

KIRKLAND RECREATION GUIDE

SPRING / SUMMER 2024



CAMPS

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TEEN PROGRAMS

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ADULTS 50+

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REGISTRATION BEGINS SOON!

NEW PRIORITY REGISTRATION DATES FOR KIRKLAND RESIDENTS!

RESIDENT REGISTRATION BEGINS March 19 at 7 AM for Non-Aquatics Programs and March 20 at 7 AM for Aquatic Programs. NON-RESIDENT REGISTRATION BEGINS MARCH 21 at 8 AM for all programs! Sign up at KirklandParks.net or call 425-587-3336.

AT-A-GLANCE CAMP PROGRAMS

CAMP DETAILS			Ages	Location	4/8 - 4/12	6/17 - 6/21	6/24-6/28	7/1-7/5	7/8-7/12	7/15-7/19	7/22-7/26	7/29-8/2	8/5-8/9	8/12-8/16	8/19-8/23	8/26-8/30	Page
PARTIAL DAY CAMPS	Kirkland Kids Summer Cooking (12-2pm) Mon-Tue	4-6	McAuliffe Park					X						X			12
	Snapology (9am-12pm) No class 6/19	4-6	NKCC		X		X ¹										12
	Skyhawks Mini-Hawk (9am-12pm or 1pm-4pm)	4-7	Mark Twain Elementary			X		X	X								13
	CreArt Studioz (9:30am-12:30pm)	4-9	NKCC	X				X	X	X	X	X	X	X			8,12
	Nature Adventure (10am-2pm) Mon-Thu	5-7	Edith Moulton Park			X	X ²	X	X								14
	Northwest University Sports Basketball (9am-12pm) Mon-Thu	5-8	Northwest University			X											15
	PLAY-WELL Engineering with Lego® Materials (9am-12pm)	5-9	Heritage Hall	X			X ^{2,3}		X		X	X	X	X	X		8,20,21
	Northwest University Sports Cross Country (9-11am) Mon-Thu	5-10	Northwest University								X						15
	Cheerleading (1-4pm)	5-12	NKCC											X			17
	Northwest University Sports Soccer (9am-12pm) Mon-Thu	5-12	Northwest University							X	X						15
	Skyhawks Sports (9am-12pm)	5-13	Varies			X		X	X	X	X	X	X	X	X		13
	Leap Into Summer Ice Skating (12:30-4pm) Mon-Thu	5-16	Sno King Ice Arena			X											17
	Dance Sampler (9:30am-12:30pm)	6-8	NKCC								X						14
	Little Medical School Seattle (9:15am-12:15pm)	6-8	McAuliffe Park					X ³	X	X							25
	Spanish/English Yoga Summer (9:30am-1:30pm) Mon-Thu	6-9	NKCC						X								26
	Kirkland Kids Summer Cooking (12-2pm) Wed-Fri	6-10	McAuliffe Park	X ^{1,4}				X						X			8,26
	Snapology - Responsive Robotics (9am-12pm)	6-10	NKCC	X													9
	Mad Science (1-4pm)	6-12	NKCC	X ⁵		X		X		X		X			X		9,23
	Empowered Kids - Runnig and Outdoor Summer (10am-1pm)	6-12	Crestwoods Park			X					X						17
	TGA Pickleball (9-11:30am)	6-14	Juanita Beach Park			X	X ¹	X	X	X	X	X	X	X	X	X	14
	TGA Tennis (9-11:30am)	6-14	Kirkland Middle School			X	X ¹	X	X	X	X	X	X	X	X	X	14
	Challenger Sports International Soccer (9am-12pm)	6-16	Crestwoods Park			X			X					X			16
	Challenger Sports Creative Skills Soccer (9am-12pm or 1-4pm)	6-16	132nd Square Park					X			X						16
	Youth Tech Computer (11:15am-1:30pm or 2-4:15pm) Mon-Thu	6-17	NKCC			X		X	X	X	X	X	X				18,19
	Little Medical School Seattle (9:15am-12:15pm or 1-4pm)	7-10	McAuliffe Park				X ³	X ¹		X	X						25
	Yoga in Nature Sumemr (12-2pm) Mon-Thu	7-10	Marsh Park					X									26
	Challenge Island (9am-12pm)	7-11	132nd Square Park					X	X	X	X	X	X	X	X	X	24
	Overtime Athletics Basketball (9am-12pm or 1-4pm)	7-11	Peter Kirk Elementary					X ⁶							X		16
	Overtime Athletics Dodgeball (9am-12pm or 1-4pm)	7-11	Peter Kirk Elementary			X											16
	Overtime Athletics NFL Flag "ProBowl Games" (9am-12pm or 1-4pm)	7-11	132nd Square Park						X				X				16
	Incrediflix Filmmaking (9:30am-12pm or 12:30-3:30pm)	7-13	Heritage Hall			X		X		X							22
	Northwest University Basketball/Volleyball (9am-12pm or 1-4pm) Tue-Thu	7-14	Northwest University						X								15
	Northwest University Volleyball (1-4pm) Tue-Thu	7-14	Northwest University										X ⁸	X ⁸			15
	PLAY-WELL Engineering with Lego® Materials (1-4pm)	7-14	Heritage Hall						X		X	X	X	X	X		20,21
	Learnin' the Ropes Jump Rope (9am-12pm or 1-4pm)	7-15	AG Bell Elementary					X	X								26
	Dance Sampler (1-4pm)	8-12	NKCC								X						14
	Stand Up Paddle Board (9am-12pm)	8-15	Juanita Beach Park			X		X	X	X	X	X	X	X	X		26
	Fencing (9am-12pm or 1-4pm)	8-18	Kaizen Academy	X				X	X	X	X	X	X	X	X		8,14
	Northwest University Basketball (1-4pm) Mon-Thu	9-13	Northwest University			X											15
	Fun Yoga for Tweens (10am-12pm) Mon-Thu	10-13	NKCC										X				26
	Challenge Island (9am-12pm)	11-13	132nd Square Park								X					X	24
	Northwest University Beach Volleyball (9am-12pm or 1-4pm) Mon-Thu	12-17	Northwest University							X							15
FULL DAY CAMPS (5+ hours)	Junior Summer Day (9am-5pm) Extended Care Available	5-8	NKCC			X	X	X	X	X	X	X	X	X	X		10,11
	Cheerleading (9:30am-3pm) Mon-Fri	5-12	AG Bell Elementary							X	X						17
	La Luna Rhythmic Gymnastics (9am-4pm) Extended Care Available	5.5-12	La Luna Gym	X				X	X	X	X	X	X	X	X		8,17
	Skyhawks Multi-Sport (9am-3pm)	6-12	Mark Twain Elementary							X	X		X	X ⁸			13
	Rugby Splash (9am-3pm) Mon-Thu	6-12	Heritage Park					X		X		X		X			14
	Youth Tech Computer (11:15am-4:15pm) Mon-Thu	6-17	NKCC							X	X						19
	Nature Adventure (10am-3pm) Mon-Thu	7-10	OO Denny Park							X	X	X	X				14
	Peter Kirk Day (9am-5pm) Extended Care Available	7-10	PKCC			X	X	X	X	X	X	X	X	X	X		10,11
	Tennis & Swim (9am-3pm) Mon-Thu	7-12	Peter Kirk Park			X	X	X	X	X	X	X	X	X	X		16
	IncrediFlix Filmmaking (9:30am-3:30pm)	7-13	Heritage Hall			X		X		X							22
	Challenger International Soccer (9am-4pm)	7-16	Crestwoods Park			X			X					X			16
	24 Teens & Tweens Medical School (9:15am-4pm)	11-15	KTUB						X	X	X	X ^{7,8}					27
	24 Teens & Tweens On Trails & Treks (9am-5pm) Mon-Thu	11-15	PKCC					X	X	X	X	X	X	X	X	X	28

¹Mon-Wed ²Mon-Fri-No Camp Thu ³Location is at NKCC ⁴2-4pm ⁵9am-12pm ⁶Location is at Lakeview Elementary ⁷Location TBA ⁸Camp details at [kirklandparks.net](https://www.kirklandparks.net)

Kirkland Parks and Community Services – Where You Belong!



Dear Kirkland Community Members,

We are thrilled to introduce our latest recreation guide with activities for various interests, ages, and abilities. Parks and community centers play a crucial role in fostering a sense of belonging. We invite you to explore the numerous opportunities to connect and create lasting memories with your neighbors. The Celebrate Kirkland 4th of July Parade, Summer Movies in the Parks, and See Spot Splash are all back this year. And we are working to re-open the Kirkland Teen Union Building as a teen center!

While the November 2023 Kirkland parks ballot measure did not pass, the City is committed to improving Kirkland's parks and recreation services. The Capital Improvement Program will fund modest improvements to Everest Park's restrooms, a new picnic shelter at O.O. Denny Park, and designs for infrastructure improvements at Houghton Beach Park and Marina Park to ensure they continue to be safe and inclusive spaces for all.

Whether you are looking for swim lessons, summer youth camps, teen activities, older adult programs, preschool classes, recreational sports, fitness classes, or facility rentals, we hope this guide helps you find activities to inspire you.

Thank you for being part of our community. We look forward to creating memorable experiences together in Kirkland's parks, on the water, at a dance class, or at Celebrate Kirkland on July 4th.

Lynn Zwaagstra

Director of Parks and Community Services



KIRKLAND RECREATION GUIDE SPRING / SUMMER 2024

Facilities Information & Class Locations

Kirkland City Hall
123 Fifth Ave
425-587-3330

Kirkland Teen Union Building (KTUB)
348 Kirkland Ave

North Kirkland Community Center (NKCC)
12421 103rd Ave NE
425-587-3350

Peter Kirk Community Center (PKCC)
352 Kirkland Ave
425-587-3360

Peter Kirk Pool
340 Kirkland Ave

132nd Square Park
13159 132nd Ave NE

Crestwoods Park
1818 Sixth St

Edith Moulton Park
13634 108th Ave NE

Everest Park
500 8th St S

Heritage Hall/Park
203 Market St

Juanita Beach Park
9703 NE Juanita Dr

Marsh Park
6605 Lake Washington Blvd NE

McAuliffe Park
10824 NE 116th St

North Rose Hill Woodlands Park
9930 124th Ave NE

OO Denny Park
12302 Holmes Point Dr NE

Peter Kirk Park
202 3rd St

AG Bell Elementary School
11212 NE 112th St

Emerson K-12 School
10903 NE 53rd St

Kaizen Academy
9620 153rd Ave NE
#A5 Redmond

Kamiakin Middle School
14111 132nd Ave NE

Kirkland Middle School
430 18th Ave

La Luna Gym
11251 120th Ave NE

Mark Twain Elementary School
9525 130th Ave NE

Northwest University
5520 108th Ave NE

Peter Kirkland Elementary School
1312 6th St

Redwood Golf Center
13029 Redmond-Woodinville Rd NE
Redmond

Sno King Ice Arena
14326 124th Ave NE

8 CAMPS

29 PARENT & CHILD

31 PRESCHOOL

34 YOUTH

38 TEEN

42 AQUATICS

56 ADULTS

62 50+ ADULTS

City Council

Kelli Curtis, Mayor
Jay Arnold, Deputy Mayor
Neal Black
Amy Falcone
Jon Pascal
Penny Sweet
John Tymczyszyn

Park Board

Mike Holland, 2023 Chair
Tessa Hansen, 2023 Vice Chair
Amy Ambrosini
Tara Bobbarjung, Youth Member
Tammy Cohen
Katherine Kearny
Roshan Parikh
Crystal Thimsen

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.

VIEW REGISTRATION TIPS AT
KIRKLANDWA.GOV/RECREATIONGUIDE



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, 3/19 & 3/20 phone line opens at 7AM or 3/21 at 8AM.

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 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 73). 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. When school is not in session, City staff will evaluate conditions and make the appropriate decision to cancel or delay programs. When air quality levels in Kirkland are deemed unhealthy according to the Environmental Protection Agency's (EPA) website 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.

Title VI

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

To request an alternate format, file a complaint or for questions about Kirkland's Title VI Program, contact the Title VI Coordinator at 425-587-3011 or titlevicoordinator@kirklandwa.gov.

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 titlevicoordinator@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 titlevicoordinator@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 titlevicoordinator@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 titlevicoordinator@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 titlevicoordinator@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 titlevicoordinator@kirklandwa.gov로 제VI편 코디네이터에게 문의하십시오.

Refunds / Cancellations / Transfers

- To request a transfer or cancellation, please email us at eparks@kirklandwa.gov or call 425-587-3330.
- Some programs have specific cancellation requirements outside our general cancellation policy listed below. For detailed information, please see our Refund and Cancellation Policies at www.kirklandwa.gov/Recreation.

- 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 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 will be most up to date.

WATCH FOR THESE ICONS



New Program



Virtual Program



Family Program



Park Improvements

Work is ongoing in Kirkland's parks. Here are two projects recently completed in response to community feedback:

Totem Lake Park – three shade sails were installed next to the playground to provide relief from the sun during the summer seasons.

Snyder's Corner – staff installed stabilization pavers and gravel to create a parking area. This will ensure that visitors don't get stuck in the mud during wet weather.



New Lifesaving Feature at 132nd Square Park

To help ensure a safe experience for all, we have installed the first AED (automated external defibrillator) in a Kirkland park at 132nd Square Park in the Kingsgate neighborhood. If someone experiences a sudden cardiac arrest, an AED can be used to restart their heart.

The sooner an AED is successfully utilized, the greater the chance that person will survive. City Council is evaluating options for expanding AEDs throughout the park system.



Pickleball Progress

More pickleball options are coming soon to Kirkland's parks! We are evaluating options to make more courts available by this year to help meet the recent surge in demand for this popular pastime. Learn more at www.kirklandwa.gov/pickleball.



Responding to Homelessness in Kirkland

The City is committed to helping ensure Kirkland is safe and welcoming to all, including those experiencing homelessness. In early 2023, Meli Paulo joined the Parks and Community Services Department as Kirkland’s Homeless Outreach Coordinator. Meli works in collaboration with City staff to build relationships to foster trust, provide basic need items, and connect residents with available services.

The City realized that a coordinated response to homelessness was needed and established a Homelessness Assistance and Response Team (HART) that includes Crisis

Responders, Neighborhood Resource Officers, the Mobile Integrated Health Unit, Community Court Coordinator, Park Rangers, and Meli, as the Homeless Outreach Coordinator. Learn more about the City’s response at www.kirklandwa.gov/homelessness.

Have you seen someone in Kirkland living unhoused who could use help? If so, please let us know through the Our Kirkland app or website: www.kirklandwa.gov/OurKirkland, using the “Homelessness Assistance and Response Team” topic.

OFF-LEASH DOG PARKS

Well-mannered canines are welcome in Kirkland’s off-leash dog areas for a run or free play with other dogs. Learn more about dogs in Kirkland parks at kirklandwa.gov/dogparks.

- Jasper’s Dog Park at Heronfield Wetlands, 11225 NE 120th St
- Edith Moulton Park, 13634 108th Ave NE
- Pop-Up at Juanita Beach Park, 9703 NE Juanita Drive
- Pop-Up at Snyder’s Corner, 13267 Old Redmond Rd



**SEE SPOT
SPLASH
RETURNS!**
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WE'RE Hiring



Job Fair

March 30, 2024
10am-1pm

North Kirkland
Community Center
12421 103 Ave N.E.
Kirkland, WA 98034

Come work with Kirkland Parks and Community Services!

Hiring continuously throughout
the year to support Recreation
and Park Operations

Hiring over 150 Positions!

- Youth Sports Officials
- Recreation Attendants and Leads (Events and Community Centers)
- Seasonal Park Rangers
- Day Camp Directors and Leaders
- After School Camp Directors and Leaders
- Swim Team Coaches
- Swim Lesson Instructors
- Lifeguards (Pool & Beaches)
- Senior Lifeguards (Pool & Beaches)
- Aquatics Program Supervisors (Pool & Beaches)
- Pool Cashiers
- Teen Program Instructors and Recreation Leads
- Recreation Leads and Attendants (Adult, Youth, and Preschool Sports)
- Preschool Program Instructors
- Nature Camp Instructors
- Juanita Friday Market Intern
- Paid High School Interns
- Parks Seasonal Maintenance in areas - Horticulture, Natural Area Restoration, Ballfield Management, and General Parks Labor

View open positions and apply at
www.kirklandwa.gov/ParksJobs or
scan the QR code.

Questions?
Call 425-587-3300 or email
eparks@kirklandwa.gov



SPRING BREAK CAMPS

Art Camp - Infinity & Beyond

NEW

Launch into space! Build miniature spaceships and journey to new planets and faraway galaxies. Explore black holes and discover alien civilizations all while watching out for the monsters, aliens, and robots that might be lurking. You've been forewarned!

AGE: 4-9

19181 Mon-Fri 4/8-4/12 9:30am-12:30pm
R \$320/NR \$384

LOCATION: NKCC
INSTRUCTOR: CREART STUDIOZ

Kirkland Kids Cooking Camp

Come learn basic kitchen skills while you enjoy making delicious and nutritious food. Each day of camp will be a different meal: breakfast, lunch, and dinner. Come join the fun!

AGE: 6-10

16815 Mon-Wed 4/8-4/10 2-4pm
R \$135/ NR \$162

LOCATION: MCAULIFFE PARK ATRIUM
INSTRUCTOR: KAREN RENFROE-GIELGENS



Play-Well Engineering with Lego® Materials - Spring into STEM with LEGO®

Celebrate the coming of Spring with Play-Well and tens of thousands of LEGO® parts! Build chirping birds, design blossoming flowers, and take a ride on a paddle boat. Design and build as never before and explore your craziest ideas.

AGE: 5-9

16959 Mon-Fri 4/8-4/12 9am-12pm
R \$225/NR \$270

LOCATION: HERITAGE HALL
INSTRUCTOR: PLAY-WELL TEKNOLOGIES

Spring Break
Camps -
now open for
registration



La Luna Rhythmic Gymnastics Camp

Our Rhythmic Gymnastics Camp encourages children to be creative and express themselves through rhythmic gymnastics, creative dance, theatrical movement, and fun games. This program helps develop eye-hand coordination and focus while practicing with ribbons, hoops, balls, jump ropes and club juggling. Camp is located at 11251 120th Ave NE, Kirkland.

AGE: 5½-12

19131 Mon-Fri 4/8-4/12 9am-4pm
R \$325/NR \$390

EXTENDED CARE

19133 Mon-Fri 4/8-4/12 8-9am & 4-5:30pm
R \$45/NR \$54

LOCATION: LA LUNA ACADEMY
INSTRUCTOR: LA LUNA ACADEMY

Fencing Camp

Experience one of the fastest growing sports in America! This camp will teach fencing skills using interactive games with other students of their own size. This camp includes discounted entry to the end of the summer fencing tournament. Camp located at 9620 153rd Ave NE #A-5, Redmond.

AGE: 8-18

16860 Mon-Fri 4/8-4/12 9am-12pm
16861 Mon-Fri 4/8-4/12 1-4pm
R \$275/NR \$324

LOCATION: KAIZEN ACADEMY
INSTRUCTOR: KAIZEN ACADEMY





Snapology - Responsive Robotics Camp

In this challenge-focused program, your students will begin to develop their computational thinking skills by playing with modular, robotic cubes known as Cubelets®! Every way your student snaps the magnetic cubes together creates a unique robot, but what really matters is how they figure out the perfect robot recipe to solve a challenge. Students work in small teams to figure out how to create energy-efficient lighthouses, racer bots, maze-solvers, goofy animals, and so much more!

AGE: 6-10

17068 Mon-Fri 4/8-4/12 9am-12pm
R \$260/NR \$312

LOCATION: NKCC
INSTRUCTOR: SNAPOLOGY

ASK US
ABOUT OUR
SCHOLARSHIP
PROGRAM
See page 63



Mad Science Creative Contraptions Camp

Join us on a journey of discovery. Each day campers are given fun challenges which they overcome using basic materials, simple machines, tips from fabulous inventors and most important of all...their minds! Follow in the footsteps of da Vinci, Edison and the Wright Brothers. Construct catapults and forts, fabricate innovative flying machines, and design your own gizmo prototypes.

AGE: 6-11

17089 Mon-Fri 4/8-4/12 9am-12pm
R \$308/NR \$370

LOCATION: NKCC
INSTRUCTOR: MAD SCIENCE

Mad Science Scene of the Crime Camp

Like to solve mysteries? Crack the Case? Join the Mad Science Bureau of Investigation and use science to uncover clues and analyze evidence at the scene of the crime. Best for children entering 2nd through 6th grade who are able to read and write.

AGE: 8-12

17098 Mon-Fri 4/8-4/12 1-4pm

R \$308/NR \$370

LOCATION: NKCC
INSTRUCTOR: MAD SCIENCE

Age
3-10



Mermaid Ball

• FRIDAY, MARCH 29TH, 6:30-8:30PM

Come along and follow me to the bottom of the sea where we'll join in the Jamboree at the Mermaid Ball! Enjoy refreshments, dancing, a mermaid craft, and a commemorative photo at the Mermaid Ball. Sign up early for this event before it's sold out! All genders and gender identities welcome.

Limited to one escort per child. Sorry, no refunds for this event.

\$35

NORTH KIRKLAND COMMUNITY CENTER

SUMMER DAY CAMPS

JUNIOR SUMMER DAY CAMP

NORTH KIRKLAND COMMUNITY CENTER • 12421 103RD AVE NE • AGE 5–8

*Please note that field trips and visiting guests are subject to change.

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



Week 1 June 24-28	Wild Kingdom Pasado's Safe Haven (Guest)	Regular	R \$270/NR \$324	18323
		Extended Care	R \$48/NR \$58	18344
Week 2 July 1-5 (4 Days) No camp 7/4	America the Beautiful Ice Cream Field Trip	Regular	R \$216/NR \$259	18324
		Extended Care	R \$38/NR \$46	18345
Week 3 July 8-12	Weird Science Mad Science (Guest)	Regular	R \$270/NR \$324	18328
		Extended Care	R \$48/NR \$58	18347
Week 4 July 15-19	Fly Me to the Moon Seattle Recreated (Guest)	Regular	R \$270/NR \$324	18331
		Extended Care	R 48/NR \$58	18349
Week 5 July 22-26	Shark Tank Jr. (Surprise Guest)	Regular	R \$270/NR \$324	18335
		Extended Care	R \$48/NR \$58	18353
Week 6 July 29-Aug 2	Shipwrecked The Pyrates of the Coast (Guest)	Regular	R \$270/NR \$324	18338
		Extended Care	R \$48/NR \$58	18357
Week 7 Aug 5-9	Hogwarts Academy Uncle Stinky (Guest)	Regular	R \$270/NR \$324	18341
		Extended Care	R \$48/NR \$58	18359
Week 8 Aug 12-16	Jr. Chefs Karen Gielgens (Guest)	Regular	R \$270/NR \$324	18342
		Extended Care	R \$48/NR \$58	18360
Week 9 Aug 19-23	Cardboard Engineers Seattle Recreated (Guest)	Regular	R \$270/NR \$324	18343
		Extended Care	R \$48/NR \$58	18361

Peter Kirk Campers will enjoy field trips and explore Kirkland's many versatile parks. On hot days, campers will cool off with visits to the beach, and every week will enjoy Kirkland's outdoor swimming pool. **Junior Campers** enjoy time outdoors at our new "Space Park", the downtown Splash Park, and the Kirkland Children's Summer Concert Series. Camp activities at both camps include arts, science, sports, games, and special guests. Our summer camps help your child forge friendships creating memories that will last a lifetime.

Arrive at 8:45am
Activities start at 9:00am
Depart 4:00–5:00pm

(Parents must sign child in and out each day)



REGISTRATION REMINDER

Extended Care is not registering for camp. Be sure to register for both Regular Camp and Extended Care separately.



ASK US
ABOUT OUR
SCHOLARSHIP
PROGRAM
See page 63



PETER KIRK DAY CAMP

PETER KIRK COMMUNITY CENTER • 352 KIRKLAND AVE • AGE 7-10

*Please note that field trips and visiting guests are subject to change.

Junior Summer and Peter Kirk Day Camp Information

SUMMER CAMP T-SHIRTS:

Campers will receive a camp t-shirt on the first day of their first week of camp they attend. This bright, fun t-shirt will be like the day camp counselor's t-shirt and will help identify your child as a City of Kirkland day camper. Please be sure to select the desired size at checkout.

Additional camp t-shirts will be available to purchase for \$10. Supplies and sizes are limited.

EXTENDED CARE

Early morning (8-8:45am) and evening (5-6pm) care is available at the rate of \$48 resident/\$58 non-resident per week. This service is not pro-rated; it is one weekly flat rate no matter how many hours are used.

PAYMENT PLANS

If you are interested in a payment plan, please call 425-587-3336 or email us at eparks@kirklandwa.gov to discuss.

REFUND POLICY

For withdrawals, a refund less a \$25 fee will be granted if withdrawal request is received at least two (2) weeks prior to the start of the camp. No refunds/credits will be granted with less than two (2) weeks' notice.

HEALTH & MEDICATIONS:

A participant information sheet must be filled out for each child, indicating all health concerns, allergies, and limitations.

Week 1 June 24-28	The Great Outdoors Cougar Mountain Zoo (Guest)	Regular	R \$270/NR \$324	17756
		Extended Care	R \$48/NR \$58	17767
Week 2 July 1-5 (4 Days) No camp 7/4	S'more Sports & Games Game Truck (Guest)	Regular	R \$216/NR \$259	17757
		Extended Care	R \$38/NR \$46	17768
Week 3 July 8-12	Around the World in 5 Days KidsQuest Children's Museum (Field Trip)	Regular	R \$270/NR \$324	17758
		Extended Care	R \$48/NR \$58	17769
Week 4 July 15-19	Fly Me to the Moon TBA	Regular	R \$270/NR \$324	17759
		Extended Care	R 48/NR \$58	17770
Week 5 July 22-26	Food Frenzy Chocolate Factory (Guest)	Regular	R \$270/NR \$324	17760
		Extended Care	R \$48/NR \$58	17771
Week 6 July 29-Aug 2	Pirate Fever - Seafaring Scallywags Pump It Up (Field Trip)	Regular	R \$270/NR \$324	17761
		Extended Care	R \$48/NR \$58	17772
Week 7 Aug 5-9	It's a Jungle Out There Reptile Guy (Guest)	Regular	R \$270/NR \$324	17762
		Extended Care	R \$48/NR \$58	17773
Week 8 Aug 12-16	Weird Science Mad Science (Guest)	Regular	R \$270/NR \$324	17763
		Extended Care	R \$48/NR \$58	17774
Week 9 Aug 19-23	Splash 'n Dash Imagine Children's Museum (Guest)	Regular	R \$270/NR \$324	17764
		Extended Care	R \$48/NR \$58	17775



CAMPS

Kirkland Kids Cooking Camp

Learn basic kitchen skills while you enjoy making delicious and nutritious food. Each day of camp will be a different meal: breakfast, lunch, and dinner. Join the fun!

AGE: 4-6

17925	Mon, Tue	7/8-7/9	12-2pm
17927	Mon, Tue	8/12-8/13	12-2pm

R \$90/NR \$108

LOCATION: MCAULIFFE PARK ATRIUM
INSTRUCTOR: KAREN RENFROE-GIELGENS

Snapology Discovering Dinosaurs Summer Camp

How is a Tyrannosaurus Rex different from a Triceratops? Is it just in their physical characteristics, or is it also what they ate, and when they lived? Your little paleontologists will explore what dinosaurs ate and when they lived while constructing their very own dinosaur model out of DUPLO® blocks. Through stories, building, and games, your little learners will be busy exploring the prehistoric world while gaining critical social and developmental skills without even realizing it! (No class 6/19)

AGE: 4-6

18230	Mon, Tue, Thu, Fri	6/17-6/21	9am-12pm
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R \$210/NR \$252

LOCATION: NKCC
INSTRUCTOR: SNAPOLOGY



Snapology Underwater Exploration Summer Camp

In this three-day camp, students will discover all sorts of fun ocean activities and learn about our underwater friends. Children will be too busy exploring the ocean world, building and creating to realize that they are gaining critical social and developmental skills.

AGE: 4-6

18231	Mon-Wed	7/1-7/3	9am-12pm
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R \$180/NR \$216

LOCATION: NKCC
INSTRUCTOR: SNAPOLOGY

CreArt Studioz Camp

Art Camp - Mixed Media Mania

Launch into space! Build miniature spaceships and journey to new planets and faraway galaxies. Explore black holes and discover alien civilizations... all while watching out for the monsters, aliens, and robots that might be lurking. You've been forewarned!

AGE: 4-9

19182	Mon-Fri	7/8-7/12	9:30am-12:30pm
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R \$320/NR \$384

LOCATION: NKCC
INSTRUCTOR: CREART STUDIOZ



All NEW Classes!

Art Camp - Cartoon Creations

Draw your own cape-worthy characters, bring them to life in a flipbook adventure, and soar above a dynamic skyline - all with the power of your imagination.

AGE: 4-9

19183	Mon-Fri	7/15-7/19	9:30am-12:30pm
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R \$320/NR \$384

LOCATION: NKCC
INSTRUCTOR: CREART STUDIOZ

Art Camp - Enchanted Nature Creations

Where we explore the beauty of natural materials through chlorophyll and mud painting, nature weaving and prints, and more. Join us for a creative journey inspired by the wonders of the outdoors!

AGE: 4-9

19184	Mon-Fri	7/22-7/26	9:30am-12:30pm
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R \$320/NR \$384

LOCATION: NKCC
INSTRUCTOR: CREART STUDIOZ



Art Camp - Clay Fantasy

Shape, mold, and sculpt your way through a variety of clay projects and clay-making techniques, while developing fine motor skills and imagination.

AGE: 4-9

19185	Mon-Fri	7/29-8/2	9:30am-12:30pm
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R \$320/NR \$384

LOCATION: NKCC
INSTRUCTOR: CREART STUDIOZ

Art Camp - Printmaking Paradise

Exploring the world of stamping, stenciling, and relief printing, where patterns, textures, and colors come together.

AGE: 4-9

19186	Mon-Fri	8/5-8/9	9:30am-12:30pm
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R \$320/NR \$384

LOCATION: NKCC
INSTRUCTOR: CREART STUDIOZ

Art Camp - Artitects: Building in 3D

Construct large-scale art and paper mâché masterpieces while developing problem-solving skills, collaboration, and imagination.

AGE: 4-9

19187	Mon-Fri	8/12-8/16	9:30am-12:30pm
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R \$320/NR \$384

LOCATION: NKCC
INSTRUCTOR: CREART STUDIOZ





Skyhawks®

SKYHAWKS SPORTS CAMPS

Skyhawks provides a wide variety of fun, safe and positive programs that emphasize critical lessons in sports and life, such as teamwork, respect, and sportsmanship. Programs are designed to give each child a positive introduction into sports while fostering a lifelong love for an active, healthy lifestyle.

Mini-Hawk Camp | Baseball, Basketball, & Soccer

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

AGE:4-7

18358	Mon-Fri	6/24-6/28	9am-12pm
18362	Mon-Fri	6/24-6/28	1-4pm
18365	Mon-Fri	7/8-7/12	9am-12pm
18366	Mon-Fri	7/8-7/12	1-4pm
18367	Mon-Fri	7/15-7/19	9am-12pm

R \$195/NR \$234

LOCATION: MARK TWAIN ELEMENTARY
INSTRUCTOR: SKYHAWKS

Multi-Sport Camp | Baseball, Basketball, & Soccer

Multi-Sport programs are designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essential skills of each sport, along with vital life lessons such as sportsmanship and teamwork.

AGE:6-12

18370	Mon-Fri	7/22-7/26	9am-3pm
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R \$256/NR \$306

LOCATION: MARK TWAIN ELEMENTARY
INSTRUCTOR: SKYHAWKS



Multi-Sport Camp | Baseball, Flag Football & Soccer

Multi-Sport programs are designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essential skills of each sport, along with vital life lessons such as sportsmanship and teamwork.

AGE:6-12

18372	Mon-Fri	7/29-8/2	9am-3pm
18387	Mon-Fri	8/12-8/16	9am-3pm

R \$256/NR \$306

LOCATION: MARK TWAIN ELEMENTARY
INSTRUCTOR: SKYHAWKS

Beginning Golf Camp

Skyhawks Beginning Golf is powered by Payne Stewart Golf Experiences, the recommended entry-level golf program for PGA Junior Golf Camps. The unique, games-based play program and modified learning equipment make it easier for kids to hit the ball and experience early success. Putting, chipping, pitching and full swing, are all taught through games, simple repetitive motions and learning rhymes that make it easy for young kids to remember and repeat. Specially designed, age-appropriate golf equipment is provided.

AGE:5-8

18368	Mon-Fri	7/15-7/19	9am-12pm
18373	Mon-Fri	7/29-8/2	9am-12pm

R \$195/NR \$234

LOCATION: MARK TWAIN ELEMENTARY
INSTRUCTOR: SKYHAWKS

Beach Volleyball Camp

Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled program. All aspects of the game are taught through drills and exercises that focus on bumping, setting, spiking, hitting and serving. This program is designed for the beginning to intermediate player.

AGE:6-12

18363	Mon-Fri	6/24-6/28	9am-12pm
18378	Mon-Fri	8/5-8/9	9am-12pm

R \$195/NR \$234

LOCATION: JUANITA BEACH PARK
INSTRUCTOR: SKYHAWKS

Track & Field Camp

The fundamentals of body positioning, stride, proper stretching, and cool-down techniques are taught. Track and field events include javelin, discus, shot put, hurdles, long jump, triple jump and various running and relay events (activities may vary by area).

AGE:6-12

18364	Mon-Fri	7/8-7/12	9am-12pm
18371	Mon-Fri	7/22-7/26	9am-12pm

R \$195/NR \$234

LOCATION: KIRKLAND MIDDLE SCHOOL
INSTRUCTOR: SKYHAWKS



Basketball Camp

Skyhawks Basketball takes the energy and excitement of this great team sport and puts it all together into one fun-filled program. All aspects of the game are taught through drills and exercises that focus on defense, offense, shooting and defending. This program is designed for the beginning to intermediate player.

AGE:9-13

18380	Mon-Fri	8/5-8/9	9am-12pm
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R \$195/NR \$234

LOCATION: PETER KIRK ELEMENTARY
INSTRUCTOR: SKYHAWKS

Flag Football Camp

Experience the excitement of football with Skyhawks Flag Football. Coaches will teach skills like passing, receiving, kicking, flag pulling and game play!

AGE:6-12

18386	Mon-Fri	8/12-8/16	9am-12pm
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R \$195/NR \$234

LOCATION: 132ND SQUARE PARK
INSTRUCTOR: SKYHAWKS

CAMPS

Nature Adventure Camp

A nature camp based outside in the great Northwest, what more can you ask for? Learn about our native animals, flora, fauna, woodlands, and bodies of water. Nature art, games, and discoveries make for a fun day when you add new friends with the same interests! (No class 7/4)



Nature Camp @ Edith Moulton Park

AGE:5-7

18193	Mon-Thu	6/24-6/27	10am-2pm
18194	Mon-Wed, Fri	7/1-7/5	10am-2pm
18195	Mon-Thu	7/8-7/11	10am-2pm
18196	Mon-Thu	7/15-7/18	10am-2pm

R \$195/NR \$234

LOCATION: EDITH MOULTON PICNIC SHELTER

Nature Camp @ OO Denny Park

AGE:7-10

18197	Mon-Thu	7/22-7/25	10am-3pm
18198	Mon-Thu	7/29-8/1	10am-3pm
18199	Mon-Thu	8/5-8/8	10am-3pm
18200	Mon-Thu	8/12-8/15	10am-3pm

R \$245/NR \$294

LOCATION: OO DENNY PICNIC SHELTER

Dance Sampler Camp

Learn general knowledge of ballet, hip-hop, jazz, and lyrical styles while gaining confidence, and having fun working as a group. Performance will be held on the last day and will showcase short routines and choreography by participants.

AGE:6-8

18202	Mon-Fri	7/29-8/2	9:30am-12:30pm
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R \$145/NR \$174

AGE:9-12

18204	Mon-Fri	7/29-8/2	1-4pm
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R \$145/NR \$174

LOCATION: NKCC

INSTRUCTOR: SAMANTHA GRUBBS

TGA Pickleball Camp

Get ready to dink, drive, and volley while having fun with TGA! Led by trained and vetted coaches, TGA Pickleball camp uniquely combines athletics, academics, and life lessons to create a fun, active, and entertaining camp experience. TGA camps include skill development, lessons on rules & etiquette, and activities that explore academic concepts through the lens of the sport. All levels/abilities are welcome and equipment is provided.

AGE:6-14

17878	Mon-Fri	6/24-6/28	9-11:30am
17880	Mon-Fri	7/8-7/12	9-11:30am
17881	Mon-Fri	7/15-7/19	9-11:30am
17882	Mon-Fri	7/22-7/26	9-11:30am
17883	Mon-Fri	7/29-8/2	9-11:30am
17884	Mon-Fri	8/5-8/9	9-11:30am
17885	Mon-Fri	8/12-8/16	9-11:30am
17886	Mon-Fri	8/19-8/23	9-11:30am
17887	Mon-Fri	8/26-8/30	9-11:30am

R \$249/NR \$299

17879	Mon-Wed	7/1-7/3	9-11:30am
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R \$149/NR \$179

LOCATION: JUANITA BEACH PARK

INSTRUCTOR: TGA OF GREATER SEATTLE

TGA Tennis Camp

TGA Premier Tennis Camps feature instruction on forehand, backhand, volley, and serving skills, daily match-play, and lessons on the rules and etiquette of the sport. Gear is provided by TGA, but equipment from home is welcomed if your child has something they'd like to bring to camp.

AGE:6-14

17888	Mon-Fri	6/24-6/28	9-11:30am
17890	Mon-Fri	7/8-7/12	9-11:30am
17891	Mon-Fri	7/15-7/19	9-11:30am
17892	Mon-Fri	7/22-7/26	9-11:30am
17893	Mon-Fri	7/29-8/2	9-11:30am
17894	Mon-Fri	8/5-8/9	9-11:30am
17895	Mon-Fri	8/12-8/16	9-11:30am
17896	Mon-Fri	8/19-8/23	9-11:30am
17897	Mon-Fri	8/26-8/30	9-11:30am

R \$249/NR \$299

17889	Mon-Wed	7/1-7/3	9-11:30am
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R \$149/NR \$179

LOCATION: KIRKLAND MIDDLE SCHOOL - TENNIS COURTS

INSTRUCTOR: TGA OF GREATER SEATTLE

Rugby Splash Camp

Rugby in the morning, swimming in the afternoon! Using the sport of rugby (non-contact), children will develop key athletic skills and a foundation for team sports that will benefit them in any sport they choose in the future. Through the use of fun games, participants will learn catching and passing, evasive running and defensive tracking all while learning to work with others in a team environment. After lunch, children will spend the remainder of the day splashing around in the lake.

AGE:6-12

17874	Mon-Thu	7/8-7/11	9am-3pm
17875	Mon-Thu	7/22-7/25	9am-3pm
17876	Mon-Thu	8/5-8/8	9am-3pm
17877	Mon-Thu	8/19-8/22	9am-3pm

R \$200/NR \$240

LOCATION: HERITAGE PARK

INSTRUCTOR: EASTSIDE LIONS

Summer Fencing Camp

Experience one of the fastest growing sports in America! This camp will teach fencing skills using interactive games with other students of their own size. Fencing glove included.

AGES 8-18

19341	Mon-Fri	7/8-7/12	9am-12pm
19342	Mon-Fri	7/8-7/12	1-4pm
19343	Mon-Fri	7/15-7/19	9am-12pm
19344	Mon-Fri	7/15-7/19	1-4pm
19345	Mon-Fri	7/22-7/26	9am-12pm
19346	Mon-Fri	7/22-7/26	1-4pm
19347	Mon-Fri	7/29-8/2	9am-12pm
19348	Mon-Fri	7/29-8/2	1-4pm
19349	Mon-Fri	8/5-8/9	9am-12pm
19350	Mon-Fri	8/5-8/9	1-4pm
19351	Mon-Fri	8/12-8/16	9am-12pm
19352	Mon-Fri	8/12-8/16	1-4pm
19353	Mon-Fri	8/19-8/23	9am-12pm
19354	Mon-Fri	8/19-8/23	1-4pm

R \$275/NR \$324

LOCATION: KAIZEN ACADEMY

INSTRUCTOR: KAIZEN ACADEMY





Northwest University Sports Academies

Northwest University Sports Academies bring NWU athletics to you! Come play on the same court and field they compete on! Basketball, soccer, cross-country, and volleyball sports academies will be offered throughout the summer. Players will need athletic attire, water, snack. Open to youth of all genders.

Basketball Camp

The camp will be staffed by current Northwest University players who will train campers on fundamentals of passing, shooting, dribbling, and defense. Campers can expect to improve their skills through the use of competitive drills and team play. Campers will be grouped according to age and ability.

AGE:5-8

17899 Mon-Thu 6/24-6/27 9am-12pm

AGE:9-13

17902 Mon-Thu 6/24-6/27 1-4pm

R \$150/NR \$180

LOCATION: NORTHWEST UNIVERSITY
INSTRUCTOR: NORTHWEST UNIVERSITY

Soccer Camp Half Day

Campers will learn skills such as dribbling, shooting, passing and defense. Campers will do drills and play games that enhance their soccer skills.

AGE:5-12

17910 Mon-Thu 7/22-7/25 9am-12pm

17911 Mon-Thu 7/29-8/1 9am-12pm

R \$175/NR \$210

LOCATION: NORTHWEST UNIVERSITY
INSTRUCTOR: NORTHWEST UNIVERSITY

Cross Country Camp

Campers will learn the fundamentals of body positioning, stride, proper stretching, and cool-down techniques.

AGE:5-10

17915 Mon-Thu 7/29-8/1 9-11am

R \$75/NR \$90

LOCATION: NORTHWEST UNIVERSITY
INSTRUCTOR: NORTHWEST UNIVERSITY

Basketball/Volleyball Combo

Campers will learn both volleyball and basketball fundamental skills from Northwest University volleyball and basketball players. Athletes will train campers on the volleyball skills of passing, serving, and hitting, as well as the basketball skills of passing, shooting, and dribbling. Campers will be grouped according to age and ability.

AGE:7-10

17904 Tue-Thu 7/16-7/18 1-4pm

AGE:11-14

17905 Tue-Thu 7/16-7/18 1-4pm

R \$150/NR \$180

LOCATION: NORTHWEST UNIVERSITY
INSTRUCTOR: NORTHWEST UNIVERSITY

Beach Volleyball Beginner Camp

NEW

This youth beach volleyball camp is the perfect opportunity for young athletes to grow, learn, and have fun under the sun! This camp is ideal for players with less than 2 years of club volleyball experience and athletes that are new to the sand. Campers will learn the fundamentals, rules, and differences between indoor and beach volleyball.

AGE:12-17

17912 Mon-Thu 7/22-7/25 9am-12pm

R \$175/NR \$210

LOCATION: NORTHWEST UNIVERSITY
INSTRUCTOR: NORTHWEST UNIVERSITY

Beach Volleyball Advanced

This beach volleyball camp is the perfect opportunity for athletes to fine tune their skills and learn about the college beach volleyball experience! This camp is ideal for players with more than 2 years of club volleyball experience.

AGE:12-17

17914 Mon-Thu 7/22-7/25 1-4pm

R \$175/NR \$210

LOCATION: NORTHWEST UNIVERSITY
INSTRUCTOR: NORTHWEST UNIVERSITY



CAMPS

Overtime Athletics

Overtime Athletic Camps are designed to give each participant a positive experience while learning new skills and having fun! Each camp will engage participants in a variety of activities that will improve athletic skills and teamwork. Please bring water and a snack to camp.

Dodgeball Camp

Throw 'em! Dodge 'em! Grab a group of your friends this summer and test your agility and accuracy in the classic PE favorite Dodgeball! OTA Camp Coaches will discuss the safety and game rules at the beginning of each camp day. Soft, foam balls are used for camper's protection. Learn new variations of game play like: Dr. Dodgeball, Bunker, Basketball Dodgeball & Survivor! This half day PE camp is ALL Dodgeball ALL the time!

AGE:7-11

18254	Mon-Fri	6/24-6/28	9am-12pm
18255	Mon-Fri	6/24-6/28	1-4pm

R \$165/NR \$198

LOCATION: PETER KIRK ELEMENTARY
INSTRUCTOR: OVERTIME ATHLETICS

Basketball Camp

OTA Basketball Camp is designed to develop campers' skills – dribbling, passing, shooting, rebounding and defense all while having fun, learning the game with new and old friends. While at camp, campers play a season worth of games, are taught fundamental skills, do daily station work, and compete in contests and competitions. OTA Basketball Camp focus is to make the game fun and exciting, providing a positive experience for each player!

AGE:7-11

18256	Mon-Fri	7/8-7/12	9am-12pm
18257	Mon-Fri	7/8-7/12	1-4pm

R \$165/NR \$198

LOCATION: LAKEVIEW ELEMENTARY
INSTRUCTOR: OVERTIME ATHLETICS

18258	Mon-Fri	8/19-8/23	9am-12pm
18259	Mon-Fri	8/19-8/23	1-4pm

R \$165/NR \$198

LOCATION: PETER KIRK ELEMENTARY
INSTRUCTOR: OVERTIME ATHLETICS

NFL FLAG "Pro Bowl Games" Summer Camp

Overtime Athletics is a proud provider of NFL FLAG summer camp! Camp registration includes an official reversible NFL FLAG team jersey and flag belt. You pick your favorite NFL FLAG team jersey! Our focus is on flag football education, participation, sportsmanship, and FUN. No experience is necessary, and EVERYONE plays! Flag Football is open to any gendered youth. Flag Football is a NON-CONTACT sport.

Camp features: skills stations, competitions, and gameplay. Campers will be grouped by age or skill level to maintain safe play. Throughout the week campers will learn the fundamentals of throwing, catching, scrimmage gameplay, de-flagging, "tackling" and more!

AGE:7-11

18260	Mon-Fri	7/15-7/19	9am-12pm
18261	Mon-Fri	8/5-8/9	1-4pm

R \$225/NR \$270

LOCATION: 132ND SQUARE PARK
INSTRUCTOR: OVERTIME ATHLETICS



Tennis & Swim Camp

Game, Set, Match- and Splash! This camp combines tennis in the morning with swimming in the afternoon. Camp runs Mondays-Thursdays. Friday will be used as a possible makeup day in the case of inclement weather. (No class 7/4)

AGE:7-12

17843	Mon-Thu	6/24-6/27	9am-3pm
17844	Mon-Fri	7/1-7/5	9am-3pm
17845	Mon-Thu	7/8-7/11	9am-3pm
17846	Mon-Thu	7/15-7/18	9am-3pm
17847	Mon-Thu	7/22-7/25	9am-3pm
17848	Mon-Thu	7/29-8/1	9am-3pm
17849	Mon-Thu	8/5-8/8	9am-3pm
17850	Mon-Thu	8/12-8/15	9am-3pm
17851	Mon-Thu	8/19-8/22	9am-3pm

R \$225/NR \$265

LOCATION: PETER KIRK PARK/PETER KIRK POOL

Challenger Sports Soccer Camp

This camp truly encapsulates the global nature of the sport and provides young players with a variety of coaching styles, practices, and influences to develop a well-rounded skill set. The best coaching methodologies from England, Brazil, Spain, USA, and France, are woven together in a multi-faceted on and off-field coaching experience.

AGE:7-16

Full Day

18264	Mon-Fri	6/24-6/28	9am-4pm
18265	Mon-Fri	7/15-7/19	9am-4pm
18266	Mon-Fri	8/12-8/16	9am-4pm

R \$261/NR \$313

AGE:6-16

Half Day

18267	Mon-Fri	6/24-6/28	9am-12pm
18268	Mon-Fri	7/15-7/19	9am-12pm
18270	Mon-Fri	8/12-8/16	9am-12pm

R \$210/NR \$252

LOCATION: CRESTWOODS PARK
INSTRUCTOR: CHALLENGER SPORTS

Creative Skills Soccer Camp

Players will have a wide variety of fun & unique soccer games to play, learning the advanced street skills from international expert coaches, make use of our incredible 3v3 inflatable fields and take home lasting memories.

AGE:6-16

19338	Mon-Fri	7/8-7/12	9am-12pm
19339	Mon-Fri	7/29-8/2	9am-12pm
19340	Mon-Fri	7/29-8/2	1-4pm

R \$210/NR \$242

LOCATION: 132ND SQUARE PARK
INSTRUCTOR: CHALLENGER SPORTS

Empowered Kids Running and Outdoor Camp

In this five-day camp, each day kids are introduced to new empowerment principles and running skills. Campers are guided and motivated to complete the drill of the day, which is specially designed to incorporate the lessons of empowerment and running skills.

AGE:6-12

19323	Mon-Fri	6/24-6/28	10am-1pm
19324	Mon-Fri	7/29-8/2	10am-1pm

R \$249/NR \$299

LOCATION: CRESTWOODS PARK
INSTRUCTOR: PNW KIDS RUN CLUB



Cheerleading Camp

Learn to be a cheerleader! This cheer camp is designed for those who want to cheer, jump, and dance. It's a fun five-day camp where participants will learn to perform cheers and dance routines, and even do some beginning tumbling. Please bring a sack lunch (full-day camp), a snack and a water bottle, and wear comfortable clothes and tennis shoes. Cheerleaders will be divided into age-appropriate groups.

Full Day

AGE:5-12

18118	Mon-Fri	7/22-7/26	9:30am-3pm
18117	Mon-Fri	7/29-8/2	9:30am-3pm

R \$240/NR \$288

LOCATION: AG BELL ELEMENTARY
INSTRUCTOR: EASTSIDE DREAM ELITE

Half Day

AGE:5-12

18119	Weekdays	8/12-8/16	1-4pm
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R \$130/NR \$156

LOCATION: NKCC
INSTRUCTOR: EASTSIDE DREAM ELITE

Leap Into Summer Ice Skating Camp

"Leap into Summer" is a unique opportunity to expose individuals to an assortment of skills classes, both on and off the ice, in a fun and safe learning environment. Course contents will include the fundamentals of ice skating, spins, jumps, off-ice training, endurance, choreography, production, and goal setting. Skaters will perform on the last class day. Participants will be grouped by skating experience and age. Rental skates are included. Helmets are recommended for beginners and are not included. This camp is recommended for those who can take direction, work well in a group and are not sensitive to loud noises. Camp held at Sno-King Ice Arena located at 14326 124 Ave NE in Kirkland. REGISTRATION CLOSES May 24th.

AGE:5-16

17952	Mon-Thu	6/24-6/27	12:30-4pm
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R \$350/NR \$420

LOCATION: SNO KING ICE ARENA
INSTRUCTOR: SNO KING ICE SKATING

La Luna Rhythmic Gymnastics Summer Camp

Our Rhythmic Gymnastics Camp encourages children to be creative and express themselves through rhythmic gymnastics, creative dance, theatrical movement, and fun games. This program helps to develop hand-eye coordination and focus while practicing with ribbons, hoops, balls, jump ropes, and club juggling. Camp is 9am-4pm. Extended Care is from 8-9am and 4-5:30pm. Extended Care is not pro-rated. It is one weekly flat rate no matter how many hours are used. Registration for regular camp is required for those also wanting Extended Care.

AGE:5½-12

Week 1	Ladybugs in the Forest	7/8-7/12	R \$325/NR \$390	19135
		Extended Care	R \$45/NR \$54	19143
Week 2	Blue Water Fairies	7/15-7/19	R \$325/NR \$390	19136
		Extended Care	R \$45/NR \$54	19144
Week 3	Dancing with the Stars	7/22-7/26	R \$325/NR \$390	19137
		Extended Care	R \$45/NR \$54	19145
Week 4	The Fairy Tale Begins	7/29-8/2	R \$325/NR \$390	19138
		Extended Care	R \$45/NR \$54	19146
Week 5	Circus and Acro Time	8/5-8/9	R \$325/NR \$390	19139
		Extended Care	R \$45/NR \$54	19147
Week 6	The Secret Garden of Mushrooms	8/12-8/16	R \$325/NR \$390	19140
		Extended Care	R \$45/NR \$54	19148
Week 7	The Flowers of Beauty and Grace	8/19-8/23	R \$325/NR \$390	19141
		Extended Care	R \$45/NR \$54	19149

CAMPS

Youth Tech Computer Camps

Youth Tech Inc. is an interactive computer camp that provides enrichment opportunities to students in the world of computers. We strive to create a positive learning community that encourages creativity, fun, and academic excellence. For more information about Youth Tech Inc., please visit www.youthtechinc.com. A lab fee of \$5 will be collected on the first day of camp for a USB lanyard of the student's work. Bring a snack, lunch, and water bottle each day. Camp takes place at NKCC.

Movie Makers

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

AGE: 9-17

18124	Mon-Thu	6/24-6/27	11:15am-1:30pm
R \$165/NR \$198			

LOCATION: NKCC
INSTRUCTOR: YOUTH TECH INC.

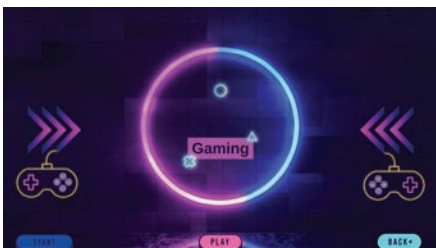
Video Game Design

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

AGE: 10-17

18125	Mon-Thu	6/24-6/27	2-4:15pm
18126	Mon-Thu	7/29-8/1	1:15-3:30pm
R \$170/NR \$204			

LOCATION: NKCC
INSTRUCTOR: YOUTH TECH INC.



I Game Creators

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

AGE: 6-10

18128	Mon-Thu	7/8-7/11	11:15am-1:30pm
18129	Mon-Thu	7/22-7/25	2-4:15pm
R \$140/NR \$168			

LOCATION: NKCC
INSTRUCTOR: YOUTH TECH INC.

Animation

In this class students will learn the basics of animation and digital design. Students who enjoy going to various sites to see fun interactive animations will love this course. This class will utilize award winning animation software. Students will create fun interactive animations that they can share with the world.

AGE: 9-17

18127	Mon-Thu	7/8-7/11	2-4:15pm
R \$165/NR \$198			

LOCATION: NKCC
INSTRUCTOR: YOUTH TECH INC.



Arcade Games-eSports

This class gives students a look at online game development and puts them in the driver's seat of simple game creation. Students in this course will develop online games including arcade style, platform and other interactive games that they can publish and share online. Students will also use their games in an eSport setting and compete like real gamers.

AGE: 6-12

18130	Mon-Thu	7/15-7/18	11:15am-1:30pm
R \$140/NR \$168			

LOCATION: NKCC
INSTRUCTOR: YOUTH TECH INC.

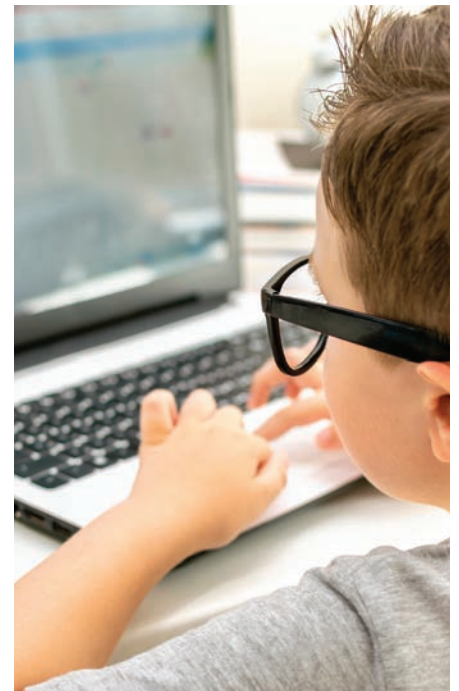
Roblox Studio-Programming and Game Development

Calling all ROBLOX users! Join in with millions of gamers and immerse yourself in your own 3D world! ROBLOX Studio is a 3D-based program that uses physics, LUA programming, and individual creativity to build a world around you, and your avatar unlike any other software. Students in the course will build and publish their game to share with friends and family!

AGE: 9-15

18132	Mon-Thu	7/15-7/18	2-4:15pm
18133	Mon-Thu	7/29-8/1	2-4:15pm
R \$170/NR \$204			

LOCATION: NKCC
INSTRUCTOR: YOUTH TECH INC.



Code Studio

This course offers younger students a fun, interactive look at coding. Students will create virtual apps and write their own programs that they can share with friends and family. This course makes learning to code fun and explores problem solving and programming logic.

AGE: 6-12

18134	Mon-Thu	7/22-7/25	11:15am-1:30pm
R \$140/NR \$168			

LOCATION: NKCC
INSTRUCTOR: YOUTH TECH INC.



Gaming and Coding

This course combines two unbelievable experiences for students: gaming and coding. Students spend the morning taking an interactive look at coding and building virtual apps to share with friends. In the afternoon, students build simple video games combining the art of video game design and animation to create interactive characters that fly around the screen. Students are encouraged to bring a sack lunch and water to camp each day.

AGE:6-12

18135 Mon-Thu 7/22-7/25 11:15am-4:15pm

R \$290/NR \$348

LOCATION: NKCC

INSTRUCTOR: YOUTH TECH INC.

The Gaming Academy

The Gaming Academy is an all-day course for students who love games. During this course students will be immersed into the world of 2D and 3D game design. The Gaming Academy is a combination of our Video Game Design, Advanced Game Design, and 3D Game Design courses. This course offers students a variety of hands-on experience designing and building their very own games. Students are encouraged to bring a sack lunch and water to camp each day.

AGE:10-17

18131 Mon-Thu 7/29-8/1 11:15am-4:15pm

R \$320/NR \$384

LOCATION: NKCC

INSTRUCTOR: YOUTH TECH INC.

Gamers Paradise

This class offers students a look at multiple areas of game design. From mobile game development to stand alone games, if you have a gamer, you will not want to miss this class. Students will create multiple games that they can share with friends and family.

AGE:6-13

18136 Mon-Thu 8/5-8/8 11:15am-1:30pm

R \$140/NR \$168

LOCATION: NKCC

INSTRUCTOR: YOUTH TECH INC.

Web and App Design

This class offers students a hands-on look at the world of app and web design. This interactive course will instruct students about the world of design and development of websites and applications. Students will design their own website and app that they can share with friends and family members.

AGE:9-17

18137 Mon-Thu 8/5-8/8 2-4:15pm

R \$160/NR \$192

LOCATION: NKCC

INSTRUCTOR: YOUTH TECH INC.

See Spot Splash

September 7
10AM to 3PM

Peter Kirk Pool & Park
340 Kirkland Ave

\$10 per dog.

Preregistration is highly recommended. KirklandParks.net

Kirkland Parks and Community Services invites you to our fourth annual See Spot Splash event. Bring your dog to splash at Peter Kirk Pool and enjoy some off-leash fun at nearby Lee Johnson Field! Event includes vendor booths, music, and treats!



For participation details
visit Kirklandwa.gov/CommunityBuildingEvents

CAMPS

PLAY-WELL Engineering Camps with Lego® Materials

Level up your engineering skills with Play-Well TEKologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects. Design and build as never before and explore your craziest ideas in a supportive environment.



Adventures in STEM with LEGO® Materials

Let your imagination run wild with tens of thousands of LEGO® parts! Build engineer-designed projects and use special pieces to create your own unique designs! Projects are rotated seasonally to ensure that both new and returning students can explore the endless creative possibilities of the LEGO® building system. (No class 7/4)

AGE:5-8

18184 Mon,Tue,Wed,Fri 7/1-7/5 1-4pm

R \$185/NR \$222

LOCATION: NKCC

INSTRUCTOR: PLAY-WELL TEKNOLOGIES



Learn Coding using the LEGO® Spike Prime System

Build and program robots in this introductory Robotics class using the LEGO® Spike Prime® system. Learn basic programming skills using a simple and visual block coding system that will allow kids to grasp new and diverse coding challenges. Join us as we build a variety of different robots using motors, sensors, and lights that will make for a fun experience that incorporates both building with LEGO® and coding. This is a great way to prepare young Robotics enthusiasts for our more advanced Robotics programs.

AGE:6-9

18010 Mon-Fri 7/15-7/19 9am-12pm

R \$270/NR \$324

LOCATION: HERITAGE HALL

INSTRUCTOR: PLAY-WELL TEKNOLOGIES

Explore Coding using the LEGO® Spike Prime System

Rise to the challenge to build and program robots using the LEGO® Spike Prime system! Learn about mechanical and software design, loops, conditional statements, problem solving, and teamwork skills. Design and construct your robot to avoid obstacles, pick up and carry objects, and play sounds. Projects are structured so that students work in an open-ended, investigative environment while having fun.

AGE:8-14

18011 Mon-Fri 7/15-7/19 1-4pm

R \$270/NR \$324

LOCATION: HERITAGE HALL

INSTRUCTOR: PLAY-WELL TEKNOLOGIES



Minecraft Engineering using LEGO® Materials

Venture into the world of Minecraft in our unique LEGO® experience. Get ready to build your base, craft your tools, use your Minecart to harvest raw resources, and battle to stop the Ender Dragon from ending the world. Come explore the endless possibilities of LEGO® with a trained Play-Well instructor.

AGE:5-7

18013 Mon-Fri 7/29-8/2 9am-12pm

R \$231/NR \$277

LOCATION: HERITAGE HALL

INSTRUCTOR: PLAY-WELL TEKNOLOGIES

Minecraft Master Engineering using LEGO® Materials

Bring your favorite Minecraft adventures to life with our enthusiastic Play-Well instructors. In a Minecraft world powered by LEGO® resources, we will build shelters to keep out Creepers, craft mystical items that only true masters can wield, and perfect our crossbow skills to stop the Wither from taking over! If you can imagine it, we can build it.

AGE:7-12

18016 Mon-Fri 7/29-8/2 1-4pm

R \$231/NR \$277

LOCATION: HERITAGE HALL

INSTRUCTOR: PLAY-WELL TEKNOLOGIES

Animal Adventures with LEGO® Materials

Let your imagination run wild with tens of thousands of LEGO® parts as we design and build leaping dolphins, buzzing beehives, and towering giraffes. Play, create, and learn in a world inspired by the animal kingdom. Design and build as never before and explore your craziest ideas.

AGE:5-8

18017 Mon-Fri 8/5-8/9 9am-12pm
R \$231/NR \$277

LOCATION: HERITAGE HALL
INSTRUCTOR: PLAY-WELL TEKNOLOGIES

Bash'em Bots Camp using LEGO® Materials

Design your custom LEGO® bot to take on any challenge. Mix and match chassis designs using wheels, treads, or walking legs. Combine these with tools like drills, hammers, and battering rams as you refine your masterpiece by sparring with friends and overcoming obstacles. Apply real-world engineering and physics concepts to help you bash and crash your way to victory.

AGE:7-12

18018 Mon-Fri 8/5-8/9 1-4pm
R \$231/NR \$277

LOCATION: HERITAGE HALL
INSTRUCTOR: PLAY-WELL TEKNOLOGIES

Mine, Craft, Build: Adventure Game with LEGO® Materials

Bring Minecraft to life using LEGO® bricks! Roll the dice to mine for resources and use these resources and Build a Zoo, create a Medieval Castle, and design a Tree House Village using creativity and cooperation. This experience is an original game designed by Play-Well instructors inspired by the popular game, Minecraft. Students will have a blast, even without any prior experience with Minecraft or the LEGO® building system.

AGE:5-7

18019 Mon-Fri 8/12-8/16 9am-12pm
R \$231/NR \$277

LOCATION: HERITAGE HALL
INSTRUCTOR: PLAY-WELL TEKNOLOGIES

Mine, Craft, Build: Survival Game with LEGO® Materials

This class offers a unique Lego Minecraft experience, designed by Play-Well instructors, where students use Legos to bring Minecraft to life. They mine for resources, craft tools, and avoid creepers in this original game! No prior experience with Minecraft or Lego building is required.

AGE:7-12

18020 Mon-Fri 8/12-8/16 1-4pm
R \$231/NR \$277

LOCATION: HERITAGE HALL
INSTRUCTOR: PLAY-WELL TEKNOLOGIES



Pokémon Engineering using LEGO® Materials

Calling all Pokémon trainers! With the Pokémon Championship approaching, join our enthusiastic Play-Well Instructors as we build and catch our favorite Pokémon, rescue Pikachu from Team Rocket, take a ride on S.S. Anne to uncover rare and mystic Pokémon, and battle to see who will hold the title of Pokémon Master. Come along on our journey to catch 'em all!

AGE:5-7

18021 Mon-Fri 8/19-8/23 9am-12pm
R \$231/NR \$277

LOCATION: HERITAGE HALL
INSTRUCTOR: PLAY-WELL TEKNOLOGIES

Pokémon Master Engineering using LEGO® Materials

LEGO® Master, I choose you! In the race to be crowned the Ultimate Pokémon Champion, we need your help! Learn to build your favorite Pokémon, level up by teaching them special moves, evolve them into more powerful versions, and come face to face with the current champion in an epic battle for the title. Learn from our Play-Well Pokémon Masters so you can make it to the top!

AGE:7-12

18022 Mon-Fri 8/19-8/23 1-4pm
R \$231/NR \$277

LOCATION: HERITAGE HALL
INSTRUCTOR: PLAY-WELL TEKNOLOGIES



IncrediFlix Filmmaking Camp

Join IncrediFlix to discover your summer movie making fun.

Animation Flix

In this fast-paced class, you'll be creating up to four new stop motion movies using a different medium each day! Animate cars, film with green screen, and new for 2024, create a 2D Mario movie, and more! Flix will be emailed within a month after camp ends.

AGE:7-13

17832 Mon-Fri 6/24-6/28 9:30am-12pm
R \$274/NR \$322

LOCATION: HERITAGE HALL
INSTRUCTOR: INCREDIFLIX

Action Stop Motion Flix

Use stop motion tricks to create fires, explosions, and even floods, as your characters battle it out or work together to save the day in this action-packed stop motion class. You'll work in small groups to storyboard, create the actions, film and voice-over these exciting movies. Flix will be emailed within a month after camp ends.

AGE:7-13

17833 Mon-Fri 6/24-6/28 12:30-3:30pm
R \$320/NR \$375

LOCATION: HERITAGE HALL
INSTRUCTOR: INCREDIFLIX

Animation Flix & Action Stop Motion Flix

Join us for a full day combo for a discount plus free lunch supervision! Please see both half day descriptions. Bring snacks, lunch, and a drink. Flix will be emailed within a month after camp ends.

AGE:7-13

17834 Mon-Fri 6/24-6/28 9:30am-3:30pm
R \$578/NR \$680

Special Effects Movie Flix

Explosions, tornados, meteors! In these high intensity live action movies, the special effects will blow your mind. In groups, you'll direct, act, and even choose special effects to incorporate into your movies. Make a movie that will surprise all your friends and family! Flix emailed within a month after camp ends.

AGE:7-13

17835 Mon-Fri 7/8-7/12 9:30am-12pm
R \$274/NR \$322

LOCATION: HERITAGE HALL
INSTRUCTOR: INCREDIFLIX

Minecraft vs. Roblox

In this fast-paced class, you'll create up to five new stop motion movies! Animate cars, make a Minecraft Roblox, or a mashup movie! Work in groups to create a stop motion movie full of games or challenges for your character to overcome. Students will create sets out of construction paper, make their Minecraft blocks, film, add some cool effects and do voice-overs! Flix will be emailed within a month after camp ends.

AGE:7-13

17836 Mon-Fri 7/8-7/12 12:30-3:30pm
R \$320/NR \$377

LOCATION: HERITAGE HALL
INSTRUCTOR: INCREDIFLIX



Special Effects Movie Flix & Minecraft vs. Roblox Flix

Join us for the full day combo for a discount plus free lunch supervision! Please see both half day descriptions. Bring snacks, lunch, and a drink. Flix emailed within a month after camp ends.

AGE:7-13

17837 Mon-Fri 7/8-7/12 9:30am-3:30pm
R \$578/NR \$680

LOCATION: HERITAGE HALL
INSTRUCTOR: INCREDIFLIX



Live Action Movie Flix

Discover your filmmaking talents! You don't have to be an actor to take part, as we'll guide you through the Hollywood process to create, direct, film, act, and more. You won't just make an incredible movie; you'll have the skills to make your own movies with friends. Flix will be emailed within a month after camp ends.

AGE:7-13

17838 Mon-Fri 7/22-7/26 9:30am-12pm
R \$274/NR \$322

LOCATION: HERITAGE HALL
INSTRUCTOR: INCREDIFLIX

Lego Flix

Bring Lego worlds to life! We provide the Legos. You provide your imagination. Work in groups to create a Lego set with Lego characters for a stop motion movie you'll storyboard, shoot, and add voice-overs too. Flix will be emailed within a month after camp ends.

AGE:7-13

17839 Mon-Fri 7/22-7/26 12:30-3:30pm
R \$320/NR \$377

LOCATION: HERITAGE HALL
INSTRUCTOR: INCREDIFLIX

Live Action Movie & Lego Flix

Join us for a full day and get a discount plus free lunch supervision! For this full day class students will participate in Live Action Movie Flix in the mornings and Lego Flix in the afternoons (please see half day descriptions). Flix will be emailed within a month after camp ends.

AGE:7-13

17840 Mon-Fri 7/22-7/26 9:30am-3:30pm
R \$578/NR \$680

LOCATION: HERITAGE HALL
INSTRUCTOR: INCREDIFLIX



Mad Science Camps

Kids will explore the different fields of science in an interesting and entertaining way. You could be inspiring the next Einstein or Madame Marie Curie! These camps are Best for children entering 1st through 6th grades.

Mad Science Crazy Chemworks Summer Camp

Your Jr Chemist will create surprising concoctions, break molecules with ease and shake up a flask full of fun. They'll use the tools, safety procedures and lab techniques of real chemists as they investigate solids, liquids and gasses at the atomic level. Craft chemical combinations to create super-sticky-stuff and discover properties of light. Exploring the elements has never been so much fun!

AGE: 6-11

18175 Mon-Fri 6/24-6/28 1-4pm

R \$331/NR \$397

LOCATION: NKCC

INSTRUCTOR: MAD SCIENCE

Mad Science Super Science Sampler Summer Camp

Mad Science comes in all shapes and sizes as our campers will discover in this exciting week of science activities. Become an engineer and build bridges, assemble and control pulleys, levers, catapults, and simple machines. Explore physical and chemical reactions through chemistry. Behold birds and beasts as we discover the animal kingdom!

AGE: 6-11

18176 Mon-Fri 7/8-7/12 1-4pm

R \$331/NR \$397

LOCATION: NKCC

INSTRUCTOR: MAD SCIENCE



Mad Science Ancient Adventures and Buried Bones Summer Camp

We'll unearth the past in this archeology and paleontology camp. Discover and practice the techniques scientists use to excavate long lost cities and dinosaur bones. We'll study bone fragments, pottery shards, amber deposits and fossils to understand what they can tell us about history! Each class includes a make and take-home project, like a fossil reproduction, an amber time capsule and coins from around the world.

AGE: 8-12

18177 Mon-Fri 7/22-7/26 1-4pm

R \$331/NR \$397

LOCATION: NKCC

INSTRUCTOR: MAD SCIENCE

Mad Science Creative Contraptions Summer Camp

Join us on a journey of discovery. Each day campers are given fun challenges which they overcome using basic materials, simple machines, tips from fabulous inventors and most important of all...their mind! Follow in the footsteps of da Vinci, Edison and the Wright Brothers. Construct catapults and forts, fabricate innovative flying machines, and design your own gizmo prototypes. Best for children entering 1st through 6th grade.

AGE: 6-11

18178 Mon-Fri 8/5-8/9 1-4pm

R \$331/NR \$397

LOCATION: NKCC

INSTRUCTOR: MAD SCIENCE

Mad Science Scene of the Crime Summer Camp

Like to solve mysteries? Crack the case? Join the Mad Science Bureau of Investigation and use science to uncover clues and analyze evidence at the Scene of the Crime. Best for children entering 2nd through 6th grade who are able to read and write.

AGE: 8-12

18179 Mon-Fri 8/19-8/23 1-4pm

R \$331/NR \$397

LOCATION: NKCC

INSTRUCTOR: MAD SCIENCE



ASK US
ABOUT OUR
SCHOLARSHIP
PROGRAM
See page 63

CAMPS

Challenge Island Camps

Challenge Island STEAM camps and workshops have been used by 5 million kids, across 34 states. Children use commonly found materials and apply their own imagination to solve complex STEAM challenges. **NO DEVICES! NO SCREENS!** Children develop imagination, creative thinking and problem solving. Social and emotional learning skills like communication and collaboration improve as they work in teams. Leadership skills also improve as they present their projects to a wider audience upon completion.

Slimetopia® 3: Slime Chefs on Deck™

The world is being taken over by slime! You and your STEAM teammates will design your own Slimeliner Jet and fly to a different slimey continent every day. Mix up internationally inspired slimes from Italian Pizza Slime to Ghana Chocolate Slime to Pacific Ring of Fire Slime. This sensational slime adventure is sure to sell out in a flash, so book your Slimetopia adventure today!

AGE:7-11

18113	Mon-Fri	7/8-7/12	9am-12pm
18120	Mon-Fri	8/5-8/9	9am-12pm

R \$300/NR \$360

LOCATION: 132ND SQUARE PICNIC SHELTER 3

INSTRUCTOR: CHALLENGE ISLAND



Island Doll Summer Camp™

You and a STEAM team of friends will help design and deck out our Island Doll land complete with convertibles, waterslides and seriously stylin' Island Doll STEAM houses! You'll bring downtown to life with your own doll-inspired businesses, spend a day in the sun at the Island Doll Beach and Boardwalk, camp out under the stars in your own Island Doll Treehouse, and take to the slopes at Island Doll Ski Resort. Bring your favorite 11 ½ inch fashionable doll friend!

AGE:7-11

18114	Mon-Fri	7/15-7/19	9am-12pm
18121	Mon-Fri	8/12-8/16	9am-12pm

R \$300/NR \$360

LOCATION: 132ND SQUARE PICNIC SHELTER 3

INSTRUCTOR: CHALLENGE ISLAND

Pets Palooza Summer Camp™

You and your STEAM team will engineer a world created just for pets. You'll even get to adopt adorable pretend pets and create habitats to match their needs and personalities! Create special days like Salty Sea Dog Day and Rescue Pets Day. Two paws up for this fun camp!

AGE:7-11

18115	Mon-Fri	7/22-7/26	9am-12pm
18122	Mon-Fri	8/19-8/23	9am-12pm

R \$300/NR \$360

LOCATION: 132ND SQUARE PICNIC SHELTER 3

INSTRUCTOR: CHALLENGE ISLAND

STEAM Tank Entrepreneur Summer Camp™

Calling all entrepreneurs, bring your creativity as you and your STEAM team design, create and open new businesses every day: From Pizza and Sweet to Slime and Pet businesses. Convince the island sharks that your STEAM team's business belongs in the new mall.

AGE:11-13

18116	Mon-Fri	7/29-8/2	9am-12pm
18123	Mon-Fri	8/26-8/30	9am-12pm

R \$300/NR \$360

LOCATION: 132ND SQUARE PICNIC SHELTER 3

INSTRUCTOR: CHALLENGE ISLAND

STEAMwarts Summer Camp™

Welcome to STEAMwarts Academy of Wizards, Spells and Potions! You'll design your own wand and wizarding gear and be sorted into your perfect STEAM house. You'll take on a full load of wizarding classes from Transfiguration to Flying Broomsticks to Magical Beasts. You'll mix up spellbinding potions, cast enchanting spells and make your own flying dragon. Camp will culminate with an enchanted graduation ceremony complete with butter beer and diplomas. STEAMwarts spots are sure to disappear like magic, so reserve yours today!

AGE:7-11

18243	Mon-Fri	7/29-8/2	9am-12pm
18244	Mon-Fri	8/26-8/30	9am-12pm

R \$300/NR \$360

LOCATION: 132ND SQUARE PICNIC SHELTER 2

INSTRUCTOR: CHALLENGE ISLAND

Little Medical School Seattle Summer Camps

Little Medical School Seattle offers STEM activity-based classes and camps where they strive to inspire the next generation of Healthcare Heroes! They inspire your child to imagine a future in a profession that perhaps they didn't consider before their program.

Future Young Canine Veterinarian Camp

Embrace your inner animal healer!

Campers in this program will assume the role of veterinarians and learn how to care for dogs. Their education will cover topics like tick removal, comprehensive nose-to-tail exams, proper pet nutrition, suturing lacerations, and more.

AGE:7-10

18388 Mon-Fri 6/24-6/28 9:15am-12:15pm

R \$350/NR \$420

LOCATION: NKCC

INSTRUCTOR: LITTLE MEDICAL SCHOOL

Future Young Equine Veterinarian Camp

Saddle up for an equine adventure!

Aspiring veterinarians with a passion for horses will embark on a journey to become experts in horse care. They'll use real medical tools to ensure the well-being of their plush horse companions. Campers will delve into horse anatomy, riding styles, nutrition, and, upon successful completion, they'll ride off into the sunset with their diplomas.

AGE:7-10

18389 Mon-Fri 7/1-7/3 9:15am-12:15pm

R \$210/NR \$252

LOCATION: MCAULIFFE PARK ATRIUM

INSTRUCTOR: LITTLE MEDICAL SCHOOL

Future Young Doctor Physician School Camp

Where curiosity meets medical knowledge!

Young medical enthusiasts at this camp will take on the role of a doctor. They'll gain practical skills using tools like stethoscopes, blood pressure cuffs, and reflex hammers. Activities include first aid training, understanding the role of pharmacists in medication administration, and exploring the of vital organs in the human body.

AGE:6-8

18391 Mon-Fri 7/8-7/12 9:15am-12:15pm

R \$350/NR \$420

LOCATION: NKCC

INSTRUCTOR: LITTLE MEDICAL SCHOOL

AGE:8-10

18395 Mon-Fri 7/15-7/19 1-4pm

R \$350/NR \$420

LOCATION: MCAULIFFE PARK ATRIUM

INSTRUCTOR: LITTLE MEDICAL SCHOOL

Future Young Feline Veterinarian Camp

Purr-fectly prepare for feline care!

Aspiring veterinarians will adopt plush cats and step into the role of a veterinarian. They'll conduct whiskers-to-tail exams, decode animal body language, understand cat-friendly environments, create cat toys, and even design their very own vet clinic.

AGES:6-8

18394 Mon-Fri 7/15-7/19 9:15am-12:15pm

R \$350/ NR \$420

LOCATION: MCAULIFFE PARK ATRIUM

INSTRUCTOR LITTLE MEDICAL SCHOOL

Future Young Pediatrician Camp

Discover the world of pediatric care!

Aspiring pediatricians will "adopt" their own plush babies and step into the role of a pediatrician. They'll learn to conduct a comprehensive head-to-toe examination on a newborn and delve into essential topics such as diapering, diaper rash prevention, bottle feeding, burping, infant Heimlich maneuver, childhood immunizations, and safe sleeping practices.

AGE:6-8

18396 Mon-Fri 7/22-7/26 9:15am-12:15pm

R \$350/NR \$420

LOCATION: MCAULIFFE PARK ATRIUM

INSTRUCTOR: LITTLE MEDICAL SCHOOL

Wilderness Survival Camp

In a classroom-based setting campers

will immerse themselves in realistic scenarios, gaining invaluable skills for preparing and responding to natural disasters and encounters with wildlife. These aspiring wilderness experts will explore topics such as snakebite management, dealing with hypothermia, effective tourniquet use, safety around wild animals, compass navigation, identifying edible plants, signaling for help in distress, wildfire prevention, tornado safety, handling common insect bites, and so much more.

AGE:7-9

18397 Mon-Fri 7/22-7/26 1-4pm

R \$350/NR \$420

LOCATION: MCAULIFFE PARK ATRIUM

INSTRUCTOR: LITTLE MEDICAL SCHOOL

Sports Health Camp

Elevate athletic well-being! In our Sports Health Camp, participants will assume the role of a sports health specialist and explore topics such as muscle cramping, Athlete's Foot, sweat physiology, hand, and knee injuries, hydration, stretching techniques, and concussion management. Keep your favorite players in the game!

AGE:8-11

18392 Mon-Wed 7/1-7/3 1-4pm

R \$210/NR \$252

LOCATION: MCAULIFFE PARK ATRIUM

INSTRUCTOR: LITTLE MEDICAL SCHOOL



CAMPS

Kirkland Kids Summer Cooking Camp

Learn basic kitchen skills while you enjoy making delicious and nutritious food. Each day of camp will be a different meal: breakfast, lunch, and dinner. Join the fun!

AGE: 6-10

17926	Wed-Fri	7/10-7/12	12-2pm
17928	Wed-Fri	8/14-8/16	12-2pm

R \$135/NR \$162

LOCATION: MCAULIFFE PARK ATRIUM
INSTRUCTOR: KAREN RENFROE-GIELGENS

Spanish/English Yoga Summer Camp

Join us for a bilingual adventure with playful yoga poses, animated breathing exercises and imaginative relaxation techniques using music, cooperative games, and simple craft projects. Kids need to bring a packed snack, lunch, water bottle, and have sunscreen on before class.

AGE: 6-9

19079	Mon-Thu	7/15-7/18	9:30am-1:30pm
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R \$300/NR \$360

LOCATION: NKCC

INSTRUCTOR: MAYLEN ALVAREZ



Yoga in Nature Summer Camp

Enjoy an afternoon of yoga by the lake in Kirkland's beautiful Marsh Park. Outdoor yoga, meditation, and mindfulness will be included in our week of yoga. Please bring a snack, water bottle, and yoga mat. Don't forget sunscreen!

AGE: 7-10

18185	Mon-Thu	7/8-7/11	12-2pm
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R \$115/NR \$138

LOCATION: MARSH PARK

INSTRUCTOR: LAURA SCHNIEDER

Learnin' the Ropes Jump Rope Camp

This camp encourages teamwork and communication and improves endurance and footwork. Students will learn skills and combos in single rope, partner jumping, long rope and double dutch! Bring a water bottle and wear loose, comfortable clothing and tennis shoes. You can provide your own rope, borrow from the teacher, or purchase one for \$10 at the camp. Camp takes place in the covered shelter at AG Bell Elementary, 11213 NE 112th St. Performance on the last day of camp! Don't miss it!

AGE: 7-15

18182	Mon-Fri	7/8-7/12	9am-12pm
18183	Mon-Fri	7/8-7/12	1-4pm
18181	Mon-Fri	7/15-7/19	9am-12pm
18180	Mon-Fri	7/15-7/19	1-4pm

R \$185/NR \$222

LOCATION: AG BELL ELEMENTARY
INSTRUCTOR: LEARNIN' THE ROPES



MORE TEEN PROGRAMS

See page 38



Stand Up Paddleboard Camps

Learn to stand-up paddleboard with ease from expert Seattle Paddle instructors (formerly Northwest Paddle Surfers)! During a week-long intensive camp, participants learn about stand-up paddleboard safety, paddleboarding fundamentals and advanced skills, paddle as a group to multiple parks in the area, explore wildlife, and even learn a few SUP tricks! **Participants must be able to swim**, be comfortable in the water, and have a commitment to exercise as an average of 3 to 4 miles per day is traveled. Paddleboard and safety equipment is provided. Registration closes 8am Thursday before the camp start date.

AGE: 8-15

19216	Mon-Fri	6/24-6/28	9am-12pm
19217	Mon-Fri	7/8-7/12	9am-12pm
19218	Mon-Fri	7/15-7/19	9am-12pm
19219	Mon-Fri	7/22-7/26	9am-12pm
19220	Mon-Fri	7/29-8/2	9am-12pm
19221	Mon-Fri	8/5-8/9	9am-12pm
19222	Mon-Fri	8/12-8/16	9am-12pm
19223	Mon-Fri	8/19-8/23	9am-12pm

R \$375/NR \$450

LOCATION: JUANITA BEACH PARK
INSTRUCTOR: SEATTLE PADDLE
(FORMERLY NW PADDLE SURFERS)

Fun Yoga for Tweens

NEW

This group will not only have the opportunity to learn yoga poses but throughout the week they will explore self-awareness, meditation, breath-work (pranayama), yamas (restraints) and niyamas (observances). These are great de-stressors and character-builders that will help tweens navigate life's ups and down.

AGE: 10-13

19080	Mon-Thu	8/5-8/9	10am-12pm
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R \$260/NR \$312

LOCATION: NKCC

INSTRUCTOR: MAYLEN ALVAREZ

Teens & Tweens Medical School Camps

Little Medical School in Seattle is teaming with Kirkland Teens & Tweens, to prepare them for pre-med pathways.

Pre-Med School & First Responders Camp

Pre-Med in the morning: Thinking about a career in medicine? Camp participants will explore and role-play the key responsibilities of future doctors and discuss the steps to become a doctor and more.

First Responders in the afternoon: Gear up for an action-packed adventure at our First Responders Camp! This camp is your ticket to becoming a real-life hero! Join us for a week of fun, learning, and life-saving thrills!

AGE:11-15

19273 Mon-Fri 7/15-7/19 9:15am-4pm

R \$700/NR \$840

LOCATION: KIRKLAND TEEN UNION BUILDING

INSTRUCTOR: LITTLE MEDICAL SCHOOL

ASK US
ABOUT OUR
SCHOLARSHIP
PROGRAM
See page 63

MORE TEEN PROGRAMS

See page 38



Wilderness Medicine & Sports Medicine Camp

Wilderness Medicine in the morning: Camp participants will immerse themselves in realistic scenarios in a classroom setting, learning how to prepare for natural disasters, and animal encounters.

Sports Medicine in the afternoon: In our Sports Medicine Camp, learning about cramping, Athlete's Foot, why we sweat, hand and knee injuries, hydration, stretching, concussions, are how we keep our favorite players in the game.

AGE:11-15

19274 Mon-Fri 7/22-7/26 9:15am-4pm

R \$700/NR \$840

LOCATION: KIRKLAND TEEN UNION BUILDING

INSTRUCTOR: LITTLE MEDICAL SCHOOL

Forensics & Pre-Med School Camp

Forensics in the morning: Discover how shows like CSI and forensic investigators dive into DNA, that can be helpful for solving crimes.

Future Physicians School in the afternoon: Where curiosity meets medical knowledge! Teen medical enthusiasts will take on the role of a doctor. Activities include using tools like stethoscopes, blood pressure cuffs, and reflex hammers, understanding the role of pharmacists in medication administration, and exploring the intricacies of vital organs in the human body. Dive into the exciting world of medicine and you'll be on your way to becoming a medical maestro!

AGE:11-15

19275 Mon-Fri 7/29-8/2 9:15am-4pm

R \$700/NR \$840

LOCATION: KIRKLAND TEEN UNION BUILDING

INSTRUCTOR: LITTLE MEDICAL SCHOOL

little medical school®



SEATTLE

CAMPS



'24 TEENS & TWEENS ON TRAILS & TREKS

Grab your friends and get outdoors with Kirkland's summer teen outdoor experiences. Enjoy guided outdoor activities in the beautiful Pacific Northwest by simply choosing one or more of the following weekly adventures. Trips focus on a safe, inclusive way to appreciate and learn about nature and the environment while getting exercise in the great outdoors and making new friends. Each week will begin by featuring local trails and attractions in and around Kirkland. The next three days of each week will be various days of travel (see below). Registration is required. Transportation is provided. Spots fill up quickly.

Ages:11-15 • Monday -Thursday, 9am-5pm • R \$283/NR \$339 • Location: KTUB

July 8-11 Do You Summit Bruh? Week

Lake Valhalla via Pacific Crest Trail,
Mt Baker via Lake 22 Trail and Rock
Climbing at Vertical World

19244

July 15-18 Open Access Week

Twin Falls via Homestead Valley,
Rattlesnake Lake, and Spencer Island
Langus River Trail

19245

July 22-25 Be Like Water! Week

Deception Pass North Beach to
Goose Rock, Fort Ebey on Whidbey Island,
and Waterslides at Wild Waves

19246

July 29-August 1 Peaks & Valleys Week

Mt. Rainier via Green Lake Trail,
Snoqualmie Valley Trail to Tanner
Hill and High Ropes Course

19247

August 5-8 D.T.S. (Ditch The Sofa) Week

Point Defiance Park, Chirico Trail to
Poo Poo Point, and Mountain
Bike Rental at The Summit

19248

August 12-15 Flora & Fauna

Leavenworth's Rosy Boa Trail,
Otter and Big Creek Falls, and Bike
Rental at Alki Beach

19249

August 19-22 Proud Pride Week

Wallace Falls via Woody Trail, Bridal
Veil Falls via Lake Serene, and Mt Rainier
via Mowich Lake

19250

August 26-28 Upper Left Coast Week

Salish Sea Day Cruise, Whatcom
Falls in Bellingham, and Narrows
Bridge Living War Memorial

19251



BRING
LUNCH OR
LUNCH
MONEY



PARENT & CHILD

PARENT/CHILD

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 the 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. A refund will be issued if the schedule does not allow for a make-up class.

DANCE & MOVEMENT

Tickle Toes-Babies in Motion

Assist your little one in a playful exploration of movement and song! Tummy time activities and props are fun for both babies and parents! Don't miss out on the fun of this new baby group. (No class 5/27)

AGE:2M-1

18232	Mon	4/15-5/13	11:30am-12:15pm
R \$55/NR \$66			
18240	Mon	5/20-6/17	11:30am-12:15pm
R \$44/NR \$53			

AGE:1-2½

19320	Mon	4/15-5/13	10:30-11:15am
R \$55/NR \$66			
18238	Mon	5/20-6/17	10:30-11:15am
R \$44/NR \$53			

LOCATION: NKCC

INSTRUCTOR: JESSICA ANDERSON



Kids in Motion Parent/Child

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 children. They'll be crawling, climbing, balancing, and bouncing their way through each class! Your child must be walking.

Parent/Child Motion I

AGE:1½-2½

17990	Tue	4/16-5/7	9:30-10:15am
17997	Wed	4/17-5/8	10:20-11:05am
R \$38/NR \$46			
17991	Tue	5/14-6/11	9:30-10:15am
18002	Wed	5/15-6/12	10:20-11:05am
R \$48/NR \$58			

LOCATION: NKCC

TUESDAY INSTRUCTOR: HEATHER RODGERS

WEDNESDAY INSTRUCTOR: JANICE GOEBEL

Parent/Child Motion II

AGE:2-3

17992	Tue	4/16-5/7	10:20-11:05am
17995	Wed	4/17-5/8	9:30-10:15am
17996	Wed	4/17-5/8	11:15am-12pm
R \$38/NR \$46			
17994	Tue	5/14-6/11	10:20-11:05am
17998	Wed	5/15-6/12	9:30-10:15am
18000	Wed	5/15-6/12	11:15am-12pm
R \$48/NR \$58			
18005	Fri	7/12-8/16	9:30-10:15am
R \$57/NR \$68			

LOCATION: NKCC

TUESDAY INSTRUCTOR: HEATHER RODGERS

WEDNESDAY INSTRUCTOR: JANICE GOEBEL

FRIDAY INSTRUCTOR: JANICE GOEBEL

PARENT & LITTLE BARRE CLASS

See page 59

Parent and Kid Zumba

NEW

Experience the joy of dancing together! This class will focus on the bonding experience between kids & parents/ caregivers with the help of dance, music, and movement. During the class, everyone will enjoy dancing with various props.

AGE:3-5

19168	Thu	4/18-6/6	5-5:45pm
R \$120/NR \$144			
19170	Thu	7/25-8/22	5-5:45pm
R \$75/NR \$90			

LOCATION: NKCC

INSTRUCTOR: TANYA DANCE FITNESS

ART & MUSIC

Boogie and Books

Join Miss Karen in a beautiful park setting while she shares whimsical engaging stories and music with instruments to sing-along and boogie to! All instruments will be cleaned according to COVID-19 recommendations prior to and after use. Bring a snack to enjoy in the park. Program is located at the North Rose Hill Woodlands Park Shelter, 9930 124th Ave NE. Street parking only. (No class 4/8)

AGE:2-5

17906	Mon	4/1-4/29	10-11am
17908	Mon	6/3-6/24	10-11am
17909	Mon	7/8-7/29	10-11am
R \$41/NR \$49			
17907	Mon	5/6-5/13	10-11am
R \$21/NR \$27			

LOCATION: NORTH ROSEHILL WOODLANDS

PARK PICNIC SHELTER

INSTRUCTOR: KAREN RENFROE-GIELGENS

Messy Art for Twos 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!

AGE:2

18187	Tue	4/16-4/30	10:30-11:15am
18188	Tue	5/7-5/21	10:30-11:15am
18189	Tue	6/4-6/18	10:30-11:15am
R \$30/NR \$36			

LOCATION: NKCC

INSTRUCTOR: MONIQUE BAYNE

Parent/Child Art

Preschoolers develop observation skills, creativity, self-expression, and confidence in this class where you might make slime from hair conditioner, paint with marshmallows, and create puffy paint with shaving cream.

Peep and Hop in April

Spring has sprung and with it brings rainbow eggs and fluffy things. From bunny nests and yellow chicks to butterflies and blooming sticks. You'll have a hopping good time in this parent/child art class!

AGE: 2½-3½

18190	Tue	4/16-4/30	9:30-10:15am
			R \$30/NR \$36

LOCATION: NKCC

INSTRUCTOR: MONIQUE BAYNE

In the Very Merry Month of May

May is for mothers, and showers, and spring, May is the time to celebrate these things. Our mothers so loving, showers that restore, the spring that brings hope for our sunshine once more! Come celebrate the month of May in Parent/Child Art.

AGE: 2½-3½

18191	Tue	5/7-5/21	9:30-10:15am
			R \$30/NR \$36

LOCATION: NKCC

INSTRUCTOR: MONIQUE BAYNE

June and the Strawberry Moon

June welcomes the summer and the strawberry moon; it honors our fathers and the berries that bloom. Welcome the month of June in this parent/child art class full of fun art activities!

AGE: 2½-3½

18192	Tue	6/4-6/18	9:30-10:15am
			R \$30/NR \$36

LOCATION: NKCC

INSTRUCTOR: MONIQUE BAYNE



Parent/Child Cooking

Cooking for Preschoolers

In this changing monthly themed parent/child cooking class, get ready to peel, pour, shred, shake, bake, mash and more! Class held at McAuliffe Park, see receipt for location details. These are parent/child classes.

Itty Bitty Breakfast Club

Can you give a pig a pancake, or a moose a muffin? Well maybe... if you learn to cook! Everyone knows that breakfast is the most important meal of the day. Join us as we give a tot a teacher, instructions, a recipe, friends. (No class 4/10)

AGE: 2½-4½

17916	Wed	4/3-5/1	10:30-11:30am
			R \$60/NR \$72

LOCATION: MCAULIFFE PARK ATRIUM

INSTRUCTOR: KAREN RENFROE-GIELGENS



Tutti Frutti

Apples and oranges come from a tree, so do apricots, cherries, and plums basically. What most have in common is they are deliciously sweet, let's whip up something yummy with this nutritious treat. (No class 5/22)

AGE: 2½-4½

17917	Wed	5/8-5/29	10:30-11:30am
			R \$45/NR \$54

LOCATION: MCAULIFFE PARK ATRIUM

INSTRUCTOR: KAREN RENFROE-GIELGENS

Teddy Bear Picnic Fare

Prep, prepare and pack a spring picnic snack! Bring your favorite stuffy or doll and come along with us as we picnic and share a story (weather permitting). Please note that this class is a little longer so that we can pack and picnic, even if it has to be inside! (No Class 6/19)

AGE: 2½-4½

17918	Wed	6/5-6/26	10:30-11:30am
			R \$45/NR \$54

LOCATION: MCAULIFFE PARK ATRIUM

INSTRUCTOR: KAREN RENFROE-GIELGENS

Self Defense for Children with Parent

Keep the magic of childhood safe in this low-key, friendly, and age-appropriate safety skills classes for girls and boys ages 5-8. Learn about risks facing your kids, how to frame the discussion with children, and recognize when someone may be targeting your family. This is a parent/child class.

AGE: 5-8

17826	Sat	4/20	12-1:15pm
17829	Sat	6/8	12-1:15pm
			R \$40/NR \$48

LOCATION: NKCC

INSTRUCTOR: STRATEGIC LIVING, LLC

Indoor Playground
Ages: 9M-5YR

**NO PRE-REGISTRATION
DROP IN PROGRAM**

Join the fun, climbing, riding, pushing, pulling, and spinning. There's lots of active fun in our Indoor Playground.

For babies we also include busy boxes, and a variety of toddler and baby toys. Adults must supervise children at all times.

DATE AND TIME
Wednesdays
4/17 - 6/12
10am-1pm

Pay-as-you-go for \$3 per child per visit or purchase a 10-visit punch card for \$25.

LOCATION: NKCC

PRESCHOOL

Preschool Activities

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 refund will be issued. No make-ups are available for missed classes.



ART

Art Lab

Let's investigate the science behind famous art techniques! We'll also experiment with chemical reactions to create original artwork. Prepare your artist to get messy and use their 5 senses!

AGE: 3½-5

19306	Mon	4/15-5/6	9:30-10:15am
19307	Mon	5/13-6/17	9:30-10:15am

R \$48/NR \$58

LOCATION: NKCC
INSTRUCTOR: JESSICA ANDERSON



DANCE

Ballet A

This exciting introduction to creative dance emphasizes musical expression, coordination, and movement exploration. Mirrors and music create an enchanting dance environment. Parents may join us for the last class to watch and take pictures. Leather-soled ballet slippers required. (No class 5/25, 7/31, 8/1)

AGE: 3-4½

19117	Wed	4/17-6/12	11:10-11:55am
19120	Sat	4/20-6/22	9-9:45am
19121	Sat	4/20-6/22	11:35am-12:20pm

R \$86/NR \$103

19114	Wed	7/10-8/21	11:10-11:55am
19129	Thu	7/11-8/22	10:20-11:05am

R \$57/NR \$68

19122	Sat	7/13-8/24	9-9:45am
19123	Sat	7/13-8/24	11:35am-12:20pm

R \$67/NR \$80

LOCATION: NKCC
WEDNESDAY INSTRUCTOR: KATE KINGERY
THURSDAY INSTRUCTOR: ULIANA CLAROS
SATURDAY INSTRUCTOR: ULIANA CLAROS

**DON'T FORGET
YOUR DANCE
SHOES**

Don't forget your dance shoes! Leather soled ballet slippers or hard soled party shoes required.



Ballet B

Older preschoolers and children with previous dance experience will explore musicality, artistic expression, and a repertoire of dance steps. Parents may join us for the last class to watch and take pictures. Leather-soled ballet slippers required. (No class 5/25, 7/31, 8/1)

AGE: 4-6

19115	Wed	4/17-6/12	9:20-10:05am
19116	Wed	4/17-6/12	10:15-11am
19124	Sat	4/20-6/22	9:50-10:35am
19125	Sat	4/20-6/22	12:30-1:15pm

R \$86/NR \$103

19111	Wed	7/10-8/21	9:20-10:05am
19113	Wed	7/10-8/21	10:15-11am
19128	Thu	7/11-8/22	9:30-10:15am

R \$57/NR \$68

19126	Sat	7/13-8/24	9:50-10:35am
19127	Sat	7/13-8/24	12:30-1:15pm

R \$67/NR \$80

LOCATION: NKCC
WEDNESDAY INSTRUCTOR: KATE KINGERY
THURSDAY INSTRUCTOR: ULIANA CLAROS
SATURDAY INSTRUCTOR: ULIANA CLAROS

Ballet/Tap Combo B

Ballet and Tap are explored in this class for the older preschooler and also for children with previous dance experience. Parents may join us for the last class to watch and take pictures. Leather-soled ballet slippers and tap or dress shoes required!

AGE: 4-6

18233	Tue	4/16-6/18	4:40-5:25pm
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R \$95/NR \$114

18235	Tue	7/9-8/20	4:40-5:25pm
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R \$67/NR \$80

AGE: 5-7

18234	Tue	4/16-6/18	5:30-6:15pm
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R \$95/NR \$114

18236	Tue	7/9-8/20	5:30-6:15pm
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R \$67/NR \$80

LOCATION: NKCC
INSTRUCTOR: KATIE JARVIS

PRESCHOOL

Dance, Music, and Imagination

Introduce your child to a world of music, dance, and imagination. Learning basic dance skills becomes an adventure. Float like a snowflake, bloom in a garden, frolic in the sea, or visit a ranch and discover the African Savannah. Beginning dancers will be enchanted by this unique approach to creative dance. It's an experience your child will want to bring home and share.

AGE:3-5

17962	Tue	4/30-5/28	9:30-10:15am
17963	Tue	4/30-5/28	10:25-11:05am

R \$48/NR \$58

LOCATION: NKCC

INSTRUCTOR: JANICE GOEBEL



MOVEMENT & GYMNASTICS

Little Tumblers 1

FUNDamental tumbling for children on their own. Emphasis is placed on coordination, technique, and FUN! Instruction on floor, beam, and bars.

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

AGE:3-4

17929	Wed	4/17-5/8	2-2:45pm
17935	Sat	6/1-6/22	9:30-10:15am

R \$40/NR \$48

17931	Fri	4/19-5/17	9:30-10:15am
17934	Sat	4/20-5/18	9:30-10:15am
17930	Wed	5/15-6/12	2-2:45pm
17932	Fri	5/24-6/21	9:30-10:15am

R \$50/NR \$60

17933	Fri	7/12-8/16	10:30-11:15am
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R \$60/NR \$72

LOCATION: NKCC

INSTRUCTOR: JANICE GOEBEL

Little Tumblers 2

This class for children on their own requires previous tumbling experience. 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.

AGE:4-6

17937	Wed	4/17-5/8	2:50-3:35pm
17938	Wed	4/17-5/8	3:45-4:30pm
17949	Sat	6/1-6/22	10:20-11:05am

R \$40/NR \$48

17942	Fri	4/19-5/17	10:20-11:05am
17943	Fri	4/19-5/17	11:15am-12pm
17948	Sat	4/20-5/18	10:20-11:05am
17939	Wed	5/15-6/12	2:50-3:35pm
17940	Wed	5/15-6/12	3:45-4:30pm
17944	Fri	5/24-6/21	10:20-11:05am
17945	Fri	5/24-6/21	11:15am-12pm

R \$50/NR \$60

19309	Fri	7/12-8/16	11:20am-12:05pm
17950	Sat	7/13-8/17	10:20-11:05am

R \$60/NR \$72

LOCATION: NKCC

INSTRUCTOR: JANICE GOEBEL

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! These 45-minute classes are for children only.

AGE:2½-3

18205	Tue	4/16-5/7	11:15am-12pm
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R \$38/NR \$46

18206	Tue	5/14-6/11	11:15am-12pm
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R \$48/NR \$58

LOCATION: NKCC

INSTRUCTOR: HEATHER RODGERS

ICE SKATING CLASSES

See page 36



CRESCENDO KIDS PIANO CLASSES

by MOVE OVER MOZART

Piano classes designed specifically to meet your child's development and learning styles. Classes include basic music theory, one-on-one piano time, and games or activities all designed to teach and motivate your child to play their best on the piano keyboard. Piano at home is not required but is recommended. (No class 7/4)

AGE:3½-4

18207	Tue	4/16-6/18	4:10-4:40pm
18209	Tue	4/16-6/18	5:20-5:50pm
18212	Thu	4/18-6/20	4:10-4:40pm
18214	Thu	4/18-6/20	5:20-5:50pm

R \$180/NR \$216

18217	Tue	6/25-8/20	4:10-4:40pm
18219	Tue	6/25-8/20	5:20-5:50pm

R \$162/NR \$194

18222	Thu	6/27-8/22	4:10-4:40pm
18224	Thu	6/27-8/22	5:20-5:50pm

R \$144/NR \$173

AGE:5-6

18208	Tue	4/16-6/18	4:45-5:15pm
18210	Tue	4/16-6/18	5:55-6:25pm
18213	Thu	4/18-6/20	4:45-5:15pm
18215	Thu	4/18-6/20	5:55-6:25pm

R \$180/NR \$216

18218	Tue	6/25-8/20	4:45-5:15pm
18220	Tue	6/25-8/20	5:55-6:25pm

R \$162/NR \$194

18223	Thu	6/27-8/22	4:45-5:15pm
18225	Thu	6/27-8/22	5:55-6:25pm

R \$144/NR \$173

LOCATION: NKCC

INSTRUCTOR: PAMELA CORNELL



SPORTS

Thank you to Zippy Fiber for exclusively sponsoring the 2024 Spring Pee Wee Soccer program! Look for the Zippy Fiber tent on various Saturdays at 132nd Square Park throughout the season!

Mini Athletes

The perfect way to introduce a new sport to your preschooler! This program is designed to get your little athlete up and moving in some of their potential favorite sports. Each mini athlete clinic will cover the basics of multiple sports to develop motor and communication skills in a safe, fun, and positive environment.

AGE:3-6

19282	Mon	4/15-5/20	9-9:45am
19283	Mon	6/3-7/1	9-9:45am
19284	Mon	7/8-8/19	9-9:45am

R \$66/NR \$79

LOCATION: NKCC

INSTRUCTOR: LAURA MILLER

GENERAL PROGRAMS

Buggy About Bugs? NEW!

They're creepy and crawly; they have lots of legs, and kids love 'em!! Come explore the world of spiders, wood lice, ladybugs, mantids, and more. We will look at them inside and out, discover their habitats, learn how they help our environment, sculpt an imaginary bug of our dreams and even collect some outside. This class is perfect for squeamish parents whose children enjoy the bugs in the yard. Please dress prepared for the day's weather, as we will spend part of our day hunting our creepy, crawly friends.

AGE:3½ -5

17961	Tue	4/30-5/28	11:15am-12pm
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R \$48/NR \$58

LOCATION: NKCC

INSTRUCTOR: JANICE GOEBEL

Playschool Prep

Through science, art, literacy, and sensory activities, we will engage your child's social, cognitive and language skills in this fun play-based class. We want playschool to be a fun introduction to a classroom setting. We engage in circle times, STEAM activities and beginning literacy appreciation!

PLAYSCHOOL PREP FOR TWO'S

AGE:2

18241	Wed	4/17-6/12	9:30-10:30am
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R \$108/NR \$130

PLAYSCHOOL PREP FOR THREE'S & FOUR'S

AGE:3-4

18242	Wed	4/17-6/12	10:45am-12pm
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R \$135/NR \$162

LOCATION: NKCC

INSTRUCTOR: JESSICA ANDERSON

Cooking with Karen

Your child will learn to cook in this independent cooking program (child only). They will practice creativity and culinary skills while learning kitchen safety and developing healthy eating habits. Plan, prep, and prepare for a gastronomic good time! (No Class 4/10, 5/22, 6/19)

AGE:4-6

17919	Wed	4/3-5/1	2-3pm
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R \$60/NR \$72

17921	Wed	5/8-5/29	2-3pm
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17923	Wed	6/5-6/26	2-3pm
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R \$45/NR \$54

LOCATION: MCAULIFFE PARK ATRIUM

INSTRUCTOR: KAREN RENFROE-GIELGENS

AGES 3.5 - 5 YEARS OLD
NEW - 3 day a week programming coming Fall 2024

Periwinkle Outdoor Explorers

This is a nature-based, 3-day/drop-off program for active children who love to explore the outdoors. With supervision from their teacher's and a 1:6 ratio, flora, fauna, bugs, and weather (along with curiosity), will lead the activities of the day.

Edith Moulton Park
Tuesday - Thursday • 9:30am-12:30pm
For information or to register call (425) 587-3350

Ages
3-6

FALL LEAGUE
 REGISTRATION OPENS
 RESIDENTS 7/10 AT 8 AM
 NON RESIDENTS 7/11 AT 8AM

VISIT KIRKLANDPARKS.NET
 OR CALL 425-587-3350
 FOR MORE INFORMATION

Dance, Movement, & Gymnastics

Ballet 1 Youth

Ballet vocabulary, alignment, posture, strength, and fluidity will be the focus through barre exercises, floor, and center work. Parents invited to watch on the last day of class. Leather-soled ballet shoes required. Prerequisite for 5 year olds: Preschool Dance B or equivalent experience (No class 5/25, 8/1)

AGE:5-7

18237	Sat	4/20-6/22	10:45-11:30am	R \$86/NR \$103
19130	Thu	7/11-8/22	11:15am-12pm	R \$57/NR \$68
18239	Sat	7/13-8/24	10:45-11:30am	R \$67/NR \$80

LOCATION: NKCC

INSTRUCTOR: ULIANA CLAROS



Youth Hip Hop

Build self-esteem, enhance coordination, and stay fit in these high-energy age-appropriate classes. Express yourself using the dynamic style of hip hop, focusing on the culture, attitude, style, and funk. Wear comfortable clothing and shoes and bring a water bottle to class. Parents are invited to watch on the last day of class. Hip Hop encourages athleticism, self-expression, confidence, and a feeling of accomplishment. (No class 6/19)

HIP HOP KIDS

AGE:5-7

18308	Wed	4/17-5/22	4:15-5pm	
18311	Wed	6/5-7/17	4:15-5pm	
				R \$60/NR \$72
18314	Wed	7/24-8/21	4:15-5pm	
				R \$50/NR \$60

HIP HOP YOUTH I

AGE:7-11

18309	Wed	4/17-5/22	5:05-5:50pm	
18312	Wed	6/5-7/17	5:05-5:50pm	
				R \$60/NR \$72
18315	Wed	7/24-8/21	5:05-5:50pm	
				R \$50/NR \$60

HIP HOP YOUTH II

AGE:7-11

18310	Wed	4/17-5/22	6-6:45pm	
18313	Wed	6/5-7/17	6-6:45pm	
				R \$60/NR \$72
18316	Wed	7/24-8/21	6-6:45pm	
				R \$50/NR \$60

LOCATION: NKCC

INSTRUCTOR: DUFON SMITH

Kids' Zumba

NEW

Welcome to the dance party! This class is a high-energy dance party packed with kid friendly dance routines. During the session, the students will work on improving their flexibility, strength, and confidence. This class will encourage students to dance outside-the-box and bring their own personality to each movement.

AGE:6-10

19167	Thu	4/18-6/6	4pm-4:45pm	R \$120/ NR /NR\$144
19171	Thu	7/25-8/22	4-4:45pm	R \$75/NR \$90

LOCATION: NKCC

INSTRUCTOR: TANYA DANCE FITNESS

Dream Team Cheer Squad

Be a part of the Kirkland Parks cheer squad! You'll learn dances, cheers, and beginning tumbling. There will be opportunities to perform too, including at the Seattle Storm and UW! Previous experience not required. Cheer classes are run by Eastside Dream Elite Cheer & Dance, www.EastsideDreamElite.com. (Some extra costs may be incurred for this class.) Class continues throughout the school year.

AGE:7-15

16831	Thu	4/18-6/6	6-7:30pm	R \$145/NR \$174
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LOCATION: NKCC

INSTRUCTOR: EASTSIDE DREAM ELITE

Elementary Tumbling

Coordination is the basis for any sport and dance genre, but also for something as simple as running! Work on coordination with Miss Janice's help on the beam, bar, and springboard, but also learn handstands and cartwheels. This class for the older elementary student is perfect for beginners and those with some tumbling experience. (No class 5/25)

AGE:7-10

17957	Wed	4/17-6/12	4:40-5:40pm	
17958	Wed	4/17-6/12	5:45-6:45pm	
17959	Sat	4/20-6/22	11:15am-12:15pm	R \$113/NR \$136
17960	Sat	7/13-8/17	11:15am-12:15pm	R \$75/NR \$90

LOCATION: NKCC

INSTRUCTOR: JANICE GOEBEL

GENERAL PROGRAMS

Capoeira

This exciting Brazilian martial art incorporates music and dance with a physical and mental discipline so that participants develop self-confidence and coordination. (No class 6/19)

AGE:4-6

18030	Mon, Wed	4/1-4/24	5-5:45pm
18031	Mon, Wed	4/29-5/22	5-5:45pm
18032	Mon, Wed	5/29-6/26	5-5:45pm
18033	Mon, Wed	7/1-7/24	5-5:45pm
18034	Mon, Wed	7/29-8/22	5-5:45pm

AGE:7-16

18039	Mon, Wed	4/1-4/24	6-7pm
18040	Mon, Wed	4/29-5/22	6-7pm
18041	Mon, Wed	5/29-6/26	6-7pm
18042	Mon, Wed	7/1-7/24	6-7pm
18043	Mon, Wed	7/29-8/22	6-7pm

R\$140/NR168

LOCATION: PKCC

INSTRUCTOR: COTY VALDEZ



Cooking with Karen

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! (No Class 4/10,5/22, 6/19)

AGE:6-10

17920	Wed	4/3-5/1	3:30-4:30pm
R \$60/NR \$72			
17922	Wed	5/8-5/29	3:30-4:30pm
17924	Wed	6/5-6/26	3:30-4:30pm
R \$45/NR \$54			

LOCATION: MCAULIFFE PARK ATRIUM

INSTRUCTOR: KAREN RENFROE-GIELGENS



MUSIC

Ukulele Fun-O-1 for Youth

Be a rockstar! Take the first steps, and let's learn to play the ukulele. Learn a few chords and start playing songs in the first class, from Twinkle-Twinkle Little Star to Taylor Swift, this will be a great start for your music career. Bring a ukulele and let's rock!

AGE:10-13

17965	Tue	4/16-5/14	4:30-5:15pm
17968	Tue	5/21-6/18	4:30-5:15pm

R \$50/NR \$60

LOCATION: NKCC

INSTRUCTOR: JULIE METTEER

Crescendo Kids Piano Classes by Move Over Mozart

Piano classes are designed specifically to meet your child's development and learning styles. Classes include basic music theory, one-on-one piano time, and games or activities all designed to teach and motivate your child to play their best on the piano keyboard. Piano at home is not required but is recommended. (No class 7/4)

AGE:7-9

18211	Tue	4/16-6/18	6:30-7pm
18216	Thu	4/18-6/20	6:30-7pm
R \$180/NR \$216			
18221	Tue	6/25-8/20	6:30-7pm
R \$162/NR \$194			
18226	Thu	6/27-8/22	6:30-7pm
R \$144/NR \$173			

LOCATION: NKCC

INSTRUCTOR: PAMELA CORNELL

SPORTS/FITNESS

Skyhawks After School Skills Academies

This fun, skill-intensive program is designed for beginning to intermediate players. Using our progression-based curriculum, we focus on the whole player - teaching sportsmanship and teamwork. Learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based instruction and small-sided scrimmages.

BASKETBALL

AGE:6-8

18355	Wed	4/17-5/22	4:30-5:20pm
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AGE:9-12

18356	Wed	4/17-5/22	5:30-6:20pm
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R \$149/NR \$179

LOCATION: NKCC

INSTRUCTOR: SKYHAWKS

TENNIS

AGE:6-8

18332	Mon	4/15-5/20	4:30-5:20pm
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AGE:9-12

18333	Mon	4/15-5/20	5:30-6:20pm
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R \$149/NR \$179

LOCATION: JUANITA BEACH PARK

INSTRUCTOR: SKYHAWKS

SOCCER

AGE:6-8

18340	Tue	4/16-5/21	4:30-5:20pm
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AGE:9-12

18346	Tue	4/16-5/21	5:30-6:20pm
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R \$149/NR \$179

LOCATION: JUANITA BEACH PARK

INSTRUCTOR: SKYHAWKS

ASK US
ABOUT OUR
SCHOLARSHIP
PROGRAM
See page 63

YOUTH

Kidokinetics: Multi-Sports Play & Physical Education

NEW

Kidokinetics is a unique and exciting way to introduce children to over 20 different sports and activities (pickleball, scoops, golf, football, basketball, and more) in a fun and non-competitive environment. Lessons develop age-appropriate motor skills in games and activities that the kids love and don't realize are physical exercise. Kidokinetics enhances physical fitness, improves self-confidence, and builds a sense of teamwork.

SPORTS ENRICHMENT

AGE: 3-10

19327	Mon	4/15-5/20	3-3:45pm
19328	Mon	4/15-5/20	4-4:45pm

R \$150/ NR \$180

LOCATION: NKCC

INSTRUCTOR: KIDOKINETICS

Ice Skating

Experience Ice Skating in a fun and safe learning environment. Classes include rental skates, 30 minutes of professional instruction, 30 minutes of practice skating time. Last day of class is Bring-A-Buddy Day and practice time. Registration deadline is two weeks before the first class. No refunds issued after registration closes.

AGE: 5+

18036	Wed	4/17-6/19	6:05-7:05pm
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R \$390/NR \$468

18038	Wed	7/10-8/21	6:05-7:05pm
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R \$273/NR \$328

LOCATION: SNO KING ICE ARENA

14326 124 AVE NE IN KIRKLAND

INSTRUCTOR: SNO KING ICE SKATING



Kendo

Come join us to learn the ancient Japanese art of sword fighting! Kendo is a coed martial arts sport based on Samurai traditions requiring both mental and physical discipline. Class is open for ages 8 and up. Beginning classes are taught in a roughly 10-week curriculum, focusing on the fundamentals, starting with proper etiquette, footwork, and sword handling. This class is taught all together, kids and adults.

Beginners Kendo

Please wear comfortable exercise clothes, and please note that kendo is practiced barefoot. Additional equipment fee of \$60 is required for a wooden practice sword (bokken) and a bamboo practice sword (shinai). Optional sword bags will also be available for an additional \$10.

AGE: 8+

17705	Tue	4/2-6/4	6-7:30pm
19387	Tue	6/18-8/20	6-7:30pm

R \$120/NR \$144

LOCATION: NKCC

INSTRUCTOR: JULIE CHEN

Intermediate/Advanced Kendo

This class is for both intermediate and advanced students. Advanced students are people who are already in armor. Intermediate students are people who have completed the beginner's class in the previous quarter and wish to continue on to further improve their skills. Half of the class time will be spent on drills with the advanced group. Halfway through the quarter, intermediate students will be asked to purchase uniforms. Details will be discussed further during class.

AGE: 8+

17706	Tue	4/2-6/4	7-9pm
19388	Tue	6/18-8/20	7-9pm

R \$130/NR \$156

LOCATION: NKCC

INSTRUCTOR: JULIE CHEN

Northwest University Spring Volleyball Skills Camp

All volleyball camps will be staffed by Northwest University coaches and players and will provide excellent instruction in an environment that is fun, safe, and competitive! A variety of drills and game-like activities will stress the fundamentals of serving, passing, and attacking as well as serve-receive, defense, and offense. Players will be grouped by ability so whether you are a beginning player or more advanced, all will be challenged at an appropriate level.

AGE: 11-14

18253	Thu	4/11-4/25	6-8pm
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R \$100/NR \$120

LOCATION: NORTHWEST UNIVERSITY GYMNASIUM

INSTRUCTOR: STEVE BAIN

**REC
n
ROLL**

**FRIDAYS
10AM-2PM
AGES 5-13**

The Rec-n-Roll Van is bringing the fun to a park near you all summer long.

FREE PROGRAM

JUNE 28	JUANITA BEACH PARK
JULY 5	EVEREST PARK
JULY 12	EDITH MOULTON PARK
JULY 19	CRESTWOODS PARK
JULY 26	132ND SQUARE PARK
AUGUST 2	PETER KIRK PARK
AUGUST 9	HOUGHTON BEACH PARK
AUGUST 16	JUANITA BEACH PARK

To view where the Rec-N-Roll van will be going each week, visit Kirklandparks.net



Peter Kirk After School Camp

**M/T/TH/F: 3:30-6PM
W: 2-6PM**

**PETER KIRK COMMUNITY CENTER
GRADES K-5**

**CAMP FEE PER MONTH: R \$336/NR \$403
TRANSPORTATION FEE PER MONTH: R \$126/NR \$151**

(Parents must sign child out at the end of each day.)

The Peter Kirk Community Center After School Camp is a quality after school experience for children in grades K-5. Our staff offer a unique blend of recreational and educational activities in a relaxed, fun and safe environment.

Transportation is available and must be registered for separately. Transportation is only available from Peter Kirk Elementary school.

REGISTRATION FEES/DEPOSITS

MONTHLY FEE - R \$336/NR \$403

All camp fees include a \$25.00 non-refundable deposit.

MONTHLY INSTALLMENTS - Full fee for your initial month of After School Camp and transportation is required upon registration (fee includes a \$25 deposit). *Monthly installment option is not available for online registration.* Additional months will be reserved by paying a \$25 non-refundable, non-transferable deposit per month per child. **The remaining balance due must be paid by the 15th of the previous month, otherwise the reserved spot and deposit will be lost.** The monthly

installment option is only available for those registering for the full school year.

REFUND POLICY

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

CAMP TRANSPORTATION

The After School Camp program provides transportation for students at Peter Kirk Elementary. Transportation

to the after-school program is available for a limited number of students on a first come, first serve basis. This service is offered at an additional cost of R \$126/ NR \$151 per month (December 2023 & January 2024 will be pro-rated). **You must be registered for the After School Camp in order to register for Transportation.**

HEALTH & MEDICATIONS

A participant information sheet must be filled out for each child, indicating all health concerns, allergies and limitations. Please note, City of Kirkland staff are unable to dispense any type of medication to participants.

'24 Teen Night EXTRAVAGANZAS

THE KIRKLAND TEEN UNION BUILDING (KTUB)

will re-open in September 2024 as a drop-in teen center!

For more info, including details about preview events planned for June, visit www.kirklandwa.gov/TeenPrograms.



Kirkland has monthly Teen Nights scheduled throughout the year!

Teen Night Extravaganzas will be split into two sessions, each lasting two hours. The first session is for ages 11-15, and the second session is for ages 15-18. These teen nights are entirely free, with snacks and drinks provided. Registration is encouraged, and walk-ins are welcome.

To register please visit Kirklandparks.net or call 425-587-3360.

Tween/Teen Murder Mystery

Whodunit? Grab your handy-dandy notebook and help us solve a murder mystery at Peter Kirk Community Center. This event has main characters as well as "extras." If you register, you will be guaranteed a main character in the murder mystery. Due to the nature of the Murder Mystery storyline, you'll want to come early to learn about your character.

AGE:11-15

19226	Fri	4/26	5:30-7:30pm
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AGE:15-18

19227	Fri	4/26	7:30-9:30pm
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Free

LOCATION: PKCC

NO COST
EVENTS

TEEN CAMPS

See page 28



Tween/Teen Outdoor Nintendo Tournament

Destroy your friends (virtually) in a tournament-style Switch night held at 132nd Square Park from 6-9 pm. The night will begin with seed play for the leveled tournaments to follow, which means that the great players compete with each other, and the beginners will get their own bracket. In other words, all levels of gamers are welcome. The fun will include outdoor yard games out in the field and extra seating for those who want to watch. All are welcome!

AGE:11-15

19228	Fri	5/31	5:30-7:30pm
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AGE:15-18

19229	Fri	5/31	7:30-9:30pm
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Free

LOCATION: 132ND SQUARE PARK

Tween/Teen School's Out, Pool Party

Schools are out for summer! Bring some friends for a fun pool party and join us at the Peter Kirk Pool for an evening of summer celebration. You don't want to miss out on our biggest party of the year.

AGE:11-15

19230	Fri	6/28	4:30-6:30pm
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AGE:15-18

19231	Fri	6/28	6:30-8:30pm
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Free

LOCATION: PETER KIRK POOL



TEENS/TWEENS TAKEOVER DAY TRIPS

Tweens/Teens Takeover day trips feature some fantastic adventures throughout the summer for ages 11-18. All trips will include a lunch stop, so bring lunch money or pack your own. The bus departs from the Peter Kirk Community Center (PKCC.) If getting to us is challenging, consider taking the city Metro bus. Not only does it drop you off at the Transit Center near PKCC, but students ride for free!



TWEENS AGES 11 TO 15

Heather Lake

Hike this TikTok famous NW trail to amazing views.

19252	Tue	7/2	10am-5pm	R \$75/NR \$90
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Troll Hunt

We are going Troll hunting starting with the Lincoln Park Troll, then Ballard and finally the Troll on the Rainier trail in Issaquah.

19253	Wed	7/3	10am-5pm	R \$75/NR \$90
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River Float #1

Head out on an epic river floating adventure! Gently float down the river for an exciting day with friends. Soak up the sun, scenic views and refreshing water!"

19254	Fri	7/12	10am-6:00pm	R \$75/NR \$90
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Deception Pass

Deception Pass has so much to offer and we are going to fit as much as we can into one day of fun.

19255	Fri	7/19	10am-5pm	R \$75/NR \$90
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River Float #2

Head out on an epic river floating adventure! Gently float down the river for an exciting day with friends. Soak up the sun, scenic views and refreshing water!"

19256	Fri	8/9	10am-6:30pm	R \$75/NR \$90
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Chain Lake Loop Trail at Mt. Baker

Head out on this 6.2 mile loop trail near Maple Falls and experience 8 lakes with breathtaking views.

19257	Fri	8/23	10am-5pm	\$75/NR \$90
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Mariners Game

A day at the ballpark! Catch a Mariners game and make new friends while you watch the Mariners take on the Tampa Bay Rays. Bring \$ for food and drinks.

19258	Wed	8/28	10am-5pm	R \$85/NR \$102
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Mystery Trip

We will meet at PKCC, like normal and our destination will be revealed upon arrival. Once the Tweens leave, parents will be notified of the location, but we want to keep it a mystery.

19259	Fri	8/30	10am-5pm	R \$75/NR \$90
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TEENS AGES 15 TO 18

Heather Lake

Hike this TikTok famous NW trail to amazing views.

19260	Tue	7/2	10am-5pm	R \$75/NR \$90
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Troll Hunt

We are going Troll hunting starting with the Lincoln Park Troll, then Ballard and finally the Troll on the Rainier trail in Issaquah.

19261	Wed	7/3	10am-5pm	R \$75/NR \$90
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River Float

If you're a teen looking for an epic day trip, you won't want to miss the "Teen River Float" adventure! It's the perfect opportunity to gather your friends and spend a day floating down a scenic river, enjoying the sunshine and the refreshing water.

19262	Fri	7/26	10am-6pm	R \$75/NR \$90
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Teen Rock Climbing

Vertical World in Seattle has walls to climb for all levels of Crag Conquerors.

19263	Fri	8/2	10am-5pm	R \$75/NR \$90
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Deception Pass

Deception Pass has so much to offer and we are going to fit as much as we can into one day of fun.

19264	Fri	8/16	10am-5pm	R \$75/NR \$90
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Mariners Game

A day at the ballpark! Catch a Mariners game and make new friends while you watch the Mariners take on the Tampa Bay Rays. Bring \$ for food and drinks.

19265	Wed	8/28	10am-5pm	R \$85/NR \$102
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TEENS

Tween/Teen Tournament Time

Come kick off the summer with us in this 3-sport tournament! Participate in multiple tournaments featuring Soccer, Flag Football and Dodgeball, all in the same night, or simply watch the competitions. You can come as a team, or choose a team upon arrival, and get ready to play. Free food, music, and the chance of being named the ultimate winner.

AGE:11-15

19232 Fri 7/26 5:30-7:30pm

AGE:15-18

19233 Fri 7/26 7:30-9:30pm

Free

LOCATION: 132ND SQUARE PARK

Tween/Teen Summer BBQ & Games

Picture this: The aroma of the grill fills the air, as the sounds of laughter and music warms your soul as you hang out with your friends before school starts up again. Dinner is included. Meat and veggie options will be available.

AGE:11-15

19234 Fri 8/30 5:30-7:30pm

AGE:15-18

19235 Fri 8/30 7:30-9:30pm

Free

LOCATION: KTUB

Tween/Teen Zombie Run

Hang with your friends while you evade the undead – meet at KTUB for an evening of fun and fright. Participants will be given three flags, on arrival, and if they choose to enter the undead zone, they will attempt to maintain their lives (flags) by avoiding Zombies in short incremental outbreaks.

AGE:11-15

19236 Fri 9/27 5:30-7:30pm

AGE:15-18

19237 Fri 9/27 7:30-9:30pm

Free

LOCATION: PETER KIRK PARK



Teen Artistic Design Workshops

Teen Screen Printing Workshop

Screen print your shirts, Screen print your pants, Screen print your backpack. Screen print your socks! Seriously, you can screen print a lot of things, come to this workshop and learn how.

AGE:11-18

19276 Tue 4/16 6:30-8:30pm

R \$40/NR \$48

LOCATION: PKCC

INSTRUCTOR: KARLA & LOLETTE

Teen Acrylic Painting Workshop

Painting is such a great way to find your creative voice without constraints and constrictions. This workshop celebrates individuality in an inclusive space.

AGE:11-18

19277 Tue 5/14 6:30-8:30pm

R \$40/NR \$48

LOCATION: PKCC

INSTRUCTOR: KARLA & LOLETTE

Teen Tie-Dye Workshop

Yeah, you heard that right! It's Tie-Dye time! Bring your own shirts, socks, pillowcases, curtains, and add groovy colors. You could also create funky fresh designs for the totes we provide.

AGE:11-18

19278 Tue 6/11 6:30-8:30pm

R \$40/NR \$48

LOCATION: PKCC

INSTRUCTOR: KARLA & LOLETTE

Sewing, Stitches, Sequins, & Patches

Upcycle your old clothes by adding patches, sequins, stitches or even sewing new fabric patterns. This workshop was a hit last year, so we are doing it again!

AGE:11-18

19279 Tue 8/27 6:30-8:30pm

R \$40/NR \$48

LOCATION: KTUB

INSTRUCTOR: KARLA & LOLETTE



Beginning Guitar Turbo Charge

This fast-paced course covers all the basics - from tuning and strumming, all the way up to common chord progressions. Learn major, minor, and 7th chords, basic rhythms, and beginning theory. Good for acoustic styles. Must be at least 15 years old at the start of class. Bring your own guitar. If you are bringing an electric guitar no amp is necessary.

AGE:15+

18273 Wed 4/17-6/5 7-8pm

18275 Wed 6/26-8/21 7-8pm

R \$118/NR \$142

LOCATION: NKCC

INSTRUCTOR: SCOTT LAWSON

Sunset Teen Stand Up Paddleboard Lesson and Tour

Learn to paddleboard by joining Seattle Paddle instructors (formerly Norwest Paddle Surfers) for our teen-focused Stand-Up Paddleboard (SUP) lesson and tour of Lake Washington! Teens hang with peers in a group and develop paddleboard skills taught by experts. All skill levels welcomed! During the guided tour, paddlers also explore wildlife of Juanita Bay and soak in the splendor of a summer evening. This program is exclusive to teens only. Participants must be able to swim, weight limit of 225 pounds applies. Paddleboard and safety equipment provided. Registration closes 8am Tuesday before the program date.

AGE:13-18

19177 Thu 6/27 6-7:30pm

19178 Thu 7/11 6-7:30pm

19179 Thu 7/18 6-7:30pm

19180 Thu 7/25 6-7:30pm

R \$70/NR \$84

LOCATION: JUANITA BEACH PARK

INSTRUCTOR: SEATTLE PADDLE (FORMERLY NW PADDLE SURFERS)

MEET AT
PKCC

'24 VOLUNTEENS & VOLUNTWEENS COMMUNITY SERVICE OPPORTUNITIES FOR TEENS AND TWEENS

You need to get community service experience and we want to help. Register today to join us on these volunteer excursions. We will meet at Peter Kirk Community Center and then team up with local organizations and help make the world better. Transportation provided for off-site service.

Kirkland Teens & Kirkland Seniors

Help seniors master their tech gadgets. Assist with phones and tablets. Teens teach seniors ways to connect with their grandkids like social media skills, posting videos, and slang updates. VolunTeens to the rescue!

AGE:11-18

19269 Wednesday 4/10 1-4PM

Kirkland Teens & Hopelink

It's a day of philanthropy at Hopelink! We'll dive into the warehouse, sort donations, restock shelves, repack bulk goods, rearrange, and clean our workspace until it shines! VolunTeens making a difference by lending a hand!

AGE:16-18

19266 Friday 5/24 12-4PM

Kirkland Teens & Kirkland Library

Kirkland Library has so much to offer, and this requires a lot of behind-the-scenes work. Sounds like a job for VolunTeens!

AGE:11-18

19268 Friday 8/30 5-8PM

Kirkland Teens & KPCF

Kirkland Parks and Community Foundation puts on several events a year and we will be helping them to help our community.

AGE:11-18

19267 Friday 9/6 5-8PM



NO COST
EVENTS

Self Defense for Teen Girls - Moms Optional

This 3-hour class will educate teen girls about potentially risky situations: dating violence, how assailants target and test potential victims, personal safety, and more. Students will learn strikes to vulnerable targets, releases from grabs, and how to safely remove oneself from threatening situations. This class is intended for people of marginalized genders, cis and trans women, as well as non-binary folks and trans men. This class centers on the experiences of women and all people who have lived experiences of misogyny. If mothers attend with teen (not required) they must also register and pay for program.

AGE:14-19

17830 Sat 6/8 1:45-4:45pm

R \$89/NR \$107

LOCATION: NKCC

INSTRUCTOR: STRATEGIC LIVING, LLC

ADDITIONAL YOUNG ADULT SELF-DEFENSE CLASSES

See page 57

Teen Traffic Court

Have you or someone you know just been given a traffic ticket by a Kirkland Officer? Do you want it taken off your record? The Kirkland Youth Council, in cooperation with Kirkland Municipal Court, runs the monthly Teen Traffic Court (TTC) program. TTC offers Kirkland teens the opportunity to have moving violations heard in front of a judge and jury of their peers.

Teens that have been issued a notice of infraction by jurisdictions served by Kirkland Municipal Court (Clyde Hill, Hunts Point, Yarrow Point, Woodinville, 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.

AQUATICS

Peter Kirk Pool

340 KIRKLAND AVE, KIRKLAND WA 98033

Pool Season: June 3 - September 2 | **Pool Closed - 6/19, 7/4**



Public Swim Schedule

MON, JUNE 3 – THU, JUNE 20				
	MON-THU	FRIDAY	SATURDAY	SUNDAY
PUBLIC SWIM	–	–	12:00 – 12:55PM	12:00 – 12:55PM
			1:00 – 1:55PM	1:00 – 1:55PM
			2:00 – 2:55PM	2:00 – 2:55PM
			3:00 – 3:55PM	3:00 – 3:55PM
			4:00 – 4:55PM	4:00 – 4:55PM
LAP SWIM (LANES)	5:30 – 8:30AM (6)	5:30 – 8:30AM (6)	7:00 – 9:30AM (6)	–
SWIM LESSONS	4:00 – 7:30PM	–	–	–
Peter Kirk Pool Closed: Wednesday, June 19 <i>*Abbreviated schedule while Lake Washington School District is in session*</i>				
FRI, JUNE 21 – SAT, AUGUST 24				
	MON-THU	FRIDAY	SATURDAY	SUNDAY
PUBLIC SWIM	12:00 – 12:55PM	12:00 – 12:55PM	12:00 – 12:55PM	12:00 – 12:55PM
	1:00 – 1:55PM	1:00 – 1:55PM	1:00 – 1:55PM	1:00 – 1:55PM
	2:00 – 2:55PM	2:00 – 2:55PM	2:00 – 2:55PM	2:00 – 2:55PM
	3:00 – 3:55PM	3:00 – 3:55PM	3:00 – 3:55PM	3:00 – 3:55PM
	–	4:00 – 4:55PM	4:00 – 4:55PM	4:00 – 4:55PM
LAP SWIM (LANES)	5:30 – 7:00AM (6)	5:30 – 7:00AM (6)	7:00 – 9:30AM (4)	–
	M/W 7:45 – 9:00PM (3)	–	–	–
	T/TH 7:45 – 9:00PM (6)	–	–	–
DEEP WATER EXERCISE	M/W 7:45 – 9:00PM	–	–	–
SWIM LESSONS	8:00 – 11:50AM	8:00 – 9:45AM	10:00 – 11:45AM	–
	4:00 – 7:30PM	–	–	–
Peter Kirk Pool Closed: Thursday, July 4 Public Swim ends at 3pm on Friday, July 19 & August 2 for Home Orca Swim Meet Public Swim starts at 3pm on Sunday, August 4 due to Lifeguard Training Event				

SUN, AUGUST 25 – MON, SEP. 2	
	MON-SUN
PUBLIC SWIM	12:00 – 12:55PM
	1:00 – 1:55PM
	2:00 – 2:55PM
	3:00 – 3:55PM
	4:00 – 4:55PM



RENT THE POOL

Reserve the Peter Kirk Pool for your own private swim party. We have pool rentals for the main and wading pools. For more details see page 55.

REGISTER FOR AQUATIC PROGRAMMING!

Are you looking to register for Swim Lessons or other aquatic programs this season? We offer a variety of group and private swim lessons for any age.

Registration is easy! You can register by going online at KirklandParks.net, calling 425-587-3336, or in person at the Peter Kirk Community Center.

Pool Fees

Cash, Check, and Credit Cards are accepted.

Public Swim/Lap Swim \$6

Pool Passes: 10-visit, Individual, or Family Pool Passes can be reactivated for the 2024 season upon renewal.

10-Visit Pass \$54

Individual Season Pass \$140

Unlimited public swim and lap swim admission for one person.

Family Season Pass \$365

Unlimited public swim and lap swim admission for two named adults listed on membership card and their named dependent children and/or grandchildren ages 18 and under.

Facility Updates & Closure Hotline:

425-587-3335 or on the Kirkland Parks and Community Services Facebook page

Unscheduled facility closures can occur with limited notice. Thunderstorms, Air Quality, and other inclement weather can cause pool closures.

Pool Rules

All youth 12 and under must pass a Deep Water Swim Test prior to entering deep water. Please visit page 44 for Deep Water Swim Test description.

All pool rules and guidelines are posted in the facility and can be found at: kirklandwa.gov/aquatics

Swim Tests are at the discretion of the lifeguards. Any swimmer may be asked to retake their Deep Water Swim Test.





Kirkland Orca Swim Team

AGE: 6-17

SEASON: JUNE 24 – AUGUST 10

PRACTICES: MONDAY – THURSDAY MORNINGS

RESIDENT \$275 | NON-RESIDENT \$330



The City of Kirkland offers a recreational swim team that participates in the Craze Summer Swim League. This league focuses on developing fundamental skills and instilling the value of a recreational activity that lasts a lifetime.

Visit KirklandWA.gov/KirklandOrcas to learn more!

Returning Orca Swimmers:

If your child swam on our Orca swim team, they are eligible to return to Orca Swim Team. Returning Kirkland Residents swimmer registration opens March 20th. Returning Non-Residents can register for swim team on March 21st. Swim Team Returner registration will close on June 3rd. Register your child online at www.kirklandparks.net or by calling Loni Rotter at 425-587-3333.

New Swimmer Tryouts:

If your child did not swim on the Orca Swim Team, they will need to try out for the 2024 team. Once passing the tryouts, names will be placed into a lottery, divided up by age group and gender.

Tryouts consist of the following prerequisites based on their age as of July 1, 2024:

- Participants ages 6 - 8 must be able to swim 25 yards of freestyle and 25 yards of backstroke continuously without touching or using the wall for support. Swimmers must show confident/strong swimming mechanics and rhythmic breathing.
- Participants ages 9 – 17 must be able to swim 50 yards of freestyle, 50 yards of backstroke, and 25 yards of breaststroke continuously without touching or using the wall for support. Swimmers must show confident/strong swimming mechanics and rhythmic breathing.

Swim Team Tryouts Reservation:

Registration for tryouts is not required, however it is strongly encouraged. Registration for tryouts does not guarantee your child will make the team, but this will help us know how many we can expect at tryouts. Tryouts will be done in age groups with the lottery drawing happening 10 minutes after the tryout window is finished. There will be no Tryout Make Up Dates.

Parent Information Meeting:

We will have an informational meeting for all parents on Thursday, June 20, 6-7pm at the Peter Kirk Pool. This meeting has information on the Orca swim team, along with important dates, practice schedules, meet schedules, volunteer requirements, etc.

Parent Volunteer Information:

Swim Team Parents will need to volunteer approximately 6-8 hours throughout the season. Parent volunteers are crucial to the success of home swim meets, assisting with timing, ribbons, and staging swimmers. Sign up information will be shared as the season goes on via email with all registered parents and participants.

Swim Team Practice Schedules:

Practices occur Monday – Thursday mornings beginning Monday, June 24 and ending Thursday, August 10. Practice times are based on age. Practices consist of both dry land conditioning and in water swimming development. (No practice on July 4)

Practice Times:

- 6:45am-7:40am – Boys & Girls Ages 13 – 17
- 7:25am-8:20am – Boys & Girls Ages 9 – 12
- 8:05am-8:50am – Boys & Girls Ages 6 – 8

When are Meets?

Meets are on Fridays, Saturdays, or Sundays throughout the season, with the Craze Invitational ending our season.

Our two home meets will be held on Friday evenings. We will have a home meet on Friday, July 19, and August 2.

SWIM TEAM TRYOUTS RESERVATION			
SATURDAY JUNE 8	AGES 13 – 17	9:00 – 9:30AM	19067
	LOTTERY PULLED AT 9:40AM		
	AGES 9 – 12	9:30 – 10:00AM	19068
	LOTTERY PULLED AT 10:10AM		
	AGES 7-8	10:00 – 10:30AM	19069
	LOTTERY PULLED AT 10:40AM		
	AGES 6	10:30 – 11:00AM	19070
	LOTTERY PULLED AT 11:10AM		

SWIM TEAM AGE GROUP REGISTRATION WITH PRACTICE TIMES			
AGES 16 – 17	MONDAY - THURSDAY 6:45 – 7:40AM	BOYS	19015
		GIRLS	19014
AGES 13 – 15	MONDAY - THURSDAY 7:25 – 8:20AM	BOYS	19011
		GIRLS	19010
AGES 11 – 12	MONDAY - THURSDAY 8:05 – 8:50AM	BOYS	19009
		GIRLS	19008
AGES 9 – 10	MONDAY - THURSDAY 8:05 – 8:50AM	BOYS	19007
		GIRLS	19006
AGES 7 – 8	MONDAY - THURSDAY 8:05 – 8:50AM	BOYS	19005
		GIRLS	19004
AGES 6	MONDAY - THURSDAY 8:05 – 8:50AM	BOYS	19003
		GIRLS	18454

Swim Lessons

We offer group swim lesson levels for Parent/Child, Preschool, Youth, Teens, and Adults. We have Private Swim Lessons available at the Peter Kirk Pool.

Swim Lesson registration opens on March 20th for Kirkland residents at 7am! Non-Residents can register for Swim Lessons on March 21st.

Level Advancement:

Most students participate in the same level two or three times before advancing to the next level. **Intro level classes (Preschool 1 & Youth 1) tend to take longer to move up; these students participate in the same level for three to four sessions before passing all of the exit assessments.** For Youth 3 and Youth 4, participants must be able to lap swim without assistance before taking these levels. A good indicator of their swimming ability is being able to pass our Deep Water Swim Test.

Exit Assessment Skills:

Exit Assessment skills are evaluated by instructors for each child's report card. All Exit Assessment Skills must be passed and checked off by the instructor for a child to move up to the next level. Exit assessments are listed below the level descriptions starting on page 45.

Report Cards:

In our Monday – Thursday Lessons, swimmers are evaluated after the first week of class. Report Cards are emailed out by the Tuesday of the second week of class to parents to help inform them on which lesson their child should take in the upcoming lesson session. If a child's report card evaluation has changed, the parent will be notified of the level advancement. Friday and Saturday Lessons do not pass out Report Cards.

Rain Policy:

We have class rain or shine. Our outdoor pools are heated throughout the season. The only time class would be canceled is in the event of a thunderstorm or unscheduled facility closure.

Facility Closures:

Unscheduled facility closures can occur with limited notice. If your class is canceled due to an unforeseen facility closure, all participants will receive a two-admission public swim voucher to be used for any 2024 public swim. If you are concerned about facility closures, please contact the pool hotline at 425-587-3335 or on the Kirkland Parks and Community Services Facebook page. In the event that a facility closure cancels swim lessons, you will immediately receive an email notification.

Make-up Policy:

If you miss a class, we do not schedule make-up classes. We encourage parents to call in and inform the instructors if their child will be missing class.

Lesson Registration:

To register for swim lessons, you can call 425-587-3336 or go online to KirklandParks.net. The Peter Kirk Pool does not take swim lesson registration or transfers. If you would like to register in person, please visit the Peter Kirk Community Center across the parking lot. **Please do not come to the first day of class if your child is not registered for that session.**

Waitlist Policy:

Waitlist participants are added to classes in order of registration times. Emails will be sent out to waitlist participants to sign up for their classes. The spot will be reserved for 24 hours. If there is no response, we will move to the next participant on the waitlist. Once registration has closed for the upcoming session, no other participants will be added to the roster. If you get the waitlist email and wish to register, use the link in the email or call 425-587-3333.

Class Registration Closes:

Registration closes the Thursday before the beginning of the session at 4pm.

Swim Level Registration Transfers:

If your session is just beginning, and you think your child is in the wrong level, please attend the first day of your child's registered class level and speak with an onsite Lessons Coordinator to see if there is room for a level transfer. Level transfers are not guaranteed due to limited spot availability and are only available to registered students.

Deep Water Swim Test:

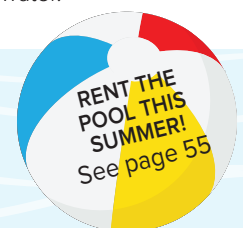
At the Peter Kirk Pool we have a Deep Water Swim Test for swimmers 12 and under. This test is to show a swimmer's confidence in the water and ability to safely enter, resurface, and exit the pool in deep water. This test is done by a lifeguard in the deep end of the pool.

In order to pass the Deep Water Swim Test, a swimmer must complete all of the following:

Goggles are not allowed to be worn during the Deep Water Swim Test

1. The swimmer must jump into the deep end of the pool feet first and resurface.
2. The swimmer must then immediately start to swim to the far end of the pool (25 yards).
 - a. The swimmer must swim continuously without assistance, stopping, or touching/holding the wall – briefly stopping to breathe is allowed.
 - b. Swimmers must show confident/strong swimming mechanics by only using freestyle, front crawl, or breaststroke – Swimmers must remain horizontal on top of the water and have some level of proficiency in the swim stroke. Underwater swimming is not permitted.
 - c. Swimmers must also have controlled rhythmic breathing (side-breathing or quick pop-up breathing).
3. At the end of the 25-yard swim, the swimmer must exit the swimming pool either by steps, ladder or side

If a swimmer does not pass the Deep Water Swim Test, the lifeguard will let the swimmer know what they need to work on in order to pass the test. For swimmers that have passed, their swim test results are recorded for the season, and those who pass can pick up their wrist bands at the lifeguard office. Testing seasonally ensures that the child demonstrates their swim ability to stay safe each time they are in and around the water. Lifeguards may ask an individual to retest at any point in the season to ensure that they are safe to swim in deep water.





Aquatots Classes

LOCATION: MAIN POOL

AGE: 6-36 MONTHS

CLASS SIZE: 10 CLASS TIME: 30 MINUTES

Our parent-child class encourages comfort and safety in and around water through guided instruction. The class's goal is to acclimate your child in the water by introducing water sprinkled on the head and face, bubble blowing, in-water assisted arm and leg motioning, along with aqua-inspired songs to bring fun and excitement to pool time with their parents. **This class requires the parent or guardian to be in the pool with their child.**

Once your child has turned 3, they can be registered for a **Preschool 1** class.

Preschool Classes – Ages 3-5 years

Our preschool classes are taught without the assistance of parents as we introduce independent swimming skills. Preschool 1 and Preschool 2 are taught in our shallow water wading pool, this provides a comfortable and friendly learning environment for the beginner swimmer. Our Preschool 3 and Preschool 4 classes are moved over into the shallow end of the main pool, which offers more exploration of skills for these upper-level preschool swimmers.

Preschool 1

LOCATION: WADING POOL

AGE: 3-5

CLASS SIZE: 5 CLASS TIME: 30 MINUTES

This class is an introductory swimming class for preschool-aged participants. Students will be getting introduced to the water with the goal of comfort in and out of the pool. Students will be learning how to enter and exit the water safely, blow bubbles, comfortably submerge their face in the water, float on their back and front, and start the basic skills of swimming.

Exit Assessment Skills:

- Blowing bubbles
- 3 Bubble bobs
- Front/back float with support
- Front/back streamlining with support

If your child has passed all exit assessment skills above, they can be registered for the following level progression:

- Ages 3-5 years – Preschool 2
- Ages 5-14 years – Youth 1
- If your child did not pass their exit assessments, keep them in the current level
- When registering new students to this level, please register them for 3-4 sessions, before advancing them to Preschool 2

Preschool 2

LOCATION: WADING POOL

AGE: 3-5

CLASS SIZE: 5 CLASS TIME: 30 MINUTES

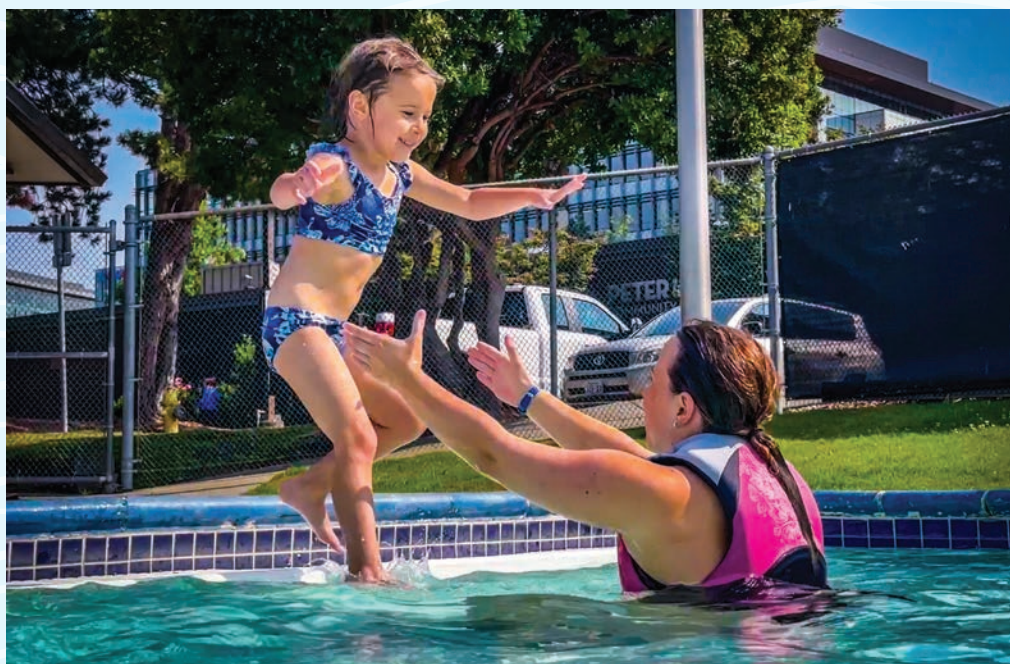
This class is our second level introductory class for preschool-aged participants. Students will be comfortable in the water, focusing on water safety and swimming skills. Students will be learning how to improve their blowing bubble skills, front and back floats, front crawl, and kick skills. They will also be introduced to bubble bobs (with a submerged nose, mouth, and eyes without the use of goggles), retrieving submerged items from the bottom of the pool, and streamlining without support.

Exit Assessment Skills:

- Bubble bobs
- Retrieve underwater objects
- Front/back float 6 seconds without support
- Front/back streamlining and kick without support

If your child has passed all exit assessment skills above, they can be registered for the following level progression:

- Ages 3-5 years – Preschool 3
- Ages 5-14 years – Youth 1
- If your child did not pass their exit assessments, keep them in the current level





Preschool 3

LOCATION: MAIN POOL

AGE: 3-5

CLASS SIZE: 5 CLASS TIME: 30 MINUTES

This class is an intermediate swimming class for preschool aged participants. Students will be improving water safety, swimming skills and being introduced to deeper water. Students will be learning how to improve their bubble bobs (with submerged nose, mouth, and eyes without the use of goggles), front and back floats, front crawl and kick skills, streamlining, and submerged skills. They will be introduced to rolling from front float to back float, vertical to front recovery, rhythmic pop-up breathing, and how to tread water.

Exit Assessment Skills:

- Retrieve underwater objects
- Rhythmic breathing with kicks and support
- Front crawl & elementary backstroke 5 yards
- Front/back float 10 seconds

If your child has passed all exit assessment skills above, they can be registered for the following level progression:

- Ages 3-4 years – Preschool 4
- Ages 5-14 years – Youth 2
- If your child did not pass their exit assessments, keep them in the current level

Preschool 4

LOCATION: MAIN POOL

AGE: 3-5

CLASS SIZE: 5 CLASS TIME: 30 MINUTES

This class is our second level intermediate swimming class for preschool-aged participants. Students will continue building their water safety and swimming skills while also introducing swim strokes and rhythmic breathing. Students will learn how to improve their bobs, treading water, front and back floats, front crawl and kick skills, streamlining, and submerged skills. They will be introduced to gliding, front crawl, back crawl, elementary backstroke, and rhythmic side breathing.

Exit Assessment Skills:

- 15 Bubble bobs
- Pop-up breathing while doing:
- Front crawl 15 yards
- Elementary backstroke 15 yards
- Kickboard - breaststroke kick 10 yards
- Kickboard - dolphin kick 10 yards
- Dive/jump into the water and recover
- Swim underwater 5 yards

If your child has passed all exit assessment skills above, they can be registered for the following level progression:

- Ages 3-5 years – Remain in Preschool 4
- Ages 5-14 years – Youth 2
- If your child did not pass their exit assessments, keep them in the current level

Youth Classes – Ages 5-14 years

Our youth classes are taught throughout our main pool. Youth 1 focuses on an introduction to swimming and works on gaining comfort in shallow water. Youth 2 and Youth 3 focus on gaining and retaining the skills of swimming, floating, diving, underwater swimming, and water safety in and around pools. Youth 4 is for those who can already swim. Students will work on stroke clean-up and refinement.

Youth 1

LOCATION: MAIN POOL

AGE: 5-14

CLASS SIZE: 5 CLASS TIME: 30 MINUTES

This class is an introductory swimming class. Students will be introduced to the water with the goal of comfort in and out of the pool. Students will be learning how to enter and exit the water safely, blow bubbles, comfortably submerge their face in the water, float on their back and front, and start the basic skills of swimming.

Exit Assessment Skills:

- Roll over – front to back/back to front
- 10 Bubble bobs
- Retrieve underwater objects
- Front/back float 6 seconds
- Front crawl & elementary backstroke 5 yards each
- Kickboard - front/back streamlining with kicks and pop-up breathing

If your child has passed all exit assessment skills above, they can be registered for the following level progression:

- Ages 5-14 years – Youth 2
- If your child did not pass their exit assessments, keep them in the current level
- When registering new students to this level, please register them for 3-4 sessions, before advancing them to Youth 2

ASK US
ABOUT OUR
SCHOLARSHIP
PROGRAM
See page 63

Youth 2

LOCATION: MAIN POOL

AGE: 5-14

CLASS SIZE: 6 CLASS TIME: 30 MINUTES

This class is an intermediate swimming class, and students should already be comfortable in the water. **This class prepares students to swim on their own and pass our Deep Water Swim Test allowing them to advance into lap swimming and stroke development.** Students will be learning how to improve their blowing bubble skills, improve their front and back floats, streamlining, improve their front crawl and kick skills, and submerging skills. They will also be introduced to front crawl, back crawl, elementary backstroke, rhythmic breathing, butterfly and breaststroke kicks, and treading water.

Exit Assessment Skills:

- Front/back floats for 30 seconds
- Kickboard - butterfly/breaststroke/freestyle kicks 10 yards each
- Tread water for 30 seconds
- Rhythmic breathing with the body in the horizontal position 5 breaths
- Elementary backstroke 25 yards with pop-up breathing
- Deep Water Swim Test
 - Dive/jump into the water and recover
 - Front crawl 25 yards with pop-up breathing

If your child has passed all exit assessment skills above, they can be registered for the following level progression:

- Ages 5-14 years – Youth 3
- If your child did not pass their exit assessments, keep them in the current level



Youth 3

LOCATION: MAIN POOL

AGE: 5-14

CLASS SIZE: 6 CLASS TIME: 30 MINUTES

For Youth 3, participants must be able to lap swim without assistance before taking this level. A good indicator of their swimming ability is being able to pass our Deep Water Swim Test. Please visit page 44 to see our Deep Water Swim Test description.

This class is our second level intermediate swimming class and students must be very comfortable in the water. This class will focus on stroke development and swimming endurance. Students will be learning how to improve their dives (shallow & deep), underwater swimming, treading water, freestyle, backstroke, and kicks. They will also be introduced to butterfly, breaststroke, flip turns, and lap swimming techniques.

Exit Assessment Skills:

- Rhythmic/rotary breathing with the body in the horizontal position
- Stroke development
 - Freestyle 50 yards
 - Backstroke 50 yards
 - Breaststroke 25 yards
 - Butterfly 25 yards
- Use of flip turns while lap swimming
- Treading water for 1 minute

If your child has passed all exit assessment skills above, they can be registered for the following level progression:

- Ages 5-6 years – Repeat Youth 3
- Ages 7-14 years – Youth 4
- If your child did not pass their exit assessments, keep them in the current level

Youth 4

LOCATION: MAIN POOL

AGE: 7-14

CLASS SIZE: 8 CLASS TIME: 30 MINUTES

This class is an advanced swimming class. **Students must be able to swim multiple laps without assistance while showing rhythmic breathing and high endurance.** This class is designed to prepare swimmers to join a swim team. Students will be learning how to improve their strokes (freestyle, backstroke, breaststroke, butterfly), flip turns, lap swimming, deep water diving and retrieval (7+ feet), dive technique, and endurance water treading. This is the highest-level class offered, with an emphasis on endurance lap swimming.

Exit Assessment Skills:

- Surface dive & retrieve an object at a depth of 7 feet
- Tread water for 2 minutes
- Flip turns while swimming 500 yards continuously
 - Freestyle 100 yards
 - Backstroke 100 yards
 - Breaststroke 100 yards
 - Butterfly 100 yards
 - Stroke of choice 100 yards

If your child has passed all exit assessment skills above, they can be registered for the following level progression:

- Ages 7-14 years – This is the end of our swim lesson progression; your child's next step would be trying out for swim teams
- If your child did not pass their exit assessments, keep them in the current level



AQUATICS

Group Swim Lessons

MONDAY – THURSDAY

Class registration closes at 4pm the Thursday before the session start date.

To register for swim lessons, you can call 425-587-3336 or go online to KirklandParks.net. The Peter Kirk Pool does not take swim lesson registration. If you would like to register in person, please visit the Peter Kirk Community Center across the parking lot.

SESSION 1 JUNE 3 – 13 GROUP LESSONS: TWO WEEKS

1

EIGHT, 30-MINUTE LESSONS | MONDAY-THURSDAY
RESIDENT FEE \$88 / NON RESIDENT FEE \$106

	4:10PM	4:45PM	5:20PM	5:55PM	6:30PM	7:05PM
AQUATOTS	18418	18419	—	—	—	—
PRESCHOOL 1	18420	18421	—	—	18422	—
PRESCHOOL 2	18423	18424	18425	18426	18427	—
PRESCHOOL 3	18428	—	18429	18430	18431	18432
PRESCHOOL 4	—	18433	18434	18435	—	—
YOUTH 1	18436	18437	18438	18439	—	—
YOUTH 2	18440	18441	18442	18443	19065	19066
YOUTH 3	—	—	—	18446	18447	18448
YOUTH 4	—	—	18449	—	18450	18451

SESSION 2 JUNE 17 – 27 GROUP LESSONS: TWO WEEKS

2

SEVEN, 30-MINUTE LESSONS | MONDAY-THURSDAY
NO CLASSES ON JUNE 19TH
RESIDENT FEE \$77 / NON RESIDENT FEE \$93

	4:10PM	4:45PM	5:20PM	5:55PM	6:30PM	7:05PM
AQUATOTS	18452	18453	—	—	—	—
PRESCHOOL 1	18554	18555	18556	—	18557	—
PRESCHOOL 2	18558	18559	18560	—	18561	—
PRESCHOOL 3	—	—	18562	18563	18564	18565
PRESCHOOL 4	—	—	18566	18567	—	18568
YOUTH 1	18569	18570	—	18571	18572	—
YOUTH 2	18573	18574	—	18575	18576	19064
YOUTH 3	—	—	—	18577	—	18578
YOUTH 4	—	—	18579	—	—	18580

SESSION 3 JULY 1 – JULY 11 GROUP LESSONS: TWO WEEKS

3

SEVEN, 30-MINUTE LESSONS | MONDAY-THURSDAY

NO CLASSES ON JULY 4TH

RESIDENT FEE \$77 / NON RESIDENT FEE \$93

	8:20AM	9:00AM	9:35AM	10:10AM	10:45AM	11:20AM	4:10PM	4:45PM	5:20PM	5:55PM	6:30PM	7:05PM
AQUATOTS	—	18581	18582	18583	18584	—	18585	18586	18587	18588	—	—
PRESCHOOL 1	18589	18590	18591	18592	18593	18594	18595	18596	18597	18598	18599	—
PRESCHOOL 2	18600	18601	18602	18603	18604	18605	18606	18607	18608	18609	18610	—
PRESCHOOL 3	—	18611	18612	18613	—	18614	18615	—	18616	—	18617	18618
PRESCHOOL 4	—	18619	18620	—	18621	18622	—	18623	—	18624	18625	18626
YOUTH 1	—	18627	18628	18629	18630	18631	18632	18633	18634	18635	18636	—
YOUTH 2	—	18637	18638	18639	18640	18641	18642	18643	18644	18645	18646	—
YOUTH 3	—	18647	—	18648	—	18649	18650	—	18651	—	18652	18653
YOUTH 4	18654	—	18655	—	18656	—	—	18657	—	18658	—	18659



SESSION 4

JULY 15 - JULY 25 GROUP LESSONS: TWO WEEKS

EIGHT, 30-MINUTE LESSONS | MONDAY-THURSDAY

RESIDENT FEE \$88 / NON RESIDENT FEE \$106

	8:20AM	9:00AM	9:35AM	10:10AM	10:45AM	11:20AM	4:10PM	4:45PM	5:20PM	5:55PM	6:30PM	7:05PM
AQUATOTS	—	18660	18661	18662	18663	—	18664	18665	18666	18667	—	—
PRESCHOOL 1	18668	18669	18670	18671	18672	18673	18674	18675	18676	18677	18678	—
PRESCHOOL 2	18679	18680	18681	18682	18683	18684	18685	18686	18687	18688	18689	—
PRESCHOOL 3	—	18690	18691	18692	—	18693	18694	—	18695	—	18696	18697
PRESCHOOL 4	—	18698	18699	—	18700	18701	—	18702	—	18703	18704	18705
YOUTH 1	—	18706	18707	18708	18709	18710	18711	18712	18713	18714	18715	—
YOUTH 2	—	18716	18717	18718	18719	18720	18721	18722	18723	18724	18725	—
YOUTH 3	—	18726	—	18727	—	18728	18729	—	18730	—	18731	18732
YOUTH 4	18733	—	18734	—	18735	—	—	18736	—	18737	—	18738

SESSION 5

JULY 29 - AUGUST 8 GROUP LESSONS: TWO WEEKS

EIGHT, 30-MINUTE LESSONS | MONDAY-THURSDAY

RESIDENT FEE \$88 / NON RESIDENT FEE \$106

	8:20AM	9:00AM	9:35AM	10:10AM	10:45AM	11:20AM	4:10PM	4:45PM	5:20PM	5:55PM	6:30PM	7:05PM
AQUATOTS	—	18739	18740	18741	18742	—	18743	18744	18745	18746	—	—
PRESCHOOL 1	18747	18748	18749	18750	18751	18752	18753	18754	18755	18756	18757	—
PRESCHOOL 2	18758	18759	18760	18761	18762	18763	18764	18765	18766	18767	18768	—
PRESCHOOL 3	—	18769	18770	18771	—	18772	18773	—	18774	—	18775	18776
PRESCHOOL 4	—	18777	18778	—	18779	18780	—	18781	—	18782	18783	18784
YOUTH 1	—	18785	18786	18787	18788	18789	18790	18791	18792	18793	18794	—
YOUTH 2	—	18795	18796	18797	18798	18799	18800	18801	18802	18803	18804	—
YOUTH 3	—	18805	—	18806	—	18807	18808	—	18809	—	18810	18811
YOUTH 4	18812	—	18813	—	18814	—	—	18815	—	18816	—	18817

SESSION 6

AUGUST 12 - AUGUST 22 GROUP LESSONS: TWO WEEKS

EIGHT, 30-MINUTE LESSONS | MONDAY-THURSDAY

RESIDENT FEE \$88 / NON RESIDENT FEE \$106

	8:20AM	9:00AM	9:35AM	10:10AM	10:45AM	11:20AM	4:10PM	4:45PM	5:20PM	5:55PM	6:30PM	7:05PM
AQUATOTS	18818	18819	—	—	18820	—	18821	18822	—	—	—	—
PRESCHOOL 1	18823	18824	—	—	—	18825	18826	18827	—	—	18828	—
PRESCHOOL 2	18829	18830	—	—	18831	—	18832	18833	—	—	18834	—
PRESCHOOL 3	18835	18836	18837	18838	—	18839	18840	18841	18842	18843	18844	18845
PRESCHOOL 4	18846	18847	—	—	18848	—	18849	18850	—	—	—	18851
YOUTH 1	—	—	18852	18853	—	19076	—	—	18854	18855	—	—
YOUTH 2	—	—	18856	18857	18858	—	—	—	18859	18860	—	—
YOUTH 3	—	—	18861	19077	—	18862	—	—	18863	18864	18865	18867
YOUTH 4	—	—	18868	18869	18870	—	—	—	18871	18872	18873	18874



AQUATICS

ASK US
ABOUT OUR
SCHOLARSHIP
PROGRAM
See page 63

Group Swim Lessons FRIDAY AND SATURDAY

FRIDAYS SESSION 3

JULY 5 & JULY 12

TWO, 30-MINUTE LESSONS

RESIDENT FEE \$22 / NON RESIDENT FEE \$26

	8:00AM	8:35AM	9:10AM
AQUATOTS	18976	—	18977
PRESCHOOL 1	18978	18979	18980
PRESCHOOL 2	18981	—	—
YOUTH 1	—	18983	—
YOUTH 2	—	18984	—

SATURDAYS SESSION 3

JULY 6 & JULY 13

TWO, 30-MINUTE LESSONS

RESIDENT FEE \$22 / NON RESIDENT FEE \$26

	10:00AM	10:35AM	11:10AM
AQUATOTS	18931	—	18932
PRESCHOOL 1	18933	18934	18935
PRESCHOOL 2	18936	—	18937
YOUTH 1	—	18938	—
YOUTH 2	—	18939	—

FRIDAYS SESSION 4

JULY 19 & JULY 26

TWO, 30-MINUTE LESSONS

RESIDENT FEE \$22 / NON RESIDENT FEE \$26

	8:00AM	8:35AM	9:10AM
AQUATOTS	18985	—	18986
PRESCHOOL 1	18987	18988	18989
PRESCHOOL 2	18990	—	—
YOUTH 1	—	18992	—
YOUTH 2	—	18993	—

SATURDAYS SESSION 4

JULY 20 & JULY 27

TWO, 30-MINUTE LESSONS

RESIDENT FEE \$22 / NON RESIDENT FEE \$26

	10:00AM	10:35AM	11:10AM
AQUATOTS	18940	—	18941
PRESCHOOL 1	18942	18943	18944
PRESCHOOL 2	18945	—	18946
YOUTH 1	—	18947	—
YOUTH 2	—	18948	—

FRIDAYS SESSION 5

AUGUST 2 & AUGUST 8

TWO, 30-MINUTE LESSONS

RESIDENT FEE \$22 / NON RESIDENT FEE \$26

	8:00AM	8:35AM	9:10AM
AQUATOTS	18994	—	18995
PRESCHOOL 1	18996	18997	18998
PRESCHOOL 2	18999	—	—
YOUTH 1	—	19001	—
YOUTH 2	—	19002	—

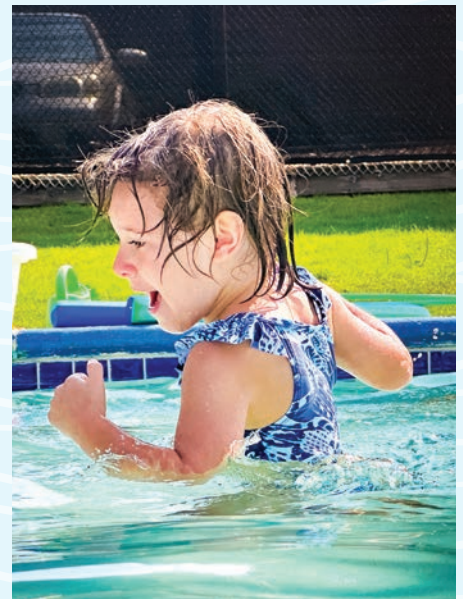
SATURDAYS SESSION 5

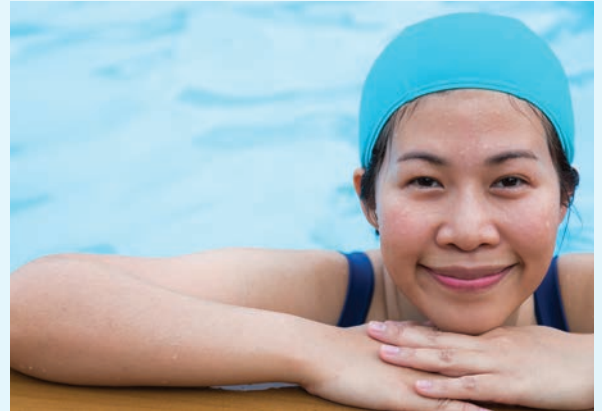
AUGUST 3 & AUGUST 10

TWO, 30-MINUTE LESSONS

RESIDENT FEE \$22 / NON RESIDENT FEE \$26

	10:00AM	10:35AM	11:10AM
AQUATOTS	18949	—	18950
PRESCHOOL 1	18951	18952	18953
PRESCHOOL 2	18954	—	18955
YOUTH 1	—	18956	—
YOUTH 2	—	18957	—





Private Swim Lessons (AGE 5+ YEARS)

MONDAY – THURSDAY

LOCATION: MAIN POOL CLASS TIME: 30 MINUTES

Are you looking for one-on-one instruction, with highly motivated and friendly instructors? Private Lessons might be right for you. Private lesson participants will review goals with instructor the first scheduled class. Please share your swimming goals with us, we are here to help!

Two siblings of close age and swimming ability may be registered for the same private lesson session. Please register the first child and call Loni at 425-587-3333 to register the second child. Both children will need to pay for the private lesson.

PRIVATE SESSION 2

JUNE 17 – JUNE 27 PRIVATE LESSON

THREE – 30-MINUTE LESSONS | M/W RESIDENT \$118 / NON RESIDENT \$141 (PRO RATED)

FOUR – 30-MINUTE LESSONS | T/TH RESIDENT \$157 / NON RESIDENT \$188

NO CLASSES ON JUNE 19TH

	10:10AM	10:45AM	11:20AM	4:10PM	4:45PM	5:20PM	5:55PM	6:30PM	7:05PM
MONDAY/WEDNESDAY	NO AM PRIVATE LESSONS			19044	19045	19046	18878	18879	19047
TUESDAY/THURSDAY				19101	19102	19103	19104	19105	19106

PRIVATE SESSION 3

JULY 1 – JULY 11 PRIVATE LESSON

FOUR – 30-MINUTE LESSONS | M/W RESIDENT \$157 / NON RESIDENT \$188

THREE – 30-MINUTE LESSONS | T/TH RESIDENT \$118 / NON RESIDENT \$141 (PRO RATED)

NO CLASSES ON JULY 4TH

	10:10AM	10:45AM	11:20AM	4:10PM	4:45PM	5:20PM	5:55PM	6:30PM	7:05PM
MONDAY/WEDNESDAY	19040	19041	19042	19048	19049	19050	19051	19017	18895
TUESDAY/THURSDAY	19035	19036	19059	19043	18875	18876	18877	19013	19016

PRIVATE SESSION 4

JULY 15 – JULY 25 PRIVATE LESSON

FOUR – 30-MINUTE LESSONS | MON/WED OR TUE/THU

RESIDENT \$157 / NON RESIDENT \$188

	10:10AM	10:45AM	11:20AM	4:10PM	4:45PM	5:20PM	5:55PM	6:30PM	7:05PM
MONDAY/WEDNESDAY	18880	18881	18882	18883	18884	18885	18886	18894	19018
TUESDAY/THURSDAY	18887	18888	18889	18890	18891	18892	18893	18897	18898

PRIVATE SESSION 5

JULY 29 – AUGUST 8 PRIVATE LESSON

FOUR – 30-MINUTE LESSONS | MON/WED OR TUE/THU

RESIDENT \$157 / NON RESIDENT \$188

	10:10AM	10:45AM	11:20AM	4:10PM	4:45PM	5:20PM	5:55PM	6:30PM	7:05PM
MONDAY/WEDNESDAY	18899	18900	18901	18902	18903	18904	18905	19060	19061
TUESDAY/THURSDAY	18906	18907	18908	18909	18910	18911	18912	19062	19063

AQUATICS

Private Swim Lessons (AGE 5+ YEARS) FRIDAY AND SATURDAY

PRIVATE SESSION 3	JULY 5 & JULY 12		
	TWO, 30-MINUTE LESSONS FRIDAYS		
	RESIDENT FEE \$79 / NON RESIDENT FEE \$94		
	8:00AM	8:35AM	9:10AM
FRIDAY PRIVATE A	18958	18959	18960
FRIDAY PRIVATE B	18961	18962	18963
FRIDAY PRIVATE C	-	-	19052

PRIVATE SESSION 4	JULY 19 & JULY 26		
	TWO, 30-MINUTE LESSONS FRIDAYS		
	RESIDENT FEE \$79 / NON RESIDENT FEE \$94		
	8:00AM	8:35AM	9:10AM
FRIDAY PRIVATE A	18964	18965	18966
FRIDAY PRIVATE B	18967	18968	18969
FRIDAY PRIVATE C	-	-	19053

PRIVATE SESSION 5	AUGUST 2 & AUGUST 8		
	TWO, 30-MINUTE LESSONS FRIDAYS		
	RESIDENT FEE \$79 / NON RESIDENT FEE \$94		
	8:00AM	8:35AM	9:10AM
FRIDAY PRIVATE A	18970	18971	18972
FRIDAY PRIVATE B	18973	18974	18975
FRIDAY PRIVATE C	-	-	19054

PRIVATE SESSION 3	JULY 6 & JULY 13		
	TWO, 30-MINUTE LESSONS SATURDAYS		
	RESIDENT FEE \$79 / NON RESIDENT FEE \$94		
	10:00AM	10:35AM	11:10AM
SATURDAY PRIVATE A	18982	18866	18991
SATURDAY PRIVATE B	19012	19038	19037

PRIVATE SESSION 4	JULY 20 & JULY 27		
	TWO, 30-MINUTE LESSONS SATURDAYS		
	RESIDENT FEE \$79 / NON RESIDENT FEE \$94		
	10:00AM	10:35AM	11:10AM
SATURDAY PRIVATE A	18913	18914	18915
SATURDAY PRIVATE B	18916	18917	18918

PRIVATE SESSION 5	AUGUST 3 & AUGUST 10		
	TWO, 30-MINUTE LESSONS SATURDAYS		
	RESIDENT FEE \$79 / NON RESIDENT FEE \$94		
	10:00AM	10:35AM	11:10AM
SATURDAY PRIVATE A	18919	18920	18921
SATURDAY PRIVATE B	18922	18923	18924

Looking for a FUN, FREE way to cool off?

LEE JOHNSON FIELD

202 3rd STREET, KIRKLAND, WA 98033

JULY 11 – AUGUST 8
THURSDAYS, 11AM – 2PM

Join us this summer at Lee Johnson Field for our annual Sprinkler Park Thursdays! We offer a variety of sprinklers, suitable for all ages, set up for everyone to enjoy! This program is free and takes place during July and August at Lee Johnson Field at Peter Kirk Park.

All children 10 and under must be supervised by an adult.

Temperatures must be above 70 degrees for Sprinkler Parks to be open. Our Facebook page and our inclement weather hotline (425-587-3335) will be updated in the event that sprinkler park is cancelled for the day. Parking is available in the parking garage under the library.



Teen/Adult Swim Lessons

Teen/Adult Level 1

LOCATIONS: MAIN POOL

AGES: 13+

CLASS SIZE: 6 CLASS TIME: 30 MINUTES

This class is an introductory swimming class for teens and adults ages 13 and older. Students will be getting introduced to the water with the goal to gain comfort in and out of the pool. Students will learn how to enter and exit the water safely, comfortably submerge their face in the water, float on their back and front, tread water, understand how to kick while pulling the water with their arms, and start the basic strokes of swimming like the front crawl and elementary backstroke.

Learning Objectives:

- Learn to float and streamline on your front and back
- Explore alternating and simultaneous leg-kicking and arm-pulling motions
- Attain skills for front crawl and elementary backstroke
- Introduction to treading water
- Acquire basic water safety skills

Exit Assessment Skills:

- Front/back floats for 30 seconds
- Kickboard - butterfly/breaststroke/freestyle kicks 10 yards each
- Tread water for 30 seconds
- Rhythmic breathing with the body in horizontal position 5 breaths
- Elementary backstroke 25 yards with pop-up breathing
- Deep Water Swim Test
 - Dive/jump into the water and recover
 - Front crawl 25 yards with pop-up breathing

If you have passed all exit assessment skills above, please register for the Teen/Adult Level 2 Class



Teen/Adult Level 2

LOCATIONS: MAIN POOL

AGES: 13+

CLASS SIZE: 6 CLASS TIME: 30 MINUTES

This class is an intermediate swimming class for teens and adults. Students must pass the deep-water swim test and be very comfortable in the water, focusing on stroke development and swimming endurance. Students will be learning how to improve their dives (shallow & deep), underwater swimming, treading water, freestyle, backstroke, and kicks. They will also be introduced to butterfly, breaststroke, flip turns, and lap swimming techniques.

Learning Objectives:

- Perform intermediate-level front crawl, back crawl, elementary backstroke, and breaststroke
- Refine efficient and effective strokes
- Tread water for at least 1 minute
- Increase swimming speed and distance ability
- Develop fitness, swimming, and other aquatic goals with the instructor's assistance

LEVEL 1	TEEN/ADULT CLASSES			
	FOUR, 30-MINUTE LESSONS MONDAY/WEDNESDAY			RESIDENT \$50 / NON-RESIDENT \$60
	SESSION 3 JULY 1 - 10	SESSION 4 JULY 15 - 24	SESSION 5 JULY 29 - AUG 7	
MONDAY/WEDNESDAY 6:30-7:00PM	19021	19023	19025	
MONDAY/WEDNESDAY 7:05-7:35PM	19022	19055	19057	

LEVEL 2	TEEN/ADULT CLASSES			
	THREE, 30-MINUTE LESSONS TUESDAY/THURSDAY **NO CLASSES ON JULY 4**			SESSION 3: R \$38 / NR \$45
	FOUR, 30-MINUTE LESSONS TUESDAY/THURSDAY			SESSION 4, 5: R \$50 / NR \$60
	SESSION 3 JULY 2 -11	SESSION 4 JULY 16 - 25	SESSION 5 JULY 30 - AUG 8	
TUESDAY/THURSDAY 6:30-7:00PM	19019	19024	19026	
TUESDAY/THURSDAY 7:05-7:35PM	19020	19056	19058	

AQUATICS



Deep Water Exercise

LOCATION: DEEP END OF MAIN POOL

AGE: 16+

CLASS SIZE: 30

CLASS TIME: 60 MINUTES

Work at your own pace. Beginners to Advanced are welcome! Get a leaner, stronger body while having fun! Our trained instructors will inspire you to move and burn calories, in a quick 60-minute muscle and core building in-water workout.

No Class July 3

DEEP WATER EXERCISE | MONDAYS/WEDNESDAYS

COURSE CODE	SESSION	DATES	TIME	FEES	
18401	JUNE & JULY	6/24-7/31	7:45 – 8:45PM	R \$180	NR \$216
18402	AUGUST	8/5-8/21	7:45 – 8:45PM	R \$90	NR \$108

DEEP WATER EXERCISE | SATURDAYS

COURSE CODE	SESSION	DATES	TIME	FEES	
18403	JUNE & JULY	6/29-7/27	7:30 – 8:30AM	R \$75	NR \$90
18404	JUNE & JULY	6/29-7/27	8:30 – 9:30AM	R \$75	NR \$90
18405	AUGUST	8/3-8/24	7:30 – 8:30AM	R \$60	NR \$72
18412	AUGUST	8/3-8/24	8:30 – 9:30AM	R \$60	NR \$72

AquaLeaders Volunteer Program

AGE: 12-14

R \$65/NR \$78

COURSE CODE: 18417

Develop lifeguard and swim instructor skills, while building leadership experience that can be applied to a variety of occupations. AquaLeaders receive training and instruction in facility rules, policies and procedures, water safety and swim lesson instruction. Completion of the program is a prerequisite to volunteer as a Junior Lifeguard and/or Swim Instructor Aide for the Kirkland Program, weekdays in July and August.

New AquaLeader Training Dates:

- Tuesday, June 25, 9-11am
- Wednesday, June 26, 9-11am
- Thursday, June 27, 10am-2pm

Returning AquaLeader Training Dates:

- Thursday, June 27, 10am-2pm

New AquaLeaders will need to attend all three training dates to be enrolled in the program. All volunteers must pass a background check in order to volunteer for this position. If you attended AquaLeader training since 2022, you would only need to attend the Thursday's Class. The first class will meet at the Peter Kirk Pool.

Looking for a way to
earn money this summer?

**JOIN OUR
AQUATICS
TEAM!**

Visit kirklandwa.gov/ParksJobs



KIRKLAND AQUATICS IS NOW HIRING FOR THE 2024 SEASON!

- Pool and Waterfront Lifeguards
- Swim Lesson Instructors
- Pool Cashiers
- Pool and Waterfront Senior Lifeguards
- Pool and Waterfront Aquatic Program Supervisors

LIFEGUARDED SWIMMING BEACHES

Lifeguards are on duty daily from 12pm-6pm June 28 - September 2. All beaches will have beach rules and lifeguard-on-duty signs will be posted when lifeguards are on duty. All beach rules can be found at kirklandwa.gov/aquatics

- **Beach Bacteria Testing:** Beaches are tested weekly by King County Department of Natural Resources and Parks. If a beach tests high for bacteria, the beach will be closed, and there will be no lifeguards on duty. For testing information please visit <https://green2.kingcounty.gov/swimbeach/>
- **Waterfront Swim Test:** Children 12 and under at Houghton, Waverly, and Juanita Beaches are required to pass a waterfront swim test to swim beyond the shallow water buoy line (blue and white buoy line). Due to the nature of our waterfronts, swimmers will have to test daily to ensure they are safe enough to swim in the current lake conditions. Testing is at the discretion of the lifeguard and may ask an individual to retest at any point during the day. If you need a waterfront swim test, please speak with any of the lifeguards on duty in the lifeguard office.
- **Lifejacket Loaner Station:** All of our swimming beaches have lifejacket loaner stations at the lifeguard office. If a lifejacket is needed, please speak with any of the lifeguards on duty in the lifeguard office to check out a lifejacket.
- **Camps and Groups:** Groups larger than 15 are encouraged to contact the City of Kirkland 48 hours in advance of an intended visit. Please call 425-587-3333.
- **No Lifeguard On-Duty:** If there is inclement weather, or the air temperature is under 65 degrees, lifeguards will not report to the beaches.
- **Swim Zones:** Some swim zones may be closed due to low staffing numbers. These zones will be marked closed by the beach lifeguard team
- **Lifeguard Olympics:** This year's Lifeguard Olympics will be held on Sunday, August 4 at Houghton Beach. Please join us for the afternoon of training and competition. Beaches will be staffed at 3pm due to this all-staff training.

HOUGHTON BEACH SWIMMING AREA

5811 Lake Washington Boulevard, Kirkland WA

Houghton Beach Swimming Area has a long pier and a large dock with deep water and shallow water swimming areas.

WAVERLY BEACH SWIMMING AREA

633 Waverly Way, Kirkland, WA

Waverly Beach Swimming Area provides an area completely enclosed by a "U" shaped pier. There are deep water and shallow water swimming areas.

JUANITA BEACH SWIMMING AREA

9703 NE Juanita Drive, Kirkland, WA

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



RENT THE POOL

FRIDAY/SATURDAY/SUNDAY EVENINGS
5:30-8:30PM

SUNDAY MORNINGS
10-11:30AM

Reserve the Peter Kirk Pool for your own private swim party. Fees are based on hours of use and include set up and take down. Lifeguards, pool toys, and party deck space included. Rentals must be reserved at least 14 days in advance.

RENTAL FEES	1.5 HOURS		3 HOURS	
	UNDER 150 ATTENDEES	OVER 150 ATTENDEES	UNDER 150 ATTENDEES	OVER 150 ATTENDEES
BOTH POOLS	\$360	\$460	\$575	\$775
MAIN POOL	\$290	\$390	\$464	\$664
WADING POOL	\$160	—	\$256	—

RESERVATION OCCUPANCY:

There is a maximum of 310 people in the facility which includes in-water and on-deck. The Main Pool has a maximum occupancy of 270. The Wading Pool has a maximum capacity of 40. The wading pool is designated for children 6 years of age and under and their guardian 18 years of age and older. Please register the number of members in your party while reserving time. Refunds are given for lightning/thunder or poor air quality during rental period, not for other inclement weather.

RENTAL INFORMATION:

- All pool rules are in effect
- **Children 6 and under requires an adult to be in the water with them, at all times**
- Pool Floats or Inflatables are not allowed, our pool only permits Coast Guard approved Lifejackets
- Outside food and drink welcome (no vendors allowed)
- Glass is not permitted in the pool facility
- All swimmers 12 years and younger must be able to pass the swim test to swim in the deep end, or use the diving board of the main pool
- The Peter Kirk Pool offers tables, chairs, deck space, lifeguards, and lifejackets

To reserve the pool please visit kirklandparks.net or call us at 425-587-3333. Full Payment due at the time of reservation.

Pool Rental Registration begins Wednesday, March 20th at 7am for Kirkland Residents, and Thursday, March 21st at 8am for Non-Residents

ADULTS

ARTS & CRAFTS

Watercolor Painting - Evening

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.

AGE:18+				
17718	Tue	4/2-4/23	6-9pm	
17719	Tue	4/30-5/14	6-9pm	
17720	Tue	5/21-6/11	6-9pm	
17721	Tue	6/18-7/9	6-9pm	
17722	Tue	7/16-8/6	6-9pm	

R \$65/NR \$78

17723	Tue	8/13-8/20	6-9pm	
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R \$33/NR \$40

LOCATION: PKCC

INSTRUCTOR: JEAN PRATT-BEOUY

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.

AGE:18+				
17713	Thu	4/11-5/2	6-9pm	
17714	Thu	5/9-5/30	6-9pm	
17715	Thu	6/6-6/27	6-9pm	
17716	Thu	7/11-8/1	6-9pm	

R \$65/NR \$78

17717	Thu	8/8-8/22	6-9pm	
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R \$49/NR \$59

LOCATION: PKCC

INSTRUCTOR: JEAN PRATT-BEOUY

MORE ART CLASSES!

See page 65

Special Interest

Enjoy Your Garden Class

Does your yard need a little boost? Would you like a fresh approach to your landscape? Learn to enjoy your yard and find out what plants, soil improvement, and proven techniques can make your yard maintenance a more pleasurable and productive experience. Let's make your landscape sustainable and enjoyable. Plants, soils, and water wise techniques will be covered.

AGE:18+				
19299	Sat	5/18	9:30-11:30am	
				R \$40/NR \$48

LOCATION: NKCC

INSTRUCTOR: KEN BOLSER



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+				
18012	Wed	6/12	6:30-8:30pm	
				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+				
18008	Wed	5/15	6:30-8:30pm	
18009	Wed	7/17	6:30-8:30pm	
				R \$12/NR \$14

LOCATION: PKCC

INSTRUCTOR: KIM PRATER

Federally Insured Reverse Mortgage Program

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+				
18014	Wed	4/10	10:30am-12pm	
18015	Wed	7/10	10:30am-12pm	
				R \$12/NR \$14

LOCATION: PKCC

INSTRUCTOR: KIM PRATER



Sound Bath with Ethereal Sound & Wellness

Experience deep relaxation in this Restorative Sound Bath class brought to you by Savannah Powers of Ethereal Sound & Wellness. Immerse yourself in soothing sounds created by singing bowls, gongs, and chimes to reduce stress and promote a sense of balance and well-being. What to bring: blanket, mat, pillow, water.

AGE:18+

RESTORATIVE SOUND BATH

17954	Tue	4/2	6:30-7:30pm
17955	Tue	5/7	6:30-7:30pm
17956	Tue	6/18	6:30-7:30pm
19142	Tue	8/13	6:30-7:30pm

R \$40/NR \$48

LOCATION: HERITAGE HALL
INSTRUCTOR: SAVANNAH POWERS

Ukulele Beginning

Aloha! The ukulele is a fun and engaging instrument that you can play! It's 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 a couple of chords each week, learn to strum, and will be playing music together at our first class! Only requirements: a ukulele, and a willingness to try something new.

AGE:14+

17966	Tue	4/16-5/14	5:30-6:30pm
17969	Tue	5/21-6/18	5:30-6:30pm

R \$50/NR \$60

LOCATION: NKCC
INSTRUCTOR: JULIE METTEER

Ukulele Intermediate

Intermediate class will review all the chords from the beginners class and learn some more challenging chords that may require an extra finger or two. We'll also learn strum patterns and become more comfortable playing and singing with others. Ukulele is still required to join in.

AGE:14+

17967	Tue	4/16-5/14	6:45-7:45pm
17970	Tue	5/21-6/18	6:45-7:45pm

R \$50/NR \$60

LOCATION: NKCC
INSTRUCTOR: JULIE METTEER

Beginning Guitar Turbo Charge

This fast-paced course covers all the basics - from tuning and strumming, all the way up to common chord progressions. Learn major, minor and 7th chords, basic rhythms and beginning theory. Good for acoustic styles. Must be at least 15 years old at the start of class. Bring your own guitar. If you are bringing an electric guitar no amp is necessary.

AGE:15+

18273	Wed	4/17-6/5	7-8pm
18275	Wed	6/26-8/21	7-8pm

R \$118/NR \$142

LOCATION: NKCC
INSTRUCTOR: SCOTT LAWSON

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. Practice strikes to vulnerable targets, creating an impact, and releases from some common grabs. Great class to take with a friend! Bring a lunch or snack and water bottle. This class is intended for people of marginalized genders, including cis and trans women, as well as non-binary folks and trans men. This class centers on the experiences of women and all people who have lived experiences of misogyny.

AGE:18+

17828	Sat	4/20	1:45-4:45pm
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R \$89/NR \$107

LOCATION: NKCC
INSTRUCTOR: STRATEGIC LIVING, LLC



Self Defense for Young Adults Off to College

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 evildoers, 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!

AGE:17-25

17831	Sat	7/27	1-4pm
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R \$99/NR \$119

LOCATION: NKCC
INSTRUCTOR: STRATEGIC LIVING, LLC

Voice Overs - Now is your time! Virtual Webinar

In what could be the most enlightening two hours you've ever spent, you will learn how you can begin using your speaking voice for commercials, films, videos, and more. In this introductory class, 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! Part-time or full-time, this could be the game changer you've been looking for. Zoom links will be provided via email on the day of the program.

AGE:18+

19174	Tue	6/18	6-8pm
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R \$40/NR \$48

LOCATION: VIRTUAL
INSTRUCTOR: LISA FOSTER

MORE ADULT EXERCISE CLASSES!

See page 60, 66

ADULTS

PARTNER DANCING *with* CHARLES ENGLAND

Partner Dancing at the Peter Kirk Community Center. Adults and teens. Each participant must be registered.

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. (No class 7/4)

AGE:16+

17974	Thu	4/4-5/2	8-9pm
17981	Thu	6/13-7/18	8-9pm

R \$65/NR \$78

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+

17977	Thu	5/9-6/6	8-9pm
17985	Thu	7/25-8/22	8-9pm

R \$65/NR \$78

Salsa

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

AGE:16+

17976	Thu	5/9-6/6	7-8pm
17983	Thu	7/25-8/22	7-8pm

R \$65/NR \$78

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. (No class 7/4)

AGE:16+

17972	Thu	4/4-5/2	7-8pm
17979	Thu	6/13-7/18	7-8pm

R \$65/NR \$78



Adult Dance

Line Dancing

Line Dancing is a great way to exercise your body and mind while meeting new friends and listening to great music. Class includes basic line dancing for the beginner along with more challenging dances for the advanced dancer. (No class 6/4)

AGE:18+

17751	Tue	4/9-5/14	10-11am
17752	Tue	5/21-7/2	10-11am

R \$48/NR \$58

LOCATION: PKCC
INSTRUCTOR: ELOISE CHINN

Ballet



Ballet Basics

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 5/27, 6/19, 6/24, 6/26)

BALLET BASICS VIRTUAL - MONDAYS

AGE:18+

17776	Mon	4/8-5/13	7-8pm
17777	Mon	5/20-7/8	7-8pm

\$54

17778	Mon	7/15-8/5	7-8pm
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\$36

BALLET BASICS VIRTUAL - WEDNESDAYS

AGE:18+

17779	Wed	4/3-5/8	6-7pm
17780	Wed	5/15-7/3	6-7pm

\$54

17781	Wed	7/10-8/7	6-7pm
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\$45

LOCATION: ZOOM (VIRTUAL)
INSTRUCTOR: MARCO CARRABBA



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. (No class 6/19, 6/26)

AGE:18+

17782	Wed	4/3-5/8	7:15-8:15pm
17783	Wed	5/15-7/3	7:15-8:15pm

\$54

17784	Wed	7/10-8/7	7:15-8:15pm
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\$45

LOCATION: ZOOM (VIRTUAL)
INSTRUCTOR: MARCO CARRABBA

Adult Hula

Walk in - Hula Out!

So you have always wanted to learn the Hula? Now is the time. Our Hula classes welcome everyone to come and dance with us; no previous training necessary just expect to work the body a little, meet some new friends and enjoy. Instructor is a graduate of Uncle George Naope of Hilo Hawai'i, with 15 years' experience teaching for Kirkland Parks.

Pikaki Begnning and Intermediate Hula

The Pikaki class teaches the basic steps and hand motions for those who are new to Hula; and, for those who are wanting to improve existing skills. (No class 5/12, 5/26, 6/16)

AGE:18+

17900	Sun	4/14-6/30	12-1pm
R \$99/NR \$119			
17903	Sun	7/7-8/11	12-1pm
R \$66/NR \$79			

LOCATION: NKCC

INSTRUCTOR: JEANNE MAKANAOKALANI

'Ilima Advanced Hula

The 'Ilima class is for the dancer with a more extensive background with kahiko, 'auana, hula implements and some performing experience. (No class 5/12, 5/26, 6/16)

AGE:18+

17898	Sun	4/14-6/30	11am-12pm
R \$99/NR \$119			
17901	Sun	7/7-8/11	11am-12pm
R \$66/NR \$79			

LOCATION: NKCC

INSTRUCTOR: JEANNE MAKANAOKALANI



Tap Happy Adults

Learn new skills and increase positive endorphins through the joy of Tap Dance! This beginner's class offers you a great workout to upbeat music without feeling the effort of a monotonous workout. Learn routines and tap dance techniques, while developing balance, strength, flexibility, and rhythm. We will be dancing to everything from Classic Rock, and America's Top 40 to Big Band, Jazz, and Broadway Musicals! If it has a beat, and feels good, we will be dancing to it...Tap shoes or character shoes please.

AGE:16+

18317	Tue	4/16-6/18	6:25-7:25pm
R \$110/NR \$132			
18319	Tue	7/9-8/20	6:25-7:25pm
R \$77/NR \$92			

LOCATION: NKCC

INSTRUCTOR: KATIE JARVIS

Tap Happy Adults II

The tapping journey continues for students with prior tapping experience. Same great workout to upbeat music with new challenging techniques. Tap shoes or character shoes please.

AGE:16+

18318	Tue	4/16-6/18	7:30-8:30pm
R \$110/NR \$132			
18320	Tue	7/9-8/20	7:30-8:30pm
R \$77/NR \$92			

LOCATION: NKCC

INSTRUCTOR: KATIE JARVIS

Adult Fitness

Parent and Little Barre Class

Spend 45-minutes working on pre and postnatal safe poses and movements. No childcare? Don't fret - you can bring your little(s). You'll get to move while they hang out on your mat or play with the other little ones nearby. After class, we'll spend 45-min sharing what's been coming up for you, getting tips & ideas as well as emotional support from fellow parents! (No class 5/24, 5/25)

AGE:18+

18071	Fri	4/19-6/14	10:30am-12pm
18072	Sat	4/20-6/15	10-11:30am
R \$96/NR \$116			

LOCATION: NKCC

INSTRUCTOR: STEPHANIE LADUKE



Gentle Flow

Perfect for all fitness levels, combines alignment and flexibility postures with breathing to help you stretch, strengthen, and be refreshed. The ultimate cool down from an intense week, or set you up for the rest of the day! (No class 6/19)

AGE:18+

19285	Wed	4/17-5/22	8:30-9:15am
R \$60/NR \$72			
19286	Wed	6/5-7/3	8:30-9:15am
R \$40/NR \$48			
19287	Wed	7/10-8/21	8:30-9:15am
R \$70/NR \$84			

LOCATION: NKCC

INSTRUCTOR: LAURA MILLER

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 can get their JAM on. Whether a beginner or a professional this class is designed for those who love to dance! This highly addictive and fun 60-minute workout will fly by as you boogie!

AGE:18+

19288	Fri	4/19-5/24	8:45-9:45am
19291	Sat	4/20-5/25	8:45-9:45am
R \$66/NR \$79			
19289	Fri	5/31-6/21	8:45-9:45am
R \$44/NR \$53			
19292	Sat	6/1-6/29	8:45-9:45am
R \$55/NR \$66			
19290	Fri	7/12-8/23	7:45-8:45am
19293	Sat	7/13-8/24	8:45-9:45am
R \$77/NR \$92			

LOCATION: NKCC

INSTRUCTOR: LAURA MILLER

ADULTS



Adult Zumba

NEW

This dance inspired class is great for everyone interested in fitness. These easy-to-follow dance routines encourage aerobic fitness, using a combination of low-intensity and high-intensity moves. Come and enjoy the calorie-burning dance fitness party.

AGE:18-60

19166	Thu	4/18-6/6	6-6:45pm
R \$120/NR \$144			
19308	Thu	7/25-8/22	6-6:45pm
R \$75/NR \$90			

LOCATION: NKCC

INSTRUCTOR: TANYA DANCE FITNESS

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 classes 5/20,5/21,5/22,5/23,5/27,5/28,7/3,7/4)

AGE:16+

18057	Mon	5/13-6/17	6-7pm
18058	Tue	5/14-6/18	9-10am
18063	Wed	6/26-7/24	6-7pm
18064	Thu	6/27-7/25	8-9am
18065	Mon	7/29-8/19	6-7pm
18066	Tue	7/30-8/20	8-9am
18067	Wed	7/31-8/21	6-7pm
18068	Thu	8/1-8/22	8-9am

R \$44/NR \$53

18059	Wed	5/15-6/12	6-7pm
18060	Thu	5/16-6/20	9-10am
18061	Mon	6/24-7/22	6-7pm
18062	Tue	6/25-7/23	8-9am

R \$55/NR \$66

LOCATION: NKCC

INSTRUCTOR: JOLEEN

CardioBox

A 45-minute total body workout session, using the basic principles of boxing, and various body conditioning / strengthening exercises. This class is designed for anyone with or without prior boxing experience. In this class, you will 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, additionally, you will be utilizing other equipment to condition and strengthen your body.

AGE:18+

18262	Mon	6/3-7/1	7:15-8pm
R \$50/NR \$60			
18263	Mon	7/15-8/19	7:15-8pm
R \$60/NR \$72			

LOCATION: NKCC

INSTRUCTOR: SHARON GOH ADAMS

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 complete a \$40 assessment and receive Affiliate Coach approval prior to joining class.

AGE:18+

10 VISIT PASS CARD

Tue, Thu, Fri 4/16-6/21 10:15am-1pm
Tue, Thu, Fri 6/25-8/23 9:15-12pm

\$120

LOCATION: NKCC

AFFILIATE COACH: JOLEEN LESTER

MORE FITNESS CLASSES!

See page 66

Sunset Kayak Tour and Lesson



Learn the basic fundamentals of kayaking and enjoy an evening on Juanita Bay! Land, water skills, safety instruction and tours are provided by expert guides. Sighting bay resident wildlife during tours is common, like turtles, otters, eagles, and herons. Single or double kayaks and safety equipment provided. Participants must be able to swim. Kayak weight limit is 250 pounds for singles, 500 pounds for doubles. This activity is great for individuals, friends, and families. Registration closes 8am Tuesday before the program date.

SINGLE KAYAKS

AGE:12+

19201	Thu	4/25	6-7:30pm
19203	Thu	5/2	6-7:30pm
19205	Thu	5/9	6-7:30pm
19207	Thu	5/16	6-7:30pm
19209	Thu	5/23	6-7:30pm

R \$65/NR \$78

DOUBLE KAYAKS

AGE:12+ WITH ADULTS

19202	Thu	4/25	6-7:30pm
19204	Thu	5/2	6-7:30pm
19206	Thu	5/9	6-7:30pm
19208	Thu	5/16	6-7:30pm
19210	Thu	5/23	6-7:30pm

R \$95/NR \$114

LOCATION: JUANITA BEACH PARK

INSTRUCTOR: SEATTLE PADDLE
(FORMERLY NW PADDLE SURFERS)

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 expert guides. Sighting bay resident wildlife is common during tours, like turtles, otters, eagles, and herons. Paddleboard and safety equipment provided. Participants must be able to swim. This activity is great for individuals, friends, and families. Registration closes 8am Monday before the program date.

AGE:12+

19211	Wed	6/26	6-7:30pm
19212	Wed	7/10	6-7:30pm
19213	Wed	7/17	6-7:30pm
19214	Wed	7/24	6-7:30pm
19215	Wed	7/31	6-7:30pm

R \$75/NR \$90

LOCATION: JUANITA BEACH PARK

INSTRUCTOR: SEATTLE PADDLE
(FORMERLY NW PADDLE SURFERS)

ADULT 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.

AGE:18+

18406	Wed	4/3-4/24	10-11am
18407	Wed	4/3-4/24	11:30am-12:30pm
18408	Wed	5/8-5/29	10-11am
18409	Wed	5/8-5/29	11:30am-12:30pm
18410	Wed	6/5-6-26	5-6pm
18411	Wed	6/5-6/26	6:15-7:15pm
18413	Wed	7/10-7/31	5-6pm
18414	Wed	7/10-7/31	6:15-7:15pm
18415	Wed	8/7-8/28	5-6pm
18416	Wed	8/7-8/28	6:15-7:15pm

R \$144/NR \$173

LOCATION: REDWOOD GOLF CENTER
INSTRUCTOR: REDWOOD GOLF CENTER

ASK US
ABOUT OUR
SCHOLARSHIP
PROGRAM
See page 63

JOIN A LEAGUE

Softball League

Step up to the plate in one of our two summer softball leagues. Teams will play doubleheaders for 6 weeks concluding with an end of season tournament. League is designed for players with average to recreational skills.

AGE:18+

SUMMER SEASON 1 | MEN'S DIVISION

17852	Tue, Thu	6/4-8/8	6-11pm
\$660/TEAM			

LOCATION: CRESTWOODS PARK

SUMMER SEASON 2 | MEN'S DIVISION

17853	Tue, Thu	8/6-10/10	6-11pm
\$660/TEAM			

LOCATION: LEE JOHNSON FIELD

Group Pickleball Clinics

Develop your skills and knowledge of the game through our fun, 90-minute Pickleball clinics, designed for the beginner or intermediate player. Clinics are held on the outdoor pickleball courts at Everest Park. Lender equipment is available.

BEGINNER SKILL LEVEL

AGE:16+

17866	Mon	6/3	5:30-7pm
17868	Mon	6/24	5:30-7pm
17870	Mon	7/22	5:30-7pm
17872	Mon	8/12	5:30-7pm

R \$55/NR \$65

INTERMEDIATE SKILL LEVEL

AGE:16+

17867	Mon	6/10	5:30-7pm
17869	Mon	7/8	5:30-7pm
17871	Mon	8/5	5:30-7pm
17873	Mon	8/19	5:30-7pm

R \$55/NR \$65

LOCATION: EVEREST PARK PICKLEBALL COURTS
INSTRUCTOR: ROGER BELAIR

ICE SKATING CLASSES

See page 36



LEARN MORE ABOUT
pickleball expansion in
Kirkland on page 5 or
www.kirklandwa.gov/pickleball



Beach Volleyball League

Love the sun, sand, and volleyball? Join our Beach Volleyball league at Juanita Beach Park. Variety of divisions available for all skill levels. Games will be played at either 6:15 or 7:30. (No class 7/4)

AGE:18+

17854	2v2 Men's Open	Mon 6/17-9/9	6:15-9pm
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\$155/TEAM

17857	4v4 Coed Lower	Thu 6/20-9/12	6:15-9pm
17855	4v4 Coed Upper	Tue 6/18-9/10	6:15-9pm
17856	4v4 Wmn's Open	Wed 6/19-9/11	6:15-9pm

\$275/TEAM

LOCATION: JUANITA BEACH PARK



Small Goal Soccer

Fun, fast-paced, and affordable 6v6 adult soccer. Full teams and free agents who need a team can join us for the action! League winners receive championship shirts and a trophy.

AGE:18+

18304	Coed	Thu	6/6-8/8	7-10pm
18302	Men's	Thu	6/6-8/8	7-10pm

\$800/TEAM

18305	Free Agent	Thu	6/6-8/8	7-10pm
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\$80/PER PERSON

LOCATION: 132ND SQUARE PARK
INSTRUCTOR: SMALL GOAL SOCCER

FREE AGENTS, CONTACT
LOREN.LANGLEY@THESPORTSCLUB.APP

50+ ADULTS

Peter Kirk Community Center

50+ Programs

352 Kirkland Ave, Kirkland, WA 98033

425-587-3360

Monday–Friday: 8am–5pm



The Peter Kirk Community Center (PKCC) is committed to providing daytime opportunities for people aged 50 and over, to create healthy and rewarding lives for themselves and others.

OUR MISSION

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, 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 two 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.

EVERYONE IS WELCOME

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 oneself, 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 73) 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 CLOSURE DATES 5/27, 6/19, 7/4, 8/26, 8/27, 8/28, 8/29, 8/30, 9/2

GAMES



Checkers, Chess, Scrabble, Backgammon and Cribbage

Enjoy any one of these games that are available. Ask for the playing pieces at the front desk.

Drop in Party Bridge

Party Bridge is open to players of all abilities. Make new friends and find compatible partners. All are welcome to join Thursdays at 11am.

Drop-In Pinochle

Pinochle is open to players of all abilities. Make new friends and find compatible partners. All are welcome to join Fridays at 11am.

Cards

Come use our card rooms for a friendly game, available days, and some evenings. Call 425.587.3360 for more information.

Drop-In Pool Tables

Three tables are available for drop-in pool. All are welcome to join the fun in our Pool Room.



GET MOVING!

WITH THE KIRKLAND STEPPERS CLUB!

Join the Kirkland Steppers and enjoy fun walking opportunities while meeting new friends. Waste no time lacing up your sneakers for an experience only the Steppers can provide.

The Steppers group will be meeting at several local parks throughout the season, staff will meet at the locations on this schedule.

EvergreenHealth

MorningStar
SENIOR LIVING
of KIRKLAND



**JOIN THE
KIRKLAND
STEPPERS FOR
JUST \$5!
CLASS # 17785**

Tue, June 4–Aug 20 Walks Begin at 10AM

SPECIAL EVENTS

		Registration Number
June 4	Kirkland Steppers “Kick-Off” 9:15am Breakfast and Giveaways 10am Walk to Lake St/ Downtown Corridor Breakfast sponsored by MorningStar, Senior Living of Kirkland	17786 Registration Required
June 11	Grass Lawn Park-7031 148th Ave NE., Redmond 98052	Included
June 18	Juanita Bay 2201 Market St., Kirkland 98033	Included
June 25	Cross Kirkland Corridor (Meet at Terrace Park 10333 NE 67th St., Kirkland 98033)	Included
July 2	Kirkland Waterfront- Walk on your own, no staff	Included
July 9	St. Edwards State Park 14445 Juanita Dr NE., Kenmore 98028 (Paid parking or a Discover Pass required)	Included
July 16	Woodlands Park-9930 124th Ave NE, Kirkland 98033 Lunch at MorningStar, Senior Living of Kirkland- 11729 NE 118th St Kirkland 98034	17794
July 23	Crestwoods- 1818 6th St., Kirkland 98033	Included
July 30	Bridal Trails State Park 5300 116th Ave NE, Kirkland 98033	Included
Aug 6	Big Finn Hill Park- 8106 NE 138th St, Kirkland 98034	Included
Aug 13	Farrel-McWhirter Park- 19545 NE Redmond Rd., Redmond 98053	Included
Aug 20	“Finish Line” Celebration 10am Walk to Downtown Corridor / 11am Celebration Lunch sponsored by MorningStar, Senior Living of Kirkland	17787 Registration Required

KIRKLAND EMERGENCY MANAGEMENT

Are you prepared?

Kirkland Emergency Management offers in-person and online opportunities for you to prepare yourself, your family, and your community!



Find out more about our class offerings, preparedness information, and sign up for our newsletter by visiting us at www.kirklandwa.gov/KirklandEM.



RECREATION SCHOLARSHIP FUND

APPLY for a recreation scholarship.

DONATE toward a recreation scholarship.

For more details, visit

kirklandwa.gov/RecreationScholarships



Special Events

at the Peter Kirk Community Center

Afternoon Dances with the Mountaineers

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 afternoon dance class is open to everyone, no partner or experience needed! (No dance 3/25, 4/22, 5/27, 8/26)

2nd and 4th Mondays of the month 2:30-4:30pm

\$9 at the door

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. RSVP at 425-587-3360

17735	Fri	4/12	11am
Free			

Moving to a Simpler Life

An overview of services that can help seniors, whether you're planning on downsizing, staying in place or undecided. Learn how to choose service providers, what types of senior housing options that are available, understand the costs of in-home care and the difference between using a service and doing it on your own and much more in this informative 2-day class. Facilitated by Elder Move Alliance.

17569	Thu	4/18-4/25	1-4pm
Free			

Kirkland Senior Council Special Presentation

Emergency Preparedness for Seniors

Are you prepared for an emergency? Do you know what to do in case of inclement weather, an earthquake or wildfire smoke? Join the Office of Emergency Management (OEM) to learn about these scenarios and more. Pre-registration required.

18400	Thu	6/6	2-4pm
Free			

Summer Kick-Off Luncheon

Celebrate summer with toe-tapping entertainment provided by the "Heartbeats" and a meal cooked by the staff at PKCC. Advanced registration required by 6/12.

17953	Fri	6/21	11am-1pm
\$10			



Join your friends for a movie and popcorn. Staff has chosen some of their favorite newer releases to share with you. Everyone is Welcome! Registration required.

TUESDAYS • 1-3 PM • FREE

You Hurt My Feelings (R)	4/16	17746
Dungeons & Dragons (PG-13)	5/21	17747
Chevalier (PG-13)	6/18	17748
Moving On (R)	7/16	17749
Oppenheimer (R)	8/20	17750

Video/DVD Movie Checkout

Our movie checkout library has grown. Movies are available to check out, free of charge.



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, 2-4pm

ARTS & CRAFTS

Oil Pastels

Come explore the vibrancy and beauty of oil pastels. Specific pastel skills will be taught such as ways to blend pastels including heavy and light pressure blending and using baby oil. Students will also learn color mixing, stippling and scumbling. Supply list available at PKCC.

AGE:18+

4 CLASSES

17737	Mon	4/1-4/22	9:30-11:30am
17738	Mon	4/29-5/20	9:30-11:30am
17739	Mon	6/3-6/24	9:30-11:30am

R \$65/NR \$78

3 CLASSES

17740	Mon	7/1-7/15	9:30-11:30am
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R \$49/NR \$59

LOCATION: PKCC

INSTRUCTOR: KIMBERLY SMITH

Watercolor Painting - Day

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 6/19)

AGE:18+

4 CLASSES

17741	Wed	4/10-5/1	1-4pm
17742	Wed	5/8-5/29	1-4pm
17743	Wed	6/5-7/3	1-4pm
17744	Wed	7/10-7/31	1-4pm

R \$65/NR \$78

3 CLASSES

17745	Wed	8/7-8/21	1-4pm
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R \$49/NR \$59

LOCATION: PKCC

INSTRUCTOR: JEAN PRATT-BEOUY

EVENING ART CLASSES

See pages 56



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. Bring your own supplies for your projects. Check-in at the front desk. For more information call 425-587-3360. Will not meet 8/27.

Tue 1-3pm

\$5 per visit fee

Needle Craft Group

Have fun, socialize, and work on your hand work. Will not meet 6/19, 8/28

Wed 10am-12pm

Free

SPORTS

Golf Instruction

Learn to play golf in the comfortable atmosphere of the Redwood Golf Center (13029 Redmond-Woodinville Rd NE) 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.

AGE:18+

4 CLASSES

18406	Wed	4/3-4/24	10-11am
18407	Wed	4/3-4/24	11:30am-12:30pm
18408	Wed	5/8-5/29	10-11am
18409	Wed	5/8-5/29	11:30am-12:30pm
18410	Wed	6/5-6-26	5-6pm
18411	Wed	6/5-6/26	6:15-7:15pm
18413	Wed	7/10-7/31	5-6pm
18414	Wed	7/10-7/31	6:15-7:15pm
18415	Wed	8/7-8/28	5-6pm
18416	Wed	8/7-8/28	6:15-7:15pm

R\$144/\$NR173

LOCATION: REDWOOD GOLF CENTER

INSTRUCTOR: REDWOOD GOLF CENTER

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. (No class 6/4)

AGE:18+

6 CLASSES

17751	Tue	4/9-5/14	10-11am
17752	Tue	5/21-7/2	10-11am

R \$48/\$NR \$58

Drop-In Rate \$9

LOCATION: PKCC

INSTRUCTOR: ELOISE CHINN



MORE DANCE CLASSES

See pages 58-59

Fitness & Exercise



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. (No class 5/27, 6/19, 6/21, 7/26, 8/23, 8/26, 8/28, 8/30)

Call 425-587-3360 for session dates.

Mon, Wed & Fri 10:15-11:15am

R \$75/NR \$90

Balance, Posture & FUNctional Exercise

NEW

Our OT-trained instructor brings a mix of floor & chair exercises to bring out the FUN in these functional exercises. This class is designed to improve and maintain balance, posture, and the ability to do daily activities. Explore the variety of ways on how your environment - walls, chairs, and the floor - adds practical props to enhance functional, everyday movements. Put some more pep in your step with this foundational fitness class! Bring water and a yoga mat. Wear athletic shoes. (No class 7/4)

AGE:18+

4 CLASSES

18073	Thu	4/4-4/25	9-10am
18074	Thu	5/2-5/23	9-10am
18075	Thu	5/30-6/20	9-10am
18076	Thu	6/27-7/25	9-10am
18077	Thu	8/1-8/22	9-10am

R \$35/NR \$42

LOCATION: PKCC

INSTRUCTOR: CHRIS KOCHER

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.

AGE:18+

3 CLASSES

17986	Fri	4/12-4/26	10-11am
\$24			

4 CLASSES

17987	Fri	6/7-6/28	10-11am
17988	Fri	7/12-8/2	10-11am
17989	Fri	8/9-8/30	10-11am

\$32

LOCATION: ZOOM (VIRTUAL)

INSTRUCTOR: SALLY RODICH



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. (No class 7/30)

AGE:18+

4 CLASSES

17733	Tue	6/4-6/25	2:15-3pm
17734	Tue	7/9-8/6	2:15-3pm

R \$35/NR \$42

LOCATION: PKCC

INSTRUCTOR: JOAN WILDE

Zumba® Gold Toning

Zumba® Gold-Toning blends the Zumba® party you love at a slower pace with a redefining total body workout using light weight maraca-like Zumba® Toning Sticks, (or light 1-pound weights) to shake up those muscles, and enhance your sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

Zumba® Gold-Toning is for active older adults, who want to focus on muscle conditioning and light weight activity. Perfect for those who want to party but put extra emphasis on toning and sculpting to define those muscles!

*Zumba®Toning sticks are available for purchase from the Zumba website, or Amazon. Any light 1-pound weight can be used or fill an empty water bottle with rice, bird seed or pebbles for the maraca feel. Wear athletic shoes. (No class 7/25)

AGE:18+

4 CLASSES

17729	Thu	6/6-6/27	10:30-11:15am
17730	Thu	7/11-8/8	10:30-11:15am

R \$35/NR \$42

LOCATION: PKCC

INSTRUCTOR: JOAN WILDE

Yoga for Beginners - Virtual



With over 20 years' experience, Sally teaches the basics of Yoga. She will introduce postures, breathing and relaxation. Yoga can improve 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 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! This virtual class will be offered via Zoom, the instructor will email a Zoom invitation link to registered participants before the first day of class. (No class 6/19, 7/3)

AGE:18+

4 CLASSES

17978	Wed	4/3-4/24	10-11am
17980	Wed	6/5-7/10	10-11am
17982	Wed	7/17-8/7	10-11am

\$32

3 CLASSES

17984	Wed	8/14-8/28	10-11am
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\$24

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.

AGE:18+

6 CLASSES

17999	Thu	5/2-6/6	3-4:15pm
18003	Thu	7/18-8/22	3-4:15pm

R \$65/NR \$78

LOCATION: PKCC
INSTRUCTOR: HELEN HUANG

Tai Chi & Meridian Stretching – Virtual



Zoom login information will be sent prior to class.

AGE:18+

6 CLASSES (NO CLASS 5/29)

18004	Mon	4/29-6/3	4:45-6pm
18007	Mon	7/15-8/19	4:45-6pm

R \$55

LOCATION: ZOOM (VIRTUAL)
INSTRUCTOR: HELEN HUANG

Financial & Legal Class Policy

PKCC 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 allowed. Report any violations to Betsy Maxwell, Program Coordinator. Advance registration is required. Call 425-587-3360.

Real Estate

Federally Insured Reverse Mortgage Program

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 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 workshop and gather information needed to feel comfortable and confident with a decision.

AGE:18+

18014	Wed	4/10	10:30am-12pm
18015	Wed	7/10	10:30am-12pm

R \$12/NR \$14

LOCATION: PKCC
INSTRUCTOR: KIM PRATER

COMPUTERS

One on One Tech Assistance

Are you having email issues or struggling to figure out that new phone? Need help navigating a website? Enjoy one-on-one tech support and assistance with Michele! Here is a fabulous opportunity to improve your computer skills and enhance your equipment knowledge. Advanced registration required, call 425-587-3360 to schedule an appointment. Due to high demand for this service we only allow participants one appointment per date.

Free

LOCATION: PKCC
INSTRUCTOR: MICHELE GIBSON

FINANCIAL SERVICES

Attorney General's Consumer Protection Web Page

Contact the Washington State Attorney General's office regarding privacy protection, online complaint forms, and getting off phone solicitor and junk mail lists. www.atg.wa.gov

Clearpoint Financial Services

(Formerly Solutions Consumer Credit Counseling)

Provides counseling, money management assistance, advice on debt reduction and the wise use of credit. Call 1-800-750-2227 or go to www.clearpoint.org.

Property Tax Benefits Program

To receive a property tax exemption, a taxpayer must be age 61+, own and occupy their residence and have an annual income that does not exceed \$35,000. To see if you qualify, call 206-296-3920

Social Security

Open 7am-7pm weekdays
Call 1-800-772-1213 or go to www.ssa.gov.

Legal Services

Senior Rights Assistance

A volunteer program that provides free information, referral and support on health insurance, legal and consumer issues. They also sponsor the Elderlaw legal clinic with the Washington Bar Association. For more information call 206-448-5720 or go to www.soundgenerations.org/our-programs/senior-rights-assistance/

Eastside Legal Assistance Program

ELAP provides lawyers to answer your legal questions. No fee. Appointments required. To qualify, call 425-747-7274

ASK US
ABOUT OUR
SCHOLARSHIP
PROGRAM
See page 63



Enhance®Wellness Program

Do you want to take control of your life and improve your health, but aren't sure where to turn? Let the Enhance®Wellness team help you develop a personalized plan to address the areas of your health that are most important to you.

Maybe you have thought of increasing your social circle, working on your feelings, managing your weight, or starting an exercise program, but have had difficulty getting motivated. Maybe you're dealing with a new condition like Pre-diabetes and not sure what to do. We all have a multitude of reasons for not acting on things that could enhance our well-being, but research shows that with a little help we can overcome these barriers. Enhance®Wellness is a participant-driven, evidence-based health promotion program. You will work one-on-one with a nurse and/or social worker who will provide an assessment, personal guidance to improve your identified health issues, and ongoing support to help you meet your goals.

Program is FREE of charge.

(Fridays, 8-4pm; by appointment; available in-person, virtual and/or by phone.)
LYDIA BARNESLEY, LPN; 425-286-1029; LYDIAB@MYNORTHSHORE.ORG

Enhance®Wellness - Social Work Consultation

For those needing assistance from a social worker for any concerns or problems, such as health, depression, loss and grief, life transitions, etc.

(Mondays, 8-4pm; by appointment; available in-person, virtual and/or by phone.)
GEORGIA RIGLER; 425-286-1047; GEORGIA@MYNORTHSHORE.ORG

Community Resource Specialist Consultation

Have you ever wondered if you might be eligible for financial assistance programs or other cost-saving services through the county, state, or federal government? Do you need assistance accessing public services and programs to help sustain your quality of life? The NSC Community Resource Specialist is available to help. Services include:

- Help connecting individuals to public benefits they may be eligible for
- Support completion of application materials to access benefits. (Examples may include accessing VA benefits, DSHS assistance, public utilities, food assistance, property tax relief, etc.)
- Help finding housing or transportation
- Make direct referrals to other resources for assistance
- Serve as an advocate for individuals as needed

Program is FREE of charge

(Wednesdays 8am-4pm; by appointment or walk-in; available in-person, virtual and/or by phone.)
CASSIDY STOUT, MSW; 425-286-1072; CASSIDYS@MYNORTHSHORE.ORG

PEARLS COUNSELING

PROGRAMS ENCOURAGING ACTIVE REWARDING LIVES FOR SENIORS (PEARLS)

In the past two weeks ...

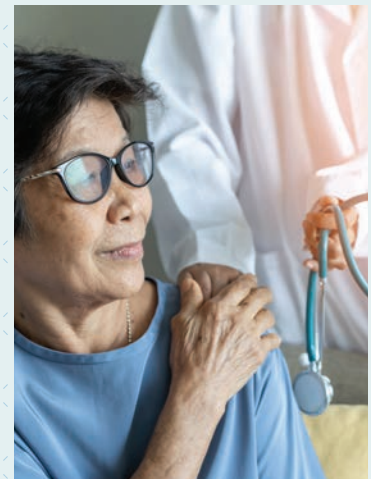
- Have you been feeling sad, down, or hopeless?
- Have you had little interest or pleasure in doing things?

If you answer "yes" to either of these questions PEARLS may be the program for you. PEARLS is an evidence-based program for individuals with mild depression. It incorporates three components: Problem Solving Treatment, Social/Physical Activity and Pleasant Activity. The work is done in 4-6 sessions. All this is done with a trained PEARLS counselor.

Program is FREE of charge.

(MONDAYS BY APPOINTMENT; AVAILABLE IN-PERSON, VIRTUAL AND/OR BY PHONE.)
GEORGIA RIGLER, MSW, LICSW; 425-286-1047; GEORGIA@MYNORTHSHORE.ORG

(FRIDAYS BY APPOINTMENT; AVAILABLE IN-PERSON, VIRTUAL AND/OR BY PHONE.)
LYDIA BARNESLEY, LPN; 425-286-1029; LYDIAB@MYNORTHSHORE.ORG



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 Services staff person is available to you, the caregiver, to assess, manage and improve your own health. Services include consultation, connecting with community resources, strategies to cope with stress, and enhancing your personal health and wellbeing. Please call for an individual appointment.

(Mondays by appointment.)

This service is FREE.

JANET ZIELASKO, MS, LSW; 425-286-1035; JANETZ@MYNORTHSHORE.ORG

Support Groups

Adult Children of Aging Parent Support Group

Are you in the sandwich generation? As your parents age, are you struggling with legal and healthcare decisions, changing family roles, and finding meaning in this new phase of your life? Learn, share, and gain resources and emotional support from others who are traversing this inevitable transition.

LOCATION: VIRTUAL

Third Wednesdays, 6:30-8pm

Free

FACILITATOR: JANET ZIELASKO, MS, LSW
425-286-1035; JANETZ@MYNORTHSHORE.ORG

Caregivers Support Group

Are you a spouse, partner, son, daughter, relative or friend who cares for a loved one with dementia or other chronic illness or disability? Come join other unpaid family caregivers for mutual support and assistance.

Second Wednesday; 1-2pm

Free

LOCATION: NSC HEALTH AND WELLNESS CENTER;
CONFERENCE ROOM
FACILITATOR: KATHY BATES, BS, GMHS,
KATHYB@MYNORTHSHORE.ORG

Fourth Wednesday, 11am-Noon

Free

LOCATION: VIRTUAL
FACILITATOR: JANET ZIELASKO, MS, LSW,
425-286-1035; JANETZ@MYNORTHSHORE.ORG

First and third Thursday, 10:30am-12pm

Free

LOCATION: (IN-PERSON) ADVENT LUTHERAN
CHURCH, 4306 132ND ST., SE, MILL CREEK
FACILITATOR: PAM JONES, MSW, 425-346-9856;
PAMJONESGAL@YAHOO.COM

Diabetes/Pre-Diabetes Group

Join this supportive group to learn the latest on diabetes management and to share ideas, strategies for coping, and other helpful tips.

LOCATION: PKCC (IN-PERSON)

First Friday, 11am-12pm

Free

FACILITATOR: LYDIA BARNESLEY, LPN,
WELLNESS NURSE, 425-286-1029;
LYDIAB@MYNORTHSHORE.ORG



From Heartache to an Open Heart

Everyone must deal with loss, whether it's the loss of a loved one or close friend, a treasured relationship, loss of physical functioning or previous status. Learn how one can move through the grief process and grow "from heartache to an open heart."

Third Wednesdays; 10-11:30am

Free

LOCATION: NSC BOTHELL, ROOM 203
FACILITATOR: GEORGIA RIGLER, MSW, LICSW 425-286-1047; GEORGIA@MYNORTHSHORE.ORG

Parkinson's Support Group

Both caregivers and persons with Parkinson's disease can gain from presentations by guest speakers and discussions with other group members.

LOCATION: VIRTUAL

Third Tuesdays, 10-11am

Free

FACILITATOR: JANET ZIELASKO, MS, LSW, 425-286-1035; JANETZ@MYNORTHSHORE.ORG

ROCK STEADY BOXING

See page 60



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.

More Than Just Wills...Understanding Estate Planning

Discuss each component of an estate plan including Wills, Trusts, and Power of Attorney documents as well as explain the probate process and what heirs can expect during an estate administration. Join her to learn more about protecting those who matter most.

AGE:18+

17790 Wed 4/10 1-2:30pm

Free; Pre-registration required

LOCATION: PKCC
PRESENTER: AMBER HUNT, WOODINVILLE LAW



Conversation Café Groups

Join others in these free weekly virtual or in-person conversation groups.

It's an opportunity to make social connections and to simply have some fun and enjoyable conversation. Come check them out. We would love to have you join in!

Mondays 1-2pm

Free

LOCATION: NSC BOTHELL, ROOM 202
FOR MORE DETAILS, CONTACT LYDIA BARNESLEY AT 425-286-1029; LYDIAB@MYNORTHSHORE.ORG

Men's Conversation Café

Join other men in this free weekly group. It's an opportunity to make social connections and to have some fun and enjoyable conversation.

Wednesdays 11am-12pm

Free

LOCATION: VIRTUAL
FACILITATOR: JOHN RYND
FOR MORE DETAILS CALL 425-308-4613

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.

Mondays, 10-11am

Free

LOCATION: PKCC
FACILITATOR: GEORGIA RIGLER, MSW, LICSW, 425-286-1047; GEORGIA@MYNORTHSHORE.ORG

Co-Ed Coffee Hour

Join other people 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.

Wednesdays, 11am-12pm

Free

LOCATION: PKCC
FACILITATOR: CASSIDY STOUT, MSW 425-286-1072; CASSIDYS@MYNORTHSHORE.ORG

Rainbow Pride Coffee Hour NEW

Join us monthly for our conversation and coffee hour dedicated to building connections for LGBTQIA+ older adults and their allies. The focus of this group is to create greater social connectivity, improve social inclusion and evolve services to better meet the needs of our LGBTQIA+ seniors.

1st Wednesday of month, 9-10am

FREE

LOCATION: PKCC
FACILITATOR: CASSIDY STOUT, MSW 425-286-1072; CASSIDYS@MYNORTHSHORE.ORG

Sharing and Caring

Confiding in others and building social support are effective ways to promote our health. Join this open-ended support group to share and care.

Wednesdays, 1-2pm

Free

LOCATION: NSC BOTHELL, ROOM 205
FOR MORE DETAILS, CONTACT JANET ZIELASKO, MS, LSW, 425-286-1035; JANETZ@MYNORTHSHORE.ORG

Prescription Assistance Program

Are you having trouble paying for your prescriptions? The Prescription Drug Assistance Network can help you find programs to pay for prescriptions and reduce the cost of your prescriptions. You will walk through programs to find the best options for you. Also learn about co-pay cards, discount cards and coupons.

18024 Fri 4/19 1-2:30pm

Free; Pre-registration required.

LOCATION: PKCC
PRESENTER: ROD SHUTT, PRESCRIPTION DRUG ASSISTANCE PROGRAM



6 Pillars of Brain Health

It's never too late to take charge of your brain health! In this hour-long, interactive session you will learn about the six pillars of a brain-healthy lifestyle. Discover how living an active life – by learning more, being social, staying fit, eating right, getting enough sleep and managing stress – can support brain health. This session will provide you with actionable steps you can take along with resources to learn more.

18102 Fri 4/26 1-2:30pm

Free; Pre-registration required.

LOCATION: PKCC
PRESENTER: AARP

Living Better with Diabetes

Living with diabetes can mean a constant struggle to lose weight, count carbs, control blood sugar, and avoid problems. It can leave you feeling tired and down and unable to do the things you love. Make sure YOU are in charge—not your diabetes.

Diabetes Self-Management Program is a 6-week workshop developed and tested by Stanford University. By participating, you will:

- Gain the skills to better manage glucose monitoring, medications, symptoms of diabetes, fatigue, and pain.
- Learn to handle difficult emotions like stress, anger, and guilt.
- Communicate better with family, friends, and your medical team.
- Benefit from the support of others who understand what you're going through.
- Practice creating and accomplishing weekly action plans.

17792 Fri 5/3-6/7 1-3:30pm

Free; Pre-registration required.

LOCATION: PKCC

FACILITATORS: LYDIA BARNSELY OR JANET ZIELASKO

Welcome to Medicare

Are you turning 65 soon? This class will help you understand:

- Medicare benefits and options
- The differences between Medicare A, B and C
- The differences between Medigaps and Medicare Advantage Plans
- How to get help paying for Medicare if you qualify

18023 Mon 5/20 1-3pm

Free; Pre-registration required.

LOCATION: PKCC

PRESENTERS: LARRY COLE AND CONNIE TAYLOR, SOLID GROUND SHIBA (STATEWIDE HEALTH INSURANCE BENEFITS ADVISORS) VOLUNTEERS.

Building Resilience

There are many myths about resilience. Perhaps the biggest myth is that you either have it or you don't. But resilience can be learned! We will discuss other myths, and how to strengthen your resilience in this free talk. Included are mindfulness exercises, challenging anxious thought patterns, and self-care tools.

17789 Mon 6/10 1-2pm

Free; Pre-registration required.

LOCATION: PKCC

PRESENTER: DAWN EDWARDS, MSW, LASW

Curious About Cannabis?

Join a certified medical marijuana consultant from Dockside Cannabis for this fun and educational discussion about cannabis. Learn about the medicinal and recreational benefits of cannabis, cannabinoid basics, various methods of use, best practices and much, much more. There will also be time dedicated to answering cannabis questions and concerns as well. Informational handouts will be provided.

17788 Fri 6/21 1-2:30pm

Free; Pre-registration required.

LOCATION: PKCC

PRESENTER: DOCKSIDE CANNABIS

Summer Salad Cooking Demo

Join Susie Fox to learn how to make a summertime favorite, Chinese Chicken Salad. This adaptable recipe has lots of fresh vegetables and can easily be modified for vegans and vegetarians. You will get to try the salad, take home the recipe as well and ask questions about food and nutrition.

19280 Tue 7/9 1-2pm

Free; Pre-registration required.

LOCATION: PKCC

PRESENTER: SUSIE FOX, REGISTERED DIETITIAN

Understanding the Value and Benefits of Self Compassion

Self-compassion is not being selfish, it is learning and practicing ways to take care of yourself, which then sustains kindness and compassion for others. Research has shown that individuals who have more self-compassion are happier, more optimistic, less anxious, and less depressed. In this session, you will learn new tools and strategies for promoting self-compassion.

17793 Fri 7/12 1-2:30pm

Free; Pre-registration required.

LOCATION: PKCC

FACILITATOR: JANET ZIELASKO



50+ ADULTS



EvergreenHealth

TO REGISTER FOR EVERGREENHEALTH CLASSES, CALL 425-899-3000 AND PRESS 1.

LOCATION: PKCC

Restless Legs Syndrome

Discuss restless legs syndrome and what steps you can take to alleviate your discomfort. *Sponsored by EvergreenHealth.*

Thu 4/11 12:45-2pm

Methods of Relaxation

Learn and practice basic mindfulness meditation, visualization, and relaxation techniques to reduce stress and achieve inner peace. *Sponsored by EvergreenHealth.*

Thu 5/9 12:45-2pm

Summer Nutrition

With summer upon us, there will be many parties, barbeques and other gatherings that will offer new challenges for maintaining healthy lifestyles. Learn healthy eating strategies and discover quick, fun, and easy menu choices as well as tips for appropriate water consumption for those warm summer days. *Sponsored by EvergreenHealth.*

Thu 6/13 12:45-2pm

Macular Degeneration

It's the leading cause of blindness for people over the age of fifty. Review the early signs of macular degeneration and how it is treated. *Sponsored by EvergreenHealth.*

Thu 7/11 12:45-2pm

Food Allergies

Discover ways to create healthy meals and snacks while avoiding common food allergies such as dairy, shellfish and wheat products. *Sponsored by EvergreenHealth.*

Thu 8/8 12:45-2pm

All NEW
Classes!

Health Services

Oral Health Care

Affordable teeth and denture cleaning for adults age 50+ provided by Healthy Smiles Inc. Dental hygiene services include cleaning, oral cancer screening and fluoride treatment for \$95.00. This is a special program approved by the WA State Legislature. For appointments and more information call 425-587-3360. Location: PKCC

Meals on Wheels Program

Nutritional frozen meals are available for the homebound. Liquid supplements available.

For info call 425-403-5255.

Congregate Lunch Nutrition Program

Nutritious meals are available to anyone age 60+ at 12pm on Monday and Tuesday, to be enjoyed on-site at the Peter Kirk Community Center. Lunches must be pre-ordered, to reserve a lunch call 425-587-3360. \$4.50 donation for 60+, all others \$6.50.



Statewide Health Insurance Benefits Advisor (SHIBA) Appointments

Understanding insurance benefits can be difficult. A trained volunteer from SHIBA will be available the fourth Friday of each month to meet with you privately to answer questions about Medicare (billing procedures), Medicare Part D, health insurance and long-term care insurance.

Appointments required, call 425-587-3360

Widowed Information & Consultation Services

WICS offers group support to men and women who are coping with the death of a spouse/partner.

Call 206-241-5650 or go to www.kcwics.org

Community Resources

Community Living Connections

To speak with someone about what services and supports may be available to aid with your specific aging needs—whether you are an older adult or a caregiver—contact Community Living Connections at 1-844-348-5464 (toll-free) or visit www.communitylivingconnections.org. Calls are free and confidential. You get easy access to information, individual consultation, and local service options.



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

EvergreenHealth Community Healthcare Access Team (CHAT)

Helps older adults, low income and uninsured connect with community organizations and resources.

Call 425-899-3200 or go to

<https://www.evergreenhealth.com/about-us/investing-in-our-community/levy-funded-services-programs/healthcare-access-chat/>

AARP Area Office

American Association of Retired Persons.

Call 1-888-687-2277 or go to www.aarp.org/states/wa

Benefits Check Up Online

www.BenefitsCheckUp.org is the first of its kind, web-based service designed to help seniors and their families and caregivers find the right benefits programs to meet their needs. A fast, free, and confidential screening tool to determine eligibility for nearly 1,000 unique state and federal programs. Now, consumers can find out what their options are under the new Medicare plans.



Respite Care Program

King County can provide Respite services to caregivers in need of a break from the demands of caregiving 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 Sound Generations 206-448-3110

Respite Care Services on the Eastside

In-home respite care provided by volunteers is available to help with caregiving on a short-term basis.

EvergreenHealth Home Care
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

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



Chinese & Latino Services

Educational & Recreational Programs Accessible to Chinese and Latino Seniors

Programs and services available to all seniors are more easily accessible to Chinese and Latino seniors at the Peter Kirk Community Center. Through the presence of a bilingual staff worker, participants can 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 Jiaoling Li at the Chinese Information & Services Center, 206-396-7287 or Boliver Choi boliverc@cisc-seattle.org.

Chinese Dance & Music

Join this fun, social activity and meet new friends. Facilitated in Mandarin/Cantonese language.

Tue	9am-12pm	Ongoing
		Free

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.

Tue	9:30am-11:30am	Ongoing
		Free

中文服务 – 周二

查詢詳情: 李小姐 206-396-7287 或 蔡先生 boliverc@cisc-seattle.org

中国舞蹈与音乐

加入这个有趣的社交活动, 结识新朋友。提供普通话/粤语服务。費用全免。

周二	进行中
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中国老年人的

为不会说英语的成年人提供英语作为第二语言。专为英语水平有限或不会说英语的人设计。費用全免。

周二	进行中
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LATINO SERVICES – MONDAYS

For more information call Clemencia Robayo at Sea Mar Community Health Center, 425-373-6587.

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.

Monthly	10-11:45am	1st Monday
		Free

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.

Mon	12:45-2pm	Ongoing
		Free

Servicios Latinos – Lunes

Para obtener más información, por favor llame a Clemencia Robayo en Sea Mar Community Health Center, 206-764-8044.

Estrategia para una Longevidad Saludable (en Español)

Aprenda como mejorar su salud y retardar el proceso de envejecimiento. Discutimos los elementos clave que mejorarán la calidad de vida y promoverán su bienestar. Gratis.

Mensual	10-11:45am	1er Lunes
		Gratis

ESL para Adultos Mayores Latinos

Inglés como segundo lenguaje para adultos que no hablan inglés. Diseñado para aquellos con inglés limitado o nulo.

Lunes	12:45-2pm	En Curso
		Gratis

Employment

Employment Service

Low-income seniors looking for part-time work.

Call Senior Employment Service/AARP, 206-624-6698 or go to www.aarpworksearch.org

Employment Resource Center

This service aids 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.seattle.gov/agefriendly/resources

Transportation

Access

Transportation to appointments, grocery shopping and the Community Senior Center. To schedule, call 206-205-5000 or toll free 1-866-205-5001.

Volunteer Transportation for Seniors

Personal transportation to medical and other essential appointments.

For rides or to be a volunteer driver, call 206-448-5740 or toll free 1-800-282-5815 or go to www.soundgenerations.org.

METRO Information

24-Hour Rider Information.

Call 206-553-3000 or toll free, 1-800-542-7876. TTY: 206-684-1739.

HOPELINK

Transportation to medical appointments for individuals with Medicaid coupons.

Call 1-800-923-7433 or go to www.hope-link.org/get-help/transportation

Share a Ride & Meet a New Friend

Do you drive to the Peter Kirk Community Center for lunch or other activities? Are you available to provide a ride for an older adult who needs transportation? As a volunteer, drive your vehicle and choose the days you are available. Through Senior Services Volunteer Transportation Program, you receive reimbursement for mileage and supplemental liability insurance.

For more information, call 206-448-5740



DAILY VAN TRANSPORTATION

The Peter Kirk Community Center van operates Monday – Friday, with reservations taken up to 5 PM, the day before service. The van provides rides to:

- Peter Kirk Community Center,
- Local grocery stores and Hopelink's Food Bank,
- Medical appointments in Kirkland, Bellevue, Bothell, or Redmond, on a space available basis.

The suggested donation is \$2 for each trip. To use the Kirkland Senior Van, you must be

- A resident of the City of Kirkland, and
- Eligible for, or in the process of applying for King County Metro Access eligibility.

If we have space available, we will provide you with transportation for up to 30 days to the Peter Kirk Community Center while your Access application is being processed.

To schedule a ride or for more information, please call 425-286-1026.

The transportation program is a partnership of the City of Kirkland, King County Metro, and Northshore Senior Center Transportation.

*All trips include sales tax



Sponsor an Event

COME PARTNER WITH US!

The City of Kirkland offers a wide variety of events that reflect the incredible quality of life we enjoy. We invite local businesses, organizations, and corporations to partner with us in collaboration and promotion of their business for a truly unique marketing opportunity. The best part of sponsorship is engaging directly with customers while showing community support.

Visit kirklandwa.gov/CommunityBuildingEvents to view our Sponsorship Package Guide.

SENIOR *Farmers' Market*

NUTRITION PROGRAM

The 2024 Senior Farmer's Market Nutrition Program (SFMNP) enrollment is coming soon! The SFMNP will provide low-income seniors with a dollar value loaded card (voucher checks have been discontinued) that can be used to purchase fresh fruits and vegetables at participating King County farmers market locations.

Please note: this program is for seniors that live in King County, seniors residing in other areas in Washington will need to contact the Area Agency on Aging in their region to apply. For more information visit AgingKingCounty.org/SFMNP



NEW
LOCATIONS!

BRING
LUNCH
MONEY

Out for **Lunch** **Bunch**

11am–2pm • R \$15 / NR \$18

North Bend Bar & Grill

NORTH BEND

Homey American cuisine in a rustic, lodge like setting.

17795 • Tue 4/2

Seattle Central Culinary School - One World Restaurant

SEATTLE

Enjoy seasonally focused dining using local and sustainable ingredients in each of the artfully prepared dishes.

17796 • Thu 5/16

Roanoke Inn

MERCER ISLAND

Mercer Island's favorite tavern is also the oldest business on the island, built in 1914. Come enjoy delicious food, a cold beer, and the fun history.

17797 • Wed 6/12

Ray's Café

BALLARD

A casual waterfront restaurant with gorgeous views of the Puget Sound and Olympic Mountains.

17799 • Tue 7/2

BBQ Pete's

KENT

A casual hidden gem for delicious BBQ.

17800 • Tue 8/6



BRING
LUNCH/
DINNER
MONEY

Trip Difficulty Rating

- Mild Walking
- Moderate Walking
- Extensive Walking
(Trip may have stairs and may not be ADA accessible)

MOHAI

Explore Seattle's story from wilderness to world city at the Museum of History and Industry at your own pace on a self-guided tour. Lunch on your own at the Gourmondo Café located at the MOHAI.

BRING LUNCH \$			
17803	Tue	4/9	9:15am-3pm
R \$45/NR \$50			

Skagit Valley Tulip Festival & Kiwanis Salmon BBQ

Stop in Mount Vernon for a delicious salmon BBQ lunch on the way to see the amazing colorful tulips at the 42nd Annual Tulip Festival. Lunch is included in price. Must register by 4/5 to secure reservations.

BRING ADMISSION \$ FOR TULIP FIELDS			
17804	Fri	4/19	10am-4:30pm
R \$45/NR \$50			

Seattle Restaurant Week

Always popular, 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. The restaurant and location are announced one week prior to the trip. Beverages are not included in lunch price. **Bring \$30 (cash only) + tax & gratuity.**

BRING LUNCH \$			
17806	Tue	4/23	11am-2:15pm
R \$15/NR \$18			

iFly Seattle

Experience the rush at this safe and fun indoor skydiving venue! Please wear well-fitting, lace-up sneakers or running shoes and casual clothes (pants and shirts without a collar). Please see website for restrictions.

BRING LUNCH \$			
17805	Tue	4/30	11:15am-4:30pm
R \$109/NR \$113			

Camano Island Studio Tour

During the Annual Studio tour, you will visit many artists in their own home studios, representing diverse mediums and styles. This tour is one of the most established self-guided art tours in the Pacific Northwest. We will visit as many studios as time allows. Our first stop will be lunch at the Cookie Factory.

BRING LUNCH \$			
17807	Fri	5/10	10:30am-6:30pm
R \$29/NR \$35			

Rhododendron Species Botanical Garden

This 22-acre woodland garden is home to the world's largest collection of Rhododendrons. Learn all about the garden on a guided tour with a knowledgeable docent, and then take time to explore on your own.

BRING LUNCH \$			
17808	Tue	5/21	9:15am-3:45pm
R \$35/NR \$40			

All-Merciful Savior Orthodox Monastery

Begin the day with a ferry ride to scenic Vashon Island. Enjoy learning about the Brotherhood of the All-Merciful Savior that was established in 1986. Lunch at a local restaurant before returning home. The Monastery asks that all visitors dress modestly. Men should wear long sleeved shirts and pants. Women should wear long sleeved blouses, long skirts or dresses.

BRING LUNCH \$			
17809	Tue	5/28	8:30am-4:30pm
R \$48/NR \$58			

SHOPS & SLOTS



Snoqualmie Casino & Premium Outlets

June 25 • 10 am – 4 pm

R \$25/NR \$30 • 17802

50+ ADULTS



Wild Horse Wind Farm

  The wind and sun of Kittitas County are a tremendous natural resource for producing clean, renewable energy. Enjoy a 60-minute walking tour that explores the 52-kw solar array, wind turbine blade, turbine generator, gearbox and lets you look inside the base of an active wind turbine. Please wear closed toe shoes. Tour covers 1/3 of a mile on gravel trails. Dress for the weather, wind speeds average 17 mph, and it is typically 10 degrees cooler up on the ridge.

BRING LUNCH \$

17810	Tue	6/4	9:30am-6pm
R \$35/NR \$42			



Whistlin' Jack's Outpost & Lodge

  Enjoy the beauty of Whistlin' Jack's Restaurant dining in a casual mountain setting. After lunch, spend some time exploring the area around the lodge before your return trip home.

BRING LUNCH \$

17811	Tue	6/18	9am-5pm
R \$35/NR \$42			



Olympia Farmer's Market

  As home to over 100 vendors the Olympia Farmers Market is sure to have something for everyone. Be sure to work up your appetite shopping, the next stop is lunch at a local restaurant.

BRING LUNCH \$

17812	Thu	7/11	9:30am-4pm
R \$24/NR \$29			



Mt. Rainier Scenic Railroad

  Have fun on this 12-mile round trip excursion between Elbe and Mineral aboard a vintage 100-year-old steam engine. Enjoy lunch after the train before heading back home. Home pick-up not available for this trip.

BRING LUNCH \$

17813	Thu	7/18	8:15am-4:30pm
R \$65/NR \$71			



Port Townsend

  Enjoy a leisurely day in Port Townsend. Lunch and explore on your own. Ferry fare included in price.

BRING LUNCH \$

17815	Tue	7/23	9am-5pm
R \$48/NR \$58			

Snohomish



  You will have approximately 4 hours to treasure hunt in the charming stores, enjoy lunch on your own and maybe even grab an ice cream cone.

BRING LUNCH \$

17816	Tue	7/30	10am-4pm
R \$22/NR \$26			





Gig Harbor & Narrows Bridge Boat Tour

  Enjoy the adventure of being out on the water and seeing the sights of wildlife, scenic Mt Rainier, and the Olympic Mountains. Continue to enjoy the waterfront views at dinner at Anthony's, before heading back home.

BRING DINNER \$

17817	Tue	8/13	1:30-8:30pm
R \$86/NR \$92			

Chuckanut Drive to Fairhaven

  Take a scenic drive-up Highway 9 on the way to Chuckanut Drive, a 24-mile byway that travels along the Chuckanut Mountains, the only place where the Cascades meet the sea. Enjoy approximately 4 hours in the lively town of Fairhaven to shop, before returning to Kirkland via I-5.

BRING LUNCH \$

17819	Tue	8/20	9:30am-6pm
R \$30/NR \$36			

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% refund minus a \$10 processing fee. Cancellations requested Van Trip Day receive no refund.
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 425-286-1026 no more than 2 weeks before the trip and no later than 48 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.



CITY OF KIRKLAND
SENIOR COUNCIL

Join the Kirkland Senior Council



WHAT IS THE KIRKLAND SENIOR COUNCIL?

The City Council established the Senior Council in 2002 to ensure Kirkland remains a safe, vibrant community for residents ages 50 and older. The members of the Council are a group of concerned citizens like you.

THE KIRKLAND SENIOR COUNCIL WELCOMES YOUR IDEAS, QUESTIONS, AND SUGGESTIONS!

Meetings are held the second Tuesday of the month at 1:30pm at the Peter Kirk Community Center, 352 Kirkland Avenue. For more information, contact Betsy Maxwell at 425-587-3360 or email scouncil@kirklandwa.gov.

14th ANNUAL

SENIOR ART SHOW

CREATIVITY IS AGELESS
JUNE 7-21

RECEPTION JUNE 7 FROM 5:00 PM TO 7:00 PM
MERRILL GARDENS, 14 MAIN STREET SOUTH

FREE
EVENT

OILS AND ACRYLICS
WATERCOLOR
SCULPTURE
PHOTOGRAPHY
QUILTS
PASTEL & DRAWINGS
OTHER MEDIA



For more information on how
to participate email
scouncil@kirklandwa.gov

CITY OF KIRKLAND
SENIOR COUNCIL

LOOKING FOR A PLACE TO Celebrate?

Plan ahead!
Reserve your
space!

INDOOR AND OUTDOOR SPACES AVAILABLE FOR YOUR EVENT



Graduation



Birthday



Special Occasion

Whether you are hosting a wedding, business meeting or having a birthday, Kirkland Parks and Community Services offers several locations for your gathering with three halls and several picnic locations to choose from.

For full site descriptions, pricing, rental policies, and amenities visit kirklandwa.gov/ParkRentals or email us at eparks@kirklandwa.gov.



Milestone



Wedding

...and more



HERITAGE HALL

HERITAGE HALL

203 MARKET STREET / 425-587-3330

Heritage Hall is a historic Kirkland treasure featuring restored 1920's charm with ornate millwork and a coved ceiling. Open year round, indoor capacity of 70. Increased capacity by 55 during peak weather months by using two patios and enclosed beautiful Centennial Gardens. Amenities include warming kitchen, pull-down screen, 70 cushioned chairs, twelve 6' and three 4' rectangular tables.

CAPACITY: HALL 70, SEASONALLY WITH OUTDOOR PATIO USE 125



NKCC

NORTH KIRKLAND COMMUNITY CENTER

12421103 AVE NE / 425-587-3350

Located in the Juanita area, the center includes a large multi-purpose room and lower level meeting room. Multi-purpose room amenities include a warming kitchen, 175 chairs, eighteen 6' rectangular and twelve 5' round tables.

CAPACITY: MULTI-PURPOSE ROOM 245, MEETING ROOM 35



PKCC

PETER KIRK COMMUNITY CENTER

352 KIRKLAND AVE / 425-587-3360

Located in the heart of downtown, Peter Kirk Community Center offers a large multi-purpose room that includes a stage and kitchen. Several meeting rooms are also available. Multi-purpose room amenities include WIFI, kitchen, stage, podium, pull-down screen, piano, 160 cushioned chairs and twenty 6' rectangular tables.

CAPACITY: MULTI-PURPOSE ROOM 150, MEETING ROOMS 16-32

MEETING ROOMS

Available at both Peter Kirk and North Kirkland Community Centers.

PICNIC AREAS/SHELTERS & ATHLETIC FIELDS

We have several picnic areas, picnic shelters, and athletic fields available for your private event. Great for family gatherings, company picnics, birthdays and more!

- 132nd Square Park Picnic Shelters - New
- Crestwoods Park Picnic Area
- Edith Moulton Park Picnic Shelter
- Everest Park Picnic Shelter
- Houghton Beach Park Picnic Area
- Juanita Beach Park Picnic Shelters
- Marina Park Al Locke Pavilion
- North Rose Hill Woodlands Park Picnic Shelter
- OO Denny Park Picnic Shelter and OO Denny Park Picnic Area
- Rose Hill Meadows Park Picnic Shelter
- Rotary Central Station Picnic Shelter on the Cross Kirkland Corridor
- Waverly Beach Park Picnic Shelter
- 58 Athletic fields



132ND SQUARE PARK PICNIC AREA

Halls and fields require a minimum of 30 days advance booking. Picnic shelters require 7 days advance reservation.





JUANITA

Fresh Local

FRIDAY MARKET

Since 2007

Kirkland, Washington

**Fridays, 3PM – 7PM,
June 7 – September 27**

Juanita Beach Park
9703 NE Juanita Drive
kirklandwa.gov/JuanitaFridayMarket

THANK YOU TO OUR SPONSOR
sweetgreen®



VOLUNTEER IN KIRKLAND PARKS

**Help build healthy forests and strong community
with the Green Kirkland Partnership!**

Volunteers needed to remove invasive weeds, plant native trees and nurture natural areas in City of Kirkland parks. Stewardship events occur throughout the year. All ages and experience levels are welcome following the event guidelines. Tools, training, and gloves are provided.

**GREEN
KIRKLAND**
PARTNERSHIP

Learn more at
www.GreenKirkland.org



Kirkland Parks & Community Services

Harvest Festival

Juanita Beach Park
North Side
9703 NE Juanita DR
Kirkland

**SAVE THE DATE
OCTOBER 5
2024**

Kirkland's Harvest Festival returns! More information will become available on our website at kirklandwa.gov.



Seasonal Boat Launch Cards

COST: RESIDENT \$65 / NON RESIDENT \$130

Visit Kirklandparks.net to purchase a new card or renew your existing one. Boat launch cards provide Marina Park boat ramp access from April 1 to October 31.

Questions? Visit kirklandwa.gov/MarinaBoatLaunch or call 425-587-3330 Monday-Friday from 8:00 AM -5:00 PM.

NOW ON SALE

OUTDOOR SUMMER MOVIES

 **JUANITA BEACH PARK - 9703 NE JUANITA BEACH DR**

JULY 13 Elemental (PG) & La La Land (PG-13)


JULY 20 Barbie (PG-13)

Mission Impossible - Dead Reckoning
Part One (PG-13)

JULY 27 - 80's Movies Night

*Premovie Entertainment: Cars displayed by
Pacific Northwest DeLorean Club - Be sure to arrive early!*

Back to the Future (PG) &
Indiana Jones: Raiders of the Lost Ark (PG)


HERITAGE PARK - 111 WAVERLY WAY 

AUGUST 3

Puss in Boots: The Last Wish (PG) &
Practical Magic (PG-13)

AUGUST 10

Brother Bear (G) & The Fablemans (PG-13)


Bring a blanket or
lawn chair and
enjoy a FREE
double feature on
our giant LED
movie screen.

**Movies start
at 6PM & 8PM**

KIRKLANDWA.GOV/COMMUNITYBUILDINGEVENTS





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Community Services
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25th Anniversary

celebrate KIRKLAND

Where we come together!

Thursday, July 4th, 2024

INDEPENDENCE DAY PARADE

10:30AM - Kids Decorating Station

11:30AM - Kids Parade • 12PM - Main Parade

DOWNTOWN KIRKLAND

For more information on event details, parade entry and volunteering, visit kirklandwa.gov/CelebrateKirkland



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