

Boys & Girls Winter Athletics



Sign-Ups Now!



Winter Basketball 2nd-9th Grade

This league includes one game and a one-hour practice each week. Practices start in December. Regular season runs from January-February with 4th-9th grade the post-season tournament running through mid-March. Games are played at either the Boys & Girls Clubs of Bellevue Hidden Valley Fieldhouse, South Bellevue Community Center, Mercer Island Boys & Girls Club, or Red/Samm Boys and Girls Club. **The fee for this program is \$90+ \$5 Gym Usage Fee + Club Membership.**

Olympic Basketball 3rd-6th Grade Boys NEW GIRLS DIVISION!!!

This competitive league, not recommended for beginners, includes one game and one, one-hour practices (pending district allotments) each week. Games will be played at the Bellevue Boys & Girls Club Hidden Valley Fieldhouse or South Bellevue Community Center. **The fee for this program is \$100+ \$5 Gym Usage Fee + Club Membership.**

Coach Reggie and Shaq skills and drills

Skills & Drills gives young players a strong foundation of fundamentals. The objective is for players to develop an enjoyment of basketball, learn how to play the game and develop their skills. The program meets once per week and covers fundamental stations, controlled game play and fun contests.

For more information or to register visit:

www.bgcbellevue.org/athletics.html

Scholarships are available

425-454-6162

www.bgcbellevue.org

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BOYS & GIRLS CLUBS
OF BELLEVUE

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Futsal

Futsal is a fast-paced, small sided style of soccer. It is played indoors with a slightly smaller, less bouncy and heavier ball. Players will be pushed to use and improve their skills in dribbling, trapping, passing and creating space in order to succeed. The energetic and qualified coaches at International Academy of Soccer(IAS) will teach 1v1 moves and footskills, ball mastery, passing and trapping all while playing fun and exciting competitive games.

Day: Saturdays

Dates: November 5th - December 17th (No class on 11/26)

Time: 12:30p-2:00p U6-U7 2:00-3:00p.m. U8-U10

Cost: 6-weeks for \$125 + Membership

Location: Hidden Valley Foster Fieldhouse (1903 112th Ave NE)

Cougar Wrestling Team

Your kids will learn basic wrestling skills and will compete in the Western WA Kids Wrestling League. Practice and competition will be with kids in the same age and weight class. Uniforms will be provided for competition.

Wrestling shoes or new tennis shoes worn indoors only are needed for practice. Wear shorts or sweats and t-shirts for practice. (NO Zippers).

Practice will be held at Interlake High School (16245 NE 24th St, Bellevue

Ages 5-8 and 9-14

Cost \$90.00 + membership

Dates: 11/22-1/26 Tuesdays and Thursdays

Fun!

Winter Volleyball Clinic

These 6 week Sunday afternoon clinics are great for volleyball players of all ability levels. The clinic lead instructor has many years of experience as a coach.

Ages: 4th-5th and 6th-9th

Fee: \$70 + current Club Membership.

Dates: January 22nd-March 5th

Times: 4th-5th 1:00-2:00p.m.
6th-9th 2:00-3:00p.m.



Tae Kwon Do

Tae Kwon Do is a Korean art that emphasizes kicking techniques. It is also an Olympic sport that teaches people to develop the positive aspects of their own personality through respect, courage, self control, confidence, and patience. It is a great workout that involves light contact sparring, self defense, and forms all in a very fun way. All classes take place at the [Main Clubhouse](#).

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