

May through
August 2012

CONNECTIONS



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Register Online
MyParksAndRecreation.com

Bellevue Parks & Community Services
Summer Day Camps
425-452-6885

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Bellevue Parks & Community Services
425-452-6885



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FACILITY ADDRESSES AND PHONE NUMBERS QUICK FIND

RECREATION REGISTRATION 425-452-6885

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

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

BELLEVUE AQUATIC CENTER, 601 - 143rd Ave 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 - 130th PI SE..... 425-452-7688

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

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

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

Pacific Science Center 425-450-0207

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

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

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

ROBINSWOOD HOUSE 425-452-7850

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

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

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

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

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

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



Bellevue Parks & Community Services

PO Box 90012
Bellevue, WA 98009-9012

Bellevue City Council

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
Stewart Heath Erin Powell
Mark Van Hollebeke



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Post consumer content 10%

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: Robin & Brian glide through smooth water while kayaking the Mercer Slough, photo by Colin Walker (Glenn Kost, key grip). **Photographers:** Judi Hagen, Colin Walker, Dot Long. **Editor:** Colin Walker.

QUESTIONS OR COMMENTS?

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

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

INCLEMENT WEATHER POLICY

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

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

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

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!

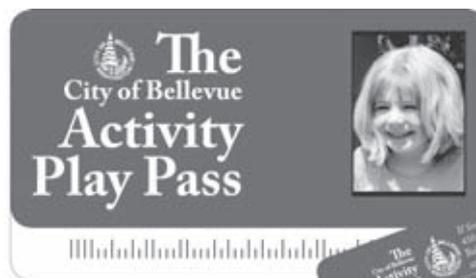
MyParksandRecreation.com

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



MyParksandRecreation.com

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



Your pass to all your
favorite drop-in
activities.

*Play what you want
where you want.*

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



4TH OF JULY-VOLUNTEERS

We are looking for energetic, fun people to help with a multitude of tasks at the Bellevue Family 4th celebration. Credit available for school required volunteer hours. Volunteers must be able to follow directions, be comfortable in crowds and be on your feet in all types of weather. Join us on July 4th at the Bellevue Downtown Park and help make this year's Bellevue Family 4th Celebration an event to remember! Volunteers must preregister. No day of event registrations will be accepted. Volunteers must be 16 years old to apply. Register on-line at MyParksandRecreation.com. For more information e-mail NWAC@bellevuewa.gov or phone 425-452-4106. Min 1/Max 8
Bellevue Downtown Park

FREE
65911 4-9:30pm Wed Age: 16Y and up
Jul 04

KELSEY CREEK SHEEP SHEARING VOLUNTEERS

Saturday, April 28 • 10am-5pm

We are seeking energetic, fun teens to assist with children's activities at this annual 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. Volunteers must pre-register for course #59850. No day of event registrations will be accepted. Volunteers must be 14 years old & must be enrolled in high school date of event. Questions? E-mail kelseycreekfarm@bellevuewa.gov, or call the Farm Office at 425-452-7688.

SPECIAL EVENTS

KELSEY CREEK SHEEP SHEARING

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

WHEN: Saturday, April 28, 11am-4pm

WHERE: Kelsey Creek Farm Park
410 - 130th PL SE
shuttle service available
Wilburton Park & Ride
720-114th Ave SE
Bannerwood Sports Park
1630 132nd Ave SE

AGES: All

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

HUA YUAN CHINESE FLORAL ART EXHIBIT

The exquisite floral arrangements created by members of the Hua Yuan School of Chinese Floral Art will be on display at the Bellevue Botanical Garden Visitor center. For more information, call 425-452-2750.

WHEN: April 21-22, 10am-4pm

WHERE: Bellevue Botanical Garden,
12001 Main Street

AGES: All

COST: FREE

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	

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

Visit www.bellevuewa.gov/COBCalendar/
or
http://www.bellevuewa.gov/recreation_events_intro.htm for more information.



FATHER'S DAY PANCAKE BREAKFAST & MORE!

Make Father's Day a Greenway Day: Start the morning with a delicious pancake breakfast followed by adventurous activities. Climb the climbing wall, try out the vertical playpen and take your family on an orienteering trek through Eastgate Park! Moms welcomed! Registration is required. Min 15/Max 90

South Bellevue Community Center
\$8 Age: 1Y and up
65874 8:30am-12pm Sun Jun 17

SYMETRA BELLEVUE FAMILY 4TH

Celebrate the 4th of July at Bellevue Downtown Park, enjoying the Eastside's largest Independence Day celebration. The event features the Bellevue Parks Family Fun Zone, an international food court, live entertainment on the main stage, formal presentation of the colors, and a C-17 Globemaster III fly over. When twilight fades, the Bellevue Youth Symphony Orchestra will play a rousing Independence Day tribute set to the Eastside's largest fireworks display. Admission is free and activities begin at 2:00 p.m. Ticket prices vary for the Family Fun Zone inflatables, bungee trampoline, candy art, face art and other activities. International food court prices vary. Roving entertainers, mascots, live music and community spotlight booths are free. This event is co-produced by the City of Bellevue and the Bellevue Downtown Association. Bellevue Downtown Park

FREE All Ages
65391 2-11pm Wed Jul 04



Signing Time's Rachel Coleman Live in Concert!

Friday, May 4, 2012, 6pm

Highland Community Center • 14224 Bel-Red Road

Kids Age 15 and Under: \$7.50 • Ages 15+: \$12

Thousands of families in the Northwest have been touched by Signing Time, the hit PBS show that introduced American Sign Language to children across the Nation. This May, these families will be able to come and see her perform, live in Bellevue, WA.

Coleman, who co-created Signing Time as a means to teach children of all abilities how to communicate using American Sign Language (ASL), has seen firsthand the miracles that can come from using sign language. As the mother of a daughter who is deaf, and another who has cerebral palsy and spina bifida, Coleman has spent the last few years making sign language fun and accessible for all children through the Signing Time series. Whether used by a pre-verbal infant, a non-verbal child with disabilities, or a family who simply wants to learn ASL as a second language, Signing Time reaches children with diverse learning styles and encourages interaction through signing, singing, speaking and moving.

For tickets, visit <https://www.brownpapertickets.com/event/227828>

Brought to
you by:



**Bellevue Parks &
Community Services**

BELLEVUE AQUATIC CENTER

Pool Schedule - Valid February 20 through June 24, 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 (3 lanes)	
9:00-12:00	Open & Lap Swim						Lessons 9:00-12:00
12:00-1:00	Lap Swim Masters 4 lanes	Lap Swim	Lap Swim Masters 4 lanes Deep Wtr Ex	Lap Swim Masters (4 lanes)	Lap Swim Masters 4 lanes	9:00-Noon Lap Swim 8:00 - 12:00 Deep Wtr Ex 10-11am	
1:00 - 4:30	Open & Lap Swim	MS Society 1-2 pm Lap Swim	Open & Lap Swim	Open & Lap Swim	Open & Lap Swim *Closed* 3/23, 4/27, & 5/25 from 1-2:30	12:00 - 2:00 pm Open Swim	
		Open & Lap Swim 2:00-4:30					
4:00-7:00	Swim Lessons						
	Chinook 5:00-7:00 ADX 6-7 pm	Chinook 5-6 Aquarobics 6-7 pm Scuba 7:30	Chinook 5:00-7:00 ADX 6-7 pm	Chinook 5-6 Aquarobics 6-7 pm Scuba 7:30	Chinook 5:00-7:00		
7:00-8:00	Open & Lap Swim (1 Lane)						

Blue Lagoon (Lap Pool):

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

Warm Springs (Warm Therapy Pool):

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

Warm Springs
Therapy Pool

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.

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



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.

Merry Fairy Tales

Rated G

Performs at BYT

\$10 advanced/\$12 beginning March 19
An irreverent look at the classic fairy tales told in this original fun script. Classic characters from different fairy tales find themselves all mixed up in this delightful story. It brings fun and happiness to the whole family.

Friday, March 23 & 30 7pm
Saturday, March 24 & 31 7pm
Saturday, March 31 ★ 2pm
Sunday, March 25 & April 1 2pm

Grease, Jr.

Rated G

Performs at Meydenbauer

\$12 advanced/\$14 beginning April 16
This is the Broadway musical that is suitable for the entire family. All the great songs that you know performed by the talented youth of the Bellevue Youth Theatre. Come enjoy this Broadway musical in the comfort of the Theatre at Meydenbauer.

Thursday, April 19 7pm
Saturday, April 21 2pm ★ & 7pm

Grease

Rated PG

Performs at Meydenbauer

\$12 advanced/\$14 beginning April 16
This is the Broadway stomping musical that will get you excited and make you want to sing along with the cast. Songs include, "You're the One That I Want", "We Come Together", and "Summer Nights".

Friday, April 20 7pm
Sunday, April 22 2pm & 7pm ★



Beauty and the Beast

Rated G

Performs at BYT

\$10 advanced/\$12 beginning April 30/
Kids of all ages will enjoy the retelling of this classic tale of the cursed prince. Hilarity ensues as everyone works to lift the curse by joining two unwilling souls. Will the Prince win Belle's heart?

Friday, May 4 & 11 7pm
Saturday, May 5 ★ & 12 2pm
Saturday, May 5 & 12 7pm
Sunday, May 6 & 13 ★ 2pm



Special: \$5 shows marked with a ★.

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. Not 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. 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.

Inclement 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.

Alice in Wonderland

Performs at Meydenbauer

\$10 advanced/\$12 beginning August 4
**Special matinee price of \$5 per ticket for Saturday, August 11 at 2pm and Sunday, August 12 at 7 p.m. ONLY. No group rates possible for these two performances.*

This delightful journey includes all your favorites from the White Rabbit to the Mad Hatter. This show includes actors of all ages and is suitable for the whole family. Enjoy family theatre this summer with the classic tale.

Thursday, August 9 7pm
Friday, August 10 7pm
Saturday, August 11 2pm & 7pm
Sunday, August 12 2pm & 7pm



Presented by
Bellevue Parks &
Community Services

SUMMER OUTDOOR MOVIES IN THE PARK

BELLEVUE DOWNTOWN PARK
Tuesdays @ Dusk, July 10 – August 28
Pre-movie activities begin at 8pm



Scan with your
QR reader



**Come to the park this summer for FREE popcorn and
FREE family-friendly movies on a giant 40-foot screen.**

**Each week we will be collecting items and cash donations to
support a local non-profit organization in our community.**

Visit intelius.com/summermovies

or call 425-452-4240
for complete details, in-
cluding movie schedule,
pre-movie activities,
non-profit needs,
rain-out plan, and
more!



FREE

International Outdoor Movies at Crossroads

16000 NE 10th St

FREE



Presented by Bellevue Parks
& Community Services



Sponsored by Crossroads
Shopping Center

**Foreign Family Film
Festival with a different
language featured
Thursday evenings.**

**Movies to start at
dusk with pre-movies
activities at 7:30pm**

August 2–Chinese

August 9–Spanish

August 16–Russian

August 23–Hindi

**In case of rain, movies
will be held at Crossroads
Community Center.**

**For more information visit
www.crossroadsbellevue.com
or call 425-452-4240.**

10-day Registration Preference for Bellevue Residents • Registration Begins March 12, 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 March 21, 2012.

PHONE-IN

Telephone
Registration
begins
March 26, 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.

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 JWilson@bellevuewa.gov, or 425-452-4278.



10-day Registration Preference for Bellevue Residents • Registration Begins March 12, 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 _____ First _____ Date of Birth _____ Adult Last _____

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 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 March 21, 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.

Scholarship Application

It is the policy of Bellevue Parks & Community Services to make program opportunities available to all interested people, regardless of income. We provide scholarships to those who might not otherwise be able to participate. Scholarships may be granted for the entire class fee or may provide a percentage discount, depending on individual circumstances. All information will remain confidential.

To be eligible for a scholarship **you must reside within the city limits of Bellevue** and meet the family size/yearly income requirements. Applicants meeting the eligibility guidelines are awarded up to \$350 per person, per year. Eligible residents will be **required to provide proof of identification, residency, and income. Copies** of your original income and residency verification documents should be attached to the completed application, and will not be returned. Scholarship applications must be approved prior to registration.

ACCEPTABLE FORMS OF BACK-UP INFORMATION — ATTACH TO SCHOLARSHIP APPLICATION:

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

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

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

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

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

Please Indicate:

Family Size:

Yearly Income (Before Taxes):

\$ _____

HOUSEHOLD SIZE	1	2	3	4	5	6	7	8
Full Scholarship	\$14,157	\$19,123	\$24,089	\$29,055	\$34,021	\$38,987	\$43,953	\$48,919
3/4 Scholarship	\$17,152	\$23,162	\$29,185	\$35,202	\$41,218	\$47,235	\$53,251	\$59,268
1/2 Scholarship	\$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.**

Registration Dates:

Programs listed in BLACK:
Resident: March 12/ **Non-Resident:** March 21

Programs listed in GREEN:
Resident: June 4 / **Non-Resident:** June 13

ADULT INTER - ADV SWIM LESSONS

61165	6:20-6:50pm	Mon, Wed	Jun 25-Jul 18	\$71.75
61166	10:45-11:45am	Sun	Jul 01-Aug 19	\$164.00
61167	6:20-6:50pm	Mon, Wed	Jul 23-Aug 15	\$82.00

ADULT INTRODUCTION SWIM LESSONS

61187	6:20-6:50pm	Tue, Thu	May 15-Jun 07	\$82.00
61188	5:45-6:15pm	Mon, Wed	Jun 25-Jul 18	\$71.75
61189	6:20-6:50pm	Tue, Thu	Jun 26-Jul 19	\$82.00
61190	9-10am	Sat	Jun 30-Aug 18	\$164.00
61193	6:20-6:50pm	Fri	Jun 29-Aug 17	\$82.00
61191	5:45-6:15pm	Mon, Wed	Jul 23-Aug 15	\$82.00
61192	6:20-6:50pm	Tue, Thu	Jul 24-Aug 16	\$82.00

PARENT/TOT SWIM LESSONS

61234	11-11:30am	Mon, Wed	May 14-Jun 06	\$72.00
61235	6:20-6:50pm	Mon, Wed	May 14-Jun 06	\$72.00
61236	6:20-6:50pm	Tue, Thu	May 15-Jun 07	\$72.00
61238	11:20-11:50am	Mon, Wed	Jun 25-Jul 18	\$63.00
61239	11:20-11:50am	Tue, Thu	Jun 26-Jul 19	\$72.00
61243	6:20-6:50pm	Tue, Thu	Jun 26-Jul 19	\$72.00
61244	10:45-11:15am	Sat	Jun 30-Aug 18	\$72.00
61264	6:20-6:50pm	Mon, Wed	Jun 25-Jul 18	\$63.00
66456	11:20-11:50am	Sat	Jun 30-Aug 18	\$72.00
61245	11:20-11:50am	Sun	Jul 01-Aug 19	\$72.00
61240	11:20-11:50am	Mon, Wed	Jul 23-Aug 15	\$72.00
61241	11:20-11:50am	Tue, Thu	Jul 24-Aug 16	\$72.00
61246	6:20-6:50pm	Mon, Wed	Jul 23-Aug 15	\$72.00
61247	6:20-6:50pm	Tue, Thu	Jul 24-Aug 16	\$72.00

PRESCHOOL 1 SWIM LESSONS

61337	5:45-6:15pm	Tue, Thu	May 15-Jun 07	\$86.00
61339	10-10:30am	Mon, Wed	May 14-Jun 06	\$86.00
61340	4-4:30pm	Mon, Wed	May 14-Jun 06	\$86.00
61341	5:10-5:40pm	Mon, Wed	May 14-Jun 06	\$86.00
61351	5:10-5:40pm	Tue, Thu	May 15-Jun 07	\$86.00
61381	4-4:30pm	Tue, Thu	May 15-Jun 07	\$86.00
61343	10:45-11:15am	Mon-Fri	Jun 25-Jul 06	\$96.75
61344	10:10-10:40am	Mon-Fri	Jun 25-Jul 06	\$96.75
61345	9:35-10:05am	Mon-Fri	Jun 25-Jul 06	\$96.75
61346	9-9:30am	Mon-Fri	Jun 25-Jul 06	\$96.75
61350	11:20-11:50am	Mon-Fri	Jun 25-Jul 06	\$96.75
61360	4-4:30pm	Mon, Wed	Jun 25-Jul 18	\$75.25
61361	5:10-5:40pm	Tue, Thu	Jun 26-Jul 19	\$86.00
61362	6:20-6:50pm	Tue, Thu	Jun 26-Jul 19	\$86.00
61363	9-9:30am	Sat	Jun 30-Aug 18	\$86.00
61364	9:35-10:05am	Sat	Jun 30-Aug 18	\$86.00
61366	10:10-10:40am	Sat	Jun 30-Aug 18	\$86.00
61367	10:45-11:15am	Sat	Jun 30-Aug 18	\$86.00
61377	4-4:30pm	Fri	Jun 29-Aug 17	\$86.00
61378	5:45-6:15pm	Fri	Jun 29-Aug 17	\$86.00
61429	4:35-5:05pm	Mon, Wed	Jun 25-Jul 18	\$75.25
61430	5:10-5:40pm	Mon, Wed	Jun 25-Jul 18	\$75.25
61431	5:45-6:15pm	Mon, Wed	Jun 25-Jul 18	\$75.25
61432	4-4:30pm	Tue, Thu	Jun 26-Jul 19	\$86.00
61368	9:35-10:05am	Sun	Jul 01-Aug 19	\$86.00
61369	10:10-10:40am	Sun	Jul 01-Aug 19	\$86.00
61420	11:20-11:50am	Sun	Jul 01-Aug 19	\$86.00
61347	11:20-11:50am	Mon-Fri	Jul 09-20	\$107.50
61348	9:35-10:05am	Mon-Fri	Jul 09-20	\$107.50
61349	9-9:30am	Mon-Fri	Jul 09-20	\$107.50
61352	9:35-10:05am	Mon-Fri	Jul 23-Aug 03	\$107.50
61353	10:10-10:40am	Mon-Fri	Jul 23-Aug 03	\$107.50
61354	10:45-11:15am	Mon-Fri	Jul 23-Aug 03	\$107.50
61355	9-9:30am	Mon-Fri	Jul 23-Aug 03	\$107.50
61356	11:20-11:50am	Mon-Fri	Jul 23-Aug 03	\$107.50
61370	4-4:30pm	Mon, Wed	Jul 23-Aug 15	\$86.00
61371	4:35-5:05pm	Mon, Wed	Jul 23-Aug 15	\$86.00
61372	5:10-5:40pm	Mon, Wed	Jul 23-Aug 15	\$86.00
61373	5:45-6:15pm	Mon, Wed	Jul 23-Aug 15	\$86.00
61374	4-4:30pm	Tue, Thu	Jul 24-Aug 16	\$86.00
61375	5:10-5:40pm	Tue, Thu	Jul 24-Aug 16	\$86.00
61376	6:20-6:50pm	Tue, Thu	Jul 24-Aug 16	\$86.00
61357	9-9:30am	Mon-Fri	Aug 06-17	\$107.50
61358	9:35-10:05am	Mon-Fri	Aug 06-17	\$107.50
61359	11:20-11:50am	Mon-Fri	Aug 06-17	\$107.50
61382	10:10-10:40am	Mon-Fri	Aug 06-17	\$107.50
61383	10:45-11:15am	Mon-Fri	Aug 06-17	\$107.50

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.

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.

Aquatics / After-School Programs

PRESCHOOL 2 SWIM LESSONS

61472	10:30-11am	Mon, Wed	May 14-Jun 06	\$86.00
61473	4:35- 5:05pm	Tue, Thu	May 15-Jun 07	\$86.00
61474	5:10- 5:40pm	Tue, Thu	May 15-Jun 07	\$86.00
61475	4- 4:30pm	Tue, Thu	May 15-Jun 07	\$86.00
61507	4:35- 5:05pm	Mon, Wed	May 14-Jun 06	\$86.00
61479	9:35-10:05am	Mon-Fri	Jun 25-Jul 06	\$96.75
61480	10:10-10:40am	Mon-Fri	Jun 25-Jul 06	\$96.75
61481	11:20-11:50am	Mon-Fri	Jun 25-Jul 06	\$96.75
61487	4- 4:30pm	Mon, Wed	Jun 25-Jul 18	\$86.00
61488	4:35- 5:05pm	Mon, Wed	Jun 25-Jul 18	\$86.00
61489	5:45- 6:15pm	Mon, Wed	Jun 25-Jul 18	\$86.00
61490	5:45- 6:15pm	Tue, Thu	Jun 26-Jul 19	\$86.00
61491	4- 4:30pm	Tue, Thu	Jun 26-Jul 19	\$86.00
61492	9:35-10:05am	Sat	Jun 30-Aug 18	\$86.00
61493	11:20-11:50am	Sat	Jun 30-Aug 18	\$86.00
61504	4:35- 5:05pm	Fri	Jun 29-Aug 17	\$86.00
61506	6:20- 6:50pm	Fri	Jun 29-Aug 17	\$86.00
61544	4:35- 5:05pm	Tue, Thu	Jun 26-Jul 19	\$86.00
61494	9- 9:30am	Sun	Jul 01-Aug 19	\$86.00
61495	10:10-10:40am	Sun	Jul 01-Aug 19	\$86.00
61496	10:45-11:15am	Sun	Jul 01-Aug 19	\$86.00
61482	9:35-10:05am	Mon-Fri	Jul 09-20	\$107.50
61483	10:10-10:40am	Mon-Fri	Jul 09-20	\$107.50
61543	11:20-11:50am	Mon-Fri	Jul 09-20	\$107.50
61484	9:35-10:05am	Mon-Fri	Jul 23-Aug 03	\$107.50
61485	10:10-10:40am	Mon-Fri	Jul 23-Aug 03	\$107.50
61497	4- 4:30pm	Mon, Wed	Jul 23-Aug 15	\$86.00
61498	4:35- 5:05pm	Mon, Wed	Jul 23-Aug 15	\$86.00
61499	5:45- 6:15pm	Mon, Wed	Jul 23-Aug 15	\$86.00
61500	4:35- 5:05pm	Tue, Thu	Jul 24-Aug 16	\$86.00
61501	5:45- 6:15pm	Tue, Thu	Jul 24-Aug 16	\$86.00
61503	4- 4:30pm	Tue, Thu	Jul 24-Aug 16	\$86.00
61539	11:20-11:50am	Mon-Fri	Jul 23-Aug 03	\$107.50
61486	11:20-11:50am	Mon-Fri	Aug 06-17	\$107.50
61540	10:10-10:40am	Mon-Fri	Aug 06-17	\$107.50
61542	9:35-10:05am	Mon-Fri	Aug 06-17	\$107.50

PRESCHOOL 3 SWIM LESSONS

61575	5:45- 6:15pm	Mon, Wed	May 14-Jun 06	\$86.00
61576	5:45- 6:15pm	Tue, Thu	May 15-Jun 07	\$86.00
61577	10:45-11:15am	Mon-Fri	Jun 25-Jul 06	\$96.75
61580	4:35- 5:05pm	Mon, Wed	Jun 25-Jul 18	\$86.00
61581	5:10- 5:40pm	Tue, Thu	Jun 26-Jul 19	\$86.00
61582	6:20- 6:50pm	Tue, Thu	Jun 26-Jul 19	\$86.00
61583	9- 9:30am	Sat	Jun 30-Aug 18	\$86.00
61584	10:45-11:15am	Sat	Jun 30-Aug 18	\$86.00
61595	5:10- 5:40pm	Fri	Jun 29-Aug 17	\$86.00
61585	9:35-10:05am	Sun	Jul 01-Aug 19	\$86.00
61586	10:45-11:15am	Sun	Jul 01-Aug 19	\$86.00
61579	9- 9:30am	Mon-Fri	Jul 09-20	\$107.50
61578	10:45-11:15am	Mon-Fri	Jul 23-Aug 03	\$107.50
61587	4:35- 5:05pm	Mon, Wed	Jul 23-Aug 15	\$86.00
61588	5:10- 5:40pm	Tue, Thu	Jul 24-Aug 16	\$86.00
61589	6:20- 6:50pm	Tue, Thu	Jul 24-Aug 16	\$86.00
61611	10:45-11:15am	Mon-Fri	Aug 06-17	\$107.50

PRESCHOOL 4 SWIM LESSONS

61636	4- 4:30pm	Tue, Thu	May 15-Jun 07	\$86.00
61651	4:35- 5:05pm	Mon, Wed	May 14-Jun 06	\$86.00
61637	9:35-10:05am	Mon-Fri	Jun 25-Jul 06	\$96.75
61638	10:45-11:15am	Mon-Fri	Jun 25-Jul 06	\$96.75
61642	4- 4:30pm	Mon, Wed	Jun 25-Jul 18	\$75.25
61643	5:45- 6:15pm	Tue, Thu	Jun 26-Jul 19	\$75.25
61644	10:10-10:40am	Sat	Jun 30-Aug 18	\$86.00
61645	10:45-11:15am	Sun	Jul 01-Aug 19	\$86.00
61664	9:35-10:05am	Sun	Jul 01-Aug 19	\$86.00
61639	9:35-10:05am	Mon-Fri	Jul 09-20	\$107.50
61641	9:35-10:05am	Mon-Fri	Jul 23-Aug 03	\$107.50
66404	10:45-11:15am	Mon-Fri	Jul 23-Aug 03	\$96.75
66407	4- 4:30pm	Mon, Wed	Jul 23-Aug 15	\$86.00
66408	5:45- 6:15pm	Tue, Thu	Jul 24-Aug 16	\$86.00
66405	9:35-10:05am	Mon-Fri	Aug 06-17	\$107.50
66406	10:45-11:15am	Mon-Fri	Aug 06-17	\$96.75

PRESCHOOL 5 SWIM LESSONS

61683	5:45- 6:15pm	Mon, Wed	May 14-Jun 06	\$86.00
61699	4:35- 5:05pm	Tue, Thu	May 15-Jun 07	\$86.00
61685	11:20-11:50am	Mon-Fri	Jun 25-Jul 06	\$96.75
61686	11:20-11:50am	Mon-Fri	Jun 25-Jul 06	\$96.75
61687	4:35- 5:05pm	Tue, Thu	Jun 26-Jul 19	\$86.00
61697	9:35-10:05am	Sat	Jun 30-Aug 18	\$86.00
66412	10:10-10:40am	Sun	Jul 01-Aug 19	\$86.00
66413	11:20-11:50am	Sun	Jul 01-Aug 19	\$86.00
61700	11:20-11:50am	Mon-Fri	Jul 09-20	\$107.50
66409	11:20-11:50am	Mon-Fri	Jul 23-Aug 03	\$107.50
66411	4:35- 5:05pm	Tue, Thu	Jul 24-Aug 16	\$86.00
66410	11:20-11:50am	Mon-Fri	Aug 06-17	\$107.50

YOUTH LEVEL 1 SWIM LESSONS

63022	5:10- 5:40pm	Tue, Thu	May 15-Jun 07	\$86.00
63045	5:10- 5:40pm	Mon, Wed	May 14-Jun 06	\$86.00
63023	10:10-10:40am	Mon-Fri	Jun 25-Jul 06	\$96.75
63025	6:20- 6:50pm	Mon, Wed	Jun 25-Jul 18	\$86.00
63026	4- 4:30pm	Tue, Thu	Jun 26-Jul 19	\$86.00
63041	11:20-11:50am	Mon-Fri	Jun 25-Jul 06	\$96.75
66420	5:10- 5:40pm	Mon, Wed	Jun 25-Jul 18	\$75.25
63027	9- 9:30am	Sat	Jun 30-Aug 18	\$86.00
63029	4- 4:30pm	Fri	Jun 29-Aug 17	\$86.00
66421	10:10-10:40am	Sat	Jun 30-Aug 18	\$86.00
66424	6:20- 6:50pm	Fri	Jun 29-Aug 17	\$86.00
66422	10:10-10:40am	Sun	Jul 01-Aug 19	\$86.00
66423	9- 9:30am	Sun	Jul 01-Aug 19	\$86.00
63042	11:20-11:50am	Mon-Fri	Jul 09-20	\$107.50
66416	10:10-10:40am	Mon-Fri	Jul 09-20	\$96.75
63024	5:10- 5:40pm	Mon, Wed	Jul 23-Aug 15	\$86.00
63028	4- 4:30pm	Tue, Thu	Jul 24-Aug 16	\$86.00
66414	11:20-11:50am	Mon-Fri	Jul 23-Aug 03	\$107.50
66417	10:10-10:40am	Mon-Fri	Jul 23-Aug 03	\$96.75
66419	6:20- 6:50pm	Mon, Wed	Jul 23-Aug 15	\$86.00
66415	11:20-11:50am	Mon-Fri	Aug 06-17	\$107.50
66418	10:10-10:40am	Mon-Fri	Aug 06-17	\$96.75

YOUTH LEVEL 2 SWIM LESSONS

63092	4:35- 5:05pm	Mon, Wed	May 14-Jun 06	\$82.00
63095	4- 4:30pm	Tue, Thu	May 15-Jun 07	\$82.00
63108	5:45- 6:15pm	Tue, Thu	May 15-Jun 07	\$82.00
63097	6:20- 6:50pm	Mon, Wed	Jun 25-Jul 18	\$71.75
63098	4:35- 5:05pm	Tue, Thu	Jun 26-Jul 19	\$82.00
63099	9:35-10:05am	Sat	Jun 30-Aug 18	\$82.00
63110	9:35-10:05am	Mon-Fri	Jun 25-Jul 06	\$92.25
63111	10:45-11:15am	Mon-Fri	Jun 25-Jul 06	\$92.25
63132	5:45- 6:15pm	Tue, Thu	Jun 26-Jul 19	\$82.00
63133	4:35- 5:05pm	Fri	Jun 29-Aug 17	\$82.00
63100	9:35-10:05am	Sun	Jul 01-Aug 19	\$82.00
63135	9- 9:35am	Sun	Jul 01-Aug 19	\$82.00
66429	9:35-10:05am	Mon-Fri	Jul 09-20	\$102.50
66430	10:45-11:15am	Mon-Fri	Jul 09-20	\$102.50
63101	6:20- 6:50pm	Mon, Wed	Jul 23-Aug 15	\$82.00
63102	4:35- 5:05pm	Tue, Thu	Jul 24-Aug 16	\$82.00
63103	5:45- 6:15pm	Tue, Thu	Jul 24-Aug 16	\$82.00
63109	5:10- 5:40pm	Mon, Wed	Jul 23-Aug 15	\$82.00
66431	9:35-10:05am	Mon-Fri	Jul 23-Aug 03	\$102.50
66432	10:45-11:15am	Mon-Fri	Jul 23-Aug 03	\$102.50
66433	10:45-11:15am	Mon-Fri	Aug 06-17	\$102.50
66434	9:35-10:05am	Mon-Fri	Aug 06-17	\$102.50

YOUTH LEVEL 3 SWIM LESSONS

63166	5:10- 5:40pm	Mon, Wed	May 14-Jun 06	\$82.00
63182	4:35- 5:05pm	Tue, Thu	May 15-Jun 07	\$82.00
63184	6:20- 6:50pm	Tue, Thu	May 15-Jun 07	\$82.00
63169	9- 9:30am	Mon-Fri	Jun 25-Jul 06	\$92.25
63170	4- 4:30pm	Mon, Wed	Jun 25-Jul 18	\$71.25
63171	5:10- 5:40pm	Tue, Thu	Jun 26-Jul 19	\$82.00
63202	10:10-10:40am	Mon-Fri	Jun 25-Jul 06	\$92.25
63172	10:10-10:40am	Sat	Jun 30-Aug 18	\$82.00
63175	5:10- 5:40pm	Fri	Jun 29-Aug 17	\$82.00
63201	10:45-11:15am	Sat	Jun 30-Aug 18	\$82.00
63173	9- 9:30am	Sun	Jul 01-Aug 19	\$82.00
63174	10:45-11:15am	Sun	Jul 01-Aug 19	\$82.00
66436	10:10-10:40am	Mon-Fri	Jul 09-20	\$102.50
66437	10:45-11:15am	Mon-Fri	Jul 09-20	\$102.50
63176	5:10- 5:40pm	Tue, Thu	Jul 24-Aug 16	\$82.00
63177	4- 4:30pm	Mon, Wed	Jul 23-Aug 15	\$82.00
66435	9- 9:30am	Mon-Fri	Jul 23-Aug 03	\$102.50
66438	10:10-10:40am	Mon-Fri	Jul 23-Aug 03	\$102.50
66439	10:10-10:40am	Mon-Fri	Aug 06-17	\$102.50
66440	9- 9:30am	Mon-Fri	Aug 06-17	\$102.50

YOUTH LEVEL 4 SWIM LESSONS

63224	4:35- 5:05pm	Tue, Thu	May 15-Jun 07	\$82.00
63233	4- 4:30pm	Mon, Wed	May 14-Jun 06	\$82.00
63225	5:45- 6:15pm	Mon, Wed	May 25-Jul 18	\$71.75
63250	4:35- 5:05pm	Tue, Thu	Jun 26-Jul 19	\$82.00
63251	10:45-11:15am	Mon-Fri	Jun 25-Jul 06	\$97.50
63226	11:20-11:50am	Sat	Jun 30-Aug 18	\$82.00
63227	10:10-10:40am	Sat	Jun 30-Aug 18	\$82.00
63228	9:35-10:05am	Sun	Jul 01-Aug 19	\$82.00
66441	10:45-11:15am	Mon-Fri	Jul 09-20	\$102.50
63229	5:45- 6:15pm	Mon, Wed	Jul 23-Aug 15	\$82.00
63230	4:35- 5:05pm	Tue, Thu	Jul 24-Aug 16	\$82.00
66442	10:45-11:15am	Mon-Fri	Jul 23-Aug 03	\$102.50
66443	10:45-11:15am	Mon-Fri	Aug 06-17	\$102.50

YOUTH LEVEL 5 SWIM LESSONS

63272	9- 9:30am	Mon-Fri	Jun 25-Jul 06	\$92.25
63273	10:10-10:40am	Mon-Fri	Jun 25-Jul 06	\$92.25
63274	4- 4:30pm	Tue, Thu	Jun 26-Jul 19	\$82.00
63284	4:35- 5:05pm	Mon, Wed	Jun 25-Jul 18	\$71.75
63275	9- 9:30am	Sat	Jun 30-Aug 18	\$82.00
66453	11:20-11:50am	Sat	Jun 30-Aug 18	\$82.00
63276	11:20-11:50am	Sun	Jul 01-Aug 19	\$82.00
63286	11:20-11:50am	Sun	Jul 01-Aug 19	\$82.00
66444	10:10-10:40am	Mon-Fri	Jul 09-20	\$102.50
63277	4:35- 5:05pm	Mon, Wed	Jul 23-Aug 15	\$82.00
63278	4- 4:30pm	Tue, Thu	Jul 24-Aug 16	\$82.00
63287	9- 9:30am	Mon-Fri	Jul 23-Aug 03	\$102.50
66454	10:10-10:40am	Mon-Fri	Jul 23-Aug 03	\$102.50
66452	9- 9:30am	Mon-Fri	Aug 06-17	\$102.50
66455	10:10-10:40am	Mon-Fri	Aug 06-17	\$102.50

YOUTH LEVEL 6 SWIM LESSONS

63319	9:35-10:05am	Mon-Fri	Jun 25-Jul 06	\$92.25
63320	5:10- 5:40pm	Mon, Wed	Jun 25-Jul 18	\$71.75
63321	5:10- 5:40pm	Tue, Thu	Jun 26-Jul 19	\$82.00
63327	11:20-11:50am	Sat	Jun 30-Aug 18	\$82.00
63337	10:10-10:40am	Sun	Jul 01-Aug 19	\$82.00
66425	9:35-10:05am	Mon-Fri	Jul 09-20	\$102.50
63322	5:10- 5:40pm	Mon, Wed	Jul 23-Aug 15	\$82.00
66426	9:35-10:05am	Mon-Fri	Jul 23-Aug 03	\$102.50
66428	5:10- 5:40pm	Tue, Thu	Jul 24-Aug 16	\$82.00
66427	9:35-10:05am	Mon-Fri	Aug 06-17	\$102.50

PRE-COMPETITION SWIM LESSONS

61281	9- 9:30am	Mon-Fri	Jun 25-Jul 06	\$92.25
61285	10:45-11:15am	Sat	Jun 30-Aug 18	\$82.00

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 Wed
 1-5:30pm

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. School bus transportation available from Medina Elem. For more information call 425 452-4106. Min 15/Max 25

Northwest Arts Center

\$175(R) \$210(N) Age: 6Y - 11Y
 60960 12:30am-3:30pm Wed Jan 04-Feb 15

\$150(R) \$180(N) Age: 6Y - 11Y
 60961 12:30-3:30pm Wed Feb 29-Apr 04

\$200(R) \$240(N) Age: 6Y - 11Y
 60962 12:30-3:30pm Wed Apr 18-Jun 06

Spring Break Day Camps

BYT DAY CAMPS: THE BRAVE LITTLE TAILOR

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

Min 15/Max 24

Ivanhoe Park Site

\$174(R) \$210(N) Age: 5Y - 12Y
 64305 9:30am-3pm Mon-Fri Apr 09-13

Extended Care

\$45(R) \$52(N) Age: 5Y - 12Y
 64309 7:30am-5:30pm Mon-Fri Apr 09-13

FENCING CAMP (PLAYING WITH SWORDS)

Anyone for a duel? Join the Washington Fencing Academy for 'fitness with an edge' and some fun! Campers will learn the Olympic style of competitive fencing including equipment, technique, learning to 'bout', and a mini-tournament. Fencing is a fast, energetic sport that uses mind and body. Boys and girls of any fitness level are welcome and no prior experience is required. Wear athletic shoes and sweatpants (no jeans). Bring a water bottle and snack. Min 8/Max 20

South Bellevue Community Center

\$150(R) \$180(N) Age: 8Y - 16Y
 60667 12:45-3:45pm Mon-Fri Apr 09-13

SKATEBOARD CAMPS

Our expert staff have years of experience from helping beginners for the very first time to showing secret techniques to advanced skaters. The camp includes park safety, trick tips, skate games, a contest, and a pizza party, all with an emphasis on friends and fun. Whether you're just starting out or an experienced skater this camp is for you. Min 6/Max 15

Highland Community Center

\$140(R) \$160(N) Age: 8Y - 15Y
 64317 9am-12pm Mon-Fri Apr 02-06
 64316 9am-12pm Mon-Fri Apr 09-13

I-BALL SPRING BREAK SKILLS CAMP

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

Newport High School

\$164(R) \$197(N) Age: 6Y - 14Y
 64149 9am-3pm Mon-Thu Apr 09-12

CREATIVE KIDS DAY CAMPS

Enhance your child's creativity while enjoying the beautiful setting of the Northwest Arts Center. Camp activities compliment the season and include a combination of indoor and outdoor activities. Children explore a variety of art and craft mediums, clay arts in our own pottery studio, and more. Min 15/Max 30

Northwest Arts Center

\$200(R) \$240(N) Age: 6Y - 11Y
 60973 9am-3pm Mon-Fri Apr 09-13

SKATEBOARD CAMP - BIDDY BOARDERS

Finally a skateboard camp for the little shredders. This camp is designed to get the little ones standing up and rolling on their boards safely. This fun camp also includes ramp riding skills, falling correctly, taking turns and skatepark etiquette. Parents are encouraged to attend. Safety gear and skateboards are available if needed. Min 5/Max 8

Highland Community Center

\$100(R) \$120(N) Age: 4Y - 7Y
 64333 1-2:30pm Mon-Fri Apr 09-13

YOUTH SPORTS CAMPS

A week of fast paced action where kids will have a blast!! Campers will receive instruction and participate in a variety of sports including basketball, dodgeball, volleyball, indoor soccer and floor-hockey. Outdoor activities will take place as weather allows. Field trip to local recreational attraction is included in the price of camp. Min 10/Max 40

Crossroads Community Center

\$165(R) \$198(N) Age: 7Y - 12Y
 64150 8am-4pm Mon-Fri Apr 09-13



Day Camps/Crafts & Visual Arts

ROCK CLIMB - SPRING BREAK CAMP

Get a jump start on your rock climbing skills in a safe and fun climbing environment on SBCC's 33 foot indoor climbing wall. There will be climbing routes and fun, but challenging games for every level of ability from beginner to expert. On Thursday and Friday, campers meet at South Bellevue Community Center daily at 9:00 AM and return by 4:00PM. All climbing equipment is provided. Campers need to bring a pack with lunch, sunscreen and a hat. Climbing shoes are recommended but are not required. Min 4/Max 12

South Bellevue Community Center
 \$245(R) \$290(N) Age: 8Y - 13Y
 64570 9am-12:30pm Mon-Wed Apr 09-13
 9am-4pm Thu-Fri

UK INTERNATIONAL SOCCER CAMP

We have partnered with UK International Soccer Camps (UKISC) to bring you the best of UK soccer. UK British soccer coaches will instruct your child. Exciting new camp schedule includes ball mastery section at start and end of every day, fundamentals of the game, small sided games, tournaments and awards plus NEW online ranking system available. Min 10/Max 75

Robinswood Community Park

UK International Soccer Camp - Half Day

\$115(R) \$138(N) Age: 4Y - 13Y
 64151 9am-12pm Mon-Fri Apr 09-13

UK International Soccer Camp - Full Day

\$181(R) \$217(N) Age: 7Y - 13Y
 64152 9am-3pm Mon-Fri Apr 09-13

HIGH ADVENTURE SPRING BREAK CAMP

What appeals to your sense of a spring break adventure? If it is summiting local peaks, building snow shelters, or hanging with friends outdoors, then join City of Bellevue expert guides for three action-packed days of outdoor thrills. We will spend each day in a different location, developing new skills and exploring fresh terrain. All technical gear and transportation provided! Min 5/Max 12

Highland Community Center

\$130(R) \$150(N) Age: 11Y - 17Y
 64370 9am-4pm Mon-Wed Apr 09-11



SEREVI YOUTH RUGBY SPRING BREAK CAMP

SEREVI and Bellevue Parks & Community Services are excited to offer a spring break camp for beginners and experienced players, to develop the understanding and skills of rugby. Participants will have a fun and exciting experience learning a wide variety of rugby skills such as developing footwork, fitness, passing, catching, kicking and small-sided games.

Newport Hills Community Park Soccer Field
 \$200(R) \$240(N) Age: 7Y - 18Y
 64969 9am-3pm Mon-Fri Apr 09-13
 \$115(R) \$138(N) Age: 7Y - 18Y
 64970 9am-12pm Mon-Fri Apr 09-13
 64971 12pm-3pm Mon-Fri Apr 09-13

Art & Craft Programs for Adults

GARDEN D'LIGHTS WORK PARTIES

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

GARDEN D'LIGHTS CLASSES

Are you interested in learning the secrets of these incredible flower creations? Register for a class at www.bellevuebotanical.org or call the Bellevue Botanical Garden Society office at 425-451-3755. All flowers created in classes are added to the Garden d'Lights display. Classes are ongoing, March through September.

ART IN NATURE EXHIBITS

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

WHEN: Daily
 10am - 4pm

WHERE: Mercer Slough Environmental Education Center
 Visitor Center

COST: Free

DROP-IN PAINTING

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

North Bellevue Community Center
 FREE Age: 18Y and up
 59678 1-3pm Thu May 03-Aug 30

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
 \$90(R) \$110(N) Age: 18Y and up
 60879 1-3pm Thu May 31-Jun 21
 65489 1-3pm Thu Jun 28-Jul 26

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
 63734 10am-1pm Mon May 07-21
 \$10(R) \$12(N) Age: 18Y and up
 63735 10am-1pm Mon Jun 04-18

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. Materials included. Accommodations provided for people with disabilities. Min 8/Max 10

Northwest Arts Center
 \$90(R) \$110(N) Age: 18Y and up
 60874 10-11:30am Thu May 31-Jun 21
 65487 10-11:30am Thu Jun 28-Jul 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
 60818 10am-12:30pm Fri May 04-Aug 24

Get Fit and Get Healthy

MASSAGE THERAPY

Relax. Relieve aches and pains. Experience a sense of balance and well-being. Elizabeth Strauss, Licensed Massage Practitioner and Jin Shin Do (r) Acupressurist. All ages welcome. Elizabeth also has special training in massage for older adults. 30 minute session- \$35(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.

RED CROSS KNITTING GROUP

Join this fun group of Red Cross volunteers who knit items for donation to local hospitals and Eastside Baby Corner. Patterns and yarn provided. Min 3/Max 8
North Bellevue Community Center
FREE Age: 18Y - 99Y
65544 11am-3pm Wed May 02-Aug 29

IKEBANA - JAPANESE FLORAL DESIGN

Using flowers, branches, driftwood, and other media, you will master the various Sogetsu school styles. For beginners or advanced students. Flower and branch materials supply fee \$50 payable to the instructor at first class. Min 3/Max 7
North Bellevue Community Center
\$80(R) \$100(N) Age: 18Y and up
63861 10am-12pm Thu May 17-Jun 14
63862 6-8pm Wed May 16-Jun 13
63863 6-8pm Wed Jun 20-Jul 25
66138 10am-12pm Thu Jun 21-Jul 19
63864 6-8pm Wed Aug 01-29
66139 10am-12pm Thu Aug 02-30

Art & Craft Programs for Families, Youth, & Teens

ARTS DROP IN

Creative fun group invites you to join us for an evening of a 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
59676 6-8:30pm Tue May 01-Aug 28

DRAWING & PAINTING : REGGIO EMILIA

Give your child the tools to see the world in different ways! Students learn basic drawing skills through value studies, perspective, line and sketching techniques, as well as learning how to mix and use color in their artwork, inspired by the Reggio Emilia approach. Still life scenes, three dimensional building with clay are some of the tools introduced to broaden your child's visual awareness. Supplies included. Min 8/Max 12
Northwest Arts Center
\$95(R) \$115(N) Age: 6Y - 11Y
65527 4-5:30pm Thu Jul 12-Aug 02

A PIRATE'S LIFE FOR ME!

Yo Ho, Yo Ho! A pirate's life for me! Join us for a whale of a time playing about pirates. Hunt for treasure, learn games, do art, sing songs and make a treat to eat and enjoy! Child only class. Min 7/Max 12
Northwest Arts Center
\$30(R) \$38(N) Age: 3Y - 6Y
65523 10am-12pm Sat Aug 25

ABRAKADOODLE DOODLERS

Abrakadoodle is an international art education program dedicated to developing creativity and innovation in children. Doodlers develop new skill and talents while designing unique creations using a variety of wonderful materials and tools. Each lesson focuses upon developing skills, learning techniques and expanding knowledge. The methods and styles of contemporary and master artists specializing in paint, sculpture, design and more are incorporated into each class. Materials included in class fee. Min 8/Max 10
South Bellevue Community Center
\$45(R) \$54(N) Age: 6Y - 10Y
65666 2:15-3pm Wed May 09-30
65668 4:15-5pm Thu May 10-31

CHILDREN'S POTTERY STUDIO

In a fun and supportive environment, the young potter will learn the ancient art of pottery. The possibilities of turning clay into a piece of treasured art is limitless! Hand and wheel building, sculpting, coil construction and glazing will be introduced. Supply and firing fee included in price of class. Min 8/Max 10
Northwest Arts Center
\$95(R) \$115(N) Age: 6Y - 11Y
65526 4-5:30pm Thu Jul 05-26



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 425-452-7681 more information and details.

ENHANCE FITNESS

This low impact aerobics class is designed to give you the maximum amount of cardiovascular exercise with a minimum amount of wear and tear on your body. This class is offered in conjunction with Group Health. If you are a Group Health Medicare Advantage 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

\$33(R)	\$40(N)	Age: 55Y and up
59699	9-10am	Thu-Fri, Tue May 03-Jun 05
59700	9-10am	Thu-Fri, Tue Jun 07-Jul 10
59701	9-10am	Thu-Fri, Tue Jul 12-Aug 14

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 8/Max 60

North Bellevue Community Center

\$32(R)	\$38(N)	Age: 12Y and up
65548	12-1pm	Tue May 01-22
65552	1-2pm	Thu May 03-24
65549	12-1pm	Tue Jun 05-26
65553	1-2pm	Thu Jun 07-28
65550	12-1pm	Tue Jul 03-24
65554	1-2pm	Thu Jul 05-26
65555	1-2pm	Thu Aug 02-23
65551	12-1pm	Tue Aug 07-28

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
60435	10:15-11:15am	Wed, Mon May 02-30
60436	10:15-11:15am	Mon, Wed Jun 04-27
60437	10:15-11:15am	Mon, Wed Jul 02-30
60438	10:15-11:15am	Wed, Mon Aug 01-22

Body & Mind

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 4/Max 30

North Bellevue Community Center

\$22.50(R)	\$27(N)	Age: 18Y and up
65564	10:30-11:30am	Mon May 07-21
\$37.50(R)	\$45(N)	Age: 18Y and up
65560	10:30-11:30am	Thu May 03-31
65566	10:30-11:30am	Mon Jul 02-30
65563	10:30-11:30am	Thu Aug 02-30
\$30(R)	\$36(N)	Age: 18Y and up
65565	10:30-11:30am	Mon Jun 04-25
65561	10:30-11:30am	Thu Jun 07-28
65562	10:30-11:30am	Thu Jul 05-26
65567	10:30-11:30am	Mon Aug 06-27

HATHA YOGA

Join Maude Pauletto for a gentle approach to increase your strength and flexibility.

This class is adaptable for all levels of Yoga experience. Participants will learn balancing poses, deep stretching and a calm mind and body through deep breathing exercises. Wear comfortable clothing. Bring water and yoga mat. Class is for ages 18 and above. Please do not bring children to class. Min 8/Max 20

Northwest Arts Center

\$55(R)	\$67(N)	Age: 18Y and up
60749	3:30-4:30pm	Tue May 29-Jun 26
60750	3:30-4:30pm	Thu May 31-Jun 28
\$110(R)	\$132(N)	Age: 18Y and up
60751	3:30-4:30pm	Tue, Thu May 29-Jun 28
\$77(R)	\$92(N)	Age: 18Y and up
65685	3:30-4:30pm	Tue Jul 10-Aug 28
65686	3:30-4:30pm	Thu Jul 12-Aug 30
\$140(R)	\$150(N)	Age: 18Y and up
65687	3:30-4:30pm	Tue, Thu Jul 10-Aug 30

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)	\$106(N)	Age: 13Y and up
60583	9:30-10:30am	Fri May 04-Jun 22
\$44(R)	\$53(N)	Age: 13Y and up
60586	9:30-10:30am	Sat Jul 07-28

PURNA YOGA CLASSES

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

Min 5/Max 30

South Bellevue Community Center

\$72(R)	\$86(N)	Age: 13Y and up
60619	9:30-10:45am	Tue May 01-Jun 05
60622	7:15-8:30pm	Tue May 01-Jun 05
60625	7:15-8:30pm	Thu May 03-Jun 07
60628	10:15-11:30am	Sun May 06-Jun 10
\$60(R)	\$72(N)	Age: 13Y and up
60620	9:30-10:45am	Tue Jun 12-Jul 17
60623	7:15-8:30pm	Tue Jun 12-Jul 17
60626	7:15-8:30pm	Thu Jun 14-Jul 19
60629	10:15-11:30am	Sun Jun 17-Jul 22
60621	9:30-10:45am	Tue Jul 24-Aug 21
60624	7:15-8:30pm	Tue Jul 24-Aug 21
60627	7:15-8:30pm	Thu Jul 26-Aug 23
60630	10:15-11:30am	Sun Jul 29-Aug 26

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
64727	10-11am	Mon Jun 04-Jul 09
64728	10-11am	Mon Jul 16-Aug 20

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 25

South Bellevue Community Center

\$84(R)	\$100(N)	Age: 13Y and up
60553	9:15-10:15am	Tue, Thu May 01-24
\$42(R)	\$50(N)	Age: 13Y and up
60556	9:15-10:15am	Tue May 01-22
\$133(R)	\$161(N)	Age: 13Y and up
60559	8:45-9:45am	Mon/Wed May 01-24
	9:15-10:15am	Tue/Thu
\$73.50(R)	\$87.50(N)	Age: 13Y and up
60557	8:45-9:45am	Wed, Mon May 02-23
\$63(R)	\$75(N)	Age: 13Y and up
60554	9:15-10:15am	Tue, Thu May 29-Jun 14
\$98(R)	\$118(N)	Age: 13Y and up
60560	8:45-9:45am	Mon/Wed May 29-Jun 14
	9:15-10:15am	Tue/Thu
\$31.50(R)	\$37.50(N)	Age: 13Y and up
60561	9:15-10:15am	Tue May 29-Jun 12
\$52.50(R)	\$62.50(N)	Age: 13Y and up
60558	8:45-9:45am	Wed, Mon May 30-Jun 13

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 20

South Bellevue Community Center

\$70(R)	\$84(N)	Age: 13Y and up
60397	6-7am	Wed, Mon May 02-30
60399	6-7am	Mon, Wed Jun 04-27
60401	6-7am	Mon, Wed Jul 02-30
60405	6-7am	Wed, Mon Aug 01-22
\$35(R)	\$42(N)	Age: 13Y and up
60412	6-7am	Fri May 04-25
60418	6-7am	Fri Jul 06-27
60419	6-7am	Fri Aug 03-24
\$44(R)	\$52.50(N)	Age: 13Y and up
60416	6-7am	Fri Jun 01-29

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

\$49.50(R)	\$59.50(N)	Age: 13Y and up
60460	7:15-8:15pm	Wed, Mon May 02-Jun 11
\$54(R)	\$65(N)	Age: 13Y and up
60461	6-7am	Wed, Mon May 02-Jun 13
\$49(R)	\$59(N)	Age: 13Y and up
60466	6-7am	Wed May 02-Jun 13
\$42(R)	\$50.50(N)	Age: 13Y and up
60475	7:15-8:15pm	Wed May 02-Jun 06
\$35(R)	\$42(N)	Age: 13Y and up
60463	6-7am	Mon May 07-Jun 11
60464	7:15-8:15pm	Mon May 07-Jun 11

ZUMBA FITNESS @ HIGHLAND

Join us Monday, Wednesday and Thursday evenings for the newest and hottest dance moves. Zumba is a fun, dance and rhythms exercise class using mostly Latin music. Sizzling, toe tapping, hip swiveling music makes you want to get up and move. Special January-March passes \$40.00 for 10 punches. Drop-in fee \$7.00. Contact 425-452-6104 for more information.

ZUMBA LATIN FITNESS DANCE

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

\$49(R)	\$59.50(N)	Age: 13Y and up
60507	6-7pm	Wed May 02-Jun 13
60514	10-11am	Wed May 02-Jun 13
60506	9:15-10:15am	Fri May 04-Jun 15
\$72(R)	\$84(N)	Age: 13Y and up
60515	10-11am	Wed, Mon May 02-Jun 13
60521	6-7pm	Wed, Mon May 02-Jun 13
\$35(R)	\$42.50(N)	Age: 13Y and up
60501	6-7pm	Mon May 07-Jun 11
60523	10-11am	Mon May 07-Jun 11
\$54(R)	\$63(N)	Age: 13Y and up
60522	6-7pm	Mon, Wed Jun 18-Jul 18
\$60(R)	\$70(N)	Age: 13Y and up
60532	6-7pm	Mon, Wed Jul 23-Aug 22

North Bellevue Community Center



\$32(R)	\$38(N)	Age: 12Y and up
65556	12-1pm	Fri May 04-25
65558	12-1pm	Fri Jul 06-27
\$40(R)	\$48(N)	Age: 12Y and up
65557	12-1pm	Fri Jun 01-29
65559	12-1pm	Fri Aug 03-31



FREE INDOOR CYCLING SUMMER SERIES

Catch a 6am Wednesday morning ride or a 7:15pm Wednesday evening ride at South Bellevue Community Center and start or end your day with a free, fun, all-levels class. Morning rides begin Wed July 11th and end Wed Aug 22nd. Evening rides begin July 18th and end Aug 22nd. This is a great time to try something new and burn up to 600+ calories. Class is limited to 15 riders, so call SBCC at 425-452-4240 to reserve a bike.

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: Colleenws3@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

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
Two Adult (no children)	\$39	\$47
Single Adult Household (with children ages 10-20)	\$34	\$41
Two Adult Household (with children ages 10-20)	\$47	\$57

SUMMER STUDENT SPECIAL

Stay fit and active through the summer! Students age 18-23 are eligible for a 3-month Fitness Center pass. Contact South Bellevue Community Center, 425-452-4240, for more information.

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



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
64845 9am-3pm Wed May 09
64846 9am-3pm Wed Aug 08

INFANT CPR

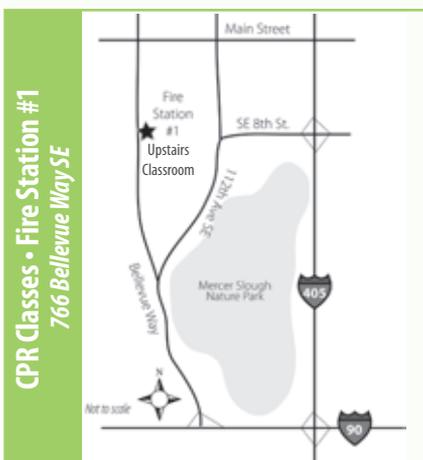
The Bellevue Fire Department offers citizen CPR classes to the community that follow the AHA's Heartsaver CPR curriculum. This hands on course teaches CPR and Choking intervention for infants from birth to 1 year of age. Participants will be required to demonstrate skills to receive a Heartsaver CPR 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
64867 7-10pm Thu May 24
64868 7-10pm Thu Jul 26

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

\$40(R) \$40(N) Age: 14Y and up
64876 7-10pm Tue Mar 20
64877 7-10pm Thu Apr 05
64879 7-10pm Tue Apr 17
64880 7-10pm Thu May 03
64881 7-10pm Tue May 15
64882 7-10pm Thu Jun 07
64883 7-10pm Tue Jun 19
64884 7-10pm Thu Jul 05
64885 7-10pm Tue Jul 17
64886 7-10pm Thu Aug 02
64887 7-10pm Tue Aug 21



CPR Classes • Fire Station #1
766 Bellevue Way SE

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.

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. 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
65491 5:30-6:20pm Wed May 02-Jun 20

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
\$96(R) \$112(N) Age: 13Y and up
65492 7:10-8pm Wed May 02-Jun 20

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
\$48(R) \$56(N) Age: 13Y and up
65494 6:30-7pm Wed May 02-Jun 20

BELLY DANCE PERFORMANCE SKILLS

Take your dance to another level! Intermediate to Advanced students will explore topics such as musical interpretation, improvisation, entrances, choreography, different dance rhythms, drum solos, veil work, and other solo performance skills. 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
65493 8-8:50pm Wed May 02-Jun 20

Martial Arts

BEGINNING FENCING FOR YOUTH (PLAYING WITH SWORDS)

Students will learn the basics of fencing technique, increase their fitness level and mental focus with this new sport. 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
\$86(R) \$103.50(N) Age: 8Y - 12Y
65536 6:45-7:45pm Tue May 15-Jun 19

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
\$86(R) \$103.50(N) Age: 13Y and up
65535 7:45-8:45pm Tue May 15-Jun 19

NAGINATA

This Japanese martial art shows both power and grace. It is characterized by the grandeur of its sweeping movements of the Naginata, a Japanese sword on the end of a six foot pole. This art is for people of all ages interested in either competitive fighting, or in the physical beauty of choreographed, practiced movements called kata. Min 7/Max 15 Northwest Arts Center

\$90(R)	\$108(N)	Age: 13Y and up
65528	7-9pm	Tue Jul 10-Sep 04
65529	7-9pm	Thu Jul 12-Sep 06
\$144(R)	\$172(N)	Age: 13Y and up
65530	7-9pm	Tue, Thu Jul 10-Sep 06

SELF DEFENSE/HAPKIDO - INTERMEDIATE/ADVANCED

This co-ed course builds on skills introduced in the beginning class and helps young people and adults successfully face physically confronting issues. With a blend of traditional and real-world scenarios, students learn to identify, avoid and de-escalate potentially dangerous situations. While refining on skills learned from beginning class, students will start learning joint locks, pressure points (adults only) and weapons. Prerequisite: Graduation from the beginning class, or age 13 and above. Student rank certificates will be certified and signed by the president of the World Hapkido Association, www.worldhapkido.com. Instructor permission required to attend. Min 10/Max 30

Highland Community Center
\$46(R) \$55(N) Age: 13Y and up
64186 5:30-6:55pm Wed, Mon May 02-30
64187 5:30-6:55pm Mon, Wed Jun 04-27
64188 5:30-6:55pm Mon, Wed Jul 02-30
64189 5:30-6:55pm Wed, Mon Aug 01-29

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
FREE Age: 18Y and up
64720 9:30-10:30am Wed May 02-Aug 29

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
FREE Age: 60Y and up
60824 12-1pm Wed May 02-Jun 20

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
65568 9-10am Sat May 05-Aug 25

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 Sword-play. Min 8/Max 20

North Bellevue Community Center

\$56(R)	\$67(N)	Age: 16Y and up	
60696	7:15- 8:45pm	Mon	May 07-Jun 11
60697	7:15- 8:45pm	Mon	Jun 18-Jul 16
60698	7:15- 8:45pm	Mon	Jul 23-Aug 20

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. Min 6/Max 30

Northwest Arts Center

\$57(R)	\$68(N)	Age: 4Y - 10Y	
65682	4:30- 5:15pm	Mon, Wed	Jul 09-Aug 08
65683	4:30- 5:15pm	Mon, Wed	Aug 13-Sep 25

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.

South Bellevue Community Center

\$60(R)	\$72(N)	Age: 18Y and up	
60598	9:15-10:15am	Sat	Apr 21-Jun 02

YANG STYLE TAI CHI INT/ADV

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

South Bellevue Community Center

\$60(R)	\$72(N)	Age: 18Y and up	
60603	10:20-11:30am	Sat	Apr 21-Jun 02

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	
60364	4- 4:50pm	Tue, Thu	May 01-31
60369	6- 6:50pm	Tue, Thu	May 01-31
60371	5- 5:50pm	Tue, Thu	May 01-31
60367	4- 4:50pm	Tue, Thu	Jun 05-28
60372	6- 6:50pm	Tue, Thu	Jun 05-28
60374	5- 5:50pm	Tue, Thu	Jun 05-28
60370	4- 4:50pm	Tue, Thu	Jul 03-26
60375	6- 6:50pm	Tue, Thu	Jul 03-26
60377	5- 5:50pm	Tue, Thu	Jul 03-26
60376	4- 4:50pm	Thu, Tue	Aug 02-23
60378	6- 6:50pm	Thu, Tue	Aug 02-23
60380	5- 5:50pm	Thu, Tue	Aug 02-23

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 Sword-play. 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. Min 8/Max 20

South Bellevue Community Center

\$56(R)	\$67(N)	Age: 16Y and up	
60683	7:15- 8:45pm	Thu	May 24-Jun 21
60684	7:15- 8:45pm	Thu	Jun 28-Jul 26
60685	7:15- 8:45pm	Thu	Aug 02-Sep 06

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

\$60(R)	\$72(N)	Age: 8Y and up	
64158	6:30- 8pm	Fri	Jun 15-Aug 17

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

\$60(R)	\$72(N)	Age: 8Y and up	
64162	7:30- 9:30pm	Fri	Jun 15-Aug 17

MARTIAL ARTS SELF DEFENSE/HAPKIDO BEGINNING CHILD

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

Highland Community Center

\$46(R)	\$55(N)	Age: 6Y - 12Y	
64171	5- 5:55pm	Wed, Mon	May 02-30
64172	5- 5:55pm	Mon, Wed	Jun 04-27
64173	5- 5:55pm	Mon, Wed	Jul 02-30
64174	5- 5:55pm	Wed, Mon	Aug 01-29



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

Bird Basics

From the tiny tropical hummingbird to the enormous emu, to the penguin that flies underwater, birds come in all shapes, colors, and sizes, and have managed to colonize every continent on earth. Learn more about what makes birds unique, and find out what kind of bird you'd like to be! Children under 12 must be accompanied by an adult. No registration necessary.

64301 2:30-3pm Sun Apr 01

Introduction to Birding

Bird-watching is one of the most popular outdoor activities in America. From hanging a feeder to treading through a swamp at night, there's a lifetime of learning and fun to be had. Join us for an introduction to bird-watching. Learn introductory skills and see what you'll need to get started. A ranger will be available for a 45 minute guided walk through the Mercer Slough following the program.

65496 6-6:30pm Fri May 18

Wetland Mammals

The wetland habitats of the Mercer Slough are home to a variety of mammals. Just minutes from downtown Bellevue are some of the most interesting creatures in King County. Learn about beavers, otters, muskrats, and the other mammals that help make the Slough such a special place.

65497 2-2:30pm Thu Jul 12

Coyotes and Wolves

Did you know that there are at least 50,000 coyotes that roam Washington State? Urban coyote problems are growing; with the first recorded attack on a human in Washington in 2006 in Bellevue (coyotes had been deliberately fed by people). Also, wolves are making a comeback in Washington! Learn about coyote and wolf identification, ecology, how to prevent conflicts if you encounter a coyote or a wolf.

65534 2-2:30pm Sun Jul 22

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

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

The Sunset Switch

Sunset is a magical time. Come learn about the moment when daytime animals go to sleep and nighttime animals take over. Then make a sundial to take home.
64108 11am-12pm Fri Apr 06

The Lorax by Dr. Seuss

Come listen to Dr. Seuss' environmental classic, The Lorax. It's message still rings true today amidst the dangers of clear-cutting, pollution, and disregard for the earth's environment. Become a nature superhero when we make hats to take home.
65716 11am-12pm Fri May 04
66446 1:30-2:30pm Fri May 04

The Very Best Bed

Are you ready to snuggle down for the night in your very own bed? Come along as the gray squirrel searches for the very best bed as the moon rises higher in the night sky. We will make a squirrel puppet to take home.
65717 11am-12pm Fri Jun 01
66447 1:30-2:30pm Fri Jun 01

Secret Place

Hardy anyone knows about the secret place along the river that runs dark and shallow in its concrete bed. But if you can find the secret place, there may be ducklings and other wild friends to discover. We will make birdie clip ornaments to take home.
65718 11am-12pm Fri Jul 06
66448 1:30-2:30pm Fri Jul 06

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

BIRD WATCHING

Get to know our winter birds in the Lake Hills Greenbelt! Join Hugh Jennings, an avid birder since 1988, to explore our wetland waterfowl, native songbirds and woodland edge woodpeckers. Learn which birds spend their winters here and which ones you should expect to see in the spring. Please dress for the weather and if you have binoculars please feel free to bring them along! Location: Lake Hills Greenbelt Ranger Station, 15416 SE 16th Street. For information call 425-452-7225. FREE. Pre-registration is required. Min 1/Max 25 Lake Hills Greenbelt
FREE All Ages
63338 8-9:30am Fri Jan 20
63339 8-9:30am Wed Feb 15
63340 8-9:30am Fri Mar 16

LEWIS CREEK EXPLORERS' CLUB

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

Wake Up Little Birdie Wake Up

In his essay Great Possessions, Aldo Leopold describes what he learned by listening to birds as they awaken and begin calling from pre-dawn through sunrise. Participants will use mnemonic sounds to imitate birds songs and understand the regular, timed sequence of birds awakening as they recreate the dawn chorus described by Leopold. Parents and children will learn together.
FREE Age: 6Y and up
64145 10:30-11:30am Sat Mar 31

Basic Map and Compass

Can you read a US Geological topographic map or take a bearing with a compass to avoid getting lost? Do you know the difference between true and magnetic north? You'll learn these skills and more!
64743 1-2:30pm Sat Apr 14

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
64147 7:30-9pm Fri Apr 27

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
65722 11-11:30am Fri May 11
66450 2-2:30pm Fri May 11

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
65724 1-2pm Fri Jun 08
66104 1-2pm Sat Jul 14
66105 1-2pm Fri Aug 10

Intro to Birding for Kids

Did you think bird-watching was just for adults? No way! Birding is something anyone can do! Come learn how to hone your observation skills and train your eyes and mind to focus on the birds you see every day, at home, in the park, and in your school yard!
FREE Age: 6Y and up
65723 1-2pm Sat Jun 09

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
66106 1-2pm Fri Jun 15
66107 1-2pm Fri Jul 20
66108 1-2pm Fri Aug 17



**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.



Outdoor & Natural Resources

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 MSEEC@bellevuewa.gov Min 1/Max 30
Mercer Slough Nature Park
FREE Best for ages 8+

Humpback Whale - Giant of the Oceans

Experience the wonder of one of the largest creatures ever to inhabit planet earth. Watch the underwater acrobatics and listen to the song of the humpback whale as you journey with them on a daring migration from the poles to the tropics. Approx. 60 min.
64304 5-6pm Fri Mar 30

Life in Cold Blood - Sophisticated Serpents

With breathtaking footage and amazing action photography, David Attenborough guides you through the fascinating lives of snakes, showing that the cold-blooded world is as passionate, dramatic, and bizarre as any on Earth. Approx. 60 mins.
64313 5-6pm Fri Apr 27

Hummingbirds - Magic in the Air

Get an up-close view into the lives of hummingbirds, one of nature's fastest creatures. Using high-speed cameras, behaviors that are otherwise impossible to appreciate come into full (and sometimes iridescent) light. Approx. 70 min.
65907 5-6pm Fri May 25

Wolves - A Legend Returns to Yellowstone

After decades of absence from America's first National Park, gray wolves were reintroduced into Yellowstone in the 1990s. The return brought excitement, but also controversy. Approx. 55 min.
65908 5-6pm Fri Jun 29

Frogs - The Thin Green Line

Amphibians are in trouble worldwide. From Australia to North America, a mass extinction event is currently underway. Explore the problem and see what scientists are doing about it. Approx. 60 min.
65909 5-6pm Fri Jul 27

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

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.

Lost in the Woods

Based on the award winning children's book by the same name, the forest is abuzz over a newborn fawn. Various creatures have spotted him and all are worried that he's just waiting for his mother, the animals chime in with comments and offers of help. She returns, time passes, and the fawn grows stronger. He sees other young animals maturing, and at the end of the story, he is big enough to go exploring with his mother. Running time 40 minutes. We will read the book together and then enjoy the movie!

FREE Age: 5Y and up
2-3pm Sat Apr 07

Frontier Friends

Bison and prairie dogs, marmots and mountain goats - they're friendly neighbors living in some unfriendly places! Running time 30 mins.

FREE Age: 3Y and up
2-2:30pm Sun May 06

Mystery of Squirmy Wormy

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.

FREE Age: 6Y and up
2-2:30pm Sun Jun 03

Monkey Business

An all-star jungle cast from baby chimps to orangutans and baboons to high-flying monkeys play and swing from the trees. Running time 30 mins.

FREE Age: 3Y and up
2-2:30pm Sun Jul 08

Honey Seekers

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

FREE Age: 6Y and up
2-2:30pm Sun Aug 05

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.

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 Nature Park
FREE Age: 5Y and up
65499 6-6:30pm Thu Jun 14

INTRODUCTION TO NATURE PHOTOGRAPHY

Learn the basics of nature photography. Come find out what those settings on your camera do and how they affect your photos. Whether you're trying to show off a tiny mushroom or capture the mountains in the distance, your photos can show your love for the outdoors. Bring your DSLR and we'll practice connecting to nature through photography. Registration required.

66451 1-2:30pm Sun Jun 24

CREATE A WILDLIFE-FRIENDLY HABITAT

Design a garden that provides the essential needs for wildlife species, such as birds, butterflies, and beneficial insects. Learn how to create diversity around your apartment or house-no residential or commercial area is too small. You can not only help wildlife thrive, but learn how to qualify your garden to become an official Certified Wildlife Habitat™ with the National Wildlife Federation (NWF) and/or Backyard Wildlife Sanctuary with the Washington Department of Fish and Wildlife (WDFW). Tour our Lake Hills Greenbelt's NWF and WDFW certified habitat sanctuary. Get ready for spring with a seminar with two of our City of Bellevue Master Naturalists. Take a native plant home to get started. FREE, donations accepted. Pre-registration is required. Lake Hills Ranger Station
 FREE Age: 18Y and up
 63685 1-2:30pm Sat Apr 28

SPECIAL EVENTS WILDLIFE BABY SHOWER

April 28, 11 am – 3pm
 Lewis Creek Park Visitor Center
 Join us as the City of Bellevue and Sarvey Wildlife Care Center host the first annual Wildlife Baby Shower on April 28 from 11 a.m. to 3 p.m. at the Lewis Creek Visitor Center. We will be collecting in-kind and monetary donations for Sarvey Wildlife Care Center. See rescued raptors, owls, opossums, hawks, and falcons as we celebrate with a supply drive and family festival.

Activities include games, crafts, skits, scavenger hunts, ranger walks, a wildlife presentation and more! A suggested donation of \$5 in lieu of a supply or food item is requested for each participant. Ages: All ages welcome. No registration necessary. Info: 425-452-4195.

NATURE PHOTOGRAPHY CONTEST

June 20 – 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.

WOLVES IN WASHINGTON STATE

April 28-July 8
 Lewis Creek Park Visitor Center
 Wolves, once hunted to near extinction, are making a comeback in Washington State. A complex story, The Burke Museum's Traveling Exhibit "Wolves in Washington State" examines wolf habitat and land development issues as well as highlights the critical role wolves play in promoting a healthy ecosystem. Ages: Appropriate for all ages. Cost: Free! No registration required. Info: 425-452-4195.

POLLINATORS IN THE GARDEN

Sunday, June 10th, 2-3pm
 Lake Hills Greenbelt Ranger Station
 Who are the pollinators in your backyard? What do they do? Are they just bugs? Come discover all of the cool critters who help make flowers bloom and gardens bountiful! All ages welcome. No registration required. For more information please call 425-452-7225.

WHO ARE OUR BACKYARD WILDLIFE?

Sunday, July 15th, 2-3pm
 Lake Hills Greenbelt Ranger Station
 From buzzing bees and hummingbirds, masked bandits and climbing squirrels who are our backyard wildlife? What are they doing in your yard? How you can identify similar species. Learn who makes tunnels and burrows and mounds! All ages welcome. No registration required. For more information please call 425-452-7225.

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.

Arbor Day/Earth Day

*Saturday, April 21 •
 Lewis Creek Park*



The City of Bellevue's annual Arbor Day/Earth Day Celebration will be held on Saturday, April 21, at Lewis Creek Park, 5808 Lakemont Blvd. The event will include volunteer park enhancement projects, a family festival, interactive eco-stations, a tree-planting ceremony, the grand opening of the new Lewis Creek Park expansion project, volunteer giveaways and more! Projects include native plantings, trail resurfacing and invasive species removal. Volunteers must pre-register by April 1.

**For more information or to pre-register, please call
 Alexandra DySard at 425-452-4195.**

LEWIS CREEK HOT TOPIC SERIES

Generate discussion on current wildlife and conservation issues facing America today during Lewis Creek's new Hot Topic Series! Engage in discussions affecting your local and regional communities. Suggest topics you'd be interested in learning more about! Info: 425-452-4195. Min 10/Max 50 Lewis Creek Park
FREE Age: 12Y and up

Wolves in Washington!

Have you heard? Gray wolves have returned to Washington nearly 70 years after they were extirpated from the state! Should we be excited or nervous? Where are they coming from? Where are they traveling to? What is the state doing to prepare for their presence? Explore and inquire about wolves in Washington State. Learn where you can find more resources on this important topic!

66204 1-2pm Sat Jun 30

LEWIS CREEK FILM SERIES

Written and narrated by esteemed naturalist David Attenborough, experience the stand-out BBC nature documentary series LIFE. The series takes a global view of the specialized strategies and extreme behavior that living things have developed in order to survive; what Charles Darwin termed 'the struggle for existence.' Lewis Creek will host one episode monthly over the next year. No registration required. Min 5/Max 50 Lewis Creek Park
FREE Age: 12Y and up

Fish

Fish, the most diverse group of vertebrate animals, thrive in the world's rivers, lakes and oceans. Slow-motion footage reveals the behavior of some of the fastest fish in the sea, sailfish and flying fish. Running time 50 minutes.

2-3pm Sun Apr 15

Birds

Watch the courtship flight of the marvelous spatuletail hummingbird. Lammergeiers, by contrast, soar on mountain thermals with a minimum of effort. Some birds nest in extreme locations to avoid threats from predators. Kenya's caustic soda lakes are a perilous environment for a lesser flamingo chick, while chinstrap penguins breed on a volcanic island off the Antarctic Peninsula. Running time 50 minutes.

2-3pm Sun May 13

Insects

By assuming a variety of body shapes and incorporating armor and wings, insects have evolved diverse survival strategies and become the most abundant creatures on Earth. Many insects carry chemical weapons as a form of defence. Some insects gain an advantage through co-operation. Running time 50 minutes.

2-3pm Sun Jun 10

Hunters and Hunted

Mammals have adopted diverse strategies to hunt their prey and evade predators. The program shows how a sure-footed ibex kid escapes a hunting fox, the fishing behavior of greater bulldog bats in Belize and brown bears at an Alaskan river mouth, the latter awaiting the return of spawning salmon. Running time 50 minutes.

2-3pm Sun Jul 15

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

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

Coyotes & Wolves

There are at least 50,000 coyotes that roam Washington and urban coyote problems are growing, with the first recorded attack on humans in Washington in 2006 in Bellevue where coyotes had been deliberately fed. And wolves are back in Washington! Learn about coyote and wolf identification, ecology, how to prevent conflicts and what to do if you encounter a coyote or a wolf.

64214 1-2pm Sun Apr 29

Deer

Deer are among the most familiar animals of Washington, and in many places they are the largest wildlife that people encounter. Learn how to identify between mule deer, black-tailed deer and white-tailed deer and which lawn plants are deer-resistant!

65712 1-2pm Sat June 23

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

KNOW YOUR YARD

Enhance your understanding of the land you live on with the Know Your Yard series at Lewis Creek Park. Info: 425-452-4195 Lewis Creek Park
FREE Age: 12Y and up

Your Soil

Soil is the foundational element for all of our natural world. Learn how to increase the productivity of your gardens and grass. We will talk about soil dwelling organisms, the role of soil for plants and animals, and how to increase the productivity of your gardens and grass. Registration required.

66100 1-2:30pm Sun May 20

Your Water

What is the source of your water at home? Come learn how your yard practices affect local water quality and what can be done to mitigate water issues or retain water on your site. Registration required.

66101 1-2:30pm Sun Jun 17

Your Plants

Without plants, nothing else in the world would exist. Come learn about plant ecology and the which plants are best for your property. Registration required.

66102 1-2:30pm Sun Jul 22

Your Animals

What backyard habitat have you created? What wildlife can you expect to see in your yard and how do you mitigate impacts against our furry and feathered neighbors? Registration required.

66103 1-2:30pm Sun Aug 19

MERCER SLOUGH GUEST LECTURE SERIES

Mercer Slough Nature Park

\$5

Age: 12Y and up

Noxious Weeds and Invasive Plants

Find out about new invaders that could be the next worst weeds if we don't stop them, and learn new tricks for managing familiar problem weeds. Noxious weed educator Sasha Shaw will teach about common and uncommon weeds in our area with a slide show and a live weed show and tell. WSDA license recertification credits will be available. This class is free and open to the public, but space is limited, so please register at www.MyParksAndRecreation.com or call 425-452-6885. For additional course information, contact Sasha Shaw at sasha.shaw@kingcounty.gov. Suggested donation of \$5.

FREE

Age: 12Y and up

64219

6:30-8:30pm

Thu

Apr 05

Save the Sound - Build a Rain Garden

A rain garden is a beautiful landscape feature that filters polluted runoff from rooftops, driveways, and other hard surfaces. Rain gardens function like a miniature forest to filter pollution, reduce flooding, replenish groundwater, and provide habitat for birds and butterflies. Most of the pollution entering local rivers and streams does not come from industry. It starts in our own neighborhoods as rainwater runoff from our built environment. Learn how to design and build a rain garden to mimic natural drainage in your own yard, and protect Puget Sound. Read more at 12000raingardens.org. This class is free and open to the public, but space is limited, so please pre-register with Stacey Gianas at sg@stewardshippartners.org. Suggested donation of \$5.

FREE

Age: 12Y and up

64314

6-8pm

Thu

Apr 12

Orca Conservation... In Bellevue

Orca whales are a source of pride for the residents of Washington State. But did you know that the Orcas inhabiting our waters are an endangered species? Join Donna Sandstrom, Executive Director of The Whale Trail, for a presentation on Orcas, Orca conservation, and how Eastsiders can help save these iconic creatures by conserving our salmon streams.

65495

6-7pm

Thu

May 10

The Future Remembered: The 1962 Seattle World's Fair and Its

Join Paula Becker and Alan Stein of HistoryLink for a captivating program in honor of the 50th anniversary of the World's Fair. Learn how the space race lit the fire under Seattle's movers, shakers and dreamers, and how they turned their little-known, geographically isolated city into the place that invented the future and gave us the remarkable legacy of a fondly remembered six months of learning and fun in 1962. Presented by the Eastside Heritage Center, in partnership with Bellevue Parks & Community Services.

65698

7-8:30pm

Tue

May 15

Native Plants - A Basis for Survival

Join Barb Williams, Eastside Heritage Center volunteer, to learn how you could survive using the plant technologies developed by local Native Americans. Through hands-on experiences, plant ID, stories, artifacts and an outdoor interpretive walk, become immersed in the excitement of this fascinating program.

65699

1-3pm

Sat

Jun 09

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

Wolf Willow by Wallace Stegner

Wallace Stegner weaves together fiction and nonfiction, history and impressions, childhood remembrance and adult reflections in this unusual portrait of his boyhood. Set in Cypress Hills in southern Saskatchewan, where Stegner's family homesteaded from 1914 to 1920, Wolf Willow brings to life both the pioneer community and the magnificent landscape that surrounds it.

6-8pm

Sun

Apr 29

Silent Spring by Rachel Carson

Rachel Carson's Silent Spring was first published in three serialized excerpts in the New Yorker in June of 1962. The book appeared in September of that year and the outcry that followed its publication forced the banning of DDT and spurred revolutionary changes in the laws affecting our air, land, and water. Silent Spring was a seminal text, instrumental in launching the environmental movement. It is without question one of the landmark books of the twentieth century.

3-5pm

Sun

May 27

Rewilding North America: A Vision For Conservation

In Rewilding North America, Dave Foreman takes on arguably the biggest ecological threat of our time: the global extinction crisis. He not only explains the problem in clear and powerful terms, but also offers a bold, hopeful, scientifically credible, and practically achievable solution. Sometimes dubbed, the Sand County Almanac for the current generation, Rewilding North America offers both a vision and a strategy for reconnecting, restoring, and rewilding the North American continent, and is an essential guidebook for anyone concerned with the future of life on earth.

3-5pm

Sun

Jun 24

In Defense of Food by Michael Pollan

Michael Pollan's book, The Omnivore's Dilemma, launched a national conversation about the American way of eating; now In Defense of Food shows us how to change it, one meal at a time. Pollan proposes a new answer to the question of what we should eat that comes down to seven simple but liberating words: Eat food. Not too much. Mostly plants.

3-5pm

Sun

Jul 29

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

Outdoor & Natural Resources

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.eastsideheritagecenter.org. Min 1/Max 1 Kelsey Creek Community Park
FREE

		All Ages
11am-3pm	Sat	Apr 28
11am-3pm	Sat	May 19
11am-3pm	Sat	Jun 16
11am-3pm	Sat	Jul 21
11am-3pm	Sat	Aug 18

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

LEWIS CREEK RANGER HIKES

Join a Ranger in exploring the natural history of Lewis Creek Park. Look for signs of local wildlife and learn what to do when encountering animals in the wild. All ages welcome. Dress for the weather and wear sturdy shoes. No registration required.

Time: Saturdays: May 5, June 2, July 7, August 4, 10:30-11:30am

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

Ecosystem Ecology - Coal Creek Park

June 16 10:00 am – Noon

Distance: 5 miles

Level of Difficulty: Moderate

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

Fabulous Forests - Weowna Park

July 27 10:00 am – Noon

Distance: 3 miles

Level of difficulty: Moderate

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

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

SNOWSHOE ADVENTURE - INTRO

Never been snowshoeing? This is the perfect opportunity for you to explore Snoqualmie Pass while learning the basics of snowshoeing. Expert staff will ensure the trip is safe and fun for everyone. Transportation, snowshoes and hot coco included! Learn new skills and meet new friends while enjoying the great outdoors. You won't find a bigger adventure on a snowy day! Min 6/Max 12

Highland Community Center

\$35(R)	\$40(N)	Age: 7Y and up
64382	10am-4:30pm	Sat
64385	10am-4:30pm	Sat
		Apr 07
		Apr 21

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? Have you ever seen an environmental restoration site? 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. Free, no registration required. 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

CANOE THE MERCER SLOUGH

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

Enatai Beach Park

\$14(R)	\$16(N)		Age: 5Y and up
65571	8:45am-12pm	Sat	May 05
65592	8:45am-12pm	Sun	May 06
65572	8:45am-12pm	Sat	May 12
65593	8:45am-12pm	Sun	May 13
65573	8:45am-12pm	Sat	May 19
65594	8:45am-12pm	Sun	May 20
65574	8:45am-12pm	Sat	May 26
65595	8:45am-12pm	Sun	May 27
65575	8:45am-12pm	Sat	Jun 02
65596	8:45am-12pm	Sun	Jun 03
65576	8:45am-12pm	Sat	Jun 09
65597	8:45am-12pm	Sun	Jun 10
65577	8:45am-12pm	Sat	Jun 16
65598	8:45am-12pm	Sun	Jun 17
65578	8:45am-12pm	Sat	Jun 23
65599	8:45am-12pm	Sun	Jun 24
65579	8:45am-12pm	Sat	Jun 30
65600	8:45am-12pm	Sun	Jul 01
65580	8:45am-12pm	Sat	Jul 07
65601	8:45am-12pm	Sun	Jul 08
65581	8:45am-12pm	Sat	Jul 14
65602	8:45am-12pm	Sun	Jul 15
65582	8:45am-12pm	Sat	Jul 21
65603	8:45am-12pm	Sun	Jul 22
65583	8:45am-12pm	Sat	Jul 28
65604	8:45am-12pm	Sun	Jul 29
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

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.

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 January. New gardeners please contact Laura Harper for more information and to be added to our mailing list. Seasonal and year-round p-patches offered. Information: 425-452-7225 or email 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

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

BELLEVUE BOTANICAL GARDEN DOCENT TRAINING

Feb. 16 – Apr. 12, weekly on Thursdays, 9 am – 12:30 pm

Learn, lead and share your gardening passion by becoming a Bellevue Botanical Garden Society Docent. The classes are informative, fun and free. For more information: call 425-451-3755 or email: bbgsoffice@bellevuebotanical.org.

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

DISCOVER CARTS ON THE TRAIL

Lake Washington Watershed Interns will be providing informal Discovery Carts on the trails of the Mercer Slough Nature Park. These carts are informal, hands-on demonstrations that educate patrons about wildlife and their local watershed. The interns will be providing Discovery Carts on Saturday July 14th and 21st as well as August 11th and 18th.

POLLIWOG PRESCHOOL

With Mercer Slough Nature Park as its playground, this half day preschool program is brimming with nature-based indoor and outdoor activities including songs, puppets, nature walks, weekly themes, wild discoveries, creature investigations, and more. Polliwog Preschool addresses the developmental needs of preschoolers through nature-based programming. Register now for the Fall!

SCOUTS IN THE WILD

Choose from over 16 scout badge topics including birding, geology, wildlife and forestry. Your two-hour walk through the nature park will include badge-related scavenger hunts, games, and experiments. 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.

WILD B'EARTHDAY

Celebrate your birthday with an Animal Mania, GPS Scavenger Hunt or Insect Safari theme. Start with a nature hike which includes games and activities, and then finish your party festivities in our classroom. The party package includes a guided hike, decorations, tablecloths, party favor, and table setting -- just bring the food and drinks!
Age: 5 and up (8+ for GPS theme)

SCHOOL PROGRAMS (PREK – GRADE 8)

Field Study & Outreach school programs take advantage of field and laboratory science equipment and address Washington State Science Standards. Details can be found at PacificScienceCenter.org. Register now for the 2012-2013 school year!

TEEN VOLUNTEER OPPORTUNITIES

Volunteer at the Mercer Slough Environmental Education Center during the school year with our Lake Washington Watershed Internship, or during the summer with our Naturalist in Training program. Email Mercer.Slough.Teens@pacsci.org for more information.

WETLAB ACADEMY

Utilizing our state-of-the-art laboratory and field equipment, students perform scientific investigations taking advantage of the living laboratory of the Mercer Slough Nature Park. For further information visit pacificsciencecenter.org.

SUMMER CAMPS

Pacific Science Center camps are the perfect opportunity to experience a summer of discovery, outdoor adventure and environmental science. Weekly camps run June 25 – August 31.

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

Grade K-1 Camps

K-1 camps are week long half-day camps.

Mud, Muck and Goo

Puzzle out a track mystery, stomp through the mud, make slippery slime and bring home your own plaster animal track as you discover how amazing nature's "grossest" things can be!

Wild Explorers

Venture into the Slough and plot a course on our Explorer Map as you discover a new territory each day.

1st – 8th grade camps are week-long day camps. Camp time is 9am – 4pm with before and after camp extended day care available for an additional charge.

Grade 1-2 Camps

Bugs, Birds and Bunnies

Discover how the slough residents live as you search the wetlands for insect and animal signs, burrows and hideouts.

Natural Creations

Extract colorful dyes, dabble with art that blends into the natural world and craft cool creations using recycled materials.

Wetland Wonders

Explore the wetlands, streams and ponds of the Mercer Slough Nature Park to discover humungous plants, gooey invertebrates, and soil you can mold like clay.

Grade 2-4 Camps

C.S.I.: Cool Science Investigations (Decomposers Edition)

Investigate the decaying side of nature as you canoe through a wetland, explore a beach and hike through an old growth forest.

Slough Survival

Develop your survival skills as you learn how to build a shelter, use a map and compass, and find things to eat, then put them to the test with our survival challenge!

Wet and Wild

From canoeing the slough to tide pooling in Puget Sound, explore different aquatic ecosystems and the unique creatures that inhabit them as you follow the course of our local watershed.

Wildlife Gone Wild

Catch creatures from our pond, track wild animals, spot water birds while canoeing the Slough and hop on a tram tour at Northwest Trek to see animals roaming in the wild.

Grade 4-6 Camps

Aquatic Adventures

Investigate the mystery of the missing salmon as you explore our watershed, seek out hidden waterways by canoe, and collect water samples to test in our water quality lab.

EcoVoyagers

Rock climb at a local mountain, scramble through a forest in search of tracks and canoe a wetland as you venture into Northwest ecosystems and investigate their plants and animals.

Nature Photography

Develop your talent as a nature photographer, photograph nature scenes at local parks and capture wildlife on film.

Wild Survivor with camping overnight

Construct an emergency shelter, identify edible plants and splint a "broken" arm, then participate in survival scenarios and end your evening under the stars on an overnight camp-out!

Grade 6-8 Camps

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

Rocks, Rafts, & Rivers

Follow a creek, investigate rock forms, and raft a river as you uncover the forces that shaped our region on both sides of the cascade.

Get Your Green On!

Lighten your impact on the planet and learn ways to live sustainably, then head to Eastern Washington to check out a wind farm and raft down a river!

Kelsey Creek Living 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 Living 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.

CRITTER ADOPTIONS

The animals of Kelsey Creek Living 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 Living 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 Living 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 wooly sheep to take home. Party packages include one hour tour/craft time and one hour room rental. Additional children are \$5 each. Parties are limited to 30 children and/or adults. Children under 2 are no additional charge. Call the farm at 425-452-7688 or email FarmerJayne@aol.com for information and reservations.

Ages 2-11

Residents \$150 - up to 15 children
Nonresidents \$165 - up to 15 children

EQUINE VOLUNTEER PROGRAM

If you have never volunteered in the equine program, then this program is for you. Learn about horses as you work directly with children in the equine programs. Qualifications; interest in horses, tolerance to be on your feet for a physically active day, ability to work in diverse weather conditions, capable of understanding and following directions, willingness to learn, and a positive attitude. Volunteers must be on time and able to attend every day of the entire two week session. Volunteers will be required to attend a mandatory training and to pass a skills test. Training is Saturday, June 16 from 10am-2pm. Limit 1 session per participant for either equine or farm summer volunteer programs. Min 3/Max 7

Kelsey Creek Community Park
 \$10(R) Age: 12Y - 18Y
 65482 8am- 4:30pm Tue-Thu Jun 26-Jul 12
 65483 8am- 4:30pm Mon-Thu Jul 16-26
 65484 8am- 4:30pm Mon-Thu Jul 30-Aug 09
 65485 8am- 4:30pm Mon-Thu Aug 13-23

Returning equine volunteers:
Please contact Kelsey Creek Farm
for information by emailing
KelseyCreekFarm@bellevuewa.gov

SUMMER FARM VOLUNTEER PROGRAM

Volunteer for this week-long program at Kelsey Creek Farm, which offers a wide variety of opportunities for you to assist the farm staff with daily operations, help with the animal chores, participate in special projects and learn responsible animal care. All this, and earn community service hours too! You need to have a willingness to learn 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 and be able to begin on Monday. Limit one session per participant for either the Farm OR Equine summer volunteer program. Please choose only one volunteer program per participant. Min 2/Max 8

Kelsey Creek Community Park
 \$10 Age: 14Y - 18Y
 65213 9am- 4:30pm Tue-Fri Jun 26-29
 65215 9am- 4:30pm Mon-Fri Jul 16-20
 65217 9am- 4:30pm Mon-Fri Jul 30-Aug 03
 65219 9am- 4:30pm Mon-Fri Aug 13-17
 \$10 Age: 12Y - 13Y
 65214 9am- 4:30pm Mon-Fri Jul 09-13
 65216 9am- 4:30pm Mon-Fri Jul 23-27
 65218 9am- 4:30pm Mon-Fri Aug 06-10

KELSEY CREEK LITTLE BUCKAROOS

Come on lil' partners, let's explore the park and go for a pony ride around the farm! Ponies are all saddled up and ready to go. Minimal grooming in this class. Safety and proper riding techniques are emphasized. Prior to registering your child, keep in mind that in order to succeed in any riding class children must possess sufficient strength and balance to ride horseback. Children also need to be able to listen for a minimum of 30 minutes. Dress for the weather, we teach rain or shine. Boots with 1/2' heel required. Boot rental available at the farm. Riding helmets provided or you may provide your own equine helmet. Safety is emphasized in all classes. Parent must be present during first class. Please be prompt as ponies will be unavailable if 10 minutes late. Min 4/Max 6

Kelsey Creek Community Park
 \$68(R) \$81(N) Age: 3Y - 4Y
 65429 9- 9:30am Tue-Thu Jun 26-28
 65430 9:30-10am Tue-Thu Jun 26-28
 65431 10-10:30am Tue-Thu Jun 26-28
 65432 10:30-11am Tue-Thu Jun 26-28
 65433 10-11:30am Tue-Thu Jun 26-28
 65434 11:30am-12pm Tue-Thu Jun 26-28
 \$90(R) \$108(N) Age: 3Y - 4Y
 65435 9- 9:30am Mon-Thu Jul 16-19
 65436 9:30-10am Mon-Thu Jul 16-19
 65437 10-10:30am Mon-Thu Jul 16-19
 65438 10:30-11am Mon-Thu Jul 16-19
 65439 11-11:30am Mon-Thu Jul 16-19
 65440 11:30am-12pm Mon-Thu Jul 16-19

KELSEY CREEK WRANGLERS

Welcome Wranglers! Class instruction includes grooming, saddling, leading and western riding. Work on developing balance, confidence and communication skills with your equine partner. We'll ride on the trails and in the arena at Kelsey Creek Farm. Prior to registering your child, keep in mind that in order to succeed in any riding class children must possess sufficient strength and balance to ride horseback. Children also need to be able to listen for a minimum of 30 minutes. Dress for the weather, we teach rain or shine. Boots with 1/2' heel required. Boot rental available at the farm. Riding helmets provided or you may provide your own equine helmet. Safety is emphasized in all classes. Parent must be present during first class. Please be prompt as ponies will be unavailable if 10 minutes late. Min 4/Max 6

Kelsey Creek Community Park
 \$180(R) \$216(N) Age: 5Y - 8Y
 65183 9-10am Mon-Thu Jul 23-26
 65392 10-11am Mon-Thu Jul 23-26
 65393 11am-12pm Mon-Thu Jul 23-26
 65394 9-10am Mon-Thu Aug 06-09
 65395 10-11am Mon-Thu Aug 06-09
 65396 11am-12pm Mon-Thu Aug 06-09

KELSEY CREEK PONY PARTNERS CLASS

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 12

Kelsey Creek Community Park

\$50(R) \$60(N) Age: 2Y - 5Y
59853 10-11:30am Tue, Thu May 15-17

KELSEY CREEK LOG CABIN

Imagine long skirts and bandanas, one room log cabins and no electricity. Venture down to the Fraser Cabin, built in 1888 for some Little House in the Big Woods fun.

We'll explore how Laura and Mary, the Wilder girls from the late 1800's, lived and played without our modern conveniences. Learn why our farm animals were so important to the early pioneers. Wear clothes that can get messy and sturdy shoes. Bring a lunch and drink. Extended care not available. Min 8/Max 16

Kelsey Creek Community Park

\$120(R) \$134(N) Age: 4Y - 7Y
65105 10am-1pm Mon-Thu Jul 09-12
65106 10am-1pm Mon-Thu Jul 16-19
65107 10am-1pm Mon-Thu Aug 06-09

KELSEY CREEK LITTLE FARMERS

Explore farm life with hands-on chores, crafts and games. Meet the animals in this special half-day camp. Make animal treats, brush and handle the animals. Dress in play clothes and sneakers. No sandals please. Bring a lunch and drink. Extended care not available. Maximum 2 weeks sign-up per participant. Min 8/Max 16

Kelsey Creek Community Park

\$110(R) \$121(N) Age: 4Y - 6Y
65108 10am-1pm Mon-Thu Jun 04-07
65109 10am-1pm Mon-Thu Jun 11-14
65110 10am-1pm Mon-Thu Jun 18-21
65111 10am-1pm Mon-Tue, Thu-Fri Jul 02-06
65113 10am-1pm Mon-Thu Aug 27-30

KELSEY CREEK MY LITTLEST FARMER

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, baking and gardening. Curriculum is integrated with arts and crafts, stories and games. Spend one-on-one time with your child in this fun and active learning class. Both children and adults should dress in play clothes with sturdy shoes/boots. Snack provided.

Min 6/Max 10

Kelsey Creek Community Park

\$55(R) \$61(N) Age: 2Y - 3Y
65999 1-2:30pm Mon-Thu Jul 23-26
66383 10:30am-12pm Mon-Thu Jul 23-26

KELSEY CREEK FARM GARDENING

Pick from a variety of seeds, plant one to take home and watch it grow just like the gardens on the farm. Walk around the farm and see the plants that grow here at Kelsey. All ages welcome; children must be accompanied by an adult. Suggested donation to support the farm - \$1 per person/\$5 per family. For more information e-mail KelseyCreekFarm@bellevuewa.gov or call 425-452-7688. Min 1/Max 1

Kelsey Creek Community Park

FREE All Ages
65284 11-11:30am Wed Jun 27

KELSEY CREEK FARM RABBIT TALES

Teen farm volunteers and staff will introduce you to the world of domestic rabbits. Learn what they eat, where they live, and how they liked to be touched. Listen to a bunny story, and create a craft project to take home. All ages welcome; children must be accompanied by an adult. Suggested donation to support the farm - \$1 per person/\$5 per family. For more information e-mail KelseyCreekFarm@bellevuewa.gov or call 425-452-7688. Min 1/Max 1

Kelsey Creek Community Park

FREE All Ages
65286 11-11:30am Wed Jul 11



KELSEY CREEK FARM WOOL AND EWE

The farm staff will introduce you to our resident sheep. Learn things about sheep and experience the feel of real wool.

Make a woolly craft to take home. All ages welcome; children must be accompanied by an adult. Suggested donation to support the farm - \$1 per person/\$5/per family. For more information e-mail kelseycreekfarm@bellevuewa.gov or call 425-452-7688. Min 1/Max 1

Kelsey Creek Community Park

FREE All Ages
65427 11-11:30am Wed Jul 18

KELSEY CREEK FARM BATS AT TWILIGHT

Discover bats and the important role they play in nature. Bats Northwest will dispel myths and discern the facts as we learn about the bats that live in the Pacific Northwest and beyond. After dusk, we will scan the evening skies to see the bats that live at Kelsey Creek Park and use a bat detector to see and hear the resident bats at work. Appropriate for ages 6 yrs and above; children must be accompanied by an adult. Suggested donation \$1 per person/\$5 per family. For more information e-mail kelseycreekfarm@bellevuewa.gov or call 425 452-7688.

Kelsey Creek Community Park

FREE Age: 6Y and up
65283 7:30-9:30pm Fri Jul 27

KELSEY CREEK FARM CREAM TO BUTTER

Have you ever made butter? Where does cream come from? Come discover answers to these and other questions. Explore activities common to a dairy farm in the early 1900's. Learn about this historic farm park back when it was the Twin Valley Dairy. All ages welcome; children must be accompanied by an adult. Suggested donation to support the farm - \$1 per person/\$5 per family. For more information e-mail kelseycreekfarm@bellevuewa.gov or call 425-452-7688.

Kelsey Creek Community Park

FREE All Ages
65287 11-11:30am Wed Aug 15



FARM TOURS FOR SCHOOLS AND GROUPS

Experience the farm with a tour designed specially for groups. Four different tours available. Each focuses on a particular theme ranging from pioneer life in the 1880s to springtime on the farm. Tour themes vary by season, as described below. Most tours appropriate for children ages 2 and up. Tours are available weekdays and are approximately one hour in length. \$85 for 15 or fewer people (children & adults). Additional attendees: \$5.50 per child & \$2.50 per adult. Staff are free. 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 – hands on fun as you meet our goats, pig, sheep, rabbits, chickens and ponies. Learn interesting animal facts then move inside to experience the old-fashioned skill of wool carding. Children create fuzzy sheep to take home.

Springtime in the Barnyard Group Tour

Available mid-April through May

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

Fall at the Farm Group Tour

Available October only

Experience harvest season in a traditional way. Visit a pony and pig, feed the chickens and work on barn “chores” with child-sized pails and rakes. Tour the garden and pumpkin patch. Children finish up 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 Northrup 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
SUMMER 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) \$89 (N)

Auditions will be held at the following place and times:

For ALICE IN WONDERLAND

Monday, June 11 and
Tuesday, June 12, from 5-6:30pm
at the Bellevue Youth Theatre

ALICE IN WONDERLAND

Pick your time and enjoy this delightful tale with all the characters from the book. There will be two casts of Alice in Wonderland. One cast will rehearse 3:30 to 5:30 p.m., the other from 5:30 to 7:30 p.m.

If you are gone for more than two weeks during the rehearsal process, please get permission to audition. You cannot audition if you are gone any part of the week of the show performances and will be dropped if conflicts come up.

Rehearsal location: Bellevue Youth Theatre

Rehearsal begins: Monday, June 25

Rehearsals: Monday through Friday, 3:30-5:30pm and 5:30-7:30pm.

Performs at Meydenbauer Theatre:
August 9-12

Performing Arts

PRE-BALLET 2

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

\$51(R)	\$64(N)	Age: 5Y - 6Y
64280	4- 4:45pm	Tue May 01-29
64281	4- 4:45pm	Tue Jun 19-Jul 17

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
64288	5- 6pm	Tue May 01-29
64289	5- 6pm	Tue Jun 19-Jul 24

EXCEPTIONAL DANCERS WORKSHOP

Emerald Ballet Theatre offers children with special needs (physical or developmental) an opportunity to explore movement and music in a joyful and nurturing environment. Dancers develop spatial awareness, increased mobility, listening skills, creative expression, and social interaction with peers. Min 8/Max 10

Northwest Arts Center

\$45(R)	\$55(N)	Age: 7Y - 12Y
65998	1:30- 2:45pm	Wed Aug 01

DANCE EXPLOSION!

Learn basic body movements while developing and enhancing balance, body coordination, concentration, and attention to detailed movements. Practice flexibility, stretching, posture, and composure. Learn exciting moves to an upbeat tempo! Choreography-packed with high energy. Invent your own routines through creative movement. Above all have joy, fun, laughter, and excitement through the thrilling experience of Dance Explosion! Min 8/Max 24

Crossroads Community Center

\$100(R)	\$120(N)	Age: 6Y - 14Y
64917	2-4pm	Mon-Tue, Thu-Fri Jul 02-06
64918	2-4pm	Mon-Thu Jul 09-12
\$125(R)	\$150(N)	Age: 6Y - 14Y
64919	2-4pm	Mon-Fri Jul 16-20
64920	2-4pm	Mon-Fri Jul 23-27
64921	2-4pm	Mon-Fri Jul 30-Aug 03

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. Min 5/Max 6

Northwest Arts Center

\$89(R)	\$107(N)	Age: 42M - 4Y
65646	5:30-6pm	Tue Jun 26-Aug 28
65647	4-4:30pm	Tue Jun 26-Aug 28
\$89(R)	\$107(N)	Age: 5Y - 6Y
65648	5-5:30pm	Tue Jun 26-Aug 28
65649	6-6:30pm	Tue Jun 26-Aug 28
\$89(R)	\$107(N)	Age: 7Y - 10Y
65650	4:30-5pm	Tue Jun 26-Aug 28

Preschool Day Camps

ABRAKADOODLE MINI DOODLER CAMP

Great, Big Messy Art Camp - Oh, go ahead and make a mess! That's what this camp is all about - messy art and creative imagination-expanding experiences! Everything we do is messy: sticky spaghetti designs, paint that fizzes and POPS to African mud painting! So come mess with Abakadoodle, winner of 'the best art class to bring out your child's inner Picasso! \$10 materials fee to be paid to instructor on the first day. Min 5/Max 10

South Bellevue Community Center

\$70(R)	\$86(N)	Age: 3Y - 5Y
66029	9am-12pm	Tue, Thu Jul 10-12
66030	9am-12pm	Tue, Thu Aug 14-16

PRESCHOOL ART WITH BETH

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

Crossroads Community Center

\$73(R)	\$88(N)	Age: 3Y - 4Y
66186	9:30-10:30am	Mon-Fri Jul 16-20

KIDS ART: ANIMAL CREATIONS

Come use your creativity and develop your drawing, sculpture, and painting skills by creating animals out of different types of media; collage, paint, clay sculpture and more. Dress to get messy. New and returning students welcome. Min 6/Max 10

Crossroads Community Center

\$200(R)	\$240(N)	Age: 4Y - 5Y
66192	1-2:30pm	Mon-Fri Jul 30-Aug 03

KIDS ART: MIXING IT UP

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

Crossroads Community Center

\$126(R)	\$151(N)	Age: 4Y - 5Y
64577	11am-12:30pm	Mon-Fri Jul 16-20

FAIRY PRINCESS DANCE CAMP

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

South Bellevue Community Center

\$100(R)	\$120(N)	Age: 3Y - 5Y
66022	10:15am-12pm	Mon-Fri Aug 06-10

PRESCHOOL DAYCAMP: ADVENTURES WITH MY BUDDY AND ME!

Parents and caregivers share your child's first Summer Camp experience! Spend each morning enjoying a different themed class with arts and crafts, camp-songs, games, movement and a yummy snack that you make! Both children and buddies should dress in play clothes. Min 7/Max 10

Northwest Arts Center

\$72(R)	\$87(N)	Age: 2Y - 4Y
65524	10-11:30am	Wed-Fri Aug 15-17

NATURAL START PRESCHOOL'S NATURE ADVENTURE SUMMER CAMPS

Your child will be outside every day exploring nature, enjoying hands-on learning activities, making new friends, and most of all having fun in a safe, nurturing outdoor environment! Daily adventures will include stories, crafts, games, songs, gardening, composting, interactive science experiments and plenty of opportunity for outdoor free play. During our daily nature hikes, children will get to see birds and animals in their natural habitat, participate in critter/bug hunts, explore the plant life of forests and meadows and take part in scavenger hunts and group games. Min 8/Max 16

South Bellevue Community Center

\$150(R)	\$180(N)	Age: 3Y - 5Y
66034	9am-1pm	Mon-Fri Jun 25-29
66035	9am-1pm	Mon-Fri Jul 30-Aug 03
66036	9am-1pm	Mon-Fri Aug 06-10

DINOSAUR DETECTIVE CAMP

Sign-up early for this popular summer camp! Pint-size Paleontologists search for dinosaur eggs, dig for fossils and have fun exploring the amazing world of dinosaurs. Art project, storytelling, music and a yummy snack rounds out a delightful day of digging! Child only class. Min 7/Max 10

Northwest Arts Center

\$65(R)	\$78(N)	Age: 3Y - 6Y
65501	11am-1pm	Mon-Tue Aug 13-14

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
64943 9-11:30am Mon-Fri Jun 18-Nov 30

North Bellevue Community Center

64661 11am-1pm Wed May 02-Aug 29
64662 2-4pm Thu May 03-Aug 23

South Bellevue Community Center
60830 10:30am-12pm Wed, Fri, Mon May 02-Jun 22

TODDLERS ON THE MOVE!

Climbing, sliding and rolling with tunnels, a slide and balls make a fun-filled class for you and your toddler. Children make new friends and build their motor skills too. Caregiver required in class and child must be walking. Please no siblings. Min 6/Max 10

Northwest Arts Center

\$44(R) \$52(N) Age: 15M - 3Y
64358 11-11:45am Fri Jun 29-Jul 27

DANCE - PRE BALLET & TAP 1

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

South Bellevue Community Center

\$51(R) \$64(N) Age: 3Y - 5Y

64252 10:30-11:15am Thu May 03-31
64247 10:30-11:20am Fri May 04-Jun 01
64253 10:30-11:15am Thu Jun 21-Jul 19
64248 10:30-11:20am Fri Jun 22-Jul 20

DANCE - 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

64272 12:30-1:15pm Thu May 03-31
64273 12:30-1:15pm Thu Jun 21-Jul 19

DANCE - PRE-BALLET

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

South Bellevue Community Center

\$51(R) \$64(N) Age: 3Y - 5Y

64263 11:30am-12:15pm Fri May 04-Jun 01
64264 11:30am-12:15pm Fri Jun 22-Jul 20

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

\$70(R) \$80(N) Age: 12M - 24M
65520 9:45-10:30am Tue Jun 19-Jul 31

\$70(R) \$80(N) Age: 2Y - 4Y
65521 11:15am-12pm Tue Jun 19-Jul 31

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. Min 8/Max 10

Northwest Arts Center

\$44(R) \$52(N) Age: 18M - 3Y
65519 9:45-10:30am Fri Jun 29-Jul 27

KINDERMUSIK ADVENTURE CAMP - ON THE ROAD

Come take imaginary trips in a bus named 'Van Go' to fun-filled vacation destinations such as the carnival, a summer cottage, and the beach. Every song will revive parents' memories of summers past, and create new memories for each child! Hop in the van... Let's Go! On the Road book, Home CD, frog guiro instrument, and poster - Materials fee \$40 collected by instructor. Min 5/Max 10

Crossroads Community Center

\$100(R) \$120(N) Age: 3Y - 5Y
66218 3:39-5pm Mon-Fri Aug 13-17

KINDERMUSIK ADVENTURE CAMP - TELL ME A TALE

Through storytelling children will develop an early awareness of rhythm, movement, singing and drama. Each lesson features a new tale from around the world, explored through multi-instrument and multi-cultural elements. All told, it's an around-the-imagination adventure of the greatest stories from Europe, Malaysia, South Africa and more. Tell Me a Tale book, Home CD, pair of lumi sticks instrument and poster - material fee \$40 collected by instructor. Min 5/Max 10

Crossroads Community Center

\$125(R) \$150(N) Age: 5Y - 7Y
66219 1-3pm Mon-Fri Aug 13-17

KINDERMUSIK ADVENTURE CAMP - ZOO TRAIN

Toddlers and trains make a natural match-always on the move. Tag along this summer with a traveling zoo train. Bring your own stuffed animals for the petting zoo. Wear long white socks on your hands for polar bear paws and learn about real animals in the zoo. Sing songs for clapping time and use music to help toddlers regulate emotions. Zoo Train book, Home CD, animal shaker instrument and poster - material fee \$40 collected by instructor. Min 5/Max 10

Crossroads Community Center

\$85(R) \$102(N) Age: 18M - 3Y
66217 10:30-11:30am Mon-Fri Aug 13-17

KINDERMUSIK ADVENTURES CAMP - BUSY DAYS

Set your baby's day to classical music. With a little more Tchaikovsky in your 'Twinkle Twinkle' repertoire discover new ways baby benefits from the classics as you develop an appreciation for the world's most respected music. Each lesson features new activities and songs that parents can sing to their child. Busy Day board book, Home CD, cage bell instrument and poster - \$40 material fee paid to instructor. Min 5/Max 10

Crossroads Community Center

\$85(R) \$102(N) Age: 1M - 18M
66216 9-9:45am Mon-Fri Aug 13-17

ARTS, CRAFTS, COOKING & FAMILY FUN

COOKING - 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). IMin 6/Max 6

Northwest Arts Center
 \$44(R) \$52(N) Age: 2Y - 42Y
 65504 12-12:45pm Thu Jun 28-Jul 26
 \$44(R) \$52(N) Age: 3Y - 5Y
 65516 1:15-2pm Thu Jun 28-Jul 26
 \$44(R) \$52(N) Age: 6Y - 8Y
 65517 2:30-3:15pm Thu Jun 28-Jul 26

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. Min 8/Max 10

Northwest Arts Center
 \$44(R) \$52(N) Age: 2Y - 4Y
 65503 9:45-10:30am Thu Jun 28-Jul 26

ME, MYSELF AND ART!

This class focuses on projects dedicated to the self-portrait, through a variety of techniques, utilizing painting and pastel mediums. Everyone can create masterpieces and all the projects will be incorporated into a hand made book, embellished and decorated by your little artist!! All materials included and dress appropriately. Min 6/Max 10

Northwest Arts Center
 \$35(R) \$45(N) Age: 5Y - 6Y
 66109 9-10am Mon-Wed Jul 16-18

ABRAKADOODLE MINI DOODLERS

Abakadoodle is an international art education program dedicated to developing creativity and innovation in children. Mini Doodlers gleefully create their own masterpieces using a range of quality art materials. Children develop important school readiness skills such as fine motor skills, ability to listen and follow directions, cognitive skills, language skills, and more in an enchanting environment that develops individual creativity. Min 8/Max 12

South Bellevue Community Center
 \$45(R) \$54(N) Age: 3Y - 5Y
 65672 1:15-2pm Wed May 09-30
 65674 3:15-4pm Thu May 10-31

I LOVE BUGS (AND BEES TOO !!)

Parent and child go 'buggy' together into the world of creep crawlies and things that fly. Join us for crafts, stories, music and a yummy treat! Caregiver / child class. Min 6/Max 8

Northwest Arts Center
 \$22(R) \$25(N) Age: 2Y - 5Y
 Each Add'l Child: \$5(R) \$6(N)
 64553 10-11:30am Sat Jun 09

WE SCREAM FOR ICE CREAM!

Stay COOL this summer enjoying the wonderful world of ice cream. Spend a FUN filled morning creating art projects, making ice cream and decorating cookies. Yum! Yum! Yum! Caregiver and child class. Min 7/Max 10

Northwest Arts Center
 \$25(R) \$30(N) Age: 2Y - 5Y
 65522 10-11:30am Sat Jul 21

LANGUAGE

SUMMER SPANISH LANGUAGE

Studies show young children learn other languages easily. Join us and learn how easily your young child can learn Spanish. Using Spanish songs, stories and engaging games, your child will be motivated to play and learn the Spanish language while having fun. Min 6/Max 10

Northwest Arts Center
 \$65(R) \$75(N) Age: 3Y - 6Y
 65629 10-10:45am Fri Jul 13-Aug 10

LEARNING & EXPLORING

PRE-KINDERGARTEN PRESCHOOL

This program is designed as a preparation for children attending kindergarten during the next school year. This structured interactive class includes music, stories, crafts, and play time, while developing concentration and social skills. Partial scholarships are available. Min 8/Max 14

Crossroads Community Center
 \$296(R) \$355(N) Age: 4Y - 5Y
 64931 9:30am-1pm Mon, Wed, Fri Jul 09-Aug 10

PRESCHOOL PLAYSCHOOL

This program is designed as a first school experience. This structured interactive class includes music, stories, crafts, and play time, while developing concentration and social skills. Partial scholarships are available. Min 8/Max 14

Crossroads Community Center
 \$166(R) \$199(N) Age: 3Y - 4Y
 64933 9:30am-12pm Tue, Thu Jul 10-Aug 09

NATURAL START PRESCHOOL

JUNIOR EXPLORERS 2 DAY

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. \$75 Registration fee plus full June payment are due upon registration. First month's payment will be due 5 days prior to the start of class. One time materials fee of \$75 paid to NSP on first day of class. For more information, please visit our website at www.naturalstartpreschool.com Min 4/Max 8

South Bellevue Community Center
 \$216(R) \$259.20(N) Age: 3Y - 4Y
 65896 9am-12pm Tue, Thu Jun 05-19

NATURAL START PRESCHOOL OPEN HOUSE

Natural Start Preschool is a nature-based preschool combining Kindergarten readiness with experience in nature, physical activity and environmental education. We will be hosting several open houses for the 2012-2013 school year. Parents and children are invited to visit our classroom, meet our teachers, tour the facility, and learn more about what our unique program has to offer! For more information, please call 425-891-0764 or visit our website at www.naturalstartpreschool.com. Min 1/Max 30

South Bellevue Community Center
 FREE Age: 3Y and up
 65011 10am-12pm Sat May 19
 65012 10am-12pm Sat Jun 09

Special Interest & Extended Learning Dance & Arts

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
 65569 1-4pm Wed May 02-Jul 25
 65570 1-4pm Wed Aug 01-Oct 17

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
 65735 1-3pm Wed May 09-Aug 29

LINE DANCE - WEDNESDAY

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

North Bellevue Community Center
 \$22(R) \$27(N) Age: 18Y and up
 65756 3:30-4:30pm Wed May 30-Jun 20
 65757 3:30-4:30pm Wed Jul 11-Aug 01
 65758 3:30-4:30pm Wed Aug 08-29

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
 \$30.50(R) \$36.50(N) Age: 18Y and up
 63715 2:30-4pm Wed May 02-30
 \$18.50(R) \$24.50(N) Age: 18Y and up
 63713 7-8:30pm Mon May 07-21
 63717 2:30-4pm Wed Jul 11-25
 63720 7-8:30pm Mon Aug 06-20

\$24.50(R) \$30.50(N) Age: 18Y and up
 63714 7-8:30pm Mon Jun 04-25
 63716 2:30-4pm Wed Jun 06-27
 63719 7-8:30pm Mon Jul 09-30
 63718 2:30-4pm Wed Aug 01-22

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
 63870 11am-12pm Tue May 01-22
 63871 11am-12pm Tue May 29-Jun 19

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
 65759 12:15-1:15pm Tue May 01-22
 65760 12:15-1:15pm Tue May 29-Jun 19

Continuing Education & Group Learning

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
 59685 10-11:30am Tue May 08
 59686 10-11:30am Tue Jun 12
 59687 10-11:30am Tue Jul 10
 59688 10-11:30am Tue Aug 14

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
 65869 10:30-11:45am Fri May 04-Aug 31

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
 65793 11am-1pm Mon May 14-Aug 27

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
 65870 7-8:30pm Wed May 02
 65871 7-8:30pm Wed Jun 06
 65873 7-8:30pm Wed Aug 01

Games

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
 65775 8:30am-6pm Fri May 04-Aug 31
 65774 8:30am-8:30pm Mon-Thu May 07-Aug 30

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
 65779 12-3pm Tue May 01-Aug 28

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
 \$6(R) \$8(N) Age: 55Y and up
 60821 1:05-3:05pm Tue May 01-Jun 26

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. Min 8/Max 40

North Bellevue Community Center
 \$.50 Age: 18Y and up
 65777 12-3:30pm Wed, Fri May 02-Aug 31

CRIBBAGE

Come join friends for a fun game of Cribbage. Min 4/Max 28

North Bellevue Community Center
FREE Age: 18Y and up
 65776 10am-12pm Thu May 03-Aug 30

MAH JONG

For more information, stop by the front desk. Min 4/Max 16

North Bellevue Community Center
FREE Age: 18Y and up
 65778 1-3pm Wed May 02-Aug 29

Games / Immigrant Services / Financial, Legal, & Insurance

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. Min 2/Max 16 North Bellevue Community Center \$3(R) \$4(N) Age: 18Y and up 65783 8:30am-6pm Mon-Fri May 01-Aug 31

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. Min 4/Max 20 North Bellevue Community Center FREE Age: 18Y and up 65792 12-3pm Thu May 03-Aug 30

PICKLEBALL

The monthly schedule for pickleball may vary. Please call for current schedule. Court and net provided - players provide their own paddle and ball. Min 2/Max 24 North Bellevue Community Center \$3 \$4 Age: 18Y and up 65782 3-5pm Mon/Fri May 04-Aug 31

TABLE TENNIS

Are you a competitive table tennis player? If so, come join in the competitive play at Crossroads! Tables are provided. Please bring a ball and a paddle. All skill levels are welcome. Youth ages 13-17 are free. No registration required. Min 1/Max 1 Crossroads Community Center \$3(R) \$4(N) Age: 18Y and up 66227 5:30-7:45pm Fri May 04-Aug 31 66226 9:15-11:30am Sat May 05-Sep 01

Immigrant Services

CHINESE INFORMATION & ASSISTANCE SERVICES

Services provided in Mandarin to those 55 years of age or older. Assistance with questions and concerns regarding health insurance, housing, naturalization application, utility or medical bills, or any other issue where the language barrier is an issue. Our trained volunteer can help. Please call 206-624-5633 x 4123 for additional information and to make an appointment. Min 1/Max 1 North Bellevue Community Center FREE Age: 55Y and up 59693 8:30am-12pm Thu May 03-Aug 30

ESL ADVANCED FOR MANDARIN SPEAKERS

Advanced English as a second language instruction for Mandarin speakers. Min 6/Max 25 North Bellevue Community Center FREE Age: 60Y and up 65773 10-11:30am Thu May 03-Aug 30

LANGUAGE- ESL FOR CHINESE SENIORS

English as a second language is offered for non-native Americans. Beginner and Intermediate. Min 6/Max 27 South Bellevue Community Center FREE Age: 60Y and up 60827 10-11:50am Wed May 02-Jun 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. Min 5/Max 24 North Bellevue Community Center FREE Age: 65Y and up 59708 9:30-10:30am Wed May 02-Aug 29

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. Min 2/Max 12 North Bellevue Community Center FREE Age: 60Y and up 65794 10:30am-1pm Tue May 01-Aug 28

LANGUAGE - ESL FOR SPANISH SPEAKERS

Reading, writing and speaking skills for non-native English speakers. Learn the American style of handwriting, increase your understanding of common English phrases, and practice your penmanship and conversation skills in a fun and supportive setting. Min 6/Max 25 North Bellevue Community Center FREE Age: 18Y and up 65795 12:45-1:45pm Fri, Mon May 04-Aug 31

SINGING - 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. Min 5/Max 35 North Bellevue Community Center FREE Age: 18Y and up 65868 10:30-11:50am Wed May 02-Aug 29

Financial, Legal, & Insurance

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.

SENIOR RIGHTS ASSISTANCE

Nancy Gerard, SRA volunteer is available on the 4th Tuesday of each month from 9:00am-12:00pm. She is available to assist with questions about wills, living wills, probate, estate planning, financial and health care directives, powers of attorney, guardianships and more. Free, one hour private appointments at North Bellevue Community Center are available. Call 425-452-7681 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 at North Bellevue Community Center on the 1st & 3rd Wednesday each month. Call 425-452-7681 to register.

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
 65855 10:30-11:30am Tue May 15
 65856 10:30-11:30am Tue Jul 17

DISTRIBUTION PLANNING FOR IRAs AND RETIREMENT

This workshop will review the required minimum distribution rules and procedures for IRAs and all other qualified accounts, including 401k's. What distribution strategies are important when the stock and bond markets are so volatile. Learn also why beneficiary designations are so important and the 'Stretch IRA' alternative and if Roth conversions still make sense. Min 8/Max 25

South Bellevue Community Center
 FREE Age: 18Y and up
 65694 9:30-11am Tue May 0

ESTATE PLANNING: TOOLS AND BENEFICIARIES

Come learn why estate planning is relevant to all retirees. This workshop will discuss titling, community property agreements, wills, probate and trust. What is the best plan for someone to LEGALLY take over control of financial and medical decision-making for you if need be? Mr. Dilley will be joined by a prominent local estate planning attorney to discuss these issues and answer your questions. Min 4/Max 25

South Bellevue Community Center
 FREE Age: 18Y and up
 65696 9:30-11am Tue May 15

AARP DRIVER SAFETY PROGRAM

The nation's first and largest classroom driver improvement course designed especially for motorists 50 and older. This course may qualify you for an auto insurance discount. \$12 fee payable to AARP at first class, \$14 if not an AARP member. Bring a sack lunch. Min 15/Max 24

South Bellevue Community Center
 FREE Age: 50Y and up
 64234 9:30am-2pm Tue May 22-29
 64238 9am-2pm Tue, Thu Jun 05-07
 64239 9am-2pm Tue, Thu Aug 07-09

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
 66124 10am-12pm Thu May 03
 66125 10am-12pm Thu Jun 07
 66126 10am-12pm Thu Jul 12

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
 66117 10am-12pm Tue May 01-22
 66118 10am-12pm Tue Jul 10-31

COMPUTER - 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
 66119 10am-12pm Tue Jun 05-26

INTRO TO WORD

Learn the basics for writing and editing letters, add bold, and save and print a document. Also, learn to use the spell check feature. Min 3/Max 6

North Bellevue Community Center
 \$37(R) \$44(N) Age: 18Y and up
 66120 10am-12pm Tue Jul 10-31

INTRO TO EXCEL

Learn what is new in Excel. Become acquainted with the ribbon and how to use it easily. Work with formulas, learn how to add, subtract, multiply, and divide, create charts, resize columns and rows, move, copy, and delete, name a range of cells, format values, and fill in a series of days, months, or years easily. Min 3/Max 6

North Bellevue Community Center
 \$37(R) \$44(N) Age: 16Y - 99Y
 66123 12:30-2:30pm Tue Jul 10-31

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
 66134 12:30-2:30pm Thu May 03-24

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
 66121 12:30-2:30pm Tue May 01-22

RETURN TO WORK OVERVIEW OF POWERPOINT

You will achieve the ability to insert text boxes and pictures, format, move, and copy text and pictures, create bulleted and numbered lists, format paragraphs, insert and modify WordArt, align pictures, clip art, shapes, and create slideshows with notes. Min 3/Max 6

North Bellevue Community Center
 \$37(R) \$44(N) Age: 16Y - 99Y
 66122 10am-12pm Tue Jun 05-26

WORKING WITH E-MAIL

Create an email or use an existing one. Learn how to add new contacts to your address book, create a group in the address book, delete old email, forward an email, attach photos and print, and save emails to a folder. Min 3/Max 6

North Bellevue Community Center
 \$16(R) \$19(N) Age: 18Y and up
 66131 10am-12pm Tue Jun 26

FACE BOOK 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
 66133 10am-12pm Tue Jun 19

Computer / Youth, Family, & Teen Extended Learning

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
66132 10am-12pm Tue May 15

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
66129 10am-12pm Tue Jun 12

GOOGLE PICASA

Google's free download of Picasa instantly finds all pictures on your hard disk. Basic fixes of crop, remove red eye, fix contrast and color will enhance photos easily and fast. Picasa sorts all pictures by dates, or file names and prints wallet size, 4x6, 5x7 or full page photos. Min 3/Max 6

North Bellevue Community Center
\$16(R) \$19(N) Age: 18Y and up

Computer - Bing & Google

66137 10am-12pm Thu May 10

Computer-Picasa

66135 10am-12pm Thu Jul 19

Computer - Google

66136 10am-12pm Thu Jul 26

Youth, Teen, & Family

ART OF ETIQUETTE- YOUNG LADIES & GENTLEMEN I

Children rarely attend classes on manners, and yet it is the key to building positive friendships and strong self-esteem. This fun, hands-on workshop teaches telephone etiquette, basic table manners, introductions, personal care, and posture. Min 8/ Max 20

Northwest Arts Center
\$50(R) \$60(N) Age: 6Y - 11Y
60921 9am-12pm Sat May 19
65651 9am-12pm Sat Aug 11

ART OF ETIQUETTE- YOUNG LADIES AND 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
60924 1-4pm Sat May 19
65652 1-4pm Sat Aug 11

BRAND YOURSELF FOR SUCCESS - PREPARING FOR GRADUATION

Academic preparation is critical, but to be branded for success you also need strong social skills. In this course you will learn how to make a positive and lasting impression; meet and greet others with ease; deliver a confident handshake; handle business cards and name tags; how to launch, linger and leave a conversation; listen effectively; overcome dining dilemmas; dress to succeed; set goals and manage time; handle technology; interview tips; and express an attitude of gratitude. Bring a sack lunch and drink. Min 8/Max 12

Northwest Arts Center
\$75(R) \$90(N) Age: 15Y - 19Y
65681 9am-5pm Tue Jul 10

MAGIC PRE-READING

Open the door to the wonderful world of reading! In the 'Magic Pre-Reading Program' your child will explore letters, sounds, and sight words through playful songs, games, puzzles, and activities. Per instructor's recommendation upon course completion, your child will continue in this course to improve skills or move into Magic Beginning Reading. Min 5/Max 10

Crossroads Community Center
\$120(R) \$146(N) Age: 4Y - 6Y
64009 9:30-11am Mon-Fri Jul 09-13
64010 9:30-11am Mon-Fri Aug 06-10

MAGIC BEGINNING READING

The 'Magic Beginning Reading Program' explores blending sounds together using phonetic rules and sight reading. Children learn to make words and sentences, subsequently learning to understand the meaning of the words in the stories and information they read. Per instructor's recommendation upon course completion, your child may continue in this course to improve skills or move into Advanced Magic Reading. Min 5/Max 10

Crossroads Community Center
\$120(R) \$146(N) Age: 5Y - 6Y
64014 11:15am-12:45pm Mon-Fri Jul 09-13
64015 11:15am-12:45pm Mon-Fri Aug 06-10

MAGIC ADVANCED READING

The 'Magic Advanced Reading Program' increases comprehension and vocabulary through more practice and advanced reading games. Children develop skills to infer the real meaning behind the story and/or information they read. At the completion of the Advanced Magic Reading Program, children will have acquired the needed skills to gain knowledge through reading. Prerequisite: Able to read most words in picture books, and may be starting to read beginning or higher level chapter books. Min 5/Max 10

Crossroads Community Center
\$120(R) \$146(N) Age: 5Y - 7Y
64017 11:15am-12:45pm Mon-Fri Jul 16-20
66172 9:30-11am Mon-Fri Jul 30-Aug 03

MAGIC CREATIVE WRITING SESSION 1

See your child excel in writing! Explore characters, settings, and plots. Use descriptive and sensory words, transition and action words. Learn how to edit and how to avoid overused words and frequently misspelled words. Become a better writer, and create your own writing masterpiece! Attend sessions in any order and attend both for more guided writing practice. Min 5/Max 10

Crossroads Community Center
\$120(R) \$146(N) Age: 7Y - 10Y
66176 9:30-11am Mon-Fri Jul 16-20
66177 11:15am-12:45pm Mon-Fri Jul 30-Aug 03

MAGIC CREATIVE WRITING SESSION 2

See your child excel in writing! Explore genres, titles, and dialogue. Use descriptive and sensory words, transition and action words. Learn how to edit and how to avoid overused words and frequently misspelled words. Become a better writer, and create your own writing masterpiece! Attend sessions in any order and attend both for more guided writing practice. Min 5/Max 10

Crossroads Community Center

\$120(R) \$146(N) Age: 7Y - 10Y
 66179 1-3pm Mon-Fri Jul 30-Aug 03
 66178 9:30-11am Mon-Fri Aug 13-17

MAGIC EXPLORE MATH

Build your child's confidence and encourage a genuine interest in the magic of mathematics! Explore different mathematical concepts with lots of fun hands-on games and learning activities. Build a strong basic foundation for all future mathematical learning. Classes are taught in small groups of students. Come have some magical math fun with us! Min 5/Max 10

Crossroads Community Center

\$120(R) \$146(N) Age: 4Y - 6Y
 64007 9:30-11am Mon-Fri Jul 23-27
 66173 11:15am-12:45pm Mon-Fri Aug 13-17

MAGIC GEO-MATH

You'll make origami creations, learn some amazing paper tricks to impress your family and friends and learn more about cool geometry shapes in Math. Read tangram stories, use large felt pieces, make your own tangrams and solve tangram puzzles and solve story puzzles from around the world. A fun class with lots of math skills games, and a special snack served in an origami creation on the last day. Min 5/Max 12

Crossroads Community Center

\$120(R) \$146(N) Age: 6Y - 12Y
 66174 1-3pm Mon-Fri Jul 09-13

MAGIC MONEY MATH

Get rich quick! At least when it comes to your math skills . . . Learn where money comes from, how to keep track of it and even earn your own 'Magic Math money' and go on a shopping spree at an auction at the end of the camp. We'll also read 'How to Make Four Million Dollars by Next Thursday' and play a variety of other exciting money games. Min 5/Max 12

Crossroads Community Center

\$120(R) \$146(N) Age: 6Y - 12Y
 66175 11:15am-12:45pm Mon-Fri Jul 23-27

MAGIC CHESS LEVEL 1

The game of chess has been shown to increase critical thinking skills, enhance memory, recognition of patterns, logic, awareness and analysis. Studies also link chess to an increase in math problem solving skills and mathematical understanding as well as building spatial abilities and improving verbal and reading skills. Class includes all materials, handouts and a Certificate of Achievement. Min 5/Max 12

Crossroads Community Center

\$140(R) \$168(N) Age: 6Y - 12Y
 66180 1-3pm Mon-Fri Jul 16-20
 66181 1-3pm Mon-Fri Aug 06-10

MAGIC CHESS LEVEL 2

Calling all intermediate and advanced chess students! Learn tournament play, timed play, notation, and advanced strategies. Apply your skills in real game play situations with other students in the class. Chess enhances your critical thinking skills, memory, recognition of patterns, logic, awareness, and analysis. Build spatial and mathematical abilities as well as improve verbal and reading skills. Make friends and see how fun chess can be! Min 5/Max 12

Crossroads Community Center

\$140(R) \$168(N) Age: 6Y - 12Y
 66182 1-3pm Mon-Fri Jul 23-27
 66183 1-3pm Mon-Fri Aug 13-17

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

Get ready to bump, set, and spike! This evening drop-in program is for adults 18 and older. Must be out of high school. Bring your friends and have fun improving your volleyball game. No registration required. Min 1/Max 1

Crossroads Community Center

FREE Age: 18Y and up
 5:30-7:45pm Mon May 07-Dec 17

BADMINTON

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

South Bellevue Community Center

\$3(R) \$4(N) Age: 18Y and up
 6-7:45pm Mon Ongoing
 7-8:45pm Wed Ongoing

BASKETBALL - ADULT OPEN GYM

Come to our open gym time for adults. Open for full court play until there are too many, then players have option to switch to half court play. Schedule subject to change depending on attendance. Call 425-452-4240 for schedule. Min 1/Max 50

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
 1-2:30pm Sat Ongoing
 3:15-4:45pm Sun 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 May 14-Sep 07

ADULT SPORTS LEAGUES

Watch for league information and registration dates for the Adult Basketball, Women's Basketball, Co-Rec Volleyball, and the NEW Women's Volleyball leagues in the Fall edition of *Connections*. Registration will begin at the end of July and league play will resume in September.

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, or visit us on the Web at 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.

2012 NORTHWEST SENIOR GAMES

The Northwest Senior Games gives adults age 50+ the opportunity to participate in social, competitive and recreational athletic events. The goal is to promote an interest in lifetime sports, offer opportunities for social engagement and physical activity that helps maintain & improve health. Call Blaine Schultz, 360-826-6703 or go online to schultz314@netzero.com

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 April 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 by your coach. You will also receive your team confirmation and parent packet via email no later than April 21st.

MIGHTY MITES SOCCER LEAGUE

This co-ed league is a great way for your little star to begin team play with emphasis on participation, fun, and skill development in an instructional setting. Your child will learn 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 4:15-5:30pm at Robinswood Sports Field. Come and join the fun! Max. 6 players per team.

Robinswood Sportsfield
 \$72(R) \$86(N) Ages: 5Y - 6Y
 64988 4:15-5:30pm Tue Apr 24 - Jun 05

YOUTH SOCCER LEAGUE

This co-ed instructional league is a great way to further develop and enhance your basic knowledge and skills in soccer. We 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.

Robinswood Sportsfield
 \$72(R) \$86(N) Ages: 7Y - 9Y
 64989 4:15-5:30pm Wed Apr 25 - Jun 06

YOUTH TRACK & FIELD

This program's main philosophy is to learn, participate, and introduce your child to physical fitness through basic track and field events such as running, jumping and throwing. We want your child to further increase their knowledge of this sport by teaching a variety of techniques and skills needed in understanding and playing this sport. Practices are held on Mondays and Thursdays and track meets are held on Fridays starting in May. *Volunteer Adult runners are needed for this program!*

Tillicum Middle School Track
 \$72(R) \$86(N) price includes shirt Age: 4Y - 14Y
 64994 4-5:30pm Mon & Thu Apr 23-Jun 07



BIDDY SATURDAY SPORTS

Give your child the opportunity to participate in sports through 3 different programs designed to develop basic motor skills, teaching age appropriate fundamentals. You can choose from Soccer, T-ball, or Basketball, or you can sign-up for all three classes. This program is a Parent/guardian participation required program, which will offer quality bonding time with your children. Min 10/Max 25
South Bellevue Community Center
\$40(R) \$48(N) Age: 3Y - 6Y

Basketball

64052	11-11:45am	Sat	Apr 14-May 12
64053	10-10:45am	Sat	May 19-Jun 09

Soccer

64064	9-9:45am	Sat	Apr 14-May 12
64065	11-11:45am	Sat	May 19-Jun 09

T-ball

64079	10-10:45am	Sat	Apr 14-May 12
64080	9-9:45am	Sat	May 19-Jun 09

I-BALL BASKETBALL CLINICS

Bellevue Parks & Community Services and i-Ball have partnered to offer Basketball Skills Clinics for kids, ages 7-14. Consistent training is the main aspect that helps to greatly accelerate learning and retention for young players. I-Ball is ran and coached by professional basketball player and former Globetrotter's Harlem All-Star, Kyle Keyes along with i-Ball staff. Players will learn all aspects of basketball development of core fundamentals along with offensive & defensive techniques, shooting techniques, ball handling and court awareness. Players of ALL skill levels are welcome and will be grouped accordingly. Min 5/Max 30

Highland Community Center

\$79(R) \$95(N)	Age: 7Y - 10Y
64090	5:50-7pm Mon May 14-Jun 11
64091	5:50-7pm Mon Jun 18-Jul 09
64092	5:50-7pm Mon Jul 16-Aug 06
64093	5:50-7pm Mon Aug 13-Sep 10

INDOOR SOCCER WITH MICHAEL SMITH

Participants will learn the fun game of soccer! Soccer techniques; dribbling, passing and scoring goals will be emphasized. Children will learn to play with teammates and develop balance/coordination and listening skills. Min 6/Max 12

Highland Community Center

\$55(R) \$66(N)	Age: 4Y - 6Y
64123	2-2:45pm Tue May 01-Jun 05
64131	1-1:45pm Tue May 01-Jun 05
64126	2-2:45pm Wed May 02-Jun 06
64132	1-1:45pm Wed May 02-Jun 06
64127	2-2:45pm Thu May 03-Jun 07
64128	1-1:45pm Thu May 03-Jun 07

SEREVI FLAG RUGBY

Youth rugby is one of the fastest growing sports in the United States. Serevi Rugby and Bellevue Parks & Community Services are excited to offer Serevi Flag Rugby, a coed, non-contact sport for children, ages 7-14. Flag Rugby is a free-flowing game that allows all players to pick up the ball and run. Teamwork is a key element to success and is emphasized along with a high level of sportsmanship. Emphasis will be on safety and fun at all times, and the use of flags limits physical contact. Skill emphasis is on running, passing, ball handling catching skills and small sided games. Min 20/Max 50

Robinswood Community Park

\$66(R) \$79(N)	Age: 7Y - 14Y
64113	4:30-5:45pm Mon Apr 23-Jun 04
65766	4:30-5:45pm Mon Jun 11-Jul 16
65767	4:30-5:45pm Mon Jul 30-Sep 10

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

\$66(R) \$79(N)	Age: 10Y - 18Y
65768	4:30-5:45pm Mon Apr 23-Jun 04
65769	4:30-5:45pm Mon Jun 11-Jul 16
65770	4:30-5:45pm Mon Jul 30-Sep 10

BEGINNING/INTERMEDIATE TUMBLING

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

Highland Community Center

\$48(R) \$58(N)	Age: 8Y - 17Y
65241	4:15-5pm Thu Apr 05-Jun 14



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 10/Max 35

Crossroads Community Center

\$42(R) \$46(N)	Age: 7Y - 18Y
66229	4-5:30pm Fri Jun 22-Jul 20

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 35

Crossroads Community Center

\$29(R) \$34(N)	Age: 8Y - 18Y
60809	3-4pm Fri Jun 22-Jul 13

CHEERLEADING - BASKETBALL MINI CHEER CAMP

Learn to be a cheerleader! This cheer camp is designed for those who want to cheer, jump, and dance. It's a fun four-day camp where participants will learn to perform cheers and dance routines. All cheerleaders will receive a camp T-shirt. Please bring a snack and a water bottle and wear comfortable clothes and tennis shoes. Min 8/Max 35

Highland Community Center

\$69(R) \$79(N)	Age: 5Y - 14Y
65017	4-5:45pm Mon-Thu Jun 25-28

Robinswood Tennis Center

ROBINSWOOD TENNIS CENTER

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

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

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

LADIES' COMPETITIVE CUP INTER-CLUB LEAGUE

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

FACILITY RENTAL

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

MISCELLANEOUS SERVICES OFFERED

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

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 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

Working Women - Wednesday, 6:15-7:30pm
 Coordinator: Robin Ballard, 425-564-4013, dickensball@yahoo.com

Mountaineers – Friday, 7:15-8:30pm
 Coordinator: Greg Kidd, 425-828-8590,
Gregory.Kidd@comcast.net

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

ADAPTIVE RECREATION TENNIS

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

\$30 Age: 14Y - 90Y
 60049 3:45- 4:45pm Wed May 09-Jun 13

Adult Tennis Programs

ADULT DAY & NIGHT TENNIS PROGRAMS

Min 4/Max 8 Age: 19Y and up
 Robinswood Tennis Center

Beginning

Level 1 is designed to provide basic skills needed to play tennis; including etiquette, rules, and scoring. USTA Level of 2.0

Session 1				
60023	10:30-11:45am	Wed	May 09-Jun 13	\$96
60151	7:30- 8:45pm	Mon	May 07-Jun 11	\$96
60152	7:30- 8:45pm	Wed	May 09-Jun 13	\$96

Session 3				
60153	7:30- 8:45pm	Mon	Jun 25-Jul 16	\$64
60155	7:30- 8:45pm	Wed	Jun 27-Jul 18	\$48

Session 4				
60154	7:30- 8:45pm	Mon	Jul 23-Aug 13	\$64
60156	7:30- 8:45pm	Wed	Jul 25-Aug 15	\$64



IMPORTANT REGISTRATION INFORMATION FOR ROBINSWOOD TENNIS CENTER PROGRAMS

Registration dates for sessions at Robinswood Tennis Center:

Session 1

Residents: March 12, 2012
 Non-Residents: March 21, 2012

Session 3

Residents: June 4, 2012
 Non-Residents: June 13, 2012

Session 4

Residents: July 2, 2012
 Non-Residents: July 11, 2012

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				
60064	10:30-11:45am	Tue	May 08-Jun 12	\$96
60065	11:45am- 1pm	Wed	May 09-Jun 13	\$96
60123	8:45-10pm	Mon	May 07-Jun 11	\$96
60124	8:45-10pm	Wed	May 09-Jun 13	\$96

Session 3				
60125	8:45-10pm	Mon	Jun 25-Jul 16	\$64
60127	8:45-10pm	Wed	Jun 27-Jul 18	\$48

Session 4				
60126	8:45-10pm	Mon	Jul 23-Aug 13	\$64
60128	8:45-10pm	Wed	Jul 25-Aug 15	\$64

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				
65531	11:45am- 1pm	Mon	May 07-Jun 11	\$96
65533	10:30-11:45am	Thu	May 10-Jun 14	\$96
60178	7:30- 8:45pm	Tue	May 08-Jun 12	\$96
60179	7:30- 8:45pm	Thu	May 10-Jun 14	\$96

Session 3				
60180	7:30- 8:45pm	Tue	Jun 26-Jul 17	\$64
60182	7:30- 8:45pm	Thu	Jun 28-Jul 19	\$64

Session 4				
60181	7:30- 8:45pm	Tue	Jul 24-Aug 14	\$64
60183	7:30- 8:45pm	Thu	Jul 26-Aug 16	\$64

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				
60108	8:45-10pm	Tue	May 08-Jun 12	\$96
60109	8:45-10pm	Thu	May 10-Jun 14	\$96

Session 3				
60110	8:45-10pm	Tue	Jun 26-Jul 17	\$64
60112	8:45-10pm	Thu	Jun 28-Jul 19	\$64

Session 4				
60111	8:45-10pm	Tue	Jul 24-Aug 14	\$64
60113	8:45-10pm	Thu	Jul 26-Aug 16	\$64

Advanced Doubles

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

Session 1

65532 11:45am-1pm Mon May 07-Jun 11 \$96

LADIES RECREATIONAL EVENING LEAGUE

Participants register individually. Ability range is 3.0-3.5 NTRP. Doubles match play with weekly rotation of players. Fee covers cost of participation, court rental, tennis balls, and administration by Robinswood staff. Min 8/Max 12

Robinswood Tennis Center

Age: 19Y and up

Session 1

60214 6:15-7:30pm Thu May 10-Jun 14 \$66

Youth Tennis Programs

TENNIS TEAMS

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

Robinswood Tennis Center

Age: Up to 17Y

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

Session 3

60306 2-2:30pm Tue, Thu Jun 26-Jul 19 \$99

Session 4

60307 2-2:30pm Tue, Thu Jul 24-Aug 16 \$99

Team 2 - Players at this level are still working on improving overall consistency, topspin groundstrokes, correct grips, and adding more pace and consistency on their serves. Players in this level are competing at Rookie or Challenger Level USTA tournaments.

Session 3

60314 2-3:30pm Tue, Thu Jun 26-Jul 19 \$99

Session 4

60316 3:30-5pm Tue, Thu Jul 24-Aug 16 \$99

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

Session 3

60348 2-3:30pm M/W/F Jun 25-Jul 20 \$175

Session 4

60649 2-3:30pm M/W/F Jul 23-Aug 17 \$175

Tournament - This is an Elite class for USTA Champs level players only. Participants must be ranked in the top 50 of their age group in the Pacific Northwest. Drill and Match-play environment. Highest Level of Junior Teams at Robinswood.

Session 3

60331 3:30-5pm M/W/F Jun 25-Jul 20 \$160

Session 4

60332 3:30-5pm M/W/F Jul 23-Aug 17 \$175

LOBBERS YOUTH INSTRUCTIONAL CLINIC

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

Robinswood Community Park

Age: 4Y - 6Y

60219	12-12:45pm	Mon-Thu	Jun 25-28	\$40
60220	12-12:45pm	Mon-Tue, Thu	Jul 02-05	\$30
60221	12-12:45pm	Mon-Thu	Jul 09-12	\$40
60222	12-12:45pm	Mon-Thu	Jul 16-19	\$40
60223	12-12:45pm	Mon-Thu	Jul 23-26	\$40
60224	12-12:45pm	Mon-Thu	Jul 30-Aug 02	\$40
60225	12-12:45pm	Mon-Thu	Aug 06-09	\$40
60226	12-12:45pm	Mon-Thu	Aug 13-16	\$40

MIGHTY MITES INSTRUCTIONAL CLINIC

The format is general in nature: tennis fundamentals are taught along with many tennis related drills, games, and activities. Emphasis is on FUN! Min 6/Max 32

Robinswood Community Park

Age: 7Y - 9Y

60227	9-10am	Mon-Thu	Jun 25-28	\$44
60228	9-10am	Mon-Tue, Thu	Jul 02-05	\$33
60229	9-10am	Mon-Thu	Jul 09-12	\$44
60230	9-10am	Mon-Thu	Jul 16-19	\$44
60231	9-10am	Mon-Thu	Jul 23-26	\$44
60232	9-10am	Mon-Thu	Jul 30-Aug 02	\$44
60233	9-10am	Mon-Thu	Aug 06-09	\$44
60234	9-10am	Mon-Thu	Aug 13-16	\$44

TENNIS YOUTH INSTRUCTIONAL CLINIC

This class is appropriate for new players as well as players with some playing experience. Tennis fundamentals are covered as well as tennis related drills, games, and activities. Min 6/Max 32

Robinswood Community Park

Age: 10Y - 13Y

60320	10am-12pm	Mon-Thu	Jun 25-28	\$98
60321	10am-12pm	Mon-Tue, Thu	Jul 02-05	\$73.50
60322	10am-12pm	Mon-Thu	Jul 09-12	\$98
60323	10am-12pm	Mon-Thu	Jul 16-19	\$98
60324	10am-12pm	Mon-Thu	Jul 23-26	\$98
60325	10am-12pm	Mon-Thu	Jul 30-Aug 02	\$98
60326	10am-12pm	Mon-Thu	Aug 06-09	\$98
60327	10am-12pm	Mon-Thu	Aug 13-16	\$98

TEEN INSTRUCTIONAL CLINIC

The series meets for 4 days with an emphasis on tennis basic form and applying it in actual match play. Min 6/Max 32

Robinswood Community Park

Age: 14Y - 17Y

60050	1-2pm	Mon-Thu	Jun 25-28	\$48
60051	1-2pm	Mon-Tue, Thu	Jul 02-05	\$36
60052	1-2pm	Mon-Thu	Jul 09-12	\$48
60053	1-2pm	Mon-Thu	Jul 16-19	\$48
60054	1-2pm	Mon-Thu	Jul 23-26	\$48
60055	1-2pm	Mon-Thu	Jul 30-Aug 02	\$48
60056	1-2pm	Mon-Thu	Aug 06-09	\$48
60057	1-2pm	Mon-Thu	Aug 13-16	\$48

SATURDAY YOUTH GROUP LESSONS

CLASS DESCRIPTIONS:

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

Session 1

60287 11-11:45am Sat May 12-Jun 16 \$66

Beginning I: Ages 7-12. Class is designed for any child who has never taken lessons before or has minimal experience. Goals of the class are to introduce basic tennis techniques.

Session 1

60259 1-2pm Sat May 12-Jun 16 \$72

Beginning II: Ages 7-12. Class is designed for students who have completed Beginning I or have had Beginning lessons in the past.

Session 1

60269 2-3pm Sat May 12-Jun 16 \$72

Advanced Beginning I: Ages 7-12. Class is designed for students who have completed Beginning II. Goal of the class is to start to create spin on groundstrokes and hit serves into the correct box.

Session 1

60243 3-4pm Sat May 12-Jun 16 \$72

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

Session 1

60251 4-5pm Sat May 12-Jun 16 \$72

Intermediate: Ages 9-12. Class is designed for students who have completed Advanced Beginning II. Goal of the class is to be able to hit all strokes with consistency and correct technique. Highest Level of Saturday Youth Lessons.

Session 1

60279 10-11am Sat May 12-Jun 16 \$72

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

Session 1

60293 5-6pm Sat May 12-Jun 16 \$72

Robinswood Tennis Center / Aging Services

NEW: TENNIS PROGRAMS AT SOUTH BELLEVUE COMMUNITY CENTER

THURSDAY LOBBERS CLASS

Class focuses on young children to build hand-eye coordination and develop muscle memory for basic form. Min 4/Max 8
South Bellevue Community Center

Age: 4Y - 6Y
65510 4-4:45pm Thu May 10-31 \$44

THURSDAY YOUTH BEGINNING

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. Min 4/Max 16

South Bellevue Community Center
Age: 7Y - 10Y
65515 5-6pm Thu May 10-31 \$52

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 or visit 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, 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.

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.

CATHOLIC COMMUNITY SERVICES OF KING COUNTY

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

ELDER AND ADULT DAY SERVICES

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

EVERGREEN CARE NETWORK

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

HEALTH

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 Counsel on the Aging allows you to quickly and easily determine what benefits you may qualify for, and how to claim them. Visit them on the web: www.BenefitsCheckUp.org. Medicare questions answered via the Internet at www.mymedicarematters.org.

GENERAL

AARP AREA OFFICE

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

AARP COMMUNITY SERVICE

EMPLOYMENT PROGRAM

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

COMPUTER HELP DESK SERVICE

KEGS (Komputer Enthusiasts of Greater Seattle) can help with your computer needs. Call Joe Mraz at 425-747-2433 for meeting and computer help information.

EASTSIDE LEGAL ASSISTANCE PROGRAM

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

W.I.C.S.

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

SENIOR INFORMATION & ASSISTANCE

Resources and information on all topics related to older adults. 1-888-435-3377 or 206-448-3110.

IMMIGRANT SERVICES

CHINESE SERVICES

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

SPANISH SERVICES

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

INSURANCE/SOCIAL SECURITY

SOCIAL SECURITY INFORMATION

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

MEALS/FOOD DELIVERY

LUNCHES

Hot meals sponsored by Catholic Community Services available at noon on Monday, Tuesday, Wednesday & Friday each week. First come-first served. Suggested \$3 donation for 60+, fee if younger. See Special Events listing for special holiday meal events which require pre-registration. Monthly menus available.

MEALS ON WHEELS

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

SUPPORT GROUPS/MEETINGS

YOUNG ONSET PARKINSONS

Sponsored by the American Parkinson Disease Association. For those under 60 with the disease and their families. Meets the 1st Wednesday each month 7-8:30pm. For more information call Carin Mack 206-230-0166.

NARFE (National Association of Retired Federal Employees)

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

PROBUS

Retired & semi-retired professional/business person. 3rd Thursday of each month at 9am. For more information, call 425-861-0596.

P.O.W.S

Prisoners of Foreign Wars. 4th Tuesday of each month at noon. For more information, call Jim Keeffe 425-747-4444.

TRANSPORTATION ACCESS

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

GETTING AROUND PUGET SOUND

Want to go from home to the store, the library & more? Personalized one-on-one assistance with transportation options and planning. Second Monday each month, 10am-2pm. No appointment necessary. Provided through a partnership with Hopelink.

VOLUNTEER TRANSPORTATION FOR SENIORS

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



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.

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

Spring Fling Dance

64902 2-4pm Tue Apr 10

Mother's Day Dance

64903 2-4pm Tue May 08

Father's Day Dance

64904 2-4pm Tue Jun 12

Bastille Day Dance

64905 2-4pm Tue Jul 10

Celebrate Summer Dance

64906 2-4pm Tue Aug 14

Congratulations Winnie!



Winnie Blakey received the 2011 North Bellevue Community Center Volunteer of the Year award during February's volunteer appreciation luncheon.

Pictured to the left, presenting the award to Winnie, are Mayor Conrad Lee and Councilmember Kevin Wallace.



25TH ANNIVERSARY CELEBRATION LUNCHEON

Come join us for a celebration of 25 years at the North Bellevue Community Center. We will have a wonderful lunch with great entertainment, bingo, prizes and much, much, more! Min 6/Max 75
North Bellevue Community Center
FREE Age: 6Y and up
64647 11:30am- 2pm Wed Apr 18

THURSDAY AFTERNOON MOVIES

Thursday Afternoon movies at the North Bellevue Community Center. 2pm to 4pm Every Thursday. Call or stop by the center for a new list of movies each month. Min 4/Max 40
North Bellevue Community Center
FREE Age: 6Y and up
65546 2- 4pm Thu May 03-Aug 30

SUMMER SOLSTICE DANCE

Welcome Summer & enjoy the big band sound of 'Sound of Swing' at the Summer Solstice Dance. The Seattle Chapter of USA Dance will be on hand for a lesson from 7:30-8:15 followed by dancing to all the Big Band favorites - see you there! Min 1/Max 200
North Bellevue Community Center
\$15 Age: 18Y and up
64678 7-11pm Sat Jun 02

ADAPTIVE RECREATION Highland Center

14224 Bel-Red Road • 425-452-7686

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

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

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 Jensen, 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: Amanda Bliggenstorfer,
425-868-6810

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

HEAD INJURY SUPPORT GROUP

Resources, great speakers, 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. For more information please contact: Michael Given 425.246.4215

ADDITIONAL DISABILITY RECREATION AREAS OF INTEREST

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

TENNIS FOR THOSE USING WHEELCHAIRS

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

TENNIS FOR THOSE LIVING WITH DEVELOPMENTAL DISABILITIES

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

AQUATIC THERAPY GROUPS

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

SPECIAL OLYMPIC SWIM TEAM

Bellevue Aquatic Center

AQUATIC REHAB PROGRAMS

Bellevue Aquatic Center
Adaptive Actives

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

BARN DANCE

Mosey on down to the Highland Center for our end-of-the-session dance. Please pre-register for Highland Center dances. Age: 16 and up

ALOHA PICNIC

Warm summer evenings, tropical breezes, pineapple, papaya and the annual Highland Center Summer Potluck in conjunction with the Aloha Dance is a fun way to celebrate summer with friends. Potluck at 5pm; dance at 7pm Age: 16 and up

PROGRAMS: DEVELOPMENTAL DISABILITY

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

ADULT ADVENTURE EDUCATION

This program offers an array of educational outings to explore the things that make our community tick. A schedule will be given out at the first class. Bellevue, Mercer Island and Kirkland interlocal contract residents only. The roster is determined by lottery and all eligible interested persons must sign up before the non-Bellevue registration date to be included in the drawing.

STONEWARE CREATIONS

An introduction to beginning & intermediate hand-building and wheel throwing stoneware. Various and seasonal subject matter included as design inspirations for practical and decorative art work. Class includes supplies and firing. This is a specialized class for adults and adults with disabilities.

ADULT 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

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

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.

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 PG13 and will be voted on by the class for viewing.

SOCIAL CLUB - ADULT

Meet new friends and have fun with different indoor activities designed to positively challenge your skills, provide socialization and relaxation from life's stress.

GLASS FUSION

Combine the elements of ' Fire and Ice ' to create fabulous jewel-like art pieces. Through step-by-step instruction, learn the basics of glass art. Projects include small jewelry pieces, plates, platters, candle holders and much more. This is a specialized program for adults and adults with disabilities. Materials included.

CHEERLEADING

Be a part of a cheerleading squad and come learn new skills and work as a team. This team is part of the Eastside Dream Elite program which is the official cheerleading program of the Bellevue Parks & Community Services. This class is open to women and men with developmental disabilities, ages 16 and up. We have regular weekly performances on the Highland Center schedule and we have occasional performances outside of class time as well. Come join the fun!

AFTER-SCHOOL PROGRAMS FOR YOUTH

Four afternoons a week your child has the opportunity to unwind from school with these interactive activities. Monday you will play with food, Tuesday will be exercise while sightseeing via urban hiking trips, Thursdays are planned for peer socializing and Fridays you will get some light exercise and water play at the Bellevue Aquatic Center. All programs are for kids ages 6-18 living with developmental disabilities. (Additional fees charged for the swimming program)

BRIDGE ACADEMY

In partnership with Bellevue Parks and Community Services, Bridge of Promise offers a day program from 10am-2pm every Monday and Thursday at Bellevue's Highland Center. This program is designed for adults with developmental disabilities to engage in educational activities that offer opportunities to learn and increase personal skills. Bridge Academy includes opportunities to participate in music, art, and community activities. Instruction is always individualized to each participant's needs and goals. For further registration information, please contact program director, Jessica Schreiber, at 425-238-8535 or jessica@bridgeofpromise.org.

**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: _____

Bill DDD

Caseworker Name for DDD _____

Kent / Seattle (Circle One)

ADULT Adaptive Programs at Highland Center - 425-452-7686

	Course #	Title	Rates - Res/Non-Res	Days	Time	Dates	
	<input type="checkbox"/>	59860	Adult Adventure Ed	\$222 \$277	Wed	9:30a-3:00p	3/28-5/30
	<input type="checkbox"/>	59904	Adult Bowling	\$45 \$56	Sat	9:30a-11:30a	3/31-6/2
	<input type="checkbox"/>	59911	Cheerleading	\$66 \$83	Wed	5:30p-7p	3/28-5/30
	<input type="checkbox"/>	59864	Adult-Crafts	\$42 \$53	Fri	1p-2:30p	3/30-6/1
	<input type="checkbox"/>	60016	Country Line Dance	\$42 \$53	Tue	7:00p-8:30p	3/27-5/29
	<input type="checkbox"/>	59954	Highland Players Drama	\$53 \$66	Mon	7:00p-8:30p	3/26-5/21
	<input type="checkbox"/>	59929	Friday Night Out	\$17 \$21	Fri	5:30p-9:30p	3/30
	<input type="checkbox"/>	59930	Friday Night Out	\$17 \$21	Fri	5:30p-9:30p	4/20
	<input type="checkbox"/>	59931	Friday Night Out	\$17 \$21	Fri	5:30p-9:30p	5/18
	<input type="checkbox"/>	59939	Full Fitness Fun	\$78 \$98	Tu/Th	5:00p-7:00p	3/27-5/31
	<input type="checkbox"/>	59969	Movie time	\$42 \$53	Mon	5:00p-7:00p	3/26-5/21
	<input type="checkbox"/>	59970	Movie time	\$42 \$53	Wed	5:00p-7:00p	3/28-5/30
	<input type="checkbox"/>	59999	Social Club	\$42 \$53	Mon	7:00p-8:30p	3/26-5/21
	<input type="checkbox"/>	60000	Social Club	\$42 \$53	Wed	7:00p-8:30p	3/28-5/30
	<input type="checkbox"/>		Bridge Academy	See Brochure	Mon/Thu	10am – 2pm	
	<input type="checkbox"/>	65424	Adult Track	\$62 \$77	Tu/Th	7:00p-8:30p	3/27-5/31
	<input type="checkbox"/>	65425	Adult Soccer	\$62 \$77	Tu/Th	7:00p-8:30p	3/27-5/31
	<input type="checkbox"/>	59895	Kiwanis Dinner	FREE	Thurs	5:00p -6:00p	6/21
	<input type="checkbox"/>	59914	Cooking with Ease	\$74 \$92	Thur	5:00p-7:00p	3/29-5/31
	<input type="checkbox"/>	65426	Barn Dance	\$9 \$11	Fri	7p-9:30p	5/11
<input type="checkbox"/>	59900	Bingo	\$42 \$53	Thurs	7:00p-8:30p	3/29-5/31	
<input type="checkbox"/>	59950	Highland Hangout	\$40 \$50	M/T/W/TH	2:30p-5:00p	3/26-6/14	
YOUTH Adaptive Programs at Highland Center - 425-452-7686							
<input type="checkbox"/>	59875	Fun with Friends	\$58 \$72	Mon	2:30p-5:00p	3/26-5/21	
<input type="checkbox"/>	59876	Youth Adventure	\$58 \$72	Tue	2:30p-5:00p	3/27-5/29	
<input type="checkbox"/>	59877	Thursday Teen Club	\$58 \$72	Thurs	2:30p-5:00p	3/29-5/31	
<input type="checkbox"/>	59878	Friday @ Highland	\$58 \$72	Fri	2:30p-5:00p	3/30-6/1	
ADULT Adaptive Programs at Highland Center - 425-452-7686							
<input type="checkbox"/>	59981	Exercise	\$110 \$139	M/W/F	9:15am-10:15am	3/26-6/15	
<input type="checkbox"/>	59982	Exercise	\$110 \$139	M/W/F	10:30am-11:30am	3/26-6/15	
<input type="checkbox"/>	59983	Exercise	\$110 \$139	M/W	11:45-1:15pm	3/26-6/13	
ADULT Adaptive Programs at Northwest Arts Center - 425-452-4106							
<input type="checkbox"/>	65487	Glass Fusion	R \$90 N \$110	Th	10:00-11:30am	6/28-7/26	
<input type="checkbox"/>	65489	Stoneware Creations	R \$90 N \$110	Th	1:00-3:00pm	6/28-7/26	
<input type="checkbox"/>	65488	Kitchen Kapers	R \$91 N \$109	Fri	12:00-1:15pm	6/15-7-27	

People living with disabilities are encouraged to participate in any of the Recreation Division programs in which they are interested.

Developmental Disabilities

Physical Disabilities

Northwest Arts Center

Participant Name: _____

Bill DDD

Caseworker Name for DDD _____

Kent / Seattle (Circle One)

ADULT Adaptive Programs at Highland Center - 425-452-7686

	Course #	Title	Rates - Res/Non-Res	Days	Time	Dates
<input type="checkbox"/>	59861	Adult Ad Education	\$222 \$277	Wed	9:30am-3p	6/20-8/22
<input type="checkbox"/>	59905	Adult Bowling	\$45 \$56	Sat	9:30am-11:30am	6/23-8/25
<input type="checkbox"/>	59921	Cultural Dance Mix	\$42 \$53	Tue	7-8:30pm	6/19-8/21
<input type="checkbox"/>	59955	Highland Players Drama	\$53 \$66	Wed	5:30-7:00pm	6/20-8/22
<input type="checkbox"/>	59940	Full Fitness Fun	\$78 \$98	Tue/Thu	5p-7p	6/19-8/23
<input type="checkbox"/>	59971	Movie Time	\$42 \$53	Thu	5p-7p	6/21-8/23
<input type="checkbox"/>	60001	Social Club	\$42 \$53	Thu	7p-8:30p	6/21-8/23
<input type="checkbox"/>	59880	Aloha Picnic	\$9 \$11	Fri	5p-9:30p	8/3
<input type="checkbox"/>	60004	Adult Softball	\$62 \$77	Tue/Thu	7p-8:30p	6/19-8/23
<input type="checkbox"/>	59901	Bingo	\$42 \$53	Wed	7:00p-8:30p	6/20-8/22
<input type="checkbox"/>		BRIDGE ACADEMY	See Brochure	M/Th	10am-2pm	See Brochure

YOUTH Adaptive Programs at Highland Center - 425-452-7686

<input type="checkbox"/>	59942	Summer Camp	\$175 \$219	M-F	9:30a-3p	6/25-6/29
<input type="checkbox"/>	59943	Summer Camp	\$175 \$219	M-F	9:30a-3p	7/9-7/13
<input type="checkbox"/>	59944	Summer Camp	\$175 \$219	M-F	9:30a-3p	7/16-7/20
<input type="checkbox"/>	59945	Summer Camp	\$175 \$219	M-F	9:30a-3p	7/23-7/27
<input type="checkbox"/>	59946	Summer Camp	\$175 \$219	M-F	9:30a-3p	7/30-8/3
<input type="checkbox"/>	59947	Summer Camp	\$175 \$219	M-F	9:30a-3p	8/6-8/10
<input type="checkbox"/>	59948	Summer Camp	\$175 \$219	M-F	9:30a-3p	8/13-8/17

ADULT Adaptive Programs at Highland Center - 425-452-7686

<input type="checkbox"/>	59984	Exercise Class	\$110 \$139	M/W/F	9:15-10:15a	6/18-9/7
<input type="checkbox"/>	59985	Exercise Class	\$110 \$139	M/W/F	10:30-11:30	6/18-9/7
<input type="checkbox"/>	59986	Exercise Class	\$110 \$139	M/W	11:45-1:15	6/18-9/5

ADULT Adaptive Programs at Northwest Arts Center - 425-452-4106

<input type="checkbox"/>	60879	Stoneware Creations	\$90 \$110	Thurs	1:00p-3:00p	5/31-6/21
<input type="checkbox"/>	60489	Stoneware Creations	\$90 \$110	Thurs	1:00p-3:00p	6/28-7/26
<input type="checkbox"/>	60874	Glass Fusion	\$90 \$110	Thurs	10:00a-11:30a	5/31-6/21
<input type="checkbox"/>	65487	Glass Fusion	\$90 \$110	Thurs	10:00a-11:30a	6/28-7/26
<input type="checkbox"/>	65488	Kitchen Kapers	\$100 \$120	Friday	12:00p-1:15p	6/1-7/27



Developmental Disabilities

Physical Disabilities

Northwest Arts Center

People living with disabilities are encouraged to participate in any of the Recreation Division programs in which they are interested.



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

Kelsey Creek Park

Researched by Megan Carlisle, Archivist,
Eastside Heritage Center



Top: Kelsey Creek Farm today.
Left: The Twin Valley Dairy in the mid-1940s. (Images Courtesy Eastside Heritage Center. Duey Collection.)

Kelsey Creek and Kelsey Creek Park are named after H.E. Kelsey, a teacher from New York State who came to Bellevue and lived near the creek in the 1880s.

The area became a commercial farm in 1921 when W.H. Duey and his family moved to Bellevue from Mount Vernon.



Dedication of the Fraser Cabin, ca. 1976. (Image Courtesy Eastside Heritage Center. Verna Schembrie Collection. 2002.122.)

Accessible only by truck over an abandoned logging railroad, the 190 acres of land were covered in stumps left by the Wilburton Mill. The Duey family cleared the land and built the Twin Valley dairy farm, which would supply Eastside homes with up to 300 quarts of milk a day. The Dueys owned

the farm until 1942. They were followed by the Fishers, who operated it until 1969.

The City of Bellevue bought 40 acres of the area for a park in 1969 and added another 39-acre parcel in 1970. Almost immediately the Parks Department converted one of the large barns into a workshop for arts and crafts activities and used the other to house domestic animals.

In the mid-1970s, a group of Bellevue citizens collaborated to move the historic Fraser cabin to the park and restore it as an American Bicentennial project. The same decade saw the creation and dedication of "Yao Oriental Garden" at Kelsey Creek Park; the garden was named for Bellevue's sister city Yao, Japan.

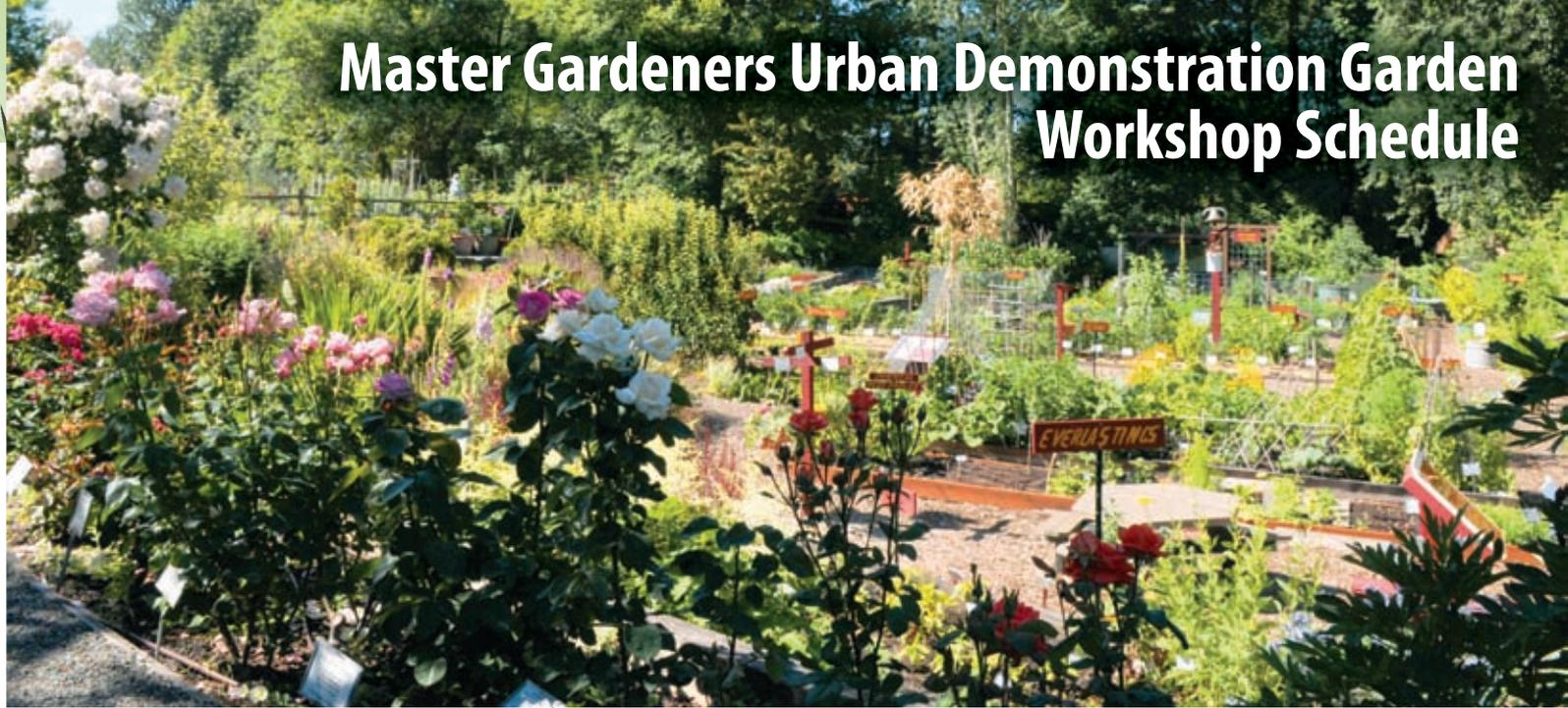
Today Kelsey Creek Park is a city-run farm. The south barn, built by the Dueys back in 1933, is still home to domestic animals, and the Dueys' house is used for Bellevue Parks & Community Services day camps and programs. The Fraser Cabin, which was moved closer to the barns in 2008, is also open for viewing during the warmer months of the year. The Yao Garden still exists, but it is now located in the Bellevue Botanical Gardens on Wilburton Hill.



Footbridge flanked with bamboo, part of the original Yao Garden, circa 1975. (Image Courtesy Eastside Heritage Center. City of Bellevue Collection. 2004.022.074.)

To learn more about Bellevue and Eastside history, contact the Eastside Heritage Center at 425-450-1049 or visit www.EastsideHeritageCenter.org.

Master Gardeners Urban Demonstration Garden Workshop Schedule



MASTER GARDENER URBAN DEMONSTRATION GARDEN



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

Location: Lake Hills
Greenbelt Urban
Demonstration
Garden

156th Ave SE &
SE 16th St

Time: Saturdays
10:30am-12pm

Info: 425-452-7225

<http://gardening.wsu.edu> or
<http://www.mgfk.org>

2012 MASTER GARDENERS WORKSHOP SCHEDULE

Date	Topic	Speaker
1/14/2012	Flowering Shrubs and Trees.....	George Pinyuh
1/21/2012	The Art of Pruning and Espalier for Fruit Trees and Grapes.....	Larry Davis
1/28/2012	Planning your Vegetable Garden.....	Pat Roome
2/4/2012	Mason Bees in the Garden	Missy Anderson
2/11/2012	Northwest Flower and Garden Show - No WorkShop	
2/18/2012	Selecting, Planting and Grafting Fruit Trees.....	Larry Davis
2/25/2012	Starting Vegetables	Holly Kennell
3/3/2012	Renovating the Overgrown Garden and How to Prune	Cass Turnball
3/10/2012	Roses, Roses, Roses	Lonnie Garceau
3/17/2012	Trillium and other Spring Ephemerals	Suzi Egan
3/24/2012	Lawn Care.....	Dennis Hoffman
3/31/2012	Water Wise Gardening.....	Elaine Keehn
4/7/2012	Easter Weekend - No Workshop	
4/14/2012	Growing Great Tomatoes	Wally Prestbo
4/21/2012	Containers = Solutions for the Garden	Barbara Flynn
4/28/2012	Berries! Strawberries, Blueberries, Raspberries and Blackberries	Chris Cyr and Larry Davis
5/5/2012	Master Gardener Plant Sale - No workshop	
5/12/2012	Planting for Privacy.....	Marty Wingate
5/19/2012	Drought Tolerance in Plants	Pat Roome
5/26/2012	Memorial Day weekend - No Workshop	
6/2/2012	Ferns!	Nick Cooper
6/9/2012	Your Herb Garden	Joan Helbacka
6/16/2012	The Good Bugs, The Bad Bugs In Your Garden	George Pinyuh and Sharon Colman
6/23/2012	Home Composting	Fred Werner
6/30/2012	Creative Propagation.....	Fred Werner
7/7/2012	Plant Bullies, Noxious Weeds in King County.....	Sasha Shaw
7/14/2012	Shade Gardening	Ellon Jarvis
7/21/2012	Fall and Winter Vegetables	Joy Naganuma
7/28/2012	Succulents	Don Armstrong
8/4/2012	How and When to Harvest Your Vegetables	Larry Davis
8/11/2012	Children's Fair, Gardening With Children.....	Home Depot
8/18/2012	Go Vertical Plants and Fall Vegetables In Unique Growing Spaces	Seattle Tilth
8/25/2012	Late Summer and Fall Pruning	Larry Davis
9/1/2012	Labor Day Weekend - No Workshop	

Skate Parks

BELLEVUE INDOOR SKATEPARK

14224 Bel Red Road, 98007

The newly remodeled Bellevue Skate Park is an indoor facility featuring 3- and 6- foot mini ramps, wall rides, banks, ledges, step up gaps and a new indoor climbing wall. After a decade of skate camps, events and competitions the energy and enthusiasm that our programs generate is unmatched. We provide a sense of community and ownership to all participants regardless of age, experience or level of participation. Call 425-452-2722 for current hours, fees, events and rentals or visit www.bellevuewa.gov/bellevue_skate_park.htm

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 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

Monday-Friday
1-6pm

Saturday & Sunday

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

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 or call 425-452-2722.

*To purchase an ID card, you must have a parent or guardian signature if you are under 18 years old.



Giving teens a voice and an opportunity to make things happen...

Youth Link is a youth leadership program sponsored by Bellevue Parks & Community Services and the Bellevue School District. Founded in 1990, Youth Link gives youth an active voice in the community and an opportunity to make a difference!

Current Youth Link Projects

For more information about any of these opportunities, please call 425-452-5254, unless otherwise specified, or visit www.youthlink.com.

Bellevue Youth Council

Outspoken Teen Paper

Youth Link Web Team

Kids Care Coat Drive

Teen Closet

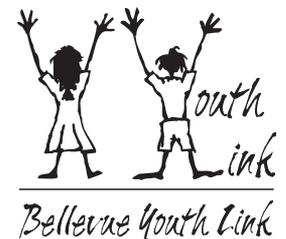
T.R.A.C.K.S. Action Team

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.

Climbing the Crag at South Bellevue



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 4years to climb; 18 years for the belay check test. All climbers must have a signed waiver on file.

Rock Climbing Classes— These classes cover all the basics. Participants are taught how to correctly wear a harness, tie the knots, handle the rope, use a belay device and communicate with partners effectively. At the completion of this class adults can take a belay check test to earn a belay card. Fees: \$22(R) \$27(N)

Drop-in Belayed Climbing Session – During these times there will be a trained staff member to belay all individuals who wish to climb. Fees: \$7(R) \$9(N) Age: 4Y and up.

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

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 ^{Best Value!} – 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 your friends or guests to SBCC and climb the wall for your special occasion! The wall is available to rent for private groups and parties on Thursday nights and Sundays. Fee: \$130/hour

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

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)		
59737	6-7pm	Tue	Apr 03
59738	6-7pm	Tue	Apr 10
59739	6-7pm	Tue	Apr 17
59740	6-7pm	Tue	Apr 24
59741	6-7pm	Tue	May 01
59742	6-7pm	Tue	May 08
59743	6-7pm	Tue	May 15
59744	6-7pm	Tue	May 22
59745	6-7pm	Tue	May 29
59746	6-7pm	Tue	Jun 05
59747	6-7pm	Tue	Jun 12
59748	6-7pm	Tue	Jun 19

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)	
59777	9-10am	Sat	Apr 07
59778	9-10am	Sat	Apr 14
59779	9-10am	Sat	Apr 21
59780	9-10am	Sat	Apr 28
59781	9-10am	Sat	May 05
59782	9-10am	Sat	May 12
59783	9-10am	Sat	May 19
59784	9-10am	Sat	Jun 02
59785	9-10am	Sat	Jun 09
59786	9-10am	Sat	Jun 16
59787	9-10am	Sat	Jun 23

Schedule valid through June 23. Call South Bellevue Community Center for updated schedule.

The Crag at South Bellevue Community Center - Climbing Schedule						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Open Climb 9am-3pm	Adult Open Climb 9am-3pm	Adult Open Climb 9am-3pm	Adult Open Climb 9am-3pm	Adult Open Climb 9am-7:30pm	Parent/Child Rock Climbing Class 9-10am	AVAILABLE TO RENT 10:30am-4:30pm
I Rock It Youth Program 4-5:30pm	Drop-in Climbing 3:30-5:30pm	I Rock It Youth Program 4-5:30pm	Drop-In Climbing 3:30-5:30pm		Drop-in Climbing Session 1 10am-1pm	Adult Open Climb 10:30am-4:30pm <i>(If no rental scheduled, call first.)</i>
Drop-In Climbing 6-8:30pm	Rock Climbing Class 6-7pm	Drop-In Climbing 6-8:30pm	AVAILABLE TO RENT: 6-8pm	Adult Open Climb 6-8:30pm <i>(If no rental scheduled, call first.)</i>	Session 2 1:30-4:30pm	
Spring break rock climbing camp April 9-13 • Mon-Wed 9am-12:30pm • Thu & Fri 9am-4pm						





**Bellevue Botanical Garden
is free and open daily from
dawn to dusk.**

Spring & Summer Events at the Bellevue Botanical Garden

Welcome to the Bellevue Botanical Garden— an enduring community treasure for the Northwest region and beyond. . .

The Bellevue Botanical Garden is an urban refuge, encompassing 53-acres of cultivated gardens, restored woodlands, and natural wetlands. The living collections showcase plants that thrive in the Pacific Northwest. Our demonstration of good garden design and horticulture techniques inspires visitors to create their own beautiful, healthy gardens.

The garden provides a place of beauty, serenity, and learning for thousands of visitors each year. There are also many fun things to do throughout the seasons: plant sales, community celebrations, summer concerts, art exhibits and holiday light festivities.

**APR 7 Puget Sound Dahlia Association
9am-5pm Tuber Sale**
Bellevue Botanical Garden Visitor Center,
Thousands of locally grown quality dahlia
tubers from exhibition-quality dahlia
varieties will be available for purchase. Visit
www.PugetSoundDahlias.org for more
information.

**APR 21-22 Hua Yuan Chinese Floral
10am-4pm Art Exhibition**
The exquisite floral arrangements created
by members of the Hua Yuan School of
Chinese Floral Art will be on display in the
Bellevue Botanical Garden Visitor Center.
For more information, call 425-452-2750.

**MAY 5 Eastside Fuchsia Society Plant Sale
9am-3pm**
Featuring a great selection of plants from
Eastside Fuchsia Society. For more infor-
mation, call 425-452-2750.

**MAY 12 WA Native Plant Society Sale
10am-4pm**
Proceeds benefit Washington Native Plant
Society. For more information, call 425-
452-2750.

**MAY 13 Ravine Experience Grand Opening
12:30-1pm**
Take a walk on the wild side on our new
nature trail. The trail includes a 150'
suspension bridge over a ravine in the most
pristine of our native areas. The ceremony
will take place at the entrance to the new
bridge, so come prepared for the weather
and wear comfortable walking shoes. For
more information, call 425-452-2750.



**MAY 13 Mothers Day Social
1-4pm**
Open house featuring light refreshments,
music and a celebration of gorgeous spring
blooms throughout the Garden. For more
information, call 425-451-3755 or visit
www.bellevuebotanical.org.

**MAY 19-20 Rhododendron Show and Sale
10am-5pm**
Show and sale of beautiful Northwest rho-
dodendrons. Proceeds benefit the Cascade
Chapter of the American Rhododendron
Society. For more information contact
lscott@bellevuewa.gov or call 425-452-
2750.

**JUNE 23 Bellevue Botanical Garden
2-5pm 20th Anniversary Celebration**
Please join us for free entertainment and
refreshments as we celebrate our 20th an-
niversary. Festivities will held at the Shorts
Visitor Center.

JULY 27-29

Zany Worm Booth

9:15am-6:15pm

@ Bellevue Art Museum.

For more information, please go to www.bellevuebotanical.org or call 425-451-3755.

AUG 4

Music in the Garden

5:30-8pm

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

AUG 7 Trillium Celebration Annual Meeting

6:30pm (off site).

Speaker: Wendy Welch. For more information, contact bbgsoffice@bellevuebotanical.org or call 425-451-3755.

AUG 18-19

**Eastside Fuchsia Society
Plant Show and Sale**

10am-4pm

Featuring a great selection of plants from Eastside gardeners. For more information, visit www.bellevuebotanical.com or call 425-452-2750.

AUG 24-26

Art in the Garden

10am-6pm

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



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

Volunteer Opportunities

Make a difference in your community!

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

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

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



Bellevue Parks & Community Services has a variety of volunteer opportunities. Volunteers serve on boards and commissions, lead tours, help out in the office, answer phones, serve lunches, and perform many more vital tasks throughout all of our program areas. We would love to have your help! If you are not sure what you would like to do, contact Shelly Shellabarger, the City of Bellevue's volunteer program coordinator, at 425-452-5375, or email volunteer@bellevuewa.gov.

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

Bellevue Youth Theatre
425-452-7155
BYT@bellevuewa.gov

Specialized Recreation
425-452-7686
KIndurkar@bellevuewa.gov

Special Events
425-452-4106
NWAC@bellevuewa.gov

Kelsey Creek Farm
425-452-7688
KelseyCreekFarm@bellevuewa.gov

North Bellevue Community Center
425-452-7681
NBCC@bellevuewa.gov

Robinswood Tennis Center
425-452-7690
JSoriano@bellevuewa.gov

Park Stewards/Naturalists
425-452-4195
ADySard@bellevuewa.gov

Cultural Diversity Program
425-452-7886
KHenry@bellevuewa.gov

Youth Sports
425-452-4627
HChristoff@bellevuewa.gov



Send Me More Information!

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

Name: _____

Address: _____

Phone (Day): _____

(Evening): _____

Email Address: _____

I am interested in: _____

All information is for City of Bellevue use only.

Please mail completed form to:

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

Save Time, Do It Online!

Save a stamp: visit the City's web-site at <http://www.bellevuewa.gov/volunteer.htm>, or send an email to volunteer@bellevuewa.gov.

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 • Cyrus Habib
Olga Perelman • Dr. Brian Plaskon
Janet Stout

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

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

Language interpretation available

King County 
2-1-1TM
Get Connected. Get Answers.
Crisis Clinic · United Way

Also: 206.461.3200
Toll Free 800.621.4636
www.crisisclinic.org



Plan your picnic in a Bellevue park today!

Indoor space
also available!
Call 425-452-6914
to book.

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

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

From here use:

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

Once you've decided on a park, there is a link to the forms necessary to make your reservation on each facility page. Just fill out the form and fax, e-mail, or mail it in with payment. Requests for 2012 accepted from Bellevue residents starting January 17 and from everyone starting February 15.

Parks that are available to be reserved are:

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

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



It's easy and convenient!

Bellevue Parks & Community Services

Attn: Park Rentals
 P.O. Box 90012, Bellevue, WA 98009-9012
 425-452-6914
 ParkRental@bellevuewa.gov