

Park Facilities

FACILITY ADDRESSES AND PHONE NUMBERS QUICK FIND

ADULT SPORTS LEAGUES.....	425-452-4479
BELLEVUE AQUATIC CENTER, 601 - 143rd Ave NE.....	425-452-4444
BELLEVUE BOTANICAL GARDEN, 12001 Main ST.....	425-452-2750
BELLEVUE GOLF COURSE, 5450—140th Ave NE.....	425-452-7250
BELLEVUE YOUTH THEATRE, 16661 Northup WY.....	425-452-7155
COMMUNITY GARDENS, SE 16th ST near 156th Ave SE.....	425-452-7225
CROSSROADS COMMUNITY CENTER, 16000 NE 10th ST.....	425-452-4874
CROSSROADS GOLF COURSE, 15801 NE 15th ST.....	425-452-4873
FIELD RENTALS.....	425-452-6914
GROUND ZERO TEEN CENTER, 257—100th Ave NE.....	425-452-6119
HIGHLAND COMMUNITY CENTER AND PARK, 14224 NE Bel-Red RD Specialized recreation for people with disabilities and general programs.....	425-452-7686
KELSEY CREEK COMMUNITY FARM PARK, 410 - 130 th PI SE.....	425-452-7688
LAKE HILLS CLUBHOUSE RENTALS, 15230 Lake Hills BLVD.....	425-452-6914
LAKE HILLS GREENBELT RANGER STATION, 15416 SE 16th ST.....	425-452-7225
LEWIS CREEK VISITOR CENTER, 5808 Lakemont BLVD.....	425-452-4195
LEWIS CREEK RENTALS.....	425-452-6914
MERCER SLOUGH ENVIRONMENTAL EDUCATION CENTER, 1625 118th Ave SE.....	425-452-2565
Community building rental information.....	425-452-6914
NORTH BELLEVUE COMMUNITY CENTER, AGING SERVICES, 4063—148th Ave NE General Programs/Rental Inquiries.....	425-452-7681
NORTHWEST ARTS CENTER, 9825 NE 24th ST Program Registration & Information.....	425-452-6046
Rental Information.....	425-452-7150
Community Events Office.....	425-452-4106
PACIFIC SCIENCE CENTER at Mercer Slough.....	425-450-0207
PARKS ADMINISTRATION, Bellevue City Hall, 450 - 110th Ave NE.....	425-452-6885
RECREATION REGISTRATION.....	425-452-6885
Park Scheduling Office.....	425-452-6914
Youth Sports.....	425-452-6885
ROBINSWOOD HOUSE.....	425-452-7850
ROBINSWOOD BARN.....	425-452-5219
ROBINSWOOD TENNIS CENTER, 2400—151st PL SE.....	425-452-7690
SHORTS VISITOR CENTER/ BOTANICAL GARDEN, 12001 Main ST.....	425-452-2750
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
TYEE COMMUNITY GYM, 13630 SE Allen RD.....	425-452-6914
WINTERS HOUSE, 2102 Bellevue Way SE.....	425-452-2752
WINTERS HOUSE RENTALS.....	425-452-6914
YOUTH LINK.....	425-452-5254
YOUTH SPORTS.....	425-452-6885

INCLEMENT WEATHER

If weather is questionable, please call 425-452-6885 or the program site, before traveling to one of our facilities to confirm that facility staff are on-site. **Please Note:** all recreation facilities and community centers are closed when Bellevue Public Schools are closed due to inclement weather. 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. Please use caution using open trails as they may become wet and slippery.



QUESTIONS OR COMMENTS?

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

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

Need help
but don't know
where to turn?
Dial 2-1-1
to find social services
such as...

- Caregiver & Disability Resources
 - Emergency Shelter
 - Food & Clothing
 - Health Care & Support Groups
 - Rent Assistance
 - Transportation
 - Volunteering
- Language interpretation available



Also: 206.461.3200
Toll Free 800.621.4636
www.crisisclinic.org

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

On the Cover: Family outing at Mercer Slough Nature Park.

Photographers: Judi Hagen, Colin Walker, Brad Bennett, Pam Fehrman, Ken Kroeger, Dot Long, Terry Smith, Nik Reikalas. **Editor:** Colin Walker. **Design & Layout** by Ted Van Dyken.



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recyclable paper
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The City of Bellevue Activity Play Pass



Your pass to all your favorite drop-in activities.

Play what you want where you want.

Easy to use.
Customizable.
A real bargain.

For more information contact
parksweb@bellevuewa.gov
425-452-6885

Drop-In Activities

Got a free afternoon? How about a little basketball, pickleball, table tennis or some quiet time for drawing or painting? Check out the variety of drop-in activities online at myparksandrecreation.com or by picking up our *Connections* brochure at any of our community centers.

Parent/Child Drop-In

"It's raining, it's pouring" . . . and you want to know where you can play. At Crossroads, South Bellevue, Highland and North Bellevue Community Centers you and your child can play with our toys, balls, bikes and more in a dry and safe environment. Parents provide set-up/take-down and supervision (maximum of three children per adult).

Aquatic Center Activities

It's always summer at the Bellevue Aquatic Center. The City of Bellevue Activity Play Pass will allow you to take advantage of the Aquatic Center's Discount Swim time. Discount times are Monday and Wednesday from 8 am to 12 pm, and Tuesday, Thursday and Friday from 8:30 am to 12 pm (discount applies as long as you arrive before 10 am). Come and get wet where it is summer year around.

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**SAME GREAT CLASSES, OR
NEW OPPORTUNITIES IN OUR
REGION — YOU CHOOSE!**

**YOUR ONLINE
REGISTRATION
WEBSITE**

MyParksandRecreation.com

Things to Do: Register for Classes Places to Go: Parks Information

**Over 3000 recreation programs,
300 parks, 9 local cities, ONE web site**



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.

Ashwood Plaza Construction



The recently completed Ashwood Park Plaza project was a successful public/private partnership. The developer of the 1020 Tower approached the City about using a City-owned vacant lot adjacent to Ashwood Park for underground parking.



A lid plaza, built over the tower's underground parking garage, was designed to gracefully transition



to Ashwood Park. It creates a strong civic presence, while maximizing the landscape elements with stepped seat-walls and a water feature. An arts and culture theme has begun, with more art to look forward to. The plaza is strategically located near the library, Ashwood Park, and a proposed performing arts venue.



Photo by Lara Swimmer

RANGER PROGRAMS

Join a ranger at the Mercer Slough Environmental Education Center Visitor Center the 1st and 3rd Sunday of each month at 2:30pm for a FREE 30-minute program. All ages welcome; children under 12 must be accompanied by an adult.

Otters at Mercer Slough

Sunday, April 5, 2:30-3pm

River Otters live in Bellevue! What's the differences between river otters and sea otters? Come find out more about these playful and interesting creatures.

Wetlands

Sunday, April 19, 2:30-3pm

Celebrate Earth Day at Mercer Slough. Wetlands are unique and very important. They help clean water, provide shelter, and have rare soils. Learn and explore the wetlands with a Ranger.

Bird Basics

Sunday, May 3, 2:30-3pm

Mercer Slough attracts many birds both year-round residents and migratory. Come discover why the slough is a great habitat for birds. See for yourself the incredible variety of species that inhabit the Slough.

Animal Tracking

Sunday, May 17, 2:30-3pm

Learn 5 techniques for animal tracking so you can identify who made the tracks, what direction they were going, how fast they were moving, and what they were doing when they made the tracks. Become a Slough sleuth.

Animal Adaptations

Sunday, June 7, 2:30-3pm

Many animal species that live in the Mercer Slough have adapted in order to survive in this environment. Find out about the different animals, their adaptations, and how they live in the wetland.

RANGER WALKS

Did you know that Mercer Slough is home to 170 species of wildlife? Or that Mercer Slough Nature Park has over seven miles of trails? Explore Mercer Slough with a Park Ranger. No registration necessary.

WHEN: Weekly, every Saturday, 1-2pm

WHERE: Mercer Slough Environmental Education Center

COST: FREE

AGES: All Ages

MERCER SLOUGH ENVIRONMENTAL EDUCATION CENTER:
1625 - 118TH AVE SE • WWW.BELLEVUEWA.GOV/MSEEC.HTM



The Mercer Slough Environmental Education Center is a collaboration between the City of Bellevue and the Pacific Science Center. The Education Center is the keystone of interpretive facilities and environmental programs for the City of Bellevue and will serve as the Eastside focal point for the Pacific Science Center. The facility offers year round environmental education, interpretation and research opportunities focused on fresh water wetland ecology. The Education Center provides classrooms and wetlabs for environmental education, a visitor center for interpretation, and a community building for rentals, community gatherings, and other environmental programs.

ART IN NATURE EXHIBITS

The ability to interpret nature through art is an extraordinary talent. These exhibits will display artists' work in the Visitor Center. New artwork will be featured every month. Come, be inspired. Drop in between 10am-4pm for daily viewings.

WHEN: Daily, 10am-4pm

WHERE: Mercer Slough Environmental Education Center

COST: FREE

Heritage Series

LOGGING IN KING COUNTY

An interactive slide show related to lumber and logging businesses in King County presented by Eric Erickson, past President and life member of the Issaquah Historical Society. Presented in partnership with the Eastside Heritage Center.

For more information, contact the Eastside Heritage Center at 425-450-1049, or visit www.eastsideheritagecenter.org.

WHEN: Saturday, May 9, 2009, 10am-noon

WHERE: Mercer Slough Environmental Education Center

COST: FREE



Mercer Slough



Family Discovery Series

BUGS AND SLUGS OF MERCER SLOUGH

Some of nature's most amazing residents are rarely seen. Get up close and personal with our local insects. On this Ranger-led excursion, we will explore the slough to observe and identify bugs and slugs of Mercer Slough. All ages welcome. Children under 12 must be accompanied by an adult. Pre-registration required. Min 3/Max 20 \$5

All Ages

Mercer Slough Nature Park
40527 2-3pm Fri

Apr 10

SIT, SIP & STROLL

Take in the magnificent views of Mercer Slough. Enjoy our brand new sustainably built facility that sits among the trees. Sip on coffee or tea as you observe and discuss nature from a comfortable chair or use the spotting scope to find and watch wildlife. Then, a Park Ranger will lead a guided stroll along the trails. Adults and seniors are welcome to drop-in the Douglas Fir Community Room to join us every Thursday at 11:00 am. No registration necessary. Min 3/Max 20

FREE

Age: 18Y and up

Mercer Slough Nature Park
40531 11am-12pm Thu

Apr 02-Jun 25

FATHER'S DAY AT MERCER SLOUGH

If you like to know interesting facts, this is the program for you. Questions like why woodpeckers don't get headaches, how ants can carry more than their body weight, or how a fish finds its way back home. Bring Dad and find out the answer to these questions and many more. Maybe you can outsmart him? All ages welcome. Children under 12 must be accompanied by an adult. Pre-registration required. Min 3/Max 20

\$5

All Ages

Mercer Slough Nature Park
40530 6-7pm Fri

Jun 19

MOTHER'S DAY AT MERCER SLOUGH

Spend Mother's Day at the Slough. Find out about the different strategies wildlife mothers have for raising and protecting their young. All ages welcome. Children under 12 must be accompanied by an adult. Pre-registration required. Min 3/Max 20

\$5

All Ages

Mercer Slough Nature Park
40528 10am-12pm Sun

May 10



MOVIES AT MERCER SLOUGH

Join us for fun and engaging environmental movies. Bring a comfy blanket or pillow and we'll pop the popcorn. Movies will be shown in the Douglas Fir Community Room. All children under 12 must be accompanied by an adult. Min 3/Max 30 FREE

All Ages

Mercer Slough Nature Park

Silence of the Bees

A strange phenomenon has caused millions of honeybees to vanish from their hives. Billions of dollars of crops are at risk, potentially threatening our food supply. The epidemic set researchers scrambling to discover why honeybees were dying - and to stop the epidemic before it spreads further.

40524 5-6pm Fri Apr 17

Earth Navigators

The migration of animals is one of the most astonishing phenomena in the natural world. Twice a year, over land, in the air, and through the oceans, animals move in the thousands, prompted by the changing seasons.

40525 5-6pm Fri May 29

Baby Tales

Every creature begins life the same way - as a baby. Irresistible. But growing up is different for each of us. Some make their way in the world by pure instinct and are completely alone. Other babies could not survive alone and form strong bonds with their mothers. These are the stories of babies across the animal kingdom, and their daunting journeys into a grown-up world.

40526 5-6pm Fri Jun 26



Pacific Science
Center Programs
at Mercer Slough
Environmental
Education Center

To register for the following programs, call 206-443-2925, TDD 206-443-2887

Visit the science center on the web:
www.pacificsciencecenter.org/slough

SPRING BREAK CAMP

Treasures of the Lost Lake. Grade 2-5

Decipher the riddles left behind in a secret journal and uncover the natural and archaeological "treasures" of the Slough. Seek out a mysterious sunken ruin, tromp through a bog, and canoe the Slough. Monday-Friday, April 6-10, 9am-4pm. Free drop-off 8-9am. \$265 (R)

NEW - AFTERSCHOOL NATURE CLUB

Join us for our Afterschool Nature Club that will begin Spring 2009. Sign up your elementary school student (Grades 2 - 5) for this weekly program that is sure to capture the imagination and sense of wonder for your student through fun, interactive activities and themes.

NEW - FAMILY WORKSHOP

Join PSC staff and teen interns as we explore the slough with one-hour hands-on workshops for all ages. **February:** Baby Love (baby animals and adaptations); **March:** Under our Feet (soil creatures and Bug TV); **April:** Earth Friends (ecosystems)

2nd Saturday of each month, 11:45am-12:45pm. Stay for a ranger tour afterward!

WILD B'EARTHDAY CELEBRATION

Go on a guided hike and play ecology games, then organize your private party in one of the classrooms. Themes include: Bug Safari and Animal Mania.

Party Package: Includes decorations, table cloths, party favor, and plates/cups/forks/napkins. Just bring the food and drinks!
Enrollment: 10 for ages 5; 15 for ages 6+
Times: Saturday & Sunday 11:30, 2:30
Cost: \$175(R) \$185(N)

SCOUTS IN THE WILD



Explore wetland, meadow and forest habitats while working toward a nature-related scouting badge. This program is also available to other groups who are interested in exploring these nature topics. Badges not supplied.

Ages: 5-12

Enrollment: Up to 15 per class

Times: Weekdays, after school; Saturday, 9-11am

Cost: \$90(R) \$100(N)

Boy Scouts of America Badges:

Bear Cubs: Share their World with Wildlife

Wolf Cubs: Birds, Outdoor Adventure (Arrow Point Trail Elective)

Tigers: Discover Nature and Energy

Webelos: Forester, Geologist, Naturalist

Girl Scouts of the U.S.A. Badges:

Daisies: World of the Outdoors

Brownies: Animals, Earth & Sky, Eco-Explorer, Plants, Watching Wildlife, Water Everywhere

Juniors: Earth Connections, Wildlife

NEW – SLOUGH SLEEPOVERS



Ages: K – 3rd grade (with adults)

Group Size: 12 – 36 participants (1 adult per 5 students) **Time:** 6:00pm – 10:00am (Fri-Sat)

Fee: \$35/participant (resident fee)

Join us for an overnight adventure at Mercer Slough Environmental Education Center. Explore our new center and its surrounding wetland with a slew of exciting activities! Call (206)443-2925 to register your group!

SCHOOL PROGRAMS: WETLAND FIELD STUDY & OUTREACH



Take advantage of field and laboratory science equipment and address state Essential Academic Learning Requirements. Pacific Science Center members and Bellevue residents receive a discount. Please call registration at 206-443-2925 for more information.

Preschool Prowl (Age 3-5)

Join us for a sensory adventure through the wetlands. Spot ducks and herons with Spy Scopes, explore a dozen touches, and hunt for colors.

NEW - Preschool Seekers (Age 3 – 5)

Discover what kinds of creatures live around the wetland, use nets and special tools to meet the baby insects and other creatures that start their lives UNDER the waters of our pond.

Habitat Wonderers (Grade K-2)

Dig for soil creatures, explore pond life, play the habitat game, and hike through the wetlands.

Soil Adventurers (Grade K-2)

Use scientific tools to discover wetland soils. Take soil samples and examine the recyclers that live in them.

Wetland Naturalists (Grade 3-5)

Experience the secrets of a bog, become a migrating bird, and conduct microscopic studies of pond life.

Salmon Stewards (Grade 4-6)

Examine aquatic insects, test pH levels of water samples, hunt for watershed parts, and become a part of the salmon lifecycle.

Ecosystem Explorers (Grade 4 – 5)

Hunt for evidence of the sun's energy flow, explore a bog community, and use microscopes to examine a pond food web.

Wetland Ecologists (Grade 6-8)

Identify wetland plants, observe microscopic organisms, and collect pond water samples to conduct chemical water quality tests.



Soil Investigators (Grades K-3), Wetland Waters (Grades 3-5) or Boneheads! (Grades 1-4)

Let us bring the Slough to you! We will come into your classroom and give a one hour hands-on, interactive demonstration about wetlands, soil decomposers and animal adaptations through our outreach programs.

SCHOOL PROGRAMS – PRICES

# Students	Resident	Non-Resident
Prowl (1-1/2 Hours):		
1-10	\$75	\$80
11-20	\$135	\$145

Seekers (2 Hours):

1-10	\$100	\$110
11-20	\$160	\$170

Wonders/Adventurers (2-1/2 Hours):

1-15	\$120	\$130
16-30	\$200	\$220
31-45	\$280	\$310
46-60	\$360	\$400

Naturalist/Stewards/Explorers

(3-1/2 Hours):

1-15	\$140	\$150
16-30	\$245	\$265
31-45	\$350	\$380
46-60	\$455	\$495

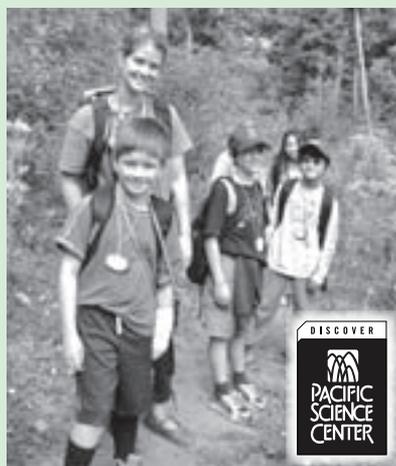
Ecologist (4-1/2 Hours):

1-15	\$160	\$170
16-30	\$285	\$300
31-45	\$410	\$430
46-60	\$535	\$560

Outreach (1 hour)

Up to 30 students: \$200 (plus mileage)

Pacific Science Center Summer Day Camps at Mercer Slough Environmental Education Center



PSC summer camp registration begins March 2, 2009. Register by April 1 to receive a \$25 discount price on all camps! We offer camp options for children in grades K-8, with themes ranging from animal adaptations, wilderness survival skills, compass and maps, camping overnights, water fun, and daily covert nature missions!

Visit www.pacsci.org to register or for more information.



Plan your summer picnic in a Bellevue park today!

Use the Bellevue Parks Online website to search Bellevue's extensive inventory of award-winning parks! Bellevue Parks Online offers an easy-to-use search tool that shows park availability at your convenience. You set the parameters that are most important to you and the search results will list all the picnic sites that best suit your needs and schedule. Simply go to

<http://parksreg.bellevuewa.gov/Facilities/FacilitiesSearchWizard.asp>

From here use:

- Facility details search to find out details about a specific park
- Facility availability search to see which parks are available on a specific date
- Advanced search to search for a park based on your specific criteria.

Once you've decided on a park, there is a link to the forms necessary to make your reservation on each facility page. Just fill out the form and fax, e-mail, or mail it in with payment.

Parks that are available to be reserved are:

Bellevue Downtown Park
 Chism Beach Park
 Clyde Beach Park
 Crossroads Community Park
 Enatai Beach Park
 Hidden Valley Sports Park
 Kelsey Creek Farm Park
 Killarney Glen Park
 Lake Hills Community Park

Lake Hills Greenbelt Garden Shelter
 Lakemont Community Park
 Meydenbauer Beach Park
 Newcastle Beach Park
 Newport Hills Park
 Robinswood Community Park
 Spiritridge Park
 Wilburton Hill Park



It's easy and convenient!

Bellevue Parks & Community Services

Attn: Park Rentals
 P.O. Box 90012, Bellevue, WA 98009-9012
 425-452-7221
 ParkRental@bellevuewa.gov



PARK FACILITIES/RENTALS

Bellevue Parks offers a variety of settings for small to large group picnics and special events. Select a picnic site at one of the award-winning waterfront parks, combine your picnic with a softball game at one of the sports parks, or enjoy a picnic at a working farm. Getting married? Plan your wedding at Chism Beach Park with beautiful views of Lake Washington. Regardless of your choice, Bellevue has a park for you. Call 425-452-6914 or email ParkRental@bellevuewa.gov for rental information.

All facilities are accessible for people with disabilities and many are available as rentals.

Athletic Fields

Phone: 425-452-6914

City park and school fields are available for rent on a seasonal basis. Athletic field scheduling guides for 2009 are now available for organized leagues and individual teams/groups. Policies, forms, and fees are available online at:

www.bellevuewa.gov/ballfield_reservations.htm

Bellevue Aquatic Center

Location: 601 - 143rd Ave NE

Phone: 425-452-4444

Hours of Operation: 8am-9pm, Mon-Fri; 8am-3pm, Sat and 9am-3pm, Sun.

Rentals: Party room and pool available for rental.

Bellevue Botanical Garden

Location: 12001 Main Street

Phone: 425-452-2750

Website: www.BellevueBotanical.org

Hours of Operation: Visitor Center, 9am-4pm daily; Gardens, dawn to dusk.

Rentals: The Botanical Garden has many picnic tables and benches for public use east of the main entrance available on a first-come-first served basis. Garden-sponsored programs comprise the majority of building use. Sorry, no private parties or weddings at the garden. Use of the Shorts Visitor Center and historic Sharp Cabin is limited to Bellevue Botanical Garden related classes, events and fundraisers. They are not available for general rentals.

Commercial Photography at the Garden:

Please allow a minimum of one-week notice to schedule your photography shoot at Bellevue Botanical Garden. Reservations are necessary to avoid conflicts with other Garden activities. We can accommodate groups of 25 or less. The fee is \$25 for a two-hour period. Use of the Botanical Garden for other commercial photography and filming will be considered on a case-by-case basis.

Bellevue Golf Course (18-hole course)

Location: 5500 140th NE

Phone: 425-452-7250

Hours of Operation: This is a year-round facility that is open one hour after sunrise until dusk on a daily basis. Facility is closed Christmas Day and New Years Day.

Amenities: 18-hole golf course with driving range, Pro Shop and restaurant.

Rentals: Meeting room available on an after-hours basis for private parties and meetings. On-site catering is available. Contact Pro Shop staff for further details.

Highland Indoor Skatepark

Location: 14224 Bel-Red Road (backside of the Highland Community Center)

Phone: 425-452-2722

Website: www.bellevuewa.gov/bellevue_skate_park.htm

Hours of Operation: Call for daily schedule.

Rentals: A great place for a birthday party or a time to have the entire park to yourself and friends!! Helmets, protective gear and a qualified supervisor will make your rental a hit. Instructors available. Call for more information.

Lessons: If you are just starting out and you want to learn how to skateboard or improve your existing skills these lessons are for you. Have one of our experienced skateboard instructors teach you how to do the tricks that you have always wanted to do. Call for details.

Purpose: This newly remodeled covered facility is for skateboards and in-line skates. The BVSP features a street course with ledges, rails, banks, quarter pipes and more.

Highland Outdoor Skate Plaza

Highland Community Center

14224 Bel-Red Road

This brand new 13,000 square foot skate park replicates some of the worlds favorite street skate spots. Instead of half pipes or bowls, it has ledges, banks, stairs, hubbas, rails, benches, Euro gaps, barriers and a pole jam. This lighted plaza is free and open to all.

Crossroads Skatepark

Crossroads Community Center,
16000 NE 10th Street

This state-of-the-art outdoor, free, concrete facility was built by world renowned Grindline Skate Parks. It consists of a massive bowl with depths ranging from 4' to 9.5', features an over-vertical 'clam shell,' multiple hips, escalators, tombstone, with steel and concrete coping.

Lakemont Skate Court

Lakemont Community Park,
5170 Village Park Drive

Smaller than a traditional skate park, the outdoor skate court includes a pyramid, ledges, wall-ride and other obstacles. Designed for skateboards and rollerblading.

Bellevue Youth Theatre

Location: 16661 Northup Way

Phone: 425-452-7155

Hours of Operation: Varies depending on performances. Call for more information.

Rentals: The Bellevue Youth Theatre has a black box theatre, and a heated portable that can be rented. Call for rates.

Crossroads Par 3 Golf Course

Location: 15801 NE 15th Street
(behind Top Foods grocery store)

Phone: 425-452-4873

Hours of Operation: Open March through October, call for daily schedule and course conditions.

Rentals: Group reservations accepted. To schedule, call 425-452-2850.

Purpose: Offers a 797 yard par 3 course, great for family or company tournaments. The course is perfect for the beginning golfer and for those wanting to improve their short game. Limited-flight driving range. Putting green open. Please call for additional information or visit us at: www.bellevuewa.gov/golf_courses.htm



Park Facilities/Rentals

Crossroads Community Center

Location: 16000 NE 10th Street

Phone: 425-452-4874

Hours of Operation: Mon-Fri, 9am-8pm; Sat, 9am-5pm.

Rentals: Located adjacent to Crossroads Bellevue and the expansive 34-acre Crossroads Park. Nearby amenities include basketball courts, tennis courts, a par 3 golf course, play area, picnic shelter, jogging paths, and a state-of-the-art skate bowl. Building was expanded in 2006 to include an additional 4,500 sf. Ideal events include wedding and anniversary receptions, birthday parties, off-site business meetings or retreats, and classes. Tables and chairs are available at no extra charge for use with all rentals. Additional equipment available upon request. Maximum capacity in multi-purpose rooms is 120.

Purpose: A variety of classes, drop-in activities, arts and crafts, and a full gym are offered at the Center. Programs are designed to serve the needs of children, teenagers, families, and seniors.

Highland Community Center

Location: 14224 Bel-Red Road

Phone: 425-452-7686

Hours of Operation: 9am-9pm M-Thur, 9am-6pm Fri, (Sat & Sun special events and rentals only)

Rentals: Rentals are available on Saturdays & some Sundays. Please call Monica Houston at 425-452-7686 for specific times.

The facility is available for social functions, receptions, and meetings. A four hour minimum rental is required on Saturdays. Caterers of your choice are allowed. The maximum capacity is 200. Call for fee schedule.

Purpose: Highland Community Center is a full-service community center offering drop-in toddler time, sports and exercise programs, community support programs, and specialized recreation opportunities for youth and adults with disabilities.

Kelsey Creek Farm Park

Location: 410 - 130th Place SE

Phone: 425-452-7688

E-Mail: KelseyCreekFarm@bellevuewa.gov

Hiking and jogging trails, picnic areas, playground, wetlands, wooded areas, and play fields. No entrance fee, but donations always welcome. Dogs and other pets must be on leash at all times when visiting the park. All pets are prohibited from the area surrounding the barns at Kelsey Creek Farm. A variety of programs are available year-round.

Hours of Operation: Park, dawn to dusk. Animal viewing, 9:30am-3:30pm daily.

Groups: 10+ must pre-register. Please call in advance Monday through Friday, 8am-4pm at 425-452-7688.

Rentals: Picnic shelter rentals ideal for small social gatherings or groups of 50 or less. Contact the farm office at 425-452-7688, or email

KelseyCreekFarm@bellevuewa.gov for reservations or more information.

Lake Hills Clubhouse

Location: 15230 Lake Hills Boulevard

Phone: 425-452-6914 for rental information

Rental Hours: 8am – 10pm weekdays, 8am – 12 midnight Fri, Sat, & Sun.

Website: www.bellevuewa.gov/lake_hills_clubhouse.htm

Rentals: Located along the Lake Hills Greenbelt with trails, lakes, and a blueberry farm nearby. This facility is ideal for most events: meetings, parties, receptions classes, and retreats. The Banquet Room is equipped with a kitchenette, including a refrigerator, microwave, sink, and coffee urns. It's maximum capacity is 80 people. The smaller Meeting Room is available for meetings, retreats, and classes with a maximum capacity of 45 people. You may reserve them both for a maximum capacity of 125 people. Tables and chairs are available for all rentals at no extra charge.

Lake Hills Greenbelt Ranger Station and Community Gardens

Location: 15416 SE 16th Street

Phone: 425-452-7225

Hours of Operation: Gardens open dawn to dusk. Ranger Station, call for information.

Lewis Creek Visitor Center

Location: 5808 Lakemont Boulevard

Phone: 425-452-4195

Rentals: Call 425-452-6914 for information.

Visitor Hours: 10am – 4pm, Wed – Sun; Closed Mon, Tue, & holidays

Rental hours: Non Visitor Center hours, Please call 425-452-6914.

Website: www.bellevuewa.gov/lewis_creek_visitor_center.htm

Purpose: The 2,500 square foot interpretive center, located in South Bellevue, is in the heart of Lewis Creek Park. The center provides visitors with Bellevue Park and regional park system information, family programs, and other recreational opportunities.

Rentals: The facility is ideal for small social gatherings, wedding receptions, and business meetings. Tables, chairs, and a kitchen are available for all rentals. Maximum capacity is 50 people.

Mercer Slough Environmental Education Center



Location: 1625 118th Ave SE

Phone: 425-452-2565 for visitor center; 425-452-6914 for rental information, or email MSEECRental@bellevuewa.gov.

Hours of Operation: Visitor Center, 10am-4pm daily.

Rentals: The 1,575 square foot Douglas Fir Community Building is available for rental, and it includes a meeting area, lounge area, and kitchenette. It is suitable for business meetings, retreats, classes, and small social gatherings such as weddings, anniversary receptions, and birthday parties.

Northwest Arts Center

Location: 9825 NE 24th Street

Program Registration/

Birthday Parties 425-452-6046

Rental Information 425-452-7150

Community Events Office 425-452-4106

Hours of Operation: 8am-4:30pm, Mon-Fri

Purpose: The Northwest Arts Center is dedicated to promoting a variety of fine art, preschool, and fitness programs for children and adults, offered throughout the year. Themed birthday parties for children are available.



Community building at Mercer Slough Environmental Education Center

Park Facilities/Rentals

North Bellevue Community Center

Location: 4063 148th Avenue NE

Phone: 425-452-7681

Hours of Operation: 8am-10pm, Mon-Fri; 9am-4pm Sat.

Gift Shop: The gift shop is open during all hours of operation and features handcrafted works of local crafters and artists.

Coffee Bar: The coffee bar is open Mon-Fri, 9am-3pm and offers coffee and tea. Volunteers needed.

Rentals: Available for meetings on weekdays. Also available on weekends for receptions, banquets, conferences. Call for more information.

Robinswood Barn

Location: 2430 - 148th Avenue SE

Phone: 425-452-5219

Rentals: Not available as a rental.

Robinswood Tennis Center

Location: 2400 - 151st Place SE

Phone: 425-452-7690

Hours of Operation: Indoor and lighted outdoor courts, 7:45am-10pm daily.

Rentals: Call for fee schedule.

Robinswood House

Phone: 425-452-7850

Location: 2430 - 148th Avenue SE

Website: Social Events -

www.seattlebride.com/sbrobin.html

Business Meetings -

www.eastsidemeetings.com/rbmain.html

Rentals: The Robinswood House Estate is comprised of the Main House and Cabana, the original 1884 log cabin, which looks much the same today as when it was built, and a barn. Both the Main House and barn were built in 1895, and have been successfully renovated to retain their original charm.

In addition to a formal English sunken garden, two patios, and lushly landscaped walks complete the Robinswood grounds. Adjacent to Robinswood Park, a 60-acre oasis in the heart of the Eastside, the estate offers sweeping views that highlight the beauty of the Northwest

This uniquely styled house offers meeting room space for groups of three to sixty-five. For weddings and social events, the house can accommodate up to 125 people inside and 200+ including the grounds.

SE 40th Boat Launch

Location: 4001 Lake Washington Boulevard SE

Hours of Operation: 24 hours

Fees: \$9 weekday / \$10 weekend

Annual permits available

Questions: Call 425-452-4444

Parking limited to 24 hours per launch.

South Bellevue Community Center

Location: 14509 SE Newport Way

Phone: 425-452-4240

Website: www.bellevuewa.gov/south_bellevue_center.htm

Rentals: The Center features a 2,400 square foot community room with floor to ceiling windows that is perfect for weddings, receptions, banquets, parties, meetings, workshops and special events. Other rooms available for rental include a catering kitchen, classrooms and a double gymnasium. SBCC also offers a 33-foot climbing wall and challenge course available to rent. The community room can be reserved for week days and evenings, as well as weekends. The gymnasium is available for limited times. Call for availability and pricing.

Tyee Community Gym

Location: 13630 SE Allen Road (Tyee Middle School)

Phone: 425-452-6914 for rental information

Website: www.bellevuewa.gov/tyee_community_gym.htm

Rentals: The Tyee Community Gym is available to rent for use by athletic teams or for children's birthday parties with an athletic theme. The gym can be set-up as a single full-size basketball court (or two, shorter side courts with adjustable baskets), two volleyball courts, or six badminton or paddleball courts. Maximum capacity is 250 people.

Winters House

Location: 2102 Bellevue Way SE

Phone: 425-452-2752 for Visitor Center

425-452-6914 for rental information

425-450-1046 for Bellevue Historical Society

Society

Hours of Operation:

Visitor Hours: 10am – 2pm Tue, Thu, Fri, Sat. Closed Sundays, Mondays, Wednesdays, and Holidays.

Rental Hours: 8am – 10pm weekdays.

8am-midnight Fri & Sat

Website: www.bellevuewa.gov/winters_house.htm

Rentals: Situated at the edge of the 320-Mercer Slough Nature Park, its elegant architecture and beautiful grounds serve as an ideal gathering place for classes, meetings, receptions, and small weddings. Tables, chairs, and TV/VCR are available for use with all rentals. Maximum capacity is 75 people for the entire house.



Boys & Girls Club @ SBCC



SOUTH BELLEVUE COMMUNITY CENTER

a partnership for a healthy community



South Bellevue Community Center

Location: 14509 SE Newport Way
Phone: 425-452-4240

In partnership with Boys and Girls Clubs of Bellevue, the City of Bellevue's South Bellevue Community Center is designed to be "a partnership for a healthy community" and a place where you can make improvements in how you live your life. SBCC's comprehensive health and wellness program includes group fitness classes, solo cardio/strength workouts, and drop in sports and recreation activities for all ages. Check out the City of Bellevue's social and recreational classes, programs and special events for older adults and pre-school ages. Register your school age child for the B&GCB after-school program Project Learn, or encourage your teen to check out their teen late night program, "The Club."

The City of Bellevue is committed to providing a wide range of recreation activities at South Bellevue Community Center for Bellevue residents and non-residents. Due to an interlocal agreement with King County, equal access to programs at SBCC is provided to residents and non-residents, and all registrations for programs at SBCC are processed in the order received.

A PARTNERSHIP FOR A HEALTHY COMMUNITY: BOYS & GIRLS CLUBS OF BELLEVUE PROGRAMS AT SOUTH BELLEVUE COMMUNITY CENTER

The City of Bellevue and Boys and Girls Clubs of Bellevue are partnering to bring you programming at South Bellevue Community Center. The following classes require a Boys and Girls Club membership, and registration and scholarship policies may differ from those published at the end of *Connections*.

B&GCB - MEMBERSHIP/DROP IN \$27/YR

An Annual Membership is required for a member to participate in our Project Learn programs at the South Bellevue Community Center. For more information, program times and restrictions please contact Chris Burnside at 425-452-4240.

There are no discounts, scholarships or payment plans available for memberships.

B&GCB- PROJECT LEARN

Education/recreation program for children grades K-6 offering tutoring and homework assistance, an internet-ready computer lab, special events, social recreation, and positive role models and counselors - all in a caring, safe place. This program runs the length of the school year. The Club is open Mon-Fri, from school release time until 6:00pm, with the exception of the early release Wednesdays when Project Learn will open directly after school. Scholarships & payment plans are available.

Ages: 5Y - 12Y

1 Child Annual \$250/month
2nd Child Annual \$200/month

B&GCB- PROJECT LEARN (3 DAYS)

Education/recreation program for children grades K-6 offering tutoring and homework assistance, special events, social recreation, and positive role models and counselors - all in a caring, safe place. This program runs the length of the school year. Choose 3 days of the week. The Club is open Mon-Fri, from school release time until 6:00pm, with the exception of the early release Wednesdays when Project Learn will open directly after school. Scholarships & payment plans are available.

Ages: 5Y - 12Y

First Child Annual: \$150/month
Second Child Annual \$100/month

Transportation Available for Project Learn (weekly & 3-day) from the following schools:

Eastgate Elementary
Puesta Del Sol
Somerset Elementary
Newport Heights Elementary
Spirtridge Elementary

No transportation available from other schools.

B&GCB- EARLY RELEASE WEDNESDAY

Looking for Wednesday Only After-School Care. Join us at South Bellevue's After-School Program for only one day a week! Our program offers tutoring and homework assistance, an internet ready computer lab, special events, arts & crafts, social recreation and much much more! This program will run every Wednesday from school release time until 6:00pm.

Min 1/Max 15

\$50/month

Ages: 5Y - 12Y

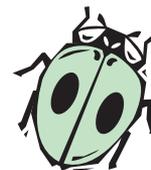
Choose your child's school:

32939 Drop-Off @ SBCC
32940 Eastgate
32941 Puesta Del Sol
32942 Somerset



B&GCB - CLUB CONNECTS

Education/recreation program for children grades 6-7 offering tutoring and homework assistance, special events, social recreation, and positive role models and counselors. This program runs the length of the school year. The Club opens directly after school, Monday-Friday. Scholarships and payment plans are available. \$125/month.



B&GCB- TEEN DROP-IN/LATE NIGHT

Teens 13-18 yrs old have a cool place to come play basketball, watch movies, play video games, or just hang out in the games-room. There will be free food and refreshments when available! Professional staff will be on hand to get things started and to keep it safe! Boys and Girls Club teen Membership **REQUIRED**, So whatever you do just show up! Min 1/Max 100 FREE Ages: 13Y - 18Y South Bellevue Community Center 3-6pm Mon-Thur • 3-11am Fri Ongoing

B&GCB- TEEN DROP AT "THE CLUB"

"The Club" features a free drop in program that includes tutoring, Club Tech Digital Arts programs, arts and crafts, intramural sports, teen feed every week and much, much more. "The Club" also features the Ground Zero music program which schedules guitar lessons, runs band practice sessions and offers concerts on Friday and Saturday nights. The Teen Center has a lot to offer this year so come on by and check it out!

B&GCB- SCHOOL'S OUT DAYS

Looking for something to do on a day without school? School's Out Days provide a variety of activities, including arts & crafts, sports, games, and special events for youth in grades K-6. Min 1/Max 100

Ages: 5Y - 12Y

\$40/day

South Bellevue Community Center

B&GCB- BOYS YOUTH BASKETBALL

Boys and Girls Clubs of Bellevue **YOUTH BASKETBALL** program are designed to teach basketball skills; to encourage sports-manship at all times; through example, build character and confidence, and above all else, to enable the youth to enjoy the game of basketball. Scheduled location and dates TBD. Register at www.bgcbellevue.org. Min 1/Max 50

\$75

Age: 8Y - 18Y

South Bellevue Community Center

B&GCB- COED YOUTH VOLLEYBALL

This volleyball league offers 4th-9th grade boys & girls of all ability levels the opportunity to learn new skills and have fun! The Boys and Girls Clubs of Bellevue is teaming up with Mercer Island Boys and Girls Club for this exciting recreational volleyball league. Register at www.bgcbellevue.org.

B&GCB- GIRLS YOUTH BASKETBALL

Boys and Girls Clubs of Bellevue **YOUTH BASKETBALL** program are designed to teach basketball skills; to encourage sports-manship at all times; through example, build character and confidence, and above all else, to enable the youth to enjoy the game of basketball. Scheduled location and dates TBD. Register at www.bgcbellevue.org. Min 1/Max 50

\$75

Age: 8Y - 18Y

South Bellevue Community Center

B&GCB- SPRING BREAK DAY CAMP

A full day of activities is planned during Bellevue School District's School's Out Days. Each day starts at 7:30am and runs until 6:00pm. Space is limited, so sign up early. Snack is provided, but please bring a sack lunch. Membership must be good through the entire month when the School's Out Days take place.

\$40/day or \$160/week

B&GCB- SPRING BREAK SPECIALTY CAMPS: PLAYGROUND SPORTS

During this theme camp, members will have the opportunity to participate in games normally played during recess. Participants will play capture the flag, kickball, 4 square, dodge ball, wall ball and many more. This will be an action packed and tiring but fun program. \$120/week

B&GCB- SUMMER DAY CAMPS

Summer Day Camps will offer campers opportunities to participate in daily activities such as arts & crafts, recreation, low active games and swimming. Each Session is two weeks long and will feature theme weeks, field trips and other special events. Scholarships are available for up to 2 sessions. Extended Care is available. Registration begins February 16th.

B&GCB- SUMMER SPECIALTY CAMPS

Specialty camps are one week camps that offer a variety of activities, programs, and in-depth experiences for boys and girls ages 7-14yrs. Each camp offers a one of a kind experience. All specialty camp fees and ages are the same. Extended Care available. Registration begins February 16th.

B&GCB- JAMAL CRAWFORD BASKETBALL CAMP

Golden State Warriors guard and former Rainer Beach High School Star Jamal Crawford wants every child 6-16yrs to enjoy the great game of basketball while learning the fundamentals. Camp will focus on the basics, but with plenty of game action and fun! Jamal will provide hands-on instruction each day along with daily raffles and prizes. Special guests will include Portland Trailblazers and UW All American guard, Brandon Roy, and many more superstars! Each camper will receive a Jamal Crawford reversible Jersey. Registration begins March 16th.



Special Events

Come join our theatre experience by bringing your family to these fun events!

Enjoy a unique community theatre production with lights, sets, costumes, and wonderful characters. Tickets may be purchased in advance by calling 425-452-7155. Seating is assigned. You must prepay to reserve your seats. There are no refunds or exchanges once tickets are purchased. We accept cash, check, Visa and MasterCard. Phone orders must pay by Visa or MasterCard.



Winter 2009 Shows

Snow White

This classic children's tale is based on the story by the Brothers Grimm. This version has many new characters and original music. It is a musical with comedy, singing and dancing suitable for all ages.



\$9 per seat (reserved seating)
Performs at Bellevue Youth Theatre
Friday, March 13 & 20 at 7pm
Saturday, March 14 & 21 at 7pm
Sunday, March 15 & 22 at 2pm

Tales of Beatrix Potter

Six of Beatrix Potter's best-loved animal tales come to life in one enchanting production. For many years children of all ages have enjoyed Peter Rabbit, Jeremy Fisher, Jemima Puddleduck and so many more of the wonderful characters created by the legendary Victorian writer, Beatrix Potter.

\$9 per seat (reserved seating)
Performs at Bellevue Youth Theatre
Friday, April 17 & 24 at 7pm
Saturday, April 18 & 25 at 7pm
Sunday, April 19 & 26 at 2pm

Comedy of Errors

Join us for a night of madcap adventure as we present Shakespeare's "The Comedy of Errors". The Bard has done it again, with this wildfarce about the antics of two sets of twins and a series of mistaken identities. Suitable for older children and adults. Presented in the original language.

\$9 per seat (reserved seating)
Performs at Bellevue Youth Theatre
Friday, May 1 & 8 at 7pm
Saturday, May 2 & 9 at 7pm
Sunday, May 3 at 2pm
Thursday, May 7 at 7pm

Oliver

Follow Oliver's journey from workhouse, to the streets, to a loving home and all the twists and turns in this classic story. This is a beloved musical.

\$10 per seat (Reserved Seating)
Performs at Bellevue Youth Theatre
Friday, May 22 & 29 at 7pm
Saturday, May 23 & 30 at 7pm
Saturday, May 30 at 1pm
Sunday, May 24 & 31 at 2pm

SPECIAL EVENTS

MARCH MANIA PLANT SALE

This unique sale features hellebores and spring ephemerals and will include tours of the newly renovated Perennial Border.

WHEN: Sunday March 8, 2009
11:00am to 3:00pm

WHERE: Bellevue Botanical Garden
12001 Main Street

SHEEP SHEARING AT KELSEY CREEK FARM

Watch the sheep being shorn of their winter coats. Enjoy spinning demonstrations, children's crafts, tractor/wagon rides, pony rides, food, animal viewing areas and more. Please note: no pets allowed in the barnyard areas. For more information, call 425-452-7688.

WHEN: Saturday, April 25,
11am-3pm

WHERE: Kelsey Creek Farm Park,
410 - 130th PL SE
Free shuttle service available.
Wilburton Park & Ride

AGES: All

COST: No entrance fee. Costs vary for food & activities. (Sorry, no ATM on site & we cannot accept charge cards.)

NATIONAL SENIOR HEALTH & FITNESS DAY

Open House - 9 Hole Putting Green Celebrated nationally, seniors are invited to come and explore fitness possibilities. Spend the day with us here at the South Bellevue Community Center and embrace that active lifestyle. Celebrate this year with an open house for our new 9 hole putting green course with refreshments at the 10th hole.

WHEN: Wednesday, May 27, 2009
10am-2pm

WHERE: South Bellevue Community Center; 14509 SE Newport Way

COST: Free

FLORAL ART EXHIBITION

Hua Yuan School of Chinese Flora Art presents a display of exquisite pieces created by members of the school.

WHEN: Saturday and Sunday,
April 25 and 26, 2009
9am-3pm

WHERE: Bellevue Botanical Garden
Visitor Center
12001 Main Street

INFO: 425-452-2750

HOOPS OF HOPE

Do you enjoy playing basketball? Come join others to shoot hoops all while benefitting those affected by HIV/AIDS in Zambia! Hoops of Hope benefits those impacted by the HIV epidemic by building medical centers, counseling centers and by providing medical care kits and bicycles to AID caregivers. Participants are asked to fundraise for donations or pledges prior to the event and 100% of the proceeds will benefit the Hoops of Hope and the World Vision Organizations. Shots will be counted whether made or not so grab your friends and come join the fight against HIV/AIDS while having fun! Refreshments and music will be provided at the event. Contact SBCC at 425-452-4240 for participant forms or if you have any questions.

WHEN: Saturday, March 28, 2009
9am-7pm

WHERE: South Bellevue Community Center

COST: FREE, with goal of raising \$100 in pledges.

INFO: 425-452-4240

EASTSIDE FUCHSIA SOCIETY PLANT SALE

The Eastside Fuchsia Society displays and sells their beautiful fuchsias.

WHEN: Saturday, May 2, 2009
9am-3pm

WHERE: Bellevue Botanical Garden
12001 Main Street

INFO: 425-452-2750

WASHINGTON NATIVE PLANT SOCIETY SALE

A fine selection of native plants available. Proceeds benefit Washington Native Plant Society.

WHEN: Saturday, May 9, 2009
10am-4pm

WHERE: Bellevue Botanical Garden
12001 Main Street

INFO: 425-452-2750

MOTHER'S DAY SOCIAL

Open House featuring light refreshments, music and spring splendor at the garden.

WHEN: Sunday, May 10, 2009
1pm-4pm

WHERE: Bellevue Botanical Garden
12001 Main Street

COST: Free

INFO: 425-451-3755 or
www.bellevuebotanical.org

BELLEVUE FAMILY 4TH OF JULY FOOD VENDER APPLICATIONS NOW AVAILABLE

Bellevue Parks & Community Services is accepting food vendor applications for the Family 4th of July Celebration which will take place at the Bellevue Downtown Park. Applications can be found on line at <http://www.bellevuewa.gov/COBCalendar/default.aspx> or email NWAC@bellevuewa.gov or call the Special Events office at 425-452-4106. All applications must be received by April 1, 2009. Space is limited so sign up early.



Plant sale at Bellevue Botanical Garden

Social Services and Volunteer Opportunities

SOCIAL SERVICES

HUMAN SERVICES COMMISSION

Meetings are held the 1st and 3rd Tue of each month, 6:30pm, in the Bellevue City Hall Council Conference Room. Meetings are open to the public.

Janet Stout, Chairperson

Nancy Huenefeld-Gese, Vice Chairperson

Michael Yantis

Stefanie Beighle

Doug Hoople

Berta Seltzer

Major Mike Pentony, Ex Officio Member

CITY OF BELLEVUE HOME REPAIR PROGRAM

This program helps low and moderate income Bellevue homeowners who need major home repairs to improve the health and safety of their home. Roof repairs, fixing faulty plumbing, wiring, and earthquake retrofitting. For more information, call 425-452-4069.

BELLEVUE NETWORK ON AGING

Meetings are generally 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.

FOOD HANDLER PERMITS

King County Health Department is now providing training opportunities for food worker permits at the Highland Community Center. Be prompt - individuals will not be permitted to enter the classroom after the published start time. Training available in other languages than English. Contact King County Public Health, **206-296-4600**, for more information.

Highland Community Center
14224 NE Bel-Red Road, 98007

WHEN: Every Friday
10am & 2pm

COST: \$10.00 (cash only)



VOLUNTEER OPPORTUNITIES

Bellevue Botanical Garden

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

Opportunities are available in the following areas:

- Horticultural Assistants – Ongoing or Occasional Work Party participants
- Docents
- Gift Shop
- Living Lab Children's Education Program
- Mother's Day Social
- Pops in the Park
- Newsletter Distribution
- Occasional Office Help
- Fundraising / Auction Help
- Garden d'Lights Installation and Work Parties
- Plant Records and Documentation
- Special event assistance

Learn, lead, and share your passion by becoming a Bellevue Botanical Garden Society Docent. Training classes are held each Thursday at Bellevue Botanical Garden's Sharp Cabin, 9am-1pm on the following dates in 2009: February 26, March 5, 12, 19, & 26, and April 2. The classes are informative, fun, and free! For more information call 425-451-3755, or email bbgsoffice@bellevuebotanical.org.

Bellevue Youth Theatre

The Bellevue Youth Theatre is dedicated to providing opportunities for all young people in the theatre, ages 4 to 19. All volunteers are required to have a current Washington State Patrol background check on file at the theatre. For more information, please e-mail AMclnnis@bellevuewa.gov

Specialized Recreation

Recreation programs for kids and adults living with developmental disabilities are primarily held at Highland Center. Come and help the participants have fun! Programs offered include sports, art, dance, cooking, exercise classes and much more. You can earn your community service hours for school and service learning credits. Volunteers are always needed and a vital part of what we do here at Highland. If interested please contact Kim Indurkar at 425-452-7686. You can also e-mail kindurkar@bellevuewa.gov. You must be a minimum of 16 years of age to volunteer.

Volunteer for Symetra Bellevue Family 4th

Earn community service, receive a free meal and have Fun as a volunteer at Symetra's Bellevue Family 4th of July. Volunteers need to be comfortable in large crowds, have the ability to communicate with the public and follow directions, a positive attitude, willingness to be outside regardless of the weather and able to be on their feet for a physically active day. Volunteers must be at least 16 years old. Applications can be found on line at <http://www.bellevuewa.gov/COBCalendar/default.aspx>, or email NWAC@bellevuewa.gov or call the Special Events office at 425-452-4106. All applications must be received by June 20, 2009. Space is limited so sign up early.

Kelsey Creek Farm - Sheep Shearing Event Volunteers

Volunteers are needed for the Kelsey Creek Farm sheep shearing event which will be held on Saturday, April 25th. This is a great way to earn your community service hours while assisting with children's activities. This program requires pre-registration. See Kelsey Creek pages in this publication for information on how to register and more program details.

Kelsey Creek Farm After School Volunteer Opportunities for Teens

Experience new challenges, expand your knowledge, develop and use your abilities as you help build a strong community through volunteering. Earn community service hours in this once-a-week after school volunteer program at Kelsey Creek Farm. This program requires pre-registration. See Kelsey Creek pages in this publication for information on how to register and more program details.

Kelsey Creek Farm Summer Volunteer Opportunities for Teens

Wondering what to do this summer? Earn community service hours while assisting farm staff with daily operations, animal chores, special projects, and learn responsible animal care. This week-long program requires pre-registration. See Kelsey Creek pages in this publication for information on how to register and more program details.

Volunteer Opportunities

Teen Volunteer Opportunities

Teens can earn valuable job experience and satisfy community service hours as a volunteer. Besides, it might just be fun! Teens can serve on a Youth Link action team (such as Teen Closet program), check out life as a farmhand on a working farm at Kelsey Creek or assist with skate park management. There are many more opportunities as well, such as parent teen mediation teams. For more information visit the City's web page at www.bellevuewa.gov and click on "Get Involved" or send an e-mail to volunteer@bellevuewa.gov.

Teens - Kelsey Creek Farm Volunteer Opportunities

Experience new challenges, expand your knowledge, and develop and use your abilities as you help build a strong community through volunteering. Earn community service hours while assisting farm staff with daily operations, help with animal chores, participate in special projects, and learn responsible animal care. This program requires pre-registration. See Kelsey Creek pages in this publication for information on how to register and more program details.

North Bellevue Community Center 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 facilities. Annually there are over 200 volunteers who provide over 15,000 hours of community services. Please call 425-452-7681 for more information and job descriptions. We encourage Middle and High School age summertime volunteers. Volunteer opportunities are available in the following areas:

- 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
- Newcomer Social Committee
- Entertainment
- "Powerful Tools for Caregivers" Instructors

Robinswood Tennis Center

If you or someone you know is interested in volunteering at Robinswood Tennis Center, contact us at 425-452-7690 about the many volunteer opportunities available.

Winters House Host

Provide staffing at Bellevue's Historic Winters House. Greet park visitors, conduct tours and teach people about Bellevue natural and cultural heritage. Must be 18 or older. Contact the Eastside Heritage Center, 425-450-1049, for more information.



Park Stewards/Naturalists

Various ongoing volunteer opportunities exist with the Bellevue Parks Natural Resource & Resource Management Divisions. Dates & locations vary. Call 425-452-4195 for more information.

Voices of Diversity Radio Show

Voices of Diversity is a half hour public affairs radio show, which seeks to tell the untold stories in our community as well as celebrate the diversity of cultural expression found in the Northwest. The program is a collaboration between community radio KBCS 91.3 FM and the City of Bellevue Cultural Diversity Program and is produced by Callie Shanafelt and Bruce Wirth. The show comes to you each week thanks to a dedicated team of volunteer reporters and producers from across King County, and is hosted by Kevin P. Henry, Cultural Diversity Coordinator, City of Bellevue.

Voices of Diversity seeks to literally give voice to those not often heard on the airwaves, and to that end, trains community members in radio skills and independent journalism. We offer a free training in Community Radio reporting in exchange for a commitment to volunteer for the show.

For more information call Callie Shanafelt 425-452-7922 or email her at cshanafelt@bellevuewa.gov

Voices of Diversity Airs every Wednesday from 6-7pm on 91.3 FM KBCS, or www.KBCS.FM.



The City of Bellevue Wants You!

Volunteer Today...

there are opportunities for everyone!

The City of Bellevue offers a wide array of volunteer opportunities for youth and adults. Other Volunteer opportunities include serving on a board or commission, working with the Waterwise Garden, joining EARS (Eastside Amateur Radio Support), supporting the community's teens through YouthLink, joining the Stream Team, helping out at Crossroads Mini City Hall, helping with storm drain stenciling, and becoming a mediator. For more information on the City's volunteer program, visit the City's web page at www.bellevuewa.gov and click on "Get Involved" or send an e-mail to volunteer@bellevuewa.gov.

Suggest a new program

Current programs offer opportunities in a wide range of pursuits with varying time commitments, skills, and work focus so volunteers can tailor their experience to meet their own needs. The City of Bellevue takes great pride in the diversity of its volunteer programs, and is always looking for new opportunities to put volunteers to work. New suggestions are always welcome at volunteer@bellevuewa.gov!

Opportunities Available:

These are just a few of our many volunteer opportunities available to you:

- Volunteer at a community center or facility.
- Serve on a board or commission
- Coach a youth sports team
- Volunteer at a special event
- Join the City's habitat restoration efforts.
- Plant a tree.
- Volunteer with the City's probation program.
- Volunteer at a mini City Hall.
- Become a mediator



Contact Shelly Shellabarger, Volunteer Program Coordinator, to find out how you can get involved: email volunteer@bellevuewa.gov, or call 425-452-5375.



Send Me More Information!

Interested in volunteering? Please give us your name, address, and phone number, and let us know what you're interested in doing. We will contact you to discuss volunteer opportunities available.

Name: _____

Address: _____

Phone (Day): _____ (Evening): _____

Email Address: _____

I am interested in: _____

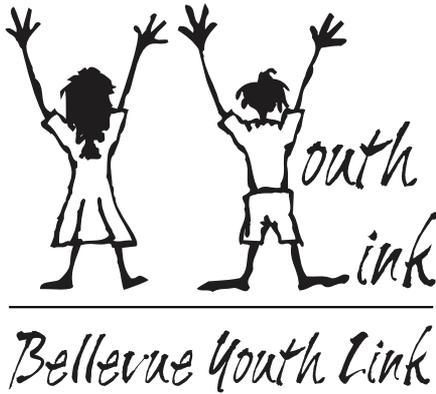
All information is for City of Bellevue use only.

Please mail completed form to:

City of Bellevue
Shelly Shellabarger,
Volunteer Coordinator
PO Box 90012
Bellevue, WA 98009-9012

Save Time, Do It Online!

Save a stamp: visit the City's website at www.bellevuewa.gov and click on "Get Involved," or send an email to volunteer@bellevuewa.gov.



YOUTH LINK BOARD

Meetings are held the 2nd Wed of each month, 6:00–8:00 PM, in the Bellevue City Hall, 1st Floor. Meetings are open to the public.

Youth Members

Deven Tokuno
Alice Zhang
Farrah Khan
Nikolai Zapertov
Rachel Jiang
Brian Li

Adult Members

Brenda Guring
Lt. Dave Sellers
Juan Esparza
Nancy O'Brien-Abel
Faisal Jaswal

What is Bellevue Youth Link?

A youth empowerment program giving teens a voice and an opportunity to make things happen.

How does it work?

Every two years, on the even year, the Bellevue Youth Council hosts an all-city youth conference. Teens decide what issues most interest and concern them and propose projects to address each issue.

Who can participate?

Anyone who lives, works or goes to school in Bellevue can help! All volunteer hours go toward school community service credit. So, if you are a young person of middle or high school age or an adult who might be able to help make a youth priority a reality, call 425-452-5254.

YOUTH COURT ACTION TEAM

Join us in helping run the first youth court in Bellevue! Action Team meets every 1st & 3rd Tuesday of the month from 4:30-5:30 p.m. at Bellevue City Hall in Rm. 1E-120. For more info, please contact Helena Stephens, Family, Youth & Teen Services Manager at 425-452-2834 or via email at hstephens@bellevuewa.gov

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

Open to all private and public Bellevue middle and high school students who live or go to school within the Bellevue School district boundary. Youth provide input for our community's youth issues, services, and provide youth leadership for a wide variety of community projects and special events.

Outspoken Teen Paper

Help create a monthly newspaper written by and for teens. We need teen writers, photographers, and editors. No experience necessary. Join anytime!

Youth Link Web Team

Interested in computers while helping others? Aside from providing information about youth activities and events through www.youthlink.com website, youth members help others by putting together basic computer classes for people of all ages.

Teen Café "Jub-Hub" Project

Join other teens on an after school peer mentoring program that helps build a safe place for youth in Bellevue through music, arts, technology, recreation, and community service activities. Role models wanted.

Teen Closet

Teen Closet is a clothing bank open for all teens and families in need. Donations of clothing or funds from the community are welcome. Teen Closet takes place at World Impact Network at 2015 Richards Road, Bellevue the last Monday of each month from 4:30-6:30pm.

T.R.A.C.K.S. Action Team

Enjoy working and playing outdoors? Learn about conservation and natural resources while having fun doing outdoor recreation! Join us in our adventures. Call 425-452-5254.

19th Annual Community Leadership Awards Night Planning Committee

Join us in helping plan the largest youth organized community service award event in the city! As part of the planning committee, you will help put together the theme and programming for the event. Meetings are every Tuesday from 4-5pm. The awards night will be in Spring 2009.

NEW: Eastside Youth Council Summit Project Action Team

Join us in helping plan the first all-Eastside Youth Council Summit in Spring. This student-led project will bring together members from the Bellevue, Kirkland, Redmond, Issaquah, Sammamish, and other Eastside city youth councils/boards to discuss youth issues and strategies for collaboration. For additional information, please contact Patrick Alina at palina@bellevuewa.gov or 425-452-5254.

Aquatics

AQUATICS

Bellevue Aquatic Center

Phone: 425-452-4444

Fax: 425-452-6100

Physical Address: 601 - 143rd Avenue NE

Mailing Address: PO Box 90012,
Bellevue, WA 98009-9012

NOTE: PRICE INCREASE WILL BE EFFECTIVE MARCH 1, 2009 FOR AQUATIC CENTER PROGRAMS, SERVICES, AND FACILITY USE.

SWIM RATES

Drop-In Fees

Adult: \$5.50

Youth (12 yrs. and younger): \$4.50

Deep Water Exercise Class: \$6.50

Master Swim Class: \$6.50

Discounted Swim (Mon-Sat before 10am when available): \$4.00

Shower only: \$2 (*Blue Lagoon locker rooms*)

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

Membership Cards

(12 visits for the price of 10, no expiration date)

Adult: \$54.96

Youth: \$45.00

Deep Water Exercise: \$65.04

Masters Swim: \$65.04

Discounted Swim: \$39.96

3 Month Membership Cards

(For Lap, Open, and Rehab Swims)

Adult: \$138

Youth: \$92

Family: \$220

Single Parent Family: \$173

SPECIAL SCHEDULE

No lessons April 6-12

No lessons May 23, 24, 25.

PARTIES AT THE POOL

Pool Rentals

Available on Saturdays, 3-7pm

And Sundays, 3-5pm

Blue Lagoon or Warm Springs Pool

1 - 25 guests: \$185 per hour

26-60 guests: \$223.50 per hour

61-90 guests: \$257.50 per hour

91-120 guests: \$294 per hour

121 + guests: \$367.50 per hour

Cost includes staff and use of pool toys.

Party Room Rentals

Available during pool rentals or open swims. \$55 per hour. Take out own garbage. Accommodates groups of 18+. This room *is not* wheelchair accessible.

OTHER ACTIVITIES AVAILABLE AT THE BELLEVUE AQUATIC CENTER

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

Ai Chi - Flowing Aquatic Energy. Let the soothing waters strengthen your body and caress your spirit! Flowing yet powerful progression. Combines deep breathing with slow, broad movements of arms, legs, and torso. For registration information, contact Community Integration Services at 425-830-7746 or visit www.cisaquatics.com.

Body Tune-Up - Stretch, strengthen, and tone your muscles. This exercise program will help you to improve balance, range of motion and flexibility. Register with Community Integration Services at 425-830-7746 or visit www.cisaquatics.com.

Chinook Aquatic Club - Private USS youth swim team. For more information, email chinookswimming@hotmail.com.

Group Swim Lessons - See the schedule and registration form enclosed. Call the Bellevue Aquatic Center for more information or register online at <http://www.myparksandrecreation.com>.

MS Association - Multiple Sclerosis Exercise, other disabilities are welcome. For more information call 206-633-2606.

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.

Private and Semi-Private Swim Lessons - Offered at several different times. Call the Bellevue Aquatic Center, 425-452-4444, for more information, or register online at <http://www.myparksandrecreation.com>.

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 Patience Russi at 425-392-6864 for more information.

Deep Water Exercise Class - Deep water aerobics workout that uses an aqua-jogging belt. High energy instructors provide specific exercise routine. Class meets on Monday, Wednesday, and Friday afternoons, Saturday mornings, as well as Monday and Wednesday evenings. Pay with an exercise pass, or on a drop-in basis.

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. Meets Monday, Wednesday, Thursday, and Friday, 12-1pm. For more information, contact Scott at 425-452-4444.

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

Therapy Groups - Several companies rent pool time for their water therapy programs. Please contact them specifically to see if you can get involved. The therapy groups are Bel-Red Physical Therapy, Kinderling Center, MS Society, Overlake Hospital Physical Therapy, Suzette Madson, PT, Bear Creek Children Therapies, Community Integration, Mercer Island School District, NW Pediatrics Therapy, Therapeutic Associates, and Wave Therapies. Contact Scott Armstrong at 425-452-4444 to find out more about how your company can rent pool time.





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.**

Placement Testing: Unsure of the level in which to register? Placement testing is required for students who have not taken lessons at Bellevue Aquatic Center within the past three months.

Registering for Multiple Sessions? You may register for any or all of the sessions on the schedule. Remember to:

- 1) Assume that the participant will complete each level twice before advancing.
- 2) Pay for all sessions at the time of registration.

Space is limited. Registration is on a first come, first served basis.

Withdrawal and Change Policy - NO EXCEPTIONS

All withdrawals are subject to a \$10 administrative fee for each class, including private lessons. Please review complete registration policies adjacent to registration form prior to registering for a class.

Minimum Class Size: Each class has a minimum class size requirement. The Bellevue Aquatic Center has the right to cancel classes when registration demand does not meet the requirement. Accommodations will be made for the registered participants whenever possible.

PRIVATE SWIM LESSONS

Learn to swim, one on one. The Bellevue Aquatic Center will be offering private swim lessons throughout this quarter. Lessons are offered Fridays and are for all ages and abilities, dependent on instructor availability. Each 30 minute session is \$34.50. Withdrawal from a class is subject to a \$10 administrative fee. Please see **Withdrawal and Change Policy.** For lesson availability, please visit <http://www.myparksandrecreation.com> and search for "Private Swim Lessons," or contact the Bellevue Aquatic Center 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.

Parent/Tot (6 months - 3 years) – Gum Drop

PRESCHOOL LEVEL CLASSES

Ages: 3-5 years

Preschool 1 – Stars

Beginning level; focus on water adjustment, safety, and introduction to basic swimming skills.

Preschool 2 – Get-A-Long

For children who are comfortable going under the water. Focus on reach and pull arm stroke, gliding, and independent floating.

Preschool 3 – Gecko

Students will begin to develop a coordinated crawl stroke and deep water adjustment.

Preschool 4 – Gammy

Advanced classes. Children will practice crawl stroke with side breathing, elementary backstroke, and begin to learn breaststroke and backstroke.

Preschool 5 – Cola

Advanced classes. Children will develop strength while improving crawl stroke with side breathing, breaststroke, and backstrokes. Sidestroke and diving will be introduced.

YOUTH LEVEL CLASSES

Ages: 6-13 years

Youth 1 – Kitchiwank

Beginning level; focus on water adjustment, safety, and introduce basic strokes.

Youth 2 – Smudge

Students will begin arm stroke on front and back, with kick for 20 feet.

Youth 3 – Klaus

Students will learn how to breathe while performing the crawl stroke, and begin learning the backstroke.

Youth 4 – Raimie

Advanced classes. Children will improve crawl stroke with side breathing, backstrokes, and breaststroke. Sidestroke and diving will be introduced.

Youth 5 – Bumpy Gee

Advanced classes. Children will develop endurance while practicing crawl stroke with side breathing, backstrokes, breaststroke, and diving. Introduction to butterfly stroke.

Youth 6 – Cisco

These upper-level classes will develop endurance and technique. Students will learn the butterfly stroke and flip turns.

Pre-Competition

Advanced stroke development and endurance. For those interested in preparing for swim team/competition. Must have completed Youth 6.

ADULT LEVEL CLASSES

Ages: 13 years & up

Adult Introduction

For those with little or no water exposure or fear of water. Focus is on learning breath control, how to float, and an introduction to basic skills.

Adult Intermediate/Advanced

Class held in both Warm Springs and Blue Lagoon pools. Further develop strokes to increase endurance and confidence. Focus on crawl, breast, and back strokes. Work on individual goals.

Junior Lifeguard Training

Red Cross Junior Lifeguard program. Gain knowledge, attitudes, and skills in preparation for future lifeguarding certification. Call the Aquatic Center for more information.

Lifeguard Training

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



Blue Lagoon Lap Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00	Aquatics and Lap Swim Discount	Lap Swim Discount	Aquatics and Lap Swim Discount	Lap Swim Discount	Aquatics and Lap Swim Discount	Lap Swim Discount Special Olympics	
9:00am						8 - 10 am Lessons	Lessons 9:00 AM Noon
9:00						9:00-12 pm	
11:30am						Deep Wtr Ex. 10 - 11 am	Lap Swim 9am-noon (3 lanes)
1:00:pm						Lap Swim (3 lanes) 10-12 pm	
1:00:pm						12:00 - 3:00 pm Open Swim	
3:00:pm						3:00 - 7:00 Pool Rentals	
3:00:pm							
4:00:pm							
5:00							
7:00 PM							
7:00							
8:00							
8:00							
9:00 PM							
9:00							
10:30pm							

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. One adult may accompany a maximum of two children.



Warm Springs Therapy Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00	Water Motion Class	Therapy REHAB Discounted	Water Motion Class	Therapy REHAB Discounted	Water Motion Class	Therapy REHAB Discounted	
9:00	Water Motion Class	9-11 am Open & Therapy	Water Motion Class	9-11 am Open & Therapy	Water Motion Class	Lessons 9:00 AM Noon	Lessons 9:00 AM Noon
10:00am	Lessons 10-11:30am	Discounted before 10	Lessons 10-11:30am	Discounted before 10			
11:30am	Therapy REHAB	Therapy REHAB	Therapy REHAB	Therapy REHAB	Therapy REHAB		
12:30pm	Water Motion 11:30-12:30	Water Motion end only 12 - 1	Water Motion 11:30-12:30	Water Motion 12 - 1 pm			
12:30	Open & Therapy	Body Tune-up 12 - 1 pm	Open & Therapy	Therapy REHAB	Open & Therapy		
2:30pm	Therapy REHAB & Overlake	Open & Therapy	Therapy REHAB	Open & Therapy	Open & Therapy		
2:30							
4:00pm							
4:00							
7:00pm							
7:00							
8:00pm							
8:00							
9:00pm							

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 private lessons. *Therapy Rehab is available for adults, therapy patients, and private lessons.



Bellevue Aquatic Center Spring 2009 Schedule

Valid March 1 through June 28, 2009

ADULT INTER - ADV SWIM LESSONS

39356	6:20- 6:50pm	Mon, Wed	Apr 20-May 13	\$66.00
39357	9:35-10:35am	Sat	Apr 25-Jun 06	\$74.25
39359	6:20- 6:50pm	Mon, Wed	May 18-Jun 10	\$57.75

ADULT INTRODUCTION SWIM LESSONS

39371	6:20- 6:50pm	Tue, Thu	Apr 21-May 14	\$66.00
39374	9-10am	Sun	Apr 26-Jun 07	\$74.25
39376	6:20- 6:50pm	Tue, Thu	May 19-Jun 11	\$66.00

PARENT/TOT SWIM LESSONS

39046	11-11:30am	Mon, Wed	Apr 20-May 13	\$62.80
39047	6:20- 6:50pm	Mon, Wed	Apr 20-May 13	\$62.80
39048	6:20- 6:50pm	Tue, Thu	Apr 21-May 14	\$62.80
39043	11:20-11:50am	Sat	Apr 25-Jun 06	\$47.10
39049	10:45-11:15am	Sat	Apr 25-Jun 06	\$47.10
39044	11:20-11:50am	Sun	Apr 26-Jun 07	\$47.10
39045	11-11:30am	Mon, Wed	May 18-Jun 10	\$54.95
39050	6:20- 6:50pm	Mon, Wed	May 18-Jun 10	\$54.95
39051	6:20- 6:50pm	Tue, Thu	May 19-Jun 11	\$62.80

PRESCHOOL 1 SWIM LESSONS

39403	5:10- 5:40pm	Mon, Wed	Apr 20-May 13	\$70.00
39409	4- 4:30pm	Mon, Wed	Apr 20-May 13	\$70.00
39414	10-10:30am	Mon, Wed	Apr 20-May 13	\$70.00
39404	4:35- 5:05pm	Tue, Thu	Apr 21-May 14	\$70.00
39405	5:10- 5:40pm	Tue, Thu	Apr 21-May 14	\$70.00
39410	5:45- 6:15pm	Tue, Thu	Apr 21-May 14	\$70.00
39399	9:35-10:05am	Sat	Apr 25-Jun 06	\$52.50
39411	11:20-11:50am	Sat	Apr 25-Jun 06	\$52.50
39415	10:45-11:15am	Sat	Apr 25-Jun 06	\$52.50
39400	10:10-10:40am	Sun	Apr 26-Jun 07	\$52.50
39401	11:20-11:50am	Sun	Apr 26-Jun 07	\$52.50
39406	9- 9:30am	Sun	Apr 26-Jun 07	\$52.50
39397	4- 4:30pm	Mon, Wed	May 18-Jun 10	\$61.25
39398	10-10:30am	Mon, Wed	May 18-Jun 10	\$61.25
39412	5:10- 5:40pm	Mon, Wed	May 18-Jun 10	\$61.25
39402	5:10- 5:40pm	Tue, Thu	May 19-Jun 11	\$70.00
39407	5:45- 6:15pm	Tue, Thu	May 19-Jun 11	\$70.00
39408	4- 4:30pm	Tue, Thu	May 19-Jun 11	\$70.00

PRESCHOOL 2 SWIM LESSONS

39424	10:30-11am	Mon, Wed	Apr 20-May 13	\$70.00
39432	4:35- 5:05pm	Mon, Wed	Apr 20-May 13	\$70.00
39433	4- 4:30pm	Tue, Thu	Apr 21-May 14	\$70.00
39434	5:10- 5:40pm	Tue, Thu	Apr 21-May 14	\$70.00
39418	9- 9:30am	Sat	Apr 25-Jun 06	\$52.50
39420	10:10-10:40am	Sat	Apr 25-Jun 06	\$52.50
39427	11:20-11:50am	Sat	Apr 25-Jun 06	\$52.50
39421	10:45-11:15am	Sun	Apr 26-Jun 07	\$52.50
39428	9:35-10:05am	Sun	Apr 26-Jun 07	\$52.50
39422	10:30-11am	Mon, Wed	May 18-Jun 10	\$61.25
39429	4- 4:30pm	Mon, Wed	May 18-Jun 10	\$61.25
39425	5:10- 5:40pm	Tue, Thu	May 19-Jun 11	\$70.00
39426	6:20- 6:50pm	Tue, Thu	May 19-Jun 11	\$70.00
39430	4:35- 5:05pm	Tue, Thu	May 19-Jun 11	\$70.00

PRESCHOOL 3 SWIM LESSONS

39440	4:35- 5:05pm	Mon, Wed	Apr 20-May 13	\$70.00
39446	5:45- 6:15pm	Tue, Thu	Apr 21-May 14	\$70.00
39451	4:35- 5:05pm	Tue, Thu	Apr 21-May 14	\$70.00
39444	10:45-11:15am	Sat	Apr 25-Jun 06	\$52.50
39447	9:35-10:05am	Sat	Apr 25-Jun 06	\$52.50
39438	11:20-11:50am	Sun	Apr 26-Jun 07	\$52.50
39441	10:10-10:40am	Sun	Apr 26-Jun 07	\$52.50
39439	5:45- 6:15pm	Mon, Wed	May 18-Jun 10	\$61.25
39448	5:45- 6:15pm	Tue, Thu	May 19-Jun 11	\$70.00

PRESCHOOL 4 SWIM LESSONS

39456	4- 4:30pm	Mon, Wed	Apr 20-May 13	\$70.00
39457	4- 4:30pm	Tue, Thu	Apr 21-May 14	\$70.00
39453	10:10-10:40am	Sat	Apr 25-Jun 06	\$52.50
39454	9- 9:30am	Sat	Apr 25-Jun 06	\$52.50
39455	9:35-10:05am	Sun	Apr 26-Jun 07	\$52.50
39458	10:45-11:15am	Sun	Apr 26-Jun 07	\$52.50
39461	4- 4:30pm	Mon, Wed	May 18-Jun 10	\$61.25
39462	4- 4:30pm	Tue, Thu	May 19-Jun 11	\$70.00



PRESCHOOL 5 SWIM LESSONS

39463	5:45- 6:15pm	Mon, Wed	Apr 20-May 13	\$70.00
39464	4:35- 5:05pm	Tue, Thu	Apr 21-May 14	\$70.00
39465	9:35-10:05am	Sat	Apr 25-Jun 06	\$52.50
39466	9- 9:30am	Sun	Apr 26-Jun 07	\$52.50
39467	10:10-10:40am	Sun	Apr 26-Jun 07	\$52.50
39468	4:35- 5:05pm	Mon, Wed	May 18-Jun 10	\$61.25
39469	4:35- 5:05pm	Tue, Thu	May 19-Jun 11	\$70.00

YOUTH LEVEL 1 SWIM LESSONS

39476	5:10- 5:40pm	Mon, Wed	Apr 20-May 13	\$70.00
39472	5:10- 5:40pm	Tue, Thu	Apr 21-May 14	\$70.00
39471	9- 9:30am	Sat	Apr 25-Jun 06	\$52.50
39473	10:10-10:40am	Sat	Apr 25-Jun 06	\$52.50
39474	9:35-10:05am	Sun	Apr 26-Jun 07	\$52.50
39479	5:10- 5:40pm	Mon, Wed	May 18-Jun 10	\$61.25
39477	5:10- 5:40pm	Tue, Thu	May 19-Jun 11	\$70.00

YOUTH LEVEL 2 SWIM LESSON

39933	5:45- 6:15pm	Mon, Wed	Apr 20-May 13	\$66.00
39936	4:35- 5:05pm	Tue, Thu	Apr 21-May 14	\$66.00
39940	10:10-10:40am	Sat	Apr 25-Jun 06	\$49.50
39942	9- 9:30am	Sat	Apr 25-Jun 06	\$49.50
39932	10:10-10:40am	Sun	Apr 26-Jun 07	\$49.50
39939	9- 9:30am	Sun	Apr 26-Jun 07	\$49.50
39934	4:35- 5:05pm	Mon, Wed	May 18-Jun 10	\$57.75
39937	4- 4:30pm	Tue, Thu	May 19-Jun 11	\$66.00
39941	5:45- 6:15pm	Tue, Thu	May 19-Jun 11	\$66.00

YOUTH LEVEL 3 SWIM LESSON

39951	4- 4:30pm	Mon, Wed	Apr 20-May 13	\$66.00
39945	4- 4:30pm	Tue, Thu	Apr 21-May 14	\$66.00
39947	5:45- 6:15pm	Tue, Thu	Apr 21-May 14	\$66.00
39949	9:35-10:05am	Sat	Apr 25-Jun 06	\$49.50
39950	11:20-11:50am	Sat	Apr 25-Jun 06	\$49.50
39952	10:45-11:15am	Sun	Apr 26-Jun 07	\$49.50
39955	9:35-10:05am	Sun	Apr 26-Jun 07	\$49.50
39948	5:10- 5:40pm	Mon, Wed	May 18-Jun 10	\$57.75
39944	4- 4:30pm	Tue, Thu	May 19-Jun 11	\$66.00
39946	4:35- 5:05pm	Tue, Thu	May 19-Jun 11	\$66.00

YOUTH LEVEL 4 SWIM LESSON

39965	4:35- 5:05pm	Mon, Wed	Apr 20-May 13	\$66.00
39964	4- 4:30pm	Tue, Thu	Apr 21-May 14	\$66.00
39959	10:45-11:15am	Sat	Apr 25-Jun 06	\$49.50
39957	9- 9:30am	Sun	Apr 26-Jun 07	\$49.50
39958	11:20-11:50am	Sun	Apr 26-Jun 07	\$49.50
39960	4:35- 5:05pm	Mon, Wed	May 18-Jun 10	\$57.75
39961	4:35- 5:05pm	Tue, Thu	May 19-Jun 11	\$66.00

YOUTH LEVEL 5 SWIM LESSON

39970	5:10- 5:40pm	Mon, Wed	Apr 20-May 13	\$66.00
39971	6:20- 6:50pm	Tue, Thu	Apr 21-May 14	\$66.00
39974	11:20-11:50am	Sat	Apr 25-Jun 06	\$49.50
39975	10:45-11:15am	Sun	Apr 26-Jun 07	\$49.50
39976	11:20-11:50am	Sun	Apr 26-Jun 07	\$49.50
39977	5:45- 6:15pm	Mon, Wed	May 18-Jun 10	\$57.75
39972	5:45- 6:15pm	Tue, Thu	May 19-Jun 11	\$66.00

YOUTH LEVEL 6 SWIM LESSON

39980	6:20- 6:50pm	Mon, Wed	Apr 20-May 13	\$66.00
39981	6:20- 6:50pm	Tue, Thu	Apr 21-May 14	\$66.00
39982	10:45-11:15am	Sat	Apr 25-Jun 06	\$49.50
39983	10:10-10:40am	Sun	Apr 26-Jun 07	\$49.50
39984	6:20- 6:50pm	Mon, Wed	May 18-Jun 10	\$57.75
39985	6:20- 6:50pm	Tue, Thu	May 19-Jun 11	\$66.00

LIFEGUARD TRAINING

39986	9:30am- 5pm	Sat-Wed	Apr 04-12
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PRE-COMPETITION SWIM

39386	5:45- 6:15pm	Mon, Wed	Apr 20-May 13	\$66.00
39387	5:10- 5:40pm	Tue, Thu	Apr 21-May 14	\$66.00
39388	9- 9:30am	Sat	Apr 25-Jun 06	\$49.50
39389	10:45-11:15am	Sun	Apr 26-Jun 07	\$49.50
39390	5:45- 6:15pm	Mon, Wed	May 18-Jun 10	\$57.75
39391	5:10- 5:40pm	Tue, Thu	May 19-Jun 11	\$66.00



Camps & Afterschool/ Crafts & Visual Arts

CAMPS & AFTERSCHOOL

BYT THEATRE DAY CAMPS

This is a great camp for boys and girls alike. Your child will learn the basics of theatre character and presentation in a relaxed and fun environment. Children will also participate in arts & crafts, and games. Extended care is available for this camp. Min 15/Max 25
\$145(R) \$175(N) Age: 5Y - 12Y
Ivanhoe Park Site

The Princess and the Pea

This is an adaptation of the classic tale of a prince's search for a true princess. Will the prince find his true love? Great roles for all.
40362 9:30am-3pm Mon-Fri Apr 06-10

The Princess and the Pea Extended Care

\$40(R) \$48(N)

Extended care for our theatre day camps from 7:30-9:30 am, and from 3-5:30 pm. In extended care your child will experience supervised unstructured activities. The staff will provide basic arts activities, board games, and outdoor play. Child appropriate videos may be shown to your children in PM extended care.
40363 7:30am-5:30pm Mon-Fri Apr 06-10

SKATEBOARD CAMP

The longest running skateboard camp in the state just got even better with the addition of the outdoor skate plaza. Our expert staff have years of experience from helping beginners for the very first time to showing secret techniques to advanced skaters. With over fifteen years under our belt we believe we offer the most comprehensive camp out there. The camp includes park safety, trick tips, skate games, a contest, and a pizza party, all with an emphasis on friends and fun. Whether you're just starting out or an experienced skater this camp is for you. Min 6/Max 15

\$110(R) \$130(N) Age: 8Y - 15Y
\$66(R)

Highland Community Center

38943 9am-12pm Mon-Fri Apr 06-10

SPORTS CAMP

A week of fastpaced action where kids will have a blast! Campers will receive instruction and participate in a variety of sports including basketball, dodgeball, indoor soccer and floor-hockey. Outdoor activities will take place as weather allows. A field trip to local recreational attractions are included in the price of camp. Please bring a lunch, beverage and snack. Min 10/Max 40

Tyee Community Gym

\$145(R) \$175(N) Age: 7Y - 12Y

39137 8am-4pm Mon-Fri Apr 06-10



UK INTERNATIONAL SOCCER CAMP

We have partnered with United Kingdom (UK) International soccer academy to bring you the best of UK soccer. UK British soccer coaches will instruct your child. Daily schedule includes warm up, skills, fundamentals, small sided games, technical session, tournaments and awards. Children need to bring ball, water bottle, shinguards, sunscreen snack or lunch. Min 10/Max 100

Robinswood Community Park

\$99(R) \$119(N) Age: 4Y - 13Y
39152 9am-12pm Mon-Fri Apr 06-10

\$155(R) \$186(N) Age: 7Y - 13Y
39153 9am-3pm Mon-Fri Apr 06-10

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. Min 1/Max 1
FREE Age: 7Y - 18Y

Crossroads Community Center

39912 2:30-5:30pm Mon-Fri Mar 30-Jun 19

39915 12-5:30pm Mon-Fri Jun 22-Jul 03

CHILDREN'S TECHNOLOGY WORKSHOP PROGRAMS WITH BELLEVUE PARKS

For general information, inquiries, and registrations go to www.ctworkshop.com or call 1-877-299-2546.

JUNIOR ROBOTICS CLUB

Are you ready for a whole new level of fun? Check out Children's Technology Workshop's Robotics Club! Learn construction techniques and programming as you complete LEGO-based control systems and robotics projects. Don't miss it! Please Note: Students who have previously completed a CTWorkshop Robotics class may re-enroll and continue work on advanced Robotics skills. Min 7/Max 10

Crossroads Community Center

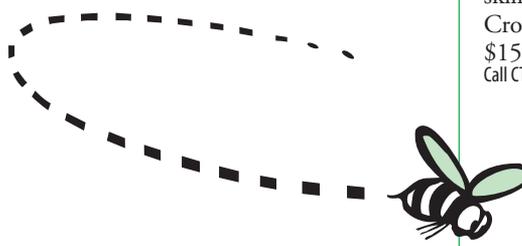
\$155 Grades 3-5
Call CTW 5:30-6:30pm Thu Mar 19-May 14

ROBOTICS CLUB

Are you ready for a whole new level of fun? Check out Children's Technology Workshop's Robotics Club! Learn construction techniques and programming as you complete LEGO-based control systems and robotics projects. Don't miss it! Please Note: Students who have previously completed a CTWorkshop Robotics class may re-enroll and continue work on advanced Robotics skills. Min 7/Max 10

Crossroads Community Center

\$155 Grades 3-8
Call CTW 6:45-7:45pm Thu Mar 19-May 14



CHILDREN'S TECHNOLOGY WORKSHOP- GAMEMAKER WORKSHOPS

For all you game lovers out there! You get your own laptop during class to create a variety of age-appropriate non-violent computer games using Children's Technology Workshop Gamemaker tutorials. At the end of the course you get to take home a CD-Rom containing your game files so you can play your games at home! For the 5:15pm class only, students who have taken the course before may re-enroll and continue work on advanced gamemaker skills. For general information, inquiries, and registrations go to www.ctworkshop.com or call 1-877-299-2546. Min 7/Max 10

Northwest Arts Center

Apprentice Gamemaker/ Grades 1-2

\$175(R) \$175(N) All Ages

Call CTW 4-5pm Wed Apr 15-Jun 03

Gamemaker / Grades 3-8

\$155(R) \$155(N)

Call CTW 5:15-6:15pm Wed Apr 15-Jun 03

CHILDREN'S TECHNOLOGY WORKSHOP- ICAMP-SPRING DAYCAMP

Looking for something unique to do during school break? Don't miss 'icamp,' the awesome camp program from Children's Technology Workshop for kids in grades 2-8. At icamp, highly-skilled instructors will work with students to customize their icamp experience based on their personal interests and ability level. Our program allows almost unlimited choice to ensure that every student is engaged, and challenged to achieve their potential. Above all else, FUN is the number one priority! Activities occur both on and off the computer with a focus on engineering and robotics, video game creation, animation, and digital art. Project themes include Mission to Mars, Fashion Design, Architecture, Team F1, Expedition Egypt, and many more. For General information, inquiries, and registrations go to www.ctworkshop.com or phone 1-877-299-2546. Full day: 9am-4pm/ \$595. Half-day: 9am-noon or 1-4pm/ \$325. Min 10/Max 15

Robinswood Community Park

Full Day: \$595

All Ages

Half Day: \$325

ICAMP-Spring Break/Grades 2-8

Call CTW 9am-4pm

Mon-Fri Apr 06-10

CRAFTS & VISUAL ARTS

Programs for Adults

GARDEN D'LIGHTS WORK PARTIES

If you've participated in one or more Garden d'Lights classes, you are invited to come help this fall with preparations for our annual Garden d'Lights celebration at the Bellevue Botanical Garden. Participants will help make and repair flowers and/or critters to be placed in the garden in November and December. Call 425-451-3755 to sign up or visit Bellevuebotanical.org for more information and a schedule.

ART - BEGINNING WATERCOLOR

Release the hidden artist within you while you have fun with painting. This is a very low key class designed to acquaint the beginner with the simple tools and techniques and joy of watercolor painting. \$5.00 supply fee collected at first class. Min 5/Max 10

South Bellevue Community Center

\$80(R) \$100(N) Age: 18Y and up
40141 10am-12pm Wed Apr 01-22

\$60(R) \$75(N) Age: 18Y and up
40142 10am-12pm Wed May 06-27

\$80(R) \$100(N) Age: 18Y and up
40143 10am-12pm Wed Jun 03-24

ART - IKEBANA

Ikebana is a three-dimensional artistic expression composed of flower and plant material arranged in a container. It is one of the unique cultural arts of Japan. Students will learn the basic techniques that will enable them to create this floral art anytime and any where with any available materials and be familiarized with the concepts of lines, space, balance, movement and harmony. Supply fee- \$63 paid to instructor at the first class. Min 5/Max 10

South Bellevue Community Center

\$64(R) \$77(N) Age: 18Y and up
40146 10am-12pm Thu Apr 09-30

\$80(R) \$100(N) Age: 18Y and up
40147 10am-12pm Thu May 07-Jun 04

North Bellevue Community Center

\$60(R) \$72.50(N) Age: 18Y and up
39840 10am-12pm Wed Apr 01-Jun 03



ART - SUMI PAINTING GROUP

Join others as they practice the Art of Sumi Painting. Sumi means 'ink painting' in Japanese and is an art medium that dates back some six thousand years. New to Sumi? Others will be happy to share their knowledge and love of the art form. Other water-based mediums are also welcome to join. Min 3/Max 12

\$15(R) \$18(N)

Age: 18Y and up

South Bellevue Community Center

40148 10am-1pm Mon Apr 13-27

40149 10am-1pm Mon May 04-18

40150 10am-1pm Mon Jun 01-15

CRAFTS - SOUTH BELLEVUE STITCHERS

Bring your crocheting or knitting and join our group. Feel free to work on a project of your own or join others as they craft for charities. If you don't know how to crochet and would like to learn- we'll teach you!

Min 4/Max 20

FREE

Age: 50Y and up

South Bellevue Community Center

40161 10am-12pm Fri Apr 03-Jun 26

WIRE CHAIN & BEAD JEWELRY WORK- SHOP

Using jump rings and a few basic tools, both novices and experienced jewelry makers will appreciate the ingenious yet simple techniques to fashion silver, gold, brass and copper into stunning bracelets, necklaces, earrings and more. Each new student will make an enduring cross linked chain bracelet in silver and gold. Repeat students may bring or order beads to incorporate into their work. Tools are provided. New students please bring a \$29 materials fee to class. Min 2/Max 6

\$8(R) \$10(N)

Age: 18Y and up

North Bellevue Community Center

40034 9am-12pm Fri Apr 03

40032 6-9pm Wed Apr 29

40035 9am-12pm Fri May 29

40033 6-9pm Wed Jun 24

ART - DROP-IN PAINTING

Bring your watercolor or other painting project and visit with others in this friendly drop-in atmosphere. Bring your own supplies. Min 2/Max 20

FREE

Age: 18Y and up

North Bellevue Community Center

33210 1-3pm Thu Apr 02-Jun 25

CONVERSATION AND CRAFTS

Bring your own supplies and creative ideas! Proceeds benefit the North Bellevue Senior Advisory Board. Min 1/Max 20

FREE

Age: 18Y and up

North Bellevue Community Center

35530 10am-2pm Mon Apr 06-Jun 29

Crafts & Visual Arts

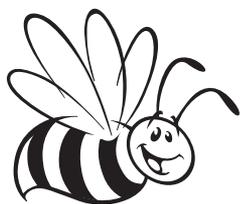
KNITTING - RED CROSS KNITTING GROUP

Join this group of Red Cross volunteers who knit items to donate to local hospitals and Eastside Baby Corner. Min 6/Max 20
FREE Age: 18Y and up
 North Bellevue Community Center
 35536 11am-3pm Wed Apr 01-Jun 24

Programs for Families, Youth, & Teens

ART - FIND THE ARTIST IN YOU

Want to try your hand at art? Come explore various media to discover your own style. We will experiment with graphite, ink, watercolor and pastels. Learn techniques with each media and how to combine them for exciting results. We will also discuss the elements that make a painting work, including color, shapes and composition. This is a great sampler to find out which media brings out the artist in you. Come have fun and create your own paintings and drawings. For teens and adults. All supplies included. Min 5/Max 10
 \$180(R) \$216(N) Age: 13Y and up
 Northwest Arts Center
 40130 6:30-8pm Tue Apr 14-Jun 02



Bellevue 5K Run/Walk

Join the Bellevue Breakfast Rotary Club and the Fit & Active Bellevue initiative for the third annual Bellevue 5K Walk/Run, designed to promote healthy children and families. Raise your awareness of healthy lifestyle choices for you and your family. This all ages event will benefit the Kinderling Center and many other eastside charitable causes. The race will begin at 8:30am for runners, and those wishing to walk will begin shortly after the start of the run. Visit www.bbrc.net <file://www.bbrc.net> for more information.

ART - DRAWING & PAINTING WITH JULIE

Explore the art of drawing and painting in this fine arts course. We will cover the fundamentals of art while encouraging creativity in a positive and supportive environment. Projects include various media, including graphite, watercolor, color pencil, pen and pastels. The instructor will guide students through a drawing, followed by a demonstration of the media to be used. The young artist will develop art skills and self-confidence while creating their own masterpiece! Ages strictly adhered to or with permission of instructor.
 Min 5/Max 8
 Northwest Arts Center
 \$150(R) \$180(N) Age: 6Y - 9Y
 40122 4-5pm Mon Apr 13-Jun 08
 \$180(R) \$216(N) Age: 10Y - 13Y
 40123 5-6:30pm Mon Apr 13-Jun 08

GETTING READY FOR ART

This is a great art class for all young artists who want to explore the world of art! Come ready to explore paint, water color, clay, and more. New and returning students are welcome. Do different art projects, and dress to get messy! A \$10 supply fee made payable to the instructor is required on the first day of class. Instructor: Beth Hay. Min 6/Max 12
 \$70(R) \$84(N) Age: 4Y - 5Y
 Crossroads Community Center
 38936 4-4:45pm Mon Apr 13-May 18

COMICS AND CARTOONING

Improve your drawing and storytelling abilities as you explore the medium of comics and cartoons! Learn about character creation, simple animation, expressions and body language, layout and composition, basic perspective, and more. Participate in class exercises designed for artists of all levels of experience and ability. Class culminates with each student completing an individual comic story, from rough pencils to a finished, inked piece. All materials are provided by the instructor, Greg Stump. Mr. Stump is a regular contributor to the Stranger and has a comic-book series that has been nominated for multiple awards.
 Min 6/Max 15
 \$100(R) \$120(N) Age: 9Y - 14Y
 Crossroads Community Center
 38947 4:15-5:45pm Fri Apr 10-May 08

ART - THE KNITTING STUDIO

Learn to knit in a fun supportive atmosphere! Beginning techniques introduced or expand your knitting knowledge with creative color patterns, cables, lace, bobble, purl patterns, buttonholes and embellish your project with beads, felting and more. A discussion of various types of fibers, yarns and other helpful tools will be covered as well as supplies the first class meeting. The instructor will be sharing over 25 years of knitting experience. Supply list will be discussed the first class meeting. Participants 6-15 must be accompanied by a parent or caregiver. Min 4/Max 6
 \$137(R) \$164(N) Age: 6Y and up
 Each Add'l Child: \$25(R) \$30(N)
 Northwest Arts Center
 40131 6-7:30pm Wed Apr 22-Jun 10

PRESCHOOL ART

Calling all three year-olds who love to create! Explore art with paint, markers, clay, and more. Dress to get messy! New and returning students are welcome. A \$10 supply fee made payable to the instructor is required on the first day of class. Instructor: Beth Hay. Min 6/Max 8
 \$60(R) \$72(N) Age: 3Y - 3Y
 Crossroads Community Center
 38938 3-3:40pm Mon Apr 13-May 18

FASHION ILLUSTRATION

Are you interested in fashion and fine art? Learn to draw like a designer starting with figures and faces, then move on to drawing fabric and creating your own designs on paper. Use experimental techniques and fun media like watercolor, oil pastel, chalk pastel, pen, and collage. You will come away from this class with a portfolio of your own designs. Supplies are required. Please see instructor's website at www.jordanswain.com or call Crossroads Community Center at 425-452-4874 for a list of supplies. Min 5/Max 10
 \$120(R) \$144(N) Age: 12Y - 15Y
 Crossroads Community Center
 39340 5:45-7:15pm Wed Apr 01-May 06

ART - CHILDREN'S POTTERY STUDIO

In a fun and supportive environment, the young potter will learn the ancient art of pottery. The possibilities of turning clay into a piece of treasured art is limitless! Hand and wheel building, sculpting, coil construction and glazing will be introduced. Supply and firing fee included in price of class. Min 6/Max 9
 \$163(R) \$191(N) Age: 6Y - 11Y
 Northwest Arts Center
 40132 4-5:30pm Thu Apr 30-Jun 18

Crafts & Visual Arts / Health & Wellness



ART - SATURDAY MORNING ART

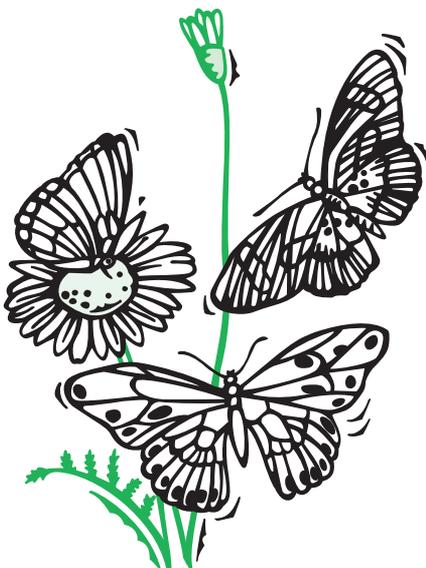
This program is process oriented and designed to enhance your child's enjoyment of art and creative expression. Children are allowed to explore their creativity through an introduction to the fundamentals of drawing and watercolor and using a variety of mediums. Supplies included. Min 5/Max 10 \$137(R) \$164(R) Age: 7Y - 11Y Northwest Arts Center 40133 10-11:30am Sat Apr 18-Jun 13

DRAWING AND PAINTING WITH THE MASTERS!

Art inspired by the masters! Learn about and be inspired by a different Master Artist for each project. Explore the world of the impressionists and create a masterpiece on canvas, create a portrait inspired by Picasso, create a mobile that Calder would envy, and view the stars like Van Gogh! Use paint, charcoal, oil pastels, and more for an exciting project each week! Supplies are included, but please bring an 8' x 10' sketchbook and pencil. Min 4/Max 10 \$120(R) \$144(N) Age: 8Y - 11Y Crossroads Community Center 39328 4-5:30pm Wed Apr 01-May 06

STUDIO ART

This is a great class if you like all aspects of art! Draw cartoon characters, landscapes, portraits, and more. Sculpt with clay and other materials. This class is for anyone who loves art! A \$10 supply fee made payable to the instructor is required on the first day of class. New and returning students are welcome. Instructor: Beth Hay. Min 6/Max 12 \$75(R) \$90(N) Age: 6Y - 8Y Crossroads Community Center 38940 5-6pm Mon Apr 13-May 18



HEALTH & WELLNESS

BELLEVUE MORNING MOVERS

Join with your neighbors and friends at Bellevue's beautiful Downtown Park and act on your commitment to better health. The group will be led, encouraged, and motivated by a certified health/fitness instructor while doing light stretches, calisthenics, walking, and running. All ages and condition levels welcome. Come dressed in layers with plenty of water as you will get warm when we start moving! This 45 minutes free class will be conducted on Tuesdays and Thursdays at 6:00 AM. Meet at the children play area parking lot, NE 1st and 100th Ave NE. Register by phoning Brian Murphy, the instructor, at 425-829-5720. Min 6/Max 16 FREE Age: 18Y and up Bellevue Downtown Park Ongoing 6-6:45am Tue, Thu Mar 24-Dec 24



BELLY DANCING BASICS

This is an introductory class which will lay a strong foundation for learning safe and correct body alignment and isolations. It is appropriate for all levels of dancers who want to continue to refine their basic knowledge as well as for beginners. Each session will introduce a new rhythm expression and will include learning to play finger cymbals with the appropriate dance steps. Use of props such as veils, canes, baskets and swords may be added in certain sessions. Participants can join this class at any time during a session. A Flex Card is available for this class. For Flex Card details or to register during a session call South Bellevue Community Center at 425-452-4240. Min 5/Max 30 \$60(R) \$72(N) Age: 6Y and up South Bellevue Community Center 39223 5:30-6:20pm Wed Apr 15-May 20 39224 5:30-6:20pm Wed May 27-Jul 01

FITNESS - BELLY DANCING INTERMEDIATE

This class is for dancers who are familiar with at least three different rhythms and are interested in choreography and doing solo performances. Drills are used to deepen awareness of layering and isolation techniques. Participants can join this class at any time during a session. A Flex Card is available for this class. For Flex Card details or to register during a session call South Bellevue Community Center at 425-452-4240. Min 5/Max 10 \$72(R) \$86(N) Age: 6Y and up South Bellevue Community Center 39230 6:30-7:20pm Wed Apr 15-May 20 39231 6:30-7:20pm Wed May 27-Jul 01





BELLY DANCING COMBINED

Take the Beginner class and the Intermediate class at a discount! This class is for students who have studied with Aleili at least 6 months or have previous experience and know at least 3 different rhythm patterns/footwork. Beginning students should sign up for the Belly Dancing Basics class only. Participants can join this class at any time during a session. A Flex Card is available for this class. For Flex Card details or to register during a session call South Bellevue Community Center at 425-452-4240. Min 1/Max 10

\$102(R) \$122(N) Age: 6Y and up
 South Bellevue Community Center
 39228 5:30-7:20pm Wed Apr 15-May 20
 39229 5:30-7:20pm Wed May 27-Jul 01

BELLY DANCE VEILS OF THE NILE

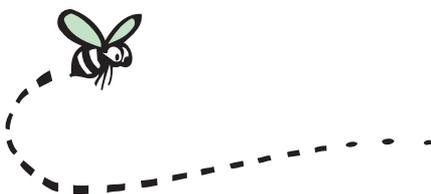
(Price includes Beg. & Int. classes.) This class requires knowledge of at least 6 different rhythms and dance representations, costumes, props, solo and group choreography and suggested attendance in the first two classes. Instructor permission required to attend. Participants can join this class at any time during a session. A Flex Card is available for this class. For Flex Card details or to register during a session call South Bellevue Community Center at 425-452-4240. Min 5/Max 15

\$117(R) \$140(N) Age: 18Y and up
 South Bellevue Community Center
 39234 5:30-8:50pm Wed Apr 15-May 20
 39235 5:30-8:50pm Wed May 27-Jul 01

FITNESS - BELLY DANCING TROUPE ONLY

This class is for Veils of the Nile participants who will attend only the troupe rehearsal class. Instructor permission required to attend. Participants can join this class at any time during a session. To register during a session call South Bellevue Community Center at 425-452-4240. No flex Card is available for this class. Min 1/Max 10

South Bellevue Community Center
 \$102(R) \$122(N) Age: 18Y and up
 39232 7:30-8:50pm Wed Apr 15-May 20
 \$102(R) \$122 Age: 18Y and up
 39233 7:30-8:50pm Wed May 27-Jul 01



FITNESS - INDOOR GROUP CYCLING

Come ride our new LeMond RevMaster Classic Bikes and get a serious aerobic workout for your heart and lungs while burning approximately 500 calories per class. Your instructor and motivating music will entertain you as you 'climb hills', 'race' along on flat terrain, and challenge your leg muscles for strength and tone. All fitness levels welcome because you control your pace. Register early. These classes will fill up! To register during a session call South Bellevue Community Center 425-452-4240. Please arrive 10 minutes early on day one for a bike fit. Bring a bike-style water bottle & towel. Wear stiff soled shoes or SPD cycle shoes, padded shorts, and heart rate monitor if you have them. Dress in layers...you will get hot! Min 8/Max 15

South Bellevue Community Center
 \$48(R) \$57(N) Age: 16Y and up
 39331 6-6:55am Wed Apr 01-May 13
 39339 7:15-8:10pm Wed Apr 01-May 13
 39335 12:40-1:35pm Fri Apr 03-May 15
 39329 6-6:55am Mon Apr 13-May 18
 39333 12:05-1pm Mon Apr 13-May 18
 39337 6:05-7pm Mon Apr 13-May 18
 39332 6-6:55am Wed May 20-Jun 24
 39343 7:15-8:10pm Wed May 20-Jun 24
 39336 12:40-1:35pm Fri May 22-Jun 26
 \$40(R) \$47.50(N) Age: 16Y and up
 39330 6-6:55am Mon Jun 01-29
 39334 12:05-1pm Mon Jun 01-29
 39338 6:05-7pm Mon Jun 01-29



FITNESS - KARIE'S CARDIO KICKBOXING

This popular high-energy cardio work-out will get you in SHAPE while educating you on proper technique and form. You will learn boxing and martial arts moves as well as muscle sculpting and Pilates-based core work. Burn fat, tone muscles, and improve your fitness level in this fun, hi/low program. All levels welcome and adaptations will be taught with the focus on fun and challenge for beginners thru advanced. Taught by Karie Underwood, ACE Certified Instructor with 20+ years experience. Bring a towel & water bottle to class. Participants can join this class at any time. A Flex Card is available for this class. For Flex Card information or to register during a session, call South Bellevue Community Center at 425-452-4240. Min 5/Max 20

South Bellevue Community Center
 \$56(R) \$66(N) Age: 13Y and up
 39212 9:15-10:15am Tue,Thu Apr 14-30
 39214 9:15-10:15am Thu,Tue May 28-Jun 16
 \$65(R) \$77(N) Age: 13Y and up
 39213 9:15-10:15am Tue,Thu May 05-26
 \$28(R) \$33(N) Age: 13Y and up
 39215 9:15-10:15am Tue Apr 14-28
 39217 9:15-10:15am Tue Jun 02-16
 \$37(R) \$44(N) Age: 13Y and up
 39216 9:15-10:15am Tue May 05-26

FIT-CAMP TOTAL BODY CONDITIONING

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 'Total Body Conditioning Fit-Camp' is the solution you've been looking for to finally achieve a healthier lifestyle. Our group workouts utilize dumbbells, bands, bodyweight exercises, fun agility movements, and a variety of exercises to strengthen your core and more. Expect to sweat and have fun! As motivating, energetic, and dedicated fitness professionals, we will educate you and encourage you every step of the way. The Fit-Camp is consistently modified to meet individual needs and limitations, and participants can join this class at any time during a session. A Flex Card is available for this class. For Flex Card details or to register during a session, please call the South Bellevue Community Center at 425-452-4240 or register in person at the front desk at SBCC. Min 6/Max 20

\$64(R) \$77(N) Age: 16Y and up
 South Bellevue Community Center
 39289 6-7pm Wed, Mon Apr 01-29
 39290 6-7am Wed, Mon Apr 01-29
 39287 6-7pm Mon, Wed May 04-27
 39291 6-7am Mon, Wed May 04-27
 39288 6-7pm Mon, Wed Jun 01-29
 39292 6-7am Mon, Wed Jun 01-29

jazzercise

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

JAZZERCISE AT NORTHWEST ARTS CENTER

Ages 14+		
9:30-10:30am	M/W/F	Ongoing
8:15-9:15am	M/Tu/W/Th	Ongoing
5:30-6:30pm	M/Tu/W/Th	Ongoing
6:30-7:30 pm	M/W	Ongoing
** 6:30-7:30 pm	Tue/Thu	Ongoing
9-10 am	Sat	Ongoing

Fee information	
Unlimited 4-week pass	\$40
Monthly Unlimited Pass (EFT)	\$35
Unlimited 12-week pass	\$105
Walk-in	\$10

For more information, call Jenny Goebel 425-453-9610 or Pam Kalian 425-643-4911, or visit www.pamsjazz.com.
*All fees plus tax, registration at door of each class.

**BODY SCULPTING/JAZZERCISE AT NORTHWEST ARTS CENTER

Sculpted arms, tight abs and firm, shapely legs are the primary focus of this challenging 50-minute muscle-toning workout, which features a creative combination of weight training and stretching.
Northwest Arts Center - Studio D
6:30-7:30pm Tue/Thu Ongoing



South Bellevue Community Center New Student Specials for Jazzercise and Jazzercise Lite: First Class is FREE! Register on the day of your first class and receive 50% off your Registration Fee (\$49.99 value for just \$24.99). Register for your first class pass with the Electronic Funds Transfer method of payment and receive \$20.00 off your class pass. All fees payable at class, not through City registration process. For more info, call Phyllis at 425-814-2134 or visit www.jazzfitness.net.

JAZZERCISE LITE AT NORTHWEST ARTS CENTER

Jazzercise Lite has all the fun and conditioning components of regular Jazzercise with some low impact modifications in movements and set structure. This 60 minute class pairs moderate aerobics with exercises designed to improve your strength, balance and flexibility. Seniors, newcomers, pregnant or otherwise physically restricted, will enjoy this lighter version of the original Jazzercise program.

8:15-9:15am	M/W	Ongoing
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JAZZERCISE AT NORTH BELLEVUE COMMUNITY CENTER

Ages 12+		
6-7pm	Mon/Wed	Ongoing
4:30-5:30pm	Tue/Thu	Ongoing
8:00-8:55am	Sat	Ongoing

Fee Information

Monthly Unlimited Pass (EFT)	\$38
8-Week Class Pass	\$88
1 Class Pass	\$10

New Student Specials: See www.jazzwithkris.com.

For more information and seasonal schedule changes, call Instructor Kris Rooke @ 425-894-4111, or visit the class web page at www.jazzwithkris.com

*All fees plus tax, registration at the door of each class.

JAZZERCISE AT SOUTH BELLEVUE & HIGHLAND COMMUNITY CENTERS

Ages: 14Y and up		
South Bellevue Community Center		
6:15-7:15am	Mon, Wed, Fri	Ongoing
8-9am	Tue, Thu, Sat	Ongoing
9:30-10:30am	Mon, Wed	Ongoing
Highland Community Center		
5:50p - 6:50p	Mon - Thu	Ongoing
*9:20a - 10:20a	Mon - Fri	Ongoing

Fee Info:

Monthly unlimited pass (EFT)	\$43.52
8-week class pass	\$97.92
Drop-in	\$11



JAZZERCISE LITE

Fitness that's invigorating, not intimidating! Based on the Jazzercise philosophy, this 60-minute class pairs moderate aerobics with exercises designed to improve your strength, balance, and flexibility. Whether you're a senior, newcomer, pregnant, or otherwise physically restricted, you can't go wrong with this popular light version of the original Jazzercise program.

Min. 5/Max. 30	Ages: 14Y and up
South Bellevue Community Center	
9-10am	Mon, Wed, Fri Ongoing

Fee Info:

Monthly unlimited pass (EFT)	\$43.52
8-week class pass	\$97.92
Drop-in	\$11.00

JAZZERCISE PERSONAL TOUCH

@ Northwest Arts Center

A unique approach to personal training in a small group setting with your instructor, Personal Touch is designed to increase your muscle tone and enhance your Jazzercise workout by focusing on varying muscle groups and techniques designed to help you achieve maximum results. Call Mihaela Dimitriu for space availability and information at (206) 245-5373 or email mihaelajazzercise@yahoo.com

7:45-8:15am	Wed	Ongoing
8:45-9:15am	Fri	Ongoing

@ Highland Community Center

Call Phyllis @ 425-814-2134 for more information and to reserve your spot today!
5:10-5:40pm Mon/Wed Ongoing

JUNIOR JAZZERCISE CAMP

Does your child like to move to music? Do they want to learn some cool new dance moves to the latest music they hear on the radio? Then get ready for a 4 day camp that will do just that! Jazzercamp is geared for school age children, 6 - 12. Each camp is held for 3 hours a day and will make fitness feel fun! But that's not all. They'll also explore their artistic side with arts and crafts and make some wonderful new friends while they're at it. Performances will be held on Thursdays during the last half hour for parents including awards and recognitions after an action-packed, fun-filled camp. \$100.00. Registration through Jazzercise only. Min 5/Max 25. Call Soni @ 425-391-1796.

Highland Community Center

Session One: 11 - 2 p.m. Monday through Thursday June 22 - June 25

Session Two: 11 - 2 p.m. Monday through Thursday June 29 - July 2

PERSONAL TRAINER - DIETICIAN - FITNESS TESTING - REFLEXOLOGY

One-on-One Professional Fitness and Wellness Services at South Bellevue Community Center

Take advantage of one of the many services at South Bellevue Community Center for health education or enhancement. We offer Personal Trainer appointments with a Nationally Certified Trainer, Individualized Nutritional Assessments/Guidance with a Registered Dietician, Fitness Testing appointments, and Reflexology. Appointments can be scheduled at the Front Desk in person or by calling 425-452-4240. Health History Questionnaire Packets must be completed prior to Personal Trainer and Fitness Testing Appointments and a Physician's Consent may be required for these services based upon age and health history. Brochures and flyers with descriptions of services, fee structure and professional bios are available in the Fitness Room and at the front desk at South Bellevue Community Center.

With the exception of the Nutrition Consultation (ages 17+), youth ages 13-17 may participate in these services with a waiver signed and parent/guardian present. Adult need not be present after initial personal trainer appointment.

Fitness Assessments

A Fitness Assessment is a great way to find your current fitness level to use as a marker for later progress. Appointments are 30 minutes in length, conducted by Certified Personal Trainers and include: heart rate, blood pressure, body composition using calipers, muscular strength and flexibility, and aerobic endurance on a treadmill. Make an appointment in person at South Bellevue Community Center or call 425-452-4240. The cost is \$30 and includes a colorful computer printout showing and explaining your results. A Health History Questionnaire must be completed prior to your appointment.

Body Composition Analysis

Learn what percent of your weight is body fat and what percent is lean body mass with this body fat caliper test. Body fat is "pinched" at three sites and a computer program calculates your ideal body weight based upon your lean body mass rather than your height. The cost is \$15. Make an appointment in person at South Bellevue Community Center or call 425-452-4240.

Reflexology

Reflexology appointments can now be made at the South Bellevue Community Center. Reflexology is the application of pressure, stretch, and movement to specific sites on the hands, ears, and feet which correspond to all of the glands, organs, and parts of the body. Stimulation of those reflexes can provide healing relief for many health challenges, including headaches, back pain, sinus conditions, muscle pain, and more. It's also a great way to provide overall stress and tension relief. Appointments are available on the 2nd and 4th Tuesday of the month, and can be made by calling the SBCC front desk at 425-452-4240. The fee is \$30 for a 25-minute and \$60 for a 55 minute visit with a Certified Reflexologist.

Nutrition Consultations

Claire Leiberman, RD, MSW has more than 10 years experience counseling individuals. Consultations are designed to address individual needs and integrate your particular lifestyle with the health goals you want to achieve. Your diet will be analyzed based on a three day food record brought to the first session. Sessions include a statistical analysis of your nutritional intake, customized nutrition advice, meal planning, and the development of a realistic exercise plan. A consultation package includes two 50-minute visits for \$125. Appointments can be made in person at South Bellevue Community Center or by calling 425-452-4240. Appropriate for ages 17+.

Metabolism Testing

This metabolic testing measures the amount of carbon dioxide that you exhale and the amount of oxygen that you inhale both at rest and exercising on a treadmill. Highlighted results include: the exact number of daily calories to maintain or achieve your idea body weight, the exact heart rate for your body to burn the optimal amount of body fat, 5 weeks of exercise training plans, and a 3-day menu plan to show you how to consume the ideal amount of calories and nutrients. One-hour morning appointments require a 12-hour fast and are available Fri May 8th or Sat May 9th. Cost is \$190 (tax included). Call Joan Perugini 425-452-4240 for details and to make an appointment.

New Youth Privileges @ the South Bellevue Community Fitness Center

SBCC now welcomes 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. For further questions please call 425-452-4240.

Personal Training

Personal training is revolutionizing the way people look, move and feel. It is becoming a major part of preventative medicine and improving the quality of life for people of all ages.

What does a personal training program consist of?

- We will help you set up realistic goals and create a healthy lifestyle change to get there.
- Every person will have an individualized program set up to their specific needs, goals and lifestyle.
- Individuals are screened for muscular imbalances and weakness. Then clients are taught the proper stretching and SMFR techniques to relieve them.
- You will learn how to maximize your cardio program to save you from wasting time!
- We will teach you how to control portion sizes according to your lifestyle and goal and how to create a healthy lifestyle change in the way you eat.
- You will learn how to properly use resistance training to achieve your goals and enhance your body's performance!

Be prepared to sweat, work hard and have fun while learning the proper way fitness can help you!

All sessions are 55 minutes long. The rate is \$45 for one person, \$70 for two people and \$90 for three. For a FREE 30 MINUTE CONSULTATION or questions email info@athleticagilitynow.com or call Mike (206) 369-9388.



FITNESS - GENTLE PURNA YOGA

This class offers a safe, gentle introduction to yoga. It is designed for people who want a softer format for their yoga class, are recovering from an illness, or have physical limitations that require additional support during class. Let your instructor know about any physical limitations so that they can give you personalized instructions for the poses. To register during a session, call the South Bellevue Community Center at 425-452-4240. See the Purna Yoga class description for further class details. Min 5/ Max 30

\$78(R) \$94(N) Age: 13Y and up
 South Bellevue Community Center
 39268 11am-12pm Tue Apr 14-May 19
 39269 11am-12pm Tue May 26-Jun 30

FITNESS - KARIE'S BOOT CAMP

If your goal is to finally get into shape, lose weight, increase energy, reduce stress, or improve your fitness level, this is the class for you! This popular, results driven conditioning program will successfully put you on the right track! This FUN class is conducted indoors utilizing a military-style cardio format coupled with strength training & traditional Pilated based exercises for core work. This hi/low program is adaptable to all fitness levels and is challenging yet FUN! ACE Certified instructor, Karie Underwood has 23 years experience in the fitness industry. Bring a towel and water bottle to class. A Flex Card is available for this class. For Flex Card details or to register after the session has started, call South Bellevue Community Center at 425--452-4240 Min 8/Max 16

\$60(R) \$72(N) Age: 13Y and up
 South Bellevue Community Center
 39209 8:45-9:45am Mon, Wed Apr 13-29
 \$70(R) \$84(N) Age: 13Y and up
 39210 8:45-9:45am Mon, Wed May 04-27
 \$60(R) \$72(N) Age: 13Y and up
 39211 8:45-9:45am Mon, Wed Jun 01-17

BELLEVUE PARK WALKING SERIES

Get fit and active as you discover Bellevue's treasured park system. Join our Park Ranger for a series of easy walks designed to inspire you to a healthier life style as you discover Bellevue's rich natural history. Please wear proper walking shoes and dress for the weather. For more information 425-452-7106 Min 8/Max 15

\$36(R) \$40 Age: 13Y and up
 Lake Hills Greenbelt
 40013 10-11:30am Tue May 05-Jun 09

PILATES FUNDAMENTALS/MATWORK

This instructional class will teach you the fundamentals of pilates matwork. Classes are designed to work with all fitness levels and participants will be instructed on 5 principles: proper breathing during exercise, correct form/postural alignment, strengthening 'core' muscles, increasing knowledge of musculature/anatomy, and increasing flexibility. You will feel stronger, healthier, and more centered in mind & body! Instructors are certified, experienced, and enthusiastic! Participants can join this class at any time during a session. A Flex Card is available for this class. For Flex

Card information or to register during a session call South Bellevue Community Center at 425-452-4240. Min 5/Max 15

South Bellevue Community Center
 \$75(R) \$90(N) Age: 13Y and up
 39206 10:15-11:15am Wed Apr 01-May 13
 39200 10:15-11:15am Fri Apr 03-May 15
 \$62.50(R) \$75(N) Age: 13Y and up
 39202 10:15-11:15am Mon Apr 13-May 11
 39204 7:15- 8:15pm Mon Apr 13-May 11
 \$50(R) \$62.50(N) Age: 13Y and up
 39203 10:15-11:15am Mon May 18-Jun 15
 39205 7:15- 8:15pm Mon May 18-Jun 15
 \$62.50(R) \$75(N) Age: 13Y and up
 39207 10:15-11:15am Wed May 20-Jun 17
 \$62.50(R) \$75 Age: 13Y and up
 39201 10:15-11:15am Fri May 22-Jun 19

SOUTH BELLEVUE COMMUNITY CENTER

a partnership for a healthy community



Please plan on attending one of the free, drop-in one hour orientation classes before your first exercise visit. Call 425-452-4240 for fitness room orientation days and times.

Included in our Fitness Room fees: Gymnasium (scheduled drop-in sports including basketball, walking, volleyball, pickleball and badminton), fitness room (cardio/weights), locker rooms, assistance from the fitness room staff, and fitness room orientation.

10-12 year old youth may use the cardio equipment only. Contact South Bellevue Community Center at 425-452-4240 for policies and procedures related to use.

Fitness Room Fees

Individuals Type of Admission	Adult (age 18+)		Teens (age 10-17)	
	Resident	Non-Resident	Resident	Non-Resident
Daily Drop-In	\$5	\$6	\$3	\$3.50
Pass Card (20 visits)	\$70	\$84	\$40	\$48
Three Month Pass	\$100	\$120	\$60	\$72
Annual Pass (at ePass rate)	\$315	\$378	\$190	\$228
ePass* (on-going monthly)	\$26	\$31	\$16	\$19

* ePass available with electronic fund transfer (EFT) from bank account or credit card only. Six-month minimum commitment required.

Household

Two adults living in the same household and all children, ages 13- 20 living in the household. One additional adult @ \$13 per month. Household pass available only as an ePass (see ePass note above) or as an Annual pass at ePass rate.

	Resident	Non-Resident
Two Adult (no children)	\$39	\$47
Single Adult Household (with children ages 13-20)	\$34	\$41
Two Adult Household (with children ages 13-20)	\$47	\$57



FITNESS - PURNA YOGA CLASSES

Enjoy the benefits of Purna Yoga as you increase your knowledge of the yoga poses in these instructional and fun classes taught by teachers from the Yoga Centers studio. Focusing on correct alignment while using props to make each pose accessible, students gain flexibility, strength, coordination and knowledge. Feel more centered and peaceful as you learn to develop a new relationship with your body, mind, and spirit. Your teacher is certified by the only yoga teacher training program licensed by the State of Washington and has completed a minimum of 2000 hours of training. These classes welcome beginning and experienced students to learn and expand their knowledge of the yoga poses. Students should bring a yoga mat to class. Additional props will be furnished. Participants can join this class at any time. A Flex Card is available for this class. For Flex Card information or to register during a session, call South Bellevue Community Center at 425-452-4240. Min 5/Max 30

South Bellevue Community Center

\$78(R) \$94(N)	Age: 13Y and up
39254 9:30-10:45am Tue	Apr 14-May 19
39256 7:15-8:30pm Tue	Apr 14-May 19
39260 7:15-8:30pm Thu	Apr 16-May 21
\$65(R) \$78(N)	Age: 13Y and up
39258 10-11:15am Sun	Apr 19-May 17
39259 10-11:15am Sun	May 24-Jun 28
\$78(R) \$94(N)	Age: 13Y and up
39255 9:30-10:45am Tue	May 26-Jun 30
39257 7:15-8:30pm Tue	May 26-Jun 30
\$65(R) \$78(N)	Age: 13Y and up
39261 7:15-8:30pm Thu	May 28-Jun 25

FITNESS - STRONG & FIT SENIORS/ADULTS

This monthly group fitness program taught by certified personal trainers, provides education on improving overall functional fitness using a variety of equipment and a varied routine while accommodating individual needs and limitations. Participants will also learn how to improve strength, balance, coordination, posture, flexibility, core strength, and aerobic conditioning. This is a great opportunity for adults of all ages to participate in a fun, safe, social, and supportive atmosphere. Participants may join this class at any time during the session. To join this class during a session, please call the South Bellevue Community Center at 425-452-4240 or register in person at the front desk. Min 8/Max 16

\$50(R) \$60(N) Age: 18Y and up

South Bellevue Community Center

39276 10:15-11:15am	Mon, Wed	Apr 06-29
39277 10:15-11:15am	Mon, Wed	May 04-27
39278 10:15-11:15am	Mon, Wed	Jun 01-29

HATHA YOGA

Join Maude Pauletto 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. Min 8/Max 15

Northwest Arts Center

\$50(R) \$60(N)	Age: 18Y and up
39035 4-5pm Tue	Apr 07-May 05
\$80(R) \$96(N)	Age: 18Y and up
39039 4-5pm Tue, Thu	Apr 07-May 07
\$50(R) \$60(N)	Age: 18Y and up
39036 4-5pm Thu	Apr 09-May 07
39037 4-5pm Tue	May 19-Jun 16
\$80(R) \$96(N)	Age: 18Y and up
39040 4-5pm Tue, Thu	May 19-Jun 18
\$50(R) \$60(N)	Age: 18Y and up
39038 4-5pm Thu	May 21-Jun 18

MASSAGE THERAPY

Relax. Relieve aches and pains. Experience a sense of balance and well-being. Elizabeth Strauss, Licensed Massage Practitioner and Jin Shin Do (r) Acupressurist is now available. All ages welcome. Elizabeth also has special training in massage for older adults. 30 minute session- \$30, 60 minute session - \$60. For a 30 min. session, please reserve one slot, for 60 min. session, please reserve two consecutive slots. Min 1/Max 1

\$30 Age: 18Y and up

North Bellevue Community Center



FITNESS - FENCING - BEGINNING

Anyone for a Duel? Come join this introduction to the sport of fencing for fitness, recreation, or competition. Learn about fencing equipment, footwork, technique, conditioning, safety, strategy, and tactics. This invigorating Olympic sport provides a workout for mind and body. Taught by skilled and accomplished fencing instructors from the Washington Fencing Academy (www.washingtonfencing.com), a United States Fencing Association organization. Bring/wear: athletic shoes, sweatpants (no jeans), water bottle. There is a one-time \$20 book fee and a \$30 per session equipment rental fee (jacket, mask, gloves, weapon) payable to the instructor the first day of class. Family participation welcome! Participants can join this class before the third class of a session by calling South Bellevue Community Center at 425-452-4240. Min 8/Max 20

\$68(R) \$82(N) Age: 8Y and up

South Bellevue Community Center

39279 6:45-7:45pm Thu	Apr 02-May 07
\$82(R) \$98(N)	Age: 8Y and up
39280 6:45-7:45pm Thu	May 21-Jun 25

FENCING - INTERMEDIATE/ PRE-COMPETITION

A continuation of the beginner class for students who have completed the beginner class and are ready to advance. See the Fencing - Beginner class description for details and equipment rental fee information. Min 8/Max 20

\$68(R) \$82(N) Age: 8Y and up

South Bellevue Community Center

39281 7:45-8:45pm Thu	Apr 02-May 07
\$82(R) \$98(N)	Age: 8Y and up
39282 7:45-8:45pm Thu	May 21-Jun 25



WELLNESS - SELF DEFENSE FOR WOMEN

Join a black belt instructor from The Academy of Kempo Martial Arts to gain a basic understanding of issues in women's safety that all women should be aware of. Learn easy defenses that you can use if faced with a potentially dangerous situation. Bring all of the ladies in the family 13 years and older - Grandmother, Mom, and daughters! Min 5/Max 25

FREE Age: 13Y and up
South Bellevue Community Center
39301 7-8:30pm Wed Apr 15

ENHANCEFITNESS

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 belong to Group Health Medicare, 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 40

\$30(R) \$36(N) Age: 55Y and up
North Bellevue Community Center

35556	9-10am	Fri, Tue, Thu	Apr 10-May 14
35557	9-10am	Fri, Tue, Thu	May 15-Jun 18
35558	9-10am	Fri, Tue, Thu	Jun 19-Jul 24

GENTLE YOGA BY WENDY

Easy yoga is adapted for seniors others who need the gentle approach. Yoga can provide many benefits. The class will adapt to accommodate all levels of experience and ability. Min 7/Max 20

North Bellevue Community Center

\$31.25(R) \$37.50(N) Age: 18Y and up
35763 10:30-11:30am Thu Apr 02-30

\$25(R) \$30(N) Age: 18Y and up
35759 10:30-11:30am Mon Apr 06-27

\$18.75(R) \$22.50(N) Age: 18Y and up
35760 10:30-11:30am Mon May 04-18

\$25(R) \$30(N) Age: 18Y and up
35762 10:30-11:30am Thu May 07-28

\$31.25(R) \$37.50(N) Age: 18Y and up
35761 10:30-11:30am Mon Jun 01-29

\$25(R) \$30(N) Age: 18Y and up
35758 10:30-11:30am Thu Jun 04-25

HEALTH - FOOTCARE

Chris Egan, RN will trim toe nails by appointment 2nd and 4th Wednesday each month and also the 2nd Tuesday each month. This service is geared for older adults and/or diabetics who need assistance with this task. Fee is \$28 payable by cash or check the day of the appointment. Call 425-452-7681 for availability. Min 1/Max 1 North Bellevue Community Center



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

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

CPR TRAINING FOR ADULTS/CHILDREN

The Bellevue Fire Department offers citizen CPR classes that follow the AHA's Heartsaver CPR curriculum. The Adult/Child course teaches warning signs of heart attack and stroke, CPR and Choking intervention for victims ages 1 through adult. Participants will be required to demonstrate skills to receive a Heartsaver CPR credential. Private 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

\$35(R) \$35(N) Age: 14Y and up
Fire Station #1 Upstairs Classroom

37166	7-10pm	Thu	Mar 05
37167	7-10pm	Tue	Mar 17
37168	7-10pm	Thu	Apr 09
37169	7-10pm	Tue	Apr 21
37170	7-10pm	Thu	May 07
37171	7-10pm	Tue	May 19
37172	7-10pm	Thu	Jun 04
37173	7-10pm	Tue	Jun 16



Bellevue Fire Department Training Programs

CPR TRAINING FOR INFANTS

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. 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

\$35(R) \$35(N) Age: 14Y and up
Fire Station #1 Upstairs Classroom
37174 7-10pm Thu
37291 7-10pm Thu Feb 12
May 28

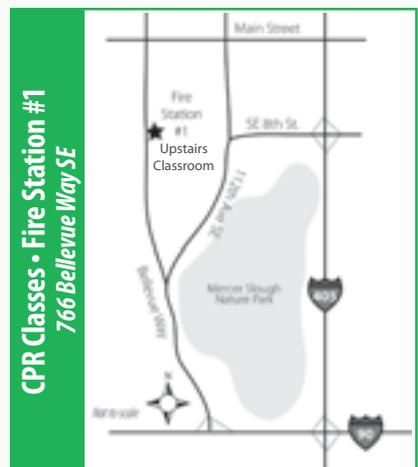
AMERICAN HEART ASSOCIATION BLS FOR HEALTHCARE PROVIDERS

Prerequisite: Current Heartsaver CPR or Heartsaver AED card.

This class is for the Healthcare Provider and is offered every quarter. Written Exam/ Skills Test required for course completion card. The course is hours in length. Please call 425-452-7673 for more details.

AMERICAN HEART ASSOCIATION HEARTSAVER AED (AUTOMATED EXTERNAL DEFIBRILLATOR) CLASS

This class is offered for businesses that wish to include AED training for their employees and is taught as part of the Adult/Child CPR course and includes the use of an AED as part of the training. Skills test required for course completion card. Classes are scheduled for Businesses as required. Please call 425-452-7673 for more details



Health & Fitness / Martial Arts



HEALTH-HEARING LOSS-RECOGNIZE, ACCEPT & TREAT

An overview of hearing loss for persons communicating aurally including treatment options, resources available, and answers to your questions. Presented by consumers who have 'been there' for decades, Penny and John Allen are leaders in the Hearing Loss Association of Washington and are active in advocacy/outreach. Min 5/Max 50
FREE Age: 18Y and up
 North Bellevue Community Center
 40419 1-3pm Thu Apr 09

INCONTINENCE, IT DOESN'T HAVE TO BE PART OF GROWING OLDER

It's estimated that over 13 million Americans suffer from urinary incontinence, and is experienced twice as often by women. Incontinence does not have to be accepted as a part of growing older. An Overlake urologist will discuss the different types of incontinence and the latest successful treatment options available. Min 6/Max 50
 \$6(R) \$7(R) Age: 18Y - 99Y
 North Bellevue Community Center
 40418 1-2:30pm Mon Apr 27

KEEPING YOUR BALANCE AND AVOIDING FALLS

As you age you become more at risk of falling and 25 percent of people between 65 and 74 who live independently experience at least one fall. 85% of people over 65 that fall fracture their hip. An Overlake Therapist will discuss risk factors related to falling and provide solutions to safer independent environment. Min 6/Max 50
 \$6(R) \$7(N) Age: 18Y - 99Y
 North Bellevue Community Center
 40419 1-2:30pm Mon Jun 22

REFLEXOLOGY

Feel better and more healthy with this unique therapy that is 'more than a foot massage.' 25 minute and 55 minute appointments available, choose appropriate fee to indicate your choice. 1st & 3rd Tuesdays at North Bellevue Community Center (425-452-7681); 2nd & 4th Tuesdays at South Bellevue Community Center (425-452-4240. Call for appointment availability.

YOGA - ADVANCED

Stretching and flexibility exercises for the experienced yoga student. Workout especially geared for older adults with significant yoga training. Min 6/Max 10
 \$12(R) \$14(N) Age: 50Y and up
 North Bellevue Community Center
 35572 10-11am Mon Apr 27-Jun 08

MARTIAL ARTS

NAGINATA

This 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 welcome! Instructor: Kurt and Karen Schmucker have represented the United States in the International Naginata Federation World Championships. Min 7/Max 15
 \$100(R) \$120(N) Age: 13Y and up
 Northwest Arts Center
 40193 7:45-9:45pm Thu Apr 02-Jun 18

SELF DEFENSE FOR WOMEN WORKSHOP

This is a 2-day workshop, held on consecutive Saturdays, that will introduce self-defense and safety tactics to women. You will learn techniques and strategies on keeping you safe. Min 6/Max 12
 \$30(R) \$40(N) Age: 12Y and up
 Each Add'l Child: \$10(R) \$15(N)
 Northwest Arts Center
 39034 1:30-2:30pm Sat Apr 25-May 02

SELF DEFENSE / HAPKIDO INTERMEDIATE/ADVANCED

This co-ed course builds on skills introduced in the beginning class and helps young people and adults successfully face physically confronting issues. With a blend of traditional and real-world scenarios, students learn to identify, avoid and de-escalate potentially dangerous situations. While refining on skills learned from beginning class, students will start learning joint locks, pressure points (adults only) and weapons. Prerequisite: Graduation from the beginning class, or age 13 and above. Student rank certificates will be certified and signed by the president of the World Hapkido Association, www.worldhapkido.com. Instructor permission required to attend. Min 10/Max 30
 \$42(R) \$52(N) Age: 13Y and up
 Lake Hills Clubhouse
 39170 5:50-6:50pm Wed, Mon Apr 01-29
 39171 5:50-6:55pm Mon, Wed May 04-27
 39172 5:50-6:50pm Mon, Wed Jun 01-29



TAI CHI PRACTICE

Bring your favorite Tai Chi motions to share with each other. We will practice the 18 Chi gong and 24 simplified Tai Chi Chuan movements. Min 1/Max 20

FREE Age: 55Y and up

South Bellevue Community Center

40187 12-1pm Thu Apr 02-Jun 18

TAI CHI QIGONG

A traditional Chinese combination of flowing and stretching exercises. A vital energy exercise, which balances energy, relaxes the body, and relieves stress. This course is drop-in only. \$10/day Resident & \$12/day Non-Resident. Taught By Dr. X. Z. Wang, a Tai Chi Master. Min 10/Max 50

\$10(R) \$12 Age: 18Y and up

North Bellevue Community Center

39851 9-10am Sat Apr 11-Jun 27

YANG STYLE TAI CHI BEGINNER

Looking for an exercise class which calms the mind, relaxes the body and benefits your health? Learn tai chi with us! This ancient Chinese art consists of a series of gentle, flowing movements which improve balance, flexibility, and enhances circulation. This class is suitable for beginners and adults of all ages. Taught by a certified Yang style Tai Chi instructor. This 5th rank instructor studies under the 6th generation descendent of the founding Yang family. Due to the progressive nature of the class, new students are welcome during the first or second class of each session. To register during a session, call the South Bellevue Community Center at 425-452-4240. Min 5/Max 20

\$50(R) \$60(N) Age: 18Y and up

South Bellevue Community Center

39270	7:15-8:15pm	Wed	Apr 22-May 20
39272	9-10am	Sat	Apr 25-May 23
39271	7:15-8:15pm	Wed	May 27-Jun 24
39273	9-10am	Sat	May 30-Jun 27

YANG STYLE TAI CHI CONTINUING

A continuation of the Beginner class for students who have completed the Beginner class and are ready to advance. See the Beginner class description for class details. New students are welcome the first and second class of each session due to its progressive nature. To register during a session, call the South Bellevue Community Center at 425-452-4240. Min 5/Max 20

\$50 \$60 Age: 18Y and up

South Bellevue Community Center

39274	10:15-11:15am	Sat	Apr 25-May 23
39275	10:15-11:15am	Sat	May 30-Jun 27

CHITO-RYU KARATE-DO

Chito-ryu is a traditional form of Japanese karate. It is an art, effective system of self-defense, and fundamentally a means to self-improvement through physical and mental training. This is a beginner (white-orange belt) class for adults of all ages and children ages 10 years and up. (Children ages 8-9 may be eligible with instructor's permission.) Students will be asked to purchase a white uniform after the first month. Visitors are welcome to observe class. For more information, see www.seattlechitoryu.com or call 206-909-3073. Participants can join this class at any time during a session. To register during a session call South Bellevue Community Center at 425-452-4240. Mon/Wed class time 5:45-7pm. Friday class will meet from 6-7:45pm. Min 5/Max 15

\$60(R) \$72(N) Age: 10Y and up

South Bellevue Community Center

39262	5:45-7pm	Wed, Fri, Mon	Apr 01-29
39263	5:45-7pm	Fri, Mon, Wed	May 01-29
39264	5:45-7pm	Mon, Wed, Fri	Jun 01-29

CHITO-RYU KARATE LEVEL 2

Chito-ryu Karate for Intermediate students (above orange belt). Students will have class time both combined with the Beginner class and separate. See class description for Chito-ryu Karate for more details. Mon/Wed class time 5:45-7pm. Friday class will meet from 6:00-7:45pm. Min 5/Max 30

\$60(R) \$72(N) Age: 10Y and up

South Bellevue Community Center

39265	5:45-7pm	Wed, Fri, Mon	Apr 01-29
39266	5:45-7pm	Fri, Mon, Wed	May 01-29
39267	5:45-7pm	Mon, Wed, Fri	Jun 01-29

TAE KWON DO

This class teaches non-contact (traditional) Tae Kwon Do and focuses on five tenets: Courtesy, Integrity, Perseverance, Self-control and Indomitable Spirit, in class and daily life. Increases your confidence, flexibility, balance, strength and is a great activity for the whole family. Wear comfortable clothing to start. Uniforms are available through instructor. Min 10/Max 15

\$80(R) \$90(N) Age: 6Y and up

Northwest Arts Center

39033 1:30-2:30pm Wed Apr 15-Jun 17



TAEKWON-DO

An ancient Korean Martial Art, Taekwon-Do 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. Our unique training methods will help each student improve in all aspects of their life. Children, youth, and adult mixed beginner classes are designed to teach basic techniques and philosophy. For the 6pm class only, 6-9 year olds must have instructor permission. Participants can join this class at any time during a session. To register during a session call South Bellevue Community Center at 425-452-4240. Min 10/Max 28

South Bellevue Community Center

\$50(R) \$60(N) Age: 6Y and up

39245	5-5:50pm	Thu, Tue	Apr 02-30
39251	4-4:50pm	Thu, Tue	Apr 02-30
39247	5-5:50pm	Tue, Thu	May 05-28
39252	4-4:50pm	Tue, Thu	May 05-28
39249	5-5:50pm	Tue, Thu	Jun 02-30
39253	4-4:50pm	Tue, Thu	Jun 02-30

\$50(R) \$60(N) Age: 10Y and up

39246	6-6:50pm	Thu, Tue	Apr 02-30
39248	6-6:50pm	Tue, Thu	May 05-28
39250	6-6:50pm	Tue, Thu	Jun 02-30

MARTIAL ARTS WHIZ KIDS

Children have been enjoying My Gym's outstanding karate program for over 15 years. Fun and fitness through martial arts training has always been our motto. Our well structured, disciplined classes involve kicking, punching, blocking, stretching, running and fun all put together in a manner that inspires our students to learn and progress through the years. Min 6/Max 10

\$48(R) \$58(N) Age: 4Y - 6Y

South Bellevue Community Center

40196	12:30-1:20pm	Wed	Apr 01-22
40197	12:30-1:20pm	Wed	May 06-27
40198	12:30-1:20pm	Wed	Jun 10-Jul 01

TAI CHI- WEDNESDAY PRACTICE

Bring your favorite Tai Chi motions to share with each other. We will practice the 1st Chi Gong and 24th simplified Tai Chi Chuan. This drop in activity will be conducted in Chinese and English. Suggested donation \$1. Co-sponsored by the Chinese Information and Service Center. Min 5/Max 30

\$1 Age: 18Y and up

North Bellevue Community Center

39890 10-11am Wed Apr 08-Jun 24

Martial Arts / Outdoor & Natural Resources

TAI-CHI CHUAN SWORD PLAY

An Ancient Chinese method for promoting a well integrated body and mind. Using a series of stretching exercises, beginning with focusing on the natural flow of breath, we slowly work toward incorporating good posture and the 24 simplified movements of Tai-Chi. Also incorporated are the 32 simplified movements of Tai-Chi Swordplay. This method increases circulation throughout the body, improves concentration, coordination, and flexibility. Small classes guarantee plenty of instructional assistance and is appropriate for all abilities. A Chinese method of a non-impact series of flowing and stretching exercises. Excellent for toning up the body, good health, and long life. Min 8/Max 20

\$50(R) \$60(N) Age: 16Y and up

Lake Hills Clubhouse

39177	7:30-9pm	Mon	Apr 13-May 11
39179	7:30-9pm	Thu	Apr 16-May 14
39178	7:30-9pm	Mon	May 18-Jun 22
39180	7:30-9pm	Thu	May 21-Jun 18

MARTIAL ARTS- ADVANCED KENDO

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

\$50(R) \$60(N) Age: 8Y and up

Highland Community Center

39176	7:30-9:30pm	Fri	Apr 03-May 29
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MARTIAL ARTS- BEGINNING KENDO

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

\$50(R) \$60(N) Age: 8Y and up

Highland Community Center

39174	6:30-8pm	Fri	Apr 03-May 29
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HAPKIDO BEGINNING CHILD

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

\$42(R) \$52(N) Age: 5Y - 12Y

Lake Hills Clubhouse

39166	5-5:45pm	Wed, Mon	Apr 01-27
39167	5-5:50pm	Mon, Wed	May 04-27
39168	5-5:45pm	Mon, Wed	Jun 01-29

INTERMEDIATE KENDO

Intermediate Kendo is a continuation of where the students progress to actual striking of live targets. Once the student has progressed in skill they will be able to move into wearing armor and engage in bouts with other students. Students remain in intermediate until they have transitioned to armor. Prerequisite of beginning Kendo class or equivalent. Min 12/Max 25

\$50(R) \$60(N) Age: 8Y and up

Highland Community Center

39175	6:30-8pm	Fri	Apr 03-May 29
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OUTDOOR & NATURAL RESOURCES

VISITOR CENTERS

Botanical Garden Visitor Center

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

Location: 12001 Main Street, 98005

Hours: 9am - 4pm daily

Phone: 425-452-2750



Winters House Visitor Center

Situated in the 320 acre Mercer Slough Nature Park, the Winters House offers trailhead parking, interpretive displays, historical exhibits, and elegant rental facilities.

Location: 2102 Bellevue Way SE

Hours: Tue, Thu, Fri, Sat: 10am-2pm

Phone: 425-452-2752

Lake Hills Greenbelt Ranger Station

Surrounded by community farms and gardens, you will find interpretive displays, trails, and environmental education program information.

Location: 15416 SE 16th Street, 98007

Hours: Tue - Thu, noon-4pm

Phone: 425-452-7225

Lewis Creek Visitor Center

The center provides visitors with Bellevue Park and regional park system information, natural resource programs, and other recreational opportunities.

Location: 5808 Lakemont Blvd., 98007

Hours: Wed-Sun, 10am-4pm

Closed Mon, Tue, & Holidays

Phone: 425-452-4195

LEWIS CREEK FAMILY DISCOVERY SERIES

For more information on these programs, visit www.naturerevision.org. To register, call 425-836-2697.

Cost: \$7

Age: 6Y and up

Shelter Building

April 11, 10-11am

What would you do if you got lost and had to spend the night in the woods? Learn how to build a debris hut out of materials from the forest! A must for hikers and outdoor enthusiasts!

Outdoor & Natural Resources



MICROCOSMOS

This epic documentary captures the infinitely small and hidden world of insects. If you haven't seen this film yet, then you are in for a wonderful treat. You will encounter the most exotic of insects and the common ones, and witness unbelievable details into their lives, like the inside of an ant's nest, the metamorphosis of a mosquito, and other mind-blowing scenes. All ages welcome. Pre-registration required. For more information, call Lewis Creek at 425-452-4195. Min 3/Max 30

FREE Age: 1Y and up
Lewis Creek Park
39990 3-5pm Thu Jun 11

LEWIS CREEK ADULT ENRICHMENT SERIES

SATURDAY STROLLS

Join the Rangers for a walk through stunning Lewis Creek Park. Expand your knowledge of the natural world, as we explore the parks diversity of wildlife and plants. Bring your dog, bring a friend but be prepared to go outside, so dress for the weather and wear sturdy footwear. Pre-registration is not required. FREE

WHEN: Every Saturday, 2-3pm
WHERE: Lewis Creek Visitor Center
COST: FREE

BELLEVUE BIRDING

Once a month, grab your binoculars and your boots and come join us to look for birds. With 3 distinct habitats in Lewis Creek Park, many birds find a home or at least a snack here. Dress for the weather! Pre-registration is not required.

WHEN: April 4, May 2, June 6
9-10am
WHERE: Lewis Creek Visitor Center
COST: FREE

FISHING TECHNIQUES

Get ready for fishing! This presentation will highlight the best ways to catch trout, bass, perch and salmon. Learn casting techniques, what equipment to use and what permits you need to incorporate fishing into your life. Roger Urbanick is an experience lecturer and an active fisherman. This course is for ages 12 and up. Pre-registration required. For more information, call Lewis Creek at 425-452-4195. Min 8/Max 30

\$15 Age: 12Y and up
Lewis Creek Park
40309 7-8:30pm Wed Jun 24

Nosy about Nests

April 25, 10-11am

Join a naturalist for a walk in the park to look for nests! Each person will make a nest of their own to bring home.

Creek Dip

May 9, 10-11am

Let's dip a net into Lewis Creek and see what we can find! We will look for dragon fly nymphs, tadpoles, and diving beetles!

Wildlife Sign Tracking

May 23, 10-11am

Join a naturalist for a walk in the park looking for animal signs: tracks, scat, rub-bings, tunnels, etc. Each person will get to take home a plaster track.

Digging into Decomposition

June 13, 10-11am

What happens to leaves when they fall every year? Come find out about Nature's amazing recycling team, called Decomposers.

Dirt Time!

June 27, 10-11am

Let's get down on our bellies in the meadow and follow rodent trails! It is amazing what these little mammals will stash here and there!

OWL PROWL

Take a night hike with the Rangers and look for owls and other nocturnal wildlife in the park. Bring a flashlight or a headlamp for the journey, as well as sturdy shoes! Whoo-hoo. Pre-registration required. For more information, call Lewis Creek at 425-452-4195. Min 6/Max 30

FREE Age: 6Y and up
Lewis Creek Park
40430 7:30-8:30pm Fri Apr 24

FAMILY MOVIE AFTERNOONS

PALE MALE

High above New York's Central Park, a truly remarkable event is unfolding. In the midst of this busy city, a bold and daring red-tailed hawk has taken up residence. Affectionately known to locals as 'Pale Male,' the hawk courts, breeds, and hunts as its devoted urban fans root for its survival. Filmed over a six-year period, 'Pale Male' is a rare glimpse of the survival techniques of one of nature's great predatory creatures, and a surprising account of the magical relationship humanity can have with nature. All ages welcome. Pre-registration required. For more information, call Lewis Creek at 425-452-4195. Min 3/Max 30

FREE Age: 1Y and up
Lewis Creek Park
39988 3-5pm Thu Apr 09

PLANET EARTH- FRESH WATER

Only 3% of the world's water is fresh, yet all life is ultimately dependent on it. Explore the dynamic pathway of a stream, from its origin high in the mountains to where it meets the sea, and learn about many of the animals that take advantage of the habitats water creates. Fly over the world's highest free-flowing waterfall, witness the awesome strength of the Colorado River as it cuts the Grand Canyon, and learn about the giant 2-meter long Japanese salamander and the incredible journey taken by salmon. All ages welcome. Pre-registration required. For more information, call Lewis Creek at 425-452-4195. Min 3/Max 30

FREE Age: 1Y and up
Lewis Creek Park
39989 3-5pm Thu May 07

Outdoor & Natural Resources

LAWN CARE

Min 6/Max 30
FREE Age: 12Y and up
Lewis Creek Park
39995 7-8:30pm Wed May 20

LIVING GREEN

If you want to learn how to be more environmentally 'Green' this is for you! Living Green is a NEW speaker series on the consumer choices that you make. Pre-registration is required. To register please call 425-452-6885. For questions please call 425-452-7225. Min 4/Max 20
FREE Age: 12Y and up

Right Plants, Right Place

Spending lots of money at the nursery, but not getting the results you want? Greg Rabourn will help you avoid the high maintenance landscape trap. Smart design is healthy for your pocketbook and the planet.

Lewis Creek Park
40031 7-9pm Wed Apr 01

Transportation

The City of Bellevue and partner organizations will present all of the green ways to get around Bellevue and beyond. You will learn about green cars, bicycle travel around town and public transportation as well as how to set up carpools. Discuss how these transportation choices not only reduce traffic congestion, but can save you money as well! Join us and hear about what you can do now to make your commute easier, greener and find out what is coming up in the future.

Mercer Slough Nature Park
40520 7-9pm Wed Apr 08

EcoCool Remodel Tool

Looking for a convenient way to learn about steps you can take to remodel your home green? King County's new EcoCool remodel tool provides a wealth of green remodeling information in one convenient online resource tool.

Mercer Slough Nature Park
40037 7-9pm Wed May 20

Growing a Vegetable Garden

Join Willi Galloway, the creator of DigginFood.com and the West Coast Editor of Organic Magazine to get simple, how to build a raised bed, how to plant vegetables seedlings, sow seeds, and care for them organically, and discover vegetables which thrive in the Pacific Northwest.

Lake Hills Greenbelt
40036 7-9pm Wed May 06

Organic Gardening

Organic Gardening magazine's, Willi Galloway, will help demystify the principles behind organic gardening and start you on the path towards creating a sustainable landscape.

Lake Hills Greenbelt
40038 7-9pm Wed Jun 10

NATIVE AMERICANS: USEFUL PLANTS IN BELLEVUE

Join Barb Williams, local historian for the Eastside Heritage Center as she takes us around Lewis Creek Park and highlights the area's native plants and how they would have traditionally been used by Native Americans. Min 6/Max 30

FREE Age: 10Y and up
Lewis Creek Park
39994 2-3pm Sat May 16

SIDEWALK PLANTING

need Min 6/Max 30
FREE Age: 12Y and up
Lewis Creek Park
39997 7-8:30pm Wed Jun 10

NATURAL HISTORY PARK TOURS, EVENTS, & PROGRAMS

BELLEVUE BOTANICAL GARDEN TOURS

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

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 year-round.

ORIENTEERING WITH BELLEVUE PARKS

Participate by yourself, with your family, or with your co-workers in non-competitive orienteering events and workshops. Orienteering allows the participant to consider and experience the outdoors in a new way building basic outdoor skills in land navigation, map reading, communication, and decision making. Orienteering is ideal for all ages and abilities and is especially rewarding for school or special interest group. For additional information call Debbie Pettersson 425 452-7106.

Free Orienteering Events

Basic instruction provided. Pre registration not required.

Earth Day – Arbor Day Community Celebration, Sat. April 18, 10am-2pm, Lewis Creek Park

Greenway Days, Sat & Sun. June 20th & 21st, 10am-2pm – Lewis Creek Park

ORIENTEERING

This beginning course is ideal for families, small work groups, schools, or individuals. The course takes about one hour to complete with a total distance of 1 1/2 miles. Maps available at the Bellevue Botanical Garden Visitor Center. Additional sites and instruction available by request 425 452-7106.

WHEN: Open Year Round during park hours, dawn to dusk.

WHERE: Wilburton Hill Park & Bellevue Botanical Garden
12001 Main St.

INFO: 425 452-7106



Outdoor & Natural Resources



ORIENTEERING WORKSHOP

Basic orienteering workshop, designed for beginners. Workshop includes a brief history of orienteering, map reading and basic orienteering techniques. Groups then participate in two orienteering courses. A short course for 'warm-up' and a long course. This is a great team building activity for schools, special interest groups, work groups etc. Estimated total distance 2-3 miles. Dress for outdoor conditions and bring food and water as needed. Please call Debbie Pettersson at 425-452-7106. Min 10/Max 35

\$4(R) \$5(N) Age: 8Y and up
Wilburton Hill Comm. Pk.

40331	10am-12pm	Tue	Apr 28
40332	12-2pm	Tue	Apr 28
40337	10am-12pm	Fri	May 15
40338	12-2pm	Fri	May 15
40339	10am-12pm	Thu	Jun 11
40340	12-2pm	Thu	Jun 11
Lewis Creek Park			
40333	10am-12pm	Thu	Apr 30
40334	12-2pm	Thu	Apr 30
40335	10am-12pm	Thu	May 14
40336	12-2pm	Thu	May 14
40341	10am-12pm	Fri	Jun 12
40342	12-2pm	Fri	Jun 12

CANOE THE MERCER SLOUGH

Explore the beautiful Mercer Slough Nature Park by water and see how this amazing wetland ecosystem functions. Participants are required to paddle the entire distance of 4 miles. Trip begins and ends at Enatai Beach Park. Some paddling experience is required. Up to 3 people per canoe. Please dress for the weather. For ages 5+. Children and youth must have at least 1 adult present for every 2 children or youth. Please call 425-452-7225 with any questions. Min 2/Max 20

\$12(R) \$14(N) Age: 5Y and up
Enatai Beach Park

40001	9am-12pm	Sat	May 02
40002	9am-12pm	Sat	May 09
40003	9am-12pm	Sat	May 16
40004	9am-12pm	Sat	May 23
40005	9am-12pm	Sat	May 30
40006	9am-12pm	Sat	Jun 06
40007	9am-12pm	Sat	Jun 13
40008	9am-12pm	Sat	Jun 20
40009	9am-12pm	Sat	Jun 27



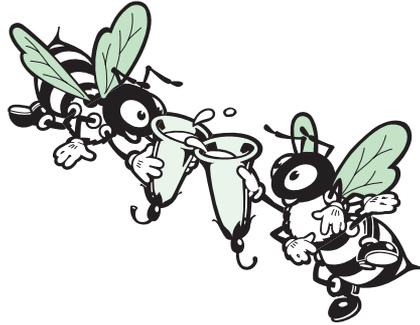
EARTH DAY ARBOR DAY FESTIVAL

Come join us for a day of stewardship and celebration as we help beautify Bellevue's Parks. The event will feature a wide variety of free family activities, a tree planting ceremony and volunteer restoration projects city-wide! If you are interested in volunteering, please contact Christina Krueger at 425-452-4195. For general information call Laura Hughes at 425-452-7225.

WHEN: April 18, 2009
Volunteer Projects, 8:30 am – 11am
Tree Planting Ceremony, 11:30 am
Family Festival at Lewis Creek Park, 10 am – 2pm

WHERE: Lewis Creek Park
5808 Lakemont Blvd SE

INFO: Christina Krueger, 425-452-4195
Laura Hughes, 425-452-7225



ARBOR DAY POSTER ART EXHIBITS

Inspired by the beauty of nature and the value that trees provide in our community Bellevue 4th and 5th grade students create and display Arbor Day Poster Art for the public. Posters displayed April 1 – June at the following sites. Call for open hours.

Bellevue Arts Museum, 510 Bellevue Way NE – 425 519-0703

Whole Foods Market Bellevue, 888 116th Ave NE – 425 462-1400

Lewis Creek Visitor Center, 5808 Lakemont Blvd. – 425 452-4196

Bellevue City Hall, 450 110th Ave NE – 425 452-6800

Mercer Slough Environmental Education Center, 1625 118th Ave SE – 425 452-2565

NATURAL HISTORY ART PROGRAM

Learn about native plants, animals, and natural history while creating beautiful art projects to take home. A variety of mediums will be used including clay, wood, watercolors, collage, pencil, glass and more. Projects include making bird baths, a porcelain medallion, wooden suet feeders and other art. Materials will be provided by the instructor. Dress appropriately for the weather as some time will be spent outdoors. Min 6/Max 15

\$36(R) \$40(N) Age: 8Y - 12Y
 Lake Hills Greenbelt
 40010 1-2:30pm Wed Apr 29-Jun 03



Outdoor & Natural Resources

BELLEVUE PARK WALKING EVENTS 2009

Join Bellevue Parks and the American Volkssport Association for a wonderful series of walks designed to connect you with people, parks, nature, and art. Registration takes place the morning of each event at the designed start point. Children under 18 must be accompanied by an adult. Walkers responsible for following pedestrian rules. All event are free.

Complete all four 2009 Bellevue Park walks and enter to win a prize! Enter by filling out the 2009 Passport to Bellevue Park Walks which will be available at each walk or by calling Debbie Pettersson 425-452-7106.

Little Lake-to-Lake Earth Day Walk – 5K

Wednesday, April 22, 9:30am
Lake Hills Greenbelt Park
Start: Larsen Lake Blueberry Farm, 700 148th Ave SE, 9:30-11am

Bellevue Downtown Art & Park Walk – 10K

Saturday, May 30, 8am to 3pm
Northwest Arts Center thought Downtown Bellevue
Start: Northwest Arts Center, 9825 NE 24th ST – 8am to 12noon

Lakemont Loop Walk – 5K

August, Date to be determined
Lakemont and Lewis Creek Park trail system
Start: Lewis Creek Park, 5808 Lakemont Blvd.

Lake-to-Lake Trail Walk – 15K

Sept 19 – Sat. - 8am to 3pm
Bellevue's Lake to Lake Greenway Trail from lake Sammamish to Lake Washington
Start: Mercer Slough Blueberry Farm, 2380 Bellevue Way SE - 8am to 10am

CULTURAL HISTORY PROGRAMS

HISTORIC HOUSE TOUR

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

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

WHERE: Winters House,
2102 Bellevue Way SE

COST: FREE

AGES: All

FRASER CABIN HERITAGE PROGRAMS

Presented by the Eastside Heritage Center, in partnership with Bellevue Parks & Community Services.

This log cabin experience is magical and will transport you back in time. 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. All activities are located at the historic 1888 Fraser Cabin at Kelsey Creek Farm Park. Eastside Heritage Center staff and volunteers present the activities and interpret the log cabin that was built and lived in by the Fraser family over 100 years ago! For more information, contact the Eastside Heritage Center at 425-450-1049 or visit www.eastsideheritagecenter.org.

WHEN: Saturday, April 25, May 16, & June 20; 11am-3pm

WHERE: Kelsey Creek Farm Park
450 - 130th Pl SE

COST: FREE

AGES: All

HERITAGE SERIES:

HISTORY OF THE MERCER SLOUGH

Did you know that the Mercer Slough was a staging ground for the 1856 "Battle of Seattle" between the Native Americans and the European-American settlers? Using photos and historic documents from the Eastside Heritage Center's collections, archivist Megan Carlisle explores the history of Mercer Slough and its influence on Bellevue. Come and learn about ferries, logging, farming, office parks, and nature preserves. Presented in partnership with Bellevue Parks & Community Services.

For more information, contact the Eastside Heritage Center at 425-450-1049 or visit www.eastsideheritagecenter.org

WHEN: Thursday, March 19, 2009
7-9pm

WHERE: Mercer Slough Environmental Education Center

COST: FREE

HERITAGE SERIES:

CENTENNIAL CELEBRATION: THE ALASKA YUKON PACIFIC EXPOSITION, 1909-2009

Celebrate the centennial of the Alaska Yukon Pacific Exposition! The Eastside Heritage Center welcomes guest speakers Alan Stein and Paula Becker of History Link, who will share the history of the A-Y-P, Washington's first world's fair. Held in 1909 on the University of Washington campus the A-Y-P celebrated 12 years of prosperity (since the 1897 Alaska Gold Rush) through the display of resources, products, and advantages of Washington and the region. More than 3 million people visited the fair from around the county, state and the rest of the country. Presented in partnership with Bellevue Parks & Community Services. For more information, contact the Eastside Heritage Center at 425-450-1049 or visit www.eastsideheritagecenter.org.

WHEN: Thursday, March 19, 2009
7-9pm

WHERE: Mercer Slough Environmental Education Center

COST: FREE



Workers move the historic Fraser Cabin at Kelsey Creek Farm Park. The cabin was moved as part of the Kelsey Creek wetland project. Its new location, at the south end of the barnyard, removes it from flood danger and adds another historic structure to the barnyard.

Outdoor & Natural Resources / Kelsey Creek Farm

COMMUNITY FARMS & GARDENS

Preserved within the Bellevue Park System is over fifty acres of productive farmland, demonstration gardens, and historic farm buildings. Rich peat soils have provided growers with abundant crops for over 100 years. Today, these farms and gardens continue to provide visitors the opportunity to purchase and pick 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 King County Master Gardeners on all aspects of gardening, including composting and soil building, shrub and tree care, vegetables, and flower care. Free workshops, events, drop-in consultations, and scheduled educational tours are available. Please call for information.

Location: Lake Hills Greenbelt Urban Demonstration Garden
156th Ave SE & SE 16th St

Time: 10:30am-12pm

Information: 425-452-7225

Pruning Shrubs & Ornamentals	Feb 28
Water Saving in the Garden & Irrigation Systems	Mar 7
Caring for Roses in Puget Sound	Mar 14
Asian Vegetables: Selecting and Growing	Mar 21
Fragrance Plants for the Northwest Garden	Mar 28
Ornamental Vines	Apr 4
Attracting Hummingbirds & Butterflies	Apr 18
Growing Tomatoes	Apr 25
Designing a Small Northwest Garden	May 9
Apple Maggot & Coddling Moth	May 16
Shade Gardening	May 30
Berries: Raspberries, Blueberries & Blackberries	Jun 6
Plant Bullies: Invasive Weed Workshop & Demo	June 13
Native Plants	June 20
Lavenders	June 27

VOLUNTEER OPPORTUNITIES

PARK STEWARDS

Various ongoing volunteer opportunities exist with the Bellevue Parks Natural Resource & Resource Management Divisions.

Location: Varies

Information: 425-452-4195

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

BELLEVUE BOTANICAL GARDEN

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

STEWARDSHIP SATURDAYS

Stewardship Saturdays are community volunteer events held one Saturday each month at park locations around the city. These events provide citizens the opportunity to participate in the stewardship and care of our City's park resources. Organize a group or participate as an individual. 9am-1pm on March 21, April 18, May 16, and June 20; free to participate. Call 425-452-4195 for location information.

MASTER NATURALIST

Learn All About Native Plants This Spring

Sign up now for more information about Native Plant Stewardship Training. This highly popular and valuable training is being offered for the first time in eight years on King County's eastside. The ten week training program will be held on Fridays from April 24th through June 26th 2009 in Bellevue.

Top professionals will teach you all about native plants, habitat restoration and native plant landscaping. The training is FREE! In exchange, Stewards commit to providing at least 100 hours providing environmental education to others and on restoration in one of five eastside communities.

For more information contact the Washington Native Plant Society at 206-527-3210, wnps@wnps.org, or visit our website: www.wnps.org



KELSEY CREEK FARM

410 - 130th Pl SE • 425-452-7688
Animal viewing 9:30am-3:30pm daily.
Hiking and jogging trails, picnic areas, playground, wetlands and play fields.
No entrance fee, but donations always welcome. Dogs and other pets must be on leash at all times when visiting the park. All pets are prohibited from the area surrounding the barns at Kelsey Creek Farm. Groups of 10+ must pre-register, please call in advance Monday through Friday, 8am-4pm at 425-452-7688.

CRITTER ADOPTIONS

The animals of Kelsey Creek Farm are an essential part of our community's education and enjoyment. Your support helps maintain these animals in a natural farm setting. Become a Kelsey Creek Critter Parent! Simply call for an application. Care and custody of your critter stays with Kelsey Creek Farm. You can adopt any of the following farm animals: pony, 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.

AFTER SCHOOL VOLUNTEERS

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 to have a willingness to learn, a positive attitude, a tolerance for being outside, and an interest in animals. Participants must be capable of understanding and following directions. No program when Bellevue schools are not in session. Maximum 1 day a week sign up per participant. Min 1/Max 4

\$5 Supply Fee	Age: 12Y - 18Y
Kelsey Creek Farm Park	
36026 3- 4:30pm	Tue Mar 03-May 19
36027 3- 4:30pm	Wed Mar 04-May 20
36028 3- 4:30pm	Thu Mar 05-May 21
36029 3- 4:30pm	Fri Mar 06-May 22



Kelsey Creek Farm



SPECIAL EVENT VOLUNTEERS NEEDED

Volunteers are needed for a Kelsey Creek Farm special event, Wild 'n Woolly Sheep Shearing, which will be held on Saturday, April 25th. This is a great way to earn your community service hours while assisting with children's activities. All activities will be outside. Dress to work outside with the public. Wear sturdy shoes that can get wet. Volunteers must sign up no later than Wednesday, April 22nd. No late sign-ups will be accepted. Volunteers must be 14 years old. Email kelseycreekfarm@bellevuewa.gov or call the Farm Office at 425-452-7688.

36031	10am-1pm	Sat	Apr 25
36032	12:30-4pm	Sat	Apr 25
36033	10am-4pm	Sat	Apr 25

SUMMER VOLUNTEER PROGRAM

Volunteer for this week-long program at Kelsey Creek Farm, which offers a wide variety of opportunities for you to assist the farm staff with daily operations, help with the animal chore routine, participate in special projects and learn responsible animal care. All this, and earn community service hours too! You need to have a willingness to learn, a positive attitude, a tolerance for being outside and the ability to be on your feet for a physically active day. Participants must be capable of understanding and following directions and be able to begin on Monday. Limit 1 week per participant for the summer. Min 2/Max 4. Kelsey Creek Farm

\$10			Age: 12Y - 13Y
40398	9am-4:30pm	Mon-Fri	Jul 06-10
40399	9am-4:30pm	Mon-Fri	Jul 20-24
40400	9am-4:30pm	Mon-Fri	Aug 03-07

\$10			Age: 14Y - 18Y
40402	9am-4:30pm	Mon-Fri	Jul 13-17
40403	9am-4:30pm	Mon-Fri	Jul 27-31
40404	9am-4:30pm	Mon-Fri	Aug 10-14
40599	9am-4:30pm	Mon-Fri	Aug 17-21

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. Call the farm at 425-452-7688 information and reservations.

Ages 2-11

Residents

\$140 - up to 30 children/adults

Nonresidents

\$150 - up to 30 children/adults

EQUINE VOLUNTEERS

The Kelsey Creek Equine Volunteers will be actively assisting with the equine program at Kelsey Creek Farm Park. Volunteers should have an interest in horse care and farm activities, the ability to deal with the physical challenges of an equine program, capability to multi-task and enjoy being outside. Volunteers must attend a mandatory training and meet set standards of the program. Training options: May 16th, 9 am- noon, June 10th, 2pm-5pm, or June 20th, 9am-noon or 1-4pm. Teens work together as they learn about care and management of horses and the daily activities on a working farm. They also learn techniques of "natural horsemanship." Volunteers will assist the pony instructor during the summer and at special events. Volunteers will meet the public throughout the day and should be able to share information about the ponies, programs involving the ponies, farm animals and the history surrounding Kelsey Creek Farm. Ages 12-18. To obtain an application call 425-452-7688 or check online at http://www.bellevuewa.gov/volunteer_kelsey_creek_kickers.htm. Completed applications need to be received by June 12th.

PONY RIDES

Bring your little one down to the farm for a ride on one of our adorable ponies.

WHEN: Thursday, April 16, May 7, & May 14, 10-11:30am
Line closes at 11:30am – strictly adhered to.

WHERE: Kelsey Creek Farm Park
 410 – 130th PL SE,

COST: \$3/ride

AGES: 3 & up, weight limit/100 lbs

KELSEY CREEK FARM - NATURAL HORSEMANSHIP LESSONS

Interested in horsemanship lessons and programs? Call Kelsey Creek Farm at 425-452-7688



KELSEY CREEK LITTLE FARMERS CLASS

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 and feeding, barn chores, pony rides, baking and gardening throughout the school year. Curriculum is integrated with seasonal themes, arts and crafts, stories and games. Activities vary between sessions. Spend one-on-one time with your child in this fun and active learning class. Both children and adults should dress in play clothes with sturdy shoes/boots. Snack provided. Adult/child teams only. Please call regarding underage siblings. Min 6/Max 10.

Kelsey Creek Farm Park

\$61(R)	\$73(N)		Age: 2Y - 3Y
35945	10-11:30am	Mon	Mar 02-23
35946	10-11:30am	Wed	Mar 04-25

KELSEY CREEK FARM EXPLORERS CLASS

Experience farm life with hands-on learning. Children actively participate in animal care and feeding, barn chores, pony rides, baking and gardening throughout the school year. Curriculum is integrated with seasonal themes, arts and crafts, stories and games. Activities vary between sessions. Children must be potty trained and should bring a lunch with beverage. Snack is provided. Min 6/Max 10.

Kelsey Creek Farm Park

\$58(R)	\$69(N)		Ages: 3Y - 6Y
35956	10am-12:30pm	Thu	Mar 12-26
\$39(R)	\$46(N)		Ages: 3Y - 6Y
35957	10am-12:30pm	Fri	Mar 13-20

FARM TOURS FOR SCHOOLS AND GROUPS

Let your group experience farm life with tours specially designed for children. Groups may choose from four tours. Each focuses on a particular theme ranging from pioneer life in the 1880s to springtime baby animals. Tours vary by season, as described below. Appropriate for children ages 2 and up. Tours are available weekdays and are one hour in length. All tours cost \$5 per child, \$2.50 per adult and staff are free. The minimum fee is \$75, based on a group size of 15 children. There is an additional fee for pumpkins during the October, "Fall at the Farm" tours. Call early for reservations and more information, 425-452-7688 or email Farmer Jayne at FarmerJayne@aol.com.

Kelsey Creek Farm / Performing Arts

Babies in the Barnyard

Available mid-April through early June
Welcome springtime with a tour of our newest baby animals, which may include chicks, goat kids, a calf, and piglets. Learn about their special care and feeding, tour our historic barn, and finish up in the garden planting pumpkin seeds. Many groups return in the fall to check on their pumpkin's growth and choose a pumpkin from our indoor pumpkin patch.

Kids on the Farm

Available December to April and June to September
Explore our farm and meet our goats, pig, sheep, rabbits, chickens and ponies. Learn interesting animal facts and tour the barn full of local history. Feed the chickens, pet a pony, goat and rabbit and discover the softest fiber around, wool from our sheep. After visiting the animals, children move inside to experience the old-fashioned skill of wool carding and create their own wooly sheep to take home.



Fall at the Farm

Available October only
Experience our farm's living history during the harvest season. In an uncomplicated and private setting, children learn how life in the 1920s varies from today when they work on "chores" in the barn with child-size buckets and rakes. Children also feed the chickens, pet a pony, and watch the pig eat pumpkins, then end up in our indoor pumpkin patch. Choosing a pumpkin without worrisome mud or rain in our festive, harvest-themed atmosphere makes the children's farm experience complete. Extra fee for pumpkins.

Pioneer Days

Available April and November
Experience life in the 1880s with a trip to our historic log cabin. Children grind wheat and coffee, churn butter, card wool, hammer nails, pump water, create a fabric and paper quilt, play dress-up plus more living history activities. 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 in their log cabin in Wisconsin.

PERFORMING ARTS

BELLEVUE YOUTH THEATRE

Location: 16661 Northrup Way
Phone: 425-452-7155

The Bellevue Youth Theatre is dedicated to providing opportunities for all young people in the theatre, ages 8 to 19. Persons with disabilities, families and senior citizens are encouraged to participate. All adult participants are required to have a current Washington State Patrol form on file at the theatre. Washington State Patrol background checks are valid for one year, and must be re-run annually. For more information call us at 425-452-7155.

MUSIC - LEARN TO PLAY GUITAR

Learn the basics including chords, fret-board layout, rhythm, playing with a pick, fingering and the beginnings of improvising as well as some simple songs. This class is fun and effective. Bring your guitar and your eagerness to learn this versatile instrument. \$20 supply fee. Min 2/Max 10
\$60(R) \$72(N) Age: 16Y and up
South Bellevue Community Center
40188 6:30- 7:45pm Thu Apr 02-23
40189 6:30- 7:45pm Thu May 07-28
\$45(R) \$54(N) Age: 16Y and up
40190 6:30- 7:45pm Thu Jun 04-25

DANCE - PRE-BALLET 2

Children will explore the basic elements of dance including rhythmic and spatial awareness as well as basic ballet vocabulary in a supportive encouraging environment. they will gain coordination, body awareness, and self-confidence as they express themselves through dance. Min 5/Max 12
\$50(R) \$60(N) Age: 5Y - 6Y
South Bellevue Community Center
40178 4- 4:45pm Tue Mar 31-Apr 28
40179 4- 4:45pm Tue May 12-Jun 09

DANCE - YOUTH BALLET 1

Children will develop better coordination, grace and self-confidence as they learn the beginning movements of ballet in a supportive encouraging environment. During this class students will build strength at the barre and center floor while learning foundational movements of ballet. Each class will end with the opportunity for students to show their own creativity as they express themselves through their favorite dance movements. Min 5/Max 12
\$50(R) \$60(N) Age: 7Y - 10Y
South Bellevue Community Center
40180 5- 6pm Tue Mar 31-Apr 28
40181 5- 6pm Tue May 12-Jun 09

Performing Arts / Preschool



DANCE-TINY TOT DANCERS

Children gain a sense of mastery over their bodies and spatial relationship through movement. Foundation to dance introduced by learning balance, coordination, strength and endurance. Clothing: leotard over tights, dance skirt. (leg warmers optional). Shoes: ballet slippers or soft soled canvas shoes with leather bottoms, not rubber. Min 6/Max 10

\$90(R) \$100(N) Age: 5Y - 6Y
Northwest Arts Center
40195 3-3:45pm Wed Apr 15-Jun 03

LET'S DANCE!

Children will develop capabilities in physical movement through active discovery of full body movement through space, with dance. Your child will gain a sense of mastery over their posture, balance, pose, posture, proper placement, coordinating movements and step patterns. Clothing: leotard over tights, dance skirt (leg warmers optional). Shoes: Ballet shoes. Min 6/Max 10

\$100(R) \$120(N) Age: 7Y - 9Y
Northwest Arts Center
40199 4-5pm Wed Apr 15-Jun 03



JAZZ AND HIP-HOP

Jazz provides the foundation of dance. Perform a higher level of intense expressive dance movements. Develop balance, flexibility, strength, body awareness and learn thrilling jazzy choreographed routines! Recommended clothing: leotard over tights and soft shoes made of canvas, leather, or satin. Dance skirt and leg warmers are optional. Min 4/Max 15

Crossroads Community Center
\$100(R) \$120(N) Age: 6Y - 8Y
39341 4-5pm Mon Mar 30-May 18
\$100(R) \$120(N) Age: 8Y - 11Y
39344 4-5pm Tue Mar 31-May 19

MOVE OVER MOZART/PIANO CLASSES

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. Having a piano at home is recommended but not required. There will be a class recital. 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).

The Intermediate class is with permission of instructor only. Min 5/Max 6

Northwest Arts Center

Move Over Mozart / Preschool Level

\$79(R) \$94(N) Age: 42M - 4Y
36652 5:30-6pm Tue Apr 14-Jun 16
36654 4-4:30pm Tue Apr 14-Jun 16

Move Over Mozart /K-1 Grade level

\$79(R) \$94(N) Age: 5Y - 6Y
36653 5-5:30pm Tue Apr 14-Jun 16
36656 6-6:30pm Tue Apr 14-Jun 16

Move Over Mozart / 2-6 Grade Level

\$79(R) \$94(N) Age: 7Y - 10Y
36655 4:30-5pm Tue Apr 14-Jun 16

UPSCALE BOOGIE I

Enhance body movements through dance. Learn unique choreographed high-level combinations. This class provides a rich combination of rhythm, motion, group interaction, and learning with the excitement of leaps, jumps, enhanced flexibility, and effortless freedom of movement! Recommended clothing: leotard over tights and soft shoes made of canvas, leather, or satin. Dance skirt and leg warmers are optional. Min 4/Max 15

Crossroads Community Center
\$100(R) \$120(N) Age: 9Y - 11Y
39350 5:05-6:05pm Mon Mar 30-May 18
\$100(R) \$120(N) Age: 11Y - 13Y
39351 5:05-6:05pm Tue Mar 31-May 19

UPSCALE BOOGIE II

Dance cooperatively in a group in this non-competitive setting. Experience creative expressions of movement while moving and grooving with high energy jazz and hip-hop dance! Clothing: leotard over tights, dance skirt and leg warmers optional. Shoes: soft shoes made of canvas, leather, or satin. Min 4/Max 15

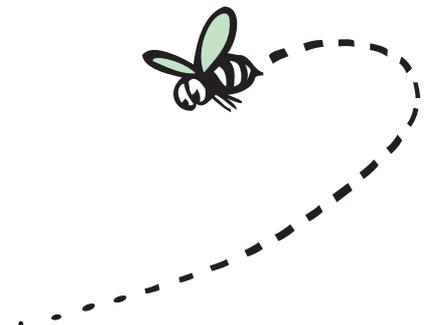
Crossroads Community Center
\$100(R) \$120(N) Age: 11Y - 13Y
39352 6:05-7:05pm Mon Mar 30-May 18
\$100(R) \$120(N) Age: 12Y - 15Y
39353 6:05-7:05pm Tue Mar 31-May 19

PRESCHOOL DANCE, MOVEMENT, & MUSIC

CHILD WATCH

Drop off your little one in the Child Watch room while you take a class or workout in the fitness room. Call ahead for a reservation as the spots fill up fast. Maximum time is 1 & 1/2 hours. May reserve a week at a time. Min 1/Max 5

\$2.50(R) \$3(N) Age: 2M and up
South Bellevue Community Center
40160 8:45am-12pm Wed, Fri, Mon Apr 01-Jun 29



PARENT/CHILD DROP-IN

Come and play with your child. Lots of fun, riding bikes, driving cars, climbing slides and just plain running around. Children under 5. We do not charge for infants under 1 year. Parents/caregivers are responsible for set-up and clean up. Min 1/ Max 50

South Bellevue Community Center
\$2.50(R) \$3(N) Age: 1M - 5Y
38766 10am-12pm Wed, Fri, Mon Apr 01-Jun 29

Highland Community Center
\$2.30(R) \$3(N) Age: Up to 5Y
38765 9am-12:30pm Mon, Wed-Fri Apr 13-Jun 19

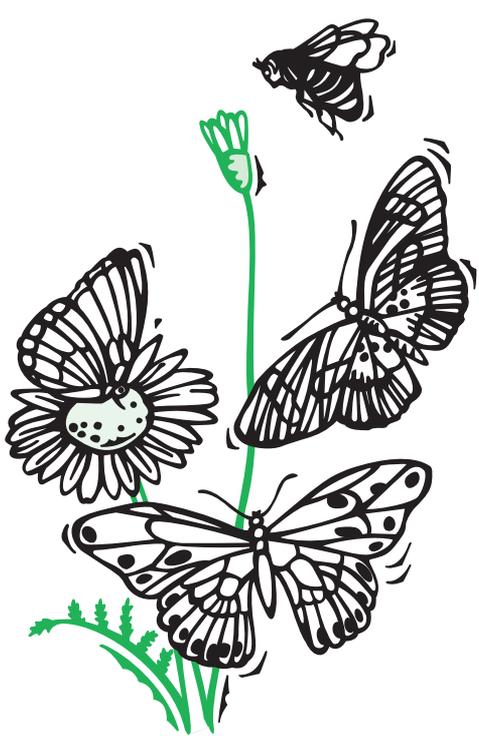
North Bellevue Community Center
\$2.50(R) \$3(N) Age: 1Y - 5Y
39854 2:30-5pm Mon Apr 06-Jun 22
39856 12-4:30pm Thu Apr 09-Jun 25
39855 11am-1:30pm Wed Apr 15-Jul 08

Crossroads Community Center
\$2.50(R) \$3(N) Age: Up to 5Y
39943 9-11:30am Mon-Fri Mar 30-Jun 19

DANCE - MOMMY AND ME

Stretch, gallop and dance with your child as you both explore dance concepts through the use of rhyming exercises, props, and music. In class we will work on developing locomotor movements, coordination, and self-expression through creative dance. (Dads, nannies and caregivers welcome) Attire: Clothing that you can move in, no shoes (bare feet recommended). Min 5/Max 10

\$50(R) \$60(N) Age: 30M - 4Y
South Bellevue Community Center
40165 10:30-11:15am Thu Apr 02-30
40166 10:30-11:15am Thu May 14-Jun 11



DANCE - PRE BALLET & TAP 1

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

\$50(R) \$60(N) Age: 3Y - 5Y
South Bellevue Community Center
40172 10:15-11am Fri Apr 03-May 01
40173 10:15-11am Fri May 15-Jun 12

DANCE - PRE-BALLET

Through creative movement and games to classical music children will explore the basic elements of dance including rhythmic and spatial awareness as well as basic ballet vocabulary. They will gain coordination, body awareness, and self esteem as they express themselves through dance. Min 5/ Max 12

\$50(R) \$60(N) Age: 3Y - 5Y
South Bellevue Community Center
40174 11:15am-12pm Fri Apr 03-May 01
40175 11:15am-12pm Fri May 15-Jun 12

DANCE - PRE-BALLET & TAP 2

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

\$50(R) \$60(N) Age: 4Y - 5Y
South Bellevue Community Center
40176 12:30-1:15pm Thu Apr 02-30
40177 12:30-1:15pm Thu May 14-Jun 11

MOVEMENT - ROMP AND ROLL

Parent and child 'tumble' through rhythm and coordination exercises and songs.

Parents required in class. Parents, please no siblings. Min 8/Max 10

\$81(R) \$96(N) Age: 15M - 2Y
Northwest Arts Center
40206 10-10:45am Tue Mar 24-May 19

MUSIC - BABY BEETHOVENS

A fun and stimulating hands-on introduction to music and movement class for toddler and parent. Traditional songs, movement, and playing rhythm instruments included. Parents required in class; please no siblings during class. Min 8/Max 10

\$81(R) \$96(N) Age: 18M - 3Y
Northwest Arts Center
40208 9:45-10:30am Fri Mar 27-May 22
40213 10:45-11:30am Fri Mar 27-May 22

THEATRE - TINY TOT MUSICAL THEATRE

Children will bring stories from around the world to life in this creative class that includes scenery, costumes, characterization, props, songs and dance. Build imagination and language skills while having fun! Ages strictly adhered to. Child only class. Min 5/ Max 10

\$81(R) \$96(N) Age: 3Y - 5Y
Northwest Arts Center
40207 11-11:45am Tue Mar 24-May 19

ARTS CRAFTS & FAMILY FUN

ART - MINI MASTERS ARTFUL FUN

Parents, join your child in this class and see how creative those little hands can be! We'll have FUN together exploring the world of art! Please, no siblings during class time.

Min 6/Max 10
\$81(R) \$96(N) Age: 2Y - 5Y
Northwest Arts Center
40223 10-10:45am Wed Apr 15-Jun 03

ART - PEE WEE PICASSO

Parent and child 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. Parents, please no siblings during class time. Parents required in class. Min 6/Max 10

Northwest Arts Center
\$81(R) \$96(N) Age: 18M - 2Y
40214 9:45-10:30am Thu Mar 26-May 21
\$81(R) \$96(N) Age: 2Y - 3Y
40215 10:45-11:30am Thu Mar 26-May 21

FAMILY PEEP! PEEP!

Peep! Peep! Make cheerful chicks that peek out of decorated eggs as well as other springtime creatures. Music and an egg hunt round off our morning of FUN!

Adult/Child class. Min 4/Max 5
\$18(R) \$21(N) Age: 2Y - 5Y
Each Add'l Child: \$4(R) \$5(N)
Northwest Arts Center
40225 10-11:30am Sat Apr 04

MOM AND ME MAKING MEMORIES TOGETHER!

Spend the morning with mom, making a treasure box to keep special keepsakes in or a picture frame with a picture with both of you in it! A healthful snack will be served to keep your tummy happy too! Min 6/ Max 8

\$18(R) \$21(N) Age: 36M - 5Y
Each Add'l Child: \$4(R) \$5(N)
Northwest Arts Center
40226 10-11:30am Sat May 09

Preschool

EDUCATION

COOKING - LE PETIT CHEF

In a fun and happy environment, make yummys for your tummies. Healthy foods are our focus and having fun is our priority! Our goal is to instill in our young chefs a lifelong appreciation for food. Recipes included. Caregiver and child class (2Y-42M). Child only course (3y-5y). Min 4/Max 6

Northwest Arts Center

\$81(R) \$96(N) Age: 2Y - 42M
40218 12-12:45pm Thu Mar 26-May 21

\$81(R) \$96(N) Age: 3Y - 5Y
40219 1:15-2pm Thu Mar 26-May 21

THE PURPLE SCHOOL / MANDARIN CHINESE

Little People. Bilingual dreams. Babies and young children can learn any language! But brain chemistry changes as children age so it's important to learn while in the window! The Purple School teaches 'foreign' languages through chants, singing, and games. Our enthusiastic teachers use centrally-prepared curriculum to achieve concrete, quantifiable results. Email info@purple-school.com for more information. Min 5/Max 10

Highland Community Center

The Purple School- Mandarin Chinese

\$90(R) \$108(N) Age: 6M - 30M
40321 10:30-11am Mon Apr 13-Jun 15

Northwest Arts Center

The Purple School- Mandarin Chinese. Baby/Toddler

\$100(R) \$120(N) Age: 6M - 30M
40322 10:30-11am Wed Apr 15-Jun 17

The Purple School -Mandarin Chinese- 3-6 Year Olds

\$100(R) \$120(N) Age: 3Y - 6Y
40313 9:30-10:15am Thu Apr 16-Jun 18

\$90(R) \$108(N) Age: 3Y - 6Y
40314 9:30-10:15am Fri Apr 17-Jun 12

\$80(R) \$96(N) Age: 3Y - 6Y
40319 11:30am-12:15pm Sat Apr 18-Jun 13

The Purple School -Mandarin Chinese- 6-10 Year Olds

\$200(R) \$240(N) Age: 6Y - 10Y
40323 4-6pm Tue Apr 14-Jun 16

40315 1:30-3:30pm Wed Apr 15-Jun 17

\$160(R) \$192(N) Age: 6Y - 10Y
40316 9:15-11:15am Sat Apr 18-Jun 13

40317 12:30-2:30pm Sat Apr 18-Jun 13

PRESCHOOL PLAYSCHOOL

Program designed as first school experience. This structured interactive class includes music, stories, crafts, and play time, while developing concentration and social skills. Scholarships available. Children must be completely toilet trained and age 3 by August 31, 2008 to participate in this program. Min 8/Max 14

\$144(R) \$173(N) Age: 3Y - 4Y

Crossroads Community Center
40139 9:30am-12pm Tue, Thu Apr 14-May 21



PRE-KINDERGARTEN PRESCHOOL

Program designed as preparation for children attending kindergarten during the next school year. This structured interactive class includes music, stories, crafts and play time. Develops concentration and social skills. Partial scholarships available. Children must be completely toilet trained and 4 years old by August 31, 2008 to participate in this program. Min 8/Max 14

\$270(R) \$324(N) Age: 4Y - 5Y
Crossroads Community Center
40144 9:30am-1pm Mon, Wed, Fri Apr 13-May 22

SPORTS

MAMA YOGA: ADVENTURES IN YOGA FOR CHILDREN

The Mama Yoga program is designed for parent/caregiver and child to do Yoga together in a fun, supportive environment. for 3-4 year olds, and a child-only yoga class for 4-5 year olds. Simple poses are combined with songs, shape recognition and imaginative stories to keep the children actively engaged in simple poses (child's pose, triangle pose etc.) as well as the parent or caregiver. Join us for an active and adventuresome morning! Wear comfortable clothing. Min 5/Max 10

Northwest Arts Center

\$90(R) \$100(N) Age: 3Y - 4Y
40416 11-11:45am Wed Apr 22-Jun 10

\$90(R) \$100(N) Age: 4Y - 5Y
40417 1-1:45pm Wed Apr 22-Jun 10

SPORTS - MY GYM AT SOUTH BELLEVUE

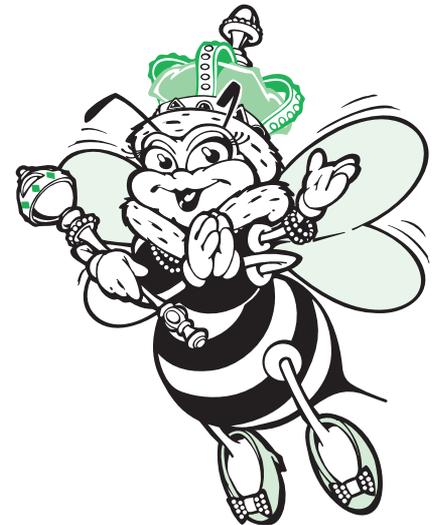
Our structured weekly classes incorporate music, dance, relays, puppets, games and sports. My Gym kids have so much fun as they gain strength, balance, coordination, fine and gross motor proficiency, agility, flexibility and most importantly confidence and self esteem. An adult must attend with Gymsters and Waddlers. Min 5/Max 12

South Bellevue Community Center

Gymsters
\$48(R) \$58(N) Age: 23M - 42M
40201 11-11:50am Wed Apr 15-May 06
40203 11-11:50am Wed May 20-Jun 10

Whiz Kids

\$48(R) \$58(N) Age: 3Y - 5Y
40204 1-2pm Wed Apr 15-May 06
40205 12:30-1:20pm Wed May 20-Jun 10



Special Interest & Extended Learning

NEW!

VIDEO PRODUCTION AND EDITING

It is easy and a lot of fun to create your own digital video. Using live demonstrations and hands-on experiences, students will learn basic techniques for shooting video that will make editing easier. Instructors will use the most current version of Pinnacle Studio Plus to teach the basics of taking video, transferring video onto your computer, video editing, inserting transitions, creating titles, special effects, and adding music and photos to create your own professional looking video. Each class will include up to 60 minutes of instruction and the remaining time to practice and develop your video. Students can register into each class independently or into the complete series. A computer lab, staffed with a BCC student intern from the Media Arts program, will be available from 6:30-8:30pm on Tuesdays in May for students to work on their projects. Min 5/Max 20 South Bellevue Community Center

It is recommended to bring a large (100+ gigabyte) portable external hard drive to class.

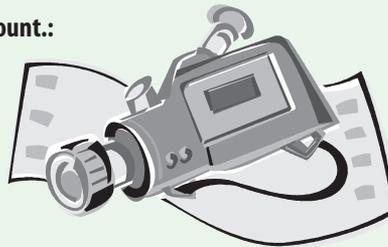
Video Editing Class Series

Register for the whole series and receive a discount.:

\$99(R) \$129(N) Age: 12Y - 99Y
40518 7-8:30pm Wed Apr 15-May 27

Register for individual classes:

\$15(R) \$20(N) Age: 12Y - 99Y



Basics of Shooting Quality Video

This class, taught by David Bruckner, Producer and Director of *It's Your City*, will focus on camera and shooting basics, composition, lighting and audio techniques to shoot Hollywood Style video.

39023 7-8:30pm Wed Apr 15

Transferring Video from Camera to Computer

Learn the step-by-step procedures to capture video from any analog or digital video source and save to files and album.

39025 7-8:30pm Wed Apr 22

Basics of Editing Video

Students will become familiar with the screen layout of Pinnacle Studio Plus and how to use albums and scenes to create a video story.

39026 7-8:30pm Wed Apr 29

Working with Titles and Transitions

Learning how to use titles and transitions will give a much more professional look to your video story.

39027 7-8:30pm Wed May 06

Sound Effects & Music

Learn how to trim and mix audio and add special audio effects to create a dynamic video and add voice-over to narrate your story.

39028 7-8:30pm Wed May 13

Special Video Effects

Students will learn about keyframing to manipulate video for a desired effect, and two-track editing (i.e. picture-in-picture) to dazzle your viewing audience.

39029 7-8:30pm Wed May 20

Final Steps to Creating Your Masterpiece

The final class teaches students how to create a movie in several types of formats such as VCD, DVD, tape, and the Web.

39030 7-8:30pm Wed May 27

SPECIAL INTEREST & EXTENDED LEARNING

YOUTH, TEEN & FAMILY, VIDEO PRODUCTION AND EDITING

It is easy and a lot of fun to create your own digital video. Using live demonstrations and hands-on experiences, students will learn basic techniques for shooting video that will make editing easier. Instructors will use the most current version of Pinnacle Studio Plus to teach the basics of taking video, transferring video onto your computer, video editing, inserting transitions, creating titles, special effects, and adding music and photos to create your own professional looking video. Each class will include up to 60 minutes of instruction and the remaining time to practice and develop your video. Students can register into each class independently or into the complete series. A computer lab, staffed with a BCC student intern from the Media Arts program, will be available from 6:30-8:30pm on Tuesdays in May for students to work on their projects. Min 5/Max 20 South Bellevue Community Center

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THE PURPLE SCHOOL

Little People. Bilingual dreams. Babies and young children can learn any language! But brain chemistry changes as children age so it's important to learn while in the window! The Purple School teaches 'foreign' languages through chants, singing, and games. Our enthusiastic teachers use centrally-prepared curriculum to achieve concrete, quantifiable results. Email info@purpleschool.com for more information. Min 5/Max 10

Northwest Arts Center

Spanish-Baby/Toddler

\$90(R) \$108(N) Age: 6Y - 10Y
40368 3:15-3:45pm Fri Apr 17-Jun 12

Spanish-3-6 Year Olds

\$100(R) \$120(N) Age: 3Y - 6Y
40367 3-3:45pm Thu Apr 16-Jun 18

Spanish- 6-10 Year Olds

\$200(R) \$240(N) Age: 6Y - 10Y
40365 4-6pm Thu Apr 16-Jun 18
\$180(R) \$216(N) Age: 6Y - 10Y
40366 4-6pm Fri Apr 17-Jun 12

Italian - 6-10 Years Old

\$160(R) \$192(N) Age: 6Y - 10Y
40369 10:30am-12:30pm Sat Apr 18-Jun 13

Vietnamese - 3-6 Years Old

\$100(R) \$120(N) Age: 3Y - 6Y
40371 1:30-2:15pm Wed Apr 15-Jun 17

Korean-6-10 Year Olds

\$180(R) \$216(N) Age: 6Y - 10Y
40330 4-6pm Fri Apr 17-Jun 12

Japanese-Ages 3-6 Year Olds

\$100(R) \$120(N) Age: 3Y - 6Y
40328 2-2:45pm Wed Apr 15-Jun 17

Japanese-Immersion-6-10 Year Olds

\$180(R) \$216(N) Age: 6Y - 10Y
40324 4-6pm Mon Apr 13-Jun 15
40325 4-6pm Mon Apr 13-Jun 15
\$200(R) \$240(N) Age: 6Y - 10Y
40326 4-6pm Wed Apr 15-Jun 17

Highland Community Center

Korean-3-6 Year Olds

\$100(R) \$120(N) Age: 3Y - 6Y
40372 9:30-10:15am Tue Apr 14-Jun 16

Korean-Baby/Toddler

\$100(R) \$120(N) Age: 6M - 30M
40373 10:30-11am Tue Apr 14-Jun 16

MAGIC PRE-READING PROGRAM

The 'Magic Pre-Reading Program' opens the door to the wonderful world of reading. Children explore letters, sounds, and sight words through playful songs, games, puzzles, and activities. Based on the instructor's recommendation upon completion of the course, children may continue in this course to improve their skills or move into the next level, the 'Magic Beginning Reading Program.' Min 4/Max 10
\$68 \$82 Age: 4Y - 6Y

Crossroads Community Center
39218 12-12:40pm Tue, Thu Apr 14-May 14

SUPER SITTERS

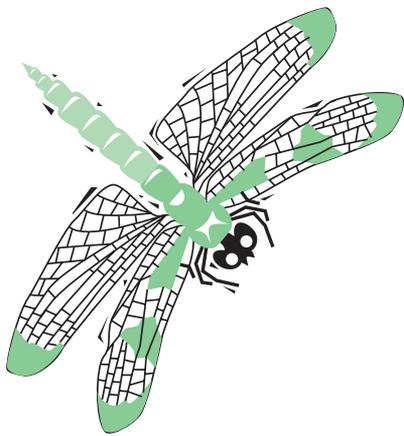
Boys and girls, come for a day of fun while learning important babysitting skills and earning your Red Cross Babysitter Certification Card! This newly revised course covers supervision and play, basic child care, first aid, safety precautions, accident prevention, and critical emergency-action skills. You will receive a handbook, an emergency reference guide, and a CD-Rom with resume, business cards, client organizer, activity booklet, interactive exercises, and more! Bring a sack lunch. Register early as the course fills quickly. Min 12/Max 24

\$60(R) \$72(N) Age: 11Y - 16Y
Crossroads Community Center
38935 9am-3pm Sat May 16

ART OF ETIQUETTE- YOUNG LADIES & GENTLEMEN

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. Each student receives a goodie bag to take home. Min 8/Max 16

\$50(R) \$60(N) Age: 6Y - 11Y
Northwest Arts Center
36658 1-4pm Sat Apr 25



Special Interest & Extended Learning

SAFE AT HOME

Learn how to respond safely to a variety of situations when direct parental supervision is unavailable. Participate in role play for situations including: answering the door and visitors, answering the phone, using the Internet, house key practices, first aid situations, family communications, and personal safety. Learn to be a capable kid while earning your American Red Cross Certification Card! Min 12/Max 24 \$30(R) \$36(N) Age: 8Y - 12Y Crossroads Community Center 38934 3-5pm Sat May 16

ADULTS

EMERGENCY PREPAREDNESS - ROLES & RESPONSIBILITIES

The Bellevue Fire Department Emergency Preparedness Division has training opportunities being offered: Business Brown Bag skills training class will be held Tuesday, October 14, 2008 11 a.m. to Noon at City Hall in room 1E-112. The following topic will be covered: Emergency Preparedness Roles & Responsibilities. Bellevue businesses with emergency response teams are welcome to attend. For more information, please contact Vernon Owens, Emergency Preparedness Coordinator at 425-452-6033 or vowens@bellevuewa.gov. Min 25/Max 40 FREE Age: 18Y and up Bellevue City Hall 40370 11am-12pm Tue Mar 17

AARP DRIVER SAFETY PROGRAM

This program is the nation's first and largest classroom driver improvement course designed especially for motorists 50 and older. This course may qualify you for an auto insurance discount. \$10 fee payable to AARP at first class. Bring a sack lunch. Min 12/Max 26 FREE Age: 50Y and up North Bellevue Community Center 40137 9am- 2pm Tue,Thu Apr 14-16 40138 9am- 2pm Tue,Thu Jun 09-11 South Bellevue Community Center 40135 10am- 2:30pm Tue May 05-12

BOOK DISCUSSION GROUP

Meets the second Tuesday of each month. For more information contact Sue Hipke at 425-747-6843 or Dorothy Goddard at 425-747-5543. Min 2/Max 10 FREE Age: 18Y and up North Bellevue Community Center 39584 10-11:30am Tue Apr 14 39585 10-11:30am Tue May 12 39586 10-11:30am Tue Jun 09

SENIOR BUS PASS DISTRIBUTION

Metro will sell their Senior Regional Reduced Fare Permit for \$3.00 to adults 65 years or older. Min 1/Max 99 FREE Age: 65Y and up North Bellevue Community Center 39861 10:30-11:30am Tue May 19



CHORUS

We welcome new singers at any time. No auditions and no advance notice are required. We sing popular songs from the 30s, 40s and 50s for our own fun and enjoyment, with piano accompaniment. Typically, we sing at a nursing home one time each month and occasionally have a gig elsewhere. Call for the monthly schedule. Min 2/Max 30 FREE Age: 50Y and up North Bellevue Community Center 39886 10:30-11:45am Fri Apr 10-Jun 26

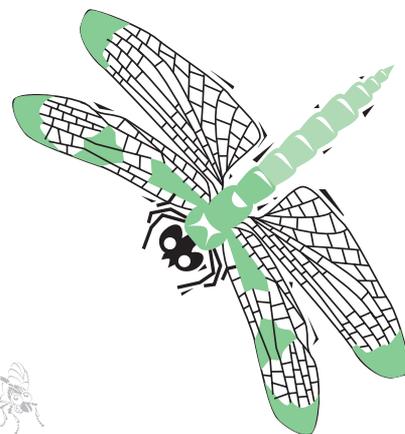
DANCE

BALLROOM REVOLUTION

Come join this ballroom dance class for a motivating and captivating way to dance with grace in a fun and effective environment. Share the excitement of dancing with a partner and feeling comfortable maneuvering around the dance floor. Be prepared to meet new people by following a traditional group class organized to allow you to dance with others and experience the true passion of social dancing, this class provides basic instruction to the popular dances such as Waltz, Tango, Cha Cha, Cha, Rumba, Salsa and East Coast Swing. Min 10/Max 20 \$65(R) \$80 Age: 18Y - 99Y South Bellevue Community Center 40162 7- 8pm Tue Apr 07-May 05 40163 7- 8pm Tue May 19-Jun 16

BEGINNING SWING / BALLROOM DANCE

Learn the basics of swing, foxtrot, cha cha, ballroom and more. You'll learn fantastic dance techniques and great moves that will amaze your friends! Partner not required. All ages welcome! Intermediate is open to those who have ballroom dance experience or have taken the beginning class. Min 8/Max 20 \$50(R) \$58(N) Age: 10Y - 99Y Tyee Community Gym 40091 6- 6:50pm Fri Apr 17-Jun 12



Special Interest & Extended Learning

INTERMEDIATE SWING / BALLROOM DANCE

Intermediate Swing/Ballroom dance is open to those who have ballroom dance experience or have taken the beginning class. You'll learn fantastic dance techniques and great moves that will amaze your friends! Partner not required. All ages welcome!

Min 8/Max 20
\$50(R) \$58(N) Age: 10Y - 99Y
Tyee Community Gym
40110 7-7:50pm Fri Apr 17-Jun 12

LINE DANCE

Learn new line dances! Level of dance will be based on level of students registered. Beginner and/or Intermediate. Leather soled shoes recommended. Min 8/Max 40

\$19(R) \$23(N) Age: 18Y and up
North Bellevue Community Center
39647 11am-12pm Fri Mar 27-Apr 17
39648 11am-12pm Fri May 01-22
39650 11am-12pm Fri May 29-Jun 19
39651 11:45am-12:45pm Mon Apr 06-May 04
39652 11:45am-12:45pm Mon May 11-Jun 01

SALSA AT THE NORTHWEST ARTS CENTER

These Beginner and Intermediate Salsa Series classes are a great way to get a firm grounding for Salsa dancing! Each series takes you through a number of techniques for footwork and partnering combinations. Wear shoes with a smooth sole (not 'street shoes' or rubber soles). For information call (206) 851-8258, or email info@emayimbdancecompany.com. Registration 425-452-6046 or 425-452-6885. Min 10/Max 30 Northwest Arts Center

\$45(R) \$50(N) Age: 18Y and up
Partner: \$35(R) \$40(N)
Drop-In: \$15

Salsa-Level 1

40227 7:45-8:40pm Wed Apr 08-29
40229 7:45-8:40pm Wed May 06-27

Salsa-Level II Series

40228 8:45-9:45pm Wed Apr 08-29
40230 8:45-9:45pm Wed May 06-27

\$35(R) \$42(N) Age: 18Y and up
Partner: \$25(R) \$30(N)
Drop-In: \$15

Salsa-Level 1

40235 7:45-8:40pm Wed Jun 03-17

Salsa-Level II Series

40231 8:45-9:45pm Wed Jun 03-17

Salsa Practice

\$10(R) \$10(N) \$3
40232 9:45-11:45pm Wed Apr 08-29
40233 9:45-11:45pm Wed May 06-27
40234 9:45-11:45pm Wed Jun 03-17

SWING 1

This is the place to start! Learn the single-time basics of the dance known by many names: the Jitterbug, East Coast Swing, and the 6-count Lindy Hop. Beginning level (no prerequisite). Join instructors Chris and Allison Evan for this great social, high-energy class. No partner necessary. Singles & couples welcome. Info: www.eastsideswingdance.com 425-941-9144

Min 8/Max 40
\$40(R) \$50(N) Age: 14Y and up
North Bellevue Community Center
40378 7:30-8:25pm Tue May 05-26
40379 7:30-8:25pm Tue Jun 09-30

SWING 2/LINDY HOP

Prerequisite: Comfortable with Swing 1 material This is the class where you can really take off. This class will mix 6 and 8 count swing, triple time footwork, and Lindy Hop. Take your dancing to a new level with Chris and Allison Evan, www.eastsideswingdance.com 425-941-9144.

Min 8/Max 40
\$40(R) \$50(N) Age: 14Y and up
North Bellevue Community Center
40381 8:30-9:25pm Tue May 05-26
40382 8:30-9:25pm Tue Jun 09-30

TAP DANCE - BEGINNING

Learn to tap dance to new and old songs. This is a wonderful way to exercise while enjoying music. Min 10/Max 30

\$15(R) \$18(N) Age: 18Y and up
North Bellevue Community Center
39653 11am-12pm Tue Mar 31-Apr 21
39654 11am-12pm Tue Apr 28-May 19

TAP DANCE - INTERMEDIATE

Learn to tap dance to new and old songs. This is a wonderful way to exercise while enjoying music. Min 10/Max 30

\$15(R) \$18(N) Age: 18Y and up
North Bellevue Community Center
39656 12:15-1:15pm Tue Mar 31-Apr 21
39657 12:15-1:15pm Tue Apr 28-May 19

CONTINUING EDUCATION AMERICAN SIGN LANGUAGE

Offering beginning sign language classes with Vijay Advani. He has a degree in Deaf Education and a BA in Education at GallouDET. He has taught ASL for over 14 years from babies to 70 years old. Learn in a fun and relaxed environment. Min 20/Max 20

\$100(R) \$120(N) Age: 18Y - 99Y
Highland Community Center
38764 6:30-8:30pm Mon, Wed Mar 16-May 20

SUPPORTING YOUR ADD/ADHD CHILD'S GIFTS

This workshop is for parents, caregivers, or teachers of kids who have ADD/ADHD. When you have a child with ADD/ADHD, it can be frustrating, exhausting, and confusing. Margit Crane, an ADD/ADHD coach and former school counselor and resource specialist, will teach you how to build your child's confidence and self-esteem while channeling your child's energy into practical yet meaningful goals. This workshop is full of helpful information and tips you can implement immediately! Min 8/Max 18

\$60(R) \$72(N) Age: 18Y and up
Spouse: \$20(R) \$24(N)
Crossroads Community Center
38948 9:30am-12:30pm Sat Apr 25
38949 9:30am-12:30pm Sat May 09

CAREGIVER WORKSHOP

Taking care of an elderly relative is never an easy task. Are you taking care of a family member? Do you ever have feelings of stress and helplessness? Are there any government-funded programs that can help? How do you apply for assistance, and how long does it take? Our family caregiver support program coordinator will be here to guide this discussion with you. This is a workshop conducted in Mandarin and co-sponsored by the Chinese Information and Service Center (CISC). It is a part of the Chinese Elderly Information Sharing Series. Min 1/Max 100

FREE All Ages
Crossroads Community Center
38946 10am-12pm Fri Jun 26

GAMES

ADULT BILLIARDS & GAMES

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

\$1 Age: 18Y and up
North Bellevue Community Center
ongoing 4-10pm Mon-Thu Apr 06-Jun 25



Special Interest & Extended Learning

BRIDGE PLAY INSTRUCT

Have you started to play in bridge groups only to find that you keep wanting to stop and ask questions but you know that the other players will look at you funny? This class is for you. The instructor is there for you to stop the game and have her help you analyze your next move. Min 8/Max 20

\$42(R) \$50(N) Age: 18Y - 99Y
North Bellevue Community Center
40424 10am-12pm Thu Apr 16-May 21

CRIBBAGE

Contact: Carl Wittenberg, 425-641-3118
Min 4/Max 28
FREE Age: 18Y and up
North Bellevue Community Center
ongoing 10am-12pm Thu Apr 09-Jun 25

DUPLICATE BRIDGE

Monday, Wednesday & Friday afternoons, 12:15-3:30pm, FEE \$.50/visit, payable to Advisory Board. Contact: Ed Jesse 425-746-7435 or Arnie Rengstroff 425-746-1620. Min 8/Max 40
\$.25(R) Age: 18Y and up
North Bellevue Community Center
ongoing 12-3:30pm Mon, Wed, Fri Apr 06-Jun 26

MAH JONG

For more information, stop by the front desk. Min 4/Max 16
FREE Age: 18Y and up
North Bellevue Community Center
ongoing 1-3pm Wed Apr 08-Jul 01

PICKLEBALL

The monthly schedule for pickleball may vary and is available at the North Bellevue Senior Center. Court and net provided - players provide their own paddle and ball. Min 2/Max 20
FREE Age: 18Y and up
North Bellevue Community Center
ongoing 8am-2pm Mon Apr 13-Jun 29
ongoing 1:30-5pm Wed, Fri Apr 15-Jul 08

PING-PONG DROP IN

Drop in for a lively game of ping pong (table tennis). We provide the two championship quality table tennis tables, you provide your own paddle and ball. Suggested donation of \$1 per visit to offset the cost of these brand-new, high-quality tables purchased by the NB Advisory Board. Min 2/Max 16
FREE Age: 18Y and up
North Bellevue Community Center
ongoing 8-9:45am Mon-Fri Apr 06-Jun 26

PINOCHLE

Pinochle is played every Wednesday afternoon. If you are interested in joining a foursome, please contact Carl Wittenberg, 425-641-3118 to put your name on the interest list. New tables will be formed as enough people join. Min 4/Max 20
FREE Age: 18Y and up
North Bellevue Community Center
ongoing 1-3:30pm Wed Apr 15-Jul 08

THE SOUTH BELLEVUE BRIDGE BUNCH

Just learning, a little rusty or just want a fun place to play bridge. We have the place for you! The purpose of this class is to give those who have taken a beginning class a place to try out what they've learned. Min 4/Max 40
\$5(R) \$6(N) Age: 55Y and up
South Bellevue Community Center
40428 12:45-2:45pm Thu Apr 02-Jun 25

IMMIGRANT SERVICES

BOOK DISCUSSION GROUP - MANDARIN

Discuss Reader's Digest together. Learn more about American culture and share your daily life with others. This group is conducted in Mandarin language. Co-sponsored by the Chinese Information & Service Center. Min 2/Max 20
FREE Age: 18Y and up
North Bellevue Community Center
ongoing 10am-12pm Mon Apr 06-Jun 22

CHINESE INFORMATION & ASSISTANCE SERVICES

Services provided in Mandarin to those 55 years of age or older. Assistance with questions and concerns regarding health insurance, housing, naturalization application, utility or medical bills, or any other issue where the language barrier is an issue. Our trained volunteer can help. Please call 206-624-5633 x 4123 for additional information and to make an appointment. Min 1/Max 1
FREE Age: 55Y and up
North Bellevue Community Center
ongoing 9:30am-1pm Thu Apr 09-Jun 25

CHINESE/AMERICAN CONVERSATION CLUB

This is a class in everyday English for Chinese seniors who have learned English from a textbook but need practice and encouragement speaking. Help in pronunciation, vocabulary, usage, and learning the American Idiom. Min 5/Max 15
FREE Age: 18Y and up
North Bellevue Community Center
39646 1-2:30pm Wed Apr 08-Jun 24

ESL FOR CHINESE SENIORS

English as a second language is offered for non-native Americans. Beginner and Intermediate. Min 4/Max 20
FREE Age: 55Y and up
North Bellevue Community Center
39842 10-11:30am Thu Apr 09-Jun 25

ESL FOR SPANISH SPEAKERS

Reading, writing and speaking skills for non-native English speakers. Learn the American style of handwriting, increase your understanding of common English phrases, and practice your penmanship and conversation skills in a fun and supportive setting. Min 6/Max 25
FREE Age: 18Y and up
North Bellevue Community Center
39843 1-2pm Fri Apr 10-Jun 26

ESL FOR CHINESE SENIORS

English as a second language is offered for non-native Americans. Beginner and Intermediate. Min 6/Max 27
FREE Age: 50Y and up
South Bellevue Community Center
40186 10:30-11:50am Thu Apr 02-Jun 18

MANDARIN SUPPORT GROUP

This support group is for seniors who want to share their daily life experience with others. Different topic each Wednesday. Let's share. Conducted in Mandarin language. Co-sponsored by Chinese Information & Service Center. Min 5/Max 15
FREE Age: 18Y and up
North Bellevue Community Center
39848 10am-12pm Wed Apr 08-Jun 24

CHINESE & ENGLISH CHORUS

Come and sing some famous Chinese and English songs. Learn some Mandarin while singing to your favorite tunes. Co-sponsored by the Chinese Information and Service Center. Chorus meets every Wednesday. Min 5/Max 20
FREE Age: 18Y and up
North Bellevue Community Center
39874 11am-12pm Wed Apr 08-Jun 24



Special Interest & Extended Learning / Sports



FINANCIAL, LEGAL, & INSURANCE

IDENTITY THEFT PREVENTION

Identity theft is a serious crime. It occurs when your personal information is stolen and used without your knowledge to commit fraud or other crimes. ID Theft can cost you time and money, destroy your credit and ruin your good name. Learn how to Deter, Detect and Defend yourself from these thieves! The presenter is a committee member of the Bellevue Network On Aging and a recent graduate of the Seattle FBI Citizen Academy. Min 5/Max 50
FREE All Ages

North Bellevue Community Center
39930 1-2:30pm Thu Apr 19

FAMILY MATTERS WITH LONG-TERM CARE

Join 'Edward Jones' for this seminar to learn more about: *The common funding options to provide high-quality long-term care *How long-term care insurance can play a significant role in helping to preserve your assets* How you can take control of where and how you receive long-term care services Min 5/Max 27
FREE Age: 18Y and up

South Bellevue Community Center
40386 6:30-8pm Tue Apr 07
40387 6:30-8pm Tue May 05
40388 6:30-8pm Tue Jun 02

PAYING FOR EDUCATION

Join Edward Jones for a free Paying for Education seminar. You'll learn strategies to use today to save for your children or grandchildren's education including: *Why you should be saving now and how much you'll need. *Tax-deferred savings options for elementary through college education costs * Additional financial options to help meet your family's education goals. Min 5/Max 27
FREE Age: 18Y and up

South Bellevue Community Center
40389 6:30-8pm Wed Apr 29
40390 6:30-8pm Wed May 27
40391 6:30-8pm Wed Jun 17



CRIME VICTIM SERVICES FOR THE ELDERLY

Do you know anything about crime victim services? How do you protect yourself to avoid becoming a crime victim? In this workshop, we will give you general information and guidance on this topic. This is a workshop conducted in Mandarin and co-sponsored by the Chinese Information and Service Center (CISC). It is a part of the Chinese Elderly Information Sharing Series. Min 1/Max 100
FREE All Ages

Crossroads Community Center
38945 10am-12pm Fri May 22

ESTATE PLANNING: MAINTAINING CONTROL

Why is estate planning relevant to all retirees? What has changed and what has not changed regarding both federal and state estate tax laws? Mr Dille, with a local (unaffiliated) Estate Planning Attorney will help you learn the myths and realities of estate planning and the basic tools you need to ensure that your financial affairs and personal care are managed the way you would want them to be when you are in no position to manage them by yourself. Learn how you can maintain control for as long as possible. Min 4/Max 12
FREE Age: 18Y and up

South Bellevue Community Center
40212 9:30-11am Tue Jun 02

LIFETIME INCOME STRATEGIES

NEW! This course focuses on financial terms and concepts that are important to retirees. It explains strategies designed to accomplish common objectives such as inflation protection, tax-efficient withdrawals, lifestyle preservation and providing a legacy. Whether you're an early retiree planning many years in retirement or a senior who is concerned with protecting your savings, this course will be an eye-opening experience. The course includes a 50-page illustrated workbook and free registration for your spouse or guest. Min 10/Max 60
UseArray Age: 55Y and up

South Bellevue Community Center
40182 10-11:30am Tue May 12-19

MANDATORY DISTRIBUTION RULES

The Mandatory Distribution Rules for Retirement Plans and IRA's can hurt you when it comes to taking required minimum withdrawals at age 70 1/2 and beyond. There is a 50% government penalty any dollar amount when should have been distributed but wasn't. Learn how the minimum calculation is done and what to do if you have multiple retirement accounts. Also learn how your retirement plan beneficiaries can continue tax deferral on your accounts throughout their lifetimes. Questions welcome. Min 5/Max 12
FREE Age: 18Y and up

South Bellevue Community Center
40210 9:30-11am Tue May 05

MAZUMA RETIREMENT WORKSHOP

New! - Are you worried about how the stock market is affecting your investments? Take the first step toward being in charge of your financial plan by attending this workshop. It will help you answer these key questions: how much you need to save for your retirement, how to weather stormy markets using asset Allocation, how to avoid costly fees, how to pick the right funds and much more! Min 4/Max 15
FREE Age: 55Y and up

South Bellevue Community Center
40392 6:30-8pm Thu Apr 02

TAX ISSUES FOR RETIREES

Review recent changes in the tax code that could affect you as a retiree. Should the reductions in dividend and long-term capital gains tax rates cause you to rethink your investment strategies? Learn about alternatives for reducing taxes on Social Security and investment earnings that could impact how you complete your tax return. Also covered - record retention - what to keep and how long. Mr. Dille will be joined by Tina Polf, CPA for this informative discussion. Min 5/Max 27
FREE Age: 50Y and up

South Bellevue Community Center
40216 9:30-11am Tue May 26

LEGAL CLINIC

The Eastside Legal Assistance Program offers a legal clinic for low-income individuals at the North Bellevue Community Center on the 2nd Thursday of each month. Please call Eastside Legal Assistance at 425-747-7274 to make an appointment. Min 1/Max 1
FREE Age: 18Y and up

North Bellevue Community Center
39844 2-4pm Thu Apr 09
39845 2-4pm Thu May 14
39846 2-4pm Thu Jun 11

LONG TERM CARE

What is a long term care plan? Do you have one? Do you know your options for long term care plans? What are 'in-home care services?' What is the difference between an adult family home and a nursing home? In this seminar we will present and discuss different long-term care options. This is a workshop conducted in Mandarin and co-sponsored by the Chinese Information and Service Center (CISC). It is a part of the Chinese Elderly Information Sharing Series. Min 1/Max 100

FREE All Ages
 Crossroads Community Center
 38944 10am-12pm Fri Apr 24

SHIBA

The Statewide Health Insurance Benefits Advisors (SHIBA) HelpLine provides free, unbiased information about health care coverage and access to help improve the lives of all Washington state residents. SHIBA HelpLine volunteers and staff assist consumers with choices and problems involving private health insurance as well as many government programs (Medicare, Medicaid, Basic Health, Children's Health Insurance Program, and the Washington State Health Insurance Pool). SHIBA HelpLine volunteers also are experts in Medigap coverage, employment-related health benefits, managed care, long-term care insurance, and fraud and abuse questions. Appointments available 1st & 3rd Wednesday each month. Call 425-452-7681 to register. Min 1/Max 6

FREE Age: 18Y and up
 North Bellevue Community Center

39863	9am-12pm	Wed	Apr 01
39864	9am-12pm	Wed	Apr 15
39865	9am-12pm	Wed	May 06
39866	9am-12pm	Wed	May 20
39867	9am-12pm	Wed	Jun 03
39868	9am-12pm	Wed	Jun 17

COMPUTER CLASSES

INTRO TO COMPUTERS

Provides fundamentals of hardware and software, terminology, operations, keyboard, and mouse. Learn the difference between word processing, spreadsheet, and database software. Min 4/Max 14

\$35(R) \$42(N) Age: 18Y and up
 North Bellevue Community Center

40015	12:30-2:30pm	Tue	Apr 07-28
40016	10am-12pm	Tue	May 05-26



INTRODUCTION TO VISTA

Discover how to use everything you see on the desktop when you turn on a Windows Vista computer. Learn defragmenting, cleanup, control panel, copy, move, and delete documents, organize your pictures or documents by creating new file folders. Enjoy the new Windows Vista features and enhancements that overcome the limitations and drawbacks of Windows XP. Bring your laptop to class and see the benefits of learning new Vista commands on your own computer. Min 8/Max 15

\$35(R) \$42(N) Age: 18Y - 99Y
 North Bellevue Community Center

40014	10am-12pm	Tue	Apr 07-28
40028	10am-12pm	Thu	May 07-28

ORGANIZE YOUR FILES IN VISTA

Windows Explore is where you can copy, move, delete, and organize your files into separate folders. Discover the Layout of Details, Preview, and Navigation panes, sort the files, and easily burn files to a CD or DVD. Bring your laptop to class and see the benefits of learning new Vista commands on your own computer. Min 5/Max 15

\$12 \$15 Age: 18Y and up
 North Bellevue Community Center

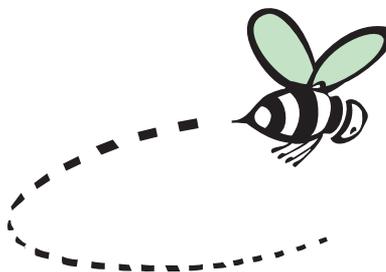
40152	12:30-2:30pm	Thu	Apr 23
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INTRODUCTION TO EXCEL 2007

Learn what is new in Excel 2007. Become acquainted with the Ribbon and how to use it easily. Work with formulas, learn how to add, subtract, multiply, and divide, create charts, resize columns and rows, move, copy, and delete, name a range of cells, format values, and fill in a series of days, months, or years easily. Bring your laptop to class and see the benefits of learning new Vista commands on your own computer. Min 8/Max 15

\$35(R) \$42(N) Age: 18Y - 99Y
 North Bellevue Community Center

40040	Tue	May 05-26
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INTRODUCTION TO WORD 2007

Learn what is new in Word 2007. Become acquainted with the Ribbon and how to use it easily. Understand formatting options: review copy, move, and delete text, pictures or documents, know when to use save and save as, print documents, and spell check. Bring your laptop to class and see the benefits of learning new Vista commands on your own computer. Min 8/Max 15

North Bellevue Community Center
 \$35(R) \$42(N) Age: 18Y - 99Y

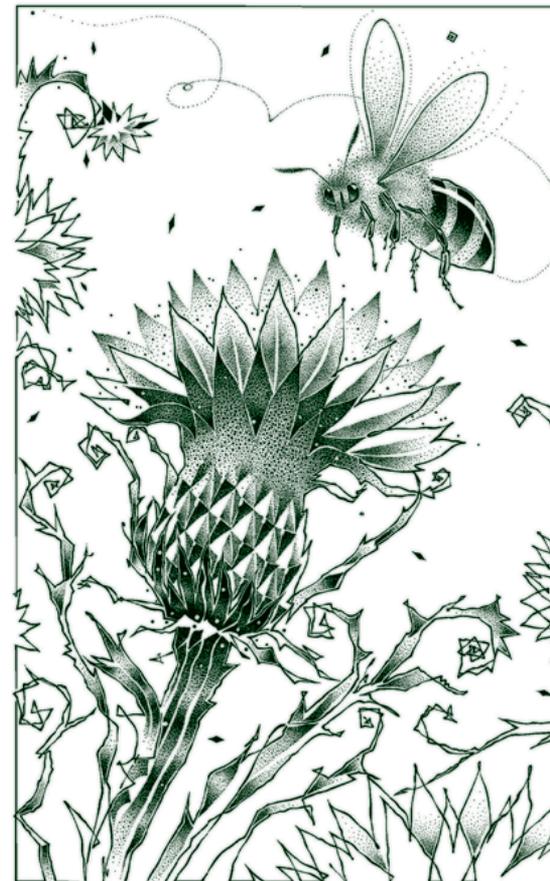
40041	10am-12pm	Thu	Apr 09-30
\$18(R) \$21(N)			Age: 18Y - 99Y
40043	10am-12pm	Tue	Jun 02-09

SEVERAL WORD 2007 COMMANDS

Customize the Quick Access Toolbar, review basic Word commands, create newspaper columns, learn how to make and print personal mailing labels plus add clipart, use tables to create a database, and add pictures, Wordart and graphics to your documents. Bring your laptop to class and see the benefits of learning new Vista commands on your own computer. Min 5/Max 15

\$12 \$15 Age: 18Y and up
 North Bellevue Community Center

40153	12:30-2:30pm	Thu	May 28
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Spring into golf at one of Bellevue's courses



www.bellevuepgc.com

5500 140th Ave NE
425-452-7250

The Bellevue Golf Course is a fun, challenging layout that is an excellent place to play for golfers of all abilities. Just over 6000 yards, fast smooth 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. The course offers the following amenities:

- **Online tee time bookings at www.bellevuepgc.com**
- 18 Hole Championship Course
- Summer Junior Camps — Starting June 29
- 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



15801 NE 15th Street
425-452-4873

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.

The practice area has 7 hitting stations. A restricted-flight ball is used that allows use of all clubs, including drivers.

Please contact the Clubhouse at 425-452-4873 for additional information regarding the course, driving range or group outings.

The Crossroads Golf Course is open March 1 to October 31.

Bellevue Golf Course Peak Season Fee Schedule

18 Holes	
Weekdays (Monday-Thursday)	
Regular.....	\$31
Junior/Senior.....	\$23
Back - 9.....	\$22
Sunset.....	\$22

18 Holes	
Weekend (Friday-Sunday)	
Regular.....	\$36
Back - 9.....	\$25
Sunset.....	\$27

Driving Range	
Small Bucket.....	\$4
Medium Bucket.....	\$7
Large Bucket.....	\$9
JUMBO Bucket.....	\$12

Crossroads Par 3 Fee Schedule

Weekdays		
<i>Unlimited Play</i>		
Youth/Senior	\$8	
Adult	\$10	
Weekends		
	9 Holes	18 Holes
Youth/Seniors	\$8	\$12
Adult	\$11	\$16
Driving Range		
Bucket.....	\$5	
Stick.....	\$3	

The first tee offers golf and life skills instruction at Crossroads in the Spring, Summer and Fall. For additional information regarding this program please contact Gordy Graybeal at 206-898-2949 or by email at gordyg@thefirstteeseattle.org





Outdoor Skate Facilities

BELLEVUE INDOOR SKATEPARK

14224 Bel Red Road, 98007

The Bellevue Skate Park is an indoor facility, featuring ramps, banks, ledges, rails, and other obstacles. The park is annually renovated by skateboarders to maintain current skating credibility. After a decade of skate camps, events, and competitions the energy and enthusiasm that our programs generate is unmatched. We provide a sense of community, and ownership to all participants regardless of age, experience or level of participation. 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 for details.

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: \$25 per hour; \$15 per 1/2 hour



HIGHLAND OUTDOOR SKATE PLAZA

14224 Bel-Red Road, 98007. This 13,000 square foot skate park replicates some of the worlds favorite street skate spots. Instead of half pipes or bowls, it has ledges, banks, stairs, hubbas, rails, benches, Euro gaps, barriers and a pole jam. This lighted plaza is free and open to all.

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, wall-ride and other obstacles. Designed for skateboards and rollerblading.

CROSSROADS SKATEPARK

Crossroads Community Center, 16000 NE 10th Street, 98007
This state-of-the-art outdoor, free, concrete facility was built by world renowned Grindline Skate Parks. It consists of a massive bowl with depths ranging from 4' to 9.5', features an over-vertical 'clam shell,' multiple hips, escalators, tombstone, with steel and concrete coping.

Bellevue Indoor Skate Park

SPRING Park Hours

Monday, Tuesday, Thursday, Friday
3-8pm

Wednesday
1-8pm

Saturday & Sunday
12 & Under: 12-1:30pm
Open Session: 1:30-7pm

Park Fees

Lessons: \$25/hr, \$15/1/2 hr
Session: \$3(R) \$4(N)
ID Card*: \$5(R) \$8(N)
Rental: Call 425-452-2722
for more information
10 Pass: \$25(R) \$35(N)



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



Climbing the Crag at South Bellevue



Come and climb our walls!

The Crag is a 33 foot tall indoor climbing wall sculpted to look and feel like Index Granite. The wall offers three top-rope climbing routes with varying degrees of difficulty and a bouldering wall for your enjoyment. Classes, workshops and supervised climbing sessions for all ages and skill levels as well as birthday parties and private rentals are supervised by Mini-Mountain staff. Ages 6Y and up.

One Hour Classes – These classes cover all the basics. Participants are taught how to correctly wear a harness, tie the knots, handle the rope, use a belay device and communicate with partners effectively. At the completion of this class adults can take a belay check test to earn a belay card. Fees: \$20(R) \$24(N)

Belay Check/Test/Adult Open Climb

– Individuals over 18 are checked to see if their belaying skills are current and effective. After earning a belay card participants will be able to climb and belay during Adult Only Open Climbing hours. Fees: \$10(R) \$12(N)

Drop-in Belayed Climbing Session –

During these times there will be a trained staff member to belay all individuals who wish to climb. Fees: \$6(R) \$7.50(N)

20 Climb Punch Pass – A punch pass good for 20 visits during regularly scheduled drop-in belayed climbing sessions. Fees: \$90(R) \$110(N)

Wall Rentals/Parties – Climbing parties will be available Thursday nights and Sundays. Come celebrate your special occasion by challenging your group to climb the wall. Fees: \$120/hr.

ROCK CLIMBING 101

This class is for the beginning or intermediate climber who would like to learn all of the basics of rock climbing. You will learn how to correctly wear a harness, tie the knots, handle the rope, use a belay device and communicate effectively. At the completion of this class, participants 18 and older can take a belay check test to earn an SBCC belay card. Min 1/Max 8 \$20(R) \$24(N) Ages: 6Y and up

South Bellevue Community Center			
36302	6-7pm	Tue	Mar 03
36303	6-7pm	Tue	Mar 10
36304	6-7pm	Tue	Mar 17
36305	6-7pm	Tue	Mar 24
36306	6-7pm	Tue	Mar 31
8999	6-7pm	Tue	Apr 07
39000	6-7pm	Tue	Apr 14
39001	6-7pm	Tue	Apr 21
39002	6-7pm	Tue	Apr 28
39003	6-7pm	Tue	May 05
39004	6-7pm	Tue	May 12
39005	6-7pm	Tue	May 19
39006	6-7pm	Tue	May 26
39007	6-7pm	Tue	Jun 02
39008	6-7pm	Tue	Jun 09

ROCK CLIMBING 101 FOR PARENT/CHILD

This class is for the beginning or intermediate climber who would like to learn all of the basics of rock climbing. You will learn how to correctly wear a harness, tie the knots, handle the rope, use a belay device and communicate effectively. At the completion of this class, participants 16 and older can take a belay check test to earn an SBCC belay card. This is a great course for parents and children to take their relationship to new heights. Go Climbing!!! Price is for one child and one adult. Min 1/Max 8 \$20(R) \$24(N) Ages: 6Y and up

South Bellevue Community Center			
36318	9-10am	Sat	Mar 07
36319	9-10am	Sat	Mar 14
36320	9-10am	Sat	Mar 21
36321	9-10am	Sat	Mar 28
38971	9-10am	Sat	Apr 11
38972	9-10am	Sat	Apr 18
38973	9-10am	Sat	Apr 25
38974	9-10am	Sat	May 02
38975	9-10am	Sat	May 09
38976	9-10am	Sat	May 16
38977	9-10am	Sat	May 30
38978	9-10am	Sat	Jun 06
38979	9-10am	Sat	Jun 13
38980	9-10am	Sat	Jun 20

The Crag at South Bellevue Community Center • Climbing Wall Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Open Climb 9am-3pm	Adult Open Climb 9am-3pm	Adult Open Climb 9am-2pm	Adult Open Climb 9am-3pm	Adult Open Climb 9am-3pm	Parent/Child Rock Climbing 101 Class* 9-10am	AVAILABLE FOR RENTALS 10:30am-4:30pm
Drop-in Climbing Session 1 3:30-5:30pm	Drop-in Climbing 3:30-5:30pm	Drop-in Climbing 2-5pm	Drop-in Climbing 3:30-5:30pm		Drop-in Climbing Session 1 10am-1pm	
Session 2 6-8:30pm	Rock Climbing 101 Class* 6-7pm <i>*see dates in course listing</i>		AVAILABLE FOR RENTALS 6-8pm		Session 2 1:30-4:30pm <i>* See dates in course listing</i>	

GETTING TO KNOW YOUR DIGITAL CAMERA

Work with your own camera to determine which settings provide the most satisfactory results. Ownership of a digital camera with 3.2 or more megapixels essential. Learn what buttons and dials mean and how to use them. Bring your camera, extra batteries, and instruction book to class. Min 4/ Max 15

\$12(R) \$15(N) Age: 18Y and up
 North Bellevue Community Center
 40017 12:30-2:30pm Thu Apr 09
 40027 12:30-2:30pm Tue Jun 02

VISTA PHOTO GALLERY

Vista Photo Gallery organizes, tags and rates your photos, the auto adjust provides a simple way to improve the appearance of less than perfect photos. crop, remove red eye, adjust color, send your photos to e-mail, produce a slideshow, and easily burn your photos to a CD or DVD. Bring your laptop to class and see the benefits of learning new Vista commands on your own computer. Min 4/Max 14

\$12(R) \$15(N) Age: 18Y and up
 North Bellevue Community Center
 40029 12:30-2:30pm Thu May 14

ONE-ON-ONE WITH DORIS FORD

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

\$24(R) \$29(N) Age: 18Y and up
 North Bellevue Community Center
 40021 12:30-2:30pm Thu Apr 16
 40022 12:30-2:30pm Thu Apr 30
 40019 12:30-2:30pm Thu May 07
 40020 12:30-2:30pm Thu May 21
 40018 12:30-2:30pm Tue Jun 09



DROP-IN SPORTS

BADMINTON

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

\$2.50(R) \$3 Age: 18Y and up
 South Bellevue Community Center
 ongoing 7-8:45pm Wed Apr 01-Jun 24
 ongoing 12:30-2:30pm Thu, Tue Apr 02-Jun 18
 Highland Community Center
 ongoing 10am-1pm Sun Mar 29-Jun 14

BADMINTON - FAMILY TIME

Come play badminton with your family at our open play time. Ages 6 and up are welcome. Waivers will need to be signed by parents or legal guardians. Ages 15 and under need to be accompanied by an adult. Ages 16 and 17 are welcome with a parent/guardian signed waiver. The schedule is subject to change depending on attendance. Min 1/Max 99

\$2.50(R) \$3(N) Age: 6Y - 99Y
 South Bellevue Community Center
 ongoing 12:30-2:30pm Sun Apr 05-Jun 28

BASKETBALL - ADULT OPEN GYM

Come to our open gym time for adults. Open for full court play until there are too many, then players have option to switch to half court play. Schedule subject to change depending on attendance. Min 1/Max 50

\$2.50(R) \$3(N) Age: 18Y and up
 South Bellevue Community Center
 6-7:30am Tue/Thu
 12-2pm Mon/Wed
 6:30-8:30pm Tue
 2:45-4:45pm Sat
 10am-12:30pm Sun

BASKETBALL - DROP-IN

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

\$2.50 \$3(N) Age: 18Y and up
 Highland Community Center
 ongoing 12-1pm Tue, Thu Mar 31-Jun 18

BASKETBALL - FAMILY TIME

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

FREE Age: 5Y and up
 South Bellevue Community Center
 ongoing 1-2:30pm Sat Apr 04-Jun 28
 2:30-4:45pm Sun

KID-ZONE BASKETBALL

This is a drop-in program for youth and teens to improve their skills. All kids under 7 need to be accompanied by an adult. All teens must still be in high school. Does not require registration. Min 1/Max 1

FREE Age: 7Y - 18Y
 Crossroads Community Center
 ongoing 2:30-5:30pm Mon-Fri Mar 30-Jun 19
 ongoing 12-5:30pm Mon-Fri Jun 22-Jul 03



Sports

NOON HOUR HOOPS

Shoot hoops or run full court, while getting fit and enjoying the competition! This drop-in program is for adults 18 and up. Must be out of high school. Does not require registration. Min 1/Max 1

\$2.50(R) \$3(N) Age: 18Y and up
 Crossroads Community Center
 ongoing 12-2:30pm Mon-Fri Mar 30-Jun 19

BILLIARDS 'N MORE

Drop-in program for adults. Join the fun in our games room! Activities include: billiards (pool), air hockey, foosball, table tennis, and board games. No registration required. Min 1/Max 1

FREE Age: 18Y and up
 Crossroads Community Center
 ongoing 9am-2:30pm Mon-Fri Mar 30-Jul 03
 ongoing 5:30-7:45pm Mon-Fri Mar 30-Jul 03
 ongoing 9am-4:45pm Sat Apr 04-Jun 27

DROP-IN EXERCISE

Come out to Highland Community Center for drop-in exercise. Resistive machines and some hand weights available. Treadmill and nu-step also available. No instructor on-site. Drop-in times are Monday – Thursday 2pm-5pm and Friday 12p-5pm. Highland Community Center Min 10/Max 10

\$2.50(R) \$3(N) Age: 18Y - 99Y
 Highland Community Center
 ongoing 2-5pm Mon-Fri Mar 30-Jun 05

PICKLEBALL

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

\$2.50(R) \$3(N) Age: 18Y and up
 South Bellevue Community Center
 ongoing 10:45am-12:45pm Fri, Tue Apr 03-Jun 19

TABLE TENNIS

Are you a competitive table tennis player? If so, come join in the competitive play at Crossroads. Tables are provided. Please bring a ball and a paddle. All skill levels are welcome. Youth ages 13-17 are free. Does not require registration. Min 1/Max 1

\$2.50(R) \$3(N) Age: 18Y and up
 Crossroads Community Center
 ongoing 5:30-7:45pm Fri Apr 03-Jul 03
 ongoing 9:15-11:15am Sat Apr 04-Jun 27

VOLLEYBALL

Get ready to bump, set, and spike during this evening program. This is an adult drop-in program. Bring your friends and have fun improving your volleyball game! Must be out of high school. Does not require registration. Min 1/Max 1

\$2.50(R) \$3(N) Age: 18Y and up
 Crossroads Community Center
 ongoing 5:30-7:45pm Mon Mar 30-Jun 29
 Highland Community Center
 ongoing 3:30-5:30pm Mon, Wed Mar 30-Jun 17
 South Bellevue Community Center
 ongoing 6:30-8:30pm Thu Apr 02-Jun 25

FAMILY GAMES DROP-IN

Drop-in after-school program for families 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. Does not require registration. Min 1/Max 1

FREE All Ages
 Crossroads Community Center
 ongoing 5:30-7:45pm Mon-Fri Mar 30-Jul 03
 ongoing 9am-4:45pm Sat Apr 04-Jun 27

FAMILY GYM

This drop-in program is an opportunity for families to spend time in the gym working on skills and improving their game. No teams or organized practices. Children under 7 need to be accompanied by an adult. Does not require registration. Min 1/Max 1

FREE All Ages
 Crossroads Community Center
 ongoing 5:30-7:45pm Tue-Wed Mar 31-Jul 01
 ongoing 11:30am-4:45pm Sat Apr 04-Jun 27

NON-LEAGUE ADULT SPORTS

COED SENIOR SOFTBALL

We have one slow-pitch coed team now looking for players. The season runs from April through August. For more information, contact Barbara Polkinghorn, 425-746-5122.

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 to 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 a winery trip. Riders must provide their own bicycle and helmet. Contact Judy at 425-378-0645 if you are interested.



URBAN CYCLING TECHNIQUES

Get around Bellevue with safety and style on a bicycle this season. Your clean, healthy, and cheap transit option will be within reach after this interactive course where professionals from Cascade Bicycle Club will teach positive and confident interaction with urban traffic. Familiarize yourself with Bellevue routes and make safe trips a priority. Tips from this course will make city cycling a natural and enjoyable experience. Helmet and bicycle required. This course is taught over two days. Min 4/Max 12

\$45 Age: 10Y and up
 Crossroads Community Center
 40420 9:30am-1:30pm Sat-Sun Apr 18-19

NORTHWEST SENIOR GAMES

The Northwest Senior Games will be presented in cooperation with the cities of Seattle, Kirkland, Redmond, Mercer Island, and Shoreline. The Northwest Senior Games has offered healthy competition in various sports for people age 50 and over since 1998. Events will include Badminton, Billiards, Ballroom and Line Dance, Golf, Ice Hockey, Kayaking, Martial Arts, Pickleball, Softball, Swimming, Table Tennis, Track & Field, and Volleyball. For more information and registration, please visit www.northwestseniorgames.org. Locations vary.

ADULT SPORTS LEAGUES

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 slouie@bellevuewa.gov to be placed on the list, obtain additional information, and/or request registration packets. You can also obtain information about all leagues we offer at our website, www://bellevuewa.gov/parks_adult_sports_leagues.htm.

ADULT BASKETBALL LEAGUES

Adult Basketball Leagues are played at various Bellevue Parks and Bellevue School District locations. Programs are supervised by Parks staff and officiated by PNBOA officials. Several leagues are offered for varying levels of play and nights of play. Players must be 18 or older. An "interested" players list is maintained and made available to team managers looking for additional players.

40508	AA - Wednesdays	Apr 15-Jul 01
40509	Lower A - Mondays	Apr 13-Jun 29
40510	Lower A - Thursdays	Apr 16-Jul 02
40511	Intermediate A - Tuesdays	Apr 14-Jun 30
40513	Upper A - Wednesdays	Apr 15-Jul 01

EASTSIDE WOMENS

BASKETBALL LEAGUE

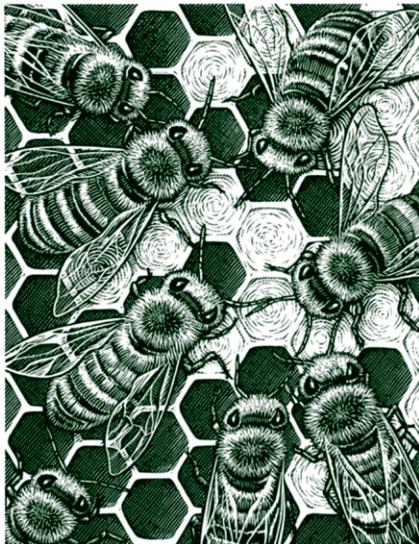
The Eastside Women's Basketball League is played at various sites in the cities of Bellevue and Redmond. Programs are supervised by Parks staff and officiated by SOWB and PNBOA officials. Competitive and Recreation levels are offered. Players must be 18 or older. An "interested" players list is maintained and made available to team managers looking for additional players.

40505	Competitive - Mon	Apr 13-Jun 29
40506	Recreational - Mon	Apr 13-Jun 29

ADULT VOLLEYBALL LEAGUES

Co-rec volleyball leagues for the Fall, Winter, and Spring are played at various Bellevue Parks and Bellevue School District locations. Programs are supervised by Parks staff and self-officiated. Several leagues are offered for varying levels of play. Players must be 18 or older. An "interested" players list is maintained and made available to team managers looking for additional players.

40501	AA - Sun	Apr 19-Jun 28
40502	Upper A - Sun	Apr 19-Jun 28
40503	Lower A - Sun	Apr 19-Jun 28
40504	B - Sun	Apr 19-Jun 28



Sports

YOUTH SPORTS/FITNESS

The goal of Youth Sports and fitness programs is to provide quality programming with responsible leaders so youth have the opportunity to grow and learn. We are a program in which opportunity for participation is provided to all those who enter, regardless of skill and ability. We wish to provide youth with a FUN learning experience and the opportunity to develop lifetime sports and fitness skills.

YOUTH SOCCER PROGRAM INFORMATION

League Soccer Games: Games will replace practices. However, warm-up practice will occur before each game once league games begin.

Uniforms: Jersey is included in the registration fee. Shin guards required for all soccer programs and tennis shoes required for all track and field programs.

Indement Weather Policy: Players must show up at the field. Decision to play or not to play will be made at the field. Come prepared to play in all weather!

Volunteer Coaches Needed: Volunteer soccer and track and field coaches are needed. Call 425-452-6885 to receive a \$20 discount towards your registration fee for being a volunteer coach. **MUST ATTEND A COACHES CLINIC TO RECEIVE DISCOUNT!**

Participants will be assigned to teams based on the following:

1. Date and time of sign-up.
 2. Special request for coach.
 3. Special request for ONE teammate.
- Additional requests for teammates will not be considered.

Please note that there are no guarantees regarding requests or team assignments and all requests must be made before the league start date!

Mighty Mites Soccer League

This is a great way for your budding star to begin team play and progress to the next stage of learning soccer. This 7 week league, will give your child the basic instructions of dribbling, passing, scoring and cheering! We will begin with 2 weeks of team practice, then followed by 5 weeks of soccer games. Come and join the fun! Volunteer coaches are needed for this league. Coaches are allowed on field during play.

\$56(R) \$62(N) Age: 5Y - 6Y
Robinswood Sportsfields
40346 4-5:15pm Tue Apr 21-Jun 02

Youth Soccer League

It's a kick! Kids will further develop and enhance their basic knowledge and skills of soccer, in our 7 week program. We will learn positive sportsmanship and team play while having fun! Coaches are allowed on field during play.

\$56(R) \$62(N) Age: 7Y - 9Y
Robinswood Sportsfields
40346 4-5:15pm Wed Apr 22-Jun 03

INDOOR SOCCER WITH MICHAEL SMITH

Participants will learn the fun game of soccer! Soccer techniques; dribbling, passing and scoring goals will be emphasized. Children will learn to play with teammates and develop balance/coordination and listening skills.

Min 6/Max 10
\$50(R) \$60(N) Age: 4Y - 6Y
Highland Community Center
39154 10-10:45am Tue Apr 28-Jun 02
39155 11-11:45am Tue Apr 28-Jun 02
39156 1-1:45pm Tue Apr 28-Jun 02
39157 2-2:45pm Tue Apr 28-Jun 02
39158 1-1:45pm Thu Apr 30-Jun 04
39159 2-2:45pm Thu Apr 30-Jun 04

BIDDY SATURDAY BASKETBALL

Give your child the opportunity to participate in the FUN sport of basketball! This class is specially designed to develop basic motor skills, teaching age appropriate fundamentals of the game. You can choose basketball, or you can sign-up for all three classes. This program is a parent/guardian participation required program, which will offer quality bonding time with your children. Min 10/Max 25

\$34(R) \$40(N) Age: 3Y - 6Y
Tye Community Gym
39139 12-12:45pm Sat Apr 18-May 09
39140 12-12:45pm Sat May 16-Jun 06

BIDDY SATURDAY SOCCER

Give your child the opportunity to play the FUN sport of soccer! This program is designed to develop basic motor skills, teaching age appropriate fundamentals. You can choose Soccer, or you can sign-up for all three classes. This program is a parent/guardian participation required program, which will offer quality bonding time with your children.

Min 10/Max 25
\$34(R) \$40(N) Age: 3Y - 6Y
Tye Community Gym
39145 10-10:45am Sat Apr 18-May 09
39146 10-10:45am Sat May 16-Jun 06

BIDDY SATURDAY T-BALL

Give your child the opportunity to participate in the great sport of t-ball. This class is specially designed to develop basic motor skills, teaching age appropriate fundamentals. You can choose T-ball or you can sign-up for all three classes. This program is a parent/guardian participation required program, which will offer quality bonding time with your children. Min 10/Max 25

\$34(R) \$40(N) Age: 3Y - 6Y
Tye Community Gym
39148 9-9:45am Sat Apr 18-May 09
39150 11-11:45am Sat Apr 18-May 09
39149 9-9:45am Sat May 16-Jun 06
39151 11-11:45am Sat May 16-Jun 06



BASEBALL - JUNIOR INSTRUCTIONAL CLINIC

Your child is now ready for the next level! This 8 week baseball clinic provides your child the jumpstart they need in fully comprehending baseball. We want your child to further increase their knowledge of baseball, by teaching a variety of techniques and skills needed in understanding and playing this sport. Min 10/Max 36

\$56(R) \$67(N) Age: 7Y - 12Y
Lake Hills Community Park
39136 4:30-5:30pm Thu Apr 23-Jun 11

DREAM TEAM CHEER SQUAD

Be a part of the Bellevue Parks cheer squad! You'll learn dances, cheers, and beginning stunts. There are performance opportunities as well! Dream Team has performed at halftime for the Sonics and Seattle Storm. Previous cheer, dance or gymnastics experience recommended but not required. Extra costs may be incurred for this class. Contact instructor with questions. Min 8/Max 35

\$66(R) \$74(N) Age: 7Y - 18Y
Tyee Community Gym
40084 4-5:45pm Fri Apr 17-Jun 12

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 and instructor permission. Min 8/Max 16

\$50(R) \$58(N) Age: 8Y - 18Y
Tyee Community Gym
40085 4-5pm Wed Apr 15-Jun 10

TRACK & FIELD

This program's main philosophy is to learn, participate, and introduce your child to physical fitness through basic track and field events such as running, jumping, and throwing. We will combine fun with technical development which will lead to an improved understanding of this rising sport. Participants will take part in different track and field drills and demonstrations on Mondays and compete in track meets on Thursdays and Fridays beginning in May. Volunteer Adult runners are needed for this program! Min 10/Max 50

\$56(R) \$67(N) Age: 4Y - 14Y
Tillicum Middle School Site
39138 4-5:30pm Mon, Thu Apr 27-Jun 18

ROBINSWOOD TENNIS CENTER

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

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

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

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.

TENNIS FOR INDIVIDUALS LIVING WITH DEVELOPMENTAL DISABILITIES

This class stresses self-esteem, participation, and basic tennis skills. Wednesdays from 3:45pm-4:45pm, cost is \$5 per class.

MISCELLANEOUS SERVICES OFFERED

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



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.

OUTDOOR TENNIS COURTS

See page 7 for a listing of 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*

Men's Doubles Night – Tuesdays at 6:15, 7:30 & 8:45pm; Thursdays at 7:30 & 8:45pm. For intermediate to advanced intermediate levels of play.
Coordinator: Dan Mayr, 206-632-3009 or nwtresources@msn.com

Mixed Doubles Night - for intermediate Men & Women. Mondays at 7:30pm
Coordinator: Suzanne Denney or suzannedenney@aol.com
Fridays at 7:15pm. Coordinator: Greg Kidd 425-828-8590, or Gregory.kidd@comcast.net

Ladies' Wednesday Evening Doubles – For intermediate to advanced intermediate players, Wednesdays at 6:15pm.
Coordinator: Annette via email at: ak4595@gmail.com

Youth Tennis Programs

SATURDAY YOUTH GROUP LESSONS

6-Week Sessions

CLASS TIMES/FEEES:

10-11am	Intermediate	9-12yrs	\$72
11-11:45am	Little Lobbers	4-7yrs	\$64
1-2pm	Beginning I	7-12yrs	\$72
2-3pm	Beginning II	7-12yrs	\$72
3-4pm	Advanced Beginning I	7-12yrs	\$72
4-5pm	Advanced Beginning II	7-12yrs	\$72
5-6pm	Teen	13-17yrs	\$72



CLASS DESCRIPTIONS:

Little Lobbers: Ages 4-7. Class focuses on young children to build hand-eye coordination and develop muscle memory for basic form. All children younger than 7 yrs are required to start in the Little Lobbers unless approved by teaching staff.

Saturday Youth Lobbers Session 1
40594 11-11:45am Sat Apr 04-May 09

Saturday Youth Lobbers Session 2
40595 11-11:45am Sat May 23-Jun 27

Beginning I: Ages 7-12. Class focuses on building hand-eye coordination and developing muscle memory for basic form. Class is designed for any child who has never taken lessons before. Main goal of the class is to remember and know basic stroke technique.

Saturday Youth Beginning 1 Session 1
40587 1-2pm Sat Apr 04-May 09

Saturday Youth Beginning 1 Session 2
40588 1-2pm Sat May 16-Jun 20

Beginning II: Ages 7-12. Class focuses on strengthening hand-eye coordination and strength of the child while still maintaining good form. Class is designed for children who have completed Beginning I or have had limited lessons in the past. Goal of the class is to be able to hit all strokes from the service line, over the net with good form. All children younger than 9yrs are required to start in Beginning I unless approved by teaching staff.

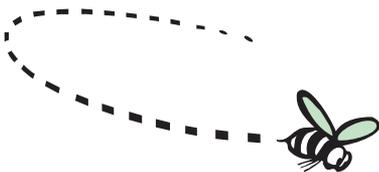
Saturday Youth Beginning 2 Session 1
40591 2-3pm Sat Apr 04-May 09

Saturday Youth Beginning 2 Session 2
40590 2-3pm Sat May 16-Jun 20

Advanced Beginning I: Ages 7-12. Class focuses on continued strengthening in form and execution. Class is designed for children who have completed Beginning II or have had extensive lessons in the past. Children who have never been in the Robinswood program may be asked to be moved into Beginning II if they are not yet ready for Advanced Beginning I. Goal of the class is for children to start being able to hit groundstrokes consistently from the service line and are able to hit serves in the correct boxes.

Saturday Youth Advanced Beginning 1 Session 1
40583 3-4pm Sat Apr 04-May 09

Saturday Youth Advanced Beginning 1 Session 2
40584 3-4pm Sat May 16-Jun 20



Advanced Beginning II: Ages 7-12. Class focuses on ability to hit all strokes from the baseline. Class is designed for children who have completed Advanced Beginning I. Children not ready for this class will be asked to be moved. Goal of the class is be able to hit all strokes consistently from the baseline.

Saturday Youth Advanced Beginning 2 Session 1
40585 4-5pm Sat Apr 04-May 09

Saturday Youth Advanced Beginning 2 Session 2
40586 4-5pm Sat May 16-Jun 20

Intermediate: Ages 9-12. Class focuses on developing footwork and movement to the ball and beginning to rally. Volleys and overheads are also introduced. Class is designed for children who have completed Advanced Beginning II. Entry to this class granted only through instructor approval. Goal of the class is to develop the ability to move efficiently on the court and the ability to rally in the service box.

Saturday Youth Intermediate Session 1
40592 10-11am Sat Apr 04-May 09

Saturday Youth Intermediate Session 2
40593 10-11am Sat May 16-Jun 20

Teen: Ages 13-18. Class focuses on development of all the strokes in tennis. Class is treated as an introductory course. Goal of the class is to develop consistent strokes with good form, and begin rallying skills.

Saturday Youth Teen Session 1
40596 5-6pm Sat Apr 04-May 09

Saturday Youth Teen Session 2
40597 5-6pm Sat May 16-Jun 20

TENNIS TEAMS

Robinswood offers four different levels of tennis teams for Bellevue youth. Teams are offered for youth who have progressed past the basic Saturday Youth program, and are set up in a drill/match play environment. Sessions run year round. Min 16/Max 36 Robinswood Tennis Center

Low Intermediate - First level of play, meant for youth who have progressed past the Saturday Youth program.

\$156 Age: Up to 17Y
40575 3:45-5pm Tue, Thu Apr 28-Jun 18

Intermediate - Participants at this level should already have developed basic strokes, understand rules and scoring. Teams are set up in a drill/match play environment where participants will reinforce basic fundamentals as well as be introduced to more advanced strokes, play matches and learn strategy.

\$220 Age: Up to 17Y
40581 3:45-4:45pm Mon, Wed, Fri Apr 27-Jun 19

Varsity - Participants at this level should already have developed basic strokes, understand rules and scoring. Teams are set up in a drill/match play environment where participants will reinforce basic fundamentals as well as be introduced to more advanced strokes, play matches and learn strategy.

\$220 Age: Up to 17Y
40579 5-6pm Mon, Wed, Fri Apr 27-Jun 19

Tournament - Participants at this level should already have developed basic strokes, understand rules and scoring. Teams are set up in a drill/match play environment where participants will reinforce basic fundamentals as well as be introduced to more advanced strokes, play matches and learn strategy.

\$220 Age: Up to 17Y
40581 3:45-4:45pm Mon, Wed, Fri Apr 27-Jun 19

Adult Tennis Programs

ADULT DAY & NIGHT TENNIS PROGRAMS

Min 4/Max 8

\$90 Age: 19Y and up
Robinswood Tennis Center

Beginning

Level 1 is designed to provide basic skills needed to play tennis; including etiquette, rules, and keeping score.

Session 1

40544	10:30-11:45am	Wed	Apr 01-May 06
40565	7:30-8:45pm	Mon	Mar 30-May 04
40566	7:30-8:45pm	Wed	Apr 01-May 06

Session 2

40545	10:30-11:45am	Wed	May 13-Jun 17
40567	7:30-8:45pm	Mon	May 11-Jun 15
40568	7:30-8:45pm	Wed	May 13-Jun 17

Advanced Beginning

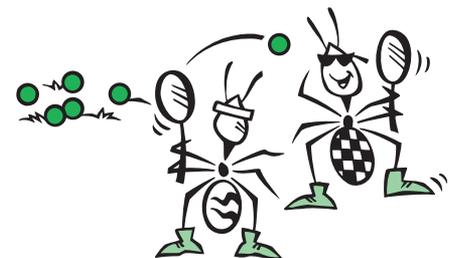
Level 2 builds on the basics, reinforcing technique, and adding advanced drills and learning how to play doubles

Session 1

40538	10:30-11:45am	Tue	Mar 31-May 05
40539	11:45am-1pm	Wed	Apr 01-May 06
40560	8:45-10pm	Mon	Mar 30-May 04
40561	8:45-10pm	Wed	Apr 01-May 06

Session 2

40540	10:30-11:45am	Tue	May 12-Jun 16
40541	11:45am-1pm	Wed	May 13-Jun 17
40562	8:45-10pm	Mon	May 11-Jun 15
40563	8:45-10pm	Wed	May 13-Jun 17



Tennis / Resources for Older Adults

Intermediate

Participants already have sound fundamentals and are working on advanced technique such as spin serves, continental grip volleys, the slice backhand, basic singles and doubles strategy.

Session 1

40546	11:45am- 1pm	Mon	Mar 30-May 04
40547	10:30-11:45am	Thu	Apr 02-May 07
40569	7:30- 8:45pm	Tue	Mar 31-May 05
40570	7:30- 8:45pm	Thu	Apr 02-May 07

Session 2

40548	11:45am- 1pm	Mon	May 11-Jun 15
40549	10:30-11:45am	Thu	May 14-Jun 18
40571	7:30- 8:45pm	Tue	May 12-Jun 16
40572	7:30- 8:45pm	Thu	May 14-Jun 18

Advanced

Participants will continue to polish technique as well as apply this to match play. More advanced drills and emphasis on sound tactics for singles and doubles play.

Session 1

36694	8:45-10pm	Tue	Jan 06-Feb 10
36695	8:45-10pm	Thu	Jan 08-Feb 12
40554	8:45-10pm	Tue	Mar 31-May 05
40555	8:45-10pm	Thu	Apr 02-May 07

Session 2

36696	8:45-10pm	Tue	Feb 17-Mar 24
36697	8:45-10pm	Thu	Feb 19-Mar 26
40556	8:45-10pm	Tue	May 12-Jun 16
40557	8:45-10pm	Thu	May 14-Jun 18

Advanced Doubles

Focus on doubles play emphasizing: working with partner, positioning, movement, and strategy

Session 1

40542	11:45am- 1pm	Mon	Mar 30-May 04
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Session 2

40543	11:45am- 1pm	Mon	May 11-Jun 15
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NORTH BELLEVUE COMMUNITY CENTER, AGING SERVICES

4063 - 148th Avenue NE, 425-452-7681

Hours of operation: Monday-Friday, 8am to 10pm; Saturday, 9am-4pm. A variety of Social Services are offered on-site as well as a wide range of recreational opportunities including scheduled courses, drop-in activities, and day-trips.

SOUTH BELLEVUE COMMUNITY CENTER, OLDER ADULT PROGRAMS

14509 SE Newport Way • 425-452-4240

As we develop programs, we want to hear from you as to what you would like to find at South Bellevue Community Center. Give us a call at 425-452-4240, email us at sbcc@bellevuewa.gov, or better yet come visit us!

RESOURCES & INFORMATION

Available at North Bellevue Community Center, unless otherwise indicated.

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.

SNAP

SNAP for Seniors, a comprehensive online housing resource at www.snapforseniors.com. Independent living listings through all levels of care, including Alzheimers and dementia housing resources.

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. Call 425-899-3200.

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.

HEALTH

FOOT CARE

Chris Egan, RN will trim toe nails by appointment 2nd and 4th Wednesday each month. This service is geared for older adults and/or diabetics who need assistance with this task. Fee is \$28 payable by cash or check the day of the appointment. Call 425-452-7681 for availability.

SEATTLE MENTAL HEALTH

Counseling, Psychiatric Evaluations, Medication Management, Day Treatment Services, Case Management, and Support Groups. Call 425-653-4900.

SENIOR CARE

@ Overlake Hospital Medical Center Programs and services for seniors. Call 425-688-5800 for more information.

BENEFITS CHECK UP ONLINE

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

GENERAL

AARP AREA OFFICE

1-800-922-8716 or 206-517-2327

AARP COMMUNITY SERVICE EMPLOYMENT PROGRAM

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

COMPUTER HELP DESK SERVICE

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

EASTSIDE LEGAL ASSISTANCE PROGRAM

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

W.I.C.S.

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

Resources for Older Adults

SENIOR INFORMATION & ASSISTANCE

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

IMMIGRANT SERVICES

CHINESE SERVICES

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.

SPANISH SERVICES

Sea Mar Community Health Center co-sponsors a variety of services to Latino Seniors at the North Bellevue Community Senior Center. Ethnic lunch for those 60 years & older every Friday (\$3 donation) followed by a dance, ESL classes, bi-lingual education, healthcare information, 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 SENIOR RIGHTS ASSISTANCE

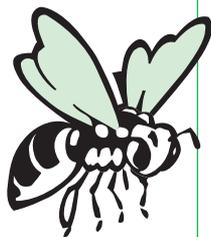
Help with consumer issues, landlord/tenant problems, homeowner concerns, estate information, end-of-life planning, substitute decision making, legal referrals and elder abuse information. 206-448-5720

SOCIAL SECURITY INFORMATION

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

STATEWIDE HEALTH INSURANCE BENEFITS ADVISOR (SHIBA)

Trained volunteers from the Office of the State Insurance Commissioner and Senior Services of King County offer information on Medicare insurance claim forms, Medicare Billing procedures, Managed Care Plans, Supplemental Health Insurance, Long Term Care Insurance and Social Security problems. Call 425-452-7681 for an appointment.



MEALS/FOOD DELIVERY

LUNCHES

Hot meals sponsored by Catholic Community Services of Pierce County available at noon on Monday, Tuesday, Wednesday & Friday each week. First come-first served. Suggested \$3 donation for 60+, fee if younger. See Special Events on page 65 for special holiday meal events which require pre-registration. Monthly menus available.

MEALS ON WHEELS

Frozen meals are delivered to homebound seniors on Mon. Average \$3 donation. Call the Seattle office at 206-727-6242 for additional information.

SUPPORT GROUPS/MEETINGS

YOUNG ONSET PARKINSONS

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

NARFE (National Association of Retired Federal Employees)

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

PROBUS

Retired & semi-retired professional/business person. 3rd Thursday of each month at 9am. For more information, call 425-861-0596.

P.O.W.S

Prisoners of Foreign Wars. 4th Tuesday of each month at noon. For more information, call Jim Keeffe 425-747-4444.

TRANSPORTATION ACCESS

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

BUS BUDDY

Personalized, one-on-one training in the use of transit services for older adults, people with special needs, youth, and people with low income. For more information, please contact Lori Ferrin at Hopelink, 425-943-6769, or busbuddy@hope-link.org.

VOLUNTEER TRANSPORTATION FOR SENIORS

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

VOLUNTEER OPPORTUNITIES

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 job descriptions. Volunteer opportunities are available in the following areas:

- 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
- Newcomer Social Committee
- Entertainment
- "Powerful Tools for Caregivers" Instructors

INTERGENERATIONAL READING PROGRAM

Help a child learn to read at Sherwood Forest Elementary School. Co-sponsored by RSVP Reading Challenge Program. For more information call 425-869-5857.

RSVP

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

EYEGLASS DONATIONS

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



SPECIAL EVENTS

SPRING FLING DANCE

Welcome Spring with 'Sounds of Swing'. Big band favorites and all the standards will be performed for your dancing pleasure. Min 10/Max 200
\$10(R) \$10(N) Age: 18Y - 99Y
North Bellevue Community Center
40532 7-9pm Sat Apr 04

DROP-IN BALLROOM

Spend the first Monday of each month dancing to the old favorites and meeting new friends. Hope to see you there! Min 1/Max 75
FREE Age: 55Y and up
South Bellevue Community Center
40164 2-4pm Mon Apr 06-Jun 01

MOTHER'S DAY LUNCHEON

Come and celebrate the joys of motherhood with a delicious meal, bingo and doorprizes. Suggested donation of \$3 payable at the door. Pre-registration required by Friday, May 4. Min 10/Max 25
FREE All Ages
North Bellevue Community Center
39893 11:30am-1pm Wed May 13

SENIOR HEALTH & FITNESS DAY

Stop by the North Bellevue Community Center and discover ways you can participate in 'Fitness...A Lifetime Investment'. See what we have currently available and find out about our plans for the future of fitness at this location. Min 5/Max 100
FREE Age: 18Y and up
North Bellevue Community Center
39894 10am-1pm Wed May 27

SPRING FLING LUNCHEON

Celebrate Springtime (& April Fool's Day) with a tasty lunch, bingo and doorprizes. We will also have a crazy-hat contest and fashion parade of the entries. \$3 suggested donation, payable at the event. Co-sponsored by Senior Services Community Dining. Pre-registration required by March 28. Min 25/Max 90
FREE All Ages
North Bellevue Community Center
39892 11:30am-1:30pm Tue Apr 07

SOUNDS OF SWING DANCES

The 'Sound Of Swing' will perform for your dancing pleasure. Min 10/Max 100
\$3 Age: 18Y and up
North Bellevue Community Center
Spring Fling Dance
39887 2-4pm Tue Apr 14

Mother's Day Dance

39888 2-4pm Tue May 12

Father's Day Dance

39889 2-4pm Tue Jun 09



SPECIALIZED RECREATION

Highland Center

14224 Bel-Red Road • 425-452-7686

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

Volunteers are an important part of Highland Center. If you are interested in being a volunteer, please call Kim Indurkar at 425-452-6105 or email kindurkar@bellevuewa.gov for more information.

SPECIALIZED PROGRAMS

All programs are located at Highland Center unless otherwise noted.

COMMUNITY PROGRAMS OF INTEREST

All programs are at the Highland Community Center.

ALS ASSOCIATION OF WESTERN WASHINGTON

Provides support for those living with ALS, their families, loved ones, and anyone who is interested in learning about the disease.

When: 4th Thursday of each month
6:30-8:30pm

Contact: Carl Moore, 425-656-1650

ALS CAREGIVER SUPPORT GROUP

When: 2nd Saturday of each month
9:30-11:30am

Contact: Carl Moore, 425-656-1650

DISABLED AMERICAN VETERANS

(Chapter 43)

When: 1st Sat. of each month,
11:30am-2:30pm

Contact: Art Dammicoehler,
425-455-1831

FEAT- FAMILIES FOR EARLY AUTISM TREATMENT

Once a month play group and social activities for children with autism.

When: 2nd Sat. of each month,
9:30am-1pm

Contact: Judy Weiser, 425-868-6810



Specialized Recreation

KING COUNTY PARENT COALITION FOR DEVELOPMENTAL DISABILITIES

Contact: Margaret Lee Thompson,
206-364-6544
2nd Tuesday of each month.

DOWN SYNDROME COMMUNITY FOR NEW PARENTS AND TODDLERS

Contact: Anne Mullis, 206-842-9027
Call for schedule.

SPECIAL SATURDAY CLUB

Camp Fire brings you a day of songs, crafts and fun for kids with developmental disabilities. Pre-registration is required. Call the Camp Fire office at 206-461-8550 x228 for details and registration forms.

When: 1st Saturday of each month

YOGA FOR THOSE WITH MULTIPLE SCLEROSIS

For more information, call MSA office at 206-633-2606.

When: Thursday, 11am-noon

PEAK SPEAKERS TOASTMASTERS CLUB AT HIGHLAND CENTER

Learn how to improve your public speaking and leadership skills. Participants are welcome to come and visit free. If you would like to participate in the meeting you would need to become a member by contacting Tina Bassir at 206-616-3282 or by e-mail at tinacf@u.washington.edu for more information. Classes are held Wednesdays 5:45pm – 7:45pm.

ADDITIONAL SPECIALIZED 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 DEVELOPMENTAL 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

EVENTS

ADULT ADVENTURE EDUCATION

Trips into the community each week. Program requires cash for weekly event expenditures. A schedule will be given out at the first class. This program available only to Bellevue residents and those under the interlocal contract of Mercer Island and Kirkland. 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 and to be wait listed for the following quarter.

Min 10/Max 13

\$200(R) \$250(N) Age: 21Y and up

Highland Community Center
38709 9:30am- 3pm Wed Apr 01-Jun 03

ADULT ART/RAFTS

This class offers hands-on creative experiences, and crafts that you make and take home. Min 8/Max 15

\$40(R) \$50(N)A Age: 18Y and up

Highland Community Center
38719 1-2:30pm Fri Apr 03-Jun 05

ADULT TRACK

Exercise and fun all rolled into one! New players at all levels of ability are welcome. We practice twice a week. Special Olympic competition is optional. Our coaches provide leadership at the Special Olympic tournaments. If a participant needs assistance with toileting, eating, dressing, or severe behavior intervention, then an assistant must accompany that participant during their stay at the tournaments.

Kiwanis-sponsored tournament scheduled for May 9th. Min 25/Max 30

\$50(R) \$60 Age: 18Y and up

Highland Community Center
38710 7-8:30pm Tue,Thu Mar 31-Jun 04

ART - STONWARE CREATIONS

An introduction to beginning & intermediate hand-building and wheel throwing stoneware. Various and seasonal subject matter included as design inspirations for practical and decorative art work. Class includes supplies and firing. This is a specialized class, with a blend of adults with disabilities and other adults. Min 6/Max 8

\$163(R) \$191(N) Age: 18Y and up

Northwest Arts Center
38913 1-3pm Thu Mar 19-May 07



Specialized Recreation

BARN DANCE

Mosey on down to the Highland Center for our end-of-the-session dance. Please pre-register for Highland Center dances. Min 50/Max 150
 \$7(R) \$9(N) Age: 16Y and up
 Highland Community Center
 38715 7-9:30pm Fri May 08

BOWLING - ADULT

Come bowl with us. There are two fees for this program: an administration fee to the City of Bellevue and a check made out to Sun Villa Lanes for 2 bowling games and shoe rental. Min 30/Max 58
 \$40(R) \$50(N) Age: 18Y and up
 Sun Villa Lanes
 38716 9:30-11:30am Sat Apr 02-Jun 06

COOKING - COOKING WITH EASE

Learn basic cooking techniques for a tasty meal. Includes food cost. Min 8/Max 15
 \$64(R) \$80(N) Age: 18Y and up
 Highland Community Center
 38718 5-7pm Thu Apr 02-Jun 04

COOKING - KITCHEN KAPERS

Learn the REAL secrets of creating great 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. This is a specialized program, a blend of adults with disabilities and other adults. Min 6/Max 10
 \$90(R) \$106(N) Age: 18Y and up
 Northwest Arts Center
 38914 12-1:15pm Fri Mar 27-May 22

EXERCISE CLASS

Designed for adults with physical disabilities. Min 6/Max 9
 \$100(R) \$125(N) Age: 21Y and up
 Highland Community Center
 38722 9:15-10:15am Mon, Wed, Fri Mar 30-Jun 19
 38723 10:30-11:30am Mon, Wed, Fri Mar 30-Jun 19
 38724 11:45am-1:15pm Mon, Wed Mar 30-Jun 17

FRIDAY NIGHT OUT

Dinner and a movie! We will meet at Crossroads and have dinner and then go to the movies. You may bring a sack lunch or buy your dinner. Bring \$9.50 for the movie. Participants will be responsible for their own money. The class will meet for drop-off and pick-up at the Crossroads Movie Theater. Min 10/Max 15
 \$10(R) \$13(N) Age: 18Y - 30Y
 Highland Community Center
 38726 5:30-9:30pm Fri Apr 03
 38727 5:30-9:30pm Fri Apr 17
 38728 5:30-9:30pm Fri May 01
 38729 5:30-9:30pm Fri May 15

FULL FITNESS FUN

Designed for adults with developmental disabilities. You will learn about nutrition, meal planning, exercise and how to live a healthy lifestyle. We will have prizes for exercise goals met. This class will require commitment to do some form of exercise two times outside of class time. You will also exercise here during class two times a week. We will have a variety of exercise routines to keep you motivated. Each participant will help create a book of easy to prepare tasty healthy foods. We will learn how to make good choices in restaurants that taste good. Let's get fit! Min 10/Max 15
 \$65(R) \$78(N) Age: 16Y and up
 Highland Community Center
 38731 5-7pm Tue, Thu Mar 31-Jun 04

GARDENING

Join us in the garden for a little work, fun, and relaxation! Participants will learn the basics of gardening, healthy eating and healthy lifestyles. We will also explore adjacent agricultural areas to learn more about our connection with the earth. Min 8/Max 10
 \$36(N) \$40(N) Age: 18Y and up
 Lake Hills Greenbelt
 40000 11am-12:30pm Wed Apr 29-Jun 03

HIGHLAND PLAYERS DRAMA

This class is the beginning practice for the show 'GREASERS', which will be held in September. This is a two-quarter commitment. (Spring and Summer Quarter). No auditions will be held. Dan Alpern, BYT Instructor will be producing this show. BE-GINNING JUNE 8TH, CLASSES WILL BE HELD MONDAY THROUGH THURSDAY 5-7PM. Min 6/Max 20
 \$48 \$60 Age: 16Y and up
 Highland Community Center
 38734 7:30-8:30pm Mon Mar 30-Jun 01

MOVIETIME

Movie buffs will love our weekly movie film program right before Adult Social Club. Bring a brown bag supper. Min 25/Max 34
 \$37(R) \$46(N) Age: 18Y and up
 Highland Community Center
 38732 5-7pm Mon Mar 30-Jun 01
 38733 5-7pm Wed Apr 01-Jun 03

QUAD RUGBY DROP-IN

Come and join in on this wheelchair sport for some rough and tumble fun. Cost is \$2.50 (tax included) for residents and \$3 for non-residents per visit. Payable at the front office. Meets first two Saturdays of each month. Min 1/Max 1
 \$2.50(R) \$3(N) Age: 18Y and up
 Highland Community Center
 38748 12-3pm Sat Mar 21-Jun 13

SELF IMPROVEMENT CLASS

This class will focus on a variety of issues. Friendships, relationships, relaxation techniques, etiquette and more. Min 10/Max 20
 \$50(R) \$63(N) Age: 18Y - 99Y
 Highland Community Center
 38740 7-8:30pm Thu Apr 02-Jun 04



Specialized Recreation

SOCCER - ADULT

Exercise and fun all rolled into one! New players at all levels of ability are welcome. We practice twice a week. Special Olympic competition is optional. Our coaches provide leadership at the Special Olympic tournaments. If a participant needs assistance with toileting, eating, dressing, or severe behavior intervention, an assistant must accompany that participant during their stay at the tournaments. Min 25/Max 30

\$55(R) \$69(N) Age: 18Y and up
Highland Community Center
38738 7-8:30pm Tue, Thu Mar 31-Jun 04

SOCIAL CLUB - ADULT

Meet new friends and have fun with different indoor activities each week. Min 20/Max 30

\$37(R) \$46(N) Age: 18Y and up
Highland Community Center
38735 7-8:30pm Mon Mar 30-Jun 01
38736 7-8:30pm Wed Apr 01-Jun 03

WHEELCHAIR BASKETBALL DROP-IN

Join in on this fun drop-in sport each Wednesday evening. Min 1/Max 1
\$2.50(R) \$3(N) Age: 18Y and up
Highland Community Center
38749 7-9pm Wed Mar 25-Jun 10

ART-GLASS FUSION

Combine the elements of 'Fire and Ice' to create fabulous jewel-like art pieces. Through step-by-step instruction, learn the basics of glass art. Projects include small jewelry pieces, plates, platters, candle holders and much more. This is a specialized program, a blend of adults with disabilities and other adults. Materials included. Min 6/Max 9

\$163(R) \$191(N) Age: 18Y and up
Northwest Arts Center
38915 10-11:30am Thu Mar 19-May 07

CHEERLEADING

Be part of a cheerleading squad and come learn new skills and work as a team. This team will be part of the Eastside Elite program which is the official cheerleading program of the Bellevue Parks & Community Services. This class is open to teens and adults. Tuition includes a Dream team elite T-Shirt. Min 10/Max 20

\$60(R) \$75(N) \$60
Age: 16Y - 55Y
Highland Community Center
38717 7:30-8:30pm Wed Apr 01-Jun 03

MOVIN' AND GROOVIN' WITH KAREN!

Learn how to maintain an active and healthy lifestyle with Karen! Activities include chair aerobics, ball and balance work and simple 'dance' movements to keep you motivated and fit. Physician's permission required. Dress comfortably. This is a specialized program, a blend of adults with disabilities and other adults. Min 5/Max 8

\$81(R) \$96(N) Age: 18Y and up
Northwest Arts Center
40396 1-1:45pm Tue Mar 24-May 19

SPEECHCRAFTERS

Learn how to improve your speaking skills in a fun and supportive environment. Must have reading and writing skills at a 3rd grade level or higher to attend. Min 8/Max 15

\$45(R) \$56(N) Age: 16Y and up
Highland Community Center
38739 7-8:30pm Thu Apr 02-Jun 04

AFTER-SCHOOL PROGRAMS FOR YOUTH

Highland Community Center offers after-school programs for children with disabilities from 3 to 5:00 pm, on Monday, Tuesday, Thursday and Friday. Min 10/Max 25

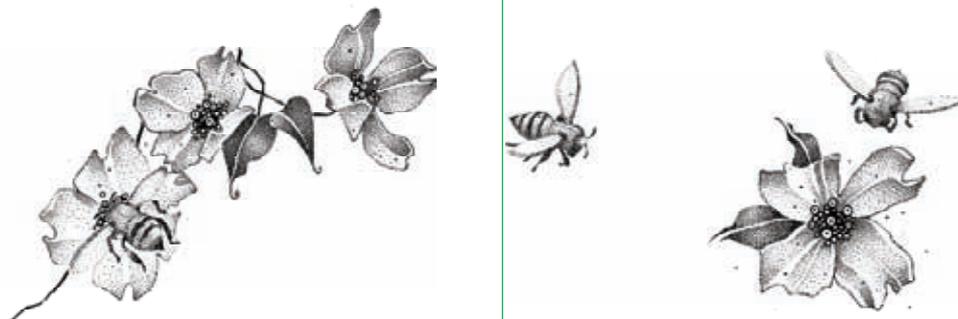
\$50(R) \$63(N) Age: 8Y - 18Y
Highland Community Center

Mondays - Fun with Food
38714 3-5pm Mon Mar 30-Jun 01

Tuesdays - Bowling
38711 3-5pm Tue Mar 31-Jun 02

Thursdays - Environmental Day
38712 2:30-5pm Thu Apr 02-Jun 04

Fridays - Youth Swimming
38713 2:30-5pm Fri Apr 03-Jun 05



Registration Steps

10-day Registration Preference for Bellevue Residents • Registration Begins February 23, 2009

MAIL-IN/FAX/WALK-IN REGISTRATION

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

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

Non-resident registrations are not accepted prior to the first day of non-resident registration. Registrations received from non-Bellevue residents will be accepted, beginning March 5, 2009.

PHONE-IN

Telephone
Registration
begins
March 12, 2009.



Registration Policies

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

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

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

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

Scholarship Participants: See scholarship information below.

General Recreation Programs: Payment is due in full at time of registration.

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

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

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

General Recreation Programs: A refund or credit is granted if the withdrawal is made at least five (5) business days prior to the start of class, less a \$10 administrative fee, per participant, per program. Class withdrawals requested less than five (5) business days prior to class will result in a credit to your account of 50% of the program fee less a \$10 administrative fee, per participant, per program.

Day Camps: A refund or credit is granted if the withdrawal is made at least seven (7) business days prior to the start of camp, less a \$35 non-refundable deposit, per participant, per camp. Class withdrawals requested less than seven (7) business days prior to camp will result in a credit to your account of 50% of the program fee, per participant, per program. No transfers will be allowed within seven (7) business days of the start of camp.

SCHOLARSHIPS: Scholarships are available to qualifying residents who live within the Bellevue City limits. See page 71 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.

LARGE PRINT: *Copies of the Connections are available at the Bellevue Parks & Community Services Office.*

Specialized Recreation Programs - 425-452-7686

REGISTRATION FORM IS FOUND ON PAGE 68. Please use this form when registering for Specialized Recreation classes.

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

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

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

RESIDENT DEFINITION:

A resident is defined as anyone living within the jurisdictional boundary of the City of Bellevue as determined by the Department of Planning and Community Development records. If you have any question as to whether you are within the jurisdictional boundary of the City of Bellevue, please contact the Department of Planning and Community Development.

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.



Registration Form

10-day Registration Preference for Bellevue Residents • Registration Begins February 23, 2009

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

See *Registration Steps* Page 69.

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 _____ Private Use Only

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

Please sign me up to receive e-Alerts about Bellevue Parks & Community Services by e-mail:

- Monthly Events
- Parks & Community Services News

Many other lists available - visit www.bellevuewa.gov and click on the e-Alerts icon for more options.

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 71.
Scholarship applications must be approved prior to registration.

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

Payment Method

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

Credit Card Total Fee: \$ _____



Card Number _____

Expiration Date _____

Non-resident registrations are not accepted prior to the first day of non-resident registration. Registrations received from non-Bellevue residents will be accepted, beginning March 5, 2009.

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

CAUTION! PLEASE READ CAREFULLY. WAIVER OF LIABILITY/RELEASE.

To the extent provided by law, 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 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 to assert a claim against the City of Bellevue for negligence.

PHOTO/VIDEO RELEASE: I give my permission to have photos and/or video recordings taken of me or my child(ren) 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. I have read, understood, and voluntarily accepted the conditions of the Waiver of Liability/Release and the Photo Release printed above:

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:

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
50% Scholarship	\$19,240	\$25,900	\$32,560	\$39,220	\$45,880	\$52,540	\$59,200	\$65,860
75% Scholarship	\$16,380	\$22,050	\$27,720	\$33,390	\$39,060	\$44,730	\$50,400	\$54,070
100% Scholarship	\$13,520	\$18,200	\$22,880	\$27,560	\$32,240	\$36,920	\$41,600	\$46,280

Example: If your family size is two and your income is \$18,200 or less you are eligible for a full scholarship.

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

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

Signature: _____ Date: _____

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

Registration–Highland Center Specialized Recreation

Participant Name: _____

Caseworker Name for DDD _____ Kent / Seattle (Circle One)

ADULT Programs at Highland Center - 425-452-7686

Bill DDD

	Course #	Title	Rates	Days	Time	Dates
<input type="checkbox"/>	38709	Adult Ad Education	R \$200 N \$ 250	Wed	9:30am-3p	4/1-6/3
<input type="checkbox"/>	38716	Adult Bowling	R \$40 N \$ 50	Sat	9:30am-11:30am	4/4-6/6
<input type="checkbox"/>	38717	Cheerleading	R \$60 N \$ 75	Wed	7:30p-8:30p	4/1-6/3
<input type="checkbox"/>	38719	Adult Art/Crafts	R \$40 N \$ 50	Fri	1p-2:30pm	4/3-6/5
<input type="checkbox"/>	38720	Country line Dance	R \$38 N \$48	Tue	7-8:30pm	3/31-6/2
<input type="checkbox"/>	38734	Highland Players Drama	R \$48 N \$ 60	Mon	7:30p-8:30p	3/30-6/1
<input type="checkbox"/>	38726	Friday Night Out	R \$10 N \$13	Fri	5:30p-9:30p	4/3
<input type="checkbox"/>	38727	Friday Night Out	R \$10 N \$13	Fri	5:30p-9:30p	4/17
<input type="checkbox"/>	38728	Friday Night Out	R \$10 N \$13	Fri	5:30p-9:30p	5/1
<input type="checkbox"/>	38729	Friday Night Out	R \$10 N \$13	Fri	5:30p-9:30p	5/15
<input type="checkbox"/>	38731	Full Fitness Fun	R \$70 N \$88	Tue/Thu	5p-7p	3/31-6/4
<input type="checkbox"/>	38732	Movie Time	R \$37 N \$46	Mon	5p-7p	3/30-6/1
<input type="checkbox"/>	38733	Movie Time	R \$37 N \$46	Wed	5p-7p	4/1-6/3
<input type="checkbox"/>	38735	Social Club	R \$37 N \$46	Mon	7p-8:30p	3/30-6/1
<input type="checkbox"/>	38736	Social Club	R \$37 N \$46	Wed	7p-8:30p	4/1-6/3
<input type="checkbox"/>	38710	Adult Track	R \$55 N \$69	Tue/Thu	7p-8:30p	3/31-6/4
<input type="checkbox"/>	38738	Adult Soccer	R \$55 N \$69	Tue/Thu	7p-8:30p	3/31-6/4
<input type="checkbox"/>	38739	Speech Crafters	R \$45 N \$56	Thu	7p-8:30p	4/2-6/4
<input type="checkbox"/>	38718	Cooking with Ease	R \$64 N \$80	Thu	5p-7p	4/2-6/4
<input type="checkbox"/>	38715	Barn Dance	R \$7 N \$9	Fri	7-9:30p	5/8
<input type="checkbox"/>	38740	Self Improvement Class	R \$50 N \$63	Thu	7p- 8:30p	4/2-6/4

YOUTH Programs at Highland Center - 425-452-7686

<input type="checkbox"/>	38714	Fun with Friends	R \$50 N \$63	Mon	3p-5p	3/30-6/1
<input type="checkbox"/>	38711	Bowling-Youth	R \$50 N \$63	Tue	3p-5p	3/31-6/2
<input type="checkbox"/>	40009	Youth Outdoor Adventure	R \$50 N \$63	Wed	1p-3p	4/1-6/3
<input type="checkbox"/>	38712	Youth & Teen Club	R \$50 N \$63	Thu	3p-5p	4/2-6/4
<input type="checkbox"/>	38713	Youth Swimming	R \$50 N \$63	Fri	3p-5p	4/3-6/5
<input type="checkbox"/>	38741	Summer Camp	R \$145 N \$175	M-F	9:30a-3p	6/22-6/26
<input type="checkbox"/>	38742	Summer Camp	R \$145 N \$175	M-F	9:30a-3p	6/29-7/3
<input type="checkbox"/>	38743	Summer Camp	R \$116 N \$140	T-F	9:30a-3p	7/7-7/10
<input type="checkbox"/>	38744	Summer Camp	R \$145 N \$175	M-F	9:30a-3p	7/13-7/17
<input type="checkbox"/>	38745	Summer Camp	R \$145 N \$175	M-F	9:30a-3p	7/27-7/31
<input type="checkbox"/>	38746	Summer Camp	R \$145 N \$175	M-F	9:30a-3p	8/3-8/7
<input type="checkbox"/>	38747	Summer Camp	R \$145 N \$175	M-F	9:30a-3p	8/10-8/14

ADULT Programs at Highland Center - 425-452-7686

<input type="checkbox"/>	38722	Exercise Class	R \$100 N \$125	M/W/F	9:15-10:15a	3/30-6/19
<input type="checkbox"/>	38723	Exercise Class	R \$100 N \$125	M/W/F	10:30-11:30	3/30-6/19
<input type="checkbox"/>	38724	Exercise Class	R \$100 N \$125	M/W	11:45-1:15	3/30-6/17

Please fill out and sign participant information on page 70.

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



People living with disabilities are encouraged to participate in any of the Recreation Division programs in which they are interested.

Developmental Disabilities

Physical Disabilities

Bellevue Botanical Garden Master Plan

On January 5 the Bellevue City Council adopted an update to the Bellevue Botanical Garden Master Plan. This plan, adopted after a significant community review process, responds to the growing popularity of the garden since its opening in 1992. The new plan sets forth the vision for the next phase of Garden development, which include:

- **Expanded visitor center facilities** – the plan provides for a campus of three small buildings and expanded parking that would accommodate meetings, lectures, educational activities and interpretive displays, while retaining the existing visitor center as an informal gathering place for visitors;
- **Ravine Garden** – utilizing low-impact construction techniques, a new loop trail system will culminate in a dramatic, 170-foot long suspension bridge over a wooded ravine, allowing visitors to experience the tree canopy unlike anywhere else in the Garden.
- **Wetland-Sun Terrace Gardens** – This western-most sun garden room will provide sweeping views of the garden and take advantage of territorial views of downtown Bellevue.
- **Expanded preserves** – called the “Cascadia Experience,” this 17-acre adjacent open space parcel was purchased by the City of Bellevue in 2005. It protects the Garden from encroaching urban development, and preserves existing wildlife habitat. Except for using an existing house for maintenance facilities, no major development is proposed on this parcel.

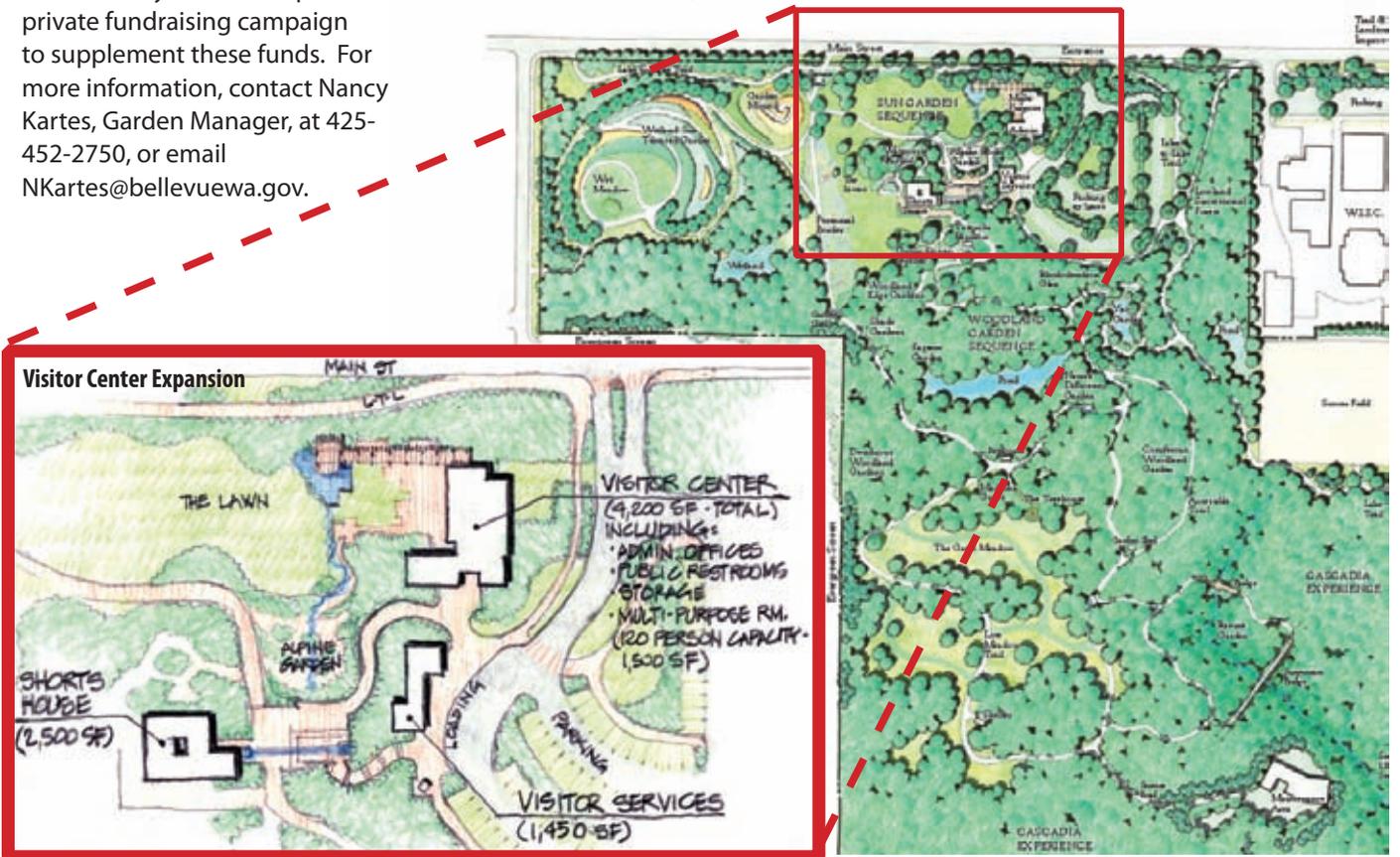
The Bellevue Botanical Garden is managed through a partnership between the City of Bellevue Parks & Community Services Department, and the Bellevue Botanical Garden Society. The recently passed parks levy will provide funds to initiate many of these improvements, and the Garden Society has initiated a private fundraising campaign to supplement these funds. For more information, contact Nancy Kartes, Garden Manager, at 425-452-2750, or email NKartes@bellevuewa.gov.



Wetland - Sun Terraced Garden



Ravine Garden



Work for Bellevue Parks!

Work for an Award-Winning Organization!

Bellevue Parks & Community Services is looking for positive, energetic people to work in a variety of administrative, recreation, sports, resource management, and natural resource programs and services.

Want to make a difference? Interested in a work environment where you can be a reliable, committed team member? Enjoy working with diverse populations and a broad spectrum of ages? Or do you have a unique hobby or skill that you would like to teach or share? Whether you are working toward a degree in teaching, recreation, social work, psychology, or are retired and looking to feel a sense of accomplishment, we have many job opportunities available at various locations across Bellevue. Your efforts will not only be rewarded in a competitive salary, but also in the thousands of smiles you help create.

Most positions require applicants to be at least 18 years old. Some positions are available for persons 14 to 18 years of age. Salary is DOE and by job classification.

For more information about a variety of rewarding employment opportunities, please contact the following sections:

Bellevue Aquatic Center Year Round Opportunities,

Scott Armstrong, 425-452-2806,
SArmstrong@bellevuewa.gov

Bellevue Skate Park, Joe Moorman, 425-452-2722,

jmoorman@bellevuewa.gov

Club Bellevue and GREAT Summer Adventure

Camp, Judi Hagen, 425-452-2848, jhagen@bellevuewa.gov

Crossroads Community Center, Vicki Drake, 425-452-

4874, vdrake@bellevuewa.gov

Highland Community Center, Kim Indurkar,

425-452-6105, KIndurkar@bellevuewa.gov

Kelsey Creek Farm/Kids' Summer Day Camps,

AnnaMarie Solomonson, 425-452-7688,
asolomonson@bellevuewa.gov

Robinswood Tennis Center,

John Soriano, 425-452-7665, JSoriano@bellevuewa.gov

Grounds & Structural Maintenance, Michelle Camp-

bell-Rekaby, 425-452-6855, mcrekaby@bellevuewa.gov

Well KEPT, Natural Resource Summer Youth Pro-

gram, Chris Krueger, 425-452-4195, CKrueger@bellevuewa.gov

Youth Sports, Heather Christoff, 425-452-4627,

hchristoff@bellevuewa.gov

Administrative Assistants/Front Office/

Rental Monitors, Julie Cross, 425-452-6885,

jcross@bellevuewa.gov



Challenge Course



Challenge Course at South Bellevue Community Center

Bring your class, sports team, or workgroup to an adventure you will never forget! Using the power of experience and careful teaching, the challenge course helps groups learn together. Nearly any group that wants to be more successful can benefit from a challenge course experience. Come play and learn together.

Under the supervision of our skilled staff, your group will craft a solution to the Crocodile Crossing, support each other on the Wild Woozy or cheer someone crossing Islands in the Sky. Each of the 24 activities at the Bellevue Challenge Course are opportunities to learn while playing.

What can your group learn?

Your group or team can learn valuable life skills while at the challenge course: Teamwork, Problem solving, Support, Communication, Leadership, and more.

The challenge course activities dramatically show success as participants become more effective problem solvers. When attempting a difficult task, participants will see and feel how effective support and communication help them complete impossible looking tasks. While experiencing these things, participants will also see effective leadership in action.

For more information or to schedule a group:
Contact South Bellevue Community Center at 425-452-4240.

Who Can Attend?

Nearly any size group age 12 to 80, can attend a challenge course.

- School Classes
- Sports Teams
- Youth Groups
- Families
- Community Groups
- Clubs
- Business workgroups



Gear Up for TRACKS



TRACKS, is a Bellevue Parks & Community Services initiative to promote participation in outdoor activities, connect you to our natural environment, and cultivate individual and community stewardship.

Visit www.bellevuewa.gov/tracks.htm for more information.

Look for these exciting TRACKS activities:

- Summer High Adventure Camp
- Skaters in the Woods
- Backpacking Rainier: The Wonderland Trail
- The Eastside Explorer Speaker Series
- Snowshoe Adventures



TRACKS FOCUSES ON SIX KEY STANDARDS:

TEACHING - teaches skills that help you recreate on your own.

RECREATION - provides a healthy option to enhance fitness.

ADVENTURE - offers opportunities for active, experiential learning.

COMPETENCY - helps build skill mastery.

KNOWLEDGE - promotes understanding of natural environment.

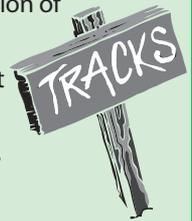
STEWARDSHIP - encourages and creates opportunities for stewardship and volunteer service.

The ultimate goal of TRACKS is to get people outside. As you enjoy outdoor activities on trails and in parks and open spaces, you will improve your physical and mental health. Youth, teens, and families participating in TRACKS activities will have fun, gain activity skills, knowledge, and a greater understanding of the value and benefit of our natural

environment. We'll provide activities and events for the entire family, including opportunities to volunteer and be engaged in caring for our planet.



Throughout this edition of **CONNECTIONS**, you will see this logo that identifies classes, activities, and events that are part of the TRACKS initiative.



As TRACKS grows, we plan to create additional partnerships with businesses and organizations to offer even more opportunities and information. We truly hope you find a new adventure to keep you "on track" to better your health--and the health of our environment.

We hope to see you outside!

See Peamouth Minnows Spawn in Bellevue!



You can see hundreds of minnows spawn in Kelsey Creek and help record the event by volunteering for Peamouth Patrol.

Volunteers are needed to check sites for fish for 15 minutes twice a week from mid-April through early June. Learn everything you need to know about Peamouth Minnows at a one hour workshop on April 15th. No prior experience is required and you can volunteer as an individual, family, or club.

Peamouth are minnows that live in Lake Washington year round but spawn in local streams in the spring. While they are fairly large fish, 8 to 12 inches long, the entire spawning event can take place in less than 24 hours. It is easy to miss the entire thing if no one is watching! If you are part of Peamouth Patrol, you will receive a phone call when they arrive so no one misses the big event.

Peamouth may not be as well known as salmon, but they are an interesting part of the Kelsey Creek stream ecosystem every spring. Countless number of little peamouth minnows hatch out into our streams and Lake Washington at the same time that salmon smolt are making their way out to Puget Sound. Peamouth Patrol volunteers have also reported bald eagle, blue heron, wood duck, and river otter when the peamouth are in town. It's like a wildlife party at the stream!

Peamouth Patrol Workshop

Tuesday, April 14, 7:00 – 8:00 pm
Bellevue City Hall, 450 110th Ave NE
Register with Steam Team at streamteam@bellevuewa.gov
or 425-452-5200.



Try a Fundraising Car Wash that is safe for salmon!

Selling coupons for a commercial car wash is the best way to earn money and protect local streams. Tickets can be purchased at a discounted rate from either Brown Bear <http://www.brownbear.com/charity/> or the Puget Sound Carwash Association <http://www.charitycarwash.org/>.

- Advantages of selling car wash tickets are that you can
- Sell tickets any time of year
 - Not worry about bad weather on the day of your event
 - Raise your potential earnings
 - Have your group's name printed on the tickets
 - Keep soap, dirt, and heavy metals out of local streams

Consider of all the opportunities your group could have selling tickets including at school events, sporting events, church, a busy grocery store, and to friends and family that may not attend a typical car wash.

Everyone benefits when you raise money, cars get cleaned, and the environment is protected. Remember, Nothing But Rain Down The Storm Drain!



Questions about Bellevue streams or car washing? Contact Stream Team at streamteam@bellevuewa.gov or 425-452-5200

Park Features & Amenities

	Baseball or Softball Field	Basketball Court	Community Center/Facility	Farms & Garden	Fishing	Formal Gardens	Golf Course	Informational Kiosk	Play Area	Picnic Shelter	Restrooms	Soccer Fields	Swimming Area	Tennis Courts
Ardmore Park • 16833 NE 30th St								*						
Bannerwood Ballfield Park • 1630 - 132nd Ave NE	*									*				
Bellevue Botanical Garden • 12001 Main Street			*		*		*			*				
Bellevue Golf Course • 5500 - 140th Ave NE		*				*				*				
Chesterfield Beach Park • 2501 - 100th Ave SE									*			*		
Chism Beach Park • 1175 - 96th Ave SE				*						*		*		
Clyde Beach Park • 2 - 92nd Ave NE				*						*		*		
Crossroads Park • 16000 NE 10th St •		*	*			*		*	*	*			*	
Downtown Park • 10201 NE 4th St					*			*		*				
Enatai Beach Park • 3519 - 108th Ave SE								*		*		*		
Hidden Valley Sports Park • 1905 - 112th Ave NE	*	*						*		*			*	
Highland Park • 14224 Bel-Red Road • <i>Bellevue indoor Skate Park located at this facility</i>	*	*	*					*		*			*	
Kelsey Creek Park • 410 - 130th Pl SE			*	*			*	*	*	*				
Lake Hills Park • 1200 - 164th Ave SE	*	*						*		*				
Lakemont Park • 5170 Village Park Drive SE	*	*						*	*	*				
Lake Hills Greenbelt • 15416 SE 16th St			*	*	*		*		*	*				
Lewis Creek Park • 5702 Lakemont Blvd	*	*	*				*	*		*	*			
Mercer Slough Nature Park • 2102 Bellevue Way SE			*	*			*			*				
Meydenbauer Beach Park • 419 - 98th Ave NE				*						*		*		
Newcastle Beach Park • 4400 Lake Washington Blvd SE				*				*	*	*		*		
Newport Hills Park • 6029 - 120th Ave SE	*							*	*	*	*			
Robinswood Park • 2432 - 148th Ave SE	*		*					*		*	*		*	
South Bellevue Community Center / Eastgate Park 14509 SE Newport Wy	*		*					*		*			*	
Weowna Park • 1420 - 168th Ave SE							*							
Wilburton Hill Park • 12001 Main Street	*						*	*		*	*			



Bellevue Parks & Community Services
425-452-6885

www.bellevuewa.gov/parks_homepage.htm

For information about the City of Bellevue, call 425-452-6800, or visit us on the web at www.bellevuewa.gov

Take a vacation in your own backyard!

In bloom daily, just miles from home.

Bellevue Botanical Garden

12001 Main Street

Free • Open Dawn to Dusk

Upcoming Events at the Bellevue Botanical Garden

March Mania Plant Sale

Sunday, March 8, 2009 • 11am-3pm

Eastside Fuchsia Society Plant Sale

Saturday, May 2, 2009 • 9am-3pm

Washington Native Plant Society Sale

Saturday, May 9, 2009 • 10am-4pm

Mother's Day Social

Sunday, May 10, 2009 • 1-4pm

Bellevue City Council

Grant Degginger, Mayor

Claudia Balducci, Deputy Mayor

Patsy Bonincontri

John Chelminiak

Don Davidson

Conrad Lee

Phil Noble

Parks & Community Services Board

Merle Keeney, Chair

Jane Bennett, Vice Chair

Dave Karle

Lynne Robinson

Kathy George

Matt LaPine

Faith Roland

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



Bellevue Parks & Community Services

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Bellevue, WA 98009-9012

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