

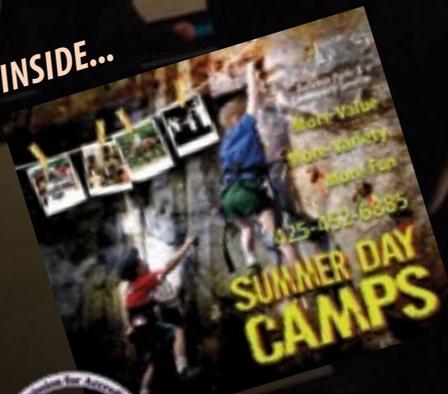
May through  
August 2015

# CONNECTIONS



**NEW THEATRE  
OPENS THIS SPRING**

INSIDE...



Re-Accredited 2010



**Bellevue Parks &  
Community Services**

**425-452-6885**

[MyParksAndRecreation.com](http://MyParksAndRecreation.com)



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## FACILITY ADDRESSES AND PHONE NUMBERS QUICK FIND

**RECREATION REGISTRATION..... 425-452-6885**

**FACILITY & FIELD RENTALS ..... 425-452-6914**

ADULT SPORTS LEAGUES, Bellevue City Hall, 450 - 110th Ave NE..... 425-452-4479  
BELLEVUE AQUATIC CENTER, 601 - 143rd Ave NE ..... 425-452-4444  
BELLEVUE BOTANICAL GARDEN, 12001 Main ST ..... 425-452-2750  
BELLEVUE GOLF COURSE, 5450—140th Ave NE ..... 425-452-7250  
BELLEVUE YOUTH THEATRE, 16661 Northup WY ..... 425-452-7155  
COMMUNITY GARDENS, SE 16th ST near 156th Ave SE..... 425-452-7225  
CROSSROADS COMMUNITY CENTER, 16000 NE 10th ST..... 425-452-4874  
CROSSROADS GOLF COURSE, 15801 NE 15th ST ..... 425-452-4873  
HIGHLAND COMMUNITY CENTER AND PARK, 14224 NE Bel-Red RD  
Adaptive recreation for people with disabilities and general programs ..... 425-452-7686  
KELSEY CREEK COMMUNITY FARM PARK, 410 - 130<sup>th</sup> Pl SE..... 425-452-7688  
LAKE HILLS GREENBELT RANGER STATION, 15416 SE 16th ST ..... 425-452-7225  
LEWIS CREEK VISITOR CENTER, 5808 Lakemont BLVD SE..... 425-452-4195  
MERCER SLOUGH ENVIRONMENTAL EDUCATION CENTER, 1625 118th Ave SE ..... 425-452-2565  
Pacific Science Center ..... 425-450-0207  
NORTH BELLEVUE COMMUNITY CENTER, AGING SERVICES, 4063—148th Ave NE  
General Programs/Rental Inquiries ..... 425-452-7681  
NORTHWEST ARTS CENTER, 9825 NE 24th ST  
Program Registration & Information ..... 425-452-6046  
Rental Information..... 425-452-7150  
Community Events Office ..... 425-452-4106  
PARKS ADMINISTRATION, Bellevue City Hall, 450 - 110th Ave NE ..... 425-452-6885  
ROBINSWOOD HOUSE..... 425-452-7850  
ROBINSWOOD TENNIS CENTER, 2400—151st PL SE ..... 425-452-7690  
SKATE PARK, 14224 NE Bel-Red Rd ..... 425-452-2722  
SOUTH BELLEVUE COMMUNITY CENTER, 14509 SE Newport Way ..... 425-452-4240  
TEEN SERVICES, City Hall, 450 - 110th Ave NE..... 425-452-2846  
WINTERS HOUSE, 2102 Bellevue Way SE..... 425-452-2752  
YOUTH SPORTS, Bellevue City Hall, 450 - 110th Ave NE ..... 425-452-6885

# CONNECTIONS



## Bellevue Parks & Community Services

PO Box 90012  
Bellevue, WA 98009-9012

### Bellevue City Council

- Claudia Balducci, Mayor**  
**Kevin Wallace, Deputy Mayor**  
**John Chelminiak**                      **Conrad Lee**  
**Jennifer Robertson**                **Lynne Robinson**  
**John Stokes**

### Parks & Community Services Board

- Sherry Grindeland, Chair**  
**Dallas Evans, Vice Chair**  
**Kathy George**                      **Stuart Heath**  
**Debra Kumar**                      **Erin Powell**  
**Mark Van Hollebeke**

## FOOD & REFRESHMENTS

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

## CITY OF BELLEVUE TAX ID NUMBER: 91-6007020

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



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

**Editor:** Colin Walker. Questions or comments about Connections? Email [cwalker@bellevuewa.gov](mailto: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.mypark-sandrecreation.com](http://www.mypark-sandrecreation.com) for the most up-to-date information. We're always interested in knowing how we can make this publication better — contact Colin Walker, [cwalker@bellevuewa.gov](mailto:cwalker@bellevuewa.gov), or call 425-452-6885.

## INCLEMENT WEATHER POLICY

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

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

**If you are unable to reach the facility, then call the Parks & Community Services Department general information number at 425-452-6885.** Inclement weather can effect park use and trail conditions.

**Please use caution when visiting park sites during poor weather** as trails and other park facilities may become wet and slippery. Park trails may also be closed.

# BELLEVUE'S SUMMER OUTDOOR MOVIES IN THE PARK

FREE

Every Tuesday evening  
July 7 to August 25

Presented by



**Bellevue Parks &  
Community Services**



**Family, friends, and neighbors, get comfy! Bring your picnics, blankets, and low-back chairs to enjoy blockbuster movies on a HUGE 40' screen — and enjoy free popcorn!**

Each week will be dedicated to a special non-profit. Your donations will be graciously accepted.

**We've Temporarily Moved...  
Hidden Valley Sports Park • 1905 112th Ave NE**

Movies start at dusk

Pre-movie activities start at 8pm!

Visit [bellevuewa.gov/outdoor-movies.htm](http://bellevuewa.gov/outdoor-movies.htm) or call 425-452-4240



**Once Upon a Mattress**

**Performs at BYT - Crossroads**

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

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



**A Midsummer Night's Dream**

**Performs at BYT - Crossroads**

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

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

**Aladdin**

**Performs at BYT - Crossroads**

The magical journey of Aladdin comes to life in the new Bellevue Youth Theatre at Crossroads. Aladdin, the Genie, and all the characters of the classic Arabian story are told in fun fashion suitable for the whole family. There are two separate casts performing each weekend. Are you coming to see a friend or family member perform? Ask the Box Office. We can tell you which weekend they are performing. Appropriate for all ages.

Friday, August 7 & 14 at ★7pm  
 Sat., Aug. 8 & 15 at ★2pm & ★7pm  
 Sun., Aug. 9 & 16 at ★2pm & ★7pm

**10 Ways to Survive the Zombie Apocalypse**

**Performs at BYT - Crossroads**

It's the end of the world and hordes of singing, dancing, rampaging zombies are about to kill you. What do you do? Come find out in the first performance of the Bellevue Youth Theatre in our new amphitheatre at Crossroads. This show is suitable for ages 7 and up, parental discretion is recommended. Seating within the amphitheatre requires a ticket. Beyond the interior perimeter is free seating.

Friday, August 21 at ★7pm  
 Sat., August 22 at ★2pm & ★7pm  
 Sun., August 23 at ★2pm & ★7pm

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

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

**Ticket prices:**

\$10 per ticket for tickets purchased in advance.  
 \$12 per ticket for tickets purchased during the week of the first show for each play.

**Special: \$5 shows marked with a ★.**



425-452-7155

## ***Theatre Transforms Lives***

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

The theatre presents 10 performances throughout the year, offering opportunities targeted for youth ages 11 to 19, while including other community members of all ages. Separate workshop and day camp programs are also offered. Annual involvement in the program has grown to include more than 900 individuals and more than 10,000 performance attendees.

Today the Bellevue Youth Theatre is a place where skills are learned, talents are discovered, creativity is expressed and community is strengthened. In March, 2015, Bellevue Youth Theatre opened the doors on its new, state-of-the-art theatre at Crossroads Community Park.

***Most importantly,  
Bellevue Youth Theatre  
is a place where  
everyone  
has a role.***



***Saturday,  
June 13, 2015***

Enjoyable for the whole family  
Explore hidden treasures of Bellevue  
Benefits the City of Bellevue youth scholarship fund  
Post event prize give-aways, freebies, snacks

Start/Finish Lake Hills Community Park  
1200 164th Ave. SE  
Includes an 8 mile family loop or a 22 mile loop on trails and roads

**For more information: 425-452-4882**  
**bikeride@bellevuewa.gov**  
**<http://www.bellevuewa.gov/lake-to-lake-bike-ride.htm>**

*Chaplins Bellevue Subaru*  
A DRIVING COMMITMENT.

**SPECIAL EVENTS**

**SPECIAL EVENT VOLUNTEER OPPORTUNITIES**

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

**Volunteer- Kelsey Creek Sheep Shearing**  
We are seeking energetic, fun teens to assist with children's activities at Kelsey Creek Farm special event. Volunteers must be able to follow directions, be comfortable in crowds and be on your feet in all types of weather. This is a great way to earn your community service hours. Volunteers must pre-register. Volunteers must be at least 14 years old & must be enrolled in high school on date of event. Questions: e-mail KelseyCreekFarm@bellevuewa.gov, or call the Farm Office at 425-452-7688. No day of event registrations will be accepted.

**KELSEY CREEK SHEEP SHEARING EVENT**

Saturday, April 25, 11am-4pm at Kelsey Creek Farm Park. Watch the sheep being shorn of their winter coats. Enjoy spinning demonstrations, children's crafts, tractor/wagon rides, pony rides, food, animal viewing areas and more. Free shuttle service available at Wilburton Park & Ride and Bannerwood Sports Park. Please note: no pets allowed in the barnyard areas. No entrance fee. Cost vary for food & activities; sorry, no ATM on site and we cannot accept charge cards. For more information, call 425-452-7688 or e-mail KelseyCreekFarm@bellevuewa.gov. Min 1/Max 1 Kelsey Creek Farm  
**FREE**

11am-4pm Sat

All Ages  
Apr 25

**crossroads movies in the park**

**Thursdays in August • Crossroads International Park**  
Pre-Movie Activities at 7:30, movies at dusk  
Call 425-452-4240 for more information  
or visit [bellevuewa.gov/outdoor-movies.htm](http://bellevuewa.gov/outdoor-movies.htm)



**Presented by**

Bellevue Parks & Community Services

**Sponsored by**

Crossroads Bellevue Shopping Center

**THE GREAT SBCC CHALLENGE**

South Bellevue Community Center and the Boys & Girls Clubs of Bellevue are co-presenting this unique fun event where teams of 3-5 will challenge each other performing physical feats, mind tasks and creative endeavors. Points will be awarded as tasks are completed with winners announced at the end. The fastest will not necessarily be the winner as tasks will provide several options to score points. At least one adult must be part of the team. At least one adult and one child must be a part of the Family Edition. Min 45/Max 100

South Bellevue Community Center  
The Great SBCC Challenge - Family Edition

\$5 Age: 6Y and up  
90956 9:30am-12:30pm Sat Apr 25

The Great SBCC Challenge - Teen/Young Adult Edition

\$5 Age: 16Y - 30Y  
90957 1:30-4:30pm Sat Apr 25

**A DAY OF PLAY WITH DAD!**

Make Father's Day a family day to remember! Start the morning with a delicious pancake breakfast (8:30-9:30am) followed by challenging 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

Age: 1Y and up  
South Bellevue Community Center

\$8 FREE for age 3 and under.  
94585 8:30am-12pm Sun Jun 21

**COMMUNITY CAMPOUT**

Come experience Bellevue's Community Campout! Bring your neighbors, friends, and family and join us for a night of camping in the great outdoors. This year we will be holding the Campout at the nearby Tolt MacDonald Park. Participants will enjoy hiking, outdoor skills workshops, stargazing, games and crafts. A tasty dinner, delicious breakfast and campfire treats are included. Enjoy a night under the stars and meet new friends. Limited camping gear is available upon request. Perfect for new or experienced campers! Min 20/Max 60

Tolt-MacDonald Park  
Email [jwalenga@bellevuewa.gov](mailto:jwalenga@bellevuewa.gov) for more information and pricing.  
94970 2pm Saturday - 11am Sunday Jun 27-28

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

Visit [www.bellevuewa.gov/COBCalendar](http://www.bellevuewa.gov/COBCalendar) or [http://www.bellevuewa.gov/recreation\\_events\\_intro.htm](http://www.bellevuewa.gov/recreation_events_intro.htm) for more information.



## 10-day Registration Preference for Bellevue Residents • Registration Begins March 9, 2015

### 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 18, 2015*

### INTERNET

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

### PHONE-IN

Telephone Registration begins March 23.  
425-452-6885

## Registration Policies

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

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

**REGISTRATION CONFIRMATION:** Confirmation notices are mailed either electronically or via USPS after registration has been processed.

**PAYMENT:** Payment is accepted in Cash, gift certificates, checks, or Visa/Master-Card only. Payment for all programs except day camps is due in full at the time of registration. All transactions completed online require payment in full at the time of registration. **Scholarship application is required prior to registration.** Please do not mail cash.

**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 each session.

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

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

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

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

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

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

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

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

## Adaptive Recreation Programs - 425-452-7686

**REGISTRATION FORM IS FOUND ON PAGE 56.** Please use this form when registering for Specialized Recreation classes.

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

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

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

### RESIDENT DEFINITION:

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

### EQUAL OPPORTUNITY STATEMENT:

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

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



## 10-day Registration Preference for Bellevue Residents • Registration Begins March 9, 2015

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

See **Registration Steps** Page 7.

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

### Please Print

Adult Last Name \_\_\_\_\_ First \_\_\_\_\_ Date of Birth \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

E-Mail Address \_\_\_\_\_  I do not wish to receive updates from Bellevue Parks & Community Services via email.  
NOTE: If you check this box, you will not be notified of future registration opportunities by email.

(\_\_\_\_) (\_\_\_\_) \_\_\_\_\_  
Work Phone \_\_\_\_\_ Home Phone \_\_\_\_\_

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

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

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

Request for Accommodations: \_\_\_\_\_

\*For scholarship information, call 425-452-6885, or see page 9.  
Scholarship applications must be approved prior to registration.

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

**Payment Method**

Check       D.D.D. (send to Highland)

Credit Card    Total Fee: \$ \_\_\_\_\_

Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_



Non-resident registrations are not accepted prior to the first day of non-resident registration. Registrations received from non-Bellevue residents will be accepted beginning March 18, 2015.

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

### WAIVER OF LIABILITY/RELEASE – PLEASE READ CAREFULLY

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

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

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

Participant or Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Printed Name: \_\_\_\_\_

Registration NOT VALID without signed waiver.

# Scholarship Application

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

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

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

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

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

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

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

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP Code: \_\_\_\_\_

Phone: (Work) \_\_\_\_\_ (Home) \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Please Indicate:

Family Size: \_\_\_\_\_

Yearly Income (Before Taxes):

\$ \_\_\_\_\_

HOUSEHOLD SIZE	1	2	3	4	5	6	7	8
<b>Full Scholarship</b>	<b>\$15,171</b>	<b>\$20,449</b>	<b>\$25,727</b>	<b>\$31,005</b>	<b>\$36,283</b>	<b>\$41,561</b>	<b>\$46,839</b>	<b>\$52,117</b>
<b>3/4 Scholarship</b>	<b>\$18,381</b>	<b>\$24,775</b>	<b>\$31,170</b>	<b>\$37,564</b>	<b>\$43,959</b>	<b>\$50,353</b>	<b>\$56,748</b>	<b>\$63,142</b>
<b>1/2 Scholarship</b>	<b>\$21,590</b>	<b>\$29,101</b>	<b>\$36,612</b>	<b>\$44,123</b>	<b>\$51,634</b>	<b>\$59,145</b>	<b>\$66,656</b>	<b>\$74,167</b>

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

Source: 2014-2015 USDA Food & Nutrition Services Child Nutrition Programs - Income Eligibility Guidelines.

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

\_\_\_\_\_

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

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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

# Bellevue Aquatic Center

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

**April Pool's Day**  
**Saturday, April 18**  
 12:30 to 2:30pm  
 FREE for ages 12 and under.

## SWIM RATES

### Drop-In Fees

Adult: .....	\$6.75
Youth (12 yrs. and younger): .....	\$5.75
Deep Water Exercise Class: .....	\$7.75
Master Swim Class: .....	\$7.75
Discounted Swim .....	\$5
<i>Mon-Sat before 10am, Wed 7-8pm when available</i>	
Shower only: .....	\$2
<i>Blue Lagoon locker rooms</i>	

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

### Swim Pass Cards

*12 visits for the price of 10, no expiration date*

Adult: .....	\$67.68
Youth: .....	\$57.72
Deep Water Exercise: .....	\$77.64
Masters Swim: .....	\$77.64
Discounted Swim: .....	\$50.04

### 3 Month Swim Pass Cards

*For Lap, Open, and Rehab Swims*

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

## PARTIES AT THE POOL

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

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

### Party Room Rentals

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

## SPECIAL PARKING NOTICE:

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

## EXERCISE CLASSES & TRAINING

**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.

## OTHER ACTIVITIES AVAILABLE AT THE BELLEVUE AQUATIC CENTER

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

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

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

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

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

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

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

## LEARN TO SWIM PROGRAMS

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

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

### Please remember when registering your child:

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

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

### PRIVATE/SEMI-PRIVATE SWIM LESSONS

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

### PARENT/TOT LEVEL CLASSES

**Ages:** 6 months to 3 years  
Instructors provide parents with information and techniques to help their infant become comfortable in the water.

### PRESCHOOL LEVEL CLASSES

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

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

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

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

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

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

### YOUTH LEVEL CLASSES

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

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

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

## Bellevue Aquatic Center Registration Dates:

**Programs listed in PLAIN TYPEFACE:**  
**Resident:** Mar. 9/ **Non-Resident:** Mar. 18

**Programs listed in UNDERLINE:**  
**Resident:** Apr. 27/ **Non-Resident:** May 6

**Programs listed in BOLD:**  
**Resident:** June 1 / **Non-Resident:** June 10

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

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

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

### LIFEGUARD TRAINING

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

### ADULT INTRODUCTION SWIM LESSONS

91173	5:45- 6:15pm	Mon, Wed	May 11-Jun 03	\$90
91174	5:45- 6:15pm	Mon, Wed	Jun 22-Jul 15	\$94.40
94740	5:45- 6:45pm	Fri	Jun 26-Aug 14	\$188.80
94741	9:35-10:35am	Sun	Jun 28-Aug 16	\$141.60
94742	5:45- 6:15pm	Mon, Wed	Jul 20-Aug 12	\$94.40

### ADULT INTERMEDIATE SWIM LESSONS

91162	6:20- 6:50pm	Tue, Thu	May 12-Jun 04	\$90
91163	6:20- 6:50pm	Tue, Thu	Jun 23-Jul 16	\$94.40
94739	10:45-11:45am	Sat	Jun 27-Aug 15	\$141.60
94738	6:20- 6:50pm	Tue, Thu	Jul 21-Aug 13	\$94.40

### ADULT ADVANCED SWIM LESSONS

91157	6:20- 6:50pm	Tue, Thu	May 12-Jun 04	\$90
91158	6:20- 6:50pm	Tue, Thu	Jun 23-Jul 16	\$94.40
94737	10:45-11:45am	Sun	Jun 28-Aug 16	\$141.60
91159	6:20- 6:50pm	Tue, Thu	Jul 21-Aug 13	\$94.40

### PARENT/TOT SWIM LESSONS

91196	6:20- 6:50pm	Mon, Wed	May 11-Jun 03	\$83.20
94696	11-11:30am	Mon, Wed	May 11-Jun 03	\$83.20
91192	11:20-11:50am	Mon, Wed	Jun 22-Jul 15	\$87.20
91193	6:20- 6:50pm	Mon, Wed	Jun 22-Jul 15	\$87.20
94744	10:10-10:40am	Sat	Jun 27-Aug 15	\$65.40
94745	11:20-11:50am	Sun	Jun 28-Aug 16	\$65.40
91188	11:20-11:50am	Mon, Wed	Jul 20-Aug 12	\$87.20
94931	6:20- 6:50pm	Mon, Wed	Jul 20-Aug 12	\$87.20

### PARENT/TOT 2 SWIM LESSONS

91185	5:45- 6:15pm	Tue, Thu	May 12-Jun 04	\$83.20
91186	11:20-11:50am	Tue, Thu	Jun 23-Jul 16	\$87.20
91187	11:20-11:50am	Sat	Jun 27-Aug 15	\$65.40
94743	5:45- 6:15pm	Tue, Thu	Jun 23-Jul 16	\$87.20
94929	5:45- 6:15pm	Tue, Thu	Jul 21-Aug 13	\$87.20
94930	11:20-11:50am	Tue, Thu	Jul 21-Aug 13	\$87.20

### PRESCHOOL 1 SWIM LESSONS

91240	10-10:30am	Mon, Wed	May 11-Jun 03	\$94.40
94689	3:25- 3:55pm	Mon, Wed	May 11-Jun 03	\$94.40
94690	3:25- 3:55pm	Tue, Thu	May 12-Jun 04	\$94.40
94691	5:45- 6:15pm	Mon, Wed	May 11-Jun 03	\$94.40
94692	4:35- 5:05pm	Tue, Thu	May 12-Jun 04	\$94.40
91237	3:25- 3:55pm	Mon, Wed	Jun 22-Jul 15	\$99.20
91245	9- 9:30am	Mon-Fri	Jun 22-Jul 03	\$124
94711	10:45-11:15am	Mon-Fri	Jun 22-Jul 03	\$124
94749	3:25- 3:55pm	Tue, Thu	Jun 23-Jul 16	\$99.20
94750	4:35- 5:05pm	Tue, Thu	Jun 23-Jul 16	\$99.20
94751	5:45- 6:15pm	Mon, Wed	Jun 22-Jul 15	\$99.20
94752	4- 4:30pm	Fri	Jun 26-Aug 14	\$99.20
94753	6:20- 6:50pm	Fri	Jun 26-Aug 14	\$99.20
94754	9:35-10:05am	Sat	Jun 27-Aug 15	\$74.40
94755	11:55am-12:25pm	Sat	Jun 27-Aug 15	\$74.40
94756	9- 9:30am	Sun	Jun 28-Aug 16	\$74.40
94710	9- 9:30am	Mon-Fri	Jul 06-17	\$124
94712	10:45-11:15am	Mon-Fri	Jul 06-17	\$124
94936	9- 9:30am	Mon-Fri	Jul 20-31	\$124
94938	10:45-11:15am	Mon-Fri	Jul 20-31	\$124
94940	3:25- 3:55pm	Mon, Wed	Jul 20-Aug 12	\$99.20
94941	3:25- 3:55pm	Tue, Thu	Jul 21-Aug 13	\$99.20
94956	4:35- 5:05pm	Tue, Thu	Jul 21-Aug 13	\$99.20
94957	5:45- 6:15pm	Mon, Wed	Jul 20-Aug 12	\$99.20
94937	9- 9:30am	Mon-Fri	Aug 03-14	\$124
94939	10:45-11:15am	Mon-Fri	Aug 03-14	\$124

**Ⓜ** indicates course that has pre-requisite that needs to be met prior to registration. Participants registered for the incorrect level will be removed according to the City's withdrawal policy, and will be charged a withdrawal fee.

# BELLEVUE AQUATIC CENTER

*Pool Schedule • Valid June 22 through August 16, 2015*

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

**Bellevue Aquatic Center will be closed August 17-September 13 for maintenance**



## Blue Lagoon Lap Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Aquarobics Lap Swim	Pool opens at 8 Lap Swim	Aquarobics Lap Swim	Pool opens at 8 Lap Swim	Aquarobics Lap Swim	Pool opens at 8 Lap Swim	Pool opens at 9
9:00	Lessons & Lap Swim					Lessons	Lap Swim Lessons
Noon	Lap Swim Masters 4 lanes	Lap Swim	Lap Swim Masters 4 lanes	Lap Swim Masters @ Meydenbauer 12-1:30	Lap Swim Masters 4 lanes	Open Swim 12:30-2:30	
1:00	Open & Lap Swim	MS 1-2 Open Swim 2-3:30	Open & Lap Swim	Open & Lap Swim	Open & Lap Swim	Swim Teams 2:30-4:30	
3:30	Lessons @ 3:25 Swim Teams Aquarobics 6-7					Swim Teams 2:30-4:30	Pool Rentals 2:30-4:30
7:00	Open & Lap Swim	Lap Swim Swim Teams Scuba (DT)	Open & Lap Swim	Lap Swim Swim Teams Scuba (DT)	Open & Lap Swim	Aquarobics 6-7	
8:00							

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

## Warm Springs Therapy Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Water Motion Open & Therapy	Pool opens at 8 Adult & Therapy 8-9:30	Water Motion Open & Therapy	Pool opens at 8 Adult & Therapy 8-9:30	Water Motion Open & Therapy	Pool opens at 8 Adult & Therapy 8-9:00	Pool opens at 9
9:00	Lessons					Lessons	Lessons
12:30	Water Motion	Adult & Therapy	Water Motion	Adult & Therapy	Adult & Therapy	Open & Therapy 12:30-2:30	
1:30	Open & Therapy	Adult & Therapy	Open & Therapy	Adult & Therapy	Open & Therapy		
2:30	Adult & Therapy	Open & Therapy	Adult & Therapy	Open & Therapy	Adult & Therapy		
4:00	Lessons @ 3:25					Open & Therapy	
7:00	Open & Therapy					Lessons	
8:00							

### Blue Lagoon (Lap Pool):

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

### Warm Springs (Warm Therapy Pool):

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

Important Aquatic Center Information



### PRESCHOOL 2 SWIM LESSONS

91318	10-10:30am	Mon, Wed	May 11-Jun 03	\$94.40
94693	5:45- 6:15pm	Mon, Wed	May 11-Jun 03	\$94.40
94694	3:25- 3:55pm	Mon, Wed	May 11-Jun 03	\$94.40
94695	3:25- 3:55pm	Tue, Thu	May 12-Jun 04	\$94.40
91320	9:35-10:05am	Mon-Fri	Jun 22-Jul 03	\$124
91322	3:25- 3:55pm	Mon, Wed	Jun 22-Jul 15	\$99.20
94714	10:45-11:15am	Mon-Fri	Jun 22-Jul 03	\$124
94757	3:25- 3:55pm	Tue, Thu	Jun 23-Jul 16	\$99.20
94758	5:45- 6:15pm	Mon, Wed	Jun 22-Jul 15	\$99.20
94759	4:35- 5:05pm	Fri	Jun 26-Aug 14	\$99.20
94760	9- 9:30am	Sat	Jun 27-Aug 15	\$74.40
94761	11:20-11:50am	Sat	Jun 27-Aug 15	\$74.40
94762	10:10-10:40am	Sun	Jun 28-Aug 16	\$74.40
<b>94713</b>	<b>9:35-10:05am</b>	<b>Mon-Fri</b>	<b>Jul 06-17</b>	<b>\$124</b>
<b>94715</b>	<b>10:45-11:15am</b>	<b>Mon-Fri</b>	<b>Jul 06-17</b>	<b>\$124</b>
<b>94942</b>	<b>9:35-10:05am</b>	<b>Mon-Fri</b>	<b>Jul 20-31</b>	<b>\$124</b>
<b>94944</b>	<b>10:45-11:15am</b>	<b>Mon-Fri</b>	<b>Jul 20-31</b>	<b>\$124</b>
<b>94946</b>	<b>3:25- 3:55pm</b>	<b>Mon, Wed</b>	<b>Jul 20-Aug 12</b>	<b>\$99.20</b>
<b>94947</b>	<b>3:25- 3:55pm</b>	<b>Tue, Thu</b>	<b>Jul 21-Aug 13</b>	<b>\$99.20</b>
<b>94948</b>	<b>5:45- 6:15pm</b>	<b>Mon, Wed</b>	<b>Jul 20-Aug 12</b>	<b>\$99.20</b>
<b>94943</b>	<b>9:35-10:05am</b>	<b>Mon-Fri</b>	<b>Aug 03-14</b>	<b>\$124</b>
<b>94945</b>	<b>10:45-11:15am</b>	<b>Mon-Fri</b>	<b>Aug 03-14</b>	<b>\$124</b>

### PRESCHOOL 3 SWIM LESSONS

91388	4- 4:30pm	Mon, Wed	May 11-Jun 03	\$94.40
94698	5:10- 5:40pm	Tue, Thu	May 12-Jun 04	\$94.40
94699	6:20- 6:50pm	Tue, Thu	May 12-Jun 04	\$94.40
91389	10:10-10:40am	Mon-Fri	Jun 22-Jul 03	\$124
91390	4- 4:30pm	Mon, Wed	Jun 22-Jul 15	\$99.20
94717	11:55am-12:25pm	Mon-Fri	Jun 22-Jul 03	\$124
94763	5:10- 5:40pm	Tue, Thu	Jun 23-Jul 16	\$99.20
94764	6:20- 6:50pm	Tue, Thu	Jun 23-Jul 16	\$99.20
94765	5:10- 5:40pm	Fri	Jun 26-Aug 14	\$99.20
94766	10:10-10:40am	Sat	Jun 27-Aug 15	\$74.40
94767	9:35-10:05am	Sun	Jun 28-Aug 16	\$74.40
<b>94716</b>	<b>10:10-10:40am</b>	<b>Mon-Fri</b>	<b>Jul 06-17</b>	<b>\$124</b>
<b>94718</b>	<b>11:55am-12:25pm</b>	<b>Mon-Fri</b>	<b>Jul 06-17</b>	<b>\$124</b>
<b>94949</b>	<b>10:10-10:40am</b>	<b>Mon-Fri</b>	<b>Jul 20-31</b>	<b>\$124</b>
<b>94951</b>	<b>11:55am-12:25pm</b>	<b>Mon-Fri</b>	<b>Jul 20-31</b>	<b>\$124</b>
<b>94953</b>	<b>4- 4:30pm</b>	<b>Mon, Wed</b>	<b>Jul 20-Aug 12</b>	<b>\$99.20</b>
<b>94954</b>	<b>5:10- 5:40pm</b>	<b>Tue, Thu</b>	<b>Jul 21-Aug 13</b>	<b>\$99.20</b>
<b>94955</b>	<b>6:20- 6:50pm</b>	<b>Tue, Thu</b>	<b>Jul 21-Aug 13</b>	<b>\$99.20</b>
<b>94950</b>	<b>10:10-10:40am</b>	<b>Mon-Fri</b>	<b>Aug 03-14</b>	<b>\$124</b>
<b>94952</b>	<b>11:55am-12:25pm</b>	<b>Mon-Fri</b>	<b>Aug 03-14</b>	<b>\$124</b>

### PRESCHOOL 4 SWIM LESSONS

91435	5:10- 5:40pm	Mon, Wed	May 11-Jun 03	\$94.40
94700	4- 4:30pm	Wed, Mon	May 13-Jun 08	\$94.40
91436	9:35-10:05am	Mon-Fri	Jun 22-Jul 03	\$124
91437	5:10- 5:40pm	Mon, Wed	Jun 22-Jul 15	\$99.20
94768	4- 4:30pm	Tue, Thu	Jun 23-Jul 16	\$99.20
94769	5:45- 6:15pm	Fri	Jun 26-Aug 14	\$99.20
94770	9- 9:30am	Sat	Jun 27-Aug 15	\$74.40
94771	11:20-11:50am	Sun	Jun 28-Aug 16	\$74.40
<b>94719</b>	<b>9:35-10:05am</b>	<b>Mon-Fri</b>	<b>Jul 06-17</b>	<b>\$124</b>
<b>94958</b>	<b>9:35-10:05am</b>	<b>Mon-Fri</b>	<b>Jul 20-31</b>	<b>\$124</b>
<b>94960</b>	<b>5:10- 5:40pm</b>	<b>Mon, Wed</b>	<b>Jul 20-Aug 12</b>	<b>\$99.20</b>
<b>94961</b>	<b>4- 4:30pm</b>	<b>Tue, Thu</b>	<b>Jul 21-Aug 13</b>	<b>\$99.20</b>
<b>94959</b>	<b>9:35-10:05am</b>	<b>Mon-Fri</b>	<b>Aug 03-14</b>	<b>\$124</b>

### PRESCHOOL 5 SWIM LESSONS

91466	6:20- 6:50pm	Mon, Wed	May 11-Jun 03	\$94.40
94701	4- 4:30pm	Tue, Thu	May 12-Jun 04	\$94.40
91467	10:45-11:15am	Mon-Fri	Jun 22-Jul 03	\$124
94772	9:35-10:05am	Sat	Jun 27-Aug 15	\$74.40
94773	5:45- 6:15pm	Tue, Thu	Jun 23-Jul 16	\$99.20
94774	6:20- 6:50pm	Mon, Wed	Jun 22-Jul 15	\$99.20
91474	10:45-11:15am	Sun	Jun 28-Aug 16	\$74.40
<b>94720</b>	<b>10:45-11:15am</b>	<b>Mon-Fri</b>	<b>Jul 06-17</b>	<b>\$124</b>
<b>94962</b>	<b>10:45-11:15am</b>	<b>Mon-Fri</b>	<b>Jul 20-31</b>	<b>\$124</b>
<b>94964</b>	<b>6:20- 6:50pm</b>	<b>Mon, Wed</b>	<b>Jul 20-Aug 12</b>	<b>\$99.20</b>
<b>94965</b>	<b>5:45- 6:15pm</b>	<b>Tue, Thu</b>	<b>Jul 21-Aug 13</b>	<b>\$99.20</b>
<b>94963</b>	<b>10:45-11:15am</b>	<b>Mon-Fri</b>	<b>Aug 03-14</b>	<b>\$124</b>

## Bellevue Aquatic Center Registration Dates:

**Programs listed in PLAIN TYPEFACE:**  
Resident: Mar. 9/ Non-Resident: Mar. 18

**Programs listed in UNDERLINE:**  
Resident: Apr. 27/ Non-Resident: May 6

**Programs listed in BOLD:**  
Resident: June 1 / Non-Resident: June 10

### YOUTH LEVEL 1 SWIM LESSON

92219	4:35- 5:05pm	Mon, Wed	May 11-Jun 03	\$94.40
94702	6:20- 6:50pm	Mon, Wed	May 11-Jun 03	\$94.40
94703	4:35- 5:05pm	Tue, Thu	May 12-Jun 04	\$94.40
92222	9- 9:30am	Mon-Fri	Jun 22-Jul 03	\$124
92223	4:35- 5:05pm	Mon, Wed	Jun 22-Jul 15	\$99.20
94725	11:20-11:50am	Mon-Fri	Jun 22-Jul 03	\$124
94775	4:35- 5:05pm	Tue, Thu	Jun 23-Jul 16	\$99.20
94776	6:20- 6:50pm	Mon, Wed	Jun 22-Jul 15	\$99.20
94777	4:35- 5:05pm	Fri	Jun 26-Aug 14	\$99.20
94778	10:45-11:15am	Sat	Jun 27-Aug 15	\$74.40
94779	10:45-11:15am	Sun	Jun 28-Aug 16	\$74.40
<b>94724</b>	<b>9- 9:30am</b>	<b>Mon-Fri</b>	<b>Jul 06-17</b>	<b>\$124</b>
<b>94726</b>	<b>11:20-11:50am</b>	<b>Mon-Fri</b>	<b>Jul 06-17</b>	<b>\$124</b>
<b>94971</b>	<b>11:20-11:50am</b>	<b>Mon-Fri</b>	<b>Jul 20-31</b>	<b>\$124</b>
<b>94973</b>	<b>11:55am-12:25pm</b>	<b>Mon-Fri</b>	<b>Jul 20-31</b>	<b>\$124</b>
<b>94975</b>	<b>6:20- 6:50pm</b>	<b>Mon, Wed</b>	<b>Jul 20-Aug 12</b>	<b>\$99.20</b>
<b>94976</b>	<b>4:35- 5:05pm</b>	<b>Tue, Thu</b>	<b>Jul 21-Aug 13</b>	<b>\$99.20</b>
<b>95013</b>	<b>4:35- 5:05pm</b>	<b>Mon, Wed</b>	<b>Jul 20-Aug 12</b>	<b>\$99.20</b>
<b>94972</b>	<b>11:20-11:50am</b>	<b>Mon-Fri</b>	<b>Aug 03-14</b>	<b>\$124</b>
<b>94974</b>	<b>11:55am-12:25pm</b>	<b>Mon-Fri</b>	<b>Aug 03-14</b>	<b>\$124</b>

### YOUTH LEVEL 2 SWIM LESSONS

92271	4- 4:30pm	Mon, Wed	May 11-Jun 03	\$90
94704	5:45- 6:15pm	Tue, Thu	May 12-Jun 04	\$90
92273	10:10-10:40am	Mon-Fri	Jun 22-Jul 03	\$118
92274	4- 4:30pm	Mon, Wed	Jun 22-Jul 15	\$94.40
94728	11:55am-12:25pm	Mon-Fri	Jun 22-Jul 03	\$118
94889	4- 4:30pm	Tue, Thu	Jun 23-Jul 16	\$94.40
94890	5:10- 5:40pm	Fri	Jun 26-Aug 14	\$94.40
94891	11:55am-12:25pm	Sat	Jun 27-Aug 15	\$70.80
94892	11:55am-12:25pm	Sun	Jun 28-Aug 16	\$70.80
94893	9- 9:30am	Sun	Jun 28-Aug 16	\$70.80
<b>94727</b>	<b>10:10-10:40am</b>	<b>Mon-Fri</b>	<b>Jul 06-17</b>	<b>\$118</b>
<b>94729</b>	<b>11:55am-12:25pm</b>	<b>Mon-Fri</b>	<b>Jul 06-17</b>	<b>\$118</b>
<b>94894</b>	<b>9- 9:30am</b>	<b>Mon-Fri</b>	<b>Jul 20-31</b>	<b>\$118</b>
<b>94896</b>	<b>10:10-10:40am</b>	<b>Mon-Fri</b>	<b>Jul 20-31</b>	<b>\$118</b>
<b>94898</b>	<b>4- 4:30pm</b>	<b>Mon, Wed</b>	<b>Jul 20-Aug 12</b>	<b>\$118</b>
<b>94899</b>	<b>4- 4:30pm</b>	<b>Tue, Thu</b>	<b>Jul 21-Aug 13</b>	<b>\$118</b>
<b>94895</b>	<b>9- 9:30am</b>	<b>Mon-Fri</b>	<b>Aug 03-14</b>	<b>\$118</b>
<b>94897</b>	<b>10:10-10:40am</b>	<b>Mon-Fri</b>	<b>Aug 03-14</b>	<b>\$118</b>

### YOUTH LEVEL 3 SWIM LESSON

92320	4:35- 5:05pm	Mon, Wed	May 11-Jun 03	\$90
94705	5:10- 5:40pm	Tue, Thu	May 12-Jun 04	\$90
92323	4:35- 5:05pm	Mon, Wed	Jun 22-Jul 15	\$94.40
92340	9:35-10:05am	Mon-Fri	Jun 22-Jul 03	\$118
94900	5:10- 5:40pm	Tue, Thu	Jun 23-Jul 16	\$94.40
94901	4- 4:30pm	Fri	Jun 26-Aug 14	\$94.40
94902	11:55am-12:25pm	Sat	Jun 27-Aug 15	\$70.80
94903	11:20-11:50am	Sun	Jun 28-Aug 16	\$70.80
<b>94730</b>	<b>9:35-10:05am</b>	<b>Mon-Fri</b>	<b>Jul 06-17</b>	<b>\$118</b>
<b>94904</b>	<b>9:35-10:05am</b>	<b>Mon-Fri</b>	<b>Jul 20-31</b>	<b>\$118</b>
<b>94906</b>	<b>5:10- 5:40pm</b>	<b>Tue, Thu</b>	<b>Jul 21-Aug 13</b>	<b>\$94.40</b>
<b>94907</b>	<b>4:35- 5:05pm</b>	<b>Mon, Wed</b>	<b>Jul 20-Aug 12</b>	<b>\$94.40</b>
<b>94905</b>	<b>9:35-10:05am</b>	<b>Mon-Fri</b>	<b>Aug 03-14</b>	<b>\$118</b>

### YOUTH LEVEL 4 SWIM LESSONS

92362	5:10- 5:40pm	Mon, Wed	May 11-Jun 03	\$90
94707	4:35- 5:05pm	Tue, Thu	May 12-Jun 04	\$90
92363	11:20-11:50am	Mon-Fri	Jun 22-Jul 03	\$118
92364	5:10- 5:40pm	Mon, Wed	Jun 22-Jul 15	\$94.40
94908	4:35- 5:05pm	Tue, Thu	Jun 23-Jul 16	\$94.40
94909	9- 9:30am	Sat	Jun 27-Aug 15	\$70.80
94910	9:35-10:05am	Sun	Jun 28-Aug 16	\$70.80
<b>94731</b>	<b>11:20-11:50am</b>	<b>Mon-Fri</b>	<b>Jul 06-17</b>	<b>\$118</b>
<b>94911</b>	<b>11:20-11:50am</b>	<b>Mon-Fri</b>	<b>Jul 20-31</b>	<b>\$118</b>
<b>94913</b>	<b>4:35- 5:05pm</b>	<b>Tue, Thu</b>	<b>Jul 21-Aug 13</b>	<b>\$94.40</b>
<b>94914</b>	<b>5:10- 5:40pm</b>	<b>Mon, Wed</b>	<b>Jul 20-Aug 12</b>	<b>\$94.40</b>
<b>94912</b>	<b>11:20-11:50am</b>	<b>Mon-Fri</b>	<b>Aug 03-14</b>	<b>\$118</b>

### YOUTH LEVEL 5 SWIM LESSONS

92397	5:45- 6:15pm	Tue, Thu	May 12-Jun 04	\$90
94706	4- 4:30pm	Mon, Wed	May 11-Jun 03	\$90
92400	4- 4:30pm	Mon, Wed	Jun 22-Jul 15	\$94.40
94732	11:55am-12:25pm	Mon-Fri	Jun 22-Jul 03	\$118
94915	5:45- 6:15pm	Tue, Thu	Jun 23-Jul 16	\$94.40
94916	9:35-10:05am	Sat	Jun 27-Aug 15	\$70.80
94917	10:10-10:40am	Sun	Jun 28-Aug 16	\$70.80
<b>92399</b>	<b>11:55am-12:25pm</b>	<b>Mon-Fri</b>	<b>Jul 06-17</b>	<b>\$118</b>
<b>94918</b>	<b>11:55am-12:25pm</b>	<b>Mon-Fri</b>	<b>Jul 20-31</b>	<b>\$118</b>
<b>94920</b>	<b>4- 4:30pm</b>	<b>Mon, Wed</b>	<b>Jul 20-Aug 12</b>	<b>\$94.40</b>
<b>94921</b>	<b>5:45- 6:15pm</b>	<b>Tue, Thu</b>	<b>Jul 21-Aug 13</b>	<b>\$94.40</b>
<b>94919</b>	<b>11:55am-12:25pm</b>	<b>Mon-Fri</b>	<b>Aug 03-14</b>	<b>\$118</b>

### YOUTH LEVEL 6 SWIM LESSONS

92429	4:35- 5:05pm	Mon, Wed	May 11-Jun 03	\$90
94708	5:10- 5:40pm	Tue, Thu	May 12-Jun 04	\$90
92430	9- 9:30am	Mon-Fri	Jun 22-Jul 03	\$118
92431	4:35- 5:05pm	Mon, Wed	Jun 22-Jul 15	\$94.40
94922	5:10- 5:40pm	Tue, Thu	Jun 23-Jul 16	\$94.40
94923	10:45-11:15am	Sat	Jun 27-Aug 15	\$70.80
94924	9- 9:30am	Sun	Jun 28-Aug 16	\$70.80
<b>94733</b>	<b>9- 9:30am</b>	<b>Mon-Fri</b>	<b>Jul 06-17</b>	<b>\$118</b>
<b>94925</b>	<b>9- 9:30am</b>	<b>Mon-Fri</b>	<b>Jul 20-31</b>	<b>\$118</b>
<b>94927</b>	<b>4:35- 5:05pm</b>	<b>Mon, Wed</b>	<b>Jul 20-Aug 12</b>	<b>\$94.40</b>
<b>94928</b>	<b>5:10- 5:40pm</b>	<b>Tue, Thu</b>	<b>Jul 21-Aug 13</b>	<b>\$94.40</b>
<b>94926</b>	<b>9- 9:30am</b>	<b>Mon-Fri</b>	<b>Aug 03-14</b>	<b>\$118</b>

### PRE-COMPETITION SWIM LESSONS

91210	5:10- 5:40pm	Mon, Wed	May 11-Jun 03	\$90
94697	4- 4:30pm	Tue, Thu	May 12-Jun 04	\$90
91211	10:10-10:40am	Mon-Fri	Jun 22-Jul 03	\$118
91224	5:10- 5:40pm	Mon, Wed	Jun 22-Jul 15	\$94.40
94746	4- 4:30pm	Tue, Thu	Jun 23-Jul 16	\$94.40
94747	10:10-10:40am	Sat	Jun 27-Aug 15	\$70.80
94748	11:55am-12:25pm	Sun	Jun 28-Aug 16	\$70.80
<b>94709</b>	<b>10:10-10:40am</b>	<b>Mon-Fri</b>	<b>Jul 06-17</b>	<b>\$118</b>
<b>94932</b>	<b>10:10-10:40am</b>			

# 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 Camps

## ROCK CLIMBING CAMP

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

South Bellevue Community Center

\$245(R) \$290(N)

Age: 8Y - 13Y

89560 9am- 4pm

Mon-Fri

Apr 06-10



## BYT DAY CAMPS

This camp is perfect for the child with little or no acting experience. Children will get the full theatre experience from auditions to performance. Your child will rehearse, participate in arts & crafts and recreational activities. This camp will build your child's self esteem, confidence, teamwork, and basic memorization skills. Children are cast into a role that is appropriate for their age and development level. Bellevue Youth Theatre emphasizes positive experience and growth of the child over stage time, role size, and number of lines. Extended care is available for this camp. Min 10/Max 25

Ivanhoe Park Site

### Seven Super Siblings

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

\$194.50(R) \$229.50(N) Age: 5Y - 12Y

89703 9:30am- 3pm Mon-Fri Apr 06-10

### Seven Super Siblings Extended Care

\$57.50(R) \$64.50(N) Age: 5Y - 12Y

89698 7:30am- 5:30pm Mon-Fri Apr 06-10

## CREATIVE KIDS DAY CAMP

Enhance your child's creativity while enjoying the beautiful setting of the Northwest Arts Center. Activities include time spent in both indoor and outdoor settings. Children will explore a variety of art & craft mediums, painting, three dimensional art, collage, pottery, and more. Participant must be in 2st - 5th grade. Min 15/Max 20

Northwest Arts Center

\$250(R) \$275(N)

Age: 7Y - 11Y

90513 9am- 3pm

Mon-Fri

Apr 06-10

## HIGH ADVENTURE CAMP

What appeals to your sense of a spring break adventure? If it is hiking in the Cascades, snowshoeing, parkour, sledging, geocaching, or just hanging with friends outdoors, then join our expert guides for an action packed week of outdoor fun. We will spend each day in a different location, developing new skills and exploring fresh terrain. All technical gear and transportation provided! Min 5/Max 10

Highland Community Center

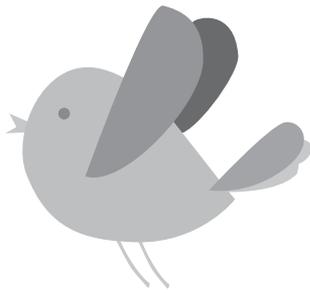
\$200(R) \$220(N)

Age: 10Y - 14Y

89645 9am- 3pm

Mon-Fri

Apr 06-10



## PRO BASEBALL 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! Min 10/Max 30  
Newport Hills Community Park  
\$59(R) \$71(N) Age: 8Y - 13Y  
93063 11am-1pm Thu-Fri Apr 09-10

## SPORTS CAMP

A week of fast paced action where kids will have a blast! Campers will receive instruction and participate in a variety of sports including basketball, dodgeball, indoor soccer and floor-hockey. Outdoor activities will take place as weather allows. A field trip to a local recreational attraction is included in the price of camp. Please bring a lunch, snack and water bottle. Min 10/Max 25  
Tye Middle School Site  
\$192(R) \$214(N) Age: 7Y - 12Y  
91028 8am-4pm Mon-Fri Apr 06-10

## UK INTERNATIONAL SOCCER CAMP

We have partnered with UK International Soccer Camps (UKISC) to bring you the best of UK soccer. UK British soccer coaches will instruct your child. Exciting new camp schedule includes ball mastery section at start and end of every day, fundamentals of the game, small sided games, tournaments and awards plus NEW online ranking system available. Min 10/Max 60  
Robinswood Community Park  
\$115(R) \$138(N) Age: 4Y - 13Y  
91029 9am-12pm Mon-Fri Apr 06-10  
\$181(R) \$217(N) Age: 7Y - 13Y  
91030 9am-3pm Mon-Fri Apr 06-10

## KELSEY CREEK FARM SPRING BREAK CAMP

Time to get outside! Grab your boots and let's work on the Farm! We'll learn about our animals, work in the barn and mix up treats for both the animals and ourselves. We'll create, explore and learn in this hands-on camp. Snack provided. Min 6/Max 10  
Kelsey Creek Farm  
\$138(R) \$152(N) Age: 4Y - 6Y  
90789 10am-1pm Mon-Fri Apr 06-10

## 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  
\$155(R) \$186(N) Age: 6Y - 9Y  
90791 1-4pm Mon-Fri Apr 06-10

## SPORTBALL SEASONAL CAMPS: SPRING BREAK

Seasonal Sportball camps provide a great change of pace for children during school holidays. Offered in our multi-sport format (sports include hockey, soccer, tennis, baseball, basketball, volleyball, golf and football). Our certified coaches teach more advanced skills and provide opportunities to refine, rehearse and repeat them. Please bring water bottle and snack. Ages: 3-5 MUST be potty trained, Min 8/Max 12  
Northwest Arts Center  
\$155(R) \$185(N) Age: 3Y - 5Y  
89874 9am-12pm Mon-Fri Apr 06-10  
\$155(R) \$185(N) Age: 6Y - 9Y  
89873 1-4pm Mon-Fri Apr 06-10

## I-BALL SPRING BREAK SKILLS CAMP

The City of Bellevue and i-Ball have partnered to offer Pro Basketball Camps for kids, ages 6-14. i-Ball is ran by professional basketball player and former Globetrotter's Harlem All-Star, Kyle Keyes along with i-Ball staff. Players will have a fun and exciting experience learning a wide array of basketball skills, developing sportsmanship and playing games at i-Ball Skills Camps. Players will be drilled throughout camp on the proper form and technique that it takes to be both confident and successful in real games. Players will gain a wealth of basketball knowledge at i-Ball Camps. Min 15/Max 40  
Crossroads Community Center  
\$164(R) \$197(N) Age: 6Y - 14Y  
91088 9am-3pm Mon-Thu Apr 06-09

## Art & Craft Programs for Adults

### ART IN NATURE EXHIBITS

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

**WHEN:** Facility Hours

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

**COST:** Free

### 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  
89671 10:30am-1:30pm Mon May 04-18  
\$15.50(R) \$18.50(N) Age: 18Y and up  
89672 10:30am-1:30pm Mon Jun 01-15

### 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  
 89659 10am-12pm Fri May 01-Jun 19

### GLASS FUSION

Combine the elements of ' Fire and Ice' to create fabulous jewel-like art pieces. Glass Fusion provides through step-by-step instruction, the basics of glass art. Projects include small jewelry pieces, plates, platters, candle holders and much more. Materials included. Accommodations provided for people with disabilities. Min 6/Max 9  
 Northwest Arts Center  
 Glass Fusion  
 \$110(R) \$132(N) Age: 18Y and up  
 89545 9-10:30am Thu May 21-Jun 11

### STONEWARE CREATIONS

Stoneware Creations provides an introduction for beginning & intermediate students to hand-building and wheel throwing stoneware. Various and seasonal subject matter included as design inspirations for practical and decorative art work. Class fee includes supplies and firing. Accommodations provided for people with disabilities. Min 6/Max 9  
 Northwest Arts Center  
 \$110(R) \$132(N) Age: 18Y and up  
 89540 11am-1pm Thu May 21-Jun 11

### SENIORS CREATING ART

What if painting didn't have to be difficult? What if it could be learning through exploration? In this class you will be guided through exercises designed to teach you many ways to use a brush on various surfaces, mix colors, put certain colors next to one another, find your own symbols and forms to create shapes, and express what you see and feel. We will study other painters and dive into purposeful, playful exercises. You can do nothing wrong in this class! No artistic experience necessary; all materials provided. Offered in partnership with North Bellevue Community Center and Seniors Creating Art. Min 3/Max 10  
 North Bellevue Community Center  
 FREE All Ages  
 94524 1-3pm Tue Jun 02-Jul 07



## Get Fit and Get Healthy

### MASSAGE THERAPY/TUNE UP YOUR BODY!

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

### HEALTH - FOOTCARE

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

### REFLEXOLOGY

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

### DENTAL HYGIENE SERVICES

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

### SHAPE UP FALL PREVENTION CAMPAIGN

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

### MOTION IS LIFE

Attend this informative talk by an orthopedic surgeon, Jonah Hulst, MD, to learn more about joint pain relief as well as hip and knee replacement. Presentation sponsored by the Joint Replacement Center at Overlake Medical Center. Min 5/Max 50  
 North Bellevue Community Center  
 FREE(R) Age: 18Y and up  
 94465 1-2:30pm Thu Jun 18

## Aerobics & Conditioning

### ENHANCE FITNESS

This low impact aerobics class is designed to give you the maximum amount of cardiovascular exercise with a minimum amount of wear and tear on your body. This class is offered in conjunction with Group Health. If you are a Group Health Clear Care HMO Plan member, there is no charge for this class. All you need to do is sign in each day you attend. Ask us for details. Min 10/Max 30  
 North Bellevue Community Center  
 \$36(R) \$43(N) Age: 50Y and up  
 93997 9-10am Fri, Tue, Thu May 01-29  
 93998 9-10am Tue, Thu-Fri Jun 02-30  
 93999 9-10am Thu-Fri, Tue Jul 02-31  
 \$33(R) \$40(N) Age: 50Y and up  
 94000 9-10am Tue, Thu-Fri Aug 04-28

### ADULT SMALL GROUP TRAINING WITH SARA

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

South Bellevue Community Center  
 \$60(R) \$75(N) Age: 18Y and up  
 89912 7-7:50pm Mon May 04-18  
 94202 7-7:50pm Mon Jul 06-20  
 94203 7-7:50pm Mon Aug 03-17  
 \$100(R) \$125(N) Age: 18Y and up  
 89913 7-7:50pm Mon Jun 01-29

### POST-REHAB STRENGTH AND CONDITIONING

This class is designed to rebuild your balance and core stability after injury or illness. It is geared toward those who are recovering from injuries and are returning to physical activity, or those who suffer from chronic or reoccurring injuries. It is focused on developing and/or regaining core strength and stability through exercises using body weight resistance, resistance bands, and balance equipment. Exercises will be adaptable to accommodate for injuries and fitness levels. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 3/Max 15

South Bellevue Community Center  
 \$48(R) \$56(N) All Ages  
 90256 9:15-10:15am Tue, Thu May 05-28  
 90257 9:15-10:15am Tue, Thu Jun 02-25  
 \$36(R) \$42(N) All Ages  
 90258 9:15-10:15am Tue, Thu Jun 30-Jul 23  
 90259 9:15-10:15am Tue, Thu Aug 04-20

## Body & Mind

### BARRE CLASS

Karan's Barre Class draws from the best parts of barre, yoga, dance, and Pilates to produce a breakthrough workout that will knock your leg warmers off. Every step has been meticulously designed to build strength, endurance, and grace, while also creating longer and leaner muscles that are far more resistant to injury. All this, while having fun! In a remarkably brief time, this class will give you significant improvement in flexibility, strength, resilience, posture, energy, stamina, and balance. A Flex Card is available for this class. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 8/Max 20

South Bellevue Community Center  
 \$160(R) \$192(N) Age: 13Y and up  
 90010 9-10am Mon, Wed May 04-Jun 29  
 \$108(R) \$128(N) Age: 13Y and up  
 89993 6:15-7:15pm Tue May 05-Jun 30  
 \$170(R) \$204(N) Age: 13Y and up  
 89998 6:15-7:15pm Tue, Thu May 05-Jun 30  
 \$96(R) \$114(N) Age: 13Y and up  
 90009 9-10am Mon May 04-Jun 29  
 90008 9-10am Wed May 06-Jun 24  
 89994 6:15-7:15pm Thu May 07-Jun 25  
 90024 9-10am Wed Jul 01-Aug 19  
 89995 6:15-7:15pm Thu Jul 02-Aug 20  
 \$150(R) \$180(N) Age: 13Y and up  
 90023 9-10am Wed, Mon Jul 01-Aug 19  
 90000 6:15-7:15pm Thu, Tue Jul 02-Aug 20  
 \$84(R) \$100(N) Age: 13Y and up  
 90022 9-10am Mon Jul 06-Aug 17  
 89999 6:15-7:15pm Tue Jul 07-Aug 18

### PILATES

This instructional class focuses on correct form/postural alignment, strengthening 'core' muscles, increasing body awareness and improving balance and flexibility. We combine pilates with yoga and barre exercises using bands, balls, and small weights. All fitness levels welcome. A Flex Card is available for this class. To register during a session call South Bellevue Community Center at (425) 452-4240. Min 5/Max 20

South Bellevue Community Center  
 \$77(R) \$92(N) Age: 13Y and up  
 90239 9:15-10:15am Fri May 01-Jun 19  
 90238 7-8pm Mon May 04-Jun 22  
 \$66(R) \$78(N) Age: 13Y and up  
 90240 7-8pm Mon Jul 06-Aug 10

### PURNA YOGA CLASSES

Students gain flexibility, strength and coordination by focusing on correct alignment while using props to make each pose accessible. Classes help each student feel more centered and peaceful while developing a deeper relationship with body, mind and spirit. With 2000 hours of teacher training, your Certified Purna Yoga teacher has a wealth of knowledge to share with you. All levels classes welcome beginning and experienced students to learn and to expand their knowledge of yoga poses. Wear comfortable clothing and bring a yoga mat to class if you have one. Additional props will be provided. A Flex Card is available for this class. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 5/Max 20

South Bellevue Community Center  
 \$72(R) \$84(N) Age: 13Y and up  
 90269 7:15-8:30pm Tue May 05-Jun 09  
 90270 7:15-8:30pm Thu May 07-Jun 11  
 \$60(R) \$72(N) Age: 13Y and up  
 90271 7:15-8:30pm Tue Jun 16-Jul 14  
 90272 7:15-8:30pm Thu Jun 18-Jul 16  
 90273 7:15-8:30pm Tue Jul 21-Aug 18  
 90274 7:15-8:30pm Thu Jul 23-Aug 20

### PURNA YOGA LEVEL 2

Focusing on correct alignment while using props to make each pose accessible, students gain flexibility, strength and coordination. Purna Yoga also helps each student feel more centered and peaceful as you learn to develop a new relationship with your body, mind and spirit. With 2000 hours of teacher training, your teacher has a wealth of knowledge to share with you. The Level 2 classes welcome experienced students to expand their knowledge of the yoga poses. Students should bring a yoga mat to class. Additional props will be furnished. A Flex Card is available for this class. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 1/Max 30

South Bellevue Community Center  
 \$48(R) \$58(N) Age: 13Y and up  
 90299 11:45am-1pm Sun May 03-31  
 90300 11:45am-1pm Sun Jun 07-28  
 90301 11:45am-1pm Sun Jul 12-Aug 02  
 \$36(R) \$43(N) Age: 13Y and up  
 90302 11:45am-1pm Sun Aug 09-23



## PERSONAL TRAINING

*Appointments can be scheduled by contacting the trainers directly.*

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

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

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

Youth ages 10-15 may work with a trainer with a parent/guardian present for the initial appointment.

### FREE Fitness Assessments

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

### Youth Privileges

We welcome 10-12yr olds to exercise in the Fitness Center. Students may use only the cardio equipment and must be accompanied by an adult. Other requirements include a doctor's note, age verification, a waiver signed by youth and adult, and attendance by both the youth and adult at a Youth Orientation.

### Personal Training Rates

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

## MEET OUR PERSONAL TRAINERS

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

**Phone:** 425-765-8980

**Email:** sara.atc@gmail.com



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

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

### Mihai Suvagau

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

**Phone:** 425-444-2729

**Email:** coach1mihai@gmail.com



With two AAS degrees, one in Exercise Science and one in Massage Therapy and eleven national certifications, Coach Mihai has developed a training style that focuses on results. No frills and no 'fillers', just focused results. His specialty is weight loss, strength training and

injury rehab and for the past 5 years he has helped hundreds of clients. He believes that everyone should achieve the strongest and healthiest version of themselves and he strives to help everyone achieve their goals in the shortest time possible.

**Diane DeFuria, LMP, NSCA-CPT**

**Phone:** 425-221-0070

**Email:** ddefuria@msn.com



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

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

### Diane Price,

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

**Phone:** 425-691-7594

**Email:** diane.price@outlook.com



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

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



## SUMMER STUDENT SPECIAL

3-month pass available: \$75(R) \$90(N)

Stay fit and active throughout the summer! Students age 18-23 are eligible for a 3-month Fitness Center pass. For more information contact the South Bellevue Community Center, 425-452-4240.



## Fitness Centers at North and South Bellevue Community Centers

The Fitness Center at South Bellevue Community Center features state of the art treadmills, bikes, elliptical trainers, weight training machines and free weights. The Fitness Center is designed for adult use, as well as teens, ages 10+, with direct adult supervision, or 16+ with parent permission. Please plan on attending one of the free, drop-in one hour orientation classes before your first exercise visit.

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

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

**Included in North Bellevue Community Center Fitness Center fees:** Fitness Center (cardio/weights), assistance from staff, and orientation. **Now accepting Silver Sneakers members!**

### Fitness Center Fees

Visit our Website for the current Fitness Center fees:

**North Bellevue Community Center**  
[bellevuewa.gov/10595.htm](http://bellevuewa.gov/10595.htm)

**South Bellevue Community Center**  
[bellevuewa.gov/sbcc-fitness-center.htm](http://bellevuewa.gov/sbcc-fitness-center.htm)

## Bellevue Fire Department CPR Training Programs

The Bellevue Fire Department offers citizen CPR/AED 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 are also available at your location for groups of 6 or more. Please call 425-452-7673 for more information.

### INFANT CPR

The hands on Infant CPR course teaches CPR and choking intervention for infants from birth to one year of age. Skills test required for course completion card. The course is 3 hours in length. Please call 425-452-7673 for more information. Min 6/Max 10

#### Fire Station #1

\$35  
 90986 7-10pm Thu May 21  
 90987 7-10pm Thu Jul 16

Age: 14Y and up

### HEARTSAVER CPR AED CLASS FOR ADULTS/CHILDREN

The Adult/Child CPR hands-on course teaches warning signs of heart attack and stroke, CPR, AED and relief of choking for adult and child victims (1 to 8 years of age). Skills test required for course completion card. The course is 3 hours in length. Please call 425-452-7673 for more information. Min 6/Max 10

#### Fire Station #1

\$40

90966	7-10pm	Thu	Apr 02
90967	7-10pm	Tue	Apr 21
90968	7-10pm	Thu	May 07
90969	7-10pm	Tue	May 19
90970	7-10pm	Thu	Jun 04
90971	7-10pm	Tue	Jun 16
90972	7-10pm	Thu	Jul 09
90973	7-10pm	Tue	Jul 21
90974	7-10pm	Thu	Aug 06
90975	7-10pm	Tue	Aug 18

Age: 14Y and up

# jazzercise®

## NORTHWEST ARTS CENTER

9825 NE 24TH ST • 425-452-6046

Morning and evening sessions available throughout the week. For more information, visit [www.jazzercise.com](http://www.jazzercise.com) or call Lori Hollow - 206-632-3079.

## NORTH BELLEVUE COMM. CTR.

4063 148TH AVE NE • 425-452-7681

Morning and evening sessions available throughout the week. For more information, call Instructor Kris Rooke @ 425-894-4111, or visit the class web page at [www.jazzwithkris.com](http://www.jazzwithkris.com)

## SOUTH BELLEVUE COMM. CTR.

14509 SE NEWPORT WAY • 425-452-4240

Morning sessions available throughout the week. For more info, call Phyllis at 425-814-2134 or visit [www.jazzfitness.net](http://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.



CPR Classes • Fire Station #1  
 766 Bellevue Way SE





### STRONG AND FIT SENIORS/ ADULTS

This 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  
90326 10:15-11:15am Mon, Wed May 04-27  
90327 10:15-11:15am Mon, Wed Jun 01-29  
90328 10:15-11:15am Wed, Mon Jul 01-29  
\$42(R) \$49.50(N) Age: 18Y and up  
90329 10:15-11:15am Mon, Wed Aug 03-19

### 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  
\$24(R) \$30(N) Age: 18Y and up  
94009 10:30-11:30am Mon May 04-18  
\$32(R) \$40(N) Age: 18Y and up  
94002 10:30-11:30am Thu May 07-28  
94003 10:30-11:30am Thu Jun 04-25  
94007 10:30-11:30am Mon Jul 06-27  
94005 10:30-11:30am Thu Aug 06-27  
\$40(R) \$50(N) Age: 18Y and up  
94006 10:30-11:30am Mon Jun 01-29  
94004 10:30-11:30am Thu Jul 02-30  
94008 10:30-11:30am Mon Aug 03-31

### 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  
\$55(R) \$66(N) Age: 18Y and up  
90489 3:30-4:30pm Tue May 26-Jun 23  
90490 3:30-4:30pm Thu May 28-Jun 25  
\$110(R) \$132(N) Age: 18Y and up  
90494 3:30-4:30pm Tue, Thu May 26-Jun 25  
\$88(R) \$105(N) Age: 18Y and up  
90495 3:30-4:30pm Tue, Thu Jul 07-Aug 13  
90498 3:30-4:30pm Tue, Thu Aug 25-Oct 15  
\$44(R) \$52(N) Age: 18Y and up  
90496 3:30-4:30pm Tue Jul 07-Aug 11  
90497 3:30-4:30pm Thu Jul 09-Aug 13  
90499 3:30-4:30pm Tue Aug 25-Oct 13  
90500 3:30-4:30pm Thu Aug 27-Oct 15

### YOGA FOR ADULTS 50+

Join us to find out why world-class athletes like Martina Navratilova say about yoga 'I love the way it makes me feel physically and mentally, both while I am doing it and afterward. Yoga combines core strength and spine flexibility...I believe that yoga is keeping me young and flexible, especially in my back.' Each class offers poses for stretching, active strengthening and deep relaxing. We focus on alignment for joint safety and use props to make poses accessible for many levels of experience and to help you progress individually. Benefits include: improved strength, flexibility and balance; reduced tension and worry; better bone, joint and weight health; increased mental clarity with an overall feeling of well-being. Wear comfortable clothing and bring a yoga mat if you have one. Min 5/Max 20

South Bellevue Community Center  
\$72(R) \$84(N) Age: 50Y and up  
90336 11:15am-12:30pm Tue May 05-Jun 09  
\$60(R) \$72(N) Age: 50Y and up  
90337 11:30am-12:30pm Tue Jun 16-Jul 14  
90338 11:15am-12:30pm Tue Jul 21-Aug 18

## Active Fitness

### GOURMET BIKERS

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

### BOOT CAMP WITH KARIE

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

South Bellevue Community Center  
\$73.50(R) \$87.50(N) Age: 13Y and up  
90043 8:45-9:45am Mon, Wed May 04-27  
\$134(R) \$159(N) Age: 13Y and up  
90063 8:45-9:45am Mon, Wed May 04-28  
9:15-10:15am Tue, Thu  
\$84(R) \$100(N) Age: 13Y and up  
90044 9:15-10:15am Tue, Thu May 05-28  
\$42(R) \$50(N) Age: 13Y and up  
90067 9:15-10:15am Tue May 05-26  
\$63(R) \$75(N) Age: 13Y and up  
90045 8:45-9:45am Mon, Wed Jun 01-17  
90046 9:15-10:15am Tue, Thu Jun 02-18  
\$107(R) \$127.50(N) Age: 13Y and up  
90047 8:45-9:45am Mon, Wed May 04-28  
9:15-10:15am Tue, Thu  
\$31.50(R) \$37.50(N) Age: 13Y and up  
90065 9:15-10:15am Tue Jun 02-16



HEALTHWAYS  
**SilverSneakers**  
FITNESS

**NEW: SILVER SNEAKERS AT  
NORTH BELLEVUE  
COMMUNITY CENTER**

Call the North Bellevue Community Center at 425-452-7681 for more information.



**CYCLE/STRETCH**

Join us for this new fusion class of beginner level indoor cycling and flexibility exercises. Class is specifically designed for those brand new to indoor cycling including: older adults, participants new to exercise, and overweight or de-conditioned participants. Come with your 'Can Do!' attitude and we will nurture you and teach you everything you need to know for success in this program. Increase cardiovascular fitness to ward off disease and increase flexibility for activities of daily living. Bring a standard size water bottle and a towel. Padded bike shorts or a gel seat cover are helpful. A Flex card is available for this class. To register during a session, call South Bellevue Community Center at 425-452-4240. Min 6/Max 15 South Bellevue Community Center

\$98(R)	\$118(N)	Age: 16Y and up
94284	10:35-11:35am	Tue, Thu May 05-Jun 18

**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 4/Max 10

South Bellevue Community Center

\$96(R)	\$112(N)	Age: 13Y and up
90102	6-7am	Mon, Wed May 04-Jun 29
90126	7:15-8:15pm	Mon, Wed May 04-Jun 29
\$56(R)	\$67(N)	Age: 13Y and up
90119	6-7am	Mon May 04-Jun 29
90124	7:15-8:15pm	Mon May 04-Jun 29
90129	6-7am	Wed May 06-Jun 24
90130	7:15-8:15pm	Wed May 06-Jun 24
\$75(R)	\$90(N)	Age: 13Y and up
90125	6-7am	Wed, Mon Jul 01-Aug 19

**TOTAL BODY FITNESS**

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

\$44(R)	\$52.50(N)	Age: 16Y and up
90387	6-6:50am	Fri May 01-29
\$70(R)	\$84(N)	Age: 16Y and up
90386	6-6:50am	Tue, Thu May 05-28
\$79(R)	\$94.50(N)	Age: 16Y and up
90388	6-6:50am	Tue, Thu Jun 02-30
90390	6-6:50am	Thu, Tue Jul 02-30
\$35(R)	\$42(N)	Age: 16Y and up
90389	6-6:50am	Fri Jun 05-26
90391	6-6:50am	Fri Jul 10-31
\$52.50(R)	\$63(N)	Age: 16Y and up
90392	6-6:50am	Tue, Thu Aug 04-20
\$26(R)	\$31.50(N)	Age: 16Y and up
90409	6-6:50am	Fri Aug 07-21

**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
90354	9:15-10:15am	Fri May 01-Jun 19
90360	6-7pm	Mon May 04-Jun 29
90361	6-7pm	Wed May 06-Jun 24
90366	9:30-10:30am	Tue, Thu Jul 07-30
\$96(R)	\$112(N)	Age: 13Y and up
90359	6-7pm	Mon, Wed May 04-Jun 29
\$84(R)	\$98(N)	Age: 13Y and up
90352	10-11am	Wed May 06-Jun 19
	9:15-10:15am	Fri
\$49(R)	\$59.50(N)	Age: 13Y and up
90353	10-11am	Wed May 06-Jun 17
\$48(R)	\$56(N)	Age: 13Y and up
90370	6-7pm	Mon, Wed Jul 06-29
\$42(R)	\$51(N)	Age: 13Y and up
90376	6-7pm	Mon, Wed Aug 03-19
\$36(R)	\$42(N)	Age: 13Y and up
90377	9:30-10:30am	Tue, Thu Aug 04-20





# Fitness for Youth, Teens, and Family

## Parkour

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

### PARKOUR KIDS LEVEL 2

The Parkour Kids Level 2 class welcomes students who have attended the Level 1 class and have tested up through the in-program achievement system. Level 2 provides new skill, strength, and goal challenges. Students focus on advanced Parkour techniques which require motor control, strength, power, agility, and the ability to apply it to all movement development. Focus is on games, skill challenges, strength achievements, and time trials. To register during a session, call the South Bellevue Community Center at (425) 452-4240. Attend the Wed/Fri combo class at a 10% discount. Min 6/Max 32

South Bellevue Community Center			
\$77.50(R)	\$92.50(N)	Age: 9Y - 16Y	
90230	6-6:55pm	Fri	May 01-29
\$126(R)	\$150(N)	Age: 9Y - 16Y	
95132	6-6:55pm	Fri, Wed	May 01-29
\$62(R)	\$74(N)	Age: 9Y - 16Y	
95142	6-6:55pm	Wed	May 06-27
95143	6-6:55pm	Wed	Jun 03-24
90231	6-6:55pm	Fri	Jun 05-26
95144	6-6:55pm	Wed	Jul 01-22
\$112(R)	\$132(N)	Age: 9Y - 16Y	
95133	6-6:55pm	Wed, Fri	Jun 03-26
\$98(R)	\$115.50(N)	Age: 9Y - 16Y	
95134	6-6:55pm	Wed, Fri	Jul 01-24
\$46.50(R)	\$55.50(N)	Age: 9Y - 16Y	
90232	6-6:55pm	Fri	Jul 10-24
95145	6-6:55pm	Wed	Aug 05-19
90233	6-6:55pm	Fri	Aug 07-21
\$84(R)	\$99(N)	Age: 9Y - 16Y	
95135	6-6:55pm	Wed, Fri	Aug 05-21



### HOMESCHOOL PHYSICAL EDUCATION (PARKOUR) AGES 5-8

Experience movement like never before! The fun begins with exciting warmups, games, Parkour skill training, obstacle courses and an interactive achievement system. We invite you to join our community where students are challenged to meet personal goals, gain new strengths and create strong friendships. Our coaches view movement as a life-long activity. We monitor each student's body mechanics to ensure proper movement patterns that lead to pain free movement for life. Throughout this course students will set and track goals that are individually tailored to their needs. Students will learn to rise to new challenges both mentally and physically while developing group self-awareness and self esteem. To keep parents up to date, achievement records will contain physical and social milestones, focus areas, and current skill level. To register during a session, please call South Bellevue Community Center at 425-452-4240. Min 6/Max 32

South Bellevue Community Center			
\$56(R)	\$68(N)	Age: 5Y - 8Y	
94322	12:30-1:25pm	Tue	May 05-26
94323	12:30-1:25pm	Thu	May 07-28
\$42(R)	\$51(N)	Age: 5Y - 8Y	
94324	12:30-1:25pm	Tue	Jun 02-16
94325	12:30-1:25pm	Thu	Jun 04-18

### HOMESCHOOL PHYSICAL EDUCATION (PARKOUR) AGES 9-13

Experience movement like never before! The fun begins with exciting warmups, games, Parkour skill training, obstacle courses and an interactive achievement system. We invite you to join our community where students are challenged to meet personal goals, gain new strengths and create strong friendships. Our coaches view movement as a life-long activity. We monitor each student's body mechanics to ensure proper movement patterns that lead to pain free movement for life. Throughout this course students will set and track goals that are individually tailored to their needs. Students will learn to rise to new challenges both mentally and physically while developing group self-awareness and self esteem. To keep parents up to date, achievement records will contain physical and social milestones, focus areas, and current skill level. To register during a session, please call South Bellevue Community Center at 425-452-4240. Min 6/Max 32

South Bellevue Community Center			
\$56(R)	\$68(N)	Age: 9Y - 13Y	
90082	1:30pm-2:25pm	Tue	May 05-26
90087	11:30am-12:25pm	Thu	May 07-28
\$42(R)	\$51(N)	Age: 9Y - 13Y	
90086	1:30pm-2:25pm	Tue	Jun 02-16
90083	11:30am-12:25pm	Thu	Jun 04-18



### PARKOUR KIDS LEVEL 1

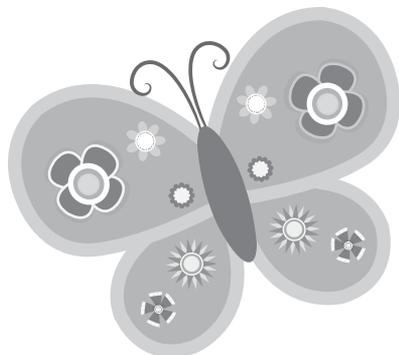
The Parkour Kids Level 1 class establishes a strong physical foundation by educating students on the six milestones of Parkour. Students develop the basic motor control, strength and skill to optimize safety. Kids class focuses on games, skill challenges, obstacles, and all out fun! To register during a session, call the South Bellevue Community Center at (425) 452-4240. Sign up for 2 classes a week and receive a 10% discount. Min 6/Max 32

South Bellevue Community Center			
\$77.50(R)	\$92.50(N)	Age: 6Y - 12Y	
90190	5-5:55pm	Fri	May 01-29
\$126(R)	\$150	Age: 6Y - 12Y	
90191	5-5:55pm	Fri, Wed	May 01-29
\$62(R)	\$74(N)	Age: 6Y - 12Y	
90189	5-5:55pm	Wed	May 06-27
90204	5-5:55pm	Wed	Jun 03-24
90197	5-5:55pm	Fri	Jun 05-26
90206	5-5:55pm	Wed	Jul 01-22
\$112(R)	\$132(N)	Age: 6Y - 12Y	
90198	5-5:55pm	Wed, Fri	Jun 03-26
\$98(R)	\$115.50(N)	Age: 6Y - 12Y	
90199	5-5:55pm	Wed, Fri	Jul 01-24
\$46.50(R)	\$55.50(N)	Age: 6Y - 12Y	
90215	5-5:55pm	Fri	Jul 10-24
90200	5-5:55pm	Wed	Aug 05-19
90201	5-5:55pm	Fri	Aug 07-21
\$84(R)	\$99(N)	Age: 6Y - 12Y	
90216	5-5:55pm	Wed, Fri	Aug 05-21

### FITNESS - SPORTBALL FITKIDS

Sportball Fitkids is a fun, functional, fitness program for kids ages 6-10 to improve overall fitness with non-competitive sports instruction and health education. By incorporating age-appropriate exercises and exciting high energy games, instructed by trained and certified professionals, kids build flexibility, endurance, agility, and core strength. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 4/Max 10

South Bellevue Community Center			
\$78(R)	\$93(N)	Age: 6Y - 10Y	
90318	5-5:55pm	Mon	May 04-Jun 15



### YOUTH SMALL GROUP TRAINING WITH SARA

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

South Bellevue Community Center			
\$120(R)	\$150(N)	Age: 12Y - 18Y	
89908	6-6:50pm	Mon	May 04-Jun 15
\$100(R)	\$125(N)	Age: 12Y - 18Y	
89905	6-6:50pm	Mon	Jun 22-Jul 20

## Martial Arts

### TAI CHI- WEDNESDAY PRACTICE

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

North Bellevue Community Center			
FREE		Age: 18Y and up	
90923	9-10:30am	Wed	Jun 17-Oct 14

### YANG STYLE TAI CHI: BEGINNER

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

South Bellevue Community Center			
\$50(R)	\$60	Age: 16Y and up	
89917	9-9:55am	Sat	Jun 13-Jul 18



### YANG STYLE TAI CHI: INTERMEDIATE

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

South Bellevue Community Center			
\$50(R)	\$60(N)	Age: 16Y and up	
89923	10-10:55am	Sat	Jun 13-Jul 18

### NAGINATA

This form of Japanese martial art shows both power and grace. It is characterized by the grandeur of its sweeping movements of the Naginata, a Japanese sword on the end of a six foot pole. This art is for people of all ages interested in either competitive fighting, or in the physical beauty of choreographed, practiced movements called 'kata'. Beginners are welcome but please contact instructor before registering (425) 736-5663. Thursday is an advanced class. Students must have completed one-quarter before registering for the Thursday class. Visit their website [www.pnnf.org](http://www.pnnf.org) Instructor: Kurt and Karen Schmucker have represented the United States in the International Naginata Federation World Championships. Min 7/Max 11

Northwest Arts Center			
\$144(R)	\$169(N)	Age: 13Y and up	
93937	7-9pm	Tue, Thu	Jul 07-Aug 27
\$96(R)	\$116(N)	Age: 13Y and up	
93939	7-9pm	Tue	Jul 07-Aug 25
93938	7-9pm	Thu	Jul 09-Aug 27

## TAEKWONDO

An ancient Korean Martial Art, Taekwondo is a system of practical techniques used for self-defense. Instruction is designed to physically emphasize kicks and punches that strengthen and condition the whole body and mentally promote confidence, patience, and respect. For the 6pm class, students must be 10 yrs old or have instructor permission. To register during a session call South Bellevue Community Center at (425) 452-4240. Min 8/Max 28

South Bellevue Community Center  
 \$26.50(R) \$31.50(N) Age: 6Y and up  
 89939 4- 4:50pm Tue, Thu May 19-28  
 89940 5- 5:50pm Tue, Thu May 19-28  
 \$53(R) \$63(N) Age: 6Y and up  
 89946 5- 5:50pm Tue, Thu Jun 02-25  
 89947 4- 4:50pm Tue, Thu Jun 02-25  
 89944 5- 5:50pm Tue, Thu Jul 07-30  
 89948 4- 4:50pm Tue, Thu Jul 07-30  
 \$40(R) \$47(N) Age: 6Y and up  
 89942 5- 5:50pm Tue, Thu Aug 04-20  
 89949 4- 4:50pm Tue, Thu Aug 04-20  
 \$26.50(R) \$31.50(N) Age: 10Y and up  
 89941 6- 6:50pm Tue, Thu May 19-28  
 \$53(R) \$63(N) Age: 10Y and up  
 89945 6- 6:50pm Tue, Thu Jun 02-25  
 89943 6- 6:50pm Tue, Thu Jul 07-30  
 \$40(R) \$47(N) Age: 10Y and up  
 89950 6- 6:50pm Tue, Thu Aug 04-20



## TAEKWONDO

Taekwondo is a Korean Marial Art that uses hands and feet. The art helps bring confidence, fitness, and mental growth. Have you always wanted to learn a martial art, it is time to try and experience it. Learning the art requires only an open mind and it is never late to join the classes. Instructor Kamal Srinivasan has worked with students of various ages and is well versed in the art of self defense. The class teaches you to train both body and mind. A typical class starts with warm-ups and there will be a combination of kicks, punches, forms, sparring, and target practice. Min 3/Max 20

North Bellevue Community Center  
 \$30(R) \$30(N) Age: 16Y and up  
 94023 6- 7:30pm Thu May 07-28  
 94024 6- 7:30pm Thu Jun 04-25  
 94025 6- 7:30pm Thu Jul 02-30  
 94026 6- 7:30pm Thu Aug 06-27

## MINI KICKERS MARTIAL ARTS

Mini-Kickers teaches basic kicks and strikes to young children in an active, fun and positive environment. The instructor is a second degree black belt who has been studying and teaching Tae Kwon Do for 15 years, and has competed on a national level and coached many students in national tournaments and Junior Olympics.

Uniforms may be purchased through instructor. Sparring equipment is an optional purchase. Min 6/Max 30

Northwest Arts Center  
 \$215(R) \$239(N) Age: 4Y - 10Y  
 93940 4:30- 5:15pm Mon, Wed Jun 29-Aug 26

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

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

North Bellevue Community Center  
 \$48(R) \$58(N) Age: 5Y - 12Y  
 95174 5:15- 6:30pm Mon, Wed May 04-27  
 95175 5:15- 6:30pm Mon, Wed Jun 01-24  
 95176 5:15- 7:30pm Mon, Wed Jul 01-29  
 95177 5:15- 7:30pm Wed, Mon Aug 03-26

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

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

North Bellevue Community Center  
 \$48(R) \$58(N) Age: 13Y and up  
 95178 6:30- 7:30pm Mon, Wed May 04-27  
 95179 6:30- 7:30pm Mon, Wed Jun 01-24  
 95180 6:30- 7:30pm Mon, Wed Jul 01-29  
 95181 6:30- 7:30pm Wed, Mon Aug 03-26

## INTERMEDIATE KENDO

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

Highland Community Center  
 \$70(R) \$84(N) Age: 8Y and up  
 91094 6:30- 8pm Fri May 29-Aug 14

## ADVANCED KENDO

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

Highland Community Center  
 \$70(R) \$84(N) Age: 8Y and up  
 91098 7:30- 9:30pm Fri May 29-Aug 14

# Outdoor & Natural Resources



## TRACKS: BUILDING A HEALTHY COMMUNITY THROUGH OUTDOOR ADVENTURE!

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

For more information on any TRACKS programs contact [jwalenga@bellevuewa.gov](mailto:jwalenga@bellevuewa.gov) or call 425-452-6883.

## OUR EDIBLE FORESTS: MOREL MUSHROOMS

Learn about foraging for mushrooms in the Spring in the Pacific Northwest! Puget Sound Mycological Society Past-President Marian Maxwell will explain the basics, including types of mushrooms to hunt in the Spring, permits required, cooking, preservation, dangers and types of habitats in which to hunt. Min 5/Max 35 Highland Community Center

\$10(R) \$12(R) Age: 14Y and up  
93989 7-8pm Thu May 07

## GEOCACHING 101

This free event will send you on a treasure hunt right outside your door. There are hundreds of Geocaches hidden throughout Bellevue, and this course will give you the tools to find them. Learn how to use the App or a GPS, how to engage with a growing community of geocachers, and help you find your first cache. An endless world of exploration, puzzle solving, and discovery awaits! Dress to head outdoors on your search. If you have a smartphone or GPS bring it with you! Presented with the Washington State Geocaching Alliance. For more information head to [www.geocaching.com](http://www.geocaching.com) or email [jwalenga@bellevuewa.gov](mailto:jwalenga@bellevuewa.gov). Min 5/Max 30 Lewis Creek Park

FREE Age: 2Y and up  
94578 10-11:30am Sun May 17

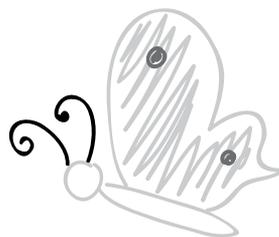
## HIKING SERIES MOUNT SI COMMUNITY CLIMB

It's been said everyone in the Puget Sound should climb Mount Si at least once. TRACKS wants to help you reach that goal. We will provide transportation, training trip leaders, and all the encouragement you'll need. This trail is 8 miles round trip and has an elevation gain of 3150 feet. Participants should be in moderate to good physical condition and dressed for the weather. Please bring plenty of water and snacks. For more information contact [jwalenga@bellevuewa.gov](mailto:jwalenga@bellevuewa.gov)

Min 4/Max 12

Highland Community Center

\$5 Age: 8Y and up  
94584 9am-4pm Sun May 10



## TUESDAY TRAILS - SENIOR HIKING SERIES

This easy hiking series is designed for active seniors looking to explore the beautiful trails around Bellevue. Every Tuesday this spring, we will meet at the Highland Community Center and ride to a trailhead in the Issaquah Alps, Cascades, or other scenic areas nearby. Hikes will be between 3 and 7 miles and specifically chosen for the over 50 crowd. Dress for the weather and bring a lunch and water. For more information contact [jwalenga@bellevuewa.gov](mailto:jwalenga@bellevuewa.gov) or call 425-452-6883. Transportation Provided. Pre-registration is required. Min 5/Max 12

Highland Community Center

			Age: 50Y and up
93019	10am-3:30pm	Tue	May 05
93020	10am-3:30pm	Tue	May 12
93021	10am-3:30pm	Tue	May 19
93022	10am-3:30pm	Tue	May 26
93023	10am-3:30pm	Tue	Jun 02
93024	10am-3:30pm	Tue	Jun 09
93025	10am-3:30pm	Tue	Jun 16
93026	10am-3:30pm	Tue	Jun 23

## VISITOR CENTERS

Botanical Garden Visitor Center

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

**Location:** 12001 Main Street, 98005

**Hours:** 9am - 4pm daily

**Phone:** 425-452-2750

**Website:** [www.bellevuewa.gov/botanical\\_garden.htm](http://www.bellevuewa.gov/botanical_garden.htm)

Lake Hills Greenbelt Ranger Station

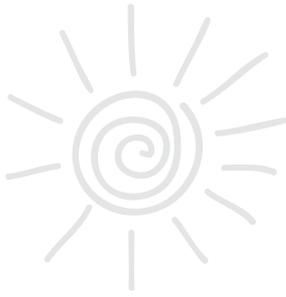
Surrounded by community farms, gardens, and beautiful wetlands, you will find interpretive information, and nature trails. Come into the ranger station for environmental program information or to get community farm and garden information.

**Location:** 15416 SE 16th Street, 98007

**Hours:** Tue - Sat, noon-4pm

**Phone:** 425-452-7225

**Website:** [www.bellevuewa.gov/lake\\_hills\\_greenbelt.htm](http://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](http://www.bellevuewa.gov/lewis_creek_park.htm)

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

**Location:** 1625 118th Ave SE, 98005

**Hours:** Daily, 10am-4pm

**Phone:** 425-452-2565

**Website:** [www.bellevuewa.gov/mseec.htm](http://www.bellevuewa.gov/mseec.htm)

**FAMILY DISCOVERY SERIES**

**ART IN NATURE EXHIBITS**

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

**WHEN:** Facility Hours

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

**COST:** Free

**DISCOVERY BACKPACKS**

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

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

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

**COST:** FREE!

**INFO:** 425-452-2565

**FAMILY DISCOVERY: LEWIS CREEK EXPLORERS' CLUB**

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

**Frequent Fliers: Migratory Birds of Lewis Creek**

Did you know that some birds migrate thousands of miles every year? Migratory birds are the true international jet setters! Come and learn about the migratory birds that return to Lewis Creek each year. We'll be going on a walk to spot some birds for ourselves; be sure to dress for the weather and wear sturdy shoes.

\$2(R) \$3(N) Age: 5Y and up  
94451 1-2pm Sat May 09

**Owl Prowl**

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

\$5 \$6 Age: 5Y and up  
94452 7:30-9pm Fri May 15

**Bat Walk**

Discover the local bat species of Lewis Creek! Then, take a bat hike with a Ranger at dusk to watch for bats leaving their roosting sites! Bring a flashlight or headlamp, as well as good shoes, for the journey!

\$2 \$3 Age: 5Y and up  
94453 7:30-9pm Fri May 29  
94454 7:30-9pm Fri Aug 14

**Pond Dip**

The edges of ponds and wetlands are great places for 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?!

FREE Age: 5Y and up  
1-2pm Sat Jun 13

**Night Hike**

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

\$2 \$3 Age: 5Y and up  
94456 7:30-9pm Fri Jun 26  
94457 7:30-9pm Fri Aug 28

**Tree Detectives**

How can you use clues, like leaves, flowers, and bark to solve the tree mystery at Lewis Creek? Come discover how to identify different trees that are found in your own backyard!

FREE Age: 5Y and up  
1-2pm Sat Jun 27

**A Midsummer Night's Stream**

SSSSHHHHHHH!!! What do you see and hear at a stream on a summer's night? Quietly observe Lewis Creek with a Ranger, and find out what the creek is like at night! Bring a flashlight or headlamp, as well as good shoes and warm clothes, for the journey!

\$2 \$3 Age: 5Y and up  
94459 7:30-9pm Fri Jul 17

**What's in the Forest Floor?**

There's so much more to the forest floor than just soil! Come and learn about all the creepy crawlies and other organisms that make the forest floor home.

FREE Age: 5Y and up  
1-2pm Sat Jul 25



**LEWIS CREEK FILM SERIES**

Lewis Creek Visitor Center

**Hummingbirds: Magic in the Air**

Discover the fast and marvelous lives of the tiniest warm-blooded animals on Earth as they are captured at 500 images per second, from nose dives to mating rituals. Running time 73 minutes.

FREE Age: 8Y and up  
2-3:15pm Sun May 10

**Wolves: A Legend Returns to Yellowstone**

After being hunted to the brink of extinction, this majestic misunderstood wolf is attempting the comeback of the century in America's beloved Yellowstone Park. Four years in the making, this amazing film invited you to run with the pack for a wolf's-eye-view. Witness the unfolding saga of hardships and affection and the controversy surrounding the decision to reintroduce these wolves back into the heart of the West. Running time: 60 minutes.

FREE Age: 8Y and up  
2-3pm Sun Jun 14

**Jane Goodall's When Animals Talk**

Just like any pet owner, Jane Goodall believes that all animals can talk -- it's just that we don't always understand what they're saying. When Animals Talk recounts the amazing stories of animals that have changed the lives of the people they've touched. We witness how animals can learn our language and find unique human-animal partnerships that make the world a better place. Running time: 55 min

FREE Age: 8Y and up  
2-3pm Sun Jul 12

**Raptor Force**

Humans have had a unique relationship with raptors for more than four thousand years, first through the ancient sport of falconry, and, more recently, as scientists and engineers have turned to these mighty birds as the inspiration for the latest in aircraft design. In Raptor Force, you'll learn the secrets of these astonishing aerialists, and how they've mastered, more than any other type of bird, the art of soaring. Running time: approx. 60 min.

FREE Age: 8Y and up  
2-3pm Sun Aug 09

**NATIVE AMERICAN GAMES**

Come play some games developed by local Native Americans. Did you know that many of the games we play today were originally developed by these peoples? Discover the rules for the game Slahal, in the Native American way, when you join Eastside Heritage Center volunteer, Barb Williams, for this fun, skill-building and active game program. Be prepared to go outside and to learn something new! This program is presented by the Eastside Heritage Center in partnership with Bellevue Parks & Community Services. Min 5/Max 15

Lake Hills Greenbelt Ranger Station  
FREE Age: 8Y and up  
94335 2-3:30pm Sat Jun 27

**Slithering Snakes and Creepy Crawlies**

Young Verdi doesn't want to grow up to be a big green snake. Come find out how Verdi discovers turning green doesn't stop him from being himself! We always make a fun craft to take home!

\$2(R) \$3(N) Age: 3Y and up  
94443 11am-12pm Fri May 01  
94444 1:30-2:30pm Fri May 01

**FAMILY DISCOVERY: STORY TIME SERIES**

Look, listen and create during an hour of stories and crafts on the 1st Friday of every month. Parents and children will explore together the diverse animal world with animated fiction and fun. Pre-registration is required. All children must be accompanied by a registered adult. Min 2/Max 20  
Lewis Creek Visitor Center

**Slithering Snakes and Creepy Crawlies**

Young Verdi doesn't want to grow up to be a big green snake. Come find out how Verdi discovers turning green doesn't stop him from being himself! We always make a fun craft to take home!

\$2(R) \$3(N) Age: 3Y and up  
94443 11am-12pm Fri May 01  
94444 1:30-2:30pm Fri May 01

**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!

\$2(R) \$3(N) Age: 3Y and up  
94445 11am-12pm Fri Jun 05  
94446 1:30-2:30pm Fri Jun 05

**Dream Weaver**

Weave along with a small yellow spider as she enchants and inspires you! We always make a fun craft to take home!

\$2(R) \$3(N) Age: 3Y and up  
94447 11am-12pm Fri Jul 10  
94448 1:30-2:30pm Fri Jul 10

**Voices of the Wild**

What animals do you hear when you walk through the woods? Come discover different animals voices and how they respond to YOU! We always make a fun craft to take home!

\$2(R) \$3(N) Age: 3Y and up  
94449 11am-12pm Fri Aug 07  
94450 1:30-2:30pm Fri Aug 07

**FAMILY DISCOVERY SERIES: MERCER SLOUGH RANGER PROGRAMS**

Join a Park Ranger at the Mercer Slough Environmental Education Center's Visitor Center for a FREE program. All ages welcome, children under 12 must be accompanied by an adult. A portion of the program may be outside, dress for the weather. No registration necessary. Min 1/Max 40  
Mercer Slough Nature Park

**Great Blue Herons**

Did you know that the Mercer Slough Nature Park is home to a great blue heron rookery? We'll learn about what makes the Slough such a great home for these long-legged birds.

FREE All Ages  
94659 2-3pm Sun May 03  
94660 2-3pm Sun May 10





# 2015 CAMPS FOR CURIOUS MINDS

## MERCER SLOUGH

ENVIRONMENTAL EDUCATION CENTER

Experience a summer of discovery, outdoor adventure and environmental science with camps for children in preschool through grade 12 offered by Pacific Science Center.

For program details and to register visit [pacificsciencecenter.org](http://pacificsciencecenter.org) or call (206) 443-2925.



The Mercer Slough Environmental Education Center is a collaboration between the City of Bellevue and Pacific Science Center.

1625 118th Avenue SE, Bellevue, WA 98005





**Backpacking and Encounters with Wildlife**   
 Washington State is a great place to explore. Come learn from a Park Ranger and TRACKS leader, Jenna Walenga, about preparing for your first hike or overnight backpacking trip. Includes information on what to bring, good trail etiquette, and proper wildlife safety while out in the woods.  
 FREE All Ages  
 94661 2-3pm Sun Jun 07  
 94662 2-3pm Sun Jun 14

**Energy of the Sun!**  
 Come learn about the amazing relationship we all have with the sun. Learn about how energy from the sun travels through animals and plants, and how without it, we could do nothing at all!  
 FREE All Ages  
 94663 2-3pm Sun Jul 12  
 94664 2-3pm Sun Jul 19

**Invasion of the Turtles**  
 Did you know that up to three different species of Turtles live in the Mercer Slough? Did you also know that only one of them is native? This free program will focus both on the Turtles that live in Mercer Slough, and what it means to be an Invasive Species in a natural setting.  
 FREE All Ages  
 94665 2-3pm Sun Aug 09  
 94666 2-3pm Sun Aug 30

**FAMILY DISCOVERY SERIES: MOVIES AT MERCER SLOUGH**  
 Join us every month for fun and engaging environmental movies. Bring a comfy blanket or pillow and we'll pop the popcorn. All children under 12 must be accompanied by an adult. No registration necessary. Info: 425-452-2565 or MSEEC@bellevuewa.gov  
 Mercer Slough Environ. Ed. Center  
 FREE Best for ages 8+

**Eagle - Master of the Skies**  
 Take a look at one of the world's most amazing animals, the North American Bald Eagle in this one hour wildlife special. Learn about the predator/prey relationship, and how eagles are important to a healthy ecosystem!  
 FREE Age: 1Y and up  
 94674 5-6pm Fri May 29

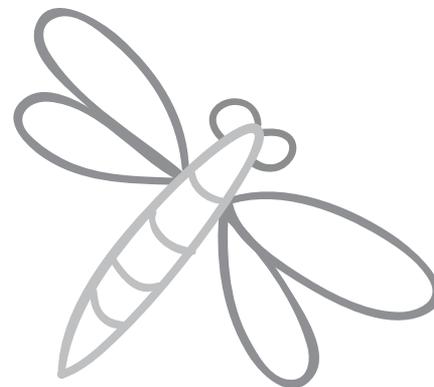


**Earth Navigators**  
 Each year, driven by the changing of seasons, millions of animals navigate from one spot to another, taking part in one of the world's many great migrations. This film explores both the native and exotic navigators of our world, and what drives them to travel such great distances.  
 FREE Age: 1Y and up  
 94675 5-6pm Fri Jun 26

**How the Earth Was Made**  
 How the Earth was made plots the twisting course of Earth's amazing journey. Using groundbreaking special effects and traveling to remote locations where our planet still bears the scars of its violent history, this compelling tells the story of unimaginable timescales, world shattering forces, and mass extinctions!  
 FREE Age: 1Y and up  
 94676 5-6pm Fri Jul 31

**REPTILES: Turtles and Tortoises**  
 A turtle's shell is among the most peculiar but successful pieces of design in the natural world. Unchanged for 200 million years, it has allowed the various species of turtles to populate almost everywhere in the world. This episode introduces some inspirational people who are trying to help the turtle keep thriving in our world!  
 FREE Age: 1Y and up  
 94677 5-6pm Fri Aug 28

**BUZZING BLUEBERRIES**  
 Bellevue has some wonderful opportunities for picking blueberries. How do the berries grow? It all starts with a bee or other pollinator. Bring your family to discover how important our pollinators are for blueberries and other plants, then you can check in with farm stands to pick blueberries. Farm stand rates apply to u-pick purchases. Please dress for the weather. Families are encouraged to attend. Meet at the Lake Hills Greenbelt Ranger Station, 15416 SE 16th St., Bellevue, WA 98008. Cost: Free! Plus U-pick blueberry rates. Registration is required. Info & to Register: 425-452-6993 or ParkRangerProgram@bellevuewa.gov. Min 2/Max 15  
 Lake Hills Greenbelt  
 FREE All Ages  
 94341 2-3:30pm Fri Jul 31  
 94342 2-3:30pm Fri Aug 14





## ADULT ENRICHMENT SERIES

### ADULT ENRICHMENT: LIVING WITH WILDLIFE SERIES

How do I get the deer to stop eating my rose bushes? What do I do about those mole hills in my yard? Just how smart are those crows and ravens going through my garbage? How fortunate we are to live in a city full of wildlife! But this also leaves us with the responsibility of learning how to live with our furry and feathered neighbors. Learn about the wildlife that lives in and around Bellevue and how to live in harmony with wild animals. No Registration Required. Lewis Creek Visitor Center  
 FREE Age: 12Y and up

#### Backyard Bats

Washington is home to 15 species of bats! Every fall these bats find a place to hibernate, hopefully avoiding human structures in their search. Find out what species live in Bellevue and how you can prevent your home from becoming a bat cave.  
 FREE Age: 12Y and up  
 1-2pm Sun Jul 26

#### That Woodpecker is Driving Me Crazy!

Tap-tap-tap-tap is the calling card of many woodpeckers in the summer months. What may be driving you crazy might actually be beneficial to you! Come and learn why Woodpeckers are a benefit to homeowners, and we can get along together.  
 FREE Age: 12Y and up  
 1-2pm Sun Aug 23

### LEWIS CREEK ADULT ENRICHMENT

Lewis Creek Visitor Center

#### Forest of Stone: Petrified Wood and our Geological Past

Did you know that petrified wood can be found in the Northwest? Join Paul Kester, president of the Northwest Paleontological Association for an exploration of all things petrified wood; what is it, how did it form, and what did these ancient forests look like? RSVP is required LCVC@Bellevue.gov  
 FREE Age: 13Y and up  
 2-3pm Sat May 16

#### Hot Topics in Washington State

Did you know that fire plays an important role in ecosystems? Many ecosystems have evolved with fire as a necessary contributor to a healthy habitat. Come discover how natural wildfires can be both beneficial to wildlife habitat, and learn how you can prevent unnatural wildfires from flaring up.  
 FREE Age: 12Y and up  
 1-2pm Sun Jun 21

### WHO'S THAT AT YOUR BIRD-FEEDER?

Join a Park Ranger to find out who is flying through your yard and might visit your birdfeeder. Learn about the different birds, what they eat and when you may see them. We will make a birdfeeder to take home. Families are encouraged to attend. Registration is required. For more information call 425-452-6993 or email ParkRanger-Program@bellevuewa.gov Min 1/Max 10  
 Lake Hills Greenbelt  
 FREE All Ages  
 90763 10-11am Fri Apr 24

### MERCER SLOUGH ADULT ENRICHMENT SERIES

Mercer Slough Environmental Education Center; 1625 118th Ave SE

#### The History of Mercer Slough

Presented by the Eastside Heritage Center; Take a look at Mercer Slough through the lens of time. Discover what our Nature Park was like before it was abused and how the city is helping it to heal.  
 FREE All Ages  
 94669 2-3pm Sun Jul 26

### MERCER SLOUGH HOT TOPIC SERIES

Learn about important conservation issues in your local and regional communities. Suggest topics you'd be interested in learning more about! Best for ages 12+. Info: 425-452-2565. Min 4/Max 25  
 Mercer Slough Nature Park

#### The Real Seahawks

Did you know that the Seahawk is a real bird that lives in Washington State? Come learn about Ospreys in this fascinating program. Find out why this bird was chosen as the mascot for your favorite football team.  
 FREE Age: 1Y and up  
 94671 2-3pm Sun Jun 28

### MERCER SLOUGH GUEST LECTURE SERIES

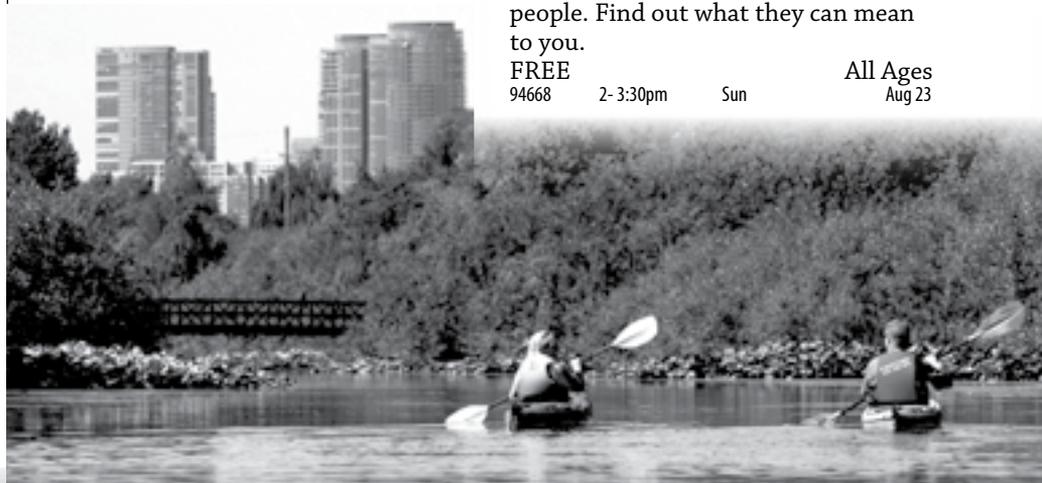
Mercer Slough Environmental Education Center; 1625 118th Ave SE

#### Birding in Zambia and Mercer Slough

Join guest speaker Hugh Jennings, as we travel to Zambia through his beautiful photos. Afterwards, take a walk with Hugh Jennings as you explore the birds of The Mercer Slough. This is a perfect time of year to see migrating birds, as well as our resident birds. Please dress for the weather and if you have binoculars please feel free to bring them along!  
 FREE All Ages  
 94667 2-3:30pm Sun May 17

#### Wolf Haven

Join this FREE, family-friendly program to discover the wild wolves that live in our state. Wolves mean a great many things to different groups of people. Find out what they can mean to you.  
 FREE All Ages  
 94668 2-3:30pm Sun Aug 23



**CULTURAL HISTORY PROGRAMS**

**HISTORIC HOUSE TOUR**

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

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

**WHERE:** Winters House, 2102 Bellevue Way SE

**COST:** FREE

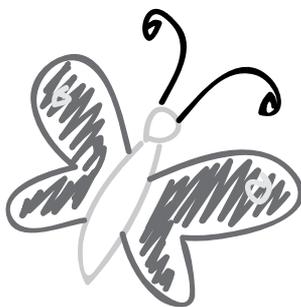
**AGES:** All

**FRASER CABIN HERITAGE PROGRAMS**

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

Kelsey Creek Farm Park  
FREE

		All Ages
11am-4pm	Sat	Apr 25
11am-3pm	Sat	May 16
11am-3pm	Sat	Jun 20
11am-3pm	Sat	Jul 18
11am-3pm	Sat	Aug 15



**TOURS, HIKES, WALKS, & OUTDOOR ACTIVITIES**

**BELLEVUE BOTANICAL GARDEN TOURS**

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

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

**Location:** Bellevue Botanical Garden Visitor Center  
12001 Main Street

**Information:** 425-451-3755

**Cost:** Free

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

**MERCER SLOUGH RANGER HIKE**

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

**WHEN:** Weekly, every Saturday 2-3pm.

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

**COST:** Free

**INFO:** 425-452-2565 or  
[MSEEC@bellevuewa.gov](mailto:MSEEC@bellevuewa.gov)

**LAKE HILLS GREENBELT RANGER HIKE**

Saturdays, 2-3pm  
Lake Hills Greenbelt Ranger Station,  
15416 SE 16th St.

Have you enjoyed the community gardens in Bellevue? Can you spot a nurse log? Join a Park Ranger for a free guided tour of the Greenbelt. Learn the history of the park, tour community gardens, and learn about local wildlife! Fun for the family! All ages welcome. Call 425-452-6993 for more information.

**LEWIS CREEK RANGER HIKES**

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

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

**Location:** Lewis Creek Visitor Center, 5808 Lakemont Blvd SE

**Cost:** Free!

**Info:** Call 425-452-4195

**CANOE THE MERCER SLOUGH**

**PRIOR PADDLING EXPERIENCE REQUIRED.** 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. Restrooms will not be available while on the water. Up to 3 people per canoe. Please dress for the weather. Ages 5+ only. Children and youth must have at least 1 adult present for every 2 children or youth. Participants must arrive in time for the safety talk to participate. Please call 425-452-2565 with any questions. Min 4/Max 14

				Age: 5Y and up
	\$16(R)	\$18(N)		
94545	8:30am-12pm	Sat		May 23
94546	8:30am-12pm	Sun		May 24
94547	8:30am-12pm	Sat		May 30
94548	8:30am-12pm	Sun		May 31
94549	8:30am-12pm	Sat		Jun 06
94550	8:30am-12pm	Sun		Jun 07
94551	8:30am-12pm	Sat		Jun 13
94552	8:30am-12pm	Sun		Jun 14
94553	8:30am-12pm	Sat		Jun 20
94554	8:30am-12pm	Sun		Jun 21
94555	8:30am-12pm	Sat		Jun 27
94556	8:30am-12pm	Sun		Jun 28
94557	8:30am-12pm	Sat		Jul 11
94558	8:30am-12pm	Sun		Jul 12
94559	8:30am-12pm	Sat		Jul 18
94560	8:30am-12pm	Sun		Jul 19
94561	8:30am-12pm	Sat		Jul 25
94562	8:30am-12pm	Sun		Jul 26
94563	8:30am-12pm	Sat		Aug 08
94564	8:30am-12pm	Sun		Aug 09
94565	8:30am-12pm	Sat		Aug 15
94566	8:30am-12pm	Sun		Aug 16
94567	8:30am-12pm	Sat		Aug 22
94568	8:30am-12pm	Sun		Aug 23
94569	8:30am-12pm	Sat		Aug 29
94570	8:30am-12pm	Sun		Aug 30



### LEWIS CREEK RANGER HIKES

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

Lewis Creek Park

FREE

		Age: 6Y and up
10:30-11:30am	Sat	May 02
10:30-11:30am	Sat	Jun 06
10:30-11:30am	Sat	Jul 11
10:30-11:30am	Sat	Aug 08

### LOCAL AREA RANGER 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 Min 1/Max 50

#### Coal Creek Natural Area

Discover Bellevue's largest park and get lost in the wilderness while still in the city! This area is rich in history and wildlife. Distance: 5 miles. Level of Difficulty: Moderate (100 feet elevation change) Meeting Place: Coal Creek East Trailhead (Newcastle Golf Club Road, west of Redtown Trailhead)

FREE

		Age: 6Y and up
10am-12pm	Sat	Jun 20
10am-12pm	Sat	Aug 15

#### Trails of South Bellevue

Explore the lesser-known trails of South Bellevue with a park ranger! Lakemont Highlands Open Spaces 10 a.m. - 12 p.m. Distance: 3.5 miles. Level of Difficulty: Difficult (350 feet elevation change).

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

FREE

		Age: 6Y and up
10am-12pm	Sat	Jul 18

### OWL PROWL

Join a Park Ranger on a night walk to look for owls as well as other nocturnal wildlife. Learn about and listen for the animals that thrive in the dark! Wear sturdy footwear and be ready to walk the trails in the dark. Bring a flashlight or headlamp for the journey. Pre-registration required. Min 2/Max 12

Lake Hills Greenbelt Ranger Station

FREE

94343 8-9pm Fri Age: 5Y and up Aug 28

### WOOF WALK

Join a Park Ranger and discover fascinating ecological facts about Bellevue City Parks. Bring your dog(s) and learn how you can enjoy your parks with your furry friends. Please dress for the weather. Dogs must be on a leash no longer than 6 feet. Families are encouraged to attend. For more information please call 425-452-6993 or email ParkRangerProgram@bellevuewa.gov Min 2/Max 10

FREE

Wilburton Hill Park, meet at kiosk at south end of parking lot

94344 10-11am Sun Jun 21

Robinswood Park, meet at kiosk near off-leash dog corral

94433 10-11am Sun Jul 19

Lake Hills Greenbelt, meet at kiosk at north end of community gardens parking lot

94434 10-11am Sun Aug 23

### COMMUNITY FARMS & GARDENS

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

### MASTER GARDENER URBAN DEMONSTRATION GARDEN



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

Location: Lake Hills Greenbelt Urban Demonstration Garden

156th Ave SE & SE 16th St

Time: Wednesdays & Saturdays 9am-1pm

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

### 2015 COMMUNITY GARDEN P-PATCH

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



## ARBOR DAY-EARTH DAY APRIL 18, 2015

Bellevue's annual Arbor Day-Earth Day event, scheduled for Saturday, April 18, will be held at Lewis Creek Park (5808 Lakemont Blvd). This year's celebration will also mark the city's 24th year of being recognized as a Tree City USA by the Arbor Day foundation. The event will include volunteer projects, a tree-planting ceremony, and a family festival.

**Volunteer Projects** – 9a.m. to 11a.m.: Approximately 400 volunteers will participate in park enhancement projects at Lewis Creek Park and several other parks across the city. Projects will include planting, trail resurfacing, and removing invasive species. Drop-in projects are limited, so register today! Parks\_Stewardship@BellevueWA.gov.

**Family Festival** – 11am to 1:30p.m.: Held at Lewis Creek Park Visitors Center. Local environmental stewardship organizations will host free activities, ranger walks and eco-demonstrations. All ages are welcome! Kids can grab an Arbor Day-Earth Day Passport from a ranger and journey through various eco-stations. After learning about each station, children can have their passport stamped. Completed passports will be entered into a raffle.

**Arbor Day-Earth Day Ceremonial Tree Planting** – 11:30a.m.: Bellevue Park Rangers and elected officials will participate in the ceremony and recognize many wonderful volunteers and community groups. A ceremonial tree will be planted.

For more information about the City of Bellevue's Arbor Day-Earth Day 2015 event, contact Curtis Kukal at 425-452-4195.



### 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. 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**  
425-452-6885  
TSmith@bellevuewa.gov

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



# Kelsey Creek Farm

410 – 130th Pl SE • 425-452-7688  
KelseyCreekFarm@bellevuewa.gov

**Farm animals in the pastures daily from 9am to 3:30pm, including weekends**

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

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

Groups of 10+ must pre-register, and for large groups of 30+ there will be a \$30 fee. Please call in advance Monday through Friday, 9am-4pm at 425-452-7688.

## CRITTER ADOPTIONS

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

## VOLUNTEER OPPORTUNITIES

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

Here are just a few of the opportunities:

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

## EASTSIDE HERITAGE CENTER VOLUNTEERS

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

## DOCENT-LED TOURS

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

## BELLEVUE BOTANICAL GARDEN

Bellevue Botanical Garden

### Sparkling volunteer opportunities await at Garden d'Lights:

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

BBG relies heavily on volunteers to help in many roles at the Garden. We love our volunteers! Please visit [BellevueBotanical.org](http://BellevueBotanical.org) or call 425-452-2750 for more information, job descriptions and qualifications.



## FARM PARTIES

Celebrate your child's special day with a visit to the farm! Meet our goats, sheep, rabbits, pig, and ponies. Then create your own wooly sheep to take home. Party packages include one hour tour/craft time and one hour room rental. Parties are limited to 30 children and/or adults. Children under 2 are no additional charge. Call early for reservations and more information, 425-452-7688 or email [kelseycreekfarm@bellevuewa.gov](mailto:kelseycreekfarm@bellevuewa.gov)

Ages 2-11

Residents \$160 - up to 15 children  
 Nonresidents \$175 - up to 15 children  
 Add'l Children \$5.50 each

## FARM TOURS FOR SCHOOLS AND GROUPS

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

### 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.

## JUST RIDE

Take a pony ride on the trails at Kelsey Creek Farm. Ponies and horses are groomed, saddled, bridled, and ready to go! Boots with 1/2 inch heels are required, helmets are provided. Class will begin promptly on time. Siblings welcome in backpacks only. Min 1/Max 2

Kelsey Creek Farm

\$50(R)	\$60(N)		Age: 4Y - 6Y
94277	1- 1:30pm	Thu	Jul 09-16
94286	2- 2:30pm	Thu	Jul 09-16
94291	11-11:30am	Fri	Jul 10-17
94292	12:30- 1pm	Fri	Jul 10-17
94293	1:30- 2pm	Fri	Jul 10-17
94287	1- 1:30pm	Thu	Jul 23-30
94288	2- 2:30pm	Thu	Jul 23-30
94294	11-11:30am	Fri	Jul 24-31
94295	12:30- 1pm	Fri	Jul 24-31
94296	1:30- 2pm	Fri	Jul 24-31
94289	1- 1:30pm	Thu	Aug 06-13
94290	2- 2:30pm	Thu	Aug 06-13
94297	11-11:30am	Fri	Aug 07-14
94298	12:30- 1pm	Fri	Aug 07-14
94299	1:30- 2pm	Fri	Aug 07-14

### Parent & Child Class

\$50(R)	\$60(N)		Age: 3Y - 4Y
94271	9- 9:30am	Fri	Jul 10-17
94272	10-10:30am	Fri	Jul 10-17
94273	9- 9:30am	Fri	Jul 24-31
94274	10-10:30am	Fri	Jul 24-31
94275	9- 9:30am	Fri	Aug 07-14
94276	10-10:30am	Fri	Aug 07-14

## 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 10 yrs and above; children must be accompanied by an adult. Suggested donation \$1 per person/\$5 per family. Kelsey Creek Community Farm Park, 410 130th PL SE, 98005. For more information e-mail [KelseyCreekFarm@bellevuewa.gov](mailto:KelseyCreekFarm@bellevuewa.gov) or call 425-452-7688. Min 1/Max 1

Kelsey Creek Farm

FREE			Age: 10Y and up
94041	7:30- 9pm	Fri	Aug 21

## KELSEY CREEK FARM RABBIT TALES

Get up close to the Kelsey Creek rabbits. Teen volunteers and staff will teach you about what rabbits 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. For more information e-mail [KelseyCreekFarm@bellevuewa.gov](mailto:KelseyCreekFarm@bellevuewa.gov) or call 425-452-7688. Min 1/Max 1

Kelsey Creek Farm

FREE			All Ages
93923	11-11:30am	Wed	Jul 29

## KELSEY CREEK VOLUNTEERS: EQUINE NEW

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 include; 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 13 from 10pm-12pm. All volunteers will be required to complete a Criminal Background check and provide their Social Security number. Limit 1, (ONE) session per participant for either the Farm, Art OR Equine summer volunteer program. Please choose only 1 volunteer program per participant. Please note; Thursdays are short days, 8am-Noon. Min 1/Max 6

Kelsey Creek Farm

\$15(R)	\$18(N)		Age: 12Y - 18Y
94218	8am-4:30pm	Mon-Thu	Jul 06-16
94219	8am-4:30pm	Mon-Thu	Jul 20-30
94220	8am-4:30pm	Mon-Thu	Aug 03-13



### KELSEY CREEK VOLUNTEERS: EQUINE RETURNING

Kelsey Creek Equine RETURNING VOLUNTEERS FROM 2014 ONLY. Continue learning about horses, their behavior and how to work one-on-one with young children. Qualifications include; 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 13 from 10am-12pm. All volunteers will be required to complete a Criminal Background check and provide their Social Security number. Limit 1, (ONE) session per participant for either the Farm, Art OR Equine summer volunteer program. Please choose only 1 volunteer program per participant. Please note; Thursdays are short days, 8am-Noon. Min 1/Max 6

Kelsey Creek Farm			
\$15(R)	\$18(N)	Age: 12Y - 18Y	
94221	8am-4:30pm	Mon-Thu	Jul 06-16
94222	8am-4:30pm	Mon-Thu	Jul 20-30
94223	8am-4:30pm	Mon-Thu	Aug 03-13

### KELSEY CREEK VOLUNTEERS: SUMMER ART

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 and children ages of 6-11 with daily classroom activities. Qualifications include; enjoy working with children, able to play games with children during recess, desire to mentor, self-motivated, capable of understanding and following directions with a positive attitude. All volunteers will be required to complete a Criminal Background check and provide their Social Security number. 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 1/Max 2

Kelsey Creek Farm			
\$15(R)	\$18(N)	Age: 14Y - 18Y	
93925	9:15am-3:15pm	Tue-Fri	Jun 23-26
93926	9:15am-3:15pm	Mon-Thu	Jun 29-Jul 02
93927	9:15am-3:15pm	Mon-Fri	Jul 06-10
93928	9:15am-3:15pm	Mon-Fri	Jul 13-17
93929	9:15am-3:15pm	Mon-Fri	Jul 27-31
93930	9:15am-3:15pm	Mon-Fri	Aug 03-07
93931	9:15am-3:15pm	Mon-Fri	Aug 10-14

## MEET OUR INSTRUCTORS

### Jayne Ash

*farmerjayne.com*

Jayne Ash, or Farmer Jayne as she is called by her students, combines 25 years of early childhood education experience with her knowledge of animals to actively engage children in the joys of farm life. Offering farm classes, school tours, specialized summer camps and birthday parties, Farmer Jayne mixes creative art experiences with hands-on learning. Activities include animal handling and interaction, barn chores and structured play.

### Diane Culhane

*dianeculhaneart.com*

Diane is a ceramic artist, painter and educator with a Bachelor of Fine Arts from the University of Utah and a Masters in Teaching from Seattle University. For the past 15 years Diane shows her paintings in fine arts craft fairs, Galleries in multiple states. She has also been commissioned by local libraries, area hospitals and various corporations for her art work. Diane teaches online art classes, building relationships with students and collectors all over the world, and has taught at the Bellevue Arts Museum, Pratt, Kirkland Arts Center, and Seattle Pacific University. During the summer months, Diane dedicates her time, talents and passion to teaching children at Kelsey Creek Farm's Go Go with Van Gogh summer camps. Diane is all about sharing her love of creative expression and nurturing the artistic gifts in others.



### Dale Rumens-Partee

*westernskyhorsemanship.com*

Dale is well respected in the horse community for her numerous successes in Cowboy Dressage, as well as competitive trail events. She travels to a variety of states and equine expos sharing her knowledge and assisting riders develop a willing partnership with their horses and ponies. Dale's philosophy with horses is to offer the horse a variety of experiences in and out of the arena, to develop a well-rounded horse and partner for herself and her clients. She enjoys teaching riders of all ages, helping clients choose their first or next horse. She has taught summer horsemanship camps for Kelsey Creek Farm for many years, introducing children from all backgrounds to horsemanship, how to be safe and have fun on the ground and in the saddle!

### Jeff Johnson

*cartooniversity.com*

Jeff, for the past 25 years, has been an editorial cartoonist and cartooning instructor. He provides a unique opportunity for kids of all skill levels to explore the art of cartooning through a series of fun, challenging projects that are designed to develop each student's own style in a positive, encouraging classroom environment. With an emphasis on FUN, students learn the importance of expression, action/movement, character development, layout, backgrounds, perspective, lettering and much more in this one-of-a-kind cartooning experience at the Cartooniversity Day Camp at Kelsey Creek Farm.



**KELSEY CREEK VOLUNTEERS:  
SUMMER FARM**

Volunteers assist the farm staff with daily operations in this week long program. Volunteers will 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. All volunteers will be required to complete a Criminal Background check and provide their Social Security number. 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			
\$15(R)	\$18(N)	Age: 12Y - 14Y	
94084	9am-4:30pm	Mon-Fri	Jul 06-10
94089	9am-4:30pm	Mon-Fri	Aug 10-14
\$15(R)	\$18(N)	Age: 15Y - 18Y	
94085	9am-4:30pm	Mon-Fri	Jul 13-17
94086	9am-4:30pm	Mon-Fri	Jul 20-24
94087	9am-4:30pm	Mon-Fri	Jul 27-31
94088	9am-4:30pm	Mon-Fri	Aug 03-07

**Experienced FARM Volunteers**

This session is designed for experience volunteers who want a more in depth understanding of animal care and behavior and daily operations of a farm. Prerequisite: volunteered a minimum of one summer in the farm program at Kelsey Creek prior to 2015. Summer of 2015 volunteers do not qualify for this session. All volunteers will be required to complete a Criminal Background check and provide their Social Security number. Limit 1, (ONE) session per participant for either the Farm, Art OR Equine summer volunteer program. Please choose only 1 volunteer program per participant.

\$15(R)	\$18(N)	Age: 14Y - 18Y	
94090	9am-4:30pm	Mon-Fri	Aug 17-21

**KELSEY CREEK VOLUNTEERS:  
SUMMER LOG CABIN**

Enjoy working with children and want to earn community service? Here is the opportunity for you. You will assist the instructor with daily tasks and help children as they take part in the Log Cabin day camp, comparing their lives today to pioneer times. Qualifications include; enjoy working with children ages 4-6, willingness to learn, self-motivated, capable of understanding and following directions and a positive attitude. All volunteers will be required to complete a Criminal Background check and provide their Social Security number. Min 1/Max 2

Kelsey Creek Farm			
\$15(R)	\$18(N)	Age: 14Y - 18Y	
94094	9:30am-1:30pm	Mon-Fri	Jul 20-24
94093	9:30am-1:30pm	Mon-Fri	Jul 27-31

## 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			
\$61(R)	\$73(N)	Age: 5Y - 6Y	
90825	4-4:45pm	Tue	Jun 02-Jul 07

**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			
\$61(R)	\$73(N)	Age: 7Y - 10Y	
90834	5-6pm	Tue	Jun 02-Jul 07

**ROCK 'N' MORE GUITAR LESSONS**

Rock 'n' More Music Academy - Learn to play guitar chords and single notes on your electric or acoustic guitar. Fun, personalized, ongoing weekly guitar lessons teach you everything you want to learn on electric or acoustic guitar with an emphasis on fundamentals. And of course, practice makes perfect! Min 3/Max 10

Crossroads Community Center			
\$80(R)	\$96(N)	Age: 8Y - 12Y	
95010	3-7:30pm	Wed	May 06-27

**MOVE OVER MOZART/PIANO CLASSES**

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

Northwest Arts Center			
\$99(R)	\$119(N)	Age: 42M - 4Y	
93066	4-4:30pm	Tue	Jun 30-Sep 01
93067	5:30-6pm	Tue	Jun 30-Sep 01
\$99(R)	\$119(N)	Age: 3Y - 4Y	
93068	5-5:30pm	Mon	Jun 29-Aug 31
\$99(R)	\$119(N)	Age: 5Y - 6Y	
93069	4:30-5pm	Mon	Jun 29-Aug 31
93070	5-5:30pm	Tue	Jun 30-Sep 01
93071	6-6:30pm	Tue	Jun 30-Sep 01
\$99(R)	\$119(N)	Age: 7Y - 12Y	
93073	4:30-5pm	Tue	Jun 30-Sep 01





# Bellevue Youth Theatre

Crossroads Campus  
16051 NE 10th Street

Ivanhoe Campus  
16661 Northup Way • 425-452-7155

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

## BELLEVUE YOUTH THEATRE SUMMER 2015 AUDITIONS

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

FREE (R) \$125 (N)

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

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

**For more information about our casting policy**, please call 425-922-1862 or e-mail [JMcClain@bellevuewa.gov](mailto:JMcClain@bellevuewa.gov).

### Auditions will be held at the following place and times: For ALADDIN and TEN WAYS TO SURVIVE THE ZOMBIE APOCALYPSE

Monday, June 15 and  
Tuesday, June 16  
from 5-6:30pm at  
Bellevue Youth Theatre - Crossroads

**No conflicts allowed on tech week or the show performance dates. Youth age 11 and younger will be able to audition for ALADDIN only.**

#### ALADDIN

This show is great for the whole family. Based on the Arabian Nights. There are two casts that will perform on two different weekends, pick your time and weekend. Great roles for all ages. (Youth under 8 can expect group lines only.)

#### Cast 1:

**Rehearsal location:** BYT-Crossroads

**Rehearsal begins:** Monday, June 29

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

**Tech Week:** The week of August 3 at BYT-Crossroads

**Performs at BYT-Crossroads:**

August 7-9

**Directed by:** TBA

#### Cast 2:

**Rehearsal location:** BYT-Crossroads

**Rehearsal begins:** Monday, June 29

**Rehearsals:** Mon. to Fri., 3-5 p.m.

**Tech Week:** The week of August 10 at BYT-Crossroads

**Performs at BYT-Crossroads:**

August 14-16

**Directed by:** TBA

### 10 WAYS TO SURVIVE THE ZOMBIE APOCALYPSE

A fun show with singing, dancing, and rampaging zombies. This is the first show in the Bellevue Youth Theatre's new amphitheatre. Ages 12 and older ONLY. You must be 12 by June 29.

**Rehearsal location:** BYT Crossroads

**Rehearsal begins:** Monday June 29

**Rehearsals:** Mon. to Fri., 1-3 p.m.

**Tech Week:** The week of August 17 at BYT-Crossroads

**Performs at BYT-Crossroads:**

August 21-23

**Directed by:** James McClain

## Preschool

### Dance, Movement, &

### Music

#### PARENT/CHILD DROP-IN PLAY

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

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

Crossroads Community Center

9-11:30am Mon-Fri Ongoing

North Bellevue Community Center

11am-1pm Wed Ongoing

2-4pm Thu

South Bellevue Community Center

10:30am-12pm Mon, Wed, Fri

## Arts, Crafts, Cooking & Family Fun

### TEATIME WITH MOMMY AND ME

Come to our tea party dressed-up in your party attire! Mommy and me have fun together making art, nibbling snacks, listening to stories and singing together! Min 4/Max 5

Northwest Arts Center

\$25(R) \$30(N)

Age: 2Y - 5Y

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

90608 10-11:30am Sat

May 09

### PLAYDATE WITH DAD!

Spend a fun-filled morning with dad playing games, making crafts and making a special snack to share. Min 6/Max 8

Northwest Arts Center  
 \$25(R) \$30(N) Age: 2Y - 5Y  
 Each Addt'l Child: \$5(R) \$6(N)  
 90612 10-11:30am Sat Jun 20

### A PIRATE'S LIFE FOR ME!

Yo Ho, Yo Ho! A pirate's life for me! Join us for a whale of a time learning about pirates. Hunt for treasure, play games, do art, sing songs and make a treat to eat and enjoy! Child only class. Min 6/Max 12

Northwest Arts Center  
 \$35(R) \$40(N) Age: 3Y - 6Y  
 93901 10am-12pm Sat Jun 06

### PEE WEE PICASSO

Have fun together doing delightful art projects reflecting various subjects as well as seasonal specialties. Projects made in this delightful class make for artful memories and lasting treasures. Please no siblings during class time. Caregiver required in class. Min 8/Max 10

Northwest Arts Center  
 \$48(R) \$58(N) Age: 18M - 3Y  
 93909 9:45-10:30am Thu Jun 04-25

### RAH! RAH! REMBRANDTS!

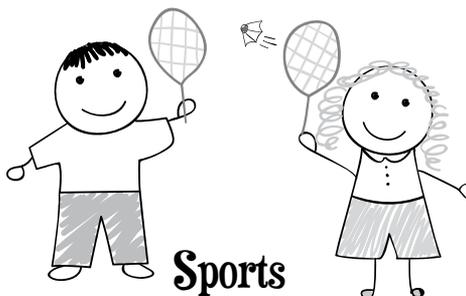
Calling all preschoolers! Come explore the colorful world of art and imagination. Each week we will focus holiday themed related projects. Materials are included. Min 6/Max 10

Northwest Arts Center  
 \$48(R) \$58(N) Age: 3Y - 6Y  
 93910 11-11:45am Thu Jun 04-25

### SUPERHEROES TRAINING ACADEMY

Look up in the air...It's a bird; it's a plane- No It's a SUPERHERO!! Join fellow superheroes for a morning of superhero training and costume building. We will share stories and a snack in this fun, adventure packed day. Caregiver and child class. Min 6/Max 8

Northwest Arts Center  
 \$25(R) \$30(N) Age: 2Y - 5Y  
 Each Addt'l Child: \$5(R) \$6(N)  
 93903 10-11:30am Sat 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  
 \$78 \$93 Age: 3Y - 5Y  
 90439 4-5pm Mon May 04-Jun 15  
 \$91(R) \$109(N) Age: 3Y - 5Y  
 90432 1-2pm Tue May 05-Jun 16  
 90434 11:30am-12:30pm Tue May 05-Jun 16

### SPORTBALL OUTDOOR SOCCER

Sportball coaches develop competence and confidence on the field in Sportball soccer classes. Children are taught the fundamental skills necessary to excel in soccer. these include throw-ins, dribbling, trapping, passing, goalie skills and more. Classes are dedicated to skills development and putting those skills to work in an exciting, non-competitive game. Min 4/Max 15  
 South Bellevue Community Center  
 \$91(R) \$109(N) Age: 3Y - 5Y  
 94522 10:30-11:30am Sat Jul 11-Aug 22

### SPORTBALL PARENT & CHILD OUTDOOR SOCCER

Parents and caregivers can have a direct hand in a preschooler's development through our Sportball soccer classes. Children are taught the fundamental skills necessary to excel in soccer. These include throw-ins, dribbling, trapping, passing, goalie and more. Classes are dedicated to skills development and putting those skills to work in an exciting, non-competitive game. Min 4/Max 15  
 South Bellevue Community Center  
 \$91(R) \$109(N) Age: 2Y - 3Y  
 94523 9:30-10:15am Sat Jul 11-Aug 22

### KELSEY CREEK FREE KID'S SHOWS

Bellevue Friends of the Library, in partnership with Bellevue Parks & Community Services presents a free children's event that will be held at Kelsey Creek Farm Park, in the amphitheater, next to the Education Barn. For more information call 425-452-7688 or e-mail KelseyCreekFarm@bellevuewa.gov. Min 1/Max 1

Kelsey Creek Farm  
 Recess Monkey

FREE Age: 1Y and up  
 93933 10:30-11:30am Tue Jul 14

Eric Ode  
 FREE Age: 1Y and up  
 93934 10:30-11:30am Tue Aug 04

Nancy Stewart  
 FREE Age: 1Y and up  
 93935 10:30-11:30am Tue Aug 11

### ROBINSWOOD FREE 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. Min 1/Max 1

Robinswood Community Park  
 Harmonica Pocket

FREE Age: 1Y and up  
 93936 10:30-11:30am Tue Jul 28





## Music & Movement

### BABY BEETHOVEN

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

\$48(R) \$58(N) Age: 18M - 3Y  
93911 9:45-10:30am Fri Jun 05-26

### DANCE - PRE BALLET & TAP 1

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

South Bellevue Community Center  
\$51(R) \$61(N) Age: 3Y - 5Y  
90795 10:30-11:15am Fri Jun 05-Jul 10

### DANCE - PRE-BALLET

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

Min 5/Max 12  
South Bellevue Community Center  
\$51(R) \$64(N) Age: 3Y - 5Y  
90803 11:30am-12:15pm Fri Jun 05-Jul 10

### DANCE - PRE-BALLET & TAP 2

For those who have already completed Pre-ballet 1 - try Pre-ballet/ Tap 2. Dancers will continue working on rhythm, grace and coordination while exploring new ways to move and express themselves. Attire: leotard, tights, ballet and tap shoes Min 6/Max 12

South Bellevue Community Center  
\$61(R) \$73(N) Age: 4Y - 5Y  
90813 12:30- 1:15pm Thu Jun 04-Jul 09

## Learning & Enrichment

### NATURAL START PRESCHOOL OPEN HOUSE

Natural Start Preschool is a nature-based preschool combining Kindergarten readiness with experience in nature, physical activity and environmental education. We will be hosting several open houses for the 2012-2013 school year. Parents and children are invited to visit our classroom, meet our teachers, tour the facility, and learn more about what our unique program has to offer! For more information, please call 425-891-0764 or visit our website at [www.naturalstartpreschool.com](http://www.naturalstartpreschool.com). Min 1/Max 30

South Bellevue Community Center  
FREE Age: 3Y and up  
93496 10am-12pm Sat May 02  
93497 10am-12pm Sat Jul 18  
93498 10am-12pm Sat Aug 08



# YOUR NEIGHBORHOOD PRESCHOOL CHOICE



## POLLIWOG PRESCHOOL

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



For more information and Open House dates, visit [www.naturalstartpreschool.com](http://www.naturalstartpreschool.com)

### Natural Start Preschool At South Bellevue Community Center

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

#### Junior Explorers for ages 3-4

Explorers for ages 4-5

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

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



## PRE-KINDERGARTEN PRESCHOOL

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

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

## PRESCHOOL PLAYSCHOOL

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

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





## Special Interest & Extended Learning

### Computer Classes

#### ONE-ON-ONE COMPUTER OR TABLET HELP

Need help with a particular computer or tablet even software program that has you stumped? Feel more comfortable asking questions one-on-one?

Need a quick skill brush-up for your new job? Gain computer skills, confidence, and comfort level with your equipment in a 2-hour one-on-one session. NEW! Bring your Computer Tablet or Laptop from home if you feel more comfortable using your own equipment, or use the laptop in our lab. ( This for Window's and Android devices . Min 1/Max 1

North Bellevue Community Center			
\$20(R)	\$24(N)	Age: 18Y and up	
94470	10am-12pm	Tue	May 12
94472	10am-12pm	Tue	Jun 02
94474	10am-12pm	Tue	Jul 07
94475	10am-12pm	Tue	Jul 21
94476	10am-12pm	Tue	Aug 04
94477	10am-12pm	Tue	Aug 18
\$28(R)	\$34(N)	Age: 18Y and up	
94471	1-3pm	Thu	May 21
94473	1-3pm	Thu	Jun 18

#### ANDROID TABLETS AND CELL PHONES

Want to learn more about your tablet or phone? Thinking about buying a tablet because you are having trouble seeing information on your cell phone? Join us as we explore everything about Android. You may bring your Android tablet or cell phone, but it is not required to attend. Min 3/Max 10

North Bellevue Community Center			
\$17(R)	\$20(N)	Age: 18Y and up	
94527	10am-12pm	Thu	Aug 06
94528	10am-12pm	Thu	Aug 20



#### BUYING AND SELLING VIA INTERNET

Never attempted to buy or sell anything via the internet? Let's explore how it is done. Everything you wanted to know about Craig's List, eBay, Amazon, TV Shopping Channels, etc. but were afraid to try. Learn how to use these websites for buying and selling on the internet. Optional, but not required: bring a tablet, laptop, or other device that can access the internet. Min 3/Max 10

North Bellevue Community Center			
\$17(R)	\$20(N)	Age: 18Y and up	
94525	10am-12pm	Thu	Jun 04
94526	7-9pm	Thu	Jul 16

### Dance & Arts

#### TAP DANCE - BEGINNING

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

North Bellevue Community Center			
\$22.50(R)	\$27.50(N)	Age: 18Y and up	
93993	11am-12pm	Tue	Jun 02-30

#### TAP DANCE - INTERMEDIATE

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

North Bellevue Community Center			
\$18(R)	\$22(N)	Age: 18Y and up	
93995	12:15-1:15pm	Tue	May 05-26
\$22.50(R)	\$27.50(N)	Age: 18Y and up	
93996	12:15-1:15pm	Tue	Jun 02-30

### Continuing Education & Group Learning

#### WRITING CLUB

Meets the first Tuesday of each month. Min 3/Max 15  
North Bellevue Community Center  
FREE Age: 19Y and up  
90820 10am-12pm Tue May 05-Aug 04

#### 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. Min 4/Max 25  
North Bellevue Community Center  
FREE Age: 18Y and up  
90898 7-8:30pm Wed May 06-Aug 05

### Games

#### 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	
89665	1:10-3:10pm	Tue	May 05-Jun 16

### Multi-Cultural Services

#### ESL FOR CHINESE SENIORS

English as a second language is offered for non-native speakers. Beginner and Intermediate. Min 6/Max 27  
South Bellevue Community Center  
FREE Age: 60Y and up  
89662 12:30-2pm Thu May 07-Jun 18

## Financial, Legal, & Insurance

### AARP DRIVER SAFETY PROGRAM

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

North Bellevue Community Center  
 FREE Age: 50Y and up  
 88178 9am-2pm Tue, Thu Jun 02-04  
 93991 9am-2pm Tue, Thu Aug 04-06

## Children & Youth

### 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. \*\*\*There is no child care available the hour between classes. Please consider if enrolling in both classes. Min 8/Max 20

Northwest Arts Center  
 \$50(R) \$60(N) Age: 6Y - 11Y  
 93078 9am-12pm Sat Aug 15

### ETIQUETTE YOUNG LADIES & GENTLEMEN II

This course is a natural follow-up to Young Ladies and Gentlemen I. 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  
 93080 1-4pm Sat Aug 15

## Drop-In Sports

### BADMINTON - DROP-IN SOUTH BELLEVUE

Enjoy playing badminton? Put this opportunity on your schedule! The schedule is subject to change depending on attendance. Min 1/Max 30  
 \$3(R) \$4(N) Age: 18Y and up  
 South Bellevue Community Center  
 7-8:45pm Mon, Wed Ongoing

Highland Community Center  
 10am-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. Schedule subject to change depending on attendance. Call 452-4240 for schedule.

Min 1/Max 50  
 \$3(R) \$4(N) Age: 18Y and up  
 South Bellevue Community Center  
 Call 425-452-4240 for schedule.

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

### DROP-IN EXERCISE

Don't want to be locked in to a contract? Highland Community Center offers a weight room complete with adaptive equipment for anyone to use. Free weights, treadmill and nu-step available. This weight room is available on a drop-in basis, Mon/Wed/Fri 2:00pm-5:00pm and Tues/Thurs 9a-5pm. Cost is \$3.00 for resident and \$4.00 for non-resident. Save even more when you purchase a play pass.

Age: 18 and up Min 1/Max 20  
 Highland Community Center  
 \$3(R) \$4(N) Age: 18Y and up  
 94681 2-5pm Mon-Fri Jun 22-Sep 11

### 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  
 \$3(R) \$4(N) Age: 5Y and up  
 89655 3:15- 4:45pm Sat-Sun May 02-Aug 23



### WHEELCHAIR BASKETBALL DROP-IN

This opportunity occurs every Wednesday offering brisk exercise and friendly competition from 7-9pm. Cost is \$3.00 for residents and \$4.00 for non-residents per visit. Save when you purchase a play pass. Bring your own wheelchair for this challenging workout. Age: 18 and up Min 5/Max 25

Highland Community Center  
 \$3(R) \$4(N) Age: 18Y and up  
 94679 6:30- 9pm Wed Jun 24-Sep 09

### 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  
 93477 12:30- 2:30pm Fri, Mon May 01-Jun 19

### VOLLEYBALL - DROP-IN

Non-competitive general-regulation volleyball for those 18 and over that are looking for afternoon fun and a little exercise. When three teams are formed due high attendance the weight room will be available for workout at no additional charge while waiting for your game. Min 5/Max 15

Highland Community Center  
 \$3 \$4(N) Age: 18Y and up  
 94678 3:30- 5:30pm Mon, Fri Jun 22-Sep 11



## Adult Sports Leagues

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

### Spring Registration:

Residents: February 20-March 13  
Non-Resident: February 27-March 13

**League Play:** Starts April 7, 2015

### Fall Registration:

Residents: July 27-August 21  
Non-Resident: August 3-August 21

**League Play:** Starts September 13, 2015

Visit [bellevuewa.gov/parks\\_adult\\_sports\\_leagues.htm](http://bellevuewa.gov/parks_adult_sports_leagues.htm), email [Leagues@bellevuewa.gov](mailto:Leagues@bellevuewa.gov), or call **425-452-4479 to register.**

### New to Bellevue or looking for a team?

Individuals are encouraged to get on the **Interested Players List** available to team managers looking for players. Contact Shirley Louie at 425-452-4479 or email [Leagues@bellevuewa.gov](mailto:Leagues@bellevuewa.gov), or visit us on the Web at [http://www.bellevuewa.gov/parks\\_adult\\_sports\\_leagues.htm](http://www.bellevuewa.gov/parks_adult_sports_leagues.htm).

## Youth Sports 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 RE-**

**QUESTS OR TEAM ASSIGNMENTS. ALL REQUESTS MUST BE MADE BEFORE APRIL 15 BY EMAIL TO [SGonzales@bellevuewa.gov](mailto:SGonzales@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 19.

### 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. Come and join the fun! Volunteer coaches are needed for this league. Max. 6 players per team.

Robinswood Sports Field  
\$83(R) \$99(N)      Ages: 5Y - 6Y  
91008      4:15-5:15pm      Tue      Apr 21-Jun 02

### 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. Come and join the fun! Volunteer coaches are needed for this league. Max. 7 players per team.

Robinswood Sports Field  
\$83(R) \$99(N)      Ages: 7Y - 9Y  
91009      4:15-5:30pm      Wed      Apr 22-Jun 03

YOUTH SOCCER LEAGUES SPONSORED BY



### 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 Thursdays and track meets are held on Fridays starting in May. Volunteer Adult runners are needed for this program! Tillicum Middle School Track

#### Biddy Track & Field

\$65(R) \$75(N) Ages 4Y - 6Y  
95120 4-4:45pm Thu Apr 06-Jun 04

#### Youth Track & Field

\$65(R) \$75(N) Ages 7Y - 14Y  
95121 5-6pm Thu Apr 06-Jun 04

### SEREVI RUGBY 100

Serevi Rugby 100 is for sporty children who want to try a fun new sport. This program focuses on the development of running, catching, passing and kicking skills, in a safe, fun and friendly environment. Teamwork and sportsmanship are fundamental to this program. Emphasis will be on safety and fun at all times. All participants will receive an official Serevi Rugby® t-shirt, wristband and sticker. and co-ed. These programs are coached by current and former International Rugby Players. Min 4/Max 12

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

### SEREVI RUGBY 200

Serevi Rugby® 200 and Bellevue Parks & Community Services are excited to offer Serevi Rugby 200, a coed, limited-contact sport for young athletes, ages 6-9, which mimics Rugby 7s, the world's newest Olympic Game. Tag Rugby is a free-flowing game that allows all players to pick up the ball and run. Teamwork and sportsmanship are fundamental to this program. Emphasis will be on safety and fun at all times, and physical contact is limited. Skills developed are: evasive running and agility, ball handling, catching and fitness through small sided games. This is an excellent compliment and alternative to prototypical American sports. This program is co-ed. These programs are coached by current and former International Rugby Players. All participants will receive a t-shirt, wristband and sticker. Min 5/Max 20

Robinswood Community Park  
\$125(R) \$150(N) Age: 6Y - 12Y  
91082 4:30-5:45pm Mon Apr 20-Jun 15

### SEREVI RUGBY 300

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

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





### CHEERLEADING - DREAM TEAM CHEER SQUAD

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

Crossroads Community Center  
\$45(R) \$49(N) Age: 7Y - 18Y  
90536 4-5:30pm Fri Jun 26-Jul 24

### CHEERLEADING - INTERMEDIATE (POWER SQUAD)

Intermediate level cheer class for those who want a more intense program without being on a competitive team. Beginning stunting and tumbling, along with advance dance are taught. Pre-requisite: A minimum of one session on Dream Team or Dance/Drill, concurrent registration on Dream Team, and instructor permission.

(Some extra costs may be incurred for this class) Min 10/Max 35  
Crossroads Community Center  
\$35(R) \$40(N) Age: 8Y - 18Y  
90544 3-4pm Fri Jun 26-Jul 24

### SUPERSTIX GIRLS LACROSSE CLINIC

Bellevue Parks & Community Services in partnership with SuperStix Lacrosse Club is excited to offer SuperStix Junior Lacrosse, for girls, ages 6-14; Lacrosse is the fastest growing sport in the nation. Consistent training is the main aspect that helps to greatly accelerate learning and retention for young players. The program will be run by US Lacrosse credited coaching staff and high school girls lacrosse players. Skills developed are: agility and evasive running, ball handling, cradling, catching and shooting in a fun friendly environment. Team work and sportsmanship are fundamental to this program. Players of ALL skill levels are welcome and will be grouped accordingly. Emphasis will be on safety and fun at all times, and physical contact is limited. Min 8/Max 30  
Robinswood Community Park  
\$125(R) \$150(N) Age: 6Y - 12Y  
95037 4:15-5:30pm Thu May 21-Jun 25

### ROCK CLIMBING 101

This class is for the beginning or intermediate climber who would like to learn all of the basics of rock climbing. You will learn how to correctly wear a harness, tie knots, handle the rope, use a belay device and communicate effectively. Pre-registration is required. Min 1/Max 8

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

89400	6-7pm	Tue	May 05
89396	6-7pm	Tue	May 12
89397	6-7pm	Tue	May 19
89398	6-7pm	Tue	May 26
89399	6-7pm	Tue	Jun 02
89415	6-7pm	Tue	Jun 09
89416	6-7pm	Tue	Jun 16

### ROCK CLIMBING 101 FOR PARENT/CHILD

This course covers the same material as Rock Climbing 101, but is ideal for parents to do with their children to take their relationship to new heights. Go Climbing! Price is for one child and one adult. Additional children (\$11 resident; \$13 non-resident). Min 1/Max 8

South Bellevue Community Center

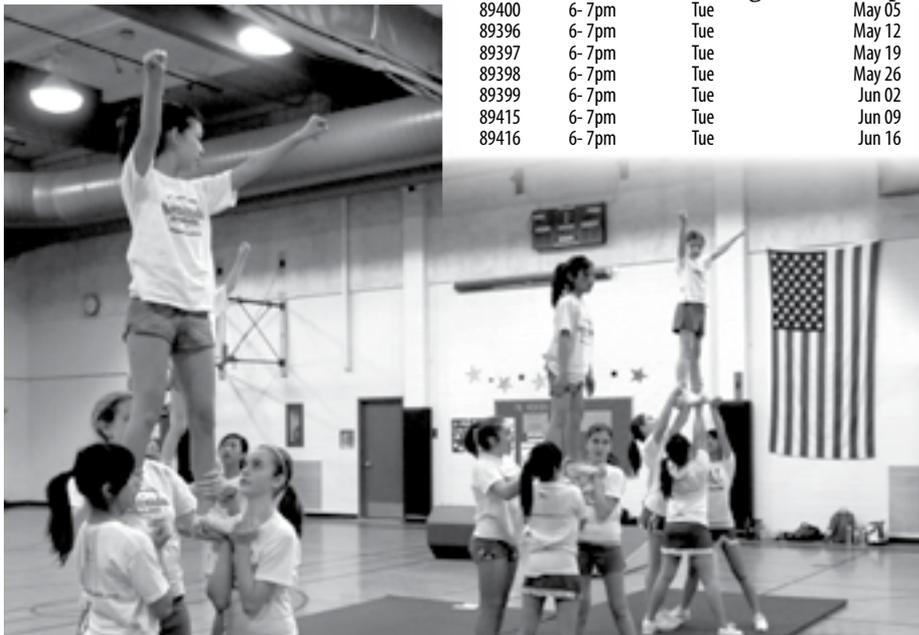
UseArray		Age: 4Y and up
89481	9-10am Sat	May 02
89482	11am-12pm Sun	May 03
89483	7-8pm Mon	May 04
89484	6-7pm Thu	May 07
89485	9-10am Sat	May 09
89486	11am-12pm Sun	May 10
89487	7-8pm Mon	May 11
89488	6-7pm Thu	May 14
89489	9-10am Sat	May 16
89490	11am-12pm Sun	May 17
89491	7-8pm Mon	May 18
89492	6-7pm Thu	May 21
89493	9-10am Sat	May 23
89494	11am-12pm Sun	May 24
89495	6-7pm Thu	May 28
89496	9-10am Sat	May 30
89497	11am-12pm Sun	May 31
89498	7-8pm Mon	Jun 01
89499	6-7pm Thu	Jun 04
89500	9-10am Sat	Jun 06
89501	11am-12pm Sun	Jun 07
89502	7-8pm Mon	Jun 08
89503	6-7pm Thu	Jun 11
89504	9-10am Sat	Jun 13
89505	11am-12pm Sun	Jun 14
89506	7-8pm Mon	Jun 15
89507	6-7pm Thu	Jun 18
89508	9-10am Sat	Jun 20
89509	9-10am Sat	Jun 27
89510	9-10am Sat	Jul 11
89511	9-10am Sat	Jul 18
89512	9-10am Sat	Jul 25
89475	9-10am Sat	Aug 01
94780	9-10am Sat	Aug 08
94781	9-10am Sat	Aug 15
94782	9-10am Sat	Aug 22

### ROCK CLIMBING - 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. Sessions include up to 3 hours of climb time; length of times vary among sessions. A Single Climb option is available for people to climb a single rope. Cost is \$3 (Bellevue Resident) and \$4 (Non-Resident). Min 1/Max 1

South Bellevue Community Center  
\$7(R) \$9(N) Age: 4Y - 99Y

94784	10am-1pm Sat-Thu	May 02-Aug 22
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# ROCK'N' at SBCC

## INDOOR CLIMBING WALL

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

**CLASSES  
CAMPS  
PARTIES &  
RENTALS**

### SEE OUR WINTER SCHEDULE

[www.bellevuewa.gov/sbcc-climbing-wall.htm](http://www.bellevuewa.gov/sbcc-climbing-wall.htm)  
or call 425-452-4240

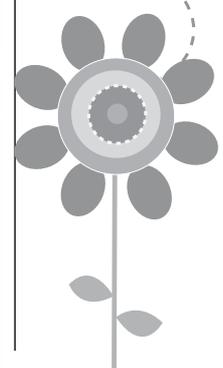
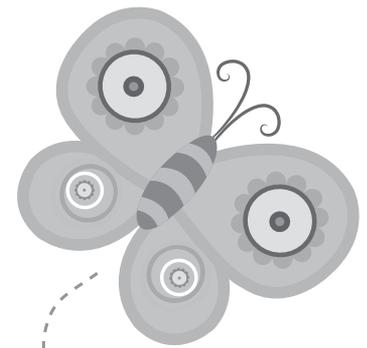
Register at: [www.myparksandrecreation.com](http://www.myparksandrecreation.com)

### SPORTBALL YOUTH TENNIS

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

South Bellevue Community Center  

\$77(R)	\$93(N)		Age: 4Y - 6Y
94520	4-4:50pm	Thu	May 07-Jun 18
\$77(R)	\$93(N)		Age: 7Y - 10Y
94521	5-6pm	Thu	May 07-Jun 18





# ROBINSWOOD TENNIS CENTER

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

The Robinswood Tennis Center has been recognized as one of the finest facilities in the country. The facility includes: 4 indoor courts, 4 outdoor lighted courts (6 indoor, 2 outdoor – Winter months), a locker room, mini-pro shop, vending machines, and a viewing lounge. Robinswood has received national and regional recognition for its comprehensive programs and outstanding community service. In 2004, the Robinswood Tennis Center was selected as the national public facility of the year by the Professional Tennis Registry.

Contact Robinswood Tennis Center at 425-452-7690 for more information on programs and services. Remember – you can register online 24 hours a day at:  
[www.myparksandrecreation.com](http://www.myparksandrecreation.com)

## LADIES' COMPETITIVE CUP INTER-CLUB LEAGUE

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

## FACILITY RENTAL

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

## VOLUNTEER AT ROBINSWOOD TENNIS CENTER

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

## MISCELLANEOUS SERVICES OFFERED

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

## OUTDOOR TENNIS COURTS

Visit [www.MyParksAndRecreation.com](http://www.MyParksAndRecreation.com) to find outdoor tennis courts operated by the City of Bellevue.

## ADULT ACTIVITY GROUPS

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

**Mixed Doubles** – Monday, 7:30-8:45pm  
Coordinator: Rick Paukstis, [salesroad@gmail.com](mailto:salesroad@gmail.com)

**Working Women** - Wednesday, 6:15-7:30pm  
Coordinator: Evie Davis, [evedavis@gmail.com](mailto:evedavis@gmail.com).

**Men's Doubles** – Tuesday/Thursday, 6:15-7:30pm and 7:30-8:45pm. Coordinator: Pat McGill, 360-805-4916, [patrickmcgill@yahoo.com](mailto:patrickmcgill@yahoo.com).

## SENIOR DRILL AND PLAY

50+ Years. Combination of instruction, drills, and point play.

## CARDIO TENNIS

18+ Years. 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.



### IMPORTANT REGISTRATION INFORMATION FOR ROBINSWOOD TENNIS CENTER PROGRAMS

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

**Session 1:**  
Residents: March 9  
Non-Residents: March 18

**Session 2:**  
Residents: June 1  
Non-Residents: June 10

## 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

<b>Session 1</b>				
92672	7:30-8:45pm	Mon	Jun 29-Jul 20	\$64
92673	7:30-8:45pm	Wed	Jul 01-22	\$64

<b>Session 2</b>				
92674	7:30-8:45pm	Mon	Jul 27-Aug 17	\$64
92675	7:30-8:45pm	Wed	Jul 29-Aug 19	\$64

### 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

<b>Session 1</b>				
92655	8:45-10pm	Mon	Jun 29-Jul 20	\$64
92656	8:45-10pm	Wed	Jul 01-22	\$64

<b>Session 2</b>				
92657	8:45-10pm	Mon	Jul 27-Aug 17	\$64
92658	8:45-10pm	Wed	Jul 29-Aug 19	\$64

### 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

<b>Session 1</b>				
92691	7:30-8:45pm	Tue	Jun 30-Jul 21	\$64
92692	7:30-8:45pm	Thu	Jul 02-23	\$64

<b>Session 2</b>				
92693	7:30-8:45pm	Tue	Jul 28-Aug 18	\$64
92697	7:30-8:45pm	Thu	Jul 30-Aug 20	\$64



**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**

92638	8:45-10pm	Tue	Jun 30-Jul 21	\$64
92639	8:45-10pm	Thu	Jul 02-23	\$64

**Session 2**

92640	8:45-10pm	Tue	Jul 28-Aug 18	\$64
92641	8:45-10pm	Thu	Jul 30-Aug 20	\$64

## Youth Tennis Programs

### LOBBERS YOUTH INSTRUCTIONAL CLINIC

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. Emphasis is on FUN! Min 6/Max 20

Robinswood Community Park

\$44 Age: 4Y - 6Y

**Session 1**

92860	12-12:45pm	Mon-Thu	Jun 29-Jul 02	\$44
92861	12-12:45pm	Mon-Thu	Jul 06-09	\$44
92862	12-12:45pm	Mon-Thu	Jul 13-16	\$44
92863	12-12:45pm	Mon-Thu	Jul 20-23	\$44
92864	12-12:45pm	Mon-Thu	Jul 27-30	\$44
92865	12-12:45pm	Mon-Thu	Aug 03-06	\$44
92866	12-12:45pm	Mon-Thu	Aug 10-13	\$44
92867	12-12:45pm	Mon-Thu	Aug 17-20	\$44

### YOUTH MINI TENNIS CAMP

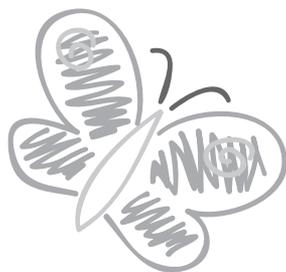
This class is appropriate for new players as well as players with some playing experience. Tennis fundamentals are covered as well as tennis related drills, games, and activities. Min 6/Max 34

Robinswood Community Park

\$128 Age: 7Y - 12Y

**Session 1**

92868	9am-12pm	Mon-Thu	Jun 29-Jul 02	\$128
92869	9am-12pm	Mon-Thu	Jul 06-09	\$128
92870	9am-12pm	Mon-Thu	Jul 13-16	\$128
92871	9am-12pm	Mon-Thu	Jul 20-23	\$128
92872	9am-12pm	Mon-Thu	Jul 27-30	\$128
92873	9am-12pm	Mon-Thu	Aug 03-06	\$128
92874	9am-12pm	Mon-Thu	Aug 10-13	\$128
92875	9am-12pm	Mon-Thu	Aug 17-20	\$128



### TEEN INSTRUCTIONAL CLINIC

The Teen Instructional Clinics are designed as a general class for youth with an emphasis on tennis basic form and applying it in actual match play. Min 4/Max 32

Robinswood Community Park

\$48 Age: 13Y - 17Y

**Session 1**

92852	1-2pm	Mon-Thu	Jun 29-Jul 02	\$48
92853	1-2pm	Mon-Thu	Jul 06-09	\$48
92854	1-2pm	Mon-Thu	Jul 13-16	\$48
92855	1-2pm	Mon-Thu	Jul 20-23	\$48
92856	1-2pm	Mon-Thu	Jul 27-30	\$48
92857	1-2pm	Mon-Thu	Aug 03-06	\$48
92858	1-2pm	Mon-Thu	Aug 10-13	\$48
92859	1-2pm	Mon-Thu	Aug 17-20	\$48

### TENNIS TEAMS

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

Robinswood Tennis Center

Age: Up to 17Y

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

**Session 1**

92827	2-3:30pm	Tue, Thu	Jun 30-Jul 23	\$116
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**Session 2**

92828	2-3:30pm	Tue, Thu	Jul 28-Aug 20	\$116
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**Team 2 -** Players at this level are still working on improving overall consistency, topspin groundstrokes, correct grips, and adding more pace and consistency on their serves. Players in this level are competing at Rookie or Challenger Level USTA tournaments.

**Session 1**

92834	3:30-5pm	Tue, Thu	Jun 30-Jul 23	\$116
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**Session 2**

92835	3:30-5pm	Tue, Thu	Jul 28-Aug 20	\$116
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**Varsity -** Advanced Level class is geared for High School and USTA Challenger/Champs Division competitors. The class is set up in a drill/match play environment where Juniors are working on more advanced strokes

and strategy.

**Session 1**

92848	2-12pm	Mon, Wed, Fri	Jun 29-Jul 24	\$162
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**Session 2**

92849	2-12pm	Mon, Wed, Fri	Jul 27-Aug 21	\$162
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**Tournament -** This is an Elite class for USTA Champs level players only. Participants must be ranked in the top 50 of their age group in the Pacific Northwest. Drill and Match-play environment. Highest Level of Junior Teams at Robinswood.

**Session 1**

92841	Mon, Wed, Fri	Jun 29-Jul 24	\$174
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**Session 2**

92842	Mon, Wed, Fri	Jul 27-Aug 21	\$174
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### 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**

92752	11-11:45am	Sat	May 02-Jun 20	\$90
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**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**

92732	1-2pm	Sat	May 02-Jun 20	\$96
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**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**

92740	2-3pm	Sat	May 02-Jun 20	\$96
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**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**

92720	3-4pm	Sat	May 02-Jun 20	\$96
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**Advanced Beginning II:** Ages 7-12. Class is designed for children who have completed Advanced Beginning I.

**Session 1**

92726	4-5pm	Sat	May 02-Jun 20	\$96
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**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**

92746	10-11am	Sat	May 02-Jun 20	\$96
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**Teen:** Ages 13-18. Class is treated as an introductory course, focusing on development of proper strokes.

**Session 1**  
92758 5-6pm Sat May 02-Jun 20 \$96

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

**Session 1**  
92714 9-10am Sat May 02-Jun 20 \$128

## Aging Services

**North Bellevue Community Center**  
4063 - 148th Avenue NE, 425-452-7681  
Hours of operation: Monday-Thursday, 8:30am to 9pm; Friday, 8:30am-6pm. The North Bellevue Community Center offers a comprehensive array of senior services, resources, and adult programs including health and wellness, cultural and performing arts, human services, drop-in 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](http://www.bellevuewa.gov/north_bellevue_community_center_programs.htm) or visit [www.myparksandrecreation.com](http://www.myparksandrecreation.com).

### CARE

#### ADULT ABUSE PREVENTION

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

#### BEHAVIORAL/MENTAL HEALTH THERAPY

Not feeling like yourself? Facing a major life event? Do you suffer from behavioral or mental health challenges? SeaMar Community Health Center is now offering psychotherapy to adults at the North Bellevue Community Center. Individual, group, and family therapy sessions, as well as case management, will be available on site. Our goal is to help people improve and develop new skills to lead happier, healthier lives. While we specialize in working with Spanish and English speaking adults, we work with translators to serve this diverse community. Medicaid, private insurance and private pay on our sliding fee scale are all accepted. Please call Marcy at (425) 460-7130 for more information and to make an appointment.

#### CITY OF BELLEVUE UTILITY RATE RELIEF PROGRAM

The City of Bellevue Utilities offers utility rate relief for low income seniors and low income disabled persons. Visit <http://www.bellevuewa.gov/utilityrelief.htm> for information and call 425-452-5285 to make an appointment.

#### CATHOLIC COMMUNITY SERVICES OF KING COUNTY

Volunteers provide services such as transportation, light housekeeping, minor home repairs, yard work, laundry, shopping assistance, and light cooking. Call 206-328-5696 or visit [www.Ccsww.org](http://www.Ccsww.org).

#### ELDER AND ADULT DAY SERVICES

Supervised facility for activities and services full or partial day. Call 425-867-1799.

#### EVERGREEN CARE NETWORK

Service to help older adults remain independent. Case Management services available through Geriatric Regional Assessment Team (GRAT). Call 425-899-3200.

### HEALTH

#### BENEFITS CHECK UP ONLINE

A new web-based service of the National Counsel on the Aging allows you to quickly and easily determine what benefits you may qualify for, and how to claim them. Visit them on the web: [www.BenefitsCheckUp.org](http://www.BenefitsCheckUp.org). Medicare questions answered via the Internet at [www.mymedicarematters.org](http://www.mymedicarematters.org).

### GENERAL

#### AARP AREA OFFICE

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

#### AARP COMMUNITY SERVICE EMPLOYMENT PROGRAM

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

#### COMPUTER HELP DESK SERVICE

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

#### EASTSIDE LEGAL ASSISTANCE PROGRAM

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



**W.I.C.S.**

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

**SENIOR INFORMATION & ASSISTANCE**

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

**MULTI-CULTURAL SERVICES****CHINESE INFO & SERVICE CENTER**

Programs and services for Chinese seniors at the North and South Bellevue Community Centers. Bilingual staff worker assists participation in social, recreational and educational activities. Information and assistance services including issues relating to retirement, senior housing, naturalization, and health insurance. Call CISC, 206-624-5633 ext. 123, for more information.

**SEA MAR**

Sea Mar Community Health Center co-sponsors a variety of services for Latino Seniors and others at the North Bellevue Community/Senior Center. Ethnic lunch for those 60 years & older every Monday (\$3 donation) followed by a dance, ESL classes, bilingual education, healthcare information, behavioral health services, translation and bi-lingual assistance for integration, and transportation assistance offered. Call Sea-Mar, Clemencia Robayo, 206-764-8044 for more information.

**INSURANCE/SOCIAL SECURITY****SOCIAL SECURITY INFORMATION**

Toll Free: 1-800-772-1213, 7am-7pm weekdays or at [www.ssa.gov](http://www.ssa.gov). Services available in English and Spanish.

**MEALS/FOOD DELIVERY****MEALS ON WHEELS**

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

**SUPPORT GROUPS/ MEETINGS****NARFE (National Association of Retired Federal Employees)**

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

**TRANSPORTATION****ACCESS**

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

**GETTING AROUND PUGET SOUND**

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

**VOLUNTEER TRANSPORTATION FOR SENIORS**

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

**VOLUNTEER OPPORTUNITIES****RSVP**

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

**EYEGLASS DONATIONS**

Eyeglasses collection at North Bellevue Community Center for recycling to low-income persons via local eyewear stores.

**GOLD CARD FOR HEALTHY AGING**

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

[http://www.seattle.gov/humanservices/seniorsdisabled/mosc/special\\_discounts\\_directory.pdf](http://www.seattle.gov/humanservices/seniorsdisabled/mosc/special_discounts_directory.pdf)

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

**BELLEVUE NETWORK ON AGING**

Meetings are held on the first Thursday each month, 8:30-10:30am at Bellevue City Hall. Meetings are open to the public. For more information, agendas, and minutes, please call 425-452-4200, or visit [http://www.bellevuewa.gov/network\\_on\\_aging.htm](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

### SPRING FLING DANCE

Welcome Spring with 'Sounds of Swing' Dance the night away to all the Big band favorites and the standards. Sure to be a fun night! \$15 admission fee payable at the door. Min 10/Max 200

North Bellevue Community Center  
FREE Age: 18Y and up  
88194 7-10pm Sat Mar 07

### ST. PATRICK'S DAY LUNCHEON

Join us in being 'Irish for a day'! Wear your favorite green outfit and enjoy a traditional Irish meal. We'll play some Irish music and sing some favorite Irish songs. Your 'Irish Eyes' are sure to be smiling! Co-sponsored by Catholic Community Services. \$3 suggested donation payable at the door for those 60 years and better, \$6.00 fee for under 60 years. Min 30/Max 90

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

### THURSDAY AFTERNOON MOVIES

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

#### Momentia at the Movies

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

FREE Age: 6Y and up  
90929 2-4pm Thu May 14-Sep 10



## 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](mailto:kindurkar@bellevuewa.gov) for more information.

### ADAPTIVE PROGRAMS

All programs are located at Highland Center unless otherwise noted.

## COMMUNITY PROGRAMS OF INTEREST

### KING COUNTY FAMILY COALITION FOR DEVELOPMENTAL DISABILITIES

**Contact:** Joe Cunningham, 206-829-7048 2nd Tuesday of most months.



**BRAIN INJURY SUPPORT GROUP**

Resources, fellowship is all a part of the bi-monthly support group. Program intended for those living with head injuries and their loved ones. Group meets the 1st and 3rd Monday of the month at Highland Community Center, (except for holidays) from 12:30-2:30pm. More information: call 206-897-5755 or visit BrainInjuryWA.org.

## ADDITIONAL DISABILITY RECREATION AREAS OF INTEREST

Check out these Bellevue Parks & Community Services specialized programs too!

**TENNIS FOR THOSE USING  
WHEELCHAIRS**

Robinswood Tennis Center. See the tennis section for more details.

**TENNIS FOR THOSE LIVING  
WITH INTELLECTUAL  
DISABILITIES**

Robinswood Tennis Center. See the tennis section for more details.

**AQUATIC THERAPY GROUPS**

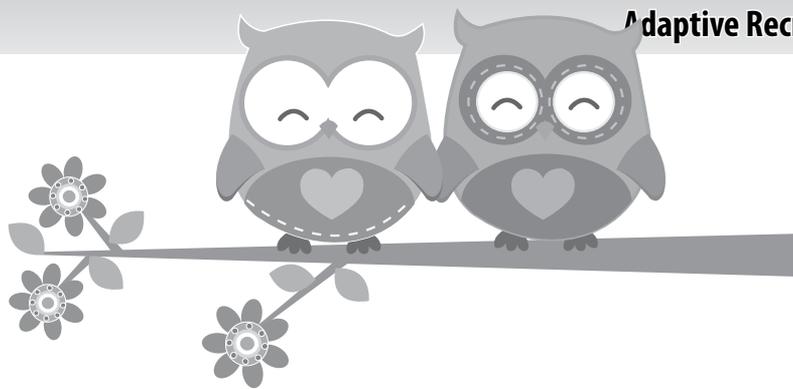
Includes Multiple Sclerosis Society & lessons for those living with a disability Bellevue Aquatic Center

**SPECIAL OLYMPIC SWIM TEAM**

Bellevue Aquatic Center

**AQUATIC REHAB PROGRAMS**

Bellevue Aquatic Center  
Adaptive Actives



## ADAPTIVE RECREATION EVENTS

**BELLEVUE KIWANIS DINNER**

Come on out to Highland Center on the 3rd Thursday of the month and have dinner with friends! This dinner is FREE of charge and is sponsored by the KIWANIS Club of Bellevue. Dinner is served from 5pm-6pm. Limit 2 guests per participant. Min 20/Max 45

Highland Community Center

FREE Age: 18Y and up  
89585 5-6pm Thu May 21

**BARN DANCE**

Mosey on down to the Highland Center for our end-of-the-session dance. Please pre-register for Highland Center dances. Age: 16 and up Min 75/Max 150

Highland Community Center

\$9(R) \$11(N) Age: 16Y and up  
89587 3-11pm Fri May 08

**ALOHA PICNIC/DANCE FOR  
ADULTS WITH INTELLECTUAL  
DISABILITIES**

Warm summer evenings, tropical breezes, pineapple, papaya and the annual Highland Center Summer Potluck in conjunction with the Aloha Dance is a fun way to celebrate summer with friends. Potluck at 5pm; dance at 7pm Age: 16 and up Min 50/Max 200

Highland Community Center

\$9(R) \$11(N) Age: 16Y and up  
94580 7-9:30pm Fri Aug 21

## ADAPTIVE RECREATION PROGRAMS

**ARTISTIC INSPIRATIONS**

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

Highland Community Center

\$45(R) \$55(N) Age: 18Y and up  
94575 5-7pm Tue Jun 23-Aug 25

**ADULT ADVENTURE EDUCATION**

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

Highland Community Center

\$222(R) \$277(N) Age: 21Y and up  
94529 9:30am-3pm Wed Jun 24-Aug 26

**BINGO**

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

Highland Community Center

\$42(R) \$53(N) Age: 18Y and up  
94573 7-8:30pm Wed Jun 24-Aug 26





### BOWLING ADAPTIVE

This specialized class is adapted and designed for adults with Intellectual disabilities. Provides a little exercise, some skill development and a whole lot of quality socializing. Held at Tech City Bowl in Kirkland. There are two fees for this program: an administrative fee to the City of Bellevue and a check made out to Tech City Bowl in Kirkland for the weekly two games and shoe rental. Please inquire on the first day of bowling for amount required for Tech City Bowl. Age: 18 and up NO CLASS ON HOLIDAYS Min 50/Max 90

Highland Community Center  
\$45(R) \$56(N) Age: 18Y and up  
94530 9:30-11:30am Sat Jun 20-Aug 29

### BRIDGE OF PROMISE ACADEMY

In partnership with Bellevue Parks and Community Services, Bridge of Promise offers a day program from 10am-2pm every Thursday at Bellevue's Highland Center. This program is designed for adults with developmental disabilities to engage in educational activities that offer opportunities to learn and increase personal skills. Bridge Academy includes opportunities to participate in music, art, and community activities. Instruction is always individualized to each participant's needs and goals. For further registration information, please contact the program director at 209-919-7167. Min 5/Max 20

Highland Community Center  
FREE All Ages  
10am-2pm Thu Jun 25-Jul 23

### COOKING - COOKING WITH EASE

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

Highland Community Center  
\$74(R) \$92(N) Age: 18Y and up  
94542 5-7pm Wed Jun 24-Aug 26

### DANCE-CULTURAL MIX

This specialized class is adapted and designed for teens and adults with Intellectual disabilities. Experience dances from around the world. Age:16 and up Min 15/Max 35

Highland Community Center  
\$42(R) \$53(N) Age: 16Y and up  
94533 7-8:30pm Tue Jun 23-Aug 25

### FULL FITNESS FUN

This Specialized class is adapted and designed for adults with Intellectual disabilities. You will learn about nutrition, meal planning, exercise and how to live a healthy lifestyle. Please bring a sack dinner for the dinner break at 5pm. You will exercise here during class two times a week. We will have a variety of exercise routines to keep you motivated. Let's get fit! Age: 18 and up NO CLASS ON HOLIDAYS Min 10/Max 13

Highland Community Center  
\$78(R) \$98(N) Age: 18Y and up  
94543 5-7pm Tue,Thu Jun 23-Aug 27

### KITCHEN KAPERS

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

Northwest Arts Center  
\$56(R) \$66(N) Age: 18Y and up  
93912 12-1:30pm Fri Jun 05-26

### MOVIE TIME ADAPTED

This specialized class is adapted and designed for adults with Intellectual Disabilities. Come out and enjoy a movie with friends and a light dinner that you provide. Min 20/Max 35

Highland Community Center  
\$42(R) \$53(N) Age: 18Y and up  
94577 5-7pm Mon Jun 22-Aug 24  
94544 5-7pm Thu Jun 25-Aug 27

### PD - EXERCISE CLASS ADAPTED

This specialized class is designed and adapted for those living with physical disabilities. Build Muscles, build strength, build your social network. It all happens at Highland's exercise classes. NO CLASS ON HOLIDAYS Min 8/Max 9

Highland Community Center  
\$110(R) \$139(N) Age: 21Y and up  
94581 11:45am-1:15pm Mon, Wed Jun 22-Sep 09  
94582 10:30-11:30am Mon, Wed, Fri Jun 22-Sep 11  
94583 9:15-10:15am Mon, Wed, Fri Jun 22-Sep 11

### SOCIAL CLUB ADAPTED

This specialized class is adapted and designed for adults with Intellectual Disabilities. Come on out and have fun with friends, playing games and socializing with peers. NO CLASS ON HOLIDAYS Min 20/Max 38

Highland Community Center  
\$42(R) \$53(N) Age: 18Y and up  
94576 7-8:30pm Mon Jun 22-Aug 24  
94571 7-8:30pm Thu Jun 25-Aug 27

### SOFTBALL - ADULT ADAPTED

This specialized class is adapted and designed for adults and teens with Intellectual disabilities. 'Take me out to the ball game!' It's fast, furious and fun. Learn the fundamentals of the game while enjoying team sports. Special Olympic competition is optional. Our coaches provide leadership at the Special Olympic tournaments. Age: 16 and up Min 15/Max 25

Highland Community Center  
\$62(R) \$77(N) Age: 17Y and up  
94572 7-8:30pm Tue,Thu Jun 23-Aug 27

### COMPUTER ENHANCED VIDEO PRODUCTION

Stretch your creativity while exploring a variety of video production techniques, including green screen and animation! Work in teams with your classmates to produce videos in a fun, collaborative manner! Digitally 'visit' exotic places to tell stories straight from your imagination! On the final session, showcase the videos your team developed to family and friends in a 'world premiere' event! Take home a copy of the DVD that YOU helped design! Min 5/Max 10

Highland Community Center  
\$195(R) \$210(N) Age: 15Y - 25Y  
94579 5-7pm Mon Jun 22-Aug 24



# ADAPTIVE RECREATION REGISTRATION FORM

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

**PARTICIPANT NAME:** \_\_\_\_\_ **CITY OF BELLEVUE SCHOLARSHIP**

**DDD CASEWORKER:** \_\_\_\_\_ **NEW ADDRESS:** \_\_\_\_\_

**UPDATED BLUE FORM ON FILE**  **NEW PHONE:** \_\_\_\_\_

**ADULT Adaptive Programs at Highland Center**  **New Address**

		Course #	Title	Rates - Res/Non-Res		Days	Time	Dates
 <b>Intellectual Disabilities</b>	<input type="checkbox"/>	94529	Adult Ad Education	\$222	\$277	Wed	9:30am-3p	6/24-8/26
	<input type="checkbox"/>	94530	Adult Bowling	\$45	\$56	Sat	9:30am-11:30am	6/20-8/29
	<input type="checkbox"/>	94533	Cultural Dance Mix	\$42	\$53	Tue	7-8:30pm	6/23-8/25
	<input type="checkbox"/>	94542	Cooking	\$74	\$92	Wed	5:00-7:00pm	6/24-8/26
	<input type="checkbox"/>	94543	Full Fitness Fun	\$78	\$98	Tue/Thu	5p-7p	6/23-8/27
	<input type="checkbox"/>	94544	Movie Time	\$42	\$53	Thu	5p-7p	6/25-8/27
	<input type="checkbox"/>	94571	Social Club	\$42	\$53	Thu	7p-8:30p	6/25-8/27
	<input type="checkbox"/>	94580	Aloha Picnic	\$9	\$11	Fri	5p-9:30p	8/21
	<input type="checkbox"/>	94572	Adult Softball	\$62	\$77	Tue/Thu	7p-8:30p	6/23-8/27
	<input type="checkbox"/>	94573	Bingo	\$42	\$53	Wed	7:00p-8:30p	6/24-8/26
	<input type="checkbox"/>	94575	Artistic Inspirations	\$45	\$55	Tue	5:00p-7:00p	6/23-8/25
	<input type="checkbox"/>	94576	Social Club	\$42	\$53	Mon	7:00p-8:30p	6/22-8/24
	<input type="checkbox"/>	94577	Movie Time	\$42	\$53	Mon	5:00p-7pm	6/22-8/24
	<input type="checkbox"/>	94579	Video Production	\$195	\$210	Mon	5:00p-7pm	6/22-8/24
	<b>Bridge Academy:</b> Thursdays, 10am-2pm - Call Cindy O'Neill at 209-919-7167							
<b>YOUTH Adaptive Programs at Highland Center</b>								
	<input type="checkbox"/>	93492	Summer Camp	\$172	\$215	T-F	9:30a-3p	6/23-6/26
	<input type="checkbox"/>	93502	Summer Camp	\$215	\$269	M-F	9:30a-3p	7/6-7/10
	<input type="checkbox"/>	93507	Summer Camp	\$215	\$269	M-F	9:30a-3p	7/13-7/17
	<input type="checkbox"/>	93503	Summer Camp	\$215	\$269	M-F	9:30a-3p	7/20-7/24
	<input type="checkbox"/>	93504	Summer Camp	\$215	\$269	M-F	9:30a-3p	7/27-7/31
	<input type="checkbox"/>	93505	Summer Camp	\$215	\$269	M-F	9:30a-3p	8/3-8/7
	<input type="checkbox"/>	93506	Summer Camp	\$215	\$269	M-F	9:30a-3p	8/10-8/14
<b>ADULT Adaptive Programs at Northwest Arts Center</b>								
	<input type="checkbox"/>	89545	Glass Fusion	\$110	\$132	Thu	9-10:30am	5/21-6/11
	<input type="checkbox"/>	89540	Stoneware Creations	\$110	\$132	Thu	11am-1pm	5/21-6/11
<b>Physical Disabilities</b>	<b>ADULT Adaptive Programs at Highland Center</b>							
	<input type="checkbox"/>	94583	Exercise Class	\$110	\$139	M/W/F	9:15-10:15a	6/22-9/11
	<input type="checkbox"/>	94582	Exercise Class	\$110	\$139	M/W/F	10:30-11:30	6/22-9/11
	<input type="checkbox"/>	94581	Exercise Class	\$110	\$139	M/W	11:45-1:15	6/22-9/9

PLEASE FILL OUT AND SIGN PARTICIPANT INFORMATION ON PAGE 8.

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

# Master Gardeners Urban Demonstration Garden Workshop Schedule



## 2015 MASTER GARDENERS WORKSHOP SCHEDULE

### 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  
9am-1pm

**Info:** 425-452-7225

<http://gardening.wsu.edu> or  
<http://www.mgfk.org>

Date	Topic	Speaker
3/14	Fruit Tree Pathogens and Pests .....	Randy Lee
3/21	Wildlife Friendly Gardening .....	Emily Bishton
3/28	Native Splendor in the Garden .....	Emily Bishton
4/4	No Workshop–Easter Weekend	
4/11	Growing Melons in the Northwest–You Can Do It!! .....	Jim Olson
4/18	Summer Blooming Bulbs .....	Pat Roome
4/25	Northwest Tomatoes and Plant Sale .....	Wally Prestbo & Marcia Dillon
5/2	No Workshop–Master Gardener Plant Sale (Seattle location)	
5/9	Building Better Soil With Amendments–Understanding Which Ones, How Much, & When .....	Jeff Thompson,
5/16	All About Lavender .....	Tom Frei
5/23	No Workshop - Memorial Day Weekend	
5/30	Beneficial Bugs and Bad Pests .....	Martha Clatterbaugh
6/6	All About Dahlias .....	Art Chmura
6/13	Alternatives to Pesticides .....	Pat Roome
6/20	What's better than Compost? Worm Compost! Vermicomposting: Why and How .....	Linda Rasp
6/27	All About Fuchsias .....	Frankie Dennison
7/4	No Workshop–4th of July	
7/11	Ferns Unfurling .....	Judith Jones
7/18	Waterwise Gardening .....	Elaine Keehn
7/25	Bringing your Tomatoes to Harvest .....	Wally Prestbo & Marcia Dillon
8/1	Control those Weeds! Keeping Plant Bullies at Bay .....	Sasha Shaw
8/8	Late Summer and Fall Pruning .....	Larry Davis
8/15	Ornamental Grasses .....	Eric Nelson
8/22	Ornamental Vines .....	Joan Helbacka
8/29	Gardening in the Shade .....	Ellon Jarvis
9/5	No Workshop–Labor Day Weekend	
9/12	No Workshop–Harvest Festival, Children's Fair and Plant Sale in the Garden.	



## ***BELLEVUE BOTANICAL GARDEN EVENTS: MAY THROUGH AUGUST, 2015***

**May 2 — Eastside Fuchsia Society sale, 9 am – 1 pm.** Featuring a great selection of plants from Eastside Fuchsia Society. For more information, call 425-452-2750.

**May 10 — Mothers' Day Social, 1 pm.** Open house featuring light refreshments, music and beautiful scenery. For more information, call 425-452-2750 or visit [www.bellevuebotanical.org](http://www.bellevuebotanical.org). FREE

**May 12 — Container Crazy (and Plants for Small Gardens) lecture with Dan Heims, 7 pm.** Speaker Dan Heims, is the owner of Terra Nova Nursery in Oregon. His trips around the world have exposed him to an amazing array of wild containers planted with the most unusual plants that give new life to containers. Tips on how to design containers and small garden spaces, as well as helpful information on maintaining soil fertility and plant health, are presented. \$5.00 for Bellevue Botanical Garden Society Members; \$15.00 Non-members. No pre-registration; pay at the door. Doors open at 6:30pm.

**May 16 — Northwest Passages, a Garden Club of America Flower Show** presented by Seattle Garden Club. Floral design, horticulture, photography and a conservation exhibit on water gardens. FREE

**May 23 — North American Rock Garden Society Exhibit, 9 am.** Specialty growers exhibit rare plants, alpines and plants suitable for rock gardens. FREE

**May 27 — "An Illustrated Walk through the Wespelaar Arboretum in Belgium", 7 pm.** Dr. Koen Camelbeke, the exuberant director of the Arboretum Wespelaar in Belgium, will give us a photo tour of the estate. 5.00 for Bellevue Botanical Garden Society Members; \$15.00 Non-members. No pre-registration; pay at the door. Doors open at 6:30 pm.

**July 18 — Music in the Garden, 5:30 – 8:30 pm.** Pack a picnic dinner and a blanket to spread on the lawn for a special night of beautiful music in the Garden. No alcoholic beverages and no pets, please. This event is free and open to the public. Donations are encouraged. For more information, visit [www.bellevuebotanical.org](http://www.bellevuebotanical.org) or call 425-452-2750. FREE

**August 4 — Annual Meeting and Trillium Celebration, with Kathryn Gustafson, 6:30 pm.** Kathryn Gustafson is the world-renowned landscape architect of Gustafson Guthrie Nichol in Seattle and Gustafson Porter in London. Kathryn's projects include Diana, Princess of Wales Memorial in London, Cultuurpark Westergasfabriek in Amsterdam, and the Lurie Garden at Millennium Park in Chicago. Pre-registration required. Bellevue Botanical Garden Society members free; non-members \$35.00. Details at [www.bellevuebotanical.org](http://www.bellevuebotanical.org).

**August 15-16 — Eastside Fuchsia Society Show & Sale, 10 a.m. – 3 p.m.** Featuring a great selection of plants from Eastside gardeners. For more information, visit [www.bellevuebotanical.com](http://www.bellevuebotanical.com) or call 425-452-2750.

**August 29-30 — Art in the Garden, 10 am – 6 pm.** Sculptures and garden art by several outstanding Northwest artists will grace the gardens, each in its own private space. From the serious and simplistic to the whimsical and elaborate, exhibits will include works in metal, wood, blown and fused glass, bronze and other outdoor-appropriate materials. This event is free and open to the public. For more information, visit [www.bellevuebotanical.org](http://www.bellevuebotanical.org) or call 425-452-2750. FREE

Visit [bellevuebotanical.org](http://bellevuebotanical.org) for more information and to register for events. Registration required for some events.



BELLEVUE BOTANICAL  
GARDEN

All events at the Aaron Education Center at the Bellevue Botanical Garden • 12001 Main Street, Bellevue

Crews are making progress on the construction of a new two-story driving range at the Bellevue Golf Course, 5500 140th Ave NE.



*Coming to a course near you...*  
**Bellevue Golf Course Driving Range**

Join us this April for the opening of the new Bellevue Golf Course Driving Range. This new two-story range will provide year-round comfort as you practice your swing.

Visit [bellevuepgc.com](http://bellevuepgc.com) or call 425-452-7251 for more information.



## Crossroads Par 3 Footgolf

**The Crossroads Par 3 Golf Course, located at 15801 NE 15th Street, is open for the season!** The course is an excellent beginner and family short course that takes only about an hour to play.

Plus—new this year, the course offers Footgolf! What's that? It's a fun game where you sink a soccer ball into the cup! This is great activity for small groups, friends and families. See a short video here: [www.footgolf.net](http://www.footgolf.net)

**To schedule, or for more information, call Crossroads Par 3 Golf, 425-452-4873**



**BELLEVUE**  
GOLF COURSE

Reserve tee times online  
[www.bellevuepgc.com](http://www.bellevuepgc.com)

5500 140th Ave NE  
425-452-7250



Download our  
**FREE** mobile  
app today!



Search for  
**BELLEVUE GOLF**

The Bellevue Golf Course is a fun, challenging layout that is a great place to play for golfers of all abilities. Excellent greens, strategic bunkering, and mature trees place a premium on accuracy and game management. Please contact the Pro Shop at 425-452-7250 or online at [www.bellevuepgc.com](http://www.bellevuepgc.com) for additional information.

- 18 Hole Championship Course
- Covered Driving Range with 23 hitting stations
- Full service pro shop
- Reservations taken up to two weeks in advance
- Tournament bookings
- Lessons from PGA instructors
- Full service grill
- Power carts
- Rental clubs
- Putting & chipping green
- Women's and Men's Clubs
- Banquet Room
- Free App!



**CROSSROADS**  
PAR 3 GOLF COURSE

OPEN MARCH 1 - NOVEMBER 1



The Crossroads Par 3 Golf Course offers a nine hole course, practice area with restricted flight range balls and a practice putting green.

The Par 3 is an excellent beginner and family course that takes about an hour to play. The holes range from 64 to 107 yards. This gives the more accomplished player an opportunity to work on their short game, while the beginner can have success learning the game in a relaxed, friendly environment. *Tee times are not necessary* unless you're planning a group outing. For course information and operating hours, call 425-452-4873.

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

# Human Services

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

to find social services  
such as...

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

*Language interpretation available*



Also: 206.461.3200  
Toll Free 800.621.4636  
[www.crisisclinic.org](http://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.

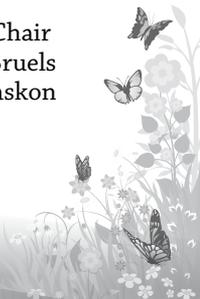
**Facilitator:** convene and engage others in community problem-solving to develop and improve services.

**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](mailto:JAdriano@bellevuewa.gov), or at 425-452-6165.

### HUMAN SERVICES COMMISSION

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





## CANOEING, KAYAKING AND STAND UP PADDLE BOARDING AT ENATAI BEACH PARK!

**Tour the beautiful Mercer Slough Nature Park, paddle the shorelines of lovely Lake Washington and view the grandeur of majestic Mount Rainier. In partnership with Cascade PaddleSports, the City of Bellevue offers hourly rentals, lessons, trips, and racing programs for youth and adults in all aspects of paddle sports. To learn more, see Cascade's website at [canoe-kayak.com](http://canoe-kayak.com) or call them at 425-430-0111 and like us on Facebook!**

### **Get Started Kayaking:**

Join us for a pleasant weekend morning to learn just the basics - general safety, equipment, moving forward, backward, sideways, and assisted recovery from a capsize. Paddling skills are greatly simplified to get you going quickly. Learn basic skills at one of our paddling centers, go for a short practice paddle, and learn to re-enter your kayak from the water with the help of your instructor. If you're interested in paddling short trips on protected waters and quiet lakes, this is a great way to get started! All lessons are taught in single kayaks.

### **Kids Day Camp:**

Learn to paddle with your class in the 10-person Voyager canoe, in your own single kayak, and Stand Up Paddle Board. Build self-esteem, confidence, strength, and conditioning. Learn boating safety and paddling skills in a playful environment of fun and self-discovery. Cascade PaddleSports is the premier paddling school for youth in the Northwest! One-week day camps are offered from the Enatai Beach Boathouse in Bellevue, on Lake Washington. Campers must be comfortable in the water and also confident of their swimming ability.

### **Learn to Canoe:**

Canoes are ideal for family outings and relaxing days spent with your dog. With basic skills and quality equipment, canoes are lightweight and easy to paddle, easy to pack with gear, easy to carry, and easy to load on your vehicle. Canoes also make a great platform for fishing and water fowl hunting, or packing out your elk. In this beginning course you will learn how to canoe safely on lakes by learning maneuvering strokes for maximum precision, how to compensate for wind and small waves, and how to paddle with your paddling partner. We're on the water every session with two 2.5-hour lessons at our paddling center and a day trip on a gorgeous mountain lake, with lunch next to a beautiful waterfall.

### BELLEVUE INDOOR SKATEPARK

14224 Bel Red Road, 98007  
 Bellevue's first skate park was created in 1994 as part of a Youth Link project. It is renovated annually by skateboarders. Over 100,000 skateboarders have joined since the park opened. This newly-remodeled indoor facility features three and four-foot mini ramps, micro-mega, vert wall, 28 feet of pool coping as well as a variety of quarter-pipes, banks, rails, ledges, hubbas, and a small indoor climbing wall. Call 425-452-2722 for current hours, fees, events and rentals or visit [www.bellevuewa.gov/bellevue\\_skate\\_park.htm](http://www.bellevuewa.gov/bellevue_skate_park.htm)

### BELLEVUE SKATE PARK RENTALS

The Bellevue Skate Park is a great place for a birthday party or a secret session. From private hourly park rentals to all inclusive birthday packages, we will make your party a hit. Call 425-452-2722 or email SK8@bellevuewa.gov for more information.

### BELLEVUE SKATE PARK LESSONS

If you are just starting out, and you want to learn how to skateboard these lessons are for you. Let us show you how to ride ramps, drop-in, ollie and have fun skating. Our experienced instructors will guide you step by step how to safely get up and begin skateboarding. You may be surprised how fast you learn from your one-on-one skate coach. Call or stop by for scheduling, information or to meet our instructors. Lessons increase self-esteem and confidence in and outside of the park. ALL AGES.  
 COST: \$40 per hour; \$25 per 1/2 hour



## Outdoor Skate Facilities

### HIGHLAND OUTDOOR SKATE PLAZA

Newly Remodeled for 2015!

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

### LAKEMONT SKATE COURT

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

### CROSSROADS SKATE PARK

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

## Bellevue Indoor Skate Park

### SUMMER Park Hours

<b>Monday through Friday</b> 1-5pm (2:30-5pm) Biddy Boarders skate camp weeks)	<b>Saturday &amp; Sunday</b> 12 & under: 12-1:30pm  Open Session 1:30-5pm
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### Park Fees

**Lessons: \$40/hr, \$25/ ½ hr**  
**Session: \$4(R) \$5(N)**  
**ID Card\*: \$8(R) \$10(N)**  
**10 session pass: \$35(R) \$45(NR)**

**Rentals: For information about our various rental packages, contact SK8@bellevuewa.gov or call 425-452-2722.**

*\*To purchase an ID card, you must have a parent or guardian signature if you are under 18 years old.*



## Giving teens a voice and an opportunity to make things happen...

Youth Link is a youth leadership program sponsored by Bellevue Parks & Community Services and the Bellevue School District. Founded in 1990, Youth Link gives youth an active voice in the community and an opportunity to make a difference!

## Current Youth Link Projects

For more information about any of these opportunities, please call 425-452-5254, unless otherwise specified, or visit [www.youthlink.com](http://www.youthlink.com).

- |                        |                               |
|------------------------|-------------------------------|
| Bellevue Youth Council | T.R.A.C.K.S. Action Team      |
| Outspoken Teen Paper   | Community Leadership Awards   |
| Youth Link Web Team    | Eastside Youth Council Summit |
| Kids Care Coat Drive   | Youth Court Action Team       |
| Teen Closet            | Youth Involvement Conference  |



*If you are a young person of middle or high school age or an adult who might be able to help make a youth priority a reality, call 425-452-5254.*

# BELLEVUE CHALLENGE COURSE

## BELLEVUE ZIP TOUR

*Feel Wild in the City*

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

## BELLEVUE HIGH ROPES ADVENTURE

*An Experience to Remember*

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

## BELLEVUE TEAM BUILDING

*Learn While Playing*

Customized curriculums  
Valuable life skills learned  
Youth to adult programs to make  
your organization successful  
For information about Bellevue Team Building  
see [nwteambuilding.com](http://nwteambuilding.com)



**TO REGISTER:** [www.myparksandrecreation.com](http://www.myparksandrecreation.com)

**MORE INFORMATION:** [www.bellevuewa.gov/sbcc-challenge-course.htm](http://www.bellevuewa.gov/sbcc-challenge-course.htm)

or call 425-452-4240

24th ANNUAL

# BELLEVUE FAMILY 4th

THE  
**EASTSIDE'S  
LARGEST**



**SATURDAY,  
JULY 4, 2014  
2:00-10:30PM  
BELLEVUE DOWNTOWN PARK**

PRODUCED BY

 **BELLEVUE DOWNTOWN  
ASSOCIATION**



**Bellevue Parks &  
Community Services**

Visit [BellevueDowntown.com](http://BellevueDowntown.com)  
or call 425-453-1223