

Winter & Spring 2011 - Highland Community Center

Phone: 425-452-7686

Register online at: www.MyParksandRecreation.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jazzercise 9:20-10:20am	Jazzercise 9:20-10:20am	Jazzercise 9:20-10:20am	Jazzercise 9:20-10:20am 5:50-6:50pm	Jazzercise 9:20-10:20am	Launch Parent to Parent Support Group 1st Saturday of the Month Call 206-829-7039 for more info
PD-Exercise Class 9:15am-10:15am 10:30am-11:30am 11:45am-1:15pm	Drop-in Basketball 12pm-1pm	PD-Exercise Class 9:15am-10:15am 10:30am-11:30am 11:45am-1:15pm	Bridge of Promise Academy 10am-2pm Call 206-437-3975 to register	PD-Exercise Class 9:15am-10:15am 10:30am-11:30am 11:45am-1:15pm	ALS 2nd Saturday of each month, 9:30-11:30am Contact Carl Moore at 425-656-1650
Bridge of Promise Academy 10am-2pm Call 206-437-3975 to register	Drop-In Exercise 9:00am-5:00pm	Adventure Education 9:30am-3pm	Drop-in Basketball 12pm-1pm	Adult Art Class 1pm-2:30pm	FEAT—Families for Early Autism Treatment , 2nd Saturday of each month, 9:30a-1:00pm. Contact: Judy Weiser at 425-868-6810
Drop-in Volleyball 3:30pm-5:30pm	Afterschool Programs 2:30p-5:00pm	Drop-in Basketball 12pm-1pm	Highland Hangout 2:30pm-5pm	Drop-In Exercise 2:00pm-5:00pm	Disabled American Vets, 1st Saturday of Month 11:30am-2:30pm, Contact: Art at 425-445-1831
Drop-In Exercise 2:00pm-5:00pm	Ballroom Dance 7pm-8:30pm	Drop-In Exercise 2:00pm-5:00pm	Drop-In Exercise 9:00am-5:00pm	Friday Night Out 5:30pm-9:30pm Meet @ Crossroads	Drop-in Quad Rugby 1st (2) Saturdays of the month 12pm-3pm
Highland Hangout 2:30pm-5pm	Full Fitness Fun 5pm-7pm	Drop-in Basketball 3pm-5:30pm	Full Fitness Fun 5pm-7pm		Adult Bowling @ Sun Villa Lanes 9:30am-11:30am
Afterschool Programs 2:30p-5:00pm	Adult Volleyball 7pm-8:30pm	Highland Hangout 2:30pm-5pm	Cooking with Ease 5pm-7pm		
Movie time 5pm-7pm	King Co. Parent Coalition 2nd Tues 6:30pm-8:30pm	Movie time 5pm-7pm	Movie time 5pm-7pm		
Adult Social Club 7:00-8:30pm	Helping Hands 2nd Tues 6:30pm-8:30pm Contact 425-644-4344	Adult Social Club 7:00-8:30pm	Social Club 7pm-8:30pm		
Highland Players Drama 7pm-8:30pm	NEW! ZUMBA 6PM-7PM	Drop-in Wheelchair Basketball 7pm-9pm	Cheerleading 7pm-8:00pm		
Head Injury Support group 1st & 3rd Monday 2pm -3:30pm		Toastmasters 6:00pm-8:30pm Contact 206-683-3820 For more information	Adult Volleyball 7pm-8:30pm		
NEW! ZUMBA Monday 7-8 Wednesday 6-7 Thursday 7-8			Bingo 7pm-8:30pm		
DISCO DANCE FEBRUARY 11TH RES \$8.00 NON-RES \$10.00 7PM-9:30PM			ALS Support 4th Thurs Contact 425-656-1650		
			NEW! ZUMBA 7PM-8PM		

**2010
BELLEVUE
KIWANIS AND KEY
CLUB INVITE YOU
TO ENJOY A MEAL
COOKED ON THE
3rd Thursday of the
Month**
2/17
3/17
4/21

Sunday

Drop-in
Badminton
10AM-1PM
Res \$3.00
Non-Res \$4.00



Come on out to Highland and let's support the children with disabilities. On 2/19, we will have a First/Aid CPR and AED Class from 12-2pm (infant CPR included) or you can come for a massage! Then Zumba for 2.5 hours. Cost is \$10.00 for Zumba, \$5.00 for a massage or you can take the first aid/CPR and Zumba for \$15.00 (Certification on the spot). Contact Marie Santiago for more information @ Marie Santiago msant9727@gmail.com, Event will be held at Highland Community Center, 14224 Beel-Red Road, Bellevue WA 98007. 12-7pm!

Specialized Recreation Classes are in RED.
All new participants to Highland Center must have an initial orientation. Please call 425-452-7686 to schedule.

Please see the "Connections" brochure for complete class information.
*Note: Schedules are subject to change without notice.



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 accommodation requests. Assistance for the Deaf/Hard of hearing can be provided through the 711 Telecommunications Relay Service.

