



*Bellevue Parks &
Community Services*

YOUTH SPORTS **2015** FALL / WINTER



The goal of Youth Sports & Fitness programs is to provide quality programming with responsible leaders so youth have the opportunity to grow and learn. We are a program in which opportunity for participation is provided to all those who enter, regardless of skill and ability. We wish to provide youth with a fun learning experience and the opportunity to develop lifetime sports and fitness skills.

SOCCER LEAGUES

YOUTH SOCCER PROGRAM INFORMATION

The Youth Sports Soccer League is specially designed to help your child understand the team concept of soccer, enhancing their dribbling, passing, scoring and defense. The values of teamwork and strategy along with understanding the importance of sportsmanship create an environment that promotes positive developmental assets amongst our youth.

- **League Structure:** The first 2 weeks are practice, followed by 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:** required for all soccer leagues. Shin guards will be for sale on site for \$10.
- **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 coach's 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 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.

MIGHTY MITES SOCCER LEAGUE (AGES 5-6)

This 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 Sportsfield

4:15-5:15pm

Tuesdays, Sep 22-Nov 3

Resident: \$80

Non Resident: \$95

#95943

YOUTH SOCCER LEAGUE (AGES 7-9)

This 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 Sportsfield

4:15-5:15pm

Wednesdays, Sep 23-Nov 4

Resident: \$80

Non Resident: \$95

#95944



PRE SEASON BASKETBALL CLINIC

Want to improve your basketball skills and fundamentals? This Pre-Season Basketball Clinic creates an opportunity for coed players 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 Community Gym

5:30-6:30 PM

Resident: \$70

Non-Resident: \$76

#95945

Ages: 5-6

Mondays, Nov 9-Dec 14

#95946

Ages: 7-8

Tuesdays, Nov 10-Dec 15

#95947

Ages: 9-10

Wednesdays, Nov 11-Dec 16

#95948

Ages: 11-13

Thursdays, Nov 12-Dec 17



COURSES

BIDDY MULTI SPORT (AGES 3-4)

Come join the NEW Bidy Multi Sport class. This 6-week parent/guardian participation required program will cover three sports – basketball, soccer, and 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 Community Gym

Resident: \$68

Non-Resident: \$80

Saturdays, 9:30-10:15am

#91021

Sep 19-Oct 24

#95865

Oct 31-Dec 12 (No class Nov 28)



BIDDY MULTI SPORT II (AGES 5-6)

Come join the **NEW** Biddy Multi Sport II class. This 6-week parent/guardian participation required program will cover three sports – basketball, soccer and 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 Community Gym **Resident: \$68** **Non-Resident: \$80**

Saturdays, 11-11:45am

#95871

Sep 19-Oct 24

#95872

Oct 31-Dec 12 (No class Nov 28)

i-BALL BASKETBALL CLINICS (AGES 7-12)

Bellevue Parks & Community Services and i-Ball have partnered to offer Basketball Skills Clinics for kids. Consistent training is the main aspect that helps to greatly accelerate learning and retention for young players. i-Ball is run by professional basketball player and former Globetrotter's Harlem All-Star, Kyle Keyes along with i-Ball staff. Players will learn all aspects of basketball development of core fundamentals along with offensive and defensive techniques, shooting techniques, ball handling, and court awareness. Players of ALL skill levels are welcome and will be grouped accordingly. Please wear basketball shoes and shorts. Min 5/Max 30

Resident: \$79 **Non Resident: \$95**

Highland Community Center

Mondays, 5:50-7pm

#95887

Sep 21-Oct 12

#95888

Oct 19-Nov 9

#95889

Nov 16-Dec 7

Tyee Community Gym

Saturdays, 12-1:10pm

#95873

Sep 19-Oct 10

#95874

Oct 17-Nov 7

#95875

Nov16-Dec 12 (No class Nov 28)



SEREVI RUGBY 100 (AGES 4-5)

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

Hidden Valley Sports Park **Mondays, 4:30-5:45pm**

Resident: \$125

#95890

Non Resident: \$150

Sep 14– Nov 2

SEREVI RUGBY 200 (AGES 6-9)

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

Hidden Valley Sports Park **Mondays, 4:30-5:45pm**

Resident: \$125

#95891

Non Resident: \$150

Sep 14– Nov 2

SEREVI RUGBY 300 (AGES 10-12)

Serevi Youth Rugby presents Rugby 300 for developing rugby kids. With a progression in speed of play, participants will showcase their skills in both individual and team settings. Participants will have a full grasp of a variety of kicks, handling skills and trick moves, evasive running abilities, improvements in field vision, and how to fix and beat defenders in a variety of situations. Sessions are comprised of skill work touch rugby scrimmages. All participants receive an official Serevi Youth Rugby t-shirt, wristband, and sticker. For more information about Serevi Rugby, please visit <http://www.serevirugby.com>.

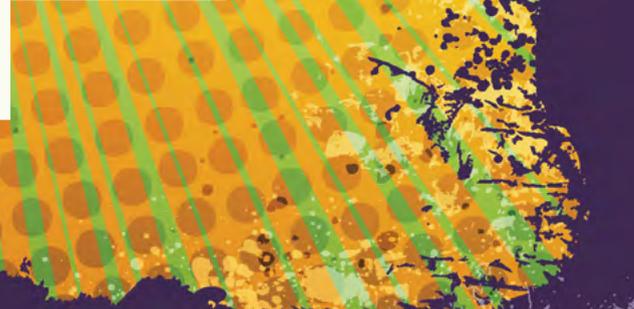
Hidden Valley Sports Park **Mondays, 4:30-5:45pm**

Resident: \$125

#96202

Non Resident: \$150

Sep 14– Nov 2



SPORTBALL JUNIOR (16-24 MONTHS)

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.

Highland Community Center

Resident: \$104

Non Resident: \$109

Tuesdays, 1-1:45pm

#96095

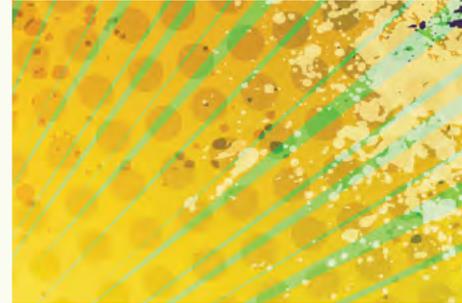
Sep 8-Oct 27

Resident \$78

Non Resident \$82

#96203

Nov 3-Dec 8



SPORTBALL PARENT & CHILD (AGES 2-4)

Parents and caregivers can have a direct hand in a preschooler's development through our Multi-Sport program. Sportball Parent & Child programs teach children important introductory physical skills associated with our eight core sports (hockey, soccer, tennis, baseball, basketball, volleyball, golf, and football) and helps them to develop confidence in their abilities. The programs also help adults understand proven teaching techniques that can be applied outside of Sportball classes. Classes focus on refining, rehearsing, and repeating skills and playing games in a fun, creative, non-competitive environment.

Highland Community Center

Resident: \$104

Non Resident: \$109

Tuesdays, 1:45pm-2:30pm

#96093

Sept 8-Oct 27

Resident: \$78

Non Resident: \$82

#96204

Nov 3-Dec 8



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

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

Highland Community Center

Resident: \$55

Non Resident: \$66

Wednesdays, Sep 23-Oct 28

#95892 1-1:45pm

#95893 2-2:45pm

Wednesdays, Nov 4-Dec 9

#95894 1-1:45pm

#95895 2-2:45pm



SUPERSTIX GIRLS LACROSSE CLINIC (AGES 6-14)

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

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

Hidden Valley Sports Park Resident: \$125

Non Resident: \$150

Thursdays, Sep 10-Oct 15

#95896 4:30-6pm



MARTIAL ARTS

KENDO (AGES 8 & UP)

Highland Community Center

Resident: \$71

Non Resident: \$85

Fridays, Sep 18-Dec 11

(No class Nov 27)

Beginner/Intermediate: 6:30-8pm

Advanced: 7:30-9:30pm

BEGINNING KENDO

95897

Kendo is a coed martial arts sport based on Samurai traditions requiring both mental and physical discipline. Participants use a Bokken (oak sword) for weeks 1-4, at week 5, a Shinai (bamboo sword) is also required. Participants must purchase a Bokken either before or at the first class. Beginning students should wear loose fitting clothes. The beginning class focus is on learning basic footwork and sword handling. Upon completion of the beginning class, continuing students enroll in the intermediate class. Prospective students should make an effort to research kendo prior to signing up for the class. Min 10/Max 25

INTERMEDIATE KENDO

#95908 (Prerequisite-Completed Beginning Kendo Class or equivalent)

Intermediate kendo is a continuation where students progress to actual striking of live targets. Once the student has progressed in skill, they will be able to move into wearing armor and engage in bouts with other students. Students remain in intermediate until they have transitioned to armor. During intermediate kendo, students generally purchase uniforms which are required for advanced kendo. All students in armor are in the advanced class.

ADVANCED KENDO

#95910 (Prerequisite-Intermediate Kendo Class or permission from instructors)

Advanced kendo is for those students that have completed beginning and intermediate kendo and are in armor (bogu). Individuals with previous experience must contact the teacher for approval to enroll in advanced kendo.



SELF DEFENSE/HAPKIDO (LITTLE CONQUERORS) (AGES 6-12)

This coed course helps young people develop coordination, balance, focus, strength, self-esteem, group interaction, communication skills, and discipline, while teaching personal safety/self-defense in a safe, friendly environment. In addition to lots of conditioning exercises, students will learn a basic kicks, strikes, throws, evasions, grappling, and weapons. Uniform required and available at class for a fee. www.conquerorhapkido.com. Min 10/ Max 30.

North Bellevue Community Center

Resident: \$49

Non-Resident: \$59

Wednesdays & Mondays

5:30-6:30pm

#95911

Sep 2-30

#95912

Oct 5-28

Mondays & Wednesdays

5:30-6:30pm

#95915

Nov 2-30

#95916

Dec 2-23



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). Pre-requisite: Graduation from the junior conqueror class, or age 13 and above. Instructor permission required to attend. www.conquerorhapkido.com. Min 10/ Max 30.

North Bellevue Community Center

Resident: \$49

Non-Resident: \$59

Wednesdays & Mondays

6:30pm-7:30pm

#95917

Sep 2-30

#95918

Oct 5-28

Mondays & Wednesdays

6:30pm-7:30pm

#95919

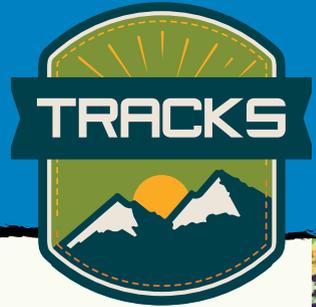
Nov 2-30

#95920

Dec 2-23



TRACKS



WILDERNESS WEDNESDAYS

Schools are out early on Wednesdays, which is the perfect time to get outside and have an adventure. We will be hiking, geo caching, playing games, and exploring all the area has to offer every other Wednesday in September and October. Please make sure to pack a snack, water, and weather-appropriate clothing. Departure at 1:30 from Highland Community Center. For more information, email csabochik@bellevuewa.gov or call 425-452-6883.

Wednesdays, 1:30-4:30pm

Age: 10-14

Fee: \$10

Sep 16 & 30 and Oct 14 & 28

SCHOOLS OUT ADVENTURE FIELD TRIPS

When schools are 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 the Highland Community Center. Please pack lunch, snacks, water, and dress for the weather. For more information, email csabochik@bellevuewa.gov or call 425-452-6883.

Age 10-14

Fee: \$45

Friday, Oct 9

9am-3pm

Wednesday, Nov 11

9am-3pm

Tuesday, Dec 22

9am-3pm



FAMILY HIKING 101

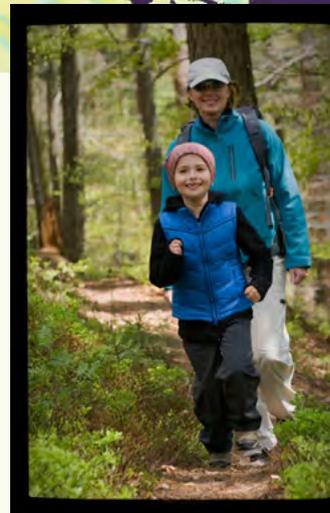
"Every Kid in a Park" initiative is beginning this fall. All fourth grade students and their families will have free access to national parks, national forests, and national wildlife refuges with the Every Kid in a Park Pass. To give families a jump start on getting outside, we have designed a program to help families learn some trail basics and explore 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 TRACKS' staff will lead a hike. Transportation from Lewis Creek Visitors Center to and from the trailhead is provided. Pre-Registration required. For more information, email csabochik@bellevuewa.gov or call 425-452-6883.

Age 7+

Fee: \$15/per person

10am-3pm

Sept 19 & Oct 3



SENIOR HIKING SERIES: TUESDAY TRAILS

This easy hiking series is designed for active seniors looking to explore the beautiful trails around Bellevue. 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 generally less than 3 miles and specifically chosen for the over 50 crowd. Dress for the weather and bring a lunch and water. For more information, email csabochik@bellevuewa.gov or call 425-452-6883. Transportation Provided.

Age 50+

Fee: \$5

Tuesdays, Sept 15-Nov 3

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 required. For more information, email csabochik@bellevuewa.gov or call 425-452-6883.

Age 3+

Fee: \$5

Hike at Lewis Creek Park

10-11:30am

Saturday, Sep 12

Bike at Lake Hills Greenbelt

10-11:30am

Saturday, Oct 10

Hike Coal Creek Trails

10-11:30am

Saturday, Nov 7



SKATEPARK

HIGHLAND OUTDOOR SKATE PLAZA – 14224 Bel-Red Road, 98007

This 13,000 square foot public skate park 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 park builders. 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, 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 (ALL NEW AND UPDATED FOR 2015) – 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, vert quarter with a giant launch box, vert wall, 28' of pool coping as well as a variety of quarter-pipes, banks, rails, ledges, hubbas, table-tops, and a small indoor bouldering wall.

FALL PARK HOURS

Saturday & Sunday	12-1:30pm	12 & under
	1:30-8pm	Open Session
Monday, Tuesday, Thursday, Friday	3-8pm	

LADIES NIGHT

Mondays	5-8pm
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PARK FEES

Lessons	\$40/hr	\$25/½hr
Session:	\$4(R)	\$5(NR)
ID Card*:	\$8(R)	\$10(NR)
10 Session Pass:	\$35(R)	\$45(NR)

RENTALS

For information about our various rental packages, cemail: 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.





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

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



***Bellevue Parks &
Community Services***

Register today

425-452-6885

or



MyParksandRecreation.com
A Service of eCityGov.net

Scholarships available for all programs.