

September through  
December 2012

# CONNECTIONS



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

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ADULT SPORTS LEAGUES, Bellevue City Hall, 450 - 110th Ave NE .....	425-452-4479
BELLEVUE AQUATIC CENTER, 601 - 143rd Ave NE .....	425-452-4444
BELLEVUE BOTANICAL GARDEN, 12001 Main ST.....	425-452-2750
BELLEVUE GOLF COURSE, 5450—140th Ave NE.....	425-452-7250
BELLEVUE YOUTH THEATRE, 16661 Northup WY .....	425-452-7155
COMMUNITY GARDENS, SE 16th ST near 156th Ave SE.....	425-452-7225
CROSSROADS COMMUNITY CENTER, 16000 NE 10th ST.....	425-452-4874
CROSSROADS GOLF COURSE, 15801 NE 15th ST .....	425-452-4873
HIGHLAND COMMUNITY CENTER AND PARK, 14224 NE Bel-Red RD Adaptive recreation for people with disabilities and general programs.....	425-452-7686
KELSEY CREEK COMMUNITY FARM PARK, 410 - 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 SE.....	425-452-4195
MERCER SLOUGH ENVIRONMENTAL EDUCATION CENTER, 1625 118th Ave SE.....	425-452-2565
Pacific Science Center .....	425-450-0207
NORTH BELLEVUE COMMUNITY CENTER, AGING SERVICES, 4063—148th Ave NE General Programs/Rental Inquiries .....	425-452-7681
NORTHWEST ARTS CENTER, 9825 NE 24th ST Program Registration & Information .....	425-452-6046
Rental Information .....	425-452-7150
Community Events Office .....	425-452-4106
PARKS ADMINISTRATION, Bellevue City Hall, 450 - 110th Ave NE.....	425-452-6885
ROBINSWOOD HOUSE .....	425-452-7850
ROBINSWOOD TENNIS CENTER, 2400—151st PL SE.....	425-452-7690
SKATE PARK, 14224 NE Bel-Red Rd .....	425-452-2722
SOUTH BELLEVUE COMMUNITY CENTER, 14509 SE Newport Way .....	425-452-4240
TEEN SERVICES, City Hall, 450 - 110th Ave NE.....	425-452-2846
WINTERS HOUSE, 2102 Bellevue Way SE.....	425-452-2752
YOUTH SPORTS, Bellevue City Hall, 450 - 110th Ave NE.....	425-452-6885

**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 parksites during poor weather as trails and other park facilities may become wet and slippery. Park trails may also be closed.**

**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:** Carbery O'Shea, Darlene Piper, Art Keepler, and Phoebe Simpson enjoy their Fridays singing with the chorus at North Bellevue Community Center, photo by Colin Walker (Glenn Kost, key grip).  
**Editor:** Colin Walker.

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



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

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 region's parks and trails.

**This site has it ALL!**

**MyParksandRecreation.com**

Over 3000 recreation programs, 300 parks, 9 local cities, ONE website

**MyParksandRecreation.com**  
 Things to Do: Register for Classes Places to Go: Parks Information



**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.

**CONNECTIONS**  
 BELLEVUE PARKS & COMMUNITY SERVICES



**Bellevue Parks & Community Services**

PO Box 90012  
 Bellevue, WA 98009-9012

**Bellevue City Council**

- Conrad Lee, Mayor
- Jennifer Robertson, Deputy Mayor
- Claudia Balducci      John Chelminiak
- Don Davidson      John Stokes      Kevin Wallace

**Parks & Community Services Board**

- Lynne Robinson, Chair
- Sherry Grindeland, Vice Chair
- Dallas Evans      Kathy George
- Stuart Heath      Erin Powell
- Mark Van Hollebeke



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**SPECIAL EVENTS**  
**INFLATABLE FUN**

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. Call 425-452-4106 for more info. Crossroads Community Center

Fees Vary Age: 3Y - 99Y  
65660 10am-3pm Wed Aug 01  
65661 10am-3pm Wed Aug 08  
65662 10am-3pm Wed Aug 15

**KING COUNTY MASTER GARDENERS**  
**BELLEVUE DEMONSTRATION GARDEN**  
**HARVEST FESTIVAL**

Come celebrate the fall harvest with us! Demonstrations of harvesting will be included in this free event.  
WHEN: Sat. September 8, 10am-12pm  
WHERE: Bellevue Urban Demo Garden  
15550 NE 16th St  
INFO: 425-452-7225

**LAKE TO LAKE BIKE RIDE**

Bring the whole family for an enjoyable, end of the season ride, as you explore the hidden treasures of Bellevue while emphasizing bicyclist awareness and rules of the road/trail. The Lake to Lake Bike Ride is a new and unique end of the season ride on a combination of roads and trails in Bellevue. This course will take you all over town, taking in the best of Bellevue starting at Like Hills Park. This recreational ride has a family "Greenbelt" loop of about 9 miles that is mostly flat and a more challenging "Lake" 22 +/- mile loop. Both loops travel through as many Bellevue parks as possible and showcases the best riding in the City. Lake Hills Community Park

Age: 10Y and up  
18+ Years: \$15 17 & under: \$10  
Family (up to 3 people): \$30  
67033 9am Sat Sep 22

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

Visit [www.bellevuewa.gov/COBCalendar/](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.

**5TH ANNUAL CYCLE THE WAVE**

Bike Ride for a Great Cause

Cycle the WAVE is an all-women, non-competitive bicycle ride through Bellevue and adjacent cities to bond women together through fitness and the desire to make a difference in the community by supporting domestic violence programs.

The ride begins and ends at Issaquah High School - 700 2nd Ave SE Issaquah, WA 98027 on Sunday September 16th, 2012.

Cycle the WAVE loves its riders and will pamper you with delicious food, mechanical support, girly gift bags and fun finish line festivities.

This event is co-sponsored by the South Bellevue Community Center and all proceeds fund domestic violence programs.

Register at [www.cyclethewave.org](http://www.cyclethewave.org)

**ART SALE AT SBCC**

South Bellevue Community Center has brought to the Community an Art Wall that has displayed various local artists for the past six years. Come meet the artists and their work and get a chance to purchase a piece to give away as an unique holiday gift or to keep yourself and enjoy for years to come. Min 1/Max 1 South Bellevue Community Center

FREE Age: 18Y and up

12-5pm Sat Nov 10

**THE GREAT NORTHWEST**  
**GLASS PUMPKIN PATCH**

Wander through a pumpkin patch of thousands of hand-blown, one-of-a-kind glass pumpkins. Pick your favorite to bring home or just come and see the beautiful hand crafted art. Admission is FREE. Pumpkin prices range from \$35-\$200. Rain or Shine, come join us at the Northwest Arts Center, 9825 NE 24th St. Sponsored by the Tacoma Glassblowing Studio & Bellevue Parks and Community Services department. Email [nwac@bellevuewa.gov](mailto:nwac@bellevuewa.gov) or call (425)452-4106. Min 1/Max 1,000

Northwest Arts Center  
FREE All Ages  
66612 9am-4pm Sat Oct 06

**KELSEY CREEK FARM FAIR EVENT**

Bring your family to the farm and enjoy a variety of old-time activities: live entertainment, heritage demonstrations, kids' crafts, tractor-pulled hay rides, pony rides, barnyard animals and much, much, more! No entrance fee, cost varies by activity. (Sorry, no ATM on site and we cannot accept charge cards.) No pets please. For more information, call 425-452-7688 or e-mail [www.kelseycreekfarm@bellevuewa.gov](mailto:www.kelseycreekfarm@bellevuewa.gov). 2 FREE SHUTTLE SERVICES available; Wilburton Park & Ride, 720-114th Ave SE and Bannerwood Sports Park, 1630 132nd Ave SE. Kelsey Creek Farm Park 410-130th Pl SE FREE

All Ages Min 1/Max 1  
Kelsey Creek Farm Park  
FREE All Ages  
66875 11am-4pm Sat Oct 13



**SPOOKFEST PANCAKE BREAKFAST**

SpookFest will open for a pancake breakfast this year bringing Halloween fun for your family especially the little ones. Special Kimmie the Witch show for preschoolers and free haunted miniature golf for the rest of the family. Pre-registraton is required as seats are assigned. Register online or call 425-452-4240. Please register each family member. Min 25/Max 65

South Bellevue Community Center  
\$5 Age 2Y and up  
FREE Under 2 Years  
67005 8:30-9:30am Sat Oct 20

**DROP-IN HALLOWEEN MINATURE GOLF**

Play nine holes of miniature golf with a Halloween theme! Fun for the family. Suitable for ages 5 and up. South Bellevue Community Center

\$3(R) \$4(N) Age: 7Y and up

9am-5pm Sat Oct 20  
9am-2pm Sun Oct 21

**GREAT SBCC PUMPKIN RACE**

Think Pinewood Derby with a twist. Bring your decorated pumpkin complete with wheels to compete in Bellevue's second annual pumpkin race. Upon registration, you will receive basic directions to prepare your pumpkin for race day plus an entrance application. You will be entered in a specific heat depending on the weight of your pumpkin. Individuals, families and groups encouraged to register. Families and groups can designate one person to register. Min 15/Max 100

South Bellevue Community Center  
FREE Age: 6Y and up  
\$15 with supplies  
67001 10am-2pm Sat Oct 20

**HAUNTED MINIATURE GOLF**

Join us for Spook Fest at SBCC. Miniature golf is fun but playing it in the dark in a haunted atmosphere is even better. Min 50/Max 100 South Bellevue Community Center

\$5(R) \$5(N) Age: 7Y and up  
8-11pm Fri Oct 19  
8-11pm Sat Oct 20

**SPOOKY HALLOWEEN DANCE**

Friday, October 26, 7-10pm  
Attention Bellevue 6th, 7th, and 8th graders! Teens from all Bellevue middle schools dance to the latest tunes. This is a drug/tobacco/alcohol-free dance co-sponsored by Bellevue Parks & Community Services and Bellevue Police. No registration required. Admission is \$5 per student, and students must show ASB cards to enter. Crossroads Community Center

**HILLTOP HOLIDAY CRAFT FAIR**

Lift your holiday spirit! Come and enjoy a delightful, unique, whimsical, one-of-a-kind craft show featuring thousands of hand crafted items from over 80 selected Northwest crafters. It's not your ordinary CRAFT show! Craft show runs Nov 27-Dec 1. For Crafter application or information call 360-668-1987 or email: [hilltop.crafts@frontier.com](mailto:hilltop.crafts@frontier.com). Northwest Arts Center 9825 NE 24th, Bellevue ADMIS- SION: FREE! Min 1/Max 1 Northwest Arts Center

FREE Age: 1M - 99Y  
10am-8pm Tue-Fri Nov 27-Dec 01  
10am-5pm Sat

**CHRISTMAS SHIP FESTIVAL**

Join us on shore to welcome the Christmas Ship Festival presented by Argosy Cruises. Come with family and friends to gather together to marvel at the parade of boats as they come by the beach. You can join the caroling or just enjoy onboard choirs presentation. All this and a beach fire to keep you warm. This is an all ages, free event. Min 1/Max 800

FREE Age: 1Y - 99Y  
Newcastle Beach Park Dec 12  
66947 8:20-8:40pm Wed  
Meydenbauer Beach Park Dec 14  
66948 7:50-8:40pm Fri

**GARDEN D'LIGHTS AT THE**  
**BELLEVUE BOTANICAL GARDEN**

This annual holiday season tradition features thousands of tiny twinkling lights that transform Bellevue Botanical Garden into a winter wonderland during the annual Garden d'Lights festival. Be sure to join us this year and bring your family, friends, and out-of-town guests! Check the website at [www.bellevuebotanical.org](http://www.bellevuebotanical.org) for more details.

When: November 24 - December 31, 2012, 5:00 - 10:00 PM, every evening.  
Where: Bellevue Botanical Garden, 12001 Main Street.  
Cost: \$5 per person; ages 10 and under free.  
For more information, and to find out free dates, visit [www.gardendlights.org](http://www.gardendlights.org).

**VOLUNTEER FOR THE KELSEY CREEK**  
**FARM FAIR SPECIAL EVENT**

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. Volunteers must be at least 14 years old & must be enrolled in high school date of event. Questions e-mail [kelseycreekfarm@bellevuewa.gov](mailto:kelseycreekfarm@bellevuewa.gov) or call the Farm Office at 425-452-7688. No day of event registrations will be accepted. Min 1/Max 15 Kelsey Creek Farm Park

FREE Age: 14Y - 18Y  
59851 10am-5pm Sat Oct 13

**VOLUNTEER FOR THE HILLTOP**  
**HOLIDAY CRAFTS FAIR**

Volunteers are needed for Hilltop Craft Fair. This is a great way to earn community service hours or just want to gain experience in working an event. Volunteers are a valuable aspect of the crafts show as they assist the event supervisor at the completion of the fair. All volunteers must be at least 14 years of age and must pre-register. Questions email [NWAC@bellevuewa.gov](mailto:NWAC@bellevuewa.gov) or call 425-452-4106. Min 1/Max 8 Northwest Arts Center

FREE Age: 14Y - 18Y  
66613 5-8:30pm Sat Dec 01



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

# BELLEVUE AQUATIC CENTER

**Pool Schedule • Valid September 17 through December 31, 2012**

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 Lap Swim	
9:00-12:00	Open & Lap Swim					Lessons 9:00-Noon	Lessons 9:00-Noon
12:00-1:00	Lap Swim Deep Wtr Ex Masters (4 lanes)	Lap Swim	Lap Swim Deep Wtr Ex Masters (4 lanes)	Lap Swim Masters (4 lanes)	Lap Swim Deep Wtr Ex Masters (4 lanes)	Lap swim 8:00-12:00 Deep Wtr Ex 10 - 11 am	Lap Swim 9:00-Noon
1:00-3:00	Open & Lap Swim	MS Assoc 1-2pm Lap Swim	Open & Lap Swim	Open & Lap Swim	Open & Lap Swim	12:00-2:00 Open Swim	
3:00-5:00	High School Swim Team practice BAC Lessons					2:00-4:00 Pool Rentals	2:00-4:00 Pool Rentals
5:00-7:00	Lessons Chinook Deep Wtr Ex 6-7 pm	Lessons Chinook Aquarobics 6-7 pm	Lessons Chinook Deep Wtr Ex 6-7 pm	Lessons Chinook Aquarobics 6-7 pm	Chinook		
7:00-8:00	Open & Lap swim	Open Laps(1 Lane) Scuba (1 Lane)	Open & Lap swim	Open Laps(1 Lane) Scuba (1 Lane)	Open & Lap Swim		

Discount swim times Mon-Sat before 10am in both pools, Mon - Fri 3-4:30pm in the Blue Lagoon pool only and Wednesdays 7-8pm in both pools.

## Warm Springs Therapy Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00	Water Motion Class	Adult & Therapy	Water Motion Class	Adult & Therapy	Water Motion Class	Adult & Therapy	
9:00-10:00	Water Motion Class	Open & Therapy 9 - 11 am	Water Motion Class	Open & Therapy 9 - 11 am	Water Motion Class	Lessons 9:00 AM Noon	Lessons 9:00 AM Noon
10:00-11:30	Lessons	Adult & Therapy 11 - 2:30	Lessons	Adult & Therapy 11-12 pm	Adult & Therapy 10 - 1 PM		
11:30-12:30	Water Motion	Body Tune-up	Water Motion	Adult & Therapy 12-2:30		12:00-2:00 Open & Therapy	
12:30-2:30	Open & Therapy	12-1 Deep End	Open & Therapy		Open & Therapy		
2:30-4:00	Adult & Therapy	Open & Therapy	Adult & Therapy	Open & Therapy	Adult & Therapy		
4:00-7:00	Swim Lessons					Highland 4-5 pm	
7:00-8:00	Open & Therapy	Adult & Therapy	Open & Therapy	Adult & Therapy	Open & Therapy 5:00-8:00		

### Blue Lagoon (Lap Pool):

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

### Warm Springs (Warm Therapy Pool):

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

Important Aquatic Center Information



## Theatre Transforms Lives

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



levue but in other Eastside communities as well.

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

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

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

### Zombies

Performs at BYT  
\$10 advanced / \$12 week of first show  
This is BYT's annual Halloween show and is suitable for the whole family. It will bring a new look at zombies with this original script by last years' author of FRANKENSTEIN. Enjoy this new look at the zombie phenomenon.  
Friday, October 26 7pm  
Saturday, October 27 7pm  
Sunday, October 28 2pm  
Friday, November 2 7pm  
Saturday, November 3 ★2pm & 7pm  
Sunday, November 4 2pm

### Snow White and the Seven Dwarfs

Performs at BYT  
\$10 advanced / \$12 week of first show  
The famous story by the brothers Grimm re-imagined with elements of music. Enjoy a tale of the beautiful ousted princess and her seven charming little friends in the search for a happily ever after. This show will entertain and is suitable for the entire family.  
Friday, November 9 7pm  
Saturday, November 10 7pm  
Sunday, November 11 2pm  
Friday, November 16 7pm  
Saturday, November 17 ★2pm & 7pm  
Sunday, November 18 2pm

### Annie

Performs at Meydenbauer  
\$10 advanced / \$12 week of first show  
This is the classic Broadway musical with dancing, singing, and those classic songs like "Tomorrow", "Maybe", and "Hard Knock Life". Part of the Bellevue Downtown Association's Magic Season. Come enjoy some downtown Bellevue shopping and cap off your trip with this delightful musical.  
Friday, November 23 7pm  
Saturday, November 24 ★2pm & 7pm  
Sunday, November 25 2pm

### Clara and the Nutcracker

Performs at BYT  
\$10 advanced / \$12 week of first show  
Before there was the famous ballet, there was a book. This is the story behind the NUTCRACKER and comes to stage for a delightful experience for the entire family. Come make this part of your holiday experience.  
Friday, November 30 7pm  
Saturday, December 1 7pm  
Sunday, December 2 2pm  
Friday, December 7 7pm  
Saturday, December 8 ★2pm & 7pm  
Sunday, December 9 2pm



### BYT Ticket FAQs

**Do I need to purchase a ticket for my baby/toddler?**  
You do not need to purchase a ticket for your baby/toddler if you are planning to hold him/her in your lap. If you need a seat for your child, you will be required to purchase a ticket.

**Do you offer group discounts?**  
Yes. Tickets will be reduced by \$2 per ticket for groups of 10 or more. You must purchase the tickets for the same performance in order to qualify for a group discount. Note: you cannot exchange these tickets for another show date unless you exchange ALL of them at one time. For example, you cannot exchange two tickets for another date and keep eight for the original show date. In order to get the group discount, all 10 or more tickets must be for the same date and time. No group discounts available for \$5 tickets.

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

### Do you offer senior/child discounts?

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

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

Seating is assigned unless otherwise indicated. In order to be seated with your friends/family, tickets must be purchased together. However, we will make every attempt to seat you near your friend's seats.

### Donating your tickets.

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

### What if I am late to a performance?

Late seating is often disruptive to audience members; therefore, we cannot seat you once the show has started. You will be seated during intermission. If your seating assignment is easily accessible, we may attempt to seat you during a scene break. Seating after the show has started is at the discretion of the Box Office.

### Incllement Weather Policy

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

**Special:  
\$5 shows marked  
with a ★.**

# ARTS Crush

**Arts Crush 2012 is an exciting month-long festival that connects artists and audiences in unique and unexpected ways** at hundreds of events across the Puget Sound region. Get crushed this October at a Bellevue Parks & Community Services Community Center near you. Events are free or pay what you can.

For more information, call 425-452-6885. Arts Crush is a program of Theatre Puget Sound.

**For information on Arts Crush events, visit [www.artscrush.org](http://www.artscrush.org).**



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

**Information and Reservations:**

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

**Year-Round Session Start Times:**

**Fridays:** June–August ~ 3pm and 6pm  
September ~ 4pm only

**Saturdays:** April–October ~ 10am and 1pm  
May–September ~ 10am, 1pm, and 4pm  
November–March **Winter Blast!**  
11am only **first and third Saturdays**

**Sundays:** May–September ~ 10:30am and 1:30pm

*No Discovery Challenge program Memorial or Labor Day Weekends*

**Cost:** \$39/resident and \$49/non-resident.

## SOUTH BELLEVUE COMMUNITY CENTER

*a partnership for a healthy community*



14509 SE Newport Way  
Bellevue, WA

[http://www.bellevuewa.gov/sbcc\\_challenge\\_course.htm](http://www.bellevuewa.gov/sbcc_challenge_course.htm)

**10-day Registration Preference for Bellevue Residents • Registration Begins August 6, 2012**

**MAIL-IN/FAX/WALK-IN REGISTRATION**

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

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

*Non-resident registrations are not accepted prior to the first day of non-resident registration. Registrations received from non-Bellevue residents will be accepted, beginning August 15, 2012.*

**PHONE-IN**

Telephone Registration begins August 20, 2012.

**Registration Policies**

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

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

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

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

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

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

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

**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 \$10 or less. No refunds or credits will be issued on or after the first day of the program or camp.

**General Recreation Programs/Mini-Camps:** A refund is granted if the withdrawal is made at least five (5) business days prior to the start of class, less a \$10 administrative fee per participant, per program. Class withdrawals requested fewer than five (5) business days prior to class will result in a refund of:

- Programs with fees \$20 or less: program fee, less \$10 administrative fee, per participant, per program.
- Programs with fees greater than \$20: 50% of the program fee, per participant, per program.

**Day Camps:** A refund is granted if the withdrawal is made at least 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. If you are interested in transferring to a different camp, please call 425-452-6885 for information on our transfer policy.

**SCHOLARSHIPS:** Scholarships are available to qualifying residents who live within the Bellevue City limits. See page 11 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.

**Adaptive Recreation Programs - 425-452-7686**

**REGISTRATION FORM IS FOUND ON PAGES 53 & 54.** Please use this form when registering for Specialized Recreation classes.

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

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

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

**RESIDENT DEFINITION:**

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

**EQUAL OPPORTUNITY STATEMENT:**

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

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



# Registration Form

# Scholarship Application

## 10-day Registration Preference for Bellevue Residents • Registration Begins August 6, 2012

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

Name \_\_\_\_\_ Adult Last  
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 11.  
Scholarship applications must be approved prior to registration.

**Payment Details** *Payment due in full at time of registration*

**Payment Method**

Check     D.D.D. (send to Highland)

Credit Card    Total Fee: \$ \_\_\_\_\_

Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_



*Non-resident registrations are not accepted prior to the first day of non-resident registration. Registrations received from non-Bellevue residents will be accepted, beginning August 15, 2012.*

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.

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 — ATTACH TO SCHOLARSHIP APPLICATION:

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

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

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

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

Address: City: \_\_\_\_\_ State: \_\_\_\_\_  
 \_\_\_\_\_ ZIP Code: \_\_\_\_\_ Phone: (Work) \_\_\_\_\_  
 \_\_\_\_\_ (Home) E-Mail Address: \_\_\_\_\_

Please Indicate:

Family Size: \_\_\_\_\_

Yearly Income (Before Taxes): \_\_\_\_\_

\$ \_\_\_\_\_

HOUSEHOLD SIZE	1	2	3	4	5	6	7	8
<b>Full Scholarship</b>	\$14,157	\$19,123	\$24,089	\$29,055	\$34,021	\$38,987	\$43,953	\$48,919
<b>3/4 Scholarship</b>	\$17,152	\$23,162	\$29,185	\$35,202	\$41,218	\$47,235	\$53,251	\$59,268
<b>1/2 Scholarship</b>	\$20,147	\$27,214	\$34,281	\$41,348	\$48,415	\$55,482	\$62,549	\$69,616

*Example: If your family size is two and your income is \$19,123 or less you are eligible for a full scholarship.*

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

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

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

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Office Use Only:** Date \_\_\_\_\_ Yr \_\_\_\_\_ Approved By (Print): \_\_\_\_\_ Initial: \_\_\_\_\_

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: \$6.25  
 Youth (12 yrs. and younger): \$5.25  
 Deep Water Exercise Class: \$7.50  
 Master Swim Class: \$7.50  
 Discounted Swim (Mon-Sat before 10am when available): \$4.50  
 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: \$62.50  
 Youth: \$52.50  
 Deep Water Exercise: \$75  
 Masters Swim: \$75  
 Discounted Swim: \$45

**3 Month Swim Pass Cards**

(For Lap, Open, and Rehab Swims)  
 Adult: \$158  
 Youth: \$105  
 Family: \$255

**PARTIES AT THE POOL**

Pool Rentals  
 Available on Saturdays, 2-4pm  
 And Sundays, 2-4pm  
 Blue Lagoon Pool  
 1 - 25 guests: \$214 per hour  
 26-60 guests: \$258.50 per hour  
 61-90 guests: \$286.75 per hour  
 91-120 guests: \$340.50 per hour  
 121 + guests: \$425.75 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. \$63.75 per hour. Accommodates groups of under 20. This room *is not* wheelchair accessible.

**SPECIAL EVENTS/SPECIAL SCHEDULE**

**April 21-** April Pool's Day, 12-2pm Ages 12 & under FREE!

**The Bellevue Aquatic Center is scheduled for its annual maintenance closure from August 20-September 17.** Call the Center at 425-452-4444 for more information.

**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.

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

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

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

**Special Olympics** - Swim team for physically- and developmentally-disabled participants. Practices are on Saturday mornings. Contact 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 9. 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**

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

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

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

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

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

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

**Registration Dates:**

**Programs listed in BOLD BLACK:**  
**Resident:** August 6/ **Non-Resident:** August 15

**Programs listed in GRAY:**  
**Resident:** October 1 / **Non-Resident:** October 10

**YOUTH LEVEL CLASSES**

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

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

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

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

**YOUTH 4:** Refining the strokes and introduction to sidestroke.

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

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

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

**ADULT LEVEL CLASSES**

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

**ADULT INTRODUCTION:** Beginning level for adults with little or no swimming background.

**ADULT INTERMEDIATE/ADVANCED:** Continued development as you get comfortable in the water.

**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**

61169	6:20-6:50pm	Mon, Wed	Sep 24-Oct 17	\$82
61170	6:20-6:50pm	Mon, Wed	Oct 22-Nov 14	\$82
61171	6:20-6:50pm	Mon, Wed	Nov 26-Dec 19	\$82

**ADULT INTRODUCTION SWIM LESSONS**

61178	6:20-6:50pm	Tue, Thu	Sep 25-Oct 18	\$82
61185	10:45-11:45am	Sun	Sep 23-Oct 28	\$164
61194	6:20-6:50pm	Tue, Thu	Oct 23-Nov 15	\$82
61195	10:45-11:45am	Sun	Nov 04-Dec 16	\$164
61196	6:20-11:50pm	Tue, Thu	Nov 27-Dec 20	\$82

**PARENT/TOT SWIM LESSONS**

61250	10:45-11:15am	Sat	Sep 22-Oct 27	\$54
61253	11:20-11:50am	Sat	Sep 22-Oct 27	\$54
61232	6:20-6:50pm	Tue, Thu	Sep 25-Oct 18	\$72
61251	6:20-6:50pm	Mon, Wed	Sep 24-Oct 17	\$72
61252	11-11:30am	Mon, Wed	Sep 24-Oct 17	\$72
61254	11:20-11:50am	Sun	Sep 23-Oct 28	\$54
61255	11-11:30am	Mon, Wed	Oct 22-Nov 14	\$72
61256	6:20-6:50pm	Mon, Wed	Oct 22-Nov 14	\$72
61257	6:20-6:50pm	Tue, Thu	Oct 23-Nov 15	\$72
61258	10:45-11:15am	Sat	Nov 03-Dec 15	\$54
61259	11:20-11:50am	Sat	Nov 03-Dec 15	\$54
61260	11:20-11:50am	Sun	Nov 04-Dec 16	\$54
61261	11-11:30am	Mon, Wed	Nov 26-Dec 19	\$86
61262	6:20-6:50pm	Tue, Thu	Nov 27-Dec 20	\$72

**PRESCHOOL 1 SWIM LESSONS**

61390	10:10-10:40am	Sat	Sep 22-Oct 27	\$64.50
61391	9:35-10:05am	Sat	Sep 22-Oct 27	\$64.50
61392	9-9:30am	Sat	Sep 22-Oct 27	\$64.50
61396	11:20-11:50am	Sat	Sep 22-Oct 27	\$64.50
61365	4-4:35pm	Tue, Thu	Sep 25-Oct 18	\$86
61388	10-10:30am	Mon, Wed	Sep 24-Oct 17	\$86
61389	4-4:30pm	Mon, Wed	Sep 24-Oct 17	\$86
61393	5:45-6:15pm	Tue, Thu	Sep 25-Oct 18	\$86
61394	4:35-5:05pm	Tue, Thu	Sep 25-Oct 18	\$86
61395	5:45-6:15pm	Mon, Wed	Sep 24-Oct 17	\$86
61397	10:10-10:40am	Sun	Sep 23-Oct 28	\$64.50
61398	11:20-11:50am	Sun	Sep 23-Oct 28	\$64.50
61433	9-9:30am	Sun	Sep 23-Oct 28	\$64.50
61399	4-4:30pm	Wed, Mon	Oct 24-Nov 19	\$86
61407	10-10:30am	Mon, Wed	Oct 22-Nov 14	\$86
61408	4-4:30pm	Mon, Wed	Oct 22-Nov 14	\$86
61409	4:35-5:05pm	Mon, Wed	Oct 22-Nov 14	\$86
61410	5:10-5:40pm	Mon, Wed	Oct 22-Nov 14	\$86
61411	4-4:30pm	Tue, Thu	Oct 23-Nov 15	\$86
61412	4:35-5:05pm	Tue, Thu	Oct 23-Nov 15	\$86
61434	5:45-6:15pm	Tue, Thu	Oct 23-Nov 15	\$86
61400	9-9:30am	Sat	Nov 03-Dec 15	\$64.50
61401	10:45-11:15am	Sat	Nov 03-Dec 15	\$64.50
61402	10:10-10:40am	Sat	Nov 03-Dec 15	\$86
61403	11:20-11:50am	Sat	Nov 03-Dec 15	\$86
61315	10:10-10:40am	Sun	Nov 04-Dec 16	\$64.50
61404	9-9:30am	Sun	Nov 04-Dec 16	\$64.50
61405	10:45-11:15am	Sun	Nov 04-Dec 16	\$64.50
61406	11:20-11:50am	Sun	Nov 04-Dec 16	\$64.50
61413	10-10:30am	Mon, Wed	Nov 26-Dec 19	\$86
61414	4-4:30pm	Mon, Wed	Nov 26-Dec 19	\$86
61415	5:10-5:40pm	Mon, Wed	Nov 26-Dec 19	\$86
61416	4-4:30pm	Tue, Thu	Nov 27-Dec 20	\$82
61417	5:45-6:15pm	Tue, Thu	Nov 27-Dec 20	\$86
61435	4:35-5:05pm	Mon, Wed	Nov 26-Dec 19	\$86



**PRESCHOOL 2 SWIM LESSONS**

61513	10:10-10:40am	Sat	Sep 22-Oct 27	\$64.50
61516	9:35-10:05am	Sat	Sep 22-Oct 27	\$64.50
61517	11:20-11:50am	Sat	Sep 22-Oct 27	\$64.50
61545	9-9:30am	Sat	Sep 22-Oct 27	\$64.50
61508	10:30-11am	Mon, Wed	Sep 24-Oct 17	\$86
61509	4:35-5:05pm	Mon, Wed	Sep 24-Oct 17	\$86
61510	4-4:30pm	Tue, Thu	Sep 25-Oct 18	\$86
61511	4:35-5:05pm	Tue, Thu	Sep 25-Oct 18	\$86
61512	5:10-5:40pm	Tue, Thu	Sep 25-Oct 18	\$86
61514	10:10-10:40am	Sun	Sep 23-Oct 28	\$64.50
61515	9:35-10:05am	Sun	Sep 23-Oct 28	\$64.50
61524	10:45-11:15am	Sun	Sep 23-Oct 28	\$64.50
61518	10:30-11am	Mon, Wed	Oct 22-Nov 14	\$86
61519	4:35-5:05pm	Mon, Wed	Oct 22-Nov 14	\$86
61520	4-4:30pm	Tue, Thu	Oct 23-Nov 15	\$86
61521	5:10-5:40pm	Tue, Thu	Oct 23-Nov 15	\$86
61522	9:35-10:05am	Sat	Nov 03-Dec 15	\$61.50
61523	11:20-11:50am	Sat	Nov 03-Dec 15	\$64.50
61525	10:10-10:40am	Sat	Nov 03-Dec 15	\$61.50
61526	10:45-11:15am	Sat	Nov 03-Dec 15	\$64.50
61527	9:35-10:05am	Sun	Nov 04-Dec 16	\$64.50
61528	10:45-11:15am	Sun	Nov 04-Dec 16	\$64.50
61529	10:10-10:40am	Sun	Nov 04-Dec 16	\$64.50
61530	4:35-5:05pm	Mon, Wed	Nov 26-Dec 19	\$86
61531	4-4:30pm	Mon, Wed	Nov 26-Dec 19	\$61.50
61532	4-4:30pm	Tue, Thu	Nov 27-Dec 20	\$86
61533	4:35-5:05pm	Tue, Thu	Nov 27-Dec 20	\$86
61534	5:10-5:40pm	Tue, Thu	Nov 27-Dec 20	\$86

**PRESCHOOL 3 SWIM LESSONS**

61597	11:20-11:50am	Sat	Sep 22-Oct 27	\$64.50
61598	9:35-10:05am	Sat	Sep 22-Oct 27	\$61.50
61593	4-4:30pm	Tue, Thu	Sep 25-Oct 18	\$86
61594	5:10-5:40pm	Mon, Wed	Sep 24-Oct 17	\$86
61596	5:45-6:15pm	Tue, Thu	Sep 25-Oct 18	\$86
61599	9:35-10:05am	Sun	Sep 23-Oct 28	\$64.50
61600	9-9:30am	Sun	Sep 23-Oct 28	\$64.50
61601	10:45-11:15am	Sun	Sep 23-Oct 28	\$64.50
61602	4-4:30pm	Mon, Wed	Oct 22-Nov 14	\$86
61603	4:35-5:05pm	Tue, Thu	Oct 23-Nov 15	\$86
61604	5:45-6:15pm	Tue, Thu	Oct 23-Nov 15	\$86
61605	9:35-10:05am	Sat	Nov 03-Dec 15	\$64.50
61606	10:10-10:40am	Sat	Nov 03-Dec 15	\$64.50
61607	9-9:30am	Sun	Nov 04-Dec 16	\$64.50
61608	9:35-10:05am	Sun	Nov 04-Dec 16	\$64.50
61549	4-4:30pm	Tue, Thu	Nov 27-Dec 20	\$82
61609	5:10-5:40pm	Mon, Wed	Nov 26-Dec 19	\$86
61610	5:10-5:40pm	Tue, Thu	Nov 27-Dec 20	\$86

**PRESCHOOL 4 SWIM LESSONS**

61631	10:10-10:40am	Sat	Sep 22-Oct 27	\$64.50
61647	10:45-11:15am	Sat	Sep 22-Oct 27	\$64.50
61646	4:35-5:05pm	Mon, Wed	Sep 24-Oct 17	\$86
61648	9:35-10:05am	Sun	Sep 23-Oct 28	\$64.50
61652	4-4:30pm	Tue, Thu	Sep 25-Oct 18	\$86
61649	4:35-5:05pm	Mon, Wed	Oct 22-Nov 14	\$86
61650	4-4:30pm	Tue, Thu	Oct 23-Nov 15	\$86
61655	9-9:30am	Sat	Nov 03-Dec 15	\$64.50
61654	9:35-10:05am	Sun	Nov 04-Dec 16	\$64.50
61653	4:35-5:05pm	Mon, Wed	Nov 26-Dec 19	\$86

**PRESCHOOL 5 SWIM LESSONS**

61689	11:20-11:50am	Sun	Sep 23-Oct 28	\$64.50
61690	4:35-5:05pm	Tue, Thu	Sep 23-Nov 15	\$102.50
61704	11:20-11:50am	Sun	Nov 04-Dec 16	\$61.50
61691	5:45-6:15pm	Mon, Wed	Nov 26-Dec 19	\$86
61692	4:35-5:05pm	Tue, Thu	Nov 27-Dec 20	\$86

**Registration Dates:**

**Programs listed in BOLD BLACK:**  
 Resident: August 6 / Non-Resident: August 15

**Programs listed in GRAY:**  
 Resident: October 1 / Non-Resident: October 10

**YOUTH LEVEL 1 SWIM LESSONS**

63036	9-9:30am	Sat	Sep 22-Oct 27	\$64.50
63037	10:45-11:15am	Sat	Sep 22-Oct 27	\$64.50
63033	4:35-5:05pm	Mon, Wed	Sep 24-Oct 17	\$86
63034	4:35-5:05pm	Tue, Thu	Sep 25-Oct 18	\$86
63035	5:45-6:15pm	Tue, Thu	Sep 25-Oct 18	\$86
63038	9-9:30am	Sun	Sep 23-Oct 28	\$64.50
63039	10:10-10:40am	Sun	Sep 23-Oct 28	\$64.50
63065	4-4:30pm	Mon, Wed	Sep 24-Oct 17	\$86
63040	5:10-5:40pm	Mon, Wed	Oct 22-Nov 14	\$86
63043	5:10-5:40pm	Tue, Thu	Oct 23-Nov 15	\$86
63047	6:20-6:50pm	Tue, Thu	Oct 23-Nov 15	\$86
63046	9-9:30am	Sat	Nov 03-Dec 15	\$64.50
63048	10:45-11:15am	Sat	Nov 03-Dec 15	\$64.50
63049	9-9:30am	Sun	Nov 04-Dec 16	\$82
63050	9:35-10:05am	Sun	Nov 04-Dec 16	\$64.50
63051	4-4:30pm	Mon, Wed	Nov 26-Dec 19	\$86
63052	4:35-5:05pm	Tue, Thu	Nov 27-Dec 20	\$86
63067	5:45-6:15pm	Tue, Thu	Nov 27-Dec 20	\$86

**YOUTH LEVEL 2 SWIM LESSONS**

63106	9-9:30am	Sat	Sep 22-Oct 27	\$61.50
63112	9:35-10:05am	Sat	Sep 22-Oct 27	\$61.50
63104	6:20-6:50pm	Mon, Wed	Sep 24-Oct 17	\$86
63105	4:35-5:05pm	Tue, Thu	Sep 25-Oct 18	\$82
63113	9:35-10:05am	Sun	Sep 23-Oct 28	\$61.50
63114	10:45-11:15am	Sun	Sep 23-Oct 28	\$61.50
63134	4-4:30pm	Mon, Wed	Sep 24-Oct 17	\$86
63115	4-4:30pm	Mon, Wed	Oct 22-Nov 14	\$82
63116	5:10-5:40pm	Tue, Thu	Oct 23-Nov 15	\$82
63142	4-4:30pm	Tue, Thu	Oct 23-Nov 15	\$82
63143	5:45-6:15pm	Mon, Wed	Oct 22-Nov 14	\$82
63118	11:20-11:50am	Sat	Nov 03-Dec 15	\$61.50
63119	9-9:30am	Sat	Nov 03-Dec 15	\$61.50
63120	9:35-10:05am	Sat	Nov 03-Dec 15	\$61.50
63117	10:45-11:15am	Sun	Nov 04-Dec 16	\$61.50
63121	10:10-10:40am	Sun	Nov 04-Dec 16	\$61.50
63096	4:35-5:05pm	Tue, Thu	Nov 27-Dec 20	\$82
63122	6:20-6:50pm	Mon, Wed	Nov 26-Dec 19	\$86
63123	5:10-5:40pm	Tue, Thu	Nov 27-Dec 20	\$82

**YOUTH LEVEL 3 SWIM LESSONS**

63185	10:10-10:40am	Sat	Sep 22-Oct 27	\$61.50
63186	10:45-11:15am	Sat	Sep 22-Oct 27	\$61.50
63180	5:45-6:15pm	Mon, Wed	Sep 24-Oct 17	\$86
63181	5:10-5:40pm	Tue, Thu	Sep 25-Oct 18	\$82
63183	6:20-6:50pm	Tue, Thu	Sep 25-Oct 18	\$82
63187	9-9:30am	Sun	Sep 23-Oct 28	\$61.50
63188	11:20-11:50am	Sun	Sep 23-Oct 28	\$61.50
63189	5:45-6:15pm	Mon, Wed	Oct 22-Nov 14	\$82
63190	4:35-5:05pm	Tue, Thu	Oct 23-Nov 15	\$82
63191	5:45-6:15pm	Tue, Thu	Oct 23-Nov 15	\$82
63203	6:20-6:50pm	Mon, Wed	Oct 22-Nov 14	\$82
63192	10:10-10:40am	Sat	Nov 03-Dec 15	\$61.50
63193	9:35-10:05am	Sat	Nov 03-Dec 15	\$61.50
63194	9-9:30am	Sun	Nov 04-Dec 16	\$61.50
63195	10:45-11:15am	Sun	Nov 04-Dec 16	\$61.50
63196	5:45-6:15pm	Mon, Wed	Nov 26-Dec 19	\$82
63197	4-4:30pm	Tue, Thu	Nov 27-Dec 20	\$82
63198	5:45-6:15pm	Tue, Thu	Nov 27-Dec 20	\$78

**YOUTH LEVEL 4 SWIM LESSONS**

63236	10:10-10:40am	Sat	Sep 22-Oct 27	\$61.50
63237	11:20-11:50am	Sat	Sep 22-Oct 27	\$61.50
63234	5:45-6:15pm	Mon, Wed	Sep 24-Oct 17	\$82
63235	5:10-5:40pm	Tue, Thu	Sep 25-Oct 18	\$82
63238	9:35-10:05am	Sun	Sep 23-Oct 28	\$61.50
63239	10:45-11:15am	Sun	Sep 23-Oct 28	\$61.50
63240	5:10-5:40pm	Mon, Wed	Oct 22-Nov 14	\$82
63241	6:20-6:50pm	Tue, Thu	Oct 23-Nov 15	\$82
63242	10:10-10:40am	Sat	Nov 03-Dec 15	\$61.50
63243	10:10-10:40am	Sun	Nov 04-Dec 16	\$61.50
63244	9:35-10:05am	Sun	Nov 04-Dec 16	\$61.50
63245	5:10-5:40pm	Mon, Wed	Nov 26-Dec 19	\$82
63246	6:20-6:50pm	Tue, Thu	Nov 27-Dec 20	\$82

**YOUTH LEVEL 5 SWIM LESSONS**

63283	9:35-10:05am	Sat	Sep 22-Oct 27	\$61.50
63281	5:10-5:40pm	Mon, Wed	Sep 24-Oct 17	\$82
63282	6:20-6:50pm	Tue, Thu	Sep 25-Oct 18	\$82
63300	10:10-10:40am	Sun	Sep 23-Oct 28	\$61.50
63290	10:45-11:15am	Sat	Nov 03-Dec 15	\$61.50
63291	9-9:30am	Sat	Nov 03-Dec 15	\$61.50
63289	11:20-11:50am	Sun	Nov 04-Dec 16	\$61.50
63288	5:45-6:15pm	Mon, Wed	Nov 26-Dec 19	\$82
63292	6:20-6:50pm	Tue, Thu	Nov 27-Dec 20	\$82

**YOUTH LEVEL 6 SWIM LESSONS**

63331	9-9:30am	Sat	Sep 22-Oct 27	\$61.50
63326	5:10-5:40pm	Mon, Wed	Sep 24-Oct 17	\$82
63330	5:45-6:15pm	Tue, Thu	Sep 25-Oct 18	\$82
63332	10:10-10:40am	Sun	Sep 23-Oct 28	\$61.50
63333	5:45-6:15pm	Tue, Thu	Oct 23-Nov 15	\$82
63334	9:35-10:05am	Sat	Nov 03-Dec 15	\$61.50
63335	9-9:30am	Sun	Nov 04-Dec 16	\$61.50
63301	5:45-6:15pm	Tue, Thu	Nov 27-Dec 20	\$82
63336	6:20-6:50pm	Mon, Wed	Nov 26-Dec 19	\$82

**PRE-COMPETITION SWIM LESSONS**

61292	10:45-11:15am	Sat	Sep 22-Oct 27	\$61.50
61291	5:10-5:40pm	Tue, Thu	Sep 25-Oct 18	\$82
61293	9-9:30am	Sun	Sep 23-Oct 28	\$61.50
61294	5:45-6:15pm	Mon, Wed	Oct 22-Nov 14	\$86
61295	5:10-5:40pm	Tue, Thu	Oct 23-Nov 15	\$82
61296	11:20-11:50am	Sat	Nov 03-Dec 15	\$61.50
61297	10:10-10:40am	Sun	Nov 04-Dec 16	\$61.50
61298	5:10-5:40pm	Tue, Thu	Nov 27-Dec 20	\$82

# After-School Programs

**KID-ZONE GAMES DROP-IN**

This is a drop-in after-school program for youth and teens at Crossroads Community Center. Join the fun in our games room! Activities include: table tennis, billiards, air hockey, foosball, and other games. All kids under 7 need to be accompanied by an adult. All teens must still be in high school. Does not require registration. FREE  
 Age: 7Y - 18Y  
 Crossroads Community Center  
 2:30-5:30pm Mon-Fri Ongoing  
 1-5:30pm Wed Ongoing

**CREATIVE KIDS AFTER SCHOOL PROGRAM**

Enhance your child's creativity at the Northwest Arts Center. Activities include active games, art and clay arts in our own pottery studio; nature study & outdoor play. Staff will provide safe walking transportation from Clyde Hill Elem. to the Northwest Arts Center. For more information call 425 452-4106. Min 15/Max 20  
 Northwest Arts Center  
 \$150(R) \$180(N) Age: 6Y - 11Y  
 66838 12:30am-3:30pm Wed Sep 19-Oct 24  
 \$175(R) \$210(N) Age: 6Y - 11Y  
 66839 12:30am-3pm Wed Nov 07-Dec 19

# Art & Craft Programs for Adults

**GARDEN D'LIGHTS WORK PARTIES**

Complete a training program and you are invited to attend work parties in October as we prepare for our annual Garden d'Lights celebration. Participants will help make and repair flowers and/or critters to be placed in the garden. To learn more about eligibility and to sign up, visit www.bellevuebotanical.org.

**GARDEN D'LIGHTS CLASSES**

Learn to make flower lights and creations, design vignettes, install, and take down lights for this popular seasonal event which takes year-round efforts. Those interested in becoming an active volunteer for Garden d'Lights may attend a training class. These classes are held monthly, March through September. For more information, visit www.bellevuebotanical.org.

**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

**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 fee includes supplies and firing. Accommodations provided for people with disabilities. Min 6/Max 8  
 Northwest Arts Center  
 \$180(R) \$214(N) Age: 18Y and up  
 66473 1-3pm Thu Sep 20-Nov 08

**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  
 Ongoing 1-3pm Thu Sep 06-Dec 20

**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  
 \$15.50(R) \$18.50(N) Age: 18Y and up  
 63736 12-2:30pm Mon Sep 10-24  
 63739 12-2:30pm Mon Dec 03-17  
 \$25.50(R) \$30.50(N) Age: 18Y and up  
 63737 12-2:30pm Mon Oct 01-29  
 \$20.50(R) \$24.50(N) Age: 18Y and up  
 63738 12-2:30pm Mon Nov 05-26

**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  
 60819 10am-12pm Fri Sep 07-Dec 28

**GLASS FUSION**

**ARTS DROP IN**

Creative fun group invites you to join us for an evening of creating art. Different medium each week. Adult supervision required for children under 18 years of age. Drop in fee payable at the door. Purchase the Play Pass for additional savings. Min 1/Max 40

North Bellevue Community Center  
 \$3(R) \$4(N) Age: 10Y and up  
 66626 6-8:30pm Tue Sep 04-Dec 18

**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. Shelly Vollstedt, Instructor  
 Min 8/Max 10

Northwest Arts Center  
 \$170(R) \$204(N) Age: 6Y - 11Y  
 66781 4-5:30pm Thu Sep 20-Nov 08

**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(R) \$42(N), 60 minute session - \$70(R) \$84(N). 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. This service is geared for older adults and/or diabetics who need assistance with this task. Fee is \$28 payable by cash or check the day of the appointment. Call 425-452-7681 to make an appointment.  
 North Bellevue Community Center

**REFLEXOLOGY**

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

**SHAPE UP FITNESS CAMPAIGN**

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

**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 are a Group Health Clear Care HMO Plan member, there is no charge for this class. All you need to do is sign in each day you attend. Ask us for details. Min 10/Max 30

North Bellevue Community Center  
 \$27(R) \$33(N) Age: 50Y and up  
 66643 9-10am Tue, Thu-Fri Sep 04-28  
 66645 9-10am Thu-Fri, Tue Nov 01-30  
 \$30(R) \$36(N) Age: 50Y and up  
 66644 9-10am Tue, Thu-Fri Oct 02-30  
 \$20(R) \$25(N) Age: 50Y and up  
 66646 9-10am Tue, Thu-Fri Dec 04-21

**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  
 60439 10:15-11:15am Wed, Mon Sep 05-26  
 60440 10:15-11:15am Mon, Wed Oct 01-31  
 60441 10:15-11:15am Mon, Wed Nov 05-28  
 \$41.50(R) \$49.50(N) Age: 18Y and up  
 60442 10:15-11:15am Mon, Wed Dec 03-19

**Sportball**  
 Sports instruction for kids

**SPORTBALL FITKIDS**

Sportball Fitkids is a fun, functional, fitness program for kids ages 6-8 and 9-12 to improve overall fitness with non-competitive sports instruction and health education. By incorporating age-appropriate exercises and exciting high energy games, instructed by trained and certified professionals, kids build flexibility, endurance, agility, and core strength. Min 6/Max 14

South Bellevue Community Center  
 \$96(R) \$120(N) Age: 6Y - 8Y  
 66856 4-4:55pm Mon Oct 01-Nov 26  
 \$96(R) \$120(N) Age: 9Y - 12Y  
 66857 5-5:55pm Mon Oct 01-Nov 26

**Body & Mind**

**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  
 \$88(R) \$105(N) Age: 13Y and up  
 60584 9:30-10:30am Fri Sep 07-Oct 26  
 60585 9:30-10:30am Fri Nov 02-Dec 28

**CORE AND STRETCH**

This class blends aspects of Yoga, Mat Pilates, and core exercises to create long, strong, lean muscles. A great way to improve your posture, define your mid-section, improve balance, and lengthen tight muscles. Core and Stretch offers a variety of modifications for beginners and advanced exercisers- no Yoga or Pilates experience required. Min 10/Max 60

North Bellevue Community Center  
 \$32(R) \$38(N) Age: 12Y and up  
 66650 1-2pm Thu Sep 06-27  
 66651 1-2pm Thu Oct 04-25  
 66652 1-2pm Thu Nov 01-29  
 \$24(R) \$29(N) Age: 12Y and up  
 66653 1-2pm Thu Dec 06-20

**GENTLE FITNESS**

Just starting an exercise program? Recovering from an injury? This class is for you! Taught by certified personal trainers, this class provides a great place to start. Participants will improve strength, balance, coordination, posture, flexibility and aerobic conditioning in a safe, supportive atmosphere. Min 10/Max 50

North Bellevue Community Center  
 \$64(R) \$77(N) Age: 18Y and up  
 66602 10-11am Tue, Thu Sep 04-27  
 66604 10-11am Thu, Tue Nov 01-29  
 \$72(R) \$86(N) Age: 18Y and up  
 66603 10-11am Tue, Thu Oct 02-30  
 \$48(R) \$58(N) Age: 18Y and up  
 66605 10-11am Tue, Thu Dec 04-20

**GENTLE YOGA BY WENDY**

Easy yoga is adapted for seniors and others who need the gentle approach. Yoga can provide many benefits. The class will adapt to accommodate all levels of experience and ability. Min 8/Max 30

North Bellevue Community Center  
 \$30(R) \$36(N) Age: 18Y and up  
 66725 10:30-11:30am Thu Sep 06-27  
 66726 10:30-11:30am Thu Oct 04-25  
 66727 10:30-11:30am Thu Nov 01-15  
 \$22.50(R) \$27(N) Age: 18Y and up  
 66721 10:30-11:30am Mon Sep 10-24  
 66723 10:30-11:30am Mon Nov 05-19  
 66724 10:30-11:30am Mon Dec 03-17  
 66728 10:30-11:30am Thu Dec 06-20  
 \$37.50(R) \$45(N) Age: 18Y and up  
 66722 10:30-11:30am Mon Oct 01-29

**HATHA YOGA**

Join Maude Pauletto at the Northwest Arts Center for a gentle approach to increase your strength and flexibility. This class is adaptable for all levels of Yoga experience. Participants will learn balancing poses, deep stretching and a calm mind and body through deep breathing exercises. Wear comfortable clothing. Bring water and yoga mat. Class is for ages 18 and above. Please do not bring children to class. Instructor: Maude Pauletto Min 8/Max 20

Northwest Arts Center  
 \$77(R) \$92(N) Age: 18Y and up  
 65688 3:30-4:30pm Tue Sep 04-Oct 16  
 65689 3:30-4:30pm Thu Sep 06-Oct 18  
 \$134(R) \$144(N) Age: 18Y and up  
 65690 3:30-4:30pm Tue, Thu Sep 04-Oct 18  
 \$55(R) \$66(N) Age: 18Y and up  
 65692 3:30-4:30pm Thu Nov 01-Dec 13  
 65691 3:30-4:30pm Tue Nov 06-Dec 11  
 \$100(R) \$120(N) Age: 18Y and up  
 65693 3:30-4:30pm Thu, Tue Nov 01-Dec 11

**YOGA - ADVANCED**

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

North Bellevue Community Center  
 \$13(R) \$15(N) Age: 50Y and up  
 66688 10-11am Mon Oct 15-Nov 26  
 \$6.50(R) \$7.50(N) Age: 50Y and up  
 66689 10-11am Mon Dec 03-17

**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 as you learn to develop a new relationship with your body, mind and spirit. With 2000 hours of teacher training, your teacher has a wealth of knowledge to share with you. The All Levels classes welcome beginning and experienced students to learn and expand their knowledge of the yoga poses. 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  
 \$60(R) \$72(N) Age: 13Y and up  
 60640 10:15-11:30am Sun Sep 09-Oct 07  
 60631 9:30-10:45am Tue Sep 11-Oct 09  
 60634 7:15-8:30pm Tue Sep 11-Oct 09  
 60637 7:15-8:30pm Thu Sep 13-Oct 11  
 60641 10:15-11:30am Sun Oct 14-Nov 18  
 60632 9:30-10:45am Tue Oct 16-Nov 13  
 60635 7:15-8:30pm Tue Oct 16-Nov 13  
 60638 7:15-8:30pm Thu Oct 18-Nov 15  
 60633 9:30-10:45am Tue Nov 20-Dec 18  
 60636 7:15-8:30pm Tue Nov 20-Dec 18  
 \$48(R) \$58(N) Age: 13Y and up  
 60639 7:15-8:30pm Thu Nov 29-Dec 20  
 60642 10:15-11:30am Sun Dec 02-30

**Belly Dancing**

**BELLY DANCE FOR BEGINNERS**

Women and teens learn the joy of belly dance for fun and exercise. Zulaika teaches basic movements and isolations, simple rhythms, and basic finger cymbal patterns. This class is for the non-dancer as well as dancers of other dance forms. Finger cymbals will be provided. A Flex Card is available for this class. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 5/Max 20

South Bellevue Community Center  
 \$80(R) \$96(N) Age: 13Y and up  
 66696 5:30-6:20pm Wed Oct 03-Dec 05

**BELLY DANCE INTERMEDIATE**

Building upon dance skills learned in Beginner class, students increase their movement vocabulary, learn additional isolations, begin to layer movements, and play finger cymbals. Basic veil work, floor work, new rhythms and basic combinations are also introduced. Bring zills and veil. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 5/Max 20

South Bellevue Community Center  
 \$90(R) \$108(N) Age: 13Y and up  
 66698 7:10-8pm Wed Oct 03-Dec 05

**BELLY DANCING COMBINED**

For your dancing pleasure! Enroll in Drills & Zills, Intermediate, and Middle Eastern Folk Style classes for a discounted fee.

To register after a session has started, call South Bellevue Community Center (425)-452-4240. Min 5/Max 20

South Bellevue Community Center  
 \$168(R) \$192(N) Age: 13Y and up  
 66699 6:30-8:45pm Wed Oct 03-Dec 05

**BELLY DANCE DRILLS AND ZILLS**

This is a mixed level (advanced beginners to advanced) class with a focus on playing finger cymbals with dance combinations. Some experience with finger cymbals is required. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 5/Max 20

South Bellevue Community Center  
 \$40(R) \$48(N) Age: 13Y and up  
 66697 6:30-7pm Wed Oct 03-Dec 05

**BELLY DANCE MIDDLE EASTERN FOLK STYLES**

Intermediate to Advanced students will explore folk styles such as Egyptian Cane and Beledi, Turkish Kashlimar, Saudi/ Kuwait Khaliji to add to their repertoire or infuse into their Oriental routines. Some experience with finger cymbals is required. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 5/Max 20

South Bellevue Community Center  
 \$96(R) \$112(N) Age: 13Y and up  
 66720 8-8:45pm Wed Oct 03-Dec 05

# Active Fitness

## BOOT CAMP WITH KARIE

In its fifth 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 stretches. Out of shape? No worries. Karie will work with you to modify exercises to meet your individual needs. Her students rave about their results! A Flex Card is available for this class. To register during a session call the South Bellevue Community Center at (425) 452-4240. M/W class 8:45am. T/TH class 9:15am. Sign up for ALL 4 classes a week and receive a 15% discount. Min 8/Max 20

South Bellevue Community Center

\$63(R) \$75(N)	Age: 13Y and up
60562 8:45-9:45am	Mon, Wed Sep 10-26
60566 9:15-10:15am	Tue, Thu Sep 11-27
60569 8:45-9:45am	Mon, Wed Nov 26-Dec 12
60571 9:15-10:15am	Tue, Thu Nov 27-Dec 13
\$107(R) \$127.50(N)	Age: 13Y and up
60564 8:45-9:45am	Mon/Wed Sep 10-27
60576 9:15-10:15am	Tue/Thu Nov 26-Dec 13

\$31.50(R) \$37.50(N)	Age: 13Y and up
60563 9:15-10:15am	Tue Sep 11-25
60573 9:15-10:15am	Tue Nov 27-Dec 11

\$84(R) \$100(N)	Age: 13Y and up
60565 8:45-9:45am	Mon, Wed Oct 01-24
60555 9:15-10:15am	Tue, Thu Oct 02-25

\$142.50(R) \$170(N)	Age: 13Y and up
60574 8:45-9:45am	Mon/Wed Oct 01-25
60575 9:15-10:15am	Tue/Thu

\$42(R) \$50(N)	Age: 13Y and up
60567 9:15-10:15am	Tue Oct 02-23
60572 9:15-10:15am	Tue Oct 30-Nov 20

\$73.50(R) \$87.50(N)	Age: 13Y and up
60568 8:45-9:45am	Mon, Wed Oct 29-Nov 21
60570 9:15-10:15am	Tue, Thu Oct 30-Nov 20

\$125(R) \$149(N)	Age: 13Y and up
60575 8:45-9:45am	Mon/Wed Oct 29-Nov 21
60576 9:15-10:15am	Tue/Thu

## FREE THANKSGIVING DAY INDOOR CYCLING

Burn 600+ calories before your feast! Classes will be held at South Bellevue Community Center. Class times are: 7am, 8:15am, or 9:30am. FREE with a donation to the LifeWire Eastside Domestic Violence Program. Ask for the list of needed donations when you call to reserve a bike. Bring water and a towel. Pre-registration is required at 425-452-4240. Ages 13+ and all fitness levels are welcome!

## 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! Certified Personal Trainers will educate you, encourage you, and modify exercises to meet individual needs. A Flex Card is available for this class. To register during a session, call the South Bellevue Community Center at 425-452-4240. Min 6/Max 16

South Bellevue Community Center

\$70(R) \$84(N)	Age: 16Y and up
60407 6-7am	Wed, Mon Sep 05-26
60402 6-7am	Mon, Wed Oct 01-31
60403 6-7am	Mon, Wed Nov 05-28
\$35(R) \$42(N)	Age: 16Y and up
60417 6-7am	Fri Sep 07-28
60422 6-7am	Fri Oct 05-26
60428 6-7am	Fri Nov 02-30
\$52.50(R) \$63(N)	Age: 16Y and up
60404 6-7am	Mon, Wed Dec 03-19
\$26(R) \$31.50(N)	Age: 16Y and up
60429 6-7am	Fri Dec 07-21

## 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

\$63(R) \$75.50(N)	Age: 13Y and up
60458 6-7am	Mon, Wed Sep 17-Oct 31
60462 7:15-8:15pm	Mon, Wed Sep 17-Oct 31
\$49(R) \$59(N)	Age: 13Y and up
60467 6-7am	Mon Sep 17-Oct 29
60468 7:15-8:15pm	Mon Sep 17-Oct 29
60452 7:15-8:15pm	Wed Sep 19-Oct 31
60474 6-7am	Wed Sep 19-Oct 31
\$54(R) \$65(N)	Age: 13Y and up
60469 6-7am	Mon, Wed Nov 05-Dec 19
60470 7:15-8:15pm	Mon, Wed Nov 05-Dec 19
\$42(R) \$50.50(N)	Age: 13Y and up
60472 6-7am	Mon Nov 05-Dec 17
60473 7:15-8:15pm	Mon Nov 05-Dec 17
60455 7:15-8:15pm	Wed Nov 07-Dec 19
60476 6-7am	Wed Nov 07-Dec 19

## ZUMBA FITNESS

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

\$56(R) \$68(N)	Age: 13Y and up
60502 6-7pm	Mon Sep 10-Oct 29
60505 10-11am	Mon Sep 10-Oct 29
60534 10-11am	Wed Sep 12-Oct 31
\$96(R) \$112(N)	Age: 13Y and up
60517 10-11am	Mon, Wed Sep 10-Oct 31
\$90(R) \$105(N)	Age: 13Y and up
60528 6-7pm	Mon, Wed Sep 10-Oct 29
\$49(R) \$59.50(N)	Age: 13Y and up
60510 6-7pm	Wed Sep 12-Oct 24
60535 9:15-10:15am	Fri Sep 14-Oct 26
\$42(R) \$51(N)	Age: 13Y and up
60536 9:15-10:15am	Fri Nov 02-Dec 14
66695 10-11am	Wed Nov 07-Dec 12
\$35(R) \$42.50(N)	Age: 13Y and up
60525 6-7pm	Mon Nov 05-Dec 10
66694 10-11am	Mon Nov 05-Dec 10
60524 6-7pm	Wed Nov 07-Dec 12
\$66(R) \$77(N)	Age: 13Y and up
60531 10-11am	Mon, Wed Nov 05-Dec 12
\$60(R) \$70(N)	Age: 13Y and up
60533 6-7pm	Mon, Wed Nov 05-Dec 12

# Martial Arts

## BEGINNING FENCING FOR TEENS AND ADULTS

In this introductory course, learn how to fence competitively as well as for recreation and fitness. Learn about equipment, footwork, technique, conditioning, safety, strategy, and tactics. Get a great workout for your body and mind with this invigorating Olympic sport. Wear athletic shoes and sweatpants (no jeans). Bring a water bottle. One-time equipment rental fee of \$35 and reference book fee of \$20 payable to instructor at first class. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 8/Max 20 South Bellevue Community Center

\$115(R) \$138(N)	Age: 13Y and up
66818 7:45-8:45pm	Tue Sep 11-Oct 30
\$100.50(R) \$121(N)	Age: 13Y and up
66817 7:45-8:45pm	Tue Nov 06-Dec 18

## BEGINNING FENCING FOR YOUTH (PLAYING WITH SWORDS)

Students will learn the basics of fencing technique, competition, recreation, and sport. Kids will learn this exciting new sport, increase their fitness level and mental focus. Wear athletic shoes and sweatpants (no jeans). Bring a water bottle. A one-time equipment rental fee of \$35 and book fee of \$20 payable by check to instructor first day of class. Min 8/Max 20 South Bellevue Community Center

## NAGINATA NORTHWEST ARTS CENTER

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 are welcome but please contact instructor before registering (425) 736-5663. Min 7/Max 15 Northwest Arts Center

\$130(R) \$156(N)	Age: 13Y and up
66785 7-9pm	Tue Sep 18-Dec 18
66786 7-9pm	Thu Sep 20-Dec 20
\$168(R) \$188(N)	Age: 13Y and up
66787 7-9pm	Tue, Thu Sep 18-Dec 20

## TAI CHI QI - GONG PRACTICE

Bring your favorite Tai Chi Qi - Gong motions to share with each other. We will practice the 18 Tai Chi Qi-Gong movements. Min 1/Max 35 South Bellevue Community Center

## 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
66668 9-10am	Sat Sep 01-Dec 22

## YANG STYLE TAI CHI BEGINNER

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

## YANG STYLE TAI CHI INTERMEDIATE/ADVANCED

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

\$60(R) \$72(N)	Age: 18Y and up
60604 9:15-10:15am	Sat Sep 15-Oct 20
60600 9:15-10:15am	Sat Nov 03-Dec 15

## TAI CHI - WEDNESDAY PRACTICE

Tai Chi helps blood flow smoothly in the vessels and can strengthen the functions of heart & lungs. It is the best kind of exercise for the health of middle aged and seniors. Easy to learn and follow as well as helps you mildly exercise your whole body. No instructor provided. Come join us and feel good! Min 5/Max 30 North Bellevue Community Center

## MINI KICKERS MARTIAL ARTS

This class teaches basic kicks and strikes to young children in an active, fun and positive environment. Dave Arendt is a second degree black belt who has been studying and teaching Tae Kwon Do for 15 years, and has competed on a national level and coached many students in national tournaments and Junior Olympics. Uniforms may be purchased through instructor. Sparring equipment is an optional purchase. Dave Arendt, Instructor. Min 6/Max 30 Northwest Arts Center

\$120(R) \$144(N)	Age: 4Y - 10Y
65684 4:30-5:15pm	Mon, Wed Sep 17-Nov 21

## 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
60373 4-4:50pm	Tue, Thu Sep 04-27
60383 5-5:50pm	Tue, Thu Sep 04-27
60381 4-4:50pm	Tue, Thu Oct 02-30
60386 5-5:50pm	Tue, Thu Oct 02-30
60382 4-4:50pm	Tue, Thu Nov 06-29
60388 5-5:50pm	Tue, Thu Nov 06-29

\$53(R) \$63(N)	Age: 10Y and up
60379 6-6:50pm	Tue, Thu Sep 04-27
60384 6-6:50pm	Tue, Thu Oct 02-30
60387 6-6:50pm	Tue, Thu Nov 06-29
\$40(R) \$47(N)	Age: 6Y and up
60385 4-4:50pm	Tue, Thu Dec 04-20
60389 5-5:50pm	Tue, Thu Dec 04-20
\$40(R) \$47(N)	Age: 10Y and up
60390 6-6:50pm	Tue, Thu Dec 04-20

## 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
60700 7:15-8:45pm	Mon Oct 08-Nov 05
60690 7:15-8:45pm	Thu Oct 11-Nov 08
60691 7:15-8:45pm	Thu Nov 15-Dec 20
60701 7:15-8:45pm	Mon Nov 19-Dec 17

**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**

Session rates:

30 minutes - \$30 for 1 person  
45 minutes - \$42.50 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 or call one of our three trainers.



**Karie Underwood**  
Phone: (425)830-0668  
Email: karie@karieunderwood.com  
Website: www.karieunderwood.com  
Availability: Weekday mornings 6:00am-Noon.



**Colleen Martin**  
Phone: (425) 681-9488  
Email: Colleenwsu3@hotmail.com  
Availability: Weekday late mornings/early afternoons and weekend mornings



**Mike Haas**  
Athletic Agility Now, LLC  
Phone: (206) 369-9388  
Email: MichaelJHaas@live.com  
Availability: Weekdays and M/W evenings

**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)	\$39	\$47
<b>Single Adult</b>	\$34	\$41
<b>Household</b> (with children ages 10-20)	\$47	\$57
<b>Two Adult Household</b> (with children ages 10-20)	\$47	\$57



**Bellevue Fire Department CPR Training Programs**



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

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

**BLS FOR HEALTHCARE PROVIDER**

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

\$65 Age: 18Y and up  
64846 9am-3pm Wed Aug 08

**INFANT CPR**

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

Fire Station #1  
\$35 Age: 14Y and up  
64869 7-10pm Thu Sep 27  
64870 7-10pm Thu Nov 15

**HEARTSAVER CPR AED CLASS FOR ADULTS/CHILDREN**

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

Fire Station #1	Time	Day	Age: 14Y and up
\$40(R) \$40(N)	7-10pm	Tue	Aug 21
64887	7-10pm	Thu	Sep 06
64888	7-10pm	Tue	Sep 18
64889	7-10pm	Thu	Oct 04
64890	7-10pm	Tue	Oct 16
64891	7-10pm	Thu	Nov 01
64892	7-10pm	Tue	Nov 20
64893	7-10pm	Thu	Dec 06
64894	7-10pm	Tue	Dec 18



**jazzercise®**

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

**NORTHWEST ARTS CENTER**

9825 NE 24TH ST • 425-452-6046

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.jazzercise.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

**SOUTH BELLEVUE COMMUNITY CENTER**

14509 SE NEWPORT WAY • 425-452-4240

Jazzercise • Jazzercise Lite

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

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

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

**HOLIDAY STUDENT SPECIAL**

Stay fit and active through the holidays! Students age 18-23 are eligible for a 6-week Fitness Center pass, available starting Thanksgiving week and good for 6-weeks once activated. For more information, contact South Bellevue Community Center, 425-452-4240. \$25(R) \$30(N)

**BEGINNING KENDO**

Kendo is a coed martial arts sport based on Samurai traditions requiring both mental and physical discipline. Participants use a Bokken (oak sword) for weeks 1-4, at week 5 a Shinai (bamboo sword) is also required. Participants must purchase a bokken (oak sword) either before or at the first class. Beginning students should wear loose fitting clothes. The beginning class focus is on learning basic footwork and sword handling. Upon completion of the beginning class, continuing students enroll in the intermediate class. Prospective students should make an effort to research kendo prior to signing up for the class. Min 12/Max 25  
Highland Community Center  
\$65(R) \$78(N) Age: 8Y and up  
64155 6:30-8pm Fri Sep 21-Dec 14

**INTERMEDIATE KENDO**

Intermediate Kendo is a continuation of where the students progress to actual striking of live targets. Once the student has progressed in skill they will be able to move into wearing armor and engage in bouts with other students. Students remain in intermediate until they have transitioned to armor. During intermediate kendo students generally purchase uniforms which are required for advanced kendo. All students in armor are in the Advanced Class. Min 12/Max 25  
Highland Community Center  
\$65(R) \$78(N) Age: 8Y and up  
64159 6:30-8pm Fri Sep 21-Dec 14



**ADVANCED KENDO**

Advanced kendo is for those students that have completed beginning and intermediate kendo and are in armor (bogu). Individuals with previous experience must contact the teacher for approval to enroll in advanced kendo. Min 12/Max 60  
Highland Community Center  
\$65(R) \$78(N) Age: 8Y and up  
64163 7:30-9:30pm Fri Sep 21-Dec 14

**BEGINNING SELF DEFENSE/HAPKIDO**

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.  
Crossroads Community Center  
\$46(R) \$55(N) Ages 6Y - 12Y  
67108 6:15-7:15pm Mon/Wed Sep 05-26  
67133 6:15-7:15pm Mon/Wed Oct 01-31  
67135 6:15-7:15pm Mon/Wed Nov 05-28  
67137 6:15-7:15pm Mon/Wed Dec 03-19

**INTERMEDIATE/ADVANCED SELF DEFENSE/HAPKIDO**

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  
Crossroad Community Center  
\$46(R) \$55(N) Ages 13Y and up  
67190 6:30-7:45pm Mon/Wed Sep 05-26  
67134 6:30-7:45pm Mon/Wed Oct 01-31  
67136 6:30-7:45pm Mon/Wed Nov 05-28  
67138 6:30-7:45pm Mon/Wed Dec 03-19

# 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

**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

**Lewis Creek Visitor Center**  
This beautiful park offers ample opportunity to wander through forests, meadows and wetlands. Come inside the center and pick up trail and park maps for the area, attend a Natural Resource program, or simply enjoy the relaxing atmosphere.  
**Location:** 5808 Lakemont Blvd., 98007  
**Hours:** Wed-Sun, 10am-4pm  
Closed Mon, Tue, & Holidays  
**Phone:** 425-452-4195  
**Website:** www.bellevuewa.gov/lewis\_creek\_park.htm

**Mercer Slough Environmental Education Center Visitor Center**  
Overlooking the 320 acre Mercer Slough Nature Park, the Visitor Center offers remarkable views of the forest canopy and swampy wetlands below. Inside, enjoy an interactive library and interpretive displays for adults and families. Park Rangers provide information and free weekly programs. Pick up trail maps, brochures and program information today.  
**Location:** 1625 118th Ave SE, 98005  
**Hours:** Daily, 10am-4pm  
**Phone:** 425-452-2565  
**Website:** www.bellevuewa.gov/mseec.htm

**FAMILY DISCOVERY SERIES**

**ART IN NATURE EXHIBITS**  
The ability to interpret nature through art is an extraordinary talent. From painting to printmaking to photography, these exhibits display the work of local artists inspired by nature. New artwork will be featured throughout the year.  
**WHEN:** Daily  
10am - 4pm  
**WHERE:** Mercer Slough Environmental Education Center Visitor Center  
**COST:** Free

**DISCOVERY BACKPACKS**

Our Discovery Backpacks provide you with all the materials and activities you'll need for launching a fun, self-guided tour through Mercer Slough Nature Park. They include binoculars, magnifying lenses, easy-to-use nature guides and more. Great for families, groups, and individuals! Backpack themes available: Birding, Wildlife, and Wetlands.  
**WHEN:** Available Daily,  
10:30am - 3:30pm  
**WHERE:** Lewis Creek Visitor Center, Lake Hills Ranger Station, Mercer Slough Environmental Education Center  
**COST:** Suggested Donation of \$5  
**INFO:** 425-452-2565

**GROUP PROGRAMS AT LEWIS CREEK PARK**

Looking for an engaging program for your club, school group or scout pack? Lewis Creek Park Rangers offer interpretive walks, talks and hands-on activities featuring different plants, animals, habitats, cultural and natural history. Exploring a particular chapter in your curricula? Utilize the natural resources of Lewis Creek Park's three distinct habitats - wetland, grassland and forest - and immerse your participants into their studies. For more information or to discuss program possibilities phone 425-452-4195. There is a suggested donation of \$2 per person.

**MERCER SLOUGH RANGER PROGRAMS**

Mercer Slough Nature Park  
FREE Age: 8Y and up

**Beginner's Dendrology**  
Some pretty amazing trees grow within Bellevue's city limits! Join a Mercer Slough park ranger for an introduction to the trees of the area. A ranger will be available following a presentation for a guided walk through the Slough to see the trees up-close.  
65498 2-2:30pm Thu Aug 16

**Bird Nests**  
The breeding season is wrapping up, but come see some of the fascinating nests that Mercer Slough's birds built this season. We'll talk about what nests are, what they do, and how you can help birds right here in Bellevue! Join us after the program for a game of nest hide-and-seek.  
FREE All Ages  
66985 2-2:30pm Fri Sep 14

**Bird Identification for Families**  
Have you ever wondered which bird species live in our area? Join Eastside Audubon for a program on how to identify birds! There will be a free optional bird feeder craft project following the program.  
FREE All Ages  
66986 10-11am Sat Oct 06

**Fish Ladder Fun**  
Salmon are running this time of year, so take the opportunity to learn something new about them! Join a Mercer Slough park ranger for an informal, question-and-answer session at the fish ladder. We may just see some salmon on their journey upstream. Program meets at the Mercer Slough Fish Ladder, 118th Ave SE, just south of SE 8th Street. Park at the office park and meet at the blue sign for the fish ladder.  
FREE All Ages  
66987 2-3pm Sun Oct 14  
66988 2-3pm Sun Oct 21

**Mercer's Minnows**  
Did you know that a few times each spring, hundreds of foot-long minnows travel up the Mercer Slough on their way to their spawning beds in Kelsey Creek? Come learn more about their fascinating journey and watersheds in general.  
FREE All Ages  
66989 2-2:30pm Fri Nov 02

**STORY TIME SERIES**

Look, listen and create during an hour of stories and crafts with a park ranger on the 1st Friday of every month. Parents and children will explore together the diverse animal world with animated fiction and fun. All children must be accompanied by a registered adult. Registration is required.  
Min 3/Max 25  
Lewis Creek Park  
\$2 Age: 3Y and up

**A Log's Life**  
One stormy day, a strong wind rages through the forest, causing an old oak tree to bed and sway and crash to the ground. Learn about the life cycle of a tree when a new oak grows from the fallen down log. We will map out the oak tree life cycle to take home.  
65719 11am-12pm Fri Aug 03  
66449 1:30-2:30pm Fri Aug 03

**The Tree**  
This powerful song of an ancient Douglas fir celebrates the age-old cycle of life in the Pacific Rain Forest, revealing the interconnectedness of all things. We will make a tree that changes colors with the seasons to take home.  
66819 11am-12pm Fri Sep 07  
66820 1:30-2:30pm Fri Sep 07

**When the Wind Stops**  
Where does the wind go when it stops? It does not stop - it blows away to make the trees dance somewhere else. We will make a windsock to take home.  
66821 11am-12pm Fri Oct 05  
66822 1:30-2:30pm Fri Oct 05

**All the Places to Love**  
A moving homage to the American farm, re-creating all the glory and sweet simplicity of one family's connection to the land. We will make a family tree to take home.  
66823 11am-12pm Fri Nov 02  
66824 1:30-2:30pm Fri Nov 02

**Voices of the Wild**  
In the silence of a northern summer sunrise, a man kayaks down a winding river, past Bear, Lynx, Turtle, and other animals. Each watches with caution and curiosity as he paddles quietly past. We will make deer/reindeer antlers to take home.  
66825 11am-12pm Fri Dec 07  
66826 1:30-2:30pm Fri Dec 07

**LEWIS CREEK EXPLORERS' CLUB**

Fun for the whole family! Both adult and child must register.

**Pond Dip**

The edges of ponds and wetlands are great places to budding naturalists to explore! We will use tools like dip nets and water scopes to get a closer look at the wetland creatures of Lewis Creek Park... what will we find in this unfamiliar under-water world?!

FREE Age: 6Y and up  
66105 1-2pm Fri Aug 10

**Green Hour**

Observe and explore the park during an hour of unstructured play and interaction with the natural world. Each month, creative, science-based ideas will have children and parents deepening their knowledge and love of nature together!

FREE Age: 5Y and up  
66108 1-2pm Fri Aug 17

**Nature Bingo**

Learn about the elements that make up the natural world while you race to yell Nature Bingo first!

FREE Age: 4Y and up  
66828 1-1:30pm Sat Sep 15  
66829 1-1:30pm Sat Oct 13  
66830 1-1:30pm Sat Nov 10  
66831 1-1:30pm Sat Dec 15

**Owl Prowl**

Come in and learn about the mysterious animal called the owl. Then, take a night hike with the Rangers and listen for owls and other nocturnal wildlife in the park. Bring a flashlight or a headlamp for the journey, as well as sturdy shoes!

\$3 Age: 6Y and up  
66827 5:30-7pm Fri Oct 19

**MOVIES AT MERCER SLOUGH**

Join us the last Friday of every month for fun and engaging environmental movies. Bring a comfy blanket or pillow and we'll pop the popcorn. Help reduce waste and bring your own cup or bowl. All children under 12 must be accompanied by an adult. No registration necessary. Info: 425-452-2565 or MSEE@bellevuewa.gov Min 1/Max 30 Mercer Slough Nature Park FREE Best for ages 8+

**Beavers - The Biggest Dam Movie You Ever Saw**

Learn about the world of beavers... from their perspective! Watch beavers grow, play, and transform their world. Approx. 70 min. Popcorn provided!  
65500 5-6pm Fri Aug 31

**Planet Earth - Fresh Water**

Follow rivers as they course from mountains to the sea, nourishing unique and dramatic wildlife. From the world's deepest lake inhabited by the only species of freshwater seal, to a stunning look at the world's highest waterfall, Fresh Water offers a unique perspective on the secret lives teeming in our purest waters. Approx. 50 min.  
66992 5-6pm Fri Sep 28

**Planet Earth - Caves**

Descend into a habitat not directly driven by sunlight and discover some of the most peculiar creatures on Earth. From Borneo's Deer Cave where five million bats roost to cave swiftlets that build nests out of saliva, Caves digs deep into an underground world where few people have ventured. Approx. 50 min.  
66995 5-6pm Fri Oct 26

**Planet Earth - Great Plains**

Trek to one of Earth's largest land habitats, where vast open spaces play host to the biggest groups of animals in the world. From the 2,000-mile migration undertaken by three million caribou in the Arctic tundra, to a pride of 30 starving lions hunting elephants, Great Plains reveals the most impressive migrations and the boldest hunts on the planet. Approx. 50 min.  
66996 5-6pm Fri Nov 30

**Planet Earth - Seasonal Forests**

Investigate these temperate regions and find some of the most elusive creatures and well-adapted plant life on Earth. From the giant sequoia tree 10 times the size of a blue whale to the trackless Siberian Forests where just 40 Amur leopards remain, Forests brings to life a seemingly familiar world that remains largely unexplored. Approx. 50 min.  
66997 5-6pm Fri Dec 28

**LEWIS CREEK CHILDRENS' MOVIES**

Kids! Join us for fun, educational nature movies at Lewis Creek. Children under 12 must be accompanied by an adult. **No registration required.** Info: 425-452-4195.

**Fuzzy Wuzzy Bears**

Looking for food and looking for trouble out in bear country. See grizzly bears, polar bears, black bears and more - even giant pandas and raccoons, too. All fuzzy and fun! Running time 30 mins.  
2-2:30pm Sun Sep 23

**Mom of a Croc**

Join the adventures of the Kratt brothers as they meet up with cool creatures from around the world. Each episode is an adventure that also features how animals use science in their natural lives. Running time 30 mins.  
2-2:30pm Sun Oct 21

**Penguins on Parade**

Emperor penguins, rock hoppers, road runners and ostriches are all birds that can't fly no matter how hard they try. Running time 30 mins.  
2-2:30pm Sun Nov 18

**Stranger in the Woods**

Based on the award winning children's book by the same name, the winter storm has ended, and the entire forest is wearing a coat of glistening white. As the animals come out of their shelter at daybreak, they discover there is something, or someone, new in the forest. Running time 23 minutes. We will read the book together and then enjoy the movie! Crafty snack making to follow!  
2-3pm Sun Dec 23

**SPECIAL EVENTS**

**NATURE PHOTOGRAPHY CONTEST**

Runs through August 19  
Lewis Creek Park Visitor Center  
Have some great nature shots taken in Bellevue Parks that you want to share with the community? Enter Lewis Creek Park's Nature Photography Contest! The winner's photographs will be displayed at Bellevue Parks premiere environmental education centers. Winner will be announced August 25th. Don't miss our Intro to Nature Photography class on June 24th for some extra pointers! Ages: 15+ Cost: Free! No registration required. Info: 425-452-4195.

**WETLAND WILDLIFE**

Sunday, August 19th, 2-3pm  
Lake Hills Greenbelt Ranger Station  
Who lives in the wetland? There are many different wildlife species that are specially adapted to thrive in the wetland environment. Join a Ranger to see who lives here and discover their wild wetland adaptations. All ages welcome. No registration required. For more information please call 425-452-7225.

**PUGET PRAIRIES**

Although Washington is known as the Evergreen State, native prairies were once common in western Washington. Learn about prairie ecology, natural history, and where we can go to enjoy prairies in our region.  
Mercer Slough Environmental Ed. Ctr. FREE All Ages  
66984 12-12:30pm Sat Nov 10

**THE ECOLOGICAL HOME**

Although most of us didn't build or buy a green home there is a lot we can do to make our home, apartment, or condo more ecologically sustainable. Join a Mercer Slough park ranger to learn some simple ways to make your home (both indoors and outdoors) a more sustainable place. We will focus on simple and inexpensive methods. The ranger will be available afterward to lead a brief tour of the Environmental Education Center - a Gold-Certified LEED facility.  
Mercer Slough Environmental Ed. Ctr. FREE Age: 5Y and up  
66983 11-11:30am Sat Dec 08

**ADULT ENRICHMENT SERIES**

**MASTER NATURALIST TRAINING PROGRAM**

Sign up now for more information about the Master Naturalist Training Program. 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 spread over 2 years. For more information contact Alexandra DySard, ADySard@bellevuewa.gov or call Lewis Creek at 425-452-4195.

**LEWIS CREEK FILM SERIES**

No registration required. Min 5/Max 50  
Lewis Creek Park FREE Age: 12Y and up

**Creatures of the Deep**

Marine invertebrates, the descendants of one billion years of evolutionary history, are the most abundant creatures in the ocean. Watch packs of Humboldt squid make night-time raids from the deep to co-operatively hunt sardines. See fried egg jellyfish, giant cuttlefish, Giant Pacific Octopus and more! Running time 50 minutes.  
2-3pm Sun Aug 12



**Plants**

Written and narrated by esteemed naturalist David Attenborough, experience the stand-out BBC nature documentary series LIFE. Plants endure a daily struggle for water, nutrients and light. Running time 50 minutes.  
2-3pm Sun Sep 16

**Primates**

Written and narrated by esteemed naturalist David Attenborough, experience the stand-out BBC nature documentary series LIFE. Intelligence, curiosity and complex societies have enabled primates to exploit many different habitats. Running time 50 minutes.  
FREE Age: 12Y and up  
2-3pm Sun Oct 14

**March of the Penguins**

Every year, thousands of emperor penguins make an astonishing journey to breed their young. They walk, marching day and night in single file 70 miles into the darkest, driest, and coldest continent on Earth. Running time 80 minutes.  
FREE Age: 12Y and up  
2-3:30pm Sun Nov 11

**Christmas in Yellowstone**

Celebrate the beauty and wonders of the season in one of the most extraordinary places on Earth. Here are sights that only a fraction of Yellowstone's almost three million visitors each year are privileged to see. This mesmerizing program captures winter in the wilderness in all of its splendor. Running time 52 minutes.  
FREE Age: 12Y and up  
2-3:30pm Sun Dec 16

**LIVING WITH WILDLIFE SERIES**

Did I see a bobcat or a cougar? Was that my neighbor's dog or a coyote? What do I do if I run into a bear? How do I get the deer to stop eating my rose bushes? How fortunate we are to live in a city full of wildlife! But this also leaves us with the responsibility of learning how to live with our furry and feathered neighbors. Learn about the wildlife that lives in and around Bellevue and how to live in harmony with wild animals. A different species will be discussed each month. Min 10/Max 50  
Lewis Creek Park FREE Age: 12Y and up

**Raccoons**

Urban raccoon populations can get quite large, owing to hunting and trapping restrictions, few predators, and human-supplied food. Learn how to prevent conflicts with these crafty urban neighbors.  
65713 1-2pm Sun Aug 26

**MERCER SLOUGH GUEST LECTURE SERIES**

**Kokanee and You**

Lake Sammamish is home to a small population of Kokanee Salmon that is fighting for its life. Join a representative of the Lake Sammamish Kokanee Workgroup to learn about Kokanee, what is being done to conserve them, and how citizens can get involved in their own neighborhoods!  
FREE All Ages  
66981 11am-12pm Sun Sep 23

**Salmon in the City**

Find out what's fishy in Bellevue with Stream Team Program Administrator, Laurie Devereaux. She'll tell you which salmon use Bellevue's streams and the best times and places to see them. Learn about the salmon life cycle, their habitat, and how you can help. Don't miss this chance to learn about salmon in our city!  
FREE All Ages  
66982 7-8pm Fri Oct 05

**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.



**NATURALIST BOOK CLUB SERIES**

Delve into seminal writings by American naturalists with the Lewis Creek Naturalist Book Club! Discuss, analyze and reflect on the natural world. Share your love of natural history and environmental philosophy while making new friends. Info: 425-452-4195. Bring copy of the book along with you! No registration required. Min 5/Max 15

Lewis Creek Park  
FREE  
Age: 15Y and up

**Stickeen by John Muir**

Scottish-born American naturalist and writer, Muir devoted much of his life to saving the natural beauties of the West from destruction by commercial exploitation. Stickeen details the Alaskan adventures of Muir and his adopted four legged companion.

3-5pm Sun Aug 26

**What Are People For? by Wendell Berry**

Wendell Berry identifies himself as both a farmer of sorts and an artist of sorts, which he deftly illustrates in the scope of these 22 essays. Ranging from America's insatiable consumerism and household economies to literary subjects and America's attitude toward waste, Berry gracefully navigates from one topic to the next. He speaks candidly about the ills plaguing America and the growing gap between people and the land. Despite the somber nature of these essays, Berry's voice and prose provide an underlying sense of faith and hope.

FREE  
3-5pm Sun Sep 30  
Age: 15Y and up

**Crow Planet by Lyanda Haupt**

There are more crows now than ever. Their abundance is both an indicator of ecological imbalance and a generous opportunity to connect with the animal world. Crow Planet reminds us that we do not need to head to faraway places to encounter nature. Rather, even in the suburbs and cities where we live we are surrounded by wild life such as crows, and through observing them we can enhance our appreciation of the world's natural order. Crow Planet richly weaves Haupt's own crow stories as well as scientific and scholarly research and the history and mythology of crows, culminating in a book that is sure to make readers see the world around them in a very different way.

FREE  
3-5pm Sun Oct 28  
Age: 15Y and up

**Being Caribou by Karsten Heuer**

For sons, female members of the Porcupine caribou herd have made the 2,800-mile journey from their winter feeding grounds to their summer calving grounds. They once roamed borderless wilderness; now they trek from Canada, where they're protected, to the United States, where they are not. What's more, beneath the calving grounds lay vast reserves of oil. Determined to convey both the enormity of the caribou's migration and the delicacy of their habitat, Heuer and his wife spent their honeymoon following the herd. Both a rousing adventure story and a sober ecological meditation, Being Caribou vividly conveys this magnificent animal's world.

FREE  
3-5pm Sun Dec 02  
Age: 15Y and up

**CULTURAL HISTORY PROGRAMS  
HISTORIC HOUSE TOUR**

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

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

**WHERE:** Winters House, 2102 Bellevue Way SE

**COST:** FREE

**AGES:** All

**FRASER CABIN HERITAGE PROGRAMS**

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

FREE  
11am-3pm Sat Aug 18  
11am-3pm Sat Sep 15  
11am-4pm Sat Oct 13  
All Ages



**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.

**MERCER SLOUGH NATURE WALK**

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

**WHEN:** Weekly, every Saturday 2-3pm. (No walk December 24 and April 21.)

**WHERE:** Mercer Slough Environmental Education Center

Meet at the Visitor Center

**COST:** Free

**INFO:** 425-452-2565 or [MSEEC@bellevuewa.gov](mailto:MSEEC@bellevuewa.gov)

**LEWIS CREEK RANGER HIKES**

Join a Ranger in exploring the natural history of Lewis Creek Park. A different topic will be explored each month, including birding, tracking, native plant identification and more! All ages welcome. Dress for the weather and wear sturdy shoes. No registration required.

**Time:** Saturdays: September 1, October 6, November 3, December 1 10:30 a.m. – 11:30 a.m.

**Location:** Lewis Creek Visitor Center, 5808 Lakemont Blvd SE

**Cost:** Free!

**Info:** Call 425-452-4195

**LOCAL AREA HIKES**

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

**Local Wildlife - Lewis Creek to Lakemont Community Park**

August 18 10:00 am – Noon

Distance: 5 miles

Level of difficulty: Difficult

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

**LAKE HILLS GREENBELT RANGER WALK**

Saturdays, 2-3pm

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

Do you know the story behind the Phantom at Phantom Lake? Can you spot a nurse log? Join a Park Ranger for a free guided tour of the Greenbelt. Learn the history of the park, tour community gardens, and learn about local wildlife! Fun for the family, all ages welcome. Suggested donation of \$1 per person. Call 425-452-7225 for more information.

**MERCER SLOUGH GROUP TOURS**

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

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

**COST:** Suggested donation of \$1 per person

**INFO:** 425-452-2565 or [MSEEC@bellevuewa.gov](mailto:MSEEC@bellevuewa.gov)

**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 425-452-2565 with any questions. Min 2/Max 20

Enatai Beach Park

\$14(R) \$16(N) Age: 5Y and up

65584	8:45am-12pm	Sat	Aug 11
65605	8:45am-12pm	Sun	Aug 12
65585	8:45am-12pm	Sat	Aug 18
65606	8:45am-12pm	Sun	Aug 19
65586	8:45am-12pm	Sat	Aug 25
65607	8:45am-12pm	Sun	Aug 26
65587	8:45am-12pm	Sat	Sep 01
65608	8:45am-12pm	Sun	Sep 02
65588	8:45am-12pm	Sat	Sep 08
65609	8:45am-12pm	Sun	Sep 09
65589	8:45am-12pm	Sat	Sep 15
65610	8:45am-12pm	Sun	Sep 16
65590	8:45am-12pm	Sat	Sep 22
65611	8:45am-12pm	Sun	Sep 23
65591	8:45am-12pm	Sat	Sep 29
65612	8:45am-12pm	Sun	Sep 30

**COMMUNITY FARMS & GARDENS**

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



**MASTER GARDENER URBAN DEMONSTRATION GARDEN**



A hands-on, how to educational garden. Consult with King County Master Gardeners on all aspects of gardening, including composting and soil building, shrub and tree care, vegetables and flower care. Free 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:** Pat Naselow, 425-452-1694, [pnaselow@gmail.com](mailto:pnaselow@gmail.com)  
<http://www.mgfk.org>

**2012 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 early winter. New gardeners please contact Laura Harper for more information and to be added to our mailing list. Seasonal and non-accessible p-patches offered. Information: 425-452-7225 or email [LHarper@bellevuewa.gov](mailto:LHarper@bellevuewa.gov).

**VOLUNTEER OPPORTUNITIES**

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

Here are just a few of the opportunities:

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

**EASTSIDE HERITAGE CENTER VOLUNTEERS**

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

**TRILLIUM GIFT SHOP**

The Trillium is open and volunteers are needed! It is a wonderful opportunity to experience the Garden, as well as meet visitors from around the world. Cashiers, inventory support, shop helpers. Training is provided; hours are flexible. Membership in the Botanical Garden Society is required. For more information, contact 425-451-3755 or bbgsoffice@bellevuebotanical.org.

**GARDEN D'LIGHTS CLASSES**

Learn to make flower lights and creations, design vignettes, install, and take down lights for this popular seasonal event which takes year-round efforts. Those interested in becoming an active volunteer for Garden d'Lights may attend a training class. These classes are held monthly, March through September. For more information, visit www.bellevuebotanical.org.

**GARDEN D'LIGHTS WORK PARTIES**

Complete a training program and you are invited to attend work parties in October as we prepare for our annual Garden d'Lights celebration. Participants will help make and repair flowers and/or critters to be placed in the garden. To learn more about eligibility and to sign up, visit www.bellevuebotanical.org.



**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
- Living Lab Teacher Assistants
- Gift Shop
- Special events
- Newsletter Distribution
- Occasional Office Help
- Fundraising / Auction Help
- Garden d'Lights Installation and Work Parties
- Plant Records and Documentation

**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

**EARLY LEARNER PROGRAMS POLLIWOG PRESCHOOL**

Polliwog Preschool is a nature-based preschool program for children ages 3 to 5. 2 and 3-day options are available for 2012-2013 school year. To enroll in the 2012-2013 school year, children must be at least 3 years old by September 1st, 2012 and toilet-trained. Age: 3-5 years old Time: September 17-June 7. 9:00am-12:30pm

**TADPOLE TOTS**

Sign up for this 8-week series for your preschooler and you to explore nature together with topics including art, music, science and puppet play. Meet Tuesdays for 1.5 hours. Age: 2-4 yr olds with parent or caregiver Time: 8 Thursdays beginning Sept 27, 1:30-3:00pm

**SCHOOL PROGRAMS**

Pacific Science Center school programs at the Mercer Slough Environmental Education Center in Bellevue. Take advantage of field and laboratory science equipment and address Washington State Science Standards. Pricing, group sizes and a listing of specific science standards for each program can be found at www.PacificScienceCenter.org. Register for these programs at: 206-443-2925.

**Preschool Seekers (Age 3 – 5)**

Discover creature homes in a wetland and forest, use nets and special tools to meet the baby insects and other creatures that start their lives UNDER the waters of our pond. 2.5hr program

**Preschool Prowl (Age 3-5)**

Join us for a sensory adventure through the wetlands. Spot ducks and herons with Spy Scopes, explore a dozen touches, and hunt for colors. 2 hr program Habitat Wonderers (Grade K-2) Dig for soil creatures, explore pond life, play the habitat game, and hike through the wetlands. 2.5 hr program

**Soil Adventurers (Grade K-2)**

Use scientific tools to discover wetland soils. Take soil samples and examine the recyclers that live in them. 2.5 hr program

**Wetland Naturalists (Grade 3-5)**

Experience the secrets of a bog, become a migrating bird, and conduct microscopic studies of pond life. 3.5 hr program

**Ecosystem Explorers (Grade 4 – 5)**

Hunt for evidence of the sun's energy flow, explore a bog community, and use microscopes to examine a pond food web. 3.5 hr program

**Wetland Ecologists (Grade 6-8)**

Identify wetland plants, observe microscopic organisms, and collect pond water samples to conduct chemical water quality tests. 4.5 hr program

**School Snowshoe (Grade 4th-12th)**

Take your class into the winter wonderland of Snoqualmie Pass for an exciting snowshoe adventure. Meet at Hyak Sno-Park at Snoqualmie Pass then follow the trail of a snowshoe hare, ground squirrel or raven. Look for signs of animal life, including tracks, scat, fur, burrows, and more. Learn how animals adapt to winter environments. Participate in introductory activities, then strap on snowshoes and hit the trail! Prior snowshoeing experience is not necessary. 4.0 hr program

**SCHOOL OUTREACH PROGRAMS**

Soil Investigators (Grades K-3), Wetland Waters (Grades K-5) or Boneheads! (Grades 1-4) Let us bring the Slough to you! We will come into your classroom and give a one hour hands-on, interactive demonstration about wetlands, soil decomposers and animal adaptations through our outreach programs.

**AFTER SCHOOL AND GROUP PROGRAMS NATURE CLUB**

Looking for an engaging activity for your student to do after school? We run 8-week Nature Club sessions throughout the school year with a variety of nature, art and science themes. Sessions start in Sept, Jan and Apr. Ages: Grades 2 – 4 Times: 8 Tuesdays beginning Sept 25 4pm – 6pm

**SCOUTS IN THE WILD**

Choose from over 16 nature-related scout badge topics including 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 for up to 15 scouts. Times: After school or on Saturdays for 2 hours

**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 and up (8+ for GPS Scavenger Hunt) Time: Saturdays 11:00 or 2:30

**NIGHT WALKS**

Great for families! Start the night with a "Creatures of the Night" slideshow and skull samples. Then head out into the dark to call owls, listen for nocturnal creatures and participate in hands-on sensory activities. If you have a group of ten or more you can reserve a private Night Walk on a date of your choosing. Age: Aimed at ages 6 and up but any age may attend Time: 7pm – 9pm see www.pacificsciencecenter.org for dates and registration information

**CAMPS**

**WINTER BREAK CAMP**

The Mercer Slough offers fun, nature-oriented camp options during winter break. Program details will be posted on www.pacificsciencecenter.org by December 1st. Ages: Grades 1 – 8 Times: www.pacificsciencecenter.org

**LABORATORY AND FIELD SCIENCE OPPORTUNITIES WETLAB ACADEMY**

Workshops, Seminars and Custom Programs for families and 7th -12th Grade Students in our state-of-the-art Wet Lab and the living laboratory of the 320 acre Mercer Slough Nature Park. WetLab Academy provides hands-on experiences in wetland science including freshwater monitoring and environmental analysis. Age: Families and Teens Time: see www.pacificsciencecenter.org for dates and registration information

**WETLAB ACADEMY LWWIP 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. Ages 2-11

**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.

**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 woolly 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 or email FarmerJayne@aol.com for information and reservations.

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

**FARM EXPLORERS**

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

Kelsey Creek Farm		Age: 3Y - 6Y
\$82(R)	\$98(N)	Sep 06-27
59830	10am-12:30pm	Thu
59832	10am-12:30pm	Fri
		Sep 07-28
\$61(R)	\$73(N)	Age: 3Y - 6Y
59831	10am-12:30pm	Thu
59833	10am-12:30pm	Fri
		Nov 29-Dec 13
		Nov 30-Dec 14

**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. For large groups of 40+, there will be a \$30 fee.

**FARM HANDS**

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

Kelsey Creek Farm Park			
\$25(R) \$30(N)	Age: 5Y - 8Y		
<b>Apple Trees and Pony Tails</b>			
66867 1:30- 3pm	Wed		Sep 19
<b>Happy Halloween, Goats</b>			
66876 1:30- 3pm	Wed		Oct 17
<b>Cows, Butter and a Log Cabin</b>			
66877 1:30- 3pm	Wed		Nov 07
<b>Happy Holidays to All</b>			
66878 1:30- 3pm	Wed		Dec 12

**LITTLE FARMERS**

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

Kelsey Creek Farm Park			
\$70(R) \$84(N)	Age: 2Y - 3Y		
59843 10-11:30am	Mon		Sep 10-Oct 01
59844 10-11:30am	Tue		Sep 11-Oct 02
59847 10-11:30am	Wed		Sep 12-Oct 03
\$55(R) \$66(N)	Age: 2Y - 3Y		
59846 10-11:30am	Mon		Dec 03-17
59845 10-11:30am	Tue		Dec 04-18
59848 10-11:30am	Wed		Dec 05-19

**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		
59854 10-11:30am	Tue, Thu		Sep 11-13
59855 10-11:30am	Tue, Thu		Sep 25-27

**MERRY CHRISTMAS, ANIMAL FRIENDS!**

What does a pony or a rabbit want for Christmas? Come help Farmer Jayne create merry Christmas gifts and delicious treats for all our animal friends at the farm. Bring your imagination! Min 6/Max 8

Kelsey Creek Farm Park			
\$25(R) \$30(N)	Age: 3Y - 7Y		
66879 10am-12:30pm	Thu		Dec 20
66880 10am-12:30pm	Fri		Dec 21

**LITTLE PIONEERS**

Venture out to a house much different from your own! Explore our log cabin with your favorite adult helper, built in 1888. We'll dress up in pioneer clothing, churn butter, grind wheat, pump water and play just like Laura in Little House in the Big Woods. Min 6/Max 10

Kelsey Creek Farm Park			
\$20(R) \$24(N)	Age: 2Y - 3Y		
66863 10-11:30am	Tue		Nov 06
66864 10-11:30am	Wed		Nov 07

**PIONEER EXPLORERS**

Grab your bonnet and boots! Let's venture back in time to the good ole days of log cabin living. Without electricity and indoor plumbing, how will we get all our chores done? Join Farmer Jayne as we churn butter, grind wheat, play dress up, pump water, and get our laundry done using muscles and will power! Crafts, snack and active storytelling round out our log cabin adventure. Min 6/Max 8

Kelsey Creek Farm Park			
\$25(R) \$29(N)	Age: 3Y - 6Y		
66865 10am-12:30pm	Thu		Nov 01
66866 10am-12:30pm	Fri		Nov 02

**AFTER SCHOOL VOLUNTEERS**

Earn community service hours in this once-a-week after school volunteer program at Kelsey Creek Farm. You will assist the farm staff with the daily operations, help with the animal chore routine, and learn responsible animal care. You need a willingness to learn, and the ability to be on your feet for a physically active day. Also you must have a tolerance for being outside and working in a farm environment in close proximity to hay, vegetation and dust. Participants must be capable of understanding and following directions. Contact Kelsey Creek Farm at 425-452-7688 for registration and attendance rules. Min 1/Max 3

Kelsey Creek Farm Park			
\$5	Age: 12Y - 18Y		
59820 3- 4:30pm	Tue		Oct 02-Nov 20
59821 3- 4:30pm	Wed		Oct 03-Nov 21
59822 3- 4:30pm	Thu		Oct 04-Nov 22
59823 3- 4:30pm	Fri		Oct 05-Nov 23

**FARM TOURS FOR SCHOOLS AND GROUPS**

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

**Kids on the Farm Group Tour**

Available December to April and June to September

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

**Springtime in the Barnyard Group Tour**

Available mid-April through May

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

**Fall at the Farm Group Tour**

Available October only

Experience harvest season in a traditional way. Visit a pony, feed the chickens and work on barn "chores" with child-sized pails and rakes. Tour the garden and pumpkin patch. Children finish up by choosing a pumpkin from 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 1880'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.

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

**BELLEVUE YOUTH THEATRE FALL 2012 AUDITIONS**

Pre-registration is not allowed. YOU MUST AUDITION TO BE IN OUR PROGRAM. There is no need to prepare anything for the audition. Participants 18 and older are required to have a current Washington State Patrol background check on file at the theatre. These are good for one year.  
FREE (R) \$99 (N)

**Auditions will be held at the following place and times: For ZOMBIES, ANNIE, and CLARA AND THE NUTCRACKER**  
Tuesday, September 4 and Wednesday, September 5 from 5-6:30pm at the Bellevue Youth Theatre.

**For SNOW WHITE AND THE SEVEN DWARFS**  
Wednesday, September 5 from 4:30-6pm at the South Bellevue Community Center.

**ZOMBIES**

This is an original script by Abby Carter and James McClain. Told BYT style, there are great parts for everybody. This is the annual Halloween show.

**Rehearsal location:** Bellevue Youth Theatre  
**Rehearsal begins:** Tuesday, September 18  
**Rehearsals:** Monday through Friday, 6-8 PM  
**Performs at Bellevue Youth Theatre:** October 26-November 4

**SNOW WHITE AND THE SEVEN DWARFS**

This is a show based on the classic Grimm's fairy tale. Join the princess and her friends as they search for happily ever after.

**Rehearsal location:** South Bellevue Community Center  
**Rehearsal begins:** Monday, September 17  
**Rehearsals:** Monday through Friday, 4:30-6:30 PM  
**Performs at Bellevue Youth Theatre:** November 9-18

**ANNIE**

There are great parts for families and young people of all ages. This is the Broadway musical. Song is required for consideration of solos or major roles. Those without a song will be considered for chorus. THIS PLAY WILL PERFORM OVER THANKSGIVING WEEKEND.

**Rehearsal location:** Crossroads Community Center  
**Rehearsal begins:** Monday, September 17  
**Rehearsals:** Monday through Friday, 5:30-7:30 PM  
**Performs at Meydenbauer Theatre:** November 23-25

**CLARA AND THE NUTCRACKER**

This is not the ballet but has great parts in it. This original work is the story behind the story and is a great holiday treat with parts suitable for the entire family.  
**Rehearsal location:** Bellevue Youth Theatre  
**Rehearsal begins:** Tuesday, September 18  
**Rehearsals:** Monday through Friday, 4:30-6 PM  
**Performs at Bellevue Youth Theatre:** November 30-December 9

# Performing Arts

**DANCE - YOUTH BALLET 1**

Children will develop better coordination, grace and self-confidence as they learn the beginning movements of ballet in a supportive encouraging environment. During this class students will build strength at the barre and center floor while learning foundational movements of ballet. Each class will end with the opportunity for students to show their own creativity as they express themselves through their favorite dance movements. Min 5/Max 12  
South Bellevue Community Center  
\$51(R) \$64(N) Age: 7Y - 10Y  
64290 5- 6pm Tue Sep 11-Oct 09  
64291 5- 6pm Tue Oct 23-Nov 20

**DANCE - PRE-BALLET 2**

Children will explore the basic elements of dance including rhythmic and spatial awareness as well as basic ballet vocabulary in a supportive encouraging environment. they will gain coordination, body awareness, and self-confidence as they express themselves through dance. Min 5/Max 12  
South Bellevue Community Center  
\$51(R) \$64(N) Age: 5Y - 6Y  
64282 4- 4:45pm Tue Sep 11-Oct 09  
64283 4- 4:45pm Tue Oct 23-Nov 20

**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.  
Northwest Arts Center  
\$85(R) \$98(N) Age: 18M - 3Y  
66761 9:45am- 10:30am Fri Sep 21-Nov 09



**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). Min 5/ Max 6

Northwest Arts Center  
 \$89(R) \$107(N) Age: 42M - 4Y  
 66112 5:30- 6pm Tue Sep 18-Nov 20  
 66113 4- 4:30pm Tue Sep 18-Nov 20  
 \$89(R) \$107(N) Age: 5Y - 6Y  
 66114 5- 5:30pm Tue Sep 18-Nov 20  
 66115 6- 6:30pm Tue Sep 18-Nov 20  
 \$89(R) \$107(N) Age: 7Y - 10Y  
 66116 4:30- 5pm Tue Sep 18-Nov 20

**Preschool**

**DANCE, MOVEMENT, & MUSIC**

**PARENT/CHILD DROP-IN PLAY**

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

\$3(R) \$4(N) Age: Up to 5Y  
 Crossroads Community Center  
 9-11:30am Mon-Fri  
 North Bellevue Community Center  
 11am- 1pm Wed  
 2- 4pm Thu  
 South Bellevue Community Center  
 10:30am-12pm Wed, Fri, Mon  
 Highland Community Center  
 9:30-11:30am Mon-Fri Ongoing

**TODDLERS ON THE MOVE- HOLIDAY PLAYTIME**

Parent and child 'tumble' through rhythm and coordination exercises and songs. Skills developed focus on balance, eye-hand coordination, listening and social skills. Caregiver required in class and child must be ambulatory. Please no siblings. Min 8/ Max 10

Northwest Arts Center  
 \$36(R) \$48(N) Age: 15M - 2Y  
 66778 11-11:45am Fri Nov 16-Dec 21

**LE PETIT CHEF HOLIDAY FOODS**

Make holiday yummys for your tummies! Parent / child class for ages 2 years-42 months. Child only class ages 3-5. Recipes included. Min 8/Max 10

Northwest Arts Center  
 \$36(R) \$48(N) Age: 2Y - 5Y  
 66766 12-12:45pm Thu Nov 15-Dec 20  
 \$36(R) \$48(N) Age: 3Y - 5Y  
 66767 2- 2:45pm Thu Nov 15-Dec 20

**LE PETIT CHEF**

In a fun and happy environment, make yummys for your tummies. Good food is our focus and having fun is our priority! Our goal is to instill in our young chefs a lifelong appreciation for food. Recipes included. Microwave is used in the classroom to prepare some recipes. Caregiver and child class (2Y-42M). Child only class (3y-5y). Instructor: Karen Renfroe-Gielgens

Min 6/Max 6  
 Northwest Arts Center  
 \$85(R) \$98(N) Age: 2Y - 42Y  
 66759 12-12:45pm Thu Sep 20-Nov 08  
 \$85(R) \$98(N) Age: 3Y - 5Y  
 66760 2- 2:45pm Thu Sep 20-Nov 08

**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 8/Max 10  
 Northwest Arts Center  
 \$85(R) \$98(N) Age: 2Y - 4Y  
 66758 9:45-10:30am Thu Sep 20-Nov 08

**PEE WEE PICASSO HOLIDAY FUN**

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

Northwest Arts Center  
 \$36(R) \$48(N) Age: 2Y - 3Y  
 66765 10-10:45am Thu Nov 15-Dec 20

**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 5/ Max 10

Northwest Arts Center  
 \$85(R) \$98(N) Age: 15M - 3Y  
 64359 11-11:45am Fri Sep 21-Nov 09



For more information and Open House dates, visit [www.naturalstartpreschool.com](http://www.naturalstartpreschool.com)



**Northwest Arts Center**  
 9825 NE 24th St  
 425 452-7106  
 NWAC@bellevuewa.gov

This program combines kindergarten readiness with experiences in nature, creative art exploration, and lessons in healthy living. 2, 3, and 5-day morning programs available for children 3-5. Monday-Friday 9am to noon.

To register contact the Northwest Arts Center at 425-452-7106.

**South Bellevue Community Center**

14509 SE Newport Way  
 425-452-4240

Natural Start Preschool offers a unique, nature-based curriculum that supports the developmental needs of preschoolers by emphasizing direct discovery and exploration of the natural world along with traditional Kindergarten readiness.

The Junior Explorers program is for preschoolers aged 3-4 and the Explorers program is for preschoolers aged 4-5. 5 day, 3 day and 2 day options are available for both age groups.

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



**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  
 64254 10:30-11:20am Fri Sep 14-Oct 12  
 64255 10:30-11:20am Fri Oct 26-Nov 30

**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  
 64265 11:30am-12:15pm Fri Sep 14-Oct 12  
 64266 11:30am-12:15pm Fri Oct 26-Nov 30

**PRE-BALLET & TAP 2**

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

Min 6/ Max 12  
 South Bellevue Community Center  
 \$51(R) \$64(N) Age: 4Y - 5Y  
 64275 12:30- 1:15pm Thu Sep 13-Oct 11  
 64276 12:30- 1:15pm Thu Oct 25-Nov 29

**HOLIDAY TWINKLE, TWINKLE TINY TUNES**

Enjoy cheerful fun and being together, listening and singing holiday songs. This class provided an introduction to music, movement, rhythm and play and a fun interactive environment. Dress comfortably! Child-caregiver class. Min 8/Max 10

Crossroads Community Center  
 \$36(R) \$43(N) Age: 2Y - 5Y  
 66774 9:45-10:30am Tue Nov 13-Dec 18

**TWINKLE, TWINKLE TINY TUNES**

Enjoy time spent together listening and singing together new and familiar songs. This class provided an introduction to music, movement, rhythm and play and a fun interactive environment. Dress comfortably! Child-caregiver class. Min 8/Max 10

Crossroads Community Center  
 \$85(R) \$98(N) Age: 2Y - 5Y  
 66757 9:45-10:30am Tue Sep 18-Nov 06

**INDOOR PLAY PLUS**

Regular indoor play with the addition of inflatable play structures and toys. Will be the first Friday each month starting in October and ending the following March. Min 1/Max 50

South Bellevue Community Center  
 \$5 Age: 1Y - 5Y  
 66843 10:30am-12pm Fri Oct 05-Dec 07

**BABY BEETHOVEN HOLIDAY FUN!**

A fun and stimulating hands-on introduction to music and movement to celebrate the upcoming holidays for toddlers and caregivers! Songs movement, rhythm instruments included in this festive and fun class! Please, no siblings during class. Microwave is used in the classroom to prepare some recipes. Min 8/Max 10

Northwest Arts Center  
 \$36(R) \$48(N) Age: 18M - 3Y  
 66768 9:45-10:30am Fri Nov 16-Dec 21

**SPORTBALL JUNIOR**

This program is a perfect introduction to sportball. Children and parents participate in our eight core sports along with creative games, songs, rhymes, stories, bubble time and much more. Although these programs focus more on exploration, children will be introduced to a different sport each week. Parents are encouraged to participate with their child and challenge them according to their skill level. Min 6/Max 12

\$96(R) \$120(N) Age: 16M - 24M  
 Northwest Arts Center  
 67020 9:45-10:30am Thu Sep 27-Nov 15  
 South Bellevue Community Center  
 66946 9:30-10:15am Tue Oct 02-Nov 20

**SPORTBALL MULTI-SPORT**

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

\$96(R) \$120(N) Age: 3Y - 5Y  
 Northwest Arts Center  
 66855 10:30-11:30am Thu Sep 27-Nov 15

South Bellevue Community Center  
 66873 11:30am-12:30pm Tue Oct 02-Nov 20  
 66874 1- 2pm Tue Oct 02-Nov 20

**SPORTBALL PARENT & CHILD**

Parents and caregivers can have a direct hand in a preschooler's development through our Multi-Sport program. This program teaches children important introductory physical skills associated with eight core sports and helps them to develop confidence in their abilities. The program helps adults understand proven teaching techniques that can be applied outside Sportball classes. Class focus is on refining, rehearsing and repeating skills and playing games in a fun, creative, non-competitive environment. Min 6/Max 9

\$96(R) \$120(N) Age: 2Y - 3Y  
 Northwest Arts Center  
 67235 1:00- 1:45pm Wed Sep 26-Nov 14

South Bellevue Community Center  
 66945 10:30-11:15am Tue Oct 02-Nov 20

**ARTS, CRAFTS, COOKING & FAMILY FUN PUMPKIN PALS**

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

Northwest Arts Center  
 UseArray Age: 2Y - 5Y  
 66772 10-11:30am Sat Oct 27

**VISIONS OF SUGARPLUMS**

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

Northwest Arts Center  
 UseArray Age: 2Y - 5Y  
 66773 10-11:30am Sat Dec 08

**LANGUAGE SPANISH LANGUAGE**

The Little Spanish Castle provides students with learning Spanish in a fun and happy environment. This class is offered to children and their caregivers. Using Spanish songs, stories, as well as entertaining and engaging games in Spanish motivates children to play and learn the language while having fun. Instructor: Samantha Merca. Visit [www.littlespanishcastle.com](http://www.littlespanishcastle.com) for more information Min 6/Max 10

Northwest Arts Center  
 \$110(R) \$132(N) Age: 3Y - 6Y  
 66840 3- 3:45pm Fri Sep 21-Nov 16

**MANDARIN CHINESE**

Your child will learn Mandarin Chinese in a fun and happy environment. Using songs, stories, as well as entertaining and engaging games in Mandarin motivates children to play and learn the language while having fun. Instructor: Lucy Gao. Min 8/Max 10  
Northwest Arts Center  
\$110(R) \$121(N) Age: 3Y - 6Y  
66848 10:45-11:30am Sat Sep 15-Nov 13

**KOREAN LANGUAGE**

Caregiver and child learn the Korean language through interactive play, stories, songs and games. What better way to spend learning a language with your child in a fun and nurturing environment. Instructor: Misuk Lee. Min 6/Max 10  
Northwest Arts Center  
\$110(R) \$121(N) Age: 3Y - 5Y  
66844 11-11:45am Tue Sep 25-Nov 13  
66846 4-4:45pm Fri Sep 28-Nov 16  
\$99(R) \$110(N) Age: 18M - 30M  
66845 10:15-10:45am Tue Sep 25-Nov 13

**LEARNING & EXPLORING**

**CREATURES OF THE NIGHT**

Creepy crawlies, hairy scaries, spiders, bats, and owls. Join us for a fun, fact-filled morning learning about fall's fabulous fellows through art, music, and dance!  
Northwest Arts Center  
\$22(R) \$25(N) Age: 2Y - 5Y  
66771 10-11:30am Sat Sep 29

**PRE-KINDERGARTEN PRESCHOOL**

This program is designed as a preparation for children attending kindergarten during the next school year. This structured interactive class includes music, stories, crafts, and play time, while developing concentration and social skills. Partial scholarships are available. Min 8/Max 14  
Crossroads Community Center  
\$1736(R) \$2083(N) Age: 4Y - 5Y  
66389 9:30am-1pm Fri, Mon, Wed Sep 07-May 24

**PRESCHOOL PLAYSCHOOL**

This program is designed as a first school experience. This structured interactive class includes music, stories, crafts, and play time, while developing concentration and social skills. Partial scholarships are available. Min 8/Max 14  
Crossroads Community Center  
\$996(R) \$1195(N) Age: 3Y - 4Y  
66390 9:30am-12pm Thu, Tue Sep 06-May 23

**THE MOUSE & ME**

NEW! Fun and interactive computer classes designed exclusively for preschoolers. Your child becomes a computer detective on a mission using Imagine Tomorrow software that adjusts to each child's pace. Classes are small and personal. Children will receive a password from each class so they can show their parents what they have learned at home online. Children absolutely love it and parents enroll their children for the academic enrichment, self-confidence, thinking and learning skills they will use for life. Min 1/Max 25  
South Bellevue Community Center  
\$60(R) \$75(N) Age: 3Y - 3Y  
67013 12:20-12:50pm Thu Sep 27-Nov 15  
\$120(R) \$150(N) Age: 4Y - 5Y  
67014 1-2pm Thu Sep 27-Nov 15  
**Open House**  
FREE Age: 3Y - 5Y  
67015 1-2pm Thu Sep 20  
Crossroads Community Center  
\$120(R) \$144(N) Age: 3Y - 5Y  
67037 10-11am Mon Oct 01-Nov 26  
67037 5:45-6:45pm Tue Oct 02-Nov 27

**Special Interest & Extended Learning Dance & Arts**

**LINE DANCING**

Line Dancing is a great way to exercise your body and mind while meeting new friends and listening to some great music. Dances taught focus both on the beginner and returning students. Leather soled shoes recommended. Min 15/Max 30  
South Bellevue Community Center  
\$20.50(R) \$24.50(N) Age: 18Y and up  
63721 2:30-4pm Wed Sep 05-26  
\$18.50(R) \$24.50(N) Age: 18Y and up  
63723 7-8:30pm Mon Sep 10-24  
63725 7-8:30pm Mon Nov 05-26  
63726 2:30-4pm Wed Nov 07-21  
66849 7-8:30pm Mon Dec 03-17  
\$30.50(R) \$36.50(N) Age: 18Y and up  
63724 7-8:30pm Mon Oct 01-29  
63722 2:30-4pm Wed Oct 03-31  
\$24.50(R) \$30.50(N) Age: 18Y and up  
66850 2:30-4pm Wed Dec 05-19  
North Bellevue Community Center  
\$22(R) \$27(N) Age: 18Y and up  
66868 3:30-4:30pm Wed Sep 12-Oct 03  
66869 3:30-4:30pm Wed Oct 17-Nov 07  
66870 3:30-4:30pm Wed Nov 21-Dec 12

**TAP DANCE - BEGINNING** 

Have you wanted to learn to tap dance or want to improve the skills you learned long ago? This is a wonderful way to exercise while improving coordination and memory - while having fun. Min 10/Max 30  
North Bellevue Community Center  
\$16(R) \$20(N) Age: 18Y and up  
63874 11am-12pm Tue Sep 04-25  
66633 11am-12pm Tue Oct 02-23  
66634 11am-12pm Tue Oct 30-Nov 20  
66635 11am-12pm Tue Nov 27-Dec 18

**TAP DANCE - INTERMEDIATE** 

Improve your skills dancing to fun music from the old days. This is a wonderful way to exercise while improving your memory, coordination, and having fun. Min 10/Max 30  
North Bellevue Community Center  
\$16(R) \$20(N) Age: 18Y and up  
66636 12:15-1:15pm Tue Sep 04-25  
66637 12:15-1:15pm Tue Oct 02-23  
66638 12:15-1:15pm Tue Oct 30-Nov 20  
66639 12:15-1:15pm Tue Nov 27-Dec 18

**BEGINNING SWING / BALLROOM DANCE**

Learn the basics of swing, foxtrot, cha cha, ballroom and more. You'll learn fantastic dance techniques and great moves that will amaze your friends! Partner not required. All ages welcome! Min 8/Max 20  
Crossroads Community Center  
\$44(R) \$50(N) Age: 10Y - 99Y  
60956 6-6:50pm Fri Sep 28-Nov 02  
67016 6-6:50pm Fri Nov 09-Dec 21

**AGELESS ACTORS - 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 5/Max 12  
North Bellevue Community Center  
\$63(R) \$75(N) All Ages  
67008 1-4pm Wed Oct 24-Jan 16



**SINGING - CHORUS**

Come sing with the chorus. We welcome new singers at any time. No auditions and no advance notice are required. Just come as you are. We sing for our own fun and enjoyment, with piano accompaniment. Mostly, we sing popular songs from the 30's, 40's and 50's. Our six song books plus holiday music give us a large variety. The Chorus meets every Friday, 10:30am-Noon. Typically, we sing at a nursing home one time each month and occasionally have a gig elsewhere. Call for the monthly schedule. Min 2/Max 30  
North Bellevue Community Center  
FREE Age: 50Y and up  
66683 10:30-11:45am Fri Sep 07-Dec 21

**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 12/Max 26  
North Bellevue Community Center  
FREE Age: 50Y and up  
64240 9am-2pm Tue, Thu Oct 02-04  
64241 9am-2pm Tue, Thu Dec 04-06

**SENIOR BUS PASS DISTRIBUTION**

Metro will sell their Senior Regional Reduced Fare ORCA Card for \$3.00 to adults 65 years or older. Min 1/Max 99  
North Bellevue Community Center  
FREE Age: 65Y and up  
66671 10:30-11:30am Tue Sep 18  
66673 10:30-11:30am Tue Nov 20

**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  
66690 7-8:30pm Wed Sep 05  
66691 7-8:30pm Wed Oct 03  
66692 7-8:30pm Wed Nov 07  
66693 7-8:30pm Wed Dec 05

**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  
66627 10-11:30am Tue Sep 11  
66628 10-11:30am Tue Oct 09  
66629 10-11:30am Tue Nov 13  
66630 10-11:30am Tue Dec 11

**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. 2nd & 4th Monday each month, 11am-1pm. No appointment necessary. Provided through a partnership with Hopelink Travel Ambassador Program. Min 1/Max 25  
North Bellevue Community Center  
FREE Age: 18Y and up  
66664 11am-1pm Mon Sep 10-Dec 10

**Games**

**PARTY BRIDGE TUESDAYS**

Drop-In 'Party Bridge' play. Meets in the Billiards Room. Individuals welcome. Please contact Dorothy at 425-747-5543. Min 4/Max 28  
North Bellevue Community Center  
FREE Age: 18Y and up  
12-3pm Tue Ongoing

**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  
\$10(R) \$12(N) Age: 55Y and up  
60822 1:10-3:10pm Tue Sep 04-Dec 18

**ADULT BILLIARDS & GAMES**

Drop-in program for adults at the North Bellevue Community Center. Join the fun! Activities include billiards, board games, puzzles, books, magazines, and video check-outs. No registration required. Not available on holidays. Min 1/Max 40  
North Bellevue Community Center  
FREE Age: 18Y and up  
8:30am-8:30pm Mon-Thu Ongoing  
8:30am-6pm Fri Ongoing

**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. Min 1/Max 1  
Crossroads Community Center  
FREE Age: 18Y and up  
9am-2:30pm Mon-Fri Ongoing

**CRIBBAGE**

Come join friends for a fun game of Cribbage.  
North Bellevue Community Center  
FREE Age: 18Y and up  
10am-12pm Thu Ongoing

**DUPLICATE BRIDGE**

Group meets Wednesday and Friday afternoons from 12:15 - 3:30pm, FEE \$.50/visit, payable to Advisory Board. Bring a partner. Contact: Ed Jesse 425-746-7435 or Arnie Rengstroff 425-746-1620.  
North Bellevue Community Center  
\$.50 Age: 18Y and up  
12-3:30pm Wed, Fri Ongoing

**FAMILY GAMES DROP-IN**

Families, join the fun in our games room! Exercise and socialize while enjoying activities ranging from billiards and air hockey to foosball, table tennis, and board games. Kids under 7 must be accompanied by an adult. No registration required. Min 1/Max 1  
Crossroads Community Center  
FREE All Ages  
5:30-7:45pm Mon-Fri Ongoing

**MAH JONG**

For more information, stop by the front desk.  
North Bellevue Community Center  
FREE Age: 18Y and up  
1-3pm Wed Ongoing

**PING-PONG DROP IN** 

Drop in for a lively game of ping pong (table tennis). We provide the two championship quality table tennis tables and balls, you provide your own paddle. Call for current schedule. Ask about the Play Pass for discounted play.  
North Bellevue Community Center  
\$3(R) \$4(N) Age: 18Y and up  
8:30am-6pm Tue-Fri, Mon Ongoing

**PINOCHLE**

Pinochle is played every Thursday afternoon. If you are interested in joining a foursome, please contact Carl Wittenberg, 425-641-3118 to put your name on the interest list. New tables will be formed as enough people join.  
North Bellevue Community Center  
FREE Age: 18Y and up  
12-3pm Thu Ongoing

# 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. North Bellevue Community Center  
FREE Age: 55Y and up  
8:30am-12pm Thu Sep 06-Dec 27

## INDIAN FELLOWSHIP

This social group is geared for older adults visiting from India. Fellowship meets every Tuesday, 10:30am-1pm. Contact CD Banerjee at 425-746-8420 for additional information. North Bellevue Community Center  
FREE Age: 60Y and up  
10:30am-1pm Tue Sep 04-Dec 18

## ESL FOR SPANISH SPEAKERS

Reading, writing and speaking skills for non-native English speakers. Learn the American style of handwriting, increase your understanding of common English phrases, and practice your penmanship and conversation skills in a fun and supportive setting. North Bellevue Community Center  
FREE Age: 18Y and up  
12:45-1:45pm Fri, Mon Sep 07-Dec 21

## 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  
60828 12:15-1:45pm Thu Sep 06-Dec 20

## ESL ADVANCED FOR MANDARIN SPEAKERS

Advanced English as a second language instruction for Mandarin speakers. North Bellevue Community Center  
FREE Age: 18Y and up  
10-11:30am Thu Sep 06-Dec 20

## ESL 111 - NEWSPAPER READING GROUP

Every week we will study an article from the local newspaper and learn new vocabulary. This class is fun and useful. Space is limited, to register call coordinator Boliver at 206-624-5633 ext.4140. North Bellevue Community Center  
FREE Age: 18Y and up  
9:30-10:30am Wed Sep 05-Dec 19

## CHINESE & ENGLISH CHORUS

Everyone can join our fun singing group! CISC Eastside members, conductor Mr. & Mrs. Wong Zheng-Feng and Ms. Hong Jia-Bing teach singing Chinese and foreign classic songs. Music helps you relax and get to know more friends. Sharing time follows singing. North Bellevue Community Center  
FREE Age: 18Y and up  
10:30-11:50am Wed Sep 05-Dec 19

## TAI CHI IN SPANISH

Practice your Tai Chi moves. Instruction is given in Spanish. Sponsored by SeaMar Community Health. North Bellevue Community Center  
FREE Age: 50Y and up  
11:15am-12pm Fri, Mon Sep 07-Dec 21

## CISC BALLROOM DANCE

Would you love to learn some ballroom dance moves, such as Cha-Cha, Waltz, Tango, and Rumba? This dance class is for you to exercise your body while listening to the music. Come and have some fun! Suggested donation of \$3 per class per person. Course conducted by the Chinese Information and Service Center in Chinese language only. Min 6/Max 40 North Bellevue Community Center  
FREE Age: 18Y and up  
1-3pm Wed Sep 05-Dec 19



# Financial, Legal, & Insurance

## PERSONAL SAFETY NETS: BECAUSE THERE SHOULD ALWAYS BE A PLAN

We spread the news that interdependence and community are stronger than isolated independence. Through our interactive, workshop we help people assess and build 'personal safety nets' for themselves, those close to them and their communities. Participants will gain insights for improving their 'people gathering' skills, their asking and inclusion skills, and their ability to deal with life's twists and turns. Presenter will be Seattle author Judy Pigott. Attendees will receive her book Personal Safety Nets - Getting Ready for Life's Inevitable Changes and Challenges. Min 10/Max 30 North Bellevue Community Center  
\$35(R) \$42(N) Age: 18Y and up  
66980 9:30-11:30am Mon Sep 10

## LEGAL CLINIC

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

## 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. North Bellevue Community Center.

## MOVING TO A SIMPLER LIFE

This seminar is designed to help you make the move to an easier lifestyle. Over 2 meetings, you'll learn the types of services available to assist you when your home has become too much to care for, and create a strategy to either age in place, or move to a new home. Over the 2 days you'll meet estate sale/appraiser experts, a mover, Realtor(r), Elder Law attorney, financial planner, reverse mortgage specialist, seniors' bookkeeper, in-home care provider, and senior housing expert. After each seminar informal question & answer sessions will follow along with a gracious free lunch. Min 6/Max 36 North Bellevue Community Center  
FREE Age: 18Y and up  
64224 10am-1pm Tue Sep 18-25 South Bellevue Community Center  
FREE Age: 55Y and up  
64225 10am-1pm Tue Oct 16-23

## EVERGREEN CARE NETWORK CONSULTATIONS

Erin Rycraft, from Evergreen Care Network specializes in challenges facing older adults and can provide information and connection to community resources. She can help you develop a plan for current concerns or prepare for the future. A home visit can be arranged for older adults over the age of 60 for more complex problems. Call to make an appointment with Erin, 425-452-7681.

# 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  
\$28(R) \$34(N) Age: 18Y and up  
66735 10am-12pm Thu Sep 13  
66736 10am-12pm Thu Oct 04

## 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 3/Max 6 North Bellevue Community Center  
\$37(R) \$44(N) Age: 18Y and up  
66732 12:30-2:30pm Tue Sep 11-Oct 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 3/Max 6 North Bellevue Community Center  
\$37(R) \$44(N) Age: 18Y and up  
66733 10am-12pm Tue Oct 09-30

## INFORMATION ON THE INTERNET

Search for information on the internet using search engines, viewing your home town newspapers, and magazines. Learn how to download internet files, buy items over the internet, and use anti-virus programs and firewall. Min 3/Max 6 North Bellevue Community Center  
\$16(R) \$19(N) Age: 18Y and up  
66739 10am-12pm Thu Oct 11

## 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 3/Max 6 North Bellevue Community Center  
\$16(R) \$19(N) Age: 18Y and up  
66740 10am-12pm Thu Nov 01

## 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 3/Max 6 North Bellevue Community Center  
\$16(R) \$19(N) Age: 18Y and up  
66737 10am-12pm Thu Oct 25

## DOCUMENT MANAGEMENT

Learn the structure of folder and files, how to create and arrange folders and files so you can easily retrieve saved material, how to organize, save, and rename them and how to search for lost files and retrieve or delete files from the Recycle Bin. Min 3/Max 6 North Bellevue Community Center  
\$16(R) \$19(N) Age: 18Y - 99Y  
66130 10am-12pm Thu Oct 18

## RETURN TO WORK EXCEL

Customize the quick access menu, work with multiple worksheets, apply absolute and relative cell references, understand and perform calculations, use a pivot table and create what if worksheets. Sharpen your math skills by building fundamental job-seeking skills in excel. Min 3/Max 6 North Bellevue Community Center  
\$37(R) \$44(N) Age: 18Y and up  
66731 10am-12pm Tue Sep 11-Oct 02

## RETURN TO WORK WORD

Set default margins, tabs, fonts, and font sizes, create columns, tables, and add symbols, objects, and clip art. Know how to mail merge, print envelopes, and create mailing labels. Build fundamental job-seeking skills in Word. Min 3/Max 6 North Bellevue Community Center  
\$37(R) \$44(N) Age: 18Y and up  
66734 12:30-2:30pm Tue Oct 09-30

## 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 3/Max 6 North Bellevue Community Center  
\$16(R) \$19(N) Age: 18Y and up  
66738 10am-12pm Thu Nov 08

## SMILE BOX

Smile box lets you quickly and easily create slideshows photos albums collages, and more. Smile Box has more than 1000 custom designs to choose from. The results are professional and one of a kind. Min 2/Max 5 North Bellevue Community Center  
FREE Age: 18Y - 99Y  
66756 10am-12pm Thu Sep 20

**PROJECTS USING WORD**

Learn to create items for yourself or gifts for others. This will include creating greeting or note cards, flyers, labels, calendars, certificates, newsletters, invitations, Flyers, and resumes. No word experience needed. Min 2/Max 6  
North Bellevue Community Center  
\$37(R) \$44(N) Age: 18Y - 99Y  
66815 12:30-2:30pm Thu Sep 13-Oct 04

**ADDING PICTURES IN WORD**

Take this fun class on inserting pictures, moving them, modifying them, adding borders, captions & arranging them in your Word document. No Word experience needed. Min 2/Max 6  
North Bellevue Community Center  
\$15(R) \$19(N) Age: 18Y - 99Y  
66816 10am-12pm Thu Sep 27

**Youth, Teen, & Family**

**KOREAN LANGUAGE**

Your child will learn traditional and contemporary Korean language techniques in a fun and happy environment. Using songs, stories, as well as entertaining and engaging games in Korean motivates children to play and learn the language while having fun. Korean meal preparation every other week. \$10.00 materials fee paid to instructor the first class. Child only class. Instructor: Misuk Lee. Min 8/Max 10  
Northwest Arts Center  
\$144(R) \$172(N) Age: 6Y - 11Y  
66847 5-6:30pm Fri Sep 28-Nov 16

**MANDARIN CHINESE**

Your child will learn Mandarin Chinese in a fun and happy environment. Using songs, stories, as well as entertaining and engaging games in Mandarin motivates children to play and learn the language while having fun. Instructor: Lucy Gao. Min 8/Max 10  
Northwest Arts Center  
\$154(R) \$180(N) Age: 6Y - 10Y  
66788 1:30-3:30pm Sat Sep 15-Nov 03

**SPANISH LANGUAGE**

The Little Spanish Castle teaches the Spanish Language using educational learning games, themed based songs, story time and creating art and crafts projects related to the Spanish Culture. This is an intensive, yet welcoming approach to learning Spanish. This is an immersion class at Northwest Arts Center that integrates grammar and writing basics using a natural and fun approach to learning the language. Instructor: Samantha Merca. Visit [www.littlespanishcastle.com](http://www.littlespanishcastle.com) for more information. Min 8/Max 10  
Northwest Arts Center  
\$144(R) \$172(N) Age: 6Y - 10Y  
66841 4-5:30pm Fri Sep 21-Nov 16

**ETIQUETTE-YOUNG LADIES & GENTLEMEN**

Children rarely attend classes on manners, and yet it is the key to building positive friendships and strong self-esteem. This fun, hands-on workshop teaches telephone etiquette, basic table manners, introductions, personal care, and posture. Min 8/Max 20  
Northwest Arts Center  
\$50(R) \$60(N) Age: 6Y - 11Y  
65654 9am-12pm Sat Nov 03

**ETIQUETTE - YOUNG LADIES & GENTLEMEN II**

This course in 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 20  
Northwest Arts Center  
\$50(R) \$60(N) Age: 6Y - 11Y  
65653 1-4pm Sat Nov 03

**JUNIOR CHEFS**

Have fun learning how to make wise food choices for lifelong health and well being. More fruits, grains and vegetables are our focus. Basic kitchen techniques, the proper use of equipment and measurements are introduced. Supplies included. Min 8/Max 10  
Northwest Arts Center  
\$98(R) \$117(N) Age: 6Y - 8Y  
66784 3:45-4:45pm Thu Sep 20-Nov 08

**HOLIDAY JUNIOR CHEFS**

Have fun learning how to make wise food choices for lifelong health and well being. More fruits, grains and vegetables are our focus. Basic kitchen techniques, the proper use of equipment and measurements are introduced. Supplies included. Min 8/Max 10  
Northwest Arts Center  
\$36(R) \$48(N) Age: 6Y - 8Y  
66783 3:45-4:45pm Thu Nov 15-Dec 20

**THURSDAY AFTERNOON MOVIES**

Movies shown every Thursday. Call or stop by the center for the monthly listing.  
North Bellevue Community Center  
FREE Age: 6Y and up Ongoing  
2-4pm Thu

**DROP-IN SPORTS - YOUTH, ADULT, & FAMILY**

**BADMINTON - DROP-IN SOUTH BELLEVUE**  
Enjoy playing badminton? Put this opportunity on your schedule! The schedule is subject to change depending on attendance. Min 1/Max 30  
South Bellevue Community Center  
\$3(R) \$4(N) Age: 18Y and up Ongoing  
7-8:45pm Wed

**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 Ongoing  
9am-12pm Sun

**DREAM HOOPS**

A drop-in basketball program for youth designed by youth and teenagers committed to building self-improvement skills. Youth are invited to come play basketball and develop individual skills in an encouraging environment! For more information, please call Rudy Thomas at 425-452-4874. No registration required. Min 1/Max 1  
Crossroads Community Center  
FREE Age: 10Y - 12Y Ongoing  
6-7:45pm Tue  
6-7:45pm Wed

**BASKETBALL - ADULT OPEN GYM**

Come to our open gym time for adults. Open for full court play until there are too many, then players have option to switch to half court play. Schedule subject to change depending on attendance. Call 425-4240 for schedule. Min 1/Max 50  
South Bellevue Community Center  
\$3(R) \$4(N) Age: 18Y and up

**BASKETBALL - FAMILY TIME**

Bring the family in for some basketball fun. No full or half court games at this time. We'll even lower the baskets for your younger ones to shoot. Players must be accompanied by parent or caregiver. Min 1/Max 50  
South Bellevue Community Center  
FREE Age: 5Y and up Ongoing  
1-2:30pm Sat  
3:15-5pm Sun

**BASKETBALL - DROP-IN**

Get great exercise and sharpen your basketball skills. Min 1/Max 1  
Highland Community Center  
\$3 \$4(N) Age: 18Y and up Ongoing  
11:30am-1pm Tue, Thu

**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 Ongoing  
12-2pm Tue-Fri, Mon

**WOMEN'S BASKETBALL**

Women, you've asked for it and now it's here! Join us each week for an opportunity to exercise, have fun, and improve your game. Must be out of high school. No registration required. Min 1/Max 1  
Crossroads Community Center  
FREE(R) Age: 18Y and up Ongoing  
5:30-7:45pm Thu

**DISCOVERY CHALLENGE**

Tame your goose bumps as you traverse the Burma Loops Bridge, Charlie Chaplin Walk, Flea Jump, Heebie-Jeebie and eighteen other 'rope' crossings as high as 45 feet above the ground in this unique recreational experience on the Bellevue Challenge Course. The thrills and challenges, plus a safety harness and some encouragement, will provide a memorable experience to share with your friends and family. You'll go home refreshed and with more self-confidence. This is a great outdoor activity for individuals, families, neighbors, co-workers or for any group. Call 425-452-4240 for information or to register.

**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(R) \$4(N) Age: 18Y and up Ongoing  
8:30am-1pm Mon  
3-5pm Mon  
3-5pm Fri

**TABLE TENNIS**

Are you a competitive table tennis player? If so, come join in the competitive play at Crossroads! Tables are provided. Please bring a ball and a paddle. All skill levels are welcome. Youth and teens are free. No registration required. Min 1/Max 1  
Crossroads Community Center  
\$3(R) \$4(N) Age: 18Y and up Ongoing  
5:30-7:45pm Fri  
9:15-11:30am Sat

**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 Ongoing  
3:30-5:30pm Mon  
1:30-3:30pm Fri

Crossroads Community Center  
\$3(R) \$4(N) Age: 18Y and up Ongoing  
5:30-7:45pm Mon

**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. 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)

**ADULT SPORTS LEAGUES**

Registration dates for the Adult Basketball, Women's Basketball, Co-Rec Volleyball, and the NEW Women's Volleyball leagues:

**Registration:** July 30 - August 17  
**League Play:** September 9 - December 13

Call 425-452-4479 or email [SLouie@bellevuewa.gov](mailto:SLouie@bellevuewa.gov) to register.

**New to Bellevue or looking for a team?**

Individuals are encouraged to get on the **Interested Players List** available to team managers looking for players. Contact Shirley Louie at 425-452-4479 or email [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).

**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.

**Adaptive Recreation**  
425-452-6105  
[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  
[ADySard@bellevuewa.gov](mailto:ADySard@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)



**YOUTH SPORTS/FITNESS**

The goal of Youth Sports & Fitness programs is to provide quality programming with responsible leaders so youth have the opportunity to grow and learn. We are a program in which opportunity for participation is provided to all those who enter, regardless of skill and ability. We wish to provide youth with a fun learning experience and the opportunity to develop lifetime sports and fitness skills.

**YOUTH SOCCER LEAGUES**

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

- **League Structure:** The first 2 weeks are practice, followed by 5 weeks of games. This league is a one day per week commitment. Always the same location and time.
- **Uniforms:** Jersey is included in the registration fee and will be issued on your first game day.
- **Shin guards are required for all soccer leagues.** Shin guards will be for sale on site for \$10.00
- **Inclement Weather Policy:** Cancellations due to inclement weather will be made by the Recreation Coordinator at the field. Coaches and players must report to the field. Soccer is an all-weather sport. Come prepared to play in all weather!
- **Volunteer Coaches Needed:** Volunteer soccer coaches are needed. Call (425) 452-4627 for more information and to receive a \$20 discount towards your registration fee. Background check required & attendance to mandatory coaches clinic to receive discount.
- **Participants will be assigned to teams based on the following:**
  1. Special request for coach.
  2. Special request for ONE teammate. Additional requests for teammates will not be considered.
  3. Age and gender of participant.

Please note that there are **NO GUARANTEES** regarding requests or team assignments, and all requests **must be made before September 17 by email to hchristoff@bellevuewa.gov or by calling 425-452-4627.**

- **I've signed up for soccer...now what do I do?** You will be contacted prior to the league start date via email. This email will include your team confirmation and parent packet. Team confirmations will be sent no later than September 22nd.

**MIGHTY MITES SOCCER LEAGUE**

This 5-6 year old co-ed league, is a great way for your little star to begin team play with emphasis on participation, fun, and skill development in an instructional setting. This 7 week league, will give your child the basic instructions of dribbling, passing, scoring and teamwork! We will begin with 2 weeks of team practice followed by 5 weeks of games on Tuesdays from 4:30-5:45pm at Robinswood Sports Field. Come and join the fun! Max. 6 players per team.

\$76(R) \$91(N) Ages: 5Y - 6Y  
64991 4:30-5:45pm Tue Sep 25 - Nov 06

**YOUTH SOCCER LEAGUE**

This 7-9 year old co-ed instructional league, is a great way to further develop and enhance your basic knowledge and skills in soccer. This 7 week league, will emphasize positive sportsmanship and team play while having fun! We will begin with 2 weeks of team practice followed by 5 weeks of games on Wednesdays from 4:15-5:30pm at Robinswood Sports Field. Come and join the fun! Max. 7 players per team.

\$76(R) \$91(N) Ages: 7Y - 9Y  
64992 4:30-5:45pm Wed Sep 26 - Nov 07

**JUNIOR SOCCER LEAGUE**

It's time to elevate your game! This 10-12 year old co-ed league is designed to give your child more advanced playing skills & ball movement techniques, while also encompassing team strategies in an instructional setting. We will begin with 2 weeks of team practice followed by 5 weeks of games on Thursdays from 4:30-5:45pm at Robinswood Sports Field. Max. 8 players per team.

\$76(R) \$91(N) Ages: 10Y - 12Y  
64993 4:30-5:45pm Thu Sep 27 - Nov 08

**ROLLER DERBY JUNIOR SKATING CLASSES**

This program is designed to teach girls how to skate with overall focus on agility, fitness, confidence and endurance. The philosophy behind the program is to instill positive ideals and help young girls realize their own potential. We strive to create a safe, fun and positive environment where girls can be athletic, increase their self confidence, obtain new friendships and be both self-empowered and self-expressive. Min 10/Max 40

South Bellevue Community Center  
\$64(R) \$80(N) Age: 6Y - 14Y  
67017 6-6:45pm Thu Oct 04-Nov 29

**ROLLER DERBY OPEN HOUSE**

Whether you are interested in Roller Derby Jr or Roller Derby beginning classes, stop by South Bellevue and see what this sport is all about. Meet the instructors, watch demos and get all of your questions answered concerning this fun sport. Min 1/Max 99

South Bellevue Community Center  
FREE Age: 6Y - 99Y  
67019 6:30-8:30pm Thu Sep 27

**ROLLER DERBY SKATING CLASSES**

This program is designed to teach beginning girls and women skaters how to skate with overall focus on agility, fitness, confidence and endurance. Min 10/Max 40

South Bellevue Community Center  
\$96(R) \$120(N) Age: 15Y - 99Y  
67018 7-9pm Thu Oct 04-Nov 29

**SPORTBALL BIGKIDS-MULTI-SPORT**

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

Northwest Arts Center  
\$96(R) \$120(N) Age: 5Y - 7Y  
67021 2-3pm Wed Sep 26-Nov 14



**SEREVI REGBY DEMO - FREE!!**

Join the team from SEREVI RUGBY for an introduction to the basics skills of the world's newest Olympic sport, Rugby. Participants will learn passing, catching, kicking and running, in this free, fun and family friendly, non-contact rugby demo session. Children, ages 7-14 and their families are welcome to attend. Pre registration required. Min 10/Max 75

Newport Hills Community Park  
FREE All Ages  
67026 10:45am-12pm Sat Sep 15  
67025 10:45am-12pm Sat Sep 15  
67027 4:30am-5:45pm Mon Sep 17  
67028 4:30am-5:45pm Mon Sep 24

**SEREVI MINI RUGBY**

Serevi Mini Rugby is designed to introduce young children to the fun and basics of rugby through skill based games. Participants will learn how to run, pass, catch and kick in a fun friendly environment. Teamwork and sportsmanship are fundamental to this program. Emphasis will be on safety and fun at all times. This program is non-contact and co-ed. Min 1/Max 12

Robinswood Community Park  
\$42(R) \$50(N) Age: 4Y - 5Y  
67029 4:30-5:45pm Mon Oct 01-22

**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. (Some extra costs may be incurred for this class) Min 8/Max 30

Highland Community Center  
\$54(R) \$60(N) Age: 8Y - 18Y  
60810 4-5:30pm Wed Sep 19-Oct 24  
60811 4-5:30pm Wed Nov 07-Dec 19

**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.

**INDOOR SOCCER LESSONS 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 12

Highland Community Center  
Session I  
\$55(R) \$66(N) Age: 4Y - 6Y  
64129 1-1:45pm Tue Sep 25-Oct 30  
64133 2-2:45pm Tue Sep 25-Oct 30  
64134 1-1:45pm Wed Sep 26-Oct 31  
64135 2-2:45pm Wed Sep 26-Oct 31  
64136 1-1:45pm Thu Sep 27-Nov 01  
64137 2-2:45pm Thu Sep 27-Nov 01

Session II  
\$55(R) \$66(N) Age: 4Y - 6Y  
64138 1-1:45pm Tue Nov 06-Dec 11  
64139 2-2:45pm Tue Nov 06-Dec 11  
64140 1-1:45pm Wed Nov 07-Dec 12  
64141 2-2:45pm Wed Nov 07-Dec 12  
\$46(R) \$55(N) Age: 4Y - 6Y  
64142 1-1:45pm Thu Nov 08-Dec 13  
64143 2-2:45pm Thu Nov 08-Dec 13

**CHEERLEADING - BASKETBALL CHEER SQUAD**

This is the beginning level cheer squad that cheers for the Parks Youth Basketball league. We practice once a week from September to December then cheer for our teams in weekly games from January to March (Day/Time to be determined during game time) in real cheerleading uniforms! Come join the fun. Mandatory parent and cheerleader meeting and uniform fitting on the first day of practice September 27 at 4:15pm. Additional uniform costs will be incurred for this class. New this year - both fall and winter sessions are included in the registration fee. Min 10/Max 35

Highland Community Center  
\$119(R) \$139(N) Age: 5Y - 13Y  
65018 4:15-5pm Thu Sep 27-Mar 28

**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. Dream Team is offered on Wed. or Fri - please choose one day. Extra costs may be incurred for this class. Contact instructor with questions. Min 8/Max 35

Highland Community Center  
\$54(R) \$60(N) Age: 7Y - 18Y  
67010 2:30-4pm Wed Sep 19-Oct 24  
67009 4-5:30pm Fri Sep 21-Oct 26  
67012 2:30-4pm Wed Nov 07-Dec 19  
67011 4-5:30pm Fri Nov 09-Dec 21

**CHEERLEADING - DREAM TEAM DANCE/DRILL TEAM**

Be a part of the Bellevue Parks Dance Team! Do you want to learn to dance, or improve your technique? Trying out for dance team, drill team or cheerleading? This team works on beginning-to-intermediate level spirit-style dance technique, focusing on hip-hop, precision and pom styles. Previous cheer or dance experience is recommended but not required - contact instructor with questions. Some extra costs may be incurred for this class. Min 8/Max 35

Highland Community Center  
\$54(R) \$60(N) Age: 11Y - 18Y  
60815 5-6:30pm Thu Sep 20-Oct 25  
60816 5-6:30pm Thu Nov 08-Dec 20

**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 - 14Y  
64094 5:50-7pm Mon Sep 17-Oct 08  
64095 5:50-7pm Mon Oct 15-Nov 05  
64096 5:50-7pm Mon Nov 19-Dec 10

**BASKETBALL - PRE-SEASON BASKETBALL CLINIC**

Want to improve your basketball skills and fundamentals? This Pre Season Basketball Clinic creates an opportunity for coed players, ages 5-11 to participate and learn the concepts of basketball, develop their game, and prepare for the upcoming basketball season. Clinics focus on helping athletes improve their skills and develop their talent by learning basic practice drills and emphasizing the fundamentals such as dribbling, shooting, defense, passing and much more! Min 10/Max 30

Tyee Community Gym  
\$69(R) \$76(N) Age: 5Y - 6Y  
67159 6-7pm Tue Nov 13-Dec 11  
\$69(R) \$76(N) Age: 7Y - 8Y  
67160 6-7pm Wed Nov 14-Dec 12  
\$69(R) \$76(N) Age: 9Y - 11Y  
67161 6-7pm Thu Nov 15-Dec 13

**ROCK CLIMBING PROGRAM FOR YOUTH**

This 6-week program provides a supportive, fun, and safe environment for students to explore rock climbing. The focus will be on basic rock climbing and bouldering techniques by incorporating fun games and challenges, while getting fit and improving climbing skills. A fun team competition will conclude the program. No previous experience necessary and all equipment is provided. Min 4/Max 12

South Bellevue Community Center  
 \$150(R) \$180(N) Age: 8Y - 11Y  
 66851 4-5:30pm Mon, Wed Oct 01-Nov 07

**SEREVI REGBY DEMO - FREE!!**

Join the team from SEREVI RUGBY for an introduction to the basics skills of the world's newest Olympic sport, Rugby. Participants will learn passing, catching, kicking and running, in this free, fun and family friendly, non-contact rugby demo session. Children, ages 7-14 and their families are welcome to attend. Pre registration required. Min 10/Max 75  
 Wilburton Hill Comm. Pk.

FREE All Ages  
 67025 10:45am-12pm Sun Sep 09  
 67026 10:45am-12pm Sat Sep 15  
 67027 4:30am-5:45pm Mon Sep 17  
 67028 4:30am-5:45pm Mon Sep 24

**SEREVI FLAG RUGBY**

Serevi Rugby and Bellevue Parks & Community Services are excited to offer Serevi Olympic Flag Rugby, a coed, limited-contact sport for children, ages 6-12, which mimics Rugby 7s, the world's newest Olympic Game. Flag Rugby is a free-flowing game that allows all players to pick up the ball and run. Teamwork and sportsmanship are fundamental to this program. Emphasis will be on safety and fun at all times, and the use of flags limits physical contact. Skills developed are: evasive running and agility, passing, ball handling, catching and small sided games. This program is co-ed. Min 10/Max 30  
 Robinswood Community Park

\$50(R) \$60(N) Age: 6Y - 12Y  
 67030 4:30-5:45pm Mon Oct 01-22

**SEREVI FLAG RUGBY II**

Serevi Rugby proudly launches our brand new Level II youth programming with Bellevue Parks and Community Services. Designed primarily for youth who have been through our Serevi Flag Rugby I experience (not a prerequisite, however), Serevi Flag Rugby II features an enhanced focus on individual and team skills with greater emphasis on decision making, attacking patterns and defensive strategies. Players will experience faster and more competitive game play in a fun, respectful environment that centers on sportsmanship. The use of flags limits physical contact. If you're after a more intense and advanced rugby experience, Serevi Flag Rugby II is your ticket. Min 5/Max 30

Robinswood Community Park  
 \$50(R) \$60(N) Age: 13Y - 18Y  
 67031 4:30-5:45pm Mon Oct 01-22

**SEREVI VETERAN'S DAY RUGBY CAMP**

This single day rugby camp, offered by Serevi, gives participants an opportunity to learn, develop and test their running, passing, catching and kicking abilities through several skill based games and activities, non-contact flag rugby scrimmages and a culminating 'rugby skills combine.' All activities will be age appropriate. With an emphasis on safety, fun and being active, campers will 'learn through doing' from our Serevi certified coaching staff, many of whom are current or former national team members. Min 10/Max 50

Tyee Middle School Site  
 \$60(R) \$72(N) Age: 4Y - 18Y  
 67032 9am-3pm Mon Nov 12

**SEREVI FIT BOOT CAMP**

This is a high energy and fun boot camp experience for the whole family. Rooted in the sport of rugby, this 'whole body' fitness program will improve aerobic conditioning and overall strength, with a focus on the core. This program is intended both for athletes looking to improve performance and for individuals looking to improve all around health and fitness. Min 5/Max 20  
 Highland Community Center

\$40(R) \$48(N) Age: 12Y and up  
 67158 6-7pm Wed Nov 07-28



**BIDDY MULTI SPORT**

Come join the NEW Biddy Multi Sport class! This 6 week parent/guardian participation required program will cover three sports - basketball, soccer & t-ball. Each class is 45 minutes in length and encompasses developmental sports lessons along with activities proven to build and mature a child's motor development, hand-eye coordination, and cardiovascular fitness. The result of our action-packed curriculum is a program which allows every child to build their skills at their own pace within a non-competitive, learning-based environment that emphasizes patience, teamwork, and self-confidence. Min 10/Max 25  
 Tyee Middle School Site

\$66(R) \$79(N) Age: 3Y - 4Y  
 67163 9:30-10:15am Sat Sep 15-Oct 20  
 67164 9:30-10:15am Sat Oct 27-Dec 08

**BIDDY MULTI SPORT II**

Come join the NEW Biddy Multi Sport II class! This 6 week parent/guardian participation required program will cover three sports - basketball, soccer & t-ball. Each class is 45 minutes in length and encompasses developmental sports lessons along with activities proven to build and mature a child's motor development, hand-eye coordination, and cardiovascular fitness. Higher level skills, drills and fundamentals will be taught resulting in an action-packed curriculum which allows every child to build their skills at their own pace within a non-competitive, learning-based environment that emphasizes patience, teamwork, and self-confidence. (Pre-requisite: Must complete three (3) Biddy Multi Sport age 3-4 classes or permission from instructor if under the age of 5) Min 10/Max 25  
 Tillicum Middle School Site

\$66(R) \$79(N) Age: 5Y - 6Y  
 67165 10:30-11:15am Sat Sep 15-Oct 20  
 67166 10:30-11:15am Sat Oct 27-Dec 08

**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.

**FACILITY RENTAL**

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

**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.

**VOLUNTEER AT ROBINSWOOD TENNIS CENTER**

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

**OUTDOOR TENNIS COURTS**

Visit [www.MyParksAndRecreation.com](http://www.MyParksAndRecreation.com) to find outdoor tennis courts operated by the City of Bellevue.

**ADULT ACTIVITY GROUPS**

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

**Mixed Doubles** - Monday, 7:30-8:45pm  
 Coordinator: Eric Linger,  
[elinger@sherwood-investments.com](mailto:elinger@sherwood-investments.com)

**Working Women** - Wednesday, 6:15-7:30pm  
 Coordinator: Robin Ballard, 425-564-4013, [dickensball@yahoo.com](mailto:dickensball@yahoo.com)

**Mountaineers** - Friday, 7:15-8:30pm  
 Coordinator: Greg Kidd, 425-828-8590, [Gregory.Kidd@comcast.net](mailto:Gregory.Kidd@comcast.net)

**Men's Doubles** - Tuesday/Thursday, 6:15-10pm. Call 425-452-7690.

**HAL'S CLASSIC**

October 27, 2012 • 9am-5:45pm  
 This is the 9th annual event for Hal's Classic. This event is in memory of Hal Gallagher. It is a Doubles Only event in which the total age of each team must be a minimum of 100 years. Teams play round robin matches within A/B/C divisions. Prizes will be awarded to winners within their division. Cost is \$20 per person. Contact Robinswood Tennis Center at 425-452-7690 for more information or to register.

**ADAPTIVE RECREATION TENNIS**

The Adaptive Recreation Tennis Class is designed for individuals living with intellectual disabilities. The format of the class allows participants to be introduced to basic tennis skills with the focus on participation and building self-esteem. Min 3/Max 12  
 Robinswood Community Park

\$35 Age: 14Y and up  
 66858 3:45-4:45pm Wed Sep 12-Oct 24  
 66859 3:45-4:45pm Wed Oct 31-Dec 19

**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			
60024	10:30-11:45am	Wed	Sep 12-Oct 24 \$112
60157	7:30-8:45pm	Mon	Sep 10-Oct 22 \$112
60159	7:30-8:45pm	Wed	Sep 12-Oct 24 \$112
Session 3			
60025	10:30-11:45am	Wed	Oct 31-Dec 19 \$128
60158	7:30-8:45pm	Mon	Oct 29-Dec 17 \$128
60160	7:30-8:45pm	Wed	Oct 31-Dec 19 \$128

**Advanced Beginning**

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

Session 1			
60066	10:30-11:45am	Tue	Sep 11-Oct 23 \$112
60068	11:45am-1pm	Wed	Sep 12-Oct 24 \$112
60129	8:45-10pm	Mon	Sep 10-Oct 22 \$112
60131	8:45-10pm	Wed	Sep 12-Oct 24 \$112
Session 3			
60067	10:30-11:45am	Tue	Oct 30-Dec 18 \$128
60069	11:45am-1pm	Wed	Oct 31-Dec 19 \$128
60130	8:45-10pm	Mon	Oct 29-Dec 17 \$128
60132	8:45-10pm	Wed	Oct 31-Dec 19 \$128

**Intermediate**

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

Session 1			
60091	11:45am-1pm	Mon	Sep 10-Oct 22 \$112
60093	10:30-11:45am	Thu	Sep 13-Oct 25 \$112
60186	7:30-8:45pm	Tue	Sep 11-Oct 23 \$112
60188	7:30-8:45pm	Thu	Sep 13-Oct 25 \$112
Session 3			
60092	11:45am-1pm	Mon	Oct 29-Dec 17 \$128
60094	10:30-11:45am	Thu	Nov 01-Dec 20 \$112
60187	7:30-8:45pm	Tue	Oct 30-Dec 18 \$128
60189	7:30-8:45pm	Thu	Nov 01-Dec 20 \$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			
60114	8:45-10pm	Tue	Sep 11-Oct 23 \$112
60116	8:45-10pm	Thu	Sep 13-Oct 25 \$112
Session 3			
60115	8:45-10pm	Tue	Oct 30-Dec 18 \$128
66862	8:45-10pm	Thu	Nov 01-Dec 20 \$112

**Advanced Doubles**

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

Session 1			
60074	11:45am-1pm	Wed	Sep 12-Oct 24 \$112
Session 3			
60075	11:45am-1pm	Wed	Oct 31-Dec 19 \$128

**WEEKDAY FLIGHTS**

Competitive flight leagues in the morning and afternoon. Min 8 / Max 16  
Robinswood Tennis Center Age: 19Y and up  
**Tennis - Weekday Flight - Level A**  
Level A is USTA NTRP Level 3.5 to 4.0 and Seattle Area Cup level Challenge to Kingco.

<b>Session 1</b>	60981	9-10:30am	Mon	Sep 10-Nov 19	\$100
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**Tennis - Weekday Flight - Level B**

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

<b>Session 1</b>	66814	9-10:30am	Wed	Sep 12-Nov 14	\$100
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**Tennis - Weekday Flight - Level C**

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

<b>Session 1</b>	60988	1-2:30pm	Mon	Sep 10-Nov 19	\$100
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**Tennis - Weekday Flight - Level D**

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

<b>Session 1</b>	60991	9-10:30am	Tue	Sep 11-Nov 13	\$100
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**Tennis - Weekday Flight - Level E**

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

<b>Session 1</b>	60995	9-10:30am	Thu	Sep 13-Nov 15	\$100
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**Tennis - Weekday Flight - Level F**

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

<b>Session 1</b>	60999	1-2:30pm	Thu	Sep 13-Nov 15	\$100
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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.

<b>Session 1</b>	60309	3:45-5pm	Tue, Thu	Sep 11-Oct 25	\$175
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<b>Session 3</b>	60310	3:45-5pm	Tue, Thu	Oct 30-Dec 20	\$188
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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.

<b>Session 1</b>	60318	5-6:15pm	Tue, Thu	Sep 11-Oct 25	\$175
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<b>Session 3</b>	60319	5-6:15pm	Tue, Thu	Oct 30-Dec 20	\$188
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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.

<b>Session 1</b>	66860	5-6:15pm 4:45-6pm	Mon, Wed Fri	Sep 10-Oct 26	\$220
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<b>Session 3</b>	66861	5-6:15pm 4:45-6pm	Mon, Wed Fri	Oct 29-Dec 21	\$248
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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.

<b>Session 1</b>	60338	3:45-5pm 3:30-4:45pm	Mon, Wed Fri	Sep 10-Oct 26	\$220
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<b>Session 3</b>	60339	3:45-5pm 3:30-4:45pm	Mon, Wed Fri	Oct 29-Dec 21	\$248
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**SATURDAY YOUTH GROUP LESSONS**

**CLASS DESCRIPTIONS:**

**Little Lobbers:** Ages 4-6. Class focuses on young children to build hand-eye coordination and develop muscle memory for basic form.

<b>Session 1</b>	60288	11-11:45am	Sat	Sep 15-Oct 20	\$66
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<b>Session 3</b>	60289	11-11:45am	Sat	Nov 03-Dec 22	\$77
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**Beginning I:** Ages 7-12. Class is designed for any child who has never taken lessons before or has minimal experience. Goals of the class are to introduce basic tennis techniques.

<b>Session 1</b>	60262	1-2pm	Sat	Sep 15-Oct 20	\$72
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<b>Session 3</b>	60263	1-2pm	Sat	Nov 03-Dec 22	\$84
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**Beginning II:** Ages 7-12. Class is designed for students who have completed Beginning I or have had Beginning lessons in the past.

<b>Session 1</b>	60270	2-3pm	Sat	Sep 15-Oct 20	\$72
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<b>Session 3</b>	60271	2-3pm	Sat	Nov 03-Dec 22	\$84
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**Advanced Beginning I:** Ages 7-12. Class is designed for students who have completed Beginning II. Goal of the class is to start to create spin on groundstrokes and hit serves into the correct box.

<b>Session 1</b>	60245	3-4pm	Sat	Sep 15-Oct 20	\$72
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<b>Session 3</b>	60246	3-4pm	Sat	Nov 03-Dec 22	\$84
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**Advanced Beginning II:** Ages 7-12. Class is designed for children who have completed Advanced Beginning I.

<b>Session 1</b>	60252	4-5pm	Sat	Sep 15-Oct 20	\$72
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<b>Session 3</b>	60253	4-5pm	Sat	Nov 03-Dec 22	\$84
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**Intermediate:** Ages 9-12. Class is designed for students who have completed Advanced Beginning II. Goal of the class is to be able to hit all strokes with consistency and correct technique. Highest Level of Saturday Youth Lessons.

<b>Session 1</b>	60280	10-11am	Sat	Sep 15-Oct 20	\$72
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<b>Session 3</b>	60281	10-11am	Sat	Nov 03-Dec 22	\$84
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**Prep Team:** Ages 8-17. Class focuses on strengthening students rally skills. Class is designed for students who have completed Intermediate Saturday Classes.

<b>Session 1</b>	60238	9-10am	Sat	Sep 15-Oct 20	\$96
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<b>Session 3</b>	60239	9-10am	Sat	Nov 03-Dec 22	\$112
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**Teen:** Ages 13-18. Class is treated as an introductory course, focusing on development of proper strokes.

<b>Session 1</b>	60294	5-6pm	Sat	Sep 15-Oct 20	\$72
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<b>Session 3</b>	60295	5-6pm	Sat	Nov 03-Dec 22	\$84
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**IMPORTANT REGISTRATION INFORMATION FOR ROBINSWOOD TENNIS CENTER PROGRAMS**

**Registration dates for sessions at Robinswood Tennis Center:**

**Session 1**  
Residents: August 6, 2012  
Non-Residents: August 15, 2012

**Session 3**  
Residents: September 24, 2012  
Non-Residents: October 2, 2012

**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) or visit [www.myparksandrecreation.com](http://www.myparksandrecreation.com).

**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 ArchHousing.org**

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

**NURSING HOME INFORMATION ONLINE**

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

**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.

**HEALTH 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 INFO & SERVICE CENTER**

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

**SEA MAR**

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

**INSURANCE/SOCIAL SECURITY SOCIAL SECURITY INFORMATION**

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

**MEALS/FOOD DELIVERY LUNCHEAS**

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.

**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.

**VOLUNTEER OPPORTUNITIES 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).

**SENIOR VOLUNTEERS**

Volunteers play a key role in providing programs and services at North Bellevue Community Center. We depend on volunteers to provide successful programs and positive experiences for everyone who visits our facility. Annually there are over 200 volunteers who provide over 15,000 hours of community services. Please call 425-452-7681 for more information and an application.

- Food Service & Kitchen Help
- Front Desk Reception
- Advisory Boards
- Class Instruction
- Crafts
- English Conversationalist/ESL Instructor
- Foot Care Assistant
- Coffee Bar/Refreshments
- Fund Raising
- Garden Assistant
- Entertainment

**SPECIAL EVENTS**

**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

**Celebrate Summer Dance**  
64906 2-4pm Tue Aug 14

**Back To School Dance**  
64907 2-4pm Tue Sep 11

**Celebrate Autumn**  
64896 2-4pm Tue Oct 09

**Veteran's Day**  
64897 2-4pm Tue Nov 13

**Celebrate Snow**  
64898 2-4pm Tue Dec 11

**AUTUMN LEAVES DANCE**

Celebrate the coming of Autumn with the 'Sounds of Swing' big band sound. Enjoy 'September Song', 'Autumn Leaves' and other standards of the swing era. US-ADance will be on hand to teach a lesson from 7:00-7:45pm. This is sure to be a night of fun! \$15 admission fee payable at the door. Min 10/Max 200

North Bellevue Community Center  
FREE Age: 18Y and up  
64679 7-11pm Sat Oct 06

**HOLIDAY BALL**

Enjoy an evening of fun and the songs of the season with 'Sounds of Swing' Band. USA Dance will be here to teach a lesson from 7:30-8:15pm, followed by dancing to all the big band favorites and holiday standards. \$15 admission fee payable at the door. Min 10/Max 200

North Bellevue Community Center  
FREE Age: 18Y - 100Y  
64680 7-11pm Sat Dec 01

**FALLS PREVENTION AWARENESS FAIR**

Do you or someone you know want to live independently as you age? Learn how to avoid the hazards and risks of falls and fires in your home. This fair will provide you with information to reduce those risks, including screenings, giveaways, and tools from the experts on home safety, physical activity, medications, vision, and more. Join us for this wonderful event in conjunction with Falls Prevention Awareness Day.

FREE Age: 18Y and up  
10am-1pm Wed Sep 19

**ADAPTIVE RECREATION**

**Highland Center**  
14224 Bel-Red Road • 425-452-7686

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

Volunteers are an important part of Highland Center. If you are interested in being a volunteer, please call Kim Indurkar at 425-452-6105 or email [kindurkar@bellevuewa.gov](mailto:kindurkar@bellevuewa.gov) for more information.

**ADAPTIVE PROGRAMS**

All programs are located at Highland Center unless otherwise noted.

**COMMUNITY PROGRAMS OF INTEREST**

All programs are at the Highland Community Center.

**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:** Sonja Zimmer, 425-656-1650  
No meetings July, August and September

**DISABLED AMERICAN VETERANS**

(Chapter 43)

**When:** 1st Sat. of each month,  
11:30am-2:30pm

**Contact:** Eddie Jenson, 425-486-0595  
No meetings July, August and September

**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:** Rупpi Barnickel,  
425-223-5126

**KING COUNTY PARENT COALITION FOR DEVELOPMENTAL DISABILITIES**

**Contact:** Lance Morehouse,  
206-829-7048

2nd Tuesday of most months.

**DOWN SYNDROME COMMUNITY FOR NEW PARENTS AND TODDLERS**

**Contact:** Anne Mullis, 206-842-9027  
Call for schedule.

**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

**BRAIN INJURY SUPPORT GROUP**

Resources, fellowship is all a part of the bi-monthly support group. Program intended for those living with head injuries and their loved ones. Group meets the 1st and 3rd Monday of the month at Highland Community Center, (except for holidays) from 1:30-3:00pm. More information: call 206-897-5755 or visit [BrainInjuryWA.org](http://BrainInjuryWA.org).

**ADDITIONAL DISABILITY RECREATION AREAS OF INTEREST**

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

**TENNIS FOR THOSE USING WHEELCHAIRS**

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

**TENNIS FOR THOSE LIVING WITH INTELLECTUAL DISABILITIES**

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

**AQUATIC THERAPY GROUPS**

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

**SPECIAL OLYMPIC SWIM TEAM**

Bellevue Aquatic Center

**AQUATIC REHAB PROGRAMS**

Bellevue Aquatic Center  
Adaptive Actives

**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**

Don't want to be locked in to a contract? Highland Community Center offers a weight room complete with adaptive equipment for anyone to use. Free weights, treadmill and nu-step available. This weight room is available on a drop-in basis, Mon/Wed/Fri 2-5pm and Tues/Thurs 9am-6pm. Cost is \$3 for residents and \$4 for non-residents. Save even more when you purchase a play pass. Age: 18 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

**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

**EVENTS**

**BELLEVUE KIWANIS DINNER**

Come on out to Highland Center on the 3rd Thursday of the month and have dinner with friends! This dinner is FREE of charge and is sponsored by the KIWANIS Club of Bellevue. Dinner is served from 5pm-6pm. Limit 2 guests per participant. Min 30/Max 60

**DANCE - HALLOWEEN HOWL**

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

**DANCE - HOLIDAY BALL**

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

**PD BRUNCH**

Start the Holiday Season catching up with old friends while enjoying the culinary skills of the staff at Highland Center. It is our thanks to you for being a part of the Highland Family. This brunch is for participants in the M/W/F exercise classes.

**SEAFAIR'S HOLIDAY CRUISE**

This annual event serves individuals over the age of 16 living with developmental disabilities. Meydenbauer Yacht Club provides the ships and volunteers to join the parade along the Lake Washington Shoreline. Individuals interested in attending please register. Space is limited. Interested volunteers please contact Kim Indurkar at 425-452-7686. Meet at Meydenbauer Yacht Club, 9927 Meydenbauer Way SE; Bellevue, WA 98004.

See Adaptive Recreation registration forms for details on program dates/times and to register

## PROGRAMS: DEVELOPMENTAL DISABILITY 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 VOLLEYBALL

Exercise and fun rolled into one! All levels of abilities welcome, age 16 and up.

## ADULT ARTS/CRAFTS

This class offers hands-on creative experience with hand-crafted results that await your artistic touch.

## 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 NEW LOCATION

Provides a little exercise, some skill development and a whole lot of quality socializing. Held at Tech City in Kirkland. There are two fees for this program: an administrative fee to the City of Bellevue and a check made out to Tech City for the weekly two games and shoe rental. Please inquire on the first day of bowling for amount required for Tech City.

## ADULT BALLROOM DANCE

This is a great group activity that will enhance your physical coordination and artistic self expression. This is an adaptive recreation activity.

## AMERICAN SIGN LANGUAGE

Offering beginning sign language classes. Learn in a fun and relaxed environment.

## FULL FITNESS FUN

You will learn about nutrition, meal planning, exercise, and how to live a healthy lifestyle. 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!

## COOKING WITH EASE

Learn basic cooking techniques for a nutritious entree. Each participant will experience a taste of the evenings creation, but not a full meal, along with a copy of the recipe. Fee includes food cost.

## 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 an adaptive 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.

## 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.

## HIGHLAND HANGOUT

Your answer to a slow afternoon. Stimulating conversation, lively board games, solving puzzles or just enjoy a movie. All yours 4-days-per-week, for a 12-week period, at one low price. Bring your snacks and independence each day as both are required for this program.

## 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 between G and 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 an adaptive 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 intellectual 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. All programs are for kids ages 6-18 living with intellectual disabilities.

## 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 intellectual disabilities to engage in educational activities that offer opportunities to learn and increase personal skills. Bridge Academy includes opportunities to participate in music, art, and community activities. Instruction is always individualized to each participants needs and goals. For further registration information, please contact program director, Jessica Schreiber, at 425-238-8535 or [jessica@bridgeofpromise.org](mailto:jessica@bridgeofpromise.org).

ADAPTIVE RECREATION REGISTRATION FORM

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: _____		<input type="checkbox"/> Bill DDD					
Caseworker Name for DDD _____		Kent / Seattle (Circle One)					
<b>ADULT Adaptive Programs at Highland Center - 425-452-7686</b>							
 <b>Developmental Disabilities</b>	<input type="checkbox"/>	Course #	Title	Rates - Res/Non-Res	Days	Time	Dates
	<input type="checkbox"/>	59862	Adult Adventure Ed	R \$222 N \$277	Wed	9:30a-3:00p	9/26-11/28
	<input type="checkbox"/>	59906	Adult Bowling	R \$45 N \$56	Sat	9:30a-11:30a	9/29-12/1
	<input type="checkbox"/>	59912	Cheerleading	R \$66 N \$83	Wed	5:30p - 6:30p	9/26-11/28
	<input type="checkbox"/>	59865	Adult-Crafts	R \$42 N \$53	Fri	1p-2:30p	9/28-11/30
	<input type="checkbox"/>	59866	Ball Room Dance	R \$42 N \$53	Tue	7:00p-8:30p	9/25-11/27
	<input type="checkbox"/>	59956	Highland Players Drama	R \$53 N \$66	Mon	7:00p-8:30p	9/24-11/26
	<input type="checkbox"/>	59932	Friday Night Out	R \$17 N \$21	Fri	5:30p-9:30p	9/28
	<input type="checkbox"/>	59933	Friday Night Out	R \$17 N \$21	Fri	5:30p-9:30p	10/19
	<input type="checkbox"/>	59934	Friday Night Out	R \$17 N \$21	Fri	5:30p-9:30p	11/16
	<input type="checkbox"/>	59941	Full Fitness Fun	R \$78 N \$98	Tu/Th	5:00p-7:00p	9/28-11/29
	<input type="checkbox"/>	59972	Movie time	R \$42 N \$53	Mon	5:00p-7:00p	9/24-11/26
	<input type="checkbox"/>	59973	Movie time	R \$42 N \$53	Wed	5:00p-7:00p	9/26-11/28
	<input type="checkbox"/>	60002	Social Club	R \$42 N \$53	Mon	7:00p-8:30p	9/24-11/28
	<input type="checkbox"/>	60003	Social Club	R \$42 N \$53	Wed	7:00p-8:30p	9/26-11/28
	<input type="checkbox"/>	59951	Highland Hangout	R \$40 N \$50	M/T/W/TH	2:30p-5:00p	9/24-12/13
	<input type="checkbox"/>		BRIDGE ACADEMY	See Brochure	Mon/Thu	10am-2pm	
	<input type="checkbox"/>	59896	Kiwanis Dinner	Free	Thurs	5:00pm -6:00pm	10/18
	<input type="checkbox"/>	59897	Kiwanis Dinner	Free	Thurs	5:00pm -6:00pm	11/15
	<input type="checkbox"/>	59898	Kiwanis Dinner	Free	Thurs	5:00pm -6:00pm	12/13
	<input type="checkbox"/>	60005	Adult Volleyball	R \$62 N \$77	Tu/Th	7:00p-8:30p	9/25-11/29
	<input type="checkbox"/>	59902	Bingo	R \$42 N \$53	Thurs	7:00p-8:30p	9/27-11/29
	<input type="checkbox"/>	59917	Halloween Howl	R \$9 N \$11	Fri	7:00p-9:30p	10/26
	<input type="checkbox"/>	59918	Holiday Ball	R \$9 N \$11	Fri	7:00p-9:30p	12/7
	<input type="checkbox"/>	59915	Cooking with Ease	R \$74 N \$92	Thurs	5:00p-7:00p	9/27-11/29
<input type="checkbox"/>	59995	Seafair Holiday Cruise	FREE	Sun	2:00p-5:30p	12/2	
<input type="checkbox"/>	67097	Sign Language	R \$42 N \$53	Tue	5:30pm-7:00p	9/25-11/27	
<b>YOUTH Adaptive Programs at Highland Center - 425-452-7686</b>							
<input type="checkbox"/>	59872	Fun with Friends	R \$58 N \$72	Mon	3:00p-5:00p	9/24-11/26	
<input type="checkbox"/>	59873	Youth Hiking	R \$58 N \$72	Tue	3:00p-5:00p	9/25-11/27	
<input type="checkbox"/>	59874	Thursday Teen Club	R \$58 N \$72	Thurs	3:00p-5:00p	9/27-11/29	
<input type="checkbox"/>	59879	Friday Swimming	R \$58 N \$72	Fri	3:00p-5:00p	9/28-11/30	
<b>Physical Disabilities</b>	<b>ADULT Adaptive Programs at Highland Center &amp; NW Arts Center - 425-452-7686</b>						
	<input type="checkbox"/>	59987	Exercise	R \$110 N \$139	M/W/F	9:15am-10:15am	9/24-12/14
	<input type="checkbox"/>	59988	Exercise	R \$110 N \$139	M/W/F	10:30am-11:30am	9/24-12/14
	<input type="checkbox"/>	59989	Exercise	R \$110 N \$139	M/W	11:45-1:45	9/24-12/12
	<input type="checkbox"/>	59990	PD Brunch	FREE	Wed	10:30-12:30	12/12
	<input type="checkbox"/>	66762	Kitchen Kapers	R \$98 N \$112	Fri	12-1:30pm	9/21-11/6
	<input type="checkbox"/>	66769	Holiday Kitchen Kapers	R \$48 N \$67	Fri	12-1:30pm	11/16-12/21
	<input type="checkbox"/>	66473	Stoneware Creations	R \$180 N \$214	Thurs	1-3pm	9/20-11/8
	<input type="checkbox"/>	66780	Glass Fusion	R \$180 N \$214	Thurs	10-11:30am	9/20-11/8
	<input type="checkbox"/>	67036	Garden Stepping Stone Workshop	R \$25 N \$35	Thurs	10-3pm	9/6

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

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

Language interpretation available



Also: 206.461.3200  
Toll Free 800.621.4636  
www.crisisclinic.org

### CITY OF BELLEVUE HOME REPAIR PROGRAM

Help is available for low and moderate income Bellevue homeowners who need major home repairs to improve the health and safety of their home. For more information, call 425-452-4069.

- ROOF REPAIRS
- FAULTY PLUMBING
- WIRING
- EARTHQUAKE RETROFITTING



#### BELLEVUE'S HUMAN SERVICES PROGRAM

In 1986 the Bellevue City Council resolved that the city would act to ensure that the basic survival needs of Bellevue residents are met. The city serves as a planner, facilitator and funder for support systems that help people through economic and personal crisis and provide low-and moderate-income persons with opportunities to succeed.

The Human Services Division of the Parks & Community Services Department administers the Human Services Fund.

Bellevue takes one of the following three roles in human services, depending on the need:

- Planner:** assess and anticipate needs and develop appropriate policy and program responses.
- Facilitator:** convene and engage others in community problem-solving to develop and improve services.
- Funder:** disburse federal Community Development Block Grant and General Fund dollars to support a network of services which respond to community needs.

Bellevue's human service funding is on a two-year cycle, with second-year funding contingent on contract performance and program outcomes. For more information about funding criteria and timelines, please contact grant coordinator Joseph Adriano by e-mail at JAdriano@bellevuewa.gov, or at 425-452-6165.

#### HUMAN SERVICES COMMISSION

- |                    |                              |
|--------------------|------------------------------|
| John Bruels, Chair | • Michael Yantis, Vice Chair |
| Stefanie Beighle   | James McEachran              |
| Olga Perelman      | Dr. Brian Plaskon            |
|                    | Janet Stout                  |



Reserve tee times online  
www.bellevuepgc.com

5500 140th Ave NE  
425-452-7250



The Bellevue Golf Course is a fun, challenging layout that is an excellent place to play for golfers of all abilities. Just over 6,000 yards, fast smooth greens, strategic bunkering and mature trees place a premium on accuracy and game management. Please contact the Pro Shop at 425-452-7250 or online at www.bellevuepgc.com for additional information.

- 18 Hole Championship Course
- Covered Driving Range with 23 hitting stations
- Full service pro shop
- Reservations taken up to two weeks in advance
- Tournament bookings
- Lessons from PGA instructors
- Full service grill
- Power carts
- Rental clubs
- Putting & chipping green
- Women's and Men's Clubs
- Banquet Room



The Crossroads Par 3 Golf Course offers a nine hole course, practice area with restricted flight range balls and a practice putting green.

The Par 3 is an excellent beginner and family course that takes about an hour to play. The holes range from 64 to 107 yards. This gives the more accomplished player an opportunity to work on their short game, while the beginner can have success learning the game in a relaxed, friendly environment. Tee times are not necessary unless you're planning a group outing.

The practice area has 7 hitting stations. A restricted-flight ball is used that allows use of all clubs, including drivers. Please contact the Clubhouse at 425-452-4873 for additional information regarding the course, driving range or group outings.



Connections for yesterday, today, and tomorrow.

HERITAGE CORNER

**Robinswood Park**

*Researched by Megan Carlisle, Archivist,  
Eastside Heritage Center*



*Top: The first Hans Miller home after restoration, late 1970s. (L 88.064.006)  
Left: The lily pond in the center of the park, 1989. (97.05.01) (Images Courtesy Eastside Heritage Center.)*

In 1884 Danish immigrant Hans Miller settled near what is now 148th Ave NE. Over the next ten years he built three structures: first a 24' by 30' log home, then a barn, and finally a larger house for himself and his family. Miller's descendants left the property in the 1920s, and the buildings passed through a series of owners until the City of Bellevue purchased them in 1970.

The buildings and surrounding 45 acres cost the city about \$850,000. The property would become Robinswood Park, and the large house was renamed Robinswood House. The Robinswood House became a rental facility for weddings,

parties, and other events. The smaller 1884 house benefited from a detailed restoration project in the late 1970s, and it is currently the oldest structure in Bellevue still in its original location.

Of course, there is more to Robinswood Park than the Miller buildings. A pond sits in the center of the park, and walking trails wind along the south end. There is a children's

playground and a picnic area with several tables. The first soccer field was constructed in 1981, and it was followed by a second soccer field, a baseball field, and animal corrals.

The tennis center has an unusual history of its own. The first courts, which opened in 1974, were two inflatable domes or "bubbles." Unfortunately, they turned out to be more costly and less functional than anticipated. In 1987 the parks department deflated them and set to work on a more traditional structure. The new wooden building opened on June 4, 1988 with a ribbon-cutting, exhibition matches, and a clinic by tennis pro Tom Gorman.

**To learn more about Bellevue and Eastside history, contact the Eastside Heritage Center at 425-450-1049 or visit [www.EastsideHeritageCenter.org](http://www.EastsideHeritageCenter.org).**

*Editor's Note: Bellevue Parks & Community Services thanks Megan Carlisle, Archivist at the Eastside Heritage Center, for her Heritage Corner research assistance over the past year, and wishes her the best of luck as she moves on to her next adventure.*



*Inside the tennis bubbles, 1970s. (Image Courtesy Eastside Heritage Center. 2004.022.179)*



South Bellevue Community Center Community Room

**It's not too late to reserve one of our indoor facilities for your holiday party, birthday, or wedding celebration!**

Whether you are looking for a place to host an extended family gathering or a large party for up to 250 guests, Bellevue Parks & Community Services has a facility to meet your needs! From historical homes and estates to large modern community centers, you are sure to find the perfect place to host your gathering.

**Up to 50 guests:** Lewis Creek Visitor Center, Mercer Slough Environmental Education Center Community Room

**Up to 75 guests:** Historic Winters House

**Up to 100-150 guests:** Northwest Arts Center, Crossroads Community Center, South Bellevue Community Center, Robinswood House

**Up to 200-250 guests:** Highland Center, North Bellevue Community Center

For more information, visit [www.bellevuewa.gov/rental\\_facilities.htm](http://www.bellevuewa.gov/rental_facilities.htm) or call 425-452-6914.



*Your perfect day...  
Our perfect places*

**Bellevue Parks & Community Services**  
425-452-4240  
[www.bellevuewa.gov](http://www.bellevuewa.gov)

**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: \$40 per hour; \$25 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**

**SUMMER Park Hours**

**Saturday & Sunday**  
12 & under: 12-1:30pm  
Open Session #1: 1:30-5pm  
Open Session #2: 5-8pm

**Monday-Friday**  
1-6pm

**Biddy Boarder Camp**

**Weeks:**  
2:30-6pm

**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)**

**1 Month Unlimited Pass: \$60**

**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.*



**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.

The Crag is a 33 foot tall indoor climbing wall sculpted to look and feel like Index Granite. The wall offers three top-rope climbing routes with varying degrees of difficulty and a bouldering\* wall for your enjoyment. Classes, programs, camps and supervised climbing sessions for all ages and skill levels as well as birthday parties and private rentals are supervised by Mini-Mountain staff. Minimum age is 4 years to climb; 18 years for the belay check test. All climbers must have a signed waiver on file.

**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.

**10 Climb Punch Pass** <sup>Best Value!</sup> — A punch pass good for 10 visits during regularly scheduled drop-in belayed climbing sessions. Fees: \$60(R) \$72(N) Age: 4Y and up.

**Wall Rentals/Parties** — Bring you 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

**SAVE 25% ON A 10-CLIMB PUNCH PASS WHEN PURCHASED IN CONJUNCTION WITH A CLIMBING CLASS, PROGRAM, OR CAMP!**

**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: 4Y and up.

*\* - Bouldering is only allowed under the supervision of Mini Mountain belay staff during drop-in belayed climbing sessions.*

**Schedule valid Sept. 8 through Dec 31. 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>Open Climb</b> 9am-4pm	<b>Open Climb</b> 9am-3:30pm	<b>Open Climb</b> 9am-4pm	<b>Open Climb</b> 9am-3:30pm	<b>Open Climb</b> 9am-7:30pm	<b>Parent/Child Rock Climbing Class</b> 9-10am	<b>AVAILABLE TO RENT</b> 10:30am-4:30pm
<b>After School Youth Program</b> 4-5:30pm	<b>Drop-in Climbing</b> 3:30-5:30pm	<b>After School Youth Program</b> 4-5:30pm	<b>Drop-In Climbing</b> 3:30-5:30pm	<b>AVAILABLE TO RENT: 6-8pm</b>	<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>Drop-In Climbing</b> 6-8:30pm	<b>Rock Climbing Class</b> 6-7pm <b>Open Climb</b> 7-8:30pm	<b>Drop-In Climbing</b> 6-8:30pm	<b>Adult Open Climb</b> 5:30-8:30pm <i>(If no rental scheduled, call first.)</i>		<b>Session 2</b> 1:30-4:30pm	

**ROCK CLIMBING CLASS**

This class is for the beginning or intermediate climber who would like to learn all of the basics of rock climbing. You will learn how to correctly wear a harness, tie knots, handle the rope, use a belay device and communicate effectively. At the completion of this class adults can take a belay check test to earn a belay card. Pre-registration is required. Min 1/Max 4

South Bellevue Community Center

			Age: 4Y and up
\$22(R) \$27(N)			
59749	6-7pm	Tue	Sep 11
59750	6-7pm	Tue	Sep 18
59751	6-7pm	Tue	Sep 25
59752	6-7pm	Tue	Oct 02
59753	6-7pm	Tue	Oct 09
59754	6-7pm	Tue	Oct 16
59755	6-7pm	Tue	Oct 23
59756	6-7pm	Tue	Oct 30
59757	6-7pm	Tue	Nov 06
59758	6-7pm	Tue	Nov 13
59759	6-7pm	Tue	Nov 20
59760	6-7pm	Tue	Nov 27
59761	6-7pm	Tue	Dec 04
59762	6-7pm	Tue	Dec 11
59763	6-7pm	Tue	Dec 18

**ROCK CLIMBING CLASS FOR PARENT/CHILD**

This course covers the same material as Rock Climbing 101, but is ideal for parents to do with their children to take their relationship to new heights. Go Climbing! Price is for one child and one adult. Min 1/Max 4

South Bellevue Community Center

			Age: 4Y and up
\$22(R) \$27(N)			
Add'l child: \$11(R) \$13(N)			
59789	9-10am	Sat	Sep 08
59790	9-10am	Sat	Sep 15
59791	9-10am	Sat	Sep 22
59792	9-10am	Sat	Sep 29
59793	9-10am	Sat	Oct 06
59794	9-10am	Sat	Oct 13
59795	9-10am	Sat	Oct 20
59796	9-10am	Sat	Oct 27
59797	9-10am	Sat	Nov 03
59798	9-10am	Sat	Nov 10
59799	9-10am	Sat	Nov 17
59800	9-10am	Sat	Dec 01
59801	9-10am	Sat	Dec 08
59802	9-10am	Sat	Dec 15



**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.*



*"Here, have some moss!"  
Explore the outdoors at  
Natural Start Preschool*

## YOUR NEIGHBORHOOD PRESCHOOL CHOICE

**Help your child discover the world and prepare for school at one of Bellevue Parks & Community Services' preschools, located just minutes away from your home:**

### **Crossroads Community Center**

Preschool Playschool  
Pre-Kindergarten Preschool

### **Northwest Arts Center**

Natural Start Preschool

### **South Bellevue Community Center**

Natural Start Preschool Junior Explorers  
Natural Start Preschool Explorers



**For complete information on preschool programming, see page 32.**