

January through
April 2015

CELEBRATIONS



Re-Accredited 2010



**Bellevue Parks &
Community Services**

425-452-6885

MyParksAndRecreation.com

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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

ROBINSWOOD HOUSE..... 425-452-7850

ROBINSWOOD TENNIS CENTER, 2400—151st Pl SE 425-452-7690

SKATE PARK, 14224 NE Bel-Red Rd 425-452-2722

SOUTH BELLEVUE COMMUNITY CENTER, 14509 SE Newport Way 425-452-4240

TEEN SERVICES, City Hall, 450 - 110th Ave NE..... 425-452-2846

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

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

FOOD & REFRESHMENTS

Programs listed in this brochure may include a food or beverage refreshment. Please contact the your Program Area site for more information; phone numbers are available in this brochure. Food and beverage cost, when applicable, is included in the cost of the program.

CITY OF BELLEVUE TAX ID NUMBER: 91-6007020

This information will be provided in alternate formats for individuals with disabilities upon request. We invite everyone's participation. Please provide two weeks advance notice for special needs requests. Assistance for the Deaf and Hard of Hearing can be provided through the 711 Telecommunications Relay Service.



On the Cover: Taekwondo at South Bellevue Community Center. Photo by Dot Long.

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



CONNECTIONS

BELLEVUE PARKS & COMMUNITY SERVICES



Bellevue Parks & Community Services

PO Box 90012
Bellevue, WA 98009-9012

Bellevue City Council

Claudia Balducci, Mayor

Kevin Wallace, Deputy Mayor

John Chelminiak

Conrad Lee

Jennifer Robertson

Lynne Robinson

John Stokes

Parks & Community Services Board

Sherry Grindeland, Chair

Dallas Evans, Vice Chair

Kathy George

Stuart Heath

Debra Kumar

Erin Powell

Mark Van Hollebeke

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.mypark-sandrecreation.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.



2014 GARDEN d' LIGHTS AT THE BELLEVUE BOTANICAL GARDEN

In bloom Saturday, November 29 2014 to Saturday, January 3, 2015

Over a half-million lights transform the Bellevue Botanical Garden into a blossoming winter wonderland each year. Inspired by plants found in northwest gardens, hundreds of volunteers work year round to fashion strings of lights into three dimensional flowers, shrubs, and vines.

Visit GardenDLights.org...

- Purchase your ticket.** Tickets are available beginning October 15.
Admission is \$5 per person; children 10 and under are free.
- Get all event and parking details.**
- Find out how to visit the show for FREE.**

The brand new Trillium Store will be open every evening from 4:30 to 9:30 pm; additional hours on Saturday from 10 am – 4 pm and Sunday from 12 noon to 4 pm for daytime shoppers and to purchase tickets. The store is brimming with gift items, holiday ornaments and decor—a spectacular shop to match the spectacular garden setting.

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, and people living 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.

Oblio and the Pointless Forest Performs at BYT - Crossroads

This is a story based on Harry Nilsson's THE POINT. It includes all the classic songs such as "Me and My Arrow" and is suitable for all ages. Come be a part of the first show of the first season at the new BYT theatre.

Friday, March 20 at 7pm
Saturday, March 21 at **★7pm**
Sunday, March 22 at 2pm
Friday, March 27 at 7pm
Saturday, March 28 at **★2pm** & 7pm
Sunday, March 29 at 2pm

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

**[www.bellevuewa.gov/
BYT-productions.htm](http://www.bellevuewa.gov/BYT-productions.htm)**

Rapunzel Performs at BYT - Crossroads

This version of the timeless tale is sure to have you rolling in the aisles. Learn the who, what, where, when, and most of all, why behind a fairy tale you thought you already knew. It's full of surprises and laughs.

Friday, April 17 at 7pm
Saturday, April 18 at **★7pm**
Sunday, April 19 at 2pm
Friday, April 24 at 7pm
Saturday, April 25 at **★2pm** & 7pm
Sunday, April 26 at 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.

Once Upon a Mattress Performs at BYT - Crossroads

See Bellevue Youth Theatre's production of the hilarious musical comedy, "The Princess and the Pea", featuring Lords, Ladies, a mute King and an evil Queen, plus a ton of princesses competing for the hand of Prince Dauntless the Drab.

Friday, May 1 at 7pm
Saturday, May 2 at 2pm & **★7pm**
Sunday, May 3 at 2pm
Friday, May 8 at 7pm
Saturday, May 9 at **★2pm** & 7pm

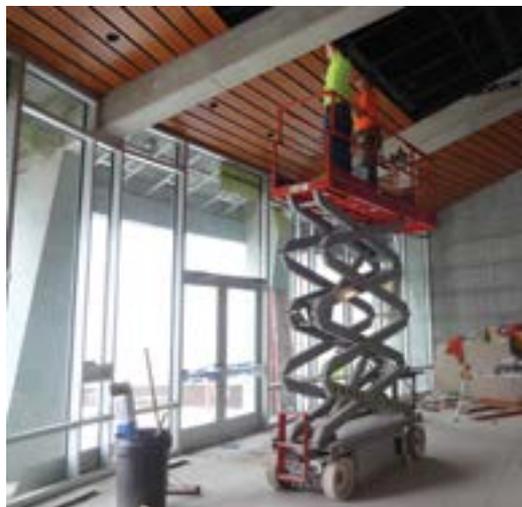
A Midsummer Night's Dream Performs at BYT - Crossroads

One of Shakespeare's most popular productions, "A Midsummer Night's Dream" has intrusive fairies, love-sick teens, and a rather unfortunate troupe of actors. With some modern adaptation this show is appropriate for all ages, so come and visit our magical, mischievous little world.

Friday, May 15 at 7pm
Saturday, May 16 at **★7pm**
Sunday, May 17 at 2pm
Friday, May 22 at 7pm
Saturday, May 23 at **★2pm** & 7pm
Sunday, May 24 at 2pm



Left: Work progresses on the Bellevue Youth Theatre lobby. **Right:** The front doors of the new Bellevue Youth Theatre will open for Oblio and the Pointless Forest in late March.



NEW BELLEVUE YOUTH THEATRE: OPENING SOON!



Left: Electricians work to connect over 50 miles of wiring to the right places.
Above: Hundreds of individual conduits run through the brand-new facility, connecting complex audio-visual, theatrical lighting, electrical, and computer systems.
Top: A peek into the new theatre.



Bellevue Youth Theatre Roof

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, there is no late seating. Enjoy the show on our big screen TV. You will be seated at intermission.

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.

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 VOLUNTEER OPPORTUNITIES

Important Note: All volunteers will be required to complete a criminal background check and provide their Social Security number.

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 on 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.

90615 10am-5pm Sat Apr 25

Volunteer- Hilltop Holiday Craft Fair
Volunteers are needed for Hilltop 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.

Northwest Arts Center
86712 5-8:30pm Sat Dec 06

HILLTOP HOLIDAY CRAFT FAIR AT NORTHWEST ARTS CENTER

Wednesday-Saturday, December 3-6. Visit bellevuehilltopholidaycraftshow.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 65 selected Northwest crafters. It's not your ordinary CRAFT show! Northwest Arts Center 9825 NE 24th, Bellevue
ADMISSION: FREE!



HILLTOP HOLIDAY CRAFT FAIR

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 4, 2013, 8:50-9:10pm

Meydenbauer Beach Park
December 22, 2013, 8:25-8:45pm

KELSEY CREEK SHEEP SHEARING EVENT

Saturday, April 25, 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. Min 1/Max 1 Kelsey Creek Farm

FREE
90617 11am-4pm Sat All Ages Apr 25

THE GREAT SBCC CHALLENGE

South Bellevue Community Center and the Boys & Girls Clubs of Bellevue are co-presenting this unique fun event where teams of 3-5 will challenge each other performing physical feats, mind tasks and creative endeavors. Points will be awarded as tasks are completed with winners announced at the end. The fastest will not necessarily be the winner as tasks will provide several options to score points. At least one adult must be part of the team. At least one adult and one child must be a part of the Family Edition. Min 45/Max 80

South Bellevue Community Center
The Great SBCC Challenge - Family Edition
\$5 Age: 6Y and up
90956 9am-12pm Sat Apr 18
The Great SBCC Challenge - Teen/Young Adult Edition
\$5 Age: 16Y - 30Y
90957 1:30-4:30pm Sat Apr 18

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 3, 2014

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 12, 2014

INTERNET

Visit
<http://parksreg.bellevuewa.gov>
to register for classes online.

PHONE-IN

Telephone Registration begins November 17 2014.

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.

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

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

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

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

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

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

SCHOLARSHIPS: Scholarships are available to qualifying residents who live within the Bellevue City limits. See page 9 for scholarship application. Scholarship applicants will be notified of the amount due for each session after scholarship application is processed. Please attach proof of residency and income to scholarship application.

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

Adaptive Recreation Programs - 425-452-7686

REGISTRATION FORM IS FOUND ON PAGE 56. 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.



10-day Registration Preference for Bellevue Residents • Registration Begins November 3, 2014

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

See **Registration Steps** Page 7.

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

Please Print

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

Save time, register online...
Visit <http://parksreg.bellevuewa.gov> to sign up for classes, see availability, pay for facility rentals, and manage your account.

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 9.
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 12, 2014.

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

WAIVER OF LIABILITY/RELEASE – PLEASE READ CAREFULLY

In consideration of myself and/or my child(ren) being allowed to use City of Bellevue Parks & Community Services facilities and/or participate in City-sponsored activities, I assume any and all risks, including risk of injury or death, associated with my or my child(ren)'s use of said facilities and/or participation in said activities. I further agree on behalf of myself, my heirs, executors, assigns, and personal representatives, to waive and release any and all rights and claims for damages, including attorney fees, I now, or may hereafter have, whether known or unknown, against the City of Bellevue and its officials, employees, and agents for any injuries suffered by me or my child(ren) in connection with the use of City facilities or participation in 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 or to assert a claim against the City of Bellevue.

PHOTO/VIDEO RELEASE: I give my permission to have photos and/or video and audio recordings taken of me or my child(ren) by the City of Bellevue or its agents 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. If you wish to waive the photo release, please contact the main office at 425-452-6885 or Parksweb@bellevuewa.gov.

I have read, understood, and voluntarily accepted the conditions of the Waiver of Liability/Release and the Photo Release printed above on behalf of myself and/or my child(ren):

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	\$15,171	\$20,449	\$25,727	\$31,005	\$36,283	\$41,561	\$46,839	\$52,117
3/4 Scholarship	\$18,381	\$24,775	\$31,170	\$37,564	\$43,959	\$50,353	\$56,748	\$63,142
1/2 Scholarship	\$21,590	\$29,101	\$36,612	\$44,123	\$51,634	\$59,145	\$66,656	\$74,167

Example: If your family size is two and your income is \$20,449 or less you are eligible for a full scholarship.

Source: 2014-2015 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 *(Valid through February 28)*

Drop-In Fees

Adult:	\$6.75
Youth (12 yrs. and younger):	\$5.75
Deep Water Exercise Class:	\$7.75
Master Swim Class:	\$7.75
Discounted Swim	\$5
<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:	\$67.68
Youth:	\$57.72
Deep Water Exercise:	\$77.64
Masters Swim:	\$77.64
Discounted Swim:	\$50.04

3 Month Swim Pass Cards

For Lap, Open, and Rehab Swims

Adult:	\$174
Youth:	\$115.50
Family:	\$281

PARTIES AT THE POOL

Pool rentals available on Saturdays and Sundays, 2:30-4:30pm in the Blue Lagoon Pool. Cost includes staff and use of pool toys.

1 - 25 guests:	\$214 per hour
26-50 guests:	\$258.50 per hour
51-75 guests:	\$286.75 per hour
76-100 guests:	\$340.50 per hour
100-125 guests:	\$425.75 per hour

Party Room Rentals

Available during pool rentals or open swims. \$69.75 per hour. Accommodates groups of under 20. This room **is not** wheelchair accessible.

EXERCISE CLASSES & TRAINING

Deep Water Exercise Class - Deep water aerobics workout that uses an aqua-jogging belt. Instructors provide specific exercise routine.

SPECIAL PARKING NOTICE:

Construction at Odle Middle School is underway, greatly reducing parking. Plan to arrive early for scheduled programs as it may take longer to find a parking space. We expect parking to be most heavily impacted between the hours of 9am-noon and 4-7pm. Thank you for your patience during construction.

Masters Swim Program - Offers a low-key approach to competitive swimming for individuals age 19 and older. Workouts are based on ability levels and goals. For more information, contact Scott at 425-452-2806.

OTHER ACTIVITIES AVAILABLE AT THE BELLEVUE AQUATIC CENTER

The activities listed below are run by contractors who rent pool space. To get more information or register for a program, please contact the contact the company directly. These classes are not eligible for Bellevue Parks & Community Services scholarship funds.

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.

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 program has a minimum class size requirement. If this is not met, the Bellevue Aquatic Center may cancel the course. Accommodations will be made for the participant if possible; otherwise a full refund be given for the canceled course.

PRIVATE/SEMI-PRIVATE SWIM LESSONS

For private lesson availability visit myparksandrecreation.com and search "Private Swim Lessons". We offer semi-private (2:1) swim lessons to participants of similar swim ability. If you are interested in setting up semi-private swim lessons, please call Julie at 425-452-4444.

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.

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.

Bellevue Aquatic Center Registration Dates:

Programs listed in PLAIN TYPEFACE:
Resident: Nov. 3 / Non-Resident: Nov. 12

Programs listed in UNDERLINE:
Resident: Feb. 2 / Non-Resident: Feb. 11

Programs listed in BOLD:
Resident: Mar. 9 / Non-Resident: Mar. 18

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

ADULT INTRO: Beginning swim classes for students age 13 years and up.

ADULT INTERMEDIATE: Continued development as students become comfortable in deep water.

ADULT ADVANCED: Development and refinement of the crawlstroke. Introduction of backstroke, breaststroke, and sidestroke.

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.

PARENT/TOT 2 SWIM LESSONS

91183	5:10-5:40pm	Mon, Wed	Jan 05-28	\$83.20
91184	10:45-11:15am	Sat	Jan 10-Feb 14	\$62.40
92480	5:10-5:40pm	Mon, Wed	Feb 02-Mar 04	\$83.20
92580	10:45-11:15am	Sat	Feb 28-Mar 04	\$62.40
92889	5:10-5:40pm	Mon, Wed	Mar 09-Apr 01	\$83.20
92927	5:10-5:40pm	Mon, Wed	Apr 13-May 06	\$83.20
92928	10:45-11:15am	Sat	Apr 18-Jun 06	\$83.20

PARENT/TOT SWIM LESSONS

91190	11-11:30am	Mon, Wed	Jan 05-28	\$83.20
91191	10:45-11:15am	Sat	Jan 10-Feb 14	\$62.40
92481	6:20-6:50pm	Tue, Thu	Jan 06-29	\$83.20
92582	11:20-11:50am	Sun	Jan 11-Feb 15	\$62.40
92138	11-11:30am	Mon, Wed	Feb 02-Mar 04	\$83.20
92482	6:20-6:50pm	Tue, Thu	Feb 03-Mar 05	\$83.20
92581	10:45-11:15am	Sat	Feb 28-Apr 04	\$62.40
92583	11:20-11:50am	Sun	Mar 01-Apr 05	\$62.40
92876	11-11:30am	Mon, Wed	Mar 09-Apr 01	\$83.20
92879	6:20-6:50pm	Tue, Thu	Mar 17-Apr 09	\$83.20
92877	11-11:30am	Mon, Wed	Apr 13-May 06	\$83.20
92878	6:20-6:50pm	Tue, Thu	Apr 14-May 07	\$83.20
92929	10:10-10:40am	Sat	Apr 18-Jun 06	\$83.20
92930	11:20-11:50am	Sun	Apr 19-Jun 07	\$83.20

PRESCHOOL 1 SWIM LESSONS

91238	4-4:30pm	Mon, Wed	Jan 05-28	\$94.40
91244	10-10:30am	Mon, Wed	Jan 05-28	\$94.40
92466	6:20-6:50pm	Mon, Wed	Jan 05-28	\$94.40
92467	4:35-5:05pm	Tue, Thu	Jan 06-29	\$94.40
92469	9-9:30am	Sat	Jan 10-Feb 14	\$70.80
92470	10:10-10:40am	Sat	Jan 10-Feb 14	\$70.80
92471	9:35-10:05am	Sun	Jan 11-Feb 15	\$70.80
92472	10:45-11:15am	Sun	Jan 11-Feb 15	\$70.80
92473	11:20-11:50am	Sun	Jan 11-Feb 15	\$70.80
92136	10-10:30am	Mon, Wed	Feb 02-Mar 04	\$94.40
92464	4-4:30pm	Mon, Wed	Feb 02-Mar 04	\$94.40
92465	6:20-6:50pm	Mon, Wed	Feb 02-Mar 04	\$94.40
92468	4:35-5:05pm	Tue, Thu	Feb 03-Mar 05	\$94.40
92587	9-9:30am	Sat	Feb 28-Apr 04	\$70.80
92588	10:10-10:40am	Sat	Feb 28-Apr 04	\$70.80
92596	9:35-10:05am	Sun	Mar 01-Apr 05	\$70.80
92597	10:45-11:15am	Sun	Mar 01-Apr 05	\$70.80
92598	11:20-11:50am	Sun	Mar 01-Apr 05	\$70.80
92880	10-10:30am	Mon, Wed	Mar 09-Apr 01	\$94.40
92884	4-4:30pm	Mon, Wed	Mar 09-Apr 01	\$94.40
92885	5:10-5:40pm	Tue, Thu	Mar 10-Apr 02	\$94.40
92886	6:20-6:50pm	Tue-Wed	Mar 10-Apr 01	\$94.40
92911	10-10:30am	Mon, Wed	Apr 13-May 06	\$94.40
92919	4-4:30pm	Mon, Wed	Apr 13-May 06	\$94.40
92920	5:10-5:40pm	Tue, Thu	Apr 14-May 07	\$94.40
92921	6:20-6:50pm	Tue, Thu	Apr 14-May 07	\$94.40
92922	9-9:30am	Sat	Apr 18-Jun 06	\$94.40
92923	10:10-10:40am	Sat	Apr 18-Jun 06	\$94.40
92924	9:35-10:05am	Sun	Apr 19-Jun 07	\$94.40
92925	10:45-11:15am	Sun	Apr 19-Jun 07	\$94.40
92926	11:20-11:50am	Sun	Apr 19-Jun 07	\$94.40



BELLEVUE AQUATIC CENTER

Pool Schedule • Valid January 2 through February 28, 2015

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 9:00-12:30	
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)	Deep Wtr Ex Sat 10-11	
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	12:30-2:30 Open & Lap Swim	
3:00	HIGH SCHOOL SWIM TEAMS					Swim Teams 2:30-4:30	Pool Rentals 2:30-4:30
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 OT	Open & Lap Swim	Lap Swim Swim Teams Scuba OT	Open & Lap Swim		
8:00							

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

Warm Springs Therapy Pool

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

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.

Important Aquatic Center Information



PRESCHOOL 2 SWIM LESSONS

91315	10:30-11am	Mon, Wed	Jan 05-28	\$94.40
91316	10:45-11:15am	Sat	Jan 10-Feb 14	\$70.80
92474	4:35- 5:05pm	Mon, Wed	Jan 05-28	\$94.40
92476	5:45- 6:15pm	Mon, Wed	Jan 05-28	\$94.40
92503	4- 4:30pm	Tue, Thu	Jan 06-29	\$94.40
92606	11:20-11:50am	Sat	Jan 10-Feb 14	\$70.80
92608	10:10-10:40am	Sun	Jan 11-Feb 15	\$70.80
92610	11:55am-12:25pm	Sun	Jan 11-Feb 15	\$70.80
92137	10:30-11am	Mon, Wed	Feb 02-Mar 04	\$94.40
92475	4:35- 5:05pm	Mon, Wed	Feb 02-Mar 04	\$94.40
92477	5:45- 6:15pm	Mon, Wed	Feb 02-Mar 04	\$94.40
92504	4- 4:30pm	Tue, Thu	Feb 03-Mar 05	\$94.40
92599	10:45-11:15am	Sat	Feb 28-Apr 04	\$70.80
92607	11:20-11:50am	Sat	Feb 28-Apr 04	\$70.80
92609	10:10-10:40am	Sun	Mar 01-Apr 05	\$70.80
92611	11:55am-12:25pm	Sun	Mar 01-Apr 05	\$70.80
92881	10:30-11am	Mon, Wed	Mar 09-Apr 01	\$94.40
92882	5:10- 5:40pm	Mon, Wed	Mar 09-Apr 01	\$94.40
92883	4- 4:30pm	Tue, Thu	Mar 10-Apr 02	\$94.40
92912	10:30-11am	Mon, Wed	Apr 13-May 06	\$94.40
92913	5:10- 5:40pm	Mon, Wed	Apr 13-May 06	\$94.40
92914	4- 4:30pm	Tue, Thu	Apr 14-May 07	\$94.40
92915	10:45-11:15am	Sat	Apr 18-Jun 06	\$94.40
92916	11:20-11:50am	Sat	Apr 18-Jun 06	\$94.40
92917	10:10-10:40am	Sun	Apr 19-Jun 07	\$94.40
92918	11:55am-12:25pm	Sun	Apr 19-Jun 07	\$94.40

PRESCHOOL 3 SWIM LESSONS

91384	4- 4:30pm	Mon, Wed	Jan 05-28	\$94.40
91386	9:35-10:05am	Sat	Jan 10-Feb 14	\$70.80
92479	5:10- 5:40pm	Tue, Thu	Jan 06-29	\$94.40
92613	11:55am-12:25pm	Sat	Jan 10-Feb 14	\$70.80
92615	10:45-11:15am	Sun	Jan 11-Feb 15	\$70.80
92478	4- 4:30pm	Mon, Wed	Feb 02-Mar 04	\$94.40
92612	9:35-10:05am	Sat	Feb 28-Apr 04	\$70.80
92614	11:55am-12:25pm	Sat	Feb 28-Apr 04	\$70.80
92616	10:45-11:15am	Sun	Mar 01-Apr 05	\$70.80
92891	6:20- 6:50pm	Mon, Wed	Mar 09-Apr 01	\$94.40
92892	4:35- 5:05pm	Tue, Thu	Mar 10-Apr 02	\$94.40
92931	6:20- 6:50pm	Mon, Wed	Apr 13-May 06	\$94.40
92932	4:35- 5:05pm	Tue, Thu	Apr 14-May 07	\$94.40
92933	9:35-10:05am	Sat	Apr 18-Jun 06	\$94.40
92934	11:55am-12:25pm	Sat	Apr 18-Jun 06	\$94.40
92935	10:45-11:15am	Sun	Apr 19-Jun 07	\$94.40

PRESCHOOL 4 SWIM LESSONS

91431	4:35- 5:05pm	Mon, Wed	Jan 05-28	\$94.40
91433	11:20-11:50am	Sat	Jan 10-Feb 14	\$70.80
92488	4- 4:30pm	Tue, Thu	Jan 06-29	\$94.40
92772	10:10-10:40am	Sun	Jan 11-Feb 15	\$70.80
92774	9- 9:30am	Sun	Jan 11-Feb 15	\$70.80
92486	4:35- 5:05pm	Mon, Wed	Feb 02-Mar 04	\$94.40
92487	4- 4:30pm	Tue, Thu	Feb 03-Mar 05	\$94.40
92771	11:20-11:50am	Sat	Feb 28-Apr 04	\$70.80
92773	10:10-10:40am	Sun	Mar 01-Apr 05	\$70.80
92775	9- 9:30am	Sun	Mar 01-Apr 05	\$70.80
92893	4:35- 5:05pm	Mon, Wed	Mar 09-Apr 01	\$94.40
92894	5:45- 6:15pm	Tue, Thu	Mar 10-Apr 02	\$94.40
92936	4:35- 5:05pm	Mon, Wed	Apr 13-May 06	\$94.40
92937	5:45- 6:15pm	Tue, Thu	Apr 14-May 07	\$94.40
92938	11:20-11:50am	Sat	Apr 18-Jun 06	\$94.40
92939	9- 9:30am	Sun	Apr 19-Jun 07	\$94.40
92940	10:10-10:40am	Sun	Apr 19-Jun 07	\$94.40

PRESCHOOL 5 SWIM LESSONS

91463	5:45- 6:15pm	Mon, Wed	Jan 05-28	\$94.40
91465	11:55am-12:25pm	Sat	Jan 10-Feb 14	\$70.80
92777	10:45-11:15am	Sun	Jan 11-Feb 15	\$70.80
92489	5:45- 6:15pm	Mon, Wed	Feb 02-Mar 04	\$94.40
92776	11:55am-12:25pm	Sat	Feb 28-Apr 04	\$70.80
92778	10:45-11:15am	Sun	Mar 01-Apr 05	\$70.80
92895	5:45- 6:15pm	Tue, Thu	Mar 10-Apr 02	\$94.40
92897	4- 4:30pm	Mon, Wed	Mar 09-Apr 01	\$94.40
92941	4- 4:30pm	Mon, Wed	Apr 13-May 06	\$94.40
92942	5:45- 6:15pm	Tue, Thu	Apr 14-May 07	\$94.40
92943	11:55am-12:25pm	Sat	Apr 18-Jun 06	\$94.40
92944	10:45-11:15am	Sun	Apr 19-Jun 07	\$94.40

Bellevue Aquatic Center Registration Dates:

Programs listed in PLAIN TYPFACE:
Resident: Nov. 3/ Non-Resident: Nov. 12

Programs listed in UNDERLINE:
Resident: Feb. 2 / Non-Resident: Feb. 11

Programs listed in BOLD:
Resident: Mar. 9 / Non-Resident: Mar. 18

YOUTH LEVEL 1 SWIM LESSON

92215	4- 4:30pm	Mon, Wed	Jan 05-28	\$94.40
92217	9- 9:30am	Sat	Jan 10-Feb 14	\$70.80
92492	6:20- 6:50pm	Mon, Wed	Jan 05-28	\$94.40
92493	4:35- 5:05pm	Tue, Thu	Jan 06-29	\$94.40
92780	11:55am-12:25pm	Sat	Jan 10-Feb 14	\$70.80
92782	9:35-10:05am	Sun	Jan 11-Feb 15	\$70.80
92784	10:10-10:40am	Sun	Jan 11-Feb 15	\$70.80
92490	4- 4:30pm	Mon, Wed	Feb 02-Mar 04	\$94.40
92491	6:20- 6:50pm	Mon, Wed	Feb 02-Mar 04	\$94.40
92494	4:35- 5:05pm	Tue, Thu	Feb 03-Mar 05	\$94.40
92779	9- 9:30am	Sat	Feb 28-Apr 04	\$70.80
92781	11:55am-12:25pm	Sat	Feb 28-Apr 04	\$70.80
92783	9:35-10:05am	Sun	Mar 01-Apr 05	\$70.80
92785	10:10-10:40am	Sun	Mar 01-Apr 05	\$70.80
92898	6:20- 6:50pm	Mon, Wed	Mar 09-Apr 01	\$94.40
92899	4:35- 5:05pm	Tue, Thu	Mar 10-Apr 02	\$94.40
92956	6:20- 6:50pm	Mon, Wed	Apr 13-May 06	\$94.40
92957	6:20- 6:50pm	Tue, Thu	Apr 14-May 07	\$94.40
92958	9- 9:30am	Sat	Apr 18-Jun 06	\$94.40
92959	11:55am-12:55pm	Sat	Apr 18-Jun 06	\$94.40
92960	9:35-10:05am	Sun	Apr 19-Jun 07	\$94.40
92961	10:10-10:40am	Sun	Apr 19-Jun 07	\$94.40

YOUTH LEVEL 2 SWIM LESSONS

92268	4:35- 5:05pm	Mon, Wed	Jan 05-28	\$90
92269	9:35-10:05am	Sat	Jan 10-Feb 14	\$67.50
92496	4- 4:30pm	Tue, Thu	Jan 06-29	\$90
92499	5:10- 5:40pm	Tue, Thu	Jan 06-29	\$90
92787	10:45-11:15am	Sun	Jan 11-Feb 15	\$67.50
92789	11:55am-12:25pm	Sun	Jan 11-Feb 15	\$67.50
92495	4:35- 5:05pm	Mon, Wed	Feb 02-Mar 04	\$90
92497	4- 4:30pm	Tue, Thu	Feb 03-Mar 05	\$90
92498	5:10- 5:40pm	Tue, Thu	Feb 03-Mar 05	\$90
92786	9:35-10:05am	Sat	Feb 28-Apr 04	\$67.50
92788	10:45-11:15am	Sun	Mar 01-Apr 05	\$67.50
92790	11:55am-12:25pm	Sun	Mar 01-Apr 05	\$67.50
92900	5:45- 6:15pm	Mon, Wed	Mar 09-Apr 01	\$90
92901	4- 4:30pm	Tue, Thu	Mar 10-Apr 02	\$90
92962	5:45- 6:15pm	Mon, Wed	Apr 13-May 06	\$90
92963	4- 4:30pm	Tue, Thu	Apr 14-May 07	\$90
92964	9:35-10:05am	Sat	Apr 18-Jun 06	\$90
92965	10:45-11:15am	Sun	Apr 19-Jun 07	\$90
92966	11:55am-12:25pm	Sun	Apr 19-Jun 07	\$90

YOUTH LEVEL 3 SWIM LESSON

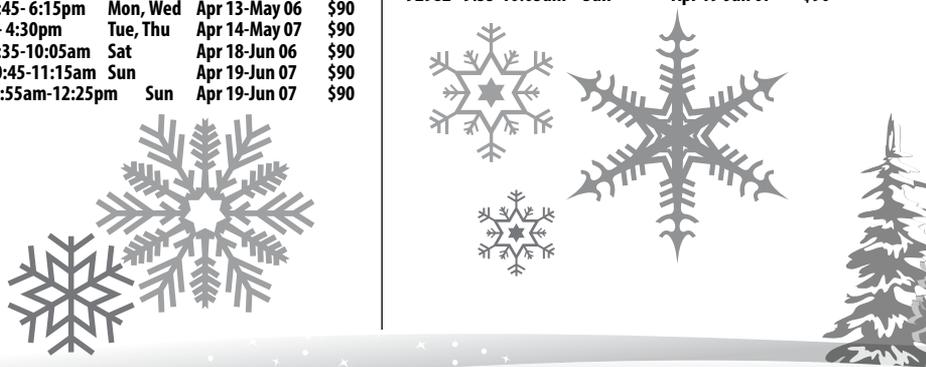
92314	5:45- 6:15pm	Mon, Wed	Jan 05-28	\$90
92319	11:20-11:50am	Sat	Jan 10-Feb 14	\$67.50
92501	4:35- 5:05pm	Tue, Thu	Jan 06-29	\$90
92792	10:10-10:40am	Sun	Jan 11-Feb 15	\$67.50
92794	11:20-11:50am	Sun	Jan 11-Feb 15	\$67.50
92796	11:55am-12:25pm	Sun	Jan 11-Feb 15	\$67.50
92500	5:45- 6:15pm	Mon, Wed	Feb 02-Mar 04	\$90
92502	4:35- 5:05pm	Tue, Thu	Feb 03-Mar 05	\$90
92791	11:20-11:50am	Sat	Feb 28-Apr 04	\$67.50
92793	10:10-10:40am	Sun	Mar 01-Apr 05	\$67.50
92795	11:20-11:50am	Sun	Mar 01-Apr 05	\$67.50
92797	11:55am-12:25pm	Sun	Mar 01-Apr 05	\$67.50
92904	4:35- 5:05pm	Mon, Wed	Mar 09-Apr 01	\$90
92905	4:35- 5:05pm	Tue, Thu	Mar 10-Apr 02	\$90
92906	5:10- 5:40pm	Tue, Thu	Mar 10-Apr 02	\$90
92967	4:35- 5:05pm	Mon, Wed	Apr 13-May 06	\$90
92968	4:35- 5:05pm	Tue, Thu	Apr 14-May 07	\$90
92969	5:10- 5:40pm	Tue, Thu	Apr 14-May 07	\$90
92970	11:20-11:50am	Sat	Apr 18-Jun 06	\$90
92971	11:20-11:50am	Sun	Apr 19-Jun 07	\$90
92972	10:10-10:40am	Sun	Apr 19-Jun 07	\$90

YOUTH LEVEL 4 SWIM LESSONS

92358	5:10- 5:40pm	Mon, Wed	Jan 05-28	\$90
92360	9- 9:30am	Sat	Jan 10-Feb 14	\$67.50
92506	5:45- 6:15pm	Tue, Thu	Jan 06-29	\$90
92799	11:20-11:50am	Sat	Jan 10-Feb 14	\$67.50
92801	9- 9:30am	Sun	Jan 11-Feb 15	\$67.50
92803	11:55am-12:25pm	Sun	Jan 11-Feb 15	\$67.50
92505	5:10- 5:40pm	Mon, Wed	Feb 02-Mar 04	\$90
92507	5:45- 6:15pm	Tue, Thu	Feb 03-Mar 05	\$90
92798	9- 9:30am	Sat	Feb 28-Apr 04	\$67.50
92800	11:20-11:50am	Sat	Feb 28-Apr 04	\$67.50
92802	9- 9:30am	Sun	Mar 01-Apr 05	\$67.50
92804	11:55am-12:25pm	Sun	Mar 01-Apr 05	\$67.50
92902	4- 4:30pm	Mon, Wed	Mar 09-Apr 01	\$90
92903	5:45- 6:15pm	Tue, Thu	Mar 10-Apr 02	\$90
92973	4- 4:30pm	Mon, Wed	Apr 13-May 06	\$90
92974	5:10- 5:45pm	Tue, Thu	Apr 14-May 07	\$90
92975	9- 9:30am	Sat	Apr 18-Jun 06	\$90
92976	11:20-11:50am	Sat	Apr 18-Jun 06	\$90
92977	9- 9:30am	Sun	Apr 19-Jun 07	\$90
92978	11:55am-12:25pm	Sun	Apr 19-Jun 07	\$90

YOUTH LEVEL 5 SWIM LESSONS

92395	5:10- 5:40pm	Mon, Wed	Jan 05-28	\$90
92509	6:20- 6:50pm	Tue, Thu	Jan 06-29	\$90
92805	9:35-10:05am	Sat	Jan 10-Feb 14	\$67.50
92807	11:55am-12:25pm	Sat	Jan 10-Feb 14	\$67.50
92809	9:35-10:05am	Sun	Jan 11-Feb 15	\$67.50
92508	5:10- 5:40pm	Mon, Wed	Feb 02-Mar 04	\$90
92510	6:20- 6:50pm	Tue, Thu	Feb 03-Mar 05	\$90
92806	9:35-10:05am	Sat	Feb 28-Apr 04	\$67.50
92808	11:55am-12:25pm	Sat	Feb 28-Apr 04	\$67.50
92810	9:35-10:05am	Sun	Mar 01-Apr 05	\$67.50
92907	5:45- 6:15pm	Mon, Wed	Mar 09-Apr 01	\$90
92908	5:10- 5:40pm	Tue, Thu	Mar 10-Apr 02	\$90
92979	5:45- 6:15pm	Mon, Wed	Apr 13-May 06	\$90
92980	5:10- 5:40pm	Tue, Thu	Apr 14-May 07	\$90
92981	9:35-10:05am	Sat	Apr 18-Jun 06	\$90
92983	11:55am-12:25pm	Sat	Apr 18-Jun 06	\$90
92982	9:35-10:05am	Sun	Apr 19-Jun 07	\$90





YOUTH LEVEL 6 SWIM LESSONS

92428	5:45-6:15pm	Tue, Thu	Jan 06-29	\$90
92811	10:10-10:40am	Sat	Jan 10-Feb 14	\$67.50
92813	11:20-11:50am	Sun	Jan 11-Feb 15	\$67.50
92553	5:45-6:15pm	Tue, Thu	Feb 03-Mar 05	\$90
92812	10:10-10:40am	Sat	Feb 28-Apr 04	\$67.50
92814	11:20-11:50am	Sun	Mar 01-Apr 05	\$67.50
92909	4-4:30pm	Tue, Thu	Mar 10-Apr 02	\$90
92910	5:10-5:40pm	Mon, Wed	Mar 09-Apr 01	\$90
92984	5:10-5:40pm	Mon, Wed	Apr 13-May 06	\$90
92985	4-4:30pm	Tue, Thu	Apr 14-May 07	\$90
92986	10:10-10:40am	Sat	Apr 18-Jun 06	\$90
92987	11:20-11:50am	Sun	Apr 19-Jun 07	\$90
92988	11:55am-12:25pm	Sun	Apr 19-Jun 07	\$90

PRE-COMPETITION SWIM LESSONS

91208	5:10-5:40pm	Tue, Thu	Jan 06-29	\$90
91209	10:45-11:15am	Sat	Jan 10-Feb 14	\$67.50
92585	9-9:30am	Sun	Jan 11-Feb 15	\$67.50
92564	5:10-5:40pm	Tue, Thu	Feb 03-Mar 05	\$90
92584	10:45-11:15am	Sat	Feb 28-Apr 04	\$67.50
92586	9-9:30am	Sun	Mar 01-Apr 05	\$67.50
92890	4:35-5:05pm	Mon, Wed	Mar 09-Apr 01	\$90
92989	4:35-5:05pm	Mon, Wed	Apr 06-29	\$90
92990	10:45-11:15am	Sat	Apr 18-Jun 06	\$90
92991	9-9:30am	Sun	Apr 19-Jun 07	\$90

ADULT INTRO SWIM LESSONS

91171	9-10am	Sat	Jan 10-Feb 14	\$135
92483	6:20-6:50pm	Mon, Wed	Feb 02-Mar 04	\$90
92579	9-10am	Sat	Feb 28-Apr 04	\$135
91170	5:45-6:15pm	Mon, Wed	Mar 09-Apr 01	\$90
92951	5:45-6:15pm	Mon, Wed	Apr 13-May 06	\$90
92952	9-10am	Sat	Apr 18-Jun 06	\$90

ADULT INTERMEDIATE SWIM LESSONS

91160	5:45-6:15pm	Tue, Thu	Jan 06-29	\$90
91161	9-10am	Sun	Jan 11-Feb 15	\$135
92484	5:45-6:15pm	Tue, Thu	Feb 03-Mar 05	\$90
92578	9-10am	Sun	Mar 01-Apr 05	\$135
92888	6:20-6:50pm	Mon, Wed	Mar 09-Apr 01	\$90
92947	6:20-6:50pm	Mon, Wed	Apr 13-May 06	\$90
92948	9-10am	Sun	Apr 19-Jun 07	\$90

ADULT ADVANCED SWIM LESSONS

88043	6:20-6:50pm	Mon, Wed	Sep 22-Oct 15	\$90
88044	10:45-11:45am	Sat	Sep 27-Nov 01	\$135
88045	6:20-6:50pm	Mon, Wed	Oct 20-Nov 12	\$90
88047	10:45-11:45am	Sat	Nov 08-Dec 20	\$135
88048	6:20-6:50pm	Tue, Thu	Nov 18-Dec 18	\$90

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
1-5:30pm Wed Ongoing

CREATIVE KIDS AFTER SCHOOL ART 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 more. Participant must be in 2nd - 5th grade. Staff will provide walking transportation from Clyde Hill Elem. to the Northwest Arts Center. For more information call 425 452-4106. Min 10/Max 14

Northwest Arts Center

\$150(R) \$180(N) Age: 7Y - 11Y

90505 12:30-3pm Wed Jan 07-Feb 11

90510 12:30-3pm Wed Feb 25-Apr 01

\$200(R) \$240(N) Age: 7Y - 11Y

90511 12:30-3pm Wed Apr 15-Jun 03

Mid-Winter Break Camps

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

\$200(R) \$240(N) Age: 9Y - 14Y
90613 10am-3pm Tue-Fri Feb 17-20

CREATIVE KIDS DAY CAMP

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 more. Participant must be in 2st - 5th grade. Min 1/Max 20

Northwest Arts Center

Mid-Winter Break Camp

\$200(R) \$220(N) Age: 7Y - 11Y
90512 9am-3pm Tue-Fri Feb 17-20

KELSEY CREEK FARM 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 10

Kelsey Creek Farm

\$138(R) \$152(N) Age: 4Y - 6Y
90733 10am-1pm Mon-Fri Feb 16-20



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 35

Tyee Middle School Site
 \$154(R) \$185(N) Age: 7Y - 12Y
 91031 8am-4pm Tue-Fri Feb 17-20

TEEN SNOWSHOE MID-WINTER BREAK TRIPS

Enjoy the snow this break! We will head into the hills for a winter adventures. A great opportunity for beginners or more experienced teens. Snowshoe, build a snow shelter, track wildlife, and enjoy some hot coca on a day away from your usual routine. Snowshoes and outdoor gear provided. Dress for the weather. Min 4/Max 10 Highland Community Center

\$50 Age: 11Y - 15Y
 89647 9am-3pm Tue Feb 17

Spring Break Camps

ROCK CLIMBING CAMP

Get a jump start on your rock climbing skills in a safe and fun climbing environment on SBCC's 33 foot indoor climbing wall. There will be climbing routes and fun, but challenging games for every level of ability from beginner to expert. Weather-permitting, campers will take field trips to Marymoor Park and Exit 38 east of North Bend for outdoor climbing and return by 4:00PM. All climbing equipment is provided. Campers need to bring a pack with lunch, sunscreen and a hat. Climbing shoes are recommended but are not required. Min 4/Max 5

South Bellevue Community Center
 \$245(R) \$290(N) Age: 8Y - 13Y
 89560 9am-4pm Mon-Fri Apr 06-10



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, role size, and number of lines. Extended care is available for this camp. Min 10/Max 25 Ivanhoe Park Site

Seven Super Siblings

It's a bird! It's a plane! It's Seven Super Siblings! Based on the children's story, Seven Chinese Brothers, this is great for boys and girls of all ages. Coming Spring of 2015, this is a fantastic adventure you won't want to miss!

\$194.50(R) \$229.50(N) Age: 5Y - 12Y
 89703 9:30am-3pm Mon-Fri Apr 06-10

Seven Super Siblings Extended Care

\$57.50(R) \$64.50(N) Age: 5Y - 12Y
 89698 7:30am-5:30pm Mon-Fri Apr 06-10

CREATIVE KIDS DAY CAMP

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 more. Participant must be in 2st - 5th grade. Min 15/ Max 20

Northwest Arts Center
 \$250(R) \$275(N) Age: 7Y - 11Y
 90513 9am-3pm Mon-Fri Apr 06-10

HIGH ADVENTURE CAMP

What appeals to your sense of a spring break adventure? If it is hiking in the Cascades, snowshoeing, parkour, sledging, geocaching, or just hanging with friends outdoors, then join our expert guides for an action packed week 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
 \$200(R) \$220(N) Age: 10Y - 14Y
 89645 9am-3pm Mon-Fri Apr 06-10





SPORTS CAMP

A week of fast paced action where kids will have a blast! Campers will receive instruction and participate in a variety of sports including basketball, dodgeball, indoor soccer and floor-hockey. Outdoor activities will take place as weather allows. A field trip to a local recreational attraction is included in the price of camp. Please bring a lunch, snack and water bottle. Min 10/Max 25

Tyee Middle School Site
 \$192(R) \$214(N) Age: 7Y - 12Y
 91028 8am-4pm Mon-Fri Apr 06-10

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
 91029 9am-12pm Mon-Fri Apr 06-10
 \$181(R) \$217(N) Age: 7Y - 13Y
 91030 9am-3pm Mon-Fri Apr 06-10

KELSEY CREEK FARM SPRING BREAK CAMP

Time to get outside! Grab your boots and let's work on the Farm! We'll learn about our animals, work in the barn and mix up treats for both the animals and ourselves. We'll create, explore and learn in this hands-on camp. Snack provided. Min 6/Max 10

Kelsey Creek Farm
 \$138(R) \$152(N) Age: 4Y - 6Y
 90789 10am-1pm Mon-Fri Apr 06-10

Mid-Winter & Spring Break Camps

FITNESS - SPORTBALL FITKIDS CAMP

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

South Bellevue Community Center
 \$124(R) \$149(N) Age: 6Y - 10Y
 90790 1-4pm Tue-Fri Feb 17-20
 \$155(R) \$186(N) Age: 6Y - 9Y
 90791 1-4pm Mon-Fri Apr 06-10

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. Please bring water bottle and snack. Ages: 3-5 MUST be potty trained, Min 8/Max 12

Northwest Arts Center
 \$124(R) \$148(N) Age: 3Y - 5Y
 89871 9am-12pm Tue-Fri Feb 17-20
 \$124(R) \$148(N) Age: 6Y - 9Y
 89872 1-4pm Tue-Fri Feb 17-20
 \$155(R) \$185(N) Age: 3Y - 5Y
 89874 9am-12pm Mon-Fri Apr 06-10
 \$155(R) \$185(N) Age: 6Y - 9Y
 89873 1-4pm Mon-Fri Apr 06-10

I-BALL MID WINTER & SPRING BREAK SKILLS CAMP

The City of Bellevue and i-Ball have partnered to offer Pro Basketball Camps for kids, ages 6-14. i-Ball is ran by professional basketball player and former Globetrotter's Harlem All-Star, Kyle Keyes along with i-Ball staff. Players will have a fun and exciting experience learning a wide array of basketball skills, developing sportsmanship and playing games at i-Ball Skills Camps. Players will be drilled throughout camp on the proper form and technique that it takes to be both confident and successful in real games. Players will gain a wealth of basketball knowledge at i-Ball Camps. Min 15/Max 40

Crossroads Community Center
 \$164(R) \$197(N) Age: 6Y - 14Y
 91085 9am-3pm Tue-Fri Feb 17-20
 91088 9am-3pm Mon-Thu Apr 06-09

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
 88069 1-3pm Thu Jan 08-Dec 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
 89667 10:30am- 1:30pm Mon Jan 05-26
 89668 10:30am- 1:30pm Mon Feb 02-23
 89670 10:30am- 1:30pm Mon Apr 13-27
 \$25.50(R) \$30.50(N) Age: 18Y and up
 89669 10:30am- 1:30pm Mon Mar 02-30

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
 89658 10am-12pm Fri Jan 02-Apr 24

GLASS FUSION

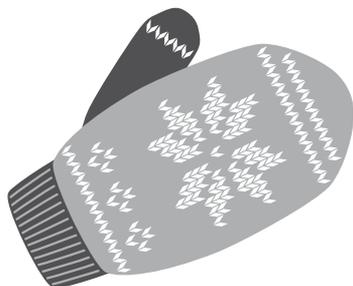
Combine the elements of 'Fire and Ice' to create fabulous jewel-like art pieces. Glass Fusion provides through step-by-step instruction, the basics of glass art. Projects include small jewelry pieces, plates, platters, candle holders and much more. Materials included. Accommodations provided for people with disabilities. Min 6/Max 9

Northwest Arts Center
 \$185(R) \$220(N) Age: 18Y and up
 89543 9-10:30am Thu Jan 08-Mar 05
 89544 9-10:30am Thu Mar 19-May 14

RED CROSS KNITTING GROUP

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

North Bellevue Community Center
 FREE Age: 18Y and up
 88256 11am- 3pm Wed Jan 07-Dec 23



STONEWARE CREATIONS

Stoneware Creations provides an introduction for beginning & intermediate students to 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 9

Northwest Arts Center
 \$185(R) \$220(N) Age: 18Y and up
 89538 11am- 1pm Thu Jan 08-Mar 05
 89539 11am- 1pm Thu Mar 19-May 14

Programs for Youth and Families

ZENTANGLE BASICS

Zentangle is an easy to learn method of creating beautiful images from repetitive patterns. This class will introduce you to the Zentangle drawing method. A two-hour workshop will cover the history, the applications, and the steps of creating an original Zentangle tile. Workshops will occur weekly and will cover different material. This class is for all levels and requires no prior artistic experience. \$5.00 supply fee to be paid to instructor at first class. Min 8/Max 15

South Bellevue Community Center
 \$35(R) \$41(N) Age: 18Y and up
 90672 10am-12pm Sat Jan 10
 90673 10am-12pm Sat Feb 07
 90675 10am-12pm Sat Mar 07
 90674 10am-12pm Sat Apr 18

ZENTANGLE ADVANCED

Advanced Zentangle will explore either advanced tangles, strings, shading, Black or Renaissance tiles. Zentangle basic workshop required prior to taking this workshop. Supplies included. Min 5/Max 10

South Bellevue Community Center
 \$40(R) \$48 Age: 16Y and up
 90684 10am-12pm Sat Jan 31
 90685 10am-12pm Sat Feb 28
 90686 10am-12pm Sat Mar 28
 90687 10am-12pm Sat Apr 25

DRAWING & PAINTING FUNDAMENTALS

Students learn basic drawing skills through value studies, perspective, line and sketching techniques. 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
 89875 4- 5:30pm Thu Jan 29-Mar 26
 89876 4- 5:30pm Thu Apr 23-Jun 11

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 \$4 Age: 10Y and up
 88066 6- 8:30pm Tue Jan 06-Apr 28



Personal Training & Fitness Centers

PERSONAL TRAINING

Appointments can be scheduled by contacting the trainers directly.

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

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

A 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 10-15 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.

MEET OUR PERSONAL TRAINERS

Sara Grandstrand, MS, ATC/L, CSCS
Grandstrand Athletic Training

Phone: 425-765-8980

Email: sara.atc@gmail.com



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

experience in a variety of sports medicine related settings including athletic training, biomechanics, performance enhancement and rehabilitation. She is also the head athletic trainer 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.

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!

Diane Price,

DC, LMP, NCSF-CPT, American Red Cross Instructor

Phone: 425-691-7594

Email: diane.price@outlook.com



Diane is a Personal Trainer as well as a Doctor of Chiropractic and a Licensed Massage Therapist. She practiced and operated a Chiropractic and Massage Therapy clinic for 16 years and completed a 300+ hour post-graduate program on exercise rehabilitation. Additionally,

Diane is affiliated with Weight Watchers and she has assisted hundreds of people to obtain their weight loss goals! She believes that everyone, at any age, is able to improve themselves both physically and nutritionally. She is an avid fitness participant and has always enjoyed helping people improve their health, reach their goals, and be the best that they can be!

HOLIDAY STUDENT SPECIAL

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

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



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, 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. **Now accepting Silver Sneakers members!**

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

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.

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

Cost	Time	Day	Age: 14Y and up
\$35			
76480	7-10pm	Thu	Nov 20
90984	7-10pm	Thu	Jan 15
90985	7-10pm	Thu	Mar 19

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

Cost	Time	Day	Age: 14Y and up
\$40			
76472	7-10pm	Tue	Nov 18
76473	7-10pm	Thu	Dec 04
76474	7-10pm	Tue	Dec 16
90960	7-10pm	Thu	Jan 08
90961	7-10pm	Tue	Jan 20
90962	7-10pm	Thu	Feb 05
90963	7-10pm	Tue	Feb 17
90964	7-10pm	Thu	Mar 05
90965	7-10pm	Tue	Mar 17
90966	7-10pm	Thu	Apr 02
90967	7-10pm	Tue	Apr 21

jazzercise®

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 COMM. CTR.

4063 148TH AVE NE • 425-452-7681

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 COMM. CTR.

14509 SE NEWPORT WAY • 425-452-4240

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

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

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



POTTERY STUDIO

In a fun and supportive environment, The Pottery Studio will introduce the pottersto 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
89880	10-11:30am	Sat Jan 31-Mar 28
89882	10-11:30am	Sat Apr 25-Jun 13
\$184(R)	\$214(N)	Age: 12Y - 17Y
89881	1-2:30pm	Sat Jan 31-Mar 28
89883	1-2:30pm	Sat Apr 25-Jun 13

Get Fit and Get Healthy

**MASSAGE THERAPY/
TUNE UP YOUR BODY!**

Relieve aches and pains. Experience a sense of balance and well-being. Move with greater comfort and ease. Elizabeth Strauss is a Licensed Massage Practitioner and Registered Jin Shin Do® Acupressurist, trained to work with older adults. All ages welcome. For a 30 min. session, please reserve one slot; for a 1 hour session please reserve two consecutive slots. Appointments are available the first Monday of each month. Call 425-452-7681 to make an appointment. 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.

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 FALL PREVENTION CAMPAIGN

Exercise is proven to help and maintain balance and reduce falls. 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.

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
88154	9-10am	Tue, Thu-Fri Jan 06-30
88191	9-10am	Tue, Thu-Fri Feb 03-27
\$36(R)	\$43(N)	Age: 50Y and up
88192	9-10am	Tue, Thu-Fri Mar 03-31
88193	9-10am	Thu-Fri, Tue Apr 02-30

ADULT SMALL GROUP TRAINING WITH SARA

This small group training class will help you achieve your fitness goals. Workouts will be individualized to meet each individuals' needs and fitness level. Sara will provide support, encouragement, and accountability to help you reach new heights in health and wellness. Min 2/Max 5

South Bellevue Community Center

\$100(R)	\$125(N)	Age: 18Y and up
89910	7:10-8pm	Mon Jan 12-Feb 23
\$160(R)	\$200(N)	Age: 18Y and up
89911	7:10-8pm	Mon Mar 02-Apr 27

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 25

South Bellevue Community Center

\$34.50(R)	\$41(N)	Age: 18Y and up
90322	10:15-11:15am	Mon, Wed Jan 12-28
\$55(R)	\$66(N)	Age: 18Y and up
90323	10:15-11:15am	Mon, Wed Feb 02-25
90324	10:15-11:15am	Mon, Wed Mar 02-30
90325	10:15-11:15am	Wed, Mon Apr 01-29



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 15 South Bellevue Community Center

\$36(R)	\$42(N)		All Ages
90252	9:15- 10:15am	Tue, Thu	Jan 13-29
90255	9:15- 10:15am	Tue, Thu	Apr 14-30
\$48(R)	\$56(N)		Age: 18Y and up
90253	9:15- 10:15am	Tue, Thu	Feb 03-26
\$60(R)	\$70(N)		All Ages
90254	9:15- 10:15am	Tue, Thu	Mar 03-Apr 02

Body & Mind

PILATES

This instructional class focuses on correct form/postural alignment, strengthening 'core' muscles, increasing body awareness and improving balance and flexibility. We combine pilates with yoga and barre exercises 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

\$55(R)	\$65(N)		Age: 13Y and up
90234	7:15- 8:15pm	Mon	Jan 12-Feb 23
90235	9:15- 10:15am	Fri	Jan 23-Feb 27
\$88(R)	\$104(N)		Age: 13Y and up
90236	7:15- 8:15pm	Mon	Mar 02-Apr 27
\$77(R)	\$92(N)		Age: 13Y and up
90237	9:15- 10:15am	Fri	Mar 06-Apr 24



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

\$18(R)	\$22.50(N)		Age: 18Y and up
88241	10:30-11:30am	Mon	Jan 05-26
88253	10:30-11:30am	Mon	Feb 02-23
\$32(R)	\$40(N)		Age: 18Y and up
88226	10:30-11:30am	Thu	Jan 08-29
88238	10:30-11:30am	Thu	Feb 05-26
88239	10:30-11:30am	Thu	Mar 05-26
\$24(R)	\$30(N)		Age: 18Y and up
88254	10:30-11:30am	Mon	Mar 02-30
88255	10:30-11:30am	Mon	Apr 06-27
\$40(R)	\$50(N)		Age: 18Y and up
88240	10:30-11:30am	Thu	Apr 02-30

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

\$60(R)	\$72(N)		Age: 13Y and up
90002	9-10am	Mon	Jan 12-Feb 23
\$120(R)	\$144(N)		Age: 13Y and up
90007	9-10am	Mon, Wed	Jan 12-Feb 25
\$84(R)	\$100(N)		Age: 13Y and up
89989	6:15- 7:15pm	Tue	Jan 13-Feb 24
90006	9-10am	Wed	Jan 14-Feb 25
89991	6:15- 7:15pm	Thu	Jan 15-Feb 26
\$140(R)	\$168(N)		Age: 13Y and up
89996	6:15- 7:15pm	Tue, Thu	Jan 13-Feb 26
\$108(R)	\$130(N)		Age: 13Y and up
90003	9-10am	Mon	Mar 02-Apr 27
89990	6:15- 7:15pm	Tue	Mar 03-Apr 28
90004	9-10am	Wed	Mar 04-Apr 29
89992	6:15- 7:15pm	Thu	Mar 05-Apr 30
\$180(R)	\$216(N)		Age: 13Y and up
90005	9-10am	Mon, Wed	Mar 02-Apr 29
89997	6:15- 7:15pm	Tue, Thu	Mar 03-Apr 30

YOGA FOR GARDENERS

Spring is here: time for happy garden work! Prepare yourself to move with more energy and less stress. Purna Yoga alignment helps you prevent injury. You will learn short effective sequences to warm up, strengthen, cool down, and relax. Instructor Monette teaches and coaches gardeners and volunteers at Master Gardener Clinics. Encouraged but not required: bring plants to swap with others (labeled and in one gallon containers.) Min 5/Max 30

South Bellevue Community Center
 \$30(R) \$35(N) Age: 13Y and up
 90418 12- 2:30pm Sat Mar 21

PURNA YOGA CLASSES

Students gain flexibility, strength and coordination by focusing on correct alignment while using props to make each pose accessible. Classes help each student feel more centered and peaceful while developing a deeper relationship with body, mind and spirit. With 2000 hours of teacher training, your Certified Purna Yoga teacher has a wealth of knowledge to share with you. All levels classes welcome beginning and experienced students to learn and to expand their knowledge of yoga poses. Wear comfortable clothing and bring a yoga mat to class if you have one. Additional props 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 30

South Bellevue Community Center

\$60(R)	\$72(N)		Age: 13Y and up
90263	7:15- 8:30pm	Tue	Jan 13-Feb 10
90264	7:15- 8:30pm	Thu	Jan 15-Feb 12
90265	7:15- 8:30pm	Tue	Feb 17-Mar 17
90266	7:15- 8:30pm	Thu	Feb 19-Mar 19
90267	7:15- 8:30pm	Tue	Mar 24-Apr 28
90268	7:15- 8:30pm	Thu	Mar 26-Apr 30



PURNA YOGA LEVEL 2

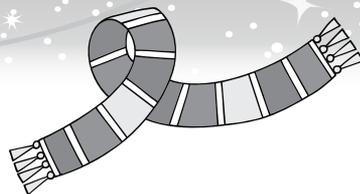
Focusing on correct alignment while using props to make each pose accessible, students gain flexibility, strength and coordination. Purna Yoga also helps each student feel more centered and peaceful as you learn to develop a new relationship with your body, mind and spirit. With 2000 hours of teacher 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 2/Max 20

South Bellevue Community Center
 \$60(R) \$72(N) Age: 13Y and up
 90296 11:45am- 1pm Sun Jan 18-Feb 15
 \$72(R) \$86(N) Age: 13Y and up
 90297 11:45am- 1pm Sun Feb 22-Mar 29
 \$48(R) \$58(N) Age: 13Y and up
 90298 11:45am- 1pm Sun Apr 05-26

HATHA YOGA

Join Maude 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
 \$66(R) \$80(N) Age: 18Y and up
 90481 3:30- 4:30pm Tue Jan 06-Feb 17
 90483 3:30- 4:30pm Thu Jan 08-Feb 19
 \$120(R) \$144(N) Age: 18Y and up
 90486 3:30- 4:30pm Tue, Thu Jan 06-Feb 19
 \$55(R) \$66(N) Age: 18Y and up
 90482 3:30- 4:30pm Tue Mar 03-31
 90484 3:30- 4:30pm Thu Mar 05-Apr 02
 90485 3:30- 4:30pm Tue Apr 14-May 12
 90488 3:30- 4:30pm Thu Apr 16-May 14
 \$110(R) \$132(N) Age: 18Y and up
 90487 3:30- 4:30pm Tue, Thu Mar 03-Apr 02
 90491 3:30- 4:30pm Tue, Thu Apr 14-May 14



YOGA / VINYASA YOGA SHAPE UP!

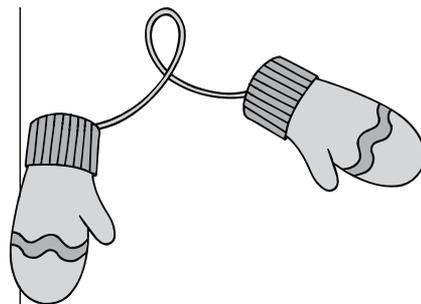
Candlelight Vinyasa Yoga Flow: This yoga is for everybody! It is an all levels, moderately paced, class softly lit by candlelight. This practice incorporates both yoga flow postures to get the breath and the body moving, as well as gentle poses to relax and calm the body and mind. Yoga builds strength, increase your flexibility and improve your balance, while releasing tension and clearing the mind. You will leave feeling rejuvenated and relaxed. Min 3/Max 10

North Bellevue Community Center
 \$40(R) \$48(N) Age: 16Y and up
 90886 7- 8pm Thu Jan 08-29
 90889 7- 8pm Thu Feb 05-26
 90890 7- 8pm Thu Mar 05-26
 \$50(R) \$60(N) Age: 16Y and up
 90891 7- 8pm Thu Apr 02-30

YOGA - ADVANCED

Stretching and flexibility exercises for the experienced yoga student. Workout especially geared for older adults with significant yoga training. Min 4/Max 15

North Bellevue Community Center
 \$7.50(R) \$9(N) Age: 50Y and up
 89549 10-11am Mon Jan 05-26
 89550 10-11am Mon Feb 02-23
 \$12.50(R) \$15(N) Age: 50Y and up
 89551 10-11am Mon Mar 02-30
 \$10(R) \$12(N) Age: 50Y and up
 89552 10-11am Mon Apr 06-27



YOGA FOR ADULTS 50+

Join us to find out why world-class athletes like Martina Navratilova say about yoga 'I love the way it makes me feel physically and mentally, both while I am doing it and afterward. Yoga combines core strength and spine flexibility...I believe that yoga is keeping me young and flexible, especially in my back.' Each class offers poses for stretching, active strengthening and deep relaxing. We focus on alignment for joint safety and use props to make poses accessible for many levels of experience and to help you progress individually. Benefits include: improved strength, flexibility and balance; reduced tension and worry; better bone, joint and weight health; increased mental clarity with an overall feeling of well-being. Wear comfortable clothing and bring a yoga mat if you have one. Min 5/Max 30

South Bellevue Community Center
 \$60(R) \$72(N) Age: 50Y and up
 90334 11:15am-12:30pm Tue Jan 13-Feb 10
 90335 11:15am-12:30pm Tue Feb 17-Mar 17
 90339 11:15am-12:30pm Tue Mar 24-Apr 28

FREE THANKSGIVING DAY INDOOR CYCLE CLASSES

Burn 600+ calories before your feast! Classes will be held at South Bellevue Community Center. Class times are: 7am, 8:15am, or 9:30am. FREE with a Target or Fred Meyer Gift card to purchase holiday gifts for disadvantaged kids in the Bellevue Boys and Girls Club at SBCC. Bring water and a towel. Pedals are SPD compatible.



Pre-registration is required at 425-452-4240. Ages 13+ and all fitness levels are welcome!

FREE CLASSES AT SBCC

It is Anniversary time once again! SBCC is turning 9 years "young" January 2015. To celebrate, many of our instructors invite you to attend a free class Jan 5th-11th. Exciting offerings include: Indoor Cycling, ZUMBA, Boot Camp with Karie, Strong & Fit for Seniors and Adults, Total Body Fitness, Purna Yoga, Pilates, Barre, Jazzercise, Yang Style, Tai Chi, Parkour, Post Rehab Strength and Conditioning, Ballet, Sportball and more! Try as many as you like to find that perfect fit for you. Instructors at SBCC are the best in the industry – enthusiastic, motivating, certified, and caring. You will achieve your goals and the results that you desire!

Call the South Bellevue Community Center at 425-452-4240 for more information. Free Class Schedule will also be posted on the SBCC internet page www.bellevuewa.gov.

Pre-registration is required at 425-452-4240. Ages 13+ and all fitness levels are welcome!

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

FIT LAB EXPRESS BY ELEMENT 5 FITNESS

Element 5 Fitness, Kirkland's premiere fitness and body transformation center is happy to offer this popular group training program at South Bellevue Community Center. We believe that we can inspire change in your life! This is not your typical exercise class. Our fun and engaging community provides coaching and accountability. When we pair this with our dynamic, results-driven fitness program, we empower mind and body transformation. This program is responsible for over 2,000 pounds of body fat lost! Min 6/Max 12 South Bellevue Community Center

\$150(R) \$180(N) Age: 13Y and up
90636 6- 6:45pm Mon, Wed Jan 12-Feb 25
\$200(R) \$240(N) Age: 13Y and up
90639 6- 6:45pm Mon, Wed Mar 02-Apr 29

TOTAL BODY FITNESS

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 6/Max 20 South Bellevue Community Center

\$52.50(R) \$63(N) Age: 16Y and up
90378 6- 6:50am Tue, Thu Jan 13-29
\$26(R) \$31.50(N) Age: 16Y and up
90379 6- 6:50am Fri Jan 16-30
\$70(R) \$84(N) Age: 16Y and up
90380 6- 6:50am Tue, Thu Feb 03-26
90382 6- 6:50am Tue, Thu Mar 03-31
90384 6- 6:50am Thu, Tue Apr 02-30
\$35(R) \$42(N) Age: 16Y and up
90381 6- 6:50am Fri Feb 06-27
90383 6- 6:50am Fri Mar 06-27
90385 6- 6:50am Fri Apr 03-24

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.

ZUMBA at South Bellevue Community Center
Sign up for a 2 day a week session and Bellevue residents only pay \$6.00 a class. A Flex Card is available for this class. To join this class after the session has started, call South Bellevue Community Center (425) 452-4240.

Min 8/Max 25

\$35(R)	\$42.50(N)	Age: 13Y and up
90340	6- 7pm	Mon Jan 12-Feb 23
\$66(R)	\$77(N)	Age: 13Y and up
90342	6- 7pm	Mon, Wed Jan 12-Feb 25
\$42(R)	\$51(N)	Age: 13Y and up
90341	6- 7pm	Wed Jan 14-Feb 25
90344	10-11am	Wed Jan 14-Feb 25
90346	9:15-10:15am	Fri Jan 16-Feb 27
\$72(R)	\$84(N)	Age: 13Y and up
90343	10-11am	Wed Jan 14-Feb 27
	9:15-10:15am	Fri
\$56(R)	\$68(N)	Age: 13Y and up
90350	6- 7pm	Mon Mar 02-Apr 27
90347	10-11am	Wed Mar 04-Apr 29
90349	6- 7pm	Wed Mar 04-Apr 29
\$96(R)	\$112(N)	Age: 13Y and up
90351	6- 7pm	Mon, Wed Mar 02-Apr 29
\$90(R)	\$105(N)	Age: 13Y and up
90345	10-11am	Wed Mar 04-Apr 29
	9:15-10:15am	Fri
\$49(R)	\$59.50(N)	Age: 13Y and up
90348	9:15-10:15am	Fri Mar 06-Apr 24

ZUMBA at Northwest Arts Center

To join this class after the session has started, call Northwest Arts Center (425) 452-4106. Min 8/Max 15

\$150(R)	\$170(N)	Age: 13Y and up
90652	9:30-10:30am	Wed Jan 07-Mar 18
90654	7- 8pm	Fri Jan 09-Mar 20
90653	9:30-10:30am	Wed Mar 25-Jun 03
90655	7- 8pm	Fri Mar 27-Jun 05
\$195(R)	\$205(N)	Age: 13Y and up
90656	9:30- 10:30am	Wed Jan 07-Mar 20
	7- 8pm	Fri
90657	9:30- 10:30am	Wed Mar 25-Jun 05
	7- 8pm	Fri



ZUMBA

fitness

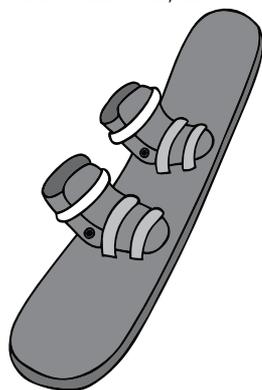


BOOT CAMP WITH KARIE

In its eighth 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
 90025 8:45-10:15am Mon-Thu Jan 12-29
 \$52.50(R) \$62.50(N) Age: 13Y and up
 90029 8:45-9:45am Mon, Wed Jan 12-28
 \$63(R) \$75(N) Age: 13Y and up
 90032 9:15-10:15am Tue, Thu Jan 13-29
 90033 9:15-10:15am Tue, Thu Feb 03-26

\$31.50(R) \$37.50(N) Age: 13Y and up
 90039 9:15-10:15am Tue Jan 13-Feb 03
 \$31.50(R) \$37.50(N) Age: 13Y and up
 90036 9:15-10:15am Tue Feb 03-24
 \$42(R) \$50(N) Age: 13Y and up
 90037 9:15-10:15am Tue Mar 03-24
 90038 9:15-10:15am Tue Mar 31-Apr 28
 \$107(R) \$128(N) Age: 13Y and up
 90026 8:45-9:45am Mon, Wed Feb 02-26
 9:15-10:15am Tue, Thu
 \$142(R) \$171(N) Age: 13Y and up
 90027 8:45-9:45am Mon, Wed Mar 02-26
 9:15-10:15am Tue, Thu
 90028 8:45-9:45am Mon, Wed Mar 30-Apr 30
 9:15-10:15am Tue, Thu
 \$84(R) \$100(N) Age: 13Y and up
 90030 8:45-9:45am Mon, Wed Mar 02-25
 90034 9:15-10:15am Tue, Thu Mar 03-26
 90031 8:45-9:45am Mon, Wed Mar 30-Apr 29
 90035 9:15-10:15am Tue, Thu Mar 31-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 5/Max 15

South Bellevue Community Center
 \$35(R) \$42(N) Age: 13Y and up
 90090 6-7am Mon Jan 12-Feb 23
 90091 7:15-8:15pm Mon Jan 12-Feb 23
 \$49(R) \$59(N) Age: 13Y and up
 90092 7:15-8:15pm Wed Jan 14-Feb 25
 90093 6-7am Wed Jan 14-Feb 25
 \$72(R) \$86(N) Age: 13Y and up
 90094 6-7am Mon, Wed Jan 12-Feb 25
 90095 7:15-8:15pm Mon, Wed Jan 12-Feb 25
 \$63(R) \$76(N) Age: 13Y and up
 90100 7:15-8:15pm Mon Mar 02-Apr 27
 90101 6-7am Mon Mar 02-Apr 27
 90096 6-7am Wed Mar 04-Apr 29
 90097 7:15-8:15pm Wed Mar 04-Apr 29
 \$108(R) \$130(N) Age: 13Y and up
 90098 7:15-8:15pm Mon, Wed Mar 02-Apr 29
 90099 6-7am Mon, Wed Mar 02-Apr 29

Fitness for Youth, Teens, and Family

Parkour

To register during a session, call the South Bellevue Community Center at (425) 452-4240.

PARKOUR KIDS LEVEL 1

The Parkour Kids Level 1 class establishes a strong physical foundation by educating students on the six milestones of Parkour. Students develop the basic motor control, strength and skill to optimize safety. Kids class focuses on games, skill challenges, obstacles, and all out fun! Sign up for 2 classes a week and receive a 10% discount. Min 6/Max 18

South Bellevue Community Center
 \$46.50(R) \$55.50(N) Age: 6Y - 12Y
 90177 5-5:55pm Wed Jan 14-28
 90178 5-5:55pm Fri Jan 16-30
 \$84(R) \$97(N) Age: 6Y - 12Y
 90180 5-5:55pm Wed, Fri Jan 14-30
 \$62(R) \$74(N) Age: 6Y - 12Y
 90179 5-5:55pm Wed Feb 04-25
 90182 5-5:55pm Fri Feb 06-27
 90186 5-5:55pm Wed Mar 04-25
 90183 5-5:55pm Fri Mar 06-27
 90187 5-5:55pm Fri Apr 03-24
 \$112(R) \$132(N) Age: 6Y - 12Y
 90181 5-5:55pm Wed, Fri Feb 04-27
 90184 5-5:55pm Wed, Fri Mar 04-27
 \$126(R) \$150(N) Age: 6Y - 12Y
 90185 5-5:55pm Wed, Fri Apr 01-29
 \$77.50(R) \$93(N) Age: 6Y - 12Y
 90188 5-5:55pm Wed Apr 01-29



PARKOUR KIDS LEVEL 2

The Parkour Kids Level 2 class welcomes students who have attended the Level 1 class and have tested up through the in-program achievement system. Level 2 provides new skill, strength, and goal challenges. Students focus on advanced Parkour techniques which require motor control, strength, power, agility, and the ability to apply it to all movement development. Focus is on games, skill challenges, strength achievements, and time trials. Attend the Wed/Fri combo class at a 10% discount. Min 6/Max 18

South Bellevue Community Center

\$46.50(R)	\$55.50(N)	Age: 9Y - 16Y
90218	6-6:55pm	Wed Jan 14-28
90219	6-6:55pm	Fri Jan 16-30
\$84(R)	\$97(N)	Age: 9Y - 16Y
90220	6-6:55pm	Wed, Fri Jan 14-30
\$62(R)	\$74(N)	Age: 9Y - 16Y
90221	6-6:55pm	Wed Feb 04-25
90222	6-6:55pm	Fri Feb 06-27
90224	6-6:55pm	Wed Mar 04-25
90225	6-6:55pm	Fri Mar 06-27
90228	6-6:55pm	Fri Apr 03-24
\$112(R)	\$132(N)	Age: 9Y - 16Y
90223	6-6:55pm	Wed, Fri Feb 04-27
90226	6-6:55pm	Wed, Fri Mar 04-27
\$77.50(R)	\$93(N)	Age: 9Y - 16Y
90227	6-6:55pm	Wed Apr 01-29
\$126(R)	\$150(N)	Age: 9Y - 16Y
90229	6-6:55pm	Wed, Fri Apr 01-29

Open House

FREE		Age: 13Y and up
90658	9:30-10:30am	Wed Jan 07
90661	9:30-10:30am	Fri Jan 09
90659	9:30-10:30am	Wed Mar 25
90660	7-8pm	Fri Mar 27



FITNESS - SPORTBALL FITKIDS

Sportball Fitkids is a fun, functional, fitness program for kids ages 6-10 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 4/Max 12

South Bellevue Community Center

\$78(R)	\$93(N)	Age: 6Y - 10Y
90314	5-5:55pm	Mon Jan 05-Feb 23
\$91(R)	\$109(N)	Age: 6Y - 10Y
90315	5-5:55pm	Mon Mar 02-Apr 20

YOUTH SMALL GROUP TRAINING WITH SARA

Improve core strength, balance, flexibility, stability and overall conditioning in this co-ed small group training class for middle and high school students lead by a Certified Athletic Trainer. Perfect for athletes wanting to make gains in the off-season or any student wanting to improve their fitness level. Workouts will be customized to accommodate all levels and abilities. Min 2/Max 5

South Bellevue Community Center

\$100(R)	\$125(N)	Age: 12Y - 18Y
89903	6-6:55pm	Mon Jan 12-Feb 23
\$160(R)	\$200(N)	Age: 12Y - 18Y
89904	6-6:55pm	Mon Mar 02-Apr 27

HOMESCHOOL PHYSICAL EDUCATION (PARKOUR)

Experience movement like never before! The fun begins with exciting warmups, games, Parkour skill training, obstacle courses and an interactive achievement system. We invite you to join our community where students are challenged to meet personal goals, gain new strengths and create strong friendships. Our coaches view movement as a life-long activity. We monitor each student's body mechanics to ensure proper movement patterns that lead to pain free movement for life. Throughout this course students will set and track goals that are individually tailored to their needs. Students will learn to rise to new challenges both mentally and physically while developing group self-awareness and self esteem. To keep parents up to date, achievement dates will contain physical and social milestones, focus areas, and current skill level. Min 6/Max 32

South Bellevue Community Center

\$56(R)	\$68(N)	Age: 5Y - 8Y
90070	12-12:55pm	Tue Jan 06-27
90071	12-12:55pm	Wed Jan 07-28
90072	11:30am-12:25pm	Thu Jan 08-29
90073	12-12:55pm	Tue Feb 03-24
90074	12-12:55pm	Wed Feb 04-25
90075	11:30am-12:25pm	Thu Feb 05-26
90081	12-12:55pm	Wed Mar 04-25
90076	11:30am-12:25pm	Thu Mar 05-26
90077	12-12:55pm	Tue Apr 07-28
\$70(R)	\$85(N)	Age: 5Y - 8Y
90080	12-12:55pm	Tue Mar 03-31
90078	12-12:55pm	Wed Apr 01-29
90079	11:30am-12:25pm	Thu Apr 02-30
\$56(R)	\$68(N)	Age: 9Y - 13Y
90626	1-1:55pm	Wed Jan 07-28
90627	12:30-1:25pm	Thu Jan 08-29
90628	1-1:55pm	Wed Feb 04-25
90629	12:30-1:25pm	Thu Feb 05-26
90630	1-1:55pm	Wed Mar 04-25
90631	12:30-1:25pm	Thu Mar 05-26
\$70(R)	\$85(N)	Age: 9Y - 13Y
90632	1-1:55pm	Wed Apr 01-29
90633	12:30-1:25pm	Thu Apr 02-30



Martial Arts

TAI CHI- WEDNESDAY PRACTICE

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

North Bellevue Community Center

FREE		Age: 18Y and up
90920	9-10:30am	Wed Jan 07-May 06



TAI CHI QI GONG

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 on Saturdays in our Qi field! Min 10/Max 50

North Bellevue Community Center
 \$12(R) \$14 Age: 18Y and up
 88268 9-10am Sat Jan 10-Dec 19

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 8/Max 20

South Bellevue Community Center
 \$50(R) \$60(N) Age: 16Y and up
 89914 9-9:55am Sat Jan 17-Feb 21
 89915 9-9:55am Sat Feb 28-Apr 11
 \$60(R) \$72(N) Age: 16Y and up
 89916 9-9:55am Sat Apr 18-May 30

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 8/Max 20

South Bellevue Community Center
 \$50(R) \$60(N) Age: 16Y and up
 89920 10-10:55am Sat Jan 17-Feb 21
 89921 10-10:55am Sat Feb 28-Apr 11
 \$60(R) \$72(N) Age: 16Y and up
 89922 10-10:55am Sat Apr 18-May 30

TAI-CHI CHUAN SWORD PLAY

An Ancient Chinese method for promoting a well integrated body and mind. Using a series of stretching exercises, beginning with focusing on the natural flow of breath, we slowly work toward incorporating good posture and the 24 simplified movements of Tai-Chi. Also incorporated are the 32 simplified movements of Tai-Chi Swordplay. This method increases circulation throughout the body, improves concentration, coordination, and flexibility. Small classes guarantees plenty of instructional assistance and is appropriate for all abilities.

Excellent for toning up the body, good health, and long life. Min 8/Max 20. To register during a session call South Bellevue Community Center at 425-452-4240. Min 8/Max 20

North Bellevue Community Center
 \$46(R) \$55(N) Age: 16Y and up
 88289 7:15- 8:45pm Mon Jan 05-Feb 09
 90819 7:15- 8:45pm Mon Feb 09-Mar 09
 \$57(R) \$68(N) Age: 16Y and up
 88291 7:15- 8:45pm Mon Mar 16-Apr 13

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. Thursday is an advanced class. Students must have completed one-quarter before registering for the Thursday class. Visit their website www.pnnf.org Min 7/Max 11

Northwest Arts Center
 Martial Arts- Naginata: Beginner

\$144(R) \$164(N) Age: 13Y and up
 90514 7-9pm Tue Jan 06-Mar 24
 \$106(R) \$127(N) Age: 13Y and up
 90517 7-9pm Tue Apr 07-Jun 09

Martial Arts- Naginata: Advanced

\$180(N) \$195(N) Age: 13Y and up
 90516 7-9pm Tue, Thu Jan 06-Mar 26
 \$144(R) \$164(N) Age: 13Y and up
 90515 7-9pm Thu Jan 08-Mar 26
 \$155(R) \$177(N) Age: 13Y and up
 90519 7-9pm Tue, Thu Apr 07-Jun 11
 \$106(R) \$127(N) Age: 13Y and up
 90518 7-9pm Thu Apr 09-Jun 11

SELF DEFENSE/HAPKIDO (LITTLE WARRIORS AND/OR BEGINNING)

This co-ed course helps young people develop coordination, balance, focus, strength, self-esteem, group interaction, communication skills and discipline, while teaching personal safety/self-defense in a safe, friendly environment. In addition to lots of conditioning exercises, students will learn a basic kicks, strikes, throws, evasion and grappling. Uniform required & available at class for a fee. Min 5/Max 12

North Bellevue Community Center
 \$48(R) \$58(N) Age: 5Y - 12Y
 91100 5:15- 6:30pm Mon, Wed Jan 05-28
 91101 5:15- 6:30pm Mon, Wed Feb 09-25
 91102 5:15- 7:30pm Mon, Wed Mar 02-30
 91103 5:15- 7:30pm Wed, Mon Apr 01-29

SELF DEFENSE/HAPKIDO - WARRIORS AND/OR INTERMEDIATE/ADVANCED

This co-ed course builds on skills introduced in the beginning class and helps young people and adults successfully face physically confronting issues. With a blend of traditional and real-world scenarios, students learn to identify, avoid and de-escalate potentially dangerous situations. While refining on skills learned from beginning class, students will start learning joint locks, pressure points (adults only) and weapons. Prerequisite: Graduation from the beginning class, or age 13 and above. Full sparring gear is mandatory for this class or student will not be allowed to participate in sparring sessions which is an essential and requirement for their progress in Hapkido. Classes taught by certified World Hapkido Association instructor. www.worldhapkido.com. Instructor permission required to attend Min 10/Max 30

North Bellevue Community Center
 \$48(R) \$58(N) Age: 13Y and up
 91124 6:30- 7:30pm Mon, Wed Jan 05-28
 91125 6:30- 7:30pm Mon, Wed Feb 02-25
 91126 6:30- 7:30pm Mon, Wed Mar 02-30
 91127 6:30- 7:30pm Wed, Mon Apr 01-29



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 8/Max 32

South Bellevue Community Center
 \$53(R) \$63(N) Age: 6Y and up
 89927 4-4:50pm Tue, Thu Jan 06-29
 89928 5-5:50pm Tue, Thu Jan 06-29
 89930 4-4:50pm Tue, Thu Feb 03-26
 89931 5-5:50pm Tue, Thu Feb 03-26
 89933 4-4:50pm Tue, Thu Mar 03-31
 89934 5-5:50pm Tue, Thu Mar 03-31
 89936 4-4:50pm Thu, Tue Apr 02-28
 89937 5-5:50pm Thu, Tue Apr 02-28

\$53(R) \$63(N) Age: 10Y and up
 89929 6-6:50pm Tue, Thu Jan 06-29
 89932 6-6:50pm Tue, Thu Feb 03-26
 89935 6-6:50pm Tue, Thu Mar 03-31
 89938 6-6:50pm Thu, Tue Apr 02-28

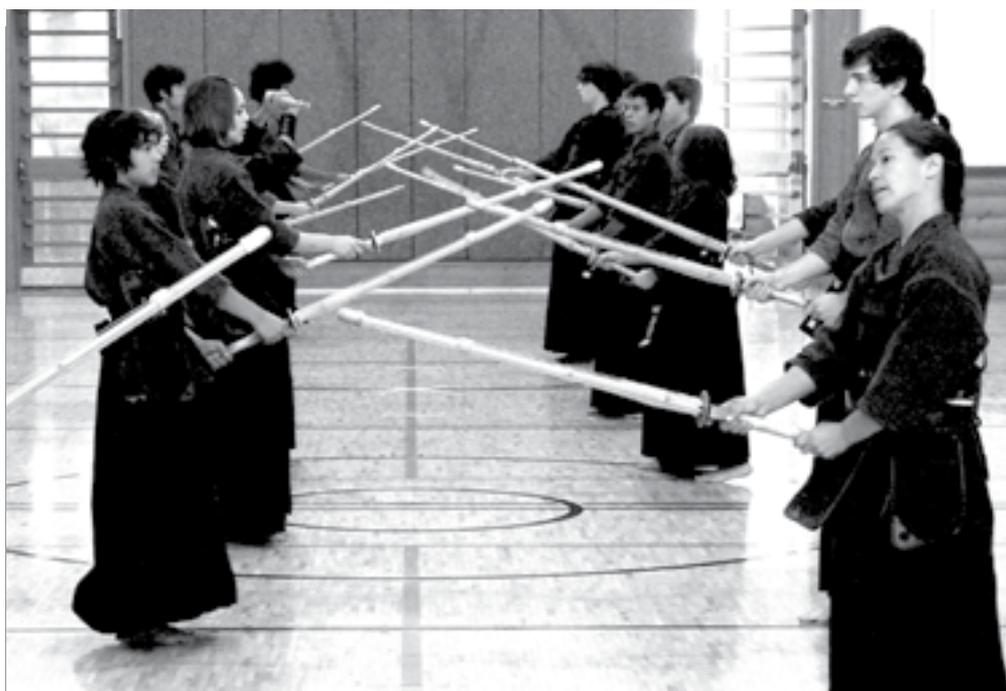
BEGINNING KENDO

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

Highland Community Center

Beginning Kendo

\$70(R) \$84(N) Age: 8Y and up
 91089 6:30-8pm Fri Jan 09-Mar 06
 91090 6:30-8pm Fri Mar 20-May 15



INTERMEDIATE KENDO

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

Highland Community Center

\$70(R) \$84(N) Age: 8Y and up
 91092 6:30-8pm Fri Jan 09-Mar 13
 91093 6:30-8pm Fri Mar 20-May 15

ADVANCED KENDO

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

Highland Community Center

\$70(R) \$84(N) Age: 8Y and up
 91096 7:30-9:30pm Fri Jan 09-Mar 06
 91097 7:30-9:30pm Fri Mar 20-May 15

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

\$192(R) \$225(N) Age: 4Y - 10Y
 90526 4:30-5:15pm Wed, Mon Feb 04-Apr 01
 \$215(R) \$239(N) Age: 4Y - 10Y
 90527 4:30-5:15pm Mon, Wed Apr 13-Jun 17





MERCER SLOUGH

ENVIRONMENTAL EDUCATION CENTER

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

- Environmental Science & Technology Practicum, Saturdays, grades 9 – 12
- Environmental Science Pathways, Thursdays, grades 6 – 8
- Wetland Field Studies and Classroom Lessons, grades PreK – 8

For additional programs 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



Outdoor & Natural Resources



TRACKS: BUILDING A HEALTHY COMMUNITY THROUGH OUTDOOR ADVENTURE!

The TRACKS Outdoor Initiative wants you to get outdoors! From backcountry camps for teens to inspiring speakers, TRACKS will take you on an adventure. We offer opportunities to explore the wilderness, and can help you build the skills and confidence necessary to develop your own lifelong relationship with nature. Look for the TRACKS symbol throughout Connections to find great ways to get outside, get active, and to care for your environment.

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

TUESDAY TRAILS SENIOR HIKING SERIES



This easy hiking series is designed for active seniors looking to explore the beautiful trails around Bellevue. Tuesdays this spring, we will meet at the Highland Community Center and ride to a trailhead in the Issaquah Alps, Cascades, or other scenic areas nearby. Hikes will be between three and seven miles and specifically chosen for the over-50 crowd. Dress for the weather and bring a lunch and water. For more information, contact jwalenga@bellevuewa.gov or call 425-452-6883. Transportation provided. Pre-registration is required.

\$5 Age: 50Y and up
 93017 10am-3:30pm Tue Apr 14
 93018 10am-3:30pm Tue Apr 28

WINTER WILDLANDS ALLIANCE BACKCOUNTRY FILM FESTIVAL

The Winter Wildlands Alliance Backcountry Film Festival celebrates the human powered winter experience through film. Event co-sponsored by The Mountaineers. A selection of unique films make up the Backcountry Film Festival and will inspire you to grab your buddies to embrace the fun and beauty of winter.

Ages: All ages
 Cost: Advance purchase: \$12.00
 Mountaineers Members & Bellevue Residents

Thursday, February 5, 2014 at 7pm

Tickets available from brownpapertickets.com
 For more information visit:
<http://winterwildlands.org/what-we-do/backcountry-film-festival/> or email jwalenga@bellevuewa.gov



BASIC SNOWSHOE COURSE



This course, offered by TRACKS and the Foothills Branch of the Mountaineers, is designed for anyone over age 18 (or age 14+ if taking the course with a parent) who wants to learn snowshoe skills and how to safely enjoy snowshoeing in our Puget Sound winter wonderland.

Participants will learn how to travel safely on snowshoes, how to select and use proper gear and clothing, and choose the right outing and routes for their skill level. The course will also provide an introduction to avalanche awareness and the basics of winter survival. Limited gear is available for use.

Cost: \$65 for Mountaineer members; \$85 for non-members. For more information or to enroll visit mountaineers.org, click on the "Learn" tab and then follow the prompts to find the Foothills Branch Basic Snowshoe course.

Lecture: Thursday January 8th, Highland Community Center, 6:30-9:00pm;
Field trip: Saturday January 17th or Sunday January 25th (student chooses one).

VISITOR CENTERS

Botanical Garden Visitor Center

The beautiful new visitor center at the Bellevue Botanical Garden is complete and open for visitors! The 53-acre garden offers plant lovers the delightful experience of the Perennial Border, Ravine Experience, Yao Garden, Rock Garden, and trails through peaceful woodlands.

Location: 12001 Main Street, 98005

Hours: 9am - 4pm daily

Phone: 425-452-2750

Website: 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
Overlooking the 320 acre Mercer Slough Nature Park, the Visitor Center offers remarkable views of the forest canopy and swampy wetlands below. Inside, enjoy an interactive library and interpretive displays for adults and families. Park Rangers provide information and free weekly programs. Pick up trail maps, brochures and program information.

Location: 1625 118th Ave SE, 98005

Hours: Daily, 10am-4pm

Phone: 425-452-2565

Website: 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

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

LEWIS CREEK EXPLORERS' CLUB

Fun for the whole family! Both adult and child must pre-register for programs with a course number listed below.

Wild Tracks

Learn about different signs on animals, and then take a walk through Lewis Creek looking for signs of wildlife: tracks, scat, rubbings, tunnels, etc. Each child will make and take home a plaster track!

\$2(R) \$3(N) Age: 5Y and up
86698 1-2pm Sat Dec 27

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
90872 1-2pm Sat Jan 10

Owl Prowl

Discover what owl species live in the Pacific Northwest. Then take a night hike with a Ranger to listen 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
90873 7:30-9pm Fri Jan 23
90892 7:30-9pm Fri Apr 10

Now You See Me. Now You Don't

Why are deer brown? Why are frogs green? Why do owls have spots? Discover how various animals disguise themselves and disappear into their environment using camouflage.

FREE Age: 5Y and up
1-2pm Sat Feb 21

Night Hike

When the sun sets and the dark of night creeps in Lewis Creek comes alive! Learn about the different nocturnal and crepuscular species that call Bellevue home, and join us 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
90887 7:30-9pm Fri Feb 27

Wonderful Wetlands

During the rainy spring season wetlands play a very important role in cleaning water that travels to local lakes and rivers. Discover riparian zones, and how they impact the ecosystem around them!

FREE Age: 5Y and up
1-2pm Sat Mar 14



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 Age: 5Y and up
90888 7:30-9pm Fri Mar 27

LEWIS CREEK CHILDRENS' MOVIES

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

FREE Age: 3Y and up
Lewis Creek Visitor Center

March of the Penguins

Follow along with Emperor penguins as they make an incredible journey through the harshest environment on Earth to lay their eggs! Running time 80 mins.

FREE Age: 3Y and up
2-3:20pm Sun Dec 14

Wild Kratts: Platypus Cafe (Children's Movie)

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.

FREE Age: 3Y and up
2-2:30pm Sun Jan 11

Growing Up Wild: Crazy Croakers (Children's Movie)

Growing up Wild gives fun and entertaining insight into the animal kingdom. In this episode learn all about amphibians from frogs and toads to salamanders! Running time 30 mins.

FREE Age: 3Y and up
2-2:30pm Sun Feb 08



Wild Kratts: Mystery of the Squirmy Wormy (Children's Movie)

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.

FREE Age: 3Y and up
2-2:30pm Sun Mar 08

Lost in the Woods (Children's Movie)

In the springtime a fawn is born, and his mother sings him to sleep in the grass. Watch along as he wakes up and explores his surroundings, meeting many friends along the way! Running time 30 mins.

FREE Age: 3Y and up
2-2:30pm Sun Apr 12

FAMILY DISCOVERY: 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. Pre-registration is required. All children must be accompanied by a registered adult. Min 2/ Max 20
Lewis Creek Visitor Center

Time to Hibernate

During the cold winter months many animals take a very long nap called hibernation. Find out what animals get very sleepy in winter! We always make a fun craft to take home!

\$2(R) \$3(N) Age: 3Y and up
86689 11am-12pm Fri Dec 05
86690 1:30-2:30pm Fri Dec 05

Winter Wonders

Wintertime is full of wonders! From trees to animals learn about what trees and animals do in the winter! We always make a fun craft to take home!

\$2(R) \$3(N) Age: 3Y and up
90864 11am-12pm Fri Jan 02
90865 1:30-2:30pm Fri Jan 02

Going Batty

What does it mean to go batty?! Come find out what bats do! We always make a fun craft to take home!

\$2(R) \$3(N) Age: 3Y and up
90866 11am-12pm Fri Feb 06
90867 1:30-2:30pm Fri Feb 06

Water Watch

Water is so important to life, and comes in many forms. Learn about water, and animals that call streams home. We always make a fun craft to take home!

\$2(R) \$3(N) Age: 3Y and up
90868 11am-12pm Fri Mar 06
90869 1:30-2:30pm Fri Mar 06

Terrific Trees

In the Pacific Northwest we are lucky to have so many trees, come discover what makes them terrific! We always make a fun craft to take home!

\$2(R) \$3(N) Age: 3Y and up
90870 11am-12pm Fri Apr 03
90871 1:30-2:30pm Fri Apr 03



FAMILY DISCOVERY SERIES: MERCER SLOUGH RANGER PRO- GRAMS

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. Min 1/Max 40 Mercer Slough Nature Park

Hibernation

Did you know that many animals sleep through the winter? Join a park ranger and learn which animals do this, and why they sleep through the cold!

FREE All Ages
86749 2-3pm Sun Dec 07
86750 2-3pm Sun Dec 14

Lions, Coyotes, and Bears. Oh My!

Do you know what large predators live in the Bellevue area? Learn about Cougars, Coyotes, Black Bears, and other native hunters in this educational program. You will also learn why natural predators are so important to a healthy ecosystem and what to do if you run into one of these large animals.

FREE All Ages
90664 2-3pm Sun Jan 04
90665 2-3pm Sun Jan 11

Creatures of the Night

At night when people go to sleep, the forest comes to life! Many nocturnal creatures make their home in the northwest and have amazing adaptations that allow them to succeed in a world with no light. Whether it's a group of bats, a silent owl, or even a sneaky raccoon, the world of darkness is a fascinating place!

FREE All Ages
90666 2-3pm Sun Feb 08
90667 2-3pm Sun Feb 15



Black, White, and Grey: Crows, Seagulls, and Pigeons

How much do you know about the most common of flyers? People living in the cities of the northwest see Crows, Seagulls and Pigeons every day, but do we really know that much about them? Where do pigeons nest? How do Seagulls care for their young? Just exactly how smart is a Crow?

Come find out in this fascinating class designed for children and adults!

FREE All Ages
90668 2-3pm Sun Mar 01
90669 2-3pm Sun Mar 08

Outfoxed! And Other Opportunistic Creatures

Many opportunistic animals have adapted to living in urban areas. Learn what these awesome creatures have that gives them the edge in a not so natural environment, and what we can do to help them to live natural and healthy lives.

FREE All Ages
90670 2-3pm Sun Apr 05
90671 2-3pm Sun Apr 12

FAMILY DISCOVERY SERIES: MOVIES AT MERCER SLOUGH

Join us 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+

Fortress of the Bear

Admiralty Island in Southeast Alaska supports the largest concentration of bears in the world. These Alaskan brown bears are part of a unique circle of life that has played out here for centuries.

86759 5-6pm Fri Dec 26

Clash: Encounters of Bears and Wolves

In Yellowstone's vast and complex kingdom, two dominant predators reign supreme: the grizzly bear and the wolf. Size and power square off against speed and teamwork, as mighty grizzly bears contend with powerful packs of wolves for control of the food supply. Popcorn provided!

90776 5-6pm Fri Jan 30

The Secret World of Bats

This 48-minute film, originally shown on CBS television, captures all aspects of bat behavior across five continents, capturing all aspects of bat behavior with remarkable slow motion photography. Popcorn provided!

90777 5-6pm Fri Feb 27

An Original Duckumentary

This program follows a wood duck family as a male and female create a bond, migrate together across thousands of miles, nurture and protect a brood of chicks, then come full circle as they head to their wintering grounds. Popcorn provided!

90778 5-6pm Fri Mar 27

Raccoon Nation

Attempting to do something that has never been done before, scientists closely follow a family of urban raccoons as they navigate the complex world of a big city. Popcorn provided!

90779 5-6pm Fri Apr 24

GARDENING WITH CHILDREN SERIES

Explore the world of gardening through hands-on experiences with soil, plants, and water. Discover the wonders of seeds, growing plants and plant care. As we investigate the world of plants, parents and their children can also grow together. Min 1/Max 10

Lake Hills Greenbelt
FREE

All Ages

Plan and prepare your garden

Learn about ideas to make your garden fun for the entire family. How to pick a location, utilize the materials you may already have and prepare the soil for a successful garden. Learn about what seeds and plants can go in the ground early spring and which need to wait for the warm sun of June. You will make a fun craft to bring home to your very own garden.

90780 10-11am Fri Mar 13





**LEWIS CREEK
ADULT ENRICHMENT**

Lewis Creek Visitor Center

History of Lewis Creek Park

Have you ever wondered about how Lewis Creek came to be as you walk through the park? Lewis Creek has a rich history extending back into the 1800's. What signs of this history can you observe throughout the park? Discover the past of Lewis Creek, and what can still be seen today.

FREE Age: 12Y and up
1-2pm Sat Dec 13

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 in partnership by the Eastside Heritage Center and Bellevue Parks & Community Services.

FREE All Ages
2-4pm Sun Jan 25

Hot Topics in Washington State: Amphibians

Did you know that the Pacific Tree Frog is the Washington State Amphibian? There are many species of amphibians in Washington coming in all shapes and sizes. Learn about frogs, salamanders, newts, and toads, the adaptations that help them thrive and the dangers that they are facing.

FREE Age: 12Y and up
1-2pm Sun Mar 15

History of Eastside Logging

Did you know that most of the east side of Lake Washington was clear-cut by 1920? Or that nearly all of the big trees that we see today are less than 100 years old? (It will take another 400 years for our evergreens to reach 'maturity')! Come and see the equipment that evolved from two men working one tree all day with a hand-saw, to sky-line cable operations that could clear a whole Cougar Mountain valley in a single day. Join Eastside Heritage Center volunteer and former Cougar Mt. Park Manager Steve Williams for this wonderful presentation.

FREE All Ages
2-4pm Sun Mar 29

Maintain your garden: watering, weeding, and trellising

Learn some fun and environmentally friendly ways to keep your plants growing throughout the summer. And learn which plants need a little help along the way with supported structures and how you can make some easy and fun trellises. Bring a plant home to start your own garden!

90954 10-11am Fri Mar 20

Attracting pollinators and determining helpful bugs from har

Bees, butterflies and hummingbirds are all important pollinators for a vegetable garden. Learn about the process of pollination and how to attract these essential garden helpers. We'll also talk about other beneficial bugs and the harmful bugs and how to tell them apart. You will get to plant your own flowers to attract pollinators in your garden.

90955 10-11am Fri Mar 27

**ADULT ENRICHMENT
SERIES**

**ADULT ENRICHMENT: LEWIS
CREEK FILM SERIES**

Lewis Creek Visitor Center

Planet Earth: Pole to Pole

Follow the sun as it touches the lives of creatures across the planet. This documentary will examine how season affect the Earth, and produce spectacular events. Running time 44 minutes.

FREE Age: 12Y and up
2-3pm Sun Dec 07

Life: Mammals

From whales in the oceans, to lions and elephants on the African plains, mammals are successful at the game of survival. Learn about the adaptations that help mammals to thrive including familial ties, social structure, intelligence, and warm-bloodedness.

FREE Age: 12Y and up
2-3pm Sun Jan 04



Planet Earth: Forests

Investigate temperate regions and find elusive wildlife and well-adapted plants. From the giant sequoia trees of the West coast, to the forests of Siberia, explore the forests of the world. Running time 44 minutes.

FREE Age: 12Y and up
2-3pm Sun Feb 01

Life in Cold Blood: Land Invaders

Life in cold blood delves into the world of amphibians and reptiles. In this episode discover how amphibians managed to invade land, and the adaptations that allowed them to thrive. Running time 60 minutes.

FREE Age: 12Y and up
2-3pm Sun Mar 01

**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. No Registration Required.

Lewis Creek Visitor Center
FREE Age: 12Y and up

Crows

Crows are one of our most common wildlife residents- they have more advanced cognitive abilities than many mammals, have amazing memory and are very social. Find out why crows gather at Factoria Mall, and what the fuss is all about. Learn what crows know - and discover how we can get along together.

FREE Age: 8Y and up
1-2pm Sun Feb 22



Native Plants in Our Lives

With the outdoor environment as your marketplace, how might you use the plants to support your daily needs? Discover answers to this question when you join Barb Williams, Eastside Heritage Center volunteer, to learn how our local Native Americans developed a creative plant technology for survival. This fascinating program will include a talk, native plant ID, stories, artifacts and outdoor walk (weather permitting). Please dress accordingly. Presented in partnership by the Eastside Heritage Center and Bellevue Parks & Community Services.

FREE Age: 12Y and up
2-4pm Sun Apr 26

WHAT'S BETTER THAN RECYCLING? REDUCING AND REUSING!

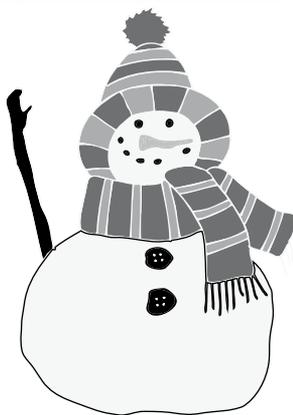
Come learn about what you can do in your own home and day to day to help reduce what ends up in your curbside bins. Learn about fun and useful 'up-cycle' projects and join us in making your own to take home. Families are encouraged to attend. Registration is required. Info & to Register: 425-452-6993 or ParkRangerProgram@bellevuewa.gov. Min 2/Max 10

Lake Hills Greenbelt
FREE All Ages
86612 10-11am Fri Dec 05

BATS OF BELLEVUE

Have you ever wondered what bats we have around Bellevue? How much or what they eat? What exactly do these little flying mammals do? If so, come by the Ranger Station to discover all about bats, their benefits and how they contribute to a healthy ecosystem. Families are encouraged to attend. Registration is required. For more information call 425-452-6993 or email ParkRangerProgram@bellevuewa.gov. Min 1/Max 10

Lake Hills Greenbelt Ranger Station
FREE All Ages
90762 10-11am Fri Feb 20



WHO'S THAT AT YOUR BIRD-FEEDER?

Join a Park Ranger to find out who is flying through your yard and might visit your birdfeeder. Learn about the different birds, what they eat and when you may see them. We will make a birdfeeder to take home. Families are encouraged to attend. Registration is required. For more information call 425-452-6993 or email ParkRangerProgram@bellevuewa.gov. Min 1/Max 10

Lake Hills Greenbelt
FREE All Ages
90763 10-11am Fri Apr 24

LIVING WITH WILDILFE 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 1/Max 25
Lewis Creek Park

Crows

Crows are one of our most common wildlife residents- they have more advanced cognitive abilities than many mammals, have amazing memory and are very social. Find out why crows gather at Factoria Mall, and what the fuss is all about. Learn what crows know - and discover how we can get along together.

FREE Age: 8Y and up
90936 1-2pm Sun Feb 22

CREATE A WILDLIFE FRIENDLY HABITAT IN YOUR YARD

Your home is your habitat. As our city grows, wildlife lose their habitat. But you can help! Join a Ranger to learn how you can help create a wildlife habitat in your yard. Learn about the wildlife that live in Bellevue and how to help provide the four basic needs: Food, water, shelter and space. Families are encouraged to attend. Registration is required. For more information call 425-452-6993 or email ParkRangerProgram@bellevuewa.gov. Min 1/Max 10

Lake Hills Greenbelt Ranger Station
FREE All Ages
90749 10-11am Fri Jan 23

MERCER SLOUGH ADULT ENRICHMENT

Mercer Slough Environmental Education Center; 1625 118th Ave SE

Wolves of Washington

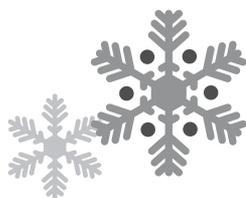
Did you know that Washington State is being recolonized by a native wolf population? This is a very controversial topic, and there are many differing opinions throughout the state on the allowance of such an event. Come learn about both sides of the story, the history of the grey wolf, and the benefits of natural predators in an ecosystem. This program is best for ages 10+.

FREE Age: 10Y and up
90773 2-3pm Sun Jan 25

Green House

What natural cleaners actually work? Why should you use them? Join a Mercer Slough park ranger to learn some simple ways to make your home less toxic, and a more sustainable place. The ranger will lead a tour of the Environmental Education Center - a LEED Gold-Certified campus.

FREE Age: 10Y and up
90774 2-3pm Sun Apr 26



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. Min 4/Max 25
Mercer Slough Nature Park

Bat Hike

Discover what types of Bats live in the Mercer Slough and take a Night Hike to look and listen for Bats and other nocturnal wildlife in the park. Bring a flashlight or a headlamp, as well as good shoes for the journey! Also learn about the City of Bellevue Species of the year: The Little Brown Bat! **SPECIAL DAY AND TIME!** This Saturday evening program will begin at 5p.m.

FREE Age: 1Y and up
90775 5-6pm Sun Feb 22

MERCER SLOUGH GUEST LECTURE SERIES

Mercer Slough Environmental Education Center; 1625 118th Ave SE

Western Grey Squirrels

Once a prominent species in Washington, the threatened Western Grey Squirrel is now seldom seen in its native Habitat. Guest Speaker Katrina Fiske has been studying the Western grey squirrel with the pacific Biodiversity Institute, and will present her findings on this creature and speak about the importance of maintaining natural habitat.

FREE All Ages
90772 2-3pm Sun Mar 15

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 All Ages
90726 11am-4pm Sat Apr 25

TOURS, HIKES, WALKS, & OUTDOOR ACTIVITIES

BELLEVUE BOTANICAL GARDEN TOURS

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

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

Location: Bellevue Botanical Garden Visitor Center
12001 Main Street

Information: 425-451-3755

Cost: Free

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

MERCER SLOUGH 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.

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.



LEWIS CREEK RANGER HIKES

Join a Ranger in exploring the natural history of Lewis Creek Park. Look for signs of local wildlife and learn what to do when encountering animals in the wild. All ages welcome. Dress for the weather and wear sturdy shoes. No registration required.

Time: Saturdays: December 6, January 3, February 7, March 7, April 4
10:30 a.m. – 11:30 a.m.

Location: Lewis Creek Visitor Center, 5808 Lakemont Blvd SE

Cost: Free!

Info: Call 425-452-4195

DISCOVER THE BIRDS OF LAKE HILLS GREENBELT

Get to know our winter birds in the Lake Hills Greenbelt! Join Hugh Jennings, an avid birder since 1988, to explore our wetland waterfowl, native songbirds, and woodland edge woodpeckers. Learn which birds spend their winters here and which ones you should expect to see in the spring. Please dress for the weather and if you have binoculars please feel free to bring them along! Meet at the Kiosk in front of the Master Gardener’s Demonstration Garden at 15500 SE 16th St. Registration required. For more information call 425-452-6993 or email ParkRangerProgram@bellevuewa.gov Min 1/Max 15

Lake Hills Greenbelt Ranger Station
FREE Age: 9Y and up
90750 8:30-10am Sat Feb 28



GEOCACHING 101

This free event will send you on a treasure hunt right outside your door. There are hundreds of Geocaches hidden throughout Bellevue, and this course will give you the tools to start finding them. Learn how to use the App or a GPS, how to engage with a growing community of geocachers, and help you find your first cache. An endless world of exploration, puzzle solving, and discovery awaits! Dress to head outdoors on your search. If you have a smartphone or GPS bring it with you! Presented with the Washington State Geocaching Alliance. For more information head to www.geocaching.com or email jwalenga@bellevuewa.gov Min 5/Max 20

Lewis Creek Park
FREE Age: 2Y and up
89693 10-11:30am Sat Apr 25

WINTER HIKING SERIES

Your season doesn’t have to end in October. The crisp winter air or eerie fog rolling through a valley can really add new beauty to a hike. In this all-ages hiking series, we’ll head out into the nearby mountains to see some old classics with a new perspective. Be sure to dress for the weather with warm layers and boots. Our experienced guides will explain the basics of staying happy and safe on a winter time hike, and lead you out on the trail. Transportation provided. Some gear available. Bring snacks and water. For more information contact jwalenga@bellevuewa.gov Min 4/Max 10
Highland Community Center

\$5 All Ages
89695 10am- 3pm Sun Jan 25
89696 10am- 3pm Sun Feb 22
89697 10am- 3pm Sun Mar 29





BELLEVUE BOTANICAL GARDEN CLASSES

CREATIVE GARDEN WRITING WORKSHOP

Tuesday, January 6, 9:30am-12:30pm
 Taught by Steve Lorton, former Northwest Bureau Chief and Garden Editor for Sunset magazine. Attendees will learn how to write descriptive articles about gardens. Attendees will spend some time in one of the Bellevue Botanical Garden gardens, after which they will write about what they observed, with Steve's guidance. Steve has written extensively about gardens in America, Japan, Korea, Finland, England, Spain, France, and Brazil. Class held in the Education Building at the Bellevue Botanical Garden, 12001 Main St., Bellevue 98005. \$25.00 members, \$35.00 non-members. Pre-registration required. Register at <http://www.bellevuebotanical.org/classes.html>.

CAPTURING NATURE THROUGH WATERCOLOR

Saturday, Jan. 24 & 31, 9-11am
 This 2 class series is taught by Carol McKinney, a professional watercolorist for over 30 years. She has exhibited in Washington, Massachusetts, California, and Italy. All supplies included. Members \$50.00, non-members, \$70.00 Register at <http://www.bellevuebotanical.org/classes.html>.

I PAINTED THAT!

Saturday, Jan. 24, Jan. 31, and Feb. 7, 12:30-2pm
 This 3 class series is for children 7-10 years old and is an introductory watercolor class taught by Carol McKinney. All supplies included. Members \$60.00, non-members \$75.00. Register at <http://www.bellevuebotanical.org/classes.html>.

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

November 15, 10am-Noon

January 17, 10am-Noon

Distance: 5 miles

Level of Difficulty: Moderate (100 feet elevation change)

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.

Sweetheart Hike

February 14, Noon-1pm

Get outside before your dinner date! Bring your sweetheart or best friend and join a park ranger on a hike to celebrate Valentine's Day. Learn about native animal pairs, and much more, as we wander through Lewis Creek Park.

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

Lewis Creek to Lakemont Community Park

March 21, 10am-Noon

Distance: 4.5 miles

Level of difficulty: Arduous (350 feet elevation change)

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.

Lakemont Highlands Open Spaces

April 11, 10am-Noon

Distance: 2.5 miles

Level of Difficulty: Arduous (350 feet elevation change)

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

Explore the lesser-known trails of South Bellevue. Parks and open spaces guide you (and wildlife!) through friendly neighborhoods.



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 Washington State University Extension Master Gardeners on all aspects of gardening, including composting and soil building, shrub and tree care, vegetables and flower care. Free drop-in consultations and scheduled educational tours are available.

Location: Lake Hills Greenbelt Urban Demonstration Garden
 156th Ave SE & SE 16th St

Time: Saturdays
 10:30am-12pm

Info: Mary Osborne,
 425485-5942,
<http://gardening.wsu.edu>

2015 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 ParkRangerProgram@bellevuewa.gov.



PLAN YOUR SPRING/SUMMER VEGETABLE GARDEN

Thursday, March 5, 6:30-8:30pm
Offered in conjunction with Seattle Tilth. Soil preparation for organic in-ground vegetable gardening including seed sowing, cold frames, companion planting and Northwest crop cycles/rotation. Class held in the Education Building at the Bellevue Botanical Garden, 12001 Main St., Bellevue 98005. \$25.00 members, \$35.00 non-members. Pre-registration required. Register at <http://www.bellevuebotanical.org/classes.html>.

CONTAINER GARDENING - HERBS AND SALADS

Thursday, April 30, 6:30-8:30pm
Offered in conjunction with Seattle Tilth. Tips for successful container gardening of cooler weather plants including container soil prep and maintenance, water and fertilization. Class held in the Education Building at the Bellevue Botanical Garden, 12001 Main St., Bellevue 98005. \$25.00 members, \$35.00 non-members. Pre-registration required. Register at <http://www.bellevuebotanical.org/classes.html>.

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 Curtis Kukal 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

Sparkling volunteer opportunities await at Garden d'Lights:

Greeters are needed to take tickets, answer questions and provide directions every night from November 29 through January 3. Trillium Store workers are needed as cashiers and general helpers. Special Event Support volunteers are needed to assist staff with operational duties. Training is provided; work as many or as few shifts as you like; see all the smiling faces as they arrive and experience the joy of Garden d'Lights! If you are interested, please submit your Volunteer Application at www.bellevuebotanical.org – you will be contacted.

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
KelseyCreekFarm@bellevuewa.gov

Farm animals in the pastures 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 30+ there will be a \$30 fee. Please call in advance Monday through Friday, 9am-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	\$160 - up to 15 children
Nonresidents	\$175 - up to 15 children
Add'l Children	\$5.50 each

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.



FARM EXPLORERS

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

Kelsey Creek Farm Park

\$68(R)	\$81(N)		Age: 3Y - 6Y
78573	10am-12:30pm	Thu	Dec 04-18
78574	10am-12:30pm	Fri	Dec 05-19
90753	10am-12:30pm	Thu	Feb 05-26
90754	10am-12:30pm	Fri	Feb 06-27
90755	10am-12:30pm	Thu	Mar 05-19
90756	10am-12:30pm	Fri	Mar 06-20
\$89(R)	\$104(N)		Age: 3Y - 6Y
90751	10am-12:30pm	Thu	Jan 08-29
90752	10am-12:30pm	Fri	Jan 09-30

FARM HANDS

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

Kelsey Creek Farm Park

\$25(R)	\$30(N)		Age: 5Y - 8Y
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Happy Holidays to All

81675	1:30-3pm	Wed	Dec 03
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Chicken Meet & 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.

90764	1:30-3pm	Wed	Jan 14
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Happy Valentine's Day to Our Animal Friends!

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

90765	1:30-3pm	Wed	Feb 11
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Rabbits, Wiggles, and Giggles

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

90766	1:30-3pm	Wed	Mar 04
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LITTLE FARMERS

Join Farmer Jayne in a special hands-on opportunity to experience farm life with your 2-3 year old. Children team up with a parent/adult to actively participate in animal care, barn chores, pony 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
81741	10-11:30am	Mon	Dec 01-15
81742	10-11:30am	Tue	Dec 02-16
86943	10-11:30am	Wed	Dec 03-17
90734	10-11:30am	Mon	Jan 05-26
90735	10-11:30am	Mon	Feb 02-23
90736	10-11:30am	Tue	Feb 03-24
90737	10-11:30am	Wed	Feb 04-25
90740	10-11:30am	Mon	Mar 02-23
90741	10-11:30am	Tue	Mar 03-24
90742	10-11:30am	Wed	Mar 04-25
\$65(R)	\$74(N)		Age: 2Y - 3Y
90738	10-11:30am	Tue	Jan 06-27
90739	10-11:30am	Wed	Jan 07-28

ANIMAL ENRICHMENT

NEW program for 8-10 year olds on early release Wednesdays. Help Farmer Jayne create opportunities to actively engage and entertain our farm animals. Learn how they think and which activities animals need to stay busy. Let's make our farm animals' habitats rewarding and fun. Min 6/Max 10

Kelsey Creek Farm Park

\$25(R)	\$30(N)		Age: 8Y - 10Y
Happy Holidays to All			
86956	1:30-3pm	Wed	Dec 17
Rainy Day Rabbits			
90785	1:30-3pm	Wed	Jan 28
Valentine's Surprise			
90786	1:30-3pm	Wed	Feb 25
Springy Goats			
90787	1:30-3pm	Wed	Mar 18



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
 90822 4-4:45pm Tue Jan 13-Feb 10
 \$61(R) \$73(N) Age: 5Y - 6Y
 90823 4-4:45pm Tue Feb 24-Mar 31
 0824 4-4:45pm Tue Apr 14-May 19

Open House

FREE Age: 5Y - 6Y
 90821 4-4:45pm Tue Jan 06

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
 90831 5-6pm Tue Jan 13-Feb 10
 \$61(R) \$73(N) Age: 7Y - 10Y
 90832 5-6pm Tue Feb 24-Mar 31
 90833 5-6pm Tue Apr 14-May 19

Open House

FREE Age: 7Y - 10Y
 90830 5-6pm Tue Jan 06



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. Class recitals are scheduled throughout the year. One-time \$10 materials fee payable to instructor due at first class session, and is separate from class fee. (Additional classes may be added from waitlist /as needed). Instructor: Pamela J. Cornell
 Min 5/Max 6

Northwest Arts Center
 \$99(R) \$119(N) Age: 42M - 4Y
 90553 4-4:30pm Tue Jan 20-Mar 31
 90555 5:30-6pm Tue Jan 20-Mar 31
 90558 4-4:30pm Tue Apr 07-Jun 16
 90560 5:30-6pm Tue Apr 07-Jun 16
 \$89(R) \$106(N) Age: 3Y - 4Y
 90574 5-5:30pm Mon Jan 26-Mar 30
 90575 4:30-5pm Mon Jan 26-Mar 30
 \$99(R) \$119(N) Age: 5Y - 6Y
 90578 5-5:30pm Mon Apr 06-Jun 15
 90554 5-5:30pm Tue Jan 20-Mar 31
 90557 6-6:30pm Tue Jan 20-Mar 31
 90579 4:30-5pm Mon Apr 06-Jun 15
 90559 5-5:30pm Tue Apr 07-Jun 16
 90562 6-6:30pm Tue Apr 07-Jun 16
 \$99(R) \$119(N) Age: 7Y - 12Y
 90556 4:30-5pm Tue Jan 20-Mar 31
 90561 4:30-5pm Tue Apr 07-Jun 16



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 2015 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) \$125 (N)

Children 4 and younger are required to have a parent perform with them on stage.

Children 5-7 will require a parent to be present at all rehearsals and performances. They will not get lines and will perform with a group.

For more information about our casting policy, please call 425-922-1862 or e-mail JMcClain@bellevuewa.gov.



Auditions will be held at the following place and times:

For RAPUNZEL

Monday, January 5
from 5-6:30pm at
South Bellevue Community Center

For OBLIO AND THE POINTLESS FOREST, ONCE UPON A MATTRESS, and A MIDSUMMER NIGHT'S DREAM

Tuesday, January 6 and,
Wednesday, January 7
from 5-6:30pm at
Bellevue Youth Theatre

Because of limited space, you will need to select at least two shows that you can participate in.

OBLIO AND THE POINTLESS FOREST

Great music for all ages. Good parts for all ages. This is the first show of the first season at the new Bellevue Youth Theatre. Singing audition is suggested, non-singing auditions may be in the chorus.

Rehearsal location: BYT-Crossroads

Rehearsal begins: Tue., January 20

Rehearsals: Mon. to Fri., 5-7 p.m.

Tech Week: The week of March 16 at BYT-Crossroads

Performs at BYT-Crossroads: March 20-29

Directed by: James McClain

RAPUNZEL

Join us for a boisterous and fun-filled time as we follow the classic story of a princess with long hair in her journey. A great audition selection for all ages, especially kids.

Rehearsal location: South Bellevue Community Center

Rehearsal begins: Tue., January 20

Rehearsals: Mon. to Fri., 5-7 p.m.

Tech Week: The week of April 13 at BYT-Crossroads

Performs at BYT-Crossroads: April 17-26

Directed by: Sylvie Crowe



ONCE UPON A MATTRESS

This lively Broadway musical is a zany version of the fairy tale, "The Princess and the Pea". All cast members will sing and some will dance. Please be prepared to sing a short song at your audition. Suitable for teens and families.

Rehearsal location: Crossroads Community Center

Rehearsal begins: Tue., January 20

Rehearsals: Mon. to Fri., 5:30-7:30pm

Tech Week: The week of April 27 at BYT-Crossroads

Performs at BYT-Crossroads: May 1-9

Music Directed by: Maureen Newman

A MIDSUMMER NIGHT'S DREAM

Come experience the magical, mysterious, fantastic world of William Shakespeare's "A Midsummer Night's Dream." Classic Shakespeare with a modern twist, a great show for families, recommended for ages 8 and above. This show will perform Memorial Day weekend.

Rehearsal location: BYT-Ivanhoe

Rehearsal begins: Tue., January 20

Rehearsals: Mon. to Fri., 5-7 p.m.

Tech Week: The week of May 4 at Bellevue Youth Theatre-Crossroads

Performs at BYT-Crossroads: May 8-17

Directed by: Randall Apted & Danika Drake

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 Ongoing

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

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

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

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

\$88(R) \$105(N) Age: 18M - 3Y
90596 9:45-10:30am Fri Jan 16-Mar 13
90597 9:45-10:30am Fri Mar 27-May 22

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
90800 11:30am-12:15pm Fri Jan 16-Feb 13

\$61(R) \$73(N) Age: 3Y - 5Y
90801 11:30am-12:15pm Fri Feb 27-Apr 03
90802 11:30am-12:15pm Fri Apr 17-May 15

Open House

FREE(R) Age: 3Y - 5Y
90809 11:30am-12:15pm Fri Jan 09

DANCE - 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
90792 10:30-11:15am Fri Jan 16-Feb 13

\$61(R) \$73(N) Age: 3Y - 5Y
90793 10:30-11:15am Fri Feb 27-Apr 03
90794 10:30-11:15am Fri Apr 17-May 22

Open House

FREE Age: 3Y - 5Y
90799 10:30-11:20am Fri Jan 09



DANCE - 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
 90810 12:30- 1:15pm Thu Jan 15-Feb 12
 \$61(R) \$73(N) Age: 4Y - 5Y
 90811 12:30- 1:15pm Thu Feb 26-Apr 02
 90812 12:30- 1:15pm Thu Apr 16-May 14

INDOOR PLAY PLUS

Regular indoor play with the addition of inflatable play structures and toys. Held the last Friday of each month.

South Bellevue Community Center
 \$5(R) \$6(N) Age: 1Y - 5Y
 89677 10:30am-12pm Fri Jan 30-Mar 27

Arts, Crafts, Cooking & Family Fun

BUNNIES AND EGGS

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. Instructor: Karen Renfroe-Gielgens Min 6/Max 15

Northwest Arts Center
 \$25(R) \$30(N) Age: 2Y - 5Y
 Addt'l Child: \$5(R) \$6(N)
 90607 10-11:30am Sat Apr 04

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 Child: \$5(R) \$6(N)
 90610 10-11:30am Sat Mar 14



MY LITTLE VALENTINE

Bring your mom or dad and make a special box-lunch for both of you to share. Together make a special gift to take home. 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
 Addt'l Child: \$5(R) \$6(N)
 90609 10-11:30am Sat Feb 14

PEE WEE PICASSO

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
 \$88(R) \$105(N) Age: 18M - 3Y
 90588 9:45-10:30am Thu Jan 15-Mar 12
 90589 9:45-10:30am Thu Mar 26-May 21

RAH! RAH! REMBRANDTS!

Calling all preschoolers! Come explore the colorful world of art and imagination. Each week we will focus holiday themed related projects. Materials are included. Min 6/Max 10

Northwest Arts Center
 \$88(R) \$105(N) Age: 3Y - 6Y
 90594 11-11:45am Thu Jan 15-Mar 12
 90595 11-11:45am Thu Mar 26-May 21

FROZEN

'Chill -out' with Miss Karen! Make icy treats, snow people art, and dance to everyone's favorite movie sound track. Min 6/Max 15

Northwest Arts Center
 \$20(R) \$25(N) Age: 2Y - 5Y
 Addt'l Child: \$5(R) \$6(N)
 93027 10-11:30am Sat Jan 24

Sports

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
 \$78(R) \$94(N) Age: 3Y - 5Y
 90427 4- 5pm Mon Jan 05-Feb 23
 \$91(R) \$109(N) Age: 3Y - 5Y
 90420 11:30am-12:30pm Tue Jan 06-Feb 24
 90424 1- 2pm Tue Jan 06-Feb 24
 90428 4- 5pm Mon Mar 02-Apr 20
 90421 11:30am-12:30pm Tue Mar 03-Apr 21
 90425 1- 2pm Tue Mar 03-Apr 21

Sportball Mid-Winter Break Multi-Sport Camp
 \$124(R) \$149 Age: 3Y - 5Y
 90430 9:15am-12:15pm Tue-Fri Feb 17-20

Sportball Spring Break Multi-sport Camp
 \$155(R) \$186(N) Age: 3Y - 5Y
 90431 9:15am-12:15pm Mon-Fri Apr 06-10

Northwest Arts Center
 \$104(R) \$124(N) Age: 3Y - 5Y
 90419 10:30-11:30am Thu Jan 08-Feb 26
 90451 10:30-11:30am Thu Mar 05-Apr 23

Open House
 FREE Age: 3Y - 5Y
 90441 12:30- 1:30pm Wed Jan 07
 90442 10:30-11:30am Thu Jan 08
 90454 10:30-11:30am Thu Mar 12
 FREE Age: 5Y - 8Y
 90440 11am- 12pm Wed Jan 07
 90452 1:30- 2:30pm Wed Mar 11



YOUR NEIGHBORHOOD PRESCHOOL CHOICE



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



For more information and Open House dates, visit www.naturalstartpreschool.com

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

Junior Explorers for ages 3-4
 Explorers for ages 4-5
 9am-12pm M/W Sept-June
 (Junior Explorers Only)

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
 86089 9:30am-1pm Mon, Wed, Fri Sep 15-May 20

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
 86091 9:30am-12pm Tue, Thu Sep 16-May 21



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
 \$91(R) \$109(N) Age: 2Y - 4Y
 89884 10:30-11:15am Tue Jan 06-Feb 24
 89885 10:30-11:15am Tue Mar 03-Apr 21

Learning & Enrichment

ADVENTURES IN LEARNING: PRESCHOOL READINESS

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
 \$195(R) \$225(N) Age: 42M - 5Y
 90586 9:30-11am Mon Jan 12-Mar 30
 90587 9:30-11am Mon Apr 13-Jun 15



Special Interest & Extended Learning

Computer Classes

COMPUTER - ONE-ON-ONE COMPUTER OR TABLET HELP

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

North Bellevue Community Center
 \$20(R) \$24(N) Age: 18Y and up
 88117 10am-12pm Tue Jan 06
 90858 10am-12pm Tue Feb 10
 90860 10am-12pm Tue Mar 10
 90862 10am-12pm Tue Apr 07
 \$28(R) \$34(N) Age: 18Y and up
 88109 1-3pm Thu Jan 22
 90859 1-3pm Thu Feb 19
 90861 1-3pm Thu Mar 26
 90863 1-3pm Thu Apr 23

Dance & Arts

TAP DANCE - BEGINNING

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

North Bellevue Community Center
 Tap Dance Beginning
 \$18(R) \$22(N) Age: 18Y and up
 88130 11am-12pm Tue Jan 06-27
 \$18(R) \$22(N) Age: 18Y and up
 88185 11am-12pm Tue Feb 03-24
 \$22.50(R) \$27.50(N) Age: 18Y and up
 88186 11am-12pm Tue Mar 03-31
 \$18(R) \$22(N) Age: 18Y and up
 88187 11am-12pm Tue Apr 07-May 05

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
 88139 12:15-1:15pm Tue Jan 06-27
 \$18(R) \$22(N) Age: 18Y and up
 88188 12:15-1:15pm Tue Feb 03-24
 \$22.50(R) \$27.50(N) Age: 18Y and up
 88189 12:15-1:15pm Tue Mar 03-31
 \$18(R) \$22(N) Age: 18Y and up
 88190 12:15-1:15pm Tue Apr 07-28

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
 88151 11:45am-12:45pm Mon Jan 05-Dec 21
 88148 10:45-11:45am Fri Jan 09-Dec 18

Continuing Education & Group Learning

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
 88075 10-11:30am Tue Jan 06-Dec 22

WRITING CLUB

Meets the first Tuesday of each month. Min 3/Max 15

North Bellevue Community Center
 Writing Club
 FREE Age: 19Y and up
 90622 10am-12pm Tue Jan 06-Apr 07

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-Fri Ongoing



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.

Crossroads Community Center

FREE Age: 18Y and up
90900 9am-2:30pm Fri, Mon-Fri Jan 02-Jun 26

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 Ongoing

PARTY BRIDGE NORTH BELLEVUE

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 Ongoing

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
89664 1:10-3:10pm Tue Jan 06-Apr 28

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 Ongoing

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 Ongoing

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
8:30-9:45am Mon-Fri Ongoing



ROCK'N' SBCC

INDOOR CLIMBING WALL

all levels of climbing
3 top-rope routes
33' high

**CLASSES
CAMPS
PARTIES &
RENTALS**

SEE OUR WINTER SCHEDULE

www.bellevuewa.gov/sbcc_crag.htm
or call 425-452-4240

Register at: www.myparksandrecreation.com

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 Ongoing

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
 90922 5:30-7:45pm Fri, Mon-Fri Jan 02-Dec 31

Multi-Cultural Services

CHINESE INFORMATION & ASSISTANCE SERVICES (CISC)

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
 88087 8:30am-12pm Thu Jan 08-Dec 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
 88090 10-11:30am Thu Jan 08-Dec 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
 88127 1-3pm Wed Jan 07-Dec 23

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
 88169 10-11:30am Thu Jan 08-Dec 24

ESL 111 - NEWSPAPER READING GROUP

Every week we will study an article from the local newspaper and learn new vocabulary. This class is fun and useful. Space is limited, to register call coordinator Boliver at 206-624-5633 ext.4140. Min 5/Max 24

North Bellevue Community Center
 FREE Age: 65Y and up
 88166 9:30-10:30am Wed Jan 07-Dec 23

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
 89661 12:30-2pm Thu 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
 88196 11:15am-12pm Mon, Fri Jan 05-Dec 21

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. Most languages welcome to Friday class.

Min 6/Max 25

North Bellevue Community Center
 FREE Age: 18Y and up
 88260 12:45-1:45pm Mon, Fri Jan 05-Dec 21

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.

AARP DRIVER SAFETY PROGRAM

The nation's first and largest classroom driver improvement course designed especially for motorists 50 and older may qualify you for an auto insurance discount. Payable at class time are course fees of \$15 AARP member & \$20 non-AARP member. Brng a sack lunch. Min 5/Max 30

North Bellevue Community Center
AARP Driver Safety Program

FREE Age: 50Y and up
 88056 9am-2pm Tue, Thu Feb 03-05

FREE Age: 50Y and up
 88177 9am-2pm Tue, Thu Apr 07-09



SHIBA

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

MOVING TO A SIMPLER LIFE

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

North Bellevue Community Center
FREE Age: 18Y and up
 90641 9am- 1:30pm Tue Jan 20-27
FREE Age: 55Y and up
 90642 10am- 1pm Tue Feb 24-Mar 03
FREE Age: 18Y and up
 90643 9am- 1:30pm Tue Mar 17-24
FREE Age: 55Y and up
 90644 10am- 1pm Tue Apr 21-28

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
 90895 7- 8:30pm Wed Jan 07-Apr 01



Drop-In Sports

BADMINTON

Enjoy a little exercise, conversation and competition as you hit the birdie across the net. Min 5/Max 20
 \$3(R) \$4(N) Age: 18Y and up
 Highland Community Center
 9am-12pm Sun Ongoing
 South Bellevue Community Center
 7- 8:45pm Wed Ongoing

BASKETBALL

Get great exercise and sharpen your basketball skills. Max 15 players Min 5/Max 15
 Highland Community Center
 \$3(R) \$4(N) Age: 15Y and up
 11:30am- 1pm Tue, Thu Ongoing

South Bellevue Community Center
 Call for schedule

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 Ongoing

NOON HOUR HOOPS

Shoot hoops or run full court, while getting fit and enjoying the competition! This drop-in program is for adults 18 and up. Must be out of high school. No registration required. Min 1/Max 1
 Crossroads Community Center
FREE Age: 18Y and up
 12- 2pm Fri, Mon-Fri Ongoing

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
 6- 7pm Tue Ongoing
FREE Age: 10Y - 12Y
 6- 7pm Wed Ongoing

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
 88217 3- 5:30pm Mon, Wed, Fri Jan 05-Dec 23

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
 90938 5:30- 7:45pm Fri Jan 02-Jun 26
 90937 9:15-11:30am Sat Jan 03-Jun 27

VOLLEYBALL - DROP-IN

Get ready to bump, set and spike! Non-competitive general-regulation volleyball for those 18 and over that are looking for afternoon fun and a little exercise! Must be out of high school.

Highland Community Center
 When three teams are formed due high attendance the weight room will be available for workout at no additional charge while waiting for your game.
 \$3(R) \$4(N) Age: 18Y and up
 1- 3pm Mon, Fri Ongoing

Crossroads Community Center
FREE Age: 18Y and up
 5:30- 7:30pm Mon Ongoing

DROP-IN EXERCISE

Don't want to be locked in to a contract? Highland Community Center offers a weight room complete with adaptive equipment for anyone to use. Free weights, treadmill and nu-step available. This weight room is available on a drop-in basis. Save even more when you purchase a play pass. Highland Community Center
 \$3(R) \$4(N) Age: 18Y and up
 2- 5pm Mon/Wed/Fri Ongoing
 9am- 5pm Tue/Thu Ongoing





Adult Sports Leagues

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

Winter Registration:

Residents: November 3 - December 5
 Non-Resident: November 10 - December 5
League Play: Starts January, 2015

Winter Registration:

Residents: February 20 - March 13
 Non-Resident: February 27 - March 13
League Play: Starts April, 2015

Visit bellevuewa.gov/parks_adult_sports_leagues.htm, email Leagues@bellevuewa.gov, or call **425-452-4479** 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 Leagues@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 21. Contact Steve Gonzales at SGonzales@bellevuewa.gov with questions regarding schedules.
- **Participants will be assigned to teams based on the following:**
 1. Special request for coach.
 2. Special request for ONE teammate. Additional requests for teammates will not be considered.
 3. Age and gender of participant

Please note that there are NO GUARANTEES regarding requests or team assignments, and all requests must be made before January 14 by email to sgonzales@bellevuewa.gov or by calling 425-452-4627.

- **I've signed up for basketball... now what do I do?** You will be contacted prior to the league start date via email. This email will include your team confirmation and parent packet. Team confirmations will be sent no later than January 26.

MIGHTY MITES BASKETBALL

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 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.

\$92(R) \$109(N) Ages: 5Y - 6Y
 90990 See Course Description Jan 26-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 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.

\$92(R) \$109(N) Ages: 7Y - 9Y
 90992 See Course Description Jan 27-Mar 26

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.

\$92(R) \$109(N) Ages: 10Y - 12Y
 90991 See Course Description Jan 28-Mar 18

YOUTH BASKETBALL LEAGUES SPONSORED BY



BIDDY MULTI SPORT

Come join the NEW Bidly 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 20

Tyee Middle School Site

\$68(R)	\$81(N)		Age: 3Y - 4Y
91018	9:30-10:15am	Sat	Jan 24-Feb 28
91019	9:30-10:15am	Sat	Mar 07-Apr 11
91020	9:30-10:15am	Sat	Apr 18-May 23

BIDDY MULTI SPORT II

Come join the NEW Bidly Multi Sport II class! This parent/guardian participation required program will cover three sports: basketball, soccer and t-ball. Each class includes 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) Bidly Multi Sport age 3-4 classes or permission from instructor if under the age of 5) Min 10/Max 20

Tyee Middle School Site

\$68(R)	\$81(N)		Age: 5Y - 6Y
91023	10:30-11:15am	Sat	Jan 24-Feb 28
91024	10:30-11:15am	Sat	Mar 07-Apr 11
91025	10:30-11:15am	Sat	Apr 18-May 23



This past summer, Steve Gonzales joined Youth Sports as Recreation Program Coordinator. Steve has been with Bellevue Parks & Community Services for 15 years. For 14 years, he worked with kids ages 4+ at the Bellevue Skate Park. In his new role, Steve oversees league sports for youth, track & field, sports clinics, and camps – most recently, managing nine sold-out and successful weeks of summer camps. He looks forward to expanding youth sports and fitness awareness and programs to create an active and healthier community. In his free time, Steve enjoys sports, skateboarding and outdoor recreation, and spending time with his two kids.

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)	\$124(N)		Age: 5Y - 8Y
90476	1:30- 2:30pm	Wed	Jan 07-Feb 25
90479	1:30- 2:30pm	Wed	Mar 04-Apr 22

SPORTBALL YOUTH TENNIS

Game, set, match! Sportball Tennis programs introduce children to fundamental concepts of gameplay and provide them with the basic skills required to build confidence and get into the swing of things in a supportive, non-competitive environment. Classes zero in on skills including: forehand, backhand, volleying and more. Trained, certified Sportball Coaches apply their dedicated instruction in fun, exciting, skills-focused games. Min 6/Max 12 South Bellevue Community Center

\$77(R)	\$93(N)		Age: 4Y - 6Y
90722	4- 4:50pm	Thu	Jan 08-Feb 26
90723	4- 4:50pm	Thu	Mar 05-Apr 23
\$77(R)	\$93(N)		Age: 7Y - 10Y
90724	5- 6pm	Thu	Jan 08-Feb 26
90725	5- 6pm	Thu	Mar 05-Apr 16





SEREVI RUGBY 100

Serevi Rugby 100 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, wristband and sticker. and co-ed. These programs are coached by current and former International Rugby Players. Min 4/Max 12

Robinswood Community Park
 \$125(R) \$150(N) Age: 4Y - 5Y
 91067 4:30- 5:45pm Mon Feb 02-Mar 30
 91068 4:30- 5:45pm Mon Apr 20-Jun 15

SEREVI RUGBY 200

Serevi Rugby® 200 and Bellevue Parks & Community Services are excited to offer Serevi Rugby 200, a coed, limited-contact sport for young athletes, ages 6-9, 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. All participants will receive a t-shirt, wristband and sticker. Min 5/Max 20
 Robinswood Community Park

\$125(R) \$150(N) Age: 6Y - 12Y
 91081 4:30- 5:45pm Mon Feb 02-Mar 30
 91082 4:30- 5:45pm Mon Apr 20-Jun 15



ROCK CLIMBING 101

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 8

South Bellevue Community Center
 \$22(R) \$27(N) Age: 4Y and up

89380	6- 7pm	Tue	Apr 07
89381	6- 7pm	Tue	Apr 14
89382	6- 7pm	Tue	Apr 21
89383	6- 7pm	Tue	Apr 28

ROCK CLIMBING 101 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 8

South Bellevue Community Center
 \$22(R) \$27(N) Age: 4Y and up
 Addt'l Child: \$11(R) \$13(N)

89418	6- 7pm	Thu	Apr 02
89452	9-10am	Sat	Apr 04
89422	11am-12pm	Sun	Apr 05
89425	7- 8pm	Mon	Apr 06
89419	6- 7pm	Thu	Apr 09
89454	9-10am	Sat	Apr 11
89423	11am-12pm	Sun	Apr 12
89426	7- 8pm	Mon	Apr 13
89420	6- 7pm	Thu	Apr 16
89453	9-10am	Sat	Apr 18
89424	11am-12pm	Sun	Apr 19
89459	7- 8pm	Mon	Apr 20
89456	6- 7pm	Thu	Apr 23
89421	9-10am	Sat	Apr 25
89440	11am-12pm	Sun	Apr 26
89427	7- 8pm	Mon	Apr 27
89455	6- 7pm	Thu	Apr 30





SEREVI RUGBY 300

Serevi Youth Rugby presents Rugby 300 for developing rugby kids, ages 10 - 12. With a progression in speed of play, participants will showcase their skills in both individual and team settings. Building on the lessons of Rugby 100 and 200 (not required) participants will have a full grasp of a variety of kicks, handling skills and trick moves, evasive running abilities. They will improve field vision and fix or beat defenders in a variety of situations. Sessions are comprised of skill work touch rugby scrimmages. Participant receive an official Serevi Youth Rugby t-shirt, wristband and sticker. Min 6/Max 20

Robinswood Community Park
 \$125(R) \$150(N) Age: 10Y - 12Y
 91086 4:30-5:45pm Mon Feb 02-Mar 30
 91087 4:30-5:45pm Mon Apr 20-Jun 15

I-BALL BASKETBALL CLINICS

Bellevue Parks & Community Services and i-Ball have partnered to offer Basketball Skills Clinics for kids, ages 7-12. 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
 91070 5:50-7pm Mon Jan 05-Feb 02
 91071 5:50-7pm Mon Feb 09-Mar 09
 91072 5:50-7pm Mon Mar 16-Apr 13
 91073 5:50-7pm Mon Apr 20-May 11



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
 91043 2-2:45pm Tue Jan 13-Feb 24
 91044 1-1:45pm Tue Jan 13-Feb 24
 91034 2-2:45pm Wed Jan 14-Feb 25
 91042 1-1:45pm Wed Jan 14-Feb 25
 91033 1-1:45pm Thu Jan 15-Feb 26
 91035 2-2:45pm Thu Jan 15-Feb 26
 91036 2-2:45pm Tue Mar 03-Apr 14
 91046 1-1:45pm Tue Mar 03-Apr 14
 91037 1-1:45pm Wed Mar 04-Apr 15
 91038 2-2:45pm Wed Mar 04-Apr 15
 91039 1-1:45pm Thu Mar 05-Apr 16
 91045 2-2:45pm Thu Mar 05-Apr 16
 91040 1-1:45pm Tue Apr 21-May 26
 91048 2-2:45pm Tue Apr 21-May 26
 91041 2-2:45pm Wed Apr 22-May 27
 91050 1-1:45pm Wed Apr 22-May 27
 91047 2-2:45pm Thu Apr 23-May 28
 91049 1-1:45pm Thu Apr 23-May 28

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
 \$68(R) \$72(N) Age: 11Y - 18Y
 90545 5-6:30pm Thu Jan 08-Feb 12
 90546 5-6:30pm Thu Feb 26-Apr 02
 \$94(R) \$104(N) Age: 11Y - 18Y
 90547 5-6:30pm Thu Apr 16-Jun 18

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
 \$68(R) \$72(N) Age: 7Y - 18Y
 90532 2:30-4pm Wed Jan 07-Feb 11
 90530 4-5:30pm Fri Jan 09-Feb 13
 90533 2:30-4pm Wed Feb 25-Apr 01
 90531 4-5:30pm Fri Feb 27-Apr 03
 \$94(R) \$104(N) Age: 7Y - 18Y
 90535 2:30-4pm Wed Apr 15-Jun 17
 90534 4-5:30pm Fri Apr 17-Jun 19

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
 \$68(R) \$72(N) Age: 8Y - 18Y
 90541 4-5:30pm Wed Jan 07-Feb 11
 90542 4-5:30pm Wed Feb 25-Apr 01
 \$94(R) \$104(N) Age: 8Y - 18Y
 90543 4-5:30pm Wed Apr 15-Jun 17

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
 \$52(R) \$60(N) Age: 7Y - 18Y
 90580 4:15-5pm Thu Jan 08-Feb 12
 90581 4:15-5pm Thu Feb 26-Apr 02
 \$71(R) \$79(N) Age: 7Y - 18Y
 90582 4:15-5pm Thu Apr 16-Jun 18



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.

VOLUNTEER AT ROBINSWOOD TENNIS CENTER

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

MISCELLANEOUS SERVICES OFFERED

- Our pro shop offers the latest line of tennis rackets to demo or purchase: grips, tennis balls, and other miscellaneous items are also available.
- Our ball machine is available for rental. It's a great way to work on individual strokes.
- Our professional in-house racket restringing is available on site. Service is guaranteed in 48 hours.

OUTDOOR TENNIS COURTS

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

ADULT ACTIVITY GROUPS

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

Mixed Doubles – Monday, 7:30-8:45pm
Coordinator: Rick Paukstis,
salesroad@gmail.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. Coordinator: Pat McGill, 360-805-4916, patrickmcgill@yahoo.com.

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
\$40 Age: 14Y - 90Y

Session 1			
91150	4-5pm	Wed	Jan 07-Feb 25
Session 2			
91151	4-5pm	Wed	Mar 04-Apr 22
Session 3			
91152	4-5pm	Wed	Apr 29-Jun 17

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			
92707	6:15-7:30pm	Thu	Jan 08-Feb 26 \$88
Session 2			
92708	6:15-7:30pm	Thu	Mar 05-Apr 23 \$88
Session 3			
92709	6:15-7:30pm	Thu	Apr 30-Jun 18 \$88

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			
92762	9-10:30am	Mon	Jan 05-Mar 16 \$90
Session 3			
92763	9-10:30am	Mon	Mar 30-Jun 15 \$100

Tennis - Weekday Flight - Level B
Level B is USTA NTRP Level 3.5 and Seattle Area Cup level Rainier to Challenge.

Session 1			
92765	9-10:30am	Wed	Jan 07-Mar 18 \$100
Session 3			
92766	9-10:30am	Wed	Apr 01-Jun 10 \$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			
92768	1-2:30pm	Mon	Jan 05-Mar 16 \$90
Session 3			
92769	1-2:30pm	Mon	Mar 30-Jun 15 \$100

Tennis - Weekday Flight - Level D
Level D is USTA NTRP Level 3.0 and Seattle Area Cup level Emerald to Classic.

Session 1			
92815	9-10:30am	Tue	Jan 06-Mar 17 \$100
Session 3			
92816	9-10:30am	Tue	Mar 31-Jun 09 \$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

92818 9-10:30am Thu Jan 08-Mar 19 \$100

Session 3

92819 9-10:30am Thu Apr 02-Jun 11 \$100

Tennis - Weekday Flight - Level F

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

Session 1

92821 1-2:30pm Thu Jan 08-Mar 19 \$100

Session 3

92822 1-2:30pm Thu Apr 02-Jun 11 \$100

Tennis - Friday Zingers

Competitive Doubles leagues held on Friday mornings at 9:15am. Level 3.5 NTRP.

Session 1

92953 9:15-10:30am Fri Jan 09-Mar 13 \$80

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

92600 10:30-11:45am Wed Jan 07-Feb 25 \$128

92666 7:30-8:45pm Mon Jan 05-Feb 23 \$128

92667 7:30-8:45pm Wed Jan 07-Feb 25 \$128

Session 2

92601 10:30-11:45am Wed Mar 04-Apr 22 \$128

92668 7:30-8:45pm Mon Mar 02-Apr 20 \$128

92669 7:30-8:45pm Wed Mar 04-Apr 22 \$128

Session 3

92602 10:30-11:45am Wed Apr 29-Jun 17 \$128

92670 7:30-8:45pm Mon Apr 27-Jun 15 \$128

92671 7:30-8:45pm Wed Apr 29-Jun 17 \$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

92565 10:30-11:45am Tue Jan 06-Feb 24 \$128

92566 11:45am-1pm Wed Jan 07-Feb 25 \$128

92649 8:45-10pm Mon Jan 05-Feb 23 \$128

92650 8:45-10pm Wed Jan 07-Feb 25 \$128

Session 2

92567 10:30-11:45am Tue Mar 03-Apr 21 \$128

92568 11:45am-1pm Wed Mar 04-Apr 22 \$128

92651 8:45-10pm Mon Mar 02-Apr 20 \$128

92652 8:45-10pm Wed Mar 04-Apr 22 \$128

Session 3

92569 10:30-11:45am Tue Apr 28-Jun 16 \$128

92570 11:45am-1pm Wed Apr 29-Jun 17 \$128

92653 8:45-10pm Mon Apr 27-Jun 15 \$128

92654 8:45-10pm Wed Apr 29-Jun 17 \$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

92617 11:45am-1pm Mon Jan 05-Feb 23 \$128

92618 10:30-11:45am Thu Jan 08-Feb 26 \$128

92683 7:30-8:45pm Tue Jan 06-Feb 24 \$128

92684 7:30-8:45pm Thu Jan 08-Feb 26 \$128

Session 2

92619 11:45am-1pm Mon Mar 02-Apr 20 \$128

92620 10:30-11:45am Thu Mar 05-Apr 23 \$128

92685 7:30-8:45pm Tue Mar 03-Apr 21 \$128

92686 7:30-8:45pm Thu Mar 05-Apr 23 \$128

Session 3

92621 11:45am-1pm Mon Apr 27-Jun 15 \$128

92622 10:30-11:45am Thu Apr 30-Jun 18 \$128

92687 7:30-8:45pm Tue Apr 28-Jun 16 \$128

92688 7:30-8:45pm Thu Apr 30-Jun 18 \$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

92632 8:45-10pm Tue Jan 06-Feb 24 \$128

92633 8:45-10pm Thu Jan 08-Feb 26 \$128

Session 2

92634 8:45-10pm Tue Mar 03-Apr 21 \$128

92635 8:45-10pm Thu Mar 05-Apr 23 \$128

Session 3

92636 8:45-10pm Tue Apr 28-Jun 16 \$128

92637 8:45-10pm Thu Apr 30-Jun 18 \$128

Advanced Doubles Strategy

Session 1

92589 11:45am-1pm Mon Jan 05-Feb 23 \$128

Session 2

92590 11:45am-1pm Mon Mar 02-Apr 20 \$128

Session 3

92591 11:45am-1pm Mon Apr 27-Jun 15 \$128

Youth Tennis Programs

TENNIS TEAMS

Robinswood offers four different levels of tennis teams for 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 & overhands, and place serves consistently in the box.

Session 1

92824 3:45-5pm Tue, Thu Jan 06-Feb 26 \$192

Session 2

92825 3:45-5pm Tue, Thu Mar 03-Apr 23 \$192

Session 3

92826 3:45-5pm Tue, Thu Apr 28-Jun 18 \$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

92831 5-6:15pm Tue, Thu Jan 06-Feb 26 \$192

Session 2

92832 5-6:15pm Tue, Thu Mar 03-Apr 23 \$192

Session 3

92833 5-6:15pm Tue, Thu Apr 28-Jun 18 \$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

92845 5-6:15pm Mon, Wed, Fri Jan 05-Feb 27 \$264

Session 2

92846 5-6:15pm Mon, Wed, Fri Mar 02-Apr 24 \$264

Session 3

92847 5-6:15pm Mon, Wed, Fri Apr 27-Jun 19 \$264



IMPORTANT REGISTRATION INFORMATION FOR ROBINSWOOD TENNIS CENTER PROGRAMS

Registration dates for sessions at Robinswood Tennis Center:

Session 1:

Residents: November 3
Non-Residents: November 12

Session 2:

Residents: February 2
Non-Residents: February 11

Session 3:

Residents: March 9
Non-Residents: March 18





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

**Registration dates for sessions at
Robinswood Tennis Center:**

Session 1:

Residents: November 3
Non-Residents: November 12

Session 2:

Residents: February 2
Non-Residents: February 11

Session 3:

Residents: March 9
Non-Residents: March 18

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			
92838	3:45- 5pm	Mon, Wed, Fri	Jan 05-Feb 27 \$264
Session 2			
92839	3:45- 5pm	Mon, Wed, Fri	Mar 02-Apr 24 \$264
Session 3			
92840	3:45- 5pm	Mon, Wed, Fri	Apr 27-Jun 19 \$264

**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			
92750	11-11:45am	Sat	Jan 10-Feb 28 \$90
Session 2			
92751	11-11:45am	Sat	Mar 07-Apr 25 \$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			
92730	1- 2pm	Sat	Jan 10-Feb 28 \$96
Session 2			
92731	1- 2pm	Sat	Mar 07-Apr 25 \$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			
92738	2- 3pm	Sat	Jan 10-Feb 28 \$96
Session 2			
92739	2- 3pm	Sat	Mar 07-Apr 25 \$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			
92718	3- 4pm	Sat	Jan 10-Feb 28 \$96
Session 2			
92719	3- 4pm	Sat	Mar 07-Apr 25 \$96

Advanced Beginning II: Ages 7-12. Class is designed for children who have completed Advanced Beginning I.

Session 1			
92724	4- 5pm	Sat	Jan 10-Feb 28 \$96
Session 2			
92725	4- 5pm	Sat	Mar 07-Apr 25 \$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			
92744	10-11am	Sat	Jan 10-Feb 28 \$96
Session 2			
92745	10-11am	Sat	Mar 07-Apr 25 \$96

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

Session 1			
92756	5- 6pm	Sat	Jan 10-Feb 28 \$96
Session 2			
92757	5- 6pm	Sat	Mar 07-Apr 25 \$96

Prep Team: Ages: 8-17 Class focuses on strengthening students rally skills. Class is designed for students who have completed Intermediate Saturday Classes. Entry to this class granted only through Instructor approval. Goal of the class is develop consistent rallies and begin match play. Next Level is Team 1.

Session 1			
92712	9-10am	Sat	Jan 10-Feb 28 \$128
Session 2			
92713	9-10am	Sat	Mar 07-Apr 25 \$128



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.

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 Counsel on the Aging allows you to quickly and easily determine what benefits you may qualify for, and how to claim them. Visit them on the web: www.BenefitsCheckUp.org. Medicare questions answered via the Internet at www.mymedicarematters.org.

GENERAL

AARP AREA OFFICE

1-800-227-7457 or 206-517-2327

AARP COMMUNITY SERVICE EMPLOYMENT PROGRAM

Assistance for job seekers aged 55+ including 20hr/wk paid job training and assistance finding permanent employment. Call 206-624-6698 for details, co-sponsored by the US Dept. of Labor and the AARP Foundation.

COMPUTER HELP DESK SERVICE

KEGS (Komputer Enthusiasts of Greater Seattle) can help with your computer needs. Call Joe Mraz at 425-747-2433 for meeting and computer help information.

EASTSIDE LEGAL ASSISTANCE PROGRAM

Legal advice, at little or no cost, to low-income Eastside residents. Call 425-747-7274.

W.I.C.S.

Widowed Information & Counseling Services. Call area office 206-241-5650.

SENIOR INFORMATION & ASSISTANCE

Resources and information on all topics related to older adults. 1-888-435-3377 or 206-448-3110.



MULTI-CULTURAL 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 Center for recycling to low-income persons via local eyewear stores.

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.

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.

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

HOLIDAY LUNCHEON

Join us as we serve you a festive holiday meal. Enjoy seasonal music preceding. Please pre-register by December 9. Co-sponsored by Catholic Community Services. \$3 suggested donation for 60+, charge of \$6.00 for those under 60, both payable at the door. Min 10/Max 100

North Bellevue Community Center
 \$3(R) \$6(N) Age: 18Y and up
 86762 11:30am- 1pm Wed Dec 17

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 2014. Watch for your invitation in the mail. Co-sponsored by the Bellevue Firefighters Community Support Foundation. Min 5/Max 100

North Bellevue Community Center
 FREE Age: 18Y and up
 90905 11:30am- 1pm Wed Feb 11



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
 FREE Age: 18Y and up
 88194 7-10pm Sat Mar 07

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 90

North Bellevue Community Center
 \$3(R) \$6(N) Age: 18Y and up
 88195 11:30am- 1pm Wed Mar 11

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

Momentia at the Movies

Join other community members who live with and/or without dementia for an afternoon at the movies. Movies shown every Thursday. Call or stop by the center for the monthly listing. Caregivers welcome.

FREE Age: 6Y and up
 90928 2- 4pm Thu Jan 08-May 07





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.

KING COUNTY PARENT COALITION FOR DEVELOPMENTAL DISABILITIES

Contact: Lance Morehouse, 206-829-7048 2nd Tuesday of most months.

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 12:30-2:30pm. 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

BRIDGE OF PROMISE ACADEMY

In partnership with Bellevue Parks and Community Services, Bridge of Promise offers a day program from 10am-2pm every 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 participant's needs and goals. For further registration information, please contact program director at 425-333-4114.

ADAPTIVE RECREATION EVENTS

DANCE - VALENTINE DANCE

Cupid is in the air! Come out and have a blast at our Valentine Dance. This dance is for teens and adults living with intellectual disabilities. Min 60/ Max 150

Highland Community Center Site
\$9(R) \$11(N) Age: 16Y and up
88458 7-9:30pm Fri Feb 13

ADAPTIVE RECREATION PROGRAMS

ARTISTIC INSPIRATIONS

This class is designed and adapted for adults with intellectual disabilities. Bring your inspiration and imagination to create some of the most beautiful art pieces imaginable. Class will explore watercolor, acrylic, pencil and other fun mediums. NO CLASS ON HOLIDAYS Min 15/Max 20

Highland Community Center Site
\$45(R) \$55(N) Age: 18Y and up
88452 5-7pm Mon Jan 05-Mar 09
89579 5-7pm Mon Mar 30-Jun 01





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 20/Max 45

Highland Community CenterSite			
FREE		Age: 18Y and up	
89562	5-6pm	Thu	Jan 15
89563	5-6pm	Thu	Feb 19
89564	5-6pm	Thu	Mar 19
89565	5-6pm	Thu	Apr 16

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 CenterSite			
\$42(R) \$53(N)		Age: 18Y and up	
88459	7-8:30pm	Thu	Jan 08-Mar 12
89595	7-8:30pm	Thu	Apr 02-Jun 04

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 90

Highland Community CenterSite			
\$45(R) \$56(N)		Age: 18Y and up	
88445	9:30-11:30am	Sat	Jan 10-Mar 14
89573	9:30-11:30am	Sat	Apr 04-Jun 06

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 CenterSite			
\$222(R) \$277(N)		Age: 18Y and up	
88446	9:30am-3pm	Wed	Jan 07-Mar 11
89572	9:30am-3pm	Wed	Apr 01-Jun 03

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 20

Highland Community CenterSite			
\$42(R) \$53(N)		Age: 18Y and up	
88448	1-2:30pm	Fri	Jan 09-Mar 13
89575	1-2:30pm	Fri	Apr 03-Jun 05



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. Min 15/Max 30

Highland Community CenterSite			
\$62(R) \$77(N)		Age: 18Y and up	
89583	7-8:30pm	Tue, Thu	Mar 31-Jun 04

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 35

Highland Community CenterSite			
\$62(R) \$77(N)		Age: 18Y and up	
88455	7-8:30pm	Tue, Thu	Jan 06-Mar 12



COOKING - 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 10/Max 18

Highland Community CenterSite
 \$74(R) \$92(N) Age: 18Y and up
 88457 5-7pm Thu Jan 08-Mar 12
 89586 5-7pm Thu Apr 02-Jun 04

FRIDAY NIGHT OUT

This is an adaptive recreation class. 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 \$10.00 for the movie. Participants are responsible for their own money. The class will meet for drop-off and pick-up at the Crossroads Regal Cinema Movie Theater. Age: 18 and up There are times we must see a 3d movie at a cost of \$13.50 if there are no other PG13, PG or G rated movies. Min 8/Max 15

\$17(R) \$21(N) Age: 18Y and up
 88450 5:30- 9:30pm Fri Jan 09
 89557 5:30- 9:30pm Fri Feb 06
 89558 5:30- 9:30pm Fri Mar 06
 89577 5:30- 9:30pm Fri Apr 03

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: 18 and up **NO CLASS ON HOLIDAYS** Min 10/Max 13

Highland Community CenterSite
 \$78(R) \$98(N) Age: 18Y and up
 88451 5-7pm Tue, Thu Jan 06-Mar 12
 89578 5-7pm Tue, Thu Mar 31-Jun 04

GLASS FUSION WORKSHOP

Come make great projects using a cold fushion technique. We will make jewelry, plates, necklaces and much more. Goggles and supplies provided. Safety lesson first day on working with glass. We will learn from design to completed projects. All levels welcome in class. This is an adapted class for adults living with Intellectual disabilities. Min 10/Max 20

Highland Community CenterSite
 \$65(R) \$80 Age: 18Y and up
 89566 5-7pm Tue Jan 06-Mar 10

HIGHLAND HANGOUT

This class is designed and adapted for adults with intellectual disabilities. Your answer to a slow afternoon. Stimulating conversation, lively board games, solving puzzles or just enjoy a movie. All yours 4-days-per-week, for a 10-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 15/Max 35

Highland Community CenterSite
 \$40(R) \$50(N) Age: 18Y and up
 88460 3-5pm Mon-Thu Jan 05-Mar 12
 89596 3-5pm Mon-Thu Mar 30-Jun 04

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 Site
 \$108(R) \$118(N) Age: 18Y and up
 90602 12- 1:30pm Fri Jan 16-Mar 13
 90603 12- 1:30pm Fri Mar 27-May 22

MOVIE TIME ADAPTED

This specialized class is adated 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 35

Highland Community CenterSite
 \$42(R) \$53(N) Age: 18Y and up
 88453 5-7pm Wed Jan 07-Mar 11
 89580 5-7pm Wed Apr 01-Jun 03



PD - EXERCISE CLASS ADAPTED

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
Min 8/Max 9

Highland Community CenterSite

\$110(R)	\$139(N)	Age: 21Y and up
89569	9:15-10:15am	Mon, Wed, Fri Jan 05-Mar 27
89570	10:30-11:30am	Mon, Wed, Fri Jan 05-Mar 27
89571	11:45am- 1:15pm	Mon, Wed Jan 05-Mar 25
89600	9:15-10:15am	Mon, Wed, Fri Mar 30-Jun 19
89601	10:30-11:30am	Mon, Wed, Fri Mar 30-Jun 19
89602	11:45am- 1:15pm	Mon, Wed Mar 30-Jun 17

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. Min 2/Max 20

Highland Community CenterSite

\$3	\$4	Age: 18Y and up
89686	12- 3pm	Sat Jan 03-Apr 04

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 15/Max 30

Highland Community CenterSite

\$62(R)	\$77(N)	Age: 18Y and up
89584	7- 8:30pm	Tue, Thu Mar 31-Jun 04

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 38

Highland Community CenterSite

\$42(R)	\$53(N)	Age: 18Y and up
88454	7- 8:30pm	Mon Jan 05-Mar 09
89559	7- 8:30pm	Wed Jan 07-Mar 11
89581	7- 8:30pm	Mon Mar 30-Jun 01
89582	7- 8:30pm	Wed Apr 01-Jun 03



Bellevue Parks & Community Services has a variety of volunteer opportunities. Volunteers serve on boards and commissions, lead tours, help out in the office, answer phones, serve lunches, and perform many more vital tasks throughout all of our program areas.

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

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

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

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

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

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

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

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

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

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

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

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. This class is adapted for adults living with intellectual disabilities. Min 20/Max 40
 Highland Community CenterSite
 \$42(R) \$53(N) Age: 18Y and up
 88449 7-8:30pm Tue Jan 06-Mar 10

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 Min 5/Max 25
 Highland Community CenterSite
 \$3(R) \$4(N) Age: 18Y and up
 89688 6:30-9pm Wed Jan 07-May 06

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 13 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 CenterSite
 \$76(R) \$95(N) Age: 12Y and up
 88447 5:30-6:30pm Wed Jan 07-Mar 11
 89574 5:30-6:30pm Wed Apr 01-Jun 03

DANCE COUNTY LINE

Come on out and dance it up to the tunes of the greatest country artist ever known. Min 20/Max 40
 Highland Community CenterSite
 \$42(R) \$53(N) Age: 16Y and up
 89576 7-8:30pm Tue Mar 31-Jun 02

AFTER SCHOOL-PROGRAMS FOR YOUTH

Three afternoons a week your child has the opportunity to unwind from school with these interactive activities. Games, cards, art and movies. All programs are for youth ages 15-21 living with intellectual disabilities. NO CLASS ON HOLIDAYS or school service days Min 8/Max 15
 Highland Community CenterSite
 \$75(R) \$94(N) Age: 15Y - 21Y
 88461 2:30-5pm Mon Jan 05-Mar 09
 89567 2:30-5pm Tue Jan 06-Mar 10
 89568 2:30-5pm Thu Jan 08-Mar 12
 89597 2:30-5pm Mon Mar 30-Jun 01
 89598 2:30-5pm Tue Mar 31-Jun 02
 89599 2:30-5pm Thu Apr 02-Jun 04

HCC 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! This class is designed and adapted for adults with Intellectual disabilities. Min 10/Max 20
 Highland Community CenterSite
 \$42(R) \$53(N) Age: 18Y and up
 88456 5:30-7pm Thu Jan 08-Mar 12
 89594 5:30-7pm Thu Apr 02-Jun 04

COMPUTER-ENHANCED VIDEO PRODUCTION

Stretch your creativity while exploring a variety of video production techniques, including green screen and animation! Work in teams with your classmates to produce videos in a fun, collaborative manner! Digitally 'visit' exotic places to tell stories straight from your imagination! On the final session, showcase the videos your team developed to family and friends in a 'world premiere' event! Take home a copy of the DVD that YOU helped design! Min 8/Max 16.
 Northwest Arts Center
 \$195(R) \$210(N) Age: 14Y and up
 93028 10am-1pm Mon Jan 05-Feb 09



ADAPTIVE RECREATION REGISTRATION FORM

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

PLEASE FILL OUT AND SIGN PARTICIPANT INFORMATION ON PAGE 8.



Intellectual Disabilities

Physical Disabilities

PARTICIPANT NAME: _____ CITY OF BELLEVUE SCHOLARSHIP

DDD CASEWORKER: _____ NEW ADDRESS: _____

UPDATED BLUE FORM ON FILE NEW PHONE: _____

ADULT Adaptive Programs at Highland Center & NW Arts Center New Address

Course #	Title	Rates - Res/Non-Res	Days	Time	Dates
<input type="checkbox"/> 88446	Adult Adventure Ed	R \$222 N \$277	Wed	9:30a-3:00p	1/7-3/11
<input type="checkbox"/> 88445	Adult Bowling	R \$45 N \$56	Sat	9:30a-11:30a	1/10-3/14
<input type="checkbox"/> 88447	Cheerleading	R \$77 N \$95	Wed	5:30p-6:30p	1/7-3/11
<input type="checkbox"/> 88448	Adult Crafts	R \$42 N \$53	Fri	1p-2:30p	1/9-3/13
<input type="checkbox"/> 88449	Swing Line Dance	R \$42 N \$53	Tue	7:00p-8:30p	1/6-3/10
<input type="checkbox"/> 89566	Glass Fusion	R \$64 N \$80	Tue	5:00p-7:00p	1/6-3/10
<input type="checkbox"/> 88450	Friday Night Out	R \$17 N \$21	Fri	5:30p-9:30p	1/9
<input type="checkbox"/> 89557	Friday Night Out	R \$17 N \$21	Fri	5:30p-9:30p	2/6
<input type="checkbox"/> 89558	Friday Night Out	R \$17 N \$21	Fri	5:30p-9:30p	3/6
<input type="checkbox"/> 88451	Full Fitness Fun	R \$78 N \$98	Tu/Th	5:00p-7:00p	1/6-3/12
<input type="checkbox"/> 88452	Artistic Inspirations	R \$45 N \$55	Mon	5:00p-7:00p	1/5-3/9
<input type="checkbox"/> 88453	Movie time	R \$42 N \$53	Wed	5:00p-7:00p	1/7-3/11
<input type="checkbox"/> 88454	Social Club	R \$42 N \$53	Mon	7:00p-8:30p	1/5-3/9
Bridge Academy: Thursdays, 10am-2pm - Call Cindy O'Neill at 209-919-7167					
<input type="checkbox"/> 89559	Social Club	R \$42 N \$53	Wed	7:00p-8:30p	1/7-3/11
<input type="checkbox"/> 88455	Adult Basketball	R \$62 N \$77	Tu/Th	7:00p-8:30p	1/6-3/12
<input type="checkbox"/> 89562	Kiwanis Dinner	Free	Thurs	5:00p-6:00p	1/15
<input type="checkbox"/> 89563	Kiwanis Dinner	Free	Thurs	5:00p-6:00p	2/19
<input type="checkbox"/> 89564	Kiwanis Dinner	Free	Thurs	5:00p-6:00p	3/19
<input type="checkbox"/> 89565	Kiwanis Dinner	Free	Thurs	5:00p-6:00p	4/16
<input type="checkbox"/> 88456	Indoor Walking	R \$42 N \$53	Thurs	5:30-7:00p	1/8-3/12
<input type="checkbox"/> 88457	Cooking	R \$74 N \$92	Thur	5:00p-7:00p	1/8-3/12
<input type="checkbox"/> 88458	Valentine Dance	R \$9 N \$11	Fri	7:00p-9:00p	2/13
<input type="checkbox"/> 88459	Bingo	R \$42 N \$53	Thurs	7:00p-8:30pm	1/8-3/12
<input type="checkbox"/> 88460	Highland Hangout	R \$40 N \$50	M/T/W/TH	3:00p-5:00p	1/5-3/12
<input type="checkbox"/> 90602	Kitchen Kapers	R \$108 N \$118	Fri	12:00-1:30pm	1/16-3/13
<input type="checkbox"/> 89543	Glass Fusion	R \$185 N \$220	Thurs	9:00-10:30am	1/8-3/5
<input type="checkbox"/> 89538	Stoneware Creations	R \$185 N \$220	Thurs	9:00-10:30am	1/8-3/5
<input type="checkbox"/> 93028	Computer Enhanced video production	R \$195 N \$210	Mon	9a-11:15a	1/5-2/5
YOUTH Adaptive Programs at Highland Center					
<input type="checkbox"/> 88461	DVD Games	R \$65 N \$85	Mon	2:30p-5:00p	1/5-3/9
<input type="checkbox"/> 89567	Art & Movies	R \$75 N \$94	Tue	2:30p-5:00p	1/6-3/10
<input type="checkbox"/> 89568	Sports & DVD games	R \$75 N \$94	Thurs	2:30p-5:00p	1/8-3/12
ADULT Adaptive Programs at Highland Center & NW Arts Center					
<input type="checkbox"/> 89569	Exercise	R \$110 N \$139	M/W/F	9:15a-10:15a	1/5-3/27
<input type="checkbox"/> 89570	Exercise	R \$110 N \$139	M/W/F	10:30a-11:30a	1/5-3/27
<input type="checkbox"/> 89571	Exercise	R \$110 N \$139	M/W	11:45a-1:15pm	1/5-3/25

People living with disabilities are encouraged to participate in any of the Recreation Division programs in which they are interested. Please contact Kim Indurkar, Program Coordinator if you have not taken programs at Highland Center in the past, to schedule an appointment at 425-452-6105.

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: _____ **CITY OF BELLEVUE SCHOLARSHIP**

DDD CASEWORKER: _____ **NEW ADDRESS:** _____

UPDATED BLUE FORM ON FILE **NEW PHONE:** _____

ADULT Adaptive Programs at Highland Center & NW Arts Center **New Address**

	Course #	Title	Rates - Res/Non-Res		Days	Time	Dates
<input type="checkbox"/>	89572	Adult Adventure Ed	\$222	\$277	Wed	9:30a-3:00p	4/1-6/3
<input type="checkbox"/>	89573	Adult Bowling	\$45	\$56	Sat	9:30a-11:30a	4/4-6/6
<input type="checkbox"/>	89574	Cheerleading	\$77	\$95	Wed	5:30p-6:30p	4/1-6/3
<input type="checkbox"/>	89575	Adult Crafts	\$42	\$53	Fri	1p-2:30p	4/3-6/5
<input type="checkbox"/>	89576	Country Line Dance	\$42	\$53	Tue	7:00p-8:30p	3/31-6/2
<input type="checkbox"/>	89577	Friday Night out	\$17	\$21	Fri	5:30p-9:30p	4/3
<input type="checkbox"/>	89578	Full Fitness fun	\$78	\$98	Tu/Th	5:00p-7:00p	3/31-6/4
<input type="checkbox"/>	89579	Artistic Inspirations	\$45	\$55	Mon	5:00p-7:00p	3/30-6/1
<input type="checkbox"/>	89580	Movie time	\$42	\$53	Wed	5:00p-7:00p	4/1-6/3
<input type="checkbox"/>	89581	Social Club	\$45	\$55	Mon	5:00p-7:00p	3/30-6/1
Bridge Academy: Thursdays, 10am-2pm - Call Cindy O'Neill at 209-919-7167							
<input type="checkbox"/>	89582	Social Club	\$42	\$53	Wed	5:00p-7:00p	4/1-6/3
<input type="checkbox"/>	89583	Adult Track	\$62	\$77	Tu/Th	7:00p-8:30p	3/31-6/4
<input type="checkbox"/>	89584	Adult Soccer	\$62	\$77	Tu/Th	7:00p-8:30p	3/31-6/4
<input type="checkbox"/>	89585	Kiwanis Dinner	FREE		Thurs	5:00p-6:00p	5/21
<input type="checkbox"/>	89586	Cooking	\$74	\$92	Thurs	5:00p-7:00p	4/2-6/4
<input type="checkbox"/>	89587	Barn Dance	\$9	\$11	Fri	7p-9:30p	5/8
<input type="checkbox"/>	89594	Indoor Walking	\$42	\$53	Thurs	5:30-7:00p	4/2-6/4
<input type="checkbox"/>	89595	Bingo	\$42	\$53	Thurs	7:00p-8:30p	4/2-6/4
<input type="checkbox"/>	89596	Highland Hangout	\$40	\$50	M/T/W/Th	3:00p-5:00p	3/30-6/4
<input type="checkbox"/>	90603	Kitchen Kapers	R \$108	N \$118	Fri	12:00-1:30pm	3/27-6/22
<input type="checkbox"/>	89544	Glass Fusion	R \$185	N \$220	Thurs	9:00-10:30am	3/19-5/14
<input type="checkbox"/>	89539	Stoneware Creations	R \$185	N \$220	Thurs	11a-1p	3/19-5/14
YOUTH Adaptive Programs at Highland Center							
<input type="checkbox"/>	89597	Games & DVD	\$75	\$94	Mon	2:30p-5:00p	3/30-6/1
<input type="checkbox"/>	89598	Art & DVD	\$75	\$94	Tues	2:30p-5:00p	3/31-6/2
<input type="checkbox"/>	89599	Sports & DVD	\$75	\$94	Thurs	2:30p-5:00p	4/2-6/4
ADULT Adaptive Programs at Highland Center & NW Arts Center							
<input type="checkbox"/>	89600	Exercise	\$110	\$139	M/W/F	9:15a-10:15a	3/30-6/19
<input type="checkbox"/>	89601	Exercise	\$110	\$139	M/W/F	10:30a-11:30a	3/30-6/19
<input type="checkbox"/>	89602	Exercise	\$110	\$139	M/W	11:45a-1:15p	3/30-6/17

PLEASE FILL OUT AND SIGN PARTICIPANT INFORMATION ON PAGE 8.



Intellectual Disabilities

Physical Disabilities

People living with disabilities are encouraged to participate in any of the Recreation Division programs in which they are interested. Please contact Kim Indurkar, Program Coordinator if you have not taken programs at Highland Center in the past, to schedule an appointment at 425-452-6105.



BELLEVUE BOTANICAL GARDEN EVENTS: SEPTEMBER THROUGH APRIL, 2015

January 13 – Becoming a Northwest Gardener, lecture with Tom Fischer, 7pm. Tom traces the development of his front and back gardens in choosing plants and design elements. His talk also focuses on his “learning curve” (both successful and unsuccessful) after moving from the east coast in 2004.

January 16 – Hinkley-Fox lecture, 6:30 – 8:30pm. Join Dan Hinkley and Jim Fox as they discuss *Plantsmanship as Competitive Sport*. Hear these plantsmen discuss their favorite plants. Preregistration required, limited to 150. www.bellevuebotanical.org.

January 18 – Northwest Perennial Alliance Winter Lecture, 1 – 2pm. Doors open at noon for plant and seed sales. Open to all ages. NPA members free/Non-members \$10. For more information: northwestperennialalliance.org

January 17 – Photography 101 class (part 1), 9am-2pm. Professional photographer, Leslie Cohan of Images Through the Door Photography, teaches *Getting to Know Your Camera*.

January 24 – Photography 101 class (part 2), 9am-2pm. Leslie Cohan continues the course by teaching about your camera’s capabilities. You will take pictures in the garden for tips and pointers on composition and putting it all together.

February 7 – Mason Bees, 10am – 12 Noon.

February 19-April 9 – Docent Training, 9am – 12:30pm, on eight consecutive Thursdays. The Bellevue Botanical Garden Society is currently accepting volunteer applications for new docents. Learn how to be a garden docent and give tours at the Garden – share your gardening passion! Go to www.bellevuebotanical.org for Volunteer Application or contact bbgsoffice@bellevuebotanical.org.

February 28 – Bringing the Living Space into the Garden, 10am 12 Noon. Taught by Karen Stefonick, award winning landscape designer. Learn how to enhance your indoor living space into the garden.

March 7 – March Mania Plant Sale, 9am – 3pm. Get a jump on spring and stock up with plants available from specialty nurseries. Bring the whole family--there will be a kids’ corner that might inspire our next generation of gardeners! Proceeds support the NPA perennial border at BBG. Free event and open to all ages. For more information: northwestperennialalliance.org

March 10 – Design Tips for an Environmentally Friendly Ooh La La Garden”, 7pm. Taught by Ciscoe Morris, writer and radio and TV personality, teaches ways to make your garden more attractive, fun, and interesting to work in, attract birds and wildlife, and easier to maintain without resorting to chemical pesticides.

March 15 – Northwest Perennial Alliance presents Nikolay Memorial Lecture, 1pm (doors open at noon for plant and seed sales).

March 20-21 - Puget Sound Dahlia Association Tuber Sale, 9am – 4pm. Hundreds of varieties of locally-grown dahlias will be available for purchase. All ages; free admission.

March 28 – The Wonderful World of Trilliums, 10am – 12 Noon. Taught by Susie Egan, landscape designer, master gardener, speaker, and owner of Cottage Lake Gardens. Susie’s lecture will focus on the history, botany, and culture of trilliums while showing photographs of many of the most popular trilliums that are easily grown in the Pacific Northwest.

April 2 – Presentation on Rhododendron Species Garden, 10am – 12 Noon. Presentation by Steve Hootman, director of the Rhododendron Species Garden, highlights and showcases rare and unusual rhododendrons and identifies how to care for them. After the presentation, Steve will lead a tour of the Rhododendron Glen at BBG

April 16 – New Plant Introductions for 2015, 10am – 12 Noon. Cindy Combs, horticultural marketing and public relations professional covers what’s hot in trees, shrubs, perennials, and annuals for 2015.

Visit bellevuebotanical.org for more information and to register for events. Registration required for some events.



BELLEVUE BOTANICAL
GARDEN

All events at the Bellevue Botanical Garden Visitor Center
12001 Main Street, Bellevue

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

Olga Perelman, Chair • James McEachran, Vice-Chair
Stefanie Beighle • John Bruels
Michelle Kline • Dr. Brian Plaskon

Carla Villar



BELLEVUE
GOLF COURSE

Reserve tee times online
www.bellevuepgc.com

5500 140th Ave NE
425-452-7250



Download our
FREE mobile
app today!



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!



CROSSROADS
PAR 3 GOLF COURSE

OPEN MARCH 1 - NOVEMBER 1



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. For course information and operating hours, call 425-452-4873.

The City has partnered with First Tee of Greater Seattle to provide golf and life instruction for area youth at the Crossroads Par 3 Course. You may get additional information regarding the First Tee program at TheFirstTeeSeattle.org or by calling 206-839-4791.

A Partnership for a Healthy Community

Hidden Valley Sports Park Improvements



Artist's Rendering

Construction is progressing on the new Hidden Valley Sports Park gymnasium and sports field improvements.

This project, developed in partnership with the Boys & Girls Club of Bellevue (BGCB), will support children and families throughout Bellevue.

When complete in early 2015, the gym – which will be operated by BGCB – will be large enough to accommodate three full-sized basketball courts, and could be configured for multiple court layouts. It is also designed to accommodate volleyball, badminton, pickleball, and baseball batting cages.

In addition, several athletic field improvements are being completed, including installation of synthetic turf on several fields, construction of a third baseball field at the north end of the park, and parking improvements.

For more information on the project, contact Scott VanderHyden, Project Manager, at 425-452-4169, or by emailing SVanderHyden@bellevuewa.gov.



BOYS & GIRLS CLUBS
OF BELLEVUE



Bellevue Parks & Community Services



Sportsfield improvements



Parking improvements



Construction of the new gym at Hidden Valley Sports Park is underway.



Inspiration Playground

Rotary Club of Bellevue

Help us reach our goal!

Make your donation at inspirationplayground.org.

We believe that children of all abilities deserve to play, socialize and imagine together and to reap the many benefits such activities bring.

But, for the growing number of children with disabilities in our area, including those with sensory deficits, most playgrounds aren't fully accessible or can't accommodate their needs.

Help build a universally accessible, sensory-rich play experience for kids of all abilities. Bellevue Parks & Community Services, in partnership with the Rotary Club of Bellevue, will build a truly inclusive outdoor play environment at Bellevue Downtown Park.

Visit inspirationplayground.org for more information.



Rob & Marilyn McKenna, Honorary Co-Chairs

Skate Parks

BELLEVUE INDOOR SKATEPARK

14224 Bel Red Road, 98007
Bellevue's first skate park was created in 1994 as part of a Youth Link project. It is renovated annually by skateboarders. Over 100,000 skateboarders have joined since the park opened. This newly-remodeled indoor facility features three and four-foot mini ramps, a launch box, vert wall, 28 feet of pool coping as well as a variety of quarter-pipes, banks, rails, ledges, hubbas, table-tops and a small indoor climbing wall. 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 SK8@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

Newly Remodeled for 2014!

14224 Bel-Red Road, 98007. This 13,000 square foot public skate plaza replicates some of the world's favorite street skate-spots. Instead of half-pipes or bowls, it resembles everyday obstacles including various ledges, banks, stairs, hubbas, rails, benches, gaps and barriers. The park is also lit for evening skateboarding or rollerblading.

LAKEMONT SKATE COURT

Lakemont Community Park,
5170 Village Park Drive, 98006
Smaller than a traditional skate park, the outdoor skate court includes a pyramid, ledges, a wall-ride and other obstacles. Designed for skateboarding and rollerblading.

CROSSROADS SKATE PARK

Crossroads Community Center,
16000 NE 10th Street, 98008
This state-of-the-art bowl was built by world renowned Grindline Skate Parks. Empty swimming pools paved the way for one of the earliest genres of skateboarding in the '70's. This skate park was built to emulate a similar feel, but with modern additions. The massive bowl's depths range from 4' to 9' 5" and features an over-vertical "clamshell," multiple hips, escalators, tombstone and various coping made of steel and concrete.

Bellevue Indoor Skate Park

FALL
Park Hours

Monday, Tuesday,
Thursday, and Friday
3-8pm

Wednesday:
1-8pm

Saturday & Sunday
12 & under: 12-1:30pm

Open Session 1:30-8pm

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)

Rentals: For information about our various rental packages, contact
SK8@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.

BELLEVUE CHALLENGE COURSE

BELLEVUE ZIP TOUR

Feel Wild in the City

6.5 zip lines, 2 suspension bridges
Affordable, amazing views, easy access
Tours April through October

BELLEVUE HIGH ROPES ADVENTURE

An Experience to Remember

18 different elements, up to 45 feet high
Affordable for individuals, families, and friends
Open April through October

BELLEVUE TEAM BUILDING

Learn While Playing

Customized curriculums
Valuable life skills learned
Youth to adult programs to make
your organization successful
For information about Bellevue Team Building
see nwteambuilding.com



TO REGISTER: www.myparksandrecreation.com

MORE INFORMATION: www.bellevuewa.gov/challenge-course.htm

or call 425-452-4240

**Your perfect day...
Our perfect places**



Plan your next event in a Bellevue park or facility today!

Whether you are looking for a place for a wedding, to host an extended family gathering, or a large party for up to 250 guests, Bellevue Parks & Community Services has a facility to meet your needs! From historical homes and estates to large modern community centers, you are sure to find the perfect place to host your gathering.

Call us today at 425-452-6914, or email ParkRental@bellevuewa.gov, to get started with booking your next holiday party, birthday, or wedding celebration!



Bellevue Parks & Community Services