



City of Bellevue

# Youth Health & Fitness

“Building a Healthy Community”

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**Community Services Supervisor**

**July 17, 2024**  
**Parks & Community Services Board Meeting**

# AGENDA

- History and staff
- Youth health and fitness program lines
- Types of sports & activities, locations
- Bellevue skate parks
- TRACKS
- Youth sports and fitness, adult leagues, events
- Challenges and opportunities

# History

- ◆ The Department introduced sports programs in 1965
- ◆ Youth Health & Fitness
  - Prepares children to be active adults
  - Provides an arena for all children to play
  - Program develops skills for life-long recreation



# Our Team

- ◆ Supervisor
- ◆ 3 Coordinators
- ◆ 1 Recreation Technician
  - ◆ (Part-time)
- ◆ 22 Part-time and seasonal



# Youth Health & Fitness Programs



Skate  
Park

Youth  
&  
Adult  
Sports

TRACKS

Events

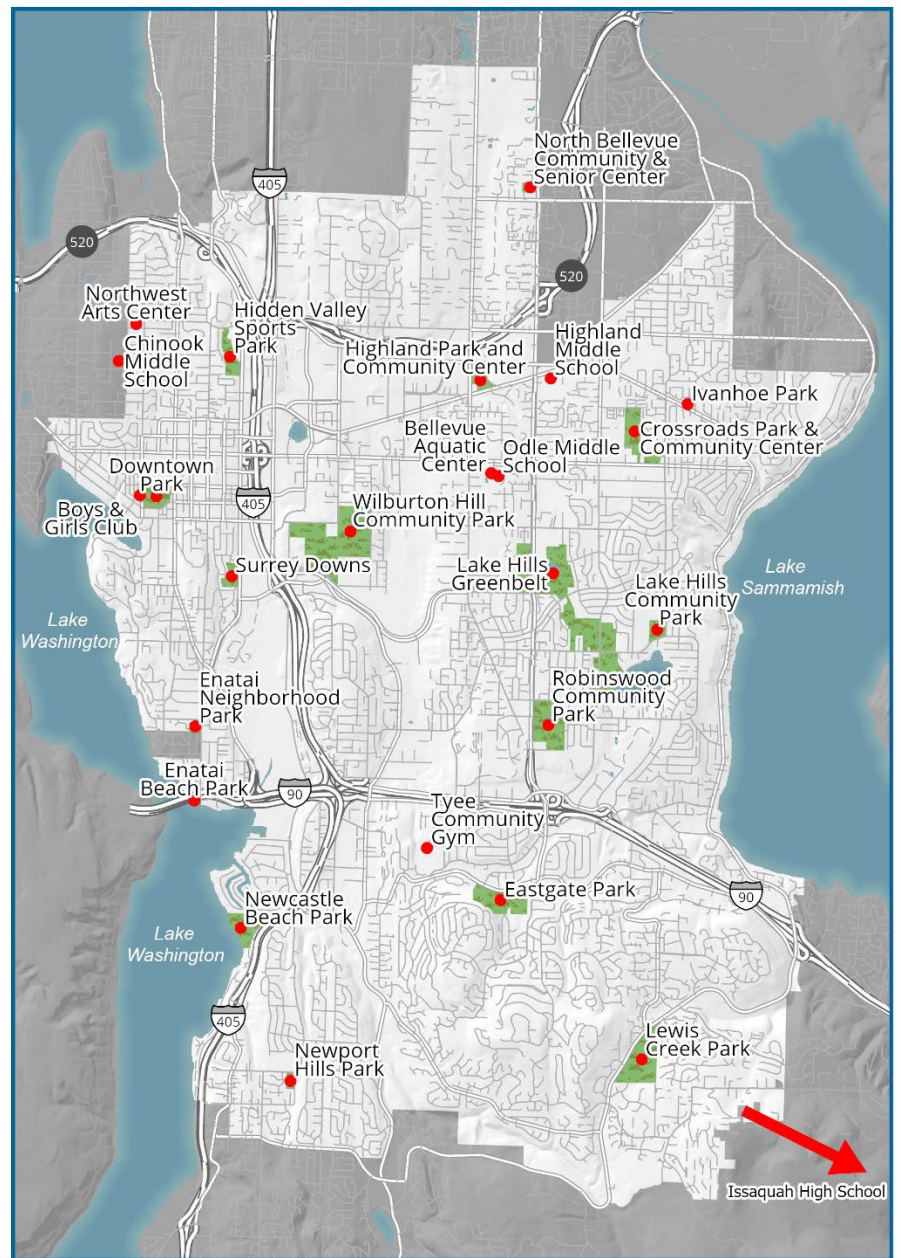
# Traditional & Alternative Sports



- ◆ Serve 12,000 participants annually
- ◆ Offer 78 direct service and contracted programs
  - Clinics
  - Leagues
  - Drop-in Activities
  - Camps
- ◆ Provide 8 annual special events
- ◆ Fill sports, fitness, and education gaps
- ◆ Provide financial assistance and volunteer opportunities
- ◆ Partner with 10 contractors, non-profit organizations, and Eastside Cities

# 25 Locations

- ◆ Schools
- ◆ Community Centers
- ◆ Neighborhood Parks and Sports complexes
- ◆ Trail System
- ◆ 20 more locations outside of Bellevue



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# Bellevue Skate Parks

## Locations

- Highland Indoor Park and Outdoor Skate Plaza
- Crossroads Bowl
- Lakemont Skate Plaza





# Bellevue Skate Park

- One of the longest running indoor skateparks in the country
- 100,000+ individuals since 1994
- 5,600 annual participants
- Programs: classes, camps, events, and rentals
- Pro Shop operations
- Participants: ages 3 - 82 years
- Recognition: Youth Link, WRPA



# TRACKS

*(Teaching, Recreation, Adventure, Competency, Knowledge & Stewardship)*



## ◆ Introduction to Outdoor Recreation

- Trips
- Programs
- Camps
- Events



# TRACKS



- ◆ **Youth**
  - Elementary, Hike, Bike or Snow excursions
- ◆ **Families**
  - Wednesday Walks
  - Park walks, Cascade Hiking Club
- ◆ **Older Adults**
  - Tuesday Trails, hike or snowshoe
- ◆ **All Ages**
  - Events, Speaker series, movie nights
  - Rental equipment

# Youth Sports & Fitness



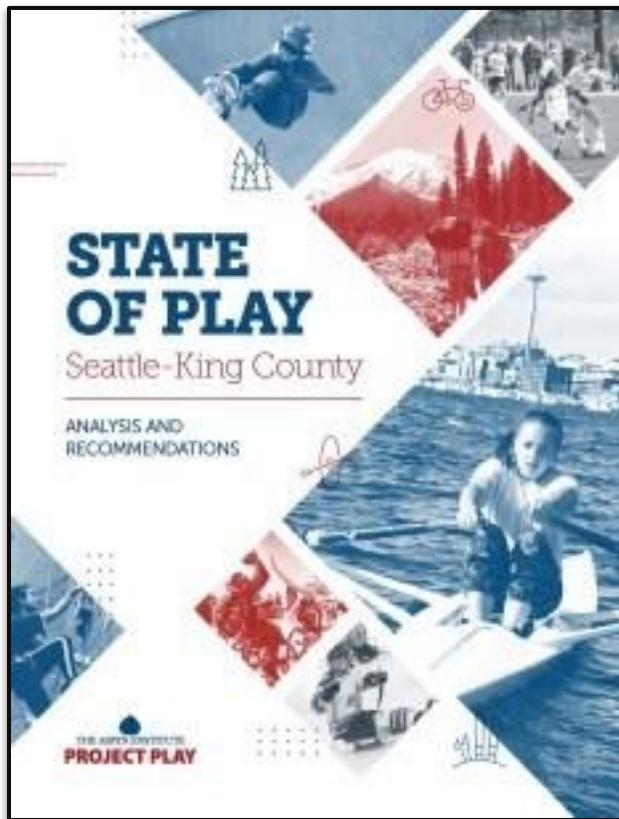
- ◆ Introductory sports education, safe, FUN!
- ◆ Increase the fitness of children and youth through regular activity
- ◆ Programs: Camps, leagues, clinics

- ◆ 5,700 participants
- ◆ Provide volunteer opportunities



# Youth Sports & Fitness

- ◆ King County Play Equity Coalition



# Adult Leagues

- ◆ Recreational Pickleball
- ◆ Volleyball, Basketball Leagues
  - 36 basketball
  - 126 volleyball
- ◆ Drop in
  - WBB
  - PB



# Events

## ◆ Lake-to-Lake Bike Ride

- 11th edition, June 2024
- 500 cyclists
- 2 routes and kids rides

## Cross Country Meet

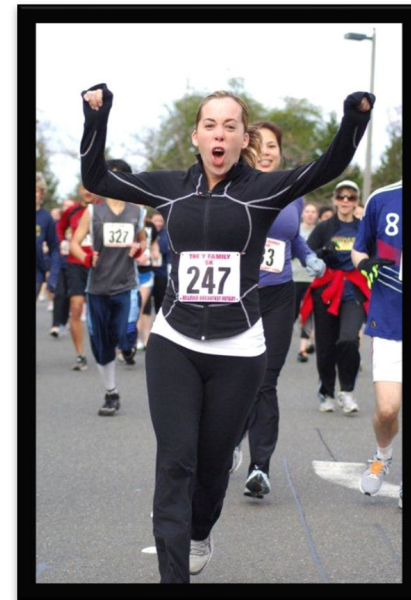
- Autumn, 200 youth

## Splash and Play

- Summer, 20 -30 youth

## All In For Autism Run

- Bellevue Breakfast Rotary



# Challenges & Opportunities

## Challenges

- ◆ Indoor Facilities
- ◆ Outreach
- ◆ Sports Contractors
- ◆ Staff Recruitment



## Opportunities

- ◆ Closer working relationship with BSD
- ◆ Increased volunteerism
- ◆ Monitor program trends







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# Questions?





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# Thank You Have a Great Summer!

