

January through
April 2014

CONNECTIONS



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MyParksAndRecreation.com



**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 Pl 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

ROBINSON HOUSE..... 425-452-7850

ROBINSONWOOD 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

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.



CONNECTIONS

BELLEVUE PARKS & COMMUNITY SERVICES



Bellevue Parks & Community Services
PO Box 90012
Bellevue, WA 98009-9012

Bellevue City Council

Conrad Lee, Mayor

Jennifer Robertson, Deputy Mayor
Claudia Balducci John Chelminiak
Don Davidson John Stokes Kevin Wallace

Parks & Community Services Board
Sherry Grindeland, Chair
Dallas Evans, Vice Chair

Kathy George Stuart Heath
Erin Powell Lynne Robinson
Mark Van Hollebeke



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On the Cover: Boot Camp With Karie at South Bellevue Community Center (see pg. 22 for more information), 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.

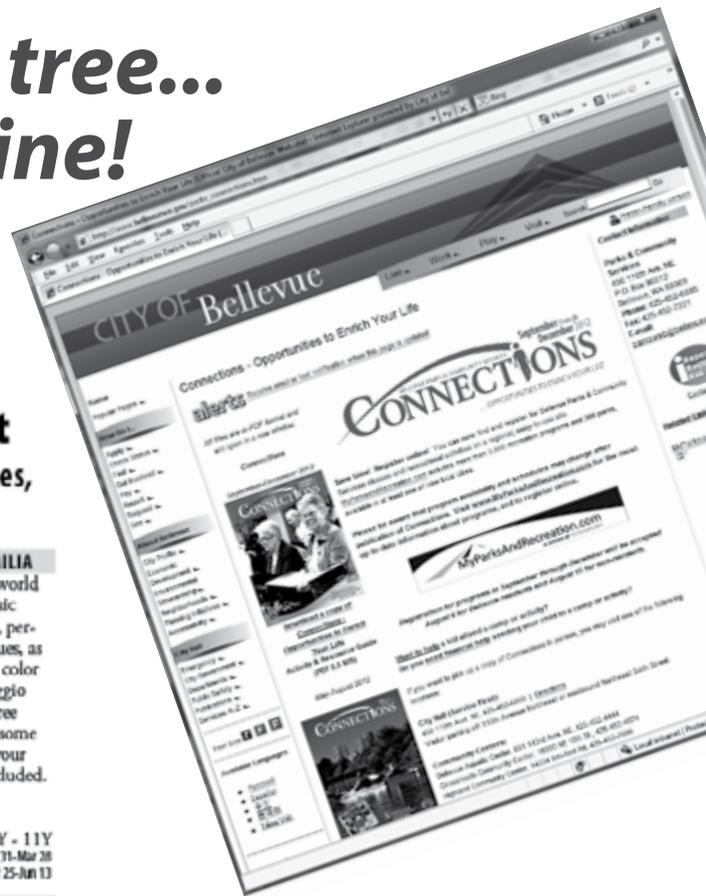
INCLEMENT WEATHER POLICY

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

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

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



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.

BELLEVUE AQUATIC CENTER

Pool Schedule • Valid January 2 through February 28, 2014

See page 10 for special holiday schedule | Pool closed December 25 and January 1

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	Aquarobics Lap Swim	Lap Swim	Aquarobics Lap Swim	Lap Swim	Aquarobics Lap Swim	Special Olympics & Lap Swim	
9:00	Open & Lap Swim					Lap Swim & Lessons 9:00-12:00	
12:00	Lap Swim Masters (4 lanes)	Lap Swim	Lap Swim Masters (4 lanes) Deep Wtr Ex	Lap Swim Masters (4 lanes)	Lap Swim Masters (4 lanes)	12:00-2:00 Open & Lap Swim	
1:00	Open & Lap Swim	Lap Swim & MS Assoc 1-2pm Open Swim 2:00-3:00	Open & Lap Swim	Open & Lap Swim	Open & Lap Swim		
3:00	HIGH SCHOOL SWIM TEAM					Swim Teams 2:00-4:00	Pool Rentals 2:00-4:00
4:00	Lessons Swim Teams	Lessons Swim Teams Aquarobics 6-7 pm	Lessons Swim Teams	Lessons Swim Teams Aquarobics 6-7 pm	Swim Teams		
7:00	Open & Lap Swim	Lap Swim Swim Teams Scuba DT	Open & Lap Swim	Lap Swim Swim Teams Scuba DT	Open & Lap Swim		
8:00							

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

Important Aquatic Center Information

Blue Lagoon (Lap Pool):

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

Warm Springs (Warm Therapy Pool):

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

Warm Springs Therapy Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00	Water Motion	Adult & Therapy	Water Motion	Adult & Therapy	Water Motion	Adult & Therapy	
9:00	Open & Therapy	Open & Therapy	Open & Therapy	Open & Therapy	Adult & Therapy	Lessons 9:00-12:00	
11:30	Water Motion		Water Motion				
12:30	Open & Therapy	Adult & Therapy	Open & Therapy	Adult & Therapy	Open & Therapy	Open & Therapy 12:00-2:00	
2:30	Adult & Therapy	Open & Therapy	Adult & Therapy	Open & Therapy	Adult & Therapy		
4:00	Lessons				Open & Therapy		
7:00	Open & Therapy	Adult & Therapy	Open & Therapy	Adult & Therapy	Lessons		
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 Bellevue 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.

Winnie the Pooh

Performs at Bellevue Youth Theatre

Come and join us for the delightful reimagined tale of Winnie the Pooh. Join Christopher Robin, Tigger, and all your favorite characters in the heart felt story of America's favorite little bear and all his friends. A story the whole family will enjoy.

Friday, March 14 & 21	7pm
Saturday, March 15	★7pm
Saturday, March 22	★2pm & 7pm
Sunday, March 16 & 23	2pm

Active duty and retired military and their immediate families are \$5 each (must be bought in person with your military ID).

\$5 discount shows for all Saturday matinees and those highlighted and underlined.

Sleeping Beauty

Performs at Bellevue Youth Theatre

This is the classic tale of the Sleeping Beauty as told BYT style. Enjoy the classic fairy tale of good vs. evil. Great show for all ages.

Friday, March 28	7pm
Saturday, March 29	★7pm
Sunday, March 30	2pm
Friday, April 4	7pm
Saturday, April 5	★2pm & 7pm
Sunday, April 6	2pm

Special: \$5 shows marked with a ★.

Ticket prices:

\$10 per ticket for tickets purchased in advance.

\$12 per ticket for tickets purchased during the week of the first show for each play.

The Tempest

Performs at Bellevue Youth Theatre

Shakespeare's mystical story about gods and islands comes to life on the stage at BYT. Not a pure Shakespeare experience, there is something for everyone in this adaptation complete with 60's rock music.

Thursday, April 17	★7pm
Friday, April 18	7pm
Saturday, April 19	★2pm & 7pm
Sunday, April 20	2pm

Peter Pan

Performs at Meydenbauer Theatre

Enjoy the classic Broadway musical based on J.M. Barrie's Peter Pan. Join Wendy and Peter Pan as they journey through Never Land. This show has song and dance numbers and is appropriate for all ages.

Friday, May 2	7pm
Saturday, May 3	★2pm & 7pm
Sunday, May 4	2pm

BYT Ticket FAQs

Food and beverage:

Food and beverage are located in the main lobby and are open 30 minutes prior to performances and during intermission. No drinks are allowed in the theatre with the exception of bottled water.

Late arrival:

Out of respect for actors and seated patrons, late seating may be limited. Late arrivals will be escorted into the theatre at appropriate intervals, to be determined by BYT staff.

Cell phones, cameras, and other electronic devices:

Please turn off these devices before a performance. Flash cameras and videos can be distracting to audience members and dangerous to actors. Photo CD and DVD order forms for the show can be found in the lobby.

Wheelchair seating:

If you or a member of your party is in a wheelchair or disabled, please let the Box Office know when purchasing tickets so that we may assign your seats appropriately.

Smoking policy:

Smoking is not permitted in the Bellevue Youth Theatre and we ask that you remain 25 feet from other non-smoking patrons outside.

Hearing aid devices:

If you require a headset, please let the Box Office know and we will provide you with one.

Fragrances:

In consideration of staff, volunteers and audience members with scent allergies, please refrain from wearing perfume, cologne, or scented lotions to a performance.

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.

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. NOTE: We cannot exchange group tickets or \$5 discount tickets.

Do you offer senior/child discounts?

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

Group discounts:

For 10-19 tickets purchased for the same show date and time, tickets are \$8. For 20+ tickets purchased for the same show date and time, tickets are \$5. 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.

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. Please do not bring a car seat into the theatre unless you put it on a chair for which you have already purchased a ticket. Car seats can be a trip hazard for audience members and actors when placed on the floor or in aisles.

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. We will make every attempt to seat you near your friend's seats, but cannot promise to get them together.

Can I donate my 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.

SPECIAL EVENTS

SPECIAL EVENT VOLUNTEERS NEEDED!

Volunteer- Hilltop Holiday Crafts Fair

Volunteers are needed for the Hilltop Holiday Craft Fair. This is a great way to earn community service hours or just want to gain experience in working an event. Volunteers are a valuable aspect of the crafts show as they assist the event supervisor at the completion of the fair. All volunteers must be at least 14 years of age and must preregister. Questions e-mail NWAC@bellevuewa.gov or call 425-452-4106.
75675 5-8:30pm Sat Dec 07

Volunteer- Kelsey Creek Sheep Shearing

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. Volunteers must pre-register. Volunteers must be at least 14 years old & must be enrolled in high school date of event. Questions e-mail kelseycreekfarm@bellevuewa.gov, or call the Farm Office at 425-452-7688. No day of event registrations will be accepted.
77867 10am-5pm Sat Apr 26

KELSEY CREEK SHEEP SHEARING EVENT

Saturday, April 26, 11am-4pm at Kelsey Creek Farm Park. 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. Free shuttle service available at Wilburton Park & Ride and Bannerwood Sports Park. Please note: no pets allowed in the barnyard areas. No entrance fee. Cost vary for food & activities, sorry, no ATM on site and we cannot accept charge cards. For more information, call 425-452-7688 or e-mail KelseyCreekFarm@bellevuewa.gov.

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 1

Newcastle Beach Park
December 5, 2013, 8:50-9:10pm

Meydenbauer Beach Park
December 15, 2013, 6:25-6:45pm

HILLTOP HOLIDAY CRAFT FAIR NORTHWEST ARTS CENTER

Wednesday-Saturday, December 4-7. Visitbellevuehilltopholidaycraftshow.com for hours. 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! Northwest Arts Center 9825 NE 24th, Bellevue
ADMISSION: FREE!

2013 GARDEN D' LIGHTS CONSTRUCTION EDITION

Nightly, Nov. 30, 2013-Jan. 4, 2014, 5-10pm
Brought to you by the Bellevue Botanical Garden Society and Bellevue Parks and Community Services, Garden d'Lights features thousands of lights which transform the Garden into a blossoming winter wonderland.

The Garden is undergoing major construction of new facilities. Though d'Lightful as ever, this year's event features a shorter route and new ticket booth location. As always, hot beverages will be available at the Shorts Visitor Center, and friendly volunteers will provide a warm welcome. Please note that due to construction, there is no on-site limited mobility parking; however there is a drop-off area on Main Street just east of the Garden d'Lights entry. The gift shop is on hiatus until the new building is finished, so look for our amazing new shop at next year's event!

Visit gardendlights.org today to buy tickets or get more information!



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.



10-day Registration Preference for Bellevue Residents • Registration Begins November 4, 2013

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 13, 2013.

PHONE-IN

Telephone
Registration
begins
November 18,
2013.

425-452-6885

Registration Policies

REGISTRATION PRIORITY: The City of Bellevue is committed to providing a wide range of recreation activities for Bellevue residents. Therefore, the City gives a ten calendar day registration preference for those residing within the Bellevue city limits. Non-residents are welcome to take part in recreation programs on a space-available basis. Non-resident registrations are not accepted prior to the first day of non-resident registration. On this day, mailed and faxed registrations will be accepted Monday-Friday 8-5 at Bellevue City Hall, online at 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.*

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

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

General Recreation Programs/Mini-Camps: A refund is granted if the withdrawal is made at least seven (7) calendar days prior to the start of the program, less a \$10 administrative fee per participant, per program. Withdrawals requested fewer than seven (7) calendar days prior to the start of the program will result in a refund of:

Programs with fees \$20 or less: program fee, less \$10 administrative fee, per participant, per program.

Programs with fees greater than \$20: 50% of the program fee, per participant, per program.

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

SCHOLARSHIPS: Scholarships are available to qualifying residents who live within the Bellevue City limits. See page 11 for scholarship application. Scholarship applicants will be notified of the amount due for each session after scholarship application is processed. Please attach proof of residency and income to scholarship application.

Adaptive Recreation Programs - 425-452-7686

REGISTRATION FORM IS FOUND ON PAGE 49. 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 JSWilson@bellevuewa.gov, or 425-452-4278.



Registration Form

10-day Registration Preference for Bellevue Residents • Registration Begins November 4, 2013

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 13, 2013.

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 do not wish to sign 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	\$14,937	\$20,136	\$25,389	\$30,615	\$35,841	\$41,067	\$46,293	\$51,519
3/4 Scholarship	\$18,097	\$24,415	\$30,760	\$37,092	\$43,423	\$49,755	\$56,086	\$62,418
1/2 Scholarship	\$21,257	\$28,694	\$36,131	\$43,568	\$51,005	\$58,442	\$65,879	\$73,316

Example: If your family size is two and your income is \$20,136 or less you are eligible for a full scholarship.

Source: 2013-2014 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



Bellevue Aquatic Center

Phone: 425-452-4444
Fax: 425-452-6100
Address: 601 - 143rd Avenue NE

SWIM RATES

Drop-In Fees

Adult:	\$6.50
Youth (12 yrs. and younger):	\$5.50
Deep Water Exercise Class:	\$7.50
Master Swim Class:	\$7.50
Discounted Swim	\$4.75
<i>Mon-Sat before 10am, Wed 7-8pm when available</i>	
Shower only:	\$2
<i>Blue Lagoon locker rooms</i>	

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

Swim Pass Cards

12 visits for the price of 10, no expiration date

Adult:	\$65.04
Youth:	\$55.08
Deep Water Exercise:	\$75
Masters Swim:	\$75
Discounted Swim:	\$47.40

3 Month Swim Pass Cards

For Lap, Open, and Rehab Swims

Adult:	\$166
Youth:	\$110
Family:	\$268

PARTIES AT THE POOL

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

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

Party Room Rentals

Available during pool rentals or open swims. \$66.75 per hour. Accommodates groups of under 20. This room **is not** wheelchair accessible.



SPECIAL EVENTS/SPECIAL SCHEDULE

November 28 - Fit for the Feast Masters Workout, 9-11am

November 29 - Youth Appreciation Day, 12-2pm

Special Hours of Operation:

December 24: Closes at 3pm
 December 25: Closed
 December 31: Closes at 3pm
 January 1: Closed

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 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

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.

LEARN TO SWIM PROGRAMS

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

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

Please remember when registering your child:

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

Minimum Class Size: Each 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" or call 425-452-4444.

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.

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.

See swim lesson registration dates, listed on page 12.

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 INTRODUCTION SWIM LESSONS

67475	5:45-6:15pm	Mon, Wed	Sep 23-Oct 16	\$86
67476	10:45-11:45am	Sun	Sep 29-Nov 03	\$129
67477	5:45-6:15pm	Mon, Wed	Oct 21-Nov 13	\$86
67479	10:45-11:15am	Sun	Nov 10-Dec 22	\$129
67480	5:45-6:15pm	Mon, Wed	Nov 18-Dec 18	\$86
76112	5:10-5:40pm	Tue, Thu	Nov 19-Dec 19	\$86

ADULT INTRODUCTION SWIM LESSONS

78647	6:20-6:50pm	Mon, Wed	Jan 06-29	\$86
78648	6:20-6:50pm	Tue, Thu	Jan 07-30	\$86
78649	9:35-10:35am	Sun	Jan 12-Feb 16	\$129
78650	6:20-6:50pm	Mon, Wed	Feb 03-Mar 05	\$86
78651	6:20-6:50pm	Tue, Thu	Feb 04-Mar 06	\$86
78652	9:35-10:35am	Sat	Mar 01-Apr 05	\$129
78653	9:35-10:35am	Sun	Mar 02-Apr 06	\$129
78654	6:20-6:50pm	Mon, Wed	Mar 10-Apr 02	\$86
78655	6:20-6:50pm	Tue, Thu	Mar 11-Apr 03	\$86
78656	5:45-6:15pm	Mon, Wed	Apr 14-May 07	\$86
78657	6:20-6:50pm	Tue, Thu	Apr 15-May 08	\$86
78658	9-10am	Sun	Apr 20-Jun 08	\$86

ADULT INTERMEDIATE - ADVANCED SWIM LESSONS

78628	6:20-6:50pm	Mon, Wed	Jan 06-29	\$86
78629	10:45-11:45am	Sat	Jan 11-Feb 15	\$129
78630	6:20-6:50pm	Mon, Wed	Feb 03-Mar 05	\$86
78631	10:45-11:45am	Sat	Mar 01-Apr 05	\$129
78632	6:20-6:50pm	Mon, Wed	Mar 10-Apr 02	\$86
78633	6:20-6:50pm	Mon, Wed	Apr 14-May 07	\$86
78634	9:35-10:35am	Sat	Apr 19-Jun 07	\$172

PARENT/TOT SWIM LESSONS

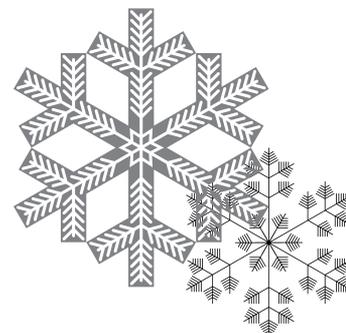
78690	11-11:30am	Mon, Wed	Jan 06-29	\$72
78691	5:45-6:15pm	Tue, Thu	Jan 07-30	\$79.90
78692	10:10-10:40am	Sat	Jan 11-Feb 15	\$59.40
78693	11:20-11:50am	Sun	Jan 12-Feb 16	\$59.40
78694	11-11:30am	Mon, Wed	Feb 03-Mar 05	\$79.90
78695	5:45-6:15pm	Tue, Thu	Feb 04-Mar 06	\$72
78696	10:10-10:40am	Sat	Mar 01-Apr 05	\$79.90
78697	11:20-11:50am	Sun	Mar 02-Apr 06	\$59.40
78698	11-11:30am	Mon, Wed	Mar 10-Apr 02	\$79.90
78699	5:45-6:15pm	Tue, Thu	Mar 11-Apr 03	\$79.90
78700	11-11:30am	Mon, Wed	Apr 14-May 07	\$79.90
78701	6:20-6:50pm	Mon, Wed	Apr 14-May 07	\$79.90
78702	6:20-6:15pm	Tue, Thu	Apr 15-May 08	\$79.90
78703	10:45-11:15am	Sat	Apr 19-Jun 07	\$79.90
78704	11:20-11:50am	Sun	Apr 20-Jun 08	\$79.90

PARENT/TOT 2 SWIM LESSONS

78683	11:20-11:50am	Sat	Jan 11-Feb 15	\$59.40
78684	11:20-11:50am	Sat	Mar 01-Apr 05	\$59.40
78685	11:20-11:50am	Sat	Apr 19-Jun 07	\$79.90

PRESCHOOL 1 SWIM LESSONS

78782	10-10:30am	Mon, Wed	Jan 06-29	\$90
78783	4-4:30pm	Mon, Wed	Jan 06-29	\$90
78784	4:35-5:05pm	Mon, Wed	Jan 06-29	\$90
78785	4-4:30pm	Tue, Thu	Jan 07-30	\$90
78786	4:35-5:05pm	Tue, Thu	Jan 07-30	\$90
78787	6:20-6:50pm	Tue, Thu	Jan 07-30	\$90
78788	9-9:30am	Sat	Jan 11-Feb 15	\$67.50
78789	9:35-10:05am	Sat	Jan 11-Feb 15	\$67.50
78790	9:35-10:05am	Sun	Jan 12-Feb 16	\$67.50
78791	10:45-11:15am	Sun	Jan 12-Feb 16	\$67.50
78792	10-10:30am	Mon, Wed	Feb 03-Mar 05	\$90
78793	4-4:30pm	Mon, Wed	Feb 03-Mar 05	\$90
78794	4:35-5:05pm	Mon, Wed	Feb 03-Mar 05	\$90
78795	5:45-6:15pm	Mon, Wed	Feb 03-Mar 05	\$90
78796	4:35-5:05pm	Tue, Thu	Feb 04-Mar 06	\$90
78797	6:20-6:50pm	Tue, Thu	Feb 04-Mar 06	\$90
78798	9-9:30am	Sat	Mar 01-Apr 05	\$67.50
83045	9:35-10:05am	Sat	Mar 01-Apr 05	\$67.50
83048	10:10-10:40am	Sat	Mar 01-Apr 05	\$67.50
83049	11:20-11:50am	Sat	Mar 01-Apr 05	\$67.50
83046	9:35-10:05am	Sun	Mar 02-Apr 06	\$67.50
83047	10:10-10:40am	Sun	Mar 02-Apr 06	\$67.50
83050	10:45-11:15am	Sun	Mar 02-Apr 06	\$67.50
78799	10-10:30am	Mon, Wed	Mar 10-Apr 02	\$90
83064	4-4:30pm	Mon, Wed	Mar 10-Apr 02	\$90
83065	5:10-5:40pm	Mon, Wed	Mar 10-Apr 02	\$90
83066	4:35-5:05pm	Mon, Wed	Mar 10-Apr 02	\$90
83067	4:35-5:05pm	Tue, Thu	Mar 11-Apr 03	\$90
83068	6:20-6:50pm	Tue, Thu	Mar 11-Apr 03	\$90
83069	10-10:30am	Mon, Wed	Apr 14-May 07	\$90



Aquatics

PRESCHOOL 2 SWIM LESSONS

78922	10:30-11am	Mon, Wed	Jan 06-29	\$90
78923	5:10-5:40pm	Mon, Wed	Jan 06-29	\$90
78924	5:45-6:15pm	Mon, Wed	Jan 06-29	\$90
78925	4-4:30pm	Tue, Thu	Jan 07-30	\$90
78926	5:10-5:40pm	Tue, Thu	Jan 07-30	\$90
78927	6:20-6:50pm	Tue, Thu	Jan 07-30	\$90
78928	9:35-10:05am	Sat	Jan 11-Feb 15	\$67.50
78929	10:45-11:15am	Sat	Jan 11-Feb 15	\$67.50
78930	9-9:30am	Sun	Jan 12-Feb 16	\$67.50
82983	10:10-10:40am	Sun	Jan 12-Feb 16	\$67.50
82984	9:35-10:05am	Sun	Jan 12-Feb 16	\$67.50
82985	10-10:30am	Mon, Wed	Feb 03-Mar 05	\$90
82986	4-4:30pm	Mon, Wed	Feb 03-Mar 05	\$90
82987	5:45-6:15pm	Mon, Wed	Feb 03-Mar 05	\$90
82988	4:35-5:05pm	Tue, Thu	Feb 04-Mar 06	\$90
82989	5:10-5:40pm	Tue, Thu	Feb 04-Mar 06	\$90
82990	9:35-10:05am	Sat	Mar 01-Apr 05	\$67.50
82991	10:45-11:15am	Sat	Mar 01-Apr 05	\$67.50
82992	11:20-11:50am	Sat	Mar 01-Apr 05	\$67.50
82993	9-9:30am	Sun	Mar 02-Apr 06	\$67.50
82994	9:35-10:05am	Sun	Mar 02-Apr 06	\$67.50
82995	10-10-10:40am	Sun	Mar 02-Apr 06	\$67.50
82996	10-10-10:30am	Mon, Wed	Mar 10-Apr 02	\$90
82997	4:35-5:05pm	Mon, Wed	Mar 10-Apr 02	\$90
82998	5:10-5:40pm	Mon, Wed	Mar 10-Apr 02	\$90
82999	5:45-6:15pm	Mon, Wed	Mar 10-Apr 02	\$90
83000	4:35-5:05pm	Tue, Thu	Mar 11-Apr 03	\$90
83001	5:10-5:40pm	Tue, Thu	Mar 11-Apr 03	\$90
83002	6:20-6:50pm	Tue, Thu	Mar 11-Apr 03	\$90
83003	10:30-11am	Mon, Wed	Apr 14-May 07	\$90
83004	4:35-5:05pm	Mon, Wed	Apr 14-May 07	\$90
83005	4-4:30pm	Tue, Thu	Apr 15-May 08	\$90
83006	5:10-5:40pm	Tue, Thu	Apr 15-May 08	\$90
83007	9-9:30am	Sat	Apr 19-Jun 07	\$67.50
83008	9:35-10:05am	Sat	Apr 19-Jun 07	\$67.50
83009	10:10-10:40am	Sat	Apr 19-Jun 07	\$67.50
83010	11:20-11:50am	Sat	Apr 19-Jun 07	\$67.50
83011	9:35-10:05am	Sun	Apr 20-Jun 08	\$67.50
83012	10:45-11:15am	Sun	Apr 20-Jun 08	\$67.50

PRESCHOOL 3 SWIM LESSONS

79037	4-4:30pm	Mon, Wed	Jan 06-29	\$90
79038	5:10-5:40pm	Tue, Thu	Jan 07-30	\$90
79039	9-9:30am	Sat	Jan 11-Feb 15	\$67.50
79040	10:45-11:15am	Sat	Jan 11-Feb 15	\$67.50
79041	9-9:30am	Sun	Jan 12-Feb 16	\$67.50
83013	10:10-10:40am	Sun	Jan 12-Feb 16	\$67.50
83014	10:45-11:15am	Sun	Jan 12-Feb 16	\$67.50
83015	5:10-5:40pm	Mon, Wed	Feb 03-Mar 05	\$90
83016	5:45-6:15pm	Mon, Wed	Feb 03-Mar 05	\$90
83017	6:20-6:50pm	Tue, Thu	Feb 04-Mar 06	\$90
83041	4-4:30pm	Tue, Thu	Feb 04-Mar 06	\$90
83018	9-9:30am	Sat	Mar 01-Apr 05	\$67.50
83019	10:45-11:15am	Sat	Mar 01-Apr 05	\$67.50
83020	9-9:30am	Sun	Mar 02-Apr 06	\$67.50
83021	10:10-10:40am	Sun	Mar 02-Apr 06	\$67.50
83022	10:45-11:15am	Sun	Mar 02-Apr 06	\$67.50
83023	5:45-6:15pm	Mon, Wed	Mar 10-Apr 02	\$90
83024	4-4:30pm	Tue, Thu	Mar 11-Apr 03	\$90
83025	5:10-5:40pm	Mon, Wed	Apr 14-May 07	\$90
83026	6:20-6:50pm	Mon, Wed	Apr 14-May 07	\$90
83027	4:35-5:05pm	Tue, Thu	Apr 15-May 08	\$90
83028	5:45-6:15pm	Tue, Thu	Apr 15-May 08	\$90
83029	9:35-10:05am	Sat	Apr 19-Jun 07	\$90
83030	10:45-11:15am	Sat	Apr 19-Jun 07	\$90
83031	10:10-10:40am	Sun	Apr 20-Jun 08	\$90
83032	11:20-11:50am	Sun	Apr 20-Jun 08	\$90

PRESCHOOL 4 SWIM LESSONS

79115	4-4:30pm	Mon, Wed	Jan 06-29	\$90
79116	5:45-6:15pm	Mon, Wed	Jan 06-29	\$90
79117	4-4:30pm	Tue, Thu	Jan 07-30	\$90
79118	4:35-5:05pm	Tue, Thu	Jan 07-30	\$90
79119	10:10-10:40am	Sat	Jan 11-Feb 15	\$67.50
79120	9:35-10:05am	Sun	Jan 12-Feb 16	\$67.50
79121	4:35-5:05pm	Mon, Wed	Feb 03-Mar 05	\$90
79122	4-4:30pm	Tue, Thu	Feb 04-Mar 06	\$90
83042	5:10-5:40pm	Tue, Thu	Feb 04-Mar 06	\$90
79123	10:10-10:40am	Sat	Mar 01-Apr 05	\$67.50

83051	10:45-11:15am	Sun	Mar 02-Apr 06	\$67.50
83070	4:35-5:05pm	Mon, Wed	Mar 10-Apr 02	\$90
83071	4-4:30pm	Tue, Thu	Mar 11-Apr 03	\$90
83072	5:10-5:40pm	Tue, Thu	Mar 11-Apr 03	\$90
83073	4-4:30pm	Mon, Wed	Apr 14-May 07	\$90
83074	4-4:30pm	Tue, Thu	Apr 15-May 08	\$90

PRESCHOOL 5 SWIM LESSONS

79174	4:35-5:15pm	Mon, Wed	Jan 06-29	\$90
79175	5:45-6:15pm	Tue, Thu	Jan 07-30	\$90
79176	9:35-10:05am	Sat	Jan 11-Feb 15	\$67.50
79177	11:20-11:50am	Sat	Jan 11-Feb 15	\$67.50
79178	10:10-10:40am	Sun	Jan 12-Feb 16	\$67.50
79179	5:10-5:40pm	Mon, Wed	Feb 03-Mar 05	\$90
79180	4:35-5:05pm	Tue, Thu	Feb 04-Mar 06	\$90
79181	10:45-11:15am	Sat	Mar 01-Apr 05	\$67.50
79182	5:45-6:15pm	Mon, Wed	Mar 10-Apr 02	\$90
83075	5:45-6:15pm	Tue, Thu	Apr 15-May 08	\$90
83076	10:10-10:40am	Sun	Apr 20-Jun 08	\$90

YOUTH LEVEL 1 SWIM LESSONS

81279	4-4:30pm	Mon, Wed	Jan 06-29	\$90
81280	5:45-6:15pm	Mon, Wed	Jan 06-29	\$90
81281	6:20-6:50pm	Mon, Wed	Jan 06-29	\$86
81282	4:35-5:05pm	Tue, Thu	Jan 07-30	\$90
81283	9-9:30am	Sat	Jan 11-Feb 15	\$67.50
81284	9:35-10:05am	Sat	Jan 11-Feb 15	\$67.50
81285	9-9:30am	Sun	Jan 12-Feb 16	\$67.50
83033	11:20-11:50am	Sun	Jan 12-Feb 16	\$67.50
81286	4-4:30pm	Mon, Wed	Feb 03-Mar 05	\$90
81287	5:45-6:15pm	Tue, Thu	Feb 04-Mar 06	\$90
83039	4:35-5:05pm	Mon, Wed	Feb 03-Mar 05	\$90
83043	4-4:30pm	Tue, Thu	Feb 04-Mar 06	\$90
81288	9-9:30am	Sat	Mar 01-Apr 05	\$67.50
83053	9:35-10:05am	Sat	Mar 01-Apr 05	\$67.50
83052	9-9:30am	Sun	Mar 02-Apr 06	\$67.50
83077	4-4:30pm	Mon, Wed	Mar 10-Apr 02	\$90
83078	6:20-6:50pm	Mon, Wed	Mar 10-Apr 02	\$90
83079	4:35-5:05pm	Tue, Thu	Mar 11-Apr 03	\$90
83080	5:45-6:15pm	Tue, Thu	Mar 11-Apr 03	\$90
83081	5:45-6:15pm	Mon, Wed	Apr 14-May 07	\$90
83082	5:10-5:40pm	Mon, Wed	Apr 14-May 07	\$90
83083	5:10-5:40pm	Tue, Thu	Apr 15-May 08	\$90
83084	9-9:30am	Sat	Apr 19-Jun 07	\$90
83085	10:10-10:40am	Sat	Apr 19-Jun 07	\$90
83086	9:35-10:05am	Sun	Apr 20-Jun 08	\$90

YOUTH LEVEL 2 SWIM LESSONS

81360	4:35-5:05pm	Mon, Wed	Jan 06-29	\$90
81361	5:10-5:40pm	Mon, Wed	Jan 06-29	\$86
81362	4:35-5:05pm	Tue, Thu	Jan 07-30	\$86
81363	9-9:30am	Sat	Jan 11-Feb 15	\$64.50
81364	10:45-11:15am	Sat	Jan 11-Feb 15	\$64.50
81365	9:35-10:05am	Sun	Jan 12-Feb 16	\$67.50
83034	10:45-11:15am	Sun	Jan 12-Feb 16	\$67.50
81366	6:20-6:50pm	Mon, Wed	Feb 03-Mar 05	\$86
81367	4:35-5:05pm	Tue, Thu	Feb 04-Mar 06	\$86
83044	5:45-6:15pm	Tue, Thu	Feb 04-Mar 06	\$86
81368	9-9:30am	Sat	Mar 01-Apr 05	\$64.50
83054	9:35-10:05am	Sun	Mar 02-Apr 06	\$64.50
83055	10:45-11:15am	Sun	Mar 02-Apr 06	\$64.50
83056	11:20-11:50am	Sun	Mar 02-Apr 06	\$64.50
83097	5:10-5:40pm	Mon, Wed	Mar 10-Apr 02	\$86
83098	5:45-6:15pm	Mon, Wed	Mar 10-Apr 02	\$86
83099	5:45-6:15pm	Tue, Thu	Mar 11-Apr 03	\$86
83100	5:10-5:40pm	Tue, Thu	Mar 11-Apr 03	\$86
83101	6:20-6:50pm	Tue, Thu	Mar 11-Apr 03	\$86
83102	4:35-5:05pm	Mon, Wed	Apr 14-May 07	\$86
83103	4:35-5:05pm	Tue, Thu	Apr 15-May 08	\$86
83104	5:45-6:15pm	Tue, Thu	Apr 15-May 08	\$86
83105	5:45-6:15pm	Mon, Wed	Apr 14-May 07	\$86
83106	9-9:30am	Sat	Apr 19-Jun 07	\$86
83109	10:10-10:40am	Sat	Apr 19-Jun 07	\$86
83107	9-9:30am	Sun	Apr 20-Jun 08	\$86
83108	10:10-10:40am	Sun	Apr 20-Jun 08	\$86

YOUTH LEVEL 3 SWIM LESSONS

81445	4:35-5:05pm	Mon, Wed	Jan 06-29	\$86
81446	5:10-5:40pm	Mon, Wed	Jan 06-29	\$86
81447	4-4:30pm	Tue, Thu	Jan 07-30	\$86
81448	5:45-6:15pm	Tue, Thu	Jan 07-30	\$86

81449	9-9:30am	Sat	Jan 11-Feb 15	\$64.50
81450	11:20-11:50am	Sun	Jan 12-Feb 16	\$64.50
83035	9-9:30am	Sun	Jan 12-Feb 16	\$64.50
81451	4-4:30pm	Mon, Wed	Feb 03-Mar 05	\$86
81452	4-4:30pm	Tue, Thu	Feb 04-Mar 06	\$86
83040	4:35-5:05pm	Mon, Wed	Feb 03-Mar 05	\$86
81453	9:35-10:05am	Sat	Mar 01-Apr 05	\$64.50
83057	9-9:30am	Sun	Mar 02-Apr 06	\$64.50
83058	11:20-11:50am	Sun	Mar 02-Apr 06	\$64.50
83087	4-4:30pm	Mon, Wed	Mar 10-Apr 02	\$86
83088	4-4:30pm	Tue, Thu	Mar 11-Apr 03	\$86
83089	4-4:30pm	Tue, Thu	Apr 15-May 08	\$86
83090	6:20-6:50pm	Tue, Thu	Apr 15-May 08	\$86
83091	4:35-5:05pm	Mon, Wed	Apr 14-May 07	\$86
83092	9:35-10:05am	Sat	Apr 19-Jun 07	\$86
83096	11:20-11:50am	Sat	Apr 19-Jun 07	\$86
83093	9:35-10:05am	Sun	Apr 20-Jun 08	\$86
83094	10:45-11:15am	Sun	Apr 20-Jun 08	\$86
83095	9-9:30am	Sun	Apr 20-Jun 08	\$86

YOUTH LEVEL 4 SWIM LESSONS

81519	6:20-6:50pm	Mon, Wed	Jan 06-29	\$86
81520	6:20-6:50pm	Tue, Thu	Jan 07-30	\$86
81521	10:10-10:40am	Sat	Jan 11-Feb 15	\$64.50
81522	10:10-10:40am	Sun	Jan 12-Feb 16	\$64.50
83036	10:45-11:15am	Sun	Jan 12-Feb 16	\$64.50
81523	5:45-6:15pm	Mon, Wed	Feb 03-Mar 05	\$64.50
81524	5:10-5:40pm	Tue, Thu	Feb 04-Mar 06	\$86
81525	10:10-10:40am	Sat	Mar 01-Apr 05	\$64.50
83059	9-9:30am	Sun	Mar 02-Apr 06	\$64.50
83060	10:10-10:40am	Sun	Mar 02-Apr 06	\$64.50
83110	4-4:30pm	Mon, Wed	Mar 10-Apr 02	\$90
83111	4:35-5:05pm	Tue, Thu	Mar 11-Apr 03	\$90
83112	4-4:30pm	Mon, Wed	Apr 14-May 07	\$90
83113	4-4:30pm	Tue, Thu	Apr 15-May 08	\$90
83114	10:45-11:15am	Sat	Apr 19-Jun 07	\$90
83115	9-9:30am	Sun	Apr 20-Jun 08	\$90
83116	11:20-11:50am	Sun	Apr 20-Jun 08	\$90

YOUTH LEVEL 5 SWIM LESSONS

81572	5:45-6:15pm	Mon, Wed	Jan 06-29	\$86
81573	5:10-5:40pm	Tue, Thu	Jan 07-30	\$86
81574	10:45-11:15am	Sat	Jan 11-Feb 15	\$64.50
81575	11:20-11:50am	Sat	Jan 11-Feb 15	\$64.50
83037	9-9:30am	Sun	Jan 12-Feb 16	\$64.50
83038	11:20-11:50am	Sun	Jan 12-Feb 16	\$64.50
81576	5:10-5:40pm	Mon, Wed	Feb 03-Mar 05	\$64.50
81577	6:20-6:50pm	Tue, Thu	Feb 04-Mar 06	\$86
81578	10:45-11:15am	Sat	Mar 01-Apr 05	\$64.50
83061	9:35-10:05am	Sun	Mar 02-Apr 06	\$64.50
83062	11:20-11:50am	Sun	Mar 02-Apr 06	\$64.50
83117	4:35-5:05pm	Mon, Wed	Mar 10-Apr 02	\$86
83118	4-4:30pm	Tue, Thu	Mar 11-Apr 03	\$86

Bellevue Aquatic Center Registration Dates:

YOUTH LEVEL 6 SWIM LESSONS

81625	5:10-5:40pm	Mon, Wed	Jan 06-29	\$86
81626	5:45-6:15pm	Tue, Thu	Jan 07-30	\$86
81627	11:20-11:50am	Sat	Jan 11-Feb 15	\$64.50
81628	10:45-11:15am	Sun	Jan 12-Feb 16	\$64.50
81629	6:20-6:50pm	Mon, Wed	Feb 03-Mar 05	\$86
81630	5:45-6:15pm	Tue, Thu	Feb 04-Mar 06	\$86
81631	11:20-11:50am	Sat	Mar 01-Apr 05	\$64.50
83063	10:45-11:15am	Sun	Mar 02-Apr 06	\$64.50

PRE-COMPETITION SWIM LESSONS

78747	5:10-5:40pm	Tue, Thu	Jan 07-30	\$86
78748	10:10-10:40am	Sat	Jan 11-Feb 15	\$67.50
78749	11:20-11:50am	Sun	Jan 12-Feb 16	\$64.50
78750	5:10-5:40pm	Mon, Wed	Feb 03-Mar 05	\$86
78751	5:10-5:40pm	Tue, Thu	Feb 04-Mar 06	\$86
78752	10:10-10:40am	Sat	Mar 01-Apr 05	\$64.50
78753	11:20-11:50am	Sun	Mar 02-Apr 06	\$64.50
78754	5:10-5:40pm	Mon, Wed	Mar 10-Apr 02	\$86

After-School Programs

KID-ZONE GAMES DROP-IN

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

Age: 7Y - 18Y

Crossroads Community Center

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

CREATIVE KIDS AFTER SCHOOL PROGRAM

Enhance your child's creativity while enjoying the beautiful setting of the Northwest Arts Center. Activities include time spent in both indoor and outdoor settings. Children will explore a variety of art & craft mediums, painting, three dimensional art, collage, pottery, and active play. Participant must be in 1st - 5th grade. Staff will provide safe walking transportation from Clyde Hill Elem. to the Northwest Arts Center. For more information call 425 452-4106. Min 10/Max 15

Northwest Arts Center

\$150(R) \$180(N)	Age: 6Y - 11Y
75757 12:30-3:30pm	Wed Jan 08-Feb 12
75758 12:30-3:30pm	Wed Feb 26-Apr 02
\$200(R) \$240(N)	Age: 6Y - 11Y
75759 12:30-3:30pm	Wed Apr 16-Jun 04

ROCK 'N' MORE GUITAR LESSONS

Rock 'n' More Music Academy - Learn to play guitar chords and single notes on your electric or acoustic guitar. You will learn enough about playing guitar in the first week that you'll be able to play a song that you know by the time you get to the second lesson. Taught by Dace Anderson, this will be a great guitar learning experience. And of course, practice makes perfect! Min 5/Max 15

Crossroads Community Center

\$80(R) \$96(N)	Age: 8Y - 12Y
81796 6-6:50pm	Tue Jan 21-Feb 11
81797 6-6:50pm	Tue Feb 25-Mar 18
81798 6-6:50pm	Tue Apr 01-29

\$80(R) \$96(N)	Age: 13Y and up
81799 7-7:50pm	Tue Jan 21-Feb 11
81800 7-7:50pm	Tue Feb 25-Mar 18
81801 7-7:50pm	Tue Apr 01-29

BYT DAY CAMPS

This camp is perfect for the child with little or no acting experience. Children will get the full theatre experience from auditions to performance. Your child will rehearse, participate in arts & crafts and recreational activities. This camp will build your child's self esteem, confidence, teamwork, and basic memorization skills. 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 25
Bellevue Youth Theatre

Rumpelstiltskin

Come along as the mischievous imp wreaks havoc on the Miller and his daughter. This camp has roles for boys and girls ages 5-12 year old. Participants will be taught basic theatre in a recreational setting.

\$182.50(R) \$215.50(N)	Age: 5Y - 12Y
77562 9:30am-3pm	Mon-Fri Apr 07-11

Rumpelstiltskin Extended Care

\$52.50(R) \$59.50(N)	Age: 5Y - 12Y
77567 7:30am-5:30pm	Mon-Fri Apr 07-11

CARTOONIVERSITY CAMP

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

Kelsey Creek Farm Park

\$200(R) \$240(N)	Age: 9Y - 14Y
78498 10am-3pm	Tue-Fri Feb 18-21

CREATIVE KIDS DAY CAMPS

Enhance your child's creativity while enjoying the beautiful setting of the Northwest Arts Center. Activities include time spent in both indoor and outdoor settings. Children will explore a variety of art & craft mediums, painting, three dimensional art, collage, pottery, and active play. Participant must be in 1st - 5th grade. Min 1/Max 30

Northwest Arts Center

Mid-Winter Break

\$160(R) \$192(N)	Age: 6Y - 11Y
75765 9am-3pm	Tue-Fri Feb 18-21

Spring Break

\$200(R) \$240(N)	Age: 6Y - 11Y
75767 9am-3pm	Mon-Fri Apr 07-11

KELSEY CREEK FARM MID-WINTER CAMP

Winter break with nothing to do? Keep busy at the Farm! Meet and learn about our farm 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 16

Kelsey Creek Farm Park

\$138(R) \$152(N)	Age: 4Y - 6Y
78564 10am-1pm	Mon-Fri Feb 17-21



GO GO WITH VAN GOGH ART CAMP

Fine arts on the farm, inspired by the Kelsey Creek Farm environment. Your elementary-age child will celebrate their individual creative expressions through exploration of multiple-medias. Paint with colorful acrylics, sketch on the farm, develop watercolor style with color theory exploration, sculpting with molding clay, create collages, and use oil pastels too. Dress for creative mess, and bring your playful imagination. Please bring a \$10 supply fee payable to the instructor on first day of camp. Min 8/Max 16 Kelsey Creek Farm Park

\$222(R) \$248 Age: 6Y - 11Y
78500 9:30am-3pm Mon-Fri Apr 07-11

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 10

Highland Community Center
\$120(R) \$140(N) Age: 12Y - 17Y
82747 9am-3pm Mon-Wed Apr 07-09

SPORTBALL SEASONAL CAMPS: MIDWINTER & SPRING BREAK

Seasonal Sportball camps provide a great change of pace for children during school holidays. Offered in our multi-sport format (sports include hockey, soccer, tennis, baseball, basketball, volleyball, golf and football). Our certified coaches teach more advanced skills and provide opportunities to refine, rehearse and repeat them. Ages: 3-5 MUST be potty trained, Min 8/Max 10

Northwest Arts Center
Mid-Winter Break

\$128(R)	\$148(N)	Age: 3Y - 5Y
81745	9am-12pm	Tue-Fri Feb 18-21
\$128(R)	\$148(N)	Age: 6Y - 9Y
81746	1-4pm	Tue-Fri Feb 18-21

Spring Break

\$160(R)	\$192(N)	Age: 3Y - 5Y
81747	9am-12pm	Mon-Fri Apr 07-11
\$160(R)	\$192(N)	Age: 6Y - 9Y
81748	1-4pm	Mon-Fri Apr 07-11

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 10 Highland Community Center

\$100(R) \$120(N) Age: 4Y - 6Y
82752 1-2:15pm Mon-Fri Apr 07-11

SKATEBOARD CAMP

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
82749 9am-12pm Mon-Fri Apr 07-11

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 60

Robinswood Community Park

\$115(R) \$138(N) Age: 4Y - 13Y
83196 9am-12pm Mon-Fri Apr 07-11
\$181(R) \$217(N) Age: 7Y - 13Y
83197 9am-3pm Mon-Fri Apr 07-11

I-BALL SCHOOL BREAK SKILLS CAMP

I-Ball is run 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 15/Max 50

Newport High School
Mid Winter Break Camp

\$164(R) \$197(N) Age: 6Y - 14Y
83235 9am-3pm Tue-Fri Feb 18-21

Spring Break Camp

\$205(R) \$246(N) Age: 6Y - 14Y
83236 9am-3pm Mon-Fri Apr 07-11

SCHOOL 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
Mid Winter Break Sports Camp

\$154(R) \$185(N) Age: 7Y - 12Y
83237 8am-4pm Tue-Fri Feb 18-21

Spring Break Sports Camp

\$192(R) \$214(N) Age: 7Y - 12Y
83238 8am-4pm Mon-Fri Apr 07-11

SEREVI YOUTH RUGBY SPRING BREAK CAMP

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. Min 15/Max 50

Newport Hills Community Park

\$200(R) \$240(N) Age: 6Y - 12Y
83213 9am-3pm Mon-Fri Apr 07-11

Adaptive Recreation

Designed for individuals with intellectual / physical disabilities

AFTER SCHOOL-PROGRAMS FOR YOUTH

Four afternoons a week your child has the opportunity to unwind from school with these interactive activities. Monday they will have a great time with friends, Tuesday will be DVD and Board Games, Thursdays are planned for introduction to sports and Fridays will be Arts & games. All programs are for kid's ages 7-18 living with intellectual disabilities. NO CLASS ON HOLIDAYS Min 8/Max 20
Highland Community Center

Mondays - Fun with Friends

\$75(R) \$94(N) Age: 8Y - 18Y
75704 2:30-5pm Mon Jan 06-Mar 10
75705 2:30-5pm Mon Mar 31-Jun 02

Tuesdays -DVD & Board Games

\$75(R) \$94(N) Age: 8Y - 18Y
76622 2:30-5pm Tue Jan 07-Mar 11
76625 2:30-5:30pm Tue Apr 01-Jun 03

Thursday - Youth intro to Sports

\$75(R) \$94(N) Age: 8Y - 18Y
76623 2:30-5pm Thu Jan 09-Mar 13
76626 2:30-5pm Thu Apr 03-Jun 05

Fridays - Arts & Games

\$75(R) \$94(N) Age: 8Y - 21Y
76621 2:30-5pm Fri Jan 10-Mar 14
76631 2:30-5pm Fri Apr 04-Jun 06

Art & Craft Programs for Adults

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

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
76484 1-3pm Thu Jan 09-Apr 24

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
76410 10:30am-1:30pm Mon Jan 06-27
76411 10:30am-1:30pm Mon Feb 03-24
76413 10:30am-1:30pm Mon Apr 14-28
\$20.50(R) \$24.50(N) Age: 18Y and up
76412 10:30am-1:30pm Mon Mar 03-24

SOUTH BELLEVUE STITCHERS

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

South Bellevue Community Center
FREE Age: 18Y and up
76420 10am-12pm Fri Jan 03-Apr 25

Arts & Crafts

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 and up
78043 11am-3pm Wed Jan 08-Apr 30

Programs for Youth and Families

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
76496 6-8:30pm Tue Jan 07-Apr 29

BEADED MACRAME FLOWER JEWELRY

Learn to create beautiful beaded necklaces and matching earrings or maybe a lovely bracelet. All materials provided. Min 6/Max 9

Northwest Arts Center
\$25(R) \$35(N) Age: 13Y and up
82349 6:30-8:30pm Thu Jan 16

FUSED GLASS FANTASTIC FUN!

Create a beautiful fused glass piece or make jewelry or magnets. Use your imagination to create one of a kind art piece. Materials provided. Min 6/Max 9

Northwest Arts Center
\$25(R) \$35(N) Age: 13Y and up
82350 6:30-8:30pm Thu Jan 30

DRAWING & PAINTING FUNDAMENTALS

Students learn basic drawing skills through value studies, perspective, line and sketching techniques. We also learn how to mix color with confidence. Subject matter will be still life scenes, pet portraits, and even the clothed model. Your child's awareness is sure to grow. The last 2 weeks we will be working on a beautiful painting with texture, fabric and a still life on paper. Collage and brush techniques will also be taught. Min 6/Max 10

Northwest Arts Center
\$159(R) \$179(N) Age: 7Y - 11Y
83689 4-5:30pm Thu Jan 30-Mar 27
83690 4-5:30pm Thu Apr 24-Jun 12

CHILDREN'S POTTERY STUDIO

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

Northwest Arts Center
\$170(R) \$204(N) Age: 6Y - 11Y
77219 4-5:30pm Fri Jan 31-Mar 28
77222 4-5:30pm Fri Apr 25-Jun 06

Adaptive Recreation

Designed for individuals with intellectual / physical disabilities

GLASS FUSION

Combine the elements of 'Fire and Ice' to create fabulous jewel-like art pieces. Glass Fusion provides through step-by-step instruction, 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 6/Max 9

Northwest Arts Center
\$185(R) \$220(N) Age: 18Y and up
76982 9-10:30am Thu Jan 09-Mar 06
76987 9-10:30am Thu Mar 13-May 08

STONEWARE CREATIONS

Stoneware Creations provides 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
\$185(R) \$220(N) Age: 18Y and up
76976 11am-1pm Thu Jan 09-Mar 06
76981 11am-1pm Thu Mar 13-May 08

ARTISTIC INSPIRATIONS

Bring your inspiration and imagination to create some of the most beautiful art pieces imaginable. NO CLASS ON HOLIDAYS Min 15/Max 30

Highland Community Center
\$45(R) \$55(N) Age: 16Y and up
76639 5-7pm Mon Jan 06-Mar 10
76640 5-7pm Mon Mar 31-Jun 02

ADULT ART/CRAFTS

This class is adapted and designed for adults with Intellectual disabilities. We offer hands-on creative experiences with hand-crafted results that await your artistic touch. Age: 18 and up NO CLASS ON HOLIDAYS Min 10/Max 15

Highland Community Center
\$42(R) \$53(N) Age: 18Y and up
76596 1-2:30pm Fri Jan 10-Mar 14
76597 1-2:30pm Fri Apr 04-Jun 06

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® Acupressurist. All ages welcome. Elizabeth also has special training in massage for older adults, and all ages are welcome. 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.

DENTAL HYGIENE SERVICES

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

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.

Adaptive Recreation

Designed for individuals with intellectual / physical disabilities

EXERCISE CLASS

This specialized class is designed and adapted for those living with physical disabilities. Build Muscles, build strength, build your social network. It all happens at Highland's exercise classes. NO CLASS ON HOLIDAYS Highland Community Center

\$110(R) \$139(N)	Age: 21Y and up		
76828	9:15-10:15am	Mon, Wed, Fri	Jan 06-Mar 28
76829	10:30-11:30am	Mon, Wed, Fri	Jan 06-Mar 28
76830	11:45am- 1:15pm	Mon, Wed	Jan 06-Mar 26
76831	9:15-10:15am	Mon, Wed, Fri	Mar 31-Jun 20
76832	10:30-11:30am	Mon, Wed, Fri	Mar 31-Jun 20
76833	11:45am- 1:15pm	Mon, Wed	Mar 31-Jun 18

FULL FITNESS FUN

This Specialized class is adapted and designed for adults with Intellectual disabilities. You will learn about nutrition, meal planning, exercise and how to live a healthy lifestyle. Please bring a sack dinner for the dinner break at 5pm. You will exercise here during class two times a week. We will have a variety of exercise routines to keep you motivated. Let's get fit! Age: 16 and up NO CLASS ON HOLIDAYS Highland Community Center

\$78(R) \$98(N)	Age: 16Y and up		
76764	5-7pm	Tue, Thu	Jan 07-Mar 13
76765	5-7pm	Tue, Thu	Apr 01-Jun 05

INDOOR WALKING

Want to get in shape and walking is your thing? Come and walk in a climate controlled environment at the YMCA. Class will meet at Highland Center and walk over to the YMCA. The indoor walking track is a fun way to exercise with friends. We will set walking goals and chart our progress and have prizes for meeting your personal goals! Min 5/Max 20 Highland Community Center

\$42(R) \$53(N)	Age: 16Y and up		
81794	7- 8:30pm	Mon	Jan 06-Mar 10
81856	7-8:30pm	Mon	Mar 31-Jun 02

Aerobics & Conditioning

ENHANCE FITNESS 

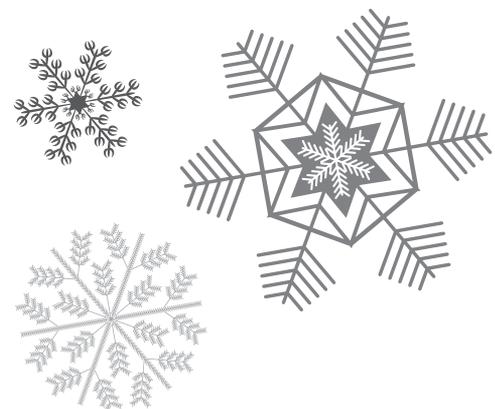
This low impact aerobics class is designed to give you the maximum amount of cardiovascular exercise with a minimum amount of wear and tear on your body. This class is offered in conjunction with Group Health. If you are a Group Health Clear Care HMO Plan member, there is no charge for this class. All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

North Bellevue Community Center			
\$33(R) \$40(N)	Age: 50Y and up		
76555	9-10am	Tue, Thu-Fri	Jan 07-31
76556	9-10am	Tue, Thu-Fri	Feb 04-28
76557	9-10am	Tue, Thu-Fri	Mar 04-28
\$36(R) \$43(N)	Age: 50Y and up		
76558	9-10am	Tue, Thu-Fri	Apr 01-29

CIRCUIT TRAINING 

Come join a circuit training class in our new fitness center! You will be instructed by our certified and experienced trainer in a 55 minute , full body weight workout that will strengthen your body and get your heart pumping. Each class holds a minimum of 3 and a maximum of 8 participants. Min 3/Max 8

North Bellevue Community Center			
\$96(R) \$112(N)	Age: 18Y and up		
81871	2- 3pm	Tue, Fri	Jan 07-31
81872	2- 3pm	Tue, Fri	Feb 04-28
81873	2- 3pm	Tue, Fri	Mar 04-28
\$108(R) \$112(N)	Age: 18Y and up		
81874	2- 3pm	Tue, Fri	Apr 01-29



Strength & Conditioning

BARRE CLASS

Karan's Barre Class draws from the best parts of barre, yoga, dance, and Pilates to produce a breakthrough workout that will knock your leg warmers off. Every step has been meticulously designed to build strength, endurance, and grace, while also creating longer and leaner muscles that are far more resistant to injury. All this, while having fun! In a remarkably brief time, this class will give you significant improvement in flexibility, strength, resilience, posture, energy, stamina, and balance. A Flex Card is available for this class. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 5/Max 20 South Bellevue Community Center

\$110(R)	\$132(N)	Age: 13Y and up
78477	9-10am	Mon, Wed Jan 13-Feb 26
\$60(R)	\$72(N)	Age: 13Y and up
78479	9-10am	Mon Jan 13-Feb 24
\$72(R)	\$86(N)	Age: 13Y and up
78462	6:15-7:15pm	Tue Jan 14-Feb 25
78481	9-10am	Wed Jan 15-Feb 26
78464	6:15-7:15pm	Thu Jan 16-Feb 27
\$120(R)	\$144(N)	Age: 13Y and up
78470	6:15-7:15pm	Tue, Thu Jan 14-Feb 27
\$96(R)	\$115(N)	Age: 13Y and up
78475	9-10am	Mon Mar 03-Apr 28
78463	6:15-7:15pm	Tue Mar 04-Apr 29
78476	9-10am	Wed Mar 05-Apr 30
\$160(R)	\$192(N)	Age: 13Y and up
78478	9-10am	Mon, Wed Mar 03-Apr 30
\$150(R)	\$180(N)	Age: 13Y and up
78471	6:15-7:15pm	Tue, Thu Mar 04-Apr 29
\$84(R)	\$100(N)	Age: 13Y and up
78465	6:15-7:15pm	Thu 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, bodyweight 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 3/Max 20 South Bellevue Community Center

\$43.75(R)	\$52.50(N)	Age: 13Y and up
78356	6-7am	Mon, Wed Jan 13-29
\$70(R)	\$84(N)	Age: 13Y and up
78357	6-7am	Mon, Wed Feb 03-26
78358	6-7am	Mon, Wed Mar 03-31
78359	6-7am	Wed, Mon Apr 02-30

CORE CONDITIONING

Core Conditioning centers on building a strong foundation for functional movement and improving spinal stabilization, posture, and balance. This class focuses on engaging the core muscle groups of the abdominals, glutes, hips, back, and lower extremity during exercise and activity. Improving core muscle control and strength will decrease risk for future injury. Learn how to use your muscles effectively to properly stabilize and strengthen your body from the inside out. This class is suited for individuals of all fitness levels. Individuals desiring to build a strong foundation for increased activity are strongly encouraged to join. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 5/Max 20 South Bellevue Community Center

\$60(R)	\$72(N)	Age: 13Y and up
77794	7:10-8pm	Mon Jan 13-Mar 03
\$70(R)	\$84(N)	Age: 13Y and up
77795	7:10-8pm	Mon Mar 10-Apr 28

POST-REHAB STRENGTH AND CONDITIONING

This class is designed to rebuild your balance and core stability after injury or illness. It is geared toward those who are recovering from injuries and are returning to physical activity, or those who suffer from chronic or reoccurring injuries. It is focused on developing and/or regaining core strength and stability through exercises using body weight resistance, resistance bands, and balance equipment. Exercises will be adaptable to accommodate for injuries and fitness levels. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 3/Max 20 South Bellevue Community Center

\$36(R)	\$42(N)	Age: 18Y and up
77787	10-11am	Tue, Thu Jan 14-30
\$48(R)	\$56(N)	Age: 18Y and up
77788	10-11am	Tue, Thu Feb 04-27
77789	10-11am	Tue, Thu Mar 04-27
77790	10-11am	Tue, Thu Apr 01-May 01

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 5/Max 20 South Bellevue Community Center

\$34.50(R)	\$41(N)	Age: 18Y and up
78396	10:15-11:15am	Mon, Wed Jan 13-29
\$55(R)	\$66(N)	Age: 18Y and up
78397	10:15-11:15am	Mon, Wed Feb 03-26
78398	10:15-11:15am	Mon, Wed Mar 03-31
78399	10:15-11:15am	Wed, Mon Apr 02-30

FREE CLASSES AT SOUTH BELLEVUE COMMUNITY CENTER

It is Anniversary time once again! SBCC is turning 8 years "young" January 2014. To celebrate, many of our instructors invite you to attend a free class January 6-12. 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, Parkour, Barre, Core Conditioning, Post Rehab Strength and Conditioning, 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.



BELLY DANCING COMBINED

Raqs on!! Enroll in Zills & Drills, Intermediate, and 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 3/Max 20

South Bellevue Community Center
 \$132(R) \$144(N) Age: 13Y and up
 77817 6:30- 8:45pm Wed Jan 15-Feb 19
 \$176(R) \$192(N) Age: 13Y and up
 77818 6:30- 8:45pm Wed Mar 12-Apr 30

THE ART OF BELLY DANCE

Take your dance to the next level! To further develop their dance skills and enjoyment of the art, Intermediate to Advanced students explore a topic each week; new rhythms, veil work, improvisation, taqasim, beledi, and music interpretation. 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
 77826 8- 8:45pm Wed Jan 15-Feb 19
 \$96(R) \$112(N) Age: 13Y and up
 77827 8- 8:45pm Wed Mar 12-Apr 30

Body & Mind

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 20

South Bellevue Community Center
 \$77(R) \$93(N) Age: 13Y and up
 77757 9:15-10:15am Fri Jan 17-Feb 28
 77758 9:15-10:15am Fri Mar 07-Apr 25

YOGA - ADVANCED

Stretching and flexibility exercises for the experienced yoga student. Workout especially geared for older adults with significant yoga training. Min 6/Max 15

North Bellevue Community Center
 \$14(R) \$16(N) Age: 50Y and up
 78263 10-11am Mon Jan 06-Feb 24
 78264 10-11am Mon Mar 03-Apr 07
 78265 10-11am Mon Apr 14-May 19

CAMP CRUNCH: WOMEN ON WEIGHTS

Learn all about the benefits of weight lifting without the worry of doing it wrong. Each class is designed with a warm up, cool down and stretching time as well as focusing on a different pair of opposing muscle groups each class! To register or for questions, please call Crunch Fitness at 425-641-1000. Min 10, Max 30

Crossroads Community Center
 \$72/session | \$9 individual class
 6:30-7:30pm Mon, Wed Jan 06-29
 6:30-7:30pm Mon, Wed Feb 10-Mar 05
 6:30-7:30pm Mon, Wed Mar 17-Apr 09

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

South Bellevue Community Center
 \$60(R) \$72(N) Age: 13Y and up
 77807 5:30-6:30pm Wed Jan 15-Feb 19
 \$80(R) \$96(N) Age: 13Y and up
 77808 5:30-6:30pm Wed Mar 12-Apr 30

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
 77812 7- 8pm Wed Jan 15-Feb 19
 \$96(R) \$112(N) Age: 13Y and up
 77813 7- 8pm Wed Mar 12-Apr 30

BELLY DANCE ZILLS AND DRILLS

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
 77828 6:30- 7pm Wed Jan 15-Feb 19
 \$40(R) \$48(N) Age: 13Y and up
 77829 6:30- 7pm Wed Mar 12-Apr 30

PERSONAL TRAINING

Appointments can be scheduled at the Front Desk in person or by calling South Bellevue Community Center at 425-452-4240 or North Bellevue Community Center at 425-452-7681.

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

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

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

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

FREE Fitness Assessments

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

Youth Privileges

We welcome 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.

Personal Training Rates

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

Sara Grandstrand, MS, ATC/L, CSCS

Grandstrand Athletic Training

Phone: 425-765-8980

Email: sara.atc@gmail.com



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

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

Mihai Suvagau

NASM, CHEK, FMS, HKC, IACEFT, TPI, Crossfit

Phone: 425-444-2729

Email: coach1mihai@gmail.com



With two AAS degrees, one in Exercise Science and one in Massage Therapy and eleven national certifications, Coach Mihai has developed a training style that focuses on results. No frills and no

'fillers', just focused results. His specialty is weight loss, strength training and injury rehab and for the past 5 years he has helped hundreds of clients. He believes that everyone should achieve the strongest and healthiest version of themselves and he strives to help everyone achieve their goals in the shortest time possible.

New: Personal Trainer at North Bellevue Community Center

Diane DeFuria, LMP, NSCA-CPT

Phone: 425-221-0070

Email: ddefuria@msn.com



Diane infuses her cutting-edge approach with a remarkable blend of experience, knowledge, and warmth. She has garnered rave reviews for the unique way in which she leads people to dramatically

upgrade their quality of life by making their bodies and minds stronger and more flexible. Her background includes more than 20 years as a licensed massage therapist, giving her an encyclopedic understanding of what a body needs in order to be healthy, fit, and youthful - regardless of age!

Fitness Centers at North and South Bellevue Community Centers

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

Included in South Bellevue Community Center

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

Included in North Bellevue Community Center

Fitness Center fees: Fitness Center (cardio/weights), assistance from staff, and orientation.

Fitness Center Fees

Visit our Website for the current Fitness Center fees:

North Bellevue Community Center

bellevuewa.gov/10595.htm

South Bellevue Community Center

bellevuewa.gov/sbcc-fitness-center.htm

HOLIDAY STUDENT SPECIAL

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

Stay fit and active throughout 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 the South Bellevue Community Center, 425-452-4240.



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
76481 9am-3pm Wed Feb 05

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

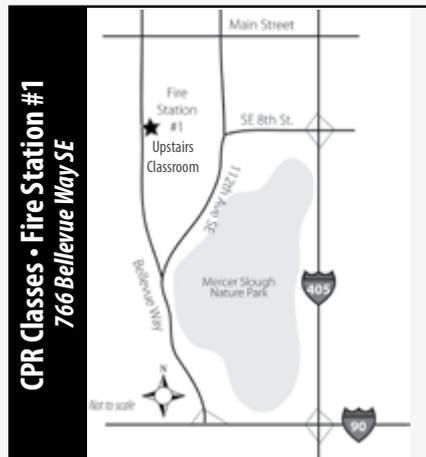
Fire Station #1

\$35 Age: 14Y and up
72862 7-10pm Thu Nov 21
76475 7-10pm Thu Jan 16
76476 7-10pm Thu Mar 20

HEARTSAVER CPR AED CLASS FOR ADULTS/CHILDREN

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

\$40		Age: 14Y and up	
76451	7-10pm	Thu	Jan 09
76452	7-10pm	Tue	Jan 21
76453	7-10pm	Thu	Feb 06
76454	7-10pm	Tue	Feb 18
76455	7-10pm	Thu	Mar 06
76456	7-10pm	Tue	Mar 18
76457	7-10pm	Thu	Apr 03
76458	7-10pm	Tue	Apr 15



CPR Classes • Fire Station #1
766 Bellevue Way SE

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

Morning and evening sessions available throughout the week. For more information, visit www.jazzercise.com or call 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.jazzwithkris.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.

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
 77623 1-2pm Thu Jan 09-30
 \$24(R) \$28.50(N) Age: 12Y and up
 77624 1-2pm Thu Feb 06-27
 77626 1-2pm Thu Apr 03-24
 \$40(R) \$47.50(N) Age: 12Y and up
 77625 1-2pm Thu Mar 06-27

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) \$30(N) Age: 18Y and up
 78611 10:30-11:30am Mon Jan 06-27
 78612 10:30-11:30am Mon Feb 03-24
 \$40(R) \$50(N) Age: 18Y and up
 78613 10:30-11:30am Mon Mar 03-31
 \$32(R) \$40(N) Age: 18Y and up
 78614 10:30-11:30am Mon Apr 07-28
 78599 10:30-11:30am Thu Jan 09-30
 78600 10:30-11:30am Thu Feb 06-27
 78601 10:30-11:30am Thu Mar 06-27
 78602 10:30-11:30am Thu Apr 03-24

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
 \$55(R) \$66(N) Age: 18Y and up
 78589 3:30-4:30pm Tue Jan 07-Feb 11
 78593 3:30-4:30pm Thu Jan 09-Feb 13
 78591 3:30-4:30pm Tue Feb 25-Mar 25
 78592 3:30-4:30pm Thu Feb 27-Mar 27
 78585 3:30-4:30pm Tue Apr 15-May 13
 78587 3:30-4:30pm Thu Apr 17-May 15
 \$110(R) \$132(N) Age: 18Y and up
 78590 3:30-4:30pm Tue, Thu Jan 07-Feb 13
 78594 3:30-4:30pm Tue, Thu Feb 25-Mar 27
 78597 3:30-4:30pm Tue, Thu Apr 15-May 15

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
 \$72(R) \$86(N) Age: 13Y and up
 77839 7:15-8:30pm Tue Jan 14-Feb 18
 \$60(R) \$72(N) Age: 13Y and up
 77850 7:15-8:30pm Thu Jan 16-Feb 13
 77845 7:15-8:30pm Thu Feb 20-Mar 20
 77840 7:15-8:30pm Tue Feb 25-Mar 25
 77846 7:15-8:30pm Thu Mar 27-Apr 24
 77841 7:15-8:30pm Tue Apr 01-29

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
 \$72(R) \$86(N) Age: 13Y and up
 77940 11:45am-1pm Sun Jan 19-Feb 23
 77941 11:45am-1pm Sun Mar 02-Apr 06

Active Fitness

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. Min 1/Max 50
 North Bellevue Community Center

BOOT CAMP WITH KARIE

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

South Bellevue Community Center
 \$98(R) \$118(N) Age: 13Y and up
 78280 8:45-10:15am Mon-Thu Jan 13-30
 \$52.50(R) \$62.50(N) Age: 13Y and up
 78284 8:45-9:45am Mon, Wed Jan 13-29
 \$63(R) \$75(N) Age: 13Y and up
 78288 9:15-10:15am Tue, Thu Jan 14-30
 78285 8:45-9:45am Mon, Wed Feb 03-26
 78289 9:15-10:15am Tue, Thu Feb 04-27
 78291 9:15-10:15am Tue, Thu Apr 01-29
 \$31.50(R) \$37.50(N) Age: 13Y and up
 78292 9:15-10:15am Tue Jan 14-28
 78294 9:15-10:15am Tue Feb 04-25
 \$107(R) \$128(N) Age: 13Y and up
 78281 8:45-10:15am Mon-Thu Feb 03-27
 \$142(R) \$171(N) Age: 13Y and up
 78282 8:45-10:15am Mon-Thu Mar 03-27
 \$84(R) \$100(N) Age: 13Y and up
 78286 8:45-9:45am Mon, Wed Mar 03-26
 78290 9:15-10:15am Tue, Thu Mar 04-27
 78287 8:45-9:45am Mon, Wed Mar 31-Apr 30
 \$42(R) \$50(N) Age: 13Y and up
 78295 9:15-10:15am Tue Mar 04-25
 78293 9:15-10:15am Tue Apr 01-29
 \$134(R) \$161(N) Age: 13Y and up
 78283 8:45-9:45am Mon-Thu Mar 31-Apr 30

ZUMBA®

ZUMBA® is a one of a kind fitness program with easy to follow Latin rhythms designed for all fitness levels. The goal of the program is for you to love working out again and to look forward to it. This hour of calorie burning, energizing, and expressive movements brings spice back into everyone's fitness program! Bring a towel and water. 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			
\$35(R)	\$42.50(N)	Age: 13Y and up	
78221	6-7pm	Mon	Jan 13-Feb 24
\$66(R)	\$77(N)	Age: 13Y and up	
78223	6-7pm	Mon, Wed	Jan 13-Feb 26
\$72(R)	\$84(N)	Age: 13Y and up	
78224	10-10:15am	Wed, Fri	Jan 15-Feb 28
\$42(R)	\$51(N)	Age: 13Y and up	
78225	10-11am	Wed	Jan 15-Feb 26
78228	6-7pm	Wed	Jan 15-Feb 26
78227	9:15-10:15am	Fri	Jan 17-Feb 28
\$56(R)	\$68(N)	Age: 13Y and up	
78222	6-7pm	Mon	Mar 03-Apr 28
78229	6-7pm	Wed	Mar 05-Apr 30
78230	10-11am	Wed	Mar 05-Apr 30
\$96(R)	\$112(N)	Age: 13Y and up	
78232	6-7pm	Mon, Wed	Mar 03-Apr 30
\$90(R)	\$105(N)	Age: 13Y and up	
78226	10-11am	Wed, Fri	Mar 05-Apr 30
\$49(R)	\$59.50(N)	Age: 13Y and up	
78231	9:15-10:15am	Fri	Mar 07-Apr 25

SMALL GROUP TRAINING WITH KARIE

This very popular class is offered to help you work on those New Year's resolutions to finally get fit! Custom designed workouts will be built for each member of the small group. All fitness levels will benefit from Certified Personal Trainer, Karie Underwood as she provides accountability, motivation, support, experience, and expert guidance. You will reach your fitness goal in this small group environment of 3-4 participants to 1 coach. Sessions are 45 minutes in length. No make-ups will be available. Bring a towel and water. Training is held in the SBCC Fitness Center. Min 3/Max 4

South Bellevue Community Center			
\$150(R)	\$180(N)	Age: 13Y and up	
78274	10-10:45am	Mon	Jan 06-Feb 24
\$175(R)	\$210(N)	Age: 13Y and up	
78275	10-10:45am	Wed	Jan 08-Feb 26
\$200(R)	\$240(N)	Age: 13Y and up	
78276	10-10:45am	Mon	Mar 03-Apr 28
78277	10-10:45am	Wed	Mar 05-Apr 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. Please arrive 10 minutes early on day one for a bike fit. Bring a bike-style water bottle & towel. Wear stiff soled shoes or SPD cycle shoes, padded shorts, and heart rate monitor if you have them. Dress in layers...you will get hot! Min 3/Max 7

South Bellevue Community Center			
\$35(R)	\$42(N)	Age: 13Y and up	
78408	6-7am	Mon	Jan 13-Feb 24
78409	7:15-8:15pm	Mon	Jan 13-Feb 24
\$60(R)	\$72(N)	Age: 13Y and up	
78416	7:15-8:15pm	Mon, Wed	Jan 13-Feb 26
78417	6-7am	Mon, Wed	Jan 13-Feb 26
\$49(R)	\$59(N)	Age: 13Y and up	
78410	7:15-8:15pm	Wed	Jan 15-Feb 26
78414	6-7am	Wed	Jan 15-Feb 26
\$63(R)	\$76(N)	Age: 13Y and up	
78412	6-7am	Mon	Mar 03-Apr 28
78413	7:15-8:15pm	Mon	Mar 03-Apr 28
78411	7:15-8:15pm	Wed	Mar 05-Apr 30
78415	6-7am	Wed	Mar 05-Apr 30
\$90(R)	\$108(N)	Age: 13Y and up	
78420	6-7am	Mon, Wed	Mar 03-Apr 30
78431	7:15-8:15pm	Mon, Wed	Mar 03-Apr 30

Fitness for Youth, Teens, and Family

SPORTBALL FITKIDS

Sportball Fitkids is a fun, functional, fitness program for kids ages 6-9 to improve overall fitness with non-competitive sports instruction and health education. By incorporating age-appropriate exercises and exciting high energy games, instructed by trained and certified professionals, kids build flexibility, endurance, agility, and core strength. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 5/Max 14

South Bellevue Community Center			
\$78(R)	\$94(N)	Age: 6Y - 9Y	
78050	5-5:55pm	Mon	Jan 13-Mar 03
\$91(R)	\$109(N)	Age: 6Y - 9Y	
78052	5-5:55pm	Mon	Mar 10-Apr 28

GIRLS' SPORTS CONDITIONING

Improve athletic performance and overall fitness through this conditioning class targeted to middle school and high school girls. This class incorporates exercises to improve core strength, stability, balance, agility, flexibility, and endurance. This class is ideally suited for athletes looking to stay in shape in the off season or get into shape in the preseason. Additionally, this class incorporates exercises to address and correct muscle imbalances and biomechanical inefficiencies that are common among adolescent girls and makes them more susceptible to overuse and knee injuries. All fitness levels welcome. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 5/Max 20

South Bellevue Community Center			
\$50(R)	\$60(N)	Age: 12Y - 18Y	
77800	6-7pm	Mon	Feb 03-Mar 10
\$60(R)	\$72(N)	Age: 12Y - 18Y	
77801	6-7pm	Mon	Mar 17-Apr 28

Martial Arts

NAGINATA

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

Northwest Arts Center

Beginner			
\$120(R)	\$144(N)	Age: 13Y and up	
78558	7-9pm	Tue	Jan 07-Mar 25
78561	7-9pm	Tue	Apr 01-Jun 10
Advanced			
\$180(N)	\$216(N)	Age: 13Y and up	
78560	7-9pm	Tue, Thu	Jan 07-Mar 27
\$165(N)	\$198(N)	Age: 13Y and up	
78563	7-9pm	Tue, Thu	Apr 03-Jun 12
\$120(R)	\$144(N)	Age: 13Y and up	
78559	7-9pm	Thu	Jan 09-Mar 27
78562	7-9pm	Thu	Apr 01-Jun 12

Martial Arts

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
 77948 5-5:50pm Tue, Thu Jan 07-30
 77950 4-4:50pm Tue, Thu Jan 07-30
 77952 5-5:50pm Tue, Thu Feb 04-27
 77954 4-4:50pm Tue, Thu Feb 04-27
 77955 4-4:50pm Tue, Thu Mar 04-27
 77958 5-5:50pm Tue, Thu Mar 04-27
 77956 4-4:50pm Thu, Tue Apr 03-29
 77961 5-5:50pm Thu, Tue Apr 03-29
\$53(R) \$63(N) Age: 10Y and up
 77949 6-6:50pm Tue, Thu Jan 07-30
 77951 6-6:50pm Tue, Thu Feb 04-27
 77953 6-6:50pm Tue, Thu Mar 04-27
 77959 6-6:50pm Thu, Tue Apr 03-29

TAI-CHI CHUAN SWORD PLAY **SHAPE UP!**

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 Swordplay. This method increases circulation throughout the body, improves concentration, coordination, and flexibility. Small classes guarantee 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

\$57(R) \$68(N) Age: 16Y and up
 North Bellevue Community Center
 81865 7:15-8:45pm Mon Jan 06-Feb 10
 81868 7:15-8:45pm Mon Feb 24-Mar 24
 81870 7:15-8:45pm Mon Mar 31-Apr 28
 South Bellevue Community Center
 77549 7:15-8:45pm Thu Jan 16-Feb 13
 77550 7:15-8:45pm Thu Feb 20-Mar 20
 77551 7:15-8:45pm Thu Mar 27-Apr 24

TAI CHI

Xue Zhong Wang uses the principles of Traditional Chinese Medicine, the combination of Tai Chi and Qi Gong with breathing and mind to improve human health and spirit. He instructs students in organ and Qi meridian exercises for personal cultivation. The class practices Tai Chi and Qi Gong descended from the ancient Masters both with empty hand and implements which are used to extend Qi past our hands. We welcome you to join us in our Qi field! Min 10/Max 50

North Bellevue Community Center
\$12(R) \$14(N) Age: 18Y and up
 78059 9-10am Sat Jan 11-Apr 26

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
 78218 9-10:30am Wed Jan 08-Apr 30

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
 77774 9-9:55am Sat Jan 18-Feb 15
 77776 9-9:55am Sat Apr 19-May 31

60(R) \$72(N) Age: 18Y and up
 77775 9-9:55am Sat Mar 01-Apr 05



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
 77780 10-10:55am Sat Jan 18-Feb 15
 77782 10-10:55am Sat Apr 19-May 31
\$60(R) \$72(N) Age: 18Y and up
 77781 10-10:55am Sat Mar 01-Apr 05

MINI KICKERS MARTIAL ARTS

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

Northwest Arts Center
\$130(R) \$146(N) Age: 4Y - 10Y
 77223 4-5:15pm Mon, Wed Feb 03-Apr 30

Outdoor & Natural Resources

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 information, and nature trails. Come into the ranger station for environmental program information or to get community farm and garden information.

Location: 15416 SE 16th Street, 98007

Hours: Tue - Sat, noon-4pm

Phone: 425-452-7225

Website: 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/mseec.htm

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

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 curriculum?

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.

DISCOVERY BACKPACKS

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

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

WHERE: Lewis Creek Visitor Center, Lake Hills Ranger Station, Mercer Slough Environmental Education Center

COST: FREE!

INFO: 425-452-2565

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(R) \$3(N)

Age: 3Y and up

Crawdad Creek

Discover all of the fascinating creatures that live in Crawdad Creek. Come along as Elizabeth and Michael learn about everything from fossils to deer. We always make a fun craft to take home!

82827	11am-12pm	Fri	Jan 03
82828	1:30-2:30pm	Fri	Jan 03

Stellaluna

Meet Stellaluna, a little fruit bat who gets lost before she knows how to fly. As she waits for her mother to return she stays with another kind of flying family and learns their strange habits. We always make a fun craft to take home!

82829	11am-12pm	Fri	Feb 07
82830	1:30-2:30pm	Fri	Feb 07

Secret Place

Every city needs a secret place for animals to live and thrive. Watch the secret place, learn about why it is so special and why parks are so important! We always make a fun craft to take home!

82831	11am-12pm	Fri	Mar 07
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Outdoor & Natural Resources



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 more confident. 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: 10am and 1pm

May: 10am, 1pm, and 4pm

Sundays: May- 10:30am and 1:30pm

No program Memorial or Labor Day weekends.

September & October: \$39(R) \$49(N)

Summer schedule available in April at:

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

82832 1:30- 2:30pm Fri Mar 07
Dream Weaver
 Weave along with a small yellow spider as she enchants and inspires you! We always make a fun craft to take home!
 82833 11am-12pm Fri Apr 04
 82834 1:30- 2:30pm Fri Apr 04

LEWIS CREEK EXPLORERS' CLUB

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

All About Bones

Come examine the skulls of several animals that live in Bellevue, and find out which is which! Discover the reason that each skull looks the way it looks, and how bones can tell the life story of an animal.

FREE Age: 5Y and up
 82885 1- 2pm Sat Jan 11

Green Hour

Join us the 3rd Saturday 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! No registration necessary.

FREE Age: 4Y and up
 1- 2pm Sat Jan 18
 1- 2pm Sat Feb 15
 1- 2pm Sat Mar 15
 1- 2pm Sat Apr 19

Owl Prowl

Discover what owl species live in the Pacific Northwest. Then take a night hike with the Rangers to look for owls and other nocturnal wildlife in the park. Bring a flashlight or headlamp, as well as good shoes, for the journey!

\$5(R) \$6(N) Age: 5Y and up
 82887 7:30- 9pm Fri Jan 24
 82892 7:30- 9pm Fri Mar 28

Groundhogs and Shadows

To celebrate Groundhog Day come learn about groundhogs, and the folklore that surrounds them. We will make our very own groundhog weather predictor to take home!

\$2(R) \$3(N) Age: 3Y and up
 82888 1- 2pm Sat Feb 01

Night Hike

When the sun sets and the dark sets in Lewis Creek comes alive! Learn about the different nocturnal and crepuscular species that call Bellevue home, and join a Ranger on a hike through the woods after dark! Bring a flashlight or headlamp, as well as good shoes and warm clothes, for the journey!

\$2(R) \$3(N) Age: 5Y and up
 82889 7:30- 9pm Fri Feb 28
 82895 7:30- 9pm Fri Apr 18

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! Pre-registration required.

\$2(R) \$3(N) Age: 6Y and up
 82890 1- 2pm Sat Mar 08

Frog Hop

One of the earliest sounds of spring is the constant rib-bit song of frogs. Learn about the intricate life cycle of these amphibians, as well as the kinds of frogs that live in Western Washington. Then join a Park Ranger to explore Lewis Creek using your ears to guide the way! Bring a flashlight or headlamp, as well as good shoes and warm clothes, for the journey!

\$2(R) \$3(N) Age: 5Y and up
 82891 7:30- 9pm Fri Mar 21

Nature Haiku

April is National Poetry Month! To celebrate we will learn how to write a haiku, and then incorporate nature themes. Poems will be displayed in the visitor center!

FREE Age: 5Y and up
 82893 1- 2pm Sat Apr 05

Metamorphosis

Each year Lewis Creek experiences a great change... hundreds of caterpillars fill the trees and then disappear. Where do they go? Come learn about the incredible change that caterpillars undergo.

FREE Age: 4Y and up
 82894 1- 2pm Sat Apr 12

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.
FREE Age: 3Y and up

Wild Kratts: Voyage of the Butterflier XT
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 Jan 12

Growing up Wild: Fuzzy Wuzzy bears
Look for food and trouble in bear country with grizzly bears, polar bears, black bears and pandas! Growing up Wild gives fun and entertaining insight into the animal kingdom. Running time 30 mins.
2-2:30pm Sun Feb 09

Dinosaurs and Other Creature Features
Travel back in time to when dinosaurs ruled the earth! Then learn about some of the world's creepiest creatures like spiders, ants, and more. Running time 30 mins.
2-2:30pm Sun Mar 09

Wild Kratts: Bass Class
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 13

LEWIS CREEK FILM SERIES
FREE Age: 12Y and up

Planet Earth: Ice Worlds
Venture to the poles of Earth to see extreme environments with harsh conditions, bitter cold and great seasonal change. Meet the animals that call this unwelcoming ecosystem home. Running time 60 mins.
2-3pm Sun Jan 05

Life: Hunters and Hunted
The ability of mammals to learn new tricks helps them to survive in the cat and mouse chase of the hunters and hunted. Watch and encounter animals that learn to survive, including orcas, tigers, and rattle snakes. Running time 55 mins.
2-3pm Sun Feb 02

North America: Born to be Wild
North America is a Discovery Channel series featuring amazing cinematography to explore our own backyard and all of the marvels it holds. In this episode take a journey to meet the wide variety of wildlife here, and learn about their struggle to survive. Running time 60 mins.
2-3pm Sun Mar 02

Frogs: The Thin Green Line
Frogs are some of the most wondrous and diverse creatures on earth, but are subject to harsh environmental conditions and are facing extinction. Come learn about the factors posing peril for frogs, as well as what is being done to save them. Running time 60 mins.
2-3pm Sun Apr 06

WONDERFUL WINTER ADAPTATIONS

Where do all the animals go in the winter? How do bears sleep for so long without eating? How do birds find food in the snow? Come join a Ranger in exploring the wintery Greenbelt to find out about how animals survive our long, cold winters! Be sure to dress appropriately for cold weather and walking. Info: 425-452-7225 Min 1/ Max 35
Lake Hills Greenbelt
FREE Age: 6Y and up
2-3pm Fri Jan 24

LEWIS CREEK ADULT ENRICHMENT

Lewis Creek Park 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.
FREE Age: 1Y and up
82934 2-4pm Sun Jan 26

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, and charcoal pencils provided. Challenge your artistic talents while learning about the natural history of the area you live in. Register at 425-452-6885.
\$4(R) \$5(N) Age: 8Y and up
82935 1-3pm Sat Feb 08

National Parks History: Presidents That Made It Possible
In honor of President's week learn about the presidents who shaped the face of our national parks and the National Park Service. Their actions instilled a sense of the importance of preservation and appreciation in the American public that lives on today, in National Parks, as well as local area parks.
FREE Age: 8Y and up
82936 2-3pm Sun Feb 16

Hot Topics in WA Conservation: Frogs
Did you know that the Pacific Tree Frog is the Washington State Amphibian? It is the most commonly seen and heard frog in the Pacific Northwest! However, there are many other frog species that call Washington home, including an introduced species that is crowding native species. Come discover the variety of frog species and the habitats they live in!
FREE Age: 8Y and up
82937 1-2pm Sat Mar 22



MERCER SLOUGH

ENVIRONMENTAL EDUCATION CENTER

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

For program details and to register visit pacificsciencecenter.org or call (206) 443-2925.



The Mercer Slough Environmental Education Center is a collaboration between the City of Bellevue and Pacific Science Center.
1625 118th Avenue SE, Bellevue, WA 98005



Ethnobotany

With the outdoor environment as your marketplace, how might you use the plants to support your daily needs? Join Barb Williams, Eastside Heritage Center volunteer, to learn how you could survive using the plant technologies developed by local Native Americans ... our first scientists. This fascinating program will include a talk, plant ID, stories, artifacts and outdoor walk (weather permitting). Presented by the Eastside Heritage Center and Bellevue Parks & Community Services.

FREE Age: 12Y and up
82938 2-3:30pm Sun Mar 23

FAMILY

FAMILY DISCOVERY SERIES: MERCER SLOUGH RANGER PROGRAMS

Mercer Slough Environmental Education Center; 1625 118th Ave SE

Join a Park Ranger at the Mercer Slough Environmental Education Center's Visitor Center for a FREE program. All ages welcome, children under 12 must be accompanied by an adult. A portion of the program may be outside, dress for the weather. No registration necessary.

Green House

Join a Mercer Slough park ranger to learn some simple ways to make your home a more sustainable place. The ranger will lead a tour of the Environmental Education Center - a LEED Gold-Certified campus.

2-3pm Sun Jan 05
2-3pm Sun Jan 12

Migration

The Mercer Slough is home to several migratory species. From the hoary bat to the yellow warbler, peamouth minnow to the Chinook salmon, we'll learn about some pretty amazing migratory animals.

2-3pm Sun Feb 02
2-3pm Sun Feb 09

Mercer's Minnows

Did you know that a few times each spring, scores of foot-long minnows travel up the Mercer Slough on the way to their spawning beds in Kelsey Creek? Come learn more about their fascinating journey and watersheds in general. We'll be playing a fun peamouth minnow game!

2-3pm Sun Mar 02
2-3pm Sun Mar 09

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 learning and fun to be had! Learn some introductory skills and see what you'll need to get started. We'll be going on a 30-minute guided bird walk.

2-3pm Sun Apr 06
2-3pm Sun Apr 13

FAMILY DISCOVERY SERIES: MOVIES AT MERCER SLOUGH

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

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

Blue Planet: Open Ocean

In the immense space of the open ocean, the sea bed is a staggering five miles below the surface and the nearest island is over 300 miles away. Yet here live many of the most spectacular predators in the ocean. Marvel as you experience ruthless and beautiful battles between hunter and prey. This video contains a shark scene which may not be appropriate for some younger viewers.

5-6pm Fri Jan 31

Blue Planet: Seasonal Seas

As the days grow longer, billions of microscopic plankton bloom under the blazing sun. Here in the temperate seas, three-ton basking sharks graze among forests of giant kelp - the fastest growing plant in the world. The forests harbor thousands of other animals, including sea otters, brilliantly colored anemones, squid, and exquisite leafy dragons. But as the year wears on, storms rage in the icy sea... a desperate challenge for the animals that remain. This video contains a shark scene which may not be appropriate for some younger viewers.

5-6pm Fri Feb 28

Blue Planet: Coral Seas

Bathed in bright sunlight and warm, clear water, the coral reef is a rich oasis of life - the rainforest of the sea. Bizarrely adorned harlequin shrimp carry off a starfish several times their size, while haunting songs reverberate around the reef, heralding the arrival of humpback whales. Shimmering schools of brightly colored fish battle for territory in this competitive world where you have to stand out to survive. This video contains a shark scene which may not be appropriate for some younger viewers.

5-6pm Fri Mar 28

Blue Planet: Tidal Seas

The sun and moon move billions of tons of water with every turn of the tide. The strongest tides empty entire bays, smash trees on riverbanks, and strand sea creatures on suddenly dry land. Weaker tides control the movements of huge numbers of fish, coaxing schools of stingrays through astounding underwater arches. And as the water recedes, the tide can create unbelievable landscapes - like a sparkling world of salt crystals inhabited only by tiny shrimp and bright pink flamingos. This video contains a shark scene which may not be appropriate for some younger viewers.

5-6pm Fri Apr 25

ADULT ENRICHMENT SERIES

ADULT ENRICHMENT: 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

Cougars

Mountain lion, puma, and panther are all aliases for the most elusive predator in Bellevue. There have been cougar sightings for the past few years in south Bellevue, including a few in Lewis Creek Park! Come learn about these majestic hunters; how to identify them or signs of them, as well as what you should do if you come across one.

1-2pm Sun Jan 19

Coyotes

Coyotes have long been thought of as a nuisance animal that looks for trouble; from Native American legend to Wiley the Coyote they are portrayed as unfortunate tricksters. As one of the most common spotted urban-dwelling mammals it is important to understand more about these cunning creatures. Discover more about their habits and how to prevent conflicts with coyotes.

1-2pm Sun Mar 16

MERCER SLOUGH ADULT ENRICHMENT

Mercer Slough Environmental Education Center; 1625 118th Ave SE

Introducing: Washington State

Think you know Washington State? From the Westside prairies to the alpine meadows, there's a lot here you may not know about. We'll discuss the incredible habitats and species that the Evergreen State holds.

FREE Age: 12 Y and up

2-3pm Sun Feb 23

Bird Identification

Come learn some of the finer points of identifying the bird species of our area. We'll be discussing field marks, bird songs, and some good places to go birding nearby. We will focus on the birds of the Mercer Slough Nature Park.

FREE Age: 12 Y and up

2-3pm Sun Apr 27

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 1625 118th Ave SE

Washington State's Wolves

Gray wolves are recolonizing Washington State decades after their extirpation. Learn about wolf biology, conservation, controversies, and what the future might hold for Washington's wolves.

FREE Best for ages 12Y and up

2-3pm Sun Jan 26

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

Kelsey Creek Farm Park

FREE

11am-4pm Sat

All Ages Apr 26

TOURS, HIKES, WALKS, & OUTDOOR ACTIVITIES

WOOF WALK

Join a Park Ranger and discover fascinating ecological facts about Bellevue City Parks. Bring your dog and learn how you can both help the city steward these valuable lands. Please dress for the weather. Families are encouraged to attend. Pre-registration: Not required. For more information please call 425-452-7225. Min 1/Max 30
Lake Hills Greenbelt

FREE

10-11am Sat
10-11am Sat
10-11am Sat

All Ages
Jan 11
Feb 08
Mar 08

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 RANGER HIKE

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 April 20.)

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

COST: Free

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

LAKE HILLS GREENBELT RANGER HIKE

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. *No walk 1/24 or 2/22. Pre-registration not required.*

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 4, February 1, March 1, April 5; 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 18, 10am – Noon

Distance: 5 miles

Level of Difficulty: Moderate (380 feet elevation)

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

Discover Bellevue’s largest park and get lost in the wilderness while still in the city! This area is rich in history and wildlife.

Lewis Creek to Lakemont Community Park

February 15, 10am – Noon

Distance: 5 miles

Level of difficulty: Difficult (750 feet elevation)

Meeting Place: Lewis Creek Visitor Center, 5808 Lakemont Blvd SE
This lovely trail winds through green corridors to connect two of Bellevue’s most beautiful parks.

Weowna Park

March 15, 10am-Noon

Distance: 3 miles

Level of difficulty: Moderate (200 feet elevation)

Meeting Place: 168th Ave SE & 19th St. Limited Parking. Carpooling encouraged.

Bridges, waterfalls, and Bellevue’s oldest trees live in Weowna Park. Explore this deep ravine that was restored using bioengineering techniques.

South Bellevue Green Spaces

April 19, 10am-Noon

Distance: 3 miles

Level of Difficulty: Difficult (350 feet elevation)

Meeting Place: Lattawood Park, 4530 155th Ave SE

Explore the unknown trails of South Bellevue. Parks and open space ravines guide you (and wildlife!) through friendly neighborhoods.

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

Outdoor & Natural Resources

TRACKS: TEACHING, RECREATION, ADVENTURE, COMPETENCY, KNOWLEDGE, STEWARDSHIP

TRACKS is an initiative promoting outdoor adventure, youth leadership, and environmental stewardship. Our mission is to encourage outdoor opportunities for all ages, abilities, and income levels, which develop life skills and knowledge for a healthy community.

The TRACKS team hopes to give people the skills, confidence, and opportunities necessary to develop their own relationships with nature—relationships that are inspirational, enlightening and lifelong.

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

Outdoor Adventure Programs

Interested in taking your group out into the wild? Let our experts help you do so safely and confidently. Contact TRACKS for outdoor skills training, camping and backpacking education, snowshoe trips, or group day trips and expeditions. Equipment rental may be available. To schedule an event call 425-452-6883 or email jwalenga@bellevuewa.gov

SNOWSHOE ADVENTURE - INTRO

Never been snowshoeing? This is the perfect opportunity for you to explore the white wilderness around us. Expert staff will ensure the trip is safe and fun for everyone. Transportation and snowshoes will be provided! Learn new skills and meet new friends while enjoying the great outdoors. You won't find a bigger adventure on a snowy day! Min 5/Max 20

Highland Community Center

\$40(R)	\$50(N)	Age: 11Y and up
82768	9:30am-5pm	Sat Jan 18
82769	9:30am-5pm	Sat Feb 08
82770	9:30am-5pm	Sat Mar 08
82771	9:30am-5pm	Sat Mar 29

TEEN SNOWSHOE MID-WINTER BREAK TRIPS

Enjoy the snow this break! We will head into the hills for some winter adventures. A great opportunity for beginners or more experienced teens. Snowshoe, build a snow shelter, track wildlife, and enjoy some hot cocoa on a day away from your usual routine. Snowshoes and outdoor gear provided. Dress for the weather. Min 5/Max 10 Highland Community Center

\$50		Age: 12Y - 17Y
82774	9am-3pm	Tue Feb 18
82775	9am-3pm	Thu Feb 20

MOUNTAINEERS OUTDOOR PHOTOGRAPHY

2nd Monday of each month, 7-8:30pm
Highland Community Center

In partnership with the Mountaineers, the City of Bellevue is offering FREE monthly outdoor photography seminars. Come one, come all with pictures and techniques to share. Participants will learn how to best capture those indescribable moments in the great outdoors by viewing each other's photos and having open dialogue about best practices. Contact Dane Williams for further information. willida2@msn.com 425-746-5649.

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>

2014 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

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 visit BellevueBotanical.org or call 425-452-2750 for more information, job descriptions and qualifications.

Kelsey Creek Farm

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

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

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

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

Groups of 10+ must pre-register, and for large groups of 40+ there will be a \$30 fee. Please call in advance Monday through Friday, 8am-4pm at 425-452-7688.

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 or email KelseyCreekFarm@bellevuewa.gov.

FARM PARTIES

Celebrate your child's special day with a visit to the farm! Meet our goats, sheep, rabbits, pig, and ponies. Then create your own wooly sheep to take home. Party packages include one hour tour/craft time and one hour room rental. 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 jayne@FarmerJayne.com for information and reservations.

Ages 2-11

Residents	\$150 - up to 15 children
Nonresidents	\$165 - up to 15 children
Add'l Children	\$5 each

A PIONEER THANKSGIVING

Let's celebrate Thanksgiving the old-fashioned way in our log cabin from 1888. With no electricity and indoor plumbing, how will we get all our chores done? Join Farmer Jayne as we churn butter, grind wheat, play dress up, pump water, and get our laundry done using muscles and will power! Crafts, snack and active storytelling round out our log cabin adventure. Children must be potty trained. Bring a lunch and drink. Snack will be provided. Min 6/Max 10

Kelsey Creek Community Park
\$25 \$30 Age: 3Y - 6Y
75728 10am-12:30pm Thu Nov 14
75729 10am-12:30pm Fri Nov 15

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 10

Kelsey Creek Community Park
\$20(R) \$25(N) Age: 3Y - 7Y
75724 10am-11:30pm Sat Dec 14



Kelsey Creek Farm

KELSEY CREEK FARM EXPLORERS CLASS

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

Kelsey Creek Farm Park

\$68(R)	\$81(N)		Age: 3Y - 6Y
71613	10am-12:30pm	Thu	Dec 05-19
\$89(R)	\$104(N)		Age: 3Y - 6Y
78565	10am-12:30pm	Thu	Jan 09-30
78566	10am-12:30pm	Fri	Jan 10-31
\$68(R)	\$81(N)		Age: 3Y - 6Y
78567	10am-12:30pm	Thu	Feb 06-27
78568	10am-12:30pm	Fri	Feb 07-28
78569	10am-12:30pm	Thu	Mar 06-20
78570	10am-12:30pm	Fri	Mar 07-21

KELSEY CREEK 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

Chicken Meet and Greet

Meet 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. Don't worry about the weather; we'll stay warm and dry in the barns while learning and exploring with our animal friends.

\$25(R)	\$30(N)		Age: 5Y - 8Y
81668	1:30-3pm	Wed	Jan 15

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.

\$25(R)	\$30(N)		Age: 5Y - 8Y
81669	1:30-3pm	Wed	Feb 12

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.

\$25(R)	\$30(N)		Age: 5Y - 8Y
81670	1:30-3pm	Wed	Mar 12

KELSEY CREEK LITTLE FARMERS CLASS

Join Farmer Jayne in a special hands-on opportunity to experience farm life with your 2-3 year old. Children team up with a parent/adult to actively participate in animal care, barn chores, pony ride, baking and gardening.

Curriculum is integrated with seasonal themes, arts and crafts, stories and games. Spend one-on-one time with your child in this fun and active learning class. Activities vary between sessions during the school year. Both children and adults should dress in play clothes with sturdy shoes/boots. Snack provided. Adult/child teams only. Please call regarding underage siblings. Min 6/Max 10

Kelsey Creek Farm Park

\$60(R)	\$69(N)		Age: 2Y - 3Y
71630	10-11:30am	Mon	Dec 02-16
71632	10-11:30am	Tue	Dec 03-17
71631	10-11:30am	Wed	Dec 04-18
81728	10-11:30am	Mon	Jan 06-27
81730	10-11:30am	Tue	Feb 04-25
81731	10-11:30am	Wed	Feb 05-26
81729	10-11:30am	Mon	Feb 03-24
\$65(R)	\$74(N)		Age: 2Y - 3Y
81732	10-11:30am	Tue	Jan 07-28
81733	10-11:30am	Wed	Jan 08-29
81734	10-11:30am	Mon	Mar 03-24
81735	10-11:30am	Tue	Mar 04-25
81736	10-11:30am	Wed	Mar 05-26

KELSEY CREEK PONY PARTNERS CLASS

These classes are ideal for your horse-crazy little one. Experience a pony ride both days of class. 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
81876	10-11:30am	Tue, Thu	Apr 15-17

DRAWING FROM FARM LIFE

Do you find yourself doodling but don't know what to draw? This drawing class is for you! Drawing from Farm-Life teaches basic drawing skills, and allows students to work from a variety of farm animals in their environment. Imagine instead of copying from a picture, actually being able to draw from a real-live horse standing right in front of you! Students will learn how to draw from observation creating artwork that is not only skillful but also inspired. Min 4/Max 9

Kelsey Creek Farm Park

\$45(R)	\$51(N)		Age: 13Y - 17Y
81881	3:30-4:30pm	Tue	Jan 07-28
81882	3:30-4:30pm	Tue	Mar 04-25

KELSEY CREEK 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. Volunteers must be able to attend the 1st two weeks of the program and no less than a total of 5 sessions. No program when Bellevue schools are not in session. Maximum of 1 day per week sign up per participant. Min 1/Max 3

Kelsey Creek Farm Park

\$5(R)	\$7(N)		Age: 12Y - 18Y
77749	3-4:30pm	Tue	Mar 04-Apr 29
77750	3-4:30pm	Wed	Mar 05-Apr 30
77751	3-4:30pm	Thu	Mar 06-May 01
77752	3-4:30pm	Fri	Mar 07-May 02

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 Jayne directly at jayne@farmerjayne.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.



Bellevue Youth Theatre

16661 Northup Way • 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 2014 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 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 SLEEPING BEAUTY

Monday, January 6
from 4-5:30pm at the
South Bellevue Community center

For WINNIE THE POOH, PETER PAN, and THE TEMPEST

Tuesday, January 7 or
Wednesday, January 8 from 5-6:30pm
at South Bellevue Community Center

WINNIE THE POOH

Come and be a part of the classic children's story, Winnie the Pooh. There will be many great roles for children of all ages and for a few adults too. Together we tell the story of Christopher Robin, Winnie the Pooh, Tigger, and Eeyore too.

Rehearsal location: Bellevue Youth Theatre

Rehearsal begins: Tuesday, January 21

Rehearsals: Monday through Friday, 4:30-6 p.m.

Tech Week: The week of March 10 at Bellevue Youth Theatre

Performs at Bellevue Youth Theatre: March 14-23

Directed by: Randall Apted

SLEEPING BEAUTY

The classic fairy tale Sleeping Beauty comes to life on the BYT stage. Experience the magic, romance, and courage with a princess, prince, fairies, and the rest of the enchanted kingdom. A great show for all ages. Singing audition required.

Rehearsal location: South Bellevue Community Center

Rehearsal begins: Tuesday, January 21

Rehearsals: Monday through Friday, 5-7 p.m.

Tech Week: The week of March 24 at Bellevue Youth Theatre

Performs at Bellevue Youth Theatre: March 28-April 6

Directed by: Danika Drake

THE TEMPEST

This show is suitable for ages 12 and up. Speaking role dependent upon audition. Shakespeare audition is required. Will perform only 5 times. Not a pure Shakespeare as some parts will be changed for audience to better understand the work.

Rehearsal location: Bellevue Youth Theatre

Rehearsal begins: Tuesday, January 21

Rehearsals: Monday through Friday, 6-8 p.m.

Tech Week: The week of April 14 at Bellevue Youth Theatre

Performs at Bellevue Youth Theatre: April 17-20

Directed by: James McClain

PETER PAN

Join the charming tale of Peter Pan with the classic characters. This is a musical. The show has roles for all ages and genders. Participants must have a song prepared for auditions. Those ages 12 and under may only receive chorus parts.

Rehearsal location: Crossroads Community Center

Rehearsal begins: Tuesday, January 21

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

Tech Week: The week of April 28 at Meydenbauer Theatre

Performs at Meydenbauer Theatre: May 2-4

Directed by: Norm Dalire

Performing Arts

PRE-BALLET 2

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

South Bellevue Community Center
 \$51(R) \$64(N) Age: 5Y - 6Y
 77021 4-4:45pm Tue Jan 14-Feb 11
 77022 4-4:45pm Tue Feb 25-Mar 25
 77023 4-4:45pm Tue Apr 01-29

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
 77030 5-6pm Tue Jan 14-Feb 11
 77031 5-6pm Tue Feb 25-Mar 25
 77032 5-6pm Tue Apr 01-29

BREAK DANCING WITH THE MASSIVE MONKEYS CREW

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. Drop-ins available. Min 10/Max 30

Crossroads Community Center
 \$180(R) \$207(N) Age: 11Y - 17Y
 81803 3:30-5pm Mon, Wed Jan 13-Apr 21

MOVE OVER MOZART/PIANO CLASSES

Move Over Mozart is a piano-learning program where children participate in musical activities and learn from each other as well as their teacher. Learn to play familiar tunes on the piano, read music, and basic music theory for a lifetime of musical enjoyment. Having a piano at home is recommended but not required. 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). Min 5/Max 6

Northwest Arts Center
 \$89(R) \$107(N) Age: 42M - 4Y
 77717 5:30-6pm Tue Jan 21-Apr 01
 77719 4-4:30pm Tue Jan 21-Apr 01
 77722 5:30-6pm Tue Apr 15-Jun 17
 77724 4-4:30pm Tue Apr 15-Jun 17

\$89(R) \$107(N) Age: 5Y - 6Y
 77718 5-5:30pm Tue Jan 21-Apr 01
 77721 6-6:30pm Tue Jan 21-Apr 01
 77723 5-5:30pm Tue Apr 15-Jun 17
 77726 6-6:30pm Tue Apr 15-Jun 17

\$89(R) \$107(N) Age: 7Y - 10Y
 77720 4:30-5pm Tue Jan 21-Apr 01
 77725 4:30-5pm Tue Apr 15-Jun 17

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
 \$50(R) \$60(N) Age: 3Y - 4Y
 81815 4-4:55pm Fri Jan 10-31
 81816 4-4:55pm Fri Feb 07-28
 81817 4-4:55pm Fri Mar 07-28
 81818 4-4:55pm Fri Apr 04-25
 \$50(R) \$60(N) Age: 7Y - 10Y
 81825 5-5:55pm Fri Jan 10-31
 81826 5-5:55pm Fri Feb 07-28
 81827 5-5:55pm Fri Mar 07-28
 81820 5-5:55pm Fri Apr 04-25
 \$50(R) \$60(N) Age: 11Y - 15Y
 81810 6-6:55pm Fri Jan 10-31
 81811 6-6:55pm Fri Feb 07-21
 81812 6-6:55pm Fri Mar 07-28
 81813 6-6:55pm Fri Apr 04-25

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 Ongoing
 2-4pm Thu

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

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

YOUR NEIGHBORHOOD PRESCHOOL CHOICE



For more information and Open House dates, visit www.naturalstart-preschool.com

Natural Start Preschool At South Bellevue Community Center
 Located in the heart of the 39 acre Eastgate Park, Natural Start Preschool at the SBCC offers a unique nature-based curriculum that supports the developmental and learning needs of preschoolers. Children spend 45-90 minutes outside each day.

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

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

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



PRE-KINDERGARTEN PRESCHOOL

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

Crossroads Community Center
 \$1736(R) \$2083(N) Age: 4Y - 5Y
 73903 9:30am-1pm Mon, Wed, Fri Sep 16-May 23

PRESCHOOL PLAYSCHOOL

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

Crossroads Community Center
 \$996(R) \$1195(N) Age: 3Y - 4Y
 73907 9:30am-12pm Tue, Thu Sep 17-May 22



POLLIWOG PRESCHOOL

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



ADVENTURES IN LEARNING: PRESCHOOL READINESS

New Program!

Is your child ready for a mini-adventure into the exciting world of preschool? If so, begin your adventure here! By combining literacy, math and science, with a dash of art, in an interactive setting, your child will take part in a typical preschool morning. Taught by an experienced early childhood instructor, hands-on, messy and fun activities packed with learning will be part of your child's fabulous adventure! LET THE ADVENTURE BEGIN! Min 6/Max 8

Northwest Arts Center
 \$135(R) \$155(N) Age: 42M - 5Y

81804	9:30-11am	Wed	Jan 08-Feb 12
81805	9:30-11am	Wed	Feb 26-Apr 02
81806	9:30-11am	Wed	Apr 16-May 21

Preschool

INDOOR PLAY PLUS

Regular indoor play with the addition of inflatable play structures and toys. Will be the last Friday each month starting in September. Runs for six months. November and December will be the next to the last Fridays due to the holidays. Min 1/Max 50
 South Bellevue Community Center
 \$5(R) \$6(N) Age: 1Y - 5Y
 76521 10:30am-12pm Fri Jan 31-Mar 28

BABY BEETHOVEN

A fun and stimulating hands-on introduction to music and movement class for toddler and parent. Traditional songs, movement, and playing rhythm instruments included. Caregiver required in class. Please no siblings during class. Instructor: Karen Renfroe-Gielgens Min 8/Max 10
 Northwest Arts Center
 \$54(R) \$64(N) Age: 18M - 3Y
 81761 9:45-10:30am Fri Jan 17-Feb 07
 81762 9:45-10:30am Fri Feb 28-Mar 21
 81763 9:45-10:30am Fri Mar 28-Apr 25

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
 77002 11:30am-12:15pm Fri Jan 17-Feb 14
 77003 11:30am-12:15pm Fri Feb 28-Mar 28
 77004 11:30am-12:15pm Fri Apr 04-May 02

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
 76994 10:30-11:15am Fri Jan 17-Feb 14
 76995 10:30-11:15am Fri Feb 28-Mar 28
 76996 10:30-11:15am Fri Apr 04-May 02

PRE-BALLET & TAP 2

For those who have already completed Pre-ballet 1 - try Pre-ballet/ Tap 2. Dancers will continue working on rhythm, grace and coordination while exploring new ways to move and express themselves. Attire: leotard, tights, ballet and tap shoes Min 6/Max 12
 South Bellevue Community Center
 \$51(R) \$64(N) Age: 4Y - 5Y
 77012 12:30-1:15pm Thu Jan 16-Feb 13
 77013 12:30-1:15pm Thu Feb 27-Mar 27
 77014 12:30-1:15pm Thu Apr 03-May 01

MUSIKIDS: YOUNG PRE-K

Not only will each child experience the world of music through movement, dance, instruments, singing and musical games, but they will also work to develop social skills, gross and fine motor skills, educated ears, turn taking, and school readiness skills. Young preschoolers will be introduced to music vocabulary, taught how to find the beat, rhythm, and melody, as well as begin learning how to line the melody. Caregiver and child class. Min 3/Max 12
 Northwest Arts Center
 \$110(R) \$130(N) Age: 2Y - 3Y
 81677 11:30am-12:15pm Tue Jan 14-Feb 25
 81679 11:30am-12:15pm Tue Mar 04-Apr 15
 81680 11:30am-12:15pm Tue Apr 29-Jun 03

MUSIKIDS: PRE-K

Not only will each child will experience the world of music through movement, dance, instruments, singing and musical games, but they will also work to develop social skills, gross and fine motor skills, educated listening ears, turn taking, and school readiness skills. Young preschoolers will be introduced to music vocabulary, taught how to find the beat, rhythm, and melody, as well as begin learning how to line the melody. Caregiver and child class. Min 3/Max 12
 Northwest Arts Center
 \$110(R) \$130(N) Age: 4Y - 5Y
 81681 1-1:45pm Tue Jan 14-Feb 25
 81682 1-1:45pm Tue Mar 04-Apr 15
 81683 1-1:45pm Tue Apr 29-Jun 03

MUSIKIDS: PRE-K

Not only will each child will experience the world of music through movement, dance, instruments, singing and musical games, but they will also work to develop social skills, gross and fine motor skills, educated listening ears, turn taking, and school readiness skills. Young preschoolers will be introduced to music vocabulary, taught how to find the beat, rhythm, and melody, as well as begin learning how to line the melody. Caregiver and child class. Min 3/Max 12
 Northwest Arts Center
 \$110(R) \$130(N) Age: 2Y - 3Y
 81677 11:30am-12:15pm Tue Jan 14-Feb 25
 81679 11:30am-12:15pm Tue Mar 04-Apr 15
 81680 11:30am-12:15pm Tue Apr 29-Jun 03

MUSIKIDS: INFANTS

A weekly class for newborn babies to 18 months, with caregiver. Babies will respond with delight to various musical activities and social interaction they experience in each class. Come join us for dance, movement, age appropriate instruments and musical exploration. It's never too early to begin fostering a love of music! Min 3/Max 12
 Northwest Arts Center
 \$110(R) \$130(N) Age: 1M - 18M
 81687 9:30-10:15am Tue Jan 14-Feb 25
 81688 9:30-10:15am Tue Mar 04-Apr 15
 81689 9:30-10:15am Tue Apr 29-Jun 03

MUSIKIDS-TODDLER

Toddlers are always on the go! week we will channel their enthusiastic energy through movement in music, musical games, use of age appropriate instruments, and imaginative play. Caregiver and child program. Min 3/Max 12
 Northwest Arts Center
 \$110(R) \$130(N) Age: 18M - 24M
 81684 10:30-11:15am Tue Jan 14-Feb 25
 81685 10:30-11:15am Tue Mar 04-Apr 15
 81686 10:30-11:15am Tue Apr 29-Jun 03

Arts, Crafts, Cooking & Family Fun

LUCKY LEPRECHAUNS!

Top o' the mornin' to ya! Join us for art, games, music and all things green! Don't forget to wear something Leprechaun 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
 \$25(R) \$30(N) Age: 2Y - 5Y
 Addt'l Family Member: \$5(R) \$6(N)
 81778 10-11:30am Sat Mar 15

MARSHMALLOW MEMORIES

Spend a warm and cozy Saturday morning with you child making FUN marshmallow art, music and movement, a yummy snack and join us for a wacky wonderful marshmallow relay race! Min 6/Max 8
 Northwest Arts Center
 \$25(R) \$30(N) Age: 2Y - 5Y
 Addt'l Family Member: \$5(R) \$6(N)
 81779 10-11:30am Sat Jan 25

MY LITTLE VALENTINE

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
 \$25(R) \$30(N) Age: 2Y - 5Y
 Add'l Family Member: \$5(R) \$6(N)
 81777 10-11:30am Sat Feb 08

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
 \$25(R) \$30(N) Age: 2Y - 5Y
 Add'l Family Member: \$5(R) \$6(N)
 81780 10-11:30am Sat Apr 19

LITTLE CHEFS

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 little chefs a lifelong appreciation for food. Recipes included. Microwave is used in the classroom to prepare some recipes..Child only class . Min 6/Max 6

Northwest Arts Center
 \$59(R) \$69(N) Age: 3Y - 5Y
 81771 12-12:45pm Thu Mar 27-Apr 24
 81772 2:30-3:30pm Thu May 01-22

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. Child only class. Min 5/Max 12

Northwest Arts Center
 \$75(R) \$90(N) Age: 3Y - 5Y
 78623 10-11am Tue Jan 28-Mar 04
 78624 10-11am Tue Mar 25-Apr 29
 \$112(R) \$134(N) Age: 6Y - 8Y
 78626 4-5:30pm Tue Jan 28-Mar 04
 78627 4-5:30pm Tue Mar 25-Apr 29

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
 \$54(R) \$64(N) Age: 2Y - 4Y
 77206 9:45-10:30am Thu Jan 16-Feb 06
 77212 9:45-10:30am Thu Feb 27-Mar 20
 77213 9:45-10:30am Thu Mar 27-Apr 24

Sports

SPORTBALL PARENT & CHILD

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. Min 6/Max 12

South Bellevue Community Center
 FREE OPEN HOUSE Age: 2Y - 4Y
 81714 10:30-11:15am Tue Jan 07
 \$91(R) \$114(N) Age: 2Y - 4Y
 81712 10:30-11:15am Tue Jan 14-Mar 04
 81713 10:30-11:15am Tue Mar 11-Apr 29

Northwest Arts Center
 \$91(R) \$114(N) Age: 2Y - 4Y
 81715 12:30- 1:30pm Wed Jan 08-Mar 05
 81720 9:45-10:30am Thu Jan 09-Mar 06
 81719 12:30- 1:30pm Wed Mar 19-May 14
 81721 9:45-10:30am Thu Mar 20-May 15

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
 FREE OPEN HOUSE Age: 3Y - 5Y
 81705 4- 5pm Mon Jan 06
 81697 11:30am-12:30pm Tue Jan 07
 81698 1- 2pm Tue Jan 07
 \$65(R) \$78(N) Age: 3Y - 5Y
 81702 4- 5pm Mon Jan 13-Feb 24
 \$91(R) \$114(N) Age: 3Y - 5Y
 81695 11:30am-12:30pm Tue Jan 14-Mar 04
 81699 1- 2pm Tue Jan 14-Mar 04
 81696 11:30am-12:30pm Tue Mar 11-Apr 29
 81700 1- 2pm Tue Mar 11-Apr 29
 \$91(R) \$118(N) Age: 3Y - 5Y
 81703 4- 5pm Mon Mar 10-Apr 28

Northwest Arts Center
 FREE OPEN HOUSE Age: 3Y - 5Y
 83691 10:30-11:30am Thu Jan 09
 FREE OPEN HOUSE Age: 2Y - 4Y
 83692 9:45-10:30am Thu Jan 09
 83693 12:30-1:30pm Wed Jan 08
 FREE OPEN HOUSE Age: 5Y - 8Y
 83694 1:30-2:30pm Wed Jan 08
 \$91(R) \$114(N) Age: 3Y - 5Y
 81701 10:30-11:30am Thu Jan 09-Mar 06
 81704 10:30-11:30am Thu Mar 20-May 15



Special Interest & Extended Learning

Adaptive Recreation

Designed for individuals with intellectual / physical disabilities

FUN WITH TECHNOLOGY

Interested in iPads, 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. **NO CLASS ON HOLIDAYS** Min 10/Max 15

Highland Community Center
 \$45(R) \$55(N) Age: 16Y and up
 76779 7-8:30pm Tue Jan 07-Mar 11
 76780 7-8:30pm Tue Apr 01-Jun 03

ADULT ADVENTURE EDUCATION

This specialized class is adapted and designed for adults with Intellectual disabilities. This program offers an array of educational outings to explore the things that make our community tick. A schedule will be given out at the first class. The roster is determined by lottery and all eligible interested persons must sign up before the non-Bellevue registration date to be included in the drawing. Age: 21 Min 10/Max 13

Highland Community Center
 \$222(R) \$277(N) Age: 21Y and up
 76590 9:30am-3pm Wed Jan 08-Mar 12
 76591 9:30am-3pm Wed Apr 02-Jun 04

BINGO

This specialized class is adapted and designed for teens and adults with Intellectual disabilities. Reinforce your concentration skills while trying your luck winning prizes (no Money). Not everyone will win but the anticipation will keep you on the edge of your seat. Age: 18 and up. **NO CLASS ON HOLIDAYS** Min 20/Max 40

Highland Community Center
 \$42(R) \$53(N) Age: 18Y and up
 76684 7-8:30pm Thu Jan 09-Mar 13
 76685 7-8:30pm Thu Apr 03-Jun 05

BRIDGE OF PROMISE 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 developmental 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 Special Care Agency at 425-333-4114. Min 8/Max 10
 Highland Community Center
 9:30am- 2:30pm Thu Jan 09-Mar 13

COOKING WITH EASE

This specialized class is designed and adapted for adults living with Intellectual disabilities. Learn basic cooking techniques.. Each participant will share the evenings creation as a class. At the end of 10 weeks each person will bring home a notebook of the recipes that were used. Fee includes food cost. Age: 18 and up. **NO CLASS ON HOLIDAYS** Min 8/Max 15
 Highland Community Center

\$74(R) \$92(N) Age: 18Y and up
 76714 5-7pm Thu Jan 09-Mar 13
 76715 5-7pm Thu Apr 03-Jun 05

DANCE COUNTY LINE

Come on out and dance it up to the tunes of the greatest country artist ever known. Min 15/Max 30
 Highland Community Center

\$42(R) \$53(N) All Ages
 81802 7-8:30pm Tue Apr 01-Jun 03

SOCIAL CLUB ADAPTED

This specialized class is adapted and designed for adults with Intellectual Disabilities. Come on out and have fun with friends, playing games and socializing with peers. **NO CLASS ON HOLIDAYS** Min 20/Max 30
 Highland Community Center

\$42(R) \$53(N) Age: 18Y and up
 76880 7-8:30pm Mon Jan 06-Mar 10
 76878 7-8:30pm Wed Jan 08-Mar 12
 76881 7-8:30pm Mon Mar 31-Jun 02
 76879 7-8:30pm Wed Apr 02-Jun 04

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. Age: 18 and up Min 7/Max 15

Highland Community Center
 \$17(R) \$21(N) Age: 18Y and up
 76746 5:30- 9:30pm Fri Jan 10
 76747 5:30- 9:30pm Fri Feb 07
 76748 5:30- 9:30pm Fri Mar 14
 76749 5:30- 9:30pm Fri Apr 04

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 11-week period, at one low price. Bring your snacks and independence each day as both are required for this program. Age: 18 and up. **NO CLASS ON HOLIDAYS** Min 5/Max 99

Highland Community Center
 \$40(R) \$50(N) Age: 16Y and up
 76797 3-5pm Mon-Thu Jan 06-Mar 20
 76798 3-5pm Mon-Thu Mar 31-Jun 12

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. Live performance on June 2 by class participants. **NO CLASS ON HOLIDAYS.** Min 10/Max 20

Highland Community Center
 \$69(R) \$80(N) Age: 16Y and up
 76803 5:30-7pm Mon Jan 06-Mar 24
 \$80(R) \$102(N) Age: 16Y and up
 76804 5:30-7pm Mon/Wed Mar 31-Jun 02

KITCHEN KAPERS

Kitchen Kitchen introduces the REAL secrets of creating great and healthy dishes. Make some of the easiest but tastiest meals while having a great time! Discussions include seasonings, cooking methods, healthy meal choices etc. Recipes included. Materials included. Accommodations provided for people with disabilities. Min 8/Max 10

Northwest Arts Center
 \$108(R) \$118(N) Age: 18Y and up
 76993 12- 1:30pm Fri Jan 17-Mar 14
 76988 12- 1:30pm Fri Mar 28-May 23

MOVIE TIME

This specialized class is adapted and designed for adults with Intellectual Disabilities. Come out and enjoy a movie with friends and a light dinner that you provide. Min 20/Max 34 Highland Community Center

\$42(R) \$53(N) Age: 18Y and up
 76820 5-7pm Wed Jan 08-Mar 12
 76821 5-7pm Wed Apr 02-Jun 04

SWING LINE DANCE

Come on out and show us your moves as you dance to the tunes of some of the hottest singers ever heard. Impress your friends at social dances and party with all of your peers. Min 15/Max 30

Highland Community Center
 \$42(R) \$53(N) Age: 16Y and up
 76726 7-8:30pm Tue Jan 07-Mar 11

Dance & Arts

LINE DANCE PRACTICE

Practice Line Dances with other participants. No instructor. Min 1/Max 35

North Bellevue Community Center
 \$3(R) \$4(N) Age: 18Y and up
 76552 11:45am-12:45pm Mon Jan 06-Apr 28
 76549 11-12pm Fri Jan 10-Apr 25

LINE DANCING

Line Dancing is a great way to exercise your body and mind while meeting new friends and listening to some great music. Line Dancing is not just country music anymore and no partner is required. Min 5/Max 15 South Bellevue Community Center

FREE OPEN HOUSE Age: 18Y and up
 77585 7-4pm Mon, Wed Jan 06-08
 \$12.50(R) \$15.50(N) Age: 18Y and up
 77586 7-8:30pm Mon Jan 13-27
 \$18.50(R) \$23(N) Age: 18Y and up
 77593 2:30-4pm Wed Jan 15-29
 77587 7-8:30pm Mon Feb 03-24
 \$24.50(R) \$30.50(N) Age: 18Y and up
 77594 2:30-4pm Wed Feb 05-26
 77595 2:30-4pm Wed Mar 05-26
 77589 7-8:30pm Mon Apr 07-28
 77596 2:30-4pm Wed Apr 09-23
 \$30.50(R) \$36.50(N) Age: 18Y and up
 77588 7-8:30pm Mon Mar 03-31

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
 \$18(R) \$22(N) Age: 18Y and up
 76530 11am-12pm Tue Jan 07-28
 76531 11am-12pm Tue Feb 04-25
 76532 11am-12pm Tue Mar 04-25
 \$22.50(R) \$27.50(N) Age: 18Y and up
 76533 11am-12pm Tue Apr 01-29

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
 76540 12:15-1:15pm Tue Jan 07-28
 76541 12:15-1:15pm Tue Feb 04-25
 76542 12:15-1:15pm Tue Mar 04-25
 \$22.50(R) \$27.50(N) Age: 18Y and up
 76543 12:15-1:15pm Tue Apr 01-22

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
 78202 10:30-11:45am Fri Jan 10-Apr 25

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
 76487 9am-2pm Tue, Thu Jan 07-09
 76488 9am-2pm Tue, Thu Mar 04-06

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
 76502 10-11:30am Tue Jan 14
 76514 10-11:30am Tue Feb 11
 76503 10-11:30am Tue Mar 11
 76504 10-11:30am Tue Apr 08

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. Min 4/Max 25

North Bellevue Community Center
 FREE Age: 18Y and up
 78271 7-8:30pm Wed Jan 08-Apr 02

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 06-Apr 29

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 09-Apr 24

PARTY BRIDGE

Drop-In 'Party Bridge' play. Individuals welcome. Please contact Eva at 425-746-9907. Min 4/Max 28
 North Bellevue Community Center
 FREE Age: 18Y and up
 12-3pm Wed 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? South Bellevue Community Center
 \$12(R) \$14.50(N) Age: 18Y and up
 1:10-3:10pm Tue Jan 07-Apr 29

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 Min 8/Max 40
 North Bellevue Community Center
 \$.50 Age: 18Y and up
 12-3:30pm Wed, Fri Jan 08-Apr 30

MAH JONG

Come join friends for a fun game of Mah Jong. Min 4/Max 16
 North Bellevue Community Center
 FREE Age: 18Y and up
 1-3pm Wed Jan 08-Apr 30

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-Fri Jan 06-Apr 30

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 09-Apr 24

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
 76515 8:30am-12pm Thu Jan 09-Apr 24

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 and up
 76518 10-11:30am Thu Jan 09
 76523 10-11:30am Thu Feb 13
 76519 10-11:30am Thu Mar 13
 76520 10-11:30am Thu Apr 10

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
 FREE Age: 18Y and up
 76527 1-3pm Wed Jan 08-Apr 30

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
 78040 10:30am-1pm Tue Jan 07-Apr 29

ESL FOR CHINESE SENIORS

English as a second language is offered for non-native speakers. Beginner and Intermediate. Min 6/Max 27
 South Bellevue Community Center
 FREE Age: 60Y and up
 76587 12:30-2pm Thu Jan 09-Apr 24

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
 76570 10-11:30am Thu Jan 09-Apr 24

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
 78046 12:45-1:45pm Mon, Fri Jan 06-Apr 28

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
 78199 10:30-11:50am Wed Jan 08-Apr 30

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
 76567 9:30-10:30am Wed Jan 08-Apr 30

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
 76937 11:15am-12pm Mon, Fri Jan 06-Apr 28

Financial, Legal, & Insurance

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.

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 at NBCC. Call 425-452-7681 to register.

SENIOR BUS PASS DISTRIBUTION

Metro will sell their Senior Regional Reduced Fare ORCA Card for \$3.00 to adults 65 years or older. Min 1/Max 99
 North Bellevue Community Center
 FREE Age: 65Y and up
 78125 10:30-11:30am Tue Jan 21
 78126 10:30-11:30am Tue Mar 18

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 one hour appointment (one tax return per appointment only). Electronic Filing Only.

Youth, Teen, & Family

ADAPTIVE 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: 18Y and up
 76635 5:30-7pm Tue Jan 07-Mar 11
 76636 5:30-7pm Tue Apr 01-Jun 03

Drop-In Sports - Youth, Adult, & Family

BADMINTON - DROP-IN

Enjoy a little exercise, conversation and competition as you hit the birdie across the net. Min 1/Max 1
 Highland Community Center
 \$3 \$4(N) Age: 18Y and up
 9am-12pm Sun Jan 12-Mar 30
 9am-12pm Sun Apr 06-Jun 08

BASKETBALL - DROP-IN

Get great exercise and sharpen your basketball skills. Max 15 players Min 1/Max 1
 Highland Community Center
 \$3 \$4(N) Age: 18Y and up
 11:30am-1pm Tue, Thu Jan 07-Mar 27
 11:30am-1pm Tue, Thu Apr 01-Jun 19
 South Bellevue Community Center
 \$3(R) \$4(N) Age: 18Y and up
 Call 425-452-4240 for current schedule.

DREAM HOOPS

A drop-in basketball program for youth designed by youth and teenagers committed to building self-improvement skills. Youth are invited to come play basketball and develop individual skills in an encouraging environment! For more information, please call Crossroads 425-452-4874. No registration required. Min 1/Max 1

Crossroads Community Center
 FREE Age: 7Y - 9Y
 78508 6-7pm Tue Jan 07-Jul 01
 FREE Age: 10Y - 12Y
 78505 6-7pm Wed Jan 08-Jul 02

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
 3:15-4:45pm Sun, Sat Jan 05-Apr 27

PICKLEBALL

Drop in for a lively game of pickleball. Ask about the Play Pass for discounted play. Please call for current schedule. Court, net and balls provided - players provide their own paddle. Min 2/Max 24
 North Bellevue Community Center
 \$3(R) \$4(N) Age: 18Y and up
 3-5pm Mon Jan 06-Apr 28
 3:30-5:30 Wed Jan 08-Apr 30
 3-5pm Fri Jan 10-Apr 25

South Bellevue Community Center
 \$3(R) \$4(N) Age: 18Y and up
 12:30-2:30pm Mon Ongoing
 11:30am-1:30pm Thu Ongoing

TABLE TENNIS

Are you a competitive table tennis player? If so, come join in the competitive play at Crossroads! Tables are provided. Please bring a ball and a paddle. All skill levels are welcome. Youth/teens are free. No registration required. Min 1/Max 1
 Crossroads Community Center
 \$3(R) \$4(N) Age: 18Y and up
 81750 5:30-7:45pm Fri Jan 03-Jun 27
 \$3(R) \$4(N) Age: 18Y and up
 81749 9:15-11:30am Sat Jan 04-Jun 28



VOLLEYBALL

Get ready to bump, set, and spike! This evening drop-in program is for adults 18 and older. Must be out of high school. Bring your friends and have fun improving your volleyball game. No registration required. Min 1/Max 1

Crossroads Community Center
 FREE Age: 18Y and up
 5:30-7:30pm Mon Jan 06-Jun 23
 Highland Community Center
 \$3(R) \$4(N) Age: 18Y and up
 1-3pm Mon, Fri Jan 06-Jun 20

FAMILY GAMES DROP-IN

Families, join the fun in our games room! Exercise and socialize while enjoying activities ranging from billiards and air hockey to foosball, table tennis, and board games. Kids under 7 must be accompanied by an adult. No registration required. Min 1/Max 1

Crossroads Community Center
 FREE All Ages
 78509 5:30-7:45pm Thu-Fri, Mon-Thu Jan 02-Jul 02

BADMINTON - DROP-IN SOUTH BELLEVUE

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

South Bellevue Community Center
 \$3(R) \$4 Age: 18Y and up
 76423 7-8:45pm Wed Jan 08-Apr 30

BILLIARDS 'N MORE

Exercise and socialize while enjoying activities ranging from billiards and air hockey to foosball, table tennis, and board games. No registration required. Min 1/Max 1

Crossroads Community Center
 FREE Age: 18Y and up
 78501 9am-2:30pm Thu-Fri, Mon-Thu Jan 02-Jun 27

Adaptive Recreation Drop-In Sports

Designed for individuals with intellectual / physical disabilities

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. Save even more when you purchase a play pass. Min 10/Max 10

Highland Community Center
 \$3(R) \$4(N) Age: 18Y and up
 2-5pm Mon-Fri Jan 06-Mar 28
 9am-7pm Mon, Wed, Fri Apr 01-Jun 16

QUAD RUGBY DROP-IN

Come and join in on this wheelchair sport for some rough and tumble fun. Cost is \$3.00 for residents and \$4.00 for non-residents per visit. Save when you purchase a play pass. Meets the first two Saturdays of the month. Age 18 and up.

Highland Community Center
 \$3(R) \$4(N) Age: 18Y and up
 76862 12-3pm Sat Jan 11-Mar 08
 76863 12-3pm Sat Apr 05-Jun 14

WHEELCHAIR BASKETBALL DROP-IN

This opportunity occurs every Wednesday offering brisk exercise and friendly competition from 7-9pm. Cost is \$3.00 for residents and \$4.00 for non-residents per visit. Save when you purchase a play pass. Bring your own wheelchair for this challenging workout. Age: 18 and up

Highland Community Center
 \$3(R) \$4(N) Age: 18Y and up
 76921 7-9pm Wed Jan 08-Mar 26
 76922 7-9pm Wed Apr 02-Jun 18

Adult Sports Leagues

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

Registration: November 1-27, 2013
League Play: Jan. 5-Mar. 31, 2014

Call 425-452-4479, email SLouie@bellevuewa.gov, or visit www.bellevuewa.gov/parks_adult_sports_leagues.htm 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.

Youth Sports/ Fitness

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.

- 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 25th. Contact Heather Christoff at HChristoff@bellevuewa.gov with questions regarding schedules.
- Participants will be assigned to teams based on the following:**
 - Special request for coach.
 - Special request for ONE teammate. Additional requests for teammates will not be considered.
 - 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 21 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 25.

MIGHTY MITES BASKETBALL

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.
 \$87(R) \$104(N) Ages: 5Y - 6Y
 83240 See Course Description Jan 27-Mar 24

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.
 \$87(R) \$104(N) Ages: 7Y - 9Y
 83242 See Course Description Jan 28-Mar 27

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. Volunteer coaches are needed for this league.
 \$87(R) \$104(N) Ages: 10Y - 12Y
 83241 See Course Description Jan 29-Mar 19

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
 \$104(R) \$130(N) Age: 5Y - 8Y
 81690 1:30- 2:30pm Wed Jan 08-Mar 05
 81691 1:30- 2:30pm Wed Mar 19-May 14

BIDDY MULTI SPORT II

Come join the NEW Biddy Multi Sport II class! This parent/guardian participation required program will cover three sports - basketball, soccer & t-ball. Each class encompasses developmental sports lessons along with activities proven to build and mature a child's motor development, hand-eye coordination, and cardiovascular fitness. 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 Community Gym
 \$66(R) \$79(N) Age: 5Y - 6Y
 83257 10:30-11:15am Sat Jan 25-Mar 01
 83258 10:30-11:15am Sat Mar 08-Apr 12



INDOOR SOCCER WITH MICHAEL SMITH

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

Highland Community Center

\$55(R)	\$66(N)		Age: 4Y - 6Y
83174	1-1:45pm	Tue	Jan 14-Feb 25
83176	2-2:45pm	Tue	Jan 14-Feb 25
83175	2-2:45pm	Wed	Jan 15-Feb 26
83177	1-1:45pm	Wed	Jan 15-Feb 26
83178	1-1:45pm	Thu	Jan 16-Feb 27
83179	2-2:45pm	Thu	Jan 16-Feb 27
83169	1-1:45pm	Tue	Mar 04-Apr 15
83170	2-2:45pm	Tue	Mar 04-Apr 15
83171	1-1:45pm	Wed	Mar 05-Apr 16
83180	2-2:45pm	Wed	Mar 05-Apr 16
83172	1-1:45pm	Thu	Mar 06-Apr 17
83173	2-2:45pm	Thu	Mar 06-Apr 17
83166	1-1:45pm	Tue	Apr 22-May 27
83181	2-2:45pm	Tue	Apr 22-May 27
83167	2-2:45pm	Wed	Apr 23-May 28
83182	1-1:45pm	Wed	Apr 23-May 28
83168	2-2:45pm	Thu	Apr 24-May 29
83183	1-1:45pm	Thu	Apr 24-May 29

SEREVI JUNIOR RUGBY

Serevi Rugby® and Bellevue Parks & Community Services are excited to offer Serevi Junior Rugby, a coed, limited-contact sport for young athletes, ages 6-12, which mimics Rugby 7s, the world's newest Olympic Game. Tag 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 physical contact is limited. Skills developed are: evasive running and agility, ball handling, catching and fitness through small sided games. This is an excellent compliment and alternative to prototypical American sports. This program is co-ed. These programs are coached by current and former International Rugby Players. Min 5/Max 25

Robinswood Sportsfield

\$125(R)	\$150(N)		Age: 6Y - 12Y
83208	4:30-5:45pm	Mon	Mar 03-Apr 28

SEREVI MINI RUGBY

Serevi Mini Rugby is for sporty children who want to try a fun new sport. This program focuses on the development of running, catching, passing and kicking skills, in a safe, fun and friendly environment. Teamwork and sportsmanship are fundamental to this program. Emphasis will be on safety and fun at all times. All participants will receive an official Serevi Rugby® t-shirt and swag bag. This is an excellent complement and alternative to prototypical American sports. This program is non-contact and co-ed. These programs are coached by current and former International Rugby Players. Min 1/Max 12

Robinswood Sportsfield

\$125(R)	\$150(N)		Age: 4Y - 5Y
83201	4:30-5:45pm	Mon	Mar 03-Apr 28

SEREVI GIRLS FLAG RUGBY

Girl's Rugby? Absolutely. The Serevi Rugby Girl's program allows young women to play rugby in a fun, active and safe atmosphere. Your daughter will learn how to pass, kick and run with a rugby ball, all while developing friendships along the way. This girl's flag rugby program is non-contact, with an emphasis on teamwork and sportsmanship. This program is an excellent complement and alternative to other common sports such as soccer, track, basketball and lacrosse. Don't delay, sign up for rugby today! Min 5/Max 20

Robinswood Sportsfield

\$125(R)	\$150(N)		Age: 6Y - 12Y
83212	4:30-5:45pm	Fri	Mar 07-May 02

BIDDY MULTI SPORT

Come join the NEW Bidy 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 Community Gym

\$66(R)	\$79(N)		Age: 3Y - 4Y
83252	9:30-10:15am	Sat	Jan 25-Mar 01
83253	9:30-10:15am	Sat	Mar 08-Apr 12

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
83216	5:50-7pm	Mon	Jan 06-Feb 03
83217	5:50-7pm	Mon	Feb 17-Mar 03
83218	5:50-7pm	Mon	Mar 17-Apr 14
83219	5:50-7pm	Mon	Apr 21-May 12

SEREVI RUGBY - FREE DEMO

Curious about rugby? Looking for a safe, fun and active new sport for your son or daughter? Try rugby at one of our free demos. Rugby is a passing sport like basketball, with kicking like soccer and evasive running like football. Our demos and programs are non-contact. Our coaches are certified, experienced and thrilled to introduce your child to rugby, the world's ultimate sport and newest Olympic Game. Your child will have fun. Give rugby a try! Min 5/Max 50

Robinswood Sportsfield

FREE Age: 4Y - 12Y
 83198 4:30-5:30pm Mon Feb 03
 83199 4:30-5:30pm Mon Feb 10
 83200 4:30-5:30pm Mon Feb 24

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

\$87(R) \$104(N) Age: 4Y - 14Y
 83239 4-5:30pm Mon,Thu Apr 21-Jun 05

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

\$60(R) \$66(N) Age: 11Y - 18Y
 78339 5-6:30pm Thu Jan 09-Feb 13
 78340 5-6:30pm Thu Feb 27-Apr 03
 \$74(R) \$82(N) Age: 11Y - 18Y
 78341 5-6:30pm Thu Apr 17-Jun 12

CHEERLEADING - DREAM TEAM CHEER SQUAD

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

Highland Community Center

\$60(R) \$66(N) Age: 7Y - 18Y
 78326 2:30-4pm Wed Jan 08-Feb 12
 78324 4-5:30pm Fri Jan 10-Feb 14
 78327 2:30-4pm Wed Feb 26-Apr 02
 78325 4-5:30pm Fri Feb 28-Apr 04
 \$74(R) \$82(N) Age: 7Y - 18Y
 78329 2:30-4pm Wed Apr 16-Jun 11
 78328 4-5:30pm Fri Apr 18-Jun 13

CHEERLEADING - INTERMEDIATE (POWER SQUAD)

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

Highland Community Center

\$60(R) \$66(N) Age: 8Y - 18Y
 78335 4-5:30pm Wed Jan 08-Feb 12
 78336 4-5:30pm Wed Feb 26-Apr 02
 \$70(R) \$78(N) Age: 8Y - 18Y
 78337 4-5:30pm Wed Apr 16-Jun 11

CHEERLEADING TUMBLING-BEGINNING/INTERMEDIATE

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

Highland Community Center

\$46(R) \$52(N) Age: 7Y - 18Y
 78351 4:15-5pm Thu Jan 09-Feb 13
 78352 4:15-5pm Thu Feb 27-Apr 03
 \$54(R) \$62(N) Age: 8Y - 17Y
 78353 4:15-5pm Thu Apr 17-Jun 12

Adaptive Recreation

Designed for individuals with intellectual / physical disabilities

ADULT TRACK

Exercise and fun all rolled into one! New players at all levels of ability are welcome. We practice twice a week. Special Olympic competition is optional. Our coaches provide leadership at the Special Olympic tournaments. If a participant needs assistance with toileting, eating, dressing, or severe behavior intervention, then an assistant must accompany that participant during their stay at the tournaments.

Kiwanis-sponsored tournament scheduled for April 19th. Min 25/Max 30
 Highland Community Center

\$62(R) \$77 Age: 18Y and up
 76613 7-8:30pm Tue,Thu Apr 01-Jun 05

BASKETBALL - ADULT

Exercise and fun are rolled into one! New players at all levels of ability are welcome. We practice twice a week, and Special Olympic competition is optional. Coaches provide leadership at the Special Olympic tournaments. If a participant needs assistance with toileting, eating, dressing or severe behavior intervention, an assistant must accompany that participant during their stay at the tournaments. NO CLASS ON HOLIDAYS Min 20/Max 30

Highland Community Center

\$62(R) \$77(N) Age: 16Y and up
 76655 7-8:30pm Tue,Thu Jan 07-Mar 13

BOWLING ADAPTIVE

This specialized class is adapted and designed for adults with Intellectual disabilities. Provides a little exercise, some skill development and a whole lot of quality socializing. Held at Tech City Bowl in Kirkland. There are two fees for this program: an administrative fee to the City of Bellevue and a check made out to Tech City Bowl in Kirkland for the weekly two games and shoe rental. Please inquire on the first day of bowling for amount required for Tech City Bowl. Age: 18 and up NO CLASS ON HOLIDAYS Min 50/Max 85

Highland Community Center

\$45(R) \$56(N) Age: 18Y and up
 76695 9:30-11:30am Sat Jan 11-Mar 15
 76696 9:30-11:30am Sat Apr 05-Jun 07

Adaptive Sports / Tennis

SOCCER - ADULT

Exercise and fun all rolled into one! New players at all levels of ability are welcome. We practice twice a week. Special Olympic competition is optional. Our coaches provide leadership at the Special Olympic tournaments. If a participant needs assistance with toileting, eating, dressing, or severe behavior intervention, an assistant must accompany that participant during their stay at the tournaments. Min 25/Max 30

Highland Community Center
\$62(R) \$77(N) Age: 18Y and up
76875 7-8:30pm Tue, Thu Apr 01-Jun 05

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! Age: 18 and up Min 10/Max 20

Highland Community Center
\$66(R) \$83(N) Age: 16Y - 55Y
76710 5:30-6:30pm Wed Jan 08-Mar 12
76711 5:30-6:30pm Wed Apr 02-Jun 04



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.*



**IMPORTANT REGISTRATION
INFORMATION FOR
ROBINSWOOD TENNIS
CENTER PROGRAMS**

Registration dates for sessions at Robinswood Tennis Center:

Session 1:
Residents: December 2
Non-Residents: December 11

Session 2:
Residents: February 3
Non-Residents: February 12

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

Men's Doubles – Tuesday/Thursday, 6:15-7:30pm and 7:30-8:45pm. Call 425-452-7690.

CARDIO TENNIS

Cardio Tennis consists of short cycles of workouts. Players of all abilities enjoy tennis together while they also consistently elevate their heart rates into their aerobic training zone. Please call 425-452-7690 to reserve your spot. Min 4/Max 8
 Robinswood Community Park
 \$10 Age: 19Y and up

ADAPTIVE RECREATION TENNIS

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

Session 1			
76171	4-5pm	Wed	Jan 08-Feb 26 \$40
Session 2			
76172	4-5pm	Wed	Mar 05-Apr 23 \$40

LADIES RECREATIONAL EVENING LEAGUE

Thursday Evening Ladies' Recreation Doubles League 6:15-7:30pm. 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
 Robinswood Tennis Center

Session 1			
76322	6:15-7:30pm	Thu	Jan 09-Feb 27 \$88
Session 2			
76323	6:15-7:30pm	Thu	Mar 06-Apr 24 \$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			
76196	10:30-11:45am	Wed	Jan 08-Feb 26 \$128
76278	7:30-8:45pm	Mon	Jan 06-Feb 24 \$128
76279	7:30-8:45pm	Wed	Jan 08-Feb 26 \$128

Session 2			
76197	10:30-11:45am	Wed	Mar 05-Apr 23 \$128
76280	7:30-8:45pm	Mon	Mar 03-Apr 21 \$128
76281	7:30-8:45pm	Wed	Mar 05-Apr 23 \$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			
76176	10:30-11:45am	Tue	Jan 07-Feb 25 \$128
76177	11:45am-1pm	Wed	Jan 08-Feb 26 \$128
76261	8:45-10pm	Mon	Jan 06-Feb 24 \$128
76262	8:45-10pm	Wed	Jan 08-Feb 26 \$128

Session 2			
76178	10:30-11:45am	Tue	Mar 04-Apr 22 \$128
76179	11:45am-1pm	Wed	Mar 05-Apr 23 \$128
76263	8:45-10pm	Mon	Mar 03-Apr 21 \$128
76264	8:45-10pm	Wed	Mar 05-Apr 23 \$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			
76202	11:45am-1pm	Mon	Jan 06-Feb 24 \$128
76203	10:30-11:45am	Thu	Jan 09-Feb 27 \$128
76294	7:30-8:45pm	Tue	Jan 07-Feb 25 \$128
76295	7:30-8:45pm	Thu	Jan 09-Feb 27 \$128

Session 2			
76204	11:45am-1pm	Mon	Mar 03-Apr 21 \$128
76205	10:30-11:45am	Thu	Mar 06-Apr 24 \$128
76296	7:30-8:45pm	Tue	Mar 04-Apr 22 \$128
76297	7:30-8:45pm	Thu	Mar 06-Apr 24 \$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			
76217	8:45-10pm	Tue	Jan 07-Feb 25 \$128
76218	8:45-10pm	Thu	Jan 09-Feb 27 \$128

Session 2			
76219	8:45-10pm	Tue	Mar 04-Apr 22 \$128
76220	8:45-10pm	Thu	Mar 06-Apr 24 \$128

Advanced Doubles

Session 1			
76189	11:45am-1pm	Mon	Jan 06-Feb 24 \$128
Session 2			
76190	11:45am-1pm	Mon	Mar 03-Apr 21 \$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			
76407	9-10:30am	Mon	Jan 06-Mar 17 \$90
Session 2			
76408	9-10:30am	Mon	Mar 31-Jun 16 \$100

Tennis - Weekday Flight - Level B

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

Session 1			
76439	9-10:30am	Wed	Jan 08-Mar 19 \$100
Session 2			
76440	9-10:30am	Wed	Apr 02-Jun 11 \$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			
76436	1-2:30pm	Mon	Jan 06-Mar 17 \$90
Session 2			
76437	1-2:30pm	Mon	Mar 31-Jun 16 \$100

Tennis - Weekday Flight - Level D

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

Session 1			
76442	9-10:30am	Tue	Jan 07-Mar 18 \$100
Session 2			
76443	9-10:30am	Tue	Apr 01-Jun 10 \$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			
76445	9-10:30am	Thu	Jan 09-Mar 20 \$100
Session 2			
76446	9-10:30am	Thu	Apr 03-Jun 12 \$100

Tennis - Weekday Flight - Level F

Level F is US Tennis Association NTRP Level 2.5 and Seattle Area Cup level Evergreen.

Session 1			
76448	1-2:30pm	Thu	Jan 09-Mar 20 \$100
Session 2			
76449	1-2:30pm	Thu	Apr 03-Jun 12 \$100

Tennis

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				
76371	3:45-5pm	Tue, Thu	Jan 07-Feb 27	\$192
Session 2				
76372	3:45-5pm	Tue, Thu	Mar 04-Apr 24	\$192

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				
76378	5-6:15pm	Tue, Thu	Jan 07-Feb 27	\$192
Session 2				
76379	5-6:15pm	Tue, Thu	Mar 04-Apr 24	\$192

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				
76400	5-6:15pm	Mon, Wed, Fri	Jan 06-Feb 28	\$264
Session 2				
76401	5-6:15pm	Mon, Wed, Fri	Mar 03-Apr 25	\$264

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				
76393	3:45-5pm	Mon, Wed, Fri	Jan 06-Feb 28	\$264
Session 2				
76394	3:45-5pm	Mon, Wed, Fri	Mar 03-Apr 25	\$264

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				
76316	9-10am	Sat	Jan 11-Mar 01	\$128
Session 2				
76317	9-10am	Sat	Mar 08-Apr 26	\$128

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				
76359	11-11:45am	Sat	Jan 11-Mar 01	\$90
Session 2				
76360	11-11:45am	Sat	Mar 08-Apr 26	\$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				
76339	1-2pm	Sat	Jan 11-Mar 01	\$96
Session 2				
76340	1-2pm	Sat	Mar 08-Apr 26	\$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				
76347	2-3pm	Sat	Jan 11-Mar 01	\$96
Session 2				
76348	2-3pm	Sat	Mar 08-Apr 26	\$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				
76327	3-4pm	Sat	Jan 11-Mar 01	\$96
Session 2				
76328	3-4pm	Sat	Mar 08-Apr 26	\$96

Advanced Beginning II: Ages 7-12.

Class is designed for children who have completed Advanced Beginning I.

Session 1				
76333	4-5pm	Sat	Jan 11-Mar 01	\$96
Session 2				
76334	4-5pm	Sat	Mar 08-Apr 26	\$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				
76353	10-11am	Sat	Jan 11-Mar 01	\$96
Session 2				
76354	10-11am	Sat	Mar 08-Apr 26	\$96

Teen: Ages 13-18. Class is treated as an introductory course, focusing on development of proper strokes.

Session 1				
76365	5-6pm	Sat	Jan 11-Mar 01	\$96
Session 2				
76366	5-6pm	Sat	Mar 08-Apr 26	\$96



IMPORTANT REGISTRATION INFORMATION FOR ROBINSWOOD TENNIS CENTER PROGRAMS

Registration dates for sessions at Robinswood Tennis Center:

Session 1:
Residents: December 2
Non-Residents: December 11

Session 2:
Residents: February 3
Non-Residents: February 12



Aging Services

North Bellevue Community Center
4063 - 148th Avenue NE, 425-452-7681
Hours of operation: Monday-Thursday,
8:30am to 9pm; Friday, 8:30am-6pm.
The North Bellevue Community
Center offers a comprehensive array
of senior services, resources, and
adult programs including health and
wellness, cultural and performing
arts, human services, drop-in activi-
ties, 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
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 Commu-
nity Center. Give us a call at 425-452-
4240, email us at sbcc@bellevuewa.gov,
or better yet come visit us!

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.

CITY OF BELLEVUE UTILITY RATE RELIEF PROGRAM

The City of Bellevue Utilities offers utility rate relief for low income seniors and low income disabled persons. Visit http://www.bellevuewa.gov/utilities_discounts.htm for information and call 425-452-5285 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 BENEFITS CHECK UP ONLINE

A new web-based service of the National Council 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, bilingual 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

MEALS ON WHEELS

Frozen meals are delivered to home-bound seniors on Mon. Average \$3 donation. Call the Seattle office of Senior Services at 206-448-5767 for additional information.

SUPPORT GROUPS/ MEETINGS

NARFE (National Association of Retired Federal Employees)

3rd Tuesday of each month at noon. For more information, call 425-868-4502.

TRANSPORTATION ACCESS

Transportation to appointments, grocery shopping, and to the Center. Call 206-205-5000.

GETTING AROUND PUGET SOUND

Want to go from home to the store, the library & more? Personalized one-on-one assistance with transportation options and planning. Provided through a partnership with Hopelink. Call 425-943-6789

VOLUNTEER TRANSPORTATION FOR SENIORS

Personal transportation to medical appointments. Call 206-448-5740.

VOLUNTEER OPPORTUNITIES

RSVP

Retired and Senior Volunteer Program. Call 206-694-6787 for more information.

EYEGLASS 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 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.

GOLD CARD FOR HEALTHY AGING

King County's Gold Card for Healthy Aging is a handy resource for Seattle and King County residents age 60 and older. The card features the toll-free Senior Information and Assistance number — 1-888-4ELDERS (1-888-435-3377) — and discounts on goods and services listed in a Special Discounts Directory available online at:

http://www.seattle.gov/humanservices/seniorsdisabled/mosc/special_discounts_directory.pdf

Get your Gold Card at the North Bellevue Community Center. Please bring your photo ID with proof of your age. For more information call 425-452-7681.

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

THURSDAY AFTERNOON MOVIES

Movies shown every Thursday. Call or stop by the center for the monthly listing. Min 4/Max 40

North Bellevue Community Center
 FREE Age: 6Y and up
 78259 2-4pm Thu Jan 09-Apr 24

COMMUNITY DINING PROGRAM

Enjoy a hot mid day meal sponsored by Catholic Community Services. Available at Noon on Monday, Tuesday, Wednesday and Friday. First come-first served. Fee: Suggested donation of \$3.00 for anyone over age 60. Fee of \$6 if under age 60. See Special Events listing for special holiday meal events which require pre-registration. Monthly menus available.

North Bellevue Community Center
 FREE Age: 18Y and up
 76524 9:30am-1pm Mon-Wed, Fri Jan 06-Apr 25

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 for those 60 years and better, \$6.00 fee for under 60 years. Min 30/Max 75

North Bellevue Community Center
 FREE Age: 60Y and up
 76575 11:30am-1pm Wed Mar 12

SOUND OF SWING DANCES

The 'Sound Of Swing' will perform for your dancing pleasure. \$3 admission collected at the door. Min 10/Max 100 North Bellevue Community Center

New Year's Dance			
78208	2-4pm	Tue	Jan 14
Sweetheart Dance			
78209	2-4pm	Tue	Feb 11
St. Patrick's Dance			
78210	2-4pm	Tue	Mar 11
Spring Fling Dance			
78211	2-4pm	Tue	Apr 08

VOLUNTEER RECOGNITION CELEBRATION

This is a very special event to honor all the wonderful people who volunteered their time and talents for the North Bellevue Community/Senior Center in 2013. Watch for your invitation in the mail. Co-sponsored by the Bellevue Firefighters Community Support Foundation. Min 5/Max 100

North Bellevue Community Center
 78262 11:30am-1pm Wed Feb 12

SPRING FLING DANCE

Welcome Spring with 'Sounds of Swing'. 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
 \$15 Age: 18Y and up
 7-10pm Sat Mar 01

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.

DISABLED AMERICAN VETERANS

(Chapter 43)

When: 1st Sat. of each month,
11:30am-2:30pm

Contact: Eddie Jenson, 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.

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

EVENTS

VALENTINE DANCE

Cupid is in the air! Come out and have a blast at our Valentine Dance. Min 50/Max 200
Highland Community Center
\$9(R) \$11(N) Age: 16Y and up
76729 7-9:30pm Fri Feb 14

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

Highland Community Center

FREE Age: 16Y and up
76672 5-6pm Thu Jan 16
76673 5-6pm Thu Feb 20
76674 5-6pm Thu Mar 20
76675 5-6pm Thu Apr 17

ADAPTIVE RECREATION REGISTRATION FORM

Check out other programs of interest at the Bellevue Aquatic Center, Robinswood Tennis Center and The Northwest Arts Center.

Participant Name: _____

Bill DDD

Caseworker Name for DDD _____ Kent / Seattle (Circle One)

ADULT Adaptive Programs at Highland Center & NW Arts Center

PLEASE FILL OUT AND SIGN PARTICIPANT INFORMATION ON PAGE 10



	Course #	Title	Rates - Res/Non-Res	Days	Time	Dates
<input type="checkbox"/>	76590	Adult Adventure Ed	R \$222 N \$277	Wed	9:30a-3:00p	1/8-3/12
<input type="checkbox"/>	76695	Adult Bowling	R \$45 N \$56	Sat	9:30a-11:30a	1/11-3/15
<input type="checkbox"/>	76710	Cheerleading	R \$66 N \$83	Wed	5:30p-6:30p	1/8-3/12
<input type="checkbox"/>	76596	Adult-Crafts	R \$42 N \$53	Fri	1p-2:30p	1/10-3/14
<input type="checkbox"/>	76726	Swing Line Dance	R \$42 N \$53	Tue	7:00p-8:30p	1/7-3/11
<input type="checkbox"/>	76803	Highland Players Drama	R \$64 N \$80	Mon	5:30p-7p	1/6-3/24
<input type="checkbox"/>	76746	Friday Night Out	R \$17 N \$21	Fri	5:30p-9:30p	1/10
<input type="checkbox"/>	76747	Friday Night Out	R \$17 N \$21	Fri	5:30p-9:30p	2/7
<input type="checkbox"/>	76748	Friday Night Out	R \$17 N \$21	Fri	5:30p-9:30p	3/14
<input type="checkbox"/>	76764	Full Fitness Fun	R \$78 N \$98	Tu/Th	5:00p-7:00p	1/7-3/13
<input type="checkbox"/>	76639	Artistic Inspirations	R \$45 N \$55	Mon	5:00p-7:00p	1/6-3/10
<input type="checkbox"/>	76820	Movie time	R \$42 N \$53	Wed	5:00p-7:00p	1/8-3/12
<input type="checkbox"/>	76779	Fun with Technology	R \$45 N \$55	Tue	7:00p-8:30p	1/7-3/11
<input type="checkbox"/>	76880	Social Club	R \$42 N \$53	Mon	7:00p-8:30p	1/6-3/10
<input type="checkbox"/>	76878	Social Club	R \$42 N \$53	Wed	7:00p-8:30p	1/8-3/12
<input type="checkbox"/>	76655	Adult Basketball	R \$62 N \$77	Tu/Th	7:00p-8:30p	1/7-3/13
<input type="checkbox"/>	76672	Kiwanis Dinner	FREE	Thurs	5:00p-6:00p	1/16
<input type="checkbox"/>	76673	Kiwanis Dinner	FREE	Thurs	5:00p-6:00p	2/20
<input type="checkbox"/>	76674	Kiwanis Dinner	FREE	Thurs	5:00p-6:00p	3/20
<input type="checkbox"/>	76675	Kiwanis Dinner	FREE	Thurs	5:00p-6:00p	4/17
<input type="checkbox"/>	76635	American Sign Language	R \$42 N \$53	Tue	5:30p-7:00p	1/7-3/11
<input type="checkbox"/>	81794	Indoor Walking	\$ \$42 N \$53	Mon	7:00-8:30pm	1/6-3/10
<input type="checkbox"/>	76714	Cooking with Ease	R \$74 N \$92	Thur	5:00p-7:00p	1/9-3/13
<input type="checkbox"/>	76729	Valentine Dance	R \$9 N \$11	Fri	7p-9:30p	2/14
<input type="checkbox"/>	76684	Bingo	R \$42 N \$53	Thurs	7:00p-8:30p	1/9-3/13
<input type="checkbox"/>	76797	Highland Hangout	R \$40 N \$50	M/T/W/TH	3:00p-5:00p	1/6-3/20
<input type="checkbox"/>	76976	Stoneware Creations	R \$185 N \$220	Thurs	1p-3p	1/9-3/6
<input type="checkbox"/>	76981	Stoneware Creations	R \$185 N \$220	Thurs	1p-3p	3/13-5/8
<input type="checkbox"/>	76982	Glass Fusion	R \$185 N \$220	Thurs	9-10:30a	1/9-3/6
<input type="checkbox"/>	76987	Glass Fusion	R \$185 N \$220	Thurs	9-10:30a	3/13-5/8
<input type="checkbox"/>	76993	Kitchen Kapers	R \$108 N \$118	Fri	12-1:30pm	1/17-3/14
<input type="checkbox"/>	76988	Kitchen Kapers	R \$108 N \$118	Fri	12-1:30pm	3/28-5/23
<input type="checkbox"/>		BRIDGE ACADEMY	See Brochure	Thu	10am-2pm	

YOUTH Adaptive Programs at Highland Center

<input type="checkbox"/>	75704	Fun with Friends	R \$58 N \$72	Mon	2:30p-5:00p	1/6-3/10
<input type="checkbox"/>	76622	DVD/Board Games	R \$75 N \$94	Tue	2:30p-5:00p	1/7-3/11
<input type="checkbox"/>	76623	Youth Basketball Special Olympics	R \$75 N \$94	Thurs	2:30p-5:00p	1/9-3/13
<input type="checkbox"/>	76621	Arts & Games	R \$75 N \$94	Fri	2:30p-5:00p	1/10-3/14

Physical Disabilities

ADULT Adaptive Programs at Highland Center

<input type="checkbox"/>	76828	Exercise	R \$110 N \$139	M/W/F	9:15am-10:15am	1/6-3/28
<input type="checkbox"/>	76829	Exercise	R \$110 N \$139	M/W/F	10:30am-11:30am	1/6-3/28
<input type="checkbox"/>	76830	Exercise	R \$110 N \$139	M/W	11:45-1:15pm	1/6-3/27

ADAPTIVE RECREATION REGISTRATION FORM

Check out other programs of interest at the Bellevue Aquatic Center, Robinswood Tennis Center and The Northwest Arts Center.

Participant Name: _____

Bill DDD

Caseworker Name for DDD _____ Kent / Seattle (Circle One)

ADULT Adaptive Programs at Highland Center & NW Arts Center

PLEASE FILL OUT AND SIGN PARTICIPANT INFORMATION ON PAGE 10



	Course #	Title	Rates - Res/Non-Res		Days	Time	Dates
<input type="checkbox"/>	75691	Adult Adventure Ed	\$222	\$277	Wed	9:30a-3:00p	4/2-6/4
<input type="checkbox"/>	76696	Adult Bowling	\$45	\$56	Sat	9:30a-11:30a	4/5-6/7
<input type="checkbox"/>	76711	Cheerleading	\$66	\$83	Wed	5:30p-6:30p	4/2-6/4
<input type="checkbox"/>	76597	Adult-Crafts	\$42	\$53	Fri	1p-2:30p	4/4-6/6
<input type="checkbox"/>	81802	Country Line Dance	\$42	\$53	Tue	7:00p-8:30p	4/1-6/3
<input type="checkbox"/>	76804	Highland Players Drama	\$80	\$102	Mon/Wed	6:00p-7:30p	3/31-6/4
<input type="checkbox"/>	76749	Friday Night Out	\$17	\$21	Fri	5:30p-9:30p	4/4
<input type="checkbox"/>	76750	Friday Night Out	\$17	\$21	Fri	5:30p-9:30p	5/2
<input type="checkbox"/>	76751	Friday Night Out	\$17	\$21	Fri	5:30p-9:30p	6/6
<input type="checkbox"/>	76765	Full Fitness Fun	\$78	\$98	Tu/Th	5:00p-7:00p	4/1-6/5
<input type="checkbox"/>	76640	Artistic Inspirations	\$45	\$55	Mon	5:00p-7:00p	3/31-6/2
<input type="checkbox"/>	76821	Movie time	\$42	\$53	Wed	5:00p-7:00p	4/2-6/4
<input type="checkbox"/>	76780	Fun with Technology	\$45	\$55	Tue	7:00p-8:30p	4/1-6/3
<input type="checkbox"/>	76881	Social Club	\$42	\$53	Mon	7:00p-8:30p	3/31-6/2
<input type="checkbox"/>	76879	Social Club	\$42	\$53	Wed	7:00p-8:30p	4/2-6/4
<input type="checkbox"/>	76636	American Sign Language	\$42	\$53	Tue	5:30p-7:00p	4/1-6/3
<input type="checkbox"/>	76613	Adult Track	\$62	\$77	Tu/Th	7:00p-8:30p	4/1-6/5
<input type="checkbox"/>	76875	Adult Soccer	\$62	\$77	Tu/Th	7:00p-8:30p	4/1-6/5
<input type="checkbox"/>	76676	Kiwanis Dinner	FREE		Thurs	5:00p-6:00p	5/15
<input type="checkbox"/>	76677	Kiwanis Dinner	FREE		Thurs	5:00p-6:00p	6/19
<input type="checkbox"/>	76715	Cooking with Ease	\$74	\$92	Thur	5:00p-7:00p	4/3-6/5
<input type="checkbox"/>	76652	Barn Dance	\$9	\$11	Fri	7p-9:30p	5/9
<input type="checkbox"/>	81856	Indoor Walking At The Y	\$42	\$53	Mon	7p-8:30pm	3/31-6/2
<input type="checkbox"/>	76685	Bingo	\$42	\$53	Thurs	7:00p-8:30p	4/3-6/5
<input type="checkbox"/>	76798	Highland Hangout	\$40	\$50	M/T/W/TH	3:00p-5:00p	3/31-6/12
<input type="checkbox"/>		BRIDGE ACADEMY	See Brochure		Thu	10am-2pm	

YOUTH Adaptive Programs at Highland Center

<input type="checkbox"/>	75705	Fun with Friends	\$75	\$94	Mon	2:30p-5:00p	3/31-6/2
<input type="checkbox"/>	76625	DVD/Board Games	\$75	\$94	Tue	2:30p-5:00p	4/1-6/3
<input type="checkbox"/>	76626	Youth Track Special Olympic	\$75	\$94	Thurs	2:30p-5:00p	4/3-6/5
<input type="checkbox"/>	76631	Arts & Games	\$75	\$94	Fri	2:30p-5:00p	4/4-6/6

Physical Disabilities

ADULT Adaptive Programs at Highland Center

<input type="checkbox"/>	76831	Exercise	\$110	\$139	M/W/F	9:15am-10:15am	3/31-6/20
<input type="checkbox"/>	76832	Exercise	\$110	\$139	M/W/F	10:30am- 11:30am	3/31-6/20
<input type="checkbox"/>	76833	Exercise	\$110	\$139	M/W	11:45-1:15pm	3/31-6/18



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.



Human Services

Need help
but don't know
where to turn?
Dial 2-1-1

to find social services
such as...

- Caregiver & Disability Resources
- Emergency Shelter
- Food & Clothing
- Health Care & Support Groups
- Rent Assistance
- Transportation
- Volunteering

Language interpretation available



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

Michael Yantis, Chair • Olga Perelman
Vice-Chair
Stefanie Beighle • John Bruels
James McEachran • Dr. Brian Plaskon
Janet Stout



Reserve tee times online
www.bellevuepgc.com

5500 140th Ave NE
425-452-7250



Download our
FREE mobile app today!

- 3-click tee time booking
- Free GPS
- Keep score ... and More!



Search for
BELLEVUE GOLF

The Bellevue Golf Course is a fun, challenging layout that is a great place to play for golfers of all abilities. Excellent 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
- Free App!



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.

17TH ANNUAL

BELLEVUE

Magic Season

NOVEMBER 29 - JANUARY 12

Chaplin's Bellevue Subaru Ice Arena

brought to you by Bank of America
Bellevue Downtown Park

Garden d'Lights

supported by 98.1 Classical KING FM
Bellevue Botanical Garden

Snowflake Lane and Celebration Lane

presented by The Bellevue Collection
Bellevue Way & NE 8th Street

Holiday Performances and Productions

presented at the Theatre at
Meydenbauer Center

Enchanted Holidays and Winter Seasonal Showcase

presented at
The Shops at The Bravern

Snowflake Lane
presented nightly by
The Bellevue Collection

magicseason.com

 Bellevue Downtown Association

 @BellevueDT #BellevueMagicSeason



DOWNTOWN

Produced by:



Graphic Design: 

Ice Arena Sponsors:









Producing Partners:



Media Sponsors:





CLASSICAL
KING FM 98.1
www.KING.org



Indoor space
also available!
Call 425-452-6914
to book.

Plan your picnic in a Bellevue park today!

Use the Bellevue Parks Online website to search Bellevue's extensive inventory of award-winning parks! Bellevue Parks Online offers an easy-to-use search tool that shows park availability at your convenience. You set the parameters that are most important to you and the search results will list all the picnic sites that best suit your needs and schedule. Simply go to:

<http://parksreg.bellevuewa.gov/Facilities/FacilitiesSearchWizard.asp>

From here use:

- Facility details search to find out details about a specific park
- Facility availability search to see which parks are available on a specific date
- Advanced search to search for a park based on your specific criteria.

Once you've decided on a park, there is a link to the forms necessary to make your reservation on each facility page. Just fill out the form and fax, e-mail, or mail it in with payment. Requests for 2014 accepted from Bellevue businesses and residents starting January 22 and from everyone starting February 19.

Parks that are available for reservation are:

Bellevue Downtown Park
Chism Beach Park
Clyde Beach Park
Crossroads Community Park
Enatai Beach Park
Hidden Valley Sports Park
Kelsey Creek Farm Park
Killarney Glen Park

Lake Hills Community Park
Lake Hills Greenbelt Garden Shelter
Lakemont Community Park
Lewis Creek Community Park
Meydenbauer Beach Park
Newcastle Beach Park
Robinswood Community Park
Spiritridge Park
Wilburton Hill Park



It's easy and convenient!

Bellevue Parks & Community Services

Attn: Park Scheduling Office

P.O. Box 90012, Bellevue, WA 98009-9012

425-452-6914

ParkRental@bellevuewa.gov

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, 98008
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!

Bring your friends or guests to SBCC and climb the wall for your special occasion! The wall is available to rent for private groups on Thursday evenings and Sundays. Fee: \$130/hour
Call 425-452-4240 for more information.

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

83450	6-7pm	Tue	Jan 07
83451	6-7pm	Tue	Jan 14
83452	6-7pm	Tue	Jan 21
83453	6-7pm	Tue	Jan 28
83454	6-7pm	Tue	Feb 04
83455	6-7pm	Tue	Feb 11
83456	6-7pm	Tue	Feb 18
83457	6-7pm	Tue	Feb 25
83458	6-7pm	Tue	Mar 04
83459	6-7pm	Tue	Mar 11
83460	6-7pm	Tue	Mar 18
83461	6-7pm	Tue	Mar 25
83462	6-7pm	Tue	Apr 01
83463	6-7pm	Tue	Apr 08
83466	6-7pm	Tue	Apr 15
83467	6-7pm	Tue	Apr 22
83468	6-7pm	Tue	Apr 29

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)

83494	9-10am	Sat	Jan 04
83495	9-10am	Sat	Jan 11
83496	9-10am	Sat	Jan 18
83497	9-10am	Sat	Jan 25
83498	9-10am	Sat	Feb 01
83499	9-10am	Sat	Feb 08
83500	9-10am	Sat	Feb 15
83501	9-10am	Sat	Feb 22
83502	9-10am	Sat	Mar 01
83503	9-10am	Sat	Mar 08
83504	9-10am	Sat	Mar 15
83505	9-10am	Sat	Mar 22
83506	9-10am	Sat	Mar 29
83507	9-10am	Sat	Apr 05
83508	9-10am	Sat	Apr 12
83509	9-10am	Sat	Apr 19
83510	9-10am	Sat	Apr 26

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 a Belay Card. All climbers must have a signed waiver on file.

Belayed Climb Session- During these scheduled times there will be trained staff to belay all individuals who wish to climb in a safe and encouraging atmosphere. All equipment is provided. Minimum age is 4 years.

- Sessions include up to 3 hours of climb time; length of time varies among sessions. \$7(R) \$9(N)
- Single Climb allows people a chance to try climbing a single rope. Climbers get three attempts to reach the summit. \$3(R) \$4(N)

Open Climb Session - Valid SBCC Belay Cards are required in order to climb The Crag during Open Climb Sessions. Bouldering is not permitted. Cardholders may only belay other adults with valid SBCC belay cards or their own legal children. \$6(R) \$7.50(N)

Climb Passes save you money and never expire. Passes can be used for either Belayed Climb or Open Climb Sessions.

- 5 Climb Pass - \$32.50(R) \$40.50(N)
- 10 Climb Pass - \$60(R) \$72(N)
- 20 Climb Pass - \$110(R) \$130(N)

SBCC Belay Card - Individuals, 18 years and older, interested in obtaining a SBCC Belay Card can be tested during regularly scheduled Belayed Climb Sessions to ensure they are current and effective in belaying skills. Cardholders can belay other adult SBCC belay cardholders or their own legal children during any climb session. Minimum age is 18 years. Test fee: \$12 (R) \$15 (NR)

SAVE 25% ON A 10-CLIMB PASS WHEN PURCHASED IN CONJUNCTION WITH A CLIMBING CLASS, PROGRAM, OR CAMP!

* - Bouldering is only allowed under the supervision of Mini Mountain belay staff during drop-in belayed climbing sessions.

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
Belayed Climbing Session 6-8:30pm	Belayed Climbing Session 3:30-5:30pm	Belayed Climbing Session 6-8:30pm	Belayed Climbing Session 3:30-5:30pm		Belayed Climbing Session 1 10am-1pm	Adult Open Climb 10:30am-4:30pm <i>(If no rental scheduled, call first.)</i>
	Rock Climbing Class 6-7pm		AVAILABLE TO RENT: 6-8pm		Session 2 1:30-4:30pm	
	Open Climb 7-8:30pm		Open Climb Session 5:30-8:30pm <i>(If no rental scheduled, call first.)</i>			

Garden d'Lights

CONSTRUCTION EDITION CONSTRUCTION EDITION CONSTRUCTION

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 30, 2013 through January 4, 2014.

Visit www.GardenDLights.org for more information and to purchase tickets.



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WWW.GARDENDLIGHTS.ORG