7pm	Mon, Wed	Nov 06-29

BEGINNING KENDO

Kendo is a coed martial arts sport based on Samurai traditions requiring both mental and physical discipline. Participants use a Bokken (oak sword) for weeks 1-4, at week 5 a Shinai (bamboo sword) is also required (\$25). Participants must purchase a bokken (oak sword) either before or at the first class, cost is \$25 check or cash. Beginning students should arrive at least 20 minutes early for the first class. Beginning students should wear loose fitting clothes. The beginning class focus is on learning basic footwork and sword handling. Upon completion of the beginning class, continuing students enroll in the intermediate class. Prospective students should make an effort to research kendo prior to signing up for the class. Min 12/Max 25

Highland Community Center

\$77(R)	\$92(N)		Age: 8Y and up
112182	6:30-8pm	Fri	Sep 15-Dec 08

INTERMEDIATE KENDO

Intermediate Kendo is a continuation where they work on skill improvement. Half the of the class time is spent in drills with the advanced class. There the students progress to actual striking of live targets. Once the student has progressed in skill they will be able to move into wearing armor and engage in bouts with other students. Students remain in intermediate until they have transitioned to armor. During intermediate kendo students generally purchase uniforms which are required for advanced kendo. All students in armor are in the Advanced Class. Min 12/Max 25

Highland Community Center

\$77(R)	\$92(N)		Age: 8Y and up
112552	6:30-8:30pm	Fri	Sep 15-Dec 08

ADVANCED KENDO

Advanced kendo is for those students that 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. Min 12/Max 60

Highland Community Center

\$77(R)	\$92(N)		Age: 8Y and up
112562	7:30-9:30pm	Fri	Sep 15-Dec 08

MINI KICKERS MARTIAL ARTS

Mini-Kickers teaches basic kicks and strikes to young children in an active, fun and positive environment. The instructor is a second degree black belt who has been studying and teaching Tae Kwon Do for 15 years, and has competed on a national level and coached many students in national tournaments and Junior Olympics. Uniforms may be purchased through instructor. Sparring equipment is an optional purchase. Min 6/Max 30

Northwest Arts Center

\$235(R)	\$256(N)		Age: 8Y - 12Y
118470	5:30-6:15pm	Mon, Wed	Sep 18-Jan 31

SELF DEFENSE/HAPKIDO (LITTLE WARRIORS AND/OR BEGINNING)

This co-ed course helps young people develop coordination, balance, focus, strength, self-esteem, group interaction, communication skills and discipline, while teaching personal safety/self-defense in a safe, friendly environment. In addition to lots of conditioning exercises, students will learn a basic kicks, strikes, throws, evasions, grappling and weapons. Uniform required & available at class for a fee. www.conquerorhapkido.com Min 5/Max 10

North Bellevue Community Center

\$50(R)	\$60(N)		Age: 6Y - 12Y
112752	5:30-6:30pm	Mon, Wed	Oct 02-25
112753	5:30-6:30pm	Mon, Wed	Oct 30-Nov 22
112754	5:30-6:30pm	Mon, Wed	Nov 27-Dec 20

SELF DEFENSE/HAPKIDO (INTERMEDIATE/ADVANCED)

With a blend of traditional and real-world scenarios, students learn to identify, avoid and de-escalate potentially dangerous situations. In addition to lots of conditioning exercises, students will learn blocks, strikes, throws, evasion and grappling. In this class, unlike the little conquerors class, students will start learning joint locks and pressure points (adults only). Prerequisite: Graduation from the junior conqueror class, or age 13 and above. Instructor permission required to attend. Min 3/Max 10

North Bellevue Community Center

\$50(R)	\$60(N)		Age: 13Y and up
112793	6:30-7:30pm	Mon, Wed	Oct 02-25
112794	6:30-7:30pm	Mon, Wed	Oct 30-Nov 22
112795	6:30-7:30pm	Mon, Wed	Nov 27-Dec 20



DESSERT THEATRE

Presented by BYT
Saturday, October 28th
7 pm



THE GREAT SBCC PUMPKIN RACE AND JUMP

Downhill Race A Decorated Pumpkin
Saturday, October 28th
10 am



GLOW GOLF

Six Holes of Petrifying putt-putt
Saturday, October 28th
6 pm – 9 pm



PUMPKIN CARNIVAL

Games! Food! Entertainment!
Saturday, October 28th
11 am – 4 pm



BELLEVUE ZIP SCARE

Friday & Saturday Evenings in
October
6 pm – 7:45pm



NIGHT WATCHMAN TOUR

Learn the Untold Tale of Eastgate Park
Saturday, October 28th
7 pm

**SOUTH BELLEVUE
COMMUNITY CENTER**

a partnership for a healthy community



For further information contact:

South Bellevue Community Center

sbcc@bellevuewa.gov

425-452-4240

Outdoor & Natural Resources



**TRACKS:
BUILDING A
HEALTHY
COMMUNITY
THROUGH
OUTDOOR**

ADVENTURE!

The TRACKS Outdoor Initiative wants you to get outdoors! From backcountry camps for teens to inspiring speakers, TRACKS will take you on an adventure. We offer opportunities to explore the wilderness, and can help you build the skills and confidence necessary to develop your own lifelong relationship with nature. Look for the TRACKS symbol throughout Connections to find great ways to get outside, get active, and to care for your environment.

For more information on any TRACKS programs contact
CSabochik@bellevuewa.gov or call
425-452-6883.

BIG BACKYARD COMMUNITY CAMPOUT

Come experience Bellevue's Community Campout. This event is perfect for first time campers or experienced campers looking for a fun time with family and friends. This year we are camping at Newcastle Beach Park, so come join us for a night of camping out under the stars in the great outdoors. Dinner, breakfast and campfire treats are included. Limited camping gear is available upon request. Min 20/Max 40 Newcastle Beach Park

\$20(R) \$25(N)
117792

Age: 2Y and up
Sat-Sun Sep 02-03



TUESDAY TRAILS-50+ HIKING SERIES

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. Min 6/Max 12

North Bellevue Community Center

\$5			Age: 50Y and up
118789	10am- 3pm	Tue	Sep 12
118790	10am- 3pm	Tue	Sep 19
118791	10am- 3pm	Tue	Sep 26
118792	10am- 3pm	Tue	Oct 03
118793	10am- 3pm	Tue	Oct 10
118794	10am- 3pm	Tue	Oct 17
118795	10am- 3pm	Tue	Oct 24
118796	10am- 3pm	Tue	Oct 31

Family Discovery Series

ART IN NATURE EXHIBITS

The ability to interpret nature through art is an extraordinary talent. These exhibits will display artists' work in the Visitor Center. New artwork will be featured throughout the year. Come, be inspired.

WHEN: Facility Hours

WHERE: Mercer Slough Environmental Education Center

COST: Free



DISCOVERY BACKPACKS

Our Discovery Backpacks provide you with all the materials and activities you'll need for launching a fun, self-guided tour. They include binoculars, magnifying lenses, easy-to-use nature guides and more. Great for families, groups, and individuals! Backpack themes available: Birding, Wildlife, and Wetlands.

WHEN: Available Daily,
10:30am -3:30pm

WHERE: Lewis Creek Visitor Center,
Lake Hills Ranger Station

COST: FREE!

INFO: 425-452-4195

LEWIS CREEK FAMILY DISCOVERY PROGRAMS

Lewis Creek Visitor Center; 5808 Lakemont Blvd. SE. Environmental programming for the whole family! All children must be accompanied by an adult. Please call (425) 452-4195 for more information.

LEWIS CREEK STORY TIME: Fly, Chick, Fly!

Look, listen, and create during an hour of stories and crafts. Join us for two books about baby birds: a family of hatchling ducks learns to swim, and a clutch of owls learns to fly. We always make a fun craft to take home! Pre-registration is required for children and adults. Indoor program: Best for children ages 3-7 with accompanying adult(s).

Lewis Creek Park

FREE		Age: 3Y and up
118743	11am-12pm	Fri Sep 01
118744	1:30- 2:30pm	Fri Sep 01

The Washington State Sea Turtle Race

Did you know that leatherback sea turtles forage for jellyfish just off the coast of Washington State? Join us to learn about their biology: we'll be playing a fun sea turtle migration game outside. Indoor/outdoor program: Best for children ages 5-10 with accompanying adult(s).

FREE		Age: 5Y and up
	2:30- 3:30pm	Sun Sep 03
	2:30- 3:30pm	Sat Sep 09
	2:30- 3:30pm	Sat Sep 16



VISITOR CENTERS

Botanical Garden Visitor Center

The beautiful new visitor center at the Bellevue Botanical Garden is complete and open for visitors! The 53-acre garden offers plant lovers the delightful experience of the Perennial Border, Ravine Experience, Yao Garden, Rock Garden, and trails through peaceful woodlands.

Location: 12001 Main Street, 98005

Hours: 9am - 4pm daily

Phone: 425-452-2750

Website: bellevuebotanical.org

Lake Hills Greenbelt Ranger Station

Surrounded by community farms, gardens, and beautiful wetlands, you will find interpretive information, and nature trails. Come into the ranger station for environmental program information or to get community farm and garden information.

Location: 15416 SE 16th Street, 98007

Hours: Tue - Sat, noon-4pm

Phone: 425-452-7225

Website: parks.bellevuewa.gov/lakehills

Lewis Creek Visitor Center

This beautiful park offers the opportunity to wander through forests, meadows, and wetlands. Come inside the center and pick up trail and park maps for the area, attend an educational program, or simply enjoy the relaxing atmosphere.

Location: 5808 Lakemont Blvd., 98007

Hours: Wed-Sun, 10am-4pm

Closed Mon, Tue, & Holidays

Phone: 425-452-4195

Website: parks.bellevuewa.gov/lewis creek

Mercer Slough Environmental Education Center

Overlooking the 320 acre Mercer Slough Nature Park, the Visitor Center offers remarkable views of the forest canopy and swampy wetlands below. Inside, enjoy an interactive library and interpretive displays for adults and families. Park Rangers provide information and free weekly programs. Pick up trail maps, brochures and program information.

Location: 1625 118th Ave SE, 98005

Hours: Daily, 10am-4pm

Phone: 425-452-2565

Website: parks.bellevuewa.gov/mseec



MERCER SLOUGH

ENVIRONMENTAL EDUCATION CENTER

Pacific Science Center offers programs for preschoolers, school groups, teens and families to explore and learn in nature including:

- Environmental Science & Technology Practicum, Saturdays, grades 9 – 12
- Environmental Science Pathways, Thursdays, grades 6 – 8
- Wetland Field Studies and Classroom Lessons, grades PreK – 8

For additional programs and to register visit pacificsciencecenter.org or call **(206) 443-2925**.



The Mercer Slough Environmental Education Center is a collaboration between the City of Bellevue and Pacific Science Center.

1625 118th Avenue SE, Bellevue, WA 98005





Night Hike at Lewis Creek Park

When the sun sets and the dark of night creeps in, Lewis Creek Park comes alive! Learn about the different nocturnal and crepuscular species that call the park home, and join a Park Ranger on a hike through the woods after dark! Bring a flashlight or headlamp, as well as good shoes and warm clothes for the journey! Pre-registration is required for children and adults. Indoor/Outdoor program. Ages: 5+.

Lewis Creek Park

\$4(R) \$5			Age: 5Y and up
118762	8-9:30pm	Fri	Sep 22
118763	7:30-9pm	Fri	Oct 20
118764	7:30-9pm	Fri	Dec 15

LEWIS CREEK STORY TIME: The Lorax

Look, listen, and create during an hour of stories and crafts. Join us for the classic children's book the Lorax to learn the basics of safeguarding our environment. We always make a fun craft to take home! Pre-registration is required for children and adults. Indoor program: Best for children ages 3-7 with accompanying adult(s).

Lewis Creek Park

FREE			Age: 3Y and up
118745	11am-12pm	Fri	Oct 06
118746	1:30-2:30pm	Fri	Oct 06

Who's that Bird?

Join a park ranger to learn the who's who and what's what of our local bird species. We'll learn some new friends, and participants will choose their favorite for an art piece to be displayed at the Lewis Creek Visitor Center. Indoor/outdoor program: Best for children ages 5-10 with accompanying adult(s).

FREE			Age: 5Y and up
	2:30-3:30pm	Sun	Oct 15
	2:30-3:30pm	Sat	Oct 21
	2:30-3:30pm	Sun	Oct 22

LEWIS CREEK STORY TIME: Very Hairy Bear

Look, listen, and create during an hour of stories and crafts. Do you know that black bears live on Cougar Mountain? Join us for some stories about bears! We always make a fun craft to take home! Pre-registration is required for children and adults. Indoor program: Best for children ages 3-7 with accompanying adult(s).

FREE			Age: 3Y and up
118747	11am-12pm	Fri	Nov 03
118748	1:30-2:30pm	Fri	Nov 03



Let's Plant a Tree!

Learn some local trees with a park ranger! We'll go for a short walk through the forest at Lewis Creek Park, and then each participant will plant a willow tree. Please wear waterproof shoes. Indoor/outdoor program: Best for children ages 5-10 with accompanying adult(s). Cost: FREE! RSVP required by 4pm the Friday before the event at 425-452-4195.

FREE			Age: 5Y and up
	2:30-3:30pm	Sun	Nov 12
	2:30-3:30pm	Sat	Nov 18
	2:30-3:30pm	Sun	Nov 26

LEWIS CREEK STORY TIME: Let it Snow!

Look, listen, and create during an hour of stories and crafts. It's winter, alright... Join us for stories about snow and wildlife! We always make a fun craft to take home! Pre-registration is required for children and adults. Indoor program: Best for children ages 3-7 with accompanying adult(s).

FREE			Age: 3Y and up
118749	11am-12pm	Fri	Dec 01
118750	1:30-2:30pm	Fri	Dec 01

Life in the Forest Understory

There's an entire world in the understory of our Bellevue forests. We'll learn about fungus, nurse logs, ferns, salamanders, moss, slugs, millipedes, and more as we explore Lewis Creek Park's forest. Indoor/outdoor program: Best for children ages 5-10 with accompanying adult(s).

Lewis Creek Park

FREE			Age: 5Y and up
	2:30-3:30pm	Sun	Dec 17
FREE			Age: 5Y and up
	2:30-3:30pm	Sat	Dec 30

LAKE HILLS GREENBELT FAMILY DISCOVERY SERIES

Come on over to the Lake Hills Greenbelt Ranger Station for a program with a Park Ranger! All children must be accompanied with an adult, and please dress for the weather as we will likely go explore outside. Please call 425-452-7225 for questions and to RSVP for the program. RSVP is required. Min 2/Max 20

Lake Hills Greenbelt

Lake Hills Greenbelt Evening Ranger Hike

Spend the later part of your day going on a walk with a Bellevue Park Ranger. Listen for nocturnal animals, smell the cool evening air, and see the park in a different light. Also come learn what it takes to be a creature of the night in Bellevue parks! All children must be accompanied with an adult, and please dress for the weather.

Lake Hills Greenbelt

FREE			All Ages
117604	8-9pm	Fri	Aug 26

Swim, Salmon, Swim!

Autumn provides some of the best months to see wild salmon swimming home. They can travel thousands of miles to lay eggs and spawn. Come learn about this incredible journey and why the salmon cycle is so important to life in the Pacific Northwest.

FREE			All Ages
118539	10-11am	Fri	Sep 08

Creepy, crawly, and cool!

Come learn about bugs, worms and spiders as we discover fun facts about these little creatures. Discover their benefits to us and our ecosystem. We will be going outside in search of these little friends, so please dress according to the weather.

FREE			All Ages
118540	10-11am	Fri	Oct 13

Listen and Look for Creatures of the Night.

Come enjoy an evening with a Bellevue Ranger on the Lake Hills Trail. We will keep an eye and an ear out for nocturnal creatures who sleep during the day and live through the night. Dress for weather, and bring a flashlight so things don't get too spooky!

FREE			All Ages
118541	7-8pm	Fri	Oct 27

A Trail of Autumn Leaves

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

FREE
118542 10-11am Fri All Ages
Nov 17

Who's in Your Backyard: Bobcats and Cougars

Two types of wild cats live right here in our Bellevue parks. Do you know how to tell them apart? Come learn about our local woodland felines and what to do if you come across a mountain lion!

FREE
118543 10-11am Fri All Ages
Dec 01

Winter Visitors

Some animals, such as the snow goose, travel incredible distances in the changing seasons. Come learn about some of these migrators, and what brings them to the Pacific Northwest for the winter.

FREE
118544 10-11am Fri All Ages
Dec 15

MERCER SLOUGH RANGER PROGRAMS

Join a Park Ranger at the Mercer Slough Environmental Education Center's Visitor Center for a FREE program. All ages welcome, children under 12 must be accompanied by an adult. A portion of the program may be outside, dress for the weather. No registration necessary, but please RSVP 425-452-2565. Min 4/Max 40

I've Got That Fall Feeling

Have you ever wondered why leaves change colors in the Fall or what happens during photosynthesis? This program will provide you with the answer to those questions and much more. Enjoy a guided walk to see the fabulous Fall foliage in the Mercer Slough followed by a crafting activity in our community room.

Mercer Slough Nature Park

FREE
118699 2-3pm Sat All Ages
118700 2-3pm Sat Sep 16
Sep 23

Native Plant Walk

Have you ever wished you could identify more of our local plants? Join a park Ranger on walk through the Mercer Slough to learn more about the native trees and shrubs that thrive in the forest, meadow and wetland.

FREE
118711 2-3pm Sat Best for adults
Sep 30

All About the Bats

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

FREE
118701 2-3pm Sat All Ages
118702 2-3pm Sat Oct 07
Oct 14

Hiking History: Glaciers to Greenways

What mysteries lie beneath the soggy surface and between the diversity of aquatic plants? Through both natural processes and human interactions, the area has changed drastically over thousands of years. Join a Ranger for a guided history hike through the Mercer Slough Nature Park to uncover the past and explore the future.

FREE
118712 2-3pm Sat Best for adults
Oct 28

Swim to Spawn

Salmon were once abundant here in the PNW but have been on a rapid decline in most of our region. Come learn more about the Salmon that make the arduous journey from the ocean to the Mercer Slough where they will eventually spawn in the shallow waters of Kelsey creek. Learn about the different stages of our Salmon and what you can do to help aid in their survival.

FREE
118703 2-3pm Sat All Ages
118704 2-3pm Sat Nov 11
Nov 18

Whooo is in the Forest?

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

FREE
118705 2-3pm Sat All Ages
118706 2-3pm Sat Dec 09
Dec 16

FAMILY DISCOVERY SERIES: MOVIES AT MERCER SLOUGH

Join us the last Friday of every month for fun and engaging environmental movies. Bring a comfy blanket or pillow and we'll pop the popcorn. All children under 12 must be accompanied by an adult. No registration necessary. Where: Mercer Slough Environmental Education Center 1625 118th Ave SE. Age: Best for ages 8+ Cost: Free! Please RSVP by calling or emailing 425-452-2565 or MSEEC@bellevuewa.gov Min 4/Max 40

Bees: Tales from the Hive

Honeybees have been mysteriously disappearing across the planet at alarming rates in the past decade or more. This phenomenon is referred to a Colony Collapse disorder. (CCD) While endless hours and years of research has been dedicated to solving this mystery, a definitive answer has not been found. Come and learn more about what may be leading to their demise, what it means for our future and what we can do to help save the bees.

Mercer Slough Nature Park

FREE
118707 5-6pm Fri All Ages
Sep 29

Secret World of Bats

Bats are often feared and misunderstood. However, without these amazing mammals our ecological systems would be significantly altered and life as we know it would drastically change. This film captures all aspects of bat behavior across five continents with remarkable slow motion photography you don't want to miss it. Bat costumes encouraged.

FREE
118708 5-6pm Fri All Ages
Oct 27

My Life as a Turkey

Based on a true story, this beautiful, thought provoking film explores one of those rare moments when man and animal become more closely linked than nature normally allows. Follow one man's incredibly journey raising wild turkey's from hatchlings to adulthood.

FREE
118709 5-6pm Fri All Ages
Nov 17



Christmas in Yellowstone

NATURE presents Christmas in Yellowstone, a breathtaking link at wintertime deep within America's first national park. This film has some graphic predator-prey interactions so may not be appropriate for some younger viewers.

FREE
118710 5-6pm Fri All Ages
Dec 29

Adult Enrichment Series

LEWIS CREEK ADULT ENRICHMENT PROGRAMS

Lewis Creek Visitor Center; 5808 Lakemont Blvd. SE Min 2/Max 50

LIVING WITH WILDLIFE: Crows

Crows are one of our city's most common wildlife residents. They have more advanced cognitive abilities than many mammals, have amazing memory, and are very social. Find out why crows gather in huge numbers, and what the fuss is all about. Learn what crows know, and discover how we can get along together. Indoor program.

Lewis Creek Park

FREE
2-3pm Sat Age: 13Y and up
Sep 30

LIVING WITH WILDLIFE: Raccoons

Are you neighbors with one (or a several) of these mischievous mammals? If so, you're not alone. Learn all about raccoons, and how to prevent conflicts in your neck of the woods. Indoor program.

FREE
2-3pm Sat Age: 13Y and up
Oct 28

LIVING WITH WILDLIFE: Coyotes

So... there's a coyote in the yard... should I be worried? Nope, but there are definitely some tips and tricks to keep this fascinating urban creature as wild as possible. Join us to learn how! Indoor program.

FREE
2-3pm Sun Age: 13Y and up
Nov 05

Cultural History Programs

FRASER CABIN HERITAGE PROGRAMS

Presented by the Eastside Heritage Center, in partnership with Bellevue Parks & Community Services. Fraser Cabin, built in 1888 and located at Kelsey Creek Farm, comes to life with activities and interpretation presented by volunteers and staff from Eastside Heritage Center. Visitors are invited to participate in hands-on activities that relate to 1880s settler life; agriculture, dairy, household tasks, log cabins, games and Eastside history. For more information, contact the Eastside Heritage Center at 425-450-1049 or visit www.eastsideheritagecenter.org.

Kelsey Creek Farm Park

FREE
11am-3pm Sat All Ages
11am-3pm Sat Aug 19
11am-4pm Sat Sep 16
Oct 07

Tours, Hikes, Walks, & Outdoor Activities

BELLEVUE BOTANICAL GARDEN TOURS

Join docents for a free drop-in tour of the world-famous gardens. Tour lasts about one hour.

Time: Saturdays and Sundays, April through October, 2pm

Location: Bellevue Botanical Garden Visitor Center
12001 Main Street

Information: 425-452-2750

Cost: Free

Groups: Pre-register 3 weeks in advance, special times ok, available April through October.

LOCAL AREA RANGER HIKES

Did you know Bellevue has almost 100 parks and over 90 miles of trail to explore? Get connected to your local greenbelts and neighborhood parks as rangers take you on hikes throughout the year. Please dress for the weather, bring water and wear sturdy shoes. Hikes vary in theme and length. Please see details below. Cost: Free! No registration required. Info: 425-452-4195.

Lewis Creek Park

Lewis Creek Ranger Hike

Join a park ranger to explore the natural and cultural history of Lewis Creek Park. Look for signs of local wildlife and learn what to do when encountering animals in the wild. All ages are welcome. Please dress for the weather and wear sturdy shoes. Distance: approximately 1 mile.

Level of Difficulty: Easy-Moderate (50 feet elevation change) Meeting Place: Lewis Creek Visitor Center, 5808 Lakemont Blvd SE Ages: All Cost: Free! No registration required

Lewis Creek Park

FREE
10:30am-12pm Sat All Ages
10:30am-12pm Sat Sep 02
10:30am-12pm Sat Oct 07
10:30am-12pm Sat Nov 04
Dec 02

Lakemont Highlands Open Space Ranger-led Hike

Explore this wonderful local trail. A park ranger will guide you through this friendly neighborhood open space: We'll learn about local wildlife and forests. All ages are welcome. Please dress for the weather and wear sturdy shoes. Distance: 3.5 miles Level of Difficulty: Moderate-Difficult (350 feet elevation change) Meeting Place: Lewis Creek Visitor Center, 5808 Lakemont Blvd SE Ages: All Cost: Free! No registration required

FREE
10am-12pm Sun All Ages
10am-12pm Sat Sep 10
Nov 11



MERCER SLOUGH RANGER HIKE

Bring the whole family to join a ranger on a guided hike through the Mercer Slough Nature Park. This kid-oriented program uses games and activities to educate kids and their parents about the nature park while discovering the birds and animals that call Mercer Slough home. The hour-long nature walk ends at the channel bridge in the middle of the park. From there you are able to explore the rich diversity the park has to offer.

WHEN: Sundays, 2-3:30pm
September 24, October 29,
November 26, and December 31

WHERE: Mercer Slough Environmental Education Center
1625 118th Ave SE
Meet at the Visitor Center

COST: Free

Please RSVP/pre-register by calling or emailing 425-452-2565 or MSEEC@bellevuewa.gov

Community Farms and Gardens

Preserved within the Bellevue Park System is over fifty acres of productive farmland, demonstration gardens, and historic farm buildings. Rich peat soils have provided growers with abundant crops for over 100 years. Today, these farms and gardens continue to provide visitors the opportunity to purchase fresh produce, learn about sound gardening practices, and experience Bellevue's agricultural heritage. Call 425-452-7225 for information.

Coal Creek Natural Area Woof Walk

Come explore Bellevue's largest park with your furry friend and learn about the natural history and wildlife of the park and how we can keep our pets safe. Please limit one dog per guest with leash and bring a doggy waste bag. All ages are welcome. Please dress for the weather and wear sturdy shoes. RSVP to 425-452-4195 required by 4pm on October 13th. Distance: 2 miles Level of Difficulty: Moderate (100 feet elevation change) Meeting Place: Cinder Mine Trailhead (Newcastle Golf Club Road, west of Redtown Trailhead) Ages: All Cost: Free!

FREE All Ages
10:30am-12pm Sat Oct 14

A New Year's Hike at Lewis Creek Park

Join a park ranger to reflect on the passage of time in nature. We'll ponder seasonality, forest changes, and the bygone residents of the area. All ages are welcome. Please dress for the weather and wear sturdy shoes. Distance: approximately 1 mile.

Level of Difficulty: Easy-Moderate (50 feet elevation change) Meeting Place: Lewis Creek Visitor Center, 5808 Lakemont Blvd SE Ages: All Cost: Free! No registration required

FREE All Ages
10:30am-12pm Sun Dec 31

LAKE HILLS GREENBELT RANGER HIKE

When: Saturdays, 2-3pm

Where: Lake Hills Greenbelt Ranger Station, 15416 SE 16th St.

Join a park ranger to explore the natural history of the Lake Hills Greenbelt. Come to discover the local history, search for wildlife signs, and see the beauty that the community gardens offer. All ages welcome. Dress for the weather and wear sturdy shoes. Trails are mostly flat and are stroller-friendly. No pre-registration required.

Cost: Free

InfoL Call 425-452-6993 or email ParkRangerProgram@bellevuewa.gov





MASTER GARDENER URBAN DEMONSTRATION GARDEN



A hands-on, how-to educational garden. Consult with Washington State University Extension Master Gardeners on all aspects of gardening, including composting and soil building, shrub and tree care, vegetables and flower care. Free drop-in consultations and scheduled educational tours are available.

Location: Lake Hills Greenbelt Urban Demonstration Garden
156th Ave SE & SE 16th St
Time: Wednesdays & Saturdays
9am-1pm
Info: Mary Osborne,
425-485-5942,
<http://gardening.wsu.edu>

Volunteer Opportunities

EASTSIDE HERITAGE CENTER VOLUNTEERS

Various opportunities including assisting with educational outreach, collections, marketing, special events and more. Must be 18. Information: Eastside Heritage Center, 425-450-1049

ENVIRONMENTAL STEWARDSHIP VOLUNTEERS

Various ongoing environmental stewardship volunteer opportunities exist with Bellevue Parks & Community Services. Help restore your local parks, lead tours and share your knowledge with the community, or work on special projects. For a full listing, please visit us online at parks.bellevuewa.gov/volunteer or at 425-452-4195 or by email at Parks_Stewardship@bellevuewa.gov.

Here are just a few of the opportunities:

- Master Naturalist Training Program
- Canoe Guide Naturalist
- Scout Leadership Service Project
- Eco Fridays and Stewardship Saturday Events
- ... and much, much more!

<http://parks.bellevuewa.gov>

DOCENT-LED TOURS

2 pm, every Saturday & Sunday, April through October at the Bellevue Botanical Garden, 12001 Main Street. Reservations are not required. For more information call 425-451-3755.

BELLEVUE BOTANICAL GARDEN

The Bellevue Botanical Garden relies heavily on volunteers to help in many roles at the Garden. We love our volunteers! Please visit BellevueBotanical.org or call 425-452-2750 for more information, job descriptions and qualifications.

INTERESTED IN THE ENVIRONMENT? BECOME A BELLEVUE MASTER NATURALIST!

Do you have a passion for the environment and your Bellevue parks? Applications are being accepted until November 30th for a FREE Bellevue Parks & Community Services Master Naturalist training program – designed to build a group of dedicated community volunteers trained in environmental awareness and stewardship.

Bellevue Master Naturalists learn about our area's ecology, geology, wildlife, plant life, cultural history, wetlands, forests, and streams from professors, local professionals, scientists, research assistants, and park rangers. Master Naturalists will focus on restoration and conservation efforts, and will help share this passion by working with and educating their community.

Over the course of this 15-week training program, volunteers will meet with experts in lecture, workshop, and field-trip settings to cover various ecological topics. The program is free with a volunteer commitment of 100 hours of service to Bellevue's Parks Department. Applications must be submitted by mail, postmarked by Nov 30 2017. For more information, or to apply, please contact the park ranger at 425-452-4195 or Parks_Stewardship@BellevueWA.gov.



Volunteer With Us!

Volunteers serve on boards and commissions, lead tours, help out in the office, answer phones, serve lunches, and perform many more vital tasks throughout all of our program areas. Contact one of the following facilities or program areas to learn more about available opportunities.

Bellevue Botanical Garden

425-452-6826
CWelte@bellevuewa.gov

Bellevue Youth Theatre

425-452-7155
BYT@bellevuewa.gov

Adaptive Recreation

425-452-6105
MBoyle@bellevuewa.gov

Special Events

425-452-4106
NWAC@bellevuewa.gov

Kelsey Creek Farm

425-452-7688
KelseyCreekFarm@bellevuewa.gov

North Bellevue Community Center

425-452-7681
NBCC@bellevuewa.gov

Robinswood Tennis Center

425-452-7690
JSoriano@bellevuewa.gov

Park Stewards/Naturalists

425-452-4195
Parks_Stewardship@bellevuewa.gov

Youth Sports

425-452-4627
SGonzales@bellevuewa.gov

Register Online:

<http://parksreg.bellevuewa.gov>

September through December 2017

CONNECTIONS

Kelsey Creek Farm

410 - 130th Pl SE • 425-452-7688
KelseyCreekFarm@bellevuewa.gov

Farm animals in the pastures daily from 9:30am to 3:30pm, including weekends

Kelsey Creek Farm provides the community an opportunity to cross the threshold of urban living into an agricultural experience, while maintaining the historic integrity of the farm through interpretive displays and education. Our programs foster creativity and active play. The farm's two historical barns sit prominently on the crest of a hill. There is no formal entrance fee; however, we welcome and appreciate your donations.

When visiting any of Bellevue's parks, all dogs and other pets must be kept on a leash at all times. Out of consideration for our farm animals' health and wellbeing, please observe all posted signs prohibiting pets from the barnyard and feeding of the farm animals.

Groups of 15+ must pre-register, and for large groups of 30+ there will be a \$30 fee. Please call in advance Monday through Friday, 9am-4pm at 425-452-7688 or email KelseyCreekFarm@bellevuewa.gov.

CRITTER ADOPTIONS

The animals of Kelsey Creek Farm are an essential part of our community's education and enjoyment. Your support helps maintain these animals in a natural farm setting. Become a Kelsey Creek Critter Parent! Simply call for an application. Care and custody of your critter stays with Kelsey Creek Farm. You can adopt any of the following farm animals: pony, pig, sheep, goose, goat, duck, cow, rabbit, or chicken. Adoption levels are available from \$25 for Best Friend to \$200 for Grandparent. For more information, call Kelsey Creek Farm at 425-452-7688 or email KelseyCreekFarm@bellevuewa.gov.

FARM PARTIES

Celebrate your child's special day with a visit to the farm! Meet our goats, sheep, rabbits, pig, and ponies, then create your own woolly sheep to take home. Party packages include one hour tour/craft time and one hour room rental. Children under 2 years are no additional charge. Call the farm at 425-452-7688 or email KelseyCreekFarm@bellevuewa.gov or Jayne@FarmerJayne.com for information and reservations. Ages 2-11

Residents \$190 - up to 15 children, each add'l child \$6

Nonresidents \$205 - up to 15 children each add'l child \$6

Total party size limited to 30 people. Party size 31-40 people will be charged an additional \$100.

FARM TOURS FOR SCHOOLS AND GROUPS

Experience the Farm with a tour designed specifically for groups. Tour themes vary by season as described below. Each focuses on a particular subject ranging from pioneer life in the 1880s to springtime on the farm. Most tours appropriate for children ages 2 and up. Tours are available weekdays and are approximately one hour in length. \$90 for 15 or fewer people (children & adults). Additional attendees: \$6 per child & \$2.50 per adult. Staff are free. Call early for reservations and more information, 425-452-7688, or email KelseyCreekFarm@bellevuewa.gov or Jayne@FarmerJayne.com.

Kids on the Farm Group Tour

Available April only

Explore our farm with hands-on fun as you meet our goats, sheep, rabbits, chickens and ponies. Learn interesting animal facts then move inside to experience the old-fashioned skill of wool carding. Children create fuzzy sheep to take home.

Springtime in the Barnyard Group Tour

Available May only

Welcome springtime with a tour of our animals, which may include chicks, goat kids, piglets and a calf. Learn about their special care then finish up with planting pumpkin seeds in the garden.

Fall at the Farm Group Tour

Available October only

Experience harvest season in a traditional way. Visit a pony and pig. Work on barn "chores" with child-sized pails and rakes. Tour the garden and pumpkin patch. Children finish up by choosing a pumpkin from our harvest-themed indoor pumpkin patch! Extra fee for pumpkins.

Pioneer Days Group Tour

Available November only

Imagine life in the 1880's in our authentic log cabin. Children participate in activity stations learning to grind wheat and coffee, churn butter, hammer nails, pump water, play dress-up, and engage in more living history skills. Storytelling about pioneer life with Laura Ingalls Wilder's Little House books helps children compare their life based on electricity and modern conveniences with the life of Laura and Mary. Ages 3 and up.

LITTLE FARMERS CLASS

Join Farmer Jayne in a special hands-on opportunity to experience farm life with your 2-3 year old. Children team up with a parent/adult to actively participate in animal care, barn chores, pony ride, baking and gardening. Curriculum is integrated with seasonal themes, arts and crafts, stories and games. Spend one-on-one time with your child in this fun and active learning class. Activities vary between sessions during the school year. Both children and adults should dress in play clothes with sturdy shoes/boots. Snack provided. Adult/child teams only. Underage siblings are welcome; please call in advance for important information. Min 5/Max 10

Kelsey Creek Farm Park

\$60(R)	\$69(N)		Age: 2Y - 3Y
111202	10-11:30am	Fri	Sep 15-29
111208	10-11:30am	Mon	Sep 18-Oct 02
111209	10-11:30am	Tue	Sep 19-Oct 03
118511	10-11:30am	Wed	Sep 20-Oct 04
118513	10-11:30am	Mon	Nov 27-Dec 11
118515	10-11:30am	Tue	Nov 28-Dec 12
118516	10-11:30am	Wed	Nov 29-Dec 13
118517	10-11:30am	Fri	Dec 01-15



FARM EXPLORERS CLASS

Children actively participate in animal care, barn chores, pony ride, baking and gardening. Curriculum is integrated with seasonal themes, arts and crafts, stories and games. Activities vary between sessions. Children must be potty trained and should bring a lunch with beverage. Snack is provided.

Min 5/Max 10

Kelsey Creek Farm Park

\$68(R)	\$81(N)		Age: 3Y - 5Y
111265	10am-12:30pm	Thu	Sep 14-28
111269	10am-12:30pm	Thu	Nov 30-Dec 14

ANIMAL ENRICHMENT EARLY RELEASE WEDNESDAY

Help create enrichment opportunities to actively engage and entertain our farm animals. Learn how they think, how each animal needs different activities based on their instincts and why it's important for animals to stay busy. Let's make our farm animals' habitats rewarding and fun. We'll work in the farm yard and do art/craft activities too. Min 5/Max 10

Kelsey Creek Farm Park

\$25(R)	\$30(N)		Age: 5Y - 9Y
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From Cows to Apples

111275	1:30- 3pm	Wed	Sep 20
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Goats A Plenty

111286	1:30- 3pm	Wed	Oct 04
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Roosters vs Hens

111287	1:30- 3pm	Wed	Oct 18
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Pony Pleasure

111280	1:30- 3pm	Wed	Nov 01
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Thankful for our Animal Friends

111281	1:30- 3pm	Wed	Nov 15
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Happy Holidays for All

111282	1:30- 3pm	Wed	Dec 13
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ELSEY CREEK ADULT VOLUNTEERS

Volunteers are an important part of the farm. We seek individuals who want to volunteer in an environment similar to a small family farm. This program offers volunteers the opportunities to learn more about livestock and farm maintenance. You will assist farm staff with the daily operations, help with the animal chore routine, and learn responsible animal care. Volunteers need a willingness to learn, work independently, and the ability to be on your feet and be physically active. Also you must have a tolerance for being outside and working in a farm environment in close proximity to hay, vegetation and dust. Volunteers must commit to the entire session. All volunteers will be required to complete a Criminal Background check and provide their Social Security number. Min 1/Max 2

Kelsey Creek Farm Park

\$10(R)	\$12(N)		Age: 18Y and up
118450	9:30-11:30am	Wed	Sep 06-27
118451	9:30-11:30am	Tue	Oct 03-24

KELSEY CREEK VOLUNTEERS AFTER SCHOOL

Earn community service hours in this once-a-week after school volunteer program. You will assist the farm staff with the daily operations, help with the animal chore routine, and learn responsible animal care. You need a willingness to learn, work independently and the ability to be on your feet to be physically active. Also you must have a tolerance for being outside and working in a farm environment in close proximity to hay, vegetation and dust. Participants must be capable of understanding and following directions. Volunteers must be able to attend the 1st two weeks of the program and no less than a total of 5 sessions. No program when Bellevue schools are not in session. Maximum of 1 day per week sign up per participant. All volunteers will be required to complete a Criminal Background check and provide their Social Security number. Min 1/Max 2

Kelsey Creek Farm Park

\$10(R)	\$12(N)		Age: 12Y - 18Y
111834	3- 4:30pm	Tue	Sep 26-Nov 14
111835	3- 4:30pm	Wed	Sep 27-Nov 15
111836	3- 4:30pm	Thu	Sep 28-Nov 16



<http://parks.bellevuewa.gov>

Register Online:
<http://parksreg.bellevuewa.gov>

September through December 2017

CONNECTIONS

Performing Arts

PRE-BALLET 2

Children will explore the basic elements of dance including rhythmic and spatial awareness as well as basic ballet vocabulary in a supportive encouraging environment. They will gain coordination, body awareness, and self-confidence as they express themselves through dance. Min 5/Max 12
South Bellevue Community Center

\$66(R)	\$78(N)		Age: 5Y - 5Y
110910	4-4:45pm	Fri	Sep 15-Oct 20
110911	4-4:45pm	Fri	Nov 03-Dec 15

YOUTH BALLET 1

Children will develop better coordination, grace and self-confidence as they learn the beginning movements of ballet in a supportive encouraging environment. During this class students will build strength at the barre and center floor while learning foundational movements of ballet. Each class will end with the opportunity for students to show their own creativity as they express themselves through their favorite dance movements. Min 5/Max 12
South Bellevue Community Center

\$66(R)	\$78(N)		Age: 7Y - 10Y
110920	5-6pm	Fri	Sep 15-Oct 20
110921	5-6pm	Fri	Nov 03-Dec 15

EMERALD BALLET THEATER: PRE-BALLET

A joyful introduction to movement. Basic dance technique is inspired by beautiful music, literature, and art in a developmentally appropriate way. Flexibility, coordination, strength, and creativity develop in the young dancer. Dancers in all PreBallet levels will wear a solid color leotard of any color, and pink ballet tights with pink ballet slippers with leather soles. Dancers should have their hair secured away from their face. Min 5/Max 12

Northwest Arts Center

\$125(R)	\$140(N)		Age: 3Y - 5Y
118474	4:15-5pm	Tue	Sep 26-Nov 14

EMERALD BALLET THEATER: BEGINNING BALLET

Dancing hearts are nurtured and basic ballet technique, improvisation, and choreography are introduced in a developmentally appropriate way. Flexibility, coordination, strength, and creativity increase. Opportunities for creativity and performance are provided. Emerald Ballet instructor. Dancers in all PreBallet levels will wear a solid color leotard of any color, and pink ballet tights with pink ballet slippers with leather soles. Dancers should have their hair secured away from their face. Min 5/Max 12

Northwest Arts Center

\$144(R)	\$159(N)		Age: 6Y - 9Y
118473	5-6pm	Tue	Sep 26-Nov 14

MOVE OVER MOZART

Move Over Mozart is a piano-learning program where children participate in musical activities and learn from each other as well as their teacher. Learn to play familiar tunes on the piano, read music, and basic music theory for a lifetime of musical enjoyment. Having a piano at home is recommended but not required. Class recitals are scheduled throughout the year. Classes continue throughout the year with new material in each session. A one-time \$10 materials fee payable to instructor due first day of class session, and is separate from class fee. Min 4/Max 6

North Bellevue Community Center

\$143(R)	\$172(N)		Age: 42M - 4Y
118386	10:30-11am	Sat	Sep 16-Dec 16
118388	11:30am-12pm	Sat	Sep 16-Dec 16

\$143(R)	\$172(N)		Age: 5Y - 6Y
118385	10-10:30am	Sat	Sep 16-Dec 16
118387	11-11:30am	Sat	Sep 16-Dec 16

\$143(R)	\$172(N)		Age: 7Y - 8Y
118384	9:30-10am	Sat	Sep 16-Dec 16

\$143(R)	\$172(N)		Age: 9Y - 12Y
118383	9-9:30am	Sat	Sep 16-Dec 16

Northwest Arts Center

\$132(R)	\$157(N)		Age: 3Y - 4Y
118475	4-4:30pm	Tue	Sep 19-Dec 19
118476	5:30-6pm	Tue	Sep 19-Dec 19
118482	5-5:30pm	Thu	Sep 21-Dec 21

\$132(R)	\$157(N)		Age: 5Y - 6Y
118477	5-5:30pm	Tue	Sep 19-Dec 19
118478	6-6:30pm	Tue	Sep 19-Dec 19
118480	4:30-5pm	Thu	Sep 21-Dec 21
118481	5:30-6pm	Thu	Sep 21-Dec 21

\$132(R)	\$157(N)		Age: 7Y - 12Y
118479	4:30-5pm	Tue	Sep 19-Dec 19
118483	6-6:30pm	Thu	Sep 21-Dec 21

GROUP GUITAR LESSONS

This course will teach guitar lessons in a 50-minute classroom setting for both beginners and those with some experience. Music theory will be introduced (painlessly!) at appropriate points during the course to create those 'ah-ha!' moments which provide students a true understanding of music. The class is open to anyone 11 years and older. If enough students register we will divide the classes by age and/or ability. Private lessons are also available: \$40/40 minutes. Call Ed Carlson to schedule: 425-503-9054. Min 2/Max 8

Kelsey Creek Farm Park

\$100	\$120		Age: 11Y and up
114727	10-10:50am	Sat	Sep 09-30
118629	10-10:50am	Sat	Oct 07-28
118630	10-10:50am	Sat	Nov 04-25
118631	10-10:50am	Sat	Dec 02-23





Bellevue Youth Theatre

16051 NE 10th Street
425-452-7155

The Bellevue Youth Theatre is dedicated to providing opportunities for all young people in the theatre, ages 8-19, or children younger than 8 with a parent or guardian present at all times. Persons with disabilities, families, and older adults are encouraged to participate. The focus of the theatre is to build self-esteem, teamwork, and confidence while performing in a supportive environment. Children under 12 and first time participants can expect smaller roles and limited lines. For more information please call 425-452-7155.

BELLEVUE YOUTH THEATRE FALL 2017 AUDITIONS

Pre-registration is not allowed for ages 11 and older. YOU MUST AUDITION TO BE IN OUR PROGRAM. There is no need to prepare anything for the audition. Participants 18 and older are required to have a current background check on file at the theatre. These are good for one year.

FREE (R)/\$150 (N)

Children 7 and younger will require a parent to be present at all rehearsals and performances. They will not get lines and will perform with a group. (Background check required for parent/s.)

For more information about our casting policy, please call 425-922-1862 or e-mail JMcClain@bellevuewa.gov.

Auditions will be held at the following places and times:

Bellevue Youth Theatre for THE PIED PIPER OF HAMELIN, AS YOU LIKE IT, 'Twas the Night Before Christmas, and MIRACLE ON 34TH STREET Tuesday, September 5 and Wednesday, September 6 from 5-6:30 p.m.

South Bellevue Community Center for 'Twas the Night Before Christmas Thursday, September 7 from 5-6:30 p.m.

No conflicts are allowed on tech week or the show performance dates.

- Auditions are open to ages 11 and older.
- Ages 5-10 must pre-register. They will not attend auditions unless they have performed in 3 or more main stage plays with BYT.
- There is a MANDATORY parent orientation for parents of children who are between the ages of 5-10. This orientation will be held on September 14 at 5 p.m. at the Bellevue Youth Theatre.

The Pied Piper of Hamelin

A fun show about rats taking over a town and the Pied Piper making the town whole again. This is a great show for all ages and families.

Course # 111068 for 5-10 year olds (30 spots available)

Rehearsal location: Bellevue Youth Theatre

Rehearsals begin: Monday, September 18

Rehearsal time: Monday through Friday, 5-7 p.m.

Tech Week: The week of October 23 at Bellevue Youth Theatre

Performs at Bellevue Youth Theatre:

October 27-November 5

As You Like It

All the joys of this delightful Shakespeare show. This show is great for teens and adults with spots for all ages.

Course # 111069 for 5-10 year olds (15 spots available)

Rehearsal location: Bellevue Youth Theatre

Rehearsals begin: Monday, September 18

(first meeting at Bellevue Youth Theatre, 9/18 at 5 p.m.)

Rehearsal time: Monday through Friday, 6-8 p.m.

Tech Week: The week of November 6 at Bellevue Youth Theatre

Performs at Bellevue Youth Theatre:

November 10-19

'Twas the Night Before Christmas

A fun holiday show. Opportunities to sing in a group will be available to everyone. These are great roles for everyone regardless of experience. THIS PLAY WILL PERFORM OVER THANKSGIVING WEEKEND.

Course # 111070 for 5-10 year olds (15 spots available)

Rehearsal location: South Bellevue Community Center

Rehearsals begin: Monday, September 18

Rehearsal time: Monday through Friday, 5-7 p.m.

Tech Week: The week of November 20 at Bellevue Youth Theatre

Performs at Bellevue Youth Theatre:

November 24-December 3

Miracle on 34th Street

This wonderful musical recreates the classic tale of Macy's Santa Claus. Great show for all ages and families.

Course # 111071 for 5-10 year olds (30 spots available)

Rehearsal location: Crossroads Community Center

Rehearsals begin: Monday, September 18 (first meeting at Bellevue Youth Theatre, 9/18 at 5 p.m.)

Rehearsal time: Monday through Friday, 5:30-7:30 p.m.

Tech Week: The week of December 4 at Bellevue Youth Theatre

Performs at Bellevue Youth Theatre:

December 8-17

Preschool Dance, Movement, & Music

PARENT/CHILD DROP-IN PLAY

'It's raining, it's pouring'...Where can we play? At one of our community centers! Come play with our toys, balls, big wheels, and more in a dry and safe environment. Parents provide set-up/take-down and supervision (maximum of three children per adult). No registration required.

\$3(R) \$4(N) Age: Up to 5Y

Crossroads Community Center

9-11:30am

Mon-Fri

Ongoing

North Bellevue Community Center

1-3pm

Thu

Includes Storytime

South Bellevue Community Center

10:30am-12pm

Mon, Wed, Fri

Sep 01-Dec 29

Highland Community Center

9-11:30am

Mon-Fri

Ongoing

BABY BEETHOVEN

A fun and stimulating hands-on introduction to music and movement class for toddler and parent. Traditional songs, movement, and playing rhythm instruments included. Caregiver required in class. Please no siblings during class. Min 6/Max 10

Northwest Arts Center

\$98(R)	\$110(N)		Age: 18M - 3Y
118395	10:45-11:30am	Thu	Sep 21-Nov 09
118994	3-3:45pm	Tue	Sep 19-Nov 07

BABY BEETHOVEN HOLIDAY FUN!

A fun and stimulating hands-on introduction to music and movement to celebrate the upcoming holidays for toddlers and caregivers! Songs movement, rhythm instruments included in this festive and fun class! Please, no siblings during class. Min 6/Max 10

Northwest Arts Center

\$50(R)	\$60(N)		Age: 18M - 3Y
118396	10:45-11:30am	Thu	Dec 07-14

DANCE WITH ME

Have fun with your child while enhancing the mind body connection through the Brain Dance and use of nursery rhymes, movement games, props and more. In this class we will explore the elements of dance to a variety of music styles. Both Parents and caregivers are welcome. Min 5/Max 12

South Bellevue Community Center

\$55(R)	\$65(N)		Age: 30M - 48M
110886	10:30-11:15am	Thu	Sep 14-Oct 26
110887	10:30-11:15am	Thu	Nov 02-Dec 14

PRE BALLET & TAP 1

Children will discover the rhythm of their hands and feet while exploring tap steps and experience the gracefulness of ballet while exploring basic dance elements. They will gain coordination, body awareness, and self esteem as they express themselves through dance. Min 5/Max 12

South Bellevue Community Center

\$55(R)	\$65(N)		Age: 3Y - 5Y
110893	11:30am-12:15pm	Thu	Sep 14-Oct 26
110894	11:30am-12:15pm	Thu	Nov 02-Dec 14

PRE-BALLET

Through creative movement and games to classical music children will explore the basic elements of dance including rhythmic and spatial awareness as well as basic ballet vocabulary. They will gain coordination, body awareness, and self esteem as they express themselves through dance. Min 5/Max 12

South Bellevue Community Center

\$55(R)	\$65(N)		Age: 3Y - 5Y
110901	12:30-1:15pm	Thu	Sep 14-Oct 26
110902	12:30-1:15pm	Thu	Nov 02-Dec 14

LITTLE LEARNERS TUMBLE TIME

Children will develop key building blocks for reading, writing and math through interactive play, beginning gymnastics and circle time. We will create a world of play and imagination through weekly themed activities. Come move, play and grow and make new friends with us. Caregiver required in class. Min 6/Max 8

Northwest Arts Center

\$98(R)	\$110(N)		Age: 18M - 3Y
118399	12-12:45pm	Thu	Sep 21-Nov 09

LITTLE LEARNERS TUMBLE TIME:HOLIDAY FUN!

Children will develop key building blocks for reading, writing and math through interactive play, beginning gymnastics and circle time. We will create a world of play and imagination through holiday themed activities. Come move, play and grow and make new friends with us. Caregiver required in class. Min 6/Max 10

Northwest Arts Center

\$50(R)	\$60(N)		Age: 18M - 3Y
118400	12-12:45pm	Thu	Dec 07-14

Arts, Crafts, Cooking & Family Fun

FALL'S FABULOUS FELLOWS

Creepy, crawlies, hairy scaries-spiders, bats and owls, Oh, my! Join us for a fun fact-filled morning learning about fall's fabulous fellows though art, music and dance! A special treat awaits you too! Min 6/Max 6

Northwest Arts Center

\$25(R)	\$30(N)	Add'l Child: \$5(R)	\$6(N)	Age: 2Y - 5Y
118406	10-11:30am	Sat		Sep 16

PUMPKIN PALS

Spend a fun filled morning pondering the perfect pumpkin! Art, music, a yummy snack and a pumpkin relay race are some of the happy activities planned for the morning. Min 6/Max 6

Northwest Arts Center

\$25(R)	\$30(N)	Add'l Child: \$5(R)	\$6(N)	Age: 2Y - 5Y
118407	10-11:30am	Sat		Oct 28

VISIONS OF SUGARPLUMS

Jelly bellies, gumdrops and peppermint FUN! Join us for a sweet beginning to the holiday season by making a mini gingerbread house, sing songs, dance and eat yummys for your tummies! Dress in your party clothes for happy holiday wholesome FUN! Min 6/Max 6

Northwest Arts Center

\$25(R)	\$30(N)	Add'l Child: \$5(R)	\$6(N)	Age: 2Y - 5Y
118408	10-11:30am	Sat		Nov 18

PEE WEE PICASSO

Have fun together doing delightful art projects reflecting various subjects as well as seasonal specialties. Projects made in this delightful class make for artful memories and lasting treasures. Please no siblings during class time. Caregiver required in class. Min 7/Max 10

Northwest Arts Center

\$98(R)	\$110(N)		Age: 18M - 3Y
117868	9:30-10:15am	Thu	Sep 14-Nov 02



PEE WEE PICASSO HOLIDAY FUN

Parent and child have fun together working on special holiday art projects! Caregiver required in class. Please, no siblings during class time. Min 8/Max 10

Northwest Arts Center

\$50(R) \$60(N) Age: 18M - 3Y
118394 9:30-10:15am Thu Dec 07-14

PARENT & ME CLAY TIME

Have FUN working together on clay projects with your child! Two projects will be made to create a lasting memory of this parent and child experience. Materials provided.

Northwest Arts Center

\$99(R) \$111(N) Age: 3Y - 5Y
118991 1:45- 2:45pm Tue Sep 19-Nov 07

TOP JR CHEF PARENT/CHILD HOLIDAY FUN!

Parent & child make good food together BUT having HOLIDAY fun is our top priority! Our goal is to create basic quality food in a safe and happy learning environment using fresh, healthy ingredients. Caregiver required in class. Please no siblings during class. Min 6/Max 10

Northwest Arts Center

\$55(R) \$65(N) Age: 18M - 3Y
118402 10-11am Wed Dec 06-13

TOP JUNIOR CHEF: PARENT & CHILD

Parent & child make good food together BUT having FUN is our top priority! Our goal is to create basic quality food in a safe and happy learning environment using fresh, healthy ingredients. Caregiver required in class. Please no siblings during class. Instructor: Karen Renfroe-Gielgens Min 5/Max 6

Northwest Arts Center

\$104(R) \$118(N) Age: 2Y - 4Y
118397 10-11am Wed Sep 20-Nov 08

INDOOR PLAY AT SBCC WITH
CASPAR BABYPANTS

Presented by:
KRITSONIS • LINDOR
Windermere
REAL ESTATE

September 22
10:30am-1:00pm
Performance starts at 10:30am

FREE

Caspar Babypants will perform a 45 min show for the children and their parents. Afterwards, the families are encouraged to stick around and participate in our Indoor Play.

South Bellevue Community Center | 14509 SE Newport Way | Bellevue, WA 98006

Indoor Play
Bellevue Parks & Community Services

Special Interest & Extended Learning

Dance & Arts

BEGINNER BALLET FOR BALANCE

Never studied ballet before? No worries! Here is your chance to reap the benefits and joys of dancing, while improving your balance, range of motion, and overall fitness. Beginner barre work, followed by careful low impact ballet moves across the floor, accompanied by beautiful music. Focus on improving balance, spatial awareness, and the joy of moving like a dancer! Min 6/Max 10

Northwest Arts Center

FREE Age: 18Y and up
118633 10-11:30am Thu Sep 21-Nov 09

CHORUS

Come sing with the chorus. We welcome new singers at any time. No auditions and no advance notice are required. Just come as you are. We sing for our own fun and enjoyment, with piano accompaniment. Mostly, we sing popular songs from the 30's, 40's and 50's. Our six song books plus holiday music give us a large variety. The Chorus meets every Friday, 10:30am-Noon. Typically, we sing at a nursing home one time each month and occasionally have a gig elsewhere. Call for the monthly schedule.

North Bellevue Community Center

LINE DANCE PRACTICE

Practice Line Dances with other participants. No instructor. \$3/Residents, \$4/Nonresidents. Drop-in only. Thursday, 10am-Noon.

North Bellevue Community Center

YOUR NEIGHBORHOOD PRESCHOOL CHOICE



POLLIWOG PRESCHOOL

A Pacific Science Center program at Mercer Slough Environmental Education Center

Polliwog Preschool is a play-based and multi-aged program for children 3 to 5 years old. At Polliwog Preschool, nature is used as the ideal catalyst for discovery and stimulation. Seasonal themes and daily activities are designed to meet the specific developmental needs of early learners, while encouraging curiosity and fostering a love of nature and learning. **To register, call the Pacific Science Center at 206-443-2925.** For more information, call 425-450-0207 or visit: pacificsciencecenter.org/Mercer-Slough/polliwog-preschool



For more information and Open House dates, visit www.naturalstartpreschool.com

Natural Start Preschool At South Bellevue Community Center

Located in the heart of the 39-acre Eastgate Park, Natural Start Preschool at the SBCC offers a unique nature-based curriculum that supports the developmental and learning needs of preschoolers. Children spend 60-90 minutes outside each day.

Junior Explorers for ages 3-4
Explorers for ages 4-5

9am-12pm	T/Th	Sept-June
9am-12pm	M/W/F	Sept-June
9am-12pm	M-F	Sept-June

To register, visit the South Bellevue Community Center or call 425-452-4240.



PRE-KINDERGARTEN PRE-SCHOOL

This program is designed as a preparation for children attending kindergarten during the next school year. This structured interactive class includes music, stories, crafts, and play time, while developing concentration and social skills. Partial scholarships are available. Min 8/Max 14

Crossroads Community Center
\$1736(R) \$2083(N) Age: 4Y - 5Y
9:30am-1pm Mon, Wed, Fri Sep to May

PRESCHOOL PLAYSCHOOL

This program is designed as a first school experience. This structured interactive class includes music, stories, crafts, and play time, while developing concentration and social skills. Partial scholarships are available. Min 8/Max 14

Crossroads Community Center
\$996(R) \$1195(N) Age: 3Y - 4Y
9:30am-12pm Tue, Thu Sep to May





Games

THE SOUTH BELLEVUE BRIDGE BUNCH

Just learning, a little rusty, or just want a fun place to play Bridge while increasing your skill level? Come join us every Tuesday and enjoy some coffee/snacks and play your favorite game! Min 4/Max 40

South Bellevue Community Center

\$12(R) \$14.50(N) Age: 55Y and up
109473 1:10-3:10pm Tue Sep 05-Dec 19

ADULT BILLIARDS

Join the fun! Bring some friends or make some. The North Bellevue Community Center has 2 billiard tables. Free, drop-in only. Ages 18+ Min 1/Max 1

North Bellevue Community/Sr Ctr Site

Call for schedule and details

CRIBBAGE

Come join friends for a fun game of Cribbage. Drop-in only. No program February 2017 Min 1/Max 1

North Bellevue Community/Sr Ctr Site

Call for schedule and details

DUPLICATE BRIDGE

Group meets Wednesday and Friday afternoons from 12-3:30pm, bring a partner. Free, Drop-in only. Min 1/Max 1

North Bellevue Community/Sr Ctr Site

Call for schedule and details

PICKLEBALL

Drop in for a lively game of pickleball. Please call for current schedule. Court, net and balls provided - players provide their own paddle. Fee \$3/Residents, \$4/Non-Residents, drop-in only. Ask about the Play Pass for discounted play. Min 1/Max 1

North Bellevue Community/Sr Ctr Site

Call for schedule and details

PING-PONG DROP IN

Drop in for a lively game of ping pong (table tennis). We provide the two championship quality table tennis tables and balls, you provide your own paddle. Call for current schedule. Fee \$3/R, \$4/NR. Ask about the Play Pass for discounted play. Min 1/Max 1

North Bellevue Community/Sr Ctr Site

Call for schedule and details

Lifelong Learning

RED CROSS KNITTING GROUP

Join this fun group of Red Cross volunteers who knit items for donation to local hospitals and Eastside Baby Corner; Wednesdays. Patterns and yarn provided.

North Bellevue Community Center

TELOS

Bellevue College TELOS courses are coming to the Boys & Girls Clubs of Bellevue Main Club this FALL!

TELOS offers educational courses for retirees that meet a wide variety of interests. Course categories are History & Politics, Arts & Literature, Philosophy & Religion, Science & Technology, Health & Healthcare. Students and faculty will enjoy intellectually stimulating courses that provide for a creative exchange of ideas, as well as supportive interactions as peers form lasting friendships. TELOS classes are non-credit and non-graded. Please join us for Winter quarter. Online registration will be available beginning November 18 at: <http://www.bellevuecollege.edu/ce/retiree-programs/>

COOKING WORKSHOPS FOR ACTIVE TEENS

Wondering how to eat to get the most out of your body? Performance-powering nutrition is tastier, easier, and quicker than you think. In 4 cooking-intensive sessions, learn how to build powerful and simple snacks and meals to help you fuel your exercise or to be more focused while at school or studying. Build better breakfasts, easy and nutritious lunches, and learn how to fuel a rapid recovery after workouts. Cooking skills include knife work, sautéing, baking, blending, measuring, and learning new easy recipes that get you more energy for your weekend hiking trip with friends or to dominate your competition. You will be stuffed full for a few evenings, but the skills learned in this course will last for a lifetime and help you reach your goals on and off the field. Workshop instructed by state certified nutritionist from. ViTLNutrition. www.ViTLnutrition.com All food and materials included. Min 8/Max 12

Northwest Arts Center

\$145(R) \$174(N) Age: 12Y - 17Y
118497 6-7:30pm Mon Oct 02-23

Multi-Cultural Services

CHINESE & ENGLISH CHORUS

Everyone can join our fun singing group! CISC Eastside members, conductor Mr. & Mrs. Wong Zheng-Feng and Ms. Hong Jia-Bing teach singing Chinese and foreign classic songs. Music helps you relax and get to know more friends. Sharing time follows singing. Wednesdays, 10:30-11:45am
North Bellevue Community Center

INDIA ASSOCIATION OF WESTERN WASHINGTON

Breathing yoga, food, education, and social activities, 10am-2pm and 6-9pm Thursdays.
North Bellevue Community Center

ESL FOR SPANISH SPEAKERS

Reading, writing and speaking skills for non-native English speakers. Learn the American style of handwriting, increase your understanding of common English phrases, and practice your penmanship and conversation skills in a fun and supportive setting. Min 1/Max 1

North Bellevue Community Center

FREE 12:45- 1:45pm Mon Age: 18Y and up Ongoing

ESL BEGINNING/INTERMEDIATE

Beginning/Intermediate English as a second language instruction for Mandarin speakers. Free, Friday's 10-11am, drop-in only. Min 2/Max 20

North Bellevue Community Center

FREE 10-11am Fri Age: 50Y and up Ongoing

ESL NEWSPAPER READING

Every week we will study an article from the local newspaper and learn new vocabulary. This class is fun and useful. Free, drop-in only. Min 1/Max 1

North Bellevue Community Center

FREE 9:30-10:30am Wed Age: 50Y and up Ongoing

CHINESE INFORMATION SERVICE CENTER

Info & Assistance: 9am-Noon

Music group: Thursdays, 9-10:30am

North Bellevue Community Center

Computer Classes

DROP-IN COMPUTER HELP

Computer assistance for seniors age 50 and up. Fees are \$3/R & \$4/NR. No preregistration required, drop-in program only on the 2nd, 4th & 5th Tuesdays. Call the North Bellevue Community Center for more information, 425-452-7681.

North Bellevue Community Center

Financial, Legal, & Insurance

SHIBA

The Statewide Health Insurance Benefits Advisors (SHIBA) HelpLine provides free, unbiased information about health care access and coverage and works to help improve the lives of all Washington state residents. SHIBA HelpLine volunteers and staff assist consumers with choices and problems involving private health insurance as well as many government programs. (Medicare, Medicaid, Basic Health, Children's Health Insurance Program, and the Washington State Health Insurance Pool). SHIBA HelpLine volunteers also are experts in Medigap coverage, employment-related health benefits, managed care, long-term care insurance, and fraud and abuse questions. Appointments available 1st & 3rd Wednesday each month. Call 425-452-7681 for an appointment.

LEGAL CLINIC

The Eastside Legal Assistance Program offers a general legal clinic for low-income individuals at the North Bellevue Community Center on the 2nd Thursday of each month. All other Thursdays will focus on a full range of family law issues including divorce, parenting plans, maintenance, domestic violence, protective orders, and child support. Please call Eastside Legal Assistance at 425-747-7274 to make an appointment.

North Bellevue Community Center

NSC DRIVER SAFETY TRAINING - DDC 4

Defensive Driving Course 4, an instructor-led classroom course, reinforces key fundamental driving skills and motivates drivers to change their behind-the-wheel behaviors and attitudes. It will give participants the basic understanding and techniques to avoid collisions and reduce future violations. Min 4/Max 12

Bellevue Court House

\$75			Age: 26Y and up
115060	1- 5pm	Wed	Sep 27
115061	1- 5pm	Wed	Oct 25
115062	1- 5pm	Wed	Nov 22
115063	1- 5pm	Wed	Dec 27

AARP DRIVER SAFETY PROGRAM

The nation's first and largest classroom driver improvement course designed especially for motorists 50 and older may qualify you for an auto insurance discount. Payable at the first class time are course fees of \$15 AARP member, \$20 non-member. Program is 2 weeks on Tuesdays, *both sessions are required*. Bring a snack. Min 5/Max 20

North Bellevue Community Center

FREE 114760 9am- 1pm Tue Age: 50Y and up Oct 10-17

ALIVE@25

Alive at 25, is a four (4) hour driver awareness program that addresses the number one cause of death for drivers ages 15 to 24-- motor vehicle crashes-- and is a national program that has been adopted by many states and courts. Alive @ 25 encourages young drivers to take responsibility for their driving behavior. Alive at 25 is a highly-effective interactive course ideal for young drivers who incur traffic violations. This is a classroom based course utilizing media segments, workbook exercises, class discussions and role playing; young drivers develop convictions and strategies that will keep them safe on the road. The fee for this course is non-refundable. For further information or to speak to someone, contact Bellevue Probation by calling 425-452-6956 or by email at COBProbation@bellevuewa.gov Min 1/Max 15

Bellevue Court House

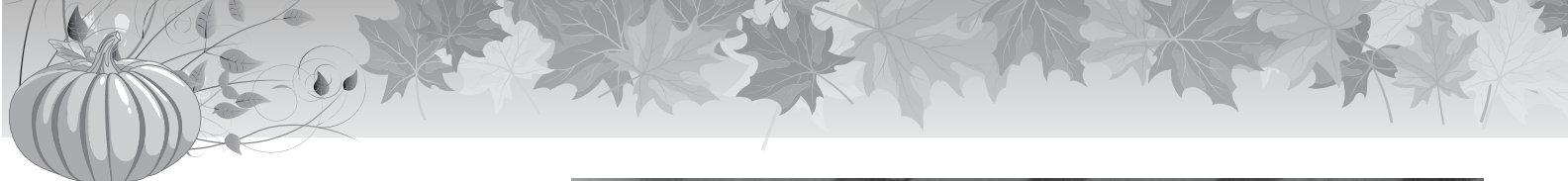
\$75			Age: 15Y - 25Y
115048	1- 5pm	Wed	Sep 13
115049	1- 5pm	Wed	Oct 11
115050	1- 5pm	Wed	Nov 08
115051	1- 5pm	Wed	Dec 13

ORCA SENIOR BUS PASS DISTRIBUTION

Metro will sell their Senior Regional Reduced Fare ORCA Card for \$3.00 to adults 65 years or older. Contact 888-988-6722 for more information or www.orcacard.com. Min 1/Max 1

North Bellevue Community Center

FREE			Age: 65Y and up
109262	10am-12pm	Tue	Sep 19
118827	10am-12pm	Tue	Oct 17
109263	10am-12pm	Tue	Nov 21
118828	10am-12pm	Tue	Dec 19



THEFT/CONSUMER AWARENESS

Consumer Awareness / Petty Theft is a 4 hour awareness course designed by the National Traffic Safety Institute for a variety of minor theft offenses (i.e. shoplifting, bad checks, theft of services, theft of property). Curriculum includes: Examination of how Values and Attitudes impact Behavior. Acceptance of responsibility for actions that led to the participant's arrest or incident that led to their attendance in the class. To understand the consequences of future illegal behavior. Assist participants to identify the importance of making better future decisions. Development of personal commitment a plan to avoid future theft-related problems and/or arrest. After successful completion of the course, Probation Services will notify the referring court. The student will also get a copy of the certificate as a proof of completion. Min 1/Max 15

Bellevue Court House

\$75			Age: 18Y and up
117671	9am- 1pm	Wed	Sep 20
117672	9am- 1pm	Wed	Oct 18
117673	9am- 1pm	Wed	Nov 15
117674	9am- 1pm	Wed	Dec 20

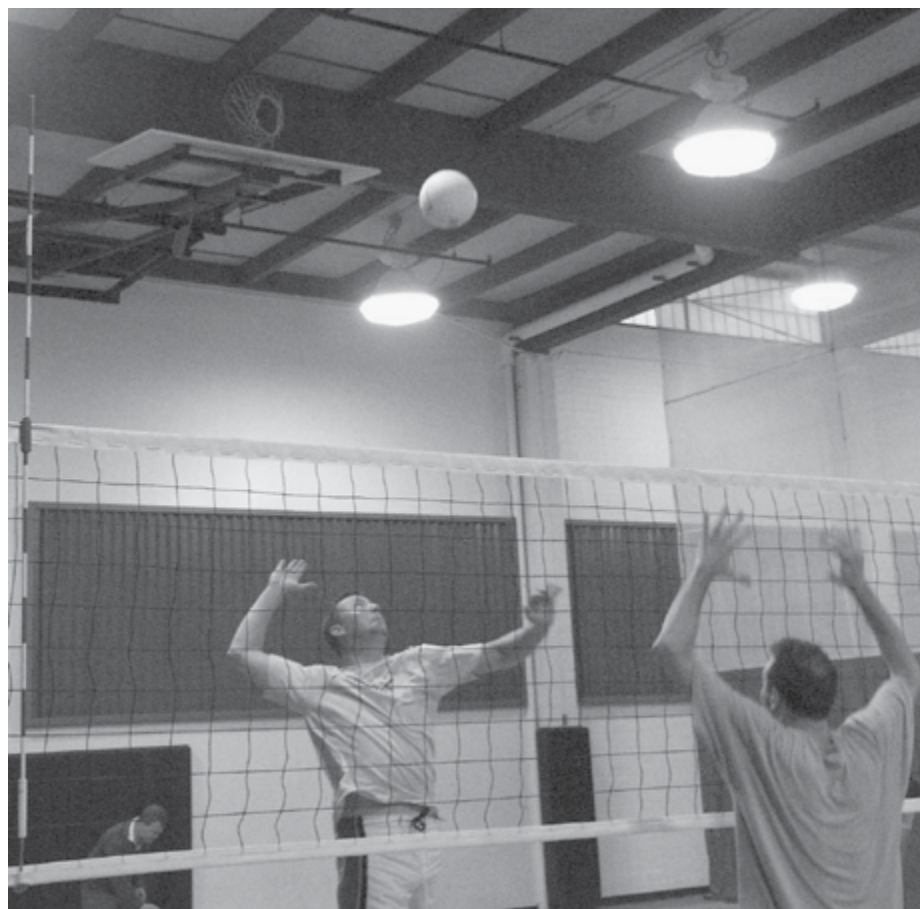
Children & Youth

BUSINESS KIDS

BusinessKids is a program for young entrepreneurs in which they learn to develop business ideas through games. In BusinessKids we teach children that good businesses are more than just a source of wealth. BusinessKids uses activities that encourage the entrepreneur spirit of children and prepare them for the future. www.businesskidsusa.com Min 6/Max 10

Northwest Arts Center

\$128(R) \$160(N)			Age: 7Y - 10Y
118644	4- 6pm	Tue	Sep 19-Oct 10
118645	4- 6pm	Tue	Oct 24-Nov 14



Adult Sports Leagues

Winter, Spring, and Fall Leagues for Adult Basketball, Women's Basketball, Co-Rec Volleyball, and Women's Volleyball:

Fall 2017 Registration:

Residents: August 1-21

Non-Resident: August 8-21

League Play: Starts September 11, 2016

Visit parks.bellevuewa.gov/sports-and-athletics/adult-sports-leagues, email Leagues@bellevuewa.gov, or call 425-452-4479 to register.

New to Bellevue or looking for a team?

Individuals are encouraged to get on the **Interested Players List** available to team managers looking for players. Contact Shirley Louie at 425-452-4479 or email Leagues@bellevuewa.gov, or visit us on the Web at parks.bellevuewa.gov/sports-and-athletics/adult-sports-leagues.

Drop-In Sports

PICKLEBALL

Drop in for a friendly game of pickleball. Call the North Bellevue Community Center for current schedule, 425-452-7681.

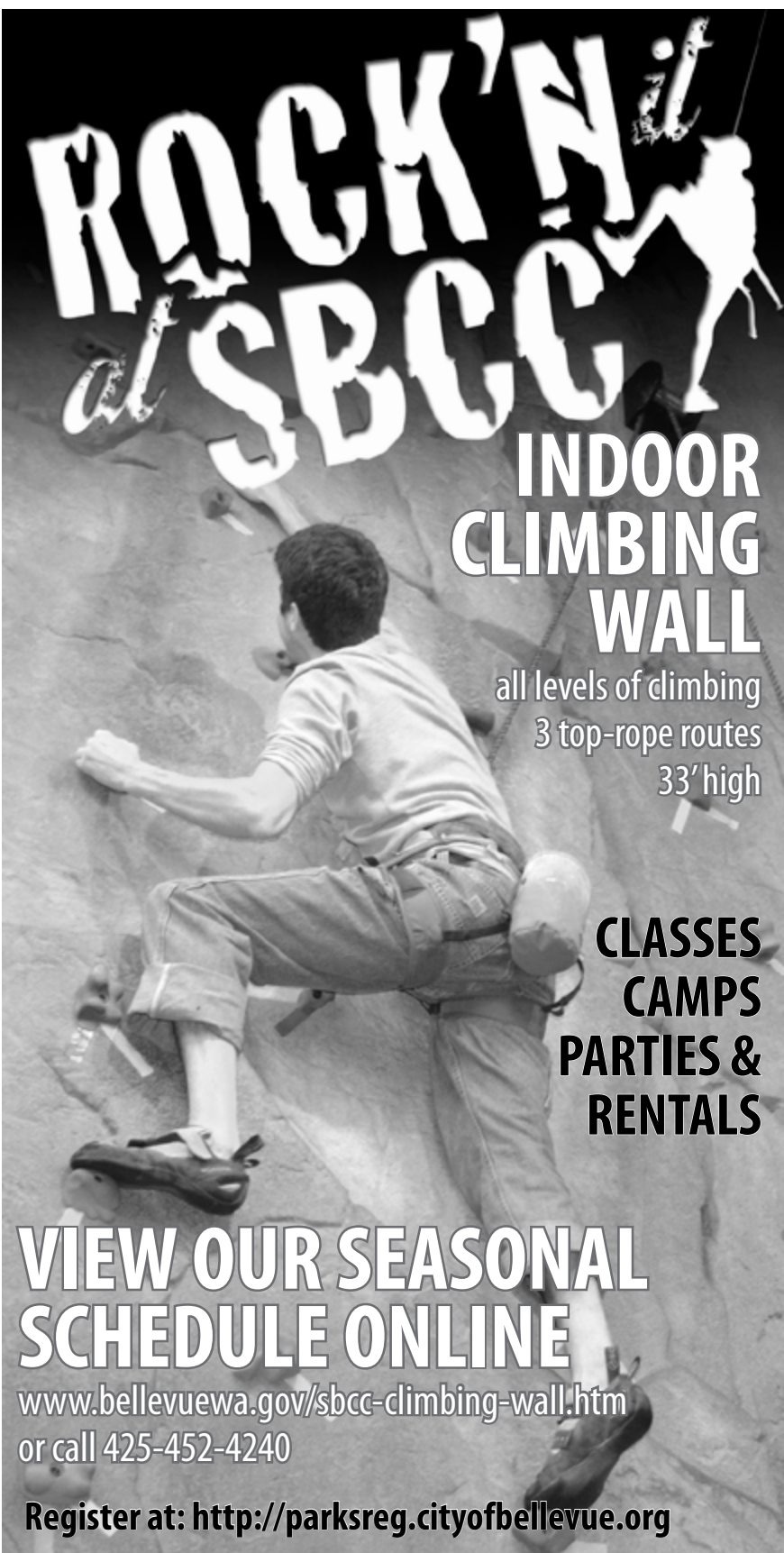
Court, net & ball provided. Play Pass; 12 times of play for \$25/Bellevue Residents, \$30/Nonresidents or Drop-In; \$3/R \$4/NR. Visa/MasterCard only. Min 4/Max 16. Ages 18+ Min 1/Max 1

Hidden Valley Sports Park

VOLLEYBALL

Drop in for a friendly game of volleyball. Please call the North Bellevue Community Center for current schedule, 425-452-7681. Court, net & ball provided. Play Pass; 12 times of play for \$25/Bellevue Residents, \$30/Nonresidents or Drop-In; \$3/R \$4/NR Visa/MasterCard only. Min 4/Max 24. Ages 18+. Note: Monday is Women's only volleyball play. Min 1/Max 1

Hidden Valley Sports Park



ROCK'N'!
@ SBCC

**INDOOR
CLIMBING
WALL**

all levels of climbing
3 top-rope routes
33' high

**CLASSES
CAMPS
PARTIES &
RENTALS**

**VIEW OUR SEASONAL
SCHEDULE ONLINE**

www.bellevuewa.gov/sbcc-climbing-wall.htm
or call 425-452-4240

Register at: <http://parksreg.cityofbellevue.org>

BADMINTON - DROP-IN

Enjoy a little exercise, conversation and competition as you hit the birdie across the net. Min 15/Max 15

Highland Community Center &

South Bellevue Community Center

Call for current schedule

DROP-IN ADULT VOLLEYBALL

Come join your friends for some fun adult volleyball! Schedule subject to change depending on attendance. Call 452-4240 for schedule. Min 1/Max 50

South Bellevue Community Center

Call for current schedule

DROP-IN ADULT BASKETBALL

Come to our open gym time for adults. Open for full court play until there are too many, then players have option to switch to half court play. Schedule subject to change depending on attendance. Call 452-4240 for schedule. Min 1/Max 50

South Bellevue Community Center

Call for current schedule

DROP-IN FAMILY TIME BASKETBALL

Bring the family in for some basketball fun. No full or half court games at this time. We'll even lower the baskets for your younger ones to shoot. Players must be accompanied by parent or caregiver. Min 1/Max 50

South Bellevue Community Center

Call for current schedule

DROP-IN TEEN BASKETBALL

Come to our open gym time for teens. Open for full court play until there are too many, then players have option to switch to half court play. Schedule subject to change depending on attendance. Call 452-4240 for schedule. Min 1/Max 50

South Bellevue Community Center

Call for current schedule

Age: 13Y - 17Y



Youth Sports Leagues

YOUTH SOCCER LEAGUES SPONSORED BY



The Youth Sports Soccer League is specially designed to help your child understand the team concept of soccer, enhancing their dribbling, passing, scoring and defense. The values of teamwork and strategy along with understanding the importance of sportsmanship, create an environment that promotes positive developmental assets amongst our youth.

- **League Structure:** The first 2 weeks are practice, followed by 5 weeks of games. This league is a one day per week commitment. Always the same location and time.
- **Uniforms:** Jersey is included in the registration fee and will be issued on your first game day.
- **Shin guards** are required for all soccer leagues.
- **Inclement Weather Policy:** Cancellations due to inclement weather will be made by the Recreation Coordinator at the field. Coaches and players must report to the field. Soccer is an all-weather sport. Come prepared to play in all weather!
- **Volunteer Coaches Needed:** Volunteer soccer coaches are needed. Call (425) 452-4627 for more information and to receive a \$20 discount towards your registration fee. Background check required & attendance to mandatory coaches clinic to receive discount.
- **Participants will be assigned to teams based on the following:**
 1. Special request for coach.
 2. Special request for ONE teammate. Additional requests for teammates will not be considered.
 3. Age and gender of participant



PLEASE NOTE THAT THERE ARE NO GUARANTEES REGARDING REQUESTS OR TEAM ASSIGNMENTS.

ALL REQUESTS MUST BE MADE BEFORE SEPTEMBER 13 BY EMAIL TO
SGonzales@bellevuewa.gov

- **I've signed up for soccer...now what do I do?** You will be contacted prior to the league start date via email. This email will include your team confirmation and parent packet. Team confirmations will be sent no later than September 15.

MIGHTY MITES SOCCER LEAGUE

This co-ed league is a great way for your little star to begin team play with emphasis on participation, fun, and skill development in an instructional setting. This 7-week league, will give your child the basic instructions of dribbling, passing, scoring and teamwork! We will begin with 2 weeks of team practice followed by 5 weeks of games. Come and join the fun! Volunteer coaches are needed for this league. Max. 6 players per team.

Robinswood Sports Field

\$80(R) \$95(N)

Ages: 5Y - 6Y

115501

4:15-5:15pm Tue

Sep 19-Oct 31

YOUTH SOCCER LEAGUE

This co-ed instructional league, is a great way to further develop and enhance your basic knowledge and skills in soccer. This 7 week league, will emphasize positive sportsmanship and team play while having fun! We will begin with 2 weeks of team practice followed by 5 weeks of games. Come and join the fun! Volunteer coaches are needed for this league. Max. 7 players per team.

Robinswood Sports Field

\$80(R) \$95(N)

Ages: 7Y - 9Y

115502

4:15-5:15pm Wed

Sep 20-Nov 01

BASKETBALL - PRE-SEASON BASKETBALL CLINIC

Want to improve your basketball skills and fundamentals? This Pre Season Basketball Clinic creates an opportunity for coed players, ages 5-13 to participate and learn the concepts of basketball, develop their game, and prepare for the upcoming basketball season. Clinics focus on helping athletes improve their skills and develop their talent by learning basic practice drills and emphasizing the fundamentals such as dribbling, shooting, defense, passing and much more! Min 10/Max 25

Tyee Middle School Site

\$60(R)	\$66(N)			Age: 5Y - 6Y
118634	5:30- 6:30pm	Mon		Nov 06-Dec 11
\$60(R)	\$66(N)			Age: 7Y - 8Y
118635	5:30- 6:30pm	Tue		Nov 07-Dec 12
\$60(R)	\$66(N)			Age: 9Y - 10Y
118636	5:30- 6:30pm	Wed		Nov 08-Dec 13
\$60(R)	\$66(N)			Age: 11Y - 13Y
118637	5:30- 6:30pm	Thu		Nov 09-Dec 14

BIDDY MULTI SPORT

Come join the NEW Biddy Multi Sport class! This 4 week parent/guardian participation required program will cover three sports - basketball, soccer & t-ball. Each class is 45 minutes in length and encompasses developmental sports lessons along with activities proven to build and mature a child's motor development, hand-eye coordination, and cardiovascular fitness. The result of our action-packed curriculum is a program which allows every child to build their skills at their own pace within a non-competitive, learning-based environment that emphasizes patience, teamwork, and self-confidence. Min 6/Max 12

South Bellevue Community Center

\$45(R)	\$54(N)			Age: 4Y - 6Y
111930	11-11:45am	Thu		Sep 14-Oct 05
111927	9- 9:45am	Sat		Sep 16-Oct 07
111931	11-11:45am	Thu		Oct 12-Nov 02
111928	9- 9:45am	Sat		Oct 14-Nov 04
111932	9- 9:45am	Sat		Nov 11-Dec 09



LEARNIN' THE ROPES

Jump rope is an exciting recreational activity/sport that challenges, teaches positive character qualities, increases physical fitness, is a place to make new friends and most important...is FUN! Gain instruction in single rope, long rope, double dutch and more. Taking part in jump rope teaches new skills while building endurance, footwork and quickness to enhance performance in all other sports. Wear athletic attire. You will get warm! Bring a water bottle. All participants will receive a jump rope. To register during a session, call South Bellevue Community Center at (425) 452-4240. Min 5/Max 20

South Bellevue Community Center

\$84(R)	\$100(N)			Age: 6Y - 14Y
118359	4:15- 5:15pm	Wed		Sep 13-Oct 25
118360	4:15- 5:15pm	Wed		Nov 01-Dec 13

CHEERLEADING - DANCE/ DRILL TEAM

Be a part of the Bellevue Parks Dance Team! Do you want to learn to dance, or improve your technique? Trying out for dance team, drill team or cheerleading? This team works on beginning-to-intermediate level spirit-style dance technique, focusing on hip-hop, precision and pom styles. Previous cheer or dance experience is recommended but not required - contact instructor with questions. Some extra costs may be incurred for this class. Min 10/Max 35 Highland Community Center

\$85(R)	\$92(N)			Age: 11Y - 18Y
112727	5- 6:30pm	Thu		Sep 21-Oct 26
112728	5- 6:30pm	Thu		Nov 02-Dec 14



PARKOUR

Parkour is a physical activity that combines the art of play and the science of movement. MoveFree Academy will train your child to control their body through fun, physical and mental challenges the way it was meant to be used. Play games, learn new skills, progress strength and dominate obstacle courses while optimizing your ninja potential! To register during a session, call the South Bellevue Community Center at (425) 452-4240. Sign up for 2 classes a week and receive a 10% discount. Min 4/Max 12

Eastgate Park/So Bellevue Comm Ctr

\$46.50(R)	\$55.50(N)		Age: 10Y - 16Y
111425	6-6:55pm	Wed	Sep 13-27
111426	6-6:55pm	Fri	Sep 15-29
111429	6-6:55pm	Fri	Oct 06-20

\$84(R)	\$100(N)		Age: 10Y - 16Y
111427	6-6:55pm	Wed, Fri	Sep 13-29
111433	6-6:55pm	Wed, Fri	Nov 01-29

\$62(R)	\$74(N)		Age: 10Y - 16Y
111428	6-6:55pm	Wed	Oct 04-25
111431	6-6:55pm	Wed	Nov 01-29
111434	6-6:55pm	Wed	Dec 06-27

\$98(R)	\$115.50(N)		Age: 10Y - 16Y
111430	6-6:55pm	Wed, Fri	Oct 04-25

\$31(R)	\$37(N)		Age: 10Y - 16Y
111432	6-6:55pm	Fri	Nov 03-17

\$77.50(R)	\$92.50(N)		Age: 10Y - 16Y
111435	6-6:55pm	Fri	Dec 01-29

\$126(R)	\$148.50(N)		Age: 10Y - 16Y
111436	6-6:55pm	Fri, Wed	Dec 01-29

\$46.50(R)	\$55.50(N)		Age: 6Y - 10Y
111381	5-5:55pm	Wed	Sep 13-27
111382	5-5:55pm	Fri	Sep 15-29
111385	5-5:55pm	Fri	Oct 06-20

\$84(R)	\$100(N)		Age: 6Y - 10Y
111383	5-5:55pm	Wed, Fri	Sep 13-29
111389	5-5:55pm	Wed, Fri	Nov 01-29

\$62(R)	\$74(N)		Age: 6Y - 10Y
111384	5-5:55pm	Wed	Oct 04-25
111387	5-5:55pm	Wed	Nov 01-29
111390	5-5:55pm	Wed	Dec 06-27

\$98(R)	\$115.50(N)		Age: 6Y - 10Y
111386	5-5:55pm	Wed, Fri	Oct 04-25

\$31(R)	\$37(N)		Age: 6Y - 10Y
111388	5-5:55pm	Fri	Nov 03-17

\$77.50(R)	\$92.50(N)		Age: 6Y - 10Y
111391	5-5:55pm	Fri	Dec 01-29

\$126(R)	\$148.50(N)		Age: 6Y - 10Y
111392	5-5:55pm	Fri, Wed	Dec 01-29

CHEERLEADING - BASKETBALL CHEER SQUAD

This is the beginning level cheer squad that cheers for the Parks Youth Basketball league. We practice once a week from September to December then cheer for our teams in weekly games from January to March in real cheerleading uniforms! Come join the fun. Mandatory parent and cheerleader meeting and uniform fitting on the first day of practice September 22 at 4:15pm at Highland Community Center. Additional uniform costs will be incurred for this class. Both fall and winter sessions are included in the registration fee. Min 12/Max 35

Highland Community Center

\$169(R)	\$179(N)		Age: 5Y - 13Y
118646	4:15- 5pm	Thu	Sep 28-Dec 14

DREAM TEAM CHEER SQUAD

Be a part of the Bellevue Parks beginning-to-intermediate level cheer squad! You'll learn dances, cheers, and beginning tumbling. Previous experience is not required. There are performance opportunities as well! Dream Team has performed at half-time for the Univ. of WA basketball games and Seattle Storm and numerous community events.. Dream Team is offered on Wed. or Fri - please choose one day. Extra costs may be incurred for this class. Contact instructor with questions. Min 10/Max 35

Highland Community Center

\$85(R)	\$92(N)		Age: 7Y - 18Y
112710	4- 5:30pm	Fri	Sep 15-Oct 20
112712	2:30- 4pm	Wed	Sep 20-Oct 25
112711	4- 5:30pm	Fri	Oct 27-Dec 15
112713	2:30- 4pm	Wed	Nov 01-Dec 13

CHEERLEADING/ CROWDLEADING WORKSHOP

Join us for a cheerleading intensive workshop - focusing on motions, jumps, tumbling and especially crowd leading. If you are thinking about trying out for your high school team, this is a great way to get instruction, experience and critique. Please wear comfortable clothes, no jewelry, good tennis shoes and bring a sack lunch and a water bottle. Min 8/Max 45

Highland Community Center

\$39(R)	\$49(N)		Age: 7Y - 18Y
118652	12:30- 4pm	Sat	Nov 18

CHEERLEADING - INTERMEDIATE (POWER SQUAD)

Intermediate level cheer class for those who want a more intense program without being on a competitive team. Beginning stunting and tumbling, along with advance dance are taught. Pre-requisite: A minimum of one session on Dream Team or Dance/Drill, concurrent registration on Dream Team, and instructor permission. (Some extra costs may be incurred for this class) Min 10/Max 35

Highland Community Center

\$85(R)	\$92(N)		Age: 8Y - 18Y
112730	4- 5:30pm	Wed	Sep 20-Oct 25
112731	4- 5:30pm	Wed	Nov 01-Dec 13

CHEERLEADING TUMBLING-BEGINNING/INTERMEDIATE

Tumbling class for Cheerleaders -This is a great class for starting and improving your tumbling skills. We use a series of progressions to work from doing bridges and cartwheels up to back handsprings and back tucks. This small class is specifically geared towards tumbling for cheerleading. Min 8/Max 12

Cheerleading Tumbling - Beginning

This is a great class for starting and improving your tumbling skills. We use a series of progressions to work with beginners on bridges, cartwheels, round-offs, kick overs and standing back handsprings. This small class is specifically geared towards tumbling for cheerleading.

\$62(R)	\$74(N)		Age: 7Y - 18Y
112740	5- 5:45pm	Thu	Sep 21-Oct 26
118651	5- 5:45pm	Thu	Nov 02-Dec 14

Cheerleading Tumbling Beginning/ Intermediate

Beginning to Intermediate tumbling class for cheerleaders focusing on the basics of tumbling and conditioning up.

Highland Community Center

\$62(R)	\$74(N)		Age: 7Y - 18Y
112738	4:15- 5pm	Thu	Sep 21-Oct 26
112739	4:15- 5pm	Thu	Nov 02-Dec 14

INDOOR SOCCER WITH MICHAEL SMITH

Come and learn the fun game of soccer! Each session our theme will focus on one soccer technique; dribbling, passing or scoring goals. Participants will also actually play small sided soccer games. Children will learn to play with teammates and develop balance/coordination while developing good habits of staying on task and improving their listening skills. Min 6/Max 12

South Bellevue Community Center

\$65(R)	\$77(N)		Age: 4Y - 6Y
112693	11-11:45am	Tue	Sep 19-Oct 24
112679	2- 2:45pm	Wed	Sep 20-Oct 25
112681	1- 1:45pm	Wed	Sep 20-Oct 25
112665	11-11:45am	Tue	Oct 31-Dec 05
112682	1- 1:45pm	Wed	Nov 01-Dec 06
112685	2- 2:45pm	Wed	Nov 01-Dec 06

JET'S GYMNASTICS

Jet's Gymnastics Express is a mobile gymnastics company that has been serving Washington State for over 20 years. They teach sound, basic tumbling and gymnastic skills in a fun, non-competitive environment. They believe that encouragement and positive motivation are keys to a child's achievement and self confidence. Min 6/Max 13

Little Flips Class

Preschool classes are designed to provide young boys and girls with the opportunity to develop basic gymnastic and tumbling ability through exercises focusing on coordination, balance, strength, and fun! Classes include games and musical activities to get the children running, tumbling, jumping and more!

South Bellevue Community Center

\$90(R)	\$95(N)		Age: 3Y - 5Y
118770	9:30-10:15am	Thu	Sep 14-Oct 19
118772	9:30-10:15am	Thu	Nov 02-Dec 14

Big Flips Homeschool Class

Big Flips classes are designed to provide young boys and girls with the opportunity to develop basic gymnastic and tumbling ability through exercises focusing on coordination, balance, strength, and fun! Classes include games and musical activities to get the children running, tumbling, jumping and more!

South Bellevue Community Center

\$98(R)	\$103(N)		Age: 6Y - 12Y
118834	10:30-11:30am	Thu	Sep 14-Oct 19
\$98(R)	\$103(N)		Age: 6Y - 12Y
118771	10:30-11:30am	Thu	Nov 02-Dec 14



PRO BASEBALL - FALL BALL BASEBALL

Fall Ball Baseball Class Quality baseball instruction - hitting, throwing, fielding, games, scrimmages, and more. Located at the new Hidden Valley Park, this Wednesday afternoon fall baseball class is well-suited for all players from the aspiring to the elite taught by Steve Goucher, a former professional baseball player, and Atlanta Braves scout who has coached baseball at all levels. Don't miss out on the fun. Bring a baseball glove. Min 6/Max 12

Hidden Valley Sports Park

\$129	\$140		Age: 8Y - 13Y
118785	1:30- 3pm	Wed	Sep 13-Oct 18

SUPERSTIX GIRLS LACROSSE CLINIC

Bellevue Parks & Community Services in partnership with SuperStix Lacrosse Club is excited to offer SuperStix Junior Lacrosse, for girls. Lacrosse is the fastest growing sport in the nation. Consistent training is the main aspect that helps to greatly accelerate learning and retention for young players. Skills developed are: agility and evasive running, ball handling, cradling, catching and shooting in a fun friendly environment. Team work and sportsmanship are fundamental to this program. Players of ALL skill levels are welcome and will be grouped accordingly. Emphasis will be on safety and fun at all times, and physical contact is limited. Min 8/Max 30

Robinswood Community Park

\$125(R)	\$150(N)		Age: 6Y - 14Y
115435	4:30- 5:45pm	Thu	Sep 21-Oct 26



ROBINSWOOD TENNIS CENTER

Address: 2400 151st PL SE
Phone: 425-452-7690
Web: parks.bellevuewa.gov/tennis

Robinswood Tennis Center has been recognized as one of the finest facilities in the country. The facility includes: 4 indoor courts, 4 outdoor lighted courts (6 indoor, 2 outdoor – Winter months), a locker room, mini-pro shop, vending machines, and a viewing lounge. Robinswood has received national and regional recognition for its comprehensive programs and outstanding community service. In 2004, the Robinswood Tennis Center was selected as the national public facility of the year by the Professional Tennis Registry.

Contact Robinswood Tennis Center at 425-452-7690 for more information on programs and services. Remember – you can register online 24 hours a day at: parksreg.bellevuewa.gov

LADIES' COMPETITIVE CUP INTER-CLUB LEAGUE

Six different levels of play: Evergreen, Emerald, Classic, Rainier, Challenge, and Kingco. NTRP rating 2.5-5.0. Team tryouts are conducted in June, the season begins in September. New players who missed the try-outs should contact the Head Professional for potential roster openings.

FACILITY RENTAL

Available for rental for special events, group functions, birthday parties, and other activities. Please call for availability and fees.

VOLUNTEER AT ROBINSWOOD TENNIS CENTER

If you or someone you know is interested in volunteering at Robinswood, contact us about volunteer opportunities.

MISCELLANEOUS SERVICES OFFERED

- Our pro shop offers the latest line of tennis rackets to demo or purchase: grips, tennis balls, and other miscellaneous items are also available.
- Our ball machine is available for rental. It's a great way to work on individual strokes.
- Our professional in-house racket re-stringing is available on site. Service is guaranteed in 48 hours.

OUTDOOR TENNIS COURTS

Visit parks.bellevuewa.gov to find outdoor tennis courts operated by the City of Bellevue.

ADULT ACTIVITY GROUPS

The Tennis Center supports these rental groups as another opportunity for organized, casual play. For more information please contact the individual coordinator of the specific group. *These programs are not coordinated by the Tennis Center staff.*

Working Women - Wednesday, 6:15-7:30pm
Coordinator: Lisa Stix, StixL44@gmail.com

Men's Doubles – Tuesday, 6:15 and 7:30pm. Coordinator: Pat McGill, 360-805-4916, patrickmcgill@yahoo.com.

CARDIO TENNIS

18+ years. 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. Min 4/Max 8

Robinswood Tennis Center

\$12
Call Robinswood Tennis Center to register up to 7 days in advance.
1-2pm Mon
9:30-10:30am Tue
6:30-7:30pm Thu

SENIOR DRILL AND PLAY

50+ Years. Combination of instruction, drills, and point play.

\$13
Call Robinswood Tennis Center to register up to 7 days in advance.
2:30-3:45pm Tue

TENNIS FOR INDIVIDUALS LIVING WITH DISABILITIES

The Adaptive Recreation Tennis Class is designed for individuals living with developmental disabilities. The format of the class allows participants to be introduced to basic tennis skills with the focus on participation and building self-esteem. Min 3/Max 12
Robinswood Tennis Center

Age: 14Y and up

Please call Robinswood Tennis Center to register

ADULT DAY & NIGHT TENNIS PROGRAMS

Min 4/Max 8
Age: 19Y and up
Robinswood Tennis Center

Beginning

Level 1 is designed to provide basic skills needed to play tennis; including etiquette, rules, and scoring. USTA Level of 2.0

Session 1

111654	7:30-8:45pm	Wed	Sep 06-Oct 25	\$148
111652	7:30-8:45pm	Mon	Sep 11-Oct 23	\$129.50
111591	10:30-11:45am	Wed	Sep 06-Oct 25	\$148

Session 2

111653	7:30-8:45pm	Mon	Oct 30-Dec 18	\$148
111655	7:30-8:45pm	Wed	Nov 01-Dec 20	\$148
111592	10:30-11:45am	Wed	Nov 01-Dec 20	\$148



IMPORTANT REGISTRATION INFORMATION FOR ROBINSWOOD TENNIS CENTER PROGRAMS

Registration dates for sessions at Robinswood Tennis Center:

Session 1

Residents: August 7
Non-Residents: August 16

Session 2

Residents: September 25
Non-Residents: October 4

Advanced Beginning

Level 2 builds on the basics, reinforcing technique, and adding advanced drills and learning how to play doubles. USTA level of 2.5

Session 1

111637	8:45-10pm	Wed	Sep 06-Oct 25	\$148
111635	8:45-10pm	Mon	Sep 11-Oct 23	\$129.50
111575	10:30-11:45am	Tue	Sep 05-Oct 24	\$148
111577	11:45am-1pm	Wed	Sep 06-Oct 25	\$148

Session 2

111636	8:45-10pm	Mon	Oct 30-Dec 18	\$148
111638	8:45-10pm	Wed	Nov 01-Dec 20	\$148
111576	10:30-11:45am	Tue	Oct 31-Dec 19	\$148
111578	11:45am-1pm	Wed	Nov 01-Dec 20	\$148

Intermediate

Participants already have sound fundamentals and are working on advanced technique such as spin serves, continental grip volleys, the slice backhand, basic strategies. USTA Level of 3.0-3.5

Session 1

111672	7:30-8:45pm	Tue	Sep 05-Oct 24	\$148
111674	7:30-8:45pm	Thu	Sep 07-Oct 26	\$148
111600	10:30-11:45am	Thu	Sep 07-Oct 26	\$148
111602	11:45am-1pm	Mon	Sep 11-Oct 23	\$129.50

Session 2

111673	7:30-8:45pm	Tue	Oct 31-Dec 19	\$148
111675	7:30-8:45pm	Thu	Nov 02-Dec 21	\$129.50
111601	10:30-11:45am	Thu	Nov 02-Dec 21	\$129.50
111603	11:45am-1pm	Mon	Oct 30-Dec 18	\$148

Advanced

Participants in the Advanced class will be working on more advanced drills and strategy for singles/doubles play. Should be at least 4.0 USTA Level or above.

Session 1

111619	8:45-10pm	Tue	Sep 05-Oct 24	\$148
111621	8:45-10pm	Thu	Sep 07-Oct 26	\$148

Session 2

111620	8:45-10pm	Tue	Oct 31-Dec 19	\$148
111622	8:45-10pm	Thu	Nov 02-Dec 21	\$129.50

Advanced Doubles Strategy

Advanced Doubles drills emphasizing working with partner, positioning, movement, and strategy. USTA Level of 3.0 or above.

Session 1

111584	11:45am-1pm	Mon	Sep 04-Oct 23	\$129.50
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Session 2

111585	11:45am-1pm	Mon	Oct 30-Dec 18	\$148
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WEEKDAY FLIGHTS

Competitive flight leagues in the morning and afternoon. Min 8 / Max 16
Robinswood Tennis Center Age: 19Y and up

Tennis - Weekday Flight - Level A

Level A is USTA NTRP Level 3.5 to 4.0 and Seattle Area Cup level Challenge to Kingco.

Session 1

111752	9-10:30am	Mon	Sep 11-Nov 13	\$110
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Tennis - Weekday Flight - Level B

Level B is USTA NTRP Level 3.5 and Seattle Area Cup level Rainier to Challenge.

Session 1

111755	9-10:30am	Wed	Sep 13-Nov 15	\$110
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Tennis - Weekday Flight - Level C

Level C is USTA NTRP Level 3.0 to 3.5 and Seattle Area Cup level Rainier to Classic.

Session 1

111758	1-2:30pm	Mon	Sep 11-Nov 13	\$110
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Tennis - Weekday Flight - Level D

Level D is USTA NTRP Level 3.0 and Seattle Area Cup level Emerald to Classic.

Session 1

111761	9-10:30am	Tue	Sep 12-Nov 14	\$110
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Tennis - Weekday Flight - Level E

Level E is USTA NTRP Level 2.5 to 3.0 and Seattle Area Cup level Evergreen to Emerald.

Session 1

111764	9-10:30am	Thu	Sep 07-Nov 09	\$110
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Tennis - Weekday Flight - Level F

Level F is USTA NTRP Level 2.5 and Seattle Area Cup level Evergreen.

Session 1

111767	1-2:30pm	Thu	Sep 07-Nov 09	\$110
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Youth Tennis Programs

TENNIS TEAMS

Robinswood offers four different levels of tennis teams for youth. Teams are offered for youth who have progressed past the Saturday Youth Intermediate level. Min 16/Max 36.

Robinswood Tennis Center

Age: Up to 17Y

Team 1- Players at this level should already be able to keep score, play matches against other players, execute volleys & overheads, and place serves consistently in the box.

Session 1

111778	4-5:15pm	Tue, Thu	Sep 05-Oct 26	\$168
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Session 2

111779	4-5:15pm	Tue, Thu	Oct 31-Dec 21	\$156
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Team 2 - Players at this level are still working on improving overall consistency, topspin groundstrokes, correct grips, and adding more pace and consistency on their serves. Players in this level are competing at Rookie or Challenger Level USTA tournaments.

Session 1

111785	5:15-6:30pm	Tue, Thu	Sep 05-Oct 26	\$168
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Session 2

111786	5:15-6:30pm	Tue, Thu	Oct 31-Dec 21	\$156
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IMPORTANT REGISTRATION INFORMATION FOR ROBINSWOOD TENNIS CENTER PROGRAMS

Registration dates for sessions at Robinswood Tennis Center:

Session 1

Residents: August 7
Non-Residents: August 16

Session 2

Residents: September 25
Non-Residents: October 4



Tournament - Advanced Level class is geared for High School and USTA Challenger/Champs ranked Juniors only. The class is set up in a drill/match play environment where Juniors are working on more advanced strokes and strategy.

Session 1

111801 5:15- 6:30pm Mon, Wed, Fri Sep 06-Oct 27 \$252

Session 2

111802 5:15- 6:30pm Mon, Wed, Fri Oct 30-Dec 22 \$252

Elite - This junior team is for USTA Champs-level players only. Participants should be ranked in the top 50 of their age group in the Pacific Northwest to try out. Drill and Match-play environment. This is the Highest Level of Junior Teams at Robinswood.

Session 1

111545 4- 5:15pm Mon, Wed, Fri Sep 06-Oct 27 \$252

Session 2

111546 4- 5:15pm Mon, Wed, Fri Oct 30-Dec 22 \$252

Prep Team: Ages: 8-17 Class focuses on strengthening students rally skills. Class is designed for students who have completed Intermediate Saturday Classes. Entry to this class granted only through Instructor approval. Goal of the class is develop consistent rallies and begin match play. Next Level is Team 1.

Session 1

111702 9-10am Sat Sep 09-Oct 28 \$84

Session 2

111703 9-10am Sat Nov 04-Dec 23 \$72

SATURDAY YOUTH GROUP LESSONS

CLASS DESCRIPTIONS:

Little Lobbers: Ages 4-6. Class focuses on young children to build hand-eye coordination and develop muscle memory for basic form.

Session 1

111741 11-11:45am Sat Sep 09-Oct 28 \$96

Session 2

118492 11-11:45am Sat Nov 04-Dec 23 \$84

Beginning I: Ages 7-12. Class is designed for any child who has never taken lessons before or has minimal experience. Goals of the class are to introduce basic tennis techniques.

Session 1

111720 12- 1pm Sat Sep 09-Oct 28 \$96

Session 2

111721 12- 1pm Sat Nov 04-Dec 23 \$84

Beginning II: Ages 7-12. Class is designed for students who have completed Beginning I or have had Beginning lessons in the past.

Session 1

111730 2- 3pm Sat Sep 09-Oct 28 \$96

Session 2

111731 2- 3pm Sat Nov 04-Dec 23 \$84

Advanced Beginning I: Ages 7-12. Class is designed for students who have completed Beginning II. Goal of the class is to start to create spin on groundstrokes and hit serves into the correct box.

Session 1

111708 3- 4pm Sat Sep 09-Oct 28 \$96

Session 2

111709 3- 4pm Sat Nov 04-Dec 23 \$84

Advanced Beginning II: Ages 7-12. Class is designed for children who have completed Advanced Beginning I.

Session 1

111714 4- 5pm Sat Sep 09-Oct 28 \$96

Session 2

111715 4- 5pm Sat Nov 04-Dec 23 \$84

Intermediate: Ages 9-12. Class is designed for students who have completed Advanced Beginning II. Goal of the class is to be able to hit all strokes with consistency and correct technique. Highest Level of Saturday Youth Lessons.

Session 1

111735 10-11am Sat Sep 09-Oct 28 \$96

Session 2

111736 10-11am Sat Nov 04-Dec 23 \$84

Teen: Ages 13-18. Class is treated as an introductory course, focusing on development of proper strokes.

Session 1

111745 5- 6pm Sat Sep 09-Oct 28 \$96

Session 2

111746 5- 6pm Sat Nov 04-Dec 23 \$84

Aging Services

North Bellevue Community Center
4063 - 148th Avenue NE, 425-452-7681

Hours of operation: Monday-Thursday, 8:30am to 9pm; Friday, 8:30am-6pm. The North Bellevue Community Center offers a comprehensive array of senior services, resources, and adult programs including health and wellness, cultural and performing arts, human services, drop-in activities, socialization, information and referrals, community dining and trips. Please call or visit the City webpage for current class schedule and additional information. parks.bellevuewa.gov/nbcc.

CARE

ADULT ABUSE PREVENTION

To report a suspicion of abuse or neglect of an older person or a person with disabilities living in a facility or their own home, call toll free 1-866-ENDHARM, or visit www.aasa.dshs.wa.gov.

SENIOR HOUSING

ArchHousing.org

New resource to inform seniors, caregivers, and their families of housing choices in East King County when considering aging in place or transitioning out of the home to a new home. The new website will allow seniors to evaluate their values and needs, and discover the many housing and service options that are available locally for seniors. A hard copy handbook of the website information is available at the North Bellevue Community Center front desk.

NURSING HOME INFORMATION ONLINE

See how specific nursing homes compare to others in the community or nationally for short- and long-term stay residents. For more information call 1-800-MEDICARE or at www.medicare.gov.

CITY OF BELLEVUE UTILITY RATE RELIEF PROGRAM

The City of Bellevue Utilities offers utility rate relief for low income seniors and low income disabled persons. Call 425-452-5285 for information or to make an appointment.

CATHOLIC COMMUNITY SERVICES OF KING COUNTY

Volunteers provide services such as transportation, light housekeeping, minor home repairs, yard work, laundry, shopping assistance, and light cooking. Call 206-328-5696 or visit www.Ccsww.org.

ELDER AND ADULT DAY SERVICES

Supervised facility for activities and services full or partial day. Call 425-867-1799.

HEALTH

BENEFITS CHECK UP ONLINE

A new web-based service of the National Counsel on the Aging allows you to quickly and easily determine what benefits you may qualify for, and how to claim them. Visit them on the web: www.Benefits-CheckUp.org. Medicare questions answered via the Internet at www.mymedicarematters.org.

GENERAL

AARP AREA OFFICE

1-800-227-7457 or 206-517-2327

AARP COMMUNITY SERVICE EMPLOYMENT PROGRAM

Assistance for job seekers aged 55+ including 20hr/wk paid job training and assistance finding permanent employment. Call 206-624-6698 for details, co-sponsored by the US Dept. of Labor and the AARP Foundation.

COMPUTER ASSISTANCE

KEGS (Komputer Enthusiasts of Greater Seattle) can help with your computer needs. Call Sally Ann Mowrey at 425-822-2046 for meeting and computer help information.

EASTSIDE LEGAL ASSISTANCE PROGRAM

Legal advice, at little or no cost, to low-income Eastside residents. Call 425-747-7274.

W.I.C.S.

Widowed Information & Counseling Services. Call area office 206-241-5650.

COMMUNITY LIVING CONNECTIONS

Resources and information on all topics related to older adults. 206-962-8467.

YOUNG ONSET PARKINSONS

Sponsored by the American Parkinson Disease Association. For those under 60 with the disease and their families. Meets the 1st Wednesday each month 7-8:30pm.

Alzheimer's Café' at Tutta Bella

Families living with the conditions of Alzheimer's are encouraged to meet and socialize in an environment that is accepting and nonjudgmental. Also open to caregivers and family members of persons suffering with memory difficulties. Sponsored by Overlake Medical center, the YMCA and Alzheimer's Association. Endorsed by the Bellevue Network on Aging. Meets monthly on the last Tuesday at Tutta Bella Restaurant in Crossroads.

For more information contact Cheri Palmer at the YMCA 425-990-6970 or www.FullLifeCare.org/AlzCafesBellevue.



MULTI-CULTURAL SERVICES

CHINESE INFO & SERVICE CENTER

Programs and services for Chinese seniors at the North and South Bellevue Community Centers. Bilingual staff worker assists participation in social, recreational and educational activities. Information and assistance services including issues relating to retirement, senior housing, naturalization, and health insurance. Call CISC, 206-624-5633 ext. 123, for more information.

SEA MAR

Sea Mar Community Health Center co-sponsors a variety of services for Latino Seniors and others at the North Bellevue Community/Senior Center. Ethnic lunch for those 60 years & older every Monday (\$3 donation) followed by a dance, ESL classes, bi-lingual education, healthcare information, behavioral health services, translation and bi-lingual assistance for integration, and transportation assistance offered. Call Sea-Mar, Clemencia Robayo, 206-764-8044 for more information.

INSURANCE/SOCIAL SECURITY

SOCIAL SECURITY INFORMATION

Toll Free: 1-800-772-1213, 7am-7pm weekdays or at www.ssa.gov. Services available in English and Spanish.

TRANSPORTATION

ACCESS

Transportation to appointments, grocery shopping, and to the Center. Call 206-205-5000.

GETTING AROUND PUGET SOUND

Want to go from home to the store, the library & more? Personalized one-on-one assistance with transportation options and planning. Provided through a partnership with Hopelink. Call 425-943-6789.

VOLUNTEER TRANSPORTATION FOR SENIORS

Personal transportation to medical appointments. Call 206-448-5740.

MEALS/FOOD DELIVERY

MEALS ON WHEELS

Frozen meals are delivered to homebound seniors on Mon. Average \$3 donation. Call the Seattle office of Senior Services at 206-448-5767 for additional information.

COMMUNITY DINING PROGRAM

Enjoy a hot mid-day meal sponsored by Catholic Community Services. Available at Noon on Monday, Tuesday, Wednesday, and Friday. First-come, first-served. There is a suggested donation of \$3 for anyone over age 60, and a fee of \$6 for individuals under the age of 60. See special event listing for special holiday meal events which require pre-registration. Monthly menus available.

SUPPORT GROUPS/ MEETINGS

NARFE (National Association of Retired Federal Employees)

3rd Tuesday of each month at noon. For more information, call 425-868-4502.

VOLUNTEER OPPORTUNITIES

RSVP

Retired and Senior Volunteer Program. Call 206-694-6787 for more information.

EYEGGLASS DONATIONS

Eyeglasses collection at North Bellevue Community Center for recycling to low-income persons via local eyewear stores.

GOLD CARD FOR HEALTHY AGING

King County's Gold Card for Healthy Aging is a handy resource for Seattle and King County residents age 60 and older. The card features the toll-free Senior Information and Assistance number — 1-888-4ELDERS (1-888-435-3377) — and discounts on goods and services listed in a Special Discounts Directory available online at:

http://www.seattle.gov/humanservices/seniorsdisabled/mosc/special_discounts_directory.pdf

Get your Gold Card at the North Bellevue Community Center. Please bring your photo ID with proof of your age. For more information call 425-452-7681.

BELLEVUE NETWORK ON AGING

Meetings are held on the first Thursday each month, 8:30-10:30am. Meetings are open to the public. For more information, agendas, and minutes, please call 425-452-4200. Call for location.

SENIOR VOLUNTEERS

Volunteers play a key role in providing programs and services at North Bellevue Community Center. We depend on volunteers to provide successful programs and positive experiences for everyone who visits our facility. Annually there are over 200 volunteers who provide over 15,000 hours of community services. Please call 425-452-7681 for more information and an application.

- Food Service & Kitchen Help
- Front Desk Reception
- Advisory Boards
- Class Instruction
- Crafts
- English Conversationalist/ESL Instructor
- Foot Care Assistant
- Coffee Bar/Refreshments
- Fund Raising
- Garden Assistant
- Entertainment



SPECIAL EVENTS

SOUND OF SWING DANCES

The 'Sound Of Swing' will perform for your dancing pleasure. \$3 admission collected at the door. Dances are 2nd Tuesday/monthly. No fee for rehearsal weeks.

AUTUMN LEAVES DANCE

Celebrate the coming of Autumn with the 'Sounds of Swing' big band sound. Enjoy 'September Song', 'Autumn Leaves' and other standards of the swing era. This is sure to be a night of fun! \$8/single, \$15/couple payable at the door. Cash/Check only please. Min 10/Max 200

North Bellevue Community/Sr Ctr Site

\$8(R) \$15(N) Age: 18Y and up
108244 4-7pm Sat Oct 14

HALLOWEEN LUNCHEON

Join us for our annual celebration. Wear a costume and participate in our costume contest, with prizes for the best costume. \$4/fee payable to City of Bellevue at the door. Reservations are first-come, first-serve. Volunteers need to register & pay as well. (not a Catholic Community Services community dining meal) Min 10/Max 90

North Bellevue Community Center
108262 11:30am-1pm Wed Oct 25

THANKSGIVING LUNCHEON

Join us as we serve you a delicious Thanksgiving feast. Entertainment provided. \$4/fee payable at the door. Pre-registration required. Reservations are first-come, first-serve. Volunteers need to register & pay as well. (Not a Catholic Community Services community dining meal) Min 10/Max 90

North Bellevue Community Center
108267 11:30am-1pm Wed Nov 15

HOLIDAY LUNCHEON

Join us as we serve you a festive holiday meal. Enjoy seasonal music preceeding. \$4/fee payable at the door. Pre-registration required. Reservations are first-come, first-serve. Volunteers need to register & pay as well. (Not a Catholic Community Services community dining meal) Min 10/Max 90

North Bellevue Community Center
108265 11:30am-1pm Wed Dec 20

Adaptive Recreation

Highland Community Center

14224 Bel-Red Road • 425-452-7686

It is the purpose of Bellevue's Adaptive Recreation Program to provide people living with disabilities with opportunities for recreation, socialization, and learning so that they can participate more successfully in the life of our community. People living with disabilities are encouraged to participate in any of the Recreation Division Programs in which they are interested.

Volunteers are an important part of Highland Center. If you are interested in being a volunteer, please call Mary Boyle at 425-452-4118 or email MBoyle@bellevuewa.gov for more information.

ADAPTIVE PROGRAMS

All programs are located at Highland Center unless otherwise noted.

DROP-IN EXERCISE

Exercise at Highland Community Center's fitness center! The facility is open Monday, Wednesday, and Friday from 2-5pm and Tuesday and Thursday from 9am-5pm. Call 425-452-7686 for more information. \$3(R) \$4(N)

COMMUNITY PROGRAMS OF INTEREST

KING COUNTY FAMILY COALITION FOR DEVELOPMENTAL DISABILITIES

Contact: Cathy Murahashi, 206-829-7039. 2nd Tuesday of most months.

BRAIN INJURY SUPPORT GROUP

Resources, fellowship is all a part of the bi-monthly support group. Program intended for those living with head injuries and their loved ones. Group meets the 1st and 3rd Monday of the month at Highland Community Center, (except for holidays) from 12:30-2:30pm. More information: call 206-897-5755 or visit BrainInjuryWA.org.

Additional Disability Recreation Areas of Interest

Check out these Bellevue Parks & Community Services specialized programs too!

TENNIS FOR THOSE LIVING WITH INTELLECTUAL DISABILITIES

Robinswood Tennis Center. See the tennis section for more details.

AQUATIC THERAPY GROUPS

Includes Multiple Sclerosis Society & lessons for those living with a disability
Bellevue Aquatic Center

SPECIAL OLYMPIC SWIM TEAM

Bellevue Aquatic Center

AQUATIC REHAB PROGRAMS

Bellevue Aquatic Center
Adaptive Actives

Adaptive Recreation Events

BELLEVUE KIWANIS DINNER

Come on out to Highland Center on the 3rd Thursday of the month and have dinner with friends! This dinner is FREE of charge and is sponsored by the KIWANIS Club of Bellevue. Dinner is served from 5pm-6pm. Limit 2 guests per participant. Min 15/Max 40

Highland Community Center

FREE			Age: 16Y and up
118666	5- 6pm	Thu	Sep 21
118667	5- 6pm	Thu	Oct 19
118668	5- 6pm	Thu	Nov 16

DANCE - HOLIDAY BALL

Get out your holiday best and plan an elegant evening or just come as you are. For teens and adults with intellectual disabilities. Must register for dance. Min 15/Max 200

Highland Community Center

\$9(R) \$11(N)			Age: 16Y and up
118678	7- 9:30pm	Fri	Dec 08

SEAFAIR HOLIDAY CRUISE

This annual event serves individuals over the age of 16 living with developmental disabilities. Meydenbauer Yacht Club provides the ships and volunteers to join the parade along the Lake Washington Shoreline. Individuals interested in attending please register. Wheelchair and walker users need to register directly through seafair. Space is limited. Interested volunteers please contact Mary Boyle at 425-452-4118. Meet at Meydenbauer Yacht Club, 9927 Meydenbauer Way SE; Bellevue, WA 98004. Min 75/Max 100

Highland Community Center

FREE			Age: 16Y and up
118680	2- 5pm	Sun	Dec 03



DANCE - HALLOWEEN HOWL

Start planning your costume now! Come dance the night away if you dare. Our annual costume showcase will highlight the evening. We'll have witch's brew and spooky delights for all. Must register for dance. This is an adaptive recreation class. Min 80/Max 200

Highland Community Center

\$9(R) \$11(N)			Age: 16Y and up
118676	7- 9:30pm	Fri	Oct 27



Adaptive Recreation Programs

ADULT ADVENTURE EDUCATION

This specialized class is adapted and designed for adults living with Intellectual disabilities. This program offers an array of educational outings to explore the things that make our community tick. A schedule will be given out at the first class. The roster is determined by lottery and all eligible interested persons must sign up before the non-Bellevue registration date to be included in the drawing. Age 18 and up. Min 10/Max 13

Highland Community Center

\$222(R) \$277(N) Age: 18Y and up
118662 9:30am-3pm Wed Sep 27-Nov 09

ADULT ARTS & CRAFTS

This class is adapted and designed for adults with intellectual disabilities. We offer hands-on creative experiences with hand-crafted results that await your artistic touch. NO CLASS ON HOLIDAYS Min 5/Max 15

Highland Community Center

\$42(R) \$53(N) Age: 16Y and up
118672 1-2:30pm Fri Sep 29-Dec 01

BINGO

This specialized class is adapted and designed for teens and adults living with intellectual disabilities. Reinforce your concentration skills while trying your luck winning prizes (no money). Not everyone will win, but the anticipation will keep you on the edge of your seat. Age: 18 and up. NO CLASS ON HOLIDAYS Min 20/Max 35

Highland Community Center

\$42(R) \$53(N) Age: 18Y and up
118671 7-8:30pm Thu Sep 28-Nov 30

BOWLING ADAPTIVE

This specialized class is adapted and designed for adults living with intellectual disabilities. This class provides a little exercise, some skill development and a whole lot of quality socializing. Held at Tech City Bowl in Kirkland. There are TWO fees for this program: an administrative fee to the City of Bellevue and a check made out to Tech City Bowl in Kirkland for the weekly two games and shoe rental. Please inquire upon registering for amount required for Tech City Bowl. NO CLASS ON HOLIDAYS Min 60/Max 90

Highland Community Center

\$45(R) \$56(N) Age: 18Y and up
118679 9:30-11:30am Sat Sep 30-Dec 02

COOKING WITH EASE

This specialized class is designed and adapted for adults living with intellectual disabilities. This class works as a group to explore all of the working parts that contribute to a meal. Learn the basics, explore new cuisines, try various methods, and sample the groups creation each week. Fee includes food cost. NO CLASS ON HOLIDAYS Min 10/Max 15

Highland Community Center

\$74(R) \$92(N) Age: 18Y and up
118669 5-7pm Thu Sep 28-Nov 30

BALLROOM DANCE

This is a great group activity that will enhance your physical coordination and artistic self expression. This is an adaptive recreation activity. Min 15/Max 25

Highland Community Center

\$42(R) \$53(N) Age: 16Y and up
118659 7-8:30pm Tue Sep 26-Nov 28

FRIDAY NIGHT OUT

This is an adaptive recreation class. Develop a new network of friends over a little dinner and choice of a movie. You may bring a dinner or buy your dinner at the Crossroads Mall. Bring \$14 for the movie. Participants are responsible for their own money. The class will meet for drop-off and pick-up at the Crossroads Regal Cinema Movie Theater. There are times we must see a 3D movie at a cost of \$17 if there are no other PG13, PG or G rated movies. Min 5/Max 15

Highland Community Center

\$17(R) \$21(N) Age: 18Y and up
118673 5:30-9:30pm Fri Sep 29
118674 5:30-9:30pm Fri Oct 13
118675 5:30-9:30pm Fri Nov 17

FULL FITNESS FUN

This specialized class is adapted and designed for adults living with intellectual disabilities. Dust off those trainers and dig out your leg warmers! This course meets twice a week to discuss nutrition and how to implement a healthy lifestyle over dinner. Clients to provide their own sack dinner for each class. After dinner, the group will explore and try various exercises focusing on strength, balance, flexibility, and control. No class on holidays. Min 10/Max 12

Highland Community Center

\$78(R) \$98(N) Age: 18Y and up
118658 5-7pm Tue, Thu Sep 26-Nov 30



HIGHLAND HANGOUT

This class is designed and adapted for adults with intellectual disabilities. Your answer to a slow afternoon. Stimulating conversation, lively board games, solving puzzles or just enjoy a movie. All yours 4-days-per-week, for a 10-week period, at one low price. Bring your snacks and independence each day as both are required for this program. **NO CLASS ON HOLIDAYS** Min 5/Max 20

Highland Community Center

\$40(R) \$50(N) Age: 18Y and up
118656 3-5pm Mon-Thu Sep 25-Nov 30

KITCHEN KAPERS

Kitchen Kapers introduces the REAL secrets of creating great and healthy dishes. Make some of the easiest but tastiest meals while having a great time! Discussions include seasonings, cooking methods, healthy meal choices, etc. Recipes included. Materials included. Accommodations provided for people with disabilities. Min 8/Max 10

Northwest Arts Center

\$119(R) \$139(N) Age: 18Y and up
117931 12-1:30pm Wed Sep 20-Nov 08

MOVIE TIME ADAPTED

This specialized class is adapted and designed for individuals living with intellectual disabilities. Bring your dinner and enjoy a movie in-house with your peers. Clients can bring up to two movies (rated: G, PG, or PG13) to submit to the group vote each week. **NO CLASS ON HOLIDAYS** Min 15/Max 30

Highland Community Center

\$42(R) \$53(N) Age: 16Y and up
118663 5-7pm Wed Sep 27-Nov 29

MULTI-SPORT

Come and enjoy playing a variety of fun sports with friends. This class will play Basketball, Volleyball, Hockey, Kickball and indoor softball. This will be a great opportunity to try out a new sport. **NO CLASS ON HOLIDAYS** Min 15/Max 25

Highland Community Center

\$62(R) \$77(N) Age: 18Y and up
118661 7-8:30pm Tue, Thu Sep 26-Nov 30

PD - EXERCISE CLASS ADAPTED

This specialized class is developed and adapted for adults living 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** Min 5/Max 9

Highland Community Center

\$110(R) \$139(N) Age: 18Y and up
118681 9:15-10:15am Mon, Wed, Fri Sep 18-Dec 08
118682 10:30-11:30am Mon, Wed, Fri Sep 18-Dec 08
118683 11:45am-1:15pm Mon, Wed Sep 18-Dec 06

SOCIAL CLUB ADAPTED

This class adapts and facilitates social settings and peer interaction for adults living with intellectual disabilities. Each week the group will work together through socially engaging activities such as playing a game or singing karaoke. **NO CLASS ON HOLIDAYS** Min 15/Max 30

Highland Community Center

\$42(R) \$53(N) Age: 16Y and up
118665 7-8:30pm Wed Sep 27-Nov 29

ARTISTIC INSPIRATIONS

Bring your inspiration and imagination to create some of the most beautiful art pieces imaginable. **NO CLASS ON HOLIDAYS** Min 10/Max 15

Highland Community Center

\$45(R) \$55(N) Age: 16Y and up
118657 5-7pm Tue Sep 26-Nov 28

PD BRUNCH

Start the Holiday Season catching up with old friends while enjoying the culinary skills of the staff at Highland Center. It is our thanks to you for being a part of the Highland Family. This brunch is for participants in the M/W/F exercise classes. Min 10/Max 35

Highland Community Center

FREE Age: 21Y and up
118786 10:30am-12:30pm Wed Nov 29

CHEERLEADING

Be a part of a cheerleading squad and come learn new skills and work as a team. This team is part of the Eastside Dream Elite program which is the official cheerleading program of the Bellevue Parks & Community Services. This class is open to women and men with intellectual disabilities. We have regular weekly performances on the Highland Center schedule and we have occasional performances outside of class time as well. Come join the fun! Min 10/Max 20

Highland Community Center

\$77(R) \$95(N) Age: 12Y and up
118664 5:30-6:30pm Wed Sep 27-Nov 29

KITCHEN KAPERS: HOLIDAY COOKING

Kitchen Kitchen introduces the REAL secrets of creating great and healthy dishes for the holidays. Discussions include seasonings, cooking methods, healthy meal choices etc. Recipes included. Materials included. Accommodations provided for people with disabilities. Min 6/Max 10

Northwest Arts Center

\$33(R) \$39(N) Age: 18Y and up
117932 12-1:30pm Wed Dec 06-13

STONEWARE CREATIONS

Stoneware Creations provides an introduction for beginning & intermediate students to hand-building and wheel throwing stoneware. Various and seasonal subject matter included as design inspirations for practical and decorative art work. Materials included. Min 6/Max 9

Northwest Arts Center

\$215(R) \$245(N) Age: 18Y and up
117902 12:30-2:30pm Thu Sep 14-Nov 02

GLASS FUSION

Combine the elements of 'Fire and Ice' to create fabulous jewel-like art pieces. Glass Fusion provides step-by-step instruction and the basics of glass art. Projects include small jewelry pieces, plates, platters, candle holders and much more. Materials included. Min 6/Max 9

Northwest Arts Center

\$215(R) \$245(N) Age: 18Y and up
117901 10-11:30am Thu Sep 14-Nov 02

PARTICIPANT NAME: _____ NEW ADDRESS ☐ NEW PHONE ☐

CASH/CHECK/CARD ☐ OR CITY OF BELLEVUE SCHOLARSHIP ☐ OR DDA ☐ CASE MANAGER: _____

PLEASE SUBMIT THIS FORM WITH SIGNED REGISTRATION FORM ON PAGE 8

Adaptive Programs at Highland Center

* There is no class November 10, 11, 23, 24, and 25.

		Course #	Title	Rates - Res/Non-Res	Days	Time	Dates
Intellectual Disabilities	<input type="checkbox"/>	118656	Highland Hangout*	\$40 (R) \$50 (N)	M/T/W/TH	03:00p-05:00p	9/25-11/30
	<input type="checkbox"/>	118657	Artistic Inspirations	\$45 (R) \$55 (N)	Tue	05:00p-07:00p	9/26-11/28
	<input type="checkbox"/>	118658	Full Fitness Fun*	\$78 (R) \$98 (N)	Tue/Thu	05:00p-07:00p	9/26-11-30
	<input type="checkbox"/>	118659	Ballroom Dance	\$42 (R) \$53 (N)	Tue	07:00p-08:30p	9/26-11/28
	<input type="checkbox"/>	118661	Multi-Sport *	\$62 (R) \$77 (N)	Tue/Thu	07:00p-08:30p	9/26-11/30
	<input type="checkbox"/>	118662	Adult Adventure Ed	\$222 (R) \$277 (N)	Wed	09:30a-03:00p	9/27-11/29
	<input type="checkbox"/>	118663	Movie Time	\$42 (R) \$53 (N)	Wed	05:00p-07:00p	9/27-11/29
	<input type="checkbox"/>	118664	Cheerleading	\$77 (R) \$95 (N)	Wed	05:30p-06:30p	9/27-11/29
	<input type="checkbox"/>	118665	Social Club	\$42 (R) \$53 (N)	Wed	07:00p-08:30p	9/27-11/29
	<input type="checkbox"/>	118666	Kiwanis Dinner	FREE	Thu	05:00p-06:00p	9/21
	<input type="checkbox"/>	118667	Kiwanis Dinner	FREE	Thu	05:00p-06:00p	10/19
	<input type="checkbox"/>	118668	Kiwanis Dinner	FREE	Thu	05:00p-06:00p	11/16
	<input type="checkbox"/>	118669	Cooking w/Ease*	\$74 (R) \$92 (N)	Thu	05:00p-07:00p	9/28-11/30
	<input type="checkbox"/>	118671	BINGO*	\$42 (R) \$53 (N)	Thu	07:00p-08:30p	9/28-11/30
	<input type="checkbox"/>	118672	Adult Crafts*	\$42 (R) \$53 (N)	Fri	01:00p-02:30p	9/29-12/01
	<input type="checkbox"/>	118673	Friday Night Out	\$17 (R) \$21 (N)	Fri	05:30p-09:30p	9/29
	<input type="checkbox"/>	118674	Friday Night Out	\$17 (R) \$21 (N)	Fri	05:30p-09:30p	10/13
	<input type="checkbox"/>	118675	Friday Night Out	\$17 (R) \$21 (N)	Fri	05:30p-09:30p	11/17
	<input type="checkbox"/>	118676	Halloween Howl	\$09 (R) \$11 (N)	Fri	07:00p-09:30p	10/27
	<input type="checkbox"/>	118678	Holiday Ball	\$09 (R) \$11 (N)	Fri	07:00p-09:30p	12/08
<input type="checkbox"/>	118679	Adult Bowling*	\$45 (R) \$56 (N)	Sat	09:30a-11:30a	9/30-12/02	
<input type="checkbox"/>	118680	Seafair Cruise	FREE	Sun	02:00p-05:00p	12/3	
Bridge Academy: Thursdays, 10am-2pm - Call Jodi Richey 206-372-8046							
Adaptive Programs at Northwest Arts Center							
	<input type="checkbox"/>	117901	Glass Fusion	\$215 (R) \$245 (N)	Thu	10:00a-11:30a	9/14-11/2
	<input type="checkbox"/>	117902	Stoneware Creations	\$215 (R) \$245 (N)	Thu	12:30p-02:30p	9/14-11/2
	<input type="checkbox"/>	117931	Kitchen Kapers	\$119 (R) \$139 (N)	Wed	12:00p-01:30p	9/20-11/8
	<input type="checkbox"/>	117932	Holiday Kitchen Kapers	\$33 (R) \$39 (N)	Wed	12:00p-01:30p	12/6-12/13
Physical Disabilities	ADULT Adaptive Programs at Highland Center						
	<input type="checkbox"/>	118681	Exercise*	\$110 (R) \$139 (N)	M/W/F	09:15a-10:15a	9/18-12/08
	<input type="checkbox"/>	118682	Exercise*	\$110 (R) \$139 (N)	M/W/F	10:30a-11:30a	9/18-12/08
	<input type="checkbox"/>	118683	Exercise*	\$110 (R) \$139 (N)	M/W	11:45a-01:15p	9/18-12/06
	<input type="checkbox"/>	118786	PD Brunch	FREE	Wed	10:30a-12:30p	11/29

People living with disabilities are encouraged to participate in any of the Recreation Division programs in which they are interested.
Please contact Mary Boyle, Program Coordinator, if you have not taken programs at Highland Center in the past, to schedule an appointment at 425-452-4118.

Kelsey Creek Farm Fair

Saturday, October 7

11am-4pm

Kelsey Creek Farm Park

Bring your family to the farm and enjoy some good old-fashioned fun at this annual event. The event will feature live entertainment, heritage demonstrations, tractor-pulled wagon rides, pumpkins, and more!

Call 425-452-7688 or visit parks.bellevuewa.gov/kelsey for more information.

Pumpkins



Cowboy Buck & Elizabeth



BELLEVUE SKATE PARK

#BVSP



BELLEVUE INDOOR SKATEPARK

14224 Bel Red Road, 98007

The newly renovated indoor Skate Park features a new Pro Shop and ramps for all levels, including a 3.5' mini ramp, 8.5' vert ramp, wall rides, banks, ledges, rails, a micro mini mega, and 28 feet of pool coping on its 6' quarter pipe. The park provides a sense of community and ownership to all participants, regardless of age, experience or level of participation.

Bellevue's first skate park was created in 1994 as part of a Youth Link project. It is renovated annually by skateboarders. Over 100,000 skateboarders have joined since the park opened. Now there are two skateboarding facilities at Highland Park — the original Bellevue Skate Park, an indoor haven for boarders to escape bad weather, and the Highland Skate Plaza, an outdoor space devoted to street skating.

BELLEVUE SKATE PARK RENTALS

The Bellevue Skate Park is a great place for a birthday party or a secret session. From private hourly park rentals to all inclusive birthday packages, we will make your party a hit. Call 425-452-2722 or email SK8@bellevuewa.gov for more information.

BELLEVUE SKATE PARK LESSONS

If you are just starting out, and you want to learn how to skateboard these lessons are for you. Let us show you how to ride ramps, drop-in, ollie and have fun skating. Our experienced instructors will guide you step by step how to safely get up and begin skateboarding. You may be surprised how fast you learn from your one-on-one skate coach. Call or stop by for scheduling, information or to meet our instructors. Lessons increase self-esteem and confidence in and outside of the park. ALL AGES.

Outdoor Skate Facilities

HIGHLAND OUTDOOR SKATE PLAZA

Newly Remodeled for 2017!

14224 Bel-Red Road, 98007. This 13,000 square foot public skate plaza replicates some of the world's favorite street skate-spots. Instead of half-pipes or bowls, it resembles everyday obstacles including various ledges, banks, stairs, hubbas, rails, benches, gaps and barriers. The park is also lit for evening skateboarding or rollerblading.

LAKEMONT SKATE COURT

Lakemont Community Park,
5170 Village Park Drive, 98006
Smaller than a traditional skate park, the outdoor skate court includes a pyramid, ledges, a wall-ride and other obstacles. Designed for skateboarding and rollerblading.

CROSSROADS SKATE PARK

Crossroads Community Center,
16000 NE 10th Street, 98008
This state-of-the-art bowl was built by world renowned Grindline Skate Parks. Empty swimming pools paved the way for one of the earliest genres of skateboarding in the '70's. This skate park was built to emulate a similar feel, but with modern additions. The massive bowl's depths range from 4' to 9' 5" and features an over-vertical "clamshell," multiple hips, escalators, tombstone and various coping made of steel and concrete.

Bellevue Indoor Skate Park

Fall skate park hours

Fall Open Session Times

Monday, Tuesday, Thursday, Friday:

3pm-8pm

Wednesday:

1pm-8pm

Saturday and Sunday:

12 p.m. to 1:30 p.m. - Ages 12 and under only
1:30 p.m. to 6 p.m. - Open Session

Ladies Night - Every Tuesday, 6-8pm

Rentals: For information about our various rental packages, park fees, lessons, and events contact SK8@bellevuewa.gov or call 425-452-2722.
parks.bellevuewa.gov/SK8

** To purchase an ID card, you must have a parent or guardian signature if you are under 18 years old.*



Human Services

Need help
but don't know
where to turn?
Dial 2-1-1

to find social services
such as...

- Caregiver & Disability Resources
- Emergency Shelter
- Food & Clothing
- Health Care & Support Groups
- Rent Assistance
- Transportation
- Volunteering

Language interpretation available

King County ★
2-1-1™
Get Connected. Get Answers.
Crisis Clinic • United Way

Also: 206.461.3200
Toll Free 800.621.4636
www.crisisclinic.org

CITY OF BELLEVUE HOME REPAIR PROGRAM

Help is available for low and moderate income Bellevue homeowners who need major home repairs to improve the health and safety of their home. For more information, call 425-452-4069.

ROOF REPAIRS
FAULTY PLUMBING
WIRING
EARTHQUAKE RETROFITTING



BELLEVUE'S HUMAN SERVICES PROGRAM

In 1986 the Bellevue City Council resolved that the city would act to ensure that the basic survival needs of Bellevue residents are met. The city serves as a planner, facilitator and funder for support systems that help people through economic and personal crisis and provide low-and moderate-income persons with opportunities to succeed.

The Human Services Division of the Parks & Community Services Department administers the Human Services Fund.

Bellevue takes one of the following three roles in human services, depending on the need:

Planner: assess and anticipate needs and develop appropriate policy and program responses.

Facilitator: convene and engage others in community problem-solving to develop and improve services.

Funder: disburse federal Community Development Block Grant and General Fund dollars to support a network of services which respond to community needs.

Bellevue's human service funding is on a two-year cycle, with second-year funding contingent on contract performance and program outcomes. For more information about funding criteria and timelines, please contact grant coordinator Joseph Adriano by e-mail at JAdriano@bellevuewa.gov, or at 425-452-6165.

HUMAN SERVICES COMMISSION

Carla Villar, Chair
Michelle Kline
James McEachran

Judith Mercer, Vice-Chair
Timothy Ma
Olga Perelman
Ann Oxrieder

Completing The Circle

Downtown Park Grand Opening • June 28, 2017

Bellevue Parks & Community Services

Full Circle

City of Bellevue representatives joined the Bellevue Rotary, civic leaders and the community at Bellevue Downtown Park on Wednesday, June 28 to celebrate the completion of the highly-anticipated last segment of the circular promenade and a new play area for children of all abilities.

More than 30 years after the promenade was designed for Bellevue's iconic park, the gathering marked the closure of the Complete the Circle project, part of a 2008 voter-approved parks levy. An expanded play area has been transformed into the Inspiration Playground through a partnership with the Bellevue Rotary.

Giving teens a voice and an opportunity to make things happen...

Youth Link is a youth leadership program sponsored by Bellevue Parks & Community Services and the Bellevue School District. Founded in 1990, Youth Link gives youth an active voice in the community and an opportunity to make a difference!

Current Youth Link Projects

For more information about any of these opportunities, please call 425-452-5254, unless otherwise specified, or visit www.youthlink.com.

Bellevue Youth Council	Youth Link University
Kids Care Coat Drive	Bellevue Youth Court
Teen Closet	Youth Involvement Conference
Youth Link Academy	Youth Link Marketing Team
Community Leadership Awards	

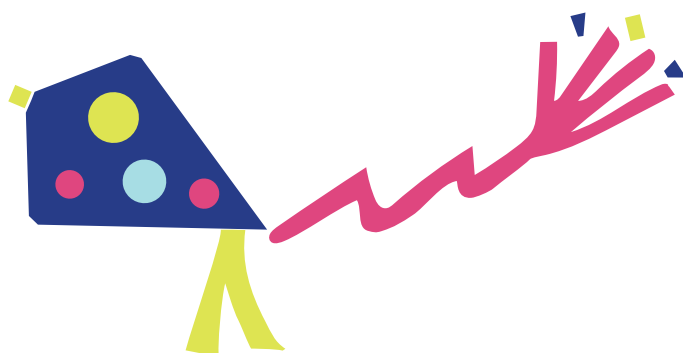
If you are a young person of middle or high school age, call 425-452-5254 for more information.





Bellevue
Parks & Natural Areas
LEVY PROJECT
Enhancing our City in a Park

Inspiration Playground
Rotary Club of Bellevue



<http://parks.bellevuewa.gov>



Register Online:
<http://parksreg.bellevuewa.gov>

September through December 2017
CONNECTIONS



BELLEVUE BOTANICAL GARDEN CLASSES, LECTURES, AND SPECIAL EVENTS SEPTEMBER-DECEMBER 2017

Class: "Fall in the Border" September 16, 2017 10am – 12pm Explore the beauty of a fall garden. There will be a brief slideshow followed by a stroll through the perennial border to discuss favorite fall plants with information about what to divide, cut back, and leave alone.

Plant Sale: Hardy Fern Foundation Plant Sale September 16, 2017 9am – 3pm

Lecture: Julia Graham "Coloring Your Garden with Japanese Maples" September 17, 2017, 12pm. Presented by the Northwest Perennial Alliance.

Plant Sale: Master Gardeners Plant Sale September 23, 2017 9:30am-4:30pm "Cool Plants and Hot Topics:" speakers and plant sale. Pre-registration for classes recommended.

Class: "Propagation 101" September 28, 2017 6:30 – 8:30pm Taught by Gordon Polson. A step-by-step demonstration on successful propagation techniques and take home instructions to try propagating on their own.

Class: "Introduction to Mushroom Cultivation" October 5, 2017 6:30 – 8:30pm Explore the basic roles mushrooms play in forests, gardens, and people, then create an Oyster Spawn Mat in class.

Lecture: Washington Native Plant Society Lecture, October 10, 2017 7pm

Class: "Put your Vegetable Garden to Bed" October 11, 2017 6:30 – 8:30pm A presentation and demonstration of various forms of plant propagation that will include tools, rooting solutions, and which plants to propagate.

Lecture: Colston Burrell "Literature into Art: Books that Changed the Way We Garden" October 18, 2017, 7pm It's hard to imagine a time when gardeners relied solely on books for garden inspiration and advice. Colston will highlight some of the influential books that shaped how we garden.

Garden d'Lights

November 25 – December 31, 2017

4:30 – 9pm daily, including holidays.

Over half a million lights transform the Bellevue Botanical Garden into a blossoming winter wonderland. Visit gardendlights.org for the most up to date information about this popular event.

Visit bellevuebotanical.org for more information and to register for events. Registration required for some events.



BELLEVUE BOTANICAL
GARDEN

All events at the Aaron Education Center at the Bellevue Botanical Garden • 12001 Main Street, Bellevue

BELLEVUE MAIN CLUB CENTER

Adult Programs

Creating Connections & Life Long Learning!

209 100th Ave NE – West side of Downtown Park

OPEN HOUSE MEET & GREET

Sept 14th 10am -12pm



GENTLE YOGA

Discover Yoga in a gentle form that reduces strain on limbs and joints. This class is perfect for beginners!

Fee: \$79 8 classes

#8002 10-11:30am Wed

Sept 20–Nov 8

GREEK AND ROMAN MYTHOLOGY

Brief overview of the gods, goddess, heroes, and villains of Greek and Roman mythology. We will consider how their stories have influenced Western cultures.

Fee: \$79 8 classes

#8000 10am-11:30pm Mon

Sept 18 – Nov 6

BLUEGRASS MUSIC-WILL THE CIRCLE EVER BE UNBROKEN

Discover how Bluegrass music has become an integral part of our lives in America.

Fee: \$79 8 classes

#8001 12:15-1:45pm Mon

Sept 18 – Nov 6

EXPLORING LANDSCAPE WITH VERSATILE ACRYLICS

Beginning students create paintings using the medium of acrylics.

Fee: \$89 (Includes \$10 fee for supplies)

8 classes no class Nov 9

#8003 10-11:30am Thu

Sept 21–Nov 16

MIXING COLOR TO MAKE BEAUTIFUL MANDALAS WITH ACRYLICS

Students will be taught how to create a unique mandala using primary colors and mixing colors to create tints and shades.

Fee: \$89 (Includes \$10 fee for supplies)

8 classes no class Nov 9

#8004 12:15pm-1:45pm Thur

Sept 21–Nov 16

BEGINNER BALLET FOR BALANCE

Beginner barre work, followed by careful low impact ballet moves across the floor, accompanied by beautiful music.

Fee: \$79 8 classes

Northwest Arts Center, 2925 NE 24th St

#8005 10-11:30am Thu

Sept 21-Nov 9



WISDOM CAFÉ

LIVING OUR LEGACY – HOW DO YOU WANT TO BE REMEMBERED?

We will talk about what we want our friends and family to learn from us. More than just remembering us, our lives hold lessons and messages we can start sharing now.

Free Wisdom Café

11:30am-1pm Tue

Oct 10

DREAMING OUR FUTURE

How has living your dreams showed up in your life up to now? What dreams do you still hope to fulfill? How do we continue to grow throughout our life? Sharing our dreams out loud might just help them come true.

Free Wisdom Café

11:30am-1pm Tue

Oct 24

LIFE PURPOSE - WE'RE HERE FOR A REASON.

Reflecting on what we are meant to do can help us clarify goals for our present lives. Knowing our essential values and knowing what "turns us on" can be a path to self-discovery.

Free Wisdom Café

11:30am-1pm Tue

Nov 7

To register for TELOS programs contact Bellevue College at 425 564-2263 or visit www.BCconted.com

To register for Wisdom Café Classes call Bellevue Parks & Community Services : 425-452-4106

For a full list of programs offered at Main Club visit: Parks.bellevuewa.gov/mainclub

Stay connected by joining our mailing list. Send contact information to DPetterson@Bellevuewa.gov or call 425-452-4106.

Bellevue Main Club Center is a partnership with the Bellevue Parks & Community Services Department and the Bellevue Boys & Girls Club



BELLEVUE CHALLENGE COURSE

ZIP TOUR

Feel Wild in the City
7 zip lines and 2 suspension bridges
Affordable and accessible with amazing views
Daytime tours April through October
Zip Scare at night in October

HIGH ROPES ADVENTURE

An Experience to Remember
18 different elements, up to 45 feet high
Affordable for individuals, families, and friends
Open April through October

TEAM CHALLENGE ADVENTURE CAMP

Learn While Playing
A summer camp for 11 - 13 year olds
One week of challenge, choices, and adventure in
a team environment!
Team-based exploration with professional facilitators
Experience ALL Challenge Course elements,
including the zip tour!

TEAM BUILDING

Learn While Playing
Customized curriculums
Valuable life skills learned
Youth to adult programs to make
your organization successful
For information about Bellevue Team Building
see nwteambuilding.com



TO REGISTER: <http://parksreg.BellevueWA.gov>

INFORMATION: parks.BellevueWA.gov/WildInTheCity

QUESTIONS about Zip Tours, High Ropes Adventure and Summer Camps call 425-452-7101

QUESTIONS about Teambuilding programs call 425-452-4240



BELLEVUE GOLF COURSE

Reserve tee times online
www.bellevuepgc.com

5500 140th Ave NE
425-452-7250

Download our
FREE mobile app
today!



Search for
BELLEVUE GOLF

Open to the public since 1968 and located near Bellevue's Bridle Trails neighborhood, Bellevue Golf Course is home to an 18-hole championship course, 46-stall driving range, grill and banquet room. Whether new or experienced, younger or older, playing or practicing, Bellevue Golf Course is family friendly and fun for all. Visit us online at **bellevuepgc.com** or call 425-452-7250 for more information.

- 18-Hole Championship Golf Course
- 46-stall covered, heated, lighted Driving Range
- Practice putting & chipping greens
- Golf Shop offering the latest in equipment, apparel and accessories
- PGA-certified teaching professionals, available for Private Lessons
- Food & Drink at the Bellevue Grill
- Tournaments & Events
- Banquet Room
- Power Cart & Golf Club Rentals
- Women's & Men's Clubs

CROSSROADS PAR 3 GOLF COURSE

OPEN MARCH 1 - NOVEMBER 1



The Crossroads Par 3 Golf Course is perfect for families and new golfers to play on a course in a relaxed, friendly environment and is also a great way for more advanced players to work on their short game. Visit www.bellevuepgc.com or call 425-452-4873 for more information.

- 9-Hole Par 3 Golf Course with holes ranging from 60-105 yards
- Practice Area with restricted flight range balls
- Practice putting & chipping greens
- FootGolf - A fun combination of soccer and golf

The City of Bellevue has partnered with the First Tee of Greater Seattle to provide golf and life instruction for area youth at the Crossroads Par 3 Golf Course. Additional information regarding the First Tee program is available at TheFirstTeeSeattle.org or by calling 206-839-4791.

September through December 2017

CONNECTIONS



Your perfect day... Our perfect places

Plan your next event in a Bellevue park or facility today!

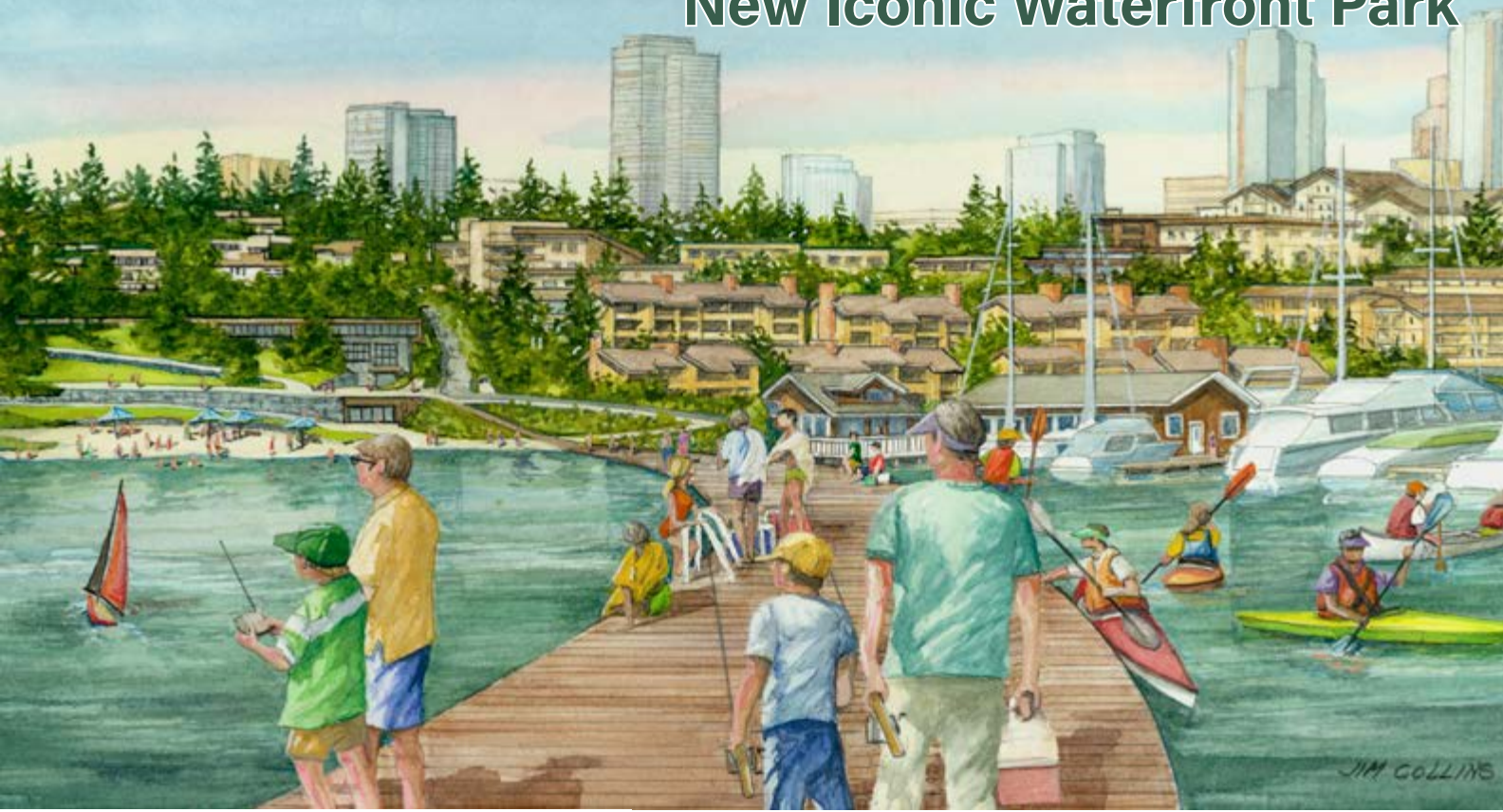
Whether you are looking for a place for a wedding, to host an extended family gathering, or a large party for up to 250 guests, Bellevue Parks & Community Services has a facility to meet your needs! From visitor centers, a theatre, and a historical estate, to large modern community centers, you are sure to find the perfect place to host your gathering.

Call us today at 425-452-6914, or email ParkRental@bellevuewa.gov, to get started with booking your next holiday party, birthday, or wedding celebration!



Bellevue Parks & Community Services

Construction Begins on New Iconic Waterfront Park



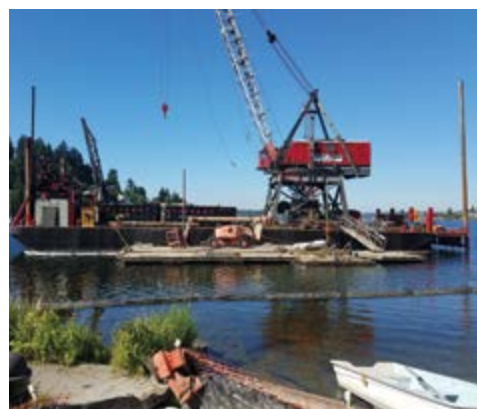
Construction has begun on the long-awaited Meydenbauer Bay Park, which will improve the connection between Bellevue's bustling downtown and its scenic Lake Washington waterfront.

With a quarter mile of waterfront, the 10-acre park considerably expands the current Meydenbauer Bay Beach Park.

A large public swimming beach, pedestrian pier, historic whaling building and new beach house will make the park a destination for residents and visitors.

Meydenbauer Beach Park will be closed during the project, which is expected to be completed in late fall 2018.

For more information, contact:
Scott VanderHyden, Project Manager
SVanderHyden@bellevuewa.gov
425-452-4169



The Tacoma Glassblowing Studio & Bellevue Parks & Community Services presents

The Great Northwest

Glass Pumpkin Patch

October 7, 2017

9am-3pm

Northwest Arts Center

9825 NE 24th St. • Bellevue

**Wander through a pumpkin patch
of thousands of hand-blown,
one-of-a-kind glass pumpkins.**

Admission and parking is FREE

Pumpkins range from \$35-\$200.

Rain or Shine!

425-452-4106



**Bellevue Parks &
Community Services**



American Sign Language (ASL) or other interpretation available upon request. Assisted listening devices available. Call at least 48 hours in advance for any request. 425-452-6884 or Relay Service 711.