

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