

City of Kirkland Parks & Community Services

Kirkland Parks

Activities for
All Ages!



Fall 2016 & Winter 2017

Adults 50+
See Page 53



experience it!

KirklandParks.net





**WE ARE
LOOKING
FOR GOOD
PEOPLE**

**BE A PART OF THE KIRKLAND COMMUNITY
AND COME WORK FOR US!**

- Be a youth camp counselor
- Love to cook
- Love sports, try being a coach or referee
- Share a music ability or craft
- Fitness enthusiast
- Avid swimmer and want to teach or lifeguard (certification required for some positions)
- Love to dance and want to help those with two left feet

All current job postings listed on
GovJobsToday.com



**Kirkland
Parks**
experience it!



Taste of Retirement

Friday, October 28

11:00am–1:00pm ★ FREE

Several area housing options will be here with tantalizing treats for your taste buds. Come in and get a taste of what each option has to offer. Sample their chef's creations and have an opportunity to talk to representatives from local area retirement communities.

Peter Kirk Community Center
352 Kirkland Ave, Kirkland

Special thanks to Choice Advisory for co-sponsoring this fun event!




**pee wee
monster
bash**

**friday, oct 28
10:00am–noon**

Ages 5 & under with parent
North Kirkland
Community Center
12421 103rd Ave NE

see page 21

Snowflake Ball

FATHER
DAUGHTER
DANCE

Ages 3 to 10 years with Dad

**December 9
6:30–8:30pm**



SEE PAGE 19
for Registration Info

experience it!



PLEASE WELCOME Lynn Zwaagstra, Kirkland’s new Parks and Community Services Director. Lynn comes to us from the University of Arizona where she was the Director of Campus Recreation. She brings 25 years of experience in recreation administration. Prior to her tenure at the University of Arizona, Lynn was the Recreation Director for the towns of Breckenridge and Frisco in Colorado. Lynn’s experience spans recreation programming, event planning, facility management, and oversight of marinas and parks. Her background includes a MS degree in Park Recreational Administration and a BS degree in Psychology and Recreation Management. Lynn and her husband live in Kirkland with their 2 furry children. She enjoys the outdoors including hiking, camping, biking and boating.

MESSAGE FROM OUR DIRECTOR

Welcome to Parks and Community Services! I sincerely hope you take a moment to review the amazing parks and recreation opportunities presented in this brochure. You will see information on parks, facilities available for your use, special events



and recreation programs. I hope that the combination of these programs and amenities will inspire you to pursue your own personal physical, mental and social well-being.

Citizens know this department offers high-quality programs, events, services and facilities that enhance the quality of life in Kirkland, but did you know about the transforming physical, emotional and intellectual benefits of leading an active life-

style? Research has demonstrated that one of the single best things you can do for your health is a 30-minute daily walk in the park. Regular physical activity leads to improved cardiovascular health, weight management, muscle tone, decreased levels of stress, and improved mood. Just being in nature leads to lower rates of depression and anxiety as well as higher quality of sleep.

So pick up this brochure and find the program, trail or park that is right for you. See you out there!

Kirkland Parks,
Lynn Zwaagstra, Director, Parks and Community Services

Recreation Staff Contact Information

Youth, Adult & Adult 50+ Programs @ Peter Kirk CC

Betsy Maxwell
bmaxwell@kirklandwa.gov
425.587.3360

Preschool, Youth & Adult Enrichment Programs @ North Kirkland CC

Tracy Harrison
tharrison@kirklandwa.gov
425.587.3350

Fitness, Adult & Youth Sports

NeSha Thomas-Schadt
nthomas@kirklandwa.gov
425.587.3350

Aquatics, Preschool & Youth Basketball

Kelsey Hayes
khayes@kirklandwa.gov
425.587.3360

Fall 2016 & Winter 2017

Kirkland Parks & Community Services
Recreation Classes and Services

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Winter & Spring Break Camps . . 25
3 to 12 years

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All Ages

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3 to 6 years

Youth & Teens 25
6 to 16 years

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13 to 19 years

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18+ years

Adult Fitness 42
16 years and older

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16 years and older

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16 years and older

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Registration Options & Information

ONLINE: www.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 Ave
Kirkland, WA 98033**

FAX-IN

Fax form with credit card payment to:

**425.587.3303
425.587.3354
425.587.3367**

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 5 or download a PDF from: www.kirklandwa.gov/depart/parks/Recreation_Programs/currentbrochure.htm

Facility Information

Parks & Community Services
THROUGH NOVEMBER:
505 Market St, Suite A, Kirkland
425.587.3300, M-F, 8am-4pm

NEW LOCATION at CITY HALL
AFTER DECEMBER:
123 Fifth Ave, Kirkland
425.587.3300
Mon-Fri, 8:00am-4:00pm

North Kirkland Community Center (NKCC)
12421 103rd Ave NE, Kirkland
425.587.3350

Peter Kirk Community Center (PKCC)
352 Kirkland Ave, Kirkland
425.587.3360

Parks Maintenance & Operation Office
1129 8th St, Kirkland
425.587.3340
Mon-Fri, 6:30am-3:30pm

Recreation Hot Line
425.587.3335

Kirkland City Council

Amy Walen, Mayor
Jay Arnold, Deputy Mayor
Dave Asher
Shelley Kloba
Toby Nixon
Doreen Marchione
Penny Sweet

Kirkland Park Board

Kevin Quille, Chair
Rosalie Wessels, Vice Chair
Jason Chinchilla
Richard Chung
Sue Contreras
Kelli Curtis
Jim Popolow, Youth Representative
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

Alternate Formats: Persons with disabilities may request materials in alternate formats. Persons with hearing impairments may access the Washington State Telecommunications Relay Service at 711.

Title VI: Kirkland's policy is to fully comply with Title VI of the Civil Rights Act by prohibiting discrimination against any person on the basis of race, color, national origin or sex in the provision of benefits and services resulting from its programs and activities. Any person who believes his/her Title VI protection has been violated, may file a complaint with the City.

To request an alternate format, file a complaint or for questions about Kirkland's Title VI Program, contact the Title VI Coordinator at 425.587.3011 or titlevicoordinator@kirklandwa.gov.

Snow & Inclement Weather Policy

The safety of program participants is a prime consideration when determining if programs should be canceled due to inclement weather. Parks Department classes and programs are canceled 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: IF you are claiming Resident Fees for working in City Limits you must provide Employee Name, Company Name & Address

Employee Name:	Company Name & Address:
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Activity Title	Activity #	Fee	Participant Name First Last	Child Date of Birth	M/F	Alternative Choice

\$ 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 the 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 canceled 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.

Juanita Bay Park Events

JUANITA BAY WILDLIFE TOURS

Sept 4, Oct 2, Nov 6, Dec 4, Jan 1, Feb 5, Mar 5

First Sunday of the Month • Meet at 1:00pm in the Parking Lot



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

Sept 20, Oct 18, Nov 15, Dec 20, Jan 17, Feb 21, Mar 21

September Walk: 8:00am • October–March Walks: 9:00am

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.

Sept. walk begins at 8:00am, all others begin at 9:00am 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

OH, NO ?!

WHY DID WE CANCEL THAT CLASS? ?!

Sometimes courses are canceled because people wait too long to register.

Please register early to avoid disappointment!



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

Juanita Friday Market



Fridays, 3pm to 7pm, JUNE 3 - SEPT. 30
Shop local every Friday at Juanita Beach Park.

Live Music Every Week!

AUGUST

5th Kid's Day
26th Health Fair

SEPTEMBER

2nd Kid's Day
30th Last Day & Harvest Fair

Special thanks to our sponsors:



For more event details, visit us online
www.kirklandwa.gov/JuanitaFridayMarket.



North Kirkland Community Center

NKCC

experience it!

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

Try something new!

Parent/Child • Preschool • Youth & Teen • Adult Fitness & Special Interest



McAuliffe Park Atrium House, just around the corner from NKCC.

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 with a parent present.
- ★ 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.
- ★ The refund policy is on page 5.

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.

Location: NKCC • 5 weeks • No class 11/26
Resident \$36 / Non-Resident \$43

Sat	9:30–10:15am	Oct 8–Nov 5	49331
Sat	9:30–10:15am	Nov 12–Dec 17	49332
Sat	9:30–10:15am	Jan 14–Feb 11	49333
Sat	9:30–10:15am	Feb 25–Mar 25	49334



Wiggle Clap and Sing for Toddlers

Ages 15 months to 2 years with parent

An introduction to musical components such as rhythm, melody, and a variety of instruments. Express yourselves through music and body movement. This class is great for developing pre-math, pre-literacy, and social skills in every child!

Location: NKCC • 5 weeks • No class 11/26
Resident \$36 / Non-Resident \$43

Sat	10:25–11:10am	Oct 8–Nov 5	49335
Sat	10:25–11:10am	Nov 12–Dec 17	49336
Sat	10:25–11:10am	Jan 14–Feb 11	49337
Sat	10:25–11:10am	Feb 25–Mar 25	49338

Wiggle Clap and Sing for Everyone

Ages 1 month to 5 years with parent

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.

Location: NKCC • 5 weeks • No class 11/26
Resident \$36 / Non-Resident \$43

Sat	11:20am–12:05pm	Oct 8–Nov 5	49339
Sat	11:20am–12:05pm	Nov 12–Dec 17	49340
Sat	11:20am–12:05pm	Jan 14–Feb 11	49341
Sat	11:20am–12:05pm	Feb 25–Mar 25	49342

Move and Grow

Instructor Jessica Gleason has an extremely creative and joyful approach to teaching! She uses "Tummy Time," coordinated movement, and BrainDance rhymes to integrate the mind and body, while reinforcing the importance of movement in early life!

Move and Grow for Babies

Ages 2 months to pre-walking w/ adult

Enrich your child's first year of life. 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

13 weeks • Resident \$143 / Non-Resident \$172

Tue	11:30am–12:30pm	Sept 20–Dec 13	49349
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12 weeks • No class 2/21 • Resident \$132 / Non-Res \$158

Tue	11:30am–12:30pm	Jan 3–Mar 28	49350
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Move and Grow for Toddlers

Ages walking to 30 months with adult

Dance with your child while exploring movement activities and practicing skills. A wide variety of music, props, rhythm instruments, BrainDance rhymes and an obstacle course add to the playful environment and learning.

Location: NKCC

13 weeks • Resident \$143 / Non-Resident \$172

Tue	9:30–10:30am	Sept 20–Dec 13	49351
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Tue	10:30–11:30am	Sept 20–Dec 13	49352
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12 weeks • No class 2/21 • Resident \$132 / Non-Res \$158

Tue	9:30–10:30am	Jan 3–Mar 28	49353
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Tue	10:30–11:30am	Jan 3–Mar 28	49354
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Baby Boogie Woogie

Ages 12 months to 36 months w/ parent

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 Renfro-Gielgens has over 20 years of experience teaching programs to our preschoolers.

Please take note of our age groups; you are able to attend this class with your younger and older ones

Location: NKCC • 4 weeks • No class 1/16

Resident \$32 / Non-Resident \$38

12 to 18 months

Mon	9:15–10am	Sept 12–Oct 3	49365
Mon	9:15–10am	Oct 10–31	49366
Mon	9:15–10am	Jan 9–Feb 6	49371
Mon	9:15–10am	Feb 27–Mar 20	49372

12 to 36 months

Mon	10:10–10:55am	Sept 12–Oct 3	49367
Mon	10:10–10:55am	Oct 10–31	49368
Mon	11:05–11:50am	Sept 12–Oct 3	49369
Mon	11:05–11:50am	Oct 10–31	49370
Mon	10:10–10:55am	Jan 9–Feb 6	49373
Mon	10:10–10:55am	Feb 27–Mar 20	49374
Mon	11:05–11:50am	Jan 9–Feb 6	49375
Mon	11:05–11:50am	Feb 27–Mar 20	49376

Holiday Baby Boogie Woogie

Ages 12 months to 36 months w/ parent

Come join us for a 5-week session of Boogie Woogie with a holiday flair.

Instructor: Karen Renfro-Gielgens • Location: NKCC

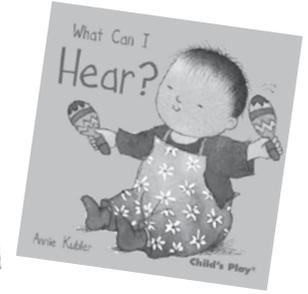
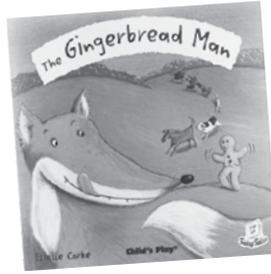
5 weeks • Resident \$40 / Non-Resident \$48

12 to 18 months

Mon	9:15–10am	Nov 7–Dec 5	49377
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12 to 36 months

Mon	10:10–10:55am	Nov 7–Dec 5	49378
Mon	11:05–11:50am	Nov 7–Dec 5	49379



Tiny Tales Felt Board Fun **NEW!**

Ages 2½ to 3½ with parent

Share and learn classic nursery rhymes with your little one using flannel board stories. Each week we will sing, bounce and giggle our way to a foundation in literacy and language skills.

\$15 materials fee payable to instructor on first class. Material will include a book featuring the rhymes from class, a mini flannel board, and felt story pieces in a canvas bag.

*Instructor: Sara Jensen/Story Circus • Location: NKCC
3 weeks • Resident \$36 / Non-Resident \$43*

Classic Nursery Rhymes

Thur	9:30–10:15am	Sept 8–22	49905
Thur	10:30–11:15am	Sept 8–22	49906

Farmyard Rhymes

Thur	9:30–10:15am	Sept 29–Oct 13	49907
Thur	10:30–11:15am	Sept 29–Oct 13	49908

Counting and Action Rhymes

Thur	9:30–10:15am	Nov 3–17	49909
Thur	10:30–11:15am	Nov 3–17	49910

Tiny Tales Gingerbread Tales! **NEW!**

Ages 2½ to 3½ with parent

Run, run, run! Catch me if you can!

Join in traditional and modern gingerbread tales, as we use puppets and creative movement to act out the story, make felt characters and decorate yummy gingerbread cookies our last week together.

\$20 Material fee payable to instructor on first class. Material will include a Gingerbread Man lift-the-flap book with CD, a mini flannel board, and felt story pieces in a canvas bag.

*Instructor: Sara Jensen/Story Circus • Location: NKCC
3 weeks • Resident \$36 / Non-Resident \$43*

Thur	9:30–10:15am	Dec 1–15	49911
Thur	10:30–11:15am	Dec 1–15	49912

Tiny Tales Small Senses **NEW!**

Ages 2½ to 3½ with parent

Jingle, yum, sniff, & snuggle!

Your little one will explore touch, taste, smell, hearing and sight each week with books and tiny hands-on science activities. Together we will incorporate the senses into whole body learning and exploring our world.

\$20 materials fee payable to instructor on first class. Material will include five board books featuring the themes from class in a canvas bag.

*Instructor: Sara Jensen/Story Circus • Location: NKCC
3 weeks • Resident \$36 / Non-Resident \$43*

Thur	9:30–10:15am	Jan 12–26	49913
Thur	10:30–11:15am	Jan 12–26	49914

Tiny Tales Helping Hand at Play! **NEW!**

Ages 2½ to 3½ with parent

I can do it!

Helping with real tasks is part of growing up, encouraging a sense of responsibility and independence in your little one. Tiny hands try new skills as we share fun stories, creative movement and pretend play around shopping, cleaning, building and cooking.

\$20 materials fee payable to instructor on first class. Material will include three books featuring the themes from class in a canvas bag.

*Instructor: Sara Jensen/Story Circus • Location: NKCC
3 weeks • Resident \$36 / Non-Resident \$43*

Thur	9:30–10:15am	Mar 2–16	49915
Thur	10:30–11:15am	Mar 2–16	49916





Art

Messy Art for Twos with Parent

2 year olds only with parent

Tickle your two year old's senses and play messy by smearing paint and kneading dough. 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!

Location: NKCC • 3 weeks • No class 1/16 & 2/20
Resident \$24 / Non-Resident \$29

Mon	10:30–11:15am	Sept 12–26	49380
Wed	9:30–10:15am	Sept 7–21	49381
Thur	9:30–10:15am	Sept 8–22	49382
Mon	10:30–11:15am	Oct 10–24	49383
Wed	9:30–10:15am	Oct 5–19	49384
Thur	9:30–10:15am	Oct 6–20	49385
Mon	10:30–11:15am	Nov 7–21	49386
Wed	9:30–10:15am	Nov 2–16	49387
Thur	9:30–10:15am	Nov 3–17	49388
Mon	10:30–11:15am	Nov 28–Dec 12	49389
Wed	9:30–10:15am	Nov 30–Dec 14	49390
Thur	9:30–10:15am	Dec 1–15	49391
Mon	10:30–11:15am	Jan 9–30	49392
Wed	9:30–10:15am	Jan 11–25	49393
Thur	9:30–10:15am	Jan 12–26	49394
Mon	10:30–11:15am	Feb 6–27	49395
Wed	9:30–10:15am	Feb 8–22	49396
Thur	9:30–10:15am	Feb 9–23	49397
Mon	10:30–11:15am	Mar 13–27	49398
Wed	9:30–10:15am	Mar 8–22	49399
Thur	9:30–10:15am	Mar 9–23	49400

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 Art Room!

Knick Knack Welcome Back!

Ages 2½ to 3½ years with parent

It's back to school time, and time to create in our art room full of supplies. So grab a smock and join the fun while we make apple prints, and more!

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

Mon	9:30–10:15am	Sept 12–26	49410
Thur	10:30–11:15am	Sept 8–22	49411

Jack-O-Lantern Jamboree!

Ages 2½ to 3½ years with parent

Spiders and pumpkins and ghosts, oh my!!! Don't be afraid, they're cute, friendly, and fun to make, and when you are done, it's a project to take.

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

Mon	9:30–10:15am	Oct 10–24	49404
Thur	10:30–11:15am	Oct 6–20	49405

Pinecones and Pilgrims

Ages 2½ to 3½ years with parent

We're harvesting pinecones and corn just in time for you to make cob prints, turkeys and more in this class that will have you "thankful" you signed up!

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

Mon	9:30–10:15am	Nov 7–21	49406
Thur	10:30–11:15am	Nov 3–17	49407

Mittens and Mistletoe

Ages 2½ to 3½ years with parent

It's the holiday season, with a whoop-de-do, it's time to create, so set your clock and don't be late. Holiday inspired arts and craft projects are planned...think glitter!

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

Mon	9:30–10:15am	Nov 28–Dec 12	49408
Thur	10:30–11:15am	Dec 1–15	49409

Frosty and Friends

Ages 2½ to 3½ years with parent

What to do when it's cold and frosty outside? Come inside where we'll make indoor snow, snowmen, and more.

Location: NKCC • 3 weeks • No class 1/16

Resident \$24 / Non-Resident \$29

Mon	9:30–10:15am	Jan 9–30	49420
Thur	10:30–11:15am	Jan 12–26	49421

Be Mine...Valentine!

Ages 2½ to 3½ years with parent

Roses are red, hearts are too, it's a loveable class for loveable you. We'll bring out the lace, the red, and the pink, we'll make everything as sweet as you can possibly think. From love bugs to birds, and bees that go buzz, we've created the fun for you, just because.

Location: NKCC • 3 weeks • No class 2/20

Resident \$24 / Non-Resident \$29

Mon	9:30–10:15am	Feb 6–27	49419
Thur	10:30–11:15am	Feb 9–23	49416

Lucky Charms and Leprechauns

Ages 2½ to 3½ years with parent

Blarney Stones and rainbows and pots o' gold for taking, lucky charms and shamrocks are crafts you will be making. Lucky you!!

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

Mon	9:30–10:15am	Mar 13–27	49417
Thur	10:30–11:15am	Mar 9–23	49418



Parent/Child Preschool Cooking Series

Ages 2 to 5 years with parent

Classes will be held in the kitchen at our beautiful McAuliffe Park, 10824 NE 116th St, Kirkland 98034. Enter the park going north off of 108th Ave NE from NE 116th St, and then turn into the first driveway on the right. Instructor and caterer Miss Susie will open up your child's eyes and senses as you peel, pour, shred, shake, bake, mash and more!

Apple of My Eye

Ages 2 to 5 years with parent

September is the perfect time of year to explore everything about the apple. We'll cook a different apple recipe each week and also learn how apples are grown and harvested. Apple stories are also part of the fun!

Instructor: Miss Karen • 3 weeks • Supply fee included in class cost • Location: McAuliffe Park Resident \$39 / Non-Resident \$47

Wed	9:30–10:30am	Sept 7–21	49425
Wed	10:45–11:45am	Sept 7–21	49426

Little Pumpkin Pie

Ages 2 to 5 years with parent

Ooooooo went the wind and out went the lights and the five little pumpkins rolled out of sight. Wait a minute; they didn't roll out of sight they are all at McAuliffe Park! We'll learn how pumpkins grow, and each week we will cook a different pumpkin recipe. Pumpkin stories are also part of the fun!

Instructor: Miss Karen • 3 weeks • Supply fee included in class cost • Location: McAuliffe Park Resident \$39 / Non-Resident \$47

Wed	9:30–10:30am	Oct 5–19	49428
Wed	10:45–11:45am	Oct 5–19	49429

Noodles for November

Ages 2 to 5 years with parent

There's oodles of noodles oh what can we say? From angel hair, fusilli, and even penne. You boil and then the fun just begins, when you work on the goodies that you will mix in. From veggies and cheese and toppings galore, what more can you ask for? We're sure there is more!

Instructor: Miss Susie • 3 weeks • Supply fee included in class cost • Location: McAuliffe Park Resident \$39 / Non-Resident \$47

Wed	9:30–10:30am	Nov 2–16	49431
Wed	10:45–11:45am	Nov 2–16	49432
Wed	12–1pm	Nov 2–16	49433



Cookie Crumbs and Sugar Plums

Ages 2 to 5 years with parent

Smells of cinnamon...cookie cutters...rolling and baking...eating dough...warm times with friends. Everyone knows that cookies are a universal symbol of sweetness. Come bake with us and create sweet memories; each week we will bake a different goodie, including a gingerbread house.

Instructor: Miss Susie • 3 weeks • Supply fee included in class cost • Location: McAuliffe Park Resident \$39 / Non-Resident \$47

Wed	9:30–10:30am	Nov 30–Dec 14	49434
Wed	10:45–11:45am	Nov 30–Dec 14	49435
Wed	12–1pm	Nov 30–Dec 14	49436

Bunches of Munches

Ages 2 to 5 years with parent

In between meals and all day through, it's here a bite, there a bite, but is it good for you? Miss Susie will show you how to make snacks that are yummy, like ants on a log that are good for your tummy.

Instructor: Miss Susie • 3 weeks • Supply fee included in class cost • Location: McAuliffe Park Resident \$39 / Non-Resident \$47

Wed	9:30–10:30am	Jan 11–25	49441
Wed	10:45–11:45am	Jan 11–25	49442
Wed	12–1pm	Jan 11–25	49443

Hugs and Chocolate Kisses

Ages 2 to 5 years with parent

In this lovable series children will learn how chocolate comes from beans of the rain forest's cacao trees and how candy-makers in England and Switzerland first produced the chocolate we know and love today. We'll whip up a different chocolate concoction each week.

Instructor: Miss Susie • 3 weeks • Supply fee included in class cost • Location: McAuliffe Park Resident \$39 / Non-Resident \$47

Wed	9:30–10:30am	Feb 8–22	49444
Wed	10:45–11:45am	Feb 8–22	49445
Wed	12–1pm	Feb 8–22	49446

Little Spuds and Tiny Tators

Ages 2 to 5 years with parent

From field to fork the potato has had quite a journey! Hear about the potato's adventure to the kitchen at McAuliffe as we create one potato, two potato, three potato recipes during this series.

Instructor: Miss Susie • 3 weeks • Supply fee included in class cost • Location: McAuliffe Park Resident \$39 / Non-Resident \$47

Wed	9:30–10:30am	Mar 15–29	49447
Wed	10:45–11:45am	Mar 15–29	49448
Wed	12–1pm	Mar 15–29	49449

See page 15 for Creating in the Kitchen, ages 3-5 years.

Parent / Child Dance for Two Years

Twos In Tutus Creative Dance

Age 2 with parent

Don't wait until you're three to twirl in your tutu! 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 shoes required! • Location: NKCC

Fall 6 weeks • No class 11/21–25

Resident \$30 / Non-Resident \$36

Mon	9:10–9:40am	Sept 12–Oct 17	49450
Tue	3:15–3:45pm	Sept 13–Oct 18	49451
Fri	9:30–10am	Sept 9–Oct 14	49452
Fri	10:05–10:35am	Sept 9–Oct 14	49453
Mon	9:10–9:40am	Oct 31–Dec 12	49454
Tue	3:15–3:45pm	Nov 1–Dec 13	49455

Fall 5 weeks • No class 11/11 & 11/25

Resident \$25 / Non-Resident \$30

Fri	9:30–10am	Nov 4–Dec 16	49456
Fri	10:05–10:35am	Nov 4–Dec 16	49457

Winter 5 weeks • No class 1/16

Resident \$25 / Non-Resident \$30

Mon	9:10–9:40am	Jan 9–Feb 13	49458
Tue	3:15–3:45pm	Jan 10–Feb 7	49459
Fri	9:30–10am	Jan 13–Feb 10	49460
Fri	10:05–10:35am	Jan 13–Feb 10	49461
Mon	9:10–9:40am	Feb 27–Mar 27	49462
Tue	3:15–3:45pm	Feb 21–Mar 21	49463
Fri	9:30–10am	Feb 24–Mar 24	49464
Fri	10:05–10:35am	Feb 24–Mar 24	49465



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. This program progresses with your children... they'll be crawling, climbing, balancing, and bouncing their way through each class! See page 19 for child-only Kids In Motion classes. Location: NKCC

Parent/Child Motion I

Ages 18 to 26 months

Child must be walking!

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

Wed	9–9:45am	Sept 7–Oct 12	49466
Thur	9:50–10:35am	Sept 8–Oct 13	49467

Fall 5 weeks • Resident \$35 / Non-Resident \$42

Wed	9–9:45am	Oct 19–Nov 16	49468
Thur	9:50–10:35am	Oct 20–Nov 17	49469

Holiday 3 weeks • Resident \$21 / Non-Resident \$25

Wed	9–9:45am	Nov 30–Dec 14	49474
Thur	9:50–10:35am	Dec 1–15	49475

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

Wed	9–9:45am	Jan 4–Feb 8	49470
Thur	9:50–10:35am	Jan 5–Feb 9	49471
Wed	9–9:45am	Feb 22–Mar 29	49472
Thur	9:50–10:35am	Feb 23–Mar 30	49473

Parent/Child Motion II

Ages 24 to 36 months

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

Wed	9:50–10:35am	Sept 7–Oct 12	49476
Thur	10:45–11:30am	Sept 8–Oct 13	49477

Fall 5 weeks • Resident \$35 / Non-Resident \$42

Wed	9:50–10:35am	Oct 19–Nov 16	49478
Thur	10:45–11:30am	Oct 20–Nov 17	49479

Holiday 3 weeks • Resident \$21 / Non-Resident \$25

Wed	9:50–10:35am	Nov 30–Dec 14	49484
Thur	10:45–11:30am	Dec 1–15	49485

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

Wed	9:50–10:35am	Jan 4–Feb 8	49480
Thur	10:45–11:30am	Jan 5–Feb 9	49481
Wed	9:50–10:35am	Feb 22–Mar 29	49482
Thur	10:45–11:30am	Feb 23–Mar 30	49483

Sign Language

Sign With Your Baby

Ages 6 months to 2 years (pre to 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 • No class 11/24
Resident \$99 / Non-Resident \$119 (NOTE: 2nd child in same family fee: Resident \$60 / Non-Resident \$72)*

Thur	11am–12pm	Sept 8–Oct 13	49361
Thur	11am–12pm	Oct 27–Dec 8	49362
Thur	11am–12pm	Jan 5–Feb 9	49363
Thur	11am–12pm	Feb 23–Mar 30	49364

Action

Parent/Child Pee Wee Pirates

Ages 3 to 5 with parent

Ahoy boys and girls! All hands on deck for a pirate-y good time. In this 4-week adventure we'll create pirate crafts, go on a treasure hunt, read fun pirate stories, sing some seafaring chanteys, and have lots of pirate fun. Shiver me timbers and yo ho ho, it's a pirate life for me!

*Instructor: Laura Miller • Location: NKCC • 4 weeks
Resident \$28 / Non-Resident \$34*

Mon	10:40–11:25am	Sept 12–Oct 3	49486
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Parent/Child Sports and Games

Ages 3 to 5 with Parent

How about some FUN! Grab the pant leg of the nearest adult and bring them over to NKCC for samplings of sports and games. Together parent and child will explore the fun of PLAY! Come dressed to move and be sure to wear your sneakers!

*Instructor: Laura Miller • Location: NKCC • 4 weeks
Resident \$28 / Non-Resident \$34*

Mon	10:40–11:25am	Oct 24–Nov 14	49487
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Language – Polly-Glots

Polly-Glots was founded in 2007 by a mom with a dream of offering engaging and affordable language immersion classes for children. For more information visit www.pollyglottots.com

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. 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
Resident \$168 / Non-Resident \$202*

Ages 1 to 3 years

Wed	9:45–10:30am	Sept 14–Nov 16	49488
Wed	10:45–11:30am	Sept 14–Nov 16	49489
Wed	9:45–10:30am	Jan 18–Mar 22	49490
Wed	10:45–11:30am	Jan 18–Mar 22	49491

For Spanish and French ages 4–7 years, see page 16.

Chinese for Preschoolers

Ages 1 to 5 years with parent

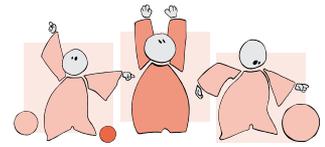
Lead by a native mandarin teacher, enjoy learning while singing, dancing, moving and engaging in fun art projects. The class is a full immersion class that allows you to capitalize on your child's prime time for language acquisition. It is great to see the children embrace the tonal language and its pronunciation. Class ages may be combined to prevent class cancellations.

*Location: NKCC • 10 weeks • No class 10/28, 11/11 & 11/25
Resident \$168 / Non-Resident \$202*

Ages 1 to 3 years

Fri	9:30–10:15am	Sept 16–Dec 9	49492
Fri	9:30–10:15am	Jan 20–Mar 24	49493

Indoor Playground



NKCC Drop-in Program with Parent

**Indoor Playground
Ages 9 months–5 years**

**Sept 6–Dec 15, 2016
Jan 3–Mar 30, 2017**

**Tues & Thur, 10am–1pm
Wed, 11am–1pm**

**\$3.00 cash per child per visit
or 10-visit \$25 Punch Card
cash or check only**



Don't sit in the house—come out to play in our large multipurpose room where there's lots of room to run! There are "Little Tikes" and "Step2-type" pedal and push buggies, cars, roller coaster and coupes, pirate ship climber, climber with slide, toddler teeter totter, kitchen set, workbench, small riding toys, wagon, rockers, trike, octopus merry-go-round, and small toy cars and trucks. We also include busy boxes, and miscellaneous pull and baby toys for the youngest participants. Adults must supervise children at all times.

No Indoor Playground Nov 24 and April 3–7

North Kirkland Community Center

12421 103rd Ave NE,
425.587.3350 • \$3 per visit



- Fee \$3.00 cash per visit, per child at the door
- Please bring exact change
- No 6 year olds, please!
- Sorry, no snacks or drinks allowed in the multipurpose room
- Convenient cost-saving Drop-In Punch Cards! \$25 for 10 visits. These make great gifts!

Knee Hi Investigators for 3's with Parent **NEW!**

Teeth, Ivories or Pearly Whites

Ages 3 years with parent

Learn why it's important to take care of your teeth! What does eating too much candy do to your teeth? Why do you have a toothbrush if your teeth don't grow hair? When your old teeth fall out where are your new teeth hiding? We'll investigate these mysteries and many more and during class do fun things like make our own toothpaste and marshmallow smiles!

Location: NKCC • 3 weeks • Resident \$26 / Non-Resident \$31

Tue	9:30–10:15am	Sept 6–20	49538
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Flamingo, Chicken & Hummingbirds

Ages 3 years with parent

Learn about birds! Can you balance on one leg like a flamingo? Do all birds fly? How many fish can a pelican fit in its bill? How fast can a hummingbird's wings move? We'll investigate these mysteries and many more, and during class do fun things like make our own feathered owl or bird seed feeder to take home.

Location: NKCC • 3 weeks • Resident \$26 / Non-Resident \$31

Tue	9:30–10:15am	Oct 4–18	49539
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Fossils, Caves & Dinosaurs

Ages 3 years with parent

Learn about the world of dinosaurs! What did our world look like when dinosaurs lived? Were there cars and houses? How did the dinosaurs sleep and what did they eat? We'll investigate these mysteries and many more, and during class do fun things like make our own fossil or dinosaur egg to take home.

Location: NKCC • 3 weeks • Resident \$26 / Non-Resident \$31

Tue	9:30–10:15am	Nov 1–15	49540
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Knee Hi Investigators for 4's, see page 18.

Seahorse, Star & Jellyfish

Ages 3 years with parent

Learn about sea creatures! Neigh, how fast can a seahorse gallop? Does the starfish fall from the sky, or a goopy duck have feathers? Why does a jellyfish sting? We'll investigate these mysteries and many more, and during class do fun things like make our own jelly or starfish to take home.

Location: NKCC • 3 weeks • Resident \$26 / Non-Resident \$31

Tue	9:30–10:15am	Nov 29–Dec 13	49541
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Thunder, Clouds & Showers

Ages 3 years with parent

Learn about the weather! Do the big fluffy clouds hold all of the rain and snow that comes down on us? Where does thunder come from? Can it really get hot enough to fry an egg outside? We'll investigate these mysteries and many more, and during class do fun things like make our rain painting or weather chart to take home!

Location: NKCC • 3 weeks • Resident \$26 / Non-Resident \$31

Tue	9:30–10:15am	Jan 10–24	49542
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Stars, Moon, & Sun

Ages 3 years with parent

Learn about space! Is there really a man in the moon? How do stars shoot across the sky? What is the sun made of that makes it so hot? How many more planets are there? We'll investigate these mysteries and many more, and during class do fun things like make our own planet, or spaceship to take home!

Location: NKCC • 3 weeks • Resident \$26 / Non-Resident \$31

Tue	9:30–10:15am	Feb 7–21	49543
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Nibble, Sniff, Peek, Poke & Listen

Ages 3 years with parent

Learn why your 5 senses are an important part of your everyday life! How did you smell those cookies baking in the oven? What made that lemon taste so sour? Why do you have two ears instead of one? We'll investigate these mysteries and many more and during class do fun things like make our own megaphones or scratch and sniff stickers.

Location: NKCC • 3 weeks • Resident \$26 / Non-Resident \$31

Tue	9:30–10:15am	Mar 7–21	49544
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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 without 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 for drop-off and pick-up!
- ★ If we cancel an individual class, we will make it up when the schedule allows. If the schedule does not allow for a make-up class, a credit will be issued. No make-ups are available for missed classes.
- ★ Refund policy is on page 5.

ABC & 123 “Preschool & Kindergarten Readiness”

Ages 31/2 to 4 years

Children must be able to follow directions and participate in a small group setting without a parent but we know how scary your first class can be, so bring your mom the first day and see how easy it is to meet new friends. In this small group setting with a 1 to 8 teacher to student ratio the teacher will work with your little one on socialization skills, like learning to share and playing with others. She will teach letter and color recognition, number sequencing, and seasons. She'll even sprinkle in stories, play, and art, while doing creative group and individual projects. Learning has never been so much fun! *Location: NKCC*

Fall 13 weeks • No class 11/22
Resident \$173 / Non-Resident \$208

Tue	10:40–11:55am	Sept 6–Dec 6	49494
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Winter 12 weeks • *Resident \$160 / Non-Resident \$192*

Tue	10:40–11:55am	Jan 10–Mar 28	49495
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Cooking

Creating in the Kitchen with Karen

Ages 3 to 5 years (children only)

Nurture 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!

Instructor: Karen Renfroe-Gielgens • Location: McAuliffe Park, 10824 NE 116th St, Kirkland 98034. Enter the park going north off of 108th Ave NE from NE 116th St, and then turn into the first driveway on the right.

8 weeks • No class 1/16 & 2/20 • \$10 supply fee payable to instructor • Resident \$72 / Non-Resident \$86

Mon	2:30–3:30pm	Sept 12–Oct 31	49496
Mon	2:30–3:30pm	Jan 9–Mar 13	49498

Holiday Creating in the Kitchen with Karen

Ages 3 to 5 years

Cook special holiday treats in this 5-week class.

Location: McAuliffe Park, 10824 NE 116th St, Kirkland. Enter the park going north off of 108th Ave NE from NE 116th St, and then turn into the first driveway on the right.

*5 weeks • Resident \$45 / Non-Resident \$54
Supply fee of \$7 payable to instructor*

Mon	2:30–3:30pm	Nov 7–Dec 5	49500
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For Creating in the Kitchen with Karen ages 4–8, see page 28.

Engineering for Kids

Junior Robotics Engineering: Amazing Mechanisms

Ages 4 to 6 years

Join us and explore the fantastic world of robotics! During this Robotics course, students will use the LEGO® WeDO Robotics system to explore the world of robotics and all it has to offer. Each week, students will build different robotic projects and in the process learn about the physical components of a robot such as gears, motors, and more. Then, students will learn how to program and operate their creations using a laptop computer in fun and amazing ways. \$35 supply fee payable to the instructor.

*Instructor: Engineering for Kids • Location: NKCC • 6 weeks
Resident \$100 / Non-Resident \$120*

Wed	1–2pm	Sept 21–Oct 26	49605
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Junior Marine Engineering

Ages 4 to 6 years

What causes something to sink or float? How can engineers help explore and navigate the oceans of the world? These questions and more are all explored during the Junior Marine Engineering course. In this class, through open and focused exploration, students explore the concepts of marine engineering and mechanics, harnessing the power of water, and discovering designs that help us navigate the seas.

*6 weeks • \$35 supply fee payable to the instructor.
Instructor: Engineering for Kids • Location: NKCC
Resident \$100 / Non-Resident \$120*

Wed	1–2pm	Jan 25–Mar 1	49607
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Preschool Music

Move Over Mozart Piano Classes

Ages 42 months through 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

Ages 42 months through 4 years

Fall 10 weeks • No class 10/31

Resident \$110 / Non-Resident \$132

Mon	4–4:30pm	Sept 12–Nov 21	49630
Mon	5–5:30pm	Sept 12–Nov 21	49631

Fall 11 weeks • Resident \$121 / Non-Resident \$145

Tue	4:30–5pm	Sept 13–Nov 22	49632
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Fall 16 weeks • No class 11/24 & 12/29

Resident \$176 / Non-Resident \$211

Thur	4–4:30pm	Sept 15–Jan 12	49633
Thur	5:30–6pm	Sept 15–Jan 12	49634

Winter 9 weeks • No class 2/20

Resident \$99 / Non-Resident \$119

Mon	4–4:30pm	Jan 23–Mar 27	49642
Mon	5–5:30pm	Jan 23–Mar 27	49643

Winter 11 weeks • Resident \$121 / Non-Resident \$145

Tue	4:30–5pm	Jan 17–Mar 28	49644
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Winter 10 weeks • No class 2/16

Resident \$110 / Non-Resident \$132

Thur	4–4:30pm	Jan 19–Mar 30	49645
Thur	5:30–6pm	Jan 19–Mar 30	49646

Ages 5 & 6 years

Fall classes 10 weeks • No class 10/31

Resident \$110 / Non-Resident \$132

Mon	4:30–5pm	Sept 12–Nov 21	49635
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Fall 11 weeks • Resident \$121 / Non-Resident \$145

Tue	4–4:30pm	Sept 13–Nov 22	49636
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Fall 16 weeks • No class 11/24 & 12/29

Resident \$176 / Non-Resident \$211

Thur	4:30–5pm	Sept 15–Jan 12	49637
Thur	6–6:30pm	Sept 15–Jan 12	49638

Winter 9 weeks • No class 2/20

Resident \$99 / Non-Resident \$119

Mon	4:30–5pm	Jan 23–Mar 27	49647
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Winter 11 weeks

Resident \$121 / Non-Resident \$145

Tue	4–4:30pm	Jan 17–Mar 28	49648
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Winter 10 weeks • No class 2/16

Resident \$110 / Non-Resident \$132

Thur	4:30–5pm	Jan 19–Mar 30	49649
Thur	6–6:30pm	Jan 19–Mar 30	49650

Move Over Mozart Advanced Piano Classes

Ages 5 to 7 years

For advanced students only with instructor permission. Students need to know the following prerequisites: able to name the white keys on the piano, know the rhythm notes, and very basics of reading notes on the staff, know treble clef for right hand, bass clef for left hand, the difference between line and space notes, know what a step looks like in music and on the piano vs. a skip (or a 2nd vs. a 3rd) and what up and down means on the piano.

For more information visit moveovermozart.net • 11 weeks Location: NKCC • Resident \$121 / Non-Resident \$145

Tuesday	5–5:30pm	Sept 13–Nov 22	49654
Tuesday	5–5:30pm	Jan 17–Mar 28	49657

For Move Over Mozart classes for ages 5–12 years, see page 26.

Language from Polly-Glots

Founded in 2007 by a mom with a dream of offering engaging and affordable language immersion classes for children.

Spanish for Elementary Youth

Ages 5 to 9 years

Help your children get a head start by learning a foreign language early. 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.

Instructor: Polly-Glots • Location: NKCC • 10 weeks Resident \$168 / Non-Resident \$202

Sat	9–9:45am	Sept 17–Nov 19	49624
Sat	9–9:45am	Jan 21–Mar 25	49625

French For Children

Ages 5 to 9 years 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. Vocabulary is provided so parents can reinforce the language outside of class.

Instructor: Frederique Battestini / Polly-Glots Location: NKCC • 10 weeks • Resident \$168 / Non-Res \$202

Sat	10–10:45am	Sept 17–Nov 19	49626
Sat	10–10:45am	Jan 21–Mar 25	49627

For Parent/Child Spanish and Chinese ages 1-5 years, see page 13.



Rain or shine, have a playground party to celebrate your special day at the NKCC!

Ages 1 to 5

Party Time!

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"

Reserve Your Special Day!
425.587.3350

2 hours: Resident \$140 / Non-Res \$168
15 Children Max. • Saturday or Sunday



Saturday Art

Young Rembrandts Saturday Preschool Drawing Workshops

Fall Fun

Ages 3½ to 5 years

Fall is the most colorful time of the year. Come draw fun, colorful fall subjects while having fun with friends.

Instructor: Young Rembrandts Staff • Location: NKCC
5 weeks • Resident \$49 / Non-Resident \$59

Sat	9–9:45am	Sept 10–Oct 8	49527
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Cars, Trains and Planes

Ages 3½ to 5 years

Zoom away with us as we draw roads, bridges and many modes of transportation in this fun and speedy workshop!

Instructor: Young Rembrandts Staff • Location: NKCC
5 weeks • Resident \$49 / Non-Resident \$59

Sat	9–9:45am	Oct 15–Nov 12	49528
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Winter Fun

Ages 3½ to 5 years

There are so many fun things to draw in the winter! Join us as we draw and color pictures inspired by the chilly weather outdoors and cozy warmth indoors.

Instructor: Young Rembrandts Staff • Location: NKCC
4 weeks • No class 11/26 • Resident \$39 / Non-Resident \$47

Sat	9–9:45am	Nov 19–Dec 17	49529
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Princess Time

Ages 3½ to 5 years

Let's draw the things we wear when we play dress-up! Jewels, crowns, and fancy gowns are some of the enchanting subjects we will draw together.

Instructor: Young Rembrandts Staff • Location: NKCC
4 weeks • Resident \$39 / Non-Resident \$47

Sat	9–9:45am	Jan 7–28	49530
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Zoo Animals

Ages 3½ to 5 years

Giraffes, lions, tigers, birds....oh my! Get ready to draw a variety of your favorite zoo friends.

Instructor: Young Rembrandts Staff • Location: NKCC
4 weeks • Resident \$39 / Non-Resident \$47

Sat	9–9:45am	Feb 4–25	49531
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Springtime Fun

Ages 3½ to 5 years

Celebrate the wonders of springtime! Come draw colorful flowers, cuddly animals, and other pictures inspired by the season.

Instructor: Young Rembrandts Staff • Location: NKCC
4 weeks • Resident \$39 / Non-Resident \$47

Sat	9–9:45am	Mar 4–25	49532
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Art

Art Adventures

(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.

Instructor: TBA • Location: NKCC

3 weeks • Resident \$24 / Non-Resident \$29

Wed	10:30–11:15am	Sept 7–21	49520
Wed	10:30–11:15am	Oct 5–19	49521
Wed	10:30–11:15am	Nov 2–16	49522
Wed	10:30–11:15am	Nov 30–Dec 14	49523
Wed	10:30–11:15am	Jan 11–25	49524
Wed	10:30–11:15am	Feb 8–22	49525
Wed	10:30–11:15am	Mar 8–22	49526

Valentine Workshop

Ages 5 to 8 years

Create a one-of-a-kind Valentine's Day box with glitter, doilies, paint, stickers, and more to store your beloved valentines. Listen to a heartwarming story, and enjoy a valentine snack.

Instructor: Miss Pamela • Location: NKCC
Resident \$20 / Non-Resident \$24

Sat	10–11:30am	Feb 4	49533
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Knee Hi Investigators for 4's NEW!

Teeth, Ivories or Pearly Whites

Ages 4 years

Learn why it's important to take care of your teeth! What does eating too much candy do to your teeth? Why do you have a toothbrush if your teeth don't grow hair? When your old teeth fall out where are your new teeth hiding? We'll investigate these mysteries and many more and during class do fun things like make our own toothpaste and marshmallow smiles!

Location: NKCC • 3 weeks

Resident \$35 / Non-Resident \$42

Tue 10:30–11:30am Sept 6–20 49545

Flamingo, Chicken & Hummingbirds

Ages 4 years

Learn about birds! Can you balance on one leg like a flamingo can? Do all birds fly? How many fish can a pelican fit in its bill? How fast can the Hummingbirds wings move? We'll investigate these mysteries and many more, and during class do fun things like make our own feathered owl or bird seed feeder to take home.

Location: NKCC • 3 weeks

Resident \$35 / Non-Resident \$42

Tue 10:30–11:30am Oct 4–18 49546

Fossils, Caves & Dinosaurs

Ages 4 years

Learn about the world of dinosaurs! What did our world look like when dinosaurs lived? Were there cars and houses? How did the dinosaurs sleep and what did they eat? We'll investigate these mysteries and many more, and during class do fun things like make our own fossil or dinosaur egg to take home.

Location: NKCC • 3 weeks

Resident \$35 / Non-Resident \$42

Tue 10:30–11:30am Nov 1–15 49547



See page 14 for Parent/Child Knee Hi Investigators for 3 year olds.

Seahorse, Star & Jellyfish

Ages 4 years

Learn about sea creatures! Neigh, how fast can a seahorse gallop? Does the starfish fall from the sky, or a gooey duck have feathers? Why does a jellyfish sting? We'll investigate these mysteries and many more, and during class do fun things like make our own jelly or starfish to take home.

Location: NKCC • 3 weeks

Resident \$35 / Non-Resident \$42

Tue 10:30–11:30am Nov 29–Dec 13 49548

Thunder, Clouds & Showers

Ages 4 years

Learn about the weather! Do the big fluffy clouds hold all of the rain and snow that comes down on us? Where does thunder come from? Can it really get hot enough to fry an egg outside? We'll investigate these mysteries and many more, and during class do fun things like make our rain painting or weather chart to take home!

Location: NKCC • 3 weeks

Resident \$35 / Non-Resident \$42

Tue 10:30–11:30am Jan 10–24 49549

Stars, Moon, & Sun

Ages 4 years

Learn about space! Is there really a man in the moon? How do stars shoot across the sky? What is the sun made of that makes it so hot? How many more planets are there? We'll investigate these mysteries and many more, and during class do fun things like make our own planet, or spaceship to take home!

Location: NKCC • 3 weeks

Resident \$35 / Non-Resident \$42

Tue 10:30–11:30am Feb 7–21 49550

Nibble, Sniff, Peek, Poke & Listen

Ages 4 years

Learn why your 5 senses are an important part of your everyday life! How did you smell those cookies baking in the oven? What made that lemon taste so sour? Why do you have two ears instead of one? We'll investigate these mysteries and many more and during class do fun things like make our own megaphones or scratch and sniff stickers.

Location: NKCC • 3 weeks

Resident \$35 / Non-Resident \$42

Tue 10:30–11:30am Mar 7–21 49551

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. This program progresses with your child... they'll be crawling, climbing, balancing, and bouncing!

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

Fall 6 weeks • Resident \$27 / Non-Resident \$32

Thurs	9:15–9:45am	Sept 8–Oct 13	49726
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Fall 5 weeks • Resident \$35 / Non-Resident \$42

Thurs	9:15–9:45am	Oct 20–Nov 17	49727
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Holiday 3 weeks • Resident \$15 / Non-Resident \$18

Thurs	9:15–9:45am	Dec 1–15	49728
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Winter 6 weeks • No class 2/11 • Res \$27 / Non-Res \$32

Thurs	9:15–9:45am	Jan 5–Feb 9	49729
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Thurs	9:15–9:45am	Feb 23–Mar 30	49730
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Kids In Motion A & B

These 45-minute classes are for children only.

Motion A Ages 2½ to 3 years

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

Wed	10:40–11:25am	Sept 7–Oct 12	49732
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Fall 5 weeks • Resident \$35 / Non-Resident \$42

Wed	10:40–11:25am	Oct 19–Nov 16	49733
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Holiday 3 weeks • Resident \$21 / Non-Resident \$25

Wed	10:40–11:25am	Nov 30–Dec 14	49734
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Winter 6 weeks • Resident \$42 / Non-Resident \$50

Wed	10:40–11:25am	Jan 4–Feb 8	49735
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Wed	10:40–11:25am	Feb 22–Mar 29	49736
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Motion B Ages 3 to 4 years

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

Thur	11:35am–12:20pm	Sept 8–Oct 13	49738
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Fall 5 weeks • Resident \$35 / Non-Resident \$42

Thur	11:35am–12:20pm	Oct 20–Nov 17	49739
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Holiday 3 weeks • Resident \$21 / Non-Resident \$25

Thur	11:35am–12:20pm	Dec 1–15	49740
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Winter 6 weeks • Resident \$42 / Non-Resident \$50

Thur	11:35am–12:20pm	Jan 5–Feb 9	49741
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Thur	11:35am–12:20pm	Feb 23–Mar 30	49742
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Snowflake Ball
FATHER DAUGHTER DANCE
FRIDAY, DEC. 9
6:30–8:30PM



AGES 3 TO 10 YEARS WITH DAD Start an annual tradition! Join us for a fun Father/Daughter Dance as we celebrate the beginning of the winter season with an enchanted evening of music and dancing. Dance to old favorites such as YMCA and the Macarena and learn new dances, too. Create a princess craft, and enjoy beverages and goodies. Dress up in your finest clothes or princess gowns since this will be a magical night spent with Dad! Grandpas, uncles, or other father figures etc. are welcomed to escort their little sweethearts to

this special evening. Have your commemorative photo taken as a treasured memory of this wonderful night.

Register each child separately – **space is limited so sign up now!**

Location: NKCC • Resident \$28.00 per child / Non-Resident \$34.00 (includes WA State Sales Tax)

Friday 6:30–8:30pm December 9 49535



Preschool Dance

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.

Leather-soled ballet shoes required! • Location: NKCC

Fall 14 weeks • No class 11/23

Resident \$100 / Non-Resident \$120

Wed	9:40–10:25am	Sept 7–Dec 14	49688
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Winter 13 weeks • Resident \$93 / Non-Resident \$112

Wed	9:40–10:25am	Jan 4–Mar 29	49689
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Preschool Ballet A

Ages 3 to 4½ years with no previous dance experience

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.

Leather-soled ballet shoes required! • Location: NKCC

Fall 13 weeks • No class 11/21

Resident \$93 / Non-Resident \$112

Mon	9:45–10:30am	Sept 12–Dec 12	49659
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Fall 14 weeks • No class 11/23–26

Resident \$100 / Non-Resident \$120

Wed	10:30–11:15am	Sept 7–Dec 14	49660
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Wed	11:25am–12:10pm	Sept 7–Dec 14	49661
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Thur	10:20–11:05am	Sept 8–Dec 15	49664
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Sat	9–9:45am	Sept 10–Dec 17	49663
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Sat	9:50–10:35am	Sept 10–Dec 17	49662
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Winter 10 weeks • No class 1/16 & 2/20

Resident \$72 / Non-Resident \$86

Mon	9:45–10:30am	Jan 9–Mar 27	49666
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Winter 13 weeks

Resident \$93 / Non-Resident \$112

Wed	10:30–11:15am	Jan 4–Mar 29	49667
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Wed	11:25am–12:10pm	Jan 4–Mar 29	49668
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Thur	10:20–11:05 am	Jan 5–Mar 30	49671
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Winter 12 weeks • Resident \$86 / Non-Resident \$103

Sat	9–9:45am	Jan 7–Mar 25	49670
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Sat	9:50–10:35am	Jan 7–Mar 25	49669
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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.

Leather-soled ballet shoes required! • Location: NKCC

Fall 13 weeks • No class 11/21

Resident \$93 / Non-Resident \$112

Mon	11:25am–12:10pm	Sept 12–Dec 12	49672
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Fall 14 weeks • No class 11/24 & 11/26

Resident \$100 / Non-Resident \$120

Thur	11:15am–12pm	Sept 8–Dec 15	49673
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Sat	10:40–11:25am	Sept 10–Dec 17	49674
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Winter 10 weeks • No class 1/16 & 2/20

Resident \$72 / Non-Resident \$86

Mon	11:25am–12:10pm	Jan 9–Mar 27	49675
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Winter 13 weeks

Resident \$93 / Non-Resident \$112

Thur	11:15am–12pm	Jan 5–Mar 30	49676
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Winter 12 weeks

Resident \$86 / Non-Resident \$103

Sat	10:40–11:25am	Jan 7–Mar 25	49677
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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 added 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.

Leather-soled ballet and tap or dress shoes required!

Location: NKCC

Fall 13 weeks • No class 11/21 & 11/2

Resident \$93 / Non-Resident \$112

Mon	10:35–11:20am	Sept 12–Dec 12	49678
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Fall 14 weeks • No class 11/22 & 11/24

Resident \$100 / Non-Resident \$120

Tue	4–4:45pm	Sept 6–Dec 13	49679
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Thur	9:30–10:15am	Sept 8–Dec 15	49680
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Winter 10 weeks • No class 1/16 & 2/20

Resident \$72 / Non-Resident \$86

Mon	10:35–11:20am	Jan 9–Mar 27	49681
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Winter 12 weeks • Resident \$86 / Non-Resident \$103

Tue	4–4:45pm	Jan 10–Mar 28	49682
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Winter 13 weeks • Resident \$93 / Non-Resident \$112

Thur	9:30–10:15am	Jan 5–Mar 30	49683
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Preschool Ballet/Tap Combo B Ages 4 to 6 years

Ballet and tap are explored in this class for the older preschooler and also for children with previous dance experience. Parents may join us for the last class to watch and take pictures.

Leather-soled ballet and tap or dress shoes required!
Location: NKCC

Fall 14 weeks • No class 11/22 & 11/23
Resident \$100 / Non-Resident \$120

Tue	4:50–5:35pm	Sept 6–Dec 13	49684
Wed	12:15–1pm	Sept 7–Dec 14	49685

Winter 12 weeks • Resident \$86 / Non-Resident \$103

Tue	4:50–5:35pm	Jan 10–Mar 28	49686
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Winter 13 weeks • Resident \$93 / Non-Resident \$112

Wed	12:15–1pm	Jan 4–Mar 29	49687
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See page 12 for Dance Class for Two Year Olds with Parent!

Rhythmic Gymnastics

The Olympic sport of 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.

Instructor Arzu Karaali has trained athletes for National and International competitions and 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. www.lalunagym.com

For Rhythmic
Gymnastics
ages 6–8,
see page 32

Rhythmic Gymnastics Level 1 Beginners

Girls Ages 4 to 5 years

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 • 6 weeks
No class 11/23 & 11/26 • Resident \$84 / Non-Resident \$101

Location: LaLuna Gym, 11251 120th Ave NE, Ste 150

Fall 8 weeks

Resident \$120 / Non-Resident \$144

Mon	4–5pm	Sep 12–Oct 31	49714
Wed	3–4pm	Sep 7–Oct 26	49715
Wed	4–5pm	Sep 7–Oct 26	49716
Sat	11a–12p	Sep 10–Oct 29	49717
Sat	12–1pm	Sep 10–Oct 29	49718

Fall 6 weeks • No class 11/26

Resident \$90 / Non-Resident \$108

Mon	4–5pm	Nov 7–Dec 12	49719
Wed	3–4pm	Nov 9–Dec 14	50043
Wed	4–5pm	Nov 9–Dec 14	50044
Sat	11a–12p	Nov 5–Dec 17	50045
Sat	12–1pm	Nov 5–Dec 17	50046

Winter 8 weeks • No class 1/16, 2/20

Resident \$120 / Non-Resident \$144

Mon	4–5pm	Jan 9–Mar 13	49720
Wed	3–4pm	Jan 11–Mar 1	49721
Wed	4–5pm	Jan 11–Mar 1	49722
Sat	11a–12p	Jan 14–Mar 4	49723
Sat	12–1pm	Jan 14–Mar 4	49724

pee wee monster bash oct 28 friday 10:00am–noon

Ages 5 and under with parent

North Kirkland Community Center • 12421 103rd Ave NE

Put on your costume, grab your broom and fly on over to our 13th Annual Pee Wee Monster Bash! You'll do the monster mash, the ghoulish cookie walk, swamp fishing for treats, arts & crafts, and more. We guarantee a not too spooky time, just a kooky time!

Preregister early to guarantee your spot! Event usually sells out. If not sold out, tickets will be available at the door on a limited basis • No refunds for this event

Resident \$12.00 per child • Non-Resident \$14.00 per child
(includes WA State Sales Tax)

Fri	10am–12pm	Oct 28	49534
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Come any time, activities are ongoing, carnival style!

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 • Location: NKCC*

Fall 6 weeks • No class 10/28, 11/11, 11/22 & 11/25
Resident \$45/ Non-Resident \$54

Tue	4–4:45pm	Sept 13–Oct 18	49702
Tue	4–4:45pm	Nov 1–Dec 13	49703
Fri	10:45–11:30am	Sept 9–Oct 14	49704
Fri	11:35am–12:20pm	Sept 9–Oct 14	49705
Fri	10:45–11:30am	Oct 21–Dec 16	49706
Fri	11:35am–12:20pm	Oct 21–Dec 16	49707

Winter 5 weeks • Resident \$38 / Non-Resident \$46

Tue	4–4:45pm	Jan 10–Feb 7	49708
Tue	4–4:45pm	Feb 21–Mar 21	49709
Fri	10:45–11:30am	Jan 13–Feb 10	49710
Fri	11:35am–12:20pm	Jan 13–Feb 10	49711
Fri	10:45–11:30am	Feb 24–Mar 24	49712
Fri	11:35am–12:20pm	Feb 24–Mar 24	49713

Little Tumblers 2

Ages 4 to 6 years

For children with previous tumbling experience only. Review 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*

Fall 6 weeks • No class 11/22 • Location: NKCC
Resident \$45/ Non-Resident \$54

Tue	4:50–5:35pm	Sept 13–Oct 18	49696
Tue	4:50–5:35pm	Nov 1–Dec 13	49697

Winter 5 weeks • Location: NKCC
Resident \$38/ Non-Resident \$46

Tue	4:50–5:35pm	Jan 10–Feb 7	49698
Tue	4:50–5:35pm	Feb 21–Mar 21	49699



Mighty Mite Martial Arts

Ages 4 to 6 years

Miller's Martial Arts Academy introduces Martial Arts to boys and girls. Learn 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's Martial Arts Acdmy, 8920 122nd Ave NE
8 weeks • No class 10/31, 1/16 & 2/12
Resident \$38 / Non-Resident \$46*

Mon	2:30–3pm	Sept 12–Nov 7	49690
Wed	2:45–3:15pm	Sept 14–Nov 2	49691
Sat	10:30–11am	Sept 17–Nov 5	49692
Mon	2:30–3pm	Jan 9–Mar 13	49693
Wed	2:45–3:15pm	Jan 11–Mar 1	49694
Sat	10:30–11am	Jan 14–Mar 4	49695



Ice Skating All Ages

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. 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
• 30 minutes instruction and 30 minutes practice/free skating time • Arrive ½ hour early to get skates on • Wear warm clothes, jacket and gloves • No class 11/23, 11/26, 3/25 • Registration deadline: 1week prior to first class*

Fall Classes

6 weeks • Resident \$121 / Non-Resident \$162

Ages 5-Adult	Wed 6-7pm	Sept 7-Oct 12	49344
Ages 5-Adult	Sat 9:10-10:10am	Sept 10-Oct 15	49345

7 weeks • Resident \$142 / Non-Resident \$170

Ages 4-Adult	Tues 10:45-11:45am	Sept 13-Oct 25	49343
Ages 5-Adult	Wed 6-7pm	Oct 26-Dec 14	49348
Ages 5-Adult	Sat 9:10-10:10am	Oct 29-Dec 17	49347
Ages 4-Adult	Tues 10:45-11:45am	Nov 1-Dec 13	49346

Winter Classes

6 weeks • Resident \$121 / Non-Resident \$162

Ages 5-Adult	Sat 9:10-10:10am	Jan 7-Feb 11	49359
Ages 5-Adult	Sat 9:10-10:10am	Feb 25-Apr 8	49360

7 weeks • Resident \$142 / Non-Resident \$170

Ages 4-Adult	Tue 10:45-11:45am	Jan 3-Feb 14	49355
Ages 5-Adult	Wed 6-7pm	Jan 4-Feb 15	49357
Ages 4-Adult	Tue 10:45-11:45am	Feb 21-Apr 4	49356
Ages 5-Adult	Wed 6-7pm	Feb 22-Apr 5	49358



Skill Development, Participation, and Fun!

Basketball for 2½ to 6 year olds!

Develop basic motor skills such as dribbling/ball handling, shooting, passing/catching and running/agility that are needed to participate in organized basketball. Practice and games are centered around skill development, participation, and fun! Each player receives a t-shirt, group photo and participation certificate.

6 weeks • No class 11/26 or 2/18
Resident \$68 / Non-Resident \$82

Fall League

Ages 2½-3	Sat	9:30-10:30am	Nov 5–Dec 17	49096
Age 4	Sat	10:45-11:45am	Nov 5–Dec 17	49097
Ages 5-6	Sat	12pm-1pm	Nov 5–Dec 17	49098

Winter League

Ages 2½-3	Sat	9:30-10:30am	Jan 21–Mar 4	49099
Age 4	Sat	10:45-11:45am	Jan 21–Mar 4	49100
Ages 5-6	Sat	12pm-1pm	Jan 21–Mar 4	49101

Six or more Pee Wee Basketball coaches needed for each age group.
Please email ltrotter@kirklandwa.gov if you are interested in coaching!!



KIRKLAND

KIDS TRIATHLON

AGES 3 TO 12 YEARS
SEPTEMBER 10, 2016
JUANITA BEACH

"I wanted to tell you how much our two grandchildren enjoyed the Children's Triathlon. They came away with such a sense of pride and accomplishment. It was extremely well organized."

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, ½ mile run. Registration will close September 8th. Day of event registration will be available beginning at 10:15am however; participants are encouraged to register prior to the event.

Participants will receive swim cap, T-shirt & ribbon

Race begins at 11:00am // Check in begins at 10:15am
\$32 • Registration #48081



AGES 3 TO 6 YEARS • TWO LOCATIONS TO CHOOSE FROM!



This is such a popular league—Fall has filled already! Plan ahead for Spring. Registration opens Feb. 6th 2017.

The Pee Wee Soccer League is focused on fun, participation and socialization.

Resident \$71 / Non-Resident \$85

- **PLEASE NOTE:** Refunds will not be given if withdrawn after the coaches meeting, April 12th (subject to change). The coaches meeting marks the official start of the program.
- **AVAILABILITY:** Game times will vary each week—parent and child need to be available during the hours of 9am and 2pm on Saturdays.

Location 1: Emerson High Field, 10903 NE 53rd St

3 to 4 year olds	Sat	Apr 22 – June 10	50033
5 to 6 year olds	Sat	Apr 22 – June 10	50034

Location 2: 132nd Square Park, 13159 132nd Ave NE

3 to 4 year olds	Sat	Apr 22 – June 10	50035
5 to 6 year olds	Sat	Apr 22 – June 10	50036

Quick Facts about the Pee Wee Soccer League (PWS)

When will I receive details about my child’s team, schedule, etc.?

You will be contacted by a coach at least one week prior to the first day, on or before April 22nd. The coach will provide you with information about 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?

Please visit our league website www.kirklandwa.gov/peeweesoccer to download the volunteer application. 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. Feel free to email nthomas@kirklandwa.gov for more information.

How are teams formed?

Registration is taken in the order received. Coach’s children will be paired with them. Siblings will be placed together. Teams are formed randomly, but we take into consideration gender ratios and ages of the participants.

Are special requests taken?

Unfortunately not. The program has grown in such a way that staff no longer has the resources to accommodate these types of requests. Please note that if you register for the league it is the parent’s responsibility to arrange for travel and supervision regardless of who is on the child’s team.

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 we will cancel games for the day and reschedule.

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 start times will range from 9am to 2pm and start on the hour. For example, week one your game might be at 9am but week two your game might be at 11am.

What is included with the registration fee? And what equipment do I need to purchase?

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.

Winter & Spring Break CAMPS for Youth

Winter Break Camps

Young Rembrandts Preschool HOLIDAY Camp Ages 3½ to 5 years

Celebrate the season in this 4-day camp and draw pictures of snowy, holiday fun! We will draw many beautiful pictures and even put one in a frame-perfect for a gift!

*Instructor: Young Rembrandts Staff • Location: NKCC
4 days • Resident \$79 / Non-Resident \$95*

Mon–Thur 10–11:30am Dec 19–22 49744

Young Rembrandts HOLIDAY Art Camp Ages 5 to 12 years

Celebrate the season in this 4-day hands-on art camp focused on holiday fun and icy winter landscapes. You will draw many pictures in realistic, abstract, and cartoon styles, then put your favorite picture in a frame – perfect for a gift!

*Instructor: Young Rembrandts Staff • Location: NKCC
4 days • Resident \$145 / Non-Resident \$174*

Mon–Thur 12:30–3:30pm Dec 19–22 49745

Play-Well LEGO® Jedi Adventure Game WINTER Break Camp Ages 5 to 7 years

Mine, craft, and build the Star Wars universe using LEGO! Roll the dice to gather Jedi resources. Then build a Pod Racer, craft a Droid, or create the Treehouse Village of Endor! This novice Play-Well LEGO game is inspired by the Minecraft tablet game and the Star Wars fantasy setting.

Location: NKCC • 4 days • Resident \$160 / Non-Resident \$192

Mon–Thur 1–4pm Dec 19–22 49746



Spring Break Camps

Play-Well Robotics Using LEGO® WeDo SPRING Break Camp Ages 7 to 9 years

Build and program robots in this introductory Robotics class using the LEGO WeDo system. Learn basic programming skills, simple engineering concepts, and the names of robot components. Work in small groups to complete several projects using tilt and motion sensors. This is a great way to prepare young Robotics enthusiasts for our more advanced Robotics programs.

*Instructor: Play-Well TEKologies Staff • Location: NKCC
5 days • Resident \$270 / Non-Resident \$324*

Mon–Fri 1–4pm Apr 3–7 49747

Rhythmic Gymnastics & Creative Dance SPRING Break Camp Girls Ages 5 to 12 years

La Luna Rhythmic Gymnastics spring break is designed for the beginner 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.

*Instructor: La Luna Rhythmic Gymnastics Instructors
Location: La Luna Academy 11251 120th Ave NE., Ste 150
Kirkland, WA 98033, www.lalunagym.com*

*5 days • Resident \$200 / Non-Resident \$240
(Extended care, see below)*

Mon–Fri 9am–4pm Apr 3–7 49749

*For Campers Only: Extended hours (for the week) from
8–9am and 4–6pm, Resident \$40 / Non-Resident \$48*

Mon–Fri 8–9am & 4–6pm Apr 3–7 49750



Music

Move Over Mozart Piano Classes

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

Fall 10 weeks • No class 10/31
Resident \$110 / Non-Resident \$132

Ages 5–6	Mon	4:30-5pm	Sept 12-Nov 21	49635
Ages 7–8	Mon	5:30-6pm	Sept 12-Nov 21	49753
Ages 9–12	Mon	6-6:30pm	Sept 12-Nov 21	49755

Fall 11 weeks
Resident \$121 / Non-Resident \$145

Ages 5–6	Tue	4-4:30pm	Sept 13-Nov 22	49636
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Fall 16 weeks • No class 11/24 & 12/29
Resident \$176 / Non-Resident \$211

Ages 5–6	Thur	4:30-5pm	Sept 15-Jan 12	49637
Ages 5–6	Thur	6-6:30pm	Sept 15-Jan 12	49638
Ages 7–8	Thur	5-5:30pm	Sept 15-Jan 12	49754

Winter 9 weeks • No class 2/20
Resident \$99 / Non-Resident \$119

Ages 5–6	Mon	4:30-5pm	Jan 23-Mar 27	49647
Ages 7–8	Mon	5:30-6pm	Jan 23-Mar 27	49756
Ages 9–12	Mon	6-6:30pm	Jan 23-Mar 27	49758

Winter 11 weeks
Resident \$121 / Non-Resident \$145

Ages 5–6	Tue	4-4:30pm	Jan 17-Mar 28	49648
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Winter 10 weeks • No class 2/16
Resident \$110 / Non-Resident \$132

Ages 5–6	Thur	4:30-5pm	Jan 19-Mar 30	49649
Ages 5–6	Thur	6-6:30pm	Jan 19-Mar 30	49650
Ages 7–8	Thur	5-5:30pm	Jan 19-Mar 30	49757

For Move Over Mozart classes for ages 3-4 years, see page 16.



Move Over Mozart Advanced Piano Classes

Ages 5 to 12 years

Admittance to advanced classes will need teacher approval. This is for the student that has already taken several sessions with move over Mozart. Class will focus on learning to read notes on the staff, recognizing patterns in the music and identifying intervals.

*For more information visit moveovermozart.net
Location: NKCC • 11 weeks
Resident \$121 / Non-Resident \$145*

Ages 5 to 7	Tue	5-5:30pm	Sept 13-Nov 22	49654
Ages 8 to 12	Tue	5:30-6pm	Sept 13-Nov 22	49655
Ages 5 to 7	Tue	5-5:30pm	Jan 17-Mar 28	49656
Ages 8 to 12	Tue	5:30-6pm	Jan 17-Mar 28	49657

Beginning Guitar Turbo Charged!

15 years to Adult

This fast-paced course covers all the basics—from tuning and strumming, all the way up to common chord progressions. Learn major, minor and 7th chords, basic rhythms and beginning theory. Good for acoustic styles.

*Must be at least 15 years old at the start of class. Student must provide their own instrument • Instructor: Scott Lawson • Location: NKCC • 8 weeks • No class 10/31 & 2/20
Resident \$98 / Non-Resident \$118*

Mon	6:30-7:30pm	Sept 12-Nov 7	49759
Mon	6:30-7:30pm	Jan 23-Mar 20	49760

Guitar Song Workshop

Ages 12 to Adult

A great sequel for those who have taken the TURBO CHARGED GUITAR class with a focus on songs. Or for intermediate players who know basic major and minor chords, and maybe even starting to get into barre chords. Learn how to learn and practice your favorite songs using basic techniques. Acoustic and Electric.

*Instructor: Scott Lawson • Location: NKCC • 8 weeks
No class 10/31 & 2/20 • Resident \$98 / Non-Resident \$118*

Mon	5:15-6:15pm	Sept 12-Nov 7	49761
Mon	5:15-6:15pm	Jan 23-Mar 20	49762





Valentine Workshop

Ages 5 to 8 years

Create a one-of-a-kind Valentine's Day box with glitter, doilies, paint, stickers, and more to store your beloved valentines. Listen to a heartwarming story, and enjoy a valentine snack.

*Instructor: Miss Pamela • Location: NKCC
Resident \$20 / Non-Resident \$24*

Sat 10–11:30am Feb 4 49533

Saturday Art

Young Rembrandts Saturday Youth Art Workshops **NEW!**

Mixed Media: Art History with the Master 1

Ages 5 to 12 years

Let the work of world-famous artists inspire you as we draw beautiful landscapes, still lifes, portraits, and caricatures using pencil, colored pencils, Sharpies, markers, and chalk pastels.

*Instructor: Young Rembrandts Staff • Location: NKCC
5 weeks • Resident \$119 / Non-Resident \$143*

Sat 10:30am–12:30pm Sept 10–Oct 8 49806

Mixed Media: Winter Wonderland

Ages 5 to 12 years

Be inspired by the winter season. You will create a variety of pictures in different styles using pencils, colored pencils, Sharpies, and markers. The results will be truly frame-able!

*Instructor: Young Rembrandts Staff • Location: NKCC
4 weeks • No class 11/26 • Resident \$95 / Non-Res \$114*

Sat 10:30am–12:30pm Nov 19–Dec 17 49810

Mixed Media: Art History with the Masters 2

Ages 5 to 12 years

Be inspired by the work of master artists as we draw portraits, still lifes, landscapes, and so much more using pencils, colored pencils, Sharpies, markers, and chalk pastels. All new lessons! No experience necessary.

*Instructor: Young Rembrandts Staff • Location: NKCC
4 weeks • Resident \$95 / Non-Resident \$114*

Sat 10:30am–12:30pm Feb 4–25 49812

Cartooning: Monsters, Creatures and Creeps

Ages 5 to 12 years

Learn to illustrate amazing monsters of all shapes, sizes and levels of creepiness, in a variety of animated poses, using pencils, Sharpies, and markers.

*Instructor: Young Rembrandts Staff • Location: NKCC
5 weeks • Resident \$119 / Non-Resident \$143*

Sat 10:30am–12:30pm Oct 15–Nov 12 49809

Superhero Cartooning

Ages 5 to 12 years

Become a comic book artist by learning to draw your own superhero characters in a variety of action-packed poses and scenes, using pencils, Sharpies, and markers.

*Instructor: Young Rembrandts Staff • Location: NKCC
4 weeks • Resident \$95 / Non-Resident \$114*

Sat 10:30am–12:30pm Jan 7–28 49811

Fashion Runway: Royal Princesses

Ages 5 to 12 years

Enter the world of medieval fashion and draw elaborate dresses, headwear, and other fashion accessories of the time. You will leave this workshop as a royal fashion designer! Media includes pencils, colored pencils, Sharpies, and markers.

*Instructor: Young Rembrandts Staff • Location: NKCC
4 weeks • Resident \$95 / Non-Resident \$114*

Sat 10:30am–12:30pm Mar 4–25 49813

More Youth Art classes,
see page 28.

Youth & Teens

Art

Clay Class

Ages 5 to 8 years

Young artists will discover the wonders of working in clay while developing skills in creating 3-dimensional art. Students will create and glaze hand-built treasures through exploration of subject matter including animals and nature.

Pieces will be fired at Kirkland Arts Center

Classes offered in partnership with the Kirkland Arts Center

Location: PKCC • 6 classes • Resident \$75 / Non-Resident \$90

Sat	9:30–11am	Sept 24–Oct 29	49552
Sat	9:30–11am	Jan 7–Feb 11	49553

Young Rembrandts Drawing Class

Ages 5 to 12 years

Have fun while learning to draw in realistic, graphic and abstract styles! Young Rembrandts Drawing Classes teach new, seasonally-inspired lessons every session that explore artistic fundamentals. Every month includes an exciting lesson in Art History. Media includes pencil, color pencils, Sharpies, and markers. We provide all supplies and a trained instructor. Everyone can learn to draw. We will teach you how!

Instructor: Young Rembrandts Staff • Location: NKCC

Fall 5 weeks • Resident \$65 / Non-Resident \$78

Tues	4–5pm	Sept 6–Oct 4	49791
Tues	4–5pm	Nov 15–Dec 13	49792

Winter 4 weeks • Resident \$52 / Non-Resident \$62

Tues	4–5pm	Feb 7–Feb 28	49794
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Young Rembrandts Cartooning Class

Ages 5 to 12 years

Learn to illustrate exciting cartoon imagery filled with dynamic characters and expressive personalities. You will develop visual story-telling skills by drawing humorous sequential images. Young Rembrandts will teach new lessons every session that are both educational and FUN! Media includes pencils, Sharpies, and markers. We provide all supplies and a trained instructor. Enroll today!

Instructor: Young Rembrandts Staff @ Location: NKCC

Fall 5 weeks • Resident \$65 / Non-Resident \$78

Tues	4–5pm	Oct 11–Nov 8	49793
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Winter 4 weeks • Resident \$52 / Non-Resident \$62

Tues	4–5pm	Jan 10–31	49795
Tues	4–5pm	Mar 7–Mar 28	49796



Cooking

Creating in the Kitchen with Karen

Ages 4 to 8 years

Nurture 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!

Instructor: Karen Renfroe-Gielgens • Location: McAuliffe Park, 10824 NE 116th St, Kirkland 98034. Enter the park going north off of 108th Ave NE from NE 116th St, and then turn into the first driveway on the right

8 weeks • No class 1/16 & 2/20 • \$10 supply fee payable to instructor • Resident \$72 / Non-Resident \$86

Mon	3:50–4:50pm	Sept 12–Oct 31	49497
Mon	3:50–4:50pm	Jan 9–Mar 13	49499

Holiday Creating in the Kitchen with Karen

Ages 4 to 8 years

Cook special holiday treats in this 5-week class.

Location: McAuliffe Park, 10824 NE 116th St, Kirkland Enter the park going north off of 108th Ave NE from NE 116th St, and then turn into the first driveway on the right.

5 weeks • Supply fee of \$7 payable to instructor Resident \$45 / Non-Resident \$54

Mon	3:50–4:50pm	Nov 7–Dec 5	49501
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For Creating in the Kitchen with Karen ages 3–5, see page 15.

Life Skills & General Interest

Self Defense for Children

Ages 5 to 9 years with parent

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 to 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.

*Instructor: Joann Factor • Location: NKCC
Resident \$43 / Non-Resident \$52*

Sat	12:30–2pm	Oct 8	49826
Sat	12:30–2pm	Feb 4	49827

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 \$60 / Non-Resident \$72*

Sat	1–4pm	Jan 14	49828
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Home Alone / Safe Kids 101

Ages 9 to 13 years

Kids *think* they are ready to stay home alone and parents wonder if it's okay to let them. This three-hour home alone class will help your **9 to 13-year-old** take the next step in independence while giving you peace of mind. Topics include: responsibilities when staying home alone, simple first aid and abdominal thrusts for choking victims, how to navigate the online world, fire safety and what to do around an aggressive dog. We'll also discuss the truth behind abuse, abduction, and stranger danger. All participants will receive the *Safe Kids 101* book.

*Bring a snack and drink • Instructor: Super Sitters LLC
Location: NKCC • Resident \$40 / Non-Resident \$48*

Sat	9am–12pm	Oct 22	49820
Sat	9am–12pm	Feb 11	49821

Super Sitters

Ages 11 to 15 years

This program is designed to train young people in basic babysitting and home-alone skills. Students completing this course will be better prepared to provide a safer and more positive infant/child care experience. Taught by a hospital-qualified instructor, this class includes parent expectations, basic first aid, home and fire safety, Heimlich maneuver, telephone tips, toys and activities and infant care. Participants receive a Babysitting 101 handbook and a certificate of completion at the end of the class.

*Bring a sack lunch, drink, and afternoon snack
Instructor: Super Sitters LLC • Location: NKCC
Resident \$50 / Non-Resident \$60*

Sat	9am–2pm	Sept 24	49829
Sat	9am–2pm	Jan 28	49830

Young Ladies & Gentlemen I (Etiquette)

Ages 6 to 11 years

Manners are 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.

*Bring supply fee of \$5 payable to Instructor for Etiquette Book. Instructor from Final Touch Finishing School
Location: NKCC • Resident \$39 / Non-Resident \$47*

Sat	9am–12pm	Nov 5	49831
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Young Ladies & Gentlemen II (Party Manners)

Ages 6 to 11 years

This course is a natural follow-up to Young Ladies and Gentlemen I. One of the first social settings that children encounter is being a guest. Learning how to be a gracious guest, guest of honor, or host, are skills they will use lifelong. Boys and girls will learn about invitations, being a great guest and host, practice meeting and greeting others, polite conversation, giving and receiving gifts, basic table manners while neatly eating birthday cake, and how to create their own thank you notes. It is not necessary to have taken Young Ladies and Gentlemen I to enroll in Young Ladies and Gentlemen II. Cake will be served in this class.

*Instructor from Final Touch Finishing School
Location: NKCC • Resident \$39 / Non-Resident \$47*

Sat	1–4pm	Nov 5	49832
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Youth Dance

Lyrical/Contemporary

Ages 8 to 12 years

Lyrical and Contemporary are popularized on commercial dance today. Have you watched So You Think You Can Dance or X Factor and thought to yourself, “I would love to do that”? If so, this is the class that will teach you how to combine Ballet and Jazz with some stylistic music. It’s an awesome way to stay healthy and have fun.

Leather-soled ballet shoes required

Location: NKCC • 12 weeks • No class 11/24

Resident \$111 / Non-Resident \$133

Thur	4–4:55pm	Sept 15–Dec 8	49844
Thur	4–4:55pm	Jan 12–Mar 30	49845



Keiki Hula

Ages 5 through 8 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

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

Wed	5:30–6:15pm	Sept 7–Nov 9	49846
Wed	5:30–6:15pm	Jan 11–Mar 15	49847

Hip Hop Girls 1

Ages 5 to 7 years

Dance like your favorite pop stars! In this high-energy, age appropriate class, girls will learn fun hip-hop techniques and combinations, danced to their favorite music. Hip Hop is a popular, energetic pop style version of urban street dance. 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!

Instructor Elbert Lubas • Location: NKCC

Fall 6 weeks • No class 10/31 & 11/21

Resident \$43 / Non-Resident \$52

Mon	4–4:45pm	Sept 12–Oct 17	49848
Mon	4–4:45pm	Oct 24–Dec 12	49854

Winter 5 weeks • No class 1/16

Resident \$36 / Non-Resident \$43

Mon	4–4:45pm	Jan 9–Feb 13	49849
Mon	4–4:45pm	Feb 27–Mar 27	49855

Hip Hop Boys 1

Ages 5 to 7 years

Boys can benefit from dance and the concentration and strength that dance builds. These classes are designed to encourage athleticism. Boys process new information in a different way than girls and will feel more comfortable and accomplished in an environment that is designed just for them. Learn to express yourself through music and dance, using the dynamic dance style of hip hop, a dance form that focuses on the hip hop culture, music attitude, style and funk just for boys.

Wear loose clothing and tennis shoes please!

Instructor Elbert Lubas • Location: NKCC

Fall 6 weeks • No class 10/31 & 11/21

Resident \$43 / Non-Resident \$52

Mon	4:50–5:35pm	Sept 12–Oct 17	49856
Mon	4:50–5:35pm	Oct 24–Dec 12	49857

Winter 5 weeks • No class 1/16

Resident \$36 / Non-Resident \$43

Mon	4:50–5:35pm	Jan 9–Feb 13	49858
Mon	4:50–5:35pm	Feb 27–Mar 27	49859



Hip Hop 2

Ages 7 to 11 years

This Hip Hop class is for the 7 year old who has had a minimum of 2 previous sessions of Hip Hop 1, or the older student with some Hip Hop experience.

Wear loose clothing and tennis shoes please!

Instructor Elbert Lubas • Location: NKCC

Fall 6 weeks • No class 10/31 & 11/21

Resident \$43/ Non-Resident \$52

Mon	5:45–6:30pm	Sept 12–Oct 17	49860
Mon	5:45–6:30pm	Oct 24–Dec 12	49861

Winter 5 weeks • No class 1/16

Resident \$36/ Non-Resident \$43

Mon	5:45–6:30pm	Jan 9–Feb 13	49862
Mon	5:45–6:30pm	Feb 27–Mar 27	49863



Beginning Ballet/Tap Combo

Ages 5 to 7 years

This class is a progressive transition from Preschool Dance/Tap Combo B. 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!

Leather-soled ballet and tap shoes required

Location: NKCC

Fall 14 weeks • No class 11/22

Resident \$100 / Non-Resident \$120

Tue	5:45–6:30pm	Sept 6–Dec 13	49837
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Winter 12 weeks • Resident \$86 / Non-Resident \$103

Tue	5:45–6:30pm	Jan 10–Mar 28	49838
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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.

Prerequisite for 5 year olds: Preschool Dance B or equivalent experience. 5 year olds must register by phone at 425.587.3350.

Leather-soled ballet shoes required • Bring your cameras on Parent Watch day, the last day of the session

Fall 14 weeks • No class 11/26

Resident \$100 / Non-Res \$120

Sat	11:30am–12:15pm	Sept 10–Dec 17	49839
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Winter 12 weeks • Resident \$86 / Non-Resident \$103

Sat	11:30am–12:15pm	Jan 7–Mar 25	49840
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Ballet 2

Ages 8 & 9 years

This class for boys and girls will give the opportunity to learn ballet technique and vocabulary by participating in standard ballet fundamentals. Class will start with Barre and Stretch where each student will learn positioning and posture. As class progresses students will enhance their skills and knowledge with a center combination. This class is geared to teach youth in an open and positive environment and will enhance their balance, strength, and coordination.

Class includes a great balance of technical training, musicality and choreography. Two ballet classes per week are recommended for continual progress.

Leather-soled ballet shoes required

Instructor Elbert Lubas • Location: NKCC • 12 weeks

No class 11/24 • Resident \$115 / Non-Resident \$138

Thur	5–6pm	Sept 15–Dec 8	49841
Thur	5–6pm	Jan 12–Mar 30	49843

Teen Ballet with Marco Carrabba

Instructor: Marco Carrabba, Ballet Master/Choreographer of Carrabba Dance Theatre, has a 20 year distinguished professional dance career and over 18 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

Resident \$66 / Non-Resident \$79

Mondays 6 classes

No class 10/31, 12/26, 1/2, 1/16 & 2/20

Mon	4:15–5:15pm	Sept 12–Oct 17	49554
Mon	4:15–5:15pm	Oct 24–Dec 5	49555
Mon	4:15–5:15pm	Dec 12–Feb 6	49556
Mon	4:15–5:15pm	Feb 13–Mar 27	49560

Adult Dance Classes
See page 46

Youth & Teens

Cheerleading

Dream Team Cheer Squad

Ages 7 to 18 years

Be a part of the Kirkland Parks beginning-to-intermediate level cheer squad! You'll learn dances, cheers, and beginning tumbling. There will be opportunities to perform too. Dream Team has performed at halftime for the Seattle Storm and University of Washington basketball games, and numerous community events. Previous experience is not required—contact instructor with questions. Cheer classes are run by Eastside Dream Elite Cheer & Dance, www.EastsideDreamElite.com. Some extra costs may be incurred for this class.

Previous experience is not required—contact instructor with questions, anne@EastsideDreamElite.com

*Location: NKCC • 6 classes • No class 11/24
Resident \$83 / Non-Resident \$92*

Thur	5–6:30pm	Sept 22–Oct 27	49864
Thur	5–6:30pm	Nov 3–Dec 15	49865
Thur	5–6:30pm	Jan 5–Feb 9	49866
Thur	5–6:30pm	Feb 23–Mar 30	49867

Soccer

UK Elite Feet Soccer IDP

Ages 7 to 14 years

The UK Elite Soccer Individual Development Program offers the best possible professional training for players aged 7 to 14. Players are divided into groups that match our age-specific curriculum. Players will learn technical and tactical aspects of soccer all within a challenging and fun environment. The program will be led by the professional UK Elite coaches.

*Location: Juanita Beach Park, 9703 NE Juanita Drive
Resident \$100 / Non-Resident \$120*

COED: Ages 7 to 9 years

Sundays	9:30–11am	Sept 18–Oct 23	49968
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COED: Ages 10 to 14 years

Sundays	11am–12:30pm	Sept 18–Oct 23	49969
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Ice Skating
all ages, see page 22

Rhythmic Gymnastics

The Olympic sport of 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.

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

For Rhythmic
Gymnastics
ages 4–5,
see page 21

Rhythmic Gymnastics for Youth

Girls Ages 6 to 8 years

In this class for new and continuing students we will work on ballet, conditioning, and the basic study of Rhythmic Gymnastics. Simple routines will be taught to new students while using hoop, ball, and rope. We will challenge continuing students with advanced routines and all other areas of Rhythmic Gymnastics. Gymnasts in this class may be invited to participate in the Academy's performances and exhibitions.

*Gymnastics leotard required, bare feet or socks OK
6 weeks • No class 11/26 • Choose between 1 hour or
1½ hour classes • Resident \$135 / Non-Resident \$162*

Location: La Luna Gym,

11251 120th Ave NE, Suite 150, Kirkland

1½ hour classes

**6 weeks • No class 11/26
Resident \$135 / Non-Resident \$162**

Sat	1–2:30pm	Sept 10–Oct 15	50047
Sat	1–2:30pm	Oct 29–Dec 10	50048
Sat	1–2:30pm	Jan 7–Feb 11	49725
Sat	1–2:30pm	Feb 18–Mar 25	50057

1 hour classes

**Fall 8 weeks
Resident \$120 / Non-Resident \$144**

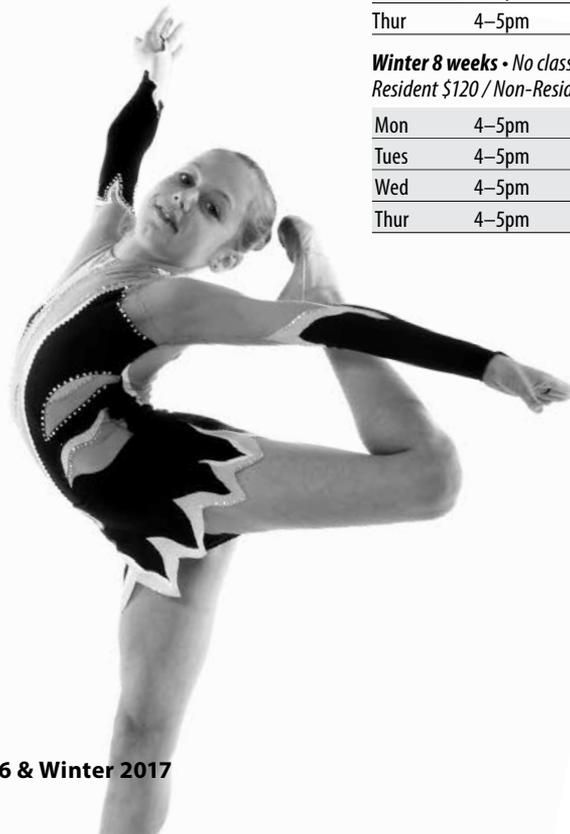
Mon	4–5pm	Sept 12–Oct 31	50049
Tues	4–5pm	Sept 6–Oct 25	50050
Wed	4–5pm	Sept 7–Oct 26	50051
Thur	4–5pm	Sept 8–Oct 27	50052

**Fall 6 weeks • No class 11/24
Resident \$90 / Non-Resident \$108**

Mon	4–5pm	Nov 7–Dec 12	50053
Tues	4–5pm	Nov 8–Dec 13	50054
Wed	4–5pm	Nov 9–Dec 14	50055
Thur	4–5pm	Nov 3–Dec 15	50056

**Winter 8 weeks • No class 1/16 & 2/20
Resident \$120 / Non-Resident \$144**

Mon	4–5pm	Jan 9–Mar 13	50058
Tues	4–5pm	Jan 10–Feb 28	50059
Wed	4–5pm	Jan 11–Mar 1	50060
Thur	4–5pm	Jan 12–Mar 2	50061





Youth Ice Hockey at SnoKing Ice Arena

- > Class will be held at SnoKing Ice Arena; 14326 124th Ave NE, Kirkland, WA 98034
- > Once you have registered for the class, please contact SnoKing at 425.821.7133
1 week prior to start of class to arrange for equipment rental pickup
- > Registration for Hockey 1 and 2 closes one week in advance

Hockey 1 – Learn to Skate

Ages 4 to 9 years

Beginner ice skaters will learn the fundamentals of ice skating, become comfortable on the ice, learn the basic hockey stance, stride, knee bend, use of edges and how to hold a stick. Proper skating techniques are the primary focus of this lever. Skaters will learn the necessary ice skating fundamentals to be successful in Hockey 2–Learn to Play.

Prerequisite: N/A (new skaters welcome)

*Equipment required: (Please note below equipment can be rented) helmets, stick, gloves rental available with registration • 6 week series, one class a week
No class 11/26, 12/24, 12/31, 1/14, 2/18, 4/15*

Class Fee with NO Rental Equipment

Resident \$120 / Non-Resident \$144

Sat	10:20am–11:20am	Sept 10–Oct 15	49921
Sat	10:20am–11:20am	Oct 22–Dec 3	49922
Sat	10:20am–11:20am	Dec 10–Feb 4	49923
Sat	10:20am–11:20am	Feb 11–Mar 25	49927
Sat	10:20am–11:20am	Apr 1–May 13	49928

Class Fee WITH Rental Equipment

Resident \$150 / Non-Resident \$180

Sat	10:20am–11:20am	Sept 10–Oct 15	49924
Sat	10:20am–11:20am	Oct 22–Dec 3	49925
Sat	10:20am–11:20am	Dec 10–Feb 4	49926
Sat	10:20am–11:20am	Feb 11–Mar 25	49930
Sat	10:20am–11:20am	Apr 1–May 13	49931

Hockey 2 – Learn to Play

Ages 4 to 9 years

Hockey 2 is ideal for those who have taken Hockey 1 or have basic skating skills and are ready to move onto a full hockey curriculum. The program focuses on the fundamental skating and stick-handling skills used in games, in addition to improving each player's balance, agility and control. A fun and encouraging environment will be maintained with an emphasis on teaching through drills and scrimmages. Players play in game situations, in FULL hockey gear for this class. Course fee includes jersey, distributed mid-season, and end of the year award.

Prerequisite and Requirements: Hockey 1 or basic ice skating skills. Players must be registered with USA Hockey and will be given instructions on how to do so prior to the 1st day of class. Annual membership cost is \$49.00 for ages 7 and up. There is no fee for 6 years and younger. The registration is required for insurance purposes and is active for the whole 2016-2017 season

*Equipment required: (Please note below equipment can be rented) Full hockey equipment required • 16 week program, one hour class held on Saturdays
No class 11/26, 12/24, 12/31, 1/14.*

Class Fee with NO Rental Equipment

Resident \$235 / Non-Resident \$282

Sat	8:10am	Oct 1–Feb 11	49933
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Class Fee WITH Rental Equipment

Resident \$315 / Non-Resident \$378

Sat	8:10am	Oct 1–Feb 11	49934
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KIRKLAND KIDS TRIATHLON

"I wanted to tell you how much our two grandchildren enjoyed the Children's Triathlon. They came away with such a sense of pride and accomplishment. It was extremely well organized."

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, ½ mile run. Registration will close September 8th. Day of event registration will be available beginning at 10:15am however; participants are encouraged to register prior to the event.

AGES 3 TO 12 YEARS

SEPTEMBER 10, 2016 JUANITA BEACH

**Race begins at 11:00am
Check in begins at 10:15am**

\$32 • Registration #48081

**Participants will receive swim cap,
T-shirt & ribbon**

2016 2017 YOUTH BASKETBALL

CITY OF KIRKLAND
GIRLS & BOYS • GRADES 3-6

LEAGUE

This league focuses on basketball skill development, teamwork, and having fun as well as broadens “winning” to include enjoyment of the sport, creating friendships, and the learning of new skills.



Pee Wee Basketball
for 2½ to 6 year olds!
See page 23

Questions about the league visit:

www.kirklandwa.gov/youthathletics or call 425.587.3360

Volunteer Coaches Needed for Each Team!!

Please see information below.

League Divisions

BOYS: Grade 3, Grade 4,
Grade 5, Grade 6

GIRLS: Grade 3, Grade 4,
Grade 5-6

How are teams formed?

KPCS uses the following procedure to create teams for 3rd, 4th Grade Girls and Boys, and 5th Grade Boys.

1. Registration is taken on a first come, first served basis.
2. Children are placed on the roster for the school they attend, their grade which they are registered for and their gender. The first 10 registered form the first team, the next 10 registered form the second team, and so on; If necessary, children from schools in close geographical proximity will be placed together to fulfill roster requirements; due to not enough or too many kids registered from their home school. *Please note on a case by case situation, some teams may have 11 players due to registration numbers*
3. Children from private schools or home school will be placed on a roster of the public school they would attend in their neighborhood if they did not attend a private school / home school.

NEW TEAM FORMATION METHOD FOR 5th/6th GIRLS

The KPCS uses the following procedure to create teams for 5th/6th Grade Girls and 6th Grade Boys.

1. Registration is taken on a first come, first served basis.
2. 6th grade boys will register for the middle school which they attend and their gender. **5th grade girls** will register for the middle school they will attend the **following year** when they are in 6th grade, 6th grade girls register for the middle school they attend. Teams will be formed on November 19th by coaches/league coordinator at the coaches meeting, based on the number of players registered. Grade ratios for 5th/6th grade girls will be taken into consideration. All registered players will be placed on a team *please note on a case by case situation, some teams may have 11 players due to registration numbers*
3. Children from private schools or home school will be placed on a roster of the public school they would attend in their neighborhood if they did not attend a private school / home school.

Volunteer Coaches Needed

If you are interested in coaching youth basketball, please visit www.kirklandwa.gov/youthbasketball for a coaching application. We handle volunteer application on a first come first serve basis; therefore, getting your application turned in ASAP is crucial. All coaches must pass a background check. If no one volunteers to coach your team then KPCS staff will contact individual parents from your team roster to recruit a coach.

Requests

Kirkland Parks and Community Services do not take requests for specific teams or coaches.

Games

Games will begin Saturday, January 7, 2017. KPCS youth basketball games are played on Saturdays, 1/7, 1/14, 1/21, 1/28, 2/4, 2/11, 2/25, and 3/4 between 8am–5pm. March 11 will be a makeup game weekend if games are canceled due to weather. No games will be played 2/18. Teams may have double headers and/or BYE weekends. Game schedule will be posted in mid-December at www.kirklandwa.gov/youthathletics

Practices

Teams begin practicing the week of November 28th. Teams will practice twice a week. Practice start times range from 5:00pm to 8:00pm and may be on any weekday.

Uniforms

Uniforms are provided by the generosity of Land O' Frost and will be handed out by coaches before the first game.

Snow/Rain

Please call 425.587.3335 during inclement weather to ensure games are being played.

	BOYS				GIRLS			
SCHOOL	3rd	4th	5th	6th	3rd	4th	5th	6th
AG BELL	49103	49117	49131		49150	49182		
FRANKLIN	49104	49118	49132		49151	49183		
SANDBURG	49105	49119	49133		49152	49165		
THOREAU	49106	49120	49134		49153	49166		
KELLER	49107	49121	49135		49154	49167		
MUIR	49108	49122	49136		49155	49168		
JUANITA	49109	49123	49137		49156	49169		
LAKEVIEW	49110	49124	49138		49157	49170		
TWAIN	49111	49125	49139		49158	49171		
PETER KIRK	49112	49126	49140		49159	49172		
FROST	49113	49127	49141		49160	49173		
ROSE HILL	49114	49128	49142		49161	49174		
HOLY FAMILY	49115	49129	49143		49162	49175		
KIRKLAND MIDDLE				49145			49178	49178
KAMIKIN MIDDLE				49146			49179	49179
FINN HILL MIDDLE				49147			49180	49180
ROSE HILL MIDDLE				49148			49181	49181

5th GRADE GIRLS: register for the middle school they will attend in 6th grade. Girls 5th/6th is a combined league.

Registration Deadlines: October 31, 2016

Registration after October 31st will be accepted on a space available basis and is only available by calling 425.587.3360.

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

Resident Fee \$112 / Non-Resident Fee \$134

Refund Policy

Refund/credits are granted if request is made on or before November 21st. Withdrawals requested between November 22nd and November 27th will result in a credit/refund of 50% of the registration fee, less a \$10.00 administrative fee. No refund/credit will be issued on or after November 28th.

Note

Basketball leagues for grades K-2 and 7-9 are run through the Kirkland Boys and Girls Club at 425.827.0132.

Basketball Officials Needed

We are hiring officials for youth basketball games. The pay range is approximately \$10–\$14 per game. Training is provided. Minimum age of 16 year olds. For more information call 425.587.3360 or visit www.govjobstoday.com to apply.



Sponsored by





KIRKLAND TEEN

**348 Kirkland Ave
Kirkland, WA 98033
425.822.3088 • ymcaaktub.org**

Through the Kirkland Teen Union Building, the Y strives to meet and exceed the social and cultural needs of young people while offering resources that empower them to become active, caring and responsible community members. As a recreation, resource and arts center, this unique facility gives teens a positive, supportive environment to develop their skills, connect with their peers and make a difference locally. The Y is dedicated to youth development, and alongside our partners and supports we're working to strengthen our community now and for the future.

Fall & Winter Hours

Monday, Tuesday & Thursday 3–8pm
Wednesday 1–8pm
Friday 3–8pm / 3–11pm if concerts
Saturday 4–11pm for concerts

Drop In

Anyone between the ages of 13 and 19 is welcome at KTUB during our open hours of operation. Play pool, video games, or ping pong, or check your email in our career center. We have many planned and spur-of-the-moment activities from cooking classes to occasional field trips. Drop-In Activities Include: Art Club, Music Exploration, Open Mic, Career Services, Leadership, Recreation, Video Technology, and more.

**Register at
ymcaaktub.org**



At WE Day 2016!

KTUB PROGRAMS

KTUB offers a regular schedule of classes with special offerings throughout the year. Programs range from video gaming to painting to learning about live sound. While some of our classes have small joining fees, we always strive to make rates affordable and make scholarships available. Because many of our programs are based on youth voice and input, we are constantly adding new and exciting options. For most up to date information visit our website at ymcaaktub.org or email info@ymcaaktub.org.

Afternoon Snack

Come make your own healthy after-school snack in the KTUB kitchen! Snack will be provided every Monday–Thursday from 3:00–4:30. On Wednesdays, there will be guided opportunities to learn how to prepare and cook various healthy and easy to make, snack options.

*Mondays–Thursdays, 3–4:30pm
Guided Preparation: Wednesdays 3–4:30pm • FREE
Contact: Kalika Curry, KCurry@Seattlymca.org*

KTUB Teen Leadership Board

Meeting once every other week, with monthly service projects and special events, Teen Leadership Board is a chance for youth to actively shape the community at KTUB and in their community. Earn volunteer hours and make a difference where it counts. Being part of the KTUB is a fun and gratifying way to learn and participate, while gaining valuable experience necessary for any resume or college application.

*Every other Friday, beginning Sept 23 • 5:15pm–6pm • FREE
Contact: Danel Lawrence, DLawrence@Seattlymca.org
\$20 per academic year • Cost will cover program sweatshirt*

KTUB Tutoring

Need Math help? KTUB has tutoring available for Middle and High School students!

*Wednesdays, 3pm–5pm • Call ahead or drop-in • FREE
Contact: Danel Lawrence, DLawrence@Seattlymca.org*

Friday Feed

Friday Feed is a free meal program offered at KTUB every Friday night at 6:00pm and is open to all young people between the ages of 13–22. While the primary goal of this program is to meet a basic need by providing teens with a well-balanced meal, Friday Feed also strives to collaborate with local groups and organizations to build community, create a culture of social responsibility, and promote healthy living principles.

*Every Friday, 6pm–7pm • FREE • Interested in sponsoring?
Contact: Danel Lawrence, DLawrence@Seattlymca.org*

Pokémon

Interested in learning how to play Pokémon? Join us every Friday from 6pm–8pm at KTUB, for our weekly games. Whether you are a seasoned vet or just beginning, all skills levels are welcome!

*Every Friday, 6pm–8pm
Call 425.822.3088 for more information*

UNION BUILDING

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VOLUNTEER

You can positively impact lives right in your own community. Nearly 10,000 volunteers of all ages help the Y nurture youth, improve health and well-being and assist our neighbors in need. We value your time and enthusiasm and look forward to creating a fun, fulfilling volunteer experience for you.

Y KTUB volunteers enjoy:

- A wide variety of programs to fit personal interests
- Options for one-time, seasonal and ongoing volunteerism
- Making new friends, networking and gaining experience

How to begin

Contact Kalika Curry, KTUB Program Coordinator at KCurry@Seattlemca.org, for more information and to be sent a volunteer application.

Or visit KTUB to pick up a volunteer application.

OUTREACH/COUNSELING

Y(outh) E(astside) S(ervices)

KTUB partners with YES to provide an on-site counselor who provides free services to youth by scheduled appointment or drop-in. Young people can also connect with the YES team, who assist homeless young people with case management, finding shelter, transportation, access to health care or work towards family reconciliation when possible.

Mon, Tues, Wed, Fri 2pm–7pm
Tyrelle@youtheastideservices.org

FACILITY RENTALS

KTUB is the perfect venue for dances, birthday parties, graduations, and other group events. With stages, dance floor, café, and lounge, KTUB facility can accommodate any occasion. Our recently renovated board room is great for community meetings. KTUB rental opportunities are based upon the discretion of the staff team, and are events that support our youth driven mission.

For more information or details call us at 425.822.3088 or contact Kalika Curry, KCurry@Seattlemca.org

PROGRAMS

Culinary Cafe

From coffee to cooking, learn valuable tips and skills that will equip you to be versatile inside and outside of the kitchen. Learn, create, and taste in this delicious experience!

Wednesdays, 3:30–5pm • \$80 beginning Sept 28
Financial Assistance is available
Contact: Kalika Curry, KCurry@Seattlemca.org

CHILL

Burton's Chill Snowboarding program is a six week program that uses snowboarding to teach life skills and increase self-esteem all while participating in a new and exciting outdoor experience. No previous snowboarding experience is necessary. This program provides everything from transportation, to gear, lift tickets, and coaching at NO COST to the participant! This is one of KTUB's most popular and longest running programs!

Applications available in December • Trips to the mountain begin in January • Please contact Danel Lawrence (DLawrence@Seattlemca.org) if you have any questions

Paint for a Cause

KTUB partners with GGB, Girls Giving Back, to create one of a kind art. All paintings are donated to GGB to furnish their latest shelter renovation. This FREE workshop is the perfect way to get involved in community service or for a budding artist! All supplies are provided. All you need is your creative juices. Calling ahead is appreciated, so we can reserve your canvas.

1st Friday of the month 5pm–7pm • For more info please contact Kalika Curry (KCurry@Seattlemca.org) or check out these websites: YMCAKTUB.org and Girlsgivingback.org

Pool and Ping Pong tournaments:

Pool shark or ping pong master? Don't miss out on our weekly tournaments. Weekly winner will receive a \$10 gift card.

Begins September • Ages: 13–19 • Contact Carlos Guerrero (Cguerrero@Seattlemca.org) for specific information

Monthly Community Service:

Come join KTUB on their monthly service projects, and gain some community service hours as well! Take part in fun projects such as, teaching kids technology, connecting with seniors, community cleanup, and many more. Each month there will be a different opportunity!

Contact Carlos Guerrero (Cguerrero@Seattlemca.org) for more specifics about projects • Begins in September
• Transportation is provided

College P.R.E.P (Planning, Readiness, Expectations, and Preparation)

Thinking about college? Want to know what options are out there? Let KTUB staff support you. KTUB staff will work with youth weekly to help guide them, and make sure that they are on track to meet necessary academic requirements. Youth will work with a staff member to identify different secondary options, and resources for funding, suited to their needs. Staff will assist with the college preparation and application process.

Begins September • Weekly • Contact Carlos Guerrero (Cguerrero@Seattlemca.org) for instructions on how to sign up and program specifics.

Café Stage

It's Friday Night! Come check out what is happening on the KTUB Cafe stage:

1st Friday: Open Mic (6:30–8pm)

2nd Friday: Poetry Unjudged (6:30–8pm)

3rd Friday: Acoustic (6:30–8pm)

4th Friday: Karaoke (6–8pm)

5th Friday: Game Night (6:30–8pm)

For more specifics contact KTUB Program Coordinator Kalika Curry (KCurry@Seattlemca.org)



Youth Services

2016 Fall / 2017 Winter Youth Services

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 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 (11740 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. We recently completed our program on teen suicide that is now airing on TV and available on-line. **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.**



kirkland youth council

TEENS CAN GET INVOLVED!

Participate in local city government issues. Make a difference while participating in many diverse service projects.

JOIN THE YOUTH COUNCIL

The Kirkland Youth Council is a group of about 40 teens representing all the Middle and High Schools in Kirkland as well as private and homeschooled students. Each member of the Youth Council has the responsibility of representing their school, social and cultural group, the City, as well as the youth of Kirkland to the City Council and other local government groups.

WE ARE RECRUITING TEENS FROM THE FOLLOWING SCHOOLS:

- > Juanita High
- > Lake Washington High
- > Emerson High
- > International Community School
- > Finn Hill Middle
- > Kamiakin Middle
- > Kirkland Middle
- > Rose Hill Middle
- > Environmental and Adventure School
- > Northstar Middle
- > Homeschooled/ Emerson K-12
- > Non-schooled
- > Private School (Kirkland Residents)

GET YOUR KYC APPLICATIONS IN! DUE FRIDAY SEPT. 23, 2016

Apply on-line at: www.kirklandwa.gov/depart/parks/Youth_Services/Youth_Council/Youth_Council_App.htm

For more information or to request an application form, please contact us at

**425.587.3323 OR
KYC@KIRKLANDWA.GOV**





Come in costume for an evening of fun dancing and socializing with your friends! \$5 per person at the door. Caretakers are free. Volunteers welcome! Snacks and punch provided.

**NORTH KIRKLAND COMMUNITY CENTER
12421 103RD AVE NE, KIRKLAND, WA 98034**

****Please preregister by calling or emailing with the number attending 2 weeks in advance.**

**RSVP or Questions: Maureen@friendshipadventures.org
or call (425) 444-3132 or (360) 668-3840.

**UPCOMING
EVENTS**

BINGO NIGHT
Saturday, March 4, 2017, 6-8:30pm, \$5

CINCO DE MAYO FIESTA & DANCE
Saturday, May 6, 2017, 5:30-8:00pm, \$5

Friendship Adventures is an all volunteer non-profit organization dedicated to enriching the lives of people with developmental disabilities by social, recreational, and educational activities in a safe, engaging environment building confidence and interpersonal skills.



Movie Night

Join this fun recreation group that is designed for people with developmental and physical challenges to increase independence by having fun socializing with peers. Everyone that comes in costume based on the movie will win a door prize. Popcorn and punch will be served.

*Caregivers are always welcome to join at no charge • Location: PKCC
Resident \$6 / Non-Resident \$7*

Hocus Pocus (PG)			
Wed	6-8pm	Oct 26	49834
Mavels Avengers (PG-13)			
Wed	6-8pm	Nov 16	49835
Elf (PG)			
Wed	6-8pm	Dec 21	49836

At this time staff unable to provide attendant care (toilet transfers, feeding, giving medication, etc.) or provide one-on-one behavior management care. Attendants may be required, but can participate in our programs free of charge when assisting participants who need one-on-one assistance.

VOLLEYBALL LEAGUES



ADULT INDOOR VOLLEYBALL LEAGUE Age 18+

The season consists of 7 weeks of regular season play with two weeks of playoffs (one week guaranteed). Games are played at either Emerson High School or Kamiakin Middle School with 7:15pm, 8:20pm or 8:50pm start times depending on the division.

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. No matches on Oct. 31st.

Fall	Mon	Sept 19–Nov 14	7:15 or 8:20pm	49970
Winter	Mon	Jan 9–Mar 13	7:15 or 8:20pm	49976
Spring	Mon	Mar 27–May 15	7:15 or 8:20pm	50037

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 on Monday nights. No matches on Oct. 31st.

Fall	Mon	Sept 19–Nov 14	7:15 or 8:20pm	49971
Winter	Mon	Jan 9–Mar 13	7:15 or 8:20pm	49977
Spring	Mon	Mar 27–May 15	7:15 or 8:20pm	50038

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.

Fall	Tues	Sept 20–Nov 8	8:20 or 8:50pm	49972
Winter	Tues	Jan 10–Feb 28	8:20 or 8:50pm	49978
Spring	Tues	Mar 21–May 16	8:20 or 8:50pm	50039

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.

Fall	Tues	Sept 20–Nov 8	8:20 or 8:50pm	49973
Winter	Tues	Jan 10–Feb 28	8:20 or 8:50pm	49979
Spring	Tues	Mar 21–May 16	8:20 or 8:50pm	50040

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.

Fall	Wed	Sept 21–Nov 9	8:20pm	49974
Winter	Wed	Jan 11–Mar 1	8:20pm	49980
Spring	Wed	Mar 22–May 17	8:20pm	50041

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 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.

Fall	Wed	Sept 21–Nov 9	8:20pm	49975
Winter	Wed	Jan 11–Mar 1	8:20pm	49981
Spring	Wed	Mar 22–May 17	8:20pm	50042

SPRING REGISTRATION OPENS JANUARY 4, 2017

OPEN GYM SUNDAYS

Basketball and Volleyball courts available. Individuals or teams welcome.

Sundays • 5–8pm

Kamiakin Middle School
14111 132nd Ave NE, Kirkland

Fall Gym: Sept 18–Dec 11

Winter Gym: Jan 8–Mar 26

No open gym: Nov 20, Dec 18 & 25,
Feb 5 & 19 and Mar 15

\$4.00 per person

Includes Sales Tax

BILLS OVER \$10 NOT ACCEPTED

Call 425.587.3335 for gym closure info. 18 and older.



AGE 55+ SOFTBALL RECRUITMENT IS IN FULL SWING!

See page 58 or call
Rich Mialovich 425.827.1109

For more information on our adult sport league offerings, log on to kirklandwa.gov/athletics

Or LIKE our Facebook page [facebook.com/kirklandsportsleagues](https://www.facebook.com/kirklandsportsleagues)



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	Sept 2–23	49283
Fri	10–11am	Oct 7–28	49284
Fri	10–11am	Nov 4–25	49285
Fri	10–11am	Jan 6–27	49286
Fri	10–11am	Feb 3–24	49287

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 2017 season is underway! The two men's teams, "Moss Bay Hawks" and "Kirkland Owls" were a hit in 2016! After a long winter break, team players are now dusting off their bats to begin practice in March 2017. Everyone is gearing up for another fantastic season of league play, May through July. These two 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 Rich Mialovich 425.827.1109

Ice Skating All Ages

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. 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 • 30 minutes instruction and 30 minutes practice/free skating time • Arrive ½ hour early to get skates on • Wear warm clothes, jacket and gloves • No class 11/23, 11/26, 3/25 • Registration deadline: 1 week prior to first class

Fall Classes

6 weeks • Resident \$121 / Non-Resident \$162

Ages 5-Adult Wed 6-7pm Sept 7-Oct 12 49344

Ages 5-Adult Sat 9:10-10:10am Sept 10-Oct 15 49345

7 weeks • Resident \$142 / Non-Resident \$170

Ages 4-Adult Tues 10:45-11:45am Sept 13-Oct 25 49343

Ages 5-Adult Wed 6-7pm Oct 26-Dec 14 49348

Ages 5-Adult Sat 9:10-10:10am Oct 29-Dec 17 49347

Ages 4-Adult Tues 10:45-11:45am Nov 1-Dec 13 49346

Winter Classes

6 weeks • Resident \$121 / Non-Resident \$162

Ages 5-Adult Sat 9:10-10:10am Jan 7-Feb 11 49359

Ages 5-Adult Sat 9:10-10:10am Feb 25-Apr 8 49360

7 weeks • Resident \$142 / Non-Resident \$170

Ages 4-Adult Tue 10:45-11:45am Jan 3-Feb 14 49355

Ages 5-Adult Wed 6-7pm Jan 4-Feb 15 49357

Ages 4-Adult Tue 10:45-11:45am Feb 21-Apr 4 49356

Ages 5-Adult Wed 6-7pm Feb 22-Apr 5 49358



MOVE IT!

QUARTERLY FITNESS PASS

North Kirkland Comm. Center
12421 103rd Ave NE
Kirkland • 425.587.3350

PiYo® LIVE

PiYo® LIVE combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every single muscle—big and small. We crank up the music, the speed, and the fun to give you an intense, yet low-impact workout that will burn crazy calories for a long, lean, beautiful physique. You'll sweat, stretch, and strengthen—all in one PiYo workout!

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!

Red Hot Dance Fitness

Red Hot Dance Fitness combines the hottest music with every genre of dance. For all levels, easy to follow dance moves set to your favorite songs. An invigorating, exhilarating, liberating and calorie burning dance party that will have you addicted from the first beat!

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.

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.

C.D.S.—Cardio, Dance, Sculpt

Put the fun back into your workout! This class uses easy dance-based moves combined with upper and lower body sculpting exercises. For all levels. It will give you an all in one total body workout. You will leave this class feeling happy and fit!

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

Let's move and have fun international-style! Dance aerobics will take you for a trip around the world, featuring popular dance styles from salsa and tango to Bollywood, belly dance, country line dance and hip hop. You'll have so much fun, you'll forget you're exercising! Appropriate for all levels of fitness.



STILL MORE AFFORDABLE THAN YOUR LOCAL FITNESS CLUB!

FALL 2016 MOVE IT! CLASSES

All classes below included with your Move It! Pass
Resident \$114 / Non-Resident \$136 • Class #49700

MORNING CLASSES

14 weeks // Sept 6–Dec 19 // No class Oct 28, Nov 11, Nov 21-26

DAY	CLASS	TIME	INSTR.
Mon	Strength & Stretch	8:00–9:00am	Laura
Mon	Total Body Conditioning	9:15–10:15am	Joleen
Tue	Strength & Stretch	8:00–9:00am	Joleen
Wed	PiYo® LIVE	8:00–9:00am	Brooksie
Wed	C.D.S. – Cardio, Dance, Sculpt	9:15–10:15am	Laura
Thur	Strength & Stretch	8:00–9:00am	Laura
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

14 weeks // Sept 6–Dec 19 // No class Oct 28, Nov 11, Nov 21-26

DAY	CLASS	TIME	INSTR.
Mon	Red Hot Dance Fitness	5:30–6:15pm	Carrie
Mon	Circuit Training	6:30–7:20pm	Joleen
Mon	Vinyasa Fusion	7:30–8:30pm	Marcos
Tue	Body Sculpting	5:30–6:15pm	Sandi
Tue	Red Hot Dance Fitness	6:20–7:10pm	Laura
Wed	Dance Aerobics	5:30–6:15pm	Laura
Wed	Circuit Training	6:30–7:20pm	Joleen
Wed	Yoga–Candlelight Vinyasa	7:30–8:30pm	Chris
Thur	Body Sculpting	5:30–6:15pm	Sandi
Thur	PiYo® LIVE	6:20–7:10pm	Brooksie
Thur	Zumba	7:15–8:15pm	April

Ages 16 through adult /// Passes are available at any time during the quarter at full price
/// 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.



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.

Vinyasa Fusion

Vinyasa Fusion taught by Marcos Wanless combines Yoga postures and meditation with Chinese Tai-Chi and Chi-Kung (Qigong) for an invigorating yet relaxing end of the day workout. All levels welcome.

Yoga–Candlelight Vinyasa

Flow to the glow in this fun active class that will leave you feeling rejuvenated and relaxed. Move your body as you quiet your mind. Vinyasa Yoga is a series of postures where you learn to sync movement with your breath. You will increase your flexibility, build strength and improve your balance. All ages and levels welcome, as this style encourages students to work at their own level of fitness.

Zumba®

Join us on 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.

This schedule of classes is published for information purposes only.

We strive to produce the most accurate marketing possible. However, some program information may have changed after the current activities brochure and this flyer were printed. We will make every effort to notify participants of the changes.



WINTER 2017

All classes below included with your Move It! Pass
Resident \$98 / Non-Resident \$117 • Class #49701

MORNING CLASSES

12 weeks // Jan 2–Mar 25 // No class: Jan 16, Feb 20

DAY	CLASS	TIME	INSTR.
Mon	Strength & Stretch	8:00–9:00am	Laura
Mon	Total Body Conditioning	9:15–10:15am	Joleen
Tue	Strength & Stretch	8:00–9:00am	Joleen
Wed	PiYo® LIVE	8:00–9:00am	Brooksie
Wed	C.D.S. – Cardio, Dance, Sculpt	9:15–10:15am	Laura
Thur	Strength & Stretch	8:00–9:00am	Laura
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

12 weeks // Jan 2–Mar 25 // No class: Jan 16, Feb 20

DAY	CLASS	TIME	INSTR.
Mon	Red Hot Dance Fitness	5:30–6:15pm	Carrie
Mon	Circuit Training	6:30–7:20pm	Joleen
Mon	Vinyasa Fusion	7:30–8:30pm	Marcos
Tue	Body Sculpting	5:30–6:15pm	Sandi
Tue	Red Hot Dance Fitness	6:20–7:10pm	Laura
Wed	Dance Aerobics	5:30–6:15pm	Laura
Wed	Circuit Training	6:30–7:20pm	Joleen
Wed	Yoga–Candlelight Vinyasa	7:30–8:30pm	Chris
Thur	Body Sculpting	5:30–6:15pm	Sandi
Thur	PiYo® LIVE	6:20–7:10pm	Brooksie
Thur	Zumba	7:15–8:15pm	April

Ages 16 through adult /// Passes are available at any time during the quarter at full price /// 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.

This schedule of classes is published for information purposes only. We strive to produce the most accurate marketing possible. However, some program information may have changed after the current activities brochure and this flyer were printed. We will make every effort to notify participants of the changes.

Adult Fitness

[Below classes are not included in Move It pass]



Rizzmic®

Rizzmic® is a fun, new fitness program that pairs authentic dance style with the most beloved music from the last century of American culture; from Disco and country to Jazz and Hip Hop! Old School, Jive, Show Tunes, R&R, Country Western, Funk and more. All abilities welcome.

*Wear athletic shoes • Location: PKCC • Instructor: Joan Wilde
4 classes • No class 9/27, 12/27 & 2/14
Resident \$35 / Non-Resident \$42*

Tue	10:30–11:30am	Sept 6–Oct 4	49600
Tue	10:30–11:30am	Oct 11–Nov 1	49601
Tue	10:30–11:30am	Nov 8–29	49602
Tue	10:30–11:30am	Dec 6–Jan 3	49603
Tue	10:30–11:30am	Jan 10–31	49608
Tue	10:30–11:30am	Feb 7–Mar 7	49609
Tue	10:30–11:30am	Mar 14–Apr 4	49610

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 11/17, 11/24 & 12/29
Resident \$35 / Non-Resident \$42*

Thur	10:30–11:30am	Sept 8–29	49612
Thur	10:30–11:30am	Oct 6–27	49613
Thur	10:30–11:30am	Nov 3–Dec 8	49614
Thur	10:30–11:30am	Dec 22–Jan 19	49615
Thur	10:30–11:30am	Jan 26–Feb 16	49616
Thur	10:30–11:30am	Feb 23–Mar 16	49617
Thur	10:30–11:30am	Mar 23–Apr 13	49618

Strength & Tone Aerobics

Join Jane for this fun and friendly class that incorporates non-jumping aerobics with weights and strength training. All fitness levels are welcome, work at your own pace to move and feel better

Bring weights and bands to class • Location: PKCC

Instructor: Jane Miller • 8 classes • No class 9/27, 11/17, 11/24, 12/15 & 2/14 • Resident \$50 / Non-Resident \$60

Tue & Thur	8:30–9:30am	Sept 6–Oct 4	49275
Tue & Thur	8:30–9:30am	Oct 6–Nov 1	49276
Tue & Thur	8:30–9:30am	Nov 3–Dec 6	49277
Tue & Thur	8:30–9:30am	Dec 8–Jan 5	49278
Tue & Thur	8:30–9:30am	Jan 10–Feb 2	49279
Tue & Thur	8:30–9:30am	Feb 7–Mar 7	49280
Tue & Thur	8:30–9:30am	Mar 9–Apr 4	49281

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

*Mondays 6 classes • No class 12/26, 1/2 & 1/16
Resident \$60 / Non-Resident \$72*

Mon	5:30–6:30pm	Sept 12–Oct 17	49563
Mon	5:30–6:30pm	Oct 31–Dec 5	49564
Mon	5:30–6:30pm	Dec 19–Feb 13	49565
Mon	5:30–6:30pm	Feb 27–Apr 3	49569

Wednesdays 6 classes • No class 10/26, 11/2, 11/23 & 12/28 • Resident \$75 / Non-Resident \$90

Wed	5:30–6:45pm	Sept 7–Oct 12	49566
Wed	5:30–6:45pm	Oct 19–Dec 14	49567
Wed	5:30–6:45pm	Dec 21–Feb 1	49568
Wed	5:30–6:45pm	Feb 8–Mar 15	49570
Wed	5:30–6:45pm	Mar 22–Apr 26	49571

See page 59 for more Daytime Yoga classes!

Stretch and Tone

This class is designed to transform the body into one of equal balance, strength and flexibility. Target each of your muscle groups and then stretch those muscles in a way that promotes long, lean growth instead of bulk. Restore movement, renew muscles through gentle guidance to get you “active” again.

Location: PKCC • Instructor: Marco Carrabba

Mondays 6 classes • No class 10/31, 12/26, 1/2, 1/16 & 2/20 • Resident \$50 / Non-Resident \$60

Mon	5:20–6:05pm	Sept 12–Oct 17	49574
Mon	5:20–6:05pm	Oct 24–Dec 5	49575
Mon	5:20–6:05pm	Dec 12–Feb 6	49576
Mon	5:20–6:05pm	Feb 13–Mar 27	49580

Self Defense

Women's Self Defense @ NKCC

Ever have an encounter that makes the hair on the back of your neck stand up? 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. A great class to take with a friend! Bring a light lunch or snack, and a water bottle.

*Instructor: Joann Factor • Location: NKCC
Resident \$114 / Non-Resident \$137*

Sat	11am–4pm	Oct 15	49869
Sat	11am–4pm	Jan 21	49870



Kirkland Parks & Community Services is currently hiring for part-time and seasonal recreational positions:

- » Pee Wee Basketball Coaches
- » Youth Basketball Referees
- » Sports Attendants
- » Preschool Program Positions
- » Summer Day Camp Positions (*Posted in January*)
- » Summer Aquatic Positions (*Posted in January*)

**FOR DETAILS AND TO APPLY:
GOVJOBSTODAY.COM**



Adult Dance

Partner Dancing

Partner Dancing at the North Kirkland Community Center

Ballroom

It's time to learn to dance. Easy basics in Fox Trot, Waltz and Swing with emphasis on lead/follow skills. Everything you need for a night out dancing. Adult & Teens, Couples & Singles, Everyone Welcome!

Professional Certified Instructor: Charles England
Location: NKCC • 5 weeks • Resident \$57 / Non-Resident \$68

Tues	7:30–8:30pm	Sept 13–Oct 11	49888
Tues	7:30–8:30pm	Jan 10–Feb 7	49889

West Coast Swing

The coolest, smoothest and most playful form of swing on the planet! West Coast Swing can be danced to all types of music, from Blues, Jazz, and R & B to Top 40 pop of all eras. Adult & Teens, Couples & Singles, Everyone Welcome!

Professional Certified Instructor: Charles England
Location: NKCC • 5 weeks • Resident \$57 / Non-Resident \$68

Tues	8:30–9:30pm	Sept 13–Oct 11	49890
Tues	8:30–9:30pm	Jan 10–Feb 7	49891

East Coast Swing

The All-American Swing Dance! Dance to Big Band Swing, Rock 'n Roll and more. Both single and triple rhythm styles will be taught in this fun and easy class. Adult & Teens, Couples & Singles, Everyone Welcome!

Professional Certified Instructor: Charles England
Location: NKCC • 5 weeks • Resident \$57 / Non-Resident \$68

Tues	7:30–8:30pm	Oct 18–Nov 15	49892
Tues	7:30–8:30pm	Feb 21–Mar 21	49893

Salsa

Hot! Hot! Hot! Solid basic turns in Salsa and Merengue. Dance the night away! Adult & Teens, Couples & Singles, Everyone Welcome!

Professional Certified Instructor: Charles England
Location: NKCC • 5 weeks • Resident \$57 / Non-Resident \$68

Tues	8:30–9:30pm	Oct 18–Nov 15	49894
Tues	8:30–9:30pm	Feb 21–Mar 21	49895

Folk Dance

The Mountaineer's International Folk Dancing

Learn line dances, couple dances and mixers from many countries including the waltz, two-step, tango, hambo, schottische and polka. Walk through beginner level dances in the first hour, the second hour is dedicated to requests with walk-throughs for simpler dances. This fun and lively class is open to everyone, no partner or experience needed!

Location: PKCC • 4 classes • Resident \$25 / Non-Resident \$30
Drop-In Rate Resident \$8 / Non-Resident \$10

Tue	7:30–9:30pm	Sept 6–27	49193
Tue	7:30–9:30pm	Oct 4–25	49194
Tue	7:30–9:30pm	Nov 1–22	49195
Tue	7:30–9:30pm	Nov 29–Dec 20	49196
Tue	7:30–9:30pm	Dec 27–Jan 17	49197
Tue	7:30–9:30pm	Jan 24–Feb 14	49198
Tue	7:30–9:30pm	Feb 21–Mar 14	49199
Tue	7:30–9:30pm	Mar 21–Apr 11	49200



Scandinavian Folk Dance

The 6 week series is for dancers with a little experience with the waltz, schottis and hambo. Thus, you'll already know how much fun these are. The Skandia Folkdance Society supplies instructors and course structure. This energetic class requires some experience, but no partner is needed.

Instructor Patrick McMonagle
Location: PKCC • 6 classes • No class 9/22 & 11/24
Resident \$60 / Non-Resident \$72

Thur	7:30–9pm	Sept 8–Oct 20	49986
Thur	7:30–9pm	Oct 27–Dec 8	49987
Thur	7:30–9pm	Jan 5–Feb 9	49988
Thur	7:30–9pm	Feb 23–Mar 30	49989

Ballet

Instructor: Marco Carrabba, Ballet master/Choreographer of Carrabba Dance Theatre has a 20 year distinguished professional dance career and over 18 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 • Instructor: Marco Carrabba • 6 classes
No class 10/31, 12/26, 1/2, 1/16 & 2/20
Resident \$66 / Non-Resident \$79

Mon	6:15–7:15pm	Sept 12–Oct 17	49582
Mon	6:15–7:15pm	Oct 24–Dec 5	49583
Mon	6:15–7:15pm	Dec 12–Feb 6	49584
Mon	6:15–7:15pm	Feb 13–Mar 27	49585

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 • Instructor: Marco Carrabba
6 classes • No class 9/22, 11/24, 12/29 & 4/20
Resident \$66 / Non-Resident \$79

Thur	6:15–7:15pm	Sept 15–Oct 27	49592
Thur	6:15–7:15pm	Nov 3–Dec 15	49593
Thur	6:15–7:15pm	Dec 22–Feb 2	49594
Thur	6:15–7:15pm	Feb 9–Mar 16	49595
Thur	6:15–7:15pm	Mar 23–May 4	50064

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.

Wear comfortable clothing (shorts or pants and T-shirts) — NO JEANS PLEASE! • Instructor: Jeanne Makanaokalani Porter • Location: NKCC
10 weeks • Resident \$100 / Non-Resident \$120

Wed	6:30–7:15pm	Sept 7–Nov 9	49871
Wed	6:30–7:15pm	Jan 11–Mar 15	49872

Intermediate Hula

For those with hula experience and an understanding of the basic steps. This fast-paced class will introduce 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. Some Hawaiian language taught as it pertains to hula, along with lyrics and the background of every dance learned. Optional public performances.

Wear a pa'u skirt if you have one, otherwise comfortable clothing — NO JEANS PLEASE! • Instructor: Jeanne Makanaokalani Porter • Location: NKCC • 10 weeks
Resident \$100 / Non-Resident \$120

Wed	7:15–8:15pm	Sept 7–Nov 9	49873
Wed	7:15–8:15pm	Jan 11–Mar 15	49874

Advanced Hula

Advanced Hula is for the dancer with a more extensive hula background. The hula basics are reviewed as we continue on to more difficult, involved hulas, both Kahiko (ancient) and 'auana (modern). There's a continuing focus on technique and performance skills. There will be public performances.

Wear a pa'u skirt — NO JEANS PLEASE! • Instructor: Jeanne Makanaokalani Porter • Location: NKCC • 10 weeks
Resident \$100 / Non-Resident \$120

Wed	8:15–9:15pm	Sept 7–Nov 9	49875
Wed	8:15–9:15pm	Jan 11–Mar 15	49876

Belly Dance

Shimmy and Sway – Beginning Belly Dance

Ages 17 to Adult

Begin your transformation! Belly dance isolates and works your abs, hips, tummy, and arms. It increases flexibility, and improves posture as it tightens and tones. In this class we welcome and appreciate all shapes and sizes, so tie a scarf around your hips and get ready to shimmy and sway to the sensual dance of Egyptian Cabaret Belly dance.

Bring bottled water and a long scarf to tie around the hips
Instructor: Josette Minaglia 'Athena' • Location: NKCC

Fall 7 weeks • No class 10/11
Resident \$70 / Non-Resident \$84

Tue	6:40–7:40pm	Sept 6–Oct 25	49877
Tue	6:40–7:40pm	Nov 1–Dec 13	49878

Winter 6 weeks • Resident \$60 / Non-Resident \$72

Tue	6:40–7:40pm	Jan 10–Feb 14	49879
Tue	6:40–7:40pm	Feb 21–Mar 28	49880

Belly Dance Advanced

Ages 18 to Adult

This class illustrates techniques for solo and troupe performances along with costume designing. A combination of basic and advanced moves will be taught in a choreographed piece of music which will give students the finishing touch and personal style to their dance.

Bring bottled water and a long scarf to tie around the hips
Instructor: Josette Minaglia 'Athena' • Location: NKCC

Fall 7 weeks • No class 10/11
Resident \$70 / Non-Resident \$84

Tue	7:45–8:45pm	Sept 6–Oct 25	49882
Tue	7:45–8:45pm	Nov 1–Dec 13	49883

Winter 6 weeks • Resident \$60 / Non-Resident \$72

Tue	7:45–8:45pm	Jan 10–Feb 14	49884
Tue	7:45–8:45pm	Feb 21–Mar 28	49885

Hip Hop

Adult Hip Hop

Ages 16 to Adult

Have you always wanted to go out on the dance floor and own the stage? Well it's never too late to start learning how to dance. In this class we will explore rhythm, listening to the music and applying some street and hip hop dance steps to accompany pop, R&B, and hip hop tunes. This class geared to teens and adults will progress and build the confidence we all like to have when dancing.

Instructor: Elbert Lubas • Location: NKCC • 6 weeks
No class 11/24 • Resident \$60 / Non-Resident \$72

Thur	6:05–7:05pm	Sept 15–Oct 20	49886
Thur	6:05–7:05pm	Oct 27–Dec 8	49887
Thur	6:05–7:05pm	Jan 12–Feb 16	50062
Thur	6:05–7:05pm	Feb 23–Mar 30	50063

Line 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 Eloise in this fun and friendly class. No partner needed. This class will not be pro-rated.

Location: PKCC • Instructor: Eloise Chinn • 6 classes
No class 9/27, 11/22, 12/20, 12/27 & 2/14

Resident \$30 / Non-Resident \$36
Drop-In Rate Resident \$7 / Non-Resident \$8

Tue	10–11am	Sept 6–Oct 18	49187
Tue	10–11am	Oct 25–Dec 6	49188
Tue	10–11am	Dec 13–Jan 31	49189
Tue	10–11am	Feb 7–Mar 21	49192



Adult Special Interest

Arts & Crafts

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 life, florals, landscapes/seascapes, animals and more.

Supply list available at PKCC
Instructor: Jean Pratt Beouy • Location: PKCC

Fall 8 classes • No class 12/26 & 1/2
Resident \$130 / Non-Resident \$156

Mon	6–9pm	Sept 12–Oct 31	49502
Mon	6–9pm	Nov 7–Jan 9	49503

Winter 9 classes • No class 2/20
Resident \$146 / Non-Resident \$175

Mon	6–9pm	Jan 23–Mar 27	49504
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Beginning Watercolor Workshop

This is for students with no experience or those needing instruction in the basic elements of watercolor painting. This class will cover basic washes, brush strokes, composition, color, values and planning to make a successful painting.

Supply list available at PKCC • Location: PKCC
Instructor: Pat Tuton • Supply fee \$3 • 2 classes
Resident \$24 / Non-Resident \$29

Fri	9:30am–12pm	Oct 14–21	49510
Fri	9:30am–12pm	Jan 6–13	49511

Mixed Watercolor Media Painting (Intermediate Level)

More artists these days are combining 2 or more different mediums to achieve interesting and unique effects. Learn how to explore, expand and enjoy these techniques while also focusing on basic painting concepts and see how different media interact.

Come prepared to paint! (No oil painting)
Supply list available at PKCC
Prerequisite: Beginning Watercolor or Workshop

Location: PKCC • Instructor: Pat Tuton • 5 classes
No class 11/11 & 11/25 • Supply fee \$3
Resident \$60 / Non-Resident \$72

Fri	9:30am–12pm	Nov 4–Dec 16	49512
Fri	9:30am–12pm	Jan 20–Feb 17	49514

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 • No class 11/23 & 12/28
Resident \$130 / Non-Resident \$156

Wed	5:30–8:30pm	Sept 7–Oct 26	49506
Wed	5:30–8:30pm	Nov 2–Jan 4	49507
Wed	5:30–8:30pm	Jan 11–Mar 1	49508
Wed	5:30–8:30pm	Mar 8–Apr 26	49509

Mixed Media **NEW!**

Experience working with various water and oil based media to produce both representational subjects and abstract designs. Instructor will demonstrate techniques for applying layers of oil based media over dry water based media to enhance and make changes to the painting, glazing and new techniques in applying silver and gold leaf.

Supply list available at PKCC • Instructor: Jean Pratt Beouy
Location: PKCC • 8 classes • No class 11/24 & 12/29
Resident \$130 / Non-Resident \$156

Thur	6–9pm	Oct 27–Dec 22	49807
Thur	6–9pm	Feb 16–Apr 6	49814

Anyone Can Draw

Draw along with Jean as she demonstrates how to draw a variety of objects. Learn to easily calculate proportions, perspective, establish values, replicate contours and compose a successful drawing. Develop skills in drawing textures, animals, elements in nature using graphite pencils, ink and ink washes. This is an easy to follow class with lots of individual attention, drawing is easier than you thought!

Supply list available at PKCC • Instructor: Jean Pratt Beouy
Location: PKCC • 6 classes • No class 9/22
Resident \$98 / Non-Resident \$118

Thur	6–9pm	Sept 8–Oct 20	49515
Thur	6–9pm	Jan 5–Feb 9	49516

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. Taught by Diane Elliott, a certified instructor with the Sogetsu School of Ikebana.

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 • Location: PKCC • Instructor: Diane Elliott
4 classes • Resident \$64 / Non-Resident \$72

Wed	6:30–8:30pm	Oct 12–Nov 2	49598
Wed	6:30–8:30pm	Feb 8–Mar 1	49599

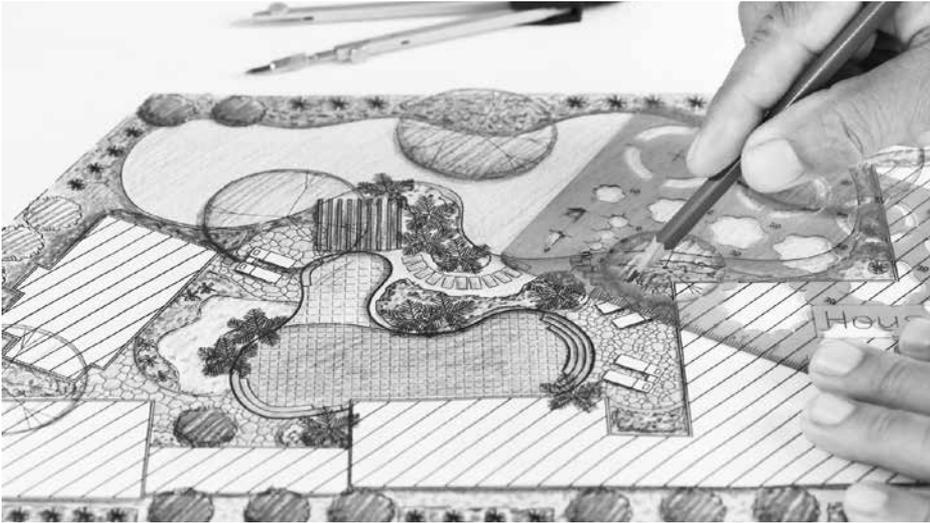
Drawing with Pastels

Learn to use the brilliant glowing colors of pastels to draw creatively, while learning techniques of this versatile medium. This class is designed for all students, some drawing skills helpful. 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	1–3pm	Sept 8–29	49291
Thur	1–3pm	Oct 6–27	49292
Thur	1–3pm	Jan 5–26	49293
Thur	1–3pm	Feb 2–23	49294
Thur	1–3pm	Mar 2–23	49295





Gardening

Fall Clean Up **NEW!**

Each year there are things to do in your landscape to get it ready for winter. We'll talk about what needs to be done yearly, bi-annually and every three years. This is a one hour class and a handout will be provided.

Location: PKCC • Instructor: Nancy Tom, Environmental Horticulturist, PlantPicks • Resident \$10 / Non-Resident \$12

Thur	6:30–7:30pm	Sept 8	49628
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Rhododendrons **NEW!**

How often have you thought “Everyone has rhodies. I want something else.” Why do you suppose, everyone has rhodies? We'll talk about them, the wide variety of species, blooms, and which rhodies do best. You will walk away with a new appreciation of this versatile landscape shrub.

Location: PKCC • Instructor: Nancy Tom, Environmental Horticulturist, PlantPicks • Resident \$10 / Non-Resident \$12

Tue	6:30–7:30pm	Sept 13	49815
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Selecting Plants for Shady & Partly Shady Landscapes

NEW! Do you buy plants for their beautiful flowers and plant them, only to watch them slowly decline? Selecting the right plants for a given location can save lots of money, and choosing the right combination of plants can take your garden from nice to glorious. Learn which plants thrive in shade or part shade. We'll also look at soil types, moisture content and problem areas such as steep hillsides that are very dry and what to plant beneath mature trees.

Plant lists included. There will be a 60-minute presentation and slide show followed by 30 minutes of consultation time to help plan your garden.

Location: PKCC • Instructor: Nancy Tom, Environmental Horticulturist, PlantPicks • Resident \$14 / Non-Resident \$17

Tue	6:30–8pm	Oct 4	49604
Sat	10–11:30am	Oct 8	49629

Landscape Design: An Introduction **NEW!**

This is a six-part class where you will learn how to create a measured drawing, choose plants, how soil affects plants, and basic design principles. There will be weekly reviews and suggestions. In the end, together we will review your plan and make final suggestions.

*Instructor: Nancy Tom, Environmental Horticulturist, PlantPicks • Location: PKCC
Resident \$270 / Non-Resident \$324*

Thur	7–9pm	Sept 15–Oct 20	49817
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Music

Beginning Guitar Turbo Charged!

15 years to Adult

This fast-paced course covers all the basics – from tuning and strumming, all the way up to common chord progressions. Learn major, minor and 7th chords, basic rhythms and beginning theory. Good for acoustic styles. Must be at least 15 years old at the start of class.

*Student must provide their own instrument • 8 weeks
Instructor: Scott Lawson • Location: NKCC • No class 10/31 & 2/20 • Resident \$98 / Non-Resident \$118*

Mon	6:30–7:30pm	Sept 12–Nov 7	49759
Mon	6:30–7:30pm	Jan 23–Mar 20	49760

Guitar Song Workshop

Ages 12 to Adult

A great sequel for those who have taken the TURBO CHARGED GUITAR class with a focus on songs. Or for intermediate players who know basic major and minor chords, and maybe even starting to get into barre chords. Learn how to learn and practice your favorite songs using basic techniques. Acoustic and Electric.

*Instructor: Scott Lawson • Location: NKCC
8 weeks • No class 10/31 & 2/20
Resident \$98 / Non-Resident \$118*

Mon	5:15–6:15pm	Sept 12–Nov 7	49761
Mon	5:15–6:15pm	Jan 23–Mar 20	49762

Drop-In Guitar Lessons

Ages 12 to Adult

Whether you are having trouble with a song, a chord, a progression, theory, or a technique, these drop-in 20 minute lessons, are a perfect solution to get your questions answered quickly and guide your playing in the right direction. Forward!! There are three twenty minute time slots available for lessons with a maximum of three students per lesson, first come, first served.

Instructor: Scott Lawson • Location: NKCC • No class 10/31, 1/16 & 2/20 • Resident \$15 / Non-Resident \$16.50 (per each 20 minute session)

Mon	4–5pm	Sept 12–Nov 7	
Call to register, 425.587.3350			

Mon	4–5pm	Jan 23–Mar 20	
Call to register, 425.587.3350			



Adult Special Interest

Voice-Overs

Voice Overs... Now is your time!

YOU'VE HEARD LISA FOSTER ON TV AND RADIO COMMERCIALS! Now hear Lisa LIVE as she illustrates how YOU could actually begin using your speaking voice for commercials, films, and videos! Most people go about it the wrong way. Lisa will show you a unique, outside the box way to cash in on one of the most lucrative full or part-time careers out there! This is a business that you can handle on your own terms, on your own turf, in your own time, and with practically no overhead! And NOW is the best time to make this happen as new companies are looking for new voices like never before. This exciting and fun class could be the game changer that you've been looking for!

Lisa Foster's voice can be heard on commercials and narrations for such clients as: Crest Toothpaste, Olay, Café Appassionato, LA Weight Loss, Advanced Laser Clinics and Sleep Train.

Location: NKCC • Resident \$37 / Non-Resident \$44

Wed	7-9pm	Nov 16	49896
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Language

French For Adults

Ages 18 to Adult

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.

Instructor: Frederique Battestini of Polly-Glots

Location: NKCC • 10 weeks

Resident \$168 / Non-Resident \$202

Sat	11am-12pm	Sept 17-Nov 19	49897
Sat	11am-12pm	Jan 21-Mar 25	49898

Medicare Classes

Medicare-Open Enrollment

If you need help navigating Medicare's annual open enrollment, October 15-December 7, this is the class for you. Learn more about supplemental insurance options and the various programs that can help income-eligible persons reduce related costs at this free, unbiased class.

Call 425.587.3360 to register, seating is limited • FREE

Sponsored by SHIBA • Location: PKCC

Fri	1-2:30pm	Sept 30	49903
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Medicare-Getting Started

Are you turning 65 soon? Let SHIBA help you learn how to navigate Medicare at this free, unbiased Welcome to Medicare class. The class will cover:

- Medicare A, B and C
- Help you to understand your Medicare benefits and options
- Help paying for Medicare if you qualify

Call 425.587.3360 to register, seating is limited • FREE

Sponsored by SHIBA • Location: PKCC

Fri	1-2:30pm	Feb 24	49904
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If you need help navigating Medicare, the Statewide Health Insurance Benefits Advisors (SHIBA) program provides free, unbiased help with your options. SHIBA is a free service of the Washington State Office of the Insurance Commissioner. SHIBA can help you research, assess and evaluate what options work best for you and your needs, so you can make an informed decision.

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

Mindfulness

Mindfulness for Balanced Life

Mindfulness is an integrative, mind-body approach to life that helps people relate effectively to their experiences. It involves paying attention to thoughts, feelings and body sensations in a way that can increase the awareness, help managing difficult experiences, and create space for healthier choices. Mindfulness can help reduce stress and improve functioning in every segment of life (education, the workplace and at home) and help anyone live a happier, healthier, more engaged and balanced life.

Instructor: Spomenka Vitman, MA LMHCA

Location: PKCC • 4 classes

Resident \$20 / Non-Resident \$24

Tue	5:30-7pm	Oct 4-25	49996
Tue	5:30-7pm	Jan 10-31	49997

FOR COUPLES: Resident \$30 / Non-Resident \$36

Tue	6-7:30pm	Nov 15-Dec 6	49998
Tue	6-7:30pm	Feb 21-Mar 14	49999

American Red Cross Classes

Adult and Child First Aid/CPR/AED

Ages 14 to Adult

The Adult and Child First Aid/CPR/AED course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies to help victims of any age—adults (about 12 years and older) and pediatric (infants and children up to 12 years of age). Students who successfully complete this course will receive a certificate for Adult and Pediatric First Aid/CPR/AED valid for two years.

Text Books and Pocket Masks included in fee

• **Must register by Dec 28** • 6 hour course

Location: PKCC • Resident \$90 / Non-Resident \$108

Sat	9am-3pm	Jan 7	49102
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Computer Classes

**Class participant should bring their own laptop or iPad, some PC's are available but no Mac computers are available at PKCC.*

Android Workshop

Want to learn more about your tablet or smart phone? Thinking about buying a tablet because you are having trouble seeing information on your smart phone? Join us for this workshop as we explore everything about Android and give you an opportunity to ask questions. You may bring your Android tablet or smart phone, but it is not required to attend.

*Location: PKCC • Instructor: Sally Ann Mowrey
4 classes • Resident \$35 / Non-Resident \$42*

Fri	1:30–3pm	Sept 9–30	49991
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Windows 10 Workshop **NEW!**

Do you need help with Microsoft's Windows 10 Operating System? Join us for this Workshop that will cover basics and give you an opportunity to ask questions. You may bring your Windows 10 device (laptop, tablet, or cell phone), but it is not required to attend.

*Location: PKCC • Instructor: Sally Ann Mowrey • 4 classes
No class 10/28 • Resident \$35 / Non-Resident \$42*

Fri	1:30–3pm	Oct 7–Nov 4	49993
Fri	1:30–3pm	Feb 3–24	49994

iPad Workshop

Do you need help with your iPad? Join us for this Workshop that will cover basics and give you an opportunity to ask questions. You may bring your iPad, but it is not required to attend.

*Location: PKCC • Instructor: Sally Ann Mowrey
4 classes • Participants must provide their own iPad
Resident \$35 / Non-Resident \$42*

Fri	1:30–3pm	Jan 6–27	49990
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Transferring Photos **NEW!**

Want to learn how to transfer photos from your smartphone, tablet, or digital camera to your Windows computer? Join us for this Workshop that will cover basics and give you an opportunity to ask questions. You may bring your smartphone, tablet, or digital camera, but it is not required to attend.

*Location: PKCC • Instructor: Sally Ann Mowrey • 2 classes
Resident \$20 / Non-Resident \$24*

Fri	1:30–3pm	Mar 3–10	49995
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Maintain Your Computer's Performance

Want to learn how to keep your computer running as fast as when you first purchased it? Join us for this workshop as we explore routine maintenance and the best utilities to use to maximize your computer's performance. You may bring your computer (laptop, tablet, or cell phone), but it is not required to attend.

*Location: PKCC • Instructor: Sally Ann Mowrey • 2 classes
Resident \$20 / Non-Resident \$24*

Fri	1:30–3pm	Mar 24–31	49992
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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 Sally Ann Mowrey! Here is a fabulous opportunity to improve your computer skills and enhance your equipment knowledge.

*Resident \$35 / Non-Resident \$42
Advanced registration required, call 425.587.3360*

More computer classes
now available!
See page 60 for more details.



VOLUNTEER IN KIRKLAND PARKS



Join us to lend a hand removing invasive plants from and planting native plants in Kirkland's forests and natural areas.

All ages are welcome and no experience is necessary.

GREEN KIRKLAND
PARTNERSHIP



2016 FEATURED EVENTS

O.O. Denny Park

Arbor Day

Saturday, October 15th

10am – 2pm

Juanita Bay Park

Green Kirkland Day

Saturday, November 12th

10am – 2pm

O.O. Denny Park

most Mondays

10am – noon

Cotton Hill Park

most Wednesdays

9:30am – 11:30am

Juanita Bay Park

Most Fridays

10am – noon

Juanita Bay Park

every 4th Saturday

10am – 1pm



For more events and to register:

www.greenkirkland.org

MADE POSSIBLE BY
KOD
King Conservation District





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.

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 make 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 may be eligible for other community-based programs, such as adult day care (see page 66) or contact EvergreenHealth Community Healthcare Access Team at 425.899.3200 for other options.

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
at Noon 12/24 & 12/31

Center Closed 9/5, 11/11, 11/24,
11/25, 12/26, 1/2, 1/16, & 2/20

No Scheduled Classes
or Programming 8/22–9/4
(Business offices will remain open for customer service)



PARKING PERMITS

If you are at the Peter Kirk Community Center between **8:00am and 3:00pm**, please see a staff member to obtain a parking permit.

GET MOVING

WITH THE KIRKLAND STEPPERS!



The Kirkland Steppers are finishing up a 13th year of fun walking opportunities on Tuesdays (June 7–Sept 27) 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.



SPECIAL EVENTS		CLUB Member	NON-Member	Registration Number
Sept 27	“Finish Line” Extravaganza Lunch sponsored by Fairwinds Redmond	–0–	\$7	48069

Membership: The Super Stepper “Club Card” has exclusive benefits:

- Exclusive Membership Card
- Super Stepper give-aways
- First priority for registration for all Special Events.
- 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

For \$10 you can be a Super Stepper “Club Card” member. Club Membership has its Rewards!

Membership Registration #48064

** WA State sales tax included **

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.

Thank You Fairwinds Redmond & EvergreenHealth for Sponsoring Steppers!



Help prevent the spread of influenza in our community!

FLU SHOTS

Schedule your flu shot today. Medicare and most area Medicare Advantage Plans will be billed, for all others the cost is \$28 payable by cash or check.

Appointments required 425.587.3360

Monday, October 10 • 11am

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.

RSVP at 425.587.3360

Mon, Oct 17 • 11am • FREE • Register 49296

Mon, Jan 23 • 11am • FREE • Register 49298

Special Events at the Peter Kirk Community Center

Taste of Retirement

Several area housing options will be here with tantalizing treats for your taste buds. Come in and get a taste of what each option has to offer. Sample their chef's creations and have an opportunity to talk to representatives from local area retirement communities.

Special thanks to Choice Advisory for co-sponsoring this fun event!

Friday, Oct 28 • 11am-1pm • FREE

TRICK OR TREATER FEATURE

Enjoy a spooktacular afternoon filled with supernatural fun watching **Super 8** and dining on Halloween treats.

Please RSVP by 10/28.

Mon, Oct 31 • 1:30pm • \$3 • Register 49536

Turkey Treats

Celebrate Thanksgiving the old fashioned way. Enjoy lively musical entertainment followed by a delicious traditional turkey meal with all the trimmings.

Advanced registration required by 11/10!

Special thanks to Brittany Park for sponsoring this event.

Thur, Nov 17 • 11am • \$9 • Register 49299

**Includes Sales Tax*

16TH ANNUAL HOLLY-DAY BRUNCH

Sit back and relax while members of the Kirkland Youth Council prepare and serve a delicious brunch. Register early, space is limited!

Advanced registration required by 11/23!

Sat, Dec 3 • 10am • FREE • Register 49300

HOLIDAY D'LIGHTS

Add some merriment to your holiday season with our annual celebration featuring a festive musical performance and a delicious lunch. This is one party you won't want to miss; it's guaranteed to get you in to the spirit of the season!

Advanced registration required by 12/8!

Thur, Dec 15 • 11am • \$9 • Register 49948

**Includes Sales Tax*

Not So Newly Wed Game

Testing newlyweds on how well they know each other is fun and all, but the REAL test is the test of TIME! Be part of the audience for this fun game and watch some of your favorite couples battle it out to see how well our not so newlyweds know each other.

Advanced registration required by 2/7!

Tues, Feb 14 • 11am • \$9 • Register 50000

**Includes Sales Tax*

Arts & Crafts

Beginning Watercolor Workshop

This is for students with no experience or those needing instruction in the basic elements of watercolor painting. This class will cover basic washes, brush strokes, composition, color, values and planning to make a successful painting.

Supply list available at PKCC • Location: PKCC
 Instructor: Pat Tuton • Supply fee \$3 • 2 classes
 Resident \$24 / Non-Resident \$29

Fri	9:30am–12pm	Oct 14–21	49510
Fri	9:30am–12pm	Jan 6–13	49511



Mixed Watercolor Media Painting (Intermediate Level)

More artists these days are combining 2 or more different mediums to achieve interesting and unique effects. Learn how to explore, expand and enjoy these techniques while also focusing on basic painting concepts and see how different media interact.

Come prepared to paint! (No oil painting)
 Supply list available at PKCC • Prerequisite:
 Beginning Watercolor or Workshop

Location: PKCC • Instructor: Pat Tuton • 5 classes
 No class 11/11 & 11/25 • Supply fee \$3
 Resident \$60 / Non-Resident \$72

Fri	9:30am–12pm	Nov 4–Dec 16	49512
Fri	9:30am–12pm	Jan 20–Feb 17	49514

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
 Instructor: Danielle Barlow • Location: PKCC
 6 classes • No class 10/31, 12/26, 1/2, 1/16 & 2/20
 Resident \$46 / Non-Resident \$55

Mon	9:30–11:30am	Sept 12–Oct 17	49899
Mon	9:30–11:30am	Oct 24–Dec 5	49900
Mon	9:30–11:30am	Dec 12–Feb 6	49901
Mon	9:30–11:30am	Feb 13–Mar 27	49902

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 all students, some drawing skills helpful. Continuing students should bring a project to work on.

Supply list available at PKCC • 4 classes
 Instructor: Louise Arntson • Location: PKCC
 Resident \$30 / Non-Resident \$36

Thur	1–3pm	Sept 8–29	49291
Thur	1–3pm	Oct 6–27	49292
Thur	1–3pm	Jan 5–26	49293
Thur	1–3pm	Feb 2–23	49294
Thur	1–3pm	Mar 2–23	49295

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
 Will not meet 9/1
 Per visit fee: Resident \$3 / Non-Resident \$4

Tue	1–3pm	Ongoing
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Hand & Heart Sewing Group

Join this fun social group that makes dresses and shorts to be sent to disaster and poverty stricken areas such as Melawi, Kenya, Haiti and Rwanda to name a few. Everyone is welcome to take part in this incredible project, no experience necessary!

No meeting on 9/1, 11/17 & 12/15

Group meets the 1st and 3rd Thursday of each month at 1pm

For more art classes see page 48

Needle Craft Group

Have fun, socialize and work on your hand work. *Free*

Wed	10am–12pm	Ongoing
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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 favorites and new releases to share with you. Everyone is Welcome! Free!

Concussion	Mon	1pm	Sept 19
The Big Short*	Mon	1pm	Oct 17
Creed	Mon	1pm	Nov 21
Trumbo*	Mon	1pm	Dec 19
Brooklyn	Mon	1pm	Jan 23
Hello, My Name is Doris*	Mon	1pm	Feb 27
My Big Fat Greek Wedding 2	Mon	1pm	Mar 20

* Rated R

DVD Movie Checkout

Our movie checkout library has grown. If you have 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.

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, 1-2pm

Music

Swingin' Seniors Band

All musicians are welcome to join this fun, drop-in group.

Group meets the 1st and 3rd Thursday of each month, 1-3pm



Games

Ping Pong (Table Tennis)

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 available, ask for the playing pieces at the front desk.

Drop in Party Bridge

Party Bridge is open to players of all abilities. Make new friends and find compatible partners.

All are welcome to join 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

GOT AN EVENT?

WE'VE GOT SPACE.

Wedding? Party? Reunion? Meeting?

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 information and availability please give us a call or go to kirklandwa.gov under "How Do I Rent a Park or Facility"



Peter Kirk Comm. Center
(located at Peter Kirk Park)
425.587.3360

North Kirkland Comm. Center
(located at North Kirkland Park)
425.587.3350

Fitness & Exercise

Boot Camp for Boomers **NEW!**

Build total body strength, improve your cardio fitness and increase your balance with this 1 hour class. Start slowly and master the proper form for each exercise while using your own body weight for resistance and adding weights as your strength improves. Wear comfortable clothes and supportive athletic shoes, everything else will be provided.

Location: PKCC • Instructor: Sally Rodich
4 classes • No class 9/27, 10/25, 11/1 & 2/14
Resident \$40 / Non-Resident \$48

Tue	9–10am	Sept 6–Oct 4	49818
Tue	9–10am	Oct 11–Nov 15	49819
Tue	9–10am	Nov 22–Dec 13	49822
Tue	9–10am	Jan 3–24	49823
Tue	9–10am	Jan 31–Feb 28	49824
Tue	9–10am	Mar 7–28	49825

Rizzmic®

Rizzmic® is a fun, new fitness program that pairs authentic dance style with the most beloved music from the last century of American culture; from Disco and country to Jazz and Hip Hop! Old School, Jive, Show Tunes, R&R, Country Western, Funk and more. All abilities welcome.

Wear athletic shoes • Location: PKCC • 4 classes
Instructor: Joan Wilde • No class 9/27, 12/27 & 2/14
Resident \$35 / Non-Resident \$42

Tue	10:30–11:30am	Sept 6–Oct 4	49600
Tue	10:30–11:30am	Oct 11–Nov 1	49601
Tue	10:30–11:30am	Nov 8–29	49602
Tue	10:30–11:30am	Dec 6–Jan 3	49603
Tue	10:30–11:30am	Jan 10–31	49608
Tue	10:30–11:30am	Feb 7–Mar 7	49609
Tue	10:30–11:30am	Mar 14–Apr 4	49610



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 11/17,
11/24 & 12/29 • Resident \$35 / Non-Resident \$42

Thur	10:30–11:30am	Sept 8–29	49612
Thur	10:30–11:30am	Oct 6–27	49613
Thur	10:30–11:30am	Nov 3–Dec 8	49614
Thur	10:30–11:30am	Dec 22–Jan 19	49615
Thur	10:30–11:30am	Jan 26–Feb 16	49616
Thur	10:30–11:30am	Feb 23–Mar 16	49617
Thur	10:30–11:30am	Mar 23–Apr 13	49618

Strength & Tone Aerobics

Join Jane for this fun and friendly class that incorporates non-jumping aerobics with weights and strength training. All fitness levels are welcome, work at your own pace to move and feel better

Bring weights and bands to class
Location: PKCC • Instructor: Jane Miller • 8 classes
No class 9/27, 11/17, 11/24, 12/15 & 2/14
Resident \$50 / Non-Resident \$60

Tue & Thur	8:30–9:30am	Sept 6–Oct 4	49275
Tue & Thur	8:30–9:30am	Oct 6–Nov 1	49276
Tue & Thur	8:30–9:30am	Nov 3–Dec 6	49277
Tue & Thur	8:30–9:30am	Dec 8–Jan 5	49278
Tue & Thur	8:30–9:30am	Jan 10–Feb 2	49279
Tue & Thur	8:30–9:30am	Feb 7–Mar 7	49280
Tue & Thur	8:30–9:30am	Mar 9–Apr 4	49281

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 • No class 9/2, 9/5, 10/28,
11/11, 11/25, 12/23, 12/26, 12/30, 1/2, 1/16 & 2/20
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.

Yoga for Beginners

With over 20 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. Learn tricks and exercises you can do at home to improve your balance. Chairs are used in class to help with stability. You will leave class with a great stretch and a smile on your face, this class loves to laugh!

Bring mat or rug • Location: PKCC
Instructor: Sally Rodich

Mondays 4 classes • No class 10/24, 10/31, 12/26, 1/2, 1/16 & 2/20 • Resident \$40 / Non-Resident \$48

Mon	10–11am	Sept 12–Oct 3	49779
Mon	10–11am	Oct 10–Nov 14	49780
Mon	10–11am	Nov 21–Dec 12	49781
Mon	10–11am	Dec 19–Jan 30	49782
Mon	10–11am	Feb 6–Mar 6	49797
Mon	10–11am	Mar 13–Apr 3	49798

Wednesdays 4 classes • No class 10/26, 11/2 & 12/28 • Resident \$40 / Non-Resident \$48

Wed	10–11am	Sept 7–28	49783
Wed	10–11am	Oct 5–Nov 9	49784
Wed	10–11am	Nov 16–Dec 7	49785
Wed	10–11am	Dec 14–Jan 11	49786
Wed	10–11am	Jan 18–Feb 8	49799
Wed	10–11am	Feb 15–Mar 8	49800
Wed	10–11am	Mar 15–Apr 5	49801

Thursdays 4 classes • No class 10/27, 11/3, 12/15 & 12/29 • Resident \$40 / Non-Resident \$48

Thur	9:15–10:15am	Sept 8–29	49787
Thur	9:15–10:15am	Oct 6–Nov 10	49788
Thur	9:15–10:15am	Dec 1–Jan 5	49805
Thur	9:15–10:15am	Jan 12–Feb 2	49802
Thur	9:15–10:15am	Feb 9–Mar 2	49803
Thur	9:15–10:15am	Mar 9–30	49804

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	Sept 2–23	49283
Fri	10–11am	Oct 7–28	49284
Fri	10–11am	Nov 4–25	49285
Fri	10–11am	Jan 6–27	49286
Fri	10–11am	Feb 3–24	49287

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 2017 season is underway! The two men's teams, "Moss Bay Hawks" and "Kirkland Owls" were a hit in 2016! After a long winter break, team players are now dusting off their bats to begin practice in March 2017. Everyone is gearing up for another fantastic season of league play, May through July. These two 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 Rich Mialovich
425.827.1109



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 Eloise in this fun and friendly class. No partner needed. This class will not be pro-rated.

Location: PKCC • Instructor: Eloise Chinn
6 classes • No class 9/27, 11/22, 12/20, 12/27 & 2/14

Resident \$30 / Non-Resident \$36
Drop-In Rate Resident \$7 / Non-Resident \$8

Tue	10–11am	Sept 6–Oct 18	49187
Tue	10–11am	Oct 25–Dec 6	49188
Tue	10–11am	Dec 13–Jan 31	49189
Tue	10–11am	Feb 7–Mar 21	49192



Computer Classes

Some PC's are available for participants but no Mac computers are available at PKCC.

Android Workshop

Want to learn more about your tablet or smart phone? Thinking about buying a tablet because you are having trouble seeing information on your smart phone? Join us for this workshop as we explore everything about Android and give you an opportunity to ask questions. You may bring your Android tablet or smart phone, but it is not required to attend.

Location: PKCC • Instructor: Sally Ann Mowrey
4 classes • Resident \$35 / Non-Resident \$42

Fri	1:30–3pm	Sept 9–30	49991
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Windows 10 Workshop **NEW!**

Do you need help with Microsoft's Windows 10 Operating System? Join us for this Workshop that will cover basics and give you an opportunity to ask questions. You may bring your Windows 10 device (laptop, tablet, or cell phone), but it is not required to attend.

Location: PKCC • Instructor: Sally Ann Mowrey
4 classes • No class 10/28
Resident \$35 / Non-Resident \$42

Fri	1:30–3pm	Oct 7–Nov 4	49993
Fri	1:30–3pm	Feb 3–24	49994



iPad Workshop

Do you need help with your iPad? Join us for this Workshop that will cover basics and give you an opportunity to ask questions. You may bring your iPad, but it is not required to attend.

Location: PKCC • Instructor: Sally Ann Mowrey
4 classes • Participants must provide their own iPad
Resident \$35 / Non-Resident \$42

Fri	1:30–3pm	Jan 6–27	49990
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Transferring Photos **NEW!**

Want to learn how to transfer photos from your smartphone, tablet, or digital camera to your Windows computer? Join us for this Workshop that will cover basics and give you an opportunity to ask questions. You may bring your smartphone, tablet, or digital camera, but it is not required to attend.

Location: PKCC • Instructor: Sally Ann Mowrey
2 classes • Resident \$20 / Non-Resident \$24

Fri	1:30–3pm	Mar 3–10	49995
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Maintain Your Computer's Performance

Want to learn how to keep your computer running as fast as when you first purchased it? Join us for this workshop as we explore routine maintenance and the best utilities to use to maximize your computer's performance. You may bring your computer (laptop, tablet, or cell phone), but it is not required to attend.

Location: PKCC • Instructor: Sally Ann Mowrey
2 classes • Resident \$20 / Non-Resident \$24

Fri	1:30–3pm	Mar 24–31	49992
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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 Sally Ann Mowrey! Here is a fabulous opportunity to improve your computer skills and enhance your equipment knowledge.

Resident \$35 / Non-Resident \$42
\$5 lab fee per class is collected at time of registration • Advanced registration required, call 425.587.3360

Financial

Advanced registration required: 425.587.3360

Coffee, Cash and Conversation

Discuss current events, the economy and investing in a relaxed and informal setting. This is a great way to get your questions answered. Everyone is welcome and the coffee is on us! Presented by Cory Shepard, Financial Advisor with Edward Jones.

Advance registration is required, call 425.587.3360
FREE

Fri	10:30–11:30am	Sept 9	49301
Fri	10:30–11:30am	Oct 7	49302
Fri	10:30–11:30am	Nov 4	49303
Fri	10:30–11:30am	Jan 6	49304
Fri	10:30–11:30am	Feb 3	49305
Fri	10:30–11:30am	Mar 3	49306

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. 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

Financial Services

Income Tax Assistance

Volunteer Tax Advisors will help you prepare your 2016 tax return.

Appointments are available Fridays from 9am–1pm, Feb 3–April 14 • No fee • Appointments required, call 425.587.3360

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 7:00am–7:00pm weekdays

Call 1.800.772.1213 or go to www.ssa.gov



Legal Services

Senior Rights Assistance

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 Association.

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, 2:00–4:00pm.

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

EnhanceWellness Program



Evergreen EnhanceWellness

Do you want to take control of your life and improve your health, but aren't sure where to turn? Let the EnhanceWellness team help you develop a personalized plan to address the areas of your health that are most important to you.

Maybe you have thought of increasing your social circle, working on your feelings, managing your weight or starting an exercise program, but have had difficulty getting motivated. Maybe you're dealing with a new condition like pre-diabetes and not sure what to do. We all have a multitude of reasons for not taking action on things that could enhance our well-being, but research shows that with a little help we can overcome these barriers. EnhanceWellness is a participant-driven, evidence based health promotion program. You will work one-on-one with a nurse and/or social worker who will provide an assessment, personal guidance to improve your identified health issues, and ongoing support to help you meet your goals.

*Fridays by appointment • Program is free of charge
Call Glen Felias-Christensen, RN, MPH 425.286.1029*

Evergreen EnhanceWellness Social Work 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.

*Mondays by appointment • Free
Call Janet Zielasko, MS, LSW 425.286.1035*

Family Caregiving Consultation

Family caregivers provide a wide range of unpaid services to their loved ones. You may care for a loved one at home or provide long distance support. The Social Worker is available to you, the caregiver, to manage and improve your own health. Services include consultation, connecting with community resources, coping with stress, and enhancing your own health and wellness. Please call for an individual appointment.

*Mondays by appointment • Free
Call Janet Zielasko, MS, LSW 425.286.1035*

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 Janet Zielasko, MS, LSW 425.286.1035 to schedule an appointment.

*Thank you
EvergreenHealth*

for your generous support of our Health & Nutrition Classes, Wellness Program, and Kirkland Steppers!

Support Groups

Coffee Hour

2nd & 4th Monday of the month
9:30–10:30am

Join other women in discussion around healthy aging, Age is a matter of feeling, not of years, and aging is best achieved with other people. Make new connections and move to greater health and wellness.

Coordinated by Janet Zielasko, MS, LSW
The group will not meet on 8/22.

Caregiver Support Group

Third Mondays, 10–11:30am

Are you a spouse, partner, son, daughter, relative or friend who cares for a loved one with dementia or other chronic illness or disability? Come join other unpaid family caregivers for mutual support and assistance.

The group will not meet on 1/16 & 2/20.

Powerful Minds **NEW!**

Second Tuesdays, 9:45–11am

This monthly group offers you a fun way to engage your whole brain in a variety of activities that may help enhance memory.

The group will not meet on 11/11.

Health & Nutrition

Powerful Tools for Caregivers

A six week educational series designed to provide you, the caregiver with tools needed to take of yourself while caring for a loved one. Classes consist of interactive session; discussions and brainstorming to help you take the “tools” you choose and put them into action in your life. Classes are taught by trained and certified class leaders.

Facilitated by Janet Zielasko, MA LSW and
Connie Cooper • FREE

Mon	1–3pm	Sept 12–Oct 17	49517
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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 respond “yes” to any of these then the Living Well with Chronic Conditions Workshop might be just what you need! This six-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! (Minimum of 8 or class cancels.)

6 classes • Facilitated by Janet Zielasko, MS, LSW
and Glen Felias-Christensen. RN, MPH • FREE

Fri	1–3:30pm	Feb 24–Mar 31	49519
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Medicare Classes

Medicare—Open Enrollment

If you need help navigating Medicare's annual open enrollment, Oct 15–Dec 7, this is the class for you. Learn more about supplemental insurance options and the various programs that can help income-eligible persons reduce related costs at this free, unbiased class.

Call 425.587.3360 to register, seating is limited
FREE • Sponsored by SHIBA • Location: PKCC

Fri	1–2:30pm	Sept 30	49903
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Medicare—Getting Started

Are you turning 65 soon? Let SHIBA help you learn how to navigate Medicare at this free, unbiased Welcome to Medicare class. The class will cover:

- > Medicare A, B and C
- > Help you to understand your Medicare benefits and options
- > Help paying for Medicare if you qualify

Call 425.587.3360 to register, seating is limited
FREE • Sponsored by SHIBA • Location: PKCC

Fri	1–2:30pm	Feb 24	49904
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If you need help navigating Medicare, the Statewide Health Insurance Benefits Advisors (SHIBA) program provides free, unbiased help with your options. SHIBA is a free service of the Washington State Office of the Insurance Commissioner. SHIBA can help you research, assess and evaluate what options work best for you and your needs, so you can make an informed decision.

FLU SHOTS

Monday, October 10 • 11:00am

“Fight the Flu” and help prevent the spread of influenza in our community! Schedule your flu shot today. Medicare and most area Medicare Advantage Plans will be billed, for all others the cost is \$28 payable by cash or check.

Appointments required 425.587.3360

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

EvergreenHealth

To Register for EvergreenHealth Classes call 425.899.3000 & press 1

Fighting Fatigue

Fatigue is not normal. Fatigue can be caused by food allergies, thyroid dysfunction, adrenal gland burnout and much more. Stop feeling fatigued and start feeling fabulous today!

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1

Fri 12:45–2pm Sept 9

Managing Life's Transitions **NEW!**

Explore concepts and skills to help face times of transition with a sense of peace, power, and purpose.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1

Fri 12:45–2pm Sept 23

More Water?! **NEW!**

Dehydration is among the top 10 reasons older patients are admitted to hospitals. Learn why drinking the appropriate amount of water daily can greatly enhance overall health.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1

Fri 12:45–2pm Oct 7

**To Register for
EvergreenHealth Classes
call 425.899.3000 & press 1**



Power of Laughter

A humor specialist leads a fun-filled discussion on the healing power of humor and how to incorporate laughter into your life to help reduce stress and improve coping skills.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1

Fri 12:45–2pm Oct 21

Holiday Cooking: Quick & Delicious

This class will include recipes and tips to make delicious and nutritious holiday meals. Have fun while learning how the typical diet affects health.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1

Fri 12:45–2pm Nov 4

Cholesterol / Diabetic Screen

Screening will include fasting full panel cholesterol test and glucose. Results will be given before you go home! Limit 25 participants, must register for time slot.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1

Fri 8:30–10:30am Nov 18

Healthy Aging: Reducing Your Stress **NEW!**

Research shows that as we age, stress greatly affects our quality of life. Older adults are faced with the stress of chronic illness, caring for a loved one with a chronic illness or even the loss of someone close.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1

Fri 12:45–2pm Dec 2

To Register for EvergreenHealth Classes call 425.899.3000 & press 1



Tai Chi for Back Pain

Easy-to-learn movements matched with breathing and visualizations help reduce and relieve back pain, strengthen and protect the spine, and improve health and well-being.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1
Fri 12:45–2pm Dec 16

Eating for Healthy Weight Loss

Talk to a nutritionist about diet risks, myths and fads. Learn simple, safe tips for achieving healthy weight loss while maintaining balanced nutrition.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1
Fri 12:45–2pm Jan 6

Seasonal Affective Disorder: Are You Feeling Sad?

Discover why the lack of sunlight can cause some to experience fatigue, weight gain and altered sleeping habits, and how you can improve your mood.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1
Fri 12:45–2pm Jan 20

What Can You Do About Winter Skin **NEW!**

Discover ways to control the inflammation, redness, aching and itchiness of psoriasis and prevent secondary infections.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1
Fri 12:45–2pm Feb 3

Good Night, Sleep Tight

Do you have trouble sleeping? Learn how aging, illness or medication can affect your sleep patterns, and get tips that may help you sleep through the night.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1
Fri 12:45–2pm Feb 17

First Response

Gain the knowledge and confidence to act quickly and correctly if you are the first person upon an emergency situation. Learn techniques to help you effectively communicate with emergency response personnel and how to be of the most assistance to someone in trouble.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1
Fri 12:45–2pm Mar 10

Asthma Caused by Allergies

In some people, allergies can trigger an asthma attack. Join us to learn what in the environment may be causing this and how to reduce exposure.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1
Fri 12:45–2pm Mar 24

To Register for
EvergreenHealth Classes
call 425.899.3000 & press 1

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 info, 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

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

Community Resources

Sound Generations Senior Information & Assistance (formerly Senior Services)

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

AARP Area Office

American Assoc. of Retired Persons.

Call 1.888.687.2277 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 Service 206.461.3240



Chinese and Latino 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 Catherine 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 1–3pm 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 10–11:45am 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 homebound seniors in Kirkland
- Preparing lunches
- Dishwashing

For more information call Patrick at 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 \$15 for AARP members / \$20 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	Sept 14 & 15	49620
Wed & Thur	12:30–4:45pm	Nov 9 & 10	49621
Wed & Thur	12:30–4:30pm	Jan 11 & 12	49622
Wed & Thur	12:30–4:30pm	Mar 8 & 9	49623

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	Sept 7
Wed	9–11am	Oct 5
Wed	9–11am	Nov 2
Wed	9–11am	Dec 7
Wed	9–11am	Jan 4
Wed	9–11am	Feb 1
Wed	9–11am	Mar 1

Metro Bus ID

Reduced fare passes for ages 65+ and disabled, Fee \$3

Thur	10–11am	Oct 20
Thur	10–11am	Dec 15
Thur	10–11am	Feb 16

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 Peter Kirk Community Center van operates Monday–Friday, with reservations taken up to 5 p.m., the day before service. The van provides rides to:

- > Peter Kirk Community Center,
- > Local grocery stores and Hope-link's Food Bank, and
- > Medical appointments in Kirkland, Bellevue, Bothell, or Redmond, on a space available basis.

The suggested donation is \$2 for each trip, or what you can afford.

To use the Kirkland Senior Van, you must be

- > A resident of the City of Kirkland, and
- > Eligible for, or in the process of applying for King County Metro Access eligibility.

If we have space available, we will provide you with transportation for up to 30 days to the Peter Kirk Community Center while your Access application is being processed. The Kirkland Senior Van Coordinator can assist you with filling out the Access application.

If you have any questions, please call Mari, the Kirkland Senior Van Coordinator, at 425.587.3363.

The Kirkland Senior Van is a partnership of the City of Kirkland, King County Metro, and Northshore Senior Center Transportation.



Grocery Shopping

The Kirkland Senior Van 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	Sept 7	Safeway
Wed	Sept 14	QFC
Wed	Sept 21	Bridle Trails
Wed	Sept 28	Fred Meyer
Wed	Oct 5	Safeway
Wed	Oct 12	QFC
Wed	Oct 19	Bride Trails
Wed	Oct 26	Fred Meyer
Wed	Nov 2	Safeway
Tue	Nov 8	QFC
Wed	Nov 16	Bridle Trails
Wed	Nov 23	Fred Meyer
Wed	Nov 30	Safeway
Wed	Dec 7	QFC
Wed	Dec 14	Bridle Trails
Wed	Dec 21	Fred Meyer
Wed	Dec 28	Safeway
Wed	Jan 4	QFC
Wed	Jan 11	Bridle Trails
Wed	Jan 18	Fred Meyer
Wed	Jan 25	Safeway
Wed	Feb 1	QFC
Wed	Feb 8	Bridle Trails
Wed	Feb 15	Fred Meyer
Wed	Feb 22	Safeway
Wed	Mar 1	QFC
Wed	Mar 8	Bridle Trails
Wed	Mar 15	Fred Meyer
Wed	Mar 22	Safeway
Wed	Mar 29	QFC

Out For Lunch Bunch **NEW LOCATIONS!**

11am–2pm • Resident \$13 / Non-Resident \$15 • Bring lunch money

<p>Ivar's (Mukilteo Landing) Thur, Sept 22 • 49307</p>	<p>From the scenic dining room and outside deck, you can watch the ferries come and go as you enjoy mouth-watering seafood and a wide assortment of Ivar's famous original recipe entrées and many other Northwest popular dishes.</p>
<p>El Gaucho (Bellevue) Thur, Oct 20 • 49308</p>	<p>Walls of windows let in the light by day to set the stage for the ultimate Eastside dining experience at this premiere steakhouse.</p>
<p>Noble Court (Bellevue) Thur, Nov 17 • 49309</p>	<p>The Eastside premiere restaurant for Hong Kong Szechuan style Chinese cuisine for over two decades.</p>
<p>Sky City (Space Needle) Thur, Dec 8 • 49310</p>	<p>The entire restaurant moves 360 degrees allowing diners to take in each course of the City as they take in each course of their meal. The elevator ride and O Deck are included. Please note that this trip will return to the Center at 3pm to allow extra time on the observation deck.</p>
<p>Chace's Pancake Corral (Bellevue) Thur, Jan 12 • 49312</p>	<p>This Bellevue staple has been family owned and operated since 1958.</p>
<p>Coho Café (Redmond) Thur, Feb 9 • 49313</p>	<p>Coho Café's menu is designed to create exciting and affordably priced dishes emphasizing Pacific-Northwest seafood and much more.</p>
<p>Owl 'N Thistle Irish Pub (Seattle) Thur, March 16 • 49314</p>	<p>Located in the heart of downtown, one block from historic Pioneer Square this Irish themed pub opened in 1991.</p>

Attention Riders

For everyone's comfort, please refrain from the use of fragrant personal products while participating in programs and trips. Thank you for your consideration!

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Van Trip Planning Meeting

Do you have an idea for a Van Trip destination? Here is your chance to give your input! Please join us for a brainstorming and planning meeting for Spring/ Summer 2017 van trips.

Tuesday, October 18
11am at the Center

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Shops & Slots

Tuesday 10am–4pm
Resident \$21 / Non-Resident \$25
Bring lunch \$

Snoqualmie Casino
& Outlet Mall Nov 22 49324

Tulalip Casino &
Seattle Premium Outlets Jan 24 49323

Trip Difficulty Rating

Mild Walking 

Moderate Walking 

Extensive Walking 
(with stairs)

Chuckanut Manor & Historic Fairhaven

Thur., Sept 8 49316 9:30am–5pm
Resident \$25 / Non-Resident \$30
Bring lunch \$ 

Enjoy lunch at beautiful Chuckanut Manor followed by shopping and exploring Fairhaven.

Cedar Creek Grist Mill

Thur., Sept 15 49325 8:15am–5pm
Resident \$27 / Non-Resident \$32 

This National Historic Landmark is the only grain grinding mill in Washington that has maintained its original structural integrity, grinds with stones and is water powered. This is your chance to see how this mill still works today.

Joyful Noise at the Taproot Theater **NEW!**

Tue., Sept 27 49326 12:45–5:30pm
Resident \$33 / Non-Res. \$37 

George Fredrick Handel is in crisis. His patron is dead, his operas are unpopular and he has suffered a public humiliation of his own making. From this ruin a joyous masterpiece is born. Witty, scandalous and based on the story of the creation of Handel's Messiah, this is a tale to inspire. **Seats are in the balcony, participants must be able to climb stairs.**

All trips include sales tax



Mystery Trip **NEW!**

Friday, Oct 7 49317 3:15–10:30pm
Resident \$39 / Non-Resident \$44
Bring dinner \$ 

Focus on the present and the past will take care of itself. **Must sign up by 8/31 to secure reservations.**

Leavenworth Oktoberfest

Fri., Oct 14 49327 8:30am–6pm
Resident \$35 / Non-Res \$42 

Oktoberfest in Leavenworth is the next best thing to being in Munich! Enjoy live music, German food, arts and crafts and so much more.

Haunted Happenings Ghost Tour

Thur., Oct 27 49330 9am–3pm
Resident \$58 / Non-Resident \$63
Bring lunch \$ 

Are you brave enough to tour the dark side of Seattle's streets and alleys? Jake, a local ghost enthusiast, will share various haunted locations and spine tingling stories on Private Eye of Seattle's longest running ghost tour. Enjoy lunch at Duke's Chowder House after the tour. **Must sign up by 10/7 to secure reservations.**



Seattle Art Museum Tour **NEW!**

Thur., Nov 3 49320 9:30am–3pm
Resident \$35 / Non-Resident \$40
Bring lunch \$ 

Enhance your visit with a one-hour private tour, led by a knowledgeable guide who can provide an insider's view of the museum. Enjoy time on your own exploring the permanent collections as well as the current exhibit. Take a break at your leisure and have lunch at Taste, the on-site café.

History of Seattle Lunch Cruise **NEW!**

Wed., Nov 9 49321 10:15am–2:45pm
Resident \$77 / Non-Resident 81 

Explore the history of the Pacific Northwest as you indulge in an extraordinary lunch featuring a creative and delicious take on the favorite dishes and flavors of Seattle's Pike Place Market. **Must sign up by 10/7 to secure reservations.**



Lights of Christmas Dinner Show at Warm Beach Camp

Fri., Dec 2 49318 3:30–11pm
Resident \$72 / Non-Resident \$78  

Take a brief walk around the enchanting lighted grounds and then settle in for a fabulous 5-course meal and live theatre in the Baylight Room featuring Christmas on the Tumblin' D. **Must sign up by 10/30 to secure reservations, choose dinner entrée at time of registration.**

Holiday Afternoon Tea at Queen Mary Tea Room 

Tue., Dec 13 49319 12–4pm
Resident \$60 / Non-Resident \$64 

Enjoy a traditional holiday tea at the oldest tea room in America. Afterwards spend a few minutes browsing the Tea Emporium located just a one block walk away. **Must sign up by 11/15 to secure reservations.**

Wights & Molbak's

Thur., Dec 22 49328 10am–4pm
Resident \$19 / Non-Resident \$23
Bring lunch \$  

Begin the day off browsing all the seasonal gifts and ornaments at Wight's Home and Garden. Next stop for lunch at the Keg Steakhouse. Then you are off to Molbak's to finish up any last minute holiday shopping.

MOHAI NEW TOUR

Thur., Jan 5 49329 9:30am–2:45pm
Resident \$39 / Non-Resident \$44
Bring lunch \$   

Enjoy this fun 45 minute, seated, in-depth look at eight iconic places that make Seattle unique at this special Insights presentation. Afterwards, explore the museum at your own pace. Be sure to save time to enjoy lunch on your own at the MOHAI Café. **Must sign up by 12/15 to secure reservations.**

Moore Theatre Tour 

Thur., Jan 19 50001 9:15am–3:15pm
Resident \$39 / Non-Resident \$44
Bring lunch \$   

Built in 1907, The Moore is Seattle's oldest operating theatre and as much a part of Seattle's history as the Denny Regrade, salmon runs and Starbucks. This is one tour you won't want to miss. **Please note this tour has 50 steps and several sloping, dimly lit walkways.**

Nordic Heritage Museum 

Thur., Feb 2 50002 9am–2:45pm
Resident \$34 / Non-Resident \$38
Bring lunch \$   

A museum docent will take you back to the 19th-century Scandinavian countryside to begin the journey to America through The Dream of America's life-like settings and period artifacts. The voyage continues through captivating displays, across the Atlantic, and to Ellis Island. Moving through the Midwest, the trek ends in the Pacific Northwest and Ballard, Seattle.

Mudhouse Pottery Painting 

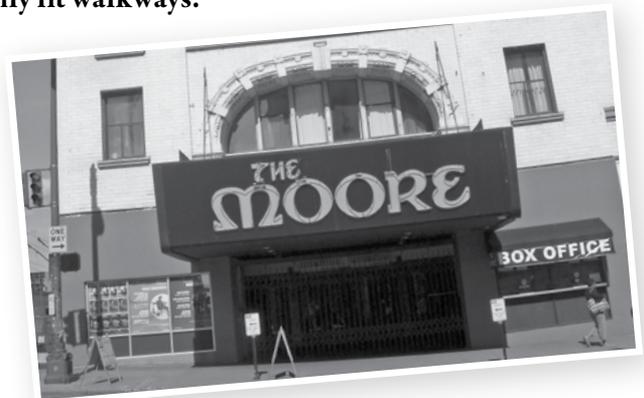
Thur., Feb 16 50003 9:15am–2:30pm
Resident \$18 / Non-Resident \$22
Bring lunch \$ and \$ for your pottery piece 

Tap into your creative side on this fun "paint your own pottery piece" trip. No artistic talent required!

Thrift Shop Hop

Thur., Feb 23 50009 9:30am–4pm
Resident \$33 / Non-Resident \$38
Bring lunch \$  

Start the day at the Monroe Goodwill followed by a visit to St. Vincent de Paul. Take a break and refuel at Tuscano's Italian Kitchen for lunch before heading to Dollar Store.



By Joe Mabel, CC BY-SA 3.0, commons.wikimedia.org/wiki/index.php?urlid=2726011



Washington State History Museum

Thur., March 2 50010 8:45am–3:30pm
 Resident \$29 / Non-Resident \$34
 Bring lunch \$   

The Washington State History museum is where fascination and FUN come together. Start off the day with a guided tour where you will explore be entertained in an environment where characters from Washington’s past speak about their lives. Enjoy a late lunch at Stanley & Seafort’s before heading home.

River Valley Cheese Making NEW!

Thur., March 9 50004 9am–2:45pm
 Resident \$85 / Non-Resident \$90
 Bring lunch \$  

Enjoy a visit to meet and make cheese with the artisan cheese makers of River Valley Cheese. This cheese is handmade in small batches, with 100% Jersey milk. Never made cheese before? No worries they will teach you every step! Each person goes home with 1 pound of hard cheese to age at home in the refrigerator and 1 pound of fresh cheese to enjoy right away. Come see and taste the difference.



Vashon Island

Thur., March 23 50007 8:30am–4pm
 Resident \$35 / Non-Resident \$40
 Bring lunch \$ 

Spend the day exploring the “Heart of the Sound” that’s just a short ferry ride away.

Angel of the Winds NEW!

Thur., March 30 50008 10am–4pm
 Resident \$21 / Non-Resident \$25
 Bring lunch \$  

This Vegas style casino offer over 100 slots, table games and Keno. Enjoy lunch on your own at one of the restaurants that are on-site to choose from.

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.

VIVA VOLUNTEERS!

GIVING A HAND • GETTING INVOLVED



4th Annual Volunteer Fair Saturday, October 15 at PKCC 10am–2pm

Learn about exciting and rewarding volunteer opportunities!

- Door prizes!
- Free parking!
- Free snacks and beverages!

VOLUNTEER OPPORTUNITIES

Health Care	Park Development
Housing	Emergency Preparedness
Senior Care	Crisis Assistance
Transportation	The Arts
Food Banks	...and many more
Animal Care	



For more information contact: **Leslie Miller 425.587.3322**

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.

CITY OF KIRKLAND SENIOR COUNCIL



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
- Vacancies will be filled year round

Contact: **425.587.3322** or see kirklandwa.gov/seniorcouncil

East King County Resource Guide for Older Adults and Their Families
now available at the Peter Kirk Community Center or 505 Market St, Suite A.

The Parks and Community Services Department offers a variety of rental facilities. Indoor and outdoor facilities are available for private functions such as receptions, anniversaries, birthdays, or graduation celebrations.

KIRKLAND RENTAL FACILITIES

Rental information, policies, and applications: www.kirklandwa.gov/depart/parks/Facility_Rentals.htm Call ahead to check availability.

Heritage Hall

203 Market Street

- **Occupancy:** 70
- **Features:** Hardwood floors and uplit cove ceiling.
- **Rental fees include:** use of 12 six-foot tables, 3 four-foot tables and 70 chairs.

Reservations are required 1 month in advance. For more information, call 425.587.3398.

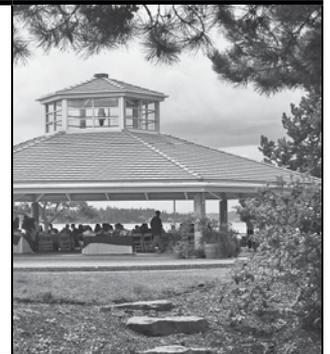


Marina Park Pavilion

25 Lakeshore Plaza

- **Occupancy:** 100
- **Features:** Open air, lakeside, beautiful view
- Park / Lawn area not available for private rentals—Pavilion Only

Reservations are required 1 month in advance. For more information, call 425.587.3398.



North Kirkland Community Center

12421 103rd Avenue NE

- **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.

Reservations are required 1 month in advance. For more information, call 425.587.3350.



Peter Kirk Pool

340 Kirkland Avenue

- **Occupancy:** Main Pool: 230, Wading Pool: 40
- **Features:** Lifeguard, pool toys, and deck space

Reservations are required 72 hours in advance. For more information: 425.587.3330.

www.kirklandwa.gov/aquatics



Peter Kirk Community Center

352 Kirkland Avenue

- **Occupancy:** Multi-purpose Room: 150
Smaller meeting rooms: 50
- **Features:** Hardwood floors, ambient windows & full kitchen.

Reservations are required 1 month in advance. For more information, call 425.587.3360.



Picnic Rentals

132nd Square Park
13159 132nd Ave NE

Crestwoods Park
1818 Sixth Street

Everest Park
500 8th St S

Houghton Beach Park
5811 Lake Washington Blvd

Juanita Beach Park
9703 NE Juanita Dr

N. Rose Hill Woodlands Park
9930 124th Ave NE

OO Denny Park
12032 Holmes Pt Dr NE

Phyllis Needy Park
10811 NE 47th St

Rose Hill Meadows Park
8212 124th Ave NE

Waverly Beach Park
633 Waverly Way

Reservations are required 1 month in advance. For more information, call 425.587.3398.



Athletic Fields

132nd Square Park
13159 132nd Ave NE

Crestwoods Park
1818 Sixth Street

Everest Park
500 8th St S

Juanita Beach Park
9703 NE Juanita Dr

Lake Wash. School District Fields
Multiple unique Kirkland sites

Lee Johnson Field
202 Third St

Reservations are required 1 month in advance. For more information, call 425.587.3342.



THANK YOU!

Your support made all of these projects possible in our first year!



Waverly Beach Picnic Shelter



Pet-Friendly Drinking Fountain



Learning garden at McAuliffe Park



Plants for Green Kirkland Day



Sand at Marina Park

Visit kirklandparksfoundation.org to:

- see more projects
- suggest a new project

Kirkland Parks
FOUNDATION

info@kirklandparksfoundation.org • (425) 298-4046

PAID ADVERTISEMENT

SEATTLE TILTH INVITES YOU TO...

Get involved this fall at McAuliffe Park!

- Take a class on organic gardening, canning and permaculture
- Volunteer in the learning garden every Thursday
- Work and learn during Saturday forest restoration work parties
- Sign up for a FREE Natural Yard Care Workshop

**Register for classes and sign up to volunteer online:
seattletilth.org/about**



PAID ADVERTISEMENT



Kirkland Parks & Community Services
123 5th Avenue
Kirkland, WA 98033

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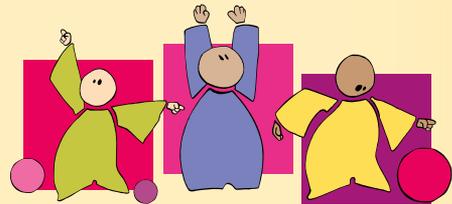
ECRWSS
Local Postal Customer

AGE 50 PLUS?

Great classes and programs start on page 53



Indoor Playground



Drop-in Indoor Playground with Parent

Ages 9 months–5 years • See Page 13

Winter Break CAMPS!



**Art // Lego® // Wizardry
Gymnastics**

Keep the kids entertained during Winter and Spring Breaks.
Available for ages 3½ to 12 years.

SEE PAGE 25

2016-2017

YOUTH B-BALL LEAGUE

CITY OF KIRKLAND
BOYS AND GIRLS
GRADES 3-6

SEE PAGE 34