



September through  
December 2019

# CONNECTIONS



Bellevue Parks &  
Community Services

**425-452-6885**  
[register.bellevuewa.gov](http://register.bellevuewa.gov)



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## FACILITY ADDRESSES AND PHONE NUMBERS QUICK FIND

**RECREATION REGISTRATION ..... 425-452-6885**

**FACILITY & FIELD RENTALS ..... 425-452-6914**

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

## 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:** Chess at Bellevue Botanical Garden, photograph by Marcus Donner.

Questions or comments about Connections? Contact Colin Walker, Department Marketing Administrator, at [cwalker@bellevuewa.gov](mailto:cwalker@bellevuewa.gov).

# CONNECTIONS



## Bellevue Parks & Community Services

PO Box 90012  
Bellevue, WA 98009-9012

## Bellevue City Council

John Chelminiak, Mayor

Lynne Robinson, Deputy Mayor

Conrad Lee                      Jared Nieuwenhuis  
Jennifer Robertson              John Stokes  
Janice Zahn

## Parks & Community Services Board

Heather Trescases, Chair

David Hamilton, Vice Chair

Paul Clark                      Stuart Heath  
Debra Kumar                      Eric Synn  
Pamela Unger



**Advance Registration Preference for Bellevue Residents • Registration begins August 5, 2019**

## 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 14, 2019.*

## INTERNET

Visit  
[http://register.  
bellevuewa.gov](http://register.bellevuewa.gov)  
to register for  
classes online.

## PHONE-IN

Telephone  
Registration  
begins  
August 19.  
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://register.bellevue-wa.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

**Highland Community Center:** 425-452-7686 | **Northwest Arts Center:** 425-452-4106 | **Bellevue Youth Theatre:** 425-452-7155

People with disabilities are encouraged to participate in any program of their choice. The city will provide reasonable modifications for programs and services. This information will be provided in alternate formats for individuals with disabilities upon request. Assistance for the Deaf and Hard of Hearing can be provided through the 711 Telecommunications Relay Service. For assistance, please call 425-452-6885.

**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.

### 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](mailto:JSWilson@bellevuewa.gov), or 425-452-4278.



# Registration Form

**Advance Registration Preference for Bellevue Residents • Registration Begins August 5, 2019**

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 clearly

Main Contact Last Name				First Name			
Mailing Address				E-mail Address			
City	State	ZIP Code		<input type="checkbox"/> I do not wish to receive updates from Bellevue Parks & Community Services via email. <small>NOTE: If you check this box, you will not be notified of future registration opportunities by email.</small>			
Main contact date of birth	(    ) Home phone		(    ) Work phone		(    ) Cell phone		

Participant's Name	Use Schol- ar-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"/>					\$	

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

People with disabilities are encouraged to participate in any program of their choice. The city will provide reasonable modifications for programs and services. Call Highland Community Center, 425-452-7686, for more information.

**\*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.A. (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 14, 2019.

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

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

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

Printed Name: \_\_\_\_\_

*Registration NOT VALID without signed waiver.*

Adult Participant or Participant's Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_





## SCHOLARSHIPS AVAILABLE FOR RECREATION PROGRAMS

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

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

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

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

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

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

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



## UPCOMING PRODUCTIONS

### The Phantom Tollbooth

Packed full of playful puns and wonderful wordplay, "The Phantom Tollbooth" is the story of Milo, a young child who has become disenchanted with life. Through the magic of a tollbooth, he is transported to the Land Beyond where he discovers the limitless powers of imagination. This show will be delight for all ages.

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

### The Monkey King

A rambunctious young boy wants to be a god! In this adaptation of a portion of the classic Chinese legend, the Monkey King (Sun Wukong) has supernatural abilities; when his kingdom is overrun by demons, he sets out to be the first monkey ever to become an immortal.

Friday, November 8 at 7pm  
 Saturday, November 9 at 7pm  
 Sunday, November 10 at 2pm  
 Saturday, November 16 at 2pm & 7pm  
 Sunday, November 17 at 2pm

### Madagascar, Jr.

Take a walk on the wild side. Join four friends when they find themselves shipwrecked in Madagascar. This is lively musical is appropriate for all audience members. Plenty of song and dance for the whole family.

Friday, November 22 at 7pm  
 Saturday, November 23 at 7pm  
 Sunday, November 24 at 2pm  
 Friday, November 29 at 7pm  
 Saturday, November 30 at 2pm & 7pm  
 Sunday, December 1 at 2pm

### The Twelve Days of Christmas

This delightful tale has all the joy of a holiday treasure. A prince longs for a new world within his kingdom and finds a town fallen to bad times. It is brought back to life with true love and Christmas joy. A great holiday adventure for the whole family.

Friday, December 6 at 7pm  
 Saturday, December 7 at 7pm  
 Sunday, December 8 at 2pm  
 Friday, December 13 at 7pm  
 Saturday, December 14 at 2pm & 7pm  
 Sunday, December 15 at 2pm

**All Seats Reserved:**  
**All shows \$15 per ticket**

*No refunds once purchased. All ticket prices the same regardless of age. All seats are reserved and we do sell out. Buying your tickets early is highly recommended!*

 **BYT**  
**BELLEVUE**  
**YOUTH THEATRE**

**425-452-7155**

**[bellevuewa.gov/BYT](http://bellevuewa.gov/BYT)**

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.

<http://parks.bellevuewa.gov>



# AUDITIONS, CASTS & REHEARSALS

**NO SCHEDULING CONFLICTS ALLOWED DURING TECH AND PERFORMANCE WEEKS**

## THE PHANTOM TOLLBOOTH

If you like witty dialogue, corny dad jokes, and playful wordplay, have we got a show for you. Based on the beloved book by Norton Juster, "The Phantom Tollbooth" takes Milo on a wild adventure to wacky lands to restore Rhyme and Reason to the kingdoms of Dictionopolis and Digitopolis. Parts available for all ages.

### Cast members age 11 and older

<b>Auditions:</b> Sept. 3 or 4 at BYT OR Sept. 5 at SBCC <b>Rehearsal Location:</b> South Bellevue Community Center <b>Rehearsals Begin:</b> September 17	<b>Rehearsal time:</b> Monday-Friday, 5-7pm <b>Tech Week:</b> The week beginning October 21 <b>Performs:</b> October 21-November 3
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### Cast Members age 5-10

<b>Sign-up for ages 5-10:</b> Class # 1902965 <b>Rehearsal Location:</b> South Bellevue Community Center <b>Rehearsals Begin:</b> September 17	<b>Rehearsal time:</b> Monday-Friday, 5-7pm <b>Tech Week:</b> The week beginning October 21 <b>Performs:</b> October 21-November 3
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## THE MONKEY KING

A rambunctious young boy wants to be a god! In this adaptation of a portion of the classic Chinese legend, the Monkey King (Sun Wukong) has supernatural abilities; when his kingdom is overrun by demons, he sets out to be the first monkey ever to become an immortal. Great roles for all ages!

### Cast members age 11 and older

<b>Auditions:</b> Sept. 3 or 4 at BYT <b>Rehearsal Location:</b> Bellevue Youth Theatre <b>Rehearsals Begin:</b> September 23	<b>Rehearsal time:</b> Monday-Friday, 5-7pm <b>Tech Week:</b> The week beginning November 4 <b>Performs:</b> November 8-17
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### Cast Members age 5-10

<b>Sign-up for ages 5-10:</b> Class # 1902966 <b>Rehearsal Location:</b> Bellevue Youth Theatre <b>Rehearsals Begin:</b> September 23	<b>Rehearsal time:</b> Monday-Friday, 5-7pm <b>Tech Week:</b> The week beginning November 4 <b>Performs:</b> November 8-17
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## MADAGASCAR, JR.

Parts for all ages. This lively musical is based on the animated Madagascar film. Actors must sing and dance in the production. Singing is required at audition.

### Cast members age 11 and older

<b>Auditions:</b> Sept. 3 or 4 at BYT <b>Rehearsal Location:</b> Bellevue Youth Theatre <b>Rehearsals Begin:</b> September 23	<b>Rehearsal time:</b> Monday-Friday, 5:30-7:30pm <b>Tech Week:</b> The week beginning November 18 <b>Performs:</b> November 2-December 1
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### Cast Members age 5-10

<b>Sign-up for ages 5-10:</b> Class #1902967 <b>Rehearsal Location:</b> Bellevue Youth Theatre <b>Rehearsals Begin:</b> September 23	<b>Rehearsal time:</b> Monday-Friday, 5:30-7:30pm <b>Tech Week:</b> The week beginning November 18 <b>Performs:</b> November 2-December 1
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# THE TWELVE DAYS OF CHRISTMAS

A town is fallen to bad times. An undercover prince seeks to find the source of its misery and instead finds true love and a villain. Great roles for all ages. Music, dance, and lots of intrigue.

## Cast members age 11 and older

**Auditions:** Sept. 3 or 4 at BYT  
**Rehearsal Location:** Crossroads Community Center  
**Rehearsals Begin:** September 23  
**Rehearsal time:** Monday-Friday, 5:30-7:30pm  
**Tech Week:** The week beginning December 2  
**Performs:** December 6-15

## Cast Members age 5-10

**Sign-up for ages 5-10:** Class #1902968  
**Rehearsal Location:** Crossroads Community Center  
**Rehearsals Begin:** September 23  
**Rehearsal time:** Monday-Friday, 5:30-7:30pm  
**Tech Week:** The week beginning December 2  
**Performs:** December 6-15

# BELLEVUE AQUATIC CENTER

601 - 143rd Avenue NE

Phone: 425-452-4444 | Fax: 425-452-6100

Email: [aquatics@bellevuewa.gov](mailto:aquatics@bellevuewa.gov)

## SWIM RATES

### Drop-In Fees

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

*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

## Birthday Party Packages at Northwest Arts Center



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

Party packages are for 10 children, including the birthday child. Two-hour party packages include one hour of party activity, plus one hour in the party room:

- **Art It Up!** Features crafts or beading assembly, for ages 3-12 \$180
- **Play Zone Party** Features an open gym and playground games for ages 2-5 \$180
- **Pottery Party** Make a small bowl, vase or other item to cherish or give someone as a gift, for ages 6 and up. Limit 10 children. \$230
- **Junior Chef Party** Create a birthday treat and decorate an apron to take home, for ages 5-12 \$210
- **Taekwondo Party** Enjoy learning martial arts and playing fitness and challenge games with your friends. Ages 5-9 \$210

### Themed Parties \$180

- **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, additional child fees (\$15 per child), and to arrange your party today! Parties are held at the Northwest Arts Center - 9825 NE 24th St.

## 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](http://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 at [register.bellevuewa.gov](http://register.bellevuewa.gov) 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.
- Many courses have pre-requisites that need 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. Call the Bellevue Aquatics Center at 425-452-4444 for more information.

**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 will be given for the canceled course.

## Private/Semi-Private Swim Lessons

For private lesson availability visit [register.bellevuewa.gov](http://register.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.

## CURRENT SWIM LESSON SCHEDULE

**Due to a regional swim instructor and lifeguard shortage, our complete class schedule was not available at the time of publication.**

**Additional sessions may be available.**

Visit [register.bellevuewa.gov](http://register.bellevuewa.gov) or call 425-452-4444 for the most up-to-date list of lessons.

## NOW HIRING LIFEGUARDS AND SWIM INSTRUCTORS

**The Bellevue Aquatic Center has immediate openings available for lifeguards and swim instructors. These positions offer flexible hours in a fun work environment, with the chance to provide a positive impact on many peoples' lives.**

Our lifeguards earn between \$15-\$21.50 per hour (depending on experience).

Pool lifeguards and swim instructors must be 15 years old, have and maintain current American Red Cross Lifeguard certification, and pass a criminal background check prior to being hired.

**Apply online today!** For more information, contact Patrick Simmons, 425-452-4444 or visit [parks.bellevuewa.gov/swim](http://parks.bellevuewa.gov/swim)

**Not a certified lifeguard yet?** Contact the Bellevue Aquatic Center for more information about requirements to becoming a lifeguard and upcoming lifeguard training classes.

# BELLEVUE AQUATIC CENTER

**Pool Schedule• Valid September 9 through December 31, 2019**

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

**Bellevue Aquatic Center Holiday Hours:**

**Closed November 28, December 25, and January 1**

**November 29** Open 12:30-2:30pm for Youth Appreciation Day

**December 24** Open 8am-2:30pm

**December 31** Open 8am-2:30pm



## Blue Lagoon Lap Pool

### 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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00	Shallow H2O Ex Lap Swim (4 lanes)	Lap Swim	Shallow H2O Ex 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)	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 Deep H2O Ex 5-6pm Deep Water Ex 5:30-6:30pm						
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							

**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		Open & Therapy 12:30-2:30	
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							





# ADULT ENRICHMENT

## Eastside Legal Assistance Clinic

The Eastside Legal Assistance Program offers a general legal clinic for low-income individuals at 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

FREE			Age: 18Y & Up
1900874	2-4:15pm	Thu	Sep 05-Dec 19

## APDA Early On-Set Parkinson's Disease Support Group

The American Parkinson Disease Association nationwide network provides information and referral, education and support programs, health and wellness activities, and events to facilitate a better quality of life for the Parkinson's community. When someone who is 21-50 years old receives a diagnosis of Parkinson's disease, it is referred to as early onset Parkinson's disease, or young onset Parkinson's disease. This early on-set Parkinson's support group meets the 1st Wednesday of each month 7-8:30pm at North Bellevue Community Center. No pre-registration required. This is a FREE program.

## ORCA-To-Go Card Distribution

Each month ORCA To-Go travels around the Puget Sound area making stops at senior and community centers, major events, fairs and other key locations to provide on the spot full-service ORCA card sales and assistance. Cash, checks, and major credit cards accepted for payment. No pre-registration required. Call 1-888-988-6722 or visit [www.orcacard.com](http://www.orcacard.com) for more information.

## 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!

South Bellevue Community Center (Comm Room 206-A)

FREE			Age: 18Y & Up
1900040-3	1:10-3:10pm	Tue	Sep 03-Dec 17

# CONTINUING EDUCATION

## AHA Heartsaver Adult/Child CPR AED Class

The Bellevue Fire Department offers citizen CPR/AED classes that follow the American Heart Association's Heartsaver CPR curriculum. The Adult/Child CPR hands-on course teaches warning signs of heart attack and stroke, CPR, AED and relief of choking for adult and child victims (1 to 8 years of age). Skills test required for course completion card.

Fire Station #1

\$60(R)	\$60(N)		Age: 14Y & Up
-16	7-10pm	Thu	Sep 05
-17	7-10pm	Tue	Sep 17
-18	7-10pm	Thu	Oct 03
-19	7-10pm	Tue	Oct 15
-20	7-10pm	Thu	Nov 07
-21	7-10pm	Tue	Nov 19
-22	7-10pm	Thu	Dec 05
-23	7-10pm	Tue	Dec 17

## AHA Heartsaver Infant/Child CPR Class

The Bellevue Fire Department offers citizen CPR/AED classes that follow the American Heart Association's Heartsaver CPR curriculum. The hands on Infant/Child CPR course teaches CPR and choking intervention for infants and children from birth to 8 years of age. It also includes AED for children from 1 to 8. Skills test required for course completion card.

Fire Station #1 (Classroom)

\$60(R)	\$60(N)		Age: 14Y & Up
1903135	7-10pm	Thu	Sep 19
1903136	7-10pm	Thu	Nov 14

## SeniorTech of Puget Sound Computer Education Session

SeniorTech of Puget Sound provides basic education in the use of computers, tablets, smartphones, electronic book readers, digital cameras, and similar devices. They focus on, but do not limit our services to, adults 50 and older. Their goal is to provide computer and related device literacy to any senior and other persons willing to learn. Join them for a FREE monthly education session. For more information visit <http://www.seniortechps.org/>

North Bellevue Community Center (Room D)

FREE			Age: 50Y & Up
190581-1	9:30am-12pm	Tue	Sep 03
190581-2	9:30am-12pm	Tue	Oct 01
190581-3	9:30am-12pm	Tue	Nov 05
190581-4	9:30am-12pm	Tue	Dec 03

## AARP Driver Safety Program

The AARP 2-day Smart Driver Course is one of many programs offered by AARP Driver Safety. It's the nation's largest classroom and online driver safety course and it's designed especially for drivers age 50 and older. Pre-registration is required. Fee payable by cash or check to AARP at the door.

North Bellevue Community Center

FREE			Age: 50Y & Up
191059-1	9am-1pm	Tue	Sep 17-Sep 24
191059-2	9am-1pm	Tue	Nov 12-Nov 19

## SHIBA Medicare Assistance

The Statewide Health Insurance Benefits Advisors (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 are also experts in Medigap coverage, employment-related health benefits, managed care, long-term care insurance, fraud and abuse questions. Appointments available 3rd Wednesday each month. Pre-registration required. This is a FREE program.

## Windows 10 & More

How do I transfer photos from my smartphone to my Windows computer? What do I need to do about privacy settings in Windows? How do I create a letter without installing Office? How do I maintain my computer so it runs faster? How do I sync my calendar with my smartphone? Where can I get help? Which tips and tricks will save me time and make it easier for me to use my computer? Join us for this interactive workshop where you can ask questions and learn from other attendees with similar challenges. Please have your devices updated and charged and bring your passwords. If you do not have a device, there are a few laptops available for class use.

North Bellevue Community Center

\$35(R) \$42(N)			Age: All Ages
1902537	1:30-3pm	Tue	Sep 03-Sep 24

## iPhones, iPads & More

How do I send photos via text or email? How do I sync my Windows calendar with my iPhone or iPad? How do I use my iPhone or iPad as a magnifier? Where can I get help? What tips and tricks will save me time and make it easier to use my Apple devices? Join us for this interactive workshop where you can ask questions and learn from other attendees with similar challenges. Please have your devices updated and charged and bring your passwords. Participants must provide their own iPhone and/or iPad.

North Bellevue Community Center

\$35(R) \$42(N)			Age: All Ages
1902537	1:30-3pm	Tue	Oct 01-Oct 22

## MULTI-CULTURAL SERVICES & PROGRAMS

### CISC Drop-in SHIBA Assistance

Chinese Information Service Center (CISC) helps immigrants throughout King County achieve success in their new community by providing information, referral, advocacy, social, and support services. The Statewide Health Insurance Benefits Advisors (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 are also experts in Medigap coverage, employment-related health benefits, managed care, long-term care insurance, fraud and abuse questions. This service is available all but the 4th Wednesday of each month. This is a Drop-in program. No pre-registration required. This is a FREE program.

### ELLA English for Everyday Life

This is a fun and relaxed class, open to everyone. Each week, the English Language Learners Alliance covers a different topic: it could be grammar, pronunciation, vocabulary, useful phrases, idioms, culture, etc. Students can feel free to ask a lot of questions and request help on specific topics. The class is free. Drop in anytime. No need to register. Go to [ellalliance.org](http://ellalliance.org) for more information.

Crossroads Community Center

FREE			Age: All Ages
	10-11:45am	Wed	Sep 25-Dec 11

### CISC Chorus

Chinese Information Service Center (CISC) helps immigrants throughout King County achieve success in their new community by providing information, referral, advocacy, social, and support services. Come sing with the CISC Chorus at North Bellevue Community Center! New singers are welcome at any time. No auditions and no pre-registration required. This is a FREE activity.

North Bellevue Community Center

FREE			Age: All Ages
1900438	10:30am-12pm	Wed	Sep 11-Dec 18

### CISC Music Group

Chinese Information Service Center (CISC) helps immigrants throughout King County achieve success in their new community by providing information, referral, advocacy, social, and support services. This free drop-in music class offers participants to sing-along with traditional Chinese instruments. No pre-registration required.

North Bellevue Community Center

FREE			Age: All Ages
1900458	9-10:30am	Thu	Sep 05-Dec 26



## CISC Line Dancing

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

North Bellevue Community Center

\$4(R) \$5(N)

1900618 1-3pm

Wed

Age: 18Y & Up

Sep 11-Dec 18

## CISC ESL Instruction

Chinesse Information Service Center (CISC) helps immigrants throughout King County achieve success in their new community by providing information, referral, advocacy, social, and support services. This English as a Second Language instruction is for beginner/intermediate English speaking adults with Mandarin as a first language. No pre-registration required. This is a FREE activity.

North Bellevue Community Center

FREE

1900728

9:30-11am

Wed,Fri

Age: Up to 120Y

Sep 11-Dec 27

## CISC ESL Newspaper Reading

Chinesse Information Service Center (CISC) helps immigrants throughout King County achieve success in their new community by providing information, referral, advocacy, social, and support services. Each week this group will study an article from the local newspaper and learn new vocabulary. This English as a Second Language instruction is for beginner/intermediate English speaking adults with Mandarin as a first language. No pre-registration required. This is a FREE activity.

North Bellevue Community Center

FREE

1900731

9-10am

Wed

Age: All Ages

Sep 11-Dec 18

## Sea Mar ESL Instruction

Sea Mar, while serving all populations, takes pride in specializing in services to Latino families, many of whom are native Spanish speakers and have limited or no English-speaking abilities. In this group 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 at North Bellevue Community Center. No pre-registration required. This is a FREE activity.

North Bellevue Community Center

FREE

1900734

12:45-1:45pm

Mon

Age: 18Y & Up

Sep 09-Dec 30

## Sea Mar Exercise in Spanish

Sea Mar, while serving all populations, takes pride in specializing in services to Latino families, many of whom are native Spanish speakers and have limited or no English-speaking abilities. Exercise instruction is given in Spanish. No pre-registration required. This is a FREE activity.

North Bellevue Community Center

FREE

1900807

11am-12pm

Fri

Age: All Ages

Sep 06-Dec 27

## CISC Information & Assistance

Chinesse Information Service Center (CISC) helps immigrants throughout King County achieve success in their new community by providing information, referral, advocacy, social, and support services. This service is provided in Mandarin to those 55 years of age or older with questions and concerns regarding health insurance, housing, naturalization application, utility or medical bills etc. Please call 206-624-5633 x4123 for additional information or to make an appointment. This is a FREE service.

North Bellevue Community Center

FREE

1901035

9am-12pm

Thu

Age: All Ages

Sep 05-Dec 26

## CISC Drop-in Tai Chi Practice

Chinesse Information Service Center (CISC) helps immigrants throughout King County achieve success in their new community by providing information, referral, advocacy, social, and support services. Tai chi is an internal Chinese martial art practiced for both its defense training and its health benefits including enhanced flexibility and balance, lower blood pressure and improved heart health, and may lower levels of depression, stress and anxiety. Tai chi is easy to learn and follow, join any time. No instruction provided for this activity. No pre-registration required. This is a drop-in activity. Fee payable at the door.

North Bellevue Community Center

\$4(R) \$5(N)

1901038

9-11am

Wed

Age: 18Y & Up

Sep 11-Dec 18

## RJCC Choir

The Russian-Jewish Cultural Center (RJCC) works towards unification and development of the Russian-Jewish community by developing good citizenship skills awareness. The RJCC Choir students will learn to produce a healthy vocal tone and match pitch by developing their singing voice. Learning to sing in a choral ensemble, along with learning to read music, and learning to sing in multi-vocal parts are core components of the curriculum. Developing self-discipline is an integral part of the learning process. RJCC teaches students to work with and follow a choral director, with intonation on concentration and cooperation. A great deal of class time is spent on vocal and musical techniques, as well as performance standards, which will be demonstrated to audiences in various styles of performances throughout the year.

North Bellevue Community Center

FREE

1901045

6-8pm

Thu

Age: All Ages

Sep 05-Dec 26

## RJCCH Pantomime

The Russian-Jewish Cultural Center (RJCC) works towards unification and development of the Russian-Jewish community by developing good citizenship skills awareness. Pantomime is a type of musical comedy stage production designed for family entertainment. Through self and collaborative exploration, RJCC Pantomime students will develop skills in all aspects of acting. During this course students will investigate stagecraft, voice, movement, text, improvisation, and performance within focused units of study.

North Bellevue Community Center

FREE			Age: All Ages
1901047	7-8:30pm	Wed	Sep 04-Dec 18

## RJCCH Immigrants in Business

The Russian-Jewish Cultural Center (RJCC) works towards unification and development of the Russian-Jewish community by developing good citizenship skills awareness. One of the important goals of the Center's activities is to provide a platform for immigrants in the City of Bellevue to meet each other and share cultural experiences as a group. Contact Adira Wiseman at 425-736-7265 for more information. A fee of \$15 will be collected by RJCC at the door.

North Bellevue Community Center

\$15(R) \$15(N)			Age: All Ages
1901050	6-8:30pm	Tue	Sep 03

## IAWW Community Program

North Bellevue Community Center and the India Association of Western Washington (IAWW) have partnered in effort to unite and celebrate multi-generational Indian families and bridge cultural gaps in the community by providing safe, creative space for activities including yoga, health talks and social communication. This program is open to everyone every Thursday morning and evening. Contact IAWW for additional information; 206-805-8955, or [www.iaww.org](http://www.iaww.org).

North Bellevue Community Center

## ESL for Chinese Seniors

English as a second language is offered for non-native speakers. Beginner and Intermediate.

South Bellevue Community Center (Classroom 201)

FREE			Age: 60Y & Up
1900633-3	12:30-2pm	Thu	Sep 05-Dec 19

## SOCIAL SERVICES & PROGRAMS

### NBCC Book Club

Join the North Bellevue Community Center Book Club to read and discuss literature with a group of your peers. A monthly reading list is available online or at North Bellevue Community Center. Join anytime, no pre-registration required. This is a FREE activity.

North Bellevue Community Center

FREE			Age: 50Y & Up
Evening book club: 3rd Tuesday of the month			
Call 425-452-7681 for more information			

## Afternoon at the Movies

Come enjoy a free movie and popcorn each week at North Bellevue Community Center. A monthly movie list can be found online or at North Bellevue Community Center. No pre-registration required. This is a FREE activity.

North Bellevue Community Center

FREE			Age: 18Y & Up
1900461	2-4pm	Thu	Sep 05-Dec 26

## Community Lunch Program

Come enjoy a weekly meal sponsored by Catholic Community Services at North Bellevue Community Center. Lunch is served on a first come-first served basis at 12:00pm. Monthly menus are available online or at North Bellevue Community Center. No pre-registration required. Fee payable by cash or check at the door.

## DROP-IN PROGRAMS

### Drop-in Mahjong

Similar to the Western card game rummy, Mahjong is a game of skill, strategy, and calculation and involves a degree of chance. This is a FREE activity. Beginners are welcome.

South Bellevue Community Center (Comm Room 206-A)

FREE			Age: 18Y & Up
1923882	2:30-4:30pm	Thu	Sep 05-Dec 19

### SeniorTech of Puget Sound Drop-in Computer Assistance

SeniorTech of Puget Sound provides basic education in the use of computers, tablets, smartphones, electronic book readers, digital cameras, and similar devices. They focus on, but do not limit their services to, persons 50 and older. Their goal is to provide computer and related device literacy to any senior and other persons willing to learn. Stop by the 2nd, 4th & 5th Tuesday of each month to get assistance with your computer needs. No pre-registration required. This is a drop-in activity. Fee payable at the door.

North Bellevue Community Center (Room D)

\$3(R) \$4(N)			Age: 50Y & Up
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### Drop-in Billiards

Adults can drop-in with friends or show up to make some during business hours to play pool/billiards on our two regulation sized tables at North Bellevue Community Center. Balls, cues, racks & chalk provided. No pre-registration required. This is a FREE activity.

North Bellevue Community Center

FREE			Age: 18Y & Up
1900826	8am-8:30pm	Mon-Sat	Sep 01-Dec 31



## Drop-in Duplicate Bridge

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

North Bellevue Community Center

FREE			Age: 18Y & Up
1900829	12-3:30pm	Wed,Fri	Sep 04-Dec 27

## Drop-in Cribbage

Come join friends for a fun game of Cribbage. No pre-registration required. This is a FREE activity.

North Bellevue Community Center

FREE			Age: 18Y & Up
1900835	10am-12pm	Thu	Sep 05-Dec 26

## Drop-in Pickleball

Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Adults can drop-in for a recreational game of pickleball during specified play times. Court, net and balls are provided by North Bellevue Community Center. Players provide their own paddle. No pre-registration required. This is a drop-in activity. Fee payable at the door.

North Bellevue Community Center

\$4(R) \$5(N)			Age: 18Y & Up
1900861	3:15-5:15pm	Mon,Wed,Fri	Sep 04-Dec 30

## Drop-in Ping Pong

Table tennis, also known as ping-pong, is a sport in which two or four players hit a lightweight ball back and forth across a table using small rackets. The game takes place on a hard table divided by a net. Adults can drop-in for a recreational game of ping pong during specified play times. Table and net are provided by North Bellevue Community Center. Players provide their own paddle and balls. No pre-registration required. This is a drop-in activity. Fee payable at the door.

North Bellevue Community Center

\$4(R) \$5(N)			Age: 18Y & Up
	8:45am-10:45am	Mon,Wed,Fri	Sep 04-Dec 30
	3-5pm	Mon,Wed,Fri	Sep 04-Dec 30

## Drop-in Pickleball

Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Adults can drop-in for a recreational game of pickleball during specified play times. Court, net and balls are provided by Hidden Valley Sports Complex. Players provide their own paddle. No pre-registration required. This is a drop-in activity. Fee payable at the door.

Hidden Valley Sports Park

\$4(R) \$5(N)			Age: 18Y & Up
1903309	10am-12pm	Thu	Sep 19-Dec 26

## Drop-In Basketball - Downtown Bellevue

One full size court 20 people maximum, players rotate to play. Winners stay on and rotate out after 2 winning games. Games go to 11 points or win by 2 or first to 15. Check in 15 minutes prior to start time. Pay to play pass accepted or pay at the window.

Downtown Main Club: Boys & Girls Clubs of Bellevue

\$4(R) \$5(N)			Age: 18Y and up
1903386	7-8:30pm	Tue	Sep 24-Dec 17

# ARTS

## Creative Kids After School Program

Enhance your child's creativity with a variety of arts and crafts, pottery, drawing, painting, and outdoor play to get you moving. Activities take place in both indoor and outdoor settings.

Northwest Arts Center

\$210(R) \$245(N)			Age: 7-11Y
1929211	12:30-3pm	Wed	Sep 18-Oct 30
\$180(R) \$210(N)			Age: 7-11Y
1929212	12:30-3pm	Wed	Nov 06-Dec 18

# CRAFTS

## Soapstone Carving

Participants will go through the entire process of carving a soapstone animal in this class. The pre-cut soapstone animals will be provided as well as all the tools needed. The instruction will be provided by a professional stone sculptor, Kentaro Kojima. The participant will start with filing the soapstone, then move on to sanding and polishing it. And finally the instructor will use wax to seal the sculpture. Each participant will take home a beautiful carved soapstone animal.

North Bellevue Community Center

\$25(R) \$30(N)			Age: All Ages
192579-1	4-5:30pm	Tue	Sep 10
192579-2	10-11:30am	Sat	Sep 21
192579-3	4-5:30pm	Tue	Oct 08
192579-4	10-11:30am	Sat	Oct 19
192579-5	4-5:30pm	Tue	Nov 05
192579-6	10-11:30am	Sat	Nov 16
192579-7	4-5:30pm	Tue	Dec 03
192579-8	10-11:30am	Sat	Dec 14

## CERAMICS

### Ceramics: Children's Pottery Studio

In a fun and supportive environment, your child will be introduced to hand and wheel building, sculpting, coil construction, and glazing. The possibilities of turning clay into a piece of treasured art is limitless! Materials and firing fee included.

Northwest Arts Center

\$161(R) \$194(N)			Age: 6-11Y
18004185	4-5:30pm	Thu	Sep 19-Oct 31
18004184	10-11:30am	Sat	Sep 21-Nov 02
\$115(R) \$138(N)			Age: 6-11Y
18004187	4-5:30pm	Thu	Nov 07-Dec 19
18004186	10-11:30am	Sat	Nov 09-Dec 21

### Play With Clay

In this afterschool class, kids can explore the exciting world of clay using the basic techniques of "pinching," "coiling," and "rolling." Kids can transform a lump of clay into bowls, cup, vases, tiles, animals, and anything that their creative young minds can imagine. They will also learn to decorate their ceramic creations using colorful glazes.

Northwest Arts Center

\$185(R) \$222(N)			Grade: 1-5
1929234	4-5:30pm	Mon	Sep 16-Nov 25

## FINE ARTS

### Drawing Fundamentals

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. Instructor: Jennifer Bloom.

Northwest Arts Center

\$144(R) \$164(N)			Age: 6-11Y
1904393	4-5:30pm	Thu	Sep 26-Nov 14

### A Space to Create - Acrylic Painting Class

For people new to painting or just looking for a great space to create. Class is facilitated by a well-seasoned artist that will cover fundamentals. Enjoy the relaxed setting and stunning view of Bellevue Downtown Park and skyline. Paint from a picture, photo, still life, or your own imagination. You can even paint the beautiful Bellevue skyline from the comforts of the great indoors. Some basic paint supplies provided to start however artist will want to eventually invest in their own canvas, paints, and brushes.

Downtown Main Club: Boys & Girls Clubs of Bellevue

\$60(R) \$72(N)			Age: 18Y & Up
1932801	7-8:30pm	Tue	Sep 24-Oct 15
1932802	7-8:30pm	Tue	Oct 22-Nov 12
1932803	7-7:30pm	Tue	Nov 19-Dec 17

## VISUAL ARTS

### Acrylic Painting: Introduction

This course will take the students through the very basics of acrylic painting starting with the types of materials and tools that one can use to the techniques in handling the medium. Students will learn about value, basic composition, color mixing, blending and the mechanics of acrylic painting. With demonstrations and constant individual guidance, they will be able to start working on their own piece at their own pace. This course will equip students with basic knowledge and an understanding of the medium and leave them feeling comfortable to pursue their passion for acrylic painting!

Northwest Arts Center

\$315			Age: 18Y and up
1909972	9:30am-12:30pm	Mon	Sep 23-Nov 18

## DRAWING/PAINTING

### Cartooning, Drawing, Printmaking for Kids

Drawing and Cartooning skills unleash a child's creativity as they Create zany characters to drop into a story or make a statement. Fledgling cartoonists will learn the basics of expression drawing, line quality, constructing from the imagination and exaggerating from life while exploring moods and animating actions. Media will include pencil, markers, charcoal, ink and water color, among others. Printmaking will also be introduced during this class.

Northwest Arts Center

\$136(R) \$164(N)			Age: 7-13Y
1915832	4-6pm	Tue	Sep 17-Nov 05

### Create With Sharpie™ Markers!

Join us in the studio for fun with markers. Markers are a great way to get the art out of your head and into the world... We will experiment with colorful Sharpie™ markers to get water color effects, graphic designs with punch and power, sketchy effects and crazy op art optic effects. Some drawing or cartooning skills are helpful, but not required. Materials provided.

Northwest Arts Center

\$60(R) \$72(N)			Age: 13-19Y
1903372	4-6pm	Fri	Oct 11-Oct 18

## FORGOTTEN ARTS/FIBER ARTS

### 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.

South Bellevue Community Center (Comm Room 206-A)

FREE			Age: 18Y & Up
1802631-3	10am-12pm	Fri	Sep 06-Dec 20



# MUSIC

## NBCC Chorus

Come sing as a chorus at North Bellevue Community Center! New singers are welcome at any time. No auditions and no pre-registration required. This is a FREE activity.

North Bellevue Community Center

FREE			Age: 18Y & Up
1900435	10:30am-12pm	Fri	Sep 06-Dec 27

## Sounds of Swing Big Band Practice

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

North Bellevue Community Center

FREE			Age: Up to 120Y
1900722	1-3pm	Tue	Sep 03-Dec 31

## Baby Beethoven

A fun and stimulating hands-on introduction to music and movement class for toddler and caregiver. Rhythm instruments included in this playful, fun class. Please no siblings during class.

Northwest Arts Center

\$98(R) \$118(N)			Age: 2-5Y
1904283	10-10:45am	Thu	Sep 09-Nov 07

## Baby Beethoven Holiday Fun!

A fun and stimulating hands-on introduction to music and movement for toddler and caregiver, with a holiday theme. Please, no siblings during class time.

Northwest Arts Center

\$50(R) \$60(N)			Age: 1-3Y
1902811	10-10:45am	Thu	Nov 14-Dec 19

## Rock 'N' More Guitar Lessons

This weekly, half-hour, one-on-one class is perfect to learn to play chords and single notes on either electric or acoustic guitar. Learn how to make your guitar learning experience as fun as easy as possible. You will learn enough about playing guitar in the first week that you'll be able to play a song that you know by the time you get to the second lesson... if you practice.

Crossroads Community Center

\$150(R) \$180(N)			Age: 8Y & Up
1903258	3-7:30pm	Wed	Oct 02-Oct 30
\$120(R) \$144(N)			Age: 8Y & Up
1903259	3-7:30pm	Wed	Sep 04-Sep 25
1903260	3-7:30pm	Wed	Nov 06-Nov 27
\$90(R) \$108(N)			Age: 8Y & Up
1903261	3-7:30pm	Wed	Dec 04-Dec 18

## Rock 'N' More Piano Lessons

This weekly, half-hour, one-on-one class is perfect for any beginning piano student ages 7 and up. We'll make the lessons fun and informative so the student will learn the important fundamentals of piano and music in general while being inspired to keep practicing and wanting to learn more.

Crossroads Community Center

\$120(R) \$144(N)			Age: 7Y & Up
1903262	2:30-7:30pm	Wed	Sep 04-Sep 25
\$150(R) \$180(N)			Age: 7Y & Up
1903263	2:30-7:30pm	Wed	Oct 02-Oct 30
\$120(R) \$144(N)			Age: 7Y & Up
1903264	2:30-7:30pm	Wed	Nov 06-Nov 27
\$90(R) \$108(N)			Age: 7Y & Up
1903265	2:30-7:30pm	Wed	Dec 04-Dec 18

## 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 \$20 materials fee payable to instructor due first day of class session, and is separate from the class fee.

Northwest Arts Center

\$169(R) \$203(N)			Age: 3-4Y
1921758	5:30-6pm	Tue	Sep 17-Dec 17
\$169(R) \$203(N)			Age: 5-6Y
1921756	4-4:30pm	Tue	Sep 17-Dec 17
1921757	5-5:30pm	Tue	Sep 17-Dec 17
\$169(R) \$203(N)			Age: 7-12Y
1921759	4:30-5pm	Tue	Sep 17-Dec 17
19217510	6-6:30pm	Tue	Sep 17-Dec 17

North Bellevue Community Center

\$156(R) \$187(N)			Age: 3-4Y
193443-4	10:30-11am	Sat	Sep 21-Dec 14
\$156(R) \$187(N)			Age: 5-6Y
193443-3	10-10:30am	Sat	Sep 21-Dec 14
193443-5	11-11:30am	Sat	Sep 21-Dec 14
\$156(R) \$187(N)			Age: 7-12Y
193443-2	9:30-10am	Sat	Sep 21-Dec 14

# DANCE

## NBCC Line Dancing

Line dancing is practiced and learned in country-western dance bars, social clubs, dance clubs, ballrooms and at North Bellevue Community Center! Come anytime as you are. No pre-registration required. This is a drop-in activity. Fee payable at the door.

North Bellevue Community Center

\$4(R) \$5(N)			Age: 18Y & Up
1900615	10:30am-1:45pm	Mon,Fri	Sep 06-Dec 30

## Emerald Ballet Theater Pre-Ballet I

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. There are optional educational stage/performance experiences in a "Petite Suite" in December.

Northwest Arts Center

\$180(R)	\$216(N)		Age: 3-5Y
1906823	4:15-5pm	Tue	Sep 17-Nov 05

## Emerald Ballet Theater Pre-Ballet II

Basic ballet technique focuses on flexibility, coordination, strength, and musicality. Creativity is encouraged through improvisation exercises. Participants are invited to an optional educational stage/performance experiences in a "Petite Suite" in December.

Northwest Arts Center

\$180(R)	\$216(N)		Age: 6-10Y
1904453	5-6pm	Tue	Sep 17-Nov 05

## City Opera Ballet: Story Ballet

Introductory ballet class with story time from classical ballets, dance games and performance practice. Includes French terms for young dancers.

Northwest Arts Center

\$77(R)	\$92(N)		Age: 5-7Y
1903078	4-5pm	Thu	Sep 19-Oct 31
1903079	11:45am-12:45pm	Sat	Sep 21-Nov 02
\$55(R)	\$66(N)		Age: 5-7Y
1903108	4-5pm	Thu	Nov 07-Dec 19
1903125	11:45am-12:45pm	Sat	Nov 16-Dec 21

South Bellevue Community Center

\$66(R)	\$78(N)		Age: 4-5Y
180470-5	12:30-1:30pm	Thu	Sep 19-Oct 24
\$77(R)	\$91(N)		Age: 4-5Y
180470-6	12:30-1:30pm	Thu	Oct 31-Dec 19

## City Opera Ballet: Youth Ballet

Learn basic ballet movements at the barre, in the center and across the floor. Practice ballet vocabulary and memorize combinations. Includes French terms for young dancers.

Northwest Arts Center

\$147(R)	\$176(N)		Age: 8-10Y
1903098	9:30-11am	Sat	Sep 21-Nov 02
\$105(R)	\$126(N)		Age: 8-10Y
1903124	9:30-11am	Sat	Nov 16-Dec 21

South Bellevue Community Center

\$66(R)	\$78(N)		Age: 8-12Y
180826-5	5-6pm	Fri	Sep 20-Oct 25
\$77(R)	\$91(N)		Age: 8-12Y
180826-6	5-6pm	Fri	Nov 01-Dec 20

## City Opera Ballet: Pre-Ballet

Each class opens with Anne Green Gilbert's "Brain Dance" exercise accompanied by the singing of nursery rhymes and followed by the practicing of basic ballet steps. Includes French terms for young dancers.

Northwest Arts Center

\$74(R)	\$88(N)		Age: 3-4Y
1903099	11-11:45am	Sat	Sep 21-Nov 02
\$60(R)	\$72(N)		Age: 3-4Y
1903121	11-11:45am	Sat	Nov 16-Dec 21

## City Opera Ballet: Ballet 1

Learning basic ballet and tap movements, and memorizing routine.

South Bellevue Community Center

\$66(R)	\$78(N)		Age: 5-7Y
180470-5	4-4:45pm	Fri	Sep 20-Oct 25
\$77(R)	\$91(N)		Age: 5-7Y
180470-6	4-4:45pm	Fri	Nov 01-Dec 20

## City Opera Ballet: Ballet Fitness

Basic ballet barre for all levels. Includes stretching routines, center work, jumps and across the floor combinations, provide exercise for the brain. Students gain flexibility, coordination and memorization skills that enhance everyday life.

Downtown Main Club: Boys & Girls Clubs of Bellevue

\$84(R)	\$101(N)		Age: 18Y & Up
1932991	12:30-1:30pm	Mon	Sep 23-Oct 28
1932992	12:30-1:30pm	Mon	Nov 04-Dec 16
1932993	8-8:55am	Wed	Sep 25-Oct 30
\$98(R)	\$118(N)		Age: 18Y & Up
1932994	8-8:55am	Wed	Nov 06-Dec 18

Northwest Arts Center

\$98(R)	\$118(N)		Age: 14Y and up
1903080	5:15-6:15pm	Thu	Sep 19-Oct 31
\$84(R)	\$101(N)		Age: 14Y and up
1903110	5:15-6:15pm	Thu	Nov 07-Dec 19

## City Opera Ballet: Parent & Child Ballet

Class opens with Anne Green Gilbert's "Brain Dance" exercise accompanied by the singing of nursery rhymes and followed by the practicing of basic ballet steps. Includes French for little dances.

Downtown Main Club: Boys & Girls Clubs of Bellevue (Gym - 1st Floor)

\$63(R)	\$76(N)		Age: 2-3½ with parent
1933101	9-9:45am	Wed	Sep 25-Oct 30
\$74(R)	\$88(N)		Age: 2-3½ with parent
1933102	9-9:45am	Wed	Nov 06-Dec 18

## City Opera Ballet: Pre-Ballet & Tap

Learning basic Ballet and tap movements and memorizing routine.

South Bellevue Community Center

\$66(R) \$78(N)	Age: 3-4Y
180473-5 11:30am-12:30pm Thu	Sep 19-Oct 24
\$77(R) \$91(N)	Age: 3-4Y
180473-6 11:30am-12:30pm Thu	Oct 31-Dec 19

## CULINARY ARTS

### 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. Instructor: Miss Karen.

Northwest Arts Center

\$185(R) \$222(N)	Grades: 2-5
1904373 3:30-4:30pm Wed	Sep 18-Oct 30
\$108(R) \$132(N)	Grades: 2-5
1904374 3-4:30pm Wed	Nov 06-Dec 11

## STORY TIME

### KCLS English Story Time

Please join us for our King County Library drop-in English-language Family Storytime.

Crossroads Community Center

FREE	Age: All Ages
1:30-2:30pm Mon	Sep 16-Dec 02

### KCLS Russian Story Time

Please join us for our King County Library drop-in Russian Storytime.

Crossroads Community Center

FREE	Age: All Ages
10:30-11:30am Wed	Sep 18-Dec 04

### KCLS Tamil Story Time

Please join us for our King County Library drop-in Tamil Storytime.

Crossroads Community Center (Community Room)

FREE	Age: All Ages
12:15-1:15pm Tue	Sep 17-Dec 03

## DAY CAMPS

### Parkour Winter Break Camp (2 Day)

Our method is parkour - the functional art of movement. We train participants to gain control of their bodies and minds through physical and mental challenges - the way they were meant to be used. There is a correct way to crawl, fall, roll, run, land, jump, climb, and swing. Through our trainings, students learn to optimize performance while protecting their body from impact. We train to play forever! Participants will be placed in age/ability appropriate small groups for this camp.

South Bellevue Community Center

\$124(R) \$148(N)	Age: 6-10Y
1903022-1 9am-3:30pm Thu,Fri	Dec 26-Dec 27
1903022-2 9am-3:30pm Thu,Fri	Jan 02-03

## EARLY LEARNING/PRESCHOOL

### 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.

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

Crossroads Community Center

9-11:30am Tue, Fri	Ongoing
South Bellevue Community Center	
10:30am-12pm Mon, Wed, Fri	Through Jun 14
Highland Community Center (Up to age 8)	
9- 11:30am Mon-Thu	School year

### KCLS Family Story & Play Time

Enjoy interactive Story Times with your child that include early literacy fun with books, songs and body movement followed by play time. This is a FREE program. All ages are welcome with an adult. No pre-registration required. For more information and a current schedule visit [kcls.org](http://kcls.org)

North Bellevue Community Center

FREE	Age: Up to 5Y
1:30-3:30pm Thu	Sep 19-Dec 05

### Parkside Pre-Kindergarten 5 DAY

Parkside Pre-Kindergarten program is designed as a preparation for children attending kindergarten during the next school year. This structured interactive class includes music, stories, crafts, table work and playtime while developing concentration and social skills. Children must be toilet trained and age 4 by August 31, 2019. Proof of age required by August 9th, 2019. Payment options and scholarships available.

Crossroads Community Center

\$3550(R) \$4260(N)	Age: 4-5Y
1902261 9:30am-1pm Mon-Fri	Sep 09-May 22





# YOUR NEIGHBORHOOD PRESCHOOL CHOICE



For more information and Open House dates, visit [www.naturalstartpreschool.com](http://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.



## Parkside Pre-Kindergarten

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 and payment plans are available.

**See Early Learning/Preschool section for more information.**



## 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](http://pacificsciencecenter.org/Mercer-Slough/polliwog-preschool)

## Parkside Pre-K: New Friends

Come make new friends and learn all about our beautiful Parkside classroom! This popular class will gently help your 4-5 year-old child prepare for Kindergarten next year and learn early math, science and language skills with crafts and free play.

Crossroads Community Center

\$119(R) \$142(N) Age: 4-5Y  
1903250 9:30am-1pm Mon-Fri Sep 09-Sep 27

## Parkside Pre-K: Fall Fun

What happens in the fall? The cycle of life with apples, trees, pumpkins, leaves, it's about all the exciting seasonal changes. Children will participate in reading, writing, table work, and fun activities to learn all about this magical season!

Crossroads Community Center

\$197(R) \$237(N) Age: 4-5Y  
1903251 9:30am-1pm Mon-Fri Sep 30-Nov 01

## Parkside Pre-K: Hibernation Sensation

Keep cozy warm in our beautiful Parkside classroom while you make new friends and learn all about hibernation, manners, thanks, and so much more. Learn what animals do in the winter, have pajama day, circle time, math, language and crafts.

Crossroads Community Center

\$190(R) \$230(N) Age: 4-5Y  
1903252 9:30am-1pm Mon-Fri Nov 04-Dec 13

## Boogie Woogie Baby

Begin your child's first classroom experience with music and movement. Come and sing and boogie to timeless toddler hits and much more. Child and caregiver class, please no more than 2 children per caregiver.

Northwest Arts Center

\$98(R) \$118(N) Age: 1-2Y  
1904323 9:15-9:45am Thu Sep 19-Nov 07

## Boogie Woogie Baby Holiday Fun!

Begin your child's first classroom experience with music and movement. Come and sing and boogie to timeless toddler hits with holiday themes. Child and caregiver class, please no more than 2 children per caregiver.

Northwest Arts Center

\$38(R) \$45(N) Age: 1-2Y  
1928133 9:15-9:45am Thu Nov 14-Dec 12

## Mini Monets

Have fun together doing delightful art projects reflecting various subjects as well as seasonal specialties. Projects made in this class make for artful memories! Please no siblings during class time. Child and caregiver class.

Northwest Arts Center

\$98(R) \$118(N) Age: 2-5Y  
1902758 11:15am-12pm Thu Sep 19-Nov 07

## Mini Monets Holiday Fun!

Caregiver and child will make delightful art projects with holiday themed subjects. Please, no siblings during class time.

Northwest Arts Center

\$50(R) \$60(N) Age: 2-5Y  
1803560 11:15am-12pm Thu Nov 14-Dec 19

## Little Learners Tumble Time

Children will develop key building blocks for reading, writing, and math through interactive play, beginning gymnastics, and circle time. Create a world of play and imagination through weekly themed activities. Caregivers required in class.

Northwest Arts Center

\$98(R) \$118(N) Age: 2-4Y  
1904303 10-10:45am Wed Sep 18-Nov 06

## Little Learners Holiday Tumble Time

Children will develop key building blocks for reading, writing, and math through interactive play, beginning gymnastics, and circle time. Create a world of play and imagination through weekly themed activities. Caregivers required in class.

Northwest Arts Center

\$38(R) \$45(N) Age: 2-4Y  
1927691 10-10:45am Wed Nov 13-Dec 11

## ELLA Song and Story Hour

Parents and young children come join the English Language Learners Alliance for a fun hour of free song and dance! No registration necessary. Seats are first come, first serve. Go to [ellalliance.org](http://ellalliance.org) for more information.

Crossroads Community Center

FREE Age: All Ages  
10-11am Tue Sep 24-Dec 03

## WORKSHOPS

### 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.

Northwest Arts Center

\$21(R) \$26(N) Age: 2-5Y  
1902815 10-11:30am Sat Oct 05

### Vision of Sugarplums

Join us for a sweet beginning to the holiday season by making a gingerbread house, singing songs, dancing, and eating yummys for your tummies! Dress in your party clothes for happy holiday wholesome fun.

Northwest Arts Center

\$21(R) \$26(N) Age: 2-5Y  
1902816 10-11:30am Sat Nov 23

## Mix, Measure & Chop!

Caregiver and child mix, measure and cook a delicious and tasty mini-meal together. One caregiver/ one child. All materials provided.

Northwest Arts Center

\$25(R) \$28(N)

1903144

10-11:30am

Sat

Age: 2-5Y

Sep 21

## Mix, Measure & Chop: Holiday Fun!

Caregiver and child mix, measure and cook a delicious and tasty holiday themed mini-meal together. One caregiver/ one child. All materials provided.

Northwest Arts Center

\$25(R) \$28(N)

1903145

10-11:30am

Age: 2-5Y

Dec 14

# KELSEY CREEK FARM

410 130th PI SE

**Phone:** 425-452-7688 | **Fax:** 425-452-2804

**Email:** [KelseyCreekFarm@bellevuewa.gov](mailto:KelseyCreekFarm@bellevuewa.gov)  
[parks.bellevuewa.gov/kelsey](http://parks.bellevuewa.gov/kelsey)

**Animals available for viewing**  
**365 days per year from 9:30am-3:30pm.**

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](mailto: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 Sponsor! 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, goat, cow, rabbit, and chicken. Adoption levels are available from \$25 for Best Friend to \$200 for Grandparent.

For more information, call 425-452-7688, or email [KelseyCreekFarm@bellevuewa.gov](mailto:KelseyCreekFarm@bellevuewa.gov).

## BIRTHDAY PARTIES

Contact Kelsey Creek Farm to schedule your party or tour  
[KelseyCreekFarm@bellevuewa.gov](mailto:KelseyCreekFarm@bellevuewa.gov) | 425-452-7688

Kelsey Creek Farm offers a variety of party packages to make your child's day special. All party packages are two hours long. Each party begins with a group activity led by a member of our farm team and is followed by a one-hour room rental for cake and presents. The locations of the room vary with the type of party, but all locations are indoors and include: 3 preschool-height tables (6-foot-long by 2.5-foot-wide) with children's chairs, a refrigerator/freezer, kitchen sink and trash cans. A restroom with hand-washing soap and paper towels is also available. Total group size cannot exceed 30 people, no exceptions.

### Bunny Birthday Party

Celebrate your child's birthday by visiting the farm and meeting our friendly bunny. Enjoy a farm walk, a bunny craft, and special time with the birthday bunny.

#### Package includes:

- Bunny activities/farm walk followed by
- One hour of room rental

**Ages:** 3 to 11 years old

**Fees:** \$200/resident and \$220/non-resident, up to 10 children. Additional children \$10/each, (max 5 add'l children).

**Total party size:** Limited to 30 people (max. 15 children)

### Cookie Decorating Birthday Party

Visit the farm to celebrate your child's birthday. Each child will decorate six Farm Cookies and enjoy a Farm Walk. Unfortunately, we cannot accommodate food allergies or sensitivities.

#### Package includes:

- Cookie decorating and farm walk, followed by
- One hour room rental

**Ages:** 5 to 11 years old

**Fees:** \$200/resident and \$220/non-resident, up to 10 children. Additional children \$15/each, (max 5 add'l children).

**Total party size:** Limited to 30 people (max. 15 children)



## Farm Birthday Party

Celebrate your child's birthday with a visit to our historic farm. Make memories learning about sheep, rabbits, pigs, chickens and ponies. Tour inside our 1930's era dairy barn to learn local lore, too.

### Package includes:

- 👉 Farm tour, followed by
- 👉 One hour room rental

**Ages:** 2 to 11 years old

**Fees:** \$200/resident and \$220/non-resident, up to 10 children. Additional children \$10 /each, children under 2 yrs. no additional charge.

**Total party size:** Limited to 30 people (max. 15 children)

## Chicken Birthday Party

Celebrate your child's birthday by visiting the farm and meeting our friendly chicken. Enjoy a farm walk, a chicken craft, and special time with the birthday chicken.

### Package includes:

- 👉 One-hour chicken activities/farm walk
- 👉 One-hour room rental in our farm house.

**Ages:** 3 to 11 years old

**Fees:** \$200/resident and \$220 non-resident, up to 10 children. Additional children \$10/each (max 5 add'l children)

**Total party size:** limited to 30 people (max. 15 children)

## FARM TOURS FOR SCHOOLS AND GROUPS

Contact Kelsey Creek Farm to schedule your party or tour  
[KelseyCreekFarm@bellevuewa.gov](mailto:KelseyCreekFarm@bellevuewa.gov) | 425-452-7688

Experience Kelsey Creek Farm with a tour designed specifically for groups. Tour themes vary by season:

Tours are available on weekdays and are approximately one hour long.

**Ages:** Most tours are appropriate for children ages 2 years and older.

**Fees:** \$90 for 15 or fewer people (children and adults). Additional attendees: \$6/child and \$2.50/adult. Staff are free

## Kids on the Farm Group Tour

*Available January-April*

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.

## Fraser Cabin Heritage Program

Presented by the Eastside Heritage Center in partnership with Bellevue Parks & Community Services, the Fraser Cabin, built in 1888, comes to life with hands-on activities that relate to 1880s settler life. For more information, contact the Eastside Heritage Center at 425-450-1049, or visit [www.eastsideheritagecenter.org](http://www.eastsideheritagecenter.org).

Kelsey Creek Farm Park

FREE

Age: All Ages

11am-3pm	Sat	Sep 21
11am-4pm	Sat	Oct 05

## Fun on the Farm

Join Mrs. Kandi for a fun time as an adult/child team. Hug a bunny, pet a chicken, scratch the sheep! Each week we will have a different theme enhanced with sensory activities based on a farm topic or animal. We will cook, play, create, work and walk on the farm, as well as visit the animals. September and October sessions will have a pony ride.

Kelsey Creek Farm Park

\$90(R) \$108(N)

Age: 2-5Y

1930831	10:30am-12pm	Wed	Sep 11-Oct 02
1930833	10:30am-12pm	Thu	Sep 12-Oct 03
	11am-4pm	Sat	Oct 05
1930832	10:30am-12pm	Wed	Oct 09-Oct 30
1930834	10:30am-12pm	Thu	Oct 10-Oct 31

\$60(R) \$72(N)

Age: 2-5Y

1931041	10:30am-12pm	Wed	Nov 06-Nov 20
1931043	10:30am-12pm	Thu	Nov 07-Nov 21
1931042	10:30am-12pm	Wed	Dec 04-Dec 18
1931044	10:30am-12pm	Thu	Dec 05-Dec 19

## Tag-A-Long Tour

Rise and shine! Adult and child teams will get a sneak peek at Kelsey Creek Farm life as they help the farmers with their morning chores. You and your little farmer will meet animals both big and small, feed some of them, and learn how to clean their stalls as we get ready for a new day on the farm. After all that hard work, we'll reward ourselves with a farm-themed snack and story! Adult/child teams only. A team is one child and one adult.

Kelsey Creek Farm Park

\$30(R) \$35(N)			Age: 4-6Y
1931801	10:30-11:30am	Fri	Sep 06
\$30(R) \$35(N)			Age: 3-5Y
1931802	10:30-11:30am	Fri	Oct 14

## Holiday Farm Tour Labor Day

Come visit our resident farm animals! Meet our ponies, pigs, sheep, goats, chickens, and rabbits, all while discovering what it takes to be a farmer. You will get to pet many of our animals and even feed some of them! Children must be accompanied by an adult. Each person who attends must register and pay. Pre-register to guarantee your spot. Day-of registrations will be accepted as space allows.

Kelsey Creek Farm Park

\$8(R) \$10(N)			Age: 2Y & Up
1931091	10-10:45am	Mon	Sep 02
1931092	11-11:45am	Mon	Sep 02

## Holiday Farm Tour: Veteran's Day

Come visit our resident farm animals! Meet our ponies, pigs, sheep, goats, chickens, and rabbits, all while discovering what it takes to be a farmer. You will get to pet many of our animals and even feed some of them! Children must be accompanied by an adult. Each person who attends must register and pay. Pre-register to guarantee your spot. Day-of registrations will be accepted as space allows.

Kelsey Creek Farm Park (Amphitheatre)

\$8(R) \$10(N)			Age: 2Y & Up
1931401	10-10:45am	Mon	Nov 11
1931402	11-11:45am	Mon	Nov 11

## Private Horseback Riding Lessons

Kelsey Creek Farm's private riding lessons allow your child to work one-on-one with our riding instructor to deepen your child's understanding of horsemanship and develop foundational riding skills. Each one-hour lesson includes brushing and saddling your pony, groundwork, and riding time. Skills taught include mounting, steering, backing, proper balance, and posting at the trot.

Kelsey Creek Farm Park

\$165(R) \$190(N)			Age: 4-6Y
1931121	1-2pm	Sun	Sep 15
1931122	2-3pm	Sun	Sep 15
1931123	3-4pm	Sun	Sep 15

## Historical Walking Tour

Learn about the history of Kelsey Creek Farm during this one-hour walking tour of the park. In the 1920s and 1930s, this land was a working dairy farm that housed thirty cows and provided Bellevue residents with milk, cream, and butter. We'll put the story in the context of Bellevue's early development. We will tour inside both barns, visit some of the farm animals, and compare historic pictures of Twin Valley Dairy to the park as it is now. The program is designed for adults and teenagers.

Kelsey Creek Farm Park

FREE			Age: 12Y & Up
1903126	1-2pm	Sat	Sep 14

## Story Time

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

Kelsey Creek Farm Park

FREE			Age: 3-6Y
1931271	10:30-11am	Mon	Sep 09
1931272	10:30-11am	Mon	Sep 23
1931273	10:30-11am	Mon	Oct 07
1931274	10:30-11am	Mon	Oct 21
1931275	10:30-11am	Mon	Nov 03
1931276	10:30-11am	Mon	Nov 18
1931277	10:30-11am	Mon	Dec 02

## Fall Farm Fun: Sheep, Chickens, and Bunnies, Oh My!

Meet a sheep, feed a chicken, and pet a bunny! Enjoy a fall morning on the farm in the company of our animals. Activities include animal petting, crafts, and snack time with a story. Come dressed for the weather. Adult/child teams only.

Kelsey Creek Farm Park

\$25(R) \$30(N)			Age: 3-6Y
1903128	10-11:30am	Sat	Sep 21

## Fall Farm Fun: Pigs and Pumpkins

Pigs love pumpkins and we think you will too! Children get to make pumpkin treats, go on a scavenger hunt, do a craft, and learn all about pigs. Each child will pick out a pumpkin to take home. Come dressed for the weather. Adult/child teams only.

Kelsey Creek Farm Park

\$25(R) \$30(N)			Age: 3-6Y
1903137	10-11:30am	Sat	Oct 12

## Grateful for Goats and Happy for Horses

There's a lot to be thankful for at Kelsey Creek Farm! Children will ride a pony, take our goats on a walk, and give treats to the animals for a job well done. Then we'll come inside the barn for a craft and a story. Come dressed for the weather. Adult/child teams only.

Kelsey Creek Farm Park

\$35(R) \$42(N)	Age: 3-6Y
1903139 10-11:30am Sat	Nov 02

## Little Farmers

Join Farmer Jayne at Kelsey Creek Farm in a special hands-on opportunity to experience farm life with your toddler. Children team up with a parent/adult to actively participate in animal care, barn chores, and baking. Curriculum is integrated with seasonal themes, arts and crafts, stories and games. One adult per child. Underage siblings welcome in front or back carrier.

Kelsey Creek Farm Park

Add'l Adult, \$10 per class, \$5 daily drop-in

\$60(R) \$72(N)	Age: 2-3Y
1930892-1 10-11:30am Mon	Sep 23-Oct 07
1930892-2 10-11:30am Tue	Sep 24-Oct 08
1930892-3 10-11:30am Wed	Sep 25-Oct 09

\$40(R) \$48(N)	Age: 2-3Y
1932342 10-11:30am Fri	Sep 27-Oct 11

\$90(R) \$108(N)	Age: 2-3Y
1935002-1 10-11:30am Fri	Nov 22-Dec 20
1935002-2 10-11:30am Mon	Nov 25-Dec 16
1935002-3 10-11:30am Tue	Nov 26-Dec 17
1935002-4 10-11:30am Wed	Nov 27-Dec 18

## Farm Explorers

Join Farmer Jayne for hands-on, get dirty barnyard fun for 3 to 5 year olds. We'll meet chickens, create yummy treats, feed, pet, gather eggs and bake muffins for us to enjoy. Later in the month, we'll enjoy brushing and feeding our fun-loving goats and we'll also meet our cows, complete with feeding plus all the shavings-you-can-haul for their comfy beds in the animal barn. Animal fun plus art, play time interaction, story time and snack. Siblings under two are welcome in front or back carriers.

Kelsey Creek Farm Park

\$46(R) \$54(N)	Age: 3-5Y
1903241 10am-12:30pm Thu	Sep 26-Oct 10

\$98(R) \$116(N)	Age: 3-5Y
1932372 10am-12:30pm Thu	Nov 21-Dec 19

## Painting with Chickens

Create a painting in partnership with our chicken artists! Children will work with a chicken to create a fun, colorful piece of artwork combining your child's creativity with the footprints of one of our resident chickens. Children also get to pet the chicken artists and feed them some yummy treats. All activities will be inside, but dress warm because the barn is not heated. The nontoxic children's finger paint is washable, but wear clothes that you don't mind getting dirty.

Kelsey Creek Farm Park

\$25(R) \$30(N)	Age: 5-9Y
1931291 11am-12pm Sat	Sep 28

## Kelsey Creek Farm School

Come to Kelsey Creek Farm to learn about farm animals, fiber arts, and local agricultural history. Children will learn about chickens and eggs, how cows digest grass, and how to do barn chores. We will take the goats on a walk, make treats for the pigs, and play outside. Each class will include hands-on activities, time with our farm animals, and a craft to take home.

Kelsey Creek Farm Park

\$125(R) \$150(N)	Age: 8-11Y
1931341 1:30-4pm Wed	Oct 02-Oct 30

## Adventures in Pioneer Farming

Enjoy a fall morning immersed in farm life. Spend time with our animals and learn about pioneer farming in our historic log cabin that was built in 1888. Activities will include learning how to grind wheat into flour, feeding lunch to the farm animals, and working with real wool from our sheep. Children will have fun experiencing what life was like one hundred years ago.

Kelsey Creek Farm Park

\$33(R) \$40(N)	Age: 8-11Y
1903138 10-12am Sat	Oct 19

# VOLUNTEER OPPORTUNITIES

## Adult Volunteers

This is an opportunity to learn about livestock care and farm maintenance, as volunteers assist Kelsey Creek Farm staff with daily operations, animal chores, and learn responsible animal care. Volunteers will be working outside, exposed to animals, hay, vegetation, and dust. They will work independently and be physically active. All volunteers will be required to complete a Criminal Background check and provide their Social Security number.

Kelsey Creek Farm Park

\$10(R) \$12(N)	Age: 18Y & Up
1931221 9:30-11:30am Tue	Sep 17-Nov 05
1931222 9:30-11:30am Wed	Sep 18-Nov 06

## After School Volunteers

Assist Kelsey Creek Farm staff with farm chores and learn responsible animal care. Volunteers will be working outside, exposed to animals, hay, vegetation, and dust. Participants must be capable of understanding and following directions. Volunteers need to be able to attend the first two weeks of the program and no less than a total of 5 sessions. 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.

Kelsey Creek Farm Park

\$10(R) \$12(N)	Age: 12-18Y
1931311 3-4:30pm Tue	Oct 01-Nov 19
1931312 3-4:30pm Wed	Oct 02-Nov 20
1931313 3-4:30pm Thu	Oct 03-Nov 21



# HEALTH & WELLNESS FITNESS

## Beyond Massage

Experience a sense of well-being and calm with gentle touch and movement. Explore new possibilities to: Relieve aches and pains. Find a sense of balance and stability. Regain flexibility and coordination. Improve posture. Move with comfort and ease. Individual sessions are available with Elizabeth Strauss, Feldenkrais(R) Practitioner, Registered Jin Shin Do(R) Acupressurist, and Licensed Massage Practitioner. Wear comfortable clothing. Pre-registration is required. Fee is payable at time of registration.

North Bellevue Community Center

Fee Varies - Call NBCC to schedule appointment

## Healthy Smiles Dental Services

Healthy Smiles Inc. offers affordable dental hygiene services for people 50 years of age 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. Call Healthy Smile Inc. to make an appointment at (206)650-3272. The cost of this service is \$82 payable to the Dental Hygienist at the time of your appointment. Cash or Check only.

# STRENGTH & CONDITIONING

## Enhance Fitness

EnhanceFitness focuses on dynamic cardiovascular exercise, strength training, balance, and flexibility to help older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. Contact your Health Care Provider to see if you qualify to attend this free of charge. Pre-registration and drop-in options available. Fee payable at the time of registration. Visit [projectenhance.org](http://projectenhance.org) for more information.

North Bellevue Community Center

\$48(R) \$60(N)			Age: 55Y & Up
192715-1	9-10am	Tue,Thu,Fri	Sep 03-Sep 27
\$56(R) \$70(N)			Age: 50Y & Up
192715-2	9-10am	Tue,Thu,Fri	Oct 01-Oct 31
\$44(R) \$55(N)			Age: 50Y & Up
192715-3	9-10am	Tue,Thu,Fri	Nov 01-Nov 29
\$52(R) \$65(N)			Age: 50Y & Up
192715-4	9-10am	Tue,Thu,Fri	Dec 03-Dec 31

## Post-Rehab Strength and Conditioning

This class is designed for adults recovering from injuries or living with chronic or recurring injuries who desire to return to physical activity. Licensed Athletic Trainer will adapt exercises based upon your injuries to help you develop or regain core strength, balance, and stability so that you can 'play' again.

South Bellevue Community Center

\$80(R) \$96(N)			Age: 18Y & Up
1903374-5	9:15-10:15am	Tue	Sep 10-Oct 29
\$70(R) \$84(N)			Age: 18Y & Up
1903374-6	9:15-10:15am	Tue	Nov 05-Dec 17

## Small Group Training with Sara

This small group training class will help you achieve your fitness goals. Workouts will be designed to meet everyone's needs and fitness level. Sara will provide support, encouragement, and accountability to help you reach new heights in health and wellness. Bring a towel and water.

South Bellevue Community Center

\$160(R) \$200(N)			Age: 18Y & Up
1903352-5	7-7:50pm	Mon	Sep 09-Oct 28
\$120(R) \$150(N)			Age: 18Y & Up
1903352-6	7-7:50pm	Mon	Nov 04-Dec 16

## Evening Fitness Express

This fun and fast 50-minute fitness class includes strength training, cardio and core work to give you a well-rounded workout. Instructor can modify exercises for all ability levels and ages. Great for parent/teen combos, couples and individuals alike.

South Bellevue Community Center

\$99(R) \$117(N)			Age: 13Y & Up
1904044-4	5:45-6:35pm	Wed	Sep 04-Oct 30
\$66(R) \$78(N)			Age: 13Y & Up
1904044-5	5:45-6:35pm	Wed	Nov 06-Dec 18

## Small Group Advanced Training with Elijah

Transform your body in this fast-paced, focused 40-minute small group training class designed for intermediate to advanced fitness levels. Elijah individualizes your workout whether your goal is to lose weight, tone muscle, improve strength or all of the above! Enjoy the benefits of working closely with a certified personal trainer while being energized by up to 3 others.

South Bellevue Community Center

\$108(R) \$130(N)			Age: 13Y & Up
1903274-9	7-7:40am	Tue	Sep 03-Sep 24
1903314-9	7-7:40am	Thu	Sep 05-Sep 26
\$135(R) \$162.50(N)			Age: 13Y & Up
1903274-10	7-7:40am	Tue	Oct 01-Oct 29
1903314-10	7-7:40am	Thu	Oct 03-Oct 31
\$108(R) \$130(N)			Age: 13Y & Up
1903274-11	7-7:40am	Tue	Nov 05-Nov 26
\$81(R) \$97.50(N)			Age: 13Y & Up
1903314-11	7-7:40am	Thu	Nov 07-Nov 21
\$81(R) \$97.50(N)			Age: 13Y & Up
1903274-12	7-7:40am	Tue	Dec 03-Dec 17
1903314-12	7-7:40am	Thu	Dec 05-Dec 19

# 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 Pre-Activity Screening 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 - \$35 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.

## 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.

**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!

**We welcome our newest personal trainer to South Bellevue Community Center**

**Elijah Baker, MPT-AAAI**  
**Phone:** 206-920-9635  
**Email:** alwayswinningfitness@gmail.com



Elijah is a Certified Master Personal Trainer through the American Aerobic Association International (AAAI) with an undergraduate degree in

Physical Education from Eastern Washington University. He is a former collegiate athlete and went on to coach high school football and track at both Grover Cleveland High School and Washington High School in Seattle. He has over 15 years of experience working with all levels of fitness and currently teaches classes in a variety of settings such as Senior Living centers and private fitness studios.

Elijah specializes in nutrition, weight loss, adding lean muscle, functional training, sports specific training and transformation changes. He meets his clients where they are regardless of fitness level and is passionate about helping them live a healthier lifestyle, achieve their goals and become the best version of themselves. During his free time, Elijah loves to spend time travelling and working out with his wife and 4 kids.

# PERSONAL TRAINING & FITNESS CENTERS

The Fitness Centers feature state of the art tread-mills, bikes, elliptical trainers, weight training machines and free weights. The Fitness Center is designed for adult use, as well as teens, ages 10-12, with direct adult supervision, or 13+ 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, volleyball 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>



## Total Body Fitness

Need a fun, affordable and effective way to burn stubborn body fat and improve your level of fitness? Workouts utilize dumbbells, bands, bodyweight exercises, agility movements, and more to strengthen your body and core. Sweat and have fun!

South Bellevue Community Center (Studio)

\$40(R) \$48(N)			Age: 13Y & Up
1902994-9	6-6:50am	Tue	Sep 03-Sep 24
\$80(R) \$96(N)			Age: 13Y & Up
1902661-9	6-6:50am	Tue,Thu	Sep 03-Sep 26
\$50(R) \$60(N)			Age: 13Y & Up
1902994-10	6-6:50am	Tue	Oct 01-Oct 29
\$100(R) \$120(N)			Age: 13Y & Up
1902661-10	6-6:50am	Tue,Thu	Oct 01-Oct 31
\$40(R) \$48(N)			Age: 13Y & Up
1902994-11	6-6:50am	Tue	Nov 05-Nov 26
\$70(R) \$84(N)			Age: 13Y & Up
1902661-11	6-6:50am	Tue,Thu	Nov 05-Nov 26
\$30(R) \$36(N)			Age: 13Y & Up
1902994-12	6-6:50am	Tue	Dec 03-Dec 17
\$60(R) \$72(N)			Age: 13Y & Up
1902661-12	6-6:50am	Tue,Thu	Dec 03-Dec 19

## Boot Camp with Karie

In its TWELFTH 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!

South Bellevue Community Center

\$31.50(R) \$37.50(N)			Age: 13Y & Up
1902061-7	9:15-10:15am	Tue	Sep 10-Oct 01
\$42(R) \$50(N)			Age: 13Y & Up
1902061-8	9:15-10:15am	Tue	Oct 08-Oct 29
1902061-9	9:15-10:15am	Tue	Nov 05-Nov 26
\$31.50(R) \$37.50(N)			Age: 13Y & Up
1902061-10	9:15-10:15am	Tue	Dec 03-Dec 17
\$73.50(R) \$87.50(N)			Age: 13Y & Up
1901981-7	8:45-9:45am	Mon,Wed	Sep 09-Oct 02
\$63(R) \$75(N)			Age: 13Y & Up
1902021-7	9:15-10:15am	Tue,Thu	Sep 10-Oct 03
\$84(R) \$100(N)			Age: 13Y & Up
1901981-8	8:45-9:45am	Mon,Wed	Oct 07-Oct 30
1902021-8	9:15-10:15am	Tue,Thu	Oct 08-Oct 31
\$73.50(R) \$87.50(N)			Age: 13Y & Up
1901981-9	8:45-9:45am	Mon,Wed	Nov 04-Nov 27
1902021-9	9:15-10:15am	Tue,Thu	Nov 05-Nov 26
\$63(R) \$75(N)			Age: 13Y & Up
1901981-10	8:45-9:45am	Mon,Wed	Dec 02-Dec 18
1902021-10	9:15-10:15am	Tue,Thu	Dec 03-Dec 19
\$142.50(R) \$170(N)			Age: 13Y & Up
1902421-7	8:45-45am	Mon,Wed	Sep 09-Oct 03
	9:15-10:15	Tue,Thu	
1902421-8	8:45-45am	Mon,Wed	Oct 07-Oct 31
	9:15-10:15	Tue,Thu	

\$124.50(R) \$150(N)			Age: 13Y & Up
1902421-9	8:45-45am	Mon,Wed	Nov 04-Nov 27
	9:15-10:15	Tue,Thu	
\$107(R) \$127.50(N)			Age: 13Y & Up
1902421-10	8:45-45am	Mon,Wed	Dec 02-Dec 19
	9:15-10:15	Tue,Thu	

## Strength Training

Work on toning, balance, stretch, and strengthen with the use of light weights, tubing to work upper and lower body. Technique focus on agility, balance and coordination to create a workout that is fun, safe, effective, and up lifting. Great programs for all ages and abilities.

Downtown Main Club: Boys & Girls Clubs of Bellevue

\$56(R) \$67(N)			Age: 18Y & Up
1932421	10-10:55am	Tue	Sep 17-Oct 29
\$40(R) \$48(N)			Age: 18Y & Up
1932422	10-10:55am	Tue	Nov 05-Dec 17
\$56(R) \$67(N)			Age: 18Y & Up
1	10-10:55am	Thu	Sep 19-Oct 31
\$40(R) \$48(N)			Age: 18Y & Up
2	10-10:55am	Thu	Nov 07-Dec 19

## Active Adult Fitness

A high energy fitness class for those who have graduated from the beginner adult classes or senior fitness program and are ready for more of a challenge. Join Certified Personal Trainer Morgan for 50 minutes of a full body workout that keeps your heart rate elevated while improving strength, endurance, and cardiovascular fitness in a FUN, encouraging, and motivating community! Participants must be highly mobile and able to make quick transitions between cardio and endurance work. All adults are welcome, Millennials to Baby Boomers.

South Bellevue Community Center

\$52.50(R) \$63(N)			Age: 18Y & Up
1903394-9	9:30-10:20am	Mon,Wed	Sep 09-Sep 30
\$67.50(R) \$81(N)			Age: 18Y & Up
1903394-10	9:30-10:20am	Mon,Wed	Oct 02-Oct 30
\$52.50(R) \$63(N)			Age: 18Y & Up
1903394-11	9:30-10:20am	Mon,Wed	Nov 04-Nov 27
\$60(R) \$72(N)			Age: 18Y & Up
1903394-12	9:30-10:20am	Mon,Wed	Dec 02-Dec 30

## Zumba Gold

Zumba Gold Fitness. Perfect for older adults or anyone looking for an easy, fun, and effective full body workout. Seated options are always available. Move to a medley of dance styles, including merengue, cha-cha, cumbia, belly dance, tango, salsa, and old school rock n roll. Show up and dance; leave refreshed and renewed.

Downtown Main Club: Boys & Girls Clubs of Bellevue

\$63(R) \$75(N)			Age: 18Y & Up
1932761	12:30-1:30pm	Tue	Sep 17-Oct 29
\$54(R) \$66(N)			Age: 18Y & Up
1932762	12:30-1:30pm	Tue	Nov 05-Dec 17

## Strong and Fit Seniors/Adults

A beginner to advanced beginner group fitness class for those who are looking to improve strength, balance, cardiovascular health, flexibility, and coordination within a strong community of supportive friends. Join Certified Personal Trainer Morgan for a full body circuit training style workout that will improve functional fitness using a variety of equipment and a varied routine to accommodate individual needs and limitations. Come join us for a fun, safe, social and appropriately challenging workout!

South Bellevue Community Center

\$52.50(R) \$63(N)			Age: 18Y & Up
1904299	10:30-11:20am	Mon,Wed	Sep 09-Sep 30
\$67.50(R) \$81(N)			Age: 18Y & Up
19042910	10:30-11:20am	Mon,Wed	Oct 02-Oct 30
\$52.50(R) \$63(N)			Age: 18Y & Up
19042911	10:30-11:20am	Mon,Wed	Nov 04-Nov 27
\$60(R) \$72(N)			Age: 18Y & Up
19042912	10:30-11:20am	Mon,Wed	Dec 02-Dec 30

## Pilates for Beginners

Downtown Main Club: Boys & Girls Clubs of Bellevue

\$70(R) \$84(N)			Age: 18Y & Up
1932861	12:30-1:30pm	Thu	Sep 19-Oct 31
\$50(R) \$60(N)			Age: 18Y & Up
1932862	12:30-1:30pm	Thu	Nov 07-Dec 19
\$40(R) \$48(N)			Age: 18Y & Up
1932863	7-8pm	Tue	Sep 24-Oct 15
1932864	7-8pm	Tue	Oct 22-Nov 12
\$30(R) \$36(N)			Age: 18Y & Up
1932865	7-8pm	Tue	Dec 03-Dec 17

## BODY & MIND

### Tai Chi Qigong

This class uses the principles of Traditional Chinese Medicine combined with Tai Chi and Qigong to improve human health and spirit. Students are instructed in organ and Qi meridian exercise for personal cultivation. The class practices Tai Chi and Qigong descended from the ancient Masters both with empty hand and implements which are used to extend Qi past our hands. This is a drop-in program. No pre-registration required. Fee payable at the door.

North Bellevue Community Center

\$12(R) \$14(N)			Age: 18Y & Up
	9-10am	Sat	Sep 07-Dec 28

### Gentle Yoga with Wendy

Gentle Yoga relieves stress, increases flexibility, calms the mind, and strengthens the body. This style of yoga is adaptive for aging adults and others who need a more gentle approach. All levels of experience and ability are welcome to join. No pre-registration required. This is a drop-in activity. Fee payable at the door.

North Bellevue Community Center

\$9(R) \$11(N)			Age: 18Y & Up
	10:30-11:30am	Mon	Sep 09-Dec 30

### Hatha Yoga

Increase your strength and flexibility through this gentle Hatha yoga class. This class is for all levels of Yoga experience. During class you practice balancing poses, deep stretching, and gain a calm mind and body through breath work. This class uses props such as blocks and straps to work on proper alignment and to help make poses accessible to all levels of experience. Please wear comfortable clothing and bring water.

Northwest Arts Center

\$105(R) \$126(N)			Age: 18Y and up
1929265	3-4pm	Tue	Sep 17-Oct 29
\$75(R) \$90(N)			Age: 18Y and up
1929275	3-4pm	Tue	Nov 05-Dec 17

Downtown Main Club: Boys & Girls Clubs of Bellevue

\$105(R) \$126(N)			Age: 18Y & Up
1931631	9-8:55am	Tue	Sep 17-Oct 29
1931632	9-9:55am	Thu	Sep 19-Oct 31
\$90(R) \$108(N)			Age: 18Y & Up
1931621	9-9:55am	Tue	Nov 05-Dec 17
1931622	9-9:55am	Thu	Nov 07-Dec 19



Call the North Bellevue Community Center at 425-452-7681 for more information about SilverSneakers programs in Bellevue.

## Purna Yoga

Focusing on correct alignment with props to make poses accessible, students gain flexibility, strength and coordination. Purna Yoga helps you feel more centered and peaceful. With 2,000 hours of training, your instructor has a wealth of knowledge to share. All experience levels welcome.

South Bellevue Community Center

\$60(R) \$72(N)			Age: 13Y & Up
1901211-9	10:15-11:30am	Sun	Sep 01-Sep 29
\$48(R) \$58(N)			Age: 13Y & Up
1901211-10	10:15-11:30am	Sun	Oct 06-Oct 27
\$36(R) \$44(N)			Age: 13Y & Up
1901211-11	10:15-11:30am	Sun	Nov 03-Nov 17
\$48(R) \$58(N)			Age: 13Y & Up
1901211-12	10:15-11:30am	Sun	Dec 01-Dec 29
\$96(R) \$115(N)			Age: 13Y & Up
1903515-8	7:15-8:30pm	Thu	Sep 12-Oct 31
\$72(R) \$86(N)			Age: 13Y & Up
1903515-9	7:15-8:30pm	Thu	Nov 07-Dec 19

## Pilates

Community Pilates focuses on correct form/postural alignment, strengthening 'core' muscles, increasing body awareness, and improving balance, flexibility, and joint mobility. We combine pilates with yoga and barre exercises using bands, balls, and small weights. All fitness levels welcome.

South Bellevue Community Center

\$104(R) \$124(N)			Age: 13Y & Up
1904054	9:15-10:15am	Fri	Sep 06-Oct 25
\$91(R) \$108.50(N)			Age: 13Y & Up
1904055	9:15-10:15am	Fri	Nov 01-Dec 20

## Yoga for Adults 50+

Each class offers poses for stretching, active strengthening and deep relaxing. We focus on alignment for joint safety and use props to make poses accessible for many levels of experience. Benefits include: improved strength, flexibility and balance; reduced tension; better joint health; better mental clarity and an overall feeling of well-being. All adults welcome but note that class designed for adults age 50+.

South Bellevue Community Center

\$96(R) \$115(N)			Age: 13Y & Up
1904484-8	11:15am-12:30pm	Tue	Sep 10-Oct 29
\$72(R) \$86(N)			Age: 13Y & Up
1904484-9	11:15am-12:30pm	Tue	Nov 05-Dec 17

## Mindful Movement: A Chi Kung Yoga style class

Join us for guided movement based on Chi Kung and soft style martial arts. Begin the Tai Chi Yang style short form. This yoga-esque class encourages proper posture for effective stretching combined with easy strengthening exercise. Long term benefits include increased flexibility, suppleness, balance, strength and a deeper mind-body calm.

Crossroads Community Center

\$24(R) \$27(N)			Age: 18Y and up
1903270	9:30-10:30am	Thu	Sep 12-Sep 26
\$40(R) \$45(N)			Age: 18Y and up
1903271	9:30-10:30am	Thu	Oct 03-Oct 31
\$24(R) \$27(N)			Age: 18Y and up
1903272	9:30-10:30am	Thu	Nov 07-Nov 21
1903273	9:30-10:30am	Thu	Dec 05-Dec 19

## CARDIO & ACTIVE FITNESS

### SilverSneakers Classic

Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. This class can be adapted by the student depending on their fitness level and abilities. It is suitable for beginning to intermediate skill levels. Contact your Health Care Provider to see if you qualify to attend this free of charge. Pre-registration and drop-in options available. Fee payable at the time of registration. Visit SilverSneakers.com to learn more.

North Bellevue Community Center

FREE			Age: All Ages
1926271	10:30am-12pm	Mon,Wed,Fri	Sep 04-Sep 30
1926272	10:30am-12pm	Mon,Wed,Fri	Oct 02-Oct 30
1926273	10:30am-12pm	Mon,Wed,Fri	Nov 01-Nov 29
1926274	10:30am-12pm	Mon,Wed,Fri	Dec 02-Dec 30

### Indoor Group Cycling

Ride LeMond bikes and increase aerobic fitness while burning approximately 600+ calories per class. All fitness levels welcome as you control your pace.

South Bellevue Community Center

\$96(R) \$115(N)			Age: 13Y & Up
1903252-5	6-7am	Mon,Wed	Sep 09-Oct 30
\$72(R) \$86(N)			Age: 13Y & Up
1903252-6	6-7am	Mon,Wed	Nov 04-Dec 18
\$56(R) \$67(N)			Age: 13Y & Up
1903652-5	6-7am	Mon	Sep 09-Oct 28
1903682-5	6-7am	Wed	Sep 11-Oct 30
\$42(R) \$50(N)			Age: 13Y & Up
1903652-6	6-7am	Mon	Nov 04-Dec 16
1903682-6	6-7am	Wed	Nov 06-Dec 18



## Karie's Cardio Kickboxing

Cardio kickboxing is a non-contact group fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike and can burn up to 450 calories an hour. Build stamina, improve coordination and flexibility and burn calories as you build lean muscle with this fun and challenging workout.

South Bellevue Community Center

\$84(R) \$100(N)			Age: 13Y & Up
1903034-7	7:05-7:50am	Mon,Wed	Sep 09-Oct 02
\$84(R) \$100(N)			Age: 13Y & Up
1903034-8	7:05-7:50am	Mon,Wed	Oct 07-Oct 30
\$73.50(R) \$87.50(N)			Age: 13Y & Up
1903034-9	7:05-7:50am	Mon,Wed	Nov 04-Nov 27
\$63(R) \$75(N)			Age: 13Y & Up
1903034-10	7:05-7:50am	Mon,Wed	Dec 02-Dec 18

## Cycle/Stretch

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

South Bellevue Community Center

\$108(R) \$130(N)			Age: 16Y & Up
1903074-5	10:35-11:35am	Tue,Thu	Sep 03-Oct 31
\$63(R) \$75.50(N)			Age: 16Y & Up
1903103-5	10:35-11:35am	Tue	Sep 03-Oct 29
\$78(R) \$93.50(N)			Age: 16Y & Up
1903074-6	10:25-11:25am	Tue,Thu	Nov 05-Dec 19
\$49(R) \$59(N)			Age: 16Y & Up
1903103-6	10:35-11:35am	Tue	Nov 05-Dec 17

## 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.

South Bellevue Community Center

\$90(R) \$105(N)			Age: 13Y & Up
1902101-4	10-11am	Wed,Fri	Sep 11-Oct 30
\$84(R) \$98(N)			Age: 13Y & Up
1902101-5	10-11am	Wed,Fri	Nov 01-Dec 20
\$56(R) \$68(N)			Age: 13Y & Up
1902984	10-11am	Wed	Sep 11-Oct 30
\$49(R) \$59.50(N)			Age: 13Y & Up
1902985	10-11am	Wed	Nov 06-Dec 18
1902141-4	10-11am	Fri	Sep 13-Oct 25
1902141-5	10-11am	Fri	Nov 01-Dec 20



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

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

## Northwest Arts Center

9825 NE 24th St • 425-452-4106

8:15am – 9:15am Monday to Saturday

For more information, visit [www.jazzercise.com](http://www.jazzercise.com) or call Lana Kim - 425-829-2341.

## North Bellevue Community Center

4063 148th Ave NE • 425-452-7681

Evening sessions available throughout the week and Saturday mornings. For more information, call Instructor Kris Rooke @ 425-894-4111, or email [nbccjazzercise@aol.com](mailto:nbccjazzercise@aol.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](http://www.jazzercise.com).

# MARTIAL ARTS

## Youth Taekwondo

Taekwondo is a Korean Martial Arts discipline that emphasizes kicking techniques. It is also an Olympic sport that teaches students to develop the positive aspects of their own personality through respect, courage, self control, confidence, and patience. It is a great workout that involves light contact sparring, self defense, and correct forms in a fun and supportive program.

Northwest Arts Center

\$154(R) \$185(N)			Age: 6-10Y
1902866	4:30-5:15pm	Mon,Wed	Sep 16-Oct 30
\$110(R) \$132(N)			Age: 6-10Y
1902903	4:30-5:15pm	Mon,Wed	Nov 04-Dec 18

## Yang Style Tai Chi Beginner

Learn the beginning movements of this Tai Chi form to improve, balance, coordination and flexibility as well as revitalize energy, calm the mind and relax the body.

South Bellevue Community Center

\$66(R) \$78(N)			Age: 16Y & Up
1903122-5	10:30-11:30am	Fri	Sep 13-Oct 18
1903122-6	10:30-11:30am	Fri	Nov 01-Dec 13

## Yang Style Tai Chi Continuing

This class builds upon the movements learned in the Beginner class. Students who have experience in the Yang Style long form are welcome to join the class.

South Bellevue Community Center

\$66(R) \$78(N)			Age: 16Y & Up
1903153-5	9-10am	Sat	Sep 14-Oct 19
1903153-6	9-10am	Sat	Nov 02-Dec 14

## Mindful Movement

Guided movement based on Chi Kung and soft style martial arts. Encourages proper posture for effective stretching combined with easy strengthening exercise. Feel an immediate sense of refreshed focus and relaxation.

Downtown Main Club: Boys & Girls Clubs of Bellevue

\$63(R) \$75(N)			Age: 18Y & Up
1931661	7:15-8:15pm	Tue	Sep 17-Oct 29
19003081	10-11am	Wed	Sep 18-Oct 30
\$54(R) \$66(N)			Age: 18Y & Up
1931662	7:15-8:15pm	Tue	Nov 05-Dec 17
19003082	10-11am	Wed	Nov 06-Dec 18

## Tai Chi Form - Mindful Movement Advanced

This class is by instructor permission only for those who have taken the Mindful Movement Class. Learn the Yang Family Style Short Form. Focus on smooth movement, balance, breathe, and proper stances. Relax with guided meditation. Learn new forms and techniques from the Mindful Movement class.

Downtown Main Club: Boys & Girls Clubs of Bellevue

\$35(R) \$42(N)			Age: 18Y & Up
19003161	11:10-11:40am	Wed	Sep 18-Oct 30
\$30(R) \$36(N)			Age: 18Y & Up
19003162	11:10-11:40am	Wed	Nov 06-Dec 18

## Taekwondo

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

South Bellevue Community Center

\$58(R) \$70(N)			Age: 5Y & Up
1902505-9	4-4:50pm	Tue,Thu	Sep 03-Sep 26
1902505-10	4-4:50pm	Tue,Thu	Oct 01-Oct 24
\$51(R) \$61(N)			Age: 5Y & Up
1902505-11	4-4:50pm	Tue,Thu	Nov 05-Nov 26
\$43.50(R) \$52.50(N)			Age: 5Y & Up
1902505-12	4-4:50pm	Tue,Thu	Dec 03-Dec 19
\$58(R) \$70(N)			Age: 5Y & Up
1902544-9	5-5:50pm	Tue,Thu	Sep 03-Sep 26
1902544-10	5-5:50pm	Tue,Thu	Oct 01-Oct 24
\$51(R) \$61(N)			Age: 5Y & Up
1902544-11	5-5:50pm	Tue,Thu	Nov 05-Nov 26
\$43.50(R) \$52.50(N)			Age: 5Y & Up
1902544-12	5-5:50pm	Tue,Thu	Dec 03-Dec 19

\$58(R) \$70(N)			Age: 10Y & Up
1902605-9	6-6:50pm	Tue,Thu	Sep 03-Sep 26
\$58(R) \$70(N)			Age: 10Y & Up
1902605-10	6-6:50pm	Tue,Thu	Oct 01-Oct 24
\$51(R) \$61(N)			Age: 10Y & Up
1902605-11	6-6:50pm	Tue,Thu	Nov 05-Nov 26
\$43.50(R) \$52.50(N)			Age: 10Y & Up
1902605-10	6-6:50pm	Tue,Thu	Dec 03-Dec 19

## Taekwondo Plus

Taekwondo Plus classes offer a traditional training curriculum with the added benefits of practical self defense techniques (Hapkido) and instruction of proper, safe falling and rolling. Sparring is light touch, tag-style. Instructor has martial arts experience for over 20 years and is a 4th degree black belt. New students may enroll anytime. Uniforms are required after the first 2 months and can be purchased through the instructor.

Crossroads Community Center

\$54(R) \$60(N)			Age: 7Y and up
1903266	4:30-5:30pm	Tue,Thu	Sep 10-Sep 26
\$90(R) \$100(N)			Age: 7Y and up
1903267	4:30-5:30pm	Tue,Thu	Oct 01-Oct 31
\$45(R) \$50(N)			Age: 7Y and up
1903269	4:30-5:30pm	Tue,Thu	Nov 01-Nov 29
\$54(R) \$60(N)			Age: 7Y and up
1903268	4:30-5:30pm	Tue,Thu	Dec 03-Dec 19

## Shotokan Karate

Learn traditional Karate with a non-violent philosophy emphasizing Respect, Excellence, Strength and Character with fun and experienced Black Belt instructors.

South Bellevue Community Center

\$72(R) \$86(N)			Age: 6-11Y
1902161-9	5-5:45pm	Mon,Wed	Sep 09-Sep 30
1902161-10	5-5:45pm	Mon,Wed	Oct 02-Oct 30
\$54(R) \$65(N)			Age: 6-11Y
1902161-11	5-5:45pm	Mon,Wed	Nov 04-Nov 25
1902161-12	5-5:45pm	Mon,Wed	Dec 02-Dec 18
\$94(R) \$112(N)			Age: 12Y & Up
1902371-9	6-7pm	Mon,Wed	Sep 09-Sep 30
1902371-10	6-7pm	Mon,Wed	Oct 02-Oct 30
\$70.50(R) \$84(N)			Age: 12Y & Up
1902371-11	6-7pm	Mon,Wed	Nov 04-Nov 25
1902371-12	6-7pm	Mon,Wed	Dec 02-Dec 18

## Kendo - Beginning

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. Participants must purchase an equipment package bokken (oak sword), shinai (bamboo sword) and carry bag either before or at the first class, cost is \$60, 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.

Highland Park & Community Center

\$84(R) \$100(N)

1903531

6:30-8pm

Fri

Age: 8Y & Up

Sep 13-Dec 06

## Kendo - Intermediate

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.

Highland Park & Community Center

\$84(R) \$100(N)

1903532

6:30-8:30pm

Fri

Age: 8Y & Up

Sep 13-Dec 06

## Kendo - Advanced

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.

Highland Park & Community Center

\$84(R) \$100(N)

1903533

7:30-9:30pm

Fri

Age: 8Y & Up

Sep 13-Dec 06

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.

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

## Tuesday Trails 50+ Hiking

This easy hiking series is designed for active seniors looking to explore the beautiful trails around Bellevue, we will meet at the North Bellevue Community Center and ride to a trail-head 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.

North Bellevue Community Center

\$8

Age: 50Y & Up

1902957 10am-3pm

Sep 09

1902958 10am-3pm

Sep 16

1902959 10am-3pm

Sep 23

1902960 10am-3pm

Sep 30

1902961 10am-3pm

Oct 07

1902962 10am-3pm

Oct 14

1902963 10am-3pm

Oct 21

1902964 10am-3pm

Oct 28

## 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 425-452-2568 for information.



## 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

# NATURAL RESOURCES & OUTDOOR EDUCATION

## TRACKS



**TRACKS: Building a healthy community through outdoor adventure!**

The TRACKS Outdoor Initiative wants you to get outdoors! From backcountry



# RANGER PROGRAMS

## 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, Mercer Slough  
Environmental Education Center

**COST:** FREE!

**INFO:** 425-452-4195

## 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.

### Lake Hills Greenbelt Ranger Walk

Join us Saturdays for an interpretive tour of the Lake Hills Greenbelt. We will depart from the Lake Hills Ranger Station on a one-hour trek, discussing local history and learning about native plants and wildlife that calls Bellevue home. As our tour concludes, you may continue on your own as the trail loops Larsen Lake Park. Bring your friends and family for this free, weekly hike led by one of your local Bellevue park rangers. Please RSVP 24 hours in advance for groups larger than 10, 425-452-6993.

Lake Hills Greenbelt Ranger Station

FREE

2-3pm

Sat

Age: All Ages  
Ongoing

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

Join a Bellevue Park Ranger at the Lewis Creek Visitor Center to explore the Lakemont Highlands Open Space trail system. Please dress for the weather and wear sturdy shoes. This hike is rated as moderately difficult (3.5 miles with 680 ft elevation change). For groups of 10 or more, please call 425-452-4195. No pre-registration or RSVP required.

Lewis Creek Visitor Center & Park

FREE

10am-12pm

Sun

Age: All Ages  
Sep 15

### Mercer Slough Ranger Walk

Bring the whole family to join a Ranger on a guided hike through the Mercer Slough Nature Park. This kid-oriented program aims to educate kids and their parents about the Nature Park while discovering the birds and animals that call the Mercer Slough home. The hour-long nature walk ends at the channel bridge in the middle of the park. From there you are able to continue on to further explore the rich diversity the park has to offer. This guided walk is not stroller-friendly.

Mercer Slough Nature Park (Mercer Slough Nature Park - Trails)

FREE

2-3:30pm

Sun

Age: All Ages

Sep 01

2-3:30pm

Sun

Oct 06

2-3:30pm

Sun

Nov 03

2-3:30pm

Sun

Dec 08

### Ranger-led Hike at Lewis Creek Park

Join a Bellevue Park Ranger to explore the natural and cultural history of Lewis Creek Park. Look for signs of local wildlife and learn what to do when encountering animals in the wild. Please dress for the weather and wear sturdy shoes. This hike's difficulty is rated as easy (1 mile with approximately 50 ft elevation change). For groups of 10 or more, please call 425-452-4195. No pre-registration or RSVP required.

Lewis Creek Visitor Center & Park

FREE

10:30-11:30am

Sat

Age: All Ages

Sep 07

10:30-11:30am

Sat

Oct 05

10:30-11:30am

Sat

Nov 02

10:30-11:30am

Sat

Dec 07

### Ranger-led Hike at Coal Creek Natural Area

Explore Coal Creek at the Cinder Mine Trailhead to discover Bellevue's largest park and get lost in the wilderness while still in the city! This area is rich in history and wildlife. You'll learn about while being guided by a Bellevue Park Ranger. Please dress for the weather and wear sturdy shoes. This hike is rated as moderately difficult (2 miles with 240 ft elevation change). For groups of 10 or more, please call 425-452-4195. No pre-registration or RSVP required.

Coal Creek Natural Area

FREE

10:30am-12pm

Sun

Age: All Ages

Oct 20

### Ranger-led Hike at Lakemont Community Park

This lovely trail winds alongside a creek as we ascend and descend throughout the park. Please dress for the weather and wear sturdy shoes. This hike is rated as moderately difficult (2 miles with 700 ft elevation change). For groups of 10 or more, please call 425-452-4195. No pre-registration or RSVP required. Meets at Lakemont Community Park, 5170 Village Park Dr SE.

Lakemont Community Park

FREE

10:30am-12pm

Sun

Age: All Ages

Nov 17



# 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

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For additional programs and to register visit [pacificsciencecenter.org](http://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



## A Winter Wander

Head outside this winter 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. This hike's difficulty is rated as easy (1 mile with approximately 50 ft elevation change). For groups of 10 or more, please call 425-452-4195. No pre-registration or RSVP required.

Lewis Creek Visitor Center & Park

FREE

10:30am-12pm

Sun

Age: All Ages

Dec 29

## Story and a Stroll: Crawdad Creek

Best for ages 3-6. This story explores the treasures of Crawdad Creek from a child's perspective. The illustrations draw you into a quiet world that gets richer the closer you look. RSVP required: 425-452-2565 or [mseec@bellevuewa.gov](mailto:mseec@bellevuewa.gov)

Mercer Slough Nature Park

FREE

11am-12pm

Fri

Age: All Ages

Sep 20

## Story and a Stroll: When Rain Falls

Best for ages 3-6. When rain falls, we scurry indoors. But what about all those animals in the forests and fields? Journey from your neighborhood to the woods and wetlands of the Mercer Slough after enjoying this engaging story of animal habitats. RSVP required: 425-452-2565 or [mseec@bellevuewa.gov](mailto:mseec@bellevuewa.gov)

Mercer Slough Nature Park

FREE

11am-12pm

Fri

Age: All Ages

Oct 18

## Story and a Stroll: Owl Moon

Best for ages 3-6. Enjoy this heartwarming story of father and daughter out for a winter evening walk. While the trees are still, and the night is quiet, the father knows there are creatures of the night. Do you know how to call the owls? RSVP required: 425-452-2565 or [mseec@bellevuewa.gov](mailto:mseec@bellevuewa.gov)

Mercer Slough Nature Park

FREE

11am-12pm

Fri

Age: All Ages

Nov 22

## Story and a Stroll: Who Lives in the Snow

Best for ages 3-6. Although the surface of the snow looks quiet and serene, life below is drastically different. Visit the mysterious world of winter in and under the snow. RSVP required: 425-452-2565 or [mseec@bellevuewa.gov](mailto:mseec@bellevuewa.gov)

Mercer Slough Nature Park

FREE

11am-12pm

Fri

Age: All Ages

Dec 20

## Fall for Frogs

Have you ever heard the chorus of frogs and wondered how they stop and start in unison? Hop on over to the Mercer Slough to discover more about our frogs thriving in the wetland. These musical amphibians play an intricate role in the food web and help keep our ecosystems in balance. Enjoy some fun activities, crafts and a nature walk. It will be a splash! Ages: 5-10. RSVP required at 425-452-2565 or [mseec@bellevuewa.gov](mailto:mseec@bellevuewa.gov).

Mercer Slough Nature Park

FREE

2-3pm

Sat

Age: All Ages

Sep 21

## 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. Ages: 5-10. RSVP required at 425-452-2565 or [mseec@bellevuewa.gov](mailto:mseec@bellevuewa.gov).

Mercer Slough Nature Park

FREE

2-3pm

Sat

Age: All Ages

Oct 19

## Nocturnal in November

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. Ages: 5-10. RSVP required at 425-452-2565 or [mseec@bellevuewa.gov](mailto:mseec@bellevuewa.gov).

Mercer Slough Nature Park

FREE

2-3pm

Sat

Age: All Ages

Nov 23

## Breakfast for Birds

The Mercer Slough provides critical habitat for both residential and migratory birds year-round. Limited resources for these birds during the winter months can make survival challenging. Join us to find out more about our winter birds and what you can do in your own backyard to help them survive tough times. Ages: 5-10. RSVP required at 425-452-2565 or [mseec@bellevuewa.gov](mailto:mseec@bellevuewa.gov).

Mercer Slough Nature Park

FREE

2-3pm

Sat

Age: All Ages

Dec 21



## MOVIES AT MERCER SLOUGH

### Movies at Mercer Slough: Fresh Water

Only 3% of the world's water is fresh, yet all life forms depend on it. This Planet Earth Episode follows the journey of our fresh water and demonstrates how various species take advantage of this precious natural resource. Narrated by David Attenborough. Popcorn provided! Ages: All are welcome but best for 5yrs and up. Cost: FREE! RSVP required: 425-452-2565 or msee@bellevuewa.gov

Mercer Slough Nature Park

FREE Age: All Ages  
5-6pm Fri Sep 27

### Movies at Mercer Slough: Our Blue Planet

This episode examines the role of human anthropogenic activity on the oceans. Microplastics and pollution are an increasing problem for the world's seas, threatening the lives of marine life and ultimately affecting the ecosystem. Can humans reverse their activity to protect these threatened ecosystems and the wildlife dependent on them? Popcorn provided! Ages: All are welcome but best for 5yrs and up. Cost: FREE! RSVP required: 425-452-2565 or msee@bellevuewa.gov

Mercer Slough Nature Park

FREE Age: All Ages  
5-6pm Fri Oct 25

### Movies at Mercer Slough: Seasonal Forests

This episode of Planet Earth explores our seasonal coniferous and deciduous woodland habitats and the animals that depend on them. Narrated by David Attenborough. Popcorn provided! Ages: All are welcome but best for 5yrs and up. Cost: FREE! RSVP required: 425-452-2565 or msee@bellevuewa.gov

Mercer Slough Nature Park

FREE Age: All Ages  
5-6pm Fri Nov 22

### Movies at Mercer Slough: From Pole to Pole

The first episode of Planet Earth illustrates a journey around the globe revealing the effects of gradual climate change and seasonal transitions. Narrated by David Attenborough. Popcorn provided! Ages: All are welcome but best for 5yrs and up. Cost: FREE! RSVP required: 425-452-2565 or msee@bellevuewa.gov

Mercer Slough Nature Park

FREE Age: All Ages  
5-6pm Fri Dec 27

## FAMILY DISCOVERY SERIES

### Lewis Creek Story Time – Life in the Forest Floor

Look, listen, and create during an hour of stories and crafts! You might be amazed how much life goes unnoticed in the woods just because it's under our feet! Best for ages 3-7 with accompanying adult(s). RSVP required for children and adults by 4pm the day before the program at 425-452-4195 or LCVC@BellevueWA.gov. Indoor program.

Lewis Creek Visitor Center & Park

FREE Age: 3Y - 7Y  
11am-12pm Fri Sep 06  
1:30-2:30pm Fri Sep 06

### Lewis Creek Story Time – Salmon Stream

Look, listen, and create during an hour of stories and crafts! Swim along with baby salmon from the time they hatch until they complete their long, harrowing journey home. Best for ages 3-7 with accompanying adult(s). RSVP required for children and adults by 4pm the day before the program at 425-452-4195 or LCVC@BellevueWA.gov. Indoor program.

Lewis Creek Visitor Center & Park

FREE Age: 3Y - 7Y  
11am-12pm Fri Oct 04  
1:30-2:30pm Fri Oct 04

### Lewis Creek Story Time – The Very Hairy Bear

Look, listen, and create during an hour of stories and crafts! Where do our bears go when it gets chilly out? Join us as we read some fun stories about our local fuzzy neighbors. Best for ages 3-7 with accompanying adult(s). RSVP required for children and adults by 4pm the day before the program at 425-452-4195 or LCVC@BellevueWA.gov. Indoor program.

Lewis Creek Visitor Center & Park

FREE Age: 3Y - 7Y  
11am-12pm Fri Nov 01  
1:30-2:30pm Fri Nov 01

### Lewis Creek Story Time – Water Dance

Look, listen, and create during an hour of stories and crafts! Water can behave in strange ways in winter; from forming icicles to becoming hot cocoa's steam. We'll read to discover how it's all a part of the water cycle. Best for ages 3-7 with accompanying adult(s). RSVP required for children and adults by 4pm the day before the program at 425-452-4195 or LCVC@BellevueWA.gov. Indoor program.

Lewis Creek Visitor Center & Park

FREE Age: 3Y - 7Y  
11am-12pm Fri Dec 06  
1:30-2:30pm Fri Dec 06

## Toddler Trails

Explore the trails at Lewis Creek Park with a park ranger and get out some wiggles on select Fridays this summer. We'll take frequent stops while we investigate the different environments of Lewis Creek Park we wander through and learn how we can make hiking fun for everyone. Please dress for the weather and wear sturdy shoes. Best for children ages 18 months - 3 years with accompanying adult(s). This hike's difficulty is rated as easy (.5 miles). RSVP required for children and adults by 4pm the day before the program at 425-452-4195 or [LCVC@BellevueWA.gov](mailto:LCVC@BellevueWA.gov). Outdoor program.

Lewis Creek Visitor Center & Park

FREE		Age: 18M - 3Y
	10-11am	Fri
		Sep 27
	10-11am	Fri
		Oct 18

## Life in Leaf Litter

It's easy to enjoy the beautiful colors and shapes found in fall leaves, but have you ever wondered what's underneath? In this program, we'll explore the often-overlooked creatures that use fallen leaves to survive, and take a real-life peek at what's inside our parks' leaves! Join a ranger to investigate the microcosm of life on the forest floor and leave with tons of new knowledge and a fun experience.

Lake Hills Greenbelt

FREE		Age: 3-8Y
	10-11am	Fri
		Oct 11

## Spooky Spiders

Just about everyone has encountered our parks' eight-legged inhabitants, but just how much do you know about their lives? Join us for an hour of spooky fun to learn about the spiders of our area, and leave with a better understanding of how they fit into local ecosystems. We'll head out on a ranger-led walk to try and spot some, and end at the Ranger Station for a craft!

Lake Hills Greenbelt

FREE		Age: 3-8Y
	10-11am	Fri
		Oct 25

## Conifer Connections

'Tis the season to have evergreens on the mind, and what better time to learn about them? Head over to the Ranger Station to learn about our parks' own species, how these stunning trees survive through the seasons, and what interactions they have with other creatures. Tag along on a walk through the woods with a ranger, and end the morning with a craft you'll want to show off!

Lake Hills Greenbelt

FREE		Age: 3-8Y
	10-11am	Fri
		Dec 13

## Sensational Squirrels

Who knew such a small animal could have such a big personality? As one of the area's most commonly-observed critters, the squirrel evokes many different emotions in those who come across them. We'll discuss the species present in our forests and backyards, and learn all about this adaptive animal. Join us for a fun time and a craft!

Lake Hills Greenbelt

FREE		Age: 3-8Y
	10-11am	Fri
		Sep 27

## Colorful Caterpillars

Every fall, our region begins crawling with life in the form of bright, patterned, and sometimes very fuzzy critters. Caterpillars are plentiful in Bellevue this time of year, preparing for a cozy winter (and getting ready to become butterflies and moths!). Peek into the park's foliage to test your observational skills while on a ranger-led walk, and enjoy creating and bringing home a craft!

Lake Hills Greenbelt

FREE		Age: 3-8Y
	10-11am	Fri
		Sep 13

## Wonders of Wilderness

The autumn season brings thoughts of appreciation and thanks toward all aspects of life, including nature and all its gifts. Join us for a very special program focused on being thankful for our wild spaces and the wonders they gives us, whether through nourishment for our bodies, or the simple joy of admiring its beauty. Wander through the park with a ranger on a relaxed hike, and complete the journey with a fun craft to take home!

Lake Hills Greenbelt

FREE		Age: 3-8Y
	10-11am	Fri
		Nov 22

## An Evergreen Evening

Join us for an evening hike in the Lake Hills Greenbelt. Bring your flashlight and a warm coat as we learn about native Washington trees and listen for creatures that get active in the dark hours!

Lake Hills Greenbelt

FREE		Age: All Ages
	7:30-8:30am	Sep 28

## High-Flying Hawks

From patrolling 405 to flying over the trees of Lewis Creek Park hawks can be found in almost all Bellevue's habitats. Learn about the different raptor species that call Lewis Creek Park home before we head out on a hike to scan the sky for them. Best for children ages 5-10 with accompanying adult(s). No pre-registration or RSVP required. Indoor/outdoor program.

Lewis Creek Visitor Center & Park

FREE		Age: 5Y - 10Y
	2:30-3:30pm	Sun
		Sep 01
	2:30-3:30pm	Sat
		Sep 28



## 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](http://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](http://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/lewiscreek](http://parks.bellevuewa.gov/lewiscreek)

### 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](http://parks.bellevuewa.gov/mseec)

## October Is For Orcas

Did you know that our southern resident orcas communicate in a different "language" than transient orcas, or that they use sonar to hunt for their prey? Join us for an introduction to the families that make up the J, L, and K pods, a fantastic orca game, and to learn how you can help our endangered southern resident orcas starting right here in Bellevue! Best for children ages 5-10 with accompanying adult(s). Indoor/outdoor program.

Lewis Creek Visitor Center & Park

FREE

Age: 5Y - 10Y

2:30-3:30pm	Sun	Oct 13
2:30-3:30pm	Sat	Oct 19
2:30-3:30pm	Sun	Oct 27

## Let's Plant A Tree!

Learn why tree leaves change color and why some trees don't. We'll try some experiments on tree leaves, 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. Best for children ages 5-10 with accompanying adult(s). RSVP required for children and adults by 4pm the Friday before the program at 425-452-4195. Indoor/outdoor program.

Lewis Creek Visitor Center & Park

FREE

Age: 5Y - 10Y

2:30-3:30pm	Sun	Nov 03
2:30-3:30pm	Sat	Nov 09
2:30-3:30pm	Sat	Nov 23

## Whoooo's Hooting?

How does a barn owl can find its prey in total darkness? How does a great horned owl clasp its talons with 28 pounds of force? Join us as we learn all about our favorite silently flying friends, try out our hoots, and dig deeper into an owl's diet by dissecting owl pellets! Best for children ages 5-10 with accompanying adult(s). RSVP required for children and adults by 4pm the Friday before the program at 425-452-4195. Indoor/outdoor program.

Lewis Creek Visitor Center & Park

FREE

Age: 5Y - 10Y

2:30-3:30pm	Sun	Dec 08
2:30-3:30pm	Sat	Dec 21

## Salmon Sense

Each year, salmon migrate inland throughout our region... but have you ever wondered why they make this perilous journey or how they find their way? Join us at the Lewis Creek Visitor Center as we dissect an adult salmon and discuss this incredible journey. Afterwards, we'll head outside to learn about stream habitat. Best for children ages 9-14 with accompanying adult(s). RSVP required for youth and adult participants by 4:00pm the Friday before the program at 425-452-4195. Indoor/outdoor program.

Lewis Creek Visitor Center & Park

FREE

Age: 9Y - 14Y

2:30-3:30pm	Sun	Nov 10
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## Holly's Not So Jolly

Pull on some gardening gloves and join the battle against invasive English holly plants. We'll learn how to identify this beautiful (but pesky) plant and how it harms our forests. Afterwards, we'll go out to pull some of these invasive plants and learn how to turn them into a fun craft! Best for children ages 5-10 with accompanying adult(s). RSVP required for children and adults by 4 pm the Friday before the program at 425-452-4195. Please bring gloves. Indoor/outdoor program.

Lewis Creek Visitor Center & Park

FREE			Age: 5Y & Up
	10:30am-12pm	Sat	Dec 28

## Batty Nights at Lewis Creek Park

Come test your echolocation out with a Park Ranger. We'll learn all about our local bat species before taking a dusk hike to watch for bats as they forage for insects! Bring a flashlight or headlamp, as well as sturdy shoes! Preregistration is required for youth and adult participants at <https://register.bellevuewa.gov>. Best for children ages 5+ with accompanying adult(s). Indoor/outdoor program.

Lewis Creek Visitor Center & Park

FREE			Age: 5Y & Up
1903218	7:30-9pm	Fri	Sep 13

## 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! Preregistration is required for youth and adult participants at <https://register.bellevuewa.gov>. Best for children ages 5+ with accompanying adult(s). Indoor/outdoor program.

Lewis Creek Visitor Center & Park

FREE			Age: 5Y & Up
1903219	6:30-8pm	Fri	Oct 11
1903220	6-7:30pm	Fri	Nov 22
1903221	4:30-6pm	Fri	Dec 13

## ADULT ENRICHMENT SERIES

### Bird Stroll

Have you ever wondered about the bird species you see as you walk through the park? Grab your binoculars and join a park ranger for a walk around Lewis Creek Park where you'll learn to identify our feathered park visitors. This program is best for adults. RSVP required by 4pm the Friday before the program at 425-452-4195. Indoor program.

Lewis Creek Visitor Center & Park

FREE			Age: 13Y & Up
	2-3pm	Sat	Sep 21

## Living with Wildlife - There's a Bear in the Yard!

Living in south Bellevue means roaming bears. Learn all about black bears... including how to prevent conflicts in your neighborhood, and what to do if you see one. This program is best for adults. No pre-registration or RSVP required. Indoor program.

Lewis Creek Visitor Center & Park

FREE			Age: 13Y & Up
	2-3pm	Sun	Sep 08

## 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, including how to prevent conflicts in your neck of the woods. This program is best for adults. No pre-registration or RSVP required. Indoor program.

Lewis Creek Visitor Center & Park

FREE			Age: 13Y & Up
	2-3pm	Sun	Oct 06

## Living with Wildlife - Cunning Crows

Crows are one of our Bellevue's most commonly-seen wildlife residents. They have more advanced cognitive abilities than many mammals, an amazing memory, and are very social. Find out why crows gather in enormous numbers, and what the fuss is all about. Learn what crows know and discover how we can get along together. This program is best for adults. No pre-registration or RSVP required. Indoor program.

Lewis Creek Visitor Center & Park

FREE			Age: 13Y & Up
	2-3pm		Nov 16

## Living with Wildlife - Deer in the Headlights

Black-tailed deer are a welcomed friend in many of Bellevue's neighborhoods. Join us to learn about how to attract deer, deer biology, how to address potential conflicts (including how to protect your fruit trees), what to do if you find a fawn, and much more! This program is best for adults. No pre-registration or RSVP required. Indoor program.

Lewis Creek Visitor Center & Park

FREE			Age: 13Y & Up
	2-3pm	Sun	Dec 15

## A Closer Look: PNW Caterpillars

Of all the insects we observe in our parks, gardens, and beyond, lepidopterans boast arguably one of the most incredible and complex life cycles. Get an in-depth look at the species we share our region with, how they survive, and everything you should know about interacting with them. We'll be looking at live specimens with a focus on understanding their unique adaptations. RSVP required, 425-452-6993.

Lake Hills Greenbelt Ranger Station

FREE			Age: 9Y & Up
	12-1pm	Sat	Sep 14

## A Closer Look: PNW Spiders

We've all heard stories about spiders in the Northwest, so how do we know what's accurate or not? Visit the Ranger Station for explanations to commonly-asked questions about these divisive arachnids, and learn all about our species and their lives. Ecology, evolution, and adaptations will be covered in this discussion, ensuring you'll leave with a stronger understanding (and maybe even admiration) for our eight-legged invertebrates. RSVP required, 425-452-6993.

Lake Hills Greenbelt Ranger Station

FREE

12-1pm

Sat

Age: 9Y & Up

Oct 26

## Appreciating Nature Through Art

For centuries, individuals have better observed the natural world through sketching and keeping detailed notes. Learn how to fine-tune your observational skills by heading out on a walk into the forest with paper in hand, ready to pay close attention to the wide array of life in the parks! Paper and art materials will be provided for the day, but feel free to bring your own favorites. Program will partially take place outdoors, so be sure to dress accordingly! RSVP required, 425-452-6993.

Lake Hills Greenbelt Ranger Station

FREE

12-1pm

Sat

Age: 9Y & Up

Nov 23

# SPORTS

## ADULT SPORTS LEAGUES

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

### Fall 2019 Registration:

Residents: July 22-August 16

Non-Resident: July 29-August 16

League Play: Starts September 15, 2019

Visit [parks.bellevuewa.gov/adult-leagues](http://parks.bellevuewa.gov/adult-leagues), email [Leagues@bellevuewa.gov](mailto:Leagues@bellevuewa.gov), or call 425-452-4479 to register.

**New to Bellevue or looking for a team?** Individuals can be added to the *Interested Players List* available to team managers looking for players. Contact Shirley Louie at 425-452-4479 or email [Leagues@bellevuewa.gov](mailto:Leagues@bellevuewa.gov), or visit us on the Web at [parks.bellevuewa.gov/adult-leagues](http://parks.bellevuewa.gov/adult-leagues).

## DROP-IN SPORTS

Come play your favorite sport or try a new one for the first time. Our community centers offer a variety of fun drop-in sports. Bring a team, bring a friend, or come by yourself and enjoy our drop-in sports times.

\$4(R) \$5(N)

Adult: 18Y & Up | Family: All ages | Teen: 13Y-18Y

### South Bellevue Community Center

Adult Badminton

Adult Basketball

Adult Pickleball

Adult Volleyball

Family Badminton

Family Basketball | FREE

Teen Basketball | FREE

**Call 425-452-4240 for current schedule**

### Crossroads Community Center

Teen Basketball | FREE

Adult Volleyball | FREE

Adult Indoor Kite Flying | FREE

Adult Pickleball | FREE

Adult Table Tennis | FREE

Teen/Adult Billiards | FREE

**Call 425-452-4874 for current schedule**

### Highland Community Center

Wheelchair Basketball

Adult Basketball

Adult Volleyball

**Call 425-452-7686 for current schedule**

### North Bellevue Community Center

Adult Pickleball

Adult Ping Pong

Adult Billiards | Free

**Call 425-452-7681 for current schedule**

### Hidden Valley Fieldhouse

Adult Volleyball

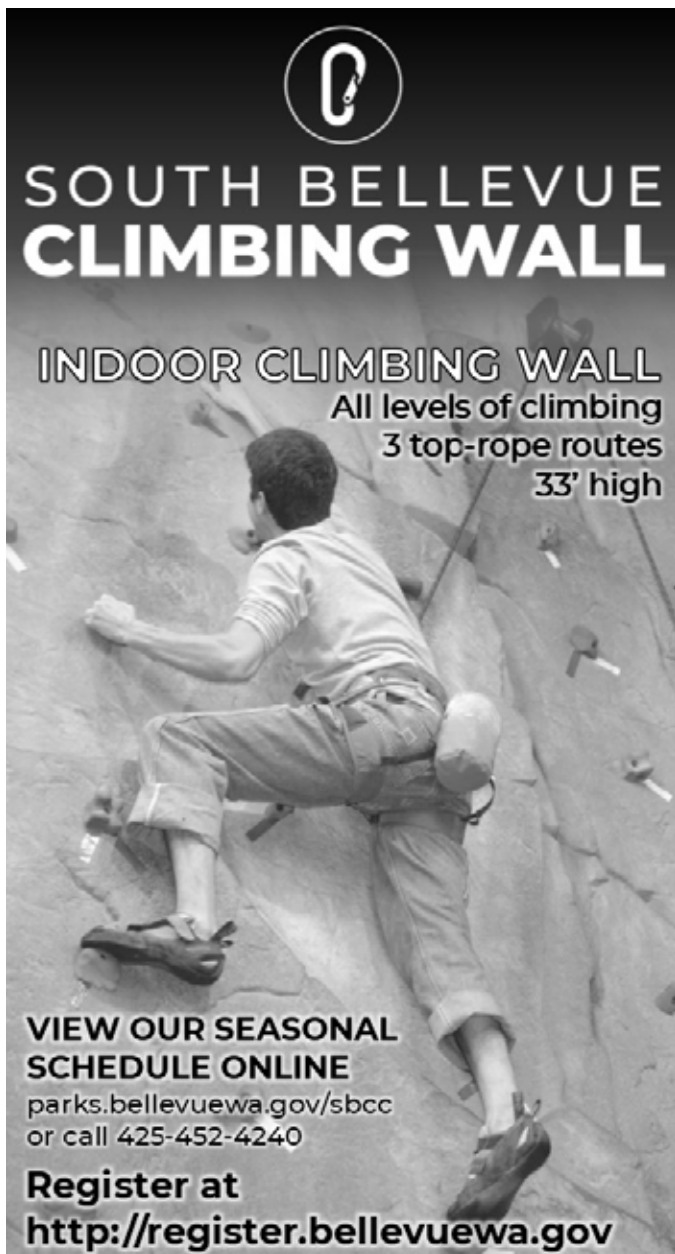
Adult Pickleball


**Call 425-452-7681 for current schedule**

### Downtown Main Club: Boys & Girls Clubs of Bellevue

Adult Basketball

**Call 425-452-4106 for current schedule**



  
**SOUTH BELLEVUE  
CLIMBING WALL**

**INDOOR CLIMBING WALL**  
 All levels of climbing  
 3 top-rope routes  
 33' high

**VIEW OUR SEASONAL  
SCHEDULE ONLINE**  
[parks.bellevuewa.gov/sbcc](http://parks.bellevuewa.gov/sbcc)  
 or call 425-452-4240

**Register at**  
<http://register.bellevuewa.gov>

## FAMILY SPORTS

### Staffed Climb Session

During these scheduled times there will be experienced staff to belay all individuals who wish to climb in a safe and encouraging atmosphere. All equipment is provided. Staffed Climb Sessions are 2 hours of climb time. \$7(R) \$9(N)

Single Climb allows people a chance to try climbing a single rope. Climbers get three attempts to reach the summit. \$3(R) \$4 (N)

South Bellevue Community Center

Fees Vary		Age: 4Y & Up	
1900068-2	10:30am-6pm	Sun, Mon, Tue, Wed, Thu, Sat	Sep
09-Dec 19			

### Rock Climbing - Beginning Class

This class is for the beginning or intermediate climber who would like to learn the basics of rock climbing or improve their climbing skills. We will teach you how to correctly wear a harness, tie the knots, handle the rope, use a belay device and communicate effectively. At the completion of this class, participants 16 and older can take a belay check test to earn an SBCC belay card. Please call 425-452-4240 to register.

South Bellevue Community Center

\$29(R) \$39(N)		Age: 13Y & Up	
180510-22	6:30-8pm	Tue	Sep 17
180510-23	6:30-8pm	Tue	Sep 10
180510-24	6:30-8pm	Tue	Sep 24
180510-25	6:30-8pm	Tue	Oct 01
180510-26	6:30-8pm	Tue	Oct 08
180510-27	6:30-8pm	Tue	Oct 15
180510-28	6:30-8pm	Tue	Oct 22
180510-29	6:30-8pm	Tue	Oct 29
180510-30	6:30-8pm	Tue	Nov 05
180510-31	6:30-8pm	Tue	Nov 12
180510-32	6:30-8pm	Tue	Nov 19
180510-33	6:30-8pm	Tue	Nov 26
180510-34	6:30-8pm	Tue	Dec 03
180510-35	6:30-8pm	Tue	Dec 10
180510-36	6:30-8pm	Tue	Dec 17
180805-18	6:30-8pm	Mon	Sep 09

### Rock Climbing - Beginning Parent/Child

This 90 minute course covers the same material as the Beginning Rock Climbing class, but is ideal for parents to do with their children to take their relationship to new heights. Go Climbing! Pre-registration is required. Price is for one child and one adult. Additional family members \$15(R) \$20(N)

South Bellevue Community Center

\$29(R) \$39(N)		Age: 4Y & Up	
180805-19	6:30-8pm	Mon	Sep 16
180805-20	6:30-8pm	Mon	Sep 23
180805-21	6:30-8pm	Mon	Sep 30
180805-22	6:30-8pm	Mon	Oct 07
180805-23	6:30-8pm	Mon	Oct 14
180805-24	6:30-8pm	Mon	Oct 21
180805-25	6:30-8pm	Mon	Oct 28
180805-26	6:30-8pm	Mon	Nov 04
180805-27	6:30-8pm	Mon	Nov 18
180805-28	6:30-8pm	Mon	Nov 25
180805-29	6:30-8pm	Mon	Dec 02
180805-30	6:30-8pm	Mon	Dec 09
180805-31	6:30-8pm	Mon	Dec 16
180501-23	9-10:30am	Sat	Sep 14
180501-24	9-10:30am	Sat	Sep 21
180501-25	9-10:30am	Sat	Sep 28
180501-26	9-10:30am	Sat	Oct 05
180501-27	9-10:30am	Sat	Oct 12
180501-28	9-10:30am	Sat	Oct 19
180501-29	9-10:30am	Sat	Nov 02
180501-30	9-10:30am	Sat	Nov 09
180501-31	9-10:30am	Sat	Nov 16
180501-32	9-10:30am	Sat	Nov 23
180501-33	9-10:30am	Sat	Dec 07
180501-34	9-10:30am	Sat	Dec 14
180501-35	9-10:30am	Sat	Dec 21



## Rock Climbing - Belay Class

Learn the skills needed to safely belay your rock climbing partner up any rock climbing wall; indoor or out. This 90-minute class teaches proper use and inspection of basic climbing gear, climbing commands, effective rope handling and much more. You will learn the skills needed to pass the Belay Test required to belay on the Crag at SBCC. Pre-registration is required.

South Bellevue Community Center

\$29(R) \$39(N)

Age: 18Y & Up

180549-21	10:30am-12pm	Sun	Sep 15
180549-22	10:30am-12pm	Sun	Sep 22
180549-23	10:30am-12pm	Sun	Sep 29
180549-24	10:30am-12pm	Sun	Oct 06
180549-25	10:30am-12pm	Sun	Oct 13
180549-26	10:30am-12pm	Sun	Oct 20
180549-27	10:30am-12pm	Sun	Oct 27
180549-28	10:30am-12pm	Sun	Nov 03
180549-29	10:30am-12pm	Sun	Nov 10
180549-30	10:30am-12pm	Sun	Nov 17
180549-31	10:30am-12pm	Sun	Nov 24
180549-32	10:30am-12pm	Sun	Dec 01
180549-33	10:30am-12pm	Sun	Dec 08
180549-34	10:30am-12pm	Sun	Dec 15
180542-22	6:30-8pm	Thu	Sep 12
180542-23	6:30-8pm	Thu	Sep 19
180542-24	6:30-8pm	Thu	Sep 26
180542-25	6:30-8pm	Thu	Oct 03
180542-26	6:30-8pm	Thu	Oct 10
180542-27	6:30-8pm	Thu	Oct 17
180542-28	6:30-8pm	Thu	Oct 24
180542-29	6:30-8pm	Thu	Oct 31
180542-30	6:30-8pm	Thu	Nov 07
180542-31	6:30-8pm	Thu	Nov 14
180542-32	6:30-8pm	Thu	Nov 21
180542-33	6:30-8pm	Thu	Dec 05
180542-34	6:30-8pm	Thu	Dec 12
180542-35	6:30-8pm	Thu	Dec 19

## YOUTH SPORTS

### Youth Soccer Program Information

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 4 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 re-

port 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 coach's 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 11 BY EMAIL TO [sgonzales@bellevuewa.gov](mailto:sgonzales@bellevuewa.gov) OR BY CALLING 425-452-4627

- **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 16.

Youth BASKETBALL Leagues sponsored by



### 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 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 4 weeks of games. Come and join the fun! Volunteer coaches are needed for this league. Max. 7 players per team.

Robinswood Community Park - Fields

\$75(R) \$85(N)

Age: 5-6Y

1903497

4:15-5:15pm

Wed

Sep 18-Oct 23

### 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 league will emphasize positive sportsmanship and team play while having fun! We will begin with 2 weeks of team practice followed by 4 weeks of games. Come and join the fun! Volunteer coaches are needed for this league.

Robinswood Community Park - Fields

\$75(R) \$85(N)

Age: 7-9Y

1903494

4:15-5:15pm

Tue

Sep 17-Oct 22

## Youth Flag Football

Bellevue Youth Sports is proud to offer a safe, dynamic, and non-competitive environment for beginning young co-ed athletes to discover the fun in playing flag football. Athletes will develop basic skills and techniques necessary to succeed on both offense and defense. This 4-week program is designed to introduce players to the sport with 30 minutes of practice and conditioning followed by 30 minutes of fun game play. No experience necessary.

Robinswood Community Park - Fields

\$30(R) \$35(N)			Age: 8-13Y
1903502	1:45-3pm	Wed	Sep 04-Sep 25
1903505	1:45-3pm	Wed	Oct 02-Oct 23
1903506	1:45-3pm	Wed	Oct 20-Nov 06

## Indoor Soccer Lessons 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.

South Bellevue Community Center

\$65(R) \$77(N)			Age: 4-6Y
1903508	11-11:45am	Tue	Sep 17-Oct 22
1903509	11-11:45am	Tue	Oct 29-Dec 03

Highland Park & Community Center

\$65(R) \$77(N)			Age: 4-6Y
1903511	1-1:45pm	Wed	Sep 18-Oct 23
1903513	1-1:45pm	Wed	Oct 30-Dec 04
1903514	2-2:45pm	Wed	Sep 18-Oct 23
1903515	2-2:45pm	Wed	Oct 30-Dec 04

## Parkour

Parkour 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!

South Bellevue Community Center

\$112(R) \$132(N)			Age: 6-10Y
1901802-7	5-5:55pm	Wed,Fri	Sep 04-Sep 27
1901802-8	5-5:55pm	Wed,Fri	Oct 02-Oct 30

\$112(R) \$132(N)			Age: 10-16Y
1901924-7	6-6:55pm	Wed,Fri	Sep 04-Sep 27
1901924-8	6-6:55pm	Wed,Fri	Oct 02-Oct 30

\$98(R) \$115.50(N)			Age: 6-10Y
1901802-9	5-5:55pm	Wed,Fri	Nov 01-Nov 22
1901802-10	5-5:55pm	Wed,Fri	Dec 04-Dec 27

\$112(R) \$132(N)			Age: 10-16Y
1901924-9	6-6:55pm	Wed,Fri	Nov 01-Nov 22
1901924-10	6-6:55pm	Wed,Fri	Dec 04-Dec 27

\$62(R) \$74(N)			Age: 6-10Y
1901341-8	5-5:55pm	Wed	Sep 04-Sep 25
1901764-7	5-5:55pm	Fri	Sep 06-Sep 27

\$62(R) \$74(N)			Age: 10-16Y
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1901841-8	6-6:55pm	Wed	Sep 04-Sep 25
1901882-7	6-6:55pm	Fri	Sep 06-Sep 27
\$46.50(R) \$55.50(N)			Age: 6-10Y
1901764-8	5-5:55pm	Fri	Oct 04-Oct 18
\$46.50(R) \$55.50(N)			Age: 10-16Y
1901882-8	6-6:55pm	Fri	Oct 04-Oct 18
\$77.50(R) \$92.50(N)			Age: 6-10Y
1901341-9	5-5:55pm	Wed	Oct 02-Oct 30
\$77.50(R) \$92.50(N)			Age: 10-16Y
1901841-9	6-6:55pm	Wed	Oct 02-Oct 30
\$62(R) \$74(N)			Age: 6-10Y
1901764-9	5-5:55pm	Fri	Nov 01-Nov 22
\$62(R) \$74(N)			Age: 10-16Y
1901882-9	6-6:55pm	Fri	Nov 01-Nov 22
\$46.50(R) \$55.50(N)			Age: 6-10Y
1901341-10	5-5:55pm	Wed	Nov 06-Nov 20
\$46.50(R) \$55.50(N)			Age: 10-16Y
1901841-10	6-6:55pm	Wed	Nov 06-Nov 20
\$46.50(R) \$55.50(N)			Age: 6-10Y
1901341-11	5-5:55pm	Wed	Dec 04-Dec 18
\$46.50(R) \$55.50(N)			Age: 10-16Y
1901841-11	6-6:55pm	Wed	Dec 04-Dec 18
\$62(R) \$74(N)			Age: 6-10Y
1901764-10	5-5:55pm	Fri	Dec 06-Dec 27
\$62(R) \$74(N)			Age: 10-16Y
1901882-10	6-6:55pm	Fri	Dec 06-Dec 27

## Fall Ball Baseball Class

Quality baseball instruction - hitting, throwing, fielding, games and more located at Hidden Valley Park, this Wednesday afternoon 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.

Hidden Valley Sports Park

\$100(R) \$120(N)			Age: 8-13Y
1903517	1:45-3pm	Wed	Sep 11-Oct 16

## Pre Season Basketball Clinics

Want to improve your basketball skills and fundamentals? This Pre Season Basketball Clinic creates an opportunity for coed players 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!

Tyee Middle School Site

\$60(R) \$66(N)			Age: 5-6Y
1903518	5:30-6:30pm	Mon	Nov 04-Dec 09

\$60(R) \$66(N)			Age: 7-9Y
1903519	5:30-6:30pm	Tue	Nov 05-Dec 10

\$60(R) \$66(N)			Age: 10-13Y
1903520	5:30-6:30pm	Wed	Nov 06-Dec 11

## Running - Fall Cross Country

Kids running cross country is one of the most basic forms of kids' sports. Come join Bellevue Youth Sports for outdoor running and workouts, while exploring trails within Bellevue's Park system. Workouts will be age- and experience-appropriate, and will provide short- and long-distance workouts to improve fitness while having fun.

Robinswood Community Park

\$50(R) \$60(N)	Age: 6-12Y
1903522 5-6pm Thu	Sep 26-Oct 31

## Biddy Multi Sport

Come join the NEW Biddy Multi Sport class! This 4 week parent/guardian participation required program will cover two sports - basketball & soccer. 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.

Crossroads Community Center

\$30(R) \$35(N)	Age: 4-6Y
1903526 10:45-11:30am Thu	Sep 19-Oct 10
1903528 10:45-11:30am Thu	Oct 17-Nov 07

## SuperStix Girls Lacrosse

Bellevue Parks & Community Services in partnership with SuperStix Lacrosse Club is excited to offer SuperStix Junior Lacrosse, for girls, ages 6-12; 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. The program will be run by US Lacrosse credited coaching staff and High School girls lacrosse 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 Skills levels are welcome and will be grouped accordingly. Emphasis will be on safety and fun at all times, and physical contact is limited.

Equipment Needed: Mouth Guard, Lacrosse Goggles, Lacrosse Stick Cleats recommended. Some goggles and sticks available to borrow. Available at cost from SuperStix

Robinswood Community Park - Fields

\$125(R) \$150(N)	Age: 6-12Y
1903530 4:30-5:45pm Thu	Sep 19-Oct 24

## Basketball Cheer Squad

Come learn to cheer! This is the beginning-level cheer squad that cheers for the Bellevue 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 & cheerleader meeting and uniform fitting on the first day of practice, September 27th 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! Games will be on Tuesdays, January-March, exact times/dates TBA.

Highland Park & Community Center

\$185(R) \$200(N)	Age: 5-13Y
1903534 4:15-5pm Thu	Sep 26-Dec 19

## 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. There will be opportunities to perform too. Dream Team has performed at halftime for the Seattle Storm and University of Washington basketball games. Previous experience is not required - contact instructor with questions.

Highland Park & Community Center

\$92(R) \$104(N)	Age: 7-18Y
1903543 2:30-4pm Wed	Sep 18-Oct 23
1903544 2:30-4pm Wed	Nov 06-Dec 18
1903545 4-5:30pm Fri	Sep 20-Oct 25
1903546 4-5:30pm Fri	Nov 08-Dec 20

## Dance / Drill Team

Be a part of the Bellevue Parks Dance Team! Do you want to learn to dance, or improve your technique? Are you thinking about trying out for your high school dance team, drill team, or cheerleading squad? This team works on beginning-to-intermediate level spirit-style dance technique focusing on hip-hop, precision, and pom styles. There will be opportunities to perform too. Dream Team has performed in the past at halftime for the Seattle Storm, the University of Washington Basketball, and numerous community events. Previous cheer or dance experience is recommended but not required - contact instructor with questions.

Highland Park & Community Center

\$92(R) \$104(N)	Age: 11-18Y
1903547 5-6:30pm Thu	Sep 19-Oct 24
1903548 5-6:30pm Thu	Nov 07-Dec 19

## Power Squad

Intermediate level cheer class for those who want a more intense program without being on a competitive team. Beginning stunting and tumbling are taught. Pre-requisite: concurrent registration on Dream Team.

Highland Park & Community Center

\$92(R) \$104(N)	Age: 7-18Y
1903549 4-5:30pm Wed	Sep 18-Oct 23
1903550 4-5:30pm Wed	Nov 06-Dec 18



## Beginning / Intermediate Tumbling Class

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.

Highland Park & Community Center

\$64(R) \$76(N)			Age: 7Y & Up
1903552	4:15-5pm	Thu	Sep 19-Oct 24
1903553	4:15-5pm	Thu	Nov 07-Dec 19

## Beginning Tumbling Class

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.

Highland Park & Community Center

\$64(R) \$76(N)			Age: 7Y & Up
1903554	5-5:45pm	Thu	Sep 19-Oct 24
1903555	5-5:45pm	Thu	Nov 07-Dec 19

## Cheerleading and Crowd-Leading Workshop

This cheerleading workshop is aimed at those who want to improve their sideline cheer skills. The focus is on effectively leading the crowd, jumps, tumbling, and cheer basics. This is a fantastic opportunity to improve your skills! Please bring a snack, sack lunch, a water bottle, and wear comfortable clothes and tennis shoes.

Highland Park & Community Center

\$49(R) \$59(N)			Age: 7-18Y
1903556	12:30-4pm	Sat	Nov 16

## Ninja Tumbling Class

Want to improve your Ninja skills? This is a fun class to teach tumbling with a ninja-like twist. We use a series of progressions to work from doing bridges and cartwheels up to back handsprings and back tucks, taking out bad guys in the process.

Highland Park & Community Center

\$64(R) \$76(N)			Age: 7-12Y
1903557	5:45-6:30pm	Thu	Sep 19-Oct 24
1903558	5:45-6:30pm	Thu	Nov 07-Dec 19

# ROBINSWOOD TENNIS CENTER

2400 151st PI SE

Phone: 425-452-7690 | Fax: 425-452-7111

Email: [tennis@bellevuewa.gov](mailto:tennis@bellevuewa.gov)  
[parks.bellevuewa.gov/tennis](http://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: [register.bellevuewa.gov](http://register.bellevuewa.gov)

## 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](http://parks.bellevuewa.gov) to find outdoor tennis courts operated by the City of Bellevue.

## PROGRAMS & ACTIVITIES

### 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.

### 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 Age: 18Y and up

Call Robinswood Tennis Center to register up to 7 days in advance.

Runs September through June

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.

Runs September through June

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

## NORTH BELLEVUE COMMUNITY CENTER

4063 148th Ave NE

Phone: 425-452-7681 | Fax: 425-882-1968

Email: nbcc@bellevuewa.gov  
parks.bellevuewa.gov/nbcc

Hours: Mon-Thu, 8:30 a.m.-9pm

Fri: 8:30 a.m.-6pm

Sat: 8 a.m.-12pm

Call for rental availability

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 visit the community center webpage for current program schedule and additional information.

## BELLEVUE NETWORK ON AGING

The Bellevue Network on Aging is dedicated to healthy aging in the community by promoting awareness of needs and resources that support older adults through life's transitions

The Network supports the mission of Aging Services in Bellevue through effective and systematic outreach, regional collaboration and community involvement with a unified voice. It:

- Effectively serves older adults in Bellevue;
- Communicates older adult needs and provides a forum for that communication;
- Strengthens community outreach to inform and connect older adults with the necessary resources;
- Creates a unified voice for older adults in Bellevue;
- Creates an environment that makes Bellevue a livable community where older adults have the ability to age in place. Bellevue is a great place to grow up and grow old;
- Gain respect and knowledge of older adults in Bellevue;
- Set the standard in the region for older adult services through an annual forum of regional senior services providers; and
- Creates a regional approach to serving older adults.

Call 425-452-4470 or visit [BellevueWA.gov/BNOA](http://BellevueWA.gov/BNOA) for more information.

## MEALS/FOOD DELIVERY

### 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 \$4 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. Must sign up by 11:45am.

### Meals on Wheels

There are many circumstances that can make shopping or preparing food difficult for older adults. That's where Meals on Wheels steps in, offering relief to seniors and caregivers by delivering reliable, nutritious meals on a weekly basis. Our friendly drivers bring satisfying, well-balanced meals directly to the homes of older adults call (206)448-5767 or visit <https://soundgenerations.org/get-help/food/meals-on-wheels> for more information.

## SUPPORT GROUPS/MEETINGS

### Alzheimer's Cafe 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](http://www.FullLifeCare.org/AlzCafesBellevue).

## SPECIAL EVENTS

### Sounds of Swing Big Band Dance

The 2nd Tuesday of each month the Sounds of Swing Big Band performs toe-tapping music of the swing era as well as jazz standards for your dancing and listening pleasures at North Bellevue Community Center. Treats and entertainment are included in the \$3 drop-in cost, payable at the door. No pre-registration required.

North Bellevue Community Center

\$3(R) \$3(N)			Age: All Ages
190622-1	1-3pm	Tue	Sep 10
190622-2	1-3pm	Tue	Oct 08
190622-3	1-3pm	Tue	Nov 12
190622-4	1-3pm	Tue	Dec 10

### Halloween Luncheon

You are invited to join the traditional All Hallows' Eve lunch feast in the form of costumes, entertainment and delicious eats and treats at North Bellevue Community Center. Pre-registration is required.

North Bellevue Community Center

\$5(R) \$5(N)			Age: All Ages
1900750	11:30am-1pm	Wed	Oct 30

### Thanksgiving Luncheon

Thanksgiving is often a time when people reflect on all the things in their lives that they are thankful for. Please let North Bellevue Community Center show their thanks with this special luncheon and entertainment for you to enjoy. Pre-registration is required.

North Bellevue Community Center

\$5(R) \$5(N)			Age: All Ages
1900751	11am-1pm	Wed	Nov 20

### Holiday Luncheon

It's the most wonderful time of the year! You are invited to celebrate this special time of year at North Bellevue Community Center with traditional and festive foods and entertainment. Pre-registration is required.

North Bellevue Community Center

\$5(R) \$5(N)			Age: 18Y & Up
1900752	11am-1pm	Wed	Dec 18

## ADAPTIVE RECREATION HIGHLAND COMMUNITY CENTER

14224 Bel-Red Road

Phone: 425-452-7686 | Fax: 425-452-7841

Email: [hcc@bellevuewa.gov](mailto:hcc@bellevuewa.gov)

[parks.bellevuewa.gov/highland](http://parks.bellevuewa.gov/highland)

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](mailto:MBoyle@bellevuewa.gov) for more information.



## DROP-IN PROGRAMS

### 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. \$4(R) \$5(N)

### Drop-In Wheelchair Basketball

Play a game of hoops! This drop-in program is Wednesday evenings from 6-8pm for adults age 18+. Call 425-452-7686 for more information. \$4(R) \$5(N)

### Drop-In Quad Rugby

Come and join in on this wheelchair sport for some rough and tumble fun. Save when you purchase a play pass. This drop-in program is the first two Saturdays of the month from 12-4pm for adults age 18+. Call 425-452-7686 for more information. \$4(R) \$5(N) Starts in September.

## COMMUNITY PROGRAMS OF INTEREST

### King County Family Coalition for Developmental Disabilities

**Contact:** Cathy Murahashi, 206-829-7039. 2nd Tuesday of most months.

### Bridge of Promise

Bridge of Promise is a local non-profit which offers community-based programs, camps, and respite for people with disabilities. This group meets every Thursday at Highland Community Center. More information: call Jodi, 425-549-0500.

### 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 1-3pm. 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 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

### Halloween Howl

This class is adapted and designed for individuals with intellectual disabilities 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 (snacks provided) . Must register for dance.

Highland Park & Community Center

\$10(R) \$12(N)

1903330

7-9:30pm

Fri

Age: 16Y & Up

Oct 18

### Seafair Cruise

This annual event serves individuals over the age of 18 with intellectual disabilities. Meydenbauer Yacht Club provides the ships and volunteers to join the parade along the Lake Washington Shoreline. Individuals interested in attending please register. Wheelchair and walker users need to register directly through Seafair. Space is limited. Meet at Meydenbauer Yacht Club, 9927 Meydenbauer Way SE; Bellevue, WA 98004. Interested volunteers please contact Mary Boyle at 425-452-4118.

Highland Park & Community Center

FREE

1903333

2-5pm

Sun

Age: 18Y & Up

Dec 01

### Holiday Ball

This class is adapted and designed for individuals living with intellectual disabilities Get out your holiday best and plan an elegant evening or just come as you are. Must register for dance.

Highland Park & Community Center

\$10(R) \$12(N)

1903331

7-9:30pm

Fri

Age: 16Y & Up

Dec 06

## ADAPTIVE RECREATION PROGRAMS

### 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.

Highland Park & Community Center

FREE

1903338

10:30am-12:30pm

Wed

Age: 18Y & Up

Dec 04

## Physical Disability Exercise

This specialized class is developed and adapted for adults with physical disabilities. Whether you are seeking to maintain motor strength, enhance range of motion, or build your social network this fitness course has something for you. \*\*\*All new clients must meet with Mary Boyle prior to registering. Please call (425) 452-4118 or e-mail mboyle@bellevuewa.gov for your appointment. \*\*\*

Highland Park & Community Center

\$125(R) \$158(N)			Age: 18Y & Up
19049422	9:15-10:15am	Mon,Wed,Fri	Sep 23-Dec 06
19049423	10:30-11:30am	Mon,Wed,Fri	Sep 23-Dec 06
19049424	11:45am-1:15pm	Mon,Wed	Sep 23-Dec 06

## Glass Fusion

Step-by-step instruction learning the basics of glass art. Projects include small jewelry pieces, plates, platters, candle holders, and more. Accommodations provided for people with disabilities.

Northwest Arts Center

\$189(R) \$227(N)			Age: 18Y and up
1902856	10-11:30am	Thu	Sep 19-Oct 31
\$135(R) \$162(N)			Age: 18Y and up
1903075	10-11:30am	Thu	Nov 07-Dec 19

## Ceramics: Stoneware Creations

An introduction to beginning and intermediate hand-building and wheel throwing stoneware. Accommodations provided for people with disabilities. Materials included.

Northwest Arts Center

\$189(R) \$227(N)			Age: 18Y and up
1902858	12-2pm	Thu	Sep 19-Oct 31
\$135(R) \$162(N)			Age: 18Y and up
1903074	12-2pm	Thu	Nov 07-Dec 19

## Kitchen Kapers

Make some of the easiest but tastiest meals while having a great time. Learn about seasonings, cooking methods, healthy meal choices, etc. Recipes included. This is an adaptive program for adults with disabilities.

Northwest Arts Center

\$170(R) \$204(N)			Age: 18Y and up
1902860	12-1:30pm	Wed	Sep 18-Nov 06

## Kitchen Kapers Holiday Foods

Make some of the easiest but tastiest holiday meals while having a great time. Learn about seasonings, cooking methods, healthy meal choices, etc. Recipes included. This is an adaptive program for adults with disabilities.

Northwest Arts Center

\$85(R) \$102(N)			Age: 18Y and up
1928613	12-1:30pm	Wed	Nov 13-Dec 11

## 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.

Highland Park & Community Center

\$44(R) \$55(N)			Age: 18Y & Up
1903656	3-5pm	Mon,Tue,Wed,Thu	Sep 23-Nov 27

## Artistic Inspirations

This class is designed and adapted for adults with intellectual disabilities. This evening art class is for the more serious artist. Each week a different medium will be taught from watercolor to colored pencil drawings and more. \*\*\*All new clients must meet with Mary Boyle prior to registering. Please call (425) 452-4118 or e-mail mboyle@bellevuewa.gov for your appointment. \*\*\*

Highland Park & Community Center

\$50(R) \$60(N)			Age: 18Y & Up
1903816	5-7pm	Tue	Sep 24-Nov 26

## Full Fitness Fun

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

Highland Park & Community Center

\$86(R) \$108(N)			Age: 18Y & Up
1903988	5-7pm	Tue,Thu	Sep 24-Nov 26

## Ballroom Dance

This specialized class is adapted and designed for adults with intellectual disabilities. This is a great group activity that will enhance your physical coordination and artistic self expression. \*\*\*All new clients must meet with Mary Boyle prior to registering. Please call (425) 452-4118 or e-mail mboyle@bellevuewa.gov for your appointment. \*\*\*

Highland Park & Community Center

\$48(R) \$60(N)			Age: 18Y & Up
1903278	7-8:30pm	Tue	Sep 24-Nov 26

## Multi-Sport

Come and enjoy playing a variety of fun sports with friends. This class will play Basketball, Volleyball, Hockey, Kickball and other indoor Softball. This will be a great opportunity to try out new sports. .

Highland Park & Community Center

\$69(R) \$85(N)			Age: 18Y & Up
1903279	7-8:30pm	Tue,Thu	Sep 24-Nov 26

## Adventure Ed

This specialized class is adapted and designed for adults with Intellectual disabilities. This program offers an array of educational outings to explore the things that make up our community. A schedule will be given out at the first class, there is an additional fee each week. \*\*\*All new clients must meet with Mary Boyle prior to registering. Please call (425) 452-4118 or e-mail mboyle@bellevuewa.gov for your appointment. \*\*\*

Highland Park & Community Center

\$244(R) \$305(N)	Age: 18Y & Up
1904327 9:30am-3pm Wed	Sep 25-Nov 27

## Movie Time

This specialized class is adapted and designed for individuals 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. \*\*\*All new clients must meet with Mary Boyle prior to registering. Please call (425) 452-4118 or e-mail mboyle@bellevuewa.gov for your appointment. \*\*\*

Highland Park & Community Center

\$48(R) \$60(N)	Age: 18Y & Up
1904378 5-7pm Wed	Sep 25-Nov 27

## Social Club

This specialized class is adapted and designed for individuals with intellectual disabilities. Each week the group will work together through socially engaging activities such as playing a game or singing karaoke. \*\*\*All new clients must meet with Mary Boyle prior to registering. Please call (425) 452-4118 or e-mail mboyle@bellevuewa.gov for your appointment. \*\*\*

Highland Park & Community Center

\$48(R) \$60(N)	Age: 18Y & Up
1904508 7-8:30pm Wed	Sep 25-Nov 27

## Cheerleading:Highland Squad

Be a part of a cheerleading squad and come learn new skills and work as a team. This class is open to women and men with intellectual disabilities, ages 16 and up. 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!

Highland Park & Community Center

\$85(R) \$105(N)	Age: 16Y & Up
1923836 5:30-6:30pm Wed	Sep 25-Nov 27

## 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.

Highland Park & Community Center

FREE	Age: 16Y & Up
19045714 5-6pm Thu	Sep 19
19045715 5-6pm Thu	Oct 17
19045716 5-6pm Thu	Nov 21

## Cooking with Ease

This class is designed and adapted for adults with intellectual disabilities. This class works as a group to explore all of the working parts that make up a meal. Learn the basics, explore new cuisines, try various methods, and sample the group's creation each week. Fee includes food cost. \*\*\*All new clients must meet with Mary Boyle prior to registering. Please call (425) 452-4118 or e-mail mboyle@bellevuewa.gov for your appointment. \*\*\*

Highland Park & Community Center

\$81(R) \$101(N)	Age: 18Y & Up
1904678 5-7pm Thu	Sep 26-Nov 21

## BINGO

This specialized class is adapted and designed for adults 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. \*\*\*All new clients must meet with Mary Boyle prior to registering. Please call (425) 452-4118 or e-mail mboyle@bellevuewa.gov for your appointment. \*\*\*

Highland Park & Community Center

\$48(R) \$60(N)	Age: 18Y & Up
1919898 7-8:30pm Thu	Sep 26-Nov 21

## Arts and Crafts

This class is adapted and designed for individuals living with intellectual disabilities. Come and get your creative juices flowing and make fun arts and crafts projects! \*\*\*All new clients must meet with Mary Boyle prior to registering. Please call (425) 452-4118 or e-mail mboyle@bellevuewa.gov for your appointment. \*\*\*

Highland Park & Community Center

\$48(R) \$60(N)	Age: 18Y & Up
1904746 1-2:30pm Fri	Sep 27-Nov 22

## Friday Night Out

Develop a new network of friends over dinner and a movie. You may bring a dinner or buy your dinner at the Crossroads Mall. Bring \$14.00 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 \$19 if there are no other PG-13, PG or G rated movies.

Crossroads Movie Theater

\$20(R) \$24(N)	Age: 18Y & Up
19047814 5-9:30pm Fri	Sep 27
19047815 5-9:30pm Fri	Oct 25
19047816 5-9:30pm Fri	Nov 22

## Bowling

This class is adapted and designed for adults living 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.

Highland Park & Community Center

\$50(R) \$62(N)	Age: 18Y & Up
1904878 9:30-11:30am Sat	Sep 21-Nov 23



# Adaptive Recreation Registration Form

Highland Community Center  
14224 Bel-Red Road Bellevue, WA 98007

(425) 452-7686 Phone HCC@bellevuewa.gov E-mail (425) 452-2910 Fax register.bellevuewa.gov Website

Participant Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_ Phone \_\_\_\_\_ New ☐

Physical Address: \_\_\_\_\_ New ☐

E-mail Address: \_\_\_\_\_ New ☐

Intellectual Disabilities

Course #	Course	Rates		Days	Time	Date
		Res	Non-Res			
<input type="checkbox"/> 1903656	Highland Hangout*	\$44	\$55	M-TH	3:00p-5:00p	9/23-11/27
<input type="checkbox"/> 19039816	Artistic Inspirations	\$50	\$62	Tues	5:00p-7:00p	9/24-11/26
<input type="checkbox"/> 1903988	Full Fitness Fun	\$86	\$108	Tu/Thu	5:00p-7:00p	9/24-11/26
<input type="checkbox"/> 1903278	Ballroom Dance	\$48	\$60	Tue	7:00p-8:30p	9/24-11/26
<input type="checkbox"/> 1903279	Multi-Sport	\$69	\$85	Tu/Thu	7:00p-8:30p	9/24-11/26
<input type="checkbox"/> 1904327	Adult Adventure Ed	\$244	\$305	Wed	9:30a-3:00p	9/25-11/27
<input type="checkbox"/> 1904378	Movie Time	\$48	\$60	Wed	5:00p-7:00p	9/25-11/27
<input type="checkbox"/> 1923836	Cheerleading	\$85	105	Wed	5:30p-6:30p	9/25-11/27
<input type="checkbox"/> 1904508	Social Club	\$48	\$60	Wed	7:00p-8:30p	9/25-11/27
<input type="checkbox"/> 19045714	Kiwanis Dinner	FREE		Thurs	5:00p-6:00p	9/19
<input type="checkbox"/> 19045715	Kiwanis Dinner	FREE		Thurs	5:00p-6:00p	10/17
<input type="checkbox"/> 19045716	Kiwanis Dinner	FREE		Thurs	5:00p-6:00p	11/21
<input type="checkbox"/> 1904678	Cooking w/Ease	\$81	\$101	Thurs	5:00p-7:00p	9/26-11/21
<input type="checkbox"/> 1919898	BINGO	\$48	\$60	Thurs	7:00p-8:30p	9/26-11/21
<input type="checkbox"/> 1904746	Arts/Crafts-Adult	\$48	\$60	Fri	1:00p-2:30p	9/27-11/22
<input type="checkbox"/> 19047814	Friday Night Out	\$20	\$23	Fri	5:00p-9:30p	9/27
<input type="checkbox"/> 19047815	Friday Night Out	\$20	\$23	Fri	5:00p-9:30p	10/25
<input type="checkbox"/> 19047816	Friday Night Out	\$20	\$23	Fri	5:00p-9:30p	11/22
<input type="checkbox"/> 1903330	Halloween Howl	\$10	\$12	Fri	7:00p-9:30p	10/18
<input type="checkbox"/> 1903331	Holiday Ball	\$10	\$12	Fri	7:00p-9:30p	12/6
<input type="checkbox"/> 1904878	Bowling	\$50	\$62	Sat	9:30a-11:30a	9/21-11/23
<input type="checkbox"/> 1903333	Seafair Cruise	FREE		Sun	2:00p-5:00p	12/1

## Programs at Northwest Arts Center (425) 452-4106

<input type="checkbox"/> 1902860	Kitchen Kapers	\$170	\$204	Wed	12:00p-1:30p	9/18-11/06
<input type="checkbox"/> 1928613	Kitchen Kapers-Holiday	\$64	\$77	Wed	12:00p-1:30p	11/13-12/11
<input type="checkbox"/> 1902856	Glass Fusion	\$189	\$227	Thurs	10:00a-11:30a	9/19-10/31
<input type="checkbox"/> 1903075	Glass Fusion	\$135	\$162	Thurs	10:00a-11:30a	11/07-12/19
<input type="checkbox"/> 1902858	Stoneware Creations	\$189	\$227	Thurs	12:00p-2:00p	9/19-10/31
<input type="checkbox"/> 1903074	Stoneware Creations	\$135	\$162	Thurs	12:00p-2:00p	11/07-12/19

## Programs at Highland Community Center

<input type="checkbox"/> 19049422	PD Exercise*	\$125	\$158	M/W/F	9:15a-10:15a	9/23-12/6
<input type="checkbox"/> 19049423	PD Exercise*	\$125	\$158	M/W/F	10:30a-11:30a	9/23-12/6
<input type="checkbox"/> 19049424	PD Exercise*	\$125	\$158	M/W	11:45a-01:15p	9/23-12/4
<input type="checkbox"/> 1903338	PD Brunch	FREE		Wed	10:30a-12:30p	12/4

\*No Programs on Monday November 11th

☐ Donation to Highland Community Center \$ \_\_\_\_\_

Request for Modifications

## Payment Method

See Payment Policies for More Information

☐ Credit Card



Card Number

Expiration Date

☐ Check

☐ City of Bellevue Scholarship

☐ DDA

Case Manager

Case Manager E-mail

## Registration Opens

**Aug 5th** for

Bellevue Resident

**Aug 14th** for

Non-Bellevue Residents

## ATTENTION NEW PARTICIPANTS:

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.

Physical Disabilities

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

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

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

I accept the conditions printed above:

Participant or Participant's Parent/Guardian Signature

For alternate formats, interpreters, or reasonable accommodation requests please phone at least 48 hours in advance 425-452-7686 (voice) or email HCC@bellevuewa.gov. For complaints regarding accommodations, contact City of Bellevue ADA/Title VI Administrator at 425-452-6168 (voice). If you are deaf or hard of hearing dial 711. All meetings are wheelchair accessible.



# Bellevue Skate Park & Skate Shop #BELLEVUESKATEPARK

## Bellevue Indoor Skatepark

14224 Bel Red Road, 98007

The newly remodeled (for 2019) indoor Skate Park features a Pro Shop and ramps for all levels, including a 3.5' mini ramp, 8.0' vert ramp, wall rides, banks, ledges, rails, and 28 feet of pool coping on its 6' quarter pipe. The park is now a hybrid of wood and concrete! 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.

## Highland Outdoor Skate Plaza

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 & SKATE SHOP

### Skate park hours

#### Open Session

Mon, Tue, Thu, Fri: 3-8pm

Wed: 1-6pm open session, 6-8pm ladies' night

Sat & Sun:

12:30-1:30pm - Ages 12 and under only

1:30-8pm - Open session

**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](http://parks.bellevuewa.gov/SK8)

*\* To purchase an ID card, you must have a parent or guardian signature if you are under 18 years old.*





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](http://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 Denise Catalano by e-mail at [DCatalano@bellevuewa.gov](mailto:DCatalano@bellevuewa.gov), or at 425-452-6165.

### HUMAN SERVICES COMMISSION

Judith Mercer, Chair	Timothy Ma, Vice-Chair
Someireh Amirfaiz	Anita Jain
Michelle Kline	Ted Mansfield
Benjamin Piper	





## VOLUNTEERING

### Aging Adult 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
- uEnglish Conversationalist/ESL Instructor
- Coffee Bar/Refreshments
- Entertainment

### 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](http://parks.bellevuewa.gov/volunteer) or at 425-452-4195 or by email at [Parks\\_Stewardship@bellevuewa.gov](mailto:Parks_Stewardship@bellevuewa.gov).

Here are just a few of the opportunities:

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

### Docent-led tours

12 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](http://BellevueBotanical.org) or call 425-452-2750 for more information, job descriptions and qualifications.

### Special Event Volunteer

Earn community service hours. Assist with children's activities and other event tasks. Volunteers need to be able to follow directions, be comfortable in crowds and be on their feet in all types of weather. Participants must register by October 4, 2019 and be enrolled in high school at date of event. Questions; [kelseycreekfarm@bellevuewa.gov](mailto:kelseycreekfarm@bellevuewa.gov), or 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 which must be submitted by October 1st, 2019.

Kelsey Creek Farm Park

FREE

1903175

10am-5pm

Sat

Age: 14-18Y

Oct 05



## 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](mailto:CWelte@bellevuewa.gov)

### **Bellevue Youth Theatre**

425-452-7155 | [BYT@bellevuewa.gov](mailto:BYT@bellevuewa.gov)

### **Adaptive Recreation**

425-452-4118 | [MBoyle@bellevuewa.gov](mailto:MBoyle@bellevuewa.gov)

### **Special Events**

425-452-4106 | [NWAC@bellevuewa.gov](mailto:NWAC@bellevuewa.gov)

### **Kelsey Creek Farm**

425-452-7688 | [KelseyCreekFarm@bellevuewa.gov](mailto:KelseyCreekFarm@bellevuewa.gov)

### **North Bellevue Community Center**

425-452-7681 | [NBCC@bellevuewa.gov](mailto:NBCC@bellevuewa.gov)

### **Robinswood Tennis Center**

425-452-7690 | [JSoriano@bellevuewa.gov](mailto:JSoriano@bellevuewa.gov)

### **Park Stewards/Naturalists**

425-452-4195 | [Parks\\_Stewardship@bellevuewa.gov](mailto:Parks_Stewardship@bellevuewa.gov)

### **Youth Sports**

425-452-4627 | [SGonzales@bellevuewa.gov](mailto:SGonzales@bellevuewa.gov)





## Halloween on the Hill - Carnival

Expect classic carnival games with a Halloween twist, food for the family and entertainment for all to enjoy. Tickets can be purchased at the SBCC Front Desk the day of the event for climbing wall, inflatables and games. The carnival will end with FREE entertainment from 3-4pm. Please call 425-452-4240 with any questions.

South Bellevue Community Center

\$10(R) \$10(N) Age: 1Y & Up  
1804019 1am-4pm Sat Oct 26

## Halloween on the Hill - Dessert Theatre

Celebrate Halloween this year at our annual Dessert Theatre on the Hill. Come enjoy some wonderful dessert and a great show. Registration ends October 25th.

South Bellevue Community Center

\$10(R) \$10(N) Age: 7Y & Up  
1803727 6:30-7:30pm Sat Oct 26

## Halloween on the Hill - Haunted Movie

Ladies and gentleman! Boys & ghouls! Grab your pillows and blankets for a night out on the hill. Join us after dark for a FREE showing of a Halloween classic projected on our 17ft inflatable movie screen in our gymnasium. Popcorn and concessions will be served. Please contact 425-452-4240 with any questions.

South Bellevue Community Center

\$10(R) \$10(N) Age: 1Y & Up  
1804027 7:30-9:30pm Sat Oct 26

## Halloween on the Hill - Pumpkin Race

Bring your decorated pumpkin complete with wheels to compete in the 8th Annual Great SBCC Pumpkin Race, a part of our Halloween on the Hill line-up of events. Upon registration, you will receive basic directions to prepare your pumpkin for race day. Individuals, families and groups encouraged to register. Families and groups must designate only one person to register. Racer Kits are available for purchase for \$25.00, but are not required.

Two race times: 10am and 12pm; register for only one.

Guarantee two races

South Bellevue Community Center (Classroom 200), South Bellevue Community Center (Classroom 201)

FREE Age: 6Y & Up  
PUMPKINRACE-1 10am-12pm Sat Oct 26

## Halloween on the Hill - Pumpkin Race

Bring your decorated pumpkin complete with wheels to compete in the 8th Annual Great SBCC Pumpkin Race, a part of our Halloween on the Hill line-up of events. Upon registration, you will receive basic directions to prepare your pumpkin for race day. Individuals, families and groups encouraged to register. Families and groups must designate only one person to register. Racer Kits are available for purchase for \$25.00, but are not required.

Two race times: 10am and 12pm; register for only one.

Guarantee two races

South Bellevue Community Center

FREE Age: 6Y & Up  
PUMPKINRACE-2 12-2pm Sat Oct 26

## Halloween on the Hill - Pumpkin Race Workshop

New to pumpkin racing? Learn tips and tricks to building a fast pumpkin racer and see past entries for creative decoration ideas. A resource handout will be provided at the end of the workshop. Pumpkin Racer kits will be available for purchase at the workshop. Participants can buy Pumpkin Racer Kits!

South Bellevue Community Center

FREE Age: 6Y & Up  
1803726 10-11am Sat Oct 19

## The Great Pumpkin Hunt

Celebrate fall as you hunt for pumpkins and prizes. Indoor activities include arts and crafts, entertainment, games, prizes and the Great Pumpkin Hunt. Hunts are staged by age groups. Plastic pumpkins with tickets inside are turned in for prizes. Costumes are encouraged, with prizes offered for the best costume! Dress for the weather and bring a flashlight. No pets, please - service animals only. Call 425-452-4106 for more information. Hurry! This event typically sells out.

Northwest Arts Center

\$15 Age: 2Y - 12Y  
1903594 6-8:30pm Fri Oct 18

## Holiday Barn Lighting

Join us for a special holiday barn lighting celebration at Kelsey Creek Farm. Bring the whole family to meet a resident farm animal, enjoy hot cocoa, complete a holiday themed craft, and visit with Santa. Top off the evening of holiday cheer with the barn lighting and traditional holiday carols. Bring a flashlight to help make your way back to the parking lot as it will be dark at the end of the event. Join us in making this holiday season memorable as we light up the farm and enjoy this wonderful season of giving. Pre-registration required. No entrance fee.

Kelsey Creek Farm Park

FREE Age: All Ages  
1903247 4-5pm Sat Dec 07



# Kelsey Creek Farm Fair

**Saturday, October 5**  
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 [bellevuewa.gov/kelsey](http://bellevuewa.gov/kelsey) for more information.

pumpkins



Cowboy Buck & Elizabeth





**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](mailto:ParkRental@bellevuewa.gov), to get started with booking your next holiday party, birthday, or wedding celebration!



**Bellevue Parks & Community Services**



# 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](http://nwteambuilding.com)



TO REGISTER: <http://register.BellevueWA.gov>

INFORMATION: [parks.BellevueWA.gov/WildInTheCity](http://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 BOTANICAL GARDEN CLASSES, LECTURES, and SPECIAL EVENTS: September through December 2019***

**LECTURE: From Dreams to Reality: Practical and Artistic Elements in Creating a Garden.** September 4, 7pm with Rosemary Alexander \*

**CLASS: Mindfulness in the Garden: Open your Senses to Summer.** September 6, 10:30am – 12pm \*

**PLANT SALE: Master Gardeners of King County Speaker Series and Plant Sale,** September 7, 9am – 3pm

**LECTURE: Botanical Gardens: Cultivating a Culture of Discovery, Inclusion and Access.** September 13, 6:30-8pm

**PLANT SALE: Hardy Fern Foundation Plant Sale.** September 14, 9am – 3pm

**LECTURE: Northwest Perennial Alliance Lecture.** September 15, 1 – 3pm.

**CLASS: Paper Flowers.** September 21, 1-3pm. Taught by Kate Alarcon \*

**CLASS: Great Grasses for your Garden.** September 29, 10am – 12pm. Taught by George Lasch \*

**LECTURE: Spring Starts in October.** October 16, 7pm with Daniel Mount \*

**LECTURE: Fall Dahlia Care: Digging and Dividing.** October 17, 7:30pm. Presented by the Puget Sound Dahlia Association. Digging demonstration at 6pm.

**CLASS: Mindfulness in the Garden.** October 18, 10:30am – 12pm \*

**LECTURE: Crown Jewel Wilderness - Creating North Cascades National Park.** October 22, 7pm, presented by Washington Native Plant Society.

**CLASS: Building Wreaths.** December 7, 9am-2pm. \*

**EVENT: Garden d'Lights.** November 30 – December 31\* Every night, doors open at 4:30 and the last entry is at 9pm. Lights go out at 9:30pm.

*\*These classes and events are presented by the Bellevue Botanical Garden Society.*

### **Ongoing Activities:**

**Garden Tours – Docent-led Tours** offered every Saturday and Sunday at 12pm from April – October or request a private tour at <https://bellevuebotanical.org/garden-tours-more/> Tours are free, but donations are appreciated.

**Master Gardener Clinics** –Saturdays, April through September, 10am-2pm.

Visit [bellevuebotanical.org](http://bellevuebotanical.org) for more information and to register for events. Registration required for some events.



All events at the Aaron Education Center at the Bellevue Botanical Garden • 12001 Main Street, Bellevue



# BELLEVUE GOLF COURSE

Reserve tee times online  
[www.bellevuepgc.com](http://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](http://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](http://TheFirstTeeSeattle.org) or by calling 206-839-4791.





### THE GREAT SBCC PUMPKIN RACE

Decorate and race your own pumpkin against others.

**Saturday, October 26  
10am & 12pm**



### FAMILY CARNIVAL

Games, food, inflatables, rock wall, facepaint, & more!

**Saturday, October 26  
11am-3pm**



### CARNIVAL ENTERTAINMENT

Enjoy a FREE show performed by Alex Zerbe the Zaniac.

**Saturday, October 26  
3pm-4pm**



### DESSERT THEATRE

Indulge in yummy treats and enjoy a show by BYT.

**Saturday, October 26  
6:30pm-7:30pm**



### HAUNTED MOVIE

Watch a Halloween movie on a 17' screen w/free popcorn.

**Saturday, October 26  
7:30pm**



### ZIP SCARE

Come zip on our tour that has a haunted twist!

**Last 2 Fridays and  
Saturdays in October**

For more information please contact:  
South Bellevue Community Center  
[sbcc@bellevuewa.gov](mailto:sbcc@bellevuewa.gov)  
425-452-4240



Bellevue Parks &  
Community Services

