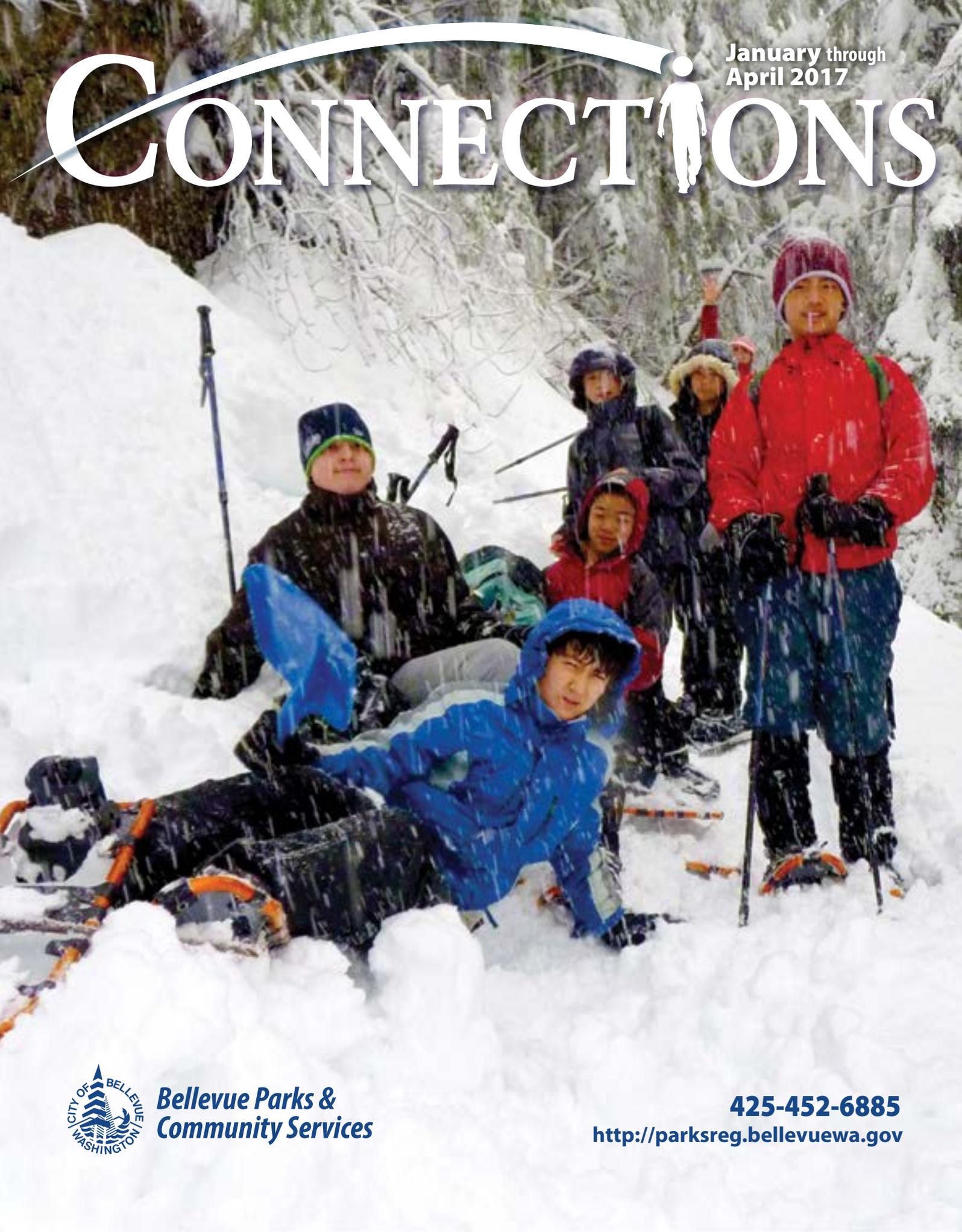


# CONNECTIONS

January through  
April 2017



**Bellevue Parks &  
Community Services**

**425-452-6885**

<http://parksreg.bellevuewa.gov>

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**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, 16051 NE 10th St.....425-452-7155

PARKS PROGRAMS AT BOYS & GIRLS CLUB MAIN CLUB, 209 100th Ave NE.....425-452-4106

COMMUNITY GARDENS, Lake Hills Greenbelt & Crossroads Park.....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> PI 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 & Rental Information.....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**  
John Stokes, Mayor  
John Chelminiak, Deputy Mayor  
Conrad Lee                      Jennifer Robertson  
Lynne Robinson                Vandana Slatter  
Kevin Wallace

**Parks & Community Services Board**  
Stuart Heath, Chair  
Debra Kumar, Vice Chair  
Yu Deng                      Sherry Grindeland  
Jared Nieuwenhuis            Eric Synn  
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:** TRACKS Snowshoe Adventure. Photo by Carrie Sabochik.

**Editor:** Colin Walker. Questions or comments about Connections? Email [cwalker@bellevuewa.gov](mailto:cwalker@bellevuewa.gov).

# COMING SOON: A NEW WAY TO FIND INFORMATION ABOUT BELLEVUE PARKS & COMMUNITY SERVICES PROGRAMS AND SERVICES!



The long wait is over. The City of Bellevue's new website is launching in early 2017, and will feature an improved design, more user-friendly architecture, and - in late 2017 - a better way to register for recreation programs online. The new website will also be optimized for phones and tablets, making it a great on-the-go resource for all things parks.

We hope you find the new website user friendly. If you have any suggestions for how we can improve it once it launches, please email [cwalker@bellevuewa.gov](mailto:cwalker@bellevuewa.gov).



## 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)

## 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 <http://parksreg.bellevuewa.gov> 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.



# UPCOMING PRODUCTIONS

## **The Ugly Duckling** Performs at Bellevue Youth Theatre

*Last day for advance ticket purchase: March 10*

Sometimes heroes come in odd packages, but it is what's on the inside that counts. This classic Hans Christian Andersen tale tells the story of a little duckling who doesn't fit in with his family. Unbeknownst to them, he turns out to be much more than they ever imagined. This is a story of friendship, bravery, and self-confidence. This play is suitable for the whole family.

Friday, March 17 at 7pm  
 Saturday, March 18 at [★7pm](#)  
 Sunday, March 19 at 2pm  
 Friday, March 24 at 7pm  
 Saturday, March 25 at [★2pm](#) and 7pm  
 Sunday, March 26 at 2pm

## **The Little Mermaid** Performs at Bellevue Youth Theatre

*Last day for advance ticket purchase: March 24*

Enjoy this splashy retelling of the beloved Hans Christian Andersen story. Watch the adventures of the little mermaid as she saves her kingdom and learns what's truly important to her. This show has song and dances for the whole family to enjoy.

Friday, March 31 at 7pm  
 Saturday, April 1 at [★7pm](#)  
 Sunday, April 2 at 2pm  
 Friday, April 7 at 7pm  
 Saturday, April 8 at [★2pm](#) and 7pm  
 Sunday, April 9 at 2pm

## **Guys and Dolls** Performs at Bellevue Youth Theatre

*Last day for advance ticket purchase: April 14*

Watch Sky and Sarah fall in love against the backdrop of New York City. This classical musical includes great numbers such as "Luck Be a Lady". Great fun for the entire family.

Friday, April 21 at 7pm  
 Saturday, April 22 at [★7pm](#)  
 Sunday, April 23 at 2pm  
 Friday, April 28 at 7pm  
 Saturday, April 29 at [★2pm](#) and 7pm  
 Sunday, April 30 at 2pm

## **Oliver!** Performs at Bellevue Youth Theatre-

*Last day for advance ticket purchase: May 5*

Follow Oliver's journey from workhouse, to the streets, to a loving home and all the twists and turns in this classic story. This is a beloved musical.

Friday, May 12 at 7pm  
 Saturday, May 13 at 2pm and [★7pm](#)  
 Friday, May 19 at 7pm  
 Saturday, May 20 at [★2pm](#) and 7pm  
 Sunday, May 21 at 2pm

### **Ticket prices:**

\$12 per ticket for tickets purchased in advance.  
 \$15 per ticket for tickets purchased after tech week begins.  
 \$10 per ticket for group purchase of 10 or more tickets for the same show date, and same show time.

*No refunds once purchased • All ticket prices the same regardless of age  
 No exchanges allowed for discount tickets*

*All seats are reserved and we do sell out. Buying your tickets early is highly recommended!*

[www.bellevuewa.gov/byt.htm](http://www.bellevuewa.gov/byt.htm)

**Special: \$10 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 five weeks there will be a small performance in the BYT tradition. No experience needed.

Bellevue Youth Theatre

### **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 5/Max 10

\$48(R)	\$56(N)		Age: 3Y - 5Y
111500	9-9:30am	Sat	Feb 18-Mar 18

### **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 12

\$48(R)	\$56(N)		Age: 6Y - 10Y
111501	10-10:45am	Sat	Feb 18-Mar 18
111502	11-11:45am	Sat	Feb 18-Mar 18



# Special Events

## HILLTOP HOLIDAY CRAFT FAIR

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 50 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. Northwest Arts Center 9825 NE 24th, Bellevue AD-MISSION: FREE!

Northwest Arts Center

FREE All Ages  
107259 6-5pm Daily Nov 27-Dec 03

## KELSEY CREEK FARM SHEEP SHEARING

Saturday, April 29, 11am-4pm at Kelsey Creek Farm Park. Watch the sheep being shorn of their winter coats. Enjoy wool spinning demonstrations, children's crafts, tractor/wagon rides, pony rides, food, animal viewing areas and more. Free shuttle service available at Wilburton Park & Ride and Bannerwood Sports Park. Please note: no pets allowed in the barnyard areas. No entrance fee. Costs vary for food & activities; sorry, no ATM on site; credit cards accepted for pony rides only. For more information, call 425-452-7688 or e-mail KelseyCreekFarm@bellevuewa.gov. Min 1/Max 1

Kelsey Creek Farm Park

FREE All ages  
11am-4pm Sat Apr 29

## SPECIAL EVENT VOLUNTEERS

We are seeking energetic, fun teens to assist with children's activities at special events. 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. Dress to work outside with the public. Wear sturdy shoes that can get wet. Must register by April 22nd, 2017. Volunteers must be at least 14 years old & must be enrolled in high school at date of event. Questions; e-mail kelseycreekfarm@bellevuewa.gov, or call the Farm Office at 425-452-7688. No day of event registrations will be accepted. All volunteers will be required to complete a Criminal Background check and provide their Social Security number. Min 1/Max 7

Kelsey Creek Farm Park

FREE Age: 14Y - 18Y  
110925 10am-5pm Sat Apr 29

## THE GREAT SBCC CHALLENGE

South Bellevue Community Center and Boys & Girls Clubs of Bellevue co-present this unique event where teams of 3-5 compete in a series of fun challenges which require athleticism for physical feats, smarts for mental tasks, and artistic abilities for creative endeavors. The team who successfully completes the challenges in the allotted time while earning the most points will be crowned winner, but twists and turns can throw off the most talented, so beware! Each team must have one adult and one child. Pre-registration is required for this event. Registration Deadline is Wednesday, April 19th. #GETCHALLENGED Min 45/Max 100

South Bellevue Community Center

\$10 Age: 6Y and up  
111294 10am-1pm Sat Apr 29

## GARDEN D'LIGHTS 2016

The 22nd annual Bellevue Botanical Garden d'Lights will begin Saturday, November 26, and continue through Saturday, December 31, 2016. Hours are 4:30 to 9:00 p.m. every evening, including holidays. Event free nights are Nov 28, 29, 30, Dec 1, 5, 6, 7 & 8.

The event will be bigger and better than ever with new flowers and critters to find -- and a new path partly through the woods. Of course, old favorites like the aquarium, vegetable garden, and poinsettia tree are still part of the extravaganza. Come see your old favorites and find the new ones. Look for the new 5 ft. big Blue Heron! Purchase tickets online or at the ticket booth at the garden entrance.

Tickets are \$5 per person; children 10 and under are free. Tickets can be purchased online now at [www.gardendlights.org](http://www.gardendlights.org) or at the event. Premium parking is available, for \$5 per car, cash only, as space permits at the Garden, 12001 Main Street, Bellevue. Free parking is available further east at Wilburton Hill Park. Several disabled parking spots are available in the Garden parking lot. Stop by the Aaron Center to purchase hot chocolate, coffee and snacks, and at the Trillium Store for delightful holiday gifts.

Mark your calendars now for Garden d'Lights 2016 and make it part of your holiday festivities!

## GARDENLIGHTS.ORG



### 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.



## Advance Registration Preference for Bellevue Residents • Registration Begins November 28, 2016

### 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 December 7, 2016*

### INTERNET

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

### PHONE-IN

Telephone  
Registration  
begins  
December 12.  
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 <http://parksreg.bellevuewa.gov>, 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 RECORDING:** 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.



## Advance Registration Preference for Bellevue Residents • Registration Begins November 28, 2016

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 December 7, 2016.

#### 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.*

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

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>	15,444	20,826	26,208	31,590	36,972	42,354	47,749	53,157
<b>3/4 Scholarship</b>	18,711	25,232	31,752	38,273	44,793	51,314	57,850	64,402
<b>1/2 Scholarship</b>	21,978	29,637	37,296	44,955	52,614	60,273	67,951	75,647

*Example: If your family size is two and your income is \$20,826 or less you are eligible for a full scholarship.*

Source: 2016-2017 USDA Food & Nutrition Services Child Nutrition Programs - Income Eligibility Guidelines. | Updated August 2016

**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: _____
<b>Circle One:</b> 50% 75% 100%	_____
Staff: _____	_____ <input type="checkbox"/> ID <input type="checkbox"/> RES <input type="checkbox"/> INC

# Bellevue Aquatic Center

601 - 143rd Avenue NE

425-452-4444  
Fax: 425-452-6100

## SWIM RATES

### Drop-In Fees

Adult: .....	\$7
Youth (12 yrs. and younger): .....	\$6
Deep Water Exercise Class: .....	\$8
Master Swim Class: .....	\$8
Discounted Swim .....	\$5.25
<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: .....	\$71.05
Youth: .....	\$60.72
Deep Water Exercise: .....	\$81.60
Masters Swim: .....	\$81.60
Discounted Swim: .....	\$52.56

### 3 Month Swim Pass Cards

*For Lap, Open, and Rehab Swims*

Adult: .....	\$182.75
Youth: .....	\$121.25
Family: .....	\$295

## 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: .....	\$225 per hour
26-50 guests: .....	\$271.50 per hour
51-75 guests: .....	\$301 per hour
76-100 guests: .....	\$357.50 per hour
100-125 guests: .....	\$447 per hour

### Party Room Rentals

Available during pool rentals or open swims. \$77 per hour. Accommodates groups of under 20. This room is **not** wheelchair accessible.



## 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)

**For a list of non-Bellevue Aquatic Center swim instructors, please contact the Aquatic Center at 425-452-4444.**

**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.

## 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.

*☞ 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.*

## PRIVATE/SEMI-PRIVATE SWIM LESSONS

For private lesson availability visit <http://parksreg.bellevuewa.gov> 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.

## 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.

**Additional sessions may be available. Visit <http://parksreg.bellevuewa.gov> for the most up-to-date list of lessons.**

## ADULT ADVANCE SWIM LESSONS

112356	10:10-11:10am	Sat	Jan 14-Feb 18	\$150
112357	10:10-11:10am	Sat	Mar 04-Apr 08	\$150
112358	10:10-11:10am	Sat	Apr 22-Jun 03	\$150

## ADULT INTRODUCTION SWIM LESSONS

112429	6:20-6:50pm	Mon, Wed	Jan 09-Feb 01	\$100
112431	6:20-6:50pm	Mon, Wed	Feb 06-Mar 08	\$100
112410	5:45-6:15pm	Mon, Wed	Mar 13-Apr 05	\$90
112411	5:45-6:15pm	Mon, Wed	Apr 17-May 10	\$100

### Bellevue Aquatic Center Registration Dates:

#### Programs starting in JANUARY

**Resident:** November 28  
**Non-Resident:** December 7

#### FEBRUARY

**Resident:** January 2  
**Non-Resident:** January 11

#### MARCH

**Resident:** February 6  
**Non-Resident:** February 15

#### APRIL

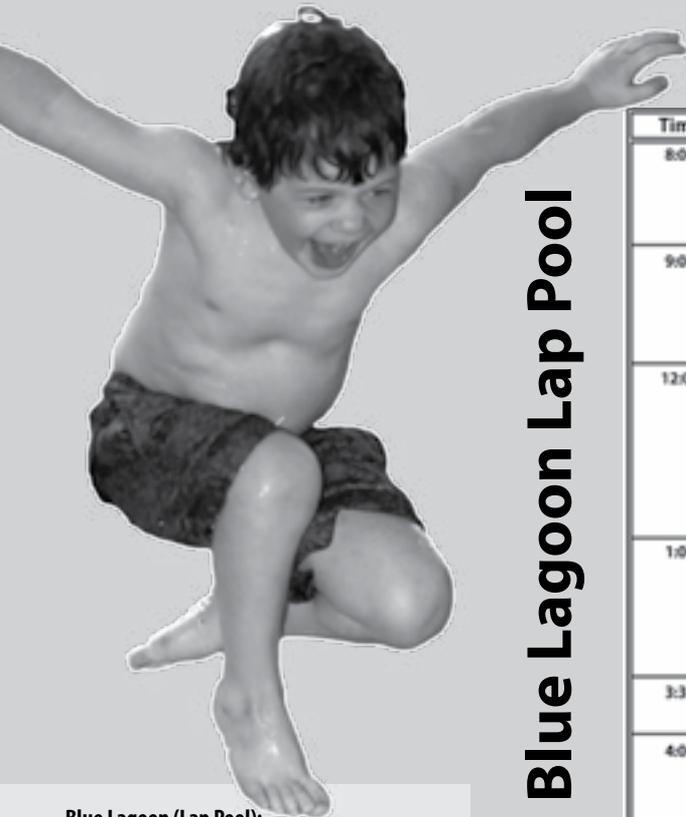
**Resident:** March 20  
**Non-Resident:** March 29

# BELLEVUE AQUATIC CENTER

**Pool Schedule • Valid January 2 to February 28, 2017**

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

Special Hours of Operation: December 24 & 31 - Open 8am-2:30pm;  
Closed December 25 & January 1.



## Blue Lagoon Lap Pool

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)	Open & Lap Swim	
1:00	Open & Lap Swim	MS Assoc 1-2pm  Open Swim 2:00-3:30	Open & Lap Swim	Open & Lap Swim	Open & Lap Swim	12:30-2:30	Open & Lap Swim
3:30	HIGH SCHOOL SWIM TEAM					Swim Teams 2:30-4:30	Pool Rentals 2:30-4:30
4:00	Lessons Swim Teams Deep H2O 6-7pm	Lessons Swim Teams Aquarobics 6-7 pm	Lessons Swim Teams Deep H2O 6-7pm	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 12:30	9:00-
11:30	Water Motion	Adult & Therapy	Water Motion	Adult & Therapy			
12:30	Open & Therapy		Open & Therapy	Open & Therapy	Open & Therapy 12:30-2:30		
2:30	Adult & Therapy	Open & Therapy	Adult & Therapy	Open & Therapy	Adult & Therapy		
4:00	Lessons				Open & Therapy		
7:00	Open & Therapy				Lessons		
8:00							



## PARENT/TOT SWIM LESSONS

112465	5:45- 6:15pm	Mon, Wed	Jan 09-Feb 01	\$92
112493	11-11:30am	Mon, Wed	Jan 09-Feb 01	\$92
112481	11:20-11:50am	Sun	Jan 15-Feb 19	\$69
112473	11-11:30am	Mon, Wed	Feb 06-Mar 08	\$92
112474	5:45- 6:15pm	Mon, Wed	Feb 06-Mar 08	\$92
112462	11:20-11:50am	Sat	Mar 11-Apr 15	\$69
112463	11-11:30am	Mon, Wed	Mar 13-Apr 05	\$92
112477	6:20- 6:50pm	Tue, Thu	Mar 14-Apr 06	\$92
112448	11-11:30am	Mon, Wed	Apr 17-May 10	\$92
112452	6:20- 6:50pm	Tue, Thu	Apr 18-May 11	\$92
112455	11:20-11:50am	Sun	Apr 23-Jun 04	\$69

## PARENT/TOT 2 SWIM LESSONS

112519	10:45-11:15am	Sat	Jan 14-Feb 18	\$69
112520	10:45-11:15am	Sat	Mar 04-Apr 08	\$69
112521	10:45-11:15am	Sat	Apr 22-Jun 03	\$83.20

## PRESCHOOL 1 SWIM LESSONS

113136	10-10:30am	Mon, Wed	Jan 09-Feb 01	\$104
113219	4- 4:30pm	Mon, Wed	Jan 09-Feb 01	\$104
113220	9- 9:30am	Sat	Jan 14-Feb 18	\$78
113221	10:45-11:15am	Sun	Jan 15-Feb 19	\$78
113222	10-10:30am	Mon, Wed	Feb 06-Mar 08	\$104
113223	4:35- 5:05pm	Mon, Wed	Feb 06-Mar 08	\$104
113224	9- 9:30am	Sat	Mar 04-Apr 08	\$78
113225	10:45-11:15am	Sun	Mar 05-Apr 09	\$78
113226	10-10:30am	Mon, Wed	Mar 13-Apr 05	\$104
113227	4- 4:30pm	Mon, Wed	Mar 13-Apr 05	\$104
113228	10-10:30am	Mon, Wed	Apr 17-May 10	\$104
113229	4- 4:30pm	Mon, Wed	Apr 17-May 10	\$104
113230	9- 9:30am	Sat	Apr 22-Jun 03	\$78
113231	10:45-11:15am	Sun	Apr 23-Jun 04	\$78

## PRESCHOOL 2 SWIM LESSONS

113359	10:30-11am	Mon, Wed	Jan 09-Feb 01	\$104
113428	4- 4:30pm	Tue, Thu	Jan 10-Feb 02	\$104
113429	11:20-11:50am	Sat	Jan 14-Feb 18	\$78
113430	10:10-10:40am	Sun	Jan 15-Feb 19	\$78
113362	10:30-11am	Mon, Wed	Feb 06-Mar 08	\$104
113431	4- 4:30pm	Tue, Thu	Feb 07-Mar 09	\$104
113432	11:20-11:50am	Sat	Mar 04-Apr 08	\$78
113441	10:10-10:40am	Sun	Mar 05-Apr 09	\$78
113442	10-10:30am	Mon, Wed	Mar 13-Apr 05	\$104
113443	4- 4:30pm	Tue, Thu	Mar 14-Apr 06	\$104
113444	10-10:30am	Mon, Wed	Apr 17-May 10	\$104
113445	4- 4:30pm	Tue, Thu	Apr 18-May 11	\$104
113446	11:20-11:50am	Sat	Apr 22-Jun 03	\$78
113447	10:10-10:40am	Sun	Apr 23-Jun 04	\$78

## PRESCHOOL 3 SWIM LESSONS

113534	5:10- 5:40pm	Tue, Thu	Jan 10-Feb 02	\$104
113576	11:55am-12:25pm	Sat	Jan 14-Feb 18	\$78
113577	9:35-10:05am	Sun	Jan 15-Feb 19	\$78
113578	11:55am-12:25pm	Sat	Mar 04-Apr 08	\$78
113579	10:45-11:15am	Sun	Mar 05-Apr 09	\$78
113580	5:10- 5:40pm	Mon, Wed	Mar 13-Apr 05	\$104
113581	4:35- 5:05pm	Tue, Thu	Apr 18-May 11	\$104
113582	11:55am-12:25pm	Sat	Apr 22-Jun 03	\$78
113583	10:45-11:15am	Sun	Apr 23-Jun 04	\$78

## PRESCHOOL 4 SWIM LESSONS

113647	9- 9:30am	Sun	Jan 15-Feb 19	\$78
113678	9- 9:30am	Sun	Mar 05-Apr 09	\$78
113679	9- 9:30am	Sun	Apr 23-Jun 04	\$78

## PRESCHOOL 5 SWIM LESSONS

113726	9:35-10:05am	Sun	Mar 05-Apr 09	\$78
113751	9:35-10:05am	Sun	Apr 23-Jun 04	\$78

## YOUTH LEVEL 1 SWIM LESSON

113856	4:35- 5:05pm	Tue, Thu	Jan 10-Feb 02	\$104
113913	11:55am-12:25pm	Sat	Jan 14-Feb 18	\$78
113914	9:35-10:05am	Sun	Jan 15-Feb 19	\$78
113802	4- 4:30pm	Mon, Wed	Feb 06-Mar 08	\$104
113915	11:55am-12:25pm	Sat	Mar 04-Apr 08	\$78
113916	9:35-10:05am	Sun	Mar 05-Apr 09	\$78
113917	6:20- 6:50pm	Mon, Wed	Mar 13-Apr 05	\$104
113918	4:35- 5:05pm	Tue, Thu	Mar 14-Apr 06	\$104
113919	6:20- 6:50pm	Mon, Wed	Apr 17-May 10	\$104
113920	11:55am-12:25pm	Sat	Apr 22-Jun 03	\$78
113921	9:35-10:05am	Sun	Apr 23-Jun 04	\$78

## YOUTH LEVEL 2 SWIM LESSONS

114015	4:35- 5:05pm	Mon, Wed	Jan 09-Feb 01	\$100
114058	9:35-10:05am	Sat	Jan 14-Feb 18	\$75
114059	11:55am-12:25pm	Sun	Jan 15-Feb 19	\$75
114060	5:10- 5:40pm	Tue, Thu	Feb 07-Mar 09	\$100
114061	9:35-10:05am	Sat	Mar 04-Apr 08	\$75
114062	11:55am-12:25pm	Sun	Mar 05-Apr 09	\$75
114063	5:45- 6:15pm	Tue, Thu	Apr 18-May 11	\$100
114064	9:35-10:05am	Sat	Apr 22-Jun 03	\$75
114065	11:55am-12:25pm	Sun	Apr 23-Jun 04	\$75

## YOUTH LEVEL 3 SWIM LESSON

114149	6:20- 6:50pm	Tue, Thu	Jan 10-Feb 02	\$100
114193	11:20-11:50am	Sat	Jan 14-Feb 18	\$75
114481	10:10-10:40am	Sun	Jan 15-Feb 19	\$75
114133	4:35- 5:05pm	Tue, Thu	Feb 07-Mar 09	\$100
114482	11:20-11:50am	Sat	Mar 04-Apr 08	\$75
114483	10:10-10:40am	Sun	Mar 05-Apr 09	\$75
114105	5:10- 5:40pm	Tue, Thu	Mar 14-Apr 06	\$100
114106	4:35- 5:05pm	Mon, Wed	Apr 17-May 10	\$100
114484	5:10- 5:40pm	Tue, Thu	Apr 18-May 11	\$100
114485	11:20-11:50am	Sat	Apr 22-Jun 03	\$75
114486	10:10-10:40am	Sun	Apr 23-Jun 04	\$75

## YOUTH LEVEL 4 SWIM LESSONS

114346	5:10- 5:40pm	Mon, Wed	Jan 09-Feb 01	\$100
114487	9- 9:30am	Sat	Jan 14-Feb 18	\$75
114488	11:55am-12:25pm	Sun	Jan 15-Feb 19	\$75
114489	6:20- 6:50pm	Tue, Thu	Feb 07-Mar 09	\$100
114490	9- 9:30am	Sat	Mar 04-Apr 08	\$75
114491	11:55am-12:25pm	Sun	Mar 05-Apr 09	\$75
114492	5:45- 6:15pm	Tue, Thu	Mar 14-Apr 06	\$100
114493	9- 9:30am	Sat	Apr 22-Jun 03	\$75
114494	11:55am-12:25pm	Sun	Apr 23-Jun 04	\$75

## YOUTH LEVEL 5 SWIM LESSONS

114446	9:35-10:05am	Sat	Jan 14-Feb 18	\$75
114496	10:45-11:15am	Sun	Jan 15-Feb 19	\$75
114497	5:10- 5:40pm	Mon, Wed	Feb 06-Mar 08	\$100
114498	9:35-10:05am	Sat	Mar 04-Apr 08	\$75
114499	9:35-10:05am	Sat	Apr 22-Jun 03	\$75

## YOUTH LEVEL 6 SWIM LESSONS

112880	5:45- 6:15pm	Tue, Thu	Jan 10-Feb 02	\$100
112907	10:10-10:40am	Sat	Jan 14-Feb 18	\$75
112979	11:20-11:50am	Sun	Jan 15-Feb 19	\$75
112859	5:45- 6:15pm	Tue, Thu	Feb 07-Mar 09	\$100
112878	10:10-10:40am	Sat	Mar 04-Apr 08	\$75
112980	11:20-11:50am	Sun	Mar 05-Apr 09	\$75
112981	4:35- 5:05pm	Mon, Wed	Mar 13-Apr 05	\$100
112982	4:35- 5:05pm	Mon, Wed	Apr 17-May 10	\$100
112983	10:10-10:40am	Sat	Apr 22-Jun 03	\$75
112984	11:20-11:50am	Sun	Apr 23-Jun 04	\$75

## PRE-COMPETITION SWIM LESSONS

112588	9:35-10:05am	Sat	Jan 14-Feb 18	\$75
112616	5:45- 6:15pm	Tue, Thu	Jan 10-Feb 02	\$100
112593	9- 9:30am	Sun	Jan 15-Feb 19	\$75
112597	5:45- 6:15pm	Tue, Thu	Feb 07-Mar 09	\$100
112594	10:10-10:40am	Sat	Mar 04-Apr 08	\$75
112595	9- 9:30am	Sun	Mar 05-Apr 09	\$75
112617	4:35- 5:05pm	Mon, Wed	Mar 13-Apr 05	\$100
112618	5:10- 5:40pm	Mon, Wed	Apr 17-May 10	\$100
112619	10:10-10:40am	Sat	Apr 22-Jun 03	\$75
112589	9- 9:30am	Sun	Apr 23-Jun 04	\$75

### Bellevue Aquatic Center Registration Dates:

#### Programs starting in JANUARY

**Resident:** November 28  
**Non-Resident:** December 7

#### FEBRUARY

**Resident:** January 2  
**Non-Resident:** January 11

#### MARCH

**Resident:** February 6  
**Non-Resident:** February 15

#### APRIL

**Resident:** March 20  
**Non-Resident:** March 29

# 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, confidence, and artistic ability while enjoying the beautiful setting of the Northwest Arts Center. Children will explore a variety of art & craft mediums including pottery; theatrical games & movement; and drawing & painting. Activities include time spent in both indoor and outdoor environments.

Children must be 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 24

Northwest Arts Center

\$175(R) \$210(N)		Age: 7Y - 11Y
111228	12:30- 3pm	Jan 04-Feb 15

\$150(R) \$180(N)		Age: 7Y - 11Y
111229	12:30- 3pm	Mar 01-Apr 05

\$200(R) \$240(N)		Age: 7Y - 11Y
111230	12:30- 3pm	Apr 19-Jun 07

## ROCK CLIMBING - SCHOOL'S OUT DAY CAMPS

School is out so *Climb Our Wall!*. There are climbing routes from beginner to expert. Experienced climbing staff will teach campers about equipment, knots, climbing techniques, and effective communication and safety. Climbers will participate in games and challenges in a fun and encouraging atmosphere. All climbing equipment is provided. Climbing shoes are recommended but are not required. Pre-registration is required. Low camper/staff ratio. Limited space per day. Min 4/Max 12

South Bellevue Community Center

\$59(R) \$69(N)		Age: 6Y - 12Y
112930	9am- 4pm	Mon Jan 16
112931	9am- 4pm	Mon Jan 30
112932	9am- 4pm	Tue Feb 21
112933	9am- 4pm	Wed Feb 22
112934	9am- 4pm	Thu Feb 23
112935	9am- 4pm	Fri Feb 24
112936	9am- 4pm	Fri Mar 17
112937	9am- 4pm	Mon Mar 20

## Mid-Winter Break Day Camps

### CARTOONIVERSITY CAMP

Explore the art of cartooning in depth with local Editorial Cartoonist and Humorous Illustrator, Jeff Johnson, [www.cartooniversity.com](http://www.cartooniversity.com). Areas of study include character development, expressions, directional views, action poses, backgrounds, perspective and lettering. Daily projects include blank puzzles, flip-book animation, character profiles, comic strips and more! All supplies included. Bring a sack lunch & beverage. Min 10/Max 15

Kelsey Creek Farm Park

\$220(R) \$255(N)		Age: 9Y - 14Y
110912	10am- 3pm	Tue-Fri Feb 21-24

## CREATIVE KIDS MID WINTER DAY CAMP

Enhance your child's creativity, confidence, and artistic ability while enjoying the beautiful setting of the Northwest Arts Center. Children will explore a variety of art & craft mediums including pottery; theatrical games & movement; and drawing & painting. Activities include time spent in both indoor and outdoor environments.

Participant must be in 2st - 5th grade. Min 14/Max 20

Northwest Arts Center

\$200(R) \$220(N)		Age: 7Y - 11Y
111233	9am- 3pm	Tue-Fri Feb 21-24

## KELSEY CREEK FARM MID-WINTER BREAK CAMP

Mid-Winter break with nothing to do? Keep busy at the Farm! Learn about our animal friends, work in the barn with rakes and pails and mix up treats for the animals. We'll create art and bake snacks. Don't worry about the weather; we'll stay warm and dry. Bring a lunch and drink. Snack provided. Min 6/Max 10

Kelsey Creek Farm Park

\$138(R) \$152(N)		Age: 4Y - 6Y
111120	10am- 1pm	Mon-Fri Feb 20-24

## SKATEBOARD CAMP - BIDDY BOARDERS

A skateboard camp for the little shredders. This camp is designed to get the little ones standing up and rolling on their boards safely on the ramps. This fun camp also includes ramp riding skills, falling correctly, taking turns and skate park etiquette. Parents are encouraged to attend. Safety gear and skateboards are available if needed. This camp has been a starting point for many skateboarders. Min 5/Max 10

Highland Community Center

\$110(R) \$130(N)		Age: 4Y - 7Y
112245	1- 2:15pm	Mon-Fri Feb 20-24



## SUMMER DAY CAMP REGISTRATION IS JUST AROUND THE CORNER...

Find more value, more variety, and more fun at our 2017 summer day camps.

Registration for Bellevue residents begins February 4.

## BUSINESSKIDS WORKSHOP: I AM AN ARTIST

Experience the FUN of the business world! BusinessKids is an innovative program for entrepreneur children in which they will learn through games. In this workshop children learn fundamental art skills, create their own art pieces with a focus on business. [info@businesskidsusa.com](mailto:info@businesskidsusa.com) or (425)284-9165. Min 6/Max 10

Northwest Arts Center

\$198(R) \$248(N) Age: 7Y - 10Y  
111301 9:30am- 1:30pm Tue-Fri Feb 21-24

## MID WINTER BREAK SPORTS CAMP

A week of fast paced action where kids will have a blast!! Campers will receive instruction and participate in a variety of sports including basketball, dodgeball, volleyball, indoor soccer and floor-hockey. Outdoor activities will take place as weather allows. Field trip to local recreational attraction is included in the price of camp. Min 10/Max 25

Crossroads Community Center

\$170(R) \$190(N) Age: 7Y - 12Y  
112176 9am- 4pm Tue-Fri Feb 21-24

## PARKOUR CAMP

Our method is parkour - the functional art of movement. We train participants to gain control of their bodies and minds through physical and mental challenges - the way they were meant to be used. There is a correct way to crawl, fall, roll, run, land, jump, climb, and swing. Through our trainings, students learn to optimize performance while protecting their body from impact. We train to play forever! Participants will be placed in age/ability appropriate small groups for this camp. Min 8/Max 40

South Bellevue Community Center

\$310(R) \$370(N) Age: 6Y - 13Y  
111491 9am- 3:30pm Mon-Fri Feb 20-24

## SKATEBOARD CAMP - WINTER BREAK

Get out of the cold and skate! Our expert staff have years of experience from helping beginners for the very first time to showing secret techniques to advanced skaters. The camp includes park safety, trick tips, skate games, a contest, and a pizza party, all with an emphasis on friends and fun. Whether you're just starting out or an experienced skater this camp is for you. Min 6/Max 15 The longest running skateboard camp in the state just got even better at the newly remodeled indoor skate park Our expert staff have years of experience from helping beginners for the very first time to showing secret techniques to advanced skaters. The camp includes park safety, trick tips, skate games, a contest, and a pizza party, all with an emphasis on friends and fun. Whether you're just starting out or an experienced skater this camp is for you.

Highland Community Center

\$155(R) \$175(N) Age: 8Y - 15Y  
112239 9am-12pm Mon-Fri Feb 20-24

## YOUTH SNOWSHOE MID- WINTER BREAK TRIPS

Enjoy the snow this break! We will head into the hills for a snowy adventure. A great opportunity for beginners or more experienced teens. Snowshoe, build a snow shelter, check out wildlife, and enjoy a day away from your usual routine. Snowshoes and outdoor gear provided. Dress for the weather. Min 6/Max 12

Highland Community Center

\$45(R) \$55(N) Age: 10Y - 13Y  
111849 9:30am- 3pm Tue Feb 21  
111850 9:30am- 3pm Wed Feb 22  
111851 9:30am- 3pm Thu Feb 23

# Spring Break Day Camps

## BYT DAY CAMPS

This camp is perfect for the child with little or no acting experience. From audition to performance, children will be exposed to theatre. Your child will rehearse, participate in arts & crafts and recreational activities-indoor and out. This camp will build your child's self-esteem, confidence, teamwork, and basic memorization skills. We emphasize positive experience and growth of the child over stage time, role size, and number of lines. Children are cast into a role that is appropriate for their age and development level. Extended care is available for this camp. Min 12/Max 25

### Cinderella and the Cart

This is a quirky retelling inspired by Charles Perrault's classic, Cinderella. Can she overcome her evil step-family? Follow Cinderella as she embarks on a journey beyond her dreams.

Bellevue Youth Theatre

\$194.50(R) \$229.50(N) Age: 6Y - 12Y  
111038 9:30am- 3pm Mon-Fri Apr 10-14

### Add Extended Care

\$62.50(R) \$73.75(N) Age: 6Y - 12Y  
111043 7:30am- 5:30pm Mon-Fri Apr 10-14



Visit us in booth #52!

2017 CampFair  
Saturday, February 4  
10am-2pm  
St. Thomas School, Medina

Visit [parentmap.com/campfair](http://parentmap.com/campfair) for more information.

Register Online:  
<http://parksreg.bellevuewa.gov>

January-April 2017  
CONNECTIONS

15

## CREATIVE KIDS SPRING BREAK DAY CAMP

Enhance your child's creativity, confidence, and artistic ability while enjoying the beautiful setting of the Northwest Arts Center. Children will explore a variety of art & craft mediums including pottery; theatrical games & movement; and drawing & painting. Activities include time spent in both indoor and outdoor environments. Participant must be in 2nd - 5th grade. Min 14/Max 20

Northwest Arts Center

\$250(R) \$275(N) Age: 7Y - 11Y  
111234 9am-3pm Mon-Fri Apr 10-14

## KELSEY CREEK FARM SPRING BREAK CAMP

Spring break with nothing to do? Keep busy at the Farm! Learn about our animal friends, work in the barn with rakes and pails and mix up treats for the animals. We'll create art, bake snacks and play games too. Bring a lunch and drink. Snack provided. Min 6/Max 10

Kelsey Creek Farm Park

\$138(R) \$152(N) Age: 4Y - 6Y  
111123 10am-1pm Mon-Fri Apr 10-14

## BIDDY BOARDERS SKATEBOARD CAMP

A skateboard camp for the little shredders. This camp is designed to get the little ones standing up and rolling on their boards safely on the ramps. This fun camp also includes ramp riding skills, falling correctly, taking turns and skate park etiquette. Parents are encouraged to attend. Safety gear and skateboards are available if needed. This camp has been a starting point for many skateboarders. Min 5/Max 10

Highland Community Center

\$110(R) \$135(N) Age: 4Y - 6Y  
112246 1-2:15pm Mon-Fri Apr 10-14

## BUSINESSKIDS: I AM A CHEF

Experience the FUN of the business world! BusinessKids is an innovative program for entrepreneur children in which they learn through games. In this workshop children learn basic culinary skills, prepare FUN dishes and create their own recipes with a focus on business. Min 6/Max 10

Northwest Arts Center

\$192(R) \$248(N) Age: 7Y - 10Y  
111302 9:30am-1:30pm Mon-Thu Apr 10-13

## TRACKS ADVENTURE SPRING BREAK CAMP

What appeals to your sense of a spring break adventure? If it is hiking, snowshoeing, climbing, geocaching, mountain biking or just hanging with friends outdoors, then join our expert guides for an action packed week of outdoor fun. We will spend each day in a different location, developing new skills and exploring fresh terrain. All technical gear and transportation provided! All activities are weather dependent, especially all snow activities. Min 6/Max 12

Highland Community Center

\$310(R) \$350(N) Age: 10Y - 13Y  
111855 9am-3pm Mon-Fri Apr 10-14

## ATAVUS RUGBY SPRING BREAK CAMP

Fun, active and exciting are three words often used to describe to our youth rugby camps. Presented by ATAVUS and Bellevue Parks & Community Services, boys and girls, ages 6 to 12 will learn how to play rugby and develop kicking, passing and decision making skills through small sided games and scrimmages. Safety, teamwork and sportsmanship will be emphasized at all times. Activities include rugby golf, rugby soccer, rugby tennis, sharks and minnows, tag rugby and ultimate rugby, along with team and individual competitions. Participants will receive an assortment of ATAVUS merchandise including a t-shirt, wristband and gift card. Min 10/Max 25

Robinswood Community Park

\$150(R) \$175(N) Age: 6Y - 12Y  
112742 9am-12pm Mon-Fri Apr 10-14

## PARKOUR CAMP

Our method is parkour - the functional art of movement. We train participants to gain control of their bodies and minds through physical and mental challenges - the way they were meant to be used. There is a correct way to crawl, fall, roll, run, land, jump, climb, and swing. Through our trainings, students learn to optimize performance while protecting their body from impact. We train to play forever! Participants will be placed in age/ability appropriate small groups for this camp. Min 8/Max 40

South Bellevue Community Center

\$310(R) \$370(N) Age: 6Y - 13Y  
111499 9am-3:30pm Mon-Fri Apr 10-14

## ROCK CLIMBING - FULL DAY SPRING BREAK CAMP

Get a jump start on your rock climbing skills in a safe and fun climbing environment on SBCC's 33 foot indoor climbing wall. There will be climbing routes and fun, but challenging games for all levels of ability. All climbing equipment is provided. Climbing shoes are recommended, but not required. Min 4/Max 12

South Bellevue Community Center

\$250(R) \$295(N) Age: 6Y - 12Y  
112948 9am-4pm Mon-Fri Apr 10-14

## SPRING BREAK SKATEBOARD CAMP

The longest running skateboard camp in the state just got even better! Skaters now have the opportunity to experience the best of both worlds from ramp skating in the incredible, indoor park or street skating at the nationally recognized and freshly updated skate plaza. Our expert staff have years of experience helping beginners to advanced skaters. With over fifteen years under our belt we believe we offer the most comprehensive camp out there. The camp includes park safety, trick tips, skate games, a contest, and a pizza party, all with an emphasis on friends and fun. Whether you're just starting out or an experienced skater this camp is for you. All the skateboarding equipment is available for use. Min 8/Max 15

Highland Community Center

\$155(R) \$175(N) Age: 8Y - 15Y  
112242 9am-12pm Mon-Fri Apr 10-14

## SPRING BREAK SPORTS CAMP

A week of fast paced action where kids will have a blast! Campers will receive instruction and participate in a variety of sports including basketball, dodgeball, indoor soccer and floor-hockey. Outdoor activities will take place as weather allows. A field trip to a local recreational attraction is included in the price of camp. Please bring a lunch, snack and water bottle. All ages, all abilities play together. Min 10/Max 25

Tyee Middle School Site

\$200(R) \$220(N) Age: 7Y - 12Y  
112177 9am-4pm Mon-Fri Apr 10-14



## CRAFTS - 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  
109474 10am-12pm Fri Age: 18Y and up  
Jan 06-Apr 28

## DRAWING FUNDAMENTALS FOR ADULTS

Beginners have no fear, this class gives you all the tools you need to feel more confident in drawing. You will learn basic drawing skills, using contour, value, shading, still life, and perspective. We will also learn about and execute the elements of art and principles of design as follows: line, shape, depth, value, composition, and contrast.

Materials covered in class are pencil, charcoal, chalk pastel, and ink. Materials provided. Min 6/Max 12

Boys & Girls Club Main Club

\$144(R) \$164(N) Age: 18Y and up  
112186 10-11:30am Mon Jan 23-Mar 20  
112187 10-11:30am Mon Apr 17-Jun 12

## GLASS FUSION

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

Northwest Arts Center

\$215(R) \$245(N) Age: 18Y and up  
110783 10-11:30am Thu Jan 19-Mar 16  
110784 10-11:30am Thu Mar 30-May 25

## SEASONAL STILL LIFE: INTRODUCTION

Focus on learning how to execute a still life work of art showing your own personal style. Instruction, materials provided. Introductory information provided. No experience necessary! Watercolor, Pastel, Pencil Drawing are offered as independent workshops. Min 6/Max 12

Boys & Girls Club Main Club

\$40(R) \$45(N) Age: 18Y and up  
114247 10am-12pm Fri Jan 20-27  
114248 10am-12pm Fri Feb 10-17  
114249 10am-12pm Fri Mar 10-17

## KELSEY CREEK PONY DAY CAMP

Are you crazy for ponies? Come experience a full week packed with pony activities at Kelsey Creek Farm. Assist in grooming, saddling, care and feeding. This week's camp will include pony rides, equine craft projects and games. End the week with a tractor-pulled wagon ride and western style cookout. Min 8/Max 12

Kelsey Creek Farm Park

\$325(R) \$375(N) Age: 5Y - 7Y  
111507 9:30am-3pm Mon-Fri Apr 10-14

## PRO BASEBALL SPRING BREAK BASEBALL CLINIC

Quality baseball instruction - hitting, throwing, fielding, games, scrimmages and more! This baseball camp is well suited for all players. From the aspiring to the elite. Taught by Steve Goucher and his staff. Steve is a former professional baseball player, and an Atlanta Braves scout who has coached baseball at all levels. Don't miss out on the fun! Min 10/Max 30

Hidden Valley Sports Park

\$59(R) \$71(N) Age: 8Y - 13Y  
112178 10am-12pm Thu-Fri Apr 13-14

## Art & Craft Programs for Adults

### ART IN NATURE EXHIBIT

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. Visitor Center

**COST:** Free

### 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 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. Group led instruction. Min 5/Max 10

South Bellevue Community Center

\$10.50(R) \$12.50(N) Age: 18Y and up  
109477 10:30am-1:30pm Mon Jan 09-30

\$15.50(R) \$18.50(N) Age: 18Y and up  
109478 10:30am-1:30pm Mon Feb 06-27  
109480 10:30am-1:30pm Mon Apr 03-24

\$20.50(R) \$24.50(N) Age: 18Y and up  
109479 10:30am-1:30pm Mon Mar 06-27

## PAINTING WITH PASTELS

Explore together with artist and teacher, Jan Flynn the joy and potential of painting landscapes, still life and other subject matter with pastels. In a relaxed and positive setting, participants will receive individual attention, as well as class discussion of composition, value and color. Creative individuality will be encouraged. Supply list. Min 6/Max 12

Northwest Arts Center

\$176(R)	\$196(N)		Age: 16Y and up
114245	10am-12pm	Mon	Jan 30-Mar 27
114244	10am-12pm	Mon	Apr 17-Jun 12

## RED CROSS KNITTING GROUP

Join this fun group of Red Cross volunteers who knit items for donation to local hospitals and Eastside Baby Corner; Wednesdays. Patterns and yarn provided. No program in February 2017. Min 1/Max 1

North Bellevue Community Center

FREE			Age: 18Y and up
108218	11am-3pm	Wed	Jan 04-Dec 27

## 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. Materials included. Min 6/Max 9

Northwest Arts Center

\$215(R)	\$245(N)		Age: 18Y and up
110789	12:30-2:30pm	Thu	Jan 19-Mar 16
110790	12:30-2:30pm	Thu	Mar 30-May 25

## Programs for Youth, Teens, and Families

### DRAWING FUNDAMENTALS

Learn to shade with pencil, how to draw line contour drawings, and create volume and shape with shadowing. Your child will just love to have a foundation for all classes going forward by knowing the abc's of drawing. Materials provided. Min 6/Max 10

Northwest Arts Center

\$144(R)	\$164(N)		Age: 5Y - 11Y
110793	4-5:30pm	Mon	Jan 23-Mar 20
110796	4-5:30pm	Mon	Apr 17-Jun 12

## CHILDREN'S POTTERY STUDIO

In a fun and supportive environment, The Pottery Studio will introduce the potters to 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. Materials and firing fee included. Min 7/Max 10

Northwest Arts Center

\$180(R)	\$209(N)		Age: 6Y - 11Y
110807	4-5:30pm	Thu	Feb 02-Mar 30
110805	10-11:30am	Sat	Feb 04-Apr 01
110808	4-5:30pm	Thu	Apr 20-Jun 08
110811	10-11:30am	Sat	Apr 22-Jun 17

## DRAWING FUNDAMENTALS II

We will work with the skills from Drawing Fundamentals 1. The projects will be with watercolor, pastels, acrylic, charcoal, pen and ink, crayons and drawing. We will work with animals in bright contrasting color, edvard munch's the scream, faux stained glass, doing a profile with construction paper, watercolor and impressionism. This a chance to build off of what we did last session. Jennifer Bloom, MFA, Instructor. Min 6/Max 10

Northwest Arts Center

\$144(R)	\$164(N)		Age: 7Y - 11Y
111226	4-5pm	Mon	Jan 23-Mar 20
111227	4-5pm	Mon	Apr 17-Jun 12

## YOUNG REMBRANDTS-PRESCHOOL DRAWING

Children as young as 3-1/2 years old can learn to draw using Young Rembrandts' step-by-step method. Little ones have fun drawing and coloring familiar, child-friendly pictures of animals, toys, and the world around them. Parents and preschool teachers will see improved observation skills, fine motor skills, attention to detail, and kindergarten readiness. Min 4/Max 10

Northwest Arts Center

\$93(R)	\$110(N)		Age: 42M - 5Y
110797	10-10:45am	Tue	Jan 31-Mar 28
110798	10-10:45am	Tue	Apr 18-Jun 06

## YOUNG REMBRANDTS DRAWING CLASS

Have fun while learning to draw in realistic, graphic and abstract styles! Young Rembrandts Drawing Classes teach new, seasonally-inspired lessons every session that explore artistic fundamentals. Every month includes an exciting lesson in Art History. Media includes pencil, color pencils, Sharpies, and markers. We provide all supplies and a trained instructor. Everyone can learn to draw. We will teach you how! Min 6/Max 10

Northwest Arts Center

\$96(R)	\$113(N)		Age: 6Y - 12Y
110799	4-5pm	Tue	Jan 31-Mar 28
110800	4-5pm	Tue	Apr 18-Jun 06

## YOUNG REMBRANDTS-DRAWING WORKSHOP: SUPERHERO CARTOONING

POW! BANG! WOW! Become a comic book artist by learning to draw your own muscular superhero characters in a variety of action-packed poses and dramatic scenes. Each day you will complete several drawings featuring a variety of characters and the scenes surrounding them, using pencil, Sharpies, and markers. Enroll today! Min 4/Max 16

Northwest Arts Center

\$120(R)	\$144(N)		Age: 5Y - 12Y
110801	9-10:30am	Sat	Feb 04-Apr 01

## YOUNG REMBRANDTS: ENCHANTED ACADEMY: MIXED MEDIA WORKSHOP

Enter the Enchanted Academy, where young wizards learn that nothing is as it seems! Recreate the majesty of the great dining hall in a beautiful graphic. Amuse yourself in the not-so-ordinary life of witches and wizards with a plethora of cartoon drawings. Create gorgeous chalk pastel renderings of an owl and a phoenix. From an enchanted forest to a day at the dragon races, it's nothing but magic and art in our classroom. Min 6/Max 10

Northwest Arts Center

\$130(R)	\$145(N)		Age: 4Y - 16Y
110803	11am-1pm	Sat	Feb 04-Apr 01
110804	11am-1pm	Sat	Apr 22-Jun 17

# Get Fit and Get Healthy

## BEYOND MASSAGE

Beyond Massage! Rediscover your innate capacity for graceful and efficient movement. Move with greater comfort and ease. Find a sense of balance and stability. Regain flexibility, coordination and improve posture. Individual sessions are available with Elizabeth Strauss, Feldenkrais® Practitioner, Registered Jin Shin Do® Acupressurist, and Licensed Massage Practitioner. Fee is \$36/R or \$43/NR for a 30 min. session. For an hour, reserve two consecutive slots. Appointments are available the first Monday of each month. Call the North Bellevue Community Center for an appointment, 425-452-7681.

## 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. 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. \$82 payable to the Dental Hygienist at appointment. Cash or Check only.

## FOOT CARE

Chris Egan, RN will trim toe nails by appointment on 2nd & 4th Wednesday & 2nd Tuesday each month. This service is geared for older adults and/or diabetics who need assistance with this task. First time clients will need to schedule a 60 minute appointment. Fee is \$30 payable by cash or check the day of the appointment. Call 425-452-7681 to schedule an appointment.

## REFLEXOLOGY-NB

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

## SHAPE UP! 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. No program February 2017 Min 10/Max 30

North Bellevue Community Center

\$33(R)	\$40(N)		Age: 50Y and up
108294	9-10am	Tue, Thu-Fri	Jan 03-27
108295	9-10am	Tue, Thu-Fri	Mar 07-31
108296	9-10am	Tue, Thu-Fri	Apr 04-28

### INDOOR 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 Thursdays in the Lobby at Highland Center and walk over to the YMCA Min 5/Max 15

Highland Community Center

\$42(R)	\$53(N)		Age: 16Y and up
112306	5:30-7pm	Thu	Jan 05-Mar 09
112443	5:30-7pm	Thu	Mar 30-Jun 01

## 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 conditions 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, other conditions, 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

\$56(R)	\$63(N)		Age: 13Y and up
110741	9:15-10:15am	Tue	Jan 10-Feb 28
110742	9:15-10:15am	Tue	Mar 07-Apr 25

## STRONG AND 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

\$35(R)	\$42(N)		Age: 18Y and up
111305	10:15-11:15am	Wed, Mon	Jan 11-30
\$42(R)	\$49.50(N)		Age: 18Y and up
111306	10:15-11:15am	Wed, Mon	Feb 01-27
111308	10:15-11:15am	Mon, Wed	Apr 03-26
\$55(R)	\$66(N)		Age: 18Y and up
111307	10:15-11:15am	Wed, Mon	Mar 01-29

HEALTHWAYS

**SilverSneakers**  
FITNESS



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

information about SilverSneakers programs in Bellevue.

# 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 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

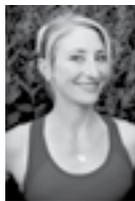
experience in a variety of sports medicine related settings including athletic training, biomechanics, performance enhancement and rehabilitation. She is also the head athletic trainer for Interlake High School in Bellevue. Sara has a passion for injury prevention, corrective exercise, and return to play training. She enjoys working with youth and adults of all ability levels to improve their quality of life through exercise.

### Morgan Nichols, MS, ACE-PT, ACE-GFI

Trifecta Health Coaching LLC

**Phone:** 206-679-2720

**Email:** morgandn@outlook.com



Morgan is a certified Personal Trainer and Group Fitness Instructor. She is a long time Bellevue resident and an avid outdoor sports enthusiast, both individually and with her husband and children. of all ability levels to improve their quality of life through exercise. She wants to help you

continuously challenge yourself to gain the physical and mental confidence to push your boundaries and grow, at any age and any stage, to achieve your goals and handle anything life brings! She will empower you to make a change for the better through balancing what she sees as the perfect trifecta to get you there - fitness, nutrition, and motivation.

### 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!

### Kelvin Wallace, Jr.

MS, MS, USAW L1, NASM CPT, TRX PT

**Phone:** 409-656-5277

**Email:** kelvinwallacejr@yahoo.com



Kelvin is a certified strength and conditioning coach with Master's degrees in Sport Management and Sports Administration from the University of Miami and Southern New Hampshire University. He played six years of professional football in Europe and the Arena

Football League. Kelvin has experience with various populations and fitness levels.

Kelvin has a passion for helping others reach their fitness goals and beyond. Kelvin enjoys golf, tennis, working out and a good happy hour. He believes in living every day with the energy and belief that there is an opportunity to better mental and physical ability through training and hard work.



## HOLIDAY STUDENT SPECIAL

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

Stay fit and active throughout the summer! 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 the 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 Bellevue Fire Department offers citizen CPR classes to the community that follow the AHA's Heartsaver CPR curriculum. This hands on course teaches CPR and Choking intervention for infants from birth to 1 year of age. Participants will be required to demonstrate skills to receive a Heartsaver CPR credential. To register please call 425-452-6885. Private Business classes are also available at your location for groups of 6 or more. Please call 425-452-7673 for more information. Min 6/Max 10 Fire Station #1

\$35			Age: 14Y and up
112146	7-10pm	Thu	Jan 19
112147	7-10pm	Thu	Mar 16

### HEARTSAVER CPR AED CLASS FOR ADULTS/CHILDREN

The Bellevue Fire Department offers citizen CPR classes that follow the AHA's Heartsaver CPR AED curriculum. The Adult/Child CPR AED course teaches warning signs of heart attack and stroke, CPR, and Choking intervention for victims ages 1 through adult and includes the use of an Automatic External Defibrillator as part of the training. Participants will be required to demonstrate skills to receive a Heartsaver CPR AED credential. To register please call 425-452-6885. Business group classes are also available at your location for groups of 6 or more. Please call 425-452-7673 for more information. Min 6/Max 10 Fire Station #1

\$40			Age: 14Y and up
112152	7-10pm	Thu	Jan 05
112153	7-10pm	Tue	Jan 17
112154	7-10pm	Thu	Feb 02
112155	7-10pm	Tue	Feb 14
112156	7-10pm	Thu	Mar 02
112157	7-10pm	Tue	Mar 21
112158	7-10pm	Thu	Apr 06
112159	7-10pm	Tue	Apr 18

# jazzercise®

## NORTHWEST ARTS CENTER

**9825 NE 24TH ST • 425-452-4106**  
 8:15am – 9:15am M-Sat. For more information, visit [www.jazzercise.com](http://www.jazzercise.com) or call Lori Hollow - 206-232-2608.

## NORTH BELLEVUE COMMUNITY CENTER

**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 COMMUNITY CENTER

**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.jazzercise.com](http://www.jazzercise.com).

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

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



## SILVERSNEAKERS CLASSIC

Fitness for all ages!!! An one hour exercise class with light toning, balance and stretch - strengthen with light weights, tubing, fitness balls to work on upper and lower body. A perfect class for the mature participants for those who want a 'lighter' workout. Proper technique and forms are emphasized to create a workout that is fun, safe and effective. No program February 2017. Min 6/Max 25

North Bellevue Community Center

\$30(R) \$36(N)	Age: 18Y and up
108307 11am-12pm Wed, Mon	Jan 04-25
\$40(R) \$48(N)	Age: 18Y and up
108308 11am-12pm Mon, Wed	Mar 06-29
108309 11am-12pm Mon, Wed	Apr 03-26

## MINDFUL MOVEMENT... MOVE, STRETCH, BREATHE

Move, Stretch, Breathe...relax and center your mind and body through guided stretches, balance and strength movements and mindfulness meditation. This class is a fusion of Eastern soft-style martial arts Chi Kung, Tai Chi and Hapkido and a blending of Western ideals for healthy positioning of your joints, proper stretching and strengthening of your muscles. The class encourages your body and mind to work together to feel more energized and centered, strong, balanced and flexible. Mindful Movement is taught by Sabrina Mix, a 4th degree black belt and instructor of the martial arts and meditative movement for 20 years. Mats are provided Shoes not required. Min 5/Max 15

Crossroads Community Center

\$45(R) \$54(N)	Age: 11Y and up
111872 9:30-10:30am Thu	Jan 05-Feb 09
111870 9:30-10:30am Mon	Jan 09-Feb 27
111871 9:30-10:30am Mon	Mar 06-Apr 24
\$91(R) \$109(N)	Age: 11Y and up
111874 9:30-10:30am Thu, Mon	Jan 05-Mar 02
\$53(R) \$63(N)	Age: 11Y and up
111873 9:30-10:30am Thu	Mar 02-Apr 27
\$84(R) \$101(N)	Age: 11Y and up
111875 9:30-10:30am Mon, Thu	Mar 06-Apr 27

## Body & Mind

See Martial Arts section for Tai Chi classes.

## 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 10

South Bellevue Community Center

\$96(R) \$115(N)	Age: 13Y and up
110593 6:15-7:15pm Tue	Jan 10-Feb 28
\$150(R) \$180(N)	Age: 13Y and up
110595 6:15-7:15pm Tue, Thu	Jan 10-Feb 28
\$84(R) \$100(N)	Age: 13Y and up
110594 6:15-7:15pm Thu	Jan 12-Feb 23
\$108(R) \$128(N)	Age: 13Y and up
110597 6:15-7:15pm Thu	Mar 02-Apr 27
\$170(R) \$204(N)	Age: 13Y and up
110598 6:15-7:15pm Thu, Tue	Mar 02-Apr 27
\$96(R) \$115(N)	Age: 13Y and up
110596 6:15-7:15pm Tue	Mar 07-Apr 25

## PILATES

Community Pilates 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. Community Pilates: [www.community-pilates.com](http://www.community-pilates.com). To register during a session call South Bellevue Community Center at (425) 452-4240. Min 5/Max 20

South Bellevue Community Center

\$78(R) \$93(N)	Age: 13Y and up
110761 7:15-8:15pm Wed	Jan 11-Feb 15
110762 9:15-10:15am Fri	Jan 13-Feb 17
\$104(R) \$124(N)	Age: 13Y and up
110763 7:15-8:15pm Wed	Mar 01-Apr 26
110764 9:15-10:15am Fri	Mar 03-Apr 28

## 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 28

South Bellevue Community Center

\$48(R) \$58(N)	Age: 13Y and up
111147 7:15-8:30pm Tue	Jan 10-31
111148 7:15-8:30pm Thu	Jan 12-Feb 02
111159 10:15-11:30am Sun	Feb 05-26
111154 10:15-11:30am Sun	Mar 05-26
111155 10:15-11:30am Sun	Apr 02-30
\$36(R) \$44(N)	Age: 13Y and up
111153 10:15-11:30am Sun	Jan 15-29
\$60(R) \$72(N)	Age: 13Y and up
111149 7:15-8:30pm Tue	Feb 14-Mar 14
111150 7:15-8:30pm Thu	Feb 16-Mar 16
111151 7:15-8:30pm Tue	Mar 21-Apr 25
111152 7:15-8:30pm Thu	Mar 23-Apr 27

## YOGA FOR GARDENERS & COMMUNITY PLANT SWAP

Spring is here: time for happy garden work! Prepare yourself to move with more energy and less stress. Purna Yoga alignment helps you prevent injury. You will learn short effective sequences to warm up, strengthen, cool down, and relax. Instructor Monette teaches and coaches gardeners and volunteers at Master Gardener Clinics. Encouraged but not required: bring plants to swap with others (labeled and in one gallon containers.) Min 4/Max 20

South Bellevue Community Center

\$30(R) \$35(N)	Age: 13Y and up
111124 12-2:30pm Sat	Mar 25



### 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. Drop-in and monthly fees available. No program February 2017 Min 4/Max 20

North Bellevue Community Center

\$16(R) \$20(N) Age: 18Y and up  
108269 10:30-11:30am Mon Jan 09-23

\$32(R) \$40(N) Age: 18Y and up  
108271 10:30-11:30am Mon Mar 06-27  
108272 10:30-11:30am Mon Apr 03-24  
108281 10:30-11:30am Thu Jan 05-26  
108282 10:30-11:30am Thu Mar 09-30  
108283 10:30-11:30am Thu Apr 06-27

### 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. Min 8/Max 10

Northwest Arts Center

\$78(R) \$91(N) Age: 18Y and up  
110954 3-4pm Tue Jan 03-Feb 14  
110957 3-4pm Thu Jan 05-Feb 16  
110951 3-4pm Tue Apr 11-May 16  
110952 3-4pm Thu Apr 13-May 18

\$144(R) \$169(N) Age: 18Y and up  
110958 3-4pm Tue, Thu Jan 03-Feb 16  
110956 3-4pm Thu Mar 02-30  
110953 3-4pm Tue, Thu Apr 11-May 17

\$66(R) \$80(N) Age: 18Y and up  
110955 3-4pm Tue Feb 28-Mar 28  
110956 3-4pm Thu Mar 02-30

\$124(R) \$148(N) Age: 18Y and up  
110959 3-4pm Tue, Thu Feb 28-Mar 30

### YOGA FOR ADULTS 50+

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 28

South Bellevue Community Center

\$48(R) \$60(N) Age: 50 and up  
111125 11:15am-12:30pm Tue Jan 10-31

\$60(R) \$72(N) Age: 50 and up  
111126 11:15am-12:30pm Tue Feb 14-Mar 14

\$60(R) \$72(N) Age: 50Y and up  
111127 11:15am-12:30pm Tue Mar 21-Apr 25

### Active Fitness

#### FITNESS - 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 6

South Bellevue Community Center

\$100(R) \$125(N) Age: 18Y and up  
110752 7:10-8pm Mon Jan 23-Feb 27

\$140(R) \$175(N) Age: 18Y and up  
110753 7:10-8pm Mon Mar 06-Apr 24



### FIT 4 MOM STROLLER STRIDERS

Stroller Strides is a fitness program that moms can do WITH their babies. Our energetic session weaves songs and activities into the routine to engage/entertain/educate children while providing mom with a great workout. Classes include power walking/jogging strength and body toning exercises using light equipment, your stroller/carrier, and the environment. All fitness levels welcome. Participants must be cleared for exercise by their physician and it is suggested that new mothers join six weeks after baby is born.

Payment options include a monthly unlimited pass, flexible punch card, or pay by the class option. Your first class is FREE. For more information and to register, visit [bellevue.fit4mom.com](http://bellevue.fit4mom.com), or call 425-998-8048.

Two locations to choose from:

Boys & Girls Clubs of Bellevue Main Club  
10-11am Mon, Wed, Fri Jan 04-May 31

South Bellevue Community Center  
10:30-11:30am Tue, Thu Jan 03-May 30

### FITNESS - TENNIS FITNESS

Improve your game with this tennis fitness based, personalized class focusing on moving and strengthening core muscles, hips, back, ankles, wrists, and balance work. Develop power and explosive movement! Join Diane DeFuria, Certified Personal Trainer and licensed Massage Therapist with over 20 years of experience. Min 6/Max 16

South Bellevue Community Center

\$120(R) \$144(N) Age: 16Y and up  
111172 12:30-1:20pm Thu, Mon Jan 12-Feb 27

\$77(R) \$91(N) Age: 16Y and up  
111174 12:30-1:20pm Thu Jan 12-Feb 23

\$55(R) \$65(N) Age: 16Y and up  
111173 12:30-1:20pm Mon Jan 23-Feb 27

\$160(R) \$192(N) Age: 16Y and up  
111175 12:30-1:20pm Thu, Mon Mar 02-Apr 27

\$88(R) \$104(N) Age: 16Y and up  
111177 12:30-1:20pm Thu Mar 02-Apr 27  
111176 12:30-1:20pm Mon Mar 06-Apr 24

## FITNESS - BOOT CAMP WITH KARIE

In its TENTH 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

\$107(R) \$128(N)	Age: 13Y and up
110630 9:15-10:15am Mon-Thu Jan 10-31	
110642 8:45-10:15am Mon-Thu Apr 03-27	

\$73.50(R) \$87.50(N)	Age: 13Y and up
110632 9:15-10:15am Tue, Thu Jan 10-31	
110635 8:45-9:45am Mon, Wed Feb 01-Mar 01	
110636 9:15-10:15am Thu, Tue Feb 02-Mar 02	

\$42(R) \$50(N)	Age: 13Y and up
110633 9:15-10:15am Tue Jan 10-31	
110641 9:15-10:15am Tue Mar 07-28	

\$52.50(R) \$62.50(N)	Age: 13Y and up
110631 8:45-9:45am Mon, Wed Jan 11-30	

\$125(R) \$150(N)	Age: 13Y and up
110634 8:45-10:15am Mon-Thu Feb 01-Mar 02	

\$31.50(R) \$37.50(N)	Age: 13Y and up
110637 9:15-10:15am Tue Feb 07-28	
110645 9:15-10:15am Tue Apr 04-25	

\$142.50(R) \$170(N)	Age: 13Y and up
110638 8:45-9:45am Mon, Wed Mar 06-30	
9:15-10:15am Tue, Thu	

\$84(R) \$100(N)	Age: 13Y and up
110639 8:45-9:45am Mon, Wed Mar 06-29	
110640 9:15-10:15am Tue, Thu Mar 07-30	

\$63(R) \$75(N)	Age: 13Y and up
110643 8:45-9:45am Mon, Wed Apr 03-26	
110644 9:15-10:15am Tue, Thu Apr 04-27	

## FITNESS - 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

\$91(R) \$109(N)	Age: 16Y and up
110678 10:35-11:35am Tue, Thu Jan 10-Feb 28	

\$49(R) \$59(N)	Age: 16Y and up
110679 10:35-11:35am Tue Jan 10-Feb 28	

\$105(R) \$126(N)	Age: 16Y and up
110680 10:35-11:35am Thu, Tue Mar 02-Apr 27	

\$49(R) \$59(N)	Age: 16Y and up
110681 10:35-11:35am Tue Mar 07-Apr 25	

## NEW - CYCLE CLASS ORIENTATION

New riders are invited to schedule a free personal orientation session at the South Bellevue Community Center with one of our instructors so that you are familiar with equipment, technique, and class format before your first day of class. Get all of your questions answered and start your class with the knowledge and confidence to make it enjoyable and successful. Call Joan at 425-452-4240 to set up a Cycle Class Orientation that is convenient with your schedule.

## FITNESS - INDOOR GROUP CYCLING

Come ride our LeMond RevMaster Classic Bikes and get a great aerobic workout while burning approximately 600+ calories per class. Your instructor and motivating music will entertain you as you 'climb hills', 'race' along flat terrain, and challenge your leg muscles for strength and tone. All fitness levels are welcome because you control your pace. Beginners may contact us for an introductory lesson and bike set-up session prior to your first class by calling the phone number below. A Flex Card is available for this class. To register during a session call South Bellevue Community Center (425) 452-4240. Bring a bike-style water bottle & a 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 12

South Bellevue Community Center

\$72(R) \$86(N)	Age: 13Y and up
110992 6-7am Wed, Mon Jan 11-Feb 27	
110995 7:15-8:15pm Wed, Mon Jan 11-Feb 27	

\$49(R) \$59(N)	Age: 13Y and up
110993 6-7am Wed Jan 11-Feb 22	
110999 7:15-8:15pm Wed Jan 11-Feb 22	

\$35(R) \$42(N)	Age: 13Y and up
110991 6-7am Mon Jan 23-Feb 27	
110994 7:15-8:15pm Mon Jan 23-Feb 27	

\$63(R) \$76(N)	Age: 13Y and up
110997 6-7am Wed Mar 01-Apr 26	
111007 7:15-8:15pm Wed Mar 01-Apr 26	

\$102(R) \$122(N)	Age: 13Y and up
111008 7:15-8:15pm Wed, Mon Mar 01-Apr 26	
110998 6-7am Wed, Mon Mar 01-Apr 26	

\$56(R) \$67(N)	Age: 13Y and up
110996 6-7am Mon Mar 06-Apr 24	
111009 7:15-8:15pm Mon Mar 06-Apr 24	

## 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 1

North Bellevue Community Center

FREE	Age: 18Y and up
108293 8-8:30am Wed Jan 04-Dec 27	





## FITNESS - 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 2/Max 8

\$42(R)	\$51(N)		Age: 13Y and up
111320	6-7pm	Wed	Jan 11-Feb 15
111323	10-11am	Wed	Jan 11-Feb 15
111324	9:15-10:15am	Fri	Jan 13-Feb 17

\$66(R)	\$77(N)		Age: 13Y and up
111321	6-7pm	Wed, Mon	Jan 11-Feb 27

\$72(R)	\$84(N)		Age: 13Y and up
111322	10-11am	Wed	Jan 11-Feb 17
	9:15-10:15am	Fri	

\$35(R)	\$42.50(N)		Age: 13Y and up
111319	6-7pm	Mon	Jan 23-Feb 27

\$56(R)	\$68(N)		Age: 13Y and up
111326	10-11am	Wed	Mar 01-Apr 26
111328	6-7pm	Wed	Mar 01-Apr 26
111325	9:15-10:15am	Fri	Mar 03-Apr 28

\$96(R)	\$112(N)		Age: 13Y and up
111327	10-11am	Wed	Mar 01-Apr 28
	9:15-10:15am	Fri	

\$90(R)	\$105(N)		Age: 13Y and up
111330	6-7pm	Wed, Mon	Mar 01-Apr 26

\$49(R)	\$59.50(N)		Age: 13Y and up
111329	6-7pm	Mon	Mar 06-Apr 24

## FITNESS - 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, body-weight 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

\$70(R)	\$84(N)		Age: 13Y and up
111080	6-6:50am	Tue, Thu	Jan 10-31

\$40(R)	\$48(N)		Age: 13Y and up
111081	6-6:50am	Tue	Jan 10-31
111083	6-6:50am	Tue	Feb 07-28
111085	6-6:50am	Tue	Mar 07-28
111087	6-6:50am	Tue	Apr 04-25

\$80(R)	\$96(N)		Age: 13Y and up
111082	6-6:50am	Thu, Tue	Feb 02-28
111086	6-6:50am	Tue, Thu	Apr 04-27

\$90(R)	\$108(N)		Age: 13Y and up
111084	6-6:50am	Thu, Tue	Mar 02-30



## Parkour

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

### PARKOUR

Parkour is a physical activity that combines the art of play and the science of movement. MoveFree Academy will train your child to control their body through fun, physical and mental challenges the way it was meant to be used. Play games, learn new skills, progress strength and dominate obstacle courses while optimizing your ninja potential! 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 4/Max 12

South Bellevue Community Center

\$46.50(R)	\$55.50(N)		Age: 10Y - 16Y
111401	6-6:55pm	Wed	Jan 11-25
111402	6-6:55pm	Fri	Jan 13-27
111411	6-6:55pm	Fri	Apr 07-21

\$84(R)	\$100(N)		Age: 10Y - 16Y
111403	6-6:55pm	Wed, Fri	Jan 11-27

\$62(R)	\$74(N)		Age: 10Y - 16Y
111404	6-6:55pm	Wed	Feb 01-22
111405	6-6:55pm	Fri	Feb 03-24
111407	6-6:55pm	Wed	Mar 08-29
111408	6-6:55pm	Fri	Mar 10-31
111410	6-6:55pm	Wed	Apr 05-26

\$112(R)	\$132(N)		Age: 10Y - 16Y
111406	6-6:55pm	Wed, Fri	Feb 01-24
111409	6-6:55pm	Wed, Fri	Mar 08-31

\$98(R)	\$115.50(N)		Age: 10Y - 16Y
111412	6-6:55pm	Wed, Fri	Apr 05-26

\$46.50(R)	\$55.50(N)		Age: 6Y - 10Y
111357	5-5:55pm	Wed	Jan 11-25
111358	5-5:55pm	Fri	Jan 13-27
111367	5-5:55pm	Fri	Apr 07-21

\$84(R)	\$100(N)		Age: 6Y - 10Y
111359	5-5:55pm	Wed, Fri	Jan 11-27

\$62(R)	\$74(N)		Age: 6Y - 10Y
111360	5-5:55pm	Wed	Feb 01-22
111361	5-5:55pm	Fri	Feb 03-24
111363	5-5:55pm	Wed	Mar 08-29
111364	5-5:55pm	Fri	Mar 10-31
111366	5-5:55pm	Wed	Apr 05-26

\$112(R)	\$133(N)		Age: 6Y - 10Y
111362	5-5:55pm	Wed, Fri	Feb 01-24
111365	5-5:55pm	Wed, Fri	Mar 08-31

\$98(R)	\$115.50(N)		Age: 6Y - 10Y
111368	5-5:55pm	Wed, Fri	Apr 05-26

## HOMESCHOOL PARKOUR

Experience movement like never before! The fun begins with exciting warmups, games, Parkour skill training, and obstacle courses. 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 child's body mechanics to ensure proper movement patterns that lead to pain free movement in the future. To register during a session, please call South Bellevue Community Center at 425-452-4240. Min 8/Max 20

South Bellevue Community Center

\$42(R) \$51(N)			Age: 5Y - 9Y
111439	12:30- 1:25pm	Thu	Jan 12-26
111440	12:30- 1:25pm	Thu	Feb 02-16
111442	12:30- 1:25pm	Thu	Apr 06-27

\$56(R) \$68(N)			Age: 5Y - 9Y
111441	12:30- 1:25pm	Thu	Mar 09-30

\$42(R) \$51(N)			Age: 9Y - 13Y
111463	1:30- 2:25pm	Thu	Jan 12-26
111464	1:30- 2:25pm	Thu	Feb 02-16
111466	1:30- 2:25pm	Thu	Apr 06-27

\$56(R) \$68(N)			Age: 9Y - 13Y
111465	1:30- 2:25pm	Thu	Mar 09-30

## Martial Arts

### EASTERN SOFT STYLE MARTIAL ARTS

This class blends Chi Kung, Tai Chi, and Hapkido to create a calm, whole body exercise that will increase your strength, your balance, and your flexibility. Stress is decreased and posture improved which leads to a greater sensation of well-being. No experience necessary. Min 4/Max 15

Boys & Girls Club Main Club

\$54(R) \$60(N)			Age: 16Y and up
112281	10-11am	Tue	Jan 10-Feb 14
112282	10-11am	Tue	Feb 28-Apr 04
112283	10-11am	Tue	Apr 18-May 23

### YANG STYLE TAI CHI: BEGINNER

Tai Chi Chuan is an ancient Chinese martial art which combines grace with internal power and strength. Movements are practiced at a slow, flowing pace. Learn how to relax the mind and body. Both a fitness and health exercise, Tai Chi helps to relieve stress, revitalizes energy, improves agility, balance and coordination. Since this is low impact, it is suitable for people of all ages. Instructor has 20 years experience in Yang style Tai Chi Chuan. To register during a session, call the South Bellevue Community Center at 425-452-4240. Min 5/Max 20

South Bellevue Community Center

\$66(R) \$78(N)			Age: 16Y and up
110690	9- 9:55am	Sat	Jan 14-Feb 25
110691	9- 9:55am	Sat	Mar 04-Apr 15

### YANG STYLE TAI CHI: CONTINUING

This class continues from Tai Chi Beginner. Students who have completed the Beginner class or have previous experience in Yang style long form 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

\$66(R) \$78(N)			Age: 16Y and up
110697	10-10:55am	Sat	Jan 14-Feb 25
110698	10-10:55am	Sat	Mar 04-Apr 15

### YANG FAMILY STYLE TAI CHI

Experience the ancient art of Tai Chi. Come learn the slow, smooth, gentle moves of the Yang Family Style Long Form and reduce stress, relax the body, and increase balance, strength, coordination and flexibility. Min 8/Max 10

Northwest Arts Center

\$80(R) \$96(N)			Age: 16Y and up
111298	10-11am	Tue	Feb 07-Apr 04
111299	10-11am	Thu	Apr 27-Jun 15
114237	10-11am	Thu	Feb 09-Mar 30
114238	10-11am	Tue	Apr 25-Jun 13

\$128(R) \$140(N)			Age: 16Y and up
114239	10-11am	Tue, Thu	Feb 07-Mar 30
114240	10-11am	Tue, Thu	Apr 25-Jun 15

### TAI CHI 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! Fees payable at class

North Bellevue Community Center

\$3(R) \$4(N)			Age: 18Y and up
108257	9-11am	Wed	Jan 04-Dec 20

### TAI CHI QI GONG

Xue Zhong Wang uses the principles of Traditional Chinese Medicine, the combination of Tai Chi and Qi Gong with breathing and mind to improve human health and spirit. He instructs students in organ and Qi meridian exercises for personal cultivation. The class practices Tai Chi and Qi Gong descended from the ancient Masters both with empty hand and implements which are used to extend Qi past our hands. We welcome you to join us on Saturdays in our Qi field! This is a drop-in program. Fees \$12/R, \$14/NR per class. No program February 2017 Min 1/Max 1

North Bellevue Community Center

\$12(R) \$14(N)			Age: 18Y and up
109264	9-10am	Sat	Jan 07-Dec 16

### TAI JI QUAN: MOVING FOR BETTER BALANCE

Join a program proven to help reduce falling and help decrease the fear of falling in older adults and people with neurological conditions. Class is run by physical therapist Tim Pazier. Learn how you can improve muscle strength, balance, flexibility and mobility in a fun, gentle and easy to follow format. Min 5/Max 15

Highland Community Center

\$240(R) \$288(N)			Age: 18 Y and up
114212	11am-12pm	Tue, Thu	Jan 03-Mar 23

## 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 30

Northwest Arts Center

\$208(R) \$238(N)	Age: 5Y - 7Y
110816 5-5:45pm Mon, Wed	Jan 30-Mar 29
110817 5-5:45pm Mon, Wed	Apr 17-Jun 14

\$208(R) \$238(N)	Age: 8Y - 12Y
114241 5:30-6:30pm Mon, Wed	Jan 30-Mar 29
114242 5:30-6:30pm Mon, Wed	Apr 17-Jun 14

## SHOTOKAN KARATE

Learn traditional Karate with a safe, non-violent philosophy emphasizing Respect, Excellence, Strength and Character with fun and experienced Black Belt instructors. Official Karate uniform provided. Bring a water bottle. To register during a session call the South Bellevue Community Center at (425) 452-4240. Min 5/Max 20

South Bellevue Community Center

\$45(R) \$54(N)	Age: 6Y - 11Y
112308 5-5:45pm Wed, Mon	Jan 11-30

\$72(R) \$86(N)	Age: 6Y - 11Y
112918 5-5:45pm Wed, Mon	Feb 01-27
112922 5-5:45pm Wed, Mon	Mar 01-29
112923 5-5:45pm Mon, Wed	Apr 03-26

\$59(R) \$70(N)	Age: 12Y and up
112921 6-7pm Wed, Mon	Jan 11-30

\$94(R) \$112(N)	Age: 12Y and up
112924 6-7pm Wed, Mon	Feb 01-27
112925 6-7pm Wed, Mon	Mar 01-29
112926 6-7pm Mon, Wed	Apr 03-26



## 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 11

Northwest Arts Center

### Martial Arts- Naginata: Beginner

\$165(R) \$195(N)	Age: 13Y and up
110969 7-9pm Tue	Jan 03-Apr 04

\$132(R) \$157(N)	Age: 13Y and up
111213 7-9pm Tue	Apr 11-Jun 27

### Martial Arts- Naginata: Advanced

\$250(R) \$285(N)	Age: 13Y and up
110971 7-9pm Tue, Thu	Jan 03-Apr 06

\$165(R) \$195(N)	Age: 13Y and up
110970 7-9pm Thu	Jan 05-Apr 06

\$144(R) \$164(N)	Age: 13Y and up
111225 7-9pm Tue, Thu	Apr 11-Jun 29

\$132(R) \$157(N)	Age: 13Y and up
111214 7-9pm Thu	Apr 13-Jun 29

## SELF DEFENSE/HAPKIDO (LITTLE CONQUERORS)

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 12

North Bellevue Community Center

\$40(R) \$45(N)	Age: 5Y - 12Y
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Monday or Wednesday Only: \$20(R) \$22.50(N)	
112743 5:15-6:30pm Wed, Mon	Jan 04-25
112744 5:15-6:30pm Mon, Wed	Feb 13-Mar 13
112745 5:15-6:30pm Wed, Mon	Mar 15-Apr 10
112746 5:15-6:35pm Wed, Mon	Apr 12-May 08

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

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 10/Max 30

North Bellevue Community Center

\$40(R) \$45(N)	Age: 13Y and up
112784 6:30-7:30pm Wed, Mon	Jan 04-25

\$50(R) \$60(N)	Age: 13Y and up
112785 6:30-7:30pm Mon, Wed	Feb 13-Mar 13
112786 6:30-7:30pm Wed, Mon	Mar 15-Apr 10
112787 6:30-7:30pm Wed, Mon	Apr 12-May 08

## TAEKWONDO

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.

South Bellevue Community Center

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

\$56(R) \$67(N)	Age: 5Y - 70Y
110705 4-4:50pm Thu, Tue	Jan 05-31
110706 5-5:50pm Thu, Tue	Jan 05-31
110707 6-6:50pm Thu, Tue	Jan 05-31
110708 4-4:50pm Thu, Tue	Feb 02-28
110709 5-5:50pm Thu, Tue	Feb 02-28
110710 6-6:50pm Thu, Tue	Feb 02-28
110713 4-4:50pm Thu, Tue	Mar 02-28
110714 5-5:50pm Thu, Tue	Mar 02-28
110715 6-6:50pm Thu, Tue	Mar 02-28
110711 5-5:50pm Tue, Thu	Apr 04-27
110712 6-6:50pm Tue, Thu	Apr 04-27
110735 4-4:50pm Tue, Thu	Apr 04-27

North Bellevue Community Center

\$30(R) \$36(N)	Age: 16Y and up
109265 6-7:30pm Thu	Jan 05-26
109266 6-7:30pm Thu	Mar 09-30
109267 6-7:30pm Thu	Apr 06-27

## TAEKWONDO PLUS

TaeKwonDo Plus classes offer a traditional TaeKwonDo training curriculum with the added benefits of practical self defense techniques and instruction of proper, safe falling and rolling. It is an excellent way to grow physical fitness, gain flexibility, increase your focus, balance and confidence. Workouts include cardio, mental focus, core conditioning and stretching exercises appropriate for all ages 6 and up. Sparring is light touch, tag-style and the techniques are taught in a safe, fun environment by a husband and wife team: Sabrina Mix, martial arts instructor for 20+ years, 4th degree black belt and Matthias Leibmann, 2nd Dan. New students may enroll anytime. Uniforms are required after the 2nd month and can be purchased through the instructor. Families welcome! Min 5/Max 25

Crossroads Community Center

\$102(R) \$122(N) Age: 6Y and up  
111856 4- 5:45pm Tue, Thu Jan 03-Feb 09

\$51(R) \$61(N) Age: 11Y and up  
111863 6:15- 7:30pm Thu Jan 05-Feb 09

\$119(R) \$143(N) Age: 6Y and up  
111857 4- 5:45pm Tue, Thu Feb 28-Apr 27

\$60(R) \$72(N) Age: 11Y and up  
111864 6:15- 7:30pm Thu Mar 02-Apr 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, cost is \$20 check or cash. Beginning students should arrive at least 20 minutes early for 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

\$77(R) \$92(N) Age: 8Y and up  
112180 6:30- 8pm Fri Jan 06-Mar 17

\$70(R) \$84(N) Age: 8Y and up  
112181 6:30- 8pm Fri Mar 24-May 26

## INTERMEDIATE KENDO

Intermediate Kendo is a continuation where they work on skill improvement. Half the of the class time is spent in drills with the advanced class. There 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

\$77(R) \$92(N) Age: 8Y and up  
112549 6:30- 8pm Fri Jan 06-Mar 17

\$70(R) \$84(N) Age: 8Y and up  
112550 6:30- 8:30pm Fri Mar 24-May 26

## 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

\$77(R) \$92(N) Age: 8Y and up  
112559 7:30- 9:30pm Fri Jan 06-Mar 17

\$70(R) \$84(N) Age: 8Y and up  
112560 7:30- 9:30pm Fri Mar 24-May 26



# 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.

## TUESDAY TRAILS 50+ SNOWSHOE HIKES

This easy and beginner snowshoe series is designed for active seniors looking to explore great snowshoe spots in the region. Hikes will be around 2 miles and chosen specifically for the over 50 crowd. Please dress for the weather and bring a lunch and water. Transportation, instruction and snowshoes are provided. All trips are dependent on weather and snow conditions. Min 5/Max 12

North Bellevue Community Center

\$15			Age: 50Y and up
111841	10am- 3pm	Tue	Jan 10
111842	10am- 3pm	Tue	Jan 17
111843	10am- 3pm	Tue	Jan 24
111844	10am- 3pm	Tue	Jan 31
111845	10am- 3pm	Tue	Feb 07
111846	10am- 3pm	Tue	Feb 14



## FAMILY SNOWSHOE HIKES

Snowshoeing is a great way to get the family outside this winter! Join us for guided, beginner and kid friendly hikes are local trails. All snow activities are dependent on the weather and snow conditions. For more information email [csabochik@bellevuewa.gov](mailto:csabochik@bellevuewa.gov) Min 5/Max 12

Lewis Creek Park

\$25(R)	\$30(N)		Age: 7Y and up
111852	8am-2pm	Sat	Jan 21
111854	8am-2pm	Sat	Feb 04
111853	8am-2pm	Sat	Feb 11

## 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. Operates through October 31. Min 4/Max 8 South Bellevue Community Center \$53 (Youth) | \$78 (Adult) Age: 9Y and up

## 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

**COST:** Free



## 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 the opportunity to wander through forests, meadows and wetlands. Come inside the center and pick up trail and park maps for the area, attend an educational 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)



# 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



## 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

## LEWIS CREEK FAMILY DISCOVERY PROGRAMS

Lewis Creek Visitor Center; 5808 Lakemont Blvd. SE. Environmental programming for the whole family! All children must be accompanied by an adult. Please call (425) 452-4195 for more information.

### LEWIS CREEK STORY TIME: Owl Moon

Look, listen, and create during an hour of stories and crafts. A little girl and her father go owling one night... will they see an owl? We always make a fun craft to take home! Pre-registration is required for children and adults.

Lewis Creek Park

FREE			Age: 3Y and up
112315	11am-12pm	Fri	Jan 06
112316	1:30- 2:30pm	Fri	Jan 06

### The Food Web - Nature's Hungry!

All living things depend on each other to survive. What do you depend on? Learn about the intricate web of life that exists all around us!

FREE			Age: 5Y and up
112323	2- 3pm	Sat	Jan 14
112325	2-3pm	Sat	Jan 21

### Night Hike

Bundle up in your winter clothes and join a park ranger for a brisk walk through Lewis Creek Park. Learn about the local nocturnal and crepuscular species that call Bellevue home. Bring a flashlight or headlamp, as well as sturdy shoes.

Lewis Creek Park

\$2(R) \$3(N)			Age: 5Y and up
112324	6- 7:30pm	Fri	Jan 20
112327	6:30- 8pm	Fri	Feb 10

### LEWIS CREEK STORY TIME: Secret Place

Look, listen, and create during an hour of stories and crafts. Every city needs a secret place for animals to live and thrive. Find the secret place, learn about why it is so special, and why parks are so important! We always make a fun craft to take home! Pre-registration is required for children and adults.

FREE			Age: 3Y and up
112317	11am-12pm	Fri	Feb 03
112318	1:30- 2:30pm	Fri	Feb 03

### Now You See Me... Now You Don't!

Why are deer brown? Why are frogs green? Why do owls have spots? Discover how various animals disguise themselves and disappear into their environment using camouflage.

FREE			Age: 5Y and up
	2- 3pm	Sun	Feb 05
	2- 3pm	Sat	Feb 18

### LEWIS CREEK STORY TIME: Fuzzy, Buzzy Bumble Bees

Look, listen, and create during an hour of stories and crafts. Gentle bumble bees fly all around our gardens, visiting flowers and helping them grow. Hear stories about these special bees and how they live. We always make a fun craft to take home! Pre-registration is required for children and adults.

FREE			Age: 3Y and up
112319	11am-12pm	Fri	Mar 03
112320	1:30- 2:30pm	Fri	Mar 03

### Wetlands Don't Stink!

Wetlands play a very important role in cleaning the water that goes into our local lakes and rivers. Discover wetlands, their wildlife, and how they impact the ecosystem around them!

FREE			Age: 5Y and up
	2- 3pm	Sun	Mar 05
	2- 3pm	Sat	Mar 18

### Frog Hop

One of the earliest sounds of spring is the constant rib-bit song of frogs. Learn about the amazing life cycle of these amphibians, as well as the kinds of frogs that live in Western Washington. Then join us to explore Lewis Creek using your ears to guide the way! Bring a flashlight or headlamp, as well as good shoes and warm clothes, for the journey!

Lewis Creek Park

\$2(R) \$3(N)			Age: 5Y and up
112331	7- 8:30pm	Fri	Mar 24

### Lewis Creek Wilderness Tea Party

Join us for a tea party where you never know what new friends you will make! Come learn who lives in our forests and listen to the sounds of nature as we sip beneath the trees. Wear that dress or tie that you don't mind getting a bit dirty and sip on our selection of decaffeinated teas. Pre-registration is required for children and adults. Best for children ages 3-7.

Lewis Creek Park

FREE			Age: 5Y and up
112332	10-11:30am	Sat	Mar 25
112335	10-11:30am	Sun	Apr 30

### Monsters in the Bird Bath!

They may look and sound pretty, but backyard songbirds are also vicious predators... if you're an insect! Join us to learn about the amazing variety of feathered predators right here in Lewis Creek Park.

FREE			Age: 5Y and up
	2- 3pm	Sun	Apr 02
	2- 3pm	Sat	Apr 08

### LEWIS CREEK STORY TIME: Time to Nest!

Look, listen, and create during an hour of stories and crafts. Lewis Creek Park is home to dozens of species of birds. Springtime means nests... and nestlings! We always make a fun craft to take home! Pre-registration is required for children and adults.

FREE			Age: 3Y and up
112321	11am-12pm	Fri	Apr 07
FREE			Age: 3Y and up
112322	1:30- 2:30pm	Fri	Apr 07



## 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, but please RSVP 425-452-2565. Min 4/Max 40

### The Eagle and Salmon Circle of Life

Every winter the streams, wetlands and rivers of the PNW become a smorgasbord of delight for the American Bald Eagle. By January most of the returning salmon have spawned and their scavenged carcasses can be found strewn along the fresh water shores and even into the forest. Join us to learn more about this unique connection between the Eagles, Salmon and healthy forests.

Mercer Slough Nature Park

FREE			All Ages
111811	2-3pm	Sat	Jan 14
111812	2-3pm	Sat	Jan 21

### Whoow Was For Lunch?

Several types of owls can be found living throughout many of Bellevue's Parks. These silent predators of the night are considered a keystone species within the ecosystem. Join us for a fun filled hour learning about these owls. Dissect an owl pellet to discover who was for lunch. Put your creativity to use with a craft activity that's yours to keep.

FREE			All Ages
111813	2-3pm	Sat	Feb 11
111814	2-3pm	Sat	Feb 25

### Beavers: Nature's Greatest Landscape Engineers

Beavers' ability to change the landscape is second only to humans. These amazing rodents are so valuable to the ecosystem that Native Americans often referred to them as the sacred center. Not only do they create a healthy habitat for a number of aquatic species but they also provide essential natural services for humans as well. Come learn more about these nocturnal creatures that call the Mercer Slough home.

FREE			All Ages
111815	2-3pm	Sat	Mar 11
111816	2-3pm	Sat	Mar 25

### Coexisting with Nature in Urban Environments

As urban sprawl continues to encroach into wild areas, humans and animals are often forced to share the same space. Many animals are thriving in urban environments but some of our choices can have a negative impact on their well-being even when we may not realize it. Come discover how we can make better earth smart choices that affect animals and us. Together we can coexist in a healthy way.

FREE			All Ages
111817	2-3pm	Sat	Apr 15
111818	2-3pm	Sat	Apr 29

## LAKE HILLS GREENBELT RANGER PROGRAMS

Lake Hills Greenbelt Ranger Station

\$2 Suggested Donation All Ages

### Discover Winter: Bundling up in the Wild

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. Pre-registration required.

112718	Fri	10-11am	Jan 13
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### As Snug as a... Beaver?

During the chilly winter months of the year, beavers keeps warm and snug in a wooden lodge. Come learn how beavers builds their warm home, and why they build river dams

112720	Fri	10-11am	Feb 10
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### GARDENING WITH YOUR CHILDREN: Plan and Prepare Your Garden?

Learn about ideas to make your garden fun for the entire family. How to pick a location, utilize the materials you may already have and prepare the soil for a successful garden. Learn about what seeds and plants can go in the ground early spring and which need to wait for the warm sun of June. You will make a fun craft to bring home to your very own garden.

112721	Fri	10-11am	Feb 24
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### Discover Spring: It's Time to Wake up Bear.

Did you know that many animals sleep through the winter until springtime? Join a park ranger and learn which animals do this, and why they sleep through the cold!

112722	Fri	10-11am	Mar 10
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### What is Weather?

The coming the spring brings many changes to Pacific Northwest weather! Come learn from a local Park Ranger what causes changes in weather, and come see a demonstration of how to make your very own cloud in a jar!

112723	Fri	10-11am	Apr 28
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## MOVIES AT MERCER SLOUGH

Join us the last friday of 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. Where: Mercer Slough Environmental Education Center 1625 118th Ave SE. Age: Best for ages 8+ Cost: Free! Info: 425-452-2565 or MSEEC@bellevuewa.gov Min 4/Max 40

### Earth's Navigators

Every year as the seasons change, millions of animals take part in what is considered to be the world's great migration. Whether the migration is on land, air or water they are all equally impressive. Join us for an epic journey across the globe to witness some of these remarkable animals finding their way over hundreds of miles.

Mercer Slough Nature Park

FREE			All Ages
111819	5-6pm	Fri	Jan 27

### Clash Encounters of Bears and Wolves

Yellowstone National Park is home to predators, scavengers, and opportunist. Two of the top predators in this complex system are the grizzly bear and the wolf. These fierce competitors practice their strategies for survival every day. What they leave in their wake provides an entire food chain of scavengers exactly what they need to survive. This Film takes us into the heart of Yellowstone to witness this incredible series of events unfold.

FREE			All Ages
111820	5-6pm	Fri	Feb 24



**BEAVERS: The Biggest Dam Movie You Ever Saw**

Have you ever seen a beaver lodge or dam and wondered how did they do that? Take an intimate swim with Beavers to explore an amazing diverse aquatic habitat that is home to one of Nature's greatest engineers. This film is a heartfelt story about following a family of beavers as they grow, play and transform the world around them.

FREE 111821 5-6pm Fri All Ages Mar 31

**MicroCosmos: Backyard Nature**

This film captures the amazing transformation of a caterpillar to a butterfly, the birth of a mosquito, stag beetles dueling like titans and many other minute miracles. You will have a front row seat to watch this hidden universe revealed. With its tiny cast of thousands, MicroCosmos leaves no doubt that Mother Nature remains the greatest special effects wizard of all.

FREE 111822 5-6pm Fri All Ages Apr 28

**Adult Enrichment Series**

**LEWIS CREEK ADULT ENRICHMENT PROGRAMS**

Lewis Creek Visitor Center; 5808 Lakemont Blvd. SE Min 2/Max 50

**Coal Mining at Cougar Mountain (Presented by the Eastside Heritage Center)**

This program focuses on 100 years of local coal mining. In 1888, there were 20 mules and 200 men employed here! Exporting coal to San Francisco turned Seattle into a dominant seaport. Learn what is underneath a mountain that is older than Rainier. Presented in partnership by the Eastside Heritage Center and Bellevue Parks & Community Services.

Lewis Creek Park

FREE 111823 2-4pm Sat Age: 13Y and up Feb 04

**LIVING WITH WILDLIFE: Cunning Crows**

Crows are one of our most common wildlife residents. They have more advanced cognitive abilities than many mammals, have amazing memory, and are very social. Find out why crows gather in huge numbers, and what the fuss is all about. Learn what crows know - and discover how we can get along together.

FREE 111824 2-3pm Sat Age: 13Y and up Feb 25

**LIVING WITH WILDLIFE: There's a Bear in the Yard!**

Springtime in south Bellevue often means hungry roaming bears. Learn all about black bears in our area... including how to prevent conflicts at your home, and what to do if you see one.

FREE 111825 2-3pm Sun Age: 13Y and up Mar 19

**LIVING WITH WILDLIFE: That Woodpecker is Driving Me Crazy!**

Ever wonder which species of bird is making that obnoxious sound on the chimney and nearby trees? Of the 11 species of woodpeckers that live in Washington, the northern flicker is probably the most commonly seen and heard. Come learn about the benefits of having woodpeckers in your yard, and how we can get along together.

FREE 111826 2-3pm Sat Age: 13Y and up Apr 29

**MERCER SLOUGH ADULT ENRICHMENT SERIES**

**Where the Past Comes Alive (Movie)**

The History Channel captures the glory, tragedy and drama of the human experience from the dawn of time until now. This film focuses on the Empire of Industry with regards to timber use over the last century. Join us to learn more about the history of logging and how it has significantly impacted our lives both in the past and the present and how it connects to the Mercer Slough and the City of Bellevue.

Mercer Slough Nature Park

FREE 111827 2-3:30pm Sat All Ages Feb 18

**Hiking Through History: Glaciers to Greenways**

What mysteries lie beneath the soggy surface and between the diversity of aquatic plants? Through both natural processes and human interactions, the area has changed drastically over thousands of years. Join a Ranger for a guided history hike through the Mercer Slough Nature Park to uncover the past and explore the future.

FREE 111824 2-3pm Sat All Ages Mar 18

**Birding Basics**

Mercer Slough provides essential habitat for both resident and migratory birds. Join a Master Birder from the Eastside Audubon Society to learn more about birds in our area. Enjoy a guided walk through the Nature Park to listen to the songs of spring. Be sure to bring your binoculars and bird field guides as well.

FREE 111825 10-11:30am Sat All Ages Apr 29

**Cultural History Programs**

**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 111826 11am-4pm Sat All Ages Apr 29

## 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.

### LOCAL AREA RANGER HIKES

Did you know Bellevue has almost 100 parks and over 90 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 25

Lewis Creek Park

#### Lewis Creek Ranger Hike

Join a park ranger to explore the natural and cultural 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. Please dress for the weather and wear sturdy shoes.

Lewis Creek Park

FREE		All Ages
10:30am-12pm	Sat	Jan 07
10:30am-12pm	Sat	Feb 04
10:30am-12pm	Sat	Mar 04
10:30am-12pm	Sat	Apr 01

#### Coal Creek Natural Area Ranger Hike

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: 2 miles Level of Difficulty: Moderate (100 feet elevation change) Meeting location: Cinder Mine Trailhead (Newcastle Golf Club Road, west of Redtown Trailhead)

FREE		All Ages
10:30am-12pm	Sun	Jan 22

#### 'A Winter Wander' Ranger Hike

Come take a walk in Lewis Creek Park and explore the beauty of winter. Rain or shine, we will explore the mosses and lichens of the park, the deciduous and evergreen trees, and discuss what the park's creatures do in the winter. Distance: 1.5 miles Level of Difficulty: Moderate (50 feet elevation change) Ages: All! Cost: Free! No registration required. Info: 425-452-4195.

FREE		All Ages
10:30am-12pm	Sun	Jan 29

#### Lakemont Community Park Ranger Hike

This lovely trail winds through green corridors alongside Lewis Creek as we ascend and descend throughout the park. Distance: 2 miles Level of difficulty: Difficult (350 feet elevation change) Meeting Place: Lakemont Park, 5170 Village Park Drive SE Ages: All! Cost: Free! No registration required. Info: 425-452-4195.

FREE		All Ages
10:30am-12pm	Sun	Feb 19

#### Lakemont Highlands Open Space Ranger Hike

Explore the lesser-known trails of South Bellevue. Parks and open spaces guide you (and wildlife!) through friendly neighborhoods. Distance: 3.5 miles Level of Difficulty: Difficult (350 feet elevation change) Meeting Place: Lewis Creek Visitor Center, 5808 Lakemont Blvd SE Ages: All! Cost: Free! No registration required. Info: 425-452-4195.

FREE		All Ages
10am-12pm	Sun	Mar 12
10am-12pm	Sun	Apr 09

### A WINTER WOOF WALK

Join a Park Ranger and discover fascinating ecological facts about Bellevue City Parks. Bring your dog(s) and learn how you can enjoy your parks with your furry friends. Please dress for the weather. Dogs must be on a leash no longer than 6 feet. Families are encouraged to attend. Distance: 1 miles Level of Difficulty: Moderate (100 feet elevation change) Pre-registration required. Kelsey Creek Park - Lower Parking Lot

Free		All Ages
112732	10-11am	Fri
		Jan 27

### 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 Sunday 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.

Join a park ranger to explore the natural history of the Lake Hills Greenbelt. Come to discover the local history, search for wildlife signs, and see the beauty that the community gardens offer. All ages welcome. Dress for the weather and wear sturdy shoes. Trails are mostly flat and are stroller-friendly. No pre-registration required. Call 425-452-6993 or email ParkRangerProgram@bellevuewa.gov for more info. No walks on City holidays. No walk on April 22.

## Community Farms and 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.



## BELLEVUE BOTANICAL GARDEN

The Bellevue Botanical Garden 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.

## Kelsey Creek Farm

410 - 130th Pl SE • 425-452-7688  
[KelseyCreekFarm@bellevuewa.gov](mailto: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 or email [KelseyCreekFarm@bellevuewa.gov](mailto:KelseyCreekFarm@bellevuewa.gov).

## 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>

## Volunteer Opportunities

### EASTSIDE HERITAGE CENTER VOLUNTEERS

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

## ENVIRONMENTAL STEWARDSHIP VOLUNTEERS

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:

- Master Naturalist Training Program
- Canoe Guide Naturalist
- Scout Leadership Service Project
- Eco Fridays and Stewardship Saturday Events
- ... and much, much more!

### 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.

## 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](mailto: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 [KelseyCreekFarm@bellevuewa.gov](mailto:KelseyCreekFarm@bellevuewa.gov) or [Jayne@FarmerJayne.com](mailto:Jayne@FarmerJayne.com) for information and reservations. Ages 2-11

<b>Residents</b>	\$160 - up to 15 children
<b>Nonresidents</b>	\$175 - up to 15 children
<b>Add'l Children</b>	\$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 [KelseyCreekFarm@bellevuewa.gov](mailto:KelseyCreekFarm@bellevuewa.gov) or [Jayne@FarmerJayne.com](mailto: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 May Only

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 with a walk through the garden.

### Fall at the Farm Group Tour

Available October Only

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

### Pioneer Days Group Tour

Available November Only

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.

## KELSEY CREEK FARM EXPLORERS CLASS

Children actively participate in animal care, barn chores, 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
111264	10am-12:30pm	Thu	Jan 12-26
111268	10am-12:30pm	Thu	Feb 02-16
111266	10am-12:30pm	Thu	Mar 02-16

## ANIMAL ENRICHMENT EARLY RELEASE WEDNESDAY

Help 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. We'll work in the farm yard and do art/craft activities too. Min 6/Max 10

Kelsey Creek Farm Park

\$25(R) \$30(N)

Age: 6Y - 10Y

### How Now Brown Cow

111272 1:30- 3pm Wed Jan 11

### Hip Hop Rabbit

111273 1:30- 3pm Wed Jan 25

### Woolly Sheep

111276 1:30- 3pm Wed Feb 01

### Piggly Wiggly

111274 1:30- 3pm Wed Feb 15

### Springy Goats

111277 1:30- 3pm Wed Mar 01

### Pony Pleasure

111278 1:30- 3pm Wed Mar 15

## 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 6/Max 10

Kelsey Creek Farm Park

\$60(R)	\$69(N)		Age: 2Y - 3Y
111200	10-11:30am	Mon	Jan 09-30
111193	10-11:30am	Tue	Jan 10-24
111194	10-11:30am	Wed	Jan 11-25
111195	10-11:30am	Fri	Jan 13-27
111196	10-11:30am	Wed	Feb 01-15
111201	10-11:30am	Fri	Feb 03-17
111199	10-11:30am	Mon	Feb 06-27
111197	10-11:30am	Tue	Feb 07-28
111198	10-11:30am	Wed	Mar 01-15
111204	10-11:30am	Fri	Mar 03-17
111203	10-11:30am	Mon	Mar 06-20
111205	10-11:30am	Tue	Mar 07-21

## KELSEY CREEK VOLUNTEERS FOR SPRING BREAK

Volunteers will guide children in equine interactions, daily craft projects, and assist staff in set up and clean up in this week-long pony camp. Equine experience is a must for this volunteer opportunity. In order to be successful volunteers need to have a willingness to learn, ability to be on your feet for a physically active day, tolerance for being outside and working in a farm environment in close proximity to animals, hay, vegetation and dust. Also you need to be passionate about working with children, enthusiastic, energetic, reliable, trustworthy, and willing to put forth a good effort. Volunteers are required to complete a Criminal Background check and provide their Social Security number. Min 1/Max 3 Kelsey Creek Farm Park

\$15 \$18 Age: 14Y - 18Y  
111877 8am-3:30pm Mon-Fri Apr 10-14

## 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 2

Kelsey Creek Farm Park

\$8(R) \$10(N) Age: 12Y - 18Y  
111832 3-4:30pm Tue Feb 28-Apr 25

This volunteer opportunity is for high school students only:

\$8(R) \$10(N) Age: 14Y - 18Y  
111833 3-4:30pm Wed Mar 01-Apr 26

## 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

\$66(R)	\$78(N)		Age: 5Y - 6Y
110905	4-4:45pm	Tue	Jan 10-Feb 14
110906	4-4:45pm	Tue	Feb 28-Apr 04
110907	4-4:45pm	Tue	Apr 18-May 23

### Dance - Pre-Ballet 2 Open House

REE			Age: 5Y - 6Y
110904	4-4:45pm	Tue	Jan 03

### DANCE - YOUTH BALLET 1

Children will develop better coordination, grace and self-confidence as they learn the beginning movements of ballet in a supportive encouraging environment. During this class students will build strength at the barre and center floor while learning foundational movements of ballet. Each class will end with the opportunity for students to show their own creativity as they express themselves through their favorite dance movements. Min 5/Max 12

South Bellevue Community Center

\$66(R)	\$78(N)		Age: 7Y - 10Y
110916	5-6pm	Tue	Jan 10-Feb 07
110917	5-6pm	Tue	Feb 28-Apr 04
110918	5-6pm	Tue	Apr 18-May 23

### Dance - Youth Ballet 1 Open House

FREE(R)			Age: 7Y - 10Y
110923	5-6pm	Tue	Jan 03

## EMERALD BALLET THEATER: BEGINNING BALLET

Dancing hearts are nurtured and basic ballet technique, improvisation, and choreography are introduced in a developmentally appropriate way. Flexibility, coordination, strength, and creativity increase. Opportunities for creativity and performance are provided. Emerald Ballet instructor. Dancers in all PreBallet levels will wear a solid color leotard of any color, and pink ballet tights with pink ballet slippers with leather soles. Min 5/Max 12

Northwest Arts Center

\$144(R)	\$159(N)		Age: 6Y - 9Y
110779	5-6pm	Tue	Jan 31-Mar 28
110780	5-6pm	Tue	Apr 18-Jun 06

## EMERALD BALLET THEATER: PRE-BALLET

A joyful introduction to movement. Basic dance technique is inspired by beautiful music, literature, and art in a developmentally appropriate way. Flexibility, coordination, strength, and creativity develop in the young dancer. Dancers in all PreBallet levels will wear a solid color leotard of any color, and pink ballet tights with pink ballet slippers with leather soles. Dancers should have their hair secured away from their face. Min 5/Max 12

Northwest Arts Center

\$125(R)	\$140(N)		Age: 3Y - 5Y
110781	4:15-5pm	Tue	Jan 31-Mar 28
110782	4:15-5pm	Tue	Apr 18-Jun 06

## 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. Classes continue throughout the year with new material in each session. One-time \$10 materials fee payable to instructor due first day of class session, and is separate from class fee. Min 5/Max 6

Northwest Arts Center

\$110(R)	\$132(N)		Age: 3Y - 4Y
110825	4-4:30pm	Tue	Jan 17-Mar 28
110827	5:30-6pm	Tue	Jan 17-Mar 28
110837	4-4:30pm	Thu	Jan 19-Mar 30
110863	4-4:30pm	Tue	Apr 04-Jun 13
110864	5:30-6pm	Tue	Apr 04-Jun 13
110865	5-5:30pm	Thu	Apr 06-Jun 15

\$110(R)	\$132(N)		Age: 5Y - 6Y
110826	5-5:30pm	Tue	Jan 17-Mar 28
110829	6-6:30pm	Tue	Jan 17-Mar 28
110830	4:30-5pm	Thu	Jan 19-Mar 30
110831	5:30-6pm	Thu	Jan 19-Mar 30
110868	5-5:30pm	Tue	Apr 04-Jun 13
110870	6-6:30pm	Tue	Apr 04-Jun 13
110871	4:30-5pm	Thu	Apr 06-Jun 15
110872	5:30-6pm	Thu	Apr 06-Jun 15

\$110(R)	\$132(N)		Age: 7Y - 12Y
110828	4:30-5pm	Tue	Jan 17-Mar 28
110834	6-6:30pm	Thu	Jan 19-Mar 30
110866	4:30-5pm	Tue	Apr 04-Jun 13
110867	6-6:30pm	Thu	Apr 06-Jun 15

## Holiday DECORATION DRIVE South Bellevue Community Center



## Bellevue Youth Theatre

Crossroads Campus  
16051 NE 10th Street • 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 WINTER 2017 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) \$150 (N)

**Children 3-4** are required to have a parent perform with them on stage (background check required for parent(s)).

**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 (background check required for parent(s)).

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 THE LITTLE MERMAID,  
GUYS AND DOLLS, and OLIVER!**

Tuesday, January 3 and

Wednesday, January 4  
from 5-6:30pm at  
Bellevue Youth Theatre

#### For THE UGLY DUCKLING

Thursday, January 5  
from 5-6:30pm at  
South Bellevue Community Center

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

#### AGES 3-4

Attend auditions with their parent who will be cast in the play them. The child will not audition, only the parent. Background check required for parent.

#### AGES 5-10

Must pre-register. They will not attend auditions unless they have performed in 3 or more main stage plays with BYT. Background check required for parents of children ages 5-7. They will also be required to be at rehearsals their child is scheduled for and backstage for all performances.

#### Mandatory parent/child orientation

on Jan. 10 at 5 p.m. at the Bellevue Youth Theatre, 16051 NE 10th Street in Bellevue for all shows.

#### AGES 11 AND OLDER

Come to auditions. Background check required for ages 18 and older.

**Mandatory orientation** Jan 23 at 5 p.m. at the Bellevue Youth Theatre, 16051 NE 10th Street in Bellevue. **Parents are strongly recommended to attend this with their child.** Note: the mandatory orientation for *The Ugly Duckling* will be held at South Bellevue Community Center on January 23 at 5pm.



### THE UGLY DUCKLING

Come join the Ugly Duckling as he learns about the power of friendship and believing in yourself. This play has fun roles for young actors and opportunities for singing and dancing.

**Course # for 5-10 year olds:** 111059 (30 spots available)

**Rehearsal location:** South Bellevue Community Center

**Rehearsal begins:** Monday, January 23

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

**Tech Week:** The week of March 13 at Bellevue Youth Theatre

**Performs at Bellevue Youth Theatre:** March 17-26

### THE LITTLE MERMAID

This story is based on the Hans Christian Andersen story of the same name. Actors can expect some song and dance in the production. Parts for all ages are available.

**Course # for 5-10 year olds:** 111060 (30 spots available)

**Rehearsal location:** Bellevue Youth Theatre

**Rehearsal begins:** Monday, January 23

**Rehearsals:** Monday through Friday, 5-7pm

**Tech Week:** The week of March 27 at Bellevue Youth Theatre

**Performs at Bellevue Youth Theatre:** March 31-April 9

### GUYS AND DOLLS

Great music and fun follows characters in New York City. Great music everyone gets to sing. This is a great show for teens, families, and adults. Singing audition is required.

**Course # for 5-10 year olds:** 111062 (20 spots available)

**Rehearsal location:** Bellevue Youth Theatre

**Rehearsal begins:** Monday, January 23

**Rehearsals:** Mon. through Fri., 6-8pm

**Tech Week:** The week of April 17 at Bellevue Youth Theatre

**Performs at Bellevue Youth Theatre:** April 21-30

### OLIVER!

This musical follows Oliver's journey through the streets of London to find his mother. Timeless characters include Fagin, Bill Sykes, and Nancy and the Artful Dodger. Great musical for all ages and families. Singing audition is required.

**Course # for 5-10 year olds:** 111063 (30 spots available)

**Rehearsal location:** Crossroads Community Center

**Rehearsal begins:** Monday, January 23

**Rehearsals:** Monday through Friday, 5:30-7:30pm

**Tech Week:** The week of May 8 at Bellevue Youth Theatre

**Performs at Bellevue Youth Theatre:** May 12-21

## 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  
11:30am-12:30pm Wed Ongoing

South Bellevue Community Center  
10:30am-12pm Mon, Wed, Fri Sep 07-Dec 16

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

#### 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 6/Max 10

Northwest Arts Center

\$98(R) \$110(N) Age: 18M - 3Y

111240 9:45-10:30am Fri Jan 20-Mar 17

111241 9:45-10:30am Fri Mar 31-May 26

## Birthday Party Packages at Northwest Arts Center

Enjoy an hour of fun-filled activity and one hour of party room festivities and leave the details to us! We provide the friendly and enthusiastic party staff, teachers, and a special party gift for each child. You bring the rest!

Party packages include:

- **Art It Up!** Features crafts or beading assembly, for ages 3-12
- **All American Old Fashioned Games** for ages 3-12
- **Play Zone Party** Features an open gym and playground games for ages 2-5
- **Flash Mob** Learn a dance, pick a costume or bring your own, and film a video of you and friend in your own dance video, for ages 6-16
- **Pottery Party** Make a small bowl, vase or other item to cherish or give someone as a gift, for ages 6 - 16
- **Junior Chef Party** Create a birthday treat and decorate an apron to take home, for ages 5-12
- **Princess Party** for ages 2-8
- **Pirate Party** for ages 4-8
- **Dinosaur Party** for ages 4-8

Call our Party Coordinator at 425-452-4106 for pricing, availability, and to arrange your party today! Parties are held at the Northwest Arts Center - 9825 NE 24th St.



**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

**Bellevue Youth Theatre**  
425-452-7155  
BYT@bellevuewa.gov

**Adaptive Recreation**  
425-452-6105  
KIndurkar@bellevuewa.gov

**Special Events**  
425-452-4106  
NWAC@bellevuewa.gov

**Kelsey Creek Farm**  
425-452-7688  
KelseyCreekFarm@bellevuewa.gov

**North Bellevue Community Center**  
425-452-7681  
NBCC@bellevuewa.gov

**Robinswood Tennis Center**  
425-452-7690  
JSoriano@bellevuewa.gov

**Park Stewards/Naturalists**  
425-452-4195  
Parks\_Stewardship@bellevuewa.gov

**Cultural Diversity Program**  
425-452-6885  
TSmith@bellevuewa.gov

**Youth Sports**  
425-452-4627  
SGonzales@bellevuewa.gov

**DANCE WITH ME**

Have fun with your child while enhancing the mind body connection through the Brain Dance and use of nursery rhymes, movement games, props and more. In this class we will explore the elements of dance to a variety of music styles. Both Parents and caregivers are welcome. Min 1/Max 30

South Bellevue Community Center

\$66(R)	\$78(N)		Age: 30M - 48M
110882	10:30-11:15am	Fri	Jan 13-Feb 17
110883	10:30-11:15am	Fri	Mar 10-Apr 14
\$55(R)	\$65(N)		Age: 30M - 48M
110884	10:30-11:15am	Fri	Apr 21-May 26

**PRE BALLET & TAP 1**

Children will discover the rhythm of their hands and feet while exploring tap steps and experience the gracefulness of ballet while exploring basic dance elements. They will gain coordination, body awareness, and self esteem as they express themselves through dance. Min 5/Max 12

South Bellevue Community Center

\$66(R)	\$78(N)		Age: 3Y - 5Y
110889	11:30am-12:15pm	Fri	Jan 13-Feb 17
110890	11:30am-12:15pm	Fri	Mar 10-Apr 14
\$55(R)	\$65(N)		Age: 3Y - 5Y
110891	11:30am-12:15pm	Fri	Apr 21-May 26

**Dance - Pre-Ballet & Tap 1 Open House**

FREE			Age: 3Y - 5Y
110895	11:30am-12:15pm	Fri	Jan 06

**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

\$66(R)	\$78(N)		Age: 3Y - 5Y
110897	1:30- 2:15pm	Fri	Jan 13-Feb 17
110898	1:30- 2:15pm	Fri	Mar 10-Apr 14
\$55(R)	\$65(N)		Age: 3Y - 5Y
110899	1:30- 2:15pm	Fri	Apr 21-May 26

**Dance - Pre-Ballet Open House**

FREE(R)			Age: 3Y - 5Y
110903	1:30- 2:15pm	Fri	Jan 06

## Arts, Crafts, Cooking & Family Fun

### LITTLE LEARNERS: PLAY & GROW

Children will develop key building blocks for reading, writing and math through interactive play and circle time. We will create a world of play and imagination through weekly themed activities. Come move, play and grow and make new friends with us. Caregiver required in class. Min 6/Max 8

Northwest Arts Center

\$98(R)	\$110(N)		Age: 18M - 3Y
112179	11:15am-12:15pm	Thu	Jan 19-Mar 16
112184	11:15am-12:15pm	Thu	Mar 30-May 25

### 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 2016-2017 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
110873	9:30am-12:30pm	Sat	Jan 14
110874	10am-12pm	Sat	Mar 04
110875	10am-12pm	Sat	Apr 15

### 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 6/Max 10

Northwest Arts Center

\$98(R)	\$110(N)		Age: 18M - 3Y
111248	9:45-10:30am	Thu	Jan 19-Mar 16
111249	9:45-10:30am	Thu	Mar 30-May 18



### FAMILY FUN: FUNNY LITTLE VALENTINE

Make a special gift for your special pal to take home!. Sing songs, do a little dance and complete the morning decorating a sweet Valentine treat. Caregiver & child class. Karen Renfroe-Gielgens, instructor. Come join the FUN! Min 5/Max 6

Northwest Arts Center

\$25(R)	\$30(N)		Age: 2Y - 5Y
Add'l Family Member:	\$5(R)	\$6(N)	
111292	10-11:30am	Sat	Feb 11

### FAMILY FUN: LUCKY LEPRECHAUNS!

Top o' the mornin' to ya! Join us for art, games, music and all things green! Don't forget to wear something Leprechaun green so you won't get pinched! There's a pot of 'gold' waiting for you at the end of the rainbow! Karen Renfroe-Gielgens, Instructor. Caregiver and child class. Min 5/Max 6

Northwest Arts Center

\$25(R)	\$30(N)		Age: 2Y - 5Y
Add'l Family Member:	\$5(R)	\$6(N)	
111291	10-11:30am	Sat	Mar 11

### FAMILY FUN: PEEP! PEEP!

Peep! Peep! Make cheerful chicks that peek out of decorated eggs as well as other springtime creatures. Music and an egg hunt round off our morning of FUN! Caregiver and child class. Instructor: Karen Renfroe-Gielgens Min 5/Max 6

Northwest Arts Center

\$25(R)	\$30(N)		Age: 2Y - 5Y
Add'l Family Member:	\$5(R)	\$6(N)	
111290	10-11:30am	Sat	Apr 08

## Special Interest & Extended Learning

### Dance & Arts

#### LINE DANCE PRACTICE

Practice Line Dances with other participants. No instructor. \$3/Residents, \$4/Nonresidents. Drop-in only. North Bellevue Community Center

#### CHORUS

Come sing with the chorus. We welcome new singers at any time. No auditions and no advance notice are required. Just come as you are. We sing for our own fun and enjoyment, with piano accompaniment. Mostly, we sing popular songs from the 30's, 40's and 50's. Our six song books plus holiday music give us a large variety. The Chorus meets every Friday, 10:30am-Noon. Typically, we sing at a nursing home one time each month and occasionally have a gig elsewhere. Call for the monthly schedule.

North Bellevue Community Center

#### BALLROOM/LINE DANCE

Would you love to learn some dance moves, such as Cha-Cha, Waltz, Tango, and Rumba? This dance class is for you to exercise your body while listening to the music. Individual dancing/no partner required. Course conducted by the Chinese Information and Service Center. Come and have some fun! \$3/Bellevue Residents, \$4/Non-Residents drop-in fee only. No program February 2017 Min 1/Max 1

North Bellevue Community Center

\$3(R)	\$4(N)		Age: 18Y and up
108242	1-3pm	Wed	Jan 04-Dec 27
108240	10am-12pm	Fri	Weekly

# 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 60-90 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
9am-12pm	M/W*	Sept-June

(\* Junior Explorers Only)

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



## PRE-KINDERGARTEN PRE-SCHOOL

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



## INTRODUCTION TO FLY FISHING

This class will cover everything you need to know in order to get started in the wonderful sport of fly fishing. The class will teach basic-intermediate casting techniques, how to select proper equipment, rigging, fly selection, where to go, and fly presentation. The course is designed to be a mixture of classroom experiences and hands-on casting instruction held outside on the field. All instruction and equipment for this class is provided by Orvis Bellevue. Min 8/Max 16  
Northwest Arts Center

\$125(R) \$145(N) Age: 18Y and up  
111239 5:30-7:30pm Tue Mar 07-Apr 25

## SOUND OF SWING DANCES

The 'Sound Of Swing' will perform for your dancing pleasure. \$3 admission collected at the door. Dances are 2nd Tuesday/monthly. No fee for rehearsal weeks. No program February 2017 Min 1/Max 1  
North Bellevue Community Center

FREE Age: 18Y and up  
108243 2-4pm Tue Jan 03-Dec 26

## MONDAY MOVIES

Spend your Monday afternoons here at SBCC and enjoy a FREE movie with friends. South Bellevue Community Center will show weekly movies on our projector from 1pm-3pm. Hang out afterwards and enjoy coffee and snacks. Caregivers are welcome. Monthly listings will be available at SBCC or call ahead. Min 1/Max 20

South Bellevue Community Center

FREE Age: 18Y and up  
109488 1-3pm Mon Jan 02-Apr 24

## 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? Come join us every Tuesday and enjoy some coffee/snacks and play your favorite game! Min 4/Max 40

South Bellevue Community Center

\$12(R) \$14.50(N) Age: 18Y and up  
1:10-3:10pm Tue Jan 03-Apr 25

### BILLIARDS

Join the fun! Bring some friends or make some. The North Bellevue Community Center has 2 billiard tables. Free, drop-in

only. Ages 18+ No program February 2017  
Min 1/Max 1

North Bellevue Community Center

FREE Age: 18Y and up  
8:30am-8:30pm Tue-Fri, Mon Jan 03-01

### CRIBBAGE

Come join friends for a fun game of Cribbage. Drop-in only. No program February 2017 Min 1/Max 1

North Bellevue Community Center

FREE Age: 18Y and up  
10am-12pm Thu Jan 05-Dec 28

### DUPLICATE BRIDGE

Group meets Wednesday and Friday afternoons from 12-3:30pm, bring a partner. Free, Drop-in only. No program February 2017 Min 1/Max 1

North Bellevue Community Center

FREE Age: 18Y and up  
12-3:30pm Wed, Fri Jan 04-Dec 29

### PICKLEBALL

Drop in for a lively game of pickleball. Please call for current schedule. Court, net and balls provided - players provide their own paddle. Fee \$3/Residents, \$4/NonResidents, drop-in only. Ask about the Play Pass for discounted play. No program February 2017 Min 1/Max 1

North Bellevue Community Center

\$3 \$4 Age: 18Y and up  
3:30-5:30pm Wed, Fri, Mon Jan 04-Dec 29

### PING-PONG DROP IN

Drop in for a lively game of ping pong (table tennis). We provide the two championship quality table tennis tables and balls, you provide your own paddle. Call for current schedule. Fee \$3/R, \$4/NR. Ask about the Play Pass for discounted play. No program in February 2017 Min 1/Max 1

North Bellevue Community Center

\$3 \$4 Age: 18Y and up  
8:45am-5pm Wed, Fri, Mon Jan 04-01

## Lifelong Learning

### MAIN CLUB CONNECTIONS-55+

Get out and get connected! Come meet other energetic adults at this new social meet up group at the new Main Club facility next to Bellevue Downtown Park. Gym time for walking and light exercise session available from 9-9:45am, followed by a social hour in lounge where participants can enjoy refreshments and play board games, art projects, and pursue conversations. Coffee, tea and cookies provided. Min 6/Max 30

Boys & Girls Club Main Club

\$20(R) \$20(N) Age: 55Y and up  
112280 9-11am Thu Jan 11-Feb 16  
114213 9-11am Thu Mar 02-Apr 06  
114214 9-11am Thu Apr 20-May 25

### BOOK CLUB

Meets the second Tuesday of each month. For more information contact the North Bellevue Community Center, 425-452-7681.

North Bellevue Community Center

### CANCER SUPPORT GROUP

Cancer support group meets the 2nd Thursday of each month. Co-sponsored by Chinese Information Service Center. No program February 2017 Min 1/Max 1

North Bellevue Community Center

FREE Age: 18Y and up  
108323 10-11:30am Thu Jan 05-Dec 21

### RED CROSS KNITTING GROUP

Join this fun group of Red Cross volunteers who knit items for donation to local hospitals and Eastside Baby Corner; Wednesdays. Patterns and yarn provided.

North Bellevue Community Center

## TELOS

Bellevue College TELOS courses are coming to the Boys & Girls Clubs of Bellevue Main Club this FALL!

TELOS offers educational courses for retirees that meet a wide variety of interests. Course categories are History & Politics, Arts & Literature, Philosophy & Religion, Science & Technology, Health & Healthcare. Students and faculty will enjoy intellectually stimulating courses that provide for a creative exchange of ideas, as well as supportive interactions as peers form lasting friendships. TELOS classes are non-credit and non-graded. Please join us for Winter quarter. Online registration will be available beginning November 18 at: <http://www.bellevuecollege.edu/ce/retiree-programs/>

## SENIOR BUS PASS DISTRIBUTION

Metro will sell their Senior Regional Reduced Fare ORCA Card for \$3.00 to adults 65 years or older. Contact 888-988-6722 for more information or [www.orcard.com](http://www.orcard.com). Min 1/Max 1

North Bellevue Community Center

FREE		Age: 65Y and up
109258	10:30-11:30am Tue	Jan 17
109259	10:30-11:30am Tue	Mar 21

## YOUNG ONSET PARKINSONS

Sponsored by the American Parkinson Disease Association. For those under 60 with the disease and their families. Meets the 1st Wednesday each month 7-8:30pm. No program February 2017. Min 1/Max 1

North Bellevue Community Center

FREE		Age: 18Y and up
109257	7-8:30pm Wed	Jan 04-Dec 06

## Multi-Cultural Services

### CHINESE & ENGLISH CHORUS

Everyone can join our fun singing group! CISC Eastside members, conductor Mr. & Mrs. Wong Zheng-Feng and Ms. Hong Jia-Bing teach singing Chinese and foreign classic songs. Music helps you relax and get to know more friends. Sharing time follows singing.

North Bellevue Community Center

### CHINESE INFORMATION & ASSISTANCE SERVICES

Services provided in Mandarin to those 55 years of age or older. Assistance with questions and concerns regarding health insurance, housing, naturalization application, utility or medical bills, or any other issue where the language barrier is an issue. Our trained volunteer can help. Please call 206-624-5633 x 4123 for additional information and to make an appointment. No program February 2017. Min 1/Max 1

North Bellevue Community Center

FREE		Age: 55Y and up
109277	9am-12pm Thu	Jan 05-Dec 21

### ESL ADVANCED FOR MANDARIN SPEAKERS

Advanced English as a second language instruction for Mandarin speakers. Free, drop-in only. No program February 2017. Min 1/Max 1

North Bellevue Community Center

FREE		Age: 50Y and up
108255	10-11:30am Thu	Jan 05-Dec 21

### ESL FOR SPANISH SPEAKERS

Reading, writing and speaking skills for non-native English speakers. Learn the American style of handwriting, increase your understanding of common English phrases, and practice your penmanship and conversation skills in a fun and supportive setting. No program February 2017. Min 1/Max 1

North Bellevue Community Center

FREE		Age: 18Y and up
108259	12:45-1:45pm Mon	Jan 09-Dec 18

## CHINESE & ENGLISH CHORUS

Everyone can join our fun singing group! CISC Eastside members, conductor Mr. & Mrs. Wong Zheng-Feng and Ms. Hong Jia-Bing teach singing Chinese and foreign classic songs. Music helps you relax and get to know more friends. Sharing time follows singing. No program in February 2017. Min 5/Max 35

North Bellevue Community Center

FREE		Age: 18Y and up
108210	11am-12pm Wed	Jan 04-Dec 20

## ESL NEWSPAPER READING

Every week we will study an article from the local newspaper and learn new vocabulary. This class is fun and useful. Free, drop-in only. No program February 2017. Min 1/Max 1

North Bellevue Community Center

FREE		Age: 50Y and up
108256	9:30-10:30am Wed	Jan 04-Dec 20

## EXERCISE IN SPANISH

Low impact exercise on Monday & yoga on Friday designed for older adults. Instruction is given in Spanish. Sponsored by SeaMar Community Health. Free, drop-in only. No program in February 2017. Min 1/Max 1

North Bellevue Community Center

FREE		Age: 50Y and up
108268	11am-12pm Fri, Mon	Jan 06-Dec 29

## 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
109491	12:30-2:30pm Thu	Jan 05-Apr 27

## Computer Classes

### DROP-IN COMPUTER HELP

Computer assistance for seniors age 50 and up. Fees are \$3/R & \$4/NR. No preregistration required, drop-in program only on the 2nd, 4th & 5th Tuesdays. Call the North Bellevue Community Center for more information, 425-452-7681.

North Bellevue Community Center

## Financial, Legal, & Insurance

### 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 for an appointment.

### INCOME TAX ASSISTANCE

Volunteers from AARP assist you in the preparation of your 2016 tax return. Bring your 2015 completed return and your 2016 paperwork and information. Call 425-452-7681 for a one hour appointment Tuesdays, March thru mid-April (one tax return per appointment). Electronic Filing Only.

### LEGAL CLINIC

The Eastside Legal Assistance Program offers a general legal clinic for low-income individuals at the North Bellevue Community Center on the 2nd Thursday of each month. All other Thursdays will focus on a full range of family law issues including divorce, parenting plans, maintenance, domestic violence, protective orders, and child support. Please call Eastside Legal Assistance at 425-747-7274 to make an appointment. Not available February 2017  
North Bellevue Community Center

## Children & Youth

### CHEMDOODLER

CHEMDOODLERS - Immerse yourself in exciting STEM experiments and make science fun and relevant to you. Gain foundations important for further success in high school and beyond. Each module focuses on a different technical discipline such as physics, chemistry etc. Do hands-on and virtual experiments, use the process of scientific inquiry to connect experiments with classroom learning. Taught by Dr. Anjana Parker (Ph.D., Chemistry) Come to a FREE information session February 4, 2017 from 11:00 to 12:30 PM. Min 1/Max 15

Crossroads Community Center

\$125(R)	\$145(N)		Age: 9Y - 13Y
112189	2-4pm	Wed	Mar 08-Apr 05

### CHEMDOODLERS TUTORIAL

Chemdoodlers 'drop in' tutorial session for high schoolers. Take advantage of instruction before finals! This 2 hour tutorial will help you answer those last minute questions before finals. Min 1/Max 15

Crossroads Community Center

\$25			Age: 14Y - 18Y
112702	11am-1pm	Sat	Jan 21

### BUSINESSKIDS: I AM A CHEF

Experience the FUN of the business world. BusinessKids is an innovative program for entrepreneur children in which they learn through games. In this program children learn basic culinary skills, prepare fun dishes and create their own recipes with a focus on business. info@businesskidsusa.com or (425)284-9165. Min 6/Max 10

Northwest Arts Center

\$184(R)	\$230(N)		Age: 4Y - 6Y
111300	4-6pm	Mon	Jan 30-Mar 27

### BUSINESSKIDS: I AM AN ARTIST

Experience the FUN of the business world. BusinessKids is an innovative program for entrepreneur children in which they learn through games. In this program children learn fundamental art skills and create their own art pieces with a focus on business. info@businesskidsusa.com or (425)284-9165. Min 6/Max 10

Northwest Arts Center

\$184(R)	\$230(N)		Age: 4Y - 6Y
111303	4-6pm	Mon	Apr 24-Jun 19

### TOP JUNIOR CHEF

Good food is our focus and having fun is our priority. Our goal is to create basic quality food in a safe learning environment. Learning to use fresh, healthy ingredients and the proper cooking methods for each recipe. Min 5/Max 10

Northwest Arts Center

\$130(R)	\$145(N)		Age: 3Y - 6Y
111250	1:30-2:30pm	Wed	Jan 18-Mar 15
111252	1:30-2:30pm	Wed	Mar 29-May 24

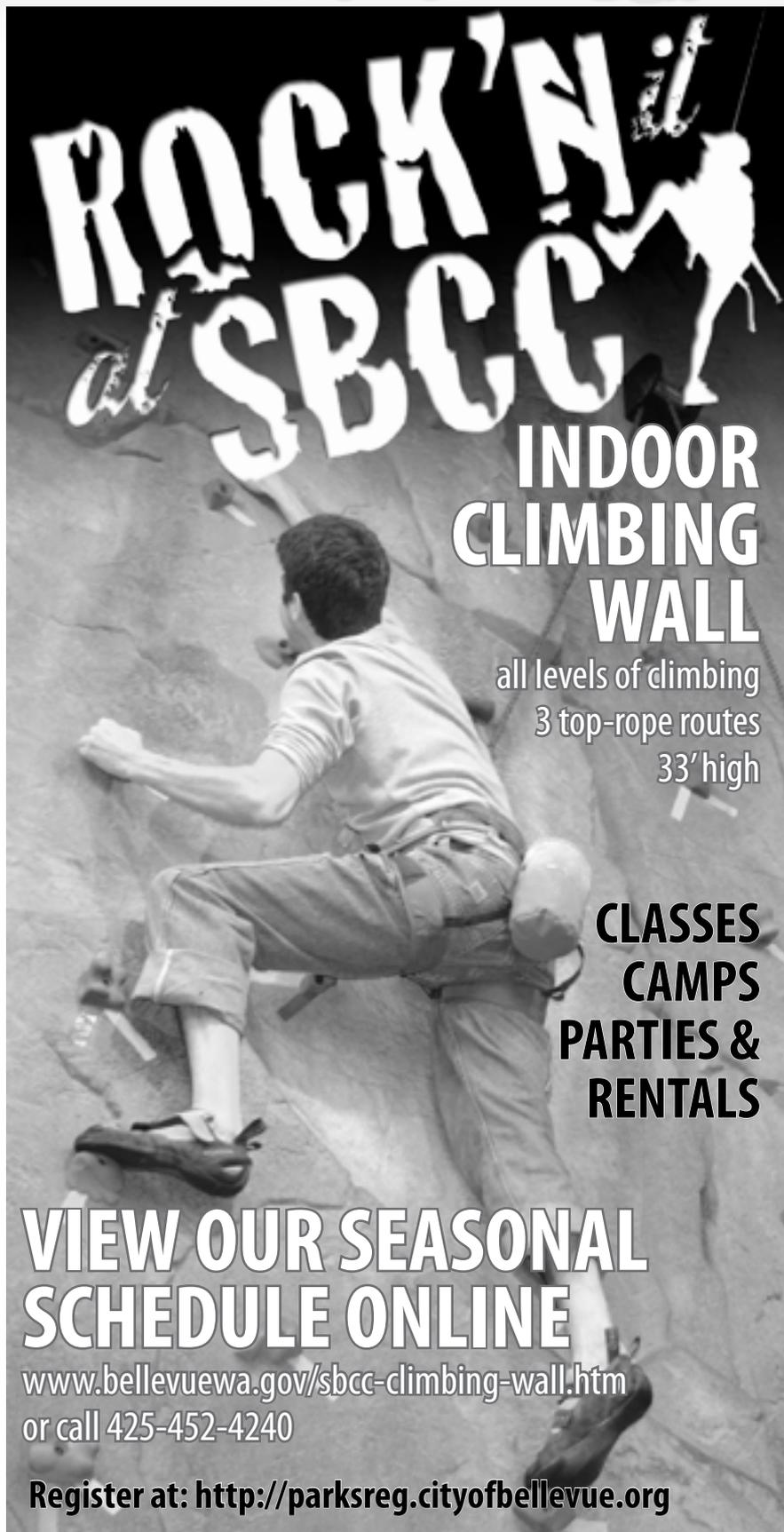
\$130(R)	\$145(N)		Age: 6Y - 11Y
111253	3:15-4:15pm	Wed	Jan 18-Mar 15
111251	3:15-4:15pm	Wed	Mar 29-May 24

### YOUTH LINK UNIVERSITY LEADERSHIP COURSE

Youth Link University is a youth leadership course to help prepare students for success in civic business leadership development. Students learn project/business planning, team management, conflict resolution/negotiation and public presentation skills. The course will be taught by regional leaders and experts with interactive formats. Students will develop a team project which will be presented at course end. Full attendance is required. Questions, email palina@bellevuewa.gov or call 425.452.5254. Min 20/Max 35

City of Bellevue - Main Campus

\$250(R)	\$300(N)		Age: 11Y - 17Y
111288	5-7pm	Mon	Jan 09-Jun 12



# ROCK'N' at 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: <http://parksreg.cityofbellevue.org>

## Adult Sports Leagues

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

### Fall 2016 Registration:

Residents: August 1-21

Non-Resident: August 8-21

League Play: Starts September 11, 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).

## Drop-In Sports

### VOLLEYBALL

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 15/Max 15  
Highland Community Center

\$3(R) \$4(N) Age: 18Y and up  
1-3pm Fri, Mon Jan 06-Apr 28

### ADULT VOLLEYBALL

Come join your friends for some fun adult volleyball! 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  
6-8:30pm Tue Jan 03-Apr 25

### FAMILY TIME BADMINTON

Enjoy a little exercise, conversation and competition as you hit the birdie across the net. Min 15/Max 15

Highland Community Center

\$3(R) \$4(N) All Ages  
10am-12pm Sun Jan 07-Apr 30

## BADMINTON

Enjoy a little exercise, conversation and competition as you hit the birdie across the net. Min 15/Max 15

Highland Community Center

\$3(R) \$4(N) Age: 18Y and up  
10am-12pm Sat Jan 07-Apr 30

South Bellevue Community Center

\$3(R) \$4 Age: 18Y and up  
7-8:45pm Mon, Wed Jan 02-Apr 26

## FAMILY TIME BASKETBALL

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  
3:15-4:45pm Sun, Sat Jan 01-Apr 29

## TEEN BASKETBALL

Come to our open gym time for teens. 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

FREE(R) Age: 13Y - 17Y

## ADULT BASKETBALL

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 for schedule

Highland Community Center

\$3(R) \$4(N) Age: 18Y and up  
11:30am-1:30pm Tue, Thu Jan 03-Apr 27

## 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

South Bellevue Community Center

\$3(R) \$4(N) Age: 18Y and up  
12:30-2:30pm Mon, Fri  
11am-1pm Wed Jan 02-Apr 28

# Youth Sports Leagues

YOUTH BASKETBALL LEAGUES SPONSORED BY



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

- **League Structure:** The first 2 weeks are team practice followed by 6 weeks of games. Parents will be given an information packet outlining their practice times and game schedule. *Please note that practices and games are one hour in duration. You must be available for the time frame listed in each league, as practices and game times may vary throughout the season. No day-of-the-week or time requests will be considered.*
- **Uniforms:** Basketball reversible jersey is included in the registration fee. Tennis shoes required.
- **Volunteer Coaches Needed:** Call (425) 452-4627 for more information and to receive a \$20 discount towards your registration fee. Background check required and attendance to mandatory coaches clinic to receive discount. Basketball experience required.
- **Schedules:** A team confirmation, parent packet, and practice/game schedule will be sent via email by January 20. Contact Steve Gonzales at [sgonzales@bellevuewa.gov](mailto:sgonzales@bellevuewa.gov) with questions regarding schedules.
- **Participants will be assigned to teams based on the following:**
  1. Special request for coach.
  2. Special request for ONE teammate. Additional requests for teammates will not be considered.

3. Age and gender of participant

**PLEASE NOTE THAT THERE ARE NO GUARANTEES REGARDING REQUESTS OR TEAM ASSIGNMENTS.**

ALL REQUESTS MUST BE MADE BEFORE JANUARY 18 BY EMAIL TO

[SGonzales@bellevuewa.gov](mailto:SGonzales@bellevuewa.gov)

- **I've signed up for basketball...now what do I do?** You will be contacted prior to the league start date via email. This email will include your team confirmation and parent packet. Team confirmations will be sent no later than January 20.

## MIGHTY MITES BASKETBALL LEAGUE

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

Tyee Community Gym

\$95(R) \$110(N) Age: 5Y - 6Y  
112218 4:30 or 5:45pm Wed Jan 25 - Mar 22

## YOUTH BASKETBALL LEAGUE

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

Tyee Community Gym

\$95(R) \$110(N) Age: 7Y - 9Y  
112220 4:15-5:15pm Tue Jan 24-Mar 21

## ATAVUS RUGBY 100

Atavus Mini Rugby is for active children who want to try a fun new sport. This program focuses on the development of age-appropriate motor skills (running, catching, passing, and kicking) and social skills (teamwork, following directions, sportsmanship) in a safe, fun and child centered-environment. Emphasis will be on safety and fun at all times. All participants will receive an official Youth Rugby t-shirt. This program is an excellent complement and alternative to other common sports such as football, soccer, track, basketball, and lacrosse. Min 4/Max 12

Robinswood Community Park

\$125(R) \$150(N)

112647	4:30-5:45pm	Mon
112648	4:30-5:45pm	Mon

Age: 4Y - 6Y

Feb 06-Apr 03  
Apr 17-Jun 12

## ATAVUS RUGBY 200

Atavus Youth Rugby presents Rugby 200 for boys and girls who are 'emerging' rugby kids. Rugby 200 is a healthy and active program that keeps kids moving through small sided games and scrimmages. Participants will perform a variety of 'rugby moves' in play: pass & loop, kick & collect, evade & score and more as they acquire more confidence and comprehension. With the focus on fun, teamwork and sportsmanship, each child's talents will begin to shine through the teaching of our certified ATAVUS coaching staff. All participants will receive an official Youth Rugby t-shirt, wristband, and sticker. Min 6/Max 20

Robinswood Community Park

\$125(R) \$150(N)

112653	4:30-5:45pm	Mon
	4:30-5:45pm	Mon

Age: 7Y - 9Y

Feb 06-Apr 03  
Apr 17-Jun 12

## ATAVUS RUGBY 300

Atavus Youth Rugby presents Rugby 300 for developing rugby kids. With a progression in speed of play, participants will showcase their skills in both individual and team settings. Building on the lessons of Rugby 100 & Rugby 200 (not required), participants will have a full grasp of a variety of kicks, handling skills & trick moves, evasive running abilities, improvements in field vision and how to fix and beat defenders in a variety of situations. Sessions are comprised of skill work touch rugby scrimmages. All participants receive an official Youth Rugby t-shirt, wristband, and sticker. Min 6/Max 20

Robinswood Community Park

\$125(R) \$150(N)

112660	4:30-5:45pm	Mon
112663	4:30-5:45pm	Mon

Age: 10Y - 12Y

Feb 06-Apr 03  
Apr 17-Jun 12

## BIDDY MULTI SPORT

Come join the NEW Biddy Multi Sport class! This 4 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 12

Tyee Middle School Site

\$45(R) \$54(N)

111926	9-9:45am	Sat
111950	9-9:45am	Sat
111951	9-9:45am	Sat

Age: 4Y - 6Y

Jan 21-Feb 11  
Mar 04-25  
Apr 08-29



## 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

South Bellevue Community Center

\$65(R) \$77(N)			Age: 4Y - 6Y
112700	11-11:45am	Tue	Jan 10-Feb 14
112686	1- 1:45pm	Wed	Jan 11-Feb 15
112692	2- 2:45pm	Wed	Jan 11-Feb 15
112701	11-11:45am	Tue	Feb 28-Apr 04
112696	1- 1:45pm	Wed	Mar 01-Apr 05
112697	2- 2:45pm	Wed	Mar 01-Apr 05
112678	11-11:45am	Tue	Apr 18-May 23
112698	2- 2:45pm	Wed	Apr 19-May 24
112699	1- 1:45pm	Wed	Apr 19-May 24

## LACROSSE CLINICS - BEGINNING

Lacrosse is the largest growing sport in America and is often referred to as the fastest game on two feet. The game was originally invented and developed by Native American Indians (the Iroquois Nation) and is America's original team sport (lacrosse has been played for over a thousand years in the US). Lacrosse is a combination of all other sports best attributes (strength of football, hand-eye coordination of basketball, precision of baseball, etc.) mixed into one action-packed game that demands the absolute best from each player mentally and physically. When trying to visualize how things might look: think hockey-in-the-air. If this sounds like fun and something you want to learn, come out and play with us. Any and all skill levels are welcome, but brand new players are strongly encouraged too. Equipment is provided. Min 10/Max 30

Tyee Middle School Site

\$90(R) \$108(N)			Age: 5Y - 8Y
112927	10:15-11:15am	Sat	Jan 21-Feb 25

## 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

\$79(R) \$88(N)			Age: 11Y - 18Y
112724	5- 6:30pm	Thu	Jan 05-Feb 09
112725	5- 6:30pm	Thu	Mar 02-Apr 06
\$118(R) \$133(N)			Age: 11Y - 18Y
112726	5- 6:30pm	Thu	Apr 20-Jun 15

## 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 half-time 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

\$79(R) \$88(N)			Age: 7Y - 18Y
112705	2:30- 4pm	Wed	Jan 04-Feb 08
112703	4- 5:30pm	Fri	Jan 06-Feb 10
112706	2:30- 4pm	Wed	Mar 01-Apr 05
112704	4- 5:30pm	Fri	Mar 03-Apr 07

Highland Community Center

\$118(R) \$133(N)			Age: 7Y - 18Y
112708	2:30- 4pm	Wed	Apr 19-Jun 14
112707	4- 5:30pm	Fri	Apr 21-Jun 16

## 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

\$79(R) \$88(N)			Age: 8Y - 18Y
112714	4- 5:30pm	Wed	Jan 04-Feb 08
112715	4- 5:30pm	Wed	Mar 01-Apr 05
\$118(R) \$133(N)			Age: 8Y - 18Y
112716	4- 5:30pm	Wed	Apr 19-Jun 14

## CHEERLEADING - TRY IT OUT WORKSHOPS

Try It Out!...Have you thought about trying cheerleading but weren't sure if its for you? This is an opportunity to come to a one-day workshop put on by Eastside Dream Elite, the cheerleading program for Bellevue Parks & Community Services. You'll learn cheers, jumps, motions, and a dance routine. You'll get a fun cheer gift as well! Beginning Tumbling Workshop!... An opportunity to work with the best tumbling coaches to improve your tumbling skills. This beginning workshop is for any level of tumblers who do not yet have their kick over and geared specifically towards tumbling for cheerleading. Inter/Advanced Tumbling Workshop!...is for any level tumblers who do already have a kick over and is geared specifically towards tumbling for cheerleading. Please wear comfortable clothes and tennis shoes and bring a water bottle and snack. Min 8/Max 30

Highland Community Center

### Beginning Tumbling Workshop

Highland Community Center

\$22(R) \$28(N)			Age: 7Y - 18Y
112782	9-10am	Sat	Mar 18
112917	10-11am	Sat	Mar 18

\$35(R) \$42(N)			Age: 7Y - 18Y
112781	9:30am-12pm	Sat	Mar 18

### Intermediate / Advanced Tumbling Workshop

\$22(R) \$28(N)			Age: 7Y - 18Y
112783	11am-12pm	Sat	Mar 18

## CHEERLEADING TUMBLING-BEGINNING/INTERMEDIATE

Tumbling class for Cheerleaders -This is a great class for starting and improving your tumbling skills. We use a series of progressions to work from doing bridges and cartwheels up to back handsprings and back tucks. This small class is specifically geared towards tumbling for cheerleading. Min 8/ Max 12

Highland Community Center

### Beginning/Intermediate

\$60(R) \$70(N)	Age: 7Y - 18Y
112733 4:15- 5pm Thu	Jan 05-Feb 09
112734 4:15- 5pm Thu	Mar 02-Apr 06
\$90(R) \$112(N)	Age: 7Y - 18Y
112735 4:15- 5pm Thu	Apr 20-Jun 15

### Cheerleading Tumbling Beginning

\$60(R) \$70(N)	Age: 7Y - 18Y
112736 5- 5:45pm Thu	Jan 05-Feb 09
112737 5- 5:45pm Thu	Mar 02-Apr 06
\$90(R) \$112(N)	Age: 7Y - 18Y
112741 5- 5:45pm Thu	Apr 20-Jun 15

## TRY-OUT HIGH SCHOOL CHEER & DANCE/DRILL WORKSHOP

Geared specifically towards those who are considering trying out for their high school cheerleading or dance/drill team in the next year or two. Come learn a sample try-out routine, get lots of tips and tricks from expert coaches, and run through a mock try-out to get experience and feedback. This is a great way to improve your skills and gain confidence going into try-outs! Min 8/Max 20

Highland Community Center

\$35(R) \$42(N)	Age: 12Y - 18Y
112920 9-11am Sat	Mar 18

## 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 2 hours of climb time; length of times vary among sessions. A Single Climb option is available for people to climb a single rope.

South Bellevue Community Center

\$7(R) \$9(N)	Age: 4Y and up
Visit <a href="http://bellevuewa.gov/sbcc-climbing-wall.htm">bellevuewa.gov/sbcc-climbing-wall.htm</a> for current schedule.	

## ROCK CLIMBING - BELAY CLASS

Learn the skills needed to safely belay your rock climbing partner up any rock climbing wall; indoor or out. This 90-minute class teaches proper use and inspection of basic climbing gear, climbing commands, effective rope handling and much more. You will learn the skills needed to pass the Belay Test required to belay on the Crag at SBCC. Pre-registration is required. Min 2/Max 8

South Bellevue Community Center

\$29(N) \$39(N)	Age: 18Y and up
112950 6:30- 8pm Thu	Jan 05
112967 3- 4:30pm Sat	Jan 07
112951 6:30- 8pm Thu	Jan 12
112968 3- 4:30pm Sat	Jan 14
112952 6:30- 8pm Thu	Jan 19
112969 3- 4:30pm Sat	Jan 21
112953 6:30- 8pm Thu	Jan 26
112970 3- 4:30pm Sat	Jan 28
112954 6:30- 8pm Thu	Feb 02
112971 3- 4:30pm Sat	Feb 04
112955 6:30- 8pm Thu	Feb 09
112972 3- 4:30pm Sat	Feb 11
112956 6:30- 8pm Thu	Feb 16
112973 3- 4:30pm Sat	Feb 18
112957 6:30- 8pm Thu	Feb 23
112974 3- 4:30pm Sat	Feb 25
112958 6:30- 8pm Thu	Mar 02
112975 3- 4:30pm Sat	Mar 04
112959 6:30- 8pm Thu	Mar 09
113433 3- 4:30pm Sat	Mar 11
112960 6:30- 8pm Thu	Mar 16
113434 3- 4:30pm Sat	Mar 18
112961 6:30- 8pm Thu	Mar 23
113435 3- 4:30pm Sat	Mar 25
112962 6:30- 8pm Thu	Mar 30
113436 3- 4:30pm Sat	Apr 01
112963 6:30- 8pm Thu	Apr 06
113437 3- 4:30pm Sat	Apr 08
112964 6:30- 8pm Thu	Apr 13
113438 3- 4:30pm Sat	Apr 15
112965 6:30- 8pm Thu	Apr 20
113439 3- 4:30pm Sat	Apr 22
112966 6:30- 8pm Thu	Apr 27
113440 3- 4:30pm Sat	Apr 29

## ROCK CLIMBING - BEGINNING CLASS FOR PARENT/CHILD

This 90 minute course covers the same material as the Beginning Rock Climbing class, but is ideal for parents to do with their children to take their relationship to new heights. Go Climbing! Pre-registration is required. Price is for one child and one adult. Additional family members (\$15 resident; \$20 non-resident). Min 2/Max 8

South Bellevue Community Center

\$29(R) \$39(N)	Age: 4Y and up
111987 6:30- 8pm Mon	Jan 09
111988 6:30- 8pm Mon	Jan 23
112018 6:30- 8pm Mon	Jan 30
111952 6:30- 8pm Mon	Feb 06
111989 6:30- 8pm Mon	Feb 13
111990 6:30- 8pm Mon	Feb 27
112019 6:30- 8pm Mon	Mar 06
111953 6:30- 8pm Mon	Mar 13

111991 6:30- 8pm Mon	Mar 20
112020 6:30- 8pm Mon	Mar 27
111954 6:30- 8pm Mon	Apr 03
111992 6:30- 8pm Mon	Apr 10
111993 6:30- 8pm Mon	Apr 17
112021 6:30- 8pm Mon	Apr 24

## ROCK CLIMBING - BEGINNING CLASS

This 90-minute class is for the beginning or aspiring climber who would like to learn all of the basics of rock climbing. You will become familiar with and learn how to properly use the basic pieces of climbing equipment used in 'Top-Rope' climbing, climbing commands, how to safely rappel, and a number of climbing techniques that will greatly improve your ability and performance on the rock. At the end of this class you will be able to safely and confidently climb and rappel the CRAG at SBCC. Pre-registration is required. Min 1/Max 8

South Bellevue Community Center

\$29(R) \$39(N)	Age: 13Y and up
111888 7- 8:30pm Tue	Jan 03
111905 9-10:30am Sat	Jan 07
111889 7- 8:30pm Tue	Jan 10
111919 9-10:30am Sat	Jan 14
111890 7- 8:30pm Tue	Jan 17
111920 9-10:30am Sat	Jan 21
111891 7- 8:30pm Tue	Jan 24
111921 9-10:30am Sat	Jan 28
111892 7- 8:30pm Tue	Jan 31
111922 9-10:30am Sat	Feb 04
111893 7- 8:30pm Tue	Feb 07
111923 9-10:30am Sat	Feb 11
111894 7- 8:30pm Tue	Feb 14
111924 9-10:30am Sat	Feb 18
111895 7- 8:30pm Tue	Feb 21
111925 9-10:30am Sat	Feb 25
111896 7- 8:30pm Tue	Feb 28
111906 9-10:30am Sat	Mar 04
111897 7- 8:30pm Tue	Mar 07
111907 9-10:30am Sat	Mar 11
111898 7- 8:30pm Tue	Mar 14
111908 9-10:30am Sat	Mar 18
111899 7- 8:30pm Tue	Mar 21
111909 9-10:30am Sat	Mar 25
111900 7- 8:30pm Tue	Mar 28
111910 9-10:30am Sat	Apr 01
111901 7- 8:30pm Tue	Apr 04
111911 9-10:30am Sat	Apr 08
111902 7- 8:30pm Tue	Apr 11
111912 9-10:30am Sat	Apr 15
111903 7- 8:30pm Tue	Apr 18
111913 9-10:30am Sat	Apr 22
111904 7- 8:30pm Tue	Apr 25



## 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

## Fall skatepark hours

Monday, all ages 3-8pm  
Tuesday, all ages 3-6pm, Ladies night 6-8pm  
Wednesday, all ages, 1-8pm  
Thursday, all ages, 3-8pm  
Friday, all ages, 3-8pm

Saturday, 12 and under, 12-1:30pm  
all ages, 1:30-7pm

Sunday, all ages, 12-7pm

**Rentals: For information about our various rental packages, park fees, lessons, and events contact SK8@bellevuewa.gov or call 425-452-2722.**

[www.bellevuewa.gov/bellevue\\_skate\\_park.htm](http://www.bellevuewa.gov/bellevue_skate_park.htm)

*\* 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
- Youth Link University
- Kids Care Coat Drive
- Bellevue Youth Court
- Teen Closet
- Youth Involvement Conference
- Youth Link Academy
- Youth Link Marketing Team
- Community Leadership Awards



*If you are a young person of middle or high school age, call 425-452-5254 for more information.*

**Register Online:**  
<http://parksreg.bellevuewa.gov>

# ROBINSWOOD TENNIS CENTER

Address: 2400 151st PL SE  
Phone: 425-452-7690  
Web: [http://www.bellevuewa.gov/robinwood\\_tennis\\_center.htm](http://www.bellevuewa.gov/robinwood_tennis_center.htm)

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: [parksreg.bellevuewa.gov](http://parksreg.bellevuewa.gov)

## LADIES' COMPETITIVE CUP INTER-CLUB LEAGUE

Six different levels of play: Evergreen, Emerald, Classic, Rainier, Challenge, and Kingco. NTRP rating 2.5-5.0. 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.



### IMPORTANT REGISTRATION INFORMATION FOR ROBINSWOOD TENNIS CENTER PROGRAMS

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

#### Session 1:

Residents: November 28  
Non-Residents: December 7

#### Session 2:

Residents: February 8  
Non-Residents: February 17

## 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 [bellevuewa.gov/parks](http://bellevuewa.gov/parks) 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.*

**Working Women** - Wednesday, 6:15-7:30pm  
Coordinator: Lisa Stix, [StixL44@gmail.com](mailto:StixL44@gmail.com)

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

## 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. Min 4/Max 8

Robinswood Tennis Center

FREE Age: 19Y and up  
Call Robinswood Tennis Center to register up to 7 days in advance.  
1- 2pm Mon  
9:30- 10:30am Tue  
6:30- 7:30pm Thu

## SENIOR DRILL AND PLAY

50+ Years. Combination of instruction, drills, and point play.  
Call Robinswood Tennis Center to register up to 7 days in advance.  
2:30- 3:45pm Tue

## 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

Age: 14Y and up  
Please call Robinswood Tennis Center to register

## 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

111588	10:30-11:45am	Wed	Jan 04-Feb 22	\$140
111643	7:30- 8:45pm	Wed	Jan 04-Feb 22	\$140
111642	7:30- 8:45pm	Mon	Jan 09-Feb 20	\$122.50

### Session 2

111589	10:30-11:45am	Wed	Mar 01-Apr 19	\$140
111644	7:30- 8:45pm	Mon	Feb 27-Apr 17	\$140
111645	7:30- 8:45pm	Wed	Mar 01-Apr 19	\$140



**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**

111626	8:45-10pm	Wed	Jan 04-Feb 22	\$140
111625	8:45-10pm	Mon	Jan 09-Feb 20	\$140
111569	10:30-11:45am	Tue	Jan 03-Feb 21	\$140
111570	11:45am- 1pm	Wed	Jan 04-Feb 22	\$140

**Session 2**

111627	8:45-10pm	Mon	Feb 27-Apr 17	\$140
111628	8:45-10pm	Wed	Mar 01-Apr 19	\$140
111571	10:30-11:45am	Tue	Feb 28-Apr 18	\$140
111572	11:45am- 1pm	Wed	Mar 01-Apr 19	\$140

**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**

111595	10:30-11:45am	Thu	Jan 05-Feb 23	\$140
111594	11:45am- 1pm	Mon	Jan 09-Feb 20	\$122.50
111658	7:30- 8:45pm	Tue	Jan 03-Feb 21	\$140
111659	7:30- 8:45pm	Thu	Jan 05-Feb 23	\$140

**Session 2**

111596	11:45am- 1pm	Mon	Feb 27-Apr 17	\$140
111597	10:30-11:45am	Thu	Mar 02-Apr 20	\$140
111660	7:30- 8:45pm	Tue	Feb 28-Apr 18	\$140
111661	7:30- 8:45pm	Thu	Mar 02-Apr 20	\$140

**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**

111609	8:45-10pm	Tue	Jan 03-Feb 21	\$140
111610	8:45-10pm	Thu	Jan 05-Feb 23	\$140

**Session 2**

111611	8:45-10pm	Tue	Feb 28-Apr 18	\$140
111612	8:45-10pm	Thu	Mar 02-Apr 20	\$140

**Advanced Doubles Strategy**

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

**Session 1**

111581	11:45am- 1pm	Mon	Jan 09-Feb 20	\$122.50
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**Session 2**

111582	11:45am- 1pm	Mon	Feb 27-Apr 17	\$140
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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**

111750	9-10:30am	Mon	Jan 09-Mar 20	\$99
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**Session 2**

111751	9-10:30am	Mon	Apr 03-Jun 19	\$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**

111753	9-10:30am	Wed	Jan 11-Mar 22	\$110
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**Session 2**

111754	9-10:30am	Wed	Apr 05-Jun 14	\$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**

111756	1- 2:30pm	Mon	Jan 09-Mar 20	\$99
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**Session 2**

111757	1- 2:30pm	Mon	Apr 03-Jun 19	\$99
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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**

111759	9-10:30am	Tue	Jan 10-Mar 21	\$110
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**Session 2**

111760	9-10:30am	Tue	Apr 04-Jun 13	\$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**

111762	9-10:30am	Thu	Jan 12-Mar 23	\$110
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**Session 2**

111763	9-10:30am	Thu	Apr 06-Jun 15	\$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

111765 1-2:30pm Thu Jan 12-Mar 23 \$110

### Session 2

111766 1-2:30pm Thu Apr 06-Jun 15 \$110

## 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

**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.

### Session 1

111699 9-10am Sat Jan 07-Feb 25 \$84

### Session 2

111700 9-10am Sat Mar 04-Apr 22 \$84

**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

111773 3:45-5pm Tue,Thu Jan 03-Feb 23 \$168

### Session 2

111774 3:45-5pm Tue,Thu Feb 28-Apr 20 \$168

**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

111780 5-6:15pm Thu,Tue Jan 03-Feb 28 \$168

### Session 2

111781 5-6:15pm Thu,Tue Mar 02-Apr 25 \$168

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

### Session 1

111796 5-6pm Mon,Wed,Fri Jan 04-Feb 24 \$230

### Session 2

111797 5-6pm Mon,Wed,Fri Feb 27-Apr 21 \$240

**Elite -** This junior team is for USTA Champs-level players only. Participants should be ranked in the top 50 of their age group in the Pacific Northwest to try out. Drill and Match-play environment. This is the Highest Level of Junior Teams at Robinswood.

### Session 1

111540 3:45-4:45pm Mon,Wed,Fri Jan 04-Feb 24 \$230

### Session 2

111541 3:45-4:45pm Mon,Wed,Fri Feb 27-Apr 21 \$230

## 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

111737 11-11:45am Sat Jan 07-Feb 25 \$96

### Session 2

111738 11-11:45am Sat Mar 04-Apr 22 \$96

**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

111717 1-2pm Sat Jan 07-Feb 25 \$96

### Session 2

111718 1-2pm Sat Mar 04-Apr 22 \$96

**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

111726 2-3pm Sat Jan 07-Feb 25 \$96

### Session 2

111727 2-3pm Sat Mar 04-Apr 22 \$96

**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.

### Session 1

111705 3-4pm Sat Jan 07-Feb 25 \$96

### Session 2

111706 3-4pm Sat Mar 04-Apr 22 \$102

**Advanced Beginning II:** Ages 7-12. Class is designed for children who have completed Advanced Beginning I.

### Session 1

111711 4-5pm Sat Jan 07-Feb 25 \$96

### Session 2

111712 4-5pm Sat Mar 04-Apr 22 \$102

**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.

### Session 1

111732 10-11am Sat Jan 07-Feb 25 \$96

### Session 2

111733 10-11am Sat Mar 04-Apr 22 \$96

**Teen:** Ages 13-18. Class is treated as an introductory course, focusing on development of proper strokes.

### Session 1

111742 5-6pm Sat Jan 07-Feb 25 \$96

### Session 2

111743 5-6pm Sat Mar 04-Apr 22 \$96



HERITAGE CORNER

# Robinswood Park

*Researched by Megan Carlisle, Archivist,  
Eastside Heritage Center*



*Top: The first Hans Miller home after restoration, late 1970s. (L 88.064.006)  
Left: The lily pond in the center of the park, 1989. (97.05.01) (Images Courtesy Eastside Heritage Center.)*

In 1884 Danish immigrant Hans Miller settled near what is now 148th Ave NE. Over the next ten years he built three structures: first a 24' by 30' log home, then a barn, and finally a larger house for himself and his family. Miller's descendants left the property in the 1920s, and the buildings passed through a series of owners until the

City of Bellevue purchased them in 1970.

The buildings and surrounding 45 acres cost the city about \$850,000. The property would become Robinswood Park, and the large house was renamed Robinswood House. The Robinswood House became

a rental facility for weddings, parties, and other events. The smaller 1884 house benefited from a detailed restoration project in the late 1970s, and it is currently the oldest structure in Bellevue still in its original location.

Of course, there is more to Robinswood Park than the Miller buildings. A pond sits in the center of the park, and walking trails along the south end. There is a

children's playground and a picnic area with several tables. The first soccer field was constructed in 1981, and it was followed by a second soccer field, a baseball field, and animal corrals.

The tennis center has an unusual history of its own. The first courts, which opened in 1974, were two inflatable domes or "bubbles." Unfortunately, they turned out to be more costly and less functional than anticipated. In 1987 the parks department deflated them and set to work on a more traditional structure. The new wooden building opened on June 4, 1988 with a ribbon-cutting, exhibition matches, and a clinic by tennis pro Tom Gorman.



*Inside the tennis bubbles, 1970s. (Image Courtesy Eastside Heritage Center. 2004.022.179)*

**To learn more about Bellevue and Eastside history, contact the Eastside Heritage Center at 425-450-1049 or visit [www.EastsideHeritageCenter.org](http://www.EastsideHeritageCenter.org).**



*Robinswood House in 1989 (Image Courtesy Eastside Heritage Center 97.05.01)*

*Celebrate!*  
**Arbor Day –  
 Earth Day  
 Family Festival**



Bellevue's annual Arbor Day-Earth Day event, scheduled for **Saturday April 22**, will be held at Lewis Creek Park. This year's celebration will also mark the city's 26th year of being recognized as a *Tree City USA* by the Arbor Day Foundation. The event will include volunteer projects, a tree-planting ceremony, and family festival.

For more information about the event, or to learn how to participate in one of our volunteer projects, call 425-452-4195.

## 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).

## 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.

## 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).

### 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.



## 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 ASSISTANCE

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.

### COMMUNITY LIVING CONNECTIONS

Resources and information on all topics related to older adults. 206-962-8467.

### YOUNG ONSET PARKINSONS

Sponsored by the American Parkinson Disease Association. For those under 60 with the disease and their families. Meets the 1st Wednesday each month 7-8:30pm.

### CISC CANCER SUPPORT GROUP

CISC Cancer support group meets the 2nd Thursday of each month.

## 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, bi-lingual 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.

## 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.

## 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.

## Alzheimer's Café' at Tutta Bella

Families living with the conditions of Alzheimer's are encouraged to meet and socialize in an environment that is accepting and nonjudgmental. Also open to caregivers and family members of persons suffering with memory difficulties. Sponsored by Overlake Medical center, the YMCA and Alzheimer's Association. Endorsed by the Bellevue Network on Aging. Meets monthly on the last Tuesday at Tutta Bella Restaurant in Crossroads.

For more information contact Cheri Palmer at the YMCA 425-990-6970 or [www.Full-LifeCare.org/AlzCafesBellevue](http://www.Full-LifeCare.org/AlzCafesBellevue).



## **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

## **SUPPORT GROUPS/ MEETINGS**

### **NARFE (National Association of Retired Federal Employees)**

3rd Tuesday of each month at noon. For more information, call 425-868-4502.

## **VOLUNTEER OPPORTUNITIES**

### **RSVP**

Retired and Senior Volunteer Program. Call 206-694-6787 for more information.

### **EYEGLOSS DONATIONS**

Eyeglasses collection at North Bellevue Community Center for recycling to low-income persons via local eyewear stores.

## SPECIAL EVENTS

### SOUND OF SWING DANCES

The 'Sound Of Swing' will perform for your dancing pleasure. \$3 admission collected at the door. Dances are 2nd Tuesday/ monthly. No fee for rehearsal weeks.

### COMMUNITY SOCIAL & SNACK

The North Bellevue Community Center and Indian Association of Western Washington have partnered in effort to unite, celebrate multi-generational Indian families and bridge cultural gaps in Bellevue by providing safe creative space for activities including breathing yoga, health talks and social communication open to everyone on Thursday mornings and evenings. Contact IAWW for additional information; 206-805-8955, or [www.iaww.org](http://www.iaww.org). No program February 2017. Min 1/Max 1

North Bellevue Community Center

FREE Age: 18Y and up  
108278 10am-9pm Thu Jan 05-Dec 21

### SPRING FLING DANCE

Welcome Spring with 'Sounds of Swing' Dance the night away to all the Big band favorites and the standards. Sure to be a fun night! Admission fee \$8/single \$15/couple payable at the door. Min 10/Max 200

North Bellevue Community Center

\$8 \$15 Age: 18Y and up  
108245 4-7pm Sat Mar 11

### ST PATRICK'S DAY LUNCHEON

Join us in being 'Irish for a day'! Wear your favorite green outfit and enjoy a traditional Irish meal. We'll play some Irish music and sing some favorite Irish songs. Your 'Irish Eyes' are sure to be smiling! Co-sponsored by Catholic Community Services. \$4/payable at the door. Min 30/Max 90

North Bellevue Community Center

\$4 All Ages  
108266 11:30am- 1pm Wed Mar 15

### 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. Fee: Suggested donation of \$3.00 for anyone over age 60. Fee of \$6 if under age 60. See Special Events listing for special holiday meal events which require pre-registration. Monthly menus available. No program in February 2017 Min 1/Max 1

North Bellevue Community Center

\$3 \$6 Age: 18Y and up  
108254 9:30am- 1pm Tue-Wed, Fri, Mon Jan 03-Dec 29

### THURSDAY AFTERNOON MOVIES

FREE movies shown every Thursday from 2-4pm. Join other community members who live with and/or without dementia for an afternoon at the movies. Call or stop by the center for the monthly listing. Caregivers welcome. No program in February 2017. Min 1/Max 1

North Bellevue Community Center

FREE Age: 12Y and up  
108216 2-4pm Thu Jan 05-Dec 28

## Adaptive Recreation

Highland Center

14224 Bel-Red Road • 425-452-7686

It is the purpose of Bellevue's Adaptive Recreation Program to provide people living with 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 Mary Boyle at 425-452-4118 or email [MBoyle@bellevuewa.gov](mailto:MBoyle@bellevuewa.gov) for more information.

### ADAPTIVE PROGRAMS

All programs are located at Highland Center unless otherwise noted.

### DROP-IN EXERCISE

Exercise at Highland Community Center's fitness center! The facility is open Monday, Wednesday, and Friday from 2-5pm and Tuesday and Thursday from 9am-5pm. Call 425-452-7686 for more information. \$3(R) \$4(N)

## COMMUNITY PROGRAMS OF INTEREST

### KING COUNTY FAMILY COALITION FOR DEVELOPMENTAL DISABILITIES

Contact: Cathy Murahashi, 206-829-7039. 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

### 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 15/Max 40

Highland Community Center

FREE			Age: 16Y and up
112302	5-6pm	Thu	Jan 19
112303	5-6pm	Thu	Feb 16
112304	5-6pm	Thu	Mar 16
112305	5-6pm	Thu	Apr 20

### PARENT NIGHT OUT RESPITE

Highland Community Center

\$40(R)	\$50(N)		Age: 14Y - 17Y
112919	4-10pm	Sat	Feb 18

### VALENTINE DANCE

Come on out and enjoy the Valentine Dance with your friends! Dancing, Music and Fun all wrapped up into an unforgettable night! Min 45/Max 135

Highland Community Center

\$9(R)	\$11(N)		Age: 15Y and up
112309	7-9:30pm	Fri	Feb 10

### DANCE - BARN DANCE

Come on out to a real live Barn Dance. Meet new friends, socialize with old friends and make lasting memories, dancing the evening away to classic songs! Min 55/Max 150

Highland Park & Community Center Site

\$9(R)	\$11(N)		Age: 16Y and up
112442	7-9:30pm	Fri	May 05



## Adaptive Recreation Programs

### ADULT ADVENTURE EDUCATION

This specialized class is adapted and designed for adults living 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: 18Y and up
112188	9:30am-3pm	Wed	Jan 04-Mar 08
112194	9:30am-3pm	Wed	Mar 29-May 31

### ADULT ART/CRAPTS

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 5/Max 15

Highland Community Center

\$42(R)	\$53(N)		Age: 16Y and up
112208	1-2:30pm	Fri	Jan 06-Mar 10
112209	1-2:30pm	Fri	Mar 31-Jun 02

### ADULT TRACK

Exercise and fun all rolled into one! New players at all levels of ability are welcome. We practice twice a week. Special Olympic competition is optional. Our coaches provide leadership at the Special Olympic tournaments. If a participant needs assistance with toileting, eating, dressing, or severe behavior intervention, then an assistant must accompany that participant during their stay at the tournaments. Min 15/Max 30

Highland Community Center

\$62(R)	\$77(N)		Age: 18Y and up
112354	7-8:30pm	Tue, Thu	Mar 28-Jun 01

## BASKETBALL - ADULT

Exercise and fun are rolled into one! New players at all levels of ability are welcome. We practice twice a week, and Special Olympic competition is optional. Coaches provide leadership at the Special Olympic tournaments. If a participant needs assistance with toileting, eating, dressing or severe behavior intervention, an assistant must accompany that participant during their stay at the tournaments. NO CLASS ON HOLIDAYS Min 15/Max 30

Highland Community Center

\$62(R) \$77(N) Age: 18Y and up  
112301 7-8:30pm Tue, Thu Jan 03-Mar 09

## BINGO

This specialized class is adapted and designed for teens and adults living 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 35

Highland Community Center

\$42(R) \$53(N) Age: 18Y and up  
112310 7-8:30pm Thu Jan 05-Mar 09  
112444 7-8:30pm Thu Mar 30-Jun 01

## BOWLING ADAPTIVE

This specialized class is adapted and designed for adults living with Intellectual disabilities. This class 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 upon registering for amount required for Tech City Bowl. Age: 18 and up NO CLASS ON HOLIDAYS Min 60/Max 90

Highland Community Center

\$45(R) \$56(N) Age: 18Y and up  
112203 9:30-11:30am Sat Jan 07-Mar 11  
112205 9:30-11:30am Sat Apr 01-Jun 03

## 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 15

Highland Community Center

\$74(R) \$92(N) Age: 18Y and up  
112307 5-7pm Thu Jan 05-Mar 09  
112441 5-7pm Thu Mar 30-Jun 01

## 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 \$12.00 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 5/Max 15

Highland Community Center

\$17(R) \$21(N) Age: 18Y and up  
112212 5:30-9:30pm Fri Jan 06  
112213 5:30-9:30pm Fri Feb 17  
112214 5:30-9:30pm Fri Mar 10  
112215 5:30-9:30pm Fri Apr 07

## FULL FITNESS FUN

This Specialized class is adapted and designed for adults living 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 12

Highland Community Center

\$78(R) \$98(N) Age: 18Y and up  
112217 5-7pm Tue, Thu Jan 03-Mar 09  
112296 5-7pm Tue, Thu Mar 28-Jun 01

## 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 5/Max 30

Highland Community Center

\$40(R) \$50(N) Age: 18Y and up  
112311 3-5pm Tue-Thu, Mon Jan 03-Mar 09  
112439 3-5pm Mon-Thu Mar 27-Jun 01

## INDOOR WALKING

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 Thursdays in the Lobby at Highland Center and walk over to the YMCA Min 5/Max 15

Highland Community Center

\$42(R) \$53(N) Age: 18 Y and up  
112306 5:30-7pm Thu Jan 05-Mar 09  
112443 5:30-7pm Thu Mar 30-Jun 01

## KITCHEN KAPERS

Kitchen Kapers 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

\$115(R) \$125(N) Age: 18Y and up  
111257 12-1:30pm Fri Jan 20-Mar 17  
111258 12-1:30pm Fri Mar 31-May 26

## MOVIE TIME ADAPTED

This specialized class is adapted and designed for adults living with Intellectual Disabilities. Come out and enjoy a movie with friends and a light dinner that you provide. Min 15/Max 30

Highland Community Center

\$42(R) \$53(N) Age: 16Y and up  
112298 5-7pm Wed Jan 04-Mar 08  
112350 5-7pm Wed Mar 29-May 31

## 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 5/Max 9

Highland Community Center

\$110(R) \$139(N)	Age: 18Y and up
112312 9:15-10:15am Wed, Fri, Mon	Jan 04-Mar 24
112313 10:30-11:30am Wed, Fri, Mon	Jan 04-Mar 24
112314 11:45am- 1:15pm Wed, Mon	Jan 04-Mar 22
112445 9:15-10:15am Mon, Wed, Fri	Mar 27-Jun 16
112446 10:30-11:30am Mon, Wed, Fri	Mar 27-Jun 16
112447 11:45am- 1:15pm Mon, Wed	Mar 27-Jun 14

## 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 15/Max 15

Highland Community Center

\$3(R) \$4(N)	Age: 18Y and up
111828 12- 4pm Sat	Jan 07-Apr 29

## SOCCER - ADULT HCC

Exercise and fun are rolled into one! New players at all levels of ability are welcome. We practice twice a week, and Special Olympic competition is optional. Coaches provide leadership at the Special Olympic tournaments. If a participant needs assistance with toileting, eating, dressing or severe behavior intervention, an assistant must accompany that participant during their stay at the tournaments. **NO CLASS ON HOLIDAYS** Min 10/Max 25

Highland Community Center

\$62(R) \$77(N)	Age: 18Y and up
112355 7- 8:30pm Tue, Fri	Mar 21-May 26

## SOCIAL CLUB ADAPTED

This specialized class is adapted and designed for adults living with Intellectual Disabilities. Come on out and have fun with friends, playing games and socializing with peers. **NO CLASS ON HOLIDAYS** Min 15/Max 30

Highland Community Center

\$42(R) \$53(N)	Age: 18Y and up
112300 7- 8:30pm Wed	Jan 04-Mar 08
112299 7- 8:30pm Mon	Jan 09-Mar 06
112351 7- 8:30pm Mon	Mar 27-May 29
112352 7- 8:30pm Wed	Mar 29-May 31



## 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 15/Max 20

Highland Community Center

\$3(R) \$4(N)	Age: 16Y and up
111830 5:30- 8:30pm Wed	Jan 04-Apr 26

## Specialized Recreation

## ARTISTIC INPIRATIONS

Bring your inspiration and imagination to create some of the most beautiful art pieces imaginable. Min 10/Max 15

Highland Community Center

\$45(R) \$55(N)	Age: 16Y and up
112297 5- 7pm Mon	Jan 09-Mar 06
112349 5- 7pm Mon	Mar 27-May 29

## MODERN DANCE

Come and learn hip hop, modern dance and many other popular dances in a fun and easy going environment. Min 20/Max 35

Highland Community Center

\$42(R) \$53(N)	Age: 16Y and up
112210 7- 8:30pm Tue	Jan 03-Mar 07

## CHEERLEADING

Be a part of a cheerleading squad and come learn new skills and work as a team. This team is part of the Eastside 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 10/Max 20

Highland Community Center

\$66(R) \$83(N)	Age: 12Y - 60Y
112206 5:30- 6:30pm Wed	Jan 04-Mar 08

\$76(R) \$95(N)	Age: 12Y - 60Y
112207 5:30- 6:30pm Wed	Mar 29-May 31

## LINE DANCE

Come on out and show us your moves as you dance to the tunes of some of the hottest singers ever heard. Impress your friends at social dances and party with all of your peers. This class is adapted for adults living with intellectual disabilities Min 15/Max 35

Highland Community Center

\$42(R) \$53(N)	Age: 16Y and up
112211 7- 8:30pm Tue	Mar 28-May 30

# 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
<input type="checkbox"/>	112311	Highland Hangout	\$40	\$50	M/T/W/TH	03:00p-05:00p	1/03-3/09
<input type="checkbox"/>	112297	Artistic Inspirations	\$45	\$55	Mon	05:00p-07:00p	1/09-3/06
<input type="checkbox"/>	112299	Social Club	\$42	\$53	Mon	07:00p-08:30p	1/09-3/06
<input type="checkbox"/>	112217	Full Fitness Fun	\$78	\$98	Tu/Thu	05:00p-07:00p	1/03-3/09
<input type="checkbox"/>	112210	Modern Dance	\$42	\$53	Tue	07:00p-08:30p	1/03-3/07
<input type="checkbox"/>	112301	Basketball-Adult	\$62	\$77	Tu/Thu	07:00p-08:30p	1/03-3/09
<input type="checkbox"/>	112188	Adult Adventure Ed	\$222	\$277	Wed	09:30a-03:00p	1/04-3/08
<input type="checkbox"/>	112298	Movie Time	\$42	\$53	Wed	05:00p-07:00p	1/04-3/08
<input type="checkbox"/>	112206	Cheerleading	\$77	\$95	Wed	05:30p-06:30p	1/04-3/08
<input type="checkbox"/>	112300	Social Club	\$42	\$53	Wed	07:00p-08:30p	1/04-3/08
<input type="checkbox"/>	112302	Kiwanis Dinner	FREE		Thurs	05:00p-06:00p	1/19
<input type="checkbox"/>	112303	Kiwanis Dinner	FREE		Thurs	05:00p-06:00p	2/16
<input type="checkbox"/>	112304	Kiwanis Dinner	FREE		Thurs	05:00p-06:00p	3/16
<input type="checkbox"/>	112305	Kiwanis Dinner	FREE		Thurs	05:00p-06:00p	4/20
<input type="checkbox"/>	112307	Cooking w/Ease	\$74	\$92	Thurs	05:00p-07:00p	1/05-3/09
<input type="checkbox"/>	112306	Indoor Walking	\$42	\$53	Thurs	05:30p-07:00p	1/05-3/09
<input type="checkbox"/>	112310	BINGO	\$42	\$53	Thurs	07:00p-08:30p	1/05-3/09
<input type="checkbox"/>	112208	Adult Crafts	\$42	\$53	Fri	01:00p-02:30p	1/06-3/10
<input type="checkbox"/>	112212	Friday Night Out	\$17	\$21	Fri	05:30p-09:30p	1/06
<input type="checkbox"/>	112309	Valentines Dance	\$09	\$11	Fri	07:00p-09:30p	2/10
<input type="checkbox"/>	112213	Friday Night Out	\$17	\$21	Fri	05:30p-09:30p	2/17
<input type="checkbox"/>	112214	Friday Night Out	\$17	\$21	Fri	05:30p-09:30p	3/10
<input type="checkbox"/>	112203	Adult Bowling	\$45	\$56	Sat	09:30a-11:30a	1/07-3/11
<input type="checkbox"/>	112912	Parent Night Out	\$40	\$50	Sat	04:00p-10:00p	2/18

**Bridge Academy:** Thursdays, 10am-2pm - Call Cindy O'Neill at 425-549-0500

## ADULT Adaptive Programs at Northwest Arts Center

<input type="checkbox"/>	110783	Glass Fusion	\$215	\$245	Thurs	10:00a-11:30a	1/19-3/16
<input type="checkbox"/>	110789	Stoneware Creations	\$215	\$245	Thurs	12:30p-2:30p	1/19-3/16
<input type="checkbox"/>	111257	Kitchen Kapers	\$115	\$125	Fri	12:00p-1:30p	1/20-3/17

## ADULT Adaptive Programs at Highland Center

<input type="checkbox"/>	112312	Exercise	\$110	\$139	M/W/F	09:15a-10:15a	1/04-3/24
<input type="checkbox"/>	112313	Exercise	\$110	\$139	M/W/F	10:30a-11:30a	1/04-3/24
<input type="checkbox"/>	112314	Exercise	\$110	\$139	M/W	11:45a-01:15p	1/04-3/22

PLEASE FILL OUT AND SIGN PARTICIPANT INFORMATION ON PAGE 8.



Intellectual Disabilities

Physical Disabilities

People living with disabilities are encouraged to participate in any of the Recreation Division programs in which they are interested. Please contact Mary Boyle, Program Coordinator, if you have not taken programs at Highland Center in the past, to schedule an appointment at 425-452-4118.

# 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
<input type="checkbox"/>	112439	Highland Hangout	\$40	\$50	M/T/W/TH	03:00p-05:00p	3/27-6/01
<input type="checkbox"/>	112349	Artistic Inspirations	\$45	\$55	Mon	05:00p-07:00p	3/27-5/29
<input type="checkbox"/>	112351	Social Club	\$42	\$53	Mon	07:00p-08:30p	3/27-5/29
<input type="checkbox"/>	112296	Full Fitness Fun	\$78	\$98	Tu/Thu	05:00p-07:00p	3/28-6/01
<input type="checkbox"/>	112211	Line Dance	\$42	\$53	Tue	07:00p-08:30p	3/28-5/30
<input type="checkbox"/>	112354	Adult Track	\$62	\$77	Tu/Thu	07:00p-08:30p	3/28-6/01
<input type="checkbox"/>	112355	Adult Soccer	\$62	\$77	Tu/Thu	07:00p-08:30p	3/28-6/01
<input type="checkbox"/>	112194	Adult Adventure Ed	\$222	\$277	Wed	09:30a-03:00p	3/29-5/31
<input type="checkbox"/>	112350	Movie Time	\$42	\$53	Wed	05:00p-07:00p	3/29-5/31
<input type="checkbox"/>	112207	Cheerleading	\$76	\$95	Wed	05:30p-06:30p	3/29-5/31
<input type="checkbox"/>	112352	Social Club	\$42	\$53	Wed	07:00p-08:30p	3/29-5/31
<input type="checkbox"/>	112440	Kiwanis Dinner	FREE		Thurs	05:00p-06:00p	5/18
<input type="checkbox"/>	112441	Cooking w/Ease	\$74	\$92	Thurs	05:00p-07:00p	3/30-6/01
<input type="checkbox"/>	112443	Indoor Walking	\$42	\$53	Thurs	05:30p-07:00p	3/30-6/01
<input type="checkbox"/>	112444	BINGO	\$42	\$53	Thurs	07:00p-08:30p	3/30-6/01
<input type="checkbox"/>	112209	Adult Crafts	\$42	\$53	Fri	01:00p-02:30p	3/31-6/02
<input type="checkbox"/>	112215	Friday Night Out	\$17	\$21	Fri	05:30p-09:30p	4/07
<input type="checkbox"/>	112442	Barn Dance	\$09	\$11	Fri	07:00p-09:30p	5/05
<input type="checkbox"/>	112216	Friday Night Out	\$17	\$21	Fri	05:30p-09:30p	5/12
<input type="checkbox"/>	112205	Adult Bowling	\$45	\$56	Sat	09:30a-11:30a	4/21-6/03
<b>Bridge Academy: Thursdays, 10am-2pm - Call Cindy O'Neill at 425-549-0500</b>							
<b>ADULT Adaptive Programs at Northwest Arts Center</b>							
<input type="checkbox"/>	110784	Glass Fusion	\$215	\$245	Thurs	10:00a-11:30a	3/30-5/25
<input type="checkbox"/>	110790	Stoneware Creations	\$215	\$245	Thurs	12:30p-2:30p	3/30-5/25
<input type="checkbox"/>	111258	Kitchen Kapers	\$115	\$125	Fri	12:00p-1:30p	3/31-5/26
<b>ADULT Adaptive Programs at Highland Center</b>							
<input type="checkbox"/>	112445	Exercise	\$110	\$139	M/W/F	09:15a-10:15a	3/27-6/16
<input type="checkbox"/>	112446	Exercise	\$110	\$139	M/W/F	10:30a-11:30a	3/27-6/16
<input type="checkbox"/>	112447	Exercise	\$110	\$139	M/W	11:45a-01:15p	3/27-6/14

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Intellectual Disabilities

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## **BELLEVUE BOTANICAL GARDEN CLASSES, LECTURES, AND SPECIAL EVENTS**

### **JANUARY THROUGH APRIL 2017**

**CLASS: "Great Garden Trees" January 25, 2017, 6:30-8:30pm** Taught by Christina Pfeiffer. This class will help all gardeners to choose the best specimens and species for seasonal beauty and adaptability to the Northwest climate. Essential care practices and how to avoid the most common mistakes made in gardening with trees will also be covered.

**CLASS: "Early Bloomers: Watercolor Flowers, Winter Foliage and Landscapes" TWO CLASSES: February 11 & February 18, 2017, 10am-12:30pm** Learn how to sketch and paint some of the garden's earliest bloomers, like crocuses and snowdrops, as well as shrubs and conifers, witch hazels, camellias and more.

**VINTAGE SALE: Feb, 24 and 25, 2017. Times TBA.** The Vintage Sale will feature quality collector, antique and home décor items. Proceeds will benefit the non-profit Bellevue Botanical Garden Society.

**CLASS: "Permaculture for the Backyard Gardener" March 4, 2017, 10am - 12pm** Taught by Seattle Tilth. Explore ways to integrate natural patterns and ecology into your backyard garden. Go beyond organic gardening by learning the basics of permaculture to discover more holistic and sustainable techniques for your backyard garden!

**PLANT SALE: NW Perennial Alliance March Mania Plant Sale, March 11, 9am-3pm.**

**LECTURE: Cass Turnbull: "How to Prune and Renovate the Overgrown Garden" March 15, 2017, 7pm** Cass Turnbull will cover basic pruning of ornamental trees and shrubs along with creative solutions to the overgrown or over-planted garden. Before and after photos and diagrams will be used to illustrate pruning for size reduction and pruning for definition (thinning).

**PLANT SALE: Puget Sound Dahlia Association Tuber Sale, March 17-18, 9:30am-6pm.** [pugetsounddahlias.org](http://pugetsounddahlias.org)

**CLASS: "Orchids" April 1, 2017, 10am-12:00pm** Learn about the characteristics and varieties of orchids from around the world. When buying, learn how to select a healthy orchid and how to care for it once you get it home. Get "hands on" and dissect an orchid blossom to better understand how it is pollinated and what may pollinate it.

**CLASS: "Create a Miniature Fairy Garden" April 8, 2017, 10am-12:30pm** Design and create your own Miniature Fairy Garden. Perfect for families! You will create a miniature fairy garden using a tray, adding gravel, a lush soil mix, and a choice of up to three tropical plants.

**CLASS: "Create a Succulent Terrarium" April 8, 2017, 12-1pm** Design and Create your own Succulent Terrarium! Students choose the terrarium shape they prefer, add gravel, a desert soil mix, and a choice of up to three succulent plants.

**PLANT SALE: Washington Native Plant Society Plant Sale, April 22. Times TBA.**

**CLASS: "Introduction to Organic Gardening" April 27, 2017, 10am-12:00pm** Taught by Seattle Tilth. Interested in growing your own food but don't know where to start? Let a Seattle Tilth gardener show you how with a little sun, soil and water you can turn your backyard into your most local source of fresh, organic vegetables and fruits.

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



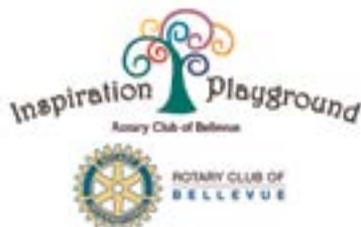
## *Enhancing the City in a Park* Bellevue Downtown Park Project Update

**Construction is underway on the Inspiration Playground and the project to complete the circle at Bellevue Downtown Park.**

Downtown Park has become one of the most recognizable and well-loved places in Bellevue, and plays a pivotal role in making downtown Bellevue an appealing place to live, work and play. Since the initial plans were developed for the park in 1984, two phases of construction have been completed. Now, construction of the remaining portion of the circular promenade is underway.

Additionally, the existing playground will be expanded through a partnership with the Bellevue Rotary. The Inspiration Playground will retain the popularity of the existing playground, with an emphasis on inclusive, accessible play opportunities dedicated to fun, imagination and learning, where all ages and abilities play and explore at their own pace.

Construction began July 11 and will last for approximately one year. Most of the work to date has involved constructing the 100th Avenue parking lot, site work for the playground, and utility work. Portions of the park remain open to the public, but the southern half of the park is closed due to construction activity. Visit <http://www.bellevuewa.gov/downtown-park-complete-circle.htm> for the latest updates on the project.



**Visit [InspirationPlayground.org](http://InspirationPlayground.org) to learn how to support the capital campaign to fund construction of the Inspiration Playground.**



**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!



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**BELLEVUE GOLF**

Open to the public since 1968 and located near Bellevue's Bridle Trails neighborhood, Bellevue Golf Course is home to an 18-hole championship course, 46-stall driving range, grill and banquet room. Whether new or experienced, younger or older, playing or practicing, Bellevue Golf Course is family friendly and fun for all. Visit us online at **bellevuepgc.com** or call 425-452-7250 for more information.

- 18-Hole Championship Golf Course
- 46-stall covered, heated, lighted Driving Range
- Practice putting & chipping greens
- Golf Shop offering the latest in equipment, apparel and accessories
- PGA-certified teaching professionals, available for Private Lessons
- Food & Drink at the Bellevue Grill
- Tournaments & Events
- Banquet Room
- Power Cart & Golf Club Rentals
- Women's & Men's Clubs



**CROSSROADS**  
PAR 3 GOLF COURSE

OPEN MARCH 1 - NOVEMBER 1



The Crossroads Par 3 Golf Course is perfect for families and new golfers to play on a course in a relaxed, friendly environment and is also a great way for more advanced players to work on their short game. Visit [www.bellevuepgc.com](http://www.bellevuepgc.com) or call 425-452-4873 for more information.

- 9-Hole Par 3 Golf Course with holes ranging from 60-105 yards
- Practice Area with restricted flight range balls
- Practice putting & chipping greens
- FootGolf - A fun combination of soccer and golf

The City of Bellevue has partnered with the First Tee of Greater Seattle to provide golf and life instruction for area youth at the Crossroads Par 3 Golf Course. Additional information regarding the First Tee program is available at [TheFirstTeeSeattle.org](http://TheFirstTeeSeattle.org) or by calling 206-839-4791.

# 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	Ann Oxrieder	Olga Perelman

StoneDance Productions Presents

# CHOP SHOP

BODIES OF WORK

**Saturday, February 18 - 7:30pm**

**Sunday, February 19 - 3pm**

The Theatre at Meydenbauer Center



Dancers: Jessica Johns and Toa Paramihi  
(New Zealand School of Dance)  
Photo: Stephen A'Court

**CHOP SHOP: Bodies of Work**, launched in 2008, is an annual dance festival sharing quality contemporary dance with Seattle-area residents and supporting the work of local, national, and international artists. Since its inception CHOP SHOP has presented 53 dance companies, shown 89 dance works, and supported over 243 individual artists. Artists featured in past editions of the festival include hometown greats Spectrum Dance Theater, zoe|juniper, Whim W'Him, Price Suddarth, and Kiyon Gaines, along with those from further afield including Adam Barruch, Joshua Beamish, Donald Sales, and Alex Ketley/The Foundry. **Visit [ChopShopDance.org](http://ChopShopDance.org) for tickets and more information.**

## A Free Dance Experience for All

Are you interested in the creative process? Have you ever wanted to know more about how dances are made? Have you ever wanted to try a modern dance class? Then the Experience Dance program is for you!

Chop Shop: Bodies of Work Contemporary Dance Festival & Stone Dance Productions are proud to offer two FREE community classes! These unique classes serve as companion events to the Chop Shop Contemporary Dance Festival through education and experience.

**Reading Dance** is an engaging lecture demonstration format with dancers from the Stone Dance Collective and Artistic Director Eva Stone. This lecture demystifies and reveals the creative process of how a contemporary dance is made. Attendees discover the type of movement language contemporary dance uses, learn how a dance piece is formed and are able to ask questions of the choreographer and dancers about process and performance. Open to all ages.

**Introduction to Modern Dance** with Eva Stone is a free dance technique class for those interested in learning basic modern dance movement. No experience is necessary. Open to ages 8 to adult.

Please come in comfortable clothing. Classes are free, however registration is required. To register, please call Crossroads Community Center at 425-452-4874.

### February 1, 2017:

Reading Dance: 6-7pm (Course 112547)  
Intro to Dance: 7-8pm (Course 112548)

**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 visitor centers, a theatre, and a historical estate, 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:** <http://parksreg.cityofbellevue.org>

**MORE INFORMATION:** [www.bellevuewa.gov/sbcc-challenge-course.htm](http://www.bellevuewa.gov/sbcc-challenge-course.htm)

or call 425-452-4240

# GARDEN d'LIGHTS



**Saturday, November 26  
through Saturday, December 31  
4:30-9pm Nightly**

**THE  
LIGHTS  
ARE BRIGHTER  
THAN EVER!**

Garden d'Lights features over one half million lights that transform the Bellevue Botanical Garden into a blossoming winter wonderland. Each holiday season, thousands of visitors enjoy this dazzling display. This year, the route has changed, grown, and become more magical than ever.

Tickets are \$5 per person; children 10 and under are free and do not need a ticket. Visit [www.gardendlights.org](http://www.gardendlights.org) for more information or to purchase tickets.