

City of Kirkland Parks & Community Services

# Kirkland Parks



**Activities for  
All Ages!**

including

**Adults 50+**  
**See Page 55**

Fall 2015 & Winter 2016



**experience it!**

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



# the Kirkland ARC

A City Aquatics, Recreation,  
and Community Center

Play.

Swim.

Get fit.

Create.

Celebrate.



Photo credit Jefferson L. Morris

## The Need

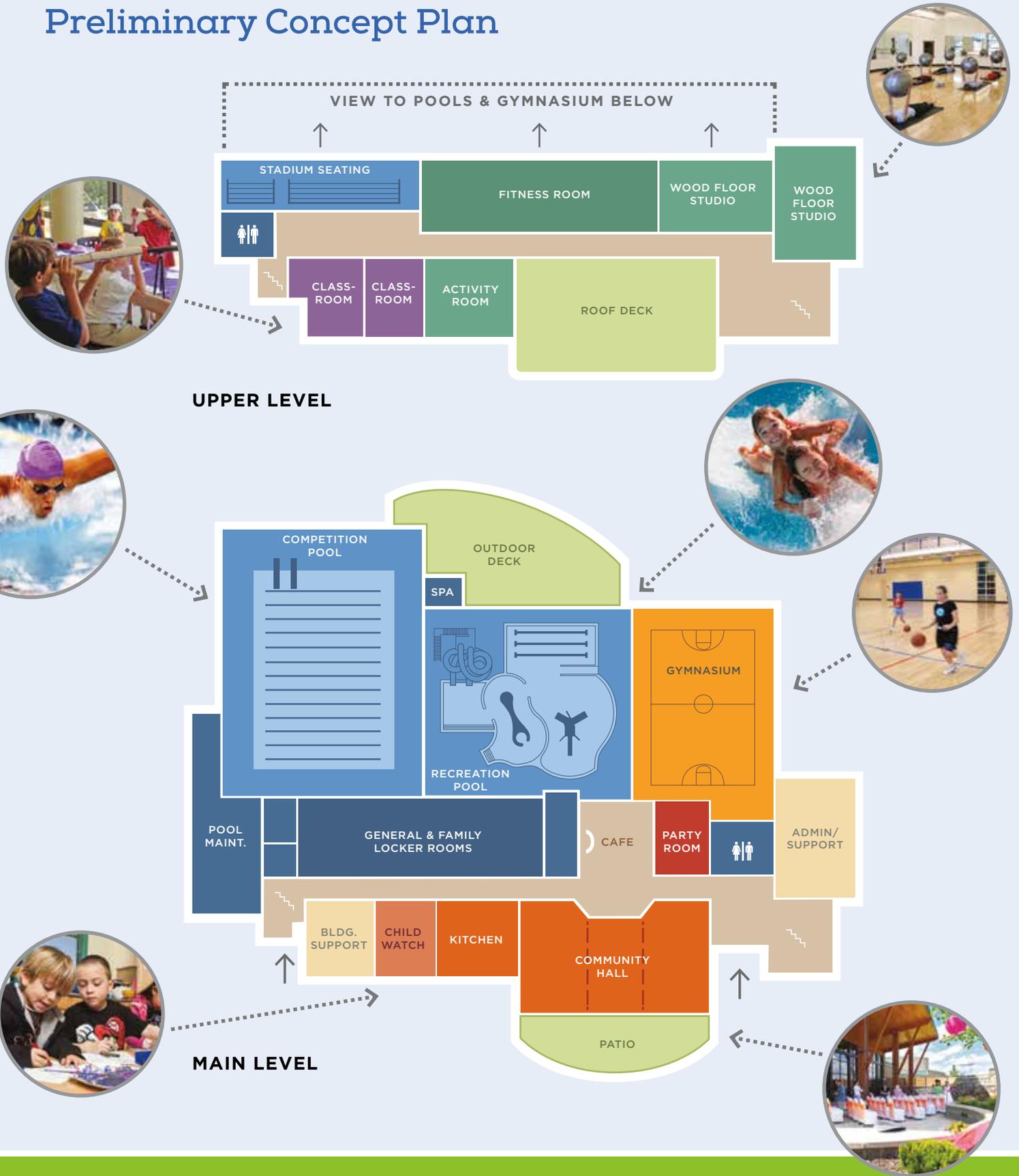
The need for indoor recreation facilities in Kirkland has been identified as a community priority since 2001. As our community has grown, so has the need for indoor space. The City has responded by working with the community to develop preliminary plans for an aquatic, recreation, and community center... **the Kirkland ARC Center**. This proposed 87,000 square foot center would provide needed facilities for activities including indoor aquatics, arts, fitness, social gatherings, youth and adult sports, and dance.



## Kirkland Aquatics and Recreation District

The Kirkland City Council has identified the need to create a funding source to construct the proposed ARC Center. To serve this purpose, a ballot measure to create the Kirkland Aquatics and Recreation District (a Metropolitan Park District), will be submitted to the residents of Kirkland on **November 3rd**. If approved by voters, the City will work in cooperation with the Kirkland Aquatics and Recreation District to build, operate, and maintain the proposed ARC Center.

# Preliminary Concept Plan



Get the latest!

For more information and news about the ARC, the proposed District, and the upcoming ballot measure, visit: [kirklandarc.publicmeeting.info](http://kirklandarc.publicmeeting.info)



**KIRKLAND  
KIDS  
TRIATHLON**

50 YARD SWIM • 1/2 MILE BIKE • 400 YARD RUN



**SEPT. 12 2015**  
**SATURDAY 11:00AM**

RACE BEGINS AT 11AM • CHECK IN BEGINS AT 10AM

**@ JUANITA BEACH PARK**

**AGE 3 to 12 YEARS** \$32 entry fee  
Participants will receive a T-shirt, swim cap & ribbon!

This non-competitive, non-timed event provides an excellent opportunity for youth to experience the sport of triathlon. Registration will close Sept 11. Day-of-event registration will be available beginning at 9:30am however participants are encouraged to register prior to the event.

Register @ [kirklandparks.net](http://kirklandparks.net) Code 45040  
or Call 425.587.3336

Presented by:  City of Kirkland Parks & Community Services  
**Kirkland Parks**  
experience it!

2015-2016

**YOUTH  
B-BALL  
LEAGUE**

CITY OF KIRKLAND  
BOYS AND GIRLS  
GRADES 3-6

SEE PAGE 34



**THANK YOU!**  
for supporting the  
Waverly Beach picnic shelter!

Funding successfully completed  
June 30th

Our partners



Visit [kirklandparksfoundation.org](http://kirklandparksfoundation.org)

- see other projects in progress
- suggest a project in your neighborhood

[info@kirklandparksfoundation.org](mailto:info@kirklandparksfoundation.org) • (425) 298-4046

**Kirkland Parks**  
FOUNDATION

PAID ADVERTISEMENT

# experience it!



## Dear Kirkland Community,

**NEVER TOO YOUNG OR OLD...** For years I enjoyed being an avid runner; in the last few years I have expanded to swimming, biking and participating in triathlons. Whether you are young or old, it is a great time to experience a healthy life style that includes physical activity. We are fortunate that Parks and Community Services provides so many opportunities that contribute to health and quality of life.

We sit on the shores of Lake Washington which affords opportunities for swimming, boating, kayaking, sailing, and stand up paddleboarding. We have trails for hiking and biking. The Cross Kirkland Corridor offers a safe walking and biking route connecting a large part of Kirkland and our parks have easily traversed walking paths to enjoy.



This September 12th we will offer the Swim, Bike and Run, Kids Triathlon at Juanita Beach Park for children ages 3 to 12 years. Go online to [www.kirklandparks.net](http://www.kirklandparks.net) or call our recreation registration line

425.587.3336. Summer is not the only time we offer sports classes and camps for kids; in spring and fall Pee Wee Soccer is offered to our youngest athletes aged 3-4 and 5-6. This is an extremely popular program that had 400 participants last spring.

Do you like to dance? Does Hula, Ballet, Line Dance, Folk Dancing, Ballroom or Salsa interest you? We offer many classes for all types of dancing abilities.

If you enjoy the outdoors and gardening is your passion, we will have urban farming classes at McAuliffe Park offered by Seattle Tilth, and there are always ways you can volunteer your time to the Green Kirkland Partnership. Check this brochure for their featured events for 2015. Don't miss out on all the fun. There is truly something for everyone at Kirkland Parks and Recreation.

**Kirkland Parks,  
Jennifer Schroder, Director, Parks and Community Services**

experience it!

## Fall 2015 & Winter 2016

Kirkland Parks & Community Services  
Recreation Classes and Services

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16 years and older

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16 years and older

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Adults of All Ages

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All Ages

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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 7 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
- Penny Sweet**, Deputy Mayor
- Jay Arnold**
- Dave Asher**
- Shelley Kloba**
- Doreen Marchione**
- Toby Nixon**

## Kirkland Park Board

- Adam White**, Chair
- Kevin Quille**, Vice Chair
- Jason Chinchilla**
- Sue Contreras**
- Kelli Curtis**
- Rick Ockerman**
- Jim Popolow**, Youth Representative
- Rosalie Wessels**

## 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 [titlevicocoordinator@kirklandwa.gov](mailto:titlevicocoordinator@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		Child Date of Birth	M/F	Alternative Choice
			First	Last			

\$ \_\_\_\_\_ 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 Jennifer Schroder, 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 \_\_\_\_\_



Henry Bischofberger Violins  
Third Generation Violin Maker

"Voted Evening Magazine's  
Best of Western WA!"

www.hkbviolins.com  
425 822-0717

Sales Appraisals Repairs Rentals



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

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



**TO APPLY: [GOVJOBSTODAY.COM](http://GOVJOBSTODAY.COM)**

**WINTER & SPRING BREAK CAMPS**

**FOR AGES 5 TO 13 YEARS**

**PAGE 25**

**RHYTHMIC GYMNASTICS & CREATIVE DANCE**

**LEGO® ENGINEERING**

**CHALLENGE ISLAND**  
SCIENCE, TECHNOLOGY, ENGINEERING, AND MATH

**COOKING CAMPS!**  
COOK LEARN & GROW



## Basketball for 2½ to 6 year olds!

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

*Class meets 6 weeks • No class 11/28 or 2/13 • Resident \$66 / Non-Resident \$79*

### Fall League

**Ages 2½ to 3 years**

Sat 9:30am–10:30am Nov 7–Dec 19 46005

**Age 4 years**

Sat 10:45am–11:45am Nov 7–Dec 19 46006

**Ages 5 to 6 years**

Sat 12pm–1pm Nov 7–Dec 19 46007

### Winter League

**Ages 2½ to 3 years**

Sat 9:30am–10:30am Jan 23–Mar 5 46008

**Age 4 years**

Sat 10:45am–11:45am Jan 23–Mar 5 46009

**Ages 5 to 6 years**

Sat 12pm–1pm Jan 23–Mar 5 46010

### Coaches Needed for PeeWee Basketball

**Please email [khayes@kirklandwa.gov](mailto:khayes@kirklandwa.gov) if you are interested!!**



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

Try something new!

North Kirkland Community Center

# NKCC

experience it!

**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 7.



### 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  
6 weeks • No class 11/28 • Resident \$43 / Non-Resident \$52

Sat	9:30–10:15am	Sept 12–Oct 17	46227
Sat	9:30–10:15am	Oct 31–Dec 12	46228
Sat	9:30–10:15am	Jan 9–Feb 13	46229
Sat	9:30–10:15am	Feb 27–Apr 2	46230



### 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 • 6 weeks  
No class 11/28 • Resident \$43 / Non-Resident \$52

Sat	10:25–11:10am	Sept 12–Oct 17	46231
Sat	10:25–11:10am	Oct 31–Dec 12	46232
Sat	10:25–11:10am	Jan 9–Feb 13	46233
Sat	10:25–11:10am	Feb 27–Apr 2	46234

### 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 child 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 • 6 weeks  
No class 11/28 • Resident \$43 / Non-Resident \$52

Sat	11:20am–12:05pm	Sept 12–Oct 17	46235
Sat	11:20am–12:05pm	Oct 31–Dec 12	46236
Sat	11:20am–12:05pm	Jan 9–Feb 13	46237
Sat	11:20am–12:05pm	Feb 27–Apr 2	46238

## Move and Grow

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

### Move and Grow for Babies

#### Ages 2 months to pre-walking with 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 • 12 weeks • No class 11/17 & 2/16  
Resident \$132 / Non-Resident \$158

Tue	11:30am–12:30pm	Sept 22–Dec 15	46239
Tue	11:30am–12:30pm	Jan 5–Mar 29	46240



### 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 • 12 weeks • No class 11/17 & 2/16  
Resident \$132 / Non-Resident \$158

Tue	9:30–10:30am	Sept 22–Dec 15	46241
Tue	10:30–11:30am	Sept 22–Dec 15	46242
Tue	9:30–10:30am	Jan 5–Mar 29	46243
Tue	10:30–11:30am	Jan 5–Mar 29	46244

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

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

*Instructor: Karen Renfroe-Gielgens • Location: NKCC  
4 weeks • No class 1/18 • Resident \$29 / Non-Resident \$35*

### 12 to 18 months

Mon	9:15–10am	Sept 14–Oct 5	46249
Mon	9:15–10am	Oct 12–Nov 2	46250
Mon	9:15–10am	Jan 11–Feb 8	46255
Mon	9:15–10am	Feb 29–Mar 21	46256

### 12 to 36 months

Mon	10:10–10:55am	Sept 14–Oct 5	46251
Mon	10:10–10:55am	Oct 12–Nov 2	46252
Mon	11:05–11:50am	Sept 14–Oct 5	46253
Mon	11:05–11:50am	Oct 12–Nov 2	46254
Mon	10:10–10:55am	Jan 11–Feb 8	46257
Mon	10:10–10:55am	Feb 29–Mar 21	46258
Mon	11:05–11:50am	Jan 11–Feb 8	46259
Mon	11:05–11:50am	Feb 29–Mar 21	46260

## Holiday Baby Boogie Woogie

**Ages 12 months to 36 months with parent**

Come join us for a 6-week session of Boogie Woogie with a holiday flair.

*Instructor: Karen Renfroe-Gielgens • Location: NKCC  
4 weeks • No class 11/23 • Resident \$29 / Non-Resident \$35*

### 12 to 18 months

Mon	9:15–10am	Nov 9–Dec 7	46261
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### 12 to 36 months

Mon	10:10–10:55am	Nov 9–Dec 7	46262
Mon	11:05–11:50am	Nov 9–Dec 7	46263



## Parent/Child Art



## Ceramics **NEW!** Sweet Impressions

**All ages (1 adult/child team)**

Babies and children grow up so quickly and tiny hands and feet get bigger and bigger! If you have ever wanted to capture a lasting impression of those precious little fingers and toes, this is one way to creatively freeze a moment in time. Participants work as an adult/child pair to create a unique, one-of-a-kind impression on a clay tile that will be adorned with names, textures, patterns and colors. If you are looking for that perfect Christmas or Valentines gift for a loved one, come create a work of art that will bring memories to life forever!



*Due to the nature of the workshop and families with multiple children, each child must be accompanied by an adult. This is the perfect opportunity for Grandma & Grandpa to get involved in the fun! • No experience necessary • All materials, glazes & firing included. Pieces will be fired and ready for pick-up within three weeks of the class*

*Instructor: Karen White • Location: NKCC  
Fee is for 1 adult/child team:  
Resident \$50 / Non-Resident \$60*

Sat	10–11am	Oct 10	46756
Sat	11:30am–12:30pm	Oct 10	46757
Sat	10–11am	Nov 21	46758
Sat	11:30am–12:30pm	Nov 21	46759
Sat	10–11am	Jan 23	46760
Sat	11:30am–12:30pm	Jan 23	46761

## 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 1/18 & 2/15  
Resident \$24 / Non-Resident \$29*

Mon	10:30–11:15am	Sept 14–28	46264
Thur	9:30–10:15am	Sept 10–24	46265
Mon	10:30–11:15am	Oct 5–19	46266
Thur	9:30–10:15am	Oct 8–22	46267
Mon	10:30–11:15am	Nov 2–16	46268
Thur	9:30–10:15am	Nov 5–19	46269
Mon	10:30–11:15am	Dec 7–21	46270
Thur	9:30–10:15am	Dec 3–17	46271
Mon	10:30–11:15am	Jan 4–25	46276
Thur	9:30–10:15am	Jan 7–21	46277
Mon	10:30–11:15am	Feb 8–29	46278
Thur	9:30–10:15am	Feb 11–25	46279
Mon	10:30–11:15am	Mar 7–21	46280
Thur	9:30–10:15am	Mar 10–24	46281

## Saturday Parent/Child Art

**Ages 2½ to 4½ years with parent**

What's more fun than Saturday morning cartoons? Saturday Art, of course! We've combined our Messy Art and Parent/Child Art classes to give you a messy experience creating in our house. From homemade play-dough to seasonal crafts, we'll do it all and the best part is...the mess stays here!

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

Sat	9:30–10:15am	Sept 12–26	46323
Sat	10:30–11:15am	Sept 12–26	46324
Sat	9:30–10:15am	Oct 10–24	46325
Sat	10:30–11:15am	Oct 10–24	46326
Sat	9:30–10:15am	Nov 7–21	46327
Sat	10:30–11:15am	Nov 7–21	46328
Sat	9:30–10:15am	Dec 5–19	46329
Sat	10:30–11:15am	Dec 5–19	46330
Sat	9:30–10:15am	Jan 9–23	46331
Sat	10:30–11:15am	Jan 9–23	46332
Sat	9:30–10:15am	Feb 13–27	46333
Sat	10:30–11:15am	Feb 13–27	46334
Sat	9:30–10:15am	Mar 12–26	46335
Sat	10:30–11:15am	Mar 12–26	46336

## Parent/Child Art

### Ages 2½ to 3½ years with parent

Monthly themed classes are a fun and affordable way for parents and children to explore the world of art. We'll provide all the tools like glue, glitter, paint, and dough to inspire your little ones to create their masterpieces. Dress to get messy in our indestructible Art Room!

### Knick Knack Welcome Back!

#### Ages 2½ to 3½ years with parent

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

Location: NKCC • 3 weeks

Resident \$24 / Non-Resident \$29

Mon	9:30–10:15am	Sept 14–28	46702
Wed	9:30–10:15am	Sept 9–23	46703
Thur	10:30–11:15am	Sept 10–24	46704

### Jack-O-Lantern Jamboree!

#### Ages 2½ to 3½ years with parent

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

Location: NKCC • 3 weeks

Resident \$24 / Non-Resident \$29

Mon	9:30–10:15am	Oct 5–19	46705
Wed	9:30–10:15am	Oct 7–21	46706
Thur	10:30–11:15am	Oct 8–22	46707

### Pinecones and Pilgrims

#### Ages 2½ to 3½ years with parent

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

Location: NKCC • 3 weeks • No class 11/11

Resident \$24 / Non-Resident \$29

Mon	9:30–10:15am	Nov 2–16	46708
Wed	9:30–10:15am	Nov 4–25	46709
Thur	10:30–11:15am	Nov 5–19	46710

### Mittens and Mistletoe

#### Ages 2½ to 3½ years with parent

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

Location: NKCC • 3 weeks

Resident \$24 / Non-Resident \$29

Mon	9:30–10:15am	Dec 7–21	46711
Wed	9:30–10:15am	Dec 2–16	46712
Thur	10:30–11:15am	Dec 3–17	46713

### Frosty and Friends

#### Ages 2½ to 3½ years with parent

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

Location: NKCC • 3 weeks • No class 1/18

Resident \$24 / Non-Resident \$29

Mon	9:30–10:15am	Jan 4–25	46714
Wed	9:30–10:15am	Jan 6–20	46715
Thur	10:30–11:15am	Jan 7–21	46716

### Be Mine...Valentine!

#### Ages 2½ to 3½ years with parent

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

Location: NKCC • 3 weeks • No class 2/15

Resident \$24 / Non-Resident \$29

Mon	9:30–10:15am	Feb 8–29	46717
Wed	9:30–10:15am	Feb 10–24	46718
Thur	10:30–11:15am	Feb 11–25	46719

### Lucky Charms and Leprechauns

#### Ages 2½ to 3½ years with parent

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

Location: NKCC • 3 weeks

Resident \$24 / Non-Resident \$29

Mon	9:30–10:15am	Mar 7–21	46720
Wed	9:30–10:15am	Mar 9–23	46721
Thur	10:30–11:15am	Mar 10–24	46722



## Pee Wee Park Rangers

### Ages 3 to 8 years with Adult

Come join our Ranger for a sense-ational exploration of some of our favorite Kirkland parks! Be ready to get down & dirty as we dive into wetlands, dig up dirt on nature's cleanup crew, search for critters hidden in plain sight & more. Meet some special folks from Parks Maintenance and hear how they line a ball field, the Green Kirkland crew to find out what they do to protect our tree canopy for our future, and also the Seattle Tilth group to learn how you can turn your garbage into gold and have the greenest thumbs in town. Each week we will meet at a different park to explore, learn, and participate in a nature related activity or art project. Earn your Jr. Ranger badge as you get to know the rich wildlife & history of your own backyard! Dress for the weather and remember...we'll meet you at the Park—so be on the look-out for our white Parks van on this schedule!

Sept 12 Marina Park

Sept 19 McAuliffe Park

Sept 26 Everest Park

Oct 3 Juanita Bay Park

Oct 10 Watershed Park

Oct 17 North Rose Hill Woodlands Park

Park addresses can be found at:  
[www.kirklandwa.gov/depart/parks](http://www.kirklandwa.gov/depart/parks)  
 or call 425.587.3330 during business hours.

6 weeks • Resident \$62 / Non-Resident \$74

Sat	10am–12pm	Sept 12–Oct 17	46795
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## Cooking

### Parent/Child Preschool Cooking Series

#### Ages 2 to 5 years with parent

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

*Supply fee included in class cost.*

### Apple of My Eye

#### Ages 2 to 5 years with parent

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

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

Wed	9:30–10:30am	Sept 9–23	46339
Wed	10:45–11:45am	Sept 9–23	46340
Wed	12–1pm	Sept 9–23	46341

### Little Pumpkin Pie

#### Ages 2 to 5 years with parent

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

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

Wed	9:30–10:30am	Oct 7–21	46342
Wed	10:45–11:45am	Oct 7–21	46343
Wed	12–1pm	Oct 7–21	46344

### Noodles for November

#### Ages 2 to 5 years with parent

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

*Instructor: Miss Susie • 3 weeks • No class 11/11  
Location: McAuliffe Park • Res. \$35 / Non-Res. \$42*

Wed	9:30–10:30am	Nov 4–25	46345
Wed	10:45–11:45am	Nov 4–25	46346
Wed	12–1pm	Nov 4–25	46347



### Cookie Crumbs and Sugar Plums

#### Ages 2 to 5 years with parent

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

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

Wed	9:30–10:30am	Dec 2–16	46348
Wed	10:45–11:45am	Dec 2–16	46349
Wed	12–1pm	Dec 2–16	46350

### Bunches of Munches

#### Ages 2 to 5 years with parent

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

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

Wed	9:30–10:30 am	Jan 6–20	46355
Wed	10:45–11:45am	Jan 6–20	46356
Wed	12–1pm	Jan 6–20	46357

### Hugs and Chocolate Kisses

#### Ages 2 to 5 years with parent

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

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

Wed	9:30–10:30am	Feb 3–17	46358
Wed	10:45–11:45am	Feb 3–17	46359
Wed	12–1pm	Feb 3–17	46360

### Little Spuds and Tiny Tators

#### Ages 2 to 5 years with parent

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

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

Wed	9:30–10:30am	Mar 9–23	46361
Wed	10:45–11:45am	Mar 9–23	46362
Wed	12–1pm	Mar 9–23	46363

See page 17 for Creating in the Kitchen, ages 3-5 years.

# Parent / Child

## Parent / Child Kids In Motion

Up and over, under and through, balls and streamers, tunnels and YOU!

Meet friends, build confidence and have FUN developing large muscle motor skills. This program progresses with your children... they'll be crawling, climbing, balancing, and bouncing their way through each class! See page 22 for child-only Kids In Motion classes.

Location: NKCC

### Parent/Child Motion I

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

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

Wed	9:15–10am	Sept 16–Oct 21	46376
Thur	9:50–10:35am	Sept 10–Oct 15	46377

7 weeks • No class 11/11 & 11/26  
Resident \$49 / Non-Resident \$59

Wed	9:15–10am	Oct 28–Dec 16	46378
Thur	9:50–10:35am	Oct 29–Dec 17	46379

6 weeks • Resident \$42 / Non-Resident \$50 • No class 2/11

Wed	9:15–10am	Jan 6–Feb 10	46380
Thur	9:50–10:35am	Jan 7–Feb 18	46381
Wed	9:15–10am	Feb 24–Mar 30	46382
Thur	9:50–10:35am	Feb 25–Mar 31	46383

### Parent/Child Motion II

**Ages 24 to 36 months**

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

Wed	10:05–10:50am	Sept 16–Oct 21	46384
Thur	10:45–11:30am	Sept 10–Oct 15	46385

7 weeks • No class 11/11 & 11/26  
Resident \$49 / Non-Resident \$59

Wed	10:05–10:50am	Oct 28–Dec 16	46386
Thur	10:45–11:30am	Oct 29–Dec 17	46387

6 weeks • Resident \$42 / Non-Resident \$50 • No class 2/11

Wed	10:05–10:50am	Jan 6–Feb 10	46388
Thur	10:45–11:30am	Jan 7–Feb 18	46389
Wed	10:05–10:50am	Feb 24–Mar 30	46390
Thur	10:45–11:30am	Feb 25–Mar 31	46391



## 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

Fall 6 weeks • No class 11/23 & 11/27  
Resident \$30 / Non-Resident \$36

Mon	9:10–9:40am	Sept 14–Oct 19	46364
Fri	9:45–10:15am	Sept 11–Oct 16	46365
Fri	10:30–11am	Sept 11–Oct 16	46366
Mon	9:10–9:40am	Nov 2–Dec 14	46367
Fri	9:45–10:15am	Nov 6–Dec 18	46368
Fri	10:30–11am	Nov 6–Dec 18	46369

Winter 5 weeks • No class 1/18 & 2/15  
Resident \$25 / Non-Resident \$30

Mon	9:10–9:40am	Jan 11–Feb 22	46370
Fri	9:45–10:15am	Jan 15–Feb 12	46371
Fri	10:30–11am	Jan 15–Feb 12	46372
Mon	9:10–9:40am	Feb 29–Mar 28	46373
Fri	9:45–10:15am	Feb 26–Mar 25	46374
Fri	10:30–11am	Feb 26–Mar 25	46375

## Sign Language

**Sign with Your Baby**

**Ages 6 months to 2 years (pre-verbal) with adult**

Did you know babies as young as six months of age can communicate with you before they speak clear words? Visually Speaking offers Baby Signing classes to hearing families using American Sign Language. You will be amazed at what your baby is telling you!

Location: NKCC • 6 weeks • No class 11/26  
Resident \$99 / Non-Resident \$119

2nd child in same family: Resident \$60 / Non-Resident \$72

Thur	11am–12pm	Sept 10–Oct 15	46245
Thur	11am–12pm	Oct 29–Dec 10	46246
Thur	11am–12pm	Jan 7–Feb 11	46247
Thur	11am–12pm	Feb 25–Mar 31	46248



**Pee Wee Monster Bash**  
See page 21

## Language Polly-Glots

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

### Spanish for Preschoolers

**Ages 1 to 5 years with parent**

This Spanish immersion class integrates play, music, movement, and art to engage children and connect the foreign sounds and words to everyday items and activities. Vocabulary is provided so parents can reinforce the language outside of class. Class ages may be combined to prevent class cancellations.

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

#### Ages 1 to 3 years

Wed	9:45–10:30am	Sept 23–Dec 9	46392
Wed	9:45–10:30am	Jan 20–Mar 23	46396

#### Ages 3 to 5 years

Wed	10:45–11:30am	Sept 23–Dec 9	46393
Wed	10:45–11:30am	Jan 20–Mar 23	46397

For French ages 4 to 7 years,  
see page 18.

### Chinese for Preschoolers

**Ages 1 to 5 years with parent**

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

Location: NKCC • 10 weeks • No class 10/30 & 11/27  
Resident \$168 / Non-Resident \$202

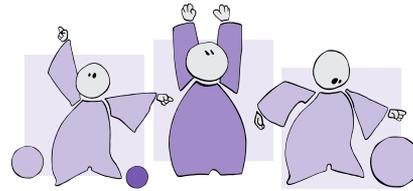
#### Ages 1 to 3 years

Fri	9:30–10:15am	Sept 25–Dec 11	46400
Fri	9:30–10:15am	Jan 22–Mar 25	46402

#### Ages 3 to 5 years

Fri	10:30–11:15am	Sept 25–Dec 11	46401
Fri	10:30–11:15am	Jan 22–Mar 25	46403

# Indoor Playground



## Drop-in Program with Parent

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

Tuesday, Wednesday, and Thursday

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

*The sun did not shine  
It was too wet to play  
So we sat in the house  
On that cold, cold wet day.*

*I sat there with Sally,  
We sat there we two  
And oh, how I wished  
We had something to do!*

—Dr. Seuss

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.**



## North Kirkland Community Center

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

**Ages 9 months–5 years**

**Sept 8–Dec 17, 2015  
Jan 5–Mar 31, 2016**

Tuesday and Thursday, 10am–1pm

Wednesday, 11am–1pm

Closed Nov 11 & 26

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

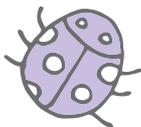
## Knee Hi Investigators for 3's **NEW!**



### Lady, Potato, & Stink Bugs

**Ages 3 years with parent**

Learn about crawling bugs! Why does the potato bug curl up, and does a stink bug really stink? And what are spider webs and slug slime made of? We'll investigate these mysteries and many more, and during class do fun things like make our own slug slime or spider webs to take home!



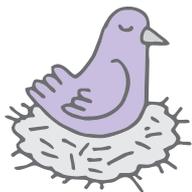
Location: NKCC • 3 weeks  
Resident \$26 / Non-Resident \$31

Tue	9:30-10:15am	Sept 8-22	46779
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### Flamingo, Chicken & Hummingbirds

**Ages 3 years with parent**

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



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

Tue	9:30-10:15am	Oct 6-20	46780
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See page 19 for  
Knee Hi Investigators for 4's

### Fossils, Caves & Dinosaurs

**Ages 3 years with parent**

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

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

Tue	9:30-10:15am	Nov 3-17	46781
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### Seahorse, Star & Jellyfish

**Ages 3 years with parent**

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

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

Tue	9:30-10:15am	Dec 1-15	46782
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### Thunder, Clouds & Showers

**Ages 3 years with parent**

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

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

Tue	9:30-10:15am	Jan 12-26	46783
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### Stars, Moon, & Sun

**Ages 3 years with parent**

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



Location: NKCC • 3 weeks

Resident \$26 / Non-Resident \$31

Tue	9:30-10:15am	Feb 9-23	46784
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### Dragon, Fruit, & Fireflies

**Ages 3 years with parent**

Learn about flying bugs! Where does a firefly get its light? And does a dragonfly breathe fire? Why do moths fly towards light and bees fly to flowers? We'll investigate these mysteries and many more, and during class do fun things like make mini wings or a fruit fly snack to take home!



Location: NKCC • 3 weeks

Resident \$26 / Non-Resident \$31

Tue	9:30-10:15am	Mar 8-22	46785
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## Party Time!

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

**AGES 1-5 YEARS** 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 Programs

Most classes held at: NKCC  
North Kirkland Community Center  
12421 103rd Ave NE ★ 425.587.3350

### PRESCHOOL CLASS REQUIREMENTS

- ★ Children must be able to follow directions and participate in small group setting without a parent.
- ★ Please take your child to the bathroom before class.
- ★ No siblings other than infants in carriers; registered participants only.
- ★ Refer to class description for “no class” dates.
- ★ Please be on time for drop-off and pick-up!
- ★ If we cancel an individual class, we will make it up when the schedule allows. If the schedule does not allow for a make-up class, a credit will be issued. No make-ups are available for missed classes.
- ★ Refund policy is on page 7.



## 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 (enter off of 108th Ave NE).*

*8 weeks • No class 2/15 • Resident \$72 / Non-Resident \$86 \$10 supply fee payable to instructor*

Mon	2:30–3:30pm	Sept 14–Nov 2	46413
Mon	2:30–3:30pm	Jan 25–Mar 21	46415

## Holiday Creating in the Kitchen with Karen

### Ages 3 to 5 years

Cook holiday treats in this 4-week class.

*Location: McAuliffe Park, 10824 NE 116th St (enter off of 108th Ave NE) • 4 weeks • No class 11/23 • Supply fee of \$5 payable to instructor • Resident \$36 / Non-Resident \$43*

Mon	2:30–3:30pm	Nov 9–Dec 7	46417
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## ABC & 123 “Preschool & Kindergarten Readiness”

### Ages 3 & 4 years

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! Choose from a 1 hour or 1½ hour class. We recommend the 1 hour program for beginners.

*Location: NKCC • 13 weeks • No class 11/24 Resident \$208 / Non-Resident \$250*

### Age 3 years

Tue	9:30–10:30am	Sept 8–Dec 8	46404
Tue	9:30–10:30am	Jan 5–Mar 29	46410

### Ages 3 to 4 years

Tue	10:40am–12:10pm	Sept 8–Dec 8	46405
Tue	10:40am–12:10pm	Jan 5–Mar 29	46411

## 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 No class 11/11 • Resident \$24 / Non-Resident \$29*

Wed	10:30–11:15am	Sept 9–23	46419
Wed	10:30–11:15am	Oct 7–21	46420
Wed	10:30–11:15am	Nov 4–25	46421
Wed	10:30–11:15am	Dec 2–16	46422
Wed	10:30–11:15am	Jan 6–20	46423
Wed	10:30–11:15am	Feb 10–24	46424
Wed	10:30–11:15am	Mar 9–23	46425

## Valentine Workshop

### Ages 5 to 8 years

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

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

Sat	10–11:30am	Feb 6	46427
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# Preschoolers

## Language: Polly-Glots

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

### French For Children

**Ages 5 to 9 years, parent participation optional**

This French immersion class integrates play, music, movement, and art to engage children and connect the foreign sounds and words to everyday items and activities. Vocabulary is provided so parents can reinforce the language outside of class.

*Instructor: Frederique Battestini/Polly-Glots*  
*Location: NKCC • 10 weeks • No class 11/28*  
*Resident \$168 / Non-Resident \$202*

Sat	10–10:45am	Sept 26–Dec 5	46437
Sat	10–10:45am	Jan 23–Mar 26	46438

### Spanish for Elementary Youth

**Ages 5 to 9 years**

Help your children get a head start by learning a foreign language early. This Spanish immersion class integrates play, music, movement, and art to engage children and connect the foreign sounds and words to everyday items and activities.

*Instructor: Polly-Glots • Location NKCC • 10 weeks*  
*No class 11/28 • Resident \$168 / Non-Resident \$202*

Sat	9-9:45am	Sept 26–Dec 5	46915
Sat	9-9:45am	Jan 23–Mar 26	46916

## Preschool Music

### Move Over Mozart Piano

**Ages 3 to 4 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) • Location: NKCC*

**Fall Mon 16 weeks • No class 12/28**  
*Resident \$159 / Non-Resident \$191*

Mon	4–4:30pm	Sept 21–Jan 11	46726
Mon	5–5:30pm	Sept 21–Jan 11	46727

**Fall Tue & Thur 10 weeks • Resident \$99 / Non-Res. \$119**

Tue	4–4:30pm	Sept 22–Nov 24	46728
Thur	4–4:30pm	Sept 17–Nov 19	46729
Thur	5:30–6pm	Sept 17–Nov 19	46730

**Winter Mon 9 weeks • No class 2/15**  
*Resident \$89 / Non-Resident \$107*

Mon	4–4:30pm	Jan 25–Mar 28	46737
Mon	5–5:30PM	Jan 25–Mar 28	46738

**Winter Tue 11 weeks • Res. \$109 / Non-Res. \$131**

Tue	4–4:30pm	Jan 19–Mar29	46739
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**Winter Thur 10 weeks • No class 2/11**  
*Resident \$99 / Non-Resident \$119*

Thur	4–4:30pm	Jan 21–Mar 31	46740
Thur	5:30–6pm	Jan 21–Mar 31	46741

### Move Over Mozart Piano

**Ages 5 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) • Location: NKCC*

**Fall Mon 16 weeks • No class 12/28**  
*Resident \$159 / Non-Resident \$191*

Mon	4:30–5pm	Sept 21–Jan 11	46731
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**Fall Tue & Thur 10 weeks**  
*Resident \$99 / Non-Resident \$119*

Tues	4:30–5pm	Sept 22–Nov 24	46732
Thurs	4:30–5pm	Sept 17–Nov 19	46733
Thurs	6–6:30pm	Sept 17–Nov 19	46734

**Winter Mon 9 weeks • No class 2/15**  
*Resident \$89 / Non-Resident \$107*

Mon	4:30–5pm	Jan 25–Mar 28	46742
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**Winter Tue 11 weeks • Resident \$109 / Non-Resident \$131**

Tues	4:30–5pm	Jan 19–Mar 29	46743
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**Winter Thur 10 weeks • No class 2/11**  
*Resident \$99 / Non-Resident \$119*

Thurs	4:30–5pm	Jan 21–Mar 31	46744
Thurs	6–6:30pm	Jan 21–Mar 31	46745

For Move Over Mozart classes for ages 7–12 years, see page 26.

## Sweet Impressions

**All ages (1 adult/child team)**

**NEW!** Babies and children grow up so quickly and tiny hands and feet get bigger and bigger! If you have ever wanted to capture a lasting impression of those precious little fingers and toes, this is one way to creatively freeze a moment in time. Participants work as an adult/child pair to create a unique, one-of-a-kind impression on a clay tile that will be adorned with names, textures, patterns and colors. If you are looking for that perfect Christmas or Valentines gift for a loved one, come create a work of art that will bring memories to life forever!

*Due to the nature of the workshop and families with multiple children, each child must be accompanied by an adult. This is the perfect opportunity for Grandma & Grandpa to get involved in the fun!*

*No experience necessary. All materials, glazes & firing included. Pieces will be fired and ready for pick-up within three weeks of the class.*

*Instructor: Karen White • Location: NKCC • Fee is for 1 adult/child team: Resident \$50 / Non-Resident \$60*

Sat	10–11am	Oct 10	46756
Sat	11:30–12:30am	Oct 10	46757
Sat	10–11am	Nov 21	46758
Sat	11:30–12:30am	Nov 21	46759
Sat	10–11am	Jan 23	46760
Sat	11:30–12:30am	Jan 23	46761

### Move Over Mozart Advanced Piano

**Ages 5 to 7 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 • Fall 10 weeks*  
*Resident \$99 / Non-Resident \$119*

Tues	5–5:30pm	Sept 22–Nov 24	46752
Tues	5–5:30pm	Jan 26–Mar 29	46754

## Knee Hi Investigators for 4's

### Lady, Potato, & Stink Bugs

**Age 4 years**

Learn about crawling bugs! Why does the potato bug curl up, and does a stink bug really stink? And what are spider webs and slug slime made of? We'll investigate these mysteries and many more, and during class do fun things like make our own slug slime or spider webs to take home!

Location: NKCC • 3 weeks

Resident \$35 / Non-Resident \$42

Tue 10:30–11:30am Sept 8–22 46787

### Flamingo, Chicken & Hummingbirds

**Age 4 years**

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

Location: NKCC • 3 weeks

Resident \$35 / Non-Resident \$42

Tue 10:30–11:30am Oct 6–20 46788

### Fossils, Caves & Dinosaurs

**Age 4 years**

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

Location: NKCC • 3 weeks

Resident \$35 / Non-Resident \$42

Tue 10:30–11:30am Nov 3–17 46789

### Seahorse, Star & Jellyfish

**Age 4 years**

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

Location: NKCC • 3 weeks

Resident \$35 / Non-Resident \$42

Tue 10:30–11:30am Dec 1–15 46790



### Thunder, Clouds & Showers

**Age 4 years**

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

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

Tue 10:30–11:30am Jan 12–26 46791

### Stars, Moon, & Sun

**Age 4 years**

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

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

Tue 10:30–11:30am Feb 9–23 46792

### Dragon, Fruit, & Fireflies

**Age 4 years**

Learn about flying bugs! Where does a firefly get its light? And does a dragonfly breathe fire? Why do moths fly towards light and bees fly to flowers? We'll investigate these mysteries and many more, and during class do fun things like make mini wings or a fruit fly snack to take home!

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

Tue 10:30–11:30am Mar 8–22 46793

## Engineering For Kids

### Junior Aerospace Engineering

**Ages 4 to 6 years**

Children are natural engineers! Let your child explore their interest in all things that fly by introducing young engineers to the fundamental concepts of aircraft and spacecraft design. Through open and focused exploration, students explore and construct airplanes, rockets, hot air balloons, and more.

Instructor: Engineering for Kids • Location: NKCC  
6 weeks • No class 11/11 • \$35 supply fee payable to the instructor • Resident \$90 / Non-Resident \$108

Wed 1–1:45pm Oct 7–Nov 18 46433

### Junior Mechanical Engineering

**Ages 4 to 6 years**

Children are often fascinated with machines all around us. From cars to coasters, this class introduces young engineers, ages 4 to 6, to the fundamental concepts of energy, materials, and movement. Through open and focused exploration, students explore and construct their own roller coasters, catapults, cars, and more.

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

Wed 1–1:45pm Jan 20–Feb 24 46436

# Preschoolers

## Preschool Dance

See page 14 for Dance Class for Two Year Olds with Parent!

## 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 • 13 weeks*  
*No class 11/11, 11/25 • Resident \$93 / Non-Resident \$112*

Wed	9:40–10:25am	Sept 9–Dec 16	46469
Wed	9:40–10:25am	Jan 6–Mar 30	46470

## 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*

**Fall 13 weeks • No class 11/11, 11/23–28**  
*Resident \$93 / Non-Resident \$112*

Mon	9:45–10:30am	Sept 14–Dec 14	46439
Wed	10:30–11:15am	Sept 9–Dec 16	46440
Wed	11:25am–12:10pm	Sept 9–Dec 16	46441
Thur	10:20–11:05am	Sept 17–Dec 17	46442
Sat	9–9:45am	Sept 19–Dec 19	46443
Sat	9:50–10:35am	Sept 19–Dec 19	46444

**Winter Monday 11 weeks • No class 1/18 & 2/15**  
*Resident \$79 / Non-Resident \$95*

Mon	9:45–10:30am	Jan 4–Mar 28	46446
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**Winter Wednesday & Thursday 13 weeks**  
*Resident \$93 / Non-Resident \$112*

Wed	10:30–11:15am	Jan 6–Mar 30	46447
Wed	11:25am–12:10pm	Jan 6–Mar 30	46448
Thur	10:20–11:05am	Jan 7–Mar 31	46449

**Winter Saturday 12 weeks**  
*Resident \$86 / Non-Resident \$103*

Sat	9–9:45am	Jan 9–Mar 26	46450
Sat	9:50–10:35am	Jan 9–Mar 26	46451



## 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*

**Fall 13 weeks • No class 11/23–28**  
*Resident \$93 / Non-Resident \$112*

Mon	11:25am–12:10pm	Sept 14–Dec 14	46453
Thur	11:15am–12pm	Sept 17–Dec 17	46454
Sat	10:40–11:25am	Sept 19–Dec 19	46455

**Winter Mondays 11 weeks • No class 1/18 & 2/15**  
*Resident \$79 / Non-Resident \$95*

Mon	11:25am–12:10pm	Jan 4–Mar 28	46456
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**Winter Thursdays 13 weeks**  
*Resident \$93 / Non-Resident \$112*

Thur	11:15am–12pm	Jan 7–Mar 31	46457
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**Winter Saturdays 12 weeks**  
*Resident \$86 / Non-Resident \$103*

Sat	10:40–11:25am	Jan 9–Mar 26	46458
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## Preschool Ballet/Tap Combo A

**Ages 3 to 4½ years**

Remember your first pair of shiny black tap shoes? We do! Tap was so much fun we added it to our Preschool Ballet Class! This class will introduce the very beginning movements of ballet and the toe tapping sounds of tap. Parents may join us for the last class to watch and take pictures.

*Ballet slippers & tap or dress shoes required!*

*Location: NKCC*

**Fall 13 weeks • No class 11/23–28**  
*Resident \$93 / Non-Resident \$112*

Mon	10:35–11:20am	Sept 14–Dec 14	46459
Thur	9:30–10:15am	Sept 17–Dec 17	46460
Tue	4–4:45pm	Sept 15–Dec 15	46461

**Winter Monday 11 weeks • No class 1/18 & 2/15**  
*Resident \$79 / Non-Resident \$95*

Mon	10:35–11:20am	Jan 4–Mar 28	46462
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**Winter Thursday 13 weeks • No class 11/24**  
*Resident \$93 / Non-Resident \$112*

Thur	9:30–10:15am	Jan 7–Mar 31	46463
Tue	4–4:45pm	Jan 5–Mar 29	46464

## 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 & tap or dress shoes required!*

*Location: NKCC • 13 weeks • No class 11/11, 11/24, & 11/25*  
*Resident \$93 / Non-Resident \$112*

Wed	12:15–1pm	Sept 9–Dec 16	46465
Tue	4:50–5:35pm	Sept 15–Dec 15	46466
Wed	12:15–1pm	Jan 6–Mar 30	46467
Tue	4:50–5:35pm	Jan 5–Mar 29	46468

## Rhythmic Gymnastics

The Olympic sport of rhythmic gymnastics is now offered in your neighborhood at La Luna Rhythmic Gymnastics Academy. Learn the grace & beauty of ballet and movement to music, while also learning to perform athletic tricks with ribbons, balls, hoops, ropes and clubs. Mastering self-esteem, discipline, flexibility, dance & artistry, in addition to eye-hand coordination and aerobic exercise are just some of the benefits of this unique sport.

Owner 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.

Location: LaLuna Gym, 11251 120th Ave NE, Ste 150  
No experience necessary • Gymnastics leotard required, bare feet or socks OK

### 45 MINUTE CLASSES

6 weeks • No class 11/11 & 11/28  
Resident \$78 / Non-Resident \$94

Wed	3-3:45pm	Sept 9-Oct 14	46499
Sat	12-12:45pm	Sept 12-Oct 17	46500
Wed	3-3:45pm	Oct 28-Dec 9	46501
Sat	12-12:45pm	Oct 31-Dec 12	46502
Wed	3-3:45pm	Jan 6-Feb 10	46505
Sat	12-12:45pm	Jan 9-Feb 13	46506
Wed	3-3:45pm	Feb 24-Mar 30	46507
Sat	12-12:45pm	Feb 27-Apr 2	46508

### 1 HOUR CLASSES

6 weeks • No classes 1/11, 1/18, 2/15  
Resident \$84 / Non-Resident \$101

Mon	4:30-5:30pm	Sept 14-Oct 19	46958
Wed	4:30-5:30pm	Sept 9-Oct 14	46959
Mon	4:30-5:30pm	Nov 2-Dec 7	46960
Wed	4:30-5:30pm	Oct 28-Dec 9	46961
Mon	4:30-5:30pm	Jan 4-Feb 22	46962
Wed	4:30-5:30pm	Jan 6-Feb 10	46963
Wed	4:30-5:30pm	Feb 24-Mar 30	46965

5 weeks • Resident \$70 / Non-Resident \$84

Mon	4:30-5:30	Feb 29-Mar 28	46964
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# PEE WEE Monster Bash

Come any time, activities are ongoing, carnival style!

Friday, Oct 30  
10:00am-Noon



## Ages 5 and under with parent

Put on your costume, grab your broom and fly on over to our 12th Annual Pee Wee Monster Bash! You'll do the monster mash, the ghoulish cookie walk, swamp fishing for treats, arts & crafts, and more. We guarantee a not too spooky time, just a kooky time!

Pre-register early to guarantee your spot! • Event usually sells out. If not sold out, tickets will be available at the door on a limited basis  
No refunds for this event • (Fee includes WA State Sales Tax)

Resident \$10.95 per child / Non-Resident \$13.14 per child

Friday	10am-12pm	October 30	46195
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North Kirkland Community Center  
12421 103rd Ave NE

# Snowflake Ball

## FATHER DAUGHTER DANCE

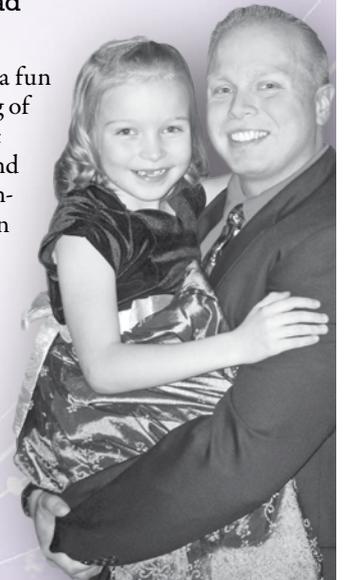
December 11  
6:30-8:30pm

Ages 3 to 10 years with Dad

**START AN ANNUAL TRADITION!** Join us for a fun Father/Daughter Dance as we celebrate the beginning of the winter season with an enchanted evening of music and dancing. Dance to old favorites such as YMCA and the Macarena and learn new dances, too. Create a princess craft, and enjoy beverages and goodies. Dress up in your finest clothes or princess gowns since this will be a magical night spent with Dad! Grandpas, uncles, or other father figures etc. are welcomed to escort their little sweethearts to this special evening. Have your commemorative photo taken as a treasured memory of this wonderful night.

Register each child separately—space is limited so sign up now!  
Location: NKCC • Resident \$27.38 per child Non-Resident \$32.85 (includes WA State Sales Tax)

Fri	6:30-8:30pm	December 11	46196
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# Preschoolers

## Preschool Sports and Fitness

### Little Tumblers 1

**Ages 3 to 4 years**

FUNDamental tumbling is geared toward the 3 and 4 year old preschooler. Basic tumbling skills are taught on floor mats. Introduction to low balance beam, bar, and trampoline. The emphasis in this class is placed on coordination, technique, and FUN!

*Please dress comfortably in shorts, T-shirts or leotards. No clothing with buttons or zippers. Hair pulled back.*

**Fall 6 weeks • No class 11/27 • Location: NKCC**  
Resident \$45 / Non-Resident \$54

Mon	4-4:45pm	Sept 14-Oct 19	46477
Mon	4-4:45pm	Nov 2-Dec 7	46478
Fri	10-10:45am	Sept 18-Oct 23	46479
Fri	10:50-11:35am	Sept 18-Oct 23	46480
Fri	11:40am-12:25pm	Sept 18-Oct 23	46481
Fri	10-10:45am	Nov 6-Dec 18	46482
Fri	10:50-11:35am	Nov 6-Dec 18	46483
Fri	11:40am-12:25pm	Nov 6-Dec 18	46484

**Winter 5 weeks • No class 1/18 & 2/15 • Location: NKCC**  
Resident \$38 / Non-Resident \$46

Mon	4-4:45pm	Jan 11-Feb 22	46485
Mon	4-4:45pm	Feb 29-Mar 28	46486
Fri	10-10:45am	Jan 15-Feb 12	46487
Fri	10:50-11:35am	Jan 15-Feb 12	46488
Fri	11:40am-12:25pm	Jan 15-Feb 12	46489
Fri	10-10:45am	Feb 26-Mar 25	46490
Fri	10:50-11:35am	Feb 26-Mar 25	46491
Fri	11:40am-12:25pm	Feb 26-Mar 25	46492

### 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. Hair pulled back.*

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

Mon	4:50-5:35pm	Sept 14-Oct 19	46493
Mon	4:50-5:35pm	Nov 2-Dec 7	46494

**Winter 5 weeks • No class 1/18 & 2/15 • Location: NKCC**  
Resident \$38 / Non-Resident \$46

Mon	4:50-5:35pm	Jan 11-Feb 22	46496
Mon	4:50-5:35pm	Feb 29-Mar 28	46497

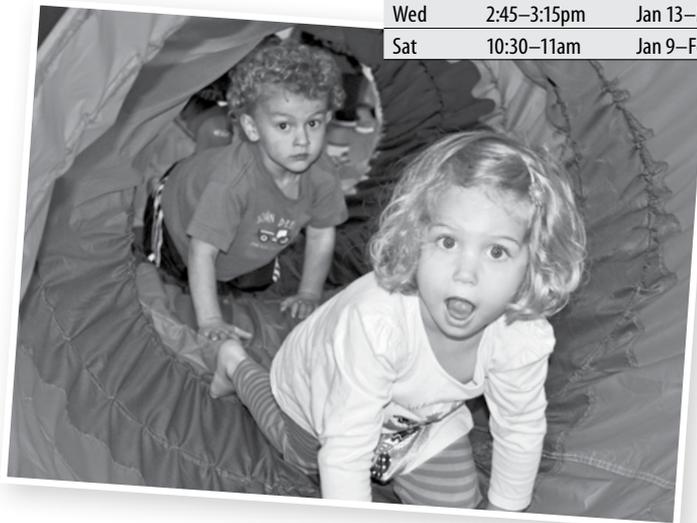
### Mighty Mite Martial Arts

**Ages 4 to 6 years**

Miller's Martial Arts Academy introduces Martial Arts to boys and girls. Learn non-violent conflict resolution, better concentration and listening skills, and build coordination, flexibility and self-control. At this age there will never be contact between participants. The last week of class we will have a graduation ceremony to a Mighty Mite White Belt.

*Location: Miller's Martial Arts Academy, 8920 122nd Ave NE • 8 weeks • No class 1/18 & 2/15*  
Resident \$38 / Non-Resident \$46

Mon	2:30-3pm	Sept 14-Nov 2	46471
Wed	2:45-3:15pm	Sept 16-Nov 4	46472
Sat	10:30-11am	Sept 12-Oct 31	46473
Mon	2:30-3pm	Jan 11-Mar 14	46474
Wed	2:45-3:15pm	Jan 13-Mar 2	46475
Sat	10:30-11am	Jan 9-Feb 27	46476



## Preschool Kids In Motion

**Up and over, under and through, balls and streamers, tunnels and YOU!**

Meet friends, build confidence and have FUN developing their large muscle motor skills. This program progresses with your child... they'll be crawling, climbing, balancing, and bouncing!

*See page 14 for parent/child Kids in Motion classes for younger children • Location: NKCC*

### Kids In Motion – On My Own

Perfect for children transitioning to non-parent participation. This ½ hour class is for children only.

**Ages 28 months to 3 years**

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

Thurs	9:15-9:45am	Sept 10-Oct 15	46511
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**Fall 7 weeks • No class 11/26**  
Resident \$32 / Non-Resident \$38

Thurs	9:15-9:45am	Oct 29-Dec 17	46512
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**Winter 6 weeks • No class 2/11**  
Resident \$27 / Non-Resident \$32

Thurs	9:15-9:45am	Jan 7-Feb 18	46513
Thurs	9:15-9:45am	Feb 25-Mar 31	46514

### Kids In Motion A & B

These 45-minute classes are for children only.

**Motion A Ages 2½ to 3 years**

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

Wed	11-11:45am	Sept 16-Oct 21	46515
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**Fall 7 weeks • No class 11/11**  
Resident \$49 / Non-Resident \$59

Wed	11-11:45am	Oct 28-Dec 16	46516
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**Winter 6 weeks • Resident \$42 / Non-Resident \$50**

Wed	11-11:45am	Jan 6-Feb 10	46517
Wed	11-11:45am	Feb 24-Mar 30	46518

**Motion B Ages 3 to 4 years**

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

Thur	11:35am-12:20pm	Sept 10-Oct 15	46519
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**Fall 7 weeks • No class 11/26**  
Resident \$49 / Non-Resident \$59

Thur	11:35am-12:20pm	Oct 29-Dec 17	46520
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**Winter 6 weeks • No class 2/11**  
Resident \$42 / Non-Resident \$50

Thur	11:35am-12:20pm	Jan 7-Feb 18	46521
Thur	11:35am-12:20pm	Feb 25-Mar 31	46522



## Basketball for 2½ to 6 year olds!

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

**6 weeks • No class 11/28 or 2/13 • Resident \$66 / Non-Resident \$79**

### Fall League

**Ages 2½ to 3 years**

Sat	9:30am–10:30am	Nov 7–Dec 19	46005
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**Age 4 years**

Sat	10:45am–11:45am	Nov 7–Dec 19	46006
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**Ages 5 to 6 years**

Sat	12pm–1pm	Nov 7–Dec 19	46007
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### Winter League

**Ages 2½ to 3 years**

Sat	9:30am–10:30am	Jan 23–Mar 5	46008
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**Age 4 years**

Sat	10:45am–11:45am	Jan 23–Mar 5	46009
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**Ages 5 to 6 years**

Sat	12pm–1pm	Jan 23–Mar 5	46010
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## Coaches Needed for PeeWee Basketball

Please email [khayes@kirklandwa.gov](mailto:khayes@kirklandwa.gov) if you are interested!!

## Ice Skating All Ages

Come experience 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. 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 • Please arrive ½ hour before class to get skates on • Please wear warm clothes, jacket and gloves • No class on November 27th • Registration deadline is: one week prior to start of first class.*

### FALL CLASSES

**Ages 5 to Adult • 6 weeks • Resident \$115 / Non-Res. \$138**

Mon	6–7pm	Sept 14–Oct 19	46572
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**Ages 5 to Adult • 7 weeks • Resident \$135 / Non-Res. \$162**

Mon	6–7pm	Nov 2–Dec 14	46573
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**Ages 3½ to Adult • 7 weeks • Resident \$135 / Non-Res. \$162**

Tue	10:45–11:45am	Sept 8–Oct 20	46574
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Tue	10:45–11:45am	Nov 3–Dec 15	46575
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**Ages 5 to Adult • 7 weeks • Resident \$135 / Non-Res. \$162**

Fri	6–7pm	Sept 11–Oct 23	46576
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**Ages 5 to Adult • 4 weeks • Resident \$75 / Non-Res. \$90**

Fri	6–7pm	Nov 6–Dec 4	46577
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### WINTER CLASSES

**Ages 5 to Adult • 7 weeks**

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

Mon	6–7pm	Jan 4–Feb 15	46578
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Fri	6–7pm	Jan 9–Feb 20	46582
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Mon	6–7pm	Feb 29–Apr 11	46579
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Fri	6–7pm	Mar 4–Apr 15	46583
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**Ages 3½ to Adult • 7 weeks**

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

Tue	10:45–11:45am	Jan 5–Feb 16	46580
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Tue	10:45–11:45am	Mar 1–Apr 12	46581
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# KIRKLAND KIDS TRIATHLON

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

**This non-competitive, non-timed event provides an excellent opportunity for youth to experience the sport of triathlon.** Athletes participate in 50 yard swim/splash, ½ mile bike, ½ mile run. Registration will close September 11<sup>th</sup>.

Day of event registration will be available beginning at 9:30am however participants are encouraged to register prior to the event.

## AGES 3 TO 12 YEARS SEPTEMBER 12, 2015 JUANITA BEACH

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

**\$32 (includes tax)**

**Registration #45040**

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

# REGISTRATION NOW OPEN!



## PEE WEE SOCCER

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

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

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

Do I have to choose a location?

You are free to choose whichever location is most convenient. All games will be played at that particular location. Just register using the designated course number.

I've signed up for PWS... what do I do now?

You will be contacted by a coach at least one week prior to the first day, September 12th. 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 therefore getting your volunteer packet turned in ASAP is crucial. 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. Siblings will be placed together. Teams are formed randomly, but we take into consideration gender ratios and ages of the participants.

**Resident \$69 / Non-Resident \$82** \*\*WA Sales Tax Will Be Collected\*\*

*PLEASE NOTE* refunds will not be given if withdrawn after the coaches meeting, August 31.

*The coaches meeting marks the official start of the program.*

**LOCATION:** Emerson High School Field, 10903 NE 53rd ST.

**3 to 4 year olds** Saturdays Sept 12 – Oct 24 46657

**5 to 6 year olds** Saturdays Sept 12 – Oct 24 46658

**LOCATION:** 132nd SQUARE PARK, 13159 132nd Ave NE.

**3 to 4 year olds** Saturdays Sept 12 – Oct 24 46659

**5 to 6 year olds** Saturdays Sept 12 – Oct 24 46660

*PARENTS PLEASE NOTE: Due to the overwhelming number of special team requests we receive, Fall will be the last season we will be able to accept special team preferences. The program has grown in such a way that staff no longer has the resources to accommodate these requests. Siblings will continue to be placed on the same age appropriate team. We appreciate your understanding.*



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 10am.

Are games played in the rain?

Yes, if it is raining, games will be played as scheduled if the field is in good condition. If the field conditions are poor we will cancel games for the day and reschedule.

Does the program take player pairing or coach requests?

Due to the overwhelming number of special team requests we receive, fall will be the last season we will be able to accept such requests. Siblings will continue to be placed on the same age appropriate team. **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.**

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.

If I have additional questions, who do I contact?

Please call 425.587.3336 for additional information or to register.

**SPRING REGISTRATION  
OPENS FEB 1, 2015**

## WINTER & SPRING BREAK CAMPS FOR YOUTH

### Lego® Pre-Engineering WINTER Break Camp

**Ages 5 to 6 years**

Let your imagination run wild with over 100,000 pieces of LEGO®! Build engineer-designed projects such as boats, bridges, mazes, and motorized cars. Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor. This makes a great holiday gift!

*Location: NKCC • 3 days • Resident \$120 / Non-Res. \$144*  
**Washington State sales tax will be added to camp fees.**  
 Mon, Tue, Wed 9am–12pm Dec 28, 29, 30 46585

### Lego® Engineering FUNdamentals WINTER Break Camp

**Ages 7 to 10 years**

Power up your engineering skills with Play-Well TEKologies and over 100,000 pieces of LEGO®! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as arch bridges, motorized gondolas, and the Battletrack! Challenging for new and returning students. And, it makes a great holiday gift!

*Location: NKCC • 3 days • Resident \$120 / Non-Res. \$144*  
**Washington State sales tax will be added to camp fees.**  
 Mon, Tue, Wed 1–4pm Dec 28, 29, 30 46587

### 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

*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



### “Kids Can Cook!” SPRING Break Camp **NEW!**

**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 7–9** Mon–Fri 9am–12pm Apr 4–8 46797

**Ages 10–13** Mon–Fri 2–5pm Apr 4–8 46798

### CHALLENGE ISLAND PRESENTS

### Amusement Park SPRING Break Camp

**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 April 4–8 46590



## Music

### Move Over Mozart Piano Classes

#### Ages 5 to 12 years

Learn to play piano familiar tunes on the piano, read music, and, basic music theory. Class recitals are optional. Having a piano at home is not a requirement; instruction on community center piano or keyboard is included in instruction. A one-time \$10 materials fee is payable to instructor 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*

**Fall Mondays • 16 weeks • No class 12/28**  
*Resident \$159 / Non-Resident \$191*

<b>Ages 5–6</b>	Mon	4:30–5pm	Sept 21–Jan 11	46731
<b>Ages 7–8</b>	Mon	5:30–6pm	Sept 21–Jan 11	46748
<b>Ages 9–12</b>	Mon	6–6:30pm	Sept 21–Jan 11	46974

#### Fall Tue & Thur • 10 weeks

*Resident \$99 / Non-Resident \$119*

<b>Ages 5–6</b>	Tue	4:30–5pm	Sept 22–Nov 24	46732
<b>Ages 5–6</b>	Thur	4:30–5pm	Sept 17–Nov 19	46733
<b>Ages 5–6</b>	Thur	6–6:30pm	Sept 17–Nov 19	46734
<b>Ages 7–8</b>	Thur	5–5:30pm	Sept 17–Nov 19	46749

#### Winter Mondays • 9 weeks • No class 2/15

*Resident \$89 / Non-Resident \$107*

<b>Ages 5–6</b>	Mon	4:30–5pm	Jan 25–Mar 28	46742
<b>Ages 7–8</b>	Mon	5:30–6pm	Jan 25–Mar 28	46750
<b>Ages 9–12</b>	Mon	6–6:30pm	Jan 25–Mar 28	46975

#### Winter Tue • 11 weeks

*Resident \$109 / Non-Resident \$131*

<b>Ages 5–6</b>	Tue	4:30–5pm	Jan 19–Mar 29	46743
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#### Winter Thur • 10 weeks • No class 2/11

*Resident \$99 / Non-Resident \$119*

<b>Ages 5–6</b>	Thur	4:30–5pm	Jan 21–Mar 31	46744
<b>Ages 5–6</b>	Thur	6–6:30pm	Jan 21–Mar 31	46745
<b>Ages 7–8</b>	Thur	5–5:30pm	Jan 21–Mar 31	46751

For Move Over Mozart classes for ages 3–4 years, see page 18.



### 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*

#### Fall 10 weeks • Resident \$99 / Non-Resident \$119

<b>Ages 5–7</b>	Tues	5–5:30pm	Sept 22–Nov 24	46752
<b>Ages 8–12</b>	Tues	5:30–6pm	Sept 22–Nov 24	46753

#### Winter 11 weeks • Resident \$109 / Non-Resident \$131

<b>Ages 5–7</b>	Tues	5–5:30pm	Jan 19–Mar 29	46754
<b>Ages 8–12</b>	Tues	5:30–6pm	Jan 19–Mar 29	46755

### Drop-In Guitar Lessons **NEW!**

#### Ages 12 years to Adult

Whether you are having trouble with a song, a chord, a progression, theory, or a technique, these drop-in 20 minute lessons between the hours of 4 to 5pm, are a perfect solution to get your questions answered quickly and guide your playing in the right direction. Forward!! There are three twenty minute time slots available for lessons with a maximum of three students per lesson, first come, first served.

**No online registration. Call to register: 425.587.3350**

*Instructor: Scott Lawson • Location: NKCC  
No drop-in 2/15 • Resident \$15 / Non-Resident \$16.50  
(per each 20 minute session)*

Mon	4–5pm	Sept 14–Nov 2
Mon	4–5pm	Jan 25–Mar 21

### Beginning Guitar Turbo Charged!

#### Ages 15 years to Adult

This fast-paced course covers all the basics—from tuning and strumming, all the way up to common chord progressions. Learn major, minor and 7th chords, basic rhythms and beginning theory. Good for acoustic styles. Must be at least 12 years old at the start of class.

*Student must provide their own instrument  
Instructor: Scott Lawson • Location: NKCC • 8 weeks  
No class 2/15 • Resident \$98 / Non-Resident \$118*

Mon	6:30–7:30pm	Sept 14–Nov 2	46591
Mon	6:30–7:30pm	Jan 25–Mar 21	46594

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

#### Ages 12 years 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 2/15 • Resident \$98 / Non-Resident \$118*

Mon	5:15–6:15pm	Sept 14–Nov 2	46764
Mon	5:15–6:15pm	Jan 25–Mar 21	46765

## Cooking

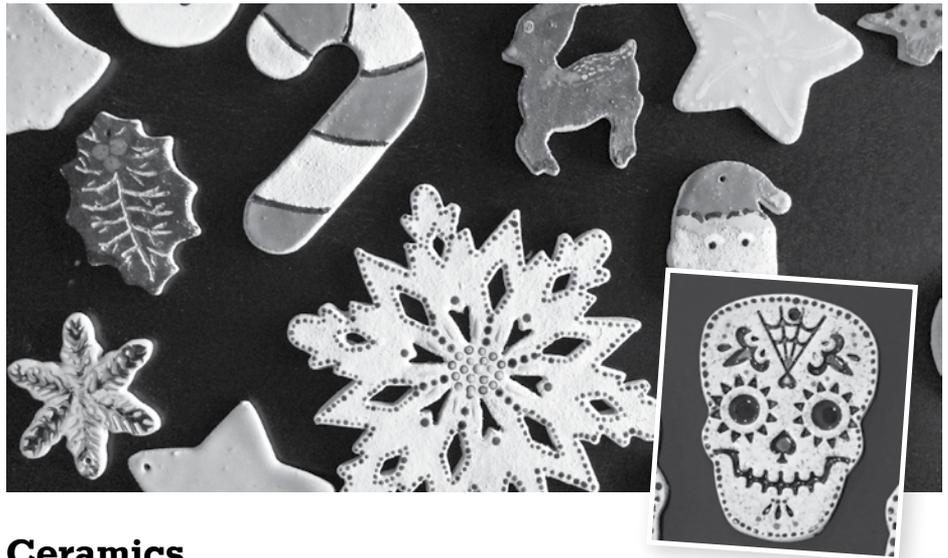
### Creating in the Kitchen with Karen

**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 2/15 • \$10 supply fee payable to instructor • Resident \$72 / Non-Resident \$86*

Mon	3:50–4:50pm	Sept 14–Nov 2	46414
Mon	3:50–4:50pm	Jan 25–Mar 21	46416



## Ceramics

### The Calavera Garland **NEW!**

**Ages 10 years to Adult**

Calaveras—or skeletons—come to life each year to celebrate the Día de los Muertos traditions. Participants create and decorate six individual clay Calaveras that will later be strung together to make a festive decoration or addition to any altar. No experience necessary. All materials, glazes and firing included. Pieces will be fired and ready for pick-up within three weeks of the class.

*Instructor: Karen White • Location: NKCC  
Resident \$55 / Non-Resident \$66*

Sat	1:30–4:30pm	Oct 10	46693
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### Home for the Holidays **NEW!**

**Ages 14 years to Adult**

Everyone loves to put special holiday decorations and dishes out to celebrate traditions. Come make and decorate a holiday work of art that will be perfect for parties, special gatherings, or to leave tasty treats for that special visitor. No experience necessary. All materials provided. Students will have a choice of designing and decorating a medium platter, bowl or plate. Pieces will be fired and ready for pick-up within three weeks of the class.

*Instructor: Karen White • Location: NKCC  
Resident \$35 / Non-Resident \$42*

Sat	3:30–5:30pm	Nov 21	46695
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### Ceramic Christmas Ornaments **NEW!**

**Ages 8 years & up, or younger with accompanying adult**

Everyone loves to place holiday ornaments on the Christmas tree. Come and create unique holiday ornaments that will be treasured by your family for years to come. Each student may create up to 3 ornaments. For students younger than 8, adults must be present to assist young children in the creative process, and registration must be done by phone or in-person. **If an accompanying adult would like to participate, an additional registration is required.**

*No experience is necessary. All materials provided. Pieces will be fired and ready for pick-up within three weeks of the class.*

*Instructor: Karen White • Location: NKCC  
Resident \$25 / Non-Resident \$30*

Sat	1–3pm	Nov 21	46694
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### Clay Class **NEW!**

**Ages 5 to 8 years**

Young artists will discover the wonders of working in clay while developing skills in creating 3-dimensional art. Students will create and glaze hand-built treasures through exploration of subject matter including animals and nature. Pieces will be fired at Kirkland Arts Center. *Classes offered in partnership with the Kirkland Arts Center*

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

Sat	9:30–11am	Sept 12–Oct 17	46297
Sat	9:30–11am	Jan 9–Feb 13	46298

## American Red Cross Classes

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

**For Ages 14 and up**  
See Page 49

## Art

### FALL: Drawing with Young Rembrandts **NEW!**

**Ages 6 to 12 years**

The fall season is one of the most colorful times of the year. In a Young Rembrandts drawing class, we'll capture all of those colors and more in our fabulous drawings. Our rainbow giraffe seemingly captures the entire spectrum of colors in a very stylized drawing. A fun drawing of cartoon worms and apples will teach our students how to properly work with colored pencils.

We'll also take an imaginary journey to Paris as we draw the famous Eiffel Tower. Don't wait for classes to fill up, sign up now!

*Instructor: Young Rembrandts • Location: NKCC • 4 weeks Resident \$49 / Non-Resident \$59*

Tues	4-5pm	Sept 15-Oct 6	46696
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### Young Rembrandts Pastel Workshop: Magnificent Masters **NEW!**

**Ages 6 to 12 years**

In this 2-hour workshop, students will learn to use pastel chalks as they explore art history by studying different artists and their work. We will create wonderful artwork while being inspired by Edvard Munch's famous painting, *The Scream*, as well as a landscape by Van Gogh and a gorgeous painting by Monet of sailboats reflected in water. Our final work of art will be inspired by Pop artist Wayne Thiebaud's mouth-watering *Cake Paintings*. The results will be truly frame-able!

*No experience necessary • Please wear an old shirt or smock to class each day • Instructor: Young Rembrandts Location: NKCC • 4 weeks • Resident \$89 / Non-Res. \$107*

Tues	4-6pm	Oct 20-Nov 10	46768
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### Young Rembrandts

### Cartooning with Young Rembrandts **NEW!**

**Ages 6 to 12 years**

Learning, drawing, and fun are the ingredients for a great time. In a Young Rembrandts Cartooning class, our students create skillfully drawn cartoon illustrations. They'll transform animals, people, and inanimate objects into fully-realized characters in silly situations. Get ready to laugh, draw, and become an awesome artist. Don't miss out, enroll now!

*Instructor: Young Rembrandts • Location: NKCC 4 weeks • Resident \$49 / Non-Resident \$59*

Tues	4-5pm	Dec 1-22	46769
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### WINTER: Drawing with Young Rembrandts **NEW!**

**Ages 6 to 12 years**

Start the New Year with Young Rembrandts Drawing classes—an educational program perfect for any child that likes to draw, laugh or learn! All new lessons are added each session, so even the most experienced Young Rembrandts student gets new challenges with our ever-updated, always fun curriculum. Add some whimsy to your child's winter schedule, enroll now!

*Instructor: Young Rembrandts • Location: NKCC 4 weeks • Resident \$49 / Non-Resident \$59*

Tues	4-5pm	Jan 12-Feb 2	46770
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### Valentine Workshop

**Ages 5 to 8 years**

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

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

Sat	10-11:30am	Feb 6	46427
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### Young Rembrandts Mixed Media Workshop: African Safari

**Ages 6 to 12 years**

**NEW!** In this 2-hour workshop go on a Safari adventure with Young Rembrandts! We will explore the exciting land and many animals that inhabit Africa. Over four fun-filled days, we will draw a variety of animals in various scenes using different media and techniques. We will even challenge our artistic talents by creating two large scenes—one in a graphic style filled with a variety of animals and another focusing on the twists and turns of an African snake completed with pastel chalks. To keep things fresh, we will include a day of Cartooning—looking at the silly side of the safari! Our exploration through Africa allows for a bounty of adventure and creativity.

*No experience necessary • Please wear an old shirt or smock to class the last day • Instructor: Young Rembrandts Location: NKCC • 4 weeks • Resident \$89 / Non-Res. \$107*

Tues	4-6pm	Feb 9-Mar 1	46771
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### Pastel Workshop: More Magnificent Masters **NEW!**

**Ages 6 to 12 years**

In this 2-hour Young Rembrandts' Pastel Art workshop students will focus on four different artists. Each day, we will create a large, original pastel drawing replicating a famous artist's masterpiece. We will draw a colorful goldfish bowl as Henri Matisse did in his *Goldfish* painting. On Day 2, we will recreate Vincent Van Gogh's famous *Starry Night* complete with swirls throughout the sky. On Day 3, we will create a powerful still life full of robust color as Paul Cezanne often did in his paintings. Day 4 will find us drawing Andre Derain's *Portrait of Matisse*. The pastel media will challenge us each day, and by the end of the workshop we will be Master ourselves. You will want to frame these drawings!

*No experience necessary • Please wear an old shirt or smock to class each day • Instructor: Young Rembrandts Location: NKCC • 4 weeks Resident \$89 / Non-Res. \$107*

Tues	4-6pm	Mar 8-29	46772
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## Life Skills & General Interest

### Kid Safety **NEW!**

**Ages 9 to 13 years**

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

*Location: NKCC • Instructor: Cindy Tucker • Supply fee of \$5 payable to instructor • Resident \$35 / Non-Resident \$42*

Sat	9am–12pm	Nov 7	46773
Sat	9am–12pm	Mar 26	46774

### Self Defense for Children

**Ages 5 to 8 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 \$37 / Non-Resident \$43*

Sat	12:30–2pm	Sept 12	46595
Sat	12:30–2pm	Dec 12	46596

### Self Defense for Teen Girls Only

**Ages 14 to 19 years**

This three hour course will provide young ladies the education and awareness to avoid and escape potentially dangerous situations. Course will cover dating violence, how assailants target and test potential victims, personal safety and much more. Students will learn physical techniques, strikes and releases to safely remove oneself from dangerous situations. It is a great class to take with a friend.

*Class size limited to 15! • Instructor: Joann Factor Location: NKCC • Resident \$53 / Non-Resident \$64*

Sat	1–4pm	Jan 16	46597
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### Self Defense for Girls Off to College **NEW!**

**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	Sept 19	46598
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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 as well as a course certification card upon completion of the class.

*Bring a sack lunch, drink, and afternoon snack Instructor: Cindy Tucker • Location: NKCC Resident \$48 / Non-Resident \$58*

Sat	9am–2pm	Nov 14	46601
Sat	9am–2pm	Dec 5	46602
Sat	9am–2pm	Feb 6	46603

### Preteen Style

**Ages 9 to 11 years**

Girls, discover how to develop your own style and not just follow the crowd. True style and confidence shines from the inside out and enables you to be a leader. Learn valuable communication skills, party manners, ways to develop great friendships, maintain a positive attitude, and tips on posture, clothing, and nutrition. Experience the steps to great skin as you give yourself a facial!

*Instructor from Final Touch Finishing School Location: NKCC • Resident \$54 / Non-Resident \$65*

Sat	1–4pm	Mar 12	46605
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### Young Ladies & Gentlemen I (Etiquette)

**Ages 6 to 11 years**

Manners are the key to building positive friendships and strong self-confidence. This fun, hands-on workshop explores the value of kindness and respect for others and their practical applications in introductions and handshakes, table manners, personal care, posture, telephone etiquette and more.

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

Sat	9am–12pm	Oct 17	46606
Sat	9am–12pm	Mar 12	46607

### Starting Point—Middle School Success

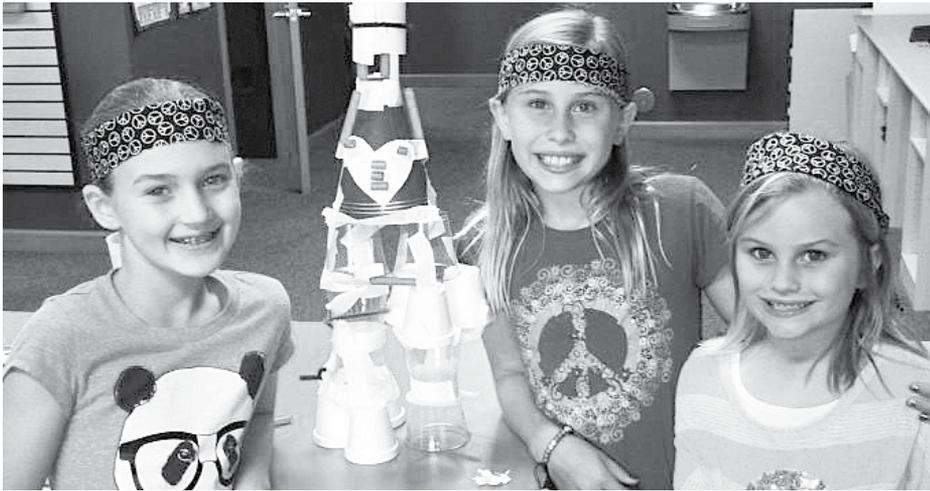
**Ages 11 to 14 years**

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

*Instructor: from Final Touch Finishing School Location: NKCC • Resident \$54 / Non-Resident \$65*

Sat	1–5pm	Oct 17	46608
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## After School Fun

### Shark Tooth Island After School

**Ages 5 to 11 years**

Shark Tooth Island is the most beloved of all the Challenge Island's thematic islands, because it was the first! Your children will learn a new STEM principle each day. They will be on an amazing imaginative island where sharks prevail, so they learn all about shark fact while traveling throughout the various stops, like Blow Cart Beach, where they learn to capture wind energy and make their carts roll along the beach, or Roller Coaster Hills where they learn about potential and kinetic energy while creating amazing roller coaster loop de loops and turns! This island is jam-packed with challenges, all meant to excite the imagination and capture the minds of your youngsters!

*Instructor: Challenge Island Staff • Location: NKCC  
8 weeks • Resident \$129 / Non-Resident \$155*

Wed	2:30-3:30pm	Sept 16-Nov 4	46609
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### Time Travel Island After School

**Ages 5 to 11 years**

Come to the island of mystery and science fiction! Children will make their own time machines and travel back and forth in time! They will learn history, social studies and STEM principles that are taught each week, tied to a new challenge related to their time in space. Imagine visiting 2500 BC and learning about the Egyptians and their pyramids. They will learn the valuable lesson about the strength of triangles as they build their pyramids, complete with mummies! This is a super fun program for all those science fiction fans and Dr. Who enthusiasts! STEM learning every week!

*Instructor: Challenge Island Staff  
Location: NKCC • 8 weeks • No class 2/17  
Resident \$132 / Non-Resident \$158*

Wed	2:30-3:30pm	Jan 13-Mar 9	46796
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## 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's Martial Arts Academy as quoted in an anti-bullying article on [www.moms.today.msnbc.msn.com](http://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 give 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  
Resident \$57 / Non-Resident \$68*

Sat	9:45-10:30am	Sept 12-Oct 31	46599
Sat	9:45-10:30am	Jan 9-Feb 27	46600

## Cheerleading

### Dream Team Cheer Squad

**Ages 7 to 18 years**

**NEW!** 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](mailto:anne@EastsideDreamElite.com). (Some extra uniform costs may be incurred for this class.)

*Location: NKCC • 6 classes • No class 11/12 & 11/26  
Resident \$72 / Non-Resident \$86*

Thur	5-6:30pm	Sept 17-Oct 22	46618
Thur	5-6:30pm	Oct 29-Dec 17	46619
Thur	5-6:30pm	Jan 7-Feb 11	46620
Thur	5-6:30pm	Feb 25-Mar 31	46621



## Youth Dance

### 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 • 13 weeks  
No class 11/24 • Resident \$93 / Non-Resident \$112*

Tue	5:45–6:30pm	Sept 15–Dec 15	46610
Tue	5:45–6:30pm	Jan 5–Mar 29	46611

### 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*

**13 weeks • No class 11/28**

*Resident \$93 / Non-Resident \$112*

Sat	11:30am–12:15pm	Sept 19–Dec 19	46612
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**12 weeks • Resident \$86 / Non-Resident \$103**

Sat	11:30am–12:15pm	Jan 9–Mar 26	46613
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### Keiki Hula

**Ages 5 to 8 and 8 to 10 years**

Students will learn the basic foot and hand motions of the hula with emphasis on posture and timing. They will sing and learn the story of their hula along with a few Hawaiian words that pertain to their dance.

*Please wear shorts and t-shirts to class • Location: NKCC  
Instructor: Jeanne Makanaoklani Porter • 10 weeks  
No class 11/11 • Resident \$71 / Non-Resident \$85*

**Ages 5 to 8 years**

Wed	5:30–6:15pm	Sept 9–Nov 18	46614
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Wed	5:30–6:15pm	Jan 13–Mar 16	46616
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**Ages 8 to 10 years**

Wed	4:35–5:20pm	Sept 9–Nov 18	46615
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Wed	4:35–5:20pm	Jan 13–Mar 16	46617
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### Hip Hop Girls 1

**Ages 5 to 7 years**

Dance like your favorite pop stars! In this high-energy, age appropriate class, girls will learn fun hip-hop techniques and combinations, danced to their favorite music. Hip Hop is a popular, energetic pop style version of urban street dance. Learn the latest moves to “today’s” (clean version) of music. Build self-esteem, enhance your coordination and stay fit!

*Wear loose clothing and tennis shoes please! Location: NKCC*

**6 weeks • No class 11/23**

*Resident \$43 / Non-Resident \$52*

Mon	4–4:45pm	Sept 14–Oct 19	46311
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Mon	4–4:45pm	Nov 2–Dec 14	46312
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**5 weeks • No class 1/18 & 2/15**

*Resident \$36 / Non-Resident \$43*

Mon	4–4:45pm	Jan 11–Feb 22	46313
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Mon	4–4:45pm	Feb 29–Mar 28	46314
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### 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 & tennis shoes • Location: NKCC*

**6 weeks • No class 11/23 • Resident \$43 / Non-Res. \$52**

Mon	4:50–5:35pm	Sept 14–Oct 19	46315
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Mon	4:50–5:35pm	Nov 2–Dec 14	46316
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**5 weeks • No class 1/18 & 2/15 • Res. \$36 / Non-Res. \$43**

Mon	4:50–5:35pm	Jan 11–Feb 22	46317
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Mon	4:50–5:35pm	Feb 29–Mar 28	46318
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### Hip Hop 2

**Ages 8 to 10 years**

Hip Hop is a popular energetic pop style version of urban street dance. In this class you will learn the latest moves to today’s music while you build self-esteem, enhance your coordination and stay fit!

*Wear loose clothing & tennis shoes • Location: NKCC*

**6 weeks • No class 11/23 • Resident \$43 / Non-Res. \$52**

Mon	6:35–7:20pm	Sept 14–Oct 19	46319
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Mon	6:35–7:20pm	Nov 2–Dec 14	46320
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**5 weeks • No class 1/18 & 2/15 • Res. \$36 / Non-Res. \$43**

Mon	6:35–7:20pm	Jan 11–Feb 22	46321
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Mon	6:35–7:20pm	Feb 29–Mar 28	46322
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## Specialized Recreation Dance

### Shining Stars Dance **NEW!**

**Ages 7 to 13 years**

See Page 39

## Teen Ballet

*Instructor: Marco Carrabba, Ballet Master/Choreographer of Carrabba Dance Theatre has a 20 year distinguished professional dance career and over 18 years' experience teaching and choreographing ballets for students of all levels, as well as an extensive theater background. Dance companies include PNB, San Francisco, Boston, Stuttgart and Hamburg Ballet.*

### Ballet – 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 12/28, 1/18 & 2/15  
Resident \$66 / Non-Resident \$79

Mon	4:15–5:15pm	Sept 14–Oct 19	46177
Mon	4:15–5:15pm	Oct 26–Nov 30	46178
Mon	4:15–5:15pm	Dec 7–Jan 25	46180
Mon	4:15–5:15pm	Feb 1–Mar 14	46183

**Wednesdays** 6 classes • No class 11/11, 11/25, 12/23 & 12/30 • Resident \$66 / Non-Resident \$79

Wed	4:15–5:15pm	Sept 9–Oct 14	46176
Wed	4:15–5:15pm	Oct 21–Dec 9	46179
Wed	4:15–5:15pm	Dec 16–Feb 3	46181
Wed	4:15–5:15pm	Feb 10–Mar 16	46182



## Rhythmic Gymnastics

The Olympic sport of rhythmic gymnastics is now offered in your neighborhood at La Luna Rhythmic Gymnastics Academy. Learn the grace & beauty of ballet and movement to music, while also learning to perform athletic tricks with ribbons, balls, hoops, ropes and clubs. Mastering self-esteem, discipline, flexibility, dance & artistry, in addition to eye-hand coordination and aerobic exercise are just some of the benefits of this unique sport.

*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

### Rhythmic Gymnastics for Youth

#### Girls Ages 6 to 8 years

New and continuing students 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

#### 1½ HOUR CLASSES

6 weeks • No class 11/28 • Resident \$108 / Non-Res. \$130

Sat	1–2:30pm	Sept 12–Oct 17	46503
Sat	1–2:30pm	Oct 31–Dec 12	46504
Sat	1–2:30pm	Jan 9–Feb 13	46509
Sat	1–2:30pm	Feb 27–Apr 2	46510

#### 1 HOUR CLASSES

6 weeks • No class 11/26 • Resident \$84 / Non-Res. \$101

Tue	4:30–5:30pm	Sept 8–Oct 13	46966
Thur	4:30–5:30pm	Sept 10–Oct 15	46967
Tue	4:30–5:30pm	Oct 27–Dec 1	46968
Thur	4:30–5:30pm	Oct 29–Dec 10	46969
Tue	4:30–5:30pm	Jan 5–Feb 9	46970
Thur	4:30–5:30pm	Jan 7–Feb 11	46971
Tue	4:30–5:30pm	Feb 23–Mar 29	46972
Thur	4:30–5:30pm	Feb 25–Mar 31	46973

## Ice Skating All Ages

Come experience 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. 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 • Please arrive ½ hour before class to get skates on • Please wear warm clothes, jacket and gloves • No class on 11/27

• **Registration deadline is: one week prior to start of first class.**

### FALL CLASSES

#### Ages 5 to Adult • 6 weeks

Resident \$115 / Non-Resident \$138

Mon	6–7pm	Sept 14–Oct 19	46572
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#### Ages 5 to Adult • 7 weeks

Resident \$135 / Non-Resident \$162

Mon	6–7pm	Nov 2–Dec 14	46573
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#### Ages 3½ to Adult • 7 weeks

Resident \$135 / Non-Resident \$162

Tue	10:45–11:45am	Sept 8–Oct 20	46574
Tue	10:45–11:45am	Nov 3–Dec 15	46575

#### Ages 5 to Adult • 7 weeks

Resident \$135 / Non-Resident \$162

Fri	6–7pm	Sept 11–Oct 23	46576
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#### Ages 5 to Adult • 4 weeks

Resident \$75 / Non-Resident \$90

Fri	6–7pm	Nov 6–Dec 4	46577
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### WINTER CLASSES

#### Ages 5 to Adult • 7 weeks

Resident \$135 / Non-Resident \$162

Mon	6–7pm	Jan 4–Feb 15	46578
Fri	6–7pm	Jan 9–Feb 20	46582
Mon	6–7pm	Feb 29–Apr 11	46579
Fri	6–7pm	Mar 4–Apr 15	46583

#### Ages 3½ to Adult • 7 weeks

Resident \$135 / Non-Resident \$162

Tue	10:45–11:45am	Jan 5–Feb 16	46580
Tue	10:45–11:45am	Mar 1–Apr 12	46581

## Youth Ice Hockey

### Hockey 1—Learn to Skate

**Ages 4 to 13 years**

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

*Location: SnoKing Ice Arena; 14326 124th Ave NE Kirkland*  
 • *Equipment required: (Please note below equipment can be rented) helmets, stick, gloves rental available with registration* • *Once you have registered for the class, please contact SnoKing at 425.821.7133, 1 week prior to start of class to arrange for equipment rental pickup* • *Series Length: 6 weeks, one class a week* • **Please note: Registration closes One week in Advance** • *Prerequisite: N/A (new skaters welcome)* • *No class 11/28, 12/26, 1/2, 1/16, 2/13, 3/26*

#### Class Fee with No Rental Equipment \$115

Sat	8:10am–9:10am	Sept 12–Oct 17	46112
Sat	8:10am–9:10am	Oct 24–Dec 5	46114
Sat	8:10am–9:10am	Dec 12–Feb 6	46116
Sat	8:10am–9:10am	Feb 20–Apr 2	46118
Sat	11:40am–12:40pm	Apr 9–May 14	46119

#### Class Fee with Rental Equipment \$145

Sat	8:10am–9:10am	Sept 12–Oct 17	46113
Sat	8:10am–9:10am	Oct 24–Dec 5	46115
Sat	8:10am–9:10am	Dec 12–Feb 6	46117
Sat	8:10am–9:10am	Feb 20–Apr 2	46121
Sat	11:40am–12:40pm	Apr 9–May 14	46123

## Soccer

### UK Elite Feet Soccer 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.

*No class: 10/20* • *Location: Juanita Beach Park, 9703 NE Juanita Drive* • *Resident \$100 / Non-Resident \$120*  
 COED: *Ages 7 to 9 years*

Sundays	10–11:30am	Sept 13–Oct 25	46661
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COED: *Ages 10 to 14 years*

Sundays	11:30–1pm	Sept 13–Oct 25	46662
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### Ice Hockey 2—Learn to Play

**Ages 4 to 13 years**

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

*Location: Kingsgate Arena; 14326 124th Ave NE, Kirkland*  
 • *Equipment required: (Please note below equipment can be rented) Full hockey equipment required* • *Once you have registered for the class, please contact SnoKing at 425.821.7133, 1 week prior to start of class to arrange for equipment rental pickup* • *Series Length: 16 week program, one hour class held on Saturdays in Kirkland* • *Prerequisite and Requirements: Hockey 1 or basic ice skating skills* • *Players must be registered with USA Hockey and will be given instructions on how to do so prior to the 1st day of class* • *Annual membership cost is \$49 for ages 7 and up* • *There is no fee for 6 years and younger* • *The registration is required for insurance purposes and is active for the whole 2014-2015 season* • *No class 11/28, 12/26, 1/2, 1/16, 2/13* • **Registration closes one week in advance**

#### Class Fee with No Rental Equipment \$225

Sat	8:10–9:10am	Oct 3–Feb 20	46124
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#### Class Fee with Rental Equipment \$305

Sat	8:10–9:10am	Oct 3–Feb 20	46125
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# KIRKLAND KIDS TRIATHLON

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

**This non-competitive, non-timed event provides an excellent opportunity for youth to experience the sport of triathlon.** Athletes participate in 50 yard swim/splash, ½ mile bike, ½ mile run. Registration will close September 11<sup>th</sup>. Day of event registration will be available beginning at 9:30am however participants are encouraged to register prior to the event.

## AGES 3 TO 12 YEARS

# SEPTEMBER 12, 2015 JUANITA BEACH

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

**\$32 (includes tax)**

**Registration #45040**

Participants will receive swim cap,  
T-shirt & ribbon

2015  
2016

# YOUTH BASKETBALL

CITY OF KIRKLAND  
BOYS AND GIRLS • GRADES 3-6

# LEAGUE

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



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

Questions about the league visit:

[www.kirklandwa.gov/youthathletics](http://www.kirklandwa.gov/youthathletics) or call 425.587.3360

## Volunteer Coaches Needed for Each Team!!

Please see information below.

### Youth Basketball League Information

The season begins the week of November 30th. Coaches will contact players by phone at least 1 week prior to the beginning of season. The coach will be providing you with information about your practices time and location.

### Volunteer Coaches Needed

Volunteer coaches are needed for each team in the league. Volunteer application will be accepted beginning August 12, 2015 and are available online at [www.kirklandwa.gov/youthathletics](http://www.kirklandwa.gov/youthathletics). No prior basketball experience is necessary. We handle volunteer application on a first come first serve basis; therefore, getting your application turned in ASAP is crucial. All coaches must pass a background check. If no one volunteers to coach your team then KPCS staff will contact individual parents from your team roster to recruit a coach.

### Mandatory Coaches Meeting

The coaches' meeting is Saturday, November 21st from 9:30am to 11am. The meeting is designed to provide valuable information about the league. The meeting will be held at the Peter Kirk Community Center.

### NYSCA Training

New Coaches to the league will be registered for an on-line coaches training at [www.nays.org/nyscaonline/](http://www.nays.org/nyscaonline/) and will need to be completed prior to the first day of practice. Returning coaches will need to recertify at the coaches meeting.

### How are teams formed?

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

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

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

1. Registration is taken on a first come, first served basis.
2. 6th grade boys and girls will register for the middle school which they attend and their gender. On the first day of practice, teams will be formed, based on the number of players registered. All registered players will be placed on a team. \*Dependent on registration numbers, it is possible that 5th and 6th grade be combined to form a league, ex. 5th/6th Girls and/or 5th/6th Boys\*  
*\*please note on a case by case situation, some teams may have 11 players due to registration numbers\**
3. Children from private schools or home school will be placed on a roster of the public school they would attend in their neighborhood if they did not attend a private school / home school.

**Requests**

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

**Games**

Games will begin Saturday, January 9, 2016. KPCS youth basketball games are played on Saturdays, 1/9, 1/16, 1/23, 1/30, 2/6, 2/20, 2/27, and 3/5 between 8am-5pm. March 12 will be a makeup game weekend if games are cancelled due to weather. No games will be played 2/13. Teams may have double headers and/or BYE weekends. **Game schedule will be posted in mid-December at [www.kirklandwa.gov/youthathletics](http://www.kirklandwa.gov/youthathletics)**

**Practices**

Teams begin practicing the week of Nov. 30th. Teams will practice twice a week. Practice start times range from 5:00pm to 8:00pm and may be on any weekday.

SCHOOL	BOYS				GIRLS			
	3RD	4TH	5TH	6TH	3RD	4TH	5TH	6th
AG BELL	46011	46037	46050		46063	46076	46089	
FRANKLIN	46012	46038	46051		46064	46077	46090	
SANDBURG	46013	46039	46052		46065	46078	46091	
THOREAU	46014	46040	46053		46066	46079	46092	
KELLER	46015	46041	46054		46067	46080	46093	
MUIR	46016	46042	46055		46068	46081	46094	
JUANITA	46017	46043	46056		46069	46082	46095	
LAKEVIEW	46108	46044	46057		46070	46083	46096	
TWAIN	46019	46045	46058		46071	46084	46097	
PETER KIRK	46020	46046	46059		46072	46085	46098	
FROST	46021	46047	46060		46073	46086	46099	
ROSE HILL	46022	46048	46061		46074	46087	46100	
HOLY FAMILY	46023	46049	46062		46075	46088	46101	
KIRKLAND MIDDLE				46106				46102
KAMIAKIN MIDDLE				46107				46103
FINN HILL MIDDLE				46108				46104
ROSE HILL MIDDLE				46109				46105

**Registration Deadlines: October 26th, 2015**

Registration after October 26th will be accepted on a space available basis and is only available by calling 425.587.3360.

**To register visit: [www.kirklandparks.net](http://www.kirklandparks.net) or call 425.587.3336**

**Resident \$101 plus tax / Non-Resident \$121 plus tax**

**Uniforms**

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

**Snow/Rain**

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

**Refund Policy**

Refund/credits are granted if request is made on or before November 22nd. Withdrawals requested between November 23rd and November 29th will result in a credit/refund of 50% of the registration fee, less a \$10 administrative fee. No refund/credit will be issued on or after December 1st.

**Notes**

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



Sponsored by



**REFEREES NEEDED  
PAID POSITION**  
Youth Basketball Referees needed for the season. This is a paid position. For more information email Kelsey Hayes at [khayes@kirklandwa.gov](mailto:khayes@kirklandwa.gov)



# KIRKLAND TEEN

## DROP IN

Anyone between the ages of 13 and 18 is welcome at KTUB during our open hours of operation. Play pool or video games, 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.

## CLASSES

KTUB also 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 [www.ktub.org](http://www.ktub.org) or email [programs@ktub.org](mailto:programs@ktub.org).

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

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

### Summer Hours

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

### Silk Screening 101

Turn any computer generated or hand drawn image into a vibrant fashion statement. In a band? Come learn how to create your own merch to sell at shows. We'll walk you through prepping a screen, setting the image and making a design that will last longer than the Rolling Stones.

*By Appointment*

### Florist 101

Ready to enter the workforce but the service industry isn't your thing? Want to create living art? Check out our NEW Florist 101 program! In this 6 week program you will learn the basics on how to care for your product, safety, and how to create beautiful arrangements!

*Wednesdays • 2:00–3:30pm*

### Upower

Upower is coming to KTUB! Upower is a non-profit organization aimed at bringing fitness activities to high school teens at no cost to them. We offer an encouraging after school environment to teens in order to improve their physical fitness. Classes include warm-ups, stretching, and a workout of the day. Upower is a great way to get in shape, meet new friends, and have something fun to do after school, all for free!

*Thursdays • 4:00–5:00pm*

### Culinary Arts

Learn fun and valuable culinary art skills. Take home attractive and delicious items using royal icing, chocolate candy melts, fondant and easy no bake recipes. All supplies are included.

*Wednesdays • 4:00–5:30pm*

### Sketch Party

Come show off your latest drawings, learn a new spin on your Manga or play pass and draw! Supplies provided!

*Fridays • 5:00–6:00pm*

### Audio Internship

Learn the basics of sound engineering and mixing, using a mixing board, audio systems, microphones, and more. Get practical advice on running a successful sound check, managing set changeovers, and building a career in the field of audio engineering. A year-long class, followed by applying new skills in 2 concerts!

*Thursdays beginning in August • 5:00-8:00pm • FREE*



Register at  
[www.ktub.org](http://www.ktub.org)

# UNION BUILDING

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## FREE PROGRAMS

### 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, regardless of income. While the primary goal of this program is to meet a basic need by providing teens with a well-balanced meal, Teen Feed also strives to collaborate with local groups and organizations to build community, create a culture of social responsibility, and to promote healthy living principles.

*Every Friday • 6:00pm • FREE*

### 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 TLB is a fun and gratifying way to while to learn and participate while gaining valuable experience necessary for any resume or college application.

*Every other Friday • FREE • Max 20 participants*

### Youth and Government

Put your values into action. Meet new friends and mentors that will help you learn and grow while becoming familiar with the legislative process, the art of debate, and public speaking. Alongside your peers, the YMCA Youth and Government program will provide you with the opportunity to debate topics and bills that are important to you. Students learn about state government through an experiential process where young people become "Senators, Representatives, Lobbyists and Reports. In May, teens take over the Capitol building and debate their own bills! This is a fee-based program.

*October–May, Wednesdays \*Meets at Bellevue Y\*  
6:00–7:30pm • FREE*

### KTUB Tutoring

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

*Tuesdays: 5:00–7:00pm • Call ahead or drop-in  
Beginning in September*

### Drop-In Career Services

During this time, participants can schedule a one on one appointment to meet with an advisor to work on resumes, cover letters, job searches and more.

*By Appointment • FREE • Max 1 student per half hour*



### Music Internship Program

Do you love music? Want to learn more about the music industry, booking, audio production, and show management? This is your chance. Learn from working industry musicians, make new friends, and get into show for FREE!

*Tuesdays OR Thursdays • 5:00–8:00pm + event schedule  
FREE • Max 15 participants*

### Pokémon

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

*Fridays 6:00–8:00pm*



### Open Mic Program

Want a chance to perform in a safe, judgment free atmosphere? Join us the first Friday of every month. Come at 6pm for Friday Feed, then stay to perform in or watch open mic from 7–9pm. Performers of all talents may sign up day of to share their creativity for a supportive audience.

*1st Friday of every month • 7:00–9:00pm • FREE  
Max 25 students*

### One Song, One Chance 2015

One Song One chance is a large scale battle of the bands hosted by the YMCA KTUB. Open to any genre, musicians ages 13–19 compete in front of a 300+ person audience and a panel of industry professionals for a chance to win a six month "band developmental deal" (which includes a fully produced record, merch, band photos, connections with industry professionals and sold out CD release show) and a grand prize from our sponsors. Winners from the previous years have continued to sign record and publishing deals, land a spot in EMP's "Sound Off" competition and have had opportunities to open for national touring artists. Don't miss the chance to perform your best song and take your musical career to the next level. Sign up today!

*To sign up, email [onesongbooking@gmail.com](mailto:onesongbooking@gmail.com)*

*October 2nd: Solo Acts  
October 3rd: Bands  
October 24th: Finals*

## 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 Eastside. Opportunities are listed by area of interest and show all basic information on listed organizations. The guide book was updated this last year, [http://www.ci.kirkland.wa.us/\\_\\_\\_shared/assets/Where\\_To\\_Care\\_Guide1754.pdf](http://www.ci.kirkland.wa.us/___shared/assets/Where_To_Care_Guide1754.pdf). You can also request a guide by calling 425.587.3323.

## TEEN TRAFFIC COURT

Have you or someone you know just been given a traffic ticket by a Kirkland cop? Do you want it taken off your record? The Kirkland Youth Council, in cooperation with Kirkland Municipal Court, runs the monthly Teen Traffic Court (TTC) program. TTC offers teens the opportunity to have moving violations heard in front of a judge and jury of their peers. Teens that have been issued a notice of infraction by jurisdictions served by Kirkland Municipal Court (Clyde Hill, Hunts Point, Yarrow Point, and Kirkland) are eligible for the program. Once the assigned penalty has been completed, the ticket is removed from the person's driving record. To sign up for TTC, eligible students must file a request in person at the Kirkland Municipal Court (11740 NE 118th Street). Teens must complete a registration form and provide student ID at the Court. For questions, please call the Kirkland Municipal Court, 425.587.3160 or Kirkland Youth Services, 425.587.3323.

## WE'VE GOT ISSUES VIDEO

Have you seen the Kirkland Youth Council's award-winning video program, "We've Got Issues", recently? This is a video program that is hosted, edited, filmed, and produced, by teens for teens. "We've Got Issues" has been airing on our local access channel, KGOV Channel 21 for many years. We recently completed our program on social media that is now airing on TV and available on-line. If you are interested in helping us with one of our topics or have a program idea, please contact us at our email address, [KYC@KIRKLANDWA.GOV](mailto:KYC@KIRKLANDWA.GOV), or by phone at 425.587.3323.

## TEENS CAN GET INVOLVED!

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

## COME JOIN THE KIRKLAND

# YOUTH COUNCIL



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

## WE ARE RECRUITING TEENS FROM THE FOLLOWING SCHOOLS:

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

## GET YOUR KYC APPLICATIONS IN! DUE FRIDAY SEPT. 25, 2015

Apply on-line at: [www.kirklandwa.gov/depart/parks/Youth\\_Services/Youth\\_Council/Youth\\_Council\\_App.htm](http://www.kirklandwa.gov/depart/parks/Youth_Services/Youth_Council/Youth_Council_App.htm)

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

**425.587.3323 OR  
KYC@KIRKLANDWA.GOV**

# 2015-2016



# Specialized Recreation



## HALLOWEEN SPOOKTACULAR DANCE

Saturday, October 31  
5:30-8:00pm

Come in costume for an evening of fun dancing and socializing with your friends!

- \$5.00 per person at the door
- Caretakers are free
- Volunteers welcome!
- Snacks and punch provided.

### UPCOMING EVENTS:

#### Valentines Sweetheart Dance

Saturday  
February 13, 2015  
5:30-8:00pm, \$5

#### Bingo Night

Saturday  
March 5, 2015  
6-8:30pm, \$5

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

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

#### \*\*RSVP or Questions:

Maureen@friendshipadventures.org  
or call 425.444.3132 or 360.668.3840.

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

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.



### Shining Stars Dance **NEW!**

**Ages 7 to 13 years**

Introducing a new dance program for children with developmental challenges. Every child has the ability to shine and just as each star is unique, so is your child with his or her own unique abilities! Dance is a great way to exercise, and is also a form of self-expression, encouraging creativity and social interaction. Miss Kellsie will teach simple dance moves and routines that will bring out the shining star in each child and together they'll light up the room! This program is geared for children with challenges such as autism, downs syndrome & emotional/psychological disabilities.

*Participants need to have the skills to participate and cooperate in group settings • Caregivers are always welcome to join at no charge • If you have questions or to find out more about our program please call, 425.587.3352 • Instructor: Kellsie Steele • Location: NKCC*

**Fall 6 weeks • No class 11/23**  
Resident \$43 / Non-Resident \$52

Mon	5:40-6:25pm	Sept 14-Oct 19	46775
Mon	5:40-6:25pm	Nov 2-Dec 14	46776

**Winter 5 weeks • No class 1/18 & 2/15**  
Resident \$36 / Non-Resident \$43

Mon	5:40-6:25pm	Jan 11-Feb 22	46777
Mon	5:40-6:25pm	Feb 29-Mar 28	46778

### Cooking with Karen **NEW!** 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.*

*Participants need to have the skills to participate and cooperate in group settings • Caregivers are always welcome to join at no charge*  
Instructor: Karen Renfro-Gilgens

Location: PKCC • Residents \$25 / Non Residents \$30

Tue	2:30-4:30pm	Sept 15	46977
Tue	2:30-4:30pm	Oct 20	46978
Tue	2:30-4:30pm	Nov 17	46979
Tue	2:30-4:30pm	Jan 19	46982
Tue	2:30-4:30pm	Feb 16	46983
Tue	2:30-4:30pm	Mar 15	46984

# VOLLEYBALL LEAGUES



## ADULT INDOOR VOLLEYBALL LEAGUE Age 18+

The season consists of 7 weeks of regular season play with two weeks of playoffs (one week guaranteed). Games are played at either Emerson High School or Kamiakin Middle School with 7:15pm, 8:20pm or 8:40pm start times depending on the division.

**NOTE: Sales tax will be collected for fall season fees. Beginning in 2016, sales tax will not be charged. TEAM FEE: \$300**

### WOMEN'S UPPER DIVISION— BB level

The Women's Upper Division is for teams with intermediate to above average skill level, have in depth knowledge of offensive and defensive game play and can use advanced strategies to be successful. Matches on Monday nights.

<b>Fall</b>	Mon	Sept 14–Nov 2	7:15 or 8:20pm	46664
<b>Winter</b>	Mon	Jan 4–Mar 7	7:15 or 8:20pm	46670
<b>Spring</b>	Mon	Mar 28–May 23	7:15 or 8:20pm	46677

### WOMEN'S LOWER DIVISION—B level

The Women's Lower Division is for teams with average to intermediate skill level meaning, abilities more advanced than a beginner. Players understand the game and are able to perform some of the necessary skills required to be successful. Matches on Monday nights.

<b>Fall</b>	Mon	Sept 14–Nov 2	7:15 or 8:20pm	46665
<b>Winter</b>	Mon	Jan 5–Mar 7	7:15 or 8:20pm	46671
<b>Spring</b>	Mon	Mar 28–May 23	7:15 or 8:20pm	46678

### COED UPPER DIVISION— BB level

The COED Upper Division is for teams with intermediate to above average skill level, have in depth knowledge of offensive and defensive game play and can use advanced strategies to be successful. Matches on Tuesday nights.

<b>Fall</b>	Tues	Sept 15–Nov 3	8:20 or 8:40pm	46666
<b>Winter</b>	Tues	Jan 5–Mar 1	8:20 or 8:40pm	46672
<b>Spring</b>	Tues	Mar 22–May 17	8:20 or 8:40pm	46679

### COED LOWER DIVISION— B level

The COED Lower Division is for teams with average to intermediate skill level meaning more advanced than a beginner. Players understand the game and are able to perform some of the necessary skills required to be successful. Matches on Tuesday nights.

<b>Fall</b>	Tues	Sept 15–Nov 3	8:20 or 8:40pm	46667
<b>Winter</b>	Tues	Jan 5–Mar 1	8:20 or 8:40pm	46673
<b>Spring</b>	Tues	Mar 22–May 17	8:20 or 8:40pm	46681

### COED—C DIVISION

The COED "C" Division is our least competitive division that's great for beginners who are learning the rules or those still improving their fundamental skills. Matches are on Wednesday nights.

<b>Fall</b>	Wed	Sept 16–Nov 11	8:20pm	46669
<b>Winter</b>	Wed	Jan 6–Mar 2	8:20pm	46674
<b>Spring</b>	Wed	Mar 23–May 18	8:20pm	46682

### Free Agent Team— COED C Division

Are you looking for a team to join? Do you have a couple friends that want to play volleyball but don't have enough to have your own team? Then you're in luck! We are offering a free agent team for our COED C division of volleyball that will play on Wednesday nights. For a flat fee of \$40 (plus sales tax for the fall season only) 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.

<b>Fall</b>	Wed	Sept 16–Nov 11	8:20pm	46669
<b>Winter</b>	Wed	Jan 6–Mar 2	8:20pm	46675
<b>Spring</b>	Wed	Mar 23–May 18	8:20pm	46680

SPRING REGISTRATION  
AVAILABLE JANUARY 4th

## OPEN GYM SUNDAYS

Basketball and Volleyball courts available. Individuals or teams welcome.

**Sundays • 5–8pm**

Kamiakin Middle School  
14111 132nd Ave NE, Kirkland

**Fall Gym:** Sept 20 – Nov 15

**Winter Gym:** Dec 6 – Mar 20

No open gym: Dec 20 & 27,  
Jan 3 & 17, Feb 14

**\$4.00 per person**

Includes Sales Tax  
BILLS OVER \$10 NOT ACCEPTED

Call 425.587.3335 for gym  
closure info. 18 and older.



## AGE 55± SOFTBALL RECRUITMENT IS IN FULL SWING!

See page 58 or call  
Rich Mialovich 425.827.1109

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

Or LIKE our Facebook  
page **www.facebook.com/  
kirklandsportsleagues**

## Sports



### Golf Instruction

Learn to play golf in the comfortable atmosphere of the Redwood Golf Center in Woodinville. A PGA instructor teaches group lessons. Learn basic golf, grip stance, swing, rules and etiquette. By the end of this 4-part series you will be able to play on the golf course. Bring your own clubs or try the Golf Center's demo clubs.

*Location: Redwood Golf Center, 13029 Redmond-Woodinville Rd NE, Woodinville • Min 6 / Max 12  
4 classes • Sr Resident \$89 / Sr Non-Resident \$99  
Non-Sr Resident \$97 / Non-Sr Non-Resident \$119*

Fri	10–11am	Sept 4–25	45893
Fri	10–11am	Oct 2–23	45894
Fri	10–11am	Nov 6–27	45895
Fri	10–11am	Jan 8–29	45896
Fri	10–11am	Feb 5–26	45897
Fri	10–11am	Mar 4–25	45898

### Ice Skating All Ages

Come experience Ice Skating in a fun and safe learning environment. 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  
• Classes include 30 min. of professional instruction & 30 min. of practice/free skating time • Arrive ½ hour before class to get skates on • Wear warm clothes, jacket and gloves • No class 11/27*

**Registration deadline: one week prior to start of first class.**

#### FALL CLASSES

**Ages 5 to Adult • 6 weeks • Resident \$115 / Non-Res. \$138**

Mon	6–7pm	Sept 14–Oct 19	46572
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**Ages 5 to Adult • 7 weeks • Resident \$135 / Non-Res. \$162**

Mon	6–7pm	Nov 2–Dec 14	46573
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**Ages 3½ to Adult • 7 weeks • Res. \$135 / Non-Res. \$162**

Tue	10:45–11:45am	Sept 8–Oct 20	46574
Tue	10:45–11:45am	Nov 3–Dec 15	46575

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

Fri	6–7pm	Sept 11–Oct 23	46576
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**Ages 5 to Adult • 4 weeks • Resident \$75 / Non-Res. \$90**

Fri	6–7pm	Nov 6–Dec 4	46577
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#### WINTER CLASSES

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

Mon	6–7pm	Jan 4–Feb 15	46578
Fri	6–7pm	Jan 9–Feb 20	46582
Mon	6–7pm	Feb 29–Apr 11	46579
Fri	6–7pm	Mar 4–Apr 15	46583

**Ages 3½ to Adult • 7 weeks • Res. \$135 / Non-Res. \$162**

Tue	10:45–11:45am	Jan 5–Feb 16	46580
Tue	10:45–11:45am	Mar 1–Apr 12	46581



# MOVE IT!

**FOR YOUR BODY  
FOR YOUR HEALTH  
FOR YOUR SELF**

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!

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



## **Body Sculpting**

Does your body need toning or shaping? Want to add some curves and definition in all the right spots? This 45-minute class could give you a new look without the chisel. We start with a 10-minute aerobic warm up, then move on to exercise for the upper body, abdominal, glutes, and legs. Exercise to music, and end with feel-good stretches. Weights will be discussed at first class.

## **C.D.S.—Cardio, Dance, Sculpt**

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

## **Circuit Training**

Aerobics + Strength Training = Great Results! Use the step, hand weights, rubber tubing, and aerobics in timed intervals to build strength and endurance. Our students report it's their favorite class! Bring hand weights and a mat to class.

## **Dance Aerobics**

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

## **Full Body Stretch**

Take the time to relax. Stretching is a vital part of any exercise routine for people of all ages and fitness levels. Through stretch and relaxation you will learn to focus inward and lengthen each muscle group to improve posture and alignment. This class aims to increase your range of motion, reduce muscle tension and improve balance and circulation.

## **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**

**NEW!** 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!



**STILL MORE AFFORDABLE THAN  
YOUR LOCAL FITNESS CLUB!**

## FALL 2015

All classes below included with your **Move It! Pass**  
Resident \$114 / Non-Resident \$136 • Class #46806

### 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

14 weeks // September 8–December 19 // No class: Oct 30, Nov 11, 23-28

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	Taraneh
Wed	C.D.S. –Cardio, Dance, Sculpt	9:15–10:15am	Laura
Thur	Strength & Stretch	8:00–9:00am	Laura
Fri	Power Hour	9:15–10:15am	Laura
Sat	Total Body Conditioning	8:30–9:30am	Joleen
Sat	Zumba	9:40–10:40am	April

### EVENING CLASSES

14 weeks // September 8–December 19 // No class: Oct 30, Nov 11, 23-28

DAY	CLASS	TIME	INSTR.
Mon	Red Hot Dance Fitness <b>NEW!</b>	5:30–6:15pm	Carrie
Mon	Circuit Training	6:30–7:20pm	Joleen
Mon	Yoga-Candlelight Vinyasa	7:25-8:25pm	Chris
Tue	Body Sculpting	5:30–6:15pm	Sandi
Tue	Dance Aerobics	6:20–7:10pm	Laura
Wed	Red Hot Dance Fitness <b>NEW!</b>	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	Full Body Stretch	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!

## WINTER 2016

All classes below included with your **Move It! Pass**  
Resident \$98 / Non-Resident \$117 • Class #46807

### MORNING CLASSES

12 weeks // January 4–March 26 // No class: Jan 18, Feb 15

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	Taraneh
Wed	C.D.S. –Cardio, Dance, Sculpt	9:15–10:15am	Carrie
Thur	Strength & Stretch	8:00–9:00am	Laura
Fri	Power Hour	9:15–10:15am	Laura
Sat	Total Body Conditioning	8:30–9:30am	Joleen
Sat	Zumba	9:40–10:40am	April

### EVENING CLASSES

12 weeks // January 4–March 26 // No class: Jan 18, Feb 15

DAY	CLASS	TIME	INSTR.
Mon	Red Hot Dance Fitness <b>NEW!</b>	5:30–6:15pm	Carrie
Mon	Circuit Training	6:30–7:20pm	Joleen
Mon	Yoga–Candlelight Vinyasa	7:25–8:25pm	Chris
Tue	Body Sculpting	5:30–6:15pm	Sandi
Tue	Dance Aerobics	6:20–7:10pm	Laura
Wed	Red Hot Dance Fitness <b>NEW!</b>	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	Full Body Stretch	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 classes are not included in Move It pass ]



## Rizzmic®

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

*Wear athletic shoes • Location: PKCC • Instructor: Joan Wilde  
4 classes • No class 9/29 & 2/9 • Resident \$35 / Non-Resident \$42*

Tue	10:30–11:30am	Sept 8–Oct 6	46126
Tue	10:30–11:30am	Oct 13–Nov 3	46127
Tue	10:30–11:30am	Nov 10–Dec 1	46128
Tue	10:30–11:30am	Dec 8–29	46129
Tue	10:30–11:30am	Jan 5–26	46130
Tue	10:30–11:30am	Feb 2–Mar 1	46131
Tue	10:30–11:30am	Mar 8–29	46132

## Zumba® Gold

Zumba® Gold modifies Zumba® fitness to non-impact moves and pacing suiting the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Zesty Latin music, world rhythms, exhilaratingly easy to follow moves and the invigorating party-like atmosphere are exercise in disguise! Feel the music, forget you are exercising and just move with the joy! You don't have to know how to dance, just know how to have fun! All abilities welcome.

*Wear athletic shoes • Location: PKCC • Instructor: Joan Wilde  
4 classes • No class 11/19, 11/26, 12/3 & 3/17  
Resident \$35 / Non-Resident \$42*

Thur	10:30–11:30am	Sept 10–Oct 1	46134
Thur	10:30–11:30am	Oct 8–29	46135
Thur	10:30–11:30am	Nov 5–Dec 17	46136
Thur	10:30–11:30am	Jan 7–28	46137
Thur	10:30–11:30am	Feb 4–25	46138
Thur	10:30–11:30am	Mar 3–31	46139

## Exercise & Fitness

### 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	Sept 26	46622
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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 12/28, 1/18 & 2/15

Resident \$50 / Non-Resident \$60

Mon	5:20-6:05pm	Sept 14-Oct 19	46146
Mon	5:20-6:05pm	Oct 26-Nov 30	46147
Mon	5:20-6:05pm	Dec 7-Jan 25	46148
Mon	5:20-6:05pm	Feb 1-Mar 14	46144

**Wednesdays** • 6 classes • No class 11/11, 11/25, 12/23 & 12/30

Resident \$50 / Non-Resident \$60

Wed	5:20-6:05pm	Sept 9-Oct 14	46140
Wed	5:20-6:05pm	Oct 21-Dec 9	46141
Wed	5:20-6:05pm	Dec 16-Feb 3	46142
Wed	5:20-6:05pm	Feb 10-Mar 16	46143

### 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 11/2, 12/28, 1/18 & 2/15 • Resident \$60 / Non-Resident \$72

Mon	5:30-6:30pm	Sept 14-Oct 19	45885
Mon	5:30-6:30pm	Oct 26-Dec 7	45886
Mon	5:30-6:30pm	Dec 14-Feb 1	45889
Mon	5:30-6:30pm	Feb 8-Mar 21	45890

**Wednesdays** • 6 classes • No class 11/4, 11 & 25

Resident \$75 / Non-Resident \$90

Wed	5:30-6:45pm	Sept 9-Oct 14	45887
Wed	5:30-6:45pm	Oct 21-Dec 16	45888
Wed	5:30-6:45pm	Jan 6-Feb 10	45891
Wed	5:30-6:45pm	Feb 17-Mar 23	45892

See page 61 for more Daytime Yoga classes!



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

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

FOR DETAILS AND TO APPLY:

**GOVJOBSTODAY.COM**





Partner Dancing. Great fun & exercise... no partner required to join in!

# Dance Like the Stars!

**Location: North Kirkland Community Center**

Adults & Teens, Couples & Singles Welcome! Professional Certified Instructor: Lynn Gross

## West Coast Swing

### West Coast Swing: Level 1

Contemporary, modern, stylish swing—the most music friendly & versatile of all partner dances! Solid foundational patterns and techniques make learning this dance a simple, logical & fun experience.

*No experience needed! • All ability levels welcome!*

*Location: NKCC • 5 weeks • Resident \$54 / Non-Res. \$65*

Tue 7:30–8:30pm Sept 8–Oct 6 46637

### West Coast Swing: Level 2

Popular pattern variations and enhanced partnering techniques add more fun and boost your swing skills and confidence!

*Prerequisite: Level 1, equivalent experience, or instructor permission • Location: NKCC • 5 weeks*

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

Tue 7:30–8:30pm Oct 13–Nov 10 46638

### West Coast Swing: Level 3

Add styling and personality to your Swing with progressed pattern variations and playful partnering moves!

*Prerequisite: Levels 1 & 2, equiv. experience, or instructor permission • Location NKCC • 3 weeks*

*Resident \$33 / Non-Resident \$39*

Tue 7:30–8:30pm Nov 17–Dec 1 46639

## Night Club Two Step

### Night Club Two Step: Level 1

Romantic dancing at its finest—a dreamy dance for easy-listening, soft-rock love songs played at parties, night clubs, weddings, on cruise ships, and at many local dances. Easy leading, following and turning techniques included.

*No experience needed! • Location: NKCC • 5 weeks*

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

Tue 8:30–9:30pm Sept 8–Oct 6 46640

### Night Club Two Step: Level 2

Continue to develop your romantic side with simple pattern variations and partnering techniques.

*Prerequisite: Level 1, equivalent experience, or instructor permission • Location: NKCC • 5 weeks*

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

Tue 8:30–9:30pm Oct 13–Nov 10 46641

### Night Club Two Step: Level 3

Take romantic dancing up another notch while you float across the dance floor using intriguing new patterns, partnering techniques, and styling variations.

*Prerequisite: Levels 1 & 2, equiv. experience, or instructor permission • Location NKCC • 3 wks • Res. \$33 / Non-Res. \$39*

Tue 8:30–9:30pm Nov 17–Dec 1 46642

## Ballroom Favorites

### Ballroom Favorites: Level 1

Basics and simple variations of the ever-popular and always-in-style classics: Romantic Waltz, Smooth Fox Trot, Lively Jitterbug Swing, and a bit of Sensual Tango.

*No experience needed! • Location: NKCC • 5 weeks*

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

Tue 7:30–8:30pm Jan 12–Feb 9 46643

### Ballroom Favorites: Level 2

Gain comfort and confidence with leading and following as you learn new and pleasing pattern variations in Waltz, Fox Trot, Jitterbug Swing and Tango.

*Prerequisite: Level 1, equivalent experience, or instructor permission • Location: NKCC • 5 weeks*

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

Tue 7:30–8:30pm Feb 16–Mar 15 46644

### Ballroom Favorites: Level 3

Polish your styling and add some flair to your dancing! Learn exciting patterns like Pivots, Parallels, Sways, Dips & more! Prerequisite: Levels 1 & 2, equiv. experience or instructor permission.

*Location: NKCC • 3 weeks • Resident \$33 / Non-Resident \$39*

Tues 7:30–8:30 Mar 22–Apr 5 46645

## Salsa

### Salsa: Level 1

EZ Latin! This popular Latin dance will boost your energy level. Connect to the Latin beat with easy leading and following techniques and fun—but simple—patterns! Energetic fun for winter evenings!

*No experience needed! • Location: NKCC*

*5 weeks • Resident \$54 / Non-Resident \$65*

Tue 8:30–9:30pm Jan 12–Feb 9 46646

### Salsa: Level 2

Salsa moves become more comfortable and automatic with new patterns and styling variations plus some Latin hip action.

*Prerequisite: Level 1, equivalent experience, or instructor permission • Location: NKCC • 5 weeks*

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

Tue 8:30–9:30pm Feb 16–Mar 15 46647

### Salsa: Level 3

Make your Salsa sizzle with Double Turns, Spins, and more hip action! The right techniques make it simple!

*Prerequisite: Levels 1 & 2, equiv. experience, or instructor permission • Location: NKCC • 3 weeks*

*Resident \$33 / Non-Resident \$39*

Tues 8:30–9:30pm Mar 22–Apr 5 46648

## 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

Welcome to Hula! No experience necessary. We will begin by learning the basic foot and hand motions, continuing on to your first dance. A great way to be fit and have fun; works the entire body and stimulates the mind. Think trade winds & sandy beaches.

*Wear comfortable clothing (shorts or pants & t-shirts, NO JEANS PLEASE) • Instructor: Jeanne Makanaokalani Porter • Location: NKCC • 10 weeks • No class 11/11 Resident \$100 / Non-Resident \$120*

Wed	6:30–7:15pm	Sept 9–Nov 18	46623
Wed	6:30–7:15pm	Jan 13–Mar 16	46624

### Intermediate Hula

For those with hula experience and an understanding of the basic steps. This fast-paced class will introduce hula implements such as ipu, 'uli'uli, 'ili'ili, pu'ili. Both Kahiko and 'auana will be taught along with a focus on general technique. Some Hawaiian language taught as it pertains to hula, along with lyrics and the background of every dance learned. Optional public performances.

*Wear a pa'u skirt if you have one, otherwise comfortable clothing – NO JEANS PLEASE! • Instructor: Jeanne Makanaokalani Porter • Location: NKCC • 10 weeks No class 11/11 • Resident • \$100 / Non-Resident \$120*

Wed	7:15–8:15pm	Sept 9–Nov 18	46625
Wed	7:15–8:15pm	Jan 13–Mar 16	46626

### Advanced Hula

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

*Wear a pa'u skirt – NO JEANS PLEASE! • Instructor: Jeanne Makanaokalani Porter • Location: NKCC • 10 weeks No class 11/11 • Resident \$100 / Non-Resident \$120*

Wed	8:15–9:15pm	Sept 9–Nov 18	46627
Wed	8:15–9:15pm	Jan 13–Mar 16	46628

## 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*

<b>8 weeks • Resident \$80 / Non-Resident \$96</b>
Tue 6:40–7:40pm Sept 8–Oct 27 46629

<b>7 weeks • Resident \$70 / Non-Resident \$84</b>
Tue 6:40–7:40pm Nov 3–Dec 15 46630

<b>5 weeks • Resident \$50 / Non-Resident \$60</b>
Tue 6:40–7:40pm Jan 19–Feb 16 46631

<b>6 weeks • Resident \$60 / Non-Resident \$72</b>
Tue 6:40–7:40pm Feb 23–Mar 29 46632

### 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*

<b>8 weeks • Resident \$80 / Non-Resident \$96</b>
Tue 7:45–8:45pm Sept 8–Oct 27 46633

<b>7 weeks • Resident \$70 / Non-Resident \$84</b>
Tue 7:45–8:45pm Nov 3–Dec 15 46634

<b>5 weeks • Resident \$50 / Non-Resident \$60</b>
Tue 7:45–8:45pm Jan 19–Feb 16 46635

<b>6 weeks • Resident \$60 / Non-Resident \$72</b>
Tue 7:45–8:45pm Feb 23–Mar 29 46636



# Adult Dance CLASS LOCATIONS VARY

## Folk Dance

### Beginning Scandinavian Folk Dance **NEW!**

This five 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!

Location: PKCC • 5 classes  
Resident \$50 / Non-Resident \$60

Thur	7:30–9pm	Oct 1–29	46287
Thur	7:30–9pm	Jan 14–Feb 11	46289
Thur	7:30–9pm	Feb 25–Mar 24	46290

### The Mountaineer's International Folk Dancing

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

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

Tue	7:30–9:30pm	Sept 8–29	45981
Tue	7:30–9:30pm	Oct 6–27	45982
Tue	7:30–9:30pm	Nov 3–24	45983
Tue	7:30–9:30pm	Dec 1–22	45984
Tue	7:30–9:30pm	Dec 29–Jan 19	45989
Tue	7:30–9:30pm	Jan 26–Feb 16	45986
Tue	7:30–9:30pm	Feb 23–Mar 15	45987



## Ballet

Instructor: Marco Carrabba, Ballet Master/Choreographer of Carrabba Dance Theatre, has a 20 year distinguished professional dance career and over 18 years' experience teaching and choreographing ballets for students of all levels, as well as an extensive theater background. Dance companies include PNB, San Francisco, Boston, Stuttgart and Hamburg Ballet.

### Ballet Basics

Have you always wanted to take a ballet class but something got in the way? Now that you have the time, do you feel like you're too old and it's too late! Here's the good news, it's never too late to learn ballet! No reason to be intimidated! This adult basic ballet class offers something for everyone from young adult to seniors and provides a fun way to tone and tighten your body while learning the fundamental techniques in a positive and supportive environment. Ballet develops balance, coordination, strength, stamina, self-confidence and body-centered awareness. This class is for those with little or no dance training but who want to embrace one of the most beautiful and graceful of all dance styles.

Location: PKCC • Instructor: Marco Carrabba  
6 classes • No class 12/28, 1/18 & 2/15  
Resident \$66 / Non-Resident \$79

Mon	6:15–7:15pm	Sept 14–Oct 19	46149
Mon	6:15–7:15pm	Oct 26–Nov 30	46150
Mon	6:15–7:15pm	Dec 7–Jan 25	46151
Mon	6:15–7:15pm	Feb 1–Mar 14	46152

### 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 11/11, 11/25, 12/23 & 12/30  
Resident \$66 / Non-Resident \$79

Wed	6:15–7:15pm	Sept 9–Oct 14	46155
Wed	6:15–7:15pm	Oct 21–Dec 9	46156
Wed	6:15–7:15pm	Dec 16–Feb 3	46157
Wed	6:15–7:15pm	Feb 10–Mar 16	46158

## 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 12/28, 1/18 & 2/15  
Resident \$50 / Non-Resident \$60

Mon	5:20–6:05pm	Sept 14–Oct 19	46146
Mon	5:20–6:05pm	Oct 26–Nov 30	46147
Mon	5:20–6:05pm	Dec 7–Jan 25	46148
Mon	5:20–6:05pm	Feb 1–Mar 14	46144

**Wednesdays** • 6 classes • No class 11/11, 11/25, 12/23 & 12/30 • Resident \$50 / Non-Resident \$60

Wed	5:20–6:05pm	Sept 9–Oct 14	46140
Wed	5:20–6:05pm	Oct 21–Dec 9	46141
Wed	5:20–6:05pm	Dec 16–Feb 3	46142
Wed	5:20–6:05pm	Feb 10–Mar 16	46143

## Line Dance

### Line Dancing

Line Dancing is a great way to exercise your body and mind while meeting new friends and listening to some great music. This class includes basic line dancing for the beginner along with more challenging dances for the more advanced dancer. A new dance is taught at every class as well as reviewing previously taught dances. All abilities welcome! Join Eloise in this fun and friendly class. No partner needed. This class will not be pro-rated.

Location: PKCC • Instructor: Eloise Chinn  
6 classes • No class 9/29, 11/24 & 2/9  
Resident \$30 / Non-Resident \$36  
Drop-In Rate Resident \$7 / Non-Resident \$8

Tue	10–11am	Sept 8–Oct 20	45960
Tue	10–11am	Oct 27–Dec 8	45961
Tue	10–11am	Jan 5–Feb 16	45962
Tue	10–11am	Feb 23–Mar 29	45963

## Music

### Beginning Guitar Turbo Charged!

**Ages 15 years to Adult**

This fast-paced course covers all the basics—from tuning and strumming, all the way up to common chord progressions. Learn major, minor and 7th chords, basic rhythms and beginning theory. Good for acoustic styles. Must be at least 12 years old at the start of class.

Student must provide their own instrument  
 Instructor: Scott Lawson • Location: NKCC • 8 weeks  
 No class 2/15 • Resident \$98 / Non-Resident \$118

Mon	6:30–7:30pm	Sept 14–Nov 2	46591
Mon	6:30–7:30pm	Jan 25–Mar 21	46594

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

**Ages 12 years 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 2/15 • Resident \$98 / Non-Resident \$118

Mon	5:15–6:15pm	Sept 14–Nov 2	46764
Mon	5:15–6:15pm	Jan 25–Mar 21	46765

### Drop-In Guitar Lessons **NEW!**

**Ages 12 years to Adult**

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

**No online registration. Call to register: 425.587.3350**

Instructor: Scott Lawson • Location: NKCC  
 No Drop-In 2/15 • Resident \$15 / Non-Resident \$16.50  
 (per each 20 minute session)

Mon	4–5pm	Sept 14–Nov 2	
Mon	4–5pm	Jan 25–Mar 21	

## Photography

### Digital Photography from A to F-Stop

If you are interested in taking better photographs and improving your photo skills with your Point and Shoot or a DSLR interchangeable lens camera, you will enjoy this class. You will learn to confidently turn your automatic settings off and use other techniques to capture creative photographs through the use of shutter speed, aperture control, and various mode settings. Bring your digital camera, owner's manual and several of your digital photographs to class on a SD or CF card, flash drive, CD or DVD.

Duke Coonrad, is an award winning photographer & has over 30 years of photography experience • His publications include local and national calendars, magazines, and newspapers including the Seattle PI, Kirkland Reporter, Seattle Times and Mercer Island Reporter.

Location: PKCC • Resident \$45 / Non-Resident \$54

Wed	6:30–9:30pm	Nov 18	45912
Wed	6:30–9:30pm	Feb 17	45913

## Voice-Overs

### Voice Overs... Now is your time!

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

Instructor 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

Mon	7–9pm	Nov 23	46689
Thur	7–9pm	Jan 28	46690

## American Red Cross Classes



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

**Ages 14 years 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 not included in course fee and must be purchased separately at [shopstaywell.com](http://shopstaywell.com)

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

Sat	9am–3pm	Jan 9	46976
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# Adult Special Interest

## Arts & Crafts

### The Calavera Garland **NEW!**

**Ages 10 years to Adult**

Calaveras—or skeletons—come to life each year to celebrate the Dia de los Muertos traditions. Participants create and decorate six individual clay Calaveras that will later be strung together to make a festive decoration or addition to any altar.

*No experience necessary • All materials, glazes and firing included • Pieces will be fired and ready for pick-up within three weeks of the class • Instructor: Karen White • Location: NKCC • Resident \$55 / Non-Resident \$66*

Sat	1:30–4:30pm	Oct 10	46693
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### Home for the Holidays **NEW!**

**Ages 14 years to Adult**

Everyone loves to put special holiday decorations and dishes out to celebrate traditions. Come make and decorate a holiday work of art that will be perfect for parties, special gatherings, or to leave tasty treats for that special visitor. Students will have a choice of designing and decorating a medium platter, bowl or plate.

*No experience necessary • All materials provided • Pieces will be fired and ready for pick-up within three weeks of the class • Instructor: Karen White • Location: NKCC Resident \$35 / Non-Resident \$42*

Sat	3:30–5:30pm	Nov 21	46695
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### Henna Fundamentals Workshop **NEW!**

Henna has become popular for both its beauty and simplicity, as well as its temporary nature. Lucille Ball dyed her hair red with it, and celebrities today are seen flaunting their body art designs for paparazzi. Learn how to create intricate patterns, mix your own fresh henna paste, and try some of the different tools available to today's mehndi artists. This class is for anyone curious about this unique art form. Plenty of individual, expert attention makes this class a great fit for any experience level.

*A \$30 supply fee will be collected by the instructor the day of class • Each student will receive a henna kit to take home • Instructor: Sarah Walters • Location: PKCC Resident \$119 / Non-Resident \$143*

Sat	10am–1pm	Sept 26	46291
Sat	10am–1pm	Nov 7	46292
Sat	10am–1pm	Jan 23	46293
Sat	10am–1pm	Mar 19	46294

### 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 12/21, 12/28 & 2/15 Resident \$130 / Non-Resident \$156*

Mon	6–9pm	Sept 14–Nov 2	45899
Mon	6–9pm	Nov 9–Jan 11	45900
Mon	6–9pm	Jan 25–Mar 21	45901

### Oil Painting the Easy Way

Paint along as Jean demonstrates the entire painting and provides individual assistance. Your own style will emerge as you paint many subjects from still life to landscapes to florals. You will quickly learn composition, color mixing, brush use, establishing depth and more. This class offers something for all levels.

*Supply list available at PKCC • Instructor: Jean Pratt Beouy Location: PKCC • 8 classes • No class 12/22 & 12/29 Resident \$130 / Non-Resident \$156*

Tue	5:30–8:30pm	Sept 8–Oct 27	45903
Tue	5:30–8:30pm	Nov 3–Jan 5	45904
Tue	5:30–8:30pm	Jan 12–Mar 1	45905
Tue	5:30–8:30pm	Mar 8–Apr 26	45906

For day time art classes  
see page 59

### Anyone Can Draw

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

*Instructor: Jean Pratt Beouy • Supply list available at PKCC Location: PKCC • 6 classes • Resident \$98 / Non-Res. \$118*

Thur	6–9pm	Oct 1–Nov 5	45907
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### Drawing with Pastels **NEW DAY!**

Learn to use the brilliant glowing colors of pastels to draw creatively, while learning techniques of this versatile medium. This class is designed for all students, some drawing skills helpful. Continuing students should bring a project to work on.

*Supply list available at PKCC Instructor: Louise Arntson • Location: PKCC*

**4 classes • Resident \$30 / Non-Resident \$36**

Thur	1–3pm	Oct 1–22	45908
Thur	1–3pm	Feb 4–25	45910
Thur	1–3pm	Mar 3–24	45911

**3 classes • Resident \$23 / Non-Resident \$28**

Thur	1–3pm	Nov 5–19	45909
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### Ikebana: The Art of Japanese Flower Arranging

Experience the world of Ikebana and learn how to make simple and elegant arrangements with relatively few floral materials—a real “plus” in today's economic climate. Students will learn concepts of line, space, mass, color, texture and more while creating basic styles of moribana (shallow vase) and nageire (tall vase) arrangements.

*Taught by Diane Elliott, a certified instructor with the Sogetsu School of Ikebana • Fee for floral materials \$32 paid to instructor on first day of class. Please bring flower scissors, a broad, shallow vase and a large kenzan (flower frog) to first class.*

*Location: PKCC • Instructor: Diane Elliott • 4 classes No class 11/11 • Resident \$64 / Non-Resident \$72*

Wed	6:30–8:30pm	Oct 21–Nov 18	45964
Wed	6:30–8:30pm	Feb 17–Mar 9	45965

## Language

### Introduction to Spanish

¿Habla Español? Learn to speak, read and write Spanish using basic vocabulary in the present tense.

*Yolanda Von Diesel has been teaching language classes for over 25 years and is fluent in Spanish, French, Norwegian, Italian and German • This class uses "Dos Mundos 6th Edition, please bring book, pen and paper to class.*

Location: PKCC • 5 classes  
Resident \$38 / Non-Resident \$46

Mon	1:30–3pm	Feb 22–Mar 21	46214
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### Continuing Spanish

Now that you know the basics, here's the opportunity to expand your vocabulary and increase conversational skills.

*Yolanda Von Diesel has been teaching language classes for over 25 years and is fluent in Spanish, French, Norwegian, Italian and German • This class uses "Dos Mundos 6th Edition, please bring book, pen and paper to class.*

Location: PKCC • 5 classes  
Resident \$38 / Non-Resident \$46

Wed	1:30–3pm	Feb 24–Mar 23	46215
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### French for Adults **NEW!**

#### Ages 18 to adult

Guided by a native speaker, become comfortable navigating through basic daily interactions and conversations in French... Get exposed to French culture, basic grammar and vocabulary, and be ready for your next trip to France.

Instructor: Frederique Battestini of Polly-Glots  
Location: NKCC • 10 weeks • No class 11/28  
Resident \$168 / Non-Resident \$202

Sat	11am–12pm	Sept 26–Dec 5	46691
Sat	11am–12pm	Jan 23–Mar 26	46692

## Gardening

### Conifers in the Landscape

**NEW!** We are all familiar with our gorgeous towering Western Red Cedars and Douglas Firs. But did you know that there is an enormous array of conifers that are drought-tolerant and scaled to your landscape? Come check out the diversity. 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-Resident \$18

Sat	10:30–11:30am	Oct 17	46295
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### Container Designs **NEW!**

Containers aren't just for annuals, they can be great for vegetables, colorful perennials that hummingbirds like and herbs for cooking. Did you know that fruit can be grown in a container? Let's look at examples of great containers that have been put together and put one together in class. 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-Resident \$18

Sat	10:30–11:30am	Jan 9	46296
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### Hot New Spring Shrubs and Perennials for Your Landscape

**NEW!** Plant breeders have been working hard to create smaller, more colorful shrubs and perennials for your landscape. Here is your chance to take a closer look at these new introductions and learn about their diversity. 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-Resident \$18

Sat	10:30–11:30am	Mar 26	46564
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## Computers

### iPad Workshop **NEW!**

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

Location: PKCC • Instructor: Sally Ann Mowrey  
2 classes • Participants must provide their own iPad  
Resident \$20 / Non-Resident \$24

Fri	1:30–3pm	Feb 5–12	46221
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### Android Workshop **NEW!**

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  
No class 11/27 • Resident \$35 / Non-Resident \$42

Fri	1:30–3pm	Nov 6–Dec 4	46222
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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

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More NEW computer classes now available!  
See page 62 for more details.

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# Adult Special Interest

## General Interest

### Is it a Real Work at Home Job or a Scam?

If you need extra ways to supplement your income but can't figure out what is legitimate, then this class is for you! The first half of this class focuses heavily on the marketing trick of scammers. You'll learn how to track emails, trace IP addresses and research companies, giving you confidence to recognize scammers from legitimate work. The second part of the class will provide you with over 170 resources on how to make extra income as well as over 140 legitimate companies that hire at-home workers.

*Basic Internet and email skills required • Course fee includes workbook with listings, (\$25 value.)*

*Instructor: Bethany Mooradian has been self-employed for over 15 years and has been featured in such publications as Good Housekeeping, Bankrate.com, ABCnews.com, US News & World Report, AOL Jobs and other publications.*

*Location: PKCC • Resident \$40 / Non-Resident \$48*

Tue	6-9pm	Sept 22	45914
Tue	6-9pm	Feb 16	45915

### Become a Mystery Shopper

Yes, there is such a thing as a free lunch! Companies hire people to make observations on their stores and employees. They need the information to train workers and improve customer service, and the result is that you get to earn money while you shop and eat! Learn who is hiring, what companies expect, how to write a great evaluation, tax reporting, common scams and how to get started.

*Basic Internet and email skills required • Course fee includes workbook with listings (a \$25 value)*

*Instructor: Bethany Mooradian has been a mystery shopper for over 15 years working with over 150 different companies. She's been a shopper, scheduler, and mystery shopping company owner, and speaks at the National Mystery Shopping Conventions. Bethany's Mystery Shopping experiences have been featured in the Toronto Sun, Detroit Free Press, Seattle Met Magazine and other publications.*

*Location: PKCC • Resident \$40 / Non-Resident \$48*

Thur	6-9pm	Oct 8	45916
Tue	6-9pm	Feb 2	45917



### Reverse Mortgage **NEW!**

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	Sept 16	46188
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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	Nov 16	46161
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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	Jan 11	46162
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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. Handouts 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*

Thur	6:30-8:30pm	Oct 22	46163
Sat	9:30-11:30am	Jan 23	46164

## DOG TRAINING

Companion Animal Solutions is excited to offer dog training for owners with a busy lifestyle.

### 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*

Thur	6:30–8:30pm	Dec 3	46165
Sat	9:30–11:30am	Mar 12	46167

### 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	Nov 7	46168
Thur	6:30–8:30pm	Feb 11	46169

### Group Dog Training w/ Dogs

If your dog doesn't do well around other dogs, sign up for private training as an alternative.

*Instructor: Peggy Adams Myers Location: PKCC  
Resident \$39 / Non-Resident \$47*



<b>Introduction to Dog Training</b>	Dogs like to learn the same way you do: by being shown what you want and rewarded for getting it right instead of being punished every time they make a mistake when they weren't sure what you wanted. Get started learning to communicate effectively with your dog so training is fun for both of you.	Sept 9 • Wed 7:00-8:00pm	46300
		Jan 13 • Wed 7:00-8:00pm	46304
<b>Settle Down!</b>	Some of the most common behavior problems can be dealt with by teaching your dog to settle down. Learn how to get your dog to calm down and settle in one spot.	Sept 16 • Wed 7:00-8:00pm	46301
		Jan 20 • Wed 7:00-8:00pm	46305
<b>Walk with Me!</b>	Does your dog drag you down the street? Learn how to get your dog to focus on you and make walking with your dog enjoyable	Sept 23 • Wed 7:00-8:00pm	46299
		Jan 27 • Wed 7:00-8:00pm	46303
<b>Come When Called</b>	Does your dog think twice when they hear "Come!", or even run in the opposite direction? Learn 5 simple rules to make your dog come running when you call.	Sept 30 • Wed 7:00-8:00pm	46302
		Feb 3 • Wed 7:00-8:00pm	46306



Get  
Walking  
with the  
Kirkland  
Steppers  
PAGE 56



Great Art  
Classes  
Available!  
PAGE 59



Line Dancing PAGE 60



Several  
Computer  
classes on  
PAGES 62  
and 63

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 68) or contact EvergreenHealth Community Healthcare Access Team at 425.899.3200 for other options.

## Endorsements

Classes, workshops, services and events offered at the Peter Kirk Community Center are selected for the potential recreational and educational enjoyment of, and benefit to, interested participants. We do not endorse any products or programs that are presented. Individuals are responsible for making their own informed decisions.

## Center Hours

Monday–Friday . . . . . 8:00am–5:00pm  
Closed at Noon . . . . . 12/24 & 12/31  
Center Closed . . . . . Sept 1, 2, 3, 4, 7  
Nov 11, 26, 27  
Dec 25, Jan 1, 18  
& Feb 15



**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 12th year of fun walking opportunities on Tuesdays (June 2–Sept 29) with a plethora of zany, dedicated walker’s age 50+. Waste no time lacing up your sneakers for an experience only the Steppers can provide.

Becoming a Super Stepper “Club Card” member is simple at the Peter Kirk Community Center. Program details are outlined in the Club Walk Schedule, available at the front desk.



SPECIAL EVENTS		CLUB Member	NON-Member	Registration Number
Sept 15	<b>Bellevue Botanical Gardens</b> Lunch on your own at Crossroads Mall	–0–	\$7	44743
Sept 29	<b>“Finish Line” Extravaganza</b> Lunch sponsored by Fairwinds Redmond	–0–	\$7	44744

### 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!

#### REGISTRATION #44739

- Exclusive Membership Card
- Super Stepper give-aways
- First priority for registration for all Special Events.
- Special Event Walks (registration required)
- Transportation to Special Event walks (registration required – seats are limited)
- Admittance to the “Finish Line” Extravaganza
- Participation in community merchant discounts
- Reward for the highest number of walks attended

\* WA State sales tax included \*

#### Non-Members:

- Are encouraged and always WELCOME to join the walkers every week.
- There is a \$7 fee per event for all special walks and parties.
- Registration required for all Special Events and opens 2 weeks prior to event.

Thank You Fairwinds Redmond & EvergreenHealth for Sponsoring Steppers!



## Special Events

### 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 • Free

Fri	11am	Oct 2	45920
Mon	11am	Jan 25	45921

### CLUB BON VOYAGE

**NEW!** 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 upcoming 2016 destinations. Free

Mon	10:30am	Oct 5	46571
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# at the Peter Kirk Community Center

## Fall Fashion Show & Tea

Join your friends and make some new ones over a delicious cup of tea and some delectable goodies while enjoying a vintage fashion show.

**Advanced registration required by 9/18! • Cost \$7** (includes sales tax)

Special thanks to the PKCC Advisory Board for hosting this event.

Thur 1pm Sept 24 45925

## FABULOUS FOWL FEAST

Celebrate Thanksgiving the old fashioned way. Enjoy lively musical entertainment by the Haggis Brothers followed by a delicious traditional turkey meal with all the trimmings.

**Advanced registration required by 11/12! • Cost \$7** (includes sales tax)

Special thanks to Brookdale Kirkland.

Thur 11am Nov 19 45922

## HOLIDAY D'LIGHTS

Add some merriment to your holiday season with our annual celebration featuring a festive musical performance from "Buddy Holly" and a delicious lunch. This is one party you won't want to miss; it's guaranteed to get you in to the spirit of the season!

**Advanced registration required by 11/25! • Cost \$7** (includes sales tax)

Special thanks to Aegis of Kirkland and Aegis Lodge in Kirkland.

Thur 11am Dec 3 45923

## 15TH ANNUAL HOLLY-DAY BRUNCH

Sit back and relax while members of the Kirkland Youth Council prepare and serve a delicious brunch. Register early, space is limited!

**Advanced registration required by 11/25! • Free!**

Sat 10am Dec 5 45924

## Mardi Gras

Masquerade madness is here with all the pomp and fanfare! Join the fun incognito and create a magical illusion with your colorful attire and mask. Tap your toes to some fabulous music, followed by a lavish lunch!

**Advanced registration required by 2/2! • Cost \$9** (includes sales tax)

Tues 11am Feb 9 45926

## Luck o' the Irish LUNCHEON

Grab some something green to wear and help us celebrate St. Patrick's Day! This party will begin with some lively, toe-tapping entertainment followed by a traditional Irish meal.

**Advanced registration required by 3/10! • Cost \$9** (includes sales tax)

Special thanks to Pacific Regent of Bellevue.

Thur 11am Mar 17 45927

# VIVA VOLUNTEERS!

GIVING A HAND • GETTING INVOLVED



## Annual Volunteer Fair Saturday, October 24 at PKCC 10am–2pm

Learn about exciting and rewarding volunteer opportunities!

- Door prizes!
- Hot topic sessions!
- Free parking!
- Free snacks and beverages!

### VOLUNTEER OPPORTUNITIES

- |                |                        |
|----------------|------------------------|
| Health Care    | Park Development       |
| Housing        | Emergency Preparedness |
| Senior Care    | Crisis Assistance      |
| Transportation | The Arts               |
| Food Banks     | ...and many more       |
| Animal Care    |                        |



For more information contact: **Leslie Miller 425.587.3322**

## 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)

## Arts & Crafts

### Beginning Watercolor Workshop

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

Supply list available at PKCC • Location: PKCC  
Instructor: Pat Tuton • Supply fee \$3 • 2 classes  
Resident \$22 / Non-Resident \$26

Fri	9:30am–12pm	Sept 11–18	46307
Fri	9:30am–12pm	Jan 8–15	46308

### Mixed Watercolor Media Painting (Intermediate Level)

More artists these days are combining 2 or more different mediums to achieve interesting and unique effects. Learn how to explore, expand and enjoy these techniques while also focusing on basic painting concepts and see how different media interact. **Come prepared to paint! (No oil painting)**

Supply list available at PKCC • Prerequisite: Beginning Watercolor or Workshop • Location: PKCC  
Instructor: Pat Tuton • 4 classes • Supply fee \$3  
Resident \$44 / Non-Resident \$53

Fri	9:30am–12pm	Sept 25–Oct 16	46309
Fri	9:30am–12pm	Jan 22–Feb 12	46310

### 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.

Location: PKCC • Supply list available at PKCC  
Instructor: Danielle Barlow • 6 classes • No class 2/15  
Resident \$46 / Non-Resident \$55

Mon	9:30–11:30am	Sept 14–Oct 19	45928
Mon	9:30–11:30am	Oct 26–Nov 30	45929
Mon	9:30–11:30am	Dec 7–Jan 11	45930
Mon	9:30–11:30am	Jan 25–Mar 7	45931
Mon	9:30–11:30am	Mar 14–Apr 18	45932

### Drawing with Pastels NEW DAY!

Learn to use the brilliant glowing colors of pastels to draw creatively, while learning techniques of this versatile medium. This class is designed for all students, some drawing skills helpful. Continuing students should bring a project to work on.

Supply list available at PKCC  
Instructor: Louise Arntson • Location: PKCC

**4 classes • Resident \$30 / Non-Resident \$36**

Thur	1–3pm	Oct 1–22	45908
Thur	1–3pm	Feb 4–25	45910
Thur	1–3pm	Mar 3–24	45911

**3 classes • Resident \$23 / Non-Resident \$28**

Thur	1–3pm	Nov 5–19	45909
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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 • Will not meet 9/1 • Per visit fee: Resident \$3 / Non-Resident \$4

Tue	1–3pm	Ongoing
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### Hand & Heart Sewing Group

Join this fun social group that makes dresses and shorts to be sent to disaster and poverty stricken areas such as Melawi, Kenya, Haiti and Rwanda to name a few. Everyone is welcome to take part in this incredible project, no experience necessary!

No meeting on 9/3 • Group meets the 1st and 3rd Thursday of each month at 1pm

### Needle Craft Group

Have fun, socialize and work on your hand work.

No meeting on 11/11 • 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 Theory of Everything	Mon	1pm	Sept 21
The Imitation Game	Mon	1pm	Oct 19
Big Eyes	Mon	1pm	Nov 16
The Book Thief	Mon	1pm	Dec 21
Woman in Gold	Mon	1pm	Jan 11
The Longest Ride	Mon	1pm	Feb 8
Leap Year	Mon	1pm	Feb 29
Still Alice	Mon	1pm	Mar 21

### Video / DVD Movie Checkout

Our movie checkout library has grown. If you have videos or DVD's to donate, please drop them off at the front desk. Movies are available to check out, free of charge, to view either at the Center or at home.



## 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.

# Age 50+

## Language

### Introduction to Spanish

¿Habla Español? Learn to speak, read and write Spanish using basic vocabulary in the present tense.

*Yolanda Von Diesl has been teaching language classes for over 25 years and is fluent in Spanish, French, Norwegian, Italian and German • This class uses "Dos Mundos 6th Edition, please bring book, pen and paper to class.*

*Location: PKCC • 5 classes  
Resident \$38 / Non-Resident \$46*

Mon	1:30–3pm	Feb 22–Mar 21	46214
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### Continuing Spanish

Now that you know the basics, here's the opportunity to expand your vocabulary and increase conversational skills.

*Yolanda Von Diesl has been teaching language classes for over 25 years and is fluent in Spanish, French, Norwegian, Italian and German • This class uses "Dos Mundos 6th Edition, please bring book, pen and paper to class.*

*Location: PKCC • 5 classes  
Resident \$38 / Non-Resident \$46*

Wed	1:30–3pm	Feb 24–Mar 23	46215
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## Literary Arts

### Mystery Book Club

Participants will select a-book-of-the-month and then meet to share their reading experiences. Join us and bring along your favorite mystery. Everyone welcome!

*Group meets the 1st Wednesday of each month, 1–2pm • No meeting in September*

## Music

### Swingin' Seniors Band

All musicians welcome to join the fun!  
*Group meets the 1st and 3rd Thursday of each month, 1–3pm*



## Sports

### Golf Instruction

Learn to play golf in the comfortable atmosphere of the Redwood Golf Center in Woodinville. A PGA instructor teaches group lessons. Learn basic golf, grip stance, swing, rules and etiquette. By the end of this 4-part series you will be able to play on the golf course. Bring your own clubs or try the Golf Center's demo clubs.

*Location: Redwood Golf Center,  
13029 Redmond-Woodinville Rd NE, Woodinville*

*Min 6 / Max 12 • 4 classes  
Sr Resident \$89 / Sr Non-Resident \$99  
Non-Sr Resident \$97 / Non-Sr Non-Resident \$119*

Fri	10–11am	Sept 4–25	45893
Fri	10–11am	Oct 2–23	45894
Fri	10–11am	Nov 6–27	45895
Fri	10–11am	Jan 8–29	45896
Fri	10–11am	Feb 5–26	45897
Fri	10–11am	Mar 4–25	45898

## Dance

### Line Dancing

Line Dancing is a great way to exercise your body and mind while meeting new friends and listening to some great music. This class includes basic line dancing for the beginner along with more challenging dances for the more advanced dancer. A new dance is taught at every class as well as reviewing previously taught dances. All abilities welcome! Join Eloise in this fun and friendly class.

*No partner needed. This class will not be pro-rated.  
Location: PKCC • Instructor: Eloise Chinn • 6 classes  
No class 9/29, 11/24 & 2/9*

<i>Resident \$30 / Non-Resident \$36 Drop-In Rate Resident \$7 / Non-Resident \$8</i>			
Tue	10–11am	Sept 8–Oct 20	45960
Tue	10–11am	Oct 27–Dec 8	45961
Tue	10–11am	Jan 5–Feb 16	45962
Tue	10–11am	Feb 23–Mar 29	45963

## 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**

## Fitness & Exercise

### 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 11/2, 12/28 & 2/15**  
*Resident \$40 / Non-Resident \$48*

Mon	9–10am	Sept 14–Oct 5	45934
Mon	9–10am	Oct 12–Nov 9	45935
Mon	9–10am	Nov 16–Dec 7	45936
Mon	9–10am	Dec 14–Jan 11	45937
Mon	9–10am	Jan 25–Feb 22	45947
Mon	9–10am	Feb 29–Mar 21	45948

**Wednesdays 4 classes • No class 12/30**  
*Resident \$40 / Non-Resident \$48*

Wed	10–11am	Sept 9–30	45938
Wed	10–11am	Oct 7–28	45939
Wed	10–11am	Nov 18–Dec 9	45940
Wed	10–11am	Dec 16–Jan 13	45941
Wed	10–11am	Jan 20–Feb 10	45949
Wed	10–11am	Feb 17–Mar 9	45950
Wed	10–11am	Mar 16–Apr 6	45951

**Thursdays 4 classes • No class 10/29, 11/5 & 3/17**  
*Resident \$40 / Non-Resident \$48*

Thur	9:15–10:15am	Sept 10–Oct 1	45942
Thur	9:15–10:15am	Oct 8–Nov 12	45943
Thur	9:15–10:15am	Jan 7–28	45953
Thur	9:15–10:15am	Feb 4–25	45954
Thur	9:15–10:15am	Mar 3–31	45955

**Thursdays 2 classes**  
*Resident \$20 / Non-Resident \$24*

Thur	9:15–10:15am	Dec 10–17	45944
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### Rizzmic® **NEW!**

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

*Wear athletic shoes • Location: PKCC  
Instructor: Joan Wilde • 4 classes • No class 9/29 & 2/9*  
*Resident \$35 / Non-Resident \$42*

Tue	10:30–11:30am	Sept 8–Oct 6	46126
Tue	10:30–11:30am	Oct 13–Nov 3	46127
Tue	10:30–11:30am	Nov 10–Dec 1	46128
Tue	10:30–11:30am	Dec 8–29	46129
Tue	10:30–11:30am	Jan 5–26	46130
Tue	10:30–11:30am	Feb 2–Mar 1	46131
Tue	10:30–11:30am	Mar 8–29	46132

### Zumba® Gold

Zumba® Gold modifies Zumba® fitness to non-impact moves and pacing suiting the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Zesty Latin music, world rhythms, exhilaratingly easy to follow moves and the invigorating party-like atmosphere are exercise in disguise! Feel the music, forget you are exercising and just move with the joy! You don't have to know how to dance, just know how to have fun! All abilities welcome.

*Wear athletic shoes • Location: PKCC • 4 classes  
Instr: Joan Wilde • No class 11/19, 11/26, 12/3 & 3/17*  
*Resident \$35 / Non-Resident \$42*

Thur	10:30–11:30am	Sept 10–Oct 1	46134
Thur	10:30–11:30am	Oct 8–29	46135
Thur	10:30–11:30am	Nov 5–Dec 17	46136
Thur	10:30–11:30am	Jan 7–28	46137
Thur	10:30–11:30am	Feb 4–25	46138
Thur	10:30–11:30am	Mar 3–31	46139



### Enhance Fitness

This unique, comprehensive program developed by the U of W and Group Health Studies is safe for adults age 50+ with a wide range of physical abilities. Program includes stretching, low-impact aerobics, walking, balance training, strength exercises and motivation.

*Instructor: Gina Casanova  
No class 9/2, 9/4, 9/7, 11/27, 12/25, 1/1, 1/18, 2/15*  
*Resident \$47 / Non-Resident \$56*

*Lifetime is a covered benefit for persons covered by Medicare Parts A and B and enrolled in a Group Health Medicare + Choice (M+C) plan • Class meets 3 times a week: Mon, Wed and Fri • 15 classes per session • Registration begins 1 week prior to the first class of the session • Call 425.587.3360 for session dates and times.*

## 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 11:00am

### Cards

Come use our card rooms for a friendly game; available days and some evenings.

Call 425.587.3360 for more information

### Pool

Three tables are available for drop-in pool.

All are welcome to join the fun in our Pool Room

## 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

## COMPUTER CLASSES

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

### Maintain Your Computer's Performance **NEW!**

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

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

Fri	1:30–3pm	Feb 19–26	46220
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### Mac Classes

#### iPad Workshop **NEW!**

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

Location: PKCC • Instructor: Sally Ann Mowrey  
2 classes • Participants must provide their own iPad  
Resident \$20 / Non-Resident \$24

Fri	1:30–3pm	Feb 5–12	46221
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### PC Classes

#### Android Workshop **NEW!**

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.

Instructor: Sally Ann Mowrey  
Location: PKCC • 4 classes • No class 11/27  
Resident \$35 / Non-Resident \$42

Fri	1:30–3pm	Nov 6–Dec 4	46222
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## Microsoft Windows

### Window 7 Workshop **NEW!**

Do you need help with Microsoft's Windows 7 Operating System? Join us for this Workshop that will cover basics and give you an opportunity to ask questions. You may bring your Windows 7 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	Sept 11–Oct 2	46223
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### Windows 8 and 8.1 Workshop **NEW!**

Do you need help with Microsoft's Windows 8 or 8.1 Operating System? Join us for this Workshop that will cover basics and give you an opportunity to ask questions. You may bring your Windows 8 or 8.1 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	Oct 9–30	46284
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### Windows 10 Workshop **NEW!**

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

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

Fri	1:30–3pm	Jan 8–29	46285
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## Internet

### Buying & Selling via the Internet **NEW!**

Never attempted to buy or sell anything via the internet? Let's explore how it is done. Everything you wanted to know about Craig's List, eBay, Amazon, TV Shopping Channels, etc. but were afraid to try. Learn how to use these websites for buying and selling on the internet. Optional, but not required: bring a tablet, laptop, or other device that can access the internet.

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

Fri	1:30–3pm	Mar 4–25	46286
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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	Sept 11	46170
Fri	10:30–11:30am	Oct 2	46171
Fri	10:30–11:30am	Nov 6	46172
Fri	10:30–11:30am	Jan 8	46173
Fri	10:30–11:30am	Feb 5	46174
Fri	10:30–11:30am	Mar 4	46175

## 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](http://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](http://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](http://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](http://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

## 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.

## 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, losing weight or starting an exercise program, but have had difficulty getting motivated. 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 • Tuesdays by appointment  
Call 425.587.3360*

### 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 425.587.3360 • 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 425.587.3360 • FREE*

## Support Groups

### The Joy of Living Alone

Do you live alone? What is the best part of living alone? What is the most challenging part of living alone? Do you feel safe? How do you manage home repairs? Come and share with others so that we can all learn. This group will meet quarterly and will discuss those issues and more. We will talk about what you feel would be a benefit to you in learning to live alone—You will direct this group in the direction that you would like to see it go. We will bring in experts to talk about all topics that are of interest (i.e.; police/fire.) We will decide on the timing—should it be once a month/quarter? Let's problem solve together and find the Joy in Living Alone. *FREE*

Tue	10–11am	Nov 24	45968
Tue	10–11am	Feb 16	45970



*Thank you  
EvergreenHealth*

for your generous support of our Health & Nutrition Classes, Wellness Program, and Kirkland Steppers!

### Women's Coffee Hour

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.

*2nd & 4th Monday of the month  
9:30–10:30am in the Sunroom*

### Men's Coffee Hour

Interested in joining other men in good conversation on Monday morning? We would like to start a coffee group for men at Peter Kirk.

*For more information and to add your name to the group list please call 425.587.3360. Once we have a list going of interested members we will set a meeting date and time.*

### 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 at 425.286.1035 to schedule an appointment.

### Health & Nutrition



### Family Caregiver Support Program **NEW!**

Do you as a spouse, adult child, relative or friend—provide unpaid care for an adult loved one with a chronic illness or disability? The King County Caregiver Support Program helps unpaid caregivers of adults age 18 and older. By helping to reduce family caregiver stress, the support program enables care receivers to remain at home and independent. Come learn about the free/low cost services the Caregiver Support Program can provide you and your loved ones. **FREE**

Mon	1–2:30pm	Sept 21	46190
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### Affordable Housing Seminar

A presentation on regional affordable housing programs for low and middle-income seniors. Focus will be on independent apartment options for seniors on the Eastside and throughout King County. Learn about the different program eligibility requirements, waitlists and application procedures.

*Facilitated by Linda Phillips, Advocate-Senior Information and Assistance, Senior Services of Seattle-King County • Free*

Mon	2–3:30pm	Nov 16	45974
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## Health & Nutrition



### Making Sense of In-Home Health Care **NEW!**

Do you want to age in place but find in home health services hard to understand? This workshop will explore using an agency vs. hiring privately, the role of the nurse and the social worker, and how to plan your environment for aging at home. You will also learn what Medicare pays for and what needs to “come out of pocket”, what it means to run out of resources and either qualify or not qualify for Medicaid, and what care can look like in the community. Being at home doesn't mean being alone!

Facilitated by Susan "Sam" Miller, RN, MN, BC, CareForce, Inc • Free

Mon	1–2:30pm	Dec 7	45975
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### Taking Charge of Your Future: Senior House & Care Options

**NEW!** What is the difference between Independent Living, Assisted Living, Adult Family Homes, and In Home Care Options? Did you know as a veteran or widow of a veteran you can get up to \$1,700/month toward your care? Get the answers to these and any other questions about senior care including downsizing, elder care attorneys, and receive a free CHOICE resource guide.

Facilitated by Jennifer Bergstrom, CHOICE Advisory Services • Free

Mon	1–2:30pm	Jan 11	45976
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### Help! Nutrition on the Fly!

**NEW!** We're all so busy these days—how do I prepare a nutritional meal when I'm busy? How many calories do I need? Am I getting enough exercise? What constitutes a good snack? Planning for those days when there never seems to be enough time to get everything done. *FREE*

Tue	10–11am	Jan 19	46193
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### I Hate to Go to the Doctor

**NEW!** Learn how to make a 15 minute Doctor's appointment pleasant and effective. You'll get info that comes from Doctors themselves. You'll learn how to get answers that you understand and learn some effective communication techniques that will make your MD visits more beneficial for you. *FREE*

Tue	10–11am	Feb 16	46194
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### “Chicken Soup” for the Brain

The brain is a marvelous organ, but, like all organs, it needs to stay in shape, so to speak. This workshop will explore different approaches for memory enhancement. During the 4-session workshop, you will learn theories about memory loss that is part of normal aging versus possible onset of dementia, “exercises” for the left brain and the right brain, strategies for improving recall and general memory

Facilitated by Glen Felias-Christensen, RN, MPH  
4 classes • Free

Mon	1–3pm	Mar 7–28	45990
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### Healthy Aging: Reducing Your Stress **NEW!**

Research shows that as we age, stress greatly affects our quality of life. Older adults are faced with the stress of chronic illness, caring for a loved one with chronic illness or even the loss of someone close. Discover techniques to effectively cope with stress and anxiety to increase your well-being.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri	12:45–2pm	Sept 11
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### Achieving Balance with Supplements

Explore which supplements will benefit you, what results to expect and how to safely and effectively incorporate them into your diet.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri	12:45–2pm	Sept 25
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### Comfort for Bunions and Hammer Toes

Bunions are one of the most common forefoot problems. Join us to learn how to alleviate pain and promote foot comfort.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri	12:45–2pm	Oct 2
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### Medicare: Are You Covered?

Learn more about supplemental insurance options and the various programs that can help income-eligible persons reduce Medicare related costs. Get the facts about your Medicare choices, so you can save money on health care coverage costs.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri	12:45–2pm	Oct 16
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To Register for EvergreenHealth Classes call 425.899.3000 and Press 1 <<<



## How to Choose a Healthy Meal **NEW!**

Learn how to make educated healthy choices from a prepared menu. Discover ways to balance proteins, carbohydrates and fats. We'll compare menu items looking at nutritional concepts such as antioxidants, fiber, and more.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri 12:45–2pm Nov 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 Nov 20

## Holiday Cooking: Quick and Delicious

This class will include recipes and tips to make delicious and nutritious holiday meals. Have fun while learning how the typical diet affects health.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri 12:45–2pm Dec 4

## Living with Ease and Arthritis

Make your home arthritis friendly by creating more accessible living space with assistive technology and learn simple techniques for daily use.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri 12:45–2pm Jan 8

## 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 Jan 22

## Mindercise for Memory Enhancement

Learn the 3 A's of memory enhancement: attitude, attention and activity. See how the 3 A's can either help or hinder your memory and concentration skills. Emphasis is on fun and mental stimulation.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri 12:45–2pm Feb 5

## 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 Feb 19

## Return to Slender

Talk to a nutritionist about diet risks, myths and fads. Simple, safe and permanent tips for achieving a healthy weight loss and balanced nutrition will be provided.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri 12:45–2pm Mar 4

## Meditation Made Easy

Learn easy ways to benefit from meditation as it calms the mind, heals the body, and balances the emotions.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri 12:45–2pm Mar 18



## 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.

For appointments and more information, call 425.587.3360

### 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

### 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.

### 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)

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## 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/for\\_patients/medical\\_services/evergreen\\_care\\_network](http://www.evergreenhospital.org/for_patients/medical_services/evergreen_care_network)

### AARP Area Office

American Association 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."

For more information call Senior Information & Assistance 206.448.3110 or Evergreen Care Network 425.899.3200.

### Respite Care Services on the Eastside

In-home respite care provided by volunteers is available to help with care giving on a short-term basis.

Evergreen Community Home Health & Hospice . . . . . 425.899.3300  
Eastside Friends of Seniors . . . . . 425.369.9120  
Volunteer Chore Services (Catholic Comm. Svcs.) . . . . . 206.328.5787  
Jewish Family Services. . . . . 206.461.3240



## Chinese and Latino Services

### Educational & Recreational Programs Accessible to Chinese & Latino Seniors

Programs and services available to all seniors are now more easily accessible to Chinese and Latino seniors at the Peter Kirk Community Center. Through the presence of a bilingual staff worker, they have the opportunity to participate in social, recreational and educational activities and daily hot lunch. Traditional program components such as outreach and advocacy are also provided.

### CHINESE SERVICES—TUESDAYS

For more information call Bolivar at the Chinese Information & Services Center, 206.624.5633, ext 4140.

### Mandarin Support Group

Share daily experiences with others. Facilitated in Mandarin/Cantonese language. New topic each month. Free

Tue 11:15–12:15pm Ongoing

### E.S.L. for Chinese Seniors

English as a second language is offered for non-English speaking adults. Designed for those with limited, or no English. Free

Tue 1–3pm Ongoing

### LATINO SERVICES – WEDNESDAYS

For more information call Clemencia Robayo at Sea Mar Community Health Center, 206.764.8044.

### Strategy for a Healthy Longevity (in Spanish)

Learn how to improve your health and slow the aging process. Key elements that will enhance quality of life and advance your well-being will be discussed. Free

Monthly 10–11:45 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

# 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**

## 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.



## 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 go to [www.cityofseattle.net/humanservices/seniorsdisabled/mosc/employment.htm](http://www.cityofseattle.net/humanservices/seniorsdisabled/mosc/employment.htm)

## Driver Training

### AARP: 55 Alive Driving Course

This driver training course takes into consideration physical changes of the mature driver and identifies ways one may compensate for these changes. The course also provides information that may improve your driving behavior. Insurance rate reduction for seniors taking this course.

Fee \$15 for AARP members / \$20 for non-members, please bring AARP membership card to class • Make checks payable to AARP on the first day of class To register call 425.587.3360

Wed & Thur	12:30–4:45pm	Sept 23 & 24	46197
Wed & Thur	12:30–4:45pm	Nov 4 & 5	46198
Wed & Thur	12:30–4:30pm	Jan 13 & 14	46199
Wed & Thur	12:30–4:30pm	Mar 9 & 10	46200

## 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	Oct 7
Wed	9–11am	Nov 4
Wed	9–11am	Dec 2
Wed	9–11am	Jan 6
Wed	9–11am	Feb 3
Wed	9–11am	Mar 2

### Metro Bus ID NEW DAY!

Reduced fare passes for ages 65+ and disabled, Fee \$3

Thur	10–11am	Sept 17
Thur	10–11am	Nov 19
Thur	10–11am	Feb 18

### Access

Transportation to appointments, grocery shopping and the Community Senior Center.

To schedule, call 206.205.5000 or toll free 866.205.5001

### METRO Information

24-Hour Rider Information.

Call 206.553.3000 or toll free, 1.800.542.7876  
TTY: 206.684.1739

### 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).

### 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 5:00pm, the day before service. The van provides rides to:

- Peter Kirk Community Center,
- Local grocery stores and Hopelink’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, &
- Eligible for, or in the process of applying for King County Metro Access eligibility.

If we have space available, we will provide you with transportation for up to 30 days to the Peter Kirk Community Center while your Access application is being processed. The Kirkland Senior Van Coordinator can assist you with filling out the Access application.

*If you have any questions, please call Mari, the Kirkland Senior Van Coordinator, at 425.587.3363.*

*The Kirkland Senior Van is a partnership of the City of Kirkland, King County Metro, and Northshore Senior Center Transportation.*

## Grocery Shopping

The Kirkland Senior Van provides weekly transportation to and from local grocery stores. Shopping times are determined by the geographical location of your home.

*To receive a schedule or make an appointment, call 425.587.3363*

Wed	Sept 2	Winco (Everett)
Wed	Sept 9	Bridle Trails
Wed	Sept 16	Fred Meyer
Wed	Sept 23	Safeway
Wed	Sept 30	QFC
Wed	Oct 7	Bridle Trails
Wed	Oct 14	Fred Meyer
Wed	Oct 21	Safeway
Wed	Oct 28	QFC
Tue	Nov 3	Bridle Trails
Tue	Nov 10	Fred Meyer
Wed	Nov 18	Safeway
Tue	Nov 24	QFC
Wed	Dec 2	Bridle Trails
Wed	Dec 9	Fred Meyer
Wed	Dec 16	Safeway
Wed	Dec 23	QFC
Wed	Dec 30	Bridle Trails
Wed	Jan 6	Fred Meyer
Wed	Jan 13	Safeway
Wed	Jan 20	QFC
Wed	Jan 27	Bridle Trails
Wed	Feb 3	Fred Meyer
Wed	Feb 10	Safeway
Wed	Feb 17	QFC
Wed	Feb 24	Bridle Trails
Wed	Mar 2	Fred Meyer
Wed	Mar 9	Safeway
Wed	Mar 16	QFC
Wed	Mar 23	Bridle Trails
Wed	Mar 30	Fred Meyer

## 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 Spring/ Summer 2016 van trips.

**Tuesday, October 20  
11am at the Center**

## CLUB BON VOYAGE

**NEW!** 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 upcoming 2016 destinations.

**Monday, Oct. 5 • 10:30am  
Free • Please register: 46571**

## Shops & Slots

**Thursday 10am–4pm  
Resident \$21 / Non-Resident \$25  
Bring lunch \$**

Muckleshoot Casino & The Outlet Collection	Oct 22	45999
Tulalip Casino & Seattle Premium Outlets	Jan 7	46000

## Out For Lunch Bunch **ALL NEW LOCATIONS!**

11am–2pm • Resident \$13 / Non-Resident \$15 • Bring lunch \$

<p><b>Arnie's</b> Tuesday, Sept 8 45991</p>	<p>Enjoy sweeping panoramic views of the Olympic Mountains and the beautiful Puget Sound. Arnie's takes pride in 25 years of delivering genuine service, skillfully prepared local products and spectacular views on the waterfront. Enjoy the best the Pacific Northwest has to offer. (Edmonds)</p>
<p><b>The Crab Pot</b> Tuesday, Oct 6 45992</p>	<p>The Crab Pot offers fresh, delicious seafood and a variety of other fares. (Bellevue)</p>
<p><b>Diamond Knot Brewery &amp; Ale House</b> Tuesday, Nov 17 45993</p>	<p>Diamond Knot's original brewery and alehouse is in a building that has housed a pub for over 20 years and offers their own beers and multiple guest taps, along with an ever expanding kitchen and wine list. (Mukilteo)</p>
<p><b>The Grange Café</b> Tuesday, Dec 15 45994</p>	<p>The Grange Cafe brings the meaning of 'local' to a whole new level. The menu features many of the region's best ingredients hand-delivered by local farms, cheese and dairy from local artisans, and the highest quality meat and game available. (Duvall)</p>
<p><b>The Bonefish Grill</b> Tuesday, Jan 19 45995</p>	<p>Try inspired dishes created from fresh ingredients every day! (Bothell)</p>
<p><b>Marianna Ristorante Italiano</b> Tuesday, Feb 23 45996</p>	<p>Marianna Ristorante is the perfect place to relax and enjoy delicious traditional Italian meals. (Renton)</p>
<p><b>The Crepe Escape</b> Tuesday, March 15 45997</p>	<p>The Crepe Escape offers a place for groups of all sizes to meet and enjoy great crepes and coffee. Diners enjoy the glowing fireplace, comfortable chairs, and the friendly barista and chef. (Snohomish)</p>

## Wolf Haven

Thur., Sept 17 46216 9am–4:30pm  
Resident \$35 / Non-Resident \$40  
Bring lunch \$

Begin with an entertaining and educational tour of Wolf Haven sanctuary in Tenino, followed by lunch at Falls Terrace restaurant. Park admission is included in the price. This is an outdoor walking tour, so dress accordingly.

## La Conner

Tue., Sept 22 46001 10am–4pm  
Resident \$30 / Non-Resident \$36

Enjoy a day of exploring and shopping in La Conner.

## Snohomish

Thur., Oct 1 46002 10:30am–5pm  
Resident \$21 / Non-Resident \$25  
Bring lunch \$

Begin the day with an early lunch at the Cabbage Patch restaurant and then spend the day antiquing and looking for fun deals in downtown Snohomish.

## Seattle Restaurant Week

Thur., Oct 15 46003 11am–2:30pm  
Resident \$13 / Non-Resident \$15  
Bring \$15 + tax & gratuity for lunch  
(CASH ONLY PLEASE)

Back by popular demand, this trip is sure to sell out fast! Twice a year Seattle Restaurant Week gives diners a chance to try out some of the best restaurants in the area for a great deal. Restaurant and location will be announced one week prior to trip. Beverages are not included in lunch price.





## Washington State History Museum

Thur., Oct 29 46201 8:45am–3:30pm  
Resident \$34 / Non-Resident \$39

The Washington State History Museum is where fascination and FUN come together! Start the day off with a guided tour where you will explore and be entertained in an environment where characters from Washington's past speak about their lives. Enjoy lunch at Stanley & Seafort's before heading home.

## Seattle Jr. Hockey BINGO **NEW!**

Wed., Nov 4 46202 9:45am–3:30pm  
Resident \$18 / Non-Resident \$22  
Bring lunch \$

Pay a visit to a nearby bingo parlor. \$6 buy in 60n pack, \$1 for single pay pack, \$2 for bonus pay pack, \$3 for star pay pack, \$10 for double pay pack. \$26 fills a full machine with 66 cards, \$16 for a mini machine with 36 cards. Every regular game pays \$125/\$250. Stop off at the Lake Forrest Bar and Grill for a late lunch before returning to the Center.

## Paramount Theater Tour **NEW!**

Thur., Nov 12 46203 8:45am–2:30pm  
Resident \$22 / Non-Resident \$26  
Bring lunch \$

Learn the extensive history of this Seattle landmark that opened its doors in 1928 on a private guided tour. Enjoy a delicious lunch at the Cheesecake Factory a short walk from the theater.

## Thanksgiving Lunch & Bingo Cruise **NEW!**

Wed., Nov 25 46205 10am–4pm  
Resident \$70 / Non-Resident \$75

Get out on the water and indulge in traditional Thanksgiving fare, including turkey, mashed potatoes and pumpkin pie. Then play a fun game of Thanksgiving-themed bingo! **Must sign up by 11/13 to secure reservations.**

## Burlington Coat Factory/ Big Lots

Tue., Dec 1 46206 10am–4pm  
Resident \$20 / Non-Resident \$24  
Bring lunch \$

The first stop of the day will be the Burlington Coat factory followed by lunch at Scott's Bar and Grill. Finish the day off at Big Lots before heading home.

## Lights of Christmas Dinner Show–Warm Beach **NEW!**

Fri., Dec 11 46207 3:30–11pm  
Resident \$72/ Non-Resident \$78

Take a brief walk around the enchanting lighted grounds and then settle in for a fabulous 5-course meal and live theatre in the Baylight Room featuring The Christmas Change Up. **Must sign up by 10/30 to secure reservations, choose dinner entrée at time of registration.**

## Ikea Twice-A-Year Sale

Thurs., Jan 14 46208 10am–2pm  
Resident \$15 / Non-Resident \$18  
Bring lunch \$

Shop for household items and feast on Swedish meatballs.

## Seattle Times Production Facility **NEW!**

Thur., Jan 28 46209 12:30pm–4:30pm  
Resident \$14 / Non-Resident \$17  
Bring lunch \$

Take this opportunity to see inside the North Creek production facility for the Seattle Times while the equipment is in motion. Before the tour enjoy lunch at Italianissimo in Woodinville.

## A New Day Northwest

Thur., Feb 4 46004 8:15am–2:15pm  
Resident \$17 / Non-Resident \$20  
Bring lunch \$

Be part of the studio audience for this local daily television show. Don't forget to set your DVR, as the show will air at 11am on the day we tape! After taping enjoy lunch at the Portage Bay Cafe on South Lake Union. **Must sign up by 1/28 to secure reservations.**

## Clearwater Casino

Thur., Feb 11 46210 9am–5pm  
Resident \$27 / Non-Resident \$32  
Bring lunch \$

Explore this fun, friendly waterfront casino located on the Kitsap Peninsula.

flickr, courtesy of brewbooks



## 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.

### Northwest Flower & Garden Show **NEW!**

Thur., Feb 18 46211 9am–3:30pm  
Resident \$46 / Non-Resident \$51  
Bring lunch \$

The 27th annual Flower and Garden show will mark the start of spring for garden enthusiasts around the Northwest. With over 300 exhibits there is sure to be something for every level of gardener at this fun event. Admission included in price. **Must sign up by 2/4 to secure reservations.**

### Thrift Shop Hop **NEW!**

Thur., Mar 3 46217 9:30am–4pm  
Resident \$21 / Non-Resident \$25  
Bring lunch \$

Start the day at the Monroe Goodwill followed by a visit to St. Vincent de Paul. Enjoy lunch at Bella Balducci's. Next we are off to the Dollar Store before starting back home.

### Mystery Trip **NEW!**

Thur., Mar 10 46218 8:15am–4pm  
Resident \$33 / Non-Resident \$38  
Bring lunch \$

This is one trip that will really spark your interest!

### Microsoft Visitor's Center **NEW!**

Thur., Mar 24 46219 10am–2:30pm  
Resident \$15 / Non-Resident \$18  
Bring lunch \$

On this self-guided tour of the Microsoft Visitor's Center you will experience everything from the latest innovations to the very first personal computer. Enjoy lunch at Angelo's in Bellevue.

### Puget Sound Loop

Fri., Apr 1 46570 8:30am–5pm  
Resident \$42 / Non-Resident \$48  
Bring lunch \$

Start the day off with a drive across the Narrows Bridge and stop at Elandan Gardens where you will see world class landscaping, bonsai, nursery and gift shop. Then it's off to Bremerton for lunch. The next stop is the fascinating Naval Undersea Museum in Keyport. Return home via the Kingston Ferry.

# Juanita Bay Park Events

## JUANITA BAY WILDLIFE TOURS

Sept 6, Oct 4, Nov 1, Dec 6, Jan 3, Feb 7, Mar 6



Photo: Ernie Brown

View and experience the hundreds of plant and animal species that inhabit the unique and spectacular Juanita Bay Park! Access and exploration opportunities abound with boardwalks, interpretive signs and observation areas which enhance our learning experience and appreciation for this unique setting. Join the Juanita Bay Park Volunteer Rangers for a free interpretive tour on the first Sunday of every month at 1:00pm beginning in the parking lot. No registration required. Remember to bring your binoculars. Free!

## JUANITA BAY PARK BIRD WALKS

Sept 15, Oct 20, Nov 17, Dec 15,  
Jan 19, Feb 16, Mar 15

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.



Photo: Ernie Brown

Walks are at 9:00am and will be finished before lunch time. Bring binoculars and meet in the parking lot.

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



PO Box 3115, Kirkland, WA 98083-3115 • 425.576.8805  
[www.eastsideaudubon.org](http://www.eastsideaudubon.org)

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



## PICKLEBALL COURTS AT EVEREST PARK

500 8th Street South

With the addition of pickleball lines on the tennis court at Everest Park you will now be able to practice this fun, quirky, Northwest born game. Pickles, the dog who inspired the name of this sport, loved this game (or at least the ball), which is a combination of tennis, badminton, and ping pong. This easy to learn, affordable game is a sport enjoyed by all ages from children to seniors.

So get up off the couch, dust off your sneakers and give pickleball a try, we guarantee you'll be hooked!

# Juanita Friday Market



**Fridays, 3pm to 7pm, JUNE 5 - SEPT. 25**

Shop local every Friday at Juanita Beach Park.

**Live Music Every Week!**

**AUGUST**

7th Kid's Day  
28th Health Fair

**SEPTEMBER**

4th Kid's Day  
25th Last Day & Community Fair

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

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.

## INDOOR FACILITIES

### 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 a minimum of 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 a minimum of 1 month in advance. For more information, call 425.587.3350.



### 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 a minimum of 1 month in advance. For more information, call 425.587.3360.



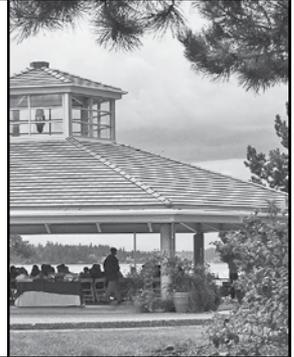
## OUTDOOR FACILITIES

### 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 a minimum of 1 month in advance. For more information, call 425.587.3398.



### 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)



### Picnic Shelters

- Everest Park**  
500 Eighth St South
- Rose Hill Meadows Park**  
8212 124th Ave NE
- N. Rose Hill Woodlands Park**  
9930 124th Ave NE

**OO Denny Park**  
12032 Holmes Pt Dr NE

Reservations are required a minimum of 1 month in advance. For more information, call 425.587.3398.



### For Parks Not Listed:

For information regarding parks not listed, call 425.587.3342 or email [nosborn@kirklandwa.gov](mailto:nosborn@kirklandwa.gov)

### School Sites:

For information regarding outdoor use of Lake Washington School District fields and/or green/lawn areas, call 425.587.3342 or email [nosborn@kirklandwa.gov](mailto:nosborn@kirklandwa.gov)

### Athletic Fields

- Crestwoods Park**  
1818 Sixth Street
  - Everest Park**  
500 Eighth St South
  - Juanita Beach Park**  
9703 NE Juanita Dr
  - Lee Johnson Field at Peter Kirk Park**  
202 Third Street
  - 132nd Square Park**  
13159 132nd Ave NE
- For more information, call 425.587.3342.



Come any time,  
activities are ongoing,  
carnival style!

# PEE WEE Monster Bash

Friday, Oct 30  
10:00am-Noon

Ages 5 & under with parent

North Kirkland  
Community Center  
12421 103rd Ave NE

SEE PAGE 21  
for Registration Info

# Snowflake Ball

FATHER  
DAUGHTER  
DANCE

Ages 3 to 10 years with Dad

**December 11**  
6:30-8:30pm

SEE PAGE 21  
for Registration Info

## VOLUNTEER KIRKLAND'S 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

### 2015 FEATURED EVENTS

<p><b>Kiwanis Park</b> Saturday, August 22<sup>nd</sup> 10am – 2pm</p>	<p><b>Crestwoods Park</b> Saturday, November 14<sup>th</sup> 10am – 2pm <b>Green Kirkland Day</b></p>	<p><b>Juanita Bay Park</b> Every Friday 10am – noon</p>	<p><b>Carillon Woods</b> Every Wednesday 9am – 10am</p>
<p><b>Watershed Park</b> Saturday, October 17<sup>th</sup> 10am – 2pm <b>Arbor Day Event</b></p>	<p><b>Cotton Hill Park</b> Every Wednesday 9:30am – 11:30am</p>	<p><b>Juanita Bay Park</b> Every 4th Saturday 10am – 1pm</p>	

**For more info and events: [www.greenkirkland.org](http://www.greenkirkland.org)**



# TICKETS ON SALE NOW

Check [argosycruises.com](http://argosycruises.com) for Eastside Departure Locations



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## Join us for an OPEN HOUSE at McAuliffe Park!

- Visit the new community learning garden
- Learn about upcoming programs
- Meet Seattle Tilth and Kirkland Parks staff
- Tell us what you'd like to see at the park in the future

**Saturday, October 10  
2-4 p.m.**

Urban Farming

Organic Gardening

Composting

Resource Conservation

Adults

Community Cooking

Kids

Hands-on Learning

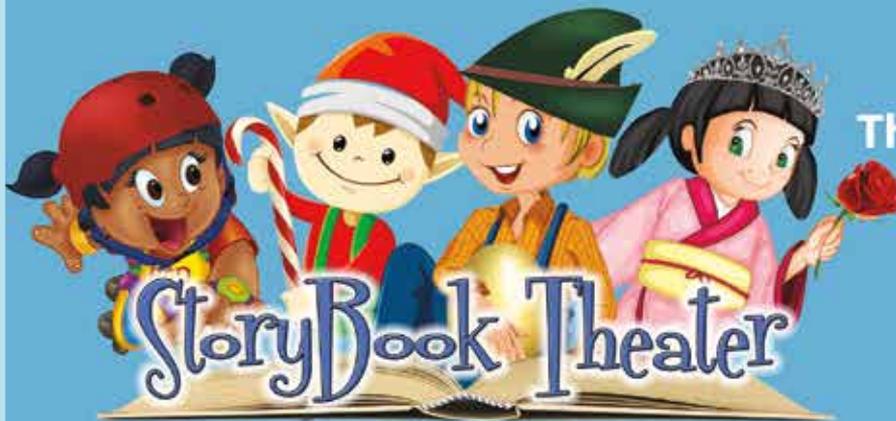


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[seattletilth.org](http://seattletilth.org)

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# StoryBook Theater at the Kirkland Performance Center!



**Little Red**

*November 2015*

**The Elves & the Toymaker**

*December 2015*

**Jack & the Beanstalk**

*February 2016*

**Sleeping Beauty**

*April - May 2016*

Find showtimes and purchase tickets online at [www.storybooktheater.org](http://www.storybooktheater.org)



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Come See a Studio East Production!



# HONK!

October 16 - November 1, 2015



# 'Twas the Night...

November 28 - December 20, 2015



Kirkland Parks &  
Community Services  
123 5th Avenue  
Kirkland, Washington 98033

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# the Kirkland ARC

A City Aquatics, Recreation,  
and Community Center

See inside pages 2 and 3...

...for details about the Kirkland ARC. On November 3rd, your vote will decide whether to create the Kirkland Aquatics and Recreation District to fund the construction of the ARC.

Play.

Swim.

Get fit.

Create.

Celebrate.



Get the latest!

For more information and news about the ARC, the proposed District, and the upcoming ballot measure, visit:  
[kirklandarc.publicmeeting.info](http://kirklandarc.publicmeeting.info)

