

May through  
August 2011

# CONNECTIONS



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**2011 SUMMER DAY CAMPS**  
425-452-6885 • [www.bellevuewa.gov](http://www.bellevuewa.gov)

To register, visit:  
[MyParksAndRecreation.com](http://MyParksAndRecreation.com)

Bellevue Parks & Community Services

**Pages 29-52**



**Bellevue Parks & Community Services**  
**425-452-6885**

[MyParksAndRecreation.com](http://MyParksAndRecreation.com)  
a service of [eCityGov.net](http://eCityGov.net)



Re-Accredited 2010

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

**FACILITY & FIELD RENTALS ..... 425-452-6914**

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

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

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

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

BELLEVUE YOUTH THEATRE, 16661 Northrup WY ..... 425-452-7155

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

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

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

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

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

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

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

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

Pacific Science Center ..... 425-450-0207

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

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

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

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

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

BELLEVUE 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

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

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



### Bellevue Parks & Community Services

PO Box 90012  
Bellevue, WA 98009-9012

### Bellevue City Council

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Conrad Lee, Deputy Mayor  
John Chelminiak  
Jennifer Robertson

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Grant Degginger  
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Matt LaPine Lynne Robinson, Vice Chair  
John Stokes Mark Van Hollebeke



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### FOOD & REFRESHMENTS

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

**CITY OF BELLEVUE TAX ID NUMBER: 91-6007020**

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

**On the Cover:** Preschool Ballet at South Bellevue Community Center, photo by Colin Walker. **Photographers:** Judi Hagen, Colin Walker, Dot Long. **Editor:** Colin Walker.

## 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](http://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](mailto:cwalker@bellevuewa.gov), or call 425-452-6885.

## INCLEMENT WEATHER POLICY

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

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

If you are unable to reach the facility, then call the Parks & Community Services Department general information number at 425-452-6885. Inclement weather can effect park use and trail conditions. Please use caution when visiting park sites during poor weather as trails and other park facilities may become wet and slippery. Park trails may also be closed.



Presented by Bellevue Parks & Community Services

# SUMMER OUTDOOR MOVIES IN THE PARK

EVERY TUESDAY

July 5 - August 23

Come to Bellevue Downtown Park this July and August for FREE popcorn and FREE movies on our giant 40 foot screen! Each week we will be collecting donations for a local non-profit agency.

SPONSORED BY



**WHERE?** Downtown Bellevue Park 10201 4th St. NE, Bellevue WA

**WHEN?** Movies start at dusk

Visit [intelius.com/summermovies](http://intelius.com/summermovies) or call 425-452-4240 for more information

DATE	MOVIE	BENEFITING
JUL 5	Yogi Bear (PG)	Boys and Girls Club of Bellevue
JUL 12	Despicable Me (PG)	The Sophia Way
JUL 19	Letters to Juliet (PG)	Eastside Domestic Violence Program
JUL 26	Megamind (PG)	Bellevue LifeSpring
AUG 2	How to Train Your Dragon (PG)	Highland Community Center
AUG 9	Shrek Forever After (PG)	Kindering
AUG 16	The Karate Kid (PG)	YouthCare
AUG 23	Gnomeo & Juliet (G)	Treehouse

PARENTS: A good source to review movie content is [www.kidsinmind.com](http://www.kidsinmind.com)

\*In case of rain, movies will be held at South Bellevue Community Center

Movie titles subject to change without notice



## KELSEY CREEK SPECIAL EVENT VOLUNTEER

We are seeking energetic, fun teens to assist with children's activities at Kelsey Creek Farm special event. Volunteers must be able to follow directions, be comfortable in crowds and be on your feet in all types of weather. This is a great way to earn your community service hours. Dress to work outside with the public. Wear sturdy shoes that can get wet. Volunteers must pre-register. No day of event registrations will be accepted. Volunteers must be 14 years old & must be enrolled in high school date of event. Register on-line at [www.mypark-sandrecreation.com](http://www.mypark-sandrecreation.com). For more information e-mail [kelseycreekfarm@bellevuewa.gov](mailto:kelseycreekfarm@bellevuewa.gov), or call the Farm Office at 425-452-7688.

FREE Age: 14Y - 18Y  
56884 10am-5pm Sat Apr 30

## 4TH OF JULY-VOLUNTEERS

We are looking for energetic, fun people to help with a multitude of tasks at the Bellevue Family 4th celebration. Credit available for school required volunteer hours. Volunteers must be able to follow directions, be comfortable in crowds and be on your feet in all types of weather. Join us on July 4th at the Bellevue Downtown Park and help make this year's Bellevue Family 4th Celebration an event to remember! Volunteers must preregister. No day of event registrations will be accepted. Volunteers must be 16 years old to apply. Register on-line at [MyParksandRecreation.com](http://MyParksandRecreation.com). For more information e-mail [NWAC@bellevuewa.gov](mailto:NWAC@bellevuewa.gov) or phone 425-452-4106. Min 1/Max 20

Bellevue Downtown Park  
FREE Age: 16Y and up  
57768 4-9:30pm Mon Jul 04

## SPECIAL EVENTS

### KELSEY CREEK SHEEP SHEARING

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 or email [kelseycreekfarm@bellevuewa.gov](mailto:kelseycreekfarm@bellevuewa.gov). Seeking event volunteers. Email [kelseycreekfarm@bellevuewa.gov](mailto:kelseycreekfarm@bellevuewa.gov) or call 425-452-7688.

WHEN: Saturday, April 30, 11am-4pm

WHERE: Kelsey Creek Farm Park  
410 - 130th PL SE  
Free shuttle service available  
Wilburton Park & Ride  
720-114th Ave SE

AGES: All

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

### INCREDIBLE INFLATABLE FUN

Saturday, June 18, 10am-8pm

Friday, July 29, 12-8pm

Saturday, July 30, 10am-8pm

Sunday, July 31, 10am-6pm

If you looking for that insurmountable level of fun that will make your day and create memories then you found the right activity, inflatables in all shapes and sizes. FunRent provides entertainment for all ages in a safe and fun environment. Bring your child or just come on your own and burn off some energy in this interactive fun zone. Min 1/Max 3,000  
Bellevue Downtown Park Fees vary

### FATHER'S DAY PANCAKE BREAKFAST

Make Father's Day a Greenway Day: Start the morning with a delicious pancake breakfast followed by free activities throughout the day. Climb the climbing wall, try out the vertical playpen, challenge your Dad to Disc Golf or race through an obstacle course. Moms welcomed! Registration is needed for Pancake Breakfast. Min 15/Max 90

South Bellevue Community Center  
\$8 Age: 1Y - 99Y  
58238 8:30-9:30am Sun Jun 19

### BOOKWALK

Take a short hike with your little ones and read a delightful book, 'Where Would I be in an Evergreen Tree?' Introduce your little ones to the magnificent evergreen tree and the many creatures and plants who make their home in and around its abundant branches. The book will be on the trail for a week. Pick up the trail map and borrow magnifying glass at the South Bellevue Community Center front desk for a close up look at nature at SBCC. Min 1/Max 100

South Bellevue Community Center  
FREE Age: 1M - 5Y  
58391 9am-8pm Mon-Sat Jul 11-16

### KIDS' SHOW AT ROBINSWOOD PARK

Thursday, July 21 - 10:30-11:30am

Bellevue Friends of the Library, in partnership with Bellevue Parks & Community Services presents Eric Odle, *Take a Musical Mystery Tour*. There is a musical mystery to solve and Eric's good buddy, Benjamin Dog, is on the case. With his Time Traveling Transportomatic, Benjamin zips from Asia to Australia, from Africa to Argentina. The event will be held in the park, on the grass area outside the Robinswood Barn located at 2430-148th Ave SE. A blanket for seating is encouraged. For more information call 425-452-7688 or e-mail [KelseyCreekFarm@bellevuewa.gov](mailto:KelseyCreekFarm@bellevuewa.gov).

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

Visit <http://www.bellevuewa.gov/COBCalendar/> or [http://www.bellevuewa.gov/recreation\\_events\\_intro.htm](http://www.bellevuewa.gov/recreation_events_intro.htm) for more information.



## BELLEVUE BOTANICAL GARDEN SPRING & SUMMER EVENTS AND ACTIVITIES

*All events at Bellevue Botanical Garden, unless otherwise indicated.*

### **April 23-24, 10am-5pm** **Hua Yuan Chinese** **Floral Art Exhibition**

Bellevue Botanical Garden, 12001 Main St. The exquisite floral arrangements created by members of the school will be on display in the Visitor Center. Admission is free. For more information call 425-452-2750.

### **April 30, 9am-3pm** **Eastside Fuchsia Society Plant Sale**

Featuring a great selection of plants from Eastside Fuchsia Society. For more information, call 425-452-2750.

### **May 7, 10am-4pm** **WA Native Plant Society Sale**

Proceeds benefit Washington Native Plant Society. For more information, call (206) 619-1073.

### **May 8, 1-4pm** **Mothers Day Social**

Open house featuring light refreshments and music. This event is free. For more information, call 425-451-3755 or visit [www.bellevuebotanical.org](http://www.bellevuebotanical.org).

### **May 21-22, 10am-5pm** **Rhododendron Show and Sale**

Show and sale of beautiful Northwest rhododendrons. Proceeds benefit the Cascade Chapter of the American Rhododendron Society. For more information contact [lscott@bellevuewa.gov](mailto:lscott@bellevuewa.gov) or call 425-452-2750.

### **August 2, 7pm** **Annual Trillium Celebration**

Location to be determined. Speakers: Kelly Dodson & Sue Milliken from Far Reach Farm in Port Townsend. For more information, contact [bbgsoffice@bellevuebotanical.org](mailto:bbgsoffice@bellevuebotanical.org) or call 425-451-3755.

### **August 6, 5:30-8:30pm** **Music in the Garden**

Pack a picnic dinner and a blanket to spread on the lawn for a special night of beautiful music in the Garden. No alcoholic beverages and no pets, please. Parking is limited, so please consider carpooling. This event is free and open to the public. Donations are encouraged. For more information, contact [bbgsoffice@bellevuebotanical.org](mailto:bbgsoffice@bellevuebotanical.org) or call 425-451-3755.

### **August 20-21, 10am-4pm** **Eastside Fuchsia Society** **Plant Show and Sale**

Featuring a great selection of plants from Eastside gardeners. For more information, visit [www.bellevuebotanical.com](http://www.bellevuebotanical.com) or call 425-452-2750.

### **August 26-28, 10am-6pm** **Art in the Garden**

Sculptures and garden art by twenty-five outstanding Northwest artists will grace the gardens, each in its own private space. From the serious and simplistic to the whimsical and elaborate, exhibits will include works in metal, wood, blown and fused glass, bronze and other outdoor-appropriate materials. This event is free and open to the public. For more information, contact [bbgsoffice@bellevuebotanical.org](mailto:bbgsoffice@bellevuebotanical.org) or call 425-451-3755.

## COMMUNITY CAMP-OUT

The Bellevue Community Campout is back and better than ever. Bring your neighbors, friends, and family and join us for a night of camping in the great outdoors. Participants will enjoy hiking, outdoor skills workshops, stargazing with the Boeing Employee Astrological Club, swimming and other great outdoor activities. A tasty dinner, delicious breakfast and campfire treats are included. Enjoy a night under the stars and meet new friends. Limited camping gear is available upon request.

\$40(R) \$45(N) All Ages  
\$5 for children age 5 and under  
August 20-21, Noon to Noon.  
Register for course #58178. Call 425-452-6885 for more information.

## YOUTH LINK 21ST ANNUAL COMMUNITY LEADERSHIP AWARDS NIGHT

May 25, 6:30pm reception, 7-8pm program at Bellevue City Hall (450 110th Avenue NE, Bellevue) This is a free community youth recognition event celebrating student and teen contributions in our community. For more information, Patrick Alina, Youth Link Program Coordinator, at 425-452-5254 or via email at [palina@bellevuewa.gov](mailto:palina@bellevuewa.gov) For more info, please visit web site at [www.youthlink.com](http://www.youthlink.com)

### **VOLUNTEER-HILLTOP** **SPRINGTIME CRAFT FAIR**

Volunteers are needed for Hilltop Springtime Craft Fair. This is a great way to earn community service hours or just want to gain experience in working an event. Volunteers are a valuable aspect of the crafts show as they assist the event supervisor at the completion of the fair. All volunteers must be at least 14 years of age and MUST pre-register. Register on-line by going to [MyParksandRecreation.com](http://MyParksandRecreation.com) or call (425) 452-6885. No volunteers accepted on the day event. All volunteers must pre-register. Min 2/Max 5

Northwest Arts Center  
FREE Age: 14Y - 18Y  
58070 5-8:30pm Sat May 07

# BELLEVUE AQUATIC CENTER

Pool Schedule • Valid March 1 through June 19, 2011

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



## Blue Lagoon Lap Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00	Aquarobics Lap Swim	Lap Swim	Aquarobics Lap Swim	Lap Swim	Aquarobics Lap Swim	Special Olympics (3 lanes)	
9:00-12:00	Open & Lap Swim						Lessons
12:00-1:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	9:00-Noon Lap Swim 8:00 - 12:00 Deep Wtr Ex 10-11am	Lap Swim 9am-noon (3 lanes)
	Masters 4 lanes		Masters 4 lanes	Masters (4 lanes)	Masters 4 lanes		
	Deep Wtr Ex		Deep Wtr Ex		Deep Wtr Ex		
1:00 - 4:30	Open & Lap Swim	MS Society 1-2 pm Lap Swim	Open & Lap Swim	Open & Lap Swim	Open & Lap Swim *CLOSED* April 15 & May 20 from 1-2:30	12:00 - 2:00 pm Open Swim	
		Open & Lap Swim 2:00- 4:30				2:00- 4:00 Pool Rentals Available	
4:00-7:00	Swim Lessons						
	Chinook 5:00-7:00 ADX 6-7 pm	Chinook 5-6 Aquarobics 6-7 pm Scuba 6:30-8	Chinook 5:00-7:00 ADX 6-7 pm	Chinook 5-6 Aquarobics 6-7 pm Scuba 6:30-8	Chinook 5:00-7:00		
7:00-8:00	Open & Lap Swim (1 Lane)						

### Blue Lagoon (Lap Pool):

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

### Warm Springs (Warm Therapy Pool):

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

## Warm Springs Therapy Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00am	Water Motion Classes	Adult & Therapy	Water Motion Classes	Adult & Therapy	Water Motion Classes	Adult & Therapy	
9:00-10:00		Open & Therapy 9 - 11 am		Open & Therapy 9 - 11 am		Lessons 9:00 AM Noon	Lessons 9:00 AM Noon
10:00-11:30	Lessons 10-11:30am	Adult & Therapy 11 - 2:30	Lessons 10-11:30am	Ai Chi 11-12 pm	Adult & Therapy 10 - 1 pm	12:00 - 2:00 pm Open & Therapy	
11:30-12:30	Adult & Therapy		Water Motion				
12:30-2:30	Open & Therapy	Body Tune Up 12-1 Deep End	Open & Therapy	Adult & Therapy 12-2:30	Open & Therapy		
2:30-4:00	Adult & Therapy	Open & Therapy	Adult & Therapy	Open & Therapy	Adult & Therapy		
4:00-7:00	SWIM LESSONS					Highland Ctr 4-5pm	
7:00-8:00	Open & Therapy	Adult & Therapy	Open & Therapy	Adult & Therapy	Lessons Open & Therapy 5 - 8 PM		





## Celebrating 20 Years

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

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

**Today the Bellevue Youth Theatre is a place where skills are learned, talents are discovered, creativity is expressed and community is strengthened. Most importantly, it is a place where everyone has a role.**

### The Last Unicorn-\$10 at BYT

The cartoon comes to life in this delightful retelling of the story of the last unicorn. This show is suitable for all ages. Some parts may be intense for pre-school age children.

Friday, March 25 & April 1	7pm
Saturday, March 26 & April 2	7pm
Saturday, April 2	2pm
Sunday, March 27 & April 3	2pm

### Pinocchio-\$10 at BYT

Follow the misadventures of Pinocchio and Geppetto as they search for their hearts desire. Along the way they are sidetracked by assorted villainous characters. This is fun and light hearted telling of the classic Tale of Pinocchio. This show is appropriate for all ages.

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

### Cinderella-\$10 at Meydenbauer

In this BYT retelling of the classic story, Cinderella comes to life on the stage at the Theatre at Meydenbauer. Whether it is evil stepmothers, a prince, or the bumbling step sisters, your entire family will enjoy this story.

Friday, April 29	7pm
Saturday, April 30	2pm and 7pm
Sunday, May 1	2pm

### Charlotte's Web - \$10 at Meydenbauer

Come enjoy our summer presentation with this timeless classic of Charlotte, Templeton, Wilbur and his friends. This is a full stage production and is suitable for the entire family. There is a two hour running time with an intermission. Group rates are available.

Friday, August 12	7pm
Saturday, August 13	2pm and 7pm
Sunday, August 14	2pm

### Shakespeare in the Park: As You Like It - FREE at Area Parks

Love, exile and passion flow in the Shakespeare work, As You Like It. This piece will be presented in an hour format at several of our park locations. Come enjoy Shakespeare this summer in the best of Bellevue places, a park. The run time is 1 hour.

Monday, August 15	12pm	Kelsey Creek Ampitheatre
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Tuesday, August 16	12pm	Bellevue Botanical Garden
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Tuesday, August 16	6:30pm	Downtown Park
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Thursday, August 18	12pm	Crossroads Park-Plaza
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Friday, August 19	12pm	City Hall-Lawn
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Saturday, August 20	6pm	Robinswood Park
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## Plan your 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  
 425-452-6914  
 ParkRental@bellevuewa.gov

## 10-day Registration Preference for Bellevue Residents • Registration Begins March 14, 2011

### 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 23, 2011.*

### PHONE-IN

Telephone  
Registration  
begins  
March 28, 2011.

## 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 and Mini-Camps: Payment is due at the time of registration. Scholarship application is required prior to registration if paying with scholarship. Payment is accepted in Cash, checks, or Visa/MasterCard.

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

**Credit Card:** Include credit card number and expiration date on registration form.

**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:** 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/Mini-Camps: A refund 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 refund of 50% of the program fee, less a \$10 administrative fee, per participant, per program.

Day Camps: A refund is granted if the withdrawal is made at least seven (7) business days prior to the start of class, less a \$35 non-refundable deposit, per participant, per camp. Camp withdrawals requested less than seven (7) business days prior to camp will result in a refund 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 79 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 upon two business days request at Bellevue Parks & Community Services Office.

## Specialized Recreation Programs - 425-452-7686

**Registration Form is found on pages 59 & 60.** Please use this form when registering for Specialized Recreation classes.

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

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

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

### RESIDENT DEFINITION:

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

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

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



# Registration Form

## 10-day Registration Preference for Bellevue Residents • Registration Begins March 14, 2011

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

See **Registration Steps** Page 9.

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

### Please Print

Adult Last Name \_\_\_\_\_ First \_\_\_\_\_ Date of Birth \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

E-Mail Address \_\_\_\_\_

I do not wish to receive updates from Bellevue Parks & Community Services via email.  
*NOTE: If you check this box, you will not be notified of future registration opportunities by email.*

(\_\_\_\_\_) (\_\_\_\_\_) \_\_\_\_\_

Work Phone \_\_\_\_\_ Home Phone \_\_\_\_\_



Sign up to receive  
e-alerts via email!

Visit [www.bellevuewa.gov](http://www.bellevuewa.gov)  
and click on the e-Alerts icon  
for options and available lists.

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

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

Request for Accommodations: \_\_\_\_\_

\*For scholarship information, call 425-452-6885, or see page 63.  
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 23, 2011.*

#### 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. If you wish to waive the photo release, please contact the main office at 425-452-6885 or [Parksweb@bellevuewa.gov](mailto:Parksweb@bellevuewa.gov).

Participant or Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Printed Name: \_\_\_\_\_

*Registration NOT VALID without signed waiver.*

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
<b>Full Scholarship</b>	<b>\$14,079</b>	<b>\$18,941</b>	<b>\$23,803</b>	<b>\$28,665</b>	<b>\$33,527</b>	<b>\$38,389</b>	<b>\$43,251</b>	<b>\$48,113</b>
<b>3/4 Scholarship</b>	<b>\$17,058</b>	<b>\$22,948</b>	<b>\$28,839</b>	<b>\$34,729</b>	<b>\$40,620</b>	<b>\$46,510</b>	<b>\$52,401</b>	<b>\$58,291</b>
<b>1/2 Scholarship</b>	<b>\$20,036</b>	<b>\$26,955</b>	<b>\$33,874</b>	<b>\$40,793</b>	<b>\$47,712</b>	<b>\$54,631</b>	<b>\$61,550</b>	<b>\$68,469</b>

*Example: If your family size is two and your income is \$18,941 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: \_\_\_\_\_

Approved  Denied  Exception Comments: \_\_\_\_\_

Circle One: 50% 75% 100% \_\_\_\_\_

Staff: \_\_\_\_\_  ID  RES  INC

## 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

### SWIM RATES

Drop-In Fees

Adult: \$6

Youth (12 yrs. and younger): \$5

Deep Water Exercise Class: \$7.25

Master Swim Class: \$7.25

Discounted Swim (Mon-Sat before 10am  
when available): \$4.25

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

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

### Swim Pass Cards

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

Adult: \$60

Youth: \$50.04

Deep Water Exercise: \$72.48

Masters Swim: \$72.48

Discounted Swim: \$42.48

### 3 Month Swim Pass Cards

(For Lap, Open, and Rehab Swims)

Adult: \$151

Youth: \$100

Family: \$242.50

### PARTIES AT THE POOL

Pool Rentals

Available on Saturdays, 2-4pm

And Sundays, 2-4pm

Blue Lagoon Pool

1 - 25 guests: \$204 per hour

26-60 guests: \$246.25 per hour

61-90 guests: \$273 per hour

91-120 guests: \$324.25 per hour

121 + guests: \$405.50 per hour

Cost includes staff and use of pool toys.



## FOLLOW US ON FACEBOOK!

Become a fan of **Bellevue Parks & Community Services** on Facebook to learn about unique events, activities, and fun ways to use Bellevue's park and open space system.

### Party Room Rentals

Available during pool rentals or open swims. \$60.75 per hour. Accommodates groups of under 20. 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.

### Aquarobics Deep Water Fitness -

Monday/Wednesday 6-7pm

Deep Water: Burn Calories, Build Strong Muscles & Strengthen your Core! No Impact! The Deep Water is constant resistance to get results! Professionally trained instructors. Work-at-Your-Own-Pace. Beginners to Advanced Welcome! Registration: 425-894-0045.

**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

**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.

**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.

**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 425-277-3659 for more information.

**Deep Water Exercise Class** - Deep water aerobics workout that uses an aqua-jogging belt. High energy instructors provide specific exercise routine.

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

**Therapy Groups** - Contracted space is available. Contact Scott Armstrong at 425-452-4444 for more information.

### 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**  
See refund/credit policies on page 61. No refunds will be issued after a class has started.

**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/SEMI-PRIVATE SWIM LESSONS

For lesson availability, please visit <http://www.myparksandrecreation.com> and search for "Private Swim Lessons."

### PARENT/TOT LEVEL CLASSES

Ages: 6 months to 3 years

#### Gum Drop

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

### PRESCHOOL LEVEL CLASSES

Ages: 3-5 years

#### Preschool 1 – Starrs

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: 6-12 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 – Raimée

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

Further develop strokes to increase endurance and confidence. Work on individual goals.

#### Lifeguard Training

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

### ADULT INTER - ADV SWIM LESSONS

51492	6:20- 6:50pm	Mon, Wed	May 16-Jun 08	\$64.75
51493	6:20- 6:50pm	Mon, Wed	Jun 20-Jul 13	\$78.00
51494	10:45-11:45am	Sun	Jun 26-Aug 14	\$156.00
51495	6:20- 6:50pm	Mon, Wed	Jul 18-Aug 10	\$78.00
51496	6:20- 6:50pm	Tue, Thu	Jul 19-Aug 11	\$78.00

### ADULT INTRODUCTION SWIM LESSONS

51514	6:20- 6:50pm	Tue, Thu	May 17-Jun 09	\$74.00
51515	6:20- 6:50pm	Tue, Thu	May 17-Jun 09	\$74.00
51505	6:20- 6:50pm	Tue, Thu	Jun 21-Jul 14	\$78.00
51510	9-10am	Sat	Jun 25-Aug 13	\$156.00
51516	5:45- 6:15pm	Mon, Wed	Jun 20-Jul 13	\$78.00
51521	6:20- 6:50pm	Fri	Jun 24-Aug 12	\$78.00
51520	5:45- 6:15pm	Mon, Wed	Jul 18-Aug 10	\$78.00

### PARENT/TOT SWIM LESSONS

51552	11-11:30am	Mon, Wed	May 16-Jun 08	\$59.50
51553	6:20- 6:50pm	Mon, Wed	May 16-Jun 08	\$59.50
51576	6:20- 6:50pm	Tue, Thu	May 17-Jun 09	\$68.00
51555	6:20- 6:50pm	Mon, Wed	Jun 20-Jul 13	\$70.00
51557	11:20-11:50am	Mon, Wed	Jun 20-Jul 13	\$61.25
51558	11:20-11:50am	Tue, Thu	Jun 21-Jul 14	\$70.00
51560	10:45-11:15am	Sat	Jun 25-Aug 13	\$70.00
51561	11:20-11:50am	Sat	Jun 25-Aug 13	\$70.00
51562	11:20-11:50am	Sun	Jun 26-Aug 14	\$70.00
51554	11:20-11:50am	Tue, Thu	Jul 19-Aug 11	\$70.00
51559	11:20-11:50am	Mon, Wed	Jul 18-Aug 10	\$70.00
51563	6:20- 6:50pm	Mon, Wed	Jul 18-Aug 10	\$70.00
51564	6:20- 6:50pm	Tue, Thu	Jul 19-Aug 11	\$70.00

### PRESCHOOL 1 SWIM LESSONS

51659	10-10:30am	Mon, Wed	May 16-Jun 08	\$68.25
51660	4- 4:30pm	Mon, Wed	May 16-Jun 08	\$68.25
51661	5:10- 5:40pm	Mon, Wed	May 16-Jun 08	\$68.25
51662	4- 4:30pm	Tue, Thu	May 17-Jun 09	\$78.00
51664	5:10- 5:40pm	Tue, Thu	May 17-Jun 09	\$78.00
51665	5:45- 6:15pm	Tue, Thu	May 17-Jun 09	\$78.00
51666	9- 9:30am	Mon-Fri	Jun 20-Jul 01	\$102.50
51681	5:10- 5:40pm	Tue, Thu	Jun 21-Jul 14	\$82.00
51682	9:35-10:05am	Mon-Fri	Jun 20-Jul 01	\$102.50
51683	10:10-10:40am	Mon-Fri	Jun 20-Jul 01	\$102.50
51684	10:45-11:15am	Mon-Fri	Jun 20-Jul 01	\$102.50
51685	11:20-11:50am	Mon-Fri	Jun 20-Jul 01	\$102.50
51701	4- 4:30pm	Mon, Wed	Jun 20-Jul 13	\$82.00
51702	4:35- 5:05pm	Mon, Wed	Jun 20-Jul 13	\$82.00
51703	5:10- 5:40pm	Mon, Wed	Jun 20-Jul 13	\$82.00
51704	5:45- 6:15pm	Mon, Wed	Jun 20-Jul 13	\$82.00
51705	4- 4:30pm	Tue, Thu	Jun 21-Jul 14	\$82.00
51706	6:20- 6:50pm	Tue, Thu	Jun 21-Jul 14	\$82.00
51707	9- 9:30am	Sat	Jun 25-Aug 13	\$82.00
51708	9:35-10:05am	Sat	Jun 25-Aug 13	\$82.00
51709	10:10-10:40am	Sat	Jun 25-Aug 13	\$82.00
51710	10:45-11:15am	Sat	Jun 25-Aug 13	\$82.00
51719	4- 4:30pm	Fri	Jun 24-Aug 12	\$82.00
51720	5:45- 6:15pm	Fri	Jun 24-Aug 12	\$82.00
51667	11:20-11:50am	Sun	Jun 26-Aug 14	\$82.00
51674	10:10-10:40am	Sun	Jun 26-Aug 14	\$82.00
51711	9:35-10:05am	Sun	Jun 26-Aug 14	\$82.00
51663	9- 9:30am	Tue-Fri, Mon	Jul 05-15	\$92.25
51686	9:35-10:05am	Tue-Fri, Mon	Jul 05-15	\$92.25
51687	10:10-10:40am	Tue-Fri, Mon	Jul 05-15	\$92.25
51688	10:45-11:15am	Tue-Fri, Mon	Jul 05-15	\$92.25
51689	11:20-11:50am	Tue-Fri, Mon	Jul 05-15	\$92.25
51690	9:35-10:05am	Mon-Fri	Jul 18-29	\$102.50
51691	10:10-10:40am	Mon-Fri	Jul 18-29	\$102.50
51692	10:45-11:15am	Mon-Fri	Jul 18-29	\$102.50
51693	9- 9:30am	Mon-Fri	Jul 18-29	\$102.50
51694	11:20-11:50am	Mon-Fri	Jul 18-29	\$102.50
51712	4- 4:30pm	Mon, Wed	Jul 18-Aug 10	\$82.00
51713	4:35- 5:05pm	Mon, Wed	Jul 18-Aug 10	\$82.00
51714	5:10- 5:40pm	Mon, Wed	Jul 18-Aug 10	\$82.00
51715	5:45- 6:15pm	Mon, Wed	Jul 18-Aug 10	\$82.00
51716	4- 4:30pm	Tue, Thu	Jul 19-Aug 11	\$82.00
51717	5:10- 5:40pm	Tue, Thu	Jul 19-Aug 11	\$82.00
51718	6:20- 6:50pm	Tue, Thu	Jul 19-Aug 11	\$82.00
51695	9- 9:30am	Mon-Fri	Aug 01-12	\$102.50
51696	9:35-10:05am	Mon-Fri	Aug 01-12	\$102.50
51697	10:10-10:40am	Mon-Fri	Aug 01-12	\$102.50
51698	10:45-11:15am	Mon-Fri	Aug 01-12	\$102.50
51699	11:20-11:50am	Mon-Fri	Aug 01-12	\$102.50



## PRESCHOOL 2 SWIM LESSONS

51788	10:30-11am	Mon, Wed	May 16-Jun 08	\$68.25
51789	4-4:30pm	Mon, Wed	May 16-Jun 08	\$68.25
51790	4:35-5:05pm	Tue, Thu	May 17-Jun 09	\$78.00
51791	5:10-5:40pm	Tue, Thu	May 17-Jun 09	\$78.00
51799	4-4:30pm	Tue, Thu	May 17-Jun 09	\$78.00
51764	10:10-10:40am	Mon-Fri	Jun 20-Jul 01	\$102.50
51793	9:35-10:05am	Mon-Fri	Jun 20-Jul 01	\$102.00
51797	11:20-11:50am	Mon-Fri	Jun 20-Jul 01	\$102.50
51805	4-4:30pm	Mon, Wed	Jun 20-Jul 13	\$82.00
51806	4:30-5pm	Mon, Wed	Jun 20-Jul 13	\$82.00
51807	5:45-6:15pm	Mon, Wed	Jun 20-Jul 13	\$82.00
51808	4:35-5:05pm	Tue, Thu	Jun 21-Jul 14	\$82.00
51809	5:45-6:15pm	Tue, Thu	Jun 21-Jul 14	\$82.00
51810	4-4:30pm	Tue, Thu	Jun 21-Jul 14	\$82.00
51811	9:35-10:05am	Sat	Jun 25-Aug 13	\$82.00
51812	11:20-11:50am	Sat	Jun 25-Aug 13	\$82.00
51821	4:35-5:05pm	Fri	Jun 24-Aug 12	\$82.00
51822	6:20-6:50pm	Fri	Jun 24-Aug 12	\$82.00
51813	10:10-10:40am	Sun	Jun 26-Aug 14	\$82.00
51814	10:45-11:15am	Sun	Jun 26-Aug 14	\$82.00
51820	9-9:30am	Sun	Jun 26-Aug 14	\$82.00
51794	9:35-10:05am	Tue-Fri, Mon	Jul 05-15	\$92.25
51795	10:10-10:40am	Tue-Fri, Mon	Jul 05-15	\$92.25
51796	11:20-11:50am	Tue-Fri, Mon	Jul 05-15	\$92.25
51778	10:10-10:40am	Mon-Fri	Jul 18-29	\$102.50
51792	5:45-6:15pm	Mon, Wed	Jul 18-Aug 10	\$82.00
51798	9:35-10:05am	Mon-Fri	Jul 18-29	\$102.50
51800	11:20-11:50am	Mon-Fri	Jul 18-29	\$102.50
51815	4-4:30pm	Mon, Wed	Jul 18-Aug 10	\$82.00
51816	4:35-5:05pm	Mon, Wed	Jul 18-Aug 10	\$82.00
51817	4-4:30pm	Tue, Thu	Jul 19-Aug 11	\$82.00
51818	4:35-5:05pm	Tue, Thu	Jul 19-Aug 11	\$82.00
51819	5:45-6:15pm	Tue, Thu	Jul 19-Aug 11	\$82.00
51802	11:20-11:50am	Tue-Fri, Mon	Aug 02-15	\$102.50
51803	9:35-10:05am	Mon-Fri	Aug 01-12	\$102.50
51804	10:10-10:40am	Mon-Fri	Aug 01-12	\$102.50

## PRESCHOOL 3 SWIM LESSONS

51876	5:45-6:15pm	Mon, Wed	May 16-Jun 08	\$68.25
51877	5:45-6:15pm	Tue, Thu	May 17-Jun 09	\$78.00
51868	4:35-5:05pm	Mon, Wed	Jun 20-Jul 13	\$82.00
51869	6:20-6:50pm	Tue, Thu	Jun 21-Jul 14	\$82.00
51870	10:45-11:15am	Sat	Jun 25-Aug 13	\$82.00
51884	10:45-11:15am	Mon-Fri	Jun 20-Jul 01	\$102.50
51889	5:10-5:40pm	Tue, Thu	Jun 21-Jul 14	\$82.00
51890	9-9:30am	Sat	Jun 25-Aug 13	\$82.00
51894	5:10-5:40pm	Fri	Jun 24-Aug 12	\$82.00
51871	9:35-10:05am	Sun	Jun 26-Aug 14	\$82.00
51916	10:45-11:15am	Sun	Jun 26-Aug 14	\$82.00
51885	10:45-11:15am	Tue-Fri, Mon	Jul 05-15	\$92.25
51886	10:45-11:15am	Mon-Fri	Jul 18-29	\$102.50
51891	4:35-5:05pm	Mon, Wed	Jul 18-Aug 10	\$82.00
51892	5:10-5:40pm	Tue, Thu	Jul 19-Aug 11	\$82.00
51893	6:20-6:50pm	Tue, Thu	Jul 19-Aug 11	\$82.00
51887	10:45-11:15am	Mon-Fri	Aug 01-12	\$102.50

## PRESCHOOL 4 SWIM LESSONS

51935	4-4:30pm	Mon, Wed	May 16-Jun 08	\$68.25
51936	4-4:30pm	Tue, Thu	May 17-Jun 09	\$78.00
51939	9:35-10:05am	Mon-Fri	Jun 20-Jul 01	\$102.50
51941	10:45-11:15am	Mon-Fri	Jun 20-Jul 01	\$102.50
51948	4-4:30pm	Mon, Wed	Jun 20-Jul 13	\$82.00
51949	5:45-6:15pm	Tue, Thu	Jun 21-Jul 14	\$82.00
51950	10:10-10:40am	Sat	Jun 25-Aug 13	\$82.00
51951	10:45-11:15am	Sun	Jun 26-Aug 14	\$82.00
51952	9:35-10:05am	Sun	Jun 26-Aug 14	\$82.00
51942	9:35-10:05am	Tue-Fri, Mon	Jul 05-15	\$92.25
51943	10:45-11:15am	Tue-Fri, Mon	Jul 05-15	\$92.25
51944	9:35-10:05am	Mon-Fri	Jul 18-29	\$102.50
51945	10:45-11:15am	Mon-Fri	Jul 18-29	\$102.50
51953	5:45-6:15pm	Tue, Thu	Jul 19-Aug 11	\$82.00
51954	4-4:30pm	Mon, Wed	Jul 18-Aug 10	\$82.00
51946	9:35-10:05am	Mon-Fri	Aug 01-12	\$102.50
51947	10:45-11:15am	Mon-Fri	Aug 01-12	\$102.50

## PRESCHOOL 5 SWIM LESSONS

51991	5:10-5:40pm	Tue, Thu	May 17-Jun 09	\$78.00
51992	11:20-11:50am	Mon-Fri	Jun 20-Jul 01	\$102.50
51996	5:10-5:40pm	Mon, Wed	Jun 20-Jul 13	\$82.00
51997	4:35-5:05pm	Tue, Thu	Jun 21-Jul 14	\$82.00
51998	9:35-10:05am	Sat	Jun 25-Aug 13	\$82.00
51982	11:20-11:50am	Sun	Jun 26-Aug 14	\$82.00
51999	10:10-10:40am	Sun	Jun 26-Aug 14	\$82.00
51993	11:20-11:50am	Tue-Fri, Mon	Jul 05-15	\$92.25
51983	4:35-5:05pm	Tue, Thu	Jul 19-Aug 11	\$82.00
51984	5:10-5:40pm	Mon, Wed	Jul 18-Aug 10	\$82.00
51994	11:20-11:50am	Mon-Fri	Jul 18-29	\$102.50
51995	11:20-11:50am	Mon-Fri	Aug 01-12	\$102.50

## YOUTH LEVEL 1 SWIM LESSONS

53300	6:20-6:50pm	Mon, Wed	May 16-Jun 08	\$68.25
53301	5:10-5:40pm	Tue, Thu	May 17-Jun 09	\$78.00
53285	4-4:30pm	Tue, Thu	Jun 21-Jul 14	\$82.00
53291	9-9:30am	Sat	Jun 25-Aug 13	\$82.00
53302	10:10-10:40am	Mon-Fri	Jun 20-Jul 01	\$102.50
53303	11:20-11:50am	Mon-Fri	Jun 20-Jul 01	\$102.50
53308	6:20-6:50pm	Mon, Wed	Jun 20-Jul 13	\$82.00
53318	5:10-5:40pm	Mon, Wed	Jun 20-Jul 13	\$82.00
53319	10:10-10:40am	Sat	Jun 25-Aug 13	\$82.00
53321	4-4:30pm	Fri	Jun 24-Aug 12	\$82.00
53322	5:45-6:15pm	Fri	Jun 24-Aug 12	\$82.00
53309	9-9:30am	Sun	Jun 26-Aug 14	\$82.00
53310	10:10-10:40am	Sun	Jun 26-Aug 14	\$82.00
53304	10:10-10:40am	Tue-Fri, Mon	Jul 05-15	\$92.25
53305	11:20-11:50am	Tue-Fri, Mon	Jul 05-15	\$92.25
53306	10:10-10:40am	Mon-Fri	Jul 18-29	\$102.50
53311	5:10-5:40pm	Mon, Wed	Jul 18-Aug 10	\$82.00
53312	6:20-6:50pm	Mon, Wed	Jul 18-Aug 10	\$82.00
53314	11:20-11:50am	Mon-Fri	Jul 18-29	\$102.50
53320	4-4:30pm	Tue, Thu	Jul 19-Aug 11	\$82.00
53307	10:10-10:40am	Mon-Fri	Aug 01-12	\$102.50
53315	11:20-11:50am	Mon-Fri	Aug 01-12	\$102.50

## YOUTH LEVEL 2 SWIM LESSONS

53364	4:35-5:05pm	Mon, Wed	May 16-Jun 08	\$64.75
53365	5:45-6:15pm	Mon, Wed	May 16-Jun 08	\$64.75
53366	5:45-6:15pm	Tue, Thu	May 17-Jun 09	\$74.00
53401	4-4:30pm	Tue, Thu	May 17-Jun 09	\$74.00
53367	10:45-11:15am	Mon-Fri	Jun 20-Jul 01	\$97.50
53368	9:35-10:05am	Mon-Fri	Jun 20-Jul 01	\$97.50
53373	6:20-6:50pm	Mon, Wed	Jun 20-Jul 13	\$78.00
53374	4:35-5:05pm	Tue, Thu	Jun 21-Jul 14	\$78.00
53375	5:45-6:15pm	Tue, Thu	Jun 21-Jul 14	\$78.00
53376	9:35-10:05am	Sat	Jun 25-Aug 13	\$78.00
53387	4:35-5:05pm	Fri	Jun 24-Aug 12	\$78.00
53377	9-9:30am	Sun	Jun 26-Aug 14	\$78.00
53378	9:35-10:05am	Sun	Jun 26-Aug 14	\$78.00
53369	9:35-10:05am	Tue-Fri, Mon	Jul 05-15	\$87.75
53370	10:45-11:15am	Tue-Fri, Mon	Jul 05-15	\$87.75
53371	9:35-10:05am	Mon-Fri	Jul 18-29	\$97.50
53380	10:45-11:15am	Mon-Fri	Jul 18-29	\$97.50
53385	4:35-5:05pm	Tue, Thu	Jul 19-Aug 11	\$82.00
53386	6:20-6:50pm	Mon, Wed	Jul 18-Aug 10	\$82.00
53403	5:45-6:15pm	Tue, Thu	Jul 19-Aug 11	\$82.00
53372	10:45-11:15am	Mon-Fri	Aug 01-12	\$97.50
53381	10:45-11:15am	Mon-Fri	Aug 01-12	\$97.50

## YOUTH LEVEL 3 SWIM LESSONS

53424	5:10-5:40pm	Mon, Wed	May 16-Jun 08	\$64.75
53425	4:35-5:05pm	Tue, Thu	May 17-Jun 09	\$74.00
53444	6:20-6:50pm	Tue, Thu	May 17-Jun 09	\$74.00
53427	10:10-10:40am	Mon-Fri	Jun 20-Jul 01	\$97.50
53432	10:10-10:40am	Sat	Jun 25-Aug 13	\$78.00
53433	10:45-11:15am	Sat	Jun 25-Aug 13	\$78.00
53437	9-9:30am	Mon-Fri	Jun 20-Jul 01	\$97.50
53438	4-4:30pm	Mon, Wed	Jun 20-Jul 13	\$78.00
53439	5:10-5:40pm	Tue, Thu	Jun 21-Jul 14	\$78.00
53445	5:10-5:40pm	Fri	Jun 24-Aug 12	\$78.00
53434	9-9:30am	Sun	Jun 26-Aug 14	\$78.00
53442	10:45-11:15am	Sun	Jun 26-Aug 14	\$78.00
53441	10:10-10:40am	Tue-Fri, Mon	Jul 05-15	\$87.75
53428	9-9:30am	Mon-Fri	Jul 18-29	\$97.50
53429	10:10-10:45am	Mon-Fri	Jul 18-29	\$97.50
53435	4-4:30pm	Mon, Wed	Jul 18-Aug 10	\$78.00
53436	5:10-5:40pm	Tue, Thu	Jul 19-Aug 11	\$78.00
53430	10:10-10:40am	Mon-Fri	Aug 01-12	\$97.50
53431	9-9:30am	Mon-Fri	Aug 01-12	\$97.50

## YOUTH LEVEL 4 SWIM LESSONS

53478	4:35-5:05pm	Tue, Thu	May 17-Jun 09	\$74.00
53479	10:45-11:15am	Mon-Fri	Jun 20-Jul 01	\$97.50
53483	4:35-5:05pm	Tue, Thu	Jun 21-Jul 14	\$78.00
53484	10:10-10:40am	Sat	Jun 25-Aug 13	\$78.00
53485	11:20-11:50am	Sat	Jun 25-Aug 13	\$78.00
53490	5:45-6:15pm	Mon, Wed	Jun 20-Jul 13	\$97.50
53486	9:35-10:05am	Sun	Jun 26-Aug 14	\$78.00
53480	10:45-11:15am	Tue-Fri, Mon	Jul 05-15	\$87.75
53481	10:45-11:15am	Mon-Fri	Jul 18-29	\$97.50
53491	5:45-6:15pm	Mon, Wed	Jul 18-Aug 10	\$78.00
53503	4:35-5:05pm	Tue, Thu	Jul 19-Aug 11	\$78.00
53482	10:45-11:15am	Mon-Fri	Aug 01-12	\$97.50

## YOUTH LEVEL 5 SWIM LESSONS

53541	5:45-6:15pm	Tue, Thu	May 17-Jun 09	\$64.75
53528	9-9:30am	Mon-Fri	Jun 20-Jul 01	\$97.50
53529	10:10-10:40am	Mon-Fri	Jun 20-Jul 01	\$97.50
53534	9-9:30am	Sat	Jun 25-Aug 13	\$78.00
53535	11:20-11:50am	Sat	Jun 25-Aug 13	\$78.00
53538	4:35-5:05pm	Mon, Wed	Jun 20-Jul 13	\$78.00
53539	4-4:30pm	Tue, Thu	Jun 21-Jul 14	\$78.00
53544	11:20-11:50am	Sun	Jun 26-Aug 14	\$78.00
53530	10:10-10:40am	Tue-Fri, Mon	Jul 05-15	\$92.25
53542	9-9:30am	Tue-Fri, Mon	Jul 05-15	\$92.25
53531	10:10-10:40am	Mon-Fri	Jul 18-29	\$97.50
53536	4:35-5:05pm	Mon, Wed	Jul 18-Aug 10	\$78.00
53543	9-9:30am	Mon-Fri	Jul 18-29	\$97.50
53545	4-4:30pm	Tue, Thu	Jul 19-Aug 11	\$74.00
53532	9-9:30am	Mon-Fri	Aug 01-12	\$97.50
53533	10:10-10:40am	Mon-Fri	Aug 01-12	\$97.50

## YOUTH LEVEL 6 SWIM LESSONS

53571	5:10-5:40pm	Wed, Mon	May 18-Jun 13	\$64.75
53572	4:35-5:05pm	Tue, Thu	May 17-Jun 09	\$74.00
53573	9:35-10:05am	Mon-Fri	Jun 20-Jul 01	\$97.50
53577	5:10-5:40pm	Mon, Wed	Jun 20-Jul 13	\$78.00
53578	5:10-5:40pm	Tue, Thu	Jun 21-Jul 14	\$78.00
53579	11:20-11:50am	Sat	Jun 25-Aug 13	\$78.00
53580	10:10-10:40am	Sun	Jun 26-Aug 14	\$78.00
53574	9:35-10:05am	Tue-Fri, Mon	Jul 05-15	\$87.75
53575	9:35-10:05am	Mon-Fri	Jul 18-29	\$97.50
53581	5:10-5:40pm	Tue, Thu	Jul 19-Aug 11	\$78.00
53582	5:10-5:40pm	Mon, Wed	Jul 18-Aug 10	\$78.00
53576	9:35-10:05am	Mon-Fri	Aug 01-12	\$97.50

## PRE-COMPETITION SWIM LESSONS

51605	5:45-6:15pm	Mon, Wed	May 16-Jun 08	\$6
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## After-School Programs

### KID-ZONE GAMES DROP-IN

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

FREE Age: 7Y - 18Y  
Crossroads Community Center  
12- 5:30pm Mon-Fri Ongoing

### CREATIVE KIDS AFTER SCHOOL PROGRAM

Enhance your child's creativity at the Northwest Arts Center. Activities include active games; multimedia art & clay arts in our own pottery studio; and environmental education & outdoor activities. During extended care hours children will have the opportunity to work on homework, reading or other special projects. Staff will provide safe walking transportation from Clyde Hill Elem. to the Northwest Arts Center. For more information call 425 452-4106. Extended care available 3:30pm to 5:30pm and must be registered separately. Min 15/Max 25

Northwest Arts Center  
\$135 \$162 Age: 6Y - 11Y  
56078 12:30- 3:30pm Wed May 11-Jun 15  
Ext'd Care \$90(R) \$108(N): Register for course #56103

## Spring Break Camps

### BELLEVUE YOUTH THEATRE SPRING BREAK CAMP - SLEEPING BEAUTY

Is your child interested in being on stage? This camp is perfect for the child with little or no acting experience. Children will get the full theatre experience. From auditions to rehearsals, culminating in a performance. Every step is supported by staff and volunteers. When your child is not rehearsing, they will participate in arts & crafts and recreational activities. This camp will build your child's self esteem, confidence, teamwork, and basic memorization skills. Children are cast into a role that is appropriate for their age and development level. Bellevue Youth Theatre is a recreational based theatre program that emphasizes positive experience and growth of the child over stage time and role size. Extended care is available for this camp. Min 15/Max 24  
Bellevue Youth Theatre

#### Sleeping Beauty

Enjoy the adventures of the Sleeping Beauty and her family as they race to break the evil fairy's curse. Boys and girls alike will enjoy the recreational setting of this day camp.

\$167(R) \$202(N) Age: 5Y - 12Y  
54632 9:30am- 3pm Mon-Fri Apr 04-08  
Extended Care  
\$40(R) \$48(N) Age: 5Y - 12Y  
54636 7:30am- 5:30pm Mon-Fri Apr 04-08

### SPRING BREAK SPORTS CAMP

A week of fast paced 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 a local recreational attraction is included in the price of camp. Please bring a lunch, snack and water bottle. Min 10/ Max 40

Crossroads Community Center  
\$155(R) \$186(N) Age: 7Y - 12Y  
56483 8am- 4pm Mon-Fri Apr 04-08

## FOLLOW US ON FACEBOOK!

Become a fan of **Bellevue Parks & Community Services** on Facebook!

### SPRING BREAK CAMP

Camp activities compliment the season and include a combination of indoor and outdoor activities. Children will enjoy a variety of activities each day including outdoor games, movement, cooking & baking, multimedia arts & crafts, and pottery in our own pottery studio. Min 15/Max 45

Northwest Arts Center  
\$160(N) \$200(N) Age: 6Y - 11Y  
56106 9am- 3pm Mon-Fri Apr 04-08

#### Extended Care

\$40(R) \$50 Age: 6Y - 11Y  
56107 7:30am- 5:30pm Mon-Fri Apr 04-08

### HIGH ADVENTURE MOUNTAIN BIKING

Get fit and dirty with a three day clinic on mountain biking. Participants will sharpen skills and enjoy singletrack with Cascade Bicycle Club experts. Mountain bikes and helmets provided if you do not have your own! Please contact Tracks@bellevuewa.gov or call 425-452-4102 to reserve your bike. Min 5/Max 10

Highland Community Center  
\$150 Age: 12Y - 17Y  
55981 10am- 3pm Mon-Wed Apr 04-06

### HIGH ADVENTURE SPRING BREAK CAMP

What appeals to your sense of a spring break adventure? If it is summiting local peaks, building snow shelters, or hanging with friends outdoors, then join City of Bellevue expert guides for three action-packed days of outdoor thrills. We will spend each day in a different location, developing new skills and exploring fresh terrain. All technical gear and transportation provided! Min 6/Max 12

Highland Community Center  
\$120(R) \$140(N) Age: 12Y - 17Y  
55968 9am- 4pm Mon-Wed Apr 04-06

### I-BALL SPRING BREAK SKILLS CAMPS

The City of Bellevue and i-Ball have partnered to offer Pro Basketball Camps for kids, ages 6-14. I-Ball is ran and coached by professional basketball player and former Globetrotter's Harlem All-Star, Kyle Keyes along with i-Ball staff. Players will have a fun and exciting experience learning a wide array of basketball skills, developing sportsmanship and playing games at i-Ball Skills Camps. Players will be drilled throughout camp on the proper form and technique that it takes to be both confident and successful in real games. Players will gain a wealth of basketball knowledge at i-Ball Camps. Min 15/Max 50

Newport High School  
\$205(R) \$246(N) Age: 6Y - 14Y  
56482 9am- 3pm Mon-Fri Apr 04-08

LOOKING FOR SUMMER DAY CAMPS?





## SCIENCE SLEUTHS

Decode the world around you as a Mad Science Sleuth! Send secret messages to your friends. Get a taste for space with an astronaut snack. Explore the universe with your own orbiter and use teamwork to unearth pollution solutions. Figure out the tricks of tight ropes and sniff out scents on our Mad Science trail. Uncover the answers to these mysteries and more as you become a genuine Mad Science Sleuth! Min 12/ Max 24

Crossroads Community Center  
\$265(R) \$318(N) Age: 5Y - 12Y  
54049 9:30am-4:30pm Mon-Fri Apr 04-08

## SKATEBOARD CAMP- SPRING BREAK

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 8/Max 15

Highland Community Center  
\$130(R) \$160(N) Age: 8Y - 15Y  
55287 9am-12pm Mon-Fri Mar 28-Apr 01  
55288 9am-12pm Mon-Fri Apr 04-08

## SPRING BREAK 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

### Half Day

\$110(R) \$132(N) Age: 4Y - 13Y  
56484 9am-12pm Mon-Fri Apr 04-08

### Full Day

\$172(R) \$206(N) Age: 7Y - 13Y  
56485 9am-3pm Mon-Fri Apr 04-08

## Art & Craft 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](http://Bellevuebotanical.org) for more information and a schedule.

### ART IN NATURE EXHIBITS

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

**WHEN:** Daily  
10am - 4pm

**WHERE:** Mercer Slough Environmental  
Education Center  
Visitor Center

**COST:** Free

### DROP-IN PAINTING

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

North Bellevue Community Center  
FREE Age: 18Y and up  
1-3pm Thu Ongoing

### 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 3/Max 5

South Bellevue Community Center  
\$96(R) \$120(N) Age: 18Y and up  
54396 10am-12pm Tue May 03-Jun 07

### Ikebana Workshop

The beauty of Ikebana (Japanese floral art) is in its simplicity. It can be done anywhere, anytime with anything that you can find. Want to find out what you can do with all the acrapas in your backyard? Grab your scissors and bring your scraps. Fanny will show you how to turn them into a beautiful Ikebana. Supply list is available upon registration

\$20(R) \$24(N) Age: 18Y and up  
54397 2-4pm Sat May 07

North Bellevue Community Center  
\$80(R) \$100(N) Age: 18Y and up  
58358 6-8pm Tue May 31-Jun 28  
58344 10am-12pm Thu Jun 02-30

### SUMI PAINTING GROUP

Join others as they practice the Art of Sumi Painting. Sumi means 'ink painting' in Japanese and is an art medium that dates back some six thousand years. New to Sumi? Others will be happy to share their knowledge and love of the art form. Other water-based mediums are also welcome to join. Min 5/Max 10

South Bellevue Community Center  
\$20.50(R) \$24.50(N) Age: 18Y and up  
58150 10am-1pm Mon May 02-23  
\$15.50(R) \$18.50(N) Age: 18Y and up  
58151 10am-1pm Mon Jun 06-20

### SOUTH BELLEVUE STITCHERS

Crochet or knit a project of your own or one for charity in a fun group. Learn a new craft or increase your skill level. Min 4/Max 20

South Bellevue Community Center  
FREE Age: 18Y and up  
54377 10am-12pm Fri May 06-Aug 19

### WIRE CHAIN & BEAD JEWELRY WORKSHOP

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 \$32 materials fee to class. Min 2/Max 6

North Bellevue Community Center  
\$16(R) \$19(N) Age: 18Y and up  
57690 6-9pm Wed May 04  
57691 6-9pm Wed Jun 08  
57693 9am-12pm Wed Jul 13  
57692 6-9pm Wed Aug 10

## Art & Craft Programs for Families, Youth, & Teens

### DINOSAUR DETECTIVES

Sign-up early for this popular class! Have fun exploring the amazing world of dinosaurs through art, storytelling, music, food etc. Search for dinosaur eggs in the grasslands of the Northwest Arts Center! Child only class. Min 7/Max 10

Northwest Arts Center

\$30(R) \$38(N) Age: 3Y - 6Y  
58372 10am-12pm Sat Jul 16

### A PIRATE'S LIFE FOR ME!

Yo Ho, Yo Ho! A pirate's life for me! Join us for a whale of a time learning about pirates. Hunt for treasure, play games, do art, sing songs and make a treat to eat and enjoy! Child only class. Min 7/Max 12

Northwest Arts Center

\$30(R) \$38(N) Age: 3Y - 6Y  
58373 10am-12pm Sat Aug 20

### ART-DRAWING & PAINTING :REGGIO EMILIA METHOD

Give your child the tools to see the world in different ways! Students learn basic drawing skills through value studies, perspective, line and sketching techniques, as well as learning how to mix and use color in their artwork. Still life scenes, three dimensional building with clay are some of the tools introduced to broaden your child's visual awareness. Supplies included. Instructor: Emmett McLaughlin Min 6/Max 10

Northwest Arts Center

\$95(R) \$115(N) Age: 6Y - 11Y  
56352 4:30-6pm Thu Jul 07-28  
56353 4:30-6pm Thu Aug 04-25

### KIDS ART WITH BETH

In this class your child will gain confidence as an artist by exploring different mediums such as collage, paint, pencils, water color, clay, pastels, and more. Students will create cartoons, portraits, landscapes, and more. This class is all about exploration and creativity so dress to get messy! Min 6/Max 10

Crossroads Community Center

\$126(R) \$151(N) Age: 4Y - 5Y  
58011 11am-12:30pm Mon-Fri Jul 11-15  
58012 1-2:30pm Mon-Fri Jul 25-29

### PRESCHOOL ART WITH BETH

In this class your preschooler will gain confidence as an artist by exploring different mediums such as collage, paint, water color, clay, pastels, and more. This class is all about exploration and creativity so dress to get messy! Min 6/Max 9

Crossroads Community Center

\$90(R) \$108(N) Age: 3Y - 4Y  
58008 9:30-10:30am Mon-Fri Jul 11-15  
58009 4:30-5:30pm Mon-Fri Aug 01-05

### 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 5/Max 10

Northwest Arts Center

\$120(R) \$144(N) Age: 6Y - 11Y  
53709 4-5:30pm Wed Jul 06-27  
53710 4-5:30pm Thu Jul 07-28  
58227 1-2:30pm Tue Aug 02-23  
53711 1-2:30pm Wed Aug 03-24

## Get Fit and Get Healthy

### MASSAGE THERAPY

Relax. Relieve aches and pains. Experience a sense of balance and well-being. Elizabeth Strauss, Licensed Massage Practitioner and Jin Shin Do (r) Acupressurist. All ages welcome. Elizabeth also has special training in massage for older adults. 30 minute session- \$35, 60 minute session - \$70. For a 30 min. session, please reserve one slot, for 60 min. session, please reserve two consecutive slots. Appointments are available the first Monday of each month.

North Bellevue Community Center

### 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 to make an appointment.

### REFLEXOLOGY - NB

Feel better and more healthy with this unique therapy that is "more than a foot massage." 25 min \$32(R)/\$38(N) and 55 min \$63(R)/\$75(N). 1st & 3rd Tuesdays at North Bellevue Community Center (425-452-7681) Call for appointment availability.

### 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 30

North Bellevue Community Center

\$33(R) \$40(N) Age: 55Y and up  
57211 9-10am Tue, Thu-Fri May 10-Jun 10  
57212 9-10am Tue, Thu-Fri Jun 14-Jul 15  
57213 9-10am Tue, Thu-Fri Jul 19-Aug 19  
57214 9-10am Tue, Thu-Fri Aug 23-Sep 23

### STRONG AND FIT SENIORS/ADULTS

This monthly group fitness program taught by certified personal trainers, provides education on improving overall functional fitness using a variety of equipment and a varied routine while accommodating individual needs and limitations. Participants will improve strength, balance, coordination, posture, flexibility, core strength, and aerobic conditioning while participating in a fun, safe, social, and supportive atmosphere. A Flex Card is available for this class. To join this class during a session, call the South Bellevue Community Center at (425) 452-4240. Min 8/Max 16

South Bellevue Community Center

\$55(R) \$66(N) Age: 18Y and up  
53981 10:15-11:15am Mon, Wed May 02-25  
53982 10:15-11:15am Wed, Mon Jun 01-29  
53983 10:15-11:15am Wed, Mon Jul 06-27

### REDUCING THE RISK/AVOIDING THE FALL

Over 30,000 Americans over the age of 65 each week are seriously injured in a fall with over 20-30% of those experiencing a debilitating injury they will deal with the rest of their life or develop a fear of falling. The fear can cause people to limit their activity level, which in turn reduces their mobility and leads to an even increased risk of falls. Overlake Outpatient Services will discuss what can be done to avoid falling situations and review some simple exercises. Min 6/Max 20

North Bellevue Community Center

\$7 \$8 Age: 18Y and up  
54821 1-2:30pm Mon May 23



## BELLY DANCING: THE FUNDAMENTALS

Belly dancing is a wonderful bonding experience that welcomes women & children ages 6+ to feel empowered, fit, and to really love their bodies! Aleili has been inspiring thousands of students for over 40 years to learn how to isolate muscles, strengthen bellies, improve posture, & build confidence. Each 6 week session will focus on a drum rhythm or mood, its meaning for the dancer, finger cymbal patterns, the appropriate footwork, particular movements & expressions. This all-level class encourages each student to develop their skills at their own rate and to learn from dancers with more advanced abilities. Bring something to tie around your hips and finger cymbals if you have them. A Flex Card is available for this class. To register after a session has started, call South Bellevue Community Center (425)-452-4240. Min 5/Max 30

South Bellevue Community Center  
 \$63(R) \$76(N) Age: 6Y and up  
 54007 5:30-6:20pm Wed May 25-Jun 29  
 54008 5:30-6:20pm Wed Jul 06-Aug 10

## BELLY DANCING INTERMEDIATE

This class is perfect for the dancer who has learned at least a minimum of three different drum rhythms, dance expressions and finger cymbal patterns from the Fundamentals Belly Dancing class & feels ready to develop solo performances, group choreographies, & receive personal critiques. Drills, advanced layering techniques, finger cymbals, solo performances, props & costumes will be required. By summer, the class will have an opportunity to perform at local festivals & parades. To register after a session has started, call South Bellevue Community Center (425)-452-4240. Min 5/Max 10

South Bellevue Community Center  
 \$76(R) \$90(N) Age: 6Y and up  
 54038 6:30-7:20pm Wed May 25-Jun 29  
 54039 6:30-7:20pm Wed Jul 06-Aug 10

## FREE INDOOR CYCLING SUMMER SERIES

Catch a ride 6:30am Wednesday mornings at South Bellevue Community Center before the rest of your day begins. This one hour workout will burn up to 600 calories and will definitely wake you up! A series of 8 FREE rides for all fitness levels will be held between June 22nd and Sept 14th. Call SBCC at 425-452-4240 for all details including exact dates and to reserve a bike.

## BELLY DANCING COMBINED

For the student that meets the qualifications of the Intermediate Level, get a discount by taking both the Fundamentals and Intermediate classes. You will continue to practice & deepen your fundamental skills in dance technique & finger cymbals while learning how to develop more of your own personal solo expressions & work with group choreographies. To register after a session has started, call South Bellevue Community Center (425)-452-4240. Min 1/Max 10

South Bellevue Community Center  
 \$107(R) \$128(N) Age: 6Y and up  
 54045 5:30-7:20pm Wed May 25-Jun 29  
 54046 5:30-7:20pm Wed Jul 06-Aug 10

## BELLY DANCE VEILS OF THE NILE LIMITED

Instructor permission required. Limited Performance. To register after a session has started, call South Bellevue Community Center (425)-452-4240. Min 1/Max 10

South Bellevue Community Center  
 \$107(R) \$128(N) Age: 18Y and up  
 54598 7:30-8:50pm Wed May 25-Jun 29  
 54599 7:30-8:50pm Wed Jul 06-Aug 10

## BELLY DANCING VEILS OF THE NILE

Aleili's advanced Performance Dance Company. Instructor permission required. Fee includes required attendance for the Fundamentals & Intermediate classes. Consistent attendance, costumes, props, group & solo performances required. A desire for advanced development, personal critiques & group participation is essential to a successful dance company. To register after a session has started, call South Bellevue Community Center (425) 452-4240. Min 5/Max 15

South Bellevue Community Center  
 \$123(R) \$147(N) Age: 18Y and up  
 54053 5:30-8:50pm Wed May 25-Jun 29  
 54054 5:30-8:50pm Wed Jul 06-Aug 10

## PILATES

This instructional class focuses on breathing technique, correct form/postural alignment, strengthening 'core' muscles, increasing body awareness and improving balance and flexibility using bands, balls, and small weights. All fitness levels welcome. A Flex Card is available for this class. To register during a session call South Bellevue Community Center at (425) 452-4240. Min 5/Max 15

South Bellevue Community Center  
 \$77(R) \$93(N) Age: 13Y and up  
 53848 10-11am Fri May 06-Jun 24

## BOOT CAMP WITH KARIE

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

South Bellevue Community Center  
 \$84(R) \$100(N) Age: 13Y and up  
 53963 8:45-9:45am Mon,Wed May 02-25  
 53973 9:15-10:15am Tue,Thu May 03-26

\$142(R) \$171(N) Age: 13Y and up  
 57792 8:45-9:45am Mon/Wed May 02-26  
 9:15-10:15am Tue/Thu

\$42(R) \$50(N) Age: 13Y and up  
 57789 9:15-10:15am Tue May 03-24

\$31.50(R) \$37.50(N) Age: 13Y and up  
 53970 9:15-10:15am Tue May 31-Jun 14

\$63(R) \$75(N) Age: 13Y and up  
 57788 9:15-10:15am Tue,Thu May 31-Jun 16

\$98(R) \$118(N) Age: 13Y and up  
 57793 8:45-9:45am Mon/Wed May 31-Jun 16  
 9:15-10:15am Tue/Thu

\$52.50(R) \$62.50(N) Age: 13Y and up  
 57791 8:45-9:45am Wed, Mon Jun 01-15

## INDOOR GROUP CYCLING

Come ride our LeMond RevMaster Classic Bikes and get a serious aerobic workout while burning approximately 600+ calories per class. Your instructor and motivating music will entertain you as you 'climb hills', 'race' along on flat terrain, and challenge your leg muscles for strength and tone. All fitness levels welcome because you control your pace. A Flex Card is available for this class. To register during a session call South Bellevue Community Center (425) 452-4240. 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 3/Max 8

South Bellevue Community Center  
 \$42(R) \$50(N) Age: 13Y and up  
 54063 6:15-7:15am Mon May 02-Jun 13  
 54064 7:15-8:15pm Mon May 02-Jun 13

\$58.50(R) \$70(N) Age: 13Y and up  
 54067 7:15-8:15pm Mon,Wed May 02-Jun 15  
 54068 6:15-7:15am Mon,Wed May 02-Jun 15

\$49(R) \$59(N) Age: 13Y and up  
 54065 6:15-7:15am Wed May 04-Jun 15  
 54066 7:15-8:15pm Wed May 04-Jun 15

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

South Bellevue Community Center

\$70(R)	\$84(N)	Age: 13Y and up
53804	6-7am	Mon, Wed May 02-25
53809	6-7pm	Mon, Wed May 02-25
53806	6-7am	Wed, Mon Jun 01-29
53810	6-7pm	Wed, Mon Jun 01-29
53808	6-7am	Wed, Mon Jul 06-27
53811	6-7pm	Wed, Mon Jul 06-27
\$35(R)	\$42(N)	Age: 13Y and up
53820	6-7am	Fri May 06-27
57794	6-7am	Fri Jun 03-24
\$44(R)	\$52.50(N)	Age: 13Y and up
57795	6-7am	Fri Jul 01-29

## ZUMBA LATIN FITNESS DANCE

ZUMBA has become one of the fastest-growing dance-based fitness workouts fusing Latin rhythms with easy to follow moves. Achieve long-term health benefits, burn calories and body fat, and tone and sculpt your body. Ditch the workout! Join the Party! Bring a towel and water. Min 10/Max 20

### @ South Bellevue Community Center

A Flex Card is available for this class. To join this class after the session has started, call South Bellevue Community Center (425) 452-4240.

\$42(R)	\$48(N)	Age: 12Y and up
54014	6-7pm	Mon May 02-Jun 13
54017	10-11am	Mon May 02-Jun 13
\$72(R)	\$94(N)	Age: 12Y and up
54029	10-11am	Mon, Wed May 02-Jun 15
\$78(R)	\$94(N)	Age: 12Y and up
54033	6-7pm	Mon, Wed May 02-Jun 15
\$49(R)	\$56(N)	Age: 12Y and up
54021	6-7pm	Wed May 04-Jun 15
54025	10-11am	Wed May 04-Jun 15

### @ Crossroads Community Center

Age 13Y and up

16 classes: \$144(R) \$173(N)

4 classes: \$40(R) \$48(N)

58571 9:30-10:30am Mon, Wed Jun 13-Aug 10

## Yoga

### PURNA YOGA CLASSES

Focusing on correct alignment while using props to make each pose accessible, students gain flexibility, strength and coordination. Purna Yoga also helps each student feel more centered and peaceful. With 2000 hours of teacher training, your teacher has a wealth of knowledge to share with you. The All Levels classes welcome beginning and experienced students. Students should bring a yoga mat to class. A Flex Card is available for this class. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 5/Max 30

South Bellevue Community Center

\$72(R)	\$86(N)	Age: 13Y and up
53942	10:15-11:30am	Sun May 01-Jun 05
53933	9:30-10:45am	Tue May 03-Jun 07
53936	7:15-8:30pm	Tue May 03-Jun 07
53939	7:15-8:30pm	Thu May 05-Jun 09
53934	9:30-10:45am	Tue Jun 14-Jul 19
53937	7:15-8:30pm	Tue Jun 14-Jul 19
\$60(R)	\$72(N)	Age: 13Y and up
53943	10:15-11:30am	Sun Jun 12-Jul 17
53940	7:15-8:30pm	Thu Jun 16-Jul 14
53941	7:15-8:30pm	Thu Jul 21-Aug 18
53944	10:15-11:30am	Sun Jul 24-Aug 21
53935	9:30-10:45am	Tue Jul 26-Aug 30
53938	7:15-8:30pm	Tue Jul 26-Aug 30

### FITNESS YOGA

Yoga conditioning gives you an hour to bring the mind and body to one place to reconnect what daily living tends to disconnect. Tensions stored in the body block energy and slow the body's ability to heal. Yoga conditioning uses non-religious yoga and Pilates techniques to release tensions, increase balance awareness, build core strength, and unblock new energy and focus.

Crossroads Community Center

Age: 13Y and up

16 classes: \$144(R) \$173(N)

4 classes: \$40(R) \$48(N)

58570 10:45-11:45am Mon, Wed Jun 11-Aug 10

### 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

\$30(R)	\$36(N)	Age: 18Y - 99Y
57675	10:30-11:30am	Mon May 02-23
57671	10:30-11:30am	Thu May 05-26
57676	10:30-11:30am	Mon Jun 06-27
57673	10:30-11:30am	Thu Jul 07-28
57674	10:30-11:30am	Thu Aug 04-25
\$22.50(R)	\$27(N)	Age: 18Y and up
57677	10:30-11:30am	Mon Jul 11-25
\$37.50(R)	\$45(N)	Age: 18Y - 99Y
57672	10:30-11:30am	Thu Jun 02-30
57678	10:30-11:30am	Mon Aug 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. Instructor: Maude Pauletto Min 8/Max 20

Northwest Arts Center

\$34(R)	\$40(N)	Age: 18Y and up
53722	3:30-4:30pm	Tue May 10-24
53723	3:30-4:30pm	Thu May 12-26
\$60(R)	\$72(N)	Age: 18Y and up
53725	3:30-4:30pm	Tue, Thu May 10-26
\$67(R)	\$80(N)	Age: 18Y and up
53726	3:30-4:30pm	Tue May 31-Jul 05
53727	3:30-4:30pm	Thu Jun 02-Jul 07
53732	3:30-4:30pm	Tue Jul 19-Aug 23
53730	3:30-4:30pm	Thu Jul 21-Aug 25
\$122(N)	\$144(N)	Age: 18Y and up
53728	3:30-4:30pm	Tue, Thu May 31-Jul 07
53731	3:30-4:30pm	Tue, Thu Jul 19-Aug 25

## ADVANCED YOGA

Stretching and flexibility exercises for the experienced yoga student. Workout especially geared for older adults with significant yoga training. Min 6/Max 10

North Bellevue Community Center

\$13(R)	\$15(N)	Age: 50Y and up
57687	10-11am	Mon Jun 06-Jul 11
57688	10-11am	Mon Jul 18-Aug 22

## FENCING - BEGINNING

Anyone for a Duel? Learn about fencing equipment, footwork, technique, conditioning, safety, strategy, and tactics. In this invigorating Olympic sport benefitting mind and body. Hosted by the Washington Fencing Academy ([www.washington-fencing.com](http://www.washington-fencing.com)). Bring sport shoes, water bottle, and sweatpants (no jeans). One time \$25 book fee and \$35 equipment rental fee per session payable to instructor first day of class. Participants can join this class prior to the third class of the session by calling South Bellevue Community Center (425) 452-4240. Min 8/Max 20

South Bellevue Community Center

\$125(R)	\$150(N)	Age: 8Y and up
53781	6:30-7:30pm	Thu May 05-Jun 23

## 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

South Bellevue Community Center

\$125(R)	\$150(N)	Age: 8Y and up
53792	7:45-8:45pm	Thu May 05-Jun 23

## 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

Northwest Arts Center

\$75(R)	\$90(N)	Age: 13Y and up
58365	7:45-9:45pm	Tue Jul 12-Aug 30
58367	7:45-9:45pm	Thu Jul 14-Sep 01
\$128(R)	\$148(N)	Age: 13Y and up
58368	7:45-9:45pm	Tue, Thu Jul 12-Sep 01

### MARTIAL ARTS - 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. \$11/day Resident & \$13/day Non-Resident. Taught By Dr. X. Z. Wang, a Tai Chi Master. Min 10/Max 50

North Bellevue Community Center

\$11(R)	\$13(N)	Age: 18Y and up
54226	9-10am	Sat May 07-Sep 03

### Practice @ South Bellevue Community Center

FREE	Age: 60Y and up	
54374	12-1pm	Thu May 05-Jun 30

### YANG STYLE TAI CHI - BEGINNER

Learn this simplified 16 movements Tai Chi form as taught by the founding Yang Family. Graceful, flowing, and evenly paced movements help improve balance, coordination, and flexibility. Its meditative quality revitalizes energy, calms the mind, and relaxes the body. Taught by 6th rank, certified instructor. To register during a session, call the South Bellevue Community Center at 425-452-4240. Min 5/Max 20

South Bellevue Community Center

\$54(R)	\$65(N)	Age: 18Y and up
53788	9:15-10:15am	Sat Apr 30-Jun 11

## FOLLOW US ON FACEBOOK!

Become a fan of **Bellevue Parks & Community Services** on Facebook to learn about unique events, activities, and fun ways to use Bellevue's park and open space system.

### YANG STYLE TAI CHI INT/ADV

This class practices the Yang style long form. Students who have completed the Beginner class or have previous experience are welcome to participate. See Beginner class description for more details. To register during a session, call the South Bellevue Community Center at 425-452-4240.

Min 5/Max 20

South Bellevue Community Center

\$54(R)	\$65(N)	Age: 18Y and up
53840	10:20-11:20am	Sat Apr 30-Jun 11

### 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 guarantees plenty of instructional assistance and is appropriate for all abilities. Excellent for toning up the body, good health, and long life. Monday PM at North Bellevue Community Center. Thursday PM at South Bellevue Community Center. Min 8/Max 20 Min 8/Max 20

North Bellevue Community Center

\$56(R)	\$67(N)	Age: 16Y and up
57680	7:15-8:45pm	Mon May 09-Jun 06
57681	7:15-8:45pm	Mon Jun 20-Jul 18
57682	7:15-8:45pm	Mon Aug 01-29

South Bellevue Community Center

\$56(R)	\$67(N)	Age: 16Y and up
56539	7:15-8:45pm	Thu May 26-Jun 23
56540	7:15-8:45pm	Thu Jun 30-Jul 28
56541	7:15-8:45pm	Thu Aug 04-Sep 08

### SELF DEFENSE/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

Highland Community Center

\$46(R)	\$55(N)	Age: 6Y - 12Y
56501	5-5:55pm	Mon, Wed May 02-25
56502	5-5:55pm	Wed, Mon Jun 01-29
56503	5-5:55pm	Wed, Mon Jul 06-27
56504	5-5:55pm	Wed, Mon Aug 03-31

### 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

Highland Community Center

\$46(R)	\$55(N)	Age: 13Y and up
56515	5:30-6:55pm	Mon, Wed May 02-25
56516	5:30-6:55pm	Wed, Mon Jun 01-29
56517	5:30-6:55pm	Wed, Mon Jul 06-27
56518	5:30-6:55pm	Wed, Mon Aug 03-31

### TINY TIGERS MARTIAL ARTS

Tiny Tigers is an age specific program designed to keep your child physically fit and designed to teach children important life skills in a fun, exciting and enriching manner. All classes are taught using the most safe, fun, and exciting instruction methods available for this age group. Your child will achieve more than just learning to kick and punch. Tiny Tigers will keep your child physically fit but best of all, your child will learn to see the value of teamwork, good manners and to try their best outside the classroom. Tiny Tigers are limited to attending 2 classes per week. Mike Rojas, Instructor. 3rd Degree Black Belt. Min 6/Max 12

Northwest Arts Center

\$128(R)	\$148(N)	Age: 4Y - 6Y
58371	4:45-5:15pm	Mon, Wed, Fri Jul 11-Sep 02

### MARTIAL ARTS FOR CHILDREN & FAMILIES

"The families that kick together, stick together!" Family Martial Arts encourages members of the same family to train in the martial arts together. Training with your family encourages more in-depth practice at home, allows for better enjoyment of a shared interest, and promotes deeper family bonding. Mike Rojas, Instructor. 3rd Degree Black Belt. Children may attend 2 classes per week, using the 3rd class as a make-up/bonus class. Min 8/Max 20

Northwest Arts Center

\$197(R)	\$215(N)	Age: 7Y - 99Y
58378	7-8pm	Mon, Wed, Fri Jul 11-Sep 02

## MARTIAL ARTS FOR TEENS & ADULTS

Fitness, Self-defense and self-confidence are some of the benefits you can expect from training in Martial Arts. As a student, you are looked upon as an individual, never compared to anyone else. Your instructor will be there every step of the way. All that is expected of you is the willingness to try. Mike Rojas, Instructor, 3rd Degree Black Belt. Min 8/Max 24

Northwest Arts Center

\$197(R) \$215(N) Age: 13Y - 99Y  
58392 8-9pm Mon, Wed, Fri Jul 11-Sep 02

## CHITO-RYU KARATE-DO

Chito-ryu is a traditional Japanese martial art. This class emphasizes general fitness training, practice and understanding of 'kata', the dancelike forms that have been called 'zen in motion', and safe practice of sparring and self defense applications. This is a mixed class, beginner to advanced, for adults of all ages and children ages 10 years and up. For more information, see [www.seattlechitoryu.com](http://www.seattlechitoryu.com) or call 206-909-3073. To register during a session call South Bellevue Community Center at (425) 452-4240. Min 5/Max 10

South Bellevue Community Center

\$55(R) \$66(N) Age: 10Y and up  
57816 6:15-7:30pm Tue, Fri May 03-31  
57817 6:15-7:30pm Fri, Tue Jun 03-28  
58160 6:15-7:30pm Fri, Tue Jul 01-29  
57818 6:15-7:30pm Tue, Fri Aug 02-30

## TAEKWONDO

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

South Bellevue Community Center

\$53(R) \$63(N) Age: 6Y and up  
53870 4-4:50pm Tue, Thu May 03-31  
53875 6-6:50pm Tue, Thu May 03-31  
53877 5-5:50pm Tue, Thu May 03-31  
53873 4-4:50pm Thu, Tue Jun 02-30  
53878 6-6:50pm Thu, Tue Jun 02-30  
53880 5-5:50pm Thu, Tue Jun 02-30  
53876 4-4:50pm Tue, Thu Jul 05-28  
53881 6-6:50pm Tue, Thu Jul 05-28  
53883 5-5:50pm Tue, Thu Jul 05-28  
\$40(R) \$48(N) Age: 6Y and up  
53879 4-4:50pm Tue, Thu Aug 02-18  
53884 6-6:50pm Tue, Thu Aug 02-18  
53886 5-5:50pm Tue, Thu Aug 02-18

## 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 Highland Community Center

\$54(R) \$65(N) Age: 8Y and up  
56488 6:30-8pm Fri Jun 03-Aug 19

## 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 Highland Community Center

\$54(R) \$65(N) Age: 8Y and up  
56491 6:30-8pm Fri Jun 03-Aug 19

## 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 Highland Community Center

\$54(R) \$65(N) Age: 8Y and up  
56495 7:30-9:30pm Fri Jun 03-Aug 19

## MARTIAL ARTS SELF DEFENSE/ 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 Highland Community Center

\$46(R) \$55(N) Age: 6Y - 12Y  
56501 5-5:55pm Mon, Wed May 02-25  
56502 5-5:55pm Wed, Mon Jun 01-29  
56503 5-5:55pm Wed, Mon Jul 06-27  
56504 5-5:55pm Wed, Mon Aug 03-31

# 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.

## HIGHLAND COMMUNITY CENTER

14224 BEL-RED ROAD • 425-452-7686

**Jazzercise • Jazzercise Personal Touch • Jazzercise for Teens**

Sessions available weekdays, mornings and evenings. Call Phyllis @ 425-814-2134 for more information and to reserve your spot today!

## NORTHWEST ARTS CENTER

9825 NE 24TH ST • 425-452-6046

**Jazzercise • Jazzercise Lite • Jazzercise Personal Touch**

Morning and evening sessions available throughout the week. For more information, call Pam Kalian 425-643-4911, or visit [www.pamsjazz.com](http://www.pamsjazz.com) or Lori Hollow - 206-632-3079.

## NORTH BELLEVUE COMMUNITY CENTER

4063 148TH AVE NE • 425-452-7681

**Jazzercise**

Morning and evening sessions available throughout the week. For more information and seasonal schedule changes, call Instructor Kris Rooke @ 425-894-4111, or visit the class web page at [www.jazzwithkris.com](http://www.jazzwithkris.com)

## SOUTH BELLEVUE COMMUNITY CENTER

14509 SE NEWPORT WAY • 425-452-4240

**Jazzercise • Jazzercise Lite**

Morning sessions available throughout the week. For more info, call Phyllis at 425-814-2134 or visit [www.jazzfitness.net](http://www.jazzfitness.net).

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

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

## ONE-ON-ONE PROFESSIONAL FITNESS AND WELLNESS SERVICES AT SOUTH BELLEVUE COMMUNITY CENTER

Appointments can be scheduled at the Front Desk in person or by calling 425-452-4240.

Take advantage of one of the many services at South Bellevue Community Center for health education or enhancement. 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. Form available on the SBCC website.

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 45 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. The cost is \$30 and includes a computer print-out 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.

### Personal Training

Personal Training is revolutionizing the way people look, move and feel. It is a major part of preventative medicine and improving quality of life.

Our nationally-certified trainers will:

- Help you set up realistic goals.
- Create an individualized program set up to your specific needs, goals, and lifestyle.
- Screen for muscular imbalances and weaknesses.
- Teach you to maximize your cardio program to save you from wasting time.
- Teach you how to control portion sizes and create a healthy lifestyle change in the way you eat.
- Teach you 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!

### Session rates:

30 minutes - \$30 for 1 person  
 55 minutes - \$50 for 1 person, \$75 for 2 people, \$95 for 3 people. For a FREE 30 MINUTE CONSULTATION or questions email [mike@athleticagilitynow.com](mailto:mike@athleticagilitynow.com) or call Mike (206) 369-9388.

### Youth Privileges @ the South Bellevue Community Fitness Center

SBCC 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.



## SOUTH BELLEVUE COMMUNITY CENTER

a partnership for a healthy community



The Fitness Center at South Bellevue Community Center features state of the art treadmills, bikes, elliptical trainers, weight training machines and free weights. The Fitness Center is designed for adult use, as well as teens, ages 10+, with direct adult supervision, or 16+ with parent permission. Please plan on attending one of the free, drop-in one hour orientation classes before your first exercise visit. Call 425-452-4240 for Fitness Center orientation days and times. 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.

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

### Fitness Center Fees

effective January 1, 2011

Individuals Type of Admission	Adult (age 18+)		Teens (age 10-17)	
	Resident	Non-Res.	Resident	Non-Res.
Daily Drop-In	\$5.50	\$7	\$3.50	\$4
Pass Card (20 visits)	\$77	\$93	\$44	\$53
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 10-20 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.

	Monthly Fee	
	Resident	Non-Resident
<b>Two Adult</b> (no children)	<b>\$39</b>	<b>\$47</b>
<b>Single Adult Household</b> (with children ages 10-20)	<b>\$34</b>	<b>\$41</b>
<b>Two Adult Household</b> (with children ages 10-20)	<b>\$47</b>	<b>\$57</b>



## Bellevue Fire Department CPR Training Programs

### 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

**Website:** [www.bellevuewa.gov/botanical\\_garden.htm](http://www.bellevuewa.gov/botanical_garden.htm)

#### Lake Hills Greenbelt Ranger Station

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

**Location:** 15416 SE 16th Street, 98007

**Hours:** Tue - Sat, noon-4pm

**Phone:** 425-452-7225

**Website:** [www.bellevuewa.gov/lake\\_hills\\_greenbelt.htm](http://www.bellevuewa.gov/lake_hills_greenbelt.htm)

#### Lewis Creek Visitor Center

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

**Location:** 5808 Lakemont Blvd., 98007

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

**Phone:** 425-452-4195

**Website:** [www.bellevuewa.gov/lewis\\_creek\\_park.htm](http://www.bellevuewa.gov/lewis_creek_park.htm)

#### Mercer Slough Environmental Education Center Visitor Center

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

**Location:** 1625 118th Ave SE, 98005

**Hours:** Daily, 10am-4pm

**Phone:** 425-452-2565

**Website:** [www.bellevuewa.gov/mseec.htm](http://www.bellevuewa.gov/mseec.htm)

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

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

#### BLS FOR HEALTHCARE PROVIDER

This class is for the Healthcare Provider and is offered every other month. Written exam/skills test required for course completion card. The course is 6 hours in length. Pre-requisite: current Heartsaver CPR or Heartsaver AED card required. For details please call 425-452-7673 Min 3/Max 6 Fire Station #1

\$65			Age: 18Y and up
54856	9am-3pm	Wed	May 11
54857	9am-3pm	Wed	Aug 10

#### INFANT CPR

The Bellevue Fire Department offers citizen CPR classes to the community that follow the AHA's Heartsaver CPR curriculum. This hands on course teaches CPR and Choking intervention for infants from birth to 1 year of age. Participants will be required to demonstrate skills to receive a Heartsaver CPR credential. 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			Age: 14Y and up
54851	7-10pm	Thu	May 26
54852	7-10pm	Thu	Jul 28

#### CPR TRAINING FOR ADULTS/CHILDREN

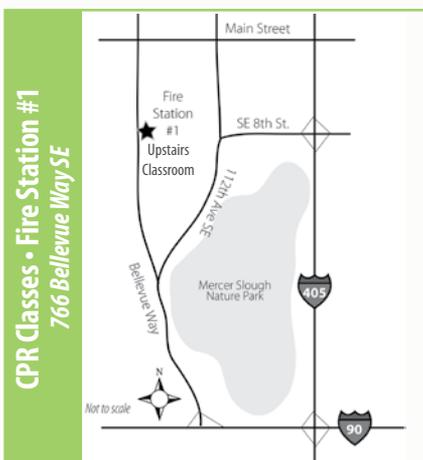
The Bellevue Fire Department offers citizen CPR classes that follow the AHA's Heartsaver CPR curriculum. The Adult/Child course teaches warning signs of heart attack and stroke, CPR and Choking intervention for victims ages 1 through adult. Participants will be required to demonstrate skills to receive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

Fire Station #1			
\$35			Age: 14Y and up
54832	7-10pm	Thu	May 05
54833	7-10pm	Tue	May 17
54834	7-10pm	Thu	Jun 02
54835	7-10pm	Tue	Jun 21
54836	7-10pm	Thu	Jul 07
54837	7-10pm	Tue	Jul 19
54838	7-10pm	Thu	Aug 04
54839	7-10pm	Tue	Aug 16

#### HEARTSAVER AED (AUTOMATED EXTERNAL DEFIBRILLATOR) CLASS

This class is taught as part of the Adult/Child CPR course and includes the use of an Automatic External Defibrillator as part of the training. Skills test required for course completion card. Classes scheduled for businesses and Citizens as required. Please call 452-452-7673 for more details Min 4/Max 8

Fire Station #1			
\$50			Age: 14Y and up
54865	6-10pm	Wed	Jun 29





## FAMILY DISCOVERY SERIES

### MERCER SLOUGH NATURE WALK

Did you know that Mercer Slough Nature Park is over 320 acres? Explore Mercer Slough with a Park Ranger. No registration necessary. All ages welcome. Dress for the weather.

**WHEN:** Weekly, every Saturday  
2-3pm. (No walk July 16 and August 13)

**WHERE:** Mercer Slough Environmental Education Center  
Meet at the Visitor Center

**COST:** Free

### ART IN NATURE EXHIBITS

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

**WHEN:** Daily  
10am - 4pm

**WHERE:** Mercer Slough Environmental Education Center  
Visitor Center

**COST:** Free

### RANGER-GUIDED GROUP PROGRAMS

Looking for an engaging group program? Mercer Slough Park Rangers offer outdoor interpretive walks and talks. Learn and discuss flora, fauna, and natural and cultural history of Mercer Slough Nature Park. We schedule groups of 5-20, for this one hour program. Suggested donation of \$1 per person. First-come, first-serve. Call or email to reserve your spot today. (425) 452-2565 or MSEEC@bellevuewa.gov.

### RANGER PROGRAMS

Join a Park Ranger at the Mercer Slough Environmental Education Center the 1st 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. A portion of the program may be outside, dress for the weather. No registration necessary. Min 4/Max 25  
Mercer Slough Environ. Ed. Center  
FREE All Ages

### Life Under Water

Did you know an animal can live its entire life in a small pond? Ponds are a unique and important habitat. Learn about the different animals that live in and around ponds, their survival techniques, and how some have adapted to live under water.

56618 2:30-3pm Sun Apr 03

### Great Migrations

Wildlife migrations are among the most fascinating events of the natural world. Did you know that a monarch butterfly migrates 2,500 miles or the tiny Ruby-throated Hummingbird migrates 620 miles? Find out who travels here and around the world. All ages welcome.

57889 2:30-3pm Sun May 01

### Map & Compass

From backyard to backcountry, navigation is an essential skill. Learn to use map and compass to better explore your surroundings and challenge your navigation skills!

57890 2:30-3pm Sun Jun 05

### Animal Tracking

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.

57891 2:30-3pm Sun Jul 03

### Knots in the Outdoors

Knots have been fundamental to human survival since prehistoric times. They are still used today for practical and recreational purposes, including boating, fishing, climbing, and camping. Try your hand at common and complex knots.

57892 2:23-3pm Sun Aug 07

### NATURE SCAVENGER HUNT

Stop by the Lewis Creek Visitor Center and pick up a scavenger hunt list. Then hit the trails and discover what natural treasures can be found in your local park. The Visitor Center is open Wednesday through Sunday, 10am-4pm.

### MOVIES AT MERCER SLOUGH

Join us for fun and engaging environmental movies. All children under 12 must be accompanied by an adult. No registration necessary. Min 4/Max 50  
Mercer Slough Environ. Ed. Center  
FREE All Ages

### Birds - Fishing for a Living

Discover how birds have become experts at finding food in water. Over time they've developed many ingenious methods - from diving to dancing, skimming to spearing, to reap the rich bounty of Earth's waters. Approx. 55 min. Best for age 8+.

56596 5-6:30pm Fri Mar 25

### Blue Planet - Tidal Seas

The sun and moon move billions of tons of water around the world with every turn of the tide. With the strongest and weakest of tides the coastal landscape changes, and strand sea creatures and control their movements. Approx. 50 min. Best for age 10+.

56597 5-6:30pm Fri Apr 29

### Beavers - The Biggest Dam Movie You Ever Saw!

Plunge in and meet your illusive neighbor. This movie shows several beaver families in their wild surroundings. With breathtaking underwater photography, you travel inside the lodge for a rare look at these charming and industrious creatures, see them evade predators and build their homes. Movie 30 minutes, plus optional Making of 27 minutes. Best for age 8+.

57874 5-6:30pm Fri Jun 24

### Baby Tales

Every creature begins life the same way - as a baby. But growing up is different for each of us. These are the stories of babies across the animal kingdom, and their daunting journeys into a grown-up world. Approx. 60 min. Best for age 8+.

57877 5-6:30pm Fri Jul 29

### Life of Birds - Signals and Songs

Experience the colorful and intriguing life of birds. Learn how birds communicate with one another using signs, signals and occasionally a bit of mimicry in this documentary. Approx. 50 minutes. Best for age 8+.

57873 5-6:30pm Fri Aug 26

### FABULOUS FORESTS

Bellevue's forests are vital to our local wildlife. Learn the basic parts of the tree, layers of the forest and the importance of urban forests. Then take a walk through Weowna Park's forest habitat and ID local trees. Meeting Place: 168th Ave SE & 19th St. Limited Parking. Carpooling encouraged. Min 8/Max 30

Weowna Park  
FREE Age: 6Y and up  
58152 2-3pm Sat Jun 18

### WILD TRACKS

We can tell a lot about a wild animal by its tracks! Learn the basics in animals tracking, search for tracks and other signs of wildlife in the park and make a plaster track to take home. Min 8/Max 30

Lewis Creek Park  
\$3 Age: 6Y and up  
58149 2-3pm Sun Jul 17

## BIRDS AND BEAKS

Have you ever wondered why birds have such a variety of beaks? How do they use their beaks to search for and eat food? Join Eastside Audubon to discover the differences in birds' beaks and how they indicate what food they eat. Learn about backyard birds and how to attract them. Then, make a feeder to take home and watch birds eating in your own backyard. Ages 6Y and up. All children must be accompanied by a registered adult. Registration is required. A donation of \$2 is suggested for materials. Min 6/Max 30

Lewis Creek Park  
 FREE Age: 6Y and up  
 58114 2-3pm Sat Jul 09

## FICTION FRIDAYS

Look, Listen and Create during an hour of stories and activities with a Park Ranger on the 1st Friday of every month. Parents and children will explore together the diverse animal world with animated fiction and fun. Stories and activities are geared toward children ages 3 to 6. All children must be accompanied by a registered adult. Registration is required. Min 8/Max 20

Lewis Creek Park  
 \$2 Age: 3Y and up

## The Very Best Bed by Rebekah Raye

A bushy gray squirrel is ready for bed, but where will it sleep tonight? Come along on the gray squirrel's search for just the right bed and learn what where our local wildlife sleep. Then create a squirrel puppet to take home.

56026 11am-12pm Fri Apr 01

## Stellaluna by Janell Cannon

A young bat is separated from her mother at night and falls into a bird's nest. As she adapts to her new surroundings, Stellaluna learns that not all flying animals eat fruit, some food crawls, and friends are always a little bit different. Discover why these flying mammals are so important to the environment. Then craft and bring home your very own bat puppet.

58103 11am-12pm Fri May 06

## Owl Babies by Martin Waddell

Three baby owls that awake to find that their mother is gone and huddle together in the nest and wait for her return. Learn about the special adaptations of owls and which species live in Washington. Then make an owl mask to take home.

\$2 Age: 3Y and up  
 58104 11am-12pm Fri Jun 03

## Fiction Fridays-A Frog Thing by Eric Drachman

Frank, the frog, wanted to fly, but he was a frog and frogs can't fly. Follow along as Frank jumps and runs and leaps and dives until he finally finds his place in the pond. Learn what makes a frog so unique and then create your own frog art to take home.

\$2 Age: 3Y and up  
 58105 11am-12pm Fri Jul 01

## Fiction Fridays-Verdi by Janell Cannon

A baby yellow python is told to grow up big and green, but loves his bright colors. Verdi is in no rush to grow up and tries different methods to keep from blending in with the trees. Discover how camouflage helps snakes blend into their habitat. Then make a snake bracelet to take home.

\$2 Age: 3Y and up  
 58106 11am-12pm Fri Aug 05

## 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! Pre-registration required. For more information, call Lewis Creek at 425-452-4195.

\$2 Age: 6Y and up  
 58111 8-9:30pm Fri Apr 29

## BUGGIN' OUT

Get an up-close look at our local aquatic insects with the Stream Team! Watch live 'bug TV' as we take a close look at the critters from our wetland under a video microscope. Min 8/Max 30

Lewis Creek Park  
 FREE All Ages  
 58204 2-3pm Sat Jul 30

## FOLLOW US ON FACEBOOK!

Become a fan of **Bellevue Parks & Community Services** on Facebook to learn about unique events, activities, and fun ways to use Bellevue's park and open space system.

## FAMILY MOVIES AT LEWIS CREEK

Get a closer look at some of Nature's most wonderful treasures with our family movie series. Movies will begin at 2pm. All ages welcome, unless otherwise noted. Children under the age of 12 must be accompanied by a registered adult. Registration required. For more information, call Lewis Creek at 425-452-4195. Min 6/Max 30

Lewis Creek Park  
 FREE Age: 2Y and up

## A Murder of Crows

Part of the PBS Nature Series: Crows are among the most intelligent animals on the planet. They use tools and recognize 250 distinct calls. One talent they possess is the ability to recognize individual human faces and pick them out of a crowd up to two years later. These birds might have a scary reputation, but the scariest thing may be how much they know about us, and how little we know about them. Running Time: 60 minutes. All ages welcome.

FREE Age: 2Y and up  
 58107 2-4pm Sun May 15

## Clash: Encounters of Bears and Wolves

Part of the PBS Nature Series: Yellowstone National Park is a world of predators, scavengers and opportunists. In this vast and complex kingdom, two dominant predators reign supreme: the grizzly bear and the wolf. Size and power square off against speed and teamwork, as mighty grizzly bears contend with powerful packs of wolves for control of the food supply. Content is appropriate for ages 8Y and older. Running Time: 55 minutes

FREE Age: 8Y and up  
 58108 2-4pm Sun Jun 12

## Frogs-The Thin Green Line

Part of the PBS Nature Series: Their impact on the world's ecosystems is great. Frogs sit right in the middle of the food chain, and without them, other creatures are disappearing, too. We are only just beginning to understand what life may be like without them. The race is on to stem the tide - before the next frog crosses the thin, green line. Running Time: 56 minutes. All ages welcome.

FREE Age: 2Y and up  
 58109 2-4pm Sun Jul 10

## Wolves: A Legend Returns to Yellowstone

National Geographic follows the re-introduction of the wolf into Yellowstone National Park and reveals how returning the species to this ecosystem has helped restore natural balance. Running Time: 57 minutes. Appropriate for ages 6Y and up.

FREE Age: 2Y and up  
 58110 2-4pm Sun Aug 14

## ADULT ENRICHMENT SERIES

### LEARNING TO SEE BY LOOKING - DIGITAL PHOTOGRAPHY

Accomplished photographer, Chad White explores how humans interact with nature through photography. This introductory course teaches nature photography techniques, provides one-on-one instruction and time to practice your skills in Mercer Slough Nature Park. Participants must bring their own digital camera. Pre-registration required. Min 5/Max 25 Mercer Slough Environ. Education Center \$5 Age: 18Y and up 57870 1-3pm Sat Jul 16

### NATURE PRINTING

Buds, bugs, birds, and more. Explore your surroundings and document the changing season with nature prints. Beginner and veteran artists enjoy this medium. We will experiment with non-toxic water-based inks, papers, an etching press, and several different techniques to start a collection of Mercer Slough images. All tools and materials provided. No experience necessary. Pre-registration required. \$10 materials fee payable at the door. Min 5/Max 12 Mercer Slough Environ. Education Center \$5 Age: 18Y and up 57952 1-3pm Sat Aug 13

## LIVING GREEN SERIES

This series highlights the innovative and simple ways that Bellevue residents can "green up" their lives. Each month, Bellevue Parks & Community Services hosts a free, guest speaker presentation on varying and seasonal green topics. The Living Green Series will cover various topics throughout the year from shopping choices to gardening and home remodels. For more information, please contact Laura Hughes, Bellevue Park Ranger, at 425-452-7225 or LHughes@bellevuewa.gov.

### SCOUT MERIT BADGE WORKSHOPS

Use Lewis Creek Park to get Scout badges accomplished! Each program is an hour and costs \$10 per scout. Choose from the following topics: Bird Study, Environmental Science, Fish and Wildlife Management, Forestry, Mammal Study, Nature and Soil and Water Conservation. Visit [www.naturevision.org](http://www.naturevision.org) for full descriptions.

## PACIFIC SCIENCE CENTER PROGRAMS

### MERCER SLOUGH ENVIRONMENTAL EDUCATION CENTER

1625 - 118th Avenue SE



The Mercer Slough Environmental Education Center is a collaboration between the City of Bellevue and Pacific Science Center. This partnership brings year-round education and interpretation about wetlands and nature for adults, youth and families.

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](http://www.pacificsciencecenter.org/slough)

### WILD B'EARTHDAY

Celebrate your birthday with one of three themes: Animal Mania, GPS Scavenger Hunt or Insect Safari. Start with a nature hike with games and activities, and then enjoy your party festivities in our classroom. The party includes a guided hike, decorations, table cloths, a party favor, and plates/cups/forks/napkins. Just bring the food and drinks!

**Age:** 5+ yrs (8+ for GPS Scavenger Hunt)  
**Times:** Saturday & Sunday 11:00am & 2:30pm  
**Cost:** \$185 for 15 participants (10 for 5 year olds)  
 \$260 for up to 25 participants (20 for 5 year olds) Animal Mania or Insect Safari themes only.

### FAMILY WORKSHOPS

Bring the entire family for a monthly hands-on workshop as we explore the science side of the Mercer Slough. Upcoming themes include animal tracks, GPS adventures, and outdoor survival skills.

**Times:** 11:45am-2:45pm, 2nd Saturday of each month  
**Cost:** \$10/family, \$7/individual

## PRESCHOOL EXPLORERS

Sign up for this 4-week series for your preschooler and you to explore nature topics with art, music, science and puppet play. Meet Tuesdays for 1.5 hours. New series starting every month (except June). Pre-registration required.

**Age:** 3-5 yrs old with parent accompaniment  
**Cost:** \$45/4-week series

## SCOUTS IN THE WILD

Choose from over 16 nature-related scout badge topics like birding, geology, wildlife and forestry. Your 2 hour walk through the nature park will include badge related scavenger hunts, games, and experiments. These programs are great for any group interested in exploring nature topics. See website for specific badge programs (badges not supplied).

**Ages:** 5-12  
**Times:** 2 hour hike after school or on Saturdays  
**Cost:** \$90 (up to 15 scouts)

## TEEN VOLUNTEER OPPORTUNITIES

Volunteer during the summer or school year at the Mercer Slough Environmental Education Center as a summer camp volunteer or teen intern. E-mail Mercer.Slough.Teens@pacsci.org for more information.

### Summer Camp Volunteer

Become a Naturalist In Training with our summer day camp program. Contact us to learn about this fun way to spend the summer. Ages 14 and up. Applications due by March 31.

### Teen Internship

Become an intern with the Lake Washington Watershed Internship's year-long program. Learn about your local watershed through hands-on activities, teaching elementary students, habitat restoration and stream monitoring. 10-12th graders. Applications due in September.

## SUMMER CAMPS

**TO REGISTER FOR THESE CAMPS, visit [www.PacificScienceCenter.org](http://www.PacificScienceCenter.org) or call 206-443-2925.**

Pacific Science Center camps are the perfect opportunity to experience a summer of discovery, outdoor adventure and environmental science. Registration for Mercer Slough summer day camps begins March 1, 2011. Weekly camps run June 20th – August 26th.

Download a complete Pacific Science Center Summer Camp brochure and register online at [pacificsciencecenter.org](http://pacificsciencecenter.org) or call 206-443-2925. **Please refer to website or brochure for pricing, payment, and cancellation policies since these differ from City of Bellevue camps and policies.**

**All K-1 camps** are half-day weekly camps. Camp time is 9am – 12pm.

**All 1st – 8th grade camps** are week-long day camps. Camp time is 9am – 4pm. Campers can be dropped off after 8am, free of charge. Extended day care (4pm – 6pm) is available at a cost of \$50/5-day week or \$12/daily.

### Grade K-1 Camps

- Animal Discoveries
- Earth Buddies
- Mud, Muck and Goo
- Nature Detectives
- Wild Explorers

### Grade 1-2 Camps

- Bugs, Birds and Bunnies
- Natural Creations
- Wetland Wonders

### Grade 2-4 Camps

- C.S.I.: Cool Science Investigations (Decomposers Edition)
- Get Ready to Rock!
- Slough Survival
- Wet and Wild
- Wildlife Gone Wild

### Grade 4-6 Camps

- Aquatic Adventures
- EcoVoyagers
- Nature Photography
- Wild Survivor with camping overnight

### Grade 6-8 Camps

*These camps include an overnight camp out and river rafting in Eastern Washington. Campers depart for the overnight 8am on Thursday and return 6 pm Friday.*

- EXTREME Ecosystems with camping overnight & river rafting
- Get Your Green On! with camping overnight & river rafting

## TOURS, HIKES, WALKS, & OUTDOOR ACTIVITIES

### BELLEVUE BOTANICAL GARDEN TOURS

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

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

**Location:** Bellevue Botanical Garden Visitor Center  
12001 Main Street

**Information:** 425-451-3755

**Cost:** Free

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

### LAKE HILLS GREENBELT RANGER WALK

Do you know the story behind the Phantom at Phantom Lake? Ever seen an environmental restoration site? Join a Ranger for a free guided tour of the Greenbelt.

Learn the history of the park, tour community gardens, and learn about local wildlife! Fun for the family, all ages welcome. Free, no registration required.

**Time:** Saturdays, March through August, 2-3pm

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

**Information:** 425-452-7225

### LOCAL AREA HIKES

Get connected to your local greenbelts and neighborhood parks as rangers take you on hikes throughout the summer. Please dress for the weather, bring water and wear sturdy shoes. Hikes vary in length and difficulty. Please see details below. For more information and to register, call 425-452-4195.

### Mercer Slough Nature Park

Friday, May 13 & Saturday, July 23

Distance: 2.1 miles

Level of Difficulty: Easy

Details: Soft-surface trails & raised boardwalk into Bellevue's largest wetland with opportunities for wildlife viewing.

Meeting Place: Mercer Slough Education Center, 1625 118th Ave SE. Limited Parking.

### Coal Creek Park

Saturday May 28 & Friday August 12, 10am-Noon

Distance: 5 miles

Level of Difficulty: Moderate

Details: Soft-surface trails, follows Coal Creek past waterfalls and evidence of the area's coal mining past.

Meeting Place: Redtown Trailhead (Cougar Mountain) on Lakemont Blvd SE. Limited Parking.

### Kelsey Creek

Friday June 10, 10am-Noon

Distance: 3 miles

Level of Difficulty: Moderate

Details: Mixture of soft-surface and paved trail, through forests and wetlands  
Meeting Place: Kelsey Creek Farm parking lot, 410 130th Pl SE. Limited Parking. Carpooling encouraged.

### Lewis Creek to Lakemont Community Park

Saturday June 25 & Friday September 9

Distance: 5 miles

Level of difficulty: Strenuous

Details: Gravel trail, follows greenbelts through neighborhood areas

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

### Weowna Park

Friday July 8 & Saturday September 24

Distance: 3 miles

Level of difficulty: Difficult

Details: Soft-surface trail, towering trees, waterfalls, old-growth mixed forest.

Meeting Place: 168th Ave SE & 19th St. Limited Parking. Carpooling encouraged.



## COAL CREEK HISTORY WALK

This easy walk is offered by the Eastside Heritage Center in partnership with Bellevue Parks & Community Services. It is a primitive, lowland trail with a few stair steps and some hills. EHC staff and volunteers will interpret the rich coalmining history of this special area. Dress for the weather, bring a water bottle and wear sturdy shoes. Ages 10Y & up. To register call 425-450-1049 up to 3 days before the hike. Space is limited.

**WHEN:** Sunday June 5, 2-4pm

**WHERE:** Meet at the Red Town trail-head parking lot of the King County Cougar Mountain Regional Wildland Park, 7336 Lakemont Boulevard SE, Bellevue

**COST:** Free (donations accepted)

## 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

Enatai Beach Park

\$14(R)	\$16(N)		Age: 5Y and up
58179	8:45am-12pm	Sat	May 07
58180	8:45am-12pm	Sat	May 14
58181	8:45am-12pm	Sat	May 21
58182	8:45am-12pm	Sat	May 28
58183	8:45am-12pm	Sat	Jun 04
58184	8:45am-12pm	Sat	Jun 11
58185	8:45am-12pm	Sat	Jun 18
58186	8:45am-12pm	Sat	Jun 25
58187	8:45am-12pm	Sat	Jul 02
58188	8:45am-12pm	Sat	Jul 09
58189	8:45am-12pm	Sat	Jul 16
58190	8:45am-12pm	Sat	Jul 23
58191	8:45am-12pm	Sat	Jul 30
58193	8:45am-12pm	Sat	Aug 13
58194	8:45am-12pm	Sat	Aug 20
58195	8:45am-12pm	Sat	Aug 27

## MOTHER'S DAY CANOE

Spend Mother's Day canoeing the Slough with your family. Bellevue Park Rangers lead this 3-hour canoe trip from Enatai Beach Park. Find out about different strategies wildlife mothers have for raising and protecting their young, while paddling Mercer Slough. Children must be 5 years and older to participate. 1 adult must be present for every 2 children. Limit 3 people per canoe (550 lbs). Pre-registration is required. Dress for the weather. Please call (425) 452-2565 with any questions. Min 2/Max 20

Enatai Beach Park

\$14(R) \$16(N) Age: 5Y and up  
57868 9am-12pm Sun May 08

## FATHER'S DAY CANOE

Canoe Mercer Slough with your dad! Treat your dad to a special Father's Day exploring the beautiful Mercer Slough Nature Park by water. Bellevue Park Rangers lead this 3-hour canoe trip from Enatai Beach Park. Children must be 5 years and older to participate. 1 adult must be present for every 2 children. Limit 3 people per canoe (550 lbs). Pre-registration is required. Dress for the weather. Please call (425) 452-2565 with any questions. Min 2/Max 20

Enatai Beach Park

\$14(R) \$16(N) Age: 5Y and up  
57869 9am-12pm Sun Jun 19

## 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.eastside-heritagecenter.org](http://www.eastside-heritagecenter.org).

**WHEN:** Saturday, April 30, May 21, June 18, July 16, and August 20, 11am-3pm

**WHERE:** Kelsey Creek Farm Park 410 - 130th Pl SE

**COST:** FREE

**AGES:** All

## 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.

## 2011 COMMUNITY GARDEN P-PATCH INFORMATION

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



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FACEBOOK!**

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# 2011 SUMMER DAY CAMPS

425-452-6885 • [www.bellevuewa.gov](http://www.bellevuewa.gov)



**Bellevue Parks &  
Community Services**



**To register, visit:**  
[MyParksAndRecreation.com](http://MyParksAndRecreation.com)  
a service of eCityGov.net



# GENERAL RULES & REGISTRATION PROCEDURES FOR BELLEVUE PARKS DAY CAMPS

## Registration and Payments:

- ❖ See Registration Steps on page 9 of *Connections* for additional details. **For camps meeting fewer than 15 hours per week, please see “General Recreation Programs and Mini-Camps” policies on Page 9. Day Camp policies on this page do not apply to camps meeting fewer than 15 hours per week.**
- ❖ Each Day Camp requires a \$35 non-refundable deposit, per participant, per camp, at the time of registration, and will be applied toward the final amount due. Payment in full is due for the first two (2) camps at the time of registration. Payments for subsequent camps are due fourteen (14) calendar days prior to the first day of the session.
- ❖ All transactions completed at MyParksAndRecreation.com require payment in full at the time of registration.
- ❖ Scholarships are available for Bellevue residents. See page 11 or 51 of *Connections* or call 425-452-6885 for more information.

## Refunds & Transfers:

- ❖ See Registration Steps on page 9 of *Connections* for additional details.
- ❖ A refund is granted if the withdrawal is made at least seven (7) business days prior to the start of class, less a \$35 non-refundable deposit, per participant, per camp. Camp withdrawals requested less than seven (7) business days prior to camp will result in a refund 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.

**YOUR GOAL: EXPLORE, LEARN, PLAY**  
**OUR GOAL: MAKE IT EASY!**



**YOUR ONLINE  
 REGISTRATION  
 WEBSITE**

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

All of your **recreation registration** needs and **parks info** are now available on one easy-to-use website. You can now find the same great class you took last time, search for new classes, or explore all of our parks and trails. **This site has it ALL!**

**MyParksandRecreation.com**

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

**MyParksandRecreation.com**

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



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](http://www.myparksandrecreation.com) for the most up-to-date information.



## BELLEVUE YOUTH THEATRE DAY CAMP

This camp is perfect for the child with little or no acting experience. Children will get the full theatre experience from auditions to performance. Your child will rehearse; participate in arts & crafts and recreational activities. This camp will build your child's self-esteem, confidence, teamwork, and basic memorization skills. Children are cast into a role that is appropriate for their age and development level. Bellevue Youth Theatre emphasizes positive experience and growth of the child over stage time and role size. Extended care is available for this camp.

Min 25/Max 40

Bellevue Youth Theatre

### The Ugly Duckling

Play a role in the duckling's journey to find a home. Along the way the duckling meets the animals and people who help the duckling discover its true self. There is no camp on July 4th.

**\$313.20(R) \$378(N)** Age: 5Y - 12Y

54633 9:30am- 3pm Mon-Fri Jun 27-Jul 08

Ext'd Care \$81(R) \$93.60(N): Register for course #54637

### Tom Thumb

Come along the journey of the mischievous Tom Thumb from boy to Knighthood. During his travels he encounters a wide variety of characters, from animals to the King's Court.

**\$348(R) \$420(N)** Age: 5Y - 12Y

54634 9:30am- 3pm Mon-Fri Jul 11-22

Ext'd Care \$90(R) \$104(N): Register for course #54638

### The Emperor's New Clothes

Enjoy the tale of the Monarch's adventure on how to rule a kingdom. The ruler is aided by scheming tailors and the entire kingdom.

**\$348(R) \$420(N)** Age: 5Y - 12Y

54635 9:30am- 3pm Mon-Fri Jul 25-Aug 05

Ext'd Care \$90(R) \$104(N): Register for course #54639



## CAMP-MOVIE MAKING 101

The course is designed to introduce basic filmmaking to your child. We will write scripts, cast actors from our class, shoot, edit and present our projects. Kids will gain insights to scriptwriting, directing, acting, videography, set decoration and props, makeup and wardrobe, editing and teamwork needed to produce a video. This class will satisfy your child's curiosity in 'how it's done'. \$20 materials fee payable to instructor. Min 6/Max 10

Northwest Arts Center

**\$295(R) \$915(N)**

Age: 8Y - 11Y

58424 9am- 3:30pm Mon-Fri Aug 15-19

## CREATIVE KIDS SUMMER CAMP

Enhance your child's creativity while enjoying the beautiful setting of the Northwest Arts Center. Day camp activities compliment the season and include time spent in both indoor and outdoor settings. Children will explore a variety of multimedia art, painting, three dimensional art, collage, nature study, gardening, and active play. Extended care is available from 7:30am-9am and 3pm to 5:30pm. See Day Camp General Rules. Min 8/Max 30

Northwest Arts Center

**\$165(R) \$190**

Age: 5Y - 11Y

58387 9am- 3pm Mon-Fri Aug 01-05  
Ext'd Care \$50(R) \$60(N): Register for course #58420

58388 9am- 3pm Mon-Fri Aug 08-12  
Ext'd Care \$50(R) \$60(N): Register for course #58421

58389 9am- 3pm Mon-Fri Aug 15-19  
Ext'd Care \$50(R) \$60(N): Register for course #58422

58390 9am- 3pm Mon-Fri Aug 22-26  
Ext'd Care \$50(R) \$60(N): Register for course #58423



# VISUAL & PERFORMING ART CAMPS



## KELSEY CREEK CARTOON UNIVERSITY WORKSHOP

Explore the art of cartooning in depth with local editorial cartoonist/humorous illustrator Jeff Johnson. Areas of study include character development, layout, backgrounds, perspective and lettering. Daily projects include carbon transfer, flip-book animation, caricatures, comic strips and more! All supplies included. Bring a sack lunch & beverage. Min 6/Max 15

Kelsey Creek Farm Park

**\$250(R) \$300(N)**

**Age: 9Y - 14Y**

58246 10am- 3pm Mon-Fri

Aug 22-26

## 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. Class exercises are 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. Min 8/Max 14

Crossroads Community Center

**\$187(R) \$224(N)**

**Age: 9Y - 14Y**

58031 2- 5pm Mon-Fri

Jul 11-15

## CARTOONING WITH BETH

Create a variety of different drawings, your own cartoon characters, and a flip book. Practice drawing skills and creative thinking skills! Min 7/Max 12

Crossroads Community Center

**\$200(R) \$240(N)**

**Age: 6Y - 9Y**

58044 9:30am-12:30pm Mon-Fri

Aug 08-12

## ART AROUND THE WORLD WITH BETH

'Art' is a universal language. Come travel the world to see how different cultures and countries celebrate and create art. Focusing on a different country for each project, students will explore a variety of techniques and styles inspired by the featured country. Min 7/Max 12

Crossroads Community Center

**\$200(R) \$240(N)**

**Age: 6Y - 8Y**

58147 9:30am-12:30pm Mon-Fri

Aug 01-05

**\$200(R) \$240(N)**

**Age: 9Y - 14Y**

58148 1- 4pm Mon-Fri

Aug 01-05

## SCULPTURE, DRAWING, CLAY, AND MORE WITH BETH

In this class your child will spend each day creating an original piece of art work. Students will improve their drawing and painting skills, explore sculpture with paper mache and clay, and much more! Min 7/Max 12

Crossroads Community Center

**\$200(R) \$240(N)**

**Age: 6Y - 9Y**

58016 9:30am-12:30pm Mon-Fri

Jul 25-29

## MINI ART MASTERS WITH BETH

Become a mini art master! Learn about famous artists as you create and experiment with various mediums. Create art projects based upon well-known art styles such as Realism, Pointillism, and Cubism, to name a few. This class is for everyone who loves art! Min 7/Max 12

Crossroads Community Center

**\$200(R) \$240(N)**

**Age: 6Y - 8Y**

58014 9:30am-12:30pm Mon-Fri

Jul 18-22

## ART MASTERS WITH BETH

Become an art master! Learn about famous artists as you create and experiment with various mediums. Create art projects based upon well-known art styles such as Realism, Pointillism, and Cubism, to name a few. This class is for everyone who loves art! Min 7/Max 12

Crossroads Community Center

**\$200(R) \$240(N)**

**Age: 9Y - 14Y**

58561 1- 4pm Mon-Fri

Jul 18-22

# VISUAL & PERFORMING ARTS



## MUSEO ART ACADEMY SUMMER AT CAMPS

At the Museo Art Academy, it is the goal to cultivate creative confidence and individual expression in each and every student. The Academy provides respectful guidance and support, in a safe and comfortable environment, as students explore media and techniques to learn to express their own unique style. For more information, visit [www.MuseoArtAcademy.com](http://www.MuseoArtAcademy.com). Min 18/Max 20

Northwest Arts Center

**\$195(R) \$225(N)**

**Age: 6Y - 10Y**

### Drawing

Ready, Set, draw! Learn techniques in graphite, pastels, pen and ink, and color pencils, and create works of art that will build skills and confidence in your child!

58593 9:30am-12:30pm Mon-Thu Jul 11-14

### Painting

Your budding Picasso will feel a great sense of accomplishment as they render a variety of subjects using different types of professional painting materials. Individual assistance helps kids to master brush control, build rendering skills, and practice mixing colors.

58594 1-4pm Mon-Thu Jul 11-14

### Clay

We'll introduce young artists to a variety of clays and techniques. Students will study the basics of form and balance, learn to create compelling designs, and strengthen fine motor skills.

58595 9:30am-12:30pm Mon-Thu Jul 25-28

### Mixed Media

Painting, collage, printmaking, and more! Get ready for a jam-packed week of design exploration. Demonstrations in a variety of 2-D and 3-D materials help guide your child to create art that convey their own personality and style.

58596 1-4pm Mon-Thu Jul 25-28



## GO GO WITH VAN GOGH ART CAMP

Fine arts on the farm, inspired from the Kelsey Creek Farm environment. Your elementary-age child will celebrate their individual creative expressions through exploration of multiple-medias. Paint with colorful acrylics, sketch on the farm, develop watercolor style with color theory exploration, create collages and use oil pastels too. Dress for creative mess, and bring your playful imagination. Instructor Diane Culhane is a renowned artist in the Pacific Northwest with a Master's Degree in Art Education and extensive teaching experience. Her work is represented in Galleries and shows across the country. Please bring a \$10 supply fee payable to the instructor on first day of each camp. Maximum 3 weeks sign-up per participant. If extended care is needed please register when you sign up for camp. Extended care available 7:30am-5:30pm. See Day Camp General Rules. Min 8/Max 16  
Kelsey Creek Farm Park

**\$218(R) \$248(N)**

**Age: 6Y - 11Y**

**\* Course 57872 only: \$175(R) \$200(N)**

- |         |   |         |               |
|---------|---|---------|---------------|
| 57820   | 9:30am- 3pm   | Mon-Fri | Jun 20-24     |
|         | <i>Ext'd Care \$40(R) \$48(N): Register for course #57827</i> |         |               |
| 57821   | 9:30am- 3pm   | Mon-Fri | Jun 27-Jul 01 |
|         | <i>Ext'd Care \$40(R) \$48(N): Register for course #57833</i> |         |               |
| * 57872 | 9:30am- 3pm   | Tue-Fri | Jul 05-08     |
| 57822   | 9:30am- 3pm   | Mon-Fri | Jul 11-15     |
|         | <i>Ext'd Care \$40(R) \$48(N): Register for course #57838</i> |         |               |
| 57823   | 9:30am- 3pm   | Mon-Fri | Jul 18-22     |
|         | <i>Ext'd Care \$40(R) \$48(N): Register for course #57844</i> |         |               |
| 57824   | 9:30am- 3pm   | Mon-Fri | Aug 01-05     |
|         | <i>Ext'd Care \$40(R) \$48(N): Register for course #57850</i> |         |               |
| 57825   | 9:30am- 3pm   | Mon-Fri | Aug 08-12     |
|         | <i>Ext'd Care \$40(R) \$48(N): Register for course #57856</i> |         |               |
| 57826   | 9:30am- 3pm   | Mon-Fri | Aug 15-19     |
|         | <i>Ext'd Care \$40(R) \$48(N): Register for course #57862</i> |         |               |



# FUN ON THE FARM

## KELSEY CREEK DAY CAMP

Ahh..... Life on a farm. Campers will explore the barnyard, run and play among the rolling hills and creek's edge, create art projects, play active outdoor games and visit with the Kelsey Creek farm animals. Extended care is available from 7:30am-5:30pm. If extended care is needed, please sign up when you register for camp. See Day Camp General Rules. Min 20/Max 40

Kelsey Creek Farm Park

**\$155(R) \$186(N)**

**Age: 4Y - 7Y**

## Journey to Never, Never Land

Didst thou ever want to be a pirate? Come join this fun pirate inspired camp. Get your sea legs ready as we play pirate games, make crafts and hunt for treasure hidden at Kelsey Creek Farm. \*\*\*Dates & fees will be adjusted to accommodate to the Bellevue Public Schools calendar.

57896 9:30am- 3pm Mon-Fri Jun 20-24  
Ext'd Care \$40(R) \$48(N): Register for course #57905

## In the Barnyard

Discover the farm with us. Learn about a different animal each day, play old-fashioned farm games and participate in farm chores. Explore the paths, barns and burrows in search of wooly sheep, feathery friends and playful ponies.

57898 9:30am- 3pm Mon-Fri Jun 27-Jul 01  
Ext'd Care \$40(R) \$48(N): Register for course #57916

## Messy Science Fun

Get ready for a wacky week of icky, sticky, silly experiments and adventures. Come dressed to get messy. This week you will amuse and amaze your friends with your investigative powers.

57899 9:30am- 3pm Mon-Fri Jul 11-15  
Ext'd Care \$40(R) \$48(N): Register for course #57922

## Pooh's Grand Adventure

Explore the park through hands-on nature activities. Read a story by the creek, play among the trees and discover the world around you at Kelsey Creek Park.

57900 9:30am- 3pm Mon-Fri Jul 18-22  
Ext'd Care \$40(R) \$48(N): Register for course #57928

## Country Cooking

Get ready for some old-fashioned fun! Stir up some yummy home cooking. Help mix up a pie and enter it in a contest. Make a special treat for the ponies and create a unique craft using food. Top off the week with some homemade ice cream.

57901 9:30am- 3pm Mon-Fri Jul 25-29  
Ext'd Care \$40(R) \$48(N): Register for course #57934

## Super Hero Adventures

Dress up as your favorite super hero. Let your imagination run wild as you enter the world of make believe.

57902 9:30am- 3pm Mon-Fri Aug 01-05  
Ext'd Care \$40(R) \$48(N): Register for course #57940

## Pack Your Suitcase

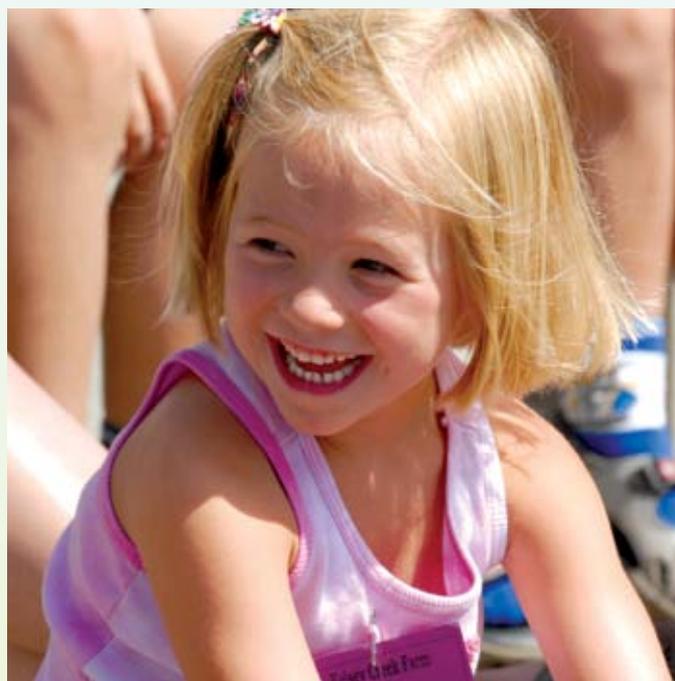
Unleash your imagination and take a ride on the Kelsey Creek Express. Learn new games and crafts from around the world. Enjoy celebrations of lands near and far.

57903 9:30am- 3pm Mon-Fri Aug 08-12  
Ext'd Care \$40(R) \$48(N): Register for course #57951

## Fetch a Pail of Water

Learn about the creatures that call the sea their home. Make fish print shirts, play sharks & minnows and run through the sprinklers to cool off at the end of the day.

57904 9:30am- 3pm Mon-Fri Aug 15-19  
Ext'd Care \$40(R) \$48(N): Register for course #57911





## KELSEY CREEK KID'S CONNECTION DAY CAMP

Imagine the perfect summer day... wandering through the barnyard, hiking a leaf-canopied trail, playing active outdoor games, creating crafts and making new friends. If extended care is needed please sign-up when you register for camp. Extended care is available from 7:30am to 5:30pm. See Day Camp General Rules. Min 18/Max 28

Kelsey Creek Farm Park

**\$155(R) \$186(N)**

**Age: 7Y - 10Y**

## Misty Island Adventures

Ship ahoy, Maties. Legend says that there is treasure buried at Kelsey Creek Park. Mix up a batch of Quicksand, play pirate games and walk the plank! \*\*\*Dates & fees will be adjusted to accommodate changes ONLY to the Bellevue Public Schools calendar.

57953 9:30am- 3pm Mon-Fri Jun 20-24  
Ext'd Care \$40(R) \$48(N): Register for course #57961

## Farm Hands

Join the fun as we learn about a different farm animal each day. Campers will participate in daily farm chores, explore special places in the barnyard and play old fashioned games in the open fields. Top off the week with some homemade ice cream.

57954 9:30am- 3pm Mon-Fri Jun 27-Jul 01  
Ext'd Care \$40(R) \$48(N): Register for course #57967

## The Incredible World of Mr. Wizard

Turn your environment into a magical world of exploration. Grab your lab coat, mix up crazy creations and discover the wonders of science. Plan for some messy fun!

57955 9:30am- 3pm Mon-Fri Jul 11-15  
Ext'd Care \$40(R) \$48(N): Register for course #57972

## A Camping We Will Go!

The ultimate outdoor adventure! Use a compass, tie basic survival knots and identify edible plants. Connect with the outdoors and learn some cool new skills for wilderness survival.

57956 9:30am- 3pm Mon-Fri Jul 18-22  
Ext'd Care \$40(R) \$48(N): Register for course #57978

## Survivor Week

Out Wit, Out Play, and Out Last your fellow campers. Activities for this week will include scavenger hunts, obstacle course, and challenges. Express your team spirit!

57957 9:30am- 3pm Mon-Fri Jul 25-29  
Ext'd Care \$40(R) \$48(N): Register for course #57990

## It's a Wacky World

Expect the unexpected! Every day will be different in this crazy week of mixed-up activities. We will feature a Backwards Day, Pajama Day and more.

57958 9:30am- 3pm Mon-Fri Aug 01-05  
Ext'd Care \$40(R) \$48(N): Register for course #57996

## Mysteries, Maps & Riddles

Take part in solving clues & riddles that will take us on an exciting journey around the world. Celebrate some unique traditions from distance lands.

57959 9:30am- 3pm Mon-Fri Aug 08-12  
Ext'd Care \$40(R) \$48(N): Register for course #58007

## Commotion in the Ocean

Explore the wonders of the ocean. Campers will spend a week enjoying an awesome array of water activities and super soaking fun.

57960 9:30am- 3pm Mon-Fri Aug 15-19  
Ext'd Care \$40(R) \$48(N): Register for course #57989





# FUN IN THE BARN

## ROBINSWOOD DAY CAMP

Create a summer of memories for your child at Robinswood Park. Play active outdoor games in the grassy fields and visit the ducks at the pond. Join our caring staff at the kid's barn for arts, crafts, songs and many enjoyable activities. See Day Camp General Rules for additional information. Min 18/Max 32 Robinswood Barn

**\$155(R) \$186(N)**

**Age: 4Y - 7Y**



## Pirate's Hidden Treasures

Ahoy, Matey! Swab the decks and batten down the hatches for a Pirate camp worthy of the Seven Seas! \*\*\*NOTE: Dates & fees will be adjusted to accommodate the Bellevue Public Schools calendar.

58023 9:30am- 3pm Mon-Fri Jun 20-24

## Animal Crackers

Animals will be our focus this week. Prepare for a surprise guest from Kelsey Creek Farm. Learn lots of fun facts and create your own imaginary animal.

58024 9:30am- 3pm Mon-Fri Jun 27-Jul 01

## Experimental Fun

Explore the world of science through oozing, bubbling experiments. Mix-up some gooey stuff of your own to bring home.

58025 9:30am- 3pm Mon-Fri Jul 11-15

## What's That?

Enchant yourself with the outdoors. Follow animal tracks and uncover hidden treasures in the trails surrounding Robinswood Park.

58026 9:30am- 3pm Mon-Fri Jul 18-22

## The Mixing Bowl

Grab your apron and bring your appetite! Mix up some delectable, edible goodies in the Robinswood kitchen, as well as creating some creative crafts using food.

58027 9:30am- 3pm Mon-Fri Jul 25-29

## It's a Bird, It's a Plane, It's...

More powerful than a locomotive, able to leap tall buildings in a single bound... Explore the world of your favorite super heroes and imaginary fun.

58028 9:30am- 3pm Mon-Fri Aug 01-05

## Wild Journey

All aboard, as we take an imaginary ride on the Robinswood Express. Stop the train and discover fun celebrations around the world.

58029 9:30am- 3pm Mon-Fri Aug 08-12

## Forever Summer

Sift through sand, create crafts with sea shells and learn about the creatures that live in and along the sea shore. We'll top the week off with a summer party, water relays and lots of fun games.

58030 9:30am- 3pm Mon-Fri Aug 15-19



## UK INTERNATIONAL SUMMER 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  
Ivanhoe Park Site

### Half-Day Soccer Camp

**\$106(R) \$127(N)**

**Age: 4Y - 14Y**

58472	9am-12pm	Mon-Fri	Jul 25-29
58474	9am-12pm	Mon-Fri	Aug 01-05
58477	9am-12pm	Mon-Fri	Aug 15-19

### Full Day Soccer Camp

**\$176(R) \$211(N)**

**Age: 7Y - 14Y**

58473	9am- 3pm	Mon-Fri	Jul 25-29
58475	9am- 3pm	Mon-Fri	Aug 01-05
58476	9am- 3pm	Mon-Fri	Aug 15-19

## FIVE STAR PACIFIC NW SUMMER BREAK CAMP

NBA/WNBA and D-1 players have taken their game to the next level with Five Star Camps! The Five Star experience allows all levels of players to move closer to reaching 'their' highest level. All campers go through 6 sets of stations; Fast break competition, Playoffs, League games, Three-on-Three tourneys and No-dribble or Situation tourneys. Campers will be divided in to groups according to age and ability. Join Five Star now and take your game to the next level! Min 15/Max 50

Crossroads Community Center

**\$210(R) \$252(N)**

**Age: 8Y - 15Y**

58553	9am- 3pm	Tue-Fri	Jul 05-08
58554	9am- 3pm	Mon-Fri	Jul 18-22

## i-BALL SUMMER BREAK SKILLS CAMP

The City of Bellevue and i-Ball have partnered to offer Pro Basketball camps for kids ages 6 - 14. i-Ball is run and coached by professional basketball player and former Globetrotter's Harlem All-Star Kyle Keyes along with i-Ball staff. Learn a wide array of basketball skills, development sportsmanship and play games at i-Ball Skills camps. Players will be drilled throughout camp on form and technique that it takes to be confident and successful and will gain a wealth of basketball knowledge at i-Ball camps. Min 15/Max 50

Hyak/International School Site

**\$205(R) \$246(N)**

**Age: 6Y - 15Y**

58551	9am- 3pm	Mon-Fri	Jul 25-29
58552	9am- 3pm	Mon-Fri	Aug 29-Sep 02





# SPORTS & FITNESS

## YOUTH SPORTS DAY CAMP

Our sports camps are dedicated to enhancing your children's knowledge of common and not-so-common sports, such as soccer, baseball, basketball, hiking and much more! Coaches help provide camps of the highest quality, while having fun, and improving the skills of the campers. Campers will have the opportunity to make new life-long friends, become physically fit and learn new sports and fitness skills. All camps may participate in a weekly field trip. These trips may include outings to local beaches, swimming pools, Wild Waves, movie theatre or other fun events with the emphasis of improving your child, through instructional camps paced with lots of fun! No matter what your child's interest may be, we have the right camp for them!

Min 10/Max 40

Crossroads Community Center

**\$158(R) \$190(N)**

**Age: 7Y - 12Y**

## Water Sports Extravaganza

Start your summer off on the right foot! If you love sports and water this is the camp for you! Campers will learn a variety of sports and explore some of the best water spots in the area. So if you love water and playing sports, don't miss out on Water Sports Extravaganza!

58490 9:30am- 3pm Mon-Fri Jun 27-Jul 01  
Ext'd Care \$43(R) \$52(N): Register for course #58504

## Basketball

If you love basketball this is the camp for you! Campers will learn from the best as they practice basketball skills and drills. Campers will play round robin games, 3 on 3 tournaments, and participate in various basketball contests. They will also learn about self-esteem, teamwork, and the value of hard work while having fun!

58492 9:30am- 3pm Mon-Fri Jul 11-15  
Ext'd Care \$43(R) \$52(N): Register for course #58509

## SCORE Sports

Do you like playing sports? Our campers enjoy an awesome variety of sports including baseball, basketball, kickball, volleyball, soccer and much more! Amazing activities including frisbee games, super stunts, arts & crafts, water fun, obstacle course, and the list goes on! You name it, we play it!

58493 9:30am- 3pm Mon-Fri Jul 18-22  
Ext'd Care \$43(R) \$52(N): Register for course #58515

## Super Soccer

Learn the fun game of soccer! Dribbling, passing and scoring goals will be developed while participating in technique activities, small sided games, coached scrimmages and daily tournaments.

58494 9:30am- 3pm Mon-Fri Jul 25-29  
Ext'd Care \$43(R) \$52(N): Register for course #58521

## My Oh My!

Come learn the great game of baseball, join us on a tour of Safeco Field and a Seattle Mariners Baseball game! Baseball skill development, competition, team work and fun are the main objectives of this camp!

58495 9:30am- 3pm Mon-Fri Aug 01-05  
Ext'd Care \$43(R) \$52(N): Register for course #58527

## Water, Water and more Water

Come SPLASH into summer with this fun filled water week! This is going to be a crazy week of beaches, swimming pools and all the FUN games you can think of!

58496 9:30am- 3pm Mon-Fri Aug 08-12  
Ext'd Care \$43(R) \$52(N): Register for course #58533

## Sports FANatic

Are you a sports fan? Learn all about the sports you love and some you're not familiar with. Join us for a fun filled week of round robin games, tournaments and contests in basketball, soccer, baseball, football, track and field and much more!

58497 9:30am- 3pm Mon-Fri Aug 15-19  
Ext'd Care \$43(R) \$52(N): Register for course #58539

## Land & Water Sports

End your summer with a smile! Say goodbye to summer by having a blast at the Renton Water Park, going to the beach, playing a variety of sports and ending the week with a BIG surprise!

58498 9:30am- 3pm Mon-Fri Aug 22-26  
Ext'd Care \$43(R) \$52(N): Register for course #58545





## FIT CAMP + KIDS

Learn valuable lifelong fitness and nutrition skills while having fun and being challenged! This camp is designed for kids who enjoy a high activity level! Camp activities include a balance of active and educational components and field trips: rock wall, hiking, healthy cooking, healthy snack scavenger hunt, tennis, badminton, pickle ball, fitness center, golf, orienteering, and more. Extended morning and evening care is available onsite through the Boys & Girls Club for an additional fee. For more information call Joan Perugini 425-452-4240 Min 12/Max 14

South Bellevue Community Center

<b>\$160(R) \$190(N)</b>	<b>Age: 10Y - 11Y</b>
58018 9:30am- 3:30pm Mon-Fri	Jul 25-29
58019 9:30am- 3:30pm Mon-Fri	Aug 01-05

## BEGINNING FENCING CAMP

Anyone for a duel? Join the Washington Fencing Academy for 'fitness with an edge' and some summer fun! Campers will learn the Olympic style of competitive fencing including equipment, techniques, learning to 'bout' with other campers, and a mini-tournament. Fencing is a fast, energetic sport that uses both your mind and body. Fencing camp is open to both girls and boys of any fitness level, and no prior experience is required. Min 6/Max 22 South Bellevue Community Center

<b>\$150(R) \$180(N)</b>	<b>Age: 10Y - 16Y</b>
58020 1- 4pm Mon-Fri	Jul 11-15
58021 1- 4pm Mon-Fri	Jul 18-22

## INTERMEDIATE FENCING CAMP

This Intermediate Fencing Summer Camp is designed for fencing students who have taken at least one session of fencing classes or have taken the Fencing Summer Camp. See Beginning Fencing Camp description for details. Min 6/Max 22 South Bellevue Community Center

<b>\$150(R) \$180(N)</b>	<b>Age: 10Y - 16Y</b>
58022 1- 4pm Mon-Fri	Aug 08-12

## CHEER CAMP

This cheer camp is designed for those who want to cheer, jump, and dance. It's a fun camp where participants will learn how to perform cheers and dance routines, and even do some beginning stunting and tumbling. All cheerleaders will receive a camp T-shirt. Min 8/Max 30

Crossroads Community Center

<b>\$65(R) \$75(N)</b>	<b>Age: 5Y - 14Y</b>
58282 4- 5:45pm Mon-Thu	Jun 27-30
<b>\$155(R) \$185(N)</b>	<b>Age: 5Y - 14Y</b>
58283 9:30am- 3pm Mon-Fri	Jul 11-15
58284 9:30am- 3pm Mon-Fri	Aug 01-05

## MARTIAL ARTS KENDO CAMPS

Junior Kendo Camp (Prerequisite-Intermediate Kendo Class or permission form instructors) kendo camp is for those students that have completed beginning and are in either intermediate or advanced kendo. Individuals with previous experience from other programs must contact the teacher for approval to enroll in the kendo camp. Min 10/Max 30 Highland Community Center

<b>\$165(R) \$198(N)</b>	<b>Age: 8Y - 18Y</b>
58478 9am-12pm Mon-Fri	Jul 18-28





## MINI SPORTS STARS SUMMER DAY CAMP

This camp will help your child explore the fun sports of t-ball, basketball, football, soccer, arts and crafts and much more in a day camp program setting. This summer camp is specially designed to develop basic motor skills, teaching age appropriate fundamentals and teamwork. Our coaching staff is trained to meet the special needs of young children and are committed to helping children start off on the right foot in their first steps as athletes. Min 6/Max 20

Hidden Valley Sports Park

**\$95(R) \$119(N)**

**Age: 4Y - 6Y**

58447	9am-12pm	Mon-Fri	Jun 27-Jul 01
58448	9am-12pm	Tue-Fri	Jul 05-08
58449	9am-12pm	Mon-Fri	Jul 11-15
58450	9am-12pm	Mon-Fri	Jul 18-22
58451	9am-12pm	Mon-Fri	Jul 25-29
58452	9am-12pm	Mon-Fri	Aug 01-05
58453	9am-12pm	Mon-Fri	Aug 08-12
58454	9am-12pm	Mon-Fri	Aug 15-19
58455	9am-12pm	Mon-Fri	Aug 22-26
58456	9am-12pm	Mon-Fri	Aug 29-Sep 02

## SCIENCE SLEUTHS

Decode the world around you as a Mad Science Sleuth! Send secret messages to your friends. Get a taste for space with an astronaut snack! Explore the universe with your own orbiter and use teamwork to unearth pollution solutions. Figure out the trick of the tight ropes and sniff out scents on our Mad Science trail. Min 12/Max 24

Highland Community Center

**\$135(R) \$162(N)**

**Age: 5Y - 12Y**

58381 1- 4pm Tue-Fri Jul 05-08

**\$168(R) \$202(N)**

**Age: 5Y - 12Y**

58386 1- 4pm Mon-Fri Aug 15-19

## MAD SCIENCE REACTIONS IN ACTION

Nothing says 'Mad Science' like bubbling beakers and curious mixtures. Explore one of the most exciting and fundamental sciences as you grow a crystal garden, make a bath bomb, and grow a beautiful crystal garden! We may even make a few things go 'boom!' We'll look at exothermic and endothermic reactions and see how heat exchange makes chalk harden, popcorn pop, and ice freeze! Min 12/Max 24

Highland Community Center

**\$168(R) \$202(N)**

**Age: 5Y - 12Y**

58382 1- 4pm Mon-Fri Jul 11-15



## MAD SCIENCE - ROCKIN' ROCKETS

Mad Science invites you to launch into the science of flight as you build your very own rockets! Experiment with different kinds of propulsion systems as you use your new knowledge to blast off, track, and recover different kinds of rockets. Even treat your stomachs to some rocket snacks. You are going to have a 'Rockin' good time at Rockin' Rockets Camp!

Min 12/Max 24

**\$168(R) \$202(N)**

**Age: 5Y - 12Y**

Highland Community Center

58383 1-4pm Mon-Fri Jul 18-22

Crossroads Community Center

58085 9:30am-12:30pm Mon-Fri Jun 27-Jul 01

58084 9:30am-12:30pm Mon-Fri Jul 25-29



## MAD SCIENCE - SECRET AGENT LAB

Go inside a scientist's lab and discover the secrets you've always wondered about! Use your skills as a chemist to make your own radical reactions with batteries, a chemical clock, and more! Compare fingerprints and discover the mysteries of DNA as you fine-tune your secret agent skills. Make 'brain goo' and uncover the secrets of your own body.

Min 12/Max 24

Highland Community Center

**\$168(R) \$202(N)**

**Age: 5Y - 12Y**

58384 1-4pm Mon-Fri Jul 25-29

## MAD SCIENCE - FANTASTIC FORCES

Discover how magnetism, air pressure, gravity and more make the world around us work. We'll investigate lasers and magnets, race rubber-band powered cars, and have a hair-raising experience with the Mad Science Van Der Graaf generator. You'll even get to build your very own rocket and see one launched! Build a parachute, blow up a marshmallow, crush a can with air pressure and even build your own vortex generator. Min 12/Max 24

**\$168(R) \$202(N)**

**Age: 5Y - 12Y**

Highland Community Center

58380 1-4pm Mon-Fri Jun 27-Jul 01

Crossroads Community Center

58086 9:30am-12:30pm Mon-Fri Aug 01-05

58116 9:30am-12:30pm Mon-Fri Aug 15-19

## MAD SCIENCE MASTERPIECES

Domes and bridges and robots..Oh my! Get ready to build some super structures and amazing machines. Build a giant geodesic dome, out of newspapers, big enough for you and all your friends. We'll explore simple machines like levers, see where levers exist all around us, and even learn how we can make ourselves into levers! Min 12/Max 24

**\$168(R) \$202(N)**

**Age: 5Y - 12Y**

Highland Community Center

58385 1-4pm Mon-Fri Aug 08-12

Crossroads Community Center

58087 9:30am-12:30pm Mon-Fri Jul 11-15

58089 9:30am-12:30pm Mon-Fri Aug 08-12



# SCIENCE & TECHNOLOGY



NASA Photo

## NASA ACADEMY OF FUTURE SPACE EXPLORERS

From our Earth's atmosphere to the outer reaches of our solar system, this camp sends you on a quest for exploration. Explore the farthest reaches of our solar system and create a lunar eclipse. Steer a laser beam through a laser maze, find hidden mountains using the principles of laser technology, and discover everyday objects that were originally designed for use in space. See comets up close as one is formed before your eyes and take home your very own Catch-a-Comet! Min 12/Max 24

Crossroads Community Center

**\$168(R) \$202(N)**

**Age: 7Y - 12Y**

58090 9:30am-12:30pm Mon-Fri

Jul 18-22

## PRE-ENGINEERING WITH LEGO

A fun new program! In this Play-Well Engineering Camp, students will build cities, bridges, motorized cars/planes, and explore the many creative possibilities of engineering with the LEGO system. Kids will have access to over ONE HUNDRED THOUSAND pieces of LEGOs at this camp, and the opportunity to build what they have only dreamed of. Min 11/Max 16.

Crossroads Community Center

**\$197(R) \$236(N)**

**Age: 5Y - 7Y**

58577 9am-12pm Mon-Fri Jul 25-29

58578 9am-12pm Mon-Fri Aug 01-05

58576 9am-12pm Mon-Fri Aug 08-12

58579 9am-12pm Mon-Fri Aug 15-19

## ENGINEERING FUNDAMENTALS WITH LEGO

In this Play-Well Engineering Camp, students take on real life engineering challenges that explore concepts in physics, architecture, mechanical, and structural engineering with over ONE HUNDRED THOUSAND pieces of LEGO material. From racecars to Battletracks, this hands-on and minds-on camp is suitable for all! Designed by engineers, the curriculum challenges both new and returning students to reach the next level of engineering comprehension, all while having fun. Min 11/Max 16.

Crossroads Community Center

**\$197(R) \$236(N)**

**Age: 8Y - 12Y**

58580 1-4pm Mon-Fri Jul 25-29

58581 1-4pm Mon-Fri Aug 01-05

58582 1-4pm Mon-Fri Aug 08-12

58583 1-4pm Mon-Fri Aug 15-19



Flickr: ansk

# SCIENCE & ADVENTURE



## HIGHLAND CENTER SUMMER DAY CAMP

These day camps are designed for kids living with developmental disabilities ages 5-18 and are packed full of community outings, park excursions, sports, interactive games and stimulating crafts. Activities are adjusted to the needs of each camper. All new campers must meet with Kim Indurkar prior to camps. Please call 425-452-7686 for your appointment. Outside funding and care providers have been secured to provide personal care of toileting and feeding for camper's in need. No extended care is available. Children may not be dropped off any earlier than 9:15am and need to be picked up no later than 3:15pm. Min 15/Max 15

Highland Community Center

**\$175(R) \$215(N)**

**Age: 5Y - 18Y**

57804	9am- 3pm	Mon-Fri	Jun 27-Jul 01
57805	9am- 3pm	Mon-Fri	Jul 11-15
57806	9am- 3pm	Mon-Fri	Jul 18-22
57807	9am- 3pm	Mon-Fri	Jul 25-29
57808	9am- 3pm	Mon-Fri	Aug 01-05
57809	9am- 3pm	Mon-Fri	Aug 08-12
57810	9am- 3pm	Mon-Fri	Aug 15-19



## YOUTH LINK LEADERSHIP ACADEMY

A week long leadership and community service training camp for teens. Participate in hands on leadership workshops, and group building exercises including a high ropes challenge course. Min 1/Max 40

Bellevue City Hall

**\$50(R) \$60(N)**

**Age: 11Y - 17Y**

58244	10am- 3pm	Mon-Fri	Jul 25-29
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## HIGH ADVENTURE CAMP

Canoe the slough, camp in the Cascades, and test your limits on a high ropes course. Guides will teach essential outdoor skills and help everybody conquer an overnight backpacking trip in the mountains. Outdoor gear available. Build confidence, leadership skills and solid friendships on this weeklong adventure! Min 8/Max 12

Bellevue Skate Park

**\$260(R) \$295(N)**

**Age: 12Y - 17Y**

58174	9am- 4pm	Mon-Fri	Jul 11-15
58175	9am- 4pm	Mon-Fri	Jul 18-22
58176	9am- 4pm	Mon-Fri	Aug 01-05
58177	9am- 4pm	Mon-Fri	Aug 08-12

## SKATERS IN THE WOODS

Skaters in the woods is a three day, two night backpacking skateboard adventure on the magnificent Orcas Island. Participants will skate the 22000 sq' skate park and learn valuable outdoor skills including shelter, effective packing, no-trace hiking/camping, outdoor cooking, and of course the fun stuff swimming, skating and just having a blast outside. Min 5/Max 6

Bellevue Skate Park

**\$165(R) \$198(N)**

**Age: 13Y - 17Y**

58172	7am- 5pm	Wed-Fri	Jun 29-Jul 01
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# NATURE, OUTDOOR, & ADVENTURE



## SKATEBOARD CAMP - SUMMER BREAK

The longest running skateboard camp in the state just got even better! Skaters now have the opportunity to experience the best of both worlds from ramp skating in the incredible, all new indoor park or street skating at the nationally recognized skate plaza. Our expert staff have years of experience helping beginners 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. All skateboarding equipment available to use. Camp registration also includes a 5 session punch pass, camp T-shirt and stickers! Min 6/Max 25

Bellevue Skate Park

**\$140(R) \$160(N)**

**Age: 8Y - 15Y**

58162	9am-12pm	Thu-Fri, Mon-Thu	Jun 16-22
58163	9am-12pm	Mon-Fri	Jul 04-08
58164	9am-12pm	Mon-Fri	Jul 11-15
58165	9am-12pm	Mon-Fri	Jul 18-22
58166	9am-12pm	Mon-Fri	Jul 25-29
58167	9am-12pm	Mon-Fri	Aug 01-05
58168	9am-12pm	Mon-Fri	Aug 08-12
58169	9am-12pm	Mon-Fri	Aug 15-19
58170	9am-12pm	Mon-Fri	Aug 22-26
58171	9am-12pm	Mon-Fri	Aug 29-Sep 02

## ROCK CLIMBING - SUMMER CLIMBING CAMPS

Enjoy a week of rock climbing. You will learn how to climb or how to take your climbing skills to new heights. You will climb at 'The Crag' - located at the South Bellevue Community Center, Marymoor Park and various locations around North Bend. There will be climbing routes for every level of ability from beginner to expert. Campers meet at South Bellevue Community Center daily at 9:00 AM and return by 4:00PM. All climbing equipment is provided. Campers need to bring a pack with lunch, sunscreen and a hat. Climbing shoes are recommended but are not required. \*The week of July 5- 8 is a 4-day camp week with a reduced fee - no camp Monday, July 4. Min 4/Max 12

South Bellevue Community Center

**\$350(R) \$380(N)**

**Age: 9Y - 16Y**

**\* Course #57779 only: \$280(R) \$305(N)**

57777	9am- 4pm	Mon-Fri	Jun 20-24
57778	9am- 4pm	Mon-Fri	Jun 27-Jul 01
* 57779	9am- 4pm	Tue-Fri	Jul 05-08
57780	9am- 4pm	Mon-Fri	Jul 11-15
57781	9am- 4pm	Mon-Fri	Jul 18-22
57782	9am- 4pm	Mon-Fri	Jul 25-29
57783	9am- 4pm	Mon-Fri	Aug 08-12

# NATURE, OUTDOOR, & ADVENTURE



## GREAT SUMMER ADVENTURE CAMP

GREAT Summer Adventure provides youth with leadership experience, builds lasting friendships and youth learn the importance of responsibility while having a blast. All field trip fees are included in camp fee. Scholarships available. Camp is open to youth entering into 6, 7 and 8th grade in the Fall. Camp hours are 9am-3pm. Extended care hours are offered from 7:30-9am and 3-5pm. Min 20/Max 50 Jubilee REACH Center, 14200 SE 13 Pl.

**\$95(R) \$114(N) Age: 11Y - 13Y**

**\*Course #58059 only: \$76(R) \$91(N)**

## WET & WILD

Dive into summer with a week of swimming, sun and fun. We'll splash at local beaches, hit the Family Fun Center, get wet at the Renton Aquatic Center, tour the Capital in Olympia and much more.

\*58059 9am- 3pm Tue-Fri Jul 05-08  
*Ext'd Care FREE: Register for course #58097*

## BEACH BUMS

Hit the beach and have fun with outdoor activities. Run through the fountain at Seattle Center, Watch Imax and visit Lazer Quest. End the week at Wild Waves!

58060 9am- 3pm Mon-Fri Jul 11-15  
*Ext'd Care FREE: Register for course #58098*

## SOAKING WET

A wet and wild week...check out the Seattle Aquarium, go ice skating, play at local beaches and get wet at Wild Waves

58061 9am- 3pm Mon-Fri Jul 18-22  
*Ext'd Care FREE: Register for course #58099*

## ART SPLASH

Awesome week of water, fun and art. Visit EMP (see the new Avatar exhibit), Museum of Glass and end the week at Wild Waves.

58062 9am- 3pm Mon-Fri Jul 25-29  
*Ext'd Care FREE: Register for course #58100*

## SEAFAIR

Rock climb, canoe at Enatai beach, play at Renton Aquatic Center and end the week with the Blue Angels and hydros up close - don't miss out!

58063 9am- 3pm Mon-Fri Aug 01-05  
*Ext'd Care FREE: Register for course #58101*



## WICKED WETNESS

Hop aboard the Argosy for a cruise around Lake Washington, visit lions, tigers, and bears (OH MY!) at Woodland Park Zoo, splash at the beach, and end the week at Wild Waves.

58064 9am- 3pm Mon-Fri Aug 08-12  
*Ext'd Care FREE: Register for course #58102*



# MINI CAMPS - ARTS & LANGUAGE

## FUNDAMENTALS OF ART FOR KIDS!

Learning to see and draw what you see is a necessary skill in becoming an artist. Does your child show artistic talent and would like to not only draw but to use other materials to add color to their artwork? This camp will focus on the basic elements of drawing, line, light/shadow, perspective and more as well as introduce watercolor as the color medium for your child's art pieces. Min 6/Max 12

Northwest Arts Center

**\$95(R) \$105(N)**

**Age: 8Y - 12Y**

58411 10am-12pm Tue-Thu Jul 05-07  
58412 1-3pm Mon-Wed Aug 01-03

## ART FOR KIDS SUMMER CAMP

Kids will create in a nurturing, supportive program with fun projects in a process oriented class that emphasizes self-esteem. Students will explore their creativity using pen and ink, charcoal, soft and oil pastels, and acrylics (all supplies furnished). Eight projects will be completed during the session. A degreed, professional artist will teach this program. To learn more about this program, and to see examples of students' work, please visit [www.artforkidschool.com](http://www.artforkidschool.com) Min 10/Max 15

Northwest Arts Center

**\$134(R) \$148(N)**

**Age: 5Y - 8Y**

58239 9am-12pm Mon-Thu Jul 18-21  
58242 9am-12pm Mon-Thu Aug 08-11

**\$134(R) \$148(N)**

**Age: 9Y - 12Y**

58240 1-4pm Mon-Thu Jul 18-21  
58241 1-4pm Mon-Thu Aug 08-11

## DANCE - RAPUNZLE BALLET DANCE CAMP

Explore the story of Rapunzle through dance. Make your own costumes and sets, take a ballet class and learn a dance to show your parents on the last day. Min 5/Max 12

South Bellevue Community Center

**\$100(R) \$120(N)**

**Age: 3Y - 5Y**

58360 10:15am-12pm Mon-Fri Aug 08-12

## JUMP-N-ART PRESCHOOL ART CAMP

Preschoolers jump-N2-art with colorful and imaginative summer themes! Multi-media art projects, make a healthy snack, music and more round-off this 3 day art camp. Dress for a mess and get ready FUN! Child only program. Min 6/Max 12

Northwest Arts Center

**\$105(R) \$122(N)**

**Age: 5Y - 6Y**

58253 10am-12:30pm Mon-Wed Aug 22-24

## KINDERMUSIK SUMMER CAMP

through movement and music, Kindermusik activities promote language development, symbolic thinking, coordination and social interaction. for more information visit [www.studio3music.com](http://www.studio3music.com) Min 5/Max 15

South Bellevue Community Center

## Kindermusik Pirate Camp

All scallywags on board! Learn some sea shanties, play instruments, make friends with some sharks, master sword fighting and build a pirate ship. Materials fee of \$55 collected by instructor.

**\$100(R) \$120**

**Age: 42M - 7Y**

58369 9-11:30am Mon-Fri Aug 15-19

## Kindermusik Princess Camp

During this royal week, your little girl will learn to sing, dance, create stories and play instruments. Includes crafts and a musical tutu! Materials fee of \$55 collected by instructor.

**\$100(R) \$120**

**Age: 42M - 6Y**

58370 1-3:30pm Mon-Fri Aug 15-19

## FOREIGN LANGUAGE CAMP

These camps focus on Korean and Spanish language that provide fun, interactive foreign language instruction for elementary aged children. We use an immersion/semi-immersion approach to help kids learn naturally. That means we act out the word 'run' and simultaneously say the word in the target language. Our classes are a fast-paced combination of games, movement and music. Min 6/Max 10

Northwest Arts Center

**\$150(R) \$170(N)**

**Age: 6Y - 10Y**

58418 9:30am-12:30pm Mon-Wed Jul 18-20

# MINI CAMPS - FUN ON THE FARM



## HORSEMANSHIP MINI CAMPS

Kelsey Creek Farm Park is the place for you and your child to learn about equine. Children ages 7-13 can register for programs according to their ability. Parents/guardians are required to stay for the first day of class while your child's needs are assessed and may be required to stay, at the instructor's discretion, for the remainder of class sessions.

Prior to registering your child, keep in mind a few qualifications are needed for success in any riding class; motivation, strength, and sufficient balance to manage their own body, and control a horse are the most important factors. Children also need to be able to listen for a minimum of 30 minutes. Dress for the weather, we teach rain or shine. Boots with 1/2" heel required. Boot rental available for \$2/day. Riding helmets provided. Safety is emphasized in all classes. Bring your own snack and drink.

### Foundation Horsemanship

Designed for first time riders ages 7-13. Grooming, saddling, and basic groundwork will be emphasized including; learning to lead, back up, and safety turn. Split class/each rider will have their own pony/horse for riding. Riding includes lessons on using riding aids, seat, legs, reins and eyes to guide your pony. Trail riding adventures and arena riding as well. Great introduction to build confidence and knowledge of horses for your child. Min 6/Max 8

<b>\$280(R) \$336(N)</b>		<b>Age: 7Y - 13Y</b>	
58132	1:30- 3:30pm	Mon-Thu	Jun 20-23
58133	1:30- 3:30pm	Mon-Thu	Jun 27-30
58134	1:30- 3:30pm	Mon-Thu	Jul 18-21
58135	1:30- 3:30pm	Mon-Thu	Jul 25-28

### Classic Horsemanship

For those students ages 7-13 who have not participated in our Natural Horsemanship programs before. This program will introduce grooming, groundwork, leading, and safety turns. Learn how to catch your own horse! Western horsemanship style riding, tacking up, steering, stopping, and backing. Trail and arena riding with an obstacle course! Craft and/or horse activity each day. On the last day of class, dress up your horse for our show. Parents and relatives are welcome to watch the fun! No prerequisite required. Min 6/Max 8

<b>\$384(R) \$461(N)</b>		<b>Age: 7Y - 13Y</b>	
58137	9am-12pm	Mon-Thu	Jul 11-14
58138	1- 4pm	Mon-Thu	Jul 11-14
58139	9am-12pm	Mon-Thu	Aug 08-11
58140	1- 4pm	Mon-Thu	Aug 08-11
58141	9am-12pm	Mon-Thu	Aug 15-18
58142	9am-12pm	Mon-Thu	Aug 22-25

## Kelsey Creek Versatility Horsemanship

Learn what it means to have a willing partner with your horse and getting the reins hooked to your horses feet. More detailed instruction on handling the mecate. This program will have lots of fun and challenging horse activity. More advanced groundwork including side passing, the 1/2 circle game, and riding skills, including an introduction to English style riding. More advanced group riding skills practiced in this program complete with a challenging obstacle course! Craft and/or horse activity each day. On the last day of class, dress up your horse for our show. Parents and relatives are welcome to watch the fun! Prerequisite: Students must have taken Classic Horsemanship. Min 6/Max 8

<b>\$384(R) \$461(N)</b>		<b>Age: 7Y - 13Y</b>	
58143	1- 4pm	Mon-Thu	Aug 15-18
58144	1- 4pm	Mon-Thu	Aug 22-25





# MINI CAMPS - FARM & SPORTS



## KELSEY CREEK LITTLE FARMERS MINI CAMP

Explore farm life with hands-on chores, crafts and games. Meet the animals in this special half-day camp. Make animal treats, brush and handle the animals. Dress in play clothes and sneakers. No sandals please. Bring a lunch and drink. Extended care not available. Maximum 2 weeks sign-up per participant. Min 8/Max 24

Kelsey Creek Farm Park

**\$110(R) \$121(N)**

58034	10am- 1pm	Tue-Fri	Age: 4Y - 6Y	May 31-Jun 03
58035	10am- 1pm	Mon-Thu		Jun 06-09
58036	10am- 1pm	Mon-Thu		Jun 13-16
58037	10am- 1pm	Tue-Fri		Jul 05-08
58039	10am- 2pm	Tue-Thu		Jul 26-28
58038	10am- 2pm	Mon-Wed		Aug 22-24

## KELSEY CREEK LOG CABIN MINI CAMP

Imagine long skirts and bandanas, one room log cabins and no electricity. Venture down to the Fraser Cabin, built in 1888 for some Little House in the Big Woods fun. We'll explore how Laura and Mary, the Wilder girls from the late 1800's, lived and played without our modern conveniences. Learn why our farm animals were so important to the early pioneers. We'll tackle some farm chores, feed some farm animals, work in the barn, do some gardening, and play in the cabin for a special hands-on pioneer adventure. Wear clothes that can get messy and sturdy shoes. Bring a lunch and drink. Extended care not available. Min 8/Max 16

Kelsey Creek Farm Park

**\$120(R) \$134(N)**

58041 10am- 1pm Mon-Thu **Age: 4Y - 7Y** Jul 11-14

**\$120(R) \$134(N)**

58042 10am- 1pm Mon-Thu **Age: 5Y - 8Y** Jul 18-21

## PRO BASEBALL SUMMER CAMP

Quality baseball instruction - Hitting, Throwing, fielding, games & scrimmages and more are included. This baseball camp is well suited for all players. From the aspiring to the elite. Taught by Steve Goucher and his staff. Steve is a former professional baseball player, and an Atlanta Braves scout who has coached baseball at all levels. Don't miss out on the fun. Min 10/Max 50

Newport Hills Community Park

**\$139(R) \$167(N)**

58479 10am- 1pm Mon-Thu **Age: 8Y - 13Y** Jul 25-28



# MINI CAMPS - SPORTS & FITNESS



## SOCCER CAMPS WITH MICHAEL SMITH/ SOCCERTECH

Bellevue Parks & Community Services Department is again teaming with SoccerTech, Inc to offer youth soccer camps. Participants will learn the fun game of soccer. Dribbling, passing and scoring goals will be developed while participating in technique activities and small sided games. Campers will be divided into groups according to age and ability level. Approximately 1:10 ratio of staff:participants. Please wear comfortable clothing and bring a snack and water bottle. Min 10/Max 80

**\$54(R) \$65(N) Age: 4Y - 5Y**

### Robinswood Community Park

58464	9-10:30am	Mon-Thu	Jul 11-14
58466	9-10:30am	Mon-Thu	Jul 18-21

### Lewis Creek Park

58468	9-10:30am	Mon-Thu	Aug 08-11
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### Newport Hills Park

58471	9-10:30am	Mon-Thu	Aug 15-18
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**\$92(R) \$110(N) Age: 6Y - 10Y**

### Robinswood Community Park

58465	9am-12pm	Mon-Thu	Jul 11-14
58467	9am-12pm	Mon-Thu	Jul 18-21

### Lewis Creek Park

58469	9am-12pm	Mon-Thu	Aug 08-11
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### Newport Hills Park

58470	9am-12pm	Mon-Thu	Aug 15-18
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## SKATEBOARD CAMP - BIDDY BOARDERS

Finally a skateboard camp for the little shredders. This camp is designed to get the little ones standing up and rolling on thier boards safely. This fun camp also includes ramp riding skills, falling correctly, taking turns and skatepark etiquette. Parents are encouraged to attend. Safety gear and skateboards are available if needed. Min 6/Max 12

### Bellevue Skate Park

**\$100(R) \$120(N) Age: 4Y - 7Y**

58205	1- 2:30pm	Mon-Fri	Jul 18-22
58206	1- 2:30pm	Mon-Fri	Jul 25-29



## TENNIS - TEEN INSTRUCTIONAL CLINIC

The Teen Instructional Clinics are designed as a general class for youth ages 14-17 yrs. The series meets for 4 days with an emphasis on tennis basic form and applying it in actual match play. Min 6/Max 32 Robinswood Tennis Center

**\$48 Age: 14Y - 17Y**

**\* Course 58317 only: \$36**

58307	1- 2pm	Mon-Thu	Jun 27-30
* 58317	1- 2pm	Tue-Thu	Jul 05-07
58318	1- 2pm	Mon-Thu	Jul 11-14
58319	1- 2pm	Mon-Thu	Jul 18-21
58320	1- 2pm	Mon-Thu	Jul 25-28
58321	1- 2pm	Mon-Thu	Aug 01-04
58322	1- 2pm	Mon-Thu	Aug 08-11
58323	1- 2pm	Mon-Thu	Aug 15-18

## LOBBERS YOUTH INSTRUCTIONAL CLINIC

The 'Lobbers' Instructional Clinics are a great way to introduce young children to the sport of tennis. Lobbers class is for ages 4-6 yrs. The lesson series meets for 4 days. The format is general in nature: tennis fundamentals are taught along with many tennis related drills, games, and activities. Emphasis is on FUN! Min 6/Max 16

Robinswood Tennis Center

**\$40**

**Age: 4Y - 6Y**

**\* Course 58285 only: \$30**

58272	12-12:45pm	Mon-Thu	Jun 27-30
*58285	12-12:45pm	Tue-Thu	Jul 05-07
58286	12-12:45pm	Mon-Thu	Jul 11-14
58287	12-12:45pm	Mon-Thu	Jul 18-21
58288	12-12:45pm	Mon-Thu	Jul 25-28
58289	12-12:45pm	Mon-Thu	Aug 01-04
58290	12-12:45pm	Mon-Thu	Aug 08-11
58291	12-12:45pm	Mon-Thu	Aug 15-18

## MIGHTY MITES INSTRUCTIONAL CLINIC

The Mighty Mites Instructional Clinics are for children 7-9yrs of age. The lesson series meets for 4 days. The format is general in nature: tennis fundamentals are taught along with many tennis related drills, games, and activities. Emphasis is on FUN! Min 6/Max 32

Robinswood Tennis Center

**\$44**

**Age: 7Y - 9Y**

**\* Course 58300 only: \$33**

58292	9-10am	Mon-Thu	Jun 27-30
* 58300	9-10am	Tue-Thu	Jul 05-07
58301	9-10am	Mon-Thu	Jul 11-14
58302	9-10am	Mon-Thu	Jul 18-21
58303	9-10am	Mon-Thu	Jul 25-28
58304	9-10am	Mon-Thu	Aug 01-04
58305	9-10am	Mon-Thu	Aug 08-11
58306	9-10am	Mon-Thu	Aug 15-18

## TENNIS YOUTH INSTRUCTIONAL CLINIC

The Youth Instructional Clinics are for children ages 10-13 yrs. The lesson series meets for 4 days. This class is appropriate for new players as well as players with some playing experience. Tennis fundamentals are covered as well as tennis related drills, games, and activities. Min 6/Max 32

Robinswood Tennis Center

**\$98**

**Age: 10Y - 13Y**

**\* Course 58334 only: \$73.50**

58324	10am-12pm	Mon-Thu	Jun 27-30
* 58334	10am-12pm	Tue-Thu	Jul 05-07
58335	10am-12pm	Mon-Thu	Jul 11-14
58336	10am-12pm	Mon-Thu	Jul 18-21
58337	10am-12pm	Mon-Thu	Jul 25-28
58338	10am-12pm	Mon-Thu	Aug 01-04
58339	10am-12pm	Mon-Thu	Aug 08-11
58340	10am-12pm	Mon-Thu	Aug 15-18

**DON'T MISS OUT ON CAMPS OFFERED AT BELLEVUE PARKS & COMMUNITY SERVICES FACILITIES BY OUR PARTNERS...**



Offers a variety of camps for kids of all ages at South Bellevue Community Center. Visit [www.bgcbellevue.org](http://www.bgcbellevue.org) for more information or to register for these exciting camps.



Offers a wide array of exciting science camps for kids at Mercer Slough Environmental Education Center. Visit [www.pacsci.org/slough](http://www.pacsci.org/slough) for more information or to register.

# SCHOLARSHIP APPLICATION FORM



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
<b>Full Scholarship</b>	<b>\$14,079</b>	<b>\$18,941</b>	<b>\$23,803</b>	<b>\$28,665</b>	<b>\$33,527</b>	<b>\$38,389</b>	<b>\$43,251</b>	<b>\$48,113</b>
<b>3/4 Scholarship</b>	<b>\$17,058</b>	<b>\$22,948</b>	<b>\$28,839</b>	<b>\$34,729</b>	<b>\$40,620</b>	<b>\$46,510</b>	<b>\$52,401</b>	<b>\$58,291</b>
<b>1/2 Scholarship</b>	<b>\$20,036</b>	<b>\$26,955</b>	<b>\$33,874</b>	<b>\$40,793</b>	<b>\$47,712</b>	<b>\$54,631</b>	<b>\$61,550</b>	<b>\$68,469</b>

*Example: If your family size is two and your income is \$18,941 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: \_\_\_\_\_

Approved  Denied  Exception Comments: \_\_\_\_\_

Circle One: 50% 75% 100% \_\_\_\_\_

Staff: \_\_\_\_\_  ID  RES  INC



# 2011 Summer Day Camps

Camp	Ex Care	Ages	Full or Partial Day	6/20-6/24	6/27-7/1	7/5-7/8	7/11-7/15	7/18-7/22	7/25-7/29	8/1-8/5	8/8-8/12	8/15-8/19	8/22-8/26	8/29-9/2
Bellevue Youth Theatre	X	5-12	F		X		X		X					
Kelsey Creek	X	4-7	F	X	X		X	X	X	X	X	X		
Kelsey Creek Kid's Connection	X	7-10	F	X	X		X	X	X	X	X	X		
Go Go with Van Gogh	X	6-11	F	X	X	X	X	X		X	X	X		
Robinswood		4-7	F	X	X		X	X	X	X	X	X		
Highland Specialized Recreation		5-18	F		X		X	X	X	X	X	X		
GREAT Summer Adventure Camp	X	11-13	F			X	X	X	X	X	X			
Art Around the World		6-14	P							X				
Camp Moviemaking		8-11	F									X		
Creative Kids Summer Camp	X	5-11	F							X	X	X	X	
Language Camp		6-10	P					X						
Cartooning with Beth		6-9	P								X			
Destination Science		5-11	F							X	X	X		
Fit Camp 4 Kids	X	10-11	F						X	X				
Fencing Camp		10-16	P				X	X			X			
Cartooniversity Workshop		9-14	F										X	
Mad Science Camps		5-12	P		X	X	X	X	X	X	X	X		
Skateboard Camp		8-15	P	X		X	X	X	X	X	X	X	X	X
Art Masters with Beth		6-14	P					X						
Comics & Cartooning		9-14	P				X							
High Adventure Camp		12-17	F				X	X		X	X			
Skaters in the Woods		13-17	F											
Youth Leadership Academy		11-17	F						X					
Cheerleading Camp		5-14	F				X			X				
Five Star Basketball Camp		8-15	F			X		X						
i-Ball Basketball Camp		6-14	F						X					X
Kendo Camp		8-18	P					X						
Mini Sport Stars		4-6	P		X	X	X	X	X	X	X	X	X	X
NASA Academy of Future Explorers		7-12	P					X						
Rock Climbing Camp		9-16	F	X	X	X	X	X	X		X			
Sculpture, Drawing, Clay, & More		6-9	P						X					
UK International Soccer		4-14	P/F						X	X		X		
Youth Sports Camp	X	7-12	F		X		X	X	X	X	X	X	X	

**Please note:** Not all camps meet every day of the week. Please visit [www.myparksandrec.com](http://www.myparksandrec.com) after March 1 to review complete program information, fees, and registration requirements. Bellevue resident registration begins March 14, 2010. Programs subject to change or cancellation. Camps not meeting at least 15 hours per week are not listed on this matrix. See brochure for more details.



## 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 drop-in consultations and scheduled educational tours are available.

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

**Time:** Saturdays  
10:30am-12pm

**Info:** 425-452-7225  
<http://gardening.wsu.edu> or

**For a full workshop schedule please visit**  
<http://www.mgfk.org>

## VOLUNTEER OPPORTUNITIES

### PARK STEWARDS

Various ongoing volunteer opportunities exist with the Bellevue Parks Natural Resource & Resource Management Divisions. Help restore your local parks or lead tours and share your knowledge with the community. We will help you find the right match for your interests and skills.

**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

### 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 April 16 (Arbor Day/Earth Day), May 21, June 18, July 16, & August 20; free to participate. Call 425-452-4195 for location information.

# GET OUTSIDE!

## WITH TRACKS OUTDOORS

*I only went out for a walk and finally concluded to stay out till sundown, for going out, I found, was really going in.*  
John Muir

**What is TRACKS?**  
TRACKS is a City of Bellevue initiative aimed at gearing up residents and getting them into the great outdoors. From education to adventure to stewardship opportunities, TRACKS helps youth and adults learn and experience more from the natural world.

- Teaching—Snowshoe Intro Hikes
- Recreation—Skaters in the Woods
- Adventure—Adventure Wednesdays
- Competency—High Adventure Camps
- Knowledge—Mountain Biking Clinics
- Stewardship—COB Stewardship Saturdays

**Bringing the experts together**  
TRACKS partners include: *Mountaineers Foothills Branch, Cascade Bicycle Club, and REI*

Throughout this edition of CONNECTIONS, you will see this logo that identifies classes, activities, and events that are part of the TRACKS initiative.

**LEARN MORE:**  
Phone: 425-452-4102  
E-mail: [tracks@bellevuewa.gov](mailto:tracks@bellevuewa.gov)  
Web: [www.bellevuewa.gov/tracks.htm](http://www.bellevuewa.gov/tracks.htm)

### ARBOR DAY/EARTH DAY

On April 16, the City of Bellevue will plant thousands of trees and shrubs and restore local habitats in the spirit of conservation and stewardship. Join us as we celebrate our 20th consecutive Tree City USA award during our annual Arbor Day/Earth Day event at Wilburton Park and the Bellevue Botanical Garden. Sign up today! Visit <http://www.bellevuewa.gov/volunteer.htm> for more information. Volunteer projects 9am-12pm, event at Bellevue Botanical Garden 10am-2pm.

### BELLEVUE BOTANICAL GARDEN

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
- Special events
- Newsletter Distribution
- Occasional Office Help
- Fundraising / Auction Help
- Garden d'Lights Installation and Work Parties
- Plant Records and Documentation



## MASTER NATURALIST TRAINING PROGRAM

Sign up now for more information about the Master Naturalist Training Program and Certification. Each winter join the City of Bellevue for an environmental training program that teaches our city's community members about the area's ecology, hydrology, geology, wildlife and cultural history. This training program is FREE, with a commitment of 100 volunteer hours over 2 years. For more information contact Laura Hughes, LHughes@bellevuewa.gov or call the Ranger Station at 425-452-7225.

## KELSEY CREEK FARM

410 - 130th Pl SE • 425-452-7688  
 e-mail: KelseyCreekFarm@bellevuewa.gov  
 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, pig, sheep, goose, goat, duck, cow, rabbit, and chicken. Adoption levels are available, from \$15 for Best Friend to \$200 for Great Grandparent. For more information, call Kelsey Creek Farm at 425-452-7688.

## NATURAL HORSEMANSHIP LESSONS

For those wanting one-on-one, detailed instruction. Come with your questions. These lessons are designed to get maximum information to the student for advancement and independent riding. Lessons by appointment only. Email KelseyCreekFarm@bellevuewa.gov or call 425-452-7688.

## 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. Additional children are \$5 each. Parties are limited to 30 children and/or adults. Children under 2 are no additional charge. Call the farm at 425-452-7688 information and reservations.

Ages 2-11

### Residents

\$150 - up to 15 children

### Nonresidents

\$165 - up to 15 children

## EQUINE VOLUNTEER PROGRAM

If you have never volunteered in the equine program, then this program is for you. Learn about horses as you work directly with children in the equine programs. Qualifications; interest in horses, tolerance to be on your feet for a physically active day, ability to work in diverse weather conditions, capable of understanding and following directions, willingness to learn, and a positive attitude. Volunteers must be on time and able to attend every day of the entire two week session. Volunteers will be required to attend a mandatory training and to pass a skills test. Training is Saturday, June 18th from 10am-2pm. Limit 1 session per participant for either Equine, Farm or Counselor In Training summer volunteer programs. Min 3/Max 8

Kelsey Creek Farm Park

\$10(R)	\$10(N)	Age: 12Y - 18Y	
58156	8am-4pm	Mon-Thu	Jun 20-30
58157	8am-4:30pm	Mon-Thu	Jul 11-21
58158	8am-4:30pm	Mon-Thu	Jul 25-28
			Aug 08-11
58159	8am-4:30pm	Mon-Thu	Aug 15-25

## RETURNING EQUINE VOLUNTEERS

To qualify for this program, you must have volunteered in past Kelsey Creek Equine Volunteer programs. You must commit to a minimum of 12 days. You will receive an electronic calendar where you will indicate your availability. Your responsibilities include; facilitating a partnership between student and horse, ensure the student has an enjoyable, safe, learning experience, talk to and involve the students, making their experience fun! Volunteers are teachers and students! They improve their own skills and abilities by asking questions and actively participating in training and classes. They share their knowledge and help others improve their equine partnership.

## SUMMER FARM 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 session per participant for either Farm, Equine or Counselor In Training summer volunteer programs. Min 2/Max 8

Kelsey Creek Farm Park

\$10			Age: 12Y - 13Y
57770	9am-4:30pm	Mon-Fri	Jul 11-15
57772	9am-4:30pm	Mon-Fri	Jul 25-29
57775	9am-4:30pm	Mon-Fri	Aug 15-19
\$10			Age: 14Y - 18Y
57769	9am-4:30pm	Mon-Fri	Jun 27-Jul 01
57771	9am-4:30pm	Mon-Fri	Jul 18-22
57773	9am-4:30pm	Mon-Fri	Aug 01-05
57774	9am-4:30pm	Mon-Fri	Aug 08-12

## ROBINSWOOD DAY CAMP COUNSELOR IN TRAINING

Counselors In Training will assist Robinswood Day Camp staff with children ages 4 to 7 years in this two-week program. Volunteers need to be able to follow instruction, work with young children, be motivated, articulate, work in a team, confident, take the initiative and the ability to be on your feet for a physically active day. Get ready to work with a great staff and earn your community service hours too! Limit 1 session per participant for either Counselor In Training, Kelsey Creek Farm Equine or Farm Summer Volunteer programs. Min 1/Max 3

Robinswood Barn

\$10			Age: 14Y - 18Y
58361	8am-3pm	Mon-Fri	Jun 20-Jul 01
58362	8am-3pm	Mon-Fri	Jul 11-22
58363	8am-3pm	Mon-Fri	Jul 25-Aug 05
58364	8am-3pm	Mon-Fri	Aug 08-19

## PONY PARTNERS

These classes are ideal for your horse-crazy little one. Children will learn pony safety, grooming, basic parts of a pony and enjoy a craft. Each partner must be accompanied by a parent or guardian. The program runs rain or shine. No infants or older siblings. Min 4/Max 8

Kelsey Creek Farm Park

\$50(R)	\$60(N)	Age: 2Y - 5Y	
58155	10-11:30am	Tue, Thu	May 17-19

## KELSEY CREEK GIDDY UP PONIES

Welcome little Buckaroos! This class will introduce you to grooming and western style riding. We practice balance exercises, basic steering, stopping, and take our ponies out on some trail rides around Kelsey Creek Farm. Prior to registering your child, keep in mind that in order to succeed in any riding class children must possess sufficient strength and balance to ride horseback. Children also need to be able to listen for a minimum of 30 minutes. Dress for the weather, we teach rain or shine. Boots with 1/2' heel required. Boot rental available for \$2/day. Riding helmets provided. Safety is emphasized in all classes. Parent must be present during first class. Min 4/Max 6

Kelsey Creek Farm Park

\$140(R) \$168(N)

Age: 4Y - 6Y

58119	9-10am	Mon-Thu	Jun 20-23
58120	10:15-11:15am	Mon-Thu	Jun 20-23
58121	11:30am-12:30pm	Mon-Thu	Jun 20-23
58122	9-10am	Mon-Thu	Jun 27-30
58123	10:15-11:15am	Mon-Thu	Jun 27-30
58124	11:30am-12:30pm	Mon-Thu	Jun 27-30
58125	9-10am	Mon-Thu	Jul 18-21
58126	10:15-11:15am	Mon-Thu	Jul 18-21
58127	11:30am-12:30pm	Mon-Thu	Jul 18-21
58128	9-10am	Mon-Thu	Jul 25-28
58129	10:15-11:15am	Mon-Thu	Jul 25-28
58130	11:30am-12:30pm	Mon-Thu	Jul 25-28

## BAT DETECTORS

Discover bats and the important role they play in nature. We will dispel myths and discern facts as we learn about bats that live in the Pacific Northwest. Join us as we walk the grounds at Kelsey Creek Park with a Bat Locator to see and hear our resident bats at work. All ages welcome; children must be accompanied by an adult. For more information e-mail [KelseyCreekFarm@bellevuewa.gov](mailto:KelseyCreekFarm@bellevuewa.gov) or call 425-452-7688.

Kelsey Creek Farm Park

Donations Welcome

7:30-9:30pm Fri

All Ages  
Jul 29

## EXPERIENCE THE JOY

The farm staff will introduce you to our resident hog, Joy. You will learn interesting facts and information about swine - like what's the difference between a pig and a hog - then get a chance to see Joy up close and give her a pat if you dare! All ages welcome; children must be accompanied by an adult. For more information e-mail [KelseyCreekFarm@bellevuewa.gov](mailto:KelseyCreekFarm@bellevuewa.gov) or call 425-452-7688.

Kelsey Creek Farm Park

Donations Welcome

11-11:30am Wed

All Ages  
Jul 27

## FARM GARDENING

Pick from a variety of seeds, plant one to take home and watch it grow just like the gardens at the farm. Dig in the dirt and see how many worms you can find. We'll take a walk around the farm to see the plants that are growing here at Kelsey Creek Farm Park. All ages welcome; children must be accompanied by an adult. For more information e-mail [KelseyCreekFarm@bellevuewa.gov](mailto:KelseyCreekFarm@bellevuewa.gov) or call 425-452-7688.

Kelsey Creek Farm Park

Donations Welcome

11-11:30am Wed

All Ages  
Jun 29

## RABBIT TALES

Teen farm volunteers and staff will introduce you to the world of domestic rabbits. Learn what they eat, where they live, and have an opportunity to meet our resident rabbits. Listen to a bunny story, and create a craft project to take home. All ages welcome; children must be accompanied by an adult. For more information e-mail [KelseyCreekFarm@bellevuewa.gov](mailto:KelseyCreekFarm@bellevuewa.gov) or call 425-452-7688.

Kelsey Creek Farm Park

Donations Welcome

11-11:30am Wed

All Ages  
Jul 13

## THE TREASURE OF TWIN VALLEY DAIRY

Unearth treasures of the past. Explore this historic farm park and the area's agricultural history. Discover how our forefathers lived, worked, and played. Read a story in the dairy barn loft. Look for treasures in the fields and forest. Meet the farm animals, learn more about them and their purposes. All ages welcome; children must be accompanied by an adult. Donations welcome to support the farm. For more information e-mail [KelseyCreekFarm@bellevuewa.gov](mailto:KelseyCreekFarm@bellevuewa.gov) or call 425-452-7688.

Kelsey Creek Farm Park

Donations Welcome

11-11:30am Wed

All Ages  
Aug 10

## INTRO TO CLICKER TRAINING

Learn what clicker training is all about and how it is being used on the farm. Observe staff and volunteers demonstrate the technique as it is being used to train various behaviors to the farm animals. Take home some basic techniques that you and your family can practice with your animals. Ages 5 and up; children must be accompanied by an adult. Donations are welcome to support the farm. For more information e-mail [KelseyCreekFarm@bellevuewa.gov](mailto:KelseyCreekFarm@bellevuewa.gov) or call 425-452-7688.

Kelsey Creek Farm Park

Donations Welcome

11-11:30am Wed

Age: 5Y and up  
Aug 24

## FARM TOURS FOR SCHOOLS AND GROUPS

Experience the farm with a tour designed specially for groups. Four different tours available. Each focuses on a particular theme ranging from pioneer life in the 1880s to springtime on the farm. Tours vary by season, as described below. Most tours appropriate for children ages 2 and up. Tours are available weekdays and are approximately one hour in length. \$85 for 15 or fewer people (children & adults). Additional attendees: \$5.50 per child & \$2.50 per adult. Staff are free. Tours are 1 hour long and available most weekdays. Additional fee for pumpkins during the October, "Fall at the Farm" tours. Call early for reservations and more information, 425-452-7688 or email [FarmerJayne@aol.com](mailto:FarmerJayne@aol.com).

### Kids on the Farm Group Tour

Available December to April and June to September

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

### Springtime in the Barnyard Group Tour

Available May only

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

### Fall at the Farm Group Tour

Available October only

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

### Pioneer Days Group Tour

Available November only

Visit our log cabin and imagine life in the 1890's. Children participate in activity stations learning to grind wheat and coffee, churn butter, hammer nails, pump water, and 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. Ages 3 and up.

# Performing Arts

## BELLEVUE YOUTH THEATRE

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

The Bellevue Youth Theatre is dedicated to providing opportunities for all young people in the theatre, ages 8-19. Persons with disabilities, families and older adults are encouraged to participate. The focus of the theatre is to build self-esteem, teamwork and confidence while performing in a supportive environment. For more information please call 425-452-7155

### BELLEVUE YOUTH THEATRE SUMMER 2011 AUDITIONS

The Bellevue Youth Theatre is dedicated to providing opportunities for all young people in the theatre, ages 8-19. Persons with disabilities, families and older adults are encouraged to participate. The focus of the theatre is to build self-esteem, teamwork and confidence while performing in a supportive environment. For more information call us at 425-452-7155

FREE (R) \$85 (N)

**Auditions will be held at the following place and times:**

#### For CHARLOTTE'S WEB and AS YOU LIKE IT

Monday, June 13 and  
Tuesday, June 15, 5-6:30pm  
at the Bellevue Youth Theatre

### CHARLOTTE'S WEB

There are good parts for all in this wonderful tale of Wilbur and his friends. This show will perform August 12-14 at the Theatre at Meydenbauer. There can be no more than 5 conflicts and none the prior week before or during the week of the production in July and early August during the rehearsal period.

**Rehearsal location:** Bellevue Youth Theatre

**Rehearsal begins:** Monday, June 27  
**Rehearsals:** Monday through Friday, 5-7pm

**Performs at Meydenbauer:** August 12-14

### AS YOU LIKE IT

This is a teen and adult production of the Shakespeare classic. Auditions are open to aged 13 and up. The show will perform August 15-20 in area parks. There can be no more than 5 conflicts and none the prior week before or during the week of production in July and early August.

**Rehearsal location:** Bellevue Youth Theatre

**Rehearsal begins:** Monday, June 27

**Rehearsals:** Monday through Friday, 4-6pm

**Performs at Area Parks:** August 15-20

## PERFORMING ARTS

### JAZZ DANCE FOR KIDS

Children learn basic jazz steps that are linked together to form a choreographed piece that will have your kids dancing like the stars they are! Children increase coordination, strengthen concentration and memory, build healthy bodies and develop an amazing love of movement in a fun and confidence-building environment!

Min 4/Max 10

South Bellevue Community Center

\$43(R)	\$53.50(N)		Age: 6Y - 8Y
56223	3- 3:45pm	Wed	May 25-Jun 22
56224	3- 3:45pm	Wed	Jul 13-Aug 10

### PRE-BALLET 2

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

South Bellevue Community Center

\$51(R)	\$64(N)		Age: 5Y - 6Y
56333	4- 4:45pm	Tue	May 24-Jun 21
56334	4- 4:45pm	Tue	Jun 28-Aug 02

### YOUTH BALLET 1

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

South Bellevue Community Center

\$51(R)	\$64(N)		Age: 7Y - 10Y
56340	5- 6pm	Tue	May 24-Jun 21
56341	5- 6pm	Tue	Jun 28-Aug 02

### LET'S PRETEND!

Build language skills and confidence through classic children's stories and imaginative structured play. Learn theater techniques and games with rhythms and improvisation. Performance at the end of term. Ages strictly adhered to. Child only class. Bring a sack lunch. Min 8/Max 12

Northwest Arts Center  
\$110(R) \$122(N) Age: 4Y - 7Y  
58379 11am- 2pm Thu-Fri Aug 25-26

### DANCE EXPLOSION!

Learn basic body movements while developing and enhancing balance, body coordination, concentration, and attention to detailed movements. Practice flexibility, stretching, posture, and composure.

Learn exciting moves to an upbeat tempo! Choreography-packed with high energy. Invent your own routines through creative movement. Above all have joy, fun, laughter, and excitement through the thrilling experience of Dance Explosion! Min 8/Max 24

Crossroads Community Center

\$125(R)	\$150(N)		Age: 6Y - 14Y
58046	2- 4pm	Mon-Fri	Jun 27-Jul 01
58048	2- 4pm	Mon-Fri	Jul 11-15
58049	2- 4pm	Mon-Fri	Jul 18-22
58050	2- 4pm	Mon-Fri	Jul 25-29
58051	2- 4pm	Mon-Fri	Aug 01-05
\$100(R)	\$120(N)		Age: 6Y - 14Y
58047	2- 4pm	Tue-Fri	Jul 05-08

### 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 for a lifetime of musical enjoyment. 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). Instructor: Pamela J. Cornell Min 5/Max 6

Northwest Arts Center

#### Move Over Mozart / Preschool Level

\$89(R)	\$107(N)		Age: 42M - 4Y
56089	4- 4:30pm	Tue	Jun 28-Aug 30
56091	5:30- 6pm	Tue	Jun 28-Aug 30

#### Move Over Mozart / K-1 Grade level

\$89(R)	\$107(N)		Age: 5Y - 6Y
56090	5- 5:30pm	Tue	Jun 28-Aug 30
56093	6- 6:30pm	Tue	Jun 28-Aug 30

#### Move Over Mozart / 2-6 Grade Level

\$89(R)	\$107(N)		Age: 7Y - 10Y
56092	4:30- 5pm	Tue	Jun 28-Aug 30

**PRESCHOOL  
DANCE, MOVEMENT, & MUSIC**

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

South Bellevue Community Center	10am-12pm 9-11:30am	Mon, Wed, Fri Tue, Thu	Ongoing Ongoing
North Bellevue Community Center	2:30- 5:30pm 11am- 1:30pm 12- 4:30pm	Mon Wed Thu	Ongoing Ongoing Ongoing
Crossroads Community Center	9-11:30am	Mon-Fri	Aug 29-Dec 30
Highland Community Center	9-11:30am	Mon, Wed, Thu, Fri	Ongoing

**TODDLERS ON THE MOVE!**

Climbing, sliding and rolling with tunnels. a slide and balls make a fun-filled class for you and your toddler. Children make new friends and build their motor skills too. caregiver required in class and child must be walking. Please no siblings. Min 6/ Max 10

Northwest Arts Center			
\$32(R) \$38(N)		Age: 15M - 3Y	
56312	1:30- 2:15pm	Tue	Jun 14-28
\$38(R) \$44(N)		Age: 15M - 3Y	
56313	1:30- 2:15pm	Tue	Jul 05-26

**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. Caregiver required in class. Please no siblings during class. Instructor: Karen Renfroe-Gielgens Min 6/Max 10

Northwest Arts Center			
\$32(R) \$38(N)		Age: 18M - 3Y	
56277	9:45-10:30am	Fri	Jun 17-Jul 01
\$38(R) \$44(N)		Age: 18M - 3Y	
56278	9:45-10:30am	Fri	Jul 08-29

**f FOLLOW US ON  
FACEBOOK!**

Become a fan of **Bellevue Parks & Community Services** on Facebook to learn about unique events, activities, and fun ways to use Bellevue's park and open space system.

**EZ JAZZ FOR LITTLE DANCERS!**

Great class for first time dancers! Creative movement activities and a few basic jazz moves will have your child dancing in no time! children boost coordination, balance, endurance, sequencing skills, memory and self-esteem in a warm and encouraging environment! Let your little star shine! Min 4/Max 10

South Bellevue Community Center			
\$43(R) \$53.50(N)		Age: 4Y - 5Y	
56195	2- 2:45pm	Wed	May 25-Jun 22
56196	2- 2:45pm	Wed	Jul 13-Aug 10

**PRE-BALLET**

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

South Bellevue Community Center			
\$51(R) \$64(N)		Age: 3Y - 5Y	
58349	11:30am-12:15pm	Fri	May 27-Jun 24
58350	11:30am-12:15pm	Fri	Jul 01-29

**PRE BALLET & TAP 1**

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

South Bellevue Community Center			
\$51(R) \$64(N)		Age: 3Y - 5Y	
56306	10:30-11:15am	Thu	May 26-Jun 23
56303	10:30-11:15am	Fri	May 27-Jun 24
58341	10:30-11:15am	Thu	Jun 30-Jul 28
56304	10:30-11:15am	Fri	Jul 01-Aug 05

**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

South Bellevue Community Center			
\$51(R) \$64(N)		Age: 4Y - 5Y	
58351	12:30- 1:15pm	Thu	May 26-Jun 23
58352	12:30- 1:15pm	Thu	Jun 30-Jul 28

**KINDERMUSIK**

Through movement and music, Kindermusik activities help promote language development, symbolic thinking, coordination and social interaction while they awaken your child's imagination. for more information visit [www.studio3music.com](http://www.studio3music.com). Min 6/Max 12  
South Bellevue Community Center

**ABC Music & Me**

Your child's memory and sequence skills will strengthen with stop-and-go activities, all set to the music of Latin America. \$25 to be paid to instructor at first class. Child attends alone, with families returning for last 10 minutes.

\$63(R) \$76(N)		Age: 3Y - 6Y	
56247	12:30- 1:15pm	Fri	May 20-Jun 17

**Up in the Sky**

It's the sun, birds, the moon and stars and more! Practice counting and colors as we move to build coordination, expression and imagination. Materials: \$25 payable to instructor at first class. Caregiver attends with child.

\$63(R) \$76(N)		Age: 18M - 36M	
56248	9:45-10:30am	Fri	May 20-Jun 17
56249	10:40-11:25am	Fri	May 20-Jun 17

**Wiggle Waggle Loop Dee Loo:**

Develop phonemic awareness with rhymes and finger plays, as we move and play in a rich, multi-sensory environment. Materials: \$25 payable to instructor at first class.

\$63(R) \$76(N)		Age: 1M - 36M	
56250	11:35am-12:20pm	Fri	May 20-Jun 17

**ABC Music & Me - Splash**

Let's take a trip to the ocean! along the way, we'll build social skills and vocabulary, and learn about patterns of 3's. Materials Fee of \$25 per family collected by instructor

\$63(R) \$80(N)		Age: 17M - 42M	
56254	11:45am-12:30pm	Mon-Fri	Aug 15-19

**ARTS CRAFTS & FAMILY FUN**

**PEE WEE PICASSO**

Caregiver 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. Please no siblings during class time. Caregiver required in class. Instructor: Karen Renfroe-Gielgens Min 6/Max 8

Northwest Arts Center			
\$32(R) \$38(N)		Age: 2Y - 4Y	
56268	9:45-10:30am	Thu	Jun 16-30
\$38(R) \$44(N)		Age: 2Y - 4Y	
56269	10:45-11:30am	Thu	Jul 07-28

# Preschool / Youth, Family, & Teen Extended Learning



## BUGS, BEETLES AND WORMS, OH, MY!

Parents and child go 'buggy' together into the fascinating world of creepy, crawly, slimy creatures. Join us for crafts, music, snacks and a good time! Instructor: Karen Renfroe-Gielgens Min 7/Max 12 Northwest Arts Center  
\$30(R) \$38(N) Age: 2Y - 5Y  
Each Add'l Child: \$6(R) \$8(N)  
58375 10am-12pm Sat Jun 25

## COOKING - LE PETIT CHEF

In a fun and happy environment, make yummies 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-6y). Instructor: Karen Renfroe-Gielgens Min 4/Max 6 Northwest Arts Center

\$32(R) \$38(N)	Age: 2Y - 42M
56288 12-12:45pm Thu	Jun 16-30
\$38(R) \$44(N)	Age: 2Y - 42M
56293 12-12:45pm Thu	Jul 07-28
\$32(R) \$38(N)	Age: 3Y - 5Y
56289 2-2:45pm Thu	Jun 16-30
\$38(R) \$44(N)	Age: 3Y - 5Y
56291 2:15-3pm Thu	Jul 07-28
\$32(R) \$38(N)	Age: 6Y - 8Y
56290 3:15-4pm Thu	Jun 16-30
\$38(R) \$44(N)	Age: 6Y - 8Y
56292 3:15-4pm Thu	Jul 07-28

## LEARNING & EXPLORING PRE-KINDERGARTEN PRESCHOOL

This program is designed as a preparation for children attending kindergarten during the next school year. This structured interactive class includes music, stories, crafts, and play time, while developing concentration and social skills. Partial scholarships are available. Min 8/Max 14 Crossroads Community Center

\$296(R) \$355(N)	Age: 4Y - 5Y
58091 9:30am-1pm Mon, Wed, Fri	Jul 11-Aug 12
58092 9:30am-1pm Mon, Wed, Fri	Sep 12-May 25

## PRESCHOOL PLAYSCHOOL

This program is designed as a first school experience. This structured interactive class includes music, stories, crafts, and play time, while developing concentration and social skills. Partial scholarships are available. Min 8/Max 14 Crossroads Community Center

\$166(R) \$199(N)	Age: 3Y - 4Y
58095 9:30am-12pm Tue, Thu	Jul 12-Aug 11
58096 9:30am-12pm Tue, Thu	Sep 13-May 24

## NATURAL START PRESCHOOL

Natural Start Preschool offers a unique nature-based curriculum that meets the developmental needs of preschoolers while teaching them about healthy living, physical fitness, nutrition, and the importance of getting outdoors. The preschool year starts Sept 8, 2011. For more information, visit [www.naturalstartpreschool.com](http://www.naturalstartpreschool.com). Tuition is based on a ten month commitment and is divided into ten equal installments. Monthly rates are: Two-day program (T/Th) \$215 (R) or \$258 (N); 3-Day program (M/W/F) \$315 (R) or \$378 (N); 5-Day program (M-F) \$510 (R) or \$612 (N). Materials fee collected by instructor. Registration fee of \$75. Ages: 3-5 Y South Bellevue Community Center For more information call 425-452-4240

## Open House

Come learn more about the Natural Start Preschool. Open Houses will be held on the following dates at the South Bellevue Community Center

Thursday, July 21 6:30 – 8:30pm  
Thursday, August 11 6:30 – 8:30pm

## SPECIAL INTEREST & EXTENDED LEARNING

### YOUTH, TEEN & FAMILY, PIRATES OF THE MATHIBBEAN

The Learners Lane Magic Math series promotes a life-long love of mathematics and develops creative and logical thinking through projects, games, puzzles, riddles, and mind-bending challenges. Learn how to make and use a compass, make treasure maps with coordinates, and more! Min 6/Max 16 Crossroads Community Center

\$130(R) \$156(N)	Age: 6Y - 12Y
58071 1:30-3pm Mon-Fri	Jul 11-15

### MAGIC EXPLORE MATH

Build your child's confidence and encourage a genuine interest in the magic of mathematics! Explore different mathematical concepts with lots of fun hands-on games and learning activities. Build a strong basic foundation for all future mathematical learning. Classes are taught in small groups of students. Come have some magical math fun with us! Min 6/Max 10 Crossroads Community Center

\$130(R) \$156(N)	Age: 4Y - 6Y
58074 9:30-11am Mon-Fri	Jul 25-29
58075 11:15am-12:45pm Mon-Fri	Aug 15-19

## MYSTERY MATH

The Learners Lane Magic Math series promotes a life-long love of mathematics and develops creative and logical thinking through projects, games, puzzles, riddles, and mind-bending challenges. Practice the same skills needed to solve math problems by building and cracking codes! Mathematics is the study of patterns so great code crackers are often great mathematicians. Write secret codes, find patterns within codes to crack them, amaze family and friends with math tricks, and play exciting math games while learning math skills! Min 6/Max 16 Crossroads Community Center

\$130(R) \$156(N)	Age: 6Y - 12Y
58073 11:15am-12:45pm Mon-Fri	Jul 25-29

## MAGIC CHESS LEVEL 1

Learn the basics of chess! Learn various tactics and apply them in real game play situations with other students. Chess enhances your critical thinking skills, memory, recognition of patterns, logic, awareness, and analysis. Build spatial and mathematical abilities as well as improve verbal and reading skills. Make friends and see how fun chess can be! Class includes all materials, handouts and Certificate of Achievement. Min 7/Max 16 Crossroads Community Center

\$140(R) \$168(N)	Age: 6Y - 12Y
58078 1-3pm Mon-Fri	Jul 18-22
58079 1-3pm Mon-Fri	Aug 08-12

## MAGIC CHESS LEVEL 2

Calling all intermediate and advanced chess students! Learn tournament play, timed play, notation, and advanced strategies. Apply your skills in real game play situations with other students in the class. Chess enhances your critical thinking skills, memory, recognition of patterns, logic, awareness, and analysis. Build spatial and mathematical abilities as well as improve verbal and reading skills. Make friends and see how fun chess can be! Min 7/Max 16 Crossroads Community Center

\$140(R) \$168(N)	Age: 6Y - 12Y
58082 1-3pm Mon-Fri	Jul 25-29
58083 1-3pm Mon-Fri	Aug 15-19

## MAGIC CREATIVE WRITING SESSION 1

See your child excel in writing! Explore characters, settings, and plots. Use descriptive and sensory words, transition and action words. Learn how to edit and how to avoid overused words and frequently misspelled words. Become a better writer, and create your own writing masterpiece! Attend sessions in any order and attend both for more guided writing practice.

Min 6/Max 10

Crossroads Community Center

\$130(R) \$156(N) Age: 7Y - 10Y  
58056 9:30-11am Mon-Fri Jul 18-22

## MAGIC CREATIVE WRITING SESSION 2

See your child excel in writing! Explore genres, titles, and dialogue. Use descriptive and sensory words, transition and action words. Learn how to edit and how to avoid overused words and frequently misspelled words. Become a better writer, and create your own writing masterpiece! Attend sessions in any order and attend both for more guided writing practice.

Min 6/Max 10

Crossroads Community Center

\$130(R) \$156(N) Age: 7Y - 10Y  
58058 9:30-11am Mon-Fri Aug 15-19

## MAGIC PRE-READING

Open the door to the wonderful world of reading! In the 'Magic Pre-Reading Program' your child will explore letters, sounds, and sight words through playful songs, games, puzzles, and activities. Per instructor's recommendation upon course completion, your child will continue in this course to improve skills or move into Magic Beginning Reading. Min 6/Max 10

Crossroads Community Center

\$130(R) \$156(N) Age: 4Y - 6Y  
58065 9:30-11am Mon-Fri Jul 11-15  
58066 9:30-11am Mon-Fri Aug 08-12

## MAGIC BEGINNING READING

The 'Magic Beginning Reading Program' explores blending sounds together using phonetic rules and sight reading. Children learn to make words and sentences, subsequently learning to understand the meaning of the words in the stories and information they read. Per instructor's recommendation upon course completion, your child may continue in this course to improve skills or move into Advanced Magic Reading. Min 6/Max 10

Crossroads Community Center

\$130(R) \$156(N) Age: 5Y - 6Y  
58067 11:15am-12:45pm Mon-Fri Jul 11-15  
58068 11:15am-12:45pm Mon-Fri Aug 08-12

## MAGIC ADVANCED READING

The 'Magic Advanced Reading Program' increases comprehension and vocabulary through more practice and advanced reading games. Children develop skills to infer the real meaning behind the story and/or information they read. At the completion of the Advanced Magic Reading Program, children will have acquired the needed skills to gain knowledge through reading. Prerequisite: Able to read most words in picture books, and may be starting to read beginning or higher level chapter books.

Min 6/Max 10

Crossroads Community Center

\$130(R) \$156(N) Age: 5Y - 7Y  
58347 11:15am-12:45pm Mon-Fri Jul 18-22

## ART OF ETIQUETTE- YOUNG LADIES & GENTLEMEN I

Children rarely attend classes on manners, and yet it is the key to building positive friendships and strong self-esteem. This fun, hands-on workshop teaches telephone etiquette, basic table manners, introductions, personal care, and posture. Each student receives a goodie bag to take home.

Min 8/Max 16

Northwest Arts Center

\$50(R) \$60(N) Age: 6Y - 11Y  
54109 9am-12pm Sat Aug 13

## ART OF ETIQUETTE- YOUNG LADIES AND GENTLEMEN II

This course is a natural follow-up to Young Ladies and Gentlemen I. One of the first social settings that children encounter is being a guest. Learning how to be a gracious guest, guest of honor, or host, are skills they will use lifelong. Boys and girls will learn about invitations, being a great guest and host, practice meeting and greeting others, polite conversation, giving and receiving gifts, basic table manners while neatly eating birthday cake, and how to create their own thank you notes. It is not necessary to have taken Young Ladies and Gentlemen I to enroll in Young Ladies and Gentlemen II. Cake will be served in this class. Min 8/Max 16

Northwest Arts Center

\$50(R) \$60(N) Age: 6Y - 11Y  
54117 1-4pm Sat Aug 13

## DANCE & ARTS

### ARGENTINE TANGO

The Argentine Tango is an expression of the mind, body and spirit. You will be taught step by step the basic steps of the Tango. You will gain the ability to combine the basic steps into different figures and variations to create your own expressions through the Tango. Min 8/Max 30

South Bellevue Community Center

\$80(R) \$100(N) Age: 18Y and up  
58376 7:30-8:50pm Tue May 03-Jun 21  
58377 7:30-8:50pm Tue Jul 05-Aug 23

### 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

@ North Bellevue Community Center

Free Beginner's Class prior to the Friday class 10:30am-11am, each week.

\$22(R) \$27(N) Age: 18Y and up

Drop-In: \$7(R) \$8(N)

57191	11:45am-12:45pm	Mon	May 09-Jun 06
57188	11am-12pm	Fri	Jun 03-24
57192	11:45am-12:45pm	Mon	Jun 20-Jul 18
57189	11am-12pm	Fri	Jul 08-29
57193	11:45am-12:45pm	Mon	Aug 01-22
57190	11am-12pm	Fri	Aug 12-Sep 02

@ South Bellevue Community Center

\$24.50(R) \$30.50(N) Age: 18Y and up  
54417 7-8:30pm Mon May 02-23  
54421 2:30-4pm Wed May 04-25

\$30.50(R) \$36.50(N) Age: 18Y and up  
54422 2:30-4pm Wed Jun 01-29

\$24.50(R) \$30.50(N) Age: 18Y and up  
54418 7-8:30pm Mon Jun 06-27  
54423 2:30-4pm Wed Jul 06-27

\$18.50(R) \$24.50(N) Age: 18Y and up  
54419 7-8:30pm Mon Jul 11-25

\$24.50(R) \$30.50(N) Age: 18Y and up  
54420 7-8:30pm Mon Aug 01-29

\$18(R) \$24(N) Age: 18Y and up  
54424 2:30-4pm Wed Aug 03-31

### 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

North Bellevue Community Center

\$16(R) \$20(N) Age: 18Y and up  
57195 11am-12pm Tue May 03-24  
57196 11am-12pm Tue Jun 07-28  
57197 11am-12pm Tue Jul 05-26  
57198 11am-12pm Tue Aug 02-23

### 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

North Bellevue Community Center

\$16(R) \$20(N) Age: 18Y and up  
57199 12:15-1:15pm Tue May 03-24  
57200 12:15-1:15pm Tue Jun 07-28  
57201 12:15-1:15pm Tue Jul 05-26  
57202 12:15-1:15pm Tue Aug 02-23

# Dance & Arts, Continuing Education, & Games

## SWING 1/LINDY HOP

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](http://www.eastsideswingdance.com) 425-941-9144  
Min 8/Max 40  
North Bellevue Community Center  
\$63(R) \$73(N) Age: 14Y and up  
57784 7-8pm Tue May 03-Jun 07  
57785 7-8pm Tue Jun 14-Jul 19

## SWING 2/BALBOA

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](http://www.eastsideswingdance.com) 425-941-9144.  
Min 8/Max 40  
North Bellevue Community Center  
\$63(R) \$73(N) Age: 14Y and up  
57786 8-9pm Tue May 03-Jun 07  
57787 8-9pm Tue Jun 14-Jul 19

## CISC/BALLROOM DANCE

Would you love to learn some ballroom dance moves, such as Cha-Cha, Waltz, Tango, Rumba and etc. This dance class is for you to exercise your body while listening to the music. Come and have some fun! Suggested donation of \$3 per class per person. Course conducted by the Chinese Information and Service Center in Chinese language only. Min 6/Max 75  
North Bellevue Community Center  
FREE Age: 18Y and up  
57170 1-3pm Wed May 04-Aug 17  
57171 1-3pm Wed Aug 24-Dec 07

## IKEBANA/JAPANESE FLORAL DESIGN FREE DEMO!

Megumi Schacher, a certified instructor of the Sogetsu modern style of Ikebana, will create a number of arrangements showing the techniques and the beauty of Ikebana using local plant materials. Come and be inspired. Discover the pleasure of bringing your garden indoors in creative and beautiful ways. Min 1/Max 30  
North Bellevue Community Center  
FREE Age: 18Y - 99Y  
58346 11am-12pm Thu May 26

## A SENIOR ACTING WORKSHOP

For those seriously interested in developing acting skills that can also be used in everyday life: sharpen memory, activate imagination, give self confidence, & learn to use voice in a variety of exciting ways. Work on scenes, improvisations and movement, and with experience, join the touring troupe.  
Min 4/Max 24  
North Bellevue Community Center  
\$63 Age: 18Y and up  
57164 1-4pm Wed Jun 29-Sep 14

## CONTINUING EDUCATION & GROUP LEARNING

### AARP DRIVER SAFETY PROGRAM

The nation's first and largest classroom driver improvement course designed especially for motorists 50 and older. This course may qualify you for an auto insurance discount. \$12 fee payable to AARP at first class, \$14 if not an AARP member. Bring a sack lunch. Min 15/Max 24  
South Bellevue Community Center  
FREE Age: 50Y and up  
54383 10am-2:30pm Tue May 03-10  
57161 9am-2pm Tue, Thu Jun 07-09  
57162 9am-2pm Tue, Thu Aug 09-11

### 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  
North Bellevue Community Center  
FREE Age: 18Y and up  
57165 10-11:30am Tue May 10  
57166 10-11:30am Tue Jun 14  
57167 10-11:30am Tue Jul 12  
57168 10-11:30am Tue Aug 09

### YOUNG ONSET PARKINSONS

Sponsored by the American Parkinson Disease Association. For those under 60 with the disease and their families. Meets the 1st Wednesday each month 7-8:30pm. For more information, call Carin Mack 206-230-0166. Min 4/Max 25  
North Bellevue Community Center  
FREE Age: 18Y and up  
57683 7-8:30pm Wed May 04  
57684 7-8:30pm Wed Jun 01  
57685 7-8:30pm Wed Jul 06  
57686 7-8:30pm Wed Aug 03

## FOLLOW US ON FACEBOOK!

Become a fan of **Bellevue Parks & Community Services** on Facebook to learn about unique events, activities, and fun ways to use Bellevue's park and open space system.

## 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.  
North Bellevue Community Center  
FREE Age: 18Y and up  
8:30am-8:30pm Mon-Thu May 02-Sep 01  
4-6pm Fri May 06-Sep 02

### BILLIARDS 'N MORE

Exercise and socialize while enjoying activities ranging from billiards and air hockey to foosball, table tennis, and board games. No registration required.  
Crossroads Community Center  
FREE Age: 18Y and up  
9am-1pm Mon-Fri Jun 20-Aug 26  
9am-2:30pm Mon-Fri Aug 29-Dec 30

### CRIBBAGE

Contact: Carl Wittenberg, 425-641-3118  
North Bellevue Community Center  
FREE Age: 18Y and up  
10am-12pm Thu Jun 09-Sep 22

### 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.  
North Bellevue Community Center  
\$.50 Age: 18Y and up  
12-3:30pm Mon, Wed, Fri May 02-Sep 02

### PARTY BRIDGE TUESDAYS

Drop-In 'Party Bridge' play. Currently seeking a volunteer to coordinate this group. Meets in the Billiards Room. Bring your own foursome. Min 4/Max 28  
North Bellevue Community Center  
FREE Age: 18Y and up  
57228 12-3pm Tue May 03-Aug 30

### THE SOUTH BELLEVUE BRIDGE BUNCH

Just learning, a little rusty or just want a fun place to play bridge while increasing your skill level? Min 4/Max 40  
South Bellevue Community Center  
\$8(R) \$10(N) Age: 55Y and up  
54401 1:05-3:05pm Thu May 05-Jun 30

### MAH JONG

For more information, stop by the front desk.  
North Bellevue Community Center  
FREE Age: 18Y and up  
1-3pm Wed May 04-Aug 31

## 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.

North Bellevue Community Center  
 FREE Age: 18Y and up  
 8:30-9:45am Mon-Fri May 02-Sep 02

## 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.

North Bellevue Community Center  
 FREE Age: 18Y and up  
 1-3:30pm Wed May 04-Aug 31

## IMMIGRANT SERVICES

### CHINESE INFORMATION & ASSISTANCE SERVICES

Services provided in Mandarin to those 55 years of age or older. Assistance with questions and concerns regarding health insurance, housing, naturalization application, utility or medical bills, or any other issue where the language barrier is an issue. Our trained volunteer can help. Please call 206-624-5633 x 4123 for additional information and to make an appointment. Min 1/Max 1

North Bellevue Community Center  
 FREE Age: 55Y and up  
 54521 8:30am-12pm Thu May 05-Aug 25

### LANGUAGE- ESL FOR CHINESE SENIORS

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

South Bellevue Community Center  
 FREE Age: 60Y and up  
 54371 10:30-11:50am Thu May 05-Jun 30

### ESL ADVANCED FOR MANDARIN SPEAKERS

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

North Bellevue Community Center  
 FREE Age: 60Y and up  
 57217 10-11:30am Thu May 05-Aug 18  
 57218 10-11:30am Thu Aug 25-Dec 08

## ESL 111 - NEWSPAPER READING GROUP

Every week we will study an article from the local newspaper and learn new vocabulary. This class is fun and useful. Space limited, call Cathy at 206-624-5633 ext.4123 to register. Min 5/Max 24

North Bellevue Community Center  
 FREE Age: 65Y and up  
 57215 9:30-10:30am Wed May 04-Aug 17  
 57216 9:30-10:30am Wed Aug 24-Dec 07

## FINANCIAL, LEGAL, & INSURANCE

### SENIOR RIGHTS ASSISTANCE

Nancy Gerard, SRA volunteer is available on the 4th Tuesday of each month from 9:00am-12:00pm. She is available to assist with questions about wills, living wills, probate, estate planning, financial and health care directives, powers of attorney, guardianships and more. One hour private appointments available. Call 425-452-7681 to make an appointment. Min 1/Max 1

North Bellevue Community Center  
 FREE All Ages  
 57302 9am-12pm Tue May 24  
 57304 9am-12pm Tue Jun 28  
 57305 9am-12pm Tue Jul 26  
 57307 9am-12pm Tue Aug 23

## SHIBA

The Statewide Health Insurance Benefits Advisors (SHIBA) HelpLine provides free, unbiased information about health care access and coverage and works to help improve the lives of all Washington state residents. SHIBA HelpLine volunteers and staff assist consumers with choices and problems involving private health insurance as well as many government programs. (Medicare, Medicaid, Basic Health, Children's Health Insurance Program, and the Washington State Health Insurance Pool). SHIBA HelpLine volunteers also are experts in Medigap coverage, employment-related health benefits, managed care, long-term care insurance, and fraud and abuse questions. Appointments available 1st & 3rd Wednesday each month. Call 425-452-7681 to register. Min 1/Max 6

North Bellevue Community Center  
 FREE Age: 18Y and up  
 57309 9am-12pm Wed May 04  
 57311 9am-12pm Wed May 18  
 57312 9am-12pm Wed Jun 10  
 57314 9am-12pm Wed Jun 15  
 57315 9am-12pm Wed Jul 06  
 57317 9am-12pm Wed Jul 20  
 57318 9am-12pm Wed Aug 03  
 57320 9am-12pm Wed Aug 17

## SENIOR BUS PASS DISTRIBUTION

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

North Bellevue Community Center  
 FREE Age: 65Y and up  
 55994 10:30-11:30am Tue May 17  
 55995 10:30-11:30am Tue Jul 19

## 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

North Bellevue Community Center  
 FREE Age: 18Y and up  
 57233 2-4pm Thu May 12  
 57234 2-4pm Thu Jun 09  
 57235 2-4pm Thu Jul 14  
 57236 2-4pm Thu Aug 11

## COMPUTER CLASSES

### 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

North Bellevue Community Center  
 \$25(R) \$30(N) Age: 18Y and up  
 57177 10am-12pm Thu May 05  
 57178 10am-12pm Thu Jun 16  
 57179 10am-12pm Thu Jul 14

### 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 2/Max 5

North Bellevue Community Center  
 \$37(R) \$44(N) Age: 18Y and up  
 57174 10am-12pm Tue May 03-24  
 57175 12:30-2:30pm Tue Jul 12-Aug 02

### WINDOWS 7

Learn what is new in Windows 7. Check out the cool new features that can help simplify everyday tasks, works the way you want, use Snap to arrange and resize windows, view the new taskbar button and shake your windows. Min 2/Max 5

North Bellevue Community Center  
 \$37(R) \$44(N) Age: 18Y and up  
 57183 10am-12pm Tue Jun 07-28

## Computer Classes

### INTRO TO WORD

Learn the basics for writing and editing letters, add bold, and save and print a document. Also, learn to use the spell check feature. Min 2/Max 5

North Bellevue Community Center  
\$37(R) \$44(N) Age: 18Y and up  
57176 12:30-2:30pm Tue Jun 07-28

### OVERVIEW OF EXCEL

This overview of the Excel spreadsheet program will show you what spreadsheets can do for you! Spreadsheets are an excellent tool to help you organize, perform calculations and interpret data, and generate and maintain databases of names and addresses. The concepts learned in Excel can apply to other spreadsheet software as well. Min 2/Max 5

North Bellevue Community Center  
\$16(R) \$19(N) Age: 18Y and up  
57181 10am-12pm Thu Jul 28  
57182 10am-12pm Thu Aug 04

### INTRO TO EXCEL

Learn what is new in Excel. 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. Min 3/Max 5

North Bellevue Community Center  
\$37(R) \$44(N) Age: 18Y - 99Y  
57695 12:30-2:30pm Tue May 03-24

### PICASA

Google's free download of Picasa instantly finds all pictures on your hard disk. Basic fixes of crop, remove red eye, fix contrast and color will enhance photos easily and fast. Picasa sorts all pictures by dates, or file names and prints wallet size, 4x6, 5x7 or full page photos. Min 2/Max 5

North Bellevue Community Center  
\$16(R) \$19(R) Age: 18Y and up  
57184 10am-12pm Thu Jun 23

### FACEBOOK OVERVIEW

Facebook is ranked as the most used social network. Learn how to set your profile, control who can see your information, find friends, add a friend, block out someone, translate into another language, and write on a friend's wall. Min 2/Max 5

North Bellevue Community Center  
\$16(R) \$19(N) Age: 18Y and up  
57172 10am-12pm Thu Jun 09

### 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

North Bellevue Community Center  
\$16(R) \$19 Age: 18Y and up  
57173 10am-12pm Thu Jun 02

### POWERPOINT SLIDESHOW WITH MUSIC

In the classroom we will use a microphone to record your narration with a PowerPoint slideshow. You will use the free audio program Audacity to tailor the music soundtrack duration to be compatible with your slideshow. Min 2/Max 5

North Bellevue Community Center  
\$37 \$44 Age: 18Y and up  
57185 10am-12pm Tue Jul 12-Aug 02

### ON-LINE GENEALOGY

Learn how to research on-line and organize what you find into meaningful groups. Follow the trail blazers of genealogy who have developed time tested ways to stay organized. Download pedigree charts and family group sheets from the internet. Take a detailed tour of excellent sites that can jumpstart your search for ancestors. Min 2/Max 5

North Bellevue Community Center  
\$16(R) \$19(N) Age: 18Y and up  
57186 10am-12pm Thu May 19

### ORGANIZE YOUR FILES AND FOLDERS

Learn the difference between files and folders, how to copy, move, delete, files into separate folders. Discover how easy it is to create new folders. Organize your photos. Min 2/Max 5

North Bellevue Community Center  
\$16(R) \$19 Age: 18Y and up  
57180 10am-12pm Thu Jul 21

### COMPUTER/ FLICKR, PICNIK & SNAPFISH

Flickr organizes your photos using tags, sets or groups of photos that fall under the same heading. Picnik is online photo editor that offers the capability of fixing, rotating, cropping, resizing and sharpening your photos. Snapfish provides a photo slideshow and a private or public storage of your photos. Min 3/Max 5

North Bellevue Community Center  
\$16(R) \$19(N) Age: 18Y - 99Y  
57694 10am-12pm Thu Jun 30

## DROP-IN SPORTS - YOUTH, ADULT, & FAMILY

### BADMINTON - DROP-IN

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

Highland Community Center  
\$3(R) \$4(N) Age: 18Y and up  
10am-1pm Sun Ongoing

South Bellevue Community Center  
\$3(R) \$4(N) Age: 18Y and up  
12:30-2:30pm Tue, Thu Ongoing  
7-8:45pm Wed Ongoing



Your pass to all your favorite drop-in activities.

*Play what you want where you want.*



For more information contact  
[parksweb@bellevuewa.gov](mailto:parksweb@bellevuewa.gov)  
425-452-6885

**GAMES - PICKLEBALL**

The monthly schedule for pickleball may vary. Please call for current schedule. Court and net provided - players provide their own paddle and ball. Min 2/Max 24 North Bellevue Community Center  
 \$3 \$4 Age: 18Y and up  
 8:30-10am Mon Ongoing  
 3-5pm Wed, Fri Ongoing

**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 South Bellevue Community Center  
 \$3(R) \$4(N) Age: 18Y and up  
 Call 425-452-4240 for schedule.

**BASKETBALL - FAMILY TIME**

Bring the family in for some basketball fun. No full or half court games at this time. We'll even lower the baskets for our younger ones to shoot. Min 1/Max 50 South Bellevue Community Center  
 FREE Age: 5Y and up  
 1-2:30pm Sat Ongoing  
 3:15-4:45pm Sun Ongoing

**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. No registration required. Min 1/Max 1 Crossroads Community Center  
 FREE(R) Age: 18Y and up  
 12-2:30pm Mon-Fri Ongoing

**PICKLEBALL**

Join our pickle ball players for some good exercise and lots of fun. Easy sport to pick up if you have not played before. Min 1/Max 30 South Bellevue Community Center  
 \$3(R) \$4(N) Age: 18Y and up  
 10:45am-12:45pm Tue Ongoing

**VOLLEYBALL - DROP-IN**

Bump, set, spike and exercise too! Must be out of high school. Min 1/Max 1 Highland Community Center  
 \$3(R) \$4(N) Age: 18Y and up  
 3:30-5:30pm Mon Ongoing

**Adult Sports Leagues**



*Get a team together and Play!*

**Looking for a way to get active and meet new people?** Bellevue Parks & Community Services offers adult sports leagues tailored to a variety of ability levels. Come with your own team or join others in creating a new team by joining the "interested players list." For more information, contact Shirley Louie at 425-452-4479 or [SLouie@bellevuewa.gov](mailto:SLouie@bellevuewa.gov). Or, visit us on the Web at [http://www.bellevuewa.gov/parks\\_adult\\_sports\\_leagues.htm](http://www.bellevuewa.gov/parks_adult_sports_leagues.htm).

**Adult Basketball & Co-Rec Volleyball**

**Spring Leagues**

**Registration:**  
 March 1-31, 2011

**League Play:**  
 Begins April 10, 2011  
 Ends June 30, 2011

**Get fit and active! Sign ups for Spring in progress!**

**SBCC BADMINTON COURT RENTALS**

No waiting to play or sharing the court. You may start booking first thing Monday morning prior to your Sunday rental. You may only book one hour at a time but may obtain an additional hour if one is open the day of your rental. Set-up and take down will be part of the rental responsibilities. Call 425-452-4240 for additional information.

**Sundays:** 12:15 – 1:15 \$10 per hour  
 1:15 – 2:15  
 2:15 – 3:15

## DISCOVERY CHALLENGE

Come yourself or bring your family and friends to enjoy the thrills and challenges of traversing the high challenge course elements, such as the Burma Loops Bridge, Charlie Chaplin Walk, Flea Jump, and Heebie-Jeebie, 20 - 40 feet above the ground. Using a variety of strategies you will go beyond your perceived limits, increase self-confidence, and create memories that will expand your willingness to tackle new challenges in life. The course is operated by NW Teambuilding who provides trained, professional staff to assist and encourage participants to achieve their individual goals. Min 9/Max 18  
 South Bellevue Community Center  
 \$34(R) \$42(N) Age: 9Y - 99Y  
 This program is available April 30-October 2 on Saturdays and Sundays. Two sessions are available each day: 10am-12:30pm and 1-3:30pm. Call 425-452-4240 for more information or to register.

## NON-LEAGUE ADULT SPORTS GOURMET BIKERS

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

## HIKING CLUB

Like to get out-of-doors, commune with nature, and get some exercise all at the same time? Join our new hiking group at the North Bellevue Community Center. Call Darrion at 425-452-7681 for details.

## DROP-IN SPORTS - YOUTH

### KID-ZONE BASKETBALL

This is a free drop-in program for youth and teens ages 7-18 to improve their basketball skills! All teens must still be in high school. Kids under 7 need to be accompanied by an adult. No registration required. Min 1/Max 1

Crossroads Community Center

FREE Age: 7Y - 18Y  
 53745 3- 5:30pm Mon-Fri Jun 20-Aug 26  
 53744 2:30- 5:30pm Mon-Tue, Thu-Fri Aug 29-Dec 30  
 53752 1- 5:30pm Wed Aug 31-Dec 28

## 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.

## TRACK & FIELD/SOCCER LEAGUE 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.** Shin guards will be for sale on site for \$10.00
- **Inclement 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) 452-4627 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. Special request for coach.
  2. Special request for ONE teammate. Additional requests for teammates will not be considered.
  3. Age and gender of participant.

Please note that there are **NO GUARANTEES** regarding requests or team assignments, and all requests **must be made before April 13 by email to [hchristoff@bellevuewa.gov](mailto:hchristoff@bellevuewa.gov)**.

## 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 teamwork. We will begin with 2 weeks of team practice, followed by 5 weeks of soccer games. Come and join the fun! Volunteer coaches are needed for this league. Max. 6 players per team. Fee includes team jersey.

Robinswood Sports Field

\$69(R) \$76(N) Age: 5-6  
 58555 4:15-5:30pm Tue Apr 26-Jun 07

## 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! Volunteer coaches are needed for this league. Max. 7 players per team. Fee includes team jersey.

Robinswood Sports Field

\$69(R) \$76(N) Age: 7-9  
 58556 4:15-5:30pm Wed Apr 27-Jun 08

## 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 or Fridays beginning in May. Volunteer Adult runners are needed for this program! Min 10/Max 50  
 Tillicum Middle School

\$69(R) \$76(N) Age: 4Y - 14Y  
 58443 4- 5:30pm Mon May 02

## 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. Skilled staff will be coaching this clinic! Min 10/Max 30  
 Lake Hills Community Park

\$69(R) \$76(N) Age: 8Y - 12Y  
 58444 4:30- 5:30pm Thu Apr 21-Jun 09

## BIDDY - SATURDAY SPORTS

Give your child the opportunity to participate in sports through 3 different programs designed to develop basic motor skills, teaching age appropriate fundamentals. You can choose from Soccer, T-ball, or 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

South Bellevue Community Center  
\$38(R) \$45(N) Age: 3Y - 6Y

### Basketball

56475 11-11:45pm Sat May 21-Jun 11

### Soccer

56460 9-9:45am Sat May 21-Jun 11

### T-ball

56451 10-10:45am Sat May 21-Jun 11

## 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

Highland Community Center  
\$55(R) \$66(N) Age: 4Y - 6Y  
56558 10-11:45am Tue May 03-Jun 07  
56559 11-11:45pm Tue May 03-Jun 07  
56560 1-1:45pm Tue May 03-Jun 07  
56561 2-2:45pm Tue May 03-Jun 07  
56562 1-1:45pm Thu May 05-Jun 09  
56563 2-2:45pm Thu May 05-Jun 09

## I-BALL BASKETBALL CLINICS

Bellevue Parks & Community Services and i-Ball have partnered to offer Basketball Skills Clinics for kids, ages 7-14. Consistent training is the main aspect that helps to greatly accelerate learning and retention for young players. I-Ball is ran and coached by professional basketball player and former Globetrotter's Harlem All-Star, Kyle Keyes along with i-Ball staff. Players will learn all aspects of basketball development of core fundamentals along with offensive & defensive techniques, shooting techniques, ball handling and court awareness. Players of ALL skill levels are welcome and will be grouped accordingly. Min 5/Max 30

Highland Community Center  
\$79(R) \$95(N) Age: 7Y - 10Y  
58481 5:50-7pm Mon May 02-23  
58482 5:50-7pm Mon Jun 06-27  
58483 5:50-7pm Mon Jul 11-Aug 01  
58484 5:50-7pm Mon Aug 08-29  
\$79(R) \$95(N) Age: 11Y - 14Y  
58486 7:10-8:20pm Mon May 02-23  
58487 7:10-8:20pm Mon Jun 06-27  
58488 7:10-8:20pm Mon Jul 11-Aug 01  
58489 7:10-8:20pm Mon Aug 08-29

## ATHLETIC CONDITIONING CLINICS BY MAXIMUM SPORTS CONDITIONING

Come join Maximum Sports Conditioning as we facilitate exciting sports training workouts designed to enhance every part of an athlete's performance. The workouts focus on quickness, jumping ability, strength, injury prevention, core stability and speed. As you probably already know, the competition keeps getting tougher, so the demand for an edge is also increasing. Not only do your sport-specific skills have to be impressive, but your physical abilities to run, jump, accelerate, and defend have to be just as remarkable. If you are a young athlete and you need to improve your game, become more fit, get stronger and have some fun, then this program is perfect for you. Min 10/Max 15

Maximum Sports Conditioning - 14320 NE 21st St  
\$60(R) \$72(N) Age: 12Y and up  
58445 4-5pm Wed May 04-25  
58446 4-5pm Wed Jun 01-29

## 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, concurrent registration on Dream Team, and instructor permission. Min 8/Max 24

Crossroads Community Center  
\$29(R) \$34(N) Age: 8Y - 18Y  
56404 4-5pm Wed Apr 13-Jun 15  
56405 3-4pm Fri Jul 01-22

## CHEERLEADING - 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. This is a beginning to intermediate level team. Extra costs may be incurred for this class. Contact instructor with questions. Min 8/Max 35

Crossroads Community Center  
\$42(R) \$46(N) Age: 7Y - 18Y  
56400 2-3:30pm Wed Apr 13-Jun 15  
56398 4-5:30pm Fri Apr 15-Jun 17  
56399 4-5:30pm Fri Jul 01-22

## 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](http://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.

## 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.



# IMPORTANT REGISTRATION INFORMATION FOR ROBINSWOOD TENNIS CENTER PROGRAMS

Registration dates for sessions at Robinswood Tennis Center:

## Session 1

Residents: March 14, 2011

Non-Residents: March 23, 2011

## Session 2

Residents: June 1, 2011

Non-Residents: June 10, 2011

## Session 3

Residents: June 27, 2011

Non-Residents: July 6, 2011

### 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*

**Mixed Doubles** – Monday, 7:30-8:45pm  
Coordinator: Cheryl Sandelin, cdsandelin@aol.com

**Working Women** - Wednesday, 6:15-7:30pm  
Coordinator: Robin Ballard, 425-564-4013, dickensball@yahoo.com

**Mountaineers** – Friday, 7:15-8:30pm  
Coordinator: Greg Kidd, 425-828-8590, Gregory.Kidd@comcast.net

**Men's Doubles** – Tuesday/Thursday, 6:15-10pm. Call 425-452-7690.

### Adult Tennis Programs

#### ADULT DAY & NIGHT TENNIS PROGRAMS

Min 4/Max 8 Age: 19Y and up  
Robinswood Tennis Center

#### Beginning

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

##### Session 1

58231	10:30-11:45am	Wed	May 25-Jun 29	\$96
58233	7:30- 8:45pm	Mon	May 23-Jun 27	\$96
58236	7:30- 8:45pm	Wed	May 25-Jun 29	\$96

##### Session 2

58237	7:30- 8:45pm	Wed	Jul 06-Aug 17	\$112
58234	7:30- 8:45pm	Mon	Jul 11-Aug 15	\$96

#### Advanced Beginning

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

##### Session 1

58219	10:30-11:45am	Tue	May 24-Jun 28	\$96
58221	11:45am- 1pm	Wed	May 25-Jun 29	\$96
58223	8:45-10pm	Mon	May 23-Jun 27	\$96
58225	8:45-10pm	Wed	May 25-Jun 29	\$96

##### Session 2

58229	8:45-10pm	Wed	Jul 06-Aug 17	\$112
58228	8:45-10pm	Mon	Jul 11-Aug 15	\$96

### Intermediate

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

##### Session 1

58251	11:45am- 1pm	Mon	May 23-Jun 27	\$96
58255	10:30-11:45am	Thu	May 26-Jun 30	\$96
58258	7:30- 8:45pm	Tue	May 24-Jun 28	\$96
58261	7:30- 8:45pm	Thu	May 26-Jun 30	\$96

##### Session 2

58259	7:30- 8:45pm	Tue	Jul 05-Aug 16	\$112
58262	7:30- 8:45pm	Thu	Jul 07-Aug 18	\$112

### Advanced

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

##### Session 1

58264	8:45-10pm	Tue	May 24-Jun 28	\$96
58267	8:45-10pm	Thu	May 26-Jun 30	\$96

##### Session 2

58265	8:45-10pm	Tue	Jul 05-Aug 16	\$112
58268	8:45-10pm	Thu	Jul 07-Aug 18	\$112

### Advanced Doubles

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

##### Session 1

58270	11:45am- 1pm	Mon	May 23-Jun 27	\$96
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##### Session 2

58271	11:45am- 1pm	Mon	Jul 11-Aug 15	\$96
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### Youth Tennis Programs

#### TENNIS TEAMS

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

Robinswood Tennis Center

Age: Up to 17Y

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

##### Session 2

58201	2- 3:30pm	Tue, Thu	Jun 28-Jul 21	\$99
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##### Session 3

58211	2- 3:30pm	Tue, Thu	Jul 26-Aug 18	\$99
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**Team 2** - Players at this level are still working on improving overall consistency, topspin groundstrokes, correct grips, and adding more pace and consistency on their serves. Players in this level are competing at Rookie or Challenger Level USTA tournaments.

##### Session 2

56836	3:30- 5pm	Tue, Thu	Jun 28-Jul 21	\$99
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##### Session 3

58212	3:30- 5pm	Tue, Thu	Jul 26-Aug 18	\$99
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**Varsity** - Advanced Level class is geared for High School and USTA Challenger/Champs competitors. The class is set up in a drill/match play environment where Juniors are working on more advanced strokes and strategy.

##### Session 2

58213	2-12pm	Mon, Wed, Fri	Jun 27-Jul 22	\$175
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##### Session 3

58215	2-12pm	Mon, Wed, Fri	Jul 25-Aug 19	\$175
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**Tournament** - This is an Elite class for USTA Champs level players only. Participants must be ranked in the top 50 of their age group in the Pacific Northwest. Drill and Match-play environment. Highest Level of Junior Teams at Robinswood.

##### Session 2

58216		Mon, Wed, Fri	Jun 27-Jul 22	\$175
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##### Session 3

58217		Mon, Wed, Fri	Jul 25-Aug 19	\$175
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### LOBBERS YOUTH INSTRUCTIONAL CLINIC

The 'Lobbers' Instructional Clinics are a great way to introduce young children to the sport of tennis. Lobbers class is for ages 4-6 years. The format is general in nature: tennis fundamentals are taught along with many tennis related drills, games, and activities. Emphasis is on FUN! Min 6/Max 16 Robinswood Tennis Center

##### Session 2

58272	12-12:45pm	Mon-Thu	Jun 27-30	\$40
58285	12-12:45pm	Tue-Thu	Jul 05-07	\$30
58286	12-12:45pm	Mon-Thu	Jul 11-14	\$40
58287	12-12:45pm	Mon-Thu	Jul 18-21	\$40
58288	12-12:45pm	Mon-Thu	Jul 25-28	\$40

##### Session 3

58289	12-12:45pm	Mon-Thu	Aug 01-04	\$40
58290	12-12:45pm	Mon-Thu	Aug 08-11	\$40
58291	12-12:45pm	Mon-Thu	Aug 15-18	\$40

### MIGHTY MITES INSTRUCTIONAL CLINIC

The Mighty Mites Instructional Clinics are for children 7-9 years of age. The format is general in nature: tennis fundamentals are taught along with many tennis related drills, games, and activities. Emphasis is on FUN! Min 6/Max 32

##### Session 2

58292	9-10am	Mon-Thu	Jun 27-30	\$44
58300	9-10am	Tue-Thu	Jul 05-07	\$33
58301	9-10am	Mon-Thu	Jul 11-14	\$44
58302	9-10am	Mon-Thu	Jul 18-21	\$44
58303	9-10am	Mon-Thu	Jul 25-28	\$44

##### Session 3

58304	9-10am	Mon-Thu	Aug 01-04	\$44
58305	9-10am	Mon-Thu	Aug 08-11	\$44
58306	9-10am	Mon-Thu	Aug 15-18	\$44

## YOUTH INSTRUCTIONAL CLINIC

The Youth Instructional Clinics are for children ages 10-13 yrs. The lesson series meets for 4 days. This class is appropriate for new players as well as players with some playing experience. Tennis fundamentals are covered as well as tennis related drills, games, and activities. Min 6/Max 32

### Session 2

58324	10am-12pm	Mon-Thu	Jun 27-30	\$98
58334	10am-12pm	Tue-Thu	Jul 05-07	\$73.50
58335	10am-12pm	Mon-Thu	Jul 11-14	\$98
58336	10am-12pm	Mon-Thu	Jul 18-21	\$98
58337	10am-12pm	Mon-Thu	Jul 25-28	\$98

### Session 3

58338	10am-12pm	Mon-Thu	Aug 01-04	\$98
58339	10am-12pm	Mon-Thu	Aug 08-11	\$98
58340	10am-12pm	Mon-Thu	Aug 15-18	\$98

## TEEN INSTRUCTIONAL CLINIC

The Teen Instructional Clinics are designed as a general class for youth ages 14-17 years. The series places an emphasis on tennis basic form and applying it in actual match play. Min 6/Max 32

### Session 2

58307	1-2pm	Mon-Thu	Jun 27-30	\$48
58317	1-2pm	Tue-Thu	Jul 05-07	\$36
58318	1-2pm	Mon-Thu	Jul 11-14	\$48
58319	1-2pm	Mon-Thu	Jul 18-21	\$48
58320	1-2pm	Mon-Thu	Jul 25-28	\$48

### Session 3

58321	1-2pm	Mon-Thu	Aug 01-04	\$48
58322	1-2pm	Mon-Thu	Aug 08-11	\$48
58323	1-2pm	Mon-Thu	Aug 15-18	\$48

## NORTH BELLEVUE COMMUNITY CENTER, AGING SERVICES

4063 - 148th Avenue NE, 425-452-7681

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

## 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](mailto: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](http://www.aasa.dshs.wa.gov).

### SENIOR HOUSING

SNAP for Seniors, a comprehensive online housing resource at [www.snapforseniors.com](http://www.snapforseniors.com). Independent living listings through all levels of care, including Alzheimer's 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](http://www.Ccsww.org).

### ELDER AND ADULT DAY SERVICES

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

### EVERGREEN CARE NETWORK

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

### 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](http://www.medicare.gov).

## HEALTH

### SEATTLE MENTAL HEALTH

Counseling, Psychiatric Evaluations, Medication Management, Day Treatment Services, Case Management, and Support Groups. Call 425-653-4900.

### OVERLAKE HOSPITAL SENIOR CARE

Programs and services for seniors. Call 425-688-5800 for more information.

## BENEFITS CHECK UP ONLINE

A new web-based service of the National Council 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](http://www.BenefitsCheckUp.org). Medicare questions answered via the Internet at [www.mymedicarematters.org](http://www.mymedicarematters.org).

## GENERAL

### AARP AREA OFFICE

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

### AARP COMMUNITY SERVICE EMPLOYMENT PROGRAM

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

### COMPUTER HELP DESK SERVICE

KEGS (Komputer Enthusiasts of Greater Seattle) can help with your computer needs. Call Joe Mraz at 425-747-2433 for meeting and computer help information.

### EASTSIDE LEGAL ASSISTANCE PROGRAM

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

### W.I.C.S.

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

### SENIOR INFORMATION & ASSISTANCE

Resources and information on all topics related to older adults. 1-888-435-3377 or 206-448-3110.

## IMMIGRANT SERVICES

### CHINESE 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.

# Agging Services

## 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 Monday (\$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 SOCIAL SECURITY INFORMATION

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

## MEALS/FOOD DELIVERY LUNCHES

Hot meals sponsored by Catholic Community Services 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 listing 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 of Senior Services at 206-448-5767 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.

### GETTING AROUND PUGET SOUND

Want to go from home to the store, the library & more? Personalized one-on-one assistance with transportation options and planning. Second Monday each month, 10am-2pm. No appointment necessary. Provided through a partnership with Hopelink.

### VOLUNTEER TRANSPORTATION FOR SENIORS

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

### BELLEVUE EZ RIDER CONNECTOR TRANSPORTATION SERVICE

Do you live or work in East Bellevue? Connect to King County Metro, Sound Transit buses and neighborhood services by utilizing the Bellevue EZ Rider Connector service - for free. The bus service is available weekdays from 6 a.m. to 7 p.m. for eligible older adults, Access riders, individuals with lower income and disabilities. See if you qualify and schedule a ride by calling 425-943-6787 or go to: [www.hope-link.org/get\\_help/transportation/bellevue\\_ez\\_rider/](http://www.hope-link.org/get_help/transportation/bellevue_ez_rider/).

## 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.

- 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.

### 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](http://www.bellevuewa.gov/network_on_aging.htm).

## SPECIAL EVENTS

### SOUNDS OF SWING DANCES

The 'Sound Of Swing' will perform for your dancing pleasure. Min 10/Max 100 North Bellevue Community Center \$3 Age: 18Y and up

<b>Spring Fling Dance</b>	55946	2-4pm	Tue	Apr 12
<b>Mother's Day Dance</b>	55947	2-4pm	Tue	May 10
<b>Father's Day Dance</b>	55948	2-4pm	Tue	Jun 14
<b>Bastille Day Dance</b>	55949	2-4pm	Tue	Jul 12
<b>Celebrate Summer Dance</b>	55950	2-4pm	Tue	Aug 09

### SPRING FLING LUNCHEON

Celebrate Springtime 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 Catholic Community Services. Pre-registration required by March 28. Min 25/Max 90 North Bellevue Community Center Celebrate Springtime with a tasty lunch, bingo and doorprizes.

FREE All Ages  
54546 11:30am-1:30pm Wed Apr 06

## 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 May 4. Min 10/Max 40

North Bellevue Community Center  
 FREE All Ages  
 54921 11:30am- 1pm Wed May 11

## SUMMER SOLSTICE DANCE

Welcome Summer & enjoy the big band sound of 'Sound of Swing' at the Summer Solstice Dance. The Seattle Chapter of USA Dance will be on hand for a lesson from 7:30-8:15 followed by dancing to all the Big Band favorites - see you there! Min 1/Max 200

North Bellevue Community Center  
 \$15 Age: 18Y and up  
 57798 7-11pm Sat Jun 18

## END OF SUMMER PICNIC

A sponsor for the event will be providing the box lunches. Try the 'Cupcake Walk', play Croquet, make crafts, and win some great Bingo prizes! This event is always lots of fun. We'll be eating indoors, but some activities will take place outdoors. Min 10/Max 95

North Bellevue Community Center  
 \$3 All Ages  
 58161 11:30am- 2pm Wed Aug 24

## 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](mailto: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

### 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

## ADDITIONAL DISABILITY RECREATION AREAS OF INTEREST

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

### TENNIS FOR THOSE USING WHEELCHAIRS

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

### TENNIS FOR THOSE LIVING WITH 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

### ALOHA PICNIC/DANCE

Warm summer evenings, tropical breezes, pineapple, papaya, and the annual Highland Center Summer Potluck in conjunction with the Aloha Dance is a fun way to celebrate summer with friends! Potluck at 5pm, dance at 7pm.

## PROGRAMS: PHYSICAL DISABILITY EXERCISE CLASS

Build Muscles, build strength, build your social network. It all happens at Highland's exercise classes. All classes are designed only for those living with physical disabilities. No Class on Holidays. Age: 21Y and up

### 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. Age: 18Y and up

### QUAD RUGBY DROP-IN

Come and join in on this wheelchair sport for some rough and tumble fun. Cost is \$3.00 (tax included) for residents and \$4 for non-residents per visit. Payable at the front office. Meets first two Saturdays of each month. Age: 18Y and up

# Specialized Recreation

## WHEELCHAIR BASKETBALL DROP-IN

This opportunity occurs every Wednesday offering brisk exercise and friendly competition from 7-9pm. A small drop-in fee is charged per week. Bring your own chair for this challenging workout. Age: 18Y and up

## PROGRAMS: DEVELOPMENTAL DISABILITY

**See Specialized Recreation registration forms for details on program dates/times and to register**

## ADULT ADVENTURE EDUCATION

This program offers an array of educational outings to explore the things that make our community tick. A schedule will be given out at the first class. Bellevue, Mercer Island and Kirkland interlocal contract residents only. 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.

## STONEWARE 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 for adults and adults with disabilities.

## ADULT SOFTBALL

Take me out to the ballgame! It's fast, furious, and fun. Learn the fundamentals of the game while enjoying team sports.

## BINGO

Reinforce your concentration skills while trying your luck winning prizes (no Money). Not everyone will win but the anticipation will keep you on the edge of your seat.

## BOWLING - ADULT

Provides a little exercise, some skill development and a whole lot of quality socializing. Held at SunVilla Lanes in Bellevue. There are two fees for this program: an administrative fee to the City of Bellevue and a check made out to AMF for the weekly two games and shoe rental. Please inquire on the first day of bowling for amount required for AMF.

## CULTURAL DANCE MIX

This is a great group activity that will enhance your physical coordination and artistic self expression. This is a specialized recreation activity.

## FULL FITNESS FUN

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. We will learn how to make good choices in restaurants that taste good. Let's get fit!

## KITCHEN KAPERS

Learn the REAL secrets of creating great and healthy dishes. Make some of the easiest but tastiest meals while having a great time! Discussions include seasonings, cooking methods, healthy meal choices etc. Recipes included. This is a specialized program for adults and adults with disabilities.

## FRIDAY NIGHT OUT

Develop a new network of friends over a little dinner and choice of a movie. You may bring a dinner or buy your dinner at the Crossroads Mall. Bring \$9.50 for the movie. Participants are responsible for their own money. The class will meet for drop-off and pick-up at the Crossroads Regal Cinema Movie Theater.

## FULL FITNESS FUN

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. We will learn how to make good choices in restaurants that taste good. Let's get fit!

## HIGHLAND PLAYERS DRAMA

Learn to perform in front of a live audience, acquire acting skills, develop voice projection, and increase your self confidence by engaging in this drama program. No Class on Holidays.

## MOVIE TIME

This is your opportunity to share and enjoy your favorite movies while relaxing with friends over dinner. Please no microwave dinners. Movie ratings are limited to PG13 and will be voted on by the class for viewing.

## SOCIAL CLUB - ADULT

Meet new friends and have fun with different indoor activities designed to positively challenge your skills, provide socialization and relaxation from life's stress.

## 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 for adults and adults with disabilities. Materials included.

## CHEERLEADING

Be a part of a cheerleading squad and come learn new skills and work as a team. This team is part of the Eastside Dream Elite program which is the official cheerleading program of the Bellevue Parks & Community Services. This class is open to women and men with developmental disabilities, ages 16 and up. We have regular weekly performances on the Highland Center schedule and we have occasional performances outside of class time as well. Come join the fun!

## AFTER-SCHOOL PROGRAMS FOR YOUTH

Four afternoons a week your child has the opportunity to unwind from school with these interactive activities. Monday you will play with food, Tuesday will be exercise while sightseeing via urban hiking trips, Thursdays are planned for peer socializing and Fridays you will get some light exercise and water play at the Bellevue Aquatic Center. All programs are for kids ages 6-18 living with developmental disabilities. (Additional fees charged for the swimming program)

## BRIDGE ACADEMY

In partnership with Bellevue Parks and Community Services, Bridge of Promise offers a day program from 10am-2pm every Monday and Thursday at Bellevue's Highland Center. This program is designed for adults with developmental disabilities to engage in educational activities that offer opportunities to learn and increase personal skills. Bridge Academy includes opportunities to participate in music, art, and community activities. Instruction is always individualized to each participant's needs and goals. For further registration information, please contact program director, Jessica Schreiber, at 425-238-8535 or [jessica@bridgeofpromise.org](mailto:jessica@bridgeofpromise.org).

Please fill out and sign participant information on page 10

Check out other programs of interest at the Bellevue Aquatic Center, Robinswood Tennis Center and The Northwest Arts Center.

Participant Name: \_\_\_\_\_

Bill DDD

Caseworker Name for DDD \_\_\_\_\_

Kent / Seattle (Circle One)

### ADULT Programs at Highland Center - 425-452-7686

		Course #	Title	Rates	Days	Time	Dates
		<input type="checkbox"/> 54662	Adult Adventure Ed	R \$210 N \$263	Wed	9:30a-3:00p	3/30-6/1
		<input type="checkbox"/> 54672	Adult Bowling	R \$42 N \$53	Sat	9:30a-11:30a	4/2-6/4
		<input type="checkbox"/> 54669	Cheerleading	R \$63 N \$79	Wed	7:00p-8:00p	3/30-6/1
		<input type="checkbox"/> 54666	Adult-Crafts	R \$40 N \$50	Fri	1p-2:30p	4/1-6/3
		<input type="checkbox"/> 56878	Country line Dance	R \$40 N \$50	Tue	7:00p-8:30p	3/29-5/31
		<input type="checkbox"/> 54677	Highland Players Drama	R \$48 N \$60	Mon	7:00p-8:30p	3/28-5/23
		<input type="checkbox"/> 54689	Friday Night Out	R \$16 N \$20	Fri	5:30p-9:30p	4/1
		<input type="checkbox"/> 54690	Friday Night Out	R \$16 N \$20	Fri	5:30p-9:30p	4/22
		<input type="checkbox"/> 54691	Friday Night Out	R \$16 N \$20	Fri	5:30p-9:30p	5/20
		<input type="checkbox"/> 54693	Full Fitness Fun	R \$74 N \$93	Tu/Th	5:00p-7:00p	3/29-6/2
		<input type="checkbox"/> 54698	Movie time	R \$40 N \$50	Mon	5:00p-7:00p	3/28-5/23
		<input type="checkbox"/> 54699	Movie time	R \$40 N \$50	Wed	5:00p-7:00p	3/30-6/1
		<input type="checkbox"/> 54705	Social Club	R \$40 N \$50	Mon	7:00p-8:30p	3/28-5/23
		<input type="checkbox"/> 54706	Social Club	R \$40 N \$50	Wed	7:00p-8:30p	3/30-6/1
		<input type="checkbox"/> 56879	Adult Track	R \$58 N \$73	Tu/Th	7:00p-8:30p	3/29-6/2
		<input type="checkbox"/> 56880	Adult Soccer	R \$58 N \$73	Tu/Th	7:00p-8:30p	3/29-6/2
		<input type="checkbox"/> 56881	Kiwanis Dinner	FREE	Thurs	5:00p -6:00p	5/19
		<input type="checkbox"/> 56882	Kiwanis Dinner	FREE	Thurs	5:00p -6:00p	6/16
		<input type="checkbox"/> 54712	Cooking with Ease	R \$70 N \$88	Thur	5:00p-7:00p	3/31-6/2
		<input type="checkbox"/> 56883	Barn Dance	R \$8 N \$10	Fri	7p-9:30p	5/6
		<input type="checkbox"/> 54716	Bingo	R \$40 N \$50	Thurs	7:00p-8:30p	3/31-6/2
		<input type="checkbox"/> 54720	Highland Hangout	R \$40 N \$50	M/T/W/TH	2:30p-5:00p	3/28-6/16

### YOUTH Programs at Highland Center - 425-452-7686

<input type="checkbox"/> 54730	Fun with Friends	R \$53 N \$67	Mon	2:30p-5:00p	3/28-5/23
<input type="checkbox"/> 54728	Youth Adventure	R \$53 N \$67	Tue	2:30p-5:00p	3/29-5/31
<input type="checkbox"/> 54729	Thursday Teen Club	R \$53 N \$67	Thurs	2:30p-5:00p	3/31-6/2
<input type="checkbox"/> 54727	Friday Swimming	R \$53 N \$67	Fri	2:30p-5:00p	4/1-6/3

### ADULT Programs at Highland Center - 425-452-7686

<input type="checkbox"/> 54738	Exercise	R \$105 N \$132	M/W/F	9:15am-10:15am	3/28-6/17
<input type="checkbox"/> 54739	Exercise	R \$105 N \$132	M/W/F	10:30am-11:30am	3/28-6/17
<input type="checkbox"/> 54740	Exercise	R \$105 N \$132	M/W	11:45-1:15pm	3/28-6/15

# Registration–Highland Center Specialized Recreation



Please fill out and sign participant information on page 10

Check out other programs of interest at the Bellevue Aquatic Center, Robinswood Tennis Center and The Northwest Arts Center.

Participant Name: \_\_\_\_\_

Bill DDD

Caseworker Name for DDD (One) \_\_\_\_\_

Kent / Seattle (Circle One)

### ADULT Programs at Highland Center - 425-452-7686

		Course #	Title	Rates	Days	Time	Dates	
<input type="checkbox"/>		54663	Adult Ad Education	R \$210 N \$263	Wed	9:30am-3p	6/22-8/24	
<input type="checkbox"/>		54673	Adult Bowling	R \$42 N \$53	Sat	9:30am-11:30am	6/25-8/27	
<input type="checkbox"/>		57801	Cultural Dance Mix	R \$40 N \$50	Tue	7-8:30pm	6/21-8/23	
<input type="checkbox"/>		54678	Highland Players Drama	R \$50 N \$63	Wed	5:30-7pm	6/22-8/24	
<input type="checkbox"/>		54694	Full Fitness Fun	R \$74 N \$93	Tue/Thu	5pm-7pm	6/21-8/25	
<input type="checkbox"/>		54700	Movie Time	R \$40 N \$50	Thu	5pm-7pm	6/23-8/25	
<input type="checkbox"/>		54707	Social Club	R \$40 N \$50	Thu	7pm-8:30pm	6/23-8/25	
<input type="checkbox"/>		57802	Aloha Picnic	R \$8 N \$10	Fri	5pm-9:30pm	8/5	
<input type="checkbox"/>		57803	Adult Softball	R \$58 N \$73	Tue/Thu	7pm-8:30pm	6/21-8/25	
<input type="checkbox"/>		54717	Bingo	R \$40 N \$50	Wed	7pm-8:30pm	6/22-9/1	
<input type="checkbox"/>		Bridge Academy - See inside brochure for more information						

### ADULT Programs at Northwest Arts Center- 425-452-4106

<input type="checkbox"/>	56421	Kitchen Kapers	R \$56 N \$66	Fri	12-1:15pm	6/17 – 7/29
<input type="checkbox"/>	56422	Kitchen Kapers	R \$48 N \$58	Fri	12-1:15pm	8/15 – 8/26
<input type="checkbox"/>	54646	Stoneware Creations	R \$154 N \$180	Thurs	1-3pm	7/14 – 8/25
<input type="checkbox"/>	54651	Glass Fusion	R \$154 N \$180	Thurs	10 -11:30am	7/14 -8/25

### YOUTH PROGRAMS at Highland Center – 425-452-7686 • FAX 425-452-7841

<input type="checkbox"/>	57804	Summer Camp	R \$175 N \$215	M-F	9:30am-3pm	6/27-7/1
<input type="checkbox"/>	57805	Summer Camp	R \$175 N \$215	M-F	9:30am-3pm	7/11-7/15
<input type="checkbox"/>	57806	Summer Camp	R \$175 N \$215	M-F	9:30am-3pm	7/18-7/22
<input type="checkbox"/>	57807	Summer Camp	R \$175 N \$215	M-F	9:30am-3pm	7/25-7/29
<input type="checkbox"/>	57808	Summer Camp	R \$175 N \$215	M-F	9:30am-3pm	8/1-8/5
<input type="checkbox"/>	57809	Summer Camp	R \$175 N \$215	M-F	9:30am-3pm	8/8-8/12
<input type="checkbox"/>	57810	Summer Camp	R \$175 N \$215	M-F	9:30am-3pm	8/15-8/19

### ADULT Programs at Highland Center - 425-452-7686

<input type="checkbox"/>	54741	Exercise Class	R \$105 N \$132	M/W/F	9:15-10:15am	6/20-9/2
<input type="checkbox"/>	54742	Exercise Class	R \$105 N \$132	M/W/F	10:30-11:30am	6/20-9/2
<input type="checkbox"/>	54743	Exercise Class	R \$105 N \$132	M/W	11:45am-1:15pm	6/20-9/2



# Bellevue 2011 Craft, Antique & Garden Show

Pamper your mom with handcrafted items from  
Northwest's Best Crafters and Designers

May 4, Wednesday, 10am-8pm

May 5, Thursday, 10am-8pm

May 6, Friday, 10am-8-m

May 7, Saturday, 10am-5pm

Free Admission • Easy Parking

425-452-4106 • [NWAC@bellevuewa.gov](mailto:NWAC@bellevuewa.gov)



City of Bellevue Parks & Community Services  
[www.bellevuewa.gov](http://www.bellevuewa.gov)

Vendor Info: 360-668-1987 • email: [hilltop.crafts@frontier.com](mailto:hilltop.crafts@frontier.com)

## Skate Parks

### BELLEVUE INDOOR SKATEPARK

14224 Bel Red Road, 98007

The newly remodeled Bellevue Skate Park is an indoor facility featuring 3- and 6- foot mini ramps, wall rides, banks, ledges, step up gaps and a new indoor climbing wall. 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](http://www.bellevuewa.gov/bellevue_skate_park.htm)

### BELLEVUE SKATE PARK RENTALS

The Bellevue Skate Park is a great place for a birthday party or a secret session. From private hourly park rentals to all inclusive birthday packages, we will make your party a hit. Call 425-452-2722 or email [SGonzales@bellevuewa.gov](mailto:SGonzales@bellevuewa.gov) for more information.

### BELLEVUE SKATE PARK LESSONS

If you are just starting out, and you want to learn how to skateboard these lessons are for you. Let us show you how to ride ramps, drop-in, ollie and have fun skating. Our experienced instructors will guide you step by step how to safely get up and begin skateboarding. You may be surprised how fast you learn from your one-on-one skate coach. Call or stop by for scheduling, information or to meet our instructors. Lessons increase self-esteem and confidence in and outside of the park. ALL AGES. COST: \$25 per hour; \$15 per 1/2 hour



## Outdoor Skate Facilities

### 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, 98008  
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: 130-5pm  
Open Session #2: 5-8pm

### Girls Night

1st Sunday of the month, 5-8pm

### Park Fees

Lessons: \$40/hr, \$25/ ½ hr

Session: \$4(R) \$5(N)

ID Card\*: \$8(R) \$10(N)

10 session pass: \$35(R) \$45(NR)

**Rentals: For information about our various rental packages, contact Steve at [SGonzales@bellevuewa.gov](mailto:SGonzales@bellevuewa.gov) or call 425-452-2722.**

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



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

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

## Current Youth Link Projects

For more information about any of these opportunities, please call 425-452-5254, unless otherwise specified, or visit [www.youthlink.com](http://www.youthlink.com).

Bellevue Youth Council

Outspoken Teen Paper

Youth Link Web Team

Kids Care Coat Drive

Teen Closet

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

Community Leadership Awards

Eastside Youth Council Summit

Youth Court Action Team

Youth Involvement Conference



*If you are a young person of middle or high school age or an adult who might be able to help make a youth priority a reality, call 425-452-5254.*



## ROCK OUT & CLIMB UP!

**Parents, ask about the \$210 Rock Party Package! Schedule a birthday party that your kids will not forget.**

Call 425-452-4240 for more information.

### ROCK CLIMBING 101

This class is for the beginning or intermediate climber who would like to learn all of the basics of rock climbing. You will learn how to correctly wear a harness, tie knots, handle the rope, use a belay device and communicate effectively. At the completion of this class adults can take a belay check test to earn a belay card. Pre-registration is required. Min 1/Max 4

South Bellevue Community Center

\$22(R)	\$27(N)		Age: 6Y and up
56119	6-7pm	Tue	Mar 22
56120	6-7pm	Tue	Mar 29
56121	6-7pm	Tue	Apr 05
56122	6-7pm	Tue	Apr 12
56123	6-7pm	Tue	Apr 19
56124	6-7pm	Tue	Apr 26
56125	6-7pm	Tue	May 03
56126	6-7pm	Tue	May 10
56127	6-7pm	Tue	May 17
56128	6-7pm	Tue	May 24
56129	6-7pm	Tue	May 31
56130	6-7pm	Tue	Jun 07

### ROCK CLIMBING 101 FOR PARENT/CHILD

This course covers the same material as Rock Climbing 101, but is ideal for parents to do with their children to take their relationship to new heights. Go Climbing! Price is for one child and one adult. Min 1/Max 4

South Bellevue Community Center

\$22(R)	\$27(N)		Age: 6Y and up
Add'l child: \$11(R) \$13(N)			
56159	9-10am	Sat	Mar 19
56160	9-10am	Sat	Mar 26
56161	9-10am	Sat	Apr 02
56162	9-10am	Sat	Apr 09
56163	9-10am	Sat	Apr 16
56164	9-10am	Sat	Apr 23
56165	9-10am	Sat	Apr 30
56166	9-10am	Sat	May 07
56167	9-10am	Sat	May 14
56168	9-10am	Sat	May 21
56169	9-10am	Sat	May 28
56170	9-10am	Sat	Jun 04
56171	9-10am	Sat	Jun 11

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. Minimum age is 6 years to climb, 18 years for the belay check test. All climbers must have a signed waiver on file.

**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: \$22(R) \$27(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: \$7(R) \$9(N) Age: 6Y and up.

**Adult Open Climb**– Adults with a valid SBCC Belay Card on file are permitted to climb and belay other adult climbers with SBCC belay cards. Bouldering is not permitted. Fees: \$6(R) \$7.50(N) Ages 18 and up.

**Belay Check & Test** – Individuals' belay skills are checked for accuracy. After earning a belay card, participants will be able to climb and belay other adults with SBCC belay cards during Adult Only Open Climb and drop-in climbing sessions. Fees: \$12(R) \$15(N). Age: 18Y and up.

**20 Climb Punch Pass** <sup>Best Value!</sup> – A punch pass good for 20 visits during regularly scheduled drop-in belayed climbing sessions. \$110(R) \$130(N) Age: 6Y and up.

**Wall Rentals/Parties** – Bring your friends or guests to SBCC and climb the wall for your special occasion! The wall is available to rent for private groups and parties on Thursday nights and Sundays. Fee: \$130/hour

\* - Bouldering is only allowed under the supervision of Mini Mountain belay staff during drop-in belayed climbing sessions.

Schedule valid through June 11. Call South Bellevue Community Center for updated schedule.

The Crag at South Bellevue Community Center - Climbing Schedule						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Adult Open Climb</b> 9am-3pm	<b>Adult Open Climb</b> 9am-3pm	<b>Adult Open Climb</b> 9am-3pm	<b>Adult Open Climb</b> 9am-3pm	<b>Adult Open Climb</b> 9am-7:30pm	<b>Parent/Child Rock Climbing 101 Class</b> 9-10am	<b>AVAILABLE FOR GROUP RENTALS</b> 10:30am-4:30pm
<b>Drop-in Climbing Session 1</b> 3:30-5:30pm	<b>Drop-in Climbing</b> 3:30-5:30pm	<b>Drop-in Climbing</b> 3:30-5:30pm	<b>AVAILABLE FOR RENTALS</b> 5-8pm		<b>Drop-in Climbing Session 1</b> 10am-1pm	<b>Adult Open Climb</b> 10:30am-4:30pm <i>(If no rental scheduled, call first.)</i>
<b>Session 2</b> 6-8:30pm	<b>Rock Climbing 101 Class</b> 6-7pm	<b>Adult Open Climb</b> 5-8:30pm	<b>Adult Open Climb</b> 6-8:30pm <i>(If no rental scheduled, call first.)</i>		<b>Session 2</b> 1:30-4:30pm	
	<b>Adult Open Climb</b> 7:30-8:30pm					





**Come yourself or bring your family and friends** to enjoy the thrills and challenges of traversing the high challenge course elements, such as the Burma Loops Bridge, Charlie Chaplin Walk, Flea Jump, and Heebie-Jeebie, 20-40 feet above the ground. Using a variety of strategies you will go beyond your perceived limits, increase self-confidence, and create memories that will expand your willingness to tackle new challenges in life. The course is operated by NW Teambuilding who provides trained, professional staff to assist and encourage participants to achieve their individual goals. Min 9/Max 18

Sessions are Saturdays or Sundays, 10am-12:30pm or 1-3:30pm

April 30-October 2

Eastgate Park/South Bellevue Community Center

\$34(R) \$42(N) Age: 9Y-99Y

Call 425-452-4240 for more information or to register.

**SOUTH BELLEVUE  
COMMUNITY CENTER**

*a partnership for a healthy community*



# Join Us for a Day of Celebration and Patriotism

*Symetra Bellevue Family 4th*

**Bellevue Downtown Park**

**Monday, July 4 • 2-10:30pm**  **FIREWORKS AT DUSK**

**Roving Entertainers  
Interactive Games  
Inflatables  
Climbing Wall  
Candy Art  
Mascots  
Food  
Live Entertainment**

**SYMETRA!**

**BELLEVUE**

**FAMILY**

**4th**

**SYMETRA BELLEVUE FAMILY 4th**

<http://www.bellevuedowntown.com>

## Volunteer Opportunities

### Make a difference in your community!

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](mailto:volunteer@bellevuewa.gov), or call 425-452-5375.



**Bellevue Parks & Community Services** has a variety of volunteer opportunities. Volunteers serve on boards and commissions, lead tours, help out in the office, answer phones, serve lunches, and perform many more vital tasks throughout all of our program areas. We would love to have your help! If you are not sure what you would like to do, contact Shelly Shellabarger, the City of Bellevue's volunteer program coordinator, at 425-452-5375, or email [volunteer@bellevuewa.gov](mailto:volunteer@bellevuewa.gov).

You can also contact one of the following facilities or program areas to learn more about available opportunities.

#### Bellevue Botanical Garden

425-452-2750

[LScott@bellevuewa.gov](mailto:LScott@bellevuewa.gov)

#### Bellevue Youth Theatre

425-452-7155

[BYT@bellevuewa.gov](mailto:BYT@bellevuewa.gov)

#### Specialized Recreation

425-452-7686

[KIndurkar@bellevuewa.gov](mailto:KIndurkar@bellevuewa.gov)

#### Special Events

425-452-4106

[NWAC@bellevuewa.gov](mailto:NWAC@bellevuewa.gov)

#### Kelsey Creek Farm

425-452-7688

[KelseyCreekFarm@bellevuewa.gov](mailto:KelseyCreekFarm@bellevuewa.gov)

#### North Bellevue Community Center

425-452-7681

[NBCC@bellevuewa.gov](mailto:NBCC@bellevuewa.gov)

#### Robinswood Tennis Center

425-452-7690

[JSoriano@bellevuewa.gov](mailto:JSoriano@bellevuewa.gov)

#### Park Stewards/Naturalists

425-452-4195

[CKBrown@bellevuewa.gov](mailto:CKBrown@bellevuewa.gov)

#### Cultural Diversity Program

425-452-7886

[KHenry@bellevuewa.gov](mailto:KHenry@bellevuewa.gov)

#### Youth Sports

425-452-4627

[HChristoff@bellevuewa.gov](mailto:HChristoff@bellevuewa.gov)



### 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 web-site at <http://www.bellevuewa.gov/volunteer.htm>, or send an email to [volunteer@bellevuewa.gov](mailto:volunteer@bellevuewa.gov).

**CITY OF BELLEVUE  
HOME REPAIR PROGRAM**

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

**ROOF REPAIRS  
FAULTY PLUMBING  
WIRING  
EARTHQUAKE RETROFITTING**



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](http://www.crisisclinic.org)

**SOUTH BELLEVUE  
COMMUNITY CENTER**

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**2011 Specialty Camp Themes**

Specialty camps offer a variety of activities, programs, and in-depth experiences for boys and girls ages 7-12yrs. Campers must bring a sack lunch, water bottle and appropriate clothing and shoes daily.

Cost: \$140.00  
M-F 9:30am-4pm

Ages: 7-12yrs  
Space is limited.

**June 20-24**  
Tech Camp #1

**July 25-29**  
Outdoor Ed Camp  
Triple Play Camp #2

**June 27-July**  
Science Camp #1  
Triple Play Camp #1

**August 1-5**  
Science Camp #2  
Soccer Camp

**July 4-8 \***  
Art Camp  
Multi-Sport Camp  
\*Club Closed  
Monday July 4th

**August 8-12**  
Tech Camp #3  
Flag Football  
Camp

**July 11-15**  
Tech Camp #2

**August 15-19**  
Lego Camp  
Basketball Camp

**July 18-22**  
Drama Camp  
Playground Sports  
Camp



**2011-12 Project Learn**

Project Learn After-School Program is open M-F, from school release to 6:30pm. In addition to the Homework Help, our day is filled with new and exciting education and recreation activities. The staff will integrate learning opportunities into each activity offered, exposing young people to skills, information, and ideas that will encourage youth to become life-long learners.

Cost: Full time: \$250 per month  
3 days/week: \$150 per month  
1 day/week: \$60 per month

**Registration Begins March 15!**  
**Register at [www.bgcbellevue.org](http://www.bgcbellevue.org)**

**2011 Summer Camp Themes**

Summer Day Camp at South Bellevue offers a variety of exciting theme weeks. Each week, campers will participate in sports of all sorts, crafts, science, specialty clubs, and field trips. Your child will leave each week having had the opportunity to discover new interests, make new friends, and create life-long memories. Campers must bring a sack lunch daily.

All grades listed are 2011/12 school year.

M-F 9:30am-4pm

Adventurers \$125	Grades 1 - 2
Trailblazers \$125	Grades 3 - 4
Caravan Camp \$150	Grades 5 - 7



**June 20-24:** Excalibur

**June 27-July 1:** Where in the World is Carmen San Diego?

**July 4-8:** Island Breeze\*

\*Club Closed Monday July 4th

**July 11-15:** Under the Sea

**July 18-22:** In the Spotlight

**July 25-29:** Beneath our Feet

**August 1-5:** Washington My Home

**August 8-12:** Guess Who?

**August 15-19:** Animal Planet

Sunrise & Sunset Extended Camp

Before and After Care Camp

Sunrise Camp: 7:30-9:30am

Sunset Camp: 4:00-6:00pm

\$20 each per week

Both Camps: \$30 per week

**2011-12 Club Connects**

Club Connects offers a program for middle school members. Members will participate in daily homework help, National programs and athletic activities.

Cost: Full time: \$125 per month  
3 days/week: \$75 per month

**Registration Begins March 15th!**

**Register at [www.bgcbellevue.org](http://www.bgcbellevue.org)**

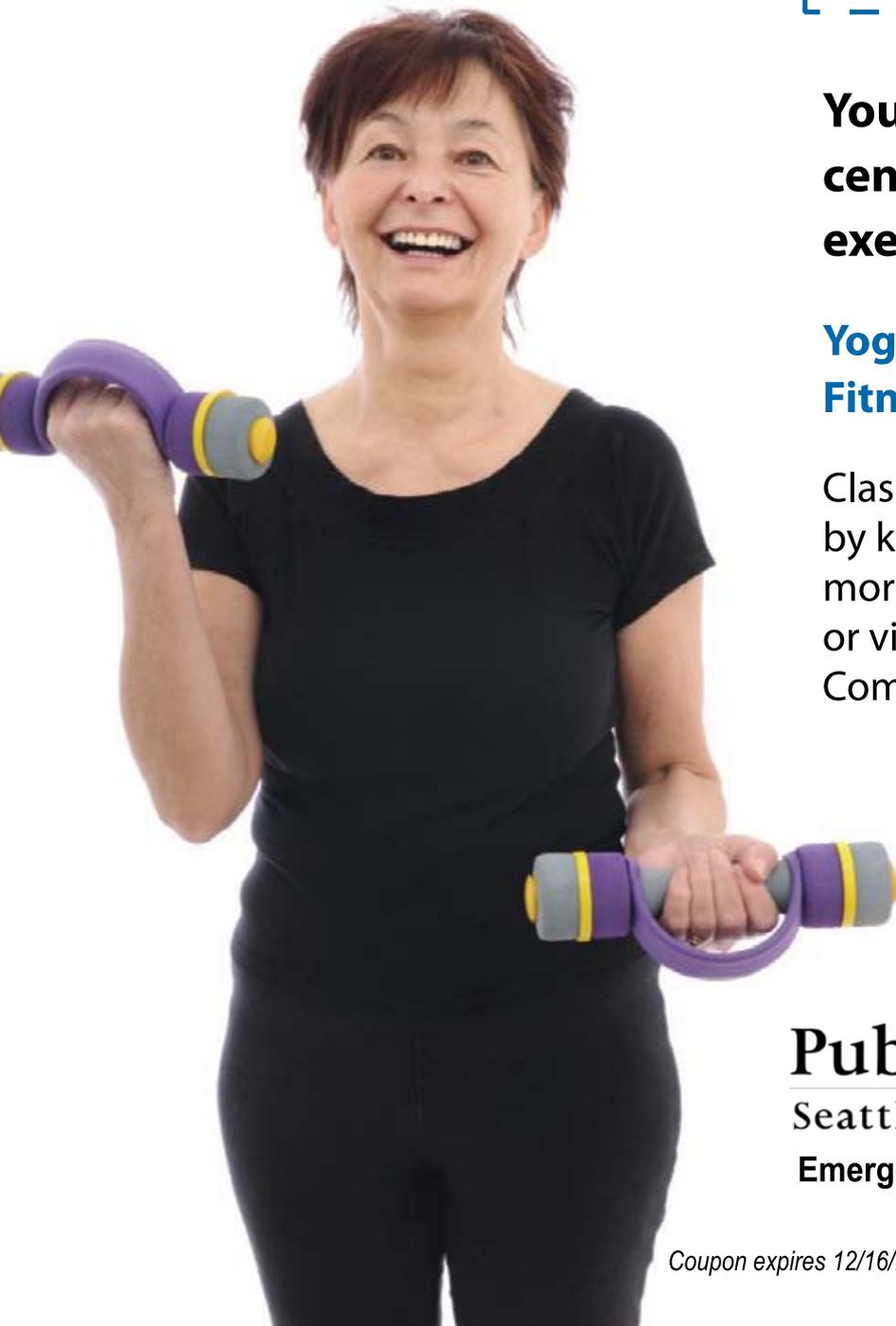
**Teen Drop In/Late Night**

Teens 13-18 years old have a cool place to come play basketball, watch movies, play video games or just hang out in the games room. Teen membership required.

Cost: FREE

# SHAPE UP! 50+

“For a Healthy Independent Lifestyle”



## \$10 Gift Card for you!

Bring this card to the North Bellevue Community Center and receive \$10 off any group exercise class.

Call 425-452-7681 for more information.



**Bellevue Parks &  
Community Services**



**Your local community center is offering group exercise classes for seniors:**

**Yoga, Line Dancing, Enhance Fitness, Tai Chi, Tap and more.**

Classes are safe, affordable, and led by knowledgeable instructors. For more details, call 425-452-7681 or visit the North Bellevue Community Center.

**Public Health**  
Seattle & King County  
Emergency Medical Services Division



*Coupon expires 12/16/2011 and has no cash value. Some restrictions apply.*