

## 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](http://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 |
|-----|-------------|--------------|-------|

**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 |
|---------|-------|-----------|-------|

## 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 |
|-----|-----------|---------|-------|

### 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 |
|-----|----------|-------|-------|

**Location: Heritage Hall 205 Market St, Kirkland  
Resident \$39 / Non-Resident \$47**

|     |          |         |       |
|-----|----------|---------|-------|
| Tue | 9am–12pm | July 23 | 39074 |
|-----|----------|---------|-------|

**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 |
|-----|-------|-------|-------|

### 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 |
|-----|-------|---------|-------|

### 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 |
|-----|-------|---------|-------|

## 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.msncbc.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 |
|-----|--------------|----------------|-------|

## 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 |
|-----|------------|---------------|-------|

**COED: Ages 10 to 13 years**

|     |             |               |       |
|-----|-------------|---------------|-------|
| Sat | 11:30am–1pm | Apr 13–June 8 | 37684 |
|-----|-------------|---------------|-------|

**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 |
|-----|-------------|----------------|-------|

### 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 |
|-----|-------------|----------------|-------|

## 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 |
|------|-------------|---------------|-------|

**Summer 8 weeks • No class 7/4**

Resident \$57 / Non-Resident \$68

|      |             |                |       |
|------|-------------|----------------|-------|
| Thur | 5:45–6:30pm | June 27–Aug 22 | 39082 |
|------|-------------|----------------|-------|

### 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 |
|-----|-----------------|---------------|-------|

**Summer 9 weeks • Resident \$64 / Non-Resident \$77**

|     |                 |                |       |
|-----|-----------------|----------------|-------|
| Sat | 11:30am–12:15pm | June 29–Aug 24 | 39084 |
|-----|-----------------|----------------|-------|

### 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 |
|-----|-------------|----------------|-------|

**6 weeks • Resident \$43 / Non-Resident \$52**

|     |             |                |       |
|-----|-------------|----------------|-------|
| Wed | 5:30–6:15pm | July 10–Aug 14 | 39097 |
|-----|-------------|----------------|-------|

#### Ages 8 to 10 years

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

|     |             |                |       |
|-----|-------------|----------------|-------|
| Wed | 4:35–5:20pm | Apr 17–June 19 | 39096 |
|-----|-------------|----------------|-------|

**6 weeks • Resident \$43 / Non-Resident \$52**

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



## 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 |
|-----|-------|---------------|-------|

**10 weeks • No class 4/13**

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

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

## 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.

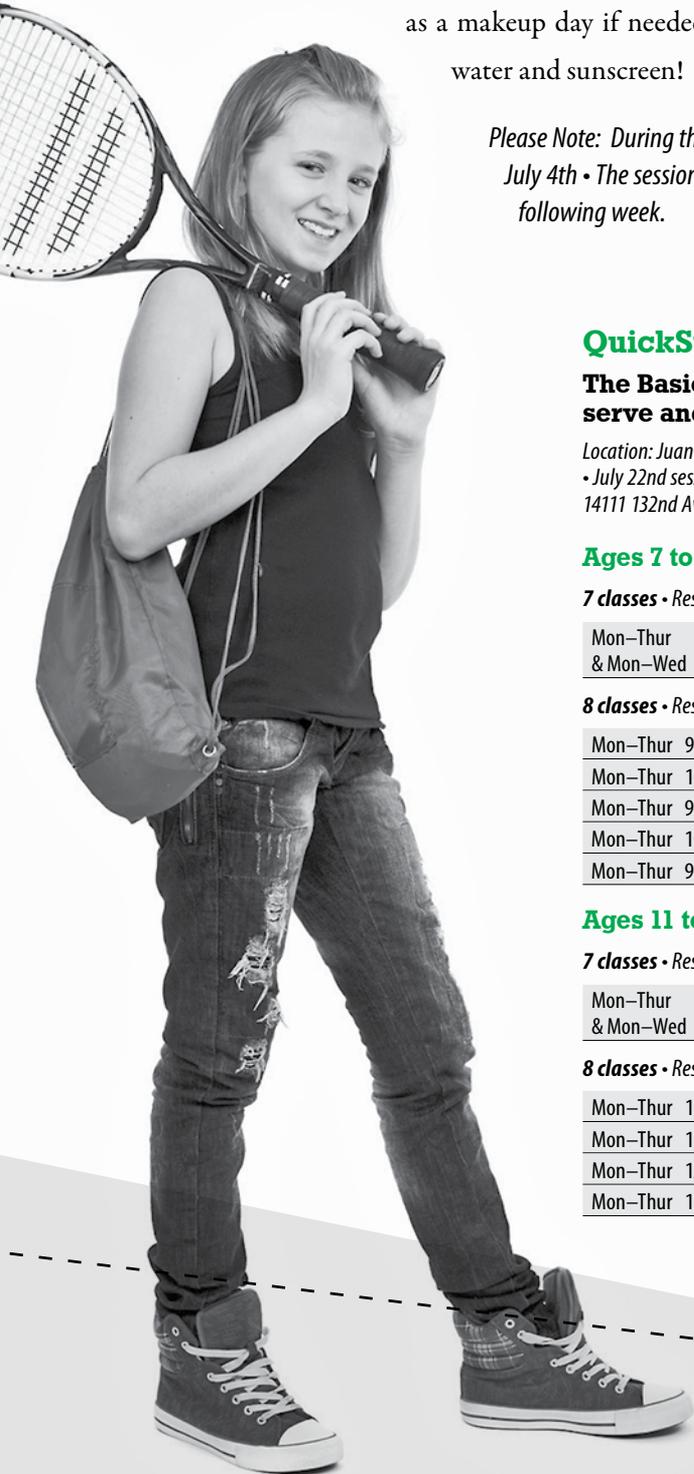
*A final stage performance for family and friends will be scheduled • Performance team requires the additional cost of costume • Location: La Luna Academy 11251 120th Ave NE, Ste 150, Kirkland • www.lalunagym.com • 11 weeks Resident: \$216 Non-Resident \$259*

|     |          |               |       |
|-----|----------|---------------|-------|
| Wed | 2–3:30pm | Apr 3–June 12 | 39342 |
|-----|----------|---------------|-------|

# 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<br>& Mon-Wed | 9-9:55am | June 24-July 3 | 37789 |
|-----------------------|----------|----------------|-------|

**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<br>& Mon-Wed | 11-11:55am | June 24-July 3 | 37798 |
|-----------------------|------------|----------------|-------|

**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<br>& Mon-Wed | 10-10:55am | June 24-July 3 | 37814 |
|-----------------------|------------|----------------|-------|

**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<br>& Mon-Wed | 12-12:55pm | June 24-July 3 | 37815 |
|-----------------------|------------|----------------|-------|

**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