

May through August 2013

CONNECTIONS



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FACILITY ADDRESSES AND PHONE NUMBERS QUICK FIND

RECREATION REGISTRATION425-452-6885

FACILITY & FIELD RENTALS 425-452-6914

ADULT SPORTS LEAGUES, Bellevue City Hall, 450 - 110th Ave NE425-452-4479

BELLEVUE AQUATIC CENTER, 601 - 143rd Ave NE425-452-4444

BELLEVUE BOTANICAL GARDEN, 12001 Main ST.....425-452-2750

BELLEVUE GOLF COURSE, 5450—140th Ave NE.....425-452-7250

BELLEVUE YOUTH THEATRE, 16661 Northup WY425-452-7155

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 ST425-452-4873

HIGHLAND COMMUNITY CENTER AND PARK, 14224 NE Bel-Red RD
Adaptive recreation for people with disabilities and general programs.....425-452-7686

KELSEY CREEK COMMUNITY FARM PARK, 410 - 130th PI SE.....425-452-7688

LAKE HILLS GREENBELT RANGER STATION, 15416 SE 16th ST425-452-7225

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 Center425-450-0207

NORTH BELLEVUE COMMUNITY CENTER, AGING SERVICES, 4063—148th Ave NE
General Programs/Rental Inquiries425-452-7681

NORTHWEST ARTS CENTER, 9825 NE 24th ST
Program Registration & Information425-452-6046
Rental Information425-452-7150
Community Events Office425-452-4106

PARKS ADMINISTRATION, Bellevue City Hall, 450 - 110th Ave NE.....425-452-6885

ROBINSWOOD HOUSE425-452-7850

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 Way425-452-4240

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

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

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

BELLEVUE PARKS & COMMUNITY SERVICES
CONNECTIONS



Bellevue Parks & Community Services

PO Box 90012
Bellevue, WA 98009-9012

Bellevue City Council

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

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Dallas Evans Kathy George
Stuart Heath Erin Powell
Mark Van Hollebeke



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FOOD & REFRESHMENTS

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

CITY OF BELLEVUE TAX ID NUMBER: 91-6007020

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



On the Cover: Youth Soccer League, photo by Colin Walker.

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

QUESTIONS OR COMMENTS?

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

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

INCLEMENT WEATHER POLICY

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

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

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

Save a tree... Go online!

Art & Craft Programs for Families, Youth, & Teens

DRAWING & PAINTING: REGGIO EMILIA

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

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

ART - ARTS DROP IN

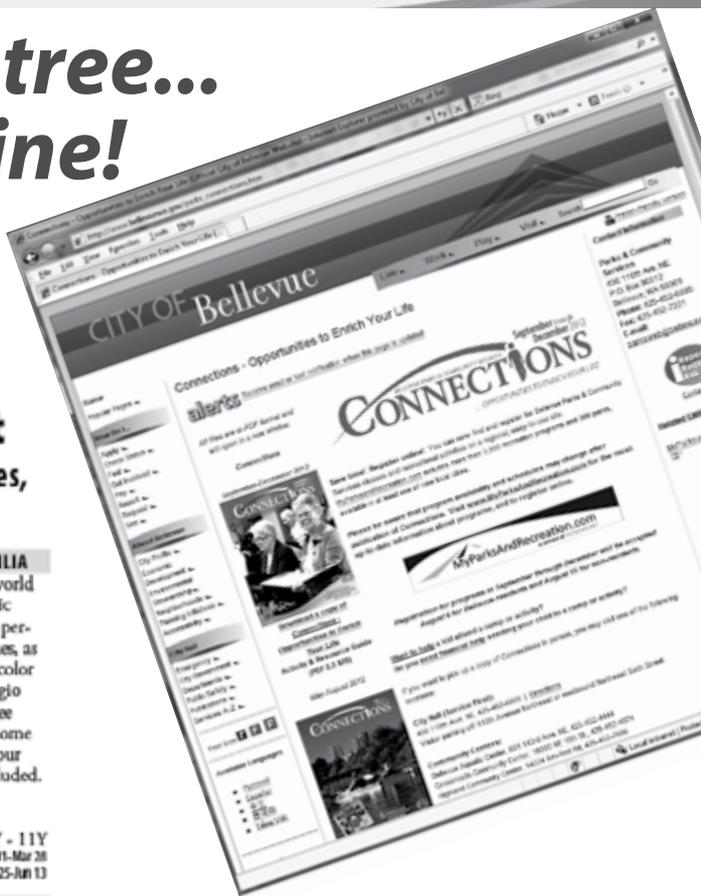
Creative fun group invites you to join us for an evening of creating art. Different medium each week. Adult supervision required for children under 18 years of age. Drop in fee payable at the door. Purchase the Play Pass for additional savings. Min 1/Max 40

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

CHILDREN'S POTTERY STUDIO

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

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



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

Quickly and easily access our programs in three easy steps:

1. Download a copy of Connections

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

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

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

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

SPECIAL EVENTS

ARBOR DAY – EARTH DAY

April 20, 2013

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

KELSEY CREEK SHEEP SHEARING

Saturday, April 27, 11am-4pm

Watch the sheep being shorn of their winter coats. Enjoy spinning demonstrations, children's crafts, tractor/wagon rides, pony rides, food, animal viewing areas, and more! 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 varies for food and activities; sorry, no ATM on site and we cannot accept credit cards. For more information, call 425-452-7688 or email KelseyCreekFarm@bellevuewa.gov.

KELSEY CREEK SPECIAL EVENT VOLUNTEER

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

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

THE OWL & THE WOODPECKER IN WASHINGTON (TRAVELING EXHIBIT)

April 27-July 7

Lewis Creek Park Visitor Center, 5808 Lakemont Blvd SE

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

FATHER'S DAY PANCAKE BREAKFAST & MORE!

Make Father's Day a Greenway Day: Start the morning with a delicious pancake breakfast followed by adventurist activities. Climb the climbing wall, try out the vertical playpen and take your family on an orienteering trek through Eastgate Park!! Moms welcomed! Registration is required. Min 15/Max 90 South Bellevue Community Center

\$8 All Ages
74374 8:30am-12pm Sun Jun 16

LAKE TO LAKE BIKE RIDE

June 15, 2013 • Riders can start between 9-10am Lake Hills Community Park, 1200-164th Avenue SE

Bring the whole family, rain or shine, for an enjoyable, non-competitive ride, on the roads and trails of Bellevue. This event benefits the City of Bellevue Youth camp scholarship fund. Recommended for ages 8 and up. (Greenbelt loop). Riders under age 18 must be accompanied by an adult.

Registration (per person): \$12 pre-registration, \$17 day of event

Two Routes: Flat 8-miles; or more difficult 22-miles. Both routes are approximately 80% on-road and 20% off-road gravel.

Prizes/Swag: All participants will receive a custom designed bicycle hat, and will be eligible for a post-event prize giveaway. The first 150 people to register will receive custom event socks.

For more information: call 425-452-4882 or email: bikeride@bellevuewa.gov



Your pass to all your favorite drop-in activities.

Play what you want where you want.



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

INFLATABLE FUN

Come and enjoy inflatables in all shapes and sizes in an interactive fun zone built just for kids! Incredible Inflatables will provide low-cost bouncy fun. The cost is \$1 to \$2 per activity. Children must be at least 3 years old to participate, and all children must be accompanied by an adult. For more information e-mail NWAC@bellevuewa.gov or call Northwest Arts Center, 425-452-4106

Crossroads Community Center

12-7pm	Wed	Aug 07
12-7pm	Wed	Aug 14
12-7pm	Wed	Aug 21
12-7pm	Wed	Aug 28

KELSEY CREEK KID'S SHOWS

Kid's Show at Kelsey Creek Farm Bellevue Friends of the Library, in partnership with Bellevue Parks & Community Services presents musical performances at Kelsey Creek Farm Park. For more information call 425-452-7688 or e-mail KelseyCreekFarm@bellevuewa.gov. Kelsey Creek Farm Park

Harmonica Pocket

Roots and Branches Concert presented by Harmonica Pocket. Pretend to dig a hole and climb a tree while enjoying songs about earthworms, bare feet and playing in the dirt. Family program, all ages are welcome.

11am-12pm	Thu	Jul 11
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Nancy Stewart

I Dig Dinosaurs Concert presented by Nancy Stewart. Take a musical journey to explore the lighter side of dinosaurs. From songs about dinosaurs driving cars to the audience-choreographed Continental Drift and, of course, digging for bones. A roaring good time is guaranteed! Family program, all ages welcome.

11am-12pm	Thu	Aug 08
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Linda Severt

The Looney Band Unearthed Show presented by the Looney Band, featuring Linda Severt, Marchette DuBois and Carter Rodriguez. When three archeologist discover musical instruments belonging to an ancient band, get ready for some hilarious fun and silly songs that will give you a serious case of the giggles. Family program, all ages welcome

11am-12pm	Thu	Aug 15
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ROBINSWOOD KID'S SHOW

Kid's Show at Robinswood Park Bellevue Friends of the Library, in partnership with Bellevue Parks & Community Services presents a children's event that will be held in the park, on the grass area outside the Robinswood Barn located at 2430-148th Ave SE. A blanket for seating is encouraged. For more information call 425-452-7688 or e-mail KelseyCreekFarm@bellevuewa.gov. Robinswood Community Park

Eric Ode

The Big Dig Concert presented by Eric Ode. Join this award winning songwriter and author along with his pal, Weasel Pete, for a high-participation music and poetry program featuring songs about underground critters, buried treasure and all things muddy. Family program, all ages welcome.

FREE		All Ages
	11am-12pm	Thu Jul 25

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.

SYMETRA BELLEVUE FAMILY 4TH

With rockets' red glare, bombs bursting in air, and a jam-packed lineup of festivities, the 2013 Symetra Bellevue Family 4th will bring the Eastside's largest Independence Day celebration and fireworks show to Bellevue Downtown Park. The event features the Bellevue Parks Family Fun Zone, an international food court, live entertainment on the main stage, formal presentation of the colors, and a C-17 Globemaster III fly over. When twilight fades, the Bellevue Youth Symphony Orchestra will play a rousing Independence Day tribute set to the Eastside's largest fireworks display. This event is co-produced by the City of Bellevue and the Bellevue Downtown Association and sponsored by Symetra. No entrance fee. Costs vary for inflatables and food.

Bellevue Downtown Park

FREE	2-11pm	Thu	All ages
			Jul 04

4TH OF JULY-VOLUNTEERS

We are looking for energetic, fun people to help with a multitude of tasks at the Bellevue Family 4th celebration. Credit available for school required volunteer hours. Volunteers must be able to follow directions, be comfortable in crowds and be on your feet in all types of weather. Join us on July 4th at the Bellevue Downtown Park and help make this year's Bellevue Family 4th Celebration an event to remember! Volunteers must preregister. No day of event registrations will be accepted. Volunteers must be 16 years old to apply. Register on-line at MyParksandRecreation.com. For more information e-mail NWAC@bellevuewa.gov or phone 425-452-4106.

FREE		Age: 16Y and up
73545	4-9:30pm	Thu Jul 04



FOREIGN LANGUAGE FILMS IN THE PARK

FREE · FOREIGN · FUN · FAMILY · FILMS



LIVE MUSIC
International
performances at 7:30 PM

MOVIES START AT DUSK
Thursday nights in August
at Crossroads Park

Presented By:



Bellevue Parks & Community Services

Sponsored By:



FOR MORE INFORMATION
(425) 452-4240

BELLEVUE AQUATIC CENTER

Pool Schedule • Valid June 24 through August 18

Open 8am-3pm on July 4 | Pool closed August 19 - September 15

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
7:30AM	Aquarobics 7:30-8:30 Lap Swim	Pool opens at 8:00 Lap Swim	Aquarobics 7:30-8:30 Lap Swim	Pool opens at 8:00 Lap Swim	Aquarobics 7:30 - 8:30 Lap Swim	Pool opens at 8:00 Lap Swim	
9:00	Lessons & Lap Swim					8:00-Noon Lessons 9:00-12:00 Deep Water 10am-11am	Lap swim Lessons 9:00-Noon
Noon	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim 12:00-2:00pm	
	Masters 4 lanes		Masters 4 lanes Deep Wtr	Masters @ Meydenbauer 12:00-1:30	Masters 4 lanes		
1:00PM	Open Swim	MS Society 1-2pm Open Swim	Open Swim	Open Swim	Open Swim		
3:30						2:00-4:00 Rentals Available	Pool
4:00	BAC swim lessons/Swim Teams						
	ADX	Aquarobics 6:00-7:00 Scuba 7:30	ADX	Aquarobics 6:00-7:00 Scuba 7:30			
7:00	6:00-7:00		6:00-7:00				
7:00	Open Swim	Open Swim Laps (1 lane) Scuba (1 lane)	Open Swim	Open Swim Laps (1 lane) Scuba (1 lane)	Open Swim		
8:00PM							

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

Important Aquatic Center Information

Blue Lagoon (Lap Pool):

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

Warm Springs (Warm Therapy Pool):

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

Warm Springs Therapy Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Water Motion 7:30-8:30 Adult & Therapy	Pool opens at 8:00 Adult & Therapy 8:00-9:30	Water Motion 7:30 - 8:30 Adult & Therapy 8:30- 9:30	Pool opens at 8:00 Adult & Therapy 8:00-9:30	Water Motion 7:30 - 8:30 Adult & Therapy 8:30-9:00	Adult & Therapy 8:00-9:00	
9:30	8:30-9:30					Lessons 9:00 AM	Lessons 9:00 AM
9:30	SWIM LESSONS						
Noon	Water Motion		Water Motion		Adult & Therapy	Open & Therapy 12:00 - 2:00pm	
1:00 PM							
1:00	Open & Therapy	Adult & Therapy	Open & Therapy	Adult & Therapy	Open & Therapy		
2:30	Adult & Therapy	Open & Therapy	Adult & Therapy	Open & Therapy	Adult & Therapy		
4:00	SWIM LESSONS					Lessons	
7:00						Open & Therapy	
7:00	Open & Therapy	Adult & Therapy	Open & Therapy	Adult & Therapy			
8:00PM							



Theatre Transforms Lives

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



levue but in other Eastside communities as well.

The theatre presents 10 performances throughout the year, offering opportunities targeted for youth ages 11 to 19, while including other community members of all ages. Separate workshop and day camp programs are also offered.

Annual involvement in the program has grown to include more than 900 individuals and more than 10,000 performance attendees.

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

Puss In Boots

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

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

Robin Hood

Performs at BYT
\$10 advanced / \$12 week of the first show. **★\$5 shows on Saturday, April 20 at 7pm and Saturday, April 27 at 2pm only.**
Join us for a fun filled retelling of the classic tale of Robin Hood. Robin, Maid Marian, and Friar Tuck will all be there to delight the audience and save England from the evils of Prince John and the Sheriff of Nottingham.

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

Narnia - The Musical

Performs at Meydenbauer
\$10 advanced/\$12 beginning August 12

The magic of Narnia comes alive in this delightful musical that takes you to wonderful places. Aslan, the White Witch, the Pevensie children, and more, all come alive in this tale created by C.S. Lewis. It is the magic of a live stage production, suitable for the whole family!

Friday, May 3 7pm
Saturday, May 4 **★2pm** & 7pm
Sunday, May 5 2pm

The Jungle Book

Performs at Meydenbauer
\$10 advanced/\$12 beginning August 12
★Special matinee price of \$5 per ticket for Saturday, August 17 at 2 p.m. and Sunday, August 18 at 7 p.m. ONLY.

This thrilling adaptation of the classic story has all your friends. Mowgli, Baloo, and Bagheera are together in the jungle as they battle the fierce Shere Khan and his allies. This production is suitable for the whole family.

Thursday, August 15 7pm
Friday, August 16 7pm
Saturday, August 17 **★2pm** & 7pm
Sunday, August 18 2pm & **★7pm**

Special: \$5 shows marked with a ★.



BYT Ticket FAQs

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

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

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

Do you offer senior/child discounts?

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

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

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

Donating your tickets.

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

What if I am late to a performance?

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

Incllement 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.

SPRING & SUMMER EVENTS AT THE BELLEVUE BOTANICAL GARDEN



April 4-7 The Vintage Sale 10am – 4pm
Bellevue Botanical Garden Office
 Sponsored by the Bellevue Botanical Garden Society, the Vintage Sale will feature quality antiques, collectibles, and home décor items. Proceeds will benefit the Bellevue Botanical Garden Society's capital campaign. Visit www.bellevuebotanical.org for more information.

April 12-13 Puget Sound Dahlia Assn. Tuber Sale 10am – 4pm
Bellevue Botanical Garden Visitor Center
 Thousands of locally grown quality dahlia tubers from exhibition-quality dahlia varieties will be available for purchase. Visit www.PugetSoundDahlias.org for more information.

May 4 Eastside Fuchsia Society Spring Fuchsia Sale 9am – 3pm
Wilburton Instructional Service Center, 12241 Main St., (just ½ block east of Bellevue Botanical Garden).
 Featuring a great selection of plants from Eastside Fuchsia Society. For more information, call 425-452-2750.

May 12 Mother's Day Social 1 – 5pm
Bellevue Botanical Garden, 12001 Main St
 Open house featuring light refreshments, music and beautiful scenery. For more information, call 425-451-3755 or visit www.bellevuebotanical.org

May 18-19 Rhododendron Show and Sale 10am – 5pm
Wilburton Instructional Service Center, 12241 Main St. (just ½ block east of Bellevue Botanical Garden). Show and sale of beautiful Northwest rhododendrons. Proceeds benefit the Cascade Chapter of the American Rhododendron Society. For more information contact lscott@bellevuewa.gov or call 425-452-2750.

August 17-18 Eastside Fuchsia Society Plant Show and Sale 10 am – 4 pm
Wilburton Instructional Service Center, 12241 Main St. (just ½ block east of Bellevue Botanical Garden). Featuring a great selection of plants from Eastside gardeners. For more information, visit www.bellevuebotanical.com or call 425-452-2750.

July 26-28 Zany Worm Booth 9:15 am – 6:15 pm
Bellevue Art Museum.
 For more information, please go to www.bellevuebotanical.org or call 425-451-3755.



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

Information and Reservations:

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

Session Start Times:

- Fridays:** June-September - 6pm
- Saturdays:** May-September - 10am, 1pm, and 4pm
- Sundays:** May-September - 10:30am and 1:30pm

No program Memorial or Labor Day weekends.
May & September: \$39(R) \$49(N)
June-August: \$54(R) \$65(N)

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

10-day Registration Preference for Bellevue Residents • Registration Begins March 11, 2013

MAIL-IN/FAX/WALK-IN REGISTRATION

Mail completed registration forms to:
Bellevue Parks Registration; PO Box 90012; Bellevue, WA 98009-9012
or FAX to 425-452-2910.

Registration forms may be dropped off at Bellevue City Hall or any recreation facility during normal business hours. *Walk-in registration forms will be placed in queue.*

Non-resident registrations are not accepted prior to the first day of non-resident registration. Registrations received from non-Bellevue residents will be accepted, beginning March 20, 2013.

PHONE-IN

Telephone
Registration
begins
March 25, 2013.

Registration Policies

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

Due to an interlocal agreement with King County, all registrations for programs at South Bellevue Community Center are processed in the order received.

REGISTRATION CONFIRMATION: Confirmation notices are mailed after registration has been processed.

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

General Recreation Programs and Mini-Camps: Payment is due at the time of registration. Scholarship application is required prior to registration if paying with scholarship.

Day Camps: Each Day Camp requires a \$35 non-refundable deposit, per participant, per camp, at the time of registration, and will be applied toward the final amount due. Payment in full is due for the first two (2) camps at the time of registration. Payments for subsequent camps are due fourteen (14) calendar days prior to the first day of the session.

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

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

Adaptive Recreation Programs - 425-452-7686

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

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

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

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

RESIDENT DEFINITION:

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

EQUAL OPPORTUNITY STATEMENT:

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

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



10-day Registration Preference for Bellevue Residents • Registration Begins March 11, 2013

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

See **Registration Steps** Page 9.

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

Please Print

Adult Last Name _____ First _____ Date of Birth _____

Street Address _____ City _____ State _____ ZIP _____

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

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

() _____ () _____
Work Phone _____ Home Phone _____



Sign up to receive e-alerts via email!

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

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

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

Request for Accommodations: _____

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

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

Payment Method

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

Credit Card Total Fee: \$ _____

Card Number _____

Expiration Date _____



Non-resident registrations are not accepted prior to the first day of non-resident registration. Registrations received from non-Bellevue residents will be accepted, beginning March 20, 2013.

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

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

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

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

Participant or Parent/Guardian Signature _____ Date _____

Printed Name: _____

Registration NOT VALID without signed waiver.

Scholarship Application

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

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

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

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

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

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

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

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

Please Indicate:

Family Size:

Yearly Income (Before Taxes):

\$ _____

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

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

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

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

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

Signature: _____ Date: _____

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

AQUATICS

Bellevue Aquatic Center

Phone: 425-452-4444

Fax: 425-452-6100

Physical Address: 601 - 143rd Avenue NE

SWIM RATES

Drop-In Fees

Adult: \$6.50

Youth (12 yrs. and younger): \$5.50

Deep Water Exercise Class: \$7.50

Master Swim Class: \$7.50

Discounted Swim (Mon-Sat before 10am,
Wed 7-8pm when available): \$4.75

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

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

Swim Pass Cards

(12 visits for the price of 10, no expiration date)

Adult: \$65.04

Youth: \$55.08

Deep Water Exercise: \$75

Masters Swim: \$75

Discounted Swim: \$47.40

3 Month Swim Pass Cards

(For Lap, Open, and Rehab Swims)

Adult: \$166

Youth: \$110

Family: \$268

PARTIES AT THE POOL

Pool Rentals

Available on Saturdays, 2-4pm

And Sundays, 2-4pm

Blue Lagoon Pool

1 - 25 guests: \$214 per hour

26-60 guests: \$258.50 per hour

61-90 guests: \$286.75 per hour

91-120 guests: \$340.50 per hour

121 + guests: \$425.75 per hour

Cost includes staff and use of pool toys.

Party Room Rentals

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

SPECIAL EVENTS/SPECIAL SCHEDULE

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

OTHER ACTIVITIES AVAILABLE AT THE BELLEVUE AQUATIC CENTER

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

Aquarobics Deep Water Fitness -

Monday/Wednesday 6-7pm

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

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

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

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

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

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

Special Olympics - Swim team for physically- and developmentally-disabled participants. Practices are on Saturday mornings. Contact Jackie Booth at 425-277-3659 for more information.

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

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

LEARN TO SWIM PROGRAMS

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

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



FOLLOW US ON FACEBOOK!

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



Please remember when registering your child:

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

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

PRIVATE/SEMI-PRIVATE SWIM LESSONS

For lesson availability, please visit <http://www.myparksandrecreation.com> and search for "Private Swim Lessons" or call 425-452-4444.

PARENT/TOT LEVEL CLASSES

Ages: 6 months to 3 years
Gum Drop

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

PRESCHOOL LEVEL CLASSES

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

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

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

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

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

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

See swim lesson registration dates, listed on page 14.

YOUTH LEVEL CLASSES

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

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

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

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

YOUTH 4: Refining the strokes and introduction to sidestroke.

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

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

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

ADULT LEVEL CLASSES

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

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

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

Lifeguard Training

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

ADULT INTER - ADV SWIM LESSONS

Class #	Time	Days	Start Date	End Date	Cost
67445	6:20-6:50pm	Mon, Wed	May 13-Jun 05		\$82
67443	6:20-6:50pm	Mon, Wed	Jun 24-Jul 17		\$86
67446	10:45-11:45am	Sun	Jun 30-Aug 18		\$172
67444	6:20-6:50pm	Mon, Wed	Jul 22-Aug 14		\$86

ADULT INTRODUCTION SWIM LESSONS

67472	5:45-6:15pm	Mon, Wed	May 13-Jun 05	\$82
67473	6:20-6:50pm	Tue, Thu	May 14-Jun 06	\$82
67467	5:45-6:15pm	Mon, Wed	Jun 24-Jul 17	\$86
67468	6:20-6:50pm	Tue, Thu	Jun 25-Jul 18	\$75.25
67469	6:20-6:50pm	Fri	Jun 28-Aug 16	\$86
67474	9-10am	Sat	Jun 29-Aug 17	\$172
67470	5:45-6:15pm	Mon, Wed	Jul 22-Aug 14	\$86
67471	6:20-6:50pm	Tue, Thu	Jul 23-Aug 15	\$86

PARENT/TOT SWIM LESSONS

67518	11-11:30am	Mon, Wed	May 13-Jun 05	\$72
67520	6:20-6:50pm	Mon, Wed	May 13-Jun 05	\$72
67516	11:20-11:50am	Mon, Wed	Jun 24-Jul 17	\$79.20
67517	6:20-6:50pm	Tue, Thu	Jun 25-Jul 18	\$69.30
67521	10:45-11:15am	Sat	Jun 29-Aug 17	\$79.20
67526	6:20-6:50pm	Mon, Wed	Jun 24-Jul 17	\$79.20
67543	11:20-11:50am	Sun	Jun 30-Aug 18	\$79.20
67522	11:20-11:50am	Mon, Wed	Jul 22-Aug 14	\$79.20
67523	6:20-6:50pm	Mon, Wed	Jul 22-Aug 14	\$79.20

PARENT/TOT 2 SWIM LESSONS

73410	6:20-6:50pm	Tue, Thu	May 14-Jun 06	\$72
73409	11:20-11:50am	Tue, Thu	Jun 25-Jul 18	\$69.30
73411	11:20-11:50am	Tue, Thu	Jul 23-Aug 15	\$79.20
73412	6:20-6:50pm	Tue, Thu	Jul 23-Aug 15	\$79.20

PRESCHOOL 1 SWIM LESSONS

67653	4-4:30pm	Mon, Wed	May 13-Jun 05	\$86
67654	5:10-5:40pm	Mon, Wed	May 13-Jun 05	\$86
67662	6:20-6:50pm	Mon, Wed	May 13-Jun 05	\$86
67663	5:45-6:15pm	Tue, Thu	May 14-Jun 06	\$86
67664	4-4:30pm	Tue, Thu	May 14-Jun 06	\$86
67665	5:10-5:40pm	Tue, Thu	May 14-Jun 06	\$86
67679	10-10:30am	Mon, Wed	May 13-Jun 05	\$86
67623	9-9:30am	Mon-Fri	Jun 24-Jul 05	\$101.25
67672	9:35-10:05am	Mon-Fri	Jun 24-Jul 05	\$101.25
67711	5:45-6:15pm	Mon, Wed	Jun 24-Jul 17	\$90
67625	10:10-10:40am	Mon-Fri	Jun 24-Jul 05	\$101.25
67628	11:20-11:50am	Mon-Fri	Jun 24-Jul 05	\$101.25
67626	10:45-11:15am	Mon-Fri	Jun 24-Jul 05	\$101.25
67627	4-4:30pm	Mon, Wed	Jun 24-Jul 17	\$90
67629	4:35-5:05pm	Mon, Wed	Jun 24-Jul 17	\$90
67630	5:10-5:40pm	Mon, Wed	Jun 24-Jul 17	\$90
67631	4-4:30pm	Tue, Thu	Jun 25-Jul 18	\$78.75
67632	5:10-5:40pm	Tue, Thu	Jun 25-Jul 18	\$78.75
67633	6:20-6:50pm	Tue, Thu	Jun 25-Jul 18	\$78.75
67639	4-4:30pm	Fri	Jun 28-Aug 16	\$90
67640	5:45-6:15pm	Fri	Jun 28-Aug 16	\$90
67641	9-9:30am	Sat	Jun 29-Aug 17	\$90
67642	9:35-10:05am	Sat	Jun 29-Aug 17	\$90
67643	10:10-10:40am	Sat	Jun 29-Aug 17	\$90
67644	10:45-11:15am	Sat	Jun 29-Aug 17	\$90
67645	9:35-10:05am	Sun	Jun 30-Aug 18	\$90
67646	10:10-10:40am	Sun	Jun 30-Aug 18	\$90
67647	11:20-11:50am	Sun	Jun 30-Aug 18	\$90
67634	9-9:30am	Mon-Fri	Jul 08-19	\$112.50
67635	9:35-10:05am	Mon-Fri	Jul 08-19	\$112.50
67636	10:10-10:40am	Mon-Fri	Jul 08-19	\$112.50
67637	10:45-11:15am	Mon-Fri	Jul 08-19	\$112.50
67638	11:20-11:50am	Mon-Fri	Jul 08-19	\$112.50
67648	9-9:30am	Mon-Fri	Jul 22-Aug 02	\$112.50
67649	9:35-10:05am	Mon-Fri	Jul 22-Aug 02	\$112.50
67650	10:10-10:40am	Mon-Fri	Jul 22-Aug 02	\$112.50
67651	10:45-11:15am	Mon-Fri	Jul 22-Aug 02	\$112.50
67652	11:20-11:50am	Mon-Fri	Jul 22-Aug 02	\$112.50
67655	4-4:30pm	Mon, Wed	Jul 22-Aug 14	\$90
67656	4:35-5:05pm	Mon, Wed	Jul 22-Aug 14	\$90
67657	5:10-5:40pm	Mon, Wed	Jul 22-Aug 14	\$90
67658	5:45-6:15pm	Mon, Wed	Jul 22-Aug 14	\$90
67659	4-4:30pm	Tue, Thu	Jul 23-Aug 15	\$90
67660	5:10-5:40pm	Tue, Thu	Jul 23-Aug 15	\$90
67661	6:20-6:50pm	Tue, Thu	Jul 23-Aug 15	\$90
67666	9-9:30am	Mon-Fri	Aug 05-16	\$112.50
67673	10:10-10:40am	Mon-Fri	Aug 05-16	\$112.50
67674	10:45-11:15am	Mon-Fri	Aug 05-16	\$112.50
67675	11:20-11:50am	Mon-Fri	Aug 05-16	\$112.50
67710	9:35-10:05am	Mon-Fri	Aug 05-16	\$112.50

PRESCHOOL 2 SWIM LESSONS

67817	10:30-11:30am	Mon, Wed	May 13-Jun 05	\$86
67775	4-4:30pm	Mon, Wed	May 13-Jun 05	\$86
67776	4:35-5:05pm	Tue, Thu	May 14-Jun 06	\$86
67777	5:10-5:40pm	Tue, Thu	May 14-Jun 06	\$86
67780	4-4:30pm	Tue, Thu	May 14-Jun 06	\$86
67788	9:35-10:05am	Mon-Fri	Jun 24-Jul 05	\$101.25
67789	10:10-10:40am	Mon-Fri	Jun 24-Jul 05	\$101.25
67753	11:20-11:50am	Mon-Fri	Jun 24-Jul 05	\$101.25
67754	4-4:30pm	Mon, Wed	Jun 24-Jul 17	\$90
67755	4:35-5:05pm	Mon, Wed	Jun 24-Jul 17	\$90
67756	5:45-6:15pm	Mon, Wed	Jun 24-Jul 17	\$90
67757	4-4:30pm	Tue, Thu	Jun 25-Jul 18	\$78.75
67759	4:35-5:05pm	Tue, Thu	Jun 25-Jul 18	\$78.75
67760	5:45-6:15pm	Tue, Thu	Jun 25-Jul 18	\$78.75
67762	4:35-5:05pm	Fri	Jun 28-Aug 16	\$90
67763	6:20-6:50pm	Fri	Jun 28-Aug 16	\$90
67764	9:35-10:05am	Sat	Jun 29-Aug 17	\$90
67765	11:20-11:50am	Sat	Jun 29-Aug 17	\$90
67766	9-9:30am	Sun	Jun 30-Aug 18	\$90
67767	10:10-10:40am	Sun	Jun 30-Aug 18	\$90
67768	10:45-11:15am	Sun	Jun 30-Aug 18	\$90
67761	9:35-10:05am	Mon-Fri	Jul 08-19	\$112.50
67818	11:20-11:50am	Mon-Fri	Jul 08-19	\$112.50
67823	10:10-10:40am	Mon-Fri	Jul 08-19	\$112.50
67769	4-4:30pm	Mon, Wed	Jul 22-Aug 14	\$90
67770	4:35-5:05pm	Mon, Wed	Jul 22-Aug 14	\$90
67771	5:45-6:15pm	Mon, Wed	Jul 22-Aug 14	\$90
67772	4-4:30pm	Tue, Thu	Jul 23-Aug 15	\$90
67773	4:35-5:05pm	Tue, Thu	Jul 23-Aug 15	\$90
67774	5:45-6:15pm	Tue, Thu	Jul 23-Aug 15	\$90
67815	10:10-10:40am	Mon-Fri	Jul 22-Aug 02	\$112.50
67816	11:20-11:50am	Mon-Fri	Jul 22-Aug 02	\$112.50
67778	9:35-10:05am	Mon-Fri	Aug 05-16	\$112.50
67779	10:10-10:40am	Mon-Fri	Aug 05-16	\$112.50
67781	11:20-11:50am	Mon-Fri	Aug 05-16	\$112.50

PRESCHOOL 3 SWIM LESSONS

67861	4:35-5:05pm	Mon, Wed	May 13-Jun 05	\$86
67862	5:45-6:15pm	Mon, Wed	May 13-Jun 05	\$86
67868	5:45-6:15pm	Tue, Thu	May 14-Jun 06	\$86
67848	10:45-11:15am	Mon-Fri	Jun 24-Jul 05	\$101.25
67849	4:35-5:05pm	Mon, Wed	Jun 24-Jul 17	\$90
67850	5:10-5:40pm	Tue, Thu	Jun 25-Jul 18	\$78.75
67889	6:20-6:50pm	Tue, Thu	Jun 25-Jul 18	\$78.75
67852	5:10-5:40pm	Fri	Jun 28-Aug 16	\$90
67853	10:45-11:15am	Sat	Jun 29-Aug 17	\$90
67884	9-9:30am	Sat	Jun 29-Aug 17	\$90
67854	9:35-10:05am	Sun	Jun 30-Aug 18	\$90
67855	10:45-11:15am	Sun	Jun 30-Aug 18	\$90
67851	10:45-11:15am	Mon-Fri	Jul 08-19	\$112.50
67856	9:35-10:05am	Mon-Fri	Jul 22-Aug 02	\$112.50
67857	10:45-11:15am	Mon-Fri	Jul 22-Aug 02	\$112.50
67858	4:35-5:05pm	Mon, Wed	Jul 22-Aug 14	\$90
67859	5:10-5:40pm	Tue, Thu	Jul 23-Aug 15	\$90
67860	6:20-6:50pm	Tue, Thu	Jul 23-Aug 15	\$90
67869	10:45-11:15am	Mon-Fri	Aug 05-16	\$112.50

PRESCHOOL 4 SWIM LESSONS

67928	4-4:30pm	Mon, Wed	May 13-Jun 05	\$86
67934	4-4:30pm	Tue, Thu	May 14-Jun 06	\$86
67917	4-4:30pm	Mon, Wed	Jun 24-Jul 17	\$90
67918	5:45-6:15pm	Tue, Thu	Jun 25-Jul 18	\$78.75
67932	9:35-10:05am	Mon-Fri	Jun 24-Jul 05	\$101.25
67933	10:45-11:15am	Mon-Fri	Jun 24-Jul 05	\$101.25
67945	10:10-10:40am	Sat	Jun 29-Aug 17	\$90
67920	9:35-10:05am	Sun	Jun 30-Aug 18	\$90
67921	10:45-11:15am	Sun	Jun 30-Aug 18	\$90
67919	9-9:30am	Mon-Fri	Jul 08-19	\$112.50
67925	9:35-10:05am	Mon-Fri	Jul 22-Aug 02	\$112.50
67926	4-4:30pm	Mon, Wed	Jul 22-Aug 14	\$90
67943	10:45-11:15am	Mon-Fri	Jul 22-Aug 02	\$112.50
67927	5:45-6:15pm	Tue, Thu	Jul 23-Aug 15	\$90
67936	9:35-10:05am	Mon-Fri	Aug 05-16	\$112.50
67937	10:45-11:15am	Mon-Fri	Aug 05-16	\$112.50

PRESCHOOL 5 SWIM LESSONS

67960	5:45-6:15pm	Mon, Wed	May 13-Jun 05	\$86
67961	5:10-5:40pm	Tue, Thu	May 14-Jun 06	\$86
67978	11:20-11:50am	Mon-Fri	Jun 24-Jul 05	\$101.25
67980	5:10-5:40pm	Mon, Wed	Jun 24-Jul 17	\$90
67985	4:35-5:05pm	Tue, Thu	Jun 25-Jul 18	\$78.75
67990	9:35-10:05am	Sat	Jun 29-Aug 17	\$90
67986	10:10-10:40am	Sun	Jun 30-Aug 18	\$90
67987	11:20-11:50am	Sun	Jun 30-Aug 18	\$90
67989	11:20-11:50am	Mon-Fri	Jul 08-19	\$112.50
67959	4:35-5:05pm	Tue, Thu	Jul 23-Aug 15	\$90
67988	11:20-11:50am	Mon-Fri	Jul 22-Aug 02	\$112.50
67962	11:20-11:50am	Mon-Fri	Aug 05-16	\$112.50

YOUTH LEVEL 1 SWIM LESSONS

68047	6:20-6:50pm	Mon, Wed	May 13-Jun 05	\$86
68048	5:10-5:40pm	Tue, Thu	May 14-Jun 06	\$86
68021	10:10-10:40am	Mon-Fri	Jun 24-Jul 05	\$101.25
68022	11:20-11:50am	Mon-Fri	Jun 24-Jul 05	\$101.25
68026	5:10-5:40pm	Mon, Wed	Jun 24-Jul 17	\$90
68058	6:20-6:50pm	Mon, Wed	Jun 24-Jul 17	\$90
68028	4-4:30pm	Tue, Thu	Jun 25-Jul 18	\$78.75
68034	4-4:30pm	Fri	Jun 28-Aug 16	\$90
68039	5:45-6:15pm	Fri	Jun 28-Aug 16	\$90
68041	9-9:30am	Sat	Jun 29-Aug 17	\$90
68049	10:10-10:40am	Sat	Jun 29-Aug 17	\$90
68050	9-9:30am	Sun	Jun 30-Aug 18	\$90
68051	10:10-10:40am	Sun	Jun 30-Aug 18	\$90
68029	10:10-10:40am	Mon-Fri	Jul 08-19	\$112.50
68033	11:20-11:50am	Mon-Fri	Jul 08-19	\$112.50
68042	10:10-10:40am	Mon-Fri	Jul 22-Aug 02	\$112.50
68043	11:20-11:50am	Mon-Fri	Jul 22-Aug 02	\$112.50
68044	5:10-5:40pm	Mon, Wed	Jul 22-Aug 14	\$90
68045	6:20-6:50pm	Mon, Wed	Jul 22-Aug 14	\$90
68046	4-4:30pm	Tue, Thu	Jul 23-Aug 15	\$90
68052	10:10-10:40am	Mon-Fri	Aug 05-16	\$112.50
68053	11:20-11:50am	Mon-Fri	Aug 05-16	\$112.50

YOUTH LEVEL 2 SWIM LESSONS

68121	4:35-5:05pm	Mon, Wed	May 13-Jun 05	\$86
68122	5:10-5:40pm	Mon, Wed	May 13-Jun 05	\$86
68146	4-4:30pm	Tue, Thu	May 14-Jun 06	\$82
68147	5:45-6:15pm	Tue, Thu	May 14-Jun 06	\$82
68100	9:35-10:05am	Mon-Fri	Jun 24-Jul 05	\$96.75
68101	10:45-11:15am	Mon-Fri	Jun 24-Jul 05	\$96.75
68102	6:20-6:50pm	Mon, Wed	Jun 24-Jul 17	\$86
68103	4:35-5:05pm	Tue, Thu	Jun 25-Jul 18	\$75.25
68104	5:45-6:15pm	Tue, Thu	Jun 25-Jul 18	\$75.25
68114	4:35-5:05pm	Fri	Jun 28-Aug 16	\$86
68128	9:35-10:05am	Sat	Jun 29-Aug 17	\$86
68129	9-9:30am	Sun	Jun 30-Aug 18	\$86
68130	9:35-10:05am	Sun	Jun 30-Aug 18	\$86
68105	10:45-11:15am	Mon-Fri	Jul 08-19	\$107.50
68112	9:35-10:05am	Mon-Fri	Jul 08-19	\$107.50
68113	9:35-10:05am	Mon-Fri	Jul 08-19	\$107.50
68115	9:35-10:05am	Mon-Fri	Jul 22-Aug 02	\$107.50
68116	10:45-11:15am	Mon-Fri	Jul 22-Aug 02	\$107.50
68117	5:10-5:40pm	Mon, Wed	Jul 22-Aug 14	\$90
68118	6:20-6:50pm	Mon, Wed	Jul 22-Aug 14	\$86
68119	4:35-5:05pm	Tue, Thu	Jul 23-Aug 15	\$90
68120	5:45-6:15pm	Tue, Thu	Jul 23-Aug 15	\$90
68131	9:35-10:05am	Mon-Fri	Aug 05-16	\$107.50
68132	10:45-11:15am	Mon-Fri	Aug 05-16	\$107.50

YOUTH LEVEL 3 SWIM LESSONS

68186	4-4:30pm	Mon, Wed	May 13-Jun 05	\$82
68187	5:10-5:40pm	Mon, Wed	May 13-Jun 05	\$82
68188	4:35-5:05pm	Tue, Thu	May 14-Jun 06	\$82
68189	6:20-6:50pm	Tue, Thu	May 14-Jun 06	\$82
68168	9-9:30am	Mon-Fri	Jun 24-Jul 05	\$96.75
68169	10:10-10:40am	Mon-Fri	Jun 24-Jul 05	\$96.75
68170	4-4:30pm	Mon, Wed	Jun 24-Jul 17	\$86
68171	4-4:30pm	Tue, Thu	Jun 25-Jul 18	\$75.26
68172	5:10-5:40pm	Tue, Thu	Jun 25-Jul 18	\$75.25
68181	5:10-5:40pm	Fri	Jun 28-Aug 16	\$86
68195	10:10-10:40am	Sat	Jun 29-Aug 17	\$86
68215	10:45-11:15am	Sat	Jun 29-Aug 17	\$86
68196	9-9:30am	Sun	Jun 30-Aug 18	\$86
68197	10:45-11:15am	Sun	Jun 30-Aug 18	\$86
68173	10:10-10:40am	Mon-Fri	Jul 08-19	\$107.50
68180	10:45-11:15am	Mon-Fri	Jul 08-19	\$107.50
68182	9-9:30am	Mon-Fri	Jul 22-Aug 02	\$107.50
68183	10:10-10:40am	Mon-Fri	Jul 22-Aug 02	\$107.50
68184	4-4:30pm	Mon, Wed	Jul 22-Aug 14	\$86
68185	5:10-5:40pm	Tue, Thu	Jul 23-Aug 15	\$86
68198	9-9:30am	Mon-Fri	Aug 05-16	\$107.50
68199	10:10-10:40am	Mon-Fri	Aug 05-16	\$107.50

YOUTH LEVEL 4 SWIM LESSONS

68247	4:35-5:05pm	Mon, Wed	May 13-Jun 05
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YOUTH LEVEL 5 SWIM LESSONS

68301	4:35- 4:30pm	Mon, Wed	May 13-Jun 05	\$82
68291	9- 9:30am	Mon-Fri	Jun 24-Jul 05	\$96.75
68293	4:35- 5:05pm	Mon, Wed	Jun 24-Jul 17	\$86
68319	10:10-10:40am	Mon-Fri	Jun 24-Jul 05	\$96.75
68309	11:20-11:50am	Sun	Jun 30-Aug 18	\$86
68306	9- 9:30am	Sat	Jun 29-Aug 17	\$86
68307	11:20-11:50am	Sat	Jun 29-Aug 17	\$86
68295	10:10-10:40am	Mon-Fri	Jul 08-19	\$107.50
68296	9- 9:30am	Mon-Fri	Jul 22-Aug 02	\$107.50
68297	10:10-10:40am	Mon-Fri	Jul 22-Aug 02	\$107.50
68299	4:35- 5:05pm	Mon, Wed	Jul 22-Aug 14	\$86
68300	4- 4:30pm	Tue, Thu	Jul 23-Aug 15	\$86
68310	9- 9:30am	Mon-Fri	Aug 05-16	\$107.50
68311	10:10-10:40am	Mon-Fri	Aug 05-16	\$107.50

YOUTH LEVEL 6 SWIM LESSONS

68336	5:10- 5:40pm	Mon, Wed	May 13-Jun 05	\$82
68337	4:35- 5:05pm	Tue, Thu	May 14-Jun 06	\$82
68335	5:10- 5:40pm	Mon, Wed	Jun 24-Jul 17	\$86
68338	9:35-10:05am	Mon-Fri	Jun 24-Jul 05	\$96.75
68340	11:20-11:50am	Sat	Jun 29-Aug 17	\$86
68347	5:10- 5:40pm	Tue, Thu	Jun 25-Jul 18	\$75.25
68346	10:10-10:40am	Sun	Jun 30-Aug 18	\$86
68348	9- 9:30am	Mon-Fri	Jul 08-19	\$107.50
68349	9:35-10:05am	Mon-Fri	Jul 08-19	\$107.50
68339	9:35-10:05am	Mon-Fri	Jul 22-Aug 02	\$107.50
68341	5:10- 5:40pm	Tue, Thu	Jul 23-Aug 15	\$86
68342	5:10- 5:40pm	Mon, Wed	Jul 22-Aug 14	\$86
68354	9:35-10:05am	Mon-Fri	Aug 05-16	\$107.50

PRE-COMPETITION SWIM LESSONS

67563	5:45- 6:15pm	Mon, Wed	May 13-Jun 05	\$82
67564	6:20- 6:50pm	Tue, Thu	May 14-Jun 06	\$82
67577	9- 9:30am	Mon-Fri	Jun 24-Jul 05	\$96.75
67559	5:45- 6:15pm	Tue, Thu	Jun 25-Jul 18	\$75.25
67565	10:45-11:15am	Sat	Jun 29-Aug 17	\$86
67566	9- 9:30am	Sun	Jun 30-Aug 18	\$86
67560	9- 9:30am	Mon-Fri	Jul 08-19	\$107.50
67561	9- 9:30am	Mon-Fri	Jul 22-Aug 02	\$107.50
67562	5:45- 6:15pm	Tue, Thu	Jul 23-Aug 15	\$86
67567	9- 9:30am	Mon-Fri	Aug 05-16	\$107.50

After-School Programs

KID-ZONE GAMES DROP-IN

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

FREE

Age: 7Y - 18Y

Crossroads Community Center

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

Spring Break Day Camps

SPORTBALL FITKIDS CAMP

This program offers the perfect blend of sports fun and physical activity for your child. The first half of each class focuses on key body movements which will help build coordination, flexibility, stability and strength. Our trained and certified coaches then focus on the development of fundamental sport skills for up to 8 different ball sports; baseball, football, hockey, basketball, soccer, volleyball, golf and tennis. Children have an opportunity to REFINE, REHEARSE and REPEAT skills and put those skills to work in an exciting non-competitive game. Min 3/Max 14 South Bellevue Community Center \$180(R) \$225(N) Age: 6Y - 9Y 72647 1-4pm Mon-Fri Apr 08-12

SKATEBOARD CAMP - BIDDY BOARDERS

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

Highland Community Center \$100(R) \$120(N) Age: 4Y - 6Y 72926 1-2:15pm Mon-Fri Apr 08-12

SKATEBOARD CAMP- SPRING BREAK

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

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

BYT DAY CAMP:

GOLDBLOCKS AND THE THREE BEARS

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

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

BYT Day Camp Extended Care

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

CREATIVE KIDS DAY CAMP

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

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

HIGH ADVENTURE SPRING BREAK CAMP

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

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

Did You Know? Highland Community Center



Highland Community Center has a long history of providing day camps designed for kids living with intellectual disabilities that are packed full of community outings, park excursions, sports, interactive games and stimulating crafts. Activities are adjusted to the needs of each camper. Outside funding and care providers have been secured to provide personal care of toileting and feeding for campers in need. For more information please contact Kim Indurkar at 425-452-6105

ROCK CLIMBING - SPRING BREAK CAMP

Get a jump start on your rock climbing skills in a safe and fun climbing environment on SBCC's 33 foot indoor climbing wall. There will be climbing routes and fun, but challenging games for every level of ability from beginner to expert. On Thursday and Friday, campers meet at South Bellevue Community Center daily at 9am and return by 4pm. All climbing equipment is provided. Campers need to bring a pack with lunch, sunscreen and a hat. Climbing shoes are recommended but are not required. Min 4/Max 12
 South Bellevue Community Center
 \$245(R) \$290(N) Age: 7Y - 13Y
 71882 9am-12:30pm Mon-Fri Apr 08-12

I-BALL SKILLS CAMP

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

Crossroads Community Center
 \$164(R) \$197(N) Age: 6Y - 14Y
 73140 9am- 3pm Mon-Thu Apr 08-11

DREAMING OF SPRING - TAKE A BREAK AT THE FARM

Spring into action with animal experiences, farm chores, art activities, games and more! Hands-on learning will keep us busy and happy. Wear clothes and shoes/boots that can get dirty and bring a lunch and drink. Snack will be provided and may include dairy and wheat products. Min 8/Max 10
 Kelsey Creek Farm Park
 \$138 \$152 Age: 4Y - 6Y
 72518 10am-1pm Mon-Fri Apr 08-12

SEREVI YOUTH RUGBY CAMP

Participants will have a fun and exciting experience learning a wide variety of rugby skills such as developing footwork, fitness, passing, catching, kicking and small-sided games. Teamwork and sportsmanship will be emphasized as well as several rugby-based skill games like rugby golf, rugby soccer, rugby tennis and non-contact rugby. Players of all skill levels are welcome and will be grouped accordingly. Come learn one of the fastest growing sports in the United States! Min 10/Max 50
 Newport Hills Community Park
 \$200(R) \$240(N) Age: 6Y - 12Y
 73116 9am- 3pm Mon-Fri Apr 08-12

SPRING BREAK SPORTS CAMP

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

Tyee Middle School Site
 \$170(R) \$204(N) Age: 7Y - 12Y
 72966 8am- 4pm Mon-Fri Apr 08-12

SPRING BREAK UK INTERNATIONAL SOCCER CAMP

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

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

PRO BASEBALL SPRING BREAK CLINIC

Quality baseball instruction - hitting, throwing, fielding, games, scrimmages and more! This baseball camp is well suited for all players. From the aspiring to the elite. Taught by Steve Goucher and his staff. Steve is a former professional baseball player, and an Atlanta Braves scout who has coached baseball at all levels. Don't miss out on the fun!

Newport Hills Park
 \$59(R) \$71(N) Age: 8Y - 13Y
 73142 11am-1pm Thu-Fri Apr 11-12

Art & Craft Programs for Adults

GARDEN D'LIGHTS CLASSES

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

ART IN NATURE EXHIBITS

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

WHEN: Facility Hours

WHERE: Mercer Slough Environmental Education Center and Lewis Creek Visitor Center.

COST: Free

ART - DROP-IN PAINTING

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

North Bellevue Community Center
 FREE Age: 18Y and up
 73740 1-3pm Thu May 02-Aug 29

ART - SUMI PAINTING GROUP

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

South Bellevue Community Center
 \$15.50(R) \$18.50(N) Age: 18Y and up
 70416 10:30am-1:30pm Mon May 06-20
 \$15.50(R) \$20.50(N) Age: 18Y and up
 70417 10:30am-1:30pm Mon Jun 03-17

ART - WATERCOLOR PAINTING

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

South Bellevue Community Center
 \$130(R) \$156(N) Age: 18Y and up
 74282 6:15-8:45pm Wed May 08-Jun 26
 \$114(R) \$142(N) Age: 18Y and up
 74284 6:15-8:45pm Wed Jul 10-Aug 21
 North Bellevue Community Center
 \$130(R) \$156(N) Age: 18Y and up
 74285 1-3:30pm Thu May 09-Jun 27
 74286 1-3:30pm Thu Jul 11-Aug 29

CRAFTS - SOUTH BELLEVUE STITCHERS

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

South Bellevue Community Center
 FREE Age: 18Y and up
 71461 10am-12:30pm Fri May 03-Aug 16

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 8/Max 10

Northwest Arts Center
 \$180(R) \$214(N) Age: 18Y and up
 71030 10-11:30am Thu May 02-Jun 20
 74331 10-11:30am Thu Aug 29-Oct 17

IKEBANA-JAPANESE FLORAL DESIGN

Using flowers, branches, driftwood, and other media, you will master the various Sogetsu school styles. For beginners or advanced students. Flower and branch materials supply fee \$50 payable to the instructor at the first class. Min 3/Max 7

North Bellevue Community Center
 \$82(R) \$102(N) Age: 18Y and up
 74244 12-2pm Thu May 16-Jun 13
 \$65.60(R) \$81.60(N) Age: 18Y and up
 74246 12-2pm Thu Jun 27-Jul 18
 \$82(R) \$102(N) Age: 18Y and up
 74245 12-2pm Thu Aug 01-29

KNITTING - RED CROSS KNITTING GROUP

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

North Bellevue Community Center
Knitting - Red Cross Knitting Group
 FREE Age: 18Y - 99Y
 73921 11am-3pm Wed May 01-Aug 28

STONEWARE CREATIONS

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

Northwest Arts Center
 \$180(R) \$214(N) Age: 18Y and up
 71025 1-3pm Thu May 02-Jun 20
 \$180(R) \$214(N) Age: 18Y and up
 74329 1-3pm Thu Aug 29-Oct 17

ART - ARTS DROP IN

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

North Bellevue Community Center
 \$3(R) \$4(N) Age: 10Y and up
 73739 6-8:30pm Tue May 07-Aug 27



Did You Know? Highland Community Center



Highland Community Center offers an exercise room specifically designed to meet the needs for a wide variety of individuals needing specialized physical accommodations.

Get Fit and Get Healthy

MASSAGE THERAPY

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

HEALTH - FOOTCARE

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

REFLEXOLOGY

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

SHAPE UP FITNESS CAMPAIGN

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

ENHANCEFITNESS

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

North Bellevue Community Center

\$39(R)	\$47(N)	Age: 55Y and up
73805	9-10am	Thu-Fri, Tue May 02-31
\$33(R)	\$40(N)	Age: 55Y and up
73806	9-10am	Tue, Thu-Fri Jun 04-28
\$33(R)	\$40(N)	Age: 55Y and up
73807	9-10am	Tue, Thu-Fri Jul 02-26
\$39(R)	\$47(N)	Age: 55Y and up
73808	9-10am	Thu-Fri, Tue Aug 01-30

FITNESS - BARRE CLASS

This Barre exercise class taught by a Licensed Massage Practitioner and certified instructor draws from the best of barre, pilates, yoga, and dance for a breakthrough workout that will "blow your leg warmers off." Every step is meticulously designed for building strength, flexibility, endurance, posture, stamina, balance, and grace with longer leaner muscles that are more injury resistant...all this, while having fun too. A flex pass is available for this class. Min 8/Max 20

South Bellevue Community Center

\$108(R)	\$130(N)	Age: 13Y and up
73679	9-10am	Wed May 01-Jun 26
72061	6:15- 7:15pm	Thu May 02-Jun 27
\$160(R)	\$192(N)	Age: 13Y and up
74328	9-10am	Wed, Mon May 01-Jun 26
73675	6:15- 7:15pm	Tue, Thu May 07-Jun 27
\$96(R)	\$116(N)	Age: 13Y and up
72058	6:15- 7:15pm	Tue May 07-Jun 25
\$84(R)	\$100(N)	Age: 13Y and up
74752	9-10am	Mon May 06-Jun 24
73678	9-10am	Mon Jul 01-Aug 12
73673	6:15- 7:15pm	Tue Jul 02-Aug 13
73680	9-10am	Wed Jul 03-Aug 14
\$140(R)	\$168(N)	Age: 13Y and up
73681	9-10am	Mon, Wed Jul 01-Aug 14
\$130(R)	\$156(N)	Age: 13Y and up
73676	6:15- 7:15pm	Tue, Thu Jul 02-Aug 15
\$72(R)	\$87(N)	Age: 13Y and up
73674	6:15- 7:15pm	Thu Jul 11-Aug 15

Body & Mind

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. Min 1/Max 1
 North Bellevue Community Center
 FREE Age: 18Y and up
 73741 9am- 1pm Mon May 06-Aug 26

YOGA - ADVANCED

Stretching and flexibility exercises for the experienced yoga student. Workout especially geared for older adults with significant yoga training. Min 6/Max 15
 North Bellevue Community Center
 \$14(R) \$16(N) Age: 50Y and up
 74188 10-11am Mon Jun 03-Jul 08
 \$14(R) \$16(N) Age: 50Y and up
 74189 10-11am Mon Jul 15-Aug 19

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
 \$32(R) \$38(N) Age: 18Y and up
 74089 10:30-11:30am Thu May 02-30
 74094 10:30-11:30am Mon Jun 03-24
 74090 10:30-11:30am Thu Jun 06-27
 74096 10:30-11:30am Mon Aug 12-26
 \$24(R) \$28.50(N) Age: 18Y and up
 74093 10:30-11:30am Mon May 06-20
 74091 10:30-11:30am Thu Jul 11-25
 \$40(R) \$47.50(N) Age: 18Y and up
 74092 10:30-11:30am Thu Aug 01-29
 74095 10:30-11:30am Mon Jul 01-29

POST-REHAB STRENGTH AND CONDITIONING

This class is designed for adults recovering from injuries or living with chronic or recurring injuries who desire to return to physical activity. Licensed Athletic Trainer Sara Grandstrand will adapt exercises based upon your limitations to help you develop or regain core strength, balance, and stability so that you can "play" again. Min 8/Max 20

South Bellevue Community Center
 \$60(R) \$70(N) Age: 18Y and up
 73490 10-11am Tue, Thu May 07-Jun 13
 73491 10:45-11:45am Tue, Thu Jun 25-Aug 01

BICYCLING- GOURMET BIKERS

Join other seniors and set aside Wednesdays for a day of low-impact exercise, fun, fellowship and lunch. We will start our rides around 10am and bike for 12-15 miles for lunch and return. We will ride on flat bike trails and low traffic roadways. As our confidence builds, we will plan trips to the tulip fields, lavender fields, and maybe even and winery trip. Riders must provide their own bicycle and helmet. Contact Judy at 425-378-0645 if you are interested. Min 1/Max 50

North Bellevue Community Center
 FREE Age: 18Y and up
 73742 8-9am Wed May 01-Aug 28

CORE CONDITIONING

Core Conditioning centers on building a strong foundation for functional movement and improving spinal stabilization, posture, and balance. This class focuses on engaging the core muscle groups of the abdominals, glutes, hips, back, and lower extremity during exercise and activity. Improving core muscle control and strength will decrease risk for future injury. Learn how to use your muscles effectively to properly stabilize and strengthen your body from the inside out. This class is suited for individuals of all fitness levels. Individuals desiring to build a strong foundation for increased activity are strongly encouraged to join. Min 8/Max 20

South Bellevue Community Center
 \$60(R) \$72(N) Age: 13Y and up
 73492 6:40-7:30pm Mon May 06-Jun 17
 73493 6:40-7:30pm Mon Jun 24-Jul 29

PILATES

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

South Bellevue Community Center
 \$88(R) \$106(N) Age: 13Y and up
 69955 9:30-10:30am Fri May 03-Jun 21
 \$44(R) \$53(N) Age: 13Y and up
 69956 9:30-10:30am Fri Jul 12-Aug 02

STRONG AND FIT SENIORS/ADULTS

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

South Bellevue Community Center
 \$55(R) \$66(N) Age: 18Y and up
 69945 10:15-11:15am Wed, Mon May 01-29
 69946 10:15-11:15am Mon, Wed Jun 03-26
 69947 10:15-11:15am Mon, Wed Jul 01-31
 \$41(R) \$50(N) Age: 18Y and up
 69948 10:15-11:15am Mon, Wed Aug 05-21

WALK STRONG

When our bodies are young we walk with vitality and strength. With age, wear, and injury we lose that youthful vigor. With the use of Nordic poles, focused exercises and expert coaching, the Walk Strong class will help you rewind the clock. A flex card is available for this class. Min 8/Max 20

South Bellevue Community Center
 \$99(R) \$119(N) Age: 13Y and up
 73684 10:20-11:20am Thu May 02-Jun 27
 \$88(R) \$105(N) Age: 13Y and up
 73682 10:20-11:20am Tue May 07-Jun 25
 \$144(R) \$172(N) Age: 13Y and up
 73686 10:20-11:20am Tue, Thu May 07-Jun 27
 \$77(R) \$92(N) Age: 13Y and up
 73683 10:20-11:20am Tue Jul 02-Aug 13
 \$117(R) \$140(N) Age: 13Y and up
 73687 10:20-11:20am Tue, Thu Jul 02-Aug 15
 \$66(R) \$79(N) Age: 13Y and up
 73685 10:20-11:20am Thu Jul 11-Aug 15

PERSONAL TRAINING

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

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 at South Bellevue Community Center 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 the South Bellevue Community Center website or from your trainer at the consultation. A Physician Consent may be required based upon health history.

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

FREE Fitness Assessments

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

Youth Privileges @ the South Bellevue Community Fitness Center

SBCC welcomes 10-12yr olds to exercise in the Fitness Center. Students may use only the cardio equipment and must be accompanied by an adult. Other requirements include a doctor's note, age verification, a waiver signed by youth and adult, and attendance by both the youth and adult at a Youth Orientation. For further questions please call 425-452-4240.

Summer Student Sepcial

Students age 18-23 are eligible for a three-month Fitness Center pass. Contact South Bellevue Community Center, 425-452-4240, for more information. \$75(R) \$90(N)

Personal Training Rates

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



Sara Grandstrand, MS ATC/L, CSCS

Grandstrand Athletic Training
Phone: 425-765-8980
Email: sara.atc@gmail.com
Availability: Weekday mornings, evenings and other days/times by arrangement

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.



Mike Haas

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

Mike is a NASM Performance Enhancement Specialist and has been professionally training clients since 2006. He played college baseball on an athletic scholarship at the University of Nevada and Oregon State University, and one year of professional Minor League Baseball. Mike currently enjoys hiking, baseball, and adventuring with his dog Tucker. Mike believes that anybody can improve themselves through fitness for better health, movement, and performance. Mike is a strong believer in hard work, determination, and consistency. He strives to help his clients reach whatever their goal may be in whatever way he can.

SOUTH BELLEVUE COMMUNITY CENTER

a partnership for a healthy community



The Fitness Center at South Bellevue Community Center features state of the art treadmills, bikes, elliptical trainers, weight training machines and free weights. The Fitness Center is designed for adult use, as well as teens, ages 10+, with direct adult supervision, or 16+ with parent permission. Please plan on attending one of the free, drop-in one hour orientation classes before your first exercise visit. Call 425-452-4240 for Fitness Center orientation days and times. *10-12 year old youth may use the cardio equipment only. Contact South Bellevue Community Center at 425-452-4240 for policies and procedures related to use.*

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

Fitness Center Fees

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

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

Household

Two adults living in the same household and all children, ages 10-23 living in the household. One additional adult @ \$13 per month. Household pass available only as an ePass (see ePass note above) or as an Annual pass at ePass rate.

	Monthly Fee	
	Resident	Non-Resident
Two Adult (no children)	\$39	\$47
Single Adult Household (with children ages 10-23)	\$34	\$41
Two Adult Household (with children ages 10-23)	\$47	\$57



Bellevue Fire Department CPR Training Programs



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

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

BLS FOR HEALTHCARE PROVIDER

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

\$65 Age: 18Y and up
 72855 9am-3pm Wed May 08
 72856 9am-3pm Wed Aug 07

INFANT CPR

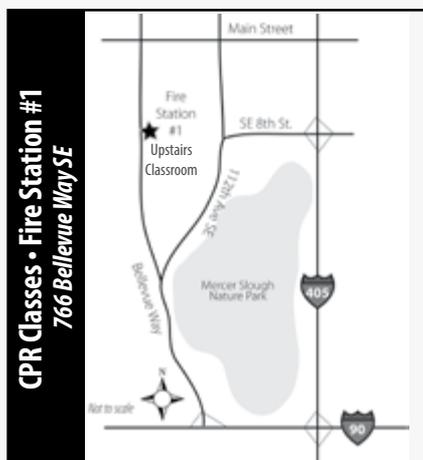
The Bellevue Fire Department offers citizen CPR classes to the community that follow the AHA's Heartsaver CPR curriculum. This hands on course teaches CPR and Choking intervention for infants from birth to 1 year of age. Participants will be required to demonstrate skills to receive a Heartsaver CPR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

Fire Station #1
\$35 Age: 14Y and up
 72858 7-10pm Thu Mar 21
 72859 7-10pm Thu May 16
 72861 7-10pm Thu Jul 18

HEARTSAVER CPR AED CLASS FOR ADULTS/CHILDREN

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

\$40(R) \$40(N) Age: 14Y and up
 72868 7-10pm Tue Mar 19
 72869 7-10pm Thu Apr 04
 72870 7-10pm Tue Apr 16
 72871 7-10pm Thu May 02
 72872 7-10pm Tue May 21
 72873 7-10pm Thu Jun 06
 72874 7-10pm Tue Jun 18
 72875 7-10pm Thu Jul 11
 72878 7-10pm Tue Jul 23
 72879 7-10pm Thu Aug 08
 72880 7-10pm Tue Aug 20



jazzercise®

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

NORTHWEST ARTS CENTER

9825 NE 24TH ST • 425-452-6046

Jazzercise • Jazzercise Lite • Jazzercise Personal Touch

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

NORTH BELLEVUE COMMUNITY CENTER

4063 148TH AVE NE • 425-452-7681

Jazzercise

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

SOUTH BELLEVUE COMMUNITY CENTER

14509 SE NEWPORT WAY • 425-452-4240

Jazzercise • Jazzercise Lite

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

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

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

HATHA YOGA

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

Northwest Arts Center

\$50(R) \$60(N)	Age: 18Y and up
74338 3:30-4:30pm Tue	May 28-Jun 25
74341 3:30-4:30pm Thu	May 30-Jun 27
74339 3:30-4:30pm Tue	Jul 09-Aug 06
74342 3:30-4:30pm Thu	Jul 11-Aug 08
74340 3:30-4:30pm Tue	Aug 20-Sep 17
74343 3:30-4:30pm Thu	Aug 22-Sep 19
\$110(R) \$132(N)	Age: 18Y and up
74344 3:30-4:30pm Tue, Thu	May 28-Jun 27
74345 3:30-4:30pm Tue, Thu	Jul 09-Aug 08
74346 3:30-4:30pm Tue, Thu	Aug 20-Sep 19

PURNA YOGA CLASSES

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

South Bellevue Community Center

\$60(R) \$72(N)	Age: 13Y and up
71213 7:15-8:30pm Thu	May 02-30
71216 10:15-11:30am Sun	May 05-Jun 09
71211 7:15-8:30pm Tue	May 07-Jun 04
71214 7:15-8:30pm Thu	Jun 06-Jul 11
71219 7:15-8:30pm Tue	Jun 11-Jul 09
71217 10:15-11:30am Sun	Jun 16-Jul 14
71212 7:15-8:30pm Tue	Jul 16-Aug 13
71215 7:15-8:30pm Thu	Jul 18-Aug 15
71218 10:15-11:30am Sun	Jul 21-Aug 18

Purna Yoga Level 2

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. Min 5/Max 30

South Bellevue Community Center

\$60(R) \$72(N)	Age: 13Y and up
73494 11:45am-1pm Sun	May 05-Jun 09
73495 11:45am-1pm Sun	Jun 16-Jul 14
73496 11:45am-1pm Sun	Jul 21-Aug 18

Belly Dancing

BELLY DANCE FOR BEGINNERS

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

South Bellevue Community Center

\$70(R) \$84(N)	Age: 13Y and up
71239 5:30-6:20pm Wed	May 01-Jun 19
\$40(R) \$48(N)	Age: 13Y and up
71240 5:30-6:20pm Wed	Jul 10-31

BELLY DANCE INTERMEDIATE

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

South Bellevue Community Center

\$84(R) \$95(N)	Age: 13Y and up
71247 7:10-8pm Wed	May 01-Jun 19
\$45(R) \$54(N)	Age: 13Y and up
71248 7:10-8pm Wed	Jul 10-31

BELLY DANCE DRILLS AND ZILLS

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

South Bellevue Community Center

\$35(R) \$42(N)	Age: 13Y and up
71243 6:30-7pm Wed	May 01-Jun 19
\$20(R) \$24(N)	Age: 13Y and up
71244 6:30-7pm Wed	Jul 10-31

BELLY DANCE PERFORMANCE SKILLS

Take your dance to another level! Intermediate to Advanced students will explore elements necessary to develop a solo performance including new rhythms, veil work, improvisation, taqasim, beledi, and music interpretation. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 5/Max 20

South Bellevue Community Center

\$84(R) \$95(N)	Age: 13Y and up
73484 8-8:45pm Wed	May 01-Jun 19
\$48(R) \$58(N)	Age: 13Y and up
73485 8-8:45pm Wed	Jul 10-31

BELLY DANCING COMBINED

For your dancing pleasure! Enroll in Drills & Zills, Intermediate, and Performance Skills classes for a discounted fee. To register after a session has started, call South Bellevue Community Center (425)-452-4240. Min 3/Max 20

South Bellevue Community Center

\$147(R) \$168(N)	Age: 13Y and up
71252 6:30-8:45pm Wed	May 01-Jun 19
\$84(R) \$100(N)	Age: 13Y and up
71253 6:30-8:45pm Wed	Jul 10-31

Active Fitness

FIT GIRLS

This conditioning program for middle school and high school girls will focus on proper conditioning and biomechanical, plyometric, and agility training to specifically address common imbalances and injury prevention for girls. Learn running, jumping, and cutting form techniques with Licensed Athletic Trainer, Sara Grandstrand. Develop core strength, stability, and balance. All fitness levels welcome.

Min 8/Max 20

South Bellevue Community Center

\$60(R) \$70(N)	Age: 12Y - 18Y
73488 1:30-2:30pm Wed	May 08-Jun 12
73489 1:30-2:30pm Wed	Jun 26-Jul 31

FITNESS - 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. 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

South Bellevue Community Center

\$56(R) \$68(N)	Age: 13Y and up
70486 6-7pm Wed	May 01-Jun 19
70497 10-11am Wed	May 01-Jun 19
\$84(R) \$98(N)	Age: 13Y and up
70506 10-11am Wed, Mon	May 01-Jun 19
70507 6-7pm Wed, Mon	May 01-Jun 19
\$49(R) \$59.50(N)	Age: 13Y and up
70493 9:15-10:15am Fri	May 03-Jun 14
\$42(R) \$51(N)	Age: 13Y and up
70478 6-7pm Mon	May 06-Jun 17
70503 10-11am Mon	May 06-Jun 17
\$60(R) \$70(N)	Age: 13Y and up
70502 6-7pm Mon, Wed	Jul 01-31
\$36(R) \$42(N)	Age: 13Y and up
70498 6-7pm Mon, Wed	Aug 05-21

**HIGHLAND COMMUNITY CENTER
ZUMBA® FITNESS**

Join us Monday, Wednesday and Thursday evenings for the newest and hottest dance moves. Zumba is a fun, dance and rhythms exercise class using mostly Latin music. Punch card or drop-in fee. Contact 425 452-6104 for more information.

BOOT CAMP WITH KARIE

In its fifth year, this fun and action packed boot camp class will get you in shape, tone your muscles and burn calories. This class consists of cardio drills, stair climbing, and strength and circuit training followed by Pilates based core work and Yoga stretches. Out of shape? No worries. Karie will work with you to modify exercises to meet your individual needs. Her students rave about their results! A Flex Card is available for this class. To register during a session call the South Bellevue Community Center at (425) 452-4240. 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

\$84(R)	\$100(N)	Age: 13Y and up
69986	8:45-9:45am	Wed, Mon May 01-29
\$151(R)	\$181(N)	Age: 13Y and up
69988	8:45-10:15am	Mon-Thu May 01-30
\$94.50(R)	\$112.50(N)	Age: 13Y and up
69984	9:15-10:15am	Thu, Tue May 02-30
\$42(R)	\$50(N)	Age: 13Y and up
69993	9:15-10:15am	Tue May 07-28
\$98(R)	\$117(N)	Age: 13Y and up
69989	8:45-9:45am	Mon-Thu Jun 03-19
\$63(R)	\$75(N)	Age: 13Y and up
70002	8:45-9:45am	Mon, Wed Jun 03-19
\$52.50(R)	\$62.50(N)	Age: 13Y and up
69985	9:15-10:15am	Tue, Thu Jun 04-18
\$31.50(R)	\$37.50(N)	Age: 13Y and up
69991	9:15-10:15am	Tue Jun 04-18



FIT CAMP TOTAL BODY CONDITIONING

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

Min 6/Max 20
South Bellevue Community Center

\$70(R)	\$84(N)	Age: 13Y and up
69907	6-7am	Wed, Mon May 01-29
69909	6-7am	Mon, Wed Jun 03-26
69911	6-7am	Mon, Wed Jul 01-31
\$44(R)	\$52.50(N)	Age: 13Y and up
69925	6-7am	Fri May 03-31
\$35(R)	\$42(N)	Age: 13Y and up
69931	6-7am	Fri Jun 07-28
69926	6-7am	Fri Jul 05-26
69923	6-7am	Fri Aug 02-23
\$52.50(R)	\$63(N)	Age: 13Y and up
69933	6-7am	Mon, Wed Aug 05-21

INDOOR GROUP CYCLING

Come ride our LeMond RevMaster Classic Bikes and get a serious aerobic workout while burning approximately 600+ calories per class. Your instructor and motivating music will entertain you as you “climb hills,” “race” along on flat terrain, and challenge your leg muscles for strength and tone. All fitness levels welcome because you control your pace. A Flex Card is available for this class. To register during a session call South Bellevue Community Center (425) 452-4240. Please arrive 10 minutes early on day one for a bike fit. Bring a bike-style water bottle & towel. Wear stiff soled shoes or SPD cycle shoes, padded shorts, and heart rate monitor if you have them. Dress in layers...you will get hot!

Min 3/Max 8
South Bellevue Community Center

\$63(R)	\$75.50(N)	Age: 13Y and up
70429	7:15-8:15pm	Wed May 01-Jun 26
70440	6-7am	Wed May 01-Jun 26
\$80(R)	\$96(N)	Age: 13Y and up
70442	7:15-8:15pm	Wed, Mon May 01-Jun 26
70456	6-7am	Wed, Mon May 01-Jun 26
\$49(R)	\$59(N)	Age: 13Y and up
70439	7:15-8:15pm	Mon May 06-Jun 24
70443	6-7am	Mon May 06-Jun 24
\$60(R)	\$72(N)	Age: 13Y and up
70444	6-7am	Mon, Wed Jul 01-Aug 21

TEEN & ADULT HIP HOP

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

Northwest Arts Center
\$65(R) \$78(N) Age: 16Y - 99Y
72013 7-8pm Mon May 06-Jun 03

SPORTBALL FITKIDS

Sportball Fitkids is a fun, functional, fitness program for kids ages 6-8 and 9-12 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. Min 6/Max 14
South Bellevue Community Center

\$72(R)	\$86.50(N)	Age: 6Y - 8Y
73688	4-5pm	Mon May 06-Jun 17
\$72(R)	\$86.50(N)	Age: 9Y - 12Y
73689	5-6pm	Mon May 06-Jun 17

**SUMMER INDOOR CYCLING -
BE OUR GUEST!**

Catch a 6am morning ride to start your day off right at South Bellevue Community Center with a fun-filled, all-levels class. This is a great time to try something new as you burn 600+ calories and make increases in cardio and strength. Ride FREE your first time as our guest. Call 425-452-4240 to reserve a bike.



Martial Arts

GENTLE TAI CHI

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

South Bellevue Community Center
 \$48(R) \$58(N) Age: 18Y and up
 71236 11:15am-12:15pm Wed Apr 24-May 29
 73499 11:15am-12:15pm Wed Jun 05-Jul 10

TAI CHI

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

North Bellevue Community Center
 \$11(R) \$13(N) Age: 18Y and up
 74130 9-10am Sat May 04-Aug 17

YANG STYLE TAI CHI BEGINNER

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

South Bellevue Community Center
 \$60(R) \$72(N) Age: 18Y and up
 71297 9-9:55am Sat Apr 27-June 08
 \$50(R) \$60(N) Age: 18Y and up
 71298 9-9:55am Sat Jun 15-Jul 13

YANG STYLE TAI CHI INTERMEDIATE

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

South Bellevue Community Center
 \$60(R) \$72(N) Age: 18Y and up
 71303 10-10:55am Sat Apr 27-Jun 08
 \$50(R) \$60(N) Age: 18Y and up
 73497 10-10:55am Sat Jun 15-Jul 13

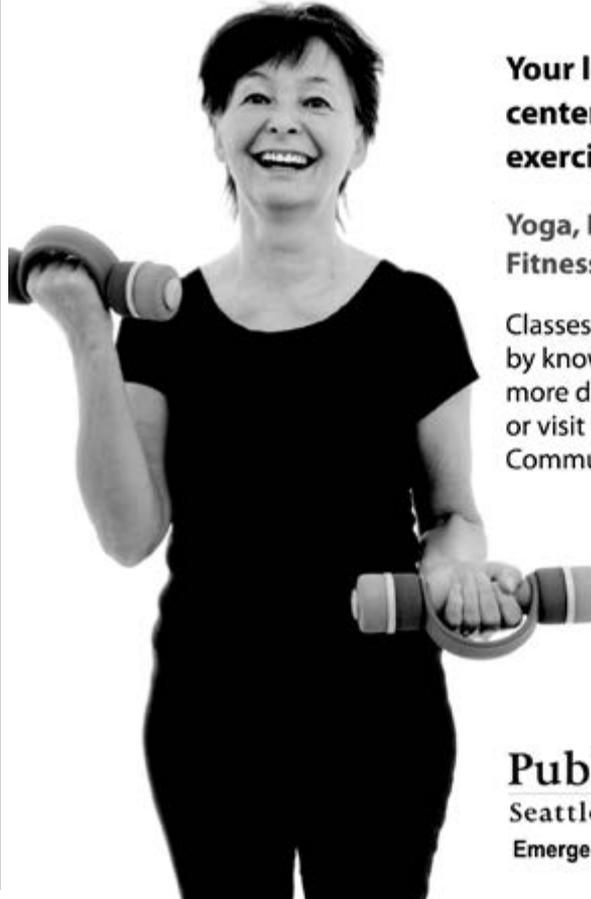
YANG STYLE TAI CHI ADVANCED

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

South Bellevue Community Center
 \$60(R) \$72(N) Age: 18Y and up
 71309 11-11:55am Sat Apr 27-Jun 08
 \$50(R) \$60(N) Age: 18Y and up
 73498 11-11:55am Sat Jun 15-Jul 13

SHAPE UP! 50+

“For a Healthy Independent Lifestyle”



Your local community center is offering group exercise classes for seniors:

Yoga, Line Dancing, Enhance Fitness, Tai Chi, Tap and more.

Classes are safe, affordable, and led by knowledgeable instructors. For more details, call 425-452-7681 or visit the North Bellevue Community Center.

Public Health 
 Seattle & King County
 Emergency Medical Services Division

TAI-CHI CHUAN SWORD PLAY

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

\$56(R) \$67(N) Age: 16Y and up
 71327 7:15-8:45pm Thu May 23-Jun 20
 71319 7:15-8:45pm Thu Jun 27-Aug 01
 71318 7:15-8:45pm Thu Aug 08-Sep 12

North Bellevue Community Center

\$57(R) \$68(N) Age: 16Y and up
 74132 7:15-8:45pm Mon Jun 10-Jul 08
 74133 7:15-8:45pm Mon Jul 15-Aug 12

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
 73930 9-10:30am Wed May 01-Aug 28

NAGINATA

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

Northwest Arts Center

\$80(R) \$96(N) Age: 13Y and up
 74347 7-9pm Tue Jul 09-Aug 27
 74348 7-9pm Thu Jul 11-Aug 29

\$136(R) \$156(N) Age: 13Y and up
 74349 7-9pm Tue, Thu Jul 09-Aug 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 10/Max 32

South Bellevue Community Center

\$53(R) \$63(N) Age: 6Y and up
 71268 4-4:50pm Thu, Tue May 02-30
 71273 5-5:50pm Thu, Tue May 02-30
 71271 4-4:50pm Tue, Thu Jun 04-27
 71275 5-5:50pm Tue, Thu Jun 04-27
 71280 4-4:50pm Tue, Thu Jul 02-30
 71282 5-5:50pm Tue, Thu Jul 02-30
 71278 5-5:50pm Thu, Tue Aug 01-22
 71283 4-4:50pm Thu, Tue Aug 01-22

\$53(R) \$63(N) Age: 10Y and up
 71279 6-6:50pm Thu, Tue May 02-30
 71274 6-6:50pm Tue, Thu Jun 04-27
 71281 6-6:50pm Tue, Thu Jul 02-30
 71276 6-6:50pm Thu, Tue Aug 01-22

MARTIAL ARTS SELF DEFENSE/HAPKIDO BEGINNER CHILD

This co-ed course helps young people develop coordination, balance, focus, strength, self-esteem, group interaction, communication skills and discipline, while teaching personal safety/self-defense in a safe, friendly environment. In addition to lots of conditioning exercises, students will learn a basic kicks, strikes, throws, evasion and grappling. Uniform required & available at class for a fee. Association membership required for promotion testing. Min 6/Max 20

Crossroads Community Center

\$48(R) \$58(N) Age: 6Y - 12Y
 72983 6:15-7:15pm Wed, Mon May 01-29
 72984 6:15-7:15pm Mon, Wed Jun 03-26
 72985 6:15-7:15pm Mon, Wed Jul 01-31
 72986 6:15-7:15pm Mon, Wed Aug 05-28

MINI KICKERS MARTIAL ARTS

Mini-Kickers teaches basic kicks and strikes to young children in an active, fun and positive environment. Dave Arendt 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. Dave Arendt, Instructor. Min 6/Max 30

Northwest Arts Center

\$140(R) \$160(N) Age: 4Y - 10Y
 74350 4:30-5:15pm Mon, Wed Jun 24-Aug 28

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 Park & Community Center Site

\$60(R) \$72(N) Age: 8Y and up
 72972 6:30-8pm Fri Jun 07-Aug 16

MARTIAL ARTS- ADVANCED KENDO

Advanced kendo is for those students that have completed beginning and intermediate kendo and are in armor (bogu).

Individuals with previous experience must contact the teacher for approval to enroll in advanced kendo. Min 12/Max 60

Highland Park & Community Center Site

\$60(R) \$72(N) Age: 8Y and up
 72976 7:30-9:30pm Fri Jun 07-Aug 16

MARTIAL ARTS - SELF DEFENSE/HAPKIDO - INTERMEDIATE/ADVANCED

This co-ed course builds on skills introduced in the beginning class and helps young people and adults successfully face physically confronting issues. With a blend of traditional and real-world scenarios, students learn to identify, avoid and de-escalate potentially dangerous situations. While refining on skills learned from beginning class, students will start learning joint locks, pressure points (adults only) and weapons. Prerequisite: Graduation from the beginning class, or age 13 and above. Student rank certificates will be certified and signed by the president of the World Hapkido Association, www.worldhapkido.com. Instructor permission required to attend. Min 6/Max 20

Crossroads Community Center

\$48(R) \$58(N) Age: 13Y and up
 73003 6:30-7:45pm Wed, Mon May 01-29
 73004 6:30-7:45pm Mon, Wed Jun 03-26
 73005 6:30-7:45pm Mon, Wed Jul 01-31
 73006 6:30-7:45pm Mon, Wed Aug 05-28

Outdoor & Natural Resources

VISITOR CENTERS

Botanical Garden Visitor Center

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

Location: 12001 Main Street, 98005

Hours: 9am - 4pm daily

Phone: 425-452-2750

Website: www.bellevuewa.gov/botanical_garden.htm

Lake Hills Greenbelt Ranger Station

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

Location: 15416 SE 16th Street, 98007

Hours: Tue - Sat, noon-4pm

Phone: 425-452-7225

Website: www.bellevuewa.gov/lake_hills_greenbelt.htm

Lewis Creek Visitor Center

This beautiful park offers ample opportunity to wander through forests, meadows and wetlands. Come inside the center and pick up trail and park maps for the area, attend a Natural Resource program, or simply enjoy the relaxing atmosphere.

Location: 5808 Lakemont Blvd., 98007

Hours: Wed-Sun, 10am-4pm
Closed Mon, Tue, & Holidays

Phone: 425-452-4195

Website: www.bellevuewa.gov/lewis_creek_park.htm

Mercer Slough Environmental Education Center Visitor Center

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

Location: 1625 118th Ave SE, 98005

Hours: Daily, 10am-4pm

Phone: 425-452-2565

Website: www.bellevuewa.gov/msec.htm

SPECIAL EVENTS

WILDLIFE BABY SHOWER

May 4 • Lewis Creek Park Visitor Center, 5808 Lakemont Blvd SE

Join us as the City of Bellevue and Sarvey Wildlife Care Center host the second annual Wildlife Baby Shower on May 4 from 11 a.m. to 3 p.m. at the Lewis Creek Visitor Center. We will be collecting in-kind and monetary donations for Sarvey Wildlife Care Center, a not for profit organization that cares for abandoned and injured wild animals. Come see rescued raptors, owls, opossums, hawks, and falcons as we celebrate with a supply drive and family festival.

Activities will include games, crafts, skits, scavenger hunts, ranger walks, a wildlife presentation and more! There will also be a chance to win a raffle to help Sarvey with a wildlife release! A suggested donation of \$5 in lieu of a supply or food item is requested for each participant. Come celebrate spring, learn about baby animals and help out a great cause! Ages: All ages welcome. No registration necessary. Info: 425-452-4195.

NATURE PHOTOGRAPHY CONTEST

June 15 – August 17 • Lewis Creek Park Visitor Center, 5808 Lakemont Blvd SE

Have some great nature shots taken in Bellevue Parks that you want to share with the community? Enter Lewis Creek Park's Nature Photography Contest! The winner's photographs will be displayed at Bellevue Parks premiere environmental education centers. Winner will be announced August 25th. Ages: All ages Cost: Free! No registration required. Info: 425-452-4195.

FAMILY DISCOVERY SERIES

ART IN NATURE EXHIBITS

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

WHEN: Facility Hours

WHERE: Mercer Slough Environmental Education Center and Lewis Creek Visitor Center.

COST: Free

DISCOVERY BACKPACKS

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

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

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

COST: Suggested Donation of \$5

INFO: 425-452-2565

GROUP PROGRAMS

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



STORY TIME SERIES

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

Min 3/Max 25

Lewis Creek Park

\$2(R) \$3(N)

Age: 3Y and up

Lost in the Woods

A new life was born in the woods. He slept alone in the tall grass. Was he lost? The animals of the forest want to know. We always make a fun craft to take home!

74252	11am-12pm	Fri	May 03
74253	1:30- 2:30pm	Fri	May 03

Eliza and the Dragonfly

The magic of a dragonfly's transformation leads to a transformation in a little girl too.

We always make a fun craft to take home!

74254	11am-12pm	Fri	Jun 14
74255	1:30- 2:30pm	Fri	Jun 14

Coyote

Wherever Coyote goes, you can be sure he'll get into mischief and this time, Coyote has found real trouble! We always make a fun craft to take home.

74256	11am-12pm	Fri	Jul 05
74257	1:30- 2:30pm	Fri	Jul 05

Where Would I Be in an Evergreen Tree?

Meet all the creatures that call the Northwest woods their home. We always make a fun craft to take home!

74258	11am-12pm	Fri	Aug 02
74259	1:30- 2:30pm	Fri	Aug 02

LEWIS CREEK EXPLORERS' CLUB

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

Owl Prowl

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

\$5(R) \$6(N) Age: 8Y and up

72597	7:30- 9pm	Fri	Apr 26
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Wilderness Skills

Children will learn the essential items to take with them on a day hike, and what to do if they become separated from an adult in a wild place. No registration required.

FREE Age: 5Y and up

1- 2pm	Sat	May 11
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Green Hour

Join us the 3rd Friday of every month from 1-2pm for a Green Hour at Lewis Creek Park! Observe and explore the park during an hour of unstructured play and interaction with the natural world. Each month, creative, science-based ideas will have children and parents deepening their knowledge and love of nature together! No registration necessary.

FREE Age: 4Y and up

1- 2pm	Fri	May 17
1- 2pm	Fri	Jun 21
1- 2pm	Fri	Jul 19
1- 2pm	Fri	Aug 16

The Food Chain

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

\$2(R) \$3(N) Age: 6Y and up

74322	1- 2pm	Sun	May 19
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Pond Dip

The edges of ponds and wetlands are great places to budding naturalists to explore! We will use tools like dip nets and water scopes to get a closer look at the wetland creatures of Lewis Creek Park... what will we find in this unfamiliar under-water world?! No registration required.

FREE Age: 5Y and up

1- 2pm	Sun	Jun 16
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Monocular Making

Magnifying things in nature can make them easier to learn about. We will make our own monocular and explore the park with our new eye! Pre-registration required.

\$2(R) \$3(N) Age: 6Y and up

74324	1- 2pm	Sat	Jul 13
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Introduction to Birding

Join Eastside Audubon and learn about our fascinating feathered friends. Children will be intrigued by the bird mounts, fascinated by looking at feathers through a magnifying glass, and quiet listeners of the bird songs. Each child will leave with their own feeder to take home so they can watch birds eating in their own backyards. Pre-registration required.

FREE Age: 5Y and up

74325	1:30- 2:30pm	Sat	Jul 20
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Wild Tracks

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

\$2(R) \$3(N) Age: 6Y and up
74326 1-2pm Sat Aug 10

Raptor Rapture

Learn about the special adaptations of these magnificent birds. We will make our own pellets to replicate their lunch! Pre-registration required.

\$2(R) \$3(N) Age: 5Y and up
74327 1-2pm Sun Aug 18

LEWIS CREEK CHILDRENS' MOVIES

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

Lost in the Woods

The woodland animals learn the truth about the little fawn who sleeps alone in the woods. Running time 45 mins.

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

Flight of the Draco

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 Jun 09

Totally Tropical Rainforest

Take a totally tropical trip to the rain forest and meet spotted jaguars, colorful poison-arrow frogs, slow-moving sloths and loud-mouthed howler monkeys! Running time 45 mins.

FREE Age: 3Y and up
2-2:30pm Sun Jul 14

Platypus Cafe

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 Aug 11

ADULT ENRICHMENT SERIES LEWIS CREEK FILM SERIES

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

FREE Age: 12Y and up

John Muir: In the New World

The life and career of America's first nature preservationist come to life through this inspiring and beautiful documentary set against the magnificent landscapes of the American West. Running time 85 mins.

FREE Age: 12Y and up
2-3:30pm Sun May 05

Lords of Nature: Life in a Land of Great Predators

Journey to the heart of predator country: the Yellowstone plateau; the canyons of Zion; and the rugged country of Idaho and Minnesota and learn from scientists and people now living with the great beasts society once banished. Running time 60 minutes.

FREE Age: 12Y and up
2-3pm Sun Jun 02

Bees: Tales from the Hive

Up-close footage filmed with specially developed macro lenses brings you the most intimate portrayal of a working bee colony ever filmed. Discover new-found facts about the strange and complex life of bees. Running time 54 minutes.

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

Whales: An Unforgettable Journey

Experience breathtaking close-up encounters with the largest mammal that ever lived on earth - the Blue Whale. Running time 50 minutes.

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

NATURALIST BOOK CLUB SERIES

Discuss, analyze and reflect on the natural world and those exploring it. All of our selections were written for the lay person, not necessarily those schooled in environmental sciences. Light refreshments served and you do not need to have read the book(s) to attend and join the discussion! Bring copy of the book along with you! Min 1/Max 1
Lewis Creek Park

Stickeen by John Muir

Scottish-born American naturalist and writer, Muir devoted much of his life to saving the natural beauties of the West from destruction by commercial exploitation. Stickeen details the Alaskan adventures of Muir and his adopted four legged companion.

FREE Age: 15Y and up
2-4pm Sun May 26

What are People For? by Wendell Berry

22 essays ranging from America's insatiable consumerism and household economies to literary subjects and America's attitude toward waste. Berry frames his reflections with poetic responsibility, standing up as a firm believer in the power of the human race not only to fix its past mistakes but to build a future that will provide a better life for all.

FREE Age: 15Y and up
2-4pm Sun Jun 30

Tent Life in Siberia by George Kennan

Telegraph operator George Kennan signs on to build a telegraph line across Siberia in late 1800s. A well written, fascinating account and very good American example of humorous, understated adventure writing.

FREE Age: 15Y and up
2-4pm Sun Jul 28

Collapse by Jared Diamond



Environmental damage, climate change, globalization, rapid population growth, and unwise political choices were all factors in the demise of societies around the world, but some found solutions and persisted. Diamond traces the fundamental pattern of catastrophe, and weaves an all-encompassing global thesis through a series of fascinating historical-cultural narratives
FREE Age: 15Y and up
 2-4pm Sun Aug 25

LEWIS CREEK ADULT ENRICHMENT

Lewis Creek Park
Introduction to Nature Photography
 Learn the basics of nature photography. Come find out what those settings on your camera do and how they affect your photos. Whether you're trying to show off a tiny mushroom or capture the mountains in the distance, your photos can show your love for the outdoors. Bring your DSLR and we'll practice connecting to nature through photography. Registration required.
FREE Age: 12Y and up
 74306 12-2pm Sun Jun 09

Animal Art

Draw and sketch different Pacific Northwest species from a collection of wildlife mounts! There is no other way to capture the magnificence of these creatures so close up and so still. Mounts, newsprint, and charcoal pencils provided. Challenge your artistic talents while learning about the natural history of the area you live in. Register at 425-452-6885.
 \$4(R) \$5(N) Age: 8Y and up
 74264 1-3pm Sat Jun 22

Old Growth Forests: Hot Topics in WA Conservation

There are 3 million acres of Old Growth Forest to be found in Washington State. Find out where these pockets are, what calls them home and why they still exist today. No registration necessary.
FREE Age: 10Y and up
 1-2pm Sat Aug 24

FAMILY CANOE THE MERCER SLOUGH

Explore the beautiful Mercer Slough Nature Park by water and see how this amazing wetland ecosystem functions. Trip begins and ends at Enatai Beach Park. Participants are required to paddle the entire distance of 4 miles. Some paddling experience is required. Restrooms will not be available while on the water. Up to 3 people per canoe. Please dress for the weather. For ages 5+. Children and youth must have at least 1 adult present for every 2 children or youth. Please call 425-452-2565 with any questions. Min 4/Max 15 Enatai Beach Park, 3519 108th Ave SE
 \$16(R) \$18(N) Age: 5Y and up

73627	8:45am-12pm	Sat	May 04
73628	8:45am-12pm	Sun	May 05
73629	8:45am-12pm	Sat	May 11
73630	8:45am-12pm	Sun	May 12
73631	8:45am-12pm	Sat	May 18
73632	8:45am-12pm	Sun	May 19
73633	8:45am-12pm	Sat	May 25
73634	8:45am-12pm	Sun	May 26
73635	8:45am-12pm	Sat	Jun 01
73636	8:45am-12pm	Sun	Jun 02
73637	8:45am-12pm	Sat	Jun 15
73638	8:45am-12pm	Sun	Jun 16
73639	8:45am-12pm	Sat	Jun 22
73640	8:45am-12pm	Sun	Jun 23
73641	8:45am-12pm	Sat	Jun 29
73642	8:45am-12pm	Sun	Jun 30
73663	8:45am-12pm	Sat	Jul 06
73662	8:45am-12pm	Sun	Jul 07
73664	8:45am-12pm	Sat	Jul 13
73665	8:45am-12pm	Sun	Jul 14
73655	8:45am-12pm	Sat	Jul 20
73649	8:45am-12pm	Sun	Jul 21
73650	8:45am-12pm	Sat	Jul 27
73651	8:45am-12pm	Sun	Jul 28
73652	8:45am-12pm	Sat	Aug 10
73653	8:45am-12pm	Sun	Aug 11
73654	8:45am-12pm	Sat	Aug 17
73659	8:45am-12pm	Sun	Aug 18
73648	8:45am-12pm	Sat	Aug 24
73660	8:45am-12pm	Sun	Aug 25
73647	8:45am-12pm	Sat	Aug 31

FAMILY DISCOVERY SERIES: MERCER SLOUGH RANGER PROGRAMS

Mercer Slough Nature Park

Urban Wildlife

Some pretty amazing species live within Bellevue's city limits. Join us for an overview of what's here, how to prevent conflicts, and how to attract some desired species. Join us after the program for a fun, urban wildlife food web activity.
 2-2:30pm Sun Mar 24

Introduction to Birding

Bird-watching is one of the most popular outdoor activities in America. From hanging a feeder to learning bird songs, there's a lifetime of fun to be had! Learn some introductory skills and see what you'll need to get started. A ranger will be available for a 30-minute guided bird walk following the program.
 2-2:30pm Sun Apr 28

Mercer's Minnows

Did you know that a few times each spring, scores of foot-long minnows travel up the Mercer Slough on the way to their spawning beds in Kelsey Creek? Come learn more about their fascinating journey and watersheds in general. We'll be playing a fun peamouth minnow game!
FREE All Ages
 2-2:30pm Sun May 05
 2-2:30pm Sun May 12

Bird Walk at the Slough

Go birding at the Mercer Slough Nature Park with a knowledgeable guide! All skill levels are invited to participate. Binoculars not provided.
FREE Age: 6Y and up
 74296 6:30- 8:30am Fri Jun 21
 74297 6:30- 8:30am Fri Jun 28

Maps

Although most of us rely on our smartphones to find our way around, turn-by-turn directions aren't available in the wilderness! Join a Mercer Slough park ranger to learn the basics of using a map and compass! We'll be doing a hands-on activity using a compass.
FREE All Ages
 2-2:30pm Sun Jul 07
 2-2:30pm Sun Jul 14

Animal House

Wildlife at the Mercer Slough Nature Park makes all kinds of homes. From the hummingbird to the beaver, they're all master builders!
FREE All Ages
 2-2:30pm Sun Aug 11
 2-2:30pm Sun Aug 18



FAMILY DISCOVERY SERIES: MOVIES AT MERCER SLOUGH

Join us the last Friday of every month for fun and engaging environmental movies. Bring a comfy blanket or pillow and we'll pop the popcorn. Help reduce waste and bring your own cup or bowl. All children under 12 must be accompanied by an adult. No registration necessary. Info: 425-452-2565 or MSEEC@bellevuewa.gov
Mercer Slough Environ. Ed. Center
FREE Best for ages 8+

Nature's Most Amazing Events: The Great Feast
The annual plankton boom of Alaska's coastal waters attracts humpback whales and sea lions, who must avoid predatory killer whales. Approximately 50 minutes.
5-6pm Fri Apr 30

Nature: 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.
FREE All Ages
5-6pm Fri May 31

Nature: My Life as a Turkey
Follow one man's remarkable experience of raising a group of wild turkey hatchlings to adulthood.
FREE All Ages
5-6pm Fri Jun 28

Nature: 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.
FREE All Ages
5-6pm Fri Jul 26

Nature: Salmon
This film investigates the parallel stories of collapsing Pacific salmon populations and how biologists and engineers have become instruments in audacious experiments to replicate every stage of the fish's life cycle.
FREE All Ages
5-6pm Fri Aug 30

MERCER SLOUGH HOT TOPIC SERIES

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

Mercer Slough Environ. Ed. Center
1625 118th Ave SE
Washington's Endangered Species
There are a lot of misconceptions about the Endangered Species Act. Join a Mercer Slough park ranger to learn about current events surrounding Washington State's endangered species. Best for ages 12+.
FREE Age: 12Y and up
74290 2-2:30pm Sun Jun 16

LIVING WITH WILDLIFE SERIES

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

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

FREE Age: 10Y and up
72621 1-2pm Sun Apr 28

Deer
Deer are among the most familiar animals of Washington, and in many places they are the largest wildlife that people encounter. Learn how to identify between mule deer, black-tailed deer and white-tailed deer and which lawn plants are deer-resistant!
FREE Age: 10Y and up
74265 1-2pm Sat May 25

Raccoons
Urban raccoon populations can get quite large, owing to hunting and trapping restrictions, few predators, and human-supplied food. Learn how to prevent conflicts with these crafty urban neighbors.
FREE Age: 10Y and up
74266 1-2pm Sat Jul 27

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.eastside-heritagecenter.org. Min 1/Max 1
Kelsey Creek Farm Park

FREE All Ages

72510	11am-4pm	Sat	Apr 27
72511	11am-3pm	Sat	May 18
72512	11am-3pm	Sat	Jun 15
72513	11am-3pm	Sat	Jul 20
72514	11am-4pm	Sat	Aug 17

TOURS, HIKES, WALKS, & OUTDOOR ACTIVITIES

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

Time: Saturdays and Sundays, April through October, 2pm
Location: Bellevue Botanical Garden Visitor Center
12001 Main Street
Information: 425-451-3755
Cost: Free
Groups: Pre-register 3 weeks in advance, special times ok, available April through October.

MERCER SLOUGH NATURE WALK

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

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

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

COST: Free

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

LEWIS CREEK RANGER HIKES

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

Time: Saturdays: April 6, June 1, July 6, & August 3; 10:30 a.m. – 11:30 a.m.

Location: Lewis Creek Visitor Center, 5808 Lakemont Blvd SE

Cost: Free!

Info: Call 425-452-4195

LOCAL AREA HIKES

Did you know Bellevue has almost 100 parks and over 80 miles of trail to explore? Get connected to your local greenbelts and neighborhood parks as rangers take you on hikes throughout the year. Please dress for the weather, bring water and wear sturdy shoes. Hikes vary in theme and length. Please see details below. Cost: Free! No registration required. Info: 425-452-4195

Coal Creek Park

May 25, 10am – Noon

Distance: 5 miles

Level of Difficulty: Moderate (380 feet elevation)

Meeting Place: Redtown Trailhead (Cougar Mountain) on Lakemont Blvd SE. Discover Bellevue’s largest park and get lost in the wilderness while still in the city! This area is rich in history and wildlife.

Lewis Creek to Lakemont Community Park

June 22, 10am – Noon

Distance: 5 miles

Level of difficulty: Difficult (750 feet elevation)

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

Weowna Park

July 20, 10am-Noon

Distance: 3 miles

Level of difficulty: Moderate (200 feet elevation)

Meeting Place: 168th Ave SE & 19th St. Limited Parking. Carpooling encouraged. Bridges, waterfalls, and Bellevue’s oldest trees live in Weowna Park. Explore this deep ravine that was restored using bio-engineering techniques.

South Bellevue Green Spaces

August 17, 10am-Noon

Distance: 3 miles

Level of Difficulty: Difficult (350 feet elevation)

Meeting Place: Lattawood Park, 4530 155th Ave SE

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

MERCER SLOUGH GROUP TOURS

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

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

COST: Suggested donation of \$1 per person

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

LAKE HILLS GREENBELT RANGER WALK

Saturdays, 2-3pm

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

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



COMMUNITY FARMS & GARDENS

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

MASTER GARDENER URBAN DEMONSTRATION GARDEN



A hands-on, how to educational garden. Consult with King County Master Gardeners on all aspects of gardening, including composting and soil building, shrub and tree care, vegetables and flower care. Free drop-in consultations and scheduled educational tours are available.

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

Time: Saturdays
10:30am-12pm

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

2013 COMMUNITY GARDEN P-PATCH

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

VOLUNTEER OPPORTUNITIES

Various ongoing environmental stewardship volunteer opportunities exist with Bellevue Parks & Community Services. Help restore your local parks, lead tours and share your knowledge with the community, or work on special projects. For a full listing please visit us on line at <http://www.bellevuewa.gov/environmental-volunteering.htm> or contact Alexandra DySard at 425-452-4195 or by email at Parks_Stewardship@bellevuewa.gov.

Here are just a few of the opportunities:

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

EASTSIDE HERITAGE CENTER VOLUNTEERS

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

DOCENT-LED TOURS

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

BELLEVUE BOTANICAL GARDEN

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

Opportunities are available in the following areas:

- Horticultural Assistants – Ongoing or Occasional Work Party participants
- Living Lab Teacher Assistants
- Special events
- Occasional Office Help
- Garden d'Lights Installation and Work Parties



PACIFIC SCIENCE CENTER PROGRAMS

MERCER SLOUGH ENVIRONMENTAL EDUCATION CENTER
1625 – 118th Avenue SE



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

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

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

EARLY LEARNER PROGRAMS
POLLIWOG PRESCHOOL

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

TADPOLE TOTS

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

SCHOOL PROGRAMS

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

Preschool Seekers (Age 3 – 5)

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

Preschool Prowl (Age 3-5)

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

Soil Adventurers (Grade K-2)

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

Wetland Naturalists (Grade 3-5)

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

Ecosystem Explorers (Grade 4 – 5)

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

Wetland Ecologists (Grade 6-8)

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

SCHOOL OUTREACH PROGRAMS

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

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

AFTER SCHOOL AND GROUP PROGRAMS
NATURE CLUB

Looking for an engaging activity for your student to do after school? We run 8-week Nature Club sessions throughout the school year with a variety of nature, art and science themes. Sessions start in Sept, Jan and Apr.
Ages: Grades 2 – 4
Times: Wed., Jan 30-Mar 27 4pm – 6pm

SCOUTS IN THE WILD

Choose from over 16 nature-related scout badge topics including birding, geology, wildlife and forestry. Your 2 hour walk through the nature park will include badge related scavenger hunts, games, and experiments. These programs are great for any group of boy or girl scouts interested in exploring nature topics. See website for specific badge programs (badges not supplied).
Ages: 5-12 for up to 15 scouts.
Times: After school or on Saturdays for 2 hours

WILD B'EARTHDAY

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

FAMILY OUTING: NIGHT WALKS

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

CAMPS

WINTER AND MID-WINTER BREAK CAMPS

The Mercer Slough offers fun, nature-oriented camp options during winter break. Program details will be posted on www.pacificsciencecenter.org by December 1st.
Ages: Grades K – 9
Times: www.pacificsciencecenter.org

LABORATORY AND FIELD SCIENCE OPPORTUNITIES

WETLAB ACADEMY: ENVIRONMENTAL SCIENCE AND TECHNOLOGY PRACTICUM

An eight week survey course for high school and middle school students interested in career exploration opportunities. Students will gain hands-on experience in the field and in our new state-of-the-art wet lab, as well as opportunities to interact with high level professionals from environmental and clean technology disciplines to learn about careers and educational pathways in these fields.
High School Practicum: Saturdays, January 26-March 23
Middle School Practicum: see www.pacificsciencecenter.org for dates and registration information

WETLAB ACADEMY LWWIP TEEN INTERNSHIP

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

Kelsey Creek Farm

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

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

CRITTER ADOPTIONS

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

FARM PARTIES

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

Ages 2-11

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

KELSEY CREEK FARM BATS AT TWILIGHT

Discover bats and the important role they play in nature. Bats Northwest will dispel myths and discern the facts as we learn about the bats that live in the Pacific Northwest and beyond. After dusk, we will scan the evening skies to see the bats that live at Kelsey Creek Park and use a bat detector to see and hear the resident bats at work. Appropriate for ages 6 yrs and above; children must be accompanied by an adult. Suggested donation \$1 per person/\$5 per family. Min 1/Max 1

Kelsey Creek Farm Park

FREE

73590 7:30-9:30pm Fri Aug 02

KELSEY CREEK FARM GARDENING

Pick from a variety of seeds, plant one to take home and watch it grow just like the gardens on the farm. Walk around the farm to see the plants that grow here at Kelsey. All ages welcome; children must be accompanied by an adult. Suggested donation to support the farm - \$1 per person/\$5 per family. Min 1/Max 1

Kelsey Creek Farm Park

FREE

73591 11-11:30am Wed Jul 10

KELSEY CREEK FARM RABBIT TALES

Teen farm volunteers and staff will introduce you to the world of domestic rabbits. Learn what they eat, where they live, and how they like to be touched. Create a craft project to take home. All ages welcome; children must be accompanied by an adult. Suggested donation to support the farm - \$1 per person/\$5 per family. Min 1/Max 1

Kelsey Creek Farm Park

FREE

73589 11-11:30am Wed Jul 24

KELSEY CREEK FARM WOOL AND EWE

The farm staff will introduce you to our resident sheep. Learn things about sheep and experience the feel of real wool. Make a woolly craft to take home. All ages welcome; children must be accompanied by an adult. Suggested donation to support the farm - \$1 per person/\$5 per family. Min 1/Max 1

Kelsey Creek Farm Park

FREE

73592 11-11:30am Wed Aug 07

KELSEY CREEK SUMMER ART VOLUNTEERS

Love art and want to earn community service? Here is the opportunity for you. You will assist the Go Go Van Gogh art camp instructor with the daily tasks; learn more about art as you assist children from the ages of 6-11. Qualifications include; enjoy working with children, desire to mentor, willingness to learn, self-motivated, capable of understanding and following directions and positive attitude. Min 1/Max 1

Kelsey Creek Farm Park

\$10

Age: 14Y - 18Y

73693	9:15am- 3:15pm	Mon-Fri	Jun 24-28
73694	9:15am- 3:15pm	Mon-Wed	Jul 01-03
73695	9:15am- 3:15pm	Mon-Fri	Jul 08-12
73696	9:15am- 3:15pm	Mon-Fri	Jul 15-19
73697	9:15am- 3:15pm	Mon-Fri	Jul 22-26
73698	9:15am- 3:15pm	Mon-Fri	Aug 05-09
73699	9:15am- 3:15pm	Mon-Fri	Aug 12-16
73700	9:15am- 3:15pm	Mon-Fri	Aug 19-23



KELSEY CREEK EQUINE VOLUNTEERS

If you have never volunteered in the Kelsey Creek Equine program, then this program is for you. Learn about horses as you work directly with children in the equine programs. Qualifications; interest in horses, tolerance to be on your feet for a physically active day, ability to work in diverse weather conditions, capable of understanding and following directions, willingness to learn, and a positive attitude. Volunteers must be on time and able to attend every day of the entire two week session. Volunteers will be required to attend a mandatory training and to pass a skills test. Training is Saturday, June 15 from 1pm-3pm. Limit 1, (ONE) session per participant for either the Farm, Art OR Equine summer volunteer program. Min 1/Max 4 Kelsey Creek Farm Park

\$10(R)	\$15(N)	Age: 12Y - 18Y	
73890	8am- 4:30pm	Mon-Thu	Jul 08-18
73891	8am- 4:30pm	Mon-Thu	Jul 22-Aug 01
73892	8am- 4:30pm	Mon-Thu	Aug 05-15
73893	8am- 4:30pm	Mon-Thu	Aug 19-22

EQUINE VOLUNTEERS - RETURNING VOLUNTEERS

Kelsey Creek Equine RETURNING VOLUNTEERS FROM 2012 ONLY. Continue learning about horses, their behavior and how to work one on one with young children. Qualifications; dedication to the equine program at Kelsey Creek Farm, tolerance to be on your feet for a physically active day, ability to work in diverse weather conditions, capable of understanding and following directions, willingness to learn, and a positive attitude. Volunteers will be required to attend a mandatory training. Training is Saturday, June 15 from 10am-12pm. Limit 1, (ONE) session per participant for either the Farm, Art OR Equine summer volunteer program. Min 1/Max 4

Kelsey Creek Farm Park

\$10(R)	\$15	Age: 12Y - 18Y	
74011	8am- 4:30pm	Mon-Thu	Jul 08-18
74024	8am- 4:30pm	Mon-Thu	Jul 22-Aug 01
74025	8am- 4:30pm	Mon-Thu	Aug 05-15
74026	8am- 4:30pm	Mon-Thu	Aug 19-22

SUMMER FARM VOLUNTEERS

This volunteer position offers a wide variety of opportunities for you to assist the farm staff with daily operations. Volunteer for this week-long program at Kelsey Creek Farm to help with the animal chores, participate in special projects and learn responsible animal care. All this, and earn community service hours too! You need to have a willingness to learn and the ability to be on your feet for a physically active day. Also you must have a tolerance for being outside and working in a farm environment in close proximity to animals, hay, vegetation and dust. Participants must be capable of understanding and following directions and be able to begin on Monday. Limit 1, (ONE) session per participant for either the Farm, Art OR Equine summer volunteer program. Please choose only 1 volunteer program per participant. Min 2/Max 8

Kelsey Creek Farm Park

\$10	Age: 12Y - 13Y		
73506	9am- 4:30pm	Mon-Fri	Jul 08-12
73508	9am- 4:30pm	Mon-Fri	Jul 22-26
73510	9am- 4:30pm	Mon-Fri	Aug 05-09
\$10	Age: 14Y - 18Y		
73505	9am- 4:30pm	Mon-Fri	Jun 24-28
73507	9am- 4:30pm	Mon-Fri	Jul 15-19
73509	9am- 4:30pm	Mon-Fri	Jul 29-Aug 02
73511	9am- 4:30pm	Mon-Fri	Aug 12-16

KELSEY CREEK WRANGLERS

Class instruction includes grooming, saddling, leading and western riding. Work on developing balance, confidence and communication skills with your equine partner. We'll ride on the trails and in the arena at Kelsey Creek Farm. Prior to registering your child, keep in mind that in order to succeed in any riding class children must possess sufficient strength and balance to ride horseback. Children also need to be able to listen for a minimum of 30 minutes. Dress for the weather, we teach rain or shine. Boots with 1/2' heel required. Boot rental available for \$5/day/\$15 for session. Riding helmets provided or you may provide your own equine helmet. Safety is emphasized in all classes. Parent must be present during first class. Please be prompt as ponies will be unavailable if 10 minutes late. Min 4/Max 6

Kelsey Creek Farm Park

\$180(R)	\$216(N)	Age: 4Y - 7Y	
73840	1- 2pm	Mon-Thu	Jul 08-11
73841	2- 3pm	Mon-Thu	Jul 08-11
73842	3- 4pm	Mon-Thu	Jul 08-11
73843	1- 2pm	Mon-Thu	Jul 22-25
73844	2- 3pm	Mon-Thu	Jul 22-25
73845	3- 4pm	Mon-Thu	Jul 22-25
73852	1- 2pm	Mon-Thu	Aug 05-08
73856	2- 3pm	Mon-Thu	Aug 05-08
73858	3- 4pm	Mon-Thu	Aug 05-08

FARM TOURS FOR SCHOOLS AND GROUPS

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

Kids on the Farm Group Tour

Available December to April and June to September

Explore our farm with hands-on fun as you meet our goats, sheep, rabbits, chickens and ponies. Learn interesting animal facts then move inside to experience the old-fashioned skill of wool carding. Children create fuzzy sheep to take home.

Springtime in the Barnyard Group Tour

Available mid-April through May

Welcome springtime with a tour of our animals, which may include chicks, goat kids, piglets and a calf. Learn about their special care then finish up in the garden planting pumpkin seeds.

Fall at the Farm Group Tour

Available October only

Experience harvest season in a traditional way. Visit a pony, feed the chickens and work on barn "chores" with child-sized pails and rakes. Tour the garden and pumpkin patch. Children finish up by choosing a pumpkin from our harvest-themed indoor pumpkin patch! Extra fee for pumpkins.

Pioneer Days Group Tour

Available November only

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

Bellevue Youth Theatre

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

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

BELLEVUE YOUTH THEATRE SUMMER 2013 AUDITIONS

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

FREE (R) \$99 (N)

Auditions will be held at the following place and times:

For THE JUNGLE BOOK

Thursday, June 13 or Friday, June 14 from 7-8:30pm at the

THE JUNGLE BOOK

Come join the fun in a show that has great parts for everyone. This show will have dancing and singing. This is suitable for the whole family. You can have no conflicts August 12-18. There are two times to rehearse. One cast will rehearse 3:30-5:30 p.m. and the other cast will rehearse 6-8 p.m. If you wish to sing, having a song prepared is recommended.

Rehearsal location: Bellevue Youth Theatre

Rehearsal begins: Monday, June 24
Rehearsals: Monday through Friday, 3:30-5:30 p.m. and 6-8 p.m.

Performs at Meydenbauer Theatre: August 15-18

Performing Arts

DANCE - PRE-BALLET 2

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

\$55(R)	\$69(N)		Age: 5Y - 6Y
71694	4- 4:45pm	Tue	May 07-Jun 04
\$55(R)	\$69(N)		Age: 5Y - 6Y
71695	4- 4:45pm	Tue	Jun 18-Jul 16

DANCE - YOUTH BALLET 1

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

South Bellevue Community Center

\$55(R)	\$69(N)		Age: 7Y - 10Y
71702	5- 6pm	Tue	May 07-Jun 04
\$55(R)	\$69(N)		Age: 7Y - 10Y
71703	5- 6pm	Tue	Jun 18-Jul 16

HIP HOP FOR YOUTH

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

Northwest Arts Center
Hip Hop For Youth: Preschool

\$40(R)	\$48(N)		Age: 3Y - 4Y
72171	12:45- 1:30pm	Fri	May 17-Jun 14
\$50(R)	\$60(N)		Age: 4Y - 6Y
72177	3- 4pm	Fri	May 17-Jun 14
\$50(R)	\$60(N)		Age: 7Y - 10Y
72182	4- 5pm	Fri	May 17-Jun 14
72187	5- 6pm	Fri	May 17-Jun 14



MOVE OVER MOZART/PIANO CLASSES

Move Over Mozart is a piano-learning program where children participate in musical activities and learn from each other as well as their teacher. Learn to play familiar tunes on the piano, read music, and basic music theory for a lifetime of musical enjoyment. Having a piano at home is recommended but not required. There will be a class recital. One-time \$10 materials fee payable to instructor due at first class session, and is separate from class fee. (Additional classes may be added from waitlist /as needed).

Min 5/Max 6

Northwest Arts Center

Move Over Mozart / Preschool Level

\$89(R) \$107(N) Age: 42M - 4Y
 73394 5:30-6pm Tue Jun 25-Aug 27
 73396 4-4:30pm Tue Jun 25-Aug 27

Move Over Mozart /K-1 Grade level

\$89(R) \$107(N) Age: 5Y - 6Y
 73395 5-5:30pm Tue Jun 25-Aug 27
 73398 6-6:30pm Tue Jun 25-Aug 27

Move Over Mozart / 2-6 Grade Level

\$89(R) \$107(N) Age: 7Y - 10Y
 73397 4:30-5pm Tue Jun 25-Aug 27

Preschool

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

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

\$3(R) \$4(N) Age: Up to 5Y

Crossroads Community Center
 9-11:30am Mon-Fri

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

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

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

FAIRYLAND TEA AND COOKY FESTIVITIES AND FUN!

Calling all fairies throughout the land! Come create and decorate fairy wings and magical wands. Make yummy fairy cookies and punch and sing and dance the morning away Min 6/Max 8

Northwest Arts Center

\$27(R) \$30(N) Age: 2Y - 5Y

Each Add'l Child: \$5(R) \$6(N)

71587 10am-12pm Sat May 11
 74776 10am-12pm Sat Aug 17

BABY BEETHOVENS

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

Northwest Arts Center

\$45(R) \$55(N) Age: 18M - 3Y
 74351 9:45-10:30am Fri Jun 07-28

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

\$55(R) \$69(N) Age: 3Y - 5Y
 71717 10:30-11:15am Fri May 10-Jun 07
 71718 10:30-11:15am Fri Jun 21-Jul 19

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

\$55(R) \$69(N) Age: 3Y - 5Y
 71970 11:30am-12:15pm Fri May 10-Jun 07
 71971 11:30am-12:15pm Fri Jun 21-Jul 19

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

\$55(R) \$69(N) Age: 4Y - 5Y
 73067 12:30-1:15pm Thu May 09-Jun 06
 \$44(R) \$55(N) Age: 4Y - 5Y
 73068 12:30-1:15pm Thu Jun 20-Jul 18

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

\$84(R) \$105(N) Age: 3Y - 5Y
 74375 11:30am-12:30pm Tue May 07-Jun 18
 74376 1-2pm Tue May 07-Jun 18

SPORTBALL KIDS

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

South Bellevue Community Center

\$84(R) \$105 Age: 16M - 24M
 74377 9:30-10:15am Tue May 07-Jun 18

\$84(R) \$105(N) Age: 2Y - 4Y
 74378 10:30-11:15am Tue May 07-Jun 18



TWINKLE, TWINKLE TINY TUNES

Enjoy time spent together listening and singing together new and familiar songs. This class provided an introduction to music, movement, rhythm and play and a fun interactive environment. Dress comfortably! Child-caregiver class. Min 8/Max 10
 Crossroads Community Center
 \$33(R) \$39(N) Age: 18M - 3Y
 74352 10-10:45am Tue Jun 04-18

MINI CAMPS

DINOSAUR DETECTIVE CAMP

Sign-up early for this popular summer day camp! Pint-size Paleontologists search for dinosaur eggs, dig for fossils and have fun exploring the amazing world of dinosaurs. Art project, storytelling, music and a yummy snack rounds out a delightful day of digging! Child only class. Min 7/Max 10
 Northwest Arts Center
 \$70(R) \$80(N) Age: 4Y - 6Y
 73799 10am-12pm Thu-Fri Jul 18-19
 73798 11am-1pm Mon-Tue Aug 12-13

ADVENTURES WITH MY BUDDY AND ME!

Parents and caregivers share your child's first Summer Day Camp experience! Spend each morning enjoying a different themed class with arts and crafts, camp-songs, games, movement and a yummy snack that you make! Both children and buddies should dress in play clothes. Min 7/Max 10
 Northwest Arts Center
 \$80(R) \$90(N) Age: 2Y - 4Y
 73797 11am-12:30pm Wed-Fri Aug 14-16

BALLERINA PRINCESS DANCE CAMP

Explore the story of the Fairy Princess through dance. Make your own costumes and sets, take a ballet class and learn a dance to show your parents on the last day. Min 5/Max 12
 South Bellevue Community Center
 \$110(R) \$122(N) Age: 3Y - 5Y
 74116 10:15am-12pm Mon-Fri Jul 22-26

MAGIC BRUSHES SUMMER CAMP

If you are serious artist and want to learn how to draw. This class is for you! Learn the 5 basic elements of art and how to 'see' in order to draw what you see. Each week we will focus on a new subject. Materials included. Min 5/Max 12
 Northwest Arts Center
 \$135(R) \$150(N) Age: 3Y - 5Y
 73794 10am-12pm Mon-Fri Jun 24-28
 \$104(R) \$120(N) Age: 3Y - 5Y
 73795 10am-12pm Mon-Thu Jul 08-11
 73796 10am-12pm Mon-Thu Aug 19-22
 \$125(R) \$150(N) Age: 7Y - 11Y
 74658 11am-1pm Mon-Thu Jul 22-25

**ARTS, CRAFTS, COOKING & FAMILY FUN
 LITTLE CHEFS**

In a fun and happy environment, make yummys for your tummies. Good food is our focus and having fun is our priority! Our goal is to instill in our little chefs a lifelong appreciation for food. Recipes included. Microwave is used in the classroom to prepare some recipes. Caregiver and child class (2Y-42M). Child only class (3y-5y). Instructor: Karen Renfroe-Gielgens
 Min 6/Max 6
 Northwest Arts Center
 \$45(R) \$55(N) Age: 2Y - 42M
 74353 12-12:45pm Thu Jun 06-27
 \$45(R) \$55(N) Age: 3Y - 5Y
 74354 2-2:45pm Thu Jun 06-27

PEE WEE PICASSO

Caregiver and child have fun together doing delightful art projects reflecting various subjects as well as seasonal specialties. Projects made in this delightful class make for artful memories and lasting treasures. Please no siblings during class time. Caregiver required in class. Min 8/Max 10
 Northwest Arts Center
 \$45(R) \$55(N) Age: 2Y - 4Y
 71408 9:45-10:30am Thu Jun 06-27

**LANGUAGE
 MANDARIN CHINESE**

Your child will learn Mandarin Chinese in a fun and happy environment. Using songs, stories, as well as entertaining and engaging games in Mandarin motivates children to play and learn the language while having fun. Instructor: Lucy Gao.
 Min 8/Max 10
 Northwest Arts Center
 \$110(R) \$121(N) Age: 3Y - 6Y
 74361 12:30-1:15pm Sat Jul 13-Aug 31

**LEARNING & EXPLORING
 COMPUTER - THE MOUSE & ME**

Fun and interactive computer classes designed exclusively for preschoolers. Your child becomes a computer detective on a mission using Imagine Tomorrow software that adjusts to each child's pace. Classes are small and personal. Children will receive a password from each class so they can show their parents what they have learned at home online. Children absolutely love it and parents enroll their children for the academic enrichment, self-confidence, thinking and learning skills they will use for life. Min 3/Max 5
 South Bellevue Community Center
 \$38(R) \$47(N) Age: 3Y - 3Y
 74287 12:20-12:50pm Thu May 02-Jun 06
 \$75(R) \$94(N) Age: 4Y - 5Y
 74288 1-2pm Thu May 02-Jun 06

**PRESCHOOL
 SUMMER 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
 \$296(R) \$355(N) Age: 4Y - 5Y
 73902 9:30am-1pm Mon, Wed, Fri Jul 08-Aug 09

SUMMER 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
 \$166(R) \$199(N) Age: 3Y - 4Y
 73906 9:30am-12pm Tue, Thu Jul 09-Aug 08





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 preschoolers ages 3-4
 Explorers for preschoolers ages 4-5
 9am-12pm M/W Sept-June
 9am-12pm T/Th Sept-June
 9am-12pm M/W/F Sept-June
 9am-12pm M-F Sept-June

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

Natural Start Preschool At Northwest Arts Center

Nestled in a quiet neighborhood with great views of the Cascade Mountains, the Northwest Arts Center is located in a large green park with apple trees, and a school garden. Indoors there are bright classrooms, a pottery studio, and a large gym for active play.

Ages 3-5
 9am-12pm Tue & Thu Sept-June
 9am-12pm Mon/Wed/Fri Sept-June
 9am-12pm Mon-Fri Sept-June

For more information visit www.NaturalStartPreschool.com.
 To register, call 425-452-4106.

CROSSROADS PRESCHOOL

Crossroads Community Center offers its Preschool Playschool for ages 3-4 and Pre-Kindergarten for ages 4-5. The structured interactive class includes music, stories, crafts, and play time, while developing concentration and social skills. Partial scholarships are available. Call Crossroads Community Center, 425-452-4874, for more information.



Bellevue Parks & Community Services has a variety of volunteer opportunities. Volunteers serve on boards and commissions, lead tours, help out in the office, answer phones, serve lunches, and perform many more vital tasks throughout all of our program areas. If you are not sure what you would like to do, contact Shelly Shellabarger, the City of Bellevue's volunteer program coordinator, at 425-452-5375, or email volunteer@bellevuewa.gov.

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

- Bellevue Botanical Garden**
425-452-2750
LScott@bellevuewa.gov
- Bellevue Youth Theatre**
425-452-7155
BYT@bellevuewa.gov

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

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

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

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

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

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

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

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





Special Interest & Extended Learning

Dance & Arts

TAP DANCE

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

Beginning

\$18(R) \$22(N) Age: 18Y and up
73896 11am-12pm Tue May 28-Jun 18

Intermediate

\$18(R) \$22(N) Age: 18Y and up
74786 12:15-1:15pm Tue May 28-Jun 18

DANCE - LINE DANCING

Line Dancing is a great way to exercise your body and mind while meeting new friends and listening to some great music. Line Dancing is not just country music anymore and no partner is required. Min 15/Max 30
South Bellevue Community Center

Dances taught in this class range from Beginner level through Intermediate level.
\$18.50(R) \$22.50(N) Age: 18Y and up
72156 7-8:30pm Mon May 06-20
72157 7-8:30pm Mon Jun 03-24

This class focuses on the Advancec Beginner (already knows the basic dance steps) and Intermediate level dancers.

Friday class is held at North Bellevue Community Center

\$24.50(R) \$30.50(N) Age: 18Y and up
72160 2:30-4pm Wed May 08-29
72161 2:30-4pm Wed Jun 05-26
72159 7-8:30pm Mon Aug 05-19
73736 12:15-1:45pm Fri May 10-31

\$18(R) \$22(N) Age: 18Y and up
73737 12:15-1:45pm Fri Jun 07-21

\$18.50(R) \$22.50(N) Age: 18Y and up
72158 7-8:30pm Mon Jul 15-29
74372 2:30-4pm Wed Jul 17-31

\$12(R) \$14.50(N) Age: 18Y and up
73738 12:15-1:30pm Fri Jul 19-26

\$18.50(R) \$22.50(N) Age: 18Y and up
74373 2:30-4pm Wed Aug 07-21

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 - 99Y
73803 10:30am-12pm Fri May 03-Aug 30
73804 11:45am-12:45pm Mon May 06-Aug 26

Continuing Education & Group Learning

AARP DRIVER SAFETY PROGRAM

The nation's first and largest classroom driver improvement course designed especially for motorists 50 and older. This course may qualify you for an auto insurance discount. \$12 fee payable to AARP at first class, \$14 if not an AARP member. Bring a sack lunch. Min 12/Max 26
North Bellevue Community Center

FREE Age: 50Y and up
71582 9am-2pm Tue, Thu Jun 04-06
71583 9am-2pm Tue, Thu Aug 06-08

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
73743 10-11:30am Tue May 14
73744 10-11:30am Tue Jun 11
73745 10-11:30am Tue Jul 09
73746 10-11:30am Tue Aug 13

GETTING AROUND PUGET SOUND

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

Getting Around Puget Sound
FREE Age: 18Y and up
73905 11am-1pm Mon May 13-Aug 26

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 May 01-Aug 29

CRIBBAGE

Come join friends for a fun game of Cribbage. Min 4/Max 28
North Bellevue Community Center
FREE Age: 18Y and up
10am-12pm Thu May 02-Aug 29

DUPLICATE BRIDGE

Group meets Wednesday and Friday afternoons from 12:15 - 3:30pm, FEE \$.50/visit, payable to Advisory Board. Bring a partner. Contact: Ed Jesse 425-746-7435. Min 8/Max 40
North Bellevue Community Center
\$.50 Age: 18Y and up
12-3:30pm Wed, Fri May 01-Aug 30

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
73899 12-3pm Wed May 01-Aug 28

THE SOUTH BELLEVUE BRIDGE BUNCH

Just learning, a little rusty or just want a fun place to play bridge while increasing your skill level? Min 4/Max 40
South Bellevue Community Center
\$5(R) \$6.50(N) Age: 55Y and up
72491 1:10-3:10pm Tue May 07-Jun 18

MAH JONG

For more information, stop by the front desk. Min 4/Max 16
North Bellevue Community Center
FREE Age: 18Y and up
1-3pm Wed May 01-Aug 28

PING-PONG DROP IN

Drop in for a lively game of ping pong (table tennis). We provide the two championship quality table tennis tables and balls, you provide your own paddle. Call for current schedule. Ask about the Play Pass for discounted play. Min 2/Max 16
North Bellevue Community Center
\$3(R) \$4(N) Age: 18Y and up
8:30am-6pm Wed-Fri, Mon May 01-Aug 30

PINOCHLE

Pinochle is played every Thursday afternoon. If you are interested in joining a foursome, please contact Carl Wittenberg, 425-641-3118 to put your name on the interest list. New tables will be formed as enough people join. Min 4/Max 20
North Bellevue Community Center
FREE Age: 18Y and up
12-3pm Thu May 02-Aug 29

Immigrant Services

CHINESE INFORMATION & ASSISTANCE SERVICES

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

North Bellevue Community Center
FREE Age: 55Y and up
73785 8:30am-12pm Thu May 02-Aug 29

DANCE - 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
\$3(R) FREE(N) Age: 18Y and up
73846 1-3pm Wed May 01-Aug 28

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: 18Y and up
71137 10-11:30am Thu May 02-Aug 29

INDIAN FELLOWSHIP

This social group is geared for older adults visiting from India. Fellowship meets every Tuesday, 10:30am-1pm. Contact CD Banerjee at 425-746-8420 for additional information. Min 2/Max 12

North Bellevue Community Center
FREE Age: 60Y and up
73920 10:30am-1pm Tue May 07-Aug 27

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
74088 9:30-10:30am Wed May 01-Aug 14

ESL FOR SPANISH SPEAKERS

Reading, writing and speaking skills for non-native English speakers. Learn the American style of handwriting, increase your understanding of common English phrases, and practice your penmanship and conversation skills in a fun and supportive setting. Min 6/Max 25

North Bellevue Community Center
FREE Age: 18Y and up
73922 12:45-1:45pm Fri, Mon May 03-Aug 30

CHINESE & ENGLISH CHORUS

Everyone can join our fun singing group! CISC Eastside members, conductor Mr. & Mrs. Wong Zheng-Feng and Ms. Hong Jia-Bing teach singing Chinese and foreign classic songs. Music helps you relax and get to know more friends. Sharing time follows singing. Min 5/Max 35

North Bellevue Community Center
FREE Age: 18Y and up
73928 10:30-11:50am Wed May 01-Aug 28

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
73847 11:15am-12pm Fri, Mon May 03-Aug 30

ESL FOR CHINESE SENIORS

English as a second language is offered for non-native Americans. Beginner and Intermediate. Min 6/Max 27

South Bellevue Community Center
FREE Age: 60Y and up
74275 12:30-2pm Thu May 02-Jun 20

SINGING - CHORUS

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

North Bellevue Community Center
FREE Age: 50Y and up
73929 10:30-11:45am Fri May 03-Aug 30

Did You Know? Highland Community Center



The Highland Community Center provides a wide variety of recreational opportunities for youth and adults with intellectual and physical disabilities. Contact Highland Community Center for more information
425-452-6105

Financial, Legal, & Insurance

INCOME TAX ASSISTANCE

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

LEGAL CLINIC

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

SHIBA

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

EVERGREEN CARE NETWORK CONSULTATIONS

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

DISTRIBUTION PLANNING FOR IRA'S AND RETIREMENT

This workshop will review the required minimum distribution rules and procedures for IRS's and all other qualified accounts, including 401k's. What distribution strategies are important when the stock and bond markets are so volatile. Learn also why beneficiary designations are so important and the 'Stretch IRA' alternative and if Roth conversions still make sense. Min 8/Max 25

South Bellevue Community Center
Retirement in a Volatile Market
FREE Age: 18Y and up
74278 9:30-11am Thu May 02

SENIOR BUS PASS DISTRIBUTION

Metro will sell their Senior Regional Reduced Fare ORCA Card for \$3.00 to adults 65 years or older. Min 1/Max 99

North Bellevue Community Center
FREE Age: 65Y and up
73926 10:30-11:30am Tue May 21
FREE Age: 65Y and up
73927 10:30-11:30am Tue Jul 16

FINANCIAL - ESTATE PLANNING: TOOLS AND BENEFICIARIES

Come learn why estate planning is relevant to all retirees. This workshop will discuss titling, community property agreements, wills, probate and trust. What is the best plan for someone to LEGALLY take over control of financial and medical decision-making for you if need be? Mr. Dilley will be joined by a prominent local estate planning attorney to discuss these issues and answer your questions. Min 4/Max 25

South Bellevue Community Center
FREE Age: 18Y and up
74280 9:30-11am Thu May 09

Computer Classes

COMPUTERS - INTRO TO COMPUTERS

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

North Bellevue Community Center
\$41 \$49 Age: 18Y and up
74097 10am-12pm Tue May 07-28
74098 12:30-2:30pm Thu Jul 11-Aug 01

EMAIL - MAC

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

North Bellevue Community Center
\$18 \$22 Age: 18Y and up
74120 10am-12pm Thu Jun 13

FACEBOOK OVERVIEW

Facebook is ranked as the most used social network. Learn how to set your profile, control who can see your information, find friends, add a friend, block out someone, translate into another language, and write on a friend's wall. Min 3/Max 6

North Bellevue Community Center
\$16(R) \$19(N) Age: 18Y and up
74122 10am-12pm Thu Jun 27

GETTING TO KNOW YOUR DIGITAL CAMERA

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

North Bellevue Community Center
\$18(R) \$22(N) Age: 18Y and up
74107 10am-12pm Thu May 16

INTRO TO MAC COMPUTERS

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

North Bellevue Community Center
\$41 \$49 Age: 18Y and up
74099 10am-12pm Tue Jun 04-25

IPAD

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

North Bellevue Community Center
Computer - iPad Mac
\$18 \$22 Age: 18Y and up
74121 10am-12pm Thu Jun 20

IPHOTO

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

North Bellevue Community Center

\$22 \$26 Age: 18Y and up
74119 10am-12pm Thu Jun 06

ONE-ON-ONE WITH DORIS FORD

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

North Bellevue Community Center

\$31(R) \$37(N) Age: 18Y and up
74117 10am-12pm Thu May 23

THE DOCK-MAC

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

North Bellevue Community Center

\$18 \$22 Age: 18Y and up
74105 10am-12pm Thu May 02

THE FINDER-MAC

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

North Bellevue Community Center

\$18 \$22 Age: 18Y and up
74106 10am-12pm Thu May 09

RETURN TO WORK EXCEL

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

North Bellevue Community Center

\$41(R) \$49(N) Age: 18Y and up
74102 12:30-2:30pm Tue Jul 09-30

RETURN TO WORK WORD

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

North Bellevue Community Center

\$41 \$49 Age: 18Y and up
74101 12:30-2:30pm Tue Jun 04-25

ORGANIZE YOUR FILES-MICROSOFT

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

North Bellevue Community Center

\$18 \$22 Age: 18Y and up
74118 10am-12pm Thu May 30

WINDOWS 8

Learn what is new in Windows 8. Check out the cool new features that can help simplify everyday tasks, works the way you want, use Snap to arrange and resize windows, view the new taskbar button and shake your windows. Min 3/Max 6

North Bellevue Community Center

\$41(R) \$49(N) Age: 18Y and up
74103 12:30-2:30pm Tue May 07-28
74104 10am-12pm Tue Jul 09-30

Youth, Teen, & Family

ETIQUETTE-YOUNG LADIES & GENTLEMEN I

Children rarely attend classes on manners, and yet it is the key to building positive friendships and strong self-esteem. This fun, hands-on workshop teaches telephone etiquette, basic table manners, introductions, personal care, and posture. Min 8/Max 20

Northwest Arts Center

\$50(R) \$60(N) Age: 6Y - 20Y
74360 9am-12pm Sat Aug 10

Did You Know? Highland Community Center



Highland Community Center offers themed dances on a quarterly basis for teens and adults with intellectual disabilities. These events provide a safe and fun environment to dance, meet new friends and mingle. Call for details 425-452-6105

ETIQUETTE YOUNG LADIES & GENTLEMEN II

This course in a natural follow-up to Young Ladies and Gentlemen I. One of the first social settings that children encounter is being a guest. Learning how to be a gracious guest, guest of honor, or host, are skills they will use lifelong. Boys and girls will learn about invitations, being a great guest and host, practice meeting and greeting others, polite conversation, giving and receiving gifts, basic table manners while neatly eating birthday cake, and how to create their own thank you notes. It is not necessary to have taken Young Ladies and Gentlemen I to enroll in Young Ladies and Gentlemen II. Cake will be served in this class. Min 8/Max 20

Northwest Arts Center
 \$50(R) \$60(N) Age: 6Y - 11Y
 74356 1-4pm Sat Aug 10

MANDARIN CHINESE

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

Northwest Arts Center
 \$112(R) \$134(N) Age: 6Y - 10Y
 74362 1:30-3:30pm Sat Jul 13-Aug 31

SPANISH LANGUAGE

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

Northwest Arts Center
 \$144(R) \$172(N) Age: 6Y - 10Y
 74363 4-5:30pm Wed Jul 10-Aug 28

LEARNERS LANE - EXPLORE READING & MATH CAMP

This class helps provide your inquisitive pre-schooler with a strong foundation in reading and math for kindergarten readiness. For part of the class, students will work on their reading skills, including learning alphabet sounds, blending sounds using phonetic and sight words. Students will participate in games, movement and activities that strengthen counting, number sense and math patterning. Min 5/Max 12

Crossroads Community Center
 \$150(R) \$180(N) Age: 4Y - 5Y
 73910 9:30am-12pm Mon-Fri Jul 15-19
 73911 9:30am-12pm Mon-Fri Jul 22-26

LEARNERS LANE - CREATIVE WRITING CAMP

See your child excel in writing! Explore characters, settings, and plots. Use descriptive and sensory words, transition and action words. Learn how to edit and how to avoid overused words and frequently misspelled words. Become a better writer, and create your own writing masterpiece! Attend sessions in any order and attend both for more guided writing practice. Min 5/Max 12

Crossroads Community Center
 \$120(R) \$146(N) Age: 7Y - 10Y
 73913 12:45-2:15pm Mon-Fri Jul 15-19
 73915 12:45-2:15pm Mon-Fri Jul 22-26

JUNIOR CHEFS

Have fun learning how to make wise food choices for lifelong health and well being. More fruits, grains and vegetables are our focus. Basic kitchen techniques, the proper use of equipment and measurements are introduced. Supplies included. Min 8/Max 10

Northwest Arts Center
 \$52(R) \$62(N) Age: 6Y - 8Y
 74355 3:45-4:45pm Thu Jun 06-28

DROP-IN SPORTS - YOUTH, ADULT, & FAMILY

BADMINTON - DROP-IN

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

\$3(R) \$4 Age: 18Y and up
 South Bellevue Community Center
 7-8:45pm Wed Ongoing
 Highland Community Center
 9am-12pm Sun Ongoing

BASKETBALL - ADULT OPEN GYM

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

\$3(R) \$4(N) Age: 18Y and up
 South Bellevue Community Center
 Call 425-452-4240 for Schedule Ongoing
 Highland Community Center
 11:30am-1pm Tue/Thu Ongoing

ADULT DROP-IN VOLLEYBALL

An afternoon of fast and furious indoor fun!

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

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
 73712 5:30-7:45pm Fri Jul 05-Dec 27
 \$3(R) \$4(N) Age: 18Y and up
 73711 9:15-11:30am Sat Jul 06-Dec 28

BASKETBALL - FAMILY TIME

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

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

GAMES - PICKLEBALL 

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

PICKLEBALL

Join our pickle ball players for some good exercise and lots of fun. Easy sport to pick up if you have not played before. Min 1/Max 30
 South Bellevue Community Center
 \$3(R) \$4(N) Age: 18Y and up
 72896 11:30am- 1:30pm Thu, Tue Jan 03-Apr 02

ADULT SPORTS LEAGUES

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

Registration: February 25-March 22
League Play: April 14-July 1, 2013

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

New to Bellevue or looking for a team?

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

NON-LEAGUE ADULT SPORTS
GOURMET BIKERS 

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

YOUTH SPORTS/FITNESS

YOUTH SOCCER LEAGUES

The Youth Sports Soccer League is specially designed to help your child understand the team concept of soccer, enhancing their dribbling, passing, scoring 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.

- **League Structure:** The first 2 weeks are practice, followed by 5 weeks of games. This league is a one day per week commitment. Always the same location and time.
- **Uniforms:** Jersey is included in the registration fee and will be issued on your first game day.
- **Shin guards** are required for all soccer leagues. Shin guards will be for sale on site for \$10.00
- **Inclement Weather Policy:** Cancellations due to inclement weather will be made by the Recreation Coordinator at the field. Coaches and players must report to the field. Soccer is an all-weather sport. Come prepared to play in all weather!
- **Volunteer Coaches Needed:** Volunteer soccer 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.

- **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 April 24 by email to hchristoff@bellevuewa.gov or by calling 425-452-4627.

- **I've signed up for soccer...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 April 27.

MIGHTY MITES SOCCER LEAGUE

This co-ed league, is a great way for your little star to begin team play with emphasis on participation, fun, and skill development in an instructional setting. This 7 week league, will give your child the basic instructions of dribbling, passing, scoring and teamwork! We will begin with 2 weeks of team practice followed by 5 weeks of games on Tuesdays from 4:15-5:30pm at Robinswood Sports Field. Come and join the fun! Volunteer coaches are needed for this league. Max. 6 players per team.
 \$78(R) \$94(N) Ages: 5Y - 6Y
 72912 4:15-5:30pm Tue Apr 30-Jun 11

YOUTH SOCCER LEAGUE

This co-ed instructional league, is a great way to further develop and enhance your basic knowledge and skills in soccer. This 7 week league, will emphasize positive sportsmanship and team play while having fun! We will begin with 2 weeks of team practice followed by 5 weeks of games on Wednesdays from 4:15-5:30pm at Robinswood Sports Field. Come and join the fun! Volunteer coaches are needed for this league. Max. 7 players per team.
 \$78(R) \$94(N) Ages: 7Y - 9Y
 72913 4:15-5:30pm Wed May 01-Jun 12

SPORTBALL MULTI-SPORT

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

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

SEREVI MINI RUGBY

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

Robinswood Community Park
 \$42(R) \$50(N) Age: 4Y - 5Y
 73102 4:30-5:45pm Mon Apr 22-May 13
 74079 4:30-5:45pm Mon Jun 03-24
 74080 4:30-5:45pm Mon Jul 08-29
 74081 4:30-5:45pm Mon Aug 05-26

DREAM TEAM CHEER SQUAD

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

Crossroads Community Center
 \$43(R) \$47(N) Age: 7Y - 18Y
 67406 4-5:30pm Fri Jun 21-Jul 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, concurrent registration on Dream Team, and instructor permission. (Some extra costs may be incurred for this class) Min 8/Max 24

Crossroads Community Center
 \$34(R) \$39(N) Age: 8Y - 18Y
 67414 3-4pm Fri Jun 21-Jul 19

MINI CHEER CAMP

Learn to be a cheerleader! This cheer camp is designed for those who want to cheer, jump, and dance. It's a fun four-day camp where participants will learn to perform cheers and dance routines. All cheerleaders will receive a camp gift. Please bring a snack and water bottle and wear comfortable clothes and tennis shoes. Min 8/Max 35

Crossroads Community Center
 \$69(R) \$79(N) Age: 5Y - 14Y
 73876 4-6pm Mon-Thu Jun 24-27

I-BALL BASKETBALL CLINICS

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

Highland Park & Community Center Site
 \$79(R) \$95(N) Age: 7Y - 10Y
 73122 5:50-7pm Mon Apr 22-May 13
 73123 5:50-7pm Mon Jun 03-24
 73124 5:50-7pm Mon Jul 08-29
 73125 5:50-7pm Mon Aug 05-26



SEREVI TAG RUGBY

Serevi Rugby™ and Bellevue Parks & Community Services are excited to offer Serevi Tag Rugby, a coed, limited-contact sport for children, ages 6-12, which mimics Rugby 7s, the world's newest Olympic Game. Tag Rugby is a free-flowing game that allows all players to pick up the ball and run. Teamwork and sportsmanship are fundamental to this program. Emphasis will be on safety and fun at all times, and physical contact is limited. Skills developed are: evasive running and agility, ball handling, catching and fitness through small sided games. This program is co-ed. Min 5/Max 30

Robinswood Community Park

\$50(R)	\$60(N)	Age: 6Y - 12Y
74083	4:30-5:45pm	Mon Jun 03-24
74084	4:30-5:45pm	Mon Jul 08-29
74085	4:30-5:45pm	Mon Aug 05-26

YOUTH TRACK & FIELD

This programs main philosophy is to learn, participate, and introduce your child to physical fitness through basic track and field events such as running, jumping and throwing. We want your child to further increase their knowledge of this sport by teaching a variety of techniques and skills needed in understanding and playing this sport. Practices are held on Mondays and Thursdays and track meets are held on Fridays starting in May. Volunteer Adult runners are needed for this program!

Tillicum Middle School Track

\$87(R)	\$104(N)	Age: 4Y - 14Y
72924	4-5:30pm	Mon/Thu Apr 22-Jun 06

BIDDY MULTI SPORT

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

Tyce Community Center

\$66(R)	\$79(N)	Age: 3Y-4Y
72904	9:30-10:15am	Sat Apr 20-May 25

BIDDY MULTI SPORT II

Come join the NEW Bidy Multi Sport II 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. 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) Bidy Multi Sport age 3-4 classes or permission from instructor if under the age of 5)

Tyce Community Center

\$66(R)	\$79(N)	Age: 5Y - 6Y
72903	10:30-11:15am	Sat Apr 20-May 25

SEREVI OLYMPIC FLAG RUGBY

SEREVI Rugby and Bellevue Parks & Community Services are excited to offer Serevi Olympic Flag Rugby, a coed, limited-contact sport for children, which mimics Rugby 7s, the world's newest Olympic Game. Flag Rugby is a free-flowing game that allows all players to pick up the ball and run. Teamwork and sportsmanship are fundamental to this program. Emphasis will be on safety and fun at all times, and the use of flags limits physical contact.

Skills developed are: evasive running and agility, passing, ball handling, catching and small sided games. This program is co-ed.

Robinswood Sports Field

\$50(R)	\$60(N)	Age: 6Y - 12Y
73105	4:30-5:45pm	Mon Apr 29-May 20

INDOOR SOCCER LESSONS 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.

Highland Community Center

\$55(R)	\$66(N)	Age: 4Y - 6Y
72952	1-1:45pm	Tue Apr 23-May 28
72945	2-2:45pm	Tue Apr 23-May 28
72946	1-1:45pm	Wed Apr 24-May 29
72947	2-2:45pm	Wed Apr 24-May 29
72951	1-1:45pm	Thu Apr 25-May 30
72948	2-2:45pm	Thu Apr 25-May 30

**Did You Know?
Highland Community Center**



Unique sports at Highland Community Center like Quad Rugby, wheelchair basketball and Special Olympics competitions are offered each quarter. For a complete detailed list of sport activities, call Highland Center at 425-452-6105



Bellevue Parks & Community Services

is proud to present **Skyhawks...**



Summer Sports Camps!

Teaching Life Skills Through Sports Since 1979



Soccer

SSA46326	6/24 - 6/28	9:00am - 12:00pm	ages 5-7	\$139	Robinswood Park Soccer Field (Field Turf)	SSA46327	7/22 - 7/26	9:00am - 12:00pm	ages 5-7	\$139	Newport Hills Park (Field Turf)
SSA46328	7/29 - 8/2	9:00am - 12:00pm	ages 5-7	\$139	Newport Hills Park (Field Turf)	SSA44944	8/19 - 8/23	9:00am - 12:00pm	ages 5-7	\$139	Lewis Creek Park
SSA45891	6/24 - 6/28	9:00am - 3:00pm	ages 6-12	\$159	Robinswood Park Soccer Field (Field Turf)	SSA45012	7/22 - 7/26	9:00am - 3:00pm	ages 6-12	\$159	Newport Hills Park (Field Turf)
SSA46329	7/29 - 8/2	9:00am - 3:00pm	ages 6-12	\$159	Newport Hills Park (Field Turf)	SSA46330	8/19 - 8/23	9:00am - 3:00pm	ages 6-12	\$159	Lewis Creek Park

Tiny-Hawk - Intro to Soccer

SSA47788	6/24 - 6/28	12:30pm - 1:15pm	ages 3.5-5	\$49	Robinswood Park Soccer Field (Field Turf)	SSA46580	7/22 - 7/26	12:30pm - 1:15pm	ages 3.5-5	\$49	Newport Hills Park (Field Turf)
SSA47789	7/29 - 8/2	12:30pm - 1:15pm	ages 3.5-5	\$49	Newport Hills Park (Field Turf)						

Basketball

SSA46320	7/15 - 7/19	9:00am - 3:00pm	ages 6-12	\$159	International School	SSA46446	7/22 - 7/26	9:00am - 3:00pm	ages 6-12	\$159	International School
SSA46445	8/5 - 8/9	9:00am - 3:00pm	ages 6-12	\$159	Enatai Elementary School	SSA46576	8/19 - 8/23	9:00am - 3:00pm	ages 6-12	\$159	Highland Center

Baseball

SSA46575	7/8 - 7/12	9:00am - 12:00pm	ages 5-7	\$139	Robinswood Park Baseball Field	SSA46319	7/1 - 7/4	9:00am - 12:00pm	ages 6-12	\$109	Robinswood Park Baseball Field
SSA46574	7/8 - 7/12	9:00am - 3:00pm	ages 6-12	\$159	Robinswood Park Baseball Field						

Flag Football

SSA46325	7/8 - 7/12	9:00am - 12:00pm	ages 5-7	\$139	Wilburton Hill Park (all weather turf)	SSA44847	7/8 - 7/12	9:00am - 3:00pm	ages 6-12	\$159	Wilburton Hill Park (all weather turf)
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Multi-Sport (Soccer, Baseball & Flag Football)

SSA45340	6/24 - 6/28	9:00am - 3:00pm	ages 6-12	\$159	Wilburton Hill Park (all weather turf)	SSA47813	8/5 - 8/9	9:00am - 3:00pm	ages 6-12	\$159	Wilburton Hill Park (all weather turf)
SSA47214	8/12 - 8/16	9:00am - 3:00pm	ages 6-12	\$159	Robinswood Park Soccer Field (Field Turf)						

Tennis

SSA45148	7/8 - 7/12	9:00am - 12:00pm	ages 6-12	\$139	Enatai Park	SSA46579	8/12 - 8/16	9:00am - 12:00pm	ages 6-12	\$139	Enatai Park
SSA48624	8/12 - 8/16	1:00pm - 4:00pm	ages 6-12	\$139	Enatai Park	SSA45088	6/24 - 6/28	9:00am - 12:00pm	ages 7-12	\$139	Enatai Park
SSA46578	7/1 - 7/4	9:00am - 12:00pm	ages 7-12	\$109	Crossroads Park - Tennis Courts	SSA44902	7/15 - 7/19	9:00am - 12:00pm	ages 7-12	\$139	Crossroads Park - Tennis Courts
SSA48623	7/15 - 7/19	1:00pm - 4:00pm	ages 7-12	\$139	Crossroads Park - Tennis Courts	SSA45180	7/22 - 7/26	9:00am - 12:00pm	ages 7-12	\$139	Enatai Park
SSA48526	8/5 - 8/9	9:00am - 12:00pm	ages 7-12	\$139	Crossroads Park - Tennis Courts						

Beginning Golf

SSA44775	7/8 - 7/12	9:00am - 12:00pm	ages 5-8	\$139	Crossroads Park - Picnic Shelter Area	SSA48626	8/5 - 8/9	9:00am - 12:00pm	ages 5-8	\$139	Crossroads Park - Picnic Shelter Area
SSA48625	7/8 - 7/12	1:00pm - 4:00pm	ages 9-11	\$139	Crossroads Park - Picnic Shelter Area	SSA48627	8/5 - 8/9	1:00pm - 4:00pm	ages 9-11	\$139	Crossroads Park - Picnic Shelter Area

Track and Field

SSA47222	8/19 - 8/23	9:00am - 12:00pm	ages 6-12	\$139	Tillicum Middle School
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Mini-Hawk (Soccer, Baseball & Basketball)

SSA45892	6/24 - 6/28	9:00am - 12:00pm	ages 4-7	\$139	Wilburton Hill Park (all weather turf)	SSA46311	7/1 - 7/4	9:00am - 12:00pm	ages 4-7	\$109	Robinswood Park Soccer Field (Field Turf)
SSA44867	8/5 - 8/9	9:00am - 12:00pm	ages 4-7	\$139	Wilburton Hill Park (all weather turf)	SSA46577	8/12 - 8/16	9:00am - 12:00pm	ages 4-7	\$139	Robinswood Park Soccer Field (Field Turf)

† Ball INCLUDED with registration and participation in Skyhawks Soccer, Flag Football, Basketball, Volleyball, Mini-Hawk and Multi-Sport camps.

Learn more about Skyhawks Sports Camps today. www.skyhawks.com

SUMMER
SPORTS
CAMPS



Skyhawks®

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



See Adaptive Recreation registration forms for details on program dates/times and to register

LADIES' COMPETITIVE CUP INTER-CLUB LEAGUE

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

FACILITY RENTAL

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

MISCELLANEOUS SERVICES OFFERED

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

VOLUNTEER AT ROBINSWOOD TENNIS CENTER

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

OUTDOOR TENNIS COURTS

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

Spend a week with our professional tennis instructors this summer!

LOBBERS YOUTH INSTRUCTIONAL CLINIC

Ages: 4Y-6Y
 The Lobbers instructional clinics are a great way to introduce young children to the sport of tennis. The format is general in nature: tennis fundamentals are taught along with many tennis related drills, games, and activities. The emphasis is on FUN!

Session 2					
70153	12-12:45pm	Mon-Wed	Jul 01-03	\$33	
70154	12-12:45pm	Mon-Thu	Jul 08-11	\$44	
70155	12-12:45pm	Mon-Thu	Jul 15-18	\$44	
70156	12-12:45pm	Mon-Thu	Jul 22-25	\$44	
Session 3					
70157	12-12:45pm	Mon-Thu	Jul 29-Aug 01	\$44	
70158	12-12:45pm	Mon-Thu	Aug 05-08	\$44	
70159	12-12:45pm	Mon-Thu	Aug 12-15	\$44	
70160	12-12:45pm	Mon-Thu	Aug 19-22	\$44	

YOUTH INSTRUCTIONAL CLINIC

Ages: 7Y-12Y
 The Youth Instructional Clinics are appropriate for new players, as well as players with some playing experience. Tennis fundamentals are covered as well as tennis related drills, games, and activities.

Session 2					
70254	9am-12pm	Mon-Wed	Jul 01-03	\$94.50	
70255	9am-12pm	Mon-Thu	Jul 08-11	\$126	
70256	9am-12pm	Mon-Thu	Jul 15-18	\$126	
70257	9am-12pm	Mon-Thu	Jul 22-25	\$126	
Session 3					
70258	9am-12pm	Mon-Thu	Jul 29-Aug 01	\$126	
70259	9am-12pm	Mon-Thu	Aug 05-08	\$126	
70260	9am-12pm	Mon-Thu	Aug 12-15	\$126	
70261	9am-12pm	Mon-Thu	Aug 19-22	\$126	

TEEN INSTRUCTIONAL CLINIC

Ages: 13Y-18Y
 The Teen Instructional Clinics are designed as a general class, and have an emphasis on basic tennis form and applying it in actual match play.

Session 2					
70020	1-2pm	Mon-Wed	Jul 01-03	\$36	
70021	1-2pm	Mon-Thu	Jul 08-11	\$48	

ADULT ACTIVITY GROUPS

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

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

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

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

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

CARDIO TENNIS

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

ADAPTIVE RECREATION TENNIS

The Adaptive Recreation Tennis Class is designed for individuals living with intellectual disabilities. The format of the class allows participants to be introduced to basic tennis skills with the focus on participation and building self-esteem. Min 3/Max 12 Robinswood Tennis Center \$40 Age: 14Y - 90Y 70016 4-5pm Wed May 01-Jun 19

SENIOR DRILL AND PLAY

Focusing on forehand, backhand, volley, overhead, serving, and doubles strategy. Designed to help you improve shots, consistency, and footwork. Call 425-452-7690 to register. Robinswood Tennis Center \$13 Age: 50Y and up

LADIES RECREATIONAL EVENING LEAGUE

Participants register individually. Ability range is 3.0-3.5 NTRP. Doubles match play with weekly rotation of players. Fee covers cost of participation, court rental, tennis balls, and administration by Robinswood staff. Min 8/Max 12 70149 6:15-7:30pm Thu May 02-Jun 20 \$88

ADULT DAY & NIGHT TENNIS PROGRAMS

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

Beginning

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

Session 1				
70050	10:30-11:45am	Wed	May 01-Jun 19	\$128
70112	7:30- 8:45pm	Wed	May 01-Jun 19	\$128
70113	7:30- 8:45pm	Mon	Jul 01-22	\$68
70114	7:30- 8:45pm	Wed	Jul 03-24	\$68
70115	7:30- 8:45pm	Mon	Jul 29-Aug 19	\$68
70116	7:30- 8:45pm	Wed	Jul 31-Aug 21	\$68

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				
70033	11:45am- 1pm	Wed	May 01-Jun 19	\$128
70095	8:45-10pm	Wed	May 01-Jun 19	\$128
70096	8:45-10pm	Mon	Jul 01-22	\$68
70097	8:45-10pm	Wed	Jul 03-24	\$68
70098	8:45-10pm	Mon	Jul 29-Aug 19	\$68
70099	8:45-10pm	Wed	Jul 31-Aug 21	\$68

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				
70059	10:30-11:45am	Thu	May 02-Jun 20	\$128
70128	7:30- 8:45pm	Thu	May 02-Jun 20	\$128
70129	7:30- 8:45pm	Tue	Jul 02-23	\$68
70130	7:30- 8:45pm	Thu	Jul 11-25	\$51
70131	7:30- 8:45pm	Tue	Jul 30-Aug 20	\$68
70132	7:30- 8:45pm	Thu	Aug 01-15	\$51

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				
70078	8:45-10pm	Thu	May 02-Jun 20	\$128
70079	8:45-10pm	Tue	Jul 02-23	\$68
70080	8:45-10pm	Thu	Jul 11-25	\$51
70081	8:45-10pm	Tue	Jul 30-Aug 20	\$68
70082	8:45-10pm	Thu	Aug 01-15	\$51

Youth Tennis Programs

TENNIS TEAMS

Robinswood offers four different levels of tennis teams for Bellevue youth. Teams are offered for youth who have progressed past the Saturday Youth Intermediate level. Min 16/Max 36.

Robinswood Tennis Center Age: Up to 17Y

Team 1- Players at this level should already be able to keep score, play matches against other players, execute volleys & overheads, and place serves consistently in the box.

Session 2				
70243	2- 3:30pm	Tue, Thu	Jul 02-25	\$104
Session 3				
70244	2- 3:30pm	Tue, Thu	Jul 30-Aug 22	\$104

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 2				
70250	3:30- 5pm	Tue, Thu	Jul 02-25	\$104
Session 3				
70251	3:30- 5pm	Tue, Thu	Jul 30-Aug 22	\$104

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 2				
70283	5- 6:15pm 4:45- 6pm	Mon, Wed Fri	Jul 01-26	\$160
Session 3				
70284	5- 6:15pm 4:45- 6pm	Mon, Wed Fri	Jul 29-Aug 21	\$160

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 2				
70276	3:45- 5pm 3:30-4:45pm	Mon, Wed Fri	Jul 01-26	\$160
Session 3				
70277	3:45- 5pm 3:30-4:45pm	Mon, Wed Fri	Jul 29-Aug 21	\$160

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

70211 11-11:45am Sat May 04-Jun 22 \$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

70190 1-2pm Sat May 04-Jun 22 \$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

70199 2-3pm Sat May 04-Jun 22 \$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

70177 3-4pm Sat May 04-Jun 22 \$96

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

Session 1

70184 4-5pm Sat May 04-Jun 22 \$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

70205 10-11am Sat May 04-Jun 22 \$96

Prep Team: Ages 8-17. Class focuses on strengthening students rally skills. Class is designed for students who have completed Intermediate Saturday Classes.

Session 1

70171 9-10am Sat May 04-Jun 15 \$112

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

Session 1

70218 5-6pm Sat May 04-Jun 22 \$96

NORTH BELLEVUE COMMUNITY CENTER, AGING SERVICES

4063 - 148th Avenue NE, 425-452-7681

Hours of operation: Monday-Thursday, 8:30am to 9pm; Friday, 8:30am-6pm. The North Bellevue Community Center offers a comprehensive array of senior services, resources, and adult programs including health and wellness, cultural and performing arts, human services, drop-in activities, socialization, information and referrals, community dining and trips. Please call or visit the City webpage for current class schedule and additional information. http://www.bellevuewa.gov/north_bellevue_community_center_programs.htm or visit www.myparksandrecreation.com.

SOUTH BELLEVUE COMMUNITY CENTER, OLDER ADULT PROGRAMS

14509 SE Newport Way • 425-452-4240

As we develop programs, we want to hear from you as to what you would like to find at South Bellevue Community Center. Give us a call at 425-452-4240, email us at sbcc@bellevuewa.gov, or better yet come visit us!

RESOURCES & INFORMATION

Available at North Bellevue Community Center, unless otherwise indicated.

CARE**ADULT ABUSE PREVENTION**

To report a suspicion of abuse or neglect of an older person or a person with disabilities living in a facility or their own home, call toll free 1-866-ENDHARM, or visit www.aasa.dshs.wa.gov.

SENIOR HOUSING ArchHousing.org

New resource to inform seniors, caregivers, and their families of housing choices in East King County when considering aging in place or transitioning out of the home to a new home. The new website will allow seniors to evaluate their values and needs, and discover the many housing and service options that are available locally for seniors. A hard copy handbook of the website information is available at the North Bellevue Community Center front desk.

NURSING HOME INFORMATION ONLINE

See how specific nursing homes compare to others in the community or nationally for short- and long-term stay residents. For more information call 1-800-MEDICARE or at www.medicare.gov.

BEHAVIORAL/MENTAL HEALTH THERAPY

Not feeling like yourself? Facing a major life event? Do you suffer from behavioral or mental health challenges? SeaMar Community Health Center is now offering psychotherapy to adults at the North Bellevue Community Center. Individual, group, and family therapy sessions, as well as case management, will be available on site. Our goal is to help people improve and develop new skills to lead happier, healthier lives. While we specialize in working with Spanish and English speaking adults, we work with translators to serve this diverse community. Medicaid, private insurance and private pay on our sliding fee scale are all accepted. Please call Marcy at (425) 460-7130 for more information and to make an appointment.

CATHOLIC COMMUNITY SERVICES OF KING COUNTY

Volunteers provide services such as transportation, light housekeeping, minor home repairs, yard work, laundry, shopping assistance, and light cooking. Call 206-328-5696 or visit www.Ccsw.org.

ELDER AND ADULT DAY SERVICES

Supervised facility for activities and services full or partial day. Call 425-867-1799.

EVERGREEN CARE NETWORK

Service to help older adults remain independent. Case Management services available through Geriatric Regional Assessment Team (GRAT). Call 425-899-3200.

HEALTH**BENEFITS CHECK UP ONLINE**

A new web-based service of the National Council on the Aging allows you to quickly and easily determine what benefits you may qualify for, and how to claim them. Visit them on the web: www.BenefitsCheckUp.org. Medicare questions answered via the Internet at www.mymedicarematters.org.

GENERAL**AARP AREA OFFICE**

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

AARP COMMUNITY SERVICE EMPLOYMENT PROGRAM

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

COMPUTER HELP DESK SERVICE

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

EASTSIDE LEGAL ASSISTANCE PROGRAM

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

W.I.C.S.

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

SENIOR INFORMATION & ASSISTANCE

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

IMMIGRANT SERVICES

CHINESE INFO & SERVICE CENTER

Programs and services for Chinese seniors at the North and South Bellevue Community Centers. Bilingual staff worker assists participation in social, recreational and educational activities. Information and assistance services including issues relating to retirement, senior housing, naturalization, and health insurance. Call CISC, 206-624-5633 ext. 123, for more information.

SEA MAR

Sea Mar Community Health Center sponsors a variety of services for Latino Seniors and others at the North Bellevue Community/Senior Center. Ethnic lunch for those 60 years & older every Monday (\$3 donation) followed by a dance, ESL classes, bi-lingual education, healthcare information, behavioral health services, translation and bi-lingual assistance for integration, and transportation assistance offered. Call Sea-Mar, Clemencia Robayo, 206-764-8044 for more information.

INSURANCE/SOCIAL SECURITY SOCIAL SECURITY INFORMATION

Toll Free: 1-800-772-1213, 7am-7pm weekdays or at www.ssa.gov. Services available in English and Spanish.

MEALS/FOOD DELIVERY

LUNCHES

Hot meals sponsored by Catholic Community Services available at noon on Monday, Tuesday, Wednesday & Friday each week. First come-first served. Suggested \$3 donation for 60+, fee if younger. See Special Events listing for special holiday meal events which require pre-registration. Monthly menus available.

MEALS ON WHEELS

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

SUPPORT GROUPS/MEETINGS

YOUNG ONSET PARKINSONS

Sponsored by the American Parkinson Disease Association. For those under 60 with the disease and their families. Meets the 1st Wednesday each month 7-8:30pm. For more information call 206-230-0166.

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. Second Monday each month, 10am-2pm. No appointment necessary. Provided through a partnership with Hopelink.

VOLUNTEER TRANSPORTATION FOR SENIORS

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

VOLUNTEER OPPORTUNITIES RSVP

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

EYEGLOSS DONATIONS

Eyeglasses collection at North Bellevue Community/Senior Center for recycling to low-income persons via local eyewear stores.

BELLEVUE NETWORK ON AGING

Meetings are generally held on the first Thursday each month, 8:30-10:30am at Bellevue City Hall. Meetings are open to the public. For more information, agendas, and minutes, please call 425-452-4200, or visit http://www.bellevuewa.gov/network_on_aging.htm.

SENIOR VOLUNTEERS

Volunteers play a key role in providing programs and services at North Bellevue Community Center. We depend on volunteers to provide successful programs and positive experiences for everyone who visits our facility. Annually there are over 200 volunteers who provide over 15,000 hours of community services. Please call 425-452-7681 for more information and an application.

- Food Service & Kitchen Help
- Front Desk Reception
- Advisory Boards
- Class Instruction
- Crafts
- English Conversationalist/ESL Instructor
- Foot Care Assistant
- Coffee Bar/Refreshments
- Fund Raising
- Garden Assistant
- Entertainment

SPECIAL EVENTS

SOUNDS OF SWING DANCES

The 'Sound Of Swing' will perform for your dancing pleasure. Min 10/Max 100 North Bellevue Community Center \$3 Age: 18Y and up

Mother's Day Dance

72314 2-4pm Tue May 14

Father's Day Dance

72315 2-4pm Tue Jun 11

Bastille Day Dance

72316 2-4pm Tue Jul 09

Celebrate Summer Dance

72317 2-4pm Tue Aug 13

MOTHER'S DAY LUNCHEON

Come and celebrate the joys of motherhood with a delicious meal, bingo and doorprizes. Suggested donation of \$3 for those over 60 years of age, \$6 fee for those under 60 years payable at the door. Pre-registration required by May 4. Min 10/Max 100

North Bellevue Community Center

FREE

74625 11:30am-1pm Wed

All Ages
May 08

SUMMER SOLSTICE DANCE

Welcome Summer & enjoy the big band sound of 'Sound of Swing' at the Summer Solstice Dance. The Seattle Chapter of USA Dance will be on hand for a lesson from 7:00-7:45pm followed by dancing to all the Big Band favorites - see you there!
Min 1/Max 200

North Bellevue Community Center
\$15 Age: 18Y and up
72530 7-10pm Sat Jun 01

FATHER'S DAY LUNCHEON

Co-sponsored by Evergreen Chapter, Model A Club of America and Catholic Community Services/Community Dining. Enjoy a delicious lunch along with a presentation on the history of the Model A car. See a variety of Model A's and talk with owners of these beautifully restored vehicles. Share your own Model A memories as well. Pre-registration required, call 425-452-7681 to register by June 8. Suggested donation of \$3 for 60+, fee of \$6.00 for those under 60, payable at the door. Min 25/Max 97

North Bellevue Community Center
FREE

All Ages
74626 11:30am- 1pm Wed Jun 12

END OF SUMMER PICNIC

ElderMove Alliance will provide grilled hamburgers and a delicious lunch. Try the 'Cupcake Walk', play Croquet, Golf, and Bean Bag Baseball, and win some great Bingo prizes! This event is always lots of fun. Both indoor and outdoor activities. Lunch served indoors. Min 10/Max 95
North Bellevue Community Center
\$3(R) \$3(N)

All Ages
74627 11:30am- 2pm Wed Aug 21

ADAPTIVE RECREATION Highland Center

14224 Bel-Red Road • 425-452-7686

It is the purpose of Bellevue's Adaptive Recreation Program to provide people who have disabilities with opportunities for recreation, socialization, and learning so that they can participate more successfully in the life of our community. People living with disabilities are encouraged to participate in any of the Recreation Division Programs in which they are interested.

Volunteers are an important part of Highland Center. If you are interested in being a volunteer, please call Kim Indurkar at 425-452-6105 or email kindurkar@bellevuewa.gov for more information.

ADAPTIVE PROGRAMS

All programs are located at Highland Center unless otherwise noted.

COMMUNITY PROGRAMS OF INTEREST

All programs are at the Highland Community Center.

ALS ASSOCIATION OF WESTERN WASHINGTON

Provides support for those living with ALS, their families, loved ones, and anyone who is interested in learning about the disease.

When: 4th Thursday of each month
6:30-8:30pm

Contact: Carl Moore, 425-656-1650

CAREGIVER SUPPORT GROUP

When: 2nd Saturday of each month
9:30-11:30am

Contact: Sonja Zimmer, 425-656-1650
No meetings holiday weekends or summer.

DISABLED AMERICAN VETERANS

(Chapter 43)

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

Contact: Eddie Jenson, 425-486-0595
No meetings holiday weekends.

FEAT- FAMILIES FOR EARLY AUTISM TREATMENT

Once a month play group and social activities for children with autism.

When: 2nd Sat. of each month, 9am-1pm

Contact: Amanda Bliggenstorfer,
425-868-6810



KING COUNTY PARENT COALITION FOR DEVELOPMENTAL DISABILITIES

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

DOWN SYNDROME COMMUNITY FOR NEW PARENTS AND TODDLERS

Contact: Anne Mullis, 206-842-9027
Call for schedule.

SPECIAL SATURDAY CLUB

Camp Fire brings you a day of songs, crafts and fun for kids with developmental disabilities. Pre-registration is required. Call the Camp Fire office at 206-461-8550 x228 for details and registration forms.

When: 1st Saturday of each month

BRAIN INJURY SUPPORT GROUP

Resources, fellowship is all a part of the bi-monthly support group. Program intended for those living with head injuries and their loved ones. Group meets the 1st and 3rd Monday of the month at Highland Community Center, (except for holidays) from 1:30-3:00pm. More information: call 206-897-5755 or visit BrainInjuryWA.org.

ADDITIONAL DISABILITY RECREATION AREAS OF INTEREST

Check out these Bellevue Parks & Community Services specialized programs too!

TENNIS FOR THOSE USING WHEELCHAIRS

Robinswood Tennis Center. See the tennis section for more details.

TENNIS FOR THOSE LIVING WITH INTELLECTUAL DISABILITIES

Robinswood Tennis Center. See the tennis section for more details.

AQUATIC THERAPY GROUPS

Includes Multiple Sclerosis Society & lessons for those living with a disability
Bellevue Aquatic Center

SPECIAL OLYMPIC SWIM TEAM

Bellevue Aquatic Center

AQUATIC REHAB PROGRAMS

Bellevue Aquatic Center
Adaptive Actives

PROGRAMS: PHYSICAL DISABILITY EXERCISE CLASS

Build Muscles, build strength, build your social network. It all happens at Highland's exercise classes. All classes are designed only for those living with physical disabilities. No Class on Holidays. Age: 21Y and up

DROP-IN EXERCISE

Don't want to be locked in to a contract? Highland Community Center offers a weight room complete with adaptive equipment for anyone to use. Free weights, treadmill and nu-step available. This weight room is available on a drop-in basis, Mon/Wed/Fri 2-5pm and Tues/Thurs 9am-6pm. Cost is \$3 for residents and \$4 for non-residents. Save even more when you purchase a play pass. Age: 18 and up.

QUAD RUGBY DROP-IN

Come and join in on this wheelchair sport for some rough and tumble fun. Cost is \$3.00(tax included) for residents and \$4 for non-residents per visit. Payable at the front office. Meets first two Saturdays of each month. Age: 18Y and up

WHEELCHAIR BASKETBALL DROP-IN

This opportunity occurs every Wednesday offering brisk exercise and friendly competition from 7-9pm. A small drop-in fee is charged per week. Bring your own chair for this challenging workout. Age: 18Y and up

EVENTS

BARN DANCE MAY 10, 2012

Howdy pardner! Put on that country attire and swing into action for thi lively dance for intellectually disabled teens and adults.

PROGRAMS: INTELLECTUAL DISABILITY ADULT ADVENTURE EDUCATION

This program offers an array of educational outings to explore the things that make our community tick. A schedule will be given out at the first class. Bellevue, Mercer Island and Kirkland interlocal contract residents only. The roster is determined by lottery and all eligible interested persons must sign up before the non-Bellevue registration date to be included in the drawing.

STONEWARE CREATIONS

An introduction to beginning & intermediate hand-building and wheel throwing stoneware. Various and seasonal subject matter included as design inspirations for practical and decorative art work. Class includes supplies and firing. This is a specialized class for adults and adults with disabilities.

ADULT SOFTBALL

No experience necessary for this all-American sport!. Special Olympics participation optional. Ages 16 years and up. (Spring registration sessions)



BINGO

Reinforce your concentration skills while trying your luck winning prizes (no Money). Not everyone will win but the anticipation will keep you on the edge of your seat.

BOWLING - ADULT 👍 **NEW LOCATION** 👍

Provides a little exercise, some skill development and a whole lot of quality socializing. Held at Tech City in Kirkland. There are two fees for this program: an administrative fee to the City of Bellevue and a check made out to Tech City for the weekly two games and shoe rental. Please inquire on the first day of bowling for amount required for Tech City.

BRIDGE ACADEMY

In partnership with Bellevue Parks and Community Services, Bridge of Promise offers a day program from 10am-2pm every Monday and Thursday at Bellevue's Highland Center. This program is designed for adults with intellectual disabilities to engage in educational activities that offer opportunities to learn and increase personal skills. Bridge Academy includes opportunities to participate in music, art, and community activities. Instruction is always individualized to each participants needs and goals. For further registration information, please contact program director, Jessica Schreiber, at 425-238-8535 or jessica@bridgeofpromise.org.

CULTURAL MIX DANCE

This is a great group activity that will enhance your physical coordination and artistic self expression. This is an adaptive recreation activity. (Winter registration sessions)

AMERICAN SIGN LANGUAGE

Offering beginning sign language classes. Learn in a fun and relaxed environment.

FULL FITNESS FUN

You will learn about nutrition, meal planning, exercise, and how to live a healthy lifestyle. This class will require commitment to do some form of exercise two times outside of class time. You will also exercise here during class two times a week. We will have a variety of exercise routines to keep you motivated. We will learn how to make good choices in restaurants that taste good. Let's get fit!

COOKING WITH EASE

Learn basic cooking techniques for a nutritious entree. Each participant will experience a taste of the evenings creation, but not a full meal, along with a copy of the recipe. Fee includes food cost.

KITCHEN KAPERS

Learn the REAL secrets of creating great and healthy dishes. Make some of the easiest but tastiest meals while having a great time! Discussions include seasonings, cooking methods, healthy meal choices etc. Recipes included. This is an adaptive program for adults and adults with disabilities .

SUMMER DAY CAMP

Seven exciting weeks! See day camp insert for more information.

MOVIE TIME

This is your opportunity to share and enjoy your favorite movies while relaxing with friends over dinner. Please no microwave dinners. Movie ratings are limited to between G and PG13 and will be voted on by the class for viewing.

SOCIAL CLUB - ADULT

Meet new friends and have fun with different indoor activities designed to positively challenge your skills, provide socialization and relaxation from life's stress.

GLASS FUSION

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

**Did You Know?
Highland Community Center**



14224 Bel-Red Road
425-452-7686

Dan Lassiter
Community Center Manager

Kim Indurkar
Inclusion Specialist

Monica Houston
Administrative Assistant

Participant Name: _____

Bill DDD

Caseworker Name for DDD _____

Kent / Seattle (Circle One)

ADULT Adaptive Programs at Highland Center - 425-452-7686

	Course #	Title	Rates - Res/Non-Res	Days	Time	Dates
<input type="checkbox"/>	73880	Adult Ad Education	\$222 \$277	Wed	9:30am-3p	6/26-8/28
<input type="checkbox"/>	73943	Adult Bowling	\$45 \$56	Sat	9:30am-11:30am	6/29-8/31
<input type="checkbox"/>	74109	Cultural Dance Mix	\$42 \$53	Tue	7-8:30pm	6/25-8/27
<input type="checkbox"/>	74032	Cooking	\$74 \$92	Wed	5:00-7:00pm	6/26-8/28
<input type="checkbox"/>	72725	Full Fitness Fun	\$78 \$98	Tue/Thu	5p-7p	6/25-8/29
<input type="checkbox"/>	73970	Movie Time	\$42 \$53	Thu	5p-7p	6/27-8/29
<input type="checkbox"/>	72762	Social Club	\$42 \$53	Thu	7p-8:30p	6/27-8/29
<input type="checkbox"/>	72679	Aloha Picnic	\$9 \$11	Fri	5p-9:30p	8/23
<input type="checkbox"/>	72765	Adult Softball	\$62 \$77	Tue/Thu	7p-8:30p	6/25-8/29
<input type="checkbox"/>	72693	Bingo	\$42 \$53	Wed	7:00p-8:30p	6/26-8/28
<input type="checkbox"/>		BRIDGE ACADEMY - Call Cindy O'Neill @ 209-919-7167	See Brochure	Mon/Thu	10am-2pm	

YOUTH Adaptive Programs at Highland Center - 425-452-7686

<input type="checkbox"/>	73582	Summer Camp	\$175 \$219	M-F	9:30a-3p	6/24-6/28
<input type="checkbox"/>	73583	Summer Camp	\$175 \$219	M-F	9:30a-3p	7/8-7/12
<input type="checkbox"/>	73584	Summer Camp	\$175 \$219	M-F	9:30a-3p	7/15-7/19
<input type="checkbox"/>	73585	Summer Camp	\$175 \$219	M-F	9:30a-3p	7/22-7/26
<input type="checkbox"/>	73586	Summer Camp	\$175 \$219	M-F	9:30a-3p	7/29-8/2
<input type="checkbox"/>	73587	Summer Camp	\$175 \$219	M-F	9:30a-3p	8/5-8/9
<input type="checkbox"/>	73588	Summer Camp	\$175 \$219	M-F	9:30a-3p	8/12-8/16

ADULT Adaptive Programs at Highland Center & NW Arts Center - 425-452-7686

Physical Disabilities

<input type="checkbox"/>	72747	Exercise Class	\$110 \$139	M/W/F	9:15-10:15a	6/24-9/13
<input type="checkbox"/>	72748	Exercise Class	\$110 \$139	M/W/F	10:30-11:30	6/24-9/13
<input type="checkbox"/>	72749	Exercise Class	\$110 \$139	M/W	11:45-1:15	6/24-9/11
<input type="checkbox"/>	71025	Stoneware Creations	\$180 \$214	Thur	1-3pm	5/2-6/20
<input type="checkbox"/>	74329	Stoneware Creations	\$180 \$214	Thur	1-3pm	8/29-10/17
<input type="checkbox"/>	71030	Glass Fusion	\$180 \$214	Thur	1-3pm	5/2-6/20
<input type="checkbox"/>	74331	Glass Fusion	\$180 \$214	Thur	1-3pm	8/29-10/17
<input type="checkbox"/>	74332	Kitchen Kapers	\$52 \$62	Fri	12-1:30pm	6/7-6/28
<input type="checkbox"/>	74334	Kitchen Kapers	\$98 \$112	Fri	12-1:30pm	8/30-10/18

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

Please fill out and sign participant information on page 10

Construction nears for new Bellevue Youth Theatre

The city is expected to break ground in May for construction of a new Bellevue Youth Theatre. To be nestled in a hillside near the Crossroads Community Center, the 12,000-square-foot building will accommodate growing demand and address several concerns with the theater's current location.

Founded in 1990, the BYT has grown into one of Bellevue's most popular programs. The theater presents 10 productions each year, entertaining thousands, and provides summer and school-break day camps and theater classes.

The innovative new space, designed by Becker Architects of Bellevue, will be a 150-seat black-box theater that offers extremely flexible seating options, including a "theater in the round" indoor space and a stage that can open to the outdoors. With a natural green roof, the building will be more efficient to heat and cool.

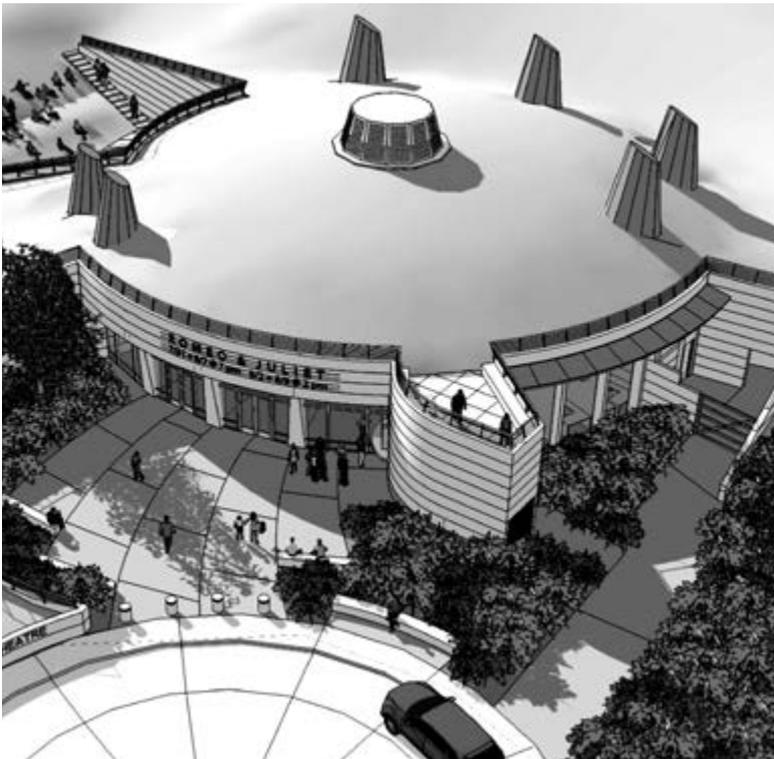
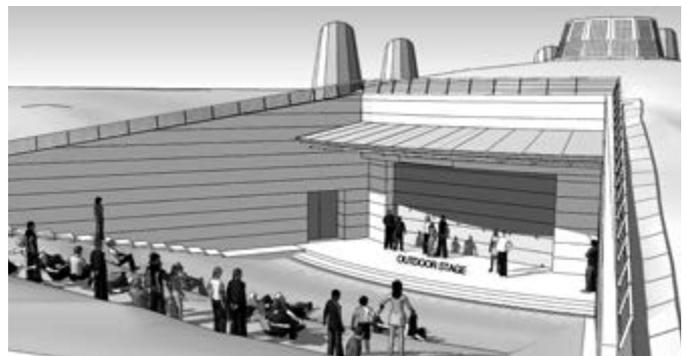


Voters approved \$2 million towards the project in the 2008 Parks & Natural Areas Levy. The BYT Foundation has committed \$1 million towards the \$8.5 million theatre through a private fundraising campaign, and funding is also coming from a King County Green Building Grant and 4Culture. The project is included in the 2013-2019 capital budget.

Since 2001, BYT has been operating out of a part of the former Ivanhoe Elementary School under an agreement with the Bellevue School District. The school, on Northup Way, was originally built in 1962, and in 2005, plans were developed to renovate the school for the Youth Theatre's needs.

However, renovation was estimated to cost approximately \$3.5 million, with roughly half the costs needed to bring the building up to code. The high cost, with limited expansion capabilities at Ivanhoe, and the fact that the city does not own the Ivanhoe site, prompted volunteers and staff to explore other expansion alternatives through a site and building feasibility study.

BYT has received numerous local, state and national awards for its commitment to meet the needs of all youth participants by forming a diverse community that supports and encourages everyone. The expansion will allow the theater to continue to serve the community for many years to come.



New visitor center for Bellevue Botanical Garden in the works

Plants won't be the only thing growing at the Bellevue Botanical Garden (BBG) this spring. To accommodate a steady increase in popularity, the Garden is set for some dramatic growth of its own, including the construction of a new visitor center and expansion of the parking lot.

In addition to making room for more visitors, the planned facilities designed by Olson Kundig Architects of Seattle are aimed at accommodating expanded educational programs. Included in the city's 2013-2019 capital budget, the project is expected to begin construction in May.

With more than 300,000 visitors a year, the Bellevue Botanical Garden is one of the city's most popular destinations. The Garden opened in 1992 and thrives because of strong community support, including a partnership between the city and the Bellevue Botanical Garden Society.

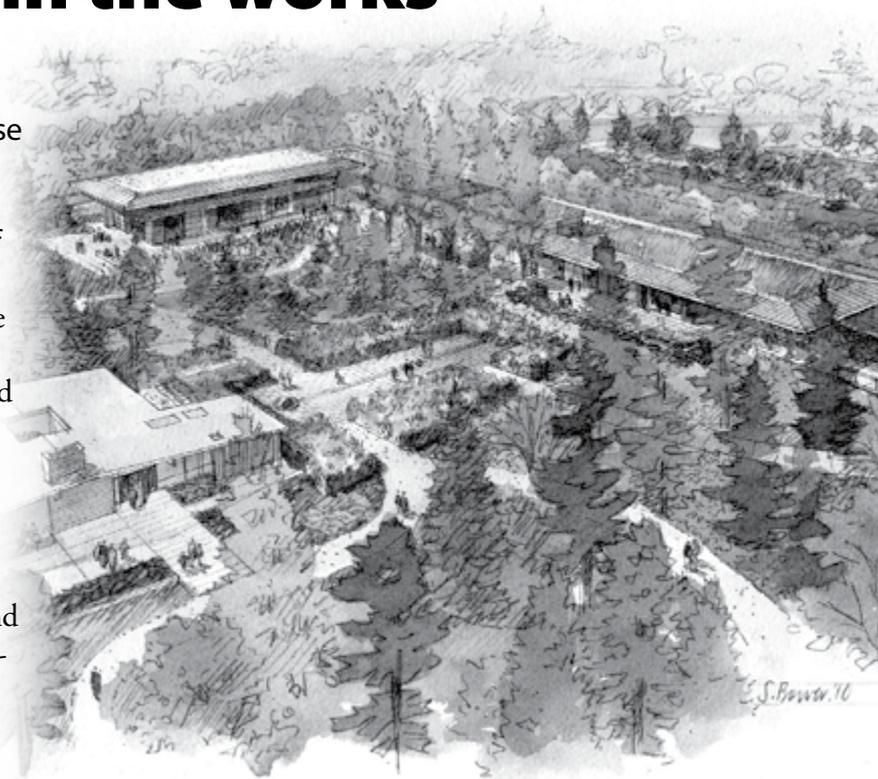
The BBG project was approved by voters in the 2008 Parks & Natural Areas Levy. The project is expected to cost about \$10 million and the Bellevue Botanical Garden Society has committed \$5 million through its Growing a Living Legacy fundraising campaign. Donations can be made at www.growingalivinglegacy.org/news.htm.

New Visitor Center

Three buildings, fronting Main Street, will offer a total of 8,500 square feet of space, including an outdoor covered orientation space, gift shop, meeting space, offices and restrooms.

An education center will provide flexible spaces for meetings, programs and workshops, as well as administrative offices and a catering kitchen. Multi-purpose classrooms and meeting spaces are designed to meet the rising interest in education at the BBG and accommodate a wide range of programming.

The existing Shorts House (now used as a visitor center) will continue to be used for informal gatherings, meetings and banquets and as a place for contemplation.



Parking Lot Expansion

The new parking lot will more than double the BBG's current parking capacity, from 53 to 119 stalls, and provide safer access to the visitor center. Additionally, the BBG will undergo extensive landscape work and the development of outdoor circulation space.

New Gardens

A few of the existing gardens will be enhanced, and new gardens will be developed, including the Sun Courtyard, Fern Plaza, Tateuchi Loop Trail and Spring Courtyard.

The Spring Courtyard will provide a dramatic central point of access to other areas of the Garden. This tranquil hard-scaped clearing contains the Garden's symbolic source of water and a rill that delivers water to the Fern Plaza below.

Visitors will walk from the parking lot, through a breezeway into Fern Plaza. A water feature and lush plantings of ferns and fragrant vines will provide visitors a welcome respite from hectic daily life.



Reserve tee times online
www.bellevuepgc.com

5500 140th Ave NE
425-452-7250



The Bellevue Golf Course is a fun, challenging layout that is an excellent place to play for golfers of all abilities. Just over 6,000 yards, fast smooth greens, strategic bunkering and mature trees place a premium on accuracy and game management. Please contact the Pro Shop at 425-452-7250 or online at www.bellevuepgc.com for additional information.

- 18 Hole Championship Course
- Covered Driving Range with 23 hitting stations
- Full service pro shop
- Reservations taken up to two weeks in advance
- Tournament bookings
- Lessons from PGA instructors
- Full service grill
- Power carts
- Rental clubs
- Putting & chipping green
- Women's and Men's Clubs
- Banquet Room



The Crossroads Par 3 Golf Course offers a nine hole course, practice area with restricted flight range balls and a practice putting green.

The Par 3 is an excellent beginner and family course that takes about an hour to play. The holes range from 64 to 107 yards. This gives the more accomplished player an opportunity to work on their short game, while the beginner can have success learning the game in a relaxed, friendly environment. *Tee times are not necessary* unless you're planning a group outing.

The practice area has 7 hitting stations. A restricted-flight ball is used that allows use of all clubs, including drivers. Please contact the Clubhouse at 425-452-4873 for additional information regarding the course, driving range or group outings.



Need help
but don't know
where to turn?
Dial 2-1-1
to find social services
such as...

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

Language interpretation available



Also: 206.461.3200
Toll Free 800.621.4636
www.crisisclinic.org

CITY OF BELLEVUE HOME REPAIR PROGRAM

Help is available for low and moderate income Bellevue homeowners who need major home repairs to improve the health and safety of their home. For more information, call 425-452-4069.

- ROOF REPAIRS**
- FAULTY PLUMBING**
- WIRING**
- EARTHQUAKE RETROFITTING**



BELLEVUE'S HUMAN SERVICES PROGRAM

In 1986 the Bellevue City Council resolved that the city would act to ensure that the basic survival needs of Bellevue residents are met. The city serves as a planner, facilitator and funder for support systems that help people through economic and personal crisis and provide low-and moderate-income persons with opportunities to succeed.

The Human Services Division of the Parks & Community Services Department administers the Human Services Fund.

Bellevue takes one of the following three roles in human services, depending on the need:

- Planner:** assess and anticipate needs and develop appropriate policy and program responses.
- Facilitator:** convene and engage others in community problem-solving to develop and improve services.
- Funder:** disburse federal Community Development Block Grant and General Fund dollars to support a network of services which respond to community needs.

Bellevue's human service funding is on a two-year cycle, with second-year funding contingent on contract performance and program outcomes. For more information about funding criteria and timelines, please contact grant coordinator Joseph Adriano by e-mail at JAdriano@bellevuewa.gov, or at 425-452-6165.

HUMAN SERVICES COMMISSION

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



South Bellevue Community Center Community Room

It's not too late to reserve one of our indoor facilities for your holiday party, birthday, or wedding celebration!

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

Up to 50 guests: Lewis Creek Visitor Center, Mercer Slough Environmental Education Center Community Room

Up to 75 guests: Historic Winters House

Up to 100-150 guests: Northwest Arts Center, Crossroads Community Center, South Bellevue Community Center, Robinswood House

Up to 200-250 guests: Highland Center, North Bellevue Community Center

For more information, visit www.bellevuewa.gov/rental_facilities.htm or call 425-452-6914.



BELLEVUE INDOOR SKATEPARK

14224 Bel Red Road, 98007
 The newly remodeled Bellevue Skate Park is an indoor facility featuring 3- and 6- foot mini ramps, wall rides, banks, ledges, step up gaps and a new indoor climbing wall. After a decade of skate camps, events and competitions the energy and enthusiasm that our programs generate is unmatched. We provide a sense of community and ownership to all participants regardless of age, experience or level of participation. Call 425-452-2722 for current hours, fees, events and rentals or visit www.bellevuewa.gov/bellevue_skate_park.htm

BELLEVUE SKATE PARK RENTALS

The Bellevue Skate Park is a great place for a birthday party or a secret session. From private hourly park rentals to all inclusive birthday packages, we will make your party a hit. Call 425-452-2722 or email SGonzales@bellevuewa.gov for more information.

BELLEVUE SKATE PARK LESSONS

If you are just starting out, and you want to learn how to skateboard these lessons are for you. Let us show you how to ride ramps, drop-in, ollie and have fun skating. Our experienced instructors will guide you step by step how to safely get up and begin skateboarding. You may be surprised how fast you learn from your one-on-one skate coach. Call or stop by for scheduling, information or to meet our instructors. Lessons increase self-esteem and confidence in and outside of the park. ALL AGES. COST: \$40 per hour; \$25 per 1/2 hour



Outdoor Skate Facilities

HIGHLAND OUTDOOR SKATE PLAZA

14224 Bel-Red Road, 98007. This 13,000 square foot skate park replicates some of the worlds favorite street skate spots. Instead of half pipes or bowls, it has ledges, banks, stairs, hubbas, rails, benches, Euro gaps, barriers and a pole jam. This lighted plaza is free and open to all.

LAKEMONT SKATE COURT

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

CROSSROADS SKATEPARK

Crossroads Community Center, 16000 NE 10th Street, 98008
 This state-of-the-art outdoor, free, concrete facility was built by world renowned Grindline Skate Parks. It consists of a massive bowl with depths ranging from 4' to 9.5', features an over-vertical 'clam shell,' multiple hips, escalators, tombstone, with steel and concrete coping.

Bellevue Indoor Skate Park

SUMMER Park Hours

Monday-Friday
1-6pm

Saturday & Sunday
 12 & under: 12-1:30pm
 Open Session #1: 130-5pm
 Open Session #2: 5-8pm

Biddy Boarder Camp

Weeks:
2:30-6pm

Park Fees

Lessons: \$40/hr, \$25/ ½ hr

Session: \$4(R) \$5(N)

ID Card*: \$8(R) \$10(N)

10 session pass: \$35(R) \$45(NR)

1 Month Unlimited Pass: \$60

Rentals: For information about our various rental packages, contact Steve at SGonzales@bellevuewa.gov or call 425-452-2722.

**To purchase an ID card, you must have a parent or guardian signature if you are under 18 years old.*



Giving teens a voice and an opportunity to make things happen...

Youth Link is a youth leadership program sponsored by Bellevue Parks & Community Services and the Bellevue School District. Founded in 1990, Youth Link gives youth an active voice in the community and an opportunity to make a difference!

Current Youth Link Projects

For more information about any of these opportunities, please call 425-452-5254, unless otherwise specified, or visit www.youthlink.com.

- Bellevue Youth Council**
- Outspoken Teen Paper**
- Youth Link Web Team**
- Kids Care Coat Drive**
- Teen Closet**

- T.R.A.C.K.S. Action Team**
- Community Leadership Awards**
- Eastside Youth Council Summit**
- Youth Court Action Team**
- Youth Involvement Conference**



If you are a young person of middle or high school age or an adult who might be able to help make a youth priority a reality, call 425-452-5254.



ROCK OUT & CLIMB UP!

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

ROCK CLIMBING CLASS

This class is for the beginning or intermediate climber who would like to learn all of the basics of rock climbing. You will learn how to correctly wear a harness, tie knots, handle the rope, use a belay device and communicate effectively. At the completion of this class adults can take a belay check test to earn a belay card. Pre-registration is required. Min 1/Max 4

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

71894	6-7pm	Tue	Mar 26
71895	6-7pm	Tue	Apr 02
71896	6-7pm	Tue	Apr 09
71897	6-7pm	Tue	Apr 16
71898	6-7pm	Tue	Apr 23
71899	6-7pm	Tue	Apr 30
71941	9-10am	Sat	May 04
71942	9-10am	Sat	May 11
71943	9-10am	Sat	May 18
71944	9-10am	Sat	Jun 01
71945	9-10am	Sat	Jun 08
71946	9-10am	Sat	Jun 15
71947	9-10am	Sat	Jun 22
71948	9-10am	Sat	Jun 29

ROCK CLIMBING CLASS FOR PARENT/CHILD

This course covers the same material as Rock Climbing 101, but is ideal for parents to do with their children to take their relationship to new heights. Go Climbing! Price is for one child and one adult. Min 1/Max 4

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

71936	9-10am	Sat	Mar 30
71937	9-10am	Sat	Apr 06
71938	9-10am	Sat	Apr 13
71939	9-10am	Sat	Apr 20
71940	9-10am	Sat	Apr 27
71900	6-7pm	Tue	May 07
71901	6-7pm	Tue	May 14
71902	6-7pm	Tue	May 21
71903	6-7pm	Tue	May 28
71904	6-7pm	Tue	Jun 04
71905	6-7pm	Tue	Jun 11
71906	6-7pm	Tue	Jun 18

The Crag is a 33 foot tall indoor climbing wall sculpted to look and feel like Index Granite. The wall offers three top rope climbing route with varying degrees of difficulty and a bouldering* wall for your enjoyment. Classes, programs, camps, and supervised climbing sessions for all ages and skill levels as well as birthday parties and private rentals are supervised by Mini-Mountain staff. Minimum age is 4 years to climb; 18 years for a Belay Card. All climbers must have a signed waiver on file.

- Belayed Climb Session-** During these scheduled times there will be trained staff to belay all individuals who wish to climb in a safe and encouraging atmosphere. All equipment is provided. Minimum age is 4 years.
- Sessions include up to 3 hours of climb time; length of time varies among sessions. \$7(R) \$9(N)
 - Single Climb allows people a chance to try climbing a single rope. Climbers get three attempts to reach the summit. \$3(R) \$4(N)

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

- Climb Passes save you money and never expire Passes can be used for either Belayed Climb or Open Climb Sessions.
- 5 Climb Pass - \$32.50(R) \$40.50(N)
 - 10 Climb Pass - \$60(R) \$72(N)
 - 20 Climb Pass - \$110(R) \$130(N)

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

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

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

Call South Bellevue Community Center for updated schedule.

The Crag at South Bellevue Community Center - Climbing Schedule						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Climb 9am-4pm	Open Climb 9am-3:30pm	Open Climb 9am-4pm	Open Climb 9am-3:30pm	Open Climb 9am-7:30pm	Parent/Child Rock Climbing Class 9-10am thru June 29	AVAILABLE TO RENT 10:30am-4:30pm
Rock Climbing Program for Youth 4-5:30pm April 15- May 20	Belayed Climbing Session 3:30-5:30pm thru June 11	Rock Climbing Program for Youth 4-5:30pm April 17- May 22	Belayed Climbing Session 3:30-5:30pm thru June 13		Belayed Climbing Session 1 10am-1pm thru Aug 24	Adult Open Climb 10:30am-4:30pm <i>(If no rental scheduled, call first.)</i>
Belayed Climbing Session 6-8:30pm thru May 20 5-7pm June 3-10	Rock Climbing Class 6-7pm thru June 18	Belayed Climbing Session 6-8:30pm thru May 20 5-7pm June 5-12	AVAILABLE TO RENT: 6-8pm Open Climb Session 5:30-8:30pm <i>(If no rental scheduled, call first.)</i>		Session 2 1:30-4:30pm thru June 15	
	Open Climb 7-8:30pm				Open Climb 7-8:30pm June 22-Aug 24	



*"Here, have some moss!"
Explore the outdoors at
Natural Start Preschool*

YOUR NEIGHBORHOOD PRESCHOOL CHOICE

Help your child discover the world and prepare for school at one of Bellevue Parks & Community Services' preschools, located just minutes away from your home:

Crossroads Community Center

Preschool Playschool
Pre-Kindergarten Preschool

Northwest Arts Center

Natural Start Preschool

South Bellevue Community Center

Natural Start Preschool Junior Explorers
Natural Start Preschool Explorers



For complete information on preschool programming, see page 39.