



**Bellevue Parks &
Community Services**

*youth
in motion* 

JANUARY-APRIL 2015 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.

BASKETBALL LEAGUES

YOUTH BASKETBALL PROGRAM INFORMATION:

This basketball league is specially designed to help your child understand the team concept of basketball, enhancing their dribbling, shooting, passing, 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.

- **Practices and League Games:** The first 2 weeks are team practice followed by 6 weeks of games. Parents will be given an information packet outlining their practice times and game schedule. Please note that practices and games are one hour in duration. You must be available for the time frame listed in each league, as practices and game times may vary throughout the season. No day-of-the-week or time requests will be considered.
- **Uniforms:** Basketball reversible jersey is included in the registration fee. Tennis shoes required.
- **VOLUNTEER COACHES ARE NEEDED:** Call 425-452-4627 for more information and to receive a \$20 discount towards your registration fee. Background check required and attendance to mandatory coaches clinic to receive discount. Basketball experience required.
- **Schedules:** A team confirmation, parent packet, and practice/game schedule will be sent via email by January 21. Contact Steve Gonzales at sgonzales@bellevuewa.gov with questions regarding schedules.
- **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 January 14 by email to sgonzales@bellevuewa.gov or by calling 425-452-4627

I've signed up for basketball...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 January 21.



MIGHTY MITES BASKETBALL LEAGUE (AGES 5-6)

This coed 3 on 3 league is specially designed to help your child understand the team concept of basketball in an instructional setting. Emphasis on participation, fun, and skill development while enhancing their dribbling, shooting, passing, and defense will be emphasized. This 8-week league will begin with 2 weeks of team practice followed by 6 weeks of games on Mondays or Tuesdays. Practice/games are 1 hour in duration and will be at 5:30pm or 6:45pm depending on scheduling. Min 4/ Max 6

Mondays or Tuesdays

January 26 – March 24

Tyee Community Gym

Resident: \$92 Non Resident: \$109

#90990

5:30pm or 6:45pm

YOUTH BASKETBALL LEAGUE (AGES 7-9)

This coed 4 on 4 instructional league is full of fun and is a great way to further develop and enhance your basic knowledge and skills in basketball. Learn to become a team player and become a better individual player. Emphasis on participation, fun, and skill development while enhancing their dribbling, shooting, passing, and defense will be emphasized. This 8-week league will begin with 2 weeks of team practice followed by 6 weeks of games on Tuesdays or Thursdays. Practice/games are 1 hour in duration and will be at 5:30pm or 6:45pm depending on scheduling. Min 5/ Max 7

Tuesdays or Thursdays

January 27 – March 26

Tyee Community Gym

Resident: \$92 Non Resident: \$109

#90992

5:30pm or 6:45pm

JUNIOR BASKETBALL LEAGUE (AGES 10-12)

It's time to elevate your game. This league is designed to give your child more advanced playing skills. Offensive & defensive techniques, shooting techniques, ball handling and court awareness will be emphasized. This 8 week league will begin with 2 weeks of team practice followed by 6 weeks of games on Wednesdays. Practice/games are 1 hour in duration and will be at 5:30pm or 6:45pm depending on scheduling. Min 6/ Max 8

Wednesdays

January 28 – March 18

Tyee Community Gym

Resident: \$92 Non Resident: \$109

#90991

5:15pm or 6:30pm



Great Tasting Lunchmeat

COURSES

BIDDY MULTI SPORT (AGES 3 – 4)

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

Tyee Community Center Resident: \$68 Non Resident: \$81

Saturdays, 9:30am – 10:15am

- #91018 January 24 – February 28
- #91019 March 7 – April 11
- #91020 April 18 – May 23

BIDDY MULTI SPORT II (AGES 5 – 6)

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

Tyee Community Center Resident: \$68

Non Resident: \$81

Saturdays, 10:30am – 11:15am

- #91023 January 24 – February 28
- #91024 March 7 – April 11
- #91025 April 18 – May 23



I-BALL BASKETBALL CLINICS (AGES 7 – 14)

Bellevue Parks & Community Services and i-Ball have partnered to offer Basketball Skills Clinics for kids. Consistent training is the main aspect that helps to greatly accelerate learning and retention for young players. i-Ball is run 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.

Resident: \$79

Highland Community Center
Mondays, 5:50pm – 7:00pm

#91070 January 5 – February 2
#91071 February 9 – March 9
#91012 March 16 – April 13
#91073 April 20 – May 11

Non Resident: \$ 95

Tyee Community Center *NEW*
Saturdays, 11:30am – 12:40pm

#91074 January 10 – January 30
#91075 February 7 – March 7 (no class Feb 21)
#91076 March 14 – April 4
#91077 April 18 – May 9

SEREVI RUGBY 100 (AGES 4 – 6)

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.

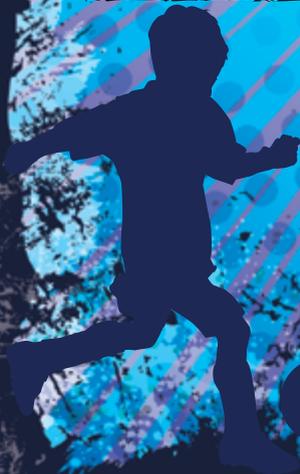
Robinswood Sports Field

Resident: \$125

Non Resident: \$120

Mondays, 4:30pm – 5:45pm

#91067 February 2 – March 30
#91068 April 20 – June 15



SEREVI RUGBY 200 (AGES 7 – 9)

Serevi Youth Rugby presents Rugby 200 for boys and girls, who are “emerging” rugby kids. Rugby 200 is a healthy and active program that keeps kids moving through small sided games and scrimmages. Participants will perform a variety of “rugby moves” in play: pass & loop, kick & collect, evade & score and more as they acquire more confidence and comprehension. With the focus on fun, teamwork and sportsmanship, each child’s talents will begin to shine through the teaching of our certified Serevi coaching staff. All participants will receive an official Serevi Youth Rugby t-shirt, wristband, and sticker.

Robinswood Sports Field Resident: \$125 Non Resident: \$150

Mondays, 4:30pm – 5:45pm

#91081

February 2 – March 30
(No class Feb 16 for Mid Winter Break)

#91082

April 30 – June 15 (No class May 25 for Memorial Day)

SEREVI RUGBY 300 (AGES 10 – 12)

Serevi Youth Rugby presents Rugby 300 for developing rugby kids. With a progression in speed of play, participants will showcase their skills in both individual and team settings. Building on the lessons of Rugby 100 & Rugby 200 (not required), participants will have a full grasp of a variety of kicks, handling skills & trick moves, evasive running abilities, improvements in field vision and how to fix and beat defenders in a variety of situations. Sessions are comprised of skill work touch rugby scrimmages. All participants receive an official Serevi Youth Rugby t-shirt, wristband and sticker.

Robinswood Sports Field Resident: \$125 Non Resident: \$150

Mondays, 4:30pm – 5:45pm

#91086

February 2 – March 30 (No class Feb 16 for Mid Winter Break)

#91087

April 20 – June 15 (No class May 25 for Memorial Day)



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

Session Three

Tuesday, Jan 13 – Feb 24

Wednesday, Jan 14 – Feb 25

#91044 1:00 – 1:45 pm

#91042 1:00 – 1:45 pm

#91043 2:00 – 2:45 pm

#91034 2:00 – 2:45 pm

Session Four

Tuesday, March 3 – April 14

Wednesday, March 4 – April 15

#91046 1:00 – 1:45 pm

#91037 1:00 – 1:45 pm

#91036 2:00 – 2:45 pm

#91038 2:00 – 2:45 pm

Session Five

Tuesday, April 21 – May 26

Wednesday, April 22 – May 27

#91040 1:00 – 1:45 pm

#91050 1:00 – 1:45 pm

#91048 2:00 – 2:45 pm

#91041 2:00 – 2:45 pm



MID-WINTER & SPRING BREAK CAMPS

MID-WINTER BREAK & SPRING BREAK SPORTS CAMPS (AGES 7 – 12)

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. Please bring a lunch, beverage, and snack.

Tyee Community Gym 8:00am – 4:00pm

MID-WINTER BREAK SPORTS CAMP

Resident \$165

Non Resident \$185

#91031

February 17 – 20

SPRING BREAK SPORTS CAMP

Resident \$200

Non Resident \$214

#91028

April 6 – 10



I-BALL MID-WINTER BREAK & SPRING BREAK SKILLS CAMP

(AGES 6 – 14)

Bellevue Parks & Community Services and i-Ball have partnered to offer Pro Basketball Camps for kids. i-Ball is run 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.

Crossroads Community Center **9:00am – 3:00pm**

Mid-Winter Break **#91085** **February 17 – 20**

Resident \$164 **Non Resident \$197**

Spring Break **#91088** **April 6 – 10**

Resident \$205 **Non Resident \$246**

SPRING BREAK 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. Children need to bring ball, water bottle, shin guards, sunscreen, snack or lunch.

Robinswood Community Park **April 6 – 10**

#91029 9am – 12:00pm Ages 4-13 Resident \$115 Non Resident \$138

#91030 9am– 3:00pm Ages 7-13 Resident \$181 Non Resident \$217

PRO BASEBALL SPRING BREAK BASEBALL CLINIC (AGES 8 – 13)

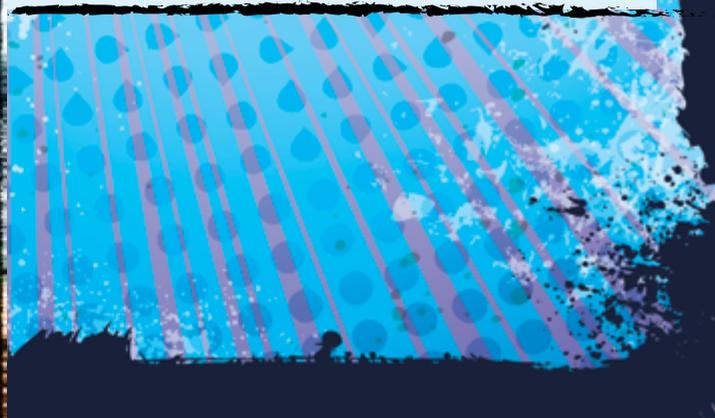
Quality baseball instruction – hitting, throwing, fielding, games, scrimmages and more.

This baseball camp is well suited for all players from the aspiring to the elite taught by Steve Goucher and his staff. Steve is a former professional baseball player, and an Atlanta Braves scout who has coached baseball at all levels. Don't miss out on the fun.

Newport Hills Park **April 9 -10**

Resident: \$59 **Non Resident: \$71**

#93063 11:00am – 1:00pm



MARTIAL ARTS

KENDO (AGES 8 & UP)

Highland Community Center

Resident \$67

Non Resident \$81

Fridays, January 9 – March 13

Beginning: #91089	6:30pm – 8pm
Intermediate: #91092	6:30pm – 8:30pm
Advanced: #91096	7:30pm – 9:30pm

Fridays, March 20 – May 22

Beginning: #91090	6:30pm – 8pm
Intermediate: #91093	6:30pm – 8:30pm
Advanced: #91097	7:30pm – 9:30pm

BEGINNING KENDO

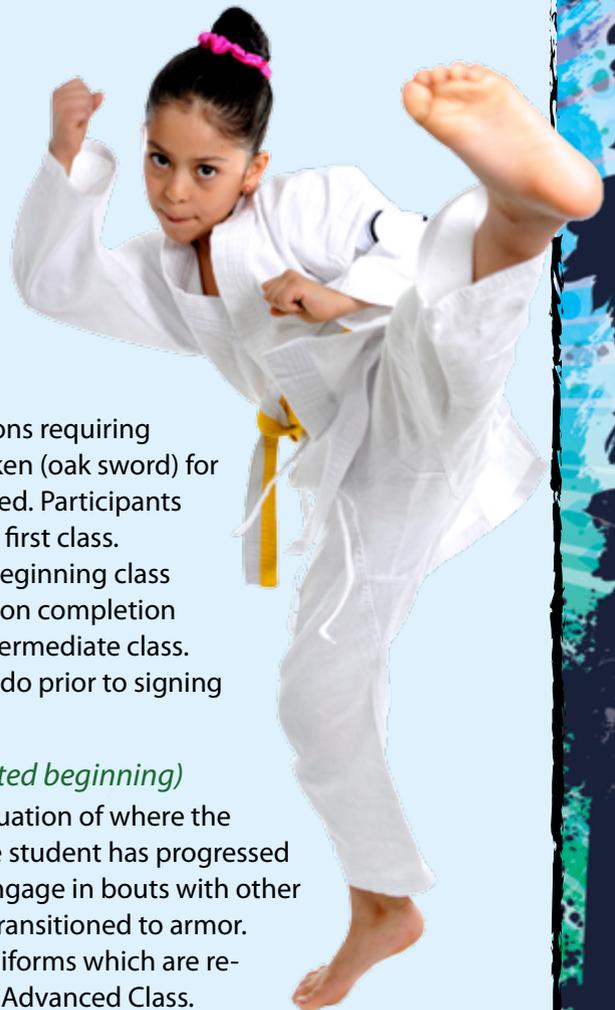
Kendo is a coed martial arts sport based on Samurai traditions requiring both mental and physical discipline. Participants use a Bokken (oak sword) for weeks 1-4, at week 5 a Shinai (bamboo sword) is also required. Participants must purchase a bokken (oak sword) either before or at the first class. Beginning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

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.

ADVANCED KENDO *(prerequisite-intermediate kendo class or permission from instructors)*

Advanced kendo is for those students who 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 (Little Warriors and/or beginning) (AGES 5-12)

This coed 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.

North Bellevue Community Center

Resident \$48 Non Resident \$58

***Mondays & Wednesdays**

5:15pm – 5:50pm

Ages 5 – 8

5:30pm – 6:35pm

Ages 9 – 12

#91100

January 5-28

#91101

February 2-25

#91102

March 2-30

#91103

April 1-29



SELF DEFENSE/HAPKIDO

(Warriors and/or intermediate to advance) (AGES 13 & UP)

This coed 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. Full sparring gear is mandatory for this class or student will not be allowed to participate in sparring sessions which is an essential and a requirement for their progress in Hapkido. Classes taught by certified World Hapkido Association instructor. www.worldhapkido.com. Instructor permission required to attend

North Bellevue Community Center

Resident \$48 Non Resident \$58

Mondays & Wednesdays

6:30pm – 7:35pm

#91124

January 5-28

#91125

February 2-25

#91126

March 2-30

#91127

April 1-29



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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***Bellevue Parks &
Community Services***

Register today

425-452-6885

or



MyParksandRecreation.com

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Scholarships available for all programs.