

# Downtown Bellevue Main Club Adult Fall Programs 2019

Boys & Girls Club of Bellevue | 206 100th Ave NE – next to Downtown Park



Bellevue Parks &  
Community Services



BOYS & GIRLS CLUBS  
OF BELLEVUE



Join us this fall for fitness, art, and personal enrichment programs to keep you moving and engaged. New this year is Zumba Gold Dance Fitness, Pilates, Ballet Fitness, and Parent Child Ballet. We will also be offering programs on Tuesday evenings including; Drop in Basketball, Acrylic Painting, Pilates, and Mindful Movement Tai Chi.

Back by popular demand is the Windom Café themed conversations, Yoga, and Mindful Movement Tai Chi. We have also added an Intermediate/Advance Tai Chi class following the Wednesday classes which will focus on just learning the Tai Chi forms.

## New on Tuesday Evening

Drop in Basketball 7-8:30pm

A Space to Create – Acrylic Painting 7-8:30pm

Pilates for Intermediate/Beginners 7-8pm

Mindful Movement Tai Chi 7:15-8:15pm

Share this information with your friends to help spread the word about all of the great programs being offered right here in Downtown Bellevue. For easy registration visit the Main Club web site and sign up for email alerts to receive information the moment we post it.

To register for programs at Downtown Bellevue Main Club visit  
[BellevueWA.gov/mainclub](http://BellevueWA.gov/mainclub) or call 425-452-4106  
email: [nwac@bellevuewa.gov](mailto:nwac@bellevuewa.gov)

## MIND, BODY & FITNESS CLASSES

### Zumba Gold Dance Fitness

Perfect for anyone looking for an easy, fun, and effective full body workout.

<b>\$70 (R) \$84 (N)</b>	<b>7 classes</b>		
1932761	Tue	12:30-1:30pm	Sept 17-Oct 29
<b>\$60 (R) \$72 (N)</b>	<b>6 classes (no class 11/26)</b>		
1932762	Tue	12:30-1:30pm	Nov 5-Dec 17

### Pilates for Beginners

Beginner Pilates is a safe, sensible exercise system of mind-body exercise using a floor mat to build strength without excess bulk.

<b>\$40 (R) \$ 48 (N)</b>	<b>4 classes</b>		
1932863	Tue	7-8pm	Sept 24-Oct 15
1932864	Tue 7-8pm	Oct 22-Nov 12	
<b>\$30 (R) \$ 36 (N)</b>	<b>3 classes</b>		
1932865	Tue	7-8pm	Dec 3-Dec 17
<b>\$70 (R) \$ 84 (N)</b>	<b>7 classes</b>		
1932861	Thurs	12:30-1:30pm	Sept 19-Oct 31
<b>\$50 (R) \$ 60 (N)</b>	<b>5 classes (no class 11/21, 11/28)</b>		
1932862	Thurs	12:30-1:30pm	Nov 7-Dec 19

### Mindful Movement – Tai Chi

Guided movement based on Chi Kung and soft style martial arts.

<b>\$54 (R) \$ 66 (N)</b>	<b>6 classes (no class 11/26)</b>		
1931723	Tue	7:15-8:15pm	Sept 24-Oct 29
1931724	Tue	7:15-8:15pm	Nov 5-Dec 17
<b>\$63 (R) \$ 75 (N)</b>	<b>7 classes (no class 11/27)</b>		
1931721	Wed	10-11am	Sept 18-Oct 30
1931722	Wed	10-11am	Nov 6-Dec 18

### Mindful Movement Advanced Tai Chi Form

This class is by instructor permission only and follows the Mindful Movement Tai Chi Exercise class held on Wednesdays from 10-11am.

<b>\$35 (R) \$ 42 (N)</b>	<b>7 classes</b>		
1931741	Wed	11:10-11:40am	Sept 18-Oct 30
<b>\$30 (R) \$ 36 (N)</b>	<b>6 classes (no class 11/27)</b>		
1931742	Wed	11:10-11:40am	Nov 6-Dec 18



## Hatha Yoga

Increase your strength and flexibility through this gentle Hatha Yoga class. Wear comfortable clothing and bring water.

**\$105 (R) \$ 126 (N) 7 classes**

1931631 Tue 9:30-10:30am Sept 17-Oct 29

**\$90 (R) \$ 108 (N) 6 classes (no class 11/26)**

1931621 Tue 9:30-10:30am Nov 5-Dec 17

**\$105 (R) \$ 126 (N) 7 classes**

1931632 Thurs 9:30-10:30am Sept 19-Oct 31

**\$90 (R) \$ 108 (N) 6 classes (no class 11/28)**

1931622 Thurs 9:30-10:30am Nov 7-Dec 19



## Strength Training – Balance – Cardio Fitness

**Offered at Northwest Arts Center**

Work on toning, balance, stretch, cardio and strengthen with the use of light weights and tubing to work upper and lower body.

**\$56 (R) \$ 67 (N) 7 classes**

1932421 Tue 9:30-10:30am Sept 17-Oct 29

**\$32 (R) \$ 38 (N) 4 classes (no class 11/19, 11/26, 12/3)**

1932422 Tue 9:30-10:30am Nov 5-Dec 17

**\$56 (R) \$ 67 (N) 7 classes**

1932443 Thurs 9:30-10:30am Sept 19-Oct 31

**\$32 (R) \$ 38 (N) 4 classes (no class 11/21, 11/28, 12/5)**

1932445 Thurs 9:30-10:30am Nov 7-Dec 19



## City Opera Ballet – Ballet Fitness

Basic ballet barre for all levels. Includes stretching routines, center work, jumps and across the floor and combinations.

**\$84 (R) \$ 101 (N) 6 classes (no class 11/27)**

1932991 Mon 12:30-1:30pm Sept 23-Oct 28

1932992 Mon 12:30-1:30pm Nov 4-Dec 16

1932993 Wed 8-8:55am Sept 25-Oct 30

1932994 Wed 8-8:55am Nov 6-Dec 18



## Drop-In Basketball

One full size court, 20 people maximum, players rotate to play. Pay to play pass accepted or pay at the window.

**\$4 (R) \$ 5 (N) per classes (no class 11/26) 18+**

1903386 Tue 7-8:30pm Sept 24-Dec 17

## PARENT CHILD CLASSES

### City Opera Ballet – Parent & Child Ballet

Class opens with Green Gilbert's "Brain Dance" exercise accompanied by the singing of nursery rhymes and followed by the practicing of basic ballet steps.

**Age: 2-3.5Y w/parent**

**\$66 (R) \$ 79 (N) 6 classes (no class 11/27)**

1933101	Wed	9-9:45am	Sept 25-Oct 30
1933102	Wed	9-9:45am	Nov 6-Dec 18



### Fit 4 Mom Stroller Strides

Stroller Strides® is a functional, total-body conditioning workout designed for moms with kids in tow. Information and to register, visit [bellevue.fit4mom.com](http://bellevue.fit4mom.com), or 206-683-1495 First class is always FREE.



**Mon, Wed, Fri 10-11am Oct-Apr**



## ART CLASSES

### A Space to Create – Acrylic Painting

For people new to painting or just looking for a great space to socialize and create. Materials provided.

**\$60 (R) \$ 72 (N) 4 classes**

1932801	Tue	7-8:30pm	Sept 24-Oct 15
1932802	Tue	7-8:30pm	Oct 22-Nov 12
1932803	Tue	7-8:30pm	Nov 19-Dec 17



## TELOS Program

To register for TELOS programs contact Bellevue College at 425-564-2263 or visit [BCconted.com](http://BCconted.com)



### Versatile Acrylics Studio

This class is designed to take students from a basic knowledge of acrylics to a new level. In-class demonstrations will be given on use of color, composition, and perspective within the realm of landscape. Several small paintings will be done depending on each student's individual pace and choice. Supplies included.

**\$95 6 classes (no class 10/22)**

**Item #F8049 Tue 10am-12pm Sept 17-Oct 29**

### Exploring landscape with Versatile Acrylics

For beginners with little or no painting experience. Demonstrations on landscape using color to create paintings using acrylics. Brushes and their use, along with other tools, will be incorporated. Several small paintings will be done. Supplies included.

**\$95 6 classes (no class 10/22)**

**Item #F8050 Tue 12:30-2:30pm Sept 17-Oct 29**

# WISDOM CAFÉ

## Wisdom Café Themed Conversations Connect, Converse, and Reflect!

Free Workshops    Thursdays    11-12:30 pm

Come share your wisdom! These cafes provide an opportunity to converse and connect with others in discussion of universal topics such as gratitude, legacy, happiness, and what gives life meaning. Come for one session or more in a facilitated small group conversation. Connect with others, build community, and shared wisdom. Coffee, tea, and treats provided! Offered by the Northwest Center for Creative Aging and the King County Library System.



- Sept 26** Rise and Shine – Looking forward to each day relates to living fully. What gets you up every day? What would get you up with enthusiasm and a sense of purpose? We'll discuss how to infuse our days with the elements that rouse us. #1935624
- Oct 10** Aging Creatively, Living Life with Intention and Discovery – Intentional and awake are choices we can make at any age. Being older often gives us time to explore and discover what matters most to us. #1935621
- Oct 24** The Artist Within – We are all born with the capacity to engage with the world creatively. Yet, most people don't think of themselves as "artists." How does your inner artist show up? You might be surprised by what you discover. #1935626
- Nov 7** The Gifts of Memory – "Your presence is your gift" speaks to the intangibles we each bring to our lives. What are your gifts of presence? What holiday traditions are most important to you? We'll share stories about how to bring ourselves and those close to us more fully to this season of celebration. #1935625
- Nov 21** Gratitude – More Than Counting Blessings – All of the world's spiritual traditions emphasize gratitude as a central practice. How does gratitude manifest in your life? #1935622
- Dec 5** Staying Connected – Strategy for a Full Life – As we age, our relationships and responsibilities change. How do we stay connected with our children, our communities, and the environment? What does it mean to stay connected with our minds, our bodies, and our spiritual lives? We all have wisdom we can share about this important topic. #1935623



# Downtown Bellevue Main Club

## Creating Connections & Lifelong Learning

The Downtown Bellevue Main Club facility is a partnership between the City of Bellevue and the Boys & Girls Club of Bellevue. Adult programs are coordinated by the Bellevue Parks & Community Services Department's Northwest Arts Center. Visit our web site for complete and updated information. [BellevueWA.gov/mainclub](http://BellevueWA.gov/mainclub)



Bellevue Parks & Community Services



BELLEVUE COLLEGE  
CONTINUING EDUCATION

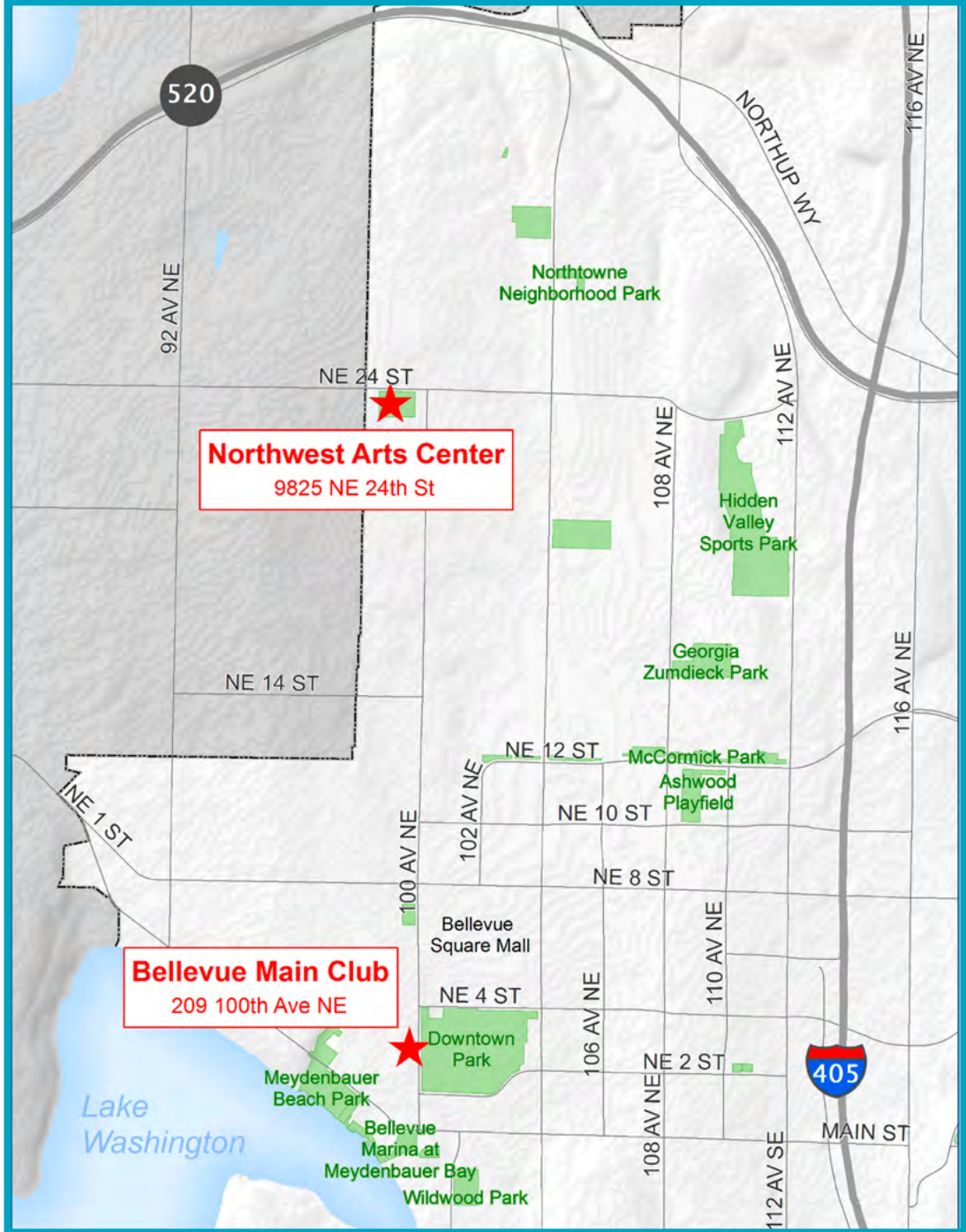


KING COUNTY LIBRARY SYSTEM

kcls.org



BOYS & GIRLS CLUBS OF BELLEVUE





## Advance Registration Preference for Bellevue Residents • Registration Begins August 5, 2019

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

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

Make checks payable to **City of Bellevue**

Please print clearly

Main Contact Last Name		First Name	
Mailing Address			E-mail Address
City	State	ZIP Code	
Main contact date of birth		( ) Home phone	( ) Work phone
		( ) Cell phone	

Participant's Name	Use Schol-ar-ship?*	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"/>					\$	

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

People with disabilities are encouraged to participate in any program of their choice. The city will provide reasonable modifications for programs and services. Call Highland Community Center, 425-452-7686, for more information.

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

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

**Payment Method**

Check     D.D.A. (send to Highland)

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

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

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

**Non-resident registrations are not accepted prior to the first day of non-resident registration.** Registrations received from non-Bellevue residents will be accepted beginning August 14, 2019.

**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 the City-sponsored activity(ies) identified herein, **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 the City-sponsored activity(ies) identified herein. 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 in connection with the use of City facilities or participation in the City-sponsored activity stated below.

**PHOTO/VIDEO RELEASE:** I give my permission to have photos and/or video and audio recordings taken of me or my child(ren) during City of Bellevue activities and authorize the City of Bellevue to copyright, use, and publish the same. I understand I am waiving any right of privacy, compensation, copyright or other ownership right connected to the photo or recording. If you do not give permission to have photos and/or video and audio taken of you or your child(ren), please contact the main office at 425-452-6885 or Parksweb@bellevuewa.gov.

**I acknowledge that I have carefully read this WAIVER OF LIABILITY / RELEASE and fully understand that I am waiving any right that I may now or hereafter have to bring a legal action to assert any claim against the City of Bellevue in connection with my or my child(ren)'s participation in this activity.**

Printed Name: \_\_\_\_\_  
*Registration NOT VALID without signed waiver.*

\_\_\_\_\_  
Adult Participant or Participant's Parent/Guardian Signature      Date

# Downtown Bellevue Main Club

*Creating Connections & Lifelong Learning*

The Downtown Bellevue Main Club facility is a partnership between the City of Bellevue and the Boys & Girls Club of Bellevue. Adult programs are coordinated by the Bellevue Parks & Community Services Department's Northwest Arts Center. Visit our web site for complete and updated information. [BellevueWA.gov/mainclub](http://BellevueWA.gov/mainclub)

To register for programs at Downtown Bellevue Main Club visit [BellevueWA.gov/mainclub](http://BellevueWA.gov/mainclub) or call 425-452-4106 | email: [nwac@bellevuewa.gov](mailto:nwac@bellevuewa.gov)



For alternate formats, interpreters, or reasonable accommodation requests please phone at least 48 hours in advance 425-452-7106 (voice) or email [dpettersson@bellevuewa.gov](mailto:dpettersson@bellevuewa.gov). For complaints regarding accommodations, contact City of Bellevue ADA/Title VI Administrator at 425-452-6168 (voice). If you are deaf or hard of hearing dial 711. All meetings are wheelchair accessible.