

**MORE PROGRAMS INSIDE**



**MIGHTY MITES BASKETBALL LEAGUE (Ages 5 – 6)**

This co-ed 3 on 3 league is specially designed to help your child understand the team concept of basketball in an instructional setting. Emphasis on 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. 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!** Volunteer basketball 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. Basketball experience required.

**Schedules:** A team confirmation, parent packet and practice/game schedule, will be sent via email by January 26th. Contact Heather Christoff at Hchristoff@bellvuewa.gov with questions regarding scheduling.

**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 22nd by email to hchristoff@bellvuewa.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 no later than January 26th. This email will include your team confirmation and parent packet.

**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.  
 Resident \$48 Non-Resident \$58 Mondays & Wednesdays, 6:15pm – 7:15pm

**Crossroads Community Center**

#72979	January 2 – 30
#72980	February 4 – 27
#72981	March 4 – 27
#72982	April 1 – 29

For a detailed description of Self Defense/Hapkido (Intermediate/Advance), visit [MyParksandRecreation.com](http://MyParksandRecreation.com)

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 accommodation requests. Assistance for the Deaf / Hard of hearing can be provided through the 711 Telecommunications Relay Service.



Register today  
**425.452.6885**

or

**MyParksandRecreation.com**  
 A Service of eCityGov.net

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 provide youth with a fun learning experience and the opportunity to develop lifetime sports and fitness skills.

Scholarships available for all programs.



**BASKETBALL LEAGUES**

Basketball leagues are 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. 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.

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**YOUTH SPORTS & FITNESS**

**January–April 2013**



## JUNIOR BASKETBALL 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. 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.

Resident: \$87 Non-Resident: \$104

### Tyce Community Gym

#72906 5:30pm OR 6:45pm Wednesdays, January 30 – March 27

## REGISTRATION FOR SPRING SOCCER LEAGUES MIGHTY MITES (AGES 5 – 6) & YOUTH (AGES 7 – 9) IS NOW OPEN!

### COURSES

NEW

#### 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.

Resident: \$66 Non-Resident: \$79 Saturdays, 9:30am – 10:15am

### Tyce Community Center

#72899 January 26 – March 2  
#72900 March 9 – April 13  
#72904 April 20 – May 25

NEW

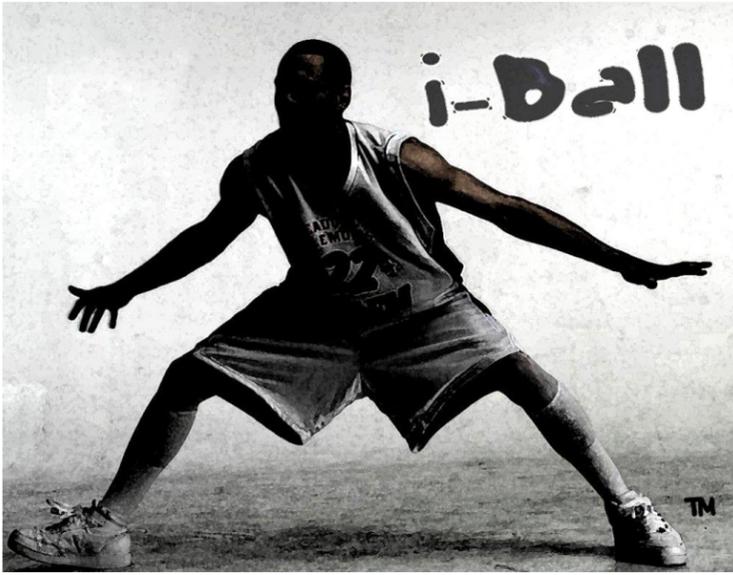
#### BIDDY MULTI SPORT II (Ages 5 – 6)

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 three (3) Biddy Multi Sport age 3-4 classes or permission from instructor if under the age of 5)*

Resident: \$66 Non-Resident: \$79 Saturdays, 10:30am – 11:15am

### Tyce Community Center

#72901 January 26 – March 2  
#72902 March 9 – April 13  
#72903 April 20 – May 25



#### i-BALL BASKETBALL CLINICS (Ages 7 – 14)

Consistent training is the main aspect that helps to greatly accelerate learning and retention for young players. Players will learn all aspects of basketball development of core fundamentals along with offensive & defensive techniques, shooting techniques, ball handling and court awareness.

Resident: \$79 Non-Resident: \$95 Mondays, 5:50pm – 7:00pm

### Highland Community Center

#73119 January 7 – February 4  
#73120 February 11 – March 11  
#73121 March 18 – April 15  
#73122 April 22 – May 13

#### SEREVI MINI RUGBY (Ages 4 – 5)

Serevi Mini Rugby is designed to introduce young children to the fun and basics of rugby through skill based games. Participants will learn how to run, pass, catch and kick in a fun friendly environment. Teamwork and sportsmanship are fundamental to this program. Emphasis will be on safety and fun at all times. This program is non-contact and co-ed.

Resident: \$42 Non-Resident: \$50 Mondays, 4:30pm – 5:45pm

### Robinswood Sports Field

#73100 March 4 - 25  
#73101 April 1 – 22  
#73102 April 29 – May 20

## SEREVI OLYMPIC FLAG RUGBY (Ages 6 – 12)

SEREVI Olympic Flag Rugby is a coed, limited-contact sport for children, ages 6-12, which mimics Rugby 7s, the world's newest Olympic Game. Flag 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 the use of flags limits physical contact. Skills developed are: evasive running and agility, passing, ball handling, catching and small sided games. This program is co-ed.

Resident: \$50 Non-Resident: \$60 Mondays, 4:30pm – 5:45pm

### Robinswood Sports Field

#73103 March 4 - 25  
#73104 April 1 – 22  
#73105 April 29 – May 20

## 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.

### Session III

Resident \$55 Non-Resident \$66

### Highland Community Center

Tuesdays January 15 – February 26

#72940 1:00 – 1:45 pm

#72941 2:00 – 2:45 pm

Wednesdays January 16 – February 27

#72942 1:00 – 1:45 pm

#72943 2:00 – 2:45 pm

Thursdays January 17 – February 28

#72944 1:00 – 1:45 pm

#72939 2:00 – 2:45 pm

Tuesdays March 5 – April 16

#72949 1:00 – 1:45 pm

#72935 2:00 – 2:45 pm

Wednesdays March 6 – April 17

#72936 1:00 – 1:45 pm

#72938 2:00 – 2:45 pm

Thursdays March 7 – April 18

#72937 1:00 – 1:45 pm

#72950 2:00 – 2:45 pm



## REGISTRATION FOR SPRING TRACK & FIELD (AGES 4 – 14) IS NOW OPEN!

### MID-WINTER BREAK CAMPS FEBRUARY 19<sup>TH</sup> – 22<sup>ND</sup>

#### MID WINTER 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.

Resident \$138 Non-resident \$166

### Tyce Community Gym

#72965 8:00am – 4:00pm

#### i-BALL MID WINTER BREAK & SPRING BREAK SKILLS CAMP (Ages 6 – 14)

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.

Resident \$164 Non-Resident \$197

### Newport High School

#73139 9:00am – 3:00pm

### DON'T FORGET TO REGISTER FOR SPRING BREAK CAMPS!

### MARTIAL ARTS

#### KENDO (Ages 8 & up)

Resident \$67 Non-Resident \$81

### Highland Community Center

Fridays, January 11 - March 15

Beginning: #72967

Intermediate: #72970

Advanced: #72974

**Beginning & Intermediate:** 6:30pm-8pm

**Advanced:** 7:30pm – 9:30pm

*For a detailed description of Beginning, Intermediate and Advanced Kendo, visit [MyParksandRecreation.com](http://MyParksandRecreation.com)*

