

CONNECTIONS

May through August 2016



INSIDE THIS ISSUE



Bellevue Parks &
Community Services

MORE VALUE
MORE VARIETY
MORE FUN

**SUMMER
DAY
CAMPS**

425-452-6885



**Bellevue Parks &
Community Services**

425-452-6885

<http://parksreg.bellevuewa.gov>

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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, 16051 NE 10th St..... 425-452-7155

COMMUNITY GARDENS, SE 16th ST near 156th Ave SE 425-452-7225

CROSSROADS COMMUNITY CENTER, 16000 NE 10th ST 425-452-4874

CROSSROADS GOLF COURSE, 15801 NE 15th ST 425-452-4873

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

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

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

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

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

Pacific Science Center 425-450-0207

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

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

Rental Information.....425-452-7150

Community Events Office.....425-452-4106

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

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

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

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

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

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

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

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

BELLEVUE PARKS & COMMUNITY SERVICES CONNECTIONS



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

Bellevue City Council
John Stokes, Mayor
John Chelminiak, Deputy Mayor
Conrad Lee Jennifer Robertson
Lynne Robinson Vandana Slatter
Kevin Wallace

Parks & Community Services Board
Kathy George, Chair
Sherry Grindeland, Vice Chair
Stuart Heath Debra Kumar
Erin Powell Eric Synn
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: Summer Soccer Camp with Michael Smith at the Robinswood Sportsfields. Photo by Colin Walker.
Editor: Colin Walker. Questions or comments about Connections? Email cwalker@bellevuewa.gov.

Crossroads Movies in the Park

AN OUTDOOR FAMILY MOVIE SERIES AT CROSSROADS PARK

Thursday nights in August

**FREE FAMILY ACTIVITIES STARTING AT 7:30PM
MOVIES START AT DUSK**

Aug 4 · **INSIDE OUT** **PG**

Aug 11 · **MINIONS** **PG**

Aug 18 · **GOOD DINOSAUR** **PG**

Aug 25 · **PAN** **PG**

16000 NE 10TH ST, BELLEVUE, WA · FOR MORE INFO (425) 452-4240

MOVIES WILL BE CANCELED IN THE EVENT OF RAIN.



**Bellevue Parks &
Community Services**

WWW.BELLEVUEWA.GOV

**Crossroads
BELLEVUE**

CROSSROADS SHOPPING CENTER

WWW.CROSSROADSBELLEVUE.COM



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 accommodations requests. Assistance for the Deaf and Hard of Hearing can be provided through the 711 Telecommunications Relay Service.

QUESTIONS OR COMMENTS?

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

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

INCLEMENT WEATHER POLICY

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

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

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

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

STAY UP-TO-DATE BY SUBSCRIBING TO OUR MONTHLY E-NEWSLETTER

Get the latest information about events, new programs, and great things to do in Bellevue by subscribing to our monthly e-newsletter.

To subscribe, visit:
http://www.bellevuewa.gov/parks_connections.htm





UPCOMING PRODUCTIONS

Oklahoma

Performs at BYT - Crossroads

Last day for advance ticket purchase: April 8

Bring the whole family to see one of America's most beloved Broadway musicals. Colorful costumes, energetic dancing, and all those famous songs. Don't miss out on the opportunity to share this classic American musical with your friends and loved ones. Running approximately two-and-a-half hours, it is suitable for adults and children who are able to quietly enjoy watching live theatre for at least an hour without interruption.

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

Romeo and Juliet

Performs at BYT - Crossroads

Last day for advance ticket purchase: April 22

The classic tale of star crossed lovers combines with a modern side story to make this Shakespeare work suitable for the entire family. Some scenes may not be suitable for younger children; parental discretion is advised. Shown in 2008, it has been one of the more popular Shakespeare tales. This 90-minute play is appropriate for all ages.

Friday, April 29 at 7pm
 Saturday, April 30 at 2pm & ★7pm
 Sunday, May 1 at 2pm
 Friday, May 6 at 7pm
 Saturday, May 7 at ★2pm & 7pm

Beauty and the Beast

Performs at BYT - Crossroads

Last day for advance ticket purchase: May 6

First shown in 2007 and 2012, this retelling of the fairy tale has captured BYT audiences. Belle is different from everyone in her small village and knows not to judge a book by its cover. But her strength and open mind will be challenged when her community is threatened. Will she be able to protect herself and break the curse placed on her new-found friends? The classic tale, with a few twists. Run time is approximately 2 hours with an intermission. Appropriate for all ages.

Friday, May 13 at 7pm
 Saturday, May 14 at ★7pm
 Sunday, May 15 at 2pm
 Friday, May 20 at 7pm
 Saturday, May 21 at ★2pm & 7pm
 Sunday, May 22 at 2pm

Charlotte's Web

Performs at BYT-Crossroads

All performances \$8

Come enjoy our summer presentation with this timeless classic of Charlotte, Templeton, Wilbur, and his friends. This show is suitable for the entire family and is a 90 minute performance with an intermission.

Friday, August 5, 12 & 19 at 7pm.
 Saturday, August 6, 13 & 20 at 2pm
 Saturday, August 6, 13 & 20 at 7pm
 Sunday, August 7, 14 & 21 at 2pm

Active duty and retired military and their immediate family members are \$8 each (must be purchased in-person at the box office, with your military ID).

Ticket prices:

\$12 per ticket for tickets purchased in advance.
 \$15 per ticket for tickets purchased beginning tech week.

All seats are reserved and we do sell out. Buying your tickets early is highly recommended!

www.bellevuewa.gov/byt.htm

Special: \$8 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.



Special Events

A DAY OF PLAY WITH DAD!

Celebrate Father's Day by inviting dad to a delicious pancake breakfast and then challenge him to fun family adventures. Ascend the climbing wall, scale the vertical play pen at the Bellevue Challenge Course, play disc golf, and finish the morning with an orienteering trek through Eastgate Park. Moms and siblings are welcome too. Registration is required. Min 15/Max 90

South Bellevue Community Center

\$8 per person

Age: 4Y and up

Ages 3 and under FREE

106558 8:30am-12pm Sun

Jun 19

BELLEVUE FAMILY 4TH OF JULY CELEBRATION

With rockets' red glare, bombs bursting in air, and a jam-packed lineup of festivities, the Bellevue Family 4th will bring the East-side's largest Independence Day Celebration and Fireworks show to the Bellevue Downtown Park. The event features the Bellevue Parks Family Fun Zone, an International Food Court, live entertainment on the Main Stage, and formal Presentation of the Colors. When twilight fades, the Bellevue Youth Symphony Orchestra will play a rousing Independence Day tribute synchronized to the spectacular fireworks display. This event is co-produced by the City of Bellevue and the Bellevue Downtown Association.

When: Monday, July 4, 2-10:30pm

Where: Bellevue Downtown Park

Ages: All

Cost: No entrance fee. Costs vary for inflatables and food.

KELSEY CREEK FREE KIDS' SHOWS

Bellevue Friends of the Library, in partnership with Bellevue Parks & Community Services presents FREE children's events 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 Community Park

ALL AGES

Eric Herman and the Thunder Puppies

10:30-11:30am Tue Jun 28

Eric Ode

10:30-11:30am Tue Jul 12

Nancy Stewart

10:30-11:30am Tue Aug 02

LAKE TO LAKE BIKE RIDE

5th annual Lake to Lake bike ride - an enjoyable, non-competitive ride, that explores the hidden treasures of Bellevue. This ride utilizes low traffic roads, bike lanes and part of the Lake to Lake trail (non technical gravel) and traverses much of the City. Greenbelt Loop - mostly flat 8 mile route; Lake Loop - more challenging 22 mile route with significant elevation gain. The course is well-marked and supported by staff and volunteers. Riders under 18 must be accompanied by an adult. Pre-register - \$15.00 Res & Non-Res per rider; Day of event registration \$20.00 Res & Non-Res per rider. On-site registration will take place from 8: - 9:AM - Start area open 9: - 10:AM. Under age 8 FREE. Min 25/Max 300

Lake Hills Community Park

FREE \$15 \$20
106268 9am- 1pm Sat

Age: 8Y and up
Jun 11

ROBINSWOOD FREE KIDS' SHOW

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

ALL AGES

Eli Rosenblatt

10:30-11:30am Tue Jul 19

THE GREAT SBCC CHALLENGE

South Bellevue Community Center and Boys & Girls Clubs of Bellevue co-present this unique event where teams compete in a series of fun challenges that require athleticism for physical feats, smarts for mental tasks, and artistic abilities for creative endeavors. The team who successfully completes the challenges in the allotted time while earning the most points will be crowned winner, but twists and turns can throw off the most talented, so beware.

Registration Required. Min 45/Max 100

South Bellevue Community Center

\$10 per person

105382 10am-1pm Sat

Age: 6Y and up
May 07

KELSEY CREEK SHEEP SHEARING

Saturday, April 30, 11am-4pm
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. No entrance fees. Costs vary for food and activities; sorry, no ATM on site and credit cards accepted for pony rides only. For more information call 425-452-7688 or email KelseyCreekFarm@bellevuewa.gov.

Volunteer - Kelsey Creek Sheep Shearing

We are seeking energetic, fun teens to assist with children's activities at this 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, be at least 14 years old, and must be enrolled in high school on the day of the event. Email KelseyCreekFarm@bellevuewa.gov or call 425-452-7688 with questions. No day-of-event registrations will be accepted.

103362 10am-5pm Sat

Apr 30

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

Visit www.bellevuewa.gov/COBCalendar

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



Advance Registration Preference for Bellevue Residents • Registration Begins March 7, 2016

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 16, 2015*

INTERNET	PHONE-IN
Visit http://parksreg.bellevuewa.gov to register for classes online.	Telephone Registration begins March 21. 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 <http://parksreg.bellevuewa.gov>, 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 RECORDING: A loan copy will be available upon request within 48 hours notice from the Bellevue Parks & Community Services Office. We advise individuals to request specific sections of the Community Services Brochure so that information will be functional to the listener.

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

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

RESIDENT DEFINITION:

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

EQUAL OPPORTUNITY STATEMENT:

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

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



Advance Registration Preference for Bellevue Residents • Registration Begins March 7, 2016

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 16, 2016.

Mail completed form to:

Bellevue Parks Registration; P.O. Box 90012; Bellevue, WA 98009-9012

WAIVER OF LIABILITY/RELEASE – PLEASE READ CAREFULLY

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

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

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

Participant or Parent/Guardian Signature _____ Date _____

Printed Name: _____

Registration NOT VALID without signed waiver.

Scholarship Application

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

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

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

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

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

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

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

Address: _____

City: _____ State: _____ ZIP Code: _____

Phone: (Work) _____ (Home) _____

E-Mail Address: _____

Please Indicate:

Family Size: _____

Yearly Income (Before Taxes):

\$ _____

HOUSEHOLD SIZE	1	2	3	4	5	6	7	8
Full Scholarship	15,301	20,709	26,117	31,525	36,933	42,341	47,749	53,157
3/4 Scholarship	18,538	25,090	31,642	38,194	44,746	51,298	57,850	64,402
1/2 Scholarship	21,775	29,471	37,167	44,863	52,559	60,255	67,951	75,647

Example: If your family size is two and your income is \$20,709 or less you are eligible for a full scholarship.

Source: 2015-2016 USDA Food & Nutrition Services Child Nutrition Programs - Income Eligibility Guidelines. | Updated August 2015

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

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

Signature: _____ Date: _____

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

Bellevue Aquatic Center

601 - 143rd Avenue NE

425-452-4444
Fax: 425-452-6100

Special Events

April 16 - 12:30-2:30pm
April Pool's Day

A special event focusing on water safety with raffles and free swimming for children 12 and under.

SWIM RATES

Drop-In Fees

Adult:\$7
Youth (12 yrs. and younger):\$6
Deep Water Exercise Class:\$8
Master Swim Class:\$8
Discounted Swim \$5.25
<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:\$71.05
Youth:\$60.72
Deep Water Exercise:\$81.60
Masters Swim:\$81.60
Discounted Swim:\$52.56

3 Month Swim Pass Cards

For Lap, Open, and Rehab Swims

Adult:\$182.75
Youth:\$121.25
Family:\$295

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:\$225 per hour
26-50 guests:\$271.50 per hour
51-75 guests:\$301 per hour
76-100 guests:\$357.50 per hour
100-125 guests:\$447 per hour

Party Room Rentals

Available during pool rentals or open swims. \$77 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 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.

Nurturing Water Therapies - NWT offers adaptive swim lessons, aquatic exercises and aquatic therapy to people of all ages with health challenges. Registration: 425-429-6706/ www.NurturingWaterTherapies.org.

LEARN TO SWIM PROGRAMS

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

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

Please remember when registering your child:

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

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

PRIVATE/SEMI-PRIVATE SWIM LESSONS

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

PARENT/TOT LEVEL CLASSES

Ages: 6 months to 3 years
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.

Ⓜ 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.

YOUTH LEVEL CLASSES

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

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

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

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

YOUTH 4: Refining the strokes and introduction to sidestroke.

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

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

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

ADULT LEVEL CLASSES

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

ADULT 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.

Additional sessions may be available. Visit <http://parksreg.bellevuewa.gov> for the most up-to-date list of lessons.

PARENT/TOT SWIM LESSONS

106670	11-11:30am	M, W	May 16-Jun 08	\$87.20
106671	6:20-6:50pm	M, W	May 16-Jun 08	\$87.20
106672	11:20-11:50am	M, W	Jun 20-Jul 13	\$80.50
106674	10:10-10:40am	Sa	Jun 25-Aug 13	\$80.50
106676	6:20-6:50pm	M, W	Jun 20-Jul 13	\$80.50
106675	11:20-11:50am	Su	Jun 26-Aug 14	\$80.50
106673	11:20-11:50am	M, W	Jul 18-Aug 10	\$92
106677	6:20-6:50pm	M, W	Jul 18-Aug 10	\$92

PARENT/TOT 2 SWIM LESSONS

106678	6:20-6:50pm	Tu, Th	May 17-Jun 09	\$87.20
106679	11:20-11:50am	Tu, Th	Jun 21-Jul 14	\$92
106681	11:20-11:50am	Sa	Jun 25-Aug 13	\$80.50
106682	5:45-6:15pm	Tu, Th	Jun 21-Jul 14	\$92
106680	11:20-11:50am	Tu, Th	Jul 19-Aug 11	\$92
106683	5:45-6:15pm	Tu, Th	Jul 19-Aug 11	\$92

PRESCHOOL 1 SWIM LESSONS

106618	10-10:30am	M, W	May 16-Jun 08	\$99.20
106619	5:45-6:15pm	M, W	May 16-Jun 08	\$99.20
106620	4-4:30pm	Tu, Th	May 17-Jun 09	\$99.20
106621	9-9:30am	M-F	Jun 20-Jul 01	\$130
106624	10:45-11:15am	M-F	Jun 20-Jul 01	\$117
106631	4-4:30pm	F	Jun 24-Aug 12	\$104
106632	6:20-6:50pm	F	Jun 24-Aug 12	\$104
106633	11:55am-12:25pm	Sa	Jun 25-Aug 13	\$91
106634	9:35-10:05am	Sa	Jun 25-Aug 13	\$91
106636	3:25-3:55pm	M, W	Jun 20-Jul 13	\$91
106637	3:25-3:55pm	Tu, Th	Jun 21-Jul 14	\$104
106638	4:35-5:05pm	Tu, Th	Jun 21-Jul 14	\$104
106635	9-9:30am	Su	Jun 26-Aug 14	\$91
106622	9-9:30am	M-F	Jul 05-15	\$117
106623	10:45-11:15am	M-F	Jul 05-15	\$117
106625	10:45-11:15am	M-F	Jul 18-29	\$130
106628	9-9:30am	M-F	Jul 18-29	\$130
106639	4:35-5:05pm	Tu, Th	Jul 19-Aug 11	\$104
106640	3:25-3:55pm	Tu, Th	Jul 19-Aug 11	\$104
106641	3:25-3:55pm	M, W	Jul 18-Aug 10	\$104
106642	5:10-5:40pm	M, W	Jul 18-Aug 10	\$104
106626	10:45-11:15am	M-F	Aug 01-12	\$130
106629	9-9:30am	M-F	Aug 01-12	\$130
106627	10:45-11:15am	M-F	Aug 15-26	\$130
106630	9-9:30am	M-F	Aug 15-26	\$130
106643	5:45-6:15pm	M-Th	Aug 15-25	\$104
106644	3:25-3:55pm	M-Th	Aug 15-25	\$104

PRESCHOOL 2 SWIM LESSONS

106645	10:30-11am	M, W	May 16-Jun 8	\$99.20
106646	4:35-5:05pm	M, W	May 16-Jun 8	\$99.20
106647	5:45-6:15pm	Tu, Th	May 17-Jun 09	\$99.20
106648	9:35-10:05am	M-F	Jun 20-Jul 01	\$130
106649	10:45-11:15am	M-F	Jun 20-Jul 01	\$130
106658	4:35-5:05pm	F	Jun 24-Aug 12	\$104
106659	9-9:30am	Sa	Jun 25-Aug 13	\$91
106660	11:20-11:50am	Sa	Jun 25-Aug 13	\$91
106662	3:25-3:55pm	M, W	Jun 20-Jul 13	\$91
106663	5:45-6:15pm	M, W	Jun 20-Jul 13	\$91
106664	3:25-3:55pm	Tu, Th	Jun 21-Jul 14	\$104
106661	10:10-10:40am	Su	Jun 26-Aug 14	\$91
106650	10:45-11:15am	M-F	Jul 05-15	\$117
106651	9:35-10:05am	M-F	Jul 05-15	\$117
106652	9:35-10:05am	M-F	Jul 18-29	\$130
106653	10:45-11:15am	M-F	Jul 18-29	\$130
106665	3:25-3:55pm	Tu, Th	Jul 19-Aug 11	\$104
106666	3:25-3:55pm	M, W	Jul 18-Aug 10	\$104
106667	5:45-6:15pm	M, W	Jul 18-Aug 10	\$104
106656	9:35-10:05am	M-F	Aug 01-12	\$130
106657	10:45-11:15am	M-F	Aug 01-12	\$130
106654	10:45-11:15am	M-F	Aug 15-26	\$130
106655	9:35-10:05am	M-F	Aug 15-26	\$130
106668	5:45-6:15pm	M-Th	Aug 15-25	\$104
106669	3:25-3:55pm	M-Th	Aug 15-25	\$104

Bellevue Aquatic Center Registration Dates:

Programs listed in PLAIN TYPEFACE:

Resident: March 7

Non-Resident: March 16

Programs listed in UNDERLINE:

Resident: May 9

Non-Resident: May 18

Programs listed in BOLD:

Resident: June 6

Non-Resident: June 15

BELLEVUE AQUATIC CENTER

Pool Schedule • Valid June 20 through August 28, 2016

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

Special Hours of Operation: July 4: 8am-2:30pm; No BAC Lessons July 4 & August 6-7; **Pool Closure August 29 through September 11.**



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 Swim	MS 1-2 Open Swim 2-3:30	Open Swim	Open Swim	Open Swim	Open Swim 12:30-2:30	
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 Swim	Lap Swim Swim Teams Scuba (DT)	Open Swim	Lap Swim Swim Teams Scuba (DT)	Open Swim		
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.

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						
12:30	Water Motion	Adult & Therapy	Water Motion	Adult & Therapy	Adult & Therapy	Open & Therapy 12:30 - 2:30	
1:30	Open & Therapy		Open & 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							



PRESCHOOL 3 SWIM LESSONS

106684	4-4:30pm	M, W	May 16-Jun 08	\$99.20
106685	4:35-5:05pm	Tu, Th	May 17-Jun 09	\$99.20
106686	10:10-10:40am	M-F	Jun 20-Jul 01	\$130
106687	11:55am-12:25pm	M-F	Jun 20-Jul 01	\$130
106696	5:10-5:40pm	F	Jun 24-Aug 12	\$104
106697	10:10-10:40am	Sa	Jun 25-Aug 13	\$91
106699	6:20-6:50pm	Tu, Th	Jun 21-Jul 14	\$104
106698	9:35-10:05am	Su	Jun 26-Aug 14	\$91
106688	11:55am-12:25pm	M-F	Jul 05-15	\$117
106689	10:10-10:40am	M-F	Jul 05-15	\$117
106690	10:10-10:40am	M-F	Jul 18-29	\$130
106691	11:55am-12:25pm	M-F	Jul 18-29	\$130
106700	6:20-6:50pm	Tu, Th	Jul 19-Aug 11	\$104
106701	4-4:30pm	M, W	Jul 18-Aug 10	\$104
106692	11:55am-12:25pm	M-F	Aug 01-12	\$130
106693	10:10-10:40am	M-F	Aug 01-12	\$130
106694	10:10-10:40am	M-F	Aug 15-26	\$130
106695	11:55am-12:25pm	M-F	Aug 15-26	\$130
106702	4-4:30pm	M-Th	Aug 15-25	\$104

PRESCHOOL 4 SWIM LESSONS

106703	5:10-5:40pm	M, W	May 16-Jun 08	\$99.20
106704	9:35-10:05am	M-F	Jun 20-Jul 01	\$130
106709	5:45-6:15pm	F	Jun 24-Aug 12	\$104
106710	9-9:30am	Sa	Jun 25-Aug 13	\$91
106712	4-4:30pm	Tu, Th	Jun 21-Jul 14	\$104
106711	11:55am-12:25pm	Su	Jun 26-Aug 14	\$91
106705	9:35-10:05am	M-F	Jul 05-15	\$117
106706	9:35-10:05am	M-F	Jul 18-29	\$130
106713	4-4:30pm	Tu, Th	Jul 19-Aug 11	\$104
106707	9:35-10:05am	M-F	Aug 01-12	\$130
106708	9:35-10:05am	M-F	Aug 15-26	\$130
106714	5:10-5:40pm	M-Th	Aug 15-25	\$104

PRESCHOOL 5 SWIM LESSONS

106716	4-4:30pm	Tu, Th	May 17-Jun 09	\$99.20
106717	10:45-11:15am	M-F	Jun 20-Jul 01	\$130
106722	9:35-10:05am	Sa	Jun 25-Aug 13	\$91
106723	6:20-6:50pm	M, W	Jun 20-Jul 13	\$91
106748	10:45-11:15am	Su	Jun 26-Aug 14	\$91
106718	10:45-11:15am	M-F	Jul 05-15	\$117
106719	10:45-11:15am	M-F	Jul 18-29	\$130
106724	6:20-6:50pm	Tu, Th	Jul 19-Aug 11	\$104
106749	5:10-5:40pm	M, W	Jul 18-Aug 10	\$104
106720	10:45-11:15am	M-F	Aug 01-12	\$130
106721	10:45-11:15am	M-F	Aug 15-26	\$130
106725	6:20-6:50pm	M-Th	Aug 15-25	\$104

YOUTH LEVEL 1 SWIM LESSONS

106726	5:45-6:15pm	M, W	May 16-Jun 08	\$99.20
106727	4:35-5:05pm	Tu, Th	May 17-Jun 09	\$99.20
106728	9-9:30am	M-F	Jun 20-Jul 01	\$130
106729	11:20-11:50am	M-F	Jun 20-Jul 01	\$130
106738	4:35-5:05pm	F	Jun 24-Aug 12	\$104
106739	10:45-11:15am	Sa	Jun 25-Aug 13	\$91
106741	4:35-5:05pm	M, W	Jun 20-Jul 13	\$91
106742	4:35-5:05pm	Tu, Th	Jun 21-Jul 14	\$104
106740	10:45-11:15am	Su	Jun 26-Aug 14	\$91
106730	11:20-11:50am	M-F	Jul 05-15	\$117
106731	9-9:30am	M-F	Jul 05-15	\$117
106732	11:20-11:50am	M-F	Jul 18-29	\$130
106733	11:55am-12:25pm	M-F	Jul 18-29	\$130
106743	4:35-5:05pm	Tu, Th	Jul 19-Aug 11	\$104
106744	4:35-5:05pm	M, W	Jul 18-Aug 10	\$104
106745	6:20-6:50pm	M, W	Jul 18-Aug 10	\$104
106734	11:55am-12:25pm	M-F	Aug 01-12	\$130
106735	11:20-11:50am	M-F	Aug 01-12	\$130
106736	11:20-11:50am	M-F	Aug 15-26	\$130
106737	11:55am-12:25pm	M-F	Aug 15-26	\$130
106746	6:20-6:50pm	M-Th	Aug 18-31	\$104
106747	4:35-5:05pm	M-Th	Aug 15-25	\$104

YOUTH LEVEL 2 SWIM LESSONS

106750	4:35-5:05pm	M, W	May 16-Jun 08	\$94.40
106769	5:10-5:40pm	Tu, Th	May 17-Jun 09	\$94.40
106770	10:10-10:40am	M-F	Jun 20-Jul 01	\$125
106771	11:55am-12:25pm	M-F	Jun 20-Jul 01	\$125
106780	5:10-5:40pm	F	Jun 24-Aug 12	\$100
106781	11:55am-12:25pm	Sa	Jun 25-Aug 13	\$87.50
106784	4-4:30pm	M, W	Jun 20-Jul 13	\$87.50
106782	11:55am-12:25pm	Su	Jun 26-Aug 14	\$87.50
106783	9-9:30am	Su	Jun 26-Aug 14	\$87.50
106772	10:10-10:40am	M-F	Jul 05-15	\$112.50
106773	11:55am-12:25pm	M-F	Jul 05-15	\$112.50
106774	9-9:30am	M-F	Jul 18-29	\$125
106775	10:10-10:40am	M-F	Jul 18-29	\$125
106785	4-4:30pm	M, W	Jul 18-Aug 10	\$100
106776	10:10-10:40am	M-F	Aug 01-12	\$125
106778	9-9:30am	M-F	Aug 01-12	\$125
106777	10:10-10:40am	M-F	Aug 15-26	\$125
106779	9-9:30am	M-F	Aug 15-26	\$125
106786	4-4:30pm	M-Th	Aug 15-25	\$100

YOUTH LEVEL 3 SWIM LESSON

106787	6:20-6:50pm	Tu, Th	May 17-Jun 09	\$94.40
106788	9:35-10:05am	M-F	Jun 20-Jul 01	\$125
106793	4-4:30pm	F	Jun 24-Aug 12	\$100
106794	11:55am-12:25pm	Sa	Jun 25-Aug 13	\$87.50
106796	4:35-5:05pm	M, W	Jun 20-Jul 13	\$87.50
106797	5:10-5:40pm	Tu, Th	Jun 21-Jul 14	\$100
106795	11:20-11:50am	Su	Jun 26-Aug 14	\$87.50
106789	9:35-10:05am	M-F	Jul 05-15	\$112.50
106790	9:35-10:05am	M-F	Jul 18-29	\$125
106799	5:10-5:40pm	Tu, Th	Jul 19-Aug 11	\$100
106800	4:35-5:05pm	M, W	Jul 18-Aug 10	\$100
106791	9:35-10:05am	M-F	Aug 01-12	\$125
106792	9:35-10:05am	M-F	Aug 15-26	\$125
106801	4:35-5:05pm	M-Th	Aug 15-25	\$100

YOUTH LEVEL 4 SWIM LESSONS

106802	4-4:30pm	M, W	May 16-Jun 08	\$94.40
106803	11:20-11:50am	M-F	Jun 20-Jul 01	\$125
106804	11:20-11:50am	M-F	Jul 05-15	\$112.50
106805	11:20-11:50am	M-F	Jul 18-29	\$125
106806	11:20-11:50am	M-F	Aug 01-12	\$125
106807	11:20-11:50am	M-F	Aug 15-26	\$125

Bellevue Aquatic Center Registration Dates:

Programs listed in PLAIN TYPFACE:

Resident: March 7

Non-Resident: March 16

Programs listed in UNDERLINE:

Resident: May 9

Non-Resident: May 18

Programs listed in **BOLD**:

Resident: June 6

Non-Resident: June 15

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
1-5:30pm

Mon-Fri
Wed

Ongoing
Ongoing

SEE THE DAY CAMP INSERT FOR ALL OF OUR FUN SUMMER DAY CAMPS!

Art & Craft Programs for Adults

ART IN NATURE EXHIBIT

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

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

\$20.50(R) \$25(N) Age: 18Y and up
100675 10:30am-1:30pm Mon May 02-23

\$10.50(R) \$13(N) Age: 18Y and up
100676 10:30am-1:30pm Mon Jun 06-13

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
100698 10am-12pm Fri May 06-Jun 17

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

\$210(R) \$245(N) Age: 18Y and up
99510 10-11:30am Thu May 12-Jun 30

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. Materials included. Accommodations provided for people with disabilities. Min 6/Max 9

Northwest Arts Center

\$210(R) \$245(N) Age: 18Y and up
99506 12:30- 2:30pm Thu May 12-Jun 30

Get Fit and Get Healthy

BEYOND MASSAGE

Beyond Massage! Rediscover your innate capacity for graceful and efficient movement. Move with greater comfort and ease. Find a sense of balance and stability. Regain flexibility, coordination and improve posture. Individual sessions are available with Elizabeth Strauss, Feldenkrais® Practitioner, Registered Jin Shin Do® Acupressurist, and Licensed Massage Practitioner. Fee is \$36/R or \$43/NR for a 30 min. session. For an hour, reserve two consecutive slots. Appointments are available the first Monday of each month. Call the North Bellevue Community Center for an appointment, 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. 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. \$82 payable to the Dental Hygienist at appointment. Cash or Check only.

FOOT CARE

Chris Egan, RN will trim toe nails by appointment on 2nd & 4th Wednesday & 2nd Tuesday each month. This service is geared for older adults and/or diabetics who need assistance with this task. First time clients will need to schedule a 60 minute appointment. Fee is \$30 payable by cash or check the day of the appointment. Call 425-452-7681 to schedule an appointment.

REFLEXOLOGY-NB

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

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
105979 9-10am Tue, Thu-Fri May 03-31
105980 9-10am Thu-Fri, Tue Jun 02-30
105981 9-10am Fri, Tue, Thu Jul 01-29
105982 9-10am Tue, Thu-Fri Aug 02-30



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 5/Max 20

South Bellevue Community Center

\$55(R) \$66(N) Age: 18Y and up
100623 10:15-11:15am Mon, Wed May 02-25
100624 10:15-11:15am Wed, Mon Jun 01-29
100625 10:15-11:15am Wed, Mon Jul 06-27
100626 10:15-11:15am Mon, Wed Aug 01-24

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 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 10

South Bellevue Community Center

\$67.50(R) \$81(N) Age: 18Y and up
99280 9:15-10:15am Tue May 03-Jun 28

\$75(R) \$90(N) Age: 18Y and up
99281 9:15-10:15am Tue, Thu Jul 05-Aug 04

SHAPE UP PREVENTION CAMPAIGN

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

Aerobics & Conditioning

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, body-weight exercises, fun agility movements, and a variety of exercises to strengthen your core and more. Expect to sweat and have fun! Certified Personal Trainers will educate you, encourage you, and modify exercises to meet individual needs. A Flex Card is available for this class. To register during a session, call the South Bellevue Community Center at 425-452-4240. Min 6/Max 20

South Bellevue Community Center

\$70(R) \$84(N)	Age: 16Y and up
100639 6-6:50am	Tue, Thu May 03-31
100641 6-6:50am	Thu, Tue Jun 02-30
100643 6-6:50am	Tue, Thu Jul 05-28
100645 6-6:50am	Tue, Thu Aug 02-25

\$35(R) \$42(N)	Age: 16Y and up
100640 6-6:50am	Fri May 06-27
100642 6-6:50am	Fri Jun 03-24
100646 6-6:50am	Fri Aug 05-26

\$44(R) \$52.50(N)	Age: 16Y and up
100644 6-6:50am	Fri Jul 01-29

SMALL GROUP TRAINING WITH SARA

This small group training class will help you achieve your fitness goals. Workouts will be individualized to meet each individual's 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

\$80(R) \$100(N)	Age: 18Y and up
99271 7-7:50pm	Mon May 02-23
99272 7-7:50pm	Mon Jun 06-27

\$120(R) \$150(N)	Age: 18Y and up
99273 7-7:50pm	Mon Jul 11-Aug 22

SILVERSNEAKERS CLASSIC

Fitness for all ages!!! An one hour exercise class with light toning, balance and stretch - strengthen with light weights, tubing, fitness balls to work on upper and lower body. A perfect class for the mature participants for those who want a 'lighter' workout. Proper technique and forms are emphasized to create a workout that is fun, safe and effective. Min 6/Max 25

North Bellevue Community Center

\$40(R) \$48(N)	Age: 18Y and up
106221 11am-12pm	Mon, Wed May 02-25

\$45(R) \$54(N)	Age: 18Y and up
106222 11am-12pm	Mon, Wed Jun 01-29

\$35(R) \$42(N)	Age: 18Y and up
106223 11am-12pm	Mon, Wed Jul 06-27

\$50(R) \$60(N)	Age: 18Y and up
106224 11am-12pm	Mon, Wed Aug 01-31

Body & Mind

See Martial Arts section for Tai Chi classes.

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. Please do not bring children to class. Min 8/Max 10

Northwest Arts Center

\$76(R) \$91(N)	Age: 18Y and up
106607 3-4pm	Tue Jun 07-Jul 19
106608 3-4pm	Thu Jun 09-Jul 21
106610 3-4pm	Tue Aug 02-Sep 06
106611 3-4pm	Thu Aug 04-Sep 08

\$120(R) \$144(N)	Age: 18Y and up
106609 3-4pm	Tue, Thu Jun 07-Jul 21
106612 3-4pm	Tue, Thu Aug 02-Sep 08

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 4/Max 28

South Bellevue Community Center

\$60(R) \$72(N)	Age: 13Y and up
99669 11:15am-12:30pm	Tue May 03-31

\$48(R) \$58(N)	Age: 13Y and up
99670 11:30am-12:45pm	Tue Jun 07-28

\$36(R) \$43(N)	Age: 13Y and up
99671 11:30am-12:45pm	Tue Jul 19-Aug 02
99672 11:30am-12:45pm	Tue Aug 09-23

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 4/Max 28

South Bellevue Community Center

\$60(R) \$72(N)	Age: 13Y and up
99653 7:15-8:30pm	Tue May 03-31
99654 7:15-8:30pm	Thu May 05-Jun 02

\$48(R) \$58(N)	Age: 13Y and up
99655 7:15-8:30pm	Tue Jun 07-28
99656 7:15-8:30pm	Thu Jun 09-30

\$36(R) \$43(N)	Age: 13Y and up
99657 7:15-8:30pm	Tue Jul 19-Aug 02
99658 7:15-8:30pm	Thu Jul 21-Aug 04
99659 7:15-8:30pm	Tue Aug 09-23
99660 7:15-8:30pm	Thu Aug 11-25

PURNA YOGA LEVEL 2

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

South Bellevue Community Center

\$48(R) \$58(N)	Age: 13Y and up
99483 10:15-11:30am Sun	May 01-22
99484 10:15-11:30am Sun	Jun 05-26
\$84(R) \$100(N)	Age: 13Y and up
99485 10:15-11:30am Sun	Jul 10-Aug 21

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. Drop-in and monthly fees available. Min 4/Max 20

North Bellevue Community Center

\$32(R) \$40(N)	Age: 18Y and up
105565 10:30-11:30am Mon	May 02-23
105573 10:30-11:30am Thu	May 05-26
105566 10:30-11:30am Mon	Jun 06-27
105576 10:30-11:30am Thu	Jul 07-28
105577 10:30-11:30am Thu	Aug 04-25
\$24(R) \$30(N)	Age: 18Y and up
105567 10:30-11:30am Mon	Jul 11-25
\$40(R) \$50(N)	Age: 18Y and up
105574 10:30-11:30am Thu	Jun 02-30
105568 10:30-11:30am Mon	Aug 01-29

HEALTHWAYS

SilverSneakers®
FITNESS

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

information about SilverSneakers programs in Bellevue.



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. 3 payment options: full class session, 5-class Flex Card, or single class drop-in. 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
99466 7- 8pm Mon	May 02-Jun 20
\$88(R) \$106(N)	Age: 13Y and up
99467 9:15-10:15am Fri	May 06-Jun 24
\$66(R) \$80(N)	Age: 13Y and up
99468 7- 8pm Mon	Jul 11-Aug 15

Active Fitness

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 6/Max 20

South Bellevue Community Center

\$108(R) \$128(N)	Age: 13Y and up
99095 6:15- 7:15pm Tue	May 03-Jun 28
99096 6:15- 7:15pm Thu	May 05-Jun 30
\$180(R) \$216(N)	Age: 13Y and up
99097 6:15- 7:15pm Tue, Thu	May 03-Jun 30
\$160(R) \$192(N)	Age: 13Y and up
99100 6:15- 7:15pm Tue, Thu	Jul 05-Aug 25
\$96(R) \$115(N)	Age: 13Y and up
99101 6:15- 7:15pm Tue	Jul 05-Aug 23
99102 6:15- 7:15pm Thu	Jul 07-Aug 25

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

\$142(R) \$171(N)	Age: 13Y and up
99145 8:45-10:15am Mon-Thu	May 02-26
\$84(R) \$100(N)	Age: 13Y and up
99146 8:45- 9:45am Mon, Wed	May 02-25
99143 9:15-10:15am Tue, Thu	May 03-26
\$42(R) \$50(N)	Age: 13Y and up
99144 9:15-10:15am Tue	May 03-24
\$63(R) \$75(N)	Age: 13Y and up
99147 9:15-10:15am Tue, Thu	May 31-Jun 16
\$31.50(R) \$37.50(N)	Age: 13Y and up
99148 9:15-10:15am Tue	May 31-Jun 14
\$98(R) \$117(N)	Age: 13Y and up
99149 9:15-10:15am Tue-Thu, Mon	May 31-Jun 16
\$52.50(R) \$62.50(N)	Age: 13Y and up
99150 8:45- 9:45am Wed, Mon	Jun 01-15

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 4/Max 11

South Bellevue Community Center

\$126(R) \$151(N)	Age: 16Y and up
99492 10:35-11:45am Tue, Thu	May 03-Jun 30
\$63(R) \$76(N)	Age: 16Y and up
99493 10:35-11:25am Tue	May 03-Jun 28
\$112(R) \$134(N)	Age: 16Y and up
99494 10:35-11:45am Tue, Thu	Jul 05-Aug 25
\$56(R) \$67(N)	Age: 16Y and up
99495 10:35-11:25am Tue	Jul 05-Aug 23

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.

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.

South Bellevue Community Center

Sign up for a 2 day a week session and Bellevue residents only pay \$6.00 a class. A Flex Card is available for this class. To join this class after the session has started, call South Bellevue Community Center (425) 452-4240. Min 8/Max 25

\$102(R) \$119(N)	Age: 13Y and up
99439 6-7pm Mon, Wed	May 02-Jun 29
\$56(R) \$68(N)	Age: 13Y and up
99440 6-7pm Mon	May 02-Jun 27
\$84(R) \$98(N)	Age: 13Y and up
99436 10-10:15am Wed, Fri	May 04-Jun 17
\$49(R) \$59.50(N)	Age: 13Y and up
99437 10-11am Wed	May 04-Jun 15
99438 9:15-10:15am Fri	May 06-Jun 17
\$63(R) \$76.50(N)	Age: 13Y and up
99441 6-7pm Wed	May 04-Jun 29
\$48(R) \$56(N)	Age: 13Y and up
99443 9:30-10:30am Tue, Thu	Jul 05-28
\$42(R) \$49(N)	Age: 13Y and up
99442 6-7pm Wed, Mon	Jul 06-27
\$36(R) \$42(N)	Age: 13Y and up
99444 6-7pm Mon, Wed	Aug 01-17
99445 9:30-10:30am Tue, Thu	Aug 02-18

Northwest Arts Center

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

\$165(R) \$185(N)	Age: 13Y and up
106604 7-8pm Fri	Jun 10-Aug 26



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 flat terrain, and challenge your leg muscles for strength and tone. All fitness levels are welcome because you control your pace. Beginners may contact us for an introductory lesson and bike set-up session prior to your first class by calling the phone number below. A Flex Card is available for this class. To register during a session call South Bellevue Community Center (425) 452-4240. Bring a bike-style water bottle & a 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

\$102(R) \$122(N)	Age: 13Y and up
99709 6-7am Mon, Wed	May 02-Jun 29
99717 7:15-8:15pm Mon, Wed	May 02-Jun 29
\$56(R) \$67(N)	Age: 13Y and up
99719 6-7am Mon	May 02-Jun 27
99721 7:15-8:15pm Mon	May 02-Jun 27
\$63(R) \$76(N)	Age: 13Y and up
99710 6-7am Wed	May 04-Jun 29
99722 7:15-8:15pm Wed	May 04-Jun 29
\$90(R) \$106(N)	Age: 13Y and up
99720 6-7am Wed, Mon	Jul 06-Aug 24

Fitness for Youth, Teens, and Family

OUT FIT

Get outside and enjoy time with your family while hiking and biking in Bellevue Parks! Spend one morning a month getting out and active. Hike through Lewis Creek Park, bike the Lake Hills Greenbelt and hike Coal Creek Trails. Learn the basics of hiking and biking safety as well as great trails to hike and bike right in town! Come to all three sessions and receive a special Tracks prize! Pre-registration is required. For more information contact csabochik@bellevuewa.gov or call 425 452 6883 Min 5/Max 25

Lake Hills Greenbelt

\$5	Age: 3Y and up
102224 10-11:30am Sat	May 14
102225 10-11:30am Sat	Jun 18

Parkour

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

PARKOUR

Parkour is a physical activity that combines the art of play and the science of movement. MoveFree Academy will train your child to control their body through fun, physical and mental challenges the way it was meant to be used. Play games, learn new skills, progress strength and dominate obstacle courses while optimizing your ninja potential! 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 16

South Bellevue Community Center

\$62(R) \$74(N)	Age: 6Y - 10Y
99236 5-5:55pm Wed	May 04-25
99240 5-5:55pm Fri	Jun 03-24
99243 5-5:55pm Fri	Jul 01-22
99245 5-5:55pm Wed	Aug 03-24
99246 5-5:55pm Fri	Aug 05-26
\$98(R) \$115.50(N)	Age: 6Y - 12Y
99238 5-5:55pm Wed, Fri	May 04-25
99244 5-5:55pm Fri, Wed	Jul 01-22
\$46.50(R) \$55.50(N)	Age: 6Y - 10Y
99237 5-5:55pm Fri	May 06-20
99242 5-5:55pm Wed	Jul 06-20
\$77.50(R) \$92.50(N)	Age: 6Y - 10Y
99239 5-5:55pm Wed	Jun 01-29
\$126(R) \$148.50(N)	Age: 6Y - 10Y
99241 5-5:55pm Wed, Fri	Jun 01-29
\$112(R) \$132(N)	Age: 6Y - 12Y
99247 5-5:55pm Wed, Fri	Aug 03-26
\$62(R) \$74(N)	Age: 10Y - 16Y
99597 6-6:55pm Wed	May 04-25
99601 6-6:55pm Fri	Jun 03-24
99604 6-6:55pm Fri	Jul 01-22
99606 6-6:55pm Wed	Aug 03-24
99607 6-6:55pm Fri	Aug 05-26
\$98(R) \$115.50(N)	Age: 10Y - 16Y
99599 6-6:55pm Wed, Fri	May 04-25
99605 6-6:55pm Fri, Wed	Jul 01-22
\$46.50(R) \$55.50(N)	Age: 10Y - 16Y
99598 6-6:55pm Fri	May 06-20
99603 6-6:55pm Wed	Jul 06-20
\$77.50(R) \$92.50(N)	Age: 10Y - 16Y
99600 6-6:55pm Wed	Jun 01-29
\$126(R) \$148.50(N)	Age: 10Y - 16Y
99602 6-6:55pm Wed, Fri	Jun 01-29
\$112(R) \$132(N)	Age: 10Y - 16Y
99608 6-6:55pm Wed, Fri	Aug 03-26

Personal Training & Fitness Centers

PERSONAL TRAINING

Appointments can be scheduled by contacting the trainers directly.

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

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

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

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

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.

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.

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.

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

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

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

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

Fitness Center Fees

Visit our Website for the current Fitness Center fees:

North Bellevue Community Center
bellevuewa.gov/10595.htm

South Bellevue Community Center
bellevuewa.gov/sbcc-fitness-center.htm

Bellevue Fire Department CPR Training Programs

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

\$35 Age: 14Y and up
 102208 7-10pm Thu Mar 17
 102209 7-10pm Thu May 19
 102210 7-10pm Thu Jul 21

HEARTSAVER CPR AED CLASS FOR ADULTS/CHILDREN

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

\$40 Age: 14Y and up
 102189 7-10pm Tue Mar 15
 102190 7-10pm Thu Apr 07
 102191 7-10pm Tue Apr 19
 102192 7-10pm Thu May 05
 102193 7-10pm Tue May 17
 102194 7-10pm Thu Jun 09
 102195 7-10pm Tue Jun 21
 102196 7-10pm Thu Jul 07
 102197 7-10pm Tue Jul 19
 102198 7-10pm Thu Aug 04
 102199 7-10pm Tue Aug 16

jazzercise®

NORTHWEST ARTS CENTER

9825 NE 24TH ST • 425-452-4106
 Morning and evening sessions available throughout the week. For more information, visit www.jazzercise.com or call Lori Hollow - 206-232-2608.

NORTH BELLEVUE COMMUNITY CENTER

4063 148TH AVE NE • 425-452-7681
 Morning and evening sessions available throughout the week. For more information, call Instructor Kris Rooke @ 425-894-4111, or visit the class web page at www.jazzwithkris.com

SOUTH BELLEVUE COMMUNITY CENTER

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.jazzercise.com.

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

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



Martial Arts

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

\$66(R) \$78(N) Age: 16Y and up
 99522 9-9:55am Sat May 07-Jun 18
 99523 9-9:55am Sat Jun 25-Jul 30

YANG STYLE TAI CHI CONTINUING

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

\$66(R) \$78(N) Age: 16Y and up
 99528 10-10:55am Sat May 07-Jun 18
 99529 10-10:55am Sat Jun 25-Jul 30

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

\$208(R) \$238(N) Age: 4Y - 10Y
 100570 4:30-5:15pm Mon, Wed May 02-Jun 27
 106613 4:30-5:15pm Mon, Wed Jul 11-Aug 31

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 Instructor: Kurt and Karen Schmucker have represented the United States in the International Naginata Federation World Championships. Min 7/Max 11

Northwest Arts Center

\$104(R) \$124(N) Age: 13Y and up
 106601 7-9pm Tue Jul 12-Sep 06
 106602 7-9pm Thu Jul 14-Sep 01

\$144(R) \$169(N) Age: 13Y and up
 106603 7-9pm Tue, Thu Jul 12-Sep 08

TAI CHI 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! Fees payable at class \$3/R \$4/NR Min 5/Max 30

North Bellevue Community Center

TAI CHI QI GONG

Xue Zhong Wang uses the principles of Traditional Chinese Medicine, the combination of Tai Chi and Qi Gong with breathing and mind to improve human health and spirit. He instructs students in organ and Qi meridian exercises for personal cultivation. The class practices Tai Chi and Qi Gong descended from the ancient Masters both with empty hand and implements which are used to extend Qi past our hands. We welcome you to join us on Saturdays in our Qi field! This is a drop-in program. Fees \$12/R, \$14/NR per class.

North Bellevue Community Center

SELF DEFENSE/HAPKIDO: LITTLE CONQUERORS

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, evasions, grappling and weapons. Uniform required & available at class for a fee. Min 5/Max 15

North Bellevue Community Center

\$50(R) \$60(N) Age: 5Y - 12Y
 102816 5:15-6:30pm Mon, Wed May 02-25
 102817 5:15-6:30pm Wed, Mon Jun 01-27
 102818 5:15-6:30pm Wed, Mon Jul 06-Aug 01
 102819 5:15-6:30pm Wed, Mon Aug 03-29

SELF DEFENSE/HAPKIDO: JUNIOR CONQUERORS TO CONQUERORS

With a blend of traditional and real-world scenarios, students learn to identify, avoid and de-escalate potentially dangerous situations. In addition to lots of conditioning exercises, students will learn blocks, strikes, throws, evasion and grappling. In this class, unlike the little conquerors class, students will start learning joint locks and pressure points (adults only). Prerequisite: Graduation from the junior conqueror class, or age 13 and above. Instructor permission required to attend. Min 10/Max 30

North Bellevue Community Center

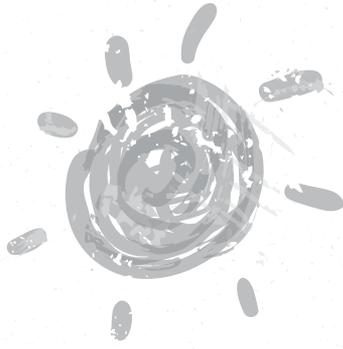
\$50(R) \$60(N) Age: 13Y and up
 102828 6:30-7:30pm Mon, Wed May 02-25
 102829 6:30-7:30pm Wed, Mon Jun 01-27
 102830 6:30-7:30pm Wed, Mon Jul 06-Aug 01
 102844 6:30-7:30pm Wed, Mon Aug 03-29

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
 102782 6:30-8pm Fri Jun 10-Aug 19



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
102788 7:30-9:30pm Fri Jun 10-Aug 19

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.

South Bellevue Community Center

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

\$53(R) \$63(N)		Age: 6Y and up
99063	4-4:50pm	Tue, Thu May 03-26
99064	5-5:50pm	Tue, Thu May 03-26
99066	4-4:50pm	Tue, Thu Jun 07-30
99067	5-5:50pm	Tue, Thu Jun 07-30
99069	4-4:50pm	Tue, Thu Jul 05-28
99070	5-5:50pm	Tue, Thu Jul 05-28
99072	4-4:50pm	Tue, Thu Aug 02-25
99073	5-5:50pm	Tue, Thu Aug 02-25

\$53(R) \$63(N)		Age: 10Y and up
99065	6-6:50pm	Tue, Thu May 03-26
99068	6-6:50pm	Tue, Thu Jun 07-30
99071	6-6:50pm	Tue, Thu Jul 05-28
99074	6-6:50pm	Tue, Thu Aug 02-25

North Bellevue Community Center

Min 3/Max 20

\$30(R) \$36(N)		Age: 16Y and up
106229	6-7:30pm	Thu May 05-26
106231	6-7:30pm	Thu Jul 07-28
106232	6-7:30pm	Thu Aug 04-25

\$38(R) \$45(N)		Age: 16Y and up
106230	6-7:30pm	Thu Jun 02-30

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 CSabochik@bellevuewa.gov or call 425-452-6883.

TUESDAY TRAILS 50+ HIKING SERIES

This easy hiking series is designed for active seniors looking to explore the beautiful trails around Bellevue, we will meet at the North Bellevue Community Center and ride to a trailhead in the Issaquah Alps, Cascades, or other scenic areas nearby. Hikes will be generally less than 3 miles and specifically chosen for the over 50 crowd. Dress for the weather and bring a lunch and water. Min 5/Max 12

North Bellevue Community Center

\$5		Age: 50Y and up
106277	10am-3pm	Tue May 03
106278	10am-3pm	Tue May 10
106279	10am-3pm	Tue May 17
106280	10am-3pm	Tue May 24
106281	10am-3pm	Tue May 31
106282	10am-3pm	Tue Jun 07

BELLEVUE ZIP TOUR

Feel Wild in the City - The Bellevue Zip Tour is a recreational zip lining program located just up the hill from the South Bellevue Community Center in beautiful Eastgate Park. The tour is comprised of 6 1/2 zip lines that range in length from 78 feet to 458 feet long, and includes two wooden suspension bridges. Riders travel as fast as 35 MPH and are up to 80 feet off the ground. The tour has great views of Mt. Baker and Glacier Peak, and is available for individuals, couples, families, small groups, and large groups who are looking to feel adventurous in a natural outdoor setting. Riders must be at least 9 years old and weigh between 60 - 275 pounds. Min 4/Max 8

South Bellevue Community Center
\$49(R) \$78(N) Age: 9Y and up

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

Enatai Beach Park

\$16(R) \$18(N)		Age: 5Y and up
106941	8:30am-12pm	Sat May 28
106943	8:30am-12pm	Sat Jun 04
106945	8:30am-12pm	Sat Jun 11
106947	8:30am-12pm	Sat Jun 18
106949	8:30am-12pm	Sat Jun 25
106951	8:30am-12pm	Sat Jul 09
106952	8:30am-12pm	Sun Jul 10
106953	8:30am-12pm	Sat Jul 16
106954	8:30am-12pm	Sun Jul 17
106955	8:30am-12pm	Sat Jul 23
106956	8:30am-12pm	Sun Jul 24
106957	8:30am-12pm	Sat Jul 30
106958	8:30am-12pm	Sun Jul 31
106959	8:30am-12pm	Sat Aug 13
106960	8:30am-12pm	Sun Aug 14
106961	8:30am-12pm	Sat Aug 20
106962	8:30am-12pm	Sun Aug 21
106963	8:30am-12pm	Sat Aug 27
106964	8:30am-12pm	Sun Aug 28

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



LEWIS CREEK EXPLORERS' CLUB

Fun for the whole family! Pre-registration is required for each participant - adult and youth. All children must be accompanied by an adult. For more information please call (425) 452-4195. Min 1/Max 25 Lewis Creek Park Visitor Center

It's a Frog's Life

When do tadpoles change into frogs? Where do frogs go during the dry summer months? How can we help protect habitat for amphibians? Join us to learn all about Pacific chorus frogs - the 2016 Master Naturalist corps Species of the Year. We'll be doing an art activity in the Visitor Center, and then walking around the wetland at Lewis Creek Park to identify tadpole and frog habitat - perhaps we'll even hear Pacific chorus frogs sing! Learn about an interactive frog habitat scavenger hunt that families can do on their own over the summer. Please bring a flashlight, sturdy shoes, and warm clothes for the journey!

FREE 106569 7:30-9pm Fri Age: 5Y and up May 13

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.

FREE 106571 2-3pm Sat Age: 5Y and up May 14

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 106572 7:30-9pm Fri Age: 5Y and up May 20

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!

\$4 \$5 106576 7:30-9pm Fri Age: 5Y and up Jun 03
106586 8:30-10pm Fri Aug 19

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?! No registration required.

FREE 2-3pm Sat Age: 5Y and up Jun 11

The Early Bird Gets the Worm!

Camouflage is an important survival strategy in the animal kingdom. Come discover how insects blend in with their surroundings and what predators do to find them. Then take a walk with a Ranger to see how many insects you can find! No registration required.

FREE 2-3pm Sat Age: 5Y and up Jun 18

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! No registration required.

FREE 2-3pm Sat Age: 5Y and up Jul 09

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. No registration required.

FREE 2-3pm Sat Age: 5Y and up Jul 23

LEWIS CREEK CHILDREN'S MOVIES

Kids! Join us for fun, educational nature movies at Lewis Creek! Children must be accompanied by an adult. No registration required. Info: 425-452-4195. FREE Min 1/Max 25

Lewis Creek Park

FREE Age: 3Y and up

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

DUCKumentary

There are more than 120 different species of ducks and they are all born knowing how to survive. Come discover all the different types and their life stories filled with personality and charm. Runny time 60 min.

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

LEWIS CREEK STORY TIME SERIES

Pre-registration is required for each participant - adult and youth. Look, listen, and create during an hour of stories and crafts with a park ranger on the 1st Friday of every month. Parents and children will explore together the diverse animal world with animated fiction and fun. All children must be accompanied by an adult. For more information please call (425) 452-4195. Min 1/Max 25

Lewis Creek Visitor Center

Time to Hatch!

Springtime is full of new life and wonder. Follow Waddles on his journey to discover new friendship with the spring hatchlings right beneath him! We always make a fun craft to take home!

FREE 106560 11am-12pm Fri May 06
106561 1:30-2:30pm Fri May 06 Age: 3Y and up

Sea Turtles Galore!

Nani the green turtle discovers reserves of bravery she never knew she possessed and helps a friend in need. Come learn about the sea turtles we have right here in Washington. We always make a fun craft to take home!

FREE 106563 11am-12pm Fri Jun 03
106564 1:30-2:30pm Fri Jun 03 Age: 3Y and up

Baby Whale's Journey

Swimming beside Mama Whale, and surrounded by a protective pod, Baby Whale begins to grow and learn. We always make a fun craft to take home!

FREE 106565 11am-12pm Fri Jul 01
106566 1:30-2:30pm Fri Jul 01 Age: 3Y and up

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!

FREE 106567 11am-12pm Fri Aug 05
106568 1:30-2:30pm Fri Aug 05 Age: 3Y and up

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. RSVP: 425-452-2565. Min 1/Max 30 Mercer Slough Environ.Ed. Center

Habitat Stewardship

Have you wondered about the various types of habitats throughout the Mercer Slough that animals call home? Maintaining healthy ecosystems is the key to their survival. Enjoy this hands-on interactive workshop to learn more about how we can be better habitat stewards of this place we all share.

FREE 2-3pm Sat All Ages
2-3pm Sat May 07
May 21

Vermicomposting 101

Learn to compost with worms! Red Wigglers are often referred to as nature's greatest recyclers. They turn our food scraps into nutrient rich soil for free. Join us to learn more about how to build your own worm bin and get started composting your kitchen scraps using these amazing creatures. Take home your new pets.

FREE 2-3pm Sat All Ages
2-3pm Sat Jun 04
Jun 18

Frogs for Life

Wetlands offer some of the most diverse habitat for wildlife. Many creatures depend on these unique conditions for their survival. Mercer Slough Nature Park offers some of the most ideal habitat for amphibians and other aquatic creatures. Our frog friends can be heard singing near and far. Come learn more about these vocal creatures and venture out on a guided walk to visit their home.

FREE 2-3pm Sat All Ages
2-3pm Sat Jul 02
Jul 16

Bees and Bugs and Slugs oh My!

All the creatures of the forest and wetlands play an intricate role in maintaining healthy ecosystems. BEEcome a scientist as we as head out on an adventure in search of bugs and slugs and other critters living in and around the Mercer Slough. Investigate further into their complex world to discover the connections between healthy habitats and these busy, buzzing and slimy creatures.

FREE 2-3pm Sat All Ages
2-3pm Sat Aug 06
Aug 20

FAMILY DISCOVERY SERIES: MOVIES AT MERCER SLOUGH

Join us the last friday of every month for fun and engaging environmental movies. Bring a comfy blanket or pillow and we'll pop the popcorn. All children under 12 must be accompanied by an adult. No registration necessary. Where: Mercer Slough Environmental Education Center 1625 118th Ave SE. Age: Best for ages 8+ Cost: Free! RSVP: 425-452-2565 or MSEEC@bellevuewa.gov Min 1/Max 40 Mercer Slough Environ.Ed. Center

Nature's Most Amazing Events: The Great Melt

The effects of global climate change have created rare windows of opportunity for some animals while proving dangerous for others. This series charts the way entire landscapes are changing and how this phenomena is drawing in thousands of animals and determining their fate. Follow the emotional journey of the polar bear's fight for survival with as the ever thinning arctic ice recedes and they face new daunting challenges.

FREE 5-6pm Fri All Ages
May 27

Life in the Undergrowth

This film explores the surprisingly beautiful and intricate world of invertebrates thriving in the undergrowth. Enjoy this rare opportunity to take a closer look at this miniature universe and the startling behaviors of creatures not often seen on the surface.

FREE 5-6pm Fri All Ages
Jun 24

Fabulous Frogs

Frogs are amazingly adaptable creatures that live in nearly every part of the world. Some can actually freeze solid - but still survive. Others live happily in the hot African desert. Some live in tree tops, others can practically walk on the water. Learn a zillion fascinating things about these creatures with BBC naturalist, Sir David Attenborough.

FREE 5-6pm Fri All Ages
Jul 29

Silence of the Bees

This award winning film explores the mysteries behind the disappearance of the honey bee, one of nature's most valuable pollinator's. Join researchers as they follow the trail of clues around the world to find out why the honey bees are dying at alarming rates and what can be done to stop this life altering epidemic.

FREE 5-6pm Fri All Ages
Aug 26

LAKE HILLS GREENBELT FAMILY DISCOVERY SERIES

Come on over to the Lake Hills Greenbelt Ranger Station for a program with a Park Ranger! All children must be accompanied with an adult, and please dress for the weather as we will likely go explore outside. Pre-registration required.

Lake Hills Greenbelt

Wild Babies

Springtime is when many species give birth. Discover some of the amazing ways wild babies survive and thrive out in the woods. Families are encouraged to attend, please pre-register with your child.

FREE 106562 10-11am Fri All Ages
May 20

Counting Coyotes

It looks like a dog, but it's not! Come learn about our native wild canine from your local Park Ranger! Includes a Coyote Craft! Families are encouraged to attend, please pre-register with your child.

FREE 106570 10-11am Fri All Ages
May 27

All about Bats

They fly through the night with incredible numbers, but how often do you see them? Come learn about the flying mammals than make the northwest their home. Families are encouraged to attend, please pre-register with your child.

FREE 106573 10-11am Fri All Ages
Jun 10

Great Blue Herons

Did you know that Bellevue is home to a great blue heron rookery? We'll learn about what makes a wetland such a great home for these long-legged birds. Families are encouraged to attend, please pre-register with your child.

FREE 106574 10-11am Fri All Ages
Jun 17

Wildflower Walk

The Lake Hills Greenbelt is home to a variety of blooming plants. Come see what wildflowers are growing in the Bellevue area during the summer months! Families are encouraged to attend, please pre-register with your child.

FREE 106575 10-11am Fri All Ages
Jun 24

Owl Prowl

Join a Park Ranger to walk the Lake Hills Greenbelt trails and 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. Recommended ages 4 and up. Families are encouraged to attend, please pre-register with your child.

FREE 106580 7:30-9pm Sat All Ages
Jul 16

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. Families are encouraged to attend, please pre-register with your child.

FREE 106581 10-11am Fri All Ages
Jul 29
106582 10-11am Fri All Ages
Aug 12

The Great Salmon Cycle

As autumn approaches, the Salmon will soon be running up our rivers! But where does it all begin? Enjoy a family oriented program on the life history of a Salmon taught by one of your local Park Rangers! Families are encouraged to attend, please pre-register with your child.

FREE 106584 10-11am Fri All Ages
Aug 26

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
5808 Lakemont Blvd SE

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 2-3pm Sun Age: 12Y and up
Jun 26

Spider Finder

Ever wonder what type of spider makes the beautiful web outside your front door? At the end of summer lots of spiders can be seen inside and outside your home. Come learn about the common spiders in Bellevue and how they control our insect population.

FREE 2-3pm Sat Age: 12Y and up
Aug 27



LEWIS CREEK ADULT ENRICHMENT

Lewis Creek Visitor Center
5808 Lakemont Blvd SE

Hot Topics in Washington State: Wildfires

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 2-3pm Sun Age: 12Y and up Jul 24

MERCER SLOUGH ADULT ENRICHMENT SERIES

Adult oriented programs, not necessarily geared toward families or children. Mercer Slough Environmental Education Center Min 1/Max 30 Mercer Slough Environmental Education Center; 1625 118th Ave SE

Lake Washington Ship Canal Centennial Program

Presented in coordination with the Eastside Heritage Center, this series of programs will focus on the Lake Washington Ship Canal, the lowering of Lake Washington, and the effects of these events over the past 100 years.

FREE 2-3pm Sun All Ages May 08
2-3pm Sun Jul 10
2-3pm Sun Aug 07

Gardening for Wildlife

Gardening for wildlife can be both rewarding and beneficial for a variety of birds, pollinators, invertebrates and us. Join a Master Gardener to learn more about what actions you can take to make your yard more wildlife friendly. Gain some valuable knowledge on how to garden and maintain your new space using environmentally sound practices.

FREE 2-3pm Sat All Ages May 14

Happy Hikers: Outdoor Adventures with Kids

Spending a day out on the trail in unfamiliar territory with the kids can often feel daunting and exhausting before you even head out the door. The good news is that it doesn't have to be. Come and find out how to prepared, the best places to go, and how to practice proper trail etiquette so that your next adventure will be safe and successful. And yes, enjoyable for all.

FREE 2-3pm Sat All Ages Jul 09

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.

Kelsey Creek Farm Park

FREE 11am-4pm Sat All Ages Apr 30
11am-3pm Sat May 21
11am-3pm Sat Jun 18
11am-3pm Sat Jul 16
11am-3pm Sat Aug 20

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 Sunday 2-3pm.

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

COST: Free

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

LAKE HILLS GREENBELT RANGER HIKE

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

Join a park ranger to explore the natural history of the Lake Hills Greenbelt. Come to discover the local history, search for wildlife signs, and see the beauty that the community gardens offer. All ages welcome. Dress for the weather and wear sturdy shoes. Trails are mostly flat and are stroller-friendly. No pre-registration required. Call 425-452-6993 or email ParkRangerProgram@bellevuewa.gov for more info.

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: May 7, June 4, July 2, August 6
10:30 a.m. – 11:30 a.m.

Location: Lewis Creek Visitor Center, 5808 Lakemont Blvd SE

Cost: Free!

Info: Call 425-452-4195

LOCAL AREA 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. Info: 425-452-4195

FREE Age: 6Y and up

Coal Creek Park

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, parking lot just west of Redtown Trailhead). No registration required.

10am-12pm Sat May 21
10am-12pm Sat Jul 16

Lakemont Highlands Open Space

Distance: 3.5 miles Level of Difficulty: Arduous (350 feet elevation change) Meeting Place: Lewis Creek Visitor Center, 5808 Lakemont Blvd SE Explore the lesser-known trails of South Bellevue. Parks and open spaces guide you (and wildlife!) through friendly neighborhoods. No registration required.

10am-12pm Sat Jun 25

Woof Walk

Come explore Lewis Creek Park with your furry friend and learn about the natural history and wildlife of the park and how we can keep our pets safe. Please limit one dog per guest with leash and bring a doggy waste bag. Distance: 2 miles Level of Difficulty: Moderate (350 feet elevation change) Pre-registration required.

106600 10am-12pm Sat Jul 30

Lakemont Community Park

This lovely trail winds through green corridors alongside the creek as we ascend and descend through the forest. Distance: 4.5 miles Level of difficulty: Difficult (350 feet elevation change) Meeting Place: Lakemont Park, 5170 Village Park Drive Southeast

10am-12pm Sat Aug 20

Community Farms and 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.

2016 COMMUNITY GARDEN P-PATCH

The City of Bellevue offers P-Patch garden plots to the community. 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.

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>

Volunteer Opportunities

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



ENVIRONMENTAL STEWARDSHIP VOLUNTEERS

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
- Eco Fridays and Stewardship Saturday Events
- Master Naturalist Training Program
- ... and much, much more!

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

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

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



VISITOR CENTERS

Botanical Garden Visitor Center

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

Location: 12001 Main Street, 98005

Hours: 9am - 4pm daily

Phone: 425-452-2750

Website: www.bellevuewa.gov/botanical_garden.htm

Lake Hills Greenbelt Ranger Station

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

Location: 15416 SE 16th Street, 98007

Hours: Tue - Sat, noon-4pm

Phone: 425-452-7225

Website: www.bellevuewa.gov/lake_hills_greenbelt.htm

Lewis Creek Visitor Center

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

Location: 5808 Lakemont Blvd., 98007

Hours: Wed-Sun, 10am-4pm

Closed Mon, Tue, & Holidays

Phone: 425-452-4195

Website: www.bellevuewa.gov/lewis_creek_park.htm

Mercer Slough Environmental Education Center

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

Location: 1625 118th Ave SE, 98005

Hours: Daily, 10am-4pm

Phone: 425-452-2565

Website: www.bellevuewa.gov/mseec.htm



MERCER SLOUGH

ENVIRONMENTAL EDUCATION CENTER

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

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

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



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

1625 118th Avenue SE, Bellevue, WA 98005



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 or email KelseyCreekFarm@bellevuewa.gov.

CRITTER ADOPTIONS

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

FARM PARTIES

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

Ages 2-11

Residents \$160 - up to 15 children

Nonresidents \$175 - up to 15 children

Add'l Children \$5.50 each

FARM TOURS FOR SCHOOLS AND GROUPS

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

Kids on the Farm Group Tour

Available December to April and June to September

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

Springtime in the Barnyard Group Tour

Available 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 with a walk through the garden.

Fall at the Farm Group Tour

Available October Only

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

Pioneer Days Group Tour

Available November

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

KELSEY CREEK ART CAMP VOLUNTEERS

Love art and want to earn community service? Here is the opportunity for you. You will assist the Go Go Van Gogh art camp instructor 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. Volunteers are required to complete a Criminal Background check and provide their Social Security number. Limit 1, (ONE) session per participant for either the Farm, Art, Equine, Little Farmers or Log Cabin summer volunteer programs. Min 1/Max 2

Kelsey Creek Community Park

\$15(R)	\$18(N)		Age: 14Y - 18Y
105259	9:15am- 3:15pm	Mon-Fri	Jun 27-Jul 01
105260	9:15am- 3:15pm	Tue-Fri	Jul 05-08
105261	9:15am- 3:15pm	Mon-Fri	Jul 11-15
105262	9:15am- 3:15pm	Mon-Fri	Jul 18-22
105263	9:15am- 3:15pm	Mon-Fri	Aug 01-05
105264	9:15am- 3:15pm	Mon-Fri	Aug 15-19
105265	9:15am- 3:15pm	Mon-Fri	Aug 22-26

KELSEY CREEK EQUINE VOLUNTEERS

New Volunteers

If you have never volunteered in the Kelsey Creek Equine program, then this program is for you. Learn about horses as you work directly with children in the equine programs. Qualifications 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 18 from 10am to Noon. Volunteers are required to complete a Criminal Background check and provide their Social Security number. Limit one session per participant for either the Farm, Art, Equine, Little Farmers or Log Cabin summer volunteer programs. Min 1/Max 6

Kelsey Creek Community Park

\$15(R)	\$18(N)		Age: 12Y - 18Y
105248	8am-3pm	Tue-Fri, Mon-Thu	Jul 05-14
105249	8am-3pm	Mon-Thu	Jul 18-28
105250	8am-3pm	Mon-Thu	Aug 01-11

Volunteers Returning from 2015 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 18 from 10am-12pm. Volunteers are required to complete a Criminal Background check and provide their Social Security number. Limit one session per participant for either the Farm, Art, Equine, Little Farmers or Log Cabin summer volunteer programs. Returning Volunteers Only. Min 1/Max 6

Kelsey Creek Community Park

\$15(R)	\$18(N)		Age: 12Y - 18Y
105251	8am-3pm	Tue-Fri, Mon	Jul 05-14
105252	8am-3pm	Mon-Thu	Jul 18-28
105253	8am-3pm	Mon-Thu	Aug 01-11

KELSEY CREEK FARM VOLUNTEERS

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. Volunteers are required to complete a Criminal Background check and provide their Social Security number. Limit one session per participant for either the Farm, Art, Equine, Little Farmers or Log Cabin summer volunteer programs. Min 2/Max 8

Kelsey Creek Community Park

\$15(R)	\$18(N)		Age: 12Y - 14Y
105388	9am-4:30pm	Mon-Fri	Jul 11-15
105390	9am-4:30pm	Mon-Fri	Jul 25-29
105392	9am-4:30pm	Mon-Fri	Aug 08-12

\$15(R)	\$18(N)		Age: 14Y - 18Y
105387	9am-4:30pm	Mon-Fri	Jun 27-Jul 01
105389	9am-4:30pm	Mon-Fri	Jul 18-22
105391	9am-4:30pm	Mon-Fri	Aug 01-05

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 2016. Summer of 2016 volunteers do not qualify for this session. Volunteers are required to complete a Criminal Background check and provide their Social Security number. Limit one session per participant for either the Farm, Art, Equine, Little Farmers or Log Cabin summer volunteer programs

\$15(R)	\$18(N)		Age: 14Y - 18Y
105393	9am-4:30pm	Mon-Fri	Aug 15-19

KELSEY CREEK LITTLE FARMERS MINI CAMP VOLUNTEERS

Volunteers are needed to assist the instructor in farm minicamp for 4-6 year olds. Volunteers will work with children as they explore farm life, do farm chores, play games and do crafts. Qualifications include; enjoy working with children ages 4-6, willingness to learn, self-motivated, capable of understanding and following directions and a positive attitude. Volunteers are required to complete a Criminal Background check and provide their Social Security number. Limit one session per participant for either the Farm, Art, Equine, Little Farmers or Log Cabin summer volunteer programs. Min 1/Max 2

Kelsey Creek Community Park

\$15(R)	\$18(N)		Age: 14Y - 18Y
105385	9:30am-1:30pm	Mon-Fri	Jun 06-10
105386	9:30am-1:30pm	Mon-Fri	Jun 13-17
105375	9:30am-1:30pm	Mon-Fri	Jul 25-29
105377	9:30am-1:30pm	Mon-Fri	Aug 08-12
105384	9:30am-1:30pm	Mon-Fri	Aug 15-19

KELSEY CREEK LOG CABIN MINI-CAMP VOLUNTEERS

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. Volunteers are required to complete a Criminal Background check and provide their Social Security number. Limit one session per participant for either the Farm, Art, Equine, Little Farmers or Log Cabin summer volunteer programs. Min 1/Max 2

Kelsey Creek Community Park

\$15(R)	\$18(N)		Age: 14Y - 18Y
106913	9:30am-1:30pm	Mon-Fri	Jun 27-Jul 01
105378	9:30am-1:30pm	Tue-Fri	Jul 05-08
105379	9:30am-1:30pm	Mon-Fri	Jul 11-15
105381	9:30am-1:30pm	Mon-Fri	Jul 18-22
106914	9:30am-1:30pm	Mon-Fri	Aug 01-05



Performing Arts

PRE-BALLET 2

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

\$51(R) \$62(N) Age: 5Y - 6Y
100735 4- 4:45pm Tue May 31-Jun 28

YOUTH BALLET 1

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

\$51(R) \$62(N) Age: 7Y - 10Y
103064 5- 6pm Tue May 31-Jun 28

GROUP GUITAR LESSONS

This course will teach guitar lessons for both beginners and those with some experience. By the end of the course the student should have mastered the following: All basic (open) chords, dominant 7 chords, and barre chords; Major and minor scales in all positions on the guitar neck; Memorized every note on the neck of the guitar; Be comfortable with alternate picking; Know and understand the building blocks of most blues and rock songs; Be able to play a selection of well-known popular songs Music theory will be introduced (painlessly!) at appropriate points during the course to create those 'ah-ha!' moments which provide students a true understanding of music. Min 5/Max 10

Kelsey Creek Community Park

\$240	\$288		Age: 11Y and up
105477	2- 2:50pm	Wed	May 04-Jun 22
106256	3- 3:50pm	Wed	May 04-Jun 22
106257	4- 4:50pm	Wed	May 04-Jun 22
105478	3:30- 4:20pm	Wed	Jun 29-Aug 17
106258	4:30- 5:20pm	Wed	Jun 29-Aug 17

MOVE OVER MOZART/ PIANO CLASSES

Move Over Mozart is a piano-learning program where children participate in musical activities and learn from each other as well as their teacher. Learn to play familiar tunes on the piano, read music, and basic music theory for a lifetime of musical enjoyment. Having a piano at home is recommended but not required. Class recitals are scheduled throughout the year. One-time \$10 materials fee payable to instructor due at first class session, and is separate from class fee. (Additional classes may be added from waitlist /as needed). Instructor: Pamela J. Cornell Min 5/Max 6

Northwest Arts Center

Move Over Mozart / Preschool Level

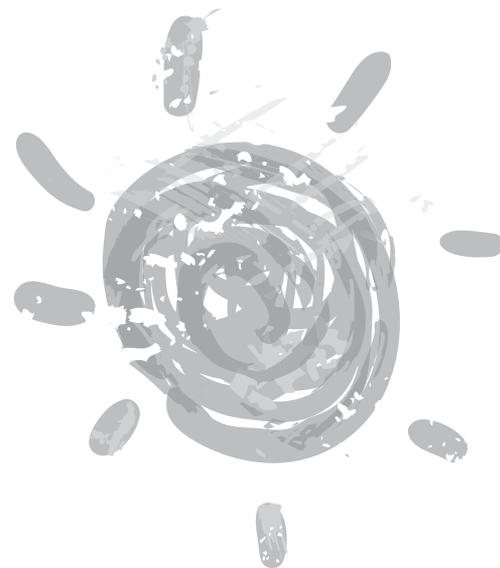
\$99(R)	\$119(N)		Age: 3Y - 4Y
105434	4- 4:30pm	Tue	Jun 28-Aug 30
105437	5:30- 6pm	Tue	Jun 28-Aug 30
105417	4- 4:30pm	Thu	Jun 30-Sep 01
105420	5- 5:30pm	Thu	Jun 30-Sep 01

Move Over Mozart /K-1 Grade level

\$99(R)	\$119(N)		Age: 5Y - 6Y
105436	5- 5:30pm	Tue	Jun 28-Aug 30
105438	6- 6:30pm	Tue	Jun 28-Aug 30
105419	5:30- 6pm	Thu	Jun 30-Sep 01
105421	4:30- 5pm	Thu	Jun 30-Sep 01

Move Over Mozart / 2-6 Grade Level

\$99(R)	\$119(N)		Age: 7Y - 12Y
105435	4:30- 5pm	Tue	Jun 28-Aug 30
105422	6- 6:30pm	Thu	Jun 30-Sep 01



Bellevue Youth Theatre

Crossroads Campus
16051 NE 10th Street • 425-452-7155

Ivanhoe Campus
16661 Northup Way

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 2016 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) \$130 (N)

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

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

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

Auditions will be held at the following place and times:

For CHARLOTTE'S WEB

Monday, June 13 and
Tuesday, June 14
from 5-6:30pm at
Bellevue Youth Theatre - Crossroads

No conflicts allowed on tech week or the show performance dates.

CHARLOTTE'S WEB

There are good parts for all in this wonderful tale of Wilbur and his friends. There are three different casts that will perform on three different weekends. Pick your time and weekend. Great roles for all ages. Max 30 per cast.

Youth ages 5-10 must pre-register and will not attend auditions unless they have been in 3 main stage BYT shows.

Rehearsal begins: Monday, June 27

First Meeting: BYT - Crossroads

- Ages 11+ – 6pm
- Ages 5-10 – 5pm

Cast 1

Rehearsal location: Bellevue Youth Theatre - Crossroads

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

Tech Week: The week of August 1 at Bellevue Youth Theatre-Crossroads

Performs at Bellevue Youth Theatre-Crossroads: August 5-7

Cast 2

Rehearsal location: Bellevue Youth Theatre - Crossroads

Rehearsals: Mon. through Fri., 3:30-5:30pm

Tech Week: The week of August 8 at Bellevue Youth Theatre-Crossroads

Performs at Bellevue Youth Theatre-Crossroads: August 12-14

Cast 3

Rehearsal location: Bellevue Youth Theatre - Ivanhoe

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

Tech Week: The week of August 15 at Bellevue Youth Theatre-Crossroads

Performs at Bellevue Youth Theatre-Crossroads: August 19-21

Registration is open for youth who will be ages 5-10 on June 27:

Free (R) \$130(N)

Charlotte's Web

Course #105588

Performs August 5-7

First meeting: June 27, 5pm at BYT-Crossroads

Tech week: Week of August 1 at BYT-Crossroads

Charlotte's Web

Course #105587

Performs August 12-14

First meeting: June 27, 5pm at BYT-Crossroads

Tech week: Week of August 8 at BYT-Crossroads

Charlotte's Web

Course #105589

Performs August 19-21

First meeting: June 27, 5pm at BYT-Crossroads

Tech week: Week of August 15 at BYT-Crossroads

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
11:30am- 12:30pm Wed Ongoing

South Bellevue Community Center
10:30am-12pm Mon, Wed, Fri May 02-Jun 17

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
100971 9:45-10:30am Fri May 27-Jun 17

DANCE WITH ME

Have fun with your child while enhancing the mind-body connection through the Brain Dance and use of nursery rhymes, movement games, props and more. In this class we will explore the elements of dance to a variety of music styles. Both Parents and caregivers are welcome. Min 1/Max 30

South Bellevue Community Center

\$51(R) \$62(N) Age: 30M - 48M
106559 10:30-11:15am Fri Jun 03-Jul 08

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) \$62(N) Age: 3Y - 5Y
100725 4-4:45pm Tue Jun 07-Jul 05

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) \$62(N) Age: 3Y - 5Y
103051 11:30am-12:15pm Fri Jun 03-Jul 01

Arts, Crafts, Cooking & Family Fun

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
100964 9:45-10:30am Thu Jun 02-Jun 23

RAH! RAH! REMBRANDTS!

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

Northwest Arts Center

\$48(R) \$58(N) Age: 3Y - 6Y
100975 11-11:45am Thu Jun 02-Jun 23

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

\$30(R) \$35(N) Age: 2Y - 5Y

Add'l Child: \$5(R) \$6(N)
105428 10-11:30am Sat Jul 09

Special Interest & Extended Learning

Dance & Arts

LINE DANCE PRACTICE

Practice Line Dances with other participants. No instructor. \$3/Residents, \$4/Nonresidents. Drop-in only.

North Bellevue Community Center

CHORUS

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

North Bellevue Community Center

CHINESE & ENGLISH CHORUS

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

North Bellevue Community Center

YOUR NEIGHBORHOOD PRESCHOOL CHOICE



POLLIWOG PRESCHOOL

A Pacific Science Center program at Mercer Slough Environmental Education Center

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



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

Natural Start Preschool At South Bellevue Community Center

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

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

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

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



PRE-KINDERGARTEN PRE-SCHOOL

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



TAP DANCE

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. No class in session July, August or September. Min 4/Max 30

North Bellevue Community Center

\$23(R) \$28(N) Age: 18Y and up
105975 12- 1pm Tue May 03-24

\$18(R) \$22(N) Age: 18Y and up
105976 12- 1pm Tue Jun 07-28

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
100707 1:10- 3:10pm Tue May 03-Jun 14

BILLIARDS

Join the fun! Bring some friends or make some. The North Bellevue Community Center has 2 billiard tables. Free, drop-in only. Ages 18+

North Bellevue Community Center

DUPLICATE BRIDGE

Group meets Wednesday and Friday afternoons from 12:15 - 3:30pm, bring a partner. Fee \$.50/visit. Drop-in only. Contact: Ed Jesse 425-746-7435

North Bellevue Community Center

CRIBBAGE

Come join friends for a fun game of Cribbage. Drop-in only.

North Bellevue Community Center

Lifelong Learning

BOOK CLUB

Meets the second Tuesday of each month. For more information contact the North Bellevue Community Center, 425-452-7681.

North Bellevue Community Center

KidsQuest Children's Museum
is bringing science to the park!



Visit us at Crossroads Movies in the Park every Thursday in August, and look for us at select Bellevue locations throughout the summer!



kidsquestmuseum.org

RED CROSS KNITTING GROUP

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

North Bellevue Community Center

DROP-IN COMPUTER HELP

Computer assistance for seniors age 50 and up. Fees are \$3/R & \$4/NR. No preregistration required, drop-in program only on the 2nd, 4th & 5th Tuesdays. Call the North Bellevue Community Center for more information, 425-452-7681.

North Bellevue Community Center

MOVING TO A SIMPLER LIFE

This seminar is designed to help you make the move to an easier lifestyle. Over 2 meetings, you'll learn the types of services available to assist you when your home has become too much to care for, and create a strategy to either age in place, or move to a new home. Over the 2 days you'll meet estate sale/appraiser experts, a mover, Realtor(r), Elder Law attorney, financial planner, reverse mortgage specialist, seniors' bookkeeper, in-home care provider, and senior housing expert. After each seminar informal question & answer sessions will follow along with a gracious free lunch. Min 15/Max 40

South Bellevue Community Center

FREE Age: 55Y and up
100004 10am- 1pm Tue May 10-17



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
100719 12:30-2pm Thu May 05-Jun 16

THURSDAY MOVIES

FREE movies shown every Thursday from 2-4pm. Join other community members who live with and/or without dementia for an afternoon at the movies. Call or stop by the center for the monthly listing. Caregivers welcome.

North Bellevue Community Center

ESL ADVANCED FOR MANDARIN SPEAKERS

Advanced English as a second language instruction for Mandarin speakers. Free, drop-in only.

North Bellevue Community Center

ESL NEWSPAPER READING GROUP

Every week we will study an article from the local newspaper and learn new vocabulary. This class is fun and useful. Free, drop-in only.

North Bellevue Community Center

ESL FOR SPANISH SPEAKERS

Reading, writing and speaking skills for non-native English speakers. Learn the American style of handwriting, increase your understanding of common English phrases, and practice your penmanship and conversation skills in a fun and supportive setting. Most languages welcome to Friday class.

North Bellevue Community Center

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
105414 9am-12pm Sat Aug 06

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
105413 1-4pm Sat Aug 06

Financial, Legal, & Insurance

INCOME TAX ASSISTANCE

Volunteers from AARP assist you in the preparation of your 2015 tax return. Bring your 2014 completed return and your 2015 paperwork and information. Call 425-452-7681 for a one hour appointment Mondays, February 2nd thru April 12th (one tax return per appointment). Electronic Filing Only.

SHIBA

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

LEGAL ASSISTANCE

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

ALIVE@25

Alive at 25, is a four hour driver awareness program that addresses the number one cause of death for drivers ages 15 to 24-- motor vehicle crashes. Alive @ 25 encourages young drivers to take responsibility for their driving behavior. This course is ideal for young drivers who incur traffic violations. The fee for this course is non-refundable. For more information, contact Bellevue Probation by calling 425-452-6956 or email COBProbation@bellevuewa.gov

Bellevue Probation

\$75			Age: 16Y and up
103770	1-5pm	Wed	May 04
103791	1-5pm	Wed	Jun 01
103792	1-5pm	Wed	Jul 06
103793	1-5pm	Wed	Aug 03



Physical Feats, Mental Tasks & Creative Endeavors

Saturday, May 7, 2016
10am – 1pm
 South Bellevue Community Center
 14509 SE Newport Way

REGISTRATION DEADLINE: Saturday, April 30, 2016
REGISTER AT: <http://parksreg.cityofbellevue.org>

For further information contact:
sbcc@bellevuewa.gov
 425-452-4240

Adult Sports Leagues

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

Spring 2016 Registration:
 Residents: Feb 29-March 20
 Non-Resident: March 7-March 20
League Play: April-June 2016

Fall 2016 Registration:
 Residents: August 1-21
 Non-Resident: August 8-21
League Play: Starts September 11, 2016

Visit http://www.bellevuewa.gov/parks_adult_sports_leagues.htm, email Leagues@bellevuewa.gov, or call 425-452-4479 to register.

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

Drop-In Sports

QUAD RUGBY DROP-IN
 Come and join in on this wheelchair sport for some rough and tumble fun. Cost is \$3.00 for residents and \$4.00 for non-residents per visit. Save when you purchase a play pass. Meets the first two Saturdays of the month. Age 18 and up. Min 1/Max 1
 Highland Community Center

\$3(R)	\$4(N)		Age: 18Y and up
	12- 4pm	Sat	May 07-14
	12- 4pm	Sat	Jun 25-Sep 10

WHEELCHAIR BASKETBALL DROP-IN
 This opportunity occurs every Wednesday offering brisk exercise and friendly competition from 7-9pm. Cost is \$3.00 for residents and \$4.00 for non-residents per visit. Save when you purchase a play pass. Bring your own wheelchair for this challenging workout. Age: 18 and up Min 1/Max 30
 Highland Community Center

\$3(R)	\$4(N)		Age: 16Y and up
	6:30- 9:30pm	Wed	Jun 22-Sep 07

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. Bring a sack lunch. Min 5/Max 20

North Bellevue Community Center

			Age: 50Y and up
106237	9am- 5pm	Tue	Jun 07
106238	9am- 5pm	Tue	Aug 02

SENIOR BUS PASS DISTRIBUTION

Metro will sell their Senior Regional Reduced Fare ORCA Card for \$3.00 to adults 65 years or older.
 North Bellevue Community Center

			Age: 65Y and up
97873	10:30-11:30am	Tue	May 17
100140	10:30-11:30am	Tue	Jul 19

BADMINTON - DROP-IN SOUTH BELLEVUE

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

South Bellevue Community Center

\$3(R) \$4(N) Age: 18Y and up
7-8:45pm Mon, Wed May 02-Aug 17

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

South Bellevue Community Center

\$3(R) \$4(N) Age: 18Y and up
6-7:30am Mon-Fri May 02-Aug 19
10am-12pm Sat-Sun May 01-Aug 16
11:30am-1pm Tue, Thu May 03-Jun 16

BASKETBALL - FAMILY TIME

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

South Bellevue Community Center

Free Age: 5Y and up
3:15-4:45pm Sat-Sun May 07-Aug 21

PING PONG

Drop in for a lively game of ping pong (table tennis). We provide the two championship quality table tennis tables and balls, you provide your own paddle. Call for current schedule. Fee \$3/R, \$4/NR. Ask about the Play Pass for discounted play.

North Bellevue Community Center

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
12:30-2:30pm Mon, Fri May 02-Jun 17

North Bellevue Community Center

\$3(R) \$4(N) Age: 18Y and up
3-5pm Mon, Fri Ongoing
3:30-5:30pm Wed

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 1/Max 30

Highland Community Center

\$3(R) \$4(N) Age: 18Y and up
3:30-5:30pm Mon, Fri Jun 20-Sep 09

New: Drop-In Sports at Hidden Valley Fieldhouse

VOLLEYBALL

Drop in for a lively game of volleyball. Please call for current schedule. Court, net & ball provided. Fee \$5/Residents, \$6/NonResidents, drop-in only. Ask about the Hidden Valley Play Pass for discounted play on your first purchase.

Hidden Valley Fieldhouse

\$5(R) \$6(N) Age: 18Y and up
9-11am Tue Ongoing

PICKLEBALL

Drop in for a lively game of pickleball. Please call for current schedule. Court, net & ball provided. Fee \$5/Residents, \$6/NonResidents, drop-in only. Ask about the Hidden Valley Play Pass for discounted play on your first purchase.

Hidden Valley Fieldhouse

\$5(R) \$6(N) Age: 18Y and up
9-11am Thu Ongoing

Youth Sports Leagues

YOUTH BASKETBALL LEAGUES SPONSORED BY



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.
- **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.

I ♥ Pickleball!

- **Participants will be assigned to teams based on the following:**

1. Special request for coach.
2. Special request for ONE teammate. Additional requests for teammates will not be considered.
3. Age and gender of participant

PLEASE NOTE THAT THERE ARE NO GUARANTEES REGARDING REQUESTS OR TEAM ASSIGNMENTS.

ALL REQUESTS MUST BE MADE BEFORE APRIL 11 BY EMAIL TO

SGonzales@bellevuewa.gov

- **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 13.

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
106168 4:15-5:15pm Tue Apr 19-May 31

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
106169 4:15-5:15pm Wed Apr 20-Jun 01

TRACK & FIELD

This programs main philosophy is to learn, participate, and introduce your child to physical fitness through basic track and field events such as running, jumping, and throwing. We will combine fun with technical development which will lead to an improved understanding of this rising sport. Participants will take part in different track and field drills and demonstrations on Thursdays on a few Fridays beginning in May. Volunteer Adult runners are needed for this program! Min 10/Max 60

Hyak/International School Site

Biddy Track & Field

\$65(R) \$75(N) Age: 4Y - 6Y
106023 4-4:45pm Thu Apr 14-Jun 02

Youth Track & Field

\$70(R) \$80(N) Age: 7Y - 14Y
106024 5-6pm Thu Apr 14-Jun 02

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

Hidden Valley Sports Park

\$125(R) \$150(N) Age: 6Y - 12Y
106025 4:15-5:30pm Thu May 19-Jun 23

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
102277	6-7pm	Tue	May 03
102278	6-7pm	Tue	May 10
102279	6-7pm	Tue	May 17
102280	6-7pm	Tue	May 24
102281	6-7pm	Tue	May 31
102282	6-7pm	Tue	Jun 07
102283	6-7pm	Tue	Jun 14

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

\$22(R)	\$27(N)		Age: 4Y and up
102366	7-8pm	Mon	May 02
102367	6-7pm	Thu	May 05
102368	9-10am	Sat	May 07
102369	7-8pm	Mon	May 09
102370	6-7pm	Thu	May 12
102371	9-10am	Sat	May 14
102372	7-8pm	Mon	May 16
102373	6-7pm	Thu	May 19
102374	9-10am	Sat	May 21
102375	7-8pm	Mon	May 23
102376	6-7pm	Thu	May 26
102377	9-10am	Sat	May 28
102378	6-7pm	Thu	Jun 02
102379	9-10am	Sat	Jun 04
102380	7-8pm	Mon	Jun 06
102381	6-7pm	Thu	Jun 09
102382	9-10am	Sat	Jun 11
102383	7-8pm	Mon	Jun 13
102384	6-7pm	Thu	Jun 16
102385	9-10am	Sat	Jun 18
102386	9-10am	Sat	Jun 25
102387	9-10am	Sat	Jul 02
102388	9-10am	Sat	Jul 09
102389	9-10am	Sat	Jul 16
102390	9-10am	Sat	Jul 23
102391	9-10am	Sat	Jul 30
102392	9-10am	Sat	Aug 06
102393	9-10am	Sat	Aug 13
102394	9-10am	Sat	Aug 20

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 and up

Call 425-452-4240 for schedule.

ROBINSWOOD TENNIS CENTER

Address: 2400 151st PL SE

Phone: 425-452-7690

Web: <http://www.bellevuewa.gov/3685.htm>

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

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

LADIES' COMPETITIVE CUP INTER-CLUB LEAGUE

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

FACILITY RENTAL

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

VOLUNTEER AT ROBINSWOOD TENNIS CENTER

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

MISCELLANEOUS SERVICES OFFERED

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

OUTDOOR TENNIS COURTS

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

ADULT ACTIVITY GROUPS

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

Mixed Doubles - Monday, 7:30-8:45pm
Coordinator: Rick Paukstis, salesroad@gmail.com

Working Women - Wednesday, 6:15-7:30pm
Coordinator: Evie Davis, 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

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.

ADAPTIVE RECREATION TENNIS

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

\$40

99021

4-5pm

Wed

Age: 14Y and up
Apr 27-Jun 15 \$40

ADULT DAY & NIGHT TENNIS PROGRAMS

Min 4/Max 8

Age: 19Y and up

Robinswood Tennis Center

Beginning

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

Session 1

99289	10:30-11:45am	Wed	Apr 27-Jun 15	\$128
99346	7:30- 8:45pm	Mon	Apr 25-Jun 13	\$128
99347	7:30- 8:45pm	Wed	Apr 27-Jun 15	\$128



IMPORTANT REGISTRATION INFORMATION FOR ROBINSWOOD TENNIS CENTER PROGRAMS

Registration dates for sessions at Robinswood Tennis Center:

Session 1:

Residents: March 7

Non-Residents: March 16

Session 2:

Residents: May 9

Non-Residents: May 18

Session 3:

Residents: June 6

Non-Residents: June 15



Session 2

99348	7:30- 8:45pm	Wed	Jun 22-Jul 20	\$80
99349	7:30- 8:45pm	Mon	Jun 20-Jul 18	\$64
99350	7:30- 8:45pm	Wed	Jul 27-Aug 24	\$80
99351	7:30- 8:45pm	Mon	Jul 25-Aug 22	\$112

Advanced Beginning

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

Session 1

99028	10:30-11:45am	Tue	Apr 26-Jun 14	\$128
99029	11:45am- 1pm	Wed	Apr 27-Jun 15	\$128
99328	8:45-10pm	Mon	Apr 25-Jun 13	\$128
99329	8:45-10pm	Wed	Apr 27-Jun 15	\$128

Session 2

99330	8:45-10pm	Mon	Jun 20-Jul 18	\$80
99331	8:45-10pm	Wed	Jun 22-Jul 20	\$80
99332	8:45-10pm	Mon	Jul 25-Aug 22	\$80
99333	8:45-10pm	Wed	Jul 27-Aug 24	\$80

Intermediate

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

Session 1

99297	11:45am- 1pm	Mon	Apr 25-Jun 13	\$128
99298	10:30-11:45am	Thu	Apr 28-Jun 16	\$128
99362	7:30- 8:45pm	Tue	Apr 26-Jun 14	\$128
99363	7:30- 8:45pm	Thu	Apr 28-Jun 16	\$128

Session 2

99364	7:30- 8:45pm	Thu	Jun 23-Jul 21	\$80
99365	7:30- 8:45pm	Tue	Jun 21-Jul 19	\$80
99366	7:30- 8:45pm	Tue	Jul 26-Aug 23	\$80
99367	7:30- 8:45pm	Thu	Jul 28-Aug 25	\$80

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

99312	8:45-10pm	Tue	Apr 26-Jun 14	\$128
99313	8:45-10pm	Thu	Apr 28-Jun 16	\$128

Session 2

99314	8:45-10pm	Tue	Jun 21-Jul 19	\$80
99315	8:45-10pm	Thu	Jun 23-Jul 21	\$80
99316	8:45-10pm	Tue	Jul 26-Aug 23	\$80
99317	8:45-10pm	Thu	Jul 28-Aug 25	\$80

Advanced Doubles Strategy

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

Session 1

99038	11:45am- 1pm	Mon	Apr 25-Jun 13	\$128
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Youth Tennis Programs

TENNIS TEAMS

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

Robinswood Tennis Center

Age: Up to 17Y

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

Session 1

100411	3:45- 5pm	Tue, Thu	Apr 26-Jun 16	\$192
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Session 2

100412	2- 3:30pm	Tue, Thu	Jun 28-Jul 28	\$125
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Session 3

100413	2- 3:30pm	Tue, Thu	Aug 02-25	\$100
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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

100418	5- 6:15pm	Tue, Thu	Apr 26-Jun 16	\$192
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Session 2

100419	3:30- 5pm	Tue, Thu	Jun 28-Jul 28	\$125
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Session 3

100420	3:30- 5pm	Tue, Thu	Aug 02-25	\$100
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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

100425	5- 6pm	M, W, F	Apr 25-Jun 17	\$264
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Session 2

100426	2-12pm	M, W, F	Jun 27-Jul 29	\$168
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Session 3

100427	2-12pm	M, W, F	Aug 01-26	\$144
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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

100432	3:45- 4:45pm	M, W, F	Apr 25-Jun 17	\$264
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Session 2

100433		M, W, F	Jun 27-Jul 29	\$168
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Session 3

100434		M, W, F	Aug 01-26	\$144
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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

100401	11-11:45am	Sat	Apr 30-Jun 18	\$96
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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

99418	1- 2pm	Sat	Apr 30-Jun 18	\$102
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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

100318	2- 3pm	Sat	Apr 30-Jun 18	\$102
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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

99406	3- 4pm	Sat	Apr 30-Jun 18	\$102
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Advanced Beginning II: Ages 7-12. Class is designed for children who have completed Advanced Beginning I.

Session 1

99412	4- 5pm	Sat	Apr 30-Jun 18	\$102
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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

100396 10-11am Sat Apr 30-Jun 18 \$102

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

Session 1

100406 5-6pm Sat Apr 30-Jun 18 \$102

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

99400 9-10am Sat Apr 30-Jun 18 \$128



IMPORTANT REGISTRATION INFORMATION FOR ROBINSWOOD TENNIS CENTER PROGRAMS

Registration dates for sessions at Robinswood Tennis Center:

Session 1:

Residents: March 7
Non-Residents: March 16

Session 2:

Residents: May 9
Non-Residents: May 18

Session 3:

Residents: June 6
Non-Residents: June 15

TEEN INSTRUCTIONAL CLINIC

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

Robinswood Tennis Center Age: 13Y-17Y

Session 1

103737	1-2pm	Mon-Thu	Jun 27-30	\$51
103738	1-2pm	Tue-Thu	Jul 05 - 07	
\$38.25				
103739	1-2pm	Mon-Thu	Jul 11-14	\$51
103740	1-2pm	Mon-Thu	Jul 18-21	\$51
103741	1-2pm	Mon-Thu	Jul 25-28	\$51
103742	1-2pm	Mon-Thu	Aug 01-04	\$51
103743	1-2pm	Mon-Thu	Aug 08-11	\$51
103744	1-2pm	Mon-Thu	Aug 15-18	\$51
103745	1-2pm	Mon-Thu	Aug 22-25	\$51

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 Tennis Center Age: 4Y-6Y

Session 1

103746	12-12:45pm	Mon-Thu	Jun 27-30	\$48
103747	12-12:45pm	Tue-Thu	Jul 05-07	\$36
103748	12-12:45pm	Mon-Thu	Jul 11-14	\$48
103749	12-12:45pm	Mon-Thu	Jul 18-21	\$48
103750	12-12:45pm	Mon-Thu	Jul 25-28	\$48
103751	12-12:45pm	Mon-Thu	Aug 01-04	\$48
103752	12-12:45pm	Mon-Thu	Aug 08-11	\$48
103753	12-12:45pm	Mon-Thu	Aug 15-18	\$48
103754	12-12:45pm	Mon-Thu	Aug 22-25	\$48

YOUTH MINI 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 Tennis Center Age: 7Y-12Y

Session 1

103755	9am-12pm	Mon-Thu	Jun 27-30	\$134
103756	9am-12pm	Tue-Thu	Jul 5 - 7	
\$100.50				
103757	9am-12pm	Mon-Thu	Jul 11-14	\$134
103758	9am-12pm	Mon-Thu	Jul 18-21	\$134
103759	9am-12pm	Mon-Thu	Jul 25-28	\$134
103760	9am-12pm	Mon-Thu	Aug 01-04	\$134
103761	9am-12pm	Mon-Thu	Aug 08-11	\$134
103762	9am-12pm	Mon-Thu	Aug 15-18	\$134
103763	9am-12pm	Mon-Thu	Aug 22-25	\$134

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.

CARE

ADULT ABUSE PREVENTION

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

SENIOR HOUSING ArchHousing.org

New resource to inform seniors, caregivers, and their families of housing choices in East King County when considering aging in place or transitioning out of the home to a new home. The new website will allow seniors to evaluate their values and needs, and discover the many housing and service options that are available locally for seniors. A hard copy handbook of the website information is available at the North Bellevue Community Center front desk.

NURSING HOME INFORMATION ONLINE

See how specific nursing homes compare to others in the community or nationally for short- and long-term stay residents. For more information call 1-800-MEDICARE or at www.medicare.gov.

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.

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.Benefits-CheckUp.org. Medicare questions answered via the Internet at www.mymedicarematters.org.

GENERAL

AARP AREA OFFICE

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

AARP COMMUNITY SERVICE EMPLOYMENT PROGRAM

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

COMPUTER ASSISTANCE

KEGS (Komputer Enthusiasts of Greater Seattle) can help with your computer needs. Call Sally Ann Mowrey at 425-822-2046 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.

COMMUNITY LIVING CONNECTIONS

Resources and information on all topics related to older adults. 206-962-8467.

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.

CISC CANCER SUPPORT GROUP

CISC Cancer support group meets the 2nd Thursday of each month.

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, bi-lingual education, healthcare information, behavioral health services, translation and bi-lingual assistance for integration, and transportation assistance offered. Call Sea-Mar, Clemencia Robayo, 206-764-8044 for more information.

INSURANCE/SOCIAL SECURITY

SOCIAL SECURITY INFORMATION

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

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.

MEALS/FOOD DELIVERY

MEALS ON WHEELS

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

COMMUNITY DINING PROGRAM

Enjoy a hot mid-day meal sponsored by Catholic Community Services. Available at Noon on Monday, Tuesday, Wednesday, and Friday. First-come, first-served. There is a suggested donation of \$3 for anyone over age 60, and a fee of \$6 for individuals under the age of 60. See special event listing for special holiday meal events which require pre-registration. Monthly menus available.

SUPPORT GROUPS/ MEETINGS

NARFE (National Association of Retired Federal Employees)

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

VOLUNTEER OPPORTUNITIES

RSVP

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

EYEGGLASS DONATIONS

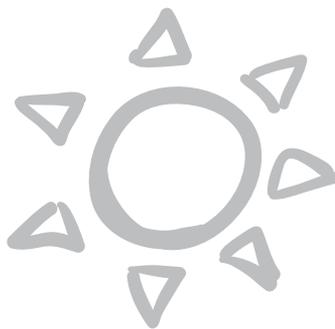
Eyeglasses collection at North Bellevue Community Center for recycling to low-income persons via local eyewear stores.

GOLD CARD FOR HEALTHY AGING

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

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

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



BELLEVUE NETWORK ON AGING

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

SENIOR VOLUNTEERS

Volunteers play a key role in providing programs and services at North Bellevue Community Center. We depend on volunteers to provide successful programs and positive experiences for everyone who visits our facility. Annually there are over 200 volunteers who provide over 15,000 hours of community services. Please call 425-452-7681 for more information and an application.

- Food Service & Kitchen Help
- Front Desk Reception
- Advisory Boards
- Class Instruction
- Crafts
- English Conversationalist/ESL Instructor
- Foot Care Assistant
- Coffee Bar/Refreshments
- Fund Raising
- Garden Assistant
- Entertainment

SPECIAL EVENTS

MOTHER'S DAY LUNCHEON

Come and celebrate the joys of motherhood with a delicious meal and doorprizes. Enjoy a delicious lunch, fun entertainment and friends. \$4/fee payable at the door. Pre-registration required. Reservations are first-come, first-serve. Volunteers need to register & pay as well. (Not a Catholic Community Services community dining meal)

North Bellevue Community Center

98905 11:30am-1pm Wed All Ages
May 04

FATHER'S DAY LUNCHEON

Enjoy a delicious lunch, fun entertainment and friends. \$4/fee payable at the door. Pre-registration required. Reservations are first-come, first-serve. Volunteers need to register & pay as well. (Not a Catholic Community Services community dining meal)

North Bellevue Community Center

98904 11:30am-1pm Wed All Ages
Jun 15

END OF SUMMER PICNIC

ElderMove Alliance will provide grilled hamburgers and a delicious lunch. Try the 'Cupcake Walk', play Croquet, Golf, and Bean Bag Baseball, and win some great Bingo prizes! This event is always lots of fun. Both indoor and outdoor activities. Lunch served indoors. \$4/payable at time of registration.

North Bellevue Community Center

97791 11:30am-2pm Wed Age: 18Y and up
Aug 31

SOUND OF SWING DANCES

The 'Sound Of Swing' will perform for your dancing pleasure. \$3 admission collected at the door. Dances are 2nd Tuesday/monthly. No fee for rehearsal weeks.

Alzheimer's Café' at Tutta Bella

Families living with the conditions of Alzheimer's are encouraged to meet and socialize in an environment that is accepting and nonjudgmental. Also open to caregivers and family members of persons suffering with memory difficulties. Sponsored by Overlake Medical center, the YMCA and Alzheimer's Association. Endorsed by the Bellevue Network on Aging. Meets monthly on the last Tuesday at Tutta Bella Restaurant in Crossroads.

For more information contact Cheri Palmer at the YMCA 425-990-6970 or www.Full-LifeCare.org/AlzCafesBellevue.



Adaptive Recreation

Highland Center

14224 Bel-Red Road • 425-452-7686

It is the purpose of Bellevue's Adaptive Recreation Program to provide people living with 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 Mary Boyle at 425-452-4118 or email MBoyle@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

BARN DANCE

Come on out to a real live Barn Dance. Meet new friends, socialize with old friends and make lasting memories, dancing the evening away to classic songs! Min 60/Max 150

Highland Community Center

\$9(R) \$11(N) Age: 16Y and up
100893 7-9:30pm Fri May 06

ALOHA PICNIC/DANCE

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 75/Max 200

Highland Community Center

\$9(R) \$11(N) Age: 16Y and up
106542 5-9:30pm Fri Aug 19

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
100891 5-6pm Thu May 19

Adaptive Recreation Programs

ARTISTIC INSPIRATIONS

This class is designed and adapted for adults living 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 10/Max 15

Highland Community Center

\$45(R) \$55(N) Age: 18Y and up
106545 5-7pm Tue Jun 21-Aug 23

ADULT ADVENTURE EDUCATION

This specialized class is adapted and designed for adults living 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. Min 10/Max 13

Highland Community Center

\$222(R) \$277(N) Age: 18Y and up
106535 9:30am-3pm Wed Jun 22-Aug 24



BINGO

This specialized class is adapted and designed for teens and adults living 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
106544 7-8:30pm Wed Jun 22-Aug 24

BOWLING

This specialized class is adapted and designed for adults living with Intellectual disabilities. This class 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 upon registering for amount required for Tech City Bowl. NO CLASS ON HOLIDAYS Min 50/Max 90

Highland Community Center

\$45(R) \$56(N) Age: 18Y and up
106536 9:30-11:30am Sat Jun 25-Aug 27



ROCK'N'@SBCC

INDOOR CLIMBING WALL

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

CLASSES CAMPS PARTIES & RENTALS

VIEW OUR SEASONAL SCHEDULE ONLINE

www.bellevuewa.gov/sbcc-climbing-wall.htm
or call 425-452-4240

Register at: <http://parksreg.cityofbellevue.org>

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
106538 5-7pm Wed Jun 22-Aug 23

DANCE-CULTURAL MIX

This specialized class is adapted and designed for teens and adults living with Intellectual disabilities. Experience dances from around the world. Age: 16 and up Min 15/Max 25

Highland Community Center

\$42(R) \$53(N) Age: 18Y and up
106537 7-8:30pm Tue Jun 21-Aug 23

FULL FITNESS FUN

This Specialized class is adapted and designed for adults living 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
106539 5-7pm Tue, Thu Jun 21-Aug 25

KITCHEN KAPERS

Kitchen Kapers 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

\$63(R) \$42(N) Age: 18Y and up
100979 12-1:30pm Fri May 27-Jun 17

KITCHEN KAPERS WORKSHOP

Appetizers to dessert, students will learn how to make a four course meal for their family. Kitchen skills, nutrition and food choices will be topics included in our fun paced program. All materials included.

Min 8/Max 10

Northwest Arts Center

\$72(R) \$92(N) Age: 18Y and up
106606 10am-12pm Mon-Tue Aug 29-30

MOVIE TIME

This specialized class is adapted and designed for adults living 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
106547 5-7pm Mon Jun 20-Aug 22
106540 5-7pm Thu Jun 23-Aug 25

PD EXERCISE CLASS

This specialized class is designed and adapted for adults 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
106548 9:15-10:15am Mon, Wed, Fri Jun 20-Sep 09
106549 10:30-11:30am Mon, Wed, Fri Jun 20-Sep 09
100966 11:45am- 1:15pm Mon, Wed Jun 20-Sep 07

QUAD RUGBY DROP-IN

Come and join in on this wheelchair sport for some rough and tumble fun. Cost is \$3.00 for residents and \$4.00 for non-residents per visit. Save when you purchase a play pass. Meets the first two Saturdays of the month. Age 18 and up. Min 1/Max 1

Highland Community Center

\$3(R) \$4(N) Age: 18Y and up
12-4pm Sat May 7 & 14, Jun 4 & 11,
Jul 2 & 9, Aug 6 & 13



SOCIAL CLUB ADAPTED

This specialized class is adapted and designed for adults living 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
106546 7-8:30pm Mon Jun 20-Aug 22
106541 7-8:30pm Thu Jun 23-Aug 25

SOFTBALL - ADULT ADAPTED

This specialized class is adapted and designed for adults and teens living 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: 18Y and up
106543 7-8:30pm Tue, Thu Jun 21-Aug 25

WHEELCHAIR BASKETBALL DROP-IN

This opportunity occurs every Wednesday offering brisk exercise and friendly competition. Save when you purchase a play pass. Bring your own wheelchair for this challenging workout. Age: 18 and up Min 1/Max 30

Highland Community Center

\$3(R) \$4(N)

Age: 16Y and up
6:30-9:30pm Wed Jun 22-Sep 07

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
<input type="checkbox"/>	106535	Adult Ad Education	\$222 \$277	Wed	9:30am-3p	6/22-8/24
<input type="checkbox"/>	106536	Adult Bowling	\$45 \$56	Sat	9:30am-11:30am	6/25-8/27
<input type="checkbox"/>	106537	Cultural Dance Mix	\$42 \$53	Tue	7-8:30pm	6/21-8/23
<input type="checkbox"/>	106538	Cooking	\$74 \$92	Wed	5:00-7:00pm	6/22-8/24
<input type="checkbox"/>	106539	Full Fitness Fun	\$78 \$98	Tue/Thu	5p-7p	6/21-8/25
<input type="checkbox"/>	106540	Movie Time	\$42 \$53	Thu	5p-7p	6/23-8/25
<input type="checkbox"/>	106541	Social Club	\$42 \$53	Thu	7p-8:30p	6/23-8/25
<input type="checkbox"/>	106542	Aloha Picnic	\$9 \$11	Fri	5p-9:30p	8/19
<input type="checkbox"/>	106543	Adult Softball	\$62 \$77	Tue/Thu	7p-8:30p	6/21-8/25
<input type="checkbox"/>	106544	Bingo	\$42 \$53	Wed	7:00p-8:30p	6/22-8/24
<input type="checkbox"/>	106545	Artistic Inspirations	\$45 \$55	Tue	5:00p-7:00p	6/21-8/23
<input type="checkbox"/>	106546	Social Club	\$42 \$53	Mon	7:00p-8:30p	6/20-8/22
<input type="checkbox"/>	106547	Movie Time	\$42 \$53	Mon	5:00p-7pm	6/20-8/22

Bridge Academy: Thursdays, 10am-2pm - Call Cindy O'Neill at 425-549-0500

YOUTH Adaptive Programs at Highland Center

<input type="checkbox"/>	105363	Summer Camp	\$172 \$215	T-F	9:30a-3p	6/21-6/24
<input type="checkbox"/>	105366	Summer Camp	\$215 \$269	M-F	9:30a-3p	6/27-7/1
<input type="checkbox"/>	105367	Summer Camp	\$215 \$269	M-F	9:30a-3p	7/11-7/15
<input type="checkbox"/>	105368	Summer Camp	\$215 \$269	M-F	9:30a-3p	7/18-7/22
<input type="checkbox"/>	105369	Summer Camp	\$215 \$269	M-F	9:30a-3p	7/25-7/29
<input type="checkbox"/>	105370	Summer Camp	\$215 \$269	M-F	9:30a-3p	8/1-8/5
<input type="checkbox"/>	105371	Summer Camp	\$215 \$269	M-F	9:30a-3p	8/8-8/12
<input type="checkbox"/>	106403	Mad Science	\$200 \$240	M-F	9a-12p	8/15-8/19

ADULT Adaptive Programs at Northwest Arts Center

<input type="checkbox"/>	100979	Kitchen Kapers	R \$42 N \$63	Fri	12:00p-1:30p	5/27-6/17
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ADULT Adaptive Programs at Highland Center

<input type="checkbox"/>	106548	Exercise Class	\$110 \$139	M/W/F	9:15-10:15a	6/20-9/9
<input type="checkbox"/>	106549	Exercise Class	\$110 \$139	M/W/F	10:30-11:30	6/20-9/9
<input type="checkbox"/>	100966	Exercise Class	\$110 \$139	M/W	11:45-1:15	6/20-9/7

PLEASE FILL OUT AND SIGN PARTICIPANT INFORMATION ON PAGE 8.



Intellectual Disabilities

Physical Disabilities

People living with disabilities are encouraged to participate in any of the Recreation Division programs in which they are interested. Please contact Mary Boyle, Program Coordinator, if you have not taken programs at Highland Center in the past, to schedule an appointment at 425-452-4118.



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 Paddle Sports, 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, call Cascade PaddleSports at 425-430-0111 and like them 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 capsized. 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 Voyageur 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.



SUPPORT THIS PROJECT



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

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

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

Visit inspirationplayground.org for more information.

The City of Bellevue is working with the Rotary Club of Bellevue to create an inclusive playground in Bellevue Downtown Park. With universally accessible design and equipment for all ages and abilities, the outdoor space will offer sensory-rich play experiences. The Rotary Club of Bellevue is leading a community-wide fundraising campaign to secure the funding needed to build Inspiration Playground. Rotary has already raised \$3.8 million of the \$5.5 million goal to complete the project — expected to break ground later this year.

Interested in helping?
Donate online at

inspirationplayground.org



BELLEVUE
GOLF COURSE

Reserve tee times online
www.bellevuepgc.com

5500 140th Ave NE
425-452-7250



Download our
FREE mobile app
today!



Search for
BELLEVUE GOLF

The Bellevue Golf Course is a fun, challenging layout that is a great place to play for golfers of all abilities. Excellent greens, strategic bunkering, and mature trees place a premium on accuracy and game management. Please contact the Pro Shop at 425-452-7250 or online at www.bellevuepgc.com for additional information.

- 18 Hole Championship Course
- Covered Driving Range with 23 hitting stations
- Full service pro shop
- Reservations taken up to two weeks in advance
- Tournament bookings
- Lessons from PGA instructors
- Full service grill
- Power carts
- Rental clubs
- Putting & chipping green
- Women's and Men's Clubs
- Banquet Room
- Free App!



CROSSROADS
PAR 3 GOLF COURSE

OPEN MARCH 1 - NOVEMBER 1



The Crossroads Par 3 Golf Course offers a nine hole course, practice area with restricted flight range balls and a practice putting green.

The Par 3 is an excellent beginner and family course that takes about an hour to play. The holes range from 64 to 107 yards. This gives the more accomplished player an opportunity to work on their short game, while the beginner can have success learning the game in a relaxed, friendly environment. *Tee times are not necessary* unless you're planning a group outing. For course information and operating hours, call 425-452-4873.

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

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

King County ★
2-1-1™
Get Connected. Get Answers.
Crisis Clinic · United Way

Also: 206.461.3200
Toll Free 800.621.4636
www.crisisclinic.org

CITY OF BELLEVUE HOME REPAIR PROGRAM

Help is available for low and moderate income Bellevue homeowners who need major home repairs to improve the health and safety of their home. For more information, call 425-452-4069.

ROOF REPAIRS
FAULTY PLUMBING
WIRING
EARTHQUAKE RETROFITTING



BELLEVUE'S HUMAN SERVICES PROGRAM

In 1986 the Bellevue City Council resolved that the city would act to ensure that the basic survival needs of Bellevue residents are met. The city serves as a planner, facilitator and funder for support systems that help people through economic and personal crisis and provide low-and moderate-income persons with opportunities to succeed.

The Human Services Division of the Parks & Community Services Department administers the Human Services Fund.

Bellevue takes one of the following three roles in human services, depending on the need:

Planner: assess and anticipate needs and develop appropriate policy and program responses.

Facilitator: convene and engage others in community problem-solving to develop and improve services.

Funder: disburse federal Community Development Block Grant and General Fund dollars to support a network of services which respond to community needs.

Bellevue's human service funding is on a two-year cycle, with second-year funding contingent on contract performance and program outcomes. For more information about funding criteria and timelines, please contact grant coordinator Joseph Adriano by e-mail at JAdriano@bellevuewa.gov, or at 425-452-6165.

HUMAN SERVICES COMMISSION

James McEachran, Chair	•	Carla Villar, Vice-Chair
John Bruels		Michelle Kline
Judith Mercer	Ann Oxrieder	Olga Perelman

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

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
 Closed July 4

Monday-Friday
 Camp Weeks:
 2:30-5:30pm

Non-Camp Weeks:
 12-5pm
 (7/4-8; 7/25-29; 8/15-19)

Saturday and Sunday
 12-1:30pm - Ages 12 and under only
 1:30-6pm Open Session

Rentals: For information about our various rental packages, park fees, lessons, and events contact SK8@bellevuewa.gov or call 425-452-2722.

www.bellevuewa.gov/bellevue_skate_park.htm

** To purchase an ID card, you must have a parent or guardian signature if you are under 18 years old.*



Giving teens a voice and an opportunity to make things happen...

Youth Link is a youth leadership program sponsored by Bellevue Parks & Community Services and the Bellevue School District. Founded in 1990, Youth Link gives youth an active voice in the community and an opportunity to make a difference!

Current Youth Link Projects

For more information about any of these opportunities, please call 425-452-5254, unless otherwise specified, or visit www.youthlink.com.

- Bellevue Youth Council 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.

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



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

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

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



**Bellevue Parks &
Community Services**

BELLEVUE CHALLENGE COURSE

BELLEVUE ZIP TOUR

Feel Wild in the City

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

BELLEVUE HIGH ROPES ADVENTURE

An Experience to Remember

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

BELLEVUE TEAM BUILDING

Learn While Playing

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



TO REGISTER: <http://parksreg.cityofbellevue.org>

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

or call 425-452-4240

25th ANNUAL

THE BELLEVUE
COLLECTION™

**BELLEVUE
FAMILY
4th**

**EASTSIDE'S
LARGEST**

**MONDAY,
JULY 4, 2016**

2:00-10:30PM

BELLEVUE DOWNTOWN PARK

PRODUCED BY

 **BELLEVUE DOWNTOWN
ASSOCIATION**



**Bellevue Parks &
Community Services**

Visit BellevueDowntown.com
or call 425-453-1223