

September through  
December 2015

# CONNECTIONS



Re-Accredited 2010



**Bellevue Parks &  
Community Services**

**425-452-6885**

[MyParksAndRecreation.com](http://MyParksAndRecreation.com)

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## FACILITY ADDRESSES AND PHONE NUMBERS QUICK FIND

**RECREATION REGISTRATION..... 425-452-6885**

**FACILITY & FIELD RENTALS ..... 425-452-6914**

ADULT SPORTS LEAGUES, Bellevue City Hall, 450 - 110th Ave NE..... 425-452-4479  
 BELLEVUE AQUATIC CENTER, 601 - 143rd Ave NE ..... 425-452-4444  
 BELLEVUE BOTANICAL GARDEN, 12001 Main ST ..... 425-452-2750  
 BELLEVUE GOLF COURSE, 5450—140th Ave NE ..... 425-452-7250  
 BELLEVUE YOUTH THEATRE, 16661 Northup WY ..... 425-452-7155  
 COMMUNITY GARDENS, SE 16th ST near 156th Ave SE..... 425-452-7225  
 CROSSROADS COMMUNITY CENTER, 16000 NE 10th ST..... 425-452-4874  
 CROSSROADS GOLF COURSE, 15801 NE 15th ST ..... 425-452-4873  
 HIGHLAND COMMUNITY CENTER AND PARK, 14224 NE Bel-Red RD  
     Adaptive recreation for people with disabilities and general programs ..... 425-452-7686  
 KELSEY CREEK COMMUNITY FARM PARK, 410 - 130<sup>th</sup> Pl SE..... 425-452-7688  
 LAKE HILLS GREENBELT RANGER STATION, 15416 SE 16th ST ..... 425-452-7225  
 LEWIS CREEK VISITOR CENTER, 5808 Lakemont BLVD SE..... 425-452-4195  
 MERCER SLOUGH ENVIRONMENTAL EDUCATION CENTER, 1625 118th Ave SE ..... 425-452-2565  
     Pacific Science Center ..... 425-450-0207  
 NORTH BELLEVUE COMMUNITY CENTER, AGING SERVICES, 4063—148th Ave NE  
     General Programs/Rental Inquiries ..... 425-452-7681  
 NORTHWEST ARTS CENTER, 9825 NE 24th ST  
     Program Registration & Information ..... 425-452-6046  
     Rental Information..... 425-452-7150  
     Community Events Office ..... 425-452-4106  
 PARKS ADMINISTRATION, Bellevue City Hall, 450 - 110th Ave NE ..... 425-452-6885  
 ROBINSWOOD HOUSE..... 425-452-7850  
 ROBINSWOOD TENNIS CENTER, 2400—151st Pl SE ..... 425-452-7690  
 SKATE PARK, 14224 NE Bel-Red Rd ..... 425-452-2722  
 SOUTH BELLEVUE COMMUNITY CENTER, 14509 SE Newport Way ..... 425-452-4240  
 TEEN SERVICES, City Hall, 450 - 110th Ave NE..... 425-452-2846  
 WINTERS HOUSE, 2102 Bellevue Way SE..... 425-452-2752  
 YOUTH SPORTS, Bellevue City Hall, 450 - 110th Ave NE ..... 425-452-6885

# CONNECTIONS

BELLEVUE PARKS & COMMUNITY SERVICES



**Bellevue Parks & Community Services**  
 PO Box 90012  
 Bellevue, WA 98009-9012

**Bellevue City Council**  
 Claudia Balducci, Mayor  
 Kevin Wallace, Deputy Mayor  
 John Chelminiak                      Conrad Lee  
 Jennifer Robertson                 Lynne Robinson  
 John Stokes

**Parks & Community Services Board**  
 Kathy George, Chair  
 Sherry Grindeland, Vice Chair  
 Debra Kumar    Stuart Heath    Erin Powell  
 Mark Van Hollebeke

## FOOD & REFRESHMENTS

Programs listed in this brochure may include a food or beverage refreshment. Please contact the your Program Area site for more information; phone numbers are available in this brochure. Food and beverage cost, when applicable, is included in the cost of the program.

## CITY OF BELLEVUE TAX ID NUMBER: 91-6007020

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 special needs requests. Assistance for the Deaf and Hard of Hearing can be provided through the 711 Telecommunications Relay Service.



**On the Cover:** *Playing at Bridle Trails Corner Park.* Photo by Colin Walker.  
**Editor:** Colin Walker. *Questions or comments about Connections? Email [cwalker@bellevuewa.gov](mailto:cwalker@bellevuewa.gov).*

## QUESTIONS OR COMMENTS?

Every effort is made to ensure that the information in this catalog is accurate at the time of publication. Because policies, personnel, and funding can change, Bellevue Parks & Community Services reserves the right to add or withdraw programs and to amend, revise, or modify any provision printed in this brochure.

You are encouraged to visit [www.mypark-sand-recreation.com](http://www.mypark-sand-recreation.com) for the most up-to-date information. We're always interested in knowing how we can make this publication better — contact Colin Walker, [cwalker@bellevuewa.gov](mailto:cwalker@bellevuewa.gov), or call 425-452-6885.

## INCLEMENT WEATHER POLICY

In the event of inclement weather the City of Bellevue Parks & Community Services Department will make every effort to clearly communicate the status of facilities and programs, scheduled special events, and rentals. Administration will make an operational decision based upon the safety of participants and employees and the ability to appropriately staff programs and facilities.

As a general rule, if the Bellevue School District is closed due to a weather event all Parks & Community Services Department classes and programs will be cancelled for the entire day. If the Bellevue School District is on a delayed schedule, then call the facility for an updated status report. Select facilities may be open for drop-in activities at a modified level.

**If you are unable to reach the facility, then call the Parks & Community Services Department general information number at 425-452-6885.** Inclement weather can effect park use and trail conditions.

**Please use caution when visiting park sites during poor weather** as trails and other park facilities may become wet and slippery. Park trails may also be closed.



## STAY UP-TO-DATE BY SUBSCRIBING TO OUR MONTHLY E-NEWSLETTER

Get the latest information about events, new programs, and great things to do in Bellevue by subscribing to our monthly e-newsletter.

To subscribe, visit [http://www.bellevuewa.gov/parks\\_connections.htm](http://www.bellevuewa.gov/parks_connections.htm)

**Bellevue Parks & Community Services**

# Hilltop Craft Show

**BELLEVUE 2015**  
Handcrafted items from Northwest's best crafters and designers.

December 2, Wednesday 10 am – 8 pm  
December 3, Thursday 10 am – 8 pm  
December 4, Friday 10 am – 8 pm  
December 5, Saturday 10 am – 5 pm

**FREE ADMISSION • EASY PARKING**  
**425-452-4106**

[www.bellevuehilltopholidaycraftshow.com](http://www.bellevuehilltopholidaycraftshow.com)  
Vendor Info: 206-920-2957  
Email: [Hilltop.Crafts@frontier.com](mailto:Hilltop.Crafts@frontier.com)

**NORTHWEST ARTS CENTER**  
**9825 NE 24TH STREET, BELLEVUE**



# UPCOMING PRODUCTIONS

## Brigadoon

Performs at **BYT - Crossroads**

*Last day for advance ticket purchase: October 16*  
See this classic Broadway musical about an enchanted Scottish village which appears for one day every one hundred years. Great songs like 'Almost Like Being in Love,' 'The Heather on the Hill,' and 'Come to Me, Bend to Me' carry this beautiful show, along with humor, intrigue and spirited dances. This is a fine example of America's musical theatre heritage.

Saturday, October 24 at 2pm & ★7pm  
 Sunday, October 25 at 2pm  
 Friday, October 30 at 7pm  
 Saturday, October 31 at ★2pm  
 Sunday, November 1 at 2pm

## Snow White and Rose Red

Performs at **BYT - Crossroads**

*Last day for advance ticket purchase: October 30*  
Come enjoy this exciting tale of Snow White, a sweet and thoughtful girl, and her sister Rose Red who is adventurous and brave. Together they find a kind, yet mysterious, "creature" and help him to survive the cold winter. But what will happen to the girls and their new friend when they meet a vicious dwarf? Come and see! This show is appropriate for all ages, and is sure to entertain!

Friday, November 6 at 7pm  
 Saturday, November 7 at ★7pm  
 Sunday, November 8 at 2pm  
 Friday, November 13 at 7pm  
 Saturday, Nov. 14 at ★2pm & 7pm  
 Sunday, November 15 at 2pm

## The Mitten

Performs at **BYT - Crossroads**

*Last day for advance ticket purchase: November 13*  
This Ukrainian Folk Tale is about a little child who loses their mitten in the snow and is inhabited by the animals. The magic of the forest is brought to life in this tale of sharing and giving. A perfect Thanksgiving treat for all. Music, dance, and fun await all.

Friday, November 20 at 7pm  
 Saturday, November 21 at ★7pm  
 Sunday, November 22 at 2pm  
 Friday, November 27 at 7pm  
 Saturday, Nov. 28 at ★2pm & 7pm  
 Sunday, November 29 at 2pm

## An Elf's Tale

Performs at **BYT - Crossroads**

*Last day for advance ticket purchase: November 25*  
The number of kids on Santa's Naughty List grows every year, and no Elf wants the job of giving out coal. Zippity is different from all the other Elves at the North Pole, but does he have what it takes to save Christmas and get rid of the Naughty List for good? "An Elf's Tale" is an original musical filled with holiday spirit that will be fun for the whole family!

Friday, December 4 at 7pm  
 Saturday, December 5 at ★7pm  
 Sunday, December 6 at 2pm  
 Friday, December 11 at 7pm  
 Saturday, December 12 at ★2pm & 7pm  
 Sunday, December 13 at 2pm

**Active duty and retired military and their immediate family members are \$5 each** (must be bought in person with your military ID).

**[www.bellevuewa.gov/BYT-productions.htm](http://www.bellevuewa.gov/BYT-productions.htm)**

### Ticket prices:

\$10 per ticket for tickets purchased in advance.  
 \$12 per ticket for tickets purchased after tech week.

**Special: \$5 shows marked with a ★.**



425-452-7155

## ***Theatre Transforms Lives***

The Bellevue Youth Theatre program was founded in 1990 in the Crossroads area of Bellevue as an outreach program for disenfranchised youth. With proud roots as a recreational performing arts center, it has grown to serve youth, families, and people living with disabilities and seniors not only in Bellevue but in other Eastside communities as well.

The theatre presents 10 performances throughout the year, offering opportunities targeted for youth ages 11 to 19, while including other community members of all ages. Separate workshop and day camp programs are also offered. Annual involvement in the program has grown to include more than 900 individuals and more than 10,000 performance attendees.

Today the Bellevue Youth Theatre is a place where skills are learned, talents are discovered, creativity is expressed and community is strengthened. In March, 2015, Bellevue Youth Theatre opened the doors on its new, state-of-the-art theatre at Crossroads Community Park.

***Most importantly,  
Bellevue Youth Theatre  
is a place where  
everyone  
has a role.***

## **BELLEVUE YOUTH THEATRE ACADEMY**

Bellevue Youth Theatre is proud to offer youth theatre classes for developing your child's self-esteem and confidence through theatre instruction. At the end of the six weeks there will be a small performance in the BYT tradition. No experience needed. BYT - Crossroads and BYT - Ivanhoe

### **Preschool Academy**

Preschool Academy is open to families interested in getting their preschoolers moving in a theatrical and musical way both in a group and individually. Min 6/Max 12

\$48(R) \$56(N) Age: 3Y - 5Y  
95935 9-9:45am Sat Sep 12-Oct 17

### **Elementary Academy**

Elementary Academy is open to kids aged 6-10. An open environment that gets your child moving and thinking in a theatrical and musical way. Min 6/Max 14

\$48(R) \$56(N) Age: 6Y - 10Y  
95936 10-10:45am Sat Sep 12-Oct 17

### **Middle School Academy**

Middle School Academy is open to kids aged 11-13. A program that will get them comfortable and confident on stage both in acting and singing. Min 6/Max 14

\$48(R) \$56(N) Age: 11Y - 13Y  
95937 11-11:45am Sat Sep 12-Oct 17

### **High School Academy**

High School Academy is open to teens aged 14-19 looking to receive more in depth training in acting and singing. Teens will work in small groups and one-on-one. Teens must be cast in a BYT production that season in order to participate. Min 6/Max 20

FREE Age: 14Y - 19Y  
95938 1-3pm Sat Sep 12-Oct 17





**SPECIAL EVENTS**

**SPECIAL EVENT VOLUNTEER OPPORTUNITIES**

**Important Note:** All volunteers will be required to complete a criminal background check and provide their Social Security number.

**Volunteer- Kelsey Creek Farm Fair**

We are seeking energetic, fun teens to assist with children's activities at Kelsey Creek Farm special event. Volunteers must be able to follow directions, be comfortable in crowds and be on your feet in all types of weather. This is a great way to earn your community service hours. Volunteers must pre-register. Volunteers must be at least 14 years old & must be enrolled in high school on date of event. Questions: e-mail [KelseyCreekFarm@bellevuewa.gov](mailto:KelseyCreekFarm@bellevuewa.gov), or call the Farm Office at 425-452-7688. No day of event registrations will be accepted.

90616 10am-5pm Sat Oct 10

**KELSEY CREEK FARM FAIR**

Bring your family to the farm and enjoy our Fall Festival. Event features include; live entertainment, heritage demonstrations, tractor pulled wagon rides, pick-a-pumpkin already picked from the vine but in a farm pasture, pony rides, farm animals and much more. No entrance fee; cost varies by activity. No pets please. Free shuttle service from Wilburton Park & Ride and Bannerwood Sports Park For more information call 425-452-7688 or e-mail [kelseycreekfarm@bellevuewa.gov](mailto:kelseycreekfarm@bellevuewa.gov) Kelsey Creek Farm Park

Free Admission

Cost varies by activity All Ages  
11am-4pm Sat Oct 10

**MASTER GARDENER HARVEST FESTIVAL, CHILDREN'S FAIR, AND PLANT SALE**

Saturday, September 12 • 10am-12 Noon  
Bellevue Demonstration Garden  
15500 SE 16th Street

After a great growing season, come join us for harvest-related demonstrations.



**SPOOKFEST**

Join South Bellevue Community Center as we celebrate Halloween with SpookFest. Experience the fun with our carnival and market place in the gym on Saturday, October 24, 2015 from 11:00am – 5pm. No registration necessary. Tickets may be purchased at the front desk for the Climbing Wall and games. Don't miss The Great SBCC Pumpkin Race, Decorated Pumpkin contest and SpookFest Dessert Theatre that same day. Details and registration information below.

**GREAT SBCC PUMPKIN RACE**

Bring your decorated pumpkin on wheels to compete in the Fifth Annual Great SBCC Pumpkin Race, the kick-off event for SpookFest. Included with registration are basic directions to prepare your pumpkin for race day. Individuals, families and groups encouraged to register. Families and groups can designate one person to register. Min 1/Max 25  
South Bellevue Community Center

**Great SBCC Pumpkin Race**

FREE Age: 6Y and up  
96147 10am-12pm Sat Oct 24

**Great SBCC Pumpkin Race Workshop**

New to pumpkin racing? Learn tips and tricks to building a fast pumpkin racer and see past entries for creative decoration ideas. A resource hand-out will be provided at the end of the workshop. Pumpkin Racer kits will be available for purchase or rent at the workshop.

FREE Age: 6Y and up  
96148 7-8pm Wed Oct 14

**SPOOKFEST ZIP TOUR.**

Scary creepy fun zipping in the dark. Experience one suspension bridge and three zip lines. Imagine stepping off a platform and zipping to the other end that you cannot see. Riders and platforms will be brightened with glow sticks. SpookFest Zip will be open October 23, 24, 25, 30 & 31 starting at 6:00pm and will run every half hour. Last zip will be at 8:00. Ages: 12+ Youth \$24/Adult \$39 Registration: [MyParksandRecreation.com](http://MyParksandRecreation.com) or call SBCC at 425-452-4240.

**SPOOKFEST DESSERT THEATRE**

Come celebrate Halloween with SpookFest Dessert Theatre. This year, the world is coming to an end, and what could be more pleasing than witnessing the "Apocalypse" while enjoying a little dessert? Tables of eight may be reserved for \$70. Min 15/Max 48

South Bellevue Community Center  
\$8 Youth \$10 Adults Age: 7Y and up  
96149 2-3:30pm Sat Oct 24  
96150 7-8:30pm Sat Oct 24  
\$70 Age: 7Y and up  
96152 2-3:30pm Sat Oct 24  
96151 7-8:30pm Sat Oct 24

**HILLTOP HOLIDAY CRAFT FAIR NORTHWEST ARTS CENTER**

Lift your holiday spirit! Come and enjoy a delightful, unique, whimsical, one-of-a-kind craft show featuring thousands of hand crafted items from over 65 selected Northwest crafters. It's not your ordinary CRAFT show! For Crafter application or information call 206-920-2957 or email: [hilltop.Crafts@frontier.com](mailto:hilltop.Crafts@frontier.com). Northwest Arts Center 9825 NE 24th, Bellevue AD-MISSION: FREE!

10am-7pm Wed-Fri Dec 02-04  
10am-5pm Sat Dec 05

**More events listed on the Bellevue Parks & Community Services Online Events Calendar**

Visit [www.bellevuewa.gov/COBCalendar](http://www.bellevuewa.gov/COBCalendar)

or [http://www.bellevuewa.gov/recreation\\_events\\_intro.htm](http://www.bellevuewa.gov/recreation_events_intro.htm) for more information.



## 10-day Registration Preference for Bellevue Residents • Registration Begins August 3, 2015

### MAIL-IN/FAX/WALK-IN REGISTRATION

Mail completed registration forms to:  
Bellevue Parks Registration; PO Box 90012; Bellevue, WA 98009-9012  
or FAX to 425-452-2910.

Registration forms may be dropped off at Bellevue City Hall or any recreation facility during normal business hours. *Walk-in registration forms will be placed in queue.*

*Non-resident registrations are not accepted prior to the first day of non-resident registration. Registrations received from non-Bellevue residents will be accepted, beginning August 12, 2015*

### INTERNET

Visit  
<http://parksreg.bellevuewa.gov>  
to register for classes online.

### PHONE-IN

Telephone Registration begins August 17.  
425-452-6885

## Registration Policies

**REGISTRATION PRIORITY:** The City of Bellevue is committed to providing a wide range of recreation activities for Bellevue residents. Therefore, the City gives a ten calendar day registration preference for those residing within the Bellevue city limits. Non-residents are welcome to take part in recreation programs on a space-available basis. Non-resident registrations are not accepted prior to the first day of non-resident registration. On this day, mailed and faxed registrations will be accepted Monday-Friday 8-5 at Bellevue City Hall, online at MyParksAndRecreation.com, or during normal operating hours at other program sites.

*Due to an interlocal agreement with King County, all registrations for programs at South Bellevue Community Center are processed in the order received.*

**REGISTRATION CONFIRMATION:** Confirmation notices are mailed either electronically or via USPS after registration has been processed.

**PAYMENT:** Payment is accepted in Cash, gift certificates, checks, or Visa/Master-Card only. Payment for all programs except day camps is due in full at the time of registration. All transactions completed online require payment in full at the time of registration. **Scholarship application is required prior to registration.** Please do not mail cash.

**General Recreation Programs and Mini-Camps:** Payment is due at the time of registration. Scholarship application is required prior to registration if paying with scholarship.

**Day Camps:** Each Day Camp requires a \$35 non-refundable deposit, per participant, per camp, at the time of registration, and will be applied toward the final amount due. Payment in full is due for the first two (2) camps at the time of registration. Payments for subsequent camps are due fourteen (14) calendar days prior to the first day of each session.

**CREDIT CARD:** Include credit card number and expiration date on registration form.

**CHECKS:** All checks or drafts received by the City which are returned or dishonored by the drawee bank or other such depository shall be assessed a charge of \$15.00 (Adm. Order 53).

**REFUNDS:** Programs cancelled by the City will result in a 100% refund of program fees. No refunds are available for programs \$10 or less. No refunds or credits will be issued on or after the first day of the program or camp.

**General Recreation Programs/Mini-Camps:** A refund is granted if the withdrawal is made at least seven (7) calendar days prior to the start of the program, less a \$10 administrative fee per participant, per program. Withdrawals requested fewer than seven (7) calendar days prior to the start of the program will result in a refund of:

Programs with fees \$20 or less: program fee, less \$10 administrative fee, per participant, per program.

Programs with fees greater than \$20: 50% of the program fee, per participant, per program.

**Day Camps:** A refund is granted if the withdrawal is made at least ten (10) calendar days prior to the start of class, less a \$35 non-refundable deposit, per participant, per camp. Camp withdrawals requested less than ten (10) calendar days prior to camp will result in a refund of 50% of the program fee, per participant, per program. If you are interested in transferring to a different camp, please call 425-452-6885 for information on our transfer policy.

**SCHOLARSHIPS:** Scholarships are available to qualifying residents who live within the Bellevue City limits. See page 9 for scholarship application. Scholarship applicants will be notified of the amount due for each session after scholarship application is processed. Please attach proof of residency and income to scholarship application.

## Adaptive Recreation Programs - 425-452-7686

**REGISTRATION FORM IS FOUND ON PAGE 56.** Please use this form when registering for Specialized Recreation classes.

**AUDIO-TAPE:** A loan copy will be available upon request within 48 hours notice from the Bellevue Parks & Community Services Office. We advise individuals to request specific sections of the Community Services Brochure so that information will be functional to the listener.

**READERS:** Are available over the phone or in person from any program area. Call the appropriate program office and a staff person will read the requested sections.

**ADA:** The City will provide reasonable accommodations. 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 special needs requests. Assistance for the Deaf and Hard of Hearing can be provided through the 711 Telecommunications Relay Service. For Bellevue Parks & Community Services programs please contact Kim Indurkar, Inclusion Coordinator 425-452-7686.

### RESIDENT DEFINITION:

A resident is defined as anyone living within the jurisdictional boundary of the City of Bellevue as determined by City records. If you have any question as to whether you are within the jurisdictional boundary of the City of Bellevue, please contact the Development Services Department's Land Use Division at 425-452-4188.

### EQUAL OPPORTUNITY STATEMENT:

The U.S. Department of the Interior strictly prohibits discrimination on the basis of race, color, national origin, age or handicap in its federally-assisted programs and activities. If anyone believes he or she has been discriminated against in a Bellevue Parks & Community Services program, activity or facility, he or she may file a complaint alleging discrimination with Bellevue Parks & Community Services or the Office for Equal Opportunity, U.S. Department of the Interior, Washington, D.C., 20240.

The City of Bellevue prohibits sex discrimination in the operation or administration of community athletics programs for youth or adults. Third parties who receive leases or permits from the City of Bellevue for a community athletic program are also prohibited from discriminating on the basis of sex. In addition, the City of Bellevue does not discriminate on any other basis provided by Federal or State law. If you have questions or wish to file a complaint, contact Jon Wilson at [JSWilson@bellevuewa.gov](mailto:JSWilson@bellevuewa.gov), or 425-452-4278.



## 10-day Registration Preference for Bellevue Residents • Registration Begins August 3, 2015

For more information please call 425-452-6885 • FAX: 425-452-2910

See **Registration Steps** Page 7.

Mail completed form to: Bellevue Parks Registration ; PO Box 90012; Bellevue, WA 98009-9012 • Make checks payable to City of Bellevue

### Please Print

Adult Last Name \_\_\_\_\_ First \_\_\_\_\_ Date of Birth \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

E-Mail Address \_\_\_\_\_  I do not wish to receive updates from Bellevue Parks & Community Services via email.  
NOTE: If you check this box, you will not be notified of future registration opportunities by email.

(\_\_\_\_) (\_\_\_\_) \_\_\_\_\_  
Work Phone \_\_\_\_\_ Home Phone \_\_\_\_\_

**Save time, register online...**  
Visit <http://parksreg.bellevuewa.gov> to sign up for classes, see availability, pay for facility rentals, and manage your account.

Participant's Name	Use Scholarship?*	Date of Birth	M/F	Class Number	Class Title	Fee	Alternate Class No.
	<input type="checkbox"/>					\$	
	<input type="checkbox"/>					\$	
	<input type="checkbox"/>					\$	
	<input type="checkbox"/>					\$	
	<input type="checkbox"/>					\$	

Donation \$ \_\_\_\_\_ Designated area: \_\_\_\_\_ (we will contact you for clarification if needed)

Request for Accommodations: \_\_\_\_\_

\*For scholarship information, call 425-452-6885, or see page 9.  
Scholarship applications must be approved prior to registration.

**Payment Details** *Payment due in full at time of registration*

**Payment Method**

Check       D.D.D. (send to Highland)

Credit Card    Total Fee: \$ \_\_\_\_\_

Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_



Non-resident registrations are not accepted prior to the first day of non-resident registration. Registrations received from non-Bellevue residents will be accepted beginning August 12, 2015.

Mail completed form to:  
Bellevue Parks Registration: P.O. Box 90012; Bellevue, WA 98009-9012

### WAIVER OF LIABILITY/RELEASE – PLEASE READ CAREFULLY

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, I assume any and 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 heirs, executors, assigns, and personal representatives, to waive and release any and all rights and claims for damages, including attorney fees, I 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 may have to bring a legal action or to assert a claim against the City of Bellevue.

**PHOTO/VIDEO RELEASE:** I give my permission to have photos and/or video and audio recordings taken of me or my child(ren) by the City of Bellevue or its agents 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. If you wish to waive the photo release, please contact the main office at 425-452-6885 or Parksweb@bellevuewa.gov.

I have read, understood, and voluntarily accepted the conditions of the Waiver of Liability/Release and the Photo Release printed above on behalf of myself and/or my child(ren):

Participant or Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Printed Name: \_\_\_\_\_

Registration NOT VALID without signed waiver.

# Scholarship Application

It is the policy of Bellevue Parks & Community Services to make program opportunities available to all interested people, regardless of income. We provide scholarships to those who might not otherwise be able to participate. Scholarships may be granted for the entire class fee or may provide a percentage discount, depending on individual circumstances. All information will remain confidential.

To be eligible for a scholarship **you must reside within the city limits of Bellevue** and meet the family size/yearly income requirements. Applicants meeting the eligibility guidelines are awarded up to \$350 per person, per year. Eligible residents will be **required to provide proof of identification, residency, and income.** Copies of your original income and residency verification documents should be attached to the completed application, and will not be returned. Scholarship applications must be approved prior to registration.

**ACCEPTABLE FORMS OF BACK-UP INFORMATION — ATTACH TO SCHOLARSHIP APPLICATION:**

**PROOF OF IDENTITY:** driver's license, ID card, or passport. **PROOF OF RESIDENCY:** utility bill or rental lease agreement.

**PROOF OF INCOME:** most current tax return, most current paycheck stub, DSHS check stubs, SSI statement.

*A scholarship application alone does not register the participant, nor does it reserve space in a program. Registrations are processed in the order received. You will be notified once your application for scholarship has been reviewed.*

Parent/Guardian First Name	Parent/Guardian Last Name	Date of Birth	Male/Female
Family Member First Name	Family Member Last Name	Date of Birth	Male/Female

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP Code: \_\_\_\_\_

Phone: (Work) \_\_\_\_\_ (Home) \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Please Indicate:

Family Size: \_\_\_\_\_

Yearly Income (Before Taxes):

\$ \_\_\_\_\_

HOUSEHOLD SIZE	1	2	3	4	5	6	7	8
<b>Full Scholarship</b>	15,301	20,709	26,117	31,525	36,933	42,341	47,749	53,157
<b>3/4 Scholarship</b>	18,538	25,090	31,642	38,194	44,746	51,298	57,850	64,402
<b>1/2 Scholarship</b>	21,775	29,471	37,167	44,863	52,559	60,255	67,951	75,647

*Example: If your family size is two and your income is \$20,709 or less you are eligible for a full scholarship.*

Source: 2015-2016 USDA Food & Nutrition Services Child Nutrition Programs - Income Eligibility Guidelines. | Updated August 2015

**If your income exceeds these guidelines please briefly describe your personal circumstances:**

I certify that the above information is correct to the best of my knowledge. I reside within the city limits of Bellevue, and I understand that any additional fees (i.e., supply fees, late fees for Day Camp Programs) are my own responsibility.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

<b>Office Use Only:</b> Date _____ Yr _____	Approved By (Print): _____ Initial: _____
<input type="checkbox"/> Approved <input type="checkbox"/> Denied <input type="checkbox"/> Exception	Comments: _____
Circle One:   50%   75%   100%	_____
Staff: _____	_____ <input type="checkbox"/> ID <input type="checkbox"/> RES <input type="checkbox"/> INC

September-December 2015

CONNECTIONS



# Bellevue Aquatic Center

**Phone:** 425-452-4444  
**Fax:** 425-452-6100  
**Address:** 601 - 143rd Avenue NE

## Special Events November 26

*Open only for Fit for the Feast Masters  
Workout 9-11am*

## November 27

*Open only for Youth Appreciation Day  
12:30-2:30pm*

## SWIM RATES

### Drop-In Fees

Adult: .....	\$6.75
Youth (12 yrs. and younger): .....	\$5.75
Deep Water Exercise Class: .....	\$7.75
Master Swim Class: .....	\$7.75
Discounted Swim .....	\$5
<i>Mon-Sat before 10am, Wed 7-8pm when available</i>	
Shower only: .....	\$2
<i>Blue Lagoon locker rooms</i>	

*Contract rate for pool use by businesses;  
contact Scott Armstrong at 425-452-4444 for more information.*

### Swim Pass Cards

*12 visits for the price of 10, no expiration date*

Adult: .....	\$67.68
Youth: .....	\$57.72
Deep Water Exercise: .....	\$77.64
Masters Swim: .....	\$77.64
Discounted Swim: .....	\$50.04

### 3 Month Swim Pass Cards

*For Lap, Open, and Rehab Swims*

Adult: .....	\$174
Youth: .....	\$115.50
Family: .....	\$281

## PARTIES AT THE POOL

*Pool rentals available on Saturdays and Sundays, 2:30-4:30pm in the Blue Lagoon Pool. Cost includes staff and use of pool toys.*

1 - 25 guests: .....	\$214 per hour
26-50 guests: .....	\$258.50 per hour
51-75 guests: .....	\$286.75 per hour
76-100 guests: .....	\$340.50 per hour
100-125 guests: .....	\$425.75 per hour

### Party Room Rentals

Available during pool rentals or open swims. \$73.25 per hour. Accommodates groups of under 20. This room **is not** wheelchair accessible.

## SPECIAL PARKING NOTICE:

Construction at Odle Middle School is underway, greatly reducing parking. Plan to arrive early for scheduled programs as it may take longer to find a parking space. We expect parking to be most heavily impacted between the hours of 9am-noon and 4-7pm. Thank you for your patience during construction.

## EXERCISE CLASSES & TRAINING

**Deep Water Exercise Class** - Deep water aerobics workout that uses an aqua-jogging belt. Instructors provide specific exercise routine.

**Masters Swim Program** - Offers a low-key approach to competitive swimming for individuals age 19 and older. Workouts are based on ability levels and goals. For more information, contact Scott at 425-452-2806.

## OTHER ACTIVITIES AVAILABLE AT THE BELLEVUE AQUATIC CENTER

*The activities listed below are run by contractors who rent pool space. To get more information or register for a program, please contact the company directly.*

*These classes are not eligible for Bellevue Parks & Community Services scholarship funds.*

**Aquarobics Class** - Professionally trained instructors will inspire you - promoting muscle tone and a vigorous cardiovascular workout. Reduce the risk of injury and impact to your joints. Swimming skills not req'd and all fitness levels welcome. Registration: 425-894-0045 /www.aquarobics.net.

**Aquarobics WaterMotion Class** - Group warm-water therapy for those with arthritis, fibromyalgia, joint replacement, back issues and pre & post surgery. Increase strength, flexibility and balance using full range of motion exercises. Get In. Get Fit. Registration: 425-894-0045/www.aquarobics.net

**National Multiple Sclerosis Society** - For more information please call 1-800-344-4867 (Press option 1)

**ORCA Swim School** - Swim company that offers private and semi-private lessons. Call the ORCA Swim School at 425-793-9870 for more information or to register.

**Silent World** - SCUBA diving company that uses the Blue Lagoon pool for lessons. Contact Silent World at 425-747-8842 for more information.

**Special Olympics** - Swim team for physically- and developmentally-disabled participants. Practices are on Saturday mornings. Contact Jackie Booth at 425-277-3659 for more information.

**Nurturing Water Therapies** - NWT offers adaptive swim lessons, aquatic exercises and aquatic therapy to people of all ages with health challenges. Registration: 425-429-6706/ www.NurturingWaterTherapies.org.

## LEARN TO SWIM PROGRAMS

**Note: Registration forms are processed in the order received. 10-day preference for Bellevue residents.**

**HELP!** At the Bellevue Aquatic Center, our goal is to provide high quality, productive swim lessons for your children. Enrolling students in classes with others of similar abilities is vital in achieving this goal. To ensure that your child is enrolled in the best class for him/her, please retain your progress cards or ask for a placement test if they have not been in BAC lessons for 3 months. **Children signed up at the incorrect level may be removed from the class.**

## Please remember when registering your child:

- All participants will be required to take a swim evaluation if they have not had swimming lessons in our pool in the last three months, or are wanting to register above Level 1.
- Registrations can be made at the Bellevue Aquatic Center, any Bellevue community center, or online with a VISA or MasterCard payment.



- Payment is required in full at the time of registration.
- Repeating levels is common. You may only register for the current level your child is in.
- Space is limited.

**Minimum Class Size:** Each program has a minimum class size requirement. If this is not met, the Bellevue Aquatic Center may cancel the course. Accommodations will be made for the participant if possible; otherwise a full refund be given for the canceled course.

### PRIVATE/SEMI-PRIVATE SWIM LESSONS

For private lesson availability visit [myparksandrecreation.com](http://myparksandrecreation.com) and search "Private Swim Lessons". We offer semi-private (2:1) swim lessons to participants of similar swim ability. If you are interested in setting up semi-private swim lessons, please call Julie at 425-452-4444.

### PARENT/TOT LEVEL CLASSES

Ages: 6 months to 3 years  
Instructors provide parents with information and techniques to help their infant become comfortable in the water.

### PRESCHOOL LEVEL CLASSES

Preschool lessons are for children 3 years of age up until they turn 6 years of age.

**PRE 1:** Beginning level, focus on water adjustment and water safety.

**PRE 2:** Floating, gliding, kicking, and reach and pull armstroke.

**PRE 3:** Crawlstroke with side breathing. Introduction to elementary backstroke.

**PRE 4:** Crawlstroke, backstroke, elementary backstroke, and breaststroke.

**PRE 5:** Refining the crawlstroke, backstroke, elementary backstroke, & breaststroke and building endurance.

## Bellevue Aquatic Center Registration Dates:

**Programs listed in PLAIN TYPEFACE:**  
**Resident:** August 3/  
**Non-Resident:** August 12

**Programs listed in UNDERLINE:**  
**Resident:** October 12/ **Non-Resident:** October 21

### YOUTH LEVEL CLASSES

Youth lessons are for children 6 years of age and up.

**YOUTH 1:** Beginning level, focus on water adjustment and water safety.

**YOUTH 2:** Floating, gliding, kicking, and crawlstroke.

**YOUTH 3:** Crawlstroke with side breathing. Introduction to elementary backstroke, backstroke, and breaststroke.

**YOUTH 4:** Refining the strokes and introduction to sidestroke.

**YOUTH 5:** Refining the strokes, building endurance, and introduction to butterfly.

**YOUTH 6:** Mastering the four competitive strokes and introduction to flip turns.

**PRE-COMPETITIVE:** An endurance building class preparing students for swim team.

### ADULT LEVEL CLASSES

Adult classes are for students 13 years of age and up.

**ADULT INTRO:** Beginning swim classes for students age 13 years and up.

**ADULT INTERMEDIATE:** Continued development as students become comfortable in deep water.

**ADULT ADVANCED:** Development and refinement of the crawlstroke. Introduction of backstroke, breaststroke, and sidestroke.

### LIFEGUARD TRAINING

Program offers American Red Cross certification in lifeguard training, first aid, and CPR for the professional rescuer. Participants must pass a pre-course test prior to enrollment and be at least 15 years of age by the end of the course.

### ADULT ADVANCE SWIM LESSONS

96311	10:10-11:10am	Sun	Sep 27-Nov 01	\$141.50
96312	10:10-11:10am	Sun	Nov 08-Dec 20	\$141.50

### ADULT INTERMEDIATE SWIM LESSONS

96313	10:45-11:45am	Sat	Sep 26-Oct 31	\$141.60
96314	10:45-11:45am	Sat	Nov 07-Dec 19	\$141.60

### ADULT INTRODUCTION SWIM LESSONS

96315	5:45-6:15pm	Tue, Thu	Sep 22-Oct 15	\$94.40
96318	9-10am	Sat	Sep 26-Oct 31	\$141.60
96316	5:45-6:15pm	Tue, Thu	Oct 20-Nov 12	\$94.40
96319	9-10am	Sat	Nov 07-Dec 19	\$141.60
96317	5:45-6:15pm	Tue, Thu	Nov 17-Dec 17	\$94.40

### PARENT/TOT SWIM LESSONS

96192	11-11:30am	Mon, Wed	Sep 21-Oct 14	\$87.20
96195	6:20-6:50pm	Tue, Thu	Sep 22-Oct 15	\$87.20
96198	11:20-11:50am	Sat	Sep 26-Oct 31	\$65.40
96200	11:20-11:50am	Sun	Sep 27-Nov 01	\$65.40
96193	11-11:30am	Mon, Wed	Oct 19-Nov 11	\$87.20
96196	6:20-6:50pm	Tue, Thu	Oct 20-Nov 12	\$87.20
96199	11:20-11:50am	Sat	Nov 07-Dec 19	\$65.40
96201	11:20-11:50am	Sun	Nov 08-Dec 20	\$65.40
96194	11-11:30am	Mon, Wed	Nov 16-Dec 16	\$87.20
96197	6:20-6:50pm	Tue, Thu	Nov 17-Dec 17	\$87.20

### PRESCHOOL 1 SWIM LESSONS

96157	10-10:30am	Mon, Wed	Sep 21-Oct 14	\$99.20
96160	4-4:30pm	Mon, Wed	Sep 21-Oct 14	\$99.20
96163	4:35-5:05pm	Tue, Thu	Sep 22-Oct 15	\$99.20
96167	9-9:30am	Sat	Sep 26-Oct 31	\$74.40
96168	11:20-11:50am	Sat	Sep 26-Oct 31	\$74.40
96171	9:35-10:05am	Sun	Sep 27-Nov 01	\$74.40
96172	10:45-11:15am	Sun	Sep 27-Nov 01	\$74.40
96173	11:20-11:50am	Sun	Sep 27-Nov 01	\$74.40
96158	10-10:30am	Mon, Wed	Oct 19-Nov 11	\$99.20
96161	4-4:30pm	Mon, Wed	Oct 19-Nov 11	\$99.20
96164	4:35-5:05pm	Tue, Thu	Oct 20-Nov 12	\$99.20
96169	9-9:30am	Sat	Nov 07-Dec 19	\$74.40
96170	11:20-11:50am	Sat	Nov 07-Dec 19	\$74.40
96174	9:35-10:05am	Sun	Nov 08-Dec 20	\$74.40
96175	10:45-11:15am	Sun	Nov 08-Dec 20	\$74.40
96176	11:20-11:50am	Sun	Nov 08-Dec 20	\$74.40
96159	10-10:30am	Mon, Wed	Nov 16-Dec 16	\$99.20
96162	4-4:30pm	Mon, Wed	Nov 16-Dec 16	\$99.20
96165	4:35-5:05pm	Tue, Thu	Nov 17-Dec 17	\$99.20

**P** indicates course that has pre-requisite that needs to be met prior to registration. Participants registered for the incorrect level will be removed according to the City's withdrawal policy, and will be charged a withdrawal fee.

# BELLEVUE AQUATIC CENTER

**Pool Schedule • Valid September 14 through December 31, 2015**

Contact Bellevue Aquatic Schedule for most current schedule. All times subject to change.



## Blue Lagoon Lap Pool

**Special Hours of Operation:** See Special Events list on page 10 for Thanksgiving Weekend hours. December 24: 8am-2:30pm; December 25: Closed; December 31: 8am-2:30pm; January 1: Closed

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00	Aquarobics Lap Swim	Lap Swim	Aquarobics Lap Swim	Lap Swim	Aquarobics Lap Swim	Special Olympics & Lap Swim	
9:00	Open & Lap Swim					Lap Swim & Lessons 9:00-12:30	
12:00	Lap Swim  Masters (4 lanes)	Lap Swim	Lap Swim  Masters (4 lanes) Deep Water Ex	Lap Swim  Masters (4 lanes)	Lap Swim  Masters (4 lanes)	12:30-2:30 Open & Lap Swim	
1:00	Open & Lap Swim	MS Assoc 1-2pm  Open Swim 2:00-3:00	Open & Lap Swim	Open & Lap Swim	Open & Lap Swim	Swim Teams 2:30-4:30 Pool Rentals 2:30-4:30	
3:00	HIGH SCHOOL SWIM TEAM						
4:00	Lessons Swim Teams	Lessons Swim Teams Aquarobics 6-7 pm	Lessons Swim Teams	Lessons Swim Teams Aquarobics 6-7 pm	Swim Teams		
7:00	Open & Lap Swim	Lap Swim Swim Teams Scuba DT	Open & Lap Swim	Lap Swim Swim Teams Scuba DT	Open & Lap Swim		
8:00							

**Blue Lagoon (Lap Pool):**  
During Gray shaded times, pools are open only for those participating in the activities listed. Children under the age of 6 or under 48" in height, must be accompanied by an adult and be within an arm's length distance at all times.

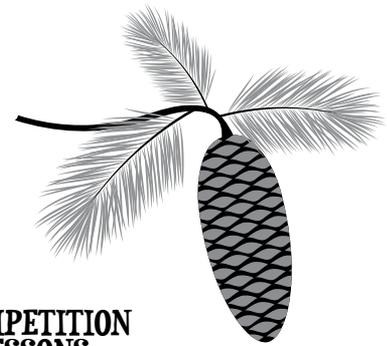
**Warm Springs (Warm Therapy Pool):**  
Children must be accompanied by an adult in the water and be within an arm's length distance at all times. One adult may accompany a maximum of two children. The general public may use the pool during Open Rehab swims, but Therapy patients have priority: you may be asked to relocate to the Blue Lagoon pool. During shaded times the pool is open only for those participating in the activities listed. Lanes will not be sectioned off during "Open & Rehab" times, except for City of Bellevue private lessons. \*Therapy Rehab is available for adults, therapy patients, and private lessons.

Discount swim times Monday - Saturday before 10am and Wednesday, 7-8pm

## Warm Springs Therapy Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00	Water Motion	Adult & Therapy	Water Motion	Adult & Therapy	Water Motion	Adult & Therapy	
9:00	Open & Therapy  Lessons	Open & Therapy	Open & Therapy  Lessons	Open & Therapy	Open & Therapy	Lessons 9:00-12:30	
11:30	Water Motion	Adult & Therapy	Water Motion	Adult & Therapy		Open & Therapy	Open & Therapy 12:30-2:30
12:30	Open & Therapy		Open & Therapy		Open & Therapy		
2:30	Adult & Therapy	Open & Therapy	Adult & Therapy	Open & Therapy	Adult & Therapy		
4:00	Lessons				Open & Therapy		
7:00	Open & Therapy				Lessons		
8:00							





### PRESCHOOL 2 SWIM LESSONS

96177	10:30-11am	Mon, Wed	Sep 21-Oct 14	\$99.20
96180	4:35- 5:05pm	Mon, Wed	Sep 21-Oct 14	\$99.20
96183	4- 4:30pm	Tue, Thu	Sep 22-Oct 15	\$99.20
96186	10:10-10:40am	Sat	Sep 26-Oct 31	\$74.40
96187	10:45-11:15am	Sat	Sep 26-Oct 31	\$74.40
96190	10:10-10:40am	Sun	Sep 27-Nov 01	\$74.40
96328	11:20-11:50am	Sun	Sep 27-Nov 01	\$74.40
96178	10:30-11am	Mon, Wed	Oct 19-Nov 11	\$99.20
96181	4:35- 5:05pm	Mon, Wed	Oct 19-Nov 11	\$99.20
96184	4- 4:30pm	Tue, Thu	Oct 20-Nov 12	\$99.20
96188	10:10-10:40am	Sat	Nov 07-Dec 19	\$74.40
96189	10:45-11:15am	Sat	Nov 07-Dec 19	\$74.40
96191	10:10-10:40am	Sun	Nov 08-Dec 20	\$74.40
96327	11:20-11:50am	Sun	Nov 08-Dec 20	\$74.40
96179	10:30-11am	Mon, Wed	Nov 16-Dec 16	\$99.20
96182	4:35- 5:05pm	Mon, Wed	Nov 16-Dec 16	\$99.20
96185	4- 4:30pm	Tue, Thu	Nov 17-Dec 17	\$99.20

### PRESCHOOL 3 SWIM LESSONS

96207	5:10- 5:40pm	Mon, Wed	Sep 21-Oct 14	\$99.20
96210	9:35-10:05am	Sat	Sep 26-Oct 31	\$74.40
96211	11:55am-12:25pm	Sat	Sep 26-Oct 31	\$74.40
96216	10:45-11:15am	Sun	Sep 27-Nov 01	\$74.40
96208	5:10- 5:40pm	Mon, Wed	Oct 19-Nov 11	\$99.20
96212	9:35-10:05am	Sat	Nov 07-Dec 19	\$74.40
96213	11:55am-12:25pm	Sat	Nov 07-Dec 19	\$74.40
96217	10:45-11:15am	Sun	Nov 08-Dec 20	\$74.40
96209	5:10- 5:40pm	Mon, Wed	Nov 16-Dec 16	\$99.20

### PRESCHOOL 4 SWIM LESSONS

96219	5:45- 6:15pm	Mon, Wed	Sep 21-Oct 14	\$99.20
96226	10:10-10:40am	Sat	Sep 26-Oct 31	\$74.40
96229	10:10-10:40am	Sun	Sep 27-Nov 01	\$74.40
96220	5:45- 6:15pm	Mon, Wed	Oct 19-Nov 11	\$99.20
96227	10:10-10:40am	Sat	Nov 07-Dec 19	\$74.40
96228	10:10-10:40am	Sun	Nov 08-Dec 20	\$74.40
96221	5:45- 6:15pm	Mon, Wed	Nov 16-Dec 16	\$99.20

### PRESCHOOL 5 SWIM LESSONS

96230	5:10- 5:40pm	Tue, Thu	Sep 22-Oct 15	\$99.20
96233	11:55am-12:25pm	Sat	Sep 26-Oct 31	\$74.40
96236	11:55am-12:25pm	Sun	Sep 27-Nov 01	\$74.40
96231	5:10- 5:40pm	Tue, Thu	Oct 20-Nov 12	\$99.20
96234	11:55am-12:25pm	Sat	Nov 07-Dec 19	\$74.40
96235	11:55am-12:25pm	Sun	Nov 08-Dec 20	\$74.40
96232	5:10- 5:40pm	Tue, Thu	Nov 17-Dec 17	\$99.20

### YOUTH LEVEL 1 SWIM LESSON

96237	5:10- 5:40pm	Mon, Wed	Sep 21-Oct 14	\$99.20
96242	4- 4:30pm	Tue, Thu	Sep 22-Oct 15	\$99.20
96244	5:10- 5:40pm	Tue, Thu	Sep 22-Oct 15	\$99.20
96246	9- 9:30am	Sat	Sep 26-Oct 31	\$74.40
96248	11:55am-12:25pm	Sat	Sep 26-Oct 31	\$74.40
96251	9:35-10:05am	Sun	Sep 27-Nov 01	\$74.40
96252	10:10-10:40am	Sun	Sep 27-Nov 01	\$74.40
96238	5:10- 5:40pm	Mon, Wed	Oct 19-Nov 11	\$99.20
96243	4- 4:30pm	Tue, Thu	Oct 20-Nov 12	\$99.20
96245	5:10- 5:40pm	Tue, Thu	Oct 20-Nov 12	\$99.20
96249	11:55am-12:25pm	Sat	Nov 07-Dec 19	\$74.40
96250	9- 9:30am	Sat	Nov 07-Dec 19	\$74.40
96253	10:10-10:40am	Sun	Nov 08-Dec 20	\$74.40
96254	9:35-10:05am	Sun	Nov 08-Dec 20	\$74.40
96239	5:10- 5:40pm	Mon, Wed	Nov 16-Dec 16	\$99.20
96240	5:10- 5:40pm	Tue, Thu	Nov 17-Dec 17	\$99.20
96241	4- 4:30pm	Tue, Thu	Nov 17-Dec 17	\$99.20

### YOUTH LEVEL 2 SWIM LESSONS

96256	5:45- 6:15pm	Mon, Wed	Sep 21-Oct 14	\$94.40
96262	5:45- 6:15pm	Tue, Thu	Sep 22-Oct 15	\$94.40
96264	9:35-10:05am	Sat	Sep 26-Oct 31	\$70.80
96266	10:45-11:15am	Sun	Sep 27-Nov 01	\$70.80
96267	11:55am-12:25pm	Sun	Sep 27-Nov 01	\$70.80
96257	5:45- 6:15pm	Mon, Wed	Oct 19-Nov 11	\$94.40
96263	5:45- 6:15pm	Tue, Thu	Oct 20-Nov 12	\$94.40
96265	9:35-10:05am	Sat	Nov 07-Dec 19	\$70.80
96268	11:55am-12:25pm	Sun	Nov 08-Dec 20	\$70.80
96269	10:45-11:15am	Sun	Nov 08-Dec 20	\$70.80
96258	5:45- 6:15pm	Mon, Wed	Nov 16-Dec 16	\$94.40
96259	5:45- 6:15pm	Tue, Thu	Nov 17-Dec 17	\$94.40

## Bellevue Aquatic Center Registration Dates:

Programs listed in **PLAIN TYPFACE**:

**Resident:** August 3/

**Non-Resident:** August 12

Programs listed in **UNDERLINE**:

**Resident:** October 12/ **Non-Resident:** October 21

### YOUTH LEVEL 3 SWIM LESSON

96270	6:20- 6:50pm	Mon, Wed	Sep 21-Oct 14	\$94.40
96273	10:10-10:40am	Sat	Sep 26-Oct 31	\$70.80
96275	9- 9:30am	Sun	Sep 27-Nov 01	\$70.80
96276	9:35-10:05am	Sun	Sep 27-Nov 01	\$70.80
96271	6:20- 6:50pm	Mon, Wed	Oct 19-Nov 11	\$94.40
96274	10:10-10:40am	Sat	Nov 07-Dec 19	\$70.80
96277	9- 9:30am	Sun	Nov 08-Dec 20	\$70.80
96278	9:35-10:05am	Sun	Nov 08-Dec 20	\$70.80
96272	6:20- 6:50pm	Mon, Wed	Nov 16-Dec 16	\$94.40

### YOUTH LEVEL 4 SWIM LESSONS

96279	4- 4:30pm	Mon, Wed	Sep 21-Oct 14	\$94.40
96282	4:35- 5:05pm	Tue, Thu	Sep 22-Oct 15	\$94.40
96285	9- 9:30am	Sat	Sep 26-Oct 31	\$70.80
96286	10:10-10:40am	Sat	Sep 26-Oct 31	\$70.80
96291	11:55am-12:25pm	Sun	Sep 27-Nov 01	\$70.80
96292	9- 9:30am	Sun	Sep 27-Nov 01	\$70.80
96280	4- 4:30pm	Mon, Wed	Oct 19-Nov 11	\$94.40
96283	4:35- 5:05pm	Tue, Thu	Oct 20-Nov 12	\$94.40
96287	10:10-10:40am	Sat	Nov 07-Dec 19	\$70.80
96288	9- 9:30am	Sat	Nov 07-Dec 19	\$70.80
96289	9- 9:30am	Sun	Nov 08-Dec 20	\$70.80
96290	11:55am-12:25pm	Sun	Nov 08-Dec 20	\$70.80
96281	4- 4:30pm	Mon, Wed	Nov 16-Dec 16	\$94.40
96284	4:35- 5:05pm	Tue, Thu	Nov 17-Dec 17	\$94.40

### YOUTH LEVEL 5 SWIM LESSONS

96293	4:35- 5:05pm	Mon, Wed	Sep 21-Oct 14	\$94.40
96296	9:35-10:05am	Sat	Sep 26-Oct 31	\$70.80
96297	11:55am-12:25pm	Sat	Sep 26-Oct 31	\$70.80
96300	11:20-11:50am	Sun	Sep 27-Nov 01	\$70.80
96294	4:35- 5:05pm	Mon, Wed	Oct 19-Nov 11	\$94.40
96298	11:55am-12:25pm	Sat	Nov 07-Dec 19	\$70.80
96299	9:35-10:05am	Sat	Nov 07-Dec 19	\$70.80
96301	11:20-11:50am	Sun	Nov 08-Dec 20	\$70.80
96295	4:35- 5:05pm	Mon, Wed	Nov 16-Dec 16	\$94.40

### YOUTH LEVEL 6 SWIM LESSONS

96302	6:20- 6:50pm	Mon, Wed	Sep 21-Oct 14	\$94.40
96305	11:20-11:50am	Sat	Sep 26-Oct 31	\$70.80
96307	9:35-10:05am	Sun	Sep 27-Nov 01	\$70.80
96308	11:55am-12:25pm	Sun	Sep 27-Nov 01	\$70.80
96303	6:20- 6:50pm	Mon, Wed	Oct 19-Nov 11	\$94.40
96306	11:20-11:50am	Sat	Nov 07-Dec 19	\$70.80
96309	11:55am-12:25pm	Sun	Nov 08-Dec 20	\$70.80
96310	9:35-10:05am	Sun	Nov 08-Dec 20	\$70.80
96304	6:20- 6:50pm	Mon, Wed	Nov 16-Dec 16	\$94.40

### PRE-COMPETITION SWIM LESSONS

96320	6:20- 6:50pm	Tue, Thu	Sep 22-Oct 15	\$94.40
96323	10:45-11:15am	Sat	Sep 26-Oct 31	\$70.80
96325	9- 9:30am	Sun	Sep 27-Nov 01	\$70.80
96321	6:20- 6:50pm	Tue, Thu	Oct 20-Nov 12	\$94.40
96324	10:45-11:15am	Sat	Nov 07-Dec 19	\$70.80
96326	9- 9:30am	Sun	Nov 08-Dec 20	\$70.80
96322	6:20- 6:50pm	Tue, Thu	Nov 17-Dec 17	\$94.40

## After-School Programs

### KID-ZONE GAMES DROP-IN

This is a drop-in after-school program for youth and teens at Crossroads Community Center. Join the fun in our games room! Activities include: table tennis, billiards, air hockey, foosball, and other games. All kids under 7 need to be accompanied by an adult. All teens must still be in high school. Does not require registration.

FREE

Age: 7Y - 18Y

Crossroads Community Center

2:30- 5:30pm Mon-Fri Ongoing  
1-5:30pm Wed Ongoing

### CREATIVE KIDS AFTER SCHOOL ART PROGRAM

Enhance your child's creativity while enjoying the beautiful setting of the Northwest Arts Center. Activities include time spent in both indoor and outdoor settings. Children will explore a variety of art & craft mediums, painting, three dimensional art, collage, pottery, and more. Participant must be in 2nd - 5th grade. Staff will provide walking transportation from Clyde Hill Elem. to the Northwest Arts Center. For more information call 425 452-4106. Min 10/Max 15

Northwest Arts Center

\$150(R) \$180(N) Age: 7Y - 11Y

96348 12:30- 3pm Wed Sep 30-Nov 04

\$100(R) \$120(N) Age: 7Y - 11Y

96349 12:30- 3pm Wed Nov 18-Dec 16



### WILDERNESS WEDNESDAYS

Out of school early and looking for an adventure? Join our expert guides as we explore the many trails that lie within the city limits and beyond. Come prepared to be outdoors in all weather. Outdoor gear and equipment is available. Min 5/Max 12

Highland Community Center

\$10			Age: 10Y - 14Y
95960	1:30-4:30pm	Wed	Sep 16
95961	1:30-4:30pm	Wed	Sep 30
95962	1:30-4:30pm	Wed	Oct 14
95963	1:30-4:30pm	Wed	Oct 28

### SCHOOLS OUT ADVENTURE FIELD TRIPS

When schools out for holidays come on a full day adventure with us! We will be heading out for an action packed day of hiking and rock climbing. We will check out nearby trails in the morning then head to a local rock climbing gym and climb new routes all afternoon. Trips are planned on Bellevue School District holidays and will leave from Highland Community Center. Please pack lunch, snacks, water and dress for the weather. For more information contact csabochik@bellevuewa.gov or call 425-452-6883 Min 5/Max 12

Highland Community Center

\$45			Age: 10Y - 14Y
95964	9am-3pm	Fri	Oct 09
95965	9am-3pm	Wed	Nov 11
95966	9am-3pm	Tue	Dec 22

## Art & Craft Programs for Adults

### ART IN NATURE EXHIBITS

The ability to interpret nature through art is an extraordinary talent. These exhibits will display artists' work in the Visitor Center. New artwork will be featured throughout the year. Come, be inspired.

**WHEN:** Facility Hours

**WHERE:** Mercer Slough Environmental Education Center and Lewis Creek Visitor Center.

**COST:** Free

### SOUTH BELLEVUE STITCHERS

Crochet or knit a project of your own or one for charity in a fun group. Learn a new craft or increase your skill level. Min 4/Max 20

South Bellevue Community Center

FREE			Age: 18Y and up
89660	10am-12pm	Fri	Sep 04-Dec 18

### SUMI PAINTING GROUP

Join others as they practice the Art of Sumi Painting. Sumi means 'ink painting' in Japanese and is an art medium that dates back some six thousand years. New to Sumi? Others will be happy to share their knowledge and love of the art form. Other water-based mediums are also welcome to join. Min 5/Max 10

South Bellevue Community Center

\$15.50(R)	\$18.50(N)	Age: 18Y and up
89673	10:30am-1:30pm	Mon Sep 14-28
89676	10:30am-1:30pm	Mon Dec 07-21
\$20.50(R)	\$24.50(N)	Age: 18Y and up
89674	10:30am-1:30pm	Mon Oct 05-26
\$25.50(R)	\$30.50(N)	Age: 18Y and up
89675	10:30am-1:30pm	Mon Nov 02-30

### GLASS FUSION

Combine the elements of 'Fire and Ice' to create fabulous jewel-like art pieces. Glass Fusion provides through step-by-step instruction, the basics of glass art. Projects include small jewelry pieces, plates, platters, candle holders and much more. Materials included. Accommodations provided for people with disabilities. Min 6/Max 9

Northwest Arts Center

\$225(R)	\$265(N)	Age: 18Y and up
93276	10-11:30am	Thu Sep 17-Nov 05

### STONEWARE CREATIONS

Stoneware Creations provides an introduction for beginning & intermediate students to hand-building and wheel throwing stoneware. Various and seasonal subject matter included as design inspirations for practical and decorative art work. Class fee includes supplies and firing. Accommodations provided for people with disabilities. Min 6/Max 9

Northwest Arts Center

\$225(R)	\$265(N)	Age: 18Y and up
93277	12:30-2:30pm	Thu Sep 17-Nov 05

### PAINTED HOLIDAY GOURDS

Create lovely gourd decorations or centerpieces for your holiday table. All materials provided. Bring snacks, sack lunch and beverages. All levels welcome. This is an integrated and adaptive class for adults with intellectual disabilities.

Northwest Arts Center

\$35(R)	\$45(N)	Age: 18Y and up
96385	10am-3pm	Thu Nov 12

### HOLIDAY ORNAMENTS AND DECORATIONS

Great gifts for the holidays using porcelain, glass and other materials. All supplies included. Bring snacks, a sack lunch and beverages. All levels welcome in this class. This is an integrated program, to include adults living with intellectual disabilities.

Northwest Arts Center

\$35(R)	\$45(N)	Age: 18Y and up
96386	10am-3pm	Thu Nov 19

## Programs for Youth

### CHILDREN'S POTTERY STUDIO

In a fun and supportive environment, The Pottery Studio will introduce the pottersto the ancient art of pottery construction. The possibilities of turning clay into a piece of treasured art is limitless! Hand and wheel building, sculpting, coil construction and glazing will be introduced. Supply and firing fee included in price of class. Min 7/Max 8

Northwest Arts Center

\$170(R)	\$204(N)	Age: 6Y - 11Y
95039	4-5:30pm	Thu Sep 17-Nov 05
95040	10-11:30am	Sat Sep 19-Nov 07



# Get Fit and Get Healthy

## MASSAGE THERAPY/ TUNE UP YOUR BODY !

Relieve aches and pains. Experience a sense of balance and well-being. Move with greater comfort and ease. Elizabeth Strauss is a Licensed Massage Practitioner and Registered Jin Shin Do® Acupressurist, trained to work with older adults. All ages welcome. For a 30 min. session, please reserve one slot; for a 1 hour session please reserve two consecutive slots. Appointments are available the first Monday of each month. Call 425-452-7681 to make an appointment.  
North Bellevue Community Center

## HEALTH - FOOTCARE

Chris Egan, RN will trim toe nails by appointment. This service is geared for older adults and/or diabetics who need assistance with this task. Fee is \$30 payable by cash or check the day of the appointment. Call 425-452-7681 to make an appointment. North Bellevue Community Center

## REFLEXOLOGY

Feel better and more healthy with this unique therapy that is "more than a foot massage." 55 min \$64(R)/\$77(N). 1st & 3rd Tuesdays at North Bellevue Community Center. Call 425-452-7681 to make an appointment.

## DENTAL HYGIENE SERVICES

Healthy Smiles Inc. will be offering affordable dental hygiene services for people 50 years and older. Your visit will include full service teeth and denture cleaning, fluoride application, measuring of gum pockets, oral cancer screening, and referral to local dentist if needed. One hour appointments available the 4th Monday each month from 9am to 4:30pm at the North Bellevue Community Center 425 452-7681. NOTE: Cancellations happen, please utilize the waitlist option.



## SHAPE UP FALL PREVENTION CAMPAIGN

Exercise is proven to help and maintain balance and reduce falls. In partnership with King County EMS, we are pleased to announce a unique opportunity for anyone 50 years or better to get started in a new fitness program. North Bellevue Community Center is offering a \$10 discount for anyone who is new to our fitness programs, has not taken part in one of our fitness programs in the last 3 months, a returning student signing up for a new fitness class, or a returning student who is bringing a friend who has never taken one of our fitness programs. When you are signing up for a fitness class just look for the ShapeUp! logo and mention the discount. Classes are safe, affordable, and led by knowledgeable, certified instructors. Call the North Bellevue Community Center at 425-452-7681 more information and details.

## Aerobics & Conditioning

### ENHANCE FITNESS

This low impact aerobics class is designed to give you the maximum amount of cardiovascular exercise with a minimum amount of wear and tear on your body. This class is offered in conjunction with Group Health. If you are a Group Health Clear Care HMO Plan member, there is no charge for this class. All you need to do is sign in each day you attend. Ask us for details. Min 10/Max 30

North Bellevue Community Center  
 \$36(R) \$44(N) Age: 50Y and up  
 95770 9-10am Tue, Thu-Fri Sep 01-29  
 \$39(R) \$47(N) Age: 50Y and up  
 95771 9-10am Thu-Fri, Tue Oct 01-30  
 \$28(R) \$34(N) Age: 50Y and up  
 95772 9-10am Tue, Thu-Fri Nov 03-24  
 \$29(R) \$30(N) Age: 50Y and up  
 95773 9-10am Tue, Thu-Fri Dec 01-18

## ADULT SMALL GROUP TRAINING WITH SARA

This small group training class will help you achieve your fitness goals. Workouts will be individualized to meet each individuals' needs and fitness level. Sara will provide support, encouragement, and accountability to help you reach new heights in health and wellness. Min 1/Max 5

South Bellevue Community Center  
 \$140(R) \$175(N) Age: 15Y and up  
 94204 7:10- 8pm Mon Sep 14-Oct 26  
 94205 7:10- 8pm Mon Nov 02-Dec 14

## POST-REHAB STRENGTH AND CONDITIONING

This class is designed to rebuild your balance and core stability after injury or illness. It is geared toward those who are recovering from injuries and are returning to physical activity, or those who suffer from chronic or reoccurring injuries. It is focused on developing and regaining core strength and stability through exercises using body weight resistance, resistance bands, and balance equipment. Exercises will be adaptable to accommodate for injuries and fitness levels. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 2/Max 10

South Bellevue Community Center  
 \$84(R) \$96(N) Age: 18Y and up  
 90260 9:15-10:15am Tue, Thu Sep 22-Oct 29  
 \$91(R) \$104(N) Age: 18Y and up  
 90261 9:15-10:15am Tue, Thu Nov 03-Dec 17

## STRONG & FIT SENIORS/ADULTS

This group fitness program taught by certified personal trainers, provides education on improving overall functional fitness using a variety of equipment and a varied routine while accommodating individual needs and limitations. Participants will improve strength, balance, coordination, posture, flexibility, core strength, and aerobic conditioning while participating in a fun, safe, social, and supportive atmosphere. A Flex Card is available for this class. To join this class during a session, call the South Bellevue Community Center at (425) 452-4240. Min 8/Max 20

South Bellevue Community Center  
 \$42(R) \$50(N) Age: 18Y and up  
 90330 10:15-11:15am Mon, Wed Sep 14-30  
 \$55(R) \$66(N) Age: 18Y and up  
 90331 10:15-11:15am Mon, Wed Oct 05-28  
 90332 10:15-11:15am Mon, Wed Nov 02-30  
 90333 10:15-11:15am Wed, Mon Dec 02-23



## Body & Mind

### BARRE CLASS

Karan's Barre Class draws from the best parts of barre, yoga, dance, and Pilates to produce a breakthrough workout that will knock your leg warmers off. Every step has been meticulously designed to build strength, endurance, and grace, while also creating longer and leaner muscles that are far more resistant to injury. All this, while having fun! In a remarkably brief time, this class will give you significant improvement in flexibility, strength, resilience, posture, energy, stamina, and balance. A Flex Card is available for this class. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 4/Max 20

South Bellevue Community Center			
\$140(R)	\$168(N)	Age: 13Y and up	
90001	6:15-7:15pm	Tue, Thu	Sep 15-Oct 29
\$84(R)	\$100(N)	Age: 13Y and up	
90011	6:15-7:15pm	Tue	Sep 15-Oct 27
90012	6:15-7:15pm	Thu	Sep 17-Oct 29
90015	6:15-7:15pm	Tue	Nov 03-Dec 15
\$130(R)	\$156(N)	Age: 13Y and up	
90014	6:15-7:15pm	Tue, Thu	Nov 03-Dec 17
\$72(R)	\$86(N)	Age: 13Y and up	
90013	6:15-7:15pm	Thu	Nov 05-Dec 17

### PILATES

This instructional class focuses on correct form/postural alignment, strengthening 'core' muscles, increasing body awareness and improving balance and flexibility. We combine pilates with yoga and barre exercises using bands, balls and small weights. All fitness levels welcome. 3 payment options: full class session, 5-class Flex Card, or single class drop-in. To register during a session call South Bellevue Community Center at (425) 452-4240. Min 5/Max 20

South Bellevue Community Center			
\$88(R)	\$105(N)	Age: 13Y and up	
90242	9:15-10:15am	Fri	Sep 11-Oct 30
90243	7-8pm	Mon	Nov 02-Dec 21
\$77(R)	\$92(N)	Age: 13Y and up	
90241	7-8pm	Mon	Sep 14-Oct 26
\$66(R)	\$80	Age: 13Y and up	
90244	9:15-10:15am	Fri	Nov 06-Dec 18

### PURNA YOGA CLASSES

Students gain flexibility, strength and coordination by focusing on correct alignment while using props to make each pose accessible. Classes help each student feel more centered and peaceful while developing a deeper relationship with body, mind and spirit. With 2000 hours of teacher training, your Certified Purna Yoga teacher has a wealth of knowledge to share with you. All levels classes welcome beginning and experienced students to learn and to expand their knowledge of yoga poses. Wear comfortable clothing and bring a yoga mat to class if you have one. Additional props will be provided. A Flex Card is available for this class. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 4/Max 24

South Bellevue Community Center			
\$24(R)	\$28(N)	Age: 13Y and up	
90275	7:15-8:30pm	Thu	Sep 03-10
\$60(R)	\$72(N)	Age: 13Y and up	
90277	7:15-8:30pm	Tue	Sep 15-Oct 13
90276	7:15-8:30pm	Thu	Sep 17-Oct 15
90292	7:15-8:30pm	Tue	Oct 20-Nov 17
90291	7:15-8:30pm	Thu	Oct 22-Nov 19
\$36(R)	\$42(N)	Age: 13Y and up	
90284	7:15-8:30pm	Tue	Dec 01-15
90293	7:15-8:30pm	Thu	Dec 03-17

### PURNA YOGA LEVEL 2

Focusing on correct alignment while using props to make each pose accessible, students gain flexibility, strength and coordination. Purna Yoga also helps each student feel more centered and peaceful as you learn to develop a new relationship with your body, mind and spirit. With 2000 hours of teacher training, your teacher has a wealth of knowledge to share with you. The Level 2 classes welcome experienced students to expand their knowledge of the yoga poses. Students should bring a yoga mat to class. Additional props will be furnished. A Flex Card is available for this class. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 1/Max 30

South Bellevue Community Center			
\$48(R)	\$58(N)	Age: 13Y and up	
90303	11:45am-1pm	Sun	Sep 06-27
\$60(R)	\$72(N)	Age: 13Y and up	
90304	11:45am-1pm	Sun	Oct 04-Nov 01
\$72(R)	\$86(N)	Age: 13Y and up	
90305	11:45am-1pm	Sun	Nov 08-Dec 20

### GENTLE YOGA BY WENDY

Easy yoga is adapted for seniors and others who need the gentle approach. Yoga can provide many benefits. The class will adapt to accommodate all levels of experience and ability. Min 4/Max 30

North Bellevue Community Center			
\$24(R)	\$30(N)	Age: 18Y and up	
95281	10:30-11:30am	Thu	Sep 03-17
95280	10:30-11:30am	Mon	Sep 14-28
95800	10:30-11:30am	Mon	Nov 02-30
95798	10:30-11:30am	Thu	Dec 03-17
\$40(R)	\$50(N)	Age: 18Y and up	
95796	10:30-11:30am	Thu	Oct 01-29
\$32(R)	\$40(N)	Age: 18Y and up	
95799	10:30-11:30am	Mon	Oct 05-26
\$16(R)	\$20(N)	Age: 18Y and up	
95797	10:30-11:30am	Thu	Nov 05-19
95801	10:30-11:30am	Mon	Dec 07-14

### SILVER SNEAKERS CLASSIC

Fitness for all ages! This one-hour exercise provides you with an opportunity to work on light toning, balancing, and stretching. Strengthen with light weights, tubing, and fitness balls to work on your upper and lower body. This is a perfect class for mature participants, or for those who want a lighter workout. Proper technique and forms are emphasized to create a workout that is fun, safe, and effective.

North Bellevue Community Center			
\$40(R)	\$48(N)	Ages: 18Y and up	
96518	11-12am	Mon/Wed	Sep 02-Sep 14
96519	11-12am	Mon/Wed	Oct 05-Nov 04
96520	11-12am	Mon/Wed	Nov 02-Dec 02
96517	11-12am	Mon/Wed	Dec 02-Jan 04



HEALTHWAYS  
**SilverSneakers**<sup>®</sup>  
FITNESS

**NEW: SILVER SNEAKERS AT NORTH BELLEVUE COMMUNITY CENTER**

Call the North Bellevue Community Center at 425-452-7681 for more information.



### HATHA YOGA

Join Maude Pauletto at the Northwest Arts Center for a gentle approach to increase your strength and flexibility. This class is adaptable for all levels of Yoga experience. Participants will learn balancing poses, deep stretching and a calm mind and body through deep breathing exercises. Wear comfortable clothing. Bring water and yoga mat. Class is for ages 18 and above. Please do not bring children to class. Instructor: Maude Pauletto Min 8/Max 10

Northwest Arts Center

\$120(R)	\$144(N)	Age: 18Y and up
90501	3:30- 4:30pm	Tue, Thu Oct 27-Dec 17
\$66(R)	\$79(N)	Age: 18Y and up
90502	3:30- 4:30pm	Tue Oct 27-Dec 15
90503	3:30- 4:30pm	Thu Oct 29-Dec 17

### YOGA FOR ADULTS 50+

Join us to find out why world-class athletes like Martina Navratilova say about yoga 'I love the way it makes me feel physically and mentally, both while I am doing it and afterward. Yoga combines core strength and spine flexibility...I believe that yoga is keeping me young and flexible, especially in my back.' Each class offers poses for stretching, active strengthening and deep relaxing. We focus on alignment for joint safety and use props to make poses accessible for many levels of experience and to help you progress individually. Benefits include: improved strength, flexibility and balance; reduced tension and worry; better bone, joint and weight health; increased mental clarity with an overall feeling of well-being. Wear comfortable clothing and bring a yoga mat if you have one. Min 4/Max 24

South Bellevue Community Center

\$60(R)	\$72(N)	Age: 13Y and up
95949	11:15am-12:30pm	Tue Sep 15-Oct 13
95950	11:15am-12:30pm	Tue Oct 20-Nov 17
\$36(R)	\$42(N)	Age: 13Y and up
95951	11:15am-12:30pm	Tue Dec 01-15

## Active Fitness

### GOURMET BIKERS

Join other seniors and set aside Wednesdays for a day of low-impact exercise, fun, fellowship and lunch. We will start our rides around 10am and bike for 12-15 miles for lunch and return. We will ride on flat bike trails and low traffic roadways. As our confidence builds, we will plan trips to the tulip fields, lavender fields, and maybe even and winery trip. Riders must provide their own bicycle and helmet. Contact Judy at 425-378-0645 if you are interested. Min 1/Max 50

### CYCLE/STRETCH

Join us for this new fusion class of beginner level indoor cycling and flexibility exercises. Class is specifically designed for those brand new to indoor cycling including: older adults, participants new to exercise, and overweight or de-conditioned participants. Come with your 'Can Do!' attitude and we will nurture you and teach you everything you need to know for success in this program. Increase cardiovascular fitness to ward off disease and increase flexibility for activities of daily living. Bring a standard size water bottle and a towel. Padded bike shorts or a gel seat cover are helpful. A Flex card is available for this class. To register during a session, call South Bellevue Community Center at 425-452-4240. Min 6/Max 15

South Bellevue Community Center

\$98(R)	\$118(N)	Age: 13Y and up
95971	10:35-11:35am	Tue, Thu Sep 15-Oct 29
\$91(R)	\$109(N)	Age: 13Y and up
95972	10:35-11:35am	Tue, Thu Nov 03-Dec 17



### INDOOR GROUP CYCLING

Come ride our LeMond RevMaster Classic Bikes and get a serious aerobic workout while burning approximately 600+ calories per class. Your instructor and motivating music will entertain you as you 'climb hills', 'race' along on flat terrain, and challenge your leg muscles for strength and tone. All fitness levels welcome because you control your pace. A Flex Card is available for this class. To register during a session call South Bellevue Community Center (425) 452-4240. Please arrive 10 minutes early on day one for a bike fit. Bring a bike-style water bottle & towel. Wear stiff soled shoes or SPD cycle shoes, padded shorts, and heart rate monitor if you have them. Dress in layers...you will get hot! Min 3/Max 8

South Bellevue Community Center

\$84(R)	\$100(N)	Age: 13Y and up
90103	7:15- 8:15pm	Mon, Wed Sep 14-Oct 28
90134	6- 7am	Mon, Wed Sep 14-Oct 28
\$49(R)	\$59(N)	Age: 13Y and up
90110	6- 7am	Mon Sep 14-Oct 26
90120	7:15- 8:15pm	Mon Sep 14-Oct 26
90107	7:15- 8:15pm	Wed Sep 16-Oct 28
90111	6- 7am	Wed Sep 16-Oct 28
90122	6- 7am	Mon Nov 02-Dec 14
90127	7:15- 8:15pm	Mon Nov 02-Dec 14
\$72(R)	\$86(N)	Age: 13Y and up
90104	7:15- 8:15pm	Mon, Wed Nov 02-Dec 16
90123	6- 7am	Mon, Wed Nov 02-Dec 16
\$35(R)	\$42(N)	Age: 13Y and up
90121	6- 7am	Wed Nov 04-Dec 16
90128	7:15- 8:15pm	Wed Nov 04-Dec 16



### FREE THANKSGIVING DAY INDOOR CYCLE CLASSES

Burn 600+ calories before your feast! Classes will be held at South Bellevue Community Center. Class times Thursday Nov 26th are: 7am, 8:15am, or 9:30am. FREE with a Target or Fred Meyer Gift card to purchase holiday gifts for disadvantaged kids in the Boys and Girls Clubs of Bellevue at SBCC. Bring water and a towel. Pedals are SPD compatible. Pre-registration is required at 425-452-4240. Ages 13+ and all fitness levels are welcome!

# Personal Training & Fitness Centers

## PERSONAL TRAINING

*Appointments can be scheduled by contacting the trainers directly.*

Personal Training is a life-changing investment in your health. A certified fitness professional will assess your physical strengths and weaknesses and will create a personalized workout aimed at achieving your goals. You will be taught how to exercise safely and correctly, encouraged, motivated, and held accountable. You will work harder and smarter with a coach to get the results that you questioned were possible.

All personal trainers look forward to meeting with you for a FREE 30 minute consultation. We invite you to call or email them directly.

A Health History Questionnaire must be completed prior to your first exercise session. The form is available on our website or from your trainer at the consultation. A Physician Consent may be required based upon health history.

Youth ages 10-15 may work with a trainer with a parent/guardian present for the initial appointment.

### Personal Training Rates

30 minutes - \$33 for 1 person  
45 minutes - \$46 for 1 person  
55 minutes - \$55 for 1 person, \$80 for 2 people, \$105 for 3 people. For a FREE 30 MINUTE CONSULTATION or questions email or call one of our three trainers.

### FREE Fitness Assessments

Blood Pressure readings and Body Composition Analysis with calipers are available complimentary on weekdays at SBCC. Give a quick call to the Fitness Center staff to confirm staff availability 425-452-4240.

### Youth Privileges

We welcome 10-12yr olds to exercise in the Fitness Center. Students may use only the cardio equipment and must be accompanied by an adult. Other requirements include a doctor's note, age verification, a waiver signed by youth and adult, and attendance by both the youth and adult at a Youth Orientation.

## MEET OUR PERSONAL TRAINERS



**Sara Grandstrand, MS, ATC/L, CSCS**  
Grandstrand Athletic Training  
**Phone:** 425-765-8980  
**Email:** sara.atc@gmail.com



Sara is a certified athletic trainer and certified strength and conditioning specialist with a degree in exercise science and athletic training from Pacific Lutheran University and a master's degree in exercise and sports studies from Boise State University. She has experience in a variety of sports medicine related settings including athletic training, biomechanics, performance enhancement and rehabilitation. She is also the head athletic trainer for Interlake High School in Bellevue. Sara has a passion for injury prevention, corrective exercise, and return to play training. She enjoys working with youth and adults of all ability levels to improve their quality of life through exercise.

**Diane DeFuria, LMP, NSCA-CPT**  
**Phone:** 425-221-0070  
**Email:** ddefuria@msn.com



Diane infuses her cutting-edge approach with a remarkable blend of experience, knowledge, and warmth. She has garnered rave reviews for the unique way in which she leads people to dramatically upgrade their quality of life by making their bodies and minds stronger and more flexible. Her background includes more than 20 years as a licensed massage therapist, giving her an encyclopedic understanding of what a body needs in order to be healthy, fit, and youthful - regardless of age!

**Diane Price,**  
DC, LMP, NCSF-CPT, American Red Cross Instructor  
**Phone:** 425-691-7594  
**Email:** diane.price@outlook.com



Diane is a Personal Trainer as well as a Doctor of Chiropractic and a Licensed Massage Therapist. She practiced and operated a Chiropractic and Massage Therapy clinic for 16 years and completed a 300+ hour post-graduate program on exercise rehabilitation. Additionally, Diane is affiliated with Weight Watchers and she has assisted hundreds of people to obtain their weight loss goals! She believes that everyone, at any age, is able to improve themselves both physically and nutritionally. She is an avid fitness participant and has always enjoyed helping people improve their health, reach their goals, and be the best that they can be!



## HOLIDAY STUDENT SPECIAL

**6-week pass available: \$25(R) \$30(N)**

Stay fit and active through the holidays! Students age 18-23 are eligible for a 6-week Fitness Center pass, available starting Thanksgiving week and good for 6-weeks once activated. For more information, contact South Bellevue Community Center, 425-452-4240.

## Fitness Centers at North and South Bellevue Community Centers

The Fitness Centers feature state of the art treadmills, bikes, elliptical trainers, weight training machines and free weights. The Fitness Center is designed for adult use, as well as teens, ages 10+, with direct adult supervision, or 16+ with parent permission. Please plan on attending one of the free, drop-in one hour orientation classes before your first exercise visit.

Call 425-452-7681 for North Bellevue or 425-452-4240 for South Bellevue Fitness Center orientation days and times. 10-12 year old youth may use the cardio equipment only. Contact us for policies and procedures related to use.

**Included in South Bellevue Community Center Fitness Center fees:** Gymnasium (scheduled drop-in sports including basketball, pickleball and badminton), Fitness Center (cardio/weights), locker rooms, assistance from staff, and orientation.

**Included in North Bellevue Community Center Fitness Center fees:** Fitness Center (cardio/weights), assistance from staff, and orientation. **Now accepting Silver Sneakers members!**

### Fitness Center Fees

Visit our Website for the current Fitness Center fees:

**North Bellevue Community Center**  
[bellevuewa.gov/10595.htm](http://bellevuewa.gov/10595.htm)

**South Bellevue Community Center**  
[bellevuewa.gov/sbcc-fitness-center.htm](http://bellevuewa.gov/sbcc-fitness-center.htm)

## Bellevue Fire Department CPR Training Programs

The Bellevue Fire Department offers citizen CPR/AED classes that follow the American Heart Association's Heartsaver CPR curriculum. Pre-registration is required for all classes. Please call 425-452-6885 to register.

Business group classes are also available at your location for groups of 6 or more. Please call 425-452-7673 for more information.

### INFANT CPR

The hands on Infant CPR course teaches CPR and choking intervention for infants from birth to one year of age. Skills test required for course completion card. The course is 3 hours in length. Please call 425-452-7673 for more information. Min 6/Max 10

Fire Station #1

\$35  
 90988 7-10pm Thu Sep 17  
 90989 7-10pm Thu Nov 19

Age: 14Y and up

### HEARTSAVER CPR AED CLASS FOR ADULTS/CHILDREN

The Adult/Child CPR hands-on course teaches warning signs of heart attack and stroke, CPR, AED and relief of choking for adult and child victims (1 to 8 years of age). Skills test required for course completion card. The course is 3 hours in length. Please call 425-452-7673 for more information. Min 6/Max 10

Fire Station #1

\$40

90975	7-10pm	Tue	Aug 18
90976	7-10pm	Thu	Sep 10
90977	7-10pm	Tue	Sep 22
90978	7-10pm	Thu	Oct 08
90979	7-10pm	Tue	Oct 20
90980	7-10pm	Thu	Nov 05
90981	7-10pm	Tue	Nov 17
90982	7-10pm	Thu	Dec 03
90983	7-10pm	Tue	Dec 15

Age: 14Y and up

# jazzercise®

## NORTHWEST ARTS CENTER & HIDDEN VALLEY SPORTS PARK

9825 NE 24TH ST • 425-452-4106  
 1905 112TH AVE NE

Morning and evening sessions available throughout the week. For more information, visit [www.jazzercise.com](http://www.jazzercise.com) or call Lori Hollow - 206-232-2608.

## NORTH BELLEVUE COMM. CTR.

4063 148TH AVE NE • 425-452-7681

Morning and evening sessions available throughout the week. For more information, call Instructor Kris Rooke @ 425-894-4111, or visit the class web page at [www.jazzwithkris.com](http://www.jazzwithkris.com)

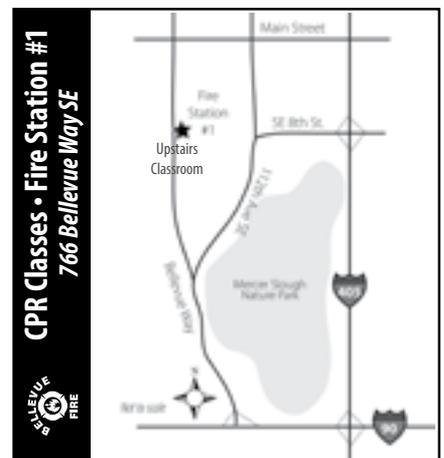
## SOUTH BELLEVUE COMM. CTR.

14509 SE NEWPORT WAY • 425-452-4240

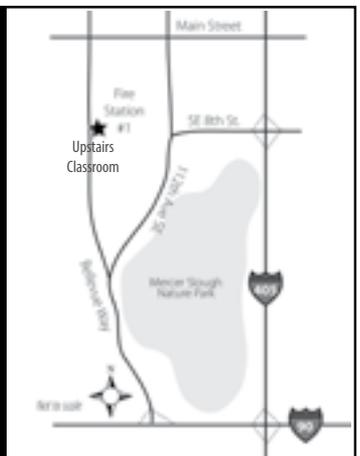
Morning sessions available throughout the week. For more info, call Phyllis at 425-814-2134 or visit [www.jazzfitness.net](http://www.jazzfitness.net).

**New student specials are available!**  
**Contact instructors directly for details.**

Registration/payment is completed directly with Jazzercise instructor at each class location.



CPR Classes • Fire Station #1  
766 Bellevue Way SE





### TOTAL BODY FITNESS

Would you like a fun, affordable and effective way to burn stubborn body fat, get stronger, build lean muscle mass, and improve your level of fitness? Our group workouts utilize dumbbells, bands, bodyweight exercises, fun agility movements, and a variety of exercises to strengthen your core and more. Expect to sweat and have fun! Certified Personal Trainers will educate you, encourage you, and modify exercises to meet individual needs. A Flex Card is available for this class. To register during a session, call the South Bellevue Community Center at 425-452-4240. Min 6/Max 20

South Bellevue Community Center			
\$79(R)	\$94.50(N)	Age: 16Y and up	
90410	6-6:50am	Tue, Thu	Sep 01-29
90412	6-6:50am	Thu, Tue	Oct 01-29
\$35(R)	\$42(N)	Age: 16Y and up	
90413	6-6:50am	Fri	Sep 04-25
\$44(R)	\$52.50(N)	Age: 16Y and up	
90414	6-6:50am	Fri	Oct 02-30
\$52.50(R)	\$63(N)	Age: 16Y and up	
90416	6-6:50am	Tue, Thu	Nov 03-19
90393	6-6:50am	Tue, Thu	Dec 01-17
\$26(R)	\$31.50(N)	Age: 16Y and up	
90415	6-6:50am	Fri	Nov 06-20
90417	6-6:50am	Fri	Dec 04-18



### ZUMBA®

ZUMBA® is a one of a kind fitness program with easy to follow Latin rhythms designed for all fitness levels. The goal of the program is for you to love working out again and to look forward to it. This hour of calorie burning, energizing, and expressive movements brings spice back into everyone's fitness program! Bring a towel and water.

#### South Bellevue Community Center

Sign up for a 2 day a week session and Bellevue residents only pay \$6.00 a class. A Flex Card is available for this class. To join this class after the session has started, call South Bellevue Community Center (425) 452-4240. Min 8/Max 25

\$84(R)	\$100(N)	Age: 13Y and up	
90364	6-7pm	Mon, Wed	Sep 14-Oct 28
90362	10-11am	Wed	Sep 16-Oct 30
	9:15-10:15am	Fri	
\$49(R)	\$59.50(N)	Age: 13Y and up	
90371	6-7pm	Mon	Sep 14-Oct 26
90363	6-7pm	Wed	Sep 16-Oct 28
90372	10-11am	Wed	Sep 16-Oct 28
90373	9:15-10:15am	Fri	Sep 18-Oct 30
90374	6-7pm	Mon	Nov 02-Dec 14
\$78(R)	\$91(N)	Age: 13Y and up	
90365	6-7pm	Mon, Wed	Nov 02-Dec 16
\$72(R)	\$84(N)	Age: 13Y and up	
90367	10-11am	Wed	Nov 04-Dec 18
	9:15-10:15am	Fri	
\$42(R)	\$51(N)	Age: 13Y and up	
90369	6-7pm	Wed	Nov 04-Dec 16
90375	10-11am	Wed	Nov 04-Dec 16
90368	9:15-10:15am	Fri	Nov 06-Dec 18

#### Northwest Arts Center

To join this class after the session has started, call Northwest Arts Center (425) 452-4106. Min 8/Max 15

\$160(R)	\$185(N)	Age: 13Y and up	
95807	7-8pm	Fri	Sep 18-Nov 20

### BOOT CAMP WITH KARIE

In its eighth year, this fun and action packed boot camp class will get you in shape, tone your muscles, and burn calories. This class consists of cardio drills, stair climbing, strength and circuit training followed by Pilates based core work and Yoga stretches. Out of shape? No worries. Karie will work with you to modify exercises to meet your individual needs. Her students rave about their results! A Flex Card is available for this class. To register during a session call the South Bellevue Community Center at (425) 452-4240. M/W class 8:45am. T/TH class 9:15am. Sign up for ALL 4 classes a week and receive a 15% discount. Min 8/Max 25

#### South Bellevue Community Center

\$63(R)	\$75(N)	Age: 13Y and up	
90051	8:45-9:45am	Mon, Wed	Sep 14-30
90068	9:15-10:15am	Tue, Thu	Dec 01-17
\$98(R)	\$118(N)	Age: 13Y and up	
90064	8:45-9:45am	Mon, Wed	Sep 14-30
	9:15-10:15am	Tue, Thu	
90055	8:45-9:45am	Mon, Wed	Dec 01-17
	9:15-10:15am	Tue, Thu	
\$52.50(R)	\$62.50(N)	Age: 13Y and up	
90048	9:15-10:15am	Tue, Thu	Sep 15-29
90061	8:45-9:45am	Wed, Mon	Dec 02-16
\$31.50(R)	\$37.50(N)	Age: 13Y and up	
90066	9:15-10:15am	Tue	Sep 15-29
90060	9:15-10:15am	Tue	Dec 01-15
\$151(R)	\$181(N)	Age: 13Y and up	
90049	8:45-9:45am	Mon, Wed	Oct 01-29
	9:15-10:15am	Tue, Thu	
\$94.50(R)	\$112.50(N)	Age: 13Y and up	
90052	9:15-10:15am	Thu, Tue	Oct 01-29
\$84(R)	\$100(N)	Age: 13Y and up	
90054	8:45-9:45am	Mon, Wed	Oct 05-28
90058	8:45-9:45am	Mon, Wed	Nov 02-30
\$42(R)	\$50(N)	Age: 13Y and up	
90053	9:15-10:15am	Tue	Oct 06-27
90059	9:15-10:15am	Tue	Nov 03-24
\$134(R)	\$161(N)	Age: 13Y and up	
90057	8:45-9:45am	Mon, Wed	Nov 02-30
	9:15-10:15am	Tue, Thu	
\$73.50(R)	\$87.50(N)	Age: 13Y and up	
90056	9:15-10:15am	Tue, Thu	Nov 03-24



# Fitness for Youth, Teens, and Family

## SPORTBALL FITKIDS

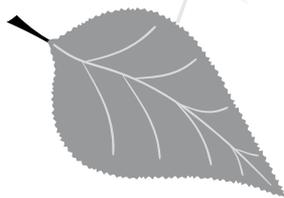
Sportball Fitkids is a fun, functional, fitness program for kids ages 6-10 to improve overall fitness with non-competitive sports instruction and health education. By incorporating age-appropriate exercises and exciting high energy games, instructed by trained and certified professionals, kids build flexibility, endurance, agility, and core strength. To register during a session, call South Bellevue Community Center at (425)452-4240. Min 4/Max 12

South Bellevue Community Center  
 \$91(R) \$109(N) Age: 6Y - 10Y  
 90317 5-5:55pm Mon Sep 14-Oct 26  
 90319 5-5:55pm Mon Nov 02-Dec 14

## OUT FIT

Get outside and enjoy time with your family while hiking and biking in Bellevue Parks! Spend one morning a month getting out and active. Hike through Lewis Creek Park, bike the Lake Hills Greenbelt and hike Coal Creek Trails. Learn the basics of hiking and biking safety as well as great trails to hike and bike right in town! Come to all three sessions and receive a special Tracks prize! Pre-registration is required. For more information contact csabochik@bellevuewa.gov or call 425 452 6883 Min 5/Max 25

Lewis Creek Park  
 \$5 Age: 3Y and up  
 Lewis Creek Park  
 95968 10-11:30am Sat Sep 12  
 Lake Hills Greenbelt  
 95969 10-11:30am Sat Oct 10  
 Coal Creek Natural Area  
 95970 10-11:30am Sat Nov 07



## Parkour

To register during a session, call the South Bellevue Community Center at (425) 452-4240.

### HOMESCHOOL PHYSICAL EDUCATION (PARKOUR)

Experience movement like never before! The fun begins with exciting warmups, games, Parkour skill training, obstacle courses and an interactive achievement system. We invite you to join our community where students are challenged to meet personal goals, gain new strengths and create strong friendships. Our coaches view movement as a life-long activity. We monitor each student's body mechanics to ensure proper movement patterns that lead to pain free movement for life. Throughout this course students will set and track goals that are individually tailored to their needs. Students will learn to rise to new challenges both mentally and physically while developing group self-awareness and self esteem. To keep parents up to date, achievement records will contain physical and social milestones, focus areas, and current skill level. To register during a session, please call South Bellevue Community Center at 425-452-4240. Min 6/Max 16

South Bellevue Community Center  
 \$46.50(R) \$55.50(N) Age: 5Y - 8Y  
 96107 12:30-1:25pm Tue Sep 15-29  
 96112 12:30-1:25pm Thu Nov 05-19  
 96113 12:30-1:25pm Tue Dec 01-15  
 96114 12:30-1:25pm Thu Dec 03-17  
 \$31(R) \$37(N) Age: 5Y - 8Y  
 96108 12:30-1:25pm Thu Sep 17-24  
 \$62(R) \$74(N) Age: 5Y - 8Y  
 96109 12:30-1:25pm Tue Oct 06-27  
 96110 12:30-1:25pm Thu Oct 08-29  
 96111 12:30-1:25pm Tue Nov 03-24  
 \$46.50(R) \$55.50(N) Age: 9Y - 13Y  
 96115 1:30-2:25pm Tue Sep 15-29  
 96120 1:30-2:25pm Thu Nov 05-19  
 96121 1:30-2:25pm Tue Dec 01-15  
 96122 1:30-2:25pm Thu Dec 03-17  
 \$31(R) \$37(N) Age: 9Y - 13Y  
 96116 1:30-2:25pm Thu Sep 17-24  
 \$62(R) \$74(N) Age: 9Y - 13Y  
 96117 1:30-2:25pm Tue Oct 06-27  
 96118 1:30-2:25pm Thu Oct 08-29  
 96119 1:30-2:25pm Tue Nov 03-24

## PARKOUR KIDS LEVEL 1

The Parkour Kids Level 1 class establishes a strong physical foundation by educating students on the six milestones of Parkour. Students develop the basic motor control, strength and skill to optimize safety. Kids class focuses on games, skill challenges, obstacles, and all out fun! To register during a session, call the South Bellevue Community Center at (425) 452-4240. Sign up for 2 classes a week and receive a 10% discount. Min 6/Max 32

South Bellevue Community Center  
 \$70(R) \$82.50(N) Age: 6Y - 12Y  
 90207 5-5:55pm Wed, Fri Sep 16-30  
 90217 5-5:55pm Wed, Fri Nov 04-20  
 \$46.50(R) \$55.50(N) Age: 6Y - 12Y  
 90211 5-5:55pm Wed Sep 16-30  
 90212 5-5:55pm Fri Nov 06-20  
 90210 5-5:55pm Wed Dec 02-16  
 90214 5-5:55pm Fri Dec 04-18  
 \$31(R) \$37(N) Age: 6Y - 12Y  
 90208 5-5:55pm Fri Sep 18-25  
 90209 5-5:55pm Wed Nov 04-18  
 \$112(R) \$132(N) Age: 6Y - 12Y  
 90202 5-5:55pm Fri, Wed Oct 02-30  
 \$62(R) \$74(N) Age: 6Y - 12Y  
 90205 5-5:55pm Fri Oct 02-30  
 90203 5-5:55pm Wed Oct 07-28  
 \$84(R) \$100(N) Age: 6Y - 12Y  
 90213 5-5:55pm Wed, Fri Dec 02-18

## PARKOUR KIDS LEVEL 2

The Parkour Kids Level 2 class welcomes students who have attended the Level 1 class and have tested up through the in-program achievement system. Level 2 provides new skill, strength, and goal challenges. Students focus on advanced Parkour techniques which require motor control, strength, power, agility, and the ability to apply it to all movement development. Focus is on games, skill challenges, strength achievements, and time trials.

To register during a session, call the South Bellevue Community Center at (425) 452-4240. Attend the Wed/Fri combo class at a 10% discount. Min 6/Max 32

South Bellevue Community Center  
 \$46.50(R) \$55.50(N) Age: 9Y - 16Y  
 96123 6-6:55pm Wed Sep 16-30  
 96130 6-6:55pm Fri Nov 06-20  
 96132 6-6:55pm Wed Dec 02-16  
 96133 6-6:55pm Fri Dec 04-18  
 \$70(R) \$82.50(N) Age: 9Y - 16Y  
 96124 6-6:55pm Wed, Fri Sep 16-30  
 96131 6-6:55pm Wed, Fri Nov 04-20  
 \$31(R) \$37(N) Age: 9Y - 16Y  
 96125 6-6:55pm Fri Sep 18-25  
 96129 6-6:55pm Wed Nov 04-18  
 \$62(R) \$74(N) Age: 9Y - 16Y  
 96127 6-6:55pm Fri Oct 02-30  
 96126 6-6:55pm Wed Oct 07-28  
 \$112(R) \$132(N) Age: 9Y - 16Y  
 96128 6-6:55pm Fri, Wed Oct 02-30  
 \$84(R) \$100(N) Age: 9Y - 16Y  
 96134 6-6:55pm Wed, Fri Dec 02-18

# Martial Arts

## TAI CHI- WEDNESDAY PRACTICE

Tai Chi helps blood flow smoothly in the vessels and can strengthen the functions of heart & lungs. It is the best kind of exercise for the health of middle aged and seniors. Easy to learn and follow as well as helps you mildly exercise your whole body. No instructor provided. Come join us and feel good! Min 5/Max 30

North Bellevue Community Center  
 FREE Age: 18Y and up  
 94011 9-10:30am Wed Oct 21-Dec 23

## YANG STYLE TAI CHI BEGINNER

Learn the beginning movements of this Tai Chi form as taught by the founding Yang Family. Graceful, flowing, and evenly paced movements help improve balance, coordination, and flexibility. Its meditative quality revitalizes energy, calms the mind, and relaxes the body. Taught by 6th rank, certified instructor. To register during a session, call the South Bellevue Community Center at 425-452-4240. Min 5/Max 20

South Bellevue Community Center  
 \$60(R) \$72(N) Age: 16Y and up  
 89918 9-9:55am Sat Sep 19-Oct 24  
 89919 9-9:55am Sat Nov 07-Dec 19

## YANG STYLE TAI CHI CONTINUING

This class continues from Tai Chi Beginner and focuses on the second section of the Yang Style long form. Students who have completed the Beginner class or have previous experience are welcome to participate. See Beginner class description for more details. To register during a session, call the South Bellevue Community Center at 425-452-4240. Min 5/Max 20

South Bellevue Community Center  
 \$60(R) \$72(N) Age: 16Y and up  
 89924 10-10:55am Sat Sep 19-Oct 24  
 89925 10-10:55am Sat Nov 07-Dec 19

## NAGINATA

This form of Japanese martial art shows both power and grace. It is characterized by the grandeur of its sweeping movements of the Naginata, a Japanese sword on the end of a six foot pole. This art is for people of all ages interested in either competitive fighting, or in the physical beauty of choreographed, practiced movements called 'kata'. Beginners are welcome but please contact instructor before registering (425) 736-5663. Thursday is an advanced class. Students must have completed one-quarter before registering for the Thursday class. Visit their website [www.pnnf.org](http://www.pnnf.org)

Instructor: Kurt and Karen Schmucker have represented the United States in the International Naginata Federation World Championships. Min 7/Max 15  
 Northwest Arts Center  
 \$120(R) \$140(N) Age: 13Y and up  
 95922 7-9pm Tue Sep 15-Dec 15  
 95921 7-9pm Thu Sep 17-Dec 17  
 \$180(R) \$205(N) Age: 13Y and up  
 95923 7-9pm Tue, Thu Sep 15-Dec 17

## TAEKWONDO @ SBCC

An ancient Korean Martial Art, Taekwondo is a system of practical techniques used for self-defense. Instruction is designed to physically emphasize kicks and punches that strengthen and condition the whole body and mentally promote confidence, patience, and respect. For the 6pm class, students must be 10 yrs old or have instructor permission. To register during a session call South Bellevue Community Center at (425) 452-4240. Min 8/Max 30

South Bellevue Community Center  
 \$53(R) \$63(N) Age: 10Y and up  
 89951 6-6:50pm Thu, Tue Sep 03-29  
 89954 6-6:50pm Thu, Tue Oct 01-27  
 89956 6-6:50pm Tue, Thu Nov 03-24  
 89960 6-6:50pm Tue, Thu Dec 01-22  
 \$53(R) \$63(N) Age: 6Y and up  
 95973 5-5:50pm Thu, Tue Sep 03-29  
 95974 4-4:50pm Thu, Tue Sep 03-29  
 89952 5-5:50pm Thu, Tue Oct 01-27  
 89953 4-4:50pm Thu, Tue Oct 01-27  
 89955 5-5:50pm Tue, Thu Nov 03-24  
 89959 4-4:50pm Tue, Thu Nov 03-24  
 89961 5-5:50pm Tue, Thu Dec 01-22  
 89962 4-4:50pm Tue, Thu Dec 01-22

## TAEKWONDO @ NBCC

Tae-Kwon-Do is a Korean Marial Art that uses hands and feet. The art helps bring confidence, fitness, and mental growth. Have you always wanted to learn a martial art, it is time to try and experience it. Learning the art requires only an open mind and it is never late to join the classes. Instructor Kamal Srinivasan has worked with students of various ages and is well versed in the art of self defense. The class teaches you to train both body and mind. A typical class starts with warm-ups and there will be a combination of kicks, punches, forms, sparring, and target practice. Min 3/Max 20

North Bellevue Community Center  
 \$30(R) \$36(N) Age: 16Y and up  
 95782 6-7:30pm Thu Sep 03-24  
 95783 6-7:30pm Thu Oct 08-29  
 95784 6-7:30pm Thu Nov 05-19  
 95785 6-7:30pm Thu Dec 03-17

## MINI KICKERS MARTIAL ARTS

Mini-Kickers teaches basic kicks and strikes to young children in an active, fun and positive environment. The instructor is a second degree black belt who has been studying and teaching Tae Kwon Do for 15 years, and has competed on a national level and coached many students in national tournaments and Junior Olympics. Uniforms may be purchased through instructor. Sparring equipment is an optional purchase. Min 6/Max 15

Northwest Arts Center  
 \$240(R) \$288(N) Age: 4Y - 10Y  
 95924 4:30- 5:15pm Mon, Wed Sep 14-Jan 27





### 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. Min 12/Max 25 Highland Community Center

\$70(R) \$84(N) Age: 8Y and up  
 95897 6:30-8pm Fri Sep 18-Dec 11

### INTERMEDIATE KENDO

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. Min 12/Max 25 Highland Community Center

#### Intermediate Kendo

\$70(R) \$84(N) Age: 8Y and up  
 95908 6:30-8pm Fri Sep 18-Dec 11

### ADVANCED KENDO

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. Min 12/Max 60 Highland Community Center

\$70(R) \$84(N) Age: 8Y and up  
 95910 7:30-9:30pm Fri Sep 18-Dec 11



### SELF DEFENSE/HAPKIDO (LITTLE CONQUERORS)

SELF DEFENSE/HAPKIDO (Little Conquerors) (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, evasions, grappling and weapons. Uniform required & available at class for a fee. [www.conquerorhapkido.com](http://www.conquerorhapkido.com) Min 5/Max 10 North Bellevue Community Center

\$48(R) \$58(N) Age: 5Y - 12Y  
 95911 5:15-6:35pm Wed, Mon Sep 02-30  
 95912 5:15-6:35pm Wed, Mon Oct 05-Oct 28  
 95915 5:15-6:35pm Mon, Wed Nov 02-30  
 95916 5:15-6:35pm Mon, Wed Dec 02-Dec 21

### SELF DEFENSE/HAPKIDO - (JUNIOR CONQUERORS TO CONQUERORS)

SELF DEFENSE/HAPKIDO (Junior Conquerors to Conquerors) (Ages 13 & up) With a blend of traditional and real-world scenarios, students learn to identify, avoid and de-escalate potentially dangerous situations. In addition to lots of conditioning exercises, students will learn blocks, strikes, throws, evasion and grappling. In this class, unlike the little conquerors class, students will start learning joint locks and pressure points (adults only). Prerequisite: Graduation from the junior conqueror class, or age 13 and above. Instructor permission required to attend. [www.conquerorhapkido.com](http://www.conquerorhapkido.com) Min 3/Max 10 North Bellevue Community Center

\$48(R) \$58(N) Age: 13Y and up  
 95917 6:30-7:30pm Mon, Wed Sep 02-30  
 95918 6:30-7:30pm Mon, Wed Oct 05-Oct 28  
 95919 6:30-7:30pm Mon, Wed Nov 02-30  
 95920 6:30-7:30pm Mon, Wed Dec 02-Dec 23

# Outdoor & Natural Resources



**TRACKS: BUILDING A HEALTHY COMMUNITY THROUGH OUTDOOR ADVENTURE!**

The TRACKS Outdoor Initiative wants you to get outdoors! From backcountry camps for teens to inspiring speakers, TRACKS will take you on an adventure. We offer opportunities to explore the wilderness, and can help you build the skills and confidence necessary to develop your own lifelong relationship with nature. Look for the TRACKS symbol throughout Connections to find great ways to get outside, get active, and to care for your environment.

For more information on any TRACKS programs contact CSabochik@bellevuewa.gov or call 425-452-6883.



## FAMILY HIKING 101

Every Kid in a Park initiative is beginning this fall! All fourth grade students and their families will have free access to national parks, national forests and national wildlife refuges with the Every Kid in a Park Pass. To give families a jump start on getting outside we have designed a program to help families learn some trail basics and trailheads and parks in the area. Rangers from the Lewis Creek Visitors Center will teach participants about the 10 essentials for Hiking and Leave No Trace practices then the Tracks staff will lead a hike. Transportation from Lewis Creek Visitor Center to and from the trailhead is provided. Pre-Registration is required. For more information contact csabochik@bellevuewa.gov or call 425-452-6883 Min 5/Max 12

Lewis Creek Park

\$15  
 95967 9:30am-4pm Sat Sep 19  
 95975 9:30am-4pm Sat Oct 03

Age: 5Y and up

## SENIOR HIKING SERIES TUESDAY TRAILS

This easy hiking series is designed for active seniors looking to explore the beautiful trails around Bellevue. Every Tuesday this spring, we will meet at the North Bellevue Community Center and ride to a trailhead in the Issaquah Alps, Cascades, or other scenic areas nearby. Hikes will be between 3 and 5 miles and specifically chosen for the over 50 crowd. Dress for the weather and bring a lunch and water. For more information contact CSabochik@bellevuewa.gov or call 425-452-6883. Transportation Provided. Pre-registration is required. Min 5/Max 12 North Bellevue Community Center

\$5 Age: 50Y and up  
 95952 10am-2:30pm Tue Sep 15  
 95953 10am-2:30pm Tue Sep 22  
 95954 10am-2:30pm Tue Sep 29  
 95955 10am-2:30pm Tue Oct 06  
 95956 10am-2:30pm Tue Oct 13  
 95957 10am-2:30pm Tue Oct 20  
 95958 10am-2:30pm Tue Oct 27  
 95959 10am-2:30pm Tue Nov 03



# BELLEVUE ZIP TOUR

## SPOOKFEST ZIP TOUR

Scary, creepy, crazy fun zipping in the dark! Experience one suspension bridge and three zip lines. Imagine stepping off a platform and zipping to the other end that you cannot see. Riders and platforms will be brightened with glow-sticks.

South Bellevue Community Center

	\$24	\$39		Age: 12Y and up
94786		6-7pm	Fri	Oct 23
95516		6:30-7:30pm	Fri	Oct 23
95517		7-8pm	Fri	Oct 23
95518		7:30-8:30pm	Fri	Oct 23
95519		8-9pm	Fri	Oct 23
95520		6-7pm	Sat	Oct 24
95521		6:30-7:30pm	Sat	Oct 24
95522		7-8pm	Sat	Oct 24
95523		7:30-8:30pm	Sat	Oct 24
95524		8-9pm	Sat	Oct 24
95525		6-7pm	Sun	Oct 25
95526		6:30-7:30pm	Sun	Oct 25
95527		7-8pm	Sun	Oct 25
95528		7:30-8:30pm	Sun	Oct 25
95529		8-9pm	Sun	Oct 25
95530		6-7pm	Fri	Oct 30

95531		6:30-7:30pm	Fri	Oct 30
95532		7-8pm	Fri	Oct 30
95533		7:30-8:30pm	Fri	Oct 30
95534		8-9pm	Fri	Oct 30
95535		6-7pm	Sat	Oct 31
95536		6:30-7:30pm	Sat	Oct 31
95537		7-8pm	Sat	Oct 31
95538		7:30-8:30pm	Sat	Oct 31
95539		8-9pm	Sat	Oct 31

## BELLEVUE ZIP TOUR

**Feel Wild in the City** - The Bellevue Zip Tour is a recreational zip lining program located just up the hill from the South Bellevue Community Center in beautiful Eastgate Park. The tour is comprised of 6 ½ zip lines that range in length from 78 feet to 458 feet long, and includes two wooden suspension bridges. Riders travel as fast as 35 MPH and are up to 80 feet off the ground. The tour has great views of Mt. Baker and Glacier Peak, and is available for individuals, couples, families, small groups, and large groups who are looking to feel adventurous in a natural outdoor setting. Riders must be at least 9 years old and weigh between 60 - 275 pounds. Min 4/Max 8 South Bellevue Community Center

\$47 \$74 Age: 9Y and up

### VISITOR CENTERS

#### Botanical Garden Visitor Center

The beautiful new visitor center at the Bellevue Botanical Garden is complete and open for visitors! The 53-acre garden offers plant lovers the delightful experience of the Perennial Border, Ravine Experience, Yao Garden, Rock Garden, and trails through peaceful woodlands.

**Location:** 12001 Main Street, 98005

**Hours:** 9am - 4pm daily

**Phone:** 425-452-2750

**Website:** [www.bellevuewa.gov/botanical\\_garden.htm](http://www.bellevuewa.gov/botanical_garden.htm)

#### Lake Hills Greenbelt Ranger Station

Surrounded by community farms, gardens, and beautiful wetlands, you will find interpretive information, and nature trails. Come into the ranger station for environmental program information or to get community farm and garden information.

**Location:** 15416 SE 16th Street, 98007

**Hours:** Tue - Sat, noon-4pm

**Phone:** 425-452-7225

**Website:** [www.bellevuewa.gov/lake\\_hills\\_greenbelt.htm](http://www.bellevuewa.gov/lake_hills_greenbelt.htm)

#### Lewis Creek Visitor Center

This beautiful park offers ample opportunity to wander through forests, meadows and wetlands. Come inside the center and pick up trail and park maps for the area, attend a Natural Resource program, or simply enjoy the relaxing atmosphere.

**Location:** 5808 Lakemont Blvd., 98007

**Hours:** Wed-Sun, 10am-4pm  
Closed Mon, Tue, & Holidays

**Phone:** 425-452-4195

**Website:** [www.bellevuewa.gov/lewis\\_creek\\_park.htm](http://www.bellevuewa.gov/lewis_creek_park.htm)

#### Mercer Slough Environmental Education Center

Overlooking the 320 acre Mercer Slough Nature Park, the Visitor Center offers remarkable views of the forest canopy and swampy wetlands below. Inside, enjoy an interactive library and interpretive displays for adults and families. Park Rangers provide information and free weekly programs. Pick up trail maps, brochures and program information.

**Location:** 1625 118th Ave SE, 98005

**Hours:** Daily, 10am-4pm

**Phone:** 425-452-2565

**Website:** [www.bellevuewa.gov/mseec.htm](http://www.bellevuewa.gov/mseec.htm)



**FAMILY DISCOVERY SERIES**

**ART IN NATURE EXHIBITS**

The ability to interpret nature through art is an extraordinary talent. These exhibits will display artists' work in the Visitor Center. New artwork will be featured throughout the year. Come, be inspired.

**WHEN:** Facility Hours

**WHERE:** Mercer Slough Environmental Education Center and Lewis Creek Visitor Center.

**COST:** Free

**DISCOVERY BACKPACKS**

Our Discovery Backpacks provide you with all the materials and activities you'll need for launching a fun, self-guided tour. They include binoculars, magnifying lenses, easy-to-use nature guides and more. Great for families, groups, and individuals! Backpack themes available: Birding, Wildlife, and Wetlands.

**WHEN:** Available Daily, 10:30am -3:30pm

**WHERE:** Lewis Creek Visitor Center, Lake Hills Ranger Station, Mercer Slough Environmental Education Center

**COST:** FREE!

**INFO:** 425-452-2565

**FAMILY DISCOVERY: LEWIS CREEK EXPLORERS' CLUB**



Fun for the whole family! Both adult and child must pre-register for programs with a course number listed below.

Lewis Creek Park Visitor Center

What's it take to be a Kokanee?

Did you know that Lake Sammamish is home to a special population of Salmon? Kokanee spend their lives land-locked in the lake, migrating up the surrounding creeks, including Lewis Creek, in the late fall. Learn about the threats to Kokanee, and how you can help them thrive.

**FREE** Age: 5Y and up  
1-2pm Sat Sep 12

**Night Hike**

When the sun sets and the dark of night creeps in Lewis Creek comes alive! Learn about the different nocturnal and crepuscular species that call Bellevue home, and join a Ranger on a hike through the woods after dark! Bring a flashlight or headlamp, as well as good shoes and warm clothes, for the journey!

\$2(R) \$3(N) Age: 5Y and up  
96224 7:30- 9pm Fri Sep 25  
96247 7:30- 9pm Fri Oct 23

**Colorful Fall: Why do the leaves change?**

Every fall a beautiful, but mysterious event occurs. The trees become brilliant shades of red, yellow, orange and brown, why does this change happen? Learn what makes deciduous trees lose their leaves, and why it is beneficial.

**FREE** Age: 5Y and up  
1-2pm Sat Oct 24

**I Moss Ask You a Question**

What is the difference between moss, fungus and lichen? Where do they both grow and what is their purpose? Come learn the difference and all about the moss in Washington. Take a walk with a Ranger to see the moss living in Lewis Creek Park.

**FREE** Age: 5Y and up  
1-2pm Sat Nov 07

**What does it take to Survive the Winter?**

Ever wondered what it takes to survive in the harsh of winter? Come learn how both people and animals use a few very important methods to stay warm and ready for anything in the winter. Discover the survival kit must haves of anyone braving the coldest of months in the wilderness.

**FREE** Age: 5Y and up  
1-2pm Sun Nov 29

**Hibernation Pajama Party**

Come learn about animals that hibernate, as well as other ways of surviving the winter. Make sure to bring your PJ's and a blanket or pillow as we settle in for the winter!

\$2(R) \$3(N) Age: 5Y and up  
96261 7:30- 9pm Fri Dec 11

**LEWIS CREEK FILM SERIES**

Lewis Creek Visitor Center  
5808 Lakemont Blvd. SE

**Really Wild Animals: Totally Tropical Rain Forest**

Take a totally tropical trip to the rain forest and meet spotted jaguars, colorful poison-arrow frogs, slow-moving sloths, and loudmouthed howler monkeys. Running time 40 min.

**FREE** Age: 3Y and up  
1-1:40pm Sun Sep 13

**Bees: Tales From the Hive**

Have you ever seen the high-speed mid-air wedding flight of a drone and his queen? Do you know how a bee colony defends itself from honey-loving bears? Come see the bee's colony's secret world and discover the magnificence of the bee hive. Running time 54 mins.

**FREE** Age: 3Y and up  
1-2pm Sun Oct 18

**DUCKumentary**

There are more than 120 different species of ducks and they are all born knowing how to survive. Come discover all the different types and their life stories filled with personality and charm. Runny time 60 min.

**FREE** Age: 3Y and up  
1-2pm Sun Nov 08

**Animal Homes**

Come investigate how animals build their amazing homes and the intriguing behaviors and social interactions that take place in and around them. Running time 60 min

**FREE** Age: 3Y and up  
1-2pm Sun Dec 06



**FAMILY DISCOVERY: STORY TIME SERIES**

Look, listen and create during an hour of stories and crafts on the 1st Friday of every month. Parents and children will explore together the diverse animal world with animated fiction and fun. Pre-registration is required. All children must be accompanied by a registered adult. Min 2/Max 20  
Lewis Creek Visitor Center

**Run Salmon Run!**

Lewis Creek provides habitat for salmon and they start running in the fall! Learn about the journey that salmon take at this time every year. We always make a fun craft to take home! respond to YOU! We always make a fun craft to take home!

\$2(R) \$3(N) Age: 3Y and up  
96205 11am-12pm Fri Sep 04  
96206 1:30-2:30pm Fri Sep 04

**Creepy Crawlies**

Where do bugs live? Find out and go along as a brave slug attempts to climb a hill. We always make a fun craft to take home!

\$2(R) \$3(N) Age: 3Y and up  
96214 11am-12pm Fri Oct 02  
96215 1:30-2:30pm Fri Oct 02

**Batty For Bats!**

Winter is the time when bats find a special place to hibernate. Come learn about bats and where they hide out for the winter. We always make a fun craft to take home!

\$2(R) \$3(N) Age: 3Y and up  
96218 11am-12pm Fri Nov 06  
96503 1:30-2:30pm Fri Nov 06

**Time to Hibernate**

During the cold winter months many animals take a very long nap called hibernation. Find out what animals get very sleepy in winter! We always make a fun craft to take home!

\$2(R) \$3(N) Age: 3Y and up  
96504 11am-12pm Fri Dec 04  
96222 1:30-2:30pm Fri Dec 04

**FAMILY DISCOVERY SERIES: MERCER SLOUGH RANGER PROGRAMS**

Join a Park Ranger at the Mercer Slough Environmental Education Center's Visitor Center for a FREE program. All ages welcome, children under 12 must be accompanied by an adult. A portion of the program may be outside, dress for the weather. No registration necessary. Min 1/Max 40  
Mercer Slough Nature Park

**Beavers**

Did you know that you can find beavers at Mercer Slough? Learn about the beaver's amazing adaptations, how they shape the habitat around them, and why Mercer Slough's beavers are unique.

96069 2-3pm Sun Sep 13  
96070 2-3pm Sun Sep 20

**Salmon and Forests**

Salmon have always been one of the most important fish in the Pacific Northwest. Learn more about these amazing fish, and discover how a successful salmon run can help support an entire forest population!

96071 2-3pm Sun Oct 04  
96072 2-3pm Sun Oct 11

**Northwest Owls**

Do you know who take flight in the night? Learn more about three resident owl species that make the Mercer Slough their home. Also learn how to spot these birds at night, and what to do if you find yourself in owl territory!

96073 2-3pm Sun Nov 01  
96074 2-3pm Sun Nov 08

**Cold Climate Creatures**

As winter brings snow to the mountains of the Northwest, animals like the Snowshoe Hare have amazing features to keep them safe in the changing environment. Come learn how some animals have certain adaptations that help them weather through the cold months of the year.

96075 2-3pm Sun Dec 06  
96076 2-3pm Sun Dec 13



**FAMILY DISCOVERY SERIES: MOVIES AT MERCER SLOUGH**

Join us every month for fun and engaging environmental movies. Bring a comfy blanket or pillow and we'll pop the popcorn. All children under 12 must be accompanied by an adult. No registration necessary. Info: 425-452-2565 or MSEE@bellevuewa.gov  
Mercer Slough Environ. Ed. Center  
FREE Best for ages 8+

**Beavers**

Beavers plunges into the rich aquatic habitat of one of nature's greatest engineers for an intimate look at a family of beavers though a year. Popcorn provided!

96080 5-6pm Fri Sep 25

**Secret World of Bats**

This 48-minute film, originally shown on CBS television, captures all aspects of bat behavior across five continents, capturing all aspects of bat behavior with remarkable slow motion photography. Bat costumes encouraged! Popcorn provided!

96081 5-6pm Fri Oct 30

**My Life as a Turkey**

Perfect for the week before Thanksgiving. One man's remarkable experience of raising a group of wild turkey hatchlings to adulthood. Popcorn provided!

96082 5-6pm Fri Nov 20

**Christmas in Yellowstone**

NATURE presents Christmas in Yellowstone, a breathtaking look at wintertime deep within America's first national park. This film contains predator-prey interactions which may not be appropriate for some younger viewers. Popcorn provided!

96083 5-6pm Fri Dec 18



# MERCER SLOUGH

## ENVIRONMENTAL EDUCATION CENTER

Pacific Science Center offers programs for preschoolers, school groups, teens and families to explore and learn in nature including:

- Environmental Science & Technology Practicum, Saturdays, grades 9 – 12
- Environmental Science Pathways, Thursdays, grades 6 – 8
- Wetland Field Studies and Classroom Lessons, grades PreK – 8

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For additional programs and to register visit [pacificsciencecenter.org](http://pacificsciencecenter.org) or call (206) 443-2925.



The Mercer Slough Environmental Education Center is a collaboration between the City of Bellevue and Pacific Science Center.

1625 118th Avenue SE, Bellevue, WA 98005



**RANGER STATION FAMILY DISCOVERY SERIES**

**GARDENING WITH YOUR CHILDREN**

Explore the world of gardening through hands-on experiences with soil, plants, and water. Discover the wonders of seeds, growing plants and plant care. As we investigate the world of plants, parents and their children can also grow together. Min 1/Max 20  
Lake Hills Greenbelt

**Harvesting and Winter Preparations**

It's harvest time! What can you plant in the fall and eat through the winter? In this program, learn about winter produce, cover crops, composting, and how to put your garden to bed for the season. Bring home a winter plant, ready to grow! Registration required: [www.MyParksAndRecreation.com](http://www.MyParksAndRecreation.com) Info at 425-452-6993 or [ParkRangerProgram@bellevuewa.gov](mailto:ParkRangerProgram@bellevuewa.gov)

FREE All Ages  
96143 10-11am Fri Sep 11

**WHERE DO THE BIRDS GO?**

Where do the birds go in the fall? Why do we see some birds only in the winter? Come learn about migratory birds, like snow geese and trumpeter swans, and make a craft. Families are encouraged to attend. Registration required: [www.MyParksAndRecreation.com](http://www.MyParksAndRecreation.com) Info: 425-452-6993 or [ParkRangerProgram@bellevuewa.gov](mailto:ParkRangerProgram@bellevuewa.gov) Min 2/Max 20  
Lake Hills Greenbelt

FREE All Ages  
96153 10-11am Fri Sep 25

**ALL ABOUT OWLS**

Discover the owls that call Bellevue home! What they eat, where they nest and how they protect their young. Join us to find out! Families are encouraged to attend. Registration is required: [www.MyParksAndRecreation.com](http://www.MyParksAndRecreation.com) More info at 425-452-6993 or [ParkRangerProgram@bellevuewa.gov](mailto:ParkRangerProgram@bellevuewa.gov). Min 3/Max 20  
Lake Hills Greenbelt

FREE All Ages  
95976 10-11am Fri Oct 09



**CREEPY CRAWLY AND COOL!**

Come learn about bugs, worms and spiders as we discover fun facts about these little creatures. Discover their benefits to us and our ecosystem. We will be going outside in search of these little friends, so please dress according to the weather. Registration required: [MyParksandRecreation.com](http://MyParksandRecreation.com). Info: 425-452-6993 or [ParkRangerProgram@bellevuewa.gov](mailto:ParkRangerProgram@bellevuewa.gov) Min 2/Max 16  
Lake Hills Greenbelt

FREE All Ages  
96154 10-11am Fri Oct 30

**ARE YOU SLEEPY, TREE?**

Why do trees lose their leaves in the Fall? Come explore why trees have leaves and why they lose them. Make a leaf print - feel free to bring interesting leaves to share! Registration required: [MyParksandRecreation.com](http://MyParksandRecreation.com). Info: 425-452-6993 or [ParkRangerProgram@bellevuewa.gov](mailto:ParkRangerProgram@bellevuewa.gov) Min 2/Max 20  
Lake Hills Greenbelt

FREE All Ages  
96156 10-11am Fri Nov 06

**GIFTS FROM NATURE**

Get ready for the holiday gift giving season by exploring the possibilities of gifts found right outside in your own backyard. Join us for story time and crafts, where we will make a fun gift from nature that your child can bring home and give to someone special. Families are encouraged to attend. Registration is required: [MyParksandRecreation.com](http://MyParksandRecreation.com). Info: 425-452-6993 or [ParkRangerProgram@bellevuewa.gov](mailto:ParkRangerProgram@bellevuewa.gov). Min 2/Max 20  
Lake Hills Greenbelt

FREE All Ages  
96155 10-11am Fri Dec 11

**LIVING WITH WILDLIFE SERIES**

How do I get the deer to stop eating my rose bushes? What do I do about mountain beavers in my yard? Just how smart are those crows and ravens going through my garbage? What do I do if I see a bear? How fortunate we are to live in a city full of wildlife! But this also leaves us with the responsibility of learning how to live with our furry and feathered neighbors. Learn about the wildlife that lives in and around Bellevue and how to live in harmony with wild animals. Min 2/Max 20  
Lake Hills Greenbelt

**Coyotes, Bears and Bobcats Oh My!**

Bellevue is fortunate to have some beautiful green spaces and neighboring large forests that are the natural habitat for amazing wildlife such as coyotes, bears, bobcats and cougars. Join us to learn details on feeding behavior, reproduction, and other biological information of these animals and why we may see them wandering into urban areas, such as your neighborhood. When a conflict exists between humans and animals it is usually because the animal is only doing what it needs to do to survive. It is simply following its own instincts, and intends no harm or discomfort. What can you do to reduce conflicts? Learn what to do if you have the fortunate opportunity to see one of these animals. Registration Required. Children must be accompanied by a parent or guardian.

FREE All Ages  
96166 10-11am Fri Nov 13





**ADULT ENRICHMENT SERIES**

**ADULT ENRICHMENT: LIVING WITH WILDLIFE SERIES**

How do I get the deer to stop eating my rose bushes? What do I do about those mole hills in my yard? Just how smart are those crows and ravens going through my garbage? How fortunate we are to live in a city full of wildlife! But this also leaves us with the responsibility of learning how to live with our furry and feathered neighbors. Learn about the wildlife that lives in and around Bellevue and how to live in harmony with wild animals. No Registration Required.

Lewis Creek Visitor Center  
5808 Lakemont Blvd SE

FREE Age: 12Y and up

**Breakfast For Beavers**

Ever wonder what beavers eat and where they live? Beavers can change our landscape dramatically and have a large effect on the ecosystem. Come discover the tell-tale signs of beaver, and where they can be seen in Bellevue.

FREE Age: 8Y and up  
1-2pm Sun Sep 20

**Why Can't I Feed the Ducks?**

It may seem like a great family activity to go to the lake and feed the ducks, but there are much better ways to enjoy them and keep them healthy long term. Come learn what ducks eat and how to protect them in the wild.

FREE Age: 8Y and up  
1-2pm Sun Oct 25



**LEWIS CREEK ADULT ENRICHMENT**

Lewis Creek Visitor Center  
5808 Lakemont Blvd SE

**Hot Topics in Washington State**

Since 2006, North American beekeepers have seen an annual 30 to 90 percent loss in their colonies. Honey bees are continually exposed to numerous threats: pests and parasites, bacterial diseases, fungal diseases, viral diseases, and pesticides. Come learn about what is happening here in Washington, and what can be done to help the honeybees.

FREE Age: 12Y and up  
1-2pm Sat Sep 05

**Muckleshoot Tribe Native Plant Talk**

Did you know that willow bark extract has been used as a pain reliever? Join Muckleshoot Indian Tribe expert Warren KingGeorge as he discusses the ethnobotany of the plants in our region and how the Native Americans used them. Following the discussion, there will be a short walk to identify plants in the region and their historical uses.

FREE Age: 12Y and up  
1-3pm Sun Nov 22

**Which Pass. to Which Park?**

If you are having trouble figuring out which pass you need to which park, then you are not alone. Come learn the difference between city, county, state, and federally-managed land, and which is the best pass for you this hiking season.

FREE Age: 12Y and up  
1-2pm Sun Dec 13

**MERCER SLOUGH ADULT ENRICHMENT SERIES**

Mercer Slough Environmental Education Center; 1625 118th Ave SE

**Tree Walk**

Come learn about the native trees in your neighborhood! We'll be going on a tree walk to learn how trees fit into our urban ecosystem, and why they're so valuable. This program is best for ages 10+.

FREE All Ages  
96077 2-3pm Sun Sep 27

**MERCER SLOUGH HOT TOPIC SERIES**

Learn about important conservation issues in your local and regional communities. Suggest topics you'd be interested in learning more about! Best for ages 12+. Info: 425-452-2565. Min 4/Max 25  
Mercer Slough Nature Park

**WA State Endangered Species**

Come learn about the amazing wildlife that is fighting for survival in WA State, and how you can help them in their fight.

FREE All ages  
96079 2-3pm Sun Oct 25

**CULTURAL HISTORY PROGRAMS**

**HISTORIC HOUSE TOUR**

Tour this charming Spanish Eclectic style home built in 1929 by Cecilia and Frederick Winters. An Eastside Heritage Center docent will explain the early life style and industry of this Mercer Slough family who bought the land in 1917 and operated a landmark. For further information call 425-450-1049.

**WHEN:** Ongoing, Thursdays, Fridays, and Saturdays, 10am-2pm

**WHERE:** Winters House, 2102 Bellevue Way SE

**COST:** FREE

**AGES:** All

**FRASER CABIN HERITAGE PROGRAMS**

Presented by the Eastside Heritage Center, in partnership with Bellevue Parks & Community Services. Fraser Cabin, built in 1888 and located at Kelsey Creek Farm, comes to life with activities and interpretation presented by volunteers and staff from Eastside Heritage Center. Visitors are invited to participate in hands-on activities that relate to 1880s settler life: agriculture, dairy, household tasks, log cabins, games and Eastside history. For more information, contact the Eastside Heritage Center at 425-450-1049 or visit [www.eastsideheritagecenter.org](http://www.eastsideheritagecenter.org). Kelsey Creek Farm Park

FREE All Ages  
90731 11am-3pm Sat Sep 19  
90732 11am-4pm Sat Oct 10  
11am-3pm Sat Aug 15

**NATURAL RESOURCES PARTNERSHIP PROGRAM**

Partnership Program to provide seamless Environmental Education opportunities for the citizens of Bellevue.

Min 1/Max 30

Mercer Slough Nature Park  
DNR Seminar Series

FREE 95810 9:30am-3:30pm Tue Age: 12Y and up Sep 15

**TOURS, HIKES, WALKS, & OUTDOOR ACTIVITIES**

**BELLEVUE BOTANICAL GARDEN TOURS**

Join docents for a free drop-in tour of the world-famous gardens. Tour lasts about one hour.

**Time:** Saturdays and Sundays, April through October, 2pm

**Location:** Bellevue Botanical Garden Visitor Center  
12001 Main Street

**Information:** 425-451-3755

**Cost:** Free

**Groups:** Pre-register 3 weeks in advance, special times ok, available April through October.

**MERCER SLOUGH RANGER HIKE**

Meet a Park Ranger at the Visitor Center for a free guided tour and learn about the fascinating flora, fauna, and history of the Mercer Slough Nature Park – Lake Washington’s largest remaining wetland. Please dress for weather. All ages welcome. No registration necessary.

**WHEN:** Weekly, every Saturday 2-3pm.

**WHERE:** Mercer Slough Environmental Education Center  
1625 118th Ave SE  
Meet at the Visitor Center

**COST:** Free

**INFO:** 425-452-2565 or  
MSEEC@bellevuewa.gov

**LAKE HILLS GREENBELT RANGER HIKE**

Saturdays, 2-3pm

Lake Hills Greenbelt Ranger Station,  
15416 SE 16th St.

Have you enjoyed the community gardens in Bellevue? Can you spot a nurse log? Join a Park Ranger for a free guided tour of the Greenbelt. Learn the history of the park, tour community gardens, and learn about local wildlife! Fun for the family! All ages welcome. Call 425-452-6993 for more information.

**LEWIS CREEK RANGER HIKES**

Join a Ranger in exploring the natural history of Lewis Creek Park. Look for signs of local wildlife and learn what to do when encountering animals in the wild. All ages welcome. Dress for the weather and wear sturdy shoes. No registration required.

**Time:** Saturdays: September 5, October 3, November 7, December 5  
10:30 a.m. – 11:30 a.m.

**Location:** Lewis Creek Visitor Center,  
5808 Lakemont Blvd SE

**Cost:** Free!

**Info:** Call 425-452-4195

**CANOE THE MERCER SLOUGH**

PRIOR PADDLING EXPERIENCE REQUIRED. Explore the beautiful Mercer Slough Nature Park by water and see how this amazing wetland ecosystem functions. Trip begins and ends at Enatai Beach Park. Participants are required to paddle the entire distance of 4 miles. Restrooms will not be available while on the water. Up to 3 people per canoe. Please dress for the weather. Ages 5+ only. Children and youth must have at least 1 adult present for every 2 children or youth. Participants must arrive in time for the safety talk to participate. Please call 425-452-2565 with any questions. Min 4/Max 14

Enatai Beach Park  
\$16(R) \$18(N) Age: 5Y and up  
94586 8:30am-12pm Sat Sep 05  
94587 8:30am-12pm Sun Sep 06

**LOCAL AREA RANGER HIKES**

Did you know Bellevue has almost 100 parks and over 80 miles of trail to explore? Get connected to your local greenbelts and neighborhood parks as rangers take you on hikes throughout the year. Please dress for the weather, bring water and wear sturdy shoes. Hikes vary in theme and length. Please see details below. Cost: Free! No registration required. Info: 425-452-4195 Min 1/Max 50

**Coal Creek Natural Area**

Discover Bellevue’s largest park and get lost in the wilderness while still in the city! This area is rich in history and wildlife. Distance: 5 miles. Level of Difficulty: Moderate (100 feet elevation change) Meeting Place: Coal Creek East Trailhead (Newcastle Golf Club Road, west of Redtown Trailhead)

FREE Age: 6Y and up  
10am-12pm Sat Sep 26  
10am-12pm Sat Nov 14

**Trails of South Bellevue**

Explore the lesser-known trails of South Bellevue with a park ranger! Lakemont Highlands Open Spaces 10 a.m. - 12 p.m. Distance: 3.5 miles. Level of Difficulty: Difficult (350 feet elevation change).

**Meeting Place:** Lewis Creek Visitor Center, 5808 Lakemont Blvd SE  
FREE Age: 6Y and up  
10am-12pm Sat Oct 17  
10am-12pm Sat Dec 12

**OWL PROWL**

Join a Park Ranger on a night walk to look for owls as well as other nocturnal wildlife. Learn about and listen for the animals that thrive in the dark! Wear sturdy footwear and be ready to walk the trails in the dark. Bring a flashlight or headlamp for the journey. Pre-registration required. Min 2/Max 12

Lake Hills Greenbelt Ranger Station  
FREE Age: 5Y and up  
94343 8-9pm Fri Aug 28

## COMMUNITY FARMS & GARDENS

Preserved within the Bellevue Park System is over fifty acres of productive farmland, demonstration gardens, and historic farm buildings. Rich peat soils have provided growers with abundant crops for over 100 years. Today, these farms and gardens continue to provide visitors the opportunity to purchase fresh produce, learn about sound gardening practices, and experience Bellevue's agricultural heritage. Call 425-452-7225 for information.

## MASTER GARDENER URBAN DEMONSTRATION GARDEN



A hands-on, how to educational garden. Consult with Washington State University Extension Master Gardeners on all aspects of gardening, including composting and soil building, shrub and tree care, vegetables and flower care. Free drop-in consultations and scheduled educational tours are available.

**Location:** Lake Hills Greenbelt Urban Demonstration Garden  
156th Ave SE & SE 16th St  
**Time:** Wednesdays & Saturdays  
9am-1pm  
**Info:** Mary Osborne,  
425485-5942,  
<http://gardening.wsu.edu>

## 2016 COMMUNITY GARDEN P-PATCH

The City of Bellevue offers P-Patch garden plots to the community. Each plot measures approximately 400 square feet and water is supplied on site. Returning gardeners apply in early winter. New gardeners please contact Laura Harper for more information and to be added to our mailing list. Seasonal and ADA-accessible p-patches offered. Information: 425-452-7225 or email [ParkRangerProgram@bellevuewa.gov](mailto:ParkRangerProgram@bellevuewa.gov).



## VOLUNTEER OPPORTUNITIES

Various ongoing environmental stewardship volunteer opportunities exist with Bellevue Parks & Community Services. Help restore your local parks, lead tours and share your knowledge with the community, or work on special projects. For a full listing please visit us on line at <http://www.bellevuewa.gov/environmental-volunteering.htm> or contact Curtis Kukal at 425-452-4195 or by email at [Parks\\_Stewardship@bellevuewa.gov](mailto:Parks_Stewardship@bellevuewa.gov).

Here are just a few of the opportunities:

- Canoe Guide Naturalist
- Natural Resource Week Educators
- Scout Leadership Service Project
- Environmental Education Center Docent
- Eco Fridays and Stewardship Saturday Events
- Master Naturalist Training Program
- ... and much, much more!

## EASTSIDE HERITAGE CENTER VOLUNTEERS

Various opportunities including Historic Winters House Host, assisting with educational outreach, collections, marketing, special events and more. Must be 18. Information: Eastside Heritage Center, 425-450-1049

## DOCENT-LED TOURS

2 pm, every Saturday & Sunday, April through October at the Bellevue Botanical Garden, 12001 Main Street. Reservations are not required. For more information call 425-451-3755.

## BELLEVUE BOTANICAL GARDEN

Bellevue Botanical Garden

## Sparkling volunteer opportunities

**await at Garden d'Lights:** Greeters are needed to take tickets, answer questions and provide directions every night from November 29 through January 3. Trillium Store workers are needed as cashiers and general helpers. Special Event Support volunteers are needed to assist staff with operational duties. Training is provided; work as many or as few shifts as you like; see all the smiling faces as they arrive and experience the joy of Garden d'Lights! If you are interested, please submit your Volunteer Application at [www.bellevuebotanical.org](http://www.bellevuebotanical.org) - you will be contacted.

BBG relies heavily on volunteers to help in many roles at the Garden. We love our volunteers! Please visit [BellevueBotanical.org](http://BellevueBotanical.org) or call 425-452-2750 for more information, job descriptions and qualifications.

## BECOME A BELLEVUE MASTER NATURALIST!

Do you have a passion for the environment and your Bellevue parks? Applications are now being accepted for a FREE Bellevue Parks & Community Services Master Naturalist training program – designed to build a group of dedicated community volunteers trained in environmental awareness and stewardship.

Bellevue Master Naturalists learn about our area's ecology, geology, wildlife, plant life, cultural history, wetlands, forests, and streams from professors, local professionals, scientists, research assistants, and Park Rangers. Master Naturalists will focus on restoration and conservation efforts, and will help share this passion by working with and educating their community.

Over the course of this training program, volunteers will meet with experts in lecture, workshop, and field-trip settings to cover various ecological topics. The program is free with a volunteer commitment of 100 hours of service to Bellevue's Parks Department. For more information, please call 425-452-4195, e-mail Parks\_Stewardship@Bellevuewa.gov, or visit our website at [www.ci.bellevue.wa.us/volunteer-master-naturalist.htm](http://www.ci.bellevue.wa.us/volunteer-master-naturalist.htm).



### Bellevue Parks & Community Services has a variety of volunteer opportunities.

Volunteers serve on boards and commissions, lead tours, help out in the office, answer phones, serve lunches, and perform many more vital tasks throughout all of our program areas. Contact one of the following facilities or program areas to learn more about available opportunities.

**Bellevue Botanical Garden**  
425-452-2750  
[LScott@bellevuewa.gov](mailto:LScott@bellevuewa.gov)

**Bellevue Youth Theatre**  
425-452-7155  
[BYT@bellevuewa.gov](mailto:BYT@bellevuewa.gov)

**Adaptive Recreation**  
425-452-6105  
[KIndurkar@bellevuewa.gov](mailto:KIndurkar@bellevuewa.gov)

**Special Events**  
425-452-4106  
[NWAC@bellevuewa.gov](mailto:NWAC@bellevuewa.gov)

**Kelsey Creek Farm**  
425-452-7688  
[KelseyCreekFarm@bellevuewa.gov](mailto:KelseyCreekFarm@bellevuewa.gov)

**North Bellevue Community Center**  
425-452-7681  
[NBCC@bellevuewa.gov](mailto:NBCC@bellevuewa.gov)

**Robinswood Tennis Center**  
425-452-7690  
[JSoriano@bellevuewa.gov](mailto:JSoriano@bellevuewa.gov)

**Park Stewards/Naturalists**  
425-452-4195  
[Parks\\_Stewardship@bellevuewa.gov](mailto:Parks_Stewardship@bellevuewa.gov)

**Cultural Diversity Program**  
425-452-6885  
[TSmith@bellevuewa.gov](mailto:TSmith@bellevuewa.gov)

**Youth Sports**  
425-452-4627  
[SGonzales@bellevuewa.gov](mailto:SGonzales@bellevuewa.gov)



# Kelsey Creek Farm

410 - 130th Pl SE • 425-452-7688  
KelseyCreekFarm@bellevuewa.gov

**Farm animals in the pastures daily from 9am to 3:30pm, including weekends**

Kelsey Creek Farm provides the community an opportunity to cross the threshold of urban living into an agricultural experience, while maintaining the historic integrity of the farm through interpretive displays and education. Our programs foster creativity and active play. The farm's two historical barns sit prominently on the crest of a hill. There is no formal entrance fee; however, we welcome and appreciate your donations.

When visiting any of Bellevue's parks, all dogs and other pets must be kept on a leash at all times. Out of consideration for our farm animals' health and wellbeing, please observe all posted signs prohibiting pets from the barnyard.

Groups of 10+ must pre-register, and for large groups of 30+ there will be a \$30 fee. Please call in advance Monday through Friday, 9am-4pm at 425-452-7688.

## CRITTER ADOPTIONS

The animals of Kelsey Creek Farm are an essential part of our community's education and enjoyment. Your support helps maintain these animals in a natural farm setting. Become a Kelsey Creek Critter Parent! Simply call for an application. Care and custody of your critter stays with Kelsey Creek Farm. You can adopt any of the following farm animals: pony, pig, sheep, goose, goat, duck, cow, rabbit, and chicken. Adoption levels are available from \$15 for Best Friend to \$200 for Great Grandparent. For more information, call Kelsey Creek Farm at 425-452-7688 or email KelseyCreekFarm@bellevuewa.gov.

## FARM PARTIES

Celebrate your child's special day with a visit to the farm! Meet our goats, sheep, rabbits, pig, and ponies. Then create your own woolly sheep to take home. Party packages include one hour tour/craft time and one hour room rental. Parties are limited to 30 children and/or adults. Children under 2 are no additional charge. Call the Farm at 425-452-7688 or email Jayne@FarmerJayne.com for information and reservations.

Ages 2-11

Residents \$160 - up to 15 children  
Nonresidents \$175 - up to 15 children  
Add'l Children \$5.50 each

## FARM TOURS FOR SCHOOLS AND GROUPS

Experience the Farm with a tour designed specifically for groups. Tour themes vary by season as described below. Each focuses on a particular subject ranging from pioneer life in the 1880s to springtime on the farm. Most tours appropriate for children ages 2 and up. Tours are available weekdays and are approximately one hour in length. \$85 for 15 or fewer people (children & adults). Additional attendees: \$5.50 per child & \$2.50 per adult. Staff are free. Call early for reservations and more information, 425-452-7688 or email Jayne@FarmerJayne.com

### Kids on the Farm Group Tour

Available December to April and June to September

Explore our farm with hands-on fun as you meet our goats, sheep, rabbits, chickens and ponies. Learn interesting animal facts then move inside to experience the old-fashioned skill of wool carding. Children create fuzzy sheep to take home.

### Springtime in the Barnyard Group Tour

Available mid-April through May  
Welcome springtime with a tour of our animals, which may include chicks, goat kids, piglets and a calf. Learn about their special care then finish up in the garden planting pumpkin seeds.

### Fall at the farm Group Tour

Available October Only

Experience harvest season in a traditional way. Visit a pony, feed the chickens and work on barn "chores" with child-sized pails and rakes. Tour the garden and pumpkin patch. Children finish up by choosing a pumpkin from our harvest-themed indoor pumpkin patch! Extra fee for pumpkins.

### Pioneer Days Group Tour

Available November

Imagine life in the 1880's in our authentic log cabin. Children participate in activity stations learning to grind wheat and coffee, churn butter, hammer nails, pump water, play dress-up, and engage in more living history skills. Storytelling about pioneer life with Laura Ingalls Wilder's Little House books helps children compare their life based on electricity and modern conveniences with the life of Laura and Mary. Ages 3 and up.

## A PIONEER THANKSGIVING AT KELSEY CREEK FARM

Let's celebrate Thanksgiving the old-fashioned way in our log cabin from 1888. With no electricity or indoor plumbing, how will we get all our chores done? Min 6/Max 10  
Kelsey Creek Farm Park

### A Little Pioneer Thanksgiving

Join Farmer Jayne as we churn butter, grind wheat, play dress up, pump water, and get our laundry done using muscles and will power! Crafts, snack and active storytelling round out our log cabin adventure. Children must be potty trained.

\$25(R) \$30(N) Age: 3Y - 6Y  
96058 10am-11:30pm Thu Nov 05

### A Family Pioneer Thanksgiving

Join Farmer Jayne on this no-school day as we dress up in pioneer clothing, churn butter, grind wheat, pump water and play just like Laura in Little House in the Big Woods. Team up with one favorite adult helper for old-fashioned crafts, snack and active storytelling.

\$20(R) \$25(N) Age: 2Y - 6Y  
96059 10am-11:30pm Wed Nov 11



### KELSEY CREEK - JUST RIDE

Take a pony ride on the trails at Kelsey Creek Farm. Ponies and horses are groomed, saddled, bridled, and ready to go! Boots with 1/2 inch heels are required, helmets are provided. Class will begin promptly on time. Siblings welcome in backpacks only. Min 1/ Max 1

Kelsey Creek Farm Park  
 \$75(R) \$90(N) Age: 4Y - 7Y  
 96144 1:30- 2pm Wed Sep 16-30  
 96145 2:15- 2:45pm Wed Sep 16-30  
 96146 3- 3:30pm Wed Sep 16-30

### KELSEY CREEK FARM ANIMAL ENRICHMENT

New program designed for school-aged kids with early release Wednesdays. Help Farmer Jayne create enrichment opportunities to actively engage and entertain our farm animals. Learn how they think, how each animal needs different activities based on their instincts and why it's important for animals to stay busy. Let's make our farm animals' habitats rewarding and fun. Min 6/Max 10

Kelsey Creek Farm Park  
 Chicken Pickins'  
 \$25(R) \$30(N) Age: 5Y - 10Y  
 90781 1:30- 3pm Wed Oct 28

Pig Pinata  
 \$25(R) \$30(N) Age: 5Y - 10Y  
 90782 1:30- 3pm Wed Nov 18

Happy Holidays to All  
 \$25(R) \$30(N) Age: 5Y - 10Y  
 90784 1:30- 3pm Wed Dec 16

### KELSEY CREEK FARM DAYS / EARLY RELEASE WEDNESDAYS

Early Release Wednesdays - Farm program designed for school-aged kids. Activities include an introduction to caring for animals, making treats and working in the farm yard. Min 6/Max 10

Kelsey Creek Farm Park  
 \$25(R) \$30(N) Age: 5Y - 7Y  
 96135 1:30- 3pm Wed Sep 16  
 96138 1:30- 3pm Wed Sep 30  
 \$25(R) \$30(N) Age: 8Y - 10Y  
 96136 1:30- 3pm Wed Sep 23



### KELSEY CREEK FARM DISCOVERIES

Explore the smells, sounds, and sights of this beautiful farm through a tactile and visual educational experience. Actively participate in barn chores, animal care, pony ride, baking and much more. Participants should dress in play clothes with sturdy shoes/boots. Snack provided. **Adult/child teams only.** Please call regarding underage siblings. Min 6/Max 10

Kelsey Creek Farm Park  
 \$60(R) \$69(N) Age: 2Y - 3Y  
 96139 10-11:30am Mon Sep 14-28  
 96140 10-11:30am Tue Sep 15-29  
 96141 10-11:30am Wed Sep 16-30

### KELSEY CREEK FARM EXPERIENCE

Actively participate in animal care, barn chores, a pony ride, baking and gardening. Activities include arts, crafts, stories and games. Children must be potty trained and should bring a lunch with drink. Snack is provided. Min 6/Max 10

Kelsey Creek Farm Park  
 \$68(R) \$81(N) Age: 3Y - 6Y  
 96142 10am-12:30pm Thu Sep 17-Oct 01

### KELSEY CREEK FARM EXPLORERS CLASS

Children actively participate in animal care, barn chores, a pony ride, baking and gardening. Curriculum is integrated with seasonal themes, arts and crafts, stories and games. Activities vary between sessions. Children must be potty trained and should bring a lunch with beverage. Snack is provided. Min 6/Max 10

Kelsey Creek Farm Park  
 \$68(R) \$81(N) Age: 3Y - 6Y  
 90757 10am-12:30pm Thu Dec 03-17  
 90758 10am-12:30pm Fri Dec 04-18

### KELSEY CREEK FARM HANDS

Farm Hands is designed for school-aged kids with early release Wednesdays. Join Farmer Jayne in seasonal art/craft activities combined with farm chores and animal care. We'll groom, feed and work in the barn and farm yard too. Min 6/Max 10

Kelsey Creek Farm Park  
 \$25(R) \$30(N) Age: 5Y - 10Y  
 Happy Halloween, Goats  
 90769 1:30- 3pm Wed Oct 14

Cows, Butter and a Log Cabin  
 90770 1:30- 3pm Wed Nov 04

Happy Holidays to All  
 90771 1:30- 3pm Wed Dec 02

### KELSEY CREEK LITTLE FARMERS CLASS

Join Farmer Jayne in a special hands-on opportunity to experience farm life with your 2-3 year old. Children team up with a parent/adult to actively participate in animal care, barn chores, pony ride, baking and gardening. Curriculum is integrated with seasonal themes, arts and crafts, stories and games. Spend one-on-one time with your child in this fun and active learning class. Activities vary between sessions during the school year. Both children and adults should dress in play clothes with sturdy shoes/boots. Snack provided. Adult/child teams only. Underage siblings are welcome: please call in advance for important information. Min 1/Max 10

Kelsey Creek Farm Park  
 \$60(R) \$69(N) Age: 2Y - 3Y  
 90743 10-11:30am Mon Nov 30-Dec 14  
 90744 10-11:30am Tue Dec 01-15  
 90745 10-11:30am Wed Dec 02-16



### KELSEY CREEK VOLUNTEERS AFTER SCHOOL

Earn community service hours in this once-a-week after school volunteer program at Kelsey Creek Farm. You will assist the farm staff with the daily operations, help with the animal chore routine, and learn responsible animal care. You need a willingness to learn, and the ability to be on your feet for a physically active day. Also you must have a tolerance for being outside and working in a farm environment in close proximity to hay, vegetation and dust. Participants must be capable of understanding and following directions. Volunteers must be able to attend the 1st two weeks of the program and no less than a total of 5 sessions. No program when Bellevue schools are not in session. Maximum of 1 day per week sign up per participant. All volunteers will be required to complete a Criminal Background check and provide their Social Security number. Min 1/Max 3

Kelsey Creek Farm Park

\$5(R) \$7(N)		Age: 12Y - 18Y
93139 3-4:30pm Tue	Sep 29-Nov 17	
93140 3-4:30pm Wed	Sep 30-Nov 18	
93141 3-4:30pm Thu	Oct 01-Nov 19	

## Performing Arts

### DANCE - PRE-BALLET 2

Children will explore the basic elements of dance including rhythmic and spatial awareness as well as basic ballet vocabulary in a supportive encouraging environment. they will gain coordination, body awareness, and self-confidence as they express themselves through dance. Min 5/Max 12 South Bellevue Community Center

\$61(R) \$74(N)		Age: 5Y - 6Y
90826 5-5:45pm Tue	Sep 15-Oct 20	
\$51(R) \$62(N)		Age: 5Y - 6Y
90827 5-5:45pm Tue	Nov 03-Dec 08	



### MOVE OVER MOZART/PIANO CLASSES

Move Over Mozart is a piano-learning program where children participate in musical activities and learn from each other as well as their teacher. Learn to play familiar tunes on the piano, read music, and basic music theory for a lifetime of musical enjoyment. Having a piano at home is recommended but not required. Class recitals are scheduled throughout the year. One-time \$10 materials fee payable to instructor due at first class session, and is separate from class fee. (Additional classes may be added from waitlist /as needed). Instructor: Pamela J. Cornell Min 5/Max 6

Northwest Arts Center

\$99(R) \$119(N)		Age: 3Y - 4Y
95934 5-5:30pm Mon	Sep 21-Nov 23	
\$149(R) \$179(N)		Age: 3Y - 4Y
95927 4-4:30pm Tue	Sep 22-Jan 12	
95931 5:30-6pm Tue	Sep 22-Jan 12	
\$99(R) \$119(N)		Age: 5Y - 6Y
95933 4:30-5pm Mon	Sep 21-Nov 23	
95939 5:30-6pm Mon	Sep 21-Nov 23	
\$149(R) \$179(N)		Age: 5Y - 6Y
95930 5-5:30pm Tue	Sep 22-Jan 12	
95932 6-6:30pm Tue	Sep 22-Jan 12	
\$99(R) \$119(N)		Age: 7Y - 12Y
95940 6-6:30pm Mon	Sep 21-Nov 23	
\$149(R) \$179(N)		Age: 7Y - 12Y
95928 4:30-5pm Tue	Sep 22-Jan 12	

## Bellevue Youth Theatre

Crossroads Campus  
16051 NE 10th Street

Ivanhoe Campus  
16661 Northup Way • 425-452-7155

The Bellevue Youth Theatre is dedicated to providing opportunities for all young people in the theatre, ages 8-19, or children under 8 with a parent or guardian present at all times. Persons with disabilities, families and older adults are encouraged to participate. The focus of the theatre is to build self-esteem, teamwork and confidence while performing in a supportive environment. Children under 12 and first time participants can expect smaller roles and limited lines. For more information please call 425-452-7155

### BELLEVUE YOUTH THEATRE FALL 2015 AUDITIONS

Pre-registration is not allowed. YOU MUST AUDITION TO BE IN OUR PROGRAM. There is no need to prepare anything for the audition. Participants 18 and older are required to have a current background check on file at the theatre. These are good for one year.  
FREE (R) \$125 (N)

**Children 4 and younger** are required to have a parent perform with them on stage.

**Children 5-7** will require a parent to be present at all rehearsals and performances. They will not get lines and will perform with a group.

**For more information about our casting policy**, please call 425-922-1862 or e-mail [JMCClain@bellevuewa.gov](mailto:JMCClain@bellevuewa.gov).

**Auditions will be held at the following place and times:**  
**For SNOW WHITE AND ROSE RED**  
Monday, August 31  
from 5-6:30pm at  
South Bellevue Community Center

**For BRIGADOON, THE MITTEN, and AN ELF'S TALE**  
Tuesday, September 1 &  
Wednesday, September 2  
from 5-6:30pm at  
Bellevue Youth Theatre - Crossroads

**No conflicts allowed on tech week or the show performance dates.**

### BRIGADOON

This is a classic Broadway musical with good roles for singers, dancers and adults.

**Rehearsal location:** BYT-Crossroads  
**Rehearsal begins:** Monday, Sept. 14  
**Rehearsals:** Mon. to Fri., 5-7 p.m.  
**Tech Week:** The week of October 19 at BYT-Crossroads  
**Performs at BYT-Crossroads:** October 24 to November 1



**SNOW WHITE AND ROSE RED**

Snow White is a sweet and thoughtful girl, and her sister Rose Red is adventurous and brave. Together they find a kind, yet mysterious, "creature" and help him to survive the freezing winter. But what will happen to the girls and their new friend when they meet a vicious dwarf? Roles for families and participants of all ages.

**Rehearsal location:** South Bellevue Community Center

**Rehearsal begins:** Monday Sept. 14

**Rehearsals:** Mon. to Fri., 5-7pm

**Tech Week:** The week of November 2 at BYT-Crossroads

**Performs at BYT-Crossroads:** November 6-15

**THE MITTEN**

This fun folk tale from the Ukraine is a show filled with magic and is a treat for everyone involved. Great opportunity for every one of all ages. Suitable for the entire family to audition. Some music but vocal audition is not required for those who do not want to sing.

**Rehearsal location:** Crossroads Community Center

**Rehearsal begins:** Monday, Sept. 14

**Rehearsals:** Mon. to Fri., 5:30-7:30pm

**Tech Week:** The week of November 16 at BYT-Crossroads

**Performs at BYT-Crossroads:** November 20-29

**AN ELF'S TALE**

Zippity is different from all the other Elves at the North Pole, but does he have what it takes to save Christmas and get rid of the Naughty List for good? An Elf's Tale is a musical with original songs and dances. There are parts for all ages, especially families. All parts are singing parts, so there will be a required singing audition.

**Rehearsal location:** BYT - Ivanhoe

**Rehearsal begins:** Monday, Sept. 14

**Rehearsals:** Mon. to Fri., 5-7pm

**Tech Week:** The week of November 30 at BYT-Crossroads

**Performs at BYT-Crossroads:** December 4-13

# Preschool Dance, Movement, & Music

## PARENT/CHILD DROP-IN PLAY

'It's raining, it's pouring'...Where can we play? At one of our community centers! Come play with our toys, balls, big wheels, and more in a dry and safe environment. Parents provide set-up/take-down and supervision (maximum of three children per adult). No registration required.

\$3(R) \$4(N) Age: Up to 5Y

Crossroads Community Center  
9-11:30am Mon-Fri Ongoing

North Bellevue Community Center  
11am-1pm Wed Ongoing

South Bellevue Community Center  
10:30am-12pm Mon, Wed, Fri

## INDOOR PLAY PLUS

Regular indoor play with the addition of inflatable play structures and toys. Play Plus will begin in November this year. November and December will be the next to the last Fridays due to the holidays. Min 1/Max 50

South Bellevue Community Center

\$5(R) \$6(N) Age: 1Y - 5Y  
89678 10:30am-12pm Fri Nov 20-Dec 18

## BABY BEETHOVEN

A fun and stimulating hands-on introduction to music and movement class for toddler and parent. Traditional songs, movement, and playing rhythm instruments included. Caregiver required in class. Please no siblings during class. Instructor: Karen Renfroe-Gielgens Min 8/Max 10

Northwest Arts Center

\$88(R) \$105(N) Age: 18M - 3Y  
95820 9:45-10:30am Fri Sep 18-Nov 06

## BABY BEETHOVEN HOLIDAY FUN!

A fun and stimulating hands-on introduction to music and movement to celebrate the upcoming holidays for toddlers and caregivers! Songs movement, rhythm instruments included in this festive and fun class! Please, no siblings during class. Min 6/Max 10

Northwest Arts Center

\$45(R) \$55(N) Age: 18M - 3Y  
95900 9:45-10:30am Fri Nov 13-Dec 18

## PRE-BALLET

Through creative movement and games to classical music children will explore the basic elements of dance including rhythmic and spatial awareness as well as basic ballet vocabulary. They will gain coordination, body awareness, and self esteem as they express themselves through dance.

Min 5/Max 12

South Bellevue Community Center

\$61(R) \$73(N) Age: 3Y - 5Y  
90804 4-4:45pm Tue Sep 15-Oct 20

\$51(R) \$62(N) Age: 3Y - 5Y  
90805 4-4:45pm Tue Nov 03-Dec 08

## PEE WEE PICASSO

Have fun together doing delightful art projects reflecting various subjects as well as seasonal specialties. Projects made in this delightful class make for artful memories and lasting treasures. Please no siblings during class time.

Caregiver required in class. Min 8/Max 10

Northwest Arts Center

\$88(R) \$105(N) Age: 18M - 3Y  
95818 9:45-10:30am Thu Sep 17-Nov 05

## PEE WEE PICASSO HOLIDAY FUN

Parent and child have fun together working on special holiday art projects! Caregiver required in class. Please, no siblings during class time. Min 8/Max 10

Northwest Arts Center

\$45(R) \$55(N) Age: 18M - 3Y  
96366 9:45-10:30am Thu Nov 12-Dec 17

## RAH! RAH! REMBRANDT'S!

Calling all preschoolers! Come explore the colorful world of art and imagination. Each week we will focus holiday themed related projects. Materials are included. Min 6/Max 10

Northwest Arts Center

\$88(R) \$105(N) Age: 3Y - 6Y  
95819 11-11:45am Thu Sep 17-Nov 05

## RAH! RAH! REMBRANDT'S, HOLIDAY FUN!

Calling all preschoolers! Come explore the colorful world of art and imagination. Focus on holiday related projects and FUN!!!!!! Materials are included. Min 6/Max 10

Northwest Arts Center

\$45(R) \$55(N) Age: 3Y - 6Y  
95899 10:45-11:30am Thu Nov 12-Dec 17



## Arts, Crafts, Cooking & Family Fun

### VISIONS OF SUGARPLUMS

Jelly bellies, gumdrops and peppermint FUN! Join us for a sweet beginning to the holiday season by making a mini gingerbread house, sing songs, dance and eat yummys for your tummies! Dress in your party clothes for happy holiday wholesome FUN! Min 6/Max 6

Northwest Arts Center  
\$20(R) \$25(N) Age: 2Y - 5Y  
Add'l Child: \$5(R) \$6(N)  
95914 10-11:30am Sat Nov 21

### PEE WEE PUMPKIN PATCH

Spend a fun filled morning designing a one of a kind perfect jack o' lantern! Art, music, make pumpkin brownies and a playing harvest games are just some of the happy activities planned for the morning. Min 6/Max 6

Northwest Arts Center  
\$20(R) \$25(N) Age: 2Y - 5Y  
Add'l Child: \$5(R) \$6(N)  
96368 10am-11:30pm Sat Oct 24

## Sports

### SPORTBALL BIG KIDS - MULTI-SPORT

Sportball Multi-Sport skills development programs introduce preschool age children to the concepts and skills involved in the eight core sports of the Sportball methodology. Developmentally appropriate methods are introduced to reinforce the benefits of teamwork and skills development rather than the importance of winning. Children gain the confidence and develop the social skills necessary to succeed in sport and life. Child only program. Min 6/Max 12

South Bellevue Community Center  
\$91 \$108.50 Age: 3Y - 5Y  
90444 4-5pm Mon Sep 14-Oct 26  
90445 11am-12pm Tue Sep 15-Oct 27  
90447 4-5pm Mon Nov 02-Dec 14  
\$78 \$93.50 Age: 3Y - 5Y  
90446 11am-12pm Tue Nov 03-Dec 15  
Northwest Arts Center  
\$91(R) \$110(N) Age: 3Y - 5Y  
96099 12:30- 1:30pm Wed Sep 16-Oct 28  
\$71(R) \$85(N) Age: 3Y - 5Y  
96100 12:30- 1:30pm Wed Nov 04-Dec 16

## Learning & Enrichment

### NATURAL START PRESCHOOL OPEN HOUSE

Natural Start Preschool is a nature-based preschool combining Kindergarten readiness with experience in nature, physical activity and environmental education. We will be hosting several open houses for the 2015-2016 school year. Parents and children are invited to visit our classroom, meet our teachers, tour the facility, and learn more about what our unique program has to offer! For more information, please call 425-891-0764 or visit our website at [www.naturalstartpreschool.com](http://www.naturalstartpreschool.com). Min 1/Max 30

South Bellevue Community Center  
FREE Age: 3Y and up  
93498 10am-12pm Sat Aug 08

## Special Interest & Extended Learning

### Dance & Arts

#### TAP DANCE - BEGINNING

Have you wanted to learn to tap dance or want to improve the skills you learned long ago? This is a wonderful way to exercise while improving coordination and memory - while having fun. Class not in session July, August or September. Min 10/Max 30

North Bellevue Community Center  
\$18(R) \$22(N) Age: 18Y and up  
95789 11am-12pm Tue Oct 06-27  
95790 11am-12pm Tue Nov 03-24  
\$14(R) \$17(N) Age: 18Y and up  
95791 11am-12pm Tue Dec 01-15

#### TAP DANCE - INTERMEDIATE

Improve your skills dancing to fun music from the old days. This is a wonderful way to exercise while improving your memory, coordination, and having fun. No class in session July, August or September. Min 10/Max 30

North Bellevue Community Center  
\$18(R) \$22(N) Age: 18Y and up  
95793 12:15- 1:15pm Tue Oct 06-27  
95794 12:15- 1:15pm Tue Nov 03-24  
\$14(R) \$17(N) Age: 18Y and up  
95795 12:15- 1:15pm Tue Dec 01-15

### LINE DANCE PRACTICE

Practice Line Dances with other participants. No instructor. Min 1/Max 35

North Bellevue Community Center  
\$3(R) \$4(N) Age: 18Y and up  
88151 11:45am-12:45pm Mon Jan 05-Dec 21  
88148 10:45-11:45am Fri Jan 09-Dec 18

## Games

### THE SOUTH BELLEVUE BRIDGE BUNCH

Just learning, a little rusty or just want a fun place to play bridge while increasing your skill level? Min 4/Max 40

South Bellevue Community Center  
\$12(R) \$14.50(N) Age: 55Y and up  
89666 1:10- 3:10pm Tue Sep 08-Dec 15

## Multi-Cultural Services

### ESL FOR CHINESE SENIORS

English as a second language is offered for non-native speakers. Beginner and Intermediate. Min 6/Max 27

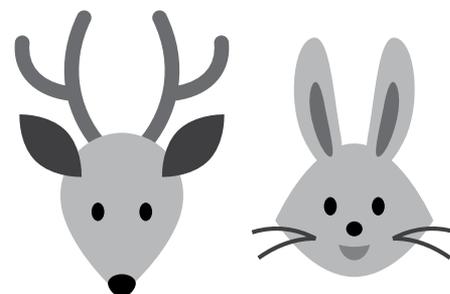
South Bellevue Community Center  
FREE Age: 60Y and up  
89663 12:30- 2pm Thu Sep 08-Dec 17

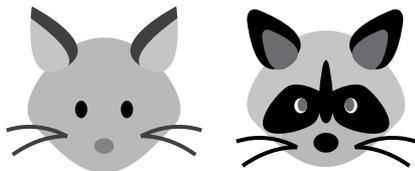
## Financial, Legal, & Insurance

### SENIOR BUS PASS DISTRIBUTION

Metro will sell their Senior Regional Reduced Fare ORCA Card for \$3.00 to adults 65 years or older. Min 1/Max 99

North Bellevue Community Center  
FREE Age: 65Y and up  
96364 10:30-11:30am Tue Sep 15  
96365 10:30-11:30am Tue Nov 17





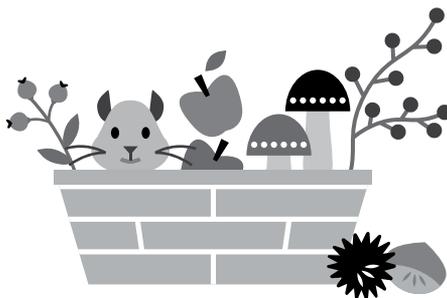
**SHIBA**

The Statewide Health Insurance Benefits Advisors (SHIBA) HelpLine provides free, unbiased information about health care access and coverage and works to help improve the lives of all Washington state residents. SHIBA HelpLine volunteers and staff assist consumers with choices and problems involving private health insurance as well as many government programs. (Medicare, Medicaid, Basic Health, Children’s Health Insurance Program, and the Washington State Health Insurance Pool). SHIBA HelpLine volunteers also are experts in Medigap coverage, employment-related health benefits, managed care, long-term care insurance, and fraud and abuse questions. Appointments available 1st & 3rd Wednesday each month. Call 425-452-7681 to register. North Bellevue Community Center.

**MOVING TO A SIMPLER LIFE**

This seminar is designed to help you make the move to an easier lifestyle. Over 2 meetings, you’ll learn the types of services available to assist you when your home has become too much to care for, and create a strategy to either age in place, or move to a new home. Over the 2 days you’ll meet estate sale/appraiser experts, a mover, Realtor(r), Elder Law attorney, financial planner, reverse mortgage specialist, seniors’ bookkeeper, in-home care provider, and senior housing expert. After each seminar informal question & answer sessions will follow along with a gracious free lunch. Min 6/Max 36

North Bellevue Community Center  
 FREE Age: 18Y and up  
 90645 10am-1pm Tue Sep 15-22



**Children & Youth**

**ETIQUETTE-YOUNG LADIES & GENTLEMAN: HOLIDAY MANNERS**

This course is a natural follow-up to Young Ladies and Gentlemen I. One of the first social settings that children encounter is being a guest at a holiday party. Being a gracious guest, guest of honor, or host are lifelong skills. Boys and girls will learn about invitations, practice meeting and greeting others, polite conversation, giving and receiving gifts, basic table manners while neatly eating birthday cake, and how to create their own thank you notes. It is not necessary to have taken Young Ladies and Gentlemen I to enroll in Young Ladies and Gentlemen II. Cake will be served in this class. Min 8/Max 20

Northwest Arts Center  
 \$50(R) \$60(N) Age: 6Y - 11Y  
 95942 1-4pm Sat Nov 21

**ETIQUETTE-YOUNG LADIES & GENTLEMEN I**

Children rarely attend classes on manners, and yet it is the key to building positive friendships and strong self-esteem. This fun, hands-on workshop teaches telephone etiquette, basic table manners, introductions, personal care, and posture. \*\*\*There is no child care available the hour between classes. Please consider if enrolling in both classes. Min 8/Max 20

Northwest Arts Center  
 \$50(R) \$60(N) Age: 6Y - 11Y  
 95925 9am-12pm Sat Nov 21

**Drop-In Sports**

**BADMINTON - DROP-IN**

Enjoy playing badminton? Put this opportunity on your schedule! The schedule is subject to change depending on attendance. Min 1/Max 30  
 South Bellevue Community Center  
 \$3(R) \$4(N) Age: 18Y and up  
 Ongoing 7-8:45pm Wed, Mon Sep 02-Dec 30

**BASKETBALL - ADULT OPEN GYM**

Come to our open gym time for adults. Open for full court play until there are too many, then players have option to switch to half court play. Schedule subject to change depending on attendance. Call 452-4240 for schedule. Min 1/Max 50

South Bellevue Community Center  
 \$3(R) \$4(N) Age: 18Y and up  
 Call South Bellevue Community Center at 425-452-4240 for schedule.

**BASKETBALL - FAMILY TIME**

Bring the family in for some basketball fun. No full or half court games at this time. We’ll even lower the baskets for your younger ones to shoot. Players must be accompanied by parent or caregiver. Min 1/Max 50

South Bellevue Community Center  
 FREE Age: 5Y and up  
 Ongoing 3:15- 4:45pm Sat-Sun Sep 05-Dec 27

**NOON HOUR HOOPS**

Shoot hoops or run full court, while getting fit and enjoying the competition! This drop-in program is for adults 18 and up. Must be out of high school. No registration required. Min 1/Max 1

Crossroads Community Park & Center  
 FREE(R) Age: 18Y and up  
 Ongoing 12-2pm Tue-Fri, Mon Sep 01-Dec 25

**PICKLEBALL**

Join our pickle ball players for some good exercise and lots of fun. Easy sport to pick up if you have not played before. Min 1/Max 30

\$3(R) \$4(N) Age: 18Y and up  
 South Bellevue Community Center  
 Ongoing 12:30- 2:30pm Mon/Fri Sep 04-Dec 21  
 North Bellevue Community Center  
 Ongoing 3-5pm Mon/Fri  
 Ongoing 3:30-5:30pm Wed



## QUAD RUGBY DROP-IN

Come and join in on this wheelchair sport for some rough and tumble fun. Cost is \$3.00 for residents and \$4.00 for non-residents per visit. Save when you purchase a play pass. Meets the first two Saturdays of the month. Age 18 and up. Min 2/Max 20  
Highland Community Center  
\$3 \$4 Age: 18Y and up  
Ongoing 12- 3pm Sat Sep 05-Dec 12

## WHEELCHAIR BASKETBALL DROP-IN

This opportunity occurs every Wednesday offering brisk exercise and friendly competition from 7-9pm. Cost is \$3.00 for residents and \$4.00 for non-residents per visit. Save when you purchase a play pass. Bring your own wheelchair for this challenging workout. Age: 18 and up Min 5/Max 25  
Highland Community Center  
\$3(R) \$4(N) Age: 18Y and up  
Ongoing 6:30- 9pm Wed Sep 16-Dec 02

## VOLLEYBALL - DROP-IN

Non-competitive general-regulation volleyball for those 18 and over that are looking for afternoon fun and a little exercise. When three teams are formed due high attendance the weight room will be available for workout at no additional charge while waiting for your game. Min 5/Max 15  
Highland Community Center  
\$3 \$4(N) Age: 18Y and up  
Ongoing 3:30- 5:30pm Mon, Fri Sep 14-Dec 04

## ROCK CLIMBING - BELAYED CLIMB SESSION

During these scheduled times there will be trained staff to belay all individuals who wish to climb in a safe and encouraging atmosphere. All equipment is provided. Sessions include up to 3 hours of climb time; length of times vary among sessions. A Single Climb option is available for people to climb a single rope. Cost is \$3 (Bellevue Resident) and \$4 (Non-Resident). Min 1/Max 1  
South Bellevue Community Center  
\$7(R) \$9(N) Age: 4Y and up  
94785 10am- 2:30pm Sat-Thu Sep 12-Dec 20

## ROCK CLIMBING 101

This class is for the beginning or intermediate climber who would like to learn all of the basics of rock climbing. You will learn how to correctly wear a harness, tie knots, handle the rope, use a belay device and communicate effectively. Pre-registration is required. Min 1/Max 8

### South Bellevue Community Center

89417	6- 7pm	Tue	Sep 15
89409	6- 7pm	Tue	Sep 22
89401	6- 7pm	Tue	Sep 29
89402	6- 7pm	Tue	Oct 06
89403	6- 7pm	Tue	Oct 13
89404	6- 7pm	Tue	Oct 20
89405	6- 7pm	Tue	Oct 27
89406	6- 7pm	Tue	Nov 03
89407	6- 7pm	Tue	Nov 10
89408	6- 7pm	Tue	Nov 17
89410	6- 7pm	Tue	Nov 24
89411	6- 7pm	Tue	Dec 01
89412	6- 7pm	Tue	Dec 08
89413	6- 7pm	Tue	Dec 15
89414	6- 7pm	Tue	Dec 22

## ROCK CLIMBING 101 FOR PARENT/CHILD

This course covers the same material as Rock Climbing 101, but is ideal for parents to do with their children to take their relationship to new heights. Go Climbing! Price is for one child and one adult. Additional children (\$11 resident; \$13 non-resident). Min 1/Max 8

### South Bellevue Community Center

95994	9-10am	Sat	Sep 12
95995	11am-12pm	Sun	Sep 13
95996	7- 8pm	Mon	Sep 14
95997	6- 7pm	Thu	Sep 17
95998	9-10am	Sat	Sep 19
95999	11am-12pm	Sun	Sep 20
96000	7- 8pm	Mon	Sep 21
96001	6- 7pm	Thu	Sep 24
96002	9-10am	Sat	Sep 26
96003	11am-12pm	Sun	Sep 27
96004	7- 8pm	Mon	Sep 28
96005	6- 7pm	Thu	Oct 01
96007	9-10am	Sat	Oct 03
96008	11am-12pm	Sun	Oct 04
96009	7- 8pm	Mon	Oct 05
96010	6- 7pm	Thu	Oct 08
96011	9-10am	Sat	Oct 10
96019	11am-12pm	Sun	Oct 11
96020	7- 8pm	Mon	Oct 12
96021	6- 7pm	Thu	Oct 15
96022	9-10am	Sat	Oct 17
96023	11am-12pm	Sun	Oct 18
96024	7- 8pm	Mon	Oct 19
96025	6- 7pm	Thu	Oct 22
96026	9-10am	Sat	Oct 24
96027	11am-12pm	Sun	Oct 25
96028	7- 8pm	Mon	Oct 26
96029	6- 7pm	Thu	Oct 29
96030	9-10am	Sat	Oct 31
96031	11am-12pm	Sun	Nov 01
96032	7- 8pm	Mon	Nov 02
96033	6- 7pm	Thu	Nov 05

96034	9-10am	Sat	Nov 07
96035	11am-12pm	Sun	Nov 08
96036	7- 8pm	Mon	Nov 09
96037	6- 7pm	Thu	Nov 12
96038	9-10am	Sat	Nov 14
96039	11am-12pm	Sun	Nov 15
96040	7- 8pm	Mon	Nov 16
96041	6- 7pm	Thu	Nov 19
96042	9-10am	Sat	Nov 21
96043	11am-12pm	Sun	Nov 22
96044	7- 8pm	Mon	Nov 23
96045	7- 8pm	Mon	Nov 30
96046	6- 7pm	Thu	Dec 03
96047	9-10am	Sat	Dec 05
96048	11am-12pm	Sun	Dec 06
96049	7- 8pm	Mon	Dec 07
96050	7- 8pm	Thu	Dec 10
96051	9-10am	Sat	Dec 12
96052	11am-12pm	Sun	Dec 13
96053	7- 8pm	Mon	Dec 14
96054	7- 8pm	Thu	Dec 17
96055	9-10am	Sat	Dec 19
96056	11am-12pm	Sun	Dec 20

## HIGH ROPES ADVENTURE

The Bellevue High Ropes Adventure is a recreational high ropes course program located just up the hill from the South Bellevue Community Center in beautiful Eastgate Park. During the high course program, participants go through an introduction, gear up, ground school, and then climb up as high as 45 feet in the air to experience an aerial obstacle course that includes rope swings, cable crossings, a cargo net and much more. During your experience you'll be supported by professional challenge course staff who will encourage positive individual choices as you encounter mental and physical challenges. This program is available for individuals, couples, families, small groups, and large groups who are looking to challenge themselves in a natural outdoor setting. 9 - 13 year olds must be accompanied onto the course by an adult chaperone. Each adult chaperone may supervise a MAXIMUM of two, 9-13 year olds. Min 9/Max 18

### South Bellevue Community Center

\$39	\$49	Age: 9Y and up
88506	1- 3:30pm	Sat Sep 05
88531	10am-12:30pm	Sat Sep 05
88507	10am-12:30pm	Sat Sep 12
88508	1- 3:30pm	Sat Sep 12
88509	10am-12:30pm	Sat Sep 19
88510	1- 3:30pm	Sat Sep 19
88511	10am-12:30pm	Sat Sep 26
88512	1- 3:30pm	Sat Sep 26
88532	1- 3:30pm	Sat Oct 03
88533	1- 3:30pm	Sat Oct 10
88534	1- 3:30pm	Sat Oct 17
88513	1- 3:30pm	Sat Oct 24
88588	1- 3:30pm	Sat Oct 31

# YOUR NEIGHBORHOOD PRESCHOOL CHOICE



## POLLIWOG PRESCHOOL

A Pacific Science Center program at Mercer Slough Environmental Education Center. Polliwog Preschool is a play-based and multi-aged program for children 3 to 5 years old. At Polliwog Preschool, nature is used as the ideal catalyst for discovery and stimulation. Seasonal themes and daily activities are designed to meet the specific developmental needs of early learners, while encouraging curiosity and fostering a love of nature and learning. **To register, call the Pacific Science Center at 206-443-2925.** For more information, call 425-450-0207 or visit: [pacificsciencecenter.org/Mercer-Slough/polliwog-preschool](http://pacificsciencecenter.org/Mercer-Slough/polliwog-preschool)



For more information and Open House dates, visit [www.naturalstartpreschool.com](http://www.naturalstartpreschool.com)

**Natural Start Preschool At South Bellevue Community Center**

Located in the heart of the 39 acre Eastgate Park, Natural Start Preschool at the SBCC offers a unique nature-based curriculum that supports the developmental and learning needs of preschoolers. Children spend 45-90 minutes outside each day.

Junior Explorers for ages 3-4

Explorers for ages 4-5

9am-12pm	T/Th	Sept-June
9am-12pm	M/W/F	Sept-June
9am-12pm	M-F	Sept-June

To register visit the South Bellevue Community Center or call 425-452-4240.



## PRE-KINDERGARTEN PRESCHOOL

This program is designed as a preparation for children attending kindergarten during the next school year. This structured interactive class includes music, stories, crafts, and play time, while developing concentration and social skills. Partial scholarships are available. Min 8/Max 14

Crossroads Community Center  
\$1736(R) \$2083(N) Age: 4Y - 5Y  
9:30am-1pm Mon, Wed, Fri Sep to May

## PRESCHOOL PLAYSCHOOL

This program is designed as a first school experience. This structured interactive class includes music, stories, crafts, and play time, while developing concentration and social skills. Partial scholarships are available. Min 8/Max 14

Crossroads Community Center  
\$996(R) \$1195(N) Age: 3Y - 4Y  
9:30am-12pm Tue, Thu Sep to May





# Adult Sports Leagues

Winter, Spring, and Fall Leagues for Adult Basketball, Women's Basketball, Co-Rec Volleyball, and Women's Volleyball:

**Fall 2015 Registration:**

Residents: July 27-August 21  
 Non-Resident: August 3-August 21

**League Play:** Starts September 13, 2015

**Winter 2016 Registration:**

Residents: November 2-December 4  
 Non-Resident: November 9-December 4

**League Play:** Starts January 4, 2016

**Visit [http://www.bellevuewa.gov/parks\\_adult\\_sports\\_leagues.htm](http://www.bellevuewa.gov/parks_adult_sports_leagues.htm), email [Leagues@bellevuewa.gov](mailto:Leagues@bellevuewa.gov), or call 425-452-4479 to register.**

**New to Bellevue or looking for a team?**

Individuals are encouraged to get on the **Interested Players List** available to team managers looking for players. Contact Shirley Louie at 425-452-4479 or email [Leagues@bellevuewa.gov](mailto:Leagues@bellevuewa.gov), or visit us on the Web at [http://www.bellevuewa.gov/parks\\_adult\\_sports\\_leagues.htm](http://www.bellevuewa.gov/parks_adult_sports_leagues.htm).



YOUTH SOCCER LEAGUES SPONSORED BY



# Youth Sports Leagues

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 5 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 SEPTEMBER 15 BY EMAIL TO [SGonzales@bellevuewa.gov](mailto: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 15.

## MIGHTY MITES SOCCER LEAGUE

This 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. Come and join the fun! Volunteer coaches are needed for this league. Max. 6 players per team.

Robinswood Sports Field  
 \$83(R) \$99(N) Ages: 5Y - 6Y  
 95943 4:15-5:15pm Tue Sep 22-Nov 03

## YOUTH SOCCER LEAGUE

This 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. Come and join the fun! Volunteer coaches are needed for this league. Max. 7 players per team.

Robinswood Sports Field  
 \$83(R) \$99(N) Ages: 7Y - 9Y  
 95944 4:15-5:30pm Wed Sep 23-Nov 04



### SPORTBALL MULTI-SPORT

Sportball Multi-Sport skills development programs introduce primary school-age children to the concepts and skills involved in the eight core sports of the Sportball methodology. Developmentally appropriate methods are introduced to reinforce the benefits of teamwork and skills development rather than the importance of winning. Children gain the confidence and develop the social skills necessary to succeed in sport and life.

Child only program. Min 4/Max 12  
Northwest Arts Center

\$91(R)	\$110(N)		Age: 5Y - 8Y
96101	1:30-2:30pm	Wed	Sep 16-Oct 28
\$71(R)	\$85(N)		Age: 5Y - 8Y
96102	1:30-2:30pm	Wed	Nov 04-Dec 16

### SPORTBALL PARENT & CHILD

This program is a perfect intro to Sportball. Children and parents or caregivers participate in our eight core sports; basketball, baseball, hockey, football, soccer, tennis, golf and volleyball. Min 6/Max 12

Highland Community Center

\$104(R)	\$109(N)		Age: 2Y - 4Y
96093	1:45-2:30pm	Tue	Sep 08-Oct 27
\$78(R)	\$82(N)		Age: 2Y - 4Y
96204	1:45-2:30pm	Tue	Nov 03-Dec 08

South Bellevue Community Center

\$91(R)	\$108.50		Age: 2Y - 4Y
89899	10-10:45am	Tue	Sep 15-Oct 27
89900	10-10:45am	Tue	Nov 03-Dec 15

### SPORTBALL YOUTH TENNIS

Game, set, match! Sportball Tennis programs introduce children to fundamental concepts of gameplay and provide them with the basic skills required to build confidence and get into the swing of things in a supportive, non-competitive environment.

Classes zero in on skills including: forehand, backhand, volleying and more. Trained, certified Sportball Coaches apply their dedicated instruction in fun, exciting, skills-focused games. Min 6/Max 12

South Bellevue Community Center

\$91(R)	\$108.50(N)		Age: 4Y - 6Y
96103	4-4:50pm	Thu	Sep 17-Oct 29
\$78(R)	\$94(N)		Age: 4Y - 6Y
96104	4-4:50pm	Thu	Nov 05-Dec 17

\$91(R)	\$108.50(N)		Age: 7Y - 10Y
96105	5-6pm	Thu	Sep 17-Oct 29
\$78(R)	\$94(N)		Age: 7Y - 10Y
96106	5-6pm	Thu	Nov 05-Dec 17



### SPORTBALL JUNIOR

This 45-minute program is a perfect introduction to Sportball. Children and parents participate in our eight core sports including: hockey, soccer, tennis, baseball, basketball, volleyball, golf and football along with creative games, songs, rhymes, stories, bubble time and much more. Although these programs focus more on exploration, children will be introduced to a different sport each week. Parents are encouraged to participate with their child and challenge them according to their skill level. Min 6/Max 12

Highland Community Center

\$104(R)	\$109(N)		Age: 16M - 24M
96095	1-1:45pm	Tue	Sep 08-Oct 27
\$78(R)	\$82(N)		Age: 16M - 24M
96203	1-1:45pm	Tue	Nov 03-Dec 08

### PRE-SEASON BASKETBALL CLINIC

Want to improve your basketball skills and fundamentals? This Pre Season Basketball Clinic creates an opportunity for coed players, ages 5-13 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! Min 10/Max 30

Tyee Middle School Site

\$70(R)	\$76(N)		Age: 5Y - 6Y
95945	5:30-6:30pm	Mon	Nov 09-Dec 14

\$70(R)	\$76(N)		Age: 7Y - 8Y
95946	5:30-6:30pm	Tue	Nov 10-Dec 15

\$70(R)	\$76(N)		Age: 9Y - 10Y
95947	5:30-6:30pm	Wed	Nov 11-Dec 16

\$58(R)	\$60(N)		Age: 11Y - 13Y
95948	5:30-6:30pm	Thu	Nov 12-Dec 17

### BIDDY MULTI SPORT

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. Min 10/Max 20

Tyee Middle School Site

\$68(R)	\$80(N)		Age: 3Y - 4Y
91021	9:30-10:15am	Sat	Sep 19-Oct 24
95865	9:30-10:15am	Sat	Oct 31-Dec 12

### BIDDY MULTI SPORT II

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) Min 10/Max 20

Tyee Middle School Site

\$68(R)	\$80(N)		Age: 5Y - 6Y
95871	10:30-11:15am	Sat	Sep 19-Oct 24
95872	10:30-11:15am	Sat	Oct 31-Dec 12



**CHEERLEADING - DANCE/DRILL TEAM**

Be a part of the Bellevue Parks Dance Team! Do you want to learn to dance, or improve your technique? Trying out for dance team, drill team or cheerleading? This team works on beginning-to-intermediate level spirit-style dance technique, focusing on hip-hop, precision and pom styles. Previous cheer or dance experience is recommended but not required - contact instructor with questions. Some extra costs may be incurred for this class. Min 10/Max 35 Highland Community Center

\$69(R) \$76(N) Age: 11Y - 18Y  
 96088 5-6:30pm Thu Sep 17-Oct 22  
 96089 5-6:30pm Thu Oct 29-Dec 17

**CHEERLEADING - BASKETBALL CHEER SQUAD**

This is the beginning level cheer squad that cheers for the Parks Youth Basketball league. We practice once a week from September to December then cheer for our teams in weekly games from January to March in real cheerleading uniforms! Come join the fun. Mandatory parent and cheerleader meeting and uniform fitting on the first day of practice September 24 at 4:15pm at Highland Community Center. Additional uniform costs will be incurred for this class. Both fall and winter sessions are included in the registration fee. Min 10/Max 35

Highland Community Center  
 \$159(R) \$179(N) Age: 5Y - 13Y  
 96078 4:15-4:59pm Thu Sep 24-Dec 17

**CHEERLEADING - DREAM TEAM CHEER SQUAD**

Be a part of the Bellevue Parks beginning-to-intermediate level cheer squad! You'll learn dances, cheers, and beginning tumbling. Previous experience is not required. There are performance opportunities as well! Dream Team has performed at halftime for the Univ. of WA basketball games and Seattle Storm and numerous community events.. Dream Team is offered on Wed. or Fri - please choose one day. Extra costs may be incurred for this class. Contact instructor with questions. Min 10/Max 35

Highland Community Center  
 \$69(R) \$76(N) Age: 7Y - 18Y  
 96085 2-3:30pm Wed Sep 16-Oct 21  
 96084 4-5:30pm Fri Sep 18-Oct 23  
 96086 2-3:30pm Wed Oct 28-Dec 16  
 96087 4-5:30pm Fri Oct 30-Dec 18

**CHEERLEADING - INTERMEDIATE (POWER SQUAD)**

Intermediate level cheer class for those who want a more intense program without being on a competitive team. Beginning stunting and tumbling, along with advance dance are taught. Pre-requisite: A minimum of one session on Dream Team or Dance/Drill, concurrent registration on Dream Team, and instructor permission. (Some extra costs may be incurred for this class) Min 10/Max 35 Highland Community Center

\$69(R) \$76(N) Age: 8Y - 18Y  
 96090 4-5:30pm Wed Sep 16-Oct 21  
 96091 4-5:30pm Wed Oct 28-Dec 16

**CHEERLEADING / CROWDLEADING WORKSHOP**

Join us for a cheerleading intensive workshop - focusing on motions, jumps, tumbling and especially crowd leading. If you are thinking about trying out for your high school team, this is a great way to get instruction, experience and critique. Please wear comfortable clothes, no jewelry, good tennis shoes and bring a sack lunch and a water bottle. Min 10/Max 45 Highland Community Center

\$39(R) \$45(N) Age: 7Y - 18Y  
 96092 9am-12:30pm Sat Nov 21

**I-BALL BASKETBALL CLINICS**

Bellevue Parks & Community Services and i-Ball have partnered to offer Basketball Skills Clinics for kids, ages 7-12. 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. Min 5/Max 30 Highland Community Center

\$79(R) \$95(N) Age: 7Y - 14Y  
 95887 5:50-7pm Mon Sep 21-Oct 12  
 95888 5:50-7pm Mon Oct 19-Nov 09  
 95889 5:50-7pm Mon Nov 16-Dec 07

**INDOOR SOCCER WITH MICHAEL SMITH**

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. Min 6/Max 12

Highland Community Center  
 \$55(R) \$66(N) Age: 4Y - 6Y  
 95892 1-1:45pm Wed Sep 23-Oct 28  
 95893 2-2:45pm Wed Sep 23-Oct 28  
 95894 1-1:45pm Wed Nov 04-Dec 09  
 95895 2-2:45pm Wed Nov 04-Dec 09

**SEREVI RUGBY 100**

Serevi Rugby 100 is for sporty children who want to try a fun new sport. This program focuses on the development of running, catching, passing and kicking skills, in a safe, fun and friendly environment. Teamwork and sportsmanship are fundamental to this program. Emphasis will be on safety and fun at all times. All participants will receive an official Serevi Rugby® t-shirt, wristband and sticker. and co-ed. These programs are coached by current and former International Rugby Players. Min 4/Max 12

Hidden Valley Sports Park  
 \$125(R) \$150(N) Age: 4Y - 6Y  
 95890 4:30-5:45pm Mon Sep 14-Nov 02

**SEREVI RUGBY 200**

Serevi Rugby® 200 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. Skills developed are: evasive running and agility, ball handling, catching and fitness through small sided games. This program is co-ed. These programs are coached by current and former International Rugby Players. All participants will receive a t-shirt, wristband and sticker. Min 5/Max 20

Hidden Valley Sports Park  
 \$125(R) \$150(N) Age: 7Y - 9Y  
 95891 4:30-5:45pm Mon Sep 14-Nov 02

**SEREVI RUGBY 300**

Serevi Youth Rugby presents Rugby 300 for developing rugby kids, ages 10 - 12. 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 and 200 (not required) participants will have a full grasp of a variety of kicks, handling skills and trick moves, evasive running abilities. They will improve field vision and fix or beat defenders in a variety of situations. Sessions are comprised of skill work touch rugby scrimmages. Participant receive an official Serevi Youth Rugby t-shirt, wristband and sticker. Min 6/ Max 20

Hidden Valley Sports Park

\$125(R) \$150(N) Age: 10Y - 12Y  
96202 4:30-5:45pm Mon Sep 14-Nov 02

**SUPERSTIX GIRLS LACROSSE CLINIC**

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 skill levels are welcome and will be grouped accordingly. Emphasis will be on safety and fun at all times, and physical contact is limited. Min 8/Max 30

Hidden Valley Sports Park

\$125(R) \$150(N) Age: 6Y - 12Y  
95896 4:30-5:45pm Thu Sep 10-Oct 15

**ROBINSWOOD TENNIS CENTER**

Address: 2400 151st PL SE

Phone: 425-452-7690

Web: <http://www.bellevuewa.gov/3685>.

htm

The Robinswood Tennis Center has been recognized as one of the finest facilities in the country. The facility includes: 4 indoor courts, 4 outdoor lighted courts (6 indoor, 2 outdoor – Winter months), a locker room, mini-pro shop, vending machines, and a viewing lounge. Robinswood has received national and regional recognition for its comprehensive programs and outstanding community service. In 2004, the Robinswood Tennis Center was selected as the national public facility of the year by the Professional Tennis Registry.

Contact Robinswood Tennis Center at 425-452-7690 for more information on programs and services. Remember – you can register online 24 hours a day at:

[www.myparksandrecreation.com](http://www.myparksandrecreation.com)

**LADIES' COMPETITIVE CUP INTER-CLUB LEAGUE**

Six different levels of play: Evergreen, Emerald, Classic, Rainier, Challenge, and Kingco. NTRP rating 2.5-4.5.

Team tryouts are conducted in June, the season begins in September.

New players who missed the try-outs should contact the Head Professional for potential roster openings.

**FACILITY RENTAL**

Available for rental for special events, group functions, birthday parties, and other activities. Please call for availability and fees.

**VOLUNTEER AT ROBINSWOOD TENNIS CENTER**

If you or someone you know is interested in volunteering at Robinswood, contact us about volunteer opportunities.

**MISCELLANEOUS SERVICES OFFERED**

- Our pro shop offers the latest line of tennis rackets to demo or purchase: grips, tennis balls, and other miscellaneous items are also available.
- Our ball machine is available for rental. It's a great way to work on individual strokes.
- Our professional in-house racket restringing is available on site. Service is guaranteed in 48 hours.

**OUTDOOR TENNIS COURTS**

Visit [www.MyParksAndRecreation.com](http://www.MyParksAndRecreation.com)

to find outdoor tennis courts operated by the City of Bellevue.

**ADULT ACTIVITY GROUPS**

The Tennis Center supports these rental groups as another opportunity for organized, casual play. For more information please contact the individual coordinator of the specific group. *These programs are not coordinated by the Tennis Center staff.*

**Mixed Doubles** – Monday, 7:30-8:45pm

Coordinator: Rick Paukstis, [salesroad@gmail.com](mailto:salesroad@gmail.com)

**Working Women** - Wednesday, 6:15-7:30pm

Coordinator: Evie Davis, [evedavis@gmail.com](mailto:evedavis@gmail.com).

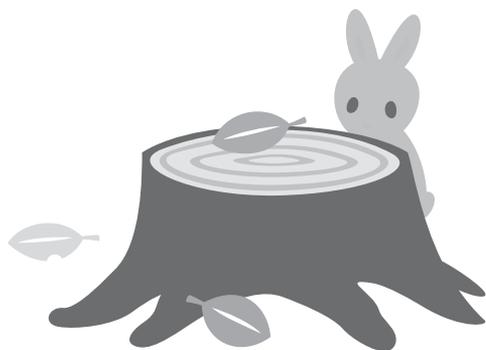
**Men's Doubles** – Tuesday/Thursday, 6:15-7:30pm and 7:30-8:45pm. Coordinator: Pat McGill, 360-805-4916, [patrickmcgill@yahoo.com](mailto:patrickmcgill@yahoo.com).

**SENIOR DRILL AND PLAY**

50+ Years. Combination of instruction, drills, and point play.

**CARDIO TENNIS**

18+ Years. Cardio Tennis consists of short cycles of workouts. Players of all abilities enjoy tennis together while they also consistently elevate their heart rates into their aerobic training zone.





**IMPORTANT REGISTRATION INFORMATION FOR ROBINSWOOD TENNIS CENTER PROGRAMS**

**Registration dates for sessions at Robinswood Tennis Center:**

**Session 1:**

Residents: August 3

Non-Residents: August 12

**Session 2:**

Residents: September 28

Non-Residents: October 7

**ADAPTIVE RECREATION TENNIS**

The Adaptive Recreation Tennis Class is designed for individuals living with developmental disabilities. The format of the class allows participants to be introduced to basic tennis skills with the focus on participation and building self-esteem. Min 3/Max 12 Robinswood Community Park

\$40	Age: 14Y - 90Y
91153 4-5pm Wed	Sep 09-Oct 28
\$30	Age: 14Y - 90Y
91154 4-5pm Wed	Nov 04-Dec 16

**ADULT DAY & NIGHT TENNIS PROGRAMS**

Min 4/Max 8 Age: 19Y and up Robinswood Tennis Center

**Beginning**

Level 1 is designed to provide basic skills needed to play tennis; including etiquette, rules, and scoring. USTA Level of 2.0

**Session 1**

92603 10:30-11:45am	Wed	Sep 09-Oct 28	\$128
92677 7:30-8:45pm	Wed	Sep 09-Oct 28	\$128
92676 7:30-8:45pm	Mon	Sep 14-Oct 26	\$112

**Session 2**

92604 10:30-11:45am	Wed	Nov 04-Dec 16	\$112
92678 7:30-8:45pm	Mon	Nov 02-Dec 14	\$112
92679 7:30-8:45pm	Wed	Nov 04-Dec 16	\$112

**Advanced Beginning**

Level 2 builds on the basics, reinforcing technique, and adding advanced drills and learning how to play doubles. USTA level of 2.5

**Session 1**

92571 10:30-11:45am	Tue	Sep 08-Oct 27	\$128
92572 11:45am- 1pm	Wed	Sep 09-Oct 28	\$128
92660 8:45-10pm	Wed	Sep 09-Oct 28	\$128
92659 8:45-10pm	Mon	Sep 14-Oct 26	\$112

**Session 2**

92573 10:30-11:45am	Tue	Nov 03-Dec 15	\$112
92574 11:45am- 1pm	Wed	Nov 04-Dec 16	\$112
92661 8:45-10pm	Mon	Nov 02-Dec 14	\$112
92662 8:45-10pm	Wed	Nov 04-Dec 16	\$112

**Intermediate**

Participants already have sound fundamentals and are working on advanced technique such as spin serves, continental grip volleys, the slice backhand, basic strategies. USTA

Level of 3.0-3.5

**Session 1**

92627 10:30-11:45am	Thu	Sep 10-Oct 29	\$128
92626 11:45am- 1pm	Mon	Sep 14-Oct 26	\$112
92704 7:30- 8:45pm	Tue	Sep 08-Oct 27	\$128
92705 7:30- 8:45pm	Thu	Sep 10-Oct 29	\$128

**Session 2**

92628 11:45am- 1pm	Mon	Nov 02-Dec 14	\$112
92629 10:30-11:45am	Thu	Nov 05-Dec 17	\$96
92701 7:30- 8:45pm	Tue	Nov 03-Dec 15	\$112
92702 7:30- 8:45pm	Thu	Nov 05-Dec 17	\$96

**Advanced**

Participants in the Advanced class will be working on more advanced drills and strategy for singles/doubles play. Should be at least 4.0 USTA Level or above.

**Session 1**

92644 8:45-10pm	Tue	Sep 08-Oct 27	\$128
92645 8:45-10pm	Thu	Sep 10-Oct 29	\$128

**Session 2**

92646 8:45-10pm	Tue	Nov 03-Dec 15	\$112
92648 8:45-10pm	Thu	Nov 05-Dec 17	\$96

**Advanced Doubles Strategy**

Advanced Doubles drills emphasizing: working with partner, positioning, movement, and strategy. USTA Level of 3.0 or above

**Session 1**

92592 11:45am- 1pm	Mon	Sep 14-Oct 26	\$112
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**Session 2**

92593 11:45am- 1pm	Mon	Nov 02-Dec 14	\$112
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**WEEKDAY FLIGHTS**

Competitive flight leagues in the morning and afternoon. Min 8 / Max 16

Robinswood Tennis Center Age: 19Y and up

**Tennis - Weekday Flight - Level A**

Level A is USTA NTRP Level 3.5 to 4.0 and Seattle Area Cup level Challenge to Kingco.

**Session 1**

92764 9-10:30am	Mon	Sep 14-Nov 16	\$110
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**Tennis - Weekday Flight - Level B**

Level B is USTA NTRP Level 3.5 and Seattle Area Cup level Rainier to Challenge.

**Session 1**

92767 9-10:30am	Wed	Sep 09-Nov 18	\$110
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**Tennis - Weekday Flight - Level C**

Level C is USTA NTRP Level 3.0 to 3.5 and Seattle Area Cup level Rainier to Classic.

**Session 1**

92770 1-2:30pm	Mon	Sep 14-Nov 16	\$110
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**Tennis - Weekday Flight - Level D**

Level D is USTA NTRP Level 3.0 and Seattle Area Cup level Emerald to Classic.

**Session 1**

92817 9-10:30am	Tue	Sep 08-Nov 10	\$110
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**Tennis - Weekday Flight - Level E**

Level E is USTA NTRP Level 2.5 to 3.0 and Seattle Area Cup level Evergreen to Emerald.

**Session 1**

92820 9-10:30am	Thu	Sep 10-Nov 12	\$110
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**Tennis - Weekday Flight - Level F**

Level F is US Tennis Association NTRP Level 2.5 and Seattle Area Cup level Evergreen.

**Session 1**

92823 1-2:30pm	Thu	Sep 10-Nov 12	\$110
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**Youth Tennis Programs**

**TENNIS TEAMS**

Robinswood offers four different levels of tennis teams for youth. Teams are offered for youth who have progressed past the Saturday Youth Intermediate level. Min 16/Max 36.

Robinswood Tennis Center

Age: Up to 17Y

**Team 1-** Players at this level should already be able to keep score, play matches against other players, execute volleys & overheads, and place serves consistently in the box.

**Session 1**

92829 3:45- 5pm	Tue, Thu	Sep 08-Oct 29	\$192
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**Session 2**

92830 3:45- 5pm	Tue, Thu	Nov 03-Dec 17	\$156
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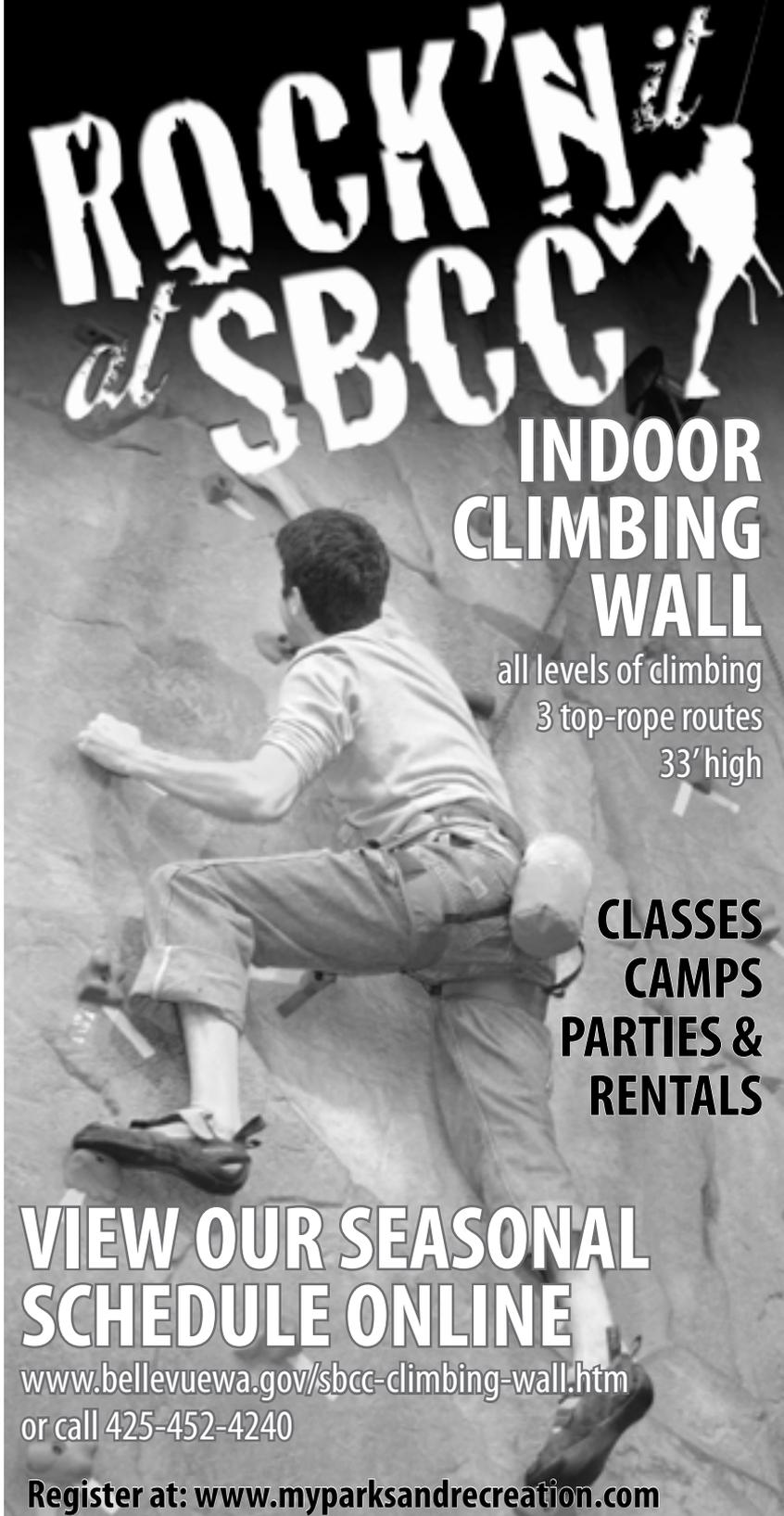
**Team 2 -** Players at this level are still working on improving overall consistency, topspin groundstrokes, correct grips, and adding more pace and consistency on their serves. Players in this level are competing at Rookie or Challenger Level USTA tournaments.

**Session 1**

92836 5- 6:15pm	Tue, Thu	Sep 08-Oct 29	\$192
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**Session 2**

92837 5- 6:15pm	Tue, Thu	Nov 03-Dec 17	\$156
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# ROCK'N' @ SBCC

## INDOOR CLIMBING WALL

all levels of climbing  
3 top-rope routes  
33' high

CLASSES  
CAMPS  
PARTIES &  
RENTALS

### VIEW OUR SEASONAL SCHEDULE ONLINE

[www.bellevuewa.gov/sbcc-climbing-wall.htm](http://www.bellevuewa.gov/sbcc-climbing-wall.htm)  
or call 425-452-4240

Register at: [www.myparksandrecreation.com](http://www.myparksandrecreation.com)

**Varsity** - Advanced Level class is geared for High School and USTA Challenger/Champs Division competitors. The class is set up in a drill/match play environment where Juniors are working on more advanced strokes and strategy.

**Session 1**

92850 5-6pm Mon, Wed, Fri Sep 09-Oct 30 \$253

**Session 2**

92851 5-6pm Mon, Wed, Fri Nov 02-Dec 18 \$220

**Tournament** - This is an Elite class for USTA Champs level players only. Participants must be ranked in the top 50 of their age group in the Pacific Northwest. Drill and Match-play environment. Highest Level of Junior Teams at Robinswood.

**Session 1**

92843 3:45-4:45pm Mon, Wed, Fri Sep 09-Oct 30 \$253

**Session 2**

92844 3:45-4:45pm Mon, Wed, Fri Nov 02-Dec 18 \$220

### SATURDAY YOUTH GROUP LESSONS

**CLASS DESCRIPTIONS:**

**Little Lobbers:** Ages 4-6. Class focuses on young children to build hand-eye coordination and develop muscle memory for basic form.

**Session 1**

92754 11-11:45am Sat Sep 12-Oct 31 \$90

**Session 2**

92755 11-11:45am Sat Nov 07-Dec 19 \$67.50

**Beginning I:** Ages 7-12. Class is designed for any child who has never taken lessons before or has minimal experience. Goals of the class are to introduce basic tennis techniques.

**Session 1**

92735 1-2pm Sat Sep 12-Oct 31 \$96

**Session 2**

92737 1-2pm Sat Nov 07-Dec 19 \$72

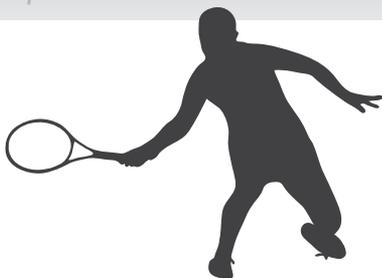
**Beginning II:** Ages 7-12. Class is designed for students who have completed Beginning I or have had Beginning lessons in the past.

**Session 1**

92742 2-3pm Sat Sep 12-Oct 31 \$96

**Session 2**

92743 2-3pm Sat Nov 07-Dec 19 \$72



**Advanced Beginning I:** Ages 7-12. Class is designed for students who have completed Beginning II. Goal of the class is to start to create spin on groundstrokes and hit serves into the correct box.

<b>Session 1</b>				
92721	3-4pm	Sat	Sep 12-Oct 31	\$96
<b>Session 2</b>				
92722	3-4pm	Sat	Nov 07-Dec 19	\$72

**Advanced Beginning II:** Ages 7-12. Class is designed for children who have completed Advanced Beginning I.

<b>Session 1</b>				
92728	4-5pm	Sat	Sep 12-Oct 31	\$96
<b>Session 2</b>				
92729	4-5pm	Sat	Nov 07-Dec 19	\$72

**Intermediate:** Ages 9-12. Class is designed for students who have completed Advanced Beginning II. Goal of the class is to be able to hit all strokes with consistency and correct technique. Highest Level of Saturday Youth Lessons.

<b>Session 1</b>				
92748	10-11am	Sat	Sep 12-Oct 31	\$96
<b>Session 2</b>				
92749	10-11am	Sat	Nov 07-Dec 19	\$72

**Teen:** Ages 13-18. Class is treated as an introductory course, focusing on development of proper strokes.

<b>Session 1</b>				
92760	5-6pm	Sat	Sep 12-Oct 31	\$96
<b>Session 2</b>				
92761	5-6pm	Sat	Nov 07-Dec 19	\$72

**Prep Team:** Ages: 8-17 Class focuses on strengthening students rally skills. Class is designed for students who have completed Intermediate Saturday Classes. Entry to this class granted only through Instructor approval. Goal of the class is develop consistent rallies and begin match play. Next Level is Team 1.

<b>Session 1</b>				
92716	9-10am	Sat	Sep 12-Oct 31	\$128
<b>Session 2</b>				
92717	9-10am	Sat	Nov 07-Dec 19	\$96



**IMPORTANT REGISTRATION INFORMATION FOR ROBINSWOOD TENNIS CENTER PROGRAMS**

**Registration dates for sessions at Robinswood Tennis Center:**

**Session 1:**  
Residents: August 3  
Non-Residents: August 12

**Session 2:**  
Residents: September 28  
Non-Residents: October 7

## Aging Services

**North Bellevue Community Center**  
4063 - 148th Avenue NE, 425-452-7681  
Hours of operation: Monday-Thursday, 8:30am to 9pm; Friday, 8:30am-6pm. The North Bellevue Community Center offers a comprehensive array of senior services, resources, and adult programs including health and wellness, cultural and performing arts, human services, drop-in activities, socialization, information and referrals, community dining and trips. Please call or visit the City webpage for current class schedule and additional information. [http://www.bellevuewa.gov/north\\_bellevue\\_community\\_center\\_programs.htm](http://www.bellevuewa.gov/north_bellevue_community_center_programs.htm) or visit [www.myparksandrecreation.com](http://www.myparksandrecreation.com).

## CARE

### ADULT ABUSE PREVENTION

To report a suspicion of abuse or neglect of an older person or a person with disabilities living in a facility or their own home, call toll free 1-866-ENDHARM, or visit [www.aasa.dshs.wa.gov](http://www.aasa.dshs.wa.gov).

### SENIOR HOUSING [ArchHousing.org](http://ArchHousing.org)

New resource to inform seniors, caregivers, and their families of housing choices in East King County when considering aging in place or transitioning out of the home to a new home. The new website will allow seniors to evaluate their values and needs, and discover the many housing and service options that are available locally for seniors. A hard copy handbook of the website information is available at the North Bellevue Community Center front desk.

### NURSING HOME INFORMATION ONLINE

See how specific nursing homes compare to others in the community or nationally for short- and long-term stay residents. For more information call 1-800-MEDICARE or at [www.medicare.gov](http://www.medicare.gov).

### CITY OF BELLEVUE UTILITY RATE RELIEF PROGRAM

The City of Bellevue Utilities offers utility rate relief for low income seniors and low income disabled persons. Visit <http://www.bellevuewa.gov/utilityrelief.htm> for information and call 425-452-5285 to make an appointment.

### CATHOLIC COMMUNITY SERVICES OF KING COUNTY

Volunteers provide services such as transportation, light housekeeping, minor home repairs, yard work, laundry, shopping assistance, and light cooking. Call 206-328-5696 or visit [www.Ccsww.org](http://www.Ccsww.org).

### ELDER AND ADULT DAY SERVICES

Supervised facility for activities and services full or partial day. Call 425-867-1799.

### EVERGREEN CARE NETWORK

Service to help older adults remain independent. Case Management services available through Geriatric Regional Assessment Team (GRAT). Call 425-899-3200.

## HEALTH

### BENEFITS CHECK UP ONLINE

A new web-based service of the National Counsel on the Aging allows you to quickly and easily determine what benefits you may qualify for, and how to claim them. Visit them on the web: [www.BenefitsCheckUp.org](http://www.BenefitsCheckUp.org). Medicare questions answered via the Internet at [www.mymedicarematters.org](http://www.mymedicarematters.org).

## GENERAL

### AARP AREA OFFICE

1-800-227-7457 or 206-517-2327

### AARP COMMUNITY SERVICE EMPLOYMENT PROGRAM

Assistance for job seekers aged 55+ including 20hr/wk paid job training and assistance finding permanent employment. Call 206-624-6698 for details, co-sponsored by the US Dept. of Labor and the AARP Foundation.

### COMPUTER HELP DESK SERVICE

KEGS (Komputer Enthusiasts of Greater Seattle) can help with your computer needs. Call Sally Ann Mowrey at 425-822-2046 for meeting and computer help information.

### EASTSIDE LEGAL ASSISTANCE PROGRAM

Legal advice, at little or no cost, to low-income Eastside residents. Call 425-747-7274.

### W.I.C.S.

Widowed Information & Counseling Services. Call area office 206-241-5650.

### SENIOR INFORMATION & ASSISTANCE

Resources and information on all topics related to older adults. 1-888-435-3377 or 206-448-3110.

## MULTI-CULTURAL SERVICES

### CHINESE INFO & SERVICE CENTER

Programs and services for Chinese seniors at the North and South Bellevue Community Centers. Bilingual staff worker assists participation in social, recreational and educational activities. Information and assistance services including issues relating to retirement, senior housing, naturalization, and health insurance. Call CISC, 206-624-5633 ext. 123, for more information.

### SEA MAR

Sea Mar Community Health Center co-sponsors a variety of services for Latino Seniors and others at the North Bellevue Community/Senior Center. Ethnic lunch for those 60 years & older every Monday (\$3 donation) followed by a dance, ESL classes, bilingual education, healthcare information, behavioral health services, translation and bi-lingual assistance for integration, and transportation assistance offered. Call Sea-Mar, Clemencia Robayo, 206-764-8044 for more information.

## INSURANCE/SOCIAL SECURITY

### SOCIAL SECURITY INFORMATION

Toll Free: 1-800-772-1213, 7am-7pm weekdays or at [www.ssa.gov](http://www.ssa.gov). Services available in English and Spanish.

## MEALS/FOOD DELIVERY

### MEALS ON WHEELS

Frozen meals are delivered to homebound seniors on Mon. Average \$3 donation. Call the Seattle office of Senior Services at 206-448-5767 for additional information.

## COMMUNITY DINING PROGRAM

Enjoy a hot mid-day meal sponsored by Catholic Community Services. Available at Noon on Monday, Tuesday, Wednesday, and Friday. First-come, first-served. There is a suggested donation of \$3 for anyone over age 60, and a fee of \$6 for individuals under the age of 60. See special event listing for special holiday meal events which require pre-registration. Monthly menus available.

## SUPPORT GROUPS/ MEETINGS

### NARFE (National Association of Retired Federal Employees)

3rd Tuesday of each month at noon. For more information, call 425-868-4502.

## TRANSPORTATION

### ACCESS

Transportation to appointments, grocery shopping, and to the Center. Call 206-205-5000.

### GETTING AROUND PUGET SOUND

Want to go from home to the store, the library & more? Personalized one-on-one assistance with transportation options and planning. Provided through a partnership with Hopelink. Call 425-943-6789.

### VOLUNTEER TRANSPORTATION FOR SENIORS

Personal transportation to medical appointments. Call 206-448-5740.

## VOLUNTEER OPPORTUNITIES

### RSVP

Retired and Senior Volunteer Program. Call 206-694-6787 for more information.

### EYEGLASS DONATIONS

Eyeglasses collection at North Bellevue Community Center for recycling to low-income persons via local eyewear stores.

## GIFT WRAPPING FUNDRAISER

North Bellevue Community Center Advisory Board Volunteers are needed for our annual gift wrapping fundraiser! If you are interested, please contact Darion Spratley at DSpratley@bellevuewa.gov, or by calling 425-452-7681.

## GOLD CARD FOR HEALTHY AGING

King County's Gold Card for Healthy Aging is a handy resource for Seattle and King County residents age 60 and older. The card features the toll-free Senior Information and Assistance number — 1-888-4ELDERS (1-888-435-3377) — and discounts on goods and services listed in a Special Discounts Directory available online at:

[http://www.seattle.gov/humanservices/seniorsdisabled/mosc/special\\_discounts\\_directory.pdf](http://www.seattle.gov/humanservices/seniorsdisabled/mosc/special_discounts_directory.pdf)

Get your Gold Card at the North Bellevue Community Center. Please bring your photo ID with proof of your age. For more information call 425-452-7681.

## BELLEVUE NETWORK ON AGING

Meetings are held on the first Thursday each month, 8:30-10:30am at Bellevue City Hall. Meetings are open to the public. For more information, agendas, and minutes, please call 425-452-4200, or visit [http://www.bellevuewa.gov/network\\_on\\_aging.htm](http://www.bellevuewa.gov/network_on_aging.htm).

## SENIOR VOLUNTEERS

Volunteers play a key role in providing programs and services at North Bellevue Community Center. We depend on volunteers to provide successful programs and positive experiences for everyone who visits our facility. Annually there are over 200 volunteers who provide over 15,000 hours of community services. Please call 425-452-7681 for more information and an application.

- Food Service & Kitchen Help
- Front Desk Reception
- Advisory Boards
- Class Instruction
- Crafts
- English Conversationalist/ESL Instructor
- Foot Care Assistant
- Coffee Bar/Refreshments
- Fund Raising
- Garden Assistant
- Entertainment

## “NEW” FACES IN THE COMMUNITY CENTERS

**Two long-time Bellevue Parks & Community Services staff have recently moved into new roles with the department.**



**Dan Lassiter** has moved from Highland Community Center, where he has served as the facility supervisor since 2006. In his new role as Community Services Supervisor at North Bellevue Community Center, Mr. Lassiter will oversee the operations of one of Bellevue's largest and most diverse facilities.

Taking Dan's place at Highland Community Center is a familiar face: **Kim Indurkar** has been hired as the facility's Community Services Supervisor. Ms. Indurkar has served as the Parks & Community Services Inclusion Coordinator at Highland for the past ten years. She's looking forward to her new role at the center.



***Congratulations to Dan and Kim for their new roles at North Bellevue and Highland Community Centers!***



## SPECIAL EVENTS

**AUTUMN LEAVES DANCE**

Celebrate the coming of Autumn with the 'Sounds of Swing' big band sound. Enjoy 'September Song', 'Autumn Leaves' and other standards of the swing era. This is sure to be a night of fun! \$15 admission fee payable at the door. Min 10/Max 200

North Bellevue Community Center  
FREE Age: 18Y and up  
4-7pm Sat Oct 10

**HALLOWEEN LUNCHEON**

Come out and enjoy a great lunch and wear your favorite Halloween Outfit. Enjoy a great meal and fun music. Lunch is \$4 for ages 60+, under 60 \$6 fee payable at the door. Min 10/Max 90

North Bellevue Community Center  
FREE Age: 18Y and up  
95778 11:30am-1pm Wed Oct 28

**THANKSGIVING LUNCHEON**

Join us as we serve you a delicious Thanksgiving feast. Entertainment provided. Please pre-register by November 10. Co-sponsored by Catholic Community Services. \$4 for ages 60+, under 60 \$6 fee payable at the door. Min 10/Max 90

North Bellevue Community Center  
FREE Age: 18Y and up  
95774 11:30am-1pm Wed Nov 18

**HOLIDAY LUNCHEON**

Join us as we serve you a festive holiday meal. Enjoy seasonal music preceeding. Please pre-register by December 9. \$4 for ages 60+, under 60 \$6 fee payable at the door. Min 10/Max 90

North Bellevue Community Center  
FREE Age: 18Y and up  
88175 11:30am-1pm Wed Dec 16

**THURSDAY AFTERNOON MOVIES**

Join other community members who live with and/or without dementia for an afternoon at the movies. Movies shown every Thursday. Call or stop by the center for the monthly listing. Caregivers welcome. Min 4/Max 40

North Bellevue Community Center  
FREE Age: 18Y and up  
2-4pm Thu Sep 17-Dec 17

## Adaptive Recreation

**Highland Center**

14224 Bel-Red Road • 425-452-7686

It is the purpose of Bellevue's Adaptive Recreation Program to provide people who have disabilities with opportunities for recreation, socialization, and learning so that they can participate more successfully in the life of our community. People living with disabilities are encouraged to participate in any of the Recreation Division Programs in which they are interested.

Volunteers are an important part of Highland Center. If you are interested in being a volunteer, please call Kim Indurkar at 425-452-6105 or email [kindurkar@bellevuewa.gov](mailto:kindurkar@bellevuewa.gov) for more information.

**ADAPTIVE PROGRAMS**

All programs are located at Highland Center unless otherwise noted.

## COMMUNITY PROGRAMS OF INTEREST

**KING COUNTY FAMILY COALITION FOR DEVELOPMENTAL DISABILITIES**

**Contact:** Joe Cunningham, 206-829-7048 2nd Tuesday of most months.

**BRAIN INJURY SUPPORT GROUP**

Resources, fellowship is all a part of the bi-monthly support group. Program intended for those living with head injuries and their loved ones. Group meets the 1st and 3rd Monday of the month at Highland Community Center, (except for holidays) from 12:30-2:30pm. More information: call 206-897-5755 or visit [BrainInjuryWA.org](http://BrainInjuryWA.org).

## ADDITIONAL DISABILITY RECREATION AREAS OF INTEREST

Check out these Bellevue Parks & Community Services specialized programs too!

**TENNIS FOR THOSE USING WHEELCHAIRS**

Robinswood Tennis Center. See the tennis section for more details.

**TENNIS FOR THOSE LIVING WITH INTELLECTUAL DISABILITIES**

Robinswood Tennis Center. See the tennis section for more details.

**AQUATIC THERAPY GROUPS**

Includes Multiple Sclerosis Society & lessons for those living with a disability Bellevue Aquatic Center

**SPECIAL OLYMPIC SWIM TEAM**

Bellevue Aquatic Center

**AQUATIC REHAB PROGRAMS**

Bellevue Aquatic Center  
Adaptive Actives

## ADAPTIVE RECREATION EVENTS

**DANCE - HALLOWEEN HOWL**

Start planning your costume now! Come dance the night away if you dare. Our annual costume showcase will highlight the evening. We'll have witch's brew and spooky delights for all. Must register for dance. This is an adaptive recreation class. Min 75/Max 100

Highland Community Center  
\$9(R) \$11(N) Age: 16Y and up  
95841 7-9:30pm Fri Oct 23



**DANCE - HOLIDAY BALL**

Get out your holiday best and plan an elegant evening or just come as you are. For teens and adults with intellectual disabilities. Must register for dance. Min 75/Max 125

Highland Community Center  
 \$9(R) \$9(N) Age: 16Y and up  
 95843 7-9:30pm Fri Dec 04

**PD BRUNCH**

Start the Holiday Season catching up with old friends while enjoying the culinary skills of the staff at Highland Center. It is our thanks to you for being a part of the Highland Family. This brunch is for participants in the M/W/F exercise classes. Min 5/Max 30

Highland Community Center  
 FREE Age: 21Y and up  
 96018 10:30am-12:30pm Wed Dec 09

**SEAFAIR'S HOLIDAY CRUISE**

This annual event serves individuals over the age of 16 living with developmental disabilities. Meydenbauer Yacht Club provides the ships and volunteers to join the parade along the Lake Washington Shoreline. Individuals interested in attending please register. Wheelchair and walker users need to register directly through seafair. Space is limited. Interested volunteers please contact Kim Indurkar at 425-452-7686. Meet at Meydenbauer Yacht Club, 9927 Meydenbauer Way SE; Bellevue, WA 98004. Min 50/Max 98

Highland Community Center  
 FREE Age: 16Y and up  
 95845 1-5pm Sun Dec 06

**ADAPTIVE RECREATION PROGRAMS**

**ARTISTIC INSPIRATIONS**

This class is designed and adapted for adults with intellectual disabilities. Bring your inspiration and imagination to create some of the most beautiful art pieces imaginable. Class will explore watercolor, acrylic, pencil and other fun mediums. NO CLASS ON HOLIDAYS Min 15/Max 20  
 Highland Community Center

\$45(R) \$55(N) Age: 18Y and up  
 95832 5-7pm Mon Sep 21-Nov 23

**ADULT ADVENTURE EDUCATION**

This specialized class is adapted and designed for adults with Intellectual disabilities. This program offers an array of educational outings to explore the things that make our community tick. A schedule will be given out at the first class. The roster is determined by lottery and all eligible interested persons must sign up before the non-Bellevue registration date to be included in the drawing. Age: 21 Min 10/Max 13

Highland Community Center  
 \$222(R) \$277(N) Age: 21Y and up  
 95823 9:30am-3pm Wed Sep 23-Nov 25

**ADULT ART/CRAFTS**

This class is adapted and designed for adults with Intellectual disabilities. We offer hands-on creative experiences with hand-crafted results that await your artistic touch. Age: 18 and up NO CLASS ON HOLIDAYS Min 10/Max 20

Highland Community Center  
 \$42(R) \$53(N) Age: 18Y and up  
 95826 1-2:30pm Fri Sep 25-Nov 20

**BELLEVUE KIWANIS DINNER**

Come on out to Highland Center on the 3rd Thursday of the month and have dinner with friends! This dinner is FREE of charge and is sponsored by the KIWANIS Club of Bellevue. Dinner is served from 5pm-6pm. Limit 2 guests per participant. Min 20/Max 45

Highland Community Center  
 FREE Age: 18Y and up  
 95837 5-6pm Thu Oct 15  
 95838 5-6pm Thu Nov 19

**BETWEEN WOMEN: A GROUP FOR ENHANCING WOMEN'S FRIENDSHIPS**

Friendships with other women are important. This class will help women living with Intellectual Disabilities learn about themselves and how they relate to their friends. Some of the topics will be resolving conflict, making friends and exploring why we pick the friends we do. Min 5/Max 10

Highland Community Center  
 \$42(R) \$53(N) Age: 18Y and up  
 96061 5:30-7pm Tue Sep 22-Nov 03

**BINGO**

This specialized class is adapted and designed for teens and adults with Intellectual disabilities. Reinforce your concentration skills while trying your luck winning prizes (no Money). Not everyone will win but the anticipation will keep you on the edge of your seat. Age: 18 and up. NO CLASS ON HOLIDAYS Min 20/Max 40

Highland Community Center  
 \$42(R) \$53(N) Age: 18Y and up  
 95840 7-8:30pm Thu Sep 24-Nov 19

**BOWLING ADAPTIVE**

This specialized class is adapted and designed for adults with Intellectual disabilities. Provides a little exercise, some skill development and a whole lot of quality socializing. Held at Tech City Bowl in Kirkland. There are two fees for this program: an administrative fee to the City of Bellevue and a check made out to Tech City Bowl in Kirkland for the weekly two games and shoe rental. Please inquire on the first day of bowling for amount required for Tech City Bowl. Age: 18 and up NO CLASS ON HOLIDAYS Min 50/Max 90

Highland Community Center  
 \$45(R) \$56(N) Age: 18Y and up  
 95824 9:30-11:30am Sat Sep 19-Nov 21

**COOKING WITH EASE**

This specialized class is designed and adapted for adults living with Intellectual disabilities. Learn basic cooking techniques.. Each participant will share the evenings creation as a class. At the end of 10 weeks each person will bring home a notebook of the recipes that were used. Fee includes food cost. Age: 18 and up. NO CLASS ON HOLIDAYS Min 10/Max 18  
Highland Community Center  
\$74(R) \$92(N) Age: 18Y and up  
95844 5-7pm Thu Sep 24-Nov 19

**ADULT BALLROOM DANCE**

This is a great group activity that will enhance your physical coordination and artistic self expression. This is a adaptive recreation activity. Min 15/Max 25  
Highland Community Center  
\$42(R) \$53(N) Age: 16Y and up  
95827 7-8:30pm Tue Sep 22-Nov 24

**FRIDAY NIGHT OUT**

This is an adaptive recreation class. Develop a new network of friends over a little dinner and choice of a movie. You may bring a dinner or buy your dinner at the Crossroads Mall. Bring \$10.00 for the movie. Participants are responsible for their own money. The class will meet for drop-off and pick-up at the Crossroads Regal Cinema Movie Theater. Age: 18 and up There are times we must see a 3d movie at a cost of \$13.50 if there are no other PG13, PG or G rated movies. Min 8/Max 15  
Highland Community Center  
\$17(R) \$21(N) Age: 18Y and up  
95828 5:30-9:30pm Fri Sep 25  
95829 5:30-9:30pm Fri Oct 16  
95830 5:30-9:30pm Fri Nov 13

**FULL FITNESS FUN**

This Specialized class is adapted and designed for adults with Intellectual disabilities. You will learn about nutrition, meal planning, exercise and how to live a healthy lifestyle. Please bring a sack dinner for the dinner break at 5pm. You will exercise here during class two times a week. We will have a variety of exercise routines to keep you motivated. Let's get fit! Age: 18 and up NO CLASS ON HOLIDAYS Min 10/Max 13  
Highland Community Center  
\$78(R) \$98(N) Age: 18Y and up  
95831 5-7pm Tue, Thu Sep 22-Nov 24

## Did You Know? Highland Community Center Adaptive Recreation Programs



The Highland Community Center provides a wide variety of recreational opportunities for youth and adults with intellectual and physical disabilities.

Contact Highland Community Center for more information or to learn about this quarter's programs and events!

[KIndurkar@bellevuewa.gov](mailto:KIndurkar@bellevuewa.gov) | 425-452-7686



## HIGHLAND HANGOUT

This class is designed and adapted for adults with intellectual disabilities. Your answer to a slow afternoon. Stimulating conversation, lively board games, solving puzzles or just enjoy a movie. All yours 4-days-per-week, for a 10-week period, at one low price. Bring your snacks and independence each day as both are required for this program. Age: 18 and up. NO CLASS ON HOLIDAYS Min 15/Max 35  
 Highland Community Center  
 \$40(R) \$50(N) Age: 18Y and up  
 95836 3-5pm Mon-Thu Sep 21-Nov 25

## KITCHEN KAPERS

Kitchen Kitchen introduces the REAL secrets of creating great and healthy dishes. Make some of the easiest but tastiest meals while having a great time! Discussions include seasonings, cooking methods, healthy meal choices etc. Recipes included. Materials included. Accommodations provided for people with disabilities. Min 8/Max 10  
 Northwest Arts Center  
 \$108(R) \$118(N) Age: 18Y and up  
 95821 12-1:30pm Fri Sep 18-Nov 06

## MOVIE TIME ADAPTED

This specialized class is adapted and designed for adults with Intellectual Disabilities. Come out and enjoy a movie with friends and a light dinner that you provide. Min 20/Max 35  
 Highland Community Center  
 \$42(R) \$53(N) Age: 18Y and up  
 95833 5-7pm Wed Sep 23-Nov 25

## MULTI SPORT

Come and enjoy playing a variety of fun sports with friends. This class will play Basketball, Volleyball, Hockey, Kickball and indoor softball. This will be a great opportunity to try out a new sport. No Class on Holidays Min 15/Max 25  
 Highland Community Center  
 \$62(R) \$77(N) Age: 18Y and up  
 95839 7-8:30pm Tue, Thu Sep 22-Nov 24



## PD - EXERCISE CLASS ADAPTED

This specialized class is designed and adapted for those living with physical disabilities. Build Muscles, build strength, build your social network. It all happens at Highland's exercise classes. NO CLASS ON HOLIDAYS Min 8/Max 9  
 Highland Community Center  
 \$100(R) \$127(N) Age: 21Y and up  
 96015 9:15-10:15am Mon, Wed, Fri Sep 28-Dec 11  
 96016 10:30-11:30am Mon, Wed, Fri Sep 28-Dec 11  
 96017 11:45am-1:15pm Mon, Wed Sep 28-Dec 09

## SOCIAL CLUB ADAPTED

This specialized class is adapted and designed for adults with Intellectual Disabilities. Come on out and have fun with friends, playing games and socializing with peers. NO CLASS ON HOLIDAYS Min 20/Max 38  
 Highland Community Center  
 \$42(R) \$53(N) Age: 18Y and up  
 96137 7-8:30pm Mon Sep 21-Nov 23  
 95835 7-8:30pm Wed Sep 23-Nov 25

## WALKING CLASS

This class is designed and adapted for adults with intellectual disabilities. Walk yourself healthy, and have fun with your peers at the same time. Class meets Mondays in the Lobby at Highland Center and walk over to the YMCA Min 10/Max 15  
 Highland Community Center  
 \$42(R) \$53(N) Age: 18Y and up  
 95842 5:30-7pm Thu Sep 24-Nov 19

## CHEERLEADING

Be a part of a cheerleading squad and come learn new skills and work as a team. This team is part of the East-side Dream Elite program which is the official cheerleading program of the Bellevue Parks & Community Services. This class is open to women and men with intellectual disabilities, ages 13 and up. We have regular weekly performances on the Highland Center schedule and we have occasional performances outside of class time as well. Come join the fun! Age: 18 and up Min 15/Max 21  
 Highland Community Center  
 \$77(R) \$95(N) Age: 12Y and up  
 95825 5:30-6:30pm Wed Sep 23-Nov 25

## KITCHEN KAPERS: HOLIDAY COOKING

Kitchen Kitchen introduces the REAL secrets of creating great and healthy dishes for the holidays. Discussions include seasonings, cooking methods, healthy meal choices etc. Recipes included. Materials included. Accommodations provided for people with disabilities Min 5/Max 5  
 Northwest Arts Center  
 \$52(R) \$62(N) Age: 18Y and up  
 95909 12-1:30pm Fri Nov 13-Dec 18

## AFTER SCHOOL-PROGRAMS FOR YOUTH

Three afternoons a week your child has the opportunity to unwind from school with these interactive activities. Games, cards, art and movies. All programs are for youth ages 15-21 living with intellectual disabilities. NO CLASS ON HOLIDAYS or school service days Min 8/Max 15  
 Highland Community Center  
 \$75(R) \$94(N) Age: 15Y - 21Y  
 96014 2:30-5pm Mon Sep 21-Nov 23  
 96013 2:30-5pm Tue Sep 22-Nov 24  
 96012 2:30-5pm Thu Sep 24-Nov 19



# ADAPTIVE RECREATION REGISTRATION FORM

Check out other programs of interest at the Bellevue Aquatic Center, Robinswood Tennis Center and The Northwest Arts Center.

**PARTICIPANT NAME:** \_\_\_\_\_ **CITY OF BELLEVUE SCHOLARSHIP**

**DDD CASEWORKER:** \_\_\_\_\_ **NEW ADDRESS:** \_\_\_\_\_

**UPDATED BLUE FORM ON FILE**  **NEW PHONE:** \_\_\_\_\_

**ADULT Adaptive Programs at Highland Center**  **New Address**

		Course #	Title	Rates - Res/Non-Res	Days	Time	Dates
 <b>Intellectual Disabilities</b>	<input type="checkbox"/>	95823	Adult Adventure Ed	R \$222 N \$277	Wed	9:30a-3:00p	9/23-11/25
	<input type="checkbox"/>	95824	Adult Bowling	R \$45 N \$56	Sat	9:30a-11:30a	9/19-11/21
	<input type="checkbox"/>	95825	Cheerleading	R \$77 N \$95	Wed	5:30p-6:30p	9/23-11/25
	<input type="checkbox"/>	95826	Adult Crafts	R \$42 N \$53	Fri	1:00p-2:30p	9/25-11/20
	<input type="checkbox"/>	95827	Ball Room Dance	R \$42 N \$53	Tue	7:00pm-8:30p	9/22-11/24
	<input type="checkbox"/>	95828	Friday Night Out	R \$17 N \$21	Fri	5:30p-9:30p	9/25
	<input type="checkbox"/>	95829	Friday Night Out	R \$17 N \$21	Fri	5:30p-9:30p	10/16
	<input type="checkbox"/>	95830	Friday Night Out	R \$17 N \$21	Fri	5:30p-9:30p	11/13
	<input type="checkbox"/>	95831	Full Fitness Fun	R \$78 N \$98	Tu/Th	5:00p-7:00p	9/22-11/19
	<input type="checkbox"/>	95832	Artistic Inspirations	R \$45 N \$55	Mon	5:00p-7:00p	9/21-11/23
	<input type="checkbox"/>	95833	Movie Time	R \$42 N \$53	Wed	5:00p-7:00p	9/23-11/25
	<input type="checkbox"/>	96137	Social Club	R \$42 N \$53	Mon	7:00p-8:30p	9/21-11/23
	<input type="checkbox"/>	95835	Social Club	R \$42 N \$53	Wed	7:00p-8:30p	9/23-11/25
	<input type="checkbox"/>	95836	Highland Hangout	R \$40 N \$50	M/T/W/TH	3:00p-5:00p	9/21-11/25
	<input type="checkbox"/>	95837	Kiwanis Dinner	FREE	Thurs	5:00p-6:00p	10/15
	<input type="checkbox"/>	95838	Kiwanis Dinner	FREE	Thurs	5:00p-6:00p	11/19
	<input type="checkbox"/>	95839	Multi-Sport	R \$62 N \$77	Tu/Th	7:00p-8:30p	9/22-11/19
	<input type="checkbox"/>	95840	Bingo	R \$42 N \$53	Thurs	7:00p-8:30p	9/24-11/19
	<input type="checkbox"/>	95841	Halloween Howl	R \$9 N \$11	Fri	7:00P-9:30P	10/23
	<input type="checkbox"/>	95842	Walking Class	R \$42 N \$53	Thurs	5:30p-7:00p	9/24-11/19
<input type="checkbox"/>	95843	Holiday Ball	R \$9 N \$11	Fri	7:00p-9:30p	12/4	
<input type="checkbox"/>	95844	Cooking with Ease	R \$74 N \$92	Thurs	5:00p-7:00p	9/24-11/19	
<input type="checkbox"/>	95845	Seafair Holiday Cruise	FREE	Sun	2:00p-5:00p	12/6	
<input type="checkbox"/>	96061	Women's Group	R \$42 N \$53	Tue	5:30p-7pm	9/22-11/3	
<b>Bridge Academy: Thursdays, 10am-2pm - Call Cindy O'Neill at 209-919-7167</b>							
<b>YOUTH Adaptive Programs at Highland Center</b>							
	<input type="checkbox"/>	96014	Fun movies or games	R \$75 N \$94	Mon	2:30p-5:00p	9/21-11/23
	<input type="checkbox"/>	96013	DVD movies	R \$75 N \$94	Tues	2:30p-5:00p	9/22-11/24
	<input type="checkbox"/>	96012	Sports, games, movies	R \$75 N \$94	Thurs	2:30p-5:00p	9/24-11/19
<b>ADULT Adaptive Programs at Northwest Arts Center</b>							
	<input type="checkbox"/>	93276	Glass Fusion	R \$225 N \$265	Thurs	10:00a-11:30a	9/17-11/15
	<input type="checkbox"/>	93277	Stoneware Creations	R \$225 N \$265	Thurs	1:00p-3:00p	9/17-11/5
	<input type="checkbox"/>	95821	Kitchen Kapers	R \$108 N \$118	Fri	12:00p-1:30p	9/18-11/6
	<input type="checkbox"/>	95909	Holiday Kitchen Kapers	R \$52 N \$62	Fri	12:00p-1:30p	11/13-12/18
<b>Physical Disabilities</b>	<b>ADULT Adaptive Programs at Highland Center</b>						
	<input type="checkbox"/>	96015	Exercise	R \$100 N \$127	M/W/F	9:15a-10:15a	9/28-12/11
	<input type="checkbox"/>	96016	Exercise	R \$100 N \$127	M/W/F	10:30a-11:30a	9/28-12/11
	<input type="checkbox"/>	96017	Exercise	R \$100 N \$127	M/W	11:45a-1:45p	9/28-12/9
	<input type="checkbox"/>	96018	PD Brunch	FREE	Wed	10:30a-12:30a	12/9

People living with disabilities are encouraged to participate in any of the Recreation Division programs in which they are interested. Please contact Kim Indurkar, Program Supervisor, if you have not taken programs at Highland Center in the past, to schedule an appointment at 425-452-6105.

**BELLEVUE INDOOR SKATEPARK**

14224 Bel Red Road, 98007  
 Bellevue's first skate park was created in 1994 as part of a Youth Link project. It is renovated annually by skateboarders. Over 100,000 skateboarders have joined since the park opened. This newly-remodeled indoor facility features three and four-foot mini ramps, micro-mega, vert wall, 28 feet of pool coping as well as a variety of quarter-pipes, banks, rails, ledges, hubbas, and a small indoor climbing wall. Call 425-452-2722 for current hours, fees, events and rentals or visit [www.bellevuewa.gov/bellevue\\_skate\\_park.htm](http://www.bellevuewa.gov/bellevue_skate_park.htm)

**BELLEVUE SKATE PARK RENTALS**

The Bellevue Skate Park is a great place for a birthday party or a secret session. From private hourly park rentals to all inclusive birthday packages, we will make your party a hit. Call 425-452-2722 or email SK8@bellevuewa.gov for more information.

**BELLEVUE SKATE PARK LESSONS**

If you are just starting out, and you want to learn how to skateboard these lessons are for you. Let us show you how to ride ramps, drop-in, ollie and have fun skating. Our experienced instructors will guide you step by step how to safely get up and begin skateboarding. You may be surprised how fast you learn from your one-on-one skate coach. Call or stop by for scheduling, information or to meet our instructors. Lessons increase self-esteem and confidence in and outside of the park. ALL AGES.  
 COST: \$40 per hour; \$25 per 1/2 hour



**Outdoor Skate Facilities**

**HIGHLAND OUTDOOR SKATE PLAZA**

**Newly Remodeled for 2015!**  
 14224 Bel-Red Road, 98007. This 13,000 square foot public skate plaza replicates some of the world's favorite street skate-spots. Instead of half-pipes or bowls, it resembles everyday obstacles including various ledges, banks, stairs, hubbas, rails, benches, gaps and barriers. The park is also lit for evening skateboarding or rollerblading

**LAKEMONT SKATE COURT**

Lakemont Community Park, 5170 Village Park Drive, 98006  
 Smaller than a traditional skate park, the outdoor skate court includes a pyramid, ledges, a wall-ride and other obstacles. Designed for skateboarding and rollerblading.

**CROSSROADS SKATE PARK**

Crossroads Community Center, 16000 NE 10th Street, 98008  
 This state-of-the-art bowl was built by world renowned Grindline Skate Parks. Empty swimming pools paved the way for one of the earliest genres of skateboarding in the '70's. This skate park was built to emulate a similar feel, but with modern additions. The massive bowl's depths range from 4' to 9' 5" and features an over-vertical "clamshell," multiple hips, escalators, tombstone and various coping made of steel and concrete.

**Bellevue Indoor Skate Park**

**SUMMER Park Hours**

<b>Monday through Friday</b> 1-5pm (2:30-5pm) Biddy Boarders skate camp weeks)	<b>Saturday &amp; Sunday</b> 12 & under: 12-1:30pm  Open Session 1:30-5pm
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**Park Fees**

**Lessons: \$40/hr, \$25/ ½ hr**  
**Session: \$4(R) \$5(N)**  
**ID Card\*: \$8(R) \$10(N)**  
**10 session pass: \$35(R) \$45(NR)**

**Rentals: For information about our various rental packages, contact SK8@bellevuewa.gov or call 425-452-2722.**

*\* To purchase an ID card, you must have a parent or guardian signature if you are under 18 years old.*



**Giving teens a voice and an opportunity to make things happen...**

Youth Link is a youth leadership program sponsored by Bellevue Parks & Community Services and the Bellevue School District. Founded in 1990, Youth Link gives youth an active voice in the community and an opportunity to make a difference!

**Current Youth Link Projects**

For more information about any of these opportunities, please call 425-452-5254, unless otherwise specified, or visit [www.youthlink.com](http://www.youthlink.com).

- |                        |                               |
|------------------------|-------------------------------|
| Bellevue Youth Council | T.R.A.C.K.S. Action Team      |
| Outspoken Teen Paper   | Community Leadership Awards   |
| Youth Link Web Team    | Eastside Youth Council Summit |
| Kids Care Coat Drive   | Youth Court Action Team       |
| Teen Closet            | Youth Involvement Conference  |



*If you are a young person of middle or high school age or an adult who might be able to help make a youth priority a reality, call 425-452-5254.*



## ***BELLEVUE BOTANICAL GARDEN CLASSES, LECTURES, AND SPECIAL EVENTS AUGUST THROUGH DECEMBER, 2015***

**August 15-16 — Eastside Fuchsia Society Show & Sale, 10 a.m. – 3 p.m.** Featuring a great selection of plants from Eastside gardeners. For more information, visit [www.bellevuebotanical.com](http://www.bellevuebotanical.com) or call 425-452-2750.

**August 29-30 — Art in the Garden, 10 am – 6 pm.** Sculptures and garden art by several outstanding Northwest artists will grace the gardens, each in its own private space. From the serious and simplistic to the whimsical and elaborate, exhibits will include works in metal, wood, blown and fused glass, bronze and other outdoor-appropriate materials. This event is free and open to the public. For more information, visit [www.bellevuebotanical.org](http://www.bellevuebotanical.org) or call 425-452-2750. FREE

**September 20 — Northwest Perennial Alliance Lecture, 12 – 2 pm**

**September 24 — Must have Plants for Fabulous Fall Color, 10am-12pm.** Taught by John Christianson, owner of the award winning Christianson's Nursery in Mt. Vernon. John will bring plants with fall interest from his nursery to show with planting and design tips. Plants can be purchased. \$25.00 members, \$35.00 non-members. Pre-registration required. Register at <http://www.bellevuebotanical.org/classes.html>.

**October 3 — Native Plant Sale and Environmental Festival, 10 am – 4 pm.** Presented by Washington Native Plant Society.

**October 8 — Preparing Your Garden for Winter - and Spring, 6:30 – 8:30 pm.** Prepare your garden for next year by improving your soil over the winter. Grab those last few days of sunshine and put your garden to bed! Soil building is an important component of organic gardening and the fall and winter are perfect times to add organic matter that will feed your plants throughout the year. We will discuss key components of the final harvest, how to test your soil, what cover crops to plant and different techniques for mulching. Leave with the knowledge and skills you need to protect your soil so it is ready to go next spring! \$25.00 members, \$35.00 non-members. Pre-registration required. Register at <http://www.bellevuebotanical.org/classes.html>.

**October 13 — Creating a New Dream, on a 20-Acre Canvas, 7 pm.** Tom Hobbs, owner of Southlands Nursery in Vancouver and author of *The Jewelbox Garden*, will lecture on design and color in the garden. \$5.00 for Bellevue Botanical Garden Society members, \$15.00 non-members, payable at the door; first come, first served (no pre-registration).

**November 28 through January 2 — Garden d'Lights, every evening 4:30 – 9:30 pm, at Bellevue Botanical Garden, 12001 Main Street, Bellevue.**

Visit [bellevuebotanical.org](http://bellevuebotanical.org) for more information and to register for events. Registration required for some events.



BELLEVUE BOTANICAL  
GARDEN

All events at the Aaron Education Center at the Bellevue Botanical Garden • 12001 Main Street, Bellevue



## City of Bellevue Diversity Advantage

### MEET BELLEVUE'S NEW DIVERSITY TEAM



The Diversity Advantage team is made up of Mark Manuel, Diversity and Outreach Administrator (left), Elaine Acacio, Diversity and Inclusion Administrator (center), and Jennifer Mechem, Americans with Disabilities Act (ADA) and Civil Rights (Title VI) Administrator (right). This three-member team was hired in May 2015 to support Bellevue's Diversity Initiative. Within their respective portfolios, each is tasked with aspects of working externally with community outreach, engagement and cultivating reciprocal community partnerships specifically with communities who are historically underserved; internally with City of Bellevue staff, policies, and organizational development; and ensuring we are agile and responsive to compliance and access related projects to assist the City of Bellevue in meaningful and intentional work around equity, inclusion, and access.

#### **Diversity and Outreach Administrator**

The City is committed to Inclusive public engagement which requires reaching out, listening, and supporting the diverse population in Bellevue. Mr. Manuel is well underway connecting with residents, service providers, and community leaders to build sustainable relationships that have helped reveal community issues, opportunities, and challenges. Seeing diversity as an advantage, Mark is focused on building capacity and pathways towards civic engagement, creating opportunities for cross-cultural interactions, and developing a diverse team of volunteers that can provide insight and guidance on the City's diversity initiatives. Our goal is to create a welcoming environment that is accessible and inclusive of the people that visit, work, and live in Bellevue.

#### **Diversity and Inclusion Administrator**

This new position was created to serve as a catalyst in developing, supporting, implementing and championing diversity and inclusion initiatives within the City of Bellevue. Ms. Acacio has begun the process of working with an interdepartmental team called Diversity Liaisons, representatives from each of the 14 departments, in improving cultural competence within the organization and providing responsive community programs and services. One specific component of such services is looking at the City's language translation and interpretation services and identifying a comprehensive means for all to have equitable access to information. She is also developing city-wide and department-specific training around cultural competency and skills related to working and engaging with diverse populations.

#### **ADA/Title VI Administrator**

This new position was created to help make the City of Bellevue more accessible to people with disabilities, and to promote equity and nondiscrimination policies throughout all city programs, services, facilities, and subcontracted work. Ms. Mechem is coordinating a review of public programs to identify barriers to access, and working with an interdepartmental team to develop resources and training to expand current access services. She is working with the Parks and Community Services department to improve access to recreation and community facilities, and with the Transportation Department to promote environmental justice and to develop a transition plan for improving sidewalks and curb ramps. Other projects include upgrading assistive listening systems, increasing the accessibility of the city's website, and engaging with disability organizations in the community.



**BELLEVUE**  
GOLF COURSE

Reserve tee times online  
[www.bellevuepgc.com](http://www.bellevuepgc.com)

5500 140th Ave NE  
425-452-7250



Download our  
**FREE** mobile  
app today!



Search for  
**BELLEVUE GOLF**

The Bellevue Golf Course is a fun, challenging layout that is a great place to play for golfers of all abilities. Excellent greens, strategic bunkering, and mature trees place a premium on accuracy and game management. Please contact the Pro Shop at 425-452-7250 or online at [www.bellevuepgc.com](http://www.bellevuepgc.com) for additional information.

- 18 Hole Championship Course
- Covered Driving Range with 23 hitting stations
- Full service pro shop
- Reservations taken up to two weeks in advance
- Tournament bookings
- Lessons from PGA instructors
- Full service grill
- Power carts
- Rental clubs
- Putting & chipping green
- Women's and Men's Clubs
- Banquet Room
- Free App!



**CROSSROADS**  
PAR 3 GOLF COURSE

OPEN MARCH 1 - NOVEMBER 1

The Crossroads Par 3 Golf Course offers a nine hole course, practice area with restricted flight range balls and a practice putting green.

The Par 3 is an excellent beginner and family course that takes about an hour to play. The holes range from 64 to 107 yards. This gives the more accomplished player an opportunity to work on their short game, while the beginner can have success learning the game in a relaxed, friendly environment. *Tee times are not necessary* unless you're planning a group outing. For course information and operating hours, call 425-452-4873.

The City has partnered with First Tee of Greater Seattle to provide golf and life instruction for area youth at the Crossroads Par 3 Course. You may get additional information regarding the First Tee program at [TheFirstTeeSeattle.org](http://TheFirstTeeSeattle.org) or by calling 206-839-4791.

September-December 2015

CONNECTIONS

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# Human Services

Need help  
but don't know  
where to turn?  
**Dial 2-1-1**

to find social services  
such as...

- Caregiver & Disability Resources
- Emergency Shelter
- Food & Clothing
- Health Care & Support Groups
- Rent Assistance
- Transportation
- Volunteering

*Language interpretation available*



Also: 206.461.3200  
Toll Free 800.621.4636  
[www.crisisclinic.org](http://www.crisisclinic.org)

## CITY OF BELLEVUE HOME REPAIR PROGRAM

Help is available for low and moderate income Bellevue homeowners who need major home repairs to improve the health and safety of their home. For more information, call 425-452-4069.

**ROOF REPAIRS**  
**FAULTY PLUMBING**  
**WIRING**  
**EARTHQUAKE RETROFITTING**



## BELLEVUE'S HUMAN SERVICES PROGRAM

In 1986 the Bellevue City Council resolved that the city would act to ensure that the basic survival needs of Bellevue residents are met. The city serves as a planner, facilitator and funder for support systems that help people through economic and personal crisis and provide low-and moderate-income persons with opportunities to succeed.

The Human Services Division of the Parks & Community Services Department administers the Human Services Fund.

Bellevue takes one of the following three roles in human services, depending on the need:

**Planner:** assess and anticipate needs and develop appropriate policy and program responses.

**Facilitator:** convene and engage others in community problem-solving to develop and improve services.

**Funder:** disburse federal Community Development Block Grant and General Fund dollars to support a network of services which respond to community needs.

Bellevue's human service funding is on a two-year cycle, with second-year funding contingent on contract performance and program outcomes. For more information about funding criteria and timelines, please contact grant coordinator Joseph Adriano by e-mail at [JAdriano@bellevuewa.gov](mailto:JAdriano@bellevuewa.gov), or at 425-452-6165.

### HUMAN SERVICES COMMISSION

James McEachran, Chair • Carla Villar, Vice-Chair  
John Bruels • Michelle Kline  
Judith Mercer • Olga Perelman



## CANOEING, KAYAKING AND STAND UP PADDLE BOARDING AT ENATAI BEACH PARK!

**Tour the beautiful Mercer Slough Nature Park, paddle the shorelines of lovely Lake Washington and view the grandeur of majestic Mount Rainier. In partnership with Cascade PaddleSports, the City of Bellevue offers hourly rentals, lessons, trips, and racing programs for youth and adults in all aspects of paddle sports. To learn more, see Cascade's website at [canoe-kayak.com](http://canoe-kayak.com) or call them at 425-430-0111 and like us on Facebook!**

### **Get Started Kayaking:**

Join us for a pleasant weekend morning to learn just the basics - general safety, equipment, moving forward, backward, sideways, and assisted recovery from a capsize. Paddling skills are greatly simplified to get you going quickly. Learn basic skills at one of our paddling centers, go for a short practice paddle, and learn to re-enter your kayak from the water with the help of your instructor. If you're interested in paddling short trips on protected waters and quiet lakes, this is a great way to get started! All lessons are taught in single kayaks.

### **Kids Day Camp:**

Learn to paddle with your class in the 10-person Voyageur canoe, in your own single kayak, and Stand Up Paddle Board. Build self-esteem, confidence, strength, and conditioning. Learn boating safety and paddling skills in a playful environment of fun and self-discovery. Cascade PaddleSports is the premier paddling school for youth in the Northwest! One-week day camps are offered from the Enatai Beach Boathouse in Bellevue, on Lake Washington. Campers must be comfortable in the water and also confident of their swimming ability.

### **Learn to Canoe:**

Canoes are ideal for family outings and relaxing days spent with your dog. With basic skills and quality equipment, canoes are lightweight and easy to paddle, easy to pack with gear, easy to carry, and easy to load on your vehicle. Canoes also make a great platform for fishing and water fowl hunting, or packing out your elk. In this beginning course you will learn how to canoe safely on lakes by learning maneuvering strokes for maximum precision, how to compensate for wind and small waves, and how to paddle with your paddling partner. We're on the water every session with two 2.5-hour lessons at our paddling center and a day trip on a gorgeous mountain lake, with lunch next to a beautiful waterfall.

**Your perfect day...  
Our perfect places**



**Plan your next event in a Bellevue park or facility today!**

Whether you are looking for a place for a wedding, to host an extended family gathering, or a large party for up to 250 guests, Bellevue Parks & Community Services has a facility to meet your needs! From historical homes and estates to large modern community centers, you are sure to find the perfect place to host your gathering.

Call us today at 425-452-6914, or email [ParkRental@bellevuewa.gov](mailto:ParkRental@bellevuewa.gov), to get started with booking your next holiday party, birthday, or wedding celebration!



**Bellevue Parks &  
Community Services**

# BELLEVUE CHALLENGE COURSE

## BELLEVUE ZIP TOUR

*Feel Wild in the City*

6.5 zip lines, 2 suspension bridges  
Affordable, amazing views, easy access  
Tours April through October

## BELLEVUE HIGH ROPES ADVENTURE

*An Experience to Remember*

18 different elements, up to 45 feet high  
Affordable for individuals, families, and friends  
Open April through October

## BELLEVUE TEAM BUILDING

*Learn While Playing*

Customized curriculums  
Valuable life skills learned  
Youth to adult programs to make  
your organization successful  
For information about Bellevue Team Building  
see [nwteambuilding.com](http://nwteambuilding.com)



**TO REGISTER:** [www.myparksandrecreation.com](http://www.myparksandrecreation.com)

**MORE INFORMATION:** [www.bellevuewa.gov/sbcc-challenge-course.htm](http://www.bellevuewa.gov/sbcc-challenge-course.htm)

or call 425-452-4240

The Tacoma Glassblowing Studio & Bellevue Parks & Community Services presents

**The Great Northwest**

# Glass Pumpkin Patch

**October 3, 2015**

**9am-4pm**

**Northwest Arts Center**

9825 NE 24th St. • Bellevue

**Wander through a pumpkin patch  
of thousands of hand-blown,  
one-of-a-kind glass pumpkins.**

**Admission and parking is FREE**

**Pumpkins range from \$35-\$200.**

**Rain or Shine!**

**425-452-4106**



**Bellevue Parks &  
Community Services**



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.