

City of Kirkland Parks & Community Services

Kirkland Parks



SUMMER CAMPS &
SWIM LESSONS

Spring & Summer 2013

Activities
for All Ages!

Adults
50+



experience it!

KirklandParks.net





USTA QUICKSTART YOUTH TENNIS PROGRAM

Come join the Kirkland summer tennis program! From beginners to intermediate players, this program will improve your tennis skills as well as provide hours of fun. Our trained, experienced instructors will be using the USTA's QuickStart tennis program which promotes hands-on learning in a way that is enjoyable and rewarding. Students will participate in skill building activities, rallying and game play. The program operates Monday through Thursday.

Children need to bring a water bottle and sunscreen. **Parents need to be available to pick up children in the event of rain.** *Program days cancelled due to inclement weather will be held on Fridays. Players are encouraged to bring their own racquets but staff will have loaner racquets available.*

PLEASE NOTE: July 1st tennis programs will operate on Monday, Tuesday and Wednesday only.

Mini Tennis Camps

Location: Lake Washington High School Tennis Courts, 12033 NE 80th St., Kirkland • Campers need to bring water

Ages 4 to 5

Resident \$45 / Non-Resident \$54

* July 1st week: 3 days • Resident \$34/ Non-Resident \$41*

Mon-Thur	9-10am	June 24-27	37712
Mon-Wed	9-10am	July 1-3	37748
Mon-Thur	9-10am	July -12	37749
Mon-Thur	9-10am	July 15-18	37750
Mon-Thur	9-10am	July 22-25	37751
Mon-Thur	9-10am	July 29-Aug 1	37752
Mon-Thur	9-10am	Aug 5-8	37753
Mon-Thur	9-10am	Aug 12-15	37754
Mon-Thur	9-10am	Aug 19-22	37755

Ages 6 to 7

Resident \$75 / Non Resident \$90

* July 1st week: 3 days • Resident \$56/ Non-Resident \$67*

Mon-Thur	10-11:30am	Jun 24-27	37721
Mon-Wed	10-11:30am	July 1-3	37756
Mon-Thur	10-11:30am	July 8-11	37757
Mon-Thur	10-11:30am	July 15-18	37758
Mon-Thur	10-11:30am	July 22-25	37759
Mon-Thur	10-11:30am	July 29-Aug 1	37760
Mon-Thur	10-11:30am	Aug 5-8	37761
Mon-Thur	10-11:30am	Aug 12-15	37762
Mon-Thur	10-11:30am	Aug 19-22	37763

Half Day Tennis Camps

Lake Washington High Camp (LW)

Location: Lake Washington High School Tennis Courts, 12033 N.E. 80th St. • LW campers need to bring water, sunscreen and a snack.

HALF DAY • 3 hours • Resident \$95 / Non-Resident \$114

* July 1st week: 3 days • Resident \$71 / Non-Resident \$85

Ages 8 to 10

Mon-Thur	LW	9am-12pm	June 24-27	37730
Mon-Wed	LW	9am-12pm	July 1-3	37731
Mon-Thur	LW	9am-12pm	July 8-11	37732
Mon-Thur	LW	9am-12pm	July 15-18	37733
Mon-Thur	LW	9am-12pm	July 22-25	37734
Mon-Thur	LW	9am-12pm	July 29-Aug 1	37735
Mon-Thur	LW	9am-12pm	Aug 5-8	37736
Mon-Thur	LW	9am-12pm	Aug 12-15	37737
Mon-Thur	LW	9am-12pm	Aug 19-22	37738

Ages 11 to 14

Mon-Thur	LW	9am-12pm	June 24-27	37694
Mon-Wed	LW	9am-12pm	July 1-3	37695
Mon-Thur	LW	9am-12pm	July 8-11	37696
Mon-Thur	LW	9am-12pm	July 15-18	37697
Mon-Thur	LW	9am-12pm	July 22-25	37698
Mon-Thur	LW	9am-12pm	July 29-Aug 1	37699
Mon-Thur	LW	9am-12pm	Aug 5-8	37700
Mon-Thur	LW	9am-12pm	Aug 12-15	37701
Mon-Thur	LW	9am-12pm	Aug 19-22	37702

Full Day Tennis Camps

Peter Kirk Camp (PK)

Location: Peter Kirk Tennis Courts, 202 3rd Street, Kirkland
 • Full day camps held at Peter Kirk Tennis Courts will end their day with an afternoon swim at the Peter Kirk Pool
 • In addition to bringing water and sunscreen, PK campers will also need to bring a snack and lunch, a bathing suit and towel • Campers should be picked up at 3pm at the Peter Kirk tennis courts.

FULL DAY • 6 hours • Resident \$183 / Non-Resident \$220

* July 1st week: 3 days • Resident \$137 / Non-Resident \$165*

Ages 7 to 10

Mon-Thur	PK	9am-3pm	June 24-27	37739
Mon-Wed	PK	9am-3pm	July 1-3	37740
Mon-Thur	PK	9am-3pm	July 8-11	37741
Mon-Thur	PK	9am-3pm	July 15-18	37742
Mon-Thur	PK	9am-3pm	July 22-25	37743
Mon-Thur	PK	9am-3pm	July 29-Aug 1	37744
Mon-Thur	PK	9am-3pm	Aug 5-8	37745
Mon-Thur	PK	9am-3pm	Aug 12-15	37746
Mon-Thur	PK	9am-3pm	Aug 19-22	37747

Ages 11 to 14

Mon-Thur	PK	9am-3pm	June 24-27	37703
Mon-Wed	PK	9am-3pm	July 1-3	37704
Mon-Thur	PK	9am-3pm	July 8-11	37705
Mon-Thur	PK	9am-3pm	July 15-18	37706
Mon-Thur	PK	9am-3pm	July 22-25	37707
Mon-Thur	PK	9am-3pm	July 29-Aug 1	37708
Mon-Thur	PK	9am-3pm	Aug 5-8	37709
Mon-Thur	PK	9am-3pm	Aug 12-15	37710
Mon-Thur	PK	9am-3pm	Aug 19-22	37711

★ Youth Lessons Pg. 28 ★
 ★ Adult Lessons Pg. 47 ★

DAY CAMPS!



JUNIOR SUMMER DAY CAMP

Ages 5 to 8 years

Junior Summer Day Camp is designed to meet the needs of the younger and new camper. Located at the North Kirkland Community Center, campers will have access to all the indoor and outdoor features of the center. Campers will enjoy exciting camp activities, which include arts, science, sports, games, wacky special events, and special guest visitors and entertainers. On hot days we will cool off with fun water drenching activities. Special field trips include children summer concerts at Kirkland Marina Park. Specially trained staff ensures the safety and fun of camp. **Maximum 20 campers.**

PETER KIRK DAY CAMP

Ages 7 to 11 years

Kirkland's longest running day camp is back! Located in the heart of Peter Kirk Park, campers enjoy arts, science, sports, games, weekly field trips and wacky special events led by trained staff. On a daily basis campers will explore Kirkland's many versatile parks and enjoy outdoor adventures. During our hot days, campers will cool off with a visit to the beach or Kirkland's outdoor swimming pool. Our summer camp will help your child forge friendships and create memories that will last a lifetime. **Maximum 50 campers.**



THIS WAY FOR SUMMER FUN!
Registration Info Next Page

JUNIOR SUMMER DAY CAMP

Ages 5 to 8 years

Camp is located at North Kirkland Community Center, 12421 103rd Ave NE

Week 1	Magic Kingdom The Thrill of Disney	June 24–28	R \$175 / Non R \$210	38695
		Extended Care	R \$35 / Non R \$40	38705
Week 2	Pets A Plenty Animal Appreciation	July 1–5 No camp Thur July 4	R \$140 / Non R \$168	38696
		Extended Care	R \$28 / Non R \$30	38706
Week 3	We're Off To See The Wizard Myths & Legends	July 8–12	R \$175 / Non R \$210	38697
		Extended Care	R \$35 / Non R \$40	38707
Week 4	Carnival Craze Midway Fun	July 15–19	R \$175 / Non R \$210	38698
		Extended Care	R \$35 / Non R \$40	38708
Week 5	Top Chef Cookin' Up Some Summer Fun	July 22–26	R \$175 / Non R \$210	38699
		Extended Care	R \$35 / Non R \$40	38709
Week 6	Treasure Hunters Adventures Await	July 29–Aug 2	R \$175 / Non R \$210	38700
		Extended Care	R \$35 / Non R \$40	38710
Week 7	Yee Ha Hoedown Wild West Wacky	Aug 5–9	R \$175 / Non R \$210	38701
		Extended Care	R \$35 / Non R \$40	38711
Week 8	Mayhem & Marvel Comics & Superheroes	Aug 12–16	R \$175 / Non R \$210	38702
		Extended Care	R \$35 / Non R \$40	38712
Week 9	Hooray For Hollywood Lights, Camera, Action	Aug 19–23	R \$175 / Non R \$210	38703
		Extended Care	R \$35 / Non R \$40	38713
Week 10	Oh Yuck Eew Gross	Aug 26–30	R \$175 / Non R \$210	38704
		Extended Care	R \$35 / Non R \$40	38714

PETER KIRK DAY CAMP

Ages 7 to 11 years

Camp is located at Peter Kirk Community Center, 352 Kirkland Ave

Week 1	Get Ready, Get Set, Go! Fun & Games for Everyone	June 24–28	R \$175 / Non R \$210	37910
		Extended Care	R \$35 / Non R \$40	37920
Week 2	Stars & Stripes Flags, Fun & Friendships	July 1–5 (4 days)	R \$140 / Non R \$168	37911
		Extended Care	R \$28 / Non R \$30	37921
Week 3	Going Buggy Bugs, Beetles & Bumble Bees	July 8–12	R \$175 / Non R \$210	37912
		Extended Care	R \$35 / Non R \$40	37922
Week 4	Camp Rock Music, Memories & Mischief	July 15–19	R \$175 / Non R \$210	37913
		Extended Care	R \$35 / Non R \$40	37923
Week 5	Top Chef Cookin' up Some Summer Fun	July 22–26	R \$175 / Non R \$210	37914
		Extended Care	R \$35 / Non R \$40	37924
Week 6	Treasure Hunters Adventure Awaits	July 29–Aug 2	R \$175 / Non R \$210	37915
		Extended Care	R \$35 / Non R \$40	37925
Week 7	Wild West Mosey on in for a Great Time	Aug 5–9	R \$175 / Non R \$210	37916
		Extended Care	R \$35 / Non R \$40	37926
Week 8	Superheroes MARVELous Heroes & Villians	Aug 12–16	R \$175 / Non R \$210	37917
		Extended Care	R \$35 / Non R \$40	37927
Week 9	Hooray for Hollywood! Lights, camera, Action!	Aug 19–23	R \$175 / Non R \$210	37918
		Extended Care	R \$35 / Non R \$40	37928
Week 10	Wet & Wild Beware: Splash Zone	Aug 26–30	R \$175 / Non R \$210	37919
		Extended Care	R \$35 / Non R \$40	37929

* See Extended Care Information to right

Hours

Arrive at 8:45am (parents must sign in child daily). Camp activities start at 9am. Depart between 4pm to 5pm (parents must sign out child daily)

*Extended Care

Early morning 7:30–8:45am and extended care 5–6pm is available at the rate of \$35 Resident / \$40 Non-Resident per week. This service is not pro-rated; it is one weekly flat rate no matter how many hours are used.

Supplies

On a daily basis, please supply your child with labeled: walking shoes and socks, waterproof sun block, rain gear, extra shirt, sack lunch, beverage, afternoon snack, swimsuit and towel.

Health and Medications

A Day Camp Information Sheet must be filled out for each camper, indicating all health concerns, allergies, and limitations. The sheet will be mailed to you with your registration receipt.

Please note that City of Kirkland staff is unable to dispense any type of medication to participants.

Registration Fees/Deposits

Full fee for your initial Summer Day Camp session is required upon registration (fee includes \$25 deposit). Additional session(s) may be reserved by paying a \$25 non-refundable, non-transferable deposit per session per child. (Deposit option NOT available for online registration.) The remaining balance due must be paid by 4pm on Monday, at least two (2) weeks to the start of each session, otherwise the reserved spot and deposit will be lost.

** Camp Refund Policy **

The \$25 deposits for Junior and Peter Kirk Camps are non-refundable and non-transferable. For withdrawals, a refund/credit less the \$25 deposit will be granted if withdrawal request is received at least two (2) weeks prior to the start of camp. No refunds/credit will be granted with less than two (2) weeks' notice.

Registration

Online at www.kirklandparks.net by phone at **425.587.3336**, by mail, or in person at the following locations:

North Kirkland Community Center

12421 103rd Ave NE, Kirkland, WA 98034

Peter Kirk Community Center

352 Kirkland Avenue NE, Kirkland, WA 98033

Use the registration form on page 11, or register online:

www.kirklandparks.net
(with full payment only)



SPRING BREAK CAMPS

Lotions and Potions Beauty Camp

NEW!



Ages 10 to 12 years

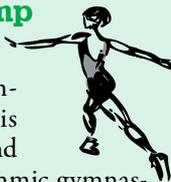
Learn how to save money and be kind to your skin by making your own natural body care products. The class will learn how to make "melt and pour" soap bars, rich and creamy body lotion, lip balm, face masks and body scrubs. The class will also address how various natural additives and essential oils help with different skin challenges.

Instructor: Melissa Graham • Location: McAuliffe Park, 10824 NE 116th St, Kirkland (enter off of 108th Ave NE)
 • Bring a lunch, water bottle, and dress for messy mixing and pampering! • Resident \$140 / Non-Resident \$168

Mon-Fri 10am-2pm Apr 8-12 38795

Rhythmic Gymnastics & Creative Dance Camp

Girls Ages 5 to 12 years



La Luna Rhythmic Gymnastics spring break camp is designed for the beginner and experienced gymnast. Rhythmic gymnastics with balls, ribbons, clubs, ropes, and hoops will be emphasized along with ballet preparation and creative dance. Two snacks are provided by the Academy. You provide a leotard, lunch and water bottle.

La Luna Rhythmic Gymnastics Instructors
 Location: La Luna Academy 11251 120th Ave NE., Ste 150
 www.lalunagym.com

5 days • Resident \$185 / Non-Resident \$238

Mon-Fri 9am-4pm Apr 8-12 38806

For Campers Only: Extended hours (for the week) from 8-9am and 4-6pm, Resident \$35 / Non-Resident \$42

Mon-Fri 8-9am & 4-6pm Apr 8-12 38807

W.O.W. Gross Out: Chemistry

Ages 8 to 12 years **NEW!**



We are excited to offer our new World of Wonder—W.O.W. Boom, splat, slime, ooze, fizz—we'll have a blast and make a mess as we explore the science behind chemical reactions! Students will use the inquiry-based method as we perform experiments to create slime, flubber, a foam machine, a bleeding cabbage, a Styrofoam foam cup meltdown, and more! We'll form hypotheses, record data, and draw conclusions just like real scientists.

Instructor: Great Minds Tutoring • Location: NKCC
 1 week • Resident \$85 / Non-Resident \$102

Mon-Fri 1-3pm Apr 8-12 37280

Spring Break Advantage Basketball Camp

Ages 6 to 17 years



Learn from the pros! Advantage Basketball Camps are nationally recognized as one of the top ball handling and shooting camps in the world. Advantage Basketball Camps were named by "Sports Illustrated Kids" as one of the top camps in the country. Our students will build on their ball-handling skills by learning lightning-quick, one-handed moves off the dribble.

Bring a lunch, snack, and basketball
 Location: Advantage Basketball Training Facility,
 14445 NE Juanita Drive, Kenmore
 Resident \$195 / Non-Resident \$234

Mon-Fri 9am-5pm Apr 8-12 37683

See **Summer Break Lotions & Potions Beauty Camp, ages 10 to 12 years, page 6**

Spring Break Youth Fencing Camp: Anyone For A Duel?

COED: Ages 8 to 17 years

Learn the art of fencing! Join the Washington Fencing Academy, which is a part of the US Fencing Association (USFA), for a week of fun! The curriculum is designed to provide an introduction for your child to one of the most fascinating, exciting and safest sports. Fencing develops discipline, balance, coordination, and sportsmanship and helps with quicker reflexes and an ability to make fast analyses of tactical situations.

Registration fee includes equipment rental and a t-shirt
 Location: NKCC • Resident \$165 / Non-Resident \$198

Mon-Fri 1-4pm Apr 8-12 37816

SUMMER CAMPS

Jumpin' J's Jump Rope Camp!

Ages 6 to 11 years



The Jumpin' J's is a family based business comprised of current and former members of the world-champion Hot Dog USA jump rope team. At jump rope camp, children will learn new skills, find fun ways to stay healthy through exercise, make friends and just have fun! Learn single rope and partner skills, Double Dutch, long rope & specialty jumping. Children will be coached in performance techniques to share during a 30 minute show for family and friends on the last day.

Bring water bottle & lunch, and wear loose, comfortable clothing and tennis shoes • May bring your own jump rope, borrow from Jumpin' J's or purchase one for \$5 on 1st day • Location: NKCC • Resident \$140 / Non-Res \$168

Mon-Fri 11am-2pm July 29-Aug 2 38733

Mon-Fri 11am-2pm Aug 19-Aug 23 38734

Cheerleading Camp

Ages 6 to 9 years



This camp is run by former college and professional cheerleaders—San Francisco 49ers Goldrush, Kellsie Steele, and Georgia Wall, former Seattle Seahawk Seagal! Learn cheers, chants, dances, jumps, good cheerleading skills, and values such as teamwork, trust, and friendship. The final day will be a performance for parents and family.

All campers receive a set of pom poms! • Bring a water bottle and wear loose, comfortable clothing & tennis shoes • Location: NKCC • Resident \$135 / Non-Res \$162

Mon-Fri 1-4pm July 22-26 38723

Youth Fencing Camp: Anyone For A Duel?

COED: Ages 8 to 17 years

Learn the art of fencing! Join the Washington Fencing Academy, which is a part of the US Fencing Association (USFA), for a week of fun! The curriculum is designed to provide an introduction for your child to one of the most fascinating, exciting and safest sports. Fencing develops discipline, balance, coordination, and sportsmanship and helps with quicker reflexes.

Registration fee includes equipment rental and a t-shirt
 Location: NKCC • Resident \$165 / Non-Resident \$198

Mon-Fri 1-4pm Aug 12-16 37817

*** WA State sales tax may be collected ***

SUMMER CAMP FUN!

Giggles & Grins MINI MORNING CAMP!

Ages 3 to 4½ years

This 4-day “mini” camp is fun with creative, quirky, messy, wonderful art! But that’s not all—we will play games, go on adventures through the power of stories, and make new friends! Each week is a different theme. Sign up for all summer! Space limited to eight campers.



Child MUST be potty trained • Dress for a mess and bring a snack and drink for the day • Location: NKCC • 4 days • Resident \$90 / Non-Resident \$108 per session

NOTE: 3-day camp week of July 1 is lower fee of Resident \$67 / Non-Resident \$80

Octopus' Garden (Under The Sea)	9:30am– Noon	Mon–Thur June 24–27	38715
Red, White & Glue (Patriotic Party)	9:30am– Noon	Mon, Tue, Wed July 1,2,3 No camp 7/4	38716
Love Bugs & Butterfly Kisses (Bees, Bugs & Buttons)	9:30am– Noon	Mon–Thur July 8–11	38717
Fairy Tales & Tutus (Wings, Wands & Glass Slippers)	9:30am– Noon	Mon–Thur July 15–18	38718
Give A Hoot (Recycle & Reuse)	9:30am– Noon	Mon–Thur July 22–25	38719
Dinosaurs & S'mores (Prehistoric Play)	9:30am– Noon	Mon–Thur July 29–Aug 1	38720
In My Garden (Sow Much Fun)	9:30am– Noon	Mon–Thur Aug 5–8	38721
Greetings, Earthlings (Space Adventures)	9:30am– Noon	Mon–Thur Aug 12–15	38722

Leap Into Summer Ice Skating Camp

Ages 5 to 16 years

Whether you have never skated, or would like to or enhance your present skill level (figure skating or Ice Hockey) we encourage you to join us for a four day intensive camp. Includes the basic fundamentals of ice skating, spins, jumps, off ice training endurance, choreography, production and goal setting. Skaters will perform on the last day of camp.



Participants will be grouped by skating experience and age • Rental skates are included • Helmets are recommended for beginners and not included

*• Location: Kingsgate Ice Arena, 14326 124th Ave NE
Registration closes 5/24 • Resident \$160 / Non-Res \$192*

Tue–Fri 12:30–4pm June 25–28 38669

Summer Theatre Camps for Wee Ones at NKCC!

Ages 4 to 6 years Let your imagination run wild in theater camp!

Instructor Lauren Hardin received her degree in Theatre Arts from Western Washington University. Camps feature drama, vocal work, movement, music, and a daily visit to the park. Each week will end with a short performance, featuring your own little stars! Camp sizes are limited to 8 children!



Bring a snack and water bottle to camp each day, dress in comfortable clothes that are easy to move in, and wear close-toed shoes • No flip-flops or sandals please • Location: North Kirkland Community Center and Park

Little Mermaids (Mermaids in Training)

Ages 4 to 6 years Out in the ocean, and far under the waves, live the littlest mermaids in their castle-like caves. The caves made of coral with colors so bright that they light up the ocean without the daylight. You'll swim with the mermaids and their friends from the sea, and after a week, you will decree, for dinner, a craving, of shrimp and seaweed!

Resident \$115 / Non-Resident \$138

Mon–Fri 9:30am–12:30pm June 24–28 38786

Her Mini Majesty (Princess in Training)

Ages 4 to 6 years Climb into your carriage the party awaits, you're off to the castle, through jewel crusted gates. A princess in training must know what to do, at a ball like no other, tennis shoes are taboo. Learn to dance like a princess, and dress like one too, and speak like a princess...bibbity, bobbity, boo.

Resident \$115 / Non-Resident \$138

Mon–Fri 9:30am–12:30pm Aug 5–9 38788

Buccaneers, Buckaroos & Backhoes (Blue Collar Adventures)

Ages 4 to 6 years The work week is long, but who's counting the days when you're up with the sun and under its rays. Clearing land with your backhoe, bulldozing too, construction is fun, but there's so much to do. And when construction is through a ship you will sail, to seek treasures afar, so bring a big pail. Then hop on your horse and we'll mosey out west to cavort with some cowboys, and lasso with the best.

Resident \$115 / Non-Resident \$138

Mon–Fri 9:30am–12:30pm July 8–12 38787

Capture the Castle (Dragons, Knights & Damsels)

Ages 4 to 6 years This damsel has problems, she's crying too loud, look up at her window, way up in the clouds. A dragon is guarding her, and it's getting quite hot; he's breathing out fire, and he's burping a lot. On your steed you will fly, through the night on your way, to deliver the Tums that will save the day. You see the dragon was sick, and that's why the heat, a reward from your damsel, Hershey's Kiss, what a treat!

Resident \$115 / Non-Resident \$138

Mon–Fri 9:30am–12:30pm Aug 19–23 38789

Animated Avatar Green Screen Videos Camp **NEW!**



Ages 9 to 15 years Spend the week somewhere “out of this world” as you plan and film yourself on a green screen, and then learn on our computers to digitally place yourself in an exotic location. Interact with an animated avatar “friend” or “foe” that you create. Fight a dragon... fly in outer space (or in a pixie dust forest with fairies)... “rock” on a concert stage... and more! Bring home a DVD of the video YOU produced!

*Please eat lunch beforehand, and bring a small snack
Instructors from Dovetail Associates • Location: NKCC
Resident \$245 / Non-Resident \$294*

Mon–Fri 11:30am–4:30pm June 24–28 38794

Lotions and Potions Beauty Camp **NEW!**

Ages 10 to 12 years

Learn how to save money and be kind to your skin by making your own natural body care products. Learn how to make “melt and pour” soap bars, creamy body lotion, lip balm, face masks and body scrubs. We'll learn how natural additives and essential oils help with different skin challenges.

*Bring a water bottle and dress for messy mixing and pampering! • Instructor: Melissa Graham • Location: NKCC
3 days • Resident: \$63 / Non-Resident \$76*

Mon–Wed 1–4pm July 1–3 38796



SUMMER CAMP FUN!

Rhythmic Gymnastics & Creative Dance Camps

Girls Ages 5 to 10 years

La Luna Rhythmic Gymnastics Academy summer camps are designed for the beginner and experienced gymnast. Rhythmic gymnastics with balls, ribbons, clubs, ropes, and hoops emphasized along with ballet preparation, creative dance with costumes, and even belly dancing! Outdoor activities are incorporated along with lots of fun & play.

Two snacks are provided by the Academy • You provide a leotard, lunch, and water bottle • Instructor: La Luna Rhythmic Gymnastics • Location: La Luna Academy 11251 120th Ave NE Suite #150 Kirkland, www.lalunagym.com

Resident \$185 / Non-Resident \$238

Extended camp hours (by the week) from 8-9am & 4-6pm
Resident Extended Camp \$35 / Non-Resident \$42

Week of July 1-5 ONLY: 4 days, Res \$168 / Non-Res \$202, Extended Camp: Resident \$28 / Non-Res \$34

Wk 1	June 24-28	9am-4pm	38735
	Extended Care	8-9am & 4-6pm	38753
Wk 2	**July 1-5 No camp 7/4	9am-4pm	38736
	Extended Care	8-9am & 4-6pm	38754
Wk 3	July 8-12	9am-4pm	38737
	Extended Care	8-9am & 4-6pm	38755
Wk 4	July 15-19	9am-4pm	38738
	Extended Care	8-9am & 4-6pm	38756
Wk 5	July 22-26	9am-4pm	38739
	Extended Care	8-9am & 4-6pm	38757
Wk 6	July 29-Aug 2	9am-4pm	38740
	Extended Care	8-9am & 4-6pm	38758
Wk 7	Aug 5-9	9am-4pm	38741
	Extended Care	8-9am & 4-6pm	38759
Wk 8	Aug 12-16	9am-4pm	38762
	Extended Care	8-9am & 4-6pm	38773
Wk 9	Aug 19-23	9am-4pm	38763
	Extended Care	8-9am & 4-6pm	38774

Yoga Camp For Kids

Ages 7 to 11 years

Yoga is a wonderful way for kids to increase their strength, flexibility, and balance. It helps them become aware of themselves and the connection we share between each other and all living things all contributing to a healthy mind and body and what's more, having fun doing it! Kids learn best when they are having fun and this camp is packed full of it! Full of dynamic yoga poses, fun props, games, and time to relax, this camp is sure to be a highlight this summer!

Please send your child in comfortable clothing that allows movement and a snack • Instructor: Dana Hein-Skaggs • Location: McAuliffe Park 10824 NE 116th St (Enter from 108th Ave, 1st driveway on right) • Res \$115 / Non-Res \$138

Mon-Wed 10am-12:30pm July 1-3 38732

LEGO® Pre-Engineering Camp

Ages 5 to 6 years

Let your imagination run wild with over 100,000 pieces of LEGO®! Build engineer-designed projects such as boats, bridges, mazes, and motorized cars. Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well TEKologies Instructor.

Location: NKCC • 1 week

Resident \$195 / Non-Resident \$234

Mon-Fri 1-4pm July 22-26 38790

LEGO® Engineering FUNdamentals Camp

Ages 7 to 11 years

Power up your engineering skills with Play-Well TEKologies and over 100,000 pieces of LEGO®! Apply real-world concepts in physics, engineering and architecture through engineer-designed projects such as arch bridges, skyscrapers, motorized cars, and the Battletrack! Challenging for new and returning students.

Instructor: Play-Well TEKologies Location: NKCC

1 week • Resident \$195 / Non-Resident \$234

Mon-Fri 1-4pm July 15-19 38791

Bashem' Bots with LEGO®

NEW!

Ages 7 to 10 years

Our Play-Well Engineering instructors guide students in this advanced Play-Well engineering camp, as they re-engineer standard vehicles into mechanized machines that can traverse challenging obstacles, battle against fellow bots, and take on Play-Well TEKologies Instructors' colossal creations.

Location: NKCC • 1 week

Resident \$195 / Non-Resident \$234

Mon-Fri 1-4pm Aug 5-9 39240

Skateboarding Camp

COED: Ages 6 to 12 years

Are you ready to rip it up this summer? Whether you're a boy or girl, totally new or a total ripper, this skate camp is for you! Along with dedicated and caring instructors, skaters will participate in group activities, as well as small group instruction. Beginners will learn the basics of riding and board control, while more advanced skaters will learn tricks such as "ollies" and how to drop-in. Beyond skating, participants will explore skateboard maintenance, skate park etiquette, and how to progress safely.

Price includes a t-shirt, all supply costs and use of skateboarding gear including helmet, pads, and board • Camp is conducted by "Skate Like a Girl"

Location: Peter Kirk Skate Park, 202 3rd Street

Resident \$190 / Non-Resident \$228

Mon-Fri 9am-1pm Aug 5-9 37832

Kirkland Lacrosse Camp

Ages 6 to 11 years

Learn the game that's taking over the Pacific Northwest—Lacrosse! This camp will be geared toward beginner players, Kindergarten to 3rd grade. Campers will learn the basic skills of the game; scooping the ball, cradling, shooting, catching and throwing as well as simple concepts through specific drills and games.

All equipment is provided • Please bring a water bottle, sunscreen and a snack each day • Location: Crestwoods Soccer Field, 1818 6th St • Resident \$125 / Non-Res \$150

Mon-Fri 9am-12pm July 29-Aug 2 37836

Advantage Basketball Camp

Ages 6 to 17 years

Learn from the pros! Advantage Basketball Camps are nationally recognized as one of the top ball handling and shooting camps in the world for kids ages 6 to 17. Advantage Basketball Camps were named by "Sports Illustrated Kids" as one of the top camps in the country. Our students will build on their ball-handling skills by learning lightning-quick, one-handed moves off the dribble.

Please bring a lunch, snack, and basketball

Location: Advantage Basketball Training Facility, 14445 NE Juanita Dr • Resident \$195 / Non-Resident \$234

Mon-Fri 9am-5pm Aug 12-16 37682

* WA State sales tax may be collected *

SUMMER CAMP FUN!

* WA State sales tax may be collected *

UK Elite Soccer Camp



COED: Ages 5 to 8 years

Join UK Elite, "leaders in youth soccer education", for a weeklong soccer camp that combines fun and an educational soccer experience! Typical days include mass games, structured practices, scrimmages and our World Cup Tournament to end each day. Professional coaches ensure players have a memorable experience & improve their skills.

Every player will receive a camp t-shirt along with a detailed player evaluation at the end of the week
• Location: Crestwoods Soccer Field, 1818 6th Street

HALF DAY Resident \$145 / Non-Resident \$174

Mon-Fri	9am-12pm	July 8-12	37686
Mon-Fri	9am-12pm	Aug 19-23	37688

FULL DAY Resident \$200 / Non-Resident \$220

Mon-Fri	9am-3pm	July 8-12	37687
Mon-Fri	9am-3pm	Aug 19-23	37689

UK Elite Soccer School



COED: Ages 8 to 14 years

U.K. Elite Soccer Schools are designed to take players to the next level. We prepare individual players for more advanced technical skills and an understanding of individual and group tactics. Our dynamic coaching methods will ensure every player significantly improves during the week.

Every player will receive camp t-shirt along with a detailed player evaluation at the end of the week
• Location: Crestwoods Soccer Field, 1818 6th Street

HALF DAY Resident \$145 / Non-Resident \$174

Mon-Fri	9am-12pm	July 8-12	37690
Mon-Fri	9am-12pm	Aug 19-23	37692

FULL DAY Resident \$200 / Non-Resident \$220

Mon-Fri	9am-3pm	July 8-12	37691
Mon-Fri	9am-3pm	Aug 19-23	37693

Ninja Turtle Camp



Ages 7 to 12 years

Your kids have seen the TV shows and cartoons. Now they can learn all martial arts moves as well as respect and self-discipline. All our martial arts props are made of foam and wood so no one gets hurt. We use the foam sickle, wooden sword, and foam nunchux. They will love the cool moves and you will love the life-skills they learn.

Wear loose comfortable clothing and pack a lunch!
Instructor & Location: Miller Martial Arts Academy 8920 122nd Ave NE, Kirkland • 3 days • Res \$99 / Non-Res \$119

Mon, Wed, Fri	June 24, 26, 28	9am-2pm	39364
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Skyhawks Tiny Hawk Soccer

Ages 3½ to 5 years



Soccer is introduced in a fun, safe environment with lots of encouragement. Campers must be between 42 and 60 months of age and toilet trained in order to participate. Children will learn balance, body movement, hand/eye coordination, and skill development.

All participants receive a merit award • The participant-to-coach ratio is approximately 6:1 • Participants should bring appropriate clothing, a water bottle, running shoes, and sunscreen • Location: Juanita Beach Park, 9703 NE Juanita Dr • Resident \$49 / Non-Resident \$59

Mon-Fri	12:30-1:15pm	June 24-28	37823
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Skyhawks Mini Hawk Multi-Sport Camp (Soccer, Baseball & Basketball)

Ages 4 to 7 years



This multi-sport program was developed to give children a positive first step into athletics. Baseball, basketball and soccer are taught in a safe, structured environment. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace.

All participants receive a t-shirt, ball and a merit award • Participant-to-coach ratio is approximately 8:1 • Bring appropriate clothing, two snacks, a water bottle, running shoes and sunscreen • Location: Juanita Beach Park, 9703 NE Juanita Dr • Resident \$129 / Non-Res \$155

Mon-Fri	9am-12pm	June 24-28	37819
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Skyhawks Multi-Sport Camp (Baseball & Flag Football)

Ages 6 to 12 years



Our multi-sport camp is designed to introduce athletes to a variety of different sports in one setting. We combine baseball and flag football into one fun-filled week. Athletes will learn the rules and essentials skills of each sport along with vital life lessons such as respect and teamwork.

All participants receive a t-shirt, ball, and a merit award • The participant-to-coach ratio is approximately 12:1 • Bring appropriate clothing, a lunch and snack, a water bottle, running shoes, a baseball glove, and sunscreen • Location: Emerson High School Field, 10903 NE 53rd St Resident \$149 / Non-Res \$179

Mon-Fri	9am-3pm	July 15-19	37820
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Skyhawks Track & Field Camp

Ages 6 to 12 years

Skyhawks Track & Field combines technical development, fundamental techniques, and safety with a major focus on fun! Using special equipment, our staff teaches the fundamentals of body positioning, stride, proper stretching, and cool-down techniques. Participants put it all together for one fun-filled day at the Skyhawks track meet!

Participants receive T-shirt and merit award • Participant-to-coach ratio is approximately 14:1 • Bring appropriate clothing, 2 snacks, a water bottle, running shoes, & sunscreen • Location: Kirkland Middle School Track, 430 18th Ave., Kirkland • Resident \$129 / Non-Res \$155

Mon-Fri	9am-12pm	July 22-26	39720
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Skyhawks Beginning Golf Camp



COED: Ages 5 to 11 years

Campers will learn the fundamentals of swinging, putting, and body positioning. Skyhawks has adopted the SNAG (Starting New at Golf) system to its curriculum. SNAG is specifically designed for the entry-level player; SNAG simplifies instruction so that young players can make an easy and effective transition onto the golf course.

All equipment provided • All participants will receive a t-shirt and merit award • Please bring a water bottle, 2 snacks and sunscreen to camp each day
Location: Crestwoods Soccer Field, 1818 6th Street

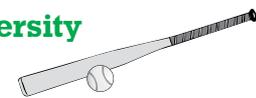
COED: Ages 5 to 8 • Resident \$129 / Non-Resident \$155

Mon-Fri	9am-12pm	July 15-19	37821
Mon-Fri	9am-12pm	Aug 5-9	37822

COED: Ages 9 to 11 • Resident \$129 / Non-Resident \$155

Mon-Fri	1pm-4pm	July 15-19	37830
Mon-Fri	1pm-4pm	Aug 5-9	37831

Northwest University Softball Camp



Ages 9 to 15 years

The Northwest University (NU) girls' softball camp will help young athletes better execute the fundamentals of fastpitch softball while having fun! The camp will cover the basics of throwing, fielding, baserunning, hitting, and bunting.

Instructed by current softball head coach, John Bacon, and NU women's softball team • Campers will be divided based on age and skill level • Athletes must provide their own softball gloves and bat, bring water and wear appropriate workout clothing
Resident \$75 / Non-Resident \$90

Mon-Fri	9am-12pm	July 29-Aug 2	37835
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experience it!



Dear Kirkland Community,

On behalf of the entire Parks and Community Services Department, we wish to extend a big thank you to Kirkland voters for your support in approving Proposition 2 on November 6th. The Parks Levy will fund preservation, maintenance and enhancement of Kirkland's parks and natural areas, provide lifeguards at Houghton, Waverly and Juanita Beach parks, and will allow us to acquire park land for future neighborhood parks. A complete listing of projects the levy will fund is on the back cover of this brochure.

I invite you to take advantage of the many beautiful parks, trails, and recreation programs that your parks system has to offer.

Kirkland Parks, experience it!

Jennifer Schroder, Director, Parks and Community Services

SPEND YOUR SUMMER ON THE SAND!

New **Adult Beach Volleyball** at Juanita Beach Park! Two divisions. Games on Monday or Tuesday evenings.



PETER KIRK POOL

Open June 3–Sept 2

Aquatic classes, programs, and public swims for all ages.

Pages 33–46

LIFEGUARDED BEACHES

Lifeguards on duty July 1–Sept 2

Monday–Sunday 12:00–6:00pm

At **Houghton, Waverly** and—
new for 2013— **Juanita Beach!!**

Page 36

CELEBRATING THE 10th YEAR OF KIRKLAND'S WALKING PROGRAM...

PAGE 66



GET MOVING WITH THE KIRKLAND STEPPERS!

AGE 50+ WALKING PROGRAM

Spring and Summer 2013

Kirkland Parks & Community Services
Recreation Classes and Services

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Registration Options & Information

ONLINE: KirklandParks.net

When enrolling online, print your receipt when prompted.

WALK-IN

North Kirkland Community Center
12421 103rd Ave NE
425.587.3350

Peter Kirk Community Center
352 Kirkland Ave.
425.587.3360

PHONE-IN

Please have class number and credit card information ready!

**Monday–Friday
9:00am–4:00pm
425.587.3336**

This number is for registration only. For questions or more information, please call one of the locations listed to the left.

MAIL IN

Send form & payment to:
**123 Fifth Avenue
Kirkland, WA 98033**

FAX-IN

Fax form with credit card payment to:
**425.587.3303
425.587.3354**

Peter Kirk Community Center Special Events

- Unless otherwise noted, special event tickets will be available until 5:00pm seven working days prior to the event (no tickets will be sold the day of the event).
- Special event tickets are not refundable or transferable.

Resident & Non-Resident Fee Structure

- Registrants with a Kirkland postal address are considered Residents. Non-Residents who work within the City limits are eligible for the resident rate.

Registration Information

- Registration is first come, first served. Online registration is your best opportunity for getting into the program of your choice!
- If mailing or faxing your registration, please put down an alternative in case your first choice class is full.
- Call our offices if you do not receive a confirmation within 7 days of mailing / faxing your request.

Registration Form

To the right on page 11 or download a PDF from: www.kirklandwa.gov/depart/parks/Recreation_Programs/currentbrochure.htm

Facility Information

Parks & Community Services Office

505 Market St, Suite A, Kirkland, WA 425.587.3300
Hours: Monday–Friday, 8:00am–4:00pm

North Kirkland Community Center (NKCC)

12421 103rd Ave NE, Kirkland, WA 425.587.3350

Peter Kirk Community Center (PKCC)

352 Kirkland Ave, Kirkland, WA 425.587.3360

Parks Maintenance & Operation Office

1129 8th St, Kirkland, WA 425.587.3340
Hours: Monday–Friday, 6:30am–3:30pm

Recreation Hot Line 425.587.3335

City Web Address

www.KirklandWA.gov

Kirkland City Council

- Joan McBride**, Mayor
- Doreen Marchione**, Deputy Mayor
- Bob Sternoff**
- Penny Sweet**
- Toby Nixon**
- Amy Walen**
- Dave Asher**

Kirkland Park Board

- Susan Keller**, Chair
- Shawn Fenn**, Vice Chair
- Sue Contreras**
- Amy Johnson**, Youth Representative
- Shelley Kloba**
- Ted Marx**
- Rick Ockerman**
- Adam White**

Accommodation of Disabilities

The City of Kirkland is committed to accommodating citizens with disabilities and special needs. Kirkland Parks and Community Services will make every reasonable effort to ensure that programs are accessible. If you need assistance participating in our activities, please call us at 425.587.3300. TTY/TTD 425.587.3111

Snow & Inclement Weather Policy

The safety of program participants is a prime consideration when determining if programs should be cancelled due to inclement weather. Parks Department classes and programs are cancelled when the Lake Washington School District closes due to inclement weather. For information regarding evening or weekend cancellations, please call:

- North Kirkland Community Center Programs . . . 425.587.3350
- Peter Kirk Community Center Programs . . . 425.587.3360
- Recreation Hot Line 425.587.3335



Kirkland Parks Class Registration Form

Adult Name (Last) _____ (First) _____ (M.I.) _____		
Address _____		City _____ Zip _____
Day Phone _____	Evening Phone _____	Emergency Contact Name / Phone # _____
Email address (Required to register online) _____		<input type="checkbox"/> Resident <input type="checkbox"/> Non-Resident Are you over 50? <input type="checkbox"/> Yes <input type="checkbox"/> No
Please Note: <input checked="" type="checkbox"/> you are claiming Resident Fees for working in City Limits you must provide Employee Name, Company Name & Address Employee Name: _____ Company Name & Address: _____		

Activity Title	Activity #	Fee	Participant Name		Child Date of Birth	M/F	Alternative Choice
			First	Last			
		\$ _____	Total				

Hold Harmless Agreement

Indemnification. In consideration for myself and/or my child being allowed to participate in the subject activity, for myself, my heirs and personal representatives, to the extent allowed by law, I hereby waive and release all claims for damages I or my child now or may hereafter have against the City of Kirkland and their agents for any injuries and damages suffered in connection with my or my child's participation. I further agree to defend, indemnify and hold harmless the City of Kirkland and their agents for any injury and damages suffered in connection with my or my child's participation. I further agree to defend, indemnify and hold harmless the City of Kirkland and their agents from all claims for injury or death, or for loss or damage to property, filed by anyone against the City of Kirkland and their agents which arises out of my or my child's participation, except for injury or damage caused by the sole negligence of the City of Kirkland and their agents. I, the undersigned participant and/or parent or guardian of the minor participant, give my permission to have photos/video tapes taken, without recompense, during activities and used for publicity purposes.

Signature: _____ Date: _____

Signature of Parent Guardian Participant

Checks payable to: **City of Kirkland**
 OR fill in Credit Card Information:



Card # _____
 Exp. Date _____
 Signature _____

Vision Statement

"The Department of Parks and Community Services continues to enrich and enhance Kirkland's quality of living. The Department sensitively and efficiently manages Kirkland's diverse public lands, actively responds to the leisure needs of all residents, and effectively leads a collaborative community response to basic human services. We strive for excellence, we project a positive and enthusiastic attitude, we are accountable for our actions and value the needs and concerns of co-workers, the public, institutions, and other agencies."

Disclaimer

This schedule of classes is published for information purposes only. We strive to produce the most accurate brochure possible. However, some program information may have changed after this brochure has gone to print. We will make every effort to notify students of the changes.

The City of Kirkland complies with the State of Washington's "Fair Play in Community Sports Act" (Chapter 467, 2009 Laws, effective date July 26, 2009) that prohibits discrimination against any person in a community athletics program on the basis of sex. Any questions or comments please contact Jennifer Schroder, Parks and Community Service Director.

Parks & Recreation Refund / Credit / Sales Tax

- Refund/credits are granted if request is made at least five (5) business days prior to the start of class, less a \$10.00 administrative fee. Fee applies to each class withdrawn. Please Note: Classes paid for by check or cash will be refunded by check and must be in amounts greater than \$10.00 (balances under \$10.00 will be held for one calendar year). Refunds to credit cards will be made for face amount of the credit and will be processed at the end of the class session.
- 100% Refund if class cancelled by Parks and Recreation.
- Class withdrawal requested less than five (5) business days prior to the start of class will result in a credit/refund of 50% of the registration fee, less a \$10.00 administrative fee. Fee applies to each class withdrawn.
- No refunds for classes costing less than \$10.00.
- No refunds/credits will be issued on or after the first day of class.
- Transfers must be requested five (5) business days prior to the start of class (except swim class notification of new level by swim instructor.)
- Online registrants please note: Parks and Recreation staff must process transfers. Online enrollments resulting in withdrawals are subject to withdrawal policies listed above. You can print your receipt when prompted to do so at end of registration process.
- Effective July 2011 the WA State Department of Revenue requires municipalities to collect and render retail sales tax for many amusement and recreation sports programs.

TIME FOR TENNIS!



Tennis has wonderful benefits including:

- Aerobic Fitness
- Lower Body Fat
- Lower Cholesterol
- Reduced Risk of Heart Disease
- Better Bone Health

From a study published in a 2007 issue of the "British Journal of Sports Medicine"



**YOUTH LESSONS
PAGE 27**

**ADULT LESSONS
PAGE 48**



Henry Bischofberger Violins
Third Generation Violin Maker

"Voted Evening Magazine's Best of Western WA"

www.hkbviolins.com
425 822-0717

Sales Appraisals Repairs Rentals

[PAID ADVERTISEMENT]

SPEND YOUR SUMMER ON THE SAND!

New **Adult Beach Volleyball** at Juanita Beach Park! Two divisions. Games on Monday or Tuesday evenings. **Page 49**




TENNIS FOR ALL AGES

Central Park Tennis Club

5820 125th Lane NE, Kirkland WA 98033 | 425-822-2206 | www.centralparktennisclub.com

Join Today!

- 18 Courts
- No Court Fees
- 8 Tennis Pros
- Summer Camps
- Outdoor Pool
- Fitness Facility
- Lowest Member to Court Ratio
- Highly Acclaimed Junior Program
- Weekly Tennis Programs & Clinics

[PAID ADVERTISEMENT]



North Kirkland Community Center

NIKCC

experience it!

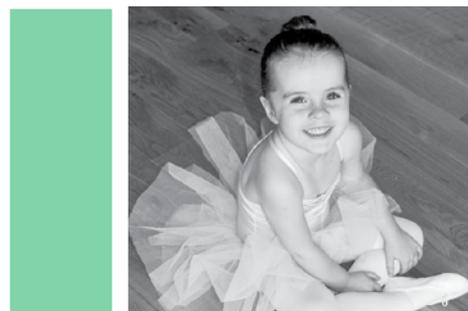


**Classes and activities
for all ages and interests
on the following pages.**

Come join us!



- Parent/Child
- Preschool
- Youth & Teen
- Adult Fitness and Special Interest



Parent/Child Programs

Most classes held at: NKCC
North Kirkland Community Center

12421 103rd Ave NE ★ 425.587.3350

Parent/Child Class Requirements

- ★ Children must be able to follow directions and participate in small group settings.
- ★ Children take part in classes with a parent.
- ★ Please take your child to the bathroom before class.
- ★ No siblings other than infants in carriers. Registered participants only.
- ★ Refer to class description for "no class" dates. Please be on time!
- ★ Individual classes that are canceled due to instructor illness or emergencies will be made up the week following the end date of class, where the schedule allows. If the schedule does not allow for a make-up class, a credit will be issued.

Wiggle Clap and Sing for Babies

Ages 1 to 15 months with parent

Play musically with your baby through bouncing and rocking songs, wiggle and peek-a-boo games, and dancing, moving, and singing! The foundation is laid for rhythm awareness, voice and language, and aural discrimination. Instructor Kate Fynn is an accomplished vocalist with experience in the Seattle Symphony Choir. She has been working with babies and children in a variety of settings and would love to share the joy of music with our families and the community.

See www.wiggleclapandsing.blogspot.com
Instructor: Miss Kate • Location: NKCC • 5 weeks
Resident \$36 / Non-Resident \$43

Sat	9:30–10:15am	Apr 13–May 11	38270
Sat	9:30–10:15am	June 1–29	38271
Sat	9:30–10:15am	July 13–Aug 10	38272



Wiggle Clap and Sing for Toddlers

Ages 15 months to 2 years with parent

It's never too early to explore music! This is a fun, creative class designed for you and your toddler. We will introduce musical components such as rhythm, melody, and a variety of instruments. You and your toddler will be able to express yourselves through music and body movement. This class is great for developing pre-math, pre-literacy, and social skills in every child!

See www.wiggleclapandsing.blogspot.com
Instructor: Miss Kate • Location: NKCC • 5 weeks
Resident \$36 / Non-Resident \$43

Sat	10:25–11:10am	Apr 13–May 11	38274
Sat	10:25–11:10am	June 1–29	38275
Sat	10:25–11:10am	July 13–Aug 10	38276

Wiggle Clap and Sing for Preschoolers

Ages 2 to 5 years with parent

This is a joyful and engaging class for you and your preschooler. We will make sense of the world through rhythm and melody while becoming more familiar with instruments and songs. Your preschooler will gain social skills such as self control and listening, as well as pre-literacy skills. We will also have fun with music and body movement.

See www.wiggleclapandsing.blogspot.com
Instructor: Miss Kate • Location: NKCC • 5 weeks
Resident \$36 / Non-Resident \$43

Sat	11:20am–12:05pm	Apr 13–May 11	38278
Sat	11:20am–12:05pm	June 1–29	38279
Sat	11:20am–12:05pm	July 13–Aug 10	38280

Move and Grow

Instructor Jessica Gleason has a strong foundation in dance, inspired and trained by world renowned dance educator and developer of BrainDance, Anne Green Gilbert. From "Tummy Time," coordinated movements, to nursery rhymes, Jessica has an extremely creative and joyful approach to teaching that integrates the mind and body, and reinforces the importance of movement in early life.

Move and Grow for Babies

Ages 2 months to pre-walking w/ adult

Movement in the early years of life plants the seed for lifelong learning! Enrich your child's first year of life with movement, music, and fun! Learn fun activities for enjoying tummy time and make playful social/emotional connections. Build optimal brain development using nursery rhymes, instruments, multi-sensory props while moving to a wide variety of music!

Location: NKCC

Spring 8 weeks • Resident \$88 / Non-Resident \$106

Tue	11:30am–12:30pm	Apr 23–June 11	38282
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Summer 5 weeks • Resident \$55 / Non-Resident \$66

Tue	11:30am–12:30pm	July 2–30	38284
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Move and Grow for Toddlers

Ages walking to 30 months with adult

Dancing together with your child while exploring movement activities and practicing skills is not only lots of fun but also educational! A wide variety of music, props, rhythm instruments, BrainDance rhymes and an obstacle course add to the playful environment and learning.

Location: NKCC

Spring 8 weeks • Resident \$88 / Non-Resident \$106

Tue	9:30–10:30am	Apr 23–June 11	38286
Tue	10:30–11:30am	Apr 23–June 11	38287

Summer 5 weeks • Resident \$55 / Non-Resident \$66

Tue	10:30–11:30am	July 2–30	38288
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Baby Boogie Woogie

Ages 12 months to 36 months w/ parent

Attention Tiny Tots—Are you tired of watching the older preschoolers have all the fun? In this musical class we will sing all the old favorites, make our own music with an assortment of fun instruments, and march to our own drummer! Teacher Karen Renfroe-Gielgens has over 20 years experience teaching programs to our preschoolers.

Please take note of our age groups; you are now able to attend this class with your younger and older ones
 • Instructor: Karen Renfroe-Gielgens • Location: NKCC
 4 weeks • Resident \$29 / Non-Resident \$35

12 to 18 months No class 4/8, 5/27

Mon	9:15–10am	Apr 1–29	38293
Mon	9:15–10am	May 6–June 3	38294
Mon	9:15–10am	June 24–July 15	38299
Mon	9:15–10am	July 22–Aug 12	38300

12 to 36 months No class 4/8, 5/27

Mon	10:10–10:55am	Apr 1–29	38295
Mon	10:10–10:55am	May 6–June 3	38296
Mon	11:05–11:50am	Apr 1–29	38297
Mon	11:05–11:50am	May 6–June 3	38298
Mon	10:10–10:55am	June 24–July 15	38301
Mon	10:10–10:55am	July 22–Aug 12	38302
Mon	11:05–11:50am	June 24–July 15	38303
Mon	11:05–11:50am	July 22–Aug 12	38304

Gardening

Parent/Child How Does Your Garden Grow

Ages 2 to 5 years with parent

Join this class for a fun hands-on exploration of how seeds grow, the work of bugs, the beauty of nature, and much more. Projects may include planting, outdoor exploration, and crafts. Dress warmly; this class will be conducted in the covered shelter area of our beautiful McAuliffe Park.

Location: McAuliffe Park, 10824 NE 116th St, Kirkland (To enter the park, head north on 108th Ave NE from NE 116th St, then turn into the first driveway on the right)
 • Instructor: Miss Susie • 4 weeks • Supply fee of \$8 payable to the instructor on the 1st day of class
 Resident \$29 / Non-Resident \$35

Wed	10–10:45am	May 1–22	38332
Wed	11–11:45am	May 1–22	38333

Parent/Child Art

Ages 2½ to 3½ years with parent

Monthly themed classes are a fun and affordable way for parents and children to explore the world of art. We'll provide all the tools like glue, glitter, paint, and dough to inspire your little ones to create their masterpieces. Dress to get messy In our Indestructible are room!

Peep and Hop in April

Ages 2½ to 3½ years with parent

Spring has sprung and with it brings rainbow eggs and fluffy things. From yellow chicks and lop-eared bunnies to colorful nests made of the Sunday funnies. You'll have a hopping good time in this parent/child art class!

*Location: NKCC • 3 weeks
 Resident \$24 / Non-Resident \$29*

Mon	9:30–10:15am	Apr 15–29	38318
Thur	10:30–11:15am	Apr 18–May 2	38319

Moonbeams In A Jar for May

Ages 2½ to 3½ years with parent

From twinkling stars to moons of clay, we'll travel along the Milky Way. And while we're creating art in space, we won't forget our momma's face. We'll take her swinging on a star, and bring her moonbeams home in a jar. It's such a sweet and messy way to celebrate her special day.

*Location: NKCC • 3 weeks
 Resident \$24 / Non-Resident \$29*

Mon	9:30–10:15am	May 6–20	38314
Thur	10:30–11:15am	May 16–30	38315

Farmers Market Day for June

Ages 2½ to 3½ years with parent

Two peas in a pod or melons we'll make, from a market idea for goodness sake. Fruits or veggies for art, isn't that smart? And you know that it's true, they're good for you too, when your done with your stay, you'll smile and say, "I'm full from the fun, I've had a great day"!

*Location: NKCC • 3 weeks
 Resident \$24 / Non-Resident \$29*

Mon	9:30–10:15am	June 3–17	38316
Thur	10:30–11:15am	June 6–20	38317

Saturday Parent/Child Art

Ages 2 to 5 years with parent

What's more fun than Saturday morning cartoons? Saturday Art, of course! We've combined our Messy Art and Parent/Child Art classes to give you a messy experience creating in our house. From homemade play-dough to seasonal crafts, we'll do it all and the best part is...the mess stays here!

Location: NKCC • 3 weeks • Resident \$24 / Non-Res \$29

Sat	9:50–10:35am	Apr 13–27	38320
Sat	10:45–11:30am	Apr 13–27	38321
Sat	9:50–10:35am	May 4–18	38322
Sat	10:45–11:30am	May 4–18	38323
Sat	9:50–10:35am	June 1–15	38324
Sat	10:45–11:30am	June 1–15	38325
Sat	9:50–10:35am	July 13–27	38326
Sat	10:45–11:30am	July 13–27	38327
Sat	9:50–10:35am	Aug 10–24	38328
Sat	10:45–11:30am	Aug 10–24	38329



Messy Art For Twos With Parent

2 year olds only with parent

Tickle your two year old's senses in this messy art class designed just for this age! Children love to play messy—from smearing paint and kneading dough to experimenting with glue, colors, and mixing. This type of sensory and tactile play helps to develop self-expression and creativity while rewarding children with the emotional pleasures of "hands-on" art. Dress for a mess!

*Instructors: Miss Monique & Miss Pam • Location: NKCC
 3 weeks • Resident \$24 / Non-Resident \$29*

Mon	10:30–11:15am	Apr 15–29	38305
Wed	9:30–10:15am	Apr 17–May 1	38306
Thur	9:30–10:15am	Apr 18–May 2	38307
Mon	10:30–11:15am	May 6–20	38308
Wed	9:30–10:15am	May 15–29	38309
Thur	9:30–10:15am	May 16–30	38310
Mon	10:30–11:15am	June 3–17	38311
Wed	9:30–10:15am	June 5–19	38312
Thur	9:30–10:15am	June 6–20	38313

Parent / Child Kids in Motion

Up and over, under and through, balls and streamers, tunnels and YOU!

Meet friends, build confidence and have FUN developing large muscle motor skills. Our age appropriate program progresses with your children... they'll be crawling, climbing, balancing, bouncing, even hula-hooping their way through each class! A wide variety of equipment and activities makes this class a favorite. Motion I and II are for parent and child. See page 22 for child-only Kids In Motion classes.

Location: NKCC

Parent/Child Motion I

Ages 18 to 26 months • Child must be walking!

Spring 6 weeks • No class 4/10 & 4/11
Resident \$42 / Non-Resident \$50

Wed	9:15–10am	Apr 3–May 15	38342
Thur	9:50–10:35am	Apr 4–May 16	38343

Spring 5 weeks • Resident \$35 / Non-Res \$42

Wed	9:15–10am	May 29–June 26	38344
Thur	9:50–10:35am	May 30–June 27	38345

Summer 6 weeks • Resident \$42 / Non-Resident \$50

Wed	9:15–10am	July 10–Aug 14	38346
Thur	9:50–10:35am	July 11–Aug 15	38347

Parent/Child Motion II

Ages 24 to 36 months

Spring 6 weeks • No class 4/10 & 4/11
Resident \$42 / Non-Resident \$50

Wed	10:05–10:50am	Apr 3–May 15	38350
Thur	10:45–11:30am	Apr 4–May 16	38351

Spring 5 weeks • Resident \$35 / Non-Res \$42

Wed	10:05–10:50am	May 29–June 26	38352
Thur	10:45–11:30am	May 30–June 27	38353

Summer 6 weeks • Resident \$42 / Non-Resident \$50

Wed	10:05–10:50am	July 10–Aug 14	38354
Thur	10:45–11:30am	July 11–Aug 15	38355

Parent/Child Preschool Cooking Series

Ages 2 to 5 years with parent

Classes will be held in the cozy kitchen at our beautiful McAuliffe Park, 10824 NE 116th St, Kirkland (To enter the park, head north on 108th Ave NE from NE 116th St, then turn into the first driveway on the right) Instructor Miss Susie will open up your child's eyes and senses as you peel, pour, shred, shake, bake, mash and more!

Itty Bitty Breakfast Club

Ages 2 to 5 years with parent

Can you give a pig a pancake, or a moose a muffin? Well maybe, if you learn to cook! Everyone knows that breakfast is the most important meal of the day. Mommy – it will chase away the tired, restless, and irritable grumpies! Join us as we give a tot a teacher, instructions, a recipe, friends...

Location: McAuliffe Park • Supply fee of \$6 payable to instructor Miss Susie • 3 weeks • No class 4/12
Resident \$29 / Non-Resident \$35

Fri	9:30–10:30am	Apr 5–26	38334
Fri	10:45–11:45am	Apr 5–26	38335

Dips & Sticks

Ages 2 to 5 years with parent

What's more fun than a dip in the pool? A dip that you make, sometimes hot, sometimes cool. The dip will be ready when you measure, pour, and mix, then the secret is the goody that you've put on sticks. Dip your stick, take a bite, and smack your lips with delight!

Location: McAuliffe Park • Supply fee of \$6 payable to instructor Miss Susie • 3 weeks
Resident \$29 / Non-Resident \$35

Fri	9:30–10:30am	May 3–17	38336
Fri	10:45–11:45am	May 3–17	38337

Teddy Bear Picnic Fare

Ages 2 to 5 years with parent

Spend a bright spring day prepping and preparing a picnic. We'll pack our wicker basket, red-checked tablecloth, and invite the ants. So bring your favorite stuffed friend, and come along with us as we picnic and share a story outside (weather permitting) in McAuliffe Park.

Please note that this class is a little longer so that we can pack and picnic, even if it has to be inside! • Location: McAuliffe Park • Supply fee of \$6 payable to instructor Miss Susie • 3 weeks • Resident \$32 / Non-Resident \$38

Fri	9:30–10:45am	June 7–21	38338
Fri	11–12:15am	June 7–21	38339

See page 18 for Creating in the Kitchen, ages 3 to 5 years



Party Time!

Don't let the rain keep you from having a playground party—celebrate your special day at the North Kirkland Community Center!

Have an hour of private play time at our outrageously fun indoor playground! Enjoy the rest of your celebration in your very own private party room! Applications at: www.kirklandwa.gov under "How Do I Rent a Park/Facility?"

Call & Reserve Your Special Day!

425.587.3350

2 Hour Package: Resident \$140 / Non-Resident \$168 • 25 Children Max. • Sat. or Sun.

Language

Sign With Your Baby

Ages 6 months to 2 years (pre-verbal) with adult

Did you know babies as young as six months of age can communicate with you before they speak clear words? Visually Speaking offers Baby Signing classes to hearing families using American Sign Language. You will be amazed at what your baby is telling you!

Location: NKCC • 6 weeks • Resident \$120 / Non-Res \$144

NOTE: 2nd child in same family fee:
Resident \$60 / Non-Resident \$72

Thur	11am–12pm	Apr 11–May 16	38291
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Polly-Glots

Polly-Glots was founded in 2007 by a mom with a dream of bringing the wonder of her multi-lingual upbringing to other children. Their mission is to offer engaging and affordable language immersion classes for children and to foster a community of families interested in bringing foreign language and culture into their homes.

Spanish for Preschoolers

Ages 1 to 5 years with parent

This Spanish immersion class integrates play, music, movement, and art to engage children and connect the foreign sounds and words to everyday items and activities. Themes include music, stories, and games that are often familiar to parents and easy to repeat in the home. Vocabulary is provided so parents can reinforce the language outside of class. Class ages may be combined to prevent class cancellations.

Location: NKCC • 10 weeks • No class 4/10
Resident \$168 / Non-Resident \$202

Ages 1 to 3 years

Wed	9:30–10:15am	Apr 3–June 12	38358
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Ages 1 to 5 years

Wed	10:30–11:15am	Apr 3–June 12	38359
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Ages 4 to 5 years

Wed	1–1:45pm	Apr 3–June 12	38360
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For French ages 4 to 7 years, see page 19

Parent/Child Dance for Twos **NEW!**

Twos in Tutus Creative Dance

Age 2 with parent

Don't wait until you're three to twirl in your tutu! It's hard to wait we know, it's hard to make your body grow up to age three to take a class, so we've added this time to spin and dance. Bring your mom in her sweats (it's ok), and twirl to the music in your own special way. And when you turn three, you'll be ready we bet, for Preschool Dance A and a pirouette!

Leather soled ballet slippers required

Location: NKCC • 6 weeks • Resident \$29 / Non-Res \$35

Fri	9:45–10:15am	Apr 5–May 17	39180
Fri	9:45–10:15am	May 24–June 28	39181
Fri	9:45–10:15am	July 19–Aug 23	39182



Story Time! **FREE!**

Pajama Stories in the Park

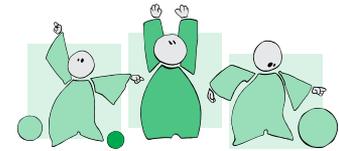
Ages 2 to 7 years with parent

Finish your Friday Market shopping and picnic, and while the nights are still warm and before the stars start to show their twinkle, spread out your blanket and relax at beautiful Juanita Beach Park for Pajama Time Stories. Wear your jammies while you listen to our theater instructor, Miss Lauren, read enchanting children's stories in only the way a drama queen can! Memories like this are what your children will remember!

Location: Juanita Beach Park

Instructor: Lauren Hardin • Drop-in program

Fri	6:30pm	Aug 30
Fri	6:30pm	Sept 6



Indoor Playground

at North Kirkland Community Center

Drop-in Program for ages 1 to 5 years with parent

Rain or shine, our toys are divine! Escape cabin fever and come to the North Kirkland Community Center, across from the choo-choo train park. Kids have lots of room to run and play! Parents must supervise their children.

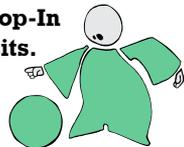
Apr 16–June 13

12421 103rd Ave NE
Kirkland, 425.587.3350

Tue 10am–1pm • Wed 11am–2pm
Thur 10am–1pm

Book a private party with Indoor Playground toys! See Page 22 for details.

Convenient cost-saving Drop-In Punch Cards! \$25 for 10 visits. These make great gifts!



Please bring exact change ★ Fee \$3 per visit, per child at the door ★ No charge for babies under 12 months ★ No 6 year olds, please!
★ Sorry, no snacks or drinks allowed

Preschool Programs

Most classes held at: NKCC
North Kirkland Community Center
12421 103rd Ave NE ★ 425.587.3350

Preschool Class Requirements

- ★ Children must be able to follow directions and participate in small group setting.
- ★ Children take part in classes without a parent.
- ★ Please take your child to the bathroom before class, and meet your child in the classroom as soon as class is over.
- ★ No siblings other than infants in carriers. Registered participants only.
- ★ Refer to class description for “no class” dates.
- ★ Please be on time!
- ★ Individual classes that are canceled due to instructor’s illnesses or emergencies will be made up the week following the end date of class, where the schedule allows. If the schedule does not allow for a make-up class, a credit will be issued.

Imagination Theater

Ages 3 to 5 years

Ever traveled to far-away places? Felt the urge to fight a dragon? Talked to animals lately? Became the Hero? Now you can, without ever leaving the classroom! Through various drama games, music, and other creative activities using our imagination!

Instructor: Miss Lauren • Location: NKCC
4 weeks • Resident \$28 / Non-Resident \$34

Tue	9:45–10:30am	Apr 16–May 7	38367
Tue	10:45–11:30am	Apr 16–May 7	38368
Tue	9:45–10:30am	May 21–June 11	38369
Tue	10:45–11:30am	May 21–June 11	38370

ABC & 123 “Preschool Fun For Everyone”

Ages 3 to 5 years

This is the class for you if your preschooler is ready to learn, but not ready for an all day preschool commitment. We offer a 1 to 8 teacher/student ratio and our environment is structured, safe and fun! Miss Susie will teach letter and color recognition, number sequencing, and science, seasons and art doing creative group and individual projects.

Choose from a 1 hour or 1½ hour class • We recommend the 1 hour programs for beginners • Location: NKCC

Ages 3 years • 5 weeks • No class 4/9
Resident \$53 / Non-Resident \$64 (per session)

Tue	9:30–10:30am	Apr 2–May 7	38361
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Ages 3 to 4 years • 5 weeks • No class 4/9
Resident \$80 / Non-Resident \$96 (per session)

Tue	10:40am–12:10pm	Apr 2–May 7	38362
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Ages 4 to 5 years • 5 weeks • No class 4/9
Resident \$80 / Non-Resident \$96 (per session)

Tue	12:30–2pm	Apr 2–May 7	38363
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Ages 3 years • 5 weeks
Resident \$53 / Non-Resident \$64 (per session)

Tue	9:30–10:30am	May 21–June 18	38364
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Ages 3 to 4 years • 5 weeks
Resident \$80 / Non-Resident \$96 (per session)

Tue	10:40am–12:10pm	May 21–June 18	38365
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Ages 4 to 5 years • 5 weeks
Resident \$80 / Non-Resident \$96 (per session)

Tue	12:30–2pm	May 21–June 18	38366
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Art Adventures NEW TIME! (Parent Participation Optional)

Ages 3 to 5 years

You’re a little bit older, and now ready for this, a safari in art you won’t want to miss. So lace up your boots, on a hunt we will go, that will take us through paint lands and mountains of dough. We’ll capture the colors and textures and more, and release them to projects you’re sure to adore.

Location: NKCC • 3 weeks
Resident \$24 / Non-Res \$29

Wed	10:30–11:15am	Apr 17–May 1	38379
Wed	10:30–11:15am	May 15–29	38380
Wed	10:30–11:15am	June 5–19	38381



Creating in the Kitchen with Karen

Ages 3 to 5 years (children only)

Is your kid a “foodie”? Does he/she watch the Food Network on TV, or show an interest in creating kitchen cuisine? Nurture his/her curiosity in this tasty class where your child will practice creativity and culinary skills while learning kitchen safety and developing healthy eating habits. Plan, prep, and prepare for a gastronomic good time! BAM!

Instructor: Karen Renfroe-Gielgens
Location: McAuliffe Park, 10824 NE 116th St, Kirkland (enter off of 108th Ave NE).

8 weeks • No class 4/8 & 5/27
\$10 supply fee payable to instructor
Resident \$69 / Non-Resident \$83

Mon	2:30–3:30pm	Apr 1–June 3	38371
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4 weeks • \$5 supply fee payable to instructor
Resident \$34 / Non-Resident \$41

Mon	2:30–3:30pm	June 24–July 15	38375
Mon	2:30–3:30pm	July 22–Aug 15	38377

For Creating in the Kitchen with Karen ages 4 to 8, see page 24



Language Polly-Glots

Polly-Glots was founded in 2007 by a mom with a dream of bringing the wonder of her multi-lingual upbringing to other children. Their mission is to offer engaging and affordable language immersion classes for children and to foster a community of families interested in bringing foreign language and culture into their homes.

French For Children **NEW!**

Ages 4 to 7 years with parent participation optional

This French immersion class integrates play, music, movement, and art to engage children and connect the foreign sounds and words to everyday items and activities. Themes include music, stories, and games that are often familiar to parents and easy to repeat in the home. Vocabulary is provided so parents can reinforce the language outside of class.

*Instructor: Frederique Battestini/Polly-Glots
Location: NKCC*

**10 weeks • No class 4/13 & 5/25
Resident \$168 / Non-Resident \$202**

Sat	10–10:45am	Apr 6–June 22	38948
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6 weeks • Resident \$101 / Non-Resident \$121

Sat	10–10:45am	July 13–Aug 17	38949
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**For Parent/Child Spanish
ages 1 to 5 years, see page 17.**

Science/Art Series

Senses For Salvador Dali

A Science/Art Experience

Ages 4 to 6 years

Each week children will explore important concepts that will teach them how to use their five senses to learn about the world. They will also compare their senses to those in the animal kingdom. This sensory development will be followed with an exploration of art, experiencing watercolors, pastels, paints and clay.

Instructor: Miss Melissa • Location: NKCC

5 weeks • Resident \$69 / Non-Resident \$83

Tue	12:30–2pm	Apr 23–May 21	38382
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4 weeks • Resident \$55 / Non-Resident \$66

Tue	10:30am–12pm	May 28–June 18	38383
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Fur and Feathers For Picasso

A Science/Art Experience

Ages 4 to 6 years

Children will explore the wonders of the animal kingdom and learn about the unique qualities of the different creatures from invertebrates to mammals. They will follow up their natural science activity with an exploration of art, experiencing watercolors, pastels, paints, and clay. Don't miss out as we investigate invertebrates, amphibians, reptiles, birds, and mammals!

Instructor: Miss Melissa • Location: NKCC

5 weeks • Resident \$69 / Non-Resident \$83

Tue	10:30am–12pm	Apr 23–May 21	38384
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4 weeks • Resident \$55 / Non-Resident \$66

Tue	12:30–2pm	May 28–June 18	38385
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Science/Art Summer Sensation Workshops

A Science/Art Experience

Ages 4 to 5 years

During the summer these quick and magical weeks will spark the inquisitive and creative nature in your child while incorporating fun science and experiments in art. Miss Melissa has a wonderful way with children and will share her knowledge and sense of adventure with your child in the beautiful surroundings of McAuliffe Park. Sign up early for one or both of these magical weeks, space is limited to 6!

Instructor: Miss Melissa • Location: McAuliffe Park, 10824 NE 116th St, Kirkland • To enter the park, head north on 108th Ave NE from NE 116th St., then turn into the 1st driveway on the right.

The Human Body

A Science/Art Experience

Ages 4 to 5 years

In Human Body week children will discover how their body works. Each day they will focus on a different system of the body. Topics will include cardiovascular, digestive, muscular, skeletal, nervous, and respiratory systems. They will follow up their science discovery with an exploration of art, experience watercolors, pastels, paints and clay.

1 week • Resident \$75 / Non-Resident \$90

Mon–Fri	10–11:30am	July 8–12	38944
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Mon–Fri	12–1:30pm	July 15–19	38945
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Food Science **NEW!**

A Science/Art Experience

Ages 4 to 6 years

Does your child play with their food? Not a problem in our food science week. Students will work on projects that will help them explore cooking chemistry and the science of foods. Every chemistry lesson will be followed by an edible, hands-on science experiment.

1 week • Resident \$75 / Non-Resident \$90

Mon–Fri	12–1:30pm	July 8–12	38946
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Mon–Fri	10–11:30am	July 15–19	38947
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McAULIFFE PARK

10824 NE 116th St
Kirkland

The following classes and camps are located just around the corner from the North Kirkland Community Center in our beautiful McAuliffe Park location.

- > Creating in the Kitchen for Youth
- > Parent/Child Preschool Cooking Series
- > How Does Your Garden Grow (Spring)
- > Lotions and Potions Camp (Spring)
- > Yoga Camp for Kids (Summer)
- > Art / Science Summer Workshops

Preschoolers

Preschool Music

Move Over Mozart Piano Classes

Ages 3 to 6 years

Learn to play familiar tunes on the piano, read music, and, basic music theory. Class recitals throughout the year are optional. Having a piano at home is not a requirement; instruction on community center piano or keyboard is included in instruction.

A one-time \$10 materials fee is payable to instructor and due at first class • Class size is limited to 6 (additional classes may be added based on waiting lists)

• For more information visit moveovermozart.net.

*Location: NKCC • 10 weeks • No class 4/11, 5/27 & 7/4
Resident \$89 / Non-Resident \$107*

Preschool: Ages 3 to 4 years

Mon	4–4:30pm	Apr 8–June 17	38430
Mon	5–5:30pm	Apr 8–June 17	38431
Thur	4–4:30pm	Apr 4–June 13	38432
Thur	5:30–6pm	Apr 4–June 13	38433
Mon	4–4:30pm	June 24–Aug 26	38950
Mon	5–5:30pm	June 24–Aug 26	38951
Thur	4–4:30pm	June 20–Aug 29	38952
Thur	5:30–6pm	June 20–Aug 29	38953

Grade K-1: Ages 5 to 6 years • No class 4/11, 5/27 & 7/4

Mon	4:30–5pm	Apr 8–June 17	38434
Mon	5:30–6pm	Apr 8–June 17	38435
Thur	4:30–5pm	Apr 4–June 13	38436
Thur	6–6:30pm	Apr 4–June 13	38437
Mon	4:30–5pm	June 24–Aug 26	38954
Mon	5:30–6pm	June 24–Aug 26	38955
Thur	4:30–5pm	June 20–Aug 29	38956
Thur	6–6:30pm	June 20–Aug 29	38957

Jazz for Children

Ages 3 to 4½ years

Jazz – It’s fun, upbeat, and allows for just enough “free dance.” This might be the perfect combination class because ballet techniques are taught through jazz. Start with a simple warm up followed by intros to turns, kicks, and leaps, with time for free form expression. Parents may join us for the last class to watch and take pictures.

Ballet slippers required • Location: NKCC

Spring 10 weeks • No class 4/10 • Res \$72 / Non-Res \$86

Wed	9:40–10:25am	Apr 3–June 12	39026
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Summer 9 weeks • Resident \$64 / Non-Resident \$77

Wed	9:40–10:25am	June 26–Aug 21	39027
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Preschool Dance

Preschool Ballet A

Ages 3 to 4½ years with no previous dance experience

Participants must be able to attend without parent present. This exciting introduction to creative dance emphasizes musical expression, coordination and movement exploration. Mirrors and music create an enchanting dance environment.

Parents may join us for the last class to watch and take pictures • Ballet slippers required! Location: NKCC

Spring 10 weeks • No class 4/8-13; 5/27

Resident \$72 / Non-Resident \$86

Mon	9:45–10:30am	Apr 1–June 17	38998
Wed	10:30–11:15am	Apr 3–June 12	39184
Wed	11:25am–12:10pm	Apr 3–June 12	38999
Thur	10:20–11:05am	Apr 4–June 13	39000
Sat	9–9:45am	Apr 6–June 15	39001
Sat	9:50–10:35am	Apr 6–June 15	39002

Summer 9 weeks for Monday, Wednesday, & Saturday classes • Resident \$64 / Non-Resident \$77

Mon	9:45–10:30am	June 24–Aug 19	39003
Wed	10:30–11:15am	June 26–Aug 21	39185
Wed	11:25am–12:10pm	June 26–Aug 21	39004
Sat	9–9:45am	June 29–Aug 24	39006
Sat	9:50–10:35am	June 29–Aug 24	39007

Summer 8 weeks for Thursday class • No class 7/4

Resident \$57 / Non-Resident \$68

Thur	10:20–11:05 am	June 27–Aug 22	39005
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Preschool Ballet B

Ages 4 to 6 years

Older preschoolers and children with previous dance experience will explore musicality, artistic expression and a repertoire of dance steps.

Parents may join us for the last class to watch and take pictures • Ballet slippers required! • Location: NKCC

Spring 10 weeks • No class 4/8-13; 5/27 •

Resident \$72 / Non-Resident \$86

Mon	11:25am–12:10pm	Apr 1–June 17	39008
Thur	11:15am–12pm	Apr 4–June 13	39009
Sat	10:40–11:25am	Apr 6–June 15	39010

Summer 9 weeks for Monday, Wednesday, & Saturday classes • Resident \$64 / Non-Resident \$77

Summer 8 weeks for Thursday class • No class 7/4

Resident \$57 / Non-Resident \$68

Mon	11:25am–12:10pm	June 24–Aug 19	39011
Thur	11:15am–12pm	June 27–Aug 22	39012
Sat	10:40–11:25am	June 29–Aug 24	39013

Preschool Ballet/Tap Combo A

Ages 3 to 4½ years

Remember your first pair of shiny black tap shoes? We do! Tap was so much fun we just had to add it to our Preschool Ballet Class! This class will introduce the very beginning movements of ballet and the toe tapping sounds of tap.

*Parents may join us for the last class to watch and take pictures • Ballet slippers and tap or dress shoes required!
• Location: NKCC*

Spring 10 weeks • No class 4/8-13; 5/27

Resident \$72 / Non-Resident \$86

Mon	10:35–11:20am	Apr 1–June 17	39014
Thur	9:30–10:15am	Apr 4–June 13	39015
Thur	4–4:45pm	Apr 4–June 13	39016

Summer 9 weeks for Monday class

Resident \$64 / Non-Resident \$77

Mon	10:35–11:20am	June 24–Aug 19	39017
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Summer 8 weeks for Thursday class • No class 7/4

Resident \$57 / Non-Resident \$68

Thur	9:30–10:15am	June 27–Aug 22	39018
Thur	4:20–5:05pm	June 27–Aug 22	39019

Preschool Ballet/Tap Combo B

Ages 4 to 6 years

This class is for the older preschooler and also for children with previous dance experience. No more going eeny meeny miny moe! We’ve taken out the tough decision of choosing between 2 classes by combining the elements of Preschool Dance B with the toe tapping sounds and movement of a tap class. Parents may join us for the last class to watch and take pictures

*Ballet slippers and tap or dress shoes required!
Location: NKCC*

Spring 10 weeks • No class 4/10 & 4/11

Resident \$72 / Non-Resident \$86

Wed	12:15–1pm	Apr 3–June 12	39020
Thur	4:50–5:35pm	Apr 4–June 13	39021

Summer 9 weeks for Wednesday class

Resident \$64 / Non-Resident \$77

Wed	12:15–1pm	June 26–Aug 21	39022
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Summer 8 weeks for Thursday class • No class 7/4

Resident \$57 / Non-Resident \$68

Thur	4:50–5:35pm	June 27–Aug 22	39023
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See page 17 for NEW Dance Class for Two Year Olds w/ Parent!

Cheerleading

Pee Wee Cheer

Ages 3 to 5 years

YOU CAN DO IT, YES YOU CAN! Join Cheer Coach Georgia (former Seahawk Seagal) for a cheerleading class geared toward your peppy preschooler. PeeWee cheerleaders will learn cheers, chants, and dances formatted for beginners. We even provide the poms! Students must be potty trained and able to attend class without mom or dad present. New routines each session! Parents may join us on the last day of class to see what we have learned. Wear loose comfortable clothing and tennis shoes.

6 weeks • Location: NKCC
Resident: \$24 / Non-Resident \$29

Mon	3:15–3:45pm	Apr 15–May 20	39028
Mon	3:15–3:45pm	June 3–July 8	39029

For Cheerleading classes ages 5 to 8, see page 27.



Preschool Sports and Fitness



Little Tumblers 1

Ages 3 to 4 years

FUNDamental tumbling is geared toward the 3 and 4 year old preschooler. Basic tumbling skills are taught on floor mats. Introduction to low balance beam, bar, and trampoline. The emphasis in this class is placed on coordination, technique, and FUN!

Please dress comfortably in shorts, T-shirts or leotards
No clothing with buttons or zippers • 6 weeks
No class 4/8, 4/12, & 5/27 • Location: NKCC
Resident \$43 / Non-Resident \$52

Mon	4–4:45pm	Apr 1–May 13	39033
Mon	4–4:45pm	May 20–July 1	39034
Fri	10:30–11:15am	Apr 5–May 17	39035
Fri	10:30–11:15am	May 24–June 28	39036
Fri	11:30am–12:15pm	Apr 5–May 17	39037
Fri	11:30am–12:15pm	May 24–June 28	39038
Mon	4–4:45pm	July 15–Aug 19	39040
Fri	10:30–11:15am	July 19–Aug 23	39041
Fri	11:30am–12:15pm	July 19–Aug 23	39042

Little Tumblers 2

Ages 4 to 6 years

This class is for children with previous tumbling experience only. We will review our tumbling skills and advance to the next level with additional work on all apparatus. Please dress comfortably in shorts, T-shirts or leotards.

No clothing with buttons or zippers
Location: NKCC • 6 weeks • No class 4/8 & 5/27
Resident \$43 / Non-Resident \$52

Mon	4:50–5:35pm	Apr 1–May 13	39047
Mon	4:50–5:35pm	May 20–July 1	39048
Mon	4:50–5:35pm	July 15–Aug 19	39049

Mighty Mite Martial Arts

Ages 4 to 6 years

North Kirkland Community Center is teaming up with Miller Martial Arts Academy to bring an introduction to Martial Arts for boys and girls. Learn about non-violent conflict resolution, better concentration and listening skills, and build coordination, flexibility and self control. At this age there will never be contact between participants. The last week of class we will have a graduation ceremony to a Mighty Mite White Belt.

Location: Miller Martial Arts Academy,
8920 122nd Ave NE, Kirkland • 8 weeks
No class 5/25 & 5/27 • Resident \$38 / Non-Resident \$46

Mon	3:15–3:45pm	Apr 15–June 10	39030
Wed	3:15–3:45pm	Apr 17–June 5	39031
Sat	10:30–11am	Apr 20–June 15	39032

Ice Skating

All Ages!

Introducing the thrill and athletic challenge of Ice Skating in a fun and safe learning environment. Our professional learn-to-skate staff will teach a progression of skills to ensure safety and provide an understanding of the basic fundamentals of ice skating. Participants will progress toward edge control and more advanced footwork. Whether you are a beginner or would like to enhance your present skill level (figure skating or ice hockey), we encourage children and adults to join. Students will be divided into their skill level and age level.

Skates will be provided and helmets are highly recommended • Classes will be held at Kingsgate Arena; 14326 124th Ave NE, Kirkland WA 98034 • Classes will include 30 minutes of professional instruction and 30-minutes of practice/free skating time • Last day of class is “bring a buddy for free day” • Skates will be provided for your buddy • Registration deadline is: one week prior to start of first class • Please arrive ½ hour before class to get skates on • Please wear warm clothes, jacket and gloves

7 weeks • No class 5/24 or 5/27
Resident \$113 / Non-Resident \$136

Ages 5 to Adult

Fri	6pm–7pm	Apr 26–June 14	38664
Mon	6pm–7pm	Apr 29–June 17	38660
Mon	6pm–7pm	July 8–Aug 19	38666

Ages 4 to Adult

Tue	10:45–11:45am	Apr 30–June 11	38662
Tue	10:45–11:45am	July 9–Aug 20	38667

Rhythmic Gymnastics

North Kirkland Community Center is teaming up with La Luna Rhythmic Gymnastics Academy to bring this beautiful Olympic sport of Rhythmic Gymnastics to the Kirkland community. Class are offered in a safe, friendly, new studio in your neighborhood. Rhythmic Gymnastics combines the grace and beauty of ballet and creative movement with music. Participants perform athletic tricks with ribbons, balls, hoops, ropes and clubs. Self-esteem, discipline, flexibility, dance and artistry, concentration, eye/hand coordination, and aerobic exercise are some of the benefits of this unique sport. Gymnasts learn the basic positions of ballet and do routines with music.

Instructor Arzu Karaali has trained athletes for National and International competitions and has worked with athletes as a choreographer for the 1996 Olympic Games in Atlanta • She was selected seven times "Best Choreographer of the Year" in Washington and was awarded "Coach of the Year" three times by the USA Gymnastics Federation in Region 2

Location: La Luna Gym – 11251 120th Ave NE Suite #150 Kirkland, WA 98033 • www.lalunagym.com

Rhythmic Gymnastics Level 1 Beginners

Girls Ages 4 to 5

Introduces students to basic positions of Ballet and Rhythmic Gymnastics apparatus while encouraging confidence, creativity, flexibility of movement and self-expression.

No experience necessary • Gymnastics leotard required, bare feet or socks OK • Location: LaLuna Gym, 11251 120th Ave NE, Ste 150, Kirkland

12 weeks • Resident: \$108 / Non-Resident \$130

Tue	2–2:45pm	Apr 2–June 18	39333
Tue	3–3:45pm	Apr 2–June 18	38958

10 weeks • No class 4/13 • Resident: \$90 / Non-Res \$108

Sat	12–12:45am	Apr 6–June 15	38959
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For Rhythmic Gymnastics ages 6 to 10, see page 27

Rhythmic Gymnastics Level 2 Advanced

Girls Ages 4 to 5

This Level 2 class has been designed for 4 and 5 year olds with experience. The class reinforces the foundation of ballet and rhythmic gymnastics while introducing advanced techniques. It is important that your child be able to listen and follow directions in order to challenge and prepare for the next level!

Gymnastics leotard required, bare feet or socks OK • Minimum of one year dance or gymnastics experience required • Location: LaLuna Gym, 11251 120th Ave NE, Ste 150, Kirkland

Wednesday 11 weeks • Resident: \$108 / Non-Res \$130

Wed	5–5:45pm	Apr 3–June 19	38960
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Saturday 10 wks • No class 4/13 • Res \$90 / Non-Res \$108

Sat	12–12:45pm	Apr 6–June 15	38961
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PRESCHOOL Kids in Motion

Up and over, under and through, balls and streamers, tunnels and YOU!

Meet friends, build confidence and have FUN developing their large muscle motor skills. Our age appropriate program progresses with your child... they'll be crawling, climbing, balancing, and bouncing! A wide variety of equipment and activities makes this class a favorite. See page 16 for parent/child Kids in Motion classes for younger children.

Location: NKCC

Kids In Motion – On My Own

Perfect for children transitioning to non-parent participation. This ½ hour class is for children only.

Ages 28 months to 3 years

6 weeks • No class 4/11 • Resident \$27 / Non-Res \$32

Thurs	9:15–9:45am	Apr 4–May 16	39051
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5 weeks • Resident \$23 / Non-Resident \$28

Thurs	9:15–9:45am	May 30–June 27	39052
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6 weeks • Resident \$27 / Non-Resident \$32

Thurs	9:15–9:45am	July 11–Aug 15	39053
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Kids In Motion A & B

These 45-minute classes are for children only.

Motion A Ages 2½ to 3 years

6 weeks • No class 4/10

Resident \$42 / Non-Resident \$50

Wed	11–11:45am	Apr 3–May 15	39055
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5 weeks • Resident \$35 / Non-Resident \$42

Wed	11–11:45am	May 29–June 26	39056
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6 weeks • Resident \$42 / Non-Resident \$50

Wed	11–11:45am	July 10–Aug 14	39057
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Motion B Ages 3 to 4 years

6 weeks • No class 4/11

Resident \$42 / Non-Resident \$50

Thur	11:35am–12:20pm	Apr 4–May 16	39059
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5 weeks • Resident \$35 / Non-Resident \$42

Thur	11:35am–12:20pm	May 30–June 27	39060
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6 weeks • Resident \$42 / Non-Resident \$50

Thur	11:35am–12:20pm	July 11–Aug 15	39061
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Party Time!

Don't let the rain keep you from having a playground party—celebrate your special day at the North Kirkland Community Center!

Have an hour of private play time at our outrageously fun indoor playground! Enjoy the rest of your celebration in your very own private party room! Applications at: www.kirklandwa.gov under "How Do I Rent a Park/Facility"

Call & Reserve Your Special Day!

425.587.3350

2 Hour Package: Resident \$140 / Non-Resident \$168 • 25 Children Max. • Sat. or Sun.

PEE WEE SOCCER

Ages 3 to 6 years Pee Wee Soccer (PWS) is designed to develop and improve your child's soccer skills. The league is focused on fun, participation and socialization. Games are played on Saturday mornings, between 8 and 2pm on the hour and take 60 minutes with the first part of the hour dedicated to practice. Each player will receive a team shirt and a medal. Shin guards are mandatory. Choose from 2 locations, either Emerson High Field (formerly known as BEST High School) or 132nd Square Park located in the Kingsgate area.

Volunteer coaches needed.

Please call 425.587.3331 for more information.



Resident \$62 • Non-Resident \$74

LOCATION 1:

Emerson High Field, 10903 NE 53rd St

Game start times will vary each week.

Possible games times: 8am, 9am, 10am, 11am, or 12 noon

3 to 4 year olds	Sat	Apr 27–June 15	37670
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5 to 6 year olds	Sat	Apr 27–June 15	37671
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LOCATION 2:

132nd Square Park, 13159 132nd Ave NE

Game start times will vary each week.

Possible games times: 8am, 9am, 10am, 11am, or 12 noon

3 to 4 year olds	Sat	Apr 27–June 15	37672
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5 to 6 year olds	Sat	Apr 27–June 15	37673
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Do I have to choose a location?

You are free to choose whichever location is most convenient. Just register using the designated course number. All games will be played at that particular location meaning there will be no cross-league games.

I've signed up for PWS...what do I do now?

You will be contacted by a coach at least one week prior to the first day, April 27th. The coach will provide you with information about your game schedule, team name, etc.

I'd like to be a coach. How do I apply? And, what if my team does not have a coach?

If you'd like to apply to be a volunteer coach, visit our website www.kirklandwa.gov/peeweesoccer to download an application or email nthomas@kirklandwa.gov. We are always looking for good volunteers. Prior soccer experience does help but is not necessary. We handle applications on a first-come, first-serve basis therefore getting your volunteer packet turned in ASAP is crucial. All coaches must pass a background check. If no one volunteers to coach your team then Kirkland staff will contact individual parents from your team roster to coach.

How are teams formed?

Registration is taken on a first come, first serve basis. Siblings will be placed on the same team. Teams are formed randomly, but we take into consideration gender ratios and ages of the participants.

What is the format of the league?

The program meets on Saturday mornings/early afternoons. The program is one hour in duration with the first 20 or 30 minutes of the hour, depending on age division, devoted to practice. The last 30 or 40 minutes are reserved for a friendly, recreational-style soccer game. Game times will range from 8am to 1pm on the hour. For example, week one your game might be at 9am but week two your game might be at 10am.

Are games played in the rain?

Yes, if it is raining, games will be played as scheduled if the field is in good condition. If the field conditions are poor, putting safety in jeopardy (or if it is raining heavily), we will cancel games for the day and reschedule.

Does the program take player pairing or coach requests?

Requests for team pairings are taken but are NOT guaranteed. You child must be registered before you may make a request. **If you sign up for the league it is the parent's responsibility to arrange for travel, supervision, etc. regardless of who is on your child's team.**

What is included with the registration fee?

Each child will receive a t-shirt to wear during the season and a participant medal at the end of the season. Shin guards are not provided but are required. Cleats are optional but recommended.

If I have additional questions, who do I contact?

Please call 425.587.3336 for additional information or to register.

REGISTRATION IS OPEN NOW!
For registration & information
call 425.587.3336



* WA State sales tax will be collected *

Youth & Teen Programs

Most classes held at: NKCC
North Kirkland Community Center
12421 103rd Ave NE ★ 425.587.3350



SUPER SAFE SITTERS

Ages 11 to 17 years

Ready for your adventures in baby-sitting? A super one-day program designed to train in child care. 5-hour program covers parent expectations, first aid, nutrition, fire prevention, personal safety, home security, activities and more. Graduates receive a handbook and certificate.

No drop-ins please • Bring a sack lunch, an afternoon snack, and lots of questions
• Pre-register: no drop-ins the day of class, please
Instructor: Dianne Luecken • Location: NKCC
Resident \$38 / Non-Resident \$46

Sat	9am–2pm	May 18	39077
Sat	9am–2pm	Aug 3	39078

Music

Move Over Mozart Piano Classes

Grade K-6; Ages 5 to 12 years

Learn to play piano familiar tunes on the piano, read music, and, basic music theory. Class recitals are optional. Having a piano at home is not a requirement; instruction on community center piano or keyboard is included in instruction.

A one-time \$10 materials fee is payable to instructor and due at first class • Class size is limited to 6 (additional classes may be added based on waiting lists) For more information visit moveovermozart.net

Location: NKCC • 10 weeks • No class 4/11, 5/27 & 7/4 Resident \$89/Non-Resident \$107

Grade K-1, Ages 5 to 6 years

Mon	4:30–5pm	Apr 8–June 17	38434
Mon	5:30–6pm	Apr 8–June 17	38435
Thur	4:30–5pm	Apr 4–June 13	38436
Thur	6–6:30pm	Apr 4–June 13	38437
Mon	4:30–5pm	June 24–Aug 26	38954
Mon	5:30–6pm	June 24–Aug 26	38955
Thur	4:30–5pm	June 20–Aug 29	38956
Thur	6–6:30pm	June 20–Aug 29	38957

Grade 2–6, Ages 7 to 12 years

Thur	5–5:30pm	Apr 4–June 13	39063
Thur	5–5:30pm	June 20–Aug 29	39065

For Move Over Mozart classes for ages 3 to 4 years, see page 20

Beginning Guitar Turbo Charged!

12 years to Adult

This fast-paced course covers all the basics – from tuning and strumming, all the way up to common chord progressions. By the end of the course, you'll know major, minor and 7th chords, basic rhythms and beginning theory. Get a solid foundation for whatever kind of music you're into! Good for acoustic styles. Must be at least 12 at the start of class.

Student must provide their own instrument
Instructor: Scott Lawson • Location: NKCC • 8 weeks
No class 5/27 • Resident \$98 / Non-Resident \$118

Ages 12 to 15 yrs

Mon	5:15–6:15pm	Apr 15–June 10	39067
Mon	5:15–6:15pm	July 1–Aug 19	39069

Ages 16 yrs - Adult

Mon	6:30–7:30pm	Apr 15–June 10	39068
Mon	6:30–7:30pm	July 1–Aug 19	39070

Cooking

Creating in the Kitchen with Karen

Ages 4 to 8 years

Is your kid a “foodie”? Does he/she watch the Food Network on TV, or show an interest in creating kitchen cuisine? Nurture his/her curiosity in this tasty class where your child will practice creativity and culinary skills while learning kitchen safety and developing healthy eating habits. Plan, prep, and prepare for a gastronomic good time! BAM!

Instructor: Karen Renfroe-Gielgens

Location: McAuliffe Park, 10824 NE 116th St, Kirkland (enter off of 108th Ave NE).

8 weeks • No class 4/8 & 5/27 • \$10 supply fee payable to instructor • Resident \$69 / Non-Resident \$83

Mon	3:50–4:50pm	Apr 1–June 3	38372
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4 weeks • \$5 supply fee payable to instructor Resident \$34 / Non-Resident \$41

Mon	3:50–4:50pm	June 24–July 15	38376
Mon	3:50–4:50pm	July 22–Aug 12	38378

For Creating in the Kitchen with Karen ages 3 to 5, see page 18

Summer Workshop: Dinner and Dessert with Karen **NEW!**

Ages 6 to 8 years

Come have some fun learning to create a three course meal fit for your family dinner including dessert too! Each day we will have new recipes and will talk about: picking fresh and healthy ingredients, chopping, measuring, and the correct cooking method needed for each course. This program is hands-on so dress for cooking and an explosion of flavor!

Instructor: Karen Renfroe-Gielgens • Location: McAuliffe Park, 10824 NE 116th St, Kirkland • To enter the park, head north on 108th Ave NE from NE 116th St., then turn into the 1st driveway on the right

Resident \$124 / Non-Resident \$149

Mon–Wed	1–3pm	Aug 19–21	39071
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Life Skills

Kidsafe

Ages 5 to 9 years

Today's news is filled with stories of child abuse, assaults, and Amber alerts. Keep the magic of childhood safe in this low-key, friendly, and age-appropriate safety skills class for girls and boys ages 5-9. Learn about risks facing your kids, how to frame the discussion with children, and recognizing when someone may be targeting your family. Children will practice the 'five fingers' approach: think, yell, get free, run, and tell. Parents learn tools to continue the conversation, as well as to sort through all the information and misinformation on keeping their children safe. A single 1½ hour session works with young attention spans, and gives parents ample tools to keep your family safer.

*Instructor: Joann Factor • Location: NKCC
Resident \$31 / Non-Resident \$37*

Sat	12:30–2pm	July 13	39072
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Young Ladies & Gentlemen (Etiquette)

Ages 6 to 10 years

Children rarely beg for the opportunity to attend a class on manners, yet it is the key to building positive friendships and strong self-confidence. This fun, hands-on workshop explores the value of kindness and respect for others and their practical applications in introductions and handshakes, table manners, personal care, posture, telephone etiquette and more. Don't be surprised when they come out asking for more!

Instructor from Final Touch Finishing School

Location: NKCC • Resident \$39 / Non-Resident \$47

Sat	9am–12pm	May 4	39073
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**Location: Heritage Hall 205 Market St, Kirkland
Resident \$39 / Non-Resident \$47**

Tue	9am–12pm	July 23	39074
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**For Self Defense for Women, ▶
see page 53**

Preteen Style

Ages 9 to 11 years

Girls, discover how to develop your own style and not just follow the crowd. True style and confidence shines from the inside out and enables you to be a leader. Learn valuable communication skills, party manners, ways to develop great friendships, maintain a positive attitude, and tips on posture, clothing, and nutrition. Experience the steps to great skin as you give yourself a facial!

Instructor from Final Touch Finishing School

Location: NKCC • Resident \$54 / Non-Resident \$65

Sat	1–5pm	May 4	39075
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Starting Point – Middle School Success **NEW!**

Ages 11 to 14 years

Navigate middle school with confidence and class with the 3 R's—respect, restraint & responsibility! Gain valuable tips on creating and maintaining meaningful friendships, introductions, conversation starters, cell phones, social media, and how to stay organized. Discover the power of maintaining a positive attitude, and how you can create an authentic and appropriate first impression.

Instructor: from Final Touch Finishing School

**Location: Heritage Hall, 205 Market St, Kirkland
Resident \$54 / Non-Resident \$65**

Tue	1–5pm	July 23	39076
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Self Defense for Teen Girls Only

Ages 14 to 19 years

This three hour course will provide young ladies the education and awareness to avoid and escape potentially dangerous situations. Course will cover dating violence, how assailants target and test potential victims, personal safety and much more. Students will learn physical techniques, strikes and releases to safely remove oneself from dangerous situations. It is a great class to take with a friend. Class size limited to 15!

Instructor: Joann Factor • Location: NKCC

Resident \$53 / Non-Resident \$64

Sat	1–4pm	June 29	39079
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Martial Arts

Bully Proof Martial Arts Program

Ages 7 to 12 years

Teach your kids to stand up for themselves! “I'm giving them the courage-and the permission to be loud with someone who's physically threatening them” said Korbett Miller of Miller Martial Arts Academy as quoted in an anti-bullying article on www.moms.today.msnbc.msn.com. He teaches what he preaches by showing students how to set verbal boundaries, what to say, when and how to say it. Class incorporates martial arts to build self esteem and give students alternatives to solving conflict. Students will also earn their White Belt at the end of the program.

Location: Miller's Martial Arts Academy

8920 122nd Ave NE, Kirkland • Instructor: Korbett Miller

8 weeks • No class 5/25 • Resident \$57 / Non-Resident \$68

Sat	9:45–10:30am	Apr 20–June 15	39080
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Soccer

UK Elite Feet Soccer Academy

UK Elite, as the 'leaders in youth soccer education', offer the best possible professional training for players aged 7 to 13. Players are divided into groups that match our age-specific curriculum. This ensures that every player that attends the class will enjoy a fun and educational soccer experience. Older players will learn tactical and functional aspects of soccer while the younger ages will have access to the best possible skill building, fundamental training.

Location: Juanita Beach Park, 9703 NE Juanita Dr

No class 5/25 • Resident \$100 / Non-Resident \$120

COED: Ages 7 to 9 years

Sat	10–11:30am	Apr 13–June 8	37685
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COED: Ages 10 to 13 years

Sat	11:30am–1pm	Apr 13–June 8	37684
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Summer Ninja Camp, see page 8

**Youth/Teen Aquarobics,
see page 46**

Youth & Teens

Youth & Teen Ballet

Instructor Marco Carrabba, Ballet Master/Choreographer of Carrabba Dance Theatre, has a 20 year distinguished professional dance career and over 16 years experience teaching and choreographing ballets for students of all levels, as well as an extensive theater background. Dance companies include PNB, San Francisco, Boston, Stuttgart and Hamburg Ballet.

Ballet – Teen

Ages 10 to 16 years

Learn ballet technique, dance vocabulary, practice exercises at the barre, stretching and center floor work. Emphasis is on improving balance, coordination, alignment and strength all taught in a positive and supportive environment. Students will also learn specific steps and creative movement. This fun, invigorating class for boys and girls is a balance of activities and musical awareness. Two ballet classes per week are recommended for continual progress.

Location: PKCC • Instructor: Marco Carrabba
No class 4/15, 17 & 5/27

7 classes • Resident \$77 / Non-Resident \$92

Mon	4:15–5:15pm	Apr 1–May 20	37945
Wed	4:15–5:15pm	Apr 24–June 5	37947
Mon	4:15–5:15pm	June 3–July 15	37946
Wed	4:15–5:15pm	June 12–July 31	37959

4 classes • Resident \$44 / Non-Resident \$53

Mon	4:15–5:15pm	July 22–Aug 12	37949
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Ballet–Fairy Tale NEW! Performance Rehearsal

After working hard all spring here is the chance to show off your new talent. This class will culminate in an end of the summer performance open to all your family and friends. This class is open to all PKCC ballet students. All abilities welcome.

**Fairy Tale Performance will be on
Friday, July 12, 7pm at PKCC**

Location: PKCC • Instructor: Marco Carrabba

6 classes • No class 4/15 & 5/27

Resident \$77 / Non-Resident \$92

Mon	5:15–6:15pm	April 1–May 6	39356
Wed	5:15–6:15pm	April 24–May 29	39357
Mon	5:15–6:15pm	May 13–June 24	39360

5 classes • No class 4/15 & 5/27

Resident \$55 / Non-Resident \$66

Wed	5:20–6:05pm	June 5–July 12	39361
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Youth Dance

Beginning Ballet/Tap Combo

Ages 5 to 7 years

This class is a progressive transition from Preschool Dance/Tap Combo B and a great introduction for young first-time dancers. Experience ballet and tap through combinations at the bar, the center of the floor, and across the room. Using two-thirds ballet and one-third tap, this class will build technique and dance vocabulary. Parent watch day is during the last class; bring your camera!

Ballet and tap shoes required • Location: NKCC

Spring 10 weeks • No class 4/11

Resident \$72 / Non-Resident \$86

Thur	5:45–6:30pm	Apr 4–June 13	39081
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Summer 8 weeks • No class 7/4

Resident \$57 / Non-Resident \$68

Thur	5:45–6:30pm	June 27–Aug 22	39082
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Ballet 1

Ages 5 to 7 years

This class introduces ballet technique to the older student while challenging the younger experienced student. Ballet vocabulary, alignment, posture, strength, and fluidity will be the focus through barre exercises, floor, and center work. Your child will learn to appreciate the grace and beauty of this timeless dance in a fun no-pressure environment.

Prerequisite for 5 year olds: Preschool Dance B or equivalent experience • 5 year olds must register by phone at 425.587.3350 • Bring your cameras, Parent Watch day is the last day of session • Location: NKCC

Spring 10 weeks • No class 4/13

Resident \$72 / Non-Resident \$86

Sat	11:30am–12:15pm	Apr 6–June 15	39083
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Summer 9 weeks • Resident \$64 / Non-Resident \$77

Sat	11:30am–12:15pm	June 29–Aug 24	39084
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Hip Hop 1

Ages 5 to 7 years

Hip Hop is a popular, energetic pop style version of urban street dance. In this class you will learn the latest moves to “today’s” (clean version) of music. Build self-esteem, enhance your coordination and stay fit!

Wear loose clothing and tennis shoes please!

Location: NKCC • 5 weeks • No class 7/24

Resident \$35 / Non-Resident \$42

Wed	3:30–4:15pm	Apr 17–May 15	39085
Wed	3:30–4:15pm	May 29–June 26	39086
Wed	3:30–4:15pm	July 10–Aug 14	39087

Hip Hop 2

Ages 8 to 10 years

Hip Hop is a popular energetic pop style version of urban street dance. In this class you will learn the latest moves to “today’s” music while you build self-esteem, enhance your coordination and stay fit!

Wear loose clothing and tennis shoes please!

Location: NKCC • 5 weeks • No class 7/24

Resident \$35 / Non-Resident \$42

Wed	4:20–5:05pm	Apr 17–May 15	39089
Wed	4:20–5:05pm	May 29–June 26	39090
Wed	4:20–5:05pm	July 10–Aug 14	39091

Keiki Hula

Ages 5 to 8 and 8 to 10 years

Students will learn the basic foot and hand motions of the hula with emphasis on posture and timing. They will sing and learn the story of their hula along with a few Hawaiian words that pertain to their dance.

Please wear shorts and t-shirts to class

Instructor: Jeanne Makanaoklani Porter • Location: NKCC

Ages 5 to 8 years

10 weeks • Resident \$71 / Non-Resident \$85

Wed	5:30–6:15pm	Apr 17–June 19	39095
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6 weeks • Resident \$43 / Non-Resident \$52

Wed	5:30–6:15pm	July 10–Aug 14	39097
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Ages 8 to 10 years

10 weeks • Resident \$71 / Non-Resident \$85

Wed	4:35–5:20pm	Apr 17–June 19	39096
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6 weeks • Resident \$43 / Non-Resident \$52

Wed	4:35–5:20pm	July 10–Aug 14	39098
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Theater

Musical Theater for Children

Ages 6 to 10 years

Young singers learn the importance of proper and healthy ways to vocalize at an early age. During this ensemble class we will work on basic technique, repertoire, and how to sing in a group. The class will give young singers a great introduction to singing. Bring your video camera for final performance on last day!

Location: NKCC • 8 weeks
Resident \$44 / Non-Resident \$53

Tue	6:20–7:05pm	Apr 16–June 4	39093
Tue	6:20–7:05pm	June 25–Aug 13	39094

Rhythmic Gymnastics

North Kirkland Community Center is teaming up with La Luna Rhythmic Gymnastics Academy to bring this beautiful Olympic sport of Rhythmic Gymnastics to the Kirkland community. Class are offered in a safe, friendly, new studio in your neighborhood. Rhythmic Gymnastics combines the grace and beauty of ballet and creative movement with music. Participants perform athletic tricks with ribbons, balls, hoops, ropes and clubs. Self esteem, discipline, flexibility, dance and artistry, concentration, eye/hand coordination, and aerobic exercise are some of the benefits of this unique sport. Gymnasts learn the basic positions of ballet and do routines with music.

Instructor Arzu Karaali has trained athletes for National and International competitions and has worked with athletes as a choreographer for the 1996 Olympic Games in Atlanta • She was selected seven times "Best Choreographer of the Year" in Washington and was awarded "Coach of the Year" three times by the USA Gymnastics Federation in Region 2

Location: La Luna Gym – 11251 120th Ave NE Suite #150 Kirkland, WA 98033 • www.lalunagym.com

Rhythmic Gymnastics Level 1 Beginners

Girls Ages 6 to 8 years

Level 1 class has been designed for the 6-8 year old gymnast and will introduce students to stretching techniques, basic ballet preparations, conditioning and basic study of Rhythmic Gymnastics apparatus. Part of the Level 1 education is learning simple routines for this age group using hoop, ball, and rope. Gymnasts in this class could be invited to participate in the Academy's performances and exhibitions.

Gymnastics leotard required, bare feet or socks OK
• Location: La Luna Gym, 11251 120th Ave NE Suite 150, Kirkland

11 weeks • Resident: \$110/ Non-Resident \$132

Wed	6–7pm	Apr 3–June 12	38963
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10 weeks • No class 4/13

Resident: \$135/ Non-Resident \$162

Sat	1–2:30pm	Apr 6–June 15	38964
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Cheerleading

Ages 5 to 8 years

With Cheer Coach and former Seahawk Seagal Georgia Wall's help, your child will learn cheers, chants and dances geared to their level. Classes will involve group warm up, learning cheer and chants and the difference between the two, and the prep of a jump, and various jumps. There will be introductions to cheer-based dances and lots of fun! New routines each session. Parents may join us on the last day of class to see what we have learned.

Wear loose comfortable clothing and tennis shoes

Location: NKCC • 6 weeks • Resident: \$42 / Non-Res \$50

Mon	4–4:45pm	Apr 15–May 20	39099
Mon	4–4:45pm	June 3–July 8	39100



Ice Skating

All Ages!

Introducing the thrill and athletic challenge of Ice Skating in a fun and safe learning environment. Our professional learn-to-skate staff will teach a progression of skills to ensure safety and provide an understanding of the basic fundamentals of ice skating. Participants will progress toward edge control and more advanced footwork. Whether you are a beginner or would like to enhance your present skill level (figure skating or ice hockey), we encourage children and adults to join. Students will be divided into their skill level and age level.

Skates will be provided and helmets are highly recommended • Classes will be held at Kingsgate Arena; 14326 124th Ave NE, Kirkland WA 98034 • Classes will include 30 minutes of professional instruction and 30 minutes of practice/free skating time • Last day of class is "bring a buddy for free day" • Skates will be provided for your buddy • Registration deadline is: one week prior to start of first class • Please arrive ½ hour before class to get skates on • Please wear warm clothes, jacket and gloves

7 weeks • No class 5/24 or 5/27
Resident \$113 / Non-Resident \$136

Ages 5 to Adult

Fri	6pm–7pm	Apr 26–June 14	38664
Mon	6pm–7pm	Apr 29–June 17	38660
Mon	6pm–7pm	July 8–Aug 19	38666

Ages 4 to Adult

Tue	10:45–11:45am	Apr 30–June 11	38662
Tue	10:45–11:45am	July 9–Aug 20	38667

➤ **For Rhythmic Gymnastics ages 4 to 5, see page 22**

Rhythmic Gymnastics Performance Troupe

Boys and Girls Ages 12 to 16 years

A performance class directed by seven-time winner of Best Choreographer of the Year and three-time winner of Best Coach of the Year in Region 2 (12 states), and also the Head Coach of Junior Olympic National Gymnasts, Arzu Karaali!! Have you had past experience in dance, ballet, rhythmic or artistic gymnastics, or cheerleading? If so, bring that previous experience to the stage! With winning coach Arzu's passion, and her coaching and choreography techniques, you will work together to hone your skills and develop a stage presence that will wow any audience.

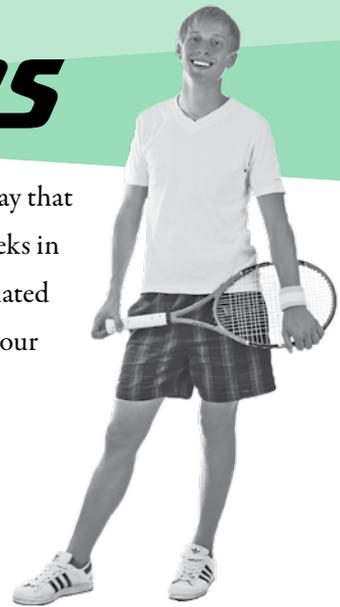
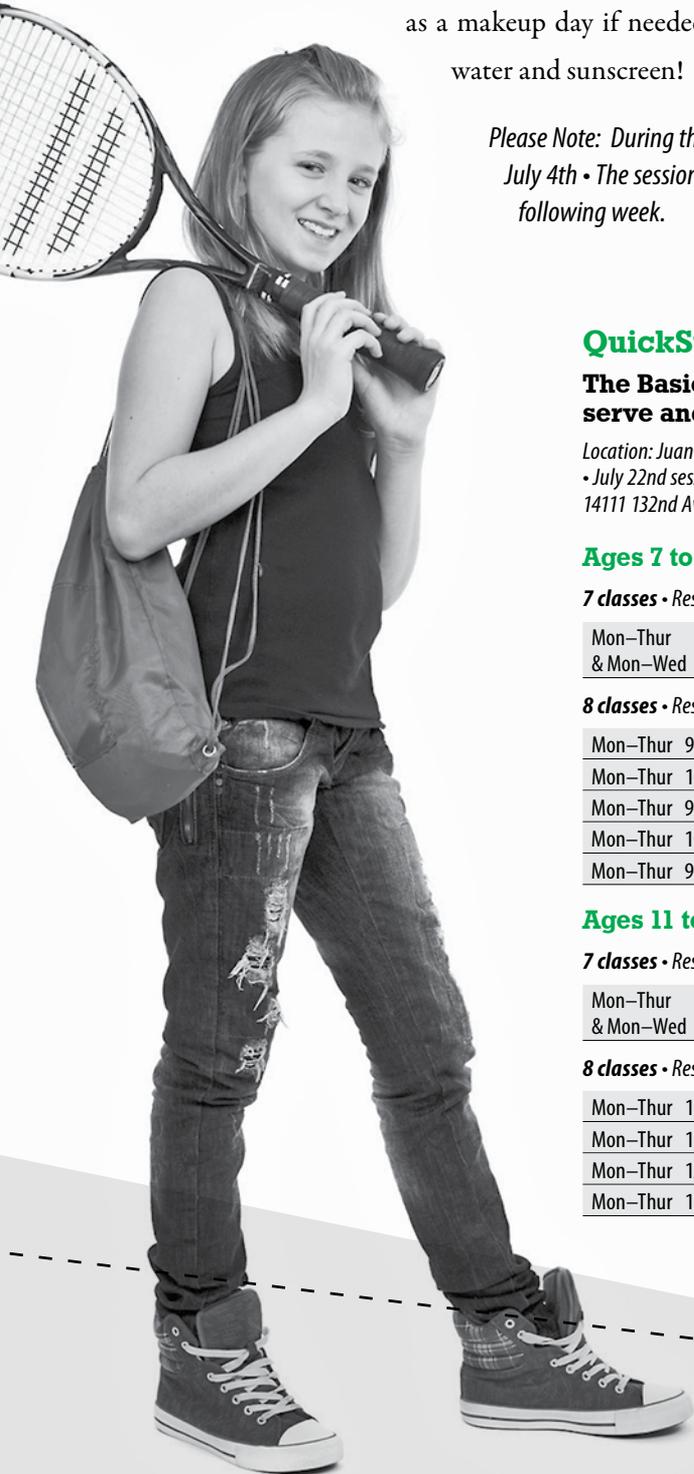
A final stage performance for family and friends will be scheduled • Performance team requires the additional cost of costume • Location: La Luna Academy 11251 120th Ave NE, Ste 150, Kirkland • www.lalunagym.com • 11 weeks Resident: \$216 Non-Resident \$259

Wed	2–3:30pm	Apr 3–June 12	39342
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YOUTH TENNIS LESSONS

Using the USTA's QuickStart Tennis program play is structured for kids to learn, rally and play in a way that is enjoyable and rewarding which will promote a lifelong passion for the game. All sessions are two weeks in duration for a total of 8 lessons. Classes meet Monday through Thursday with Friday designated as a makeup day if needed. Loaner racquets are available. Don't forget your water and sunscreen!

Please Note: During the June 24th session, there will be no lesson on Thursday, July 4th • The session will run Mon-Thurs the first week and Mon – Wed the following week.



QuickStart Beginner

The Basics: Forehand, backhand, serve and scoring

*Location: Juanita High School Tennis Court
• July 22nd session will be held at Kamiakin Middle School, 14111 132nd Ave NE*

Ages 7 to 10 years

7 classes • Resident \$52 / Non-Resident \$62 • No class 7/4

Mon-Thur & Mon-Wed	9–9:55am	June 24–July 3	37789
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8 classes • Resident \$60 / Non-Resident \$72

Mon-Thur	9–9:55am	July 8–July 18	37791
Mon-Thur	10–10:55am	July 8–July 18	37795
Mon-Thur	9–9:55am	July 22–Aug 1	37793
Mon-Thur	10–10:55am	Aug 5–Aug 15	37794
Mon-Thur	9–9:55am	Aug 19–Aug 29	37796

Ages 11 to 15 years

7 classes • Resident \$52 / Non-Resident \$62 • No class 7/4

Mon-Thur & Mon-Wed	11–11:55am	June 24–July 3	37798
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8 classes • Resident \$60 / Non-Resident \$72

Mon-Thur	11–11:55am	July 8–July 18	37797
Mon-Thur	11–11:55am	July 22–Aug 1	37799
Mon-Thur	12–12:55pm	Aug 5–Aug 15	37800
Mon-Thur	11–11:55am	Aug 19–Aug 29	37801

QuickStart Intermediate

Fine-tuning basics, specialty strokes and game strategy.

Can presently sustain a short rally, knows how to serve and start play as well as a good understanding of scoring

Location: Juanita High School • July 22nd session will be held at Kamiakin Middle School, 14111 132nd Ave NE

Ages 7 to 10 years

7 classes • Resident \$52 / Non-Resident \$62 • No class 7/4

Mon-Thur & Mon-Wed	10–10:55am	June 24–July 3	37814
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8 classes • Resident \$60 / Non-Resident \$72

Mon-Thur	10–10:55am	July 22–Aug 1	37802
Mon-Thur	11–11:55am	Aug 5–Aug 15	37803
Mon-Thur	10–10:55am	Aug 19–Aug 29	37804

Ages 11 to 15 years

7 classes • Resident \$52 / Non-Resident \$62 • No class 7/4

Mon-Thur & Mon-Wed	12–12:55pm	June 24–July 3	37815
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8 classes • Resident \$60 / Non-Resident \$72

Mon-Thur	12–12:55pm	July 8–July 18	37806
Mon-Thur	12–12:55pm	July 22–Aug 1	37807
Mon-Thur	9–9:55am	Aug 5–Aug 15	37805
Mon-Thur	12–12:55pm	Aug 19–Aug 29	37808

Aqua Leaders Volunteer Program

Ages 12 to 15 years

Training class, in which youth have the opportunity to develop lifeguarding, swim instructing and other occupational related skills. Aqua Leaders receive training and instruction in facility rules, policies and procedures and water safety. Completion of the program is a prerequisite to volunteer as a Junior Lifeguard and or Swim Instructor Aide for the Kirkland Aquatic Service Program, which continues until Sep. 2nd

Resident \$60 / Non-Resident \$70

Mon-Fri 9am-12:30pm June 24-June 28 39210

SPLASH, PEDAL, N' DASH

KIDS TRIATHLON

@ JUANITA BEACH

This non-competitive, non-timed event provides an excellent opportunity for youth to experience the sport of triathlon. Athletes participate in 50 yard swim/splash, ½ mile bike, 400 yard run.

Participants will receive a t-shirt, swim cap, and ribbon

Location: Juanita Beach
Ages 3 to 12 • Sat • Sept 14, 2013

Race begins at 11am
check in begins at 9:30am

Price: \$30.00 Plus Tax
Registration #39209

Ready, Set, Run! **NEW!** Youth Running Program

Ages 8 to 10 years

Tuesday and Thursday 4:15pm-5:45pm • May 28-August 18

Ready, Set, Run! is a character-building running program that trains kids ages 8 to 10 to participate in a 5k run. This curriculum-based program equips kids with the physical training and goal-setting mentality needed to accomplish their running goals. Issues like enhancing confidence and self-esteem, respecting authority, dealing with peer pressure and fueling their bodies through proper nutrition are covered during the 12-week session. Above all, kids will have a blast seeing what they are capable of achieving!

Fee includes participant workbook, T-shirt and 5k race entry fee for Foster Kids 5k run at Marymoor Park on Saturday, August 17th.

Location: PKCC / Peter Kirk Park • 12 weeks
No class 7/4 • Resident \$175 / Non-Resident \$210

Tuesday and Thursday, 4:15pm-5:45pm
May 28-August 18 • Course Code: #39349



Specialized Recreation All Ages

Join Bellevue Highland Community Center Classes!

Kirkland and Bellevue Parks and Community Services Departments have joined forces to provide quality programming and staffing for persons with disabilities. We are assisting with sponsorships for Highland Center's popular programs. Kirkland residents will have an opportunity to enroll in programs at the same time Bellevue residents do!

Sign up early – classes fill quickly! Classes are held at the Bellevue Highland Center,

14224 Bel-Red Road, Bellevue. For programs and registration information call the Highland Center, 425.452.7686

UNION BUILDING

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUMMER PROGRAMS

From Coaching to Career

Have you ever wondered how to get that first job when you have never had a job before? How do you get experience? Well, here's your chance! This two month long summer JOB is more than just breaking through to that starter job, it is supplying you all the skills employers are looking for. Participants will earn a stipend upon successful completion of all the job requirements, which include training dates, workshops, and two week on the job hours.

Dates: TBA • Time: TBA
\$150 • Max Participation: 15 (Ages 16–19)

Summer Success: Education, Enrichment, & Leadership

Make this your most productive week this summer! With support from mentors and your peers, complete your summer school assignments while integrating other enrichment activities like swimming, fitness, music, and college planning. Equip yourself to have a successful start in the fall and beyond.

July 29th–August 2nd • 10:00am–2:00pm
FREE • Max Participation: 20

Long Board Production Camp

Perfect the fundamentals needed to produce a long board skateboard. Learn how to measure precise dimensions on wood and later turn it into your very own custom board. Work with carving and shaping wood, laying down your own grip tape, plus designing your own art on the bottom side. Install trucks, wheels and bearings and you'll be cruising down the streets on your own personalized, hand built, long board! We will then test out our boards at local skate parks.

June 17th–21st • 10:00am–2:00pm
\$150 • Max Participation: 12



Adventures in Parkour

It's time for Ninja training!! This camp is a partnership with Parkour Visions designed to teach basic parkour technique and physical conditioning while maintaining a focus on fun and games. We'll cover all the fundamental parkour movements at and around the Kirkland Teen Union Building. On the final day of the camp, we'll travel to Parkour Visions' 10,000 sq ft gym for an epic training session. By the end of the camp, students will know how to safely train parkour on their own.

June 24th–June 28th • 10:00am–1:00pm
\$150 • Max Participation: 15

EVERYTHING ART camp

Culinary art, fabric design, photography, mixed media, graffiti art, and upcycling, this week of expression will sample it all. Work with your favorite media and explore talents you may have never realized you had! This camp will culminate with an art gallery day complete with music, refreshments and you as the host to show off your pieces.

July 22nd–July 26th • 10:00am–2:00pm
\$150 • Max Participation: 20

Studio Sensations

Are you a singer or a musician? Are you a part of a band and ready to release your music? In one week, work hard in the studio writing and recording your songs with professional Audio Engineers. As an added bonus, learning silk screening and perfect your social media press kit with the guidance of KTUB's music staff. Walk away ready to explode on the scene! Culminate by performing your music for family, friends, and Eastside music fans! Work Hard. Rock Harder.

July 15th–19th • 10:00am–2:00pm
\$150 • Max Participation: 20

Café 321 Camp

KTUB Café 321 camp incorporates active training in coffee making and soft skills. This camp is designed to teach teens the skills required to work at a local service establishment. This camp will provide participants a chance to improve and learn new skills needed to carry you over to the professional job world. Participants will spend part of the day learning the skills and the other part of the day practicing their customer service skills with the local community.

June 17th–21st, July 8th–12th • 10:00am–2:00pm
\$150 • Max Participation: 12

B.O.L.D. & G.O.L.D. Trips

(Boys and Girls Outdoor Leadership Development)

Fishing & Backpacking in the North Cascades

High in the Cascade Mountains is a land of clear mountain lakes full of fish, meadows filled with wildflowers and snowcapped peaks. This will be your classroom as you learn the basics of backpacking and fishing. You will hike through old growth forests, cool off in alpine lakes, fish for trout in mountain streams and develop your leadership skills in workshops and in practice as you manage the team for a day. After taking on the challenge of the wilderness you will know you can overcome any obstacle placed before you. *Will run one BOYS trip and one GIRLS trip*

July 6th–July 13th • ONE WEEK TRIP • \$625 (Scholarships Available) • Max Participation: 12 (Grades 7–12)



Make a Scene: Art & Backpacking in the North Cascades

The North Cascades are known as the American Alps and are one of the most beautiful areas we explore. With incredible peaks and stunning views everywhere we turn, it's easy to be inspired. We'll spend the days hiking and creating art. Drawing, painting and sculpture are just some of the mediums we will use. There will be summits to reach and plenty of chances to artistically capture the splendor we find. There will also be time to enjoy games, campfires and our fellow adventurers. *GOLD/GIRLS ONLY*

June 22–June 29th • ONE WEEK TRIP • \$625 (Scholarships Available) • Max Participation: 12 (Grades 7–9)

KTUB End of Summer Getaway

Wrap a summer with one more adventure before heading back to school. Join KTUB staff and participants for an OVERNIGHT retreat. Barbecue, beaches, relaxation, ropes course, smores, and of course laughter. Set the stage for a great year by getting away with your friends at KTUB all at NO COST!

Dates: TBA • 10:00am–2:00pm • FREE
Max Participation: 14

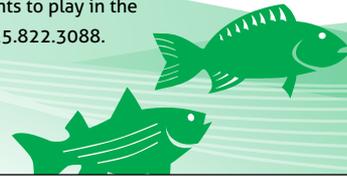
The Kirkland Youth Council and the Kirkland Teen Union Building are teaming up once again to host the 12th annual Bluefish Festival in Peter Kirk Park.

Bluefish Festival Saturday, June 8th

Mark your calendars for June 8th! Specific event information will be available on the KTUB's website, WWW.KTUB.ORG

If you have art pieces you would like enter into the art show or are part of a band who wants to play in the festival, please contact the KTUB at 425.822.3088.

Local teen battle of the bands
Teen art show
Barbeque
Dance
...and more!



Mini-Grant Program

The City of Kirkland offers a mini-grant program for teen related programs and services. The purpose of these grants is to provide short-term, limited funding for Kirkland youth and community groups for projects, activities, events, and training. Members of the Kirkland Youth Council review the grants three times every year (around the 15th of October, January, and April). So if you have a school dance, training, or special event coming up and are in need of some \$\$, call 425.587.3323 or contact us via email at rschubig@kirklandwa.gov.

Community Service Opportunities

Are you a teen in need of community service hours? Want to spend your volunteer time doing something you like? There are all sorts of ways to earn these hours and help your local community in the process! The "Where to Care Guide" is a teen specific comprehensive guide to volunteering on the Eastside. Opportunities are listed by area of interest and show all basic information on listed organizations. The guide book was updated this last year, http://www.ci.kirkland.wa.us/_shared/assets/Where_To_Care_Guide1754.pdf. You can also request a guide by calling 425.587.3323.

Teen Traffic Court

Have you or someone you know just been given a traffic ticket by a Kirkland cop? Do you want it taken off your record? The Kirkland Youth Council, in cooperation with Kirkland Municipal Court, runs the monthly Teen Traffic Court (TTC) program. TTC offers Kirkland teens the opportunity to have moving violations heard in front of a judge and jury of their peers. Teens that have been issued a notice of infraction by jurisdictions served by Kirkland Municipal Court (Clyde Hill, Hunts Point, Yarrow Point, and Kirkland) are eligible for the program. Once the assigned penalty has been completed, the ticket is removed from the person's driving record. To sign up for TTC, eligible students must file a request in person at the Kirkland Municipal Court (11515 NE 118th Street). Teens must complete a registration form and provide student ID at the Court. For questions, please call the Kirkland Municipal Court, 425.587.3160 or Kirkland Youth Services, 425.587.3323.

We've Got Issues Video

Have you seen the Kirkland Youth Council's video program, "We've Got Issues", recently? This is a video program that is hosted, edited, filmed, and produced, by teens for teens. "We've Got Issues" has been airing on our local access channel, KGOV Channel 21 for several years. Programs have addressed topics such as youth and police relations, dating violence, domestic abuse, teen stress, drinking and driving, teen parties, pedestrian safety and going green. If you are interested in helping us with one of our topics or have a program idea, please contact us at our email address, kyc@kirklandwa.gov, or by phone at 425.587.3323.

Peter Kirk Pool 2013

experience it!



A great
place to
create
memories!



- > Group Swim Lessons
- > Private Swim Lessons
- > Public Swim
- > Pool Rentals
- > Swim Team
- > Friday Night Fun Nights
- > Aquarobics
- > Adult Swim Lessons

2013 Public Swim Schedule

Peter Kirk Pool 2013

340 Kirkland Ave

Open June 3–Sept. 2, 2013

Swim Lessons 425.587.3336

Pool Hotline 425.587.3335

www.kirklandwa.gov/aquatics



June 3 – June 23

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
6-Lane Lap Swim	5:30–9am	5:30–9am	5:30–9am	5:30–9am	5:30–9am	
Public Swim & 1-Lane Lap Swim	7–8:30pm		7–8:30pm		5:30pm–8:30pm	12:30–2pm 2:10–3:40pm 3:50–5:20pm
3-Lane Lap Swim		7pm–8:30pm		7pm–8:30pm		

June 24 – August 18

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
6-Lane Lap Swim	5:30–7am	5:30–7am	5:30–7am	5:30–7am	5:30–9am	
Senior 50+ 3-Lane Lap Swim					10:45am–12:15pm cancelled 8/2/13	
Wading Pool Only Public Swim					10:45am–12:15pm cancelled 8/2/13	
Public Swim & 1-Lane Lap Swim	12:30–2pm 2:10–3:40pm 7:30–8:30pm	12:30–2pm 2:10–3:40pm	12:30–2pm 2:10–3:40pm 7:30–8:30pm	12:30–2pm 2:10–3:40pm	12:30–2pm 2:10–3:40pm 3:50–5:20pm	12:30–2pm 2:10–3:40pm 3:50–5:20pm
3-Lane Lap Swim		7:30–8:30pm		7:30–8:30pm		
Public Swim Family Fun Night					5:30–8:30pm	

August 19 – August 25

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
6-Lane Lap Swim	6:30–9am	6:30–9am	6:30–9am	6:30–9am	6:30–9am	
Senior 50+ 6-Lane Lap Swim					10:45am–12:15pm	
Wading Pool Only Public Swim					10:45am–12:15pm	
Public Swim & 1-Lane Lap Swim	12:30–2pm 2:10–3:40pm 7–8pm	12:30–2pm 2:10–3:40pm	12:30–2pm 2:10–3:40pm 7–8pm	12:30–2pm 2:10–3:40pm	12:30–2pm 2:10–3:40pm 3:50–5:20pm	12:30–2pm 2:10–3:40pm 3:50–5:20pm
Public Swim & 3-Lane Lap Swim		7–8pm		7–8pm		
Public Swim Family Fun Night					5:30–8pm	

August 26 – September 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
6-Lane Lap Swim	7–10:30am	7–10:30am	7–10:30am	7–10:30am	7–10:30am	
Public Swim & 1-Lane Lap Swim	10:45am–12:15pm 12:30–2pm 2:10–3:40pm 3:50–5:20pm 5:30–7pm	10:45am–12:15pm 12:30–2pm 2:10–3:40pm 3:50–5:20pm	10:45am–12:15pm 12:30–2pm 2:10–3:40pm 3:50–5:20pm 5:30–7pm	10:45am–12:15pm 12:30–2pm 2:10–3:40pm 3:50–5:20pm	10:45am–12:15pm 12:30–2pm 2:10–3:40pm 3:50–7pm	12:30–2pm 2:10–3:40pm 3:50–5:20pm
Public Swim & 3-Lane Lap Swim		5:30–7pm		5:30–7pm		

POOL FEES

Facility Admission For Public Swim & Lap Swim & Family Swim
CASH OR CHECK ONLY

Single Facility Admission
(all ages, swimming or non-swimming) \$4

Save Money While You Swim

*10-Visit Pass \$35

*Individual Season Pass \$90
Unlimited pool admission for one person.

*Household Season Pass \$260
Unlimited pool admission for two named adults listed on membership card and their named dependent children and/or grandchildren age 18 and under.

Pass holders please check in with cashier prior to entering the Peter Kirk Pool Facility.

*10 visit passes, Individual Season Passes and Household Season passes can be purchased after June 3rd during daily public swim.

Dates That Will Affect Regular Pool Schedule

July 4, Thursday

Will follow Saturday Pool Schedule

Aug 2, Friday

10:45–12:15pm Senior 50+ Lap Swim and Wading Pool Only Public Swim
Cancelled

September 2, Monday

Last Day Pool Is Open
Will Follow Saturday Pool Schedule

Unscheduled Facility Closures Can Occur with Limited Notice. Please Call 425.587.3335 for Pool Information

Pool Rule Highlights

Be safe and make your visit enjoyable!

- Those who are not potty trained must wear swim diapers.
- Coast Guard approved life jackets, fun toys, and other inflatables, etc. are permitted. Inflatables larger than 3 ft. will be allowed at the lifeguard's discretion. During periods of high attendance, lifeguards may limit the use of inflatables and other items.
- Water wings are not permitted but coast guard approved lifejackets are available for use at the facility
- The pool may be closed due to certain water quality maintenance issues and/or thunder/lightening or other inclement weather conditions. Please call the pool hotline for updated pool information 425.587.3335.
- A ratio of 3 children, under the age of 7 per one adult is in effect for all swims. Children under 7 years who cannot pass the swim test must be accompanied by an adult into the water at all times.
- All swimmers must be able to pass the swim test, 25 yards of crawl stroke with side breathing, to enter water deeper than his or her chest depth.
- A shower is required prior to entering either the main or wading pool.
- Children 10 years & under require adult supervision and may not be left unattended in the facility.

6-Lane AM Lap Swim

6 lanes available for lap swim. Lap Lanes are marked: Fast, Medium and Slow. Swimmers must swim laps and follow swim etiquette rules as posted. Please bring exact change.

Wading Pool Public Swim

Wading Pool Public Swim is available for children under 7 years old, while accompanied in the water by an Adult (18 years and over). Adults must wear swim attire and remain in the water within arm's reach of children. Wading pool is limited to the first 40 people.

Public Swim and 1-Lane Lap Swim

Children under 7 years must be accompanied in the water by an adult (18 and over) at all times. 1 lane lap swim is available for swimmers to swim laps. Lap swimmers must follow lap swim etiquette. Wading Pool is available for children under 7 years old, while accompanied in the water by an Adult (18 years and over). Adults must wear swim attire and remain in the water within arm's reach of children. Wading pool is limited to the first 40 people and Peter Kirk Pool facility is limited to first 270 people.

3-Lane Lap Swim

Lap swim is available in 3 lanes of the main pool. Lap swimmers must follow lap swim etiquette. Lap Lanes are marked: Fast, Medium and Slow

Senior 50+ 3-Lane Lap Swim

NEW! Lap swim is available in 3 lanes of the main pool. Lap swimmers must follow lap swim etiquette. Lap Lanes are marked: Fast, Medium and Slow.

**Family Fun Night &
Private Pool Rentals – page 36**

★ SWIM TEST ★

Kirkland Lifeguards ask swimmers under 13 to demonstrate a strong crawl stroke using side breathing in order to enter water deeper than his or her chest depth. The test determines the child's swimming ability and endurance level. A child who tires easily may become panicky, even though he/she may have some basic swimming skills. Often times, a child who has passed the test is seen in deep water "dog paddling" or struggling to get to the poolside. In these situations, the lifeguards will ask the child to return to the shallow end. It is common for children to over-estimate their own abilities. Over 1,500 children and teens die every year across the United States due to accidental drowning. For this reason, we have established a requirement concerning minimum skill and endurance levels for entering deep water as part of our water safety education program.



**Swim Lessons – page 38
Swim Team – page 37
Private Pool Rentals – page 36**

Friday Night Family Fun Nights

Come join us for fun at Peter Kirk Pool for Family Fun Night! Family Fun offers something for everyone with pool games, arts and crafts and music. So grab your friends and family and catch a wave.

Space is limited to the first 270 people!

Please check the schedule for event times – Page 34

June 28th	Party with Disney	Aug 2nd	Hook Line & Seafair
July 5th	50's Sock Hop	Aug 9th	Marti Gras Party at the Pool
July 12th	Fiesta at the Pool	Aug 16th	Hoop It Up Basketball Bash!
July 19th	Luau	Aug 23th	Picnic Pool Party
July 26th	Beach Blanket Bingo Game Night		

RENT THE POOL!!!

CALL 425.587.3336

Reserve the Peter Kirk Pool for your own private swim party. Enjoy the summer month parties outside at the pool!! Fees are based on hours of use and include lifeguards, pool toys, and party deck space. Rentals must be reserved and paid at least 72 hours in advance, based on availability. All pool rules are in effect.

Outside food and drink welcome ex. cake, pizza, etc

RENTAL FEES	1 hour	2 hours	3 hours
Both Pools	\$200	\$330	\$440
Main Pool Only	\$170	\$280	\$365
Wading Pool Only	\$85	\$120	\$160

•Sales Tax will be added to all Pool Rental Fees•

Lifeguarded Swimming Beaches

Lifeguards will be on duty July 1st through September 2nd between the hours of 12-6pm at Houghton, Waverly, and Juanita Beach!

Lifeguards will be off duty on inclement weather days or when air temperature is under 65 degrees.

Open Water Swim Test administered by Lifeguards to children 12 and under at either Houghton, Waverly, and Juanita Beach requires a minimum of 25 yards crawl stroke with side breathing. (Those demonstrating a weak stroke will not be permitted to go beyond the shallow water buoy line.) Adults 18 years and older must remain within arm's reach of non-swimming children under the age of 7.

Check the guard on and off duty signs on inclement weather days.

Houghton Beach Swimming Area **NEW HOURS**

5811 Lake Washington Boulevard, Kirkland, WA

Houghton Beach Lifeguard Hours
July 1st – September 2nd
Monday – Sunday 12-6pm

Houghton Beach Swimming Area has a long pier and a large dock with good shallow areas for children.

Free loaner lifejackets are available, please see lifeguard



Waverly Beach Swimming Area **NEW HOURS**

633 Waverly Way, Kirkland, WA

Waverly Beach Lifeguard Hours
July 1st – September 2nd
Monday – Sunday 12-6pm

Waverly Beach Swimming Area provides an area completely enclosed by a “U” shaped pier.

•Free loaner lifejackets are available, please see lifeguard

Juanita Beach Swimming Area

NEW GUARDED BEACH

9703 NE Juanita Drive, Kirkland, WA

Juanita Beach Lifeguard Hours
July 1st – September 2nd
Monday – Sunday 12-6pm

Juanita Beach Swimming Area provides an area completely enclosed by a “U” shaped pier with a sandy beach and shallow area.

•Free loaner lifejackets are available, please see lifeguard

Day Camps and/or groups larger than 15 people are encouraged to contact the staff at either Houghton, Juanita or Waverly, 48 hours in advance of an intended visit. Advance notice is appreciated. Call 425.587.3334.



KIRKLAND ORCA SWIM TEAM

Swim Team League Website: www.kirklandwa.gov/orcaswimteam

Registration for returning Swimmers begins March 20th. Enrollment ends for returning ORCAS Thurs., May 24 @ 4pm.

Tryouts for new participants, regardless of age, is Sat. June 8 at 9am.

The main objective of the Craze Summer Swim League is to provide a safe, recreational and competitive experience for area swimmers between the ages of 6 to 18 (age as of July 1, 2013.) Participating teams include the Cities of Kirkland, Edmonds, Shoreline, Mountlake Terrace, Everett / Snohomish, and South Snohomish County Dolphins.

Informational Meeting

6-7pm, Monday, June 10, Peter Kirk Community Center. Participants will meet the coaches and be given information about the season.

How to Register New Participants:

New participants, regardless of age, will need to attend the team tryouts on June 8 at the Peter Kirk Pool at 9am in order to assess minimum skills required. Children ages 6 to 8 (age as of July 1, 2013) must be able to swim 25 yards of crawl stroke with side breathing and 25 yards of backstroke and those 9 and older must be able to swim 50 yards of each; crawl stroke, backstroke and 25 yards of breaststroke kick in order to participate on the team.

Once passing minimum skill requirements, names will be placed into a lottery, divided up by age group and gender. Names will be drawn, starting with the youngest age group, filling the available spaces on the team.

Registration for new participants will take place June 8 at Peter Kirk Pool after tryouts • Participants will be asked to register into specific practice time slots for the 2013 season

Resident \$190 plus tax / Non-Resident \$228 plus tax

Returning Participants:

Returning Participants (any person who has previously participated on the swim team), can register online at www.kirklandparks.net, in person, or over the phone beginning March 20th, online registration available at 12:01am. Verification of previous participation will be enforced.

Practices occur four days per week (Monday-Thursday) with meets occurring on Fridays, Saturdays, or Sundays • Participants will be asked to register for either morning or evening practices • Note: Morning and evening practice times have limited space • Program officially begins June 24 and is scheduled to end Aug 17

Resident \$190 plus tax/ Non-Resident \$228 plus tax

**Become a faster more efficient swimmer!
See Stroke Lessons Page 46**

Parental/Guardian Support:

During the first week of the season, parents will be asked to Sign-Up for volunteer duties that will occur during the entire season. Examples of volunteer assignments include: Timing, Writing Ribbons, Staging, Team Communications, Meet Set-up and Clean-up, etc. This is approx. 6 hours of volunteer commitment. **Swim meets are not possible without volunteers.**

Meet Schedule

Home Meet

Sat	July 13	7:30am	Kirkland v Everett
Sat	July 20	7:30am	Kirkland v YOST
Sat	Aug 3	7:30am	Kirkland v Shoreline

Away Meets

Fri	July 26	4:00pm	MLT v Kirkland
Sun	Aug 11	4:15pm	Lynnwood v Kirkland
Sat	Aug 17	7:30am-6pm	CHAMPS at YOST

Season ending team picnic party on Sunday, Aug 18th, 5:30-8:30pm @ Peter Kirk Pool

Enroll by age group and gender into one time slot

Age as of July 1, 2013

Resident \$190 plus tax / Non-Resident \$228 plus tax

AGES 15-18	BOYS	7am-7:50am	39160
	GIRLS	7am-7:50am	39165
AGES 13-14	BOYS	7am-7:50am	39161
	GIRLS	7am-7:50am	39170
AGES 11-12	BOYS	7:50am-8:35am	39162
	BOYS	4pm-4:45pm	39166
	GIRLS	7:50am-8:35am	39171
	GIRLS	4pm-4:45pm	39174
AGES 9-10	BOYS	7:50am-8:35am	39163
	BOYS	4pm-4:45pm	39167
	GIRLS	7:50am-8:35am	39172
	GIRLS	4pm-4:45pm	39175
AGES 7-8	BOYS	8:35am-9:15am	39164
	BOYS	4pm-4:45pm	39168
	GIRLS	8:35am-9:15am	39173
	GIRLS	4pm-4:45pm	39176
AGE 6	BOYS	8:35am-9:15am	39169
	BOYS	4pm-4:45pm	39177
	GIRLS	8:35am-9:15am	39178
	GIRLS	4pm-4:45pm	39179

Swim Team Prep Course

Designed for children interested in joining any competitive swim team and are either unsure of their proficiency or may need some refreshing. Introduction to the four competitive strokes through stroke technique introduction and practice drills. Children should be able to swim 15 yards without assistance or have completed Youth Level Three prior to enrollment.

Participation on the Swim Team Prep Course does not guarantee a spot on the team • Eight 30-minute Lessons (Monday-Thursday)

Resident \$80 / Non-Resident \$96 plus tax

Ages 6-7*	3:50-4:20pm	June 3-13	39191
Ages 6-7*	4:25-4:55pm	June 3-13	39192
Ages 8-9*	5-5:30pm	June 3-13	39193
Ages 8-9*	5:35-6:05pm	June 3-13	39194
Ages 10-13*	6:10-6:40pm	June 3-13	39195

*Participating age as of July 1, 2011

Infant/Toddler, Child,
Youth and Adult

Swimming Lessons

Monday–Thursday

2 weeks: 8 lessons • Child & Youth
(except session 3)

Session 1: June 3–13

Resident \$64 / Non-Resident \$76.80

Session 2: June 17–June 27

Resident \$64 / Non-Resident \$76.80

Session 3: July 1–11

7 lessons: Mon, Tues, Thur and Mon–Thur
Resident \$56 / Non-Resident \$67.20

Session 4: July 15–25

Resident \$64 / Non-Resident \$76.80

Session 5: July 29–Aug 8

Resident \$64 / Non-Resident \$76.80

Session 6: Aug 12–22

Resident \$64 / Non-Resident \$76.80

Monday & Wednesday

2 weeks: 4 lessons • Infant/Toddler

Session 7: July 1, 3, 8, 10

Resident \$40 / Non-Resident \$48

Session 9: July 15, 17, 22, 24

Resident \$40 / Non-Resident \$48

Tuesday & Thursday

2 weeks: 4 lessons
Infant/ Toddler and Adult

Session 8: July 2, 9, 11

3 lessons in session 8
Resident \$30 / Non-Resident \$36

Session 10: July 16, 18, 23, 25

Resident \$40 / Non-Resident \$48

Unscheduled facility closures can occur with limited notice. We will have lessons rain or shine but during inclement weather days if you are concerned about facility closures, please contact the pool hotline at 425.587.3335.

**Private/Semi Private
Lessons, see page 45**

Lesson Registration

Choose the Correct Swim Classes:

- #1 Review the skills and minimum age requirements for each level.
- #2 The skills listed are the skills each class will work on.
- #3 Choose the session, dates and time for the appropriate skill level.
- #4 Use the five digit course number listed to register for your class.

**To register call 425.587.3336 or
visit www.kirklandparks.net**

NOTE: If you are signing your child up for multiple sessions of swim lessons, please be advised that it may take your child more than 1 session to move to the next level. It is highly suggested to register your child for the same level more than 1 session before registering them for the following level.

- Participants may not make-up classes which they have missed nor are make-up lessons provided due to facility closures. If your child is sick the first few days of a class, they are encouraged to take the remaining days.
- Registration deadline is Thursday at 4pm prior to the next session of swim. No registrations are taken at the Pool.
- Children registered for a class which they are not qualified for will be placed in the correct class only if there is a vacancy. If there is no vacancy, your money will be refunded. Please read the class descriptions carefully to insure your child is enrolled in the correct class.
- If your child graduates to a higher level than you have them registered for, we will make every effort to accommodate a transfer, subject to availability. However, there may be instances where a refund is necessary. Report cards will be given on Tuesday of the second week of lessons. Transfer deadline is Thursday by 4pm that same week for all future swim session enrollments that require a new level of swim.
- Students will progress through levels at different speeds depending on several factors such as their age, physical coordination and the number of lessons in each session. When registering for multiple sessions at the start of the summer season we strongly recommend that you do not register for higher levels session to session. It is best to register your child into a level after carefully reading Student Learning Objectives listed for that level. Your child may need more than one session to move up.

Aqua Tot Swim Lessons

See page 41–44 for lessons schedule

Aqua Tots is a rewarding water experience for adults with young children. It introduces infants and toddlers to the joys of water activity while developing very basic skills, and teaches parent/caregivers how to ensure safety at all times.

Aqua Tots is a two-part program for young children and their parents/caregivers. Children as young as 9 months are able to start the program. Children stay with the program until they are ready to move up to Preschool Lessons, sometime after they reach three years of age.

Aqua Tots is about learning together in the water while you play and have fun. It's about helping your child feel comfortable in the water while promoting water safety. It's about building confidence in the water through encouragement, exploration and support.

A PROVEN APPROACH!

- Aqua Tots helps prevent injuries. It teaches you how to prepare before you go in or near the water by taking the right equipment, checking the environment, and planning an emergency response.
- Stay safe during activity in or near the water, by properly supporting and supervising your child.

Aqua Tots I

Ages 9 to 24 months

Aqua Tots I encourages children and parents to become comfortable and safe in the water. Primary objectives include: Child initiated pouring water on his or her face, head and body. Blowing bubbles at the surface. Assisted front and back floats with rolling over. Assisted glides through the water, basic arm and/or leg movements.

Aqua Tots II

Ages 20 to 48 months

Aqua Tots II encourages children and parents to become more water safe while increasing readiness skills. Primary Objectives Include: Student initiated movement above and under water, rhythmic breathing, front and back floats and glides, kicking while on front and back, front and back glides with kick, changing direction and rudimentary front swim.

Preschool Swim Lessons

Ages 3 to 5 years See page 41–44 for lessons schedule

Preschool group water adjustment and swim lessons are designed for children 3 to under 6 years of age without the assistance of their parents.

The first two preschool levels are primarily taught in our instructional pool which ranges from 6 inches to 2.5 foot. The shallow water provides a comfortable and friendly learning environment in which young children can move around independently. Students are gradually introduced to more

complex skills and deeper water, progressing to lessons in the shallow end of the main pool at Preschool Level Three.

After completing Preschool Level Five, students have learned some basic deep water skills and may have acquired the ability to pass our swim test, a requirement for swimmers to enter water deeper than chest depth (including use of the diving board.)

With five preschool levels, careful review of the primary objectives is very important

prior to registration. By doing so, you will increase the likelihood of placing your child in the most appropriate level. Proper placement will enhance his or her experience and will help create a better learning environment for every student in the class.

If your child is under the age of 4 and you feel they may still benefit from parent/care-giver assistance, we recommend Aqua Tots II prior to entering the Preschool Program.

Preschool Levels	Student Learning Objectives	
Pre-Water Introduction Preschool Level 1	(Instructional Pool Only)	
	<ul style="list-style-type: none"> Water adjustment Blow bubbles 3 Bobs Front float with support Back float with support 	<ul style="list-style-type: none"> Kick on front with support Kick on back with support Alternating arms on front with support Safety skills
Water Introduction Preschool Level 2	(Instructional Pool Primarily) Prerequisite: Completion of Preschool Level 1 or equivalent	
	<ul style="list-style-type: none"> 5 Bobs Retrieve object from bottom with eyes open Front float 3 seconds unassisted Back float 3 seconds unassisted 	<ul style="list-style-type: none"> Front glide & kick with float 3 yards (performed in lap pool) Back glide & kick with float 3 yards (performed in lap pool) Front crawl with support Safety skills
Fundamental Aquatic Skills Part 1 Preschool Level 3	Prerequisite: Completion of Preschool Level 2 or equivalent	
	<ul style="list-style-type: none"> 8 Bobs Front float 6 seconds unassisted Back float 6 seconds unassisted Basic front crawl 3 yards Rhythmic breathing with support Basic elementary backstroke 3 yards 	<ul style="list-style-type: none"> Front glide with kick 5 yards Back kick and fin 5 yards Alternating arms on back w/support 3 yards Bob to safety Safety skills
Fundamental Aquatic Skills Part 2 Preschool Level 4	Prerequisite: Completion of Preschool Level 3 or equivalent	
	<ul style="list-style-type: none"> 12 bobs Basic rhythmic breathing with kicking Basic back crawl 5 yards Basic elementary backstroke 5 yards 	<ul style="list-style-type: none"> Basic crawl stroke 5 yards Jump into water and recover to wall Safety skills
Stroke Development Preschool Level 5	Prerequisite: Completion of Preschool Level 4 or equivalent	
	<ul style="list-style-type: none"> 15 bobs Back crawl 13 yards Front crawl 13 yards Elementary backstroke 6 yards Breaststroke kick 13 yards Dolphin kick with support 13 yards Swim underwater 6 feet 	Must be able to swim 13 yards front crawl before attempting the following skills: <ul style="list-style-type: none"> Kneeling dive Compact dive Tread water 20 seconds Safety skills

Youth Swim Lessons

Ages 6 to 14 years See page 41–44 for lessons schedule

The City of Kirkland is proud to offer Peter Kirk Pool Learn to Swim Lesson Program. Students can progress through six levels of swimming and safety skills. When students can comfortably and confidently perform all of the skills meeting the required bench-

marks for technique, skill and distance, they can progress to the next level.

A word of caution: Many parents and care-takers make the common mistake, thinking that once their child has gained the ability to swim a width of the pool that the child

is indeed a competent swimmer. **THIS IS NOT THE CASE!** We encourage everyone to work through Level 6. Developing strong swimming skills and learning how to stay safe occur in the higher Youth Levels.

Youth Levels	Student Learning Objectives	
Introduction to Water Skills Level 1	Upon successful completion of Level 1, the learner will be able to:	
	<ul style="list-style-type: none"> • Enter and exit independently from chest deep water using ladder, steps or poolside • Use arm and leg motions to float for 5 seconds on front and back with support • Move around, change position, and direction in chest deep water 	<ul style="list-style-type: none"> • Demonstrate beginning levels of breath control submerging face for 3 seconds and opening eyes under water • Demonstrate basic water safety rules, use of life jacket, and summoning help
Fundamental Aquatic Skills Level 2	Upon successful completion of Level 2, the learner will be able to:	
	<ul style="list-style-type: none"> • Submerge entire head for 5 seconds in chest deep water and rhythmically breathe in between 5 times • Float and glide on front and back unsupported for 5 seconds and change position 	<ul style="list-style-type: none"> • Explore alternating and simultaneous leg kicking and arm pulling motions • Perform rudimentary front and back strokes – 5 yards • Explore basic reaching rescues and water safety skills
Stroke Development Level 3	Upon successful completion of Level 3, the learner will be able to:	
	<ul style="list-style-type: none"> • Perform basic water safety skills such as H.E.L.P and Huddle positions, and safe water entry rules • Explore rudimentary beginner, elementary backstroke, front crawl and back stroke–10 yards 	<ul style="list-style-type: none"> • Explore rudimentary breaststroke • Demonstrate feet first and rudimentary diving entries into deep water • Explore treading water 15 sec and reverse direction of travel
Stroke Improvement Level 4	Upon successful completion of Level 4, the learner will be able to:	
	<ul style="list-style-type: none"> • Identify safe diving rules • Perform rescue breathing and obstructed airway procedures • Perform intermediate level front crawl, back crawl, elementary backstroke and breaststroke – 25 yards 	<ul style="list-style-type: none"> • Perform rudimentary sidestroke and butterfly – 10 yards • Perform survival float and tread water in deep water – 2 min
Stroke Refinement Level 5	Upon successful completion of Level 5, the learner will be able to:	
	<ul style="list-style-type: none"> • Describe diving board safety rules • Identify symptoms of Spinal Injury and show inline stabilization techniques • Refine efficient and effective front crawl, back crawl, elementary backstroke, breaststroke– 50 yards 	<ul style="list-style-type: none"> • Refine efficient and effective sidestroke and butterfly – 25 yards • Refine survival swimming 2 min, treading water 3 min, and underwater swimming – 5 to 10 yards
Swimming and Skill Proficiency Level 6	Upon successful completion of Level 6, the learner will be able to:	
	<ul style="list-style-type: none"> • Demonstrate proficiency in front crawl and back crawl – 100 yards with turns • Demonstrate proficiency in breaststroke, sidestroke and butterfly – 50 yards 	<ul style="list-style-type: none"> • Demonstrate proficiency in Personal Safety and Rescue Skills, Pike and Tuck surface dives, throwing rescue, and approach stroke – 25 yards • Describe diving board safety rules

Adult Swim Lessons

Ages 15 and up See page 45 for lessons schedule

Fundamental Aquatic Skills Adult Level 1	Upon successful completion of Adult Level 1, the learner will be able to:	
	<ul style="list-style-type: none"> • Float and glide on front and back unsupported for 5 seconds and change position • Explore alternating and simultaneous leg kicking and arm pulling motions 	<ul style="list-style-type: none"> • Perform rudimentary front and back strokes • Explore treading water • Explore basis water safety skills
Stroke Improvement and Refinement Adult Level 2	Upon successful completion of Adult Level 2, the learner will be able to:	
	<ul style="list-style-type: none"> • Perform intermediate level front crawl, back crawl, elementary backstroke and breaststroke. • Refine efficient and effective strokes. 	<ul style="list-style-type: none"> • Increase swimming speed and distance ability. • Develop fitness, swimming and other aquatic goals with the instructor's assistance.



► Swim Lessons: Two-Week Sessions

June 3-13 • Eight, 30 minute lessons • Monday-Thursday RES \$64.00/ NON-RES \$76.80												
							3:50pm	4:25pm	5:00pm	5:35pm	6:10pm	7:00pm
AQUA TOTS 1												
AQUA TOTS 2												
PRESCHOOL 1							37930	37931	37932	37933	37934	
PRESCHOOL 2							37987	37988	37989	37990	37991	
PRESCHOOL 3							37940	37941	37942	37943	37944	
PRESCHOOL 4							37967		37968		37969	
PRESCHOOL 5								37970		37971		
YOUTH 1							37972		37973		37974	
YOUTH 2							37975		37976		37977	
YOUTH 3							37979		37980		37981	
YOUTH 4								37982		37983		
YOUTH 5								37984				
YOUTH 6										37986		
SWIM TEAM PREP 6-7							39191	39192				
SWIM TEAM PREP 8-9									39193	39194		
SWIM TEAM PREP 10-13											39195	

► Swim Lessons: Two-Week Sessions

June 17-27 • Eight, 30 minute lessons • Monday-Thursday RES \$64.00/ NON-RES \$76.80												
	8:50am	9:25am	10:00am	10:35am	11:10am	11:45am	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm	6:45pm
AQUA TOTS 1			37992							37993		
AQUA TOTS 2				37995					37996		37997	
PRESCHOOL 1	37998	37999	38000	38001	38002	38003	38004	38005	38006	38007	38008	38009
PRESCHOOL 2	38010	38011	38012	38013	38014	38015	38016	38017	38018	38019	38020	38021
PRESCHOOL 3	38022	38023	38024	38025	38026	38027			38028	38029	38030	38031
PRESCHOOL 4		38033	38034	38035	38036	38037			38038	38039	38040	38041
PRESCHOOL 5		38042	38043	38044	38045	38046			38047	38048	38049	38050
YOUTH 1	38054	38055	38056	38057	38058	38059			38060	38061	38062	38063
YOUTH 2	38064	38065	38066	38067	38068	38069			38070	38071	38072	38073
YOUTH 3									38074		38075	38076
YOUTH 4										38078	38079	38080
YOUTH 5									38081			38082
YOUTH 6										38083		

July 1-11 • Seven, 30 minute lessons • Monday-Thursday *no lesson July 4th RES \$56.00/ NON-RES \$67.20												
	8:50am	9:25am	10:00am	10:35am	11:10am	11:45am	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm	6:45pm
AQUA TOTS 1						38084				38085		
AQUA TOTS 2		38086									38087	
PRESCHOOL 1	38088	38089	38090	38091	38092	38093	38094	38095	38096	38097	38098	38099
PRESCHOOL 2	38150	38151	38152	38153	38154	38155	38156	38157	38158	38159	38160	38161
PRESCHOOL 3	38206	38207	38208	38209	38210	38211			38212	38213	38214	38215
PRESCHOOL 4		38216	38217	38218	38219	38220			38221	38222	38223	38224
PRESCHOOL 5		38230	38231	38232	38233	38234			38235	38236	38237	38238
YOUTH 1	38239	38240	38241	38242	38243	38244			38245	38246	38247	38248
YOUTH 2	38250	38251	38252	38253	38254	38255			38256	38257	38267	38269
YOUTH 3		38395	38396	38397	38398	38399			38400	38401	38402	38403
YOUTH 4		38404	38405	38406	38407	38408			38409	38410	38411	38412
YOUTH 5			38417	38418	38419				38420		38421	
YOUTH 6					38422	38423				38424		38425

► Swim Lessons: Two-Week Sessions

July 15-25 • Eight, 30 minute lessons • Monday-Thursday RES \$64.00/ NON-RES \$76.80												
	8:50am	9:25am	10:00am	10:35am	11:10am	11:45am	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm	6:45pm
AQUA TOTS 1						38426				38427		
AQUA TOTS 2		38428									38429	
PRESCHOOL 1	38438	38439	38440	38441	38442	38443	38444	38445	38446	38447	38448	38449
PRESCHOOL 2	38455	38456	38457	38458	38459	38460	38461	38462	38463	38464	38465	38466
PRESCHOOL 3	38469	38470	38471	38472	38473	38474			38475	38476	38477	38478
PRESCHOOL 4		38479	38480	38481	38482	38483			38484	38485	38486	38487
PRESCHOOL 5		38495	38496	38497	38498	38499			38500	38501	38502	38503
YOUTH 1	38504	38505	38506	38507	38508	38509			38510	38511	38512	38513
YOUTH 2	38514	38515	38516	38517	38518	38519			38520	38521	38522	38523
YOUTH 3		38524	38525	38526	38527	38528			38529	38530	38531	38532
YOUTH 4		38533	38534	38535	38536	38537			38538	38539	38540	38541
YOUTH 5			38542	38543	38544				38545		38546	
YOUTH 6					38547	38548				38549		38550

July 29-August 8 • Eight, 30 minute lessons • Monday-Thursday RES \$64.00/ NON-RES \$76.80												
	8:50am	9:25am	10:00am	10:35am	11:10am	11:45am	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm	6:45pm
AQUA TOTS 1						38551				38552		
AQUA TOTS 2				38553					38554		38555	
PRESCHOOL 1	38556	38557	38558	38559	38560	38561	38562	38563	38564	38565	38566	38567
PRESCHOOL 2	38568	38569	38570	38571	38572	38573	38574	38575	38576	38577	38578	38579
PRESCHOOL 3	38615	38616	38617	38618	38619	38620			38621	38622	38623	38624
PRESCHOOL 4		38634	38635	38636	38637	38638			38639	38640	38641	38642
PRESCHOOL 5		38643	38644	38645	38646	38648				38649	38650	38651
YOUTH 1	38670	38671	38672		38673				38674		38675	38676
YOUTH 2	38677	38678		38679	38680	38681				38682		38683
YOUTH 3		38685	38686	38687	38688	38689			38690	38691		38692
YOUTH 4		38724	38725	38726	38727	38728			38729	38730	38731	
YOUTH 5			38742	38743					38744		38745	
YOUTH 6					38748	38749						38750

► Swim Lessons: Two-Week Sessions

August 12-22 • Eight, 30 minute lessons • Monday-Thursday RES \$64.00/ NON-RES \$76.80										
	9:25am	10:00am	10:35am	11:10am	11:45am	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm
AQUA TOTS 1		38751							38752	
AQUA TOTS 2			38760					38761		
PRESCHOOL 1	38764	38765	38766	38767	38768	38769	38770	38771	38772	38775
PRESCHOOL 2	38776	38777	38778	38779	38780	38781	38782	38783	38784	38785
PRESCHOOL 3	38797	38798	38799	38800				38801	38802	38803
PRESCHOOL 4	38808	38809	38810		38811				38812	38813
PRESCHOOL 5	38814	38815	38816		38817				38820	38821
YOUTH 1	38822	38823		38824				38825	38826	38827
YOUTH 2	38828	38829		38830	38831			38832		38833
YOUTH 3	38834	38835	38836	38837	38838			38839	38840	38841
YOUTH 4	38843		38844	38845	38846			38847		38848
YOUTH 5			38850	38851				38852		
YOUTH 6				38855	38856				38857	

► Aqua Tots Twice a Week Lessons for Two Weeks

Monday & Wednesday Four 30-Min. Lessons
July 1, 3, 8, 10 RES \$40 / NON-RES \$48

Session 7	10:00am	5:00pm
AQUA TOTS 1	39211	
AQUA TOTS 2		39219

Tuesday & Thursday Four 30-Min. Lessons
July 16, 18, 23, 25 RES \$40 / NON-RES \$48

Session 10	10:00am	5:00pm
AQUA TOTS 1	39217	
AQUA TOTS 2		39226

Monday & Wednesday Four 30-Min. Lessons
July 15, 17, 22, 24 RES \$40 / NON-RES \$48

Session 9	10:00am	5:00pm
AQUA TOTS 1	39215	
AQUA TOTS 2		39228

Tuesday & Thursday Three 30-Min. Lessons
 (no lesson July 4)

July 2, 9, 11 RES \$30 / NON-RES \$36

Session 8	10:00am	5:00pm
AQUA TOTS 1	39213	
AQUA TOTS 2		39221



► Adult Lessons Twice a Week Lessons for Two Weeks

Ages 15 and up

Tuesday & Thursday Three 30-Min. Lessons

(no lesson July 4)

July 2, 9, 11 RES \$30 / NON-RES \$36

Session 3	7:30pm
Adult 1	39230
Adult 2	39233

Tuesday & Thursday Four 30-Min. Lessons

July 16, 18, 23, 25 RES \$40 / NON-RES \$48

Session 4	7:30pm
Adult 1	39231
Adult 2	39234

Tuesday & Thursday Four 30-Min. Lessons

July 30, Aug 1, 6, 8 RES \$40 / NON-RES \$48

Session 5	7:30pm
Adult 1	39232
Adult 2	39235



► Private / Semi-Private Lessons

One on one instruction is ideal for:

- The beginner
- Those who are having difficulty with a particular stroke/ technique
- Those working to overcome water phobia
- Special needs

Private/Semi-Private lessons are offered Monday through Thursday. You must register for M/W or T/TH option and must enroll for at least four lessons within a two-week period. (There will be no lessons scheduled on July 4 which may affect the number of lessons in that session).

8:50–9:20am	Mon/Wed or Tue/Thur June 17—August 8
9:25–9:55am	Mon/Wed or Tue/Thur June 17–27
5:35–6:05pm	Mon/Wed or Tue/Thur June 17–August 8

Call 425.587.3330 for availability

Registration for lessons begins March 20 • Lessons begin June 17 and run through Aug 8 • Holiday observance on July 4 no Private/Semi-Private lessons on that day.

1:1 private lesson

Resident \$40 / Non-Resident \$48 per ½ hour

2:1 semi-private lesson is for 2 children

Resident \$50 / Non-Resident \$60 per ½ hour

Special Interest Aquatics

Lifeguard Training

With Oxygen and Automatic Defibrillation

American Red Cross lifeguard training course. Successful participants will earn certifications in lifeguarding, first aid, CPR for the Professional Rescuer, oxygen administration and automatic defibrillation.

The prerequisites for this course include: 15 years or older and the ability to pass a swimming pre-test which consists of a 300 yard swim; swim 20 yards, retrieve a 10lb brick in 7+ feet of water and then carry the brick back 20 yards while holding on to the brick with both hands • TEXT BOOKS AND POCKET MASK NOT INCLUDED AND MUST BE PURCHASED SEPARATELY FROM THE AMERICAN RED CROSS, www.shopstaywell.com Item's #655735 and 658225 • First class starts at Peter Kirk Pool • Resident \$200 / Non-Resident \$240

Week 1	Tue, Wed, Thur 3:30-8:30pm	May 21-23	39268
Week 2	Wed and Thurs 3:30-8:30pm	May 29-30	



Water Safety Instructor Course

This is an American Red Cross course. Upon successful completion you will receive a certification in instructing the learn-to-swim programs for infants, toddlers, preschoolers, youth, adults, people with special needs, instructor aide training, and water safety outreach. Students must be at least 16 years old and complete a swimming pre-test before entering the course.

This course includes: Fundamentals of Instructor Training • TEXT BOOKS NOT INCLUDED AND MUST BE PURCHASED SEPARATELY FROM THE AMERICAN RED CROSS, www.shopstaywell.com Item # 651313 • First class meets at Peter Kirk Pool • Resident \$200 / Non-Resident \$240

Week 1	Sun: 9am-3pm Mon-Thurs: 4-8pm	May 19-23	39269
Week 2	Tues-Thurs: 4-8pm	May 28-30	

Special Interest Aquatics

Stroke Lessons

Become a faster more efficient swimmer! Instructors will work to assist swimmers with details and mechanics of their strokes in four 60 minute sessions!! This course is a great opportunity for swimmers to get individual stroke and technique attention, in a small group setting. Participants should be able to comfortably swim 50 yards of freestyle and backstroke without assistance.

Four 60 minute lessons
Resident \$80/ Non-Resident \$96

Ages 6-10	10-11am	Mon-Thurs June 24-27	39196
Ages 11-18	11:15am-12:15pm	Mon-Thurs June 24-27	39197
Ages 6-10	10:45am-11:45am	Friday, July 5, 12, 19, 26	39198
Ages 11-18	10:45am-11:45am	Friday, July 5, 12, 19, 26	39199

SPLASH. PEDAL. N' DASH

KIDS TRIATHLON

@ JUANITA BEACH

This non-competitive, non-timed event provides an excellent opportunity for youth to experience the sport of triathlon. Athletes participate in 50 yard swim/splash, ½ mile bike, 400 yard run.

Participants will receive a t-shirt, swim cap, and ribbon

Location: Juanita Beach
Ages 3 to 12 • Sat • Sept 14, 2013

Race begins at 11am
check in begins at 9:30am

Price: \$30.00 Plus Tax
Registration #39209

Aqua Leaders Volunteer Program

Ages 12 to 15 years

Training class, in which youth have the opportunity to develop lifeguarding, swim instructing and other occupational related skills. Aqua Leaders receive training and instruction in facility rules, policies and procedures and water safety. Completion of the program is a prerequisite to volunteer as a Junior Lifeguard and or Swim Instructor Aide for the Kirkland Aquatic Service Program, which continues until Sep. 2nd

Resident \$60 / Non-Resident \$70

Mon-Fri	9am-12:30pm	June 24-June 28	39210
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Deep Water PM Aquarobics

Ages 16 years and older

If your goal is a leaner and stronger body and you want to have fun—Aquarobics is for you! Our professionally trained instructors will inspire you to move! Benefits of Deep Water Exercise:

1. Burn Calories
2. Build Strong Muscles and
3. 60- Min of Abdominal Work.

Work-at-Your-Own-Pace! Beginners to Advanced Welcome!

Session 1: June 4-July 2 (5 weeks)

Nine, 60 min lessons • Tues/Thurs • No class 7/4
Resident \$90 / Non-Resident \$108

Tue & Thur	7:30pm-8:30pm	June 4-July 2	39223
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Session 2: July 9-Aug 8 (5 weeks)

Ten, 60 min lessons • Tues/Thurs
Resident \$100 / Non-Resident \$120

Tue & Thur	7:30pm-8:30pm	July 9-Aug 8	39224
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Session 3: Aug 13-Aug 29 (3 weeks)

Six, 60 min lessons • Tues/Thurs
Resident \$60 / Non-Resident \$72

Tue & Thur	6:45pm-7:45pm	Aug 13-Aug 29	39225
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AquaParty Youth Aquarobics

NEW!

Ages 8 to 14 years

Get your body moving and burn calories while having fun participating in 45 minutes of water games & relay races. Think pool party with hidden cardio and physical development. Designed with kids in mind and instructed by a professional Aquarobics instructor who also works with children and teenagers. Classes will welcome 8-14 year olds who have a positive attitude, are good listeners, follow directions and enjoy working as a team. This is a FUN & structured class, not free swim. Wear sunblock and bring a water bottle.

Swimming Requirement: 25 yards or wear a flotation belt used for deep water, pool will provide.

Four-45 minute classes • No class 8/2
Resident \$48/ Non-Resident \$57.60

Fri	10:45-11:30am	June 21-July 12	39352
Fri	10:45-11:30am	July 19-Aug 16	39353

AquaBeat Teen Aquarobics

NEW!

Age 13 to 18 years

Get in shape or stay in shape! Challenge yourself in this 45-minute Aquarobics deep water workout. Bring your Intention to Action! Your Music, Our Moves ... most of all HAVE FUN & sweat without even knowing.

Why workout in the water? Compare the estimates of land vs. water exercise.

- > Land Walking: 135 calories vs. Deep Water Walking: 264 calories
- > Land Jogging: 240 calories vs. Deep Water Jogging: 340 calories

Classes will welcome teenagers 13-18 years old who want to make an impact on their health. This is a FUN & structured class, not free swim. Wear sunblock and bring a water bottle.

Swimming Requirement: No swimming experience required, flotation belts will be provided.

Four-45 minute classes • No class 8/2
Resident \$48/ Non-Resident \$57.60

Fri	11:30am-12:15pm	June 21-July 12	39354
Fri	11:30am-12:15pm	July 19-Aug 16	39355

ADULT TENNIS LESSONS

Join us on the courts this summer! Develop your tennis skills, get in shape, or just join us for the fun of it! All sessions are two weeks in duration for a total of 8 lessons.

Classes meet Monday through Thursday with Friday designated as makeup days for rainouts. Space is limited! Loaner racquets are available.

Please Note: During the June 24th session, there will be no lesson on Thursday, July 4th. The session will run Mon-Thurs the first week and Mon – Wed the following week.

Ages 16 and up • Location: Juanita High School Tennis Court

*** July 22nd session will be held at Kamiakin Middle School, 14111 132nd Ave. NE**

Adult Beginner

The Basics: Forehand, backhand, serve and scoring

7 classes • No class 7/4
Resident \$52 / Non-Resident \$62

Mon–Thur	5:30–6:25pm	June 24–July 3	37779
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8 classes • Resident \$60 / Non-Resident \$72

Mon–Thur	5:30–6:25pm	July 8–July 18	37780
Mon–Thur	5:30–6:25pm	July 22–Aug 1	37781
Mon–Thur	5–5:55 pm	Aug 5–Aug 15	37782
Mon–Thur	5–5:55 pm	Aug 19–Aug 29	37788

Adult Intermediate

Fine-tuning basics, specialty strokes and game strategy

Presently can sustain a short rally, knows how to serve and start play as well as an understanding of scoring

7 classes • No class 7/4 • Resident \$52 / Non-Resident \$62

Mon–Thur	6:30–7:25pm	June 24–July 4	37774
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8 classes • Resident \$60 / Non-Resident \$72

Mon–Thur	6:30–7:25pm	July 8–July 18	37775
Mon–Thur	6:30–7:25pm	July 22–Aug 1	37776
Mon–Thur	6–6:55pm	Aug 5–Aug 15	37777
Mon–Thur	6–6:55pm	Aug 19–Aug 29	37778

Adult Advanced NEW!

Dynamic Footwork, Advanced Drills and Game Strategies

Can keep up a rally with moderate pace and spin, comfortable with volleying and has a consistent serve.

7 classes • No class 7/4
Resident \$52 / Non-Resident \$62

Mon–Thu	7:30–8:25pm	June 24–July 3	37809
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8 classes • Resident \$60 / Non-Resident \$72

Mon–Thu	7:30–8:25pm	July 8–July 18	37810
Mon–Thu	7:30–8:25pm	July 22–Aug 1	37811
Mon–Thu	7–7:55pm	Aug 5–Aug 15	37812
Mon–Thu	7–7:55pm	Aug 19–Aug 29	37813



Ice Skating All Ages!

Introducing the thrill and athletic challenge of Ice Skating in a fun and safe learning environment. Our professional learn-to-skate staff will teach a progression of skills to ensure safety and provide an understanding of the basic fundamentals of ice skating. Participants will progress toward edge control and more advanced footwork. Whether you are a beginner or would like to enhance your present skill level (figure skating or ice hockey), we encourage children and adults to join. Students will be divided into their skill level and age level.

Skates will be provided and helmets are highly recommended • Classes will be held at Kingsgate Arena; 14326 124th Ave NE, Kirkland WA 98034 • Classes will include 30 minutes of professional instruction and 30 minutes of practice/free skating time • Last day of class is “bring a buddy for free day” • Skates will be provided for your buddy • Registration deadline is: one week prior to start of first class • Please arrive ½ hour before class to get skates on • Please wear warm clothes, jacket and gloves

7 weeks • No class 5/24 or 5/27
Resident \$113 / Non-Resident \$136

Ages 5 to Adult

Fri	6pm–7pm	Apr 26–June 14	38664
Mon	6pm–7pm	Apr 29–June 17	38660
Mon	6pm–7pm	July 8–Aug 19	38666

Ages 4 to Adult

Tue	10:45–11:45am	Apr 30–June 11	38662
Tue	10:45–11:45am	July 9–Aug 20	38667



SOFTBALL LEAGUES!

* WA State sales tax will be collected *

SPRING SOFTBALL

Registration begins: February 1st
(registration closes when full or deemed necessary)

This spring league will consist of 16 games in 8 weeks of play with one-week of playoffs for the top four teams in each division. The season will span from May through mid-July. Prizes will be awarded for the regular season champion as well as the play-off tournament winner. 8 team maximum per division.

COED DIVISIONS

“Rec” Division

Our COED division is an open division available to teams of all skill levels. Games are played on Sunday late mornings/early afternoons.

8DH May 5–July 7 Crestwoods Field 37676

MEN’S DIVISIONS

Low / Mid Division

This division is for teams with average skill level. Games are played on Sunday and Monday evenings.

8DH May 5–July 15 Crestwoods Field 37674

Upper Division

Our most competitive division composed of teams with above average skill. Game nights are Tuesday and Wednesday nights.

8DH May 7–July 10 Crestwoods Field 37675

Spring League Fees:

Team registration for all divisions: \$864.00 + \$10 per non-Kirkland player. If the team consists of 51% non-residents, there is an additional charge of \$10 per non-Kirkland player (\$100 maximum) for players over that threshold who do not live or work in the city limits of Kirkland.



GO AHEAD...HAVE SOME FUN!

We want to thank Wing Dome for their sponsorship of Kirkland’s Adult Sports Leagues!

LATE SUMMER/FALL SOFTBALL

Registration begins: February 1st
(registration closes when full or deemed necessary)

Summer league will stretch into early fall and consist of 14 games in 7 weeks of play with one-week of playoffs for the top 4 teams in each division. Games will be played “under the lights” at Lee Johnson Field (Peter Kirk Park). Prizes will be awarded for the regular season champion as well as the playoff tournament winner. Men’s divisions: 8 team maximum, COED division: 4 team max.

MEN’S DIVISIONS

Low / Mid Division

This division is for teams with average skill level. Games are played on Monday and Tuesday evenings.

7DH July 29–Sept 17 Lee Johnson Field 37678

Upper Division

Our most competitive division composed of teams with above average skill. Game nights are Wednesday and Thursday nights.

7DH July 31–Sept 12 Lee Johnson Field 37679

COED DIVISION

“Rec” Division

Our COED division is an open division available to teams of all skill levels. Games are played on Sunday late mornings/early afternoons.

7DH July 28–Sept 22 Lee Johnson Field 37680

FREE AGENT TEAM **NEW!**

Men’s Low / Mid Division

Are you looking for a team to join? Do you have a couple friends that want to play softball but don’t have enough to have your own team? Then you’re in luck! Starting this summer we are offering a free agent team for our Men’s Low/Mid division of our softball league that will play on Monday and Tuesday nights. For a flat fee of \$50.23 (plus tax) you can join the team as an individual. We need a minimum of 12 players in order to form the team.

7DH July 29–Sept 17 Lee Johnson Field 37681

Late Summer / Fall League Fees:

Team registration for all divisions: \$760.00 + \$10 per non-Kirkland player. If the team consists of 51% non-residents, there is an additional charge of \$10 per non-Kirkland player (\$100 maximum) for players over that threshold who do not live or work in the city limits of Kirkland.



AGE 55-PLUS SOFTBALL

Recruitment is in Full Swing!

If you are age 55+ and have played softball or simply want to play (no experience required), recruitment for the new 2013 season is underway! The three senior softball teams in Kirkland continue to hit home runs and have lots of fun! The two men’s teams, “Moss Bay Hawks”, “Kirkland Owls” and the co-ed team, “Kirkland Klassics” were all a hit in 2012! After a long winter break, team players are now dusting off their bats to begin practice in March 2013. Everyone is gearing up for another fantastic season of league play, May through July. These three recreational teams play in the Puget Sound Senior Softball Association and are not affiliated with City of Kirkland Parks and Community Services recreation league. For more information call:

CoEd Team: Paula Miller 425.822.7478 or

Men’s Team: Rich Mialouich 425.827.1109 or Glenn Peterson 425.822.8331

Ages 18 and up • For more information on our adult sport league offerings, log on to

www.kirklandwa.gov/athletics or LIKE our Facebook page www.facebook.com/kirklandsportsleagues



Adult Volleyball Leagues

Come join the most fun and competitive league on the Eastside! By having the opportunity to play a maximum of 5 games (within a match) per night, our league gives you more “BANG for your BUCK”! The season consists of seven weeks of regular season play with two weeks of playoffs with one week guaranteed. Games are played at either Emerson High School (formerly BEST High School) or Kamiakin Middle School with 7:15pm, 8:20pm or 8:40pm start time (depending on the division). **Team Fee: \$275**

Women's Upper Division BB Level

The Women's Upper Division is for teams with intermediate to above average skill level, have in depth knowledge of offensive and defensive game play and can use advanced strategies to be successful. Matches on Monday nights.

Mon	Apr 8–June 10	7:15 or 8:20pm	37533
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Women's Lower Division B Level

The Women's Lower Division is for teams with average to intermediate skill level meaning, abilities more advanced than a beginner. Players understand the game and are able to perform some of the necessary skills required to be successful. Matches are played on Monday nights.

Mon	Apr 8–June 10	7:15 or 8:20pm	37534
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CoEd Upper Division BB Level

The COED Upper Division is for teams with intermediate to above average skill level, have in depth knowledge of offensive and defensive game play and can use advanced strategies to be successful. Matches on Tuesday nights.

Tues	Apr 9–June 11	8:20 or 8:40pm	37535
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Coed Lower Division B Level

The COED Lower Division is for teams with average to intermediate skill level meaning more advanced than a beginner. Players understand the game and are able to perform some of the necessary skills required to be successful. Matches on Tuesday nights.

Tues	Apr 8–June 11	8:20 or 8:40pm	37536
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Coed C Division

The COED “C” Division is our least competitive division that's great for beginners who are learning the rules or those still improving their fundamental skills. Matches are on Wednesday nights.

Wed	Apr 10–June 5	8:20pm	37537
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Free Agent Team CoEd C Division

Are you looking for a team to join? Do you have a couple friends that want to play volleyball but don't have enough to have your own team? Then you're in luck! We are offering a free agent team for our COED C division of volleyball that will play on Wednesday nights. For a flat fee of \$40 (plus tax) you can join the team as an individual. We need a minimum of 6 players (minimum of 3 men and 3 women) in order to form the team.

Wed	Apr 10–June 5	8:20pm	37539
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Coed Dodgeball League

That fun school yard game you use to play as a kid is even more fun as adults! Games are played on Wednesdays at Kirkland Middle School. Matches consist of a full hour of play with 6 team members on each side. The league is an “OPEN” division accepting all levels of play. If deemed necessary, an upper and lower division will be formed.

Team Fee: \$275

Wed	Apr 10–June 5	6:45 or 7:55pm	37538
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Golf Instruction

Learn to play golf in the comfortable atmosphere of the Redwood Golf Center in Woodinville. A PGA instructor teaches group lessons. Learn basic golf, grip stance, swing, rules and etiquette. By the end of this 4-part series you will be able to play on the golf course. Bring your own clubs or try the Golf Center's demo clubs.

Location: Redwood Golf Center, 13029 Redmond-Woodinville Rd NE, Woodinville

Min 6 / Max 12 4 classes

Sr Resident \$89 / Sr Non-Resident \$99

Non-Sr Resident \$97 / Non-Sr Non-Resident \$119

Fri	10–11am	Apr 5–26	37875
Fri	10–11am	May 3–24	37876
Fri	10–11am	June 7–28	37877
Fri	10–11am	July 5–26	37878
Fri	10–11am	Aug 2–23	37879

Adult Beach Volleyball Ages 18+

NEW!

Join us at newly remodeled Juanita Beach for some sand volleyball! We will offer two divisions of beach volleyball, COED and women's 4 on 4 “Rec”. Games will be played on Monday nights for the women's division and Tuesday nights for the COED division. Games start at 6:15pm and 7:30pm. The league is self-officiated. Six weeks of play and one week of playoffs (top 4 teams). **Team Fee: \$200**

Women's Division

Mon	6:15 or 7:30pm	June 24–Aug 5	39350
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COED Division

Tue	6:15 or 7:30pm	June 24–Aug 5	39351
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GO AHEAD...HAVE SOME FUN!

We want to thank Wing Dome for their sponsorship of Kirkland's Adult Sports Leagues!

OPEN GYM

18 & older – One basketball & three volleyball courts available for individuals or teams.

5 to 8pm • Sundays • April 15–June 10

Kamiakin Middle School, 14111 132nd Ave NE •
No open gym 5/26 • \$4.00 per person (includes tax)
Call 425.587.3335 for closure info.

MOVE IT!

FOR YOUR BODY
FOR YOUR HEALTH
FOR YOUR SELF

Affordable, Flexible, Convenient! Time to MOVE IT with our easy quarterly fitness pass. No more individual class registrations and associated fees! With the purchase of the MOVE IT quarterly pass, take unlimited number and combination of fitness classes that your schedule allows. One registration, ultimate flexibility. Simply present your pass at class. It's easy, it's affordable, so what are you waiting for? MOVE IT!

Body Sculpting

Does your body need toning or shaping? Want to add some curves and definition in all the right spots? This 45 minute class could give you a new look without the chisel. We start with a 10 minute aerobic warm up, then move on to exercise for the upper body, abdominal, glutes, and legs. Exercise to music, and end with feel-good stretches. Weights will be discussed at first class.

Circuit Training

Aerobics + Strength Training = Great Results! Use the step, hand weights, rubber tubing, and aerobics in timed intervals to build strength and endurance. Our students report it's their favorite class! Bring hand weights and a mat to class.

Dance Aerobics

Do you have the urge to go dancing but no interest in nightclubs? Well, this is the class for you! Here is your chance to get fit while learning moves you've always wanted to try, from hip hop to the cha cha. Whether you're a pro athlete or beginner, this class is guaranteed fun and a great cardio workout. So, stop dancing alone in your living room, Come join the party and get your groove on. Let's dance!

Long and Lean **NEW!**

There is nothing like the look of long lean muscles. Using a combination of standing BARRE techniques, ball training and weight bearing exercises, your body will get that long lean look while reducing the risk of injury. Focusing on muscle isolation, tension and balance we will create that elegant look of a dancer's physique.

Low-Impact Aerobics

Start your day out right. This class is designed for people of all ages and fitness levels. Come join the fun fat burning, muscle toning, keep-it-moving class! Please bring a mat and large towel to class for floor work. Good for all ages.

Power Hour

This is the opportunity to change your workout! Using interval training, you'll move from cardio to weight bearing exercise. Your strength and endurance will be tested with isometric, plyometric, Pilates and yoga stretches. This class will transform the way you look and feel. The routine is always changing, which maximizes fat burning and body sculpting that you'll be seeing in no time! Get pro-active about your workout and break away from your regular routine with the Power Hour!

Pilates/Strength Work

Pilates is a unique form of strength work that emphasizes the mind/body connection. Our lively class combines Pilates with the use of hand weights, body mechanics, and rubber tubing for improved strength, flexibility, and balance. Become fitter and healthier in new ways! Bring hand weights and a mat to class.

North Kirkland Community Center

12421 103rd Ave NE, Kirkland WA

425.587.3350

/// Jane's early morning workout classes offer total body workout with strength, stretch, and aerobic exercise. A variety of music, alternative options, enthusiasm, friendship, and the rest of the morning free! /// — Jane V.





**STILL MORE AFFORDABLE THAN
YOUR LOCAL FITNESS CLUB!**

SPRING 2013

All classes on this page included with your
Move It! Pass: Resident \$83 / Non-Resident \$100
To register use class #38910

Pilates/Yoga

Combine the benefits of core conditioning Pilates movement with gentle restorative fitness-based yoga movements for an effective, balanced workout. Increase strength, coordination and flexibility in new ways with this blended format. Please bring a mat to class.

Strength and Stretch

Strengthen and tone muscles, improve your bone density to help fight osteoporosis and add flexibility to your entire body. All this and it's fun to boot! All ages welcome. Please bring mats and a large towel. Expect to see improvement within a few weeks.

Total Body Conditioning

A cardio and strength conditioning total body workout that incorporates hand held weights, resistance bands, body weight and more! You'll work up a sweat in this class and finish with a relaxing cool down and stretch.

Zumba

Join us on Monday and Thursday evenings and Saturday mornings. Zumba is a fun, dance and rhythms exercise class using mostly Latin music. Sizzling, toe, tapping, hip swiveling music makes you want to get up and move.

MORNING CLASSES

10 weeks // April 1–June 8 // No class May 25–27

DAY	CLASS NAME	TIME	INSTR.
Mon	Power Hour	9:15–10:15am	Laura
Tue	Strength & Stretch	8:00–9:00am	Jane
Wed	Strength & Stretch	8:00–9:00am	Jane
Wed	Power Hour	9:15–10:15am	Laura
Thur	Strength & Stretch	8:00–9:00am	Jane
Fri	Low Impact Aerobics	8:00–9:00am	Jane
Fri	Power Hour	9:15–10:15am	Laura
Sat	Total Body Conditioning	8:30–9:30am	Joleen
Sat	Zumba	9:40–10:40am	April

EVENING CLASSES

10 weeks // April 1–June 8 // No class May 25–27

DAY	CLASS NAME	TIME	INSTR.
Mon	Zumba	5:30–6:15pm	Sheila
Mon	Circuit Training	6:30–7:20pm	Joleen
Mon	Pilates/Strength	7:25–8:10pm	Joleen
Tue	Body Sculpting	5:30–6:15pm	Sandra
Tue	Dance Aerobics	6:20–7:10pm	Laura
Wed	Circuit Training	6:30–7:20pm	Joleen
Wed	Pilates/Yoga	7:25–8:10pm	Joleen
Thur	Body Sculpting	5:30–6:15pm	Sandra
Thur	Long and Lean NEW!	6:20–7:10pm	Laura
Thur	Zumba	7:15–8:15pm	April

/// Ages 16 through adult /// Passes are available at any time during the quarter at full price /// A Personal Wellness Survey must be completed by all participants before working out /// PASSES ARE NOT PRORATED, ARE NON-REFUNDABLE AND NON-TRANSFERABLE /// It is recommended you have a doctor's approval if you have a health problem, are more than 35 lbs. overweight, or are over 50 years old and have not been exercising /// Call Recreation Hotline 425.587.3335 if class cancellation is in question

MOVE IT!

SUMMER 2013

All classes on this page included with your
Move It! Pass: Resident \$90 / Non-Resident \$108
To register use class #38911

MORNING CLASSES

11 weeks // June 10–Aug 24 // No class July 4th

DAY	CLASS NAME	TIME	INSTR.
Mon	Power Hour NEW!	9:15–10:15am	Laura
Tue	Strength & Stretch	8:00–9:00am	Jane
Wed	Strength & Stretch	8:00–9:00am	Jane
Wed	Power Hour	9:15–10:15am	Laura
Thur	Strength & Stretch	8:00–9:00am	Jane
Fri	Low Impact Aerobics	8:00–9:00am	Jane
Fri	Power Hour	9:15–10:15am	Laura
Sat	Total Body Conditioning	8:30–9:30am	Joleen
Sat	Zumba	9:40–10:40am	April

EVENING CLASSES

11 weeks // June 10–Aug 24 // No class July 4th

DAY	CLASS NAME	TIME	INSTR.
Mon	Zumba NEW!	5:30–6:15pm	Sheila
Mon	Circuit Training	6:30–7:20pm	Joleen
Mon	Pilates/Strength	7:25–8:10pm	Joleen
Tue	Body Sculpting	5:30–6:15pm	Sandra
Tue	Dance Aerobics	6:20–7:10pm	Laura
Wed	Circuit Training	6:30–7:20pm	Joleen
Wed	Pilates/Yoga	7:25–8:10pm	Joleen
Thur	Body Sculpting	5:30–6:15pm	Sandra
Thur	Long and Lean	6:20–7:10pm	Laura
Thur	Zumba	7:15–8:15pm	April

/// Ages 16 through adult /// Passes are available at any time during the quarter at full price /// A Personal Wellness Survey must be completed by all participants before working out /// PASSES ARE NOT PRORATED, ARE NON-REFUNDABLE AND NON-TRANSFERABLE /// It is recommended you have a doctor's approval if you have a health problem, are more than 35 lbs. overweight, or are over 50 years old and have not been exercising /// Call Recreation Hotline 425.587.3335 if class cancellation is in question

SPEND YOUR SUMMER ON THE SAND!

New Adult Beach Volleyball now at
Juanita Beach Park! Two divisions
available with games on Monday
or Tuesday evenings.

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Prenatal Yoga **NEW!**

Prenatal yoga brings sensitive focus and gentle attention to the mother-to-be through breathing, relaxation, strengthening and stabilizing; helping to instill a feeling of trust in one's own inner wisdom during this time of change. The program, conducted in a calm, peaceful environment will help strengthen the uterus and pelvic muscles, improve circulation, aid in digestion, exercise the spine, improve posture and breathing and increase overall comfort. **No prior yoga experience is necessary.**

Prenatal Yoga is safe to take throughout your pregnancy, it is best for beginners (with no prior yoga experience) to start a series at 3 months and can continue until giving birth.

Phyllis Moses is a Certified Viniyoga instructor (RYT-500), and Yoga Therapist, with a focus in prenatal yoga and has over 20 years' experience teaching.

*Location: PKCC • 6 classes
Resident \$90 / Non-Resident \$108*

Tue	5–6:15pm	Apr 9–May 14	39299
Tue	5–6:15pm	May 21–June 25	39300
Tue	5–6:15pm	July 2–Aug 6	39301

Zumba® Gold

Zumba® Gold modifies Zumba® fitness to non-impact moves and pacing suiting the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Zesty Latin music, world rhythms, exhilaratingly easy to follow moves and the invigorating party-like atmosphere are exercise in disguise! Feel the music, forget you are exercising and just move with the joy! You don't have to know how to dance, just know how to have fun! **All abilities welcome.**

*Wear athletic shoes • Location: PKCC
Instructor: Joan Wilde*

4 classes • No Class 7/4 • Resident \$35 / Non-Resident \$42

Thur	10:30–11:30am	Apr 4–25	38100
Thur	10:30–11:30am	May 2–23	38101
Thur	10:30–11:30am	May 30–June 20	38102
Thur	10:30–11:30am	June 27–July 25	38105

2 classes • Resident \$18 / Non-Resident \$22

Thur	10:30–11:30am	Aug 1–8	38106
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Pilates **NEW!**

Pilates is a form of exercise that develops core strength. It emphasizes the balanced development of the body through flexibility, balance, coordination, and strength. Pilates creates awareness in order to support efficient, graceful movement.

*All abilities welcome • Location: PKCC
Instructor Rhianna Ryer • 6 classes
Resident \$45 / Non-Resident \$54*

Tue	6–7pm	April 16–May 21	39291
Tue	6–7pm	May 28–July 2	39292
Tue	6:30–7:30pm	July 9–Aug 13	39293

Yoga Fun for Everyone

You have heard about the benefits of yoga... here's your chance to begin in a relaxed environment. Join this six week class and increase your flexibility, strength, balance and stamina. Sally Rodich, will teach you to broaden your knowledge of the practice and take yoga seriously while still having fun. End each class with a 10 minute relaxation to soothe your mind and relieve stress. All levels welcome. **This class likes to laugh and have fun!**

*Location: PKCC • 6 classes • No class May 13, 15, 20, 22 & 27
Resident \$54 / Non-Resident \$65*

Mon	5:30–6:30pm	Apr 15–June 10	38108
Wed	5:30–6:30pm	Apr 17–June 5	38109
Wed	5:30–6:30pm	June 12–July 17	38116
Mon	5:30–6:30pm	June 17–July 22	38110

Aerobic Kick Boxing

This class blends your hidden personal powers with the tried and true technique of personal self-defense, dance, and kick boxing, all set to today's hottest music. It's easy. There's no complicated choreography to make you feel out of step. Participants from all walks of life describe the experience as energizing, explosive, uplifting, and just plain fun!

*Location: Miller's Martial Arts Academy
8920 122nd Ave, NE Kirkland*

**10 weeks • No class 5/25
Resident \$71 / Non-Resident \$85**

Sat	9–9:45am	Apr 6–June 15	39101
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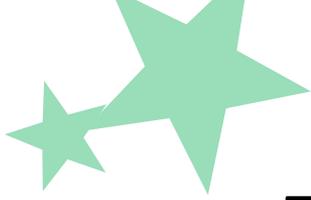
Women's Self Defense @ NKCC

Ever have an encounter that makes the hair on the back of your neck stand up? You wonder if someone intends to harm you. In just 5 hours you'll learn the 3 most crucial self-defense lessons: recognizing when someone's planning an assault, how to use body language and your voice to interrupt an intended assault, and simple, effective physical skills to disable an attacker. In a single session you'll learn about real risks, assailant tricks, crucial targets, how to create an impact, and releases from the most common grabs. **This is a great class to take with a friend.**

*Bring a light lunch or snack, and a water bottle
Instructor: Joann Factor • Location: NKCC
Resident \$97 / Non-Resident \$116*

Sat	11am–4pm	June 1	39102
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Partner Dancing. Great fun & exercise...

Dance Like

Location: North Kirkland Community Center

West Coast Swing

Adults & Teens, Couples & Singles Welcome!
Professional Certified Instructor: Lynn Gross

Night Club Two Step

Adults & Teens, Couples & Singles Welcome!
Professional Certified Instructor: Lynn Gross

ADULT DANCE WITH LYNN GROSS:

“Fun, energetic, clear instructions that are easy to follow! Lynn is the best!”
— Kaylee

West Coast Swing Level 1

Contemporary, modern swing—the most music friendly & versatile of all partner dances! Solid foundational patterns and techniques make learning this dance a simple, logical & fun experience. Lots of repetition helps boost your learning curve and muscle memory, increasing your fun in classes and on the dance floor. Even if you’ve taken West Coast Swing classes before, you are guaranteed to learn new and exciting ways to enhance this popular style of swing. No experience needed!

No experience needed! • Adults & Teens, Couples & Singles, All Ability Levels Welcome! • Professional Certified Instructor: Lynn Gross • Location: NKCC • 5 weeks Resident \$54 / Non-Resident \$65

Tue 7:30–8:30pm Apr 9–May 7 39118

Night Club Two Step Level 1

This is romantic dancing at its finest—a dreamy dance for easy-listening, soft-rock love songs played at parties, night clubs, weddings, on cruise ships, and at many local dances. Learn patterns that stay in a small area for crowded dance floors, patterns that glide across the floor when there’s room to move, and how to blend it all for added versatility. Easy leading, following and turning techniques included.

No experience needed! • Adults & Teens, Couples & Singles Welcome! 8 Professional Certified Instructor: Lynn Gross Location: NKCC • 5 weeks • Resident \$54 / Non-Res \$65

Tue 8:30–9:30pm Apr 9–May 7 39120

Night Club Two Step Level 2

Continue to develop your romantic side! Learn simple pattern variations and partnering techniques in this popular dance. Previous participation in a beginning level class, or the equivalent, is required. Each Level 2 series differs from the last—the more times you participate, the more you learn, and the more your dance skills expand!

Adults & Teens, Couples & Singles Welcome! • Prerequisite: Level 1, equivalent experience, or instructor permission • Professional Certified Instructor: Lynn Gross • Location: NKCC • 5 weeks • Resident \$54 / Non-Resident \$65

Tue 8:30–9:30pm May 14–June 11 39121

West Coast Swing Level 2

Add more fun and boost your swing skills with popular pattern variations and enhanced partnering techniques! Time to review and become more comfortable with level 1 Basics will be included. Patterns and styling in each Level 2 series differ from the last—the more times you participate, the more you learn, and the more comfortable and confident you’ll become.

Prerequisite: Level 1, equivalent experience, or instructor permission • Adults & Teens, Couples & Singles Welcome! • Professional Certified Instructor: Lynn Gross Location: NKCC • 5 weeks Resident \$54 / Non-Resident \$65

Tue 7:30–8:30pm May 14–June 11 39119

no partner required to join in!

the Stars!

Location: North Kirkland Community Center

Ballroom Favorites

Adults & Teens, Couples & Singles Welcome!
Professional Certified Instructor: Lynn Gross

Ballroom Favorites Level 1

Everyone enjoys learning the basics and simple variations of the ever-popular and always-in-style classics: Romantic Waltz, Smooth Fox Trot, Lively Jitterbug Swing, and a bit of Sensual Tango. You'll be gliding around the floor in the very first lesson.

No experience needed! • Adults & Teens, Couples & Singles, All Ability Levels Welcome! • Professional Certified Instructor: Lynn Gross • Location: NKCC

5 weeks • Resident \$54 / Non-Resident \$65

Tue	7:30–8:30pm	June 18–July 16	39123
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Ballroom Favorites Level 2

Gain comfort and confidence with leading and following as you learn new and pleasing pattern variations in Waltz, Fox Trot, Jitterbug Swing and Tango.

Pre-requisite: Level 1 or equivalent experience, or instructor permission • Adults & Teens, Couples & Singles Welcome! • Professional Certified Instructor: Lynn Gross • Location: NKCC • 5 weeks • Resident \$54 / Non-Resident \$65

Tue	7:30–8:30pm	July 23–Aug 20	39123
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Salsa

Adults & Teens, Couples & Singles Welcome!
Professional Certified Instructor: Lynn Gross

Salsa Level 1

EZ Latin! This popular Latin dance will boost your energy level. Learn to connect to the Latin beat while you practice easy leading and following techniques and fun—but simple—patterns! Plus an introduction to Latin hip action to add style. Energetic fun for breezy summer evenings!

No experience needed! Adults & Teens, Couples & Singles, All Ability Levels Welcome! • Professional Certified Instructor: Lynn Gross • Location: NKCC

5 weeks • Resident \$54 / Non-Resident \$65

Tue	8:30–9:30pm	June 18–July 16	39124
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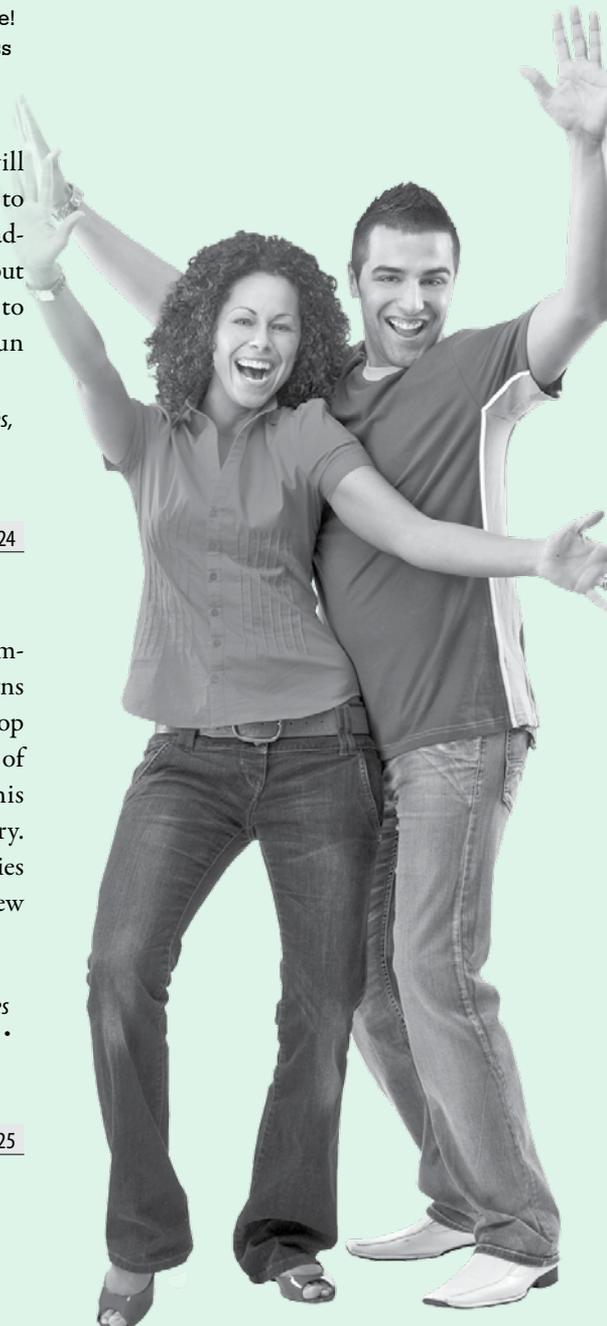
Salsa Level 2

Help your Salsa moves become more comfortable and automatic! Learn new patterns and styling variations and further develop your Latin hip action. A brief review of Level 1 patterns in the first class of this series will help boost your muscle memory. Even if you've taken a Level 2 Salsa series before, you're guaranteed to learn some new moves and techniques in this class.

Prerequisite: Level 1, or equivalent experience, or instructor permission • Adults & Teens, Couples & Singles welcome! • Professional Certified Instructor: Lynn Gross • Location: NKCC

5 weeks • Resident \$54 / Non-Resident \$65

Tue	8:30–9:30pm	July 23–Aug 20	39125
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Ballet

Instructor Marco Carrabba, Ballet Master/Choreographer of Carrabba Dance Theatre, has a 20-year distinguished professional dance career and over 16 years experience teaching and choreographing ballets for students of all levels, as well as an extensive theater background. Dance companies include PNB, San Francisco, Boston, Stuttgart and Hamburg Ballet.

Ballet Basics

Have you always wanted to take a ballet class but something got in the way? Now that you have the time, do you feel like you're too old and it's too late! Here's the good news, it's never too late to learn ballet! No reason to be intimidated! This adult basic ballet class offers something for everyone from young adult to seniors and provides a fun way to tone and tighten your body while learning the fundamental techniques in a positive and supportive environment. Ballet develops balance, coordination, strength, stamina, self-confidence and body-centered awareness. This class is for those with little or no dance training but who want to embrace one of the most beautiful and graceful of all dance styles.

Location: PKCC

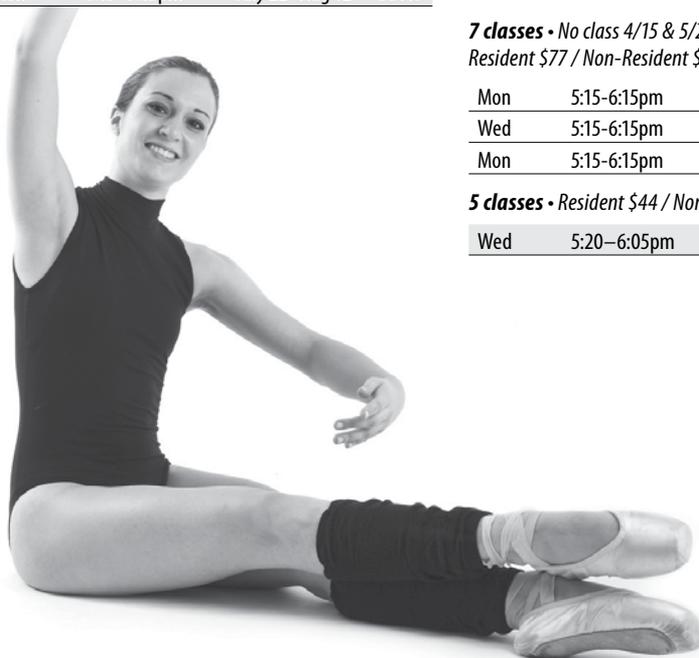
7 classes • No class 4/15 & 5/27

Resident \$77 / Non-Resident \$92

Mon	6:15–7:15pm	Apr 1–May 20	38117
Mon	6:15–7:15pm	June 3–July 15	38118

4 classes • Resident \$44 / Non-Resident \$53

Mon	6:15–7:15pm	July 22–Aug 12	38119
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Ballet: Open Level

Take your training to the next level. This class is for those who have had some ballet training and is a good additional class for a Basic or Intermediate level class. Emphasis is on improving technical strength and more movement. Students are encouraged to work at their own ability.

Location: PKCC

7 classes • No class 4/17

Resident \$77 / Non-Resident \$92

Wed	6:15–7:15pm	Apr 24–June 5	38121
Wed	6:15–7:15pm	June 12–July 31	38122

Ballet–Fairy Tale Performance Rehearsal NEW!

After working hard all spring here is the chance to show off your new talent. This class will culminate in an end of the summer performance open to all your family and friends. This class is open to all PKCC ballet students. All abilities welcome.

Fairy Tale Performance will be on Friday, July 12 at 7pm at PKCC.

Location: PKCC • Instructor: Marco Carrabba

7 classes • No class 4/15 & 5/27

Resident \$77 / Non-Resident \$92

Mon	5:15–6:15pm	April 1–May 6	39356
Wed	5:15–6:15pm	April 24–May 29	39357
Mon	5:15–6:15pm	May 13–June 24	39360

5 classes • Resident \$44 / Non-Resident \$53

Wed	5:20–6:05pm	June 5–July 12	39361
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Line Dancing

Line Dancing is a great way to exercise your body and mind while meeting new friends and listening to some great music. This class includes basic line dancing for the beginner along with more challenging dances for the more advanced dancer. A new dance is taught at every class as well as reviewing previously taught dances. All abilities welcome! Join Joe in this fun and friendly class. No partner needed. This class will not be pro-rated.

Location: PKCC • Instructor: Joe Mraz • 4 classes

No class 7/2 & 7/9

Resident \$20 / Non-Resident \$24

Drop-In Rate Resident \$7 / Non-Resident \$8

Tue	10–11am	March 26–Apr 16	37881
Tue	10–11am	May 7–28	37882
Tue	10–11am	June 11–July 16	37885
Tue	10–11am	July 23–Aug 13	37883

Belly Dance

Belly Dance

Ages 18 to adult

Learn the dance of femininity and grace, Egyptian Cabaret Belly Dance. Come tone up, lose a couple of inches, and make new friends.

The class is low impact, FUN, and provides health benefits for women of all ages.

Please bring bottled water and a long scarf to tie around the hips • Instructor: Josette Minaglia 'Athena'

Location: NKCC • 8 weeks • Resident \$80 / Non-Res \$96

Tue	7–8pm	Apr 2–May 21	39114
Tue	7–8pm	July 2–Aug 20	39115



Belly Dance Advanced

Ages 18 to adult

This class will be a continuation of perfecting the basics and adding these steps to choreography. New steps will be introduced along with floor work and finger cymbals.

Please bring water and a long scarf to tie around the hips.

Instructor: Josette Minaglia 'Athena' • Location: NKCC

8 weeks • Resident \$80 / Non-Resident \$96

Tue	8:05–9:05pm	Apr 2–May 21	39116
Tue	8:05–9:05pm	July 2–Aug 20	39117

Hula Dance

Hula is for everyone, it's a great way to stay in shape and have fun while dancing. Hula works the entire body and also engages the mind. It is a unique blend of balance, motion, and mental concentration. Hula will lift your spirits and give you an energy boost.

Beginning Hula for Adults

This class will concentrate on the basic foot and hand motions as you experience the Hawaiian culture and Spirit of Aloha. Both ancient (Hula Kahiko) and modern (Hula 'auana) will be taught. This is the perfect class to see what Hula is all about and to meet new friends at the same time.

Wear comfortable clothing (shorts or pants and T-shirts) — NO JEANS PLEASE!

Instructor: Jeanne Makanaokalani Porter • Location: NKCC

Spring 10 weeks

Resident \$100 / Non-Resident \$120

Wed	6:30–7:15pm	Apr 17–June 19	39108
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Summer 6 weeks • Resident \$60 / Non-Resident \$72

Wed	6:30–7:15pm	July 10–Aug 14	39109
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Intermediate Hula

For those with hula experience and an understanding of the basic steps. This class will be a bit faster paced and will include an introduction to the hula implements such as 'ipu', 'uli'uli, 'ili'ili, pu'ili. Both Kahiko and 'auana will be taught along with a focus on general technique. There will be some Hawaiian language taught as it pertains to hula, along with lyrics and the background of every dance learned. There will be optional public performances.

Wear a pa'u skirt if you have one, otherwise comfortable clothing – NO JEANS PLEASE!

Instructor: Jeanne Makanaokalani Porter • Location: NKCC

Spring 10 weeks • Resident \$100 / Non-Resident \$120

Wed	7:15–8:15pm	Apr 17–June 19	39110
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Summer 6 weeks • Resident \$60 / Non-Resident \$72

Wed	7:15–8:15pm	July 10–Aug 14	39111
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Advanced Hula

Advanced Hula is for the hula dancer with a more extensive hula background. The hula basics are always reviewed to improve steps, descriptive hand motions, and facial expressions. We will continue on to more difficult, involved hulas, both Kahiko (ancient) and 'auana (modern) hulas and a continuing focus on technique and performance skills. Come learn Hula in a relaxed setting, yet be willing to work out, sweat, and have fun! There will be public performances.

Wear a pa'u skirt – NO JEANS PLEASE!

Instructor: Jeanne Makanaokalani Porter • Location: NKCC

Spring 10 weeks • Resident \$100 / Non-Resident \$120

Wed	8:15–9:15pm	Apr 17–June 19	39112
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Summer 6 weeks • Resident \$60 / Non-Resident \$72

Wed	8:15–9:15pm	July 10–Aug 14	39113
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GOT AN EVENT?

WE'VE GOT SPACE.

Wedding? Party? Family Reunion? Meeting Space?

The Peter Kirk Community Center and North Kirkland Community Center can meet these needs and more. Both centers feature hardwood floors, full kitchens and usage of tables and chairs.

For more information and availability please give us a call!



Peter Kirk Comm. Center

(located at Peter Kirk Park)

425.587.3360

North Kirkland Comm. Center

(located at North Kirkland Park)

425.587.3350

Adult Special Interest

Arts & Crafts

Sculpted Wire Jewelry **NEW!**

Learn to use wire to create beautiful and unique wire-sculpted jewelry that incorporates beads, glass cabochons and other components. Students will make a pair of wire earrings and a wire-wrap pendant in this class, using materials, instructions and tools supplied by the Instructor.

Supply fee \$35 payable to instructor on the day of class and includes a set of tools to keep • Instructor: Carol Sheppard • Location: PKCC

Sr Resident \$35 / Sr Non-Resident \$42
Resident \$65 / Non-Resident \$78

Tue	9am–12pm	Apr 16	38630
Wed	6–9pm	May 1	36831
Wed	6–9pm	July 10	38632

Watercolor Painting

Whether you are a beginner or advanced painter, you will enjoy learning techniques for a successful painting. Jean demonstrates every step and provides individual assistance to all. Working from photo references provided by instructor, you will paint still lifes, florals, landscapes/seascapes, animals and more.

Supply list available at PKCC
Instructor: Jean Pratt Beouy • Location: PKCC

8 classes • Resident \$130 / Non-Resident \$156

Mon	6–9pm	Apr 1–May 20	37845
Mon	6–9pm	June 3–July 22	37846

3 classes • Resident \$49 / Non-Resident \$59

Mon	6–9pm	July 29–Aug 12	37847
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Oil Painting the Easy Way

Paint along as Jean demonstrates the entire painting and provides individual assistance. Your own style will emerge as you paint many subjects from still life to landscapes to florals. You will quickly learn composition, color mixing, brush use, establishing depth and more. This class offers something for all levels.

Supply list available at PKCC.
Instructor: Jean Pratt Beouy • Location: PKCC
8 classes • Resident \$130 / Non-Resident \$156

Tue	5:30–8:30pm	Apr 30–June 18	37842
Tue	5:30–8:30pm	June 25–Aug 13	37844



Ikebana: The Art of Japanese Flower Arranging

Experience the world of Ikebana and learn how to make simple and elegant arrangements with relatively few floral materials—a real “plus” in today’s economic climate. Students will learn concepts of line, space, mass, color, texture and more while creating basic styles of moribana (shallow vase) and nageire (tall vase) arrangements.

Fee for floral materials \$32 paid to instructor on first day of class • Please bring flower scissors, a broad, shallow vase and a large kenzan (flower frog) to first class

Location: PKCC • Instructor: Diane Elliott, a certified instructor with the Sogetsu School of Ikebana
4 classes • No class 6/19 • Resident \$64 / Non-Resident \$72

Wed	6:30–8:30pm	June 5–July 3	37870
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Music

Beginning Guitar Turbo Charged!

12 years to Adult

This fast-paced course covers all the basics—from tuning and strumming, all the way up to common chord progressions. By the end of the course, you’ll know major, minor and 7th chords, basic rhythms and beginning theory. Get a solid foundation for whatever kind of music you’re into! Good for acoustic styles.

Must be at least 12 years old at the start of class
Student must provide their own instrument
Instructor: Scott Lawson • Location: NKCC • 8 weeks
No class 5/27 • Resident \$98 / Non-Resident \$118

Ages 12 to 15 years

Mon	5:15–6:15pm	Apr 15–June 10	39067
Mon	5:15–6:15pm	July 1–Aug 19	39069

Ages 16 yrs to Adult

Mon	6:30–7:30pm	Apr 15–June 10	39068
Mon	6:30–7:30pm	July 1–Aug 19	39070

Photography

Digital Photography from A to F-Stop **NEW!**

If you are interested in taking better photographs and improving your photo skills with your iPhone, Point and Shoot camera, iPad or a DSLR interchangeable lens camera, you will enjoy this class. You will learn to confidently turn your automatic settings off and use other techniques to capture creative photographs through the use of shutter speed, aperture control, and various mode settings. Bring your digital camera, owner’s manual and several of your digital photographs to class on a SD or CF card, flash drive, CD or DVD.

Included in the topics to be covered are:

Correcting red eye • Optical & digital zooming • Default, mode & resolution settings • When to use ISO, F/Stop, and Shutter Speed settings • Solving the mystery of megapixels – capturing vs printing • How to meter correctly for proper exposure • Software for optimizing and editing your photographs • Storing, organizing, and displaying your digital photos • Digitizing your older film slides and prints • Traveling with your digital camera • Photo composition and light balance



Duke Coonrad, is an award winning photographer & has over 30 years of photography experience • His publications include local and national calendars, magazines, and newspapers including the Seattle PI, Kirkland Reporter, Seattle Times and Mercer Island Reporter.

Location: PKCC • Resident \$45 / Non-Resident \$54

Tue	6:30–9:30pm	Apr 9	38656
Tue	6:30–9:30pm	June 11	38657
Tue	6:30–9:30pm	Aug 6	38658

**Daytime Art Classes,
see page 69**

Jewelry & Wobblebobs

Trina Gratrix of Woven Chains Jewelry is a chainmaille jewelry artist. Her work is all made from small jump rings, open and closed and woven into her designs “one ring at a time.” She is fascinated by the infinite designs that can be created from the simple circle. Trina has been working professionally for 6 years, and has been creating jewelry for many years prior to that. Currently, Woven Chains Jewelry travels the Northwest, selling at many Art Shows and Street Fairs around the area. Woven Chains Jewelry is also sold in several galleries in Western Washington. However, her first love is teaching, which she has done for the last 10 years at private galleries and with youth groups. Her work is also available to view online at www.wovenchains.etsy.com.



Beginning Chainmaille Jewelry

Ages 12 years to Adult

Learn techniques and weaves to make three different chainmaille bracelets using nothing but jump rings. We will work on closing rings seamlessly, how to choose the perfect rings for your project, and how to read a chainmaille pattern; then we will use the weaves and skills learned in the first three classes to create several pairs of earrings. The bracelets will include Byzantine, Double Spiral and Ribbon Weave (also known as European 4 in 1). A variety of earring styles will be available to make during the last class.

Basic materials for all projects in the class are \$25 and payable to the instructor on the first day • Materials are available in either copper or brass, or a mix of the two (each week you will have your choice) • Additional kits will be available to purchase in a range of metals • View the instructor's chainmaille items at www.wovenchains.etsy.com

*Instructor: Trina Gratrix • Location: NKCC
4 weeks • No class 7/24*

Resident \$100 / Non-Resident \$120

Wed	6:30–9:30pm	Apr 17–May 8	39131
Wed	6:30–9:30pm	July 10–Aug 7	39132

Chainmaille Flowers

Ages 12 years to Adult

Make two different types of chainmaille flowers, one made from bright colorful scales and silver rings, and the other from bright rings. Great for pendants, ornaments or suncatchers!

All tools for the class and materials for your first set of flowers will be provided, and kits will be available for purchase if you would like to make more • View the instructor's chainmaille items at www.wovenchains.etsy.com • Instructor: Trina Gratrix • Location: NKCC

Resident \$35 / Non-Resident \$42

Wed	6–9pm	June 19	39135
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Colorful Chainmaille Bracelet

Ages 12 years to Adult

Learn the ancient art of chainmaille! Artists have been using chainmaille (once used as armor) for hundreds of years to create interesting jewelry. You'll make and take home a unique and colorful bracelet made from colored aluminum. Aluminum is great for jewelry because it doesn't need any polishing or special care. Dazzle your friends with your chainmaille!

*All tools for the class and materials for your first bracelet will be provided, and kits will be available for purchase if you would like to make more • View the instructor's chainmaille items at www.wovenchains.etsy.com • Instructor: Trina Gratrix • Location: NKCC
Resident \$40 / Non-Resident \$48*

Wed	6–9pm	May 22	39133
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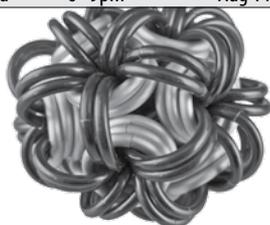
Chainmaille Wobblebobs

Ages 12 years to Adult

Wobblebobs, a fun chainmaille ball, are cleverly made from just a pile of shiny rings. They're great for key chains, juggling, pendants, window decorations, worry stones, or just for fun! Choose from lots of bright and shiny colors to make your design your own.

*All tools and materials will be provided for your first Wobblebob, and kits will be available for purchase if you would like to make more • View the instructor's chainmaille items at www.wovenchains.etsy.com • Instructor: Trina Gratrix • Location: NKCC
Resident \$40 / Non-Resident \$48*

Wed	6–9pm	June 5	39134
Wed	6–9pm	Aug 14	39136



Life Safety

Adult CPR

12 years and older

Cardio-Pulmonary Resuscitation classes are offered FREE of charge to citizens who want to learn how to save lives using CPR and the Automated External Defibrillator (AED.) Upon satisfactory completion of this class, an American Heart Association Heart Saver card will be issued. The card is good for two years.

This course will satisfy the certified Basic Life Support training requirement, but it is not a Healthcare Provider (HCP) course for medical professionals and medical students • Those who need this should contact the American Heart Association, the American Red Cross, local hospitals or technical colleges • Pre Registration is required

Classes held at Fire Station No. 22, 6601 108th Ave NE

Thur	7–9:30pm	Apr 4	37957
Thur	7–9:30pm	May 9	37958
Tue	7–9:30pm	June 4	37959
Tue	7-9:30pm	Aug 6	37960
Tue	7-9:30pm	Sept 10	37961



Infant / Child CPR

12 years and older

Cardiopulmonary Resuscitation classes will be offered FREE of charge to aid in saving lives in our community.

A NON-Certified card will be issued at the end of this class • Pre Registration is required

Classes held at Fire Station No. 22, 6601 108th Ave NE

Sat	9–11am	Apr 6	37962
Tue	6–8pm	May 7	37963
Thur	6–8pm	June 6	37964
Sat	9-11am	Aug 3	37965
Thur	6-8pm	Sept 12	37966

Adult Special Interest

Writing

Story Starters

Do you want to write, but have trouble knowing where to begin? Do you ever wonder where writers get their ideas? This four hour seminar will help jump-start your creativity and show you how to tease those great ideas out of your imagination. Creating a character from found objects, mining your childhood memories and finding ideas in everyday places are just a few of the in-class activities that will help you get started. Whether your stories are fiction or non-fiction, for children or adults, you will gain some fresh ideas and strategies to keep you going long after class has ended.

*Instructor: Connie Weber • Location: PKCC
Resident \$7 / Non-Resident \$8*

Thur	12–2pm	Apr 11	39303
Tue	10am–12pm	June 11	39304



Writer's Workshop

One of the toughest parts of writing is letting your work be heard and critiqued. But there's no better way to grow as a writer. If you're working on a writing project and you'd like some feedback from your peers, along with advice and information from an experienced writer, this course is for you. Sessions will be divided into two parts—1) readings with feedback from writers within the group and 2) practical information writers can really use: instruction in the craft of writing, news about publishing markets, resources for writers, etc. Participants will also learn how to comment on the work of others in a helpful way. The course will run for six weeks at a time, and participants may sign up for one session or several, as they choose.

*Instructor: Connie Weber • 6 classes • Location: PKCC
Resident \$60 / Non-Resident \$72
Drop-In Rate Resident \$12 / Non-Resident \$14*

Thur	12–2pm	Apr 25–May 30	39307
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Introduction to Creative Writing **NEW!**

One of the most difficult aspects of writing is simply getting started. In this course, students will find information, motivation and encouragement as they begin their writers' journey. This course will cover a variety of topics of interest to a new writer including how to generate ideas, establish the habit of writing and revising one's work. Most importantly, students will make connections with one another and begin to develop their own network of writers to support and encourage them along the way. No experience necessary, just a desire to create and learn.

*Instructor: Connie Weber • 4 classes • No class 7/4
Location: PKCC • Resident \$40 / Non-Resident \$48*

Thur	10am–12pm	June 20–July 18	39305
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Voice-Overs

You're On The Air: How to Make it in Voice-Overs!

You don't have to be an actor to get voice-over work. Learn about an exciting new way to get around the competition and actually turn voice-overs into a full or part-time business! Dan Levine, a well-known commercial producer and Tony Award-nominated Broadway composer will discuss voice-over technique in a recorded portion of the class. Lisa Foster, successful voice-over artist will introduce students to the voice-over business and talk about numerous opportunities, income potential and the all-important demo and how to have it produced. Step up to the microphone to do some practice recording, and best of all, hear the results!

Location: NKCC • Resident \$37 / Non-Resident \$44

Tue	7–9pm	May 7	39126
Tue	7–9pm	Aug 6	39127



Learn To Sew

Sew What? Learn to Sew Series

Aren't you envious of those who know how to sew? Well don't be any longer. Veteran seamstress, Melissa Graham, will teach you the basics of sewing in a simple, uncomplicated, easy format. Meet new friends, and get all the help you need in this series of sewing classes designed for the beginning sewer. Sign up now and unleash your inner seamstress!

Sew What? Intro to Sewing

Ages 16 years to Adult

This 1½ hour class will teach you simple sewing basics from getting to know your machine, and basic stitches, to reading and cutting out a pattern. Bring your machine, scissors, and thread, we'll provide new friends and the material to practice on!

*Instructor: Melissa Graham • Location: NKCC • 2 weeks
Resident \$32 / Non-Resident \$38*

Mon	6:45–8:15pm	Apr 1 & 8	39103
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Sew What? It's in the Bag!

Ages 16 years to Adult NEW

For students who have completed the Sew Intro class or know sewing basics. In this 4 week class we will make a savvy shopper out of you by teaching you how to sew reusable shopping bags. Customize your bag with pockets and trim. Come prepared with Simplicity Pattern #2352 and bring notions and material you will need for your first bag.

*Instructor: Melissa Graham • Location: NKCC • 4 weeks
Resident \$60 / Non-Resident \$72*

Mon	6:45–8:15pm	Apr 29–May 20	39104
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Sew What? Pajama Party **NEW!**

Ages 16 years to Adult

Practice the basics by making pajama pants. You will be comfortable with the sewing basics like cutting a pattern, and hemming and stitching seams after you make a pair for your family and friends. Come prepared with the Simplicity Pattern #2290 and all the notions and material you will need for your first pair.

*Instructor: Melissa Graham • Location: NKCC • 4 weeks
Resident \$60 / Non-Resident \$72*

Mon	6:45–8:15pm	June 3–24	39105
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Language

Introduction to Spanish

Habla Espanol? Learn to speak, read and write Spanish using basic vocabulary in the present tense. Yolanda Von Diesl has been teaching language classes for over 25 years and is fluent in Spanish, French, Norwegian, Italian and German.

This class uses "Dos Mundos 6th Edition, please bring book, pen and paper to class.

*Location: PKCC • 5 classes • No class 5/27
Resident \$38 / Non-Resident \$46*

Mon	1:30–3pm	Apr 1–29	37849
Mon	1:30–3pm	May 13–June 17	37850
Mon	1:30–3pm	July 1–29	37851

Continuing Spanish

Now that you know the basics, here's the opportunity to expand your vocabulary and increase conversational skills. Yolanda Van Diesl is fluent in 6 foreign languages and has been teaching for over 25 years.

This class uses "Dos Mundos 6th Edition, please bring book, pen and paper to class.

*Location: PKCC • 5 classes
Resident \$38 / Non-Resident \$46*

Wed	1:30–3pm	Apr 3–May 1	37853
Wed	1:30–3pm	May 15–June 12	37854
Wed	1:30–3pm	June 26–July 24	37857

French for Adults NEW!

Ages 18 to adult

Learn a little French language and culture and be comfortable as you travel abroad. Guided by a native speaker, become comfortable navigating through basic daily interactions and conversations in French... Get exposed to French culture, basic grammar and vocabulary, and be ready for your next trip to France. You will feel confident to interact with a native French speaker... from booking a train ticket, to finding your way through the streets of Paris, to ordering a diner at a local restaurant, and buying from the Sunday market. Say Oui to French!

*Instructor: Frederique Battestini/Polly-Glots
Location: NKCC*

*10 weeks • No class 4/13 & 5/25
Resident \$168 / Non-Resident \$202*

Sat	11am–12pm	Apr 6–June 22	39106
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6 weeks • Resident \$134 / Non-Resident \$161

Sat	11am–12pm	July 13–Aug 17	39107
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Computers Mac Classes—New

Introduction to Mac NEW!

For beginners with little or no Mac computer experience. This class covers fundamentals of hardware and software, terminology, operations, keyboard and mouse skills. Learn the difference between word processing, spreadsheet and database software.

*Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration
• Participants must provide their own Mac laptop*

*Sr Resident \$46 / Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78*

Mon	12:30–2:30pm	Apr 1–22	38249
Wed	10am–12pm	May 1–22	38258
Fri	10am–12pm	July 12–Aug 2	38259

Return to Work — Word Mac

Learn to set default margins, tabs, fonts, and font sizes, create columns, tables, and add symbols, objects, and clip art on your Mac. Send an email and attach your resume to a prospective employer. After this class you will know how to mail merge, print envelopes, and create mailing labels. Build fundamental job-seeking skills in Word.

*Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration
• Participants must provide their own Mac laptop*

*Sr Resident \$46 / Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78*

Mon	12:30–2:30pm	June 3–24	38261
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Mac iPhoto NEW!

Explore ways to browse your photos, rotate, crop and enhance the image quality. Learn the easy way to organize photos, email them and create a slideshow.

*Location: PKCC • Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration
• Participants must provide their own Mac laptop*

*Sr Resident \$17 / Sr Non-Resident \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38*

Fri	8:45–10:45am	June 7	38647
Wed	8:45–10:45pm	July 10	38652



Return to Work Series

Build fundamental job-seeking skills in Word, Excel, and PowerPoint to reenter the workforce.

Return to Work –Excel

Learn to customize the quick access menu, work with multiple worksheets, apply absolute and relative cell references, understand and perform calculations, use a pivot table and create what if worksheets. Sharpen your math skills by building fundamental job-seeking skills in Excel.

*Location: PKCC • Instructor: Doris Ford • 4 classes
No class 4/18 • \$5 lab fee per class is collected at time of registration*

*Sr Resident \$46 / Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78*

Wed	10am–12pm	Apr 3–24	38262
Thur	6–8pm	Apr 11–May 9	38263
Mon	10am–12pm	July 8–29	38264

Return to Work –Word

Learn to set default margins, tabs, fonts, and font sizes, create columns, tables, and add symbols, objects, and clip art. Send an email and attach your resume to a prospective employer. After this class you will know how to mail merge, print envelopes, and create mailing labels. Build fundamental job-seeking skills in Word.

*Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration*

*Sr Resident \$46 / Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78*

Mon	10am–12pm	Apr 29–May 20	38266
Thur	6–8pm	June 6–27	38268

**Windows 8 classes now available!
See page 73 for more details.**

Adult Special Interest

Gardening

Orchard Mason Bees in Your Garden

NEW!

Are you interested in learning how to improve the pollination of plants and trees in your yard? Or perhaps you are curious how you could support the environment by hosting non-stinging native bees without any fruit trees in your garden? Come join us as Missy Anderson (alias Queen Bee) from King County Master Gardeners, offers an engaging presentation on Orchard Mason Bees. Learn about the wonderful nature of mason bees, the value they bring to our world, and how easy it is to host them in a nesting box in your back yard. Becoming a successful bee farmer is easy and fun.

*Instr: Missy Anderson • Location: PKCC
Resident \$10 / Non-Resident \$12*

Mon	12:30-2pm	April 1	39295
Tue	7-8:30pm	April 2	39296

Designing with Conifers

NEW!

Conifers can provide 12 seasons of color and texture to your landscape and they're low maintenance, too! Learn how to choose the right conifer for your space. We'll look at a variety of plants of different colors and mature sizes and we'll supply a plant list handout.

Instr: Nancy Tom • Location: PKCC • Res \$15 / Non-Res \$18

Tue	7-8pm	June 11	38490
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Designing with Evergreen Shrubs

NEW!

Evergreen shrubs can fill your yard with attractive foliage of different sizes and many of them bloom. Some are fragrant and some have beautiful berries. Find out which ones to add to your space. A plant list handout will be distributed at the class.

*Instr: Nancy Tom • Location: PKCC
Resident \$15 / Non-Resident \$18*

Tue	7-8pm	June 18	38491
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Gardening Design for Homeowners

Have you ever wanted to design your own landscape? This is a hands-on series to show you how to be your own landscape designer. In six weeks we will learn how to: develop a site analysis, measure, site a house on a plan, draw to scale, design workable hardscaping, consider color and texture, choose plants that are suitable for your soil, microclimate and home, consider safety both for plants and hardscaping. This is an intensive session for those who want to do this project themselves. Each class will include a lecture and time to work in-class. First class is lecture only; we will discuss supplies at this class.

*Instr: Nancy Tom • 6 classes • Location: PKCC
Resident \$150 / Non-Resident \$180*

Sat	10:30-12:15	July 6-Aug 10	38492
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Investment Property Seminar

Are you thinking about investing in real estate? Learn how to determine cash flow. Learn how to avoid the 10 biggest mistakes investors have made in the last boom, and see how YOU can take advantage of the crash. Learn terms, formulas, and evaluation tools such as Gross Rent Multiplier, Price per square foot, Cash on Cash return, Float and Desire, and Cap Rate used to evaluate multi-family, commercial, and investment properties. Bring your calculator!

*Instructor: Kim Prater • Location: PKCC
Resident \$10 / Non-Resident \$12*

Wed	7-9pm	July 17	38127
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Real Estate

DIY Home Staging: Tips & Tricks that Sell Homes

Staged homes consistently sell quicker and for more money than non-staged homes. Hiring a stager can cost thousands. Fortunately many people can save money by staging themselves. In this class, taught by a veteran stager, you'll learn key staging principles for staging your home yourself. Focus your money and efforts on those changes that will have the greatest impact on buyers and bring the greatest return on your investment. Bring up to 8 photos of your home for in-class feedback and ideas.

*Instructor: Cynthia Seager • Location: PKCC
Resident \$17 / Non-Resident \$20*

Wed	6:30-8:30pm	Apr 10	38146
Sat	9-11am	May 25	38147
Mon	6:30-8:30pm	Aug 12	38148

Home Buyers Workshop

Can you afford it? Do you qualify for financing? Learn about zero-down programs, FHA loans, seller carry back programs, government gift programs and private gift programs.

*Instructor: Kim Prater • Location: PKCC
Resident \$10 / Non-Resident \$12*

Wed	7-9pm	Apr 10	38488
Wed	7-9pm	June 19	38489

Home Sellers Workshop

Learn how to get top dollar for your home. Topics include:

Pricing, Marketing, For sale by Owner (Pros and Cons), and Cost involved in: Marketing, Commissions, Taxes, Title, and Escrow etc.

*Instructor: Kim Prater • Location: PKCC
Hand outs include • Resident \$10 / Non-Resident \$12*

Wed	7-9pm	May 15	38125
Thur	7-9pm	Aug 15	38126

Life Skills and General Interest

Consignment Shopping for the Everyday Goddess **NEW!**

Wondering why consignment shopping is all the RAGE nowadays? Self-proclaimed Consignment Goddess, Nikol Schwab, shows fellow Goddesses how to use consignment shops to build or supplement a wardrobe for next to nothing! Be inspired by tips on how to maximize your shopping experience and by examples of one-of-a-kind finds! Receive guidance on how to find a favorite consignment shop, tricks on how to turn your couture or donation items into CASH and much more!

*Instructor: Nikol Schwab • Location: PKCC
Resident \$25 / Non-Resident \$30*

Sat	10am–12pm	Apr 27	37837
Tue	10am–12pm	June 11	37838
Wed	6:30–8:30pm	Aug 7	37839

Is it a Real Work at Home Job or a Scam? **NEW!**

If you need extra ways to supplement your income but can't figure out what is legitimate, then this class is for you! The first half of this class focuses heavily on the marketing trick of scammers. You'll learn how to track emails, trace IP addresses and research companies, giving you confidence to recognize scammers from legitimate work. The second part of the class will provide you with over 170 resources on how to make extra income (besides selling your life on eBay), as well as over 140 legitimate companies that hire at-home workers. Basic internet and emails skills required. Course fee includes book with listings, a \$25 value.

*Instructor: Bethany Mooradian • Location: PKCC
Resident \$40 / Non-Resident \$48*

Tue	6–9pm	Apr 16	38584
Sat	10am–1pm	May 18	38585

Become a Mystery Shopper

NEW! Yes, there is such a thing as a free lunch! Companies hire people to make observations on their stores and employees. They need the information to train workers and improve customer service, and the result is that you get to earn money while you shop and eat! Learn who is hiring, what companies expect, how to write a great evaluation, tax reporting, common scams, and how to get started. Basic internet and emails skills required.

*Course fee includes book with listings, a \$25 value
Instructor: Bethany Mooradian • Location: PKCC
Resident \$40 / Non-Resident \$48*

Wed	6–9pm	Apr 24	38586
Sat	10am–1pm	June 8	38587

Let's Get Organized! Purposeful Time & Paper Management **NEW!**

Do you feel you are spinning your wheels? Have time and papers gotten the best of you? This two part class will teach you the organizing process and help you create your email and paper system. Also, create a time template to live your most purposeful life.

*Instructor: Denise Allan • Location: PKCC
Resident \$40 / Non-Resident \$48*

Wed	6:30–8:30pm	May 15 & 22	39344
Thur	6:30–8:30pm	July 11 & 18	39345

Be Thinner, Healthier & Happier by Balancing Your Brain Type

Learn lifestyle, diet and exercise tips that help your brain type work better, so your life works better too. Learn specific strategies for balancing mood, improving your self-discipline, focus, and increasing your energy, all based on your brain type. Know your brain type: Amen Brain typing questionnaire will be provided during class. This class material is based on Dr Daniel Amen's, "Change your brain, change your body" weight management and health improvement program. This introductory class lets you discover your brain type and gives an overview of Dr Amen's CYBCYB concepts.

*Instructor Cynthia Seager is a therapist and ADD/life skills coach who was a staff therapist, coach and educator for the PNW Amen Clinic for over 5 years • Location: PKCC
Resident \$17 / Non-Resident \$20*

Mon	6:30–8:30pm	Apr 15	38162
Wed	9:30–11:30am	June 5	38163
Sat	9–11am	Aug 3	38164

Effective Stress Management: Even in Uncertain Times

Are you feeling chronically worried, tense or stressed out? Have life setbacks or stress been wearing you down and clouding your judgment? No matter what your situation, it IS possible to reclaim greater energy, mental clarity and peace of mind. This class will teach you stress-busters that really work: tools for derailing stress, anxiety and tension. You'll also learn how to replace nagging negative thoughts with more constructive ones that free up your energy and creative resources.

*Handouts provided • Instructor: Cynthia Seager
Location: PKCC • Resident \$17 / Non-Resident \$20*

Wed	9:30–11:30am	May 15	38226
Wed	6:30–8:30pm	July 17	38227

Money Management Strategies

NEW! Do you struggle to get bills paid on time even if you have the money to pay them? Do you have piles of paperwork at tax time? In this class you will learn how to start tracking and organizing your money and paperwork right away to build skills and awareness you need to truly be in control of your finances.

*Instructor Cynthia Seager is a certified Financial Recovery Counselor, as well as a therapist and Life Skills coach.
Location: PKCC • Resident \$10 / Non-Resident \$12*

Mon	6:30–8:30pm	May 6	38228
Sat	9–11am	June 15	38229

Creative Self Expression

Ages 18 to adult **NEW!**

Have you ever wanted to do something with a passion that you haven't managed to do? Would you like to sing, act, write, dance, garden, cook... the list goes on. Learn to explore your inner self, be with like-minded people, lose inhibitions, have fun, and what's more important... realize your dreams. As a group you will learn to trust one another through movement, improvisation, sharing, playing games, laughing, and self-discovery. Come and see what you can accomplish.

*Instructor Karen Neal Gee has an honors degree in theater arts, and a diploma in writing. She has taught Creative Self Expression to adults and children with great success, and has formed and overseen her own company.
Dress in loose comfy clothing • Location: NKCC • 8 weeks
Resident \$100 / Non-Res \$120*

Wed	7–9pm	Apr 17–June 5	39129
Wed	7–9pm	June 19–Aug 7	39130

Adult Special Interest

Dog Training

The Diamond Plate Dog Company is excited to offer dog training for owners with a busy lifestyle.

Instr: Amy Cornett • Location: PKCC
Resident \$39 / Non-Resident \$47



Come When I Call You	Your dog can learn to come to you quickly and reliably. You will be given a solid foundation and many ideas for practicing “come” when I call you. A reliable recall can save your dog’s life.	Tuesday 7-8:15pm	April 23	39318
			May 21	39319
Urban Agility	This class is agility with a twist and is done over and under some of the most challenging and environmentally distracting objects we encounter outside. This is a confidence builder for any dog, you won’t believe what your dog is capable of! All breeds and all ages welcome (MUST have current vaccination proof and basic leash walking skills). No choke chains or prong collars. We will meet inside the Peter Kirk Center without dogs for first 15 minutes of class.	Tuesday 7-8:15pm	April 16	39320
			June 11	39321
Walking on a Leash—No More Pulling	Walking casually on a loose leash is a great goal for everyday walking your dog. If walks are more like a tug of war than a peaceful stroll, you can change that for the better with this workshop. We’ll cover a variety of different techniques for teaching your dog to keep the leash loose and stop pulling, No prong or choke collars.	Tuesday 7-8:15pm	May 14	39322
Impulse Control	Our four-legged family members are cute, warm, fuzzy, and full of enthusiasm. All they need now is a little guidance and development of impulse control. This course will walk you through the four steps of “leave it,” “wait & release,” and “distance stays” while adding duration, and distractions. You will walk away with very useful materials and practical techniques for a lifetime of canine impulse control.	Tuesday 7-8:15pm	April 30	39324
			May 28	39325
Door Greetings	Eliminate jumping and give your dog “something to do” when guests arrive. Good manners & proper door greetings can be as simple as getting your dog to sit, or go lay down on their bed. You will leave class with great ideas for door greeting management, as well as, solutions for everyone in your home to help with the training process.	Tuesday 7-8:15pm	May 7	39326
			June 4	39327
First Steps to Good Canine Citizen	The Good Canine Citizen test (GCC) is a program developed by the American Kennel Club in 1989 to reward dogs with good manners. This class offers a first step to discovering and developing basic manners for your dog to become a Good Canine Citizen.	Wednesday 7-8:15pm	May 1	39328
			May 8	39329
			May 22	39330
			May 29	39331

Resident \$20 / Non-Resident \$24

Puppy Social	This is an opportunity for puppies (ages 2 - 4 months) to play together in a safe, secure indoor environment. The first 18 weeks of a dog’s life are the most important for proper socialization and development of play skills. Proof of vaccinations is necessary to enter the class.	Wednesday 6:30-7pm	April 17	39334
			April 24	39335
			May 1	39336
			May 8	39337
			May 15	39338
			May 22	39339
			May 29	39340

Peter Kirk Community Center

PKCC

experience it!

The Peter Kirk Community Center (PKCC) is committed to providing opportunities for people age 50 and over, to create healthy and rewarding lives for themselves and others.

352 Kirkland Ave, Kirkland 98033 **425.587.3360**

To achieve the goal of promoting wellness of body, mind and spirit, the Community Center offers a wide variety of activities and services. On any given day or evening, you will see people participating in fitness classes, Zumba Gold, Aerobics, Yoga, Ballet, a wide range of art and life-long learning classes, fun special events, intergenerational programs, and van trips. The Community Center also provides a wide range of health, legal and financial services, a nutritional hot lunch four days a week and operates the Meals on Wheels Program, delivering to the homebound in Kirkland.

may be eligible for other community-based programs, such as adult day care (see page 79) or contact Evergreen Care Network at 425.899.3200.

Endorsements

Classes, workshops, services and events offered at the Peter Kirk Community Center are selected for the potential recreational and educational enjoyment of, and benefit to, interested participants. We do not endorse any products or programs that are presented. Individuals are responsible for making their own informed decisions.

Center Hours

Monday – Friday 8am–5pm
Center Closed
5/27, 7/4, 8/19, 8/20, 8/21, 8/22, 8/23,
8/26, 8/27, 8/28, 8/29, 8/30

This drop-in facility offers the opportunity for fun, friendship and socialization in a warm and friendly atmosphere. The support and tremendous amount of volunteer hours makes it possible for the Community Center to offer a wide variety of activities and services.

At this time the Center does not provide respite, adult day care, and/or services that would normally be provided by a trained attendant, nurse or personal caregiver (i.e., incontinence, inability to use the restroom facilities by one's self, or preventing a participant from leaving the grounds of the Center). In addition, the provision of any personal care by staff for a participant is beyond our capability and cannot be expected. Participants in need of personal assistance are encouraged to participate when accompanied by an escort. Older adults with special needs



Attention PKCC Participant!

If you are at the Peter Kirk Community Center between 8am and 3pm, please see a staff member to obtain a parking permit.



GET MOVING

WITH THE KIRKLAND STEPPERS!

The Kirkland Steppers are launching into their 10th year of fun walking opportunities on Tuesdays (June 4–Sept 24) with a plethora of zany, dedicated walker’s age 50+. Waste no time lacing up your sneakers for an experience only the Steppers can provide.



Becoming a Super Stepper “Club Card” member is simple at the Peter Kirk Community Center. Program details are outlined in the Club Walk Schedule, available at the front desk, May 1st!



SPECIAL EVENTS		CLUB Member	NON-Member	Registration Number
June 4	Kirkland Stepper’s “Kick Off” Celebration Continental Breakfast sponsored by Fairwinds Redmond	–0–	\$7	38589
July 16	Arboretum/Madison Park Lunch on your own	–0–	\$7	38591
Aug 6	Farril-McWhirter Park Lunch hosted by Fairwinds Redmond	–0–	\$7	38592
Sept 10	North Creek Park/ Mill Creek Town Center Lunch on your own	–0–	\$7	38593
Sept 24	“Finish Line” Extravaganza Lunch sponsored by Fairwinds Redmond	–0–	\$7	38594

*** WA State sales tax included ***

Thank You Fairwinds Redmond & EvergreenHealth for Sponsoring Steppers!

The Super Stepper “Club Card” Membership has exclusive benefits:

For \$10 you can be a Super Stepper “Club Card” member. Club Membership has its Rewards!

- Exclusive Membership Card
- Super Stepper give-aways
- First priority for registration for all Special Events.
- Admittance to “Kick-Off” Celebration on June 7 (registration required)
- Special Event Walks (registration required)
- Transportation to Special Event walks (registration required – seats are limited)
- Admittance to the “Finish Line” Extravaganza
- Participation in community merchant discounts
- Reward for the highest number of walks attended

CLASS #38588

Non-Members

- Are encouraged and always WELCOME to join the walkers every week.
- There is a \$7 fee per event for all special walks and parties.
- Registration required for all Special Events and opens 2 weeks prior to event.
- Stepper Club T-Shirt available to purchase for \$15.



Special Events

* WA State sales tax included *

WELCOME WAGON

Are you new to the area? Never been to the Peter Kirk Community Center and wonder what we do here? Here is your chance to meet staff and learn about all the events, programs and services we offer; extend your tour by staying for lunch if you would like. Thank you to Jane Wernet for leading the tour.

RSVP at 425.587.3360 • Free

Mon	11am	Apr 1	37858
Mon	11am	July 1	37859

SAVE THE DATE

Annual Volunteer Recognition Celebration

The City of Kirkland is thrilled to host the annual Volunteer Recognition honoring all of our dedicated 2012 volunteers.

April 18 • 6pm • Invitations to follow

Join us for the 3rd annual Peter Kirk Community Center's

Bunco Tournament

**352 Kirkland Ave
Thursday, May 9 at 10:00am
Cost \$6 • Class #39343**

Advance registration required by May 2
Prizes sponsored by Madison House

Bingo & Ice Cream

Come in out of the heat and join the Peter Kirk Day Campers in a game of Bingo for fabulous summertime prizes. Start by cooling off with an ice cream sundae topped with all your favorite goodies.

Aug 15 • Cost \$6

Thur	1pm	Aug 15	37860
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Advance registration required by Aug 8
Prizes Sponsored by Emeritus At Kirkland

Pre-register for all events and classes.

The Kirkland Senior Council invites you to...

The Viva Volunteer Fair!

Volunteer Opportunities:

- > Health Care
- > Housing
- > Senior Care
- > Transportation
- > Food Banks
- > Animal Care
- > Park Development
- > Emergency Preparedness
- > Crisis Assistance
- > Time Banking
- > The Arts
- > ...many more.



April is Volunteer Month • Learn more about the exciting and rewarding volunteer opportunities!

**Saturday, April 6 at PKCC
10am – 2pm**

- Door Prizes! • Hot topic sessions!
- Celebrity Emcee! • Free parking!
- Free snacks and beverages!

Sponsored by Kirkland Senior Council (see below). **Planning Partners:** Hopelink, Lake Washington School District, Greater Kirkland Chamber of Commerce, and the City of Kirkland.

For more information contact: Dave Wagar 425.822.3737

JOIN THE KIRKLAND SENIOR COUNCIL



WHAT IS THE KIRKLAND SENIOR COUNCIL?

The city established the KSC to act in an advisory capacity to the City Council to ensure Kirkland remains a safe, vibrant community for adults 50 and older. It advocates, supports, shapes and creates programs and services to meet the needs of seniors in the community.

HOW DOES THE KSC WORK?

The Senior Council meets monthly for 2 hours and also works through committees and by representing Kirkland in various regional organizations.



HOW CAN I JOIN KSC?

Council members must either live, work, or serve Kirkland citizens age 50+ in Kirkland. Half of the KSC must be over 50 years of age.

- Terms are for 3 years.
- Annual recruitment is in the fall with interviews in November.
- Vacancies may be filled at other times.

Contact: Sharon Anderson
425.587.3322 – or see
www.kirklandwa.gov/seniorcouncil

Arts & Crafts

Sculpted Wire Jewelry **NEW!**

Learn to use wire to create beautiful and unique wire-sculpted jewelry that incorporates beads, glass cabochons and other components. Students will make a pair of wire earrings and a wire-wrap pendant in this class, using materials, instructions and tools supplied by the Instructor.

Supply fee \$35 payable to instructor on the day of class and includes a set of tools to keep
Instructor: Carol Sheppard • Location: PKCC

Sr Resident \$35 / Sr Non-Resident \$42
Resident \$65 / Non-Resident \$78

Tue	9am–12pm	Apr 16	38630
Wed	6–9pm	May 1	38631
Wed	6–9pm	July 10	38632

Oil Painting

If you can hold a paintbrush, you can discover how to oil paint. Explore composition, color theory, and various paint application techniques. All abilities welcome.

Supply list available at PKCC • Instr: Danielle Barlow
Location: PKCC • 6 classes • No class 5/27
Resident \$46 / Non-Resident \$55

Mon	9:30–11:30am	Apr 1–May 6	37861
Mon	9:30–11:30am	May 13–June 24	37862
Mon	9:30–11:30am	July 1–Aug 5	37863

Beginning/Intermediate Drawing with Pastels

Learn to use the brilliant glowing colors of pastels to draw creatively, while learning techniques of this versatile medium. This class is designed for beginning and intermediate students. Continuing students should bring a project to work on.

Supply list available at PKCC
Instructor: Louise Arntson • Location: PKCC
4 classes • Resident \$30 / Non-Resident \$36

Thur	10am–12pm	Apr 4–25	37865
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**Evening Art Classes,
see page 58**

Advanced Drawing with Pastels

Create beautiful scenes through the application of good drawing skills, ideas and special techniques of pastel painting. Prerequisite: Drawing with Pastels for Beginners or prior experience.

Supply list available at PKCC • Instructor: Louise Arntson • Location: PKCC • 4 classes

Resident \$30 / Non-Resident \$36

Wed	1–3pm	Apr 3–24	37867
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Open Art Studio

Come paint or draw with other artists. The Peter Kirk Community Center Art Room is available for drop-ins on Tuesday afternoons. Check-in at the front desk.

For more information call 425.587.3360.
Per visit fee: Resident \$3 / Non-Resident \$4

Tue	1–3pm	Ongoing
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Needle Craft Group

Have fun, socialize and work on your hand work. Free

Wed	10am–12pm	Ongoing
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Stage and Screen

Video / DVD Movie Checkout

Our movie checkout library has grown. If you have videos or DVD's to donate, please drop them off at the front desk. Movies are available to check out, free of charge, to view either at the Center or at home.

Stage and Screen

Movie and Popcorn

Join the Peter Kirk Community Center Advisory Board for a movie and popcorn. The Advisory Board has chosen some old favorites and new releases to share with you.

Mondays at 1:00pm • Free! • Everyone is Welcome!

Trouble with the Curve	Mon	April 15
Hope Springs	Mon	May 20
Argo (Rated R)	Mon	June 17
Parental Guidance	Mon	July 15
Lincoln	Mon	Aug 12

Armchair Adventures: Slide Shows

Mondays at 10:30am • Free! • Everyone is welcome!

April 1	Beautiful British Columbia	Ron Nece
April 8	Malta	Ben Shimbo
April 15	Labrador/ Newfoundland	James Monahan
April 22	Winter Trek NW Territory	James Monahan
April 29	Mt. St. Helens Eruption	Bill Birdsall
May 6	India & Vietnam	Jim Hoff
May 13	Puget Sound	Ron Nece
May 20	China I	Ben Shimbo
May 27	Center Closed	
June 3	Historic Massachusetts	Ron Nece
June 10	Zambia/Namibia	Jim Hoff
June 17	China II	Ben Shimbo
June 24	Majorca & France	Bill Birdsall
July 1	Cooper Canyon	Bill Birdsall
July 8	Malaysia	Ben Shimbo
July 15	Spain	Bill Birdsall
July 22	From Wenatchee to El Paso	Bill Birdsall
July 29	Mt. St. Helens	Bill Birdsall
Aug 5	Bali	Ben Shimbo
Aug 12	Greenland	James Monahan
Aug 19	Center Closed	
Aug 26	Center Closed	

Age 50+

Language

Introduction to Spanish

Habla Espanol? Learn to speak, read and write Spanish using basic vocabulary in the present tense.

Yolanda Von Diesl has been teaching language classes for over 25 years and is fluent in Spanish, French, Norwegian, Italian and German .

This class uses "Dos Mundos 6th Edition, please bring book, pen and paper to class.

*Location: PKCC • 5 classes • No class 5/27
Resident \$38 / Non-Resident \$46*

Mon	1:30–3pm	Apr 1–29	37849
Mon	1:30–3pm	May 13–June 17	37850
Mon	1:30–3pm	July 1–29	37851

Continuing Spanish

Now that you know the basics, here's the opportunity to expand your vocabulary and increase conversational skills. Yolanda Van Diesl is fluent in 6 foreign languages and has been teaching for over 25 years.

This class uses "Dos Mundos 6th Edition, please bring book, pen and paper to class.

*Location: PKCC • 5 classes
Resident \$38 / Non-Resident \$46*

Wed	1:30–3pm	Apr 3–May 1	37853
Wed	1:30–3pm	May 15–June 12	37854
Wed	1:30–3pm	June 26–July 24	37857

Talk Time for Adults

Come practice speaking and listening in English with others at all levels. Class will be organized around a different discussion topic each day. Topics will include: current events, holidays, American culture and more. For more information call Ty at JFS Refugee & Immigrant Service Center at 425.643.2221.

*Location: PKCC • Free
No class 5/27, 8/19, 8/23, 8/26, 8/30.*

Mon	3–4:30pm	Ongoing
Fri	3–4:30pm	Ongoing

Writing

Story Starters

Do you want to write, but have trouble knowing where to begin? Do you ever wonder where writers get their ideas? This four hour seminar will help jump-start your creativity and show you how to tease those great ideas out of your imagination. Creating a character from found objects, mining your childhood memories and finding ideas in everyday places are just a few of the in-class activities that will help you get started. Whether your stories are fiction or non-fiction, for children or adults, you will gain some fresh ideas and strategies to keep you going long after class has ended.

*Instructor: Connie Weber • Location: PKCC
Resident \$7 / Non-Resident \$8*

Thur	12–2pm	Apr 11	39303
Tue	10am–12pm	June 11	39304

Writer's Workshop

One of the toughest parts of writing is letting your work be heard and critiqued. But there's no better way to grow as a writer. If you're working on a writing project and you'd like some feedback from your peers, along with advice and information from an experienced writer, this course is for you. Sessions will be divided into two parts—1) readings with feedback from writers within the group and 2) practical information writers can really use: instruction in the craft of writing, news about publishing markets, resources for writers, etc. Participants will also learn how to comment on the work of others in a helpful way. The course will run for six weeks at a time, and participants may sign up for one session or several, as they choose.

*Instructor: Connie Weber • 6 classes • Location: PKCC
Resident \$60 / Non-Resident \$72
Drop-In Rate Resident \$12 / Non-Resident \$14*

Thur	12–2pm	Apr 25–May 30	39307
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Introduction to Creative Writing **NEW!**

One of the most difficult aspects of writing is simply getting started. In this course, students will find information, motivation and encouragement as they begin their writers' journey. This course will cover a variety of topics of interest to a new writer including how to generate ideas, establish the habit of writing and revising one's work. Most importantly, students will make connections with one another and begin to develop their own network of writers to support and encourage them along the way. No experience necessary, just a desire to create and learn.

*Instructor: Connie Weber • 4 classes • No class 7/4
Location: PKCC • Resident \$40 / Non-Resident \$48*

Thur	10am–12pm	June 20–July 18	39305
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Literary Arts

Mystery Book Club

Participants will select a-book-of-the-month and then meet to share their reading experiences. Join us and bring along your favorite mystery. Everyone welcome!

Group meets the 1st Wednesday of each month, 7–2pm



Shakespeare Amateurs

To savor the work of Shakespeare, join Prof. Saunders and this lively discussion group as they go through the Canon, piece by piece. All amateurs welcome!

Group meets the 2nd Monday of each month, September–May • 10am–12pm

Special Interest

Is it a Real Work at Home Job or a Scam? **NEW!**

If you need extra ways to supplement your income but can't figure out what is legitimate, then this class is for you! The first half of this class focuses heavily on the marketing trick of scammers. You'll learn how to track emails, trace IP addresses and research companies, giving you confidence to recognize scammers from legitimate work. The second part of the class will provide you with over 170 resources on how to make extra income (besides selling your life on eBay), as well as over 140 legitimate companies that hire at-home workers. Basic internet and emails skills required. Course fee includes book with listings, a \$25 value.

Instructor: Bethany Mooradian • Location: PKCC
Resident \$40 / Non-Resident \$48

Sat	10am-1pm	May 18	38585
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Become a Mystery Shopper

NEW! Yes, there is such a thing as a free lunch! Companies hire people to make observations on their stores and employees. They need the information to train workers and improve customer service, and the result is that you get to earn money while you shop and eat! Learn who is hiring, what companies expect, how to write a great evaluation, tax reporting, common scams, and how to get started. Basic internet and emails skills required. Course fee includes book with listings, a \$25 value.

Instructor: Bethany Mooradian • Location: PKCC
Resident \$40 / Non-Resident \$48

Sat	10am-1pm	June 8	38587
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Consignment Shopping for the Everyday Goddess **NEW!**

Wondering why consignment shopping is all the RAGE nowadays? Self-proclaimed Consignment Goddess, Nikol Schwab, shows fellow Goddesses how to use consignment shops to build or supplement a wardrobe for next to nothing! Be inspired by tips on how to maximize your shopping experience and by examples of one-of-a-kind finds! Receive guidance on how to find a favorite consignment shop, tricks on how to turn your couture or donation items into CASH and much more!

Instructor: Nikol Schwab • Location: PKCC
Resident \$25 / Non-Resident \$30

Sat	10am-12pm	Apr 27	37837
Tue	10am-12pm	June 11	37838

Sports

Golf Instruction

Learn to play golf in the comfortable atmosphere of the Redwood Golf Center in Woodinville. A PGA instructor teaches group lessons. Learn basic golf, grip stance, swing, rules and etiquette. By the end of this 4-part series you will be able to play on the golf course. Bring your own clubs or try the Golf Center's demo clubs.

Location: Redwood Golf Center, 13029 Redmond-Woodinville Rd NE, Woodinville

Min 6 / Max 12 • 4 classes

Sr Resident \$89 / Sr Non-Resident \$99
Non-Sr Resident \$97 / Non-Sr Non-Resident \$119

Fri	10-11am	Apr 5-26	37875
Fri	10-11am	May 3-24	37876
Fri	10-11am	June 7-28	37877
Fri	10-11am	July 5-26	37878
Fri	10-11am	Aug 2-23	37879

Softball Recruitment is in Full Swing!

If you are age 55+ and have played softball or simply want to play (no experience required), recruitment for the new 2013 season is underway! The three senior softball teams in Kirkland continue to hit home runs and have lots of fun! The two men's teams, "Moss Bay Hawks", "Kirkland Owls" and the co-ed team, "Kirkland Classics" were all a hit in 2012! After a long winter break, team players are now dusting off their bats to begin practice in March 2013. Everyone is gearing up for another fantastic season of league play, May through July. These three recreational teams play in the Puget Sound Senior Softball Association and are not affiliated with City of Kirkland Parks and Community Services recreation league.

For more information:

Co-ed team call Paula Miller 425.822.7478

Men's teams call Rich Mialouich 425.827.1109
or Glenn Peterson 425.822.8331

Dance

Line Dancing

Line Dancing is a great way to exercise your body and mind while meeting new friends and listening to some great music. This class includes basic line dancing for the beginner along with more challenging dances for the more advanced dancer. A new dance is taught at every class as well as reviewing previously taught dances. All abilities welcome! Join Joe in this fun and friendly class. No partner needed. This class will not be pro-rated.

Location: PKCC • Instructor: Joe Mraz
4 classes • No class 7/2 & 7/9

Resident \$20 / Non-Resident \$24
Drop-In Rate Resident \$7 / Non-Resident \$8

Tue	10-11am	Mar 26-Apr 16	37881
Tue	10-11am	May 7-28	37882
Tue	10-11am	June 11-July 16	37885
Tue	10-11am	July 23-Aug 13	37883

Fitness & Exercise

Zumba® Gold

Zumba® Gold modifies Zumba® fitness to non-impact moves and pacing suiting the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Zesty Latin music, world rhythms, exhilaratingly easy to follow moves and the invigorating party-like atmosphere are exercise in disguise! Feel the music, forget you are exercising and just move with the joy! You don't have to know how to dance, just know how to have fun! All abilities welcome.

*Wear athletic shoes • Location: PKCC
Instructor: Joan Wilde*

4 classes • No class 7/4 • Resident \$35 / Non-Res \$42

Thur	10:30–11:30am	Apr 4–25	38100
Thur	10:30–11:30am	May 2–23	38101
Thur	10:30–11:30am	May 30–June 20	38102
Thur	10:30–11:30am	June 27–July 25	38105

2 classes • Resident \$18 / Non-Resident \$22

Thur	10:30–11:30am	Aug 1–8	38106
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Strength & Tone Aerobics

Join Charlene for this fun and friendly class that incorporates non-jumping, low impact aerobics with weights and mat work. All fitness levels are welcome, work at your pace to move and feel better.

*Bring mat or rug • Location: PKCC
Instructor: Charlene Watson • 15 classes*

No class 6/4 & 7/4 • Resident \$47 / Non-Resident \$56

Tue/Thur	9–10am	Apr 30–June 20	38942
Tue/Thur	9–10am	June 25–Aug 15	39341

Yoga for Beginners

With 15+ years experience teaching Yoga, Sally teaches the basics of Yoga. She will introduce postures, breathing and relaxation. When practiced regularly, yoga improves flexibility, muscle tone, posture, balance, breath awareness and the ability to relax and release stress.

*Bring mat or rug • Location: PKCC
Instructor: Sally Rodich*

Mondays 4 classes

Resident \$35 / Non-Resident \$42

Mon	9–10am	Apr 15–May 6	38128
Mon	9–10am	June 3–24	38129
Mon	9–10am	July 1–22	38136

Wednesdays 4 classes • No class 5/15 & 5/22

Resident \$35 / Non-Resident \$42

Wed	10–11am	Apr 10–May 1	38130
Wed	10–11am	May 8–June 12	38131
Wed	10–11am	June 19–July 10	38132

Thursdays 4 classes • No class 7/4

Resident \$35 / Non-Resident \$42

Thur	9:15–10:15am	Apr 4–25	38133
Thur	9:15–10:15am	May 30–June 20	38135
Thur	9:15–10:15am	June 27–July 25	38140

Enhance Fitness

This unique, comprehensive program developed by the U of W and Group Health Studies is safe for adults age 50+ with a wide range of physical abilities. Program includes stretching, low-impact aerobics, walking, balance training, strength exercises and motivation.

*Instructor: Gina Casanova • Location: PKCC
No class 5/27, 8/19, 8/21, 8/23, 8/26, 8/28, & 8/30
Resident \$47 / Non-Resident \$56*

Lifetime is a covered benefit for persons covered by Medicare Parts A and B and enrolled in a Group Health Medicare + Choice (M+C) plan • Class meets 3 times a week: Mon, Wed and Fri • 15 classes per session • Registration begins 1 week prior to the first class of the session

Call 425.587.3360 for session dates and times



Games

Ping Pong (Table Tennis) NEW TABLE

Open to players of all abilities.

Sign up at front desk or call 425.587.3360

Checkers, Chess, Scrabble, Backgammon and Cribbage

Enjoy any one of these games that are now available, ask for the playing pieces at the front desk.

Drop in Pinochle

Pinochle is open to players of all abilities. Make new friends and find compatible partners.

Join the fun on Tuesdays at 12:45pm

Drop in Party Bridge

Party Bridge is open to players of all abilities. Make new friends and find compatible partners.

Join the fun on Thursdays at 11am

Cards

Come use our card rooms for a friendly game; available days and some evenings.

Call 425.587.3360 for more information

Pool

Three tables are available for drop-in pool.

All are welcome to join the fun in our Pool Room

Computer Classes

★ \$5 lab fee per class is collected at time of registration

★ If taking a Mac class participant must provide their own laptop, no Mac computers are available at PKCC.



Mac Classes

Introduction to Mac

For beginners with little or no Mac computer experience. This class covers fundamentals of hardware and software, terminology, operations, keyboard and mouse skills. Learn the difference between word processing, spreadsheet and database software.

Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration
Participants must provide their own Mac laptop

Sr-Resident \$46 / Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Mon	12:30–2:30pm	Apr 1–22	38249
Wed	10am–12pm	May 1–22	38258
Fri	10am–12pm	July 12–Aug 2	38259

Return to Work –Word Mac

Learn to set default margins, tabs, fonts, and font sizes, create columns, tables, and add symbols, objects, and clip art on your Mac. Send an email and attach your resume to a prospective employer. After this class you will know how to mail merge, print envelopes, and create mailing labels. Build fundamental job-seeking skills in Word.

Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration
Participants must provide their own Mac laptop

Sr-Resident \$46 / Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Mon	12:30–2:30pm	June 3–24	38261
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Mac iPhoto **NEW!**

Explore ways to browse your photos, rotate, crop and enhance the image quality. Learn the easy way to organize photos, email them and create a slide-show.

Location: PKCC • Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration
Participants must provide their own Mac laptop

Sr Resident \$17 / Sr Non-Resident \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Fri	8:45–10:45am	June 7	38647
Wed	8:45–10:45pm	July 10	38652

PC Classes Computer Basics

Introduction to Computers

For beginners with little or no computer experience. This class covers fundamentals of hardware and software, terminology, operations, keyboard and mouse skills. Learn the difference between word processing, spreadsheet and database software.

Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration

Sr-Resident \$46 / Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Mon	12:30–2:30pm	Apr 29–May 20	38467
Wed	12:30–2:30pm	May 1–22	38468

Introduction to Computers: Windows 8 **NEW!**

This beginner class covers fundamentals of hardware and software terminology operations for Windows 8. Learn how to navigate backward and forward with swipes and/or the keyboard or mouse. Learn the difference between word processing and a spreadsheet.

Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration
Participants must provide their own laptop with Windows 8

Sr-Resident \$46 / Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Mon	10am–12pm	June 3–24	38653
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Microsoft Windows

Introduction to Windows 8

NEW! Discover what is new in Windows 8, explore the start screen and understand tiles. Learn how to use the charms, interact with Windows 8 and personalize the desktop. See the improved ease of access and understand how to use and remove apps.

Location: PKCC • Instr: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration
Participants must provide their own laptop with Windows 8

Sr-Resident \$46 / Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Mon	10am–12pm	Apr 1–22	38654
Mon	12:30–2:30pm	July 8–29	38655

Internet & E-Mail

Facebook Overview

Facebook is ranked as the most used Internet social network. Learn how to set your profile, control who can see your information, find friends, add a friend, block out someone, translate into another language, and write on a friend's wall.

Location: PKCC • Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration

Sr Resident \$17 / Sr Non-Resident \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Fri	8:45–10:45am	May 17	38392
Wed	8:45–10:45am	July 24	38393

Google/Picasa

Google's free download of Picasa instantly finds and edits all pictures. Basic fixes of crop, remove red eye, fix contrast and color, and enhances photos easily and fast. Quickly sorts all pictures by dates, or file names. Picasa prints wallet size, 4x6, 5x7, or full page photos. Discover all of Picasa's advanced editing made simple.

Location: PKCC • Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration

Sr Resident \$17 / Sr Non-Resident \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Fri	8:45–10:45am	May 24	38394
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Age 50+

Return to Work Series

Build fundamental job-seeking skills in Word, Excel, and PowerPoint to reenter the workforce.

Return to Work – Excel

Learn to customize the quick access menu, work with multiple worksheets, apply absolute and relative cell references, understand and perform calculations, use a pivot table and create what if worksheets. Sharpen your math skills by building fundamental job-seeking skills in Excel.

Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration

Sr-Resident \$46 / Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Wed	10am–12pm	Apr 3–24	38262
Thur	6–8pm	Apr 11–May 2	38263
Mon	10am–12pm	July 8–29	38264

Return to Work – Word

Learn to set default margins, tabs, fonts, and font sizes, create columns, tables, and add symbols, objects, and clip art. Send an email and attach your resume to a prospective employer. After this class you will know how to mail merge, print envelopes, and create mailing labels. Build fundamental job-seeking skills in Word.

Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration

Sr-Resident \$46 / Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Mon	10am–12pm	Apr 29–May 20	38266
Thur	6–8pm	June 6–27	38268

Scanning, Editing & Creating

Smilebox

Smilebox lets you quickly and easily create slideshows, invitations, greetings, collages, scrapbooks, photo albums and more. Smilebox has more than 1000 customizable designs to choose from. The results are professional and one of a kind.

Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration

Sr-Resident \$17 / Sr Non-Resident \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Fri	8:45–10:45am	Apr 26	38386
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Organize Your Computer

NEW! Learn the structure of folder and files, how to create and arrange folders and files so you can easily retrieve saved material, how to organize, save, and rename them and how to search for lost files and retrieve or delete files from the Recycle Bin.

Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration

Sr-Resident \$17 / Sr Non-Resident \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Fri	8:45–10:45am	May 3	38388
Wed	8:45–10:45am	July 17	38389



Getting to Know Your Digital Camera

In this class, work with your own equipment to determine which settings provide the most satisfactory results. Transfer your pictures to the computer, edit and print them.

Prerequisite: Ownership or access to a digital camera with 3.2 or more mega pixels • Bring your camera, extra batteries and your camera/computer connection to class

Location: PKCC • Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration

Sr-Resident \$17 / Sr Non-Resident \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Fri	8:45–10:45pm	May 10	38390
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One-on-One Computer Assistance

Baffled by your software program? Uncomfortable asking questions in class? Can't figure out that new digital camera? Need to create a customized database or query? Enjoy one-on-one tutoring with Doris Ford! Here is a fabulous opportunity to improve your computer skills and enhance your equipment knowledge.

Resident \$28 / Non-Resident \$34
\$5 lab fee per class is collected at time of registration
Advanced registration required, call 425.587.3360

Attention PKCC Participant!

If you are at the Peter Kirk Community Center between 8am and 3pm, please see a staff member to obtain a parking permit.



Financial

Advanced registration required: 425.587.3360

These workshops are presented by Edward Jones

Taking an Interest in Bonds

NEW! An Edward Jones representative will discuss how owning bonds that may provide you with a regular income can be a smart decision. Find out why it's a good idea to learn how fixed income investments such as bonds may help you reach your financial goals. *Free*

Fri 10:30–11:30am Apr 5 38450

How Do You Picture Retirement?

NEW!

An Edward Jones representative will discuss strategies to help you work towards fulfilling your retirement expectations. Key concerns will be addressed such as inflation, healthcare expenses and market volatility as well as ways to prepare in advance for what did not go as expected. *Free*

Fri 10:30–11:30am May 3 38451

Social Security: Your Questions Answered

Learn how social security fits into your retirement income, when you should start taking the benefits and tax considerations. *Free*

Fri 10:30–11:30am June 7 38452

You Could Live to 90

NEW!

Retirement can be an incredible time of your life, but can also last 20 or more years. It's important to consider if your retirement income will last as long as your retirement. An Edward Jones representative will discuss ways to generate retirement income, including different types of annuities. *Free*

Fri 10:30–11:30am July 12 38453

Edward Jones[®]
MAKING SENSE OF INVESTING

Financial Services

Income Tax Assistance

Volunteer Tax Advisors will help you prepare your 2012 tax return.

Appointments are available Fridays from 9am-1pm, Feb 3–April 13 • No fee • Appointments required, call 425.587.3360

Retirement Check-up

Inundated with retirement planning information? Unsure what to do? Senior Services volunteers offer one-on-one assessments of your retirement plan. They can help you evaluate your retirement portfolios, develop an investment plan and discuss strategies for reaching your financial goals. Senior Services is a non-profit organization that does not provide any investment advice or endorse or recommend any company or product.

There is a suggested donation of \$25 per hour
For more information call 206.448.5720

Attorney General's Consumer Protection Web Page

Contact the Washington State Attorney General's office regarding privacy protection, online complaint forms, and getting off phone solicitor and junk mail lists.

www.atg.wa.gov

Clearpoint Financial Services

(Formerly Solutions Consumer Credit Counseling)

Provides counseling, money management assistance, advice on debt reduction and the wise use of credit.

Call 800.750.2227 or go to www.clearpointfinancialsolutions.org

Property Tax Benefits Program

To receive a property tax exemption, a taxpayer must be age 61+, own and occupy their residence and have an annual income that does not exceed \$35,000. To see if you qualify, call 206.296.3920

Social Security

Open 7am–7pm weekdays
Call 1.800.772.1213 or go to www.ssa.gov.

Legal Services

Senior Rights

A volunteer program that provides free information, referral and support on health insurance, legal and consumer issues. They also sponsor the Elderlaw legal clinic with the Washington Bar Assoc.

For more information call 206.448.5720 or go to www.seniorservices.org/financiallegalprograms/seniorrightsassistance.aspx

Eastside Legal Assistance Program

ELAP provides lawyers to answer your legal questions Fridays, 2–4pm.

No fee • Appointments required • To qualify, call 425.747.7274

Wills Project

Are you worried about being kept on life support against your will? Should your loved ones have to go to court to take care of you? A volunteer attorney through the Eastside Legal Assistance Program (ELAP), a non-profit legal service program, will prepare simple wills, durable power of attorney for health care decisions and living wills. Clients must meet eligibility guidelines.

No fee • Call 425.747.7274

Financial & Legal Class Policy

The Peter Kirk Community Center offers a variety of financial and legal classes but does not endorse any speaker. Presenters have been asked not to call or solicit any students and to give information only. Our class lists are never given to anyone. We suggest you listen to a variety of presenters before making any financial or legal decisions. This is an educational opportunity only. No marketing is allowed. Report any violations to Betsy Maxwell, Recreation Coordinator. Advance registration is required for all programs. Call 425.587.3360.



EvergreenHealth

EnhanceWellness Program

Evergreen EnhanceWellness

Get the peer and professional support you need to meet your health goals. Manage a chronic condition; break through your isolation, or just live better day-to-day. Participation in the program is for six months and includes a comprehensive health assessment, a personalized plan and ongoing support.

Tuesdays by appointment • Call 206.268.6740

Evergreen EnhanceWellness Counseling/Consultation

For those needing assistance from a social worker for any concerns or problems, such as health, depression, grief, loss, life transitions, help finding housing or transportation, etc.

Call 425.286.1047 • Free

Support Groups

Coffee Hour

Join Roy Mishra, Social Worker at Peter Kirk Community Center for a cup of coffee and lively discussion about health, aging, and current issues. Research shows that positive aging is fostered by good physical and mental health, social interaction, and productive activities. Share your expertise, strengthen your social connections and have fun in this relaxed and informative group. All are welcome and respected

*Monthly, 1st & 3rd Monday, 10am
Call 425.286.1047 • Free*

From Heartache to an Open Heart

NEW!

Everyone must deal with loss, whether it's the loss of a loved one or close friend, a treasured relationship, a loss of physical functioning or previous status. Learn how one can move through the grief process and grow "from heartache to an open heart".

Facilitated by Roy Mishra, MSW • Monthly, 2nd Monday, 1:30–3pm • Call 425.286.1047 • Free

Thriving with Chronic Conditions

NEW!

Do you have a chronic condition? Join others and discuss best practices for remaining committed to the management of your disease. Explore communication strategies that you can use with your medical team, family and friends. Share new perspectives, ways to laugh and engage with life.

*Facilitated by Patti Quaale, RN, MSW
Monthly, 1st Tuesday, 1–2pm
Call 206.268.6740 • Free*

Managing Life Changes

NEW! Meet and share experiences, learn strategies and helpful hints regarding emotional and health changes, losses and making new adjustments.

*Facilitated by Patti Quaale, RN, MSW
Monthly, 3rd Tuesday, 1–2pm
Call 206.268.6740 • Free*

PEARLS Counseling

- > Depression affects up to 20% of older adults.
- > Depression affects your health and quality of life.
- > Depression is not a normal part of aging.

PEARLS is an evidenced-based depression management program for mild depression or dysthymia (chronic depression). The program combines problem solving treatment, social and physical activity, and pleasant activity scheduling to manage symptoms of depression. All this is done with a trained PEARLS counselor.

In the past two weeks,

- > Have you had little interest or pleasure in doing things?
- > Have you been feeling down, sad, or hopeless?

If you answered yes to one of the above questions, then PEARLS may be a program for you.

**Contact Roy Mishra, MSW
to schedule an appointment
425.286.1047**

Thank you EvergreenHealth for your generous support of our Health & Nutrition Classes, Wellness Program, and Kirkland Steppers!

Health & Nutrition

Is it My Thyroid? **NEW!**

Fatigue, weight problems, dry skin and hair, mood swings and depression are all signs of thyroid problems. Women are especially vulnerable. Learn about various thyroid conditions, their impacts and treatment options.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm Apr 5 38598

Reinventing Quality of Life

NEW! Explore ways to cope with life's losses (such as loss of health, jobs, roles, functional ability or income) and to reinvent yourself to enjoy life and loved ones to the fullest.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm Apr 12 38599

Living Well with Chronic Conditions

Do you have a health condition that causes: fatigue, shortness of breath, pain, lack of activity, frustration or isolation? If you said “yes” to any of these, then the Living Well with Chronic Conditions Workshop might be just what you need! This 6-week educational series teaches specific skills and techniques that will help you better manage your chronic condition and regain self-confidence so you can Live Well!

Free • Call 425.587.3360 to register

Tue 1–3pm Apr 16–May 21 38600

Stress Management: How to Reduce & Manage Everyday Stress

NEW! Discover physical mechanisms of stress and how it is triggered. Learn to manage stress for a healthy future and improve your energy and concentration.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm Apr 19 38601



Turning Sadness into Gladness

Periods of sadness are common throughout our lives. These times may increase as we grow older because of multiple losses and changes. This class will explore the causes of sadness and will present practical, effective ways of coping.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm Apr 26 38602

Integrative Reflexology

NEW! Reflexology is a holistic healing art and science that applies a sequence of techniques to reflexes found on the feet, hands and outer ears that correspond to parts of the body. Learn how to apply intermittent pressure to some of these areas and positive intent to promote overall relaxation and balance.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm May 3 38604

Powerful Tools for Caregivers

A six-week series for unpaid family caregivers that provide tools for self care and builds confidence in handling difficult situations, emotions and decisions.

No class 5/27 • Free

Mon 1–3pm May 6–June 17 38605

Making Space for Living Well

Learn how to create order out of chaos so you can say “so long” to the clutter that overwhelms your space, breeds low self-esteem and wastes time and energy.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm May 10 38606

Farmer's Market Nutrition

NEW! With summer upon us, there are many food options at local farmers markets. Understand how to choose the healthiest produce, distinguish between organic and inorganic, local or imported. Learn healthy eating strategies and discover quick, fun and easy menu choices as well as tips for appropriate food safety for those warm summer days.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm May 17 38607

Cholesterol / Diabetic Screen

Screening will include fasting, full panel cholesterol test and glucose. Results will be given before you go home! Limit 24 participants, must register for time slot.

Sponsored by EvergreenHealth • Free

Fri 8:30–10:30am May 24 38608

Walk this Way

Anyone can benefit from the easy and enjoyable activity of walking. Learn ways you can maximize these benefits, monitor your progress and prevent injury.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm May 31 38609

See page 66 for information about the Kirkland Stepper's

To Register for EvergreenHealth Classes call 425.899.3000 and Press 1

How to Put the Fire out of Chronic Disease **NEW!**

Learn about the role of inflammation in cancer, heart disease, diabetes, asthma, arthritis and many other common diseases and what you can do through nutrition and natural therapies to prevent and treat these diseases.

Sponsored by EvergreenHealth • Free

Fri	12:45–2pm	June 7	38610
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Learn more about our Chronic Conditions Support Group, Pg 76

Sound Advice **NEW!**

Explore techniques for improving communication skills and maximizing your hearing. Discover lip-reading basics and how to deal with noisy places.

Sponsored by EvergreenHealth • Free

Fri	12:45–2pm	June 14	38611
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Are You Ready for an Emergency

Don't be caught unprepared if an emergency happens. Learn what essential items you should have and where they should be stored.

Sponsored by EvergreenHealth • Free

Fri	12:45–2pm	June 21	38612
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Osteoarthritis & You

This workshop discusses the causes, common symptoms and exercises for this degenerative joint disease—plus treatment options that can treat, delay or limit symptoms.

Sponsored by EvergreenHealth • Free

Fri	12:45–2pm	June 28	38613
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Probiotics! **NEW!**

Explore what makes a probiotic “good” and other bacteria “bad”. Also talk about ways that bacteria change with different influences and how you can help develop a better bacterial profile.

Sponsored by EvergreenHealth • Free

Fri	12:45–2pm	July 12	38614
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Light on Your Feet

Are tired, aching feet slowing you down? Explore common foot ailments, treatment options and the best shoes and products available to keep you light on your feet.

Sponsored by EvergreenHealth • Free

Fri	12:45–2pm	July 19	38625
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Upset Stomach: A Naturopathic Approach

Take a closer look at common digestive problems such as constipation, diverticulosis and hiatal hernia. Find out why they increase with age and how you can calm an upset stomach.

Sponsored by EvergreenHealth • Free

Fri	12:45–2pm	July 26	38626
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Anger Management **NEW!**

Explore effective methods for dealing with anger and conflict situations. Learn how to diffuse unhealthy confrontation and avoid being drawn into the cycle.

Sponsored by EvergreenHealth • Free

Fri	12:45–2pm	Aug 2	38627
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Align the Spine

Whether your back pain is chronic or occasional you could benefit from this talk on common back problems and basic back care including exercise, body mechanics, medications and other treatments that may help ease that aching back.

Sponsored by EvergreenHealth • Free

Fri	12:45–2pm	Aug 9	38628
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Acupuncture

A certified acupuncturist will present concepts and methods of acupuncture, including its history and instruments used. Discussion will include healing benefits of acupuncture.

Sponsored by EvergreenHealth • Free

Fri	12:45–2pm	Aug 16	38629
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Health Services

Oral Health Care

Affordable teeth and denture cleaning for adults age 50 + provided by Healthy Smiles Inc on the first Tuesday of the month. Dental hygiene services include cleaning, oral cancer screening and fluoride treatment for \$77. Denture cleaning also available for \$10. This is a special program approved by the WA State Legislature. Patients must complete preliminary paperwork and be 50 years or older.

For appointments and more information, call 425.587.3360

Foot Care

Foot care service is provided by a nurse on Wednesdays. Fee \$25.

For appointments, call 425.587.3368 between 9am and 3pm on Wednesdays.

Meals on Wheels Program

Nutritional frozen meals are available for the homebound. Liquid supplements available.

For info call 425.587.3360.

Lunch Nutrition Program

Nutritious meals served at 12pm, Mon, Tues., Wed and Friday. Check-in is first come, first served starting at 11am.

Lunch is \$3 donation for persons 60+ • All others \$6

Statewide Health Insurance Benefits Advisor (SHIBA)

Understanding insurance benefits can be difficult. A trained volunteer from SHIBA will be available the third Monday of each month to meet with you privately to answer questions about Medicare (billing procedures), Medicare Part D, health insurance and long term care insurance.

Appointments required, call 425.587.3360

Health Services

Widowed Information & Consultation Services

WICS offers group support to men and women who are coping with the death of a spouse/partner.

Call 206.241.5650 or go to www.kcwics.org



Veterans Services

Veterans Benefits

Sherrie Bell, VFW/DVA Accredited Department Service Officer, will be available on a first come, first serve basis every Monday from 1:00–3:00pm to assist Veterans and their families with VA benefits. Sign in at the front desk. For more information call Sherrie at 206.412.1280.



Attention PKCC Participant!

If you are at the Peter Kirk Community Center between 8am and 3pm, please see a staff member to obtain a parking permit.

Community Resources

Senior Information & Assistance

Information and referral on a wide variety of senior related issues.

Call 206.448.3110 or go to www.seniorservices.org

Bridge Ministries for Disability Concerns

Services for persons with disabilities. Free used durable medical equipment, guardianship services and consultation.

Call 425.885.1006 or go to www.bridgemin.org

Evergreen Care Network

Helps older adults remain independent.

Call 425.899.3200 or go to

www.evergreenhospital.org/for_patients/medical_services/evergreen_care_network

Overlake Senior Care Connections

Services, resources and information for seniors.

Call 425.688.5800

www.overlakeshospital.org/services/senior-care

AARP Area Office

American Association of Retired Persons.

Call 1.866.663.3291 or go to

www.aarp.org/states/wa

Benefits Check Online

www.BenefitsCheckUp.org is the first of its kind, web-based service designed to help seniors and their families and caregivers find the right benefits programs to meet their needs. A fast, free and confidential screening tool to determine eligibility for nearly 1,000 unique state and federal programs. Now, consumers can find out what their options are under the new Medicare plans.

Adult Day Centers

These certified centers provide safe, well-supervised therapeutic, activities, programs and services for adults with cognitive and/or physical disabilities. For more information call:

Northshore Adult Day Center 425.488.4821

Elder & Adult Day Services 425.867.1799

Respite Care Program

King County can provide Respite services to caregivers in need of a break from the demands of care giving for someone who is chronically ill or disabled. Goods and services can be purchased for functionally impaired older adults with funds through Seattle-King County Aging and Disability “Client Specific Program”.

For more information call Senior Information & Assistance 206.448.3110 or Evergreen Care Network 425.899.3200.

Respite Care Services on the Eastside

In-home respite care provided by volunteers is available to help with care giving on a short-term basis.

Evergreen Community Home Health & Hospice 425.899.3300

Eastside Friends of Seniors 425.369.9120

Volunteer Chore Services (Catholic Comm. Svcs.) 206.328.5787

Jewish Family Services 206.461.3240

Chinese, Latino & South Asia Services

Educational & Recreational Programs Accessible to Chinese & Latino Seniors

Programs and services available to all seniors are now more easily accessible to Chinese and Latino seniors at the Peter Kirk Community Center. Through the presence of a bilingual staff worker, they have the opportunity to participate in social, recreational and educational activities and daily hot lunch. Traditional program components such as outreach and advocacy are also provided.



CHINESE SERVICES – TUESDAYS

For more information call Bolivar at the Chinese Information & Services Center, 206.624.5633, ext 4140.

Mandarin Support Group

Share daily experiences with others. Facilitated in Mandarin/Cantonese language. New topic each month. *Free*

Tue 11:15–12:15pm Ongoing

E.S.L. for Chinese Seniors

English as a second language is offered for non-English speaking adults. Designed for those with limited, or no English. *Free*

Tue 10am–12pm Ongoing

LATINO SERVICES – WEDNESDAYS

For more information call Clemencia Robayo at Sea Mar Community Health Center, 206.764.8044.

Strategy for a Healthy Longevity (in Spanish)

Learn how to improve your health and slow the aging process. Key elements that will enhance quality of life and advance your well-being will be discussed. *Free*

Monthly 10–11:45 am 1st Wednesday

E.S.L. for Latino Seniors

English as a second language is offered for non-English speaking adults. Designed for those with limited or no English. *Free*

Wed 12:45–2pm Ongoing



Volunteer Opportunities

Center Volunteer Opportunities

The Center's continued success is directly related to our hard-working and dedicated corps of volunteers. Currently, there are a variety of volunteer opportunities at the Center, they include:

- Delivering Meals on Wheels to home-bound seniors in Kirkland
- Preparing lunches
- Dishwashing
- Coffee Bar
- Slide show presenter, share your travels

For more information call 425.587.3012.

Employment

Employment Service

Low income seniors looking for part-time work.

Call Senior Employment Service/AARP, 206.624.6698 or go to www.aarpworksearch.org

Employment Resource Center

This service provides assistance to people 55+ seeking an opportunity for employment. Co-sponsored by the Seattle Mayor's Office for Senior Citizens.

For more information, call 206.684.0500 or go to www.cityofseattle.net/humanservices/seniorsdisabled/mosc/employment.htm

Driver Training

AARP — 55 Alive Driving Course

This driver training course takes into consideration physical changes of the mature driver and identifies ways one may compensate for these changes. The course also provides information that may improve your driving behavior. Insurance rate reduction for seniors taking this course.

Fee \$12 for AARP members / \$14 for non-members, please bring AARP membership card to class
 • Make checks payable to AARP on the first day of class • To register call 425.587.3360

Wed & Thur 12:30–4:45pm May 1–2 38144



Transportation

Travel Ambassadors

Want to go to the store, library and other destinations without driving? Talk to a certified Community Travel Ambassador about where you want to go and get help planning your trip. It's easy and FREE!

Wed	9–11am	Apr 3
Wed	9–11am	May 1
Wed	9–11am	June 5
Wed	9–11am	July 3
Wed	9–11am	Aug 7

Metro Bus ID NEW DAY!

Reduced fare passes for ages 65+ and disabled, Fee \$3

Thur	10–11am	Apr 18
Thur	10–11am	June 20
Thur	10–11am	Aug 15

Access

Transportation to appointments, grocery shopping and the Community Senior Center.

To schedule, call 206.205.5000 or toll free 1.866.205.5001.

Volunteer Transportation for Seniors

Personal transportation to medical and other essential appointments.

For rides or to be a volunteer driver, call 206.448.5740 or toll free 1.800.282.5815 or go to www.seniorservices.org.

METRO Information

24-Hour Rider Information.

Call 206.553.3000 or toll free, 1.800.542.7876. TTY: 206.684.1739.

HOPELINK

Transportation to medical appointments for individuals with Medicaid coupons.

Call 1.800.923.7433 or go to www.hope-link.org/get-help/transportation

Share a Ride & Meet a New Friend

Do you drive to the Peter Kirk Community Center for lunch or other activities? Are you available to provide a ride for an older adult who needs transportation? As a volunteer, drive your vehicle and choose the days you are available. Through Senior Services Volunteer Transportation Program you receive reimbursement for mileage and supplemental liability insurance.

For more information, call 206.448.5740

Daily Van Transportation

The Center's van is operated by the Northshore Senior Center Monday-Friday. Transportation to and from the Center is for city residents only. Participants must be Access eligible to participate in this program.

Please call 425.587.3363 for more information about this program or to reserve a ride, no later than 5pm the previous day.

Suggested donation of \$2.00 each way.

Attention Van Riders!

All riders must be Access eligible to participate in the transportation program. If you need help with your Access application, Mari is available to offer you assistance.

Please call 425.587.3363 to set up an appointment or if you have any questions.

Grocery Shopping

The Northshore Senior Center provides weekly transportation to and from local grocery stores. Shopping times are determined by the geographical location of your home.

To receive a schedule or make an appointment, call 425.587.3363

Wed	Apr 3	Fred Meyers
Wed	Apr 10	Safeway
Wed	Apr 17	QFC
Wed	Apr 24	Bridle Trails
Wed	May 1	Fred Meyers
Wed	May 8	Safeway
Wed	May 15	QFC
Wed	May 22	Bridle Trails
Wed	May 29	Fred Meyer
Wed	June 5	Safeway
Wed	June 12	QFC
Wed	June 19	Bridle Trails
Wed	June 26	Fred Meyer
Wed	July 3	Safeway
Wed	July 10	QFC
Wed	July 17	Bridle Trails
Thur	July 24	Fred Meyer
Wed	July 31	Safeway
Wed	Aug 7	QFC
Wed	Aug 14	Bridle Trails
Wed	Aug 21	Top Foods (Woodinville)
Wed	Aug 28	WinCo (Everett)

Van Trip Planning Meeting

Have you ever thought someplace would make a great van trip? Here is your chance to give your input! Please join us for a brainstorming and planning meeting for Spring/Summer 2014 van trips.

**Thursday, April 18
10:00am at the Center**

WA State sales tax included

Out For Lunch Bunch

★ **ALL NEW LOCATIONS!** ★

Tuesdays/Thursdays 11am–1:30pm
Resident \$13 / Non-Resident \$15
Bring lunch \$

Senor Moose Café	Thur	April 11	38185
The Pink Door	Thur	May 23	38186
Jak's Grill	Thur	June 20	38187
Ray's Café	Tue	July 2	38188
McMenamins	Tue	Aug 13	38189

Shops & Slots

Tuesdays 10am–4pm
Resident \$21 / Non-Resident \$25
Bring lunch \$

North Bend Outlet Mall & Snoqualmie Casino	May 7	38191
Seattle Premium Outlet Mall & Tulalip Casino	July 23	38597

Black Diamond Bakery & Café

Thur., April 4 38182 10am–3pm
Resident \$16 / Non-Resident \$19
Bring lunch \$

Feast on a meal at Black Diamond Bakery & Café, and bring home some of their famous giant cinnamon rolls. After lunch take some time to explore the town.

World Calvacade: Papa New Guinea & Fuzzy Babies **NEW!**

Mon., April 8 38184 1–5pm
Resident \$30 / Non-Resident \$35

Papa New Guinea is a world away from the Puget Sound. Woodland Park Zoo's staff photographer and videographer Ryan Hawk will take you to this amazing place plus give a behind the scenes look at what it's like to have access to the hundreds of exotic animals he works with on a daily basis here in Seattle.

Skagit Valley Tulip Festival

Tue., April 16 38183 9am–5pm
Resident \$23 / Non-Resident \$28
Bring lunch \$

Spend the day visiting some of the popular tulip fields up in the Skagit Valley and enjoy a chance to shop and explore in La Conner.

Some of the gardens may have entrance fees that are not included in the price of this trip.

Meeker Mansion **NEW!**

Thur, April 25 38192 9:15am–2:30pm
Resident \$34 / Non-Resident \$41

Puyallup is home to this lovely 17-room Italianate Victorian Mansion (American Bracketed Villa). The house was designed by Ferrell and Darmer, Architects, of Tacoma. It took more than three years to build and was finished in 1890. On the tour of the mansion learn more about the history and some fun facts about this historic site. Enjoy a light lunch at the mansion after the tour. This tour requires extensive walking and stairs.

Bainbridge Gardens/Rose Café **NEW!**

Thur, May 2 38193 9am–4pm
Resident \$37 / Non-Resident \$44
Bring lunch \$

Hop the ferry to Bainbridge and work up an appetite exploring Bainbridge Gardens, a 6-acre nursery. Enjoy lunch on-site at the Rose Café.



Point Defiance Zoo/Aquarium

Thur., May 16 38194 9am–3:30pm
Resident \$38 / Non-Resident \$46
Bring lunch \$

Spend the day exploring this combined zoo and aquarium that is home to over 350 animal species. Be sure to pick up a daily event schedule to enhance your experience.

St. James Cathedral / St. Demetrios Greek Orthodox Church Tour **NEW!**

Thur, May 30 38195 9am–4pm
Resident \$25 / Non-Resident \$30
Bring Lunch \$

Start with a tour of St. James Cathedral that has sat atop Seattle's First Hill for more than 100 years. After the tour enjoy lunch at a nearby restaurant. Then we are off to tour and learn about the rich history of Seattle's St. Demetrios.

Country Village

Thur, June 6 38196 10am–4pm
Resident \$16 / Non-Resident \$19
Bring Lunch \$

With over 40 shops to browse through there is sure to be something for everyone at Country Village in Bothell. Enjoy lunch on your own at one of the several on-site options.

Chihuly Garden & Glass/ Seattle Great Wheel **NEW!**

Thur, June 13 38197 9:15am–3:45pm
Resident \$67 / Non-Resident \$72
Bring lunch \$

Enjoy the opportunity to see and learn more about Chihuly's inspirations and influences on a private tour of the interior galleries, garden and glasshouse. Enjoy lunch at Fisherman's Restaurant before boarding the Seattle Great Wheel. This observation wheel is the largest on the West Coast standing 175 feet tall, extending nearly 40 feet beyond the pier over Elliott Bay with 42 fully enclosed gondolas.



Pacific Rim Bonsai Collection

Thur, June 27 38198 9:30am–2:45pm
Resident \$17 / Non-Resident \$20
Bring lunch \$

The Weyerhaeuser corporate campus is home for the Pacific Rim Bonsai Collection. Bonsai are miniaturized, living trees shaped by artists to portray scenic large trees in nature. On our tour of this fantastic collection you will see 60 outstanding bonsai from six Pacific Rim nations.

Thorp Historical Mill **NEW!**

Thur., July 11 38199 10am–6pm
Resident \$26 / Non-Resident \$31
Bring lunch \$

Take a step back in time as we have the unique opportunity to tour this historical Mill that was in operation from 1883 to 1946. The Mill is not just a landmark but a national treasure, nearly the last of its kind; most have been destroyed by fire or dismantled during WWII. Enjoy a stop at a local fruit stand on the way back home.

Sequim Lavender Festival

Fri., July 19 38200 8am–6pm
Resident \$48 / Non-Resident \$55
Bring lunch \$

Immerse yourself in the essence of lavender. This is the 17th year of this fragrant festival, the largest one of its kind in North America. Enjoy more than 150 crafts and lavender booths, food, music and more in downtown Sequim.

Whidbey's Green Bank Farm **NEW!**

Thur, Aug 8 38203 9am–4pm
Resident \$31 / Non-Resident \$37
Bring lunch \$

Green Bank Farm is a publically owned 151-acre space and historic farm in the middle of Whidbey Island. Explore several galleries and specialty shops, including a wine and a cheese shop while visiting. Enjoy lunch at the Whidbey Pies Café.



Orcas Island/ Rosario Resort **NEW!**

Thur, Aug 22 38205 8am–6pm
Resident \$45 / Non-Resident \$54
Bring lunch \$

What could be better than spending a summer day in the San Juan Islands? After a relaxing ferry ride enjoy lunch overlooking Cascade Bay, at Rosario Resort. After lunch there will be time to explore the island before heading back home.

Tokeland Hotel & Restaurant **NEW!**

Thur., Aug 29 38225 8am–7pm
Resident \$36 / Non-Resident \$43
Bring lunch \$

After a relaxing drive to the Pacific Ocean savor a delicious lunch at the Tokeland Hotel & Restaurant, the oldest Hotel Resort in Washington. Spend time exploring this cozy hotel that was built in 1885. Afterwards, travel up Hwy 101 to the fishing town of Westport for some shopping and ice cream.

Van Trip Registration & Policy

1. Cancellations requested more than one week prior to the Van Trip are subject to a \$10 processing fee. Cancellations requested less than one week prior to the Van Trip receive a 50% credit on the account, less a \$10 administrative fee. Cancellations requested Van Trip day receive no refund or credit.
2. Pre-purchased tickets are non-refundable. This includes all special events. (Theater, movies, cruises, etc.)
3. All van trips depart promptly from the west side of the Peter Kirk Community center. Please arrive 10 minutes prior to scheduled departure, as no refunds will be issued for missed rides.
4. Van trip return times are estimated and may vary depending on traffic, etc.
5. Home pick-up and take-home is available for Kirkland residents who live within the City limits, if requested in advance. A donation of \$2.00 each way is suggested. To request home pick-up, call 425.587.3363 no more than 2 weeks before the trip and no later than 24 hours in advance. Driver will call one day before the trip with your pick-up time. All others meet the bus at the Center.
6. Trip participants must be independently mobile or accompanied by a caregiver on all van trips. Caregivers must register and pay the same applicable van and admission fees. Wheelchair space is limited. If you require wheelchair or walker accommodations, please specify at time of registration.

JOIN US TO RESTORE OUR NATURAL AREAS

GREEN KIRKLAND
PARTNERSHIP



Event Schedule Spring • Summer

Saturday, March 16, 2013

10 am to 2 pm

COTTON HILL PARK

110th Ave NE & NE 98th St., Kirkland

Saturday, April 20, 2013

Earth Day Event

10 am to 2 pm

JUANITA BAY PARK

2201 Market St., Kirkland

Saturday, May 11, 2013

10 am to 2 pm

KIWANIS PARK

1405 10th St. W, Kirkland

Friday, June 21, 2013

10 am to 2 pm

CARILLON WOODS

5429 106th Ave NE, Kirkland



WHAT TO BRING:

Work clothes, Gloves,
Sturdy shoes/boots,
Rain gear (if necessary),
Water bottle



Find us on
Facebook

Sign up online at:

www.earthcorps.org/volunteer.php

KCD
King Conservation District



2013

MORE EVENTS: greenkirkland.org

The Parks and Community Services Department offers a variety of rental facilities to meet your every need. Indoor and outdoor facilities are available for private functions such as receptions, anniversaries, birthdays, or graduation celebrations.

KIRKLAND RENTAL FACILITIES

INDOOR FACILITIES	OUTDOOR FACILITIES		
<p>Heritage Hall 203 Market Street</p> <ul style="list-style-type: none"> - Occupancy: 70 - Features: Hardwood floors and uplit cove ceiling. - Rental fees include: use of 12 six-foot tables, 3 three-foot tables and 70 chairs. <p><i>For more information, call 425.587.3342.</i></p>		<p>Marina Park Pavilion 25 Lakeshore Plaza</p> <ul style="list-style-type: none"> - Occupancy: 100 - Features: Open air, lakeside, beautiful view - Park / Lawn area not included for private rentals <p><i>For more information, call 425.587.3342.</i></p>	
<p>North Kirkland Community Center 12421 103rd Avenue NE</p> <ul style="list-style-type: none"> - Occupancy: 245 - Features: Hardwood floors, ambient windows & full kitchen. - Rental fees include: use of 20 six-foot rectangular tables, 12 five-foot round tables, and 175 chairs. <p><i>Reservations are required a minimum of 1 month in advance • For more information, call 425.587.3350.</i></p>		<p>Peter Kirk Pool 340 Kirkland Avenue</p> <ul style="list-style-type: none"> - Occupancy: Main Pool: 230, Wading Pool: 40 - Features: Lifeguard, pool toys, and deck space <p>For more information: 425.587.3336</p> <p><i>Reservations are required 72 hours in advance.</i></p> <p>www.kirklandwa.gov/aquatics</p>	
<p>Peter Kirk Community Center 352 Kirkland Avenue</p> <ul style="list-style-type: none"> - Occupancy: Multi-purpose Room: 150 Smaller meeting rooms: 50 - Features: Hardwood floors, ambient windows & full kitchen. <p><i>Reservations are required a minimum of 1 month in advance. For more information, call 425.587.3360.</i></p>		<p>Picnic Shelters</p> <p>Everest Park 500 Eighth St South</p> <p>Rose Hill Meadows 8212 124th Ave NE</p> <p>Woodlands Park (pictured) 9930 124th Ave NE</p> <p><i>For more information, call 425.587.3342.</i></p>	
<p>For Parks Not Listed: For information regarding parks not listed, call 425.587.3340 or email nosborn@kirklandwa.gov</p>	<p>Athletic Fields</p> <p>Crestwoods 1818 Sixth Street</p> <p>Everest Park 500 Eighth St South</p> <p>Juanita Beach 9703 NE Juanita Dr</p> <p>Lee Johnson Field (pictured) 202 Third Street</p> <p><i>For more information, call 425.587.3342.</i></p>		
<p>School Sites: For information regarding outdoor use of LWSD school sites, call 425.587.3342 or email nosborn@kirklandwa.gov</p>			

Applications and guidelines can be downloaded from www.kirklandwa.gov/depart/parks/Facility_Rentals.htm

Please call ahead to check availability.

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DAY PAGE 3
CAMPS!

Juanita Friday Market



Fridays, May 10 - October 4, 2013
 3pm to 7pm • 9703 NE Juanita Drive

Juanita Friday Market Schedule 2013

MAY		JUNE		JULY	
10 th	17 th	7 th	14 th	5 th	12 th
24 th	31 st	21 st	28 th	19 th	26 th

AUGUST		SEPTEMBER		OCTOBER
2 nd	9 th	6 th	13 th	4 th Last Day
23 rd	30 th	20 th	27 th	

www.kirklandwa.gov/JuanitaFridayMarket



Juanita Bay Park Events

JUANITA BAY WILDLIFE TOURS
 Apr 7, May 5, June 2, July 7, Aug 4



Photo: Ernie Brown

View and experience the hundreds of plant and animal species that inhabit the unique and spectacular Juanita Bay Park! Access and exploration opportunities abound with boardwalks, interpretive signs and observation areas which enhance our learning experience and appreciation for this unique setting. Join the Juanita Bay Park Volunteer Rangers for a free interpretive tour on the first Sunday of every month at 1:00pm beginning in the parking lot. No registration required. Remember to bring your binoculars. Free!

JUANITA BAY PARK BIRD WALKS
 Apr 16, May 21, June 18, July 16, Aug 20

Join Mary Frances Mathis of the Eastside Audubon Society and the Juanita Bay Park Rangers for a relaxed morning walk in Juanita Bay Park, looking for any birds in the area.

Walks are at 8:00am and will be finished before lunch time. Bring binoculars and meet in the parking lot.

No registration is required. You may contact the Eastside Audubon Society for more information at 425.576.8805.



Photo: Ernie Brown



PO Box 3115, Kirkland, WA 98083-3115 425.576.8805
 www.eastsideaudubon.org

Come meet us at Juanita Bay Park! 2201 Market Street, Kirkland



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something fun for everyone



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2012 PARKS LEVY

Kirkland voters approve sustaining quality of life for parks and streets.

Thank you!

On November 6, 2012, Kirkland voters approved a proposition for a City Parks Maintenance, Restoration and Enhancement Levy as permanent property tax levy. Beginning in 2013, the Parks Levy will raise approximately \$2.35 million annually to fund preservation, maintenance, and enhancement of Kirkland's parks and natural areas. The City is committed to efficiently implementing levy funding with transparency and accountability. An annual accounting report, work programs and accomplishments will be posted at www.kirklandwa.gov/ballotmeasures.

WHAT YOU'LL SEE THANKS TO THE PARKS LEVY

- **Park Maintenance and Operations (\$1.095 million/year)**
 - Restore maintenance reductions and ensure Kirkland parks are maintained consistent with the community's expectation
 - Provide lifeguards at Houghton, Waverly, and Juanita beaches to help ensure safety
 - Continue the community's Green Kirkland Partnership which restores and provides healthy forests and habitat areas
 - Maintain O.O. Denny Park, a community waterfront park
 - Maintain the Cross Kirkland Corridor

In addition to the ongoing maintenance and operations funding the 2012 Parks Levy will fund the following projects in the first seven years:

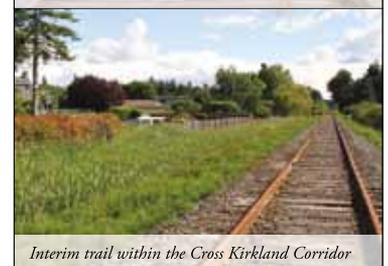
- **Dock and Shoreline Renovations (\$800,000)**
 - Complete major repairs and improvements to public docks and park shorelines for safety and property protection
- **City-School District Playfields Partnership (\$1 million)**
 - Continue the partnership with Lake Washington School District to upgrade school playfields for neighborhood and community use
- **Juanita Beach Bathhouse Replacement (\$1.2 million)**
 - Provide park restrooms, maintenance, and canoe/kayak boating concession
- **Edith Moulton Park Renovation (\$1 million)**
 - Renovate this community park transferred from King County as part of the 2011 annexation
- **Waverly Beach Park Renovation (\$500,000)**
 - Improve this popular community waterfront park
- **Cross Kirkland Corridor Trail (\$500,000)**
 - Create an interim bicycle and pedestrian trail within the 5.75 mile Cross Kirkland Corridor
- **Open Space and Park Land Acquisition (\$2.5 million)**
 - Preserve natural areas and opens spaces and acquire land for future neighborhood parks in areas of the city where new parks are needed



Lifeguards at Houghton, Waverly and Juanita Beaches



Public docks and park shorelines improvements



Interim trail within the Cross Kirkland Corridor