

# South Bellevue Community Center

*Partnership for a Healthy Community*

## Program & Facility Guide

May-August 2019



14509 SE Newport Way | Bellevue, WA 98006

[sbcc@bellevuewa.gov](mailto:sbcc@bellevuewa.gov)

425-452-4240



Bellevue Parks &  
Community Services



# General Information

South Bellevue Community Center (SBCC) is operated in partnership with the Boys & Girls Clubs of Bellevue (BGCB). The City of Bellevue's Parks & Community Services Department is the primary program provider for preschool-age children, adults, seniors, specialized recreation, family special events, fitness and wellness, human services and facility rentals at SBCC. The BGCB provides programs and services primarily for children, youth and teens (K-19), including after-school, school's out activities and summer camps.

## SOUTH BELLEVUE COMMUNITY CENTER

*a partnership for a healthy community*



### Hours of Operation:

Monday - Thursday..... 6am – 9pm  
Friday..... 6am – 8pm  
Saturday..... 8am – 5pm  
Sunday..... 10am – 5pm

### Phone:

425-452-4240

### Address:

14509 SE Newport Way

### Email:

sbcc@bellevuewa.gov

### Website:

parcs.bellevuewa.gov/community-centers/sbcc

### Registration:

register.bellevuewa.gov


### Mission:

Through partnerships and exceptional customer service, the South Bellevue Community Center provides inclusive opportunities for recreation, fitness, education and celebrations to build a healthy community.

### Scholarships:

The City of Bellevue offers scholarships for most of the Parks & Community Services programs. For more details about applying, ask our front desk or call 425-452-4240.

### ADA Accommodation:

 Captioning, American Sign Language (ASL), or language interpreters are available upon request. Please phone at least 48 hours in advance 425-452-4240 (Voice). If you are deaf or hard of hearing, dial 711 (TR). An assisted listening device is available upon request. For questions or concerns regarding reasonable accommodations, contact City of Bellevue ADA/Title VI administrator at 425-452-6168 (Voice).



# Welcome

## *Welcome to the South Bellevue Community Center!*

South Bellevue Community Center (SBCC) is a diverse, welcoming place for all to experience. SBCC was built in 2005 with an ideal that the facility and programs would be a corner-stone to building a healthy community in South Bellevue. That ideal is a reality at SBCC where all are welcome to enjoy the variety of programs, classes and events offered throughout the year. Through many partnerships, South Bellevue Community Center is proud to serve the community, encouraging all to gather, learn, play, exercise and engage with others.

*-Jen Newton*  
Program Manger





# Meet our Staff

## Jennifer Newton - Program Manager



Jen has worked for the City of Bellevue since August of 2018 as the program manager. Serving the public in Parks and Recreation has been her passion for 20+ years. Jen has a Bachelors degree in Recreation from WWU and a Master's in Public Administration from the University of

Washington. Jen, her husband, and 3 children reside in the West Lake Sammamish neighborhood in Bellevue. Her family is involved in many local activities through the schools, community programs, and church.

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

## Joan Perugini - Fitness Supervisor



Joan has worked for the City of Bellevue for 14 years and provided the fitness-related expertise for SBCC including program design, equipment purchase, policies and procedures and staffing; an exciting opportunity to put her mark on the new endeavor. Joan and husband, John, have 2

adult, married kids who live in the same neighborhood in West Seattle – very convenient for visiting! A fun new project is building a house in Suncadia. Joan loves long distance road cycling, the hillier the better! In any spare moments, Joan manages the family wheat farms in Alberta Canada. Email: [jperugini@bellevuewa.gov](mailto:jperugini@bellevuewa.gov)

## Beau Stanford - Community Services Coordinator



Beau joined SBCC in 2016 as the center's Program Coordinator. He oversees the general recreation activities, preschool, rock wall, and special events. He is always open to hear programming or event ideas from the community! He was born and raised in North Bend and graduated from

Eastern Washington University in 2010. He and his wife have two awesome little boys, Duke and Cash. Beau enjoys everything outdoors and sports! He spends most summers hanging out at the river, fishing, or camping. The Stanfords are diehard Seahawks fans, GO HAWKS!

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

## Kristina DeFlorio - Administrative Assistant



Hi, my name is Kristina and I'm the South Bellevue Community Center Administrative Assistant. You can find me at the front desk most afternoons greeting our Boys and Girls Club and Fitness Center regulars. I found my way to SBCC via YMCA Camp Orkila.

However, my recreation roots start with the Pullman Parks Department where I coached volleyball during my college years (Go Cougs!). Feel free to talk running, hockey, or Cougs with me any time! Stop by and say HI! Email: [kdeflorio@bellevuewa.gov](mailto:kdeflorio@bellevuewa.gov)

## Andres Calderon - Assistant Fitness Coordinator



Andres has been working at SBCC since March 2011 assisting Joan with the operation of the Fitness Center. Over the past decade, Andres developed a passion for helping others and became an NASM Certified Personal Trainer in 2015. He is a strong advocate for achieving overall wellness

through small behavioral changes and positive thinking. Raised in a military family, Andres lived in many places including Germany before settling in the Pacific Northwest in 2008. He lives nearby in Issaquah with his wife Danielle and enjoys hiking, playing guitar and cooking healthy meals in his spare time. Email: [acalderon@bellevuewa.gov](mailto:acalderon@bellevuewa.gov)

## Jill Rittenhouse - Recreation Technician



Jill has been with SBCC since Oct 2017 and assists with recreation programming and special events. Her background includes special event coordination for fitness events like the Danskin Women's Triathlon, as well as developing and facilitating training programs for Nike and Blue Nile. She

is a graduate of the University of Oregon in Parks and Recreation Management and Dance. In her free time she and her husband are busy with their 3 teen boys' sports and activities. Her hobbies include paddle boarding, hiking, and snow sports. You can also find Jill outdoors on weekends teaching a variety of outdoor programs with REI.

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



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# Rentals

## Welcome to SBCC

Welcome to South Bellevue Community Center. This unique center lies on the lush grounds of 40 acres of green space known as Eastgate Park. Here in the forest you can find something for everyone. We swing from the trees at the Bellevue Challenge Course, climb the walls on our 33' Crag and dance the night away in our stunning community room space.

Our 32,000 square foot, full service facility boasts two full size gymnasiums, two classrooms, banquet room with full kitchen, mirrored dance studio, fitness center, indoor rock wall and a large open lobby. Whether you're planning a first birthday or fiftieth, South Bellevue Community Center has it all.



## Your next big event...

Host your next big event in our beautiful banquet hall space featuring a 2,400 square-foot community room, with floor to ceiling windows, which is perfect for weddings, receptions, bar mitzvahs, corporate parties and more. Utilize our generous kitchen space to bring your party to the next level.

Our Classrooms can be the perfect spot for everything from your little one's rock wall party to your local HOA meeting. Our classrooms can hold up to 28 people, ideal for hosting craft group meet ups, birthday parties and more. The classrooms are most frequently available on Saturdays and Sundays.

Does the basketball court call your name? Are you trying to up your badminton game? You can rent Gym B for \$65 an hour on a Sunday. The gym boasts an expansive 6,500 square feet—perfect for 3 badminton courts or 2 volleyball nets, one full court basketball game or two half court games. Call SBCC for more information on availability at 425-452-4240.

## Why South Bellevue?

Location, Location, Location - Located just five minutes off I-90 and seven minutes from I-405, SBCC is tucked up in the beautiful neighborhood of Eastgate.

Feel free to bring in your own catering company. We do not have a vendor list you must choose from; you can bring in whomever you'd like. Remember to add your champagne toast to the list. Your caterer can help you serve beer, wine and champagne at your event.





# Special Events



## The Great SBCC Challenge

Saturday, May 4th 2019

Join your friends and family for an exciting day full of fun challenges. Teams of 3-5 will compete against each other in an Amazing Race inspired event. The event is followed by a lunch social. Pre-registration is required. Course #1902349

**Cost: \$10/person | Ages: 6+ | Time: 10:00am-1:00pm**



## Jamtown Live at Indoor Play

Friday, June 14th 2019

Jamtown John plays ukulele, shares fun props and Jamtown® fair trade instruments. It's story time put to music we make together. Performance starts at 10:30am and will be followed by Indoor Play at 11:15am.

**Cost: FREE | Ages: 1-5 | Time: 10:30am-12:30pm**



## A Day of Play with Dad

Saturday, June 15th 2019

Come treat your SUPERDAD to a morning of food and fun for the whole family. We will serve a pancake breakfast that's followed by a morning of activities throughout the community center. 3 year olds and younger are free. Pre-registration is required.

Course #1902328

**Cost: \$8/person | Ages: 4+ | Time: 8:30am-12:00pm**





# Drop-in Sports

SBCC offers a wide variety of drop-in sports for all ages.

- Adult Badminton
- Adult Basketball
- Adult Pickleball
- Adult Volleyball
- Family Basketball (FREE)
- Teen Basketball (FREE)
- Family Badminton (FREE)

## SBCC expects the following from participants:

- Participants must check in before they can play.
- Participants can sign in 15 minutes prior to scheduled start time.
- Each user group has 20 minutes from their original start time to show up. If no one has arrived after 20 minutes, the reserved time will then transition to Open Drop-In.
- If SBCC is open on a holiday, we will offer Open Drop-In instead of daily scheduled activities.

## Open Drop-In

All ages and all sports are welcome. Participants must pay their respective fees. Gym A will be reserved for non-net drop-in activities. Gym B will be reserved for net sports (badminton, pickleball or volleyball). Both gyms can be used for basketball until a net sport drop-in arrives. At that time basketball players must transition to Gym A.

## Play Pass

Purchase a Play Pass at the Front Desk and save money. Play Passes are transferable and don't expire. Visit our Front Desk for more details.

Passes	Resident	Non-resident
12	\$36.00	\$48.00
24	\$66.00	\$90.00
36	\$90.00	\$126.00
48	\$108.00	\$156.00



**SOUTH BELLEVUE  
COMMUNITY CENTER**

**DROP-IN SPORTS  
SCHEDULE  
MONDAY-SUNDAY**

**\$4 residents | \$5 non-residents**



# May 1st—August 18th

## Drop-In Sports Schedule - Spring/Summer

Start date of activities vary and schedule subject to change without notice.

MONDAY 6am - 9pm	TUESDAY 6am - 9pm	WEDNESDAY 6am - 9pm	THURSDAY 6am - 9pm	FRIDAY 6am - 8pm	SATURDAY 8am - 5pm	SUNDAY 10am - 5pm
<b>Adult Basketball</b> 6-7:30am Gym B	<b>Adult Basketball</b> 6-7:30am Gym B	<b>Adult Basketball</b> 6-7:30am Gym B	<b>Adult Basketball</b> 6-7:30am Gym B	<b>Adult Basketball</b> 6-7:30am Gym B	<b>Reserved for BGCB Youth Sport Programming</b> 8am-1pm Gym A & B	<b>Adult Basketball</b> 10am-12pm Gym B
<b>Adult Basketball</b> 12-2:00pm Gym A <i>Canceled During Summer</i>	<b>Reserved for SBCC/BGCB Programming</b> 8am-12pm Gym A & B	<b>Reserved for SBCC/BGCB Programming</b> 8am-11am Gym A & B	<b>Reserved for SBCC/BGCB Programming</b> 8am-6pm Gym A & B	<b>Adult Basketball</b> 12-2:00pm Gym A <i>Canceled During Summer</i>		<b>Adult Basketball</b> 1-3pm Gym A <b>Adult Volleyball</b> 1-3pm Gym B
<b>Adult Pickleball</b> 12:30-2:30pm Gym B <i>Canceled During Summer</i>	<b>Adult Pickleball</b> 12:30-2:30pm Gym B <i>Canceled During Summer</i>	<b>Adult Pickleball</b> 11:00am-1:00pm Gym A <i>Canceled During Summer</i>		<b>Adult Pickleball</b> 12:30-2:30pm Gym B <i>Canceled During Summer</i>	<b>Teen Basketball</b> 3:15-4:45pm Gym A (FREE) <b>Family Basketball</b> 3:15-4:45pm Gym B (FREE)	
<b>Reserved for BGCB Teen Drop-in Basketball</b> 3-5pm Gym B (FREE)	<b>Reserved for SBCC/BGCB Programming</b> 3pm-5pm Gym A & B	<b>Reserved for BGCB Teen Drop-in Basketball</b> 3-5pm Gym B (FREE)		<b>Reserved for BGCB Teen Drop-in Basketball</b> 3-5pm Gym B (FREE)	<b>Teen Basketball</b> 3:15-4:45pm Gym A (FREE) <b>Family Basketball</b> 3:15-4:45pm Gym B (FREE)	<b>Teen Basketball</b> 3:15-4:45pm Gym A (FREE) <b>Family Basketball</b> 3:15-4:45pm Gym B (FREE)
<b>Adult Badminton</b> 7-8:45pm Gym B	<b>Adult Volleyball</b> 6-8:30pm Gym B	<b>Adult Badminton</b> 7-8:45pm Gym B	<b>Adult Basketball</b> 6:30-8:30pm Gym B	<b>Reserved for SBCC/BGCB Programming</b> 6pm-8pm Gym A & B		

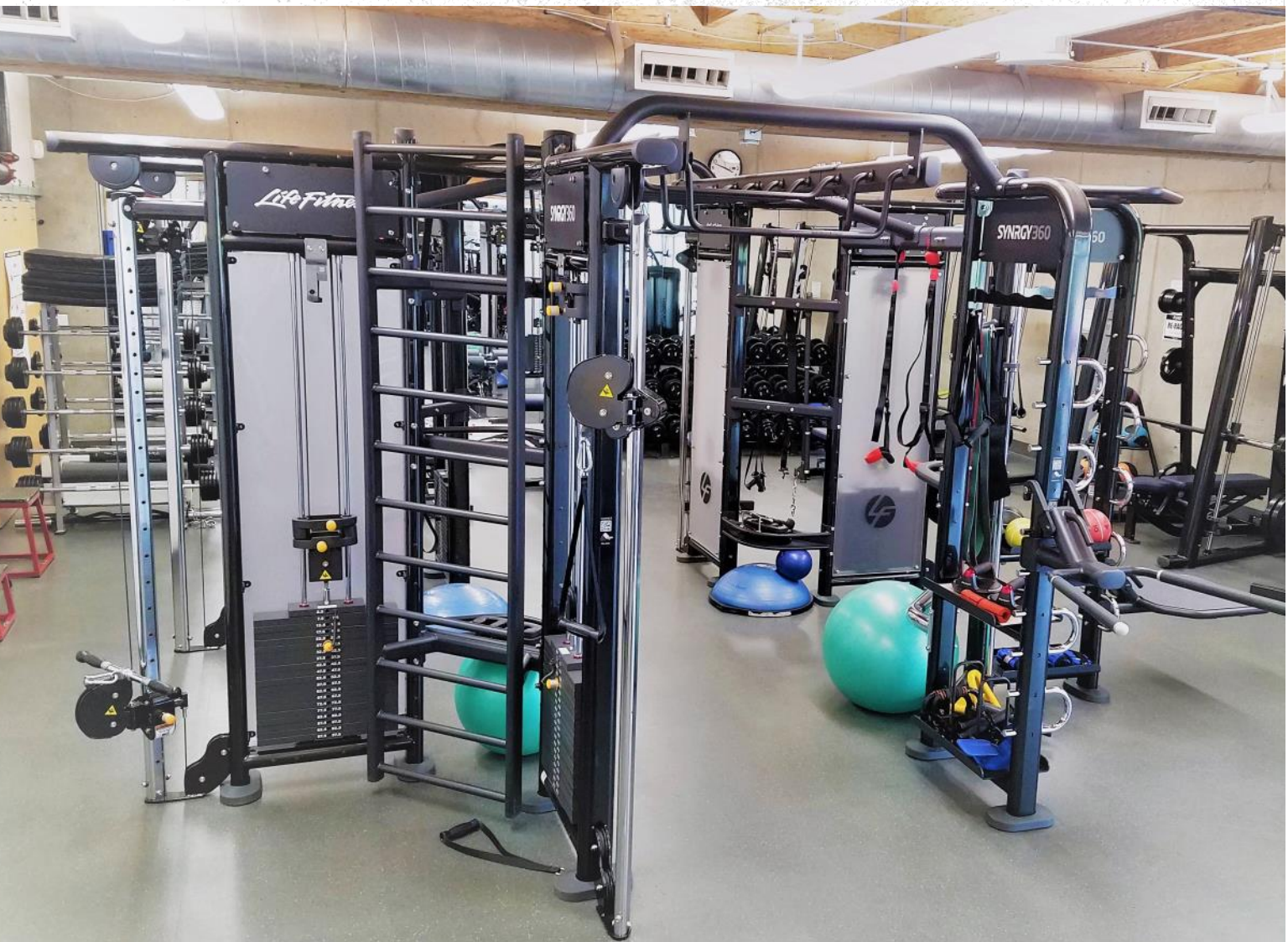
\*\*\*CLOSED May 27th, August 19-28 | Summer Dates June 24-August 18\*\*\*





## Fitness Center

We are your neighborhood fitness choice! We welcome you into our community whether you are a seasoned fitness veteran or brand new to exercise. We offer all the tools to support you! The Fitness Center features state of the art **treadmills, bikes, elliptical trainers, weight training machines** and **free weights**. The Fitness Center is designed for adult use, as well as youth 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.





## Welcome to SBCC's Fitness Programming

- For all Fitness classes, the monthly rate or the session rate will always be the best buy. Some classes are sold by the month and others have anywhere from a 5-week to a 9-week session.
- A FLEX CARD is a pre-paid 5-class pass for one particular class to provide flexibility. Not all classes offer a Flex Card. See payment info under the class description.
- Drop-in rates are available for certain classes.
- Many of the fitness classes offer a FREE 1st class!

### Active Adult Fitness - Ages 18+

**Mondays & Wednesdays**

**9:30-10:20am**

A high energy class for those who have moved on from beginner or senior programs and are ready for a challenge, yet not the 'all-out' options. Join Certified Personal Trainer Morgan for 50 minutes of lower intensity HIIT full body workout. Improve strength, endurance and cardiovascular fitness in a FUN, encouraging and motivating community! Participants must be highly mobile and in strong enough physical condition to make quick transitions while performing cardio and a variety of endurance work. Adults 18+ are welcome, Millennials to Baby Boomers. Bring a small towel and water bottle.

**Monthly rate based on 8 classes/month: Res (\$60), Non (\$72). FLEX CARD: Res (\$45), Non (\$55). DROP-IN: Res (\$10), Non (\$12). FREE 1st class.**

### Boot Camp w/ Karie - Ages 13+

**Mondays-Fridays**

**M/W/F: 8:45-9:45am. T/Th: 9:15-10:15am**

This popular high-energy workout will get you in shape, tone your muscles and burn calories with fat burning boot camp style exercises combined with cardio kickboxing moves, weights and Pilates based core work. Beg. - adv. levels welcome. Bring a towel and water bottle.

**Session rate available. FLEX CARD: Res (\$60), Non (\$72). DROP-IN: Res (\$13), Non (\$15.50). FREE 1st class.**





# Fitness



**Karie's Cardio Kickboxing - Ages 13+  
Mondays & Wednesdays  
7:05-7:50am**

This non-contact fitness class 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/hour. Build stamina, coordination, flexibility and lean muscle with this fun workout. Bring a towel and water bottle.

**Session rate available. FLEX CARD: Res (\$60), Non (\$72). DROP-IN: Res (\$13), Non (\$15.50). FREE 1st class.**

**Cycle/Stretch - Ages 16+  
Tuesdays & Thursdays  
10:35-11:35am**

Join us for this fusion class of beginner level indoor cycling and flexibility exercises. Class is designed for those brand new to indoor cycling including: older adults, participants new to exercise and overweight or de-conditioned participants. Please arrive 10 minutes early on first day for a bike fit. Bring a bike-style water bottle & towel. Wear stiff soled shoes or SPD cycle shoes, padded shorts and heart rate monitor if you have them.

**Session rate available. FLEX CARD: Res (\$42), Non (\$51). FREE 1st class.**

*“Fantastic place with great facilities and great classes and instructors!” -Eric H.*



## **Evening Fitness Express - Ages 13+**

**Wednesdays**

**5:45-6:35pm**

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

**Session rate available. FLEX CARD: Res (\$63), Non (\$75). FREE 1st class.**

## **Indoor Cycling - Ages 13+**

**Mondays & Wednesdays**

**6-7am**

Ride LeMond bikes and get a great aerobic workout & burn up to 600+ calories per class! All fitness levels welcome as you control your pace. Arrive 10 minutes early on first day for a bike fit. Bring a bike-style water bottle and a towel. Wear stiff soled shoes or SPD cycle shoes and padded shorts if you have them.

**Session rate available. FLEX CARD: Res (\$40), Non (\$48). DROP-IN: Res (\$9), Non (\$10.50). FREE 1st class.**



## **Jazzercise & Jazzercise Lite**

**Mondays-Saturdays**

**M/W: 6am-7am. M-F: 8am-9am. M/W/F:**

**9:30am-10:30am. Sat 8:15am-9:15am.**

Call Phyllis at (425) 814-2134 or visit [jazzercise.com](http://jazzercise.com) for more information.

## **Parkour - Ages 6-10 or 10-16**

**Wednesdays & Fridays**

**5-5:55pm (ages 6-10), 6-6:55pm (ages 10-16)**

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!

**Session rate available.**

## **Pilates - Ages 13+**

**Tuesdays, Wednesdays & Fridays**

**T/F: 9:15-10:15am. W: 7:15-8:15pm**

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

[www.community-pilates.com](http://www.community-pilates.com)

**Session rate available. FLEX CARD: Res (\$75), Non (\$90). DROP-IN: Res (\$16.50), Non (\$20). FREE 1st class.**



# Fitness

## Post-Rehab Strength & Conditioning

**Ages 18+**

**Tuesdays**

**9:15-10:15am**

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.

**Session rate available.**

## Purna Yoga - Ages 13+

**Thursdays & Sundays**

**Th: 7:15-8:30pm. Sun: 10:15-11:30am**

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. Students should bring a yoga mat to class.

**Session rate available. FLEX CARD: Res (\$72), Non (\$86). DROP-IN: Res (\$15.50), Non (\$18.50).**

## Shotokan Karate - Ages 6-11 or 12-Adult

**Mondays & Wednesdays**

**5-5:45pm (ages 6-11), 6-7pm (ages 12-Adult)**

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

**Monthly rate: 2-Day option based on 8 classes/month, Ages 6-11 Res (\$72), Non (\$86). Ages 12-Adult Res (\$94), Non (\$112)**

## Small Group Advanced Training w/ Elijah

**Ages 13+**

**Tuesdays & Thursdays**

**7-7:40am**

Transform your body in this fast-paced 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 the above! Enjoy working closely with a certified personal trainer while being energized by up to 3 others.

**Monthly rate: 1-Day option based on 4 classes/month, Res (\$108), Non (\$130).**





## **Small Group Training w/ Sara - Ages 15+ Mondays**

**7-7:50pm**

This small group training class will help you achieve your fitness goals. Workouts will be individualized 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. Training sessions are 50 minutes in length. Bring a towel and water.

**Session rate available.**

## **Strong & Fit Seniors/Adults - Ages 18+ Mondays & Wednesdays**

**10:30-11:20am**

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 class that will improve functional fitness using a varied routine to accommodate individual needs and limitations. Join us for a fun, safe and social work out!

**Monthly rate based on 8 classes/month: Res (\$60), Non (\$72). FLEX CARD: Res (\$45), Non (\$55). DROP-IN: Res (\$10), Non (\$12). FREE 1st class.**

## **Taekwondo - Ages 5 - Adult**

**Tuesdays & Thursdays**

**4-4:50pm (ages 5+), 5-5:50pm (ages 5+), 6-6:50pm (ages 10+)**

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. For 6pm class, students must be 10 yrs. old or have instructor permission.

**Monthly rate: Res (\$58), Non (\$70).**

## **Total Body Fitness - Ages 13+**

**Tuesdays & Thursdays**

**6-6:50am**

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!

**Monthly rate available. FLEX CARD: Res (\$60), Non (\$72). DROP-IN: Res (\$13), Non (\$15.50).**

## **Yang Style Tai Chi - Ages 16+**

**Fridays (Beginner class) / Saturdays  
(Continuing class)**

**F: 10:30-11:30am. Sat: 9-10am**

Learn this simplified 16 movements Tai Chi form to improve balance, coordination and flexibility as well as revitalize energy, calm the mind and relax the body.

**Session rate available. DROP-IN: Res (\$12), Non (\$14).**





# Fitness

## Yoga for Adults - Ages 50+

Tuesdays

11:15am-12:30pm

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. Students should bring a yoga mat to class.

**Session rate available. FLEX CARD: Res (\$72), Non (\$86).**

**DROP-IN: Res (\$15.50), Non (\$18.50).**

## ZUMBA - Ages 13+

Wednesdays & Fridays

10-11am

ZUMBA is one of the fastest-growing dance-based workouts fusing Latin rhythms with easy to follow moves. 'Ditch the workout! Join the Party!' Bring a towel and water.

**Session rate available. FLEX CARD: Res (\$40); Non (\$48). DROP-IN: Res (\$9), Non (\$10.50). FREE 1st class.**

## Personal Training

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.

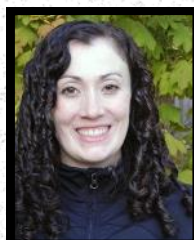
All personal trainers look forward to meeting with you for a FREE 30-minute consultation. We invite you to call or email them directly. A Pre-activity Screening Questionnaire must be completed prior to your first exercise session. The form is available on our website or from your trainer at the consultation. A Physician's 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.

**Please see the Personal Training & Assessment brochure (available on the City of Bellevue/SBCC website or at the Center) for rates, bios and contact info for the trainers.**



**Diane DeFuria**

425-221-0070  
ddefuria@msn.com



**Sara Grandstrand**

425-765-8980  
sara.atc@gmail.com



**Elijah Baker**

206-920-9635  
alwayswinningfitness@gmail.com



# Adult Enrichment

**Bridge Bunch - Ages 18+**  
**May 7-June 18 | Tuesdays**  
**1:10-3:10pm**

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!

**Fee: FREE**

**ESL for Chinese Seniors - Ages 18+**  
**May 2-June 20 | Thursdays**  
**12:30-2:00pm**

CISC helps immigrants throughout King County achieve success in their new community by providing information, referral, advocacy, social and support services.

**Fee: FREE**

**Mahjong - Ages 18+**  
**May 2-June 20 | Thursdays**  
**2:30-4:30pm**

Similar to the Western card game rummy, Mahjong is a game of skill, strategy and calculation and involves a degree of chance. Beginners are welcome. Equipment provided but players are welcome to bring their own sets.

**Fee: FREE**

**Stitchers - Ages 18+**  
**May 3-June 21 | Fridays**  
**10:30am-12:30pm**

Come join our Stitchers group! 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. This is a group instructed class for all ability levels.

**Fee: FREE**

**South Bellevue Community Center offers a wide variety of fitness classes for aging adults. Please see pages 6-11 for more information.**





# Youth Programming

## Natural Start Preschool

Natural Start Preschool offers a unique nature-based curriculum that supports the developmental and learning needs of preschoolers. Children spend 60-90 minutes outside each day. For more info you can visit [www.naturalstartpreschool.com](http://www.naturalstartpreschool.com) or call our front desk for details.

Natural Start  
PRESCHOOL



## Indoor Play at SBCC

Mon./Wed./Fri

10:30am-12:00pm

Drop-in gym play for children under 5 with parents. No charge for those under 1 year. Parents/caregivers must supervise their own children. Save even more when you purchase a play pass. Closed all Holidays, Bellevue School District Breaks and Summer.

Fee: \$4 (R)/\$5 (NR)



## City Opera Ballet - Ages 3-12

City Opera Ballet offers a variety of ballet classes here at SBCC.

**Pre-Ballet & Tap** — 3-5 year olds

*Thursdays | 11:30am-12:30pm*

**Story Ballet** — 3-4 year olds

*Thursdays | 12:30-2:00pm*

**Pre-Ballet** — 5-7 year olds

*Fridays | 4:00-4:45pm*

**Youth Ballet** — 8-12 year olds

*Fridays | 5:00-6:00pm*



## Additional Youth Fitness Programming

Parkour: Page 8

Shotokan Karate: Page 9

Taekwondo: Page 10



# Summer Camp



## Boys & Girls Club Summer Camps at SBCC

June 24-August 23

### Sports Camps

Grades: 1st-6th Cost: \$200/week

Hours: 9:30am-4:00pm

Specialty Camps give your child an opportunity to dive into a particular sport for a whole week. The camps will be offered by Club Staff and/or local experts in the field to provide an engaging week full of fun.

### Sport Camp Offerings

*Volleyball Camp RDC Basketball Camp Fitness Camp  
All Star Sports Camp PE Camp*

### Day Camps

Grades: K-4th Cost: \$200/week

Campers will enjoy a day of fun, educational and engaging activities that keep with the weekly theme. These activities will also incorporate our Core Program areas: The Arts; Education & Career Development; Health & Life Skills; Character & Leadership; and Sports, Fitness and Recreation. Campers will also go on field trips or have a Club wide special event each week.

### **Space is limited for all camps**

For dates and descriptions please visit our website at [www.bgcbellevue.org](http://www.bgcbellevue.org)

All programs require a current Club Membership.

\*All grades for the 2019-20 school year

Limited Scholarships are available.

## FRIENDS!

### Facts about The Club:

The Club was one of the first in the country to include girls!

86% of every dollar raised goes directly to programs for kids!

The Club gives over \$1,000,000 in scholarships to deserving kids each year!

Each day, between 800—1,000 youth receive homework help, play games and learn social skills at a Club in Bellevue!

The Club runs one of the largest athletic programs in the Country!

**GREAT FUTURES START HERE.**



BOYS & GIRLS CLUBS  
OF BELLEVUE





## BELLEVUE ZIP TOUR

The Bellevue Zip Tour is located in an amazing old Maple and Douglas Fir forest in Bellevue, WA. The 6 1/2 zip lines are as long as 458 feet and are as high as 80 feet above the ground. Travel up to 35 mph between views of Mt. Baker and Glacier Peak from inside the branches of a big leaf maple tree or walking across one of the suspension bridges among the trees. Open April through October, the Bellevue Zip Tour is a natural wonder in the city, waiting to be discovered by you!

### HOW MUCH DOES IT COST TO RIDE?

**Adult** (18 years +): \$85

**Youth** (Ages 9-17): \$70

#### Bellevue Zip Tour

14509 Southeast Newport Way, Bellevue, Washington 98006

(206) 295-5494

[www.bellevueziptour.com](http://www.bellevueziptour.com)



# BELLEVUE CHALLENGE COURSE

## **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**

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 zip tour!

## **Team Building**

Learn While Playing  
Customized curriculums  
Valuable life skills learned  
Youth to adult programs to make your organization successful



INFORMATION: [www.nwteambuilding.com](http://www.nwteambuilding.com)

QUESTIONS about Challenge Course programs call (206)348-3941





# SOUTH BELLEVUE CLIMBING WALL

South Bellevue Climbing Wall is 33 feet tall and sculpted to look and feel like Index granite. The wall offers three top-ropes each with several routes with varying degrees of difficulty from beginner to expert and a bouldering wall. SBCC offers an array of beginner and intermediate classes, supervised drop-in sessions, camps and programs for all skill levels. The wall is also available for groups to rent for parties, team-building and other celebrations.

**School's Out Camps**  
**Summer Camps**  
**Beginning Classes**  
**Parent/Child Classes**  
**Belay Classes**  
**Parties & Rentals**  
**DIY Climb Sessions**  
**Belay Card Testing**  
**Themed Climbing Sessions**

Give our front desk a call for more information | 425-452-4240

*"If you don't challenge yourself,  
you don't know yourself"*







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**SOUTH BELLEVUE  
COMMUNITY CENTER**

*a partnership for a healthy community*

