

## PROGRAM OBJECTIVES FOR SPECIFIC USER GROUPS

In sharpening the focus of City recreation services, the City has established a specific set of programmatic objectives and priorities for serving various populations.

An individual's lifelong leisure habits often build on early experiences that contribute to a person's development and lifestyle. Many adults continue to participate in recreational activities they were introduced to when a child or try a new sport or hobby after being inspired by a family member to try it.

During different stages and ages of life, the types of recreation one uses and the goals for that recreation change. Bellevue has grouped its services around five stages of life, persons with disabilities and families. These are:

Children and Youth	(Under 12)
Teens	(12-18)
Young Adults	(19-24)
Adults	(25-64)
Seniors	(65 and over)
People with Disabilities	(All ages)
Families	(All ages)

The following sections define the specific objectives and roles the City will take in serving these population groups.



**CHILDREN AND YOUTH (UNDER 12)****What is the City's role in serving children and youth?**

- Provide beginning and introductory activities and classes that develop sense of play and healthy use of leisure time.
- Directly provide recreational services that respond to community demand, make effective use of City facilities, and assure increased safety for City youth (such as through summer and after-school programming).
- Facilitate the use of City parks and facilities by partners who can provide specialized complementary programming. For example, the City partners with the Boys and Girls Club of Bellevue in programming activities at South Bellevue Community Center and the Hidden Valley Field House.
- Facilitate and support the effective use of other community facilities for youth programs including school district and non-profit organization facilities.
- Provide scholarships and other recreational partnerships to promote access to both City and community recreation services to Bellevue residents who have barriers due to low-income or a lack of transportation to facilities.
- Maintain coordination among recreation providers by collecting and providing access to information about services to residents.

**What are the benefits of recreation for children and youth?**

- Recreation provides opportunities to explore and master roles, develop skills and enhance senses.
- Recreation provides opportunities for physical fitness activities that help to reduce childhood obesity and develop lifelong fitness interests.
- Recreation builds a youth reservoir of Developmental Assets, building blocks of resiliency, and competence.
- Recreation teaches basic skills, constructive use of time, boundaries and expectations, commitment to learning, and social competency.

**What are some examples of City-sponsored recreation for children and youth?**

For infants/pre-school age children:

- Play and Learn groups
- Arts exposure
- Animal and farm experiences
- Motor skill development such as tumbling and gymnastics

For school-aged youth:

- Arts
- Environmental exploration
- Dance and performance workshops and classes
- Sports instruction and recreational league play
- Biking, hiking, swimming, and games with family and peers

**TEENS (12-18)****What is the City's role in serving teens?**

- Provide outdoor recreation facilities and programs to promote healthy active lifestyles and increase exposure to nature.
- Provide indoor recreation facilities designed to meet specific needs of teens (examples include Bellevue Boys and Girls Club Teen Centers, Bellevue Youth Theatre and skate parks).
- Directly provide recreational services that respond to community demand and provide opportunities for constructive use of non-school or work time.
- Facilitate partnerships with other recreation providers to meet teens' recreational needs.
- Promote awareness and access to drop-in and supervised recreation programs.

**What are the benefits of recreation for teens?**

- Active recreation activities increase physical conditioning and overall health.
- Recreation facilities and programs give teens a safe place to "hang out," make friends, and develop interpersonal, as well as leadership skills.
- Recreation helps teens learn how to constructively use leisure time, which is a protective factor against risks for outcomes like substance abuse.
- Recreation assists teens in developing civic responsibility by volunteering to serve others in their community.
- Recreation strengthens and expands a teen's acquisition of Developmental Assets.

**What are some examples of recreation activities for teens?**

- Late Night drop-in recreation programs
- Skateboarding
- Bellevue Youth Theatre
- TRACKS Outdoor Adventure Recreation
- Learning animal care and farm operation at Kelsey Creek Farm
- Working out at South Bellevue Community Center
- Sports Camps and programs
- Volunteerism and service to the community through Youth Link
- Gathering for healthy socialization

**ADULTS (19-64)****What is the City's role in serving all adults?**

- Schedule and maintain space for programs and activities that promote active healthy lifestyles.
- Maintain coordination among recreation providers by collecting and providing access to information about recreation activities and services.
- Coordinate use of City facilities by private providers and contracted activity instructors

*YOUNG ADULTS (19-24)***What are the benefits of recreation for young adults?**

- Recreation promotes healthy socialization, facilitating opportunities to create a balanced life.
- Recreation increases access to organized/pro-social activities.
- Recreation provides opportunities for preventative health maintenance within a casual atmosphere.
- Recreation promotes stress reduction through creative and physical activities.

**What are some examples of recreation activities for young adults?**

- Skateboard parks
- Swimming at the Aquatic Center
- Working out at fitness centers
- Participating in sports leagues— like volleyball, basketball and softball
- Tennis and golf
- Dance and art classes

*ADULTS (25-64)***What are the benefits of recreation to adults?**

- Recreation increases mastery of and self-confidence in chosen activities.
- Recreation is an important means of reducing stress, increasing coping skills, and protecting health.
- Recreation helps adults to meet others socially, to build community, and to increase communication between people of diverse backgrounds.

**What are some examples of City-sponsored recreation for adults?**

- Swimming, tennis, and golf
- Working out at the gym or taking a healthy cooking class
- Enjoying open space by walking, biking, running or kayaking
- Participating in team sports activities.
- Participation in community activities at facilities such as the community gardens

*OLDER ADULTS (65 AND OVER)***What is the City's role in serving older adults?**

- Directly deliver specialized recreational services for retired adults, particularly where a subsidy is needed or desired.
- Build and sustain public/private partnerships for senior recreation.
- Identify service gaps for unmet and emerging needs and mobilize community response, as needed.
- Promote inter-generational activities through integrated recreation with other age groups.

**What are the benefits of recreation for older adults?**

- Promotes socialization and reduces isolation.
- Helps older adults learn new skills.
- Provides opportunities to volunteer and serve others in the community.
- Helps maintain involvement in established interests.
- Provides information to help manage changes in their health and lifestyles.

**What are some examples of City-sponsored recreation for older adults?**

- Lifelong learning classes (e.g., using computers, speaking foreign languages, etc.)
- Low-impact or water aerobics, tai-chi, yoga, fitness programs
- Walking, jogging or strolling in open spaces or indoor facilities.
- Using knowledge and skills to help others as a volunteer or mentor
- Social activities and events.

**PEOPLE WITH DISABILITIES (ALL AGES)****What is the City's role in serving persons with disabilities?**

- Encourage and promote the integration of persons with disabilities into City and community recreation offerings.
- Provide reasonable accommodations for people with disabilities for all programs and services.
- Directly deliver adaptive recreational services for people with disabilities, particularly where subsidy is needed to promote program accessibility.
- Coordinate with other governments to promote ready access to adaptive recreation for residents across King County.

**What are the benefits of recreation for persons with disabilities?**

- Promoting socialization and reducing isolation.
- Providing opportunities for physical exercise and conditioning.
- Offering activities that build on or develop new skills.
- Helping to ensure that persons with disabilities maintain involvement in community.
- Providing needed respite for caregivers.

**What are some examples of recreation activities for persons with disabilities?**

- Participating in any general recreation activity of an individuals' choice.
- Participation in adaptive recreation activities such as summer camps, sports or socializing
- Enjoying the natural environment through outdoor activities.
- Physical fitness through use of regular or adapted fitness equipment.
- Participating in plays, dance and other performance events.

**FAMILIES****What is the City's role in serving families?**

- Provide information and referral service
- Provide affordable family recreation opportunities
- Promote the value of family fitness, exercise and outdoor activities
- Provide after school and non-school day programs for elementary and middle school age students
- Promote the benefits of family oriented recreation

**What are the benefits of recreation for families?**

- Creates opportunities for fun positive family experiences
- Provides connections to other families and the diversity of our community
- Strengthens family bonds by creating personal interaction between family members
- Help teach life skills such as problem solving, cooperation, compromise, coping skills, perseverance and positive attitudes

**What are some examples of recreation activities for families?**

- Neighborhood activities and events
- Outdoor movie nights
- Lake to Lake Walk and Bicycle Events
- City wide special events such as the Kelsey Creek Farm Fair and 4th of July or the MLK Jr. Celebration
- Participating in or watching a play
- Drop-in sports events