

September through
December 2014

CONNECTIONS



**SKATE PARK
CELEBRATES
20 YEARS**

Page 5



Re-Accredited 2010



**Bellevue Parks &
Community Services**

425-452-6885

MyParksAndRecreation.com

Table of Contents

Table of Contents

Registration Steps & Form... 7-8

**Adaptive Recreation
Registration Form..... 56**

Scholarship Application 9

Adaptive Recreation..... 53-55

Afterschool & Camps 13-14

Aquatics 10-13

Crafts & Visual Arts 14-15

Health, Wellness, & Fitness..... 16-23

Kelsey Creek Farm 34-35

Martial Arts..... 23-25

Outdoor & Natural

Resource Programs..... 25-33

Performing Arts 35-37

Preschool 37-40

Resources for Older Adults..... 51-53

Special Events..... 5-6

Special Interest &
Extended Learning..... 40-44

Sports..... 44-49

Tennis 49-51

FACILITY ADDRESSES AND PHONE NUMBERS QUICK FIND

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

FACILITY & FIELD RENTALS 425-452-6914

ADULT SPORTS LEAGUES, Bellevue City Hall, 450 - 110th Ave NE..... 425-452-4479

BELLEVUE AQUATIC CENTER, 601 - 143rd Ave NE 425-452-4444

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

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

BELLEVUE YOUTH THEATRE, 16661 Northup WY 425-452-7155

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

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

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

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

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

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

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

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

Pacific Science Center 425-450-0207

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

NORTHWEST ARTS CENTER, 9825 NE 24th ST
Program Registration & Information 425-452-6046
Rental Information..... 425-452-7150
Community Events Office 425-452-4106

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

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

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

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

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

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

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

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

FOOD & REFRESHMENTS

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

CITY OF BELLEVUE TAX ID NUMBER: 91-6007020

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



On the Cover: Skateboard camp at the Bellevue Skate Park, which celebrates its 20th birthday this year. Photo by Joe Moorman

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

CONNECTIONS

BELLEVUE PARKS & COMMUNITY SERVICES



Bellevue Parks & Community Services

PO Box 90012
Bellevue, WA 98009-9012

Bellevue City Council

Claudia Balducci, Mayor

Kevin Wallace, Deputy Mayor

John Chelminiak

Conrad Lee

Jennifer Robertson

Lynne Robinson

John Stokes

Parks & Community Services Board

Sherry Grindeland, Chair

Dallas Evans, Vice Chair

Kathy George

Stuart Heath

Debra Kumar

Erin Powell

Mark Van Hollebeke

QUESTIONS OR COMMENTS?

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

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

INCLEMENT WEATHER POLICY

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

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

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

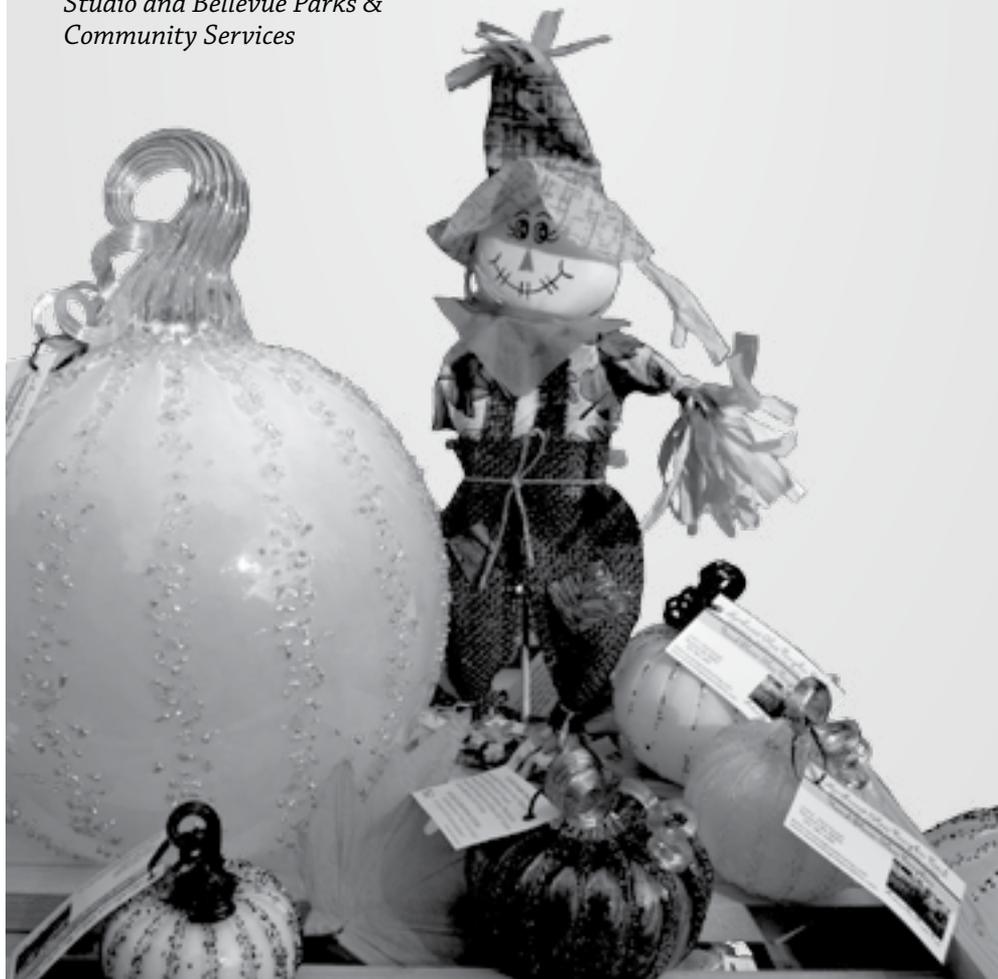
Please use caution when visiting park sites during poor weather as trails and other park facilities may become wet and slippery. Park trails may also be closed.

THE GREAT NORTHWEST GLASS PUMPKIN PATCH

SATURDAY, OCTOBER 4, 2014 • 9AM-4PM
NORTHWEST ARTS CENTER - 9825 NE 24TH ST.

Wander through a pumpkin patch of thousands of hand-blown, one-of-a-kind glass pumpkins. Pick your favorite to bring home or just come and see the beautiful hand crafted art. Admission is FREE. Pumpkin prices range from \$35-\$200. Rain or Shine. For more information, email NWAC@bellevuewa.gov or call 425-452-4106.

Sponsored by the Tacoma Glassblowing Studio and Bellevue Parks & Community Services



Theatre Transforms Lives

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



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

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

Today the Bellevue Youth Theatre is a place where skills are learned, talents are discovered, creativity is expressed and community is strengthened.

Most importantly, it is a place where everyone has a role.

The Phantom Tollbooth Performs at Bellevue Youth Theatre

Laugh at the clever puns brought to you by Norton Juster's wonderful characters as we try to restore Right and Reason to the land. This show is suitable for all ages who enjoy a simple message hidden in a silly story.

| | |
|----------------------|------------|
| Friday, October 24 | 7pm |
| Saturday, October 25 | 2pm & ★7pm |
| Sunday, October 26 | 2pm |
| Saturday, November 1 | ★2pm & 7pm |
| Sunday, November 2 | 2pm |

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

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

www.bellevuewa.gov/BYT-productions.htm

Peter Rabbit & Friends: The Tales of Beatrix Potte

Enjoy the charming adventure of Peter Rabbit and his friends as they try to stay out of mischief. This show is appropriate for all ages.

| | |
|-----------------------|------------|
| Friday, November 7 | 7pm |
| Saturday, November 8 | ★7pm |
| Sunday, November 9 | 2pm |
| Friday, November 14 | 7pm |
| Saturday, November 15 | ★2pm & 7pm |
| Sunday, November 16 | 2pm |

Special: \$5 shows marked with a ★.

Ticket prices (Except *Babes in Toyland*):
\$10 per ticket for tickets purchased in advance.
\$12 per ticket for tickets purchased during the week of the first show for each play.

Babes in Toyland Performs at Meydenbauer Theatre

\$12 advance purchase / \$14 week of first show
Come and join us on the journey to Magical Toyland! Singing, dancing, action, and adventure await as all your favorite Mother Goose characters come together to stop an evil plot.

| | |
|-----------------------|------------|
| Friday, November 28 | 7pm |
| Saturday, November 29 | ★2pm & 7pm |
| Sunday, November 30 | 2pm |

The Snow Queen Performance location TBD

Enjoy this delightful musical adaptation of Hans Christian Andersen's Fairy Tale. This timeless classic comes alive on the stage. You will want to bring the whole family.

| | |
|-----------------------|------------|
| Friday, December 12 | 7pm |
| Saturday, December 13 | ★7pm |
| Sunday, December 14 | 2pm |
| Friday, December 19 | 7pm |
| Saturday, December 20 | ★2pm & 7pm |
| Sunday, December 21 | 2pm |

Group discounts:

For 10-19 tickets purchased for the same show date and time, tickets are \$8. For 20+ tickets purchased for the same show date and time, tickets are \$5. Note: you cannot exchange these tickets for another show date unless you exchange ALL of them at one time. For example, you cannot exchange two tickets for another date and keep eight for the original show date. In order to get the group discount, all 10 or more tickets must be for the same date and time.

Do I need to purchase a ticket for my baby/toddler?

You do not need to purchase a ticket for your baby/toddler if you are planning to hold him/her in your lap. If you need a seat for your child, you will be required to purchase a ticket. Please do not bring a car seat into the theatre unless you put it on a chair for which you have already purchased a ticket. Car seats can be a trip hazard for audience members and actors when placed on the floor or in aisles.

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

Seating is assigned unless otherwise indicated. In order to be seated with your friends/family, tickets must be purchased together. We will make every attempt to seat you near your friend's seats, but cannot promise to get them together.

Can I donate my tickets?

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

BYT Ticket FAQs

Food and beverage:

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

Late arrival:

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

Cell phones, cameras, and other electronic devices:

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

Wheelchair seating:

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

Smoking policy:

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

Hearing aid devices:

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

Fragrances:

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

Inclement weather policy:

If a performance takes place despite weather conditions, Bellevue Youth Theatre will not issue refunds to patrons who did not attend. When in doubt, call 425-452-7155 to confirm a performance.

Refund/exchange policy:

There are no refunds once purchased. All sales are final. You may exchange your tickets, pending availability, for another performance of the same show. We will exchange your tickets at no charge to you. Exchanges must be made in person (with the tickets to be exchanged), and must be made at least 24 hours before the performance date. There can be no exchanges on the day of the show. The Box Office does not buy back unused tickets or refund tickets. NOTE: We cannot exchange group tickets or \$5 discount tickets.

Do you offer senior/child discounts?

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

EZROCK SKATE FOR THE CURE

\$50,000 Purse!



September 19–21, 2014

Bellevue Skate Park • 14224 Bel-Red Rd

INFO • TICKETS • REGISTRATION: WWW.EZROCKS.ORG

- Live Music*
- Carnival Games*
- Good Grub*
- Pro Skaters*
- Free Clinics*
- Giveaways*
- Fun*



Skate for the Cure Skateboarder, Mitchie Brusco on the MEGA RAMP

- Pro Mega Ramp**
- Mega Ramp Highest Air**
- Mega Ramp Best Lip Trick**
- Amature Street Competition**
- Girls Street Competition**
- All Ages Division**
- Tricks For Cash Event**



EZ Rocks Skate for the Cure will benefit the Zakes Foundation, a 501(c) (3) non-profit charitable corporation that was created to honor Ethan Zakes, who lost his life to ALD in 2011 at the age of 10



Bellevue Parks & Community Services



Visit the Bellevue YMCA for a community open house during EZRocks – Skate for the Cure! Bring your suits and take a plunge!



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.

SPECIAL EVENTS

SPECIAL EVENT VOLUNTEER OPPORTUNITIES

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

Volunteer- Kelsey Creek Farm Fair

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

77868 10am-5pm Sat Oct 11

Volunteer- Hilltop Holiday Craft Fair

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

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

KELSEY CREEK FARM FAIR

Bring your family to the farm and enjoy our Fall Festival. Event features include: live entertainment, heritage demonstrations, tractor-pulled wagon ride, pick-a-pumpkin already picked from the vine but in a farm pasture, pony rides, inflatables, farm animals and much more. No entrance fee; cost varies by activity. No pets please. Free shuttle service from Wilburton Park & Ride and Bannerwood Sports Park For more information call 425-452-7688 or e-mail kelseycreekfarm@bellevuewa.gov Min 1/Max 1

Kelsey Creek Farm Park
FREE All Ages
86952 11am-4pm Sat Oct 11

AUTUMN LEAVES DANCE

Celebrate the coming of Autumn with the 'Sounds of Swing' big band sound. Enjoy 'September Song', 'Autumn Leaves' and other standards of the swing era. This is sure to be a night of fun! \$15 admission fee payable at the door. Min 10/Max 200

North Bellevue Community Center
FREE Age: 18Y and up
76574 7-10pm Sat Oct 11

SPOOKFEST

Join South Bellevue Community Center as we celebrate Halloween with SpookFest. Experience the fun with our mini carnival and market place in the gym on Saturday, October 25, 2014 from 9:30am - 5pm. No registration necessary. Tickets may be purchased at the front desk for the Climbing Wall and games.

GREAT SBCC PUMPKIN RACE

Bring your decorated pumpkin complete with wheels to compete in the Fourth Annual Great SBCC Pumpkin Race, a part of our SpookFest line-up of events. Upon registration, you will receive basic directions to prepare your pumpkin for race day. Individuals, families and groups encouraged to register. Families and groups can designate one person to register. Min 1/Max 25

South Bellevue Community Center
Fees Vary Age: 6Y and up
87027 10am-12pm Sat Oct 25

Great SBCC Pumpkin Race Workshop

New to racing pumpkins? Come to this free workshop and get some great tips!

FREE Age: 6Y and up
87029 7-8pm Wed Oct 15

SPOOKFEST ZIP TOUR.

South Bellevue Community Center
Scary creepy fun zipping in the dark. Experience one suspension bridge and three zip lines. Imagine stepping off a platform and zipping to the other end that you cannot see. Riders and platforms will be brightened with glow sticks. SpookFest Zip will be open October 24,25,26 & 31 starting at 6:00pm and will run every half hour. Last zip will be at 8pm. Ages: 16+ Youth \$24/Adult \$39 Registration: MyParksandRecreation.com or call SBCC at 425-452-4240.

HILLTOP HOLIDAY CRAFT FAIR NORTHWEST ARTS CENTER

Lift your holiday spirit! Come and enjoy a delightful, unique, whimsical, one-of-a-kind craft show featuring thousands of hand crafted items from over 65 selected Northwest crafters. It's not your ordinary CRAFT show! For Crafter application or information call 206-920-2957 or email: hilltop.Crafts@frontier.com. Northwest Arts Center 9825 NE 24th, Bellevue AD-MISSION: FREE! Min 1/Max 1 Northwest Arts Center

FREE All Ages
10am-8pm Wed-Fri Dec 03-05
10am-5pm Sat Dec 06

SPOOKFEST DECORATED PUMPKIN CONTEST

Don't want to race your pumpkin but you love to decorate them? Along with The Great SBCC Pumpkin Race we have added a contest just for you! No rules to follow except that a pumpkin must be incorporated into your design. Bring your decorated pumpkin to SBCC by 9:30am. Judging will happen during the day with prizes awarded at 4:00pm You do not have to be present to win. Min 5/Max 100

South Bellevue Community Center
FREE Age: 4Y and up
87034 9:30am-4pm Sat Oct 25

SPOOKFEST DESSERT THEATRE

Come celebrate Halloween with SpookFest Dessert Theatre, featuring Edgar Allen Poe. Enjoy his stories right by your table as you partake of Halloween delights. Tables of eight may be reserved for \$70. Min 15/Max 48

South Bellevue Community Center
\$8 \$10 Age: 7Y and up
87030 2-3:30pm Sat Oct 25
87031 7-8:30pm Sat Oct 25

Reserve a table of eight!
\$70 Age: 7Y and up
87032 7-8:30pm Sat Oct 25
87033 2-3:30pm Sat Oct 25

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

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



10-day Registration Preference for Bellevue Residents • Registration Begins August 4, 2014

MAIL-IN/FAX/WALK-IN REGISTRATION

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

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

Non-resident registrations are not accepted prior to the first day of non-resident registration. Registrations received from non-Bellevue residents will be accepted, beginning August 13, 2014

PHONE-IN

Telephone
Registration
begins
August 18, 2014.

425-452-6885

Registration Policies

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

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

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

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

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

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

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

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

Adaptive Recreation Programs - 425-452-7686

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

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

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

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

RESIDENT DEFINITION:

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

EQUAL OPPORTUNITY STATEMENT:

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

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



Registration Form

10-day Registration Preference for Bellevue Residents • Registration Begins August 4, 2014

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

See **Registration Steps** Page 7.

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

Please Print

Adult Last Name _____ First _____ Date of Birth _____

Street Address _____ City _____ State _____ ZIP _____

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

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

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



Sign up to receive e-alerts via email!

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

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

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

Request for Accommodations: _____

*For scholarship information, call 425-452-6885, or see page 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 August 13, 2014.

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

WAIVER OF LIABILITY/RELEASE – PLEASE READ CAREFULLY

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

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

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

Participant or Parent/Guardian Signature _____ Date _____

Printed Name: _____

Registration NOT VALID without signed waiver.

Scholarship Application

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

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

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

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

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

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

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

Address: _____

City: _____ State: _____ ZIP Code: _____

Phone: (Work) _____ (Home) _____

E-Mail Address: _____

Please Indicate:

Family Size: _____

Yearly Income (Before Taxes):

\$ _____

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

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

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

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

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

Signature: _____

Date: _____

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

September-December 2014

CONNECTIONS



Bellevue Aquatic Center

Phone: 425-452-4444

Fax: 425-452-6100

Address: 601 - 143rd Avenue NE

SWIM RATES

Drop-In Fees

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

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

Swim Pass Cards

12 visits for the price of 10, no expiration date

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

3 Month Swim Pass Cards

For Lap, Open, and Rehab Swims

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

PARTIES AT THE POOL

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

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

Party Room Rentals

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

POOL MAINTENANCE CLOSURE

Bellevue Aquatic Center closed for maintenance August 18-September 14.

Special Hours of Operation:

September 20: Grand re-opening 8am-2:30pm - please call 425-452-4444 for

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.

details.

November 27: Thanksgiving Day - CLOSED. (Fit for the Feast Thanksgiving Day Masters workout 9-11am, \$10 includes workout and t-shirt).

November 28: Youth Appreciation Day. Center will be open from 12:30-2:30pm only. All children 12 and younger are free.

November 24-30: No Bellevue Aquatic Center swim lessons.

OTHER ACTIVITIES AVAILABLE AT THE BELLEVUE AQUATIC CENTER

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

Aquarobics WaterMotion Class

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

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

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

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

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

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

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

LEARN TO SWIM PROGRAMS

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

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

Please remember when registering your child:

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

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

PRIVATE/SEMI-PRIVATE SWIM LESSONS

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

PARENT/TOT LEVEL CLASSES

Ages: 6 months to 3 years
Gum Drop

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

PRESCHOOL LEVEL CLASSES

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

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

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

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

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

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

YOUTH LEVEL CLASSES

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

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

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

Bellevue Aquatic Center Registration Dates:

Programs listed in PLAIN TYPEFACE:
Resident: Aug. 4/ Non-Resident: Aug. 13

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

Programs listed in BOLD:
Resident: Sept. 29 / Non-Resident: Oct. 8

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

YOUTH 4: Refining the strokes and introduction to sidestroke.

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

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

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

ADULT LEVEL CLASSES

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

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

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

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

LIFEGUARD TRAINING

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

PARENT/TOT 2 SWIM LESSONS

| | | | | |
|--------------|-----------------------|------------|---------------------|----------------|
| 78689 | 11:20-11:50am | Sat | Sep 27-Nov 01 | \$62.40 |
| 88028 | 11:20- 11:50am | Sat | Nov 8-Dec 20 | \$62.40 |

PARENT/TOT SWIM LESSONS

| | | | | |
|--------------|----------------------|-----------------|----------------------|----------------|
| 78709 | 11-11:30am | Mon, Wed | Sep 22-Oct 15 | \$83.20 |
| 78710 | 6:20- 6:50pm | Mon, Wed | Sep 22-Oct 15 | \$83.20 |
| 86534 | 10:45-11:15am | Sat | Sep 27-Nov 01 | \$62.40 |
| 86535 | 11:20-11:50am | Sun | Sep 28-Nov 02 | \$62.40 |
| 87273 | 11-11:30am | Mon, Wed | Oct 20-Nov 12 | \$83.20 |
| 87274 | 6:20- 6:50pm | Mon, Wed | Oct 20-Nov 12 | \$83.20 |
| 87275 | 10:45-11:15am | Sat | Nov 08-Dec 20 | \$62.40 |
| 87276 | 11:20-11:50am | Sun | Nov 09-Dec 21 | \$62.40 |
| 87277 | 11-11:30am | Mon, Wed | Nov 17-Dec 17 | \$83.20 |
| 87278 | 6:20- 6:50pm | Mon, Wed | Nov 17-Dec 17 | \$83.20 |

PRESCHOOL 1 SWIM LESSONS

| | | | | |
|--------------|----------------------|-----------------|----------------------|----------------|
| 78811 | 10-10:30am | Mon, Wed | Sep 22-Oct 15 | \$94.40 |
| 78812 | 9- 9:30am | Sat | Sep 27-Nov 01 | \$70.80 |
| 78816 | 4- 4:30pm | Mon, Wed | Sep 22-Oct 15 | \$94.40 |
| 86523 | 10:45-11:15am | Sat | Sep 27-Nov 01 | \$70.80 |
| 86764 | 5:45- 6:15pm | Mon, Wed | Sep 22-Oct 15 | \$94.40 |
| 86765 | 5:45- 6:15pm | Tue, Thu | Sep 23-Oct 16 | \$94.40 |
| 86525 | 11:20-11:50am | Sun | Sep 28-Nov 02 | \$70.80 |
| 86526 | 10:10-10:40am | Sun | Sep 28-Nov 02 | \$70.80 |
| 86527 | 9- 9:30am | Sun | Sep 28-Nov 02 | \$70.80 |
| 78817 | 10-10:30am | Mon, Wed | Oct 20-Nov 12 | \$94.40 |
| 86863 | 4- 4:30pm | Mon, Wed | Oct 20-Nov 12 | \$94.40 |
| 86867 | 5:45- 6:15pm | Mon, Wed | Oct 20-Nov 12 | \$94.40 |
| 86871 | 5:45- 6:15pm | Tue, Thu | Oct 21-Nov 13 | \$94.40 |
| 86875 | 9- 9:30am | Sat | Nov 08-Dec 20 | \$70.80 |
| 86898 | 10:45-11:15am | Sat | Nov 08-Dec 20 | \$70.80 |
| 86902 | 9- 9:30am | Sun | Nov 09-Dec 21 | \$70.80 |
| 86903 | 10:10-10:40am | Sun | Nov 09-Dec 21 | \$70.80 |
| 86904 | 11:20-11:50am | Sun | Nov 09-Dec 21 | \$70.80 |
| 86905 | 10-10:30am | Mon, Wed | Nov 17-Dec 17 | \$94.40 |
| 86906 | 4- 4:30pm | Mon, Wed | Nov 17-Dec 17 | \$94.40 |
| 86907 | 5:45- 6:15pm | Mon, Wed | Nov 17-Dec 17 | \$94.40 |
| 86908 | 5:45- 6:15pm | Tue, Thu | Nov 18-Dec 18 | \$94.40 |

PRESCHOOL 2 SWIM LESSONS

| | | | | |
|--------------|----------------------|-----------------|----------------------|----------------|
| 78942 | 10:30-11am | Mon, Wed | Sep 22-Oct 15 | \$94.40 |
| 78944 | 4:35- 5:05pm | Mon, Wed | Sep 22-Oct 15 | \$94.40 |
| 86528 | 9:35-10:05am | Sat | Sep 27-Nov 01 | \$70.80 |
| 86530 | 11:20-11:50am | Sat | Sep 27-Nov 01 | \$70.80 |
| 86909 | 4:35- 5:05pm | Tue, Thu | Sep 23-Oct 16 | \$94.40 |
| 86910 | 6:20- 6:50pm | Tue, Thu | Sep 23-Oct 16 | \$94.40 |
| 86531 | 9:35-10:05am | Sun | Sep 28-Nov 02 | \$70.80 |
| 86532 | 10:10-10:40am | Sun | Sep 28-Nov 02 | \$70.80 |
| 86911 | 10-10:30am | Mon, Wed | Oct 20-Nov 12 | \$94.40 |
| 86912 | 4:35- 5:05pm | Mon, Wed | Oct 20-Nov 12 | \$94.40 |
| 86913 | 4:35- 5:05pm | Tue, Thu | Oct 21-Nov 13 | \$94.40 |
| 86914 | 6:20- 6:50pm | Tue, Thu | Oct 21-Nov 13 | \$94.40 |
| 86915 | 9:35-10:05am | Sat | Nov 08-Dec 20 | \$70.80 |
| 86916 | 11:20-11:50am | Sat | Nov 08-Dec 20 | \$70.80 |
| 86917 | 9:35-10:05am | Sun | Nov 09-Dec 21 | \$70.80 |
| 86918 | 10:45-11:15am | Sun | Nov 09-Dec 21 | \$70.80 |
| 86919 | 10-10:40am | Sun | Nov 09-Dec 21 | \$70.80 |
| 86920 | 10:30-11am | Mon, Wed | Nov 17-Dec 17 | \$94.40 |
| 86921 | 4:35- 5:05pm | Mon, Wed | Nov 17-Dec 17 | \$94.40 |
| 86922 | 4:35- 5:05pm | Tue, Thu | Nov 18-Dec 18 | \$94.40 |
| 86923 | 6:20- 6:50pm | Tue, Thu | Nov 18-Dec 18 | \$94.40 |

PRESCHOOL 3 SWIM LESSONS

| | | | | |
|--------------|------------------------|-----------------|----------------------|----------------|
| 79052 | 10:10-10:40am | Sat | Sep 27-Nov 01 | \$70.80 |
| 79055 | 5:10- 5:40pm | Mon, Wed | Sep 22-Oct 15 | \$94.40 |
| 86536 | 11:55am-12:25pm | Sat | Sep 27-Nov 01 | \$70.80 |
| 86932 | 4- 4:30pm | Tue, Thu | Sep 23-Oct 16 | \$94.40 |
| 86538 | 9:35-10:05am | Sun | Sep 28-Nov 02 | \$70.80 |
| 86539 | 10:45-11:15am | Sun | Sep 28-Nov 02 | \$70.80 |
| 86933 | 4- 4:30pm | Tue, Thu | Oct 21-Nov 13 | \$94.40 |
| 86934 | 5:10- 5:40pm | Mon, Wed | Oct 20-Nov 12 | \$94.40 |
| 86935 | 10:10-10:40am | Sat | Nov 08-Dec 20 | \$70.80 |
| 86936 | 11:55am-12:25pm | Sat | Nov 08-Dec 20 | \$70.80 |
| 86937 | 9:35-10:05am | Sun | Nov 09-Dec 21 | \$70.80 |
| 86938 | 10:45-11:15am | Sun | Nov 09-Dec 21 | \$70.80 |
| 79056 | 4- 4:30pm | Tue, Thu | Nov 18-Dec 18 | \$94.40 |
| 86939 | 5:10- 5:40pm | Mon, Wed | Nov 17-Dec 17 | \$94.40 |

BELLEVUE AQUATIC CENTER

Pool Schedule • Valid September 15 through December 31, 2014

See page 10 for special holiday schedule

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



Blue Lagoon Lap Pool

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------|--------------------------------------|---|--|---|--------------------------------------|--------------------------------------|---------------------------|
| 8:00 | Aquarobics Lap Swim | Lap Swim | Aquarobics Lap Swim | Lap Swim | Aquarobics Lap Swim | Special Olympics & Lap Swim | |
| 9:00 | Open & Lap Swim | | | | | Lap Swim & Lessons 9:00-12:30 | |
| 12:00 | Lap Swim Masters (4 lanes) | Lap Swim | Lap Swim Masters (4 lanes) Deep Water Ex | Lap Swim Masters (4 lanes) | Lap Swim Masters (4 lanes) | 12:30-2:30 Open & Lap Swim | |
| 1:00 | Open & Lap Swim | Lap Swim & MS Assoc 1-2pm Open Swim 2:00-3:00 | Open & Lap Swim | Open & Lap Swim | Open & Lap Swim | Swim Teams 2:30-4:30 | Pool Rentals 2:30-4:30 |
| 3:00 | HIGH SCHOOL SWIM TEAM | | | | | | |
| 4:00 | Lessons Swim Teams | Lessons Swim Teams Aquarobics 6-7 pm | Lessons Swim Teams | Lessons Swim Teams Aquarobics 6-7 pm | Swim Teams | | |
| 7:00 | Open & Lap Swim | Lap Swim Swim Teams Scuba DT | Open & Lap Swim | Lap Swim Swim Teams Scuba DT | Open & Lap Swim | | |
| 8:00 | | | | | | | |

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

Important Aquatic Center Information

Blue Lagoon (Lap Pool):

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

Warm Springs (Warm Therapy Pool):

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

Warm Springs Therapy Pool

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



PRESCHOOL 4 SWIM LESSONS

| | | | | |
|-------|-----------------|----------|---------------|---------|
| 79132 | 5:45-6:15pm | Mon, Wed | Sep 22-Oct 15 | \$94.40 |
| 86967 | 5:10-5:40pm | Tue, Thu | Sep 23-Oct 16 | \$94.40 |
| 86968 | 9-9:30am | Sat | Sep 27-Nov 01 | \$70.80 |
| 86969 | 11:55am-12:25pm | Sat | Sep 27-Nov 01 | \$70.80 |
| 86970 | 9-9:30am | Sun | Sep 28-Nov 02 | \$70.80 |
| 86971 | 5:45-6:15pm | Mon, Wed | Oct 20-Nov 12 | \$94.40 |
| 86972 | 5:10-5:40pm | Tue, Thu | Oct 21-Nov 13 | \$94.40 |
| 86973 | 9-9:30am | Sat | Nov 08-Dec 20 | \$70.80 |
| 86974 | 11:55am-12:25pm | Sat | Nov 08-Dec 20 | \$70.80 |
| 86975 | 9-9:30am | Sun | Nov 09-Dec 21 | \$70.80 |
| 86976 | 5:45-6:15pm | Mon, Wed | Nov 17-Dec 17 | \$94.40 |
| 86977 | 5:10-5:40pm | Tue, Thu | Nov 18-Dec 18 | \$94.40 |

PRESCHOOL 5 SWIM LESSONS

| | | | | |
|-------|-----------------|----------|---------------|---------|
| 79190 | 4:35-5:05pm | Mon, Wed | Sep 22-Oct 15 | \$94.40 |
| 86978 | 9:35-10:05am | Sat | Sep 27-Nov 01 | \$70.80 |
| 86979 | 11:55am-12:25pm | Sun | Sep 28-Nov 02 | \$70.80 |
| 86981 | 4:35-5:05pm | Mon, Wed | Oct 20-Nov 12 | \$94.40 |
| 86982 | 9:35-10:05am | Sat | Nov 08-Dec 20 | \$70.80 |
| 86983 | 11:55am-12:25pm | Sun | Nov 09-Dec 21 | \$70.80 |
| 86984 | 4:35-5:05pm | Mon, Wed | Nov 17-Dec 17 | \$94.40 |

YOUTH LEVEL 1 SWIM LESSON

| | | | | |
|-------|-----------------|----------|---------------|---------|
| 81297 | 4-4:30pm | Mon, Wed | Sep 22-Oct 15 | \$94.40 |
| 86985 | 4:35-5:05pm | Tue, Thu | Sep 23-Oct 16 | \$94.40 |
| 86986 | 6:20-6:50pm | Tue, Thu | Sep 23-Oct 16 | \$94.40 |
| 86987 | 10:10-10:40am | Sat | Sep 27-Nov 01 | \$70.80 |
| 86988 | 9:35-10:05am | Sat | Sep 27-Nov 01 | \$70.80 |
| 86989 | 10:10-10:40am | Sun | Sep 28-Nov 02 | \$70.80 |
| 86990 | 11:55am-12:25pm | Sun | Sep 28-Nov 02 | \$70.80 |
| 87284 | 4-4:30pm | Mon, Wed | Oct 20-Nov 12 | \$94.40 |
| 87285 | 4:35-5:05pm | Tue, Thu | Oct 21-Nov 13 | \$94.40 |
| 87286 | 6:20-6:50pm | Tue, Thu | Oct 21-Nov 13 | \$94.40 |
| 87287 | 10:10-10:40am | Sat | Nov 08-Dec 20 | \$70.80 |
| 87288 | 9:35-10:05am | Sat | Nov 08-Dec 20 | \$70.80 |
| 87289 | 10:10-10:40am | Sun | Nov 09-Dec 21 | \$70.80 |
| 87290 | 11:55am-12:25pm | Sun | Nov 09-Dec 21 | \$70.80 |
| 87292 | 4-4:30pm | Mon, Wed | Nov 17-Dec 17 | \$94.40 |
| 87293 | 4:35-5:05pm | Tue, Thu | Nov 18-Dec 18 | \$94.40 |

YOUTH LEVEL 2 SWIM LESSONS

| | | | | |
|-------|---------------|----------|---------------|---------|
| 81378 | 5:10-5:40pm | Mon, Wed | Sep 22-Oct 15 | \$90 |
| 87279 | 5:10-5:40pm | Tue, Thu | Sep 23-Oct 16 | \$90 |
| 87280 | 9-9:30am | Sat | Sep 27-Nov 01 | \$67.50 |
| 87281 | 10:45-11:15am | Sat | Sep 27-Nov 01 | \$67.50 |
| 81377 | 9:35-10:05am | Sun | Sep 28-Nov 02 | \$67.50 |
| 87014 | 10:45-11:15am | Sun | Sep 28-Nov 02 | \$67.50 |
| 87015 | 11:20-11:50am | Sun | Sep 28-Nov 02 | \$67.50 |
| 87016 | 5:10-5:40pm | Mon, Wed | Oct 20-Nov 12 | \$90 |
| 87017 | 5:10-5:40pm | Tue, Thu | Oct 21-Nov 13 | \$90 |
| 87018 | 9-9:30am | Sat | Nov 08-Dec 20 | \$70.80 |
| 87019 | 10:45-11:15am | Sat | Nov 08-Dec 20 | \$70.80 |
| 87024 | 9:35-10:05am | Sun | Nov 09-Dec 21 | \$67.50 |
| 87025 | 11:20-11:50am | Sun | Nov 09-Dec 21 | \$67.50 |
| 87026 | 10:45-11:15am | Sun | Nov 09-Dec 21 | \$67.50 |
| 87282 | 5:10-5:40pm | Mon, Wed | Nov 17-Dec 17 | \$90 |

YOUTH LEVEL 3 SWIM LESSON

| | | | | |
|-------|-----------------|----------|---------------|---------|
| 81464 | 6:20-6:50pm | Mon, Wed | Sep 22-Oct 15 | \$90 |
| 87297 | 4-4:30pm | Tue, Thu | Sep 23-Oct 16 | \$90 |
| 87298 | 10:10-10:40am | Sat | Sep 27-Nov 01 | \$67.50 |
| 87299 | 11:20-11:50am | Sat | Sep 27-Nov 01 | \$67.50 |
| 87300 | 9-9:30am | Sun | Sep 28-Nov 02 | \$67.50 |
| 87301 | 11:55am-12:25pm | Sun | Sep 28-Nov 02 | \$67.50 |
| 87295 | 6:20-6:50pm | Mon, Wed | Oct 20-Nov 12 | \$90 |
| 87302 | 4-4:30pm | Tue, Thu | Oct 21-Nov 13 | \$90 |
| 87303 | 10:10-10:40am | Sat | Nov 08-Dec 20 | \$67.50 |
| 87304 | 11:20-11:50am | Sat | Nov 08-Dec 20 | \$67.50 |
| 87305 | 9-9:30am | Sun | Nov 09-Dec 21 | \$67.50 |
| 87306 | 11:55am-12:25pm | Sun | Nov 09-Dec 21 | \$67.50 |
| 87296 | 6:20-6:50pm | Mon, Wed | Nov 17-Dec 17 | \$90 |
| 87307 | 4-4:30pm | Tue, Thu | Nov 18-Dec 18 | \$90 |

Bellevue Aquatic Center Registration Dates:

Programs listed in **PLAIN TYPEFACE:**
Resident: Aug. 4 / Non-Resident: Aug. 13

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

Programs listed in **BOLD:**
Resident: Sept. 29 / Non-Resident: Oct. 8

YOUTH LEVEL 4 SWIM LESSONS

| | | | | |
|-------|-----------------|----------|---------------|---------|
| 81533 | 4:35-5:05pm | Mon, Wed | Sep 22-Oct 15 | \$90 |
| 87308 | 4-4:30pm | Tue, Thu | Sep 23-Oct 16 | \$90 |
| 87309 | 9-9:30am | Sat | Sep 27-Nov 01 | \$67.50 |
| 87310 | 11:55am-12:25pm | Sat | Sep 27-Nov 01 | \$67.50 |
| 87311 | 11:55am-12:25pm | Sun | Sep 28-Nov 02 | \$67.50 |
| 87312 | 4:35-5:05pm | Mon, Wed | Oct 20-Nov 12 | \$90 |
| 87313 | 4-4:30pm | Tue, Thu | Oct 21-Nov 13 | \$90 |
| 87314 | 9-9:30am | Sat | Nov 08-Dec 20 | \$67.50 |
| 87315 | 11:55am-12:25pm | Sat | Nov 08-Dec 20 | \$67.50 |
| 87316 | 11:55am-12:25pm | Sun | Nov 09-Dec 21 | \$67.50 |

YOUTH LEVEL 5 SWIM LESSONS

| | | | | |
|-------|---------------|----------|---------------|---------|
| 87337 | 5:45-6:15pm | Tue, Thu | Sep 23-Oct 16 | \$90 |
| 87338 | 9:35-10:05am | Sat | Sep 27-Nov 01 | \$67.50 |
| 87339 | 11:20-11:50am | Sun | Sep 28-Nov 02 | \$67.50 |
| 81587 | 5:45-6:15pm | Thu, Tue | Oct 23-Nov 13 | \$90 |
| 87340 | 5:10-5:40pm | Mon, Wed | Oct 20-Nov 12 | \$90 |
| 87341 | 9:35-10:05am | Sat | Nov 08-Dec 13 | \$67.50 |

YOUTH LEVEL 6 SWIM LESSONS

| | | | | |
|-------|---------------|----------|---------------|---------|
| 81642 | 5:45-6:15pm | Mon, Wed | Sep 22-Oct 15 | \$90 |
| 87344 | 5:10-5:40pm | Tue, Thu | Sep 23-Oct 16 | \$90 |
| 87345 | 10:10-10:40am | Sat | Sep 27-Nov 01 | \$67.50 |
| 87346 | 9:35-10:05am | Sun | Sep 28-Nov 02 | \$67.50 |
| 88025 | 5:45-6:15pm | Mon, Wed | Oct 20-Nov 12 | \$90 |
| 88026 | 5:10-5:40pm | Tue, Thu | Oct 21-Nov 13 | \$90 |
| 88027 | 10:10-10:40am | Sat | Nov 08-Dec 20 | \$67.50 |
| 88030 | 9:35-10:05am | Sun | Nov 09-Dec 21 | \$67.50 |
| 88037 | 5:10-5:40pm | Tue, Thu | Nov 18-Dec 18 | \$90 |

PRE-COMPETITION SWIM LESSONS

| | | | | |
|-------|-----------------|----------|---------------|---------|
| 78764 | 4-4:30pm | Mon, Wed | Sep 22-Oct 15 | \$90 |
| 88017 | 4:35-5:05pm | Tue, Thu | Sep 23-Oct 16 | \$90 |
| 88018 | 11:55am-12:25pm | Sat | Sep 27-Nov 01 | \$67.50 |
| 88019 | 9-9:30am | Sun | Sep 28-Nov 02 | \$67.50 |
| 88020 | 4-4:30pm | Mon, Wed | Oct 20-Nov 12 | \$90 |
| 88021 | 4:35-5:05pm | Tue, Thu | Oct 21-Nov 13 | \$90 |
| 88022 | 11:55am-12:25pm | Sat | Nov 08-Dec 20 | \$67.50 |
| 88023 | 9-9:30am | Sun | Nov 09-Dec 21 | \$67.50 |
| 88024 | 5:45-6:15pm | Tue, Thu | Nov 18-Dec 18 | \$90 |

ADULT INTRO SWIM LESSONS

| | | | | |
|-------|---------------|----------|---------------|-------|
| 78665 | 5:45-6:15pm | Tue, Thu | Sep 23-Oct 16 | \$90 |
| 78666 | 10:10-11:10am | Sun | Sep 28-Nov 02 | \$135 |
| 88039 | 5:45-6:15pm | Tue, Thu | Oct 21-Nov 13 | \$90 |
| 88040 | 10:10-11:10am | Sun | Nov 09-Dec 21 | \$135 |

ADULT INTERMEDIATE SWIM LESSONS

| | | | | |
|-------|-------------|----------|---------------|------|
| 78638 | 6:20-6:50pm | Tue, Thu | Sep 23-Oct 16 | \$90 |
| 88041 | 6:20-6:50pm | Tue, Thu | Oct 21-Nov 13 | \$90 |
| 88042 | 5:45-6:15pm | Mon, Wed | Nov 17-Dec 17 | \$90 |

ADULT ADVANCED SWIM LESSONS

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

After-School Programs

KID-ZONE GAMES DROP-IN

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

FREE

Age: 7Y - 18Y

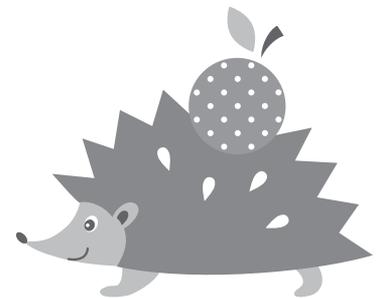
Crossroads Community Center
2:30-5:30pm Mon-Fri Ongoing
1-5:30pm Wed Ongoing

CREATIVE KIDS AFTER SCHOOL PROGRAM

Enhance your child's creativity while enjoying the beautiful setting of the Northwest Arts Center. Activities include time spent in both indoor and outdoor settings. Children will explore a variety of art & craft mediums, painting, three dimensional art, collage, pottery, and active play. Participant must be in 2nd - 5th grade. Staff will provide walking transportation from Clyde Hill Elem. to the Northwest Arts Center. For more information call 425 452-4106. Min 10/Max 15

Northwest Arts Center

\$150(R) \$180(N) Age: 7Y - 11Y
86831 12:30-3pm Wed Sep 24-Oct 29
86832 12:30-3pm Wed Nov 05-Dec 10



ROCK 'N' MORE ROCK MUSIC ENSEMBLE

Music lessons and band classes in one! Learn to sing and/or play your favorite songs on guitar, bass, drums, and/or piano and play those songs in a band. Teachers from Rock 'n' More Music Academy will be on hand to guide you through instrument and ensemble instruction. Instruments provide during class time only. Min 5/Max 20
 Crossroads Community Center
 \$150(R) \$180(N) Age: 11Y - 14Y
 86958 2:30-4:30pm Wed Sep 03-24
 86959 2:30-4:30pm Wed Oct 01-22
 86960 2:30-4:30pm Wed Oct 29-Nov 19
 86961 2:30-4:30pm Wed Nov 26-Dec 17

ROCK 'N' MORE VOCAL CLASS

You can sing and we'll prove it! Whether you've always been too shy to sing or you're the star of the karaoke party, this class is the perfect way to get or keep your voice in shape in a fun, relaxed group atmosphere. Rock songs will be used to teach and practice melodies, harmonies, and rhythms. Min 3/Max 20
 Crossroads Community Center
 \$50(R) \$60(N) Age: 8Y and up
 86962 6-6:50pm Tue Oct 07-Dec 09

Art & Craft Programs for Adults

ART IN NATURE EXHIBITS

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

WHEN: Facility Hours
WHERE: Mercer Slough Environmental Education Center and Lewis Creek Visitor Center.
 Visitor Center
COST: Free

DROP-IN PAINTING

Bring your watercolor or other painting project and visit with others in this friendly drop-in atmosphere. Bring your own supplies. Min 2/Max 20
 North Bellevue Community Center
 FREE Age: 18Y and up
 76486 1-3pm Thu Sep 04-Dec 18

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) \$24.50(N) Age: 18Y and up
 76417 10:30am-1:30pm Mon Oct 06-27
 76418 10:30am-1:30pm Mon Nov 03-24
 \$15.50(R) \$18.50(N) Age: 18Y and up
 76419 10:30am-1:30pm Mon Dec 01-15

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
 76422 10am-12pm Fri Sep 05-Dec 19

GLASS FUSION

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

\$205(R) \$240(N) Age: 18Y and up
 86420 9-10:30am Thu Sep 04-Oct 23
 \$110(R) \$132(N) Age: 18Y and up
 86421 9-10:30am Thu Oct 30-Nov 20

RED CROSS KNITTING GROUP

Join this fun group of Red Cross volunteers who knit items for donation to local hospitals and Eastside Baby Corner. Patterns and yarn provided. Min 3/Max 8
 North Bellevue Community Center
 FREE Age: 18Y and up
 85041 11am-3pm Wed Sep 03-Dec 24

ZENTANGLE BASICS

Zentangle is an easy to learn method of creating beautiful images from repetitive patterns. This class will introduce you to the Zentangle drawing method. A two-hour workshop will cover the history, the applications, and the steps of creating an original Zentangle tile. Workshops will occur weekly and will cover different material. This class is for all levels and requires no prior artistic experience. \$5.00 supply fee to be paid to instructor at first class. Min 8/Max 15
 South Bellevue Community Center
 \$35(R) \$41(N) Age: 18Y and up
 87020 10am-12pm Sat Sep 06
 87021 10am-12pm Sat Oct 04
 87022 10am-12pm Sat Nov 01
 87023 10am-12pm Sat Dec 06

ZENTANGLE ADVANCED

Advanced Zentangle will explore either advanced tangles, strings, shading, Black or Renaissance tiles. Zentangle basic workshop required prior to taking this workshop. Supplies included. Min 5/Max 10
 South Bellevue Community Center
 \$40(R) \$48 Age: 16Y and up
 87175 10am-12pm Sat Sep 20
 87176 10am-12pm Sat Oct 18
 87177 10am-12pm Sat Nov 22
 87178 10am-12pm Sat Dec 20

Programs for Youth and Families

ARTS DROP IN

Creative fun group invites you to join us for an evening of creating art. Different medium each week. Adult supervision required for children under 18 years of age. Drop in fee payable at the door. Purchase the Play Pass for additional savings. Min 1/Max 40
 North Bellevue Community Center
 \$3(R) \$4(N) Age: 10Y and up
 76498 6-8:30pm Tue Sep 02-Dec 16



Adaptive Recreation

Designed for individuals with intellectual / physical disabilities

STONEWARE CREATIONS

Stoneware Creations provides an introduction to beginning & intermediate hand-building and wheel throwing stoneware. Various and seasonal subject matter included as design inspirations for practical and decorative art work. Class fee includes supplies and firing. Accommodations provided for people with disabilities. Min 6/Max 9 Northwest Arts Center

| | | |
|----------|--------------|-----------------|
| \$205(R) | \$240(N) | Age: 18Y and up |
| 86418 | 11am-1pm Thu | Sep 04-Oct 23 |
| \$110(R) | \$132(N) | Age: 18Y and up |
| 86419 | 11am-1pm Thu | Oct 30-Nov 20 |

ARTISTIC INSPIRATIONS

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. This class is designed and adapted for adults with intellectual disabilities. Min 10/Max 15 Highland Community Center

| | | |
|---------|-----------|-----------------|
| \$45(R) | \$55(N) | Age: 18Y and up |
| 86648 | 5-7pm Mon | Sep 22-Nov 24 |

ADULT ART/CRAFTS

This class is adapted and designed for adults with Intellectual disabilities. We offer hands-on creative experiences with hand-crafted results that await your artistic touch. Min 10/Max 20 Highland Community Center

| | | |
|---------|--------------|-----------------|
| \$42(R) | \$53(N) | Age: 18Y and up |
| 76598 | 1-2:30pm Fri | Sep 26-Nov 21 |



DRAWING & PAINTING FUNDAMENTALS

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

| | | |
|----------|--------------|---------------|
| \$159(R) | \$179(N) | Age: 7Y - 11Y |
| 86578 | 4-5:30pm Thu | Oct 02-Nov 20 |

CHILDREN'S JEWELRY MAKING WORKSHOP

Our Saturday jewelry making workshop introduces children to real jewelry making techniques. Beading, wire work, copper etching, enameling, are just some of the fun things they'll learn to do. The holidays are just around the corner for creating original gifts for family and friends! Min 6/Max 12 Northwest Arts Center

| | | |
|---------|--------------|---------------|
| \$72(R) | \$86(N) | Age: 7Y - 12Y |
| 87322 | 10am-1pm Sat | Nov 01 |

CHILDREN'S POTTERY STUDIO

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

| | | |
|----------|----------------|----------------|
| \$170(R) | \$204(N) | Age: 6Y - 11Y |
| 86466 | 10-11:30am Sat | Sep 27-Nov 22 |
| \$184(R) | \$214(N) | Age: 12Y - 17Y |
| 87321 | 1-2:30pm Sat | Sep 27-Nov 22 |



Personal Training & Fitness Centers

PERSONAL TRAINING

Appointments can be scheduled by contacting the trainers directly.

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

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

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

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

FREE Fitness Assessments

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

Youth Privileges

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

Personal Training Rates

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

Sara Grandstrand, MS, ATC/L, CSCS

Grandstrand Athletic Training

Phone: 425-765-8980

Email: sara.atc@gmail.com



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

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

Mihai Suvagau

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

Phone: 425-444-2729

Email: coach1mihai@gmail.com



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

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

Diane DeFuria, LMP, NSCA-CPT

Phone: 425-221-0070

Email: ddefuria@msn.com



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

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

Fitness Centers at North and South Bellevue Community Centers

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

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

Included in South Bellevue Community Center

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

Included in North Bellevue Community Center

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

Fitness Center Fees

Visit our Website for the current Fitness Center fees:

North Bellevue Community Center

bellevuewa.gov/10595.htm

South Bellevue Community Center

bellevuewa.gov/sbcc-fitness-center.htm

HOLIDAY STUDENT SPECIAL

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

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



Bellevue Fire Department CPR Training Programs



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

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

BLS FOR HEALTHCARE PROVIDER

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

Fire Station #1

\$65 Age: 18Y and up
76483 9am-3pm Wed Aug 06

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

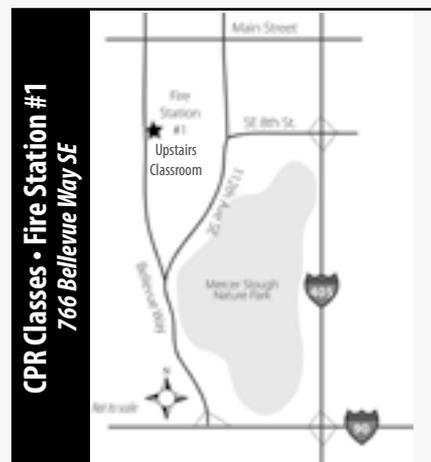
\$35 Age: 14Y and up
76479 7-10pm Thu Sep 18
76480 7-10pm Thu Nov 20

HEARTSAVER CPR AED CLASS FOR ADULTS/CHILDREN

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

Fire Station #1

| Class # | Time | Day | Age | Date |
|---------|--------|-----|-----------------|--------|
| \$40 | | | Age: 14Y and up | |
| 76467 | 7-10pm | Tue | | Sep 09 |
| 76468 | 7-10pm | Tue | | Sep 23 |
| 76469 | 7-10pm | Thu | | Oct 09 |
| 76470 | 7-10pm | Tue | | Oct 21 |
| 76471 | 7-10pm | Thu | | Nov 06 |
| 76472 | 7-10pm | Tue | | Nov 18 |
| 76473 | 7-10pm | Thu | | Dec 04 |
| 76474 | 7-10pm | Tue | | Dec 16 |



jazzercise®

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

NORTHWEST ARTS CENTER

9825 NE 24TH ST • 425-452-6046

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

NORTH BELLEVUE COMMUNITY CENTER

4063 148TH AVE NE • 425-452-7681

Jazzercise

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

SOUTH BELLEVUE COMMUNITY CENTER

14509 SE NEWPORT WAY • 425-452-4240

Jazzercise • Jazzercise Lite

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

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

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

Get Fit and Get Healthy

MASSAGE THERAPY

Relax. Relieve aches and pains. Experience a sense of balance and well-being. Elizabeth Strauss, Licensed Massage Practitioner and Jin Shin Do® Acupressurist. All ages welcome. Elizabeth also has special training in massage for older adults. For a 30 min. session, please reserve one slot, for 60 min. session, please reserve two consecutive slots. Appointments are available the first Monday of each month. Call 425-452-7681.

North Bellevue Community Center

HEALTH - FOOTCARE

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

REFLEXOLOGY

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

DENTAL HYGIENE SERVICES

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

SHAPE UP FITNESS CAMPAIGN

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

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: 55Y and up |
| 86623 | 9-10am | Tue, Thu-Fri Sep 02-30 |
| \$39(R) | \$47(N) | Age: 55Y and up |
| 86624 | 9-10am | Thu-Fri, Tue Oct 02-31 |
| \$24.75(R) | \$30(N) | Age: 55Y and up |
| 86625 | 9-10am | Tue, Thu-Fri Nov 04-25 |
| \$33(R) | \$40(N) | Age: 55Y and up |
| 86626 | 9-10am | Tue, Thu-Fri Dec 02-23 |

WALKING CLASS

Walk yourself healthy, and have fun with your peers at the same time. Class meets Mondays in the Lobby at Highland Center and walk over to the YMCA. This class is designed and adapted for adults with intellectual disabilities. Min 10/Max 15

Highland Community Center

| | | |
|---------|-----------|-------------------|
| \$42(R) | \$53(N) | Age: 16Y and up |
| 85147 | 7- 8:30pm | Thu Sep 25-Nov 20 |

Adaptive Recreation

Designed for individuals with intellectual / physical disabilities

PD - EXERCISE CLASS ADAPTED

This specialized class is designed and adapted for those living with physical disabilities. Build Muscles, build strength, build your social network. It all happens at Highland's exercise classes. Min 6/Max 9

Highland Community Center

| | | |
|----------|-----------------|-----------------------------|
| \$110(R) | \$139(N) | Age: 21Y and up |
| 76837 | 9:15-10:15am | Mon, Wed, Fri Sep 22-Dec 12 |
| 76838 | 10:30-11:30am | Mon, Wed, Fri Sep 22-Dec 12 |
| 76839 | 11:45am- 1:15pm | Mon, Wed Sep 22-Dec 10 |

FULL FITNESS FUN

This Specialized class is adapted and designed for adults with Intellectual disabilities. You will learn about nutrition, meal planning, exercise and how to live a healthy lifestyle. Please bring a sack dinner for the dinner break at 5pm. You will exercise here during class two times a week. We will have a variety of exercise routines to keep you motivated. Let's get fit! Min 10/Max 15

Highland Community Center

| | | |
|---------|---------|------------------------|
| \$78(R) | \$98(N) | Age: 18Y and up |
| 76767 | 5- 7pm | Tue, Thu Sep 23-Nov 25 |

Aerobics & Conditioning

FITNESS - POST-REHAB STRENGTH AND CONDITIONING

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

South Bellevue Community Center

| | | |
|---------|---------|------------------------|
| \$60(R) | \$70(N) | Age: 18Y and up |
| 86652 | 10-11am | Tue, Thu Sep 02-Oct 02 |
| \$48(R) | \$56(N) | Age: 18Y and up |
| 86653 | 10-11am | Tue, Thu Oct 07-30 |
| \$72(R) | \$84(N) | Age: 18Y and up |
| 86654 | 10-11am | Tue, Thu Nov 04-Dec 18 |

FITNESS - STRONG AND FIT SENIORS/ADULTS

This monthly group fitness program taught by certified personal trainers, provides education on improving overall functional fitness using a variety of equipment and a varied routine while accommodating individual needs and limitations. Participants will improve strength, balance, coordination, posture, flexibility, core strength, and aerobic conditioning while participating in a fun, safe, social, and supportive atmosphere. A Flex Card is available for this class. To join this class during a session, call the South Bellevue Community Center at (425) 452-4240. Min 8/Max 20

South Bellevue Community Center
 \$55(R) \$66(N) Age: 18Y and up
 78404 10:15-11:15am Wed, Mon Sep 03-29
 78405 10:15-11:15am Wed, Mon Oct 01-29
 78406 10:15-11:15am Mon, Wed Nov 03-26
 78407 10:15-11:15am Mon, Wed Dec 01-22



Body & Mind

BARRE CLASS

Karan's Barre Class draws from the best parts of barre, yoga, dance, and Pilates to produce a breakthrough workout that will knock your leg warmers off. Every step has been meticulously designed to build strength, endurance, and grace, while also creating longer and leaner muscles that are far more resistant to injury. All this, while having fun! In a remarkably brief time, this class will give you significant improvement in flexibility, strength, resilience, posture, energy, stamina, and balance. A Flex Card is available for this class. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 4/Max 20

South Bellevue Community Center
 \$96(R) \$115(N) Age: 13Y and up
 78489 9-10am Mon Sep 08-Oct 27
 78490 6:15- 7:15pm Tue Sep 09-Oct 28
 78492 9-10am Wed Sep 10-Oct 29
 78496 6:15- 7:15pm Thu Sep 11-Oct 30
 \$160(R) \$192(N) Age: 13Y and up
 78493 9-10am Mon, Wed Sep 08-Oct 29
 78474 6:15- 7:15pm Tue, Thu Sep 09-Oct 30
 \$84(R) \$100(N) Age: 13Y and up
 78491 9-10am Mon Nov 03-Dec 15
 78494 9-10am Wed Nov 05-Dec 17
 \$140(R) \$168(N) Age: 13Y and up
 78495 9-10am Mon, Wed Nov 03-Dec 17
 \$72(R) \$86(N) Age: 13Y and up
 78488 6:15- 7:15pm Tue Nov 04-Dec 16
 78487 6:15- 7:15pm Thu Nov 06-Dec 18
 \$120(R) \$144(N) Age: 13Y and up
 78497 6:15- 7:15pm Tue, Thu Nov 04-Dec 18

PILATES

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

South Bellevue Community Center
 \$88(R) \$106(N) Age: 13Y and up
 77761 9:15-10:15am Fri Sep 05-Oct 31
 \$66(R) \$80(N) Age: 13Y and up
 77762 9:15-10:15am Fri Nov 07-Dec 19

VINYASA YOGA

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

North Bellevue Community Center
 \$40(R) \$48(N) Age: 16Y and up
 86640 7- 8pm Thu Sep 04-25
 \$50(R) \$60(N) Age: 16Y and up
 86641 7- 8pm Thu Oct 02-30
 \$30(R) \$36(N) Age: 16Y and up
 86642 7- 8pm Thu Nov 06-20
 86643 7- 8pm Thu Dec 04-18



PURNA YOGA

Students gain flexibility, strength and coordination by focusing on correct alignment while using props to make each pose accessible. Classes help each student feel more centered and peaceful while developing a deeper relationship with body, mind and spirit. With 2000 hours of teacher training, your Certified Purna Yoga teacher has a wealth of knowledge to share with you. All levels classes welcome beginning and experienced students to learn and to expand their knowledge of yoga poses. Wear comfortable clothing and bring a yoga mat to class if you have one. Additional props will be provided. A Flex Card is available for this class. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 5/Max 30

South Bellevue Community Center
 \$60(R) \$72(N) Age: 13Y and up
 77853 7:15- 8:30pm Tue Sep 02-30
 77854 7:15- 8:30pm Thu Sep 04-Oct 02
 77855 7:15- 8:30pm Tue Oct 07-Nov 04
 77856 7:15- 8:30pm Thu Oct 09-Nov 06
 77859 7:15- 8:30pm Thu Nov 13-Dec 18
 77858 7:15- 8:30pm Tue Nov 18-Dec 16

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
 77947 11:45am- 1pm Sun Sep 07-28
 86481 11:45am- 1pm Sun Oct 05-26
 \$72(R) \$86(N) Age: 13Y and up
 86482 11:45am- 1pm Sun Nov 09-Dec 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. Min 4/Max 30

North Bellevue Community Center
 \$32(R) \$40(N) Age: 18Y and up
 86631 10:30-11:30am Mon Sep 08-29
 86627 10:30-11:30am Thu Sep 04-25
 86632 10:30-11:30am Mon Oct 06-27
 86633 10:30-11:30am Mon Nov 03-24
 86634 10:30-11:30am Mon Dec 01-22
 \$40(R) \$50(N) Age: 18Y and up
 86628 10:30-11:30am Thu Oct 02-30
 \$24(R) \$30(N) Age: 18Y and up
 86629 10:30-11:30am Thu Nov 06-20
 86630 10:30-11:30am Thu Dec 04-18

HATHA YOGA

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

Northwest Arts Center
 \$44(R) \$52(N) Age: 18Y and up
 86468 3:30- 4:30pm Tue Oct 14-Nov 18
 86469 3:30- 4:30pm Thu Oct 16-Nov 20
 \$88(R) \$105(N) Age: 18Y and up
 86470 3:30- 4:30pm Tue,Thu Oct 14-Nov 20
 \$59(R) \$69(N) Age: 18Y and up
 86503 3:30- 4:30pm Tue,Thu Dec 09-18
 \$30(R) \$36(N) Age: 18Y and up
 87319 3:30- 4:30pm Tue Dec 09-16
 87320 3:30- 4:30pm Thu Dec 11-18

YOGA - ADVANCED

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

North Bellevue Community Center
 \$14(R) \$16(N) Age: 50Y and up
 85098 10-11am Mon Oct 13-Nov 17
 85099 10-11am Mon Nov 24-Dec 22

YOGA FOR ADULTS 50+

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

South Bellevue Community Center
 \$60(R) \$72(N) Age: 50Y and up
 86645 11:15am-12:30pm Tue Sep 02-30
 86646 11:15am-12:30pm Tue Oct 07-Nov 04
 86647 11:15am-12:30pm Tue Nov 18-Dec 16

Active Fitness

GOURMET BIKERS

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



BOOT CAMP WITH KARIE

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

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|---------------------------------|--------------|-----------------|---------------|
| South Bellevue Community Center | | | |
| \$63(R) | \$75(N) | Age: 13Y and up | |
| 78302 | 8:45-9:45am | Mon, Wed | Sep 15-Oct 01 |
| 78318 | 9:15-10:15am | Tue, Thu | Sep 16-Oct 02 |
| \$107(R) | \$128(N) | Age: 13Y and up | |
| 78314 | 8:45-10:15am | Mon-Thu | Sep 15-Oct 02 |
| 78322 | 8:45-10:15am | Mon-Thu | Dec 01-18 |
| \$31.50(R) | \$37.50(N) | Age: 13Y and up | |
| 78304 | 9:15-10:15am | Tue | Sep 16-30 |
| 78311 | 9:15-10:15am | Tue | Nov 04-25 |
| 78312 | 9:15-10:15am | Tue | Dec 02-16 |
| \$84(R) | \$100(N) | Age: 13Y and up | |
| 78305 | 8:45-9:45am | Mon, Wed | Oct 06-29 |
| 78306 | 9:15-10:15am | Tue, Thu | Oct 07-30 |
| 78317 | 8:45-9:45am | Mon, Wed | Nov 03-26 |
| \$142(R) | \$171(N) | Age: 13Y and up | |
| 78315 | 8:45-10:15am | Mon-Thu | Oct 06-30 |
| \$42(R) | \$50(N) | Age: 13Y and up | |
| 78307 | 9:15-10:15am | Tue | Oct 07-28 |
| \$125(R) | \$150(N) | Age: 13Y and up | |
| 78316 | 8:45-9:45am | Mon-Thu | Nov 03-26 |
| \$63(R) | \$75(N) | Age: 13Y and up | |
| 78309 | 9:15-10:15am | Tue, Thu | Nov 04-25 |
| 78308 | 8:45-9:45am | Mon, Wed | Dec 01-17 |
| 78310 | 9:15-10:15am | Tue, Thu | Dec 02-18 |

INDOOR GROUP CYCLING

Come ride our LeMond RevMaster Classic Bikes and get a serious aerobic workout while burning approximately 600+ calories per class. Your instructor and motivating music will entertain you as you 'climb hills', 'race' along on flat terrain, and challenge your leg muscles for strength and tone. All fitness levels welcome because you control your pace. A Flex Card is available for this class. To register during a session call South Bellevue Community Center (425) 452-4240. Bring a bike-style water bottle & towel. Wear stiff soled shoes or SPD cycle shoes, padded shorts, and heart rate monitor if you have them. Dress in layers...you will get hot! Min 3/Max 8

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| South Bellevue Community Center | | | |
| \$49(R) | \$59(N) | Age: 13Y and up | |
| 78437 | 6-7am | Mon | Sep 15-Oct 27 |
| 78438 | 7:15-8:15pm | Mon | Sep 15-Oct 27 |
| 78426 | 7:15-8:15pm | Wed | Sep 17-Oct 29 |
| 78435 | 6-7am | Wed | Sep 17-Oct 29 |
| \$70(R) | \$84(N) | Age: 13Y and up | |
| 78439 | 6-7am | Mon, Wed | Sep 15-Oct 29 |
| 78441 | 7:15-8:15pm | Mon, Wed | Sep 15-Oct 29 |
| \$65(R) | \$78(N) | Age: 13Y and up | |
| 78422 | 7:15-8:15pm | Mon, Wed | Nov 03-Dec 17 |
| \$42(R) | \$50(N) | Age: 13Y and up | |
| 78442 | 6-7am | Mon | Nov 03-Dec 15 |
| 78424 | 7:15-8:15pm | Wed | Nov 05-Dec 17 |
| 78440 | 6-7am | Wed | Nov 05-Dec 17 |
| \$49(R) | \$59(N) | Age: 13Y and up | |
| 78443 | 7:15-8:15pm | Mon | Nov 03-Dec 15 |
| \$60(R) | \$72(N) | Age: 13Y and up | |
| 78445 | 6-7am | Mon, Wed | Nov 03-Dec 17 |

SMALL GROUP TRAINING WITH KARIE

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

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| South Bellevue Community Center | | | |
| \$150(R) | \$180(N) | Age: 13Y and up | |
| 87171 | 10-10:45am | Mon | Sep 22-Oct 27 |
| 87172 | 10-10:45am | Wed | Sep 24-Oct 29 |
| 87174 | 10-10:45am | Wed | Nov 05-Dec 17 |
| \$175(R) | \$210(N) | Age: 13Y and up | |
| 87173 | 10-10:45am | Mon | Nov 03-Dec 15 |

ZUMBA®

ZUMBA® is a one of a kind fitness program with easy to follow Latin rhythms designed for all fitness levels. The goal of the program is for you to love working out again and to look forward to it. This hour of calorie burning, energizing, and expressive movements brings spice back into everyone's fitness program! Bring a towel and water. Sign up for a 2 day a week session and Bellevue residents only pay \$6.00 a class. A Flex Card is available for this class. To join this class after the session has started, call South Bellevue Community Center (425) 452-4240. Min 8/Max 25

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| South Bellevue Community Center | | | |
| \$84(R) | \$100(N) | Age: 13Y and up | |
| 78237 | 6-7pm | Mon, Wed | Sep 15-Oct 29 |
| 78239 | 10-11am | Wed | Sep 17-Oct 31 |
| | 9:15-10:15am | Fri | |
| \$49(R) | \$59(N) | Age: 13Y and up | |
| 78241 | 6-7pm | Mon | Sep 15-Oct 27 |
| 78240 | 10-11am | Wed | Sep 17-Oct 29 |
| 78242 | 6-7pm | Wed | Sep 17-Oct 29 |
| 78246 | 9:15-10:15am | Fri | Sep 19-Oct 31 |
| 78251 | 6-7pm | Mon | Nov 03-Dec 15 |
| 78249 | 10-11am | Wed | Nov 05-Dec 17 |
| \$78(R) | \$91(N) | Age: 13Y and up | |
| 78238 | 6-7pm | Mon, Wed | Nov 03-Dec 17 |
| 78234 | 10-11am | Wed | Nov 05-Dec 19 |
| | 9:15-10:15am | Fri | |
| \$42(R) | \$51(N) | Age: 13Y and up | |
| 78258 | 6-7pm | Wed | Nov 05-Dec 17 |
| 78250 | 9:15-10:15am | Fri | Nov 07-Dec 19 |

FREE THANKSGIVING DAY INDOOR CYCLE CLASSES

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



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

TOTAL BODY FITNESS

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

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|---------|------------|--------------------|
| \$70(R) | \$84(N) | Age: 16Y and up |
| 78364 | 6- 6:50am | Tue, Thu Sep 09-30 |
| 78365 | 6- 6:50am | Thu, Tue Oct 02-30 |
| 78366 | 6- 6:50am | Tue, Thu Nov 04-25 |
| 78367 | 6- 6:50am | Tue, Thu Dec 02-23 |
| \$26(R) | \$31.50(N) | Age: 16Y and up |
| 78394 | 6- 6:50am | Fri Sep 12-26 |
| 78393 | 6- 6:50am | Fri Nov 07-21 |
| 78369 | 6- 6:50am | Fri Dec 05-19 |
| \$44(R) | \$52.50(N) | Age: 16Y and up |
| 78392 | 6- 6:50am | Fri Oct 03-31 |

Fitness for Youth, Teens, and Family

SPORTBALL FITKIDS

Sportball Fitkids is a fun, functional, fitness program for kids ages 6-10 to improve overall fitness with non-competitive sports instruction and health education. By incorporating age-appropriate exercises and exciting high energy games, instructed by trained and certified professionals, kids build flexibility, endurance, agility, and core strength. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 3/Max 12

South Bellevue Community Center

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| \$91(R) | \$108.50(N) | Age: 6Y - 10Y |
| 78054 | 5- 6pm | Mon Sep 15-Oct 27 |
| \$78(R) | \$93.50(N) | Age: 6Y - 10Y |
| 78055 | 5- 6pm | Mon Nov 03-Dec 15 |



PARKOUR KIDS LEVEL 1

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

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|----------|-----------|--------------------|
| \$62(R) | \$74(N) | Age: 6Y - 12Y |
| 83770 | 5- 5:55pm | Wed Sep 03-24 |
| 83774 | 5- 5:55pm | Fri Sep 05-26 |
| \$77(R) | \$93(N) | Age: 6Y - 12Y |
| 83800 | 5- 5:55pm | Wed Oct 01-29 |
| 83787 | 5- 5:55pm | Fri Oct 03-31 |
| \$46(R) | \$56(N) | Age: 6Y - 12Y |
| 83794 | 5- 5:55pm | Wed Nov 05-19 |
| 83803 | 5- 5:55pm | Fri Nov 07-21 |
| 83792 | 5- 5:55pm | Wed Dec 03-17 |
| 83802 | 5- 5:55pm | Fri Dec 05-19 |
| \$112(R) | \$132(N) | Age: 6Y - 12Y |
| 83780 | 5- 5:55pm | Wed, Fri Sep 03-26 |
| \$140(R) | \$167(N) | Age: 6Y - 12Y |
| 83806 | 5- 5:55pm | Wed, Fri Oct 01-31 |
| \$84(R) | \$100(N) | Age: 6Y - 12Y |
| 83791 | 5- 5:55pm | Wed, Fri Nov 05-21 |
| 83793 | 5- 5:55pm | Wed, Fri Dec 03-19 |

PARKOUR KIDS LEVEL 2

The Parkour Kids Level 2 class welcomes students who have attended the Level 1 class and have tested up through the in-program achievement system. Level 2 provides new skill, strength, and goal challenges. Students focus on advanced Parkour techniques which require motor control, strength, power, agility, and the ability to apply it to all movement development. Focus is on games, skill challenges, strength achievements, and time trials. To register during a session, call the South Bellevue Community Center at (425) 452-4240. Attend the Wed/Fri combo class at a 10% discount. Min 2/Max 8

South Bellevue Community Center

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| \$64(R) | \$76(N) | Age: 9Y - 16Y |
| 86509 | 6- 6:55pm | Wed Sep 03-24 |
| 86507 | 6- 6:55pm | Fri Sep 05-26 |
| \$115(R) | \$137(N) | Age: 9Y - 16Y |
| 86510 | 6- 6:55pm | Wed, Fri Sep 03-26 |
| \$80(R) | \$95(N) | Age: 9Y - 16Y |
| 86511 | 6- 6:55pm | Wed Oct 01-29 |
| 86655 | 6- 6:55pm | Fri Oct 03-31 |
| \$144(R) | \$171(N) | Age: 9Y - 16Y |
| 86656 | 6- 6:55pm | Wed, Fri Oct 01-31 |
| \$48(R) | \$57(N) | Age: 9Y - 16Y |
| 86657 | 6- 6:55pm | Wed Nov 05-19 |
| 86658 | 6- 6:55pm | Fri Nov 07-21 |
| 86660 | 6- 6:55pm | Wed Dec 03-17 |
| 86661 | 6- 6:55pm | Fri Dec 05-19 |
| \$86.50(R) | \$103(N) | Age: 9Y - 16Y |
| 86659 | 6- 6:55pm | Wed, Fri Nov 05-21 |
| 86662 | 6- 6:55pm | Wed, Fri Dec 03-19 |

HOMESCHOOL PHYSICAL EDUCATION (PARKOUR)

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

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| South Bellevue Community Center | | |
| \$70(R) | \$85(N) | Age: 5Y - 8Y |
| 86663 | 12- 1pm | Tue Sep 02-30 |
| 86668 | 12-12:55pm | Wed Oct 01-29 |
| 86676 | 11:30am-12:25pm | Thu Oct 02-30 |
| \$56(R) | \$68(N) | Age: 5Y - 8Y |
| 86667 | 12-12:55pm | Wed Sep 03-24 |
| 86675 | 11:30am-12:25pm | Thu Sep 04-25 |
| 86664 | 12- 1pm | Tue Oct 07-28 |
| \$42(R) | \$51(N) | Age: 5Y - 8Y |
| 86665 | 12- 1pm | Tue Nov 04-25 |
| 86669 | 12-12:55pm | Wed Nov 05-19 |
| 86673 | 1- 1:55pm | Wed Nov 05-19 |
| 86677 | 11:30am-12:25pm | Thu Nov 06-20 |
| 86666 | 12- 1pm | Tue Dec 02-16 |
| 86670 | 12-12:55pm | Wed Dec 03-17 |
| 86678 | 11:30am-12:25pm | Thu Dec 04-18 |
| \$56(R) | \$68(N) | Age: 9Y - 13Y |
| 86671 | 1- 1:55pm | Wed Sep 03-24 |
| 86679 | 12:30- 1:25pm | Thu Sep 04-25 |
| \$70(R) | \$85(N) | Age: 9Y - 13Y |
| 86672 | 1- 1:55pm | Wed Oct 01-29 |
| 86680 | 12:30- 1:25pm | Thu Oct 02-30 |
| \$42(R) | \$51(N) | Age: 9Y - 13Y |
| 86681 | 12:30- 1:25pm | Thu Nov 06-20 |
| 86674 | 1- 1:55pm | Wed Dec 03-17 |
| 86682 | 12:30- 1:25pm | Thu Dec 04-18 |

YOUTH OR ADULT SMALL GROUP TRAINING WITH SARA

Improve core strength, balance, flexibility, stability, and overall conditioning in this co-ed small group training class led by a Certified Athletic Trainer. Workouts will be customized to accommodate all levels and abilities. Youth ages 12-17: perfect for athletes wanting to make gains in the off-season, or any student wanting to improve their fitness level.

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| South Bellevue Community Center | | |
| \$80(R) | \$96(N) | Age: 12Y - 17Y |
| 87003 | 6- 6:55pm | Mon Sep 08-29 |
| \$100(R) | \$120(N) | Age: 12Y - 17Y |
| 87004 | 6- 6:55pm | Mon Oct 06-Nov 03 |
| 87005 | 6- 6:55pm | Mon Nov 17-Dec 15 |
| \$100(R) | \$120(N) | Age: 18Y and up |
| 87006 | 7:10- 8pm | Mon Sep 08-29 |
| 87007 | 7:10- 8pm | Mon Oct 06-27 |
| 87008 | 7:10- 8pm | Mon Nov 03-24 |
| 87009 | 7:10- 8pm | Mon Dec 01-22 |

Martial Arts

TAI CHI

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

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| North Bellevue Community Center | | |
| \$12(R) | \$14(N) | Age: 18Y and up |
| 85047 | 9-10am | Sat Sep 06-Dec 20 |

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! Min 5/Max 30

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|---------------------------------|-----------|-------------------|
| North Bellevue Community Center | | |
| FREE | | Age: 18Y and up |
| 78220 | 9-10:30am | Wed Sep 03-Dec 24 |

YANG STYLE TAI CHI BEGINNER

Learn the beginning movements of this Tai Chi form as taught by the founding Yang Family. Graceful, flowing, and evenly paced movements help improve balance, coordination, and flexibility. Its meditative quality revitalizes energy, calms the mind, and relaxes the body. Taught by 6th rank, certified instructor. To register during a session, call the South Bellevue Community Center at 425-452-4240. Min 8/Max 20

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| South Bellevue Community Center | | |
| \$60(R) | \$72(N) | Age: 16Y and up |
| 77778 | 9- 9:55am | Sat Sep 13-Oct 25 |
| 77779 | 9- 9:55am | Sat Nov 01-Dec 13 |

YANG STYLE TAI CHI INTERMEDIATE

This class continues from Tai Chi Beginner and focuses on the second section of the Yang Style long form. Students who have completed the Beginner class or have previous experience are welcome to participate. See Beginner class description for more details. To register during a session, call the South Bellevue Community Center at 425-452-4240. Min 8/Max 20

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| South Bellevue Community Center | | |
| \$60(R) | \$72(N) | Age: 16Y and up |
| 77784 | 10-10:55am | Sat Sep 13-Oct 25 |
| 77785 | 10-10:55am | Sat Nov 01-Dec 13 |

TAI-CHI CHUAN SWORD PLAY

An Ancient Chinese method for promoting a well integrated body and mind. Using a series of stretching exercises, beginning with focusing on the natural flow of breath, we slowly work toward incorporating good posture and the 24 simplified movements of Tai-Chi. Also incorporated are the 32 simplified movements of Tai-Chi Swordplay. This method increases circulation throughout the body, improves concentration, coordination, and flexibility. Excellent for toning up the body, good health, and long life. Min 5/Max 20

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| South Bellevue Community Center | | |
| \$57(R) | \$68(N) | Age: 16Y and up |
| 81861 | 7:15- 8:45pm | Thu Sep 25-Oct 23 |
| 81862 | 7:15- 8:45pm | Thu Oct 30-Dec 04 |
| North Bellevue Community Center | | |
| 86636 | 7:15- 8:45pm | Mon Oct 06-Nov 03 |
| 86637 | 7:15- 8:45pm | Mon Nov 10-Dec 08 |



BEGINNING KENDO

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

Highland Community Center
 \$71(R) \$85(N) Age: 8Y and up
 83156 6:30-8pm Fri Sep 19-Dec 12

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
 \$71(R) \$85(N) Age: 8Y and up
 83160 6:30-8:30pm Fri Sep 19-Dec 12

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
 \$71(R) \$85(N) Age: 8Y and up
 83164 7:30-9:30pm Fri Sep 19-Dec 12

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. Min 7/Max 15

Northwest Arts Center
 \$120(R) \$140(N) Age: 13Y and up
 86455 7-9pm Tue Sep 16-Dec 16
 86454 7-9pm Thu Sep 18-Dec 18
 \$192(R) \$212(N) Age: 13Y and up
 86456 7-9pm Tue, Thu Sep 16-Dec 18

TAEKWONDO

An ancient Korean Martial Art, Taekwondo is a system of practical techniques used for self-defense. Instruction is designed to physically emphasize kicks and punches that strengthen and condition the whole body and mentally promote confidence, patience, and respect. For the 6pm class, students must be 10 yrs old or have instructor permission. To register during a session call South Bellevue Community Center at (425) 452-4240. Min 8/Max 30

South Bellevue Community Center
 \$53(R) \$63(N) Age: 6Y and up
 77968 5-5:50pm Thu, Tue Sep 04-30
 77981 4-4:50pm Thu, Tue Sep 04-30
 77974 4-4:50pm Thu, Tue Oct 02-30
 77975 5-5:50pm Thu, Tue Oct 02-30
 77978 5-5:50pm Tue, Thu Dec 02-23
 77979 4-4:50pm Tue, Thu Dec 02-23
 \$53(R) \$63(N) Age: 10Y and up
 77973 6-6:50pm Thu, Tue Sep 04-30
 77983 6-6:50pm Thu, Tue Oct 02-30
 77980 6-6:50pm Tue, Thu Dec 02-23
 \$40(R) \$47(N) Age: 6Y and up
 77976 4-4:50pm Tue, Thu Nov 04-25
 77982 5-5:50pm Tue, Thu Nov 04-25
 \$40(R) \$47(N) Age: 10Y and up
 77977 6-6:50pm Tue, Thu Nov 04-25

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

This co-ed course helps young people develop coordination, balance, focus, strength, self-esteem, group interaction, communication skills and discipline, while teaching personal safety/self-defense in a safe, friendly environment. In addition to lots of conditioning exercises, students will learn a basic kicks, strikes, throws, evasion and grappling. Uniform required & available at class for a fee. Min 10/Max 30

North Bellevue Community Center
 \$49(R) \$59(N) Age: 6Y - 12Y
 83270 5:30-6:30pm Wed, Mon Sep 03-29
 87098 5:30-6:30pm Wed, Mon Oct 01-29
 87099 5:30-6:30pm Mon, Wed Nov 03-26
 87100 5:30-6:30pm Mon, Wed Dec 01-22

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

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

North Bellevue Community Center
 \$49(R) \$59(N) Age: 13Y and up
 83292 6:30-7:30pm Wed, Mon Sep 03-29
 83289 6:30-7:30pm Wed, Mon Oct 01-29
 83290 6:30-7:30pm Mon, Wed Nov 03-26
 83291 6:30-7:30pm Mon, Wed Dec 01-22

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
 \$170(R) \$195(N) Age: 4Y - 10Y
 86471 4:30-5:15pm Mon, Wed Nov 03-Jan 28

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 life-long relationship with nature. Look for the TRACKS symbol throughout Connections to find great ways to get outside, get active, and to care for your environment.

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

LOOKING TO HAVE AN ADVENTURE WITH YOUR GROUP? LET TRACKS HELP.

Interested in taking your group out into the wild? Let our experts help you do so safely and confidently. Contact TRACKS for outdoor skills training, camping and backpacking education, snowshoe trips, or group day trips and expeditions. Equipment rental may be available.

WINTER WILDLANDS ALLIANCE BACKCOUNTRY FILM FESTIVAL

The Winter Wildlands Alliance Backcountry Film Festival celebrates the human powered winter experience through film. The festival aims to entertain while helping to raise funds and awareness for Winter Wildlands and our like-minded partners. Event co-sponsored by The Mountaineers. A selection of unique films make up the Backcountry Film Festival and will inspire you to grab your buddies to embrace the fun and beauty of winter.

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

Date and location TBD.

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





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

Information and Reservations:

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

Session Start Times:

September & October

Saturdays: 10am and 1pm

Sundays: 10:30am and 1:30pm

No program Labor Day weekend.

September & October: \$39(Y) \$49(A)

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

VISITOR CENTERS

Botanical Garden Visitor Center

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

Location: 12001 Main Street, 98005

Hours: 9am - 4pm daily

Phone: 425-452-2750

Website: www.bellevuewa.gov/botanical_garden.htm

Lake Hills Greenbelt Ranger Station

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

Location: 15416 SE 16th Street, 98007

Hours: Tue - Sat, noon-4pm

Phone: 425-452-7225

Website: www.bellevuewa.gov/lake_hills_greenbelt.htm

Lewis Creek Visitor Center

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

Location: 5808 Lakemont Blvd., 98007

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

Phone: 425-452-4195

Website: www.bellevuewa.gov/lewis_creek_park.htm

Mercer Slough Environmental Education Center Visitor Center

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

Location: 1625 118th Ave SE, 98005

Hours: Daily, 10am-4pm

Phone: 425-452-2565

Website: www.bellevuewa.gov/mseec.htm

FAMILY DISCOVERY SERIES

ART IN NATURE EXHIBITS

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

WHEN: Facility Hours

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

COST: Free

GROUP PROGRAMS

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

DISCOVERY BACKPACKS

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

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

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

COST: FREE!

INFO: 425-452-2565

LEWIS CREEK EXPLORERS' CLUB

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

What's It Take to be a Kokanee?

Lake Sammamish is home to a treasure; Kokanee salmon! Late every fall they swim up to the lower reaches of Lewis Creek to lay their eggs. Learn about what makes these fish so special, and what we can do to protect them.

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

Night Hike

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

\$2(R) \$3(N) Age: 5Y and up
86692 7:30-9pm Fri Sep 26

Owl Prowl

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

\$5(R) \$6(N) Age: 5Y and up
86694 7:30-9pm Fri Oct 24

Colorful Fall: Why do the leaves change?

Every fall a beautiful, but mysterious event occurs. The trees become brilliant shades of red, yellow, orange and brown, why does this change happen? Learn what makes deciduous trees lose their leaves, and why it is beneficial.

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

The Food Chain

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

\$2(R) \$3(N) Age: 6Y and up
86695 1-2pm Sat Nov 08



Night Hike

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

\$2(R) \$3(N) Age: 5Y and up
86696 7:30-9pm Fri Nov 21

Hibernation Pajama Party

Come learn about animals that hibernate, as well as other ways of surviving the winter. Make sure to bring your PJ's and a blanket or pillow as we settle in for the winter! *Parents must register and attend with their child*

\$2(R) \$3(N) Age: 5Y and up
86697 7:30-9pm Fri Dec 19

Wild Tracks

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

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

LEWIS CREEK CHILDRENS' MOVIES

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

Info: 425-452-4195.

FREE Age: 3Y and up

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

Wild Kratts: Bass Class

Join the adventures of the Kratt brothers as they meet up with cool creatures from around the world. Each episode is an adventure that also features how animals use science in their natural lives. Running time 30 mins.

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



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, 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



Growing Up Wild: Frontier Friends

Growing Up Wild gives fun and entertaining insight into the animal kingdom. In this episode find out all about buffalo, marmots, mountain goats and more! Running time 30 mins.

FREE Age: 3Y and up
2- 2:30pm Sun Oct 19

Wild Kratts: Build It Beaver

Join the adventures of the Kratt brothers as they meet up with cool creatures from around the world. Each episode is an adventure that also features how animals use science in their natural lives. Running time 30 mins.

FREE Age: 3Y and up
2- 2:30pm Sun Nov 09

March of the Penguins

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

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

FAMILY DISCOVERY: STORY TIME SERIES

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

Lewis Creek Park

Swimming Salmon

Fall is the time for salmon to run! Learn about the journey that salmon take every fall. We always make a fun craft to take home!

\$2(R) \$3(N) Age: 3Y and up
86683 11am-12pm Fri Sep 05
86684 1:30- 2:30pm Fri Sep 05

Creepy Crawlies

Where do bugs live? Find out and go along as a brave slug attempts to climb a hill. We always make a fun craft to take home!

\$2(R) \$3(N) Age: 3Y and up
86685 11am-12pm Fri Oct 03
86686 1:30- 2:30pm Fri Oct 03

Who! Who!

Harvest moons and owl moons! When all the leaves are gone it is easier to spot owls. Learn about the habits of our feathered friends! We always make a fun craft to take home!

\$2(R) \$3(N) Age: 3Y and up
86687 11am-12pm Fri Nov 07
86688 1:30- 2:30pm Fri Nov 07

Time to Hibernate

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

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

ALL ABOUT OWLS

Discover the owls that call Bellevue home! What they eat, where they nest and how they protect their young. Delve deeper in to what they eat by dissecting an owl pellet--- what is an owl pellet you say? Join us to find out! Families are encouraged to attend. Registration is required. Info & to Register: 425-452-6993 or ParkRangerProgram@bellevuewa.gov. Min 2/ Max 10

Lake Hills Greenbelt

FREE All Ages
86610 10-11am Sat Oct 25

FAMILY DISCOVERY SERIES: MERCER SLOUGH RANGER PROGRAMS

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

Salmon and Forests

Salmon have always been one of the most important fish in the Pacific Northwest. Learn more about these amazing fish, and discover how a successful salmon run can help support a forest ecosystem!

FREE All Ages
86745 2- 3pm Sun Sep 14
86746 2- 3pm Sun Sep 28

Northwest Owls

Do you know who take flight in the night? Learn more about three resident owl species that make the Mercer Slough their home. Also learn how to spot these birds at night, and what to do if you find yourself in owl territory!

FREE All Ages
86747 2- 3pm Sun Oct 12
86748 2- 3pm Sun Oct 19

Hibernation

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

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



FAMILY DISCOVERY SERIES: MOVIES AT MERCER SLOUGH

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

Salmon: Running the Gauntlet

The annual run of tens of millions of salmon in the northwest is one of the most productive fisheries on the planet. Discover their role in the ecosystem and why their decline is forcing new conservation efforts.
86755 5-6pm Fri Sep 26

Murder of Crows

Although cultures around the world may regard the crow as a scavenger, bad omen, or simply a nuisance, this bad reputation might overshadow what could be regarded as the crow's most striking characteristic - its intelligence.
86756 5-6pm Fri Oct 24

My Life as a Turkey

One man's remarkable experience of raising a group of wild turkey hatchlings to adulthood.
86758 5-6pm Fri Nov 21

Fortress of the Bear

Admiralty Island in Southeast Alaska supports the largest concentration of bears in the world. These Alaskan brown bears are part of a unique circle of life that has played out here for centuries.
86759 5-6pm Fri Dec 26

NATURE SCAVENGER HUNT

Come explore Lake Hills Greenbelt and learn about what you can find along the trails during this interactive scavenger hunt. You may be surprised about what you find if you look real close! Please dress for the weather. Families are encouraged to attend. Registration is required. Info & to Register: 425-452-6993 or ParkRangerProgram@bellevuewa.gov. Min 2/Max 10
Lake Hills Greenbelt
FREE All Ages
86609 2-3pm Sat Sep 06

ADULT ENRICHMENT SERIES

ADULT ENRICHMENT: LEWIS CREEK FILM SERIES

Lewis Creek Visitor Center

Salmon: Running the Gauntlet

Learn about the collapsing Pacific salmon populations, and the extreme measures that biologists and engineers have taken to save them. Running time 60 mins.
FREE Age: 12Y and up
2-3pm Sun Sep 07

Life: Primates

Primates are a particularly interesting order in the animal family Occuring in many different environments, from apes to lemurs; primates are stunning examples of ingenuity and adaptation. Running time 60 minutes.
FREE Age: 12Y and up
2-3pm Sun Oct 05

North America: Learn Young or Die

North America is a Discovery Channel series featuring amazing cinematography to explore our own backyard and all of the marvels it holds. Survival is a daily battle on this continent; learn about the struggles of creatures living in extreme conditions. Running time 60 minutes. *This film contains a predation scene that may be inappropriate for younger viewers.*
FREE Age: 12Y and up
2-3pm Sun Nov 02

Planet Earth: Pole to Pole

Follow the sun as it touches the lives of creatures across the planet. This documentary will examine how season affect the Earth, and produce spectacular events. Running time 44 minutes.
FREE Age: 12Y and up
2-3pm Sun Dec 07



ADULT ENRICHMENT: LIVING WITH WILDILFE SERIES

How do I get the deer to stop eating my rose bushes? What do I do about those mole hills in my yard? Just how smart are those crows and ravens going through my garbage? How fortunate we are to live in a city full of wildlife! But this also leaves us with the responsibility of learning how to live with our furry and feathered neighbors. Learn about the wildlife that lives in and around Bellevue and how to live in harmony with wild animals. No Registration Required.
Lewis Creek Visitor Center
FREE Age: 10Y and up

Kokanee

Did you know that Lake Sammamish is home to a special population of Salmon? Kokanee spend their lives land-locked in the lake, migrating up the surrounding creeks, including Lewis Creek, in the late fall. Learn about the threats to this species, and how you can help them to thrive.
FREE Age: 12Y and up
1-2pm Sun Sep 21

Bats

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

LEWIS CREEK ADULT ENRICHMENT

Lewis Creek Visitor Center

Hot Topics in WA Conservation: 50 Years of Wilderness!

On September 3, 1964 President Lyndon B. Johnson signed the Wilderness Act. Today over 109 million acres are protected under this act. Join us at Lewis Creek as we celebrate 50 years of protected wilderness! Learn about the Wilderness Act, wilderness areas, and how you can help protect and preserve wilderness, as well as the natural areas in Bellevue.

FREE Age: 12Y and up
1-2pm Sat Sep 06

Fungus Among Us

Fall is a wonderful time to look for fungus! Join an instructor from the Puget Sound Mycological Society for a fungus hunt to look for and identify the many varieties that call Lewis Creek home in the wet fall months.

\$2(R) \$3(N) Age: 12Y and up
86704 1-3pm Sun Nov 23

History of Lewis Creek Park

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

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

GREEN IS NOT ALWAYS BETTER! LET'S TALK ABOUT IVY!

It sneaks in everywhere, creeping into your yard, on our buildings and in our parks... and it doesn't belong here. Although it may have the appearance of belonging and adding green to our landscape, it can take down a tall big leaf maple, damage buildings and provide the perfect home for rats! Learn about what you can do on your own property, how the City manages it, and how you can help out the natural areas you live near. Registration is required. Info & to Register: 425-452-6993 or ParkRangerProgram@bellevuewa.gov. Min 2/Max 10

Lake Hills Greenbelt Ranger Station
FREE All Ages
86611 10-11am Sat Nov 08

WHAT'S BETTER THAN RECYCLING? REDUCING AND REUSING!

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

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

NATIVE AMERICANS' USE OF PLANTS...ETHNOBOTANY

With the outdoor environment as your marketplace, how might you use the plants to support your daily needs? Discover answers to this question, as you join Barb Williams, Eastside Heritage Center volunteer, to learn how our local Native Americans developed a creative plant technology for survival. This fascinating program will include a talk, native plant ID, stories, artifacts and outdoor walk (weather permitting). Please dress accordingly. Best for ages 12 and up. This program is presented in partnership with Eastside Heritage Center.

Lake Hills Greenbelt Ranger Station
FREE All Ages
86980 2-3:30pm Sat Oct 11

MERCER SLOUGH ADULT ENRICHMENT

Mercer Slough Environmental Education Center; 1625 118th Ave SE

Bellevue's Colorful History

Take a stroll through history with the fascinating tale of how Bellevue has changed through time. This program is presented by the Eastside Heritage Center.

FREE All Ages
86754 2-3pm Sun Nov 16

MERCER SLOUGH GUEST LECTURE SERIES

Mercer Slough Environmental Education Center; 1625 118th Ave SE

Leaving No Trace: Proper Trail Etiquette

Learn the basics of the Leave No Trace principles. Find out what you can do to ensure that those who visit nature after you will never even know you were there before them.

FREE All Ages
86752 2-3pm Sun Nov 02



CULTURAL HISTORY PROGRAMS

HISTORIC HOUSE TOUR

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

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

WHERE: Winters House, 2102 Bellevue Way SE

COST: FREE

AGES: All

FRASER CABIN HERITAGE PROGRAMS

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

Kelsey Creek Farm Park
FREE All Ages

| | | |
|----------|-----|--------|
| 11am-3pm | Sat | Aug 16 |
| 11am-3pm | Sat | Sep 20 |
| 11am-4pm | Sat | Oct 11 |

Outdoor & Natural Resources

TOURS, HIKES, WALKS, & OUTDOOR ACTIVITIES

WOOF WALK

Join a Park Ranger and discover fascinating ecological facts about Bellevue City Parks. Bring your dog(s) and learn how you can enjoy your parks with your furry friends. Please dress for the weather. Dogs must be on a leash no longer than 6 feet. Families are encouraged to attend. Please meet the Park Ranger near the off-leash dog corral kiosk at 2430 148th AVE SE. For more information please call 425-452-6993 or email ParkRangerProgram@bellevuewa.gov Min 1/Max 5 Robinswood Community Park

FREE All Ages
86957 10-11am Fri Sep 26
82039 10-11am Fri Oct 10

BELLEVUE BOTANICAL GARDEN TOURS

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

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

Location: Bellevue Botanical Garden Visitor Center
12001 Main Street

Information: 425-451-3755

Cost: Free

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

MERCER SLOUGH RANGER HIKE

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

WHEN: Weekly, every Saturday 2-3pm.

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

COST: Free

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

LAKE HILLS GREENBELT RANGER HIKE

Saturdays, 2-3pm

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

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

LEWIS CREEK RANGER HIKES

Join a Ranger in exploring the natural history of Lewis Creek Park. Look for signs of local wildlife and learn what to do when encountering animals in the wild. All ages welcome. Dress for the weather and wear sturdy shoes.

No registration required.

Time: Saturdays: September 6,
October 4, November 1,
December 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 HIKES

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

Coal Creek Park

September 20, 10am-Noon

November 15, 10am-Noon

Distance: 5 miles

Level of Difficulty: Moderate (100 feet elevation change)

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

Lewis Creek to Lakemont Community Park

October 18, 10am-Noon

Distance: 4.5 miles

Level of difficulty: Arduous (350 feet elevation change)

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

This lovely trail winds through green corridors to connect two of Bellevue's most beautiful parks.

Lakemont Highlands Open Spaces

December 20, 10am-Noon

Distance: 2.5 miles

Level of Difficulty: Arduous (350 feet elevation change)

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

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

MERCER SLOUGH GROUP TOURS

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

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

COST: Suggested donation of \$1 per person

INFO: 425-452-2565 or

MSEEC@bellevuewa.gov



SENIOR HIKING SERIES- TUESDAY TRAILS

This easy hiking series is designed for active seniors looking to explore the beautiful trails around Bellevue. Every other Tuesday between Sept. 16th - Nov. 5th, we will meet at the Highland Community Center and ride to a trailhead in the Issaquah Alps, Cascades, or other scenic areas nearby. Hikes will be generally less than 3 miles and specifically chosen for the over 50 crowd. Look forward to guest leaders on topics from birding to local history. Dress for the weather and bring a lunch and water. For more information contact jwalenga@bellevuewa.gov or call 425-452-6883. Transportation Provided. Pre-registration is required. Min 5/Max 12

Highland Community Center

| | | | | |
|-------|--------------|-----|-----------------|--------|
| \$5 | | | Age: 50Y and up | |
| 86927 | 10am- 2:30pm | Tue | | Sep 16 |
| 86928 | 10am- 2:30pm | Tue | | Sep 30 |
| 86929 | 10am- 2:30pm | Tue | | Oct 14 |
| 86930 | 10am- 2:30pm | Tue | | Oct 28 |
| 86931 | 10am- 2:30pm | Tue | | Nov 04 |

GEOCACHING 101

Go on a treasure hunt right outside your door. There are hundreds of Geocaches hidden throughout Bellevue, and this course will give you the tools to start finding them. Geocaches are small containers with a variety of fun surprises inside. We will show you how to use the GPS coordinates or a smart phone App to find them! Engage with a growing community of geocachers, and find your first cache. An endless world of exploration, puzzle solving, and discovery awaits! Dress to head outdoors on your search. If you have a smartphone or GPS bring it with you. You can even download a geocaching App beforehand. Registration is recommended but not required. Presented with the Washington State Geocaching Alliance. For more information head to www.geocaching.com. RSVP to jwalenga@bellevuewa.gov. Min 5/Max 20
Lewis Creek Park

Active Seniors-Geocaching 101

| | | | | |
|-------|------------|-----|-----------------|--------|
| FREE | | | Age: 50Y and up | |
| 86925 | 10-11:30am | Tue | | Sep 09 |

Family Adventure-Geocaching 101

| | | | | |
|-------|------------|-----|----------------|--------|
| FREE | | | Age: 2Y and up | |
| 86833 | 10-11:30am | Sat | | Oct 04 |

COMMUNITY FARMS & GARDENS

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

MASTER GARDENER URBAN DEMONSTRATION GARDEN



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

Location: Lake Hills Greenbelt Urban Demonstration Garden
156th Ave SE & SE 16th St
Time: Saturdays
10:30am-12pm
Info: Mary Osborne,
425485-5942,
<http://gardening.wsu.edu>

2014 COMMUNITY GARDEN P-PATCH

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

VOLUNTEER OPPORTUNITIES

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

Here are just a few of the opportunities:

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

EASTSIDE HERITAGE CENTER VOLUNTEERS

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

DOCENT-LED TOURS

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

BELLEVUE BOTANICAL GARDEN

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

Kelsey Creek Farm

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

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

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

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

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

CRITTER ADOPTIONS

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

FARM PARTIES

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

Ages 2-11

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

FARM TOURS FOR SCHOOLS AND GROUPS

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

Kids on the Farm Group Tour

Available December to April and June to September

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

Springtime in the Barnyard Group Tour

Available mid-April through May

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

A LITTLE PIONEER THANKSGIVING AT KELSEY CREEK FARM

Let's celebrate Thanksgiving in our log cabin, built in 1888. Join Farmer Jayne as we dress up in pioneer clothing, churn butter, grind wheat, pump water and play just like Laura in Little House in the Big Woods. Team up with your favorite adult helper for old-fashioned crafts, snack and active storytelling. Min 6/Max 10

Kelsey Creek Farm Park

\$20(R) \$25(N) Age: 2Y - 3Y
 86948 10-11:30am Tue Nov 04
 86949 10-11:30am Wed Nov 05

A PIONEER THANKSGIVING

Let's celebrate Thanksgiving the old-fashioned way in our log cabin from 1888. With no electricity or indoor plumbing, how will we get all our chores done? Join Farmer Jayne as we churn butter, grind wheat, play dress up, pump water, and get our laundry done using muscles and will power!

Crafts, snack and active storytelling round out our log cabin adventure.

Children must be potty trained. Bring a lunch and drink. Snack will be provided. Min 6/Max 10

Kelsey Creek Farm Park

\$25(R) \$30(N) Age: 3Y - 6Y
 86950 10am-12:30pm Thu Nov 13
 86951 10am-12:30pm Fri Nov 14

FARM EXPLORERS

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

Kelsey Creek Farm Park

\$89(R) \$104(N) Age: 3Y - 6Y
 78571 10am-12:30pm Thu Sep 11-Oct 02
 78572 10am-12:30pm Fri Sep 12-Oct 03

\$68(R) \$81(N) Age: 3Y - 6Y
 78573 10am-12:30pm Thu Dec 04-18
 78574 10am-12:30pm Fri Dec 05-19



ANIMAL ENRICHMENT

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

Kelsey Creek Farm Park
\$25(R) \$30(N) Age: 8Y - 10Y

Chicken Pickins'
86953 1:30- 3pm Wed Sep 24

Pig Piñata
86954 1:30- 3pm Wed Oct 22

Pony Enhancement
86955 1:30- 3pm Wed Nov 19

Happy Holidays to All
86956 1:30- 3pm Wed Dec 17

Performing Arts

DANCE - PRE-BALLET 2

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

\$61(R) \$74(N) Age: 5Y - 6Y
77026 4- 4:45pm Tue Sep 09-Oct 14
77028 4- 4:45pm Tue Oct 28-Dec 09

DANCE - YOUTH BALLET 1

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

\$61(R) \$74(N) Age: 7Y - 10Y
77035 5- 6pm Tue Sep 09-Oct 14
77036 5- 6pm Tue Oct 28-Dec 09

FARM HANDS

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

Kelsey Creek Farm Park
\$25(R) \$30(N) Age: 5Y - 7Y

Welcome to the Farm
81672 1:30- 3pm Wed Sep 17

Happy Halloween, Goats
81673 1:30- 3pm Wed Oct 15

Cows, Butter and a Log Cabin
81674 1:30- 3pm Wed Nov 05

Happy Holidays to All
81675 1:30- 3pm Wed Dec 03

LITTLE FARMERS

Join Farmer Jayne in a special hands-on opportunity to experience farm life with your 2-3 year old. Children team up with a parent/adult to actively participate in animal care, barn chores, pony ride, baking and gardening. Curriculum is integrated with seasonal themes, arts and crafts, stories and games. Spend one-on-one time with your child in this fun and active learning class. Activities vary between sessions during the school year. Both children and adults should dress in play clothes with sturdy shoes/boots. Snack provided. Adult/child teams only. Please call regarding underage siblings. Min 6/Max 10 Kelsey Creek Farm Park

\$80(R) \$92(N) Age: 2Y - 3Y
81738 10-11:30am Mon Sep 08-29
81739 10-11:30am Tue Sep 09-30
81740 10-11:30am Wed Sep 10-Oct 01

\$60(R) \$69(N) Age: 2Y - 3Y
81741 10-11:30am Mon Dec 01-15
81742 10-11:30am Tue Dec 02-16
86943 10-11:30am Wed Dec 03-17

ROCK 'N' MORE MINI SINGERS

Being a perfect primer for more formal musical instruction, this class is an interactive, social event for children and their parents during which music vocabulary and ideas will be experienced. Through singing and musical games, each child will learn and practice fundamental aspects of music including melody and rhythm. Min 3/ Max 10

Crossroads Community Center

| | | | |
|----------|------------|-----|---------------|
| \$100(R) | \$120(N) | | Age: 4Y - 5Y |
| 86963 | 10-10:45am | Wed | Sep 03-24 |
| 86964 | 10-10:45am | Wed | Oct 01-22 |
| 86965 | 10-10:45am | Wed | Oct 29-Nov 19 |
| 86966 | 10-10:45am | Wed | Nov 26-Dec 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

| | | | |
|----------|----------|-----|---------------|
| \$99(R) | \$119(N) | | Age: 42M - 4Y |
| 86472 | 5:30-6pm | Tue | Sep 16-Nov 25 |
| \$149(R) | \$178(N) | | Age: 42M - 4Y |
| 86570 | 5:30-6pm | Tue | Sep 16-Jan 13 |
| \$149(R) | \$178(N) | | Age: 5Y - 6Y |
| 86571 | 5-5:30pm | Tue | Sep 16-Jan 13 |
| \$99(R) | \$119(N) | | Age: 5Y - 6Y |
| 86572 | 6-6:30pm | Tue | Sep 16-Nov 25 |
| \$149(R) | \$178(N) | | Age: 7Y - 12Y |
| 86573 | 4:30-5pm | Tue | Sep 16-Jan 13 |



Bellevue Youth Theatre

16661 Northup Way • 425-452-7155

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

BELLEVUE YOUTH THEATRE FALL 2014 AUDITIONS

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

FREE (R) \$99 (N)

Auditions will be held at the following place and times:

For PHANTOM TOLLBOOTH

Tuesday, September 2

from 6-7:30pm at

South Bellevue Community Center

For PETER RABBIT & FRIENDS, BABES IN TOYLAND, and THE SNOW QUEEN

Wednesday, September 3 and,

Thursday, September 4

from 6-7:30pm at

Bellevue Youth Theatre

THE PHANTOM TOLLBOOTH

Looking for a show that isn't like the rest? If you are between the ages of 8 and 800, join us as we recount the adventures of one child to conquer all bouts of boredom in "The Phantom Tollbooth"!

Rehearsal location: South Bellevue Community Center

Rehearsal begins: Monday, September 15

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

Tech Week: The week of October 20 at Bellevue Youth Theatre

Performs at Bellevue Youth Theatre: October 24-November 2

Directed by: Randall Apted & Dionne Wardrop



PETER RABBIT & FRIENDS: THE TALES OF BEATRIX POTTER

This has parts for actors of all ages. There will be dance in the show. No song is required for audition. There may be music added to the production.

Rehearsal location: Bellevue Youth Theatre

Rehearsal begins: Monday, September 15

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

Tech Week: The week of November 3 at Bellevue Youth Theatre

Performs at Bellevue Youth Theatre: November 7-16

Directed by: Norm Dalire

BABES IN TOYLAND

Come and join us on the journey to Magical Toyland! Singing, dancing, action, and adventure await as all your favorite Mother Goose characters come together to stop Barnaby's evil plot. Great parts for all ages. Singing audition is required.

Rehearsal location: Crossroads Community Center

Rehearsal begins: Monday, September 15

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

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

Performs at Meydenbauer Theatre: November 28-30

Directed by: Danika Drake & Maureen Newman

THE SNOW QUEEN

This show has parts for both singers and non-singers. It is NOT "Frozen", but will tell the story by Hans Christian Andersen. Parts for all ages and families. Song required for singing roles, but not required for ensemble. Dancing will be choreoblocking.

Rehearsal location: Bellevue Youth Theatre

Rehearsal begins: Monday, September 15

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

Tech Week: The week of December 8

Performs: December 12-21. Performance location TBA.

Directed by: James McClain

Preschool Dance, Movement, & Music

PARENT/CHILD DROP-IN PLAY

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

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

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

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

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

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

DANCE - PRE BALLET & TAP 1

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

South Bellevue Community Center

\$61(R) \$74(N) Age: 3Y - 5Y
76999 10:30-11:20am Fri Sep 12-Oct 17

\$51(R) \$64(N) Age: 3Y - 5Y
77000 10:30-11:20am Fri Oct 31-Dec 12

DANCE - PRE-BALLET

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

Min 5/Max 12

South Bellevue Community Center

\$61(R) \$74(N) Age: 3Y - 5Y
77007 11:30am-12:15pm Fri Sep 12-Oct 17

77008 11:30am-12:15pm Fri Oct 31-Dec 12





DANCE - PRE-BALLET & TAP 2

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

South Bellevue Community Center
 \$61(R) \$74(N) Age: 4Y - 5Y
 77017 12:30-1:15pm Thu Sep 11-Oct 16
 77018 12:30-1:15pm Thu Oct 30-Dec 11

INDOOR PLAY PLUS

Regular indoor play with the addition of inflatable play structures and toys. Play Plus will begin in November this year. November and December will be the next to the last Fridays due to the holidays. Min 1/Max 50

South Bellevue Community Center
 \$5(R) \$6(N) Age: 1Y - 5Y
 86926 10:30am-12pm Fri Nov 21-Dec 19

Arts, Crafts, Cooking & Family Fun

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. Min 6/Max 8

Northwest Arts Center
 \$30(R) \$36(N) Age: 3Y - 5Y
 Each addt'l family member: \$6(R) \$7(N)
 86430 10-11:30am Sat Sep 27

PEE WEE PICASSO HOLIDAY FUN

Parent and child have fun together working on special holiday art projects! Caregiver required in class. Please, no siblings during class time. Min 8/ Max 10

Northwest Arts Center
 \$45(R) \$55(N) Age: 2Y - 3Y
 86493 9:45-10:30am Thu Nov 13-Dec 18

PEE WEE PICASSO

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

Northwest Arts Center
 \$88(R) \$105(N) Age: 18M - 3Y
 86486 9:45-10:30am Thu Sep 18-Nov 06

RAH! RAH! REMBRANDTS!

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

Northwest Arts Center
 \$88(R) \$105(N) Age: 3Y - 6Y
 86488 10:45-11am Thu Sep 18-Nov 06

RAH! RAH! REMBRANDTS. HOLIDAY FUN!

Calling all preschoolers! Come explore the colorful world of art and imagination. Focus on holiday related projects and FUN!!!!!! Materials are included. Min 6/Max 10

Northwest Arts Center
 \$45(R) \$55(N) Age: 3Y - 6Y
 86494 10:45-11:30am Thu Nov 13-Dec 18

FAMILY FUN - PUMPKIN PALS

Spend a fun filled morning pondering the perfect pumpkin! Art, music, a yummy snack and a pumpkin relay race are some of the happy activities planned for the morning. Min 6/Max 6

Northwest Arts Center
 \$20(R) \$25(N) Age: 2Y - 5Y
 Each Addt'l Child: \$5(R) \$6(N)
 85525 10-11:30am Sat Oct 25

VISIONS OF SUGARPLUMS

Jelly bellies, gumdrops and peppermint FUN! Join us for a sweet beginning to the holiday season by making a mini gingerbread house, sing songs, dance and eat yummys for your tummys! Dress in your party clothes for happy holiday wholesome FUN! Min 6/Max 6

Northwest Arts Center
 \$20(R) \$25(N) Age: 2Y - 5Y
 Each Addt'l Child: \$5(R) \$6(N)
 85524 10-11:30am Sat Nov 15

ADVENTURES IN LEARNING: PRESCHOOL READINESS

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

Northwest Arts Center
 \$195(R) \$225(N) Age: 42M - 5Y
 86575 9:30-11am Mon Sep 22-Nov 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
 \$88(R) \$105(N) Age: 18M - 3Y
 86489 9:45-10:30am Fri Sep 19-Nov 07

BABY BEETHOVEN HOLIDAY FUN!

A fun and stimulating hands-on introduction to music and movement to celebrate the upcoming holidays for toddlers and caregivers! Songs movement, rhythm instruments included in this festive and fun class! Please, no siblings during class. Min 6/Max 10

Northwest Arts Center
 \$45(R) \$55(N) Age: 18M - 3Y
 86495 9:45-10:30am Fri Nov 14-Dec 19

YOUR NEIGHBORHOOD PRESCHOOL CHOICE



POLLIWOG PRESCHOOL

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



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

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

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

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

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

PRE-KINDERGARTEN PRESCHOOL

This program is designed as a preparation for children attending kindergarten during the next school year. This structured interactive class includes music, stories, crafts, and play time, while developing concentration and social skills. Partial scholarships are available. Min 8/Max 14
 Crossroads Community Center
 \$1736(R) \$2083(N) Age: 4Y - 5Y
 86089 9:30am-1pm Mon, Wed, Fri Sep 15-May 20

PRESCHOOL PLAYSCHOOL

This program is designed as a first school experience. This structured interactive class includes music, stories, crafts, and play time, while developing concentration and social skills. Partial scholarships are available. Min 8/Max 14
 Crossroads Community Center
 \$996(R) \$1195(N) Age: 3Y - 4Y
 86091 9:30am-12pm Tue, Thu Sep 16-May 21



Sports

SPORTBALL PARENT & CHILD

This program is a perfect intro to Sportball. Children and parents or caregivers participate in our eight core sports; basketball, baseball, hockey, football, soccer, tennis, golf and volleyball. Min 6/Max 12

South Bellevue Community Center
 \$91(R) \$108.50 Age: 2Y - 4Y
 81726 10:30-11:15am Tue Sep 16-Oct 28
 \$78(R) \$93.50 Age: 2Y - 4Y
 81727 10:30-11:15am Tue Nov 04-Dec 16

Northwest Arts Center
 \$130(R) \$156(N) Age: 3Y - 5Y
 86479 12:30- 1:30pm Wed Oct 01-Dec 17
 \$130(R) \$156(N) Age: 2Y - 42M
 86478 9:45-10:30am Thu Oct 02-Dec 18

SPORTBALL BIG KIDS - MULTI-SPORT

Sportball Multi-Sport skills development programs introduce preschool age children to the concepts and skills involved in the eight core sports of the Sportball methodology. Developmentally appropriate methods are introduced to reinforce the benefits of teamwork and skills development rather than the importance of winning. Children gain the confidence and develop the social skills necessary to succeed in sport and life. Child only program. Min 6/Max 12

South Bellevue Community Center
 \$91 \$108.50 Age: 3Y - 5Y
 86991 4- 5pm Mon Sep 15-Oct 27
 86993 11:30am-12:30pm Tue Sep 16-Oct 28
 86995 1- 2pm Tue Sep 16-Oct 28
 \$78 \$93.50 Age: 3Y - 5Y
 86992 4- 5pm Mon Nov 03-Dec 15
 86994 11:30am-12:30pm Tue Nov 04-Dec 16
 86996 1- 2pm Tue Nov 04-Dec 16

Northwest Arts Center
 \$130(R) \$156(N) Age: 3Y - 5Y
 86477 10:30-11:30am Thu Oct 02-Dec 18

Sportball Multi-Sport Open House

FREE Age: 5Y - 8Y
 86473 1:30- 2:30pm Wed Sep 24
 FREE Age: 3Y - 5Y
 86474 12:30- 1:30pm Wed Sep 24
 86475 10:30-11:30am Thu Sep 25
 FREE Age: 2Y - 4Y
 86476 9:45-10:30am Thu Sep 25

Special Interest & Extended Learning

Adaptive Recreation

Designed for individuals with intellectual / physical disabilities

ADULT ADVENTURE EDUCATION

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

Highland Community Center
 \$222(R) \$277(N) Age: 21Y and up
 76593 9:30am- 3pm Wed Sep 24-Nov 26

BINGO

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

Highland Community Center
 \$42(R) \$53(N) Age: 18Y and up
 76687 7- 8:30pm Thu Sep 25-Nov 20

BOWLING ADAPTIVE

This specialized class is adapted and designed for adults with Intellectual disabilities. Provides a little exercise, some skill development and a whole lot of quality socializing. Held at Tech City Bowl in Kirkland. There are two fees for this program: an administrative fee to the City of Bellevue and a check made out to Tech City Bowl in Kirkland for the weekly two games and shoe rental. Please inquire on the first day of bowling for amount required for Tech City Bowl. Min 30/Max 95

Highland Community Center
 \$45(R) \$56(N) Age: 18Y and up
 76698 9:30-11:30am Sat Sep 20-Nov 22

COOKING - COOKING WITH EASE

This specialized class is designed and adapted for adults living with Intellectual disabilities. Learn basic cooking techniques.. Each participant will share the evenings creation as a class. At the end of 10 weeks each person will bring home a notebook of the recipes that were used. Fee includes food cost. Min 8/Max 15

Highland Community Center
 \$74(R) \$92(N) Age: 18Y and up
 76717 5- 7pm Thu Sep 25-Nov 20

ADULT BALLROOM DANCE

This is a great group activity that will enhance your physical coordination and artistic self expression. This is a adaptive recreation activity. Min 20/Max 45

Highland Community Center
 \$42(R) \$53(N) Age: 16Y and up
 76728 7- 8:30pm Tue Sep 23-Nov 25

FRIDAY NIGHT OUT

Develop a new network of friends over a little dinner and choice of a movie. You may bring a dinner or buy your dinner at the Crossroads Mall. Bring \$10 for the movie. Participants are responsible for their own money. The class will meet for drop-off and pick-up at the Crossroads Regal Cinema Movie Theater. Age: 18 and up There are times we must see a 3d movie at a cost of \$13 if there are no other PG13, PG or G rated movies. Min 10/Max 15

Highland Community Center
 \$17(R) \$21(N) Age: 18Y - 70Y
 76752 5:30- 9:30pm Fri Sep 26
 76753 5:30- 9:30pm Fri Oct 17
 76754 5:30- 9:30pm Fri Nov 14

HIGHLAND HANGOUT

Your answer to a slow afternoon. Stimulating conversation, lively board games, solving puzzles or just enjoy a movie. All yours 4-days-per-week, for a 10-week period, at one low price. Bring your snacks and independence each day as both are required for this program. Min 5/Max 99

Highland Community Center
 \$40(R) \$50(N) Age: 18Y and up
 76799 3- 5pm Mon-Thu Sep 22-Nov 26

KITCHEN KAPERS

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

Northwest Arts Center
 \$108(R) \$118(N) Age: 18Y and up
 86490 12- 1:30pm Fri Sep 19-Nov 07
 \$52(R) \$62(N) Age: 18Y and up
 86502 12- 1:30pm Fri Nov 14-Dec 19

MOVIE TIME ADAPTED

This specialized class is adapted and designed for adults with Intellectual Disabilities. Come out and enjoy a movie with friends and a light dinner that you provide. Min 25/Max 34 Highland Community Center

\$42(R) \$53(N) Age: 18Y and up
 76823 5- 7pm Wed Sep 24-Nov 26

DANCE - HALLOWEEN HOWL

Start planning your costume now! Come dance the night away if you dare. Our annual costume showcase will highlight the evening. We'll have witch's brew and spooky delights for all. Must register for dance. Min 50/ Max 150

Highland Community Center
 \$9(R) \$11(N) Age: 16Y and up
 76731 7- 9:30pm Fri Oct 24



DANCE - HOLIDAY BALL

Get out your holiday best and plan an elegant evening or just come as you are. Bring a non-perishable food donation to be given to the Multi-Service Center food bank to help during the holiday season. For teens and adults with developmental disabilities. Must register for dance. Min 50/Max 150 Highland Community Center

\$9(R) \$11(N) Age: 16Y and up
 76733 7- 9:30pm Fri Dec 05

SOCIAL CLUB ADAPTED

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

\$42(R) \$53(N) Age: 18Y and up
 76883 7- 8:30pm Mon Sep 22-Nov 24
 76884 7- 8:30pm Wed Sep 24-Nov 26

AFTER SCHOOL-PROGRAMS FOR YOUTH

Three afternoons a week your child has the opportunity to unwind from school with these interactive activities. All programs are for kids ages 12-21 living with intellectual disabilities. NO CLASS ON HOLIDAYS Min 8/ Max 20 Highland Community Center

Mondays
 \$75(R) \$94(N) Age: 12Y - 21Y
 75706 2:30- 5pm Mon Sep 22-Nov 24

Tuesdays
 \$75(R) \$94(N) Age: 12Y - 21Y
 76628 2:30- 5:30pm Tue Sep 23-Nov 25

Thursday
 \$75(R) \$94(N) Age: 12Y - 21Y
 76629 2:30- 5pm Thu Sep 25-Nov 26



Computer Classes

ONE-ON-ONE COMPUTER OR TABLET HELP

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

North Bellevue Community Center
 \$20(R) \$24(N) Age: 18Y and up
 87147 10am-12pm Tue Sep 09
 87156 1- 3pm Thu Sep 25
 87157 10am-12pm Tue Oct 07
 87158 1- 3pm Thu Oct 23
 87159 10am-12pm Tue Nov 04
 87160 1- 3pm Thu Nov 20
 87161 10am-12pm Tue Dec 02
 87162 1- 3pm Thu Dec 18

COMPUTER FILE FOLDER MANAGEMENT

File and Folder Management – Where is.....?!? Where do you save your files? Do you just accept the “defaults” that programs give you when you save something? Has everything just gotten uncontrollably cluttered on your computer?? Are things you’ve saved on your computer, just “lost somewhere” on your hard drive? What can you do about that? What are Files and Folders, and how can I take more control of all of this “stuff”? What are my “Libraries”, and how can I use them for MY benefit? We’ll explore the answers to all of these, and how easy it is to name, file, sort, and manage all of your computer data. Being better organized works!

North Bellevue Community Center
 \$74(R) \$88(N) Age: 18Y and up
 87138 1- 3pm Tue Oct 07-21
 87139 6:30- 8:30pm Thu Oct 09-23

COMPUTER REMOTE ASSISTANCE

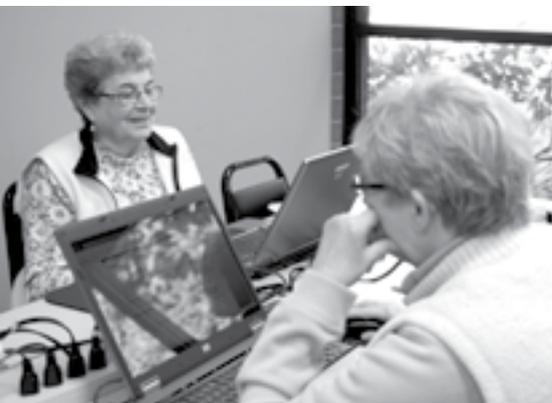
Have you ever been stuck with something on your computer and you just KNOW that someone you trust could help you through it, but they live a long way away and they can't visit you to get you out of that pickle? Would it be helpful if they could SEE YOUR SCREEN so they would know what you are trying so hard to verbally describe? We will explore at least two TOTALLY FREE methods so you can give them the ability to do exactly that. We'll mimic, *in class*, a remote session with a distant helper, one who you trust, to easily connect with you and see your screen. You can even grant them control of your computer during the session so they can show you the path to comfort and success. All the while, you are probably on the phone with them, and you retain complete control over the session and access to your computer. Min 2/Max 4

North Bellevue Community Center
 \$56(R) \$67(N) Age: 18Y and up
 87140 1-3pm Tue Nov 04-18
 87141 6:30-8:30pm Thu Nov 06-13

COMPUTERS CLOUD

What is this "Cloud" thing? Is it just the Internet? I don't use the computer much, so what's in it for me? Learn easy and totally FREE ways to explore file backup, important file access, file sharing, file synchronizing, even a bit of remote access and remote assistance. We'll also practice downloading files, do a little shopping online, and discuss online banking and online security. Min 2/Max 4

North Bellevue Community Center
 \$56(R) \$67(N) Age: 18Y and up
 87142 1-3pm Tue Sep 09-16
 87143 6:30-8:30pm Thu Sep 11-18



Dance & Arts

CISC BALLROOM DANCE

Would you love to learn some ballroom dance moves, such as Cha-Cha, Waltz, Tango, and Rumba? This dance class is for you to exercise your body while listening to the music. Come and have some fun! Suggested donation of \$3 per class per person. Course conducted by the Chinese Information and Service Center in Chinese language only. Min 6/Max 40

North Bellevue Community Center
 Age: 18Y and up
 84924 1-3pm Wed Sep 10-Dec 24

TAP DANCE - BEGINNING

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

North Bellevue Community Center
 \$22.50(R) \$27.50(N) Age: 18Y and up
 86617 11am-12pm Tue Sep 02-30
 \$18(R) \$22(N) Age: 18Y and up
 86618 11am-12pm Tue Oct 07-28
 \$13.50(R) \$16.50(N) Age: 18Y and up
 86619 11am-12pm Tue Nov 04-25

TAP DANCE - INTERMEDIATE

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

North Bellevue Community Center
 \$22.50(R) \$27.50(N) Age: 18Y and up
 86620 12:15-1:15pm Tue Sep 02-30
 \$18(R) \$22(N) Age: 18Y and up
 86621 12:15-1:15pm Tue Oct 07-28
 \$13.50(R) \$16.50(N) Age: 18Y and up
 86622 12:15-1:15pm Tue Nov 04-25

LINE DANCE PRACTICE

Practice Line Dances with other participants. No instructor. Min 1/Max 35
 North Bellevue Community Center
 \$3(R) \$4(N) Age: 18Y and up
 84927 10:30am-12pm Fri Sep 05-Dec 19
 84929 11:45am-12:45pm Mon Sep 08-Dec 22

JEWELRY MAKING: INTRODUCTION

Have you ever looked at a piece of jewelry and wished you knew how to make it? This class will start you on the road to making your own jewelry. The following jewelry making techniques are included in this workshops: bead stringing, crimping, crimp covers, and French wire (Bullion) for a professionally finished piece. Expect to create one to two beautiful pieces of jewelry in this 3 hour workshop. All materials provided. Min 6/Max 12

Northwest Arts Center
 \$175(R) \$195(N) Age: 16Y and up
 87323 10am-3pm Sat Oct 11

SINGING - CHORUS

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

North Bellevue Community Center
 FREE Age: 50Y and up
 78204 10:30-11:45am Fri Sep 05-Dec 19

Continuing Education & Group Learning

AARP DRIVER SAFETY PROGRAM

The nation's first and largest classroom driver improvement course designed especially for motorists 50 and older 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 12/Max 26

North Bellevue Community Center
 FREE Age: 50Y and up
 84630 9am-2pm Tue, Thu Sep 09-11
 84631 9am-2pm Tue, Thu Nov 04-06
 86616 9am-2pm Tue, Thu Dec 02-04

BOOK CLUB

Meets the second Tuesday of each month. For more information contact Sue Hipke at 425-747-6843 or Dorothy Goddard at 425-747-5543. Min 2/Max 10

North Bellevue Community Center
 FREE Age: 18Y and up
 84907 10-11:30am Tue Sep 09
 84908 10-11:30am Tue Oct 14
 86613 10-11:30am Tue Nov 11
 86614 10-11:30am Tue Dec 09

YOUNG ONSET PARKINSONS

Sponsored by the American Parkinson Disease Association. For those under 60 with the disease and their families. Meets the 1st Wednesday each month 7-8:30pm. For more information, call Carin Mack 206-230-0166. Min 4/Max 25

North Bellevue Community Center
 FREE Age: 18Y and up
 78273 7-8:30pm Wed Sep 03-Dec 03

MOMENTIA AT THE MOVIES

Join other community members who live with and without dementia for an afternoon at the movies. Min 4/Max 40

North Bellevue Community Center
 FREE Age: 6Y and up
 2-4pm Thu Sep 04-Dec 18

Games

ADULT BILLIARDS & GAMES

Drop-in program for adults at the North Bellevue Community Center. Join the fun! Activities include billiards, board games, puzzles, books, magazines, and video check-outs. No registration required. Not available on holidays. Min 1/Max 40

North Bellevue Community Center
 FREE Age: 18Y and up
 8:30am-8:30pm Mon-Thu Sep 01-Dec 24

CRIBBAGE

Come join friends for a fun game of Cribbage. Min 4/Max 28

North Bellevue Community Center
 FREE Age: 18Y and up
 10am-12pm Thu Sep 04-Dec 25

DUPLICATE BRIDGE

Group meets Wednesday and Friday afternoons from 12:15 - 3:30pm, FEE \$.50/visit, payable to Advisory Board. Bring a partner. Contact: Ed Jesse 425-746-7435 Min 8/Max 40

North Bellevue Community Center
 \$.50 Age: 18Y and up
 12-3:30pm Wed, Fri Sep 03-Dec 24

PARTY BRIDGE

Drop-In 'Party Bridge' play. Individuals welcome. Please contact Eva at 425-746-9907. Min 4/Max 28

North Bellevue Community Center
 FREE Age: 18Y and up
 12-3pm Wed Sep 03-Dec 24

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
 \$12(R) \$14.50(N) Age: 55Y and up
 1:10-3:10pm Tue Sep 03-Dec 30

MAH JONG

Come join friends for a fun game of Mah Jong. Min 4/Max 16

North Bellevue Community Center
 FREE Age: 18Y and up
 1-3pm Wed Sep 03-Dec 24

PING-PONG DROP IN

Drop in for a lively game of ping pong (table tennis). We provide the two championship quality table tennis tables and balls, you provide your own paddle. Call for current schedule. Ask about the Play Pass for discounted play. Min 2/Max 16

North Bellevue Community Center
 \$3 \$4 Age: 18Y and up
 8:30am-5pm Thu, Mon-Thu Sep 04-Dec 24

GAMES - PICKLEBALL

Drop in for a lively game of pickleball. Ask about the Play Pass for discounted play. Please call for current schedule. Court, net and balls provided - players provide their own paddle. Min 2/Max 24

North Bellevue Community Center
 \$3 \$4 Age: 18Y and up
 85026 3:30-5:30pm Wed, Fri, Mon Sep 03-Dec 24

PINOCHLE

Pinochle is played every Thursday afternoon. If you are interested in joining a foursome, please contact Carl Wittenberg, 425-641-3118 to put your name on the interest list. New tables will be formed as enough people join. Min 4/Max 20

North Bellevue Community Center
 FREE Age: 18Y and up
 12-3pm Thu Sep 04-Dec 25

Immigrant Services

CHINESE INFORMATION & ASSISTANCE SERVICES

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

CISC/ CANCER SUPPORT GROUP

CISC Cancer support group meets the 2nd Thursday of each month. Min 5/Max 15

North Bellevue Community Center
 FREE Age: 18Y and up
 84918 10-11:30am Thu Sep 11
 84919 10-11:30am Thu Oct 09
 84920 10-11:30am Thu Nov 13
 86615 10-11:30am Thu Dec 11

ESL ADVANCED FOR MANDARIN SPEAKERS

Advanced English as a second language instruction for Mandarin speakers. Min 6/Max 25

North Bellevue Community Center
 FREE Age: 18Y and up
 84997 10-11:30am Thu Sep 04-Dec 18

INDIAN FELLOWSHIP

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

North Bellevue Community Center
 FREE Age: 60Y and up
 85039 10:30am-1pm Tue Sep 02-Dec 23

SINGING - CHINESE & ENGLISH CHORUS

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

North Bellevue Community Center
 FREE Age: 18Y and up
 78201 10:30-11:50am Wed Sep 03-Dec 24

ESL 111 - NEWSPAPER READING GROUP

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

North Bellevue Community Center
FREE Age: 65Y and up
76569 1-2pm Mon Sep 08-Dec 22

EXERCISE IN SPANISH

Low impact exercise designed for older adults. Instruction is given in Spanish. Sponsored by SeaMar Community Health. Min 4/Max 50

North Bellevue Community Center
FREE Age: 50Y and up
84999 11:15am-12pm Mon, Fri Sep 08-Dec 22

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
76589 12:30-2pm Thu Sep 04-Dec 18

**Financial, Legal,
& Insurance**

LEGAL CLINIC

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

SENIOR BUS PASS DISTRIBUTION

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

North Bellevue Community Center
FREE Age: 65Y and up
85082 10:30-11:30am Tue Sep 16
85083 10:30-11:30am Tue Nov 18
Public Transit Education
87486 11:30am-12:30pm Tue Sep 16

SHIBA

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

MOVING TO A SIMPLER LIFE

This seminar is designed to help you make the move to an easier lifestyle. Over 2 meetings, you'll learn the types of services available to assist you when your home has become too much to care for, and create a strategy to either age in place, or move to a new home. Over the 2 days you'll meet estate sale/appraiser experts, a mover, Realtor(r), Elder Law attorney, financial planner, reverse mortgage specialist, seniors' bookkeeper, in-home care provider, and senior housing expert. After each seminar informal question & answer sessions will follow along with a gracious free lunch. Min 6/Max 36

North Bellevue Community Center
FREE Age: 18Y and up
85210 10am-1pm Tue Sep 16-23

South Bellevue Community Center
FREE Age: 55Y and up
85211 10am-1pm Tue Oct 21-28



Youth, Teen, & Family

ETIQUETTE-YOUNG LADIES & GENTLEMEN I

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

Northwest Arts Center
\$50(R) \$60(N) Age: 6Y - 11Y
86574 9am-12pm Sat Nov 15

ETIQUETTE YOUNG LADIES & GENTLEMEN II

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

Northwest Arts Center
\$50(R) \$60(N) Age: 6Y - 11Y
84685 1-4pm Sat Nov 15

**Drop-In Sports -
Youth,
Adult, & Family**

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. No program July 7-September 8. Min 1/Max 1

Highland Community Center
\$3(R) \$4(N) Age: 18Y and up
76864 12-3pm Sat Sep 06-Nov 08



**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.

Highland Community Center
\$3(R) \$4(N) Age: 18Y and up
76924 7-9pm Wed Sep 10-Dec 10

BADMINTON - DROP-IN

Enjoy a little exercise, conversation and competition as you hit the birdie across the net. Min 1/Max 1
Highland Community Center

\$3 \$4(N) Age: 18Y and up
76648 9am-12pm Sun Sep 21-Dec 07

BASKETBALL - DROP-IN

Get great exercise and sharpen your basketball skills. Max 15 players Min 1/Max 1

Highland Community Center
Get great exercise and sharpen your basketball skills
\$3 \$4(N) Age: 18Y and up
76660 11:30am-1pm Tue,Thu Sep 02-Nov 06

BADMINTON - DROP-IN

Enjoy playing badminton? Put this opportunity on your schedule! The schedule is subject to change depending on attendance. Min 1/Max 30
South Bellevue Community Center
\$3(R) \$4(N) Age: 18Y and up
Call 425-452-4240 for schedule

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
Call 425-452-4240 for schedule.

BASKETBALL - FAMILY TIME

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

South Bellevue Community Center
FREE Age: 5Y and up
86757 3:15-4:45pm Sat-Sun Sep 06-Dec 28

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 1
Highland Community Center

\$3(R) \$4(N) Age: 18Y and up
76907 1-3pm Mon, Fri Sep 15-Dec 05

**Adult Sports
Leagues**

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

Fall Registration: Aug. 1-22, 2014
League Play: Sep. 14-Dec. 14, 2014

Winter Registration: Opens Nov.
League Play: Starts January, 2015

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

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



Youth Sports/ Fitness

YOUTH SOCCER LEAGUES

The Youth Sports Soccer League is specially designed to help your child understand the team concept of soccer, enhancing their dribbling, passing, scoring and defense. The values of teamwork and strategy along with understanding the importance of sportsmanship, create an environment that promotes positive developmental assets amongst our youth.

- **League Structure:** The first 2 weeks are practice, followed by 5 weeks of games. This league is a one day per week commitment. Always the same location and time.
- **Uniforms:** Jersey is included in the registration fee and will be issued on your first game day.
- **Shin guards** are required for all soccer leagues. Shin guards will be for sale on site for \$10.00
- **Inclement Weather Policy:** Cancellations due to inclement weather will be made by the Recreation Coordinator at the field. Coaches and players must report to the field. Soccer is an all-weather sport. Come prepared to play in all weather!
- **Volunteer Coaches Needed:** Volunteer soccer coaches are needed. Call (425) 452-4882 for more information and to receive a \$20 discount towards your registration fee. Background check required & attendance to mandatory coaches clinic to receive discount.
- **Participants will be assigned to teams based on the following:**
 1. Special request for coach.
 2. Special request for ONE teammate. Additional requests for teammates will not be considered.
 3. Age and gender of participant.

PLEASE NOTE THAT THERE ARE NO GUARANTEES REGARDING REQUESTS OR TEAM ASSIGNMENTS. ALL REQUESTS MUST BE MADE BEFORE APRIL 24 BY EMAIL TO youthsports@bellevuewa.gov OR BY CALLING 425-452-4627

- **I've signed up for soccer... now what do I do?** You will be contacted prior to the league start date via email. This email will include your team confirmation and parent packet. Team confirmations will be sent no later than April 19.

MIGHTY MITES SOCCER LEAGUE

This co-ed league is a great way for your little star to begin team play with emphasis on participation, fun, and skill development in an instructional setting. This 7-week league, will give your child the basic instructions of dribbling, passing, scoring and teamwork! We will begin with 2 weeks of team practice followed by 5 weeks of games. Come and join the fun! Volunteer coaches are needed for this league. Max. 6 players per team.

Robinswood Sports Field
\$80(R) \$95(N) Ages: 5Y - 6Y
87109 4:15-5:30pm Tue Sep 23-Nov 04

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
\$80(R) \$95(N) Ages: 7Y - 9Y
87116 4:15-5:30pm Wed Sep 24-Nov 05

JUNIOR SOCCER LEAGUE

It's time to elevate your game! This co-ed league is designed to give your child more advanced playing skills & ball movement techniques, while also encompassing team strategies in an instructional setting. 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. 8 players per team.

Robinswood Sports Field
\$80(R) \$95(N) Ages: 10Y - 12Y
87118 4:15-5:30pm Thu Sep 25-Nov 06

BIDDY MULTI SPORT II

Come join the NEW Bidy Multi Sport II class! This 6 week parent/guardian participation required program will cover three sports - basketball, soccer & t-ball. Each class is 45 minutes in length and encompasses developmental sports lessons along with activities proven to build and mature a child's motor development, hand-eye coordination, and cardiovascular fitness. Higher level skills, drills and fundamentals will be taught resulting in an action-packed curriculum which allows every child to build their skills at their own pace within a non-competitive, learning-based environment that emphasizes patience, teamwork, and self-confidence. (Pre-requisite: Must complete three (3) Bidy Multi Sport age 3-4 classes or permission from instructor if under the age of 5) Min 10/Max 20

Tyee Middle School Site
\$68(R) \$80(N) Age: 5Y - 6Y
87121 11-11:45am Sat Sep 20-Oct 25
87122 11-11:45am Sat Nov 01-Dec 06



SPORTBALL MULTI-SPORT-NORTHWEST ARTS CENTER

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

\$130(R) \$156(N) Age: 5Y - 8Y
86480 1:30-2:30pm Wed Oct01-Dec17

SPORTBALL YOUTH TENNIS

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

South Bellevue Community Center
\$77(R) \$93(N) Age: 4Y - 6Y
87179 4-4:50pm Thu Sep 18-Oct 30
\$77(R) \$93(N) Age: 7Y - 10Y
87181 5-6pm Thu Sep 18-Oct 30
\$66(R) \$79(N) Age: 4Y - 6Y
87180 4-4:50pm Thu Nov 06-Dec 18
\$66(R) \$79(N) Age: 7Y - 10Y
87182 5-6pm Thu Nov 06-Dec 18

SEREVI RUGBY 100

Serevi Rugby 100 is for sporty children who want to try a fun new sport. This program focuses on the development of running, catching, passing and kicking skills, in a safe, fun and friendly environment. Teamwork and sportsmanship are fundamental to this program. Emphasis will be on safety and fun at all times. All participants will receive an official Serevi Rugby® t-shirt, wristband and sticker, and co-ed. These programs are coached by current and former International Rugby Players. Min 1/Max 12

Robinswood Community Park
\$125(R) \$150(N) Age: 4Y - 5Y
87101 4:30-5:45pm Mon Sep 08-Oct 27



BASKETBALL - PRE-SEASON BASKETBALL CLINIC

Want to improve your basketball skills and fundamentals? This Pre Season Basketball Clinic creates an opportunity for coed players, ages 5-13 to participate and learn the concepts of basketball, develop their game, and prepare for the upcoming basketball season. Clinics focus on helping athletes improve their skills and develop their talent by learning basic practice drills and emphasizing the fundamentals such as dribbling, shooting, defense, passing and much more! Min 10/Max 30

Tyee Middle School Site
\$70(R) \$76(N) Age: 5Y - 6Y
87123 5:30-6:30pm Mon Nov 10-Dec 15
\$70(R) \$76(N) Age: 7Y - 8Y
87124 5:30-6:30pm Tue Nov 04-Dec 16
\$70(R) \$76(N) Age: 9Y - 10Y
87125 5:30-6:30pm Wed Nov 12-Dec 17
\$70(R) \$76(N) Age: 11Y - 13Y
87126 5:30-6:30pm Thu Nov 13-Dec 18

BIDDY MULTI SPORT

Come join the NEW Bidy Multi Sport class! This 6 week parent/guardian participation required program will cover three sports - basketball, soccer & t-ball. Each class is 45 minutes in length and encompasses developmental sports lessons along with activities proven to build and mature a child's motor development, hand-eye coordination, and cardiovascular fitness. The result of our action-packed curriculum is a program which allows every child to build their skills at their own pace within a non-competitive, learning-based environment that emphasizes patience, teamwork, and self-confidence. Min 10/Max 20

Tyee Middle School Site
\$68(R) \$80(N) Age: 3Y - 4Y
87119 10-10:45am Sat Sep 20-Oct 25
87120 10-10:45am Sat Nov 01-Dec 06

CHEERLEADING - DANCE/DRILL TEAM

Be a part of the Bellevue Parks Dance Team! Do you want to learn to dance, or improve your technique? Trying out for dance team, drill team or cheerleading? This team works on beginning-to-intermediate level spirit-style dance technique, focusing on hip-hop, precision and pom styles. Previous cheer or dance experience is recommended but not required - contact instructor with questions. Some extra costs may be incurred for this class. Min 10/Max 35

Highland Community Center
\$66(R) \$72(N) Age: 11Y - 18Y
78342 5-6:30pm Thu Sep 18-Oct 23
78343 5-6:30pm Thu Nov 06-Dec 18

CHEERLEADING - DREAM TEAM CHEER SQUAD

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

Highland Community Center
\$66(R) \$72(N) Age: 7Y - 18Y
87011 2:30-4pm Wed Sep 17-Oct 22
78331 4-5:30pm Fri Sep 19-Oct 24
87013 2:30-4pm Wed Nov 05-Dec 17
87012 4-5:30pm Fri Nov 07-Dec 19

CHEERLEADING - INTERMEDIATE (POWER SQUAD)

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

Highland Community Center
\$66(R) \$72(N) Age: 8Y - 18Y
78344 4-5:30pm Wed Sep 17-Oct 22
78345 4-5:30pm Wed Nov 05-Dec 17

Youth Sports & Fitness

CHEERLEADING - BASKETBALL CHEER SQUAD

This is the beginning level cheer squad that cheers for the Parks Youth Basketball league. We practice once a week from September to December then cheer for our teams in weekly games from January to March (Day/Time to be determined during game time) in real cheerleading uniforms! Come join the fun. Mandatory parent and cheerleader meeting and uniform fitting on the first day of practice September 25 at 4:15pm at Highland Community Center. Additional uniform costs will be incurred for this class. Both fall and winter sessions are included in the registration fee. Min 10/Max 35

Highland Community Center
\$149(R) \$169(N) Age: 5Y - 13Y
87010 4:15- 4:59pm Thu Sep 25-Dec 18

I-BALL BASKETBALL CLINICS

Bellevue Parks & Community Services and i-Ball have partnered to offer Basketball Skills Clinics for kids, ages 7-12. Consistent training is the main aspect that helps to greatly accelerate learning and retention for young players. i-Ball is ran by professional basketball player and former Globetrotter's Harlem All-Star, Kyle Keyes along with i-Ball staff. Players will learn all aspects of basketball development of core fundamentals along with offensive & defensive techniques, shooting techniques, ball handling and court awareness. Players of ALL skill levels are welcome and will be grouped accordingly. Min 5/Max 30

Highland Community Center
\$79(R) \$95(N) Age: 7Y - 12Y
87183 5:50- 6:59pm Mon Sep 22-Oct 13
87184 5:50- 6:59pm Mon Oct 20-Nov 10
87185 5:50- 6:59pm Mon Nov 17-Dec 08

Tyee Community Gym
\$79(R) \$95(N) Age: 7Y - 12Y
87186 12- 1:10pm Sat Sep 20-Oct 11
87187 12- 1:10pm Sat Oct 18-Nov 08
87188 12- 1:10pm Sat Nov 15-Dec 13

INDOOR SOCCER WITH MICHAEL SMITH

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

Highland Community Center
\$55(R) \$66(N) Age: 4Y - 6Y
83184 1:01- 1:45pm Tue Sep 23-Oct 28
83193 2- 2:45pm Tue Sep 23-Oct 28
83189 2- 2:45pm Wed Sep 24-Oct 29
83194 1- 1:45pm Wed Sep 24-Oct 29
83190 2- 2:45pm Thu Sep 25-Oct 30
83195 1- 1:45pm Thu Sep 25-Oct 30
83185 1- 1:45pm Wed Nov 05-Dec 10
83186 2- 2:45pm Wed Nov 05-Dec 10
\$46(R) \$57(N) Age: 4Y - 6Y
83191 1- 1:45pm Tue Nov 04-Dec 09
83192 2- 2:45pm Tue Nov 04-Dec 09
83187 1- 1:45pm Thu Nov 06-Dec 11
83188 2- 2:45pm Thu Nov 06-Dec 11

SEREVI RUGBY 200

Serevi Rugby® 200 and Bellevue Parks & Community Services are excited to offer Serevi Rugby 200, a coed, limited-contact sport for young athletes, ages 6-9, which mimics Rugby 7s, the world's newest Olympic Game. Tag Rugby is a free-flowing game that allows all players to pick up the ball and run. Teamwork and sportsmanship are fundamental to this program. Emphasis will be on safety and fun at all times, and physical contact is limited. Skills developed are: evasive running and agility, ball handling, catching and fitness through small sided games. This is an excellent compliment and alternative to prototypical American sports. This program is co-ed. These programs are coached by current and former International Rugby Players. All participants will receive a t-shirt, wristband and sticker. Min 6/Max 30

Robinswood Community Park
\$125(R) \$150(N) Age: 6Y - 9Y
83210 4:30- 5:45pm Mon Sep 08-Oct 27

SEREVI RUGBY 300

Serevi Youth Rugby presents Rugby 300 for developing rugby kids, ages 10 - 12. With a progression in speed of play, participants will showcase their skills in both individual and team settings. Building on the lessons of Rugby 100 and 200 (not required) participants will have a full grasp of a variety of kicks, handling skills and trick moves, evasive running abilities. They will improve field vision and fix or beat defenders in a variety of situations.

Sessions are comprised of skill work touch rugby scrimmages. Participant receive an official Serevi Youth Rugby t-shirt, wristband and sticker. Min 6/Max 20

Robinswood Community Park
\$125(R) \$150(N) Age: 10Y - 12Y
87102 4:30- 5:45pm Mon Sep 08-Oct 27

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

Wilburton Hill Comm. Pk.
\$125(R) \$150(N) Age: 6Y - 14Y
87097 4:30- 6pm Thu Sep 11-Oct 16



Adaptive Recreation

Designed for individuals with intellectual / physical disabilities

MULTI SPORT

Come and enjoy playing a variety of fun sports with friends. This class will play Basketball, Volleyball, Hockey, Kickball and indoor softball. This will be a great opportunity to try out a new sport. No Class on Holidays Min 20/Max 35

Highland Community Center

\$62(R) \$77(N) Age: 18Y and up
86751 7-8:30pm Tue, Thu Sep 23-Nov 25

CHEERLEADING

Be a part of a cheerleading squad and come learn new skills and work as a team. This team is part of the East-side Dream Elite program which is the official cheerleading program of the Bellevue Parks & Community Services. This class is open to women and men with intellectual disabilities, ages 13 and up. We have regular weekly performances on the Highland Center schedule and we have occasional performances outside of class time as well. Come join the fun! Min 15/Max 20

Highland Community Center

\$66(R) \$83(N) Age: 12Y - 55Y
76712 5:30-6:30pm Wed Sep 24-Nov 26

ROBINSWOOD TENNIS CENTER

Address: 2400 151st PL SE

Phone: 425-452-7690

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

SEE NEXT PAGE FOR REGISTRATION DATES

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: Eric Linger,
elinger@sherwood-investments.com

Working Women - Wednesday, 6:15-7:30pm

Coordinator: Robin Ballard, 425-564-4013, dickensball@yahoo.com

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

HAL'S CLASSIC

October 25, 2014 - 7:45am-4:30pm

This will be the 11th annual event for Hal's Classic. This event is in memory of Hal Gallagher. It is a Doubles Only event in which the total age of each team must be a minimum of 100 years. Teams play round robin matches with A/B/C divisions. Prizes will be awarded to winners within their division. Cost is \$22 per person. Contact Robinswood Tennis Center at 425-452-7690 for more information or to register.

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

\$35 Age: 14Y - 90Y
76174 4-5pm Wed Sep 10-Oct 22
76175 4-5pm Wed Oct 29-Dec 17

Tennis

LADIES RECREATIONAL EVENING LEAGUE

Thursday Evening Ladies' Recreation Doubles League 6:15-7:30pm. Participants register individually. Ability range is 3.0-3.5 NTRP. Doubles match play with weekly rotation of players. Fee covers cost of participation, court rental, tennis balls, and administration by Robinswood staff. Min 8/Max 12
Robinswood Tennis Center

Session 1

76325 6:15-7:30pm Thu Sep 11-Oct 23 \$77

Session 2

76326 6:15-7:30pm Thu Oct 30-Dec 18 \$77

WEEKDAY FLIGHTS

Competitive flight leagues in the morning and afternoon. Min 8 / Max 16

Robinswood Tennis Center Age: 19Y and up

Tennis - Weekday Flight - Level A

Level A is USTA NTRP Level 3.5 to 4.0 and Seattle Area Cup level Challenge to Kingco.

Session 1

76409 9-10:30am Mon Sep 08-Nov 10 \$100

Tennis - Weekday Flight - Level B

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

Session 1

76441 9-10:30am Wed Sep 10-Nov 12 \$100

Tennis - Weekday Flight - Level C

Level C is USTA NTRP Level 3.0 to 3.5 and Seattle Area Cup level Rainier to Classic.

Session 1

76438 1-2:30pm Mon Sep 08-Nov 10 \$100

Tennis - Weekday Flight - Level D

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

Session 1

76444 9-10:30am Tue Sep 09-Nov 18 \$100

Tennis - Weekday Flight - Level E

Level E is USTA NTRP Level 2.5 to 3.0 and Seattle Area Cup level Evergreen to Emerald.

Session 1

76447 9-10:30am Thu Sep 11-Nov 13 \$100

Tennis - Weekday Flight - Level F

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

Session 1

76450 1-2:30pm Thu Sep 11-Nov 13 \$100



IMPORTANT REGISTRATION INFORMATION FOR ROBINSWOOD TENNIS CENTER PROGRAMS

Registration dates for sessions at Robinswood Tennis Center:

Session 1:

Residents: August 4
Non-Residents: August 13

Session 2:

Residents: September 29
Non-Residents: October 8

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

76288 7:30- 8:45pm Mon Sep 08-Oct 20 \$112
76289 7:30- 8:45pm Wed Sep 10-Oct 22 \$112
76199 10:30-11:45am Wed Sep 10-Oct 22 \$112

Session 2

76200 10:30-11:45am Wed Oct 29-Dec 17 \$128
76290 7:30- 8:45pm Mon Oct 27-Dec 15 \$128
76292 7:30- 8:45pm Wed Oct 29-Dec 17 \$128

Advanced Beginning

Level 2 builds on the basics, reinforcing technique, and adding advanced drills and learning how to play doubles. USTA level of 2.0-2.5

Session 1

76182 10:30-11:45am Tue Sep 09-Oct 21 \$112
76183 11:45am- 1pm Wed Sep 10-Oct 22 \$112
76271 8:45-10pm Mon Sep 08-Oct 20 \$112
76272 8:45-10pm Wed Sep 10-Oct 22 \$112

Session 2

76184 10:30-11:45am Tue Oct 28-Dec 16 \$128
76185 11:45am- 1pm Wed Oct 29-Dec 17 \$128
76273 8:45-10pm Mon Oct 27-Dec 15 \$128
76277 8:45-10pm Wed Oct 29-Dec 17 \$128

Intermediate

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

Session 1

76211 11:45am- 1pm Mon Sep 08-Oct 20 \$112
76212 10:30-11:45am Thu Sep 11-Oct 23 \$112
76307 7:30- 8:45pm Thu Sep 11-Oct 23 \$112
76315 7:30- 8:45pm Tue Sep 09-Oct 21 \$112

Session 2

76213 11:45am- 1pm Mon Oct 27-Dec 15 \$128
76214 10:30-11:45am Thu Oct 30-Dec 18 \$128
76308 7:30- 8:45pm Thu Oct 30-Dec 18 \$112
76311 7:30- 8:45pm Tue Oct 28-Dec 16 \$128

Advanced

Participants in the Advanced class will be working on more advanced drills and strategy for singles/doubles play. Should be at least 4.0 USTA Level or above.

Session 1

76227 8:45-10pm Tue Sep 09-Oct 21 \$112
76228 8:45-10pm Thu Sep 11-Oct 23 \$112

Session 2

76229 8:45-10pm Tue Oct 28-Dec 16 \$128
76233 8:45-10pm Thu Oct 30-Dec 18 \$112

Advanced Doubles Strategy

Session 1

76192 11:45am- 1pm Mon Sep 08-Oct 20 \$112

Session 2

76193 11:45am- 1pm Mon Oct 27-Dec 15 \$128

Youth Tennis Programs

TENNIS TEAMS

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

Age: Up to 17Y

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

Session 1

76376 3:45- 5pm Tue, Thu Sep 09-Oct 23 \$168

Session 2

76377 3:45- 5pm Tue, Thu Oct 28-Dec 18 \$180

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

76383 5-6:15pm Tue, Thu Sep 09-Oct 23 \$168

Session 2

76384 5-6:15pm Tue, Thu Oct 28-Dec 18 \$180

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

76405 5-6:15pm Mon, Wed, Fri Sep 08-Oct 24 \$231

Session 2

76406 5-6:15pm Mon, Wed, Fri Oct 27-Dec 19 \$253

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

76398 3:45- 5pm Mon, Wed, Fri Sep 08-Oct 24 \$231

Session 2

76399 3:45- 5pm Mon, Wed, Fri Oct 27-Dec 19 \$253

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

76362 11-11:45am Sat Sep 06-Oct 18 \$79

Session 2

76363 11-11:45am Sat Nov 01-Dec 20 \$79

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

76345 1-2pm Sat Sep 06-Oct 18 \$84

Session 2

76346 1-2pm Sat Nov 01-Dec 20 \$84

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

76350 2-3pm Sat Sep 06-Oct 18 \$84

Session 2

76351 2-3pm Sat Nov 01-Dec 20 \$84

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

76330 3-4pm Sat Sep 06-Oct 18 \$84

Session 2

76331 3-4pm Sat Nov 01-Dec 20 \$84

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

Session 1

76336 4-5pm Sat Sep 06-Oct 18 \$84

Session 2

76337 4-5pm Sat Nov 01-Dec 20 \$84

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

76356 10-11am Sat Sep 06-Oct 18 \$84

Session 2

76357 10-11am Sat Nov 01-Dec 20 \$84

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

Session 1

76368 5-6pm Sat Sep 06-Oct 18 \$84

Session 2

76369 5-6pm Sat Nov 01-Dec 20 \$84

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

76319 9-10am Sat Sep 06-Oct 18 \$112

Session 2

76320 9-10am Sat Nov 01-Dec 20 \$112

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 or visit www.myparksandrecreation.com.

CARE

ADULT ABUSE PREVENTION

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

SENIOR HOUSING ArchHousing.org

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

NURSING HOME INFORMATION ONLINE

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

BEHAVIORAL/MENTAL HEALTH THERAPY

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

Aging Services

CITY OF BELLEVUE UTILITY RATE RELIEF PROGRAM

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

CATHOLIC COMMUNITY SERVICES OF KING COUNTY

Volunteers provide services such as transportation, light housekeeping, minor home repairs, yard work, laundry, shopping assistance, and light cooking. Call 206-328-5696 or visit www.Ccsw.org.

ELDER AND ADULT DAY SERVICES

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

EVERGREEN CARE NETWORK

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

HEALTH

BENEFITS CHECK UP ONLINE

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

GENERAL

AARP AREA OFFICE

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

AARP COMMUNITY SERVICE EMPLOYMENT PROGRAM

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

COMPUTER HELP DESK SERVICE

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

EASTSIDE LEGAL ASSISTANCE PROGRAM

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

W.I.C.S.

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

SENIOR INFORMATION & ASSISTANCE

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

IMMIGRANT SERVICES

CHINESE INFO & SERVICE CENTER

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

SEA MAR

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

INSURANCE/SOCIAL SECURITY

SOCIAL SECURITY INFORMATION

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

MEALS/FOOD DELIVERY

MEALS ON WHEELS

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

SUPPORT GROUPS/ MEETINGS

NARFE (National Association of Retired Federal Employees)

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

TRANSPORTATION

ACCESS

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

GETTING AROUND PUGET SOUND

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

VOLUNTEER TRANSPORTATION FOR SENIORS

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



VOLUNTEER OPPORTUNITIES

RSVP

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

EYEGLASS DONATIONS

Eyeglasses collection at North Bellevue Community 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

HALLOWEEN LUNCHEON

Come out and enjoy a great lunch and wear your favorite Halloween Outfit. Enjoy a great meal and fun music. Lunch is \$3 dollars for people 60 yrs and older \$6.00 for all others. Min 10/Max 100
North Bellevue Community Center
FREE Age: 18Y and up
86760 11:30am-1pm Wed Oct 29

THANKSGIVING LUNCHEON

Join us as we serve you a delicious Thanksgiving feast. Entertainment provided. Please pre-register by November 10. Co-sponsored by Catholic Community Services. \$3 suggested donation for 60+, charge of \$6.00 for those under 60, both payable at the door. Min 10/Max 100
North Bellevue Community Center
FREE Age: 18Y and up
86761 11:30am-1pm Wed Nov 19

HOLIDAY LUNCHEON

Join us as we serve you a festive holiday meal. Enjoy seasonal music preceeding. Please pre-register by December 9. Co-sponsored by Catholic Community Services. \$3 suggested donation for 60+, charge of \$6.00 for those under 60, both payable at the door. Min 10/Max 100
North Bellevue Community Center
\$3(R) \$6(N) Age: 18Y and up
86762 11:30am-1pm Wed Dec 17

Adaptive Recreation

Highland Center

14224 Bel-Red Road • 425-452-7686

It is the purpose of Bellevue's Adaptive Recreation Program to provide people who have disabilities with opportunities for recreation, socialization, and learning so that they can participate more successfully in the life of our community. People living with disabilities are encouraged to participate in any of the Recreation Division Programs in which they are interested.

Volunteers are an important part of Highland Center. If you are interested in being a volunteer, please call Kim Indurkar at 425-452-6105 or email kindurkar@bellevuewa.gov for more information.

ADAPTIVE PROGRAMS

All programs are located at Highland Center unless otherwise noted.

COMMUNITY PROGRAMS OF INTEREST

All programs are at the Highland Community Center.

DISABLED AMERICAN VETERANS

(Chapter 43)

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

Contact: Eddie Jenson, 425-486-0595
No meetings holiday weekends.



**KING COUNTY
PARENT COALITION FOR
DEVELOPMENTAL DISABILITIES**

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

**DOWN SYNDROME COMMUNITY
FOR NEW PARENTS AND
TODDLERS**

Contact: Anne Mullis, 206-842-9027
Call for schedule.

BRAIN INJURY SUPPORT GROUP

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

**ADDITIONAL
DISABILITY
RECREATION AREAS
OF INTEREST**

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

**TENNIS FOR THOSE USING
WHEELCHAIRS**

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

**TENNIS FOR THOSE LIVING
WITH INTELLECTUAL
DISABILITIES**

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

AQUATIC THERAPY GROUPS

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

SPECIAL OLYMPIC SWIM TEAM

Bellevue Aquatic Center

AQUATIC REHAB PROGRAMS

Bellevue Aquatic Center
Adaptive Actives

BRIDGE OF PROMISE ACADEMY

In partnership with Bellevue Parks and Community Services, Bridge of Promise offers a day program from 10am-2pm every Monday and Thursday at Bellevue's Highland Center. This program is designed for adults with developmental disabilities to engage in educational activities that offer opportunities to learn and increase personal skills. Bridge Academy includes opportunities to participate in music, art, and community activities. Instruction is always individualized to each participants needs and goals. For further registration information, please contact program director, Jessica Schreiber, at 425-238-8535 or jessica@bridgeofpromise.org.



ADAPTIVE RECREATION EVENTS

PD BRUNCH

Start the Holiday Season catching up with old friends while enjoying the culinary skills of the staff at Highland Center. It is our thanks to you for being a part of the Highland Family. This brunch is for participants in the M/W/F exercise classes. Min 5/Max 30

Highland Community Center

FREE Age: 21Y and up
76861 10:30am-12:30pm Wed Dec 10

SEAFAIR'S HOLIDAY CRUISE

This annual event serves individuals over the age of 16 living with developmental disabilities. Meydenbauer Yacht Club provides the ships and volunteers to join the parade along the Lake Washington Shoreline. Individuals interested in attending please register. Wheelchair and walker users need to register directly through seafair. Space is limited. Interested volunteers please contact Kim Indurkar at 425-452-7686. Meet at Meydenbauer Yacht Club, 9927 Meydenbauer Way SE; Bellevue, WA 98004. Min 30/Max 100

Highland Community Center

FREE Age: 16Y and up
76874 2-5pm Sun Dec 07

BELLEVUE KIWANIS DINNER

Come on out to Highland Center on the 3rd Thursday of the month and have dinner with friends! This dinner is FREE of charge and is sponsored by the KIWANIS Club of Bellevue. Dinner is served from 5pm-6pm. Limit 2 guests per participant. Min 30/Max 60

Highland Community Center

FREE Age: 16Y and up
76678 5-6pm Thu Sep 18
76679 5-6pm Thu Oct 16
76680 5-6pm Thu Nov 20



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

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

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

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

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

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

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

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

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

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

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

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

ADAPTIVE RECREATION REGISTRATION FORM

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

Participant Name: _____

Bill DDD

Caseworker Name for DDD _____

Kent / Seattle (Circle One)

ADULT Adaptive Programs at Highland Center & NW Arts Center

New Address

PLEASE FILL OUT AND SIGN PARTICIPANT INFORMATION ON PAGE 8.



| | Course # | Title | Rates - Res/Non-Res | Days | Time | Dates |
|--------------------------|----------|----------------------------------|---------------------|----------|---------------|-------------|
| <input type="checkbox"/> | 76593 | Adult Adventure Ed | R \$222 N \$277 | Wed | 9:30a-3:00p | 9/24-11/26 |
| <input type="checkbox"/> | 76698 | Adult Bowling | R \$45 N \$56 | Sat | 9:30a-11:30a | 9/20-11/22 |
| <input type="checkbox"/> | 76712 | Cheerleading | R \$66 N \$83 | Wed | 5:30p-6:30p | 9/24-11/26 |
| <input type="checkbox"/> | 76598 | Adult Crafts | R \$42 N \$53 | Fri | 1:00p-2:30p | 9/26-11/21 |
| <input type="checkbox"/> | 76728 | Ball Room Dance | R \$42 N \$53 | Tue | 7:00pm-8:30p | 9/23-11/25 |
| <input type="checkbox"/> | 76752 | Friday Night Out | R \$17 N \$21 | Fri | 5:30p-9:30p | 9/26 |
| <input type="checkbox"/> | 76753 | Friday Night Out | R \$17 N \$21 | Fri | 5:30p-9:30p | 10/17 |
| <input type="checkbox"/> | 76754 | Friday Night Out | R \$17 N \$21 | Fri | 5:30p-9:30p | 11/14 |
| <input type="checkbox"/> | 76767 | Full Fitness Fun | R \$78 N \$98 | Tu/Th | 5:00p-7:00p | 9/23-11/25 |
| <input type="checkbox"/> | 86648 | Artistic Inspirations | R \$45 N \$55 | Mon | 5:00p-7:00p | 9/22-11/24 |
| <input type="checkbox"/> | 76823 | Movie Time | R \$42 N \$53 | Wed | 5:00p-7:00p | 9/24-11/26 |
| <input type="checkbox"/> | 76883 | Social Club | R \$42 N \$53 | Mon | 7:00p-8:30p | 9/22-11/24 |
| <input type="checkbox"/> | 76884 | Social Club | R \$42 N \$53 | Wed | 7:00p-8:30p | 9/24-11/26 |
| <input type="checkbox"/> | 76799 | Highland Hangout | R \$40 N \$50 | M/T/W/TH | 3:00p-5:00p | 9/22-11/26 |
| <input type="checkbox"/> | 76679 | Kiwanis Dinner | FREE | Thurs | 5:00p-6:00p | 10/16 |
| <input type="checkbox"/> | 76680 | Kiwanis Dinner | FREE | Thurs | 5:00p-6:00p | 11/20 |
| <input type="checkbox"/> | 86751 | **NEW** Multi-Sport | R \$62 N \$77 | Tu/Th | 7:00p-8:30p | 9/23-11/25 |
| <input type="checkbox"/> | 76687 | Bingo | R \$42 N \$53 | Thurs | 7:00p-8:30p | 9/25-11/20 |
| <input type="checkbox"/> | 76731 | Halloween Howl | R \$9 N \$11 | Fri | 7:00P-9:30P | 10/24 |
| <input type="checkbox"/> | 85147 | **NEW DAY** Walking Class | R \$42 N \$53 | Thurs | 7:00p-8:30p | 9/25-11/20 |
| <input type="checkbox"/> | 76733 | Holiday Ball | R \$9 N \$11 | Fri | 7:00p-9:30p | 12/5 |
| <input type="checkbox"/> | 76717 | Cooking with Ease | R \$74 N \$92 | Thurs | 5:00p-7:00p | 9/25-11/20 |
| <input type="checkbox"/> | 76874 | Seafair Holiday Cruise | FREE | Sun | 2:00p-5:00p | 12/7 |
| <input type="checkbox"/> | 86490 | Kitchen Kapers | R \$108 N \$118 | Fri | 12:00p-1:30p | 9/19-11/7 |
| <input type="checkbox"/> | 86502 | Holiday Kitchen Kapers | R \$52 N \$62 | Fri | 12:00p-1:30p | 11/14-12-19 |
| <input type="checkbox"/> | 86420 | Glass Fusion | R \$205 N \$240 | Thurs | 10:00a-11:30a | 9/4-10/23 |
| <input type="checkbox"/> | 86421 | Glass Fusion | R \$110 N \$132 | Thurs | 10:00a-11:30a | 10/30-11/20 |
| <input type="checkbox"/> | 86418 | Stoneware Creations | R \$205 N \$240 | Thurs | 1:00p-3:00p | 9/4-10/23 |
| <input type="checkbox"/> | 86419 | Stoneware Creations | R \$110 N \$132 | Thurs | 1:00p-3:00p | 10/30-11/20 |

YOUTH Adaptive Programs at Highland Center

| | | | | | | |
|--------------------------|-------|---------------------|---------------|------|-------------|------------|
| <input type="checkbox"/> | 75706 | Fun movies or games | R \$75 N \$94 | Mon | 2:30p-5:00p | 9/22-11/24 |
| <input type="checkbox"/> | 76628 | DVD movies & games | R \$75 N \$94 | Tues | 2:30p-5:00p | 9/23-11/25 |
| <input type="checkbox"/> | 76629 | Games & movies | R \$75 N \$94 | Thur | 2:30p-5:00p | 9/24-11/20 |

ADULT Adaptive Programs at Highland Center

| | | | | | | |
|--------------------------|-------|-----------|-----------------|-------|---------------|------------|
| <input type="checkbox"/> | 76837 | Exercise | R \$110 N \$139 | M/W/F | 9:15a-10:15a | 9/22-12/12 |
| <input type="checkbox"/> | 76838 | Exercise | R \$110 N \$139 | M/W/F | 10:30a-11:30a | 9/22-12/12 |
| <input type="checkbox"/> | 76839 | Exercise | R \$110 N \$139 | M/W | 11:45a-1:45p | 9/22-12/10 |
| <input type="checkbox"/> | 76861 | PD Brunch | FREE | Wed | 10:30a-12:30a | 12/10 |

Physical Disabilities



BELLEVUE BOTANICAL GARDEN EVENTS: SEPTEMBER THROUGH DECEMBER, 2014

September 17 – October 8: Natural Yard Care Classes, Wednesday evenings, 7 – 9 pm. Every fall, Bellevue offers free natural yard care workshops. At each class, local experts share practical tips and how-to's for home gardeners who want to go natural. Beginning this year the classes will be held at the new Bellevue Botanical Garden Education Center, 12001 Main Street, Bellevue. To learn more about the workshops, email Patricia Burgess or call 425-452-4127.

September 18 – For Best Results, Plan Your Spring Vegetable Garden Now! 6:30 - 8:30 pm, at Bellevue Botanical Garden. This class, taught with Seattle Tilth, will teach you everything you need to know to plan your vegetable garden for next spring, from soil preparation and the best locations for edibles, to the types of vegetables that thrive in our climate and when to plant what. All ages. For information and to register, visit www.bellevuebotanical.org/classes.html.

September 25 – Ferns for All Seasons, 10am-12pm at Bellevue Botanical Garden. If you are not a fan of ferns, Sue Olsen's class will convert you! Sue has been studying, photographing, and writing about ferns for more than 40 years. Her nursery, Foliage Gardens, has introduced numerous ferns to horticulture. She is a founding member of the Hardy Fern Foundation and author of Encyclopedia of Garden Ferns. After her presentation, she will lead a tour of the Garden's Rhododendron Glen. All ages. For information and to register, visit www.bellevuebotanical.org/classes.html.

October 4 – Edible Perennials. This 2-part series, taught by Jessi Bloom, will take place at the Bellevue Botanical Garden (Oct 4, 10 am - noon) and at the 21 Acres Kitchen in Woodinville (Oct 11, 10 am – 1 pm). Jessi is the owner of N.W. Bloom, which has won numerous awards from NW professional gardening organizations. The class on October 4 will illustrate which perennials are edible and how to grow them, and the class on October 11 will demonstrate how to cook them in featured recipes. Lunch included! For information and to register, visit www.bellevuebotanical.org/classes.html.

October 22 – Lecture: Collecting Seeds and Plants in the Mountains of Northern Vietnam, 7 pm, Bellevue Botanical Garden. Bledwyn & Sue Wynn-Jones of Crug Farms Nursery in Wales. All ages. Cost is \$5 for Bellevue Botanical Garden Society (BBGS) members and \$15 for non-members, no-pre-registration; pay at the door. For more information, please visit www.bellevuebotanical.org.

October 25 – How to Create a Self-Maintained Garden Based on Natural Ecosystems, 10am-1pm, Bellevue Botanical Garden. This class is taught with Seattle Tilth. Permaculture, an increasingly popular gardening style, reduces ongoing garden maintenance by mimicking natural environmental zones to increase the abundance and resilience of plants. An expert from Seattle Tilth will provide practical information to help you plan an herbal spiral for your garden. For information and to register, visit www.bellevuebotanical.org/classes.html.

November 29 to January 3 – Garden d'Lights, 4:30 – 9:30pm, every evening at the Bellevue Botanical Garden. This annual holiday season tradition features thousands of tiny twinkling lights that transform Bellevue Botanical Garden into a winter wonderland. Be sure to join us this year and bring your family, friends, and out-of-town guests to see the new Visitor Center and new Garden d'Lights route. Cost is \$5.00; children 10 and under are free. For driving, parking and ticket information please check the website at www.bellevuebotanical.org.



Human Services

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

to find social services
such as...

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

Language interpretation available



Also: 206.461.3200
Toll Free 800.621.4636
www.crisisclinic.org

CITY OF BELLEVUE HOME REPAIR PROGRAM

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

ROOF REPAIRS

FAULTY PLUMBING

WIRING

EARTHQUAKE RETROFITTING



BELLEVUE'S HUMAN SERVICES PROGRAM

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

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

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

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

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

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

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

HUMAN SERVICES COMMISSION

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

Carla Villar



BELLEVUE
GOLF COURSE

Reserve tee times online
www.bellevuepgc.com

5500 140th Ave NE
425-452-7250



Download our
FREE mobile app today!

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



Search for
BELLEVUE GOLF

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

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



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.



The new Bellevue Youth Theatre, located next to Crossroads Community Center, is nearing completion. Watch the Bellevue Parks & Community Services e-newsletter for an official grand opening date.

Top: Workers guide the roof's center ring into position. The circular layout of the facility has resulted in a number of innovative construction practices being used to build the facility.

Right: No, a UFO didn't land in Crossroads Park. An aerial view of the Bellevue Youth Theatre in mid-June shows the building's unique roof structure. The roof will eventually be covered with grass, and the large tower structures will allow natural light into the underground space.



Theatre Transforms Lives.

Right: The new Bellevue Youth Theatre auditorium takes shape. Future productions in this facility will take advantage of state-of-the-art technology, including new theatrical light and sound controls, video, and production facilities.

Bottom: A view of the front door of Bellevue Youth Theatre. Soon, audiences will enter these doors!

A photograph of a young girl wearing a blue helmet and an orange zip-line shirt, smiling as she zip-lines through a forest. She is wearing a safety harness and has her arms raised in excitement.

 **Bellevue Parks & Community Services**

 **Northwest TeamBuilding**

Feel Wild in the City

BELLEVUE ZIP TOUR

425-452-4240

www.bellevueziptour.com

Skate Parks

BELLEVUE INDOOR SKATEPARK

14224 Bel Red Road, 98007
Bellevue's first skate park was created in 1994 as part of a Youth Link project. It is renovated annually by skateboarders. Over 100,000 skateboarders have joined since the park opened. This newly-remodeled indoor facility features three and four-foot mini ramps, a launch box, vert wall, 28 feet of pool coping as well as a variety of quarter-pipes, banks, rails, ledges, hubbas, table-tops and a small indoor climbing wall. Call 425-452-2722 for current hours, fees, events and rentals or visit www.bellevuewa.gov/bellevue_skate_park.htm

BELLEVUE SKATE PARK RENTALS

The Bellevue Skate Park is a great place for a birthday party or a secret session. From private hourly park rentals to all inclusive birthday packages, we will make your party a hit. Call 425-452-2722 or email SK8@bellevuewa.gov for more information.

BELLEVUE SKATE PARK LESSONS

If you are just starting out, and you want to learn how to skateboard these lessons are for you. Let us show you how to ride ramps, drop-in, ollie and have fun skating. Our experienced instructors will guide you step by step how to safely get up and begin skateboarding. You may be surprised how fast you learn from your one-on-one skate coach. Call or stop by for scheduling, information or to meet our instructors. Lessons increase self-esteem and confidence in and outside of the park. ALL AGES.
COST: \$40 per hour; \$25 per 1/2 hour



Outdoor Skate Facilities

HIGHLAND OUTDOOR SKATE PLAZA

Newly Remodeled for 2014!

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

LAKEMONT SKATE COURT

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

CROSSROADS SKATE PARK

Crossroads Community Center,
16000 NE 10th Street, 98008
This state-of-the-art bowl was built by world renowned Grindline Skate Parks. Empty swimming pools paved the way for one of the earliest genres of skateboarding in the '70's. This skate park was built to emulate a similar feel, but with modern additions. The massive bowl's depths range from 4' to 9.5' and features an over-vertical 'clamshell,' multiple hips, escalators, tombstone and various coping made of steel and concrete.

Bellevue Indoor Skate Park

FALL
Park Hours

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

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

Open Session 1:30-8pm

Wednesday:
1-8pm

Park Fees

Lessons: \$40/hr, \$25/ ½ hr

Session: \$4(R) \$5(N)

ID Card*: \$8(R) \$10(N)

10 session pass: \$35(R) \$45(NR)

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

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



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

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

Current Youth Link Projects

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

Bellevue Youth Council
Outspoken Teen Paper
Youth Link Web Team
Kids Care Coat Drive
Teen Closet

T.R.A.C.K.S. Action Team
Community Leadership Awards
Eastside Youth Council Summit
Youth Court Action Team
Youth Involvement Conference



If you are a young person of middle or high school age or an adult who might be able to help make a youth priority a reality, call 425-452-5254.



ROCK OUT & CLIMB UP!

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

ROCK CLIMBING CLASS

This class is for the beginning or intermediate climber who would like to learn all of the basics of rock climbing. You will learn how to correctly wear a harness, tie knots, handle the rope, use a belay device and communicate effectively. At the completion of this class adults can take a belay check test to earn a belay card. Pre-registration is required. Min 1/Max 4

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

| | | | |
|-------|-------|-----|--------|
| 83473 | 6-7pm | Tue | Sep 09 |
| 83475 | 6-7pm | Tue | Sep 16 |
| 83474 | 6-7pm | Tue | Sep 23 |
| 83476 | 6-7pm | Tue | Sep 30 |
| 83477 | 6-7pm | Tue | Oct 07 |
| 83478 | 6-7pm | Tue | Oct 14 |
| 83479 | 6-7pm | Tue | Oct 21 |
| 83480 | 6-7pm | Tue | Oct 28 |
| 83481 | 6-7pm | Tue | Nov 04 |
| 83482 | 6-7pm | Tue | Nov 18 |
| 83483 | 6-7pm | Tue | Nov 25 |
| 83484 | 6-7pm | Tue | Dec 02 |
| 83485 | 6-7pm | Tue | Dec 09 |
| 83486 | 6-7pm | Tue | Dec 16 |

ROCK CLIMBING CLASS FOR PARENT/CHILD

This course covers the same material as Rock Climbing 101, but is ideal for parents to do with their children to take their relationship to new heights. Go Climbing! Price is for one child and one adult. Min 1/Max 4

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

| | | | |
|-------|--------|-----|--------|
| 86731 | 6-7pm | Thu | Sep 11 |
| 86717 | 9-10am | Sat | Sep 13 |
| 86732 | 6-7pm | Thu | Sep 18 |
| 86718 | 9-10am | Sat | Sep 20 |
| 86733 | 6-7pm | Thu | Sep 25 |
| 86719 | 9-10am | Sat | Sep 27 |
| 86734 | 6-7pm | Thu | Oct 02 |
| 86720 | 9-10am | Sat | Oct 04 |
| 86735 | 6-7pm | Thu | Oct 09 |
| 86721 | 9-10am | Sat | Oct 11 |
| 86736 | 6-7pm | Thu | Oct 16 |
| 86722 | 9-10am | Sat | Oct 18 |
| 86737 | 6-7pm | Thu | Oct 23 |
| 86723 | 9-10am | Sat | Oct 25 |
| 86738 | 6-7pm | Thu | Oct 30 |
| 86724 | 9-10am | Sat | Nov 01 |
| 86739 | 6-7pm | Thu | Nov 06 |
| 86725 | 9-10am | Sat | Nov 08 |
| 86740 | 6-7pm | Thu | Nov 13 |
| 86726 | 9-10am | Sat | Nov 15 |
| 86741 | 6-7pm | Thu | Nov 20 |
| 86727 | 9-10am | Sat | Nov 22 |
| 86742 | 6-7pm | Thu | Dec 04 |
| 86728 | 9-10am | Sat | Dec 06 |
| 86743 | 6-7pm | Thu | Dec 11 |
| 86729 | 9-10am | Sat | Dec 13 |
| 86744 | 6-7pm | Thu | Dec 18 |
| 86730 | 9-10am | Sat | Dec 20 |

The Crag is a 33 foot tall indoor climbing wall sculpted to look and feel like Index Granite. The wall offers three, top rope climbing routes with varying degrees of difficulty and a bouldering* wall for your enjoyment. Classes, programs, camps, and supervised climbing sessions for all ages and skill levels as well as birthday parties and private rentals are supervised by Mini-Mountain staff. Minimum age is 4 years to climb; 18 years for a Belay Card. All climbers must have a signed waiver on file.

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

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

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

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

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

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

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

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

Call South Bellevue Community Center for updated schedule. No belayed climbing: Oct. 25, Nov. 11, Dec. 24 & 31. Climbing wall closed Nov. 27 & Dec. 25.

| The Crag at South Bellevue Community Center - Climbing Schedule | | | | | | |
|---|---|--|---|--|--|---|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Open Climb 9am-4pm | Open Climb 9am-3:30pm | Open Climb 9am-4pm (9am-12:30pm on December 24 & 31) | Open Climb 9am-3:30pm | Open Climb 9am-7:30pm | Parent/Child Rock Climbing Class 9-10am | AVAILABLE TO RENT 10:30am-4:30pm |
| Belayed Climbing Session 6-8:30pm | Belayed Climbing Session 3:30-5:30pm | Belayed Climbing Sessions | Belayed Climbing Session 3:30-5:30pm | (9am-4pm on November 28 & December 26) | Belayed Climbing Session 1 10am-1pm | Adult Open Climb 10:30am-4:30pm (If no rental scheduled; call first.) |
| | Rock Climbing Class 6-7pm | Session 1: 3-5:30pm | Parent/Child Rock Climbing Class 6-7pm | | Session 2 1:30-4:30pm | |
| | Open Climb 7-8:30pm | Session 2: 6-8:30pm | Open Climb Session 7-8:30pm | | | |

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



Plan your holiday party in a Bellevue park or facility today!

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

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**