

City of Kirkland Parks & Community Services

# Kirkland Parks



Activities for  
All Ages!

Spring & Summer 2016

Day Camps  
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Adults 50+  
See Page 65



experience it!

[KirklandParks.net](http://KirklandParks.net)



# DAY CAMPS!

## JUNIOR SUMMER DAY CAMP

**AGES 5 TO 8 YEARS**

**@ NORTH KIRKLAND COMMUNITY CENTER  
12421 103RD AVE NE ★ MAXIMUM 20 CAMPERS**

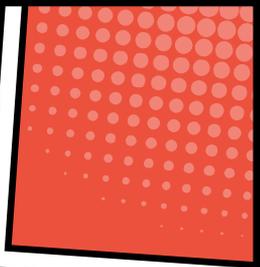
Junior Summer Day Camp is designed to meet the needs of the younger and new camper. Located at the North Kirkland Community Center, campers will have access to all the indoor and outdoor features of the center. Campers will enjoy exciting camp activities, which include arts, science, sports, games, wacky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



WEEK 1	<b>THE GREAT OUTS'MORES</b> Scout & Scavenge *Field Trip: Peter Kirk Comm. Ctr to meet Sarvey Wildlife Care Center Birds of Prey	June 20–24	R \$200 / Non-R \$240	48336
		Extended Care	R \$40 / Non-R \$48	48346
WEEK 2	<b>FIZZ, BANG, BOOM</b> Science from the Cupboard *Guest: Mad Science	June 27–July 1	R \$200 / Non-R \$240	48337
		Extended Care	R \$40 / Non-R \$48	48347
WEEK 3	<b>FANTASTIC 20</b> Superheroes Unite *Guest: Cartoonist, Dana Sullivan	July 5–8 (4 days) No camp July 4 4 day camp	R \$160 / Non-R \$192	48338
		Extended Care	R \$32 / Non-R \$38	48348
WEEK 4	<b>GROSSOLOGY</b> Disgusting & Fascinating *Guest: Son of the Reptile Man	July 11–15	R \$200 / Non-R \$240	48339
		Extended Care	R \$40 / Non-R \$48	48349
WEEK 5	<b>ARE YOU GAME?</b> Survivor Meets Minute to Win It *Guest: Game Truck	July 18–22	R \$200 / Non-R \$240	48340
		Extended Care	R \$40 / Non-R \$48	48350
WEEK 6	<b>TIME SURFERS</b> Catch a Wave Through Time *Guest: Artist, April Richardson	July 25–29	R \$200 / Non-R \$240	48341
		Extended Care	R \$40 / Non-R \$48	48351
WEEK 7	<b>ARCTIC THRILL</b> A Chilling Experience *Guest: Cougar Mountain Zoo	Aug 1–5	R \$200 / Non-R \$240	48342
		Extended Care	R \$40 / Non-R \$48	48352
WEEK 8	<b>MASTER CHEF JUNIOR</b> Create, Cook, Consume *Guest: Cooking Instructor, Karen Renfroe-Gielgens • Field Trip: Wednesday Market	Aug 8–12	R \$200 / Non-R \$240	48343
		Extended Care	R \$40 / Non-R \$48	48353
WEEK 9	<b>DUMPSTER DIVING</b> Recycled & Repurposed Creations *Guest: Creation Station	Aug 15–19	R \$200 / Non-R \$240	48344
		Extended Care	R \$40 / Non-R \$48	48354
WEEK 10	<b>STAR CORPS</b> Galactic Discoveries *Guest: Museum of Flight	Aug 22–26	R \$200 / Non-R \$240	48345
		Extended Care	R \$40 / Non-R \$48	48355

\*Guests & Field Trips subject to change.

All Junior Camp fees include a \$25 non-refundable deposit.



# PETER KIRK DAY CAMP

## AGES 7 TO 11 YEARS

@ PETER KIRK COMMUNITY CENTER  
★ 352 KIRKLAND AVE ★

Kirkland's longest running day camp is back and more fun than ever! Campers enjoy arts, science, sports, games, weekly field trips to fun destinations and wacky special events led by trained staff. On a daily basis campers will explore Kirkland's many versatile parks and enjoy outdoor adventures. During our hot days, campers will cool off with visits to the beach and Kirkland's outdoor swimming pool multiple times EVERY week. Our summer camp will help your child forge friendships and create memories that will last a lifetime.

WEEK 1	<b>HUNGRY GAMES</b> *Farmer's Market & *Sarvey Wildlife Care Center Birds of Prey	June 20–24	R \$200 / Non-R \$240	47050
		Extended Care	R \$40 / Non-R \$48	47060
WEEK 2	<b>LIGHTS, CAMERA, ACTION!</b> *Moore Theatre	June 27–July 1	R \$200 / Non-R \$240	47051
		Extended Care	R \$40 / Non-R \$48	47061
WEEK 3	<b>SPACE INVADERS</b> *Skymania	July 5–8 (4 days) No camp July 4	R \$160 / Non-R \$192	47052
		Extended Care	R \$32 / Non-R \$38	47062
WEEK 4	<b>CAMP ROCK</b> *EMP	July 11–15	R \$200 / Non-R \$240	47053
		Extended Care	R \$40 / Non-R \$48	47063
WEEK 5	<b>UP, UP &amp; AWAY</b> *Museum of Flight	July 18–22	R \$200 / Non-R \$240	47054
		Extended Care	R \$40 / Non-R \$48	47064
WEEK 6	<b>TIME TRAVELERS</b> *Underground Seattle	July 25–29	R \$200 / Non-R \$240	47055
		Extended Care	R \$40 / Non-R \$48	47065
WEEK 7	<b>RAIDERS OF THE LOST ARTIFACT</b> *Creation Station	Aug 1–5	R \$200 / Non-R \$240	47056
		Extended Care	R \$40 / Non-R \$48	47066
WEEK 8	<b>TAKE ME OUT TO THE BALLGAME</b> *Safeco Field Tour	Aug 8–12	R \$200 / Non-R \$240	47057
		Extended Care	R \$40 / Non-R \$48	47067
WEEK 9	<b>GOING FOR THE GOLD</b> *Bowling	Aug 15–19	R \$200 / Non-R \$240	47058
		Extended Care	R \$40 / Non-R \$48	47068
WEEK 10	<b>WET &amp; WILD</b> *Alki Water Taxi & *Reptile Guy	Aug 22–26	R \$200 / Non-R \$240	47059
		Extended Care	R \$40 / Non-R \$48	47069

\* Please note field trips are subject to change.  
All camp fees include a \$25 non-refundable deposit.

### Hours

Arrive at 8:45am

(parents must sign in child daily).

Activities start at 9:00am.

Depart between 4:00–5:00pm

(parents must sign out child daily.)

### Extended Care

Early morning 7:30–8:45am and extended care 5–6pm is available at the rate of \$40 Resident / \$48 Non-Resident per week. This service is not pro-rated; it is one weekly flat rate no matter how many hours are used.

### Supplies

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

### Health and Medications

A Day Camp Information Sheet must be filled out for each camper, indicating all health concerns, allergies, and limitations. The sheet will be mailed to you with your registration receipt. **Please note that City of Kirkland staff is unable to dispense any type of medication to participants.**

### Registration Fees/Deposits

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

### Refund Policy

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

### Registration

1. **Online** [www.kirklandparks.net](http://www.kirklandparks.net) with full payment
2. **By phone** at 425.587.3336
3. **By mail** with the registration form found on page 13
4. **Or in person** at the following locations:

<b>North Kirkland Community Center</b>	<b>Peter Kirk Community Center</b>
12421 103rd Ave NE Kirkland, WA 98034	352 Kirkland Ave NE Kirkland, WA 98033



# USTA QUICKSTART YOUTH TENNIS PROGRAM

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

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

## MINI LESSONS

Lake Washington  
High School Tennis Courts  
12033 NE 80th St, Kirkland

Resident \$75 / Non-Resident \$90  
July 5th week, Tues-Thur: R \$56.25 / NR \$67.50

### AGES 6 TO 7

Mon-Thur	9-10:30am	June 20-23	47221
Mon-Thur	9-10:30am	June 27-30	47222
Tues-Thur	9-10:30am	July 5-7	47223
Mon-Thur	9-10:30am	July 11-14	47224
Mon-Thur	9-10:30am	July 18-21	47225
Mon-Thur	9-10:30am	July 25-28	47226
Mon-Thur	9-10:30am	Aug 1-4	47227
Mon-Thur	9-10:30am	Aug 8-11	47228
Mon-Thur	9-10:30am	Aug 15-18	47229

**FOR THE  
YOUNGEST  
PLAYERS**

## HALF DAY TENNIS CAMPS

### LAKE WASHINGTON HIGH SCHOOL CAMP (LW)

Lake Washington High School  
Tennis Courts • 12033 NE 80th St.

LW campers need to bring water, sunscreen & a snack

Resident \$100 / Non-Resident \$120

July 5th week, Tues-Thur: Resident \$75 / Non-Res \$90

### AGES 8 TO 10

Mon-Thur	LW	9am-12pm	June 20-23	47230
Mon-Thur	LW	9am-12pm	June 27-30	47231
Tues-Thur	LW	9am-12pm	July 5-7	47232
Mon-Thur	LW	9am-12pm	July 11-14	47233
Mon-Thur	LW	9am-12pm	July 18-21	47234
Mon-Thur	LW	9am-12pm	July 25-28	47235
Mon-Thur	LW	9am-12pm	Aug 1-4	47236
Mon-Thur	LW	9am-12pm	Aug 8-11	47237
Mon-Thur	LW	9am-12pm	Aug 15-18	47238

### AGES 11 TO 14

Mon-Thur	LW	9am-12pm	June 20-23	47239
Mon-Thur	LW	9am-12pm	June 27-30	47240
Tues-Thur	LW	9am-12pm	July 5-7	47241
Mon-Thur	LW	9am-12pm	July 11-14	47242
Mon-Thur	LW	9am-12pm	July 18-21	47243
Mon-Thur	LW	9am-12pm	July 25-28	47244
Mon-Thur	LW	9am-12pm	Aug 1-4	47245
Mon-Thur	LW	9am-12pm	Aug 8-11	47246
Mon-Thur	LW	9am-12pm	Aug 15-18	47247

## FULL DAY TENNIS CAMPS

### PETER KIRK CAMP (PK)

Peter Kirk Tennis Courts  
202 3rd Street, Kirkland

- Full day camps held at Peter Kirk Tennis Courts will end their day with an afternoon swim at the Peter Kirk Pool
- In addition to bringing water and sunscreen, PK campers need to bring a snack and lunch, a bathing suit & towel
- Campers should be picked up at 2:30pm at the Peter Kirk tennis courts

Resident \$190 / Non-Resident \$228

July 5th week, Tues-Thur: Res \$142.50 / Non-Res \$171

### AGES 7 TO 10

Mon-Thur	PK	8:30am-2:30pm	June 20-23	47248
Mon-Thur	PK	8:30am-2:30pm	June 27-30	47249
Tues-Thur	PK	8:30am-2:30pm	July 5-7	47250
Mon-Thur	PK	8:30am-2:30pm	July 11-14	47251
Mon-Thur	PK	8:30am-2:30pm	July 18-21	47252
Mon-Thur	PK	8:30am-2:30pm	July 25-28	47253
Mon-Thur	PK	8:30am-2:30pm	Aug 1-4	47254
Mon-Thur	PK	8:30am-2:30pm	Aug 8-11	47255
Mon-Thur	PK	8:30am-2:30pm	Aug 15-18	47256

### AGES 11 TO 14

Mon-Thur	PK	8:30am-2:30pm	June 20-23	47257
Mon-Thur	PK	8:30am-2:30pm	June 27-30	47258
Tues-Thur	PK	8:30am-2:30pm	July 5-7	47259
Mon-Thur	PK	8:30am-2:30pm	July 11-14	47260
Mon-Thur	PK	8:30am-2:30pm	July 18-21	47261
Mon-Thur	PK	8:30am-2:30pm	July 25-28	47262
Mon-Thur	PK	8:30am-2:30pm	Aug 1-4	47263
Mon-Thur	PK	8:30am-2:30pm	Aug 8-11	47264
Mon-Thur	PK	8:30am-2:30pm	Aug 15-18	47265

### JUANITA BEACH CAMP (JB)

Juanita Beach Park Tennis Courts  
9703 NE Juanita Drive  
(across the street from Juanita Beach)

- Full day camps held at Juanita Beach Park will end their day with an afternoon swim at Juanita Beach
- In addition to bringing water and sunscreen, JB campers need to bring a snack and lunch, a bathing suit and towel
- Campers should be picked up at 2:30pm at Juanita Beach

Resident \$190 / Non-Resident \$228

July 5th week, Tues-Thur: Res \$142.50 / Non-Res \$171

### AGES 7 TO 10

Mon-Thur	JB	8:30am-2:30pm	June 27-30	47266
Tues-Thur	JB	8:30am-2:30pm	July 5-7	47267
Mon-Thur	JB	8:30am-2:30pm	July 11-14	47268
Mon-Thur	JB	8:30am-2:30pm	July 18-21	47269
Mon-Thur	JB	8:30am-2:30pm	July 25-28	47270
Mon-Thur	JB	8:30am-2:30pm	Aug 1-4	47271
Mon-Thur	JB	8:30am-2:30pm	Aug 8-11	47272
Mon-Thur	JB	8:30am-2:30pm	Aug 15-18	47273

### AGES 11 TO 14

Mon-Thur	JB	8:30am-2:30pm	June 27-30	47274
Tues-Thur	JB	8:30am-2:30pm	July 5-7	47275
Mon-Thur	JB	8:30am-2:30pm	July 11-14	47276
Mon-Thur	JB	8:30am-2:30pm	July 18-21	47277
Mon-Thur	JB	8:30am-2:30pm	July 25-28	47278
Mon-Thur	JB	8:30am-2:30pm	Aug 1-4	47279
Mon-Thur	JB	8:30am-2:30pm	Aug 8-11	47280
Mon-Thur	JB	8:30am-2:30pm	Aug 15-18	47281

# SPRING BREAK CAMPS!

# APRIL 4-8

## PLAY-WELL LEGO® CONSTRUCTION VEHICLES AND MACHINES

Spring Break Camp **NEW!**

**Ages 5 to 7 years**

Dig into engineering with big trucks, construction vehicles, and super machines. Explore the engineering terms, concepts, and vocabulary behind large-scale building machines. Build and learn about steamrollers, bulldozers, wrecking balls, tower cranes, and more while playing with your favorite building system: LEGO®!

*Instructor: Play-Well TEKnologies • Location: NKCC • 1 week Resident \$200 / Non-Resident \$240*

Mon-Fri	1-4pm	Apr 4-8	48389
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## RHYTHMIC GYMNASTICS & CREATIVE DANCE

Spring Break Camps

**Girls Ages 5 to 12 years**

La Luna Rhythmic Gymnastics winter & spring breaks are 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 • www.lalunagym.com*

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

Mon-Fri	9am-4pm	Apr 4-8	46588
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**For Campers Only:** Extended hours (for the week) from 8-9am and 4-6pm, Resident \$35 / Non-Resident \$42

Mon-Fri	8-9am & 4-6pm	Apr 4-8	46589
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## SKYHAWKS SOCCER

Spring Break Camp

**Ages 6 to 12 years**

Using our progression-based curriculum, our staff will ensure your young athlete will gain the technical skills and sport knowledge required for their next step into soccer. Designed for beginner and intermediate players, this camp focuses on dribbling, passing, shooting, and ball control.

*Location: Emerson High School Field, 10903 NE 53rd St. Resident \$165 / Non-Resident \$198*

Mon-Fri	9am-3pm	Apr 4-8	47142
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## ADVANTAGE BASKETBALL

Spring Break Camp

**Ages 6 to 17 years**

Learn from the pros! Advantage Basketball Camps were named by "Sports Illustrated Kids" as one of the top camps in the country. Your child will develop a good work ethic and learn life lessons that they will carry with them after the camp has concluded. Our students will build on their ball-handling skills by learning lightning-quick, one-handed moves off the dribble.

*Location: Advantage Basketball Training Facility 14445 NE Juanita Drive, Kenmore Resident \$195 / Non-Resident \$234*

Mon-Fri	9am-5pm	Apr 4-8	47162
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## "KIDS CAN COOK"

Spring Break Cooking Camp

**Ages 7 to 13 years**

Learn the basics, discover new foods, roll in the dough and satisfy a sweet tooth at spring cooking camp! Experiences at a Cook, Learn, Grow camp last a lifetime. Parents will be served a meal prepared by the campers on the last day.

*Instructors provided by: Cook.Learn.Grow.*

*Location: McAuliffe Park 10824 NE 116th St Kirkland (To enter the park, head north on 108th Ave NE from NE 116th St, then turn into the first driveway on the right)*

*Resident \$240 / Non-Resident \$288*

**Ages 7 to 9 years**

Mon-Fri	9am-12noon	Apr 4-8	46797
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**Ages 10 to 13 years**

Mon-Fri	2-5pm	Apr 4-8	46798
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Challenge Island Presents:

## AMUSEMENT PARK

Spring Break Camp **NEW!**

**Ages 5 to 11 years**

Imagine landing on an island where visitors were tasked with building all the amusement park rides. Where would you start? We have a blast building all sorts of rides including catapults, roller coasters with jumps, zip lines, and so much more! The island's theme is Amusement Park, but Challenge Island is dedicated to teaching STEM enrichment with every class, so your children will get lessons about STEM, then use those lessons while building their cool rides!

*Instructor: Challenge Island Staff • Location: NKCC Resident \$216 / Non-Resident \$259*

Mon-Fri	9am-4pm	Apr 4-8	46590
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# SPRING BREAK CAMPS! APRIL 4-8

# SUMMER CAMP FUN!



## Mini Morning Summer Camp!

### GIGGLES & GRINS

**Ages 3 to 4½ years**

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

**Child MUST be potty trained** • Dress for a mess and wear close-toed shoes; NO flip flops or sandals, please. Bring a snack and drink for the day • Location: NKCC • 4 days  
Resident \$96 / Non-Resident \$115 per session

<b>Octopus’ Garden</b> (Under The Sea)	9:00am– Noon	Mon–Thur June 20–23	48356
<b>Red, White &amp; Glue</b> (Patriotic Party)	9:00am– Noon	Mon–Thur June 27–30	48357
<b>Frozen</b> (Let It Snow)	9:00am– Noon	Tue–Fri July 5–8	48358
<b>Fairy Tales &amp; Tutus</b> (Wings, Wands & Glass Slippers)	9:00am– Noon	Mon–Thur July 11–14	48359
<b>Growl, Grunt, Squeak, Squawk</b> (Grrrranimals)	9:00am– Noon	Mon–Thur July 18–21	48360
<b>Dinosaurs &amp; S’mores</b> (Prehistoric Play)	9:00am– Noon	Mon–Thur July 25–28	48361
<b>Sand Pals</b> (Beach Fun)	9:00am– Noon	Mon–Thur Aug 1–4	48362
<b>Greetings, Earthlings</b> (Space Adventures)	9:00am– Noon	Mon–Thur Aug 8–11	48363



## Summer Theatre Camps for Wee Ones at NKCC!

**Ages 4 to 6 years** Let your imagination run wild in theater camp! Camps feature drama, vocal work, movement, music, and a daily visit to the park. Each week will end with a short performance, featuring your own little stars! Camp sizes are limited to 12 children!

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



### LITTLE MERMAIDS (Mermaids in Training)

**Ages 4 to 6 years**

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

Resident \$120 / Non-Resident \$144

Mon–Fri	9:30am–12:30pm	June 20–24	48374
Mon–Fri	9:30am–12:30pm	Aug 1–5	48379

### CONSTRUCTION JUNCTION

**Ages 4 to 6 years**

Construction Junction, what’s our function? Clearing the site with an excavator or two, Dirty but happy there’s so much to do. From bulldozing and hauling, to prepare for the build, We’re handy with tools, you can say we are skilled. The concrete is spinning, then there’s pouring and paving, The crane does the lifting, the neighbors are waving. When the building is up and the road is all done, We will drive on home with the setting sun, And think to ourselves, this job’s so much fun!

Resident \$120 / Non-Resident \$144

Mon–Fri	9:30am–12:30pm	June 27–July 1	48375
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### MONKEY SEE MONKEY DO (Animal Adventures)

**Ages 4 to 6 years**

It’s a jungle out there, grab a vine and you’ll see, if you swing on over to the chewing gum tree. Here the monkeys are boogieing, and the elephants play, their horns all together in their R & B way. The parrot and Macaw sing a colorful song, while the leopard and tigers soft shoe along. Come find your groove, be a part of the band, of jungle animals from a far-away land.

4 days • No camp July 4 • Resident \$96 / Non-Resident \$115

Tue–Fri	9:30am–12:30pm	July 5–8	48376
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### HER MINI MAJESTY (Princess in Training)

**Ages 4 to 6 years**

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

Resident \$120 / Non-Resident \$144

Mon–Fri	9:30am–12:30pm	July 11–15	48380
Mon–Fri	9:30am–12:30pm	Aug 8–12	48381

### LET IT SNOW!

**Ages 4 to 6 years**

Let it go, let it snow, We are ready for the chill. Snowflakes fall, what a show, Winter fun is such a thrill. Snowmen and snowballs, and Ice castles too, It’s a frozen adventure for me and for you. Grab your gloves, and your hat, to the mountains we’ll go, Where we’ll sled, and we’ll ski, and we’ll skate to and fro. Bundle up, let’s pretend, and all week long, make new friends!

Resident \$120 / Non-Resident \$144

Mon–Fri	9:30am–12:30pm	July 18–22	48377
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### THE PLACES YOU’LL GO

The places you’ll go, and the things that you’ll see from Paris, to Texas and the Great Bering Sea. You’ll travel by camel, by plane, or by car, you’ll travel close by and you’ll travel afar. You might see a narwhal, a pyramid or mountain, you might make a wish at the great Trevi fountain. But there’s one thing that’s special we want you to see, there’s neighbors all over, just like you, and like me. They wake and they sleep, they eat and they play, and when they have fun they all shout hooray!

Resident \$120 / Non-Resident \$144

Mon–Fri	9:30am–12:30pm	July 25–29	48378
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# SUMMER CAMP FUN!

## Junior Engineering Camps

### JUNIOR INVENTOR'S CAMP

**Ages 4 to 6 years**

**NEW!** A week of fun, creativity, and of course —engineering! Over the course of a week, students will invent new machines and explore creative design solutions using the Engineering Design Process. Discover how a wind-up toy works and design your own drawing robot inside the Engineering For Kids Inventor's Workshop.

*Instructor from Engineering for Kids • Location: NKCC  
1 week • Resident \$195 / Non-Resident \$235*

Mon–Fri 1–4pm July 11–15 48383

### PIRATE ACADEMY CAMP

**Ages 4 to 6 years**

**NEW!** Arg Matey! Come join Kelvin's crew as we sail the ocean blue searching for buried treasure. Join us as students build their very own pirate ship, go fishing for treasure, and work together in Kelvin's crew to create a delicious treat that is more precious than gold. Hop aboard the Green Ghost and set sail as we explore The Engineering of Pirates!

*Instructor from Engineering for Kids • Location: NKCC  
1 week • Resident \$195 / Non-Resident \$235*

Mon–Fri 1–4pm Aug 8–12 48384



## Lego Camps

### PLAY-WELL LEGO® JEDI ENGINEERING CAMP

**Ages 5 to 7 years**

The Force Awakens in this introductory engineering course for young Jedi! Explore engineering principles by designing and building projects such as LEGO® X-Wings, R2 Units, Energy Catapults, Defense Turrets, and Settlements from a galaxy far, far away. Create motorized and architectural projects with imagination and engineering to defeat the Empire!

*Instructor: Play-Well TEKologies • Location: NKCC • 1 week  
Resident \$200 / Non-Resident \$240*

Mon–Fri 1–4pm June 20–24 48385

### PLAY-WELL LEGO® JEDICRAFT SURVIVAL GAME CAMP

**Ages 8 to 12 years**

Mine, craft, and build the Star Wars universe using LEGO®! Roll the dice to gather Jedi resources. Then build a Starship, craft Light Sabers, and use the Force to survive Empire attacks. This advanced Play-Well LEGO game is inspired by the Minecraft tablet game and the Star Wars fantasy setting.

*Instructor: Play-Well TEKologies • Location: NKCC • 1 week  
Resident \$200 / Non-Resident \$240*

Mon–Fri 1–4pm July 11–15 48386

### PLAY-WELL LEGO® JEDICRAFT ADVENTURE GAME

**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.

*Instructor: Play-Well TEKologies • Location: NKCC • 1 week  
Resident \$200 / Non-Resident \$240*

Mon–Fri 1–4pm July 18–22 48387

### PLAY-WELL LEGO® JEDI MASTER ENGINEERING

**Ages 8 to 12 years**

The Force Awakens in this advanced engineering course for young Jedi! Discover key engineering concepts such as gear trains, worm drives, pneumatics, and eccentric motion. Build LEGO® X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities, Settlements, Fortresses, and other complex machines and structures from a galaxy far, far away.

*Instructor: Play-Well TEKologies • Location: NKCC • 1 week  
Resident \$200 / Non-Resident \$240*

Mon–Fri 1–4pm July 25–29 48388

## Computer Camps

*Youth Tech strives to create a positive learning community that encourages creativity, fun and academic excellence • For more info about Youth Tech Inc. please visit [www.youthtechinc.com](http://www.youthtechinc.com) • Bring a snack & water bottle for the 11am camps*

### WEB STUDIO

**Ages 9 to 15 years**

This camp is a combination of our animation and web design classes. Students will learn the basics of animation and digital design and will not only create fun interactive animations but will learn the basics of web design and how to publish their animations to share with the world. This course is perfect for students with a big imagination.

*A lab fee of \$5 is payable to instructor on the first day & includes a t-shirt and CD of the camper's work • Bring snack & water bottle • Location: NKCC  
Resident \$165 / Non-Resident \$198*

Mon–Thur 11:15am–1:45pm June 27–30 48671

### VIDEO GAME DESIGN

**Ages 9 to 15 years**

This camp provides students with a fun interactive look at the world of video game design and development. Students will learn the basics of video game design and produce several different interactive video games to share with their friends and family.

*A lab fee of \$5 is payable to instructor on the first day and includes a t-shirt and CD of the camper's work • Bring a snack & water bottle • Location: NKCC  
Resident \$175 / Non-Resident \$210*

Mon–Thur 2:15–4:45pm June 27–30 48672

Tue & Wed 10:45am–4:15pm July 5 & 6 48673

### THE GAMING ACADEMY

**Ages 9 to 15 years**

The gaming academy is an all-day course for students who love games. During this course students will be immersed into the world of 2D and 3D game design. The gaming academy is a combination of our Video Game Design, Advanced Game Design and 3D Game Design courses. This camp offers students a variety of hands-on experience designing and building their very own games.

*A lab fee of \$5 is payable to instructor on the first day and includes a t-shirt and CD of the camper's work • Students are encouraged to bring a sack lunch  
Location: NKCC • Resident \$325 / Non-Resident \$390*

Tue–Fri 10:45am–4:15pm July 5–8 48674

# SUMMER CAMP FUN!

## Computer Camps cont'd

### 3D GAME DESIGN **NEW!**

**Ages 9 to 15 years**

Video Game Design experience is suggested prior to taking this course. This class offers an interactive look at the world of 3D Game Design. This awesome 3D video game design course offers the chance for students to create and immerse themselves in a 3D world. If you are looking to design professional 3D games that both look and feel just like the ones you play at home, then you don't want to miss this course.

*A lab fee of \$5 is payable to instructor on the first day and includes a t-shirt and CD of the camper's work*

*• Bring a snack & water bottle • Location: NKCC Resident: \$175 Non-Resident \$210*

Thur & Fri 10:45am–4:15pm July 7–8 48675

### MOVIE MAKERS **NEW!**

**Ages 9 to 15 years**

This hands-on, interactive course will instruct students on the world of digital video design and production. Students will film, direct and edit their own digital video creations. Students enrolled in this course amaze their peers with green screen and special effects work.

*A lab fee of \$5 is payable to instructor on the first day and includes a t-shirt and CD of the camper's work*

*• Bring a snack & water bottle • Location: NKCC Resident: \$155 Non-Resident \$186*

Mon–Thur 11:15am–1:45pm Aug 1–4 48676

### VIDEO GAME DESIGN **NEW!**

**Ages 6 to 10 years**

Want to create video games? This is an introductory course for younger students who want learn to build simple video games. This course combines the art of video game design and animation to create interactive characters that fly around the screen. Amaze your friends and family with your fun interactive games.

*A lab fee of \$5 is payable to instructor on the first day and includes a t-shirt and CD of the camper's work*

*• Bring a snack & water bottle • Location: NKCC Resident: \$155 Non-Resident \$186*

Mon–Thur 2:15–4:45pm Aug 1–4 48677

## Sports & Fitness Camps

### UK ELITE SOCCER CAMP

**COED: Ages 5 to 8 years**

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

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

#### HALF DAY

*July 5th week: Resident \$125 / Non-Resident \$150*

*Aug 15th week: Resident \$155 / Non-Resident \$186*

Tues–Fri 9–12pm July 5–8 47145

Mon–Fri 9–12pm Aug 15–19 47147

#### FULL DAY

*July 5th week: Resident \$175 / Non-Resident \$210*

*Aug 15th week: Resident \$215 / Non-Resident \$258*

Tues–Fri 9–3pm July 5–8 47146

Mon–Fri 9–3pm Aug 15–19 47148

### UK ELITE SOCCER SCHOOL

**COED: Ages 8 to 14 years**

U.K. Elite Soccer Schools are designed to take players 8 to 14 to the next level of skill. Our Schools prepare individual players for more advanced technical skills and an understanding of individual and group tactics. Our dynamic coaching methods taken from around the world will ensure every player makes significant improvements during the week.

*Every player will receive camp t-shirt along with a detailed player evaluation at the end of the week*

*• Location: Crestwoods Soccer Field, 1818 6th Street*

#### HALF DAY

*July 5th week: Resident \$125 / Non-Resident \$150*

*Aug 15th week: Resident \$155 / Non-Resident \$186*

Tues–Fri 9–12pm July 5–8 47149

Mon–Fri 9–12pm Aug 15–19 47151

#### FULL DAY

*July 5th week: Resident \$175 / Non-Resident \$210*

*Aug 15th week: Resident \$215 / Non-Resident \$258*

Tues–Fri 9–3pm July 5–8 47150

Mon–Fri 9–3pm Aug 15–19 47152

### TINY HAWK SOCCER

**Ages 3½ to 5 years**

The essentials of soccer are introduced in a fun, safe environment with lots of encouragement. Campers must be between 42 and 60 months of age and toilet-trained in order to participate. Children will learn balance, body movement, hand/eye coordination, and skill development through a series of sport-specific games.

*All participants receive a merit award • The participant-to-coach ratio is approximately 6:1 • Participants should bring appropriate clothing, a water bottle, running shoes, and sunscreen • Location: Juanita Beach Park, 9703 NE Juanita Drive • Resident \$59 / Non-Resident \$71*

Mon–Fri 12:30–1:15pm June 20–24 47138

### MINI HAWK MULTI-SPORT CAMP Soccer, Baseball & Basketball

**Ages 4 to 7 years**

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

*All participants receive a t-shirt, ball and a merit award*

*• The participant-to-coach ratio is approximately 8:1*

*• Participants should bring appropriate clothing, two snacks, a water bottle, running shoes and sunscreen*

*• Location: Juanita Beach Park, 9703 NE Juanita Drive*

*Resident \$145 / Non-Resident \$174*

Mon–Fri 9am–12pm June 20–24 47134

### SKYHAWKS MULTI SPORT CAMP Baseball & Flag Football

**Ages 6 to 12 years**

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

*All participants receive a t-shirt, ball, and a merit award*

*• The participant-to-coach ratio is approximately 12:1*

*• Participants should bring appropriate clothing, a lunch and snack, a water bottle, running shoes, a baseball glove, and sunscreen • Location: Emerson High School Field, 10903 NE 53rd St • Resident \$165 / Non-Resident \$198*

Mon–Fri 9am–3pm July 11–15 47135

# SUMMER CAMP FUN!

## SKYHAWKS TRACK & FIELD

**Ages 6 to 12 years**

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

*All participants receive a t-shirt and a merit award*  
 • The participant-to-coach ratio is approximately 14:1  
 • Participants should bring appropriate clothing, two snacks, a water bottle, running shoes, and sunscreen  
 • Location: Kirkland Middle School Track, 430 18th Ave  
 Resident \$145 / Non-Resident \$174

Mon-Fri	9am-12pm	July 18-22	47141
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## SKATEBOARDING CAMP

**COED Ages 6 to 12 years**

Learn to skate this summer! Girls and boys can join us for this week-long camp to learn the basics of skateboarding including pushing and cruising down banks. Those with more skill will work on ollies, drop-ins and more. Camp is operated by "Skate Like a Girl," a local non-profit.

*Parents will be notified as soon as possible if camp is canceled due to inclement weather* • Participant-to-coach ratio is approximately 7:1 • Campers will receive a camp shirt • Please bring water and lunch • Although loaner equipment is available at no additional cost, please bring/wear your skate gear if you have it (helmet, pads, board) • Location: Peter Kirk Skate Park, 202 3rd Street  
 Resident \$192 / Non-Resident \$230

Mon-Fri	9am-12pm	July 25-29	47132
Mon-Fri	9am-12pm	Aug 1-5	47184
Mon-Fri	9am-12pm	Aug 8-12	47133

## ADVANTAGE BASKETBALL CAMP

**Ages 6 to 17 years**

Learn from the pros! Advantage Basketball Camps were named by "Sports Illustrated Kids" as one of the top camps in the country. Our students will build on their ball-handling skills by learning lightning-quick, one-handed moves off the dribble. Your child will develop a good work ethic and learn life lessons that they will carry with them after the camp has concluded.

*Location: Advantage Basketball Training Facility, 14445 NE Juanita Drive, Kenmore*  
 Resident \$195 / Non-Resident \$234

Mon-Fri	9am-5pm	Aug 8-12	47161
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## SKYHAWKS BEGINNING GOLF CAMP WITH S.N.A.G.

**Ages 5 to 11 years**

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

*All equipment provided • T-shirt & merit award included*  
 • Bring water bottle, 2 snacks & sunscreen each day •  
 Location: Crestwoods Soccer Field, 1818 6th Street

**COED: Ages 5 to 8 • Resident \$145 / Non-Resident \$174**

Mon-Fri	9am-12pm	July 11-15	47136
Mon-Fri	9am-12pm	Aug 1-5	47137

**COED: Ages 5 to 11 • Resident \$145 / Non-Resident \$174**

Mon-Fri	1pm-4pm	July 11-15	47139
Mon-Fri	1pm-4pm	Aug 1-5	47140

## STAND UP PADDLEBOARD (SUP) CAMP

**Ages 8 to 14 years**

Learn to paddleboard this summer! Campers will learn basic paddling and safety skills and will progress to more advanced skills during the week. Campers will explore wildlife in Juanita Bay, learn tricks, and do yoga...all on a paddleboard!

*Includes camp t-shirt • Campers should be comfortable on and in the water and must be able to swim* • Equipment provided • Bring water, snack & sunscreen • Water shoes recommended • Juanita Beach Park SUP Shack, 9703 NE Juanita Dr • Res \$250 / Non-Res \$300

Mon-Fri	9am-12pm	July 11-15	47157
Mon-Fri	9am-12pm	July 18-22	47158
Mon-Fri	9am-12pm	July 25-29	47159
Mon-Fri	9am-12pm	Aug 1-5	47160
Mon-Fri	9am-12pm	Aug 8-12	47167

## KEEGAN COOK BEACH VOLLEYBALL CAMP

**Ages 12 to 18 years**

Come join us in the sand! This one-day camp featuring skill development, strategy, and competitions is taught by Keegan Cook, Head Indoor Volleyball Coach and Jonathan Winder, Head Beach Volleyball Coach at the University of Washington. All skill levels are welcome.

*All equipment provided • Bring lunch, sunscreen & ample water • Juanita Beach Park Beach Volleyball Courts, 9703 NE Juanita Drive • Resident \$115 / Non-Resident \$138*

Sat	10am-2:30pm	July 9th	48871
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## JUMPIN' J'S JUMP ROPE CAMP!

**Ages 6 to 12 years**

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

*Bring a water bottle and lunch, and wear loose, comfortable clothing and tennis shoes • Students may bring their own jump rope, borrow from the Jumpin' J's, or purchase a rope for \$6 on the first day • Location: NKCC*  
 Resident \$175 / Non-Resident \$210

Mon-Fri	11am-2pm	Aug 15-19	48365
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## LEAP INTO SUMMER ICE SKATING CAMP

**Ages 5 to 16 years**

Whether you have never skated, or would like to or enhance your present skill level (figure skating or Ice Hockey) we encourage you to join us for a four day intensive camp. "Leap into Summer" is a unique opportunity to expose individuals to an assortment of skills classes both on and off the ice, in a fun and safe learning environment. Course contents will include the basic fundamentals of ice skating, spins, jumps, off ice training endurance, choreography, production and goal setting. In addition, skaters will perform on the last day of camp. Participants will be grouped by skating experience and age.

*Rental skates are included • Helmets are recommended for beginners and not included • Camp held at SnoKing Arena located at 14326 124th Ave NE in Kirkland • Registration closes May 22nd • Please check in daily at 12:15pm*  
 Resident \$195 / Non-Resident \$234

Tue-Fri	12:30-4pm	June 21-24	48189
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# SUMMER CAMP FUN!



## CHEERLEADING CAMP

**Ages 8 to 11 years**

This camp is run by former professional cheerleaders. Learn cheers, chants, dances and jumps. Learn good cheerleading skills and values such as teamwork, trust, and friendship. The final day will be a performance for parents and family. All campers receive a set of pom poms!

*Bring a water bottle and wear loose, comfortable clothing & tennis shoes • Location: NKCC • Res \$135 / Non-Res \$162*

Mon–Fri	1–4pm	July 18–22	48364
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## RHYTHMIC GYMNASTICS & CREATIVE DANCE CAMPS

**Girls Ages 5 to 10 years**

La Luna Rhythmic Gymnastics Academy summer camps are designed for the beginner and experienced girl gymnast. Rhythmic gymnastics with balls, ribbons, clubs, ropes, and hoops will be emphasized along with ballet and creative dance. Outdoor activities will be incorporated for lots of fun and play. Two snacks are provided by the Academy. You provide a leotard, lunch, and water bottle.

*Instructor: La Luna Rhythmic Gymnastics*

*Location: La Luna Academy 11251 120th Ave NE, Suite #150 Kirkland, www.lalunagym.com*

*Resident \$222 / Non-Resident \$266*

*Extended camp hours (by the week) from 8-9am & 4-5:30pm*

*Resident Extended Camp \$35 / Non-Resident \$42*

**Week of July 5–8 ONLY • 4 days**

*Resident \$178 / Non-Resident \$214, Extended Camp*

*Resident \$28 / Non-Resident \$34 for 4-day)*

Wk 1	June 27–July 1	9am–4pm	48366
	Extended Care	8-9am & 4-5:30pm	48661
Wk 2	July 5–8 No camp July 4	9am–4pm	48367
	Extended Care	8-9am & 4-5:30pm	48662
Wk 3	July 11–15	9am–4pm	48368
	Extended Care	8-9am & 4-5:30pm	48663
Wk 4	July 18–22	9am–4pm	48369
	Extended Care	8-9am & 4-5:30pm	48664
Wk 5	July 25–29	9am–4pm	48370
	Extended Care	8-9am & 4-5:30pm	48665
Wk 6	Aug 1–5	9am–4pm	48371
	Extended Care	8-9am & 4-5:30pm	48666
Wk 7	Aug 15–19	9am–4pm	48372
	Extended Care	8-9am & 4-5:30pm	48667
Wk 8	Aug 22–26	9am–4pm	48373
	Extended Care	8-9am & 4-5:30pm	48668

## Youth Sailing Camp

Youth sailing camps at Kirkland's Waverly Park are taught by Sail Sand Point. Camps are taught by certified instructors using US Sailing curriculum and adhere to their model of providing sailing instruction through safety, fun and learning. For more information about Sail Sand Point and their teaching philosophy, visit [www.sailsandpoint.org](http://www.sailsandpoint.org) or call the office at 206.525.8782.

Sail Sand Point has been teaching sailing to the kids of Kirkland for six summers at a variety of locations. All camps at Kirkland's Waverly Park are taught using the Optimist sailboat and are divided into classes depending on age and experience. **SEE NOTE BELOW.**

### JUNIOR OPTI: A FUN INTRODUCTION

**Ages 6 to 8 years**

Through exploration and games, our Jr. Opti course makes learning to sail safe and fun. At its heart, the goal of this course is to give kids a sense of themselves as competent individuals and a love of sailing and the water. There are usually two sailors in each Opti, giving them a chance to meet new friends and share the fun!

*Schedule: One week, half day. (Note: this camp begins on a Tuesday due to July 4th) • Resident \$200 / Non-Res \$240 (note this is a 4-day course, the tuition is prorated accordingly)*

Tues–Fri	9am–12pm	July 5–8	48082
Tues–Fri	1–4pm	July 5–8	48083

### OPTI 1: STARTING TO SAIL SOLO

**Best Place for New Sailors 8 and up!**

**Ages 8 to 14 years**

This course teaches the basics of rigging, learning sail and tiller control, and how to handle the equipment. By the end of the class most sailors are able to put together an Opti and have some control of the boat in light breeze. No experience necessary for Opti 1.

*Schedule: One week, full day • Res \$410 / Non-Res \$492*

Mon–Fri	9–4pm	July 11–July 15	48084
Mon–Fri	9–4pm	July 25–29	48085
Mon–Fri	9–4pm	Aug 8–12	48086
Mon–Fri	9–4pm	Aug 22–26	48091

### NOTE FOR ALL YOUTH SAILORS

*On the first day, all youth classes require sailors to participate in a swim check and a capsiz drill. Instructors oversee and explain both of these drills beforehand to the students. The swim check consists of participants swimming a minimum of 20 feet without a life-jacket, briefly treading water, and then putting on their life-jacket in the water. Students who are unable or unwilling to participate in either of these drills cannot join their class on the water until they complete the requirements. Please ensure that your child is comfortable completing a swim check before registering for a course since SSP cannot refund the tuition once a course begins.*

### OPTI 2: FINE-TUNING THE BASICS

**Ages 8 to 14 years**

The main focus of this course is mastering basic skills for a strong sailing foundation. Instructors will review rigging and how the sail powers the boat, while continuing to introduce new sailing concepts. This course is a good fit for sailors who are familiar with the basics of Opti sailing.

*Schedule: One week, full day • Res \$410/ Non-Res \$492*

Mon–Fri	9–4pm	July 18–22	48087
Mon–Fri	9–4pm	Aug 15–19	48088

### OPTI 3: PICKING UP SPEED

**Ages 8 to 14 years**

This course draws on what intermediate sailors know and introduces increasingly advance concepts. This is the place where it all starts to come together. Prior to the course, sailors should have the ability and confidence to be able to rig an Opti, understand the basics of sailing, and be able to sail upwind.

*Schedule: One week, full day • Res \$410 / Non-Res \$492*

Mon–Fri	9–4pm	Aug 1–5	48092
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# experience it!



## WE ARE LOOKING FOR GOOD PEOPLE

### Get paid for sharing your recreation talents

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

**SUMMER SEASON NEEDS:** Day Camp Leaders, Aquatic Lifeguards, Water Safety Instructors, Sports Tennis Instructors. **HIRING NOW!**

**FALL & WINTER NEEDS:** Preschool Special Interest Teachers for Dance, Drama, Enrichments, and more. Fitness Instructors, Adult Special Interest Instructors, Customer Service Experts. Youth Basketball Referees and Pee Wee Basketball Coaches. **ONGOING RECRUITMENT.**

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

**Give us a call we would be happy to share present opportunities. Contact our Recreation Staff—see below.**

All current job postings are listed on [GovJobsToday.com](http://GovJobsToday.com)

### 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

## Spring and Summer 2016

Kirkland Parks & Community Services  
Recreation Classes and Services

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# Registration Options & Information

## ONLINE: [www.KirklandParks.net](http://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 13 or download a PDF from: [www.kirklandwa.gov/depart/parks/Recreation\\_Programs/currentbrochure.htm](http://www.kirklandwa.gov/depart/parks/Recreation_Programs/currentbrochure.htm)

## Facility Information

**Parks & Community Services**  
505 Market St, Suite A, 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

**City Web Address**  
[www.kirklandwa.gov](http://www.kirklandwa.gov)

## 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 alternative 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](mailto: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
<b>Please Note: IF you are claiming Resident Fees for working in City Limits you must provide Employee Name, Company Name &amp; Address</b>			
Employee Name:		Company Name & Address:	
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

### 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.

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



Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

# Juanita Bay Park Events

## JUANITA BAY WILDLIFE TOURS

April 3 • May 1 • June 5 • July 3 • August 7



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

April 19 • May 17 • June 21 • July 19 • August 16

Join Mary Frances Mathis of the Eastside Audubon Society and the Juanita Bay Park Rangers for a relaxed morning walk in Juanita Bay Park, looking for any birds in the area.

Walks are at 8:00am and will be finished before lunch time. Bring binoculars and meet in the parking lot.



Photo: Ernie Brown

No registration is required. You may contact the Eastside Audubon Society for more information at 425.576.8805.



PO Box 3115, Kirkland, WA 98083-3115 • 425.576.8805  
www.eastsideaudubon.org

Come meet us at Juanita Bay Park! 2201 Market Street, Kirkland

## Juanita Friday Market



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

Live Music Every Week!

JUNE	JULY	AUGUST	SEPTEMBER
3 <sup>rd</sup> Kid's Day & Blue Fish Festival 24 <sup>th</sup> Food Truck Rodeo	1 <sup>st</sup> Kid's Day 29 <sup>th</sup> Health Fair	5 <sup>th</sup> Kid's Day 26 <sup>th</sup> Health Fair	2 <sup>nd</sup> Kid's Day 30 <sup>th</sup> Last Day & Harvest Fair

Special thanks to our sponsors:



For more event details, visit us online  
[www.kirklandwa.gov/JuanitaFridayMarket](http://www.kirklandwa.gov/JuanitaFridayMarket).

## OH, NO ?!

### WHY DID WE CANCEL IT ?!

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](http://www.hkbviolins.com)  
425 822-0717

Sales Appraisals Repairs Rentals



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 13.

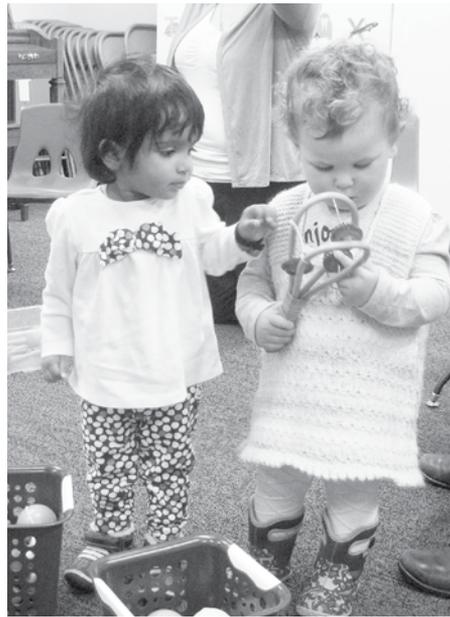
## Wiggle Clap and Sing for Babies

**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.

Popular instructor Kate Fynn is an accomplished vocalist • See [www.wiggleclapandsing.blogspot.com](http://www.wiggleclapandsing.blogspot.com)  
Location: NKCC • No class 7/2 • 5 weeks  
Resident \$36 / Non-Resident \$43

Sat	9:30–10:15am	Apr 16–May 14	48390
Sat	9:30–10:15am	June 4–July 9	48391
Sat	9:30–10:15am	July 23–Aug 20	48392



## 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! See [www.wiggleclapandsing.blogspot.com](http://www.wiggleclapandsing.blogspot.com)

Instructor: Miss Kate • Location: NKCC • 5 weeks  
No class 7/2 • Resident \$36 / Non-Resident \$43

Sat	10:25–11:10am	Apr 16–May 14	48393
Sat	10:25–11:10am	June 4–July 9	48394
Sat	10:25–11:10am	July 23–Aug 20	48395

## 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.

See [www.wiggleclapandsing.blogspot.com](http://www.wiggleclapandsing.blogspot.com)  
Instructor: Miss Kate • Location: NKCC • 5 weeks  
No class 7/2 • Resident \$36 / Non-Resident \$43

Sat	11:20am–12:05pm	Apr 16–May 14	48396
Sat	11:20am–12:05pm	June 4–July 9	48397
Sat	11:20am–12:05pm	July 23–Aug 20	48398

## 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 to 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

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

Tue	11:30am–12:30pm	Apr 26–June 14	48399
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**4 weeks • Resident \$44 / Non-Resident \$53**

Tue	11:30am–12:30pm	July 12–Aug 2	48402
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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

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

Tue	9:30–10:30am	Apr 26–June 14	48403
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Tue	10:30–11:30am	Apr 26–June 14	48404
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**Summer 4 weeks • Resident \$44 / Non-Resident \$53**

Tue	9:30–10:30am	July 12–Aug 2	48405
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Tue	10:30–11:30am	July 12–Aug 2	48406
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## Baby Boogie Woogie

**Ages 12 months to 36 months with 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 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 together.*

*Instr: Karen Renfro-Gielgens • Location: NKCC • 4 weeks  
No class 5/30 & 7/4 • Resident \$29 / Non-Resident \$35*

### 12 to 18 months

Mon	9:15–10am	Apr 25–May 16	48408
Mon	9:15–10am	May 23–June 20	48409
Mon	9:15–10am	June 27–July 25	48414
Mon	9:15–10am	Aug 1–22	48415

### 12 to 36 months

Mon	10:10–10:55am	Apr 25–May 16	48410
Mon	11:05–11:50am	Apr 25–May 16	48411
Mon	10:10–10:55am	May 23–June 20	48412
Mon	11:05–11:50am	May 23–June 20	48413
Mon	10:10–10:55am	June 27–July 25	48416
Mon	11:05–11:50am	June 27–July 25	48417
Mon	10:10–10:55am	Aug 1–22	48418
Mon	11:05–11:50am	Aug 1–22	48419

## 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 slippers required • Location: NKCC*

*Spring 6 weeks • No class 5/30 & 7/4  
Resident \$30 / Non-Resident \$36*

Mon	9:10–9:40am	Apr 11–May 16	48448
Tue	3:15–3:45pm	Apr 12–May 17	48794
Fri	9:30–10am	Apr 15–May 20	48450
Fri	10:05–10:35am	Apr 15–May 20	48452
Mon	9:10–9:40am	May 23–July 11	48449
Tue	3:15–3:45pm	May 31–July 5	48795
Fri	9:30–10am	June 3–July 8	48451
Fri	10:05–10:35am	June 3–July 8	48453

*Summer 5 weeks • Resident \$25 / Non-Resident \$30*

Mon	9:10–9:40am	July 18–Aug 15	48454
Fri	9:30–10am	July 22–Aug 19	48456
Fri	10:05–10:35am	July 22–Aug 19	48458
Tue	3:15–3:45pm	July 26–Aug 23	48455

## 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!

### Peep And Hop In April

**Ages 2½ to 3½ years with parent**

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

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

Mon	9:30–10:15am	Apr 11–25	48429
Thur	10:30–11:15am	Apr 14–28	48430

### Moonbeams In a Jar for May

**Ages 2½ to 3½ years with parent**

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

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

Mon	9:30–10:15am	May 2–16	48434
Thur	10:30–11:15am	May 5–19	48431

### Somewhere Over the Rainbow Fish for June NEW!

**Ages 2½ to 3½ years with parent**

The Rainbow Fish isn't the only one, full of every color under the sun. Just look under sea and find, colors of every different kind; to paint and glitter and bring to life, like the pink starfish and the black ghost knife.

*Location: NKCC • 3 weeks • No class 5/30  
Resident \$24 / Non-Resident \$29*

Mon	9:30–10:15am	May 23–June 13	48432
Thur	10:30–11:15am	May 26–June 9	48433



### 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!

*Instructors: Miss Monique & Miss Pam • Location: NKCC  
3 weeks • No class 5/30 • Resident \$24 / Non-Resident \$29*

Mon	10:30–11:15am	Apr 11–25	48420
Wed	9:30–10:15am	Apr 13–27	48421
Thur	9:30–10:15am	Apr 14–28	48422
Mon	10:30–11:15am	May 2–16	48423
Wed	9:30–10:15am	May 4–18	48424
Thur	9:30–10:15am	May 5–19	48425
Mon	10:30–11:15am	May 23–June 13	48426
Wed	9:30–10:15am	May 25–June 8	48427
Thur	9:30–10:15am	May 26–June 9	48428

# PARENTING CLASSES

**Need to step back and get a new perspective?**

These classes will give you new ideas on parenting Preschoolers through Teens.

See page 62



## 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!

### Parent/Child Motion I

**Ages 18 to 26 months**  
Child must be walking!

Location: NKCC • 5 weeks • Resident \$35 / Non-Res \$42

Wed	9:15–10am	Apr 13–May 11	48460
Thur	9:50–10:35am	Apr 14–May 12	48461
Wed	9:15–10am	May 18–June 15	48462
Thur	9:50–10:35am	May 19–June 16	48463

### Parent/Child Motion II

**Ages 24 to 36 months**

Location: NKCC • 5 weeks • Resident \$35 / Non-Res \$42

Wed	10:05–10:50am	Apr 13–May 11	48464
Thur	10:45–11:30am	Apr 14–May 12	48465
Wed	10:05–10:50am	May 18–June 15	48466
Thur	10:45–11:30am	May 19–June 16	48467

## Action

### 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	Apr 11–May 2	48690
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### Parent/Child Sports & 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  
No class 5/30 • Resident \$28 / Non-Resident \$34

Mon	10:40–11:25am	May 16–June 13	48691
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## Parent/Child Preschool Cooking Series

**Ages 2 to 5 years with parent**

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

### Itty Bitty Breakfast Club

**Ages 2 to 5 years with parent**

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

Instructor Miss Susie • Location: McAuliffe Park • 3 weeks  
Resident \$35 / Non-Resident \$42

Wed	9:30–10:30am	Apr 13–27	48436
Wed	10:45–11:45am	Apr 13–27	48437
Wed	12–1pm	Apr 13–27	48438

### Dips & Sticks

**Ages 2 to 5 years with parent**

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

Instructor Miss Susie • Location: McAuliffe Park  
3 weeks • No class 5/22 • Resident \$35 / Non-Resident \$42

Wed	9:30–10:30am	May 11–25	48439
Wed	10:45–11:45am	May 11–25	48440
Wed	12–1pm	May 11–25	48441

### Teddy Bear Picnic Fare

**Ages 2 to 5 years with parent**

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

Please note that this class is a little longer so that we can pack and picnic, even if it has to be inside!

Instructor Miss Susie • Location: McAuliffe Park • 3 weeks  
Resident \$44 / Non-Resident \$53

Wed	9:45–11am	June 1–15	48444
Wed	11:15am–12:30pm	June 1–15	48442

See page 20 for Creating in the Kitchen with Karen, ages 3-5.

## 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 • Resident \$99 / Non-Res \$119

(NOTE: Fee for 2nd child in same family: Resident \$60 / Non-Resident \$72)

Thur	11am–12pm	Apr 14–May 19	48407
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## Language w/ Polly-Glot Tots

Polly-Glot Tots 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](http://www.pollyglottots.com)

### Spanish For Preschoolers

**Ages 1 to 3 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.

Location: NKCC • 10 weeks • Resident \$168 / Non-Res \$202

Wed	9:45–10:30am	Apr 13–June 15	48474
Wed	10:45–11:30am	Apr 13–June 15	48792

### Chinese for Preschoolers

**Ages 1 to 3 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.

Location: NKCC • 9 weeks • Resident \$151 / Non-Res \$181

Fri	9:30–10:15am	Apr 15–June 10	48476
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For French and Spanish ages 5–9 years, see page 29.

## Knee Hi Investigators for 3's with Parent

### Seeds, Sprouts, & Blossoms

**Age 3 years with parent**

Learn how things grow! Where do flower seeds come from, what do they take to grow? What foods grow underground? How tall is the tallest tree? We'll investigate these mysteries and many more and during class do fun things like sprout a bean stalk and paint with flowers!

Location: NKCC • 3 weeks • Resident \$35 / Non-Res \$42

Tue	9:30–10:30am	Apr 12–26	48521
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### Nests, Caves, & Burrows

**Age 3 years with parent**

Learn where animals live! Are there caves under water, and who lives in them? Do ants eat dirt to build their home? What holds a nest together? We'll investigate these mysteries and many more and during class do fun things like build our own nest and watch a group of ants busy at the farm!

Location: NKCC • 3 weeks • Resident \$35 / Non-Res \$42

Tue	9:30–10:30am	May 3–17	48522
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### Bugs, Germs, and Dirty Hands

**Age 3 years with parent**

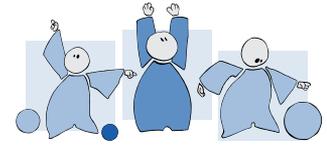
Learn how germs are spread! How far can a sneeze travel? What do germs look like up close? What's under your fingernails? We'll investigate these mysteries and many more and during class do fun things like experiment how germs react to soap, and create our own germ out of art materials!

Location: NKCC • 3 weeks • Resident \$35 / Non-Res \$42

Tue	9:30–10:30am	May 31–June 14	48523
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# Indoor Playground



## NKCC Drop-in Program with Parent

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

**April 12–June 9, 2016**

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

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

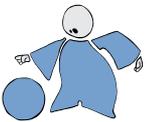


Don't sit in the house—come out to play in our large multipurpose room where there's lots of room to run! There are "Little Tikes" and "Step2-type" pedal and push buggies, cars, roller coaster and coupes, pirate ship climber, climber with slide, toddler teeter totter, kitchen set, workbench, small riding 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 April 4-8*

## 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!

## 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-up are available for missed classes.
- ★ Refund policy is on page 13.

## ABC & 123 “Preschool & Kindergarten Readiness”

**Ages 3½ to 4 years**

Children must be able to follow directions and participate in 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!

**Class time has changed to 1.25 hours.**

10 weeks • Resident \$133 / Non-Resident \$160

Tue	10:40–11:55am	Apr 12–June 14	48479
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ABC & 123 takes a summer break—see you in the fall!



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

Wed	10:30–11:15am	Apr 13–27	48518
Wed	10:30–11:15am	May 4–18	48519
Wed	10:30–11:15am	May 25–June 8	48520

## 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 (enter off of 108th Ave NE) • 8 weeks • No class 5/30 & 7/4 • \$10 supply fee payable to instructor • Resident \$72 / Non-Resident \$86*

Mon	2:30–3:30pm	Apr 25–June 20	48514
Mon	2:30–3:30pm	June 27–Aug 22	48516

Creating in the Kitchen with Karen ages 4–8, see page 29.

## Engineering For Kids

### Junior Civil Engineering

**Ages 4 to 6 years**

The Junior Civil Engineering program is designed to introduce young engineers to the job of a civil engineer, the field of civil engineering, and basic concepts of engineering as it relates to building and construction. Through open discussion and focused exploration, students will design and construct their own skyscrapers, bridges, and structures designed to withstand the forces of nature!

*Instructor: Engineering for Kids • Location: NKCC • 6 weeks  
• \$35 supply fee payable to the instructor at the first class  
Resident \$90 / Non-Resident \$108*

Wed	1–1:45pm	Apr 13–May 18	48527
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## Preschool Music

### Move Over Mozart Piano Classes

#### Ages 3 to 6 years

Learn to play familiar tunes on the piano, read music, and, basic music theory. Class recitals throughout the year are optional. Having a piano at home is not a requirement; instruction on community center piano or keyboard is included in instruction. A one-time \$10 materials fee is payable to instructor and due at first class. Class size is limited to 6 (additional classes may be added based on waiting lists).

For more information visit [moveovermozart.net](http://moveovermozart.net) • NKCC

#### Ages 3 & 4 years

**Spring Monday classes 9 weeks • No class 5/30**  
Resident \$89 / Non-Resident \$107

Mon	4–4:30pm	Apr 11–June 13	48480
Mon	5–5:30pm	Apr 11–June 13	48481

**Spring Tuesday or Thursday classes 10 weeks**  
Resident \$99 / Non-Resident \$119

Tue	4:30–5pm	Apr 12–June 14	48482
Thur	4–4:30pm	Apr 14–June 16	48483
Thur	5:30–6pm	Apr 14–June 16	48484

**Summer Monday classes 8 weeks • No class 7/4**  
Resident \$79 / Non-Resident \$95

Mon	4–4:30pm	June 20–Aug 15	48495
Mon	5–5:30pm	June 20–Aug 15	48496

**Summer Tuesday or Thursday classes 9 weeks**  
Resident \$89 / Non-Resident \$107

Tue	4:30–5pm	June 21–Aug 16	48497
Thur	4–4:30pm	June 23–Aug 18	48498
Thur	5:30–6pm	June 23–Aug 18	48499

#### Ages 5 & 6 years

**Spring Monday classes 9 weeks • No class 5/30**  
Resident \$89 / Non-Resident \$107

Mon	4:30–5pm	Apr 11–June 13	48485
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**Spring Tuesday or Thursday classes 10 weeks**  
Resident \$99 / Non-Resident \$119

Tue	4–4:30pm	Apr 12–June 14	48486
Thur	4:30–5pm	Apr 14–June 16	48487
Thur	6–6:30pm	Apr 14–June 16	48488

**Summer Monday classes 8 weeks • No class 7/4**  
Resident \$79 / Non-Resident \$95

Mon	4:30–5pm	June 20–Aug 15	48500
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**Summer Tuesday or Thursday classes 9 weeks**  
Resident \$89 / Non-Resident \$107

Tue	4–4:30pm	June 21–Aug 16	48501
Thur	4:30–5pm	June 23–Aug 18	48502
Thur	6–6:30pm	June 23–Aug 18	48503



## Preschool Music cont'd

### 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](http://moveovermozart.net)  
Location: NKCC

**Spring 10 weeks • \$99 / Non-Resident \$119**

Tuesday	5–5:30pm	Apr 12–June 14	48510
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**Summer 9 weeks • \$89 / Non-Resident \$107**

Tuesday	5–5:30pm	June 21–Aug 16	48512
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Move Over Mozart classes for ages 7–12 years, see page 26.

## Knee Hi Investigators for 4's

### Seeds, Sprouts, & Blossoms

#### Age 4 years

Learn how things grow! Where do flower seeds come from, what do they take to grow? What foods grow underground? How tall is the tallest tree? We'll investigate these mysteries and many more and during class do fun things like sprout a bean stalk or paint with flowers!

Location: NKCC • 3 weeks • Resident \$35 / Non-Res \$42

Tue	10:30–11:30am	Apr 12–26	48524
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### Nests, Caves, & Burrows

#### Age 4 years

Learn where animals live! Are there caves under water, and who lives in them? Do ants eat dirt to build their home? What holds a nest together? We'll investigate these mysteries and many more and during class do fun things like build our own nest and watch a group of ants busy at the farm!

Location: NKCC • 3 weeks • Resident \$35 / Non-Res \$42

Tue	10:30–11:30am	May 3–17	48525
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### Bugs, Germs, and Dirty Hands

#### Age 4 years

Learn how germs are spread! How far can a sneeze travel? What do germs look like up close? What's under your fingernails? We'll investigate these mysteries and many more and during class do fun things like experiment how germs react to soap, and create our own germ out of art materials!

Location: NKCC • 3 weeks • Resident \$35 / Non-Res \$42

Tue	10:30–11:30am	May 31–June 14	48526
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## Preschool Dance



### 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.

*Ballet slippers required! Location: NKCC*

**Spring Mon & Sat 9 weeks • No class 5/28 & 5/30**  
Resident \$65 / Non-Resident \$78

Mon	9:45–10:30am	Apr 11–June 13	48528
Sat	9–9:45am	Apr 16–June 18	48532
Sat	9:50–10:35am	Apr 16–June 18	48533

**Spring Wed & Thur 10 weeks**

*Resident \$72 / Non-Resident \$86*

Wed	10:30–11:15am	Apr 13–June 15	48529
Wed	11:25am–12:10pm	Apr 13–June 15	48530
Thur	10:20–11:05am	Apr 14–June 16	48531

**Summer 8 weeks • No class 7/2 & 7/4**

*Resident \$58 / Non-Resident \$70*

Mon	9:45–10:30am	June 20–Aug 15	48535
Wed	10:30–11:15am	June 29–Aug 17	48536
Wed	11:25am–12:10pm	June 29–Aug 17	48537
Thur	10:20–11:05 am	June 30–Aug 18	48538
Sat	9–9:45am	June 25–Aug 20	48539
Sat	9:50–10:35am	June 25–Aug 20	48540

See page 17 for Dance Class for Two Year Olds with Parent!

### Preschool Ballet B

**Ages 4 to 6 years**

Older preschoolers and children with previous dance experience will explore musicality, artistic expression and a repertoire of dance steps. Parents may join us for the last class to watch and take pictures.

*Ballet slippers required! • Location: NKCC*

**Spring Mon & Sat 9 weeks • No class 5/28 & 5/30**  
Resident \$65 / Non-Resident \$78

Mon	11:25am–12:10pm	Apr 11–June 13	48542
Sat	10:40–11:25am	Apr 16–June 18	48544

**Spring Thur 10 weeks • Resident \$72 / Non-Resident \$86**

Thur	11:15am–12pm	Apr 14–June 16	48543
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**Summer 8 weeks • No class 7/2 & 4 • Res \$58 / Non-Res \$70**

Mon	11:25am–12:10pm	June 20–Aug 15	48545
Thur	11:15am–12pm	June 30–Aug 18	48546
Sat	10:40–11:25am	June 25–Aug 20	48547

For Hip Hop ages 5–7, see page 30

### 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.

*Ballet slippers and tap or dress shoes required! • NKCC*

**Spring Mon 9 weeks • No class 5/30 • Res \$65 / Non-Res \$78**

Mon	10:35–11:20am	Apr 11–June 13	48548
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**Spring Tue & Thur 10 weeks • Resident \$72 / Non-Res \$86**

Tue	4–4:45pm	Apr 12–June 14	48549
Thur	9:30–10:15am	Apr 14–June 16	48550

**Summer 8 weeks • No class 7/4, 7/19**

*Resident \$58 / Non-Resident \$70*

Mon	10:35–11:20am	June 20–Aug 15	48551
Tue	4–4:45pm	June 28–Aug 23	48552
Thur	9:30–10:15am	June 30–Aug 18	48553

### 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

*Ballet slippers and tap or dress shoes required! • NKCC*

**Spring 10 weeks • Resident \$72 / Non-Resident \$86**

Tue	4:50–5:35pm	Apr 12–June 14	48554
Wed	12:15–1pm	Apr 13–June 15	48555

**Summer 8 weeks • No class 7/19 • Res \$58 / Non-Res \$70**

Tue	4:50–5:35pm	June 28–Aug 23	48556
Wed	12:15–1pm	June 29–Aug 17	48557

### Jazz for Children

**Ages 3 to 4½ years**

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

*Ballet slippers required • Location: NKCC*

**Spring 10 weeks • Resident \$72 / Non-Resident \$86**

Wed	9:40–10:25am	Apr 13–June 15	48558
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**Summer 8 weeks • Resident \$58 / Non-Resident \$70**

Wed	9:40–10:25am	June 29–Aug 17	48559
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## Rhythmic Gymnastics

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

*Instructor Arzu Karaali has trained athletes for National and International competitions and 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](http://www.lalunagym.com)

### 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 • Location: LaLuna Gym, 11251 120th Ave NE, Ste 150 • 5 weeks • No class 5/28  
Resident: \$70 / Non-Resident \$84*

Wed	3–4pm	Apr 13–May 11	48583
Sat	12–1pm	Apr 16–May 14	48584
Wed	3–4pm	May 18–June 15	48585
Sat	12–1pm	May 21–June 25	48586

Rhythmic Gymnastics ages 6–8, see page 31.

**YOUTH  
ICE HOCKEY**  
AGES 4 TO 13 YEARS • PAGE 32

## Preschool Kids in Motion

Kids in Motion classes will take a summer break—see you again in the fall!



### 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! See page 18 for parent/child Kids in Motion classes for younger children.

### 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 • Location: NKCC  
5 weeks • Resident \$23 / Non-Resident \$28*

Thurs	9:15–9:45am	Apr 14–May 12	48468
Thurs	9:15–9:45am	May 19–June 16	48469

### Kids In Motion A & B These 45-minute classes are for children only.

*Motion A Ages 2½ to 3 years • Location: NKCC  
5 weeks • Resident \$35 / Non-Resident \$42*

Wed	11–11:45am	Apr 13–May 11	48470
Wed	11–11:45am	May 18–June 15	48471

*Motion B Ages 3 to 4 years • Location: NKCC  
5 weeks • Resident \$35 / Non-Resident \$42*

Thur	11:35am–12:20pm	Apr 14–May 12	48472
Thur	11:35am–12:20pm	May 19–June 16	48473

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](http://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

## Preschool Sports and Fitness

### Mighty Mite Martial Arts

**Ages 4 to 6 years**

Miller 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 Martial Arts Academy, 8920 122nd Ave NE, Kirkland • 8 weeks • No class 5/28 & 30  
Resident \$38 / Non-Resident \$46*

Mon	2:30–3pm	Apr 11–June 6	48560
Wed	2:45–3:15pm	Apr 13–June 1	48561
Sat	10:30–11am	Apr 16–June 11	48562

### Ice Skating ALL AGES

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

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

#### SPRING

**Ages 5 to Adult • 7 weeks • No class 5/30**  
*Resident \$135 / Non-Resident \$162*

Mon	6–7pm	Apr 25–June 13	48190
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**Ages 4 to Adult • 7 weeks • No class 5/27**  
*Resident \$135 / Non-Resident \$162*

Tue	10:45–11:45am	Apr 26–June 7	48191
Fri	6–7pm	Apr 29–June 17	48192

#### SUMMER

**Ages 5 to Adult • 7 weeks**  
*Resident \$135 / Non-Resident \$162*

Mon	6pm–7pm	July 11–Aug 22	48193
Tue	10:45–11:45am	July 12–Aug 23	48194



### 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*

**Spring 6 weeks • Location: NKCC**  
*Resident \$45 / Non-Resident \$54*

Tue	4–4:45pm	Apr 12–May 17	48565
Tue	4–4:45pm	May 31–July 5	48566
Fri	10:45–11:30am	Apr 15–May 20	48567
Fri	11:35am–12:20pm	Apr 15–May 20	48569
Fri	10:45–11:30am	June 3–July 8	48563
Fri	11:35am–12:20pm	June 3–July 8	48568

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

Tue	4–4:45pm	July 19–Aug 16	48572
Fri	10:45–11:30am	July 22–Aug 19	48573
Fri	11:35am–12:20pm	July 22–Aug 19	48574

### 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.*

**Spring 6 weeks • Location: NKCC**  
*Resident \$45 / Non-Resident \$54*

Tue	4:50–5:35pm	Apr 12–May 17	48577
Tue	4:50–5:35pm	May 31–July 5	48578

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

Tue	4:50–5:35pm	July 19–Aug 16	48580
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**KIRKLAND  
KIDS  
TRIATHLON**

**SWIM BIKE RUN**

**AGES 3 TO 12 YEARS**

**SEE PAGE 26**

**SEPTEMBER 10, 2016**



The spring 2016 season filled as we went to print. The next opportunity to participate will be in the fall season! See below for details!

# FALL REGISTRATION OPENS JULY 13, 2016

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

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

**Resident \$69 / Non-Resident \$82**

- **AVAILABILITY:** Game times will vary each week—parent and child need to be available during the hours of 9am and 2pm on Saturdays.
- **COACHES MEETING** marks the official start of the program, date TBA (normally two weeks prior to the start date.) Refunds will not be given if withdrawn on or after that meeting date.

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

3 to 4 year olds Sat Sept 10–Oct 22 48872

5 to 6 year olds Sat Sept 10–Oct 22 48873

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

3 to 4 year olds Sat Sept 10–Oct 22 48874

5 to 6 year olds Sat Sept 10–Oct 22 48875

## ..... Quick Facts about the Pee Wee Soccer League (PWS) .....

### **When will I hear details about my child's team, schedule, etc.?**

You will be contacted by a coach at least one week prior to the first day. 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](http://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. All coaches must pass a background check. Feel free to email [nthomas@kirklandwa.gov](mailto:nthomas@kirklandwa.gov) for more information.

### **How are teams formed?**

Registration is taken in the order received. Coaches and their children will be placed together. 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, games will be played as scheduled if the field is in good condition. If 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?**

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.



## 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**

## Music

### Move Over Mozart Piano Classes

**Grade K to 6; Ages 5 to 12 years**

Learn to play familiar tunes on the piano, read music, and, basic music theory. Class recitals are optional. Having a piano at home is not a requirement; instruction on community center piano or keyboard is included in instruction. A one-time \$10 materials fee is payable to instructor and due at first class. Class size is limited to 6 (additional classes may be added based on waiting lists).

For more information visit [moveovermozart.net](http://moveovermozart.net)  
Location: NKCC



**Monday classes 9 weeks • No class 5/30**  
Resident \$89 / Non-Resident \$107

<b>Ages 5-6</b>	Mon	4:30-5pm	Apr 11-June 13	48485
<b>Ages 7-8</b>	Mon	5:30-6pm	Apr 11-June 13	48492
<b>Ages 9-12</b>	Mon	6-6:30pm	Apr 11-June 13	48494

**Tuesday & Thursday classes • 10 weeks**  
Resident \$99 / Non-Resident \$119

<b>Ages 5-6</b>	Tue	4-4:30pm	Apr 12-June 14	48486
<b>Ages 5-6</b>	Thur	4:30-5pm	Apr 14-June 16	48487
<b>Ages 5-6</b>	Thur	6-6:30pm	Apr 14-June 16	48488
<b>Ages 7-8</b>	Thur	5-5:30pm	Apr 14-June 16	48493

**Monday classes 8 weeks • No class 7/4**  
Resident \$79 / Non-Resident \$95

<b>Ages 5-6</b>	Mon	4:30-5pm	June 20-Aug 15	48500
<b>Ages 7-8</b>	Mon	5:30-6pm	June 20-Aug 15	48507
<b>Ages 9-12</b>	Mon	6-6:30pm	June 20-Aug 15	48509

**Tuesday & Thursday classes • 9 weeks**  
Resident \$89 / Non-Resident \$107

<b>Ages 5-6</b>	Tue	4-4:30pm	June 21-Aug 16	48501
<b>Ages 5-6</b>	Thur	4:30-5pm	June 23-Aug 18	48502
<b>Ages 5-6</b>	Thur	6-6:30pm	June 23-Aug 18	48503
<b>Ages 7-8</b>	Thur	5-5:30pm	June 23-Aug 18	48508

### 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](http://moveovermozart.net)  
Location: NKCC

**Spring 10 weeks • Resident \$99 / Non-Resident \$119**

<b>Ages 5-7</b>	Tue	5-5:30pm	Apr 12-June 14	48510
<b>Ages 8-12</b>	Tue	5:30-6pm	Apr 12-June 14	48511

**Summer 9 weeks • Resident \$89 / Non-Resident \$107**

<b>Ages 5-7</b>	Tue	5-5:30pm	June 21-Aug 16	48512
<b>Ages 8-12</b>	Tue	5:30-6pm	June 21-Aug 16	48513

### Beginning Guitar Turbo Charged!

**Ages 15 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 5/30 & 7/4 • Resident \$98 / Non-Resident \$118

Mon	6:30-7:30pm	Apr 11-June 6	48603
Mon	6:30-7:30pm	June 20-Aug 15	48604

### Guitar Song Workshop **NEW!**

**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 5/30 & 7/4 • Resident \$98 / Non-Resident \$118

Mon	5:15-6:15pm	Apr 11-June 6	48605
Mon	5:15-6:15pm	June 20-Aug 15	48606

For Move Over Mozart classes for ages 3-4 years, see page 21.

## After School

### Rainforest Island After School

**Ages 5 to 11 years**

Children learn all about the Rainforest of Amazon, and the animal and plant kingdom. As they travel around Rainforest Island, they will have a challenge tied to each stop and lessons related to a particular animal that lives in an area of the forest. Children learn about the Forest Floor, The Under Story, The Canopy and the Emergent layers of the forest, and which animals survive where, and why. Other learning include adaptation, prehensile tails, and survival! Fun activities like Monkey Swings, Toucan Games, Hut Building and more! This is a wonderful island for those children interested in animals, the environment, and arts and crafts along with Science, Tech, Engineering and Math. We end our rainforest exploration with a Rainforest Island Ice Cream Sundae event using fruits from the rainforest!

*Instructor: Challenge Island Staff • Location: NKCC  
8 weeks • Resident \$134 / Non-Resident \$161*

Wed	2:30–3:30pm	Apr 13–June 1	48597
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### Sailing into Science **NEW!**

**Ages 8 to 12 years**

Sailing into science is an exciting new program from Sail Sand Point that combines the fun of sailing with science and math. Learn how physics and simple machines, along with the natural forces of wind and water, power a sailboat by building and conducting experiments. The course will include an introduction to sailboats and design along with hands-on exploration of the different ways that the environment can affect sailing.

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

Wed	3:30–5:30pm	Apr 27, May 4, 11, 18	48718
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## Art: Young Rembrandts



### Cartooning with Young Rembrandts

**Ages 6 to 12 years**

Exercise your funny bone while learning to draw original cartoon characters. You'll learn to create fully-realized cartoon characters from familiar subjects like dogs, farm animals, and insects. Drawings of funny cartoon cars will spark your imagination. You will also develop visual story telling skills as you draw sequential images. All this and more awaits you in a Young Rembrandts cartooning class. Our classes fill quickly—enroll today!

*Instructor: Young Rembrandts • Location: NKCC • 5 weeks  
Resident \$65 / Non-Resident \$78*

Tue	4–5pm	Apr 12–May 10	48598
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### Young Rembrandts Mixed Media Workshop: Household Pets **NEW!**

**Ages 6 to 12 years**

Learn to draw animals in the Young Rembrandts Household Pets workshop. We'll get our feet wet on the first day as we draw a stylized aquarium graphic. The second day will be a colorful one as we learn to draw a detailed birdcage. We'll also explore the playful side of our animal friends in silly cartoon situations. On the last day of class, we will create a wonderful pet-inspired, pastel illustration. Please wear an old shirt or smock to the final day of class. Enroll today!

*Instructor: Young Rembrandts • Location: NKCC • 4 weeks  
Resident \$89 / Non-Resident \$107*

Tue	4–6pm	May 17–June 7	48599
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### Young Rembrandts Anime and Manga **NEW!**

**Ages 6 to 12 years**

Why sit in front of the TV and watch cartoons when you can draw amazing characters and awesome scenes of your very own? Join us for five action-packed days, and create dazzling illustrations influenced by popular Japanese anime and manga themes. Colorful characters with expressive personalities jump off of the page. Don't miss this chance to learn about these popular cartoon styles. Sign up today!

*Instructor: Young Rembrandts • Location: NKCC • 5 weeks  
Resident \$179 / Non-Resident \$215*

Wed	1–4pm	June 22–July 20	48601
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### Young Rembrandts Fashion Runway: Tween Style **NEW!**

**Ages 6 to 12 years**

Join us for 4 days of fashion design and drawing, layering and styling and tons of dazzling accessories. The perfect workshop for the young fashionista! You will learn to draw portraits, figures and tons of the latest fashion trends. Hurry and enroll now, this workshop favorite fills up fast!

*Instructor: Young Rembrandts • Location: NKCC • 4 weeks  
Resident \$144 / Non-Resident \$173*

Wed	1–4pm	July 27–Aug 17	48602
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## Ceramics

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

Sat	9:30–11am	Apr 9–May 14	48199
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Sat	9:30–11am	July 9–Aug 13	48200
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## 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 5-9. 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	Apr 23	48612
Sat	12:30–2pm	July 9	48785

### Young Ladies & Gentlemen (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.

*Instructor from Final Touch Finishing School*

*• Location: Heritage Hall, 203 Market St, Kirkland*

*Bring supply fee of \$5 payable to the instructor for*

*Etiquette Booklet • Resident \$39 / Non-Resident \$47*

Tue	9am–12pm	July 12	48613
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### Starting Point—Middle School Success **NEW!**

**Ages 12 to 14 years**

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

*Instructor: from Final Touch Finishing School*

*Location: Heritage Hall, 203 Market St, Kirkland*

*Resident \$54 / Non-Resident \$65*

Tue	1–5pm	July 12	48614
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### Kid Safety

**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. Bring a supply fee of \$5 payable to the instructor for the Safe Kids 101 book.

*Instr: Cindy Tucker • Location: NKCC • Res \$35 / Non-R \$42*

Sat	9am–12pm	July 30	48618
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### 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 class.

*Bring a sack lunch, drink, and afternoon snack*

*Instructor: Cindy Tucker • Location: NKCC*

*Resident \$50 / Non-Resident \$60*

Sat	9am–2pm	Apr 30	48615
Sat	9am–2pm	July 23	48616

### 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	Apr 16	48619
Sat	1–4pm	Aug 28	48620

### Self Defense for Girls Off to College

**Ages 17 to Adult**

Maximize the positive in your next four years: learn simple and effective ways to stay out of harm's way on and around campus while still enjoying the full college experience. In this short seminar, we will address 2 ways to identify possible evil-doers, 3 strategies to evade them, and 4 techniques to neutralize their ill intent. Some of this class will be physical, some verbal, and all aimed at increasing your choices. EmPOWERment doesn't get more fun! Class size limited to 15!

*Instructor: Joann Factor • Location: NKCC*

*Resident \$70 / Non-Resident \$84*

Sat	12:30–4pm	June 25	48621
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## 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 Renfro-Gielgens • Location: McAuliffe Park, 10824 NE 116th St, Kirkland (enter off of 108th Ave NE) • 8 weeks • No class 5/30 • \$10 supply fee payable to instructor • Resident \$72 / Non-Resident \$86*

Mon	3:50–4:50pm	Apr 25–June 20	48515
Mon	3:50–4:50pm	June 27–Aug 22	48517

### Summer Workshop: Dinner and Dessert with Karen

**Ages 6 to 8 years**

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

*Instructor: Karen Renfro-Gielgens • Location: McAuliffe Park, 10824 NE 116th St, Kirkland (To enter the park, head north on 108th Ave NE from NE 116th St., then turn into the 1st driveway on the right) Resident \$124 / Non-Resident \$149*

Tue, Wed, Thur	1–3pm	Aug 2–4	48607
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For Creating in the Kitchen with Karen ages 3–5, see page 20.

## Language

*Polly-Glot Tots was founded in 2007 by a mom with a dream of offering engaging and affordable language immersion classes for children.*

### 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-Glot Tots Location: NKCC*

**Spring 9 weeks • No class 5/28 Resident \$151 / Non-Resident \$181**

Sat	10–10:45am	Apr 16–June 18	48608
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**Summer 6 weeks • Resident \$101 / Non-Resident \$121**

Sat	10–10:45am	July 9–Aug 13	48609
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### 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-Glot Tots • Location NKCC*

**Spring 9 weeks • No class 5/28 Resident \$151 / Non-Resident \$181**

Sat	9–9:45am	Apr 16–June 18	48610
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**Summer 6 weeks • Resident \$101 / Non-Resident \$121**

Sat	9–9:45am	July 9–Aug 13	48611
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For Parent/Child Spanish and Chinese ages 1–5 years, see page 19.

## Martial Arts

### Bully Proof Martial Arts Program

**Ages 7 to 12 years**

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

*Location: Miller’s Martial Arts Acdmy 8920 122nd Ave NE, Kirkland • Instructor: Korbett Miller • 8 weeks No class 5/28 • Resident \$57 / Non-Resident \$68*

Sat	9:45–10:30am	Apr 16–June 11	48622
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## 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.

*Previous experience is not required—contact instructor with questions, anne@EastsideDreamElite.com. (Some extra uniform costs may be incurred for this class.)*

*Location: NKCC • 9 classes • No class 5/19 Resident \$96 / Nonresident \$115*

Thur	4–5:30pm	Apr 14–June 16	48637
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## 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, participants will progress toward more advanced footwork.

**See page 24**



## Youth Dance

Meet new instructor, fun and enthusiastic Elbert Lubas, who has many years of experience in hip hop, modern, contemporary, lyrical, jazz, and tap dance. Elbert has taught and choreographed kids programs, multiple musical programs, polished dance teams, and assisted with dance concepts for theater shows. He fosters a supportive, challenging, and encouraging forum to learn and express an art through movement and dance.

### 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, and dance 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!*

Location: NKCC • 8 weeks • No class 5/30, 7/4 & 7/18

Resident \$57 / Non-Resident \$68

Mon	4–4:45pm	Apr 11–June 6	48630
Mon	4–4:45pm	June 20–Aug 22	48631

### 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!*

Location: NKCC • 8 weeks • No class 5/30, 7/4 & 7/18

Resident \$57 / Non-Resident \$68

Mon	4:50–5:35pm	Apr 11–June 6	48632
Mon	4:50–5:35pm	June 20–Aug 22	48634

### Jazz 1 **NEW!**

**Ages 8 to 10 years**

Jazz is an energetic, fun, technical dance. Do you enjoy the free movement of Hip Hop but still like the technical application of Ballet? If so, Jazz 1 would be a great class for you. It’s a great way to stay fit and learn some energetic dance moves. We will process everything from Broadway Jazz to Street Jazz in this class.

*Leather-soled ballet slippers required • Location: NKCC*

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

Thur	4–4:45pm	Apr 14–June 9	48756
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**Summer 8 weeks • No class 7/21 • Res \$57 / Non-Res \$68**

Thur	4–4:45pm	June 23–Aug 18	48759
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### Ballet 2

**Ages 8 to 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 & 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 slippers required • Location: NKCC*

**Spring 9 weeks • Resident \$86 / Non-Resident \$103**

Thur	4:50–5:50pm	Apr 14–June 9	48848
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**Spring & Summer 8 weeks • Resident \$76 / Non-Res \$91**

*No class 5/30, 7/4, 7/18 & 7/21*

Mon	5:45–6:45pm	Apr 11–June 6	48847
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Mon	5:45–6:45pm	June 20–Aug 2	48849
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Thur	4:50–5:50pm	June 23–Aug 18	48850
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### Lyrical/Contemporary **NEW!**

**Ages 8 to 12 years**

Lyrical and Contemporary are popularized in 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 & Jazz with some stylistic music.

*Leather-soled ballet slippers required • Location: NKCC*

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

Thur	5:50–6:35pm	Apr 14–June 9	48761
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**Summer 8 weeks • No class 7/21 • Res \$57 / Non-Res \$68**

Thur	5:50–6:35pm	June 23–Aug 18	48762
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## Youth Dance

### Keiki Hula

**Ages 5 to 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*

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

Wed	5:30–6:15pm	Apr 13–June 8	48627
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**Summer 8 weeks • Resident \$57 / Non-Resident \$68**

Wed	5:30–6:15pm	June 22–Aug 10	48628
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### 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!

*Ballet and tap shoes required • Location: NKCC*

**Spring 10 weeks • Resident \$72 / Non-Resident \$86**

Tue	5:45–6:30pm	Apr 12–June 14	48623
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**Summer 8 weeks • No class 7/19**

*Resident \$58 / Non-Resident \$70*

Tue	5:45–6:30pm	June 28–Aug 23	48624
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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. Bring your cameras, Parent Watch day is the last day of session • Location: NKCC*

**Spring 9 weeks • No class 5/28**

*Resident \$65 / Non-Resident \$78*

Sat	11:30am–12:15pm	Apr 16–June 18	48625
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**Summer 8 weeks • No class 7/2**

*Resident \$58 / Non-Resident \$70*

Sat	11:30am–12:15pm	June 25–Aug 20	48626
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## 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

**Mondays 6 classes** • No class 4/11, 5/30 & 7/4  
Resident \$66 / Non-Resident \$79

Mon	4:15–5:15pm	Apr 4–May 16	47975
Mon	4:15–5:15pm	May 23–July 11	47976

**Mondays 5 classes** • Resident \$55 / Non-Resident \$66

Mon	4:15–5:15pm	July 18–Aug 15	47981
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**Wednesdays 6 classes** • No class 4/13  
Resident \$66 / Non-Resident \$79

Wed	4:15–5:15pm	Apr 6–May 18	47977
Wed	4:15–5:15pm	May 25–June 29	47978
Wed	4:15–5:15pm	July 6–Aug 10	47982

## Rhythmic Gymnastics

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

*Instructor* Arzu Karaali has trained athletes for National and International competitions and has worked with athletes as a choreographer for the 1996 Olympic Games in Atlanta • She was selected seven times "Best Choreographer of the Year" in Washington and was awarded "Coach of the Year" three times by the USA Gymnastics Federation in Region 2 • *Location:* La Luna Gym, 11251 120th Ave NE Suite #150, Kirkland  
[www.lalunagym.com](http://www.lalunagym.com)

### 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.*

*Location:* La Luna Gym, 11251 120th Ave NE Suite 150, Kirkland • 5 weeks • No class 5/28 • Note classes are 1½ hr  
Resident: \$90 / Non-Resident \$108

Sat	1–2:30pm	Apr 16–May 14	48581
Sat	1–2:30pm	May 21–June 25	48591

For Rhythmic Gymnastics ages 4–5, see page 23

## Sports & Fitness

### UK Elite Soccer—Individual Development Program (IDP)

The UK Elite Soccer Individual Development Program offers the best possible professional training for players aged 7–13. 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  
No class 5/28 • Resident \$100 / Non-Resident \$120

Sat	9:30–11am	Apr 16–June 11	47143
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### Stand Up Paddleboard (SUP) Yoga

**COED: Ages 10 and up**

Classes combine your favorite yoga routines and put them on the water! Both yoga and stand up paddle boarding are great for building better balance, coordination, endurance, and body strength. We begin class on shore to go over the basic fundamentals of SUP; water safety, proper paddle positioning, stroke technique, and more. All levels welcome. All equipment provided. Although no SUP or yoga experience is required students should feel comfortable in open water and be able to tread water.

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

**Tuesdays 4 classes per session**

Tues	6–7:15pm	July 5–26	47163
Tues	6–7:15pm	Aug 2–23	47164

**Thursdays 4 classes per session**

Thurs	6–7:15pm	July 7–28	47165
Thurs	6–7:15pm	Aug 4–25	47166



## YOUTH TENNIS LESSONS

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

### QuickStart Beginner

**Ages 8 to 14 years**

The Basics: Forehand, backhand, serve and scoring.

*Resident \$68 / Non-Resident \$82*

*July 5th session, 7 classes: \$60 / Non-Resident \$72*

*Location: Juanita High School Tennis Court  
10601 NE 132nd St., Kirkland*

Mon–Thur	9–10am	June 20–June 30	47561
Tues–Thur & Mon–Thur	9–10am	July 5–July 14	47562
Mon–Thur	9–10am	July 18–July 28	47563
Mon–Thur	9–10am	Aug 1–Aug 11	47564
Mon–Thur	9–10am	Aug 15–Aug 25	47565

### QuickStart Intermediate—

**Ages 8 to 14 years**

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

*Resident \$68 / Non-Resident \$82*

*July 5th session, 7 classes: \$60 / Non-Resident \$72*

*Location: Juanita High School Tennis Court  
10601 NE 132nd St., Kirkland*

Mon–Thur	10:05–11:05am	June 20–June 30	47566
Tues–Thur & Mon–Thur	10:05–11:05am	July 5–July 14	47567
Mon–Thur	10:05–11:05am	July 18–July 28	47568
Mon–Thur	10:05–11:05am	Aug 1–Aug 11	47569
Mon–Thur	10:05–11:05am	Aug 15–Aug 25	47570

## Youth Ice Hockey

### Youth Ice Hockey 1: Learn to Skate

**Ages 4 to 10 years**

The focus and goal of Hockey 1 is to teach beginner ice skaters the fundamentals of ice skating. Players will become comfortable on the ice; learn the basic hockey stance, stride, knee bend, use of edges and how to hold a stick before moving onto Hockey 2—Learn to Play. Proper skating techniques are the primary focus of the levels.

*Location: SnoKing Ice Arena; 14326 124th Ave NE*  
*• Equipment required: (Equipment can be rented) helmets, stick, gloves rental available with registration • 6 week series, one class a week • Prerequisite: N/A (new skaters welcome) • No class 5/28 and 7/2 • Registration closes one week in advance.*

#### Class Fee with **No Rental Equipment**

*Resident \$115 / Non-Resident \$138*

Sat	11:40am–12:40pm	April 9–May 14	48172
Sat	11:40am–12:40pm	May 21–July 9	48173
Sat	11:40am–12:40pm	July 16–Aug 20	48179

#### Class Fee with **Rental Equipment**

*Resident \$145/ Non-Resident \$174*

Sat	11:40am–12:40pm	April 9–May 14	48174
Sat	11:40am–12:40pm	May 21–July 9	48175
Sat	11:40am–12:40pm	July 16–Aug 20	48176

### Ice Hockey 2: Learn to Play

**Ages 4 to 10 years**

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. Players get the opportunity to play in game situations. Players are in FULL hockey gear for this class. Course fee includes jersey, distributed mid-season, and end of the year award.

*Location: SnoKing Ice Arena; 14326 124th Ave NE*

*• Full hockey equipment required (Equipment can be rented) • 16-week program, 1-hour class held on Saturdays • No class 5/28 and 7/2*

**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 1st day of class • Annual membership cost is \$49 for ages 7 and up, no fee for 6 years and younger • The registration is required for insurance purposes and is active for the whole 2016 season.*

#### Class Fee with **No Rental Equipment**

*Resident: \$225 / Non-Resident \$270*

Sat	11:40am–12:40pm	April 2–July 30	48180
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#### Class Fee with **Rental Equipment**

*Resident \$305 / Non-Resident \$366*

Sat	11:40am–12:40pm	April 2–July 30	48181
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## 2016 Spring/Summer 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](mailto: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 East-side. Opportunities are listed by area of interest and show all basic information on listed organizations ([www.kirklandwa.gov/Assets/Parks/Parks+PDFs/Where+to+Care+Guide.pdf](http://www.kirklandwa.gov/Assets/Parks/Parks+PDFs/Where+to+Care+Guide.pdf)). **You can also request a guide by calling 425.587.3323.**

### Teen Traffic Court

Have you or someone you know just been given a traffic ticket by a Kirkland cop? Do you want it taken off your record? The Kirkland Youth Council, in cooperation with Kirkland Municipal Court, runs the monthly Teen Traffic Court (TTC) program. TTC offers Kirkland teens the opportunity to have moving violations heard in front of a judge and jury of their peers. Teens that have been issued a notice of infraction by jurisdictions served by Kirkland Municipal Court (Clyde Hill, Hunts Point, Yarrow Point, and Kirkland) are eligible for the program. Once the assigned penalty has been completed, the ticket is removed from the person’s driving record. To sign up for TTC, eligible students must file a request in person at the Kirkland Municipal Court (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” airs on our local access channel, KGOV Channel 21. Recent programs have addressed topics such as teen parties, suicide, and social media. **If you are interested in helping us with one of our programs or have a topic idea, please contact us at our email address, [KYC@KIRKLANDWA.GOV](mailto:KYC@KIRKLANDWA.GOV), or by phone at 425.587.3323.**

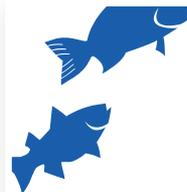
### 2016 Kirkland Youth Summit

## “Amplify Kirkland”

Thursday March 31<sup>st</sup>

Teens from all over Kirkland will converge at Bastyr University for the 11th biennial Kirkland Youth Summit. This all-day event gives Kirkland teens the opportunity to get together and discuss a variety of topics and issues of interest to them. Lunch, snacks, and transportation (LWSD students) will be provided. Event registration will begin in early March.

**For more information, please contact [kyc@kirklandwa.gov](mailto:kyc@kirklandwa.gov).**



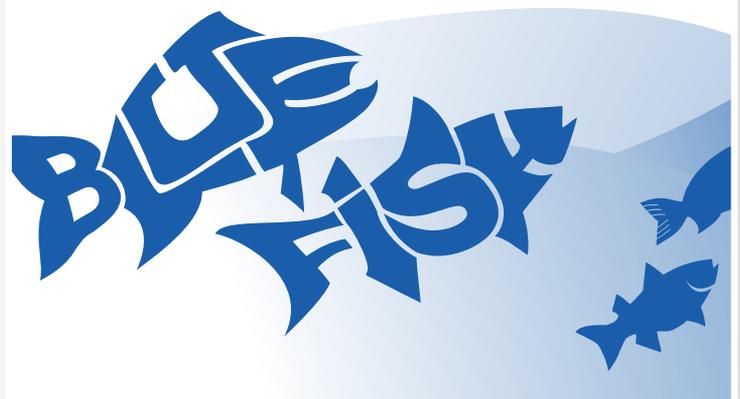
The Kirkland Youth Council and the Kirkland Teen Union Building are teaming up once again to host the 15th annual BlueFish Festival in conjunction with the opening of Juanita Friday Market.

## BLUE FISH FESTIVAL FRIDAY, JUNE 3<sup>RD</sup>

LOCAL TEEN BANDS • TEEN ART SHOW • ACTIVITIES

**Specific event information will be available on the KTUB’s website [WWW.KTUB.ORG](http://WWW.KTUB.ORG)**

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





# KIRKLAND TEEN

## SPRING 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 [ymcaktub.org](http://ymcaktub.org) or email [info@ymcaktub.org](mailto:info@ymcaktub.org).

**348 Kirkland Ave  
Kirkland, WA 98033  
425.822.3088 • [ymcaktub.org](http://ymcaktub.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.

### Spring Hours

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

### Summer Hours

Monday–Friday ..... 10–2pm Camp Programs  
..... and 3–7pm Drop In  
Saturday ..... Events and Concerts ONLY

### 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 the Technology Lab. 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  
[ymcaktub.org](http://ymcaktub.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@Seattleymca.org](mailto:KCurry@Seattleymca.org)*

### Open Mic

Want the opportunity to perform in a safe, judgment free atmosphere? Join us the 1st Friday of every month. Come at 6pm for Friday Feed, and stay to perform or watch open mic from 6pm–8pm. Performers of all talents, and mediums, may sign up day of.

*1st Friday of the month • 6pm–8pm • FREE  
Contact: Amanda Moore, [Mamanda@Seattleymca.org](mailto:Mamanda@Seattleymca.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  
Contact: Matt Bacnis, [MBacnis@Seattleymca.org](mailto:MBacnis@Seattleymca.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 KTLB 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 Jan 8 • 5:15pm–6pm • FREE  
Contact: Danel Lawrence, [DLawrence@Seattleymca.org](mailto:DLawrence@Seattleymca.org)*

### KTUB Tutoring

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

*Wednesdays, 3pm–5pm • Call ahead or drop-in • FREE*

### 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@Seattleymca.org](mailto:DLawrence@Seattleymca.org)*

### One Song CD Release Shows

Don't miss these final One Song events! The CD Release Show marks the end of the One Song journey! Artist and bands will be selling merchandise, their final EP's, and showcasing songs from it. Don't miss the chance to support your favorite artist or band, and hear participants talk about their experience in the program!

#### Saturdays @ 6:30pm

**May 28 Pacific Drive and Locomotive**

**June 4 Alkali Earth**

**June 11 Maya Ohayon, Alison Banchemo, Isabella Adad**

*\$5 ticket presales, \$8 at the door  
Contact: Matt Bacnis, [MBacnis@Seattleymca.org](mailto:MBacnis@Seattleymca.org)*



# 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@Seattleymca.org](mailto:KCurry@Seattleymca.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(astsides) 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.

*Wednesdays 1pm–7pm, Thursdays and Fridays 2pm–7pm*  
Contact: Tomiah Andring at [Tomiaha@youtheastideservices.org](mailto:Tomiaha@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. 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@Seattleymca.org](mailto:KCurry@Seattleymca.org)



## SUMMER OPPORTUNITIES 2016

### Youth Institute

This Summer program utilizes technology as an engagement tool to increase social, academic, and workforce skills. Using the most cutting-edge and highest level technology and software, participants learn about and create their own digital music, videos, magazines, graphic designs, and edit their photography. During the summer, a 7-week structured program, allows youth to apply for the chance to complete and earn an academic stipend. During the school year, a more casual structure allows them to seek homework help, work on individual projects, and explore new techniques. Participants in this program emerge with improved confidence, academics and industry level technology skills.

*Mon-Fri, June 21–August 5, Graduation Aug 6th*

*Wilderness Retreat: June 21–24*

*Regular program 9pm–4pm. Stipend: Up to \$500*

*Applications for the program will be available May 23*  
Contact: Danel Lawrence, [DLawrence@Seattleymca.org](mailto:DLawrence@Seattleymca.org)  
or Kalika Curry, [KCurry@Seattleymca.org](mailto:KCurry@Seattleymca.org)

### Mini Movie Makers

Love movies? Ever wanted to learn basic movie making skills, and star in your own? With the help of our Youth Institute alumni, learn about scripts, storyboarding, costuming, and editing. At this end of this camp, receive a copy of the film-you produced!

*Mon–Fri, July 11–15 • 10am–2pm • Ages: 12-18 • \$210*  
*Financial Assistance is available*

*Registration: Opens Monday, May 30th*  
Contact: Danel Lawrence, [DLawrence@Seattleymca.org](mailto:DLawrence@Seattleymca.org)  
or Kalika Curry, [KCurry@Seattleymca.org](mailto:KCurry@Seattleymca.org)

### Studio Sensations

Love music? Are you a singer or a musician? In one week, work hard in the studio, writing and recording songs with professional Audio Engineers. As an added bonus, learn silk screening and perfect your social media press kit with the guidance of KTUB's music staff. Walk away ready to explode on the scene!

*Mon-Fri • July 18–22 • 10am–2pm • Ages: 12–18 • \$210*  
*Financial Assistance is available*

*Registration: Opens Monday, May 30*  
Contact: Matt Bacnis, [MBacnis@Seattleymca.org](mailto:MBacnis@Seattleymca.org)  
or Amanda Moore, [Mamanda@Seattleymca.org](mailto:Mamanda@Seattleymca.org)

### 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!

*Mon–Fri, August 1–5 • 10am–2pm • \$210 • Ages: 12–18*  
*Financial Assistance is available*

*Registration: Opens Monday, May 30*  
Contact: Kalika Curry, [KCurry@Seattleymca.org](mailto:KCurry@Seattleymca.org)

### Everything Art

Culinary art, photography, mixed media and the art of being an artist! Explore new mediums and hone in on artistic talents. Participants will visit local museums, process and develop B&W photography, and create edible art.

*Mon-Fri, August 8–12 • 10am–2pm • \$210 • Ages: 12–18*  
*Financial Assistance is available*

*Registration: Opens Monday, May 30th*  
Contact: Kalika Curry, [KCurry@Seattleymca.org](mailto:KCurry@Seattleymca.org)

# Specialized Recreation

Specialized Recreation Sponsored by the City of Kirkland and Friendship Adventures

# FAMILY BINGO NIGHT!

**SATURDAY, JUNE 25, 2016 • 6:30-8:30pm**

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

**North Kirkland Community Center  
12421 103rd Ave NE, Kirkland**

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

- \$5 per person at the door
- No charge for volunteers and caregivers
- SNACKS AND BEVERAGES PROVIDED

Please RSVP with the number attending at least 2 weeks in advance to [Maureen@friendshipadventures.org](mailto:Maureen@friendshipadventures.org) or call **425.444.3132**.

**Payment will be collected at the door.**

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



Specialized recreation staff is on-site to provide leadership to the programs. Staff is unable to provide attendant care or provide one-on-one behavior management care. Caregivers may be required, and can participate in our programs free of charge when assisting participants who need one-on-one assistance.



## Cooking with Karen Workshop

This specialized class will teach students the basics in: cooking, kitchen skills, safety, nutrition and food choices. Come create and taste easy delicious recipes in this fun paced class.

*A \$10 food and supply fee will be collected at the beginning of class, please bring exact change.*

*Location: PKCC • Resident \$25 / Non-Resident \$30*

**Tuesday • 2:30-4:30pm • May 17 • 48130**

**A great place  
to create  
memories!**

# **Peter Kirk Pool 2015**

**experience it!**



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

# Peter Kirk Pool 2016

340 Kirkland Ave

Open June 6–Sept 5, 2016

Swim Lessons 425.587.3336

Pool Hotline 425.587.3335

www.kirklandwa.gov/aquatics



## POOL FEES

### Facility Admission

CASH, CHECK, or CREDIT CARD

### Single Facility Admission

(all ages, swimming or non-swimming) . . . . . \$4

### Save Money While You Swim!

\*10-Visit Pass . . . . . \$35

\*Individual Season Pass . . . . . \$90

Unlimited pool admission for one person.

\*Household Season Pass . . . . . \$260

Unlimited pool admission for two named adults listed on membership card and their named dependent children and/or grandchildren age 18 and under.

### Dates that will affect regular pool schedule

#### SEPTEMBER 5, MONDAY:

Will follow Saturday pool schedule.

**JULY 8, FRIDAY:** 3:50–5:20pm and 5:30–8:30pm Public Swim canceled

**JULY 15, FRIDAY:** 3:50–5:20pm and 5:30–8:30pm Public Swim canceled

Unscheduled facility closures can occur with limited notice. Call 425.587.3335 for pool info.

## 2016 Public Swim Schedule

Swim Lessons, see pages 45-48

Swim Team schedule & info, see page 41

Sat & Sun Private Pool Rentals, see page 40

### June 6 – June 19

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
6-Lane Lap Swim	5:30–9:00am	5:30–9:00am	5:30–9:00am	5:30–9:00am	5:30–9:00am	
Public Swim & 1-Lane Lap Swim		7:30pm–8:30pm		7:30pm–8:30pm	5:30pm–8:30pm	12:30–2:00pm 2:10–3:40pm 3:50–5:20pm
2-Lane Lap Swim	7:30–8:30pm		7:30–8:30pm			

### June 20 – August 14

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
6-Lane Lap Swim	5:30–7:00am	5:30–7:00am	5:30–7:00am	5:30–7:00am	5:30–9:00am	
2-Lane Lap Swim & Wading Pool Only Public Swim					10:45am–12:15pm	
Public Swim & 1-Lane Lap Swim	12:30–2:00pm 2:10–3:40pm	12:30–2:00pm 2:10–3:40pm 7:30–8:30pm	12:30–2:00pm 2:10–3:40pm	12:30–2:00pm 2:10–3:40pm 7:30–8:30pm	12:30–2:00pm 2:10–3:40pm 3:50–5:20pm 5:30–8:30pm*	12:30–2:00pm 2:10–3:40pm 3:50–5:20pm
2-Lane Lap Swim	7:30–8:30pm		7:30–8:30pm			

\*See special events calendar on page 40 for special themed open swim dates

### August 15 – August 28

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
6-Lane Lap Swim	6:00–8:00am	6:00–8:00am	6:00–8:00am	6:00–8:00am	6:00–9:00am	
2-Lane Lap Swim & Wading Pool Only Public Swim					10:45am–12:15pm	
Public Swim & 1-Lane Lap Swim	12:30–2:00pm 2:10–3:40pm	12:30–2:00pm 2:10–3:40pm 7:00–8:00pm	12:30–2:00pm 2:10–3:40pm	12:30–2:00pm 2:10–3:40pm 7:00–8:00pm	12:30–2:00pm 2:10–3:40pm 3:50–5:20pm 5:30–8:00pm	12:30–2:00pm 2:10–3:40pm 3:50–5:20pm
2-Lane Lap Swim	7:00–8:00pm		7:00–8:00pm			

### August 29 – September 5

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
6-Lane Lap Swim	6:00–9:00am	6:00–9:00am	6:00–9:00am	6:00–9:00am	6:00–9:00am	
Public Swim & 1-Lane Lap Swim	10:45am–12:15pm 12:30–2:00pm 2:10–3:40pm 3:50–6:00pm	10:45am–12:15pm 12:30–2:00pm 2:10–3:40pm 3:50–6:00pm	10:45am–12:15pm 12:30–2:00pm 2:10–3:40pm 3:50–6:00pm	10:45am–12:15pm 12:30–2:00pm 2:10–3:40pm 3:50–6:00pm	10:45am–12:15pm 12:30–2:00pm 2:10–3:40pm 3:50–6:00pm	12:30–2:00pm 2:10–3:40pm 3:50–5:20pm

Unscheduled facility closures can occur with limited notice. Please call 425.587.3335 for pool information

## Pool Rule Highlights

Be safe and make your visit enjoyable!

- Those who are not potty trained must wear swim diapers.
- Coast Guard approved life jackets, fun toys, and other inflatables, etc. are permitted. Inflatables larger than 3 ft. will be allowed at the lifeguard's discretion. During periods of high attendance, lifeguards may limit the use of inflatables and other items. **\*No water wings permitted\***
- The pool may be closed due to certain water quality maintenance issues and/or thunder/lightening or other inclement weather conditions. Please call the pool hotline for updated pool information 425-587-3335.
- A ratio of 3 children, under the age of 7 per one adult is in effect for all swims. Children under 7 years who cannot pass the swim test must be accompanied by an adult into the water at all times.
- All swimmers must be able to pass the swim test, 25 yards of crawl stroke, face in the water, with side breathing, to enter water deeper than his or her chest depth.
- A shower is required prior to entering either the main or wading pool.
- Children 10 years & under require adult supervision and may not be left unattended in the facility.

**Swim Lessons – pages 45-48**  
**Swim Team – page 41**  
**Private Pool Rentals – page 40**

## 6-Lane AM Lap Swim

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

## Wading Pool Only Public Swim

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

## Public Swim and 1-Lane Lap Swim

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

*\* Depending on programming, pool configurations may change and diving board may not be available for use.*

## 2-Lane Lap Swim

Lap swim is available in 2 lanes of the main pool. Lap swimmers must follow lap swim etiquette.

## Family Fun Night Public Swim

Come join us for fun at Peter Kirk Pool for Family Fun Night! Family Fun Night offers something for everyone with pool games, arts and crafts and music. So grab your friends and family and catch a wave. Wading pool is limited to the first 40 people and Peter Kirk Pool facility is limited to first 270 people. Please check the schedule for event times and themes.

## Private Pool Rentals

Reserve the Peter Kirk Pool for your own private swim party. Enjoy the summer month parties outside at the pool!! Fees are based on hours of use and include lifeguards, pool toys, and party deck space. **\*Outside food and drink welcome ex. Cake, pizza, etc.\*** See ad on page 40 for more information. Private rentals are available Saturday and Sunday.

To rent the pool call 425.587.3360

## ★ SWIM TEST ★

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



## Friday Night Family Fun Nights

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

**Space is limited to the first 270 people!**

<b>July 1</b> 5:30–8:30pm	<b>4th of July Carnival</b> Enjoy music, games, and fun!
<b>July 22</b> 5:30–8:30pm	<b>Relays and Pool Games</b>
<b>August 12</b> 5:30–8:30pm	<b>Pirate Pool Party</b>

## RENT THE POOL!

**CALL 425.587.3360 or 425.587.3330**

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

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

RENTAL FEES	1 hour	2 hours	3 hours
Both Pools	\$210	\$340	\$450
Main Pool Only	\$180	\$290	\$375
Wading Pool Only	\$95	\$130	\$170

## Lifeguarded Swimming Beaches

**Lifeguards will be on duty at Houghton, Waverly, & Juanita Beach:  
July 1–September 5 • Monday–Sunday, 12–6pm**

### Open Water Beach Rules

1. All children 6 and under must be within arm's reach of an adult at all times in the water.
2. Non-swimmers, swimmers unable to pass a swim test, must remain in water no more than chest depth and/or may not cross the buoy line.
3. All children under the age of 13 years must pass an open water swim test before they proceed into water deeper than chest depth or cross the buoy line.
4. A swim test consisting of: Houghton and Juanita 50 yards and at Waverly 25 yards of crawl stroke with side breathing, without stopping, without the use of goggles.
5. Free Lifejacket Loaners available at all beaches, please see lifeguards.



### Houghton Beach Swimming Area

5811 Lake Washington Boulevard, Kirkland

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

### Waverly Beach Swimming Area

633 Waverly Way, Kirkland

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

### Juanita Beach Swimming Area

9703 NE Juanita Drive, Kirkland

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

### Groups larger than 15 people

Day Camps and/or groups larger than 15 people are encouraged to give 48 hours advance notice. Call 425.587.3334.

Check the guard on and off duty signs during inclement weather and on days when air temperature is below 65 degrees.



# KIRKLAND ORCA SWIM TEAM

Swim Team League Website: [www.kirklandwa.gov/kirklandorcas](http://www.kirklandwa.gov/kirklandorcas)

Registration for Returning Swimmers begins March 15th  
Enrollment ends for returning ORCAS Thurs., May 26 @ 4pm.

**Tryouts for new participants, regardless of age, is June 11.**

The main objective of the Craze Summer Swim League is to provide a safe, recreational and competitive experience for area swimmers ages 6–18 (age as of July 1, 2016.) Participating teams include the Cities of Kirkland, Edmonds, Shoreline, Mountlake Terrace, Everett/Snohomish, and South Snohomish County Dolphins.

## Informational Meeting

**6:00–7:00pm, Wednesday, June 15, Peter Kirk Community Center.** In addition, new participants will meet the coaches and be given information about the season.

## How to Register

### New Participant Registration

New Participants, regardless of age, will need to attend the team tryouts on June 11 at the Peter Kirk Pool at 10am

In order to assess minimum skills required. Children ages 6-8 (age as of July 1, 2016) must be able to swim 25 yards of crawl stroke with side breathing and 25 yards of backstroke and those 9 and older must be able to swim 50 yards of each; crawl stroke, backstroke and 25 yards of breaststroke kick in order to participate on the team.

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

Registration for new participants will take place June 11 at Peter Kirk Pool after tryouts. **Res \$210 / Non-Res \$252**

Participants will be asked to register into specific practice time slots for the 2016 season.

## Returning Participants

Returning Participants (any person who has previously participated on the swim team), can register on-line at [www.kirklandparks.net](http://www.kirklandparks.net), in person, or over the phone beginning March 15th, online registration available at 12:01am. Verification of previous participation will be enforced.

## Additional Information

- Practices occur four days per week (Monday-Thursday) with meets occurring on Fridays or Saturdays
- Participants will be asked to register for either morning or evening practices
- Note: Morning and evening practice times have limited space
- Practice officially begins Monday, June 27 and is scheduled to end Aug 14

## Enroll by age group and gender into one time slot

Age as of July 1, 2016

**Resident \$210 / Non-Res \$252**

<b>AGES 15-18</b>	BOYS	7am–7:50am	47843
	GIRLS	7am–7:50am	47848
<b>AGES 13-14</b>	BOYS	7am–7:50am	47844
	GIRLS	7am–7:50am	47853
<b>AGES 11-12</b>	BOYS	7:50am–8:35am	47845
	BOYS	4pm–4:45pm	47849
	GIRLS	7:50am–8:35am	47854
	GIRLS	4pm–4:45pm	47857
<b>AGES 9-10</b>	BOYS	7:50am–8:35am	47846
	BOYS	4pm–4:45pm	47850
	GIRLS	7:50am–8:35am	47855
	GIRLS	4pm–4:45pm	47858
<b>AGES 7-8</b>	BOYS	8:35am–9:15am	47847
	BOYS	4pm–4:45pm	47851
	GIRLS	8:35am–9:15am	47856
	GIRLS	4pm–4:45pm	47859
<b>AGE 6</b>	BOYS	8:35am–9:15am	47852
	BOYS	4pm–4:45pm	47860
	GIRLS	8:35am–9:15am	47861
	GIRLS	4pm–4:45pm	47862

## Parental/Guardian Support

Parents will be asked to Sign-Up for volunteer duties that will occur during the entire season. Examples of volunteer assignments include: Timing, Writing Ribbons, Staging, Team Communications, End of Season Pot-Luck, Meet Set-up and Clean-up, etc. approx. 6 hours, of volunteer commitment. **This will be done on a website called: [signupgenius.com](http://signupgenius.com) and the links will be emailed to you.**

## Swim Team Prep Course

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

*Participation does not guarantee a spot on the team.*

**Eight 30-minute Lessons • Resident \$80 / Non-Res \$96**

**Ages 6–7\*** Mon–Th 3:50–4:20pm June 6–16 47863

**Ages 6–7\*** Mon–Th 4:25–4:55pm June 6–16 47864

**Ages 8–9\*** Mon–Th 5–5:30pm June 6–16 47865

**Ages 8–9\*** Mon–Th 5:35–6:05pm June 6–16 47866

**Ages 10-13\*** Mon–Th 6:10–6:40pm June 6–16 47867

*\*Participating age as of July 1, 2016*

## Stroke Lessons

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

**Eight 30-minute Lessons • Resident \$100 / Non-Res \$120**

**Ages 6–10** M–Th 10–10:30am June 20–30 47871

**Ages 11–18** M–Th 10:35–11:05am June 20–30 47872

**One 45-minute Lesson • Residents \$20 / Non-Resident \$24**

**Ages 6–10** Fri 10:45–11:30am July 8 47873

**Ages 6–10** Fri 10:45–11:30am July 15 47875

**Ages 6–10** Fri 10:45–11:30am July 22 47877

**Ages 11–18** Fri 11:30–12:15pm July 8 47874

**Ages 11–18** Fri 11:30–12:15pm July 15 47876

**Ages 11–18** Fri 11:30–12:15pm July 22 47878

## Junior Masters Swim Workouts

**Age 18 to 24 years**

Have you been out of the water for longer than you care to remember? Or are you looking to swim during the summer to stay or get into shape? Or just looking for a total body workout? Tired of swimming laps on your own and looking to swim with “teammates”? If so, this is the perfect group for you! **Swim up to 4 times per week. Available Monday–Thursday, 7am–7:50am.**

*Resident \$50 / Non-Resident \$60*

Mon–Thur 7:00am–7:50am June 20–Aug 11 47884

# Peter Kirk Pool

Infant/Toddler, Child,  
Youth and Adult

## Swim Lessons Session Dates

**Monday–Thursday**  
for 2 Weeks: 8 Lessons (Child and  
Youth Lessons)

**Session 1: June 6-16**

*Resident \$70 / Non-Resident \$84*

**Session 2: June 20-30**

*Resident \$70 / Non-Resident \$84*

**Session 3: July 5–14**

*Resident \$61.25/ Non-Resident \$73.50*

*\*7 lessons due to July 4<sup>th</sup> Holiday*

**Session 4: July 18-28**

*Resident \$70 / Non-Resident \$84*

**Session 5: Aug 1-11**

*Resident \$70 / Non-Resident \$84*

**Session 6: Aug 15-25**

*Resident \$70 / Non-Resident \$84*

**Monday & Wednesday**  
for 2 weeks: 4 Lessons (Infant/  
Toddler Lessons and Adult)

**Session 7: June 20, 22, 27, 29**

*Resident \$42 / Non-Resident \$51 (Infant/Toddler Only)*

**Session 9: July 6, 11, 13**

*Resident \$31.50/ Non-Resident \$38.25*

**Session 11 July 18, 20, 25, 27**

*Resident \$42 / Non-Resident \$51*

**Session 13: August 1, 3, 8, 10**

*Resident \$42 / Non-Resident \$51 (Adult Lessons Only)*

**Tuesday & Thursday**  
for 2 weeks: 4 Lessons (Infant/  
Toddler Only)

**Session 8: June 21, 23, 28, 30**

*Resident \$42 / Non-Resident \$51*

**Session 10: July 5, 7, 12, 14**

*Resident \$42 / Non-Resident \$51*

**Session 12: July 19, 21, 26, 28**

*Resident \$42 / Non-Resident \$51*

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

### To Choose the Correct Class:

- #1 Review the skills and minimum age requirements for each level.
- #2 The skills listed are the skills each class will work on.
- #3 Choose the session, dates and time for the appropriate skill level.
- #4 Use the five digit course number listed to register for your class. To register visit [www.kirklandparks.net](http://www.kirklandparks.net) or call 425-587-3336

Note: Students will progress through levels at different speeds depending on several factors such as their age, physical coordination and the number of lessons in each session. **If you are signing your child up for multiple sessions of swim lessons, please be advised that it may take your child more than 1 session to move to the next level. It is highly suggested to register your child for the same level more than 1 session before registering them for the following level.**

- **MAKE-UP LESSONS:** Participants may not make-up classes which they have missed nor are make-up lessons provided due to facility closures. If your child is sick the first few days of a class, they are encouraged to take the remaining days.
- **REGISTRATION DEADLINE:** Thursday at 4pm prior to the next session of swim. No registrations are taken at the Pool. Staff does not have access to registration system at the Pool.
- **REGISTRATION TIPS:** Careful review of the primary objectives is very important prior to registration. By doing so, you will increase the likelihood of placing your child in the most appropriate level. Proper placement will enhance his or her experience and will help create a better learning environment for every student in the class.
- **REGISTERED IN WRONG LEVEL:** Children registered for a class which they are not qualified for will be placed in the correct class only if there is a vacancy. If there is no vacancy, your money will be refunded. Please read the class descriptions carefully to insure your child is enrolled in the correct class. If your child graduates to a higher level than you have them registered for, we will make every effort to accommodate a transfer, subject to availability. However, there may be instances where a refund is necessary. Report cards will be given on Tuesday of the second week of lessons. **Transfer deadline is Thursday by 4pm that same week** for all future swim session enrollments that require a new level of swim.

### Aqua Tot Swim Lessons

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

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

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

- It teaches you how to prepare before you go in or near the water by taking the right equipment, checking the environment, and planning an emergency response.
- Stay safe during activity in or near the water, by properly supporting and supervising your child.
- Survive if something goes wrong, by knowing how to perform a rescue and get help.

### Aqua Tots I

**Ages 9 to 24 months**

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

### Aqua Tots II

**Ages 20 to 48 months**

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

## Preschool Swim Lessons

**Ages 3 to 5 years** See pages 45–48 for lesson schedules

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

**Preschool Levels One and Two** are primarily taught in our instructional pool which ranges from 6 inches to 2.5 foot. The shallow water provides a comfortable and friendly learning environment in which young

children can move around independently. **In Preschool Level Three** students are gradually introduced to more complex skills and deeper water, progressing to lessons in the shallow end of the main pool. **Preschool Level Four** continues to develop swimming and safety skills.

After completing **Preschool Level Five**, students have learned some basic deep water

skills and **may** have acquired the ability to pass our swim test, a requirement for swimmers to enter water deeper than chest depth (including use of the diving board.)

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

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

## Youth Swim Lessons

**Ages 6 to 14 years** See pages 45–48 for lesson schedules

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

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

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

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

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

## Adult Swim Lessons

Ages 13 and up **Taught Twice a week M/W for 2 weeks. See grid on page 48 for dates.**

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

## Schedules and Course Codes start here ►

## June 6–16 Swim Lessons: Two-Week Sessions

**Eight, 30-minute lessons • Monday–Thursday • June 6–16**

RESIDENT \$70 / NON-RESIDENT \$84

	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm	6:45pm
AQUA TOTS 1				47287		
AQUA TOTS 2		47288				
PRESCHOOL 1	47289	47290	47291	47292	47293	47294
PRESCHOOL 2	47295	47296		47297	47298	47299
PRESCHOOL 3	47300	47301	47302	47303		
PRESCHOOL 4			47304			
PRESCHOOL 5						47305
YOUTH 1			47306		47307	47308
YOUTH 2	47309	47310	47311		47312	
YOUTH 3	47313		47314		47315	47316
YOUTH 4	47317	47318		47319		47320
YOUTH 5					47321	47322
YOUTH 6				47323		



# Peter Kirk Pool

## June 20–30 Swim Lessons: Two-Week Sessions

<b>Eight, 30-minute lessons • Monday–Thursday • June 20–30</b> RESIDENT \$70 / NON-RESIDENT \$84												
	8:50am	9:25am	10:00am	10:35am	11:10am	11:45am	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm	6:45pm
AQUA TOTS 1					47324							
AQUA TOTS 2						47325					47326	
PRESCHOOL 1	47327	47328	47329	47330	47331	47332	47333	47334	47335	47336	47337	47338
PRESCHOOL 2	47339	47340	47341	47342	47343	47344	47345	47346	47347	47348	47349	47350
PRESCHOOL 3		47351	47352	47353	47354	47355			47356	47357	47358	47359
PRESCHOOL 4					47362	47363			47364	47365	47366	
PRESCHOOL 5				47367					47368			47369
YOUTH 1	47370	47371	47372	47373	47374				47375	47376	47377	47378
YOUTH 2	47379	47380	47381	47382	47383	47384			47385	47386	47387	47388
YOUTH 3		47392	47393	47394	47395	47396			47397	47398	47399	47400
YOUTH 4		47401		47403		47404				47405	47406	47407
YOUTH 5			47408		47409				47410	47411		47412
YOUTH 6			47413			47414					47415	47416

## July 5–14 Swim Lessons: Two-Week Sessions

<b>Seven, 30-minute lessons • Monday–Thursday • July 5–14</b> No class July 4 RESIDENT \$61.25 / NON-RESIDENT \$73.50												
	8:50am	9:25am	10:00am	10:35am	11:10am	11:45am	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm	6:45pm
AQUA TOTS 1						47417						
AQUA TOTS 2											47418	
PRESCHOOL 1	47419	47420	47421	47422	47423	47424	47425	47426	47427	47428	47429	47430
PRESCHOOL 2	47431	47432	47433	47434	47435	47436	47437	47438	47439	47440	47441	47442
PRESCHOOL 3	47443	47444	47445	47446	47447	47448			47449	47450	47451	47452
PRESCHOOL 4		47453	47454	47455	47456	47457			47458	47459	47460	47461
PRESCHOOL 5			47462						47463			
YOUTH 1	47466	47467	47468	47469	47470	47471			47472	47473	47474	47475
YOUTH 2	47476	47477	47478	47479	47480	47481			47482	47483	47484	47485
YOUTH 3		47486	47487	47488	47489	47490			47491	47492	47493	47494
YOUTH 4		47495	47496	47497	47498	47499			47500	47501	47502	47503
YOUTH 5			47504	47505	47506				47507	47508	47509	47510
YOUTH 6				47511	47512	47513				47514		47515

## July 18–28 Swim Lessons: Two-Week Sessions

<b>Eight, 30-minute lessons • Monday–Thursday • July 18–28</b> RESIDENT \$70 / NON-RESIDENT \$84												
	8:50am	9:25am	10:00am	10:35am	11:10am	11:45am	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm	6:45pm
AQUA TOTS 1						47516						
AQUA TOTS 2											47517	
PRESCHOOL 1	47518	47519	47520	47521	47522	47523	47524	47525	47526	47527	47528	47529
PRESCHOOL 2	47530	47531	47532	47533	47534	47535	47536	47537	47538	47539	47540	47541
PRESCHOOL 3	47542	47543	47544	47545	47546	47547			47548	47549	47550	47551
PRESCHOOL 4		47552	47553	47554	47555	47556			47557	47558	47559	47560
PRESCHOOL 5			47586		47587				47588		47589	
YOUTH 1	47590	47591	47592	47593	47594	47595			47596	47597	47598	47599
YOUTH 2	47600	47601	47602	47603	47604	47605			47606	47607	47608	47609
YOUTH 3		47610	47611	47612	47613	47614			47615	47616	47617	47618
YOUTH 4		47619	47620	47621	47622	47623			47624	47625	47626	47627
YOUTH 5			47628	47629	47630				47631		47632	47633
YOUTH 6					47634	47635				47636		47637

## August 1–11 Swim Lessons: Two-Week Sessions

<b>Eight, 30-minute lessons • Monday–Thursday • August 1–11</b> RESIDENT \$70 / NON-RESIDENT \$84												
	8:50am	9:25am	10:00am	10:35am	11:10am	11:45am	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm	6:45pm
AQUA TOTS 1						47639				47640		
AQUA TOTS 2				47641					47642		47643	
PRESCHOOL 1	47654	47655	47656	47657	47658	47659	47660	47661	47662	47663	47664	47665
PRESCHOOL 2	47667	47668	47669	47670	47671	47672	47673	47674	47675	47676	47677	47678
PRESCHOOL 3	47679	47680	47681	47682	47683	47684			47685		47686	47687
PRESCHOOL 4		47689	47690	47691	47692				47693	47694	47695	47696
PRESCHOOL 5			47697		47698					47699	47700	
YOUTH 1	47701	47702	47703		47704				47705		47706	47707
YOUTH 2	47708	47709		47710	47711	47712				47713		47714
YOUTH 3		47715	47716	47717	47718	47719			47720	47721		47722
YOUTH 4		47723	47724	47725	47726	47727			47728	47729	47730	
YOUTH 5			47731	47732		47733			47734	47735	47736	
YOUTH 6					47737	47738						47739

## August 15–25 Swim Lessons: Two-Week Sessions

Eight, 30-minute lessons • Monday–Thursday • August 15–25 RESIDENT \$70 / NON-RESIDENT \$84											
	8:50am	9:25am	10:00am	10:35am	11:10am	11:45am	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm
AQUA TOTS 1			47740							47741	
AQUA TOTS 2				47742					47743		
PRESCHOOL 1	47744	47745	47746	47747	47748	47749	47750	47751	47752	47753	47754
PRESCHOOL 2	47756	47757	47758	47759	47760	47761	47762	47763	47764	47765	47766
PRESCHOOL 3	47769	47770	47771	47772	47773	47774	47775	47776		47777	
PRESCHOOL 4		47779	47780	47781				47782		47783	47784
PRESCHOOL 5		47785		47786				47787			47788
YOUTH 1	47795	47789	47790		47791				47792		47793
YOUTH 2	47798	47799	47800		47801	47802	47803		47804		47805
YOUTH 3	47808	47809	47810	47811	47812	47813	47814			47815	47816
YOUTH 4	47819	47820	47842	47821	47822	47823		47824	47825		47826
YOUTH 5	47829			47830	47831	47832	47833		47834	47835	
YOUTH 6	47837				47838	47839			47840	47841	

### Aqua Tots

Twice a Week Lessons for Two Weeks

**June 20, 22, 27, 29 • Mon & Wed**

Four 30 Min. Lessons • Res \$42 / Non-Res \$51

SESSION 7	10:00am	10:35am	5:00pm	5:35pm
Aqua Tots 1	47927			47928
Aqua Tots 2		47931	47932	

**July 6, 11, 13 • Mon & Wed** No Lesson July 4

Three 30 Min. Lessons • Res \$31.50 / Non-R \$38.25

SESSION 9	9:25am	10:00am	5:00pm	5:35pm
Aqua Tots 1		47935		47936
Aqua Tots 2	47939		47940	

**July 18, 20, 25, 27 • Mon & Wed**

Four 30 Min. Lessons • Res \$42 / Non-Res \$51

SESSION 11	9:25am	10:00am	5:00pm	5:35pm
Aqua Tots 1		47943		47944
Aqua Tots 2	47947		47948	

**June 21, 23, 28, 30 • Tue & Thur**

Four 30 Min. Lessons • Res \$42 / Non-Res \$51

SESSION 8	10:00am	10:35am	5:00pm	5:35pm
Aqua Tots 1	47929			47930
Aqua Tots 2		47933	47934	

**July 5, 7, 12, 14 • Tue & Thur**

Four 30 Min. Lessons • Res \$42 / Non-Res \$51

SESSION 10	9:25am	10:00am	5:00pm	5:35pm
Aqua Tots 1		47937		47938
Aqua Tots 2	47941		47942	

**July 19, 21, 26, 28 • Tue & Thur**

Four 30 Min. Lessons • Res \$42 / Non-Res \$51

SESSION 12	9:25am	10:00am	5:00pm	5:35pm
Aqua Tots 1		47945		47946
Aqua Tots 2	47949		47950	

### Adult Lessons

Twice a Week Lessons for Two Weeks

**July 6, 11, 13 • Mon & Wed** No Lesson 7/4

Three 30 Min. Lessons  
Res \$31.50 / Non-Res \$38.25

Session 9	7:30pm
Adult 1	47951
Adult 2	47952

**July 18, 20, 25, 27 • Mon & Wed**

Four 30 Min. Lessons • Res \$42 / Non-Res \$51

Session 11	7:30pm
Adult 1	47953
Adult 2	47954

**Aug 1, 3, 8, 10 • Mon & Wed**

Four 30 Min. Lessons • Res \$42 / Non-Res \$51

Session 13	7:30pm
Adult 1	47955
Adult 2	47956

## Private / Semi-Private Lessons

One on one instruction, highly motivated, friendly instructors and close personal attention to detail. Private instruction is ideal for: a) The beginner who would like assistance with water orientation before registering for one of our programs, b) Those working to overcome water phobia, c) Those who are having difficulty with a particular stroke/ technique—emphasis can be placed on your needs, and d) Special needs.

Private/Semi-Private lessons are offered Monday through Thursday. You must register for M/W or T/TH option and must enroll for at least four lessons within a two-week period.

8:50–9:20am	Mon/Wed or Tue/Thu June 20–August 11
9:25–9:55am	Mon/Wed or Tue/Thu June 20–June 30
5:35–6:05pm	Mon/Wed or Tue/Thu June 20–August 11

**Call 425.587.3336 for availability**

### 1:1 private lesson

Resident \$35 / Non-Resident \$42 per ½ hour

### 2:1 semi-private lesson is for 2 children

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



## Special Interest Aquatics Get Trained... American Red Cross Classes for Youth-Adult!

### Adult and Child First Aid/ CPR/AED

#### Age 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 • Registration closes 1 week prior to start of program • 6-hour course  
Location: PKCC*

Resident \$90 / Non-Resident \$108

Sat 9am–3pm May 14 47961

### Aqua Leaders Volunteer Program

#### Ages 12 to 15 years

Training class, in which youth have the opportunity to develop lifeguarding, swim instructing and other occupational related skills. Aqua Leaders receive training and instruction in facility rules, policies and procedures and water safety.

*Completion of the program is a prerequisite to volunteer as a Junior Lifeguard and or Swim Instructor Aide for the Kirkland Aquatic Service Program, which continues until September 2.*

Resident \$65/ Non-Resident \$78

Mon–Thur 9am–12pm June 20–30 47960



### Lifeguard Training With Oxygen and Automatic Defibrillation

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

*The prerequisites for this course include: 15 years or older and the ability to pass a swimming pre-test which consists of a 300 yard swim; swim 20 yards, retrieve a 10lb brick in 7+ feet of water and then carry the brick back 20 yards while holding on to the brick with both hands • TEXT BOOKS AND POCKET MASK NOT INCLUDED AND MUST BE PURCHASED SEPARATELY FROM THE AMERICAN RED CROSS, www.redcrossstore.org, item's # 655735 and # 329705 • First class starts at Peter Kirk Pool*

Resident \$200 / Non-Resident \$240

Session 1	Tues, Wed, Thur 3:30pm–8pm	May 24,25, 26, May 31, June 1, 2	48127
Session 2	Mon–Fri 9am–2pm	July 11–15	48128

### Water Safety Instructor Course

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

*This course will be taught as a blended learning course and will require additional learning and study outside of the classroom time. The instructor will contact you prior to the course with information and links to the blended learning • First class meets at Peter Kirk Pool.*

Resident \$200 / Non-Resident \$240

Week 1	Tues and Thur 4–8pm	May 24 and 26	48129
Week 2	Tues–Thur 4–8pm	May 31 June 1, 2	





## Deep Water PM Aquarobics— Weekdays

**Ages 16 years and older**

If your goal is a leaner and stronger body and you want to have fun—Aquarobics is for you! Our professionally trained instructors will inspire you to move! Benefits of Deep Water Exercise: 1) Burn Calories 2) Build Strong Muscles and 3) 60 minutes of Abdominal Work.

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

**Session 1: June 6–July 6\*** (5 weeks)

*\*No class Monday, July 4*

*Nine, 60-minute lessons • Mon/Wed  
Resident \$103.50 / Non-Resident \$124.20*

Mon & Wed 7:30–8:30pm    June 6–July 6    47963

**Session 2: July 11–Aug 10** (5 weeks)

*Ten, 60-minute lessons • Mon/Wed  
Resident \$115 / Non-Resident \$138*

Mon & Wed 7:30–8:30pm    July 11–Aug 10    47964

**Session 3: Aug 15–31** (3 weeks)

*Six, 60-minute lessons • Mon/Wed  
Resident \$69 / Non-Resident \$82.80*

Mon & Wed 6:45–7:45pm    Aug 15–31    47966

## Deep Water AM Aquarobics— Weekends

**Ages 16 years and older**

If your goal is a leaner and stronger body and you want to have fun—Aquarobics is for you! Our professionally trained instructors will inspire you to move! Benefits of Deep Water Exercise: 1) Burn Calories 2) Build Strong Muscles and 3) 60 minutes of Abdominal Work.

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

**Session 1: June 11–July 16** (6 weeks)

*Six, 60-minute lesson • Saturday  
Resident \$69 / Non-Resident \$82.80*

Saturday 8:30–9:30am    June 11–July 16    47967

For the Kids, Check Out:

# Youth Camps

**PADDLEBOARD** Page 9

**SAILING** Page 10



# 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**



## ADULT TENNIS LESSONS

Join us on the courts this summer! Develop your tennis skills, get in shape, or just join us for the fun of it! All sessions are two weeks in duration for a total of 8 lessons. Classes meet Monday through Thursday with Friday designated as makeup days for rainouts. Space is limited! Loaner rackets are available.

### Adult Beginner

**Ages 16 and up**

The Basics: Forehand, backhand, serve and scoring

*Location: Juanita High School Tennis Court  
10601 NE 132nd St., Kirkland*

*Resident \$68 / Non-Resident \$82  
July 5th session, 7 classes: Resident \$60 / Non-Res \$72*

Mon–Thur	5–6pm	June 20–June 30	47571
Tues–Thur & Mon–Thur	5–6pm	July 5–July 14	47572
Mon–Thur	5–6pm	July 18–July 28	47573
Mon–Thur	5–6pm	Aug 1–Aug 11	47574
Mon–Thur	5–6pm	Aug 15–Aug 25	47575

## YOUTH TENNIS

Lessons for ages 8–14.

See page 32

### Adult Intermediate

**Ages 16 and up**

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

*Resident \$68 / Non-Resident \$82  
July 5th session, 7 classes: \$60 / Non-Resident \$72*

*Location: Juanita High School Tennis Court  
10601 NE 132nd St., Kirkland*

Mon–Thur	6:05–7:05pm	June 20–June 30	47576
Tues–Thur & Mon–Thur	6:05–7:05pm	July 5–July 14	47577
Mon–Thur	6:05–7:05pm	July 18–July 28	47578
Mon–Thur	6:05–7:05pm	Aug 1–Aug 11	47579
Mon–Thur	6:05–7:05pm	Aug 15–Aug 25	47580

### Adult Advanced

**Ages 16 and up**

Dynamic Footwork, Advanced Drills and Game Strategies. Can keep up a rally with moderate pace and spin, comfortable with volleying and has a consistent serve.

*Location: Juanita High School Tennis Court  
10601 NE 132nd St., Kirkland*

*Resident \$68 / Non-Resident \$82  
July 5th session, 7 classes: Resident \$60 / Non-Res \$72*

Mon–Thur	7:10–8:10pm	June 20–June 30	47581
Tues–Thur & Mon–Thur	7:10–8:10pm	July 5–July 14	47582
Mon–Thur	7:10–8:10pm	July 18–July 28	47583
Mon–Thur	7:10–8:10pm	Aug 1–Aug 11	47584
Mon–Thur	7:10–8:10pm	Aug 15–Aug 25	47585

## Golf Instruction

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

*Location: Redwood Golf Center, 13029 Redmond-Woodinville Rd NE, Woodinville • Min 6 / Max 12 • 4 classes*

*Sr Resident \$89 / Sr Non-Resident \$99*

*Non-Sr Resident \$97 / Non-Sr Non-Resident \$119*

Fri	10–11am	Apr 1–22	48007
Fri	10–11am	June 3–24	48008
Fri	10–11am	July 1–22	48010
Fri	10–11am	Aug 5–26	48011

## OPEN GYM SUNDAYS

Basketball and Volleyball courts available. Individuals or teams welcome. No gym 5/29

**April 10–June 5  
Sundays • 5–8pm**

**Kamiakin Middle School  
14111 132nd Ave NE, Kirkland**

**\$4.00 per person** Incl. Sales Tax  
BILLS OVER \$10 NOT ACCEPTED

Call 425.587.3335 for gym closure info. 18 and older.



## Ice Skating

**All ages and abilities**

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.

See page 24

# SOFTBALL LEAGUES

## SPRING SOFTBALL *Registration begins: February 2nd (registration closes when full or deemed necessary)*

This spring league will consist of **12 games in 6 weeks**. All divisions include one-week of playoffs for the top four teams in each division. The season will span from May through early July. Prizes will be awarded for the regular season champion as well as the playoff tournament winner. 8 team maximum for men's divisions, 6 team maximum for COED.

**Team Fee: \$660.00**

### COED "REC" DIVISION

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

6DH      May 1–June 26      Crestwoods Field      47156

### MEN'S LOWER REC DIVISION

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

6DH      May 1–June 27      Crestwoods Field      47154

### MEN'S INTERMEDIATE DIVISION

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

6DH      May 3–June 15      Crestwoods Field      47155



*Lucky 7 Red Dogs, Summer 2015 Open Division Champions*

## SUMMER SOFTBALL *Registration begins: February 2nd (registration closes when full or deemed necessary)*

Summer league will stretch into early fall and consist of **16 games in 8 weeks** of play with one-week of playoffs for the top 4 teams in each division. Games will be played "under the lights" at Lee Johnson Field (Peter Kirk Park). Prizes will be awarded for the regular season champion as well as the playoff tournament winner. Men's divisions: 8 team maximum, COED division: 6 team max.

**Team Fee: \$880.00**

### COED "REC" DIVISION

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

8DH      July 10–Aug 28      Lee Johnson Field      47183

### MEN'S LOWER REC DIVISION

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

8DH      July 11–Aug 30      Lee Johnson Field      47181

### MEN'S INTERMEDIATE DIVISION

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

8DH      July 13–Sept 1      Lee Johnson Field      47182

**AGE 55+ SOFTBALL RECRUITMENT IS IN FULL SWING!**

See page 70 or call Rich Mialovich 425.827.1109

# VOLLEYBALL LEAGUES



*Must Be The Money, Fall 2015 COED Upper Champions*

## ADULT INDOOR VOLLEYBALL LEAGUE Ages 18+

Join us for one of the most fun and competitive volleyball leagues on the Eastside. The season consists of 7 weeks of regular season play with two weeks of playoffs with 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).

**TEAM FEE: \$300.00**

## ADULT BEACH VOLLEYBALL LEAGUE Ages 18+

Join us at Juanita Beach for some sand volleyball! We offer four divisions of 4 on 4 beach volleyball. Women's division matches are played on Monday or Wednesday nights while COED divisions operate on Tuesday or Thursday nights. Matches start at 6:15pm and 7:30pm. The league is self-officiated. Six weeks of play and one week of playoffs (top 4 teams).

**TEAM FEE: \$230.00**

### ..... Divisions Offered for Indoor & Beach Leagues .....

#### Upper Division BB

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.

#### Lower Division B

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.

#### 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.

### Free Agent Team Coed C Division Only

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.

#### Women's Upper Division BB Level

INDOOR	Mon	Mar 28–May 23	7:15 or 8:20pm	46677
BEACH	Mon	July 11–Aug 15	6:15 or 7:30pm	47173

#### Women's Lower Division B Level

INDOOR	Mon	Mar 28–May 23	7:15 or 8:20pm	46678
BEACH	Wed	July 13–Aug 17	6:15 or 7:30pm	47178

#### Coed Upper Division BB Level

INDOOR	Tues	Mar 22–May 17	8:20 or 8:50pm	46679
BEACH	Tues	July 12–Aug 16	6:15 or 7:30pm	47179

#### Coed Lower Division B Level

INDOOR	Tues	Mar 22–May 17	8:20 or 8:50pm	46681
BEACH	Thurs	July 14–Aug 18	6:15 or 7:30pm	47180

#### Coed C Division

INDOOR	Wed	Mar 23–May 18	8:20pm	46682
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#### Free Agent Team Coed C Division Only

INDOOR	Wed	Mar 23–May 18	8:20pm	46680
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For more information on our adult sport league offerings, log on to [www.kirklandwa.gov/athletics](http://www.kirklandwa.gov/athletics)

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



# MOVE IT!

## QUARTERLY FITNESS PASS

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

### 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.

### 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!

### 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!

### Cardio Kick Box!

Kick your energy level into high gear with this full body conditioning workout that combines elements of boxing and martial arts. This class will focus on achieving increased heart and lung function, muscle tone and flexibility. With a series of fast paced jabs, punches, kicks and twists, incorporating a focused warm up and cool down stretch, you'll be sweating in no time!

### 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.



**STILL MORE AFFORDABLE THAN YOUR LOCAL FITNESS CLUB!**

## SPRING 2016 MOVE IT! CLASSES

All classes below included with your Move It! Pass  
Resident \$90 / Non-Resident \$108 • Class #48400



### Strength and Stretch

Strengthen and tone muscles, improve your bone density to help fight osteoporosis and add flexibility to your entire body. All this and it's fun to boot! All ages welcome. Please bring mats and a large towel. Expect to see improvement within a few weeks.

### Total Body Conditioning

A cardio and strength conditioning total body workout that incorporates hand held weights, resistance bands, body weight and more! You'll work up a sweat in this class and finish with a relaxing cool down and stretch.

### 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.**

## MORNING CLASSES

**10 weeks // March 28-June 4 // No class: May 28-30**

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®	8:00-9:00am	Audra
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

**10 weeks // March 28-June 4 // No class: May 28-30**

DAY	CLASS	TIME	INSTR.
Mon	Dance Aerobics	5:30-6:15pm	Laura
Mon	Circuit Training	6:30-7:20pm	Joleen
Mon	Yoga-Candlelight Vinyasa	7:30-8:30pm	Chris
Tue	Body Sculpting	5:30-6:15pm	Sandi
Tue	Red Hot Dance Fitness	6:20-7:10pm	Carrie
Wed	Red Hot Dance Fitness	5:30-6:15pm	Carrie
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	Cardio Kick Box!	6:20-7:10pm	Laura
Thur	Zumba	7:15-8:15pm	April

Ages 16 through adult /// Passes are available at any time during the quarter at full price  
/// PASSES ARE NOT PRORATED, ARE NON-REFUNDABLE AND NON-TRANSFERABLE /// It is recommended you have a doctor's approval if you have a health problem, are more than 35 lbs. overweight, or are over 50 years old and have not been exercising.

**Call Recreation Hotline 425.587.3335 if class cancellation is in question.**



## MOVE IT! SUMMER 2016

QUARTERLY FITNESS PASS

All classes below included with your Move It! Pass  
Resident \$99 / Non-Resident \$118 • Class #48401

### MORNING CLASSES

11 weeks // June 6–August 20 // No class: July 4

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®	8:00–9:00am	Audra
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

11 weeks // June 6–August 20 // No class: July 4

DAY	CLASS	TIME	INSTR.
Mon	Dance Aerobics	5:30–6:15pm	Laura
Mon	Circuit Training	6:30–7:20pm	Joleen
Mon	Yoga–Candlelight Vinyasa	7:30–8:30pm	Chris
Tue	Body Sculpting	5:30–6:15pm	Sandi
Tue	Red Hot Dance Fitness	6:20–7:10pm	Carrie
Wed	Red Hot Dance Fitness	5:30–6:15pm	Carrie
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	Cardio Kick Box!	6:20–7:10pm	Laura
Thur	Zumba	7:15–8:15pm	April

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

[ Below class is not included in Move It pass ]



### Stand Up Paddleboard (SUP) Yoga

**COED: Ages 10 and up**

Classes combine your favorite yoga routines and put them on the water! Both yoga and stand up paddle boarding are great for building better balance, coordination, endurance, and body strength. We begin class on shore to go over the basic fundamentals of SUP; water safety, proper paddle positioning, stroke technique, and more. All levels welcome. All equipment provided. Although no SUP or yoga experience is required students should feel comfortable in open water and be able to tread water.

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

*Tuesdays, four classes per session*

Tues	6–7:15pm	July 5–26	47163
Tues	6–7:15pm	Aug 2–23	47164

*Thursdays, four classes per session*

Thurs	6–7:15pm	July 7–28	47165
Thurs	6–7:15pm	Aug 4–25	47166



## Exercise & Fitness

### Pilates on Fire **NEW!**

Take simple cardio moves, add a dash of weight training and top it off with some Pilates mat exercises and you have the perfect recipe for a great workout. Pilates on Fire will give you that one, two punch that you want leaving you feeling great every day! Get fit for Spring Break and Summer fun! Come and join us for a great workout and watch your body transform before your eyes. Let's fire it up!

*Perfect for all fitness levels and ages. Students should bring a Pilates mat • Wear athletic shoes • Location: PKCC  
Instructor: Susanne Wasilawski*

**8 classes • Resident \$80 / Non-Resident \$96**

Tue & Thur	5:30–6:30pm	Apr 12–May 5	48046
Tue & Thur	5:30–6:30pm	May 10–June 2	48047
Tue & Thur	5:30–6:30pm	July 12–Aug 4	48049

**6 classes • Resident \$60 / Non-Resident \$72**

Tue & Thur	5:30–6:30pm	June 7–23	48048
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### Zumba® Gold

Zumba® Gold modifies Zumba® fitness to non-impact moves and pace 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 • Resident \$35 / Non-Resident \$42**

Thur	10:30–11:30am	Apr 7–28	47989
Thur	10:30–11:30am	May 5–26	47990
Thur	10:30–11:30am	June 2–23	47991
Thur	10:30–11:30am	July 7–28	47992

**3 classes • Resident \$26 / Non-Resident \$31**

Thur	10:30–11:30am	Aug 4–18	48041
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### Strength & Tone Aerobics **NEW!**

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 6/7 • Resident \$50 / Non-Resident \$60**

Tue & Thur	8:30–9:30am	Apr 5–28	48786
Tue & Thur	8:30–9:30am	May 3–26	48787
Tue & Thur	8:30–9:30am	May 31–June 28	48788
Tue & Thur	8:30–9:30am	July 5–28	48789

**6 classes • Resident \$38 / Non-Resident \$46**

Tue & Thur	8:30–9:30am	Aug 2–18	48790
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### 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 • Resident \$35 / Non-Resident \$42**

Tue	10:30–11:30am	Apr 5–26	47985
Tue	10:30–11:30am	May 3–24	47986

**3 classes • Resident \$26 / Non-Resident \$31**

Tue	10:30–11:30am	May 31–June 14	47987
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### 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 4/11, 5/30 & 7/4  
Resident \$50 / Non-Resident \$60**

Mon	5:20–6:05pm	Apr 4–May 16	47995
Mon	5:20–6:05pm	May 23–July 11	47996

**Mondays 5 classes • Resident \$42 / Non-Resident \$50**

Mon	5:20–6:05pm	July 18–Aug 15	47999
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**Wednesdays 6 classes • No class 4/13**

*Resident \$50 / Non-Resident \$60*

Wed	5:20–6:05pm	Apr 6–May 18	47997
Wed	5:20–6:05pm	May 25–June 29	47998
Wed	5:20–6:05pm	July 6–Aug 10	48000



### 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!

**Mondays 6 classes • Location: PKCC**

*No class 5/2, 5/30 & 7/4 • Resident \$60 / Non-Resident \$72*

Mon	5:30–6:30pm	Apr 4–May 16	48054
Mon	5:30–6:30pm	May 23–July 11	48055

**Mondays 5 classes • Location: PKCC**

*Resident \$50 / Non-Res \$60*

Mon	5:30–6:30pm	July 18–Aug 15	48058
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**Wednesdays 6 classes • Location: PKCC**

*No class 5/4 • Resident \$75 / Non-Resident \$90*

Wed	5:30–6:45pm	Apr 6–May 18	48056
Wed	5:30–6:45pm	May 25–June 29	48057
Wed	5:30–6:45pm	July 13–Aug 17	48060

See page 71 for more  
Daytime Yoga classes!

# Adult Dance

## 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: \$59 / Non-Res \$71

Tues	7:30–8:30pm	Apr 12–May 10	48650
Tues	7:30–8:30pm	June 21–July 19	48651

### 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: \$59 / Non-Res \$71

Tues	8:30–9:30pm	Apr 12–May 10	48652
Tues	8:30–9:30pm	June 21–July 19	48653

### East Coast Swing

The 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: \$59 / Non-Res \$71

Tues	7:30–8:30pm	May 17–June 14	48765
Tues	7:30–8:30pm	July 26–Aug 23	48766

### Salsa

Hot! Hot! Hot! Solid Basics 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: \$59 / Non-Res \$71

Tues	8:30–9:30pm	May 17–June 14	48654
Tues	8:30–9:30pm	July 26–Aug 23	48655

## Folk Dance

### Scandinavian Folk Dance **NEW!**

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 • Resident \$60 / Non-Resident \$72

Thur	7:30–9pm	Apr 21–May 26	48170
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### Swedish Midsummer Dances **NEW!**

Scandinavians are serious about celebrating the longest days of the year. Serious enough that they have transplanted the Swedish celebration to America. (St Edwards Park, free, June 26th) Join the hundreds who attend, but have more fun than most: join the dances. Children 90 pounds and over can sign up, if they bring their dancing adults. No partner or experience needed. Wear shoes that protect your toes!

Instructor Patrick McMonagle • Location: PKCC  
4 classes • Resident \$40 / Non-Resident \$48

Thur	7:30–9pm	June 2–23	48164
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### Beginning Scandinavian Folk Dance

This four class series is for true beginners and is long enough to get you dancing several dances including easy to learn supporting dances. The Skandia Folkdance Society supports this class with instructors and the structure of their beginner's course offered since the 1950's. This energetic class is open to everyone, no partner or experience needed!

Instructor Patrick McMonagle • Location: PKCC  
4 classes • Resident \$40 / Non-Resident \$48

Thur	7:30–9pm	July 7–28	48165
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### Norwegian Pols Folkdances **NEW!**

3 weeks is more than enough to learn the flagship pols dance, Røros pols and a few other similar Norwegian pols dances, to those who already know the Hambo, taught in earlier classes. Come join the fun, no partner needed.

Instructor Patrick McMonagle • Location: PKCC  
3 classes • Resident \$30 / Non-Resident \$36

Thur	7:30–9pm	Aug 4–18	48171
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### 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	Apr 5–26	48012
Tue	7:30–9:30pm	May 3–24	48013
Tue	7:30–9:30pm	May 31–June 21	48014
Tue	7:30–9:30pm	June 28–July 19	48015
Tue	7:30–9:30pm	July 26–Aug 16	48016

## Ballet

**Instructor:** Marco Carrabba, Ballet Master and 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

**Spring 6 classes** • No class 4/11, 5/30 & 7/4  
Resident \$66 / Non-Resident \$79

Mon	6:15–7:15pm	Apr 4–May 16	48020
Mon	6:15–7:15pm	May 23–July 11	48021

**Summer 5 classes** • Resident \$55 / Non-Resident \$66

Mon	6:15–7:15pm	July 18–Aug 15	48022
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### Ballet—Open Level

Take your training to the next level. This class is for those who have had some ballet training and is a good additional class for a Basic or Intermediate level class. Emphasis is on improving technical strength and more movement. Students are encouraged to work at their own ability.

**Location:** PKCC • **Instructor:** Marco Carrabba • 6 classes  
No class 4/13 • Resident \$66 / Non-Resident \$79

Wed	6:15–7:15pm	Apr 6–May 18	48024
Wed	6:15–7:15pm	May 25–June 29	48025
Wed	6:15–7:15pm	July 6–Aug 10	48026

### 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

**6 classes Mondays** • No class 4/11, 5/30 & 7/4  
Resident \$50 / Non-Resident \$60

Mon	5:20–6:05pm	Apr 4–May 16	47995
Mon	5:20–6:05pm	May 23–July 11	47996

**5 classes Mondays** • Resident \$42 / Non-Resident \$50

Mon	5:20–6:05pm	July 18–Aug 15	47999
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**6 classes Wednesdays** • No class 4/13  
Resident \$50 / Non-Resident \$60

Wed	5:20–6:05pm	Apr 6–May 18	47997
Wed	5:20–6:05pm	May 25–June 29	47998
Wed	5:20–6:05pm	July 6–Aug 10	48000

## 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

**Spring 6 classes** • No class 4/26, 5/3, 6/7 & 7/5  
Resident \$30 / Non-Resident \$36

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

Tue	10–11am	Apr 5–May 24	48029
Tue	10–11am	May 31–July 19	48028

**Summer 4 classes** • Resident \$20 / Non-Resident \$24  
Drop-In Rate Resident \$7 / Non-Resident \$8

Tue	10–11am	July 26–Aug 16	48030
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## Jazz

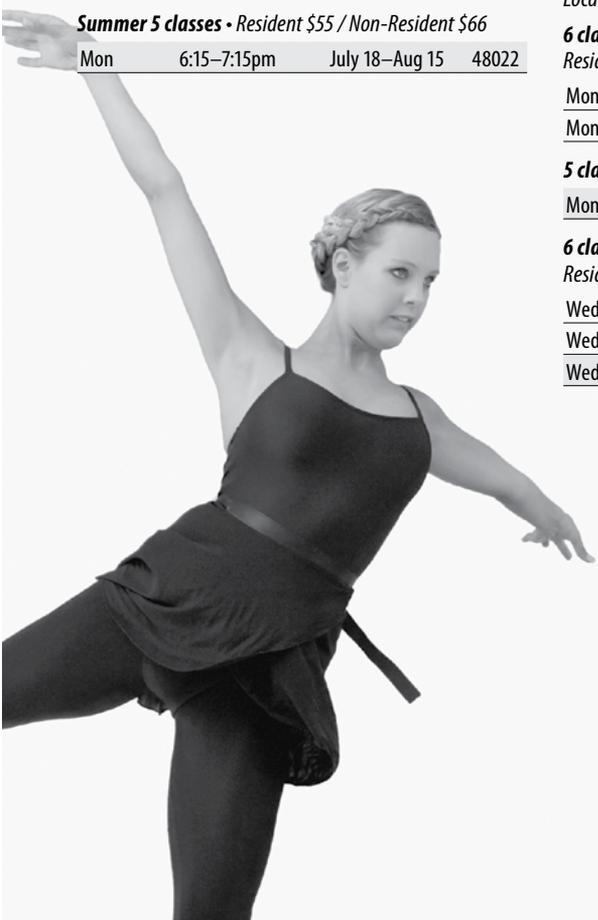
### Jazz or Lyrical Open Level Adult

Expand your knowledge of Jazz or Lyrical. This class is for those individuals who have had some Jazz or Ballet training and want to further or enhance their skills. In this class you will learn combinations across the floor after a thorough stretch. We will also learn some choreography to some pop or contemporary music stylings

Leather-soled ballet slippers required

**Location:** NKCC • 8 weeks • No class 5/30, 7/4 & 7/18  
Resident \$80 / Non-Resident \$96

Mon	7–8pm	Apr 11–June 6	48763
Mon	7–8pm	June 20–Aug 22	48764





## 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*

**Spring 9 weeks • Resident \$90 / Non-Resident \$108**

Wed	6:30–7:15pm	Apr 13–June 8	48640
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**Summer 8 weeks • Resident \$80 / Non-Resident \$96**

Wed	6:30–7:15pm	June 22–Aug 10	48641
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### 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*

**Spring 9 weeks • Resident \$90 / Non-Resident \$108**

Wed	7:15–8:15pm	Apr 13–June 8	48642
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**Summer 8 weeks • Resident \$80 / Non-Resident \$96**

Wed	7:15–8:15pm	June 22–Aug 10	48643
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### 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*

**Spring 9 weeks • Resident \$90 / Non-Resident \$108**

Wed	8:15–9:15pm	Apr 13–June 8	48644
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**Summer 8 weeks • Resident \$80 / Non-Resident \$96**

Wed	8:15–9:15pm	June 22–Aug 10	48645
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## 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.

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

**7 weeks • Resident \$70 / Non-Resident \$84**

Tue	6:40–7:40pm	Apr 12–May 24	48646
Tue	6:40–7:40pm	May 31–July 12	48647

### 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.

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

**7 weeks • Resident \$70 / Non-Resident \$84**

Tue	7:45–8:45pm	Apr 12–May 24	48648
Tue	7:45–8:45pm	May 31–July 12	48649



## Gardening

### Plan a New Entry **NEW!**

Do your front entry plantings look tired or overgrown? Take a look at some new, fresh front entries, discuss plant choices, and talk about maintenance. For the last 1/2 hour of class design the entry. Bring with you a drawing of the outline of the front of your house and the area you want to plan.

*PlantPicks will email a PDF to participants of plants pictures and names that are discussed in class.*

*Instructor: Nancy Tom, Environmental Horticulturist, PlantPicks • Location: PKCC • Resident \$16 / Non-Res \$18*

Sat	10–11:30am	Apr 2	48167
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### Small Trees for Small Spaces

**NEW!** Housing lots have gotten smaller—but everyone still wants trees. The question is which trees are best to plant? Learn about the new, smaller cultivars that are scaled for smaller spaces.

*PlantPicks will email a PDF to participants of plants pictures and names that are discussed in class.*

*Location: PKCC • Instructor: Nancy Tom, Environmental Horticulturist, PlantPicks • Resident \$16 / Non-Res \$18*

Sat	10–11am	Apr 9	48168
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### Planning Your Vegetable Garden **NEW!**

Do you want fresh vegetables this summer but don't know where to start? Here's your chance to learn everything you need to know about planting your own vegetable garden including planning the garden, which vegetables to plant, starting the seeds, and how to do the planting. The main focus will be on raised beds and include planting in containers.

*PlantPicks will email a PDF to participants of plants pictures and names that are discussed in class.*

*Location: PKCC • Instructor: Nancy Tom, Environmental Horticulturist, PlantPicks • Resident \$16 / Non-Res \$18*

Sat	10–11am	Apr 16	48133
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### The Low-Water Garden **NEW!**

Did you know it's predicted to be another dry summer? Come learn how to get your landscape through it and how to plan for the future.

*PlantPicks will email a PDF to participants of plants pictures and names that are discussed in class.*

*Location: PKCC • Instructor: Nancy Tom, Environmental Horticulturist, PlantPicks • Resident \$16 / Non-Res \$18*

Sat	10–11am	May 14	48169
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## Computer Classes

*Class participants 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	Apr 8–29	48062
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### Windows 10 Workshop

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 Resident \$35 / Non-Resident \$42*

Fri	1:30–3pm	May 6–27	48063
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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*

## 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 • 8 classes • No class 7/4 Resident \$130 / Non-Resident \$156*

Mon	6–9pm	Apr 4–May 23	48032
Mon	6–9pm	June 6–Aug 1	48033

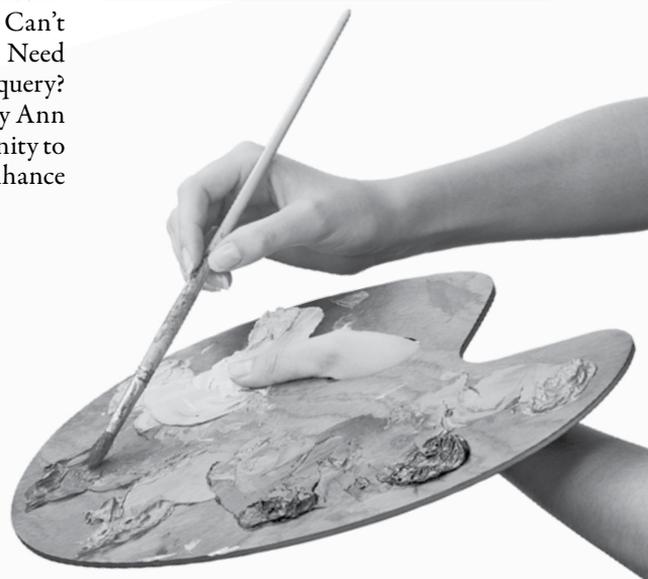
### Oil Painting the Easy Way **NEW DAY**

Paint along as Jean demonstrates the entire painting and provides individual assistance. Your own style will emerge as you paint many subjects from still life to landscapes to florals. You will quickly learn composition, color mixing, brush use, establishing depth and more. This class offers something for all levels.

*Supply list available at PKCC • Instructor: Jean Pratt Beouy Location: PKCC • 8 classes • Resident \$130 / Non-Res \$156*

Wed	5:30–8:30pm	May 4–June 22	48034
Wed	5:30–8:30pm	June 29–Aug 17	48035

For day time art classes see page 69



## Parenting

### Parenting Preschoolers 3–5

How to Listen (even when your child doesn't talk) **NEW!**

This workshop will teach parents of preschoolers (ages 3-5) the different ways in which we listen to children, and how you can encourage your children to be more forthcoming about their thoughts and feelings at this early age. We'll also talk about the developmental facts, what should you expect at this age and how to self-care as a parent. If you are a parent of a preschooler who does not share about this/her school life and you want to bond better with them, then this workshop is for you!

*Instructor: Spomenka Vitman, MA, LMHC Vitman Counseling, LLC • Location: NKCC  
Resident \$25 / Non-Resident \$35*

Sat 9–10:30am May 14 48158

### Parenting Grade-schoolers 6–10

Help Your Child Thrive **NEW!**

Parenting a 6–10 year old is a bit like being in a maze. This workshop teaches participants parenting skills in the areas of understanding children, how to help children learn and thrive, effective discipline and personal stress management. As parents learn how to better understand, guide, nurture, and motivate their children, they will become more effective, relaxed and happier. If you want to learn how to help your kid be confident, respectful and flourishing then this workshop is for you!

*Instructor: Spomenka Vitman, MA, LMHC Vitman Counseling, LLC • Location: NKCC  
Resident \$25 / Non-Resident \$35*

Sat 9–10:30am Apr 9 48159



### Parenting Tweens and Teens

Building a New Relationship with Your Child **NEW!**

What's a parent to do when their 10-to-14 year old gets an attitude, disrespects family values, rolls their eyes, and slams doors? This workshop provides an outline of scientific facts about changes that happen during adolescence. Further, it will look at preventative as well as proactive techniques for making adolescence a more enjoyable time for parents and the most prosperous for teenagers alike. Participants will understand the scientific reasons that changed adolescents' behavior and will learn practical relationship-building skills that will encourage positive communication with their children age 9 and older. If you want your relationship with your child back, or if you want to prevent your child from "becoming a stranger" when he or she becomes an adolescent, then this workshop is for you!

*Instructor: Spomenka Vitman, MA, LMHC Vitman Counseling, LLC • Location: NKCC  
Resident \$25 / Non-Resident \$35*

Sat 10:45am–12:15pm Apr 9 48160

### Parenting Adolescents

How to Find Balance & Stay Present **NEW!**

This workshop teaches parents how to instill in their teens the confidence, attitudes and skills that will enable them to bounce back from whatever life throws at them. Parents who don't want endless fights and arguments, but are looking to enjoy their children's teenage years, attending this workshop will learn how to reduce and manage conflict in the home while spending more enjoyable time with their teenager. If you are, or are soon to be, a parent of teenagers this workshop is designed specifically for you!

*Instructor: Spomenka Vitman, MA, LMHC Vitman Counseling, LLC • Location: NKCC  
Resident \$25 / Non-Resident \$35*

Sat 10:45am–12:15pm May 14 48161

### Family Values **NEW!** Teach Your Kids to Embrace Them

This workshop will focus on the practical ways parents can build a foundation of trust and lay down the groundwork for good values. By attending this workshop you will learn how to effectively communicate with your children and teach them important family values. Parents will come away with actual skills that will help them keep their kids on the right track throughout their lives. This workshop is designed for parents of toddlers through teens. If you want to preserve your family values and to teach them to your kids so they embrace them for life then this workshop is for you!

*Instructor: Spomenka Vitman, MA, LMHC Vitman Counseling, LLC • Location: NKCC  
Resident \$25 / Non-Resident \$35*

Thur 6–7:30pm May 19 48162

*"It's not what you do for your children,  
but what you have taught them to  
do for themselves that will make  
them successful human beings."*

*— Ann Landers*

## Real Estate

### Reverse Mortgage

Are you at least 62 years old and have equity in your house? If the answer is yes you may be qualified to stay in your home for your lifetime-without ever having another mortgage payment. Learn about the HECM Reverse Programs now available. Participate in this Reverse Mortgage roundtable workshop and gather the information needed to make you feel comfortable and confident with a decision based on your personal scenario.

*Instructor: Kim Prater • Location: PKCC  
Resident \$10 / Non-Resident \$12*

Wed	6-7pm	July 13	48134
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### Home Sellers Workshop

Learn how to get top dollar for your home. Topics include pricing, marketing, For Sale By Owner (pros and cons), costs involved including commissions, taxes, title and escrow.

*Instructor: Kim Prater • Location: PKCC  
Resident \$10 / Non-Resident \$12*

Mon	7-9pm	June 27	48137
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### Home Buyers Workshop

Whether you're a First Time Home Buyer, upgrading or looking for an Investment, it's important to learn the market. Come get all of your questions answered and learn the ropes of purchasing. This class is facilitated by both a Mortgage and a Real Estate professional that has been through all aspects of Home Buying with their clients and themselves. Find out why home inspection, appraisals and home owner insurance is important. Discuss what the Title and Escrow process is. Turning your dreams into reality is just a class away. Learn how to make intelligent choices in budgeting for a home and determine how much you qualify for.

*Instructor: Kim Prater • Location: PKCC  
Resident \$10 / Non-Resident \$12*

Mon	7-9pm	Apr 11	48135
Mon	7-9pm	Aug 8	48136



## Money Management

### Master Money Management, Really!

Do you struggle with keeping on top of your bills and account balances? Have trouble building savings? Don't feel financially self-confident? In this class you will learn how to start tracking and organizing your money and paperwork right away, to build the skills and awareness you need to truly be in control of your finances. It's possible to go from money overwhelm to money mastery! The instructor is a certified Financial Recovery Counselor, as well as a therapist and ADHD/Executive Skills coach.

*Instructor: Cynthia Seager • Location: PKCC  
Resident \$10 / Non-Resident \$12*

Sat	9:30-11:30am	Apr 2	48682
Mon	6:30-8:30pm	July 18	48683

## 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	Apr 23	48639
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## Music

### Beginning Guitar Turbo Charged!

**Ages 15 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 5/30 & 7/4 • Resident \$98 / Non-Resident \$118*

Mon	6:30-7:30pm	Apr 11-June 6	48603
Mon	6:30-7:30pm	June 20-Aug 15	48604

### Guitar Song Workshop **NEW!**

**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 5/30 & 7/4 • Resident \$98 / Non-Resident \$118*

Mon	5:15-6:15pm	Apr 11-June 6	48605
Mon	5:15-6:15pm	June 20-Aug 15	48606

# Adult Special Interest

## Health

### Mindfulness for Balanced Life **NEW!**

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  
8 classes • Resident \$40 / Non-Resident \$48*

Tue	6–7:30pm	Apr 12–May 31	47389
Fri	10:30am–12pm	June 3–July 22	47390

### Be Thinner, Healthier & Happier by Balancing Your Brain Type

This class will cover lifestyle, diet and exercise tips that help your brain type work better, so your life works better too. Learn specific strategies for balancing mood, improving your focus, losing weight and increasing your energy, all based on your brain type. Know your brain type: Amen Brain typing questionnaire will be provided during class. This class material is based on Dr. Daniel Amen's, "Change your brain, change your body" weight management and health improvement program. This introductory class lets you discover your brain type and gives an overview of Dr. Amen's brain-balancing concepts.

*The instructor is a therapist and ADHD/Executive skills coach who was a staff therapist, coach and educator for the PNW Amen Clinic for over 5 years.*

*Instructor: Cynthia Seager • Location: PKCC  
Resident \$17 / Non-Resident \$20*

Sat	9:30–11:30am	June 18	48678
Mon	6:30–8:30pm	Aug 15	48679



### Adult & Child First Aid/CPR/AED

#### Age 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 • Registration closes 1 week prior to start of program • 6-hour course  
• Location: PKCC • Resident \$90 / Non-Resident \$108*

Sat	9am–3pm	May 14	47961
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### Effective Stress Management: Even in Uncertain Times

Are you feeling chronically worried, tense or stressed out? Have life setbacks been wearing you down? No matter what your situation, it IS possible to reclaim greater energy, mental clarity and peace of mind. You'll learn brain & body-based stress busters that really work: tools for derailing stress, anxiety and physical tension. You'll also learn how to replace negative thoughts with more constructive ones that free up your energy and creative resources. Hand-outs provided. The instructor is a therapist and life skills coach who brings a broad range of tips & tricks for managing stress and anxiety.

*Instructor: Cynthia Seager • Location: PKCC  
Resident \$17 / Non-Resident \$20*

Mon	6:30–8:30pm	June 27	48680
Sat	9:30–11:30am	July 16	48681

## 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*

*Spring 9 weeks • No class 5/28  
Resident \$151 / Non-Resident \$181*

Sat	11am–12pm	Apr 16–June 18	48659
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*Summer 6 weeks • Resident \$101 / Non-Resident \$121*

Sat	11am–12pm	July 9–Aug 13	48660
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## 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*

Thur	7–9pm	May 12	48658
Thur	7–9pm	July 7	48851



## 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 77) or contact EvergreenHealth Community Health-care 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. . . . . 5/30 and 7/4

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

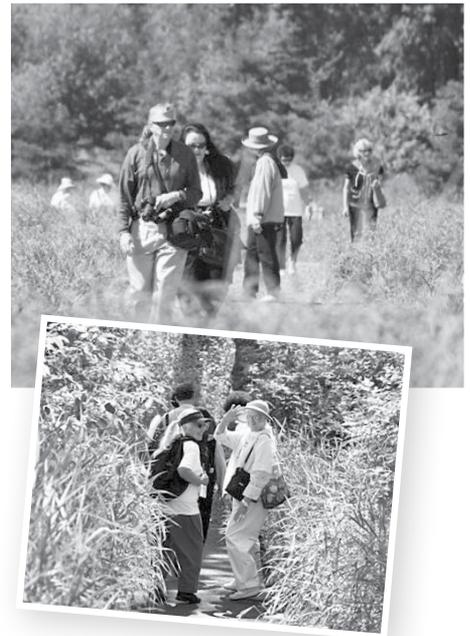
## WITH THE KIRKLAND STEPPERS!

The Kirkland Steppers are launching into their 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
June 7	<b>Kirkland Steppers "Kick-Off Celebration"</b> Continental Breakfast sponsored by Fairwinds Redmond	-0-	\$7	48065
June 14	<b>Tambark Park</b> Lunch on your own at Mill Creek Town Center	-0-	\$7	48066
July 5	<b>Farrel-McWhirter Park</b> Lunch at Fairwinds Redmond	-0-	\$7	48067
Aug 9	<b>Evan's Creek Preserve</b> Lunch on your own at Redmond Town Center	-0-	\$7	48068
Sept 27	<b>"Finish Line" Extravaganza</b> Lunch sponsored by Fairwinds Redmond	-0-	\$7	48069



### MEMBERSHIP

The Super Stepper "Club Card" Membership has exclusive benefits.

For \$10 you can be a Super Stepper "Club Card" member. Club Membership has its Rewards!

**Membership Registration #48064**

- Exclusive Membership Card
- Super Stepper give-aways & T-shirt
- 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

### 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!**



# Special Events at the Peter Kirk Community Center

## 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, April 4 • 11am • FREE • Register 48038**

**Mon, June 27 • 11am • FREE • Register 48039**

## Morning at the Museum

History will come to life with this special live presentation!

Enjoy a delightful brunch prepared by your very own advisory board.

**Special thanks to the PKCC Advisory Board for hosting this event.**

**Advanced registration required by 5/8!**

**Fri, May 13 • 10am • Cost \$9 • Register 48323**

*\*Includes Sales Tax*

## CLUB BON VOYAGE

Do you have the urge to explore the world and visit new destinations? Here is your chance to have fun traveling to amazing places you have always dreamed about visiting with your friends or on your own. Let us handle the details, all you have to do is enjoy the adventure. Join a Collette representative to learn about the NEW upcoming 2017 destinations.

**Mon, June 6 • 10:30am • FREE • Register 48198**

## Patriotic Burger Bash

Kick-off the 4th of July weekend with a bang! Enjoy some toe-tapping entertainment followed by burgers with all the trimmings.

**Advanced registration required by 6/24!**

**Thurs, June 30 • 11am • Cost \$9 • Register 48040**

*\*Includes Sales Tax*

## Bingo & Pizza

Join us for a fun pizza party with a twist! Start off playing several rounds of Bingo for fabulous prizes, followed by pizza and salad.

**Advanced registration required by 8/12!**

**Fri, Aug 19 • 10:30am • Cost \$9**

**Register 48045**

*\*Includes Sales Tax*



# CITY OF KIRKLAND SENIOR COUNCIL

## JOIN THE KIRKLAND SENIOR COUNCIL

### WHAT IS THE KIRKLAND SENIOR COUNCIL?

The city established the KSC to act in an advisory capacity to the City Council to ensure Kirkland remains a safe, vibrant community for adults 50 and older. It advocates, supports, shapes and creates programs and services to meet the needs of seniors in the community.

### HOW DOES THE KSC WORK?

The Senior Council meets monthly for 2 hours and also works through committees and by representing Kirkland in various regional organizations.



### HOW CAN I JOIN KSC?

Council members must either live, work, or serve Kirkland citizens age 50+ in Kirkland. Half of the KSC must be over 50 years of age. Terms are for 3 years. Vacancies will be filled year round.

**Contact: 425.587.3322** —or see [www.kirklandwa.gov/seniorcouncil](http://www.kirklandwa.gov/seniorcouncil)

THE SENIOR COUNCIL INVITES YOU TO...



- Oils and Acrylics
- Watercolor
- Sculpture
- Photography
- Quilts
- Pastel & Drawings
- Other Media

## THE 8<sup>TH</sup> ANNUAL SENIOR ART SHOW

“CREATIVITY IS AGELESS”

FEATURING ARTISTS 50 YEARS OF AGE OR OLDER

**JUNE 2<sup>ND</sup>–JUNE 16<sup>TH</sup>**

OPENING RECEPTION JUNE 2<sup>ND</sup>, 5:00-7:00PM

Merrill Gardens, 14 Main Street South

For more information: call Penny Kahn 425.761.5489 or email [pkahn55@gmail.com](mailto:pkahn55@gmail.com)

## Arts & Crafts



### 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 5/30 & 7/4

Resident \$46 / Non-Resident \$55

Mon	1–3pm	Apr 25–June 6	48182
Mon	1–3pm	June 13–July 25	48184

**3 classes** • Resident \$23 / Non-Resident \$28

Mon	1–3pm	Aug 1–15	48185
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### 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

**3 classes** • Resident \$23 / Non-Resident \$28

Thur	1–3pm	Apr 14–28	48036
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### Open Art Studio

Come paint or draw with other artists. The Peter Kirk Community Center Art Room is available for drop-ins on Tuesday afternoons.

Check-in at the front desk

For more information call 425.587.3360

Per visit fee: Resident \$3 / Non-Resident \$4

Tue	1–3pm	Ongoing
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### 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!

For more information call Jan at 425-822-0185

### 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!

The Intern	Mon	1pm	Apr 18
A Walk in the Woods*	Mon	1pm	May 16
Learning to Drive*	Mon	1pm	June 20
Spotlight*	Mon	1pm	July 18
Joy	Mon	1pm	Aug 15

\*Rated R

### Video / 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 at home. Due to space restrictions, PKCC is no longer accepting VHS donations.

## 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, 12:30–1:30pm

## Music

### Swingin' Seniors Band

All musicians are welcome to join the fun!

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

3 tables are available for drop-in pool.

All are welcome to join the fun in our Pool Room

## Age 55+ 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 2016 season is underway! The two men's teams, "Moss Bay Hawks" and "Kirkland Owls" were a hit in 2015! After a long winter break, team players are now dusting off their bats to begin practice in March 2016. 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 MIAILOVICH:  
425.827.1109**



## Sports

### Golf Instruction

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

Location: Redwood Golf Center  
13029 Redmond-Woodinville Rd NE, Woodinville  
Min 6 / Max 12 4 classes

Sr Resident \$89 / Sr Non-Resident \$99			
Non-Sr Resident \$97 / Non-Sr Non-Resident \$119			
Fri	10-11am	Apr 1-22	48007
Fri	10-11am	June 3-24	48008
Fri	10-11am	July 1-22	48010
Fri	10-11am	Aug 5-26	48011



## 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 4/26, 5/3, 6/7 & 7/5  
Resident \$30 / Non-Resident \$36  
Drop-In Rate Resident \$7 / Non-Resident \$8

Tue	10-11am	Apr 5-May 24	48029
Tue	10-11am	May 31-July 19	48028

**4 classes** • Resident \$20 / Non-Resident \$24  
Drop-In Rate Resident \$7 / Non-Resident \$8

Tue	10-11am	July 26-Aug 16	48030
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## Fitness & Exercise

### 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 • Resident \$35 / Non-Resident \$42**

Tue	10:30–11:30am	Apr 5–26	47985
Tue	10:30–11:30am	May 3–24	47986

**3 classes • Resident \$26 / Non-Resident \$31**

Tue	10:30–11:30am	May 31–June 14	47987
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### Zumba® Gold

Zumba® Gold modifies Zumba® fitness to non-impact moves and pace 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 • Resident \$35 / Non-Resident \$42**

Thur	10:30–11:30am	Apr 7–28	47989
Thur	10:30–11:30am	May 5–26	47990
Thur	10:30–11:30am	June 2–23	47991
Thur	10:30–11:30am	July 7–28	47992

**3 classes • Resident \$26 / Non-Resident \$31**

Thur	10:30–11:30am	Aug 4–18	48041
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### EnhanceFitness

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.

*EnhanceFitness 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.*

*Instructor: Gina Casanova • No class 5/13, 5/30, 7/4, 8/19, 8/22, 8/24, 8/26, 8/29 & 8/31  
Resident \$47 / Non-Resident \$56*

### Strength & Tone Aerobics

**NEW!** 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 6/7 • Res \$50 / Non-Res \$60**

Tue & Thur	8:30–9:30am	Apr 5–28	48786
Tue & Thur	8:30–9:30am	May 3–26	48787
Tue & Thur	8:30–9:30am	May 31–June 28	48788
Tue & Thur	8:30–9:30am	July 5–28	48789

**6 classes • Resident \$38 / Non-Resident \$46**

Tue & Thur	8:30–9:30am	Aug 2–18	48790
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### Yoga for Beginners

With close to 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 5/30, 6/6 & 7/4  
Resident \$40 / Non-Resident \$48**

Mon	10–11am	Apr 4–25	48070
Mon	10–11am	May 9–June 13	48071
Mon	2–3pm	June 20–July 18	48072
Mon	2–3pm	July 25–Aug 15	48140

**Wednesdays 4 classes • No class 5/4 & 7/6  
Resident \$40 / Non-Resident \$48**

Wed	10–11am	Apr 13–May 11	48074
Wed	10–11am	May 18–June 8	48075
Wed	2–3pm	June 15–July 13	48076
Wed	2–3pm	July 20–Aug 10	48143

**Thursdays 4 classes • No class 6/2, 6/30 & 7/7  
Resident \$40 / Non-Resident \$48**

Thur	9:15–10:15am	Apr 7–28	48078
Thur	9:15–10:15am	May 12–June 9	48079
Thur	2–3pm	June 16–July 21	48080
Thur	2–3pm	July 28–Aug 18	48145

## Computer Classes

Class participant must provide 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	Apr 8–29	48062
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### Windows 10 Workshop

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 • Resident \$35 / Non-Resident \$42

Fri	1:30–3pm	May 6–27	48063
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## 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	Apr 1	48684
Fri	10:30–11:30am	May 6	48685
Fri	10:30–11:30am	June 3	48686
Fri	10:30–11:30am	Aug 5	48688

### Reverse Mortgage

Are you at least 62 years old and have equity in your house? If the answer is yes you may be qualified to stay in your home for your lifetime-without ever having another mortgage payment. Learn about the HECM Reverse Programs now available. Participate in this Reverse Mortgage roundtable workshop and gather the information needed to make you feel comfortable and confident with a decision based on your personal scenario.

Instructor: Kim Prater • Location: PKCC  
Resident \$10 / Non-Resident \$12

Wed	6–7pm	July 13	48134
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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? 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 & 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 2015 tax return.

*Appointments are available Fridays from 9am-1pm, Feb 5–April 15 • 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 7am–7pm 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, 2–4pm.

*No fee • Appointments required To qualify, call 425.747.7274*

### Wills Project

Are you worried about being kept on life support against your will? Should your loved ones have to go to court to take care of you? A volunteer attorney through the Eastside Legal Assistance Program (ELAP), a non-profit legal service program, will prepare simple wills, durable power of attorney for health care decisions and living wills. Clients must meet eligibility guidelines.

*No fee • Call 425.747.7274*

# 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](http://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**

## 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.

*Program is free of charge • Fridays by appointment  
• 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 Call Janet Zielasko, MS,  
LSW 425.286.1035. Free*

### 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 • Call Janet Zielasko, MS,  
LSW 425.286.1035 • Free*

## PEARLS Counseling

- > Depression affects up to 20% of older adults.
- > Depression affects your health and quality of life.
- > Depression is not a normal part of aging.

PEARLS is an evidenced-based depression management program for mild depression or dysthymia (chronic depression). The program combines problem solving treatment, social and physical activity, and pleasant activity scheduling to manage symptoms of depression. All this is done with a trained PEARLS counselor.

### In the past two weeks,

- > Have you had little interest or pleasure in doing things?
- > Have you been feeling down, sad, or hopeless?

If you answered yes to one of the above questions, then PEARLS may be a program for you.

**Contact 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

Coordinated by Janet Zielasko, MS, LSW

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.

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 6/20.

## Health & Nutrition

### Listening More Carefully & Expressing More Clearly

**NEW!** We talk and interact with people each and every day. Communication is essential to our health and well-being. Often the words we choose to say...or not say...can have a major impact on our relationships. Learn new tips and strategies to improve communication skills and further enhance your listening skills.

Presented by Janet Zielasko MS, LSW • Free

Mon	10-11:30am	Apr 4	48147
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## Health & Nutrition

### Mindfulness for Balanced Life

**NEW!** 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 awareness, help manage 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

PKCC • 8 classes • Resident \$40 / Non-Resident \$48

Tue	6-7:30pm	Apr 12-May 31	47389
Fri	10:30am-12pm	June 3-July 22	47390

### Moving to a Simpler Life

An overview of services that can help seniors, whether you're planning on downsizing, staying in place or undecided. Learn how to choose service providers, what types of senior housing options that are available, understand the costs of in-home care and the difference between using a service and doing it on your own and much more in this informative 2 day class.

Lunch is provided to all participants both days • Free

Facilitated Mike & Mindy Garner, Elder Move Alliance

Thur	9:30am-12:30pm	Apr 21-28	47070
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### Matter of Balance

Aging is often accompanied by a change in balance and/or loss of strength. Learn about fall hazards and ways to change how you think about inactivity. We will do exercise in class to improve strength and balance. Wear comfortable clothes and sturdy shoes. This FREE 8 session workshop is designed for anyone who has become less active due to fear of falling, may be using assistive devices to walk, or has had a fall. Limit 14.

Facilitated by Glen Felias-Christensen RN, MPH & Janet Zielasko MS, LSW • Free

Fri	1-3pm	Apr 22-June 10	48044
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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!

6 classes • No class 5/31 • Facilitated by Janet Zielasko, MS, LSW • Free

Mon	1-3:30pm	Apr 25-June 6	48042
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### Understanding the Value & Benefits of Self Compassion

Self-compassion is not being selfish, it is learning and practicing ways to take care of yourself, which then sustains kindness and compassion for others. Research has shown that individuals who have more self-compassion are happier, more optimistic, less anxious and less depressed. In this session, you will learn new tools and strategies for promoting self-compassion.

Facilitated by Janet Zielasko MS, LSW and Jeannie DeSmet, RN • Free

Mon	10-11:30am	June 6	48148
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### Changes in the Aging Eye

Join us for an informative presentation by SightConnection, a nonprofit agency that serves seniors living with vision loss. We will discuss eye care, normal changes as our eyes age as well as unexpected changes due to macular degeneration, glaucoma, diabetes, stroke or cataracts. To help us adapt to vision changes we will review helpful resources, aids and support.

Facilitated by a SightConnection Low Vision Specialist • Free

Mon	1-2pm	July 11	48149
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## Have Fun with Lettuce **NEW!**

Salads can have a place at any meal, from appetizer to dessert. We will discuss various ways to incorporate lettuce into your daily diet and the benefits it brings.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri 12:45–2pm Apr 8

## Natural Approach to Memory and Concentration

Is it just a “senior moment,” or is there another explanation? We explore brain exercises, food allergies, underlying illnesses, and supplements to prevent or address memory problems.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri 12:45–2pm Apr 22

## Power of Humor **NEW!**

Humor specialist leads a fun-filled discussion on the healing power of humor and how to incorporate laughter into your life.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri 12:45–2pm May 6

## 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 May 20

## Light on Your Feet

Are tired, aching feet slowing you down? Explore common foot ailments, treatment options and the best shoes and products available to keep you light on your feet.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri 12:45–2pm June 3



## Lifetimes & Traditions: Creative Memory Making

**NEW!** We all have the ability to create keepsakes that will reinforce our unique memories and experiences as well as comfort out loved ones when we are gone. This life affirming session will review fun and creative ways that you can create and share your legacy.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri 12:45–2pm June 17

## Healthy Meals from the Farmers Market

With summer upon us, there are many food options at local farmers markets. Understand how to choose the healthiest produce and distinguish between organic and non-organic, local and imported. Learn healthy eating strategies and discover quick, fun and easy menu choices as well as tips for appropriate food safety for those warm summer days.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri 12:45–2pm July 1

## Improve Your Hearing

Explore techniques for improving communication skills and maximizing your hearing. Discover new hearing aid technologies and learn how to enhance hearing in noisy environments.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri 12:45–2pm July 15

## Preventative Eye Care

Learn steps to help prevent glaucoma, macular degeneration and other eye diseases.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri 12:45–2pm Aug 5

## Make Your Life Easier **NEW!**

This class will cover techniques and equipment options to assist you with everyday tasks such as putting on shoes, opening medicine bottles and cans, and moving about your home, along with many other tips to make your life easier.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri 12:45–2pm Aug 19

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 \$79. 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.

Appointments and information, call 425.587.3360

### Foot Care

Foot care service is provided by a nurse on Wednesdays. Fee \$25.

For appointments, call 425.587.3368 between 9am and 3pm on Wednesdays

### Meals on Wheels Program

Nutritional frozen meals are available for the homebound. Liquid supplements available.

For info call 425.587.3360

### Lunch Nutrition Program

Nutritious meals served at 12pm, Mon, Tues., Wed and Friday. Check-in is first come, first served starting at 11am.

Lunch is \$3 donation for persons 60+ • All others \$6



### Statewide Health Insurance Benefits Advisor (SHIBA)

Understanding insurance benefits can be difficult. A trained volunteer from SHIBA will be available the third Monday of each month to meet with you privately to answer questions about Medicare (billing procedures), Medicare Part D, health insurance and long term care insurance.

Appointments required, call 425.587.3360

### 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](http://www.kcwics.org)

## Community Resources

### Senior Information & Assistance

Information and referral on a wide variety of senior related issues.

Call 206.448.3110 or go to [www.seniorservices.org](http://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](http://www.bridgemin.org)

### Evergreen Care Network

Helps older adults remain independent.

Call 425.899.3200 or go to [www.evergreenhospital.org/evergreen\\_care\\_network](http://www.evergreenhospital.org/evergreen_care_network)

### AARP Area Office

American Assoc. of Retired Persons.

Call 1.888.687.2277 or go to [www.aarp.org/states/wa](http://www.aarp.org/states/wa)

### Benefits Check Online

[www.BenefitsCheckUp.org](http://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".

Call Senior Information & Assistance 206.448.3110 or Evergreen Care Network 425.899.3200

### Respite Care Services on the Eastside

In-home respite care provided by volunteers is available to help with care giving on a short-term basis.

Evergreen Community Home Health & Hospice . . . . . 425.899.3300  
Eastside Friends of Seniors . . . . . 425.369.9120  
Volunteer Chore Services (Catholic Comm. Svcs.) . . . . . 206.328.5787  
Jewish Family Services . . . . . 206.461.3240



## 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
- Front Desk Greeter
- Coffee Bar
- Slide show presenter, share your travels

For more information call Patrick at 425.587.3012

## 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 4137.

### Mandarin Support Group

Share daily experiences with others. Facilitated in Mandarin/Cantonese language. New topic each month. Free  
 Tue 9–10am Ongoing

### E.S.L. for Chinese Seniors

English as a second language is offered for non-English speaking adults. Designed for those with limited, or no English. Free  
 Tue 10am–12pm Ongoing

### Latino Services—Wednesdays

For more information call Clemencia Robayo at Sea Mar Community Health Center, 206.764.8044.

### Strategy for a Healthy Longevity (in Spanish)

Learn how to improve your health and slow the aging process. Key elements that will enhance quality of life and advance your well-being will be discussed. Free  
 Monthly 10–11:45 am 1st Wednesday

### E.S.L. for Latino Seniors

English as a second language is offered for non-English speaking adults. Designed for those with limited or no English. Free  
 Wed 12:45–2pm Ongoing

## 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](http://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 email [seniors@seattle.gov](mailto:seniors@seattle.gov)

## 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 May 11 & 12 48196

## Transportation

### Travel Ambassadors

Want to go to the store, library and other destinations without driving? Talk to a certified Community Travel Ambassador about where you want to go and get help planning your trip. It's easy and FREE!

Wed	9–11am	Apr 6
Wed	9–11am	May 4
Wed	9–11am	June 1
Wed	9–11am	July 6
Wed	9–11am	Aug 3

### Metro Bus ID NEW DAY!

Reduced fare passes for ages 65+ and disabled, Fee \$3

Thur	10–11am	Apr 21
Thur	10–11am	June 16
Thur	10–11am	Aug 18

### 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](http://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](http://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 Peter Kirk Community Center 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	Apr 6	Safeway
Wed	Apr 13	QFC
Wed	Apr 20	Bridle Trails
Wed	Apr 27	Fred Meyer
Wed	May 4	Safeway
Wed	May 11	QFC
Wed	May 18	Bridle Trails
Wed	May 25	Fred Meyer
Wed	June 1	Safeway
Wed	June 8	QFC
Wed	June 15	Bridle Trails
Wed	June 22	Fred Meyer
Tue	June 28	Safeway
Wed	July 6	QFC
Wed	July 13	Bridle Trails
Wed	July 20	Fred Meyer
Wed	July 27	Safeway
Wed	Aug 3	QFC
Wed	Aug 10	Bridle Trails
Wed	Aug 17	Fred Meyer
Wed	Aug 24	Haggen (Woodinville)
Wed	Aug 31	Grocery Outlet (Kenmore)

## Out For Lunch Bunch **NEW LOCATIONS!**

11am–2pm • Resident \$13 / Non-Resident \$15 • Bring lunch \$

<p><b>Bush Garden Restaurant</b> (Seattle) Thur, April 7 • 47073</p>	<p>This International District restaurant has been serving traditional and new Japanese cuisine since 1953.</p>
<p><b>McMenamins</b> (Bothell) Thur, May 12 • 47074</p>	<p>Located in what was once the Anderson school cafeteria, this farm-to-table Northwest-style café offers a comfortable yet sophisticated atmosphere and menu.</p>
<p><b>Chinook's</b> (Fisherman's Terminal) Thur, June 9 • 47075</p>	<p>Chinook's at Salmon Bay is a casual, high-energy seafood restaurant located in Seattle's Fishermen's Terminal. This unique location has been the base of the North Pacific fishing fleet since 1913 with over 700 commercial fishing vessels calling it home.</p>
<p><b>Tilikum Place Café</b> (Seattle) Thur, July 21 • 47076</p>	<p>Inspired European and Northwest dining using the freshest and highest quality products for a menu made totally in-house.</p>
<p><b>Nick's</b> (Bellevue) Thur, Aug 11 • 47077</p>	<p>Nick's Greek and Italian restaurant has been family owned and operated for over 30 years.</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!**

## CLUB BON VOYAGE

Do you have the urge to explore the world and visit new destinations? Here is your chance to have fun traveling to amazing places you have always dreamed about visiting with your friends or on your own. Let us handle the details, all you have to do is enjoy the adventure. Join a Collette representative to learn about the NEW upcoming 2017 destinations.

Monday, June 6 • 10:30am • Free • Please register: 48198

## Van Trip Planning Meeting

Have you ever thought someplace would make a great van trip? Here is your chance to give your input! Please join us for a brainstorming and planning meeting for Fall 2016/Winter 2017 van trips.

**Tuesday, April 19  
11am at the Center**



## Shops & Slots

Thursday 10am–4pm  
Resident \$21 / Non-Resident \$25  
Bring lunch \$

Snoqualmie Casino & North Bend Outlet Mall	Apr 28	47071
Tulalip Casino & Seattle Premium Outlets	July 7	47072

**Trip Difficulty Rating**

- Mild Walking 
- Moderate Walking 
- Extensive Walking (with stairs) 

**Kiwanis Salmon Bake & La Conner**

Thur., April 14 47079 10am–5pm  
 Resident \$25 / Non-Resident \$30  
 Bring lunch \$ 

Enjoy a tasty barbeque at this popular annual fundraiser followed by your choice of shopping in La Conner or strolling through Roozengaarde’s tulip garden. **If planning to visit the garden, please bring cash for entrance fee.**

**Gray Whale Watching NEW**

Thurs., April 21 47868 8:30am–3pm  
 Resident \$105 / Non-Resident \$109  
 Bring lunch \$ 

See majestic gray whales on their migration from the southern waters north to Alaska. Each March and April they pass through the Strait of Juan de Fuca and Puget Sound, providing an excellent opportunity to visit and learn about these whales. An onboard naturalist will be available to answer all your questions. Enjoy lunch at Anthony’s in Edmonds after disembarking from this amazing adventure. **Must sign up by 4/6 to secure reservations.**

**Pilchuck Glass School**

Thur., May 5 47869 10:30am–5pm  
 Resident \$49 / Non-Resident \$54  
 Bring lunch \$ 

Pilchuck Glass School has been the incubator of the vital studio glass movement since 1971. This rare insider’s tour will include a chance to watch the process of glass making, talk with working artists, tour the studios and hear about the history and future of the school. Lunch will be at The Garden Café. **Registration deadline 4/27.**



**Mystery Trip #1 NEW**

Thurs. May 19 47870 8:15am–5pm  
 Resident \$56 / Non-Resident \$62  
 Bring lunch \$ 

This trip is going to be purrrfectly wild! *Bring cash for gift shop, no credit/debit cards. Please note this is a walking tour on fairly level ground however wheelchairs are not recommended.*

**Woodinville Whiskey Tour NEW**

Thur., May 26 47189 10:30am–1:30pm  
 Resident \$14 / Non-Resident \$17  
 Bring lunch \$ 

Located in the heart of Woodinville’s wine country is the Woodinville Whiskey Company. Join us on a tour to find out why they chose this location to set up their distillery. Enjoy lunch afterwards at the Hollywood Tavern. **There is a \$10 tasting fee for anyone who would like to participate.**

**Olympia Farmer’s Market**

Thurs., June 2 47778 9am–4:15pm  
 Resident \$24 / Non-Resident \$29  
 Bring lunch \$ 

Explore this large farmer’s market offering organic produce, local crafts, baked goods, meats, seafood, dairy products and plants. After working up an appetite relax and enjoy lunch at a local favorite, the Terrace Falls Restaurant, overlooking the beautiful Tumwater Falls.

**Northwest Trek**

Thur., June 16 47190 9am–5pm  
 Resident \$40 / Non-Resident \$45  
 Bring Brunch \$ 

Begin the day with brunch at Puyallup’s popular “Mrs. Turner’s Restaurant”. Then we are off to explore Northwest Trek, a 600-acre wildlife retreat. Whether you want to walk the nature trails, ride the tram or wander through the many exhibits of native animals, there will be plenty to see and do. Admission is included in price.

**Northwest Carriage Museum**

Thurs., June 23 47879 8am–6pm  
 Resident \$39 / Non-Resident \$46  
 Bring lunch \$ 

History abounds at the Northwest Carriage Museum. Enjoy a visit to one of the finest collections of 19th century carriages, buggy’s, wagons and historical artifacts in the country.

**Seattle Holocaust Museum NEW**

Wed., June 29 47880 9am–3pm  
 Resident \$31 / Non-Resident \$35  
 Bring lunch \$ 

The Henry and Sandra Friedman Holocaust Center for Humanity Museum shares stories and artifacts of local Holocaust survivors.

*\*All trips include sales tax\**



## Ginkgo Petrified Forest and Interpretive Center **NEW**

Thurs. July 14 47973 9am–6:30pm  
 Resident \$31 / Non-Resident \$37  
 Bring lunch \$  

One of the largest petrified forests on the planet is in our backyard and we are heading out to explore it. Our first stop will be in Ellensburg to fuel up with lunch at the Daily Bread & Mercantile. Next up is the Ginkgo Petrified Forest Interpretive Trails and Center. Enjoy a brief ¼ mile walk on a paved loop that is accessible for everyone. The final stop is the Rock and Gem shop before starting home. **Bring cash for Interpretive Center admission.**

## Mystery Trip #2

Thurs., July 28 47080 7:30am–6pm  
 Resident \$76 / Non-Resident \$83 

They say the devil is in the details...too bad the details are a secret for now! Lunch is included. **This trip is not wheel chair accessible. Must sign up by 6/16 to secure reservations.**

## Whidbey Island Fair **NEW**

Fri., Aug 5 47882 9am–5pm  
 Resident \$40 / Non-Resident \$48  
 Bring lunch & Admission \$   

Since 1925, this old-fashioned country fair has featured home and animal exhibits, a wonderful 4-H program, a petting zoo, horse show, logging show, parade, commercial vendors, food booths, a carnival and live entertainment. **Ferry fare included in price.**

## Outback Kangaroo Farm

Thur., Aug 18 47883 8:45am–3:30pm  
 Resident \$30 / Non-Resident \$35  
 Bring lunch \$  

Spend a fun morning on a tour of kangaroos and other exotic animals. Have lunch on the way back home.

## A Day in Victoria **NEW**

Thur., Aug 25 47193 7am–9pm  
 Resident \$230 / Non-Resident \$242  
 Bring lunch \$  

All aboard the Victoria Clipper for a high-speed passenger only ferry ride up to the heart of downtown Victoria. Disembark in Victoria and board a luxury motor coach for a brief tour of Victoria's highlights as you head to Butchart Gardens. You will have two hours at the gardens before heading back to Victoria to spend time exploring before heading back to Seattle. **Must sign up by 7/25 to secure reservations.**

*\*For US and Canadian citizens, a Passport, Passport Card, Enhanced Driver License or an Enhanced ID Card (EDL/ID) is required to cross the US/Canadian border.*

## Evergreen State Fair

Monday, Aug. 29 48693 9am–4pm  
 Resident \$24 / Non-Resident \$29  
 Bring lunch \$   

Come on out and enjoy the state fair... there will be Fun for the Whole Herd at one of the largest events held annually in the Pacific Northwest. Admission is free today for adults aged 62+!

## 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.

# 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

**Saturday, March 5<sup>th</sup>**  
Juanita Beach Park

**Saturday, April 2<sup>nd</sup>**  
Juanita Bay Park (East)

**Saturday, April 23<sup>rd</sup>**  
Earth Day Event  
O.O. Denny Park

**Saturday, May 7<sup>th</sup>**  
Carillon Woods

**Saturday, May 21<sup>st</sup>**  
Everest Park

**Saturday, June 4<sup>th</sup>**  
Crestwoods Park

**Saturday, October 15<sup>th</sup>**  
Arbor Day Event  
O.O. Denny Park

**Saturday, November 12<sup>th</sup>**  
Green Kirkland Day  
Juanita Bay Park (West)

\*ALL EVENTS ARE FROM 10AM - 2PM



For more events and to register:

[www.greenkirkland.org](http://www.greenkirkland.org)

MADE POSSIBLE BY  
**K&D**  
King Conservation District



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](http://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.

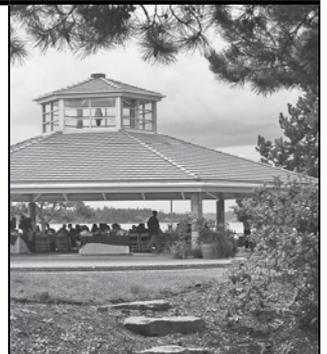


## Marina Park Pavilion

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](http://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

SUMMER! 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  
Various Kirkland Sites

Lee Johnson Field  
202 Third St

Reservations are required 1 month in advance. For more information, call 425.587.3342.





# Check Out Kirkland's New Outdoor Rental Facilities

**For All Facilities Below Contact: 425.587.3398**

**NEW! 132<sup>ND</sup> Square Park Picnic Shelter/Area**

13159 132<sup>nd</sup> Ave NE • Capacity: 75

**NEW! Crestwoods Park Picnic Area & Athletic Fields**

1818 6<sup>th</sup> St • Capacity: 200

**NEW! Houghton Beach Park Picnic Area**

5811 Lake Washington Blvd • Capacity: 25

**NEW! Juanita Beach Park Picnic Areas & Athletic Fields**

9703 NE Juanita Dr • Capacity: 1: 50; 2: 25

**NEW! 00 Denny Park 1 Picnic Shelter, 1 Picnic Area**

12032 Holmes Point Dr NE • Capacity: 1: 100; 2: 50

**NEW! Phyllis Needy Park Picnic Area**

10811 NE 47<sup>th</sup> St • Capacity: 20

**OPENING SUMMER 2016!**

**Waverly Beach Park Picnic Shelter** 633 Waverly Way • Capacity TBD

Rental site info: [www.kirklandwa.gov/depart/parks/Facility\\_Rentals.htm](http://www.kirklandwa.gov/depart/parks/Facility_Rentals.htm).



**NEW! For a Company Picnic Package @**

**Lee Johnson Field**

202 Third Street / Capacity: 150

**Call 425.587.3342**

# RENT THE POOL!

**Enjoy summer month parties outside at the pool!**

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

**Outside food and drink welcome** (cake, pizza, etc).

**CALL 425.587.3360 or 425.587.3330**

RENTAL FEES	1 hour	2 hours	3 hours
Both Pools	\$210	\$340	\$450
Main Pool Only	\$180	\$290	\$375
Wading Pool Only	\$95	\$130	\$170





# Get involved this spring at McAuliffe Park!

- Classes on organic gardening and permaculture
- Community learning garden volunteer opportunities
- Master Recycler Composter training
- Workshops on natural yard care, drip irrigation and composting

Register for **CLASSES** and sign up to **VOLUNTEER!**

Go to [seattletilth.org](http://seattletilth.org) or call (206) 633-0451.



LEARN. GROW. EAT.  
**seattle tilth**



## In 2015, we accomplished a lot!...



Learning garden at McAuliffe Park



Waverly Beach Picnic Shelter



Plants for Green Kirkland Day



Sand at Marina Park

## ...Here's our first project in 2016!



Visit [www.kirklandparksfoundation.org](http://www.kirklandparksfoundation.org) to:

- see more projects
- suggest a new project

[info@kirklandparksfoundation.org](mailto:info@kirklandparksfoundation.org) • (425) 298-4046

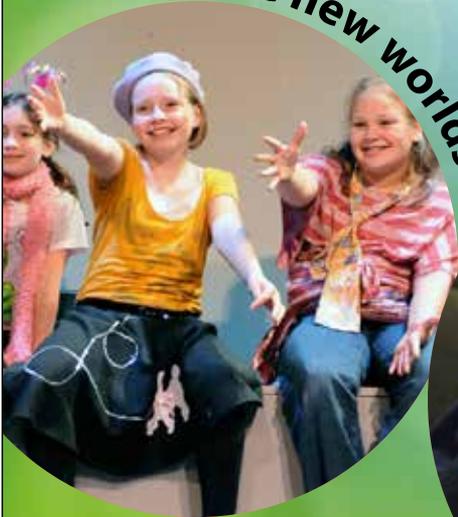


# DISCOVER **CREATE** EXPLORE

## Summer Theater Camps with **STUDIO EAST** Training for the Performing Arts

1 & 2 WEEK THEATER CAMPS FOR AGES 4 – 19

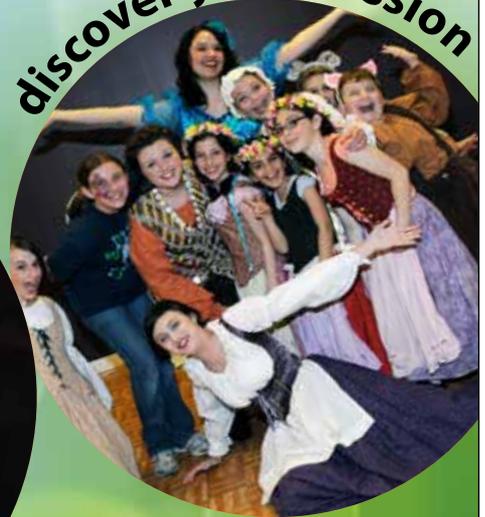
explore new worlds



create a play



discover your passion



*Early Bird Discount: Save 10% on all Summer Camps and Intensives paid for by 5pm on March 31, 2016!*

*All camps within 5 miles of Studio East. Visit our website for the most up-to-date schedule and which camps have extended care.*

[www.studio-east.org](http://www.studio-east.org)

*Studio East's Annual SUMMER MUSICAL at Kirkland Performance Center...*

## THE WIZARD OF OZ

*A Community Event for the Whole Family!*

**July 29 - August 7, 2016**

**Tickets: \$18 • [www.kpcenter.org](http://www.kpcenter.org) or call 425-893-9900**





Kirkland Parks &  
Community Services  
123 5th Avenue  
Kirkland, Washington 98033

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# WE ARE LOOKING FOR GOOD PEOPLE



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

Get paid for sharing  
your recreation talents

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

**SUMMER SEASON NEEDS:** Day Camp Leaders, Aquatic Lifeguards, Water Safety Instructors, Sports Tennis Instructors. **HIRING NOW!**

**FALL & WINTER NEEDS:** Preschool Special Interest Teachers for Dance, Drama, Enrichments, and more. Fitness Instructors, Adult Special Interest Instructors, Customer Service Experts. Youth Basketball Referees and Pee Wee Basketball Coaches. **ONGOING RECRUITMENT.**



**GIVE US A CALL WE WOULD BE HAPPY  
TO SHARE PRESENT OPPORTUNITIES.**

Contact our Recreation Staff— see page 11.

All current job postings are listed on **GovJobsToday.com**

 **GovJobsToday.com**  
a service of eCityGov.net