

# ADULTS



## ADULT ARTS & CRAFTS

### Watercolor Painting

Whether you are a beginner or advanced painter, you will enjoy learning techniques for a successful painting. Jean demonstrates every step and provides individual assistance to all. Working from photo references provided by instructor, you will paint still life, florals, landscapes/seascapes, animals and more. Supply list available at PKCC. (No class 12/26)

AGE: 18+ 3 CLASSES

17143 Tue 9/5-9/19 6-9pm

R \$49/NR \$59

AGE: 18+ 4 CLASSES

17144	Tue	10/10-10/31	6-9pm
17145	Tue	11/7-11/28	6-9pm
17146	Tue	12/5-1/2	6-9pm
17147	Tue	1/9-1/30	6-9pm
17148	Tue	2/6-2/27	6-9pm

R \$65/NR \$78

LOCATION: PKCC

INSTRUCTOR: JEAN PRATT-BEUOY

### 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. (No class 11/23, 12/28)

AGE: 18+ 3 CLASSES

17150 Thu 9/7-9/21 5:30-8:30pm

R \$49/NR \$59

AGE: 18+ 4 CLASSES

17151	Thu	10/12-11/2	6-9pm
17152	Thu	11/9-12/7	6-9pm
17153	Thu	12/14-1/11	6-9pm
17154	Thu	1/18-2/8	6-9pm
17155	Thu	2/15-3/7	6-9pm
17156	Thu	3/14-4/4	6-9pm

R \$65/NR \$78

LOCATION: PKCC

INSTRUCTOR: JEAN PRATT-BEUOY

### Drawing Botanicals

If you love plants, flowers, or fungi, this is a workshop for you. Learn different mediums and techniques, and hone in on your drawing skills while studying and drawing botanicals. This workshop will cover a wide range of species from tropical plants to succulents. You'll learn all the basics as well as learn how to improve your drawing.

AGE: 16+

16824 Tue 9/12-10/17 6:30-8pm

R \$260/NR \$312

LOCATION: NKCC

INSTRUCTOR: MAJA SEREDA

### DAYTIME ART CLASSES

See page 44

ASK US  
ABOUT OUR  
SCHOLARSHIP  
PROGRAM  
See page 35

# ADULTS

## DANCE

### Hip Hop

Join this fun Hip Hop class that offers a great aerobic workout also. Dance, move and sweat to choreography and music that is guaranteed to motivate! All levels are welcome. *(No class 11/20, 12/25, 1/1, 1/15, 2/19)*

AGE: 14+

17187	Mon	9/11-10/2	7:15-8:15pm
17188	Mon	10/9-10/30	7:15-8:15pm
17189	Mon	11/6-12/4	7:15-8:15pm
17190	Mon	12/11-1/22	7:15-8:15pm
17191	Mon	1/29-2/26	7:15-8:15pm
17192	Mon	3/4-3/25	7:15-8:15pm

R \$70/NR \$84

LOCATION: PKCC

INSTRUCTOR: COTY VALDEZ

### Ballet Basics - Virtual

Have you always wanted to take a ballet class, but something got in the way? 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. *(No class 11/20, 11/22, 12/25, 12/27, 1/1, 1/3, 1/15, 2/19, 3/25)*

### Ballet Basics - Virtual Monday

AGE: 18+ 6 CLASSES

17129	Mon	9/11-10/16	7-8pm
17130	Mon	10/23-12/4	7-8pm
17131	Mon	12/11-2/5	7-8pm
17132	Mon	2/12-4/1	7-8pm

\$54

### Ballet Basics - Virtual Wednesday

AGE: 18+ 6 CLASSES

17133	Wed	9/6-10/11	6-7pm
17134	Wed	10/18-11/29	6-7pm
17135	Wed	12/6-1/24	6-7pm
17136	Wed	1/31-3/6	6-7pm

\$54

AGE: 18+ 2 CLASSES

17137	Wed	3/13-3/20	6-7pm
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\$18

LOCATION: ZOOM (VIRTUAL)

INSTRUCTOR: MARCO CARRABBA

### Ballet Open Level - Virtual

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. *(No class 11/22, 12/27, 1/3)*

AGE: 18+ 6 CLASSES

17138	Wed	9/6-10/11	7:15-8:15pm
17139	Wed	10/18-11/29	7:15-8:15pm
17140	Wed	12/6-1/24	7:15-8:15pm
17141	Wed	1/31-3/6	7:15-8:15pm

\$54

AGE: 18+ 2 CLASSES

17142	Wed	3/13-3/20	7:15-8:15pm
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\$18

LOCATION: ZOOM (VIRTUAL)

INSTRUCTOR: MARCO CARRABBA



### LINE DANCING CLASSES

See page 45



## Tap Happy Adults

Learn new skills and increase positive endorphins through Tap Dance! Learn routines and techniques, while developing balance, strength, flexibility, and rhythm. Dance to everything from Classic Rock to America's Top 40, and much more! If it has a beat, and feels good, we will be dancing to it...Tap Shoes or Character shoes please. (No class 10/31, 11/21)

### TAP HAPPY ADULTS

AGE: 16+

17243	Tue	9/12-12/12	6:25-7:25pm
17245	Tue	1/9-3/26	6:25-7:25pm

R \$132/NR \$158

### TAP HAPPY ADULTS 2

This class is specifically for you if you have the beginning skills and want to go further. (No class 10/31, 11/21)

AGE: 16+

17244	Tue	9/12-12/12	7:30-8:30pm
17246	Tue	1/9-3/26	7:30-8:30pm

R \$132/NR \$158

LOCATION: NKCC

INSTRUCTOR: KATIE JARVIS

## PARTNER DANCING *with* CHARLES ENGLAND

This program has moved to the Peter Kirk Community Center, 352 Kirkland Ave. Adults & teens, couples only.

### West Coast Swing

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

AGE: 16+

16817	Thu	9/14-10/12	7-8pm
16819	Thu	1/11-2/8	7-8pm

R \$65/NR \$78

### Ballroom

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

AGE: 16+

16816	Thu	9/14-10/12	8-9pm
16818	Thu	1/11-2/8	8-9pm

R \$65/NR \$78

### Salsa

Hot! Hot! Hot! Solid basic turns in Salsa and Merengue. Dance the night away!

AGE: 16+

16821	Thu	10/19-11/16	7-8pm
16823	Thu	2/22-3/21	7-8pm

R \$65/NR \$78

LOCATION: PKCC

### East Coast Swing

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

AGE: 16+

16820	Thu	10/19-11/16	8-9pm
16822	Thu	2/22-3/21	8-9pm

R \$65/NR \$78

LOCATION: PKCC

INSTRUCTOR: CHARLES ENGLAND





# ADULTS



## FREE FITNESS CLASSES

Want to try one of our fitness classes without committing? Join us for free to get a taste of what the North Kirkland Community Center fitness department has to offer! The full schedule is below. No registration is required; just swing by and check out what classes you would like! Learn more about each class by looking at descriptions on the next few pages or call 425-587-3350 to confirm details. **Offered the week of 9/5 – 9/9 & 1/8- 1/13**

Tuesday 9/5	Wednesday 9/6	Thursday 9/7	Friday 9/8	Saturday 9/9
Cardio & Core 9-10am	Gentle Start 7:45-8:30am 70's Show 8:30–9:15am Pound Fit 4:45-5:30pm Cardio & Core 6-7pm Cardiobox 7:15-8pm	Cardio & Core 9-10am	Jam Out Dance 8:45-9:45am  Parent & Little Barre 10:30-12pm	Jam Out Dance 8:45-9:45am  Parent & Little Barre 10-11am
Monday 1/8	Wednesday 1/10	Thursday 1/11	Friday 1/12	Saturday 1/13
Gentle Start 9-10am Cardiobox 7:15-8pm	70's Show 8:30–9:15am Pound Fit 4:45-5:30pm Cardio & Core 6-7pm Cardiobox 7:15-8pm	Cardio & Core 9-10am	Jam Out Dance 8:45-9:45am  Parent & Little Barre 10:30-12pm	Jam Out Dance 8:45-9:45am  Parent & Little Barre 10-11am



### Adult Hula Dance

Walk in - hula out.

#### PIKAKI BEGINNING AND INTERMEDIATE HULA

The Pikaki Hula class teaches the basic steps and hand motions for those who are new to hula or for those wanting to improve existing skills. Emphasis is on the basic movement of the hula in an easy friendly environment. Hula is a fun class, come and dance with us.

AGE: 18+

16834	Sun	9/10-11/12	12-1pm
16836	Sun	1/14-3/17	12-1pm

R \$110/NR \$132

LOCATION: NKCC  
INSTRUCTOR: MAKAAOKALANAI

#### 'LLIMA ADVANCED HULA

The 'llima class is for the dancer with a more extensive background with kahiko, 'auana, hula implements and some performing experience. This class will continue with review of the basics, continue to learn 'olelo (language) skills pertaining to their hula with focus on general technique, and performance skills. There will be public performances. Wear a pa'u skirt-no jeans please.

AGE: 18+

16833	Sun	9/10-11/12	11am-12pm
16835	Sun	1/14-3/17	11am-12pm

R \$110/NR \$132

LOCATION: NKCC  
INSTRUCTOR: MAKAAOKALANAI



## ADULT FITNESS

### Strength & Stretch Virtual

Can't make it to the gym but still want to maintain strength? Don't have gym equipment and don't want to trip over weights? Not a problem. This class will help you to maintain your fitness all in the comfort of your home! Use things you have at home to create strength. Walls, chairs, books, canned soup, and a towel are all you'll need for a complete full body workout. Learn tips and tricks that you can practice on your own. If you have equipment you'd like to use please, feel free. Zoom login information will be sent prior to class. *(No class 11/10, 11/24, 2/23)*

AGE: 18+

17066	Fri	9/8-9/29	10-11am
17067	Fri	10/6-10/27	10-11am
17069	Fri	11/3-12/8	10-11am
17070	Fri	1/12-2/2	10-11am
17071	Fri	2/9-3/8	10-11am
17072	Fri	3/15-4/5	10-11am

\$32

LOCATION: ZOOM (VIRTUAL)  
INSTRUCTOR: SALLY RODICH

### Tai Chi & Meridian Stretching

This energy-based class applies meridian stretching techniques and Tai Chi/Ki Gong forms to open blockages and release stagnant energy in the body. This holistic training allows you to detox at a deeper physical, emotional, and mental level to help rejuvenate your wellbeing. (No class 11/22, 11/23)

AGE: 18+

16773	Thu	11/9-12/21	3-4:15pm
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R \$65/NR \$78

### Tai Chi and Meridian Stretching-Virtual

AGE: 18+

16774	Wed	11/9-12/20	4:45-6pm
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Zoom login information will be sent prior to class.

\$55

LOCATION: ZOOM (VIRTUAL)  
INSTRUCTOR: HELEN HUANG

### MORE YOGA CLASSES

See page 47

### ZUMBA CLASSES

See page 46



## RECREATION SCHOLARSHIP FUND

Apply for a recreation scholarship.  
Donate toward a recreation scholarship.

For more details, visit  
[kirklandwa.gov/RecreationScholarships](http://kirklandwa.gov/RecreationScholarships)



### Sunset Stand Up Paddleboard Tours with Lesson

Learn the basic fundamentals of stand-up paddle boarding and enjoy an evening on Juanita Bay! Land, water skills, safety instruction and tours are provided by Northwest Paddle Surfer guides. Sighting Bay resident wildlife is common, like turtles, otters, eagles, and herons during tours. All equipment is provided. **Participants must be able to swim.** This activity is great for individuals, friends, and families as it's open to ages 12 and up. Stand-Up Paddleboard weight limit of 225 lbs. Registration closes 8:00 AM Tuesday before the program date.

AGE: 12+

17202	Wed	9/6	5:30-7pm
17209	Wed	9/13	5:30-7pm

R \$70/NR \$84

LOCATION: JUANITA BEACH PARK  
INSTRUCTOR: NORTHWEST PADDLE SURFERS

# ADULTS

## Parent and Little Barre Class

In this barre program, we'll spend half the class working on pre and postnatal safe poses and movements. After that, we'll spend time sharing what's been coming up for you this week, allowing you to get tips & ideas as well as emotional support from fellow parents and build new connections! *(No class 11/10, 11/11, 11/24, 11/25)*

AGE: 18+

16973	Fri	9/15-10/20	10:30am-12pm
16977	Fri	2/23-3/29	10:30am-12pm
R \$72/NR \$86			
16974	Fri	11/3-12/8	10:30am-12pm
16976	Fri	1/19-2/9	10:30am-12pm
R \$48/NR \$58			
16978	Sat	10/21-12/9	10-11am
R \$66/NR \$79			

LOCATION: NKCC

INSTRUCTOR: STEPHANIE LADUKE



## PARENT / CHILD CLASSES

See pages 6-10



## Gentle Start

Are you looking to be more active? Do you want to ease into a fitness routine? This hour-long class will begin with 20 minutes of stretching followed by 30 minutes of short bursts of cardio walking and strength training and then a cool down. This class is filled with an encouraging instructor, fun music and easy to follow movements.

AGE: 18+

17087	Mon	9/11-10/23	9-10am
17088	Mon	10/30-12/11	9-10am
R \$77/NR \$92			
17090	Mon	1/22-2/12	9-10am
R \$44/NR \$53			
17094	Mon	2/26-4/1	9-10am
R \$66/NR \$79			

LOCATION: NKCC

INSTRUCTOR: LAURA MILLER

## 70's Show

This is a mid to moderate dance fitness class set to beats from the 70's. Calling all groovy adults for this 70's inspired dance fitness class. Dancers will move & groove to 70s style music and will learn the 70s classics.

AGE: 18+

17112	Wed	9/13-10/25	8:30-9:15am
17113	Wed	11/1-12/13	8:30-9:15am
R \$70/NR \$84			
17114	Wed	1/17-2/21	8:30-9:15am
17115	Wed	2/28-4/3	8:30-9:15am
R \$60/NR \$72			

INSTRUCTOR: LAURA MILLER

## Cardio & Core with Joleen

Put the "Fun" in functional training with this lively strength and cardio workout! Start with an energetic warm up then mix it up with weights, interval stations, agility games, dance fitness and more! Finish with core strengthening and a relaxing cool down. Modifications will be shown for different fitness levels.

*(No class 11/22, 11/23, 2/19, 4/4, 4/8, 4/9, 4/10, 4/11)*

AGE: 18+

17008	Mon	9/11-10/23	6-7pm
17009	Tue	9/12-10/24	9-10am
17011	Wed	9/13-10/25	6-7pm
17012	Thu	9/14-10/26	9-10am
17018	Tue	1/16-2/27	9-10am
17019	Wed	1/17-2/28	6-7pm
17020	Thu	1/18-2/29	9-10am

R \$77/NR \$92

17013	Mon	11/13-12/18	6-7pm
17014	Tue	11/14-12/19	9-10am
17021	Mon	3/25-5/6	6-7pm
17022	Tue	3/26-5/7	9-10am
17023	Wed	3/27-5/8	6-7pm

R \$66/NR \$79

17015	Wed	11/15-12/20	6-7pm
17016	Thu	11/16-12/21	9-10am
17017	Mon	1/22-2/26	6-7pm
17024	Thu	3/28-5/9	9-10am

R \$55/NR \$66

LOCATION: NKCC

INSTRUCTOR: JOLEEN LESTER



## CardioBox

Learn the different strikes used in boxing, along with footwork, body movement and defense. You will stay active, moving from one round to another, with more than 50% of the time on the bags, you will use other equipment to condition and strengthen your body. There is no sparring involved in this class. All participants are required to bring their own hand wraps for wrist protection, boxing gloves. *(No Class 11/22)*

### AGE: 18+

16884	Mon	9/11-10/23	7:15-8pm
16888	Wed	9/13-10/25	7:15-8pm
16889	Wed	11/1-12/20	7:15-8pm

R \$70/NR \$84

16885	Mon	10/30-12/18	7:15-8pm
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R \$80/NR \$96

16890	Wed	1/17-2/21	7:15-8pm
16887	Mon	2/26-4/1	7:15-8pm
16891	Wed	2/28-4/3	7:15-8pm

R \$60/NR \$72

16886	Mon	1/22-2/12	7:15-8pm
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R \$40/NR \$48

LOCATION: NKCC

INSTRUCTOR: SHARON GOH ADAMS

## Pound Fit

POUND unleashes your inner rockstar with a full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums. This class is designed for any age at any stage of fitness. Everybody and every body are welcome. Ripstix are provided and no experience is required. *(No Class 11/22)*

### AGE: 18+

16982	Wed	9/13-10/18	4:45-5:30pm
16985	Wed	2/21-3/27	4:45-5:30pm

R \$60/NR \$72

16983	Wed	11/1-12/6	4:45-5:30pm
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R \$50/NR \$60

16984	Wed	1/17-2/7	4:45-5:30pm
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R \$40/NR \$48

LOCATION: NKCC

INSTRUCTOR: STEPHANIE LADUKE

## PARKINSON'S SUPPORT GROUP

See page 51

## Rock Steady Boxing (RSB)

Taught by certified Affiliate Coaches, Rock Steady Boxing (RSB) is an evidence-based boxing fitness class designed specifically to help fight the effects of Parkinson Disease. Non-contact boxing drills, strength, balance, cardio, and coordination activities are provided with a "tough love" approach and create the basis for functional improvements for people with any level of Parkinson's. In addition to improved strength and function, participants enjoy a new sense of confidence and build supportive relationships with fellow class members. Participants must receive medical clearance, complete a \$40 assessment, and receive Affiliate Coach approval prior to joining class. Classes are offered 10:15am-11:30am or 11:45am-1pm based on different levels. Participants will be given their recommended class time after the assessment. *(No Class on 10/27, 11/10, 11/23, 11/24, 12/8, 3/12, 3/14, 3/15, 3/29, 4/4)*

### AGE: 18+

### 10 Visit Pass Card

Tue,	Thu, Fri	9/7-12/22	10:15am-1pm
Tue,	Thu, Fri	1/11-4/5	10:15am-1pm

\$120

LOCATION: NKCC

INSTRUCTOR: JOLEEN LESTER

## Jam Out Dance

Our dance instructor brings a mix of funky, adrenaline-based beats from today's hits to yesterday's favorites with easy-to-follow choreography so everyone everywhere can get their JAM on. This highly addictive and fun 60-minute workout will fly by as you get your boogie on! *(No class on 11/10, 11/11, 11/24, 11/25)*

### AGE: 18+

17204	Fri	9/15-10/20	8:45-9:45am
17223	Fri	11/3-12/22	8:45-9:45am
17228	Fri	1/19-2/23	8:45-9:45am
17118	Sat	1/20-2/24	8:45-9:45am
17230	Fri	3/1-4/5	8:45-9:45am
17120	Sat	3/2-4/6	8:45-9:45am

R \$66/NR \$79

17116	Sat	9/16-10/28	8:45-9:45am
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R \$77/NR \$92

17117	Sat	11/4-12/16	8:45-9:45am
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R \$55/NR \$66

LOCATION: NKCC

INSTRUCTOR: LAURA MILLER





# JOIN A LEAGUE

## Indoor Pickleball League

Games will be played at the indoor pickleball courts at North Kirkland Community Center. Courts are shorter by 7" on each side. This league is self-officiated. 14 matches over 7 weeks of play (double-header each week) with one week of playoffs. League champions will receive a prize. Only one player needs to register per team. *(No games on 2/2/24)*

### BEGINNER INDOOR PICKLEBALL LEAGUE

AGE: 18+

17159	Fri	9/15-11/3	5-10pm
17160	Fri	1/19-3/15	5-10pm

LOCATION: NKCC

\$140/team



## Winter 2024 Volleyball League

### INDIVIDUAL FREE AGENT TEAM MEMBER

Players who do not have a team can register as a free agent. The free agent team will play on Wed nights in the Coed C league.

17477	Coed C	DIV	Wed	1/24-3/13	7:20-9pm
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LOCATION: KIRKLAND LWSD GYMS

\$50/person



## Winter 2024 Volleyball League

REGISTRATION OPENS 11/15 AT 7AM

AGE: 18+

17413	Coed	C Div	Wed	1/24-3/13	7:20-9pm
17414	Coed	Lower	Wed	1/24-3/13	7:20-9pm
17408	Coed	Inter	Tue	1/23-3/12	7:20-9pm
17406	Coed	Upper	Tue	1/23-3/19	6:15-10pm
17403	Women's	Lower	Mon	1/22-3/18	7:20-9pm
17404	Women's	Inter	Mon	1/22-3/18	7:20-9pm
17402	Women's	Upper	Mon	1/22-3/18	6:15-10pm

\$400/team

LOCATION: KIRKLAND LWSD GYMS

## Drop In Pickleball

Drop-in Pickleball is available on Fridays 1:30PM-4PM at the North Kirkland Community Center.

Two modified courts available (7 inches shorter on each side). Doubles format is encouraged. We encourage bringing your own equipment. Loaner equipment is available. *(No class on 10/27, 11/10, 11/24, 12/8, 12/15)*

AGE: 18+

### FALL DROP IN PICKLEBALL

Fri	9/15-12/15	1:30-4:30pm
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### WINTER DROP IN PICKLEBALL

Fri	1/12-3/22	1:30-4:30pm
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\$3 per participant; PAY ON-SITE.

## Small Goal Soccer

Small Goal Soccer will provide affordable, quality, fun, fast paced soccer for all the men and women in the world. Together we will build a strong soccer community and leave no player behind. Viva!

Team registration or register as a free agent and Small Goal will find you a team!

17530	Men's D1	Tue	9/12-11/7	7-10pm
17531	Men's D2	Tue	9/12-11/7	7-10pm
17532	CoEd	Tue	9/12-11/7	7-10pm
17537	Free Agent	Tue	9/12-11/7	7-10pm
17526	Men's D1	Thu	10/26-1/11	7-10pm
17527	Men's D2	Thu	10/26-1/11	7-10pm
17529	CoEd	Thu	10/26-1/11	7-10pm
17533	Men's D1	Tue	11/28-2/13	7-10pm
17534	Men's D2	Tue	11/28-2/13	7-10pm
17535	CoEd	Tue	11/28-2/13	7-10pm

\$795/team  
\$80/free agent

LOCATION: 132ND SQUARE PARK



## ADULT SPECIAL INTEREST

### Meditation: A Journey to the Present-Virtual

Explore ways to lay a solid foundation for self-sufficient meditation practice by introducing proper postures, breathing, and body-scanning techniques. Learn to effectively release stress and better manage physical/ emotional pain. Sight, sound, and taste will be incorporated in the meditation practice to set the body and mind free from anxiety, depression, and personal trauma, bringing our awareness to the present moment and enjoy living.

AGE: 18+

16772 Tue 1/9-2/20 7:30-8:30pm

\$65

LOCATION: ZOOM (VIRTUAL)  
INSTRUCTOR: HELEN HUANG

### Organizer On the Road Show

My tips are practical, doable, and fun. You'll laugh, you'll learn organizing techniques that are applicable to ANYTHING, and be pointed to resources to answer, "But what do I do with ...?"

AGE: 18+

17110 Tue 10/24 6-7:30pm  
17111 Tue 1/23 6-7:30pm

R \$35/NR \$42

LOCATION: NKCC  
INSTRUCTOR: LAUREN WILLIAMS, CPO®, CVPO®



### Retirement Purpose Finder

Are you within a year or two of retirement? Having a defined purpose for this major life transition will help you to create a retirement life that is rewarding, healthy, and full of joy. This 2-hour workshop will help you define your goals and give you a roadmap for this next exciting phase of life.

AGE: 18+

17405 Thu 9/21 6pm-8pm

R \$35/NR \$42

LOCATION: NKCC  
INSTRUCTOR: JULIE METTEER – RETIREMENT  
COACH, READY, RETIRE, GO



### Self Defense for Women

Learn the 4 most crucial safety lessons: recognizing when someone means harm, using your body language and voice to interrupt an intended assault, simple yet effective physical skills to neutralize an attacker, and how to deal with the emotional fallout of an assault. Please wear workout-style clothing. We focus on the experiences of women and all people who have lived experiences of misogyny, including cis and trans women, as well as non-binary folks and trans men.

Age: 18+

16865 Sat 10/7 1:45-4:45pm

R \$89/NR \$107

LOCATION: NKCC  
INSTRUCTOR: STRATEGIC LIVING, LLC

## Light Up KIRKLAND

Light Up Kirkland is a magical event held at Marina Park. Have some "Cocoa and cookies with the Council" and then take a stroll on the grounds of the park to view a winter wonderland of lights, followed by a bonfire on the beach and music from local students. Argosy Cruises will swing by with their Christmas Ship and provide more musical entertainment from the water. This event is free.



**SATURDAY**  
**DECEMBER 9, 4-7PM**  
**MARINA PARK**

25 LAKESHORE PLAZA



FOR MORE INFORMATION VISIT [KIRKLANDWA.GOV/COMMUNITYBUILDINGEVENTS](http://KIRKLANDWA.GOV/COMMUNITYBUILDINGEVENTS)

# ADULTS

## Ukulele Beginning

Aloha! A ukulele is portable, inexpensive, and great for playing songs with friends! It's also a great primer for learning other stringed instruments. Whether you're a beginner or have a little experience, you're invited to join our friendly group classes. We'll learn chords each week, how to strum, and will play music together at our first class! Requirements: a ukulele, and a willingness to try something new. (No Class 11/15, 11/22)

AGE: 14+

16879	Wed	9/13-10/11	5:30-6:30pm
17443	Wed	10/25-12/6	5:30-6:30pm
17505	Wed	2/28-3/27	5:30-6:30pm

R \$50/NR \$60

LOCATION: NKCC

INSTRUCTOR: JULIE METTEER

## Ukulele Intermediate

Ukulele Intermediate will be focused on learning to play and sing songs with the same basic chords, and adding on some new, more challenging chords (No Class 11/15, 11/22)

AGE: 14+

16880	Wed	9/13-10/11	6:45-7:45pm
17444	Wed	10/25-12/6	6:45-7:45pm
17484	Wed	2/28-3/27	6:45-7:45pm

R \$50/NR \$60

LOCATION: NKCC

INSTRUCTOR: JULIE METTEER



## Ukulele Harvest Ho-Down

NEW

Howdy partners! It's a community strum, plink, plunk, sing-along to some country classics. All acoustic instruments are welcome to join in! We'll fiddle, pick guitars, banjo and ukulele to Johnny Cash, Willie Nelson, and more. No instrument? Just come and sing along Put on your country duds, grab your acoustic instrument and hurry to the ho-down. YEEHAW!

AGE: 10+

16953	Wed	10/18	6-8pm
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R \$20/NR \$24

LOCATION: HERITAGE HALL

INSTRUCTOR: JULIE METTEER

## Ukulele Holiday Sing-Along

NEW

Join us for an evening of ukulele yuletide festivities and merry-making songs! All acoustic instruments are welcome to join in! Celebrate the season and gather around as we sing and play some classic holiday favorites! Bring a smile, wear an ugly holiday sweater, grab your acoustic instrument and let's make some joyous music

AGE: 10+

16954	Wed	12/13	6-8pm
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R \$20/NR \$24

LOCATION: HERITAGE HALL

INSTRUCTOR: JULIE METTEER



### Wheels and Reels Movie Series

Enjoy a night out under the stars at Juanita Beach Park with our Drive-in Movie Series. The parking lot opens at 6pm and the movie starts at 7pm. Watch each movie on our giant LED screen!

All ages welcome. Event will be held rain or shine – no refunds.  
No RVs, limos, buses or alcohol.

#### Fall Series

**SEPTEMBER 23**  
DUNGEONS & DRAGONS:  
HONOR AMONG THIEVES (PG-13)

**SEPTEMBER 30**  
HOTEL TRANSYLVANIA:  
TRANSFORMED (PG)

**NOVEMBER 4**  
AKEELAH AND THE BEE (PG)

#### Winter Series

**FEBRUARY 24**  
BLACK PANTHER, WAKANDA  
FOREVER (PG-13)

**MARCH 23**  
SUPER MARIO BROS (PG)

**APRIL 13**  
THE LITTLE MERMAID (PG)

**TO REGISTER VISIT**  
**KIRKLANDPARKS.NET OR**  
**CALL 425-587-3336**

## \$20 per vehicle

PRE-REGISTRATION REQUIRED



## Capoeira - Adult

This class offers it all! Fun, healthy fitness, self-defense, confidence, music, culture & community. Capoeira is for everyone... all levels, no experience necessary. Adult Capoeira lead by Professor Fabricio. (No classes 11/20, 11/22, 12/25, 12/27, 1/1, 2/19)

AGE: 16+

### 8 CLASSES

17193	Mon, Wed	9/6-10/2	8:15-9:15pm
17194	Mon, Wed	10/4-10/30	8:15-9:15pm
17195	Mon, Wed	11/1-12/4	8:15-9:15pm
17196	Mon, Wed	12/6-1/10	8:15-9:15pm
17197	Mon, Wed	1/17-2/12	8:15-9:15pm
17198	Mon, Wed	2/14-3/13	8:15-9:15pm

R \$100/NR \$120

### 4 CLASSES

17199	Mon, Wed	3/18-3/27	8:15-9:15pm
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R \$50/NR \$60

LOCATION: PKCC

INSTRUCTOR: FABRICIO VALDEZ

## Voice Overs - Now is your time!

Learn how you can begin using your speaking voice for commercials, films, videos, and more. With instructor Lisa Foster, you will learn a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your own terms, on your own turf, in your own time, and with minimal overhead! This could be the game changer you've been looking for.

AGE: 18+

16825	Mon	10/2	6-8pm
16826	Mon	1/22	6-8pm

R \$40/NR \$48

LOCATION: NKCC



## Home Loan Workshop

Receive step by step instructions on how to refinance existing properties or how to purchase your first or even third home. Come get all your questions answered and learn the ropes of financing. A Senior Mortgage Specialist and Senior Real Estate Professional will explain why items like Home Inspection, Appraisals, Home Warranties, title, and escrow are important and the role they play. Learn how to structure the best loan, what closing cost are and how you can save money.

AGE: 18+

17040	Wed	9/6	7-9pm
17041	Wed	3/6	7-9pm

R \$12/NR \$14

LOCATION: PKCC

INSTRUCTOR: KIM PRATER

## Home Sellers Workshop

Learn how to get top dollar for your home. Topics include pricing, marketing, the pros and cons of "For Sale by Owner" and the costs involved including commissions, taxes, title and escrow.

AGE: 18+

17043	Wed	10/4	6:30-8:30pm
17044	Wed	2/28	6:30-8:30pm

R \$12/NR \$14

LOCATION: PKCC

INSTRUCTOR: KIM PRATER

## Federally Insured Reverse Mortgage Program NEW

Are you or your spouse at least 62 years of age and have equity in your home? If yes, you may qualify to stay in your home for your lifetime without having another mortgage payment, possibly receiving a portion of your home equity in one lump sum, or having it as an additional income every month again with zero payment (you are still responsible for taxes, insurance and maintenance). Join a local Reverse Mortgage Specialist for a round-table workshop and gather the information needed to make you feel comfortable and confident with a decision based on your personal scenario.

AGE: 18+

17038	Wed	10/4	10:30am-12pm
17039	Wed	1/31	10:30am-12pm

R \$12/NR \$14

LOCATION: PKCC

INSTRUCTOR: KIM PRATER

## Three Ways to Register

Registration is first come, first served. Online registration is your best opportunity for getting into the program of your choice!



### ONLINE AT KIRKLANDPARKS.NET

When enrolling online, please sign your electronic waiver and print your receipt when prompted.



### WALK-IN (OPEN AT 8:00 AM)

North Kirkland Community Center  
12421 103rd Ave NE

Peter Kirk Community Center  
352 Kirkland Ave

Kirkland City Hall  
123 Fifth Ave



### PHONE-IN

425-587-3336  
Monday–Friday,  
8:00 AM–5:00 PM

Please have 5 digit course number and credit card information ready.  
On registration day, 8/23/23 phone line opens at 7 AM or 8/30/23 at 8 AM.

## Register for programs

**NEW!** REGISTRATION BEGINS **August 23 at 7 AM** FOR KIRKLAND RESIDENTS ONLINE AND BY PHONE AND **August 30 at 8 AM** FOR NON-RESIDENTS!

### All Are Welcome

The City of Kirkland is committed to offering programs and services that are inclusive and where people from all backgrounds feel a sense of belonging, regardless of race, gender identity, gender expression, sexual orientation, socioeconomic position, or physical/cognitive ability.

Please visit [www.kirklandwa.gov/Recreation](http://www.kirklandwa.gov/Recreation) for our inclusion policies. Kirkland Parks and Community Services is committed to accommodating people with disabilities and will make every reasonable effort to ensure that programs and services are accessible. To request an accommodation, 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.

Kirkland Parks and Community Services staff are unable to provide personal care (feeding, toileting assistance, giving medications, transfers, etc.). Participants in need of personal assistance are encouraged to participate with a caregiver. Older adults with care needs may be eligible for community-based programs, such as adult day care centers (see page 55). Contact EvergreenHealth Community Health Care Access Team at 425-899-3200 for other options.

### Inclement Weather

The safety of program participants and staff is the primary consideration when determining whether programs should be canceled, rescheduled, or modified due to inclement weather, excessively high or low temperatures, poor or icy road conditions, poor air quality, or other events which may jeopardize safety. The City of Kirkland typically follows the lead of the Lake Washington School District when determining cancellations during the school year. Outside of the school year, City staff will evaluate conditions and make the appropriate decision to cancel or delay programs. When air quality levels are deemed unhealthy according to the Environmental Protection Agency's (EPA) website [www.airnow.gov](http://www.airnow.gov), all outdoor programs will be canceled or rescheduled. Additionally, the Peter Kirk Pool will be closed, and beaches will not be staffed by lifeguards. Refunds will be considered on an individual program basis but are not guaranteed

Our inclement weather hotline is 425-587-3335.

### 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).

Para pedir un formato alternativo, presentar una queja o si tiene preguntas sobre el Programa del Título VI de Kirkland, comuníquese con el coordinador del Título VI llamando al 425-587-3831 o en [titlevicocoordinator@kirklandwa.gov](mailto:titlevicocoordinator@kirklandwa.gov).

Para solicitar um formato alternativo, registrar uma reclamação ou tirar dúvidas sobre o Programa Título VI de Kirkland, entre em contato com o Coordenador do Título VI pelo telefone 425-587-3831 ou em [titlevicocoordinator@kirklandwa.gov](mailto:titlevicocoordinator@kirklandwa.gov).

Чтобы запросить другой формат, подать жалобу или задать вопросы о программе Title VI г. Киркланда, свяжитесь с координатором по номеру 425-587-3831 или по электронной почте [titlevicocoordinator@kirklandwa.gov](mailto:titlevicocoordinator@kirklandwa.gov).

如需获取其他格式、提出投诉或对柯克兰的第六章计划 (Title VI Program) 有疑问, 请致电 425-587-3831 或发送电子邮件至 [titlevicocoordinator@kirklandwa.gov](mailto:titlevicocoordinator@kirklandwa.gov) 与第六章协调员联系。

Để yêu cầu một định dạng khác, nộp đơn khiếu nại hoặc nếu có câu hỏi về Chương Trình Tiêu Mục VI của Kirkland, hãy liên hệ với Điều Phối Viên Tiêu Mục VI theo số 425-587-3831 hoặc [titlevicocoordinator@kirklandwa.gov](mailto:titlevicocoordinator@kirklandwa.gov).

다른 형식을 요청하거나, 민원을 제기하거나, 커클랜드의 제VI편 프로그램 (Title VI Program)에 관한 문의 사항이 있는 경우, 전화 425-587-3831번 또는 이메일 [titlevicocoordinator@kirklandwa.gov](mailto:titlevicocoordinator@kirklandwa.gov)로 제VI편 코디네이터에게 문의하십시오.

### Refunds / Cancellations / Transfers

- To request a transfer or cancellation, please email us at [eParks@kirklandwa.gov](mailto:eParks@kirklandwa.gov) or call 425-587-3330.
- Refunds are granted if a request is made at least five business days prior to the start of a program, less a \$10.00 administrative fee applied to each program withdrawn.
- A 50% refund of the registration fee will be granted for program withdrawal requests received less than five business days prior to the start of program.
- Please note: Programs paid by check or cash will be refunded by check. No refunds will be given for programs that cost less than \$10.00.
- No refunds will be issued on or after the first day of program.
- Online enrollments resulting in withdrawals are subject to cancellation policies listed above.
- A 100% refund will be given if a program is canceled by Kirkland Recreation.
- Transfers must be requested five business days prior to the start of a program. (exception: progressive level transfers directed by program instructor.
- Visit [www.kirklandwa.gov/ParkRentals](http://www.kirklandwa.gov/ParkRentals) for facility rental cancellation and change policies.
- Community Center Special Events: Unless otherwise noted, event tickets will be available until 5pm seven business days prior to the event. No tickets will be sold the day of the event. Event tickets are not refundable or transferable.

### Disclaimer

This schedule of activities is published for informational purposes only. We strive to produce the most accurate guide possible. However, some program information may have changed after this guide has gone to print. We will make every effort to notify participants of the changes. Our website [www.kirklandparks.net](http://www.kirklandparks.net) will be most up-to-date.

### WATCH FOR THESE ICONS

-  **NEW** New Program
-  Virtual Program
-  Family Program