

**MORE PROGRAMS INSIDE**

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MyParksandRecreation.com

Register today  
425.452.6885  
or

SOCCER			
Highland Community Center	#64063	10-10:45am	Saturdays
South Bellevue Community Center	#64064	9-9:45am	Saturdays
Highland Community Center	#64065	11-11:45am	Saturdays
T-BALL			
Highland Community Center	#64078	11-11:45am	Saturdays
South Bellevue Community Center	#64079	10-10:45am	Saturdays
Highland Community Center	#64080	9-9:45am	Saturdays
BASKETBALL			
Highland Community Center	#64051	9-9:45pm	Saturdays
South Bellevue Community Center	#64052	11-11:45pm	Saturdays
Highland Community Center	#64053	10-10:45am	Saturdays

Resident: \$40 • Non-Resident: \$48  
time with your children.

Parent/guardian participation required program, which will offer quality bonding from Soccer, T-ball, or Basketball, or sign-up for all three classes. This program is a

**Biddy Sports Programs (Ages 3-6)**

Age appropriate fundamentals taught to develop basic motor skills. Choose on Fridays starting in May. *Volunteer Adult runners are needed for this program!*

#64994  
Resident: \$72 • Non-Resident: \$86  
4-5:30pm  
Mondays & Thursdays April 23 - June 7

**Youth Track & Field (Ages 4-14)**

**YOUTH IN MOTION SPORTS PROGRAMS**

**BELLEVUE SKATE PARK**

The Bellevue Skate Park provides a sense of community and ownership to all participants, regardless of age, experience or level of participation. Two skateboarding facilities are offered at Highland Park — the original Bellevue Skate Park, an indoor haven for boarders, and Highland Skate Plaza, an outdoor space devoted to street skating. The newly-remodeled indoor facility features three and six-foot mini ramps, wall rides, banks, ledges, step-up gaps and a new indoor climbing wall.

**Indoor Skate Park Fees**

	BellevueResidents	Non-Residents
SkateSession	\$4	\$5
SkateParkID*	\$8	\$10
10-SessionPass	\$35	\$45
1MonthUnlimitedPass	\$90	\$108

\*Skaters under 18 years old must have a parent's or guardian's signature to purchase an ID card.

**TRACKS**

- Teaching
- Recreation
- Adventure
- Competency
- Knowledge
- Stewardship

**TRACKS** is a Bellevue Parks & Community Services initiative promoting outdoor adventure, youth leadership, and environmental stewardship. TRACKS' mission is to encourage outdoor opportunities for all ages, abilities, and income levels — opportunities that develop life skills and knowledge for a healthy community.

**Snowshoe Adventures: Intro Hikes (Ages 7 & up)**

Come explore the scenic beauty of winter with friends and family as we strap on a pair of snowshoes and take a hike. Join us to explore the Snoqualmie pass area like you have never seen it before. Learn a new skill, make new friends and enjoy a winter wonderland. Snowshoes and transportation provided. (children under 12 must be accompanied by an adult)

Highland Community Center  
Resident: \$35 • Non Resident: \$40

#64381	10am - 4pm	Saturday	March 17
#64382	10am - 4pm	Saturday	April 7
#64385	10am - 4pm	Saturday	April 21

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**Youth Soccer League (Ages 7-9)**  
Develop and enhance basic skills and knowledge of soccer. Positive sportsmanship, team play, and fun emphasized! 2 weeks of team practice followed by 5 weeks of games on Wednesdays from 4:15-5:30pm at Robinswood Sports Field. Max. 7 players per team.  
Resident: \$72 • Non-Resident: \$86  
#64989  
4:15-5:30pm  
Wednesdays  
April 25 - June 6

**Mighty Mites Soccer League (Ages 5-6)**  
A great way for your little star to begin team play with emphasis on participation, fun, and skill development in an instructional setting. This 7 week league, will give your child the basic instructions of dribbling, passing, scoring and teamwork! We will begin with 2 weeks of team practice followed by 5 weeks of games on Tuesdays from 4:15-5:30pm at Robinswood Sports Field. Max. 6 players per team.  
Resident: \$72 • Non-Resident: \$86  
#64988  
4:15-5:30pm  
Tuesdays  
April 24 - June 5

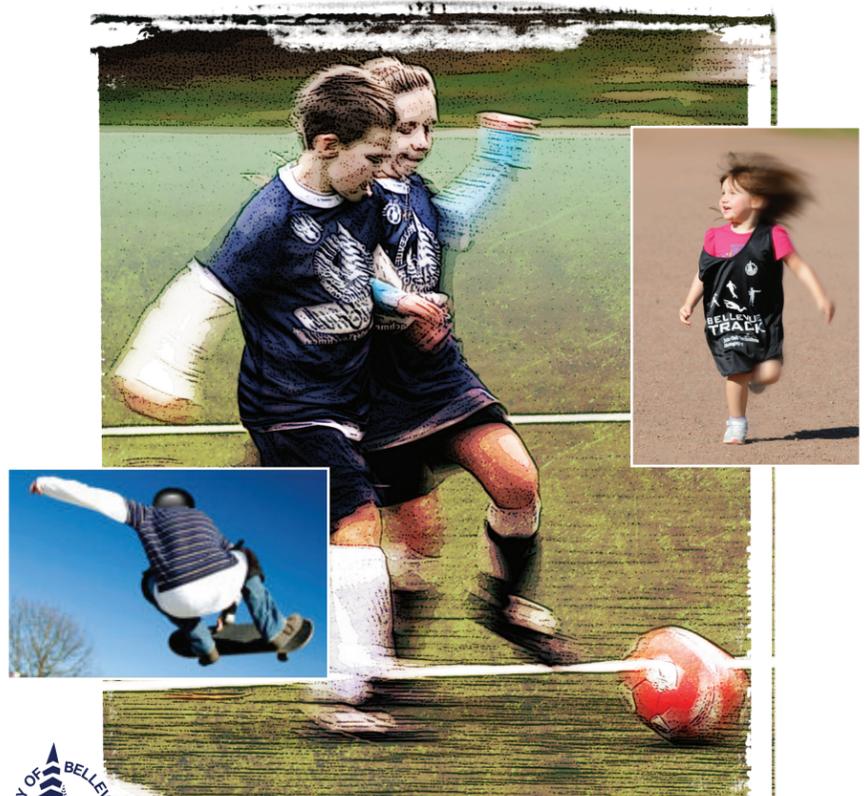
Jersey is included in the registration fee. **Shin guards are required for all soccer leagues.** Volunteer coaches needed! Call 425-452-4627 for more information. Participants will be assigned to teams based on the following: 1. Special request for coach. 2. Special request for ONE teammate. Additional 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 special requests must be made before April 17th via email to [hchristoff@bellevuewa.gov](mailto:hchristoff@bellevuewa.gov) or by calling 425-452-4627.

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.

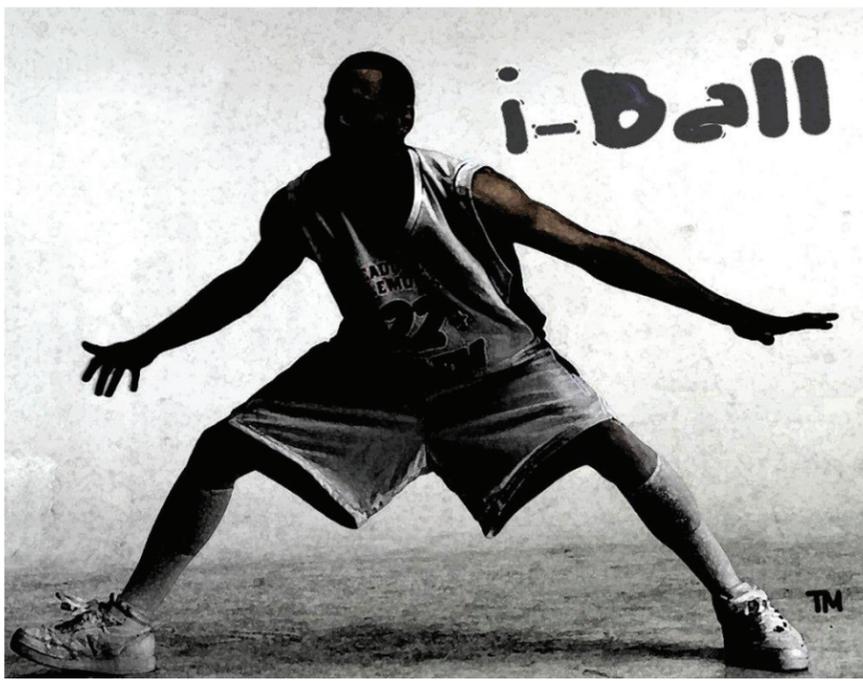
**YOUTH SOCCER LEAGUE INFORMATION**

Youth Health & Fitness programs - Bellevue Skate Parks, Youth Sports & Fitness and the TRACKS Outdoor Initiative, provides opportunities for children, youth and teens to improve their health, reduce their risk of obesity, expand their knowledge of the environment and develop athletic and social skills through participation in indoor and outdoor activities. These introductory non-competitive activities are offered through a full spectrum of camps, clinics, leagues and drop-in activities.

**YOUTH HEALTH & FITNESS**



**March-June 2012**



## i-Ball Basketball Clinics (Ages 7–14)

Bellevue Parks & Community Services and i-Ball have partnered to offer these Basketball Skills Clinics. Learn all basketball core fundamental shooting, ball handling techniques and court awareness along with offensive & defensive techniques. Players of ALL skill levels are welcome and will be grouped accordingly.

### Highland Community Center

Resident: \$79 • Non Resident: \$95

#64088	5:50pm – 7:00pm	Mondays	March 19 – April 9
#64089	5:50pm – 7:00pm	Mondays	April 16 – May 7
#64090	5:50pm – 7:00pm	Mondays	May 14 – June 11
#64091	5:50pm – 7:00pm	Mondays	June 18 – July 9

## Serevi Flag Rugby (Ages 7–14)

Serevi Rugby and Bellevue Parks & Community Services are excited to offer Serevi Flag Rugby, a coed, non-contact sport for children. Flag Rugby is a free-flowing game that allows all players to pick up the ball and run. Teamwork, sportsmanship, safety and fun are emphasized. Running, passing, ball handling, and catching skills taught.

### Robinswood Sports Field

Resident: \$66 • Non Resident: \$79

#64110	4:30pm – 5:45pm	Mondays	March 12 – April 16
#64113	4:30pm – 5:45pm	Mondays	April 23 – June 4
#65766	4:30pm – 5:45pm	Mondays	June 11 – July 16

## Serevi Olympic Flag Rugby II (Ages 10–18)

Serevi Flag Rugby II is designed primarily for youth who have been through our Serevi Flag Rugby I experience (not a prerequisite). Enhanced focus on individual and team skills, 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.

### Robinswood Sports Field

Resident: \$66 • Non Resident: \$79

#65768	4:30pm – 5:45pm	Mondays	April 23 – June 4
#65769	4:30pm – 5:45pm	Mondays	June 11 – July 16

## Indoor Soccer Lessons with Michael Smith (Ages 4–6)

Soccer techniques such as dribbling, passing and scoring goals will be taught. Teamplay, balance/coordination and listening skills emphasized.

### Highland Community Center

Resident: \$55 • Non Resident: \$66

#### Session V

Tuesdays May 1–June 5

#64131	1:00 – 1:45 pm
#64123	2:00 – 2:45 pm

Wednesdays May 2–June 6

# 64132	1:00 – 1:45 pm
# 64126	2:00 – 2:45 pm

Thursdays May 3–June 7

# 64127	1:00 – 1:45 pm
# 64128	2:00 – 2:45 pm

## MARTIAL ARTS

### KENDO (Ages 8 & up)

#### Highland Community Center

Resident: \$60 • Non Resident: \$72

#### Beginning Kendo

Kendo is a coed martial arts sport based on Samurai traditions requiring both mental and physical discipline. Participants use a Bokken (oak sword) for weeks 1–4, at week 5 a Shinai (bamboo sword) is also required. Participants must

purchase a bokken (oak sword) either before or at the first class. Beginning students should wear loose fitting clothes. The beginning class focus is on learning basic footwork and sword handling. Upon completion of the beginning class, continuing students enroll in the intermediate class. Prospective students should make an effort to research kendo prior to signing up for the class.

#64154 6:30pm–8pm Fridays March 16–June 8

*Intermediate and Advanced Kendo also available! Prerequisite required to register.*

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

Coordination, balance, focus, strength, self-esteem, group interaction, communication skills and discipline are taught, while personal safety/self-defense is emphasized in a safe, friendly environment. Students will also learn basic kicks, strikes, throws, evasion and grappling. Uniform required & available at class for a fee.

#### Highland Community Center

Resident: \$46 • Non Resident: \$55

#65771	5:00-5:55pm	April 2 - 30	Mondays & Wednesdays
#64171	5:00-5:55pm	May 2 - 30	Mondays & Wednesdays
#64172	5:00-5:55pm	June 4 - 27	Mondays & Wednesdays

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

This co-ed course builds on 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 beginning skills, students will learn 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

#64185	5:30-6:55pm	Mondays & Wednesdays	April 2 - 30
#64186	5:30-6:55pm	Mondays & Wednesdays	May 2 - 30
#64187	5:30-6:55pm	Mondays & Wednesdays	June 4 - 27

## SPRING BREAK CAMPS April 9-13

### Sports Camps (Ages 7–12)

Basketball, dodgeball, volleyball, indoor soccer and floor-hockey and a field trip to a local recreational attraction.

#### Crossroads Community Center

Resident: \$165 • Non Resident: \$198

#64150 8am – 4pm

### i-Ball Basketball Skills Camp (Ages 6 -14)

Learn a wide variety of basketball skills, developing sportsmanship and playing games in a fun and exciting environment.

#### Newport High School

Resident: \$164 • Non Resident: \$197

#64149 9:00am – 3:00pm

### UK International Soccer Camp (Ages 4-13)

Soccer ball mastery, fundamentals of the game, small side games, tournaments and awards included.

#### Robinswood Community Park

**Ages 4-13 Resident: \$115 • Non Resident: \$138**

#64151 9am-12:00pm

**Ages 7-13 Resident: \$181 • Non Resident: \$217**

#64152 9am-3:00pm

### SEREVI Youth Rugby Camp (Ages 7–18)

Footwork, improving fitness, passing, catching, kicking, teamwork and sportsmanship will be emphasized as well as several rugby-based skill games like rugby golf, rugby soccer, rugby tennis and non-contact rugby.

#### Newport Hills Community Park

**Full Day Resident: \$200 • Non Resident: \$240**

#64969 9am – 3pm

**Half Day Resident: \$115 • Non Resident: \$138**

#64970 9am – 12pm

#64971 12pm – 3pm

### High Adventure Camp (Ages 12–17)

We will spend each day in a different location, developing new skills and exploring fresh terrain. All technical gear and transportation provided!

#### Highland Community Center

Resident: \$130 • Non Resident: \$150

#64370 9:00am – 4:00pm Monday–Wednesday April 9 - 11

### Skateboard Camp (Ages 8–15)

Skate park safety, trick tips, skate games, a contest, and pizza party, all with an emphasis on friends and fun.

#### Bellevue Skate Park

Resident \$140 • Non Resident \$160

#64316 9:00am – 12:00pm Monday–Friday April 2 – 6

#64317 9:00am – 12:00pm Monday–Friday April 9 - 13

### Biddy Boarders (Age 4–7)

Ramp riding skills, falling correctly, taking turns and skate park etiquette. Parents encouraged to attend. Safety gear and skateboards are available.

#### Bellevue Skate Park

Resident \$100 • Non Resident \$120

#64333 1:00pm – 2:30pm