

CONNECTIONS

September through
December 2016



**Bellevue Parks &
Community Services**
425-452-6885
<http://parksreg.bellevuewa.gov>

Registration Steps & Form7-8

Adaptive Recreation
Registration Form.....56

Scholarship Application9

Adaptive Recreation.....52-55

Afterschool & Camps.....13

Aquatics.....10-13

Crafts & Visual Arts.....14-15

Health, Wellness, & Fitness.....15-22

Kelsey Creek Farm32-33

Martial Arts.....22-23

Outdoor & Natural

Resource Programs.....24-31

Performing Arts.....35-36

Preschool.....37-38

Resources for Older Adults.....50-52

Special Events6

Special Interest &
Extended Learning38-41

Sports.....42-46

Tennis.....46-49

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 NE425-452-4444

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

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

BELLEVUE YOUTH THEATRE, 16051 NE 10th St.....425-452-7155

COMMUNITY GARDENS, SE 16th ST near 156th Ave SE425-452-7225

CROSSROADS COMMUNITY CENTER, 16000 NE 10th ST425-452-4874

CROSSROADS GOLF COURSE, 15801 NE 15th ST425-452-4873

HIGHLAND COMMUNITY CENTER AND PARK, 14224 NE Bel-Red RD
Adaptive recreation for people with disabilities and general programs425-452-7686

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

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

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

MERCER SLOUGH ENVIRONMENTAL EDUCATION CENTER, 1625 118th Ave SE425-452-2565

Pacific Science Center425-450-0207

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 & Rental Information.....425-452-4106

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

PARKS ADMINISTRATION, Bellevue City Hall, 450 - 110th Ave NE425-452-6885

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

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

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

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

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

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

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

BELLEVUE PARKS & COMMUNITY SERVICES
CONNECTIONS



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

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

Parks & Community Services Board
Stuart Heath, Chair
Debra Kumar, Vice Chair
Yu Deng Sherry Grindeland
Jared Nieuwenhuis Eric Synn
Mark Van Hollebeke

FOOD & REFRESHMENTS

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

CITY OF BELLEVUE TAX ID NUMBER: 91-6007020

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



On the Cover: Wilburton Hill Park Playground Fun. Photo by Colin Walker.
Editor: Colin Walker. Questions or comments about Connections? Email cwalker@bellevuewa.gov.



SBCC
Indoor Play with
a performance by
**CASPAR
BABYPANTS**

September 30 | 10:30am-12:30pm

Performance starts at 10:30am

Cost: \$4 (R) & \$5 (NR)

Caspar Babypants will perform a 45 min show for the children and their parents. Afterwards, the families are encouraged to stick around and participate in our Indoor Play.

South Bellevue Community Center | 14509 SE Newport Way | Bellevue, WA 98006



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

INCLEMENT WEATHER POLICY

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

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

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

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

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

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

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





UPCOMING PRODUCTIONS

Merry Fairy Tales

Performs at BYT - Crossroads

Last day for advance ticket purchase: October 23

An irreverent look at the classic fairy tales told in this original fun script. Classic characters from different fairy tales find themselves mixed up in this delightful story. It brings fun and happiness to the whole family.

Friday, October 28 at 7 pm

Saturday, October 29 at **★7pm**

Sunday, October 30 at 2 pm

Friday, November 4 at 7 pm

Saturday, November 5 at **★2pm** and 7 pm

Sunday, November 6 at 2 pm

Bye Bye Birdie

Performs at BYT - Crossroads

Last day for advance ticket purchase: November 6

Take a nostalgic romp back to 1960 with BYT's production of "Bye Bye Birdie". The plot revolves around the rock and roll idol Conrad Birdie (think Elvis Presley) and the complications that arise when his agents stage a publicity stunt on the Ed Sullivan Show. Conrad will kiss one lucky girl before being drafted into the Army. Fun for the whole family!

Friday, November 11 at 7 pm

Saturday, November 12 at **★7pm**

Sunday, November 13 at 2 pm

Friday, November 18 at 7 pm

Saturday, November 19 at **★2pm** & 7 pm

Sunday, November 20 at 2 pm

How the Penguins Saved Santa Claus

Performs at BYT - Crossroads

Last day for advance ticket purchase: November 20

Come and share the magic and laughter of the holiday season as a group of misfit penguins race against the clock to save Santa. The whole family will enjoy this offbeat tale of Santa who needs some big help from some little friends. Fun for everyone and appropriate for all ages.

Friday, November 25 at 7 pm

Saturday, November 26 at **★7pm**

Sunday, November 27 at 2 pm

Friday, December 2 at 7 pm

Saturday, December 3 at **★2pm** & 7 pm

Sunday, December 4 at 2 pm

A Christmas Carol

Performs at BYT-Crossroads

Last day for advance ticket purchase: November 27

Come join the 25th anniversary celebration. A traditional retelling of A Christmas Carol by Charles Dickens, BYT style. We follow Ebenezer Scrooge as he is unwillingly taken through his past, present, and potential future. An ultimately uplifting tale with music and dance that will leave you ready for the holiday season.

Friday, December 9 at 7 pm

Saturday, December 10 at **★7pm**

Sunday, December 11 at 2 pm

Friday, December 16 at 7 pm

Saturday, December 17 at **★2pm** & 7 pm

Sunday, December 18 at 2 pm

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

Call for special bulk purchase discounts.

www.bellevuewa.gov/byt.htm

Ticket prices:

\$12 per ticket for tickets purchased in advance.

\$15 per ticket for tickets purchased after tech week begins.

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

Special: \$8 shows marked with a ★.



425-452-7155

Theatre Transforms Lives

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

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

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

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

BELLEVUE YOUTH THEATRE ACADEMY

Bellevue Youth Theatre is proud to offer youth theatre classes for developing your child's self-esteem and confidence through theatre instruction. At the end of the six weeks there will be a small performance in the BYT tradition. No experience needed.

Min 5/Max 10

Ivanhoe Park Site

Preschool Academy

Preschool Academy is open to families interested in getting their preschoolers moving in a theatrical and musical way both in a group and individually.

\$48(R)	\$56(N)		Age: 3Y - 5Y
107367	9-9:30am	Sat	Sep 17-Oct 22

Elementary Academy

Elementary Academy is open to kids aged 6-10. An open environment that gets your child moving and thinking in a theatrical and musical way.

\$48(R)	\$56(N)		Age: 6Y - 10Y
107368	10-10:45am	Sat	Sep 17-Oct 22
107369	11-11:45am	Sat	Sep 17-Oct 22



Special Events

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 rides, pick-a-pumpkin already picked from the vine but in a farm pasture, 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 = Kelsey Creek Community Park

FREE All Ages
11am-4pm Sat Oct 01

Special Event Volunteers

We are seeking energetic, fun teens to assist with children's activities at special events. Volunteers must be able to follow directions, be comfortable in crowds and be on your feet in all types of weather. This is a great way to earn your community service hours. Dress to work outside with the public. Must register by Sept. 24th, 2016. Volunteers must be at least 14 years old & must be enrolled in high school at date of event. Questions about Kelsey Creek event, e-mail kelseycreekfarm@bellevuewa.gov, or call 425-452-7688. Questions about NWAC event, email nwac@bellevuewa.gov or call 425-452-4106. No day of event registrations will be accepted. All volunteers will be required to complete a Criminal Background check and provide their Social Security number.

Kelsey Creek Community Park - Farm Fair

FREE Age: 14Y - 18Y
103363 10am-5pm Sat Oct 01

Northwest Arts Center - Great Pumpkin Hunt

FREE Age: 14Y - 25Y
108225 4-9:30pm Sat Oct 29

THE GREAT NORTHWEST GLASS PUMPKIN PATCH

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, come join us at the Northwest Arts Center, 9825 NE 24th ST. Sponsored by the Tacoma Glassblowing Studio & Bellevue Parks & Community Services. Information: NWAC@bellevuewa.gov or call 425-452-4106.

9am-3pm Sat Oct 08

GREAT PUMPKIN HUNT!

Gather your friends and family and head down to the Northwest Arts Center for an evening of holiday fun! Kid carnival games, Halloween crafts, music, and the Great Pumpkin Hunt makes this an event you will not want to miss. Pumpkin hunt is offered to children 2-12 years old with hunts staged by age groups. Ages 8-12 years will hunt pumpkins by flashlight. Children can visit prize central and turn-in tickets collected in found pumpkins for exciting prizes and treats. Costumes are encouraged with prizes offered for best costume. Food available for purchase from food vendors. Admission cost per child is \$10.00 (parents and grandparents are free.) Admission gains access to all carnival games, crafts, entertainment, and the Pumpkin Hunt. PRE-REGISTRATION RECOMMENDED, LIMITED NUMBER OF TICKETS SOLD. Northwest Arts Center is located just off Bellevue Way on NE 24th street. For more information call 425-452-4106. Min 30/Max 150

Northwest Arts Center

\$15 Age: 2Y - 12Y
108239 6:30-8:30pm Sat Oct 29

HILLTOP HOLIDAY CRAFT FAIR

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 50 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!

Northwest Arts Center

FREE All Ages
107259 6-5pm Daily Nov 27-Dec 03

SPOOKFEST

Sponsored by Bellevue Nissan

Join South Bellevue Community Center as we celebrate Halloween with SpookFest. Experience the fun with our carnival in the gym on Saturday, October 22, 2016 from 11am-4pm. No registration necessary. Tickets may be purchased at the front desk for the Climbing Wall and games. Don't miss The Great SBCC Pumpkin Race, Pumpkin Jump Contest, Decorated Pumpkin contest, and SpookFest Dessert Theatre that same day. Details and registration information below.

SPOOKFEST ZIP SCARE

Scary, creepy, crazy 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. Tours will be on Fridays and Saturdays. Registration required.

Location: S. Bellevue Community Center
Dates: 10/14 & 15, 10/21 & 22, and 10/28 & 29.

Start times: 6pm, 6:15pm, 6:30pm, 6:45pm, 7pm, 7:15pm, 7:30pm, and 7:45pm.

Price: Adult \$42/Youth \$27
Max in a tour is 6 people.

SPOOKFEST DESSERT THEATRE

Celebrate Halloween this year at our annual SpookFest Dessert Theatre. This year you will be captured by the story of 'Alice in Zombieland'. You thought you knew the story, but we are here to share what really happened. Come enjoy some wonderful dessert and a great show. Tables of eight may be reserved for \$70. Min 15/Max 48

South Bellevue Community Center

\$10 Age: 7Y and up
107453 7-8:30pm Sat Oct 22

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

Visit www.bellevuewa.gov/COBCalendar

or http://www.bellevuewa.gov/recreation_events_intro.htm

for more information.



Advance Registration Preference for Bellevue Residents • Registration Begins August 3, 2016

MAIL-IN/FAX/WALK-IN REGISTRATION

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

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

*Non-resident registrations are not accepted prior to the first day of non-resident registration.
Registrations received from non-Bellevue residents will be accepted, beginning August 12, 2016*

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

PHONE-IN
Telephone
Registration
begins
August 22.
425-452-6885

Registration Policies

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Adaptive Recreation Programs - 425-452-7686

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

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

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

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

RESIDENT DEFINITION:

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

EQUAL OPPORTUNITY STATEMENT:

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

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



Advance Registration Preference for Bellevue Residents • Registration Begins August 3, 2016

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

See *Registration Steps* Page 7.

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

Make checks payable to **City of Bellevue**

Please Print

Adult Last Name _____ First _____ Date of Birth _____

Street Address _____ City _____ State _____ ZIP _____

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

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

() _____ () _____

Work Phone _____ Home Phone _____

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

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

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

Request for Accommodations: _____

*For scholarship information, call 425-452-6885, or see page 9.

Scholarship applications must be approved prior to registration.

Payment Details Payment due in full at time of registration

Payment Method

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

Credit Card Total Fee: \$ _____

Card Number _____

Expiration Date _____



Non-resident registrations are not accepted prior to the first day of non-resident registration. Registrations received from non-Bellevue residents will be accepted beginning August 12, 2016.

Mail completed form to:

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

September-December 2016



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	15,444	20,826	26,208	31,590	36,972	42,354	47,749	53,157
3/4 Scholarship	18,711	25,232	31,752	38,273	44,793	51,314	57,850	64,402
1/2 Scholarship	21,978	29,637	37,296	44,955	52,614	60,273	67,951	75,647

Example: If your family size is two and your income is \$20,826 or less you are eligible for a full scholarship.

Source: 2016-2017 USDA Food & Nutrition Services Child Nutrition Programs - Income Eligibility Guidelines. | Updated August 2016

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 _____ <input type="checkbox"/> Approved <input type="checkbox"/> Denied <input type="checkbox"/> Exception Circle One: 50% 75% 100% Staff: _____	Approved By (Print): _____ Initial: _____ Comments: _____ _____ _____
--	--

Bellevue Aquatic Center

601 - 143rd Avenue NE

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

Special Events November 23

Fit for the Feast Masters Workout
9 to 11am

November 24
Youth Appreciation Day
12:30 to 2:30pm

SWIM RATES

Drop-In Fees

Adult:\$7
Youth (12 yrs. and younger):\$6
Deep Water Exercise Class:\$8
Master Swim Class:\$8
Discounted Swim \$5.25
<i>Mon-Sat before 10am, Wed 7-8pm when available</i>	
Shower only:\$2
<i>Blue Lagoon locker rooms</i>	

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

Swim Pass Cards

12 visits for the price of 10, no expiration date

Adult:\$71.05
Youth:\$60.72
Deep Water Exercise:\$81.60
Masters Swim:\$81.60
Discounted Swim:\$52.56

3 Month Swim Pass Cards

For Lap, Open, and Rehab Swims

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

PARTIES AT THE POOL

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

1 - 25 guests:\$225 per hour
26-50 guests:\$271.50 per hour
51-75 guests:\$301 per hour
76-100 guests:\$357.50 per hour
100-125 guests:\$447 per hour

Party Room Rentals

Available during pool rentals or open swims. \$77 per hour. Accommodates groups of under 20. This room is **not** wheelchair accessible.

EXERCISE CLASSES & TRAINING

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

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

OTHER ACTIVITIES AVAILABLE AT THE BELLEVUE AQUATIC CENTER

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

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

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

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

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

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

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

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

LEARN TO SWIM PROGRAMS

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

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

Please remember when registering your child:

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



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

PRIVATE/SEMI-PRIVATE SWIM LESSONS

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

PARENT/TOT LEVEL CLASSES

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

PRESCHOOL LEVEL CLASSES

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

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

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

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

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

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

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

YOUTH LEVEL CLASSES

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

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

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

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

YOUTH 4: Refining the strokes and introduction to sidestroke.

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

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

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

ADULT LEVEL CLASSES

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

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

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

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

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

ADULT INTRODUCTION SWIM LESSONS

107795	10:10-11:10am	Sat	Sep 24-Oct 29	\$150
107796	10:10-11:10am	Sat	Nov 05-Dec 17	\$150

ADULT INTERMEDIATE SWIM LESSONS

107791	6:20-6:50pm	Tue, Thu	Sep 20-Oct 13	\$100
107793	6:20-6:50pm	Sun	Sep 25-Oct 30	\$75
107792	6:20-6:50pm	Tue, Thu	Oct 18-Nov 10	\$100
107794	6:20-6:50pm	Tue, Thu	Nov 15-Dec 22	\$100

ADULT ADVANCED SWIM LESSONS

107797	11:20-11:50am	Sun	Nov 06-Dec 18	\$75
--------	---------------	-----	---------------	------

PARENT/TOT 2 SWIM LESSONS

107652	5:45-6:15pm	Tue, Thu	Sep 20-Oct 13	\$92
107656	11:20-11:50am	Sat	Sep 24-Oct 29	\$69
107654	5:45-6:15pm	Tue, Thu	Oct 18-Nov 10	\$92
107662	11:20-11:50am	Sat	Nov 05-Dec 17	\$69
107667	5:45-6:15pm	Tue, Thu	Nov 15-Dec 15	\$69

PARENT/TOT SWIM LESSONS

107635	11-11:30am	Mon, Wed	Sep 19-Oct 12	\$92
107644	5:45-6:15pm	Mon, Wed	Sep 19-Oct 12	\$92
107650	11:20-11:50am	Sun	Sep 25-Oct 30	\$92
107636	11-11:30am	Mon, Wed	Oct 17-Nov 09	\$92
107646	5:45-6:15pm	Mon, Wed	Oct 17-Nov 09	\$92
107641	11:20-11:50am	Sun	Nov 06-Dec 18	\$92
107637	11-11:30am	Mon, Wed	Nov 14-Dec 14	\$92
107639	5:45-6:15pm	Mon, Wed	Nov 14-Dec 14	\$92

PRESCHOOL 1 SWIM LESSONS

107588	10-10:30am	Mon, Wed	Sep 19-Oct 12	\$104
107591	6:20-6:50pm	Mon, Wed	Sep 19-Oct 12	\$104
107594	5:45-6:15pm	Tue, Thu	Sep 20-Oct 13	\$104
107597	10:45-11:15am	Sat	Sep 24-Oct 29	\$75
107598	9-9:30am	Sun	Sep 25-Oct 30	\$75
107589	10-10:30am	Mon, Wed	Oct 17-Nov 09	\$104
107592	6:20-6:50pm	Mon, Wed	Oct 17-Nov 09	\$104
107595	6:20-6:50pm	Tue, Thu	Oct 18-Nov 10	\$104
107599	11:55am-12:25pm	Sat	Nov 05-Dec 17	\$75
107600	9-9:30am	Sun	Nov 06-Dec 18	\$75
107590	10-10:30am	Mon, Wed	Nov 14-Dec 14	\$104
107593	6:20-6:50pm	Mon, Wed	Nov 14-Dec 14	\$104
107596	6:20-6:50pm	Tue, Thu	Nov 15-Dec 15	\$104

PRESCHOOL 2 SWIM LESSONS

107601	10:30-11am	Mon, Wed	Sep 19-Oct 12	\$104
107610	5:45-6:15pm	Mon, Wed	Sep 19-Oct 12	\$104
107613	6:20-6:50pm	Tue, Thu	Sep 20-Oct 13	\$104
107615	11:20-11:50am	Sat	Sep 24-Oct 29	\$104
107616	10:10-10:40am	Sun	Sep 25-Oct 30	\$104
107602	10:30-11am	Mon, Wed	Oct 17-Nov 09	\$104
107612	5:45-6:15pm	Mon, Wed	Oct 17-Nov 09	\$104
107614	5:45-6:15pm	Tue, Thu	Oct 18-Nov 10	\$104
107605	11:20-11:50am	Sat	Nov 05-Dec 17	\$75
107606	10:10-10:40am	Sun	Nov 06-Dec 18	\$75
107603	10:30-11am	Mon, Wed	Nov 14-Dec 14	\$104
107604	5:45-6:15pm	Tue, Thu	Nov 15-Dec 15	\$104

Bellevue Aquatic Center Registration Dates:

Programs listed in PLAIN TYPEFACE:

Resident: August 3

Non-Resident: August 12

Programs listed in UNDERLINE:

Resident: September 6

Non-Resident: September 15

Programs listed in BOLD:

Resident: October 3

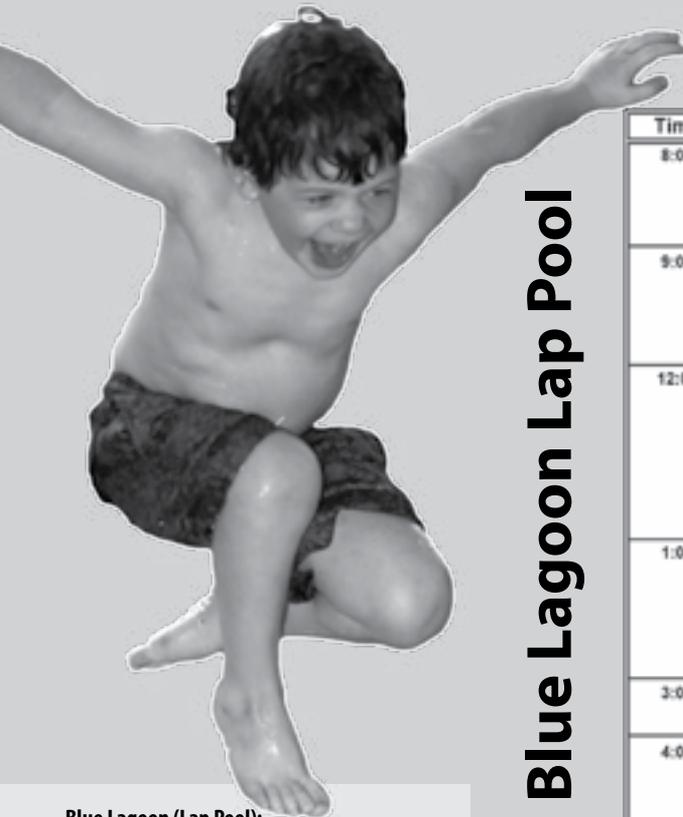
Non-Resident: October 12

BELLEVUE AQUATIC CENTER

Pool Schedule • Valid September 6 through December 31, 2016

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

Special Hours of Operation: November 23 - Fit for the Feast Masters Workout, 9-11am - otherwise closed; November 24 - Open 12:30-2:30pm for Youth Appreciation Day; December 24 & 31 - Open 8am-2:30pm; Closed December 25 & January 1.



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	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	
3:00	HIGH SCHOOL SWIM TEAM					Pool Rentals 2:30-4:30	
4:00	Lessons Swim Teams	Lessons Swim Teams Aquarobics 6-7 pm	Lessons Swim Teams	Lessons Swim Teams Aquarobics 6-7 pm	Swim Teams		
7:00	Open & Lap Swim	Lap Swim Swim Teams Scuba 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

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				
2:30	Adult & Therapy	Open & Therapy	Adult & Therapy	Open & Therapy	Adult & Therapy		
4:00	Lessons				Open & Therapy		
7:00	Open & Therapy					Lessons	
8:00							

Blue Lagoon (Lap Pool):

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

Warm Springs (Warm Therapy Pool):

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

Important Aquatic Center Information





PRESCHOOL 3 SWIM LESSONS

107713	5:10-5:40pm	Tue, Thu	Sep 20-Oct 13	\$104
107715	10:10-10:40am	Sat	Sep 24-Oct 29	\$78
107716	9:35-10:05am	Sun	Sep 25-Oct 30	\$78
107714	5:10-5:40pm	Tue, Thu	Oct 18-Nov 10	\$104
107718	10:10-10:40am	Sat	Nov 05-Dec 17	\$78
107717	9:35-10:05am	Sun	Nov 06-Dec 18	\$78
107719	5:10-5:40pm	Tue, Thu	Nov 15-Dec 15	\$104

PRESCHOOL 4 SWIM LESSONS

107720	5:10-5:40pm	Mon, Wed	Sep 19-Oct 12	\$104
107722	9-9:30am	Sat	Sep 24-Oct 29	\$78
107723	10:45-11:15am	Sun	Sep 25-Oct 30	\$78
107721	5:10-5:40pm	Mon, Wed	Oct 17-Nov 09	\$104
107725	9-9:30am	Sat	Nov 05-Dec 17	\$78
107724	10:45-11:15am	Sun	Nov 06-Dec 18	\$78
107726	5:10-5:40pm	Mon, Wed	Nov 14-Dec 14	\$104
107727	4-4:30pm	Tue, Thu	Nov 15-Dec 15	\$104

PRESCHOOL 5 SWIM LESSONS

107728	4-4:30pm	Tue, Thu	Oct 18-Nov 10	\$104
107729	9:35-10:05am	Sat	Nov 05-Dec 17	\$78

YOUTH LEVEL 1 SWIM LESSON

107730	6:20-6:50pm	Mon, Wed	Sep 19-Oct 12	\$104
107732	4:35-5:05pm	Tue, Thu	Sep 20-Oct 13	\$104
107734	9:35-10:05am	Sat	Sep 24-Oct 29	\$78
107735	10:45-11:15am	Sun	Sep 25-Oct 30	\$78
107731	6:20-6:50pm	Mon, Wed	Oct 17-Nov 09	\$104
107733	4:35-5:05pm	Tue, Thu	Oct 18-Nov 10	\$104
107737	10:45-11:15am	Sat	Nov 05-Dec 17	\$78
107736	10:45-11:15am	Sun	Nov 06-Dec 18	\$78
107738	6:20-6:50pm	Mon, Wed	Nov 14-Dec 14	\$78
107739	4:35-5:05pm	Tue, Thu	Nov 15-Dec 15	\$78

YOUTH LEVEL 2 SWIM LESSONS

107740	4-4:30pm	Mon, Wed	Sep 19-Oct 12	\$100
107742	4-4:30pm	Tue, Thu	Sep 20-Oct 13	\$100
107743	11:55am-12:25pm	Sat	Sep 24-Oct 29	\$75
107744	9-9:30am	Sun	Sep 25-Oct 30	\$75
107741	4-4:30pm	Mon, Wed	Oct 17-Nov 09	\$100
107745	9-9:30am	Sun	Nov 06-Dec 18	\$75
107746	4-4:30pm	Mon, Wed	Nov 14-Dec 14	\$100

YOUTH LEVEL 3 SWIM LESSON

107747	4:35-5:05pm	Mon, Wed	Sep 19-Oct 12	\$100
107749	5:10-5:40pm	Tue, Thu	Sep 20-Oct 13	\$100
107751	11:55am-12:25pm	Sun	Sep 25-Oct 30	\$75
107748	4:35-5:05pm	Mon, Wed	Oct 17-Nov 09	\$100
107750	5:10-5:40pm	Tue, Thu	Oct 18-Nov 10	\$100
107753	11:55am-12:25pm	Sat	Nov 05-Dec 17	\$75
107752	11:55am-12:25pm	Sun	Nov 06-Dec 18	\$75
107754	4:35-5:05pm	Mon, Wed	Nov 14-Dec 14	\$100
107755	5:10-5:40pm	Tue, Thu	Nov 15-Dec 15	\$100

YOUTH LEVEL 4 SWIM LESSONS

107756	4:35-5:05pm	Mon, Wed	Sep 19-Oct 12	\$100
107758	4:35-5:05pm	Tue, Thu	Sep 20-Oct 13	\$100
107760	9-9:30am	Sat	Sep 24-Oct 29	\$75
107761	9:35-10:05am	Sun	Sep 25-Oct 30	\$75
107757	4:35-5:05pm	Mon, Wed	Oct 17-Nov 09	\$100
107759	4:35-5:05pm	Tue, Thu	Oct 18-Nov 10	\$100
107763	9-9:30am	Sat	Nov 05-Dec 17	\$75
107762	9:35-10:05am	Sun	Nov 06-Dec 18	\$75
107764	4:35-5:05pm	Mon, Wed	Nov 14-Dec 14	\$75
107765	4:35-5:05pm	Tue, Thu	Nov 15-Dec 15	\$75

YOUTH LEVEL 5 SWIM LESSONS

107766	4-4:30pm	Mon, Wed	Sep 19-Oct 12	\$100
107768	9:35-10:05am	Sat	Sep 24-Oct 29	\$75
107769	10:10-10:40am	Sun	Sep 25-Oct 30	\$75
107767	4-4:30pm	Mon, Wed	Oct 17-Nov 09	\$100
107771	9:35-10:05am	Sat	Nov 05-Dec 17	\$75
107770	10:10-10:40am	Sun	Nov 06-Dec 18	\$75
107772	4-4:30pm	Mon, Wed	Nov 14-Dec 14	\$100
107773	5:45-6:15pm	Tue, Thu	Nov 15-Dec 15	\$100

YOUTH LEVEL 6 SWIM LESSONS

107774	5:10-5:40pm	Mon, Wed	Sep 19-Oct 12	\$100
107776	4-4:30pm	Tue, Thu	Sep 20-Oct 13	\$100
107798	11:55am-12:25pm	Sat	Sep 24-Oct 29	\$75
107778	11:55am-12:25pm	Sun	Sep 25-Oct 30	\$75
107775	5:10-5:40pm	Mon, Wed	Oct 17-Nov 09	\$100
107777	4-4:30pm	Tue, Thu	Oct 18-Nov 10	\$100
107779	11:55am-12:25pm	Sun	Nov 06-Dec 18	\$75
107780	5:10-5:40pm	Mon, Wed	Nov 14-Dec 14	\$75
107781	4-4:30pm	Tue, Thu	Nov 15-Dec 15	\$75

PRE-COMPETITION SWIM LESSONS

107782	5:10-5:40pm	Mon, Wed	Sep 19-Oct 12	\$100
107784	4-4:30pm	Tue, Thu	Sep 20-Oct 13	\$100
107786	11:55am-12:25pm	Sat	Sep 24-Oct 29	\$75
107787	11:20-11:50am	Sun	Sep 25-Oct 30	\$75
107783	5:10-5:40pm	Mon, Wed	Oct 17-Nov 09	\$100
107785	4-4:30pm	Tue, Thu	Oct 18-Nov 10	\$100
107788	11:55am-12:25pm	Sun	Nov 06-Dec 18	\$75
107789	5:10-5:40pm	Mon, Wed	Nov 14-Dec 14	\$75
107790	4-4:30pm	Tue, Thu	Nov 15-Dec 15	\$75

After-School Programs

KID-ZONE GAMES DROP-IN

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

FREE

Age: 7Y - 18Y

Crossroads Community Center

2:30-5:30pm
1-5:30pm

Mon-Fri
Wed

Ongoing
Ongoing

CREATIVE KIDS AFTER SCHOOL ART PROGRAM

Enhance your child's creativity with a variety of arts & crafts, pottery, painting, drawing, movement and games. Activities take place in both indoor and outdoor environments. Children must be 2nd through 5th grade. Staff will provide walking transportation from Clyde Hill Elem. to the Northwest Arts Center. For more information call 425 452-4106. Min 8/Max 28

Northwest Arts Center

\$125(R) \$150(N)
107418 12:30-3pm

Wed

Age: 7Y - 11Y
Sep 21-Oct 19

\$150(R) \$180(N)
107419 12:30-3pm

Wed

Age: 6Y - 11Y
Oct 26-Dec 14

Bellevue Aquatic Center Registration Dates:

Programs listed in PLAIN TYPFACE:

Resident: August 3

Non-Resident: August 12

Programs listed in UNDERLINE:

Resident: September 6

Non-Resident: September 15

Programs listed in BOLD:

Resident: October 3

Non-Resident: October 12



Art & Craft

Programs for Adults

ART IN NATURE EXHIBIT

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

WHEN: Facility Hours

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

COST: Free

SUMI PAINTING GROUP

Join others as they practice the Art of Sumi Painting. Sumi means 'ink painting' in Japanese and is an art medium that dates back 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. Group-led instruction. Min 5/Max 10

South Bellevue Community Center

\$15.50(R) \$18.50(N) Age: 18Y and up
100677 10:30am- 1:30pm Mon Sep 12-26
100680 10:30am- 1:30pm Mon Dec 05-19

\$25.50(R) \$30.50(N) Age: 18Y and up
100679 10:30am- 1:30pm Mon Oct 03-31

\$20.50(R) \$24.50(N) Age: 18Y and up
100678 10:30am- 1:30pm Mon Nov 07-28



THE GRAND-KIDS ARE COMING! HOLIDAY CRAFTS INSPIRATIONS

Spend the morning with Miss Karen creating projects and being inspired to make precious memories with your grandchildren. We'll give you the ideas to take with you so you and your grandchildren can make holiday treasures for friends and families! Project ideas are appropriate for elementary age children. All supplies included for class session. Min 6/Max 10

Boys & Girls Club - Main Club

\$44(R) \$53(N) Age: 50Y and up
107547 10-11:30am Tue Nov 01-22

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
100699 10am-12pm Fri Sep 02-Dec 16

GLASS FUSION

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

Northwest Arts Center

\$215(R) \$245(N) Age: 18Y and up
107262 10-11:30am Thu Sep 15-Nov 03

Boys & Girls Club - Main Club

\$150(R) \$175(N) Age: 18Y and up
107875 10am-12pm Wed Oct 05-Nov 09

STONEWARE CREATIONS

Stoneware Creations provides an introduction for beginning & intermediate students to hand-building and wheel throwing stoneware. Various and seasonal subject matter included as design inspirations for practical and decorative art work. Materials included. Min 6/Max 9

Northwest Arts Center

\$215(R) \$250(N) Age: 18Y and up
107261 12:30- 2:30pm Thu Sep 15-Nov 03

SEASONAL HOLIDAY CRAFTS

Choose from a selection of handmade cards, cloth banners, ornaments and unique and unusual stocking stuffers or gifts.

Learn how to combine nature and ordinary objects into usable works of art and unique gifts. All materials provided. Min 6/Max 10

\$75(R) \$90(N)

Age: 18Y and up

Northwest Arts Center

107457 10am- 3pm Thu Nov 10

Boys & Girls Club - Main Club

108205 10am- 1pm Wed Oct 26-27
10am- 12pm Thu

Programs for Youth, Teens, and Families

DRAWING FUNDAMENTALS

Learn to shade with pencil, how to draw line contour drawings, and create volume and shape with shadowing. Your child will just love to have a foundation for all classes going forward by knowing the abc's of drawing. Materials provided. Min 6/Max 10

Northwest Arts Center

\$144(R) \$164(N)

107574 4- 5:30pm Mon

Age: 7Y - 11Y

Sep 26-Nov 14

YOUNG REMBRANDTS DRAWING WORKSHOP: SUPERHERO CARTOONING

POW! BANG! WOW! Become a comic book artist by learning to draw your own muscular superhero characters in a variety of action-packed poses and dramatic scenes. Each day you will complete several drawings featuring a variety of characters and the scenes surrounding them, using pencil, Sharpies, and markers. Enroll today! Min 4/Max 16

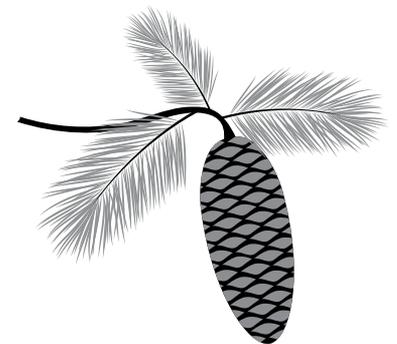
Northwest Arts Center

\$120(R) \$144(N)

107403 9-10:30am Sat

Age: 5Y - 12Y

Sep 24-Nov 12





YOUNG REMBRANDTS PRESCHOOL DRAWING

Children as young as 3-1/2 years old can learn to draw using Young Rembrandts' step-by-step method. Little ones have fun drawing and coloring familiar, child-friendly pictures of animals, toys, and the world around them. Parents and preschool teachers will see improved observation skills, fine motor skills, attention to detail, and kindergarten readiness. Min 4/Max 10

Northwest Arts Center

\$93(R) \$110(N) Age: 42M - 5Y
107400 10-10:45am Tue Sep 20-Nov 08

YOUNG REMBRANDTS-AFTER-SCHOOL

Have fun while learning to draw in realistic, graphic and abstract styles! Young Rembrandts Drawing Classes teach new, seasonally-inspired lessons every session that explore artistic fundamentals. Every month includes an exciting lesson in Art History. Media includes pencil, color pencils, Sharpies, and markers. We provide all supplies and a trained instructor. Everyone can learn to draw. We will teach you how! Min 4/Max 10

Northwest Arts Center

\$96(R) \$113(R) Age: 5Y - 12Y
107402 4-5pm Tue Sep 20-Nov 08

CHILDREN'S POTTERY STUDIO

In a fun and supportive environment, The Pottery Studio will introduce the potters 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. Materials and firing fee included. Min 7/Max 10

Northwest Arts Center

\$180(R) \$209(N) Age: 6Y - 11Y
107349 4-5:30pm Thu Sep 29-Nov 17
107350 10-11:30am Sat Oct 01-Nov 19

YOUNG REMBRANDTS ENCHANTED ACADEMY MIXED MEDIA WORKSHOP

Enter the Enchanted Academy, where young wizards learn that nothing is as it seems! Recreate the majesty of the great dining hall in a beautiful graphic. Amuse yourself in the not-so-ordinary life of witches and wizards with a plethora of cartoon drawings. Create gorgeous chalk pastel renderings of an owl and a phoenix. From an enchanted forest to a day at the dragon races, it's nothing but magic and art in our classroom. Min 4/Max 16

Northwest Arts Center

\$130(R) \$145(N) Age: 5Y - 12Y
107404 11am-1pm Sat Sep 24-Nov 12

Get Fit and Get Healthy

BEYOND MASSAGE

Beyond Massage! Rediscover your innate capacity for graceful and efficient movement. Move with greater comfort and ease. Find a sense of balance and stability. Regain flexibility, coordination and improve posture. Individual sessions are available with Elizabeth Strauss, Feldenkrais® Practitioner, Registered Jin Shin Do® Acupressurist, and Licensed Massage Practitioner. Fee is \$36/R or \$43/NR for a 30 min. session. For an hour, reserve two consecutive slots. Appointments are available the first Monday of each month. Call the North Bellevue Community Center for an appointment, 425-452-7681.

DENTAL HYGIENE SERVICES

Healthy Smiles Inc. will be offering affordable dental hygiene services for people 50 years and older. Your visit will include full service teeth and denture cleaning, fluoride application, measuring of gum pockets, oral cancer screening, and referral to local dentist if needed. Appointments available the 4th Monday each month from 9am to 4:30pm at the North Bellevue Community Center 425 452-7681. NOTE: Cancellations happen, please utilize the waitlist option. \$82 payable to the Dental Hygienist at appointment. Cash or Check only.



FOOT CARE

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

REFLEXOLOGY-NB

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

SHAPE UP! PREVENTION CAMPAIGN

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

Aerobics & Conditioning

SILVERSNEAKERS CLASSIC

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

North Bellevue Community Center

\$35(R)	\$42(N)		Age: 18Y and up
106225	11am-12pm	Wed, Mon	Sep 07-28
106228	11am-12pm	Mon, Wed	Dec 05-21
\$45(R)	\$54(N)		Age: 18Y and up
106226	11am-12pm	Mon, Wed	Oct 03-31
106227	11am-12pm	Wed, Mon	Nov 02-30

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

\$39(R)	\$47(N)		Age: 50Y and up
105983	9-10am	Thu-Fri, Tue	Sep 01-30
105986	9-10am	Thu-Fri, Tue	Dec 01-30
\$34(R)	\$40(N)		Age: 50Y and up
105984	9-10am	Tue, Thu-Fri	Oct 04-28
\$28(R)	\$34(N)		Age: 50Y and up
105985	9-10am	Tue, Thu-Fri	Nov 01-29

HEALTHWAYS

SilverSneakers®
FITNESS

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

information about SilverSneakers programs in Bellevue.



STRONG AND FIT SENIORS/ADULTS

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

South Bellevue Community Center

\$55(R)	\$66(N)		Age: 18Y and up
100629	10:15-11:15am	Wed, Mon	Sep 07-28
100630	10:15-11:15am	Mon, Wed	Oct 03-31
107617	10:15-11:15am	Wed, Mon	Nov 02-30
\$41(R)	\$49.50(N)		Age: 18Y and up
107618	10:15-11:15am	Mon, Wed	Dec 05-21

POST-REHAB STRENGTH AND CONDITIONING

This class is designed to rebuild your balance and core stability after injury or illness. It is geared toward those who are recovering from injuries and are returning to physical activity, or those who suffer from chronic or reoccurring injuries. It is focused on developing and regaining core strength and stability through exercises using body weight resistance, resistance bands, and balance equipment. Exercises will be adaptable to accommodate for injuries and fitness levels. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 1/Max 10

South Bellevue Community Center

\$64(R)	\$80(N)		Age: 18Y and up
99283	9:15-10:15am	Tue	Sep 06-Oct 25
\$56(R)	\$70(N)		Age: 18Y and up
99284	9:15-10:15am	Tue	Nov 01-Dec 13

INDOOR WALKING CLASS

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

Highland Community Center

\$42(R)	\$53(N)		Age: 16Y and up
107441	6-7pm	Thu	Sep 22-Nov 24

Body & Mind

See Martial Arts section for Tai Chi classes.

PILATES

This instructional class focuses on correct form/postural alignment, strengthening 'core' muscles, increasing body awareness and improving balance and flexibility. We combine pilates with yoga and barre exercises using bands, balls and small weights. All fitness levels welcome. 3 payment options: full class session, 5-class Flex Card, or single class drop-in. To register during a session call South Bellevue Community Center at (425) 452-4240. Min 5/Max 20

South Bellevue Community Center

\$88(R)	\$106		Age: 13Y and up
99472	9:15-10:15am	Fri	Sep 09-Oct 28
99471	7-8pm	Mon	Sep 12-Oct 31
\$55(R)	\$67(N)		Age: 13Y and up
99473	9:15-10:15am	Fri	Nov 04-Dec 16
\$77(R)	\$93(N)		Age: 13Y and up
99474	7-8pm	Mon	Nov 07-Dec 19

GENTLE YOGA BY WENDY

Easy yoga is adapted for seniors and others who need the gentle approach. Yoga can provide many benefits. The class will adapt to accommodate all levels of experience and ability. Drop-in and monthly fees available. Min 4/Max 20

North Bellevue Community Center

\$16(R)	\$20(N)		Age: 18Y and up
105569	10:30-11:30am	Mon	Sep 19-26
\$32(R)	\$40(N)		Age: 18Y and up
105578	10:30-11:30am	Thu	Sep 08-29
105570	10:30-11:30am	Mon	Oct 03-31
105579	10:30-11:30am	Thu	Oct 06-27
105581	10:30-11:30am	Thu	Dec 01-22
\$9(R)	\$11(N)		Age: 18Y and up
105580	10:30-11:30am	Thu	Nov 03
\$24(R)	\$30(N)		Age: 18Y and up
105571	10:30-11:30am	Mon	Nov 07-28
105572	10:30-11:30am	Mon	Dec 05-19



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

\$140(R) \$168(N)	Age: 13Y and up
99103 6:15- 7:15pm Tue, Thu	Sep 13-Oct 27
\$84(R) \$100(N)	Age: 13Y and up
99104 6:15- 7:15pm Tue	Sep 13-Oct 25
99105 6:15- 7:15pm Thu	Sep 15-Oct 27
\$108(R) \$129(N)	Age: 13Y and up
99106 6:15- 7:15pm Tue	Nov 01-Dec 27
\$170(R) \$204(N)	Age: 13Y and up
99108 6:15- 7:15pm Tue, Thu	Nov 01-Dec 29
\$96(R) \$114(N)	Age: 13Y and up
99107 6:15- 7:15pm Thu	Nov 03-Dec 29

PURNA YOGA CLASSES

Students gain flexibility, strength and coordination by focusing on correct alignment while using props to make each pose accessible. Classes help each student feel more centered and peaceful while developing a deeper relationship with body, mind and spirit. With 2000 hours of teacher training, your Certified Purna Yoga teacher has a wealth of knowledge to share with you. All levels classes welcome beginning and experienced students to learn and to expand their knowledge of yoga poses. Wear comfortable clothing and bring a yoga mat to class if you have one. Additional props will be provided. A Flex Card is available for this class. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 4/Max 28

South Bellevue Community Center

\$60(R) \$72(N)	Age: 13Y and up
99663 7:15- 8:30pm Tue	Sep 13-Oct 11
99664 7:15- 8:30pm Thu	Sep 15-Oct 13
99665 7:15- 8:30pm Tue	Oct 18-Nov 15
99643 7:15- 8:30pm Thu	Oct 20-Nov 17
99644 7:15- 8:30pm Tue	Nov 22-Dec 20
\$36(R) \$43(N)	Age: 13Y and up
99645 7:15- 8:30pm Thu	Dec 01-15

PURNA YOGA LEVEL 2

Focusing on correct alignment while using props to make each pose accessible, students gain flexibility, strength and coordination. Purna Yoga also helps each student feel more centered and peaceful as you learn to develop a new relationship with your body, mind and spirit. With 2000 hours of teacher training, your teacher has a wealth of knowledge to share with you. The Level 2 classes welcome experienced students to expand their knowledge of the yoga poses. Students should bring a yoga mat to class. Additional props will be furnished. A Flex Card is available for this class. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 1/Max 35

South Bellevue Community Center

\$60(R) \$72(N)	Age: 13Y and up
99487 10:15-11:30am Sun	Sep 04-Oct 02
99488 10:15-11:30am Sun	Oct 09-Nov 06
99489 10:15-11:30am Sun	Nov 13-Dec 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. Min 8/Max 10

Northwest Arts Center

\$78(R) \$91(N)	Age: 18Y and up
107361 3- 4pm Tue	Sep 20-Oct 25
107363 3- 4pm Thu	Sep 22-Oct 27
\$144(R) \$169(N)	Age: 18Y and up
107365 3- 4pm Tue, Thu	Sep 20-Oct 27
\$52(R) \$62(N)	Age: 18Y and up
107362 3- 4pm Tue	Nov 08-Dec 13
107364 3- 4pm Thu	Nov 10-Dec 15
\$124(R) \$144(N)	Age: 18Y and up
107366 3- 4pm Tue, Thu	Nov 08-Dec 15



YOGA FOR ADULTS 50+

Join us to find out why world-class athletes like Martina Navratilova say about yoga 'I love the way it makes me feel physically and mentally, both while I am doing it and afterward. Yoga combines core strength and spine flexibility...I believe that yoga is keeping me young and flexible, especially in my back.' Each class offers poses for stretching, active strengthening and deep relaxing. We focus on alignment for joint safety and use props to make poses accessible for many levels of experience and to help you progress individually. Benefits include: improved strength, flexibility and balance; reduced tension and worry; better bone, joint and weight health; increased mental clarity with an overall feeling of well-being. Wear comfortable clothing and bring a yoga mat if you have one. Min 4/Max 28

South Bellevue Community Center

\$60(R) \$72(N)	Age: 13Y and up
99674 11:15am-12:30pm Tue	Sep 13-Oct 11
107579 11:15am-12:30pm Tue	Oct 18-Nov 15
107580 11:15am-12:30pm Tue	Nov 22-Dec 20

MINDFUL MOVEMENT... MOVE, STRETCH, BREATHE

Move, Stretch, Breathe...relax and center your mind and body through guided stretches, balance and strength movements and mindfulness meditation. This class is a fusion of Eastern soft-style martial arts Chi Kung, Tai Chi and Hapkido and a blending of Western ideals for healthy positioning of your joints, proper stretching and strengthening of your muscles. The class encourages your body and mind to work together to feel more energized and centered, strong, balanced and flexible. Mindful Movement is taught by Sabrina Mix, a 4th degree black belt and instructor of the martial arts and meditative movement for 20 years. Mats are provided Shoes not required. Min 5/Max 15

Crossroads Community Center

\$53(R) \$63(N)	Age: 11Y and up
107638 9:30-10:30am Mon	Sep 12-Oct 24
107651 9:30-10:30am Thu	Sep 15-Oct 27
\$98(R) \$120(N)	Age: 11Y and up
107663 9:30-10:30am Mon, Thu	Sep 12-Oct 27
\$45(R) \$54(N)	Age: 11Y and up
107640 9:30-10:30am Mon	Oct 31-Dec 12
107653 9:30-10:30am Thu	Nov 03-Dec 15
\$84(R) \$101(N)	Age: 11Y and up
107669 9:30-10:30am Mon, Thu	Oct 31-Dec 15

Personal Training & Fitness Centers

PERSONAL TRAINING

Appointments can be scheduled by contacting the trainers directly.

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

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

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

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

Personal Training Rates

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

FREE Fitness Assessments

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

Youth Privileges

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

MEET OUR PERSONAL TRAINERS



Sara Grandstrand, MS, ATC/L, CSCS
Grandstrand Athletic Training
Phone: 425-765-8980
Email: sara.atc@gmail.com



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

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

Diane DeFuria, LMP, NSCA-CPT
Phone: 425-221-0070
Email: ddefuria@msn.com



Diane infuses her cutting-edge approach with a remarkable blend of experience, knowledge, and warmth. She has garnered rave reviews for the unique way in which she leads people to dramatically upgrade their quality of life by making their bodies and minds stronger and more flexible. Her background includes more than 20 years as a licensed massage therapist, giving her an encyclopedic understanding of what a body needs in order to be healthy, fit, and youthful - regardless of age!

Kelvin Wallace, Jr.
MS, MS, USAW L1, NASM CPT, TRX PT
Phone: 409-656-5277
Email: kelvinwallacejr@yahoo.com



Kelvin is a certified strength and conditioning coach with Master's degrees in Sport Management and Sports Administration from the University of Miami and Southern New Hampshire University. He played six years of professional football in Europe and the Arena

Football League. Kelvin has experience with various populations and fitness levels.

Kelvin has a passion for helping others reach their fitness goals and beyond. Kelvin enjoys golf, tennis, working out and a good happy hour. He believes in living every day with the energy and belief that there is an opportunity to better mental and physical ability through training and hard work.



HOLIDAY STUDENT SPECIAL

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

Stay fit and active throughout the summer! 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 the South Bellevue Community Center, 425-452-4240.

Fitness Centers at North and South Bellevue Community Centers

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

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

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

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

Fitness Center Fees

Visit our Website for the current Fitness Center fees:

North Bellevue Community Center
bellevuewa.gov/10595.htm

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

Bellevue Fire Department CPR Training Programs

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

Business group classes are also available at your location for groups of 6 or more. Please call 425-452-7673 for more information.

INFANT CPR

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

\$35			Age: 14Y and up
102211	7-10pm	Thu	Sep 15
102212	7-10pm	Thu	Nov 17

HEARTSAVER CPR AED CLASS FOR ADULTS/CHILDREN

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

\$40			Age: 14Y and up
102200	7-10pm	Thu	Sep 08
102201	7-10pm	Tue	Sep 20
102202	7-10pm	Thu	Oct 06
102203	7-10pm	Tue	Oct 18
102204	7-10pm	Thu	Nov 03
102205	7-10pm	Tue	Nov 15
102206	7-10pm	Thu	Dec 08
102187	7-10pm	Tue	Dec 20

jazzercise®

NORTHWEST ARTS CENTER

9825 NE 24TH ST • 425-452-4106
 8:15am – 9:15am M-Sat. For more information, visit www.jazzercise.com or call Lori Hollow - 206-232-2608.

NORTH BELLEVUE COMMUNITY CENTER

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

SOUTH BELLEVUE COMMUNITY CENTER

14509 SE NEWPORT WAY • 425-452-4240
 Morning sessions available throughout the week. For more info, call Phyllis at 425-814-2134 or visit www.jazzercise.com.

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

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



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.

NEW - CYCLE CLASS ORIENTATION

New riders are invited to schedule a free personal orientation session at the South Bellevue Community Center with one of our instructors so that you are familiar with equipment, technique, and class format before your first day of class. Get all of your questions answered and start your class with the knowledge and confidence to make it enjoyable and successful. Call Joan at 425-452-4240 to set up a Cycle Class Orientation that is convenient with your schedule.

CYCLE/STRETCH

Join us for this new fusion class of beginner level indoor cycling and flexibility exercises. Class is specifically designed for those brand new to indoor cycling including: older adults, participants new to exercise, and overweight or de-conditioned participants. Come with your 'Can Do!' attitude and we will nurture you and teach you everything you need to know for success in this program. Increase cardiovascular fitness to ward off disease and increase flexibility for activities of daily living. Bring a standard size water bottle and a towel. Padded bike shorts or a gel seat cover are helpful. A Flex card is available for this class. To register during a session, call South Bellevue Community Center at 425-452-4240. Min 4/ Max 11

South Bellevue Community Center

\$98(R) \$118(N)	Age: 16Y and up
107406 10:35-11:35am Tue, Thu	Sep 13-Oct 27
\$49(R) \$59(N)	Age: 16Y and up
107407 10:35-11:35am Tue	Sep 13-Oct 25
107409 10:35-11:35am Tue	Nov 01-Dec 13
\$91(R) \$109(N)	Age: 16Y and up
107408 10:35-11:35am Tue, Thu	Nov 01-Dec 15

INDOOR GROUP CYCLING

Come ride our LeMond RevMaster Classic Bikes and get a serious aerobic workout while burning approximately 600+ calories per class. Your instructor and motivating music will entertain you as you 'climb hills', 'race' along flat terrain, and challenge your leg muscles for strength and tone. All fitness levels are welcome because you control your pace. Beginners may contact us for an introductory lesson and bike set-up session prior to your first class by calling the phone number below. A Flex Card is available for this class. To register during a session call South Bellevue Community Center (425) 452-4240. Bring a bike-style water bottle & a towel. Wear stiff soled shoes or SPD cycle shoes, padded shorts, and heart rate monitor if you have them. Dress in layers...you will get hot! Min 3/Max 12

South Bellevue Community Center

\$90(R) \$108(N)	Age: 13Y and up
99706 7:15- 8:15pm Mon, Wed	Sep 12-Oct 31
99730 6- 7am Mon, Wed	Sep 12-Oct 31
\$56(R) \$67(N)	Age: 13Y and up
99711 6- 7am Mon	Sep 12-Oct 31
99726 7:15- 8:15pm Mon	Sep 12-Oct 31
\$49(R) \$59(N)	Age: 13Y and up
99727 7:15- 8:15pm Wed	Sep 14-Oct 26
99728 6- 7am Wed	Sep 14-Oct 26
\$42(R) \$50(N)	Age: 13Y and up
99705 7:15- 8:15pm Wed	Nov 02-Dec 14
99680 6- 7am Wed	Nov 02-Dec 14
99676 6- 7am Mon	Nov 07-Dec 12
99677 7:15- 8:15pm Mon	Nov 07-Dec 12
\$76(R) \$86(N)	Age: 13Y and up
99688 7:15- 8:15pm Mon, Wed	Nov 02-Dec 14
99687 6- 7am Mon, Wed	Nov 02-Dec 14

FREE THANKSGIVING DAY INDOOR CYCLE CLASSES

Burn 600+ calories before your feast! Classes will be held at South Bellevue Community Center. Class times Thursday Nov 24th 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!



BOOT CAMP WITH KARIE

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

South Bellevue Community Center

\$63(R) \$75(N)	Age: 13Y and up
99152 8:45- 9:45am Mon, Wed	Sep 12-28
99153 9:15-10:15am Tue, Thu	Sep 13-29
99163 8:45- 9:45am Mon, Wed	Nov 28-Dec 14
99165 9:15-10:15am Tue, Thu	Nov 29-Dec 15
\$107(R) \$128(N)	Age: 13Y and up
99155 8:45-10:15am Mon-Thu	Sep 12-29
99164 8:45-10:15am Mon-Thu	Nov 28-Dec 15
\$31.50(R) \$37.50(N)	Age: 13Y and up
99151 9:15-10:15am Tue	Sep 13-27
99166 9:15-10:15am Tue	Nov 29-Dec 13
\$84(R) \$100(N)	Age: 13Y and up
99158 8:45- 9:45am Mon, Wed	Oct 03-26
99156 9:15-10:15am Tue, Thu	Oct 04-27
99167 8:45- 9:45am Mon, Wed	Oct 31-Nov 23
\$142(R) \$171(N)	Age: 13Y and up
99159 8:45-10:15am Mon-Thu	Oct 03-27
\$42(R) \$50(N)	Age: 13Y and up
99157 9:15-10:15am Tue	Oct 04-25
99161 9:15-10:15am Tue	Nov 01-22
\$134(R) \$161(N)	Age: 13Y and up
99162 8:45- 9:45am Mon-Thu	Oct 31-Nov 23
\$73.50(R) \$87.50(N)	Age: 13Y and up
99160 9:15-10:15am Tue, Thu	Nov 01-22



TOTAL BODY FITNESS

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

South Bellevue Community Center

\$52.50(R) \$63(N)	Age: 16Y and up
100650 6-6:50am Tue, Thu	Sep 13-29
\$70(R) \$84(N)	Age: 16Y and up
100651 6-6:50am Tue, Thu	Oct 04-27
100652 6-6:50am Tue, Thu	Nov 01-29
100653 6-6:50am Thu, Tue	Dec 01-22
\$26(R) \$31.50(N)	Age: 16Y and up
100654 6-6:50am Tue	Sep 13-29
100657 6-6:50am Tue	Dec 06-20
\$35(R) \$42(N)	Age: 16Y and up
100655 6-6:50am Tue	Oct 04-25
\$44(R) \$52.50(N)	Age: 16Y and up
100655 6-6:50am Tue	Nov 01-29

SMALL GROUP TRAINING WITH SARA

This small group training class will help you achieve your fitness goals. Workouts will be individualized to meet each individuals' needs and fitness level. Sara will provide support, encouragement, and accountability to help you reach new heights in health and wellness. Min 1/Max 6

South Bellevue Community Center

\$140(R) \$175(N)	Age: 15Y and up
99275 7:10-8pm Mon	Sep 12-Oct 24
\$120(R) \$150(N)	Age: 15Y and up
107496 7:10-8pm Mon	Nov 07-Dec 12

ZUMBA®

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

South Bellevue Community Center

\$84(R) \$100(N)	Age: 13Y and up
99450 6-7pm Mon, Wed	Sep 12-Oct 26
99453 10-10:15am Wed, Fri	Sep 14-Oct 28
\$49(R) \$59.50(N)	Age: 13Y and up
99452 6-7pm Mon	Sep 12-Oct 24
99451 10-11am Wed	Sep 14-Oct 26
99454 6-7pm Wed	Sep 14-Oct 26
99455 9:15-10:15am Fri	Sep 16-Oct 28
99457 6-7pm Wed	Nov 02-Dec 14
99459 10-11am Wed	Nov 02-Dec 14
\$78(R) \$91(N)	Age: 13Y and up
99460 6-7pm Wed, Mon	Nov 02-Dec 14
\$72(R) \$84(N)	Age: 13Y and up
99461 10-10:15am Wed, Fri	Nov 02-Dec 16
\$42(R) \$51(N)	Age: 13Y and up
99458 9:15-10:15am Fri	Nov 04-Dec 16
99456 6-7pm Mon	Nov 07-Dec 12

Northwest Arts Center

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

\$144(R) \$165(N)	Age: 13Y and up
107265 7-8pm Fri	Sep 16-Nov 18

Parkour

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

PARKOUR

Parkour is a physical activity that combines the art of play and the science of movement. MoveFree Academy will train your child to control their body through fun, physical and mental challenges the way it was meant to be used. Play games, learn new skills, progress strength and dominate obstacle courses while optimizing your ninja potential! To register during a session, call the South Bellevue Community Center at (425) 452-4240. Sign up for 2 classes a week and receive a 10% discount. Min 4/Max 12

South Bellevue Community Center

\$46.50(R) \$55.50(N)	Age: 6Y - 10Y
99250 5-5:55pm Wed	Sep 14-28
99252 5-5:55pm Fri	Sep 16-30
99260 5-5:55pm Fri	Dec 02-16
\$84(R) \$100(N)	Age: 6Y - 10Y
99251 5-5:55pm Wed, Fri	Sep 14-30
99258 5-5:55pm Wed, Fri	Nov 02-30
\$62(R) \$74(N)	Age: 6Y - 10Y
99253 5-5:55pm Wed	Oct 05-26
99254 5-5:55pm Fri	Oct 07-28
99256 5-5:55pm Wed	Nov 02-30
\$112(R) \$132(N)	Age: 6Y - 10Y
99255 5-5:55pm Wed, Fri	Oct 05-28
\$31(R) \$37(N)	Age: 6Y - 10Y
99257 5-5:55pm Fri	Nov 04-18
99259 5-5:55pm Wed	Dec 07-14
\$70(R) \$82.50(N)	Age: 6Y - 10Y
99261 5-5:55pm Fri, Wed	Dec 02-16
\$46.50(R) \$55.50(N)	Age: 10Y - 16Y
99611 6-6:55pm Wed	Sep 14-28
99612 6-6:55pm Fri	Sep 16-30
107609 6-6:55pm Fri	Dec 02-16
\$84(R) \$100(N)	Age: 10Y - 16Y
99613 6-6:55pm Wed, Fri	Sep 14-30
107607 6-6:55pm Wed, Fri	Nov 02-30
\$62(R) \$74(N)	Age: 10Y - 16Y
99614 6-6:55pm Wed	Oct 05-26
99615 6-6:55pm Fri	Oct 07-28
99617 6-6:55pm Wed	Nov 02-30
\$112(R) \$132(N)	Age: 10Y - 16Y
99616 6-6:55pm Wed, Fri	Oct 05-28
\$31(R) \$37(N)	Age: 10Y - 16Y
99618 6-6:55pm Fri	Nov 04-18
107608 6-6:55pm Wed	Dec 07-14
\$70(R) \$82.50(N)	Age: 10Y - 16Y
107611 6-6:55pm Fri, Wed	Dec 02-16



HOMESCHOOL PARKOUR

Experience movement like never before! The fun begins with exciting warmups, games, Parkour skill training, and obstacle courses. 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 child's body mechanics to ensure proper movement patterns that lead to pain free movement in the future. To register during a session, please call South Bellevue Community Center at 425-452-4240. Min 8/Max 20

South Bellevue Community Center

\$42(R)	\$51(N)		Age: 5Y - 9Y
99185	12:30- 1:25pm	Thu	Sep 15-29
99187	12:30- 1:25pm	Thu	Nov 03-17
\$56(R)	\$68(N)		Age: 5Y - 9Y
99186	12:30- 1:25pm	Thu	Oct 06-27
99188	12:30- 1:25pm	Thu	Dec 01-22
\$42(R)	\$51(N)		Age: 9Y - 13Y
99209	1:30- 2:25pm	Thu	Sep 15-29
99211	1:30- 2:25pm	Thu	Nov 03-17
\$56(R)	\$68(N)		Age: 9Y - 13Y
99210	1:30- 2:25pm	Thu	Oct 06-27
99212	1:30- 2:25pm	Thu	Dec 01-22

Martial Arts

YANG STYLE TAI CHI BEGINNER

Tai Chi Chuan is an ancient Chinese martial art which combines grace with internal power and strength. Movements are practiced at a slow, flowing pace. Learn how to relax the mind and body. Both a fitness and health exercise, Tai Chi helps to relieve stress, revitalizes energy, improves agility, balance and coordination. Since this is low impact, it is suitable for people of all ages. Instructor has 20 years experience in Yang style Tai Chi Chuan. To register during a session, call the South Bellevue Community Center at 425-452-4240. Min 5/Max 20

South Bellevue Community Center

\$66(R)	\$78(N)		Age: 16Y and up
107410	9- 9:55am	Sat	Sep 17-Oct 29
107411	9- 9:55am	Sat	Nov 05-Dec 17

YANG STYLE TAI CHI CONTINUING

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

South Bellevue Community Center

\$66(R)	\$78(N)		Age: 16Y and up
99530	10-10:55am	Sat	Sep 17-Oct 29
99531	10-10:55am	Sat	Nov 05-Dec 17

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 11

Northwest Arts Center

Beginner

\$165(R)	\$195(N)		Age: 13Y and up
107341	7- 9pm	Tue	Sep 20-Dec 20

Advanced

\$250(R)	\$285(N)		Age: 13Y and up
107343	7- 9pm	Tue, Thu	Sep 20-Dec 20
\$153(R)	\$183(N)		Age: 13Y and up
107342	7- 9pm	Thu	Sep 22-Dec 22

EASTERN SOFT STYLE MARTIAL ARTS

This class blends Chi Kung, Tai Chi, and Hapkido to create a calm, whole body exercise that will increase your strength, your balance, and your flexibility. Stress is decreased and posture improved which leads to a greater sensation of well-being. Min. 4/ Max 15

Northwest Arts Center

\$63(R)	\$73 (N)		Age: 16Y and up
108226	10-11am	Tue	Sep 20-Nov 04

TAEKWONDO

An ancient Korean Martial Art, Taekwondo is a system of practical techniques used for self-defense. Instruction is designed to physically emphasize kicks and punches that strengthen and condition the whole body and mentally promote confidence, patience, and respect.

South Bellevue Community Center

For the 6pm class, students must be 10 yrs old or have instructor permission. To register during a session call South Bellevue Community Center at (425) 452-4240. Min 8/Max 30

\$53(R)	\$63(N)		Age: 10Y and up
99075	6- 6:50pm	Tue, Thu	Sep 06-29
99078	6- 6:50pm	Tue, Thu	Oct 04-27
99083	6- 6:50pm	Tue, Thu	Nov 01-29
99086	6- 6:50pm	Thu, Tue	Dec 01-22

\$53(R)	\$63(N)		Age: 6Y and up
99076	5- 5:50pm	Tue, Thu	Sep 06-29
99077	4- 4:50pm	Tue, Thu	Sep 06-29
99079	5- 5:50pm	Tue, Thu	Oct 04-27
99080	4- 4:50pm	Tue, Thu	Oct 04-27
99081	4- 4:50pm	Tue, Thu	Nov 01-29
99082	5- 5:50pm	Tue, Thu	Nov 01-29
99084	4- 4:50pm	Thu, Tue	Dec 01-22
99085	5- 5:50pm	Thu, Tue	Dec 01-22

North Bellevue Community Center

\$38(R)	\$45(N)		Age: 16Y and up
106233	6- 7:30pm	Thu	Sep 01-29
\$30(R)	\$36(N)		Age: 16Y and up
106234	6- 7:30pm	Thu	Oct 06-27
\$23(R)	\$27(N)		Age: 16Y and up
106235	6- 7:30pm	Thu	Nov 03-17
\$31(R)	\$36(N)		Age: 16Y and up
106236	6- 7:30pm	Thu	Dec 01-22

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, cost is \$20 check or cash. Beginning students should arrive at least 20 minutes early for 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

\$77(R)	\$92(N)		Age: 8Y and up
102771	6:30- 8pm	Fri	Sep 16-Dec 09



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

\$77(R) \$92(N) Age: 8Y and up
102775 6:30- 8:30pm Fri Sep 16-Dec 09

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 70

Highland Community Center

\$77(R) \$92(N) Age: 8Y and up
102785 7:30- 9:30pm Fri Sep 16-Dec 09

TAEKWONDO PLUS

Taekwondo Plus classes offer a traditional Taekwondo training curriculum with the added benefits of practical self defense techniques and instruction of proper, safe falling and rolling. It is an excellent way to grow physical fitness, gain flexibility, increase your focus, balance and confidence. Workouts include cardio, mental focus, core conditioning and stretching exercises appropriate for all ages 6 and up. Sparring is light touch, tag-style and the techniques are taught in a safe, fun environment.

Families welcome! Min 5/Max 25

Crossroads Community Center

\$119(N) \$143(N) Age: 6Y and up
107815 4:30- 5:45pm Tue, Thu Sep 13-Oct 27

\$60(N) \$72(N) Age: 11Y and up
107817 6:15- 7:30pm Thu Sep 15-Oct 27

\$102(N) \$122(N) Age: 6Y and up
107816 4:30- 5:45pm Tue, Thu Nov 01-Dec 15

\$51(N) \$61(N) Age: 11Y and up
107818 6:15- 7:30pm Thu Nov 03-Dec 15



HUNG GAR KUNG FU

A popular martial art from southern China, this style of Kung Fu emphasizes concentration, self-discipline, building strength and confidence. Hung Gar focuses on practical application of strong stances to develop efficiency of movement, coordination, and generating power in punches and kicks. As a complete system, advanced students will learn hand forms, weapon forms, sparring and earn certificates of completion. This class is great for families to attend together and all levels are welcome. For those interested, history and cultural aspects are provided as well. Please wear comfortable athletic attire. To register during a session call South Bellevue Community Center at (425) 452-4240. Min 5/Max 15

South Bellevue Community Center

\$45(R) \$54(N) Age: 10Y and up
107886 5:30- 6:45pm Mon, Wed Sep 12-28
107892 5:30- 6:45pm Mon, Wed Dec 05-21

\$60(R) \$72(N) Age: 10Y and up
107888 5:30- 6:45pm Mon, Wed Oct 03-31
107890 5:30- 6:45pm Wed, Mon Nov 02-30

\$75(R) \$90(N) Age: 10Y and up
107887 5:30- 6:45pm Mon, Wed, Fri Sep 12-30
107889 5:30- 6:45pm Mon, Wed, Fri Oct 03-31
107891 5:30- 6:45pm Wed, Fri, Mon Nov 02-30
107893 5:30- 6:45pm Fri, Mon, Wed Dec 02-23

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

\$233(R) \$256(N) Age: 4Y - 10Y
107348 4:30- 5:15pm Mon, Wed Sep 19-Jan 18

SELF DEFENSE/HAPKIDO (LITTLE CONQUERORS)

SELF DEFENSE/HAPKIDO (Little Conquerors) (Ages 6-12) This co-ed course helps young people develop coordination, balance, focus, strength, self-esteem, group interaction, communication skills and discipline, while teaching personal safety/self-defense in a safe, friendly environment. In addition to lots of conditioning exercises, students will learn a basic kicks, strikes, throws, evasions, grappling and weapons. Uniform required & available at class for a fee. www.conquerorhapkido.com Min 5/Max 12

North Bellevue Community Center

\$50(R) \$63(N) Age: 5Y - 12Y
102793 5:15- 6:30pm Wed, Mon Sep 07-Oct 03
107827 5:15- 6:30pm Wed, Mon Oct 05-31
107828 5:15- 6:30pm Wed, Mon Nov 02-28
107829 5:15- 6:30pm Wed, Mon Nov 30-Dec 19

SELF DEFENSE/HAPKIDO (JUNIOR CONQUERORS TO CONQUERORS)

SELF DEFENSE/HAPKIDO (Junior Conquerors to Conquerors) (Ages 13 & up) With a blend of traditional and real-world scenarios, students learn to identify, avoid and de-escalate potentially dangerous situations. In addition to lots of conditioning exercises, students will learn blocks, strikes, throws, evasion and grappling. In this class, unlike the little conquerors class, students will start learning joint locks and pressure points (adults only). Prerequisite: Graduation from the junior conqueror class, or age 13 and above. Instructor permission required to attend. www.conquerorhapkido.com Min 3/Max 10

North Bellevue Community Center

\$50(R) \$60(N) Age: 13Y and up
102831 6:30- 7:30pm Wed, Mon Sep 07-Oct 03
107830 6:30- 7:30pm Wed, Mon Oct 05-31
107831 6:30- 7:30pm Wed, Mon Nov 02-28
107832 6:30- 7:30pm Wed, Mon Nov 30-Dec 19

Outdoor & Natural Resources



**TRACKS:
BUILDING A
HEALTHY
COMMUNITY
THROUGH
OUTDOOR**

ADVENTURE!

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

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

TUESDAY TRAILS 50+ HIKING

This easy hiking series is designed for active seniors looking to explore the beautiful trails around Bellevue, we will meet at the North Bellevue Community Center and ride to a trailhead in the Issaquah Alps, Cascades, or other scenic areas nearby. Hikes will be generally less than 3 miles and specifically chosen for the over 50 crowd. Dress for the weather and bring a lunch and water. Min 6/Max 12

North Bellevue Community Center

\$5			Age: 50Y and up
107819	10am-3pm	Tue	Sep 13
107820	10am-3pm	Tue	Sep 20
107821	10am-3pm	Tue	Sep 27
107822	10am-3pm	Tue	Oct 04
107823	10am-3pm	Tue	Oct 11
107824	10am-3pm	Tue	Oct 18
107825	10am-3pm	Tue	Oct 25
107826	10am-3pm	Tue	Nov 01

BELLEVUE ZIP TOUR

Feel Wild in the City - The Bellevue Zip Tour is a recreational zip lining program located just up the hill from the South Bellevue Community Center in beautiful Eastgate Park. The tour is comprised of 6 ½ zip lines that range in length from 78 feet to 458 feet long, and includes two wooden suspension bridges. Riders travel as fast as 35 MPH and are up to 80 feet off the ground. The tour has great views of Mt. Baker and Glacier Peak, and is available for individuals, couples, families, small groups, and large groups who are looking to feel adventurous in a natural outdoor setting. Riders must be at least 9 years old and weigh between 60 - 275 pounds. Operates through October 31. Don't miss the SpookFest Zip Scare! Min 4/Max 8 South Bellevue Community Center \$49(R) \$78(N) Age: 9Y and up

Family Discovery Series

ART IN NATURE

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

COST: Free

DISCOVERY BACKPACKS

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

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

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

COST: FREE!

INFO: 425-452-2565

LEWIS CREEK FAMILY DISCOVERY PROGRAMS

Lewis Creek Visitor Center; 5808 Lakemont Blvd. SE. Environmental programming for the whole family! All children must be accompanied by an adult. Please call (425) 452-4195 for more information.

Lewis Creek Park

LEWIS CREEK STORY TIME: Salmon Stream

Look, listen, and create during an hour of stories and crafts. Lewis Creek provides habitat for salmon and they start running in the fall! Learn about the journey that salmon take at this time every year. We always make a fun craft to take home! Pre-registration is required for children and adults.

FREE			Age: 3Y and up
107835	11am-12pm	Fri	Sep 02
107836	1:30-2:30pm	Fri	Sep 02

Lewis Creek Wilderness Tea Party

Join us for a tea party where you never know what new friends you will make! Come learn who lives in our forests and listen to the sounds of nature as we sip beneath the trees. Wear that dress or tie that you don't mind getting a bit dirty and sip on our selection of decaffeinated teas. Pre-registration is required for children and adults. Best for children ages 3-7.

FREE			Age: 3Y and up
107844	1-2:30pm	Sun	Sep 11
107845	1-2:30pm	Sat	Sep 17

Night Hike

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

\$2(R) \$3(N)			Age: 5Y and up
107846	7:30-9pm	Fri	Sep 16
107847	7:30-9pm	Fri	Oct 28

NATURE FILMS: Wild Kratts - Honey Seekers

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. No registration required!

FREE			Age: 3Y - 7Y
107850	1-1:30pm	Sun	Sep 18



LEWIS CREEK STORY TIME: Water Dance

Look, listen, and create during an hour of stories and crafts. Water takes many forms and is seen all throughout the world. Come see water's dance and hear its story. We always make a fun craft to take home! Pre-registration is required for children and adults.

FREE			Age: 3Y and up
107837	11am-12pm	Fri	Oct 07
FREE			Age: 3Y and up
107838	1:30- 2:30pm	Fri	Oct 07

NATURE FILMS: Really Wild Animals - Swinging Safari

Come along on a wild African Safari and experience the amazing ways that animals like cheetahs, crocodiles, rhinos and elephants survive. Running time 44 min. No registration required!

FREE			Age: 3Y - 7Y
107851	1- 1:45pm	Sun	Oct 16

LEWIS CREEK STORY TIME: Time to Hibernate!

Look, listen, and create during an hour of stories and crafts. 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! Pre-registration is required for children and adults.

FREE			Age: 3Y and up
107839	11am-12pm	Fri	Nov 04
FREE			Age: 3Y and up
107840	1:30- 2:30pm	Fri	Nov 04

I'm Lichen Your Style

Ever notice that orange stuff all over the tree trunks? There are many types of lichen in Washington and right here in Lewis Creek Park. Where does it grow and what is its purpose? Come learn the difference and its relationship to the trees. Take a walk with a Ranger to see firsthand lichen living in Lewis Creek Park. No registration required!

FREE			Age: 3Y and up
	1- 2pm	Sat	Nov 12

NATURE FILMS: Growing Up Wild - Fun Family Frolics

See how baby animals spend the day with their families: eating, sleeping, playing and learning. Check out episode Spouts Ahoy all about Whale and Dolphin friends. Running time 30 mins. No registration required!

FREE			Age: 3Y - 7Y
107852	1- 1:30pm	Sun	Nov 20

LEWIS CREEK STORY TIME: Who Lives in the Snow?

Look, listen, and create during an hour of stories and crafts. Lewis Creek provides habitat for salmon and they start running in the fall! The woods are cold and quiet in the wintertime, though there are signs of life everywhere! Come look for clues to find who lives in the snow. We always make a fun craft to take home! Pre-registration is required for children and adults.

FREE			Age: 3Y and up
107841	11am-12pm	Fri	Dec 02
FREE			Age: 3Y and up
107842	1:30- 2:30pm	Fri	Dec 02

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! Pre-registration is required for children and adults.

\$2(R) \$3(N)
 Age: 5Y and up
 107849 7:30- 9pm Fri Dec 09

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 2/Max 40
 Mercer Slough Environmental Education Center

Fabulous Fall Foliage

Have you ever wondered why leaves change colors in the Fall or what happens during photosynthesis? This program will provide you with the answer to those questions and much more. Enjoy a guided walk to see the fabulous Fall foliage in the Mercer slough followed by a crafting activity in our community room.

FREE			All Ages
107538	2- 3pm	Sat	Sep 17
107539	2- 3pm	Sat	Sep 24



No Bats About It

Bats play a vital ecological role all over the world. Several species of bats call the Mercer Slough Nature Park home. Come learn some fun facts about these mammals. Enjoy a spooky bat story and put your artistic skills to use to take home your own baty creation.

FREE All Ages
107540 2-3pm Sat Oct 15
107541 2-3pm Sat Oct 22

It's O-FISH-ally Salmon Spawning Season

Salmon were once abundant here in the PNW but have been on a rapid decline in most of our region. Come learn more about the Salmon that make the arduous journey from the ocean to the Mercer Slough where they will eventually spawn in the shallow waters of Kelsey creek. Learn about the different stages of our Salmon and what you can do to help aid in their survival.

FREE All Ages
107542 2-3pm Sat Nov 12
107543 2-3pm Sat Nov 19

Creatures Below the Snow

The surface of the snow covered ground looks peaceful and serene, what lies beneath is drastically different. Many animals struggle to survive the harsh winter months while others thrive below the snow. Enjoy a story about these creatures' survival strategies and make a pinecone feeder for our resident birds toughing out the winter months.

FREE All Ages
107544 2-3pm Sat Dec 10
107545 2-3pm Sat Dec 17

FAMILY DISCOVERY SERIES: MOVIES AT MERCER SLOUGH

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

Winged Migration

Enjoy the natural world as you fly along with some of the world's most amazing birds. This awe-inspiring film takes you to 40 different countries on each of the seven continents to capture a wide variety of bird migrations. Together the team of experts, cinematographers, and pilots are able to lead you on a rare journey to follow these birds from a variety of unique perspectives.

FREE All Ages
107533 5-6pm Fri Sep 30

Fortress of the Bears

Sustained by an abundance of salmon streams in an isolated and protected environment, nearly 2,000 Alaskan Brown bears call Admiralty Island home. Located in south East Alaska, this area is known to support the largest Brown Bear Population in the entire world. Follow the struggle of one young mother attempting to raise 3 little cubs in this changing environment.

FREE All Ages
107534 5-6pm Fri Oct 28

Salmon: Running the Gauntlet

Salmon play a vital role in sustaining millions of miles of diverse ecosystems here in the PNW. Unfortunately, human interference, over fishing and habitat loss have led to the drastic decline in their numbers. This film forces us to take a closer look at our conservation efforts and how we are all connected and play a vital role in the overall health of these iconic creatures.

FREE All Ages
107535 5-6pm Fri Nov 18

The Arctic Warrior

Enjoy a rare opportunity to look closer into the life of a polar bear and her cub. This film will take you across the vast wilderness of the Arctic for a breathtaking look at some of nature's most fierce creatures. These arctic warriors fight for survival in what most would consider inhospitable conditions.

FREE All Ages
107536 5-6pm Fri Dec 30

LAKE HILLS GREENBELT FAMILY DISCOVERY SERIES

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

Lake Hills Greenbelt

Ducks, our web footed friends

Many ducks make their home in the Pacific Northwest all year round. As summer comes to an end, do you know how ducks prepare for winter? Learn about our web footed friends, and how they adapt to the changing seasons. Also enjoy a duck craft!

FREE All Ages
107623 10-11am Fri Sep 23

Who's that at your birdfeeder?

Bring your children and join a Bellevue Park Ranger to learn what kinds of birds live in your backyard. You can also make a pine cone birdfeeder to take home with your child. \$2 donation suggested at door for program supplies.

\$2 Suggested Donation All Ages
107626 10-11am Fri Oct 14

Creatures of the Night

Just as the sounds of wild creatures fill the forest during the day, the night time forest is also filled with activity. Come learn what amazing creatures come to life at the Lake Hills Green Belt after dusk. Afterward, we will go on a Night Hike, listening for the sounds of creatures living in the dark. \$2 donation suggested at door for program supplies.

\$2 Suggested Donation All Ages
107627 7:30-9pm Fri Oct 28

Discover Autumn: Fall into fall

Why do trees lose their leaves in the Fall? Why does it start to get cooler outside, and why do the days become shorter? Come learn more about the Autumn season, and what brings about this great change to our world each year. This program will include a leaf print craft, so feel free to bring interesting leaves to share! Families are encouraged to attend, please register with your child. \$2 donation suggested at door for program supplies.

\$2 Suggested Donation All Ages
107628 10-11am Fri Nov 18



Where are the Wolves?!

The Grey Wolf, once extinct from the Pacific Northwest, have returned and are slowly growing in numbers. But are wolves dangerous to humans? Come to hear some answers to this question and others you may have about the Canis Lupis, and learn what you can do to stay safe when traveling in wolf country. Also have a howl of time creating a wolf craft with your child at the end of the class! \$2 donation suggested at door for program supplies.

\$2 Suggested Donation
107629 10-11am Fri All Ages
Dec 02

A Warm Winter Home.

As the winter days become shorter and colder, many animals bundle up inside their little homes for protection. All sorts and sizes of animals build unique shelters to winter the cold season. Come learn about these animals, their homes, and what we can do to help them keep safe until the spring. \$2 donation suggested at door for program supplies.

\$2 Suggested Donation
107631 10-11am Fri All Ages
Dec 16



VISITOR CENTERS

Botanical Garden Visitor Center

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

Location: 12001 Main Street, 98005
Hours: 9am - 4pm daily
Phone: 425-452-2750
Website: www.bellevuewa.gov/botanical_garden.htm

Lake Hills Greenbelt Ranger Station

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

Location: 15416 SE 16th Street, 98007
Hours: Tue - Sat, noon-4pm
Phone: 425-452-7225
Website: www.bellevuewa.gov/lake_hills_greenbelt.htm

Lewis Creek Visitor Center

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

Location: 5808 Lakemont Blvd., 98007
Hours: Wed-Sun, 10am-4pm
Closed Mon, Tue, & Holidays
Phone: 425-452-4195
Website: www.bellevuewa.gov/lewis_creek_park.htm

Mercer Slough Environmental Education Center

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

Location: 1625 118th Ave SE, 98005
Hours: Daily, 10am-4pm
Phone: 425-452-2565
Website: www.bellevuewa.gov/mseec.htm



MERCER SLOUGH

ENVIRONMENTAL EDUCATION CENTER

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

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

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



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

1625 118th Avenue SE, Bellevue, WA 98005





Adult Enrichment Series

LEWIS CREEK ADULT ENRICHMENT

Lewis Creek Visitor Center
5808 Lakemont Blvd SE

HOT TOPICS IN WASHINGTON STATE: Are Our Bats in Danger?

The first case of white-nose bat syndrome west of the Rockies was discovered on March 11th, 2016 near North Bend, Washington. Come learn about the history of the syndrome, what other threats there are to our bats in the Puget Sound and how we can help them. Pre-registration not required.

FREE Age: 13Y and up
1-2pm Sat Oct 22

LIVING WITH WILDLIFE: Deer Differences

Deer are one of the most commonly-seen large mammals in our area. Come learn about the different deer species in Washington State and how to tell them apart. Then, get some tips on how to make sure they stay out of your garden! Pre-registration not required.

FREE Age: 13Y and up
1-2pm Sat Nov 26

MERCER SLOUGH ADULT ENRICHMENT SERIES

Adult oriented programs, not necessarily geared toward families or children. Mercer Slough Environmental Education Center Min 1/Max 30

Mercer Slough Environmental Education Center; 1625 118th Ave SE

Lake Washington Ship Canal Centennial Program

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

FREE			All Ages
103334	2-3pm	Sun	Sep 04
103335	2-3pm	Sun	Oct 09
103336	2-3pm	Sun	Oct 16
103337	2-3pm	Sun	Nov 06



Cultural History Programs

FRASER CABIN HERITAGE PROGRAMS

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

Kelsey Creek Farm Park

FREE All Ages
11am-3pm Sat Sep 17

Tours, Hikes, Walks, & Outdoor Activities

BELLEVUE BOTANICAL GARDEN TOURS

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

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

Location: Bellevue Botanical Garden Visitor Center
12001 Main Street

Information: 425-451-3755

Cost: Free

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

BIG BACKYARD COMMUNITY CAMPOUT

Come experience Bellevue's Community Campout. This event is perfect for first time campers or experienced campers looking for a fun time with family and friends. This year we are camping at Newcastle Beach Park, so come join us for a night of camping out under the stars in the great outdoors. Dinner, breakfast and campfire treats are included. Limited camping gear is available upon request. Min 20/Max 40

Newcastle Beach Park

\$20(R) \$25(N) \$5 Age: 2Y and up
106283 Sat-Sun Sep 03-04

LOCAL AREA RANGER HIKES



Did you know Bellevue has almost 100 parks and over 90 miles of trail to explore? Get connected to your local greenbelts and neighborhood parks as rangers take you on hikes throughout the year. Please dress for the weather, bring water and wear sturdy shoes. Hikes vary in theme and length. Please see details below. Cost: Free! No registration required. Info: 425-452-4195. Min 1/Max 25

Lewis Creek Park

Lewis Creek Ranger Hike

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.

FREE		All Ages
10:30am-12pm	Sat	Sep 03
10:30am-12pm	Sat	Oct 01
10:30am-12pm	Sat	Nov 05
10:30am-12pm	Sat	Dec 03

Coal Creek Ranger Hike

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

FREE		All Ages
10am-12pm	Sat	Sep 24



Lewis Creek Park 'Woof Walk'

Come explore Lewis Creek Park with your furry friend and learn about the natural history and wildlife of the park and how we can keep our pets safe. Please limit one dog per guest with leash and bring a doggy waste bag. RSVP requested at 425-452-4195. Meeting Place: Lewis Creek Visitor Center, 5808 Lakemont Blvd SE Distance: 1.5 miles Level of Difficulty: Moderate (350 feet elevation change)

FREE		All Ages
10am-12pm	Sat	Oct 08

Lakemont Community Park Ranger Hike

This lovely trail winds through green corridors alongside Lewis Creek as we ascend and descend throughout the park. Level of difficulty: Difficult (350 feet elevation change) Meeting Place: Lakemont Park, 5170 Village Park Drive Southeast

FREE		All Ages
10am-12pm	Sat	Oct 15

Mandarin-Language Ranger Hike

Join a Park Ranger and a Bellevue Master Naturalist for a Mandarin-language Ranger Hike. Explore 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.

FREE		All Ages
10:30am-12pm	Sat	Nov 19

A Winter Wander

Come take a walk in Lewis Creek Park and explore the beauty of winter. Rain or shine we will explore the mosses and lichens of the park, the deciduous and evergreen trees, and discuss wildlife preparations for winter. Distance: 1.5 miles Level of Difficulty: Moderate (350 feet elevation change)

FREE		All Ages
10am-12pm	Sat	Dec 10

MERCER SLOUGH RANGER HIKE



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

WHEN: Weekly, every Sunday 2-3pm.

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

COST: Free

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

LAKE HILLS GREENBELT RANGER HIKE



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

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



Community Farms and Gardens

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

MASTER GARDENER URBAN DEMONSTRATION GARDEN



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

Location: Lake Hills Greenbelt Urban Demonstration Garden
156th Ave SE & SE 16th St
Time: Wednesdays & Saturdays
9am-1pm
Info: Mary Osborne,
425485-5942,
<http://gardening.wsu.edu>

Volunteer Opportunities

EASTSIDE HERITAGE CENTER VOLUNTEERS

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



ENVIRONMENTAL STEWARDSHIP VOLUNTEERS

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

Here are just a few of the opportunities:

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

DOCENT-LED TOURS

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

BELLEVUE BOTANICAL GARDEN

Sparkling volunteer opportunities await at Garden d'Lights: Greeters are needed to take tickets, answer questions and provide directions every night from November 26 through December 31. Trillium Store workers are needed as cashiers and general helpers. Special Event Support volunteers are needed to assist staff with operational duties. Training is provided; work as many or as few shifts as you like; see all the smiling faces as they arrive and experience the joy of Garden d'Lights! If you are interested, please submit your Volunteer Application at www.bellevuebotanical.org - you will be contacted.

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

Kelsey Creek Farm

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

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

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

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

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

CRITTER ADOPTIONS

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

FARM PARTIES

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

Ages 2-11

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

FARM TOURS FOR SCHOOLS AND GROUPS

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

Kids on the Farm Group Tour

Available December to April and June to September

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

Springtime in the Barnyard Group Tour

Available May

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





Fall at the Farm Group Tour

Available October Only

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

Pioneer Days Group Tour

Available November

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

A PIONEER THANKSGIVING AT KELSEY CREEK FARM

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? Min 6/Max 10

Kelsey Creek Community Park

A Family Pioneer Thanksgiving

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 one favorite adult helper for old-fashioned crafts, snack and active storytelling.

\$20(R) \$25(N) Age: 2Y - 3Y
107551 10am-11:30pm Wed Nov 09

A Little Pioneer Thanksgiving

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.

\$25(R) \$30(N) Age: 3Y - 6Y
107550 10am-11:30pm Thu Nov 10

KELSEY CREEK FARM EARLY RELEASE WEDNESDAY

Help create enrichment opportunities to actively engage and entertain our farm animals. Learn how they think, how each animal needs different activities based on their instincts and why it's important for animals to stay busy. Let's make our farm animals' habitats rewarding and fun. We'll work in the farm yard and do art/craft activities too. Min 6/Max 10

Kelsey Creek Community Park

\$25(R) \$30(N) Age: 8Y - 10Y

How Now, Brown Cow

107564 1:30-3pm Wed Sep 14

Here Goat, Goat, Goat

107565 1:30-3pm Wed Sep 28

Clucks and Eggs

107566 1:30-3pm Wed Oct 12

Boo To You! The Unscary Halloween

107567 1:30-3pm Wed Oct 26

Pony Pets

107568 1:30-3pm Wed Nov 02

Thankful For Our Animal Friends

107569 1:30-3pm Wed Nov 16

Happy Holidays To My Favorite Animals

107570 1:30-3pm Wed Dec 07

107571 1:30-3pm Wed Dec 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 Community Park

\$68(R) \$81(N) Age: 3Y - 6Y

99014 10am-12:30pm Thu Sep 15-29

99015 10am-12:30pm Thu Dec 01-15

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. Underage siblings are welcome; please call in advance for important information. Min 6/Max 10

Kelsey Creek Community Park

\$60(R) \$69(N) Age: 2Y - 3Y

97742 10-11:30am Mon Sep 12-26

97743 10-11:30am Tue Sep 13-27

97744 10-11:30am Wed Sep 14-28

97745 10-11:30am Fri Sep 16-Oct 07

97746 10-11:30am Mon Nov 28-Dec 12

97747 10-11:30am Tue Nov 29-Dec 13

107554 10-11:30am Wed Nov 30-Dec 14

107555 10-11:30am Fri Dec 02-16

AFTER SCHOOL VOLUNTEER

Earn community service hours in this once-a-week after school volunteer program at Kelsey Creek Farm. You will assist the farm staff with the daily operations, help with the animal chore routine, and learn responsible animal care. You need a willingness to learn, and the ability to be on your feet for a physically active day. Also you must have a tolerance for being outside and working in a farm environment in close proximity to hay, vegetation and dust. Participants must be capable of understanding and following directions. Volunteers must be able to attend the 1st two weeks of the program and no less than a total of 5 sessions. No program when Bellevue schools are not in session. Maximum of 1 day per week sign up per participant. All volunteers will be required to complete a Criminal Background check and provide their Social Security number. Min 1/Max 3

Kelsey Creek Community Park

\$5(R) \$7(N) Age: 12Y - 18Y

99046 3-4:30pm Tue Sep 20-Nov 08

99047 3-4:30pm Wed Sep 21-Nov 09

99048 3-4:30pm Thu Sep 22-Nov 10

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 60-90 minutes outside each day.

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

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

(* Junior Explorers Only)

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



PRE-KINDERGARTEN PRESCHOOL

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

PRESCHOOL PLAYSCHOOL

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





Performing Arts

PRE-BALLET 2

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

South Bellevue Community Center

\$66(R) \$78(N) Age: 5Y - 6Y
100736 4- 4:45pm Tue Sep 13-Oct 18

\$77(R) \$91(N) Age: 5Y - 6Y
100738 4- 4:45pm Tue Oct 25-Dec 06

YOUTH BALLET 1

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

South Bellevue Community Center

\$66(R) \$78(N) Age: 7Y - 10Y
103065 5- 6pm Tue Sep 13-Oct 18

\$77(R) \$91(N) Age: 7Y - 10Y
103066 5- 6pm Tue Oct 25-Dec 06

EMERALD BALLET THEATER: PRE-BALLET

A joyful introduction to movement. Basic dance technique is inspired by beautiful music, literature, and art in a developmentally appropriate way. Flexibility, coordination, strength, and creativity develop in the young dancer. Dancers in all PreBallet levels will wear a solid color leotard of any color, and pink ballet tights with pink ballet slippers with leather soles. Dancers should have their hair secured away from their face. Min 6/Max 10

Northwest Arts Center

\$125(R) \$140(N) Age: 3Y - 5Y
107519 4:15- 5pm Tue Sep 20-Nov 08

EMERALD BALLET THEATER: BEGINNING BALLET

Dancing hearts are nurtured and basic ballet technique, improvisation, and choreography are introduced in a developmentally appropriate way. Flexibility, coordination, strength, and creativity increase. Opportunities for creativity and performance are provided. Emerald Ballet instructor.

Dancers in all PreBallet levels will wear a solid color leotard of any color, and pink ballet tights with pink ballet slippers with leather soles. Dancers should have their hair secured away from their face Min 6/Max 10

Northwest Arts Center

\$144(R) \$159(N) Age: 6Y - 9Y
107520 5- 6pm Tue Sep 20-Nov 08

PUPPETS COME ALIVE! WORKSHOP

) explore puppetry from around the world. Developing creativity, public speaking, and puppetry theater skills which help children gain confidence and improve their cultural knowledge. Min 6/Max 12

Northwest Arts Center

\$39(R) \$47(N) Age: 5Y - 8Y
107878 10am- 12pm Sat Oct 8

ROCK 'N' MORE GUITAR LESSONS

Learn to play chords and single notes on either electric or acoustic guitar. Learn how to make your guitar learning experience as fun and easy as possible. You will learn enough about playing in the first week that you'll be able to play a song that you know by the time you get to the second lesson...if you practice. Taught by Dance Anderson, Rock 'n' More Music Adacemy founder and president, this class will be a lot of fun. Please contact and coordinate with instructor on the time of arrival for class between 3 - 7:30 PM on Wednesdays at uofrock@hotmail.com. Min 1/Max 15

Crossroads Community Center

\$100(R) \$120(N) Age: 8Y and up
100515 3- 7pm Wed Sep 07-28
100516 3- 7pm Wed Oct 05-26

\$75(R) \$90(N) Age: 8Y and up
100517 3- 7pm Wed Nov 02-16
107633 3- 7pm Wed Nov 30-Dec 14

MOVE OVER MOZART PIANO CLASSES

Move Over Mozart is a piano-learning program where children participate in musical activities and learn from each other as well as their teacher. Learn to play familiar tunes on the piano, read music, and basic music theory for a lifetime of musical enjoyment. Having a piano at home is recommended but not required. 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

\$110(R) \$132(N) Age: 42M - 4Y
107332 5- 5:30pm Thu Sep 15-Nov 17

\$165(R) \$198(N) Age: 42M - 4Y
107326 4- 4:30pm Tue Sep 20-Jan 10
107328 5:30- 6pm Tue Sep 20-Jan 10

\$110(R) \$132(N) Age: 5Y - 6Y
107333 4:30- 5pm Thu Sep 15-Nov 17
107335 5:30- 6pm Thu Sep 15-Nov 17

\$165(R) \$198(N) Age: 5Y - 6Y
107329 5- 5:30pm Tue Sep 20-Jan 10
107330 6- 6:30pm Tue Sep 20-Jan 10

\$110(R) \$132(N) Age: 7Y - 12Y
107334 6- 6:30pm Thu Sep 15-Nov 17

\$165(R) \$198(N) Age: 7Y - 12Y
107331 4:30- 5pm Tue Sep 20-Jan 10

GROUP GUITAR LESSONS

This course will teach guitar lessons for both beginners and those with some experience. By the end of the course, students should have mastered basic, dominant 7, and barre chords; major and minor scales; memorization of every note on the neck of the guitar; be comfortable with alternate picking; know and understand building blocks of both blues and rock songs; and play a selection of well-known popular songs. Music theory will be introduced (painless!) at appropriate points during the course to create those "a-ha!" moments which provide students an understanding of music.

Kelsey Creek Farm Park

\$240(R) \$288(N) Age: 11Y and up
108022 4- 4:50pm Wed Sep 07- Oct 26
108024 4- 4:50pm Wed Nov 02 - Dec 21



Preschool

Dance, Movement, & Music

PARENT/CHILD DROP-IN PLAY

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

\$3(R) \$4(N) Age: Up to 5Y
Crossroads Community Center
9-11:30am Mon-Fri Ongoing
North Bellevue Community Center
11:30am-12:30pm Wed Ongoing
South Bellevue Community Center
10:30am-12pm Mon, Wed, Fri Sep 07-Dec 16
Highland Community Center
9-11:30am Mon-Fri Ongoing

BABY BEETHOVEN

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

Northwest Arts Center
\$98(R) \$108(N) Age: 18M - 3Y
107354 9:45-10:30am Fri Sep 16-Nov 04

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
\$50(R) \$60(N) Age: 18M - 3Y
107357 9:45-10:30am Fri Nov 11-Dec 16

DANCE WITH ME

Have fun with your child while enhancing the mind body connection through the Brain Dance and use of nursery rhymes, movement games, props and more. In this class we will explore the elements of dance to a variety of music styles. Both Parents and caregivers are welcome. Min 3 Parent/Child Couples

South Bellevue Community Center
\$66(R) \$78(N) Age: 30M - 48M
107531 10:30-11:15am Fri Sep 16-Oct 21
\$55(R) \$65(N) Age: 30M - 48M
107532 10:30-11:15am Fri Oct 28-Dec 09

CREATIVE MOVEMENT FOR TYKES

Move your whole body little tykes as you explore dance, music and games to unleash your creativity and confidence. Taught by Bellevue Youth Theatre instructor. Min 6/Max 12

Northwest Arts Center
\$70(R) \$85(N) Age: 4Y - 5Y
107537 10-11am Mon Sep 26-Oct 31

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
\$66(R) \$78(N) Age: 3Y - 5Y
100727 1:30-2:15pm Fri Sep 16-Oct 21
\$55(R) \$65(N) Age: 3Y - 5Y
100728 1:30-2:15pm Fri Oct 28-Dec 09

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
\$66(R) \$78(N) Age: 3Y - 5Y
103052 11:30am-12:15pm Fri Sep 16-Oct 21
\$55(R) \$65(N) Age: 3Y - 5Y
103053 11:30am-12:15pm Fri Oct 28-Dec 09

Birthday Party Packages at Northwest Arts Center

Enjoy an hour of fun-filled activity and one hour of party room festivities and leave the details to us! We provide the friendly and enthusiastic party staff, teachers, and a special party gift for each child. You bring the rest!

Party packages include:

- **Art It Up!** Features crafts or beading assembly, for ages 3-12
- **All American Old Fashioned Games** for ages 3-12
- **Play Zone Party** Features an open gym and playground games for ages 2-5
- **Flash Mob** Learn a dance, pick a costume or bring your own, and film a video of you and friend in your own dance video, for ages 6-16
- **Pottery Party** Make a small bowl, vase or other item to cherish or give someone as a gift, for ages 6 - 16
- **Junior Chef Party** Create a birthday treat and decorate an apron to take home, for ages 5-12
- **Princess Party** for ages 2-8
- **Pirate Party** for ages 4-8
- **Dinosaur Party** for ages 4-8

Call our Party Coordinator at 425-452-4106 for pricing, availability, and to arrange your party today! Parties are held at the Northwest Arts Center - 9825 NE 24th St.

Holiday DECORATION DRIVE South Bellevue Community Center



Arts, Crafts, Cooking & Family Fun

FALL'S FABULOUS FELLOWS

Creepy, crawlies, hairy scaries-spiders, bats and owls, Oh, my! Join us for a fun fact-filled morning learning about fall's fabulous fellows through art, music and dance! A special treat awaits you too! Min 6/Max 6

Northwest Arts Center

\$22(R) \$27(N) Age: 2Y - 5Y
107360 10-11:30am Sat Sep 24

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 tummies! Dress in your party clothes for happy holiday wholesome FUN! Min 6/Max 6

Northwest Arts Center

\$22(R) \$27(N) Age: 2Y - 5Y
107359 10-11:30am Sat Nov 19

MINI MONETS

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

Northwest Arts Center

\$98(R) \$108(N) Age: 3Y - 6Y
107353 10:45-11:30am Thu Sep 15-Nov 03

MINI-MONETS HOLIDAY FUN

Explore the colorful world of art and imagination with a focus on holiday themed projects. Materials included. Child only class. Min 6/Max 10

Northwest Arts Center

\$50(R) \$60(N) Age: 3Y - 6Y
107356 10:45-11:30am Thu Nov 10-Dec 15

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

\$98(R) \$108(N) Age: 18M - 3Y
107351 9:45-10:30am Thu Sep 15-Nov 03

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

\$50(R) \$60(N) Age: 18M - 3Y
107355 9:45-10:30am Thu Nov 10-Dec 15

PEE WEE PUMPKIN PATCH

Spend a fun filled morning designing a one of a kind perfect jack o' lantern! Art, music, make pumpkin brownies and a playing harvest games are just some of the happy activities planned for the morning. Min 6/Max 6

Northwest Arts Center

\$22(R) \$27(N) Age: 2Y - 5Y
107358 10-11:30am Sat Oct 22

Special Interest & Extended Learning

Dance & Arts

LINE DANCE PRACTICE

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

North Bellevue Community Center

CHORUS

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

North Bellevue Community Center



CHINESE & ENGLISH CHORUS

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

North Bellevue Community Center

TAP DANCE

Improve your skills dancing to fun music from the old days. This is a wonderful way to exercise while improving your memory, coordination, and having fun. No class in session July, August or September. Min 4/Max 30

North Bellevue Community Center

\$18(R) \$22(N) Age: 18Y and up
105977 12- 1pm Tue Oct 04-25

\$14(R) \$17(N) Age: 18Y and up
105978 12- 1pm Tue Dec 06-20

Games

INTERNATIONAL & CLASSIC GAMES

Play popular games from around the world to keep your mind moving. Bring your friends or meet new ones! Mahjongg, Pinochle, Mangala, Bridge, Chess, Dominoes and more. New games introduced as interest develops. Min 6/Max 12

Boys & Girls Club - Main Club

\$15(R) \$20(N) Age: 18Y and up
107874 11am- 1pm Tue Oct 04-Nov 08

THE SOUTH BELLEVUE BRIDGE BUNCH

Just learning, a little rusty, or just want a fun place to play Bridge while increasing your skill level? Come join us every Tuesday and enjoy some coffee/snacks and play your favorite game! Min 4/Max 40

South Bellevue Community Center

\$12(R) \$14.50(N) Age: 55Y and up
10708 1:10- 3:10pm Tue Sep 06-Dec 13

Lifelong Learning

BOOK CLUB

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

EARLY STAGE MEMORY LOSS

To celebrate each participant's life, past and present, through exploration and recreation in a supportive group which fosters laughter, confidence, community and expression. Min 8/Max 20

North Bellevue Community Center

FREE All Ages
107576 9am-12pm Mon Sep 12-Oct 31
107578 9am-12pm Mon Nov 07-Dec 19

CROSSROADS COMMUNITY CENTER BOOK GROUP

Want to join a book Group? Crossroads Community Center announces the start of its monthly book group on Thursday, September 1st from 10-11:00 am.

Join us on the first Thursday of each month to discuss a book. The first meeting will provide an opportunity to meet each other and to explore books for the book group. Such titles as, *The Man in the High Castle* by Philip Dick, *Fahrenheit 451* by Ray Bradbury and *Claire of the Sea Light* by Edwidge Danticat are some of the suggestions for this year and other suggestions are welcome. Books selected can be requested from the King County Library System (KCLS) with a library card, and a librarian will join us to lead the group! Refreshments will be served. Co-sponsored by KCLS. This is a FREE drop-in program - no pre-registration is required!

Crossroads Community Center

FREE Ages 18 and up
First Thursdays of the month, 10-11am:
September 1, October 6, November 3, and December 1, 2016



INTRODUCTION TO FLY FISHING

This class will cover everything you need to know in order to get started in the wonderful sport of fly fishing. The class will teach basic-intermediate casting techniques, how to select proper equipment, rigging, fly selection, where to go, and fly presentation. The course is designed to be a mixture of classroom experiences and hands-on casting instruction held outside on the field. All instruction and equipment for this class is provided by Orvis Bellevue. Min 8/Max 16

Northwest Arts Center

\$125(R) \$145(N) Age: 18Y and up
107881 7- 9pm Thu Sep 15-Oct 20

COMMUNITY COOKING CLASS

International Community Health Services, Community Advocates are very excited to start a community kitchen in Bellevue where we can teach low income families and individuals about health and nutrition on a budget without losing their cultural flavors. This is only possible through generous funding from community partners.

Free Min 6/Max 10

North Bellevue Community Center

FREE Age: 10Y and up
107577 6- 9pm Wed Sep 14-Dec 14

RED CROSS KNITTING GROUP

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

North Bellevue Community Center

TELOS

Bellevue College TELOS courses are coming to the Boys & Girls Clubs of Bellevue Main Club this FALL!

TELOS offers educational courses for retirees that meet a wide variety of interests. Course categories are History & Politics, Arts & Literature, Philosophy & Religion, Science & Technology, Health & Healthcare. Students and faculty will enjoy intellectually stimulating courses that make learning a creative exchange of ideas, as well as supportive interactions as peers form lasting friendships. TELOS classes are non-credit and non-graded. Fall Quarter begins September 26th. All courses are 8 weeks. Please join us for Fall quarter. Online registration will be available beginning August 4 at: <http://www.bellevuecollege.edu/ce/retiree-programs/>

Multi-Cultural Services

ESL FOR CHINESE SENIORS

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

South Bellevue Community Center

FREE Age: 60Y and up
100720 12:30-2pm Thu Sep 01-Dec 15

Computer Classes

DROP-IN COMPUTER HELP

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

North Bellevue Community Center

ANDROID WORKSHOP

Want to learn more about your Android tablet or Android smartphone? Join us for this workshop as we explore everything about Android and give you an opportunity to ask questions. You may bring your Android tablet or Android smartphone, but it is not required to attend. Min 2/Max 6

North Bellevue Community Center

\$35(R) \$42(N) Age: 16Y and up
107870 1:30-3pm Thu Sep 08-29

COMPUTERS WINDOWS 10 WORKSHOP

Do you need help with Microsoft's Windows 10 Operating System? Join us for this Workshop that will cover basics and give you an opportunity to ask questions. You may bring your Windows 10 device (laptop, tablet, or cell phone) but it is not required to attend. Min 2/Max 5

North Bellevue Community Center

\$35(R) \$42(N) Age: 18Y and up
107869 1-3pm Tue Oct 11-Nov 01

Children & Youth

BUSINESS KIDS

BusinessKids is a program for young entrepreneurs in which they learn to develop business ideas through games. In BusinessKids we teach children that good businesses are more than just a source of wealth. BusinessKids uses activities that encourage the entrepreneur spirit of children and prepare them for the future. Min 6/Max 10

Northwest Arts Center

\$175(R) \$200(N) Age: 7Y - 10Y
107572 4-6pm Mon, Wed Sep 19-Dec 07

TOP JUNIOR CHEF

Good food is our focus and having fun is our priority. Our goal is to create basic quality food in a safe learning environment. Learning to use fresh, healthy ingredients and the proper cooking methods for each recipe. Min 5/Max 10

Northwest Arts Center

\$130(R) \$145(N) Age: 3Y - 6Y
107370 1:30-2:30pm Wed Sep 21-Nov 16

\$130(R) \$145(N) Age: 6Y - 11Y
107371 3:15-4:15pm Wed Sep 21-Nov 16

HOLIDAY TOP JR. CHEFS

Good food is our focus and having fun with a holiday theme is our priority. Our goal is to create basic quality food in a safe learning environment. Learning to use fresh, healthy ingredients and the proper cooking methods for each recipe. Min 5/Max 10

Northwest Arts Center

\$35(R) \$45(N) Age: 3Y - 6Y
107454 1:30-2:30pm Wed Dec 07-14

\$35(R) \$45(N) Age: 6Y - 11Y
107455 3:15-4:15pm Wed Dec 07-14

BOLLYWOOD DANCE

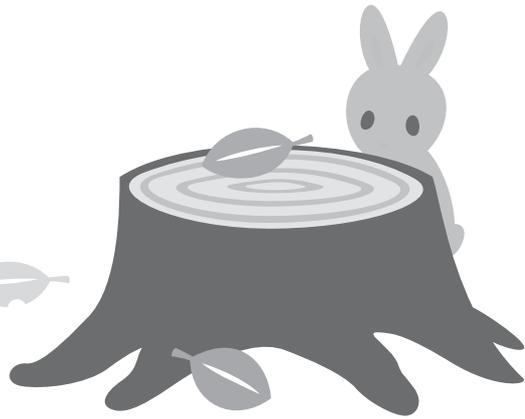
Bollywood dance is one of the hottest dances around! It is the foundation of every great Indian Bollywood film. The dances are a fusion of traditional and classical Indian dances with influence of some jazz, hip-hop and modern dance. Classes taught will be a fusion of Bollywood, Indian Folk, Fusion and Indian classical style of dancing. Main focus will be to work on individual moves and synchronizing with the class. Min 3/Max 20

Crossroads Community Center

\$80(R) \$96(N) Age: 4Y - 9Y
107491 4-4:45pm Fri Sep 09-30
107490 4-4:45pm Fri Oct 07-Nov 04
107492 4-4:45pm Fri Nov 18-Dec 16

\$80(R) \$96(N) Age: 10Y - 18Y
107493 5-5:45pm Fri Sep 09-30
107494 5-5:45pm Fri Oct 07-Nov 04
107495 5-5:45pm Fri Nov 18-Dec 16





Financial, Legal, & Insurance

SHIBA

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

LEGAL ASSISTANCE

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

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-member. Bring a sack lunch. Min 5/Max 20

North Bellevue Community Center

FREE			Age: 50Y and up
107620	9am-5pm	Tue	Oct 04
107621	9am-5pm	Tue	Dec 06

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
100141	10:30-11:30am	Tue	Sep 20
100142	10:30-11:30am	Tue	Nov 15

NSC DRIVER SAFETY TRAINING - DDC 4

Defensive Driving Course 4, an instructor-led classroom course, reinforces key fundamental driving skills and motivates drivers to change their behind-the-wheel behaviors and attitudes. It will give participants the basic understanding and techniques to avoid collisions and reduce future violations. Min 4/Max 12

Bellevue Court House

\$75			Age: 25Y and up
107914	1-5pm	Wed	Sep 28
107915	1-5pm	Wed	Oct 26
107916	1-5pm	Wed	Nov 16
107917	1-5pm	Wed	Dec 21

ALIVE@25

Alive at 25, is a four hour driver awareness program that addresses the number one cause of death for drivers ages 15 to 24-- motor vehicle crashes-- and is a national program that has been adopted by many states and courts. Alive @ 25 encourages young drivers to take responsibility for their driving behavior. Alive at 25 is a highly-effective interactive course ideal for young drivers who incur traffic violations. This is a classroom based course utilizing media segments, workbook exercises, class discussions and role playing; young drivers develop convictions and strategies that will keep them safe on the road. *THE FEE FOR THIS COURSE IS NON-REFUNDABLE. For further information or to speak to someone, contact Bellevue Probation by calling 425-452-6956 or by email at COBProbation@bellevuewa.gov **BELLEVUE PROBATION has MOVED! Our new address is 1309 114th Ave SE, Suite 200 in Bellevue. ** Min 1/Max 24

Bellevue Court House

\$75			Age: 15Y and up
103794	1-5pm	Wed	Sep 14
103795	1-5pm	Wed	Oct 12
103796	1-5pm	Wed	Nov 09
103797	1-5pm	Wed	Dec 07

ETIQUETTE-YOUNG LADIES & GENTLEMEN I

Children rarely attend classes on manners, and yet it is the key to building positive friendships and strong self-esteem. This fun, hands-on workshop teaches telephone etiquette, basic table manners, introductions, personal care, and posture. ***There is no child care available the hour between classes. Please consider if enrolling in both classes. Min 8/Max 20

Northwest Arts Center

\$50(R)	\$60(N)		Age: 6Y - 11Y
107267	9am-12pm	Sat	Oct 29

ETIQUETTE:YOUNG LADIES & GENTLEMAN II : HOLIDAY MANNERS

This course is a natural follow-up to Young Ladies and Gentlemen I. One of the first social settings that children encounter is being a guest at a holiday party. Being a gracious guest, guest of honor, or host are lifelong skills. Boys and girls will learn about invitations, 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. If your child has an allergy that would prevent them from sharing a store bought cake, please feel free to bring your own cake or other appropriate treat. Min 8/Max 20

Northwest Arts Center

\$50(R)	\$60(N)		Age: 6Y - 11Y
107266	1-4pm	Sat	Oct 29

Adult Sports Leagues

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

Fall 2016 Registration:

Residents: August 1-21

Non-Resident: August 8-21

League Play: Starts September 11, 2016

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

New to Bellevue or looking for a team?

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

Drop-In Sports

BASKETBALL - DROP-IN

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

Highland Community Center

\$3(R) \$4(N) Age: 18Y and up
11:30am- 1:30pm Thu, Tue Sep 01-Nov 22

DROP-IN PICKLEBALL - SBCC

Join our pickle ball players for some good exercise and lots of fun. Easy sport to pick up if you have not played before. Min 1/Max 30

South Bellevue Community Center

\$3(R) \$4(N) Age: 18Y and up
12:30- 2:30pm Wed, Fri, Mon Sep 07-Dec 30



VOLLEYBALL - DROP-IN

Non-competitive general-regulation volleyball for those 18 and over that are looking for afternoon fun and a little exercise. When three teams are formed due high attendance the weight room will be available for workout at no additional charge while waiting for your game. Min 1/Max 30

Highland Community Center

\$3(R) \$4(N) Age: 18Y and up
1-3pm Fri, Mon Sep 02-Dec 09

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

Family Badminton - Drop-in

\$3 \$4 Age: 7Y and up
10am-12pm Sat Sep 03-Dec 10

Badminton - Drop-in

\$3 \$4 Age: 18Y and up
9am-12pm Sun Sep 04-Dec 11

DROP-IN ADULT BASKETBALL

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 for schedule.

DROP-IN TEEN BASKETBALL

Come to our open gym time for teens. 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: 13Y - 17Y
1-3pm Sat Sep 10-Dec 17

DROP-IN ADULT VOLLEYBALL

Come join your friends for some fun adult volleyball! Schedule subject to change depending on attendance. Call 452-4240 for schedule. Min 1/Max 50

South Bellevue Community Center

\$3(R) \$4(N) Age: 18Y and up
6-8:30pm Tue Sep 06-Dec 27

DROP-IN BADMINTON

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

South Bellevue Community Center

\$3(R) \$4(N) Age: 18Y and up
7-8:45pm Mon, Wed Sep 07-Dec 28
1-3pm Sat Sep 10-Dec 17

DROP-IN FAMILY TIME BASKETBALL

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

South Bellevue Community Center

FREE Age: 5Y and up
3:15- 4:45pm Sat-Sun Sep 10-Dec 18



Youth Sports Leagues

YOUTH BASKETBALL LEAGUES SPONSORED BY



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

- **League Structure:** The first 2 weeks are practice, followed by 5 weeks of games. This league is a one day per week commitment. Always the same location and time.
- **Uniforms:** Jersey is included in the registration fee and will be issued on your first game day.
- **Shin guards** are required for all soccer leagues.
- **Inclement Weather Policy:** Cancellations due to inclement weather will be made by the Recreation Coordinator at the field. Coaches and players must report to the field. Soccer is an all-weather sport. Come prepared to play in all weather!
- **Volunteer Coaches Needed:** Volunteer soccer coaches are needed. Call (425) 452-4627 for more information and to receive a \$20 discount towards your registration fee. Background check required & attendance to mandatory coaches clinic to receive discount.



• **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 SEPTEMBER 10 BY EMAIL TO SGonzales@bellevuewa.gov

- **I've signed up for soccer...now what do I do?** You will be contacted prior to the league start date via email. This email will include your team confirmation and parent packet. Team confirmations will be sent no later than September 15.

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
106171 4:15- 5:15pm Tue Sep 20-Nov 01

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
106172 4:15- 5:15pm Tue Sep 21-Nov 02

ATAVUS RUGBY 100

ATAVUS Mini Rugby is for active children who want to try a fun new sport. This program focuses on the development of age-appropriate motor skills (running, catching, passing, and kicking) and social skills (teamwork, following directions, sportsmanship) in a safe, fun and child centered-environment. Emphasis will be on safety and fun at all times. All participants will receive an official Youth Rugby t-shirt. This program is an excellent complement and alternative to other common sports such as football, soccer, track, basketball, and lacrosse. Min 5/Max 12

Robinswood Community Park

\$125(R) \$150(N) Age: 4Y - 6Y
102634 4:30-5:45pm Mon Sep 19-Nov 07

ATAVUS RUGBY 200

ATAVUS Youth Rugby presents Rugby 200 for boys and girls who are 'emerging' rugby kids. Rugby 200 is a healthy and active program that keeps kids moving through small sided games and scrimmages. Participants will perform a variety of 'rugby moves' in play: pass & loop, kick & collect, evade & score and more as they acquire more confidence and comprehension. With the focus on fun, teamwork and sportsmanship, each child's talents will begin to shine through the teaching of our certified ATAVUS coaching staff. All participants will receive an official Youth Rugby t-shirt, wristband, and sticker. Min 6/Max 20

Robinswood Community Park

\$125(R) \$150(N) Age: 7Y - 9Y
102639 4:30-5:45pm Mon Sep 19-Nov 07

ATAVUS RUGBY 300

ATAVUS Youth Rugby presents Rugby 300 for developing rugby kids. 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 & Rugby 200 (not required), participants will have a full grasp of a variety of kicks, handling skills & trick moves, evasive running abilities, improvements in field vision and how to fix and beat defenders in a variety of situations. Sessions are comprised of skill work touch rugby scrimmages. All participants receive an official Youth Rugby t-shirt, wristband, and sticker. Min 6/Max 20

Robinswood Community Park

\$125(R) \$150(N) Age: 10Y - 12Y
102645 4:30-5:45pm Mon Sep 19-Nov 07

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 25

Tyee Middle School Site

\$60(R) \$66(N) Age: 5Y - 6Y
107799 5:30-6:30pm Mon Nov 07-Dec 12

\$60(R) \$66(N) Age: 7Y - 8Y
107800 5:30-6:30pm Tue Nov 08-Dec 13

\$60(R) \$66(N) Age: 9Y - 10Y
107801 5:30-6:30pm Wed Nov 09-Dec 14

\$60(R) \$66(N) Age: 11Y - 13Y
107802 5:30-6:30pm Thu Nov 10-Dec 15

BIDDY MULTI SPORT

Come join the NEW Biddy 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 6/Max 12

South Bellevue Community Center

\$45(R) \$54(N) Age: 3Y - 4Y
102573 11-11:45am Thu Sep 15-Oct 06
102574 11-11:45am Thu Oct 13-Nov 03

Tyee Community Gym

\$45(R) \$54(N) Age: 3Y - 4Y
102570 9:30-10:15am Sat Sep 17-Oct 08
102571 9:30-10:15am Sat Oct 15-Nov 05
102572 9:30-10:15am Sat Nov 12-Dec 10

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

\$79(R) \$88(N) Age: 11Y - 18Y
107584 5-6:30pm Thu Sep 15-Oct 20
107585 5-6:30pm Thu Oct 27-Dec 15

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 in real cheerleading uniforms! Come join the fun. Mandatory parent and cheerleader meeting and uniform fitting on the first day of practice September 24 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 12/Max 35

Highland Community Center

\$164(R) \$179(N) Age: 5Y - 13Y
107514 4:15-4:59pm Thu Sep 22-Dec 15

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 half-time 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

\$79(R) \$88(N) Age: 7Y - 18Y
107517 2:30-4pm Wed Sep 14-Oct 19
107515 4-5:30pm Fri Sep 16-Oct 21
107518 2:30-4pm Wed Oct 26-Dec 14
107516 4-5:30pm Fri Oct 28-Dec 16



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

\$79(R)	\$88(N)		Age: 8Y - 18Y
100463	4-5:30pm	Wed	Sep 14-Oct 19
100464	4-5:30pm	Wed	Oct 26-Dec 14

CHEERLEADING TUMBLING-BEGINNING/INTERMEDIATE

Tumbling class for Cheerleaders -This is a great class for starting and improving your tumbling skills. We use a series of progressions to work from doing bridges and cartwheels up to back handsprings and back tucks. This small class is specifically geared towards tumbling for cheerleading. Min 8/Max 12

Highland Community Center

Cheerleading Tumbling Beginning/Intermediate

Beginning to Intermediate tumbling class for cheerleaders focusing on the basics of tumbling and conditioning up.

\$60(R)	\$70(N)		Age: 7Y - 18Y
107587	4:15-5pm	Thu	Sep 15-Oct 20
107619	4:15-5pm	Thu	Oct 27-Dec 15

Cheerleading Tumbling - Beginning

This is a great class for starting and improving your tumbling skills. We use a series of progressions to work with beginners on bridges, cartwheels, round-offs, kick overs and standing back handsprings. This small class is specifically geared towards tumbling for cheerleading.

\$60(R)	\$70(N)		Age: 7Y - 18Y
107622	5-5:45pm	Thu	Sep 15-Oct 20
107625	5-5:45pm	Thu	Oct 27-Dec 15

CHEERLEADING/CROWDLEADING WORKSHOP

Join us for a cheerleading intensive workshop - focusing on motions, jumps, tumbling and especially crowd leading. If you are thinking about trying out for your high school team, this is a great way to get instruction, experience and critique. Please wear comfortable clothes, no jewelry, good tennis shoes and bring a sack lunch and a water bottle. Min 8/Max 45

Highland Community Center

\$39(R)	\$49(N)		Age: 7Y - 18Y
107630	9am-12:30pm	Sat	Nov 19

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

South Bellevue Community Center

\$65(R)	\$77(N)		Age: 4Y - 5Y
102739	10:30-11:15am	Tue	Sep 20-Oct 25
102740	10:30-11:15am	Tue	Nov 01-Dec 06

Highland Community Center

\$65(R)	\$77(N)		Age: 4Y - 6Y
102741	2-2:45pm	Wed	Sep 21-Oct 26
102746	1-1:45pm	Wed	Sep 21-Oct 26
102742	1-1:45pm	Wed	Nov 02-Dec 07
102743	2-2:45pm	Wed	Nov 02-Dec 07

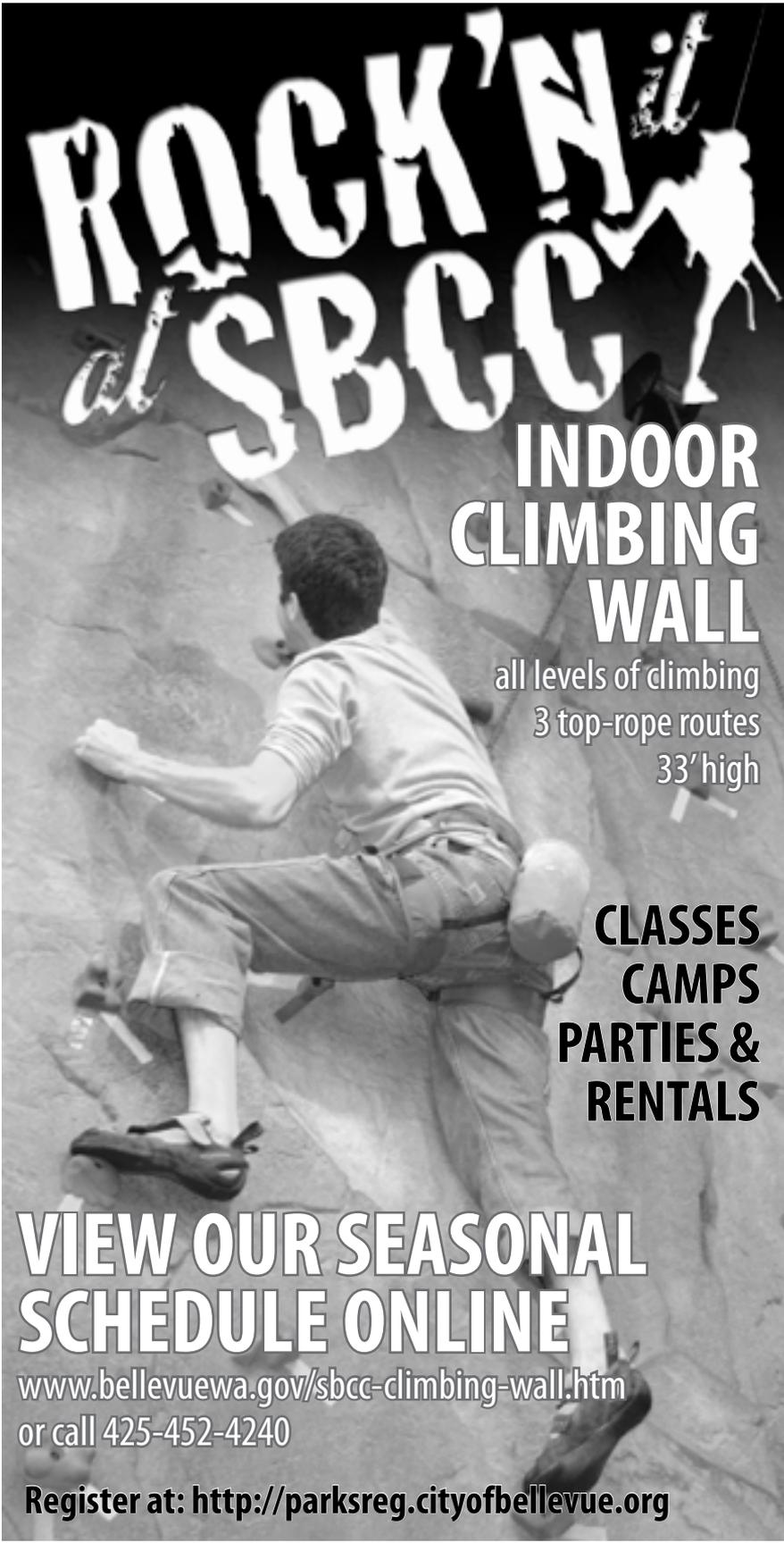
SUPERSTIX GIRLS LACROSSE CLINIC

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. Skills developed are: agility and evasive running, ball handling, cradling, catching and shooting in a fun friendly environment. Team work and sportsmanship are fundamental to this program. Players of ALL skill levels are welcome and will be grouped accordingly. Emphasis will be on safety and fun at all times, and physical contact is limited. Min 8/Max 30

Robinswood Community Park

\$125(R)	\$150(N)		Age: 6Y - 14Y
----------	----------	--	---------------





ROCK'N' at SBCC

INDOOR CLIMBING WALL

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

**CLASSES
CAMPS
PARTIES &
RENTALS**

VIEW OUR SEASONAL SCHEDULE ONLINE

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

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

ROBINSWOOD TENNIS CENTER

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

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

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

LADIES' COMPETITIVE CUP INTER-CLUB LEAGUE

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

FACILITY RENTAL

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

VOLUNTEER AT ROBINSWOOD TENNIS CENTER

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



MISCELLANEOUS SERVICES OFFERED

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

OUTDOOR TENNIS COURTS

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

ADULT ACTIVITY GROUPS

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

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

Working Women - Wednesday, 6:15-7:30pm
Coordinator: Lisa Stix, StixL44@gmail.com

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

SENIOR DRILL AND PLAY

50+ Years. Combination of instruction, drills, and point play.
103729 2:30-3:45pm Tue Sep 06-Oct 25 FREE

CARDIO TENNIS

18+ years. Cardio Tennis consists of short cycles of workouts. Players of all abilities enjoy tennis together while they also consistently elevate their heart rates into their aerobic training zone. Min 4/Max 8
Robinswood Tennis Center

FREE		Age: 19Y and up
103477	1-2pm Mon	Oct 17-31
103476	9:30-10:30am Tue	Oct 18-25
103475	6:30-7:30pm Thu	Oct 20-27

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

		Age: 14Y and up
99022	4-5pm Wed	Sep 07-Oct 26 \$48
99023	4-5pm Wed	Nov 02-Dec 14 \$36

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

99290	10:30-11:45am	Wed	Sep 07-Oct 26	\$132
99353	7:30-8:45pm	Wed	Sep 07-Oct 26	\$132
99352	7:30-8:45pm	Mon	Sep 12-Oct 24	\$115.50

Session 2

99291	10:30-11:45am	Wed	Nov 02-Dec 14	\$115.50
99354	7:30-8:45pm	Mon	Oct 31-Dec 12	\$115.50
99355	7:30-8:45pm	Wed	Nov 02-Dec 14	\$115.50



Advanced Beginning

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

Session 1

99030	10:30-11:45am	Tue	Sep 06-Oct 25	\$132
99031	11:45am-1pm	Wed	Sep 07-Oct 26	\$132
99335	8:45-10pm	Wed	Sep 07-Oct 26	\$132
99334	8:45-10pm	Mon	Sep 12-Oct 24	\$115.50

Session 2

99032	10:30-11:45am	Tue	Nov 01-Dec 13	\$115.50
99033	11:45am-1pm	Wed	Nov 02-Dec 14	\$115.50
99336	8:45-10pm	Mon	Oct 31-Dec 12	\$115.50
99337	8:45-10pm	Wed	Nov 02-Dec 14	\$115.50

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

99299	10:30-11:45am	Thu	Sep 08-Oct 27	\$132
99300	11:45am-1pm	Mon	Sep 12-Oct 24	\$115.50
99369	7:30-8:45pm	Tue	Sep 06-Oct 25	\$132
99371	7:30-8:45pm	Thu	Sep 08-Oct 27	\$132

Session 2

99301	11:45am-1pm	Mon	Oct 31-Dec 12	\$115.50
99302	10:30-11:45am	Thu	Nov 03-Dec 15	\$99
99372	7:30-8:45pm	Tue	Nov 01-Dec 13	\$115.50
99373	7:30-8:45pm	Thu	Nov 03-Dec 15	\$99

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

99318	8:45-10pm	Tue	Sep 06-Oct 25	\$132
99319	8:45-10pm	Thu	Sep 08-Oct 27	\$132

Session 2

99320	8:45-10pm	Thu	Nov 03-Dec 15	\$99
99321	8:45-10pm	Tue	Nov 01-Dec 13	\$115.50



IMPORTANT REGISTRATION INFORMATION FOR ROBINSWOOD TENNIS CENTER PROGRAMS

Registration dates for sessions at Robinswood Tennis Center:

Session 1:
Residents: August 3
Non-Residents: August 12

Session 2:
Residents: October 10
Non-Residents: October 19

Advanced Doubles Strategy

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

Session 1

99039 11:45am-1pm Mon Sep 12-Oct 24 \$115.50

Session 2

99040 11:45am-1pm Mon Oct 31-Dec 12 \$115.50

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

100467 9-10:30am Mon Sep 12-Nov 14 \$110

Tennis - Weekday Flight - Level B

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

Session 1

100470 9-10:30am Wed Sep 14-Nov 16 \$110

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

100473 1-2:30pm Mon Sep 12-Nov 14 \$110

Tennis - Weekday Flight - Level D

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

Session 1

100476 9-10:30am Tue Sep 13-Nov 15 \$110

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

100479 9-10:30am Thu Sep 15-Nov 17 \$110

Tennis - Weekday Flight - Level F

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

Session 1

100482 1-2:30pm Thu Sep 15-Nov 17 \$110

Youth Tennis Programs

TENNIS TEAMS

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

Robinswood Tennis Center

Age: Up to 17Y

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

Session 1

100414 3:45-5pm Tue, Thu Sep 06-Oct 27 \$192

Session 2

100415 3:45-5pm Tue, Thu Nov 01-Dec 15 \$156

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

100421 5-6:15pm Tue, Thu Sep 06-Oct 27 \$192

Session 2

100422 5-6:15pm Tue, Thu Nov 01-Dec 15 \$156

Tournament - Advanced Level class is geared for High School and USTA Challenger/Champs ranked Juniors only. The class is set up in a drill/match play environment where Juniors are working on more advanced strokes and strategy.

Session 1

100428 5-6pm Wed, Fri, Mon Sep 07-Oct 28 \$264

Session 2

100429 5-6pm Mon, Wed, Fri Oct 31-Dec 16 \$220

Elite - This junior team is for USTA Champs-level players only. Participants should be ranked in the top 50 of their age group in the Pacific Northwest to try out. Drill and Match-play environment. This is the Highest Level of Junior Teams at Robinswood.

Session 1

100435 3:45-4:45pm Mon, Wed, Fri Sep 07-Oct 28 \$264

Session 2

100436 3:45-4:45pm Mon, Wed, Fri Oct 31-Dec 16 \$220

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

100402 11-11:45am Sat Sep 10-Oct 22 \$84

Session 2

100403 11-11:45am Sat Oct 29-Dec 10 \$72

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

99421 1-2pm Sat Sep 10-Oct 22 \$90

Session 2

99422 1-2pm Sat Oct 29-Dec 10 \$77

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

100319 2-3pm Sat Sep 10-Oct 22 \$90

Session 2

100320 2-3pm Sat Oct 29-Dec 10 \$77



IMPORTANT REGISTRATION INFORMATION FOR ROBINSWOOD TENNIS CENTER PROGRAMS

Registration dates for sessions at Robinswood Tennis Center:

Session 1:

Residents: August 3
Non-Residents: August 12

Session 2:

Residents: October 10
Non-Residents: October 19



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
99407 3-4pm Sat Sep 10-Oct 22 \$90

Session 2
99408 3-4pm Sat Oct 29-Dec 10 \$77

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

Session 1
99413 4-5pm Sat Sep 10-Oct 22 \$90

Session 2
99414 4-5pm Sat Oct 29-Dec 10 \$77

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
100397 10-11am Sat Sep 10-Oct 22 \$90

Session 2
100398 10-11am Sat Oct 29-Dec 10 \$77

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

Session 1
100407 5-6pm Sat Sep 10-Oct 22 \$90

Session 2
100408 5-6pm Sat Oct 29-Dec 10 \$77

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
99401 9-10am Sat Sep 10-Oct 29 \$96

Session 2
99402 9-10am Sat Nov 05-Dec 17 \$84



Saturday, October 22, 2016

11am-4pm

Sponsored by:



-  **The Great SBCC Pumpkin Race**
-  **Pumpkin Jump Contest**
-  **Decorated Pumpkin Contest**
-  **SpookFest Dessert Theatre**
-  **Haunted Putt Putt Golf**

Don't forget to check out date/times for the SpookFest Zip Tour Scare

For further information contact: sbcc@bellevuewa.gov

425-452-4240

Aging Services

North Bellevue Community Center
4063 - 148th Avenue NE, 425-452-7681

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

CARE

ADULT ABUSE PREVENTION

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

SENIOR HOUSING ArchHousing.org

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

NURSING HOME INFORMATION ONLINE

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

CITY OF BELLEVUE UTILITY RATE RELIEF PROGRAM

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

CATHOLIC COMMUNITY SERVICES OF KING COUNTY

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

ELDER AND ADULT DAY SERVICES

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

EVERGREEN CARE NETWORK

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

HEALTH

BENEFITS CHECK UP ONLINE

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

GENERAL

AARP AREA OFFICE

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

AARP COMMUNITY SERVICE EMPLOYMENT PROGRAM

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

COMPUTER ASSISTANCE

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

EASTSIDE LEGAL ASSISTANCE PROGRAM

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

W.I.C.S.

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

COMMUNITY LIVING CONNECTIONS

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

YOUNG ONSET PARKINSONS

Sponsored by the American Parkinson Disease Association. For those under 60 with the disease and their families. Meets the 1st Wednesday each month 7-8:30pm.

CISC CANCER SUPPORT GROUP

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

MULTI-CULTURAL SERVICES

CHINESE INFO & SERVICE CENTER

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



SEA MAR

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

INSURANCE/SOCIAL SECURITY

SOCIAL SECURITY INFORMATION

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

TRANSPORTATION

ACCESS

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

GETTING AROUND PUGET SOUND

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

VOLUNTEER TRANSPORTATION FOR SENIORS

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

MEALS/FOOD DELIVERY

MEALS ON WHEELS

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

COMMUNITY DINING PROGRAM

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

SUPPORT GROUPS/ MEETINGS

NARFE (National Association of Retired Federal Employees)

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

VOLUNTEER OPPORTUNITIES

RSVP

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

EYEGLOSS 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.

Alzheimer's Café' at Tutta Bella

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

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

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

SOUND OF SWING DANCES

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



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! \$8/single, \$15/ couple payable at the door. Cash/Check only please. Min 10/Max 200

North Bellevue Community Center

FREE Age: 18Y and up
105987 4-7pm Sat Oct 08

HALLOWEEN LUNCHEON

Join us for our annual celebration. Wear a costume and participate in our costume contest, with prizes for the best costume. \$4/fee payable to City of Bellevue at the door. Reservations are first-come, first-serve. Volunteers need to register & pay as well. (not a Catholic Community Services community dining meal) Min 25/Max 90

North Bellevue Community Center

FREE All Ages
105988 11:30am- 1pm Wed Oct 26

THANKSGIVING LUNCHEON

Join us as we serve you a delicious Thanksgiving feast. Entertainment provided. \$4/fee payable at the door. Pre-registration required. Reservations are first-come, first-serve. Volunteers need to register & pay as well. (Not a Catholic Community Services community dining meal) Min 10/Max 90

North Bellevue Community Center

FREE Age: 18Y and up
97793 11:30am- 1pm Wed Nov 16

HOLIDAY LUNCHEON

Join us as we serve you a festive holiday meal. Enjoy seasonal music preceeding. \$4/fee payable at the door. Pre-registration required. Reservations are first-come, first-serve. Volunteers need to register & pay as well. (Not a Catholic Community Services community dining meal) Min 10/Max 90

North Bellevue Community Center

FREE Age: 18Y and up
97792 11:30am- 1pm Wed Dec 16

Adaptive Recreation

Highland Center

14224 Bel-Red Road • 425-452-7686

It is the purpose of Bellevue's Adaptive Recreation Program to provide people living with disabilities with opportunities for recreation, socialization, and learning so that they can participate more successfully in the life of our community. People living with disabilities are encouraged to participate in any of the Recreation Division Programs in which they are interested.

Volunteers are an important part of Highland Center. If you are interested in being a volunteer, please call Mary Boyle at 425-452-4118 or email MBoyle@bellevuewa.gov for more information.

ADAPTIVE PROGRAMS

All programs are located at Highland Center unless otherwise noted.

DROP-IN EXERCISE

Exercise at Highland Community Center's fitness center! The facility is open Monday, Wednesday, and Friday from 2-5pm and Tuesday and Thursday from 9am-5pm. Call 425-452-7686 for more information. \$3(R) \$4(N)

COMMUNITY PROGRAMS OF INTEREST

KING COUNTY FAMILY COALITION FOR DEVELOPMENTAL DISABILITIES

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



BRAIN INJURY SUPPORT GROUP

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

Additional Disability Recreation Areas of Interest

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

TENNIS FOR THOSE USING WHEELCHAIRS

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

TENNIS FOR THOSE LIVING WITH INTELLECTUAL DISABILITIES

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

AQUATIC THERAPY GROUPS

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

SPECIAL OLYMPIC SWIM TEAM

Bellevue Aquatic Center

AQUATIC REHAB PROGRAMS

Bellevue Aquatic Center
Adaptive Actives



Adaptive Recreation Events

BELLEVUE KIWANIS DINNER

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

Highland Community Center

FREE	Age: 18Y and up		
107436	5-6pm	Thu	Sep 15
107437	5-6pm	Thu	Oct 20
107438	5-6pm	Thu	Nov 17

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. This is an adaptive recreation class. Min 80/Max 200

Highland Community Center

\$9(R) \$11(N)		Age: 16Y and up	
107440	7-9:30pm	Fri	Oct 21

HOLIDAY BALL

Get out your holiday best and plan an elegant evening or just come as you are. For teens and adults with intellectual disabilities. Must register for dance. Min 15/Max 25

Highland Community Center

\$9(R) \$11(N)		Age: 18Y and up	
107445	7-9:30pm	Fri	Dec 02

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 Mary Boyle at 425-452-4118. Meet at Meydenbauer Yacht Club, 9927 Meydenbauer Way SE; Bellevue, WA 98004. Min 75/Max 100

Highland Community Center

FREE		Age: 18Y and up	
107443	2-5pm	Sun	Dec 04



Adaptive Recreation Programs

ADULT ADVENTURE EDUCATION

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

Highland Community Center

\$222(R) \$277(N) Age: 18Y and up
107423 9:30am-3pm Wed Sep 21-Nov 23

ADULT ART/CRAFTS

This class is adapted and designed for adults with Intellectual disabilities. We offer hands-on creative experiences with hand-crafted results that await your artistic touch. Age: 18 and up NO CLASS ON HOLIDAYS Min 10/Max 20

Highland Community Center

\$42(R) \$53(N) Age: 18Y and up
107426 1-2:30pm Fri Sep 23-Nov 18

ARTISTIC INSPIRATIONS

This class is designed and adapted for adults living with intellectual disabilities. Bring your inspiration and imagination to create some of the most beautiful art pieces imaginable. Class will explore watercolor, acrylic, pencil and other fun mediums. NO CLASS ON HOLIDAYS Min 10/Max 15

Highland Community Center

\$45(R) \$55(N) Age: 18Y and up
107431 5-7pm Mon Sep 19-Nov 21

BINGO

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

Highland Community Center

\$42(R) \$53(N) Age: 18Y and up
107439 7-8:30pm Thu Sep 22-Nov 17

BOWLING ADAPTIVE

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

Highland Community Center

\$45(R) \$56(N) Age: 18Y and up
107424 9:30-11:30am Sat Sep 17-Nov 19

COOKING WITH EASE

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

Highland Community Center

\$74(R) \$92(N) Age: 18Y and up
107442 5-7pm Thu Sep 22-Nov 17

FRIDAY NIGHT OUT

This is an adaptive recreation class. Develop a new network of friends over a little dinner and choice of a movie. You may bring a dinner or buy your dinner at the Crossroads Mall. Bring \$12.00 for the movie. Participants are responsible for their own money. The class will meet for drop-off and pick-up at the Crossroads Regal Cinema Movie Theater. Age: 18 and up There are times we must see a 3d movie at a cost of \$13.50 if there are no other PG13, PG or G rated movies. Min 8/Max 15

Highland Community Center

\$17(R) \$21(N) Age: 18Y and up
107427 5:30-9:30pm Fri Sep 23
107428 5:30-9:30pm Fri Oct 14
107429 5:30-9:30pm Fri Nov 18





FULL FITNESS FUN

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

Highland Community Center

\$78(R) \$98(N) Age: 18Y and up
107430 5-7pm Tue, Thu Sep 20-Nov 22

HIGHLAND HANGOUT

This class is designed and adapted for adults with intellectual disabilities. Your answer to a slow afternoon. Stimulating conversation, lively board games, solving puzzles or just enjoy a movie. All yours 4-days-a-week, for a 10-week period, at one low price. Bring your snacks and independence each day as both are required for this program. Age: 18 and up. NO CLASS ON HOLIDAYS Min 15/Max 35

Highland Community Center

\$40(R) \$50(N) Age: 18Y and up
107435 3-5pm Mon-Thu Sep 19-Nov 23

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 15/Max 25

Highland Community Center

\$42(R) \$53(N) Age: 16Y and up
107459 7-8:30pm Tue Sep 20-Nov 22

KITCHEN KAPERS

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

Northwest Arts Center

\$115(R) \$125(N) Age: 18Y and up
107263 12-1:30pm Fri Sep 16-Nov 04

MOVIE TIME ADAPTED

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

Highland Community Center

\$42(R) \$53(N) Age: 18Y and up
107432 5-7pm Wed Sep 21-Nov 23

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 15/Max 25

Highland Community Center

\$62(R) \$77(N) Age: 18Y and up
107444 7-8:30pm Tue, Thu Sep 20-Nov 22

PD - EXERCISE CLASS ADAPTED

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

Highland Community Center

\$110(R) \$139(N) Age: 21Y and up
107446 11:45am-1:15pm Mon, Wed Sep 19-Dec 07
107447 10:30-11:30am Mon, Wed, Fri Sep 19-Dec 09
107448 9:15-10:15am Mon, Wed, Fri Sep 19-Dec 09

SOCIAL CLUB ADAPTED

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

Highland Community Center

\$42(R) \$53(N) Age: 18Y and up
107433 7-8:30pm Mon Sep 19-Nov 21
107434 7-8:30pm Wed Sep 21-Nov 23

WHEELCHAIR BASKETBALL DROP-IN

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

Highland Community Center

\$3(R) \$4(N) Age: 16Y and up
107465 6:30-9:30pm Wed Sep 07-Dec 07

ZUMBA DROP-IN

For adults with intellectual disabilities - Thursday afternoons, 2:45-3:45pm. \$7 per visit.

CHEERLEADING

Be a part of a cheerleading squad and come learn new skills and work as a team. This team is part of the Eastside Dream Elite program which is the official cheerleading program of the Bellevue Parks & Community Services. This class is open to women and men with intellectual disabilities, ages 13 and up. We have regular weekly performances on the Highland Center schedule and we have occasional performances outside of class time as well. Come join the fun! Age: 18 and up Min 10/Max 20

Highland Community Center

\$77(R) \$95(N) Age: 12Y and up
107425 5:30-6:30pm Wed Sep 21-Nov 23

KITCHEN KAPERS: HOLIDAY COOKING

Kitchen Kitchen introduces the REAL secrets of creating great and healthy dishes for the holidays. Discussions include seasonings, cooking methods, healthy meal choices etc. Recipes included. Materials included. Accommodations provided for people with disabilities Min 5/Max 5

Northwest Arts Center

\$62(R) \$72(N) Age: 18Y and up
107264 12-1:30pm Fri Nov 11-Dec 16

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 10/Max 35

Highland Community Center

FREE Age: 21Y and up
107456 10:30am-12:30pm Wed Dec 07

ADAPTIVE RECREATION REGISTRATION FORM

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

PARTICIPANT NAME: _____ **CITY OF BELLEVUE SCHOLARSHIP**

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

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

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

	Course #	Title	Rates - Res/Non-Res	Days	Time	Dates
Intellectual Disabilities	<input type="checkbox"/> 107423	Adult Adventure Ed	R \$222 N \$277	Wed	9:30a-3:00p	9/21-11/23
	<input type="checkbox"/> 107424	Adult Bowling	R \$45 N \$56	Sat	9:30a-11:30a	9/17-11/19
	<input type="checkbox"/> 107425	Cheerleading	R \$77 N \$95	Wed	5:30p-6:30p	9/21-11/23
	<input type="checkbox"/> 107426	Adult Crafts	R \$42 N \$53	Fri	1:00p-2:30p	9/23-11/18
	<input type="checkbox"/> 107459	Ball Room Dance	R \$42 N \$53	Tue	7:00pm-8:30p	9/20-11/22
	<input type="checkbox"/> 107427	Friday Night Out	R \$17 N \$21	Fri	5:30p-9:30p	9/23
	<input type="checkbox"/> 107428	Friday Night Out	R \$17 N \$21	Fri	5:30p-9:30p	10/14
	<input type="checkbox"/> 107429	Friday Night Out	R \$17 N \$21	Fri	5:30p-9:30p	11/18
	<input type="checkbox"/> 107430	Full Fitness Fun	R \$78 N \$98	Tu/Th	5:00p-7:00p	9/20-11/22
	<input type="checkbox"/> 107431	Artistic Inspirations	R \$45 N \$55	Mon	5:00p-7:00p	9/19-11/21
	<input type="checkbox"/> 107432	Movie Time	R \$42 N \$53	Wed	5:00p-7:00p	9/21-11/23
	<input type="checkbox"/> 107433	Social Club	R \$42 N \$53	Mon	7:00p-8:30p	9/19-11/21
	<input type="checkbox"/> 107434	Social Club	R \$42 N \$53	Wed	7:00p-8:30p	9/21-11/23
	<input type="checkbox"/> 107435	Highland Hangout	R \$40 N \$50	M/T/W/TH	3:00p-5:00p	9/19-11/23
	<input type="checkbox"/> 107436	Kiwanis Dinner	FREE	Thurs	5:00p-6:00p	9/15
	<input type="checkbox"/> 107437	Kiwanis Dinner	FREE	Thurs	5:00p-6:00p	10/20
	<input type="checkbox"/> 107444	Multi-Sport	R \$62 N \$77	Tu/Th	7:00p-8:30p	9/20-11/12
	<input type="checkbox"/> 107439	Bingo	R \$42 N \$53	Thurs	7:00p-8:30p	9/22-11/17
	<input type="checkbox"/> 107440	Halloween Howl	R \$9 N \$11	Fri	7:00P-9:30P	10/21
	<input type="checkbox"/> 107441	Walking Class	R \$42 N \$53	Thurs	5:30p-7:00p	9/22-11/17
<input type="checkbox"/> 107445	Holiday Ball	R \$9 N \$11	Fri	7:00p-9:30p	12/2	
<input type="checkbox"/> 107442	Cooking with Ease	R \$74 N \$92	Thurs	5:00p-7:00p	9/22-11/17	
<input type="checkbox"/> 107443	Seafair Holiday Cruise	FREE	Sun	2:00p-5:00p	12/4	
<input type="checkbox"/> 107438	Kiwanis Dinner	FREE	Thurs	5:00p-6:00p	11/17	
Bridge Academy: Thursdays, 10am-2pm - Call Cindy O'Neill at 425-549-0500						
ADULT Adaptive Programs at Northwest Arts Center						
	<input type="checkbox"/> 107264	Holiday Kitchen Kapers	R \$62 N \$72	Fri	12:00p-1:30p	11/11-12/16
	<input type="checkbox"/> 107263	Kitchen Kapers	R 115 N \$125	Fri	12:00p-1:30p	9/16-11/4
	<input type="checkbox"/> 107262	Glass Fusion	R \$210 N \$245	Thurs	10:00a-11:30a	9/15-11/3
	<input type="checkbox"/> 107261	Stoneware Creations	R \$215 N \$250	Thurs	12:30-2:30p	9/15-11/3
Physical Disabilities	ADULT Adaptive Programs at Highland Center					
	<input type="checkbox"/> 107448	Exercise	R \$110 N \$139	M/W/F	9:15a-10:15a	09/19-12/9
	<input type="checkbox"/> 107447	Exercise	R \$110 N \$139	M/W/F	10:30a-11:30a	09/19-12/9
	<input type="checkbox"/> 107446	Exercise	R \$110 N \$139	M/W	11:45a-1:45p	09/19-12/7
	<input type="checkbox"/> 107456	PD Brunch	FREE	Wed	10:30a-12:30a	12/7

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

PLEASE FILL OUT AND SIGN PARTICIPANT INFORMATION ON PAGE 8.



NEWLY RENOVATED BOYS & GIRLS CLUBS OF BELLEVUE MAIN CLUB FACILITY OPENING SOON



Boys & Girls Clubs of Bellevue Main Club 209 100th Avenue NE, Bellevue, WA 98004

After 64 years of outstanding service, the Boys and Girls Club of Bellevue is retiring the original Main Clubhouse and replacing it with a 27,000 square foot state-of-the-art facility that will include a gym, tech lab, teaching kitchen, tween/teen space, internet café, expanded full-day preschool facility and more!

This Clubhouse will serve all-ages, with the Club providing programs and activities for youth, and Bellevue Parks & Community Services offering adult programs year-round on site.

The Boys & Girls Clubs of Bellevue will provide a safe place for the youth of Bellevue to get help with school-work, learn how to build good character & citizenship skills, play sports, achieve a healthy lifestyle and just hang out with friends.

Bellevue Parks & Community Services will provide programming for all ages of adults including: a variety of art classes & education programs, fitness & wellness, recreational activities and games, and The Bellevue College TELOS Education Program for Retirees.

Watch for Grand Opening events later this year!

For youth programs and events at Main Club contact Boys & Girls Clubs of Bellevue
425-454-6162 admin@bgcbellevue.org

For Adult and Older Adult Programs contact the Northwest Arts Center
425-452-4106 or NWAC@bellevuewa.gov



**Bellevue Parks &
Community Services**

DOWNTOWN PARK IS COMING “FULL CIRCLE!”



What started out as a grand idea in 1983 will come “full circle” next summer when the City opens the last major phase of its iconic Downtown Park. Construction officially started July 11, and is expected to be completed prior to next year’s 4th of July celebration. Over the course of the year, a number of changes will begin to take place in the park, including:

- A completely transformed *Inspiration Playground* that will focus on accessible play opportunities for all ages and abilities;
- The final segment of the pedestrian promenade and water canal will be completed, transforming the $\frac{3}{4}$ circle into a full circle;
- A new entry and water feature at the south end of the park;
- An expanded parking lot along 100th Avenue NE to replace parking spaces lost with the removal of the SE Parking Lot;
- Terraced seating and plaza space, improved site lighting, drainage, landscaping, and promenade resurfacing.



The northern portions of the park not affected by construction will remain open to the public, and parking for park users will also be available throughout the project. The southeast lot is currently open to park users. The first phase of construction will expand the 100th Avenue parking lot. Once this lot is complete and reopened for use, the SE parking lot will close to allow for the completion of the circle. The Southwest (playground) parking lot will be closed to the public throughout the project. We will be enforcing the posted “Park Use Only” restrictions to assure that parking is available for park-users.

If you have any questions or comments regarding the Downtown Park construction, please contact Ken Kroeger, Project Manager, at 425.452.4624 or kkroeger@bellevuewa.gov.



BELLEVUE
GOLF COURSE

Reserve tee times online
www.bellevuepgc.com

5500 140th Ave NE
425-452-7250



Download our
FREE mobile app
today!



Search for
BELLEVUE GOLF

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

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



CROSSROADS
PAR 3 GOLF COURSE

OPEN MARCH 1 - NOVEMBER 1



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

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

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

September-December 2016

CONNECTIONS

59

Human Services

Need help
but don't know
where to turn?
Dial 2-1-1

to find social services
such as...

- Caregiver & Disability Resources
- Emergency Shelter
- Food & Clothing
- Health Care & Support Groups
- Rent Assistance
- Transportation
- Volunteering

Language interpretation available

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

Also: 206.461.3200
Toll Free 800.621.4636
www.crisisclinic.org

CITY OF BELLEVUE HOME REPAIR PROGRAM

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

ROOF REPAIRS
FAULTY PLUMBING
WIRING
EARTHQUAKE RETROFITTING



BELLEVUE'S HUMAN SERVICES PROGRAM

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

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

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

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

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

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

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

HUMAN SERVICES COMMISSION

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



BELLEVUE INDOOR SKATEPARK

14224 Bel Red Road, 98007
 Bellevue's first skate park was created in 1994 as part of a Youth Link project. It is renovated annually by skateboarders. Over 100,000 skateboarders have joined since the park opened. This newly-remodeled indoor facility features three and four-foot mini ramps, micro-mega, vert wall, 28 feet of pool coping as well as a variety of quarter-pipes, banks, rails, ledges, hubbas, and a small indoor climbing wall. Call 425-452-2722 for current hours, fees, events and rentals or visit www.bellevuewa.gov/bellevue_skate_park.htm

BELLEVUE SKATE PARK RENTALS

The Bellevue Skate Park is a great place for a birthday party or a secret session. From private hourly park rentals to all inclusive birthday packages, we will make your party a hit. Call 425-452-2722 or email SK8@bellevuewa.gov for more information.

BELLEVUE SKATE PARK LESSONS

If you are just starting out, and you want to learn how to skateboard these lessons are for you. Let us show you how to ride ramps, drop-in, ollie and have fun skating. Our experienced instructors will guide you step by step how to safely get up and begin skateboarding. You may be surprised how fast you learn from your one-on-one skate coach. Call or stop by for scheduling, information or to meet our instructors. Lessons increase self-esteem and confidence in and outside of the park. ALL AGES.
 COST: \$40 per hour; \$25 per 1/2 hour



Outdoor Skate Facilities

HIGHLAND OUTDOOR SKATE PLAZA

Newly Remodeled for 2015!
 14224 Bel-Red Road, 98007. This 13,000 square foot public skate plaza replicates some of the world's favorite street skate-spots. Instead of half-pipes or bowls, it resembles everyday obstacles including various ledges, banks, stairs, hubbas, rails, benches, gaps and barriers. The park is also lit for evening skateboarding or rollerblading

LAKEMONT SKATE COURT

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

CROSSROADS SKATE PARK

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

Bellevue Indoor Skate Park

Fall skatepark hours

Monday, all ages 3-8pm
 Tuesday, all ages 3-6pm, Ladies night 6-8pm
 Wednesday, all ages, 1-8pm
 Thursday, all ages, 3-8pm
 Friday, all ages, 3-8pm

Saturday, 12 and under, 12-1:30pm
 all ages, 1:30-7pm

Sunday, all ages, 12-7pm

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

www.bellevuewa.gov/bellevue_skate_park.htm

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



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

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

Current Youth Link Projects

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

- Bellevue Youth Council
- Youth Link University
- Kids Care Coat Drive
- Bellevue Youth Court
- Teen Closet
- Youth Involvement Conference
- Youth Link Academy
- Youth Link Marketing Team
- Community Leadership Awards



If you are a young person of middle or high school age, call 425-452-5254 for more information.

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



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

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

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



**Bellevue Parks &
Community Services**

BELLEVUE CHALLENGE COURSE

BELLEVUE ZIP TOUR

Feel Wild in the City

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

BELLEVUE HIGH ROPES ADVENTURE

An Experience to Remember

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

BELLEVUE TEAM BUILDING

Learn While Playing

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



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

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

or call 425-452-4240

The Tacoma Glassblowing Studio & Bellevue Parks & Community Services presents

The Great Northwest

Glass Pumpkin Patch

October 8, 2016

9am-3pm

Northwest Arts Center

9825 NE 24th St. • Bellevue

**Wander through a pumpkin patch
of thousands of hand-blown,
one-of-a-kind glass pumpkins.
Admission and parking is FREE
Pumpkins range from \$35-\$200.**

Rain or Shine!

425-452-4106



**Bellevue Parks &
Community Services**



American Sign Language (ASL) or other interpretation available upon request. Assisted listening devices available. Call at least 48 hours in advance for any request. 425-452-6884 or Relay Service 711.