Adult Sports

Tennis Lessons

Age 16 & up  Tennis anyone? Develop your tennis skills, get in shape, or just join us for the fun of it! This class will focus on the basics of the sport including the forehand, backhand, serving and scoring. Classes available for all skill levels!

Beginner Level

5906  Mon, Wed  June 24-July 17  5pm-6:30pm
5908  Mon, Wed  July 22-Aug 14  5pm-6:30pm
$95 R / $110 NR  Location: Kirkland Middle School

Intermediate/Advanced Level

5907  Mon, Wed  June 24-July 17  6:30pm-8pm
5909  Mon, Wed  July 22-Aug 14  6:30pm-8pm
$95 R / $110 NR  Location: Kirkland Middle School

Golf Instruction

Age 18 & up  Learn to play golf in the comfortable atmosphere of the Redwood Golf Center in Woodinville. A PGA instructor teaches group lessons. Learn basic golf, grip stance, swing, rules and etiquette. By the end of this 4-part series you will be able to play on the golf course. Bring your own clubs or try the Golf Center’s demo clubs. Location: Redwood Golf Center, 13029 Redmond-Woodinville Rd NE, Woodinville

6133  Fri  Apr 5-Apr 26  10am-11am
6134  Fri  May 3-May 24  10am-11am
6135  Fri  June 7-June 28  10am-11am
6136  Fri  July 5-July 26  10am-11am
6137  Fri  Aug 2-Aug 23  10am-11am
$89 R / $99 NR  Location: Redwood Golf Center

Ice Skating

All ages and abilities

See page 36

Special Interest

Women’s Self-Defense

Ages 18-Adult  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.

6052  Sat  Jun 8  11am-4pm
$114 R / $137 NR  NKCC  Instr: Strategic Living, LLC

Open Gym Sundays

Age 18–Adult

Basketball & Volleyball courts available. Individuals or teams welcome.

No Open Gym
Feb 3, Feb 17, Apr 7, May 26

Sundays 5–8pm
Spring: Apr 14–Jun 9

Kamiakin Middle School
14111 132nd Ave NE, Kirkland

$5.00 per person
Incl. Sales Tax
BILLS OVER $10 NOT ACCEPTED

Open Gym Punch Card Best Value!

10-visit punch card for Open Gym at Kamiakin Middle School can only be purchased at Open Gym.
Call 425.587.3335 for gym closure info.
Age 16–Adult Whether you’re an Ultimate Frisbee expert or a beginner, this Ultimate Frisbee League is for you. Develop your Frisbee throws and learn the Spirit of the Game during this 7-week league. Each team will receive a standard Ultimate Frisbee Disc to keep and cones for game setup. Sign up your team today! No games on July 4.

It will be an Open Division (open to any skill-level and gender).

Games will be on Tuesdays and/or Thursdays beginning June 18 and 20. Each team will have one game per week, on either a Tuesday or Thursday.

Schedules will be sent to teams at least two weeks prior to the first day of the season.

League Handbook can be found at www.teamsideline.com/kirklandwa

Open Division
5905  Tue, Thur  June 18-Aug 1  6:15pm-7:45pm  $175

JOIN US AT THE FIRST ANNUAL PRE-SEASON SUMMER SLAM SOFTBALL TOURNAMENT CRESTWOOD BALLFIELDS • SATURDAY, JUNE 1

- Age 16 & up
- Men’s and Co-Ed divisions are offered; mixed abilities skill-level.
- Guaranteed three games and the winners will receive championship shirts and prizes!
- Must register by May 17. Tournament schedule available on or before May 20.
- Handbook: teamsideline.com/kirklandwa

Team Registration | Co-Ed Division
5927  Sat  June 1  $175

Team Registration | Men’s Division
5928  Sat  June 1  $175

See page 18 for Registration Information or Register Online at KirklandParks.net
Age 18–Adult  Join us at Juanita Beach for some sand volleyball! We offer four divisions of 4 on 4 beach volleyball. Women’s division matches are played on Wednesday nights, COED divisions operate on Tuesday or Thursday nights, and Men’s Open Division plays on Monday nights. Matches start at 6:15pm and 7:30pm. The league is self-officiated. Six weeks of play and one week of playoffs (top 4 teams). No class on July 4.

**2x2 Beach: Men’s Open Division Volleyball**

<table>
<thead>
<tr>
<th>BEACH</th>
<th>Mon</th>
<th>June 24–Aug 5</th>
<th>$140</th>
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**4v4 Beach: COED Lower Volleyball – B Level**

<table>
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<th>BEACH</th>
<th>Thur</th>
<th>June 27–Aug 15</th>
<th>$250</th>
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**4v4 Beach: COED Upper Volleyball – BB Level**

<table>
<thead>
<tr>
<th>BEACH</th>
<th>Tue</th>
<th>June 25–Aug 6</th>
<th>$250</th>
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**4v4 Beach: Women’s Open Volleyball**

<table>
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<tr>
<th>BEACH</th>
<th>Wed</th>
<th>June 26–Aug 7</th>
<th>$250</th>
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Adult league info: [www.kirklandwa.gov/athletics](http://www.kirklandwa.gov/athletics)

Facebook: [www.facebook.com/kirklandsportsleagues](http://www.facebook.com/kirklandsportsleagues)

**REGISTRATION OPENS MARCH 14 AT 6AM. SPACE IS LIMITED!**
SOFTBALL LEAGUES

SUMMER SEASON 1  JUNE–JULY

Age 18–Adult  The regular season consists of 12 games over 6 weeks with one week of playoffs. Champion teams will receive championship shirts. Makeup games will be rescheduled for designated game days when possible. League handbook can be found here: https://teamsideline.com/sites/kirklandwa/downloads. No class on July 4.

TEAM FEE: $660.00  •  LOCATION: Crestwoods Park

SUMMER SEASON 2  AUGUST—SEPTEMBER

Age 18–Adult  The regular season consists of 12 games over 6 weeks with one week of playoffs. Champion teams will receive championship shirts. Makeup games will be rescheduled for designated game days when possible. League handbook can be found here: https://teamsideline.com/sites/kirklandwa/downloads. No class on July 4.

TEAM FEE: $660.00  •  LOCATION: Peter Kirk Park

Free Agent Team

Age 18–Adult  Are you looking for a team to join? Do you have a couple friends that want to play softball but don’t have enough to have your own team? Then you’re in luck! We are offering a free agent team for Softball divisions. Answer the prompt for the division you are interested in, and we will try to build a team. We need a minimum of 10 players in order to form the team. Full refunds are given if we are unable to create a free agent team.

6396  $75

Co-Ed Mixed Abilities Division  6395  Mon, Wed  Aug 5-Sep 25  6pm-11pm  $660  Location: Peter Kirk Park

Team Registration  |  Co-Ed Division

Team Registration  |  Men's Division

Recruitment is in Full Swing!

Age 55+

If you are age 55+ and have played softball or simply want to play (no experience required), recruitment for the new 2018 season is underway! The two men’s teams, “Moss Bay Hawks” and “Kirkland Owls” have been a huge hit! After a long winter break, team players are now dusting off their bats to begin practice in March 2019. Everyone is gearing up for another fantastic season of league play, May through July. These two recreational teams play in the Puget Sound Senior Softball Association and are not affiliated with City of Kirkland Parks and Community Services recreation league.

FOR MORE INFORMATION
CALL RICH MAILIOVICH 425.827.1109

See page 18 for Registration Information or Register Online at KirklandParks.net