

Youth & Teens

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 rackets are available. Don't forget your water and sunscreen!

QuickStart Beginner

Ages 8 to 14 years

The Basics: Forehand, backhand, serve and scoring.

Resident \$66 / Non-Resident \$79 • Location: Juanita High School Tennis Court, 10601 NE 132nd St., Kirkland

Mon-Thur	9-10am	June 22-July 2	44579
Mon-Thur	9-10am	July 6-July 16	44580
Mon-Thur	9-10am	July 20-July 30	44581
Mon-Thur	9-10am	Aug 3-Aug 13	44582
Mon-Thur	9-10am	Aug 17-Aug 27	44583

QuickStart Intermediate

Ages 8 to 14 years

Fine-tuning basics, specialty strokes and game strategy. Players can presently sustain a short rally, knows how to serve and start play as well as a good understanding of scoring.

Resident \$66 / Non-Resident \$79 • Location: Juanita High School Tennis Court, 10601 NE 132nd St., Kirkland

Mon-Thur	10:05-11:05am	June 22-July 2	44584
Mon-Thur	10:05-11:05am	July 6-July 16	44585
Mon-Thur	10:05-11:05am	July 20-July 30	44586
Mon-Thur	10:05-11:05am	Aug 3-Aug 13	44587
Mon-Thur	10:05-11:05am	Aug 17-Aug 27	44588



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.

Location: SnoKing Arena, 14326 124th Ave NE, Kirkland • Classes will include 30 minutes of professional instruction and 30 minutes of practice/free skating time • Registration deadline is: one week prior to start of first class • Please arrive ½ hour before class to get skates on and wear warm clothes, jacket and gloves

Spring Classes

7 weeks • No classes 5/22, 5/25 • Res. \$130 / Non-Res. \$156

Ages 5 to Adult

Mon	6-7pm	Apr 27-June 15	45059
Ages 4 to Adult			
Tue	10:45-11:45am	Apr 28-June 9	45061
Fri	6-7pm	May 1-June 19	45063

Summer Classes

Ages 5 to Adult

7 weeks • Resident \$130 / Non-Resident \$156

Mon	6pm-7pm	July 6-Aug 17	45065
Tue	10:45-11:45am	July 7-Aug 18	45066

Specialized Recreation

Sponsored by the City of Kirkland and Friendship Adventures



SATURDAYS

MARCH 7 & MAY 16, 2015
6:30-8:30PM

Access drop-off time 7pm,
pick up from 8:15-8:45pm

North Kirkland Community Center
12421 103rd Ave NE, Kirkland, WA 98034

- \$5 per person at the door
- No charge for volunteers and caregivers
- Snacks and Beverages Provided

★ **COME FOR AN EVENING OF FUN AND PRIZES!** ★

Please RSVP with the number attending at least 2 weeks in advance to:

Maureen@friendshipadventures.org
or call **425.444.3132**.

Payment will be collected at the door!

Friendship Adventures is dedicated to enriching the lives of people with developmental disabilities through recreational, educational, and leisure opportunities.