

January through
April 2013

CONNECTIONS



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**Bellevue Parks &
Community Services**
425-452-6885



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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, 16661 Northup WY 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

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 - 130th PI SE..... 425-452-7688

LAKE HILLS GREENBELT RANGER STATION, 15416 SE 16th ST 425-452-7225

LEWIS CREEK VISITOR CENTER, 5808 Lakemont BLVD SE..... 425-452-4195

MERCER SLOUGH ENVIRONMENTAL EDUCATION CENTER, 1625 118th Ave SE..... 425-452-2565

Pacific Science Center 425-450-0207

NORTH BELLEVUE COMMUNITY CENTER, AGING SERVICES, 4063—148th Ave NE
General Programs/Rental Inquiries 425-452-7681

NORTHWEST ARTS CENTER, 9825 NE 24th ST
Program Registration & Information 425-452-6046

Rental Information 425-452-7150

Community Events Office 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

WINTERS HOUSE, 2102 Bellevue Way SE..... 425-452-2752

YOUTH SPORTS, Bellevue City Hall, 450 - 110th Ave NE..... 425-452-6885



Bellevue Parks & Community Services

PO Box 90012
Bellevue, WA 98009-9012

Bellevue City Council

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Jennifer Robertson, Deputy Mayor
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Mark Van Hollebeke



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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: Art at the Crossroads Community Center, photo by Colin Walker.

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

QUESTIONS OR COMMENTS?

Every effort is made to ensure that the information in this catalog is accurate at the time of publication. Because policies, personnel, and funding can change, Bellevue Parks & Community Services reserves the right to add or withdraw programs and to amend, revise, or modify any provision printed in this brochure.

You are encouraged to visit www.myparksandrecreation.com for the most up-to-date information. We're always interested in knowing how we can make this publication better — contact Colin Walker, cwalker@bellevuewa.gov, or call 425-452-6885.

INCLEMENT WEATHER POLICY

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

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

If you are unable to reach the facility, then call the Parks & Community Services Department general information number at 425-452-6885. Inclement weather can effect park use and trail conditions. Please use caution when visiting parks sites during poor weather as trails and other park facilities may become wet and slippery. Park trails may also be closed.

Save a tree... Go online!

Art & Craft Programs for Families, Youth, & Teens

DRAWING & PAINTING: REGGIO EMILIA

Give your child the tools to see the world in different ways! Students learn basic drawing skills through value studies, perspective, line and sketching techniques, as well as learning how to mix and use color in their artwork, inspired by the Reggio Emilia approach. Still life scenes, three dimensional building with clay are some of the tools introduced to broaden your child's visual awareness. Supplies included. Min 8/Max 12

Northwest Arts Center			
\$157(R) \$179(N)	Age: 6Y - 11Y		
6985 4-5:30pm	Thu	Jan 31-Mar 28	
6986 4-5:30pm	Thu	Apr 25-Jun 13	

ART - ARTS DROP IN

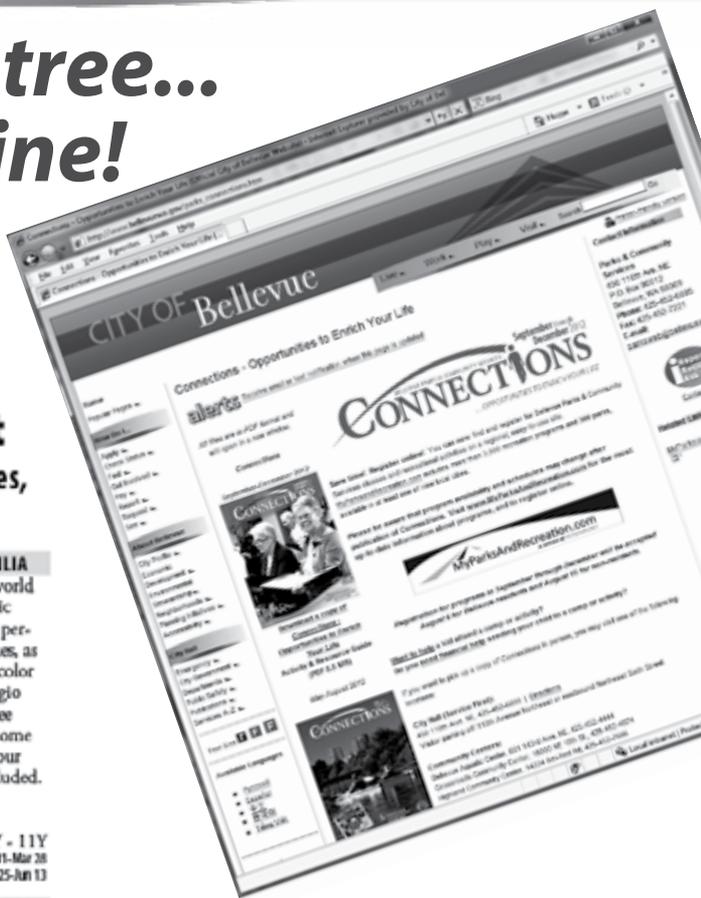
Creative fun group invites you to join us for an evening of creating art. Different medium each week. Adult supervision required for children under 18 years of age. Drop in fee payable at the door. Purchase the Play Pass for additional savings. Min 1/Max 40

North Bellevue Community Center			
\$3(R) \$4(N)	Age: 10Y and up		
7153 6-8:30pm	Tue	Jan 08-Apr 23	

CHILDREN'S POTTERY STUDIO

In a fun and supportive environment, the young artist will learn the ancient art of pottery. The possibilities of turning clay into a piece of treasured art is limitless! Hand and wheel building, sculpting, coil construction and glazing will be introduced. Supplies and firing fee included in price of class. Min 8/Max 10

Northwest Arts Center			
\$170(R) \$204(N)	Age: 6Y - 11Y		
6981 4-5:30pm	Thu	Jan 31-Mar 28	
6982 4-5:30pm	Thu	Apr 25-Jun 13	



Most program names now have clickable links directly to our online registration system in eConnections!

Quickly and easily access our programs in three easy steps:

1. Download a copy of Connections

Visit http://www.bellevuewa.gov/parks_connections.htm

2. Browse our catalog for the perfect class or activity and click the program's name.

3. You will be taken to your program. Either sign in to your account or set up a new account.

No link? Visit www.MyParksAndRecreation.com to find your program.

Special Events

SPECIAL EVENTS HILLTOP HOLIDAY CRAFT FAIR

Lift your holiday spirit! Come and enjoy a delightful, unique, whimsical, one-of-a-kind craft show featuring thousands of hand crafted items from over 80 selected Northwest crafters. It's not your ordinary CRAFT show! Craft show runs Nov 27-Dec 1. For Crafter application or information call 360-668-1987 or email: hilltop.Crafts@frontier.com. Northwest Arts Center 9825 NE 24th, Bellevue ADMIS- SION: FREE! Min 1/Max 1 Northwest Arts Center

FREE
10am-8pm Tue-Fri Age: 1M - 99Y
10am-5pm Sat Nov 27-Dec 01

CHRISTMAS SHIP FESTIVAL

Join us on shore to welcome the Christmas Ship Festival presented by Argosy Cruises. Come with family and friends to gather together to marvel at the parade of boats as they come by the beach. You can join the caroling or just enjoy onboard choirs presentation. All this and a beach fire to keep you warm. This is an all ages, free event. Min 1/Max 800

FREE
Newcastle Beach Park Age: 1Y - 99Y
8:20-8:40pm Wed Dec 12
Meydenbauer Beach Park
8-8:20pm Fri Dec 14

GARDEN D'LIGHTS AT THE BELLEVUE BOTANICAL GARDEN

November 24 - December 31, 2012, 5-10pm nightly • \$5 per person; ages 10 and under free Bellevue Botanical Garden, 12001 Main Street. This annual holiday season tradition features thousands of tiny twinkling lights that transform Bellevue Botanical Garden into a winter wonderland during the annual Garden d'Lights festival. Be sure to join us this year and bring your family, friends, and out-of-town guests!

For more information, and to find out free dates, visit www.gardendlights.org.

VOLUNTEER FOR THE HILLTOP HOLIDAY CRAFTS FAIR

Volunteers are needed for Hilltop Craft Fair. This is a great way to earn communi- ty service hours or just want to gain experi- ence in working an event. Volunteers are a valuable aspect of the crafts show as they assist the event supervisor at the comple- tion of the fair. All volunteers must be at least 14 years of age and must pre-register. Questions email NWAC@bellevuewa.gov or call 425-452-4106. Min 1/Max 8 Northwest Arts Center

FREE
66613 5-8:30pm Sat Age: 14Y - 18Y Dec 01

CROSSROADS VALENTINE FRIENDSHIP DANCE

Attention Bellevue 6th, 7th, and 8th graders! Teens from all Bellevue Middle Schools dance to the latest tunes. This is a drug/tobacco/alcohol-free dance co-spon- sored by the Parks & Community Services and Bellevue Police Departments. Students must show ASB cards to enter. Admission is \$5 per student. Dance is from 7: - 10: PM. No registration required. For more information, please call 425-452-4874. Min 1/Max 1

Crossroads Community Center
\$5 Age: 11Y - 13Y
72132 7-10pm Fri Feb 08

KELSEY CREEK SPECIAL EVENT VOLUNTEER

We are seeking energetic, fun teens to assist with children's activities at Kelsey Creek Farm special event. Volunteers must be able to follow directions, be comfortable in crowds and be on your feet in all types of weather. This is a great way to earn your community service hours. Dress to work outside with the public. Wear sturdy shoes that can get wet. Volunteers must pre-regis- ter. Volunteers must be at least 14 years old & must be enrolled in high school date of event. Questions e-mail [kelseycreekfarm@ bellevuewa.gov](mailto:kelseycreekfarm@bellevuewa.gov), or call the Farm Office at 425-452-7688. No day of event registra- tions will be accepted. Min 1/Max 11 Kelsey Creek Farm Park

FREE
71649 10am-5pm Sat Age: 14Y - 18Y Apr 27

 The
City of Bellevue
Activity
Play Pass



Your pass to all your favorite drop-in activities.

Play what you want where you want.

For more information contact parksweb@bellevuewa.gov 425-452-6885

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

Visit www.bellevuewa.gov/COBCalendar/

or http://www.bellevuewa.gov/recreation_events_intro.htm for more information.

ARBOR DAY – EARTH DAY

April 20, 2013

Bellevue's annual Arbor Day-Earth Day event, scheduled for Saturday April 20, will be held at Lewis Creek Park, located at 5808 Lakemont Blvd SE. This year's celebration will also mark the city's 22nd year of being recognized as a Tree City USA by the Arbor Day Foundation. The event will include several volunteer projects, a tree-planting ceremony and family festival. Contact 425-452-4195 or email parks_stewardship@bellevuewa.gov for more information.

KELSEY CREEK SHEEP SHEARING

Saturday, April 27, 11am-4pm

Watch the sheep being shorn of their winter coats. Enjoy spinning demonstrations, children's crafts, tractor/wagon rides, pony rides, food, animal viewing areas, and more. Please, no pets allowed in the barnyard area. For more information, call 425-452-7688 or email KelseyCreekFarm@bellevuewa.gov. Free admission, many activities have a fee. Visit the City's website for parking locations and shuttle information.

THE OWL & THE WOODPECKER IN WASHINGTON (TRAVELING EXHIBIT)

April 27-July 7

Lewis Creek Park Visitor Center, 5808 Lakemont Blvd SE

Award winning photographer, author, conservationist, and Washington resident Paul Bannick examines the intertwined life histories of owls and woodpeckers and the unique roles they have played in defining and enriching their often threatened habitats. A Burke Museum Traveling Exhibit. Ages: Appropriate for ages 14 and up. Cost: Free! No registration required. Info: 425-452-4195.

MARCH MANIA PLANT SALE

March 9, 10am– 2pm

Bellevue Botanical Garden Visitor Center, 12001 Main Street, Bellevue.

This unique sale kicks off the local plant sale season. The show has evolved from its humble beginnings ten years ago into a successful event with a long line of gardeners waiting for the sale to begin. The sale is known for its unique specialties, spring ephemerals and treasures not readily found elsewhere. Admission is free. For more information, visit www.n-p-a.org

YOUR GOAL:
EXPLORE, LEARN, PLAY
OUR GOAL:
MAKE IT EASY!



YOUR ONLINE
 REGISTRATION
 WEBSITE

**SAME GREAT CLASSES,
 OR NEW OPPORTUNITIES
 — YOU CHOOSE!**

On one easy-to-use website, you can now find the same great class you took last time, search for new classes, or explore all of our region's parks and trails.

This site has it ALL!

MyParksandRecreation.com

Over 3000 recreation programs,
 300 parks, 9 local cities, ONE website

MyParksandRecreation.com

Things to Do: Register for Classes Places to Go: Parks Information












FOLLOW US ON FACEBOOK!



Become a fan of **Bellevue Parks & Community Services** on Facebook to learn about unique events, activities, and fun ways to use Bellevue's park and open space system.

BELLEVUE AQUATIC CENTER

Pool Schedule • Valid January through February 2013

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



Blue Lagoon Lap Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00	Aquarobics Lap Swim	Lap Swim	Aquarobics Lap Swim	Lap Swim	Aquarobics Lap Swim	Special Olympics Lap Swim	
9:00-12:00	Open & Lap Swim					Lessons 9:00-12:00	Lessons 9:00-12:00
12:00-1:00	Lap Swim Masters (4 lanes)	Lap Swim	Lap Swim Deep Wtr Ex Masters (4 lanes)	Lap Swim Masters (4 lanes)	Lap Swim Masters (4 lanes)	Lap swim 8:00-12:00 Deep Wtr Ex 10 - 11 am	Lap Swim 9:00-12:00
1:00-3:00	Open & Lap Swim	MS Assoc 1-2pm Lap Swim	Open & Lap Swim	Open & Lap Swim	Open & Lap Swim	12:00-2:00 Open Swim	
3:00-5:00	High School Swim Team practice BAC Lessons					2:00-4:00 Pool Rentals	2:00-4:00 Pool Rentals
5:00-7:00	Lessons Chinook Deep Wtr Ex 6-7 pm	Lessons Chinook Aquarobics 6-7 pm	Lessons Chinook Deep Wtr Ex 6-7 pm	Lessons Chinook Aquarobics 6-7 pm	Chinook		
7:00-8:00	Open & Lap swim	Open Laps(1 Lane) Scuba(1 Lane)	Open & Lap swim	Open Laps(1 Lane) Scuba(1 Lane)	Open & Lap Swim		

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.

Discount swim times Mon-Sat before 10am in both pools, Mon - Fri 3-4:30pm in the Blue Lagoon pool only and Wednesdays 7-8pm in both pools.

Warm Springs Therapy Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00	Water Motion Class	Adult & Therapy	Water Motion Class	Adult & Therapy	Water Motion Class	Adult & Therapy	
9:00-10:00	Water Motion Class	Open & Therapy 9 - 11 am	Lessons Adult & Therapy 9:00- 12:30	Open & Therapy 9 - 11 am	Water Motion Class	Lessons 9:00 AM Noon	Lessons 9:00 AM Noon
10:00-11:30	Lessons				Adult & Therapy 10 - 1 PM		
11:30-12:30	Water Motion	Adult & Therapy 11:00- 2:30	Water Motion	Adult & Therapy 11:00 - 2:30		12:00-2:00 Open & Therapy	
12:30-2:30	Open & Therapy		Open & Therapy		Open & Therapy		
2:30-4:00	Adult & Therapy	Open & Therapy	Adult & Therapy	Open & Therapy	Adult & Therapy		
4:00-7:00	Swim Lessons				Highland 4-5 pm		
7:00-8:00	Open & Therapy	Adult & Therapy	Open & Therapy	Adult & Therapy	Open & Therapy 5:00-8:00		



Theatre Transforms Lives

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



levue but in other Eastside communities as well.

The theatre presents 10 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 10,000 performance attendees.

Today the Bellevue Youth Theatre is a place where skills are learned, talents are discovered, creativity is expressed and community is strengthened. Most importantly, it is a place where everyone has a role.

Annie

Performs at Meydenbauer
\$10 advanced / \$12 week of first show
This is the classic Broadway musical with dancing, singing, and those classic songs like "Tomorrow", "Maybe", and "Hard Knock Life". Part of the Bellevue Downtown Association's Magic Season. Come enjoy some downtown Bellevue shopping and cap off your trip with this delightful musical.

Friday, November 23 7pm
Saturday, November 24 ★2pm & 7pm
Sunday, November 25 2pm

Clara and the Nutcracker

Performs at BYT
\$10 advanced / \$12 week of first show
Before there was the famous ballet, there was a book. This is the story behind the NUTCRACKER and comes to stage for a delightful experience for the entire family. Come make this part of your holiday experience.

Friday, November 30 7pm
Saturday, December 1 7pm
Sunday, December 2 2pm
Friday, December 7 7pm
Saturday, December 8 ★2pm & 7pm
Sunday, December 9 2pm

The Little Prince

Performs at BYT
The timeless tale of a pilot crashed in a desert who meets a little boy. Stranded together the pilot learns of the boy's travels throughout the universe in pursuit of adventure, love, and meaning and ultimately his precious rose.

Friday, March 15 & 22 7pm
Saturday, March 16 & 23 7pm
Saturday, March 23 ★2pm
Sunday, March 17 & 24 2pm

Puss In Boots

Performs at BYT
The fun filled story of a wise cat with a wry sense of humor creates havoc while helping farm hand become royalty.

Thursday, April 4 7pm
Friday, April 5 7pm
Saturday, April 6 ★2pm & 7pm
Sunday, April 7 2pm

Special: \$5 shows marked with a ★.



BYT Ticket FAQs

Do I need to purchase a ticket for my baby/toddler?
You do not need to purchase a ticket for your baby/toddler if you are planning to hold him/her in your lap. If you need a seat for your child, you will be required to purchase a ticket.

Do you offer group discounts?
Yes. Tickets will be reduced by \$2 per ticket for groups of 10 or more. You must purchase the tickets for the same performance in order to qualify for a group discount. Note: you cannot exchange these tickets for another show date unless you exchange ALL of them at one time. For example, you cannot exchange two tickets for another date and keep eight for the original show date. In order to get the group discount, all 10 or more tickets must be for the same date and time. No group discounts available for \$5 tickets.

What is your refund/exchange policy?
There are no refunds once purchased. All sales are final. You may exchange your tickets, pending availability, for another performance of the same show. We will exchange your tickets at no charge to you. Exchanges must be made in person (with the tickets to be exchanged), and must be made at least 24 hours before the performance date. There can be no exchanges on the day of the show. The Box Office does not buy back unused tickets or refund tickets.

Do you offer senior/child discounts?

No. All tickets are the same price regardless of age.

My friend bought tickets for a show. Can I be seated next to her?

Seating is assigned unless otherwise indicated. In order to be seated with your friends/family, tickets must be purchased together. However, we will make every attempt to seat you near your friend's seats.

Donating your tickets.

If you cannot attend your performance and do not wish to exchange your tickets, you may donate them for tax credit. Simply return your tickets in person or by mail to the BYT Ticket Office before the scheduled performance.

What if I am late to a performance?

Late seating is often disruptive to audience members; therefore, we cannot seat you once the show has started. You will be seated during intermission. If your seating assignment is easily accessible, we may attempt to seat you during a scene break. Seating after the show has started is at the discretion of the Box Office.

Inclement Weather Policy

If a performance takes place, despite weather conditions, Bellevue Youth Theatre will not issue refunds to patrons who did not attend. When in doubt, call 425-452-7155 to confirm a performance.

Robin Hood

Performs at BYT
\$10 advanced / \$12 week of the first show. ★\$5 shows on Saturday, April 20 at 7pm and Saturday, April 27 at 2pm only.

Join us for a fun filled retelling of the classic tale of Robin Hood. Robin, Maid Marian, and Friar Tuck will all be there to delight the audience and save England from the evils of Prince John and the Sheriff of Nottingham.

Friday, April 19 & 26 7pm
Saturday, April 20 & 27 7pm
Saturday, April 27 2pm
Sunday, April 21 & 28 2pm

StoneDance Productions and The Theatre at Meydenbauer Present:

CHOP SHOP

BODIES OF WORK

February 16, 2013 at 7:30pm
February 17, 2013 at 3pm
The Theatre at Meydenbauer Center



CHOP SHOP:

BODIES OF WORK, is an exciting contemporary dance festival celebrating its 6th year with outstanding performances and master classes in dance technique at The Theatre at Meydenbauer Center and FREE community events at City of Bellevue Community Centers. Featured dance companies performing this year include Spectrum Dance Theater (Seattle), MOVE: the company (New York) and The Stone Dance Collective (Eastside).

For more information visit chopshopdance.org.

JANUARY: EXPERIENCE DANCE PROJECT

You are invited to a free Experience Dance Project program at Bellevue community centers in January. Two unique events partner with the Chop Shop Dance Festival.

Experience Dance Project programs are sponsored by 4Culture, the City of Bellevue, the Washington State Arts Commission and the National Endowment for the Arts.

Attend a free "Reading Dance" family program to discover what type of movement contemporary dance uses and learn how a dance is created. Then try a contemporary dance class – no experience necessary! Programs presented by Eva Stone of The Stone Dance Collective.

Attend a free Experience the Arts Project family program on:

- **Wednesday, January 23**, 6:30 pm at Crossroads Community Center
- **Saturday, February 2**, 11:30 am at South Bellevue Community Center

Register for a free contemporary dance class on:

- **Saturday, January 26**, 1:00 pm at Crossroads Community Center, Course 73017
- **Saturday, February 2**, 12:30 pm at South Bellevue Community Center, Course 73018



Tame your goose bumps as you traverse the Burma Loops Bridge, Charlie Chaplin Walk, Flea Jump, Heebie-Jeebie and fourteen other 'rope' crossings as high as 45 feet above the ground in this unique recreational experience on the Bellevue Challenge Course. The thrills and challenges, plus a safety harness and some encouragement, will provide a memorable experience to share with your friends and family. You'll go home refreshed and with more self-confidence. This is a great outdoor activity for individuals, families, friends or for any group.

Information and Reservations:

- **Call 425-452-4240 in advance** to reserve your date and time; drop-ins are accepted on a space-available basis.
- **Payment is required** at time of booking; be prepared to pay with a Visa or MasterCard.

Session Start Times:

Saturdays: April–October ~ 10am and 1pm
November–March **Winter Blast!**
11am only **first and third Saturdays**

Cost: \$39/resident and \$49/non-resident.

http://www.bellevuewa.gov/sbcc_challenge_course.htm

10-day Registration Preference for Bellevue Residents • Registration Begins November 5, 2012

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 November 14, 2012.

PHONE-IN

Telephone
Registration
begins
November 19,
2012.

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 MyParksAndRecreation.com, 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 after registration has been processed.

PAYMENT: Payment is accepted in Cash, checks, or Visa/MasterCard only. Payment for all programs except day camps is due in full at the time of registration. **Scholarship application is required prior to registration.**

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 the session.

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

LARGE PRINT: *Copies of the Connections are available upon two business days request at Bellevue Parks & Community Services Office.*

Adaptive Recreation Programs - 425-452-7686

REGISTRATION FORM IS FOUND ON PAGES 53 & 54. Please use this form when registering for Specialized Recreation classes.

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

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

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

RESIDENT DEFINITION:

A resident is defined as anyone living within the jurisdictional boundary of the City of Bellevue as determined by City records. If you have any question as to whether you are within the jurisdictional boundary of the City of Bellevue, please contact the Development Services Department's Land Use Division at 425-452-4188.

EQUAL OPPORTUNITY STATEMENT:

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

The City of Bellevue prohibits sex discrimination in the operation or administration of community athletics programs for youth or adults. Third parties who receive leases or permits from the City of Bellevue for a community athletic program are also prohibited from discriminating on the basis of sex. In addition, the City of Bellevue does not discriminate on any other basis provided by Federal or State law. If you have questions or wish to file a complaint, contact Jon Wilson at JWilson@bellevuewa.gov, or 425-452-4278.



10-day Registration Preference for Bellevue Residents • Registration Begins November 5, 2012

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

See **Registration Steps** Page 9.

Mail completed form to: Bellevue Parks Registration ; PO Box 90012; Bellevue, WA 98009-9012 • Make checks payable to City of Bellevue

Please Print

Adult Last Name _____ First _____ Date of Birth _____

Street Address _____ City _____ State _____ ZIP _____

E-Mail Address _____ I do not wish to receive updates from Bellevue Parks & Community Services via email.

NOTE: If you check this box, you will not be notified of future registration opportunities by email.

(____) (____) _____

Work Phone _____ Home Phone _____



Sign up to receive e-alerts via email!

Visit www.bellevuewa.gov and click on the e-Alerts icon for options and available lists.

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

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

Request for Accommodations: _____

*For scholarship information, call 425-452-6885, or see page 11.
Scholarship applications must be approved prior to registration.

Payment Details *Payment due in full at time of registration*

Payment Method

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

Credit Card Total Fee: \$ _____

Card Number _____

Expiration Date _____



Non-resident registrations are not accepted prior to the first day of non-resident registration. Registrations received from non-Bellevue residents will be accepted, beginning November 14, 2012.

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

CAUTION! PLEASE READ CAREFULLY. WAIVER OF LIABILITY/RELEASE.

To the extent provided by law, in consideration of myself and/or my child(ren) being allowed to use City of Bellevue Parks & Community Services facilities and/or participate in City-sponsored activities, I assume all risks, including risk of injury or death, associated with my or my child(ren)'s use of said facilities and/or participation in said activities. I further agree on behalf of myself, my heirs, executors, assigns, and personal representatives, to waive and release any and all rights and claims for damages, including attorney fees, I now, or may hereafter have, whether known or unknown, against the City of Bellevue and its officials, employees, and agents for any injuries suffered by me or my child(ren) in connection with the use of City facilities or participation in City-sponsored activities. I acknowledge that I have carefully read this Waiver of Liability and fully understand that I am waiving any right that I may have to bring a legal action to assert a claim against the City of Bellevue for negligence.

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

Participant or Parent/Guardian Signature _____ Date _____

Printed Name: _____

Registration NOT VALID without signed waiver.

Scholarship Application

It is the policy of Bellevue Parks & Community Services to make program opportunities available to all interested people, regardless of income. We provide scholarships to those who might not otherwise be able to participate. Scholarships may be granted for the entire class fee or may provide a percentage discount, depending on individual circumstances. All information will remain confidential.

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

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

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

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

A scholarship application alone does not register the participant, nor does it reserve space in a program. Registrations are processed in the order received. You will be notified once your application for scholarship has been reviewed.

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

Address:City: _____ State: _____
 _____ ZIP Code:Phone: (Work) _____
 _____ (Home)E-Mail Address: _____

Please Indicate:
 Family Size:
 Yearly Income (Before Taxes):
 \$ _____

HOUSEHOLD SIZE	1	2	3	4	5	6	7	8
Full Scholarship	\$14,521	\$19,669	\$24,817	\$29,965	\$35,113	\$40,261	\$45,409	\$50,557
3/4 Scholarship	\$17,593	\$23,830	\$30,067	\$36,304	\$42,541	\$48,778	\$55,015	\$61,252
1/2 Scholarship	\$20,665	\$27,991	\$35,317	\$42,643	\$49,969	\$57,295	\$64,621	\$71,947

Example: If your family size is two and your income is \$19,669 or less you are eligible for a full scholarship.

Source: 2012-2013 USDA Food & Nutrition Services Child Nutrition Programs - Income Eligibility Guidelines.

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

I certify that the above information is correct to the best of my knowledge. I reside within the city limits of Bellevue, and I understand that any additional fees (i.e., supply fees, late fees for Day Camp Programs) are my own responsibility.

Signature: _____ Date: _____

Office Use Only: Date _____ Yr____	Approved By (Print): _____ Initial: _____
<input type="checkbox"/> Approved <input type="checkbox"/> Denied <input type="checkbox"/> Exception	Comments: _____
Circle One: 50% 75% 100%	_____
Staff: _____	_____ <input type="checkbox"/> ID <input type="checkbox"/> RES <input type="checkbox"/> INC

AQUATICS

Bellevue Aquatic Center

Phone: 425-452-4444

Fax: 425-452-6100

Physical Address: 601 - 143rd Avenue NE

Mailing Address: PO Box 90012,

Bellevue, WA 98009-9012

SWIM RATES

Drop-In Fees

Adult: \$6.25

Youth (12 yrs. and younger): \$5.25

Deep Water Exercise Class: \$7.50

Master Swim Class: \$7.50

Discounted Swim (Mon-Sat before 10am when available): \$4.50

Shower only: \$2 (*Blue Lagoon locker rooms*)

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: \$62.52

Youth: \$52.56

Deep Water Exercise: \$75

Masters Swim: \$75

Discounted Swim: \$45

3 Month Swim Pass Cards

(For Lap, Open, and Rehab Swims)

Adult: \$158

Youth: \$105

Family: \$255

PARTIES AT THE POOL

Pool Rentals

Available on Saturdays, 2-4pm

And Sundays, 2-4pm

Blue Lagoon Pool

1 - 25 guests: \$214 per hour

26-60 guests: \$258.50 per hour

61-90 guests: \$286.75 per hour

91-120 guests: \$340.50 per hour

121 + guests: \$425.75 per hour

Cost includes staff and use of pool toys.

Party Room Rentals

Available during pool rentals or open swims. \$63.75 per hour. Accommodates groups of under 20. This room *is not* wheelchair accessible.

SPECIAL EVENTS/SPECIAL SCHEDULE

April 20- April Pool's Day, 12-2pm Ages 12 & under FREE!

OTHER ACTIVITIES AVAILABLE AT THE BELLEVUE AQUATIC CENTER

Aquarobics Class - Professionally trained instructors will inspire you - promoting muscle tone and a vigorous cardiovascular workout. Reduce the risk of injury and impact to your joints. Swimming skills not req'd and all fitness levels welcome. Registration: 425-894-0045 /www.aquarobics.net.

Aquarobics Deep Water Fitness -

Monday/Wednesday 6-7pm

Deep Water: Burn Calories, Build Strong Muscles & Strengthen your Core! No Impact! The Deep Water is constant resistance to get results! Professionally trained instructors. Work-at-Your-Own-Pace. Beginners to Advanced Welcome! Registration: 425-894-0045.

WaterMotion Class - Group warm-water therapy for those with arthritis, fibromyalgia, joint replacement, back issues and pre & post surgery. Increase strength, flexibility and balance using full range of motion exercises. Get In. Get Fit. Registration: 425-894-0045/www.aquarobics.net

Chinook Aquatic Club - Private USS youth swim team. For more information, email chinookswimming@hotmail.com.

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

ORCA Swim School - Swim company that offers private and semi-private lessons. Call the ORCA Swim School at 425-793-9870 for more information or to register.

Silent World - SCUBA diving company that uses the Blue Lagoon pool for lessons. Contact Silent World at 425-747-8842 for more information.

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.

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.

Therapy Groups - Contracted space is available. Contact Scott Armstrong at 425-452-4444 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.**



FOLLOW US ON FACEBOOK!

Become a fan of **Bellevue Parks & Community Services** on Facebook to learn about unique events, activities, and fun ways to use Bellevue's park and open space system.



Please remember when registering your child:

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

Minimum Class Size: Each class has a minimum class size requirement. The Bellevue Aquatic Center has the right to cancel classes when registration demand does not meet the requirement. Accommodations will be made for the registered participants whenever possible.

PRIVATE/SEMI-PRIVATE SWIM LESSONS

For lesson availability, please visit <http://www.myparksandrecreation.com> and search for "Private Swim Lessons."

PARENT/TOT LEVEL CLASSES

Ages: 6 months to 3 years
Gum Drop

Instructors provide parents with information and techniques to help their infant become comfortable in the water.

PRESCHOOL LEVEL CLASSES

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

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

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

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

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

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

See swim lesson registration dates, listed on page 14.

YOUTH LEVEL CLASSES

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

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

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

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

YOUTH 4: Refining the strokes and introduction to sidestroke.

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

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

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

ADULT LEVEL CLASSES

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

ADULT INTRODUCTION: Beginning level for adults with little or no swimming background.

ADULT INTERMEDIATE/ADVANCED: Continued development as you get comfortable in the water.

Lifeguard Training

Program offers American Red Cross certification in lifeguard training, first aid, and CPR for the professional rescuer. Participants must pass a pre-course test prior to enrollment and be at least 15 years of age by the end of the course.

ADULT INTER - ADV SWIM LESSONS

67436	6:20-6:50pm	Mon, Wed	Jan 07-30	\$82
67437	10:45-11:45am	Sat	Jan 12-Feb 16	\$123
67438	6:20-6:50pm	Mon, Wed	Feb 04-Mar 06	\$82
67439	10:45-11:45am	Sat	Mar 02-Apr 06	\$123
67440	6:20-6:50pm	Mon, Wed	Mar 11-Apr 03	\$82
67442	9:35-10:35am	Sat	Apr 13-Jun 01	\$164
67441	6:20-6:50pm	Mon, Wed	Apr 15-May 08	\$82

ADULT INTRODUCTION SWIM LESSONS

67455	6:20-6:50pm	Tue, Thu	Jan 08-31	\$82
67456	6:20-6:50pm	Mon, Wed	Jan 07-30	\$82
67457	9:35-10:35am	Sun	Jan 13-Feb 17	\$123
67458	6:20-6:50pm	Tue, Thu	Feb 05-Mar 07	\$82
67462	6:20-6:50pm	Mon, Wed	Feb 04-Mar 06	\$82
67459	9-10am	Sat	Mar 02-Apr 06	\$123
67460	9:35-10:35am	Sun	Mar 03-Apr 07	\$123
67461	6:20-6:50pm	Tue, Thu	Mar 12-Apr 04	\$82
67463	6:20-6:50pm	Mon, Wed	Mar 11-Apr 03	\$82
67464	5:45-6:15pm	Mon, Wed	Apr 15-May 08	\$82
67465	9-10am	Sun	Apr 14-Jun 02	\$164
67466	6:20-6:50pm	Tue, Thu	Apr 16-May 09	\$82

PARENT/TOT SWIM LESSONS

67500	11-11:30am	Mon, Wed	Jan 07-30	\$72
67501	5:45-6:15pm	Tue, Thu	Jan 08-31	\$72
67502	10:10-10:40am	Sat	Jan 12-Feb 16	\$54
67503	11:20-11:50am	Sat	Jan 12-Feb 16	\$54
67504	11:20-11:50am	Sun	Jan 13-Feb 17	\$54
67505	11-11:30am	Mon, Wed	Feb 04-Mar 06	\$72
67506	5:45-6:15pm	Tue, Thu	Feb 05-Mar 07	\$72
67508	11:20-11:50am	Sat	Mar 02-Apr 06	\$54
67509	10:10-10:40am	Sat	Mar 02-Apr 06	\$54
67507	11:20-11:50am	Sun	Mar 03-Apr 07	\$54
67510	11-11:30am	Mon, Wed	Mar 11-Apr 03	\$72
67512	5:45-6:15pm	Tue, Thu	Mar 12-Apr 04	\$72
67514	10:45-11:15am	Sat	Apr 13-Jun 01	\$72
67515	11:20-11:50am	Sat	Apr 13-Jun 01	\$72
67511	11-11:30am	Mon, Wed	Apr 15-May 08	\$72
67513	6:20-6:50pm	Mon, Wed	Apr 15-May 08	\$72
67525	11:20-11:50am	Sun	Apr 14-Jun 02	\$72
67527	6:20-6:50pm	Tue, Thu	Apr 16-May 09	\$72

PRESCHOOL 1 SWIM LESSONS

67587	10-10:30am	Mon, Wed	Jan 07-30	\$86
67588	4-4:30pm	Mon, Wed	Jan 07-30	\$86
67589	4:35-5:05pm	Mon, Wed	Jan 07-30	\$86
67590	4-4:30pm	Tue, Thu	Jan 08-31	\$86
67591	6:20-6:50pm	Tue, Thu	Jan 08-31	\$86
67592	9-9:30am	Sat	Jan 12-Feb 16	\$64.50
67593	9:35-10:05am	Sat	Jan 12-Feb 16	\$64.50
67600	10:10-10:40am	Sat	Jan 12-Feb 16	\$64.50
67610	4:35-5:05pm	Tue, Thu	Jan 08-31	\$86
67594	9:35-10:05am	Sat	Jan 13-Feb 17	\$64.50
67595	10:45-11:15am	Sun	Jan 13-Feb 17	\$64.50
67596	10-10:30am	Mon, Wed	Feb 04-Mar 06	\$86
67597	4:35-5:05pm	Mon, Wed	Feb 04-Mar 06	\$86
67598	4:35-5:05pm	Tue, Thu	Feb 05-Mar 07	\$86
67599	6:20-6:50pm	Tue, Thu	Feb 05-Mar 07	\$86
67601	5:45-6:15pm	Mon, Wed	Feb 04-Mar 06	\$86
67667	4-4:30pm	Mon, Wed	Feb 04-Mar 06	\$86
67602	9-9:30am	Sat	Mar 02-Apr 06	\$64.50
67603	10:10-10:40am	Sat	Mar 02-Apr 06	\$64.50
67624	11:20-11:50am	Sat	Mar 02-Apr 06	\$64.50
67604	9:35-10:05am	Sun	Mar 03-Apr 07	\$64.50
67621	10:10-10:40am	Sun	Mar 03-Apr 07	\$64.50
67622	10:45-11:15am	Sun	Mar 03-Apr 07	\$64.50
67605	10-10:30am	Mon, Wed	Mar 11-Apr 03	\$86
67606	4-4:30pm	Mon, Wed	Mar 11-Apr 03	\$86
67607	4:35-5:05pm	Mon, Wed	Mar 11-Apr 03	\$86
67608	5:10-5:40pm	Mon, Wed	Mar 11-Apr 03	\$86
67609	4:35-5:05pm	Tue, Thu	Mar 12-Apr 04	\$86
67611	6:20-6:50pm	Tue, Thu	Mar 12-Apr 04	\$86
67618	11:20-11:50am	Sat	Apr 13-Jun 01	\$86
67619	9:35-10:05am	Sat	Apr 13-Jun 01	\$86
67669	10:45-11:15am	Sat	Apr 13-Jun 01	\$86
67612	10-10:30am	Mon, Wed	Apr 15-May 08	\$86
67613	4-4:30pm	Mon, Wed	Apr 15-May 08	\$86
67614	5:10-5:40pm	Mon, Wed	Apr 15-May 08	\$86
67615	6:20-6:50pm	Mon, Wed	Apr 15-May 08	\$86
67616	4:35-5:05pm	Tue, Thu	Apr 16-May 09	\$86
67617	5:45-6:15pm	Tue, Thu	Apr 16-May 09	\$86
67620	9-9:30am	Sun	Apr 14-Jun 02	\$86
67668	5:10-5:40pm	Tue, Thu	Apr 16-May 09	\$86
67670	11:20-11:50am	Sun	Apr 14-Jun 02	\$86
67671	10:10-10:40am	Sun	Apr 14-Jun 02	\$86

PRESCHOOL 2 SWIM LESSONS

67719	10:30-11am	Mon, Wed	Jan 07-30	\$86
67720	5:10-5:40pm	Mon, Wed	Jan 07-30	\$86
67721	5:45-6:15pm	Mon, Wed	Jan 07-30	\$86
67722	4-4:30pm	Tue, Thu	Jan 08-31	\$86
67723	5:10-5:40pm	Tue, Thu	Jan 08-31	\$86
67724	6:20-6:50pm	Tue, Thu	Jan 08-31	\$86
67725	9:35-10:05am	Sat	Jan 12-Feb 16	\$64.50
67726	10:45-11:15am	Sat	Jan 12-Feb 16	\$64.50
67727	9-9:30am	Sun	Jan 13-Feb 17	\$64.50
67728	9:35-10:05am	Sun	Jan 13-Feb 17	\$64.50
67729	10:10-10:40am	Sun	Jan 13-Feb 17	\$64.50
67730	10:30-11am	Mon, Wed	Feb 04-Mar 06	\$86
67731	5:45-6:15pm	Mon, Wed	Feb 04-Mar 06	\$86
67732	4-4:30pm	Mon, Wed	Feb 04-Mar 06	\$86
67733	5:10-5:40pm	Tue, Thu	Feb 05-Mar 07	\$86
67734	4:35-5:05pm	Tue, Thu	Feb 05-Mar 07	\$86
67735	10:45-11:15am	Sat	Mar 02-Apr 06	\$64.50
67736	11:20-11:50am	Sat	Mar 02-Apr 06	\$64.50
67737	9:35-10:05am	Sat	Mar 02-Apr 06	\$64.50
67738	9-9:30pm	Sun	Mar 03-Apr 07	\$64.50
67739	9:35-10:05am	Sun	Mar 03-Apr 07	\$64.50
67740	10:10-10:40am	Sun	Mar 03-Apr 07	\$64.50
67741	5:45-6:15pm	Mon, Wed	Mar 11-Apr 03	\$86
67742	4:35-5:05pm	Mon, Wed	Mar 11-Apr 03	\$86
67743	5:10-5:40pm	Tue, Thu	Mar 12-Apr 04	\$86
67744	5:10-5:40pm	Mon, Wed	Mar 11-Apr 03	\$86
67745	6:20-6:50pm	Tue, Thu	Mar 12-Apr 04	\$86
67747	10:30-11am	Mon, Wed	Mar 11-Apr 03	\$86
67758	4:35-5:05pm	Tue, Thu	Mar 12-Apr 04	\$86
67751	9-9:30am	Sat	Apr 13-Jun 01	\$86
67752	10:10-10:40am	Sat	Apr 13-Jun 01	\$86
67785	11:20-11:50am	Sat	Apr 13-Jun 01	\$86
67742	10:30-11am	Mon, Wed	Apr 15-May 08	\$86
67746	4:35-5:05pm	Mon, Wed	Apr 15-May 08	\$86
67749	4-4:30pm	Tue, Thu	Apr 16-May 09	\$86
67750	5:10-5:40pm	Tue, Thu	Apr 16-May 09	\$86
67786	9:35-10:05am	Sun	Apr 14-Jun 02	\$86
67787	10:45-11:15am	Sun	Apr 14-Jun 02	\$86

PRESCHOOL 3 SWIM LESSONS

67828	4-4:30pm	Mon, Wed	Jan 07-30	\$86
67829	5:10-5:40pm	Tue, Thu	Jan 08-31	\$86
67830	9-9:30am	Sat	Jan 12-Feb 16	\$64.50
67831	10:45-11:15am	Sat	Jan 12-Feb 16	\$64.50
67832	9-9:30am	Sun	Jan 13-Feb 17	\$64.50
67833	10:10-10:40am	Sun	Jan 13-Feb 17	\$64.50
67834	10:45-11:15am	Sun	Jan 13-Feb 17	\$64.50
67835	5:45-6:15pm	Mon, Wed	Feb 04-Mar 06	\$86
67836	6:20-6:50pm	Tue, Thu	Feb 05-Mar 07	\$86
67837	4-4:30pm	Tue, Thu	Feb 05-Mar 07	\$86
67838	5:10-5:40pm	Mon, Wed	Feb 04-Mar 06	\$86
67839	10:45-11:15am	Sat	Mar 02-Apr 06	\$64.50
67840	9-9:30am	Sun	Mar 03-Apr 07	\$64.50
67841	10:10-10:40am	Sun	Mar 03-Apr 07	\$64.50
67842	10:45-11:15am	Sun	Mar 03-Apr 07	\$64.50
67843	5:45-6:15pm	Mon, Wed	Mar 11-Apr 03	\$86
67844	4-4:30pm	Tue, Thu	Mar 12-Apr 04	\$86
67847	10:45-11:15am	Sat	Apr 13-Jun 01	\$86
67865	9:35-10:05am	Sat	Apr 13-Jun 01	\$86
67845	5:10-5:40pm	Mon, Wed	Apr 15-May 08	\$86
67846	10:10-10:40am	Sun	Apr 14-Jun 02	\$86
67863	6:20-6:50pm	Mon, Wed	Apr 15-May 08	\$86
67864	4:35-5:05pm	Tue, Thu	Apr 16-May 09	\$86
67866	11:20-11:50am	Sun	Apr 14-Jun 02	\$86
67867	5:45-6:15pm	Tue, Thu	Apr 16-May 09	\$86

PRESCHOOL 4 SWIM LESSONS

67903	4-4:30pm	Mon, Wed	Jan 07-30	\$86
67904	4-4:30pm	Tue, Thu	Jan 08-31	\$86
67905	4:35-5:05pm	Tue, Thu	Jan 08-31	\$86
67906	10:10-10:40am	Sat	Jan 12-Feb 16	\$64.50
67911	5:45-6:15pm	Mon, Wed	Jan 07-30	\$86
67907	9:35-10:05am	Sun	Jan 13-Feb 17	\$64.50
67908	4:35-5:05pm	Mon, Wed	Feb 04-Mar 06	\$86
67909	4-4:30pm	Tue, Thu	Feb 05-Mar 07	\$86
67910	5:10-5:40pm	Tue, Thu	Feb 05-Mar 07	\$86
67912	10:10-10:40am	Sat	Mar 02-Apr 06	\$64.50
67947	10:45-11:15am	Sun	Mar 03-Apr 07	\$64.50
67913	5:10-5:40pm	Tue, Thu	Mar 12-Apr 04	\$86
67914	4:35-4:30pm	Mon, Wed	Mar 11-Apr 03	\$86
67929	10:10-10:40am	Sat	Apr 13-Jun 01	\$86
67935	9-9:30am	Sat	Apr 13-Jun 01	\$86
67915	4-4:30pm	Mon, Wed	Apr 15-May 08	\$86
67916	4-4:30pm	Tue, Thu	Apr 16-May 09	\$86
67930	9:35-10:05am	Sun	Apr 14-Jun 02	\$86
67931	10:45-11:15am	Sun	Apr 14-Jun 02	\$86

PRESCHOOL 5 SWIM LESSONS

67964	5:45-6:15pm	Tue, Thu	Jan 08-31	\$86
67965	9:35-10:05am	Sat	Jan 12-Feb 16	\$64.50
67966	11:20-11:50am	Sat	Jan 12-Feb 16	\$64.50
67969	4:35-5:05pm	Mon, Wed	Jan 07-30	\$86
67967	10:10-10:40am	Sun	Jan 13-Feb 17	\$64.50
67968	5:10-5:40pm	Mon, Wed	Feb 04-Mar 06	\$86
67970	4:35-5:05pm	Tue, Thu	Feb 05-Mar 07	\$86
67971	9:35-10:35am	Sat	Mar 02-Apr 06	\$64.50
67972	4-4:30pm	Tue, Thu	Mar 12-Apr 04	\$86
67983	5:45-6:15pm	Mon, Wed	Mar 11-Apr 03	\$86
67973	9:35-10:05am	Sat	Apr 13-Jun 01	\$86
67974	9-9:30am	Sun	Apr 14-Jun 02	\$86
67975	10:10-10:40am	Sun	Apr 14-Jun 02	\$86
67984	4:35-5:05pm	Tue, Thu	Apr 16-May 09	\$86

YOUTH LEVEL 1 SWIM LESSONS

68000	6:20-6:50pm	Mon, Wed	Jan 07-30	\$86
68001	4:35-5:05pm	Tue, Thu	Jan 08-31	\$86
68002	9-9:30am	Sat	Jan 12-Feb 16	\$64.50
68003	9:35-10:05am	Sat	Jan 12-Feb 16	\$64.50
68009	4-4:30pm	Mon, Wed	Jan 07-30	\$86
68010	5:45-6:15pm	Mon, Wed	Jan 07-30	\$86
68004	9-9:30am	Sun	Jan 13-Feb 17	\$64.50
68005	11:20-11:50am	Sun	Jan 13-Feb 17	\$64.50
68006	4:35-5:05pm	Mon, Wed	Feb 04-Mar 06	\$86
68007	4-4:30pm	Tue, Thu	Feb 05-Mar 07	\$86
68008	5:45-6:15pm	Tue, Thu	Feb 05-Mar 07	\$86
68011	4-4:30pm	Mon, Wed	Feb 04-Mar 06	\$86
68012	9-9:30am	Sat	Mar 02-Apr 06	\$64.50
68013	9:35-10:05am	Sat	Mar 02-Apr 06	\$64.50
68015	9-9:30am	Sun	Mar 03-Apr 07	\$64.50
68014	4-4:30pm	Mon, Wed	Mar 11-Apr 03	\$86
68016	6:20-6:50pm	Mon, Wed	Mar 11-Apr 03	\$86
68017	4:35-5:05pm	Tue, Thu	Mar 12-Apr 04	\$86
68018	5:45-6:15pm	Tue, Thu	Mar 12-Apr 04	\$86
68038	9-9:30am	Sat	Apr 13-Jun 01	\$86
68040	10:10-10:40am	Sat	Apr 13-Jun 01	\$86
68019	5:45-6:15pm	Mon, Wed	Apr 15-May 08	\$86
68020	9:35-10:05am	Sun	Apr 14-Jun 02	\$86
68035	4-4:30pm	Mon, Wed	Apr 15-May 08	\$86
68036	5:10-5:40pm	Tue, Thu	Apr 16-May 09	\$86
68037	5:10-5:40pm	Mon, Wed	Apr 15-May 08	\$86

YOUTH LEVEL 2 SWIM LESSONS

68080	10:45-11:15am	Sat	Jan 12-Feb 16	\$61.50
68081	9-9:30am	Sat	Jan 12-Feb 16	\$61.50
68084	5:10-5:40pm	Mon, Wed	Jan 07-30	\$82
68096	4:35-5:05pm	Mon, Wed	Jan 07-30	\$82
68097	4:35-5:05pm	Tue, Thu	Jan 08-31	\$82
68082	9:35-10:05am	Sun	Jan 13-Feb 17	\$61.50
68083	10:45-11:15am	Sun	Jan 13-Feb 17	\$61.50
68085	4:35-5:05pm	Tue, Thu	Feb 05-Mar 07	\$82
68086	5:45-6:15pm	Tue, Thu	Feb 05-Mar 07	\$82
68087	6:20-6:50pm	Mon, Wed	Feb 04-Mar 06	\$82
68088	9-9:30am	Sat	Mar 02-Apr 06	\$61.50
68089	9:35-10:05am	Sun	Mar 03-Apr 07	\$61.50
68090	11:20-11:50am	Sun	Mar 03-Apr 07	\$61.50
68091	5:45-6:15pm	Mon, Wed	Mar 11-Apr 03	\$82
68092	5:10-5:40pm	Mon, Wed	Mar 11-Apr 03	\$82
68093	5:10-5:40pm	Tue, Thu	Mar 12-Apr 04	\$82
68094	6:20-6:50pm	Tue, Thu	Mar 12-Apr 04	\$82
68124	9-9:30am	Sat	Apr 13-Jun 01	\$82
68125	10:10-10:40am	Sat	Apr 13-Jun 01	\$82
68095	4:35-5:05pm	Mon, Wed	Apr 15-May 08	\$82
68098	5:45-6:15pm	Mon, Wed	Apr 15-May 08	\$82
68099	10:10-10:40am	Sun	Apr 14-Jun 02	\$82
68123	4:35-5:05pm	Tue, Thu	Apr 16-May 09	\$82
68126	5:45-6:15pm	Tue, Thu	Apr 16-May 09	\$82
68127	9-9:30am	Sun	Apr 14-Jun 02	\$82

YOUTH LEVEL 3 SWIM LESSONS

68150	5:10-5:40pm	Mon, Wed	Jan 07-30	\$82
68151	4-4:30pm	Tue, Thu	Jan 08-31	\$82
68152	5:45-6:15pm	Tue, Thu	Jan 08-31	\$82
68153	9-9:30am	Sat	Jan 12-Feb 16	\$61.50
68154	9:35-10:05am	Sat	Jan 12-Feb 16	\$61.50
68158	4:35-5:05pm	Mon, Wed	Jan 07-30	\$82
68155	11:20-11:50am	Sun	Jan 13-Feb 17	\$61.50
68156	4-4:30pm	Mon, Wed	Feb 04-Mar 06	\$82
68157	4-4:30pm	Tue, Thu	Feb 05-Mar 07	\$82
68159	4:35-5:05pm	Mon, Wed	Feb 04-Mar 06	\$82
68160	9:35-10:05am	Sat	Mar 02-Apr 06	\$61.50
68161	10:45-11:15am	Sat	Mar 02-Apr 06	\$61.50
68162	11:20-11:50am	Sun	Mar 03-Apr 07	\$61.50
68163	9-9:30am	Sun	Mar 03-Apr 07	\$61.50
68164	4-4:30pm	Mon, Wed	Mar 11-Apr 03	\$82
68165	4-4:30pm	Tue, Thu	Mar 12-Apr 04	\$82
68166	5:45-6:15pm	Tue, Thu	Mar 12-Apr 04	\$82
68192	9:35-10:05am	Sat	Apr 13-Jun 01	\$82
68167	10:45-11:15am	Sun	Apr 14-Jun 02	\$82
68190	4-4:30pm	Tue, Thu	Apr 16-May 09	\$82
68191	6:20-6:50pm	Tue, Thu	Apr 16-May 23	\$82
68193	9:35-10:05am	Sun	Apr 14-Jun 02	\$82
68194	4:35-5:05pm	Mon, Wed	Apr 15-May 08	\$82

YOUTH LEVEL 4 SWIM LESSONS

68222	6:20-6:50pm	Mon, Wed	Jan 07-30	\$82
68223	6:20-6:50pm	Tue, Thu	Jan 08-31	\$82
68224	10:10-10:40am	Sat	Jan 12-Feb 16	\$61.50
68225	10:10-10:40am	Sun	Jan 13-Feb 17	\$61.50
68226	10:45-11:15am	Sun	Jan 13-Feb 17	\$61.50
68227	5:45-6:15pm	Mon, Wed	Feb 04-Mar 06	\$82
68228	5:10-5:40pm	Tue, Thu	Feb 05-Mar 07	\$82
68229	6:20-6:50pm	Tue, Thu	Feb 05-Mar 07	\$82
68251	10:10-10:40am	Sat	Mar 02-Apr 06	\$61.50
68230	9-9:30am	Sun	Mar 03-Apr 07	\$61.50
68233	10:10-10:40am	Sun	Mar 03-Apr 07	\$61.50
68231	4-4:30pm	Mon, Wed	Mar 11-Apr 03	\$82
68232	4:35-5:05pm	Tue, Thu	Mar 12-Apr 04	\$82
68252	10:45-11:15am	Sat	Apr 13-Jun 01	\$82
68234	4-4:30pm	Mon, Wed	Apr 15-May 08	\$82
68235	9-9:30am	Sun	Apr 14-Jun 02	\$82
68236	11:20-11:50am	Sun	Apr 14-Jun 02	\$82
68253	4-4:30pm	Tue, Thu	Apr 16-May 09	\$82

Registration Dates:

Programs listed in BOLD BLACK:

Resident: November 5 / **Non-Resident:** November 14

Programs listed in GRAY:

Resident: January 2 / **Non-Resident:** January 11

Programs listed in BLACK ITALIC:

Resident: February 4 / **Non-Resident:** February 13

Programs listed in BLACK UNDERLINE:

Resident: February 25 / **Non-Resident:** March 6

YOUTH LEVEL 5 SWIM LESSONS

68275	5:45-6:15pm	Mon, Wed	Jan 07-30	\$82
68276	5:10-5:40pm	Tue, Thu	Jan 08-31	\$82
68277	10:45-11:15am	Sat	Jan 12-Feb 16	\$61.50
68286	11:20-11:50am	Sat	Jan 12-Feb 16	\$61.50
68278	9-9:30am	Sun	Jan 13-Feb 17	\$61.50
68279	11:20-11:50am	Sun	Jan 13-Feb 17	\$61.50
68280	5:10-5:40pm	Mon, Wed	Feb 04-Mar 06	\$82
68290	10:45-11:15am	Sat	Mar 02-Apr 06	\$61.50
68281	9:35-10:05am	Sun	Mar 03-Apr 07	\$61.50
68304	11:20-11:50am	Sun	Mar 03-Apr 07	\$61.50
68282	4:35-5:05pm	Mon, Wed	Mar 11-Apr 03	\$82
68283	4-4:30pm	Tue, Thu	Mar 12-Apr 04	\$82
68287	10:45-11:15am	Sat	Apr 13-Jun 01	\$82
68288	11:20-11:50am	Sat	Apr 13-Jun 01	\$82
68284	5:10-5:40pm	Mon, Wed	Apr 15-May 08	\$82
68285	5:45-6:15pm	Tue, Thu	Apr 16-May 09	\$82
68289	10:45-11:15am	Sun	Apr 14-Jun 02	\$82
68308	11:20-11:50am	Sun	Apr 14-Jun 02	\$82

YOUTH LEVEL 6 SWIM LESSONS

68324	5:10-5:40pm	Mon, Wed	Jan 07-30	\$82
68325	5:45-6:15pm	Tue, Thu	Jan 08-31	\$82
68326	11:20-11:50am	Sat	Jan 12-Feb 16	\$61.50
68327	10:45-11:15am	Sun	Jan 13-Feb 17	\$61.50
68328	6:20-6:50pm	Mon, Wed	Feb 04-Mar 06	\$82
68329	5:45-6:15pm	Tue, Thu	Feb 05-Mar 07	\$82
68330	11:20-11:50am	Sat	Mar 02-Apr 06	\$61.50
68331	10:45-11:15am	Sun	Mar 03-Apr 07	\$61.50
68332	6:20-6:50pm	Mon, Wed	Mar 11-Apr 03	\$82
68333	5:45-6:15pm	Tue, Thu	Mar 12-Apr 04	\$82
68344	11:20-11:50am	Sat	Apr 13-Jun 01	\$82
68334	4:35-5:05pm	Mon, Wed	Apr 15-Jun 05	\$82
68343	10:10-10:40am	Sun	Apr 14-Jun 02	\$82
68345	6:20-6:50pm	Tue, Thu	Apr 16-May 09	\$82

PRE-COMPETITION SWIM LESSONS

67548	5:10-5:40pm	Tue, Thu	Jan 08-31	\$82
67549	10:10-10:40am	Sat	Jan 12-Feb 16	\$61.50
67550	11:20-11:50am	Sun	Jan 13-Feb 17	\$61.50
67551	5:10-5:40pm	Mon, Wed	Feb 04-Mar 06	\$82
67552	5:10-5:40pm	Tue, Thu	Feb 05-Mar 07	\$82
67556	11:20-11:50am	Sun	Mar 03-Apr 07	\$61.50
67553	5:10-5:40pm	Mon, Wed	Mar 11-Apr 03	\$82
67554	5:10-5:40pm	Tue, Thu	Mar 12-Apr 04	\$82
67558	9-9:30am	Sat	Apr 13-Jun 01	\$82
67555	5:45-6:15pm	Mon, Wed	Apr 15-May 08	\$82
67557	5:10-5:40pm	Tue, Thu	Apr 16-May 09	\$82
67569	10:45-11:15am	Sun	Apr 14-Jun 02	\$82

After-School Programs

KID-ZONE GAMES DROP-IN

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

FREE

Age: 7Y - 18Y

Crossroads Community Center

2:30-5:30pm	Mon-Fri	Ongoing
1:50-3:00pm	Wed	Ongoing

CREATIVE KIDS AFTER SCHOOL PROGRAM

Enhance your child's creativity at the Northwest Arts Center. Activities include active games, art and clay arts in our own pottery studio; nature study & outdoor play. Staff will provide safe walking transportation from Clyde Hill Elem. to the Northwest Arts Center. For more information call 425 452-4106. Min 15/Max 20 Northwest Arts Center

\$150(R)	\$180(N)	Age: 6Y - 11Y
71380	12:30am-3pm	Wed Jan 09-Feb 13
71381	12:30-3:30pm	Wed Feb 27-Apr 03
\$200(R)	\$240(N)	Age: 6Y - 11Y
71382	12:30-3pm	Wed Apr 17-Jun 05

WINTERFEST DAY CAMP

The Kelsey Creek Barn provides a cozy environment for crafts, songs, and games. Each day your child will have an opportunity to run and play in a safe environment. Our caring and enthusiastic staff will help your child enjoy this fun-filled camp. Please bring a lunch w/beverage. No extended care. Min 12/Max 20

Kelsey Creek Farm Park

\$93(R)	\$112(N)	Age: 5Y - 10Y
71646	9:30am-3pm	Wed-Fri Jan 02-04

SPORTBALL FITKIDS CAMP

This program offers the perfect blend of sports fun and physical activity for your child. The first half of each class focuses on key body movements which will help build coordination, flexibility, stability and strength. Our trained and certified coaches then focus on the development of fundamental sport skills for up to 8 different ball sports; baseball, football, hockey, basketball, soccer, volleyball, golf and tennis. Children have an opportunity to REFINE, REHEARSE and REPEAT skills and put those skills to work in an exciting non-competitive game. Min 3/Max 14 South Bellevue Community Center

\$144(R)	\$180(N)	Age: 6Y - 9Y
72646	1-4pm	Tue-Fri Feb 19-22
\$180(R)	\$225(N)	Age: 6Y - 9Y
72647	1-4pm	Mon-Fri Apr 08-12

CARTOONIVERSITY CAMP

Explore the art of cartooning in depth with local editorial cartoonist/humorous illustrator Jeff Johnson. Areas of study include character development, action poses, backgrounds, perspective and lettering. Daily projects include blank puzzles, flip-book animation, character profiles, comic strips and more! All supplies included. Bring a sack lunch & beverage. Min 10/Max 15 Kelsey Creek Farm Park

\$200(R)	\$240(N)	Age: 9Y - 14Y
72521	10am-3pm	Tue-Fri Feb 19-22

KELSEY CREEK FARM MID-WINTER CAMP

Winter break and nothing to do? Keep busy at the Farm! Touch and learn about our animal friends, work in the barn with rakes and pails and mix up treats for the animals. We'll create art, bake snacks and play in the loft, too. Don't worry about the weather; we'll stay warm and dry. Bring a lunch and drink. Snack provided. Min 6/Max 10

Kelsey Creek Farm Park

\$138(R)	\$152(N)	Age: 4Y - 6Y
72517	10am-1pm	Mon-Fri Feb 18-22

SKATEBOARD CAMP - BIDDY BOARDERS

Finally a skateboard camp for the little shredders. This camp is designed to get the little ones standing up and rolling on their boards safely. This fun camp also includes ramp riding skills, falling correctly, taking turns and skate park etiquette. Parents are encouraged to attend. Safety gear and skateboards are available if needed. Min 5/Max 8

Highland Community Center

\$100(R)	\$120(N)	Age: 4Y - 6Y
72925	1-2:15pm	Mon-Fri Feb 18-22
72926	1-2:15pm	Mon-Fri Apr 08-12

SKATEBOARD CAMP - WINTER BREAK

The longest running skateboard camp in the state just got even better at the newly remodeled indoor skate park. Our expert staff have years of experience from helping beginners for the very first time to showing secret techniques to advanced skaters. The camp includes park safety, trick tips, skate games, a contest, and a pizza party, all with an emphasis on friends and fun. Whether you're just starting out or an experienced skater this camp is for you.

Highland Community Center

\$150(R)	\$160(N)	Age: 8Y - 15Y
72920	9am-12pm	Mon-Fri Feb 18-22

SKATEBOARD CAMP- SPRING BREAK

The longest running skateboard camp in the state just got even better with the addition of the outdoor skate plaza. Our expert staff have years of experience from helping beginners for the very first time to showing secret techniques to advanced skaters. With over fifteen years under our belt we believe we offer the most comprehensive camp out there. The camp includes park safety, trick tips, skate games, a contest, and a pizza party, all with an emphasis on friends and fun. Whether you're just starting out or an experienced skater this camp is for you. Min 8/Max 15

Highland Community Center

\$150(R)	\$160(N)	Age: 8Y - 15Y
72921	9am-12pm	Mon-Fri Apr 08-12
72923	12-3pm	Mon-Fri Apr 15-19

After-School Programs

MID-WINTER BREAK SPORTS CAMP

A week of fast paced action where kids will have a blast!! Campers will receive instruction and participate in a variety of sports including basketball, dodgeball, volleyball, indoor soccer and floor-hockey. Outdoor activities will take place as weather allows. Field trip to local recreational attraction is included in the price of camp. Min 10/ Max 40

Tyee Middle School Site

\$132(R) \$158(N) Age: 7Y - 12Y
72965 8am-4pm Tue-Fri Feb 19-22

BYT DAY CAMP:

GOLDOLOCKS AND THE THREE BEARS

Play a part in the adaptation of the beloved children's story. This camp is appropriate for girls and boys alike. Your children will learn basic theatre techniques in a relaxed recreation based program. Children are cast into a role that is appropriate for their age and development level. Bellevue Youth Theatre emphasizes positive experience and growth of the child over stage time and role size. Extended care is available for this camp. Min 15/Max 20

Ivanhoe Park Site

\$177.50(R) \$213.50(N) Age: 5Y - 12Y
71588 9:30am-3pm Mon-Fri Apr 08-12

BYT Day Camp Extended Care

\$47.50(R) \$54.50(N) Age: 5Y - 12Y
71592 7:30am-5:30pm Mon-Fri Apr 08-12

SPRING BREAK CAMP

Enhance your child's creativity while enjoying the beautiful setting of the Northwest Arts Center. Camp activities compliment the season and include a combination of indoor and outdoor activities. Children will enjoy a variety of activities each day including outdoor games, movement, mixed media arts & crafts, and pottery in our own pottery studio. Min 15/Max 30

Northwest Arts Center

\$200(R) \$240(N) Age: 6Y - 11Y
71387 9am-3pm Mon-Fri Apr 08-12

HIGH ADVENTURE SPRING BREAK CAMP

What appeals to your sense of a spring break adventure? If it is hiking in the Cascades, snowshoeing, outdoor cooking, geocaching, or just hanging with friends outdoors, then join City of Bellevue expert guides for three action-packed days of outdoor fun. We will spend each day in a different location, developing new skills and exploring fresh terrain. All technical gear and transportation provided! Min 5/ Max 12

Highland Community Center

\$120(R) \$140(N) Age: 4Y - 6Y
72933 9am-4pm Mon-Wed Apr 08-10

ROCK CLIMBING - SPRING BREAK CAMP

Get a jump start on your rock climbing skills in a safe and fun climbing environment on SBCC's 33 foot indoor climbing wall. There will be climbing routes and fun, but challenging games for every level of ability from beginner to expert. On Thursday and Friday, campers meet at South Bellevue Community Center daily at 9am and return by 4pm. All climbing equipment is provided. Campers need to bring a pack with lunch, sunscreen and a hat. Climbing shoes are recommended but are not required. Min 4/Max 12

South Bellevue Community Center

\$245(R) \$290(N) Age: 7Y - 13Y
71882 9am-12:30pm Mon-Fri Apr 08-12

I-BALL SKILLS CAMP

The City of Bellevue and i-Ball have partnered to offer Pro Basketball Camps for kids, ages 6-14. i-Ball is ran by professional basketball player and former Globetrotter's Harlem All-Star, Kyle Keyes along with i-Ball staff. Players will have a fun and exciting experience learning a wide array of basketball skills, developing sportsmanship and playing games at i-Ball Skills Camps. Players will be drilled throughout camp on the proper form and technique that it takes to be both confident and successful in real games. Players will gain a wealth of basketball knowledge at i-Ball Camps. Min 10/Max 50

Newport High School

\$164(R) \$197(N) Age: 6Y - 14Y
73139 9am-3pm Tue-Fri Feb 19-22
73140 9am-3pm Mon-Thu Apr 08-11

DREAMING OF SPRING - TAKE A BREAK AT THE FARM

Spring into action with animal experiences, farm chores, art activities, games and more! Hands-on learning will keep us busy and happy. Wear clothes and shoes/boots that can get dirty and bring a lunch and drink. Snack will be provided and may include dairy and wheat products. Min 8/Max 10

Kelsey Creek Farm Park

\$138 \$152 Age: 4Y - 6Y
72518 10am-1pm Mon-Fri Apr 08-12

SEREVI YOUTH RUGBY CAMP

SEREVI and Bellevue Parks & Community Services are excited to offer a spring break camp for beginners and experienced players, ages 7-18, to develop the understanding and skills of rugby. Participants will have a fun and exciting experience learning a wide variety of rugby skills such as developing footwork, fitness, passing, catching, kicking and small-sided games. Teamwork and sportsmanship will be emphasized as well as several rugby-based skill games like rugby golf, rugby soccer, rugby tennis and non-contact rugby. Players of all skill levels are welcome and will be grouped accordingly. Experienced players will have the opportunity to participate in contact-based drills and games with an emphasis on safety, teamwork and fun at all times. Participants will receive an assortment of SEREVI gear including a t-shirt and wristband. Come learn one of the fastest growing sports in the United States! Min 10/Max 50

Newport Hills Community Park

\$250(R) \$300(N) Age: 6Y - 12Y
73116 9am-3pm Mon-Fri Apr 08-12

SPRING BREAK SPORTS CAMP

A week of fast paced action where kids will have a blast! Campers will receive instruction and participate in a variety of sports including basketball, dodgeball, indoor soccer and floor-hockey. Outdoor activities will take place as weather allows. A field trip to a local recreational attraction is included in the price of camp. Min 10/ Max 40

Tyee Middle School Site

\$165(R) \$198(N) Age: 8Y - 12Y
72966 8am-4pm Mon-Fri Apr 08-12

SPRING BREAK UK INTERNATIONAL SOCCER CAMP

We have partnered with UK International Soccer Camps (UKISC) to bring you the best of UK soccer. UK British soccer coaches will instruct your child. Exciting new camp schedule includes ball mastery section at start and end of every day, fundamentals of the game, small sided games, tournaments and awards plus NEW online ranking system available. Min 10/Max 75

Robinswood Community Park

\$115(R) \$138(N) Age: 4Y - 13Y
72918 9am-12pm Mon-Fri Apr 08-12
\$181(R) \$217(N) Age: 7Y - 13Y
72919 9am-3pm Mon-Fri Apr 08-12

Art & Craft Programs for Adults

GARDEN D'LIGHTS CLASSES

Learn to make flower lights and creations, design vignettes, install, and take down lights for this popular seasonal event which takes year-round efforts. Those interested in becoming an active volunteer for Garden d'Lights may attend a training class. These classes are held monthly, March through September. For more information, visit www.bellevuebotanical.org.

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 and Lewis Creek Visitor Center. Visitor Center

COST: Free

ART - DROP-IN PAINTING

Bring your watercolor or other painting project and visit with others in this friendly drop-in atmosphere. Bring your own supplies. Min 2/Max 20

North Bellevue Community Center

FREE Age: 18Y and up
71157 1-3pm Thu Jan 10-Apr 25

CRAFTS - SOUTH BELLEVUE STITCHERS

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

South Bellevue Community Center

FREE Age: 50Y and up
71460 10am-12pm Fri Jan 04-Apr 26

STONEWARE CREATIONS

An introduction to beginning & intermediate hand-building and wheel throwing stoneware. Various and seasonal subject matter included as design inspirations for practical and decorative art work. Class fee includes supplies and firing. Accommodations provided for people with disabilities. Min 6/Max 8

Northwest Arts Center

\$180(R) \$214(N) Age: 18Y and up
71023 1-3pm Thu Jan 10-Feb 28
71024 1-3pm Thu Mar 07-Apr 25

ART - SUMI PAINTING GROUP

Join others as they practice the Art of Sumi Painting. Sumi means 'ink painting' in Japanese and is an art medium that dates back some six thousand years. New to Sumi? Others will be happy to share their knowledge and love of the art form. Other water-based mediums are also welcome to join. Min 5/Max 10

South Bellevue Community Center

\$15.50(R) \$18.50(N) Age: 18Y and up
70412 12-2:30pm Mon Jan 07-28
70413 12-2:30pm Mon Feb 04-25

\$20.50(R) \$24.50(N) Age: 18Y and up
70414 12-2:30pm Mon Mar 04-25
70415 12-2:30pm Mon Apr 01-29

ART - WATERCOLOR PAINTING

Learn traditional watercolor techniques by following as instructor demonstrates the entire painting while providing individual assistance. Great for the beginner just learning or those with experience who want to improve their skills. Min 5/Max 14

South Bellevue Community Center

Watercolor Painting

Come meet the instructor and get your questions answered before starting this personally enjoyable hobby.

FREE Age: 18Y and up
71457 6:15-8:45pm Wed Jan 09

\$130(R) \$156(N) Age: 18Y and up
71455 6:15-8:45pm Wed Jan 16-Mar 06
71456 6:15-8:45pm Wed Mar 13-May 01

North Bellevue Community Center

FREE(R) Age: 18Y and up
71459 1-3:30pm Thu Jan 10

\$130(R) \$156(N) Age: 18Y and up
71454 1-3:30pm Thu Jan 17-Mar 07
71458 1-3:30pm Thu Mar 14-May 02

GLASS FUSION

Combine the elements of 'Fire and Ice' to create fabulous jewel-like art pieces. Through step-by-step instruction, learn the basics of glass art. Projects include small jewelry pieces, plates, platters, candle holders and much more. Materials included.

Accommodations provided for people with disabilities. Min 8/Max 10

Northwest Arts Center

\$180(R) \$214(N) Age: 18Y and up
71028 10-11:30am Thu Jan 10-Feb 28
71029 10-11:30am Thu Mar 07-Apr 25

KNITTING - RED CROSS KNITTING GROUP

Join this fun group of Red Cross volunteers who knit items for donation to local hospitals and Eastside Baby Corner. Patterns and yarn provided. Min 3/Max 8

North Bellevue Community Center

FREE Age: 18Y - 99Y
72070 11am-3pm Wed Jan 09-Apr 24

IKEBANA-JAPANESE FLORAL DESIGN

Using flowers, branches, driftwood, and other media, you will master the various Sogetsu school styles. For beginners or advanced students. Flower and branch materials supply fee \$50 payable to the instructor at the first class. Min 1/Max 7

North Bellevue Community Center
\$82(R) \$102(N) Age: 18Y and up
72282 6-8pm Wed Jan 09-Feb 06
72280 10am-12pm Thu Jan 10-Feb 07
72283 6-8pm Wed Feb 13-Mar 13
72281 10am-12pm Thu Feb 14-Mar 14
72284 10am-12pm Thu Mar 21-Apr 18
72285 6-8pm Wed Mar 27-Apr 24

Art & Craft Programs for Families, Youth, & Teens

DRAWING & PAINTING: REGGIO EMILIA

Give your child the tools to see the world in different ways! Students learn basic drawing skills through value studies, perspective, line and sketching techniques, as well as learning how to mix and use color in their artwork, inspired by the Reggio Emilia approach. Still life scenes, three dimensional building with clay are some of the tools introduced to broaden your child's visual awareness. Supplies included. Min 8/Max 12

Northwest Arts Center

\$157(R) \$179(N) Age: 6Y - 11Y
69895 4-5:30pm Thu Jan 31-Mar 28
69896 4-5:30pm Thu Apr 25-Jun 13

ART - ARTS DROP IN

Creative fun group invites you to join us for an evening of creating art. Different medium each week. Adult supervision required for children under 18 years of age. Drop in fee payable at the door. Purchase the Play Pass for additional savings. Min 1/Max 40

North Bellevue Community Center

\$3(R) \$4(N) Age: 10Y and up
71153 6-8:30pm Tue Jan 08-Apr 23

CHILDREN'S POTTERY STUDIO

In a fun and supportive environment, the young potter will learn the ancient art of pottery. The possibilities of turning clay into a piece of treasured art is limitless! Hand and wheel building, sculpting, coil construction and glazing will be introduced. Supply and firing fee included in price of class. Min 8/Max 10

Northwest Arts Center

\$170(R) \$204(N) Age: 6Y - 11Y
69891 4-5:30pm Thu Jan 31-Mar 28
69892 4-5:30pm Thu Apr 25-Jun 13

Get Fit and Get Healthy

MASSAGE THERAPY

Relax. Relieve aches and pains. Experience a sense of balance and well-being. Elizabeth Strauss, Licensed Massage Practitioner and Jin Shin Do (r) Acupressurist. All ages welcome. Elizabeth also has special training in massage for older adults. For a 30 min. session, please reserve one slot, for 60 min. session, please reserve two consecutive slots. Appointments are available the first Monday of each month.

North Bellevue Community Center

HEALTH - FOOTCARE

Chris Egan, RN will trim toe nails by appointment. This service is geared for older adults and/or diabetics who need assistance with this task. Fee is \$28 payable by cash or check the day of the appointment. Call 425-452-7681 to make an appointment. North Bellevue Community Center

REFLEXOLOGY

Feel better and more healthy with this unique therapy that is "more than a foot massage." 25 min \$33(R)/\$39(N) and 55 min \$64(R)/\$77(N). 1st & 3rd Tuesdays at North Bellevue Community Center. Call 425-452-7681 to make an appointment.

HEALTH - SPEAK UP, I CAN'T HEAR YOU!

It's frustrating to continually ask, 'What did you say?' An audiologist will address the causes of hearing loss, offer viable options to deal with the loss, and discuss community resources that are available to improve your quality of life. Min 6/Max 40

North Bellevue Community Center

\$10(R) \$12(N) Age: 18Y and up
71131 1-2:30pm Mon Mar 25

HEALTH - STANDING UP TO STROKES

Strokes are the third leading cause of death in the United States however there have been significant advances in treatment approaches. Overlake Hospital Stroke Coordinator will discuss the risk factors, detection and treatment of strokes and offer ideas of how to reduce your risk of a stroke. Min 6/Max 40

North Bellevue Community Center

\$10(R) \$12(N) Age: 18Y and up
71130 1-2:30pm Mon Feb 25

SHAPE UP FITNESS CAMPAIGN

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

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, Sara Grandstrand, will adapt exercises based upon your limitations to help you develop or regain core strength, balance, and stability so that you can 'play' again. Min 8/Max 20

South Bellevue Community Center

\$84(R) \$100(N) Age: 18Y and up
72167 10-11am Tue, Thu Jan 29-Mar 14
72168 10-11am Tue, Thu Mar 19-May 02

ENHANCEFITNESS

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

North Bellevue Community Center

\$30(R) \$38(N) Age: 55Y and up
71516 9-10am Tue, Thu-Fri Jan 08-31
\$33(R) \$42(N) Age: 55Y and up
71517 9-10am Fri, Tue, Thu Feb 01-28
\$36(R) \$45(N) Age: 55Y and up
71518 9-10am Fri, Tue, Thu Mar 01-29
71519 9-10am Tue, Thu-Fri Apr 02-30

HEALTH - LOW CHOLESTEROL DIET

Do you understand all of the jargon about good cholesterol - HDL and bad cholesterol - LDL? And what foods are they found in? Learn how to eat well while cutting fat and cholesterol from your diet. Guidelines for eating well and staying healthy will be reviewed. Min 6/Max 40

North Bellevue Community Center

\$10(R) \$12(N) Age: 18Y and up
71132 1-2:30pm Mon Apr 22

Body & Mind

FITNESS - BARRE CLASS

This Barre exercise class taught by a Licensed Massage Practitioner and certified instructor draws from the best of barre, pilates, yoga, and dance for a breakthrough workout that will 'blow your leg warmers off'. Every step is meticulously designed for building strength, flexibility, endurance, posture, stamina, balance, and grace with longer leaner muscles that are more injury resistant...all this, while having fun too.

Min 8/Max 20

South Bellevue Community Center

\$130(R) \$156(N) Age: 13Y and up
72062 6:15-7:15pm Thu, Tue Jan 10-Feb 28
\$72(R) \$86.50(N) Age: 13Y and up
72014 6:15-7:15pm Tue Jan 15-Feb 26
\$96(R) \$115(N) Age: 13Y and up
72015 6:15-7:15pm Tue Mar 05-Apr 30
\$150(R) \$180(N) Age: 13Y and up
72063 6:15-7:15pm Tue, Thu Mar 05-Apr 30
\$84(R) \$100(N) Age: 13Y and up
72016 6:15-7:15pm Thu Jan 10-Feb 28
72060 6:15-7:15pm Thu Mar 07-Apr 25

FITNESS - PILATES

This instructional class focuses on breathing technique, correct form/postural alignment, strengthening 'core' muscles, increasing body awareness and improving balance and flexibility using bands, balls, and small weights. All fitness levels welcome. A Flex Card is available for this class. To register during a session call South Bellevue Community Center at (425) 452-4240. Min 5/Max 15

South Bellevue Community Center

\$77(R) \$93(N) Age: 13Y and up
69953 9:30-10:30am Fri Jan 11-Mar 01
69954 9:30-10:30am Fri Mar 08-Apr 26

YOGA - ADVANCED

Stretching and flexibility exercises for the experienced yoga student. Workout especially geared for older adults with significant yoga training. Min 6/Max 10

North Bellevue Community Center

\$14(R) \$16(N)
73051 10-11am Mon Jan 07-Feb 25
73052 10-11am Mon Mar 04-Apr 08
73053 10-11am Mon Apr 15-May 20

FITNESS - NORDIC POLE WALKING

Learn to walk with ease and how to gain the greatest health benefit from walking with expert personalized instruction from a Licensed Massage Therapist and Certified Instructor. Learn how to: align your body for pain free walking and reduction of wear and tear on joints, use your arms for balance, strength, and speed, and burn up to 40% more calories while walking. Learn walking drills and strengthening exercises using Nordic Walking Poles (provided for you). Wear good walking shoes and loose fitting clothing and jacket (for weather permitting outdoor walks). All fitness levels welcome! Min 8/Max 30

South Bellevue Community Center

\$77(R) \$92.50(N)	Age: 13Y and up
72127 10:20-11:20am Thu	Jan 10-Feb 28
72128 10:20-11:20am Thu	Mar 07-Apr 25
\$117(R) \$140(N)	Age: 13Y and up
72129 10:20-11:20am Thu, Tue	Jan 10-Feb 28
\$66(R) \$79.50(N)	Age: 13Y and up
72125 10:20-11:20am Tue	Jan 15-Feb 26
\$88(R) \$106(N)	Age: 13Y and up
72126 10:20-11:20am Tue	Mar 05-Apr 30
\$135(R) \$162(N)	Age: 13Y and up
72130 10:20-11:20am Tue, Thu	Mar 05-Apr 30

FITNESS - PURNA YOGA CLASSES

Focusing on correct alignment while using props to make each pose accessible, students gain flexibility, strength and coordination. Purna Yoga also helps each student feel more centered and peaceful as you learn to develop a new relationship with your body, mind and spirit. With 2000 hours of teacher training, your teacher has a wealth of knowledge to share with you. The All Levels classes welcome beginning and experienced students to learn and expand their knowledge of the yoga poses. Students should bring a yoga mat to class. Additional props will be furnished. A Flex Card is available for this class. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 5/Max 30

South Bellevue Community Center

\$60(R) \$72(N)	Age: 13Y and up
71204 7:15-8:30pm Thu	Jan 10-Feb 07
71198 9:30-10:45am Tue	Jan 15-Feb 12
71201 7:15-8:30pm Tue	Jan 15-Feb 12
71205 7:15-8:30pm Thu	Feb 14-Mar 21
71208 10:15-11:30am Sun	Feb 17-Mar 17
71199 9:30-10:45am Tue	Feb 26-Mar 26
71202 7:15-8:30pm Tue	Feb 26-Mar 26
\$48(R) \$58(N)	Age: 13Y and up
71207 10:15-11:30am Sun	Jan 13-Feb 10
71206 7:15-8:30pm Thu	Mar 28-Apr 25
71200 9:30-10:45am Tue	Apr 02-30
71203 7:15-8:30pm Tue	Apr 02-30
\$72(R) \$86(N)	Age: 13Y and up
71209 10:15-11:30am Sun	Mar 24-Apr 28

FITNESS - PURNA YOGA LEVEL 2

Focusing on correct alignment while using props to make each pose accessible, students gain flexibility, strength and coordination. Purna Yoga also helps each student feel more centered and peaceful as you learn to develop a new relationship with your body, mind and spirit. With 2000 hours of teacher training, your teacher has a wealth of knowledge to share with you. The Level 2 classes welcome experienced students to expand their knowledge of the yoga poses. Students should bring a yoga mat to class. Additional props will be furnished. A Flex Card is available for this class. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 5/Max 20

South Bellevue Community Center

\$48(R) \$58(N)	Age: 13Y and up
71557 11:45am-1pm Sun	Jan 13-Feb 10
\$60(R) \$72(N)	Age: 13Y and up
71558 11:45am-1pm Sun	Feb 17-Mar 17
\$72(R) \$86(N)	Age: 13Y and up
71559 11:45am-1pm Sun	Mar 24-Apr 28

STRONG AND FIT SENIORS/ADULTS

This monthly group fitness program taught by certified personal trainers, provides education on improving overall functional fitness using a variety of equipment and a varied routine while accommodating individual needs and limitations. Participants will improve strength, balance, coordination, posture, flexibility, core strength, and aerobic conditioning while participating in a fun, safe, social, and supportive atmosphere. A Flex Card is available for this class. To join this class during a session, call the South Bellevue Community Center at (425) 452-4240. Min 8/Max 16

South Bellevue Community Center

\$55(R) \$66(N)	Age: 18Y and up
69941 10:15-11:15am Wed, Mon	Jan 02-30
69942 10:15-11:15am Mon, Wed	Feb 04-27
69943 10:15-11:15am Mon, Wed	Mar 04-27
69944 10:15-11:15am Mon, Wed	Apr 01-29

FITNESS- CORE AND STRETCH

This class blends aspects of Yoga, Mat Pilates, and core exercises to create long, strong, lean muscles. A great way to improve your posture, define your mid-section, improve balance, and lengthen tight muscles. Core and Stretch offers a variety of modifications for beginners and advanced exercisers- no Yoga or Pilates experience required. Min 8/Max 60

North Bellevue Community Center

\$32(R) \$38(N)	Age: 12Y and up
71533 1-2pm Thu	Jan 10-24
71534 1-2pm Thu	Feb 07-28
71535 1-2pm Thu	Mar 07-28
71536 1-2pm Thu	Apr 04-25

GENTLE YOGA BY WENDY

Easy yoga is adapted for seniors and others who need the gentle approach. Yoga can provide many benefits. The class will adapt to accommodate all levels of experience and ability. Min 4/Max 30

North Bellevue Community Center

\$24(R) \$28.50(N)	Age: 18Y and up
71106 10:30-11:30am Mon	Jan 07-28
71107 10:30-11:30am Mon	Feb 04-25
\$32(R) \$38(N)	Age: 18Y and up
71108 10:30-11:30am Mon	Mar 04-25
71118 10:30-11:30am Thu	Jan 10-31
71119 10:30-11:30am Thu	Feb 07-28
71120 10:30-11:30am Thu	Mar 07-28
71121 10:30-11:30am Thu	Apr 04-25
\$40(R) \$47.50(N)	Age: 18Y and up
71109 10:30-11:30am Mon	Apr 01-29

HATHA YOGA

Join Maude Pauletto at the Northwest Arts Center for a gentle approach to increase your strength and flexibility. This class is adaptable for all levels of Yoga experience. Participants will learn balancing poses, deep stretching and a calm mind and body through deep breathing exercises. Wear comfortable clothing. Bring water and yoga mat. Class is for ages 18 and above. Please do not bring children to class. Min 8/Max 10

Northwest Arts Center

\$67(R) \$80(N)	Age: 18Y and up
71160 3:30-4:30pm Tue	Jan 08-Feb 19
71161 3:30-4:30pm Thu	Jan 10-Feb 21
\$132(R) \$152(N)	Age: 18Y and up
71164 3:30-4:30pm Tue, Thu	Jan 08-Feb 21
\$110(R) \$132(N)	Age: 18Y and up
71165 3:30-4:30pm Tue, Thu	Feb 26-Mar 28
71168 3:30-4:30pm Tue, Thu	Apr 16-May 16
\$50(R) \$60(N)	Age: 18Y and up
71162 3:30-4:30pm Tue	Feb 26-Mar 26
71163 3:30-4:30pm Thu	Feb 28-Mar 28
71166 3:30-4:30pm Tue	Apr 16-May 14
71167 3:30-4:30pm Thu	Apr 18-May 16

Belly Dancing

BELLY DANCE FOR BEGINNERS

Women and teens learn the joy of belly dance for fun and exercise. Zulaika teaches basic movements and isolations, simple rhythms, and basic finger cymbal patterns. This class is for the non-dancer as well as dancers of other dance forms. Finger cymbals will be provided. A Flex Card is available for this class. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 5/Max 20

\$60(R) \$72(N)	Age: 13Y and up
71237 5:30-6:20pm Wed	Jan 16-Feb 20
\$70(R) \$84(N)	Age: 13Y and up
71238 5:30-6:20pm Wed	Mar 13-Apr 24

ONE-ON-ONE PROFESSIONAL FITNESS AND WELLNESS SERVICES AT SOUTH BELLEVUE COMMUNITY CENTER

Appointments can be scheduled at the Front Desk in person or by calling 425-452-4240.

Take advantage of one of the many services at South Bellevue Community Center for health education or enhancement. Health History Questionnaire Packets must be completed prior to Personal Trainer and Fitness Testing Appointments and a Physician's Consent may be required for these services based upon age and health history. Form available on the SBCC website.

Youth ages 13-17 may participate in these services with a waiver signed and parent/guardian present. Adult need not be present after initial personal trainer appointment.

Fitness Assessments

A Fitness Assessment is a great way to find your current fitness level to use as a marker for later progress. Appointments are 45 minutes in length, conducted by Certified Personal Trainers and include: heart rate, blood pressure, body composition using calipers, muscular strength and flexibility, and aerobic endurance on a treadmill. The cost is \$30 and includes a computer print-out showing and explaining your results. A Health History Questionnaire must be completed prior to your appointment.

Body Composition Analysis

Learn what percent of your weight is body fat and what percent is lean body mass with this body fat caliper test. Body fat is "pinched" at three sites and a computer program calculates your ideal body weight based upon your lean body mass rather than your height. The cost is \$15.

Personal Training

Session rates:

30 minutes - \$30 for 1 person
 45 minutes - \$42.50 for 1 person
 55 minutes - \$50 for 1 person, \$75 for 2 people, \$95 for 3 people. For a FREE 30 MINUTE CONSULTATION or questions email or call one of our three trainers.



Karie Underwood

Phone: (425)830-0668
Email: karie@karieunderwood.com
Website: www.karieunderwood.com
Availability: Weekday mornings 6:00am-Noon.



Mike Haas

Athletic Agility Now, LLC
Phone: (206) 369-9388
Email: MichaelJHaas@live.com
Availability: Weekdays, evenings, weekends

Youth Privileges @ the South Bellevue Community Fitness Center

SBCC welcomes 10-12yr olds to exercise in the Fitness Center. Students 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. For further questions please call 425-452-4240.

SOUTH BELLEVUE COMMUNITY CENTER

a partnership for a healthy community



The Fitness Center at South Bellevue Community 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 teens, ages 10+, with direct adult supervision, or 16+ with parent permission. Please plan on attending one of the free, drop-in one hour orientation classes before your first exercise visit. Call 425-452-4240 for Fitness Center orientation days and times. 10-12 year old youth may use the cardio equipment only. Contact South Bellevue Community Center at 425-452-4240 for policies and procedures related to use.

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

Fitness Center Fees

effective January 1, 2011

Type of Admission	Adult (age 18+)		Teens (age 10-17)	
	Resident	Non-Res.	Resident	Non-Res.
Daily Drop-In	\$5.50	\$7	\$3.50	\$4
Pass Card (20 visits)	\$77	\$93	\$44	\$53
Three Month Pass	\$100	\$120	\$60	\$72
Annual Pass (at ePass rate)	\$315	\$378	\$190	\$228
ePass* (on-going monthly)	\$26	\$31	\$16	\$19

* ePass available with electronic fund transfer (EFT) from bank account or credit card only. Six-month minimum commitment required.

Household

Two adults living in the same household and all children, ages 10-20 living in the household. One additional adult @ \$13 per month. Household pass available only as an ePass (see ePass note above) or as an Annual pass at ePass rate.

	Monthly Fee	
	Resident	Non-Resident
Two Adult (no children)	\$39	\$47
Single Adult Household (with children ages 10-20)	\$34	\$41
Two Adult Household (with children ages 10-20)	\$47	\$57

HOLIDAY STUDENT SPECIAL

Stay fit and active through the holidays! Students age 18-23 are eligible for a 6-week Fitness Center pass, available starting Thanksgiving week and good for 6-weeks once activated. For more information, contact South Bellevue Community Center, 425-452-4240. \$25(R) \$30(N)



Bellevue Fire Department CPR Training Programs



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

Business Group Classes for groups of 6 or more are available at your location. For more information or to schedule a group class for your business please call 425-452-7673.

BLS FOR HEALTHCARE PROVIDER

This class is for the Healthcare Provider and is offered every three months. Written exam/skills test required for course completion card. The course is 6 hours in length. Pre-requisite: current Heartsaver CPR or Heartsaver AED card required. For details please call 425-452-7673 Min 3/Max 6 Fire Station #1

\$65 Age: 18Y and up
72854 9am-3pm Wed Feb 06

INFANT CPR

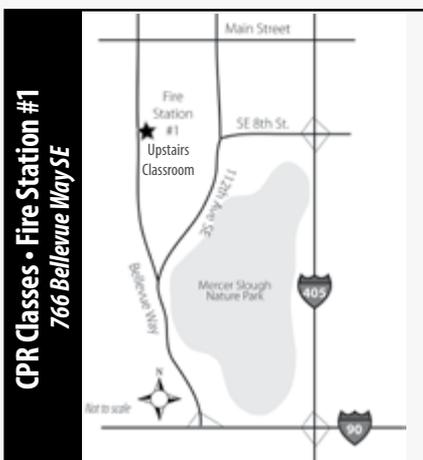
The Bellevue Fire Department offers citizen CPR classes to the community that follow the AHA's Heartsaver CPR curriculum. This hands on course teaches CPR and Choking intervention for infants from birth to 1 year of age. Participants will be required to demonstrate skills to receive a Heartsaver CPR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

Fire Station #1 Age: 14Y and up
\$35
64870 7-10pm Thu Nov 15
72857 7-10pm Thu Jan 17
72858 7-10pm Thu Mar 21

HEARTSAVER CPR AED CLASS FOR ADULTS/CHILDREN

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

\$40(R)	\$40(N)	Age: 14Y and up
64892	7-10pm	Tue Nov 20
64940	7-10pm	Thu Dec 06
64894	7-10pm	Tue Dec 18
72863	7-10pm	Tue Jan 08
72864	7-10pm	Thu Jan 24
72865	7-10pm	Thu Feb 07
72866	7-10pm	Tue Feb 19
72867	7-10pm	Thu Mar 07
72868	7-10pm	Tue Mar 19
72869	7-10pm	Thu Apr 04
72870	7-10pm	Tue Apr 16



jazzercise®

Jazzercise is the world's leading dance-fitness program. Millions of people of all ages and fitness levels have reaped the benefits of this comprehensive program, designed to enhance cardiovascular endurance, strength, and flexibility. Easy to follow, fun choreography includes a gentle warm up, 30 min aerobic workout, muscle toning and strength segment with hand held weights and a stretch finale. All Jazzercise classes are ongoing, participants can join anytime at the door of each class.

NORTHWEST ARTS CENTER

9825 NE 24TH ST • 425-452-6046

Jazzercise • Jazzercise Lite • Jazzercise Personal Touch

Morning and evening sessions available throughout the week. For more information, call Pam Kalian 425-643-4911, or visit www.jazzercise.com or Lori Hollow - 206-632-3079.

NORTH BELLEVUE COMMUNITY CENTER

4063 148TH AVE NE • 425-452-7681

Jazzercise

Morning and evening sessions available throughout the week. For more information, call Instructor Kris Rooke @ 425-894-4111, or visit the class web page at www.jazzwith-kris.com

SOUTH BELLEVUE COMMUNITY CENTER

14509 SE NEWPORT WAY • 425-452-4240

Jazzercise • Jazzercise Lite

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

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

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

BELLY DANCE INTERMEDIATE

Building upon dance skills learned in Beginner class, students increase their movement vocabulary, learn additional isolations, begin to layer movements, and play finger cymbals. Basic veil work, floor work, new rhythms and basic combinations are also introduced. Bring zills and veil. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 5/Max 20

South Bellevue Community Center
 \$72(R) \$86(N) Age: 13Y and up
 71245 7:10-8pm Wed Jan 16-Feb 20
 \$84(R) \$100(N) Age: 13Y and up
 71246 7:10-8pm Wed Mar 13-Apr 24

BELLY DANCING COMBINED

For your dancing pleasure! Enroll in Drills & Zills, Intermediate, and The Art of Belly Dance classes for a discounted fee. To register after a session has started, call South Bellevue Community Center (425)-452-4240. Min 5/Max 20

South Bellevue Community Center
 \$126(R) \$151(N) Age: 13Y and up
 71251 6:30-8:45pm Wed Jan 16-Feb 20
 \$147(R) \$176(N) Age: 13Y and up
 71258 6:30-8:45pm Wed Mar 13-Apr 24

THE ART OF BELLY DANCE

Intermediate to Advanced students explore elements necessary to develop your dance - including: new rhythms, veil work, improvisation, taqasim, beledi, music interpretation. Some experience with finger cymbals is required. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 5/Max 20

South Bellevue Community Center
 \$72(R) \$86(N) Age: 13Y and up
 71249 8-8:45pm Wed Jan 16-Feb 20
 \$84(R) \$100(N) Age: 13Y and up
 71250 8-8:45pm Wed Mar 13-Apr 24

BELLY DANCE DRILLS AND ZILLS

This is a mixed level (advanced beginners to advanced) class with a focus on playing finger cymbals with dance combinations. Some experience with finger cymbals is required. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 5/Max 20

South Bellevue Community Center
 \$30(R) \$36(N) Age: 13Y and up
 71241 6:30-7pm Wed Jan 16-Feb 20
 \$35(R) \$42(N) Age: 13Y and up
 71242 6:30-7pm Wed Mar 13-Apr 24

HIGHLAND COMMUNITY CENTER

ZUMBA® FITNESS

Mon/Wed/Thurs 7-8pm
 Call 425-452-7686 for more information.

Active Fitness

FREE CLASSES AT SOUTH BELLEVUE COMMUNITY CENTER

It is Anniversary time once again! SBCC is turning 7 years "young" January 2013. To celebrate, many of our instructors invite you to attend a free class Jan 4-13. Exciting offerings include: Indoor Cycling, ZUMBA, Boot Camp with Karie, Strong & Fit for Seniors and Adults, Fit Camp Total Body Conditioning, Purna Yoga, Belly Dance, Jazzercise, Tai Chi, and more! Try as many as you like to find that perfect fit for you. Instructors at SBCC are the best in the industry - enthusiastic, motivating, certified, and caring. You will achieve your goals and the results that you desire! Call the South Bellevue Community Center at 425-452-4240 for more information. Free Class Schedule will also be posted on the SBCC internet page www.bellevuewa.gov.

ZUMBA® FITNESS

ZUMBA® is a one of a kind fitness program with easy to follow Latin rhythms designed for all fitness levels. The goal of the program is for you to love working out again and to look forward to it. This hour of calorie burning, energizing, and expressive movements brings spice back into everyone's fitness program! Bring a towel and water. Sign up for a 2 day a week session and Bellevue residents only pay \$6 a class. A Flex Card is available for this class. To join this class after the session has started, call South Bellevue Community Center (425) 452-4240. Min 8/Max 25

South Bellevue Community Center
 \$42(R) \$51(N) Age: 13Y and up
 70483 9:15-10:15am Fri Jan 11-Feb 15
 70484 6-7pm Wed Jan 16-Feb 27
 70488 10-11am Wed Jan 16-Feb 27
 \$35(R) \$42.50(N) Age: 12Y and up
 70476 6-7pm Mon Jan 14-Feb 25
 70480 10-11am Mon Jan 14-Feb 25
 \$66(R) \$77(N) Age: 13Y and up
 70501 10-11am Mon, Wed Jan 14-Feb 27
 70504 6-7pm Mon, Wed Jan 14-Feb 27
 \$56(R) \$68(N) Age: 12Y and up
 70494 9:15-10:15am Fri Mar 01-Apr 26
 70477 6-7pm Mon Mar 04-Apr 29
 70481 10-11am Mon Mar 04-Apr 29
 \$90(R) \$105(N) Age: 12Y and up
 70489 10-11am Mon, Wed Mar 04-Apr 29
 70491 6-7pm Mon, Wed Mar 04-Apr 29
 \$49(R) \$59.50(N) Age: 12Y and up
 70485 6-7pm Wed Mar 06-Apr 24
 70490 10-11am Wed Mar 06-Apr 24

TEEN & ADULT HIP HOP

Teen & Adult Hip Hop; is the right work-out for teens and adults. This class is tailored for any fitness or skill level. The basic format of the class is: warm-up, choreography, and cool down. During warm-up we use body isolations and core conditioning then move into basic hip hop choreography. During cool-down we use tai chi or ballet barre stretching. Each session we start new choreography and build on it each week which is a lot of fun for all our students! This class requires dance shoes (jazz or split sole), comfortable/ moveable attire, towel, and water bottle. Min 6/Max 25

Northwest Arts Center

\$65(R) \$78(N) Age: 16Y - 99Y
 71997 7-8pm Mon Jan 07-28
 71998 7-8pm Mon Feb 04-25
 71999 7-8pm Mon Mar 04-25
 72012 7-8pm Mon Apr 01-29

BOOT CAMP WITH KARIE

In its fifth 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, and strength and circuit training followed by Pilates based core work and Yoga stretches. Out of shape? No worries. Karie will work with you to modify exercises to meet your individual needs. Her students rave about their results! A Flex Card is available for this class. To register during a session call the South Bellevue Community Center at (425) 452-4240. Min 8/Max 25

South Bellevue Community Center
 \$98(R) \$118(N) Age: 13Y and up
 69970 8:45-9:45am Mon/Wed Jan 14-31
 9:15-10:15am Tue/Thu
 \$52.50(R) \$62.50(N) Age: 13Y and up
 69974 8:45-9:45am Mon, Wed Jan 14-30
 \$63(R) \$75(N) Age: 13Y and up
 69978 9:15-10:15am Tue, Thu Jan 15-31
 69975 8:45-9:45am Mon, Wed Feb 04-27
 69979 9:15-10:15am Tue, Thu Feb 05-28
 \$31.50(R) \$37.50(N) Age: 13Y and up
 69982 9:15-10:15am Tue Jan 15-29
 69990 9:15-10:15am Tue Feb 05-26
 \$107(R) \$128(N) Age: 13Y and up
 69971 8:45-9:45am Mon/Wed Feb 04-28
 9:15-10:15am Tue/Thu
 \$142(R) \$171(N) Age: 13Y and up
 69972 8:45-9:45am Mon/Wed Mar 04-28
 9:15-10:15am Tue/Thu
 \$84(R) \$100(N) Age: 13Y and up
 69976 8:45-9:45am Mon, Wed Mar 04-27
 69980 9:15-10:15am Tue, Thu Mar 05-28
 \$42(R) \$50(N) Age: 13Y and up
 69983 9:15-10:15am Tue Mar 05-26
 69992 9:15-10:15am Tue Apr 02-30
 \$125(R) \$150(N) Age: 13Y and up
 69973 8:45-9:45am Mon/Wed Apr 01-30
 9:15-10:15am Tue/Thu
 \$73.50(R) \$87.50(N) Age: 13Y and up
 69977 8:45-9:45am Mon, Wed Apr 01-29
 69981 9:15-10:15am Tue, Thu Apr 02-30

INDOOR GROUP CYCLING

Come ride our LeMond RevMaster Classic Bikes and get a serious aerobic workout while burning approximately 600+ calories per class. Your instructor and motivating music will entertain you as you 'climb hills', 'race' along on flat terrain, and challenge your leg muscles for strength and tone. All fitness levels welcome because you control your pace. A Flex Card is available for this class. To register during a session call South Bellevue Community Center (425) 452-4240. Bring a bike-style water bottle & towel. Wear stiff soled shoes or SPD cycle shoes, padded shorts, and heart rate monitor if you have them. Dress in layers...you will get hot! Min 3/Max 12 South Bellevue Community Center

\$35(R) \$42(N)	Age: 13Y and up
70422 6-7am Mon Jan 14-Feb 25	
70423 7:15-8:15pm Mon Jan 14-Feb 25	
\$60(R) \$72(N)	Age: 13Y and up
70430 7:15-8:15pm Mon,Wed Jan 14-Feb 27	
70431 6-7am Mon,Wed Jan 14-Feb 27	
\$49(R) \$59(N)	Age: 13Y and up
70424 7:15-8:15pm Wed Jan 16-Feb 27	
70428 6-7am Wed Jan 16-Feb 27	
\$63(R) \$76(N)	Age: 13Y and up
70426 6-7am Mon Mar 04-Apr 29	
70427 7:15-8:15pm Mon Mar 04-Apr 29	
\$85(R) \$102(N)	Age: 13Y and up
70445 6-7am Mon,Wed Mar 04-Apr 29	
70446 7:15-8:15pm Mon,Wed Mar 04-Apr 29	
\$56(R) \$67(N)	Age: 13Y and up
70425 7:15-8:15pm Wed Mar 06-Apr 24	
70438 6-7am Wed Mar 06-Apr 24	

FIT CAMP TOTAL BODY CONDITIONING

Would you like a fun, affordable and effective way to burn stubborn body fat, get stronger, build lean muscle mass, and improve your level of fitness? Our group workouts utilize dumbbells, bands, body-weight exercises, fun agility movements, and a variety of exercises to strengthen your core and more. Expect to sweat and have fun! Certified Personal Trainers will educate you, encourage you, and modify exercises to meet individual needs. A Flex Card is available for this class. To register during a session, call the South Bellevue Community Center at 425-452-4240. Min 6/Max 20

South Bellevue Community Center

\$70(R) \$84(N)	Age: 16Y and up
69902 6-7am Wed, Mon Jan 02-30	
69903 6-7am Mon, Wed Feb 04-27	
69904 6-7am Mon, Wed Mar 04-27	
69905 6-7am Mon, Wed Apr 01-29	
\$35(R) \$42(N)	Age: 16Y and up
69937 6-7am Fri Jan 04-25	
69939 6-7am Fri Feb 01-22	
69938 6-7am Fri Apr 05-26	
\$44(R) \$52.50(N)	Age: 16Y and up
69940 6-7am Fri Mar 01-29	

FIT GIRLS

This program for middle school and high school girls will focus on proper conditioning and biomechanical, plyometric, and agility training to specifically address common imbalances and injury prevention for girls. Learn running, jumping, and cutting form and techniques with a licensed athletic trainer. Develop core strength, stability, and balance. All fitness levels welcome. Min 8/Max 20

South Bellevue Community Center

\$60(R) \$72(N)	Age: 12Y - 18Y
72137 1:30-2:30pm Wed Jan 30-Mar 13	
72138 1:30-2:30pm Wed Mar 20-May 01	

Martial Arts

GENTLE TAI CHI

This class introduces the basic foundation of Tai Chi through the Tai Chi Qigong 18 form. The easy to follow exercise sequence combines gentle upper body movements with deep breathing and is suitable for adults of all ages. Taught by 6th rank, certified instructor. Ages: 18Y and up. Min 5/Max 20

South Bellevue Community Center

\$40(R) \$48(N)	Age: 18Y and up
71234 11:15am-12:15pm Wed Jan 16-Feb 13	
\$48(R) \$58(N)	Age: 18Y and up
71235 11:15am-12:15pm Wed Feb 27-Apr 03	
71236 11:15am-12:15pm Wed Apr 24-May 29	

TAI-CHI CHUAN SWORD PLAY 

An Ancient Chinese method for promoting a well integrated body and mind. Using a series of stretching exercises, beginning with focusing on the natural flow of breath, we slowly work toward incorporating good posture and the 24 simplified movements of Tai-Chi. Also incorporated are the 32 simplified movements of Tai-Chi Sword-play. This method increases circulation throughout the body, improves concentration, coordination, and flexibility. Small classes guarantees plenty of instructional assistance and is appropriate for all abilities. Excellent for toning up the body, good health, and long life. Min 8/Max 20. To register during a session call South Bellevue Community Center at 425-452-4240. Min 8/Max 20

South Bellevue Community Center

\$57(R) \$68(N)	Age: 16Y and up
71331 7:15-8:45pm Thu Jan 03-31	
71332 7:15-8:45pm Thu Feb 07-Mar 07	
71324 7:15-8:45pm Thu Mar 14-Apr 11	
North Bellevue Community Center	
71310 7:15-8:45pm Mon Jan 07-Feb 04	
71311 7:15-8:45pm Mon Feb 18-Mar 18	
71312 7:15-8:45pm Mon Mar 25-Apr 22	

YANG STYLE TAI CHI BEGINNER

Learn the beginning movements of this Tai Chi form as taught by the founding Yang Family. Graceful, flowing, and evenly paced movements help improve balance, coordination, and flexibility. Its meditative quality revitalizes energy, calms the mind, and relaxes the body. Taught by 6th rank, certified instructor. To register during a session, call the South Bellevue Community Center at 425-452-4240. Min 5/Max 20

South Bellevue Community Center

\$50(R) \$60(N)	Age: 18Y and up
71295 9-9:55am Sat Jan 19-Feb 16	
\$60(R) \$72(N)	Age: 18Y and up
71296 9-9:55am Sat Mar 02-Apr 06	
71297 9-9:55am Sat Apr 27-Jun 08	

YANG STYLE TAI CHI INTERMEDIATE

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

South Bellevue Community Center

\$50(R) \$60(N)	Age: 18Y and up
71301 10-10:55am Sat Jan 19-Feb 16	
\$60(R) \$72(N)	Age: 18Y and up
71302 10-10:55am Sat Mar 02-Apr 06	
71303 10-10:55am Sat Apr 27-Jun 08	

YANG STYLE TAI CHI ADVANCED

This class practices the entire Yang Style long form, with emphasis on the third section of the form. Students who have completed the intermediate class or have previous experience are welcome to participate. See Intermediate class description for more details. To register during a session, call the South Bellevue Community Center at 425-452-4240. Min 5/Max 20

South Bellevue Community Center

\$50 \$60	Age: 18Y and up
71307 11-11:55am Sat Jan 19-Feb 16	
\$60 \$72	Age: 18Y and up
71308 11-11:55am Sat Mar 02-Apr 06	
71309 11-11:55am Sat Apr 27-Jun 08	

TAI CHI

Traditional Tai Chi and Qi Gong exercise. Flowing and stretching vital energy exercises promotes relaxation and relieves stress. Tai Chi fan is also practiced which further enhances energy circulation and flexibility. This course is drop-in only. Min 10/Max 50

North Bellevue Community Center

\$12(R) \$14(N)	Age: 18Y and up
70409 9-10am Sat Jan 12-Apr 27	

Martial Arts

TAI CHI - WEDNESDAY PRACTICE

Tai Chi helps blood flow smoothly in the vessels and can strengthen the functions of heart & lungs. It is the best kind of exercise for the health of middle aged and seniors. Easy to learn and follow as well as helps you mildly exercise your whole body. No instructor provided. Come join us and feel good! Min 5/Max 30

North Bellevue Community Center
 FREE Age: 18Y and up
 71679 9-10:30am Wed Jan 09-May 01

MARTIAL ARTS SELF DEFENSE/HAPKIDO BEGINNING CHILD

This co-ed course helps young people develop coordination, balance, focus, strength, self-esteem, group interaction, communication skills and discipline, while teaching personal safety/self-defense in a safe, friendly environment. In addition to lots of conditioning exercises, students will learn a basic kicks, strikes, throws, evasion and grappling. Uniform required & available at class for a fee. Association membership required for promotion testing. Min 10/Max 30

Crossroads Community Center
 \$46(R) \$55(N) Age: 6Y - 12Y
 One-Day Rate: \$23(R) \$27.50(N)
 72979 6:15-7:15pm Wed, Mon Jan 02-30
 72980 6:15-7:15pm Mon, Wed Feb 04-27
 72981 6:15-7:15pm Mon, Wed Mar 04-27
 72982 6:15-7:15pm Mon, Wed Apr 01-29

MARTIAL ARTS - SELF DEFENSE/HAPKIDO - INTERMEDIATE/ADVANCED

This co-ed course builds on skills introduced in the beginning class and helps young people and adults successfully face physically confronting issues. With a blend of traditional and real-world scenarios, students learn to identify, avoid and de-escalate potentially dangerous situations. While refining on skills learned from beginning class, students will start learning joint locks, pressure points (adults only) and weapons. Prerequisite: Graduation from the beginning class, or age 13 and above. Instructor permission required to attend. Min 10/Max 30

Crossroads Community Center
 \$46(R) \$55(N) Age: 13Y and up
 One-Day Rate: \$23(R) \$27.50(N)
 72999 6:30-7:45pm Wed, Mon Jan 02-30
 73000 6:30-7:45pm Mon, Wed Feb 04-27
 73001 6:30-7:45pm Mon, Wed Mar 04-27
 73002 6:30-7:45pm Mon, Wed Apr 01-29

MARTIAL ARTS- BEGINNING KENDO

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

Highland Community Center
 \$65(R) \$78(N) Age: 8Y and up
 72967 6:30-8pm Fri Jan 14-Mar 15
 72968 6:30-8pm Fri Mar 22-May 31

MARTIAL ARTS-INTERMEDIATE KENDO

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

Highland Community Center
 \$65(R) \$78(N) Age: 8Y and up
 72970 6:30-8pm Fri Jan 14-Mar 15
 72971 6:30-8pm Fri Mar 22-May 31

MARTIAL ARTS- ADVANCED KENDO

Advanced kendo is for those students that have completed beginning and intermediate kendo and are in armor (bogu). Individuals with previous experience must contact the teacher for approval to enroll in advanced kendo. Min 12/Max 60

Highland Community Center
 \$65(R) \$78(N) Age: 8Y and up
 72974 7:30-9:30pm Fri Jan 14-Mar 15
 72975 7:30-9:30pm Fri Mar 22-May 31

MINI KICKERS MARTIAL ARTS

This class teaches basic kicks and strikes to young children in an active, fun and positive environment. Taught by a second degree black belt who has been studying and teaching Tae Kwon Do for 15 years. Uniforms may be purchased through instructor. Sparring equipment is an optional purchase. Min 6/Max 30

Northwest Arts Center
 \$130(R) \$146(N) Age: 4Y - 10Y
 71193 4:30-5:15pm Mon, Wed Jan 21-Apr 03
 71194 4:30-5:15pm Mon, Wed Apr 15-Jun 19

NAGINATA

This Japanese martial art shows both power and grace. It is characterized by the grandeur of its sweeping movements of the Naginata, a Japanese sword on the end of a six foot pole. This art is for people of all ages interested in either competitive fighting, or in the physical beauty of choreographed, practiced movements called kata. Beginners are welcome but please contact instructor before registering (425) 736-5663. Visit their website www.pnnf.org. Min 7/Max 15

Northwest Arts Center
 \$120(R) \$144(N) Age: 13Y and up
 71183 7-9pm Tue Jan 08-Mar 26
 71182 7-9pm Thu Jan 10-Mar 28
 71185 7-9pm Tue Apr 02-Jun 18
 71187 7-9pm Thu Apr 04-Jun 20
 \$170(R) \$190(N) Age: 13Y and up
 71184 7-9pm Tue, Thu Jan 08-Mar 28
 71186 7-9pm Tue, Thu Apr 02-Jun 20

TAEKWONDO

An ancient Korean Martial Art, Taekwondo is a system of practical techniques used for self-defense. Instruction is designed to physically emphasize kicks and punches that strengthen and condition the whole body and mentally promote confidence, patience, and respect. For the 6pm class, students must be 10 yrs old or have instructor permission. To register during a session call South Bellevue Community Center at (425) 452-4240. Min 10/Max 32

South Bellevue Community Center
 \$53(R) \$63(N) Age: 6Y and up
 71259 5-5:50pm Tue, Thu Jan 08-31
 71261 4-4:50pm Tue, Thu Jan 08-31
 71263 5-5:50pm Tue, Thu Feb 05-28
 71265 4-4:50pm Tue, Thu Feb 05-28
 71266 4-4:50pm Tue, Thu Mar 05-28
 71269 5-5:50pm Tue, Thu Mar 05-28
 71267 4-4:50pm Tue, Thu Apr 02-25
 71272 5-5:50pm Tue, Thu Apr 02-25
 \$53(R) \$63(N) Age: 10Y and up
 71260 6-6:50pm Tue, Thu Jan 08-31
 71262 6-6:50pm Tue, Thu Feb 05-28
 71264 6-6:50pm Tue, Thu Mar 05-28
 71270 6-6:50pm Tue, Thu Apr 02-25



Outdoor & Natural Resources

MERCER SLOUGH RANGER PROGRAMS

Mercer Slough Environ. Ed. Center
FREE Age: 8Y and up

Wetland Birds

Wetlands are known for their wildlife. The birds that inhabit wetland ecosystems like the Mercer Slough Nature Park are fascinating creatures. We'll learn about herons, waterfowl, rails, bitterns, and more! We'll also talk about what we can do to help these birds and their habitats.

2-2:30pm Sun Jan 20

Beavers - Nature's Architects

Did you know that you can find beavers at Mercer Slough? Learn about the beaver's amazing adaptations, how they shape the habitat around them, and why Mercer Slough's beavers are unique.

2-2:30pm Sun Feb 17

Urban Wildlife

Some pretty amazing species live within Bellevue's city limits. Join us for an overview of what's here, how to prevent conflicts, and how to attract some desired species. Join us after the program for a fun, urban wildlife food web activity.

2-2:30pm Sun Mar 24

Introduction to Birding

Bird-watching is one of the most popular outdoor activities in America. From hanging a feeder to learning bird songs, there's a lifetime of fun to be had! Learn some introductory skills and see what you'll need to get started. A ranger will be available for a 30-minute guided bird walk following the program.

2-2:30pm Sun Apr 28

STORY TIME SERIES

Look, listen and create during an hour of stories and crafts with a park ranger on the 1st Friday of every month. Parents and children will explore together the diverse animal world with animated fiction and fun. All children must be accompanied by a registered adult. Registration is required. Min 3/Max 25

Lewis Creek Park
\$2.50(R) \$3(N) Age: 3Y and up

Once There Was A Tree

Many creatures call this tree their home, but find out who actually owns it. We always make a fun craft to take home!

72563 11am-12pm Fri Jan 04
72564 1:30-2:30pm Fri Jan 04



FAMILY DISCOVERY SERIES ART IN NATURE EXHIBITS

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

WHEN: Facility Hours

WHERE: Mercer Slough Environmental Education Center and Lewis Creek Visitor 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: Suggested Donation of \$5

INFO: 425-452-2565

GROUP PROGRAMS

Looking for an engaging program for your club, school group or scout pack? Park Rangers offer interpretive walks, talks and hands-on activities featuring different plants, animals, habitats, cultural and natural history. Exploring a particular chapter in your curricula? Utilize the natural resources of your local parks' unique habitats - wetland, grassland and forest - and immerse your participants into their studies. Please call to discuss program possibilities: Lewis Creek Park at 425-452-4195, or Lake Hills Ranger Station, 425-452-7225. There is a suggested donation of \$2 per person..

VISITOR CENTERS

Botanical Garden Visitor Center

The 53-acre Bellevue Botanical Garden offers nature lovers one mile of trails through woodlands, ground cover, perennial, Yao, waterwise, and alpine rock gardens.

Location: 12001 Main Street, 98005

Hours: 9am - 4pm daily

Phone: 425-452-2750

Website: www.bellevuewa.gov/botanical_garden.htm

Lake Hills Greenbelt Ranger Station

Surrounded by community farms, gardens, and beautiful wetlands, you will find interpretive displays, trails, and environmental program information.

Location: 15416 SE 16th Street, 98007

Hours: Tue - Sat, noon-4pm

Phone: 425-452-7225

Website: www.bellevuewa.gov/lake_hills_greenbelt.htm

Lewis Creek Visitor Center

This beautiful park offers ample opportunity to wander through forests, meadows and wetlands. Come inside the center and pick up trail and park maps for the area, attend a Natural Resource 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: www.bellevuewa.gov/lewis_creek_park.htm

Mercer Slough Environmental Education Center Visitor 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 today.

Location: 1625 118th Ave SE, 98005

Hours: Daily, 10am-4pm

Phone: 425-452-2565

Website: www.bellevuewa.gov/msec.htm

Outdoor & Natural Resources

Frightful's Daughter

Follow the story of a boy who watches over a family of peregrine falcons. We always make a fun craft to take home!

72565	11am-12pm	Fri	Feb 01
72566	1:30-2:30pm	Fri	Feb 01

In My Own Backyard

Do you ever wonder who and what used to live where you do now? Hold on for an amazing story about the history of earth and who used to live in your backyard! We always make a fun craft to take home.

72567	11am-12pm	Fri	Mar 01
72568	1:30-2:30pm	Fri	Mar 01

The Boy Who Drew Birds

A beautiful children's story about the famous birder, John James Audubon. We always make a fun craft to take home!

72569	1:30-2:30pm	Fri	Apr 05
72570	11am-12pm	Fri	Apr 05

LEWIS CREEK EXPLORERS' CLUB

Fun for the whole family! Both adult and child must register.

Wild Tracks

Walk with a park ranger through Lewis Creek looking for signs of wildlife: tracks, scat, rubbings, tunnels, etc. Each child will make and take home a plaster track!

\$4(R)	\$5(N)	Age: 6Y and up	
72594	1-2pm	Sat	Jan 12

Green Hour

Join us the 3rd Friday of every month from 1-2pm for a Green Hour at Lewis Creek Park! Observe and explore the park during an hour of unstructured play and interaction with the natural world. Each month, creative, science-based ideas will have children and parents deepening their knowledge and love of nature together!

FREE	Age: 4Y and up		
72590	1-2pm	Sat	Jan 19
72591	1-2pm	Sat	Feb 16
72592	1-2pm	Sat	Mar 16
72593	1-2pm	Sat	Apr 13

The Food Chain

All living things depend on each other to survive. Who do you depend on? Learn about the web of life as you create your very own food chain model to take home!

FREE	Age: 6Y and up		
72595	1-2pm	Sat	Feb 09

Tiny Critters

What is the smallest animal you can think of? Think small! Come learn about the tiniest animals we share this world with... so small we will view them under a microscope!

FREE	Age: 6Y and up		
72596	1-2pm	Sat	Mar 09

Owl Prowl

Come in and learn about the mysterious animal called the owl. Then, take a night hike with the Rangers and listen for owls and other nocturnal wildlife in the park. Bring a flashlight or a headlamp for the journey, as well as sturdy shoes!

\$5(R)	\$6(N)	Age: 8Y and up	
72597	7:30-9pm	Fri	Apr 26

MOVIES AT MERCER SLOUGH

Join us the last Friday of every month for fun and engaging environmental movies. Bring a comfy blanket or pillow and we'll pop the popcorn. Help reduce waste and bring your own cup or bowl. All children under 12 must be accompanied by an adult. No registration necessary. Info: 425-452-2565 or MSEEC@bellevuewa.gov

Mercer Slough Environ. Ed. Center
FREE Best for ages 8+

Nature's Most Amazing Events: The Great Melt

Each season, as the ever-thinning Arctic ice recedes, polar bears face a daunting challenge. Approximately 50 minutes.

5-6pm	Fri	Jan 25
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Nature's Most Amazing Events: The Great Migration

The annual rains of the Serengeti draw in the greatest concentration of large animals on Earth, testing the survival skills of all those around. Approximately 50 minutes.

5-6pm	Fri	Feb 26
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Nature's Most Amazing Events: The Great Flood

Thousands of animals make the long trek toward the life saving annual flood of Botswana's Okavango Delta. Approximately 50 minutes.

5-6pm	Fri	Mar 29
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Nature's Most Amazing Events: The Great Feast

The annual plankton boom of Alaska's coastal waters attracts humpback whales and sea lions, who must avoid predatory killer whales. Approximately 50 minutes.

5-6pm	Fri	Apr 26
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LEWIS CREEK CHILDRENS' MOVIES

Kids! Join us for fun, free, educational nature movies at Lewis Creek. Children under 12 must be accompanied by an adult. **No registration required.** Info: 425-452-4195.

Creepy Crawlers

Beautiful butterflies and bugs galore - fleas, moths, beetles and caterpillars. Running time 30 mins.

2-2:30pm	Sun	Jan 13
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Whale of a Squid

Join the adventures of the Kratt brothers as they meet up with cool creatures from around the world. Each episode is an adventure that also features how animals use science in their natural lives. Running time 30 mins.

2-2:30pm	Sun	Feb 10
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Tons of Fun

The world's biggest babies - hippos, elephants and rhinos. Running time 30 mins.

2-2:30pm	Sun	Mar 10
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Aardvark Town

Join the adventures of the Kratt brothers as they meet up with cool creatures from around the world. Each episode is an adventure that also features how animals use science in their natural lives. Running time 30 mins.

2-2:30pm	Sun	Apr 14
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ADULT ENRICHMENT SERIES

MASTER NATURALIST TRAINING PROGRAM

Sign up now for more information about the Master Naturalist Training Program. Each winter join the City of Bellevue for an environmental training program that teaches our City's community members about the area's ecology, hydrology, geology, wildlife and cultural history. This training program is FREE, with a commitment of 100 volunteer hours spread over 2 years. For more information contact Alexandra DySard, Parks_Stewardship@bellevuewa.gov or call Lewis Creek at 425-452-4195.

LEWIS CREEK FILM SERIES

No registration required. Min 5/Max 50 Lewis Creek Park

FREE	Age: 12Y and up
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Alaska: Spirit of the Wild

Witness the spirit of the wild in the thundering stampede of the caribou, the beauty of the polar bear, the hunt of the wolf pack and the majesty and resiliency of life itself in wild Alaska. Running time 52 minutes.

2-2:40pm	Sun	Jan 06
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Raptor Force

Fly with nature's elite aerial killing machines! Learn the secrets of raptors and how they've mastered, more than any other type of bird, the art of soaring. Running time 56 minutes.

2-3pm	Sun	Feb 03
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Winged Migration

A nature classic, witness as five film crews follow a rich variety of bird migrations through 40 countries and each of the seven continents. Running time 89 minutes.
2-3:30pm Sun Mar 03

An Inconvenient Truth

A documentary about global warming and the future of our planet. Running time 96 minutes.
2-3:30pm Sun Apr 07

COAL MINING AT COUGAR MOUNTAIN

This program focuses on 100 years of local coal mining. In 1888, there were 20 mules and 200 men employed here! Exporting coal to San Francisco turned Seattle into a dominant seaport. Learn what is underneath a mountain that is older than Rainier. Presented by the Eastside Heritage Center and Bellevue Parks & Community Services. No registration required. Call 425-452-4195 for more information.
Lewis Creek Park
FREE All Ages
2-4pm Sun Jan 27

ANIMAL ART

Draw and sketch different Pacific Northwest species from a collection of wildlife mounts! There is no other way to capture the magnificence of these creatures so close up and so still. Mounts, newsprint, charcoal pencils, and drawing boards provided. Challenge your artistic talents while learning about the natural history of the area you live in. Pre-registration required.
Lewis Creek Park
\$4(R) \$5(N) Age: 13Y and up
72629 1-3pm Sat Mar 23

MERCER SLOUGH HOT TOPIC SERIES

Learn about important conservation issues in your local and regional communities. Suggest topics you'd be interested in learning more about! Best for ages 12+. Info: 425-452-2565.
Mercer Slough Environ. Ed. Center

Mercer Slough Hot Topic Series: Dams

Our nation's waterways contain thousands of dams. Many of these dams have outlived their usefulness, are deteriorating, are a financial liability, or contribute to ecological degradation. Learn about dams, fish passage, and a few projects that have sought to address some of the issues associated with dams.
FREE Age: 12Y and up
2-2:30pm Sat Jan 12

LEWIS CREEK HOT TOPIC SERIES

Generate discussion on current wildlife and conservation issues facing America today during Lewis Creek's new Hot Topic Series! Engage in discussions affecting your local and regional communities. Suggest topics you'd be interested in learning more about! Register at 425-452-6885. Info: 425-452-4195. Min 5/Max 50
Lewis Creek Park
FREE Age: 12Y and up

Domestic Invasives

Nation-wide 42 percent of the species listed under the Endangered Species Act are at risk primarily because of invasive species. Some invasive species are more obvious than others, and, in fact, domestic pets make up a large percentage of our non-native predator population. Learn about Washington's invasive predators and ways you can help alleviate their impacts on our environment. Register at 425-452-6885.
72624 1-2pm Sun Jan 20

LIVING WITH WILDLIFE SERIES

How do I get the deer to stop eating my rose bushes? What do I do about those mole hills in my yard? Just how smart are those crows and ravens going through my garbage? How fortunate we are to live in a city full of wildlife! But this also leaves us with the responsibility of learning how to live with our furry and feathered neighbors. Learn about the wildlife that lives in and around Bellevue and how to live in harmony with wild animals. Min 2/Max 50
Lewis Creek Park
FREE Age: 10Y and up

Crows

Crows are one of our most common wildlife residents- they are smarter than many mammals, have amazing memory and are very social. Find out why crows gather at Factoria Mall, and what's all that fuss we hear. Learn what crows know - and discover how we can get along together. Register at 425-452-6885.
72620 1-2pm Sun Feb 24

Woodpeckers

Of the 11 species of woodpeckers (including sapsuckers) that live in Washington, the Northern flicker is probably the most commonly seen and heard. Come learn about the benefits of having woodpeckers in your yard and view the Burke Museum's Owl & Woodpecker exhibit on display in the visitor center April 27 - July 7th. Register at 425-452-6885.
FREE Age: 10Y and up
72621 1-2pm Sun Apr 28

MERCER SLOUGH GUEST LECTURE SERIES

Mercer Slough Environ. Ed. Center
The Nature of Haiku
April is National Poetry Month! Join Michael Dylan Welch, vice president of the Haiku Society of America, for an exploration of haiku poetry as a window into appreciating the natural world, its seasons, and your five senses. Explore the myths and realities of haiku, hear a brief overview of haiku in Japan, and understand important targets for writing haiku in English. Pre-registration is required. Call 425-452-2565 for more information.
FREE Age: 12Y and up
72528 10am-12pm Sat Apr 13

MERCER SLOUGH SPECIAL EVENTS

Mercer Slough Environ. Ed. Center
FREE Age: 12Y and up

Public Lands of the Puget Sound Region

The public lands of the Puget Sound region have many managers, ranging from cities to the Federal Government. Learn about some of the properties you may have overlooked, special designations, and find out what incredible natural features some of these lands have to offer.
2-2:30pm Sat Feb 09

Orcas and Bellevue

Killer whales are a source of pride for the residents of Washington State. But did you know that the Orcas inhabiting our waters are an endangered species? Join us for a presentation on Orcas, Orca conservation, and how Eastsiders can help save these iconic creatures by conserving our salmon streams.
2-2:30pm Sat Mar 16

CULTURAL HISTORY PROGRAMS

HISTORIC HOUSE TOUR

Tour this charming Spanish Eclectic style home built in 1929 by Cecilia and Frederick Winters. An Eastside Heritage Center docent will explain the early life style and industry of this Mercer Slough family who bought the land in 1917 and operated a landmark. For further information call 425-450-1049.

WHEN: Ongoing, Thursdays, Fridays, and Saturdays, 10am-2pm

WHERE: Winters House, 2102 Bellevue Way SE

COST: FREE

AGES: All

FRASER CABIN HERITAGE PROGRAMS

Presented by the Eastside Heritage Center, in partnership with Bellevue Parks & Community Services. Fraser Cabin, built in 1888, located at Kelsey Creek Farm comes to life with activities and interpretation presented by volunteers and staff from Eastside Heritage Center. Visitors are invited to participate in hands-on activities that relate to 1880s settler life: agriculture, dairy, household tasks, log cabins, games and eastside history. For more information, contact the Eastside Heritage Center at 425-450-1049 or visit www.eastside-heritagecenter.org. Min 1/Max 1 Kelsey Creek Farm Park

FREE All Ages
72510 11am-4pm Sat Apr 27

TOURS, HIKES, WALKS, & OUTDOOR ACTIVITIES

BELLEVUE BOTANICAL GARDEN TOURS

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

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

Location: Bellevue Botanical Garden Visitor Center
12001 Main Street

Information: 425-451-3755

Cost: Free

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

MERCER SLOUGH NATURE WALK

Meet a Park Ranger at the Visitor Center for a free guided tour and learn about the fascinating flora, fauna, and history of the Mercer Slough Nature Park – Lake Washington's largest remaining wetland. Please dress for weather. All ages welcome. No registration necessary.

WHEN: Weekly, every Saturday 2-3pm. (No walk December 24 and April 20.)

WHERE: Mercer Slough Environmental Education Center
Meet at the Visitor Center

COST: Free

INFO: 425-452-2565 or
MSEEC@bellevuewa.gov

LEWIS CREEK RANGER HIKES

Join a Ranger in exploring the natural history of Lewis Creek Park. A different topic will be explored each month, including birding, tracking, native plant identification and more! All ages welcome. Dress for the weather and wear sturdy shoes. No registration required.

Time: Saturdays: January 5, February 2, March 2, April 6,
10:30 a.m. – 11:30 a.m.

Location: Lewis Creek Visitor Center,
5808 Lakemont Blvd SE

Cost: Free!

Info: Call 425-452-4195

LOCAL AREA HIKES

Did you know Bellevue has almost 100 parks and over 80 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

Coal Creek Park

January 19, 10am – Noon

Distance: 5 miles

Level of Difficulty: Moderate

Meeting Place: Redtown Trailhead (Coal Mountain) on Lakemont Blvd SE.

Lewis Creek to Lakemont Community Park

February 16, 10am – Noon

Distance: 5 miles

Level of difficulty: Difficult

Meeting Place: Lewis Creek Visitor Center,
5808 Lakemont Blvd SE

South Bellevue Green Spaces

March 16, 10am – Noon

Distance: 3 miles

Level of Difficulty: Difficult

Meeting Place: Lattawood Park, 4530
155th Ave SE

MERCER SLOUGH GROUP TOURS

Looking for an engaging program for your group? Mercer Slough Park Rangers offer outdoor interpretive walks and talks. Learn about the flora, fauna, and history of Mercer Slough Nature Park, or focus on the sustainable features of our LEED Gold-certified Environmental Education Center. We schedule groups of 5-25 on a first-come first-served basis.

WHERE: Mercer Slough Environmental Education Center
1625 118th Ave SE

COST: Suggested donation of \$1 per person

INFO: 425-452-2565 or
MSEEC@bellevuewa.gov

LAKE HILLS GREENBELT RANGER WALK

Saturdays, 2-3pm

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

Have you enjoyed the community gardens in Bellevue? Can you spot a nurse log? Join a Park Ranger for a free guided tour of the Greenbelt. Learn the history of the park, tour community gardens, and learn about local wildlife! Fun for the family! all ages welcome. Suggested donation of \$1 per person. Call 425-452-7225 for more information.

COMMUNITY FARMS & GARDENS

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



MASTER GARDENER URBAN DEMONSTRATION GARDEN



A hands-on, how to educational garden. Consult with King County 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: Saturdays
10:30am-12pm

Info: Pat Naselow, 425-452-1694,
pnaselow@gmail.com
<http://www.mgfk.org>

2013 COMMUNITY GARDEN P-PATCH

The City of Bellevue offers P-Patch garden plots to the community at two locations: The Lake Hills Greenbelt Ranger Station and Crossroads Park. Each plot measures approximately 400 square feet and water is supplied on site. Returning gardeners apply in early winter. New gardeners please contact Laura Harper for more information and to be added to our mailing list. Seasonal and ADA-accessible p-patches offered. Information: 425-452-7225 or email LHarper@bellevuewa.gov.

VOLUNTEER OPPORTUNITIES

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 on line at <http://www.bellevuewa.gov/environmental-volunteering.htm> or contact Alexandra DySard at 425-452-4195 or by email at Parks_Stewardship@bellevuewa.gov.

Here are just a few of the opportunities:

- Canoe Guide Naturalist
- Natural Resource Week Educators
- Scout Leadership Service Project
- Environmental Education Center Docent
- Eco Fridays and Stewardship Saturday Events
- Master Naturalist Training Program
- ... and much, much more!

EASTSIDE HERITAGE CENTER VOLUNTEERS

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

TRILLIUM GIFT SHOP

The Trillium is open and volunteers are needed! It is a wonderful opportunity to experience the Garden, as well as meet visitors from around the world. Cashiers, inventory support, shop helpers. Training is provided; hours are flexible. Membership in the Botanical Garden Society is required. For more information, contact 425-451-3755 or bbsoffice@bellevuebotanical.org.

GARDEN D'LIGHTS CLASSES

Learn to make flower lights and creations, design vignettes, install, and take down lights for this popular seasonal event which takes year-round efforts. Those interested in becoming an active volunteer for Garden d'Lights may attend a training class. These classes are held monthly, March through September. For more information, visit www.bellevuebotanical.org.

DOCENT-LED TOURS

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

BELLEVUE BOTANICAL GARDEN

Bellevue Botanical Garden BBG relies heavily on volunteers to help in many roles at the Garden. We love our volunteers! Please call 425-452-2750 for more information, job descriptions and qualifications. Opportunities are available in the following areas:

- Horticultural Assistants – Ongoing or Occasional Work Party participants
- Docents
- Living Lab Teacher Assistants
- Gift Shop
- Special events
- Newsletter Distribution
- Occasional Office Help
- Fundraising / Auction Help
- Garden d'Lights Installation and Work Parties
- Plant Records and Documentation

PACIFIC SCIENCE CENTER PROGRAMS

MERCER SLOUGH ENVIRONMENTAL EDUCATION CENTER
1625 – 118th Avenue SE



The Mercer Slough Environmental Education Center is a collaboration between the City of Bellevue and Pacific Science Center. This partnership brings year-round education and interpretation about wetlands and nature for adults, youth and families.

To register for the following programs, call 206-443-2925, TDD 206-443-2887

Visit the science center on the web: www.pacificsciencecenter.org/slough

EARLY LEARNER PROGRAMS POLLIWOG PRESCHOOL

Polliwog Preschool is a nature –based preschool program for children ages 3 to 5. 2and 3-day options are available for 2012-2013 school year. To enroll in the 2012-2013 school year, children must be at least 3 years old by September 1st, 2012 and toilet-trained.
Age: 3-5 years old
Time: September 17-June 7. 9:00am-12:30pm

TADPOLE TOTS

Sign up for this 8-week series for your preschooler and you to explore nature together with topics including art, music, science and puppet play. Meet Tuesdays for 1.5 hours.
Age: 2-4 yr olds with parent or caregiver
Time: Thursdays January 24-Mar 21, 1:30-3pm

SCHOOL PROGRAMS

Pacific Science Center school programs at the Mercer Slough Environmental Education Center in Bellevue. Take advantage of field and laboratory science equipment and address Washington State Science Standards. Pricing, group sizes and a listing of specific science standards for each program can be found at www.PacificScienceCenter.org. Register for these programs at: 206-443-2925.

Preschool Seekers (Age 3 – 5)

Discover creature homes in a wetland and forest, use nets and special tools to meet the baby insects and other creatures that start their lives UNDER the waters of our pond. 2.5hr program

Preschool Prowl (Age 3-5)

Join us for a sensory adventure through the wetlands. Spot ducks and herons with Spy Scopes, explore a dozen touches, and hunt for colors. 2 hr program
Habitat Wonderers (Grade K-2)
Dig for soil creatures, explore pond life, play the habitat game, and hike through the wetlands. 2.5 hr program

Soil Adventurers (Grade K-2)

Use scientific tools to discover wetland soils. Take soil samples and examine the recyclers that live in them. 2.5 hr program

Wetland Naturalists (Grade 3-5)

Experience the secrets of a bog, become a migrating bird, and conduct microscopic studies of pond life. 3.5 hr program

Ecosystem Explorers (Grade 4-5)

Hunt for evidence of the sun's energy flow, explore a bog community, and use microscopes to examine a pond food web. 3.5 hr program

Wetland Ecologists (Grade 6-8)

Identify wetland plants, observe microscopic organisms, and collect pond water samples to conduct chemical water quality tests. 4.5 hr program

SCHOOL OUTREACH PROGRAMS

Soil Investigators (Grades K-3), Wetland Waters (Grades K-5) or Boneheads! (Grades 1-4)

Let us bring the Slough to you! We will come into your classroom and give a one hour hands-on, interactive demonstration about wetlands, soil decomposers and animal adaptations through our outreach programs.

AFTER SCHOOL AND GROUP PROGRAMS NATURE CLUB

Looking for an engaging activity for your student to do after school? We run 8-week Nature Club sessions throughout the school year with a variety of nature, art and science themes. Sessions start in Sept, Jan and Apr.

Ages: Grades 2 - 4
Times: Wed., Jan 30-Mar 27 4pm - 6pm

SCOUTS IN THE WILD

Choose from over 16 nature-related scout badge topics including birding, geology, wild-life and forestry. Your 2 hour walk through the nature park will include badge related scavenger hunts, games, and experiments. These programs are great for any group of boy or girl scouts interested in exploring nature topics. See website for specific badge programs (badges not supplied).

Ages: 5-12 for up to 15 scouts.
Times: After school or on Saturdays for 2 hours

WILD B'EARTHDAY

Celebrate your birthday with one of three themes: Animal Mania, GPS Scavenger Hunt or Insect Safari. Start with a nature hike with games and activities, and then enjoy your party festivities in our classroom. The party includes a guided hike, decorations, table cloths, a party favor, and plates/cups/forks/napkins. Just bring the food and drinks!
Age: 5 and up (8+ for GPS Scavenger Hunt)
Time: Saturdays 11:00 or 2:30

FAMILY OUTING: NIGHT WALKS

Great for families! Start the night with a "Creatures of the Night" slideshow and skull samples. Then head out into the dark to call owls, listen for nocturnal creatures and participate in hands-on sensory activities. If you have a group of ten or more you can reserve a private Night Walk on a date of your choosing.
Age: Aimed at ages 6 and up but any age may attend
Time: 7pm - 9pm see www.pacificsciencecenter.org for dates and registration information

CAMPS

WINTER AND MID-WINTER BREAK CAMPS

The Mercer Slough offers fun, nature-oriented camp options during winter break. Program details will be posted on www.pacificsciencecenter.org by December 1st.

Ages: Grades K - 9
Times: www.pacificsciencecenter.org

LABORATORY AND FIELD SCIENCE OPPORTUNITIES

WETLAB ACADEMY: ENVIRONMENTAL SCIENCE AND TECHNOLOGY PRACTICUM

An eight week survey course for high school and middle school students interested in career exploration opportunities. Students will gain hands-on experience in the field and in our new state-of-the-art wet lab, as well as opportunities to interact with high level professionals from environmental and clean technology disciplines to learn about careers and educational pathways in these fields.

High School Practicum: Saturdays, January 26-March 23

Middle School Practicum: see www.pacificsciencecenter.org for dates and registration information

WETLAB ACADEMY LWWIP TEEN INTERNSHIP

Become an intern with the Lake Washington Watershed Internship's year-long program. Learn about your local watershed through hands-on activities, teaching elementary students, habitat restoration and stream monitoring. 10-12th graders. See www.pacificsciencecenter.org for dates and application information.

Kelsey Creek Farm

410 - 130th Pl SE • 425-452-7688
e-mail: KelseyCreekFarm@bellevuewa.gov
Animal viewing 9:30am-3:30pm daily.

Hiking and jogging trails, picnic areas, playground, wetlands and play fields. No entrance fee, but donations always welcome. Dogs and other pets must be on leash at all times when visiting the park. All pets are prohibited from the area surrounding the barns at Kelsey Creek Farm. Groups of 10+ must pre-register, please call in advance Monday through Friday, 8am-4pm at 425-452-7688. For large groups of 40+, there will be a \$30 fee.

CRITTER ADOPTIONS

The animals of Kelsey Creek Farm are an essential part of our community's education and enjoyment. Your support helps maintain these animals in a natural farm setting. Become a Kelsey Creek Critter Parent! Simply call for an application. Care and custody of your critter stays with Kelsey Creek Farm. You can adopt any of the following farm animals: pony, pig, sheep, goose, goat, duck, cow, rabbit, and chicken. Adoption levels are available, from \$15 for Best Friend to \$200 for Great Grandparent. For more information, call Kelsey Creek Farm at 425-452-7688.

FARM PARTIES

Celebrate your child's special day with a visit to the farm! Meet our goats, sheep, rabbits, pig, and ponies. Then create your own woolly sheep to take home. Party packages include one hour tour/craft time and one hour room rental. Additional children are \$5 each. Parties are limited to 30 children and/or adults. Children under 2 are no additional charge. Call the farm at 425-452-7688 or email FarmerJayne@aol.com for information and reservations.

Ages 2-11
Residents \$150 - up to 15 children
Nonresidents \$165 - up to 15 children
Addtl Children \$5 each

FARM EXPLORERS CLASS

Children actively participate in animal care, barn chores, pony rides, baking and gardening throughout the school year. Curriculum is integrated with seasonal themes, arts and crafts, stories and games. Activities vary between sessions. Children must be potty trained and should bring a lunch with beverage. Snack is provided. Min 6/ Max 10

Kelsey Creek Farm

\$61(R)	\$73(N)		Age: 3Y - 6Y
59831	10am-12:30pm	Thu	Nov 29-Dec 13
59833	10am-12:30pm	Fri	Nov 30-Dec 14
71606	10am-12:30pm	Thu	Jan 10-24
71607	10am-12:30pm	Fri	Jan 11-25
71609	10am-12:30pm	Fri	Feb 01-15
71608	10am-12:30pm	Thu	Feb 07-28
71611	10am-12:30pm	Fri	Mar 01-22
71610	10am-12:30pm	Thu	Mar 07-28

FARM HANDS

Our newest program at the farm, Farm Hands is designed for school-aged kids with early release Wednesdays. Blend a touch of work and a dash of play and mix together for a fun afternoon with Farmer Jayne. We'll learn about our animals, make treats and work in the farm yard. Min 6/ Max 10

Kelsey Creek Farm Park

\$25(R)	\$30(N)		Age: 5Y - 8Y
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Chicken Meet and Greet

Pet and feed our favorite roosters and hens with Farmer Jayne. We will gather eggs from the coop and use them in a delicious baked treat, too. Don't worry about the weather; we'll stay warm and dry in the barns while learning and exploring with our animal friends.

71637	1:30-3pm	Wed	Jan 23
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Happy Valentine's Day to Our Animal Friends!

Create Valentine's Day treats for our animal friends and deliver the goodies around the barnyard with Farmer Jayne. We'll use our imaginations with card making for our favorite people, too, and end up our time with a special holiday treat for us.

71638	1:30-3pm	Wed	Feb 13
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Rabbits Wiggles and Giggles

How far can you jump? Hop on over to practice your rabbit skills and meet our beautiful rabbit friends with Farmer Jayne. We'll pet and brush and work by the rabbit cages with our rakes, making the area tidy and neat for them.

71639	1:30-3pm	Wed	Mar 13
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Spring Sheep

How puffy is a sheep by springtime? Come by for a last touch before the sheep are sheared at the end of April with Farmer Jayne. We'll meet our gals, learn how wool is important to us, and create a felted toy from our own sheep's wool.

71640	1:30-3pm	Wed	Apr 17
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LITTLE FARMERS

Join Farmer Jayne in a special hands-on opportunity to experience farm life with your 2-3 year old. Children team up with a parent/adult to actively participate in animal care, barn chores, pony rides, baking and gardening throughout the school year. Curriculum is integrated with seasonal themes, arts and crafts, stories and games. Spend one-on-one time with your child in this fun and active learning class. Activities vary between sessions. Both children and adults should dress in play clothes with sturdy shoes/boots. Snack provided. Adult/child teams only. Please call regarding underage siblings. Min 6/Max 10

Kelsey Creek Farm Park

\$55(R)	\$66(N)		Age: 2Y - 3Y
59846	10-11:30am	Mon	Dec 03-17
59845	10-11:30am	Tue	Dec 04-18
59848	10-11:30am	Wed	Dec 05-19
71618	10-11:30am	Mon	Jan 07-21
71621	10-11:30am	Mon	Feb 04-25
71622	10-11:30am	Tue	Feb 05-26
71623	10-11:30am	Wed	Feb 06-27
71624	10-11:30am	Mon	Mar 04-25
71625	10-11:30am	Tue	Mar 05-26
71626	10-11:30am	Wed	Mar 06-27
\$70(R)	\$84(N)		Age: 2Y - 3Y
71619	10-11:30am	Tue	Jan 08-29
71620	10-11:30am	Wed	Jan 09-30

MERRY CHRISTMAS, ANIMAL FRIENDS!

What does a pony or a rabbit want for Christmas? Come help Farmer Jayne create merry Christmas gifts and delicious treats for all our animal friends at the farm. Bring your imagination! Min 6/Max 8

Kelsey Creek Farm Park

\$25(R)	\$30(N)		Age: 3Y - 7Y
66879	10am-12:30pm	Thu	Dec 20
66880	10am-12:30pm	Fri	Dec 21

KELSEY CREEK PONY PARTNERS CLASS

These classes are ideal for your horse-crazy little one. Children will learn pony safety, grooming, basic parts of a pony and enjoy a craft. Each partner must be accompanied by a parent or guardian. The program runs rain or shine. No infants or older siblings. Min 4/Max 8

Kelsey Creek Farm Park

\$50(R)	\$60(N)		Age: 2Y - 5Y
71641	10-11:30am	Tue, Thu	Apr 09-11

AFTER SCHOOL VOLUNTEERS

Earn community service hours in this once-a-week after school volunteer program at Kelsey Creek Farm. You will assist the farm staff with the daily operations, help with the animal chore routine, and learn responsible animal care. You need a willingness to learn, and the ability to be on your feet for a physically active day. Also you must have a tolerance for being outside and working in a farm environment in close proximity to hay, vegetation and dust. Participants must be capable of understanding and following directions. Contact Kelsey Creek Farm at 425-452-7688 for registration and attendance rules. Min 1/Max 3

Kelsey Creek Farm Park

\$5(R)	\$7(N)		Age: 12Y - 18Y
71651	3-4:30pm	Tue	Mar 05-Apr 23
71652	3-4:30pm	Wed	Mar 06-Apr 24
71653	3-4:30pm	Thu	Mar 07-Apr 25
71654	3-4:30pm	Fri	Mar 08-Apr 26

FARM TOURS FOR SCHOOLS AND GROUPS

Experience the farm with a tour designed specifically for groups. Tour themes vary by season, as described below. Each focuses on a particular subject ranging from pioneer life in the 1880s to springtime on the farm. Most tours appropriate for children ages 2 and up. Tours are available weekdays and are approximately one hour in length. \$85 for 15 or fewer people (children & adults). Additional attendees: \$5.50 per child & \$2.50 per adult. Staff are free. Call early for reservations and more information, 425-452-7688 or email Farmer Jayne at FarmerJayne@aol.com.

Kids on the Farm Group Tour

Available December to April and June to September

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 mid-April through May

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 in the garden planting pumpkin seeds.

Kelsey Creek Farm / Bellevue Youth Theatre

Fall at the Farm Group Tour

Available October only

Experience harvest season in a traditional way. Visit a pony, feed the chickens and 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

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

Bellevue Youth Theatre

Location: 16661 Northup Way
Phone: 425-452-7155

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

BELLEVUE YOUTH THEATRE WINTER 2013 AUDITIONS

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

FREE (R) \$99 (N)

Auditions will be held at the following place and times:

For PUSS IN BOOTS, ROBIN HOOD, and THE LION, THE WITCH, AND THE WARDROBE: NARNIA - THE MUSICAL

Thursday, January 10 or Friday, January 11 from 5-6:30pm at the Bellevue Youth Theatre.

For THE LITTLE PRINCE

Monday, January 7 from 4:30-6pm at the South Bellevue Community Center.

THE LITTLE PRINCE

This timeless tale has great parts for all ages. No conflicts March 11-24.

Rehearsal location:

South Bellevue Community Center
Rehearsal begins: Monday, January 28
Rehearsals: Monday through Friday, 4:30-6:30 p.m.

Performs at Bellevue Youth Theatre: March 15-24

PUSS IN BOOTS

The tales of the fun but wise cat told BYT style. Recommended for all ages. This show will have some dancing. No conflicts April 1-7. This show performs the first weekend of Spring Break!

Rehearsal location:

Bellevue Youth Theatre
Rehearsal begins: Monday, January 28
Rehearsals: Monday through Friday, 4:30-6 p.m.

Performs at Bellevue Youth Theatre: April 4-7

ROBIN HOOD

The tales from Sherwood Forest of the amazing Robin Hood and his merry friends. Recommended for all ages. Great roles for families & teens. No conflicts April 15-28.

Rehearsal location:

Bellevue Youth Theatre
Rehearsal begins: Monday, January 28
Rehearsals: Monday through Friday, 6-8 p.m.

Performs at Bellevue Youth Theatre: April 19-28

THE LION, THE WITCH, and THE WARDROBE: NARNIA - THE MUSICAL

The magic of Narnia in a wonderful musical. Recommended for all ages. Great roles for families & teens. A singing audition is required for all speaking roles. Most elementary children will be in the chorus. No conflicts April 29-May 5.

Rehearsal location:

Crossroads Community Center
Rehearsal begins: Monday, January 28
Rehearsals: Monday through Friday, 5:30-7:30 p.m.

Performs at Meydenbauer Theatre: May 3-5

Performing Arts

DANCE - YOUTH BALLET 1

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

South Bellevue Community Center

\$51 (R)	\$64 (N)	Age: 7Y - 10Y
71699	5-6pm	Tue Jan 08-Feb 05
71700	5-6pm	Tue Feb 19-Mar 19
71701	5-6pm	Tue Apr 02-30

DANCE - PRE-BALLET 2

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

\$51 (R)	\$64 (N)	Age: 5Y - 6Y
71691	4-4:45pm	Tue Jan 08-Feb 05
71692	4-4:45pm	Tue Feb 19-Mar 19
71693	4-4:45pm	Tue Apr 02-30

BREAK DANCING WITH THE MASSIVE MONKEES

Students gain critical leadership skills and self confidence through our 'each one teach one' curriculum model that provides instruction on the fundamentals of break-dancing and the rich history of hip hop culture. By working individually and in teams to create choreographed group dance routines, students learn the importance of service and team work as they work together to overcome challenges and perform as a cohesive unit. The session will end with a student lead performance for parents, family and the community. No experience necessary. Try out a class: Drop in available: \$8 per day Bellevue resident; \$9 per day non-resident. Min 10/Max 30 Crossroads Community Center

\$180(R) \$207(N) Age: 11Y - 17Y
72134 3:30-5pm Tue, Thu Jan 08-Mar 28

HIP HOP FOR YOUTH

Hip Hop for Youth; is the ultimate blend of fun and conditioning for several age groups. From skill-building in dance, and floor gymnastics to break dance, these classes are especially tailored to accommodate specific ages and any fitness level. The basic format of these classes are: warm-up, body isolations, gymnastics, stunt skills, break dance with dance choreography and games depending on the age of the group. Preschool requires caregiver to attend. All other ages, child only classes. Min 6/Max 12

Northwest Arts Center

\$40(R) \$48(N) Age: 3Y - 4Y
72164 12:45-1:30pm Fri Jan 11-Feb 01
72166 12:45-1:30pm Fri Feb 08-Mar 08
72169 12:45-1:30pm Fri Mar 15-Apr 05
72170 12:45-1:30pm Fri Apr 19-May 10

\$50(R) \$60(N) Age: 4Y - 6Y
72172 3-4pm Fri Jan 11-Feb 01
72173 3-4pm Fri Feb 08-Mar 08
72175 3-4pm Fri Mar 15-Apr 05
72176 3-4pm Fri Apr 19-May 10

\$50(R) \$60(N) Age: 7Y - 10Y
72178 4-5pm Fri Jan 11-Feb 01
72179 4-5pm Fri Feb 08-Mar 08
72180 4-5pm Fri Mar 15-Apr 05
72181 4-5pm Fri Apr 19-May 10

\$50(R) \$60(N) Age: 11Y - 15Y
72183 5-6pm Fri Jan 11-Feb 01
72184 5-6pm Fri Feb 08-Mar 08
72185 5-6pm Fri Mar 15-Apr 05
72186 5-6pm Fri Apr 19-May 10

MOVE OVER MOZART/PIANO CLASSES

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. There will be a class recital. One-time \$10 materials fee payable to instructor due at first class session, and is separate from class fee. (Additional classes may be added from waitlist /as needed). Instructor: Pamela J. Cornell Min 5/Max 6 Northwest Arts Center

\$89(R) \$107(N) Age: 42M - 4Y
71432 5:30-6pm Tue Jan 15-Mar 26
71434 4-4:30pm Tue Jan 15-Mar 26
71437 5:30-6pm Tue Apr 16-Jun 18
71439 4-4:30pm Tue Apr 16-Jun 18

\$89(R) \$107(N) Age: 5Y - 6Y
71433 5-5:30pm Tue Jan 15-Mar 26
71436 6-6:30pm Tue Jan 15-Mar 26
71438 5-5:30pm Tue Apr 16-Jun 18
71441 6-6:30pm Tue Apr 16-Jun 18

\$89(R) \$107(N) Age: 7Y - 10Y
71435 4:30-5pm Tue Jan 15-Mar 26
71440 4:30-5pm Tue Apr 16-Jun 18

Preschool

DANCE, MOVEMENT, & MUSIC PARENT/CHILD DROP-IN PLAY

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

\$3(R) \$4(N) Age: Up to 5Y
Crossroads Community Center
9-11:30am Mon-Fri

North Bellevue Community Center
11am-1pm Wed
2-4pm Thu

South Bellevue Community Center
10:30am-12pm Wed, Fri, Mon

Highland Community Center
9:30-11:30am Mon-Fri Ongoing

INDOOR PLAY PLUS

Regular indoor play with the addition of inflatable play structures and toys. Will be the first Friday each month starting in October and ending the following March. Min 1/Max 50

South Bellevue Community Center
\$5(R) \$6(N) Age: 1Y - 5Y
71976 10:30am-12pm Fri Jan 04-Mar 01

PRE BALLET & TAP 1

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

\$51(R) \$64(N) Age: 3Y - 5Y
71714 10:30-11:15am Fri Jan 11-Feb 08
71715 10:30-11:15am Fri Feb 22-Mar 22
71716 10:30-11:15am Fri Apr 05-May 03

PRE-BALLET

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

South Bellevue Community Center
\$51(R) \$64(N) Age: 3Y - 5Y
71967 11:30am-12:15pm Fri Jan 11-Feb 08
71968 11:30am-12:15pm Fri Feb 22-Mar 22
71969 11:30am-12:15pm Fri Apr 05-May 03

BABY BEETHOVENS

A fun and stimulating hands-on introduction to music and movement class for toddler and parent. Traditional songs, movement, and playing rhythm instruments included. Caregiver required in class. Please no siblings during class. Instructor: Karen Renfro-Gielgens Min 8/Max 10 Northwest Arts Center

Baby Beethoven
\$85(R) \$98(N) Age: 18M - 3Y
71419 9:45-10:30am Fri Jan 18-Mar 15
71420 9:45-10:30am Fri Mar 29-May 24

TWINKLE, TWINKLE TINY TUNES

Enjoy time spent together listening and singing together new and familiar songs. This class provided an introduction to music, movement, rhythm and play and a fun interactive environment. Dress comfortably! Child-caregiver class. Min 8/Max 10 Crossroads Community Center

\$85(R) \$98(N) Age: 18M - 3Y
71423 10-10:45am Tue Jan 15-Mar 12
71424 10-10:45am Tue Mar 26-May 21

SPORTBALL BIG KIDS - MULTI-SPORT

Sportball Multi-Sport skills development programs introduce preschool age children to the concepts and skills involved in the eight core sports of the Sportball methodology. Developmentally appropriate methods are introduced to reinforce the benefits of teamwork and skills development rather than the importance of winning. Children gain the confidence and develop the social skills necessary to succeed in sport and life. Child only program. Min 6/Max 12
South Bellevue Community Center

Sportball Bigkids - Multi-Sport

\$96(R) \$120(N) Age: 3Y - 5Y
71993 11:30am-12:30pm Tue Jan 15-Mar 05
71996 1-2pm Tue Jan 15-Mar 05
72017 11:30am-12:30pm Tue Mar 12-Apr 30
72018 1-2pm Tue Mar 12-Apr 30

Sportball Bigkids - Multi-Sport Open House

FREE(R) Age: 3Y - 5Y
71994 11:30am-12:30pm Tue Jan 08
FREE(R) \$120(N) Age: 3Y - 5Y
71995 1-2pm Tue Jan 08

Northwest Arts Center Sportball-Multi-Sport -NWAC

\$96(R) \$120(N) Age: 3Y - 5Y
71992 10:30-11:30am Thu Jan 31-Mar 28
72275 10:30-11:30am Thu Apr 18-Jun 06

SPORTBALL KIDS

This program is a perfect intro to Sportball. Children and parents or caregivers participate in our eight core sports; basketball, baseball, hockey, football, soccer, tennis, golf and volleyball. Sportball Junior will participate in these eight core sports along with creative games, rhymes, stories, bubble time and much more! Min 6/Max 12

South Bellevue Community Center

Sportball Parent & Child

\$96(R) \$120(N) Age: 2Y - 4Y
72033 10:30-11:15am Tue Jan 15-Mar 05
72034 10:30-11:15am Tue Mar 12-Apr 30

Sportball Parent & Child Open House

72115 10:30-11:15am Tue Jan 08

Sportball Junior

\$96(R) \$120 Age: 16M-24M
72121 9:30-10:15am Tue Jan 15-Mar 05
72123 9:30-10:15am Tue Mar 12-Apr 30

Sportball Junior Open House

72117 9:30-10:15am Tue Jan 08

Northwest Arts Center Parent & Child Multi-Sport

\$96(R) \$120(N) Age: 2Y - 3Y
72035 12:30-1pm Wed Jan 30-Mar 27
72276 9:45-10:30am Thu Jan 31-Mar 28
72274 12:30-1pm Wed Apr 17-Jun 05
72277 9:45-10:30am Thu Apr 18-Jun 06

ARTS, CRAFTS, COOKING & FAMILY FUN

HAPPY HEART VALENTINE FUN

Bring your dad and make a special box-lunch for both of you to share. Together make a special gift to take home to mom. Sing songs, do a little dance and complete the morning decorating a sweet Valentine treat. Come join the FUN! Min 6/Max 8
Northwest Arts Center
\$22(R) \$25(N) Age: 2Y - 5Y
Each Add'l Family Member: \$5(R) \$6(N)
71586 10-11:30am Sat Feb 09

LUCKY LEPRECHAUNS!

Top o' the mornin' to ya! Join us for art, games, music and all things green! Don't forget to have your leprechaun wear something green so you won't get pinched! There's a pot of 'gold' waiting for you at the end of the rainbow! Min 6/Max 8
Northwest Arts Center
\$22(R) \$25(N) Age: 2Y - 5Y
Each Add'l Family Member: \$5(R) \$6(N)
71430 10-11:30am Sat Mar 09

PEEP! PEEP!

Peep! Peep! Make cheerful chicks that peek out of decorated eggs as well as other springtime creatures. Music and an egg hunt round off our morning of FUN!
Adult/Child class. Min 6/Max 15
Northwest Arts Center
\$22(R) \$25(N) Age: 2Y - 5Y
Each Add'l Family Member: \$5(R) \$6(N)
71431 10-11:30am Sat Apr 06

LE PETIT CHEF

In a fun and happy environment, make yummys for your tummies. Good food is our focus and having fun is our priority! Our goal is to instill in our young chefs a lifelong appreciation for food. Recipes included. Microwave is used in the classroom to prepare some recipes. Caregiver and child class (2Y-42M). Child only class (3y-5y). Min 6/Max 6
Northwest Arts Center
\$85(R) \$98(N) Age: 2Y - 42M
71410 12-12:45pm Thu Jan 17-Mar 14
71412 12-12:45pm Thu Mar 28-May 23
\$85(R) \$98(N) Age: 3Y - 5Y
71411 2-2:45pm Thu Jan 17-Mar 14
71413 2-2:45pm Thu Mar 28-May 23

PEE WEE PICASSO

Caregiver and child have fun together doing delightful art projects reflecting various subjects as well as seasonal specialties. Projects made in this delightful class make for artful memories and lasting treasures. Please no siblings during class time. Caregiver required in class. Min 8/Max 10
Northwest Arts Center
\$85(R) \$98(N) Age: 2Y - 4Y
71406 9:45-10:30am Thu Jan 17-Mar 14
71407 9:45-10:30am Thu Mar 28-May 23

MAGIC BRUSHES-ART FOR CHILDREN

If you are serious artist and want to learn how to draw. This class is for you! Learn the 5 basic elements of art and how to 'see' in order to draw what you see. Each week we will focus on a new subject. Materials included. Min 5/Max 12
Northwest Arts Center
Magic Brushes-Art for Children
\$104(R) \$120(N) Age: 3Y - 5Y
71616 10-10:45am Tue Jan 29-Mar 26
71617 11-11:45am Tue Jan 29-Mar 26
71635 10-10:45am Tue Apr 16-Jun 04
71636 11-11:45am Tue Apr 16-Jun 04

LANGUAGE

MANDARIN CHINESE

Your child will learn Mandarin Chinese in a fun and happy environment. Using songs, stories, as well as entertaining and engaging games in Mandarin motivates children to play and learn the language while having fun. Min 8/Max 10
Northwest Arts Center
\$110(R) \$121(N) Age: 3Y - 6Y
71571 12:30-1:15pm Sat Jan 26-Apr 06
71572 12:30-1:15pm Sat Apr 20-Jun 22

LEARNING & EXPLORING

NATURAL START PRESCHOOL OPEN HOUSE

Natural Start Preschool is a nature-based preschool combining Kindergarten readiness with experience in nature, physical activity and environmental education. We will be hosting several open houses for the 2012-2013 school year. Parents and children are invited to visit our classroom, meet our teachers, tour the facility, and learn more about what our unique program has to offer! For more information, please call 425-891-0764 or visit our website at www.naturalstartpreschool.com. Min 1/Max 30
FREE Age: 3Y - 99Y
South Bellevue Community Center
72648 6:30-8pm Mon Jan 07
Northwest Arts Center
73033 10am-12pm Sat Jan 26

Space still available for the 2012/2013 Natural Start Preschool school year.

Registration for 2013/2014 will begin in January.

COMPUTER - THE MOUSE & ME

NEW! Fun and interactive computer classes designed exclusively for preschoolers. Your child becomes a computer detective on a mission using Imagine Tomorrow software that adjusts to each child's pace. Classes are small and personal. Children will receive a password from each class so they can show their parents what they have learned at home online. Children absolutely love it and parents enroll their children for the academic enrichment, self-confidence, thinking and learning skills they will use for life. Min 3/Max 5

Crossroads Community Center

\$120(R) \$144(N) Age: 3Y - 5Y
 71483 10-11am Mon Jan 07-Mar 11
 71484 5:45-6:45pm Tue Jan 08-Mar 05

South Bellevue Community Center

\$60(R) \$75(N) Age: 3Y - 3Y
 71480 12:20-12:50pm Thu Jan 17-Mar 14

\$120(R) \$150(N) Age: 4Y - 5Y
 71481 1-2pm Thu Jan 17-Mar 14

\$38(R) \$47(N) Age: 3Y - 3Y
 71707 12:20-12:50pm Thu Mar 21-Apr 25

\$75(R) \$94(N) Age: 4Y - 5Y
 71708 1-2pm Thu Mar 21-Apr 25

Computer - The Mouse & Me Open House

Come and find out about The Mouse & Me preschool computer class!

FREE Age: 3Y - 5Y
 71482 1-2pm Thu Jan 10

Special Interest & Extended Learning Dance & Arts

TAP DANCE - BEGINNING 

Have you wanted to learn to tap dance or want to improve the skills you learned long ago? This is a wonderful way to exercise while improving coordination and memory - while having fun. Min 10/Max 30

North Bellevue Community Center

\$16(R) \$20(N) Age: 18Y and up
 71659 11am-12pm Tue Jan 08-29
 71660 11am-12pm Tue Feb 05-26
 71661 11am-12pm Tue Mar 05-26
 71662 11am-12pm Tue Apr 02-23

TAP DANCE - INTERMEDIATE 

Improve your skills dancing to fun music from the old days. This is a wonderful way to exercise while improving your memory, coordination, and having fun. Min 10/Max 30

North Bellevue Community Center

\$18(R) \$22(N) Age: 18Y and up
 71669 12:15-1:15pm Tue Jan 08-29
 71670 12:15-1:15pm Tue Feb 05-26
 71671 12:15-1:15pm Tue Mar 05-26
 71672 12:15-1:15pm Tue Apr 02-23

LINE DANCING

Line Dancing is a great way to exercise your body and mind while meeting new friends and listening to some great music. Dances taught focus both on the beginner and returning students. Leather soled shoes recommended. Min 5/Max 15

South Bellevue Community Center

FREE(R) Age: 18Y and up
 72139 7-8:30pm Mon Jan 07
 72144 2:30-4pm Wed Jan 09

\$12.50(R) \$15.50(N) Age: 18Y and up
 72140 7-8:30pm Mon Jan 14-28

\$18.50(R) \$23(N) Age: 18Y and up
 72145 2:30-4pm Wed Jan 16-30
 72141 7-8:30pm Mon Feb 04-25
 72143 7-8:30pm Mon Apr 01-15
 72148 2:30-4pm Wed Apr 03-17

\$24.50(R) \$30.50(N) Age: 18Y and up
 72146 2:30-4pm Wed Feb 06-27
 72142 7-8:30pm Mon Mar 04-25
 72147 2:30-4pm Wed Mar 06-27

LINE DANCE PRACTICE 

No instructor. Practice line dances with other participants.

North Bellevue Community Center

\$3 (R) \$4(N) Age: 18Y and up
 71513 11:45am-12:45pm Mon Jan 07-Apr 29
 71510 11am-12pm Fri Jan 11-Apr 26

SINGING - CHORUS

Come sing with the chorus. We welcome new singers at any time. No auditions and no advance notice are required. Just come as you are. We sing for our own fun and enjoyment, with piano accompaniment. Mostly, we sing popular songs from the 30's, 40's and 50's. Our six song books plus holiday music give us a large variety. The Chorus meets every Friday, 10:30am-Noon. Typically, we sing at a nursing home one time each month and occasionally have a gig elsewhere. Call for the monthly schedule. Min 2/Max 30

North Bellevue Community Center

FREE Age: 50Y and up
 72304 10:30-11:45am Fri Jan 11-Apr 26

Continuing Education & Group Learning

AARP DRIVER SAFETY PROGRAM

The nation's first and largest classroom driver improvement course designed especially for motorists 50 and older. This course may qualify you for an auto insurance discount. \$12 fee payable to AARP at first class, \$14 if not an AARP member. Bring a sack lunch. Min 5/Max 40

North Bellevue Community Center

FREE Age: 65Y and up
 71577 9am-2pm Tue,Thu Feb 05-07
 71578 9am-2pm Tue,Thu Apr 02-04

BOOK CLUB

Meets the second Tuesday of each month. For more information contact Sue Hipke at 425-747-6843 or Dorothy Goddard at 425-747-5543. Min 2/Max 10

North Bellevue Community Center

FREE Age: 18Y and up
 71494 10-11:30am Tue Jan 08
 71495 10-11:30am Tue Feb 12
 71496 10-11:30am Tue Mar 12
 71497 10-11:30am Tue Apr 09

GETTING AROUND PUGET SOUND

Want to go from home to the store, the library & more? Personalized one-on-one assistance with transportation options and planning. 2nd & 4th Monday each month, 11am-1pm. No appointment necessary. Provided through a partnership with Hopelink Travel Ambassador Program. Min 1/Max 25

North Bellevue Community Center

FREE Age: 18Y and up
 72064 11am-1pm Mon Jan 07-Apr 15

Games

ADULT BILLIARDS & GAMES

Drop-in program for adults at the North Bellevue Community Center. Join the fun! Activities include billiards, board games, puzzles, books, magazines, and video check-outs. No registration required. Not available on holidays. Min 1/Max 40

North Bellevue Community Center

FREE Age: 18Y and up
 8:30am-8:30pm Mon-Thu Jan 07-Apr 30

CRIBBAGE

Come join friends for a fun game of Cribbage. Min 4/Max 28
 North Bellevue Community Center
 FREE Age: 18Y and up
 10am-12pm Thu Jan 10-Apr 25

DUPLICATE BRIDGE

Group meets Wednesday and Friday afternoons from 12:15 - 3:30pm, FEE \$.50/visit, payable to Advisory Board. Bring a partner. Contact: Ed Jesse 425-746-7435 or Arnie Rengstroff 425-746-1620. Min 8/Max 40
 North Bellevue Community Center
 \$.50 Age: 18Y and up
 12-3:30pm Wed, Fri Jan 09-Apr 26

MAH JONG

For more information, stop by the front desk. Min 4/Max 16
 North Bellevue Community Center
 FREE Age: 18Y and up
 1-3pm Wed Jan 09-May 01

PING-PONG DROP IN

Drop in for a lively game of ping pong (table tennis). We provide the two championship quality table tennis tables and balls, you provide your own paddle. Call for current schedule. Ask about the Play Pass for discounted play. Min 2/Max 16
 North Bellevue Community Center
 \$3(R) \$4(N) Age: 18Y and up
 8:30am-5pm Mon, Wed-Fri Jan 07-May 06

PINOCHLE

Pinochle is played every Thursday afternoon. If you are interested in joining a foursome, please contact Carl Wittenberg, 425-641-3118 to put your name on the interest list. New tables will be formed as enough people join. Min 4/Max 20
 North Bellevue Community Center
 FREE Age: 18Y and up
 12-3pm Thu Jan 10-Apr 25

PARTY BRIDGE TUESDAYS

Drop-In 'Party Bridge' play. Individuals welcome. Please contact Dorothy at 425-747-5543. Min 4/Max 28
 North Bellevue Community Center
 FREE Age: 18Y and up
 12-3pm Tue Jan 08-Apr 30

THE SOUTH BELLEVUE BRIDGE BUNCH

Just learning, a little rusty or just want a fun place to play bridge while increasing your skill level? Min 4/Max 40
 South Bellevue Community Center
 \$10(R) \$12(N) Age: 18Y and up
 72490 1:10-3:10pm Tue Jan 08-Apr 30

Immigrant Services

CHINESE INFORMATION & ASSISTANCE SERVICES

Services provided in Mandarin to those 55 years of age or older. Assistance with questions and concerns regarding health insurance, housing, naturalization application, utility or medical bills, or any other issue where the language barrier is an issue. Our trained volunteer can help. Please call 206-624-5633 x 4123 for additional information and to make an appointment. Min 1/Max 1

North Bellevue Community Center
 FREE Age: 55Y and up
 71565 8:30am-12pm Thu Jan 10-Apr 25

CISC/ CANCER SUPPORT GROUP

CISC Cancer support group meets the 2nd Thursday of each month. Min 5/Max 15
 North Bellevue Community Center
 FREE Age: 18Y - 99Y
 71690 10-11:30am Thu Jan 10-Apr 11

CISC BALLROOM DANCE

Would you love to learn some ballroom dance moves, such as Cha-Cha, Waltz, Tango, and Rumba? This dance class is for you to exercise your body while listening to the music. Come and have some fun! Suggested donation of \$3 per class per person. Course conducted by the Chinese Information and Service Center in Chinese language only. Min 6/Max 40
 North Bellevue Community Center
 71143 1-3pm Wed Jan 09-May 08

INDIAN FELLOWSHIP

This social group is geared for older adults visiting from India. Fellowship meets every Tuesday, 10:30am-1pm. Contact CD Banerjee at 425-746-8420 for additional information. Min 2/Max 12
 North Bellevue Community Center
 FREE Age: 60Y and up
 72067 10:30am-1pm Tue Jan 08-Apr 30

ESL FOR SPANISH SPEAKERS

Reading, writing and speaking skills for non-native English speakers. Learn the American style of handwriting, increase your understanding of common English phrases, and practice your penmanship and conversation skills in a fun and supportive setting. Min 6/Max 25
 North Bellevue Community Center
 FREE Age: 18Y and up
 72073 12:45-1:45pm Mon, Fri Jan 07-Apr 29

ESL ADVANCED FOR MANDARIN SPEAKERS

Advanced English as a second language instruction for Mandarin speakers. Min 6/Max 25
 North Bellevue Community Center
 FREE Age: 60Y and up
 71136 10-11:30am Thu Jan 10-Apr 25

SINGING - CHINESE & ENGLISH CHORUS

Everyone can join our fun singing group! CISC Eastside members, conductor Mr. & Mrs. Wong Zheng-Feng and Ms. Hong Jia-Bing teach singing Chinese and foreign classic songs. Music helps you relax and get to know more friends. Sharing time follows singing. Min 5/Max 35
 North Bellevue Community Center
 FREE Age: 18Y and up
 71139 10:30-11:50am Wed Jan 09-Apr 24

ESL 111 - NEWSPAPER READING GROUP

Every week we will study an article from the local newspaper and learn new vocabulary. This class is fun and useful. Space is limited, to register call coordinator Boliver at 206-624-5633 ext.4140. Min 5/Max 24
 North Bellevue Community Center
 FREE Age: 65Y and up
 71150 9:30-10:30am Wed Jan 09-Apr 24

EXERCISE IN SPANISH

Low impact exercise designed for older adults. Instruction is given in Spanish. Sponsored by SeaMar Community Health. Min 4/Max 50
 North Bellevue Community Center
 FREE Age: 50Y and up
 72541 11:15am-12pm Mon, Fri Jan 07-Aug 26

LANGUAGE- ESL FOR CHINESE SENIORS

English as a second language is offered for non-native Americans. Beginner and Intermediate. Min 6/Max 27
 South Bellevue Community Center
 FREE Age: 60Y and up
 72495 12:30-2pm Thu Jan 03-Apr 25

Financial, Legal, & Insurance

INCOME TAX ASSISTANCE

Volunteers from AARP assist you in the preparation of your 2012 tax return. Bring your 2011 completed return and your 2012 paperwork and information. Call 425-452-7681 for a 45 minute appointment (one tax return per appointment only). Electronic Filing Only.

LEGAL CLINIC

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

SENIOR BUS PASS DISTRIBUTION

Metro will sell their Senior Regional Reduced Fare ORCA Card for \$3 to adults 65 years or older. Min 1/Max 99
North Bellevue Community Center
FREE Age: 65Y and up
72194 10:30-11:30am Tue Jan 15
72195 10:30-11:30am Tue Mar 19

SHIBA

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

EVERGREEN CARE NETWORK CONSULTATIONS

Erin Rycraft, from Evergreen Care Network specializes in challenges facing older adults and can provide information and connection to community resources. She can help you develop a plan for current concerns or prepare for the future. A home visit can be arranged for older adults over the age of 60 for more complex problems. Call to make an appointment with Erin, 425-452-7681.

MOVING TO A SIMPLER LIFE

This seminar is designed to help you make the move to an easier lifestyle. Over 2 meetings, you'll learn the types of services available to assist you when your home has become too much to care for, and create a strategy to either age in place, or move to a new home. Over the 2 days you'll meet estate sale/appraiser experts, a mover, Realtor(r), Elder Law attorney, financial planner, reverse mortgage specialist, seniors' bookkeeper, in-home care provider, and senior housing expert. After each seminar informal question & answer sessions will follow along with a gracious free lunch. Min 6/Max 25

North Bellevue Community Center
FREE Age: 18Y and up
72496 10am-1pm Tue Jan 15-22
72498 10am-1pm Tue Mar 19-26

South Bellevue Community Center
FREE Age: 55Y and up
72497 10am-1pm Tue Feb 19-26
72499 10am-1pm Tue Apr 16-23

Computer Classes

ONE-ON-ONE WITH DORIS FORD

Need help with a particular computer software program that has you stumped? Feel more comfortable asking questions one-on-one? Need a quick skill brush-up for your new job? Gain computer skills, confidence, and comfort level with your equipment in a 2-hour one-on-one session. NEW! Bring your CPU or Laptop from home if you feel more comfortable using your own equipment, or use the computers in our lab. Min 1/Max 1

North Bellevue Community Center
\$31(R) \$37(N) Age: 18Y and up
71357 10am-12pm Thu Jan 17
71358 10am-12pm Thu Feb 28

COMPUTERS - INTRO TO COMPUTERS

Learn the fundamentals of hardware and software, terminology, operations, keyboard, and mouse. Learn the difference between word processing, spreadsheet and database software. Min 3/Max 6

North Bellevue Community Center
\$41(R) \$49(N) Age: 18Y and up
71346 12:30-2:30pm Tue Jan 15-Feb 05
71347 10am-12pm Tue Mar 12-Apr 02

EMAIL - MAC

Learn how to copy a document and/or a picture to an e-mail, attach a file, save a file, and delete a file. You will compose an e-mail, reply to an e-mail, change fonts and font sizes, and add color to the text. Understand why you do not see the files or photos sent to you as an attachment. You must bring your Mac laptop to class. Min 3/Max 6

North Bellevue Community Center
\$18(R) \$22(N) Age: 18Y and up
71487 10am-12pm Thu Mar 14

GETTING TO KNOW YOUR DIGITAL CAMERA

Work with your own camera to determine which settings provide the most satisfactory results. Ownership of a digital camera with 3.2 or more megapixels essential. Learn what buttons and dials mean and how to use them. Bring your camera, extra batteries, and instruction book to class. Min 3/Max 6

North Bellevue Community Center
\$18(R) \$22(N) Age: 18Y and up
71367 10am-12pm Thu Mar 21

INTRO TO MAC COMPUTERS

Learn how to customize the System Preferences. Work with the Finder, desktop, the menu bar, the dock, trash, spotlight, and files and folders. You must bring your Mac laptop to class. Min 3/Max 6

North Bellevue Community Center
\$41(R) \$49(N) Age: 18Y and up
71142 10am-12pm Tue Jan 15-Feb 05
71353 12:30-2:30pm Thu Mar 14-Apr 04

Utility Rate Rebate

The City of Bellevue Utilities Department offers utility rate relief for low income seniors and disabled persons. Applications will be taken at North Bellevue Community Center on Wednesday mornings from 10am to noon from February 6 through April 10, 2013. Visit http://www.bellevuewa.gov/utilities_discounts.htm for more information.

To make an appointment, please call 425-452-5285

Computer / Youth, Family, & Teen Extended Learning / Sports

IPAD MAC

Learn how to create messages, notes, reminders, send and receive email, use maps, read free books, add music, games, and more. You must bring your iPad to class. Min 3/Max 6

North Bellevue Community Center
\$18(R) \$22(N) Age: 18Y and up
71489 10am-12pm Thu Apr 04

IPHOTO- MAC

You will learn how to crop, repair blemishes, straighten, enhance and adjust, use the special effects, and create slideshows. You will see how to compare before and after versions of your photos. The full screen viewing option allows you to easily edit photos. You must bring your Mac laptop to class. Min 3/Max 6

North Bellevue Community Center
\$22(R) \$26(N) Age: 18Y and up
71370 10am-12pm Thu Feb 07-14

THE DOCK-MAC

Use the Dock for easy access to commonly used applications: email, Internet, trash and many more. Learn how to add your own applications, files and folders to the Dock. You must bring your Mac laptop to class. Min 3/Max 6

North Bellevue Community Center
\$18(R) \$22(N) Age: 18Y and up
71486 10am-12pm Thu Feb 21

THE FINDER-MAC

Learn how to visually access practically everything on your Mac. Organize all files and folders and search for stuff anywhere on your Mac, delete things you don't want, and more. You must bring your Mac laptop to class. Min 3/Max 6

North Bellevue Community Center
\$18(R) \$22(N) Age: 18Y and up
71364 10am-12pm Thu Jan 24
71365 10am-12pm Thu Mar 07

RETURN TO WORK EXCEL

Customize the quick access menu, work with multiple worksheets, apply absolute and relative cell references, understand and perform calculations, use a pivot table and create what if worksheets. Sharpen your math skills by building fundamental job-seeking skills in excel. Min 3/Max 6

North Bellevue Community Center
\$41(R) \$49(N) Age: 18Y and up
71349 12:30-2:30pm Fri Feb 15-Mar 08

RETURN TO WORK WORD

Set default margins, tabs, fonts, and font sizes, create columns, tables, and add symbols, objects, and clip art. Know how to mail merge, print envelopes, and create mailing labels. Build fundamental job-seeking skills in Word. Min 3/Max 6

North Bellevue Community Center
\$41(R) \$49(N) Age: 18Y and up
71156 12:30-2:30pm Tue Feb 12-Mar 05

CREATING FLYERS IN MS WORD

Create flyers using table and column commands. Add photos, clip art, Word Art, charts, borders, symbols, and shapes to the flyer. No Word experience needed. Min 3/Max 6

North Bellevue Community Center
\$18(R) \$22(N) Age: 18Y and up
71488 10am-12pm Thu Mar 28

ORGANIZE YOUR FILES-MICROSOFT

Learn the difference between files and folders, how to copy, move, delete, files into separate folders. Discover how easy it is to create new folders. Organize your photos. Min 3/Max 6

North Bellevue Community Center
\$18(R) \$22(N) Age: 18Y and up
71366 10am-12pm Thu Jan 31

WINDOWS 7

Learn what is new in Windows 7. Check out the cool new features that can help simplify everyday tasks, works the way you want, use Snap to arrange and resize windows, view the new taskbar button and shake your windows. Min 3/Max 6

North Bellevue Community Center
\$41(R) \$49(N) Age: 18Y and up
71147 10am-12pm Tue Feb 12-Mar 05

Youth, Teen, & Family

MANDARIN CHINESE

Your child will learn Mandarin Chinese in a fun and happy environment. Using songs, stories, as well as entertaining and engaging games in Mandarin motivates children to play and learn the language while having fun. Min 8/Max 10

Northwest Arts Center
\$132(R) \$144(N) Age: 6Y - 10Y
71568 1:30-3:30pm Sat Jan 26-Apr 06
71569 1:30-3:30pm Sat Apr 20-Jun 22

SPANISH LANGUAGE

The Little Spanish Castle teaches the Spanish Language using educational learning games, themed based songs, story time and creating art and crafts projects related to the Spanish Culture. This is an intensive, yet welcoming approach to learning Spanish. This is an immersion class at Northwest Arts Center that integrates grammar and writing basics using a natural and fun approach to learning the language. Min 8/Max 10

Northwest Arts Center
\$144(R) \$172(N) Age: 6Y - 10Y
71469 4-5:30pm Wed Jan 30-Mar 27
71470 4-5:30pm Wed Apr 24-Jun 12

AMERICAN SIGN LANGUAGE

Offering beginning sign language classes. Learn in a fun and relaxed environment. Min 5/Max 25

Highland Community Center
\$42(R) \$53(N) Age: 9Y and up
72787 5:30-7pm Tue Jan 08-Mar 12

DROP-IN SPORTS - YOUTH, ADULT, & FAMILY

BADMINTON - DROP-IN

Enjoy playing badminton? Put this opportunity on your schedule! The schedule is subject to change depending on attendance. Min 1/Max 30

\$3(R) \$4 Age: 18Y and up
South Bellevue Community Center
7-8:45pm Wed Ongoing

Highland Community Center
9am-12pm Sun Ongoing

BASKETBALL - ADULT OPEN GYM

Come to our open gym time for adults. Open for full court play until there are too many, then players have option to switch to half court play. Min 1/Max 50

\$3(R) \$4(N) Age: 18Y and up
South Bellevue Community Center
Call 425-452-4240 for Schedule Ongoing

Highland Community Center
11:30am-1pm Tue/Thu Ongoing

ADULT DROP-IN VOLLEYBALL

An afternoon of fast and furious indoor fun!

Highland Community Center
\$3(R) \$4(N) Age: 18Y and up
1-3pm Mon/Fri Ongoing

BASKETBALL - FAMILY TIME

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

South Bellevue Community Center
FREE Age: 5Y and up
 12-2:30pm Sat Ongoing
 3:15-4:45pm Sun Ongoing

GAMES - PICKLEBALL SHAPE UP!

The monthly schedule for pickleball may vary. Please call for current schedule. Court and net provided - players provide their own paddle and ball. Min 2/Max 24
 North Bellevue Community Center
 \$3(R) \$4(N) Age: 18Y and up
 8:30am-5pm Mon Ongoing

PICKLEBALL

Join our pickle ball players for some good exercise and lots of fun. Easy sport to pick up if you have not played before. Min 1/Max 30

South Bellevue Community Center
 \$3(R) \$4(N) Age: 18Y and up
 72896 11:30am-1:30pm Thu, Tue Jan 03-Apr 02

ADULT SPORTS LEAGUES

Registration dates for the Adult Basketball, Women's Basketball, Co-Rec Volleyball, and the NEW Women's Volleyball leagues:

Registration: November 12-30, 2012
League Play: January 6-March 28, 2013

Call 425-452-4479 or email
SLouie@bellevuewa.gov to register.

New to Bellevue or looking for a team?

Individuals are encouraged to get on the **Interested Players List** available to team managers looking for players. Contact Shirley Louie at 425-452-4479 or email SLouie@bellevuewa.gov, or visit us on the Web at http://www.bellevuewa.gov/parks_adult_sports_leagues.htm.

NON-LEAGUE ADULT SPORTS GOURMET BIKERS

Join other seniors and set aside Wednesdays for a day of low-impact exercise, fun, fellowship and lunch. We will start our rides around 10am and bike for 12-15 miles for lunch and return. We will ride on flat bike trails and low traffic roadways. As our confidence builds, we will plan trips to the tulip fields, lavender fields, and maybe even and winery trip. Riders must provide their own bicycle and helmet. Contact Judy at 425-378-0645 if you are interested.

ROLLER DERBY SKATING CLASSES

This program is designed to teach beginning girl and women skaters how to skate with overall focus on agility, fitness, confidence and endurance. Min 10/Max 40
 South Bellevue Community Center
 \$96(R) \$120(N) Age: 15Y - 30Y
 72657 12:30-2:30pm Sun Jan 06-Feb 24

YOUTH SPORTS/FITNESS

I-BALL BASKETBALL CLINICS

Bellevue Parks & Community Services and i-Ball have partnered to offer Basketball Skills Clinics for kids, ages 7-14. Consistent training is the main aspect that helps to greatly accelerate learning and retention for young players. i-Ball is ran by professional basketball player and former Globetrotter's Harlem All-Star, Kyle Keyes along with i-Ball staff. Players will learn all aspects of basketball development of core fundamentals along with offensive & defensive techniques, shooting techniques, ball handling and court awareness. Players of ALL skill levels are welcome and will be grouped accordingly. Min 5/Max 30
 Highland Community Center

\$79(R) \$95(N) Age: 7Y - 14Y
 73119 5:50-7pm Mon Jan 07-Feb 04
 73120 5:50-7pm Mon Feb 11-Mar 11
 73121 5:50-7pm Mon Mar 18-Apr 15
 73122 5:50-7pm Mon Apr 22-May 13

SEREVI MINI RUGBY

Serevi Mini Rugby is designed to introduce young children to the fun and basics of rugby through skill based games. Participants will learn how to run, pass, catch and kick in a fun friendly environment. Teamwork and sportsmanship are fundamental to this program. Emphasis will be on safety and fun at all times. This program is non-contact and co-ed. Min 1/Max 12

Robinswood Community Park
 \$42(R) \$50(N)
 Age: 4Y - 5Y
 73100 4:30-5:45pm Mon Mar 04-25
 73101 4:30-5:45pm Mon Apr 01-22
 73102 4:30-5:45pm Mon Apr 29-May 20

ROCK CLIMBING YOUTH PROGRAM

This 6-week program provides a supportive, fun, and safe environment for students to explore rock climbing. The focus will be on basic rock climbing and bouldering techniques by incorporating fun games and challenges, while getting fit and improving climbing skills. A fun team competition will conclude the program. No previous experience necessary and all equipment is provided. Min 4/Max 12

South Bellevue Community Center
 \$150(R) \$180(N) Age: 8Y - 11Y
 71978 4-5:30pm Mon, Wed Jan 07-Feb 13
 71979 4-5:30pm Mon, Wed Feb 25-Apr 03
 71980 4-5:30pm Mon, Wed Apr 15-May 22

Bellevue Parks & Community Services has a variety of volunteer opportunities.

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. If you are not sure what you would like to do, contact Shelly Shellabarger, the City of Bellevue's volunteer program coordinator, at 425-452-5375, or email volunteer@bellevuewa.gov.

You can also contact one of the following facilities or program areas to learn more about available opportunities.

Bellevue Botanical Garden
 425-452-2750
LScott@bellevuewa.gov

Bellevue Youth Theatre
 425-452-7155
BYT@bellevuewa.gov

Adaptive Recreation
 425-452-6105
KIndurkar@bellevuewa.gov

Special Events
 425-452-4106
NWAC@bellevuewa.gov

Kelsey Creek Farm
 425-452-7688
KelseyCreekFarm@bellevuewa.gov

North Bellevue Community Center
 425-452-7681
NBCC@bellevuewa.gov

Robinswood Tennis Center
 425-452-7690
JSoriano@bellevuewa.gov

Park Stewards/Naturalists
 425-452-4195
Parks_Stewardship@bellevuewa.gov

Cultural Diversity Program
 425-452-7886
KHenry@bellevuewa.gov

Youth Sports
 425-452-4627
HChristoff@bellevuewa.gov



SEREVI FLAG RUGBY

Serevi Rugby and Bellevue Parks & Community Services are excited to offer Serevi Olympic Flag Rugby, a coed, limited-contact sport for children, ages 6-12, which mimics Rugby 7s, the world's newest Olympic Game. Flag Rugby is a free-flowing game that allows all players to pick up the ball and run. Teamwork and sportsmanship are fundamental to this program. Emphasis will be on safety and fun at all times, and the use of flags limits physical contact. Skills developed are: evasive running and agility, passing, ball handling, catching and small sided games. This program is co-ed. Min 10/Max 30 Robinswood Community Park

\$50(R)	\$60(N)	Age: 6Y - 12Y
73103	4:30-5:45pm	Mon Mar 04-25
73104	4:30-5:45pm	Mon Apr 01-22
73105	4:30-5:45pm	Mon Apr 29-May 20

YOUTH BASKETBALL LEAGUES

This basketball league is specially designed to help your child understand the team concept of basketball, enhancing their dribbling, shooting, passing 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.

The goal of Youth Sports & Fitness programs is to provide quality programming with responsible leaders so youth have the opportunity to grow and learn. We are a program in which opportunity for participation is provided to all those who enter, regardless of skill and ability. We wish to provide youth with a fun learning experience and the opportunity to develop lifetime sports and fitness skills.

- **Practices and League Games:** The first 2 weeks are team practice followed by 6 weeks of games. Parents will be given an information packet outlining their practice times and game schedule. Please note that practices and games are one hour in duration. You must be available for the time frame listed in each league, as practices and game times may vary throughout the season. No day of the week or time requests will be considered.
- **Uniforms:** Basketball reversible jersey is included in the registration fee. Tennis shoes required.

- **VOLUNTEER COACHES ARE NEEDED!** Volunteer basketball coaches are needed. Call 425-452-4627 for more information and to receive a \$20 discount towards your registration fee. Background check required & attendance to mandatory coaches clinic to receive discount. Basketball experience required.
- **Schedules:** A team confirmation, parent packet and practice/game schedule, will be sent via email by January 26th. Contact Heather Christoff at HChristoff@bellevuewa.gov with questions regarding schedules.
- **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, and all requests must be made before January 23 by email to hchristoff@bellevuewa.gov or by calling 425-452-4627.

- **I've signed up for basketball...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 January 26.

MIGHTY MITES BASKETBALL LEAGUE

This co-ed 3 on 3 league is specially designed to help your child understand the team concept of basketball in an instructional setting. Emphasis on participation, fun, and skill development while enhancing their dribbling, shooting, passing, and defense will be emphasized. This 8 week league will begin with 2 weeks of team practice followed by 6 weeks of games on Mondays OR Tuesdays. Practice/games are 1 hour in duration and will be at 5:30pm OR 6:45pm depending on scheduling. Max. 6 players per team.

\$87(R)	\$104(N)	Ages: 5Y - 6Y
72905	5:30 OR 6:45pm	Mon OR Tue Jan 28-Apr 02

YOUTH BASKETBALL LEAGUE

This co-ed 4 on 4 instructional league is full of fun and is a great way to further develop and enhance your basic knowledge and skills in basketball! Learn to become a team player and become a better individual player. Emphasis on participation, fun, and skill development while enhancing their dribbling, shooting, passing, and defense will be emphasized. This 8 week league will begin with 2 weeks of team practice followed by 6 weeks of games on Tuesdays OR Thursdays. Practice/games are 1 hour in duration and will be at 5:30pm OR 6:45pm depending on scheduling. Max. 7 players per team.

\$87(R)	\$104(N)	Ages: 7Y - 9Y
72907	5:30 OR 6:45pm	Tue OR Thu Jan 29-Apr 04

JUNIOR BASKETBALL LEAGUE

It's time to elevate your game! This 10-12 year old co-ed league is designed to give your child more advanced playing skills. Offensive & defensive techniques, shooting techniques, ball handling and court awareness will be emphasized. This 8 week league will begin with 2 weeks of team practice followed by 6 weeks of games on Wednesdays. Practice/games are 1 hour in duration and will be at 5:30pm OR 6:45pm depending on scheduling. Max. 8 players per team.

\$87(R)	\$104(N)	Ages: 10Y - 12Y
72906	5:30 OR 6:45pm	Wed Jan 30-Mar 27

SPORTBALL MULTI-SPORT

Sportball Multi-Sport skills development programs introduce primary school-age children to the concepts and skills involved in the eight core sports of the Sportball methodology. Developmentally appropriate methods are introduced to reinforce the benefits of teamwork and skills development rather than the importance of winning. Children gain the confidence and develop the social skills necessary to succeed in sport and life. Child only program. Min 10/Max 15

Northwest Arts Center		
\$96(R)	\$120(N)	Age: 5Y - 7Y
72278	1:15-2pm	Wed Jan 30-Mar 27
\$96(R)	\$120(N)	Age: 5Y - 7Y
72279	1:15-2pm	Wed Apr 17-Jun 05

INDOOR SOCCER WITH MICHAEL SMITH

Participants will learn the fun game of soccer! Soccer techniques; dribbling, passing and scoring goals will be emphasized. Children will learn to play with teammates and develop balance/coordination and listening skills. Min 6/Max 12

Highland Community Center

\$55(R)	\$66(N)		Age: 4Y - 6Y
72940	1-1:45pm	Tue	Jan 15-Feb 26
72941	2-2:45pm	Tue	Jan 15-Feb 26
72942	1-1:45pm	Wed	Jan 16-Feb 27
72943	2-2:45pm	Wed	Jan 16-Feb 27
72939	2-2:45pm	Thu	Jan 17-Feb 28
72944	1-1:45pm	Thu	Jan 17-Feb 28
72935	2-2:45pm	Tue	Mar 05-Apr 16
72949	1-1:45pm	Tue	Mar 05-Apr 16
72936	1-1:45pm	Wed	Mar 06-Apr 17
72938	2-2:45pm	Wed	Mar 06-Apr 17
72937	1-1:45pm	Thu	Mar 07-Apr 18
72950	2-2:45pm	Thu	Mar 07-Apr 18
72945	1-1:45pm	Tue	Apr 23-May 28
72952	2-2:45pm	Tue	Apr 23-May 28
72946	1-1:45pm	Wed	Apr 24-May 29
72947	2-2:45pm	Wed	Apr 24-May 29
72948	1-1:45pm	Thu	Apr 25-May 30
72951	2-2:45pm	Thu	Apr 25-May 30

BIDDY MULTI SPORT

Come join the NEW Biddy Multi Sport class! This 6 week parent/guardian participation required program will cover three sports - basketball, soccer & t-ball. Each class is 45 minutes in length and encompasses developmental sports lessons along with activities proven to build and mature a child's motor development, hand-eye coordination, and cardiovascular fitness. The result of our action-packed curriculum is a program which allows every child to build their skills at their own pace within a non-competitive, learning-based environment that emphasizes patience, teamwork, and self-confidence. Min 10/Max 25

Tyee Middle School Site

\$66(R)	\$79(N)		Age: 3Y - 4Y
72899	9:30-10:15am	Sat	Jan 26-Mar 02
72900	9:30-10:15am	Sat	Mar 09-Apr 13
72904	9:30-10:15am	Sat	Apr 20-May 25

BIDDY MULTI SPORT II

Higher level skills, drills and fundamentals will be taught resulting in an action-packed curriculum 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. (Pre-requisite: Must complete three (3) Biddy Multi Sport age 3-4 classes or permission from instructor if under the age of 5) Min 10/Max 25

Tyee Middle School Site

\$66(R)	\$79(N)		Age: 5Y - 6Y
72901	10:30-11:15am	Sat	Jan 26-Mar 02
72902	10:30-11:15am	Sat	Mar 09-Apr 13
72903	10:30-11:15am	Sat	Apr 20-May 25



TRACK & FIELD

This programs main philosophy is to learn, participate, and introduce your child to physical fitness through basic track and field events such as running, jumping, and throwing. We will combine fun with technical development which will lead to an improved understanding of this rising sport. Participants will take part in different track and field drills and demonstrations on Mondays and compete in track meets on Thursdays or Fridays beginning in May. Volunteer Adult runners are needed for this program! Min 10/Max 75

Tillicum Middle School Site

\$76(R)	\$91(N)		Age: 4Y - 14Y
72924	4-5:30pm	Mon, Thu	Apr 22-Jun 06

TUMBLING-BEGINNING/INTERMEDIATE

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

Highland Community Center

\$42(R)	\$48(N)		Age: 7Y - 18Y
67423	4:15-5pm	Thu	Jan 10-Feb 14
67424	4:15-5pm	Thu	Feb 28-Apr 04
\$52(R)	\$58(N)		Age: 8Y - 17Y
67425	4:15-5pm	Thu	Apr 18-Jun 13

ROLLER DERBY JUNIOR SKATING CLASSES

This program is designed to teach girls how to skate with overall focus on agility, fitness, confidence and endurance. The philosophy behind the program is to instill positive ideals and help young girls realize their own potential. We strive to create a safe, fun and positive environment where girls can be athletic, increase their self confidence, obtain new friendships and be both self-empowered and self-expressive. Min 10/Max 40

South Bellevue Community Center

\$64(R)	\$80(N)		Age: 6Y - 14Y
72489	11:30am-12:15pm	Sun	Jan 06-Feb 24

CHEERLEADING - INTERMEDIATE (POWER SQUAD)

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

Highland Community Center

\$56(R)	\$62(N)		Age: 8Y - 18Y
67411	4-5:30pm	Wed	Jan 09-Feb 13
67412	4-5:30pm	Wed	Feb 27-Apr 03
\$70(R)	\$78(N)		Age: 8Y - 18Y
67413	3:30-5pm	Wed	Apr 17-Jun 12

CHEERLEADING - DANCE/DRILL TEAM

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

Highland Community Center

\$56(R)	\$62(N)		Age: 11Y - 18Y
67415	5-6:30pm	Thu	Jan 10-Feb 14
67416	5-6:30pm	Thu	Feb 28-Apr 04
\$70(R)	\$78(N)		Age: 11Y - 18Y
67417	5-6:30pm	Thu	Apr 18-Jun 13

CHEERLEADING - DREAM TEAM

Be a part of the Bellevue Parks cheer squad! You'll learn dances, cheers, and beginning stunts. There are performance opportunities as well! Dream Team has performed at halftime for the Univ. of WA basketball games and Seattle Storm. This is a beginning to intermediate level team. Dream Team is offered on Wed. or Fri - please choose one day. Extra costs may be incurred for this class. Contact instructor with questions. Min 10/Max 35

Highland Community Center

\$56(R)	\$62(N)		Age: 7Y - 18Y
67402	2:30-4pm	Wed	Jan 09-Feb 13
67400	4-5:30pm	Fri	Jan 11-Feb 15
67403	2:30-4pm	Wed	Feb 27-Apr 03
67401	4-5:30pm	Fri	Mar 01-Apr 05
\$70(R)	\$78(N)		Age: 7Y - 18Y
67405	2:30-4pm	Wed	Apr 17-Jun 12
67404	4-5:30pm	Fri	Apr 19-Jun 14

ROBINSWOOD TENNIS CENTER

Address: 2400 151st PL SE
 Phone: 425-452-7690
 Web: <http://www.bellevuewa.gov/3685.htm>

The 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: www.myparksandrecreation.com

LADIES' COMPETITIVE CUP INTER-CLUB LEAGUE

Six different levels of play: Evergreen, Emerald, Classic, Rainier, Challenge, and Kingco. NTRP rating 2.5-4.5. Team tryouts are conducted in June, the season begins in September. New players who missed the try-outs should contact the Head Professional for potential roster openings.

FACILITY RENTAL

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

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 restringing is available on site. Service is guaranteed in 48 hours.

VOLUNTEER AT ROBINSWOOD TENNIS CENTER

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

OUTDOOR TENNIS COURTS

Visit www.MyParksAndRecreation.com to find outdoor tennis courts operated by the City of Bellevue.

ADULT ACTIVITY GROUPS

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

Mixed Doubles - Monday, 7:30-8:45pm
 Coordinator: Eric Linger, elinger@sherwood-investments.com

Working Women - Wednesday, 6:15-7:30pm
 Coordinator: Robin Ballard, 425-564-4013, dickensball@yahoo.com

Mountaineers - Friday, 7:15-8:30pm
 Coordinator: Greg Kidd, 425-828-8590, Gregory.Kidd@comcast.net

Men's Doubles - Tuesday/Thursday, 6:15-10pm. Call 425-452-7690.

ADAPTIVE RECREATION TENNIS

The Adaptive Recreation Tennis Class is designed for individuals living with intellectual 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 Community Park

\$35			Age: 14Y and up
70014	3:45-4:45pm	Wed	Jan 09-Feb 27 \$40
70015	3:45-4:45pm	Wed	Mar 06-Apr 24 \$40



FRIDAY WOMENS' - ZINGERS

Competitive Doubles leagues held on Friday mornings at 9:15am. Level 3.5 NTRP. Min 8/Max 20
70145 9:15-10:30am Fri Jan 11-Mar 22 \$80

LADIES RECREATIONAL EVENING LEAGUE

Participants register individually. Ability range is 3.0-3.5 NTRP. Doubles match play with weekly rotation of players. Fee covers cost of participation, court rental, tennis balls, and administration by Robinswood staff. Min 8/Max 12
70147 6:15-7:30pm Thu Jan 10-Feb 28 \$88
70148 6:15-7:30pm Thu Mar 07-Apr 25 \$88

ADULT DAY & NIGHT TENNIS PROGRAMS

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

Beginning

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

Session 1
70048 10:30-11:45am Wed Jan 09-Feb 27 \$128
70107 7:30-8:45pm Mon Jan 07-Feb 25 \$128
70108 7:30-8:45pm Wed Jan 09-Feb 27 \$128

Session 2
70049 10:30-11:45am Wed Mar 06-Apr 24 \$128
70109 7:30-8:45pm Mon Mar 04-Apr 22 \$128
70110 7:30-8:45pm Wed Mar 06-Apr 24 \$128

Advanced Beginning

Level 2 builds on the basics, reinforcing technique, and adding advanced drills and learning how to play doubles. USTA level of 2.0-2.5

Session 1
70028 10:30-11:45am Tue Jan 08-Feb 26 \$128
70029 11:45am-1pm Wed Jan 09-Feb 27 \$128
70090 8:45-10pm Mon Jan 07-Feb 25 \$128
70091 8:45-10pm Wed Jan 09-Feb 27 \$128

Session 2
70030 10:30-11:45am Tue Mar 05-Apr 23 \$128
70031 11:45am-1pm Wed Mar 06-Apr 24 \$128
70092 8:45-10pm Mon Mar 04-Apr 22 \$128
70093 8:45-10pm Wed Mar 06-Apr 24 \$128

Intermediate

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

Session 1
70054 11:45am-1pm Mon Jan 07-Feb 25 \$128
70055 10:30-11:45am Thu Jan 10-Feb 28 \$128
70123 7:30-8:45pm Tue Jan 08-Feb 26 \$128
70124 7:30-8:45pm Thu Jan 10-Feb 28 \$128

Session 2
70056 11:45am-1pm Mon Mar 04-Apr 22 \$128
70057 10:30-11:45am Thu Mar 07-Apr 25 \$128
70125 7:30-8:45pm Tue Mar 05-Apr 23 \$128
70126 7:30-8:45pm Thu Mar 07-Apr 25 \$128

Advanced

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

Session 1
70073 8:45-10pm Tue Jan 08-Feb 26 \$128
70074 8:45-10pm Thu Jan 10-Feb 28 \$128

Session 2
70075 8:45-10pm Tue Mar 05-Apr 23 \$128
70076 8:45-10pm Thu Mar 07-Apr 25 \$128

Advanced Doubles

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

Session 1
70041 11:45am-1pm Mon Jan 07-Feb 25 \$128

Session 2
70042 11:45am-1pm Mon Mar 04-Apr 22 \$128

WEEKDAY FLIGHTS

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

Tennis - Weekday Flight - Level A

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

Session 1
70222 9-10:30am Mon Jan 07-Mar 18 \$90

Session 3
70223 9-10:30am Mon Apr 01-Jun 17 \$100

Tennis - Weekday Flight - Level B

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

Session 1
70225 9-10:30am Wed Jan 09-Mar 20 \$100

Session 3
70226 9-10:30am Wed Apr 03-Jun 12 \$100

Tennis - Weekday Flight - Level C

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

Session 1
70228 1-2:30pm Mon Jan 07-Mar 18 \$90

Session 3
70229 1-2:30pm Mon Apr 01-Jun 17 \$100

Tennis - Weekday Flight - Level D

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

Session 1
70231 9-10:30am Tue Jan 08-Mar 19 \$100

Session 3
70232 9-10:30am Tue Apr 02-Jun 11 \$100

Tennis - Weekday Flight - Level E

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

Session 1
70234 9-10:30am Thu Jan 10-Mar 21 \$100

Session 3
70235 9-10:30am Thu Apr 04-Jun 13 \$100

Tennis - Weekday Flight - Level F

Level F is US Tennis Association NTRP Level 2.5 and Seattle Area Cup level Evergreen.

Session 1
70237 1-2:30pm Thu Jan 10-Mar 21 \$100

Session 3
70238 1-2:30pm Thu Apr 04-Jun 13 \$100

Youth Tennis Programs

TENNIS TEAMS

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

Robinswood Tennis Center

Age: Up to 17Y

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

Session 1
70240 3:45-5pm Tue, Thu Jan 08-Feb 28 \$198

Session 2
70241 3:45-5pm Tue, Thu Mar 05-Apr 25 \$198

Team 2 - Players at this level are still working on improving overall consistency, topspin groundstrokes, correct grips, and adding more pace and consistency on their serves. Players in this level are competing at Rookie or Challenger Level USTA tournaments.

Session 1
70247 5-6:15pm Tue, Thu Jan 08-Feb 28 \$198

Session 2
70248 5-6:15pm Tue, Thu Mar 05-Apr 25 \$198



**IMPORTANT REGISTRATION
INFORMATION FOR
ROBINSWOOD TENNIS
CENTER PROGRAMS**

Registration dates for sessions at Robinswood Tennis Center:

Session 1

Residents: November 5, 2012
Non-Residents: November 14, 2012

Session 2

Residents: February 4, 2013
Non-Residents: February 13, 2013

Session 3

Residents: February 25, 2013
Non-Residents: March 6, 2013

Tennis / Aging Services

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

Session 1
70280 5-6:15pm Mon, Wed Jan 07-Mar 01 \$248
4:45-6pm Fri

Session 3
70281 5-6:15pm Mon, Wed Mar 04-Apr 26 \$248
4:45-6pm Fri

Tournament - This is an Elite class for USTA Champs level players only. Participants must be ranked in the top 50 of their age group in the Pacific Northwest. Drill and Match-play environment. Highest Level of Junior Teams at Robinswood.

Session 1
70273 3:45-5pm Mon, Wed Jan 07-Mar 01 \$248
3:30-4:45pm Fri

Session 2
70274 3:45-5pm Mon, Wed Mar 04-Apr 26 \$248
3:30-4:45pm Fri

SATURDAY YOUTH GROUP LESSONS

CLASS DESCRIPTIONS:

Little Lobbers: Ages 4-6. Class focuses on young children to build hand-eye coordination and develop muscle memory for basic form.

Session 1
70209 11-11:45am Sat Jan 12-Mar 02 \$90

Session 2
70210 11-11:45am Sat Mar 09-Apr 27 \$90

Beginning I: Ages 7-12. Class is designed for any child who has never taken lessons before or has minimal experience. Goals of the class are to introduce basic tennis techniques.

Session 1
70188 1-2pm Sat Jan 12-Mar 02 \$96

Session 2
70189 1-2pm Sat Mar 09-Apr 27 \$96

Beginning II: Ages 7-12. Class is designed for students who have completed Beginning I or have had Beginning lessons in the past.

Session 1
70197 2-3pm Sat Jan 12-Mar 02 \$96

Session 2
70198 2-3pm Sat Mar 09-Apr 27 \$96

Advanced Beginning I: Ages 7-12. Class is designed for students who have completed Beginning II. Goal of the class is to start to create spin on groundstrokes and hit serves into the correct box.

Session 1
70175 3-4pm Sat Jan 12-Mar 02 \$96

Session 2
70176 3-4pm Sat Mar 09-Apr 27 \$96

Advanced Beginning II: Ages 7-12. Class is designed for children who have completed Advanced Beginning I.

Session 1
70182 4-5pm Sat Jan 12-Mar 02 \$96

Session 2
70183 4-5pm Sat Mar 09-Apr 27 \$96

Intermediate: Ages 9-12. Class is designed for students who have completed Advanced Beginning II. Goal of the class is to be able to hit all strokes with consistency and correct technique. Highest Level of Saturday Youth Lessons.

Session 1
70203 10-11am Sat Jan 12-Mar 02 \$96

Session 2
70204 10-11am Sat Mar 09-Apr 27 \$96

Prep Team: Ages 8-17. Class focuses on strengthening students rally skills. Class is designed for students who have completed Intermediate Saturday Classes.

Session 1
70169 9-10am Sat Jan 12-Mar 02 \$128

Session 2
70170 9-10am Sat Mar 09-Apr 27 \$128

Teen: Ages 13-18. Class is treated as an introductory course, focusing on development of proper strokes.

Session 1
70216 5-6pm Sat Jan 12-Mar 02 \$96

Session 2
70217 5-6pm Sat Mar 09-Apr 27 \$96

NORTH BELLEVUE COMMUNITY CENTER, AGING SERVICES

4063 - 148th Avenue NE, 425-452-7681

Hours of operation: Monday-Thursday, 8:30am to 9pm; Friday, 8:30am-6pm. The North Bellevue Community Center offers a comprehensive array of senior services, resources, and adult programs including health and wellness, cultural and performing arts, human services, drop-in activities, socialization, information and referrals, community dining and trips. Please call or visit the City webpage for current class schedule and additional information.

http://www.bellevuewa.gov/north_bellevue_community_center_programs.htm or visit www.myparksandrecreation.com.

SOUTH BELLEVUE COMMUNITY CENTER, OLDER ADULT PROGRAMS

14509 SE Newport Way • 425-452-4240

As we develop programs, we want to hear from you as to what you would like to find at South Bellevue Community Center. Give us a call at 425-452-4240, email us at sbcc@bellevuewa.gov, or better yet come visit us!

RESOURCES & INFORMATION

Available at North Bellevue Community Center, unless otherwise indicated.

CARE

ADULT ABUSE PREVENTION

To report a suspicion of abuse or neglect of an older person or a person with disabilities living in a facility or their own home, call toll free 1-866-ENDHARM, or visit www.aasa.dshs.wa.gov.

SENIOR HOUSING ArchHousing.org

New resource to inform seniors, caregivers, and their families of housing choices in East King County when considering aging in place or transitioning out of the home to a new home. The new website will allow seniors to evaluate their values and needs, and discover the many housing and service options that are available locally for seniors. A hard copy handbook of the website information is available at the North Bellevue Community Center front desk.

NURSING HOME INFORMATION ONLINE

See how specific nursing homes compare to others in the community or nationally for short- and long-term stay residents. For more information call 1-800-MEDICARE or at www.medicare.gov.

BEHAVIORAL/MENTAL HEALTH THERAPY

Not feeling like yourself? Facing a major life event? Do you suffer from behavioral or mental health challenges? SeaMar Community Health Center is now offering psychotherapy to adults at the North Bellevue Community Center. Individual, group, and family therapy sessions, as well as case management, will be available on site. Our goal is to help people improve and develop new skills to lead happier, healthier lives. While we specialize in working with Spanish and English speaking adults, we work with translators to serve this diverse community. Medicaid, private insurance and private pay on our sliding fee scale are all accepted. Please call Marcy at (425) 460-7130 for more information and to make an appointment.

CATHOLIC COMMUNITY SERVICES OF KING COUNTY

Volunteers provide services such as transportation, light housekeeping, minor home repairs, yard work, laundry, shopping assistance, and light cooking. Call 206-328-5696 or visit www.Ccsww.org.

ELDER AND ADULT DAY SERVICES

Supervised facility for activities and services full or partial day. Call 425-867-1799.

EVERGREEN CARE NETWORK

Service to help older adults remain independent. Case Management services available through Geriatric Regional Assessment Team (GRAT). Call 425-899-3200.

HEALTH

OVERLAKE HOSPITAL SENIOR CARE

Programs and services for seniors. Call 425-688-5800 for more information.

BENEFITS CHECK UP ONLINE

A new web-based service of the National Counsel on the Aging allows you to quickly and easily determine what benefits you may qualify for, and how to claim them. Visit them on the web: www.BenefitsCheckUp.org. Medicare questions answered via the Internet at www.mymedicarematters.org.

GENERAL

AARP AREA OFFICE

1-800-227-7457 or 206-517-2327

AARP COMMUNITY SERVICE EMPLOYMENT PROGRAM

Assistance for job seekers aged 55+ including 20hr/wk paid job training and assistance finding permanent employment. Call 206-624-6698 for details, co-sponsored by the US Dept. of Labor and the AARP Foundation.

COMPUTER HELP DESK SERVICE

KEGS (Komputer Enthusiasts of Greater Seattle) can help with your computer needs. Call Joe Mraz at 425-747-2433 for meeting and computer help information.

EASTSIDE LEGAL ASSISTANCE PROGRAM

Legal advice, at little or no cost, to low-income Eastside residents. Call 425-747-7274.

W.I.C.S.

Widowed Information & Counseling Services. Call area office 206-241-5650.

SENIOR INFORMATION & ASSISTANCE

Resources and information on all topics related to older adults. 1-888-435-3377 or 206-448-3110.

IMMIGRANT SERVICES

CHINESE INFO & SERVICE CENTER

Programs and services for Chinese seniors at the North and South Bellevue Community Centers. Bilingual staff worker assists participation in social, recreational and educational activities. Information and assistance services including issues relating to retirement, senior housing, naturalization, and health insurance. Call CISC, 206-624-5633 ext. 123, for more information.

SEA MAR

Sea Mar Community Health Center co-sponsors a variety of services for Latino Seniors and others at the North Bellevue Community/Senior Center. Ethnic lunch for those 60 years & older every Monday (\$3 donation) followed by a dance, ESL classes, bi-lingual education, healthcare information, behavioral health services, translation and bi-lingual assistance for integration, and transportation assistance offered. Call Sea-Mar, Clemencia Robayo, 206-764-8044 for more information.

INSURANCE/SOCIAL SECURITY SOCIAL SECURITY INFORMATION

Toll Free: 1-800-772-1213, 7am-7pm weekdays or at www.ssa.gov. Services available in English and Spanish.

MEALS/FOOD DELIVERY LUNCHES

Hot meals sponsored by Catholic Community Services available at noon on Monday, Tuesday, Wednesday & Friday each week. First come-first served. Suggested \$3 donation for 60+, fee if younger. See Special Events listing for special holiday meal events which require pre-registration. Monthly menus available.

MEALS ON WHEELS

Frozen meals are delivered to homebound seniors on Mon. Average \$3 donation. Call the Seattle office of Senior Services at 206-448-5767 for additional information.

SUPPORT GROUPS/MEETINGS YOUNG ONSET PARKINSONS

Sponsored by the American Parkinson Disease Association. For those under 60 with the disease and their families. Meets the 1st Wednesday each month 7-8:30pm. For more information call Carin Mack 206-230-0166.

NARFE (National Association of Retired Federal Employees)

3rd Tuesday of each month at noon. For more information, call 425-868-4502.

PROBUS

Retired & semi-retired professional/business person. 3rd Thursday of each month at 9am. For more information, call 425-861-0596.

TRANSPORTATION ACCESS

Transportation to appointments, grocery shopping, and to the Center. Call 206-205-5000.

GETTING AROUND PUGET SOUND

Want to go from home to the store, the library & more? Personalized one-on-one assistance with transportation options and planning. Second Monday each month, 10am-2pm. No appointment necessary. Provided through a partnership with Hopelink.

VOLUNTEER TRANSPORTATION FOR SENIORS

Personal transportation to medical appointments. Call 206-448-5740.

VOLUNTEER OPPORTUNITIES RSVP

Retired and Senior Volunteer Program. Call 206-694-6787 for more information.

EYEGGLASS DONATIONS

Eyeglasses collection at North Bellevue Community/Senior Center for recycling to low-income persons via local eyewear stores.

BELLEVUE NETWORK ON AGING

Meetings are generally held on the first Thursday each month, 8:30-10:30am at Bellevue City Hall. Meetings are open to the public. For more information, agendas, and minutes, please call 425-452-4200, or visit http://www.bellevuewa.gov/network_on_aging.htm.

Aging Services / Adaptive Recreation

SENIOR VOLUNTEERS

Volunteers play a key role in providing programs and services at North Bellevue Community Center. We depend on volunteers to provide successful programs and positive experiences for everyone who visits our facility. Annually there are over 200 volunteers who provide over 15,000 hours of community services. Please call 425-452-7681 for more information and an application.

- Food Service & Kitchen Help
- Front Desk Reception
- Advisory Boards
- Class Instruction
- Crafts
- English Conversationalist/ESL Instructor
- Foot Care Assistant
- Coffee Bar/Refreshments
- Fund Raising
- Garden Assistant
- Entertainment

SPECIAL EVENTS

SOUNDS OF SWING DANCES

The 'Sound Of Swing' will perform for your dancing pleasure. Min 10/Max 100 North Bellevue Community Center \$3 Age: 18Y and up

Celebrate Snow
64898 2-4pm Tue Dec 11

New Year's Dance
72310 2-4pm Tue Jan 08

Sweetheart Dance
72311 2-4pm Tue Feb 12

St. Patrick's Dance
72312 2-4pm Tue Mar 12

Spring Fling Dance
72313 2-4pm Tue Apr 09

HOLIDAY BALL

Enjoy an evening of fun and the songs of the season with 'Sounds of Swing' Band. USA Dance will be here to teach a lesson from 7:30-8:15pm, followed by dancing to all the big band favorites and holiday standards. \$15 admission fee payable at the door. Min 10/Max 200 North Bellevue Community Center

64680 7-11pm Sat Age: 18Y - 100Y Dec 01

ST. PATRICK'S DAY LUNCHEON

Join us in being 'Irish for a day'! Wear your favorite green outfit and enjoy a traditional Irish meal. We'll play some Irish music and sing some favorite Irish songs. Your 'Irish Eyes' are sure to be smiling! Co-sponsored by Catholic Community Services. \$3 suggested donation payable at the door. Min 30/Max 60

North Bellevue Community Center
71527 11:30am-1pm Wed Age: 60Y and up Mar 13

SPRING FLING DANCE

Welcome Spring with 'Sounds of Swing'. USA Dance will be here to teach a lesson 7-7:45pm. Dance the night away to all the Big band favorites and the standards. Sure to be a fun night! \$15 admission fee payable at the door. Min 10/Max 200 North Bellevue Community Center

72529 7-10pm Sat Age: 18Y - 99Y Mar 02

ADAPTIVE RECREATION

Highland Center

14224 Bel-Red Road • 425-452-7686

It is the purpose of Bellevue's Adaptive Recreation Program to provide people who have 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 Kim Indurkar at 425-452-6105 or email kindurkar@bellevuewa.gov for more information.

ADAPTIVE PROGRAMS

All programs are located at Highland Center unless otherwise noted.

COMMUNITY PROGRAMS OF INTEREST

All programs are at the Highland Community Center.

ALS ASSOCIATION OF WESTERN WASHINGTON

Provides support for those living with ALS, their families, loved ones, and anyone who is interested in learning about the disease.

When: 4th Thursday of each month 6:30-8:30pm

Contact: Carl Moore, 425-656-1650

ALS CAREGIVER SUPPORT GROUP

When: 2nd Saturday of each month 9:30-11:30am

Contact: Sonja Zimmer, 425-656-1650 No meetings holiday weekends.

DISABLED AMERICAN VETERANS

(Chapter 43)

When: 1st Sat. of each month, 11:30am-2:30pm

Contact: Eddie Jensen, 425-486-0595 No meetings holiday weekends.

FEAT- FAMILIES FOR EARLY AUTISM TREATMENT

Once a month play group and social activities for children with autism.

When: 2nd Sat. of each month, 9am-1pm

Contact: Amanda Bliggenstorfer, 425-868-6810

KING COUNTY PARENT COALITION FOR DEVELOPMENTAL DISABILITIES

Contact: Lance Morehouse, 206-829-7048

2nd Tuesday of most months.

DOWN SYNDROME COMMUNITY FOR NEW PARENTS AND TODDLERS

Contact: Anne Mullis, 206-842-9027 Call for schedule.

SPECIAL SATURDAY CLUB

Camp Fire brings you a day of songs, crafts and fun for kids with developmental disabilities. Pre-registration is required. Call the Camp Fire office at 206-461-8550 x228 for details and registration forms.

When: 1st Saturday of each month

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 1:30-3:00pm. 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 USING WHEELCHAIRS

Robinswood Tennis Center. See the tennis section for more details.

TENNIS FOR THOSE LIVING WITH INTELLECTUAL DISABILITIES

Robinswood Tennis Center. See the tennis section for more details.

AQUATIC THERAPY GROUPS

Includes Multiple Sclerosis Society & lessons for those living with a disability
Bellevue Aquatic Center

SPECIAL OLYMPIC SWIM TEAM

Bellevue Aquatic Center

AQUATIC REHAB PROGRAMS

Bellevue Aquatic Center
Adaptive Actives

PROGRAMS: PHYSICAL DISABILITY EXERCISE CLASS

Build Muscles, build strength, build your social network. It all happens at Highland's exercise classes. All classes are designed only for those living with physical disabilities. No Class on Holidays. Age: 21Y and up

DROP-IN EXERCISE

Don't want to be locked in to a contract? Highland Community Center offers a weight room complete with adaptive equipment for anyone to use. Free weights, treadmill and nu-step available. This weight room is available on a drop-in basis, Mon/Wed/Fri 2-5pm and Tues/Thurs 9am-6pm. Cost is \$3 for residents and \$4 for non-residents. Save even more when you purchase a play pass. Age: 18 and up.

QUAD RUGBY DROP-IN

Come and join in on this wheelchair sport for some rough and tumble fun. Cost is \$3.00(tax included) for residents and \$4 for non-residents per visit. Payable at the front office. Meets first two Saturdays of each month. Age: 18Y and up

WHEELCHAIR BASKETBALL DROP-IN

This opportunity occurs every Wednesday offering brisk exercise and friendly competition from 7-9pm. A small drop-in fee is charged per week. Bring your own chair for this challenging workout. Age: 18Y and up

EVENTS

BELLEVUE KIWANIS DINNER

Come on out to Highland Center on the 3rd Thursday of the month and have dinner with friends! This dinner is FREE of charge and is sponsored by the KIWANIS Club of Bellevue. Dinner is served from 5pm-6pm. Limit 2 guests per participant. Min 30/Max 60

DISCO DANCE FEBRUARY 8, 2012

1970s at its best! Dress to match the era. This dance is for teens and adults with intellectual disabilities. Pre-registration required.

BARN DANCE MAY 10, 2012

Howdy pardner! Put on that country attire and swing into action for thi lively dance for intellectually disabled teens and adults.

PROGRAMS: INTELLECTUAL DISABILITY ADULT ADVENTURE EDUCATION

This program offers an array of educational outings to explore the things that make our community tick. A schedule will be given out at the first class. Bellevue, Mercer Island and Kirkland interlocal contract residents only. The roster is determined by lottery and all eligible interested persons must sign up before the non-Bellevue registration date to be included in the drawing.

STONEWARE CREATIONS

An introduction to beginning & intermediate hand-building and wheel throwing stoneware. Various and seasonal subject matter included as design inspirations for practical and decorative art work. Class includes supplies and firing. This is a specialized class for adults and adults with disabilities.

ADULT VOLLEYBALL

Exercise and fun rolled into one! All levels of abilities welcome, age 16 and up.

ADULT SOCCER

Kicks, throws, and tricky foot-work, all wrapped up in 90 minutes of good exercise. Special Olympics participation optional. (Spring registration sessions)

ADULT BASKETBALL

No experience necessary for this all-American sport!. Special Olympics participation optional. Ages 16 years and up. (Spring registration sessions)

ADULT ARTS/CRAFTS

This class offers hands-on creative experience with hand-crafted results that await your artistic touch.

BINGO

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.

BOWLING - ADULT NEW LOCATION

Provides a little exercise, some skill development and a whole lot of quality socializing. Held at Tech City 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 for the weekly two games and shoe rental. Please inquire on the first day of bowling for amount required for Tech City.

BRIDGE ACADEMY

In partnership with Bellevue Parks and Community Services, Bridge of Promise offers a day program from 10am-2pm every Monday and Thursday at Bellevue's Highland Center. This program is designed for adults with intellectual disabilities to engage in educational activities that offer opportunities to learn and increase personal skills. Bridge Academy includes opportunities to participate in music, art, and community activities. Instruction is always individualized to each participants needs and goals. For further registration information, please contact program director, Jessica Schreiber, at 425-238-8535 or jessica@bridgeofpromise.org.

ADULT SWING-LINE DANCE

This is a great group activity that will enhance your physical coordination and artistic self expression. This is an adaptive recreation activity. (Winter registration sessions)

COUNTRY LINE DANCE

Get your boots tapping and stomping to the beat. This is an adaptive recreation activity. (Spring registration sessions)

AMERICAN SIGN LANGUAGE

Offering beginning sign language classes. Learn in a fun and relaxed environment.



FUN WITH TECHNOLOGY

Interested in I pads, computers and making publications or just funny pictures? How about making movies on your laptop? Come and work together as a team to create all these fun projects. Class participants are encouraged to bring a laptop, Ipad, or Zune.

ARTISTIC INSPIRATIONS

Nothing is more inspiring then seeing the works of others while also producing your own work of art! Find new ideas while creating the perfect gift for yourself or someone else.

DVD/BOARD GAMES

Tuesdays after school program participants will learn how to play a variety of DVD and board games while socializing with their peers.

YOUTH TRACK/BASKETBALL

Winter and spring afterschool program participants will have the opportunity to play basketball in the winter and participate in track in the spring, as they get ready for the Special Olympics!

ADULT TRACK

Jog, sprint, dash, jump, and throw! Excellent skill and self esteem building Special Olympic opportunity of desire. Good way to prepare for the annual Kiwanis Club of Bellevue meet. This program is for participants age 18 years and older. (Spring registration sessions)

FULL FITNESS FUN

You will learn about nutrition, meal planning, exercise, and how to live a healthy lifestyle. This class will require commitment to do some form of exercise two times outside of class time. You will also exercise here during class two times a week. We will have a variety of exercise routines to keep you motivated. We will learn how to make good choices in restaurants that taste good. Let's get fit!

COOKING WITH EASE

Learn basic cooking techniques for a nutritious entree. Each participant will experience a taste of the evenings creation, but not a full meal, along with a copy of the recipe. Fee includes food cost.

KITCHEN KAPERS

Learn the REAL secrets of creating great and healthy dishes. Make some of the easiest but tastiest meals while having a great time! Discussions include seasonings, cooking methods, healthy meal choices etc. Recipes included. This is an adaptive program for adults and adults with disabilities.

FRIDAY NIGHT OUT

Develop a new network of friends over a little dinner and choice of a movie. You may bring a dinner or buy your dinner at the Crossroads Mall. Bring \$9.50 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.

HIGHLAND PLAYERS DRAMA

Learn to perform in front of a live audience, acquire acting skills, develop voice projection, and increase your self confidence by engaging in this drama program. No Class on Holidays.

HIGHLAND HANGOUT

Your answer to a slow afternoon. Stimulating conversation, lively board games, solving puzzles or just enjoy a movie. All yours 4-days-per-week, for a 12-week period, at one low price. Bring your snacks and independence each day as both are required for this program.

MOVIE TIME

This is your opportunity to share and enjoy your favorite movies while relaxing with friends over dinner. Please no microwave dinners. Movie ratings are limited to between G and PG13 and will be voted on by the class for viewing.

SOCIAL CLUB - ADULT

Meet new friends and have fun with different indoor activities designed to positively challenge your skills, provide socialization and relaxation from life's stress.

GLASS FUSION

Combine the elements of 'Fire and Ice' to create fabulous jewel-like art pieces. Through step-by-step instruction, learn the basics of glass art. Projects include small jewelry pieces, plates, platters, candle holders and much more. This is an adaptive program for adults and adults with disabilities. Materials included.

CHEERLEADING

Be a part of a cheerleading squad and come learn new skills and work as a team. This team is part of the Eastside Dream Elite program which is the official cheerleading program of the Bellevue Parks & Community Services. This class is open to women and men with intellectual disabilities, 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!

AFTER-SCHOOL PROGRAMS FOR YOUTH

Four afternoons a week your child has the opportunity to unwind from school with these interactive activities. Monday you will play with food, Tuesday will be DVD games, Thursdays are planned for sports, and Fridays arts and crafts. All programs are for kids ages 6-18 living with intellectual disabilities.

Participant Name: _____

Bill DDD

Caseworker Name for DDD _____

Kent / Seattle (Circle One)

ADULT Adaptive Programs at Highland Center - 425-452-7686

	Course #	Title	Rates - Res/Non-Res	Days	Time	Dates
<input type="checkbox"/>	M/W/F	9:15am-10:15am	1/7-3/29	Sat	9:30a-11:30a	9/29-12/1
<input type="checkbox"/>	M/W/F	10:30am-11:30am	1/7-3/29	Wed	5:30p – 6:30p	9/26-11/28
<input type="checkbox"/>	M/W	11:45-1:15pm	1/7-3/27	Fri	1p-2:30p	9/28-11/30
<input type="checkbox"/>	59866	Ball Room Dance	R \$42 N \$53	Tue	7:00p-8:30p	9/25-11/27
<input type="checkbox"/>	59956	Highland Players Drama	R \$53 N \$66	Mon	7:00p-8:30p	9/24-11/26
<input type="checkbox"/>	59932	Friday Night Out	R \$17 N \$21	Fri	5:30p-9:30p	9/28
<input type="checkbox"/>	59933	Friday Night Out	R \$17 N \$21	Fri	5:30p-9:30p	10/19
<input type="checkbox"/>	59934	Friday Night Out	R \$17 N \$21	Fri	5:30p-9:30p	11/16
<input type="checkbox"/>	59941	Full Fitness Fun	R \$78 N \$98	Tu/Th	5:00p-7:00p	9/28-11/29
<input type="checkbox"/>	59972	Movie time	R \$42 N \$53	Mon	5:00p-7:00p	9/24-11/26
<input type="checkbox"/>	59973	Movie time	R \$42 N \$53	Wed	5:00p-7:00p	9/26-11/28
<input type="checkbox"/>	60002	Social Club	R \$42 N \$53	Mon	7:00p-8:30p	9/24-11/28
<input type="checkbox"/>	60003	Social Club	R \$42 N \$53	Wed	7:00p-8:30p	9/26-11/28
<input type="checkbox"/>	59951	Highland Hangout	R \$40 N \$50	M/T/W/TH	2:30p-5:00p	9/24-12/13
<input type="checkbox"/>		BRIDGE ACADEMY	See Brochure	Mon/Thu	10am-2pm	
<input type="checkbox"/>	59896	Kiwanis Dinner	Free	Thurs	5:00pm -6:00pm	10/18
<input type="checkbox"/>	59897	Kiwanis Dinner	Free	Thurs	5:00pm -6:00pm	11/15
<input type="checkbox"/>	59898	Kiwanis Dinner	Free	Thurs	5:00pm -6:00pm	12/13
<input type="checkbox"/>	60005	Adult Volleyball	R \$62 N \$77	Tu/Th	7:00p-8:30p	9/25-11/29
<input type="checkbox"/>	59902	Bingo	R \$42 N \$53	Thurs	7:00p-8:30p	9/27-11/29
<input type="checkbox"/>	59917	Halloween Howl	R \$9 N \$11	Fri	7:00p-9:30p	10/26
<input type="checkbox"/>	59918	Holiday Ball	R \$9 N \$11	Fri	7:00p-9:30p	12/7
<input type="checkbox"/>	59915	Cooking with Ease	R \$74 N \$92	Thurs	5:00p-7:00p	9/27-11/29
<input type="checkbox"/>	59995	Seafair Holiday Cruise	FREE	Sun	2:00p-5:30p	12/2
<input type="checkbox"/>	67097	Sign Language	R \$42 N \$53	Tue	5:30pm-7:00p	9/25-11/27

YOUTH Adaptive Programs at Highland Center - 425-452-7686

<input type="checkbox"/>	72667	Fun with Friends	R \$58 N \$72	Mon	2:30p-5:00p	1/7-3/11
<input type="checkbox"/>	72800	DVD/Board Games	R \$58 N \$72	Tue	2:30p-5:00p	1/8-3/12
<input type="checkbox"/>	72801	Youth Basketball Special Olympics	R \$58 N \$72	Thurs	2:30p-5:00p	1/10-3/14
<input type="checkbox"/>	72802	Arts & Games	R \$58 N \$72	Fri	2:30p-5:00p	1/11-3/15

ADULT Adaptive Programs at Highland Center & NW Arts Center - 425-452-7686

Physical Disabilities

<input type="checkbox"/>	72741	Exercise	R \$110 N \$139	M/W/F	9:15am-10:15am	1/7-3/29
<input type="checkbox"/>	72742	Exercise	R \$110 N \$139	M/W/F	10:30am-11:30am	1/7-3/29
<input type="checkbox"/>	72743	Exercise	R \$110 N \$139	M/W	11:45-1:15pm	1/7-3/27
<input type="checkbox"/>	71023	Stoneware Creations	R \$180 N \$214	Thurs	1-3pm	1/10-2/28
<input type="checkbox"/>	71028	Glass Fusion	R \$180 N \$214	Thurs	10-11:30am	1/10-2/28
<input type="checkbox"/>	71035	Kitchen Kapers	R \$98 N \$112	Fri	12-1:30pm	1/18-3/15

Check out other programs of interest at the Bellevue Aquatic Center, Robinswood Tennis Center and The Northwest Arts Center.

Please fill out and sign participant information on page 10

Participant Name: _____

Bill DDD

Caseworker Name for DDD _____

Kent / Seattle (Circle One)

ADULT Adaptive Programs at Highland Center - 425-452-7686

	Course #	Title	Rates - Res/Non-Res	Days	Time	Dates
<input type="checkbox"/>	72659	Adult Adventure Ed	\$222 \$277	Wed	9:30a-3:00p	4/3-6/5
<input type="checkbox"/>	72696	Adult Bowling	\$45 \$56	Sat	9:30a-11:30a	4/6-6/8
<input type="checkbox"/>	72703	Cheerleading	\$66 \$83	Wed	5:30p-6:30p	4/3-6/5
<input type="checkbox"/>	72663	Adult-Crafts	\$42 \$53	Fri	1p-2:30p	4/5-6/7
<input type="checkbox"/>	72803	Country Line Dance	\$42 \$53	Tue	7:00p-8:30p	4/2-6/4
<input type="checkbox"/>	72731	Highland Players Drama	\$53 \$66	Mon	7:00p-8:30p	4/1-5/27
<input type="checkbox"/>	72717	Friday Night Out	\$17 \$21	Fri	5:30p-9:30p	4/5
<input type="checkbox"/>	72718	Friday Night Out	\$17 \$21	Fri	5:30p-9:30p	5/17
<input type="checkbox"/>	72719	Friday Night Out	\$17 \$21	Fri	5:30p-9:30p	6/7
<input type="checkbox"/>	72724	Full Fitness Fun	\$78 \$98	Tu/Th	5:00p-7:00p	4/2-6/6
<input type="checkbox"/>	72804	Artistic Inspirations	\$45 \$55	Mon	5:00p-7:00p	4/1-6/3
<input type="checkbox"/>	72737	Movie time	\$42 \$53	Wed	5:00p-7:00p	4/3-6/5
<input type="checkbox"/>	72806	Fun with Technology	\$45 \$55	Mon	7:00p-8:30p	4/1-6/3
<input type="checkbox"/>	72761	Social Club	\$42 \$53	Wed	7:00p-8:30p	4/3-6/5
<input type="checkbox"/>	72788	American Sign Language	\$42 \$53	Tue	5:30p-7:00p	4/2-6/4
<input type="checkbox"/>			BRIDGE ACADEMY	SEE BROCHURE	M/TH	10am – 2pm
<input type="checkbox"/>	72666	Adult Track	\$62 \$77	Tu/Th	7:00p-8:30p	4/2-6/6
<input type="checkbox"/>	72757	Adult Soccer	\$62 \$77	Tu/Th	7:00p-8:30p	4/2-6/6
<input type="checkbox"/>	72682	Kiwanis Dinner	FREE	Thurs	5:00p -6:00p	5/16
<input type="checkbox"/>	72683	Kiwanis Dinner	FREE	Thurs	5:00p -6:00p	6/20
<input type="checkbox"/>	72706	Cooking with Ease	\$74 \$92	Thur	5:00p-7:00p	4/4-6/6
<input type="checkbox"/>	72680	Barn Dance	\$9 \$11	Fri	7p-9:30p	5/10
<input type="checkbox"/>	72692	Bingo	\$42 \$53	Thurs	7:00p-8:30p	4/4-6/6
<input type="checkbox"/>	72728	Highland Hangout	\$40 \$50	M/T/W/TH	2:30p-5:00p	4/1-6/13

YOUTH Adaptive Programs at Highland Center - 425-452-7686

<input type="checkbox"/>	72831	Fun with Friends	\$58 \$72	Mon	2:30p-5:00p	4/1-6/3
<input type="checkbox"/>	72808	DVD/Board Games	\$58 \$72	Tue	2:30p-5:00p	4/2-6/4
<input type="checkbox"/>	72809	Youth Track Special Olympic	\$58 \$72	Thurs	2:30p-5:00p	4/4-6/6
<input type="checkbox"/>	72810	Arts & Games	\$58 \$72	Fri	2:30p-5:00p	4/5-6/7

ADULT Adaptive Programs at Highland Center & NW Arts Center - 425-452-7686

Physical Disabilities

<input type="checkbox"/>	72744	Exercise	\$110 \$139	M/W/F	9:15am-10:15am	4/1-6/21
<input type="checkbox"/>	72745	Exercise	\$110 \$139	M/W/F	10:30am- 11:30am	4/1-6/21
<input type="checkbox"/>	72746	Exercise	\$110 \$139	M/W	11:45-1:15pm	4/1-6/19
<input type="checkbox"/>	71024	Stoneware Creations	R \$180 N \$214	Thurs	1-3pm	3/7-4/25
<input type="checkbox"/>	71029	Glass Fusion	R \$180 N \$214	Thurs	10-11:30am	3/7-4/25
<input type="checkbox"/>	71036	Kitchen Kapers	R \$98 N \$112	Fri	12-1:30pm	3/29-4/12

Check out other programs of interest at the Bellevue Aquatic Center, Robinswood Tennis Center and The Northwest Arts Center.

Please fill out and sign participant information on page 10



Reserve tee times online
www.bellevuepgc.com

5500 140th Ave NE
425-452-7250


BELLEVUE
GOLF COURSE

The Bellevue Golf Course is a fun, challenging layout that is an excellent place to play for golfers of all abilities. Just over 6,000 yards, fast smooth greens, strategic bunkering and mature trees place a premium on accuracy and game management. Please contact the Pro Shop at 425-452-7250 or online at www.bellevuepgc.com for additional information.

- 18 Hole Championship Course
- Covered Driving Range with 23 hitting stations
- Full service pro shop
- Reservations taken up to two weeks in advance
- Tournament bookings
- Lessons from PGA instructors
- Full service grill
- Power carts
- Rental clubs
- Putting & chipping green
- Women's and Men's Clubs
- Banquet Room


CROSSROADS
PAR 3 GOLF COURSE



The Crossroads Par 3 Golf Course offers a nine hole course, practice area with restricted flight range balls and a practice putting green.

The Par 3 is an excellent beginner and family course that takes about an hour to play. The holes range from 64 to 107 yards. This gives the more accomplished player an opportunity to work on their short game, while the beginner can have success learning the game in a relaxed, friendly environment. *Tee times are not necessary* unless you're planning a group outing.

The practice area has 7 hitting stations. A restricted-flight ball is used that allows use of all clubs, including drivers. Please contact the Clubhouse at 425-452-4873 for additional information regarding the course, driving range or group outings.

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



Also: 206.461.3200
Toll Free 800.621.4636
www.crisisclinic.org

CITY OF BELLEVUE HOME REPAIR PROGRAM

Help is available for low and moderate income Bellevue homeowners who need major home repairs to improve the health and safety of their home. For more information, call 425-452-4069.

- ROOF REPAIRS**
- FAULTY PLUMBING**
- WIRING**
- EARTHQUAKE RETROFITTING**



BELLEVUE'S HUMAN SERVICES PROGRAM

In 1986 the Bellevue City Council resolved that the city would act to ensure that the basic survival needs of Bellevue residents are met. The city serves as a planner, facilitator and funder for support systems that help people through economic and personal crisis and provide low-and moderate-income persons with opportunities to succeed.

The Human Services Division of the Parks & Community Services Department administers the Human Services Fund.

Bellevue takes one of the following three roles in human services, depending on the need:

- Planner:** assess and anticipate needs and develop appropriate policy and program responses.
- Facilitator:** convene and engage others in community problem-solving to develop and improve services.
- Funder:** disburse federal Community Development Block Grant and General Fund dollars to support a network of services which respond to community needs.

Bellevue's human service funding is on a two-year cycle, with second-year funding contingent on contract performance and program outcomes. For more information about funding criteria and timelines, please contact grant coordinator Joseph Adriano by e-mail at JAdriano@bellevuewa.gov, or at 425-452-6165.

HUMAN SERVICES COMMISSION

- John Bruels, Chair
- Stefanie Beighle
- Olga Perelman
- Michael Yantis, Vice Chair
- James McEachran
- Dr. Brian Plaskon
- Janet Stout



South Bellevue Community Center Community Room

It's not too late to reserve one of our indoor facilities for your holiday party, birthday, or wedding celebration!

Whether you are looking for a place 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 historical homes and estates to large modern community centers, you are sure to find the perfect place to host your gathering.

Up to 50 guests: Lewis Creek Visitor Center, Mercer Slough Environmental Education Center Community Room

Up to 75 guests: Historic Winters House

Up to 100-150 guests: Northwest Arts Center, Crossroads Community Center, South Bellevue Community Center, Robinswood House

Up to 200-250 guests: Highland Center, North Bellevue Community Center

For more information, visit www.bellevuewa.gov/rental_facilities.htm or call 425-452-6914.



Skate Parks

BELLEVUE INDOOR SKATEPARK

14224 Bel Red Road, 98007

The newly remodeled Bellevue Skate Park is an indoor facility featuring 3- and 6- foot mini ramps, wall rides, banks, ledges, step up gaps and a new indoor climbing wall. After a decade of skate camps, events and competitions the energy and enthusiasm that our programs generate is unmatched. We provide a sense of community and ownership to all participants regardless of age, experience or level of participation. Call 425-452-2722 for current hours, fees, events and rentals or visit www.bellevuewa.gov/bellevue_skate_park.htm

BELLEVUE SKATE PARK RENTALS

The Bellevue Skate Park is a great place for a birthday party or a secret session. From private hourly park rentals to all inclusive birthday packages, we will make your party a hit. Call 425-452-2722 or email SGonzales@bellevuewa.gov for more information.

BELLEVUE SKATE PARK LESSONS

If you are just starting out, and you want to learn how to skateboard these lessons are for you. Let us show you how to ride ramps, drop-in, ollie and have fun skating. Our experienced instructors will guide you step by step how to safely get up and begin skateboarding. You may be surprised how fast you learn from your one-on-one skate coach. Call or stop by for scheduling, information or to meet our instructors. Lessons increase self-esteem and confidence in and outside of the park. ALL AGES. COST: \$40 per hour; \$25 per 1/2 hour



Outdoor Skate Facilities

HIGHLAND OUTDOOR SKATE PLAZA

14224 Bel-Red Road, 98007. This 13,000 square foot skate park replicates some of the worlds favorite street skate spots. Instead of half pipes or bowls, it has ledges, banks, stairs, hubbas, rails, benches, Euro gaps, barriers and a pole jam. This lighted plaza is free and open to all.

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, wall-ride and other obstacles. Designed for skateboards and rollerblading.

CROSSROADS SKATEPARK

Crossroads Community Center, 16000 NE 10th Street, 98008
This state-of-the-art outdoor, free, concrete facility was built by world renowned Grindline Skate Parks. It consists of a massive bowl with depths ranging from 4' to 9.5', features an over-vertical 'clam shell,' multiple hips, escalators, tombstone, with steel and concrete coping.

Bellevue Indoor Skate Park

SUMMER Park Hours

Monday-Friday
1-6pm

Saturday & Sunday

12 & under: 12-1:30pm
Open Session #1: 130-5pm
Open Session #2: 5-8pm

Biddy Boarder Camp

Weeks:
2:30-6pm

Park Fees

Lessons: \$40/hr, \$25/ ½ hr

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

ID Card*: \$8(R) \$10(N)

10 session pass: \$35(R) \$45(NR)

1 Month Unlimited Pass: \$60

Rentals: For information about our various rental packages, contact Steve at SGonzales@bellevuewa.gov or call 425-452-2722.

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



Giving teens a voice and an opportunity to make things happen...

Youth Link is a youth leadership program sponsored by Bellevue Parks & Community Services and the Bellevue School District. Founded in 1990, Youth Link gives youth an active voice in the community and an opportunity to make a difference!

Current Youth Link Projects

For more information about any of these opportunities, please call 425-452-5254, unless otherwise specified, or visit www.youthlink.com.

Bellevue Youth Council
Outspoken Teen Paper
Youth Link Web Team
Kids Care Coat Drive
Teen Closet

T.R.A.C.K.S. Action Team
Community Leadership Awards
Eastside Youth Council Summit
Youth Court Action Team
Youth Involvement Conference



If you are a young person of middle or high school age or an adult who might be able to help make a youth priority a reality, call 425-452-5254.



ROCK OUT & CLIMB UP!

Parents, ask about the \$210 Rock Party Package! Schedule a birthday party that your kids will not forget.

Call 425-452-4240 for more information.

The Crag is a 33 foot tall indoor climbing wall sculpted to look and feel like Index Granite. The wall offers three top-rope climbing routes with varying degrees of difficulty and a bouldering* wall for your enjoyment. Classes, programs, camps and supervised climbing sessions for all ages and skill levels as well as birthday parties and private rentals are supervised by Mini-Mountain staff. Minimum age is 4 years to climb; 18 years for the belay check test. All climbers must have a signed waiver on file.

Rock Climbing Classes— These classes cover all the basics. Participants are taught how to correctly wear a harness, tie the knots, handle the rope, use a belay device and communicate with partners effectively. At the completion of this class adults can take a belay check test to earn a belay card. Fees: \$22(R) \$27(N)

Belayed Climbing Session – A trained staff member will be available to belay all individuals who wish to climb. All equipment and encouragement is provided. A single climb allows interested climbers a chance to try climbing a single rope. Climbers get three attempts to reach the top. A climb ends when the climber reaches the top on any attempt. Fees: \$7(R) \$9(N) Age: 4Y and up. (Single climb \$3(R) \$4(N))

* - Bouldering is only allowed under the supervision of Mini Mountain belay staff during drop-in belayed climbing sessions.

Open Climb— Valid SBCC Belay Cards are required in order to climb the Crag. Bouldering is not permitted. Card holders may only belay other adult belay card holders or their own legal children. Fees: \$6(R) \$7.50(N)

Belay Check & Test – Individuals, 18 years or older, interested in obtaining a SBCC Belay Card can be tested during regularly scheduled drop-in belayed climb sessions to ensure they are current and effective in belaying skills. Card holders may only belay other adult climbers or their own children during any climb session. Fees: \$12(R) \$15(N). Age: 18Y and up.

10 Climb Punch Pass ^{Best Value!} – A punch pass good for 10 visits during regularly scheduled drop-in belayed climbing sessions. Fees: \$60(R) \$72(N) Age: 4Y and up.

Wall Rentals/Parties – Bring you friends or guests to SBCC and climb the wall for your special occasion! The wall is available to rent for private groups and parties on Thursday nights and Sundays. Fee: \$130/hour

SAVE 25% ON A 10-CLIMB PUNCH PASS WHEN PURCHASED IN CONJUNCTION WITH A CLIMBING CLASS, PROGRAM, OR CAMP!

ROCK CLIMBING CLASS

This class is for the beginning or intermediate climber who would like to learn all of the basics of rock climbing. You will learn how to correctly wear a harness, tie knots, handle the rope, use a belay device and communicate effectively. At the completion of this class adults can take a belay check test to earn a belay card. Pre-registration is required. Min 1/Max 4

South Bellevue Community Center

\$22(R)	\$27(N)		Age: 4Y and up
59758	6-7pm	Tue	Nov 13
59759	6-7pm	Tue	Nov 20
59760	6-7pm	Tue	Nov 27
59761	6-7pm	Tue	Dec 04
59762	6-7pm	Tue	Dec 11
59763	6-7pm	Tue	Dec 18
71883	6-7pm	Tue	Jan 08
71884	6-7pm	Tue	Jan 15
71885	6-7pm	Tue	Jan 22
71886	6-7pm	Tue	Jan 29
71887	6-7pm	Tue	Feb 05
71888	6-7pm	Tue	Feb 12
71889	6-7pm	Tue	Feb 19
71890	6-7pm	Tue	Feb 26
71891	6-7pm	Tue	Mar 05
71892	6-7pm	Tue	Mar 12
71893	6-7pm	Tue	Mar 19
71894	6-7pm	Tue	Mar 26
71895	6-7pm	Tue	Apr 02
71896	6-7pm	Tue	Apr 09
71897	6-7pm	Tue	Apr 16
71898	6-7pm	Tue	Apr 23
71899	6-7pm	Tue	Apr 30

ROCK CLIMBING CLASS FOR PARENT/CHILD

This course covers the same material as Rock Climbing 101, but is ideal for parents to do with their children to take their relationship to new heights! Go Climbing! Price is for one child and one adult. Min 1/Max 4

South Bellevue Community Center

\$22(R)	\$27(N)		Age: 4Y and up
Add'l child: \$11(R) \$13(N)			
59798	9-10am	Sat	Nov 10
59799	9-10am	Sat	Nov 17
59800	9-10am	Sat	Dec 01
59801	9-10am	Sat	Dec 08
59802	9-10am	Sat	Dec 15
71924	9-10am	Sat	Jan 05
71925	9-10am	Sat	Jan 12
71926	9-10am	Sat	Jan 19
71927	9-10am	Sat	Jan 26
71928	9-10am	Sat	Feb 02
71929	9-10am	Sat	Feb 09
71930	9-10am	Sat	Feb 16
71931	9-10am	Sat	Feb 23
71932	9-10am	Sat	Mar 02
71933	9-10am	Sat	Mar 09
71934	9-10am	Sat	Mar 16
71935	9-10am	Sat	Mar 23
71936	9-10am	Sat	Mar 30
71937	9-10am	Sat	Apr 06
71938	9-10am	Sat	Apr 13
71939	9-10am	Sat	Apr 20
71940	9-10am	Sat	Apr 27

Call South Bellevue Community Center for updated schedule.

The Crag at South Bellevue Community Center - Climbing Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Climb 9am-4pm	Open Climb 9am-3:30pm	Open Climb 9am-4pm	Open Climb 9am-3:30pm	Open Climb 9am-7:30pm	Parent/Child Rock Climbing Class 9-10am	AVAILABLE TO RENT 10:30am-4:30pm
After School Youth Program 4-5:30pm	Drop-in Climbing 3:30-5:30pm	After School Youth Program 4-5:30pm	Drop-In Climbing 3:30-5:30pm		Drop-in Climbing Session 1 10am-1pm	Adult Open Climb 10:30am-4:30pm <i>(If no rental scheduled, call first.)</i>
Drop-In Climbing 6-8:30pm	Rock Climbing Class 6-7pm Open Climb 7-8:30pm	Drop-In Climbing 6-8:30pm	AVAILABLE TO RENT: 6-8pm Adult Open Climb 5:30-8:30pm <i>(If no rental scheduled, call first.)</i>		Session 2 1:30-4:30pm	

Garden d'Lights

The enormously popular Garden d'Lights festival features over ½ million lights which transform the Bellevue Botanical Garden into a blossoming winter wonderland. On display nightly, November 24 through December 31, 2012.

Visit www.GardenDLights.org for more information and to purchase tickets.



To learn about other great holiday events and activities, including ice skating in Downtown Park, visit

MagicSeason.com