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:** Games will be played beginning the week of February 1, 2010. 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 make yourself available for the time frame listed in each league, as practices and game times may vary throughout the season.*
- **Uniforms:** Basketball reversible jersey is included in the registration fee. Tennis Shoes Required.
- **VOLUNTEER COACHES ARE NEEDED FOR ALL BASKETBALL LEAGUES -** Parents are encouraged to attend activities and participate by supporting coaching staff and children. Join the fun! It is a rewarding experience. A special clinic will be conducted to train all coaches. Save $$—volunteer to coach and reduce your fee by $20. Call (425) 452-4627 to volunteer.
- **Participants will be assigned to teams based on the following:**
  1. Date and time of sign-up.
  2. Special request for coach.
  3. Special request for ONE teammate. Additional requests for teammates will not be considered.

PLEASE NOTE THAT THERE ARE NO GUARANTEES REGARDING REQUESTS OR TEAM ASSIGNMENTS. ALL REQUESTS MUST BE MADE ***BEFORE THE LEAGUE START DATE!***

MIGHTY MITES BASKETBALL LEAGUE (AGES 4 – 5)

This 3 on 3 league is specially designed to help your child understand the team concept of basketball. Enhancing their dribbling, shooting, passing, and defense. Practice/Games are 1 hour in duration and will be at 5:30pm OR 6:30pm depending on scheduling. Coaches will call with exact time of 1st practice. Volunteer coaches needed!

Resident: $59 (jersey included) **Nonresident:** $71 (jersey included)

Tyee Community Gym

46240	5:30-7:30pm	Tuesdays	January 19 – March 23

YOUTH BASKETBALL LEAGUE (AGES 6-7)

Low-key one day a week 4 on 4 league is full of fun. Play in an environment learning to be a team player and becoming a better individual player. Practice/Games are 1 hour in duration and will be held at 5:30pm OR 6:30pm depending on scheduling. Coaches will call with exact time of 1st practice. Volunteer coaches needed!

Resident: $59 (jersey included) **Nonresident:** $71 (jersey included)

Tyee Community Gym

46242	5:30-7:30pm	Mondays	January 25 – March 22

JUNIOR BASKETBALL LEAGUE (AGES 8-10)

Have fun and further develop your skills with knowledgeable coaches and staff. This one day a week 5 on 5 league is for older kids. Practice/Games are 1 hour in duration and will be held at 4:00pm, 5:00pm OR 6:00pm depending on scheduling. Coaches will call with exact time of 1st practice. Volunteer coaches needed!

Resident: $59 (jersey included) **Nonresident:** $71 (jersey included)

Tyee Community Gym

46241	4:00-7:00pm	Wednesdays	January 20-March 31

MID WINTER BREAK SPORTS CAMP (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 are included in the price of camp.
Please bring a lunch, beverage, and snack.

Resident: $104 camp **Non-resident:** $125 camp

Tyee Community Gym

45402	8:00am-4:00pm	Tuesday - Friday	February 16-19

BIDDY SATURDAY SPORTS (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.

Resident: $36/per child **Non-Resident:** $43/per child

Tyee Community Gym

Soccer

42370	9:00-9:45am	Saturday	November 14-December 12
45408	9:00-9:45am	Saturday	January 9-30
45409	9:00-9:45am	Saturday	February 6-27
45410	9:00-9:45am	Saturday	March 6-27

T-Ball

42378	10:00-10:45am	Saturday	November 14-December 12
45418	10:00-10:45am	Saturday	January 9-30
45419	10:00-10:45am	Saturday	February 6-27
45420	10:00-10:45am	Saturday	March 6-27

Soccer

42373	11:00-11:45am	Saturday	November 14-December 12
45411	11:00-11:45am	Saturday	January 9-30
45412	11:00-11:45am	Saturday	February 6-27
45413	11:00-11:45am	Saturday	March 6-27

Basketball

42367	12:00-12:45pm	Saturday	November 14-December 12
45403	12:00-12:45pm	Saturday	January 9-30
45404	12:00-12:45pm	Saturday	February 6-27
45405	12:00-12:45pm	Saturday	March 6-27

YOUTH FITNESS & MARTIAL ARTS

KENDO

Resident: $53 **Non Resident:** $64

Highland Community Center

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 class focus is on learning basic footwork and sword handling.

45570	6:30 – 8pm	Friday	January 8 – March 19

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.

45571	6:30 – 8pm	Friday	January 8 – March 19

Advanced Kendo (Prerequisite-Intermediate Kendo Class or permission from instructors)

46287	7:30 – 9:30pm	Friday	January 8 – March 19

Self Defense/Hapkido (Beginning) (Ages 7-12)

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.

Resident: $44/session **Non-Resident:** $53/session

Lake Hills Clubhouse

46215	5-5:50pm	Mon/Wed	November 2 – 30
46216	5-5:50pm	Mon/Wed	December 2 – 30
46217	5-5:50pm	Mon/Wed	January 4 – 27
46218	5-5:50pm	Mon/Wed	February 1 – 24
46219	5-5:50pm	Mon/Wed	March 1-31

Self Defense/Hapkido (Intermediate/Advanced) (AGES 13 and 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.

Resident: $44/session **Non-Resident:** $53/session

Lake Hills Club House

Ages 13+

46221	6-6:55pm	Mon/Wed	November 2 – 30
46222	6-6:55pm	Mon/Wed	December 2 – 30
46223	6-6:55pm	Mon/Wed	January 4 – 27
46224	6-6:55pm	Mon/Wed	February 1 – 24
46225	6-6:55pm	Mon/Wed	March 1-31

YOUTH SPORTS REGISTRATION FORM

PARENT/GUARDIAN INFORMATION: Last Name:_____ First Name:_____ Date of Birth:_____

Street Address:_____ Apt #:_____ City:_____ Zip:_____

Day Phone:_____ Alt. Phone:_____ Email address:_____ Private Use Only o

Emergency Contact/Phone Number:_____ Register Online:

MyParksAndRecreation.com
a service of eCityGov.net

Request for Accommodations:_____

Participant's Name	Date of Birth	Grade	Male/Female	Class #	Class Title	Fee
	m/d/y/yy					
	m/d/y/yy					
	m/d/y/yy					

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

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

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.

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, I or 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***

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.

Resident: $53 Non Resident: $64

Highland Community Center

SESSION II

Tuesday

42395	10:00 - 10:45 am	November 3 – December 8, 2009
42396	11:00 - 11:45 am	November 3 – December 8, 2009
42397	1:00 - 1:45 pm	November 3 – December 8, 2009
42398	2:00 - 2:45 pm	November 3 – December 8, 2009

Thursday

42399	1:00 - 1:45 pm	November 5 – December 17, 2009
42400	2:00 - 2:45 pm	November 5 – December 17, 2009

Session III

Tuesday

46227	10:00 - 10:45 am	January 5 – February 9
46228	11:00 - 11:45 am	January 5 – February 9
46229	1:00 - 1:45 pm	January 5 – February 9
46230	2:00 - 2:45 pm	January 5 – February 9

Thursday

46232	1:00 - 1:45 pm	January 7 – February 11
46239	2:00 - 2:45 pm	January 7 – February 11

TRADITIONAL TAI CHI (CHUAN) SWORD PLAY (AGES 16 AND UP)

An Ancient Chinese method for promoting a well integrated body and mind. Using a series of stretching exercises, beginning with focusing on the natural flow of breath, we slowly work toward incorporating good posture and the 24 simplified movements of Tai- Chi. Also incorporated are the 32 simplified movements of Tai Chi Swordplay. This method increases circulation throughout the body, improves concentration, coordination, and flexibility.

Resident: $55 NonResident: $66

Lake Hills Club House

42632	7:30-9pm	Thurs.	November 19-December 31
42631	7:30-9pm	Mon.	November 30-December 28
46297	7:30-9pm	Mon.	January 4 – February 1
46301	7:30-9pm	Thurs.	January 7 – February 4
46298	7:30-9pm	Mon.	February 8 – March 8
46302	7:30-9pm	Thurs.	February 11 – March 11

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City of Bellevue
Parks & Community Services
P.O. Box 90012
Bellevue WA 98009-9812

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YOUTH SPORTS
WINTER 2010

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.

Parks & Community Services
www.bellevuewa.gov