



Bellevue Parks &
Community Services

youth
in motion

2014

FALL/WINTER 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.

SOCCER LEAGUES

YOUTH SOCCER PROGRAM INFORMATION:

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 6 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. All requests must be made before April 15th by email to sgonzales@bellevuewa.gov or by calling 425-452-4627

I've signed up for soccer...now what do I do? You will be contacted prior to the league start date via email. This email will include your team confirmation and parent packet. Team confirmations will be sent no later than September 18.



MIGHTY MITES SOCCER LEAGUE (AGES 5 – 6)

This 5 – 6 year old co-ed league, is a great way for your little star to begin team play with emphasis on participation, fun, and skill development in an instructional setting. This 7 week league, will give your child the basic instructions of dribbling, passing, scoring and teamwork! We will begin with 2 weeks of team practice followed by 5 weeks of games on Tuesdays from 4:15 – 5:30pm at Robinswood Sports Field. Come and join the fun! Volunteer coaches are needed for this league. Max. 6 players per team.

Robinswood Sports Field **Resident: \$80** **Non-Resident: \$95**

#87109

4:15 – 5:30pm

Tuesdays, Sep 23 – Nov 04

YOUTH SOCCER LEAGUE (AGES 7 – 9)

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

Robinswood Sports Field **Resident: \$80** **Non-Resident: \$95**

#87116

4:15 – 5:30pm

Wednesdays, Sep 24 – Nov 05

JUNIOR SOCCER LEAGUE (AGES 10 – 12)

It's time to elevate your game! This 10 – 12 year old co-ed league is designed to give your child more advanced playing skills & ball movement techniques, while also encompassing team strategies in an instructional setting. We will begin with 2 weeks of team practice followed by 5 weeks of games on Thursdays from 4:30 – 5:45pm at Robinswood Sports Field. Come and join the fun! Volunteer coaches are needed for this league. Must have soccer experience and attend a coaches clinic. Max. 8 players per team.

Robinswood Sports Field

Resident: \$80

Non-Resident: \$95

#87118

4:15 – 5:30pm

Thursdays, September 25 – November 06



Land Frost®

Great Tasting Lunchmeat

PRE SEASON BASKETBALL CLINIC

Want to improve your basketball skills and fundamentals? This Pre Season Basketball Clinic creates an opportunity for coed players, ages 5 – 11 to participate and learn the concepts of basketball, develop their game, and prepare for the upcoming basketball season. Clinics focus on helping athletes improve their skills and develop their talent by learning basic practice drills and emphasizing the fundamentals such as dribbling, shooting, defense, passing and much more! Min10/Max 30

Tyce Community Gym **Resident: \$70** **Non-Resident: \$76** **5:30 – 6:30 PM**

#87123	Ages: 5 – 6	Mondays, Nov 10 – Dec 15
#87124	Ages: 7 – 8	Tuesdays, Nov 04 – Dec 16
#87125	Ages: 9 – 10	Wednesdays, Nov 12 – Dec 17
#87126	Ages: 11 – 13	Thursdays, Nov 13 – Dec 18



COURSES

BIDDY MULTI SPORT (AGES 3 – 4)

Come join the **NEW** Bidy Multi Sport class! This 6 week parent/guardian participation required program will cover three sports – basketball, soccer & t-ball. Each class is 45 minutes in length and encompasses developmental sports lessons along with activities proven to build and mature a child's motor development, hand-eye coordination, and cardiovascular fitness. The result of our action-packed curriculum is a program which allows every child to build their skills at their own pace within a non-competitive, learning-based environment that emphasizes patience, teamwork, and self-confidence. Min 10/Max 20

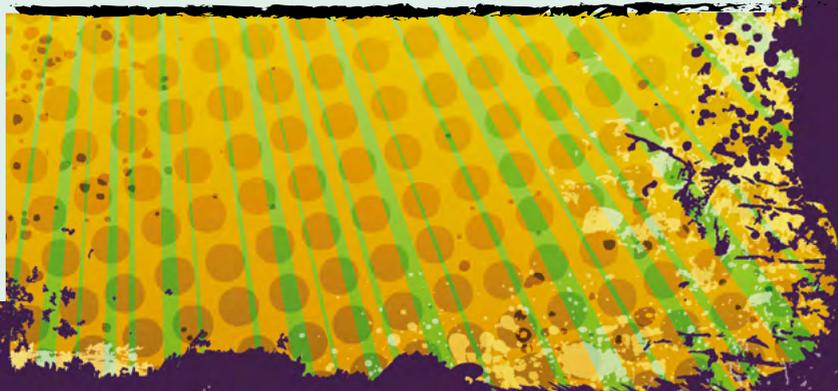
Tyce Community Gym

Resident: \$68 Non-Resident: \$80

Saturdays, 10am – 10:45am

#87119 Sep 20 – Oct 25

#87120 Nov 01 – Dec 06



BIDDY MULTI SPORT II (AGES 5 – 6)

Come join the **NEW** Bidy Multi Sport II class! This 6 week parent/guardian participation required program will cover three sports – basketball, soccer & t-ball. Each class is 45 minutes in length and encompasses developmental sports lessons along with activities proven to build and mature a child's motor development, hand-eye coordination, and cardiovascular fitness. Higher level skills, drills and fundamentals will be taught resulting in an action-packed curriculum which allows every child to build their skills at their own pace within a non-competitive, learning-based environment that emphasizes patience, teamwork, and self-confidence. *(Pre-requisite: Must complete three (3) Bidy Multi Sport age 3 – 4 classes or permission from instructor if under the age of 5) Min 10/Max 20*

Tyce Community Gym

Resident: \$68

Non-Resident: \$80

Saturdays, 11am – 11:45am

#87121

Sep 20 – Oct 25

#87122

Nov 01 – Dec 06



I-BALL BASKETBALL CLINICS (AGES 7 – 12)

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 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. Please wear basketball shoes and shorts. Min 5/Max 30

Resident: \$79

Non Resident: \$ 95

Highland Community Center

Mondays, 5:50pm – 7:00pm

#87183

Sep 22 – Oct 13

#87184

Oct 20 – Nov 10

#87185

Nov 17 – Dec 08

Tyce Community Gym **NEW LOCATION**

Saturdays, 12 – 1:10pm

#87186

Sep 20 – Oct 11

#87187

Oct 18 – Nov 08

#87188

Nov15 – Dec 13



SEREVI RUGBY 100 (AGES 4 & 5)

Serevi Mini Rugby is for active children who want to try a fun new sport. This program focuses on the development of age appropriate motor skills (running, catching, passing and kicking) and social skills (teamwork, following directions, sportsmanship) in a safe, fun and child-centered environment. Emphasis will be on safety and fun at all times. All participants will receive an official Serevi Rugby® t-shirt. This program is an excellent complement and alternative to other common sports such as football, soccer, track, basketball and lacrosse.

Robinswood Community Park

Resident: \$125

#87101

Non Resident: \$150

Sep 08 – Oct 27

Mondays, 4:30pm – 5:45pm

SEREVI RUGBY 200 (AGES 6 – 9)

Serevi Rugby® and Bellevue Parks & Community Services are excited to offer Serevi Rugby 200, a coed, limited-contact sport for young athletes, ages 6 – 9, which mimics Rugby 7s, the world's newest Olympic Game. Tag Rugby is a free-flowing game that allows all players to pick up the ball and run. Teamwork and sportsmanship are fundamental to this program. Emphasis will be on safety and fun at all times, and physical contact is limited. Evasive running and agility, ball handling, decision making and fitness are skills developed through small sided games.

Robinswood Community Park

Resident: \$125

#83210

Non Resident: \$150

Sep 08 – Oct 27

Mondays, 4:30pm – 5:45pm

INDOOR SOCCER LESSONS WITH MICHAEL SMITH (AGES 4 – 6)

Come and learn the fun game of soccer! Each session our theme will focus on one soccer technique; dribbling, passing or scoring goals. Participants will also actually play small sided soccer games. Children will learn to play with teammates and develop balance/coordination while developing good habits of staying on task and improving their listening skills.

Highland Community Center

Resident \$55

Non Resident \$66

Tuesdays, Sep 23 – Oct 08

#83184

1:00 – 1:45 pm

#83193

2:00 – 2:45 pm

Wednesdays Sep 24 – Oct 29

#83194

1:00 – 1:45 pm

#83189

2:00 – 2:45 pm

Wednesdays, Nov 05 – Dec 10

#83185

1:00 – 1:45 pm

#83186

2:00 – 2:45 pm



Thursdays , Sep 25 – Oct 30

#83195 1:00 – 1:45 pm
#83190 2:00 – 2:45 pm

**Highland Community Center
Resident \$46**

Non Resident \$57

Tuesdays, Nov 04 – Dec 09

#83191 1:00 – 1:45 pm
#83192 2:00 – 2:45 pm

Thursdays, Nov 06 – Dec 11

#83187 1:00 – 1:45 pm
#83188 2:00 – 2:45 pm



SUPERSTIX GIRLS LACROSSE CLINIC (AGES 6 – 14)

Bellevue Parks & Community Services in partnership with SuperStix Lacrosse Club is excited to offer SuperStix Junior Lacrosse, for girls, ages 6 – 14; Lacrosse is the fastest growing sport in the nation. Consistent training is the main aspect that helps to greatly accelerate learning and retention for young players. The program will be run by US Lacrosse credited coaching staff and High School girls lacrosse players. Skills developed are: agility and evasive running, ball handling, cradling, catching and shooting in a fun friendly environment. Team work and sportsmanship are fundamental to this program. Players of ALL Skills levels are welcome and will be grouped accordingly. Emphasis will be on safety and fun at all times, and physical contact is limited. Min8/Max 30

Equipment Needed: Mouth Guard, Lacrosse Goggles, Lacrosse Stick Cleats recommended. Some goggles and sticks available to borrow. Available at cost from SuperStix

Wilburton Sports Field

Resident: \$125

Non Resident: \$150

Thursday 4:30 – 6pm

#87097

Sep 11 – Oct 16



MARTIAL ARTS

KENDO (AGES 8 & UP)

Highland Community Center

Resident \$71

Non Resident \$85

Fridays, September 19 – December 12

Beginner/Intermediate: 6:30pm – 8pm

Advanced: 7:30pm – 9:30pm

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 either before or at the first class. Beginning students should wear loose fitting clothes. The beginning class focus is on learning basic footwork and sword handling. Upon completion of the beginning class, continuing students enroll in the intermediate class. Prospective students should make an effort to research kendo prior to signing up for the class. Min 10/Max 25

Highland Community Center

Resident \$71

Non Resident \$85

Fridays, September 19 – December 12

#83156

6:30pm – 8pm

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. 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.

Highland Community Center

Resident \$71

Non Resident \$85

Fridays, September 19 – December 12

#83160

6:30pm – 8pm



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.

Highland Community Center

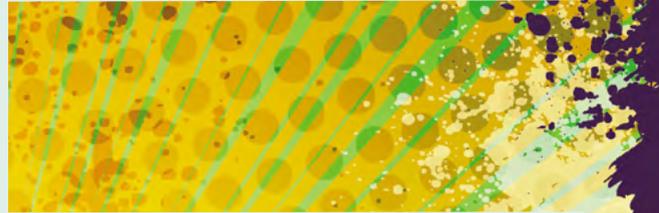
Resident \$71

Non Resident \$85

Fridays, September 19 – December 12

#83164

7:30pm – 9:30pm



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. Association membership required for promotion testing. Min 10/ Max 30

North Bellevue Community Center

Resident \$49

Non-Resident \$59

Wednesday & Monday

5:30pm – 6:30pm

#83270

Sep 03 – 29

#87098

Oct 01 – 29

Monday & Wednesday 5:30pm – 6:30pm

#87099

Nov 03 – 26

#87100

Dec 01 – 22



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. 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

North Bellevue Community Center

Resident \$49

Non-Resident \$59

Wednesday & Monday

6:30pm – 7:30pm

#83292

Sep 03 – 29

#83282

Oct 01 – 29

Monday & Wednesday 6:30pm – 7:30pm

#83290

Nov 03 – 26

#83291

Dec 01 – 22





Wheelchair accessible. American Sign Language (ASL) or other interpretation available upon request. Assisted listening devices available. Call at least 48 hours in advance for any request. 425-452-6884 or Relay Service 711.

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The Bellevue School District does not sponsor nor endorse this event and/or information, nor does the district assume responsibility for it. In consideration of the privilege to distribute materials, the Bellevue School District will be held harmless from any cause of action filed in any court or administrative tribunal arising out of the distribution of these materials, including costs, attorney's fees and judgments or awards.



***Bellevue Parks &
Community Services***

Register today

425-452-6885

or



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Scholarships available for all programs.