ONLINE REGISTRATION OPENS August 8 6:00 a.m.

City of Kirkland Parks & Community Services

Kirkland Parks

Fall 2019 & Winter 2020

Pickleball
See Page 40

Adults 50+
See Page 45

experience it!
KirklandParks.net
COMMUNITY BONFIRES!

The City of Kirkland Parks and Community Services warmly welcomes the community to bonfires accompanying Argosy Cruises’ Christmas Ship Festival. Come one, come all!

- **Houghton Beach Park** – Wednesday, December 4, 2019 | 7:35-7:55 pm
- **Ol Denny Park** – Saturday, December 21, 2019 | 3:30-3:50 pm
- **Marina Park** – Saturday, December 21, 2019 | 6:35-6:55 pm
- **Waverly Beach Park** – Sunday, December 22, 2019 | 3:35-3:55 pm
- **Juanita Beach Park** – Sunday, December 22, 2019 | 6:45-7:05 pm

Bonfires can be cancelled due to inclement weather or burnbans. Call 425.587.3345 for “day of” weather updates.
A MESSAGE FROM OUR DIRECTOR

Welcome to Parks and Community Services!

Each day, someone is being positively impacted by parks and recreation; whether they are taking a walk on a trail or fitness class at the community center, getting a nutritious meal or just reaping the benefits of clean air and water because of preserved forest and open space.

Did you know?

- On average, Americans visit their local park and recreation facilities more than twice a month.
- People who use parks and open spaces are 3 times more likely to achieve the recommended levels of physical activity than non-users.
- Older adults engage in over 3.5 times more physical activity in parks with walking loops.
- Children who regularly spend unstructured time outside play more creatively, have lower stress levels, develop stronger immune systems and become fitter and leaner.

Regular physical activity leads to improved physical condition and cardiovascular health as well as improved mood. People of all ages benefit from physical activity. Hopefully, there will be a program or activity that you see in this brochure that may inspire you to get active with us. We also have a variety of programs that will engage you intellectually or socially.

Research has demonstrated that one of the single best things you can do for your health is a 30-minute daily walk in the park. Just being in nature leads to lower rates of depression and anxiety as well as higher quality of sleep. Kirkland has dozens of parks from small pocket parks to waterfront parks to large community parks with a variety of amenities like sports fields, playgrounds, picnic areas and trails. Get to know your neighbors today in one your local area parks. Or better yet, volunteer with the Green Kirkland Partnership to help with forest restoration!

I sincerely hope you take a moment to review the amazing parks and recreation opportunities presented in this brochure. You will see information on parks, facilities available for your use, special events and recreation programs. I hope that the combination of these programs and amenities will inspire you to pursue your own personal physical, mental and social well-being.

So pick up this brochure and find the program, trail or park that is right for you. See you out there!

Kirkland Parks,
Lynn Zwaagstra, Director, Parks and Community Services

Fall 2019 & Winter 2020
Kirkland Parks & Community Services Recreation Classes and Services

Registration Info .......... 4
Parent & Child ............. 8
Infant to 5 years
Preschoolers .............. 14
3 to 6 years
Youth & Teens ............ 22
6 to 16 years
Youth Services ............ 31
13 to 18 years
KTUB .................. 32
13 to 19 years
Specialized Recreation ... 34
18+ years
Adult Dance .............. 36
16 years and older
Adult Fitness .............. 38
16 years and older
Adult Sports .............. 40
18+ years
Adult Special Interest .... 42
16 years and older
Age 50+ .................. 46
Adults of All Ages
Facility Rentals .......... 65–66
Registration Options & Information

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

1 ONLINE: www.KirklandParks.net
Available beginning August 8, 6:00am
When enrolling online, please sign your electronic waiver and print your receipt when prompted.

2 WALK-IN
OPEN at 8:00am
North Kirkland Community Center
12421 103rd Ave NE
Peter Kirk Community Center
352 Kirkland Ave
Parks & Community Services Dept.
Kirkland City Hall
123 Fifth Ave

3 PHONE-IN
AVAILABLE at 8:00am
Please have class number and credit card information ready.
Monday–Friday
8:00am–5:00pm
425.587.3336

Facility Information

Parks & Community Services
Kirkland City Hall
123 Fifth Ave
425.587.3300
Mon–Fri, 8:00am–5:00pm

North Kirkland Community Center (NKCC)
12421 103rd Ave NE
425.587.3350

Peter Kirk Community Center (PKCC)
352 Kirkland Ave
425.587.3360

Parks Maintenance & Operation Office
1129 Eighth St
425.587.3340
Mon–Fri, 6:30am–3:30pm

Electronic Waivers
» We now have electronic waivers that can be signed online.

Resident & Non-Resident Fee Structure
» Registrants with a Kirkland postal address are considered Residents. Non-Residents who work within the City limits are eligible for the resident rate.

Peter Kirk Community Center Special Events
» Unless otherwise noted, special event tickets will be available until 5:00pm seven working days prior to the event (no tickets will be sold the day of the event).
» Special event tickets are not refundable or transferable.

Parks & Recreation Refund / Credit
» Refunds are granted if request is made at least five (5) business days prior to the start of class, less a $10.00 administrative fee. Fee applies to each class withdrawn. Please Note: Classes paid for by check or cash will be refunded by check and must be in amounts greater than $10.00.
» 100% Refund if class canceled by Parks and Recreation.
» Class withdrawal requested less than five (5) business days prior to the start of class will result in a refund of 50% of the registration fee. Fee applies to each class withdrawn.
» No refunds for classes that cost less than $10.00.
» No refunds will be issued on or after the first day of class.
» Transfers must be requested five (5) business days prior to the start of class (except swim class notification of new level by swim instructor.)
» Online registrants please note: Parks and Recreation staff must process transfers. Online enrollments resulting in withdrawals are subject to withdrawal policies listed above. You can print your receipt when prompted to do so at end of registration process.
Registration & Parks Information

Be sure to “like” our Facebook page so you don’t miss out on updates, building closures, and new programs! facebook.com/kirklandparks

Disclaimer
This schedule of classes is published for information purposes only. We strive to produce the most accurate brochure possible. However, some program information may have changed after this brochure has gone to print. We will make every effort to notify students of the changes.

The City of Kirkland complies with the State of Washington’s “Fair Play in Community Sports Act” (Chapter 467, 2009 Laws, effective date July 26, 2009) that prohibits discrimination against any person in a community athletics program on the basis of sex. Any questions or comments please contact the Parks and Community Service Director.

Inclement Weather
The safety of program participants is a primary consideration when determining if programs should be canceled due to inclement weather, poor or icy road conditions, poor air quality, or other event which jeopardizes participant and employee safety. The City of Kirkland follows the lead of the Lake Washington School District when determining cancellations during the school year. Outside of the school year, City staff will evaluate conditions and make the appropriate decision to cancel or delay programs. When air quality levels are deemed unhealthy by The Environmental Protection Agency (EPA) all outdoor classes and programs will be canceled. The Peter Kirk Pool will be closed, and beaches will not be staffed by lifeguards during periods of poor air quality.

Classes and programs will be rescheduled if possible. Refunds will be considered on an individual program basis but not guaranteed.

Accommodation of Disabilities
The City of Kirkland is committed to accommodating citizens with disabilities and special needs. Kirkland Parks and Community Services will make every reasonable effort to ensure that programs are accessible. If you need assistance participating in our activities, please call us at 425.587.3300. TTY/TTD 425.587.3111

Alternate Formats: Persons with disabilities may request materials in alternative formats. Persons with hearing impairments may access the Washington State Telecommunications Relay Service at 711.

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

To request an alternate format, file a complaint or for questions about Kirkland’s Title VI Program, contact the Title VI Coordinator at 425.587.3011 or titlevicoodinator@kirklandwa.gov.

Kirkland City Council
Penny Sweet, Mayor
Jay Arnold, Deputy Mayor
Tom Neir
Toby Nixon
Kelli Curtis
Dave Asher
Jon Pascal

Kirkland Park Board
Rosalie Wessels, 2019 Chair
Susan Baird-Joshi, 2019 Vice Chair
Uzma Butte
Richard Chung
Mike Holland
Amanda Judd
Heather McKnight
Daniel Triplett

ON THE COVER: Two campers create friendships and art in Giggles and Grins Summer Camp at the North Kirkland Community Center
Juanita Bay Park Events

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

JUANITA BAY PARK WILDLIFE TOUR
FIRST SUNDAY MONTHLY 1:00–2:00pm
Sept 1, Oct 6, Nov 3, Dec 1, Jan 5, Feb 2, Mar 1
Join the Juanita Bay Park Volunteer Rangers for free interpretive tours of this wildlife habitat on the first Sunday of each month. Tours start in the parking lot at 1 p.m., rain or shine, and take about one hour. View and experience the hundreds of plant and animal species that use Juanita Bay Park. Bring binoculars if you have them. No registration is required. Children aged 6 and above, accompanied by an adult, are welcome. Contact the Eastside Audubon Society for more information at 425.576.8805.

JUANITA BAY PARK BIRD WALK
THIRD TUESDAY MONTHLY 9:00am–12:00pm
Sept 17*, Oct 15, Nov 19, Dec 17, Jan 21, Feb 18, Mar 17
Join Mary Frances Mathis of the Eastside Audubon Society and the Juanita Bay Park Rangers for a relaxed walk in the park, looking for birds are in the area. Bring binoculars and meet in parking lot. No registration is required. Contact the Eastside Audubon Society for more information at 425.576.8805.

*Sept 17 Bird Walk is 8:00am–12:00pm

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

Join us for Kid’s Day on the First Friday of each month!

Live Music! • Every Week •

Family Game Night! • July 12th •

Juanita Friday Market

Fridays, 3pm to 7pm, JUNE 7 - SEPT. 27
Shop local every Friday at Juanita Beach Park

www.kirklandwa.gov/JuanitaFridayMarket

KIRKLAND KIDS TRIATHLON

SEPTEMBER 7, 2019

Swim • Bike • Run

Saturday, September 7th
11:00am @ Juanita Beach Park
Age 3 – 12 years $34.00 • Course Code 6116

TO REGISTER VISIT: KIRKLANDPARKS.NET
OR CALL 425-587-3336 • COURSE # 6116
www.kirklandwa.gov/youthathletics
Recreation Classes

Parent/Child • Preschool • Youth & Teen • Adult Fitness & Special Interest

Pickleball Now at Everest Park

Learn more about Kirkland's new Pickleball program!
More information available on Page 40

- Fall League
- Clinics
- Drop-in Play
- Equipment Rental
- New Courts

See page 4 for Registration Information or Register Online at KirklandParks.net
Music

**Music Together with Olya**

**Age 5 & under parent** Music Together helps benefit early childhood development. Songs are a mix of folk, blues, rock, jazz, classical, and world music. We also have fun dancing, pretend-playing, and engaging with a variety of musical instruments. Fee includes a CD (physical and downloadable) and song book. In order to welcome families, we offer a sibling discount (siblings under 8 months of age are free). You may register at any time during the session if there is space available. We would be happy to prorate the price, except for the non-refundable minimum of $45 per family.

**Age 1-2**

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<td>Sat</td>
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<td>In str: Olga Katkova</td>
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**Baby Boogie Woogie**

In this musical class we will sing all the old favorites, make our own music with an assortment of fun instruments, and march to our own drummer! Teacher Karen Renfroe-Gielgens has over 20 years of experience teaching programs to our preschoolers. Please take note of our age groups when registering; you are able to attend this class with your younger and older ones together! **No class Nov 11, Jan 20, Feb 17.**

**Age 1-3**

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<td>Instr: Karen Renfroe-Gielgens</td>
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**Baby Boogie Woogie Holiday**

**Age 1-2** Come join us for a session of Boogie Woogie with a holiday flair! Sing old favorites, make our own music with an assortment of fun instruments, and march to our own drum!

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<td>Instr: Karen Renfroe-Gielgens</td>
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**Art**

**Messy Art for Two’s with Parent**

**Age 2** 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! **No class Nov 11, Jan 20, Feb 17.**

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<td>Instr: Monique Bayne</td>
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**Baby Boogie Woogie Holiday**

**Age 1-2** Come join us for a session of Boogie Woogie with a holiday flair! Sing old favorites, make our own music with an assortment of fun instruments, and march to our own drum!
Parent/Child Art Fun

**Ages 2½-3½ with parent** Monthly themed classes are a fun and affordable way for parents and children to explore the world of art. We’ll provide all the tools like glue, glitter, paint, and dough to inspire your little ones to create their masterpieces. Dress to get messy in our indestructible Art Room!

**Mitten and Mistletoe**

**Age 2½-3½** Holiday inspired arts and craft projects are planned...think silver and gold and let the glitter unfold!

| 8513 | Mon | Dec 2-Dec 16 | 9:30am-10:15am |
| 8520 | Thur | Dec 5-Dec 19 | 10:30am-11:15am |
| $30 R / $36 NR | NKCC | Instr: Monique Bayne |

**Frosty and Friends**

**Age 2½-3½** What to do when it’s cold and frosty outside? Come inside where we’ll make indoor snow, snowmen, and more! *No class Jan 20.*

| 8519 | Mon | Jan 6-Jan 27 | 9:30am-10:15am |
| 8521 | Thur | Jan 9-Jan 23 | 10:30am-11:15am |
| $30 R / $36 NR | NKCC | Instr: Monique Bayne |

**September Colors**

**Age 2½-3½** Now it’s September and time to start meeting yellow school buses and apples for eating. We’ll bend colorful rules like green is for go, red is for stop and yellow for slow, by adding a splash of art just for show.

| 8510 | Mon | Sept 9-Sept 23 | 9:30am-10:15am |
| 8516 | Thur | Sept 12-Sept 26 | 10:30am-11:15am |
| $30 R / $36 NR | NKCC | Instr: Monique Bayne |

**Jack-O-Lantern Jamboree!**

**Age 2½-3½** Spider and pumpkins and ghosts, oh my! Don’t be afraid, they’re cute, friendly, and fun to make and when you are done, it’s a project to take.

| 8511 | Mon | Oct 7-Oct 21 | 9:30am-10:15am |
| 8518 | Thur | Oct 10-Oct 24 | 10:30am-11:15am |
| $30 R / $36 NR | NKCC | Instr: Monique Bayne |

**Pinecones & Pilgrims**

**Age 2½-3½** We’re harvesting pinecones and corn just in time for you make cob prints, turkeys and more in this class that will have you “thankful” you signed up! *No class Nov 11.*

| 8512 | Mon | Nov 4-Nov 25 | 9:30am-10:15am |
| 8519 | Thur | Nov 7-Nov 21 | 10:30am-11:15am |
| $30 R / $36 NR | NKCC | Instr: Monique Bayne |

**Be Mine...Valentine**

**Age 2½-3½** Roses are red, hearts are too, it’s a lovable class for lovable you. We’ll bring out the lace, the red, and the pink, we’ll make everything as sweet as you can possibly think! *No class Feb 17.*

| 8514 | Mon | Feb 3-Feb 24 | 9:30am-10:15am |
| 8522 | Thur | Feb 6-Feb 20 | 10:30am-11:15am |
| $30 R / $36 NR | NKCC | Instr: Monique Bayne |

**Lucky Charms & Leprechauns**

**Age 2½-3½** Blarney Stones and rainbows and pots o’ gold for the taking, lucky charms and shamrocks are crafts you will be making. Lucky you!

| 8515 | Mon | Mar 9-Mar 23 | 9:30am-10:15am |
| 8523 | Thur | Mar 12-Mar 26 | 10:30am-11:15am |
| $30 R / $36 NR | NKCC | Instr: Monique Bayne |
## Parent & Child

### Cooking Series

Classes will be held in the cozy kitchen at our beautiful McAuliffe Park, 10824 NE 116th St. Kirkland (to enter the park, head north on 108th Ave NE from NE 116th St., then turn into the first driveway on the right). Peel, pour, shred, shake, bake, mash, and more!

#### Apple of My Eye

**Age 2-5** September is the perfect time of year to explore everything about the apple. We’ll cook a different apple recipe each week and also learn how apples are grown and harvested. Apple stories are also part of the fun!

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<td>8139</td>
<td>Tue Sept 10-Sept 24</td>
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$44 R / $53 NR

McAuliffe Park

Instr: Karen Renfroe-Gielgens

#### Little Pumpkin Pie

**Age 2-5** Ooooo went the wind and out went the lights and the five little pumpkins rolled to McAuliffe Park! We’ll learn how pumpkins grow, and each week we will cook a different pumpkin recipe. Pumpkin stories are also a part of the fun.

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$44 R / $53 NR

McAuliffe Park

Instr: Karen Renfroe-Gielgens

#### Noodles for November

**Age 2-5** There’s oodles of noodles oh what can we say? From angel hair, fusilli, and even penne. Add veggies and cheese and toppings galore, what more can you ask for? We’re sure there is more!

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$44 R / $53 NR

McAuliffe Park

Instr: Karen Renfroe-Gielgens

#### Cookie Crumbs & Sugar Plums

**Age 2-5** Everyone knows that cookies are a universal symbol of sweetness. Come bake with us and create sweet memories; each week we will bake a different goodie, including a gingerbread house.

<table>
<thead>
<tr>
<th>Code</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>8146</td>
<td>Tue Dec 3-Dec 10</td>
<td>9:15am-10:15am</td>
</tr>
<tr>
<td>8147</td>
<td>Tue Dec 3-Dec 10</td>
<td>10:45am-11:45am</td>
</tr>
<tr>
<td>8148</td>
<td>Tue Dec 3-Dec 10</td>
<td>12:15pm-1:15pm</td>
</tr>
</tbody>
</table>

$30 R / $36 NR

McAuliffe Park

Instr: Karen Renfroe-Gielgens

#### Bunches of Munches

**Age 2-5** In between meals and all day through, it’s here a bite, there a bite, but is it good for you? Miss Karen will show you how to make snacks that are yummy and good for your tummy.

<table>
<thead>
<tr>
<th>Code</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>8176</td>
<td>Tue Jan 7-Jan 21</td>
<td>9:15am-10:15am</td>
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<tr>
<td>8177</td>
<td>Tue Jan 7-Jan 21</td>
<td>10:45am-11:45am</td>
</tr>
<tr>
<td>8178</td>
<td>Tue Jan 7-Jan 21</td>
<td>12:15pm-1:15pm</td>
</tr>
</tbody>
</table>

$44 R / $53 NR

McAuliffe Park

Instr: Karen Renfroe-Gielgens

#### Hugs and Chocolate Kisses

**Age 2-5** In this lovable series children will learn that chocolate comes from the beans of the rain forest’s cacao trees. And we’ll whip up a delicious chocolate concoction each week.

<table>
<thead>
<tr>
<th>Code</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>8179</td>
<td>Tue Feb 4-Feb 18</td>
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<td>8180</td>
<td>Tue Feb 4-Feb 18</td>
<td>10:45am-11:45am</td>
</tr>
<tr>
<td>8181</td>
<td>Tue Feb 4-Feb 18</td>
<td>12:15pm-1:15pm</td>
</tr>
</tbody>
</table>

$44 R / $53 NR

McAuliffe Park

Instr: Karen Renfroe-Gielgens

#### Little Spuds and Tiny Tators

**Age 2-5** From field to fork the potato has had quite a journey! Hear about the potato’s adventure to the kitchen at McAuliffe as we create one potato, two potato, three potato recipes.

<table>
<thead>
<tr>
<th>Code</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>8182</td>
<td>Tue Mar 10-Mar 24</td>
<td>9:15am-10:15am</td>
</tr>
<tr>
<td>8183</td>
<td>Tue Mar 10-Mar 24</td>
<td>10:45am-11:45am</td>
</tr>
<tr>
<td>8184</td>
<td>Tue Mar 10-Mar 24</td>
<td>12:15pm-1:15pm</td>
</tr>
</tbody>
</table>

$44 R / $53 NR

McAuliffe Park

Instr: Karen Renfroe-Gielgens
Knee Hi Investigators for 3’s

In this Parent/Child class we will investigate a variety of topics and combine that with an art project or science experiment. Each session will be a new topic.

Dig In: Dinosaurs & Paleontology

**Age 3**
What is the biggest dinosaur? How tiny are T-Rex arms? How is a fossil formed? Explore earth’s prehistoric past while creating your own fossil and Dino skeletons. 3 classes.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Session Dates</th>
<th>Schedule</th>
<th>Cost R/NR</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>8573</td>
<td>Sept 10-Sept 24</td>
<td>9:30am-10:15am</td>
<td>$35 / $42</td>
<td>NKCC</td>
</tr>
<tr>
<td>8574</td>
<td>Oct 8-Oct 22</td>
<td>9:30am-10:15am</td>
<td>$35 / $42</td>
<td>NKCC</td>
</tr>
</tbody>
</table>

Adaptations of the Arctic/Antarctic

**Age 3**
Can you waddle like a penguin? Is a Narwhal really a sea unicorn? Learn why polar bears are white and how snowshoe hares got their name! Investigate this chilly area and create your own arctic fox! 3 classes.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Session Dates</th>
<th>Schedule</th>
<th>Cost R/NR</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>8577</td>
<td>Jan 7-Jan 21</td>
<td>9:30am-10:15am</td>
<td>$35 / $42</td>
<td>NKCC</td>
</tr>
</tbody>
</table>

Apples, Pumpkins & Leaves

**Age 3**
Why are apples so many colors? Why do leaves change color? Will a tree REALLY grow in my tummy if I eat a seed? Explore life cycles of apple and pumpkins and create leaf rubbings as we learn the science of Fall! 3 classes.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Session Dates</th>
<th>Schedule</th>
<th>Cost R/NR</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>8574</td>
<td>Sept 10-Sept 24</td>
<td>9:30am-10:15am</td>
<td>$35 / $42</td>
<td>NKCC</td>
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<tr>
<td>8575</td>
<td>Nov 5-Nov 19</td>
<td>9:30am-10:15am</td>
<td>$35 / $42</td>
<td>NKCC</td>
</tr>
</tbody>
</table>

Jungle, Rainforest & Desert

**Age 3**
Put on your explorer hats and head across the world to learn about different environments. Each week we will create different plants and animals from a new ecosystem! 3 classes.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Session Dates</th>
<th>Schedule</th>
<th>Cost R/NR</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>8575</td>
<td>Nov 5-Nov 19</td>
<td>9:30am-10:15am</td>
<td>$35 / $42</td>
<td>NKCC</td>
</tr>
<tr>
<td>8576</td>
<td>Dec 3-Dec 17</td>
<td>9:30am-10:15am</td>
<td>$35 / $42</td>
<td>NKCC</td>
</tr>
</tbody>
</table>

Seeds, Sprouts & Blossoms

**Age 3**
Learn how things grow! Where do flower seeds come from? What foods grow underground? How tall is the tallest tree? Investigate these questions while planting beans and painting with flowers! 3 classes.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Session Dates</th>
<th>Schedule</th>
<th>Cost R/NR</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>8576</td>
<td>Mar 10-Mar 24</td>
<td>9:30am-10:15am</td>
<td>$35 / $42</td>
<td>NKCC</td>
</tr>
</tbody>
</table>

Mad Scientist!

**Age 3**
Put on your safety goggles and prepare to get crazy! We are going to explore the fun, messy side of science while making volcanoes, slime and glow in the dark bubbles! 3 classes.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Session Dates</th>
<th>Schedule</th>
<th>Cost R/NR</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>8576</td>
<td>Dec 3-Dec 17</td>
<td>9:30am-10:15am</td>
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<td>NKCC</td>
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Adaptations of the Arctic/Antarctic

**Age 3**
Can you waddle like a penguin? Is a Narwhal really a sea unicorn? Learn why polar bears are white and how snowshoe hares got their name! Investigate this chilly area and create your own arctic fox! 3 classes.

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<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>8577</td>
<td>Jan 7-Jan 21</td>
<td>9:30am-10:15am</td>
<td>$35 / $42</td>
<td>NKCC</td>
</tr>
</tbody>
</table>

Self Defense for Children with Parent

Keep the magic of childhood safe in this low-key, friendly, and age-appropriate safety skills class 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.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Session Dates</th>
<th>Schedule</th>
<th>Cost R/NR</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>8344</td>
<td>Sept 21</td>
<td>12:30pm-2:00pm</td>
<td>$43 / $52</td>
<td>NKCC</td>
</tr>
<tr>
<td>8918</td>
<td>Jan 18</td>
<td>12:30pm-2:00pm</td>
<td>$43 / $52</td>
<td>NKCC</td>
</tr>
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</table>

Special Interest

Infant Massage

**Age 1 & under**
Infant Massage is an ancient tradition of providing nurturing touch as a way of communicating and bonding with your baby. But did you know that it can also help your baby sleep better, relieve wind, colic and constipation? That’s not all, it’s a natural boost to your baby’s immune system, it helps them to develop muscle tone and coordination and so much more. Certified Infant Massage Instructor Heng Ma. Please bring cold pressed, organic, unscented vegetable oil, towels, mats or blankets for babies massage comfort. Babies should not be massaged while sleeping or eating, and if they are sick should remain at home.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Session Dates</th>
<th>Schedule</th>
<th>Cost R/NR</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>8356</td>
<td>Sept 18-Oct 16</td>
<td>10:00am-11:00am</td>
<td>$135 / $162</td>
<td>NKCC</td>
</tr>
</tbody>
</table>

Polly-Glot French for Preschoolers

**Age 4-6**
Language immersion classes use a variety of developmentally age-appropriate activities to introduce new themes and words. Games, music, crafts, stories and dance are featured in each classes to create an inter-active and fun learning process.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Session Dates</th>
<th>Schedule</th>
<th>Cost R/NR</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>8305</td>
<td>Sept 11-Nov 27</td>
<td>8:45am-9:30am</td>
<td>$168 / $202</td>
<td>NKCC</td>
</tr>
<tr>
<td>8306</td>
<td>Jan 8-Mar 25</td>
<td>8:45am-9:30am</td>
<td>$168 / $202</td>
<td>NKCC</td>
</tr>
</tbody>
</table>

See page 4 for Registration Information or Register Online at KirklandParks.net
Dance & Movement

Move and Grow for Babies
Ages 2 months to pre-walking with adult
Enrich your child’s first year of life. Learn fun activities for enjoying tummy time and make playful social/emotional connections. Build optimal brain development using nursery rhymes, instruments, multi-sensory props while moving to a wide variety of music! Instructor Jessica Gleason has an extremely creative and joyful approach to teaching! She uses “Tummy Time,” coordinated movement, and BrainDance rhythms to integrate the mind and body, while reinforcing the importance of movement in early life! No class Feb 18.
8128 Tue Sept 24-Dec 10 11:30am-12:30pm
8131 Tue Jan 7-Mar 31 11:30am-12:30pm
$144 R / $173 NR NKCC Instr: Jessica Gleason

Move and Grow for Toddlers
Ages walking to 30 months with adult
Dance with your child while exploring movement activities and practicing skills. A wide variety of music, props, rhythm instruments, BrainDance rhymes and an obstacle course add to the playful environment and learning. Instructor Jessica Gleason has an extremely creative and joyful approach to teaching! She uses “Tummy Time,” coordinated movement, and BrainDance rhymes to integrate the mind and body, while reinforcing the importance of movement in early life! No class Feb 18.
8126 Tue Sept 24-Dec 10 9:30am-10:30am
8127 Tue Sept 24-Dec 10 10:30am-11:30am
8129 Tue Jan 7-Mar 31 9:30am-10:30am
8130 Tue Jan 7-Mar 31 10:30am-11:30am
$144 R / $173 NR NKCC Instr: Jessica Gleason

Twos In Tutus Creative Dance
Age 2 with parent
Don’t wait until you’re three to twirl in your tutu! Bring your mom in her sweats (it’s ok), and twirl to the music in your own special way. And when you turn three, you’ll be ready we bet, for Preschool Dance A and a pirouette! Leather soled ballet slippers required. This class is 5 weeks.
No class Nov 11, 25, 26, Jan 20.
8626 Mon Sept 9-Oct 14 9:10am-9:40am
8627 Mon Oct 28-Dec 16 9:10am-9:40am
8628 Mon Jan 6-Feb 10 9:10am-9:40am
8629 Mon Feb 24-Mar 30 9:10am-9:40am
8630 Mon Jan 7-Feb 10 9:10am-9:40am
$30 R / $36 NR NKCC Instr: Osiris Reynoso-Lotts
8631 Mon Feb 25-Mar 31 9:10am-9:40am
8632 Tue Sept 10-Oct 15 3:15pm-3:45pm
8633 Tue Oct 29-Dec 10 3:15pm-3:45pm
8634 Tue Jan 7-Feb 11 3:15pm-3:45pm
8635 Tue Feb 25-Mar 31 3:15pm-3:45pm
$30 R / $36 NR NKCC Instr: Fawnia Chauvaux

Parent & Child

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

CLASS REQUIREMENTS
★ Children must be able to follow directions and participate in small group settings with a parent present.
★ Please take your child to the bathroom before class.
★ No siblings other than infants in carriers; registered participants only.
★ Refer to class description for “no class” dates.
★ Please be on time!
★ Individual classes that are canceled due to instructor illness or emergencies will be made up the week following the end date of class, where the schedule allows. If the schedule does not allow for a make-up class, a refund will be issued. The refund policy is on page 4.

Any responsible adult is welcome to accompany a child and participate in our programs—aunts, uncles, grandparents, care givers, etc.
Kids in Motion  New Saturday Winter programs

Up and over, under and through, balls and streamers, tunnels and YOU! Meet friends, build confidence, and have FUN developing large muscle motor skills. This program progresses with your children... they'll be crawling, climbing, balancing, and bouncing their way through each class! No class Jan 20, Feb 17.

Parent/Child Motion I

Age 1½-2½ Short session with holiday themed music and activities. Child must be walking!

<table>
<thead>
<tr>
<th>Date</th>
<th>Days</th>
<th>Time</th>
<th>Registration Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>8359 Mon</td>
<td>Sept 9-Oct 7</td>
<td>9:30am-10:15am</td>
<td>$40 R / $48 NR NKCC Instr: Jessica Anderson</td>
</tr>
<tr>
<td>8365 Mon</td>
<td>Dec 2-Dec 16</td>
<td>9:30am-10:15am</td>
<td>$24 R / $29 NR NKCC Instr: Jessica Anderson</td>
</tr>
<tr>
<td>8374 Mon</td>
<td>Jan 6-Feb 24</td>
<td>9:30am-10:15am</td>
<td>$48 R / $58 NR NKCC Instr: Jessica Anderson</td>
</tr>
<tr>
<td>8375 Mon</td>
<td>Mar 2-Mar 30</td>
<td>9:30am-10:15am</td>
<td>$40 R / $48 NR NKCC Instr: Jessica Anderson</td>
</tr>
<tr>
<td>8360 Wed</td>
<td>Sept 11-Oct 9</td>
<td>9:30am-10:15am</td>
<td>$40 R / $48 NR NKCC Instr: Jessica Anderson</td>
</tr>
<tr>
<td>8366 Wed</td>
<td>Dec 4-Dec 18</td>
<td>9:30am-10:15am</td>
<td>$24 R / $29 NR NKCC Instr: Jessica Anderson</td>
</tr>
<tr>
<td>8376 Wed</td>
<td>Jan 8-Feb 12</td>
<td>9:30am-10:15am</td>
<td>$48 R / $58 NR NKCC Instr: Jessica Anderson</td>
</tr>
<tr>
<td>8377 Wed</td>
<td>Feb 26-Mar 25</td>
<td>9:30am-10:15am</td>
<td>$40 R / $48 NR NKCC Instr: Jessica Anderson</td>
</tr>
<tr>
<td>8367 Thur</td>
<td>Dec 5-Dec 19</td>
<td>9:50am-10:35am</td>
<td>$48 R / $58 NR NKCC Instr: Jessica Anderson</td>
</tr>
<tr>
<td>8361 Thur</td>
<td>Jan 9-Feb 13</td>
<td>9:50am-10:35am</td>
<td>$48 R / $58 NR NKCC Instr: Jessica Anderson</td>
</tr>
<tr>
<td>8378 Thur</td>
<td>Feb 27-Mar 26</td>
<td>9:50am-10:35am</td>
<td>$40 R / $48 NR NKCC Instr: Jessica Anderson</td>
</tr>
<tr>
<td>8379 Sat</td>
<td>Jan 11-Feb 15</td>
<td>9:00am-9:45am</td>
<td>$48 R / $58 NR NKCC Instr: Jessica Anderson</td>
</tr>
<tr>
<td>8388 Sat</td>
<td>Feb 29-Mar 28</td>
<td>9:00am-9:45am</td>
<td>$40 R / $48 NR NKCC Instr: Jessica Anderson</td>
</tr>
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</table>

Parent/Child Motion II

Age 2-3

<table>
<thead>
<tr>
<th>Date</th>
<th>Days</th>
<th>Time</th>
<th>Registration Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>8612 Mon</td>
<td>Sept 9-Oct 7</td>
<td>10:20am-11:05am</td>
<td>$40 R / $48 NR NKCC Instr: Jessica Anderson</td>
</tr>
<tr>
<td>8371 Mon</td>
<td>Dec 2-Dec 16</td>
<td>10:20am-11:05am</td>
<td>$24 R / $29 NR NKCC Instr: Jessica Anderson</td>
</tr>
<tr>
<td>8368 Mon</td>
<td>Jan 6-Feb 24</td>
<td>10:20am-11:05am</td>
<td>$48 R / $58 NR NKCC Instr: Jessica Anderson</td>
</tr>
<tr>
<td>8613 Mon</td>
<td>Mar 2-Mar 30</td>
<td>10:20am-11:05am</td>
<td>$40 R / $48 NR NKCC Instr: Jessica Anderson</td>
</tr>
<tr>
<td>8369 Wed</td>
<td>Sept 11-Oct 9</td>
<td>10:20am-11:05am</td>
<td>$40 R / $48 NR NKCC Instr: Jessica Anderson</td>
</tr>
<tr>
<td>8363 Wed</td>
<td>Oct 23-Nov 20</td>
<td>10:20am-11:05am</td>
<td>$40 R / $48 NR NKCC Instr: Jessica Anderson</td>
</tr>
<tr>
<td>8372 Wed</td>
<td>Dec 4-Dec 18</td>
<td>10:20am-11:05am</td>
<td>$24 R / $29 NR NKCC Instr: Jessica Anderson</td>
</tr>
<tr>
<td>8381 Wed</td>
<td>Jan 8-Feb 12</td>
<td>10:20am-11:05am</td>
<td>$48 R / $58 NR NKCC Instr: Jessica Anderson</td>
</tr>
<tr>
<td>8382 Wed</td>
<td>Feb 26-Mar 25</td>
<td>10:20am-11:05am</td>
<td>$40 R / $48 NR NKCC Instr: Jessica Anderson</td>
</tr>
<tr>
<td>8370 Thur</td>
<td>Dec 5-Dec 19</td>
<td>10:45am-11:30am</td>
<td>$48 R / $58 NR NKCC Instr: Jessica Anderson</td>
</tr>
<tr>
<td>8364 Thur</td>
<td>Oct 24-Nov 21</td>
<td>10:45am-11:30am</td>
<td>$40 R / $48 NR NKCC Instr: Jessica Anderson</td>
</tr>
<tr>
<td>8373 Thur</td>
<td>Dec 5-Dec 19</td>
<td>10:45am-11:30am</td>
<td>$24 R / $29 NR NKCC Instr: Jessica Anderson</td>
</tr>
<tr>
<td>8891 Thur</td>
<td>Jan 9-Feb 13</td>
<td>10:45am-11:30am</td>
<td>$48 R / $58 NR NKCC Instr: Jessica Anderson</td>
</tr>
<tr>
<td>8384 Thur</td>
<td>Feb 27-Mar 26</td>
<td>10:45am-11:30am</td>
<td>$40 R / $48 NR NKCC Instr: Jessica Anderson</td>
</tr>
<tr>
<td>8389 Thur</td>
<td>Jan 11-Feb 15</td>
<td>9:50am-10:35am</td>
<td>$48 R / $58 NR NKCC Instr: Jessica Anderson</td>
</tr>
<tr>
<td>8390 Sat</td>
<td>Feb 29-Mar 28</td>
<td>9:50am-10:35am</td>
<td>$40 R / $48 NR NKCC Instr: Jessica Anderson</td>
</tr>
</tbody>
</table>

Don’t sit in the house—come out to play in our large multipurpose room where there’s lots of room to run! There are “Little Tikes” and “Step2-type” pedal and push buggies, cars, roller coaster and coupes, pirate ship climber, climber with slide, toddler teeter totter, kitchen set, small riding toys, wagon, rockers, trike, octopus merry-go-round, and small toy cars and trucks. We also include busy boxes, and miscellaneous pull and baby toys for the youngest participants. Adults must supervise children at all times.

North Kirkland Community Center
12421 103rd Ave NE
425.587.3350

See page 4 for Registration Information or Register Online at KirklandParks.net
Preschool Art & Music

**Move Over Mozart Piano Classes**

A piano-learning program where children participate in musical activities and learn from each other as well as their teacher. Learn to play familiar tunes on the piano, read music, and basic music theory for a lifetime of musical enjoyment. Having a piano at home is recommended but not required. Class recitals are scheduled throughout the year. New materials each session. Class size is limited to 6. Additional classes may be added based on wait lists. For more information visit moveovermozart.net. A one-time, $20 materials fee, payable to instructor, is due on the first day of class. No class Oct 31, Nov 11, 28, Jan 20, Feb 13–18.

**Age 3½–4**

| 8443 Mon | Sept 9-Dec 16 | 4:00pm-5:00pm |
| 8444 Mon | Sept 9-Dec 16 | 5:00pm-6:00pm |
| $210 R / $252 NR | NKCC | Instr: Move Over Mozart |
| 8458 Mon | Jan 6-Mar 16 | 4:00pm-5:30pm |
| 8460 Mon | Jan 6-Mar 16 | 5:00pm-6:30pm |
| $135 R / $162 NR | NKCC | Instr: Move Over Mozart |
| 8450 Tue | Sept 10-Dec 17 | 4:30pm-5:00pm |
| $225 R / $270 NR | NKCC | Instr: Move Over Mozart |
| 8465 Tue | Jan 7-Mar 17 | 4:30pm-5:00pm |
| $150 R / $180 NR | NKCC | Instr: Move Over Mozart |
| 8453 Thur | Sept 12-Dec 19 | 4:00pm-5:00pm |
| 8456 Thur | Sept 12-Dec 19 | 5:30pm-6:00pm |
| $195 R / $234 NR | NKCC | Instr: Move Over Mozart |
| 8468 Thur | Jan 9-Mar 19 | 4:00pm-5:00pm |
| 8471 Thur | Jan 9-Mar 19 | 5:30pm-6:00pm |
| $150 R / $180 NR | NKCC | Instr: Move Over Mozart |

**Age 5–6**

| 8445 Mon | Sept 9-Dec 16 | 4:30pm-5:00pm |
| 8459 Mon | Jan 6-Mar 16 | 4:30pm-5:00pm |
| $135 R / $162 NR | NKCC | Instr: Move Over Mozart |
| 8449 Tue | Sept 10-Dec 17 | 4:00pm-4:30pm |
| 8451 Tue | Sept 10-Dec 17 | 5:30pm-6:00pm |
| 8452 Tue | Sept 10-Dec 17 | 6:00pm-6:30pm |
| $225 R / $270 NR | NKCC | Instr: Move Over Mozart |
| 8464 Tue | Jan 7-Mar 17 | 4:00pm-4:30pm |
| 8466 Tue | Jan 7-Mar 17 | 5:30pm-6:00pm |
| 8467 Tue | Jan 7-Mar 17 | 6:00pm-6:30pm |
| $150 R / $180 NR | NKCC | Instr: Move Over Mozart |
| 8454 Thur | Sept 12-Dec 19 | 4:30pm-5:00pm |
| 8457 Thur | Sept 12-Dec 19 | 6:00pm-6:30pm |
| $195 R / $234 NR | NKCC | Instr: Move Over Mozart |
| 8469 Thur | Jan 9-Mar 19 | 4:30pm-5:00pm |
| 8472 Thur | Jan 9-Mar 19 | 6:00pm-6:30pm |
| $150 R / $180 NR | NKCC | Instr: Move Over Mozart |

**Move Over Mozart Advanced Piano Classes**

**Age 5–7** Admittance requires prior teacher approval. This is for the student that has already taken several sessions with Move Over Mozart. Class will focus on learning to read notes on the staff, recognizing patterns in the music and identifying intervals. For more information visit moveovermozart.net.

**Preschool Drawing Class**

**Age 3½–5**

| 8439 Mon | Sept 9-Dec 16 | 4:00pm-5:00pm |
| 8450 Mon | Sept 9-Dec 16 | 5:00pm-6:00pm |
| $210 R / $252 NR | NKCC | Instr: Move Over Mozart |
| 8458 Mon | Jan 6-Mar 16 | 4:00pm-4:30pm |
| 8460 Mon | Jan 6-Mar 16 | 5:00pm-5:30pm |
| $135 R / $162 NR | NKCC | Instr: Move Over Mozart |
| 8450 Tue | Sept 10-Dec 17 | 4:30pm-5:00pm |
| $225 R / $270 NR | NKCC | Instr: Move Over Mozart |
| 8465 Tue | Jan 7-Mar 17 | 4:30pm-5:00pm |
| $150 R / $180 NR | NKCC | Instr: Move Over Mozart |
| 8453 Thur | Sept 12-Dec 19 | 4:00pm-4:30pm |
| 8456 Thur | Sept 12-Dec 19 | 5:30pm-6:00pm |
| $195 R / $234 NR | NKCC | Instr: Move Over Mozart |
| 8468 Thur | Jan 9-Mar 19 | 4:00pm-4:30pm |
| 8471 Thur | Jan 9-Mar 19 | 5:30pm-6:00pm |
| $150 R / $180 NR | NKCC | Instr: Move Over Mozart |

**Valentine Workshop**

**Age 4–6** Embellish your valentine mailbox with stickers and more to store your beloved valentines. Create a special valentine craft, listen to a heartwarming story, and enjoy a valentine snack.

| 8775 Fri | Feb 14 | 10:00am-11:30am |
| $24 R / $29 NR | NKCC | Instr: Pamela Fisher |

**Art Adventures**

**Age 3–5** You’re a little bit older, and now ready for this, a safari in art you won’t want to miss. So lace up your boots, on a hunt we will go, that will take us through paint lands and mountains of dough. We’ll capture the colors and textures and more, and release them to projects you’re sure to adore!

| 8552 Wed | Sept 11-Sept 25 | 9:30am-10:15am |
| 8554 Wed | Oct 9-Oct 23 | 9:30am-10:15am |
| 8555 Wed | Nov 6-Nov 20 | 9:30am-10:15am |
| 8556 Wed | Dec 4-Dec 18 | 9:30am-10:15am |
| 8557 Wed | Jan 8-Jan 22 | 9:30am-10:15am |
| 8559 Wed | Feb 5-Feb 19 | 9:30am-10:15am |
| 8560 Wed | Mar 11-Mar 25 | 9:30am-10:15am |
| 8562 Fri | Sept 13-Sept 27 | 9:30am-10:15am |
| 8563 Fri | Oct 4-Oct 18 | 9:30am-10:15am |
| 8564 Fri | Nov 8-Nov 22 | 9:30am-10:15am |
| 8566 Fri | Dec 6-Dec 20 | 9:30am-10:15am |
| 8567 Fri | Jan 10-Jan 24 | 9:30am-10:15am |
| 8568 Fri | Feb 7-Feb 21 | 9:30am-10:15am |
| 8570 Fri | Mar 13-Mar 27 | 9:30am-10:15am |
| $32 R / $38 NR | NKCC | Instr: TBA |

**Special Interest**

**ABC & 123—Preschool & Kindergarten Readiness**

**Age 3½–4** Is your child ready for preschool or kindergarten? We’re here to help them develop the social, cognitive and language skills they need in this exciting play-based class! Students will be shown that learning is fun through science, art, and motor activities, as well as focused academic activities. 1-8 teacher student ratio. Learning has never been so much fun!

| 8480 Tue | Sept 10-Dec 17 | 9:15am-10:30am |
| 8303 Tue | Sept 10-Dec 17 | 10:45am-12:00pm |
| $190 R / $228 NR | NKCC | Instr: Kari Rohr |
| 8481 Tue | Jan 7-Mar 31 | 9:15am-10:30am |
| 8304 Tue | Jan 7-Mar 31 | 10:45am-12:00pm |
| $177 R / $212 NR | NKCC | Instr: Kari Rohr |

**Kindergarten Readiness**

ABC & 123—Preschool & Kindergarten Readiness

**Age 3½–4** Is your child ready for preschool or kindergarten? We’re here to help them develop the social, cognitive and language skills they need in this exciting play-based class! Students will be shown that learning is fun through science, art, and motor activities, as well as focused academic activities. 1-8 teacher student ratio. Learning has never been so much fun!

| 8480 Tue | Sept 10-Dec 17 | 9:15am-10:30am |
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| $190 R / $228 NR | NKCC | Instr: Kari Rohr |
| 8481 Tue | Jan 7-Mar 31 | 9:15am-10:30am |
| 8304 Tue | Jan 7-Mar 31 | 10:45am-12:00pm |
| $177 R / $212 NR | NKCC | Instr: Kari Rohr |
**Movement & Gymnastics**

**Little Tumblers 1**
FUNdamental tumbling is geared toward the 3 and 4 year old preschooler. Basic skills are taught on floor mats. Introduction to low balance beam, bar, and trampoline. Emphasis is placed on coordination, technique, and FUN! Please dress comfortably in shorts, T-shirts or leotards. *No clothing with buttons or zippers.

**Age 3-4**

<table>
<thead>
<tr>
<th>Registration Code</th>
<th>Date Range</th>
<th>Time</th>
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<tbody>
<tr>
<td>8825</td>
<td>Tue Sept 10-Oct 15</td>
<td>1:00pm-1:45pm</td>
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<td>8311</td>
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<td>4:30pm-5:15pm</td>
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<td>8830</td>
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<tr>
<td>Instr: Kari Rohr</td>
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</table>

**New Saturday Winter programs**

**Kids In Motion—New Saturday Winter programs**
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!

**Kids In Motion A**

**Age 2½-3** These 45-minute classes are for children only.

<table>
<thead>
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<tr>
<td>8396</td>
<td>Wed Oct 23-Nov 20</td>
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<td>$40 R / $48 NR</td>
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<tr>
<td>Instr: Jessica Anderson</td>
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<td></td>
</tr>
<tr>
<td>8397</td>
<td>Wed Dec 4-Dec 18</td>
<td>11:15am-12:00pm</td>
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<tr>
<td>$24 R / $29 NR</td>
<td>NKCC</td>
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<tr>
<td>Instr: Jessica Anderson</td>
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**Kids In Motion B**

**Age 3-4** These 45-minute classes are for children only.

<table>
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<td>11:35am-12:20pm</td>
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<tr>
<td>$40 R / $48 NR</td>
<td>NKCC</td>
<td></td>
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<tr>
<td>Instr: Jessica Anderson</td>
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<tr>
<td>8404</td>
<td>Thu Jan 9-Feb 13</td>
<td>11:35am-12:20pm</td>
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<tr>
<td>8409</td>
<td>Sat Jan 11-Feb 15</td>
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<td>Instr: Jessica Anderson</td>
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</table>

**Kids In Motion A—Holiday**

**Age 2½-3** This 3 week session will have holiday music and activities. These 45-minute classes are for children only.

<table>
<thead>
<tr>
<th>Registration Code</th>
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</thead>
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<tr>
<td>8397</td>
<td>Wed Dec 4-Dec 18</td>
<td>11:15am-12:00pm</td>
</tr>
<tr>
<td>$24 R / $29 NR</td>
<td>NKCC</td>
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<tr>
<td>Instr: Jessica Anderson</td>
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</tbody>
</table>

**Kids In Motion B—Holiday**

**Age 3-4** This 3 week session has holiday-themed music and activities. These 45-minute classes are for children only.

<table>
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<tr>
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<tr>
<td>$40 R / $48 NR</td>
<td>NKCC</td>
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<tr>
<td>Instr: Jessica Anderson</td>
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</table>

**Kids In Motion—On My Own**

**Age 2½-3** Perfect for children transitioning to non-parent participation. This half hour class is for children only.

<table>
<thead>
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<td>8392</td>
<td>Thu Oct 24-Nov 21</td>
<td>9:15am-9:45am</td>
</tr>
<tr>
<td>8394</td>
<td>Thu Feb 27-Mar 26</td>
<td>9:15am-9:45am</td>
</tr>
<tr>
<td>$26 R / $31 NR</td>
<td>NKCC</td>
<td></td>
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<tr>
<td>Instr: Jessica Anderson</td>
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</tr>
</tbody>
</table>

See page 4 for Registration Information or Register Online at KirklandParks.net 15
Preschoolers


Ballet A
Age 3-4½ This exciting introduction to creative dance emphasizes musical expression, coordination and movement exploration. Mirrors and music create an enchanting dance environment. Parents may join us for the last class to watch and take pictures. Ballet slippers required!

- *8645 Mon* Sept 9-Dec 16 9:45am-10:30am $130 R / $156 NR NKCC Instr: Jennifer Pineda
- *8651 Mon* Jan 6-Mar 23 9:45am-10:30am $100 R / $120 NR NKCC Instr: Jennifer Pineda
- *8646 Wed* Sept 11-Dec 18 10:30am-11:15am $140 R / $168 NR NKCC Instr: TBA
- *8656 Wed* Jan 8-Mar 25 10:30am-11:15am $120 R / $144 NR NKCC Instr: TBA

Ballet B
Age 4-6 Older preschoolers and children with previous dance experience will explore musicality, artistic expression and a repertoire of dance steps. Parents may join us for the last class to watch and take pictures. Ballet slippers required!

- *8658 Mon* Sept 9-Dec 16 11:25am-12:10pm $130 R / $156 NR NKCC Instr: Jennifer Pineda
- *8663 Mon* Jan 6-Mar 23 11:25am-12:10pm $100 R / $120 NR NKCC Instr: Jennifer Pineda
- *8659 Thur* Sept 12-Dec 19 11:15am-12:00pm $140 R / $168 NR NKCC Instr: Tiana Goldensohn
- *8664 Thur* Jan 9-Mar 26 11:15am-12:00pm $120 R / $144 NR NKCC Instr: Tiana Goldensohn
- *8660 Fri* Sept 13-Dec 20 11:00am-12:05pm $130 R / $156 NR NKCC Instr: Fawnia Chauvaux
- *8665 Fri* Jan 10-Mar 27 11:20am-12:05pm $120 R / $144 NR NKCC Instr: Fawnia Chauvaux
- *8661 Sat* Sept 14-Dec 21 10:40am-11:25am $130 R / $156 NR NKCC Instr: Tiana Goldensohn
- *8666 Sat* Jan 11-Mar 28 10:40am-11:25am $120 R / $144 NR NKCC Instr: Tiana Goldensohn
- *8662 Sat* Sept 14-Dec 21 12:25pm-1:10pm $140 R / $168 NR NKCC Instr: Grace Kincaid
- *8667 Sat* Jan 11-Mar 28 12:25pm-1:10pm $120 R / $144 NR NKCC Instr: Grace Kincaid

Ballet/Tap Combo A
Age 3-4½ Remember your first pair of shiny black tap shoes? We do! Tap was so much fun we added it to our Preschool Ballet Class! This class will introduce the very beginning movements of ballet and the toe tapping sounds of tap. Parents may join us for the last class to watch and take pictures. Ballet slippers and tap or dress shoes required!

- *8668 Mon* Sept 9-Dec 16 10:35am-11:20am $130 R / $156 NR NKCC Instr: Jennifer Pineda
- *8672 Mon* Jan 6-Mar 23 10:35am-11:20am $100 R / $120 NR NKCC Instr: Jennifer Pineda
- *8669 Tue* Sept 10-Dec 17 4:00pm-4:45pm $140 R / $168 NR NKCC Instr: Osiris Reynoso-Lotts
- *8673 Tue* Jan 7-Mar 24 4:00pm-4:45pm $120 R / $144 NR NKCC Instr: Osiris Reynoso-Lotts
- *8670 Wed* Sept 11-Dec 18 4:00pm-4:45pm $140 R / $168 NR NKCC Instr: Osiris Reynoso-Lotts
- *8674 Wed* Jan 8-Mar 25 4:00pm-4:45pm $120 R / $144 NR NKCC Instr: Osiris Reynoso-Lotts
- *8671 Thur* Sept 12-Dec 19 9:30am-10:15am $140 R / $168 NR NKCC Instr: Tiana Goldensohn
- *8675 Thur* Jan 9-Mar 26 9:30am-10:15am $120 R / $144 NR NKCC Instr: Tiana Goldensohn

Ballet/Tap Combo B
Age 4-6 Ballet and Tap are explored in this class for the older preschooler and also for children with previous dance experience. Parents may join us for the last class to watch and take pictures. Ballet slippers and tap or dress shoes required!

- *8676 Tue* Sept 10-Dec 17 4:50pm-5:35pm $140 R / $168 NR NKCC Instr: Osiris Reynoso-Lotts
- *8679 Tue* Jan 7-Mar 24 4:50pm-5:35pm $120 R / $144 NR NKCC Instr: Osiris Reynoso-Lotts
- *8677 Wed* Sept 11-Dec 18 12:15pm-1:00pm $140 R / $168 NR NKCC Instr: TBA
- *8678 Wed* Sept 11-Dec 18 4:50pm-5:35pm $140 R / $168 NR NKCC Instr: Osiris Reynoso-Lotts
- *8680 Wed* Jan 8-Mar 25 12:15pm-1:00pm $120 R / $144 NR NKCC Instr: TBA
- *8681 Wed* Jan 8-Mar 25 4:50pm-5:35pm $120 R / $144 NR NKCC Instr: Osiris Reynoso-Lotts

Jazz For Children
Age 3 to 4½ years Jazz—it’s fun, upbeat, and allows for just enough ‘free dance’. This might be the perfect combination class since ballet techniques are taught through jazz. Start with a simple warm up followed by intros to turns, kicks, and leaps, with time for free form expression. Parents may join us for the last class to watch and take pictures. Leather-soled ballet shoes required.

- *8640 Wed* Sept 11-Dec 18 9:40am-10:25am $140 R / $168 NR NKCC Instr: TBA
- *8642 Wed* Jan 8-Mar 25 9:40am-10:25am $120 R / $144 NR NKCC Instr: TBA
Knee Hi Investigators for 4’s & 5’s

In this preschool class we will investigate a variety of topics and include a science experiment or art activity. Each session there will be a new topic.

Dig In: Dinosaurs & Paleontology

**Age 4-5**
What is the biggest dinosaur? How tiny are T-Rex arms? How is a fossil formed? Explore earth’s prehistoric past while creating your own fossil and Dino skeletons. 3 classes.

8580 Tue Sept 10-Sept 24 10:30am-11:30am
$35 R / $42 NR NKCC Instr: Jessica Anderson

Adaptations of the Arctic/Antarctic

**Age 4-5**
Can you waddle like a penguin? Is a Narwhal really a sea unicorn? Learn why polar bears are white and how snowshoe hares got their name! Investigate this chilly area and create your own arctic fox! 3 classes.

8584 Tue Jan 7-Jan 21 10:30am-11:30am
$35 R / $42 NR NKCC Instr: Jessica Anderson

Apples, Pumpkins & Leaves

**Age 4-5**
Why are apples so many colors? Why do leaves change color? Will a tree REALLY grow in my tummy if I eat a seed? Explore life cycles of apple and pumpkins and create leaf rubbings as we learn the science of Fall! 3 classes.

8581 Tue Oct 8-Oct 22 10:30am-11:30am
$35 R / $42 NR NKCC Instr: Jessica Anderson

Jungle, Rainforest & Desert

**Age 4-5**
Put on your explorer hats and head across the world to learn about different environments. Each week we will create different plants and animals from a new ecosystem! 3 classes.

8582 Tue Nov 5-Nov 19 10:30am-11:30am
$35 R / $42 NR NKCC Instr: Jessica Anderson

Mad Scientist!

**Age 4-5**
Put on your safety goggles and prepare to get crazy! We are going to explore the fun, messy side of science while making volcanoes, slime and glow in the dark bubbles! 3 classes.

8583 Tue Dec 3-Dec 17 10:30am-11:30am
$35 R / $42 NR NKCC Instr: Jessica Anderson

Moons, Stars & Planets

**Age 4-5**
Let’s learn about space! Is there really a man in the moon? How do stars shoot across the sky? How hot is the sun? We’ll investigate these mysteries and many more! Come show off your inner astronaut while creating constellations and moon cycles! 3 classes.

8585 Tue Feb 4-Feb 18 10:30am-11:30am
$35 R / $42 NR NKCC Instr: Jessica Anderson

Seeds, Sprouts & Blossoms

**Age 4-5**
Learn how things grow! Where do flower seeds come from? What foods grow underground? How tall is the tallest tree? Investigate these questions while planting beans and painting with flowers! 3 classes.

8586 Tue Mar 10-Mar 24 10:30am-11:30am
$35 R / $42 NR NKCC Instr: Jessica Anderson

Cooking

Creating in the Kitchen—Holiday

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! Note Location: McAuliffe Park, 10824 NE 116th St. Kirkland, 98034 (enter off of 108th Ave NE). **No class Jan 20, Feb 17. Instr: Karen Renfroe-Gielgens**

**Age 3-5**
8190 Mon Sept 9-Oct 28 2:45pm-3:45pm
$105 R / $126 NR McAuliffe Park
8194 Mon Jan 6-Mar 23 2:45pm-3:45pm
$131 R / $157 NR McAuliffe Park

**Age 4-8**
8193 Mon Sept 9-Oct 28 4:15pm-5:15pm
$105 R / $126 NR McAuliffe Park
8195 Mon Jan 6-Mar 23 4:15pm-5:15pm
$131 R / $157 NR McAuliffe Park

See page 4 for Registration Information or Register Online at KirklandParks.net
Preschoolers

Sports

Pee Wee Sports Sampler
Kids will be able to sample a variety of basic sports skills, build self-confidence and have fun. The students will learn the elements that are needed to build a strong foundation of soccer, basketball, t-ball, track and field and more with a different sport spotlighted each week. Active adult participation is encouraged. Space is extremely limited—sign up early to reserve a spot! No class Nov 11, Dec 25, Jan 1, Jan 20, Feb 17.

Age 3-4
8758 Fri Sept 6-Oct 4 9:30am-10:20am
8760 Fri Sept 6-Oct 4 10:25am-11:15am
8764 Fri Oct 11-Nov 8 9:30am-10:20am
8765 Fri Oct 11-Nov 8 10:25am-11:15am
8768 Fri Nov 15-Dec 20 9:30am-10:20am
8769 Fri Nov 15-Dec 20 10:25am-11:15am
8772 Fri Jan 10-Feb 7 9:30am-10:20am
8773 Fri Jan 10-Feb 7 10:25am-11:15am
8913 Fri Feb 21-Mar 20 9:30am-10:20am
8914 Fri Feb 21-Mar 20 10:25am-11:15am
$65 R / $78 NR  NKCC

Age 5-6
8762 Fri Sept 6-Oct 4 11:20am-12:10pm
8763 Fri Sept 6-Oct 4 12:15pm-1:05pm
8766 Fri Oct 11-Nov 8 11:20am-12:10pm
8767 Fri Oct 11-Nov 8 12:15pm-1:05pm
8770 Fri Nov 15-Dec 20 11:20am-12:10pm
8771 Fri Nov 15-Dec 20 12:15pm-1:05pm
8774 Fri Jan 10-Feb 7 11:20am-12:10pm
8775 Fri Jan 10-Feb 7 12:15pm-1:05pm
8915 Fri Feb 21-Mar 20 11:20am-12:10pm
8916 Fri Feb 21-Mar 20 12:15pm-1:05pm
$65 R / $78 NR  NKCC

Pee Wee Basketball
Saturdays at Finn Hill Middle School

The Pee Wee Basketball League is focused on fun, participation and socialization. Develop basic motor skills such as dribbling/ball handling, shooting, passing/catching and running/agility that are needed to participate in organized basketball.

The league is structured in a “team” format meaning your child will be placed on a team of about 10 and assigned a volunteer coach. The program is one hour in duration with the first 20 or 30 minutes of the hour, depending on age division, devoted to practice. The last 30 or 40 minutes are reserved for a friendly, recreational-style basketball game. Game start times will range from 9am to 2pm and start on the hour. Game times will also vary each week. No class Nov 30, Feb 15.

Each player receives a t-shirt and end of season certificate of excellence!

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Pee Wee Basketball League:

Fall Division
Age 3-4  8851 Sat Oct 26-Dec 7 9am–11am
Age 5-6  8852 Sat Oct 26-Dec 7 11am–2pm
$84 R / $100 NR  Finn Hill Middle School

Winter Division
Age 3-4  8853 Sat Jan 11–Feb 22 9am–11am
Age 5-6  8854 Sat Jan 11–Feb 22 11am–2pm
$84 R / $100 NR  Finn Hill Middle School

Pee Wee Sports Volunteer Coaches Needed

- Basketball
- Soccer
- Multi-Sport

Our program would not be possible without the help of amazing volunteer coaches. The more coaches we get, the more kids we can get registered! Multiple Pee Wee Volunteer Coaches are needed for each age group. Coaches receive a coaches shirt and a coaches packet with lesson plans.

ABOUT BECOMING A COACH: 1–1.5 hours per week time commitment (practice, games, prep). We supply you with all your equipment. Seasons are generally two months long and games are non-competitive, fun and instructional. Volunteer coaches attend a mandatory pre-season informational meeting.

Please email sconway@kirklandwa.gov if you are interested in coaching!
TGA Preschool Tennis Lessons
Age 3-5 TGA (Teach, Grow, Achieve) combines athletics, academics, and life lessons into programs that ignite a passion in our students to explore and grow through sports while developing the foundations for an active and healthy lifestyle. Gear is provided by TGA, but equipment from home is welcomed. No class Nov 11, Feb 17.

8752 Mon Sept 16-Oct 21 12:15pm-1:15pm
8753 Mon Oct 28-Dec 9 12:15pm-1:15pm
8754 Mon Jan 27-Mar 9 12:15pm-1:15pm
8755 Mon Mar 16-Apr 20 12:15pm-1:15pm
$75 R / $87 NR NKCC Instr: TGA

Mighty Mite Martial Arts
Age 4-6 Miller Martial Arts Academy introduces Martial Arts to boys and girls. Learn non-violent conflict resolution, better concentration and listening skills, and build coordination, flexibility and self-control. At this age there will never be contact between participants. The last week of class we will have a graduation ceremony to a Mighty Mite White Belt. Location: Miller Martial Arts Academy, 8920 122nd Ave NE Kirkland. No class Oct 31.

8346 Wed Sept 11-Oct 30 2:45pm-3:15pm
8348 Sat Sept 14-Nov 2 11:00am-11:30am
8347 Wed Jan 8-Feb 26 2:45pm-3:15pm
8349 Sat Jan 11-Feb 29 11:00am-11:30am
$38 R / $46 NR Off Site Instr: Miller Martial Arts

Ice Skating
Whether you are a beginner or would like to enhance your present skill level (figure skating or ice hockey), we encourage children and adults to join. Students will be divided into their skill level first and age level second. Skates will be provided and helmets are highly recommended. Registration deadline is: Two weeks prior to start of first class. Please arrive ½ hour before class to get skates on. Please wear warm clothes. No class Oct 2.

Age 4-Adult
8718 Tue Sept 10-Oct 22 10:45am-11:45am
8732 Tue Nov 5-Dec 17 10:45am-11:45am
8734 Tue Jan 7-Feb 18 10:45am-11:45am
8736 Tue Mar 3-Apr 14 10:45am-11:45am
$199 R / $239 NR Sno-King Ice Arena/Kirkland 7 Wks

Age 5-Adult
8731 Wed Sept 11-Oct 23 6:00pm-7:00pm
8733 Wed Nov 6-Dec 18 6:00pm-7:00pm
$177 R / $205 NR Sno-King Ice Arena/Kirkland 6 Wks
8735 Wed Jan 8-Feb 19 6:00pm-7:00pm
8737 Wed Mar 4-Apr 15 6:00pm-7:00pm
$199 R / $239 NR Sno-King Ice Arena/Kirkland 7 Wks

Pee Wee Multi-Sport
Each week we will focus on a new sport while developing motor skills and hand-eye coordination. During the final 20 minutes of each class, participants will play in a game! Each player receives a t-shirt. Volunteers needed.

Age 3-4
8855 Sat Mar 7-Mar 28 9:30am-10:30am
$52 R / $62 NR Location: Finn Hill Middle School

Age 5-6
8856 Sat Mar 7-Mar 28 10:45am-11:45am
$52 R / $62 NR Location: Finn Hill Middle School

Special Interest
ABC & 123—Preschool & Kindergarten Readiness
Age 3½-4 Is your child ready for preschool or kindergarten? We’re here to help them develop the social, cognitive and language skills they need in this exciting play-based class! Students will be shown that learning is fun through science, art, and motor activities, as well as focused academic activities. 1-8 teacher student ratio. Learning has never been so much fun!

8480 Tue Sept 10-Dec 17 9:15am-10:30am
8303 Tue Sept 10-Dec 17 10:45am-12:00pm
$190 R / $228 NR NKCC Instr: Kari Rohr

8481 Tue Jan 7-Mar 31 9:15am-10:30am
8304 Tue Jan 7-Mar 31 10:45am-12:00pm
$177 R / $212 NR NKCC Instr: Kari Rohr

Mighty Mite Martial Arts
Age 4-6 Miller Martial Arts Academy introduces Martial Arts to boys and girls. Learn non-violent conflict resolution, better concentration and listening skills, and build coordination, flexibility and self-control. At this age there will never be contact between participants. The last week of class we will have a graduation ceremony to a Mighty Mite White Belt. Location: Miller Martial Arts Academy, 8920 122nd Ave NE Kirkland. No class Oct 31.

8346 Wed Sept 11-Oct 30 2:45pm-3:15pm
8348 Sat Sept 14-Nov 2 11:00am-11:30am
8347 Wed Jan 8-Feb 26 2:45pm-3:15pm
8349 Sat Jan 11-Feb 29 11:00am-11:30am
$38 R / $46 NR Off Site Instr: Miller Martial Arts

Ice Skating
Whether you are a beginner or would like to enhance your present skill level (figure skating or ice hockey), we encourage children and adults to join. Students will be divided into their skill level first and age level second. Skates will be provided and helmets are highly recommended. Registration deadline is: Two weeks prior to start of first class. Please arrive ½ hour before class to get skates on. Please wear warm clothes. No class Oct 2.

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$199 R / $239 NR Sno-King Ice Arena/Kirkland 7 Wks

Pee Wee Multi-Sport
Each week we will focus on a new sport while developing motor skills and hand-eye coordination. During the final 20 minutes of each class, participants will play in a game! Each player receives a t-shirt. Volunteers needed.

Age 3-4
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$52 R / $62 NR Location: Finn Hill Middle School

Age 5-6
8856 Sat Mar 7-Mar 28 10:45am-11:45am
$52 R / $62 NR Location: Finn Hill Middle School

See page 4 for Registration Information or Register Online at KirklandParks.net
Halloween Carnival
AGES 5 & UNDER WITH PARENT!
Friday, Oct. 25
10:00am - 12Noon
North Kirkland Community Center
12421 103rd Ave NE
$15.00* (per child)
(Wash. State sales tax will be added
*No refunds for special events)
Event Number: #8350
Pre-register at www.kirklandparks.net
or call 425-587-3336

Join us for a fun Father/Daughter
dance as we celebrate the beginning
of the winter season with an
enchanted evening of music and
dancing. Create a princess craft,
and enjoy refreshments. Dress up
in your finest since this will be a
magical night spent with dad,
grandpa, uncle, or other father
figure escort. Have a commemora-
tive photo taken as a treasured
memory.
Register each child separately
for course # 8352 at
www.kirklandparks.net
or call 425-587-3336.
NOTE: Please eat dinner before
coming to dance. Light
refreshments will be served.
$35.00 per child  (WA State Sales Tax included)
*No refunds for special events

Friday, March 20 · 6:30-8:30 pm · Ages 3 to 10 years
with Dad, Grandpas, uncles or other father figures.
Come along and follow me to the bottom of the sea we’ll
join in the Jamboree at the Mermaid Ball! Enjoy refresh-
ments, dancing, a mermaid craft, and a commemorative
photo.
Register each child separately for course # 8353 at
www.kirklandparks.net or call 425-587-3336.
NOTE: Please eat dinner before coming to the dance.
Light refreshments will be served.
$35.00 per child  (WA State Sales Tax included)
*No refunds for special events

Friday, March 20 · 6:30-8:30 pm
at North Kirkland Community Center (12421 103rd Ave. NE)
The Pee Wee Soccer League is focused on fun, participation and socialization. The league is structured in a “team” format meaning your child will be placed on a team of 10 and assigned a volunteer coach. The program is one hour in duration with the first 20 or 30 minutes of the hour, depending on age division, devoted to practice. The last 30 or 40 minutes are reserved for a friendly, recreational-style soccer game. Game start times will range from 9am to 2pm and start on the hour. One buddy request allowed. No games May 23.

Choose to play at one location:

**Emerson High School, 10903 NE 53rd St**

- Fall 3 to 4 year olds Sat Sept 7-Oct 12 5950
- Fall 5 to 6 year olds Sat Sept 7-Oct 12 5961

**132nd Square Park, 13159 132nd Ave NE**

- Fall 3 to 4 year olds Sat Sept 7-Oct 12 5952
- Fall 5 to 6 year olds Sat Sept 7-Oct 12 5953

**Emerson High School, 10903 NE 53rd St**

- Spring 3 to 4 year olds Sat April 18-May 30 8849
- Spring 5 to 6 year olds Sat April 18-May 30 8850

**Crestwoods Park, 1818 6th St**

- Spring 3 to 4 year olds Sat April 18-May 30 8847
- Spring 5 to 6 year olds Sat April 18-May 30 8848

**Resident $84 • Non-Resident $100**

**Volunteer Coaches Needed!**
**Young Rembrandts Art Camps**

**Winter Break Camps**

**Junior Zoo Workshop**
*Age 4-7*  Kids love to draw animals! Join us as we learn to draw a variety of animals found at our local zoo. We will draw giraffes, lions, tigers, birds and more. Our final day will result in one large scene of the zoo, divided into several habitats and incorporating the many animal friends we have learned to draw. Pencils, markers, Sharpies™ and color pencils will be used.

8441  Thur, Fri  Jan 2-Jan 3  9:30am-11:30am  
$79 R / $95 NR  NKCC  Instr: Young Rembrandts

**Animal Drawing Workshop**
*Age 6-12*  Kids love to draw animals! We will imagine ourselves at the zoo as we learn to draw a variety of different animals. On the first and second days, giraffes, lions, tigers, birds and more will be drawn. Our final day will result in one large scene of the zoo, divided into several habitats and incorporating the many animal friends we have learned to draw. Markers or color pencils will complete both our realistic and graphic style drawings.

8442  Thur, Fri  Jan 2-Jan 3  1:00pm-4:00pm  
$99 R / $119 NR  NKCC  Instr: Young Rembrandts

**Spring Break Camps**

**Curious George Junior Workshop**
*Age 4½-7*  Your Child will explore the world of H.A. and Margaret Rey in this five-day workshop full of art and books. Each day a different Curious George book will be read with the students. Afterwards, children will draw a Young Rembrandts lesson which incorporates one aspect of the book just read together. Children’s creativity and imagination will play together as students bring their favorite books to life through their detailed art.

8614  M-F  Apr 6-Apr 10  9:30am-11:30am  
$139 R / $167 NR  NKCC  Instr: Young Rembrandts

**Kings and Queens of Castle Drawing Workshop**
*Age 6-12*  Join Young Rembrandts as we travel back in time to the Middle Ages for our Castle Workshop. Princesses, knights, castles, and even dragons highlight the spectacular drawings our students will produce. Not only will our students learn how to illustrate period-specific characters and scenes, but they will also strengthen their drawing and coloring skills. From knights in shining armor to elegantly-dressed maidens, our students will learn how to compose a well-drawn figure. Get ready for five days of exciting, medieval imagery!

8616  M-F  Apr 6-Apr 10  1:00pm-4:00pm  
$199 R / $239 NR  NKCC  Instr: Young Rembrandts
Rhythmic Gymnastics & Creative Dance Camps

**Age 5-10** La Luna Rhythmic Gymnastics Academy summer camps are designed for the beginner and experienced girl gymnast. Balls, ribbons, and hoops will be emphasized along with ballet! Outdoor activities will be incorporated along with lots of fun and play. Two snacks are provided by the Academy. You provide a leotard, lunch, and water bottle. La Luna Academy, 11251 120th Ave NE #150 Kirkland, WA. www.cercadelaluna.com.

**Extended Care** Early morning from 8–9am and extended care from 4–5:30pm is available per week. This service is not pro-rated; it is one weekly flat rate no matter how many hours are used.

**Winter Break Camp**

**Age 5–10**

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates</th>
<th>Hours</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>8756</td>
<td>Thurs–Fri</td>
<td>Jan 2–3</td>
<td>9am–4pm</td>
<td>$120 R / $144 NR</td>
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**Extended Care**

<table>
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<th>Hours</th>
<th>Fee</th>
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<tr>
<td>8757</td>
<td>Wed–Fri</td>
<td>Dec 26–28</td>
<td>8am–5:30pm</td>
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**Spring Break Camp**

**Age 5–10**

<table>
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<th>Fee</th>
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<tr>
<td>8759</td>
<td>M–F</td>
<td>Apr 6–10</td>
<td>9am–4pm</td>
<td>$275 R / $330 NR</td>
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**Extended Care**

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<th>Dates</th>
<th>Hours</th>
<th>Fee</th>
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<tbody>
<tr>
<td>8761</td>
<td>M–F</td>
<td>Apr 6–10</td>
<td>8am–5:30pm</td>
<td>$40 R / $48NR</td>
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</table>

PLAY-WELL Engineering Camps with Lego® Materials

**PLAY-WELL LEGO® Minecraft Engineering**

**Age 5-9** Bring Minecraft to life using tens of thousands of LEGO® parts! Build engineer-designed projects such as a motorized Creeper, a portal to the Nether, and a moving Minecart! Create your favorite Minecraft objects with the guidance of an experienced Play-Well instructor. Whether you are new to Minecraft and the LEGO® building system or a seasoned veteran, you’ll be hooked on the endless creative possibilities. Bring a snack and water bottle each day.

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates</th>
<th>Hours</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>8133</td>
<td>Thur, Fri</td>
<td>Jan 2-Jan 3</td>
<td>1pm-4pm</td>
<td>$80 R / $96 NR</td>
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</tbody>
</table>

**PLAY-WELL LEGO® Winter Wonderland Engineering Camp**

**Age 5-9** Bundle up, we’re creating a spectacular Winter Wonderland! Build bobsleds, design snowmobiles, and take a ride on the Polar Express. Explore your snowiest ideas and learn STEM concepts with tens of thousands of LEGO® pieces at your mitten-tips and the guidance of an experienced Play-Well instructor. If you decide to sign up your child for both half-day camps, there will be staff supervision. Food not included, pack a lunch and a beverage. Bring a snack and water bottle each day.

<table>
<thead>
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<tr>
<td>8132</td>
<td>Thur, Fri</td>
<td>Jan 2-Jan 3</td>
<td>9am-12pm</td>
<td>$80 R / $96 NR</td>
</tr>
</tbody>
</table>
Soapstone Carving

**Age 8 & up** Participants will go through the entire process of carving a soapstone animal in this class. The pre-cut soapstone animals will be provided as well as all the tools needed. The instruction will be provided by a professional stone sculptor, Kentaro Kojima. The participant will start with filing the soapstone, then move on to sanding and polishing it. And finally, the instructor will use wax to seal the sculpture. Each participant will take home a beautiful carved soapstone animal.

8134 Sat Nov 2 10:00am-11:30am
8135 Sat Feb 1 10:00am-11:30am
8136 Sat Apr 11 10:00am-11:30am
$25 R / $30 NR  NKCC  Instr: Kentaro Kojima

Creating in the Kitchen—Holiday

**Age 4-8** Cook special holiday treats in this holiday cooking course! No class Nov 11.

8238 Mon Nov 4-Dec 9 4:15pm-5:15pm
$68 R / $82 NR  McAuliffe Park

Creating in the Kitchen

**Age 4-8** 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! Note location: McAuliffe Park, 10824 NE 116th St. Kirkland, 98034 (enter off of 108th Ave NE).

8193 Mon Sept 9-Oct 28 4:15pm-5:15pm
$105 R / $126 NR  McAuliffe Park
8195 Mon Jan 6-Mar 23 4:15pm-5:15pm
$131 R / $157 NR  McAuliffe Park
Instr: Karen Renfroe-Gielgens

Young Rembrandts Winter & Spring Break Camps

See page 22
Music

**Move Over Mozart Piano Classes**
A piano-learning program where children participate in musical activities and learn from each other as well as their teacher. Learn to play familiar tunes on the piano, read music, and basic music theory for a lifetime of musical enjoyment. Having a piano at home is recommended but not required. Class recitals are scheduled throughout the year. New materials each session. Class size is limited to 6. Additional classes may be added based on wait lists. For more information visit moveovermozart.net. A one-time, $20 materials fee, payable to instructor, is due on the first day of class. No class Oct 31, Nov 11, 28, Jan 20, Feb 13–18.

**Age 5-6**
- 8445 Mon Sept 9-Dec 16 4:30pm-5:00pm
- $210 R / $252 NR NKCC Instr: Move Over Mozart
- 8459 Mon Jan 6-Mar 16 4:30pm-5:00pm
- $135 R / $162 NR NKCC Instr: Move Over Mozart

**Age 7-8**
- 8446 Mon Sept 9-Dec 16 5:30pm-6:00pm
- $210 R / $252 NR NKCC Instr: Move Over Mozart
- 8461 Mon Jan 6-Mar 16 5:30pm-6:00pm
- $135 R / $162 NR NKCC Instr: Move Over Mozart

**Age 5-7**
Admittance requires prior teacher approval. This is for the student that has already taken several sessions with Move Over Mozart. Class will focus on learning to read notes on the staff, recognizing patterns in the music and identifying intervals. For more information visit moveovermozart.net. Must call to register for Advanced Piano classes. Eligibility would be previous enrollment in the Advanced Class or permission by Pamela Cornell at misspam@moveovermozart.net. No class Feb 18.

**Age 9-12**
- 8447 Mon Sept 9-Dec 16 6:00pm-6:30pm
- $210 R / $252 NR NKCC Instr: Move Over Mozart
- 8462 Mon Jan 6-Mar 16 6:00pm-6:30pm
- $135 R / $162 NR NKCC Instr: Move Over Mozart

**Guitar**

**Guitar Song Workshop**
Age 15 & up A great sequel for those who have taken the Guitar Turbo Charge class with a focus on songs. Or for intermediate players who know basic major and minor chords, and maybe even starting to get into barre chords. Learn and practice your favorite songs using basic techniques. Acoustic and Electric.

**Age 15 & up**
- 8618 Mon Sept 16-Nov 4 5:15pm-6:15pm
- 8619 Mon Jan 6-Mar 9 5:15pm-6:15pm
- $98 R / $118 NR NKCC Instr: Scott Lawson

**Beginning Guitar Turbo Charge**
Age 15 & up 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.

**Age 15 & up**
- 8621 Mon Sept 16-Nov 4 6:30pm-7:30pm
- 8623 Mon Jan 6-Mar 9 6:30pm-7:30pm
- $98 R / $118 NR NKCC Instr: Scott Lawson

See page 4 for Registration Information or Register Online at KirklandParks.net
Youth & Teen

Special Interest

Young Ladies and Gentleman
Age 6-11 Manners are the key to building positive friendships and strong self-confidence. This fun, hands-on workshop explores the value of kindness and respect for others and their practical applications in introductions and handshakes, table manners, personal care, posture, telephone etiquette and more. Bring supply fee of $5 payable to the instructor for Etiquette Booklet.

8270 Sat Sept 28 9:30am-12:30pm
8271 Sat Nov 9 9:30am-12:30pm
8272 Sat Feb 22 9:30am-12:30pm
$46 R / $55 NR NKCC Instr: Final Touch School

Super Sitters
Age 11-15 Students completing this course will be better prepared to provide a safer and more positive infant/child care experience. The class includes parent expectations, basic first aid, home and fire safety, Heimlich maneuver, telephone tips, toys and activities and infant care. Participants receive a Babysitting 101 handbook and a course completion card. Bring a morning snack, a sack lunch, and a drink.

8335 Sat Oct 5 9:00am-2:00pm
8336 Sat Mar 7 9:00am-2:00pm
$52 R / $62 NR NKCC Instr: Super Sitters LLC

Self Defense for Children with Parent
Age 9-12 Keep the magic of childhood safe in this low-key, friendly, and age-appropriate safety skills class 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.

8919 Sat Sept 28 12:00pm-2:00pm
8345 Sat Jan 11 12:00pm-2:00pm
$57 R / $68 NR NKCC Instr: Strategic Living, LLC

Self Defense for Teen Girls
Age 14-19 This 3-hour class will educate teen girls about potentially risky situations. We will cover 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. Great class to take with a friend! Class size limited to 17!

8342 Sat Jan 25 9:00am-12:00pm
$60 R / $72 NR NKCC Instr: Strategic Living, LLC

Home Alone Safe Kids 101
Age 9-13 This three-hour home alone class will help your 9 to 13-year-old take the next step in independence while giving you peace of mind. Topics include: responsibilities when staying home alone, simple first aid and abdominal thrusts for choking victims, how to navigate the online world, and fire safety. We’ll also discuss the truth behind abuse, abduction, and stranger danger. All participants will receive the Safe Kids 101 book. Please bring a snack and a drink.

8337 Sat Nov 23 9:00am-12:00pm
8338 Sat Feb 29 9:00am-12:00pm
$45 R / $54 NR NKCC Instr: Super Sitters LLC

Ugly Holiday Sweater Workshop
Age 13 & up Why buy an ugly Christmas sweater this year when you can create a one-of-a-kind contest winner in this fun-filled workshop. Bring your own sweater from home to life with tinsel, ornaments, and holiday pizzazz! Also make a matching “ugly” headband to go with it! If you don’t have a sweater... undecorated sweaters will be available for sale at class. These make cute kids sweaters too, create one for everyone in the family! Limit of 3 sweaters per registered participant. Materials fee payable to instructor on day of class: $15 (includes 1 headband and embellishments for 1 sweater & headband, each additional sweater décor is $12).

8358 Sat Nov 16 9:30am-12:30pm
$49 R / $59 NR NKCC Instr: Karalee Wiserman

Chess
Age 3½-7 Empower your Child’s brain with Chess! This class will give your child an introduction to chess, basic rules, game principals, and etiquette in a kid friendly teaching style. Kids love chess!

8887 Sat Sept 21-Oct 26 10:00am-10:45am
8888 Sat Jan 25-Mar 7 10:00am-10:45am
$140 R / $168 NR NKCC Instr: Carlos Portillo

See Adult Chess on page 42!
Dance, Movement & Gymnastics

Hip Hop Boys

Age 5-7 Boys can benefit from dance and the concentration and strength that dance builds. These classes are designed to encourage athleticism and to feel more comfortable and accomplished in an environment designed just for boys. Express yourself through music and dance using the dynamic dance style of hip hop, focusing on the culture, attitude, style, and funk. No class Oct 31, Nov 28.

8240 Thur Sept 12-Oct 17 5:20pm-6:05pm
8243 Thur Oct 24-Dec 12 5:20pm-6:05pm
8247 Thur Jan 9-Feb 13 5:20pm-6:05pm
8250 Thur Feb 27-Apr 2 5:20pm-6:05pm
$60 R / $72 NR NKCC Instr: Shawna Wynd

Hip Hop Girls

Age 5-7 In this high-energy, age appropriate class, girls will learn the latest moves to “today’s” (clean version) of music. Build self-esteem, enhance your coordination and stay fit. Wear comfortable clothing and shoes, and bring a water bottle to class! No class Oct 31, Nov 28.

8239 Thur Sept 12-Oct 17 4:30pm-5:15pm
8242 Thur Oct 24-Dec 12 4:30pm-5:15pm
8246 Thur Jan 9-Feb 13 4:30pm-5:15pm
8249 Thur Feb 27-Apr 2 4:30pm-5:15pm
$60 R / $72 NR NKCC Instr: Shawna Wynd

Hip Hop Youth

Age 7-11 Bust a move in this fun, high energy, street dance style class taught to “cleaned-up” versions of fast paced Hip Hop music. For newbies and kids with experience. Wear comfortable clothing and shoes, and bring a water bottle to class! No class Oct 31, Nov 28.

8241 Thur Sept 12-Oct 17 6:15pm-7:00pm
8244 Thur Oct 24-Dec 12 6:15pm-7:00pm
8248 Thur Jan 9-Feb 13 6:15pm-7:00pm
8251 Thur Feb 27-Apr 2 6:15pm-7:00pm
$60 R / $72 NR NKCC Instr: Shawna Wynd

Ballet/Tap Combo C

Age 5-7 For students who have completed Ballet/Tap Combo B. We’re going to be busy developing & expanding on the skills that were introduced in Combo B. Parents may join us for the last class to watch and take pictures. Ballet slippers and tap or dress shoes required! Ballet and tap shoes required. No class Nov 26–27.

8682 Tue Sept 10-Dec 17 5:45pm-6:30pm
$140 R / $168 NR NKCC Instr: Osiris Reynoso-Lotts
8683 Wed Sept 11-Dec 18 5:45pm-6:30pm
$140 R / $168 NR NKCC Instr: TBA
8684 Tue Jan 7-Mar 24 5:45pm-6:30pm
$120 R / $144 NR NKCC Instr: Osiris Reynoso-Lotts
8685 Wed Jan 8-Mar 25 5:45pm-6:30pm
$120 R / $144 NR NKCC Instr: TBA

Ballet 1 Youth

Age 5-7 This class introduces ballet technique to the older student while challenging the younger experienced student. Ballet vocabulary, alignment, posture, strength, and fluidity will be the focus through barre exercises, floor, and center work. Prerequisite for 5 year olds: Preschool Dance B or equivalent experience. 5 year olds must register by phone at 425-587-3350. Bring your cameras for Parent Watch day on the last day of session. Leather soled ballet shoes required. No class on Nov 30.

8643 Sat Sept 14-Dec 21 11:30am-12:20pm
$140 R / $168 NR NKCC Instr: Grace Kincaid
8644 Sat Jan 11-Mar 28 11:30am-12:20pm
$120 R / $144 NR NKCC Instr: Grace Kincaid

Teen Ballet

Age 10 & up Learn ballet technique, dance vocabulary, practice exercises at the barre, stretching and center floor work. Emphasis is on improving balance, coordination, alignment and strength all taught in a positive and supportive environment. Students will also learn specific steps and creative movement. This fun, invigorating class for boys and girls is a balance of activities and musical awareness. Two ballet classes per week are recommended for continual progress. No class Nov 11, Dec 23, Dec 30, Jan 20, Feb 17.

8517 Mon Sept 9-Oct 14 4:15pm-5:15pm
8524 Mon Oct 21-Dec 2 4:15pm-5:15pm
8525 Mon Dec 9-Feb 3 4:15pm-5:15pm
$66 R / $79 NR PKCC Instr: Marco Carrabba
8526 Mon Feb 10-Mar 23 4:15pm-5:15pm
$22 R / $26 NR PKCC Instr: Marco Carrabba
Sports

Ice Skating

Whether you are a beginner or would like to enhance your present skill level (figure skating or ice hockey), we encourage children and adults to join. Skates will be divided into their skill level first and age level second. Skates will be provided and helmets are highly recommended. Registration deadline is: Two weeks prior to start of first class. Please arrive ½ hour before class to get skates on. Please wear warm clothes. No class Oct 2.

Age 4-Adult

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<tr>
<th>Code</th>
<th>Day</th>
<th>Start Date</th>
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<tr>
<td>8734</td>
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<td>Jan 7</td>
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</tr>
<tr>
<td>8736</td>
<td>Tue</td>
<td>Mar 3</td>
<td>Apr 14</td>
<td>10:45am-11:45am</td>
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Dream Team Cheer Squad

**Age 7-15** 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 cost may be incurred for this class.

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<th>Code</th>
<th>Day</th>
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<td>Sept 19</td>
<td>Oct 24</td>
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</tr>
<tr>
<td>8308</td>
<td>Thur</td>
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<td>Dec 19</td>
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<tr>
<td>8309</td>
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<tr>
<td>8310</td>
<td>Thur</td>
<td>Feb 27</td>
<td>Apr 2</td>
<td>5:00pm-6:30pm</td>
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$89 R / $107 NR  NKCC  Instr: Eastside Dream Elite

Ice Skating

Whether you are a beginner or would like to enhance your present skill level (figure skating or ice hockey), we encourage children and adults to join. Skates will be provided and helmets are highly recommended. Registration deadline is: Two weeks prior to start of first class. Please arrive ½ hour before class to get skates on. Please wear warm clothes. No class Oct 2.

Age 4-Adult

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<th>Code</th>
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<td>Dec 18</td>
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<tr>
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$171 R / $205 NR  Sno-King Ice Arena/Kirkland  6 Wks

Age 5-Adult

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<th>Day</th>
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<tr>
<td>8331</td>
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<td>8333</td>
<td>Wed</td>
<td>Nov 6</td>
<td>Dec 18</td>
<td>6:00pm-7:00pm</td>
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$199 R / $239 NR  Sno-King Ice Arena/Kirkland  7 Wks

TopNotch Infant Safety

**Age 13 & up** This course is designed for expectant and new parents, grandparents and other family members as well as childcare providers and babysitters. While certification cards are not issued, about one third of the course is spent practicing infant CPR and choking rescue technique. The class covers a broad range of infant safety and injury prevention topics: Car Seat Safety, water safety, burn and fire safety, choking, suffocation and safe sleep, falls, entrapment and strangulation, poison safety, outdoor safety, illness guidelines, escape and emergency plans, and many other safety issues in addition to resources. If registering as a couple call our main line at 425-587-3336 to receive registration discount.

<table>
<thead>
<tr>
<th>Code</th>
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<tr>
<td>8339</td>
<td>Sat</td>
<td>Oct 12</td>
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<tr>
<td>8340</td>
<td>Sat</td>
<td>Feb 8</td>
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$43 R / $52 NR  NKCC  Instr: Cindy Tucker

Birthday Party Package

For Ages 5 and under. Includes indoor playground toys in the multi-purpose room and access to a classroom for food, decorations, presents etc.

Max. 35 People · $150 R / $180 NR · $100 Damage Deposit

Have your Birthday Party at the North Kirkland Community Center!

Party packages available Sept—May on Saturdays, 11:30am-1:30pm

Birthday Party Package

For Ages 5 and under. Includes indoor playground toys in the multi-purpose room and access to a classroom for food, decorations, presents etc.

Pickleball Party Package

For Ages 6 and up. Includes pickleball in the multi-purpose room and access to a classroom for food, decorations, presents etc.

Max. 35 People · $150 R / $180 NR · $100 Damage Deposit
The purpose of the City of Kirkland Basketball League is to give each child the opportunity to learn the importance of good sportsmanship and fair play in competition.

Our coaches strive to teach the basic rules, skills and techniques involved in basketball so that each child may play and enjoy the game. Through basketball, we hope to provide all players the opportunity to create friendships, learn new skills and have FUN.

STAFF NEEDED
Officials/Gym Supervisors
We are hiring basketball officials for the 2020 youth basketball season. The pay range is approximately $13.50–$16 per hour. Shifts are Saturdays between 8am and 5pm. Training is provided. Minimum age is 16 years old. For more information call 425-587-3334 or visit kirklandwa.gov/ParksJobs to apply.

Sponsored by Land O’Frost

League Registration Fee: $136 Resident / $163 Non-Resident

To register visit: www.kirklandparks.net or call 425.587.3334

Registration after October 28 will be available based on league numbers.

<table>
<thead>
<tr>
<th>BOYS LEAGUE</th>
<th>GIRLS LEAGUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>3rd Grade Boys 8264</td>
<td>3rd Grade Girls 8253</td>
</tr>
<tr>
<td>4th Grade Boys 8265</td>
<td>4th Grade Girls 8261</td>
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<tr>
<td>5th Grade Boys 8266</td>
<td>5th Grade Girls 8262</td>
</tr>
<tr>
<td>6th Grade Boys 8268</td>
<td>6th Grade Girls 8263</td>
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Season Begins December 3; your coach will contact players by phone or email the week of November 18. The coach will be providing you with information about your practice time and location.

Games will begin Saturday, January 11, 2020. Each team is guaranteed eight games. KPCS youth basketball games are played on Saturdays between 8am–5pm.

Practice begins practicing the week of December 2. Teams will practice at least once a week and a second practice will be added if gym space is available. Practices will be scheduled on weekdays between 5pm and 8pm.

Uniforms are generously provided by Land O’ Frost and will be handed out by coaches before the first game.

www.kirklandwa.gov/youthbasketball

Volunteer Coaching Application
If you would like to be a coach, please visit www.kirklandwa.gov/youthbasketball and fill out the ONLINE application!!

Coaches Needed For Each Team!!

See page 4 for Registration Information or Register Online at KirklandParks.net
REGISTRATION FEES/DEPOSITS

MONTHLY FEE $300
(Paid at time of registration)

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

REGISTRATION

ONLINE at kirklandparks.net with full payment only
BY PHONE at 425.587.3336
In person at these locations:
- Peter Kirk Community Center, 352 Kirkland Ave
- North Kirkland Community Center, 12421 103rd Ave NE
- Parks & Community Services Dept
- City Hall, 123 5th Ave

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 will be granted with less than two (2) weeks’ notice.

PETER KIRK AFTER SCHOOL CAMP TRANSPORTATION
Transportation from Peter Kirk Elementary 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 $100 per month (December 2019 and June 2020 will be pro-rated).
Camp will follow the Lake Washington School District calendar and will be closed on days that school is not in session (this includes inclement weather closures). No transportation will be offered when LWSD is on limited bus service.

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 is unable to dispense any type of medication to participants.

All camp fees include a $25 non-refundable deposit. Camp is located at Peter Kirk Community Center, 352 Kirkland Ave.

REGISTRATION FOR THE 2019-2020 SCHOOL YEAR IS FULL. WAIT LIST AVAILABLE.

After-school camp offers a quality after school experience for children grades K-5. Our staff offers a unique blend of recreation and educational activities in a relaxed, fun and safe environment.

**Peter Kirk After School Camp**

For Grades K-5

Mon, Tue, Thur, Fri 3:30-6pm • Wed 2-6pm
(Parents must sign child out at the end of each day)

Looking Ahead: Registration for the 2020-2021 school year begins March 2020
Mini-Grant Program
The City of Kirkland offers a mini-grant program for teen related programs and services. The purpose of these grants is to provide short-term, limited funding for Kirkland youth and community groups for projects, activities, events, and training. Members of the Kirkland Youth Council review the grants three times every year (around the 15th of October, January, and April). So if you have a school dance, training, or special event coming up and are in need of some $5, call (425) 587-3323 or contact us via email at rschubiger@kirklandwa.gov.

Community Service Opportunities
Are you a teen in need of community service hours? Want to spend your volunteer time doing something you like? There are all sorts of ways to earn these hours and help your local community in the process! The “Where to Care Guide” is a teen specific comprehensive guide to volunteering on the Eastside. Opportunities are listed by area of interest and show all basic information on listed organizations (www.kirklandwa.gov/Assets/Parks/Parks+PDFs/Where+t+o+c+care+Guide.pdf). You can also request a guide by calling (425) 587-3323.

Teen Traffic Court
Have you or someone you know just been given a traffic ticket by a Kirkland cop? Do you want it taken off your record? The Kirkland Youth Council, in cooperation with Kirkland Municipal Court, runs the monthly Teen Traffic Court (TTC) program. TTC offers Kirkland teens the opportunity to have moving violations heard in front of a judge and jury of their peers. Teens that have been issued a notice of infraction by jurisdictions served by Kirkland Municipal Court (Clyde Hill, Hunts Point, Yarrow Point, 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.

We’ve Got Issues Video
Have you seen the Kirkland Youth Council’s video program, “We’ve Got Issues”, recently? This is a video program that is hosted, edited, filmed, and produced, by teens for teens. “We’ve Got Issues” airs on our local access channel, KGOV Channel 21. Recent programs have addressed topics such as stereotypes, suicide, and mental health. If you are interested in helping us with one of our programs or have a topic idea, please contact us at our email address, KYC@KIRKLANDWA.GOV, or by phone at (425) 587-3323.
Through the Kirkland Teen Union Building, the Y strives to meet and exceed the social and cultural needs of young people while offering resources that empower them to become active, caring and responsible community members. As a recreation, resource and arts center, this unique facility gives teens a positive, supportive environment to develop their skills, connect with their peers and make a difference locally. Join us alongside community partners and The City of Kirkland as we work towards strengthening the community together.

Fall & Winter Hours
Mon, Tues, Thur ...........2:00 -7:00pm
Wed, Fri ................... 1:00 -7:00pm

Café Stage:
It’s Friday Night! Come check out what is happening on the KTUB Café Stage. Open to all ages 13 and up.
1st Friday: Karaoke ..........6:00-8:00pm
2nd Friday: Poetry Unjudged.  ..6:30-8pm
1st & 3rd Friday: Open Mic . 6:00-8:00pm
For more specifics contact KTUB staff Malia, MVillani@seattleymca.org

Drop In
Anyone age 13 to 19 is welcome at KTUB during our open hours of operation. Play pool, video games, or ping pong, or check your email in our career center. We have many planned and spur-of-the-moment activities from cooking classes to occasional field trips. Drop-In Activities Include: Art Club, Music Exploration, Open Mic, Career Services, Leadership, Recreation, Video Technology, and more.

REGISTER @ YMCAKTUB.ORG

KTUB programs

Ages 13–19
KTUB offers a regular schedule of classes with special offerings throughout the year. Programs range from video gaming to painting to learning about live sound. While some of our classes have small joining fees, we always strive to make rates affordable and make scholarships available. Because many of our programs are based on youth voice and input, we are constantly adding new and exciting options. For most up to date information visit our website at ymcaktub.org or email info@ymcaktub.org.

Monthly Community Service
Come join KTUB on their monthly service projects, and gain some community service hours as well! Take part in fun projects such as, teaching kids technology, connecting with seniors, community cleanup, and many more. Each month there will be a different opportunity!
Contact Carlos Guerrero, CGuerrero@Seattleymca.org, for specifics • Transportation is provided

KTUB Tutoring
Wednesdays, 3:00–5:00pm
Need Math help? KTUB has tutoring available for Middle and High School students!
Call ahead or drop-in • FREE
Call or stop by for more information

Paint for a Cause
1st Tuesday of the month, 5:00–7:00pm
KTUB partners with GGB, Girls Giving Back, to create one of a kind art which is donated to recent GGB shelter renovations. This FREE workshop is the perfect way to get involved in community service or for a budding artist! Supplies provided, bring your creative juices! Calling ahead is appreciated, so we can reserve your canvas.
For more info check out these websites: ymcaktub.org and Girlsgivingback.org
**Programs Ages 13-19**

**Film 101**
Mondays, 3:00–4:30pm
Cover a large set of filmmaking skills, from story development to directing, cinematography, editing, lighting, and sound design and develop technical expertise that will lay the groundwork for creativity. Uses Adobe Creative Cloud software.

**Ping Pong Tournaments**
Mondays, 5:00pm
Ping pong master? Don’t miss out on our weekly tournaments. Weekly winner will receive a $10 gift card.
Details: Cody, CChriest@seattleymca.org

**Music Technology**
Wednesdays, 4:00–5:30pm and some Fridays when we have a show.
Learn how to setup and produce/mix live shows, operate a live sound system, mix live bands, and more! This class is for beginners and those with experience alike. Get hands on experience running live sound alongside our technician while learning the ins and outs of the industry and processes.
Earn volunteer hours and experience working facility rentals with our technician.
For more information contact KTUB Staff Cody, CChriest@seattleymca.org

**Esports Gaming Team**
Thursdays, 4:00–6:00pm
Join the Esports gaming club and discover what it takes to become a competitive esports athlete. Focused around teamwork, sportsmanship, and respect for fellow gamers. Covers college recruiting, career options and allow eligible athletes to compete in YMCA KTUB and local gaming tournaments.

**KTUB Game Club**
Thursdays, 5:00–7:00pm
A space where young gamers can come and enjoy competitive gaming, make new friends, share common interests and learn about the gaming industry as a whole. Covers the gaming job market, trends, new tech/software, virtual reality, app development, and includes field trips to explore local gaming companies.
Details: Antione, Adjackson@seattleymca.org

**Pokémon**
Fridays, 6:00–8:00pm
Interested in learning how to play Pokémon? Join us every Friday for our weekly games. Whether you are a seasoned vet or just beginning, all skill levels are welcome!
Call 425.822.3088 for more information

**Fortnite Tournament**
2nd and 4th Fridays
Itching for some good Duos competition and build Battles?! Bring your partner and we’ll see you in Tilted Towers! $15 gift cards for 1st place team 2nd place prizes for runners up.

**Mackie Stage Shows**
Every 4th Friday
Youth artists & bands take the KTUB Mackie stage! Main stage shows are booked in advance. Please contact staff for show openings. Tickets for sale in advance or at the door. Ticketing prices vary.
For booking information contact our staff: Cody, CChriest@seattleymca.org

**College P.R.E.P.**
(Planning, Readiness, Expectations, and Preparation)
Thinking about college? Let KTUB staff support you. KTUB staff will work with youth weekly to help guide them, and make sure that they are on track to meet necessary academic requirements. Youth will work with a staff member to identify different secondary options, and resources for funding, suited to their needs.
Call 425.822.3088 for more information and to sign up

**Volunteer**
You can positively impact lives right in your own community. Nearly 10,000 volunteers of all ages help the Y nurture youth, improve health and well-being and assist our neighbors in need. We value your time and enthusiasm and look forward to creating a fun, fulfilling volunteer experience for you.

**Y KTUB volunteers enjoy:**
- A wide variety of programs to fit personal interests
- Options for one-time, seasonal and ongoing volunteerism
- Making new friends, networking and gaining experience

**How to begin**
Contact Adjackson@seattleymca.org, for more information and to be sent a volunteer application. Or visit KTUB to pick up a volunteer application.

**Outreach/Counseling**
(youth) E(astside) S(ervices)
KTUB partners with YES to provide an on-site counselor who provides free services to youth by scheduled appointment or drop-in. Young people can also connect with the YES team, who assist homeless young people with case management, finding shelter, transportation, access to health care or work towards family reconciliation when possible.
Mon, Tues, Wed, Fri 2pm–7pm
Tyrelle@youtheastsideservices.org

**Facility Rentals**
KTUB is the perfect venue for dances, birthday parties, graduations, and other group events. With stages, dance floor, café, and lounge, KTUB facility can accommodate any occasion. Our recently renovated board room is great for community meetings.
More details: Adjackson@seattleymca.org

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See page 4 for Registration Information or Register Online at KirklandParks.net
Specialized Recreation

is sponsored by the City of Kirkland and Friendship Adventures. Join this fun recreation group that is designed for people with developmental and physical challenges to increase independence by having fun socializing with peers.

Friendship Adventures

BINGO NIGHT!

Saturday, Sept 28 • 6-8:30pm
and Saturday, Mar 21 • 6-8:30pm

North Kirkland Community Center
12421 103rd Ave NE, Kirkland

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

Please RSVP with the number attending at least 2 weeks in advance to Maureen@friendshipadventures.org or call 425.444.3132.

Friendship Adventures

Karaoke Night

Saturday, January 11
6:00-8:30pm

North Kirkland Community Center
12421 103rd Ave NE, Kirkland

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

Please RSVP with the number attending at least 2 weeks in advance to Maureen@friendshipadventures.org or call 425.444.3132.

Friendship Adventures is dedicated to enriching the lives of people with developmental disabilities through recreational, educational, and leisure opportunities. NOTE: At this time staff is unable to provide attendant care (toilet transfers, feeding, giving medication, etc.) or provide one-on-one behavior management care. Attendants can participate in our programs free of charge when assisting participants who need one-on-one assistance.
We need YOUR help to build healthy forests and keep Kirkland green! Join the Green Kirkland Partnership and EarthCorps to remove invasive weeds, plant native plants and steward natural areas in City of Kirkland parks.

All ages, all experience levels and large groups welcome.

**NEW STEWARD ORIENTATION**
Saturday, September 28
Learn about Kirkland’s urban forests and how to lead stewardship events in natural areas! Open to the public.

**Edith Moulton Park / Juanita Beach Park**
Friday, September 13
United Way Day of Caring

**Watershed & North Rose Hill Woodlands Parks**
Saturday, October 19
Green Kirkland Day

**Everest Park**
Saturday, November 2

**Crestwoods Park**
Saturday, November 16

For full event schedule and to register:

www.greenkirkland.org
Adult Dance

Partner Dancing

Ballroom

Age 16 & up 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. Adults & teens, couples & singles, everyone welcome!

East Coast Swing

Age 16 & up 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. Adults & teens, Couples & Singles, Everyone Welcome!

West Coast Swing

Age 16 & up 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. Adults & teens, couples & singles, everyone welcome!

Salsa

Age 16 & up Hot! Hot! Hot! Solid basic turns in Salsa and Merenque. Dance the night away! Adults & teens, Couples & Singles, Everyone Welcome!

Wedding Dances

Age 16 & up This class will concentrate on popular wedding dances for your special day. Smooth Fox Trot, uplifting Waltz, and if you’ve chosen slow romantic ballad, Night Club Two Step. All perfect for your first dance. Adults & teens, couples & singles, everyone welcome!

Hula Dance

Hula is for everyone, it’s a great way to stay in shape and have fun while dancing. Hula works the entire body and also engages the mind. It is a unique blend of balance, motion, and mental concentration. Hula will lift your spirits and give you an energy boost. Instructor: Makanaokalani

Beginning Hula For Adults

Age 18-99 We welcome everyone who has ever thought about becoming a hula dancer. From age 18 to forever, of all sizes and shapes, from no experience to those with a hula background. Enjoy a friendly environment while learning the dance and culture of Hawai‘i. At the same time you will be toning, strengthening and improving posture. The instructor is a graduate of Uncle George Naope in Hilo Hawai‘i and has been conducting classes at Kirkland for 14 years. Come and dance with us. Wear comfortable clothing (shorts or pants and T-shirts)—no jeans please.

Intermediate Hula

Age 18-99 For those with hula experience and an understanding of the basic steps. This fast-paced class will introduce hula implements such as ipu, ‘uli’uli, ‘ili’ili, pu’ili. Both Kahiko and ‘auana will be taught along with a focus on general technique. Some Hawaiian language taught as it pertains to hula, along with lyrics and the background of every dance learned. Optional public performances. Wear a pa‘u skirt if you have one, otherwise comfortable clothing—no jeans please.

Advanced Hula

Age 18-99 Advanced Hula is for the dancer with a more extensive hula background. The hula basics are reviewed as we continue on to more difficult, involved hulas, both Kahiko (ancient) and ‘auana (modern). There’s a continuing focus on technique and performance skills. There will be public performances. Wear a pa‘u skirt—no jeans please.
Ballet

Ballet Basics

Age 18 & up Have you always wanted to take a ballet class but something got in the way? Now that you have the time, do you feel like you're too old and it’s too late? Here’s the good news, it’s never too late to learn ballet! No reason to be intimidated! This adult basic ballet class offers something for everyone from young adult to seniors and provides a fun way to tone and tighten your body while learning the fundamental techniques in a positive and supportive environment. Ballet develops balance, coordination, strength, stamina, self-confidence and body-centered awareness. This class is for those with little or no dance training but who want to embrace one of the most beautiful and graceful of all dance styles. No class Nov 11, Dec 23, Jan 20, Feb 17.

8587 Mon Sept 9-Oct 14 6:30pm-7:30pm
8588 Mon Oct 21-Dec 2 6:30pm-7:30pm
8589 Mon Dec 9-Feb 3 6:30pm-7:30pm
8590 Mon Feb 10-Mar 23 6:30pm-7:30pm
$66 R / $79 NR PKCC Instr: Marco Carrabba

Ballet Open Level

Age 18 & up 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 Nov 27, Dec 25, Jan 1.

8591 Wed Sept 11-Oct 16 6:45pm-7:45pm
8592 Wed Oct 23-Dec 4 6:45pm-7:45pm
8593 Wed Dec 11-Jan 29 6:45pm-7:45pm
8594 Wed Feb 5-Mar 11 6:45pm-7:45pm
$66 R / $79 NR PKCC Instr: Marco Carrabba

Belly Dance Beginning

Age 17-99 Belly dance tightens and tones core muscles and is also the most creative and graceful form of body conditioning. Tie a scarf around your hips and get ready to begin your body transformation! The last half hour we will practice choreography and steps learned with advance students.

8920 Tue Sept 10-Oct 22 7:00-8:00pm
8921 Tue Oct 29-Dec 10 7:00-8:00pm
$84 R / $101 NR
8922 Tue Jan 14-Feb 18 7:00-8:00pm
8923 Tue Feb 25-Mar 31 7:00-8:00pm
$72 R / $86 NR PKCC

Belly Dance Advanced

Age 17-99 Take your Belly Dance experience to the next step! In the first half hour we will review basics with beginning students and visit choreography using new steps learned. For students that want to go further with skill and stage performances, advanced choreography will be included the second half hour.

8924 Tue Sept 10-Oct 22 7:30-8:30pm
8925 Tue Oct 29-Dec 10 7:30-8:30pm
$84 R / $101 NR
8926 Tue Jan 14-Feb 18 7:30-8:30pm
8927 Tue Feb 25-Mar 31 7:30-8:30pm
$72 R / $86 NR PKCC

Folk & Line Dance

The Mountaineer’s International Folk Dancing

Age 18 & up Learn line dances, couple dances and mixers from many countries including the waltz, two-step, tango, hambo, schottische and polka. Walk through beginner level dances in the first hour, the second hour is dedicated to requests with walk-throughs for simpler dances. This fun and lively class is open to everyone, no partner or experience needed!

8157 Tue Sep 3-Sept 24 7:30pm-9:30pm
8158 Tue Oct 1-Oct 22 7:30pm-9:30pm
8159 Tue Oct 29-Nov 19 7:30pm-9:30pm
8160 Tue Nov 26-Dec 17 7:30pm-9:30pm
8161 Tue Jan 7-Jan 28 7:30pm-9:30pm
8162 Tue Feb 4-Feb 25 7:30pm-9:30pm
8163 Tue Mar 3-Mar 24 7:30pm-9:30pm
$30 R / $36 NR PKCC Instr: Katharine (Kate) Hough Drop-in fee $8

Line Dancing

Age 18 & up 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 Sept 24, Nov 26.

8164 Tue Sept 10-Oct 22 10:00am-11:00am
8165 Tue Oct 29-Dec 10 10:00am-11:00am
8166 Tue Jan 7-Feb 11 10:00am-11:00am
$35 R / $42 NR PKCC Instr: Eloise Chinn Drop-in fee $7

8167 Tue Feb 18-Mar 17 10:00am-11:00am
$29 R / $35 NR PKCC Instr: Eloise Chinn

See page 4 for Registration Information or Register Online at KirklandParks.net
Adult Fitness

Total Body Conditioning

**Age 16 & up** The name says it all! Challenge yourself in new and different ways with this fun-packed workout! Improve endurance and strength using High Intensity Interval Training (HIIT), cardio, strength training and core conditioning. Balance and stretches improve injury prevention and provide optimal feel-good results. Modifications will be shown for all fitness levels. Class is taught by certified group fitness instructor Joleen Lester. **No class Oct 2–14, Nov 11, Dec 23, Dec 30, Jan 20, Feb 17, Mar 9–21.**

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Instructor</th>
<th>Dates</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>8807 Mon</td>
<td>Joleen Lester</td>
<td>Sept 9-Dec 16</td>
<td>6:30pm-7:30pm</td>
</tr>
<tr>
<td>8808 Wed</td>
<td>Joleen Lester</td>
<td>Sept 11-Dec 18</td>
<td>6:30pm-7:30pm</td>
</tr>
<tr>
<td>8809 Sat</td>
<td>Joleen Lester</td>
<td>Sept 21-Dec 21</td>
<td>9:00am-10:00am</td>
</tr>
<tr>
<td>8810 Mon</td>
<td>Joleen Lester</td>
<td>Jan 6-Mar 30</td>
<td>6:30pm-7:30pm</td>
</tr>
<tr>
<td>8811 Wed</td>
<td>Joleen Lester</td>
<td>Jan 8-Mar 25</td>
<td>6:30pm-7:30pm</td>
</tr>
<tr>
<td>8812 Sat</td>
<td>Joleen Lester</td>
<td>Jan 11-Mar 28</td>
<td>9:00am-10:00am</td>
</tr>
<tr>
<td>8813 Mon</td>
<td>Joleen Lester</td>
<td>Jan 28-Mar 30</td>
<td>9:00am-10:00am</td>
</tr>
</tbody>
</table>

Stretch & Tone

**Age 18 & up** This class is designed to transform the body into one of equal balance, strength and flexibility. Target each of your muscle groups and then stretch those muscles in a way that promotes long, lean growth instead of bulk. Restore movement, renew muscles through gentle guidance to get you “active” again. **No class Nov 11, Dec 23, Dec 30, Jan 20, Feb 17.**

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Instructor</th>
<th>Dates</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>8530 Mon</td>
<td>Marco Carrabba</td>
<td>Sept 9-Oct 14</td>
<td>5:20pm-6:05pm</td>
</tr>
<tr>
<td>8531 Mon</td>
<td>Marco Carrabba</td>
<td>Oct 21-Dec 2</td>
<td>5:20pm-6:05pm</td>
</tr>
<tr>
<td>8532 Mon</td>
<td>Marco Carrabba</td>
<td>Dec 9-Feb 3</td>
<td>5:20pm-6:05pm</td>
</tr>
<tr>
<td>8533 Mon</td>
<td>Marco Carrabba</td>
<td>Feb 10-Mar 23</td>
<td>5:20pm-6:05pm</td>
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<table>
<thead>
<tr>
<th>Class Code</th>
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<th>Times</th>
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</thead>
<tbody>
<tr>
<td>$50 R / $60 NR</td>
<td>Instr: Marco Carrabba</td>
<td>PKCC</td>
<td></td>
</tr>
</tbody>
</table>

Tighten & Tone Aerobics

**Age 18 & up** Join Jane Miller for this fun and friendly class that incorporates non-jumping aerobics with weights and strength training. All fitness levels are welcome, work at your own pace to move and feel better. Bring a mat and weights to class. **No class Nov 28, Dec 24, Dec 26, Dec 31.**

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Instructor</th>
<th>Dates</th>
<th>Times</th>
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<tbody>
<tr>
<td>8119 Tue</td>
<td>Joleen Lester</td>
<td>Thu Sept 3-Sep 26</td>
<td>8:30am-9:30am</td>
</tr>
<tr>
<td>8120 Tue</td>
<td>Joleen Lester</td>
<td>Thu Oct 1-Oct 24</td>
<td>8:30am-9:30am</td>
</tr>
<tr>
<td>8121 Tue</td>
<td>Joleen Lester</td>
<td>Thu Oct 29-Nov 21</td>
<td>8:30am-9:30am</td>
</tr>
<tr>
<td>8122 Tue</td>
<td>Joleen Lester</td>
<td>Thu Nov 26-Jan 2</td>
<td>8:30am-9:30am</td>
</tr>
<tr>
<td>8123 Tue</td>
<td>Joleen Lester</td>
<td>Thu Jan 7-Jan 30</td>
<td>8:30am-9:30am</td>
</tr>
<tr>
<td>8124 Tue</td>
<td>Joleen Lester</td>
<td>Thu Feb 4-Feb 27</td>
<td>8:30am-9:30am</td>
</tr>
<tr>
<td>8125 Tue</td>
<td>Joleen Lester</td>
<td>Thu Mar 3-Mar 26</td>
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<table>
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<th>Instructor</th>
<th>Dates</th>
<th>Times</th>
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</thead>
<tbody>
<tr>
<td>$50 R / $60 NR</td>
<td>Instr: Marco Carrabba</td>
<td>PKCC</td>
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</table>

Pilates Plus

**All Ages** Begin with 15 minutes of easy to follow, low impact aerobics followed by a combination of standing and mat Pilates for strength and balance to ensure a full body workout. Class will end with slow stretching to improve flexibility, lengthen muscles and reduce risk of injury. Please bring a mat and towel with you to class. All levels welcome. **No class Oct 25, Nov 11, Nov 22, Nov 29, Jan 20.**

<table>
<thead>
<tr>
<th>Class Code</th>
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<th>Dates</th>
<th>Times</th>
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<tbody>
<tr>
<td>8688 Mon</td>
<td>Joleen Lester</td>
<td>Sept 6-Sep 30</td>
<td>8:00am-8:45am</td>
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<td>8689 Mon</td>
<td>Joleen Lester</td>
<td>Oct 4-Nov 1</td>
<td>8:00am-8:45am</td>
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<tr>
<td>8690 Mon</td>
<td>Joleen Lester</td>
<td>Nov 4-Dec 9</td>
<td>8:00am-8:45am</td>
</tr>
<tr>
<td>8691 Mon</td>
<td>Joleen Lester</td>
<td>Dec 16-Jan 10</td>
<td>8:00am-8:45am</td>
</tr>
<tr>
<td>8692 Mon</td>
<td>Joleen Lester</td>
<td>Jan 13-Feb 10</td>
<td>8:00am-8:45am</td>
</tr>
<tr>
<td>8693 Mon</td>
<td>Joleen Lester</td>
<td>Feb 21-Mar 16</td>
<td>8:00am-8:45am</td>
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<tr>
<td>8694 Mon</td>
<td>Joleen Lester</td>
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<th>Instructor</th>
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<tbody>
<tr>
<td>$30 R / $36 NR</td>
<td>Instr: Gina Casanova</td>
<td>PKCC</td>
<td></td>
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</tbody>
</table>

Tai Chi & Meridian Stretching (Bilingual)

**All Ages** 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. This class will be taught in English and Chinese. **No class Nov 11, Dec 23, Dec 30, Jan 20, Feb 17.**

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Instructor</th>
<th>Dates</th>
<th>Times</th>
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<tbody>
<tr>
<td>8126 Tue</td>
<td>April Norkool</td>
<td>Thu Sept 26-Oct 24</td>
<td>8:30am-9:30am</td>
</tr>
<tr>
<td>8127 Tue</td>
<td>April Norkool</td>
<td>Thu Nov 28-Dec 6</td>
<td>8:30am-9:30am</td>
</tr>
<tr>
<td>8128 Tue</td>
<td>April Norkool</td>
<td>Thu Dec 13-Jan 23</td>
<td>8:30am-9:30am</td>
</tr>
<tr>
<td>8129 Tue</td>
<td>April Norkool</td>
<td>Thu Jan 30-Feb 20</td>
<td>8:30am-9:30am</td>
</tr>
<tr>
<td>8130 Tue</td>
<td>April Norkool</td>
<td>Thu Feb 27-Mar 19</td>
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<tr>
<th>Class Code</th>
<th>Instructor</th>
<th>Dates</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>$45 R / $57 NR</td>
<td>Instr: April Norkool</td>
<td>PKCC</td>
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</tbody>
</table>

Zumba

**Age 16 & up** Zumba® is a fun, dance and rhythms exercise class using mostly Latin music. Sizzling, toe, tapping, hip swirling music makes you want to get up and move. **No class Oct 19.**

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Instructor</th>
<th>Dates</th>
<th>Times</th>
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</thead>
<tbody>
<tr>
<td>8832 Thu</td>
<td>Joleen Lester</td>
<td>Sept 12-Oct 17</td>
<td>6:20pm-7:20pm</td>
</tr>
<tr>
<td>8833 Thu</td>
<td>Joleen Lester</td>
<td>Oct 24-Dec 5</td>
<td>6:20pm-7:20pm</td>
</tr>
<tr>
<td>8834 Thu</td>
<td>Joleen Lester</td>
<td>Dec 12-Jan 30</td>
<td>6:20pm-7:20pm</td>
</tr>
<tr>
<td>8835 Thu</td>
<td>Joleen Lester</td>
<td>Feb 6-Mar 19</td>
<td>6:20pm-7:20pm</td>
</tr>
<tr>
<td>8840 Sat</td>
<td>Joleen Lester</td>
<td>Feb 1-Mar 7</td>
<td>10:00am-11:00am</td>
</tr>
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</table>

<table>
<thead>
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<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>$45 R / $57 NR</td>
<td>Instr: April Norkool</td>
<td>PKCC</td>
<td></td>
</tr>
</tbody>
</table>

Zumba Gold

**Age 18 & up** 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 Nov 22.**

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Instructor</th>
<th>Dates</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>8112 Thu</td>
<td>Joleen Lester</td>
<td>Sept 5-Sep 26</td>
<td>10:30am-11:30am</td>
</tr>
<tr>
<td>8113 Thu</td>
<td>Joleen Lester</td>
<td>Oct 3-Oct 24</td>
<td>10:30am-11:30am</td>
</tr>
<tr>
<td>8114 Thu</td>
<td>Joleen Lester</td>
<td>Oct 31-Nov 21</td>
<td>10:30am-11:30am</td>
</tr>
<tr>
<td>8115 Thu</td>
<td>Joleen Lester</td>
<td>Dec 5-Dec 26</td>
<td>10:30am-11:30am</td>
</tr>
<tr>
<td>8116 Thu</td>
<td>Joleen Lester</td>
<td>Jan 2-Jan 23</td>
<td>10:30am-11:30am</td>
</tr>
<tr>
<td>8117 Thu</td>
<td>Joleen Lester</td>
<td>Jan 30-Feb 20</td>
<td>10:30am-11:00am</td>
</tr>
<tr>
<td>8118 Thu</td>
<td>Joleen Lester</td>
<td>Feb 27-Mar 19</td>
<td>10:30am-11:00am</td>
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<table>
<thead>
<tr>
<th>Class Code</th>
<th>Instructor</th>
<th>Dates</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>$45 R / $57 NR</td>
<td>Instr: April Norkool</td>
<td>PKCC</td>
<td></td>
</tr>
</tbody>
</table>

One-on-One or Small Group Personal Training

Take your fitness to the next level, alone or with friends! Receive individualized programming tailored to your specific needs. Get ready for a big event, attending a “Bridal Bootcamp”, “Spring Fitness Tune-Up”, or “Class Reunion ‘Prep’ School”–or focus on reaching your own personal goals! Training provided by licensed Physical Therapist Assistant Joleen Lester, who certifications include Personal and Group Fitness, and Mat Pilates. **By Appointment Only—call 425.587.3331**

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Instructor</th>
<th>Dates</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>5574</td>
<td>Joleen Lester</td>
<td>By Appointment Only</td>
<td>425.587.3331</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Instructor</th>
<th>Dates</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>$50 R / $60 NR</td>
<td>Instr: Joleen Lester</td>
<td>PKCC</td>
<td></td>
</tr>
</tbody>
</table>

City of Kirkland Recreation Classes & Programs Fall 2019 & Winter 2020 | 38 |
Yoga

Yoga For Beginners

Age 18 & up With over 20 years’ experience teaching Yoga, Sally Rodich teaches the basics of Yoga. She will introduce postures, breathing and relaxation. When practiced regularly, yoga improves flexibility, muscle tone, posture, balance, awareness and the ability to relax and release stress. Learn tricks and exercises you can do at home to improve your balance. Chairs are used in class to help with balance. You will leave class with a great stretch and a smile on your face—this class loves to laugh!

8196 Mon Sept 9 – Sept 30 10:00am-11:00am
8197 Mon Oct 7 – Nov 4 10:00am-11:00am
8198 Mon Nov 18 – Dec 16 10:00am-11:00am
8199 Mon Jan 6 – Feb 3 10:00am-11:00am
8200 Mon Feb 10 – Mar 9 10:00am-11:00am
$40 R / $48 NR
Instr: Sally Rodich

8201 Mon Mar 16 – Mar 30 10:00am-11:00am
$30 R / $36 NR
PKCC
Instr: Sally Rodich

8202 Wed Sept 4 – Sept 25 10:00am-11:00am
8203 Wed Oct 2 – Oct 23 10:00am-11:00am
8204 Wed Nov 6 – Dec 4 10:00am-11:00am
8205 Wed Jan 8 – Jan 29 10:00am-11:00am
8206 Wed Feb 5 – Feb 26 10:00am-11:00am
8207 Wed Mar 4 – Mar 25 10:00am-11:00am
$40 R / $48 NR
PKCC
Instr: Sally Rodich

8208 Thur Sept 5 – Sept 26 9:15am-10:15am
8209 Thur Oct 3 – Oct 24 9:15am-10:15am
8210 Thur Nov 7 – Dec 5 9:15am-10:15am
8211 Thur Jan 9 – Jan 30 9:15am-10:15am
8212 Thur Feb 6 – Feb 27 9:15am-10:15am
8213 Thur Mar 5 – Mar 26 9:15am-10:15am
$40 R / $46 NR
PKCC
Instr: Sally Rodich

8201 Mon Mar 16 – Mar 30 10:00am-11:00am
$30 R / $36 NR
PKCC
Instr: Sally Rodich

8208 Thur Sept 5 – Sept 26 9:15am-10:15am
8209 Thur Oct 3 – Oct 24 9:15am-10:15am
8210 Thur Nov 7 – Dec 5 9:15am-10:15am
8211 Thur Jan 9 – Jan 30 9:15am-10:15am
8212 Thur Feb 6 – Feb 27 9:15am-10:15am
8213 Thur Mar 5 – Mar 26 9:15am-10:15am
$40 R / $46 NR
PKCC
Instr: Sally Rodich

Yoga Fun for Everyone

Age 18 & up You have heard about the benefits of yoga…here’s your chance to begin in a relaxed environment. Join this six week class and increase your flexibility, strength, balance and stamina. Sally Rodich, will teach you to broaden your knowledge of the practice and take yoga seriously while still having fun. End each class with a 10 minute relaxation to soothe your mind and relieve stress. All levels welcome. This class likes to laugh and have fun! No class Oct 28, Oct 30, Nov 11, Nov 25, Nov 27, Jan 20, Feb 17.

8149 Mon Sept 9 – Oct 14 5:30pm-6:30pm
8150 Mon Oct 21 – Dec 16 5:30pm-6:30pm
8151 Mon Jan 6 – Feb 4 5:30pm-6:30pm
$60 R / $72 NR
PKCC
Instr: Sally Rodich

8152 Mon Mar 2 – Mar 30 5:30pm-6:30pm
$50 R / $60 NR
PKCC
Instr: Sally Rodich

8153 Wed Sept 4 – Oct 9 5:30pm-6:45pm
8154 Wed Oct 16 – Dec 4 5:30pm-6:45pm
8155 Wed Jan 8 – Feb 12 5:30pm-6:45pm
8156 Wed Feb 19 – Mar 25 5:30pm-6:45pm
$75 R / $90 NR
PKCC
Instr: Sally Rodich

Breathe First Yoga

Age 16 & up Come get your bliss on with certified Yoga Instructor, Dorothy Corrigan. Breathe First Yoga features a gentle yoga flow followed by a bit of alignment-based yoga, and concludes with soothing floor postures and guided relaxation. We’ll breathe, stretch, balance, lengthen, and strengthen in a joyful, supportive environment. Great for beginners and seasoned yogis alike! No class Nov 11, 28, Dec 3, 30, Feb 17 – 18, Jan 20.

8795 Mon Sept 16 – Oct 21 8am-9am
8796 Tues Sept 17 – Oct 22 8am-9am
8797 Thur Sept 19 – Oct 24 8am-9am
8799 Tues Nov 5 – Dec 17 6pm-7pm
8800 Thur Nov 7 – Dec 19 8am-9am
8798 Mon Jan 6 – Feb 10 8am-9am
8802 Tues Jan 7 – Feb 11 6pm-7pm
8803 Thur Jan 9 – Feb 13 8am-9am
8801 Mon Mar 16 – Mar 30 10:00am-11:00am
$40 R / $48 NR
PKCC
Instr: Dorothy Corrigan

8208 Thur Sept 5 – Sept 26 9:15am-10:15am
8209 Thur Oct 3 – Oct 24 9:15am-10:15am
8210 Thur Nov 7 – Dec 5 9:15am-10:15am
8211 Thur Jan 9 – Jan 30 9:15am-10:15am
8212 Thur Feb 6 – Feb 27 9:15am-10:15am
8213 Thur Mar 5 – Mar 26 9:15am-10:15am
$40 R / $46 NR
PKCC
Instr: Dorothy Corrigan

See page 4 for Registration Information or Register Online at KirklandParks.net
Pickleball Clinics

Age 16 & up  Pickleball is a court sport similar to tennis with elements of badminton and table tennis. Develop your skills and knowledge of the game through our fun, two-hour Pickleball clinics, designed for the beginner to the intermediate player. Clinics are held on the outdoor pickleball courts at Everest Park. We have lender equipment available but recommend bringing your own equipment if available.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>8784 Sat</td>
<td>Aug 31 9:00am-11:00am</td>
<td>Everest Park</td>
<td>Instr: KPCS</td>
</tr>
<tr>
<td>8785 Sat</td>
<td>Aug 31 11:15am-1:15pm</td>
<td>Everest Park</td>
<td>Instr: KPCS</td>
</tr>
<tr>
<td>8786 Sat</td>
<td>Sept 21 9:00am-11:00am</td>
<td>Everest Park</td>
<td>Instr: KPCS</td>
</tr>
<tr>
<td>8787 Sat</td>
<td>Sept 21 11:15am-1:15pm</td>
<td>Everest Park</td>
<td>Instr: KPCS</td>
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<tr>
<td>8788 Sat</td>
<td>Oct 26 9:00am-11:00am</td>
<td>Everest Park</td>
<td>Instr: KPCS</td>
</tr>
<tr>
<td>8789 Sat</td>
<td>Oct 26 11:15am-1:15pm</td>
<td>Everest Park</td>
<td>Instr: KPCS</td>
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<td>8790 Sat</td>
<td>Nov 16 9:00am-11:00am</td>
<td>Everest Park</td>
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<td>8791 Sat</td>
<td>Nov 16 11:15am-1:15pm</td>
<td>Everest Park</td>
<td>Instr: KPCS</td>
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$20 R / $24 NR  Everest Park  Instr: KPCS

Fall 2019 Pickleball League

Ages 16 & up  Kirkland Parks is proud to bring pickleball to our community! Games will be played at the newly constructed pickleball courts at Everest Park.

Teams must provide their own paddles and balls. Five weeks of play and one week of playoffs. Matches are on Saturdays and vary each week between 11am and 2:45pm. League champions will receive champ t-shirts and bragging rights.

Team Registration: $60

MIXED DOUBLES UPPER
8778 Sat  Sept 28-Oct 26  11:00am-3:00pm

MIXED DOUBLES LOWER/INTERMEDIATE
8779 Sat  Sept 28-Oct 26  11:00am-3:00pm

MEN’S DOUBLES UPPER
8780 Sat  Sept 28-Oct 26  11:00am-3:00pm

MEN’S DOUBLES LOWER/INTERMEDIATE
8781 Sat  Sept 28-Oct 26  11:00am-3:00pm

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

Drop-In Pickleball

Drop-in pickleball is now available on Wednesdays from 9am-5pm at the North Kirkland Community Center. One full-size court or two modified courts available. Doubles format is encouraged.

Fall: September 11–November 20
Winter: December 4–February 26

No use Nov. 11, Jan. 20, Feb. 17

• $5 per participant; pay on-site
• No reservations allowed
• Lender equipment available for $5

Pickleball Equipment Rental

Want to learn to play pickleball but don’t want to buy the expensive equipment? You are in luck! Kirkland Parks now has Pickleball equipment available to rent. Rental package: 4 paddles and 2 balls. Equipment must be picked up and returned to the North Kirkland Community Center.

$100 per day ($80 of which is a refundable damage deposit)
Age 18–Adult

Volleyball Leagues

Join us for one of the most fun and competitive volleyball leagues on the Eastside. The season consists of 7 weeks of regular season play with two weeks of playoffs with one week guaranteed. Games are played at either Emerson High School or Kamiakin Middle School with 6:45pm, 8:15pm, 8:20pm, and 8:45pm start times (depending on the division).

League schedules and handbooks can be found at www.teamsideline.com/kirklandwa

Division Offered

Mondays
Women’s Upper
Women’s Intermediate
Women’s Lower

Tuesdays
Co-Ed Upper
Co-Ed Intermediate

Wednesdays
Co-Ed Lower
Co-Ed C

Team Registration Codes

Fall 8713
Winter 8730
Spring 8748
$375/team

Free Agent Registration Codes

Fall 8712
Winter 8729
Spring 8747
$50/person

Free Agents: Are you looking for a team to join? Then you’re in luck! We are offering a free agent team for our Co-Ed C division of volleyball that will play on Wednesday nights. For a flat fee of $50 you can join the team as an individual. We need a minimum of 6 players (minimum of 3 men and 3 women) in order to form the team.

Open Gym

Sundays 5–8pm
Sept 15–Apr 26
$5.00 per person
Incl. Sales Tax
Bills over $10 NOT ACCEPTED

Open Gym Punch Card Best Value!

See page 4 for Registration Information or Register Online at KirklandParks.net
Adult Special Interest

Art

Watercolor Painting

Age 18 & up 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 Nov 11, Jan 20, Feb 17.

8595 Mon Sept 9-Sept 30 6:00pm-9:00pm
8596 Mon Oct 7-Oct 28 6:00pm-9:00pm
8597 Mon Nov 4-Dec 2 6:00pm-9:00pm
8598 Mon Jan 6-Feb 3 6:00pm-9:00pm
8599 Mon Feb 10-Mar 9 6:00pm-9:00pm
$65 R / $78 NR PKCC Instr: Jean Pratt-Beouy
$49 R / $60 NR PKCC Instr: Jean Pratt-Beouy

Adult Drawing

Age 18-99 Looking for a fun way to expand your artistic horizons? Develop enhanced observational drawing skills as you investigate line, value, form, perspective, texture, and color while working with a variety of drawing materials. Students will focus on learning how to see the world around them and how to translate this newly found vision into the two-dimensional world of drawing. A great class to start with if you don’t have much experience. Price includes all art materials. Instructor Artlander Instructors

8411 Wed Sept 11-Sept 25 6:30pm-8:00pm
8412 Wed Oct 2-Oct 23 6:30pm-8:00pm
8413 Wed Oct 30-Nov 27 6:30pm-8:00pm
8414 Wed Jan 8-Jan 29 6:30pm-8:00pm
8415 Wed Feb 5-Feb 26 6:30pm-8:00pm
8416 Wed Mar 4-Mar 25 6:30pm-8:00pm
$85 R / $102 NR PKCC

Oil Painting the Easy Way

Age 18 & up 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.

4 classes
8602 Wed Sept 4-Sept 25 5:30pm-8:30pm
8603 Wed Oct 2-Oct 23 5:30pm-8:30pm
8604 Wed Oct 30-Nov 20 5:30pm-8:30pm
8605 Wed Jan 8-Jan 29 5:30pm-8:30pm
8606 Wed Feb 5-Feb 26 5:30pm-8:30pm
8607 Wed Mar 4-Mar 25 5:30pm-8:30pm
$85 R / $102 NR PKCC Instr: Maya Sereda

Ikebana—The Art of Japanese Flower Arranging

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

Fee for floral materials $32 paid to instructor on first day of class. Please bring flower scissors, a broad, shallow vase and a large kenzan (flower frog) to first class.

8169 Tue Oct 22-Nov 12 6:30pm-8:30pm
8170 Tue Jan 14-Feb 4 6:30pm-8:30pm
$64 R / $72 NR PKCC Instr: Diane Elliott

Chess

Original Board Game of Thrones

Age 18 & up Want to learn how to play a game of chess? This class for beginners will teach you all the rules you need to know to play a full game of chess as well as basic principles and tactics!

8889 Sat Sept 21-Oct 26 11:00am-11:45am
8890 Sat Jan 25-Mar 7 11:00am-11:45am
$140 R / $168 NR PKCC Instr: Carlos Portillo

Specialized Recreation
See page 34
Special Interest

Women’s Self Defense

Age 18 & up 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.

8341 Sat Jan 4 11:00am-4:00pm
$114 R / $137 NR NKCC Instr: STRATEGIC LIVING, LLC

TopNotch Infant Safety

Age 13 & up This course is designed for expectant and new parents, grandparents and other family members as well as childcare providers and babysitters. While certification cards are not issued, about one third of the course is spent practicing infant CPR and choking rescue technique. The class covers a broad range of infant safety and injury prevention topics: Car Seat Safety, water safety, burn and fire safety, choking, suffocation and safe sleep, falls, entrapment and strangulation, poison safety, outdoor safety, illness guidelines, escape and emergency plans, and many other safety issues in addition to resources. If registering as a couple call our main line at 425-587-3336 to receive registration discount.

8356 Wed Sept 18-Oct 16 10:00am-11:00am
8357 Wed Jan 15-Feb 12 10:00am-11:00am
$135 R / $162 NR NKCC Instr: Heng Ma

Voice Overs–Now is Your Time!

Age 18 & up You’ve heard Lisa Foster on TV and radio commercials! (Crest Toothpaste, Olay, Cafe Appassionato, LA Weight Loss, Advanced Laser Clinics, and Sleep Train, and More) Now hear Lisa LIVE as she illustrates how YOU could actually begin using your speaking voice for commercials, films and videos! This exciting and fun class could be the game changer that you’ve been looking for!

8259 Wed Sept 11 7:00pm-9:00pm
8260 Wed Jan 29 7:00pm-9:00pm
$37 R / $44 NR NKCC Instr: Lisa Levine

Infant Massage

Age 1 & under Infant Massage is an ancient tradition of providing nurturing touch as a way of communicating and bonding with your baby. But did you know that it can also help your baby sleep better, relieve wind, colic and constipation? That’s not all, it’s a natural boost to your baby’s immune system, it helps them to develop muscle tone and coordination and so much more. Certified Infant Massage Instructor Heng Ma. Please bring cold pressed, organic, unscented vegetable oil, towels, mats or blankets for babies massage comfort. Babies should not be massaged while sleeping or eating, and if they are sick should remain at home.

8356 Wed Sept 18-Oct 16 10:00am-11:00am
8357 Wed Jan 15-Feb 12 10:00am-11:00am
$135 R / $162 NR NKCC Instr: Heng Ma

Ugly Holiday Sweater Workshop

Age 13 & up Why buy an ugly Christmas sweater this year when you can create a one-of-a-kind contest winner in this fun-filled workshop. Bring your own sweater from home to life with tinsel, ornaments, and holiday pizzazz! Also make a matching “ugly” headband to go with it! If you don’t have a sweater... undecorated sweaters will be available for sale at class. These make cute kids sweaters too, create one for everyone in the family! Limit of 3 sweaters per registered participant. Materials fee payable to instructor on day of class: $15 (includes 1 headband and embellishments for 1 sweater & headband, each additional sweater décor is $12).

8358 Sat Nov 16 9:30am-12:30pm
$49 R / $59 NR NKCC Instr: Karalee Wiserman

Guitar

Beginning Guitar Turbo Charge

Age 15 & up 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.

8621 Mon Sept 16-Nov 4 6:30pm-7:30pm
8623 Mon Jan 6-Mar 9 6:30pm-7:30pm
$98 R / $118 NR NKCC Instr: Scott Lawson

Guitar Song Workshop

Age 15 & up A great sequel for those who have taken the Beginning Guitar Turbo Charge class with a focus on songs. Or for intermediate players who know basic major and minor chords, and maybe even starting to get into barre chords. Learn and practice your favorite songs using basic techniques. Acoustic and Electric.

8618 Mon Sept 16-Nov 4 5:15pm-6:15pm
8619 Mon Jan 6-Mar 9 5:15pm-6:15pm
$98 R / $118 NR NKCC Instr: Scott Lawson

See page 4 for Registration Information or Register Online at KirklandParks.net
Computer Classes

Class participants should bring their own laptop or iPad; some PCs are available but no Mac computers are available at PKCC.

Windows & More  NEW!

Age 18 & up Join this interactive workshop to learn how to transfer photos from your smartphone to your computer, how to sync your calendar, how to create letter without installing office, what you need to know about privacy settings and more. Discuss tricks & tips to save you time and make it easier to use your computer as well as where to get help if you ever need. Please have your devices updated and charged and bring your passwords.

iPad & iPhone Workshop

All Ages Do you need help with your iPad or iPhone? Join us for this Workshop that will cover basics and give you an opportunity to ask questions. You may bring your iPad or iPhone, but it is not required to attend. Participants must provide their own iPad or iPhone.

4 classes

<table>
<thead>
<tr>
<th>Code</th>
<th>Date</th>
<th>Days</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>8699</td>
<td>Thur Sept 3-Sept 26</td>
<td>1:30pm-3:00pm</td>
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<tr>
<td>8700</td>
<td>Thur Feb 6-Feb 27</td>
<td>1:30pm-3:00pm</td>
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$35 R / $42 NR PKCC Instr: Sally Ann Mowrey

Android & More  NEW!

Age 18 & up Join this interactive workshop to learn how to transfer photos from your smartphone to your computer, how to make your font larger, the best security settings and more. Plan to bring your devices updated and charged and also the passwords for your accounts.

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<tr>
<th>Code</th>
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<th>Days</th>
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<tr>
<td>8695</td>
<td>Thur Jan 9-30</td>
<td>1:30pm-3:00pm</td>
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$35 R / $42 NR PKCC Instr: Sally Ann Mowrey

One-on-One Computer Assistance

Need help with your Apple or Android smartphone or tablet? Need help with Windows or Office? Uncomfortable asking questions in class?

Here is a fabulous opportunity to improve your computer skills and enhance your equipment knowledge. Enjoy one-on-one tutoring with Sally Ann Mowrey.

Advanced registration required; call 425.587.3360.

Medicare Classes

Medicare—Getting Started

Age 18 & up Are you turning 65 soon? Let SHIBA help you learn how to navigate Medicare at this free, unbiased Welcome to Medicare class. The class will cover:

- Medicare A,B and C
- Help you to understand your Medicare benefits and options
- Help paying for Medicare if you qualify

Registration required, seating is limited. Sponsored by SHIBA.

8171 Thur Sept 19 1:00pm-2:30pm FREE PKCC

Medicare—Open Enrollment

Age 18 & up If you need help navigating Medicare’s annual open enrollment, October 15 - December 7, this is the class for you. Learn more about supplemental insurance options and the various programs that can help income-eligible persons reduce related costs at this free, unbiased class.

Registration required, seating is limited. Sponsored by SHIBA.

8172 Thur Oct 3 1:00pm-2:30pm FREE PKCC

SHIBA Statewide Health Insurance Benefits Advisor (SHIBA)

All Ages Understanding insurance benefits can be difficult. A trained volunteer from SHIBA will be available the third Monday of each month to meet with you privately to answer questions about Medicare (billing procedures), Medicare Part D, health insurance and long term care insurance. Appointments required, call 425.587.3360.
The Peter Kirk Community Center (PKCC) is committed to providing opportunities for people age 50 and over, to create healthy and rewarding lives for themselves and others. This drop-in community center offers the opportunity for fun, friendship and socialization in a warm and friendly atmosphere. EVERYONE IS WELCOME!

**PLEASE NOTE:** The Community Center does not provide respite, adult day care, and/or services that would normally be provided by a trained attendant, nurse or personal caregiver (i.e., incontinence, inability to use the restroom facilities by one’s self, or preventing a participant from leaving the grounds of the Center). In addition, the provision of any personal care by staff for a participant is beyond our capability and cannot be expected. Participants in need of personal assistance are encouraged to participate when accompanied by an escort. Older adults with special needs may be eligible for other community-based programs, such as adult day care (see page 18) 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.
GET MOVING!
WITH THE KIRKLAND STEPPERS CLUB!

TUESDAYS, JUNE 11–SEPT 24
Steppers meet at PKCC, 10:15am Tuesdays except for destination trips.

The Kirkland Steppers are enjoying their 15th year of fun walking opportunities with a plethora of zany, dedicated walkers age 50+.

Steppers Club participants have the opportunity to participate in five special events during the season. Each event requires pre-registration. Please note that for the destination walks, transportation will be provided to the first 28 registrants. Other participants are encouraged to carpool.

SPECIAL EVENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Registration Number</th>
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<tbody>
<tr>
<td>Sept 24</td>
<td>“Finish Line” Extravaganza 10am Walk • 11am Entertainment • 12pm Lunch Lunch sponsored by Fairwinds Redmond</td>
<td>6379</td>
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<tr>
<td>June 9, 2020</td>
<td>Be sure to mark your calendar for the 2020 Kick-Off</td>
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YOUR $10 SUPER STEPPER “CLUB CARD” MEMBERSHIP INCLUDES:
- Membership punch card to keep track of walks completed
- Three meals sponsored by Fairwinds Redmond
- Participation in community merchant discounts
- Weekly suggested walks planned with maps provided
- Reward for the highest number of walks attended
- Club giveaways

REGISTRATION #4753
Thank You Fairwinds Redmond & EvergreenHealth for sponsoring the Kirkland Steppers!

WELCOME WAGON
Are you new to the area? Never been to the Peter Kirk Community Center and wonder what we do here? Here is your chance to meet staff and learn about all the events, programs and services we offer; extend your tour by staying for lunch if you would like.

RSVP at 425.587.3360
Fri, Sept 20 • 11am–12pm • FREE • #8173
Mon, Jan 6 • 11am–12pm • FREE • #8174

Movie & Popcorn
Join the Peter Kirk Community Center Advisory Board for a movie and popcorn. The Advisory Board has chosen some of their favorite newer releases to share with you. Everyone is welcome!

Free • 1-3pm

- Green Book Mon, Sept 16
- On The Basis of Sex Mon, Oct 21
- Upside Mon, Nov 18
- Mary Poppins Returns Mon, Dec 16
- Five Feet Apart Mon, Jan 13
- Isn’t It Romantic Mon, Feb 10
- The Best of Enemies Mon, Mar 16
Special Events
at the
Peter Kirk Community Center

TASTE OF RETIREMENT
Several area housing options will be here with tantalizing treats for your taste buds. Come in and get a taste of what each option has to offer. Sample their chef’s creations and have an opportunity to talk to representatives from local area retirement communities.
October 25 • 11am–1pm
FREE
Special thanks to Choice Advisory for co-sponsoring this event.
Everyone is welcome!

Turkey Treat Blues
Elvis is in the house and ready to entertain! Don’t miss Danny Vernon, renowned Elvis impersonator for some fun followed by a delicious holiday meal prepared by Madison House. Sign up early to celebrate Thanksgiving with all your friends, this event is sure to sell out quickly!
Advanced registration required by Nov 15!
November 22 • 11am–1pm
$9 • Register 8186

HOLIDAY D’LIGHTS
Add some merriment to your holiday season with our annual celebration featuring festive music from favorites Ryan and Stephanie Coleman. A delicious lunch prepared by Jefferson House will follow. This is one party you won’t want to miss; it’s guaranteed to get you in to the spirit of the season!
Advanced registration required by Dec 6!
December 14 • 11am–1pm
$9 • Register 8188

JEFFERSON HOUSE
MEMORY CARE COMMUNITY
Kirkland Communities • Since 1958

19th Annual HOLLY-DAY BRUNCH
Sit back and relax while members of the Kirkland Youth Council prepare and serve a delicious brunch. Register early, space is limited!
Advanced registration required by Nov 28!
December 7 • 10–11am
FREE • Register 8187

Pizza & Bingo
Baby it’s cold out there, come in and warm up with friendly game bingo and pizza party.
Advanced registration required by Feb 7!
February 14 • 11am–1pm
$9 • Register 8189

KIRKLAND PARKS & RECREATION
KIRKLAND, WASHINGTON
See page 4 for Registration Information or Register Online at KirklandParks.net
Age 50+

**Arts & Crafts**

**Watercolor Painting**

**Age 18 & up** 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 Nov 11, Jan 20, Feb 17.*

8595 Mon Sept 9-Sept 30 6:00pm-9:00pm
8596 Mon Oct 7-Oct 28 6:00pm-9:00pm
8597 Mon Nov 4-Dec 2 6:00pm-9:00pm
8598 Mon Jan 6-Feb 3 6:00pm-9:00pm
8599 Mon Feb 10-Mar 9 6:00pm-9:00pm
8600 Mon Mar 16-Mar 30 6:00pm-9:00pm
$49 R / $60 NR PKCC Instr: Jean Pratt-Beouy

**Oil Painting the Easy Way**

**Age 18 & up** 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.

4 classes
8602 Wed Sept 4-Sept 25 5:30pm-8:30pm
8603 Wed Oct 2-Oct 23 5:30pm-8:30pm
8604 Wed Oct 30-Nov 20 5:30pm-8:30pm
8605 Wed Jan 8-Jan 29 5:30pm-8:30pm
8606 Wed Feb 5-Feb 26 5:30pm-8:30pm
8607 Wed Mar 4-Mar 25 5:30pm-8:30pm
$98 R / $118 NR PKCC Instr: Jean Pratt-Beouy

**Ikebana—The Art of Japanese Flower Arranging**

**All Ages** Experience the world of Ikebana and learn how to make simple and elegant arrangements with relatively few floral materials—a real “plus” in today’s economic climate. Students will learn concepts of line, space, mass, color, texture and more while creating basic styles of moribana (shallow vase) and nageire (tall vase) arrangements. Taught by Diane Elliott, a certified instructor with the Sogetsu School of Ikebana. Fee for floral materials $32 paid to instructor on first day of class. Please bring flower scissors, a broad, shallow vase and a large kenzan (flower frog) to first class.

8169 Tue Oct 22-Nov 12 6:30pm-8:30pm
8170 Tue Jan 14-Feb 4 6:30pm-8:30pm
$64 R / $72 NR PKCC Instr: Diane Elliott

**Open Art Studio**

Come paint or draw with other artists. The Peter Kirk Community Center Art Room is available for drop-ins on Tuesday afternoons. Check-in at the front desk. For more information call 425.587.3360. *No class Aug 27.*

Pervisitfee: $4
Tuesdays 1-3pm FREE PKCC

**Needle Craft Group**

Have fun, socialize and work on your hand work. *No class Aug 28.*

Wednesdays 10am-12pm FREE PKCC

**Oil Painting**

**Age 18 & up** If you can hold a paintbrush, you can discover how to oil paint. Explore composition, color theory, and various paint application techniques. All abilities welcome. Supply list available at PKCC.

8608 Mon Sept 9-Oct 14 9:30am-11:30am
8609 Mon Oct 21-Dec 9 9:30am-11:30am
8610 Mon Jan 6-Feb 24 9:30am-11:30am
8611 Mon Mar 2-Apr 6 9:30am-11:30am
$46 R / $55 NR PKCC Instr: Danielle Barlow
**Dance**

**Age 18 & up** 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 Sept 24.*

- **8164** Tue Sept 10-Oct 22 10:00am-11:00am
- **8165** Tue Oct 29-Dec 10 10:00am-11:00am
- **8166** Tue Jan 7-Feb 11 10:00am-11:00am
- **$35 R / $42 NR** PKCC Instr: Eloise Chinn
- **8167** Tue Feb 18-Mar 17 10:00am-11:00am
- **$29 R / $35 NR** PKCC Instr: Eloise Chinn

*Drop-in fee $7*

**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.

- **8384** Fri Sept 6-Sept 27 10:00am-11:00am
- **8535** Fri Oct 4-Oct 25 10:00am-11:00am
- **8536** Fri Nov 1-Nov 22 10:00am-11:00am
- **8537** Fri Feb 7-Feb 28 10:00am-11:00am
- **8538** Fri Mar 6-Mar 27 10:00am-11:00am
- **$89 R / $99 NR** Off Site Instr: Redwood Golf Center

**Softball**

**Age 55 & up** If you are age 55+ and have played softball or simply want to play (no experience required), recruitment for the new 2020 season is underway! The teams, “Houghton Hornets”, “Moss Bay Hawks” and “Kirkland Owls” were a hit in 2019! After a long winter break, team players are now dusting off their bats to begin practice in March 2020. Everyone is gearing up for another fantastic season of league play, May through July. These three 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 Mialovich at 425.827.1109 or Jerry Standal at 425.827.1198.
**Fitness**

**Zumba Gold**

**Age 18 & up** Zumba’ Gold modifies Zumba’ fitness to non-impact moves and pacing suicide 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.

- **8112** Thur Sept 5-Sept 26 10:30am-11:30am
- **8113** Thur Oct 3-Oct 24 10:30am-11:30am
- **8114** Thur Oct 31-Nov 21 10:30am-11:30am
- **8115** Thur Dec 5-Dec 26 10:30am-11:30am
- **8116** Thur Jan 2-Jan 23 10:30am-11:30am
- **8117** Thur Jan 30-Feb 20 10:30am-11:30am
- **8118** Thur Feb 27-Mar 19 10:30am-11:30am

$35 R / $42 NR PKCC Instr: Marco Carrabba

**Tighten & Tone Aerobics**

**Age 18 & up** Join Jane Miller for this fun and friendly class that incorporates non-jumping aerobics with weights and strength training. All fitness levels are welcome, work at your own pace to move and feel better. Bring exercise mat, weights and bands to class. No class Nov 28, Dec 24, Dec 26, Dec 31.

- **8119** Tue, Thu Sept 3-Sept 26 8:30am-9:30am
- **8120** Tue, Thu Oct 1-Oct 24 8:30am-9:30am
- **8121** Tue, Thu Oct 29-Nov 21 8:30am-9:30am
- **8122** Tue, Thu Nov 26-Jan 2 8:30am-9:30am
- **8123** Tue, Thu Jan 7-Jan 30 8:30am-9:30am
- **8124** Tue, Thu Feb 4-Feb 27 8:30am-9:30am
- **8125** Tue, Thu Mar 3-Mar 26 8:30am-9:30am

$50 R / $60 NR PKCC Instr: Jane Miller

**Pilates Plus**

**All Ages** Begin with 15 minutes of easy to follow, low impact aerobics followed by a combination of standing and mat Pilates for strength and balance to ensure a full body workout. Class will end with slow stretching to improve flexibility, lengthen muscles and reduce risk of injury. Please bring a mat and towel with you to class. All levels welcome.

- **8688** Mon, Fri Sept 6-Sept 30 8:00am-8:45am
- **8689** Mon, Fri Oct 4-Nov 1 8:00am-8:45am
- **8690** Mon, Fri Nov 4-Dec 9 8:00am-8:45am
- **8691** Mon, Fri Dec 16-Jan 10 8:00am-8:45am
- **8692** Mon, Fri Jan 13-Feb 10 8:00am-8:45am
- **8693** Mon, Fri Feb 21-Mar 16 8:00am-8:45am

$60 R / $72 NR PKCC Instr: Gina Casanova

$30 R / $36 NR PKCC Instr: Gina Casanova

**Tai Chi & Meridian Stretching (Bilingual)**

**All Ages** 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. This class will be taught in English and Chinese. Bring grabbing socks and mat or rug.

- **8528** Thu Jan 9-Feb 6 3:00pm-4:00pm
- **8529** Thu Feb 27-Mar 26 3:00pm-4:00pm

$40 R / $48 NR PKCC Instr: Helen Huang

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**Stretch & Tone**

**Age 18 & up** This class is designed to transform the body into one of equal balance, strength and flexibility. Target each of your muscle groups and then stretch those muscles in a way that promotes long, lean growth instead of bulk. Restore movement, renew muscles through gentle guidance to get you “active” again. No class Oct 25, Nov 11, Nov 22, Nov 29, Nov 30, Jan 20.

- **8530** Mon Sept 9-Oct 14 5:20pm-6:05pm
- **8531** Mon May 13-Dec 2 5:20pm-6:05pm
- **8532** Mon Dec 9-Feb 3 5:20pm-6:05pm
- **8533** Mon Feb 10-Mar 23 5:20pm-6:05pm

$50 R / $60 NR PKCC Instr: Joan Wilde

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**Yoga**

**Yoga For Beginners**

**Age 18 & up** With over 20 years’ experience teaching Yoga, Sally Rodich teaches the basics of Yoga. She will introduce postures, breathing and relaxation. When practiced regularly, yoga improves flexibility, muscle tone, posture, balance, breath awareness and the ability to relax and release stress. Learn tricks and exercises you can do at home to improve your balance. Chairs are used in class to help with stability. You will leave class with a great stretch and a smile on your face, this class loves to laugh!

- **8196** Mon Sept 9-Sept 30 10:00am-11:00am
- **8197** Mon Oct 7-Nov 4 10:00am-11:00am
- **8198** Mon Nov 18-Dec 16 10:00am-11:00am
- **8199** Mon Jan 6-Feb 3 10:00am-11:00am
- **8200** Mon Feb 10-Mar 9 10:00am-11:00am

$40 R / $48 NR PKCC Instr: Sally Rodich

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$40 R / $48 NR PKCC Instr: Sally Rodich

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- **8200** Mon Feb 10-Mar 9 10:00am-11:00am

$40 R / $48 NR PKCC Instr: Sally Rodich
Yoga Fun for Everyone

Age 18 & up You have heard about the benefits of yoga... here’s your chance to begin in a relaxed environment. Join this six week class and increase your flexibility, strength, balance and stamina. Sally Rodich, will teach you to broaden your knowledge of the practice and take yoga seriously while still having fun. End each class with a 10 minute relaxation to soothe your mind and relieve stress. All levels welcome. This class likes to laugh and have fun!

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<td>8156</td>
<td>Wed</td>
<td>Feb 19-Mar 25</td>
<td>5:30pm-6:45pm</td>
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$50 R / $60 NR  PKCC  Instr: Sally Rodich

Games

Ping Pong (Table Tennis)
Open to players of all abilities. Call 425.587.3360 or stop by the front desk for availability.

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

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

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

Video / DVD Movie Checkout
Our movie checkout library has grown. If you have videos or DVDs to donate, please drop them off at the front desk. Movies are available to check out, free of charge, to view either at the Center or at home.

Mystery Book Club
Meets 1st Wednesday of each month, 12:30–2pm • FREE
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!
Computer Classes
Class participants should bring their own laptop or iPad; some PCs are available but no Mac computers are available at PKCC.

Windows & More NEW!
Age 18 & up Join this interactive workshop to learn how to transfer photos from your smartphone to your computer, how to sync your calendar, how to create letter without installing office, what you need to know about privacy settings and more. Discuss tricks & tips to save you time and make it easier to use your computer as well as where to get help if you ever need it. Please have your devices updated and charged and bring your passwords.
8696 Thu Sept 5-Sept 26 1:30pm-3:00pm
8697 Thu Feb 6-Feb 27 1:30pm-3:00pm
$35 R / $42 NR PKCC Instr: Sally Ann Mowrey

iPad & iPhone Workshop
All Ages Do you need help with your iPad or iPhone? Join us for this Workshop that will cover basics and give you an opportunity to ask questions. You may bring your iPad or iPhone, but it is not required to attend. Participants must provide their own iPad or iPhone.
4 classes
8699 Thu Oct 3-Oct 24 1:30pm-3:00pm
8700 Thu Mar 5-Apr 2 1:30pm-3:00pm
$35 R / $42 NR PKCC Instr: Sally Ann Mowrey

Android & More NEW!
Age 18 & up Join this interactive workshop to learn how to transfer photos, how to make your font larger, the best security settings and more. Plan to bring your devices updated and charged and also the passwords for your accounts.
8695 Thu Jan 9-30 1:30pm-3:00pm
$35 R / $42 NR PKCC Instr: Sally Ann Mowrey

One-on-One Computer Assistance
Need help with your Apple or Android smartphone or tablet?
Need help with Windows or Office?
Uncomfortable asking questions in class?
Here is a fabulous opportunity to improve your computer skills and enhance your equipment knowledge. Enjoy one-on-one tutoring with Sally Ann Mowrey.
Advanced registration required; call 425.587.3360.

Special Interest

Conversational Spanish NEW!
All Ages Habla Espanol! Learn the basics and practice your skills to become more confident in your ability to speak Spanish while also learning about the culture, foods and traditions of many Spanish speaking countries.
8861 Wed Sept 4-Oct 9 3pm-5pm
8862 Wed Oct 16-Nov 20 3pm-5pm
8863 Wed Jan 8-Feb 12 3pm-5pm
8864 Wed Feb 19-Mar 25 3pm-5pm
$60 R / $72 NR PKCC Instr:

Medicare Classes

Medicare—Getting Started
Age 18 & up Are you turning 65 soon? Let SHIBA help you learn how to navigate Medicare at this free, unbiased Welcome to Medicare class. The class will cover:
• Medicare A, B and C
• Help you to understand your Medicare benefits and options
• Help paying for Medicare if you qualify
Registration required, seating is limited. Sponsored by SHIBA.
8171 Thur Sept 19 1pm-2:30pm
FREE

Medicare—Open Enrollment
Age 18 & up If you need help navigating Medicare’s annual open enrollment, Oct 15–Dec 7, this is the class for you. Learn more about supplemental insurance options and the various programs that can help income-eligible persons reduce related costs at this free, unbiased class.
Registration required, seating is limited. Sponsored by SHIBA.
8172 Thur Oct 3 1pm-2:30pm
FREE

SHIBA Statewide Health Insurance Benefits Advisor (SHIBA)
All Ages Understanding insurance benefits can be difficult. A trained volunteer from SHIBA will be available the third Monday of each month to meet with you privately to answer questions about Medicare (billing procedures), Medicare Part D, health insurance and long term care insurance. Appointments required, call 425.587.3360.
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 800.750.2227 or visit www.clearpointfinancialsolutions.org

**Income Tax Assistance**
Volunteer Tax Advisors will help you prepare your 2019 tax return. Appointments are available on Fridays from 9am–1pm, February 7–April 10. No fee.
**Appointments required; please call 425.587.3360.**

**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**
Social Security office is open 7am–7pm, Monday–Friday.
If you have questions please call 800.772.1213 or visit www.ssa.gov

Legal Services

**Eastside Legal Assistance Program**
ELAP provides lawyers to answer your legal questions Fridays, 2-4pm. No fee.
Appointments required.
To qualify, call 425.747.7274.

**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 visit www.seniorservices.org/financiallegalprograms.seniorrightsassistance.aspx

**Wills Project**
Are you worried about being kept on life support against your will? Should your loved ones have to go to court to take care of you? A volunteer attorney through the Eastside Legal Assistance Program (ELAP), a non-profit legal service program, will prepare simple wills, durable power of attorney for health care decisions and living wills. Clients must meet eligibility guidelines. No fee.
Call 425.747.7274.

**Financial & Legal Class Policy**
The Peter Kirk Community Center offers a variety of financial and legal classes but does not endorse any speaker. Presenters have been asked not to call or solicit any students and to give information only. We suggest you listen to a variety of presenters before making any financial or legal decisions. This is an educational opportunity only. No marketing is allowed. Report any violations to Betsy Maxwell, Recreation Coordinator.
Advance registration is required for all programs.
Call 425.587.3360

See page 4 for Registration Information or Register Online at KirklandParks.net
**Enhance®Wellness Support Groups and Classes**

**Enhance®Wellness**

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 taking action 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 by appointment.
Call Lydia Barnsley, LPN, 425.286.1029

**Enhance®Wellness Social Work Consultation**

For those needing assistance from a social worker for any concerns or problems, such as health, depression, grief, loss, life transitions, help finding housing or transportation, etc.

Mondays by appointment.
Call Cindy Tang, MSW: 425.286.1047. FREE

**Family Caregiving Consultation**

Family caregivers provide a wide range of unpaid services to their loved ones. You may care for a loved one at home or provide long distance support. The Social Worker is available to you, the caregiver, to manage and improve your own health. Services include consultation, connecting with community resources, coping with stress, and enhancing your own health and wellness. Please call for an individual appointment.

Mondays by appointment.
Call Janet Zielasko, MS, LSW; 425.286.1035. FREE

**Support Groups**

**Coffee Hour**

2nd & 4th Mondays of each month
9:30-10:30am

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. *No meeting Nov 11.*

Coordinated by Cindy Tang, MSW, 425.286.1047

**Caregiver Support Group**

First Monday of each month
10:30–11:30am

Are you a spouse, partner, son, daughter, relative or friend who cares for a loved one with dementia or other chronic illness or disability? Come join other unpaid family caregivers for mutual support and assistance.

Coordinated by Cindy Tang, MSW, 425.286.1047 and Janet Zielasko, MS, LSW

**PEARLS Counseling**

> Depression affects up to 20% of older adults.
> Depression affects your health and quality of life.
> Depression is not a normal part of aging.

**PEARLS** is an evidenced-based depression management program for mild depression or dysthymia (chronic depression). The program combines problem solving treatment, social and physical activity, and pleasant activity scheduling to manage symptoms of depression. All this is done with a trained PEARLS counselor.

**In the past two weeks,**

> Have you had little interest or pleasure in doing things?
> Have you been feeling down, sad, or hopeless?

If you answered yes to one of the above questions, then PEARLS may be a program for you. FREE.

Contact Lydia Barnsley, LPN 425.286.1029 or Cindy Tang, MSW 425.286.1047 to schedule an appointment.
Community Presentation on Kidney Health
Learn why kidneys are so important to our health and how to keep them healthy. This program teaches kidney basics: how your kidneys work and practical tips and tools to maintain healthy kidneys. Also learn about nutrition basics for kidney health and tips for eating healthy if you have chronic kidney disease. This session also includes some food preparation demonstration and food tasting. Presenter: Puget Sound Kidney Center Representatives.
8715 Fri Sept 27 2:00pm-4:00pm
FREE PKCC

Listening More Carefully and Expressing More Clearly
We talk and interact with people each and everyday. Communication is essential to our health and well being. Often the words we choose to say...or not say...can have a major impact on our relationships, learn new tips and strategies to improve communication skills and further enhance your listening skills. Presenter: Janet Zielasko, MS, LSW
8716 Fri Nov 1 1:00pm-2:30pm
FREE PKCC

Matter of Balance
Age 18 & up Aging is often accompanied by a change in balance and/or loss of strength that can lead to an increased risk of falls. In this 8 week session workshop, you will learn about fall hazards, strategies to prevent falls, how to get up from a fall and ways to become more physically active. We will do gentle exercises to improve strength and balance. This workshop is designed for those who have become less active due to experiencing a fall or fear of falling, or for those who use assistive devices to avoid falls. Wear comfortable clothes and shoes. Facilitated by Cindy Tang, MSW and Lydia Barnsley, LPN
8617 Fri Jan 10-Feb 28 1:00pm-3:00pm
FREE PKCC

Powerful Tools for Caregivers
A six week educational series designed to provide you, the caregiver, with tools needed to take care of yourself while caring for a loved one. Classes consist of interactive sessions, discussions and brainstorming to help you take the “tools” you choose and put them into action in your life. Facilitated by Cindy Tang, MSW and Lydia Barnsley, LPN
8620 Mon Mar 6-Apr 10 1:00pm-3:00pm
FREE PKCC

Living Well with Chronic Conditions
Do you have a health condition that causes: fatigue, shortness of breath, pain, lack of activity, frustration or isolation? If you respond “yes” to any of these then the Living Well with Chronic Conditions Workshop might be just what you need! This six-week educational series teaches specific skills and techniques that will help you better manage your chronic condition and regain self-confidence so you can Live Well! (Minimum of 8 or class cancels.) Facilitated by Janet Zielasko, MS, LSW and Cindy Tang, MSW
8622 Mon Mar 30-May 4 1:00pm-3:00pm
FREE 6 classes PKCC

Understanding Dementia Related Behavior
Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer’s disease. Presenter: Hazel Brown, Alzheimer’s Association Representative
8624 Mon Sept 23 1:00pm-2:30pm
FREE PKCC

Effective Communication Strategies
Improving communication with persons with dementia can lead to a decrease in dementia-related behaviors and distress and to improved quality of life for both care recipient and care partner. This class will help participants learn to understand and enter the world of the person with dementia and implement techniques for improving communication. It will also provide a brief overview of dementia basics. Presenter: Hazel Brown, Alzheimer’s Association Representative
8625 Mon Dec 16 1:00pm-3:00pm
FREE PKCC
Trouble Choosing Supplements? **NEW!**

There are so many types and brands of supplements on the market today that it is hard to know which are right for you. Learn about quality, brands and absorbability of supplements. This class should make your next visit to the vitamin store less challenging.

Fri Sept 6 12:45pm-2:00pm
FREE PKCC

What Can You Do About Psoriasis? **NEW!**

Discover ways to control the inflammation, redness, aching and itchiness of psoriasis and prevent secondary infections. To register, call 425.899.3000 and press 1.

Fri Sept 20 12:45pm-2:00pm
FREE PKCC

Skin Cancer Screen **NEW!**

Don’t miss this opportunity for a board-certified dermatologist to assess areas of concern, including your back and backs of legs. Please wear a tank top and shorts underneath your clothes since the screening is at the community center. You can expect your exam to be approximately ten minutes. The outcome of this event will provide you with information if you need follow up care addressing any areas of concern. Biopsies are not performed at this event. Sponsored by EvergreenHealth. To register, call 425.899.3000 and press 1.

Sat Oct 26 9:00am-3:00pm
FREE PKCC

The Arthritis & Diet Connection **NEW!**

Discover the connection diet, nutrients and food allergies may have with causing and relieving arthritis pain. The role of the immune system will also be reviewed.

Fri Oct 4 12:45pm-2:00pm
FREE PKCC

Plantar Faciitis **NEW!**

The most common cause for heel pain is plantar fasciitis. Patients usually experience pain when taking their first steps in the morning, with symptoms lessening as walking continues. Learn what you can do to relieve this discomfort.

Fri Oct 18 12:45pm-2:00pm
FREE PKCC

Macular Degeneration **NEW!**

Macular degeneration is the leading cause of blindness in people over the age of 50. Review the early signs of macular degeneration and how it is treated.

Fri Nov 1 12:45pm-2:00pm
FREE PKCC

Cholesterol/Diabetic Screen

Screening will include fasting full panel cholesterol test and glucose. Results will be given before you go home! Limit 25 participants, must register for time slot. Sponsored by EvergreenHealth.

Fri Nov 15 8:30am-10:30am
FREE PKCC

Improve Your Hearing

Explore techniques for improving communication skills and maximizing your hearing. Discover lip-reading basics and how to deal with noisy places.

Fri Dec 6 12:45pm-2:00pm
FREE PKCC

Headaches Are Not Due to a Shortage of Aspirin **NEW!**

Mechanical restrictions of the cervical spine are a common cause of headaches. Discover how chiropractic medicine addresses the bones, nerves and tissue of the spine to correct structural causes of headache pain without drugs.

Fri Dec 20 12:45pm-2:00pm
FREE PKCC
Mediterranean Lifestyle  
New!

Improve your understanding of how to take care of your health with a healthy lifestyle. A dietitian will provide information on how to practically apply the Mediterranean diet principles to your life.

Fri  Jan 3 12:45pm-2:00pm
FREE   PKCC

Memory Matters

Explore the principles of memory and a range of memory problems, including causes, diagnosis and treatment options. Sponsored by EvergreenHealth. To register, call 425.899.3000 and press 1.

Fri  Jan 17 12:45-2:00pm
FREE   PKCC

Mood Food and Why Women Eat Chocolate  
New!

Discover why women crave chocolate and why some chocolates are better for you than others. Also examine the relationship the carbohydrates and sugar have with chocolate.

Fri  Feb 7 12:45pm-2:00pm
FREE   PKCC

The Tell-Tale Heart  
New!

Learn to recognize the warning signals of heart disease and raise your awareness of risk factors. You will get the facts on the latest medical research and lifestyle recommendations.

Fri  Feb 21 12:45pm-2:00pm
FREE   PKCC

The Vegetarian Diet  
New!

Explore benefits and challenges of a vegetarian lifestyle and realistic strategies to achieve it.

Fri  Mar 6 12:45pm-2:00pm
FREE   PKCC

Restless Leg Syndrome

Age 50 & Up Discuss restless leg syndrome and what steps you can take to alleviate your discomfort.

Fri  Mar 20 12:45pm-2:00pm
FREE   PKCC

To register for EvergreenHealth Classes, call 425.899.3000 and press 1

EvergreenHealth

Thank you EvergreenHealth for your generous support of our Health & Nutrition Classes, Wellness Program, and Kirkland Steppers!

GOT AN EVENT? WE’VE GOT SPACE.


The Peter Kirk Community Center, North Kirkland Community Center, and Heritage Hall can meet these needs and more. Facilities feature hardwood floors, full kitchens (except Heritage Hall) and usage of tables and chairs.

For information and availability visit kirklandparks.net and select “Rentals–Indoor”

Peter Kirk Comm. Center
352 Kirkland Ave, Kirkland
425.587.3360

North Kirkland Comm. Center
12421 103rd Ave NE, Kirkland
425.587.3350

Heritage Hall
203 Market St, Kirkland
425.587.3330

See page 4 for Registration Information or Register Online at KirklandParks.net
Health Services

Foot Care
Foot care service is provided by Sylvia Thomson, RN a certified Foot Care Nurse on Wednesdays, by appointment only, for a fee of $45 payable at the time of service. Each foot care appointment includes safe and modern nail care; a comprehensive foot and footwear assessment; if any risk factors are found resources and recommendations to best fit your foot care needs will be offered. Manicures are also available for an additional $15.
For appointments, call 509.392.3943 or email therapeuticworks@gmail.com.

Oral Health Care
Affordable teeth and denture cleaning for adults age 50+ provided by Healthy Smiles Inc on the first Tuesday of the month. Dental hygiene services include cleaning, oral cancer screening and fluoride treatment for $79. Denture cleaning also available for $10. This is a special program approved by the WA State Legislature. Patients must complete preliminary paperwork and be 50 years or older.
For appointments and more information, call 206.650.3272

Meals on Wheels
Nutritional frozen meals are available for the home bound. Liquid supplements are available.
For information call 425.587.3360

Community Resources

Sound Generations
Information and referral on a wide variety of senior related issues.
Call 206.448.3110 or go to www.soundgenerations.org

Bridge Ministries for Disability Concerns
Services for Persons with disabilities. Free used durable medical equipment, guardianship services and consultation. Call 425.885.1006 or go to www.bridgemin.org

Evergreen Community Health Access
Assists low income and uninsured residents who face barriers access affordable and quality health and social services.
Call 425.899.3200 or go to www.evergreenhospital.org/for_patients/medical_services/evergreen_care_network

AARP Area Office
American Association of Retired Persons. Call 888.687.2277 or go to www.aarp.org/states/wa

Benefits Check 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.

Statewide Health Insurance Benefits Advisor (SHIBA)
Understanding insurance benefits can be difficult. A trained volunteer from SHIBA will be available the third Monday of each month to meet with you privately to answer questions about Medicare (billing procedures), Medicare Part D, health insurance and long term care insurance.
Appointments required, call 425.587.3360

Widowed Information & Consultation Services
WICS offers group support to men and women who are coping with the death of a spouse/partner.
Call 206.241.5650 or go to www.kcwics.org

Respite Care Program
King County can provide Respite services to caregivers in need of a break from the demands of care giving for someone who is chronically ill or disabled. Goods and services can be purchased for functionally impaired older adults with funds through Seattle-King County Aging and Disability “Client Specific Program.”
For more information call Senior Information & Assistance 206.448.3110 or Evergreen Care Network 425.899.3200.

Respite Care Services on the Eastside
In-home respite care provided by volunteers is available to help with care giving on a short—term basis.
Evergreen Community Home Health & Hospice 425.899.3300
Eastside Friends of Seniors 425.369.9120
Volunteer Chore Services 206.328.5787
Jewish Family Services 206.461.3240
Chinese, Latino and South Asian Services

Educational & Recreational Programs Accessible to Chinese, Latino and South Asian Seniors

Programs and services available to all seniors are now more easily accessible to Chinese, Latino and South Asian seniors at the Peter Kirk Community Center. Through the presence of a bilingual staff member, they have the opportunity to participate in social, recreational and educational activities and daily hot lunch. Traditional program components such as outreach and advocacy are also provided.

Chinese Services – Tuesdays

For more information call Bolivar at the Chinese Information & Services Center, 206.624.5633, ext. 4140.

Mandarin Support Group
Share daily experiences with others. Facilitated in Mandarin/Cantonese language, new topic each month. Free
Tuesdays Ongoing 11:15am-12:15pm

E.S.L. for Chinese Seniors
English as a second language is offered for non-English speaking adults. Designed for those with limited or no English. Free
Tuesdays Ongoing Apr–May 10am–12pm
Tuesdays Ongoing Jun–Sep 1pm-3pm

Latino Services – Wednesdays

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. Free
1st Wednesday of each month 10am–11:45am

E.S.L. for Latino Seniors
English as a second language is offered for non-English speaking adults. Designed for those with limited or no English. Free
Wed Ongoing 12:45pm–2pm

South Asian Services – Fridays NEW!

For more information email us at directorcommunity@iaww.org.

Interactive Wellness Program
Explore new ways to address mind, body and spirit with mindful meditation and chair yoga, hot lunch, music, bingo and art. A community resources coordinator will be present to answer questions, address concerns and provide information and assistance. Free
Fri Ongoing 10am–3pm

Employment

Employment Resource Center
This service provides assistance to people 55+ seeking an opportunity for employment. Co-sponsored by the Seattle Mayor's Office for Senior Citizens.
For more info, call 206.684.0500 or email seniors@seattle.gov

AARP—Smart Driver

Age 50 & up This driver training course takes into consideration physical changes of the mature driver and identifies ways one may compensate for these changes. The course also provides information that may improve your driving behavior. Insurance rate reduction for seniors taking this course. Fee $15 for AARP members/$20 for non-members; please bring AARP membership card to class. Make checks payable to AARP on the first day of class.
8701 Wed, Thur Sept 11-Sept 12 12:30pm-4:45pm
8702 Wed, Thur Nov 13-Nov 14 12:30pm-4:45pm
8703 Wed, Thur Jan 8-Jan 9 12:30pm-4:45pm
8714 Wed, Thur Mar 11-Mar 12 12:30pm-4:45pm

Transportation

Center Volunteer Opportunities

Volunteer Opportunities
The Center’s continued success is directly related to our hard-working and dedicated corps of volunteers. Currently, there are a variety of volunteer opportunities at the Center, they include:
• Delivering Meals on Wheels to homebound seniors in Kirkland
• Preparing lunches
• Dishwashing
• Health Clinic
For more information call Patrick at 425.587.3012.
Access
Transportation to appointments, grocery shopping and the Peter Kirk Community 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 800.542.7876, TTY: 206.684.1739

Hopelink
Transportation to medical appointments for individuals with Medicaid coupons.
Call 800.923.7433 or go to www.hope-link.org/need-help/transportation

Share a Ride & Meet a New Friend
Do you drive to the Peter Kirk Community Center for lunch or other activities? Are you available to provide a ride for an older adult who needs transportation? As a volunteer, drive your vehicle and choose the days you are available. Through Senior Services Volunteer Transportation Program you receive reimbursement for mileage and supplemental liability insurance.
For more information, call 206.448.5740

Daily Van Transportation
The Peter Kirk Community Center van operates Monday–Friday, with reservations taken up to 5 p.m. the day before service. The van provides rides to:
- Peter Kirk Community Center,
- Local grocery stores and Hopelink’s Food Bank, and
- Medical appointments in Kirkland, Bellevue, Bothell, or Redmond, on a space available basis.

The suggested donation is $2 for each trip, or what you can afford.
To use the Kirkland Senior Van, you must be:
- A resident of the City of Kirkland, and
- Eligible for, or in the process of applying for King County Metro Access eligibility.
If we have space available, we will provide you with transportation for up to 30 days to the Peter Kirk Community Center while your Access application is being processed. The Kirkland Senior Van Coordinator can assist you with filling out the Access application.

Questions? Please call Mari, the Peter Kirk Community Center Van Driver, at 425.587.3363.
The PKCC Senior Van is a partnership of the City of Kirkland, King County Metro, and Northshore Senior Center Transportation.

Grocery Shopping
The Kirkland Senior Van provides weekly transportation to and from local grocery stores. Shopping times are determined by the geographical location of your home. Must have Access to participate.
To receive a schedule or make an appointment, call 425.587.3363

<table>
<thead>
<tr>
<th>Date</th>
<th>Store</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed Sept 4</td>
<td>QFC</td>
</tr>
<tr>
<td>Wed Sept 11</td>
<td>Grocery Outlet</td>
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<tr>
<td>Wed Sept 18</td>
<td>Fred Meyer</td>
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<tr>
<td>Wed Sept 25</td>
<td>Safeway</td>
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<tr>
<td>Wed Oct 2</td>
<td>QFC</td>
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<tr>
<td>Wed Oct 9</td>
<td>Trader Joe’s</td>
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<tr>
<td>Wed Oct 16</td>
<td>Fred Meyer</td>
</tr>
<tr>
<td>Wed Oct 23</td>
<td>Safeway</td>
</tr>
<tr>
<td>Wed Oct 30</td>
<td>QFC</td>
</tr>
<tr>
<td>Wed Nov 6</td>
<td>Grocery Outlet</td>
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<tr>
<td>Wed Nov 13</td>
<td>Fred Meyer</td>
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<tr>
<td>Wed Nov 20</td>
<td>Safeway</td>
</tr>
<tr>
<td>Tues Nov 26</td>
<td>QFC</td>
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<tr>
<td>Wed Dec 4</td>
<td>Trader Joe’s</td>
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<tr>
<td>Wed Dec 11</td>
<td>Fred Meyer</td>
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<tr>
<td>Wed Dec 18</td>
<td>Safeway</td>
</tr>
<tr>
<td>Wed Jan 8</td>
<td>QFC</td>
</tr>
<tr>
<td>Wed Jan 8</td>
<td>Grocery Outlet</td>
</tr>
<tr>
<td>Wed Jan 8</td>
<td>Fred Meyer</td>
</tr>
</tbody>
</table>
Out for Lunch Bunch

11am–2pm • Resident $13 / Non-Resident $16 • Bring lunch money

*Credible trips include sales tax*

<table>
<thead>
<tr>
<th>Location</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cactus Alki Beach</td>
<td>Cactus Restaurant on Alki has large, roll-up garage doors, an outdoor patio and a perfect sunset view of the Olympics.</td>
</tr>
<tr>
<td>Hops N Drops Lynnwood</td>
<td>The restaurant design and menu were built to reflect an atmosphere for folks to gather and enjoy an iced cold beer, a 100% Angus beef burger and to sip on their ever-popular, hand shaken, real fruit, icy drops.</td>
</tr>
<tr>
<td>Duvall Grill &amp; Tap Room Duvall</td>
<td>Delicious classic grill-fare.</td>
</tr>
<tr>
<td>Coho Café Issaquah</td>
<td>Offering exciting and affordably priced dishes emphasizing Pacific Northwest seafood.</td>
</tr>
<tr>
<td>Grazie’s Ristorante Bothell</td>
<td>Serving authentic Italian food for over 20 years.</td>
</tr>
<tr>
<td>Cask &amp; Trotter Lynnwood</td>
<td>While their backbone is BBQ, they also serve a variety of other items cooked daily.</td>
</tr>
<tr>
<td>Murphy’s Pub Seattle</td>
<td>Originally opened in 1981 Murphy’s is known as Seattle’s first Irish Pub, don’t miss the opportunity for some authentic Irish fare.</td>
</tr>
</tbody>
</table>

Shops & Slots
Age 21 & up

Snoqualmie Casino & Outlet Mall
Thursday, November 14
10am–4pm
R $21 / NR $25 • #8235 • Bring lunch $

Tulalip Casino & Seattle Premium Outlets
Thursday, March 5
10am–4pm
R $21 / NR $25 • #8236 • Bring lunch $

Attention Riders
For everyone’s comfort, please refrain from the use of fragrant personal products while participating in programs and trips. Thank you for your consideration!

PKCC Parking Options
Parking available with permit in the front lot—please see staff for permit.
Parking available in the public parking lot below the library.
Street parking available.

See page 4 for Registration Information or Register Online at KirklandParks.net
**PKCC Van Trips**

**Outback Kangaroo Farm**

Thurs Sept 5  8540  8:30am–3:30pm  
R $35 / NR $41  Bring lunch $  
You are off to the farm for an entertaining and informative tour where you will see kangaroos, wallabies, lemurs, miniature goats and more. Before heading back stop for a casual lunch at Nutty's Junkyard Grill.

**Cashmere & Cotlets**

Thurs Sept 12  8541  8:30am–6pm  
R $31 / NR $37  Bring lunch $  
Enjoy the fall colors as you head over to Eastern Washington for the day. Stop at the nostalgic 59er Diner for lunch and spend some time browsing the antique mall. Then you are off to tour the Aplets & Cotlets Candy Factory in Cashmere.

**Seike Japanese Garden**

NEW!

Thurs Sept 19  8542  9am–2:15pm  
R $23 / NR $27  Bring lunch $  
Opened in 2006 this garden is a treasure located in the Highline SeaTac Botanical Gardens. Join us to learn the interesting history of this garden and how it was saved and relocated by four different governments.

**Olympia Farmers Market**

Thurs Oct 3  8543  9am–4:15pm  
R $24 / NR $29  Bring lunch $  
Explore this large Farmer’s Market offering organic produce, local crafts, baked goods, meats, seafood, dairy products and plants. After working up an appetite relax and enjoy lunch at a local favorite, the Terrace Falls Restaurant, overlooking the beautiful Tumwater Falls.

**Oktoberfest in Leavenworth**

Fri Oct 11  8544  1pm–9:15pm  
R $35 / NR $42  Bring lunch $  
Oktoberfest in Leavenworth is the next best thing to being in Munich! Enjoy live music, German food, arts, crafts and so much more.

**Tacoma Holiday Food & Gift Festival**

NEW!

Fri Oct 18  8545  9am–4pm  
R $43 / NR $48  Bring lunch $  
Spend the day browsing arts & crafts, unique gifts and specialty foods, with over 550 booths there is something here for everyone.

**Mystery Trip #1**

NEW!

Thurs Oct 31  8546  9am–6pm  
R $55 / NR $62  Bring lunch $  
Bells started ringing and chains rattled loud, where we are going can draw quite a crowd. Bring lunch $.

**Seattle Art Museum**

Nov 21  8547  9:15am–3:30pm  
R $20 / NR $24  Bring lunch $ and museum admission $  
Explore this world-class museum on your own. Be sure to work up your appetite, enjoy a late lunch at Henry’s Tavern.

**Warm Beach Lights of Christmas**

Fri Dec 13  8548  3pm–11pm  
R $87 / NR $93  
Take a brief walk around the enchanting lighted grounds and then settle in for a fabulous 5-course meal and live theater in the Baylight Room. Must sign up by Nov 8 to secure reservations, choose dinner entrée at time of registration.

**An IMAX Experience**

NEW!

Thurs Dec 19  8561  11am–5pm  
R $32 / NR $36  Bring lunch $  
Pacfic Science Center Is home of Seattle’s Ultimate IMAX Experience with two state of the art theaters. Here is your chance to see one of their world class documentaries. Begin the day with lunch at Paddy Coyne’s.

**Boeing Tour**

Thurs Jan 16  8551  8:45am–3pm  
R $48 / NR $53  Bring lunch $  
Visit inside the working assembly plant at the largest building (by volume) in the world. Tour can be noisy, includes 2 flights of stairs and two large tunnels, the first 0.3 miles round trip the second shorter. Cameras. electronic devices (mobile phones, cameras, etc.) and personal items (purses, backpacks, bags) are not permitted on the tour; free lockers are available on-site.
Van Trip Registration & Policy

1. Cancellations requested more than one week prior to the Van Trip are subject to a $10 processing fee. Cancellations requested less than one week prior to the Van Trip receive a 50% credit on the account, or a minimum $10 administrative fee. Cancellations requested Van Trip day receive no refund or credit.

2. Pre-purchased tickets are non-refundable. This includes all special events (theater, movies, cruises, etc.).

3. All van trips depart promptly from the west side of the Peter Kirk Community Center. Please arrive 10 minutes prior to scheduled departure, as no refunds will be issued for missed rides.

4. Van trip return times are estimated and may vary depending on traffic.

5. Home pick-up and take-home is available for Kirkland residents who live within the City limits, if requested in advance. A donation of $2.00 each way is suggested. To request home pick-up, call 425.587.3363 no more than 2 weeks before the trip and no later than 24 hours in advance. Driver will call one day before the trip with your pick-up time. All others meet the bus at the Center.

6. Trip participants must be independently mobile or accompanied by a caregiver on all van trips. Caregivers must register and pay the same applicable van and admission fees. Wheelchair space is limited. If you require wheelchair or walker accommodations, please specify at time of registration.
What is the Kirkland Senior Council?
The City Council established the Senior Council in 2002 to ensure Kirkland is and remains a safe, vibrant community for residents age 50 and older. The members of the Council are a group of concerned citizens like you.

How does the Senior Council work?
The Senior Council meets monthly for 2 hours and members also meet through committees to identify the concerns of Kirkland’s adults age 50 and over, to advocate for their needs and to create programs that advance their well-being.

What is the relationship to the Kirkland City Council?
The Senior Council works in an advisory capacity to the City Council. Its role is to study, review, evaluate and make recommendations to the City Council and the City Manager regarding matters affecting citizens age 50 and older, in the City of Kirkland.

The Senior Council welcomes your ideas, questions and suggestions!
Meetings are Second Tuesday of the month at 1:30 p.m.
Peter Kirk Community Center
352 Kirkland Avenue
For more information, please call 425.587.3362.
To apply, visit www.kirklandwa.gov. Applications will be accepted October 1–25, 2019.

Join the Kirkland Senior Council

VIVA VOLUNTEERS! FAIR
SATURDAY, OCTOBER 19
10 AM - 2 PM
PETER KIRK COMMUNITY CENTER
352 KIRKLAND AVENUE
FREE ADMISSION
Complimentary Snacks & Drinks and Door Prizes!

Event Info: 425-587-3360

Health · Education · Arts · Public Safety · Pets · Housing · And more
Space Available for Your Next Event!

Meetings // Receptions // Reunions // Retirement Parties
Weddings // Corporate Parties // Birthday Parties // Baby Showers

Heritage Hall and the North Kirkland and Peter Kirk Community Centers are available for your rental needs.

Both Community Centers feature wifi, hardwood floors, full kitchens, and usage of tables and chairs. Peter Kirk Community Center features a large multi-purpose room with stage, and several break-out meeting rooms available for rent. The North Kirkland Community Center offers one large multi-purpose room and a lower level meeting room for rent. Heritage Hall features 1390 sq. ft. in a hall restored to its 1920’s charm with ornate millwork, a coved, uplit ceiling, two patios, a garden, and a kitchenette.

Heritage Hall
203 Market Street
425.587.3300
Hall Capacity: 70
Event Capacity: Up to 125 people
May through September

North Kirkland Community Center
12421 103rd Ave NE
425.587.3350
ROOM CAPACITIES
Multi-Purpose Room: 245
Meeting Room: 35

Peter Kirk Community Center
352 Kirkland Ave
425.587.3360
ROOM CAPACITIES
Multi-Purpose Room: 150
Lobby Meeting Room: 50
Meeting Room: 16-32

For more information regarding rentals and availability visit kirklandparks.net or email eparks@kirklandwa.gov.
## Kirkland Rental Facilities

The Kirkland Parks and Community Services Department offers a variety of rental facilities including a beautiful, historic Hall, two community centers with multi-purpose rooms, kitchens and meeting rooms, a waterfront Pavilion, picnic locations and numerous athletic fields.

For additional information and to rent online, visit [kirklandparks.net](http://kirklandparks.net)

### INDOOR FACILITIES

<table>
<thead>
<tr>
<th>Facility Name</th>
<th>Address</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heritage Hall &amp; Centennial Gardens</td>
<td>203 Market St / 425.587.3330</td>
<td>425.587.3330</td>
</tr>
<tr>
<td>North Kirkland Community Center</td>
<td>12421 103rd Ave NE / 425.587.3350</td>
<td>425.587.3350</td>
</tr>
<tr>
<td>Peter Kirk Community Center</td>
<td>352 Kirkland Ave / 425.587.3360</td>
<td>425.587.3360</td>
</tr>
</tbody>
</table>

### OUTDOOR FACILITIES

<table>
<thead>
<tr>
<th>Facility Name</th>
<th>Address</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>132nd Square Park Picnic Shelter/Area</td>
<td>13159 132nd Ave NE / 425.587.3330</td>
<td>425.587.3330</td>
</tr>
<tr>
<td>Crestwoods Park Picnic Area &amp; Athletic Fields</td>
<td>1818 6th Street / 425.587.3330</td>
<td>425.587.3330</td>
</tr>
<tr>
<td>Everest Park Picnic Shelter &amp; Athletic Fields</td>
<td>500 8th Street S / 425.587.3330</td>
<td>425.587.3330</td>
</tr>
<tr>
<td>Houghton Beach Park Picnic Area</td>
<td>5811 Lake Washington Blvd / 425.587.3330</td>
<td>425.587.3330</td>
</tr>
<tr>
<td>Juanita Beach Park Picnic Areas &amp; Athletic Fields</td>
<td>9703 NE Juanita Dr / 425.587.3330</td>
<td>425.587.3330</td>
</tr>
<tr>
<td>Marina Park Pavilion</td>
<td>25 Lakeshore Plaza / 425.587.3330</td>
<td>425.587.3330</td>
</tr>
<tr>
<td>OO Denny Park 2 Locations: 1 Picnic Shelter, 1 Picnic Area</td>
<td>12032 Holmes Pt Dr NE / 425.587.3330</td>
<td>425.587.3330</td>
</tr>
<tr>
<td>Peter Kirk Pool – Available Early June through Labor Day</td>
<td>340 Kirkland Ave / Reserve online at <a href="http://www.kirklandparks.net">www.kirklandparks.net</a> or call 425.587.3336</td>
<td>425.587.3336</td>
</tr>
<tr>
<td>Waverly Beach Park Picnic Shelter</td>
<td>633 Waverly Way / 425.587.3330</td>
<td>425.587.3330</td>
</tr>
</tbody>
</table>

### ATHLETIC FIELDS

#### Grass/Dirt Athletic Fields

- 132nd Square Park 13159 132nd Ave NE / 425.587.3330
- Crestwoods Park 1818 6th Street / 425.587.3330
- Everest Park 500 8th Street S / 425.587.3330
- Juanita Beach Park 9703 NE Juanita Dr / 425.587.3330
- Lee Johnson Field at Peter Kirk Park 202 Third Street / 425.587.3330
- Various Kirkland Area Lake Washington School District Fields – Multiple locations / 425.587.3330

#### Synthetic & Synthetic/Grass Athletic Fields

- Lakeview Elementary 10400 NE 68th Street / 425.587.3330
- Lake Washington High School 12033 NE 80th Street / 425.587.3330

### RENT PICNIC AND POOL LOCATIONS ONLINE!

Picnic locations are available to rent on-line for private gatherings. Full site descriptions, a side by side rental site comparison table, rental policies, prices, availability and booking access are available at [kirklandparks.net](http://kirklandparks.net).

### PLAN AHEAD!

Heritage Hall, the Marina Park Pavilion, the Community Centers and Athletic Fields require a minimum of 30 calendar days in advance to book. The picnic shelters and Peter Kirk Pool require a minimum of 7 calendar days. Visit [kirklandparks.net](http://kirklandparks.net) for additional information.
StoryBook Theater at Kirkland Performance Center!

Premera Blue Cross presents

Beauty & the Beast
October - December 2019

Little Red
February 2020

The Frog Prince
April - May 2020

Showtimes & tickets online at www.StoryBookTheater.org

STUDIO EAST CLASSES & CAMPS

After School & Homeschool Classes
One Day Workshops
Break & Summer Camps
Fun for ages 4-19!

www.studio-east.org
425.820.1800

11730 118th Ave NE, Suite 100, Kirkland
Located just south of the Totem Lake Fred Meyer

See a Studio East production!

Seussical the Musical

October 18 – November 3, 2019

STUDIO EAST
Training for the Performing Arts

www.studio-east.org
425.820.1800

’Twas the Night...

November 30 – December 22, 2019
JOIN OUR TEAM!

- **After School Camp Leader/ Director (Creator of Happiness)**
  Spend time outdoors, playing games, going on walks, doing crafts, helping with homework and just having fun.

- **Facility Program Attendant (Communications Ambassador)**
  Responsible for providing outstanding customer service to patrons in all environments.

- **Preschool Art Teacher**
  Don’t be afraid of the mess! We need your colorful, creative personality to foster the imagination and artistic abilities of preschoolers.

- **Preschool Dance Instructor**
  Twirl, tap and leap teaching young dance hopefuls rhythm, positions, and the mantra “you can dance if you want to”!

FLEXIBLE HOURS  ADDITIONAL INCOME  COMMUNITY ENGAGEMENT  SOMETHING NEW EVERY DAY!

www.kirklandwa.gov/ParksJobs