

City of Kirkland Parks & Community Services

# Kirkland Parks



Fall 2019 & Winter 2020



**Adults 50+**  
See Page 45

**Pickleball**  
See Page 40



**experience it!**

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

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

# RECREATION SCHOLARSHIP PROGRAM

Scholarships are available for Kirkland Residents of all ages and abilities who might not be able to participate due to income.

- **NEW:** 50%, 75%, and 95% scholarships are available (depending on income verification).
- Donations from community members are now being accepted!
- Donations support the Scholarship Program and will allow all Kirkland Residents to participate in department-offered programs.



Please visit [kirklandparks.net](http://kirklandparks.net) and click on "Recreation Scholarships" for information about the program or to donate today!

## 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
- **OO 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.



Explore **KIRKLAND**  
www.explorekirkland.com WASHINGTON

# experience it!



## 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

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<b>Parent &amp; Child</b> .....	<b>8</b>
Infant to 5 years	
<b>Preschoolers</b> .....	<b>14</b>
3 to 6 years	
<b>Youth &amp; Teens</b> .....	<b>22</b>
6 to 16 years	
<b>Youth Services</b> .....	<b>31</b>
13 to 18 years	
<b>KTUB</b> .....	<b>32</b>
13 to 19 years	
<b>Specialized Recreation</b> .....	<b>34</b>
18+ years	
<b>Adult Dance</b> .....	<b>36</b>
16 years and older	
<b>Adult Fitness</b> .....	<b>38</b>
16 years and older	
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18+ years	
<b>Adult Special Interest</b> .....	<b>42</b>
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Adults of All Ages	
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# 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](http://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](https://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.

## 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

## 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 [tlevicoordinator@kirklandwa.gov](mailto:tlevicoordinator@kirklandwa.gov).

## 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.



**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 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](http://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](http://www.kirklandwa.gov/JuanitaFridayMarket)



SEPTEMBER 7, 2019  
KIRKLAND KIDS TRIATHLON  
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](http://KIRKLANDPARKS.NET)  
OR CALL 425-587-3336 • COURSE # 6116  
[www.kirklandwa.gov/youthathletics](http://www.kirklandwa.gov/youthathletics)

experience it!



# Recreation Classes

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

A photograph of two green and black pickleball paddles and a yellow-green pickleball on a green court surface. The paddles have 'RALLY TYDIE' and 'KIRKLAND PARKS PICKLEBALL' printed on them. A red oval with the word 'NEW!' is overlaid on the right side of the image.

**experience it!**  
Kirkland Parks

**NEW!**

**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*

## Music

### Music Together with Olya

**Age 5 & under with 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.

8439	Sat	Sept 14-Sept 28	10:30am-11:15am
\$60 R / \$72 NR	NKCC	Instr: Olga Katkova	
8440	Sat	Oct 5-Oct 26	10:30am-11:15am
\$80 R / \$96 NR	NKCC	Instr: Olga Katkova	
8909	Sat	Nov 2-16	10:30am-11:15am
\$60 R / \$72 NR	NKCC	Instr: Olga Katkova	

### 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 1-2

8288	Mon	Sept 9-Sept 30	9:15am-10:00am
8289	Mon	Oct 7-Oct 28	9:15am-10:00am
\$36 R / \$43 NR	NKCC	Instr: Karen Renfroe-Gielgens	
8290	Mon	Nov 4-Nov 25	9:15am-10:00am
8291	Mon	Jan 6-Jan 27	9:15am-10:00am
8292	Mon	Feb 3-Feb 24	9:15am-10:00am
\$27 R / \$32 NR	NKCC	Instr: Karen Renfroe-Gielgens	
8293	Mon	Mar 9-Mar 30	9:15am-10:00am
\$36 R / \$43 NR	NKCC	Instr: Karen Renfroe-Gielgens	

#### Age 1-3

8282	Mon	Sept 9-Sept 30	10:10am-10:55am
8294	Mon	Sept 9-Sept 30	11:05am-11:50am
8283	Mon	Oct 7-Oct 28	10:10am-10:55am
8295	Mon	Oct 7-Oct 28	11:05am-11:50am
\$36 R / \$43 NR	NKCC	Instr: Karen Renfroe-Gielgens	
8284	Mon	Nov 4-Nov 25	10:10am-10:55am
8296	Mon	Nov 4-Nov 25	11:05am-11:50am
8285	Mon	Jan 6-Jan 27	10:10am-10:55am
8297	Mon	Jan 6-Jan 27	11:05am-11:50am
8286	Mon	Feb 3-Feb 24	10:10am-10:55am
8298	Mon	Feb 3-Feb 24	11:05am-11:50am
8287	Mon	Mar 9-Mar 30	10:10am-10:55am
8299	Mon	Mar 9-Mar 30	11:05am-11:50am
\$27 R / \$32 NR	NKCC	Instr: Karen Renfroe-Gielgens	

### 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!

8300	Mon	Dec 2-9	9:15am-10:00am
8301	Mon	Dec 2-9	10:10am-10:55am
8302	Mon	Dec 2-9	11:05am-11:50am
\$18 R / \$22 NR	NKCC	Instr: Karen Renfroe-Gielgens	

## 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.*

8482	Mon	Sept 9-Sept 23	10:30am-11:15am
8486	Mon	Oct 7-Oct 21	10:30am-11:15am
8487	Mon	Nov 4-Nov 25	10:30am-11:15am
8488	Mon	Dec 2-Dec 16	10:30am-11:15am
8489	Mon	Jan 6-Jan 27	10:30am-11:15am
8490	Mon	Feb 3-Feb 24	10:30am-11:15am
8491	Mon	Mar 9-Mar 23	10:30am-11:15am
\$30 R / \$36 NR	NKCC	Instr: Monique Bayne	
8483	Wed	Sept 11-Sept 25	10:30am-11:15am
8492	Wed	Oct 9-Oct 23	10:30am-11:15am
8493	Wed	Nov 6-Nov 20	10:30am-11:15am
8494	Wed	Dec 4-Dec 18	10:30am-11:15am
8495	Wed	Jan 8-Jan 22	10:30am-11:15am
8496	Wed	Feb 5-Feb 19	10:30am-11:15am
8497	Wed	Mar 11-Mar 25	10:30am-11:15am
\$30 R / \$36 NR	NKCC	Instr: TBA	
8484	Thur	Sept 12-Sept 26	9:30am-10:15am
8498	Thur	Oct 10-Oct 24	9:30am-10:15am
8499	Thur	Nov 7-Nov 21	9:30am-10:15am
8500	Thur	Dec 5-Dec 19	9:30am-10:15am
8501	Thur	Jan 9-Jan 23	9:30am-10:15am
8502	Thur	Feb 6-Feb 20	9:30am-10:15am
8503	Thur	Mar 12-Mar 26	9:30am-10:15am
\$30 R / \$36 NR	NKCC	Instr: Monique Bayne	
8485	Fri	Sept 13-Sept 27	10:30am-11:15am
8504	Fri	Oct 4-Oct 18	10:30am-11:15am
8505	Fri	Nov 8-Nov 22	10:30am-11:15am
8506	Fri	Dec 6-Dec 20	10:30am-11:15am
8507	Fri	Jan 10-Jan 24	10:30am-11:15am
8508	Fri	Feb 7-Feb 21	10:30am-11:15am
8509	Fri	Mar 13-Mar 27	10:30am-11:15am
\$30 R / \$36 NR	NKCC	Instr: TBA	



## 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!



### 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

### 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.*

5219	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

### 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



## 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!

8137	Tue	Sept 10-Sept 24	9:15am-10:15am
8138	Tue	Sept 10-Sept 24	10:45am-11:45am
8139	Tue	Sept 10-Sept 24	12:15pm-1:15pm
\$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.

8140	Tue	Oct 8-Oct 22	9:15am-10:15am
8141	Tue	Oct 8-Oct 22	10:45am-11:45am
8142	Tue	Oct 8-Oct 22	12:15pm-1:15pm
\$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!

8143	Tue	Nov 5-Nov 19	9:15am-10:15am
8144	Tue	Nov 5-Nov 19	10:45am-11:45am
8145	Tue	Nov 5-Nov 19	12:15pm-1:15pm
\$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.

8146	Tue	Dec 3-Dec 10	9:15am-10:15am
8147	Tue	Dec 3-Dec 10	10:45am-11:45am
8148	Tue	Dec 3-Dec 10	12:15pm-1:15pm
\$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.

8176	Tue	Jan 7-Jan 21	9:15am-10:15am
8177	Tue	Jan 7-Jan 21	10:45am-11:45am
8178	Tue	Jan 7-Jan 21	12:15pm-1:15pm
\$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.

8179	Tue	Feb 4-Feb 18	9:15am-10:15am
8180	Tue	Feb 4-Feb 18	10:45am-11:45am
8181	Tue	Feb 4-Feb 18	12:15pm-1:15pm
\$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.

8182	Tue	Mar 10-Mar 24	9:15am-10:15am
8183	Tue	Mar 10-Mar 24	10:45am-11:45am
8184	Tue	Mar 10-Mar 24	12:15pm-1:15pm
\$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.

8573	Tue	Sept 10-Sept 24	9:30am-10:15am
\$35 R / \$42 NR	NKCC	Instr: Jessica Anderson	

### 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.

8574	Tue	Oct 8-Oct 22	9:30am-10:15am
\$35 R / \$42 NR	NKCC	Instr: Jessica Anderson	

### 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.

8575	Tue	Nov 5-Nov 19	9:30am-10:15am
\$35 R / \$42 NR	NKCC	Instr: Jessica Anderson	

### 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.

8576	Tue	Dec 3-Dec 17	9:30am-10:15am
\$35 R / \$42 NR	NKCC	Instr: Jessica Anderson	

### 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.

8577	Tue	Jan 7-Jan 21	9:30am-10:15am
\$35 R / \$42 NR	NKCC	Instr: Jessica Anderson	

### Moons, Stars & Planets

**Age 3** 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.

8578	Tue	Feb 4-Feb 18	9:30am-10:15am
\$35 R / \$42 NR	NKCC	Instr: Jessica Anderson	

### 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.

8579	Tue	Mar 10-Mar 24	9:30am-10:15am
\$35 R / \$42 NR	NKCC	Instr: Jessica Anderson	

## 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.

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	

### 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.

8305	Wed	Sept 11-Nov 27	8:45am-9:30am
8306	Wed	Jan 8-Mar 25	8:45am-9:30am
\$168 R / \$202 NR	NKCC	Instr: Frederique Battestini	

### 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.

#### Age 5-8

8344	Sat	Sept 21	12:30pm-2:00pm
8918	Sat	Jan 18	12:30pm-2:00pm
\$43 R / \$52 NR	NKCC	Instr: Strategic Living, LLC	

#### Age 9-12

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	

## 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 rhymes 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
\$30 R / \$36 NR	NKCC	Instr: Jennifer Pineda	
8628	Mon	Jan 6-Feb 10	9:10am-9:40am
\$25 R / \$30 NR	NKCC	Instr: Jennifer Pineda	
8629	Mon	Feb 24-Mar 30	9:10am-9:40am
\$30 R / \$36 NR	NKCC	Instr: Jennifer Pineda	
8630	Tue	Sept 10-Oct 15	3:15pm-3:45pm
8631	Tue	Oct 29-Dec 10	3:15pm-3:45pm
8632	Tue	Jan 7-Feb 11	3:15pm-3:45pm
8633	Tue	Feb 25-Mar 31	3:15pm-3:45pm
\$30 R / \$36 NR	NKCC	Instr: Osiris Reynoso-Lotts	
8634	Fri	Sept 13-Oct 18	9:30am-10:00am
8636	Fri	Nov 1-Dec 13	9:30am-10:00am
8637	Fri	Jan 10-Feb 14	9:30am-10:00am
8638	Fri	Feb 28-Apr 3	9:30am-10:00am
\$30 R / \$36 NR	NKCC	Instr: Fawnia Chauvaux	



## 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!

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

**Parent/Child Motion II**

**Age 2-3**

8612	Mon	Sept 9-Oct 7	10:20am-11:05am	\$40 R / \$48 NR	NKCC	Instr: Jessica Anderson
8362	Mon	Oct 21-Nov 25	10:20am-11:05am	\$24 R / \$29 NR	NKCC	Instr: Jessica Anderson
8371	Mon	Dec 2-Dec 16	10:20am-11:05am	\$48 R / \$58 NR	NKCC	Instr: Jessica Anderson
8613	Mon	Mar 2-Mar 30	10:20am-11:05am	\$40 R / \$48 NR	NKCC	Instr: Jessica Anderson
8369	Wed	Sept 11-Oct 9	10:20am-11:05am	\$40 R / \$48 NR	NKCC	Instr: Jessica Anderson
8363	Wed	Oct 23-Nov 20	10:20am-11:05am	\$24 R / \$29 NR	NKCC	Instr: Jessica Anderson
8372	Wed	Dec 4-Dec 18	10:20am-11:05am	\$48 R / \$58 NR	NKCC	Instr: Jessica Anderson
8381	Wed	Jan 8-Feb 12	10:20am-11:05am	\$40 R / \$48 NR	NKCC	Instr: Jessica Anderson
8382	Wed	Feb 26-Mar 25	10:20am-11:05am	\$40 R / \$48 NR	NKCC	Instr: Jessica Anderson
8370	Thur	Sept 12-Oct 10	10:45am-11:30am	\$40 R / \$48 NR	NKCC	Instr: Jessica Anderson
8364	Thur	Oct 24-Nov 21	10:45am-11:30am	\$24 R / \$29 NR	NKCC	Instr: Jessica Anderson
8373	Thur	Dec 5-Dec 19	10:45am-11:30am	\$48 R / \$58 NR	NKCC	Instr: Jessica Anderson
8891	Thur	Jan 9-Feb 13	10:45am-11:30am	\$48 R / \$58 NR	NKCC	Instr: Jessica Anderson
8384	Thur	Feb 27-Mar 26	10:45am-11:30am	\$40 R / \$48 NR	NKCC	Instr: Jessica Anderson
8389	Sat	Jan 11-Feb 15	9:50am-10:35am	\$48 R / \$58 NR	NKCC	Instr: Jessica Anderson
8390	Sat	Feb 29-Mar 28	9:50am-10:35am	\$40 R / \$48 NR	NKCC	Instr: Jessica Anderson

↑ **New Saturday Winter programs** →

# Indoor Playground



## Parent/Child Drop-in Program

**Ages 9 months–5 years**

**Tues & Thur, 10am–1pm**

**Sept 10–Dec 12, 2019**

**Jan 7–Apr 2, 2020**

**\$3 per child per visit or**

**10-visit \$25 Punch Card (#8635)**  
Cash, Check, Visa, or Mastercard accepted.  
*Registration in-person only.*  
*Punch card makes a great gift!*



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**

## 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](http://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-4:30pm
8444	Mon	Sept 9-Dec 16	5:00pm-5:30pm
\$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	

#### 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	
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](http://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](mailto:misspam@moveovermozart.net). *No class Feb 18.*

8473	Tue	Sept 10-Dec 17	5:00pm-5:30pm
\$225 R / \$270 NR	NKCC	Instr: Move Over Mozart	
8474	Tue	Jan 7-Mar 17	5:00pm-5:30pm
\$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.

8776	Fri	Feb 14	10:00am-11:30am
\$24 R / \$29 NR	NKCC	Instr: Pamela Fisher	

### Preschool Drawing Class

**Age 3½-5** Come draw colorful, kid-friendly subjects while having fun with friends! As children learn to draw and color with our step-by-step method, they develop hand-eye coordination, fine motor skills, and attention to detail—essential skills for kindergarten readiness! Our kid-friendly, seasonally inspired lessons are brand-new every week. Come draw with us!

8417	Sat	Sept 14-Oct 5	9:00am-9:45am
8418	Sat	Oct 12-Nov 2	9:00am-9:45am
8419	Sat	Nov 9-Nov 30	9:00am-9:45am
\$49 R / \$59 NR	NKCC	Instr: Young Rembrandts	
8428	Sat	Dec 7-Dec 21	9:00am-9:45am
\$44 R / \$53 NR	NKCC	Instr: Young Rembrandts	
8420	Sat	Jan 11-Feb 1	9:00am-9:45am
8421	Sat	Feb 8-Feb 29	9:00am-9:45am
8422	Sat	Mar 7-Mar 28	9:00am-9:45am
\$49 R / \$59 NR	NKCC	Instr: Young Rembrandts	

### 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	



## 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

8825	Tue	Sept 10-Oct 15	1:00pm-1:45pm
8311	Tue	Sept 10-Oct 15	3:40pm-4:25pm
8315	Tue	Sept 10-Oct 15	4:30pm-5:15pm
8929	Tue	Oct 29-Dec 10	1:00pm-1:45pm
8316	Tue	Oct 29-Dec 10	4:30pm-5:15pm
8316	Tue	Oct 29-Dec 10	4:30pm-5:15pm
8313	Tue	Jan 7-Feb 11	3:40pm-4:25pm
8317	Tue	Jan 7-Feb 11	4:30pm-5:15pm
8830	Tue	Feb 25-Mar 31	1:00pm-1:45pm
8314	Tue	Feb 25-Mar 31	3:40pm-4:25pm
8318	Tue	Feb 25-Mar 31	4:30pm-5:15pm
8319	Fri	Sept 13-Oct 18	9:50am-10:35am
8323	Fri	Sept 13-Oct 18	10:45am-11:30am
8327	Fri	Sept 13-Oct 18	11:35am-12:20pm
8320	Fri	Nov 1-Dec 13	9:50am-10:35am
8324	Fri	Nov 1-Dec 13	10:45am-11:30am
8328	Fri	Nov 1-Dec 13	11:35am-12:20pm
8321	Fri	Jan 10-Feb 14	9:50am-10:35am
8325	Fri	Jan 10-Feb 14	10:45am-11:30am
8329	Fri	Jan 10-Feb 14	11:35am-12:20pm
8322	Fri	Feb 28-Apr 3	9:50am-10:35am
8326	Fri	Feb 28-Apr 3	10:45am-11:30am
8330	Fri	Feb 28-Apr 3	11:35am-12:20pm
\$54 R / \$65 NR	NKCC		Instr: Kari Rohr

#### Age 4-6

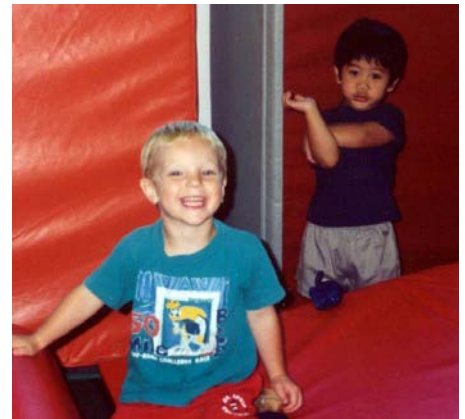
This afternoon class is perfect for the older, or home-schooled beginner student!

8826	Tue	Sept 10-Oct 15	1:50pm-2:35pm
8827	Tue	Oct 29-Dec 10	1:50pm-2:35pm
8828	Tue	Jan 7-Feb 11	1:00pm-1:45pm
8829	Tue	Jan 7-Feb 11	1:50pm-2:35pm
8831	Tue	Feb 25-Mar 31	1:50pm-2:35pm
\$54 R / \$65 NR	NKCC		Instr: Kari Rohr

### Little Tumblers 2

**Age 4-6** For children with previous tumbling experience only. Review tumbling skills and advance to the next level with additional work on all apparatus. Please dress comfortably in shorts, T-shirts or leotards \* No clothing with buttons or zippers. Tumblers 2 is by teacher permission only!

8331	Tue	Sept 10-Oct 15	5:20pm-6:05pm
8332	Tue	Oct 29-Dec 10	5:20pm-6:05pm
8333	Tue	Jan 7-Feb 11	5:20pm-6:05pm
8334	Tue	Feb 25-Mar 31	5:20pm-6:05pm
\$54 R / \$65 NR	NKCC		Instr: Kari Rohr



## 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.

8395	Wed	Sept 11-Oct 9	11:15am-12:00pm
8396	Wed	Oct 23-Nov 20	11:15am-12:00pm
\$40 R / \$48 NR	NKCC		Instr: Jessica Anderson
8398	Wed	Jan 8-Feb 12	11:15am-12:00pm
\$48 R / \$58 NR	NKCC		Instr: Jessica Anderson
8399	Wed	Feb 26-Mar 25	11:15am-12:00pm
\$40 R / \$48 NR	NKCC		Instr: Jessica Anderson
8406	Sat	Jan 11-Feb 15	10:45am-11:30am
\$48 R / \$58 NR	NKCC		Instr: Jessica Anderson
8408	Sat	Feb 29-Mar 28	10:45am-11:30am
\$40 R / \$48 NR	NKCC		Instr: Jessica Anderson

### Kids In Motion B

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

8400	Thur	Sept 12-Oct 10	11:35am-12:20pm
8401	Thur	Oct 24-Nov 21	11:35am-12:20pm
8405	Thur	Feb 27-Mar 26	11:35am-12:20pm
\$40 R / \$48 NR	NKCC		Instr: Jessica Anderson
8404	Thur	Jan 9-Feb 13	11:35am-12:20pm
\$48 R / \$58 NR	NKCC		Instr: Jessica Anderson
8409	Sat	Jan 11-Feb 15	11:35am-12:20pm
\$48 R / \$58 NR	NKCC		Instr: Jessica Anderson
8410	Sat	Feb 29-Mar 28	11:35am-12:20pm
\$40 R / \$48 NR	NKCC		Instr: Jessica Anderson

### 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.

8397	Wed	Dec 4-Dec 18	11:15am-12:00pm
\$24 R / \$29 NR	NKCC		Instr: Jessica Anderson

### 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.

8402	Thur	Dec 5-Dec 19	11:35am-12:20pm
\$24 R / \$29 NR	NKCC		Instr: Jessica Anderson

### 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.

8391	Thur	Sept 12-Oct 10	9:15am-9:45am
8392	Thur	Oct 24-Nov 21	9:15am-9:45am
8394	Thur	Feb 27-Mar 26	9:15am-9:45am
\$26 R / \$31 NR	NKCC		Instr: Jessica Anderson
8393	Thur	Jan 9-Feb 13	9:15am-9:45am
\$31 R / \$37 NR	NKCC		Instr: Jessica Anderson

# Preschoolers

**Dance** *No class Oct 25, Nov 11, 25–30, Jan 20, Feb 17.*

## 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	
8652	Wed	Jan 8-Mar 25	10:30am-11:15am
\$120 R / \$144 NR	NKCC	Instr: TBA	
8647	Wed	Sept 11-Dec 18	11:25am-12:10pm
\$140 R / \$168 NR	NKCC	Instr: TBA	
8653	Wed	Jan 8-Mar 25	11:25am-12:10pm
\$120 R / \$144 NR	NKCC	Instr: TBA	
8648	Thur	Sept 12-Dec 19	10:20am-11:05am
\$140 R / \$168 NR	NKCC	Instr: Tiana Goldensohn	
8654	Thur	Jan 9-Mar 26	10:20am-11:05am
\$120 R / \$144 NR	NKCC	Instr: Tiana Goldensohn	
8649	Sat	Sept 14-Dec 21	9:00am-9:45am
\$140 R / \$168 NR	NKCC	Instr: Grace Kincaid	
8655	Sat	Jan 11-Mar 28	9:00am-9:45am
\$120 R / \$144 NR	NKCC	Instr: Grace Kincaid	
8650	Sat	Sept 14-Dec 21	9:50am-10:35am
\$140 R / \$168 NR	NKCC	Instr: Grace Kincaid	
8656	Sat	Jan 11-Mar 28	9:50am-10:35am
\$120 R / \$144 NR	NKCC	Instr: Grace Kincaid	

## Jazz For Children

**Ages 3 to 4½ years** Jazz—it's fun, upbeat, and allows for just enough 'free dance'. This might be the perfect combination class 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	

## 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	11:20am-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
\$140 R / \$168 NR	NKCC	Instr: Grace Kincaid	
8666	Sat	Jan 11-Mar 28	10:40am-11:25am
\$120 R / \$144 NR	NKCC	Instr: Grace Kincaid	
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 C

**Age 5-7** For students who have completed Ballet/Tap Combo B. We're are 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!

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

## 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	





## 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

### 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

### 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

### 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

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.*  
*Instructor: Karen Renfro-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

### Creating in the Kitchen— Holiday

Cook special holiday treats in this holiday cooking course! *No class Nov 11.*

#### Age 3-5

8237 Mon Nov 4-Dec 9 2:45pm-3:45pm  
\$68 R / \$82 NR McAuliffe Park

#### Age 4-8

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





## 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!

#### 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](mailto: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
\$171 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

## 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



## 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

**Week 1**  
**Indoor Soccer**

**Week 2**  
**Basketball**

**Week 3**  
**Wiffle Ball T-Ball**

**Week 4**  
**Track and Field**

SEPTEMBER 7, 2019

# KIRKLAND KIDS TRIATHLON



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



TO REGISTER VISIT: [KIRKLANDPARKS.NET](http://KIRKLANDPARKS.NET)  
OR CALL 425-587-3336 • COURSE # 6116  
[www.kirklandwa.gov/youthathletics](http://www.kirklandwa.gov/youthathletics)

## Pee Wee Monster Bash

**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](http://www.kirklandparks.net)  
or call 425-587-3336

**Come in costume for a kooky fun time!**

The School District\* has neither reviewed nor approved the program, personnel, activities, or organizations announced in this flyer. Permission to distribute this flyer should not be considered a recommendation or endorsement of the program by the School District\*. In consideration of the privilege to distribute these materials, the School District\* shall be held harmless from any cause of action or claim filed arising out of the distribution of these materials including all costs, attorney's fees and judgments or awards. \*Northshore Lake Washington

# SNOWFLAKE BALL FATHER-DAUGHTER DANCE

FRIDAY, DECEMBER 6<sup>TH</sup>  
6:30-8:30PM

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 commemorative photo taken as a treasured memory.

Register each child separately for course # 8352 at [www.kirklandparks.net](http://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

Sponsored by:



AGES: 3-10 YRS.

NORTH KIRKLAND COMMUNITY CENTER 12421 103RD AVE NE.

# MERMAID BALL Father Daughter Dance

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 refreshments, dancing, a mermaid craft, and a commemorative photo.

Register each child separately for course # 8353 at [www.kirklandparks.net](http://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)



# PEE WEE SOCCER LEAGUE • AGES 3 TO 6 YEARS



## FALL 2019 REGISTRATION IS NOW OPEN SPRING 2020 REGISTRATION OPENS JANUARY 6, 2020

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	5951

#### **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!***

# YOUTH CAMPS

## Winter Break & Spring Break Camps



### 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](http://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

8756	Thurs–Fri	Jan 2–3	9am–4pm
\$120 R / \$144 NR			La Luna Gym

#### Extended Care

8757	Wed–Fri	Dec 26–28	8am–5:30pm
\$20 R / \$24 NR			La Luna Gym

### Spring Break Camp

#### Age 5–10

8759	M–F	Apr 6–10	9am–4pm
\$275 R / \$330 NR			La Luna Gym

#### Extended Care

8761	M–F	Apr 6–10	8am–5:30pm
\$40 R / \$48 NR			La Luna Gym



## 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.

8133	Thur, Fri	Jan 2-Jan 3	1pm-4pm
\$80 R / \$96 NR		NKCC	Instr: Emily Kahler

### 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.

8132	Thur, Fri	Jan 2-Jan 3	9am-12pm
\$80 R / \$96 NR		NKCC	Instr: Emily Kahler

## Art

### Young Rembrandts Saturday Drawing Class

**Age 5-12** Have fun while learning to draw in realistic, abstract, and graphic styles! Young Rembrandts Drawing Classes teach new, seasonally-inspired lessons every session that explore artistic fundamentals. Every month includes an exciting lesson in Art History. Media includes pencils, colored pencils, Sharpies, and colored markers. We provide all materials and a trained art instructor. Everyone can learn to draw. We will teach you how!

8432	Sat	Sept 14-Oct 5	10:15am-11:15am
8433	Sat	Oct 12-Nov 2	10:15am-11:15am
8434	Sat	Nov 9-Nov 30	10:15am-11:15am
\$59 R / \$71 NR	NKCC	Instr: Young Rembrandts	
8435	Sat	Dec 7-Dec 21	10:15am-11:15am
\$44 R / \$53 NR	NKCC	Instr: Young Rembrandts	
8436	Sat	Jan 11-Feb 1	10:15am-11:15am
8437	Sat	Feb 8-Feb 29	10:15am-11:15am
8438	Sat	Mar 7-Mar 28	10:15am-11:15am
\$59 R / \$71 NR	NKCC	Instr: Young Rembrandts	

### Young Rembrandts Saturday Cartooning Class

**Age 5-12** Learn to create exciting cartoon imagery filled with dynamic characters and expressive personalities. You will develop visual story-telling skills by drawing humorous sequential images. Young Rembrandts teaches all-new lessons every week, and all lessons are both educational and FUN. Media includes pencils, Sharpies, and colored markers. We provide all materials and a trained art instructor. Enroll today!

8432	Sat	Sept 14-Oct 5	11:45am-12:45pm
8433	Sat	Oct 12-Nov 2	11:45am-12:45pm
8434	Sat	Nov 9-Nov 30	11:45am-12:45pm
\$59 R / \$71 NR	NKCC	Instr: Young Rembrandts	
8435	Sat	Dec 7-Dec 21	11:45am-12:45pm
\$44 R / \$53 NR	NKCC	Instr: Young Rembrandts	
8436	Sat	Jan 11-Feb 1	11:45am-12:45pm
8437	Sat	Feb 8-Feb 29	11:45am-12:45pm
8438	Sat	Mar 7-Mar 28	11:45am-12:45pm
\$59 R / \$71 NR	NKCC	Instr: Young Rembrandts	



## Cooking

### 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

### 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

## Young Rembrandts Winter & Spring Break Camps

See page 22



## 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	



## 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](http://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	
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	

#### 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	
8455	Thur	Sept 12-Dec 19	5:00pm-5:30pm
\$195 R / \$234 NR	NKCC	Instr: Move Over Mozart	
8470	Thur	Jan 9-Mar 19	5:00pm-5:30pm
\$150 R / \$180 NR	NKCC	Instr: Move Over Mozart	

#### 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	



### 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](http://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](mailto:misspam@moveovermozart.net). *No class Feb 18.*

8473	Tue	Sept 10-Dec 17	5:00pm-5:30pm
\$225 R / \$270 NR	NKCC	Instr: Move Over Mozart	
8474	Tue	Jan 7-Mar 17	5:00pm-5:30pm
\$150 R / \$180 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.

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.

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	



## 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			

### 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			

### 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			

### 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!

### 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			

## 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 are 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

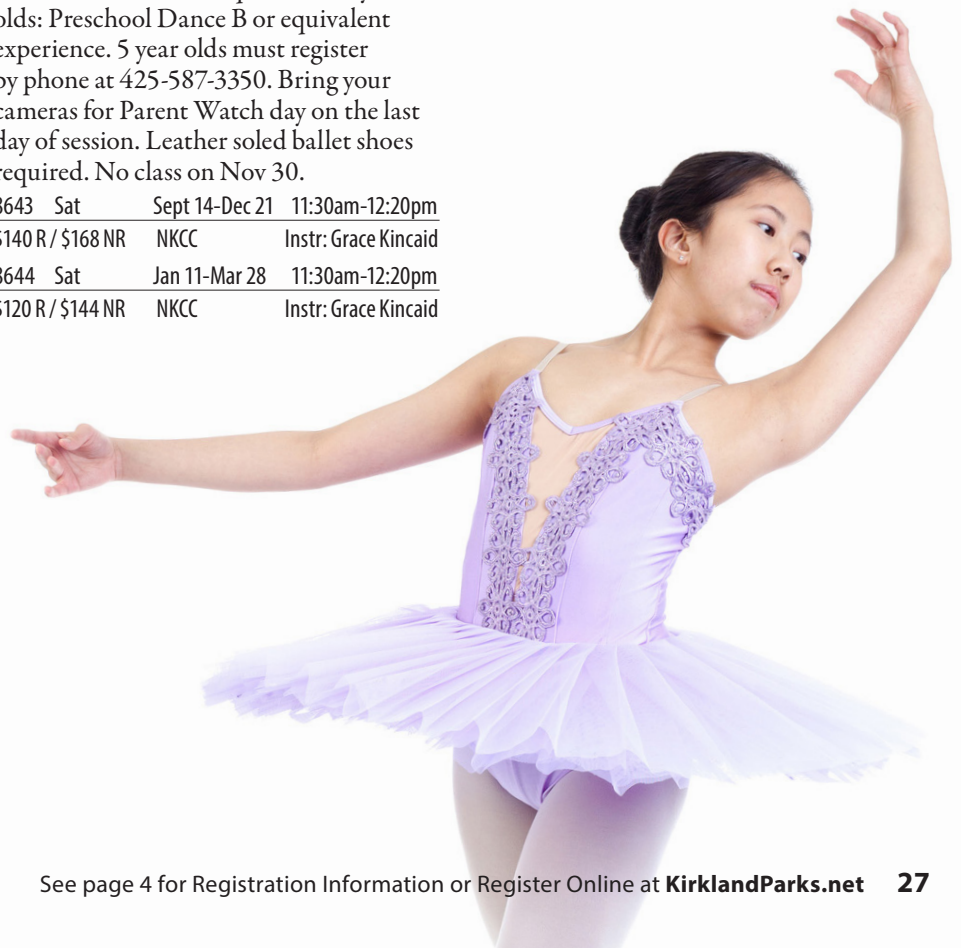
**Age 5-7** This class introduces ballet technique to the older student while challenging the younger experienced student. Ballet vocabulary, alignment, posture, strength, and fluidity will be the focus through barre exercises, floor, and center work. Prerequisite for 5 year olds: Preschool Dance B or 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. 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
\$171 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			

### 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](http://www.EastsideDreamElite.com). Some extra cost may be incurred for this class.

8307	Thur	Sept 19-Oct 24	5:00pm-6:30pm
8308	Thur	Nov 7-Dec 19	5:00pm-6:30pm
8309	Thur	Jan 9-Feb 20	5:00pm-6:30pm
8310	Thur	Feb 27-Apr 2	5:00pm-6:30pm
\$89 R / \$107 NR NKCC Instr: Eastside Dream Elite			

### 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.

8339	Sat	Oct 12	9:00am-12:00pm
\$43 R / \$52 NR NKCC Instr: Cindy Tucker			
8340	Sat	Feb 8	9:00am-12:00pm
\$43 R / \$54 NR NKCC Instr: Cindy Tucker			

## 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

2019  
2020

# YOUTH BASKETBALL LEAGUE

CITY OF KIRKLAND  
GIRLS & BOYS, GRADES 3-6

SEASON BEGINS  
DECEMBER 2



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.

To register visit: [www.kirklandparks.net](http://www.kirklandparks.net) or call 425.587.3334

Registration Deadline:  
October 28, 2019.  
Registration after  
October 28 will be  
available based on  
league numbers.

### BOYS LEAGUE

3rd Grade Boys	8264
4th Grade Boys	8265
5th Grade Boys	8266
6th Grade Boys	8268

### GIRLS LEAGUE

3rd Grade Girls	8253
4th Grade Girls	8261
5th Grade Girls	8262
6th Grade Girls	8263

## 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](http://kirklandwa.gov/ParksJobs) to apply.

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

Please register by your child's grade, gender and nearest school to ensure your child is placed on a nearby team. All teams have a minimum of six players with a ten player limit.

**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.

**Game Schedules** will be available online [teamsideline.com/kirklandwa](http://teamsideline.com/kirklandwa) in mid-December

**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.

### Coaches Needed For Each Team!!

#### Volunteer Coaching Application

If you would like to be a coach, please visit [www.kirklandwa.gov/youthbasketball](http://www.kirklandwa.gov/youthbasketball) and fill out the ONLINE application!!

Sponsored by



[www.kirklandwa.gov/youthbasketball](http://www.kirklandwa.gov/youthbasketball)

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



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)

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.



LOOKING AHEAD:  
Registration for  
the 2020-2021  
school year begins  
March 2020

## 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](http://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 and 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.

## Mini-Grant Program

The City of Kirkland offers a mini-grant program for teen related programs and services. The purpose of these grants is to provide short-term, limited funding for Kirkland youth and community groups for projects, activities, events, and training. Members of the Kirkland Youth Council review the grants three times every year (around the 15th of October, January, and April). **So if you have a school dance, training, or special event coming up and are in need of some \$\$, call (425) 587-3323 or contact us via email at [rschubiger@kirklandwa.gov](mailto: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+to+Care+Guide.pdf](http://www.kirklandwa.gov/Assets/Parks/Parks+PDFs/Where+to+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](mailto:KYC@KIRKLANDWA.GOV), or by phone at (425) 587-3323.**



# JOIN THE YOUTH COUNCIL

The Kirkland Youth Council is a group of about 45 teens representing all the Middle and High Schools in Kirkland as well as private and homeschooled students. Each member of the Youth Council has the responsibility of representing their school, social and cultural group, the City, as well as the youth of Kirkland to the City Council and other local government groups.

**We are recruiting teens who either attend school in Kirkland or reside within the city.**

**GET YOUR KYC APPLICATIONS IN!  
DUE FRIDAY SEPT. 27, 2019**

Apply on-line at:  
[www.kirklandwa.gov/youthcouncilapp](http://www.kirklandwa.gov/youthcouncilapp)

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

**425.587.3323 OR  
[KYC@KIRKLANDWA.GOV](mailto:KYC@KIRKLANDWA.GOV)**

2019-2020





# KIRKLAND TEEN

**348 Kirkland Ave  
Kirkland, WA 98033  
425.822.3088 • ymcaaktub.org**

Through the Kirkland Teen Union Building, the Y strives to meet and exceed the social and cultural needs of young people while offering resources that empower them to become active, caring and responsible community members. As a recreation, resource and arts center, this unique facility gives teens a positive, supportive environment to develop their skills, connect with their peers and make a difference locally. 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@seattlymca.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 @  
YMAKTUB.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 [ymcaaktub.org](http://ymcaaktub.org) or email [info@ymcaaktub.org](mailto:info@ymcaaktub.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@Seattlymca.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*

### Fitness

**Tuesdays, 4:00-5:00pm**

Come have fun and increase your agility, speed and endurance! Train to sharpen your minds and body to become the best athlete you can be! Come ready to work and have fun doing it. Drop-ins welcomed. Calls appreciated.

### Friday Feed

**Every Friday, 6:00-7:00pm**

Friday Feed is a free meal program offered at KTUB every Friday night at 6:00pm and is open to all young people between the ages of 13-22. While the primary goal of this program is to meet a basic need by providing teens with a well-balanced meal, Friday Feed also strives to collaborate with local groups and organizations to build community, create a culture of social responsibility, and promote healthy living.

*FREE • Interested in sponsoring?  
Contact: Adjackson@seattlymca.org*

### 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:  
[ymcaaktub.org](http://ymcaaktub.org) and [Girlsgivingback.org](http://Girlsgivingback.org)*



# UNION BUILDING

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## 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, Cchrist@seattlemca.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, CChrist@seattlemca.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@seattlemca.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 skills 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, CChrist@seattlemca.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@seattlemca.org, for more information and to be sent a volunteer application. Or visit KTUB to pick up a volunteer application.

## OUTREACH/COUNSELING

### Y(outh) 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@youtheastideservices.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@seattlemca.org*

# Specialized Recreation

**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.



## Sweetheart Dance & Dinner

Saturday, February 15  
5:30–8pm

North Kirkland Community Center  
12421 103rd Ave NE, Kirkland

Please RSVP with the number attending at least 2 weeks in advance to [Maureen@friendshipadventures.org](mailto:Maureen@friendshipadventures.org) or call 425-444-3132. Payment will be collected at the door!

- \$5 per person at the door
- No charge for volunteer caregivers
- Dinner provided

Friendship Adventures **FAMILY 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](mailto: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](mailto: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.

# VOLUNTEER IN KIRKLAND PARKS



Photo credit: Andrew Watson

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.

**GREEN KIRKLAND**  
PARTNERSHIP



## 2019 FEATURED EVENTS (ALL EVENTS ARE FROM 10 AM - 2 PM)

- **\*\*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](http://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!

8273	Tue	Sept 10-Oct 8	7:15pm-8:15pm
8279	Tue	Jan 14-Feb 11	8:15pm-9:15pm
\$57 R / \$68 NR		NKCC	Instr: Charles England

### 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!

8274	Tue	Sept 10-Oct 8	8:15pm-9:15pm
8278	Tue	Jan 14-Feb 11	7:15pm-8:15pm
\$57 R / \$68 NR		NKCC	Instr: Charles England

### East Coast Swing

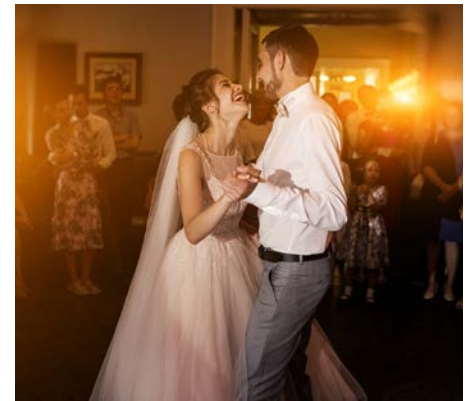
**Age 16 & up** The All-American Swing Dance! Dance to Big Band Swing, Rock 'n Roll and more. Both single and triple rhythm styles will be taught in this fun and easy class. Adults & teens, Couples & Singles, Everyone Welcome!

8276	Tue	Oct 15-Nov 12	8:15pm-9:15pm
8280	Tue	Feb 25-Mar 24	8:15pm-9:15pm
\$57 R / \$68 NR		NKCC	Instr: Charles England

### Salsa

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

8275	Tue	Oct 15-Nov 12	7:15pm-8:15pm
8281	Tue	Feb 25-Mar 24	8:15pm-9:15pm
\$57 R / \$68 NR		NKCC	Instr: Charles England



### 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!

8277	Tue	Nov 19-Dec 10	7:30pm-8:45pm
\$57 R / \$68 NR		NKCC	Instr: Charles England

## 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.

8252	Wed	Sept 11-Nov 13	6:00pm-6:45pm
8256	Wed	Jan 8-Mar 11	6:00pm-6:45pm
\$110 R / \$132 NR			NKCC

### 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.

8254	Wed	Sept 11-Nov 13	6:45pm-7:45pm
8257	Wed	Jan 8-Mar 11	6:45pm-7:45pm
\$110 R / \$132 NR			NKCC

### 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.

8255	Wed	Sept 11-Nov 13	7:45pm-8:45pm
8258	Wed	Jan 8-Mar 11	7:45pm-8:45pm
\$110 R / \$132 NR			NKCC

## 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	Sept 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	
8167	Tue	Feb 18-Mar 17	10:00am-11:00am
\$29 R / \$35 NR		PKCC Instr: Eloise Chinn	
Drop-in fee \$7			



## 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

### 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	

# Adult Fitness

## 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, 25, 27, 30, Jan 20, Feb 17, Mar 9–21.*

8807	Mon	Sept 9-Dec 16	6:30pm-7:30pm
\$82 R / \$96 NR	NKCC	Instr: Joleen Lester	
8808	Wed	Sept 11-Dec 18	6:30pm-7:30pm
\$90 R / \$108 NR	NKCC	Instr: Joleen Lester	
8809	Sat	Sept 21-Dec 21	9:00am-10:00am
\$82 R / \$96 NR	NKCC	Instr: Joleen Lester	
8810	Mon	Jan 6-Mar 30	6:30pm-7:30pm
\$68 R / \$81 NR	NKCC	Instr: Joleen Lester	
8811	Wed	Jan 8-Mar 25	6:30pm-7:30pm
\$75 R / \$90 NR	NKCC	Instr: Joleen Lester	
8812	Sat	Jan 11-Mar 28	9:00am-10:00am
\$75 R / \$90 NR	NKCC	Instr: Joleen Lester	

### 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.*

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
8694	Mon, Fri	Mar 20-Mar 30	8:00am-8:45am
\$30 R / \$36 NR	PKCC	Instr: Gina Casanova	

### 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.*

8530	Mon	Sept 9-Oct 14	5:20pm-6:05pm
8531	Mon	Oct 21-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: 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, Thur	Sept 3-Sept 26	8:30am-9:30am
8120	Tue, Thur	Oct 1-Oct 24	8:30am-9:30am
8121	Tue, Thur	Oct 29-Nov 21	8:30am-9:30am
8122	Tue, Thur	Nov 26-Jan 2	8:30am-9:30am
8123	Tue, Thur	Jan 7-Jan 30	8:30am-9:30am
8124	Tue, Thur	Feb 4-Feb 27	8:30am-9:30am
8125	Tue, Thur	Mar 3-Mar 26	8:30am-9:30am
\$50 R / \$60 NR	PKCC	Instr: Jane Miller	

### 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.

8527	Thur	Oct 17-Nov 14	3:00pm-4:00pm
8528	Thur	Jan 9-Feb 6	3:00pm-4:00pm
8529	Thur	Feb 27-Mar 26	3:00pm-4:00pm
\$40 R / \$48 NR	PKCC	Instr: Helen Huang	

### Zumba

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

8832	Thur	Sept 12-Oct 17	6:20pm-7:20pm
8837	Sat	Sept 14-Oct 26	10:10am-11:10am
8833	Thur	Oct 24-Dec 5	6:20pm-7:20pm
8838	Sat	Nov 2-Dec 7	10:10am-11:10am
8834	Thur	Dec 12-Jan 30	6:20pm-7:20pm
8839	Sat	Dec 14-Jan 25	10:10am-11:10am
8835	Thur	Feb 6-Mar 19	6:20pm-7:20pm
8840	Sat	Feb 1-Mar 7	10:10am-11:10am
\$45 R / \$57 NR	NKCC	Instr: April Norkool	

### 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.*

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: Joan Wilde	

### 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.

5574	By Appointment Only—call 425.587.3331	
\$50R/\$60NR	NKCC	Instr: Joleen Lester



## 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	
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	

### 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 24	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 23, 30, Feb 17-18, Jan 20.*

8795	Mon	Sept 16-Oct 21	8am-9am
8796	Tues	Sept 17-Oct 22	6pm-7pm
8797	Thur	Sept 19-Oct 24	8am-9am
8917	Mon	Nov 4-Dec 16	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	Feb 24-Mar 30	8am-9am
8818	Tues	Feb 25-March 31	6pm-7pm
8819	Thur	Feb 27-April 2	8am-9am
\$45 R / \$55 NR	NKCC	Instr: Dorothy Corrigan	

# Adult Sports

## Pickleball

**NEW!**

### 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.

8784	Sat	Aug 31	9:00am-11:00am
8785	Sat	Aug 31	11:15am-1:15pm
8786	Sat	Sept 21	9:00am-11:00am
8787	Sat	Sept 21	11:15am-1:15pm
8788	Sat	Oct 26	9:00am-11:00am
8789	Sat	Oct 26	11:15am-1:15pm
8790	Sat	Nov 16	9:00am-11:00am
8791	Sat	Nov 16	11:15am-1:15pm
\$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
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#### MIXED DOUBLES LOWER/ INTERMEDIATE

8779	Sat	Sept 28-Oct 26	11:00am-3:00pm
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#### 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](http://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)**



**ICE SKATING**  
**ALL AGES & ABILITIES**  
**SEE PAGE 28**

### 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.

#### 4 classes

8534	Fri	Sept 6-27	10:00am-11:00am
8535	Fri	Oct 4-25	10:00am-11:00am
8536	Fri	Nov 1-22	10:00am-11:00am
8537	Fri	Feb 7-28	10:00am-11:00am
8538	Fri	Mar 6-27	10:00am-11:00am
\$89 R / \$99 NR		Instr: Redwood Golf Center	



**SENIOR SOFTBALL**  
**SEE PAGE 49**



Age 18–Adult

# VOLLEYBALL LEAGUES

## DIVISIONS 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**

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).



**REGISTRATION OPENS  
at 6am on these dates:**

**FALL: August 8, 2019**

**WINTER: December 2, 2019**

**SPRING: February 4, 2020**

**SPACE IS LIMITED!**

When registering, please select your 1st and 2nd choice divisions. Teams will be placed in order of registration received into desired divisions. One Division signup per person. After maximum registrations are received in a division, remaining teams will be placed on division wait list in order of registration received. **This is a 6 on 6 league and COED teams must have at least 3 men and 3 women per team.**

Teams will receive an email shortly after they register with information about which division they have been placed in. We will do the best we can to organize divisions fairly and evenly but cannot guarantee you will be placed into the top two divisions of your choice.

**Free Agents:** Are you looking for a team to join? Then you're in luck! We are offering a free agent team for our COED C division of volleyball that will play on Wednesday nights. For a flat fee of \$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.

League schedules and handbooks can be found at  
[www.teamsideline.com/kirklandwa](http://www.teamsideline.com/kirklandwa)



# OPEN GYM SUNDAYS

Age 18–Adult

Kamiakin Middle School  
14111 132nd Ave NE

Basketball & Volleyball courts available. Individuals or teams welcome.

*No Open Gym  
Nov 10, Nov 24, Dec 1,  
Dec 22, Dec 29, Apr 5*

**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!**

10-visit punch card for Open Gym is available for purchase at Kamiakin Middle School only.

Call 425.587.3335 for gym closure info.

# 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	
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	

## Specialized Recreation

See page 34

### 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
\$64 R / \$77 NR	NKCC	Instr: Young Rembrandts	
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	NKCC	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	NKCC	Instr: Carlos Portillo	



See Youth Chess on page 26!

## 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.

8339 Sat Oct 12 9:00am-12:00pm  
\$43 R / \$52 NR NKCC Instr: Cindy Tucker  
8340 Sat Feb 8 9:00am-12:00pm  
\$45 R / \$54 NR NKCC Instr: Cindy Tucker

### 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

# Adult Special Interest

## Computer Classes

Class participants should bring their own laptop or iPad; some PC's 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.

8696	Thur	Sept 5-Sept 26	1:30pm-3:00pm
8697	Thur	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	Thur	Oct 3-Oct 24	1:30pm-3:00pm
8700	Thur	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	Thur	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.

## 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

experience it!

# 50+ Programs

at the Peter Kirk Community Center



**352 Kirkland Ave, Kirkland 98033 // 425.587.3360**



## PKCC Hours

- Mon–Fri 8am–5pm  
(evening hours vary)
- Center closed Sept 2, Nov 11,  
Nov 28, Nov 29, Dec 25, Jan 1,  
Jan 20, Feb 17
- Center closed at noon Dec 24,  
Dec 31

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		Registration Number
Sept 24	<b>"Finish Line" Extravaganza</b> 10am Walk • 11am Entertainment • 12pm Lunch Lunch sponsored by Fairwinds Redmond	6379
June 9, 2020	Be sure to mark your calendar for the <b>2020 Kick-Off</b>	

## YOUR \$10 SUPER STEPPER "CLUB CARD" MEMBERSHIP INCLUDES:

- Membership punch card to keep track 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!



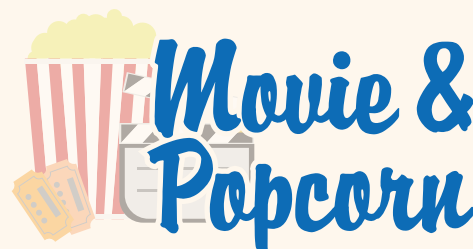
# WELCOME WAGON

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



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**

<b>Green Book</b>	Mon, Sept 16
<b>On The Basis of Sex</b>	Mon, Oct 21
<b>Upside</b>	Mon, Nov 18
<b>Mary Poppins Returns</b>	Mon, Dec 16
<b>Five Feet Apart</b>	Mon, Jan 13
<b>Isn't It Romantic</b>	Mon, Feb 10
<b>The Best of Enemies</b>	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

**MADISON HOUSE**  
INDEPENDENT & ASSISTED LIVING  
KOELSCH 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

### 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  
Koelsch Communities | Since 1958

### 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

## 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			

### 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			

### 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			

### 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			

### 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.*

Per visit fee: \$4

Tuesdays	1-3pm
FREE	PKCC





## Dance



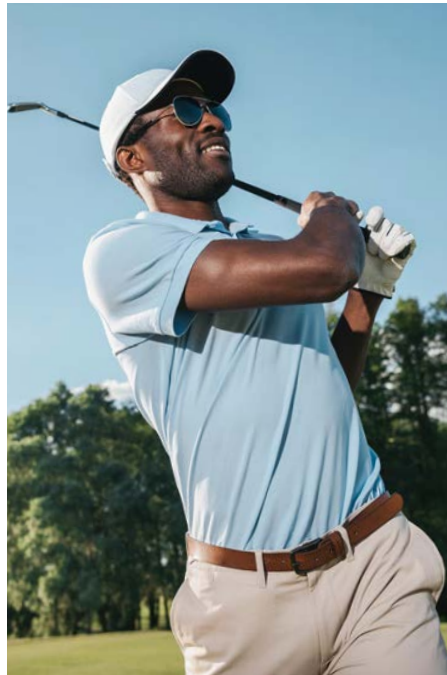
### Line Dancing

**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

## Sports



### 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.

#### 4 classes

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 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.

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: Joan Wilde

### 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: 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, Thur	Sept 3-Sept 26	8:30am-9:30am
8120	Tue, Thur	Oct 1-Oct 24	8:30am-9:30am
8121	Tue, Thur	Oct 29-Nov 21	8:30am-9:30am
8122	Tue, Thur	Nov 26-Jan 2	8:30am-9:30am
8123	Tue, Thur	Jan 7-Jan 30	8:30am-9:30am
8124	Tue, Thur	Feb 4-Feb 27	8:30am-9:30am
8125	Tue, Thur	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
8694	Mon, Fri	Mar 20-Mar 30	8:00am-8:45am
\$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	Thur	Jan 9-Feb 6	3:00pm-4:00pm
8529	Thur	Feb 27-Mar 26	3:00pm-4:00pm
\$40 R / \$48 NR		PKCC	Instr: Helen Huang

## 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
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

## 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!

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 24	5:30pm-6:30pm
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	



## 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.**

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## 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 PC's 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.

8696	Thur	Sept 5-Sept 26	1:30pm-3:00pm
8697	Thur	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	Thur	Oct 3-Oct 24	1:30pm-3:00pm
8700	Thur	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	Thur	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			PKCC

### 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			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

## 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](http://www.atg.wa.gov)

### Clearpoint Financial Services (Formerly Solutions Consumer Credit Counseling)

Provides counseling, money management assistance, advice on debt reduction and the wise use of credit.

Call 800.750.2227 or visit

[www.clearpointfinancialsolutions.org](http://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](http://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/](http://www.seniorservices.org/)*

*[financiallegalprograms.seniorrightsassistance.aspx](http://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**



## 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**

### 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.

### 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

## 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

# EvergreenHealth Health and Nutrition Classes

## 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 Fasciitis 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

**To register for  
EvergreenHealth  
Classes,  
call 425.899.3000  
and press 1**

  
**EvergreenHealth**

### 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

*Thank you  
EvergreenHealth*

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

# GOT AN EVENT?

## WE'VE GOT SPACE.

### Wedding? Party? Reunion? Meeting?

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](http://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

## 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](mailto:therapeuticworks@gmail.com).

### Lunch Nutrition Program

Nutritious meals served at 12pm, Mon, Tues., Wed and Friday. Check-in is first come, first served starting at 11am.

\$4 donation for 60+. All others \$6

### 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

### Statewide Health Insurance Benefits Advisor (SHIBA)

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

Appointments required, call 425.587.3360

### Widowed Information & Consultation Services

WICS offers group support to men and women who are coping with the death of a spouse/partner.

Call 206.241.5650 or go to [www.kcwics.org](http://www.kcwics.org)

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## Community Resources

### Sound Generations

Information and referral on a wide variety of senior related issues.

Call 206.448.3110 or go to [www.soundgenerations.org](http://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](http://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](http://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](http://www.aarp.org/states/wa)

### Benefits Check Online

[www.BenefitsCheckUp.org](http://www.BenefitsCheckUp.org) is the first of its kind, web-based service designed to help seniors and their families and caregivers find the right benefits programs to meet their needs. A fast, free and confidential screening tool to determine eligibility for nearly 1,000 unique state and federal programs. Now, consumers can find out what their options are under the new Medicare plans.

### Adult Day Centers

These certified centers provide safe, well-supervised therapeutic, activities, programs and services for adults with cognitive and/or physical disabilities. For more information call:

Northshore Adult Day Center . . . . 425.488.4821  
Elder & Adult Day Services . . . . . 425.867.1799

### Respite Care Program

King County can provide Respite services to caregivers in need of a break from the demands of care giving for someone who is chronically ill or disabled. Goods and services can be purchased for functionally impaired older adults with funds through Seattle-King County Aging and Disability “Client Specific Program.”

For more information call Senior Information & Assistance 206.448.3110 or Evergreen Care Network 425.899.3200.

### Respite Care Services on the Eastside

In-home respite care provided by volunteers is available to help with care giving on a short-term basis.

Evergreen Community Home Health & Hospice . . . . . 425.899.3300  
Eastside Friends of Seniors . . . . . 425.369.9120  
Volunteer Chore Services . . . . . 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](mailto: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](mailto:seniors@seattle.gov)

#### Employment Service

Low income seniors looking for part-time work.

Call Senior Employment Service/AARP, 206.624.6698 or go to [www.aarpworksearch.org](http://www.aarpworksearch.org)



### Transportation

#### 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

### Volunteer Opportunities

#### Center Volunteer Opportunities

The Center’s continued success is directly related to our hard-working and dedicated corps of volunteers. Currently, there are a variety of volunteer opportunities at the Center, they include:

- Delivering Meals on Wheels to homebound seniors in Kirkland
- Preparing lunches
- Dishwashing
- 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](http://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.hopelink.org/need-help/transportation](http://www.hopelink.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

Wed	Sept 4	QFC
Wed	Sept 11	Grocery Outlet
Wed	Sept 18	Fred Meyer
Wed	Sept 25	Safeway
Wed	Oct 2	QFC
Wed	Oct 9	Trader Joe’s
Wed	Oct 16	Fred Meyer
Wed	Oct 23	Safeway
Wed	Oct 30	QFC
Wed	Nov 6	Grocery Outlet
Wed	Nov 13	Fred Meyer
Wed	Nov 20	Safeway
Tues	Nov 26	QFC
Wed	Dec 4	Trader Joe’s
Wed	Dec 11	Fred Meyer
Wed	Dec 18	Safeway
Wed	Jan 8	QFC
Wed	Jan 8	Grocery Outlet
Wed	Jan 8	Fred Meyer

# Out for Lunch Bunch



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

*\*All trips include sales tax\**

<p><b>Cactus</b> Alki Beach 8228 • Thurs, Sept 26</p>	<p>Cactus Restaurant on Alki has large, roll-up garage doors, an outdoor patio and a perfect sunset view of the Olympics.</p>
<p><b>Hops N Drops</b> Lynnwood 8229 • Thur, Oct 24</p>	<p>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.</p>
<p><b>Duvall Grill &amp; Tap Room</b> Duvall 8230 • Thur, Nov 7</p>	<p>Delicious classic grill-fare.</p>
<p><b>Coho Café</b> Issaquah 8231 • Dec 5</p>	<p>Offering exciting and affordably priced dishes emphasizing Pacific Northwest seafood.</p>
<p><b>Grazie's Ristorante</b> Bothell 8232 • Thur, Jan 2</p>	<p>Serving authentic Italian food for over 20 years.</p>
<p><b>Cask &amp; Trotter</b> Lynnwood 8233 • Thur, Feb 13</p>	<p>While their backbone is BBQ, they also serve a variety of other items cooked daily.</p>
<p><b>Murphy's Pub</b> Seattle 8234 • Thur, Mar 12</p>	<p>Originally opened in 1981 Murphy's is known as Seattle's first Irish Pub, don't miss the opportunity for some authentic Irish fare.</p>

## 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.


## 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

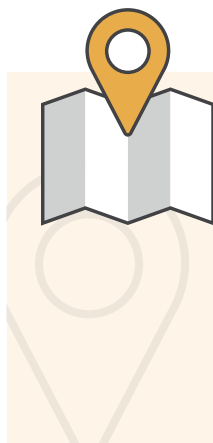
Thurs Oct 3 8543 9am–4:15pm  
R \$24 / NR \$29 Bring lunch \$ 

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.




## Van Trip Planning Meeting

Friday, Oct 18 • 11am–12pm • PKCC


Have you ever thought someplace would make a great van trip? Here is your chance to give your input! Please join us for a brainstorming and planning meeting for spring and summer 2020 van trips.

### 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 \$ 

Pacific 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.





Boeing Tour





Swinomish Casino

### Swinomish Casino

Thurs Jan 9 8550 9am–4:30pm  
R \$24 / NR \$28 Bring lunch \$  



With over 800 of the latest slot machines, player friendly rules and the table limits you want, Swinomish Casino in Anacortes is the place to play.

### Burlington Factory & Dave's Famous BBQ

Thurs Jan 23 8553 9:15am–2:45pm  
R \$16 / NR \$19 Bring lunch \$  




Come check out the after-Christmas sales and enjoy a delicious BBQ lunch.

### Delicious Delivered NEW!

Thurs Jan 23 8571 10am–2pm  
R \$19 / NR \$22 Bring lunch \$  



Meal services are all the rage these days. Here is your chance to take an insider's tour on how these delicious meals magically appear at your door!

### MOHAI

Thurs Feb 6 8558 9:15am–3:15pm  
R \$39 / NR \$43 Bring lunch \$   



Explore Seattle's story from Wilderness to world City at the Museum of History and Industry at your own pace on a self-guided tour. Afterwards dine at Dukes Chowder House.

### Blazing Bagel Tour NEW!

Thurs Feb 20 8572 10am–1:30pm  
R \$13 / NR \$16 Bring lunch \$  




Join this fun tour to learn the Interesting history behind this bagel shop that has been in Redmond since 2001. Enjoy lunch on-site after the tour.

### Black Diamond Cafe & Bakery

Thurs Feb 20 8561 10:30am–4:30pm  
R \$20 / NR \$24 Bring lunch \$  




Feast on a meal at Black Diamond Bakery & Café and bring home some of their famous giant cinnamon rolls for later. After lunch take some time to explore the town.

### Mystery Trip #2 NEW!

Thurs Mar 19 8561 8:30am–4pm  
R \$34 / NR \$40 Bring lunch \$   

I'm 62 years old and weigh 2,800 tons, what am I?



### Wild Felid Advocacy Center of Washington




Thurs Mar 26 8569 8:30am–4pm  
R \$6Sept NR \$75 Bring lunch \$   

Connect with rare and endangered wildlife by meeting these beautiful cats up close and in person. This rare opportunity will give you chance to see leopard, tiger, cougar, lynx and more.

### Trip Difficulty Rating

Mild Walking 

Moderate Walking  

Extensive Walking   

*(Trip may have stairs and may not be ADA accessible)*

## 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.

# ..... JOIN THE KIRKLAND SENIOR COUNCIL .....



## 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](http://www.kirklandwa.gov). Applications will be accepted October 1–25, 2019.



**SATURDAY, OCTOBER 19**

**PETER KIRK COMMUNITY CENTER  
352 KIRKLAND AVENUE**

**10 AM - 2 PM**

**VIVA VOLUNTEERS! FAIR**

Learn about awesome volunteer opportunities in:

**Health • Education • Arts • Public Safety • Pets • Housing • And more**

• **FREE ADMISSION** •

**Event Info: 425-587-3360**

**Complimentary Snacks & Drinks  
and Door Prizes!**



# SPACE AVAILABLE FOR YOUR NEXT EVENT!

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



Heritage Hall



North Kirkland Community Center



Peter Kirk Community Center

## 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](http://kirklandparks.net) or email [eparks@kirklandwa.gov](mailto:eparks@kirklandwa.gov).

# Kirkland Rental Facilities

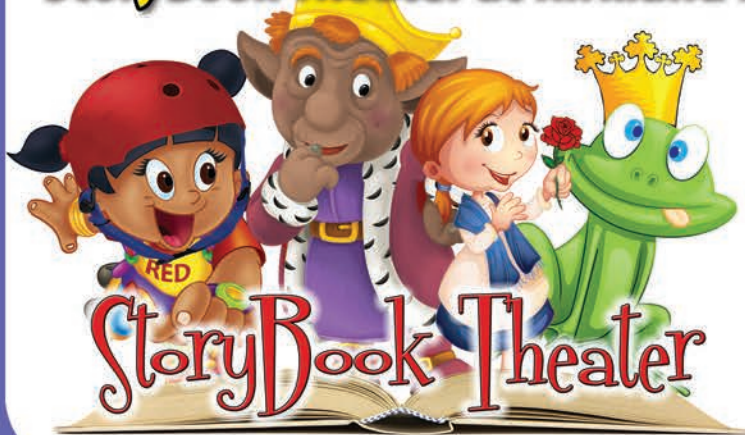
The Kirkland Parks and Community Services Department offers a variety of rental facilities including a beautiful, historic Hall, two community centers with multi-purpose rooms, kitchens and meeting rooms, a waterfront Pavilion, picnic locations and numerous athletic fields.

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



INDOOR FACILITIES	OUTDOOR FACILITIES
<b>Heritage Hall &amp; Centennial Gardens</b> <i>NOW AVAILABLE TO RENT ONLINE!</i> 203 Market St / 425.587.3330	<b>132nd Square Park Picnic Shelter/Area</b> 13159 132 <sup>nd</sup> Ave NE / 425.587.3330
<b>North Kirkland Community Center</b> 12421 103 <sup>rd</sup> Ave NE / 425.587.3350	<b>Crestwoods Park Picnic Area &amp; Athletic Fields</b> 1818 6 <sup>th</sup> Street / 425.587.3330
<b>Peter Kirk Community Center</b> 352 Kirkland Ave / 425.587.3360	<b>Everest Park Picnic Shelter &amp; Athletic Fields</b> 500 8 <sup>th</sup> Street S / 425.587.3330
<b>ATHLETIC FIELDS</b>	<b>Houghton Beach Park Picnic Area</b> 5811 Lake Washington Blvd / 425.587.3330
<b>Grass/Dirt Athletic Fields</b>	<b>Juanita Beach Park Picnic Areas &amp; Athletic Fields</b> 9703 NE Juanita Dr / 425.587.3330
<b>132nd Square Park</b> 13159 132 <sup>nd</sup> Ave NE / 425.587.3330	<b>Marina Park Pavilion</b> <i>NOW AVAILABLE TO RENT ONLINE!</i> 25 Lakeshore Plaza / 425.587.3330
<b>Crestwoods Park</b> 1818 6 <sup>th</sup> Street / 425.587.3330	<b>OO Denny Park 2 Locations: 1 Picnic Shelter, 1 Picnic Area</b> 12032 Holmes Pt Dr NE / 425.587.3330
<b>Everest Park</b> 500 8 <sup>th</sup> Street S / 425.587.3330	<b>Peter Kirk Pool</b> – Available Early June through Labor Day 340 Kirkland Ave / Reserve online at <a href="http://www.kirklandparks.net">www.kirklandparks.net</a> or call 425.587.3336
<b>Juanita Beach Park</b> 9703 NE Juanita Dr. / 425.587.3330	<b>Waverly Beach Park Picnic Shelter</b> 633 Waverly Way / 425.587.3330
<b>Lee Johnson Field at Peter Kirk Park</b> 202 Third Street / 425.587.3330	<p style="text-align: center;"><b>RENT PICNIC AND POOL LOCATIONS ONLINE!</b></p> <p>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 <a href="http://kirklandparks.net">kirklandparks.net</a>.</p>
<b>Various Kirkland Area Lake Washington School District Fields</b> – Multiple locations / 425.587.3330	
<b>Synthetic &amp; Synthetic/Grass Athletic Fields</b>	
<b>Lakeview Elementary</b> 10400 NE 68 <sup>th</sup> Street / 425.587.3330	<p style="text-align: center;"><b>PLAN AHEAD!</b></p> <p>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 <a href="http://kirklandparks.net">kirklandparks.net</a> for additional information.</p>
<b>Lake Washington High School</b> 12033 NE 80 <sup>th</sup> Street / 425.587.3330	
Athletic Field Use dimensions, fees, policies, application materials and a detailed list of all fields offered are available at <a href="http://kirklandparks.net">kirklandparks.net</a> .	

# StoryBook Theater at Kirkland Performance Center!



Adaptations by Lani Brockman

Music & Lyrics by Susan Bardsley

Pravera 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](http://www.StoryBookTheater.org)

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the Musical

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