

SOUTH BELLEVUE COMMUNITY CENTER

SCCS

A PARTNERSHIP FOR A HEALTHY COMMUNITY

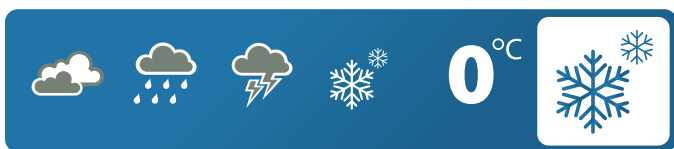
12th
Anniversary
Celebration

ACTIVITY GUIDE

SOUTH BELLEVUE
COMMUNITY CENTER

a partnership for a healthy community





South Bellevue Community Center INCLEMENT WEATHER PLAN

Please call 425-452-4240 if you are uncertain whether the center is open during inclement weather.

SBCC will close if Bellevue School District cancels school.

SBCC will open at 10 a.m. if Bellevue School District is delayed.

12th Anniversary Celebration



South Bellevue Community Center

Fitness • Art • Games • Sports • Learning

Celebrating its 12th year serving your community.

SBCC is grateful to all the wonderful participants who have supported the center throughout the years.

To show our appreciation SBCC is offering FREE CLASSES Tuesday, January 2 through Monday, January 8, 2018.

This is an ideal time to try something new. Class descriptions are on the following pages to help you select activities that best meet your interests.

A Daily Schedule, following the class descriptions, shows the time and location of each class.

No Pre-Registration is necessary!

Bring a small towel and water bottle to fitness classes.

CLASS DESCRIPTIONS

Sumi and other water media

Open studio. Join others as they meet to paint and share. The group leaves time for noonish snacks and finishes with gentle critiques and freely shares skills. All water based media welcome, sumi, watercolor, acrylics, pencil and pen – no oils or pastels. No instructor. Ages 18+.

Active Adult Fitness

Join Certified Personal Trainer Morgan for 50 minutes of a full body workout that keeps your heart rate elevated while improving strength, endurance, and cardiovascular fitness in a FUN, encouraging, and motivating community! Advanced beginner to intermediate participants must be highly mobile and in strong enough physical condition to make quick transitions while performing cardio and a variety of endurance work. Ages 18+.

Boot Camp with Karie

Tone your muscles and burn calories with boot camp style exercises including cardio drills, strength and circuit training, yoga stretches and Pilates based core work. All levels welcome. Bring a towel and water bottle. Ages 13+.

Cycle/Stretch

A fusion of beginner level indoor cycling and flexibility exercises. Older adults, overweight and de-conditioned participants will enjoy this class designed for those new to indoor cycling. Increase cardiovascular fitness and flexibility. Bring a standard size water bottle and a towel. Padded bike shorts or a gel seat cover are helpful. Ages 16+.





ESL for Chinese Seniors

English taught as a second language for non-native speakers. Beginner and intermediate levels welcome. Ages 60+.

Evening Fitness Express

This fun and fast 50 minute fitness class mixes strength training, cardio and core to give you a well rounded workout. Instructor can modify exercises for all ability levels and ages. Great for parent/teen combos, couples and individuals. Ages 13+.

Indoor Cycling

Burn up to 600+ calories per class. All fitness levels welcome. Call to reserve your seat at 425-452-4240. Bring a bike style water bottle & towel. Wear stiff soled shoes or SPD cycle shoes and padded shorts if you have them. Ages 13+.

Indoor Play

Need a place to let your little ones play indoors? Try our drop-in gym play time for children. Parents/caregivers must supervise their own children. Ages 1-5.

Indoor Play Event

A 45-minute Dr. Seuss themed magic show by Xakary the Magician followed by free play with our Indoor Play equipment. Friday, January 5 at 10:30 a.m. Ages 1-5.

Karie's Cardio Kickboxing

A non-contact group fitness class combining martial arts techniques with fast-paced cardio. A 45-minute high-energy workout for both the beginner and seasoned athlete. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle. Bring a towel and water bottle. Ages 13+.

Learnin the Ropes

Gain instruction in single rope, long rope, double dutch and more. Build new skills while gaining endurance, footwork and quickness to enhance performance in all other activities. Make friends. Have FUN! Wear athletic attire. Bring a water bottle. Ages 6-14.

Jazzercise

Enhance cardiovascular endurance, strength and flexibility. Easy to follow fun dance choreography. Class includes a gentle warm-up, 30 minutes of aerobic workout, muscle toning with handheld weights and a stretch finale. Ages 13+.

Natural Start Preschool Open House

A nature-based preschool combining Kindergarten readiness with experience in nature, physical activity and environmental education. Parents and children are invited to visit our classroom, meet teachers and learn about our unique program! Ages 3+.



OPEN Adult Basketball

Full court play, with an option to switch to half court if 2 courts as needed. Schedule subject to change depending on attendance. Call 452-4240 for schedule. Ages 18+.

OPEN Adult Badminton

Play or learn this easy and fun way to exercise. Ages 18+.

OPEN Family Basketball

Families only during this time, no organized team practice is allowed and parents must participate. All ages.

OPEN Adult Pickleball

Good exercise and lots of fun! It's an easy sport to pick up if you have not played before. Ages 18+.

OPEN Teen Basketball

Meet your friends during this time slot open to teenagers who are currently in high school. Ages 13-18.

Parkour

Combining 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. Play games, learn new skills, progress strength and dominate obstacle courses while optimizing your ninja potential! Ages 6–10 and 10–16.

Pilates

Focus will be on correct form/postural alignment, strengthening core muscles, breathing technique, increasing body awareness and improving balance and flexibility using bands, balls and small weights. All fitness levels welcome. Ages 13+.

Post Rehab Strength & Conditioning

Designed for adults recovering from injuries or living with chronic, recurring injuries who want to return to physical activity. Focus is on developing core strength using body weight, resistance bands and balance equipment. Taught by a Licensed Athletic Trainer. Ages 18+.

OPEN HOUSE

Pre Ballet & Pre Ballet 2, Pre Ballet/Tap 1 & Pre Ballet/Tap 2, and Youth Ballet

Come meet and greet with the instructor while your little one gets an intro to ballet. They will explore the basic elements of dance. Pre Ballet 2 and Youth Ballet will expand on the basics focusing on rhythm and developing ballet vocabulary. Classes for ages 3-5, 5-6, and 7-10.

Purna Yoga

Join a certified Purna Yoga teacher to gain flexibility, strength and coordination by focusing on correct alignment while using props to make each pose accessible. Feel more centered and peaceful while developing a deeper relationship with your body, mind and spirit. All levels welcome. Wear comfortable clothes and bring a yoga mat if you have one. Additional props will be provided. Ages 13+.

Rock Climbing

An opportunity to learn or practice what you know in a controlled environment. Trained staff will belay individuals who wish to climb on the 30 foot 'Crag Mountain.' All basic equipment provided. Ages 4+.

Shotokan Karate

Learn traditional karate with a safe, non-violent philosophy and practice emphasizing respect, excellence, strength and character with fun and experienced black belt instructors. Bring a water bottle. Ages 6-11 or 12-Adult.

Small Group Training With Sara

Achieve your fitness goals. Workouts will be individualized to meet your needs and fitness level. Sara will provide support, encouragement and accountability to reach new heights in your health and wellness. Ages 18+.

South Bellevue Stitches

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. Ages 18+.

South Bellevue Bridge Bunch

This fun group social game is for everyone whether you are just learning, a little rusty or just want to increase your skill level! Ages 18+.

Strong & Fit Seniors/Adults

Looking to improve strength, balance, cardiovascular health, flexibility, and coordination within a strong community of supportive friends? Join Certified Personal Trainer Morgan for a full body circuit training style workout. Improve functional fitness using a variety of equipment and a varied routine to accommodate individual needs and limitations. Beginners to advanced beginners welcome. Ages 18+.

Total Body Fitness

Burn stubborn body fat, get stronger, build lean muscle mass, and improve your level of fitness. Group workouts utilize dumbbells, bands, bodyweight exercises, fun agility movements and a variety of exercises to strengthen your core. Expect to sweat and have fun! Ages 13+.

Yang Style Tai Chi Beginners

Learn the beginning 16 movements of this Tai Chi form to improve balance, coordination and flexibility. Its meditative quality revitalizes energy, calms the mind and relaxes the body. Taught by a 6th rank certified instructor. Ages 16+.

Yoga for Adults 50+

Improve flexibility and balance, active strengthening, deep relaxing and better mental clarity. Poses are made accessible for all levels of experience and to help you progress individually. Ages 50+.

ZUMBA

Join one of the fastest growing dance based fitness workouts - fusing Latin rhythms with easy to follow moves. This hour of calorie burning, energizing and expressive movements brings spice back into your fitness routine. Bring a towel and water. Ages 13+.



CELEBRATE SBCC'S 12TH ANNIVERSARY

Tuesday, January 2

TIME	CLASS	AGES
6-6:50 a.m.	Total Body Fitness STUDIO	13+
6-7:30 a.m.	Open Adult Basketball GYM	18+
8-9 a.m.	Jazzercise GYM	13+
9:15-10:15 a.m.	Boot Camp with Karie GYM	13+
9:15-10:15 a.m.	Post Rehab STUDIO	18+
10:35-11:35 a.m.	Cycle/Stretch STUDIO	16+
11:15-12:30 p.m.	Yoga for Adults COMMUNITY ROOM	50+
1:10-3:10 p.m.	Bridge Bunch COMMUNITY ROOM	18+
5-7 p.m.	Belayed Climbing Session CLIMBING WALL	4+
7:15-8:30 p.m.	Purna Yoga STUDIO	13+



FREE CLASSES & ACTIVITIES

Wednesday, January 3

TIME	CLASS	AGES
6-7 a.m.	Indoor Cycling GYM	13+
6-7 a.m.	Jazzercise STUDIO	13+
6-7:30 a.m.	Open Adult Basketball GYM	18+
7:05-7:50 a.m.	Karie's Cardio Kickboxing STUDIO	13+
8-9 a.m.	Jazzercise COMMUNITY ROOM	13+
8:45-9:45 a.m.	Boot Camp with Karie GYM	13+
9:30-10:20 a.m.	Active Adult Fitness STUDIO	18+
9:30-10:30 a.m.	Jazzercise GYM	13+
10-11 a.m.	ZUMBA COMMUNITY ROOM	13+
10:30-11:20 a.m.	Strong & Fit Seniors STUDIO	18+
10:30-12 p.m.	Indoor Play GYM	1-5
11 a.m.-1 p.m.	Open Adult Pickleball GYM	18+
4:15-5:15 p.m.	Learnin' the Ropes STUDIO	6-14
5-5:45 p.m.	Shotokan Karate COMMUNITY ROOM	6-11
5-5:55 p.m.	Parkour GYM	6-10
5:30-6:20 p.m.	Evening Fitness Express STUDIO	13+
6-7 p.m.	Shotokan Karate COMMUNITY ROOM	12+
6-6:55 p.m.	Parkour GYM	10-16
6:30-7:20 p.m.	Indoor Cycling STUDIO	13+
7-8:45 p.m.	Open Adult Badminton GYM	18+

CELEBRATE SBCC'S 12TH ANNIVERSARY

Thursday, January 4

TIME	CLASS	AGES
6-6:50 a.m.	Total Body Fitness STUDIO	13+
6-7:30 a.m.	Open Adult Basketball GYM	18+
8-9 a.m.	Jazzercise GYM	13+
9:15-10:15 a.m.	Boot Camp with Karie GYM	13+
10:30-11:15 a.m.	Pre-Ballet & Tap 2 COMMUNITY ROOM	5-7
10:35-11:35 a.m.	Cycle/Stretch STUDIO	16+
11:30-12:15 p.m.	Pre-Ballet & Tap 1 COMMUNITY ROOM	3-5
12:30-1:15 p.m.	Pre-Ballet COMMUNITY ROOM	3-5
4:30-6:30 p.m.	Belayed Climbing Session CLIMBING WALL	4+
7:15-8:30 p.m.	Purna Yoga STUDIO	13+
6:30-8:30 p.m.	Open Adult Basketball GYM	18+



FREE CLASSES & ACTIVITIES

Friday, January 5

TIME	CLASS	AGES
6-7:30 a.m.	Open Adult Basketball GYM	18+
8-9 a.m.	Jazzercise GYM	13+
10-11 a.m.	ZUMBA STUDIO	13+
10:30-12 p.m.	Xakary the Magician GYM	1-5
12:30-2:30 p.m.	Open Adult Basketball GYM	18+
12:30-2:30 p.m.	Open Adult Pickleball GYM	18+
9:15-10:15 a.m.	Pilates COMMUNITY ROOM	13+
9:30-10:30 a.m.	Jazzercise GYM	13+
4-4:45 p.m.	Pre-Ballet 2 COMMUNITY ROOM	5-6
5-6 p.m.	Youth Ballet 1 COMMUNITY ROOM	7-10
5-5:55 p.m.	Parkour GYM	6-10
6-6:55 p.m.	Parkour GYM	10-16



CELEBRATE SBCC'S 12TH ANNIVERSARY

Saturday, January 6

TIME	CLASS	AGES
8:15-9:15 a.m.	Jazzercise COMMUNITY ROOM	13+
9-9:55 a.m.	Yang Style Tai Chi STUDIO	16+
10:30-12:30 p.m.	Belayed Climbing Session CLIMBING WALL	4+
1-3 p.m.	Belayed Climbing Session CLIMBING WALL	4+
3:15-4:45 p.m.	Teen Basketball GYM	13-18
3:15-4:45 p.m.	Family Basketball GYM	all ages

Sunday, January 7

TIME	CLASS	AGES
10 a.m.-12 p.m.	Open Adult Basketball GYM	18+
10:15-11:30 a.m.	Purna Yoga STUDIO	13+
12:30-2:30 p.m.	Belayed Climbing Session CLIMBING WALL	4+
3:15-4:45 p.m.	Teen Basketball GYM	13-18
3:15-4:45 p.m.	Family Basketball GYM	all ages



FREE CLASSES & ACTIVITIES

Monday, January 8

TIME	CLASS	AGES
6-7 a.m.	Indoor Cycling GYM	13+
6-7 a.m.	Jazzercise STUDIO	13+
6-7:30 a.m.	Adult Open Basketball GYM	18+
7:05-7:50 a.m.	Karie's Cardio Kickboxing STUDIO	13+
8-9 a.m.	Jazzercise COMMUNITY ROOM	13+
8:45-9:45 a.m.	Boot Camp with Karie GYM	13+
9:30-10:30 a.m.	Jazzercise GYM	13+
9:30-10:20 a.m.	Active Adult Fitness STUDIO	18+
10:30-11:20 a.m.	Strong & Fit Seniors STUDIO	18+
10:30-12 p.m.	Indoor Play GYM	1-5
10:30-1:30 p.m.	Art—Sumi Painting COMMUNITY ROOM	18+
12-2 p.m.	Adult OPEN Basketball GYM	18+
12:30-2:30 p.m.	Adult OPEN Pickleball GYM	18+
5-5:45 p.m.	Shotokan Karate COMMUNITY ROOM	6-11
5:30-6:20 p.m.	Evening Fitness Express STUDIO	13+
6-7 p.m.	Shotokan Karate COMMUNITY ROOM	12+
6:30-7:20 p.m.	Indoor Cycling STUDIO	13+
7:10-8 p.m.	Small Group Training With Sara COMMUNITY ROOM	18+

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