

YOUTH SPORTS & FITNESS REGISTRATION FORM

PARENT/GUARDIAN INFORMATION: Last Name: _____ Date of Birth: _____ Zip: _____
 Street Address: _____ City: _____
 Day Phone: _____ Apt #: _____ Email address: _____
 Alt. Phone: _____
 Email: Private Use Only Register Online: MyParksandRecreation.com
 Emergency Contact/Phone Number: _____ A Service of CityGov.net
 Request for Accommodations: _____

Participant's Name	Date of Birth	Grade	Male/Female	Class #	Class Title	Fee
	Mo/Day/Yr					
	Mo/Day/Yr					
	Mo/Day/Yr					

AMOUNT ENCLOSED: \$ _____ *Payment required at time of registration*
 *Scholarships available. Call 425-452-6885 for more information. Scholarship application must be approved prior to registration.

PAYMENT METHOD:
 Credit Card: Master Card VISA Other
 Credit Card Number: _____ Expiration Date: _____
 Check number

Mail completed form to:
 Bellevue Parks Registration
 PO Box 90012
 Bellevue, WA 98009-9012

WAIVER OF LIABILITY: 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, on behalf of myself and my child(ren) 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 children, my heirs, executors, assigns, and personal representatives, to waive and release any and all rights and claims for damages, including attorney fees, for my child(ren) 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 or my child(ren) may have to bring a legal action to assert a claim against the City of Bellevue for negligence. I have read, understood, and voluntarily accepted the conditions of the Waiver of Liability printed above. **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.

Signature(s): _____ Date: _____
Registration is not valid without signed waiver.
For complete registration policies or questions please call 425-452-6885

Self Defense/Hapkido (Intermediate/Advanced) (Ages 13 & up)

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.

Highland Community Center
Resident \$46 **Non-Resident** \$55
Mondays & Wednesdays **5:30-6:55pm**
 #56514 April 4 - 27
 #56515 May 2 - 25
 #56516 June 1 - 29

Indoor Soccer Lessons with Michael Smith (Ages 4-6)

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.

Highland Community Center
Resident \$55 **Non Resident** \$66

Session III
Tuesdays **May 3 – June 7**
 #56558 10:00 – 10:45 am
 #56559 11:00 – 11:45 am
 #56560 1:00 – 1:45 pm
 #56561 2:00 – 2:45 pm

Thursday **May 5 – June 9**
 #56562 1:00 – 1:45 pm
 #56563 2:00 – 2:45 pm



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**For more information, please contact
 Bellevue Parks & Community Services:
 425-452-6885**

Or register online: MyParksandRecreation.com
A Service of CityGov.net

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.

mac10047.3/11.indd


 CITY OF BELLEVUE
 PARKS & COMMUNITY SERVICES
 P O BOX 90012
 BELLEVUE WA 98009-9812

Youth Sports and Fitness

Spring 2011



PRSR STD
U.S. Postage
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 Bellevue, WA
 Permit No. 420


 CITY OF BELLEVUE
 WASHINGTON
 PARKS & COMMUNITY SERVICES

**Register for
 Summer Camps
 Today!**

YOUTH SPORTS AND FITNESS

SPRING 2011 ●●●●●●●●●●

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

YOUTH SOCCER PROGRAM INFORMATION

- **League Soccer Games:** Games will replace practices. However, warm-up practice will occur before each game once league games begin.
- **Uniforms:** Jersey is included in the registration fee.
- **Shin guards required for all soccer programs and tennis shoes required for all track and field programs.** Shin guards will be for sale on site for \$10.00
- **Inclement Weather Policy:** Players must show up at the field. Decision to play or not to play will be made at the field. Come prepared to play in all weather!
- **Volunteer Coaches Needed:** Volunteer soccer and track and field coaches are needed. Call (425) 452-4627 to receive a \$20 discount towards your registration fee for being a volunteer coach.
- 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. ALL REQUESTS MUST BE MADE BEFORE APRIL 13th BY EMAIL TO hchristoff@bellevuewa.gov OR BY CALLING 425-452-4627

YOUTH TRACK & FIELD (AGES 4-14)

This programs 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

Resident: \$69 (Includes team track shirt)

Non-resident: \$76 (Includes team track shirt)

#58443 4-5:30pm Mondays & Thursdays April 18-June 9

MIGHTY MITES SOCCER LEAGUE (AGES 5-6)

This is a great way for your budding star to begin team play and progress to the next stage of learning soccer. This 7 week league, will give your child the basic instructions of dribbling, passing, scoring and teamwork. We will begin with 2 weeks of team practice, followed by 5 weeks of soccer games. Come and join the fun! **Volunteer coaches are needed for this league.** Max. 6 players per team.

Robinswood Sports Field

Resident: \$69/player (includes team jersey)

Non-Resident: \$76/player (includes team jersey)

#58555 4:15-5:30pm Tuesdays April 26-June 7

YOUTH SOCCER LEAGUE (AGES 7-9)

It's a kick! Kids will further develop and enhance their basic knowledge and skills of soccer, in our 7 week program. We will learn positive sportsmanship and team play while having fun! **Volunteer coaches are needed for this league.** Max. 7 players per team.



Robinswood Sports Field

Resident: \$69/player (includes team jersey)

Non-Resident: \$76/player (includes team jersey)

#58556 4:15-5:30pm Wednesdays April 27-June 8

JUNIOR BASEBALL INSTRUCTIONAL CLINIC (AGES 8-12)

Your child is now ready for the next level! This 8 week baseball clinic provides your child the jumpstart they need in fully comprehending baseball. We want your child to further increase their knowledge of baseball, by teaching a variety of techniques and skills needed in understanding and playing this sport. **Skilled Staff will be coaching this clinic!**

Lake Hills Community Park

Resident \$69/player (includes a team visor)

Non-resident \$76/player (includes a team visor)

#58444 4:30-5:30pm Thursdays April 21-June 9

BIDDY SPORTS PROGRAMS (AGES 3-6)

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.

South Bellevue Community Center

Resident: \$38 **Non-Resident:** \$45

Saturdays

Soccer

#56459 9-9:45am April 16 – May 14

#56460 9-9:45am May 21 – June 11

T-ball

#56450 10-10:45am April 16 – May 14

#56451 10-10:45am May 21 – June 11

Basketball

#56474 11-11:45pm April 16 – May 14

#56475 11-11:45pm May 21 – June 11

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.

Highland Community Center

Resident: \$79 **Non Resident:** \$ 95

Mondays

#58480 5:50pm – 7:00pm Ages: 7-10 April 4 – 25

#58481 5:50pm – 7:00pm Ages: 7-10 May 2 – 23

#58482 5:50pm – 7:00pm Ages: 7-10 June 6 – 27

#58485 7:10pm – 8:20pm Ages 11-14 April 4 – 25

#58486 7:10pm – 8:20pm Ages 11-14 May 2 – 23

#58487 7:10pm – 8:20pm Ages 11-14 June 6 – 27

ATHLETIC CONDITIONING CLINICS BY MAXIMUM SPORTS CONDITIONING (AGES 12 & UP)

Come join Maximum Sports Conditioning as we facilitate exciting sports training workouts designed to enhance every part of an athlete's performance. The workouts focus on quickness, jumping ability, strength, injury prevention, core stability and speed. As you probably already know, the competition keeps getting tougher, so the demand for an edge is also increasing. Not only do your sport-specific skills have to be impressive, but your physical abilities to run, jump, accelerate, and defend have to be just as remarkable. If you are a young athlete and you need to improve your game, become more fit, get stronger and have some fun, then this program is perfect for you.

Maximum Sports Conditioning – 14320 NE 21st St # 16

Resident \$60 **Non-Resident** \$72

Wednesdays 4:00-5:00pm

#56583 April 6 – 27

#58445 May 4 – 25

#58446 June 1 – 29

KENDO (AGES 8 & UP)

Highland Community Center

Resident \$54 Non Resident \$65

Fridays, March 25 – May 27

Beginning & Intermediate 6:30pm-8pm

Advanced 7:30pm-9:30pm

#56487

Beginning Kendo

Kendo is a coed martial arts sport based on Samurai traditions requiring both mental and physical discipline. Participants use a Bokken (oak sword) for weeks 1-4, at week 5 a Shinai (bamboo sword) is also required. Participants must purchase a bokken (oak sword) either before or at the first class. The beginning class focus is on learning basic footwork and sword handling.

#56490

Intermediate Kendo

(Prerequisite-Completed Beginning Kendo Class or equivalent)

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.

#56494

Advanced Kendo

(Prerequisite-Intermediate Kendo Class or permission from instructors)

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.

Self Defense/Hapkido (Beginning) (Ages 6-12)

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.

Highland Community Center

Resident \$46 Non-Resident \$55

Mondays & Wednesday 5:00-5:55pm

#56500 April 4 – 27

#56501 May 2 – 25

#56502 June 1 – 29



Continued on back