

KIRKLAND PARKS



SPRING/SUMMER 2020

NEW!

Camp Grid

PAGE 2

Adults 50+

PAGE 56

**ONLINE REGISTRATION OPENS
MARCH 19 AT 6:00AM**

**REGISTER ONLINE AT WWW.KIRKLANDPARKS.NET
ADDITIONAL WAYS TO REGISTER FOUND ON PAGE 4**

SPRING & SUMMER CAMPS

At a Glance

PARTIAL DAY CAMPS

FULL DAY CAMPS

	Ages	4/6 - 4/10	6/22 - 6/26	6/29 - 7/3	7/6-7/10	7/13-7/17	7/20-7/24	7/27-7/31	8/3-8/7	8/10-8/14	8/17-8/21	8/24-8/28	Page
Giggles and Grins Preschool Camp (9am-12pm) (Mon-Thurs)	3-4½		x	x	x	x	x	x	x	x			9
Pee Wee Sports Camp (9-11:30am) (Mon-Thurs)	3-5		x	x	x	x		x	x	x	x		16
Tiny Hawk Camp Soccer (12:30-1:15pm)	3½-5		x				x						18
Junior Engineering Camp (1-4pm)	4-6		x			x				x			12
Picnic in the Park (10am-12pm) (Tue-Thurs)	4-6								x				14
Summer Theater Camp for Wee Ones (9:30am-12:30pm) (No camp 7/3)	4-6		x	x	x	x	x	x	x	x			9
Mini-Hawk Camp (9am-12pm)	4-7		x				x						18
Young Rembrandts-Curious George Jr Workshop (9:30-11:30am)	4½-7	x											8
PLAY-WELL Girl Powered Intro to STEM (10:30am-12:30pm)	5-8				x								14
PLAY-WELL Animal Architects (1pm-4pm)	5-8				x								14
PLAY-WELL Mine, Craft, Build (1pm-4pm)	5-8						x						14
PLAY-WELL Poke'mon (1pm-4pm)	5-8									x			14
TGA Tennis Camp (9-11:30am)	5-12		x	x	x	x	x	x	x	x	x	x	17
TGA Ultimate Frisbee Camp (9-11:30am)	5-12						x		x				17
TGA Tennis Camp AM (9-11:30am)	5-12		x			x							17
TGA Lacrosse Camp PM (12:30-3pm)	5-12		x			x							17
Learnin' the Ropes Jump Rope Camp (1-4pm)	5-12										x		19
Steel Soccer Camp AM (9am-12pm)	5-14				x					x			17
Leap Into Summer Ice Skating Camp (9am-12pm)	5-16		x										16
TechVenture CODE Camps (10:30am-1:30pm)	6-8			x				x					10
iGame Creators (2pm-4:15pm)	6-10								x				13
Mad Science Summer Camps (1-4pm)	6-11			x		x		x		x		x	11
Young Rembrandts-Kings & Queens of Castle (1-4pm)	6-12	x											8
Computer Camp-Icode (11:15am-1:30pm)	6-12								x				13
Skateboard Camp AM (9am-12pm)	6-12				x		x		x		x		19
Skateboard Camp PM (1-4pm)	6-12				x		x		x		x		19
Skyhawks Track and Field Camp (9am-12pm)	6-12					x				x			18
Young Rembrandts Art Camp (1-4pm)	6-12		x		x		x		x		x		15
Picnic in the Park (1pm-3pm) (Tue-Thurs)	7-9								x				14
Cheerleading (1-4pm)	7-11					x							19
IncrediFlix Filmmaking Camp-Lego Flix (1:30-4:30pm)	7-13											x	10
IncrediFlix Filmmaking Camp-Live Action Flix Camp (10:30am-1pm)	7-13											x	10
Challenger International Soccer Camp AM (9am-12pm)	7-16					x							17
TechVenture CODE Camps (10:30am-1:30pm)	8-11			x				x					10
Disc Golf Camp (9am-12pm)	8-12						x						19
Mad Science-Radical Robots (1-4pm)	8-12									x			11
Boys Basketball Camp (9am-2pm) (Boys Only)	8-13					x			x				18
Stand Up Paddleboard Camp (9am-12pm)	8-14				x	x	x	x	x	x			16
Fencing Camp for Beginners (2-4pm)	8-18							x					19
Computer Camp-Roblox Studio (2-4:15pm)	9-15		x										13
Computer Camp-Video Game Design (11:15am-1:30pm)	9-15		x										13
Junior Summer Day Camp (8:45am-5pm) (No camp 7/3) (Extended Care)	5-8		x	x	x	x	x	x	x	x	x	x	6
Rhythmic Gymnastics (9am-4pm) (Girls Only) (Extended Care)	5-10	x			x	x	x	x	x	x	x		8, 12
TGA Tennis & Lacrosse Camp (9am-3pm)	5-12		x			x							17
Skyhawks Baseball & Swim Camp (9am-3pm)	6-12							x					18
Skyhawks Multi-Sport (9am-3pm)	6-12								x				18
emPOWER Young Leadership Public Speaking Camp (10am-4pm)	6-12			x									14
Peter Kirk Day Camp (8:45am-5pm) (No camp 7/3) (Extended Care)	7-11		x	x	x	x	x	x	x	x	x		7
Computer Camp-Gaming & Coding (11:15am-4:15pm)	7-12								x				13
IncrediFlix Filmmaking Camp (10:30-4:30pm)	7-13											x	10
Tennis & Swim Camp (9am-3pm)	7-14		x	x	x	x	x	x	x	x	x	x	16
Challenger International Soccer Camp (9am-4pm)	7-16					x							17
Steel Soccer Camp (9am-3pm)	8-14				x					x			17
Computer Camp-Gaming Academy (11:15am-4:15pm)	9-15		x										13



experience it!



Learn cooking skills like cutting, shredding and mashing while introducing your child and their taste buds to a variety of foods in a Parent/Child Cooking class. SEE PAGE 23



PRESCHOOL PAGE 26



YOUTH & TEEN PAGE 32



ADULTS 50+ PAGE 56



ON THE COVER:

A Kirkland Orca Swim Team member prepares for his race at Peter Kirk Pool swim meet.

PHOTO: CHARLES CLARK

- 6** SUMMER CAMPS
- 22** PARENT & CHILD
- 40** AQUATICS
- 49** ADULTS
- 73** FACILITY RENTALS



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 at www.KirklandParks.net

Available beginning March 19, 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*)

425-587-3336 • Monday–Friday, 8:00am–5:00pm

Please have class number and credit card information ready.

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

12006 120th PI NE

425.587.3340

Mon–Fri, 6:30am–3:30pm

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KIRKLAND CITY COUNCIL

Penny Sweet, Mayor

Jay Arnold, Deputy Mayor

Neal Black

Kelli Curtis

Amy Falcone

Toby Nixon

Jon Pascal

.....

KIRKLAND PARK BOARD

Susan Baird-Joshi, 2020 Chair

Amanda Judd, 2020 Vice Chair

Uzma Butte

Richard Chung

Mike Holland

Daniel Triplett

Rosalie Wessels

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 and click on "Recreation Scholarships" for information about the program or to donate today!

experience it!

Disclaimer

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

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

Inclement Weather

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

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

Accommodation of Disabilities

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

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

Electronic Waivers

We now have electronic waivers that can be signed online.

Title VI

Kirkland's policy is to fully comply with Title VI of the Civil Rights Act by prohibiting discrimination against any person on the basis of race, color, national origin or sex in the provision of benefits and services resulting from its programs and activities. Any person who believes his/her Title VI protection has been violated, may file a complaint with the City. To request an alternate format, file a complaint or for questions about Kirkland's Title VI Program, contact the Title VI Coordinator at 425.587.3011 or titlevicoordinator@kirklandwa.gov.

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.

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.
- 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.

SUMMER CAMPS

JUNIOR SUMMER DAY CAMP

Junior Summer Day Camp is designed to meet the needs of the younger new camper. Located at the North Kirkland Community Center, campers have access to all the indoor and outdoor features of the center. Campers will enjoy exciting camp activities, which include arts, sciences, sports, games, wacky special events, and guest visitors and entertainers. On hot days we will cool off with fun, water drenching activities. Special field trips include children's summer concerts and swimming at Juanita Beach.

AGE: 5-8

LOCATION: NORTH KIRKLAND COMMUNITY CENTER, 12421 103RD AVE NE

CAMP FEE: \$225 R / \$270 NR (*WEEK TWO 4-DAY CAMP: \$180 R / \$216 NR)

OPTIONAL EXTENDED CARE FEE: \$45 R / \$54 NR



Remember to please sign your emailed Participant Waiver before camp for a super quick and easy drop off in the morning!

WEEK ONE	WILD KINGDOM SPECIAL GUESTS: ISSAC PETERSON, SON OF THE REPTILE MAN AND BRIDLE TRAILS PARKS FOUNDATION EDUCATOR, JIM ERCKMANN		JUNE 22-26 EXTENDED CARE	9838 9847
WEEK TWO*	ISLAND TIME SPECIAL GUESTS: CITY OF EDMONDS BEACH RANGERS FIELD TRIP: JUANITA BEACH PARK	No camp 7/3	JUNE 29-JULY 2 EXTENDED CARE	9839 9038
WEEK THREE	ROCK 'N' ROLL FIELD TRIPS: EARTHLIGHT ROCKS & GEMS IN KIRKLAND, SUMMER CONCERT SERIES, JUANITA BEACH AND/OR KIRKLAND SPRINKLER PARK		JULY 6-10 EXTENDED CARE	9840 9041
WEEK FOUR	LOST IN SPACE FIELD TRIPS: MUSEUM OF FLIGHT PORTABLE PLANETARIUM SHOW AT NKCC, JUANITA BEACH AND/OR THE SPRINKLER PARK, CHILDREN'S SUMMER CONCERT SERIES		JULY 13-17 EXTENDED CARE	9841 9040
WEEK FIVE	FORCES OF NATURE SPECIAL GUESTS: ALDERLEAF WILDERNESS COLLEGE GUESTS FIELD TRIPS: JUANITA BEACH AND/OR KIRKLAND SPRINKLER PARK, CHILDREN'S SUMMER CONCERT SERIES		JULY 20-24 EXTENDED CARE	9842 9041
WEEK SIX	DUMPSTER DIVING SPECIAL GUEST: SEATTLE RECREATIVE FIELD TRIPS: JUANITA BEACH AND/OR KIRKLAND SPRINKLER PARK, CHILDREN'S SUMMER CONCERT SERIES		JULY 27-31 EXTENDED CARE	9843 9042
WEEK SEVEN	SUMMER SNOWSTORM SPECIAL GUEST: NORTHWEST SLED DOG ASSOCIATION FIELD TRIPS: JUANITA BEACH AND OR KIRKLAND SPRINKLER PARK, CHILDREN'S SUMMER CONCERT SERIES		AUGUST 3-7 EXTENDED CARE	9844 9043
WEEK EIGHT	PALLETS & PIGMENTS SPECIAL GUEST: YOUNG REMBRANDTS FIELD TRIPS: JUANITA BEACH AND OR KIRKLAND SPRINKLER PARK, CHILDREN'S SUMMER CONCERT SERIES		AUGUST 10-14 EXTENDED CARE	9845 9044
WEEK NINE	MEASURE, MIX, MUNCH SPECIAL GUEST: COOKING INSTRUCTOR KAREN RENFROE-GIELGENS FIELD TRIPS: JUANITA BEACH, KIRKLAND FARMERS MARKET, CHILDREN'S SUMMER CONCERT SERIES		AUGUST 17-21 EXTENDED CARE	9846 9045
WEEK TEN	GAME ON! SPECIAL GUEST: GAME TRUCK FIELD TRIP: JUANITA BEACH		AUGUST 24-28 EXTENDED CARE	9847 9046

Please note field trips and in-house guests are subject to change. All camp fees include a \$25 non-refundable deposit.

PETER KIRK DAY CAMP

Kirkland's longest running day camp is back and more fun than ever! Campers will enjoy arts, science, sports, games, weekly in-house guests or field trips to fun destinations and wacky special events led by trained staff. On a daily basis campers will explore Kirkland's many versatile parks and enjoy outdoor adventures. During our hot days, campers will cool off with visits to the beach and Kirkland's outdoor swimming pool multiple times EVERY week. Our summer camp will help your child forge friendships and create memories that will last a lifetime.

AGE: 7-11 • LOCATION: PETER KIRK COMMUNITY CENTER, 352 KIRKLAND AVE

CAMP FEE: \$225 R / \$270 NR • * WEEK TWO 4-DAY CAMP: \$180 R / \$216 NR

OPTIONAL EXTENDED CARE FEE: \$45 R / \$54 NR

WEEK ONE	FULL STEAM AHEAD IN-HOUSE GUEST: MAD SCIENCE		JUNE 22-26	9027 EXTENDED CARE 9037
WEEK TWO*	IT'S ONLY ROCK 'N' ROLL FIELD TRIP: BOWLING	<i>No camp 7/3</i>	JUNE 29-JULY 2	9028 EXTENDED CARE 9038
WEEK THREE	BIRDS OF A FEATHER IN-HOUSE GUEST: SARVEY WILDLIFE CENTER FIELD TRIP: AUDUBON WALK		JULY 6-10	9029 EXTENDED CARE 9039
WEEK FOUR	GAME ON IN-HOUSE GUEST: GAME TRUCK		JULY 13-17	9030 EXTENDED CARE 9040
WEEK FIVE	GO FOR THE GOLD FIELD TRIP: PUMP IT UP		JULY 20-24	9031 EXTENDED CARE 9041
WEEK SIX	HOOK, LINE & SINKER FIELD TRIP: ALKI WATER TAXI		JULY 27-31	9032 EXTENDED CARE 9042
WEEK SEVEN	HUNGRY GAMES IN-HOUSE GUEST: TRAVELING CHOCOLATE COMPANY		AUGUST 3-7	9033 EXTENDED CARE 9043
WEEK EIGHT	HOCUS POCUS IN-HOUSE GUEST: UNCLE STINKY'S MAGIC SHOW		AUGUST 10-14	9034 EXTENDED CARE 9044
WEEK NINE	ARTFUL ANTICS IN-HOUSE GUEST: YOUNG REMBRANDTS		AUGUST 17-21	9035 EXTENDED CARE 9045



Please note field trips and in-house guests are subject to change. All camp fees include a \$25 non-refundable deposit.

FOR BOTH CAMPS:

Camp T-Shirts

Campers will receive a camp T-shirt on the first day of the first week of camp they attend. This bright, fun t-shirt will be similar to the day camp counselors t-shirt and will help identify your child as a Day Camper on field trips and off-site activities. Please be sure to select the desired size at checkout. Additional camp t-shirts will be available to purchase for \$10. Supplies and sizes are limited.

Hours of Operation

- Arrive at 8:45am
- Activities start at 9am
- Depart 4:00-5:00pm
- Parents must sign child in/out each day.

Extended Care

Early morning (7:30-8:45am) and evening (5-6pm) care is available at the rate of \$45 resident/\$54 Non-resident per week. This service is not pro-rated; it is a weekly flat rate no matter how many hours are used.

Registration Fees/Deposits

Full fee for your initial Day Camp session is required upon registration (fee includes a \$25 deposit). Additional sessions may be reserved by paying a \$25 non-refundable, non-transferable deposit per session per child. **Deposit option is not available for online registration.** The remaining balance due must be paid by 4pm on Monday, at least two (2) weeks prior to the start of each session, otherwise the reserved spot and deposit will be lost.

Refund Policy

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

Supplies

On a daily basis please supply your child with labeled: walking shoes and socks, waterproof sun block, rain gear, extra shirt, sack lunch, beverage, afternoon snack, swimsuit and towel.

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.**

SPRING BREAK CAMPS



SPRING BREAK CAMPS

Curious George Junior Workshop

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.

AGE 4½-7

8614 M-F 4/6-10 9:30am-11:30am
\$139 R / \$167 NR

LOCATION: NKCC

INSTRUCTOR: 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 4/6-10 1:00pm-4:00pm
\$199 R / \$239 NR

LOCATION: NKCC

INSTRUCTOR: YOUNG REMBRANDTS

Rhythmic Gymnastics Spring Break Camp

La Luna Rhythmic Gymnastics Academy camps are designed for beginner and experienced girl gymnasts. Balls, ribbons and hoops will be emphasized along with ballet. Additional activities will be incorporated along with lots of fun and play. Two snacks included. Please bring leotard, lunch and water bottle. For more information visit www.lalunagym.com.

Extended care 8-9am and 4-5:30pm is available per week. This service is not prorated; it is one weekly flat rate no matter how many hours are used.

AGE 5-10

8759 Weekdays 4/6-10 9:00am-4:00pm
\$275 R / \$330 NR

8761 Extended Care 4/6-10 8-9am, 4-5:30pm
\$40 R / \$48 NR

LOCATION: LA LUNA ACADEMY, 11251 120TH AVE NE
#150 KIRKLAND, WA



Summer Theater Camp for Wee Ones

Let your imagination run wild! Camps feature drama, vocal work, movement, music, and a daily visit to the park. Each week will end with a short performance. Camp sizes are limited to 12 children. Child must be potty trained. Bring a snack and water bottle to camp each day.

AGE 4-6 • LOCATION: NKCC

WEEK 1: BE YOUR OWN HERO

9866 Weekdays 6/22-6/26 9:30am-12:30pm
\$135 R / \$162 NR

WEEK 2: UNICORNS & RAINBOWS

9867 Mon-Thur 6/29-7/2 9:30am-12:30pm
No Camp 7/3 \$108 R / \$130 NR

WEEK 3: WILD RUMPUS

9868 Weekdays 7/6-7/10 9:30am-12:30pm
\$135 R / \$162 NR

WEEK 4: MERMAIDS AND PIRATES

9869 Weekdays 7/13-7/17 9:30am-12:30pm
\$135 R / \$162 NR

WEEK 5: UNDER THE BIG TOP

9870 Weekdays 7/20-7/24 9:30am-12:30pm
\$135 R / \$162 NR

WEEK 6: YOUR MINI MAJESTIES

9871 Weekdays 7/27-7/31 9:30am-12:30pm
\$135 R / \$162 NR

WEEK 7: PET CADETS

9872 Weekdays 8/3-8/7 9:30am-12:30pm
\$135 R / \$162 NR

WEEK 8: YEEHAW & YIPPEE KI YAY

9873 Weekdays 8/10-8/14 9:30am-12:30pm
\$135 R / \$162 NR

Mini Morning Preschool Camp

Giggles & Grins

Giggles & Grins Preschool Camp

This four day "mini" camp is packed with creative, quirky, messy art! We will also play games, hear silly stories and make new friends. Sign up for all summer, each week is a different theme. Child must be potty trained. Bring a snack and water bottle each day.

CAMP PER WEEK: \$108 R / \$130 NR

AGE 3-4½

LOCATION: NKCC

WEEK 1 - MILKY WAY MOSAICS

Arts, crafts, games and outside play that are all about space.

9858 Mon-Thur 6/22-6/25 9:00am-12:00pm

WEEK 2 - RED, WHITE & GLUE

Have fun with patriotic themed crafts and games, and outdoor activities, including a t-shirt to wear for 4th of July, and a sweet blueberry treat!

9859 Mon-Thur 6/29-7/2 9:00am-12:00pm

WEEK 3 - SURF, SAND & STARFISH

Ocean themed crafts, games and outdoor play.

9860 Mon-Thur 7/6-7/9 9:00am-12:00pm

WEEK 4 - HOT WHEELS AND PINWHEELS

Car crafts, activities and outdoor play geared for Cozy Coupe drivers and Hot Wheels Racers.

9861 Mon-Thur 7/13-7/16 9:00am-12:00pm

WEEK 5 - PEPPA & PIGLET PARTY

Pig-themed arts, crafts, games, stories and outside play.

9862 Mon-Thur 7/20-7/23 9:00am-12:00pm



WEEK 6 - DINOSAURS & S'MORES

Enjoy the week working your way through prehistoric arts and crafts projects, games, stories and outside play. S'more related treat will be shared.

9863 Mon-Thur 7/27-7/30
9:00am-12:00pm

WEEK 7 - BLUEBELLS, BUTTERFLIES & BIRDS

Birds, bugs and flower projects; games, stories and outside play.

9864 Mon-Thur 8/3-8/6
9:00am-12:00pm

WEEK 8 - RED LIGHT, GREEN LIGHT

Explore everything you need to know before kindergarten starts; such as road signs and crosswalks, playground etiquette, and fun crafts, projects, games, stories and outside play!

9865 Mon-Thur 8/10-8/13
9:00am-12:00pm

SUMMER CAMPS

INCREDIFLIX FILMMAKING CAMP

All Flix downloadable within a month after camp ends. Please pack a snack and or lunch, and water bottle daily.

LOCATION: NKCC

INSTRUCTOR: INCREDIFLIX STAFF

Live Action Flix Camp

Discover your filmmaking talents! You don't have to be an actor to take part, we'll guide you through the Hollywood process to create, direct, film, act, and more. You won't just make an incredible movie, you'll have the skills to make your own movies. \$35 production fee payable to instructor on first day.

AGE 7-13

9820 Weekdays 8/24-8/28 10:30am-1:00pm
\$193 R / \$232 NR

LEGO Flix Camp

Bring LEGO® worlds to life! We provide the LEGOS®. You provide your imagination. Work in groups to create a LEGO® set with LEGO® characters for a stop-motion movie you'll storyboard, shoot, and add voice-overs to. \$35 production fee payable to instructor on first day.

AGE 7-13

9821 Weekdays 8/24-8/28 1:30pm-4:30pm
\$208 R / \$250 NR

Live Action & LEGO Flix Full Day Camp

Combine AM & PM camps for a full day and save money, plus get free lunch supervision! Students will participate in Live Action Flix in the mornings and LEGO® Flix in the afternoons (please read half day descriptions). \$70 production fee is payable to instructor on first day.

AGE 7-13

9822 Weekdays 8/24-8/28 10:30am-4:30pm
\$385 R / \$462 NR



TECHVENTURE CODE CAMPS

Send a nut-free snack, lunch and water bottle.

LOCATION: NKCC

INSTRUCTOR: TECHVENTURE KIDS

Junior Robotics Camp

Is your child curious about robots? This camp combines robots with coding to ignite children's imaginations and build confidence in how they look at the world and approach problems. This camp is all about hands-on time with lively robots.

AGE 6-8

9798 Mon-Thur 6/29-7/2 10:30am-1:30pm
\$246 R / \$295 NR

Code Camp Games & Robots

Calling all storytellers and innovators! Make animated stories and games with Scratch and Wonder Robots. Campers design and program computer games, animations and code their robots to solve various challenges. Kids gain confidence in their ability to create with technology.

AGE 8-11

9797 Mon-Thur 6/29-7/2 10:30am-1:30pm
\$246 R / \$295 NR

Junior Code Camp - Programming & Robotics

Never too early to create with code. Young campers are introduced to the thrill of creating their own interactive stories on tablets and coding robots to dance, navigate paths and more. Coding encourages children to "tinker" and shape their digital world.

AGE 6-8

9814 Mon-Thur 7/27-7/30 10:30am-1:30pm
\$246 R / \$295 NR

Build & Code with Minecraft Camp

Kids will remember the summer they built a working computer! Campers first build a raspberry pi computer, then assemble electronics and circuits to solve puzzles and challenges within a Minecraft adventure game. Kids practice coding on the finished computer too.

AGE 8-11

9799 Mon-Thur 7/27-7/30 10:30am-1:30pm
\$246 R / \$295 NR

MAD SCIENCE SUMMER CAMPS

Super Science Sampler

This hands-on expedition examines a few different areas of science. Become an engineer and build bridges, domes, cubes, and pyramids. Assemble and control pulleys, levers, catapults, and simple machines. Use chemistry to make your own sidewalk chalk and bath bombs. Behold birds and beasts as we discover the animal kingdom!

AGE 6-11

9877 Mon-Thur 6/29-7/2 1:00pm-4:00pm
\$190 R / \$228 NR

LOCATION: NKCC

Ancient Mysteries: Fossils, Coins & Dinosaur Bones **NEW!**

Unearth the past in this brand new archaeology and paleontology camp. Learn how fossils were created and make your own fossil replicas. Explore human history and delve into prehistoric mysteries through our archaeological dig. Each day your budding archaeologist will make their own take-home treasure.

AGE 6-11

9878 Weekdays 7/13-7/17 1:00pm-4:00pm
\$236 R / \$283 NR

LOCATION: NKCC



Crazy Chemworks

Explore the wonders of chemistry as we create surprising concoctions, break molecules with ease and shake up a flask full of fun. Kids learn the tools, safety procedures and laboratory techniques as we investigate solids, liquids and gases at the atomic level. Exploring the elements has never been so much fun!

AGE 6-11

9879 Weekdays 7/27-7/31 1:00pm-4:00pm
\$236 R / \$283 NR

LOCATION: NKCC

Radical Robots

Investigate the FUNdamentals of robotics as we experiment with electronics, circuits, and sensors to learn how robots use these components to function. Each day campers will assemble their own Kingii Dragon Robot to take. A \$30 fee for the robot is payable to the instructor on first day of camp.

AGE 8-12

9880 Weekdays 8/10-8/14 1:00pm-4:00pm
\$236 R / \$283 NR

LOCATION: NKCC

Fantastic Forces

Discover the marvels of invisible forces and be awed by the wonders of physics as your child races rubber band powered cars, builds a rocket, and makes their very own vortex generator. Magnetism... Gravity... Inertia... Not enough? Then try a hair-raising experience with the Mad Science Van de Graaff generator!

AGE 6-11

9881 Weekdays 8/24-8/28 1:00pm-4:00pm
\$236 R / \$283 NR

LOCATION: NKCC



SUMMER CAMPS



GYMNASTICS

La Luna Rhythmic Gymnastics Academy camps are designed for beginner and experienced girl gymnasts. Balls, ribbons and hoops will be emphasized along with ballet. Additional activities will be incorporated along with lots of fun and play. Two snacks included. Please bring leotard, lunch and water bottle. For more information visit www.lalunagym.com.

Extended care 8-9am and 4-5:30pm is available per week. This service is not prorated; it is one weekly flat rate no matter how many hours are used.

Rhythmic Gymnastics Summer Camps

CAMP PER WEEK: \$275 R / \$330 NR

EXTENDED CARE PER WEEK: \$40 R / \$48 NR

AGE 5-10

LOCATION: LA LUNA ACADEMY, 11251 120TH AVE NE #150 KIRKLAND, WA

WEEK	9770	Weekdays	7/6-10	9:00am-4:00pm
	9778	Extended Care		8-9am, 4-5:30pm
WEEK 2	9772	Weekdays	7/13-17	9:00am-4:00pm
	9779	Extended Care		8-9am, 4-5:30pm
WEEK 3	9773	Weekdays	7/20-24	9:00am-4:00pm
	9780	Extended Care		8-9am, 4-5:30pm
WEEK 4	9774	Weekdays	7/27-31	9:00am-4:00pm
	9781	Extended Care		8-9am, 4-5:30pm
WEEK 5	9775	Weekdays	8/3-7	9:00am-4:00pm
	9782	Extended Care		8-9am, 4-5:30pm
WEEK 6	9776	Weekdays	8/10-14	9:00am-4:00pm
	9783	Extended Care		8-9am, 4-5:30pm
WEEK 7	9777	Weekdays	8/17-21	9:00am-4:00pm
	9784	Extended Care		8-9am, 4-5:30pm

JUNIOR ENGINEERING

Bring a snack and water bottle each day.

LOCATION: NKCC

INSTRUCTOR: ENGINEERING FOR KIDS

Junior Inventor's Camp

Join Inventor's Camp for a week of fun, creativity, and of course — engineering! Over the course of a week, students will invent new machines and explore creative solutions using the Engineering Design Process. Discover how a wind-up toy works and design your own drawing robot inside Inventor's Camp!

AGE 4-6

9823 Weekdays 6/22-6/26 1:00pm-4:00pm

\$210 R / \$252 NR

Engineering Tall Tales Camp

Join us for an engineering twist on fairy tales. Students will explore solutions for each fairy tale's obstacles. We will design a getaway vehicle for the heroine from Kate and the Beanstalk, help The Three Billy Goats Fluff engineer a way to cross the bridge quietly, and so much more!

AGE 4-6

9824 Weekdays 7/13-7/17 1:00pm-4:00pm

\$210 R / \$252 NR

Amusement Park Engineering Camp

The thrill of an amusement park...zipping around on racecars, zooming through the rollercoaster, and trying your luck at a floating boat game. Can't get better than that! During this camp, students will create the ultimate amusement park utilizing mechanical engineering, marine engineering, and much, much more!

AGE 4-6

9825 Weekdays 8/10-8/14 1:00pm-4:00pm

\$210 R / \$252 NR

COMPUTER CAMPS

Youth Tech Inc. is an interactive computer camp that focuses on providing enrichment opportunities to students in the world of computers. We strive to create a positive learning community that encourages creativity, fun and academic excellence. For more information about Youth Tech Inc. please visit our web site at www.youthtechinc.com.

Our age suggestion is ages 9-15.

We will collect a \$5 fee on the first day of camp. The lab fee includes a USB lanyard of the student's work.

Video Game Design

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

AGE 9-15

9792 Mon-Thur 6/22-6/25 11:15am-1:30pm
\$170 R / \$204 NR

LOCATION: NKCC

Roblox Studio—Programming and Game Development **NEW!**

Calling all ROBLOX users! Build and develop in a 3D-based program that uses physics, programming, and individual creativity to build a world around you. Students in this course will build and published their multi-player game to share with friends and family!

AGE 9-15

9793 Mon-Thur 6/22-6/25 2:00pm-4:15pm
\$160 R / \$192 NR

LOCATION: NKCC

The Gaming Academy

The Gaming Academy is full day course for students who love games. During this course students will be immersed into the world of 2D and 3D game design. The course offers students a variety of hands on experience designing and building video games. Students need to bring a sack lunch and water bottle each day.

AGE 9-15

9791 Mon-Thur 6/22-6/25 11:15am-4:15pm
\$315 R / \$378 NR

LOCATION: NKCC

iCode **NEW!**

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

AGE 6-12

9796 Mon-Thur 8/3-8/6 11:15am-1:30pm
\$140 R / \$168 NR

LOCATION: NKCC

iGame Creators

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

AGE 6-10

9795 Mon-Thur 8/3-8/6 2:00pm-4:15pm
\$140 R / \$168 NR

LOCATION: NKCC

Gaming and Coding **NEW!**

This course combines two unbelievable experiences for students, gaming and coding. Students spend the morning looking at interactive coding, and building virtual apps In the afternoon, students build simple video games that they can share. Students are encouraged to bring a sack lunch. **Limited to 9 students.

AGE 6-12

9794 Mon-Thur 8/3-8/6 11:15am-4:15pm
\$275 R / \$330 NR

LOCATION: NKCC



SUMMER CAMPS



PLAY-WELL ENGINEERING CAMPS WITH LEGO® MATERIALS

Play-Well Girl Powered Intro to STEM with LEGO® Materials

Camp for girls who love to build, with a supportive environment to learn about historically influential females. Fly across the Atlantic with Amelia Earhart, assemble dinosaur bones with Anna K. Behrensmeyer, and blast off into outer space with Mae Jemison. Add the afternoon Architect camp and staff will supervise during the break!

AGE 5-8

9801 Weekdays 7/6-7/10 10:30am-12:30pm
\$139 R / \$167 NR

LOCATION: NKCC

INSTRUCTOR: PLAY-WELL TEKNOLOGIES

Play-Well Animal Architects with LEGO® Materials

Let your imagination run wild as we design and build leaping dolphins, buzzing beehives, and towering giraffes. Play, create, and learn in a world inspired by the animal kingdom.

AGE 5-8

9815 Weekdays 7/6-7/10 1:00pm-4:00pm
\$200 R / \$240 NR

LOCATION: NKCC

INSTRUCTOR: PLAY-WELL TEKNOLOGIES

Play-Well Mine, Craft, Build: Adventure Game with LEGO® Materials

Bring Minecraft to life using tens of thousands of LEGO® bricks! Roll the dice to mine for resources, build special items to help in our adventures at the Zoo, Castle, and Tree House Village! This experience is an original game designed by Play-Well instructors. Bring a snack and water bottle each day.

AGE 5-8

9816 Weekdays 7/20-7/24 1:00pm-4:00pm
\$200 R / \$240 NR

LOCATION: NKCC

INSTRUCTOR: PLAY-WELL TEKNOLOGIES

Play-Well Poke'mon Engineering with LEGO® Materials

Step into a magical world as a LEGO Poke'mon trainer. Build and work with your favorite Poke'mon while you strengthening your real world engineering skills. Create LEGO® engineering projects to become the next Poke'mon master. Bring a snack and water bottle each day.

AGE 5-8

9817 Weekdays 8/10-8/14 1:00pm-4:00pm
\$200 R / \$240 NR

LOCATION: NKCC

INSTRUCTOR: PLAY-WELL TEKNOLOGIES

emPOWER!
BUILDING YOUNG LEADERS THROUGH PUBLIC SPEAKING

emPOWER Leadership and Public Speaking Camp **NEW!**

Build young leaders through public speaking! Team "tribes" learn skills through FUN games, challenges and specific speaking activities. They will gain confidence through improvisation, preparation and practice to deliver an effective speech. Cultivate a confident communicator who will lead and succeed in life. Bring a water bottle, snack and lunch and get your game on! Camp location: Heritage Hall, 203 Market St. \$20 Materials Fee due to Grasshopper Enrichment on the first day.

AGE 6-12

10438 Mon-Thurs 6/29-7/2 10:00am-4:00pm
\$375 R / \$450 NR

LOCATION: HERITAGE HALL

INSTRUCTOR: GRASSHOPPER ENRICHMENT EDUCATION



Picnic in the Park

Join us this summer as we learn to create perfectly portable picnic food, from sandwiches and salads to tidbits and treats. This is not your mama's PB & J's!

Location: McAuliffe Park (10824 NE 116th St; to enter park, head north on 108th Ave NE from 116th St then turn into first driveway on right.

AGE 4-6

9990 Tue-Thur 8/4-8/6 10:00am-12:00pm
\$133 R / \$160 NR

AGE 7-9

9991 Tue-Thur 8/4-8/6 1:00pm-3:00pm
\$133 R / \$160 NR

LOCATION: MCAULIFFE PARK

INSTRUCTOR: KAREN RENFROE-GIELGENS

YOUNG REMBRANDTS ART CAMPS

Cooking and Baking Drawing Workshop

During these five fun-filled days students will learn to illustrate the thing we all love to do—eat! Students will draw, decorate, build and color everything in the kitchen that relates to cooking and baking. Drawings will include funny kitchen cartoons, still life scenes, and delicious details.

AGE 6-12

9882 Weekdays 6/22-6/26 1:00pm-4:00pm
\$209 R / \$251 NR

LOCATION: NKCC

How to Draw Anime Manga

Learn to draw your favorite Japanese style art. This workshop will tap into everyone's imagination while learning to draw cute manga inspired characters, accessories and costumes. Register now to save your child's spot in this kawaii workshop focused on technique and creativity!

AGE 6-12

9883 Weekdays 7/6-7/10 1:00pm-4:00pm
\$209 R / \$251 NR

LOCATION: NKCC

Fashions, Faces and Flowers

For fashionistas, florists and budding makeup artists, this workshop celebrates the beautiful world of girls. Students will draw and color faces, stretch their imaginations illustrating whimsical flowers and challenge their creativity when tying them all together in fanciful settings. Prepare for elegance and a heap of drawing excellence!

AGE 6-12

9884 Weekdays 7/20-7/24 1:00pm-4:00pm
\$209 R / \$251 NR

LOCATION: NKCC



Pastel Drawing Workshop— World of Dinosaurs

Travel back in time to the land of the lost and dinosaurs! Every day students will learn to use pastels to create impressive and frame-worthy art, drawing and coloring different types of dinosaurs in varying artistic styles realism, graphic, and cartoon.

AGE 6-12

9885 Weekdays 8/3-8/7 1:00pm-4:00pm
\$209 R / \$251 NR

LOCATION: NKCC

Kings & Queens of Castle

Travel back to the Middle Ages; princesses, knights, castles, and dragons highlight the spectacular drawings students will produce. From knights in shining armor to elegantly dressed maidens, students will learn how to compose well-drawn medieval figures!

AGE 6-12

9886 Weekdays 8/17-8/21 1:00pm-4:00pm
\$209 R / \$251 NR

LOCATION: NKCC



SUMMER CAMPS

SPORTS CAMPS

Pee Wee Sports Camp **NEW!**

Campers will learn the fundamental skills involved in a variety of sports including, soccer, t-ball, track and field, basketball, and more; while also incorporating fun team-building games. Emphasis will be placed on hand-eye coordination, friendship and fun! Campers should bring water, a snack, running shoes, and sunscreen.

AGE 3-5

WEEK 1	9647	Mon-Thurs	6/22-25	9:30am-11:30am
WEEK 2	9648	Mon-Thurs	6/29-7/2	9:30am-11:30am
WEEK 3	9649	Mon-Thurs	7/6-9	9:30am-11:30am
WEEK 4	9650	Mon-Thurs	7/13-16	9:30am-11:30am
WEEK 5	9652	Mon-Thurs	7/27-30	9:30am-11:30am
WEEK 6	9653	Mon-Thurs	8/3-6	9:30am-11:30am
WEEK 7	9654	Mon-Thurs	8/10-13	9:30am-11:30am
WEEK 8	9655	Mon-Thurs	8/17-20	9:30am-11:30am
				\$139 R / \$167 NR

LOCATION: JUANITA ELEMENTARY GRASS FIELD



Stand Up Paddleboard Camp

Learn to paddleboard this summer by joining Northwest Paddle Surfers for their Stand Up Paddleboard (SUP) camp! Campers will learn basic paddling and safety skills and will progress to more advanced skills during the week. Campers explore wildlife in Juanita Bay, learn tricks, and play games, all on a paddleboard!

AGE 8-14

10259	Mon-Fri	7/6-7/10	9:00am-12:00pm
10260	Mon-Fri	7/13-7/17	9:00am-12:00pm
10261	Mon-Fri	7/20-7/24	9:00am-12:00pm
10262	Mon-Fri	7/27-7/31	9:00am-12:00pm
10263	Mon-Fri	8/3-8/7	9:00am-12:00pm
10264	Mon-Fri	8/10-8/14	9:00am-12:00pm
			\$290 R / \$345 NR

LOCATION: JUANITA BEACH PARK

INSTRUCTOR: NORTHWEST PADDLE SURFERS

Tennis & Swim Camp

Game, Set, Match—and Splash! Our Tennis and Swim camp combines tennis activities and field games in the morning with swimming at Peter Kirk Pool in the afternoon. Kirkland Parks instructors teach tennis basics through a variety of games, drills, and skill building activities. Please bring a lunch, snack, swim suit, towel, and sunscreen.

AGE 7-14

WEEK 1	9576	Mon-Thur	6/22-6/25	9am-3pm
WEEK 2	9577	Mon-Thur	6/29-7/2	9am-3pm
WEEK 3	9578	Mon-Thur	7/6-7/9	9am-3pm
WEEK 4	9579	Mon-Thur	7/13-7/16	9am-3pm
WEEK 5	9580	Mon-Thur	7/20-7/23	9am-3pm
WEEK 6	9581	Mon-Thur	7/27-7/30	9am-3pm
WEEK 7	9582	Mon-Thur	8/3-8/6	9am-3pm
WEEK 8	9583	Mon-Thur	8/10-8/13	9am-3pm
WEEK 9	9584	Mon-Thur	8/17-8/20	9am-3pm
WEEK 10	9585	Mon-Thur	8/24-8/27	9am-3pm
				\$225 R / \$270 NR

LOCATION: PETER KIRK PARK TENNIS COURTS

Leap Into Summer Ice Skating Camp

Camp contents will include the basic fundamentals of ice skating, spins, jumps, off ice training, endurance, choreography, production and goal setting. Participants will be grouped by skating experience and age. Rental skates are included. Helmets are recommended. Registration closes May 22nd.

AGE 5-16

10114	Mon-Thur	6/22-6/25	12:30pm-4:00pm
			\$225 R / \$270 NR

LOCATION: SNO KING ICE ARENA, KIRKLAND

INSTRUCTOR: SNO KING ICE ARENA



TGA Tennis Camp

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

No class 7/3

AGE 5-12

WEEK 1 9711 Weekdays 6/22-26 9am-11:30am
\$189 R / \$227 NR

WEEK 2 9712 Mon-Thur 6/29-7/2 9am-11:30am
\$149 R / \$179 NR

WEEK 3 9713 Weekdays 7/6-10 9am-11:30am
\$189 R / \$227 NR

WEEK 4 9714 Weekdays 7/13-17 9am-11:30am
\$189 R / \$227 NR

WEEK 5 9715 Weekdays 7/20-24 9am-11:30am
\$189 R / \$227 NR

WEEK 6 9716 Weekdays 7/27-31 9am-11:30am
\$189 R / \$227 NR

WEEK 7 9717 Weekdays 8/3-8/7 9am-11:30am
\$189 R / \$227 NR

WEEK 8 9718 Weekdays 8/10-14 9am-11:30am
\$189 R / \$227 NR

WEEK 9 9719 Weekdays 8/17-21 9am-11:30am
\$189 R / \$227 NR

WEEK 10 9802 Weekdays 8/24-28 9am-11:30am
\$189 R / \$227 NR

LOCATION: KIRKLAND MIDDLE SCHOOL TENNIS COURTS

TGA Tennis and Lacrosse Camp

TGA Premier Tennis Camps feature instruction on forehand, backhand, volley, and serving skills, daily match-play, and lessons on the rules and etiquette of the sport. TGA Premier Lacrosse Camps feature instruction on cradling, catching, passing, shooting, and defending kills, daily games with rotating teams, and lessons on the rules and safety protocols.

AGE 5-12

MORNING—TENNIS

9705 Weekdays 6/22-6/26 9:00am-11:30am

9708 Weekdays 7/13-7/17 9:00am-11:30am

\$189 R / \$227 NR

AFTERNOON—LACROSSE

9706 Weekdays 6/22-6/26 12:30pm-3:00pm

9709 Weekdays 7/13-7/17 12:30pm-3:00pm

\$189 R / \$227 NR

FULL DAY—TENNIS & LACROSSE

9707 Weekdays 6/22-6/26 9:00am-3:00pm

9710 Weekdays 7/13-7/17 9:00am-3:00pm

\$349 R / \$419 NR

LOCATION: JUANITA BEACH TENNIS COURTS

TGA Ultimate Frisbee Camp

TGA Premier Ultimate Camps feature marking, throwing, catching, and defending instruction, daily matches with rotating teams, and lessons on the Spirit of the Game. Gear is provided by TGA; but equipment from home is welcomed if your child has something they'd like to bring to camp.

AGE 5-12

9703 Weekdays 7/20-7/24 9:00am-11:30am

9704 Weekdays 8/3-8/7 9:00am-11:30am

\$189 R / \$227 NR

LOCATION: CRESTWOODS PARK



Steel Soccer Camp

Join Steel Soccer for a week of camp that combines fun and an educational soccer experience! Typical days will include group games, structured practices, and an end of day tournament. Professional coaches will ensure players have a memorable experience and improve their skills. Every player will receive a t-shirt.

MORNING

AGE 5-14

10439 Weekdays 7/6-7/10 9:00am-12:00pm

10441 Weekdays 8/10-8/14 9:00am-12:00pm

\$150 R / \$180 NR

FULL DAY

AGE 8-14

10440 Weekdays 7/6-7/10 9:00am-3:00pm

10442 Weekdays 8/10-8/14 9:00am-3:00pm

\$245 R / \$294 NR

LOCATION: CRESTWOODS PARK



Challenger Sports Soccer Camp

Challenger Soccer Camp reflects the global nature of the sport today and will provide campers with a wide variety of coaching styles, practices, and influences that will help them develop a well-rounded game. We've taken coaching methodologies from England, Brazil, Spain, USA and France have woven them together in a multi-faceted coaching experience.

AGE 7-16

MORNING

10416 Weekdays 7/13-7/17 9:00am-12:00pm

\$181 R / \$201 NR

FULL DAY

10417 Weekdays 7/13-7/17 9:00am-4:00pm

\$232 R / \$278 NR

LOCATION: CRESTWOODS PARK

SUMMER CAMPS

SPORTS CAMPS



Overtime Athletics Boys Basketball Camp

OTA Basketball Camp is designed to develop dribbling, passing, shooting, rebounding and defense skills all while having fun, learning the game with new and old friends. While at camp, campers play a season worth of games, are taught fundamental skills, do daily station work, and compete in contests and competitions. Please bring water, lunch, and a snack to camp.

AGE 8-13

10419	Weekdays 7/13-7/17	9:00am-2:00pm
10420	Weekdays 8/3-8/7	9:00am-2:00pm
\$225 R / \$270 NR		

LOCATION: KAMIakin MIDDLE SCHOOL

OH, NO! WHY DID WE CANCEL THAT CLASS?

Sometimes courses are canceled because people wait too long to register.

Please register early to avoid disappointment!

SKYHAWKS SPORTS CAMPS

Tiny-Hawk Camp | Soccer

The essentials of soccer are introduced in a fun and safe environment with lots of encouragement. Children will learn balance, body movement, hand/eye coordination, and skill development. Campers must be at least 3.5 years old and toilet trained in order to participate. Participants should bring appropriate clothing, snacks, a water bottle, running shoes and sunscreen.

AGE 3½-5

9565	Weekdays 6/22-6/26	12:30pm-1:15pm
9568	Weekdays 7/20-7/24	12:30pm-1:15pm
\$69 R / \$82 NR		

LOCATION: JUANITA BEACH PARK

Mini-Hawk Camp | Soccer, Baseball, Basketball

This multi-sport program (soccer, baseball, & basketball) was developed to give children a positive first step into athletics. Through games and activities, campers explore balance, hand/ eye coordination, and skill development at their own pace. Participants should bring appropriate clothing, two snacks, a water bottle, running shoes and sunscreen.

AGE 4-7

9564	Weekdays 6/22-6/26	9:00am-12:00pm
9567	Weekdays 7/20-7/24	9:00am-12:00pm
\$159 R / \$191 NR		

LOCATION: JUANITA BEACH PARK

Track & Field Camp

Skyhawks Track & Field Camp combines technical development, fundamental techniques, and safety with a major focus on fun! Using special equipment, our staff cover the fundamentals of body positioning, stride, proper stretching, and cool-down techniques. Participants should bring appropriate clothing, two snacks, a water bottle, running shoes and sunscreen.

AGE 6-12

9566	Weekdays 7/13-7/17	9:00am-12:00pm
9571	Weekdays 8/10-8/14	9:00am-12:00pm
\$159 R / \$191 NR		

LOCATION: KIRKLAND MIDDLE SCHOOL



Baseball & Swim Camp

Our sport & swim camp is designed to introduce athletes to sports with an afternoon of free swim at the nearby Juanita Beach. Participants will be supervised during swim by qualified lifeguards and Skyhawks staff. Participants should bring appropriate athletic clothing, bathing suit, water bottle, running shoes, baseball glove, lifejacket (for non-swimmers), sunscreen, lunch, & snack.

AGE 6-12

9569	Weekdays 7/27-7/31	9:00am-3:00pm
\$199 R / \$239 NR		

LOCATION: JUANITA BEACH PARK

Multi-Sport & Swim Camp | Soccer, Baseball, Flag Football

Our multi-sport & swim camp is designed to introduce athletes to sports with an afternoon of free swim at the nearby Juanita Beach. Participants will be supervised during swim by qualified lifeguards and Skyhawks staff. Participants should bring appropriate athletic clothing, bathing suit, water bottle, running shoes, baseball glove, lifejacket (for non-swimmers), sunscreen, lunch, & snack.

AGE 6-12

9570	Weekdays 8/3-8/7	9:00am-3:00pm
\$199 R / \$239 NR		

LOCATION: JUANITA BEACH PARK



Skateboard Camp

This camp is open to all skill levels. Campers will learn the fundamentals of skateboarding including basic board control and ramp riding. More advanced skaters will be challenged with tricks like drop-ins, ollies, and shove-its. Camp is at Peter Kirk Park next to the tennis courts.

AGE 6-12

WEEK 4 IS GRRLZ WEEK

WEEK 1: AM	10291	Weekdays	7/6-7/10	9am-12pm
WEEK 1: PM	10292	Weekdays	7/6-7/10	1pm-4pm
WEEK 2: AM	10293	Weekdays	7/20-7/24	9am-12pm
WEEK 2: PM	10294	Weekdays	7/20-7/24	1pm-4pm
WEEK 3: AM	10295	Weekdays	8/3-8/7	9am-12pm
WEEK 3: PM	10296	Weekdays	8/3-8/7	1pm-4pm
WEEK 4: AM	10297	Weekdays	8/17-21	9am-12pm
WEEK 4: PM	10298	Weekdays	8/17-8/21	1pm-4pm
\$249 R / \$299 NR				

LOCATION: PETER KIRK SKATE PARK

Disc Golf Camp **NEW!**

Campers can expect to gain a basic understanding of the sport of disc golf. Each day we will go over form, grip, etiquette, scoring and technique. The second half of camp will be on the course playing a round of disc golf. Campers will need to bring active wear, water bottle, sunscreen and a snack. Parking and pickup at 5416 110th Way NE, Kirkland.

AGE 8-12

10418	Weekdays	7/20-7/24	9:00am-12:00pm
\$199 R / \$239 NR			

LOCATION: NORTHWEST UNIVERSITY DISC GOLF COURSE

Cheerleading Camp

Learn cheers, chants, dances and jumps. Learn good cheerleading skills and values such as teamwork, trust, and friendship. The final day will be a performance for parents and family. All campers receive a set of pom poms! Bring a water bottle and wear loose comfortable clothing and tennis shoes!

AGE 7-11

9819	Weekdays	7/13-7/17	1:00pm-4:00pm
\$140 R / \$168 NR			

LOCATION: NKCC

INSTRUCTOR: SAMANTHA GRUBBS



Learnin' the Ropes Jump Rope Camp

We teach fun jump rope skills in single rope, double dutch, long rope and more to help students learn unique skills they can take with them everywhere! Improve endurance and footwork while encouraging teamwork and communication. Performance on the last day. Bring your own jump rope, borrow from us, or purchase a rope for \$6 on the first day of camp.

AGE 5-12

9769	Weekdays	8/17-8/21	1:00pm-4:00pm
\$185 R / \$222 NR			

LOCATION: NKCC

INSTRUCTOR: LEARNIN' THE ROPES

Fencing Camp for Beginners **NEW!**

Experience one of the fastest growing sports in America! Camp will teach fencing skills using interactive games with other students of the same size. This camp includes discounted entry to the end of the summer fencing tournament. Children younger than 8 must have instructor permission to enroll.

AGE 8-18

10443	Weekdays	7/27-7/31	2:00pm-4:00pm
\$200 R / \$240 NR			

LOCATION: NKCC

INSTRUCTOR: KAIZEN ACADEMY



COOL WAY TO COOL OFF! SPRINKLER PARK

AT LEE JOHNSON FIELD Downtown Kirkland

Join us this summer at Lee Johnson Field for Sprinkler Park Thursdays. A variety of sprinklers, suitable for all ages, will be set up for everyone to enjoy and cool off from the summer heat!

THURSDAYS JULY 9-AUG 13, 12-3PM

Parking is available in parking garage under library
Children 10 and under must be supervised by an adult

RUN

FREE TO ALL AGES

**VARIETY OF SPRINKLERS
FOR ALL TO PLAY IN**

**DON'T FORGET YOUR
TOWEL AND SUNSCREEN!**

**THANK YOU TO OUR SPONSOR:
ROTARY CLUB OF
KIRKLAND DOWNTOWN!**

PLEASE NOTE: Temperatures must be above 70 degrees for Sprinkler Park to be open. Please call our inclement weather hotline at 425.587.3335 for program updates.

SPLASH



JUMP

RENT THE POOL!

FRIDAY: 5:30-8:30pm
SATURDAY: 5:30-8:30pm
SUNDAY: 10:30am-12pm and 5:30-8:30pm

**SEE PAGE 40
FOR FEES &
INFORMATION**

**NOW
AVAILABLE
TO RENT
ONLINE!**

KIRKLANDPARKS.NET





JUANITA BEACH PARK BATHHOUSE REPLACEMENT PROJECT

Visitors will soon have a new bathhouse, two picnic pavilions, and a new accessible-to-all-abilities playground to enjoy at Juanita Beach Park. The new bathhouse will be oriented to provide westward views of Lake Washington from the park. Its restrooms will be open year-round. It will also offer expanded space for concessions and lifeguards.

The playground will be centered between the bathhouse and the new picnic pavilions and will provide easy access to the playground, as well as open views of the beach and lake.

The new playground's accessible synthetic turf and its all-abilities play elements will be accessible to people of all abilities.

In addition to the new bathhouse building. The project will also relocate and replace the existing children's playground and provide a two new group picnic pavilions, both elements which were originally set forth in the master plan.

For more information on the Juanita Beach Park Bathhouse Replacement Project, visit www.kirklandwa.gov.



KIRKLAND KIDS TRIATHLON



**Saturday, September 12th
11:00am @ Juanita Beach Park**

Age 3–12 years • \$34 R / \$41 NR

**Participants will receive
a T-Shirt and ribbon!**

**This non-competitive, non-timed
event provides an excellent
opportunity for youth to experience
the sport of triathlon.**



**TO REGISTER VISIT: KIRKLANDPARKS.NET
OR CALL 425-587-3336 • COURSE #10423
www.kirklandwa.gov/youthathletics**



GENERAL INTEREST

Happy Seeds Family Yoga

A family yoga space where you can be yourself, connect with others through play, and feel empowered. Practice Yoga, plus kindness and compassion in this mindful class that encourages happiness. Instructor Maylen Arroyo Alvarez brings a natural, nurturing and playful environment, incorporating books, music, storytelling and animated yoga poses.

AGE 2-4

PRICE IS PER CHILD; CAREGIVER FREE.

10452	Wed	4/15-6/3	10:00am-10:45am
			\$112 R / \$134 NR
10454	Wed	6/24-8/5	10:00am-10:45am
			\$112 R / \$134 NR

LOCATION: NKCC

INSTRUCTOR: MAYLEN ARROYA ALVAREZ

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

9888	Sat	5/9	9:00am-10:30am
			\$43 R / \$52 NR

AGE 9-12

9889	Sat	5/9	11:00am-1:00pm
			\$57 R / \$68 NR

LOCATION: NKCC

INSTRUCTOR: STRATEGIC LIVING, LLC

HAPPY SEEDS YOGA AGE 7+ SEE PAGE 27

Parent/Child Class Requirements:

- Children must be able to follow directions and participate in small group settings with a parent present.
- Please take your child to the bathroom before class.
- No siblings other than infants in carriers; registered participants only.
- Refer to 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.

Most classes held at North Kirkland Community Center, 12421 103rd Ave NE, 425.587.3350

ART

Parent/Child Art Fun

Preschoolers develop observation skills, creativity, self-expression, and confidence in this class where you might make slime from hair conditioner, paint with marshmallows, and create puffy paint with shaving cream. Our supplies will challenge and entertain during this class that also incorporates seasonal and holiday art.

AGE 2½-3½ WITH PARENT

10231	Mon	4/13-4/27	9:30am-10:15am
10232	Mon	5/4-5/18	9:30am-10:15am
10233	Mon	6/1-6/15	9:30am-10:15am
10234	Thur	4/16-4/30	10:30am-11:15am
10235	Thur	5/7-5/21	10:30am-11:15am
10236	Thur	5/28-6/11	10:30am-11:15am
			\$32 R / \$38 NR

LOCATION: NKCC

INSTRUCTOR: MONIQUE BAYNE

Messy Art for Two's with Parent

Tickle your two year old's senses and play messy by smearing paint and kneading dough. Sensory and tactile play helps to develop self-expression and creativity while rewarding children with the emotional pleasures of "hands-on" art. Dress for a mess!

AGE 2

10208	Wed	4/15-4/29	10:45am-11:30am
10210	Wed	5/6-5/20	10:45am-11:30am
10212	Wed	5/27-6/10	10:45am-11:30am
			\$32 R / \$38 NR

LOCATION: NKCC

INSTRUCTOR: TOMOKO MEIER

10209	Thur	4/16-4/30	9:30am-10:15am
10211	Thur	5/7-5/21	9:30am-10:15am
10213	Thur	5/28-6/11	9:30am-10:15am
			\$32 R / \$38 NR

LOCATION: NKCC

INSTRUCTOR: MONIQUE BAYNE



COOKING

Classes are 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).

Itty Bitty Breakfast Club

Can you give a pig a pancake, or a moose a muffin? Well maybe, if you learn to cook! Everyone knows that breakfast is the most important meal of the day. Join us as we give a tot a teacher, instructions, a recipe, friends...

AGE 2-5

9958	Tue	4/14-4/28	9:15am-10:15am
9962	Tue	4/14-4/28	10:45am-11:45am
9968	Tue	4/14-4/28	12:15pm-1:15pm
			\$44 R / \$53 NR

LOCATION: MCAULIFFE PARK

INSTRUCTOR: KAREN RENFROE-GIELGENS

Hola Mexico!

It's a fiesta of food at McAuliffe this May, so come join the party and don't delay. Let's wake up your taste buds they've been sleeping too long, and soon you'll be dancing the Hat Dance Song!

AGE 2-5

9959	Tue	5/5-5/19	9:15am-10:15am
9963	Tue	5/5-5/19	10:45am-11:45am
9969	Tue	5/5-5/19	12:15pm-1:15pm
			\$44 R / \$53 NR

LOCATION: MCAULIFFE PARK

INSTRUCTOR: KAREN RENFROE-GIELGENS

Tutti Fruitti

Apples and oranges come from a tree, so do apricots, cherries and plums basically. What most have in common is they are deliciously sweet, let's whip up something yummy with this nutritious treat.

AGE 2-5

9964	Tue	6/2-6/16	10:45am-11:45am
9970	Tue	6/2-6/16	12:15pm-1:15pm
9977	Tue	6/2-6/16	9:15am-10:15am
			\$44 R / \$53 NR

LOCATION: MCAULIFFE PARK

INSTRUCTOR: KAREN RENFROE-GIELGENS

Teddy Bear Picnic

Prep, prepare and pack a spring picnic! Bring your favorite stuffy or doll and come along with us as we picnic and share a story in McAuliffe Park (weather permitting). Please note that this class is a little longer to allow time to pack and picnic.

AGE 2-5

9960	Tue	7/7-7/21	9:45am-11:00am
9971	Tue	7/7-7/21	11:15am-12:30pm
			\$55 R / \$121 NR

LOCATION: MCAULIFFE PARK

INSTRUCTOR: KAREN RENFROE-GIELGENS

SCIENCE

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 introduce a new topic.

AGE 3

INSECT, BUG AND CREEPY CRAWLERS

How many legs does a caterpillar have? What is a butterfly's favorite food? What is snail slime made of? Investigate these questions and more while making your own slug slime!

10119	Tue	5/5-5/19	9:30am-10:15am
			\$35 R / \$42 NR

RIVERS, LAKES AND OCEANS

Let's learn about our waterways! Lake Washington, Columbia River, Pacific Ocean, OH MY! During class we will build bridges, paint river rocks and investigate our local waters.

10120	Tue	6/2-6/16	9:30am-10:15am
			\$35 R / \$42 NR

THUNDER, CLOUDS, AND SHOWERS

Do the big fluffy clouds hold the rain and snow that come down? Where does thunder come from? Can it really get hot enough to fry an egg outside? Investigate these mysteries and more and create a rain painting or a weather chart to take home.

10113	Tue	4/14-4/28	9:30am-10:15am
			\$35 R / \$42 NR

LOCATION: NKCC

INSTRUCTOR: JESSICA ANDERSON

OH, NO! WHY DID WE CANCEL THAT CLASS?

Sometimes courses are canceled because people wait too long to register.

Please register early to avoid disappointment!

DANCE & MOVEMENT

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! Please take note of our age groups when registering; you are able to attend this class with your younger and older ones together!

AGE 1-3

9941	Mon	4/13-4/27	9:15am-10:00am
9946	Mon	4/13-4/27	10:10am-10:55am
9950	Mon	4/13-4/27	11:05am-11:50am
9943	Mon	5/4-5/18	9:15am-10:00am
9947	Mon	5/4-5/18	10:10am-10:55am
9951	Mon	5/4-5/18	11:05am-11:50am
9944	Mon	6/1-6/15	9:15am-10:00am
9948	Mon	6/1-6/15	10:10am-10:55am
9952	Mon	6/1-6/15	11:05am-11:50am
\$27 R / \$32 NR			
9945	Mon	6/29-7/27	9:15am-10:00am
9949	Mon	6/29-7/27	10:10am-10:55am
9953	Mon	6/29-7/27	11:05am-11:50am
\$45 R / \$54 NR			

LOCATION: NKCC

INSTRUCTOR: KAREN RENFROE-GIELGENS

Twos In Tutus Creative Dance

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.

AGE 2 WITH PARENT

10304	Mon	4/13-5/18	9:10am-9:40am
\$30 R / \$36 NR			
10305	Mon	6/1-6/29	9:10am-9:40am
\$25 R / \$30 NR			
10306	Mon	7/6-7/27	9:10am-9:40am
10307	Mon	8/3-8/24	9:10am-9:40am
\$20 R / \$24 NR			

LOCATION: NKCC

INSTRUCTOR: JEN PINEDA

10312	Tue	4/14-5/19	3:15pm-3:45pm
10313	Tue	5/26-6/30	3:15pm-3:45pm
\$30 R / \$36 NR			
10314	Tue	7/7-7/28	3:15pm-3:45pm
10315	Tue	8/4-8/25	3:15pm-3:45pm
\$20 R / \$24 NR			

LOCATION: NKCC

INSTRUCTOR: OSIRIS REYNOSO-LOTTS

10300	Fri	4/17-5/22	9:30am-10:00am
10308	Fri	4/17-5/22	10:05am-10:35am
\$30 R / \$36 NR			
10301	Fri	5/29-6/26	9:30am-10:00am
\$30 R / \$36 NR			
10309	Fri	5/29-6/26	10:05am-10:35am
10302	Fri	7/10-7/31	9:30am-10:00am
\$25 R / \$30 NR			
10310	Fri	7/10-7/31	10:05am-10:35am
10303	Fri	8/7-8/28	9:30am-10:00am
10311	Fri	8/7-8/28	10:05am-10:35am
\$20 R / \$24 NR			

LOCATION: NKCC

INSTRUCTOR: KELLY ESCUE

Kids in Motion

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 5/25

PARENT/CHILD MOTION I

AGE 1½-2½ (CHILD MUST BE WALKING)

10215	Mon	4/13-5/11	9:30am-10:15am
\$40 R / \$46 NR			
10217	Mon	5/18-6/15	9:30am-10:15am
\$32 R / \$38 NR			
10225	Thur	4/16-5/14	9:45am-10:30am
10226	Thur	5/21-6/18	9:45am-10:30am
\$40 R / \$48 NR			

PARENT/CHILD MOTION II

AGE 2-3

10216	Mon	4/13-5/11	10:20am-11:05am
\$40 R / \$48 NR			
10218	Mon	5/18-6/15	10:20am-11:05am
\$32 R / \$38 NR			
10219	Wed	4/15-5/13	10:20am-11:05am
10220	Wed	5/20-6/17	10:20am-11:05am
10221	Wed	4/15-5/13	9:30am-10:15am
10222	Wed	5/20-6/17	9:30am-10:15am
\$40 R / \$48 NR			
10227	Thur	4/16-5/14	10:35am-11:20am
10228	Thur	5/21-6/18	10:35am-11:20am
\$40 R / \$48 NR			

LOCATION: NKCC

INSTRUCTOR: JESSICA ANDERSON





Indoor Playground

NKCC Drop-in Program with Parent

Ages 9 months–5 years

Tues & Thur, 10am–1pm

Apr 7–June 11, 2020

**\$3.00 per child per visit
or 10-visit \$25 Punch Card**

Cash, Check, Visa, or Mastercard accepted

Punch card makes a great gift!



MOVE AND GROW

Instructor Jessica Gleason uses “Tummy Time,” coordinated movement, and BrainDance rhymes to integrate the mind and body, while reinforcing the importance of movement in early life!

Move and Grow for Babies

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!

AGE 2 MONTHS TO PRE-WALKING WITH ADULT

9893	Tue	4/28-6/9	11:30am-12:30pm
			\$84 R / \$101 NR
9894	Tue	7/7-7/28	11:30am-12:30pm
			\$48 R / \$58 NR

LOCATION: NKCC

INSTRUCTOR: JESSICA GLEASON

Move and Grow for Toddlers

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.

AGE WALKING TO 30 MONTHS WITH ADULT

9895	Tue	4/28-6/9	9:30am-10:30am
			\$84 R / \$101 NR
9896	Tue	7/7-7/28	9:30am-10:30am
			\$48 R / \$58 NR
9897	Tue	4/28-6/9	10:30am-11:30am
			\$84 R / \$101 NR
9898	Tue	7/7-7/28	10:30am-11:30am
			\$48 R / \$58 NR

LOCATION: NKCC

INSTRUCTOR: JESSICA GLEASON

Join the fun, climbing, riding, pushing, pulling, and spinning. There’s lots of active fun in our Indoor Playground. For babies we also include busy boxes, and a variety of toddler and baby toys. Adults must supervise children at all times.

North Kirkland Community Center

12421 103rd Ave NE,
425.587.3350



ART

Young Rembrandts Preschool Drawing Class

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.

No class 7/4

AGE 3½-5

9899	Sat	4/18-5/9	9:00am-9:45am
9900	Sat	5/30-6/20	9:00am-9:45am
9901	Sat	6/27-7/25	9:00am-9:45am
9902	Sat	8/8-8/29	9:00am-9:45am

\$49 R / \$59 NR

LOCATION: NKCC

INSTRUCTOR: YOUNG REMBRANDTS

Art Adventures

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. Parent participation optional.

AGE 3-5

10202	Wed	4/15-4/29	9:45am-10:30am
10203	Fri	4/17-5/1	9:45am-10:30am
10204	Wed	5/6-5/20	9:45am-10:30am
10205	Fri	5/8-5/22	9:45am-10:30am
10206	Wed	5/27-6/10	9:45am-10:30am
10207	Fri	5/29-6/12	9:45am-10:30am

\$32 R / \$38 NR

LOCATION: NKCC

INSTRUCTOR: TOMOKO MEIER

GENERAL INTEREST



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).

AGE 3-5

9954	Mon	4/13-6/8	2:45pm-3:45pm
\$105 R / \$126 NR			
9955	Mon	6/22-7/27	2:45pm-3:45pm
\$79 R / \$95 NR			

AGE 4-8

9956	Mon	4/13-6/8	4:15pm-5:15pm
\$105 R / \$126 NR			
9957	Mon	6/22-7/27	4:15pm-5:15pm
\$79 R / \$95 NR			

LOCATION: MCAULIFFE PARK

INSTRUCTOR: KAREN RENFROE-GIELGENS



Junior Marine Engineering

How can engineers help explore and navigate the oceans of the world? We will explore this question during the Junior Marine Engineering course. Through open and focused exploration, students explore the concepts of marine engineering, harnessing the power of water, and discovering designs that help us navigate the seas. \$35 supply fee payable to instructor at the first class.

AGE 4-6

9826	Wed	4/15-5/20	3:15pm-4:00pm
\$100 R / \$120 NR			

LOCATION: NKCC

INSTRUCTOR: ENGINEERING FOR KIDS

ABC & 123—Preschool & Kindergarten Readiness

Is your child ready for preschool or kindergarten? Through exposure to science, art, and motor activities, as well as focused academic activities, your child will develop the social, cognitive and language skills they need in this fun play-based class.

AGE 3½-4

9931	Tue	4/14-6/16	9:30am-10:45am
9932	Tue	4/14-6/16	11:00am-12:15pm
\$136 R / \$163 NR			

LOCATION: NKCC

INSTRUCTOR: KARI ROHR

**OH, NO! WHY DID WE
CANCEL THAT CLASS?**

Sometimes courses are canceled because people wait too long to register.

**Please register early
to avoid disappointment!**

MUSIC

Move Over Mozart Piano Classes

A piano-learning program designed to motivate children through games and group activities, learning from each other as well as their teacher. Having a piano at home is recommended but not required. Recitals scheduled throughout the year. New material each session. A one-time, \$20 materials fee payable to instructor on the first day of class. Additional information at moveovermozart.net.

AGE 3½-4

No class 2/13, 4/6, 4/7, 4/9, 5/25

10249	Mon	3/30-6/15	4:00pm-4:30pm
10251	Mon	3/30-6/15	5:00pm-5:30pm
10280	Mon	6/22-8/24	4:00pm-4:30pm
10282	Mon	6/22-8/24	5:00pm-5:30pm
10273	Tue	6/23-8/25	4:30pm-5:00pm

\$150 R / \$180 NR

10275	Thur	4/2-6/18	4:00pm-4:30pm
10278	Thur	4/2-6/18	5:30pm-6:00pm

\$165 R / \$198 NR

10285	Thur	6/25-8/27	4:00pm-4:30pm
10288	Thur	6/25-8/27	5:30pm-6:00pm

\$150 R / \$180 NR

AGE 5-6

10250	Mon	3/30-6/15	4:30pm-5:00pm
10281	Mon	6/22-8/24	4:30pm-5:00pm

\$150 R / \$180 NR

10254	Tue	3/31-6/16	4:00pm-4:30pm
10493	Tue	3/31-6/16	5:30pm-6:00pm
10257	Tue	3/31-6/16	6:00pm-6:30pm

\$165 R / \$198 NR

10274	Tue	6/23-8/25	4:00pm-4:30pm
10258	Tue	6/23-8/25	5:30pm-6:00pm
10266	Tue	6/23-8/25	6:00pm-6:30pm

\$150 R / \$180 NR

10276	Thur	4/2-6/18	4:30pm-5:00pm
10279	Thur	4/2-6/18	6:00pm-6:30pm

\$165 R / \$198 NR

10286	Thur	6/25-8/27	4:30pm-5:00pm
10289	Thur	6/25-8/27	6:00pm-6:30pm

\$150 R / \$180 NR

LOCATION: NKCC

INSTRUCTOR: MOVE OVER MOZART



PIANO CLASSES AGE 7 & UP SEE PAGE 34

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



SCIENCE

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 we will introduce a new topic.

AGE 4-5

INSECTS, BUG AND CREEPY CRAWLERS

How many legs does a caterpillar have? What is a butterfly's favorite food? What is snail slime made of? Investigate these questions and more while making your own slug slime! 3 classes.

10123	Tue	5/5-5/19	10:30am-11:00am
10124	Tue	5/5-5/19	11:30am-12:15pm

\$35 R / \$42 NR

RIVERS, LAKES AND OCEANS

Let's learn about our waterways! Lake Washington, Columbia River, Pacific Ocean, OH MY! During class we will build bridges, paint river rocks and investigate our local waters!

10125	Tue	6/2-6/16	11:30am-12:15pm
10126	Tue	6/2-6/16	10:30am-11:15am

\$35 R / \$42 NR

THUNDER, CLOUDS, & SHOWERS

Do the big fluffy clouds hold all of the rain and snow that comes down on us? Where does thunder come from? Can it really get hot enough to fry an egg outside? We'll investigate these mysteries and more, and create a rain painting or weather chart to take home!

10121	Tue	4/14-4/28	10:30am-11:15am
10122	Tue	4/14-4/28	11:30am-12:15pm

\$35 R / \$42 NR

LOCATION: NKCC

INSTRUCTOR: JESSICA ANDERSON

Preschool Class Requirements:

- Children must be able to follow directions and participate in small group settings without 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 for drop-off and pick-up!
- If we cancel an individual class, we will make it up when the schedule allows. If the schedule does not allow for a make-up class, a refund will be issued (see Refund Policy on page 5). No make-ups are available for missed classes.

Most classes held at
North Kirkland Community Center
12421 103rd Ave NE • 425.587.3350



Happy Seeds Kids Yoga

A yoga space where your child will build friendships, self-confidence, awareness of their emotions/body, while having fun practicing animated yoga poses and breathing exercises.

AGE 4-7

DROP-INS WELCOME, \$10 PER CLASS.

10455	Thur	4/16-6/4	4:00pm-4:45pm
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\$90 R / \$108 NR

10456	Thur	6/25-8/13	11:00am-11:45am
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\$90 R / \$108 NR

LOCATION: NKCC

INSTRUCTOR: MAYLEN ARROYA ALVAREZ

DANCE ALL CLASSES HELD AT NKCC



Ballet A

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

No class 1/20, 2/17, 5/23, 5/25

AGE 3-4½

10335	Mon	4/13-6/22	9:45am-10:30am	\$100 R / \$120 NR
10363	Mon	7/6-8/24	9:45am-10:30am	\$80 R / \$96 NR
10336	Wed	4/15-6/24	10:30am-11:15am	\$110 R / \$132 NR
10364	Wed	7/8-8/26	10:30am-11:15am	\$80 R / \$96 NR
10337	Wed	4/15-6/24	11:25am-12:10pm	\$110 R / \$132 NR
10365	Wed	7/8-8/26	11:25am-12:10pm	\$80 R / \$96 NR
10338	Thur	4/16-6/25	10:20am-11:05am	\$110 R / \$132 NR
10366	Thur	7/9-8/27	10:20am-11:05am	\$80 R / \$96 NR
10383	Fri	4/17-6/26	10:45am-11:30am	\$110 R / \$132 NR
10385	Fri	7/10-8/28	10:45am-11:30am	\$80 R / \$96 NR
10340	Sat	4/18-6/27	9:50am-10:35am	\$100 R / \$120 NR
10367	Sat	7/11-8/29	9:50am-10:35am	\$80 R / \$96 NR

Ballet/Tap Combo A

This class will introduce the beginning movements of ballet and tap. Parents may join us for the last class to watch and take pictures. Ballet slippers and tap or dress shoes required!

No class 5/25, 5/27, 7/1-4

AGE 3-4½

10371	Mon	4/13-6/22	10:35am-11:20am	\$100 R / \$120 NR
10371	Mon	7/6-8/24	10:35am-11:20am	\$80 R / \$96 NR
10349	Tue	4/14-6/23	4:00pm-4:45pm	\$110 R / \$132 NR
10350	Wed	4/15-6/24	4:00pm-4:45pm	\$100 R / \$122 NR
10351	Thur	4/16-6/25	9:30am-10:15am	\$100 R / \$122 NR
10372	Thur	7/9-8/27	9:30am-10:15am	\$80 R / \$96 NR





Ballet B

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

No class 5/23, 5/25

AGE 4-6

10341	Mon	4/13-6/22	11:25am-12:10pm	\$100 R / \$120 NR
10368	Mon	7/6-8/24	11:25am-12:10pm	\$80 R / \$96 NR
10343	Thur	4/16-6/25	11:15am-12:00pm	\$110 R / \$132 NR
10369	Thur	7/9-8/27	11:15am-12:00pm	\$80 R / \$96 NR
10386	Fri	4/17-6/26	11:35am-12:20pm	\$110 R / \$132 NR
10387	Fri	7/10-8/28	11:35am-12:20pm	\$80 R / \$96 NR
10398	Sat	4/18-6/27	10:40am-11:25am	\$100 R / \$120 NR
10344	Sat	4/18-6/27	12:35pm-1:20pm	\$100 R / \$120 NR
10370	Sat	7/11-8/29	12:35pm-1:20pm	\$80 R / \$96 NR

Ballet/Tap Combo B

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

No class 7/2, 7/3

AGE 4-6

10352	Tue	4/14-6/23	4:50pm-5:35pm	\$110 R / \$132 NR
10373	Tue	7/7-8/25	4:50pm-5:35pm	\$80 R / \$96 NR
10354	Wed	4/15-6/24	12:15pm-1:00pm	\$110 R / \$132 NR
10355	Wed	4/15-6/24	4:50pm-5:35pm	\$110 R / \$132 NR
10374	Wed	7/8-8/26	12:15pm-1:00pm	\$80 R / \$96 NR

Ballet/Tap Combo C

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!

AGE 5-7

10356	Tue	4/14-6/23	5:45pm-6:30pm	\$110 R / \$132 NR
10375	Tue	7/7-8/25	5:45pm-6:30pm	\$80 R / \$96 NR
10357	Wed	4/15-6/24	5:45pm-6:30pm	\$110 R / \$132 NR
10376	Wed	7/8-8/26	5:45pm-6:30pm	\$80 R / \$96 NR

DANCE INSTRUCTORS

MON: JEN PINEDA

TUES: OSIRIS REYNOSO-LOTTS

WED AM: MARIKA JAFFE

WED PM: GRACE KINCAID

THURS: MARIKA JAFFE

FRI: KELLY ESCUE

SAT: GRACE KINCAID

Dance Jazz For Children

The perfect combination class since ballet techniques are taught through jazz. Start with a 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.

AGE 3-4½

10401	Wed	4/15-6/24	9:40am-10:25am	\$110 R / \$132 NR
10402	Wed	7/8-8/26	9:40am-10:25am	\$80 R / \$96 NR



PRESCHOOL MOVEMENT

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).

No class 6/28

AGE 3-4

10127	Tue	4/14-5/12	1:00pm-1:45pm
10129	Tue	4/14-5/12	3:40pm-4:25pm
10130	Tue	4/14-5/12	4:30pm-5:15pm
10132	Tue	5/19-6/16	1:00pm-1:45pm
10175	Tue	5/19-6/16	3:40pm-4:25pm
10176	Tue	5/19-6/16	4:30pm-5:15pm

\$45 R / \$54 NR

10177	Tue	7/7-8/18	9:15am-10:00am
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\$63 R / \$76 NR

10179	Fri	4/17-5/15	9:50am-10:35am
10181	Fri	4/17-5/15	11:35am-12:20pm
10182	Fri	4/17-5/15	10:45am-11:30am
10183	Fri	5/22-6/19	9:50am-10:35am
10184	Fri	5/22-6/19	10:45am-11:30am
10185	Fri	5/22-6/19	11:35am-12:20pm

\$45 R / \$54 NR

10186	Fri	7/10-8/21	9:50am-10:35am
10187	Fri	7/10-8/21	10:45am-11:30am
10188	Fri	7/10-8/21	11:35am-12:20pm

\$63 R / \$76 NR

AGE 4-6

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

10128	Tue	4/14-5/12	1:50pm-2:35pm
10174	Tue	5/19-6/16	1:50pm-2:35pm

\$45 R / \$54 NR

10178	Tue	7/7-8/18	10:05am-10:50am
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\$63 R / \$76 NR

LOCATION: NKCC

INSTRUCTOR: KARI ROHR



Little Tumblers 2

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!

No class 11/26

AGE 4-6

10189	Tue	4/14-5/12	5:20pm-6:05pm
10191	Tue	5/26-6/16	5:20pm-6:05pm

\$45 R / \$54 NR

10192	Tue	7/7-8/18	11:00am-11:45am
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\$63 R / \$76 NR

LOCATION: NKCC

INSTRUCTOR: KARI ROHR

Kids In Motion

Up and over, under and through, balls and streamers, tunnels and YOU! Meet friends, build confidence and have FUN developing their large muscle motor skills. This program progresses with your child...they'll be crawling, climbing, balancing, and bouncing!

These 45-minute classes are for children only.

AGE 2½-3

10223	Wed	4/15-5/13	11:15am-12:00pm
10224	Wed	5/20-6/17	11:15am-12:00pm

\$40 R / \$48 NR

AGE 3-4

10229	Thur	4/16-5/14	11:30am-12:15pm
10230	Thur	5/21-6/18	11:30am-12:15pm

\$40 R / \$48 NR

LOCATION: NKCC

INSTRUCTOR: JESSICA ANDERSON



OH, NO! WHY DID WE CANCEL THAT CLASS?

Sometimes courses are canceled because people wait too long to register.

Please register early to avoid disappointment!

PRESCHOOL SPORTS



Pee Wee Soccer League

The league is structured in a “team” format meaning your child will be placed on a team and assigned a volunteer coach. The program meets on Saturday mornings/early afternoons. The program is one hour each week with the first half hour devoted to practice. The second half is reserved for a friendly, recreational-style soccer game. Game start times will vary each week. **No games 5/23**

Such a reward to see kids develop friendships and personal confidence through the Pee Wee Soccer program.

*—Kurt L.
Pee Wee Soccer Coach*

132ND SQUARE PARK

Spring	8847	Sat	Age 3-4	4/18-5/30
Spring	8848	Sat	Age 5-6	4/18-5/30
Fall	9572	Sat	Age 3-4	9/12-10/17
Fall	9873	Sat	Age 5-6	9/12-10/17
				\$84 R / \$100 NR

EMERSON HIGH SCHOOL

Spring	8849	Sat	Age 3-4	4/18-5/30
Spring	8850	Sat	Age 5-6	4/18-5/30
Fall	9574	Sat	Age 3-4	9/12-10/17
Fall	9875	Sat	Age 5-6	9/12-10/17
				\$84 R / \$100 NR

FALL REGISTRATION OPENS JUNE 29

VOLUNTEER COACHES NEEDED!
CALL 425-587-3350 OR EMAIL SCONWAY@KIRKLANDWA.GOV TO SIGN UP

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 each week.

AGE 3-5

9657	Fri	4/17-5/15	9:00am-9:50am
9658	Fri	4/17-5/15	10:00am-10:50am
9659	Fri	5/22-6/19	9:00am-9:50am
9660	Fri	5/22-6/19	10:00am-10:50am
			\$65 R / \$78 NR

LOCATION: NKCC

Mighty Mite Martial Arts

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.

No class 5/23

AGE 4-6

9940	Sat	4/18-6/13	11:00am-11:30am
			\$38 R / \$46 NR

LOCATION: MILLER MARTIAL ARTS ACADEMY,
8920 122ND AVE NE KIRKLAND.

INSTRUCTOR: MILLER MARTIAL ARTS



ICE SKATING
SEE PAGE 35

SPECIAL INTEREST

Home Alone Safe Kids 101

Is your child staying home alone? What should they know about first aid, choking or fire prevention? Wondering how to discuss abuse or digital safety, like sexting? We'll teach your child how to be safer at home and in the community! Safe Kids book included. Bring snack and drink.

AGE 9-13

9929	Sat	4/25	9:00am-12:00pm
			\$47 R / \$56 NR

LOCATION: NKCC

INSTRUCTOR: SUPER SITTERS, LLC

Super Sitters

Students completing this course will be better prepared to provide a safer and more positive infant/child-care experience. We cover parent expectations, basic first aid, home and fire safety, Heimlich maneuver, telephone tips, toys and activities and infant care. Babysitting 101 handbook and a course completion card included. Bring a morning snack, a sack lunch, and a drink.

AGE 11-15

9930	Sat	6/6	9:00am-2:00pm
			\$52 R / \$62 NR

LOCATION: NKCC

INSTRUCTOR: SUPER SITTERS, LLC



Young Ladies and Gentleman

Manners are key to building friendships and strong self-confidence. This fun, hands-on workshop explores the value of kindness and respect for others and practical applications in introductions and handshakes, table manners, personal care, posture, telephone etiquette and more. Supply fee of \$5 payable to the instructor for Etiquette Booklet.

AGE 6-11

10326	Sat	6/13	9:30am-12:30pm
10327	Sat	8/22	9:30am-12:30pm
			\$46 R / \$55 NR

LOCATION: NKCC

INSTRUCTOR: FINAL TOUCH SCHOOL

Self Defense for Girls Off to College

Maximize the positive in your next four years: Learn simple and effective ways to stay out of harm's way while still enjoying the full college experience. We will address ways to identify possible evil-doers, three strategies to evade them, and techniques to neutralize their ill intent. Some of this class will be physical, some verbal, and all aimed at increasing your choices.

AGE 17-25

9892	Sat	6/27	12:30pm-4:00pm
			\$70 R / \$84 NR

LOCATION: NKCC

INSTRUCTOR: STRATEGIC LIVING, LLC

Self Defense for Teen Girls

This three-hour class will educate teen girls about potentially risky situations. We will cover dating violence, how assailants target and test potential victims, and more. Students will learn strikes to vulnerable targets, and how to safely remove oneself from threatening situations. Great class to take with a friend!

AGE 14-19

9891	Sat	7/11	10:15am-1:15pm
			\$60 R / \$72 NR

LOCATION: NKCC

INSTRUCTOR: STRATEGIC LIVING, LLC

THEATER

Musical Theater 1 **NEW!**

During this ensemble class we will work on basic technique, repertoire, and how to sing in a group. We'll add theatrics, emotions and gestures with vocalization. This class will give young singers a great introduction to singing. Mama Mia this is going to be fun! Final performance on last day.

AGE 6-10

10490	Sat	4/18-6/6	9:30am-10:15am
			\$80 R / \$96 NR

LOCATION: NKCC

INSTRUCTOR: HEATHER PECKHAM

Musical Theater 2 **NEW!**

Learn how to dance and sing like a Broadway superstar. Musical Theater 2 will focus on teaching proper vocal technique through vocal range, articulation and breath control. Student will combine their vocal talents with dance routines. Great opportunity to prepare for Musical Theater auditions within the community!

AGE 10-13

10491	Sat	4/18-6/6	10:30am-11:15am
			\$80 R / \$96 NR

LOCATION: NKCC

INSTRUCTOR: HEATHER PECKHAM



GUITAR
SEE PAGE 54

DANCE

Hip Hop Boys

Designed to encourage athleticism and to feel more comfortable and accomplished in an environment just for boys. Express yourself using the dynamic style of hip hop, focusing on the culture, attitude, style and funk. Parent watch day on last class. Bring a water bottle and wear comfortable clothes and shoes.

AGE 5-7

10460	Thur	4/16-5/21	5:20pm-6:05pm
10462	Thur	6/4-7/9	5:20pm-6:05pm
10466	Thur	7/23-8/27	5:20pm-6:05pm
			\$60 R / \$72 NR

LOCATION: NKCC

INSTRUCTOR: HEATHER PECKHAM

Hip Hop Girls

In this high-energy, age appropriate class, girls learn the latest moves to “today’s” kid-friendly music. Build self-esteem, enhance your coordination and stay fit. Wear comfortable clothing and shoes, and bring a water bottle to class! Parent “Watch Day” on last class day!

AGE 5-7

10457	Thur	4/16-5/21	4:30pm-5:15pm
10458	Thur	6/4-7/9	4:30pm-5:15pm
10459	Thur	7/23-8/27	4:30pm-5:15pm
			\$60 R / \$72 NR

LOCATION: NKCC

INSTRUCTOR: HEATHER PECKHAM

Hip Hop Youth

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! Parent “Watch Day” on last class day!

AGE 7-11

10463	Thur	4/16-5/21	6:15pm-7:00pm
10464	Thur	6/4-7/9	6:15pm-7:00pm
10465	Thur	7/23-8/27	6:15pm-7:00pm
			\$60 R / \$72 NR

LOCATION: NKCC

INSTRUCTOR: HEATHER PECKHAM

Ballet/Tap Combo C

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!

AGE 5-7

10356	Tue	4/14-6/23	5:45pm-6:30pm
			\$110 R / \$132 NR
10375	Tue	7/7-8/25	5:45pm-6:30pm
			\$80 R / \$96 NR
10357	Wed	4/15-6/24	5:45pm-6:30pm
			\$110 R / \$132 NR
10376	Wed	7/8-8/26	5:45pm-6:30pm
			\$80 R / \$96 NR

LOCATION: NKCC

INSTRUCTOR: OSIRIS REYNOSO-LOTTS

Ballet—Teen **NEW TIME!**

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 5/25

AGE 10 & UP

9605	Mon	4/13-5/18	4:45pm-5:45pm
9606	Mon	6/1-7/6	4:45pm-5:45pm
9607	Mon	7/13-8/17	4:45pm-5:45pm
			\$66 R / \$79 NR

LOCATION: PKCC

INSTRUCTOR: MARCO CARRABBA



Ballet 1 Youth

Prerequisite for 5 years: Preschool Dance B or equivalent experience; must also register by phone at 425-587-3350. Ballet vocabulary, alignment, posture, strength, and fluidity will be the focus through barre exercises, floor and center work. Parents invited to watch day on the last day of class. Leather-soled ballet shoes required.

AGE 5-7

No class 5/23

10358	Sat	4/18-6/27	11:35am-12:25pm
			\$100 R / \$120 NR
10377	Sat	7/11-8/29	11:35am-12:25pm
			\$80 R / \$96 NR

LOCATION: NKCC

INSTRUCTOR: GRACE KINCAID



STAND UP PADDLEBOARD LESSONS + TOURS FOR AGES 8+ SEE PAGE 51



PIANO

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. A one-time, \$20 materials fee, payable to instructor, is due on the first day of class. Class size is limited to 6. Additional classes may be added based on wait lists. For more information visit moveovermozart.net.

No class 4/6, 4/7, 4/9, 5/25

AGE 7-8

10252	Mon	3/30-6/15	5:30pm-6:00pm
10283	Mon	6/22-8/24	5:30pm-6:00pm
\$150 R / \$180 NR			

10290	Thur	4/2-6/19	5:00pm-5:30pm
\$165 R / \$198 NR			

10287	Thur	6/25-8/27	5:00pm-5:30pm
\$150 R / \$180 NR			

AGE 9-12

10253	Mon	3/30-6/15	6:00pm-6:30pm
10284	Mon	6/22-8/24	6:00pm-6:30pm
\$150 R / \$180 NR			

LOCATION: NKCC

INSTRUCTOR: MOVE OVER MOZART

Move Over Mozart Advanced Piano Classes

Admittance requires prior teacher approval. This is for the student that has already taken several sessions with Move Over Mozart. Class will focus on learning to read notes on the staff, recognizing patterns in the music and identifying intervals. For more information visit moveovermozart.net. Must call to register for Advanced Piano Classes. Eligibility would be previous enrollment in the Advanced class or permission by Pamela Cornell at misspam@moveovermozart.net.

No class 4/7

AGE 5-7

10246	Tue	3/31-6/16	5:00pm-5:30pm
\$165 R / \$198 NR			

10247	Tue	6/23-8/25	5:00pm-5:30pm
\$150 R / \$180 NR			

LOCATION: NKCC

INSTRUCTOR: MOVE OVER MOZART



ART

Young Rembrandts Saturday Cartooning Class

Learn to create exciting cartoon imagery filled with dynamic characters and expressive personalities. You will develop visual storytelling 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

No class 7/4

AGE 5-12

9903	Sat	4/18-5/9	10:15am-11:15am
9904	Sat	5/30-6/20	10:15am-11:15am
9905	Sat	6/27-7/25	10:15am-11:15am
9906	Sat	8/8-8/29	10:15am-11:15am
\$59 R / \$71 NR			

LOCATION: NKCC

INSTRUCTOR: YOUNG REMBRANDTS

Young Rembrandts Saturday Drawing Class

Have fun while learning to draw in realistic, abstract, and graphic styles. New seasonally inspired lessons every session explore artistic fundamentals and include an exciting lesson in Art History. Media includes pencils, colored pencils, Sharpies, and colored markers. Everyone can learn to draw. We will teach you how!

No class 7/4

AGE 6-12

9907	Sat	4/18-5/9	11:35am-12:35pm
9908	Sat	5/30-6/20	11:35am-12:35pm
9909	Sat	6/27-7/25	11:35am-12:35pm
9910	Sat	8/8-8/29	11:35am-12:35pm
\$59 R / \$71 NR			

LOCATION: NKCC

INSTRUCTOR: YOUNG REMBRANDTS

PIANO CLASSES AGE 6 & UNDER SEE PAGE 27

Beginning Fencing **NEW!**

Learn a new sport and the basics of fencing technique, competition and recreation. Hone your focusing skills and increase your fitness level. Bring sport shoes, water bottle and sweatpants (no jeans). One-time equipment fee of \$35 payable to instructor first day of class. Children younger than 8 must have instructor permission to enroll.

AGE 8-18

No class 7/1, 7/8

10450	Wed	4/15-6/3	4:00pm-5:00pm
10451	Wed	6/10-8/12	4:00pm-5:00pm
			\$175 R / \$210 NR

LOCATION: KAIZEN ACADEMY

INSTRUCTOR: KEVIN MAR



Ice Skating

Students will be divided into their skill level first and age level second. Skates will be provided and helmets are highly recommended. Classes will include 30 minutes of professional instruction and 30 minutes of practice.

Registration deadline: Two weeks prior to start of first class.

No class 5/27

AGE 4-ADULT

10115	Tue	4/28-6/9	10:45am-11:45am
10117	Tue	7/7-8/18	10:45am-11:45am
			\$199 R / \$239 NR

AGE 5-ADULT

10118	Wed	7/8-8/19	6:00pm-7:00pm
10116	Wed	4/29-6/10	6:00pm-7:00pm
			\$199 R / \$239 NR

LOCATION: SNO KING ICE ARENA KIRKLAND

INSTRUCTOR: SNO KING ICE ARENA



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).

AGE 3-5

9954	Mon	4/13-6/8	2:45pm-3:45pm
			\$105 R / \$126 NR

9955	Mon	6/22-7/27	2:45pm-3:45pm
			\$79 R / \$95 NR

AGE 4-8

9956	Mon	4/13-6/8	4:15pm-5:15pm
			\$105 R / \$126 NR

9957	Mon	6/22-7/27	4:15pm-5:15pm
			\$79 R / \$95 NR

LOCATION: MCAULIFFE PARK

INSTRUCTOR: KAREN RENFROE-GIELGENS



Dream Team Cheer Squad

Join the Kirkland Parks cheer squad! Learn dances, cheers, and beginning tumbling. Optional opportunities to perform include the Seattle Storm and UW! Previous experience not required. Taught by Eastside Dream Elite Cheer & Dance, www.EastsideDreamElite.com. Final performance offsite on Tuesday June 9th. Some extra costs may be incurred for this class.

AGE 7-15

No class 5/28

9939	Thur	4/16-6/9	5:00pm-6:30pm
			\$129 R / \$147 NR

LOCATION: NKCC

INSTRUCTOR: EASTSIDE DREAM ELITE

Chess For Kids

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!

AGE 3½-7

No class 5/23, 7/4

10399	Sat	4/18-6/13	10:00am-10:45am
10400	Sat	6/20-8/15	10:00am-10:45am
			\$160 R / \$192 NR

LOCATION: NKCC

INSTRUCTOR: CARLOS PORTILLO



**For
Grades
K-5**



Mon, Tue, Thur, Fri 3-6pm • Wed 1:30-6pm

(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.

**Registration for
the 2020-2021
school year is FULL.
Wait List available.**

REGISTRATION FEES/DEPOSITS

MONTHLY FEE \$300

(Paid at time of registration)

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

REGISTRATION

ONLINE at kirklandparks.net with full payment only

BY PHONE at 425.587.3360

IN PERSON at these locations:

PKCC 352 Kirkland Ave
NKCC 12421 103rd Ave NE
Parks & Community Services Dept
City Hall, 123 5th Ave

REFUND POLICY

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

PETER KIRK AFTER SCHOOL CAMP TRANSPORTATION

Transportation from Peter Kirk Elementary to the after school program is available for a limited number of students on a first come, first serve basis. This service is offered at an additional cost of \$100 per month (December 2019 and June 2020 will be pro-rated).

Camp will follow the Lake Washington School District calendar and will be closed on days that school is not in session (this includes inclement weather closures). No transportation will be offered when LWSD is on limited bus service.

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

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

YOUTH SERVICES

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.

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). 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.

2020 Kirkland Youth Summit

Teens from all over Kirkland will converge at Bastyr University for the Kirkland Youth Summit on Tuesday, March 31st. This all-day event gives Kirkland teens the opportunity to get together and discuss mental health and school safety. Lunch, snacks, and transportation (LWSD students) will be provided. Event registration can be found at www.kirklandwa.gov/youthsummit beginning in early March. For more information, please contact kyc@kirklandwa.gov.

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 mental health, teen parties, suicide, and drug use. If you are interested in helping us with one of our programs or have a topic idea, please contact us at our email address, kyc@kirklandwa.gov, or by phone at (425)587-3323.

JOIN US! Friday, June 5th

BUILT BY FISH Festival

2020

Local Teen Bands • Activities • Food!



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.

Summer/Spring Break Hours

Mon–Thur 12:00–7:00pm
Fri 12:00–8:00pm

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 & 3rd Friday: Open Mic
2nd Friday: Free Style Friday
4th Friday: Scheduled Music Show/Tournament
For more specifics contact KTUB staff Malia, MVillani@seattlemca.org

Drop In

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

**REGISTER @
YMCAKTUB.ORG**



KTUB PROGRAMS Ages 13–19

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

Youth Institute

Youth Institute kicks-off during our 7-8 week summer program. Free for youth 7-11th grade. Participants gain access to state of the industry equipment, learn how to create digital media using Adobe Suite, FinalCut, iMovie and many more programs.
Upon graduation students can earn up to \$500 for successfully producing a short film and design a full color magazine.
Application can be found on webpage.

Film Club

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.

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@seattlemca.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 and Girlsgivingback.org*

UNION BUILDING

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PROGRAMS Ages 13–19

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

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

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*

Conversation Table

Fridays: 5pm-6:30pm

Providing a safe, nurturing, and inclusive environment for teens to learn how to engage in discussion about topics such as race, gender, poverty and privilege.

Adobe Creative Club

Tuesdays 3:00-4:30pm

Join us as we dive into Adobe Creative Cloud. Come learn new how to use Adobe Photoshop and Illustrator for all of your creative project!

Nimbus Haus Paint Day

3rd Friday 4:00-7:00pm

Nimbus Haus is a free volunteer art program for youth that promotes expression, empowerment, and connection. Nimbus Haus believes that every child has the potential to be a great artist. Whether it's through painting, writing music, or becoming a filmmaker, our job is to give the inner artist a home where they can thrive. The Nimbus Haus especially support LGBTQ+ youth and youth in the foster care system.

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



PETER KIRK POOL PUBLIC SWIM SCHEDULE 340 KIRKLAND AVE, KIRKLAND WA 98033

JUNE 1–JUNE 21

MON-THURS	FRIDAY	SATURDAY	SUNDAY
LAP SWIM 5:00AM-7:00AM 7:30PM-8:30PM	LAP SWIM 5:00AM-7:00AM	LAP SWIM 8:30AM-9:30AM PUBLIC SWIM 12:30PM-2:00PM 2:10PM-3:40PM 3:50PM-5:20PM	PUBLIC SWIM 12:30PM-2:00PM 2:10PM-3:40PM 3:50PM-5:20PM

Based on LWSD school release

JUNE 21–SEPTEMBER 7

MON-THURS	FRIDAY	SATURDAY	SUNDAY
LAP SWIM 5:00AM-7:30AM 7:30PM-8:30PM PUBLIC SWIM 12:30PM-2:00PM 2:10PM-3:40PM	LAP SWIM 5:00AM-7:30AM PUBLIC SWIM 12:30PM-2:00PM 2:10PM-3:40PM 3:50PM-5:20PM	LAP SWIM 8:00AM-10:00AM PUBLIC SWIM 12:30PM-2:00PM 2:10PM-3:40PM 3:50PM-5:20PM	PUBLIC SWIM 12:30PM-2:00PM 2:10PM-3:40PM 3:50PM-5:20PM

Pool closed 8/31–9/4 when LWSD is back in session. Friday 7/10 and Friday 8/7, the pool will close at 3:40pm for scheduled swim meets.

CLOSED JULY 4, INDEPENDENCE DAY

LABOR DAY WEEKEND, SEPTEMBER 5, 6 & 7:

Public Swim:

12:30PM-2:00PM
2:10PM-3:40PM
3:50PM-5:20PM

POOL FEES

Cash, Check, or Credit Cards accepted.

Public/Lap Swim \$6

10 Visit Fast-Pass \$54

Individual Season Pass \$132

Unlimited pool admission for one person

Family Season Pass \$348

Unlimited pool admission for two named adults listed on membership card and their named dependent children and/or grandchildren age 18 and under.

FACILITY UPDATES CLOSURE NOTICES HOTLINE

425-587-3335

Unscheduled facility closures can occur with limited notice

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

2020 SWIM TEST

All youth under the age of 13 must pass a swim test prior to entering deep water.

- Swim tests consists of swimmer jumping into the deep end of pool, fully submerge the head and swim 25 yards in a front crawl stroke without struggling or using the wall for assistance.
- All swimmers who have passed the test in 2019 were recorded and do not need to re-test unless the lifeguard on duty deems it necessary.
- Swim tests are at the discretion of lifeguards on duty.

All deep-water bands can be received at the lifeguard office.



RENT THE POOL!

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

- Friday/Saturday/Sunday Evenings 5:30-8:30pm
- Sunday Mornings 10:30am-12:00pm. All pool rules in effect
- Outside food and drink welcome (no vendors allowed)
- Glass is not permitted in the pool facility

RENTAL FEES	1.5 HOURS	3 HOURS
BOTH POOLS	\$275	\$550
MAIN POOL	\$225	\$450
WADING POOL	\$125	\$250

To reserve a pool party please register online at Kirklandparks.net or call 425-587-3333.

KIRKLAND ORCA SWIM TEAM WWW.KIRKLANDWA.GOV/KIRKLANDORCAS

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

HOW MUCH DOES REGISTRATION COST FOR THE SEASON?

Resident \$242 | Non-Resident \$298

MY CHILD IS RETURNING TO THE ORCAS THIS YEAR, WHEN CAN I REGISTER MY CHILD?

Registration opens March 19th and closes on May 28th. You can register your child online at www.kirklandparks.net or by calling Loni Rotter at 425-587-3333

HOW CAN A NEW PARTICIPANT JOIN THE TEAM?

We host new participant tryouts on June 13th, 10am at the Peter Kirk Pool. Once passing the tryouts, names will be placed into a lottery, divided up by age group and gender. Names will be drawn, starting with the youngest age group, filling the available spaces on the team.

TRYOUTS CONSIST OF THE FOLLOWING PREREQUISITES BASED ON THEIR AGE AS OF JULY 1ST, 2020:

Participants ages 6-8 must be able to swim 25 yards of freestyle and 25 yards of backstroke.

Participants ages 9-14 must be able to swim 50 yards of freestyle, 50 yards of backstroke, and 25 yards of breaststroke.

IS THERE A MEETING TO GET INFORMATION ABOUT THE TEAM ONCE MY SON/DAUGHTER IS ON THE TEAM?

We will have an informational meeting on June 18th, 6-7pm at the Peter Kirk Pool. This will go over all aspects of being on our swim team, along with important dates, practice schedules, meet schedules, etc....

DO WE AS A PARENT HAVE TO VOLUNTEER FOR THIS TEAM?

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

WHEN ARE PRACTICES AND MEETS?

Practices occur Monday–Thursday mornings beginning June 22nd and ending August 13th. Practices consist of both dry land conditioning and in water swimming development.

Meets are on Fridays, Saturdays, or Sundays throughout the season, with the Craze invitational ending our season on August 15th.

Our two home meets are on July 10th & August 7th at 4pm.



PRACTICE TIMESLOTS & COURSE CODES

AGES 12-14	BOYS	6:50AM-7:45AM	10389
	GIRLS	6:50AM-7:45AM	10390
AGES 9-11	BOYS	7:30AM-8:25AM	10391
	GIRLS	7:30AM-8:25AM	10392
AGES 7-8	BOYS	8:10AM-9:00AM	10393
	GIRLS	8:10AM-9:00AM	10394
AGE 6	BOYS	8:10AM-9:00AM	10395
	GIRLS	8:10AM-9:00AM	10396

KIRKLAND TRAINING CLUB

If you are looking for better swimming technique, summer conditioning, or overall competitive and recreational swimming exposure, we would love to see you in the pool with us this summer!

The City of Kirkland is organizing a training club to help both new and experienced swimmers continue training with one of our knowledgeable coaches. This program is designed for those who are 15 years of age and older. We offer coaching during regular lap swimming times, lanes are not reserved for this program, however a coach is available for those who wish to take advantage of this program. To enroll, purchase a season pass for \$132.00 to take advantage of all swimming sessions and pre-programmed workouts. This is a great opportunity for individuals looking for assistance with programming, training for Masters or High School swim programs or just getting back in shape swimming outdoors!

What does our Training Club offer?

- On the deck coaching Monday–Thursday 6:00am–7:00am (June 22nd–August 13th)
- Collegiate-level weekly workouts
- Help on stroke refinement
- Endurance and conditioning training
- Easy way to learn more about lap swimming
- An all-summer season pass at just \$132.00

JOIN OUR TRAINING CLUB BY BUYING A 2020 SEASON PASS

SWIM LESSONS PARENT/CHILD, PRESCHOOL, YOUTH AND TEEN/ADULT SWIMMING LESSONS

DO YOU NEED HELP CHOOSING THE RIGHT CLASS?

- Review the skill focus for each level
- Choose the session, dates and time for the appropriate skill level.
- Use the four/five-digit course number listed to register for your class.
- **To register go to www.kirklandparks.net or call 425-587-3336**

REGISTRATION/TRANSFER DEADLINES

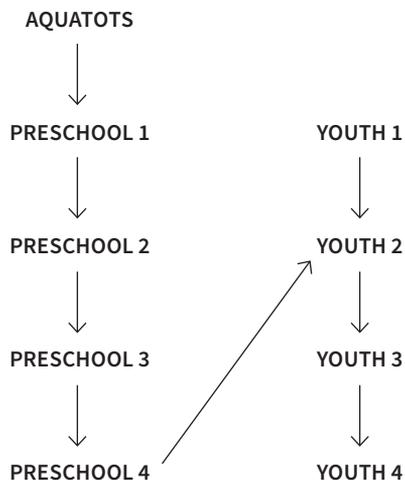
We close registration the Thursday prior to the beginning of the session at 4:00pm.

THESE CLASSES LOOK DIFFERENT. WHICH CLASS IS THE RIGHT CLASS?

We have refreshed our swim lesson program in order to accommodate more students, and to help those students gain and retain their skills. Please use the following charts to find the right class:

2019 CLASS EQUIVALENT	2020 CLASS OFFERINGS
AQUATOTS 1/2	→ AQUATOTS
PRESCHOOL 1	→ PRESCHOOL 1
PRESCHOOL 2	→ PRESCHOOL 2
PRESCHOOL 3	→ PRESCHOOL 3
PRESCHOOL 4/5	→ PRESCHOOL 4
YOUTH 1/2	→ YOUTH 1
YOUTH 3	→ YOUTH 2
YOUTH 4	→ YOUTH 3
YOUTH 5/6	→ YOUTH 4

2020 CLASS PROGRESSION



WHEN SHOULD MY CHILD MOVE UP IN CLASS?

Most students participate in the same level two or three times before advancing to the next level.

We pass out report cards at the end of the session; report cards have the passing skills needed in order to move up to the next class. These skills are also seen on page 43.

If your child needs to be transferred to a different class, please speak with our lesson coordinator.

WHAT HAPPENS IF IT RAINS, DO WE STILL HAVE CLASS?

Yes, we host class rain or shine. The only time class would be cancelled is in the event of a thunderstorm or an unscheduled facility closure.

IF WE MISS A CLASS, CAN WE MAKE IT UP A DIFFERENT DAY?

No makeup classes available.

FACILITY CLOSURES CAN HAPPEN:

Unscheduled facility closures can occur with limited notice. If you are concerned about facility closures, please contact the pool hotline at 425.587.3335.



AQUATOTS

AGES 6–36 MONTHS

MAIN POOL | CLASS SIZE: 10

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

PRESCHOOL LEVELS 1, 2, 3, 4

AGES 3–5 YEARS

WADING POOL, MAIN POOL | CLASS SIZE: 5

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

PRESCHOOL 1 SKILLS—WADING POOL

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

PRESCHOOL 2 SKILLS—WADING POOL

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

PRESCHOOL 3 SKILLS— SHALLOW END OF MAIN POOL

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

PRESCHOOL 4 SKILLS— SHALLOW END OF MAIN POOL

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

YOUTH LEVELS 1, 2, 3, 4

AGES 5–14 YEARS

MAIN POOL | CLASS SIZE: 6–8

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

YOUTH 1 SKILLS—CLASS SIZE 6

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

YOUTH 2 SKILLS—CLASS SIZE 6

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

YOUTH 3 SKILLS—CLASS SIZE 6

MUST HAVE PASSED DEEP WATER SWIM TEST

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

YOUTH 4 SKILLS—CLASS SIZE 8

MUST HAVE PASSED DEEP WATER SWIM TEST

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

TEEN/ADULT LEVELS 1, 2

AGES 13 & UP

MAIN POOL | CLASS SIZE: 6–8

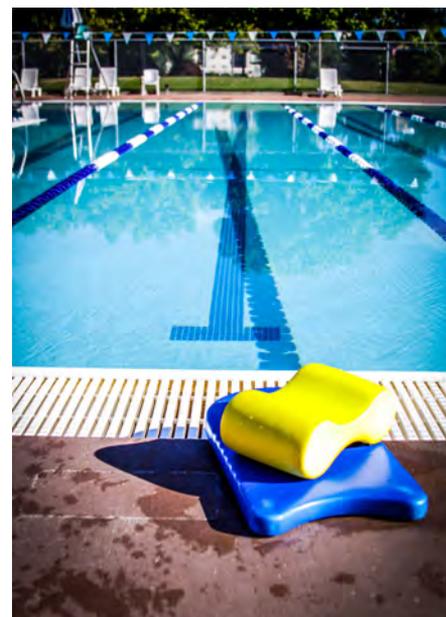
Classes are broken down into two levels so that students are grouped together based on skills & abilities. Level 1 is an introductory class for those who have had very low exposure to swimming and may not be comfortable in the water; in this class you will gain water comfortability and introduction to basic swimming techniques. Level 2 is a class that builds on basic swimming technics, while building water confidence and the ability to swim without assistance.

LEVEL 1—INTRODUCTION TO SWIMMING—SHALLOW WATER

- Learn to float and streamline on your front and back
- Explore alternating and simultaneous leg kick & arm pull motions
- Attain skills for front crawl and elementary backstroke
- Introduction to treading water
- Acquire basis water safety skills

LEVEL 2—IMPROVEMENT & REFINEMENT—DEEPER WATER

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



Registration opens March 19.

Classes close at 4pm
the Thursday prior to
the session start date.

Register your child online at
www.kirklandparks.net
or by calling 425-587-3336.

SESSION 1

JUNE 8-18 GROUP LESSONS: TWO-WEEKS
EIGHT, 30-MINUTE LESSONS | MONDAY-THURSDAY
RESIDENT \$80 / NON-RESIDENT \$96

	4:00PM	4:35PM	5:10PM	5:45PM	6:20PM	6:55PM
AQUA TOTS	9071	---	---	---	---	---
PRESCHOOL 1	9072	9073	9074	9075	9076	---
PRESCHOOL 2	9077	9078	9079	9080	9081	---
PRESCHOOL 3	9083	---	9084	---	---	9085
PRESCHOOL 4	---	9086	9087	9088	---	9089
YOUTH 1	9090	9091	---	9092	9093	9094
YOUTH 2	---	---	9095	9096	9097	9098
YOUTH 3	9099	9100	---	9101	9102	9103
YOUTH 4	---	9104	9105	---	9106	9107

SESSION 2

JUNE 22-25 GROUP LESSONS: ONE-WEEK
FOUR, 30-MINUTE LESSONS | MONDAY-THURSDAY
RESIDENT \$40 / NON-RESIDENT \$48

	8:50AM	9:25AM	10:00AM	10:35AM	11:10AM	11:45AM	4:00PM	4:35PM	5:10PM	5:45PM	6:20PM	6:55PM
AQUA TOTS	---	---	---	9108	---	---	---	9109	---	9110	---	---
PRESCHOOL 1	9111	9112	9113	9114	9115	9116	9117	9118	9119	9120	9121	9122
PRESCHOOL 2	9123	9124	9125	9126	9127	9128	9130	9131	9132	9133	9134	9135
PRESCHOOL 3	9136	9137	9138	---	9139	9140	9141	9142	9143	9144	9145	9146
PRESCHOOL 4	---	9147	9148	9149	9150	9151	9152	9153	9154	9155	9156	9157
YOUTH 1	9158	9159	9160	9161	9162	9163	9164	9165	9166	9167	9168	9169
YOUTH 2	9170	9171	9172	9173	9174	9175	9176	---	9177	9178	9179	9180
YOUTH 3	---	---	9181	9182	9183	---	---	9184	9185	---	---	9186
YOUTH 4	---	9187	9188	---	9189	9190	9191	9192	---	9193	9194	9195

SESSION 3

JUNE 29-JULY 9 GROUP LESSONS: TWO-WEEKS
EIGHT, 30-MINUTE LESSONS | MONDAY-THURSDAY
RESIDENT \$80 / NON-RESIDENT \$96

	8:50AM	9:25AM	10:00AM	10:35AM	11:10AM	11:45AM	4:00PM	4:35PM	5:10PM	5:45PM	6:20PM	6:55PM
AQUA TOTS	---	---	---	9196	---	---	---	9197	---	9198	---	---
PRESCHOOL 1	9199	9200	9201	9202	9203	9204	9205	9206	9207	9208	9209	9210
PRESCHOOL 2	9211	9212	9213	9214	9215	9216	9217	9218	9219	9220	9221	9222
PRESCHOOL 3	9223	9224	9225	9226	9227	9228	9229	9230	9231	9232	9233	9234
PRESCHOOL 4	---	9235	9236	---	9237	9238	9239	9240	9241	9242	9243	9244
YOUTH 1	9245	9246	9247	9248	9249	9250	9251	9252	9253	---	9254	9255
YOUTH 2	9256	9257	9258	9259	9260	9261	9262	9263	9264	9265	9266	9267
YOUTH 3	---	---	9268	9269	9270	---	---	9271	9272	9273	---	9274
YOUTH 4	---	9275	9276	---	9277	9278	9279	---	---	9280	9281	9282

SESSION 4

JULY 13-23 GROUP LESSONS: TWO-WEEKS
EIGHT, 30-MINUTE LESSONS | MONDAY-THURSDAY
RESIDENT \$80 / NON-RESIDENT \$96

	8:50AM	9:25AM	10:00AM	10:35AM	11:10AM	11:45AM	4:00PM	4:35PM	5:10PM	5:45PM	6:20PM	6:55PM
AQUA TOTS	---	---	---	9283	---	---	---	---	9284	---	9285	---
PRESCHOOL 1	9286	9287	9288	9289	9290	9291	9292	9293	9294	9295	9296	9297
PRESCHOOL 2	9298	9299	9300	9301	9302	9303	9304	9305	9306	9307	9308	9309
PRESCHOOL 3	9310	9311	9312	9313	9314	9315	9316	9317	9318	9319	9320	9321
PRESCHOOL 4	---	9322	9323	9324	9325	9326	9327	9328	9329	9330	9331	9332
YOUTH 1	9333	9334	9335	---	9336	9337	9338	9339	9340	9341	9342	9343
YOUTH 2	9344	---	9345	9346	9347	9348	9349	---	9350	---	---	9351
YOUTH 3	---	9352	9353	9354	9355	---	9356	9357	---	9358	9359	9360
YOUTH 4	---	9361	9362	---	9363	9364	9365	9366	9367	---	9368	9369

SESSION 5

JULY 27–AUGUST 6 GROUP LESSONS: TWO-WEEKS
EIGHT, 30-MINUTE LESSONS | MONDAY–THURSDAY RESIDENT \$80 / NON-RESIDENT \$96

	8:50AM	9:25AM	10:00AM	10:35AM	11:10AM	11:45AM	4:00PM	4:35PM	5:10PM	5:45PM	6:20PM	6:55PM
AQUA TOTS	---	---	---	9370	---	---	---	---	9371	---	9372	---
PRESCHOOL 1	9373	9374	9375	9376	9377	9378	9379	9380	9381	9382	9383	9384
PRESCHOOL 2	9385	9386	9387	9388	9389	9390	9391	9392	9393	9394	9395	9396
PRESCHOOL 3	9397	9398	9399	9400	9401	9402	9403	9404	9405	9406	9407	9408
PRESCHOOL 4	---	9409	9410	9411	9412	9413	9414	9415	9416	9417	9418	9419
YOUTH 1	9420	9421	9422	9423	9424	9425	9426	9427	9428	9429	9430	9431
YOUTH 2	9432	9433	9434	---	9435	---	9436	9437	---	9438	9439	9440
YOUTH 3	---	---	9441	9442	9443	9444	---	9445	9446	9447	---	9448
YOUTH 4	---	9449	9450	---	9451	9452	9453	9454	---	9455	---	9456

SESSION 6

AUGUST 10–21 GROUP LESSONS: TWO-WEEKS
EIGHT, 30-MINUTE LESSONS | MONDAY–THURSDAY RESIDENT \$80 / NON-RESIDENT \$96

	8:50AM	9:25AM	10:00AM	10:35AM	11:10AM	11:45AM	4:00PM	4:35PM	5:10PM	5:45PM	6:20PM	6:55PM
AQUA TOTS	---	---	---	9457	---	---	---	9458	---	9459	---	---
PRESCHOOL 1	9460	9461	9462	9463	9464	9465	9466	9467	9468	9469	9470	9471
PRESCHOOL 2	9472	9473	9474	9475	9476	9477	9478	9479	9480	9481	9482	9483
PRESCHOOL 3	9484	9485	9486	9487	9488	9489	9490	9491	9492	9493	9494	9495
PRESCHOOL 4	9496	9497	9498	9499	9500	9501	9502	9503	9504	9505	9506	9507
YOUTH 1	9508	9509	9510	9511	9512	9513	9514	9515	9516	9517	9518	9519
YOUTH 2	9521	9522	9523	9524	9525	9526	9527	9528	9529	9530	9531	9532
YOUTH 3	9533	9534	9535	9536	9537	9538	9539	9540	9541	9542	9543	9544
YOUTH 4	9545	9546	9547	---	9548	9549	9550	---	9551	---	9552	9553

NEW FRIDAY OR SATURDAY MORNING GROUP LESSONS!



SATURDAY SESSION 1

JUNE 13 & 20 GROUP LESSONS
TWO, 30-MINUTE LESSONS | SATURDAYS
RESIDENT \$25 / NON-RESIDENT \$30

	10:00AM	10:35AM	11:10AM	11:45AM
AQUA TOTS	---	---	10149	---
PRESCHOOL 1	10150	10151	10152	10153
PRESCHOOL 2	10154	10155	---	10156

FRIDAY SESSION 1

JULY 17 & 24 GROUP LESSONS
TWO, 30-MINUTE LESSONS | FRIDAYS
RESIDENT \$25 / NON-RESIDENT \$30

	10:00AM	10:35AM	11:10AM	11:45AM
AQUA TOTS	---	10133	---	---
PRESCHOOL 1	10134	10135	10136	10137
PRESCHOOL 2	10138	---	10139	10140

SATURDAY SESSION 2

JULY 18 & 26 GROUP LESSONS
TWO, 30-MINUTE LESSONS | SATURDAYS
RESIDENT \$25 / NON-RESIDENT \$30

	10:00AM	10:35AM	11:10AM	11:45AM
AQUA TOTS	---	---	---	10157
PRESCHOOL 1	10158	10159	10160	10161
PRESCHOOL 2	10162	10163	10164	---

FRIDAY SESSION 2

JULY 31 & AUG 7 GROUP LESSONS
TWO, 30-MINUTE LESSONS | FRIDAYS
RESIDENT \$25 / NON-RESIDENT \$30

	10:00AM	10:35AM	11:10AM	11:45AM
AQUA TOTS	10141	---	---	---
PRESCHOOL 1	10142	10143	10144	10145
PRESCHOOL 2	---	10146	10147	10148

SATURDAY SESSION 3

AUGUST 1 & 8 GROUP LESSONS
TWO, 30-MINUTE LESSONS | SATURDAYS
RESIDENT \$25 / NON-RESIDENT \$30

	10:00AM	10:35AM	11:10AM	11:45AM
AQUA TOTS	---	10165	---	---
PRESCHOOL 1	10166	10167	10168	10169
PRESCHOOL 2	10170	---	10171	10172

PRIVATE SWIM LESSONS AVAILABILITY & REGISTRATION: WWW.KIRKLANDPARKS.NET

Are you looking for one on one instruction, with highly motivated and friendly instructors? You may be looking for private lessons with one of our skilled instructors to help get you or your child in the right direction. Please share your swimming goals with us, we are here to help!

Private Lessons are ideal for:

- A beginner who wants help before going into group lessons
- Targeted stroke/technique development or refinement
- Water comfortability help in a private setting
- Special accommodations

PRIVATE SESSION 2: JUNE 22–25 TWO, 30-MINUTE LESSONS | RESIDENT \$72 / NON-RESIDENT \$86.50

	9:25AM	10:35AM	11:45AM	4:00PM	4:35PM	5:10PM	5:45PM	6:20PM
MON/WED	10032	10033	10034	10044	---	10045	---	10046
TUES/THURS	10057	10058	10059	10069	---	10070	---	10071

PRIVATE SESSION 3: JUNE 29–JULY 9 FOUR, 30-MINUTE LESSONS | RESIDENT \$144 / NON-RESIDENT \$173

	9:25AM	10:35AM	11:45AM	4:00PM	4:35PM	5:10PM	5:45PM	6:20PM
MON/WED	10035	10036	10037	10047	---	10048	---	10049
TUES/THURS	10060	10061	10062	10072	---	10073	---	10074

PRIVATE SESSION 4: JULY 13–23 FOUR, 30-MINUTE LESSONS | RESIDENT \$144 / NON-RESIDENT \$173

	9:25AM	10:35AM	11:45AM	4:00PM	4:35PM	5:10PM	5:45PM	6:20PM
MON/WED	10038	10039	10040	---	10050	---	10051/10052	---
TUES/THURS	10063	10064	10065	---	10075	---	10076/10077	---

PRIVATE SESSION 5: JULY 27–AUG 6 FOUR, 30-MINUTE LESSONS | RESIDENT \$144 / NON-RESIDENT \$173

	9:25AM	10:35AM	11:45AM	4:00PM	4:35PM	5:10PM	5:45PM	6:20PM
MON/WED	10041	10042	10043	10053	---	10054	---	10055
TUES/THURS	10066	10067	10068	10078	---	10079	---	10080

NEW FRIDAY OR SATURDAY MORNING PRIVATE LESSONS!



SATURDAY
SESSION

1

JUNE 13 & 20 PRIVATE LESSONS
TWO, 30-MINUTE LESSONS | SATURDAYS
RESIDENT \$72 / NON-RESIDENT \$86.50

	10:00AM	10:35AM	11:10AM	11:45AM
SAT. PRIVATE 1	10008	10009	10010	10011
SAT. PRIVATE 2	10012	10013	10014	10015

FRIDAY
SESSION

1

JULY 17 & 24 PRIVATE LESSONS
TWO, 30-MINUTE LESSONS | FRIDAYS
RESIDENT \$72 / NON-RESIDENT \$86.50

	10:00AM	10:35AM	11:10AM	11:45AM
FRI. PRIVATE 1	9992	9993	9994	9995
FRI. PRIVATE 2	9996	9997	9998	9999

SATURDAY
SESSION

2

JULY 18 & 26 PRIVATE LESSONS
TWO, 30-MINUTE LESSONS | SATURDAYS
RESIDENT \$72 / NON-RESIDENT \$86.50

	10:00AM	10:35AM	11:10AM	11:45AM
SAT. PRIVATE 1	10016	10017	10018	10019
SAT. PRIVATE 2	10020	10021	10022	10023

FRIDAY
SESSION

2

JULY 31 & AUG 7 PRIVATE LESSONS
TWO, 30-MINUTE LESSONS | FRIDAYS
RESIDENT \$72 / NON-RESIDENT \$86.50

	10:00AM	10:35AM	11:10AM	11:45AM
FRI. PRIVATE 1	10000	10001	10002	10003
FRI. PRIVATE 2	10004	10005	10006	10007

SATURDAY
SESSION

3

AUGUST 1 & 8 PRIVATE LESSONS
TWO, 30-MINUTE LESSONS | SATURDAYS
RESIDENT \$72 / NON-RESIDENT \$86.50

	10:00AM	10:35AM	11:10AM	11:45AM
SAT. PRIVATE 1	10024	10025	10026	10027
SAT. PRIVATE 2	10028	10029	10030	10031

TEEN/ADULT LEVEL 1 CLASSES

DATES	DAYS	TIME	CODE
JUN 29–JUL 8	MON/WED	7:30PM–8:00PM	10481
JUN 13–JUL 22	MON/WED	7:30PM–8:00PM	10482
JUL 27–AUG 5	MON/WED	7:30PM–8:00PM	10483

TEEN/ADULT LEVEL 2 CLASSES

DATES	DAYS	TIME	CODE
JUN 30–JUL 9	TUE/THURS	7:30PM–8:00PM	10484
JUN 14–JUL 23	TUE/THURS	7:30PM–8:00PM	10485
JUL 28–AUG 6	TUE/THURS	7:30PM–8:00PM	10486

TRAINING & CLASSES

BLENDLED LEARNING RED CROSS CERTIFICATION COURSES

These courses are taught as a blended learning course and will require additional learning and study outside of the classroom time. The instructor will contact you prior to the course with information and the online classroom link.

Lifeguard Training

Become a Red Cross Certified Lifeguard by learning lifesaving skills! Successful participants will earn a two-year certificate for lifeguarding & emergency oxygen administration. Students must be at least 15 years old and complete a swimming pre-test the first day of class. Digital textbook and rescue mask included in class.

AGE 15 & UP • FIRST CLASS MEETS AT PETER KIRK POOL

10316	Tue/Wed/Thu	5/19-28	3:30-8:00pm	\$200 R / \$240NR
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Adult & Pediatric First Aid/CPR/AED

This is a two-year certification from the Red Cross for adult, child, & infant First Aid/CPR/AED. This course which incorporates the latest science and techniques for administering basic First Aid, CPR, and AED skills. Digital textbook and rescue mask included in class.

AGE 15 & UP • FIRST CLASS MEETS AT PKCC

10325	Sat	5/9	9:00am-3:00pm	\$90 R / \$108NR
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Aqua Leaders Volunteer

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

AGE 12-15 • FIRST CLASS MEETS AT PETER KIRK POOL

10324	Mon-Thur	6/22-6/25	9:00am-2:00pm	\$65 R / \$78 NR
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Water Exercise—Deep Water

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

AGE 16 & UP • LOCATION: PETER KIRK POOL

10317	Mon, Wed	6/8-7/1	7:30pm-8:30pm	\$96 R / \$116 NR
10318	Mon, Wed	7/6-7/29	7:30pm-8:30pm	
10319	Mon, Wed	8/3-8/26	7:00pm-8:00pm	
10321	Sat	6/6-6/27	8:30am-9:30am	\$48 R / \$57 NR
10322	Sat	7/11-8/1	8:30am-9:30am	
10323	Sat	8/8-8/29	8:30am-9:30am	

LIFEGUARDED SWIMMING BEACHES

Lifeguards are on duty daily from 12-6pm June 29 - September 7 unless there is inclement weather or if air temperature is under 65°. All beaches will have beach rules and guard on duty signs posted when guards are on duty.

Children 12 and under at Houghton, Waverly, and Juanita Beaches are required to pass a swim test in order to swim beyond the shallow water buoy line. Testing is at the discretion of the lifeguard. Swim Test: swim a minimum of 25 yards—crawl stroke with side breathing

Lif jackets are available for checkout, please see lifeguard.

Groups larger than 15 are encouraged to contact the City of Kirkland 48 hours in advance of an intended visit. Please call 425.587.3334.



HOUGHTON BEACH SWIMMING AREA

5811 Lake Washington Boulevard, Kirkland WA

Houghton Beach Swimming Area has a long pier and a large dock with good shallow areas for children.

WAVERLY BEACH SWIMMING AREA

633 Waverly Way, Kirkland, WA

Waverly Beach Swimming Area provides an area completely enclosed by a “U” shaped pier.

JUANITA BEACH SWIMMING AREA

9703 NE Juanita Drive, Kirkland, WA

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



PARTNER DANCING

Ballroom

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

AGE 16 & UP

10195	Tue	4/14-5/12	8:30pm-9:30pm
10199	Tue	6/23-7/21	8:30pm-9:30pm
			\$57 R / \$68 NR

LOCATION: NKCC

INSTRUCTOR: CHARLES ENGLAND

East Coast Swing

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

AGE 16 & UP

10196	Tue	5/19-6/16	7:30pm-8:30pm
10200	Tue	7/28-8/25	7:30pm-8:30pm
			\$57 R / \$68 NR

LOCATION: NKCC

INSTRUCTOR: CHARLES ENGLAND

Salsa

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

AGE 16 & UP

10197	Tue	5/19-6/16	8:30pm-9:30pm
10201	Tue	7/28-8/25	8:30pm-9:30pm
			\$57 R / \$68 NR

LOCATION: NKCC

INSTRUCTOR: CHARLES ENGLAND

West Coast Swing

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

AGE 16 & UP

10194	Tue	4/14-5/12	7:30pm-8:30pm
10198	Tue	6/23-7/21	7:30pm-8:30pm
			\$57 R / \$68 NR

LOCATION: NKCC

INSTRUCTOR: CHARLES ENGLAND

BELLY DANCE

Join fitness and dance enthusiasts for a fun challenging dance class and you will reap the health benefits of a toned belly, better balance, increased heart rate, and a laugh a minute with instructor "Athena"!

Shimmy and Sway— Beginning Belly Dance

Learn the basic moves and apply them to a simple dance routine. Advanced students will join the class and practice the dance routine in the last half hour. So, tie a scarf around your hips and join in the fun!

No class 6/30

AGE 18-99

9916	Tue	4/14-5/19	7:00pm-8:00pm
			\$72 R / \$86 NR

9918	Tue	5/26-7/14	7:00pm-8:00pm
			\$84 R / \$101 NR

LOCATION: NKCC

INSTRUCTOR: JOSETTE MINAGLIA

Belly Dance Advanced

In the first half hour, a dance routine will be taught with beginning and advanced students reviewing basic moves. Then advanced students will learn Interesting combinations and fluidity using basic moves, will focus on veil, fans and zil practice, along with new moves, choreography and stage performance style.

No class 6/30

AGE 18-99

9919	Tue	4/14-5/19	7:30pm-8:30pm
			\$72 R / \$86 NR

9920	Tue	5/26-7/14	7:30pm-8:30pm
			\$84 R / \$101 NR

LOCATION: NKCC

INSTRUCTOR: JOSETTE MINAGLIA

FOLK DANCING

The Mountaineer's International Folk Dancing

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!

No class 11/9

AGE 18 & UP

DROP-IN RATE \$8

9639	Tue	4/7-4/28	7:30pm-9:30pm
9640	Tue	5/5-5/26	7:30pm-9:30pm
9641	Tue	6/2-6/23	7:30pm-9:30pm

9642	Tue	6/30-7/21	7:30pm-9:30pm
9643	Tue	7/28-8/18	7:30pm-9:30pm
			\$30 R / \$36 NR

LOCATION: PKCC

INSTRUCTOR: KATHARINE (KATE) HOUGH



BALLET

Ballet Open Level

Take your training to the next level. This class is for those who have had some ballet training and is a good additional class for a Basic or Intermediate level class. Emphasis is on improving technical strength and more movement. Students are encouraged to work at their own ability.

AGE 18 & UP

9611	Wed	4/15-5/20	6:45pm-7:45pm
9612	Wed	5/27-7/1	6:45pm-7:45pm
9613	Wed	7/8-8/12	6:45pm-7:45pm
			\$66 R / \$79 NR

LOCATION: PKCC

INSTRUCTOR: MARCO CARRABBA

Ballet Basics **NEW TIME!**

This adult basic ballet class offers something for everyone from young adult to seniors and provides a fun way to learn the fundamental techniques in a positive and supportive environment. This class is for those with little or no dance training.

9608	Mon	4/13-5/18	7:00pm-8:00pm
9609	Mon	6/1-7/6	7:00pm-8:00pm
9610	Mon	7/13-8/17	7:00pm-8:00pm
			\$66 R / \$79 NR

LOCATION: PKCC

INSTRUCTOR: MARCO CARRABBA

HULA

In our NEW SUNDAY classes, learn the beautiful dance form, Hula. Instructor, Jeanne Makanaokalani is a graduate of Uncle George Naope in Hilo Hawai'i with 14 years' experience teaching for Kirkland Parks.

LOCATION: NKCC

INSTRUCTOR: JEANNE MAKANAOKALANI

Beginning Hula For Adults

Have you dreamed of learning to hula? This hula class is for every size, shape, age and experience level (beginner to hula background). Learn the dance and culture of Hawai'i while you tone, strengthen and improve posture. Wear comfortable clothing (shorts or pants and t-shirt), no jeans please.

No class 4/12, 5/17, 5/24

AGE 18-99

9921	Sun	3/29-6/21	12:00pm-1:00pm
			\$110 R / \$132 NR
9922	Sun	7/12-8/9	12:00pm-1:00pm
			\$66 R / \$79 NR

Intermediate Hula

This fast paced class for those with hula experience and knowledge of basic steps, will introduce hula implements such as ipu, uli'uli, k'ili'ili, pu'ili. Both Kahiko and 'auana will be taught along with technique. Learn some Hawaiian language, lyrics and the background of dances. Optional public performances. Wear a pa'u skirt or comfortable clothing-no jeans.

No class 4/5, 5/17, 5/24.

AGE 18-99

9923	Sun	3/29-6/21	1:00pm-2:00pm
			\$110 R / \$132 NR
9924	Sun	7/12-8/9	1:00pm-2:00pm
			\$66 R / \$79 NR

Advanced Hula

Advanced Hula is for the dancer with a more extensive hula background. Review Hula basics and continue to more difficult Hulas, both Kahiko (ancient) and 'auana (modern). Continue focus on technique and performance skills. There will be public performances. Wear a pa'u skirt-no jeans please.

No class 4/5, 5/17, 5/24

AGE 18-99

9925	Sun	3/29-6/21	2:00pm-3:00pm
			\$110 R / \$132 NR
9926	Sun	7/12-8/9	2:00pm-3:00pm
			\$66 R / \$79 NR

ADULT FITNESS



Breathe First Yoga

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 4/23, 4/27, 4/28, 5/25, 7/6, 7/7, 7/9, 8/13

AGE 16 & UP

PARTIAL SESSIONS

10330	Mon	4/6-5-18	8:00am-9:00am
10331	Mon	6/1-7/13	8:00am-9:00am
10332	Mon	7/20-8/24	8:00am-9:00am
10334	Tue	4/7-5/19	6:00pm-7:00pm
10347	Tue	5/26-6/30	6:00pm-7:00pm
			\$45 R / \$54 NR
10348	Tue	7/14-8/25	6:00pm-7:00pm
			\$53 R / \$64 NR
10359	Thur	4/9-5/21	8:00am-9:00am
10360	Thur	5/28-7/2	8:00am-9:00am
10361	Thur	7/16-8/27	8:00am-9:00am
			\$45 R / \$54 NR

FULL SESSIONS

10333	Mon	4/6-8/24	8:00am-9:00am
			\$135 R / \$162 NR
10353	Tue	4/7-8/25	6:00pm-7:00pm
			\$143 R / \$172 NR
10362	Thur	4/9-8/27	8:00am-9:00am
			\$135 R / \$162 NR

LOCATION: NKCC

INSTRUCTOR: DOROTHY CORRIGAN

Total Body Conditioning

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.

No class 4/20, 4/22, 4/25, 4/27, 4/29, 5/25, 7/4

AGE 16 & UP

MONDAYS

9682	Mon	4/6-6/15	6:30pm-7:30pm
9685	Mon	7/6-8/24	6:30pm-7:30pm
			\$60 R / \$72 NR

SATURDAYS

9681	Sat	4/4-6/13	9:00am-10:00am
9684	Sat	7/11-8/29	9:00am-10:00am
			\$60 R / \$72 NR

WEDNESDAYS

9683	Wed	4/8-6/17	6:30pm-7:30pm
			\$68 R / \$92 NR
9686	Wed	7/8-8/26	6:30pm-7:30pm
			\$60 R / \$72 NR

LOCATION: NKCC

INSTRUCTOR: JOLEEN LESTER

ZUMBA GOLD & TIGHTEN & TONE AEROBICS

SEE PAGE 59



Zumba

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. 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.

AGE 16 & UP

No class 7/4

SATURDAYS

9696	Sat	3/14-4/18	10:10am-11:10am
9697	Sat	4/25-5/30	10:10am-11:10am
9698	Sat	6/6-7/18	10:10am-11:10am
9699	Sat	7/25-8/29	10:10am-11:10am
			\$45 R / \$54 NR

THURSDAYS

9687	Thur	3/26-4/30	6:20pm-7:20pm
9689	Thur	5/7-6/11	6:20pm-7:20pm
9691	Thur	6/18-7/23	6:20pm-7:20pm
			\$45 R / \$54 NR
9694	Thur	7/30-8/27	6:20pm-7:20pm
			\$38 R / \$46 NR

LOCATION: NKCC

INSTRUCTOR: APRIL QUEDADO

Personal Training

Take your fitness to the next level by receiving individualized programming tailored to your specific needs! Training provided by Joleen Lester, who certifications include Personal Fitness, Group Fitness and Mat Pilates, and who is a licensed Physical Therapist Assistant. Please call 425-587-3331 or email sconway@kirklandwa.gov to schedule your first session.

9634 Age 18 & Up \$50 R / \$60 NR

**ALL CLASSES ON THIS
PAGE ARE HELD AT NKCC:
12421 103RD AVE NE**

Yoga Fun for Everyone-Monday

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 6/29

AGE 18 & UP

9628	Mon	4/13-5/18	5:30pm-6:45pm
9629	Mon	6/1-7/13	5:30pm-6:45pm
\$75 R / \$90 NR			

9630	Mon	7/20-8/17	5:30pm-6:45pm
\$63 R / \$76 NR			

LOCATION: PKCC

INSTRUCTOR: SALLY RODICH

Tai Chi & Meridian Stretching (Bilingual)

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 well-being. This class will be taught in English and Chinese. Bring grabbing socks and mat or rug. Please note the date changes for this session.

No class 7/23

9644	Thur	4/23-5/21	3:00pm-4:15pm
9645	Thur	6/4-7/2	3:00pm-4:15pm
9646	Thur	7/16-8/20	3:00pm-4:15pm
\$50 R / \$60 NR			

LOCATION: PKCC

INSTRUCTOR: HELEN HUANG

Stretch & Tone **NEW TIME!**

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.

9631	Mon	4/13-5/18	6:00pm-6:45pm
9632	Mon	6/1-7/6	6:00pm-6:45pm
9633	Mon	7/13-8/17	6:00pm-6:45pm
\$50 R / \$60 NR			

LOCATION: PKCC

INSTRUCTOR: MARCO CARRABBA



Sunset Stand Up Paddleboard Tour With Lesson

Learn the basics of Stand Up Paddleboarding (SUP) and enjoy an evening tour of Juanita Bay. On-shore and on-water instruction provided by experienced guides who lead the paddlers on a tour of the warm waters of Juanita Bay. Wildlife sighting is common with waterfowl, turtles, otters, eagles and herons all residents of the bay. All equipment is included and properly fitted to each paddler. Class meets on the shoreline in Juanita Beach Park. This activity is a great family activity as it's open for ages 8 and up, with ages 8 to 11 requiring adult accompaniment.

AGE 8 & UP

10268	Sat	7/11	6pm-8pm
10269	Sat	7/18	6pm-8pm
10270	Sat	7/25	6pm-8pm
10271	Sat	8/1	6pm-8pm
10272	Sat	8/8	6pm-8pm
10277	Sat	8/15	6pm-8pm
\$60R / \$72 NR			

LOCATION: JUANITA BEACH PARK

INSTRUCTOR: NORTHWEST PADDLE SURFERS



Summer Yoga at Houghton Beach

Come practice yoga in the beautiful open space at Houghton Beach on Lake Washington. We will have sun salutations, yoga flow, and relaxing yoga stretches, including a warm-up and wind down while watching the sunset from the docks. Class is taught by Marcos Wanless, Yoga Instructor with a Master's degree in Vinyasa Krama Yoga.

AGE 16 & UP

9680	Mon, Wed	7/20-9/2	7:00pm-8:15pm
\$120 R / \$140 NR			

LOCATION: HOUGHTON BEACH PARK

INSTRUCTOR: MARCOS WANLESS



Spring & Summer Pickleball Leagues

Games will be played at the outdoor pickleball courts at Everest Park. The league is self-officiated. 14 matches over 7 weeks of play (double-header each week) with one week of playoffs. Teams must provide their own paddles and balls. League champions will receive prize and bragging rights. Only one player needs to register per team. The player that registers will be the Team Manager and the main point of contact.

AGE 13 & UP • \$80 PER TEAM • LOCATION: EVEREST PARK PICKLEBALL COURTS

SPRING 2020

WOMEN'S DOUBLES | SUNDAYS

9586 Sun 5/3-6/14 3:00pm-5:40pm

COED DOUBLES | TUESDAYS

9587 Tue 5/5-6/16 5:30pm-8:15pm

MEN'S DOUBLES | WEDNESDAYS

9588 Wed 5/6-6/17 5:30pm-8:15pm

COED DOUBLES | SATURDAYS

9804 Sat 5/9-6/20 11:00am-3:00pm

SUMMER 2020

WOMEN'S DOUBLES | SUNDAYS

9593 Sun 7/5-8/16 3:00pm-5:40pm

COED DOUBLES | TUESDAYS

9595 Tue 7/7-8/18 5:30pm-8:15pm

MEN'S DOUBLES | WEDNESDAYS

9597 Wed 7/8-8/19 5:30pm-8:15pm

COED DOUBLES | SATURDAYS

9805 Sat 7/11-8/22 11:00am-3:00pm



Group Pickleball Clinics

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, 90 minute Pickleball clinics, designed for the beginner to the intermediate player. Clinics are held on the outdoor pickleball courts at Everest Park. Lender equipment is available.

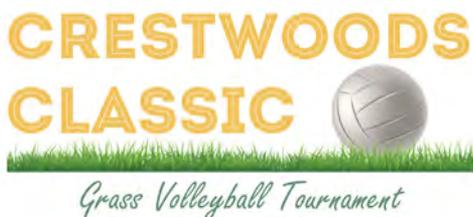
AGE 16 & UP

9978	Fri	4/17	5:30pm-7:00pm
9981	Fri	5/22	5:30pm-7:00pm
9983	Fri	6/12	5:30pm-7:00pm
9985	Fri	7/24	5:30pm-7:00pm
9987	Fri	8/7	5:30pm-7:00pm
			\$25 R / \$30 NR

LOCATION: EVEREST PARK PICKLEBALL COURTS

INTERESTED IN PRIVATE PICKLEBALL LESSONS? CALL 425-587-3331.

CRAZY FUN TOURNAMENTS COMING THIS SUMMER!



Join us for our first annual Grass Volleyball Tournament. We will be hosting a round robin tournament offered to COED and Women's teams. This is a 4 on 4 tournament and all levels are welcome! COED teams must have 2 men and 2 women to participate. The winning team from each division will win a prize!

**\$80/team • Saturday July 11 • Event begins at 10am
Crestwoods Park**



What's better than a classic game of Cornhole? Whether you're a backyard player or a tournament pro, our outdoor tournament will keep you on your toes! Grab a friend and put together a team. We are hosting a round robin tournament with a single-elimination tournament playoff to follow. Winning team will be awarded prizes and bragging rights!

**\$30/team • Friday July 24 • Event begins at 5:30pm
Lee Johnson Field**



Beach Volleyball League

Join us at Juanita Beach for some sand volleyball! We offer four divisions; men play Monday evenings, Coed play Tuesday and Thursday evenings, and women play on Wednesday evenings. Matches start at 6:15pm and 7:30pm. This self-officiated league has seven weeks of play and one week of playoffs (top 4 teams).

AGE 18 & UP • LOCATION: JUANITA BEACH PARK

2V2 MEN'S OPEN DIVISION | MONDAYS

9614 Mon 6/22-8/17 6:15pm-8:30pm
\$155

4V4 WOMEN'S OPEN DIVISION | WEDNESDAYS

9617 Wed 6/24-8/19 6:15pm-8:30pm
\$275

4V4 COED UPPER DIVISION | TUESDAYS

9616 Tue 6/23-8/18 6:15pm-8:30pm
\$275

4V4 COED LOWER DIVISION | THURSDAYS

9618 Thur 6/25-8/20 6:15pm-8:30pm
\$275



Summer Softball Leagues

Our softball leagues are offered May–September at two locations. Skill levels can range from average to above-average. The regular season consists of 12 games over 6 weeks with one week of playoffs. Champion teams will receive championship shirts. Makeup games will be rescheduled for designated game days when possible.

AGE 18 & UP • SEASON 1: CRESTWOODS PARK • SEASON 2: LEE JOHNSON FIELD

SEASON 1 | COED

9620 Sun 5/31-7/19 3:00pm-5:30pm
\$660

SEASON 1 | MEN'S

9619 Tue, Thur 6/2-7/23 6:00pm-8:30pm
\$660

SEASON 2 | COED

9622 Sun 8/2-9/20 1:00pm-5:00pm
\$660

SEASON 2 | MEN'S

9621 Tue, Thur 8/4-9/24 6:00pm-11:00pm
\$660

FREE AGENT TEAM

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

9623 \$75

Tennis Lessons

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

AGE 16 & UP

BEGINNER

9600 Mon, Wed 6/22-7/15 5:00pm-6:30pm
9602 Mon, Wed 7/27-8/19 5:00pm-6:30pm
\$105 R / \$126 NR

INTERMEDIATE/ADVANCED

9601 Mon, Wed 6/22-7/15 6:30pm-8:00pm
9603 Mon, Wed 7/27-8/19 6:30pm-8:00pm
\$105 R / \$126 NR

LOCATION: KIRKLAND MIDDLE SCHOOL TENNIS COURTS



ICE SKATING

SEE PAGE 35

OPEN GYM SUNDAYS

AGE 18-ADULT

Basketball & Volleyball courts available. Individuals or teams welcome.

Sundays 5–8pm

Spring: Mar 1–Apr 26

No Open Gym Apr 5

Kamiakin Middle School
14111 132nd Ave NE, Kirkland

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

Open Gym Punch Card Best Value!

10-visit punch card for Open Gym at Kamiakin Middle School can only be purchased at Open Gym.

CALL 425.587.3335 FOR GYM CLOSURE INFO

ART & MUSIC

Ikebana: The Art of Japanese Flower Arranging

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.

ALL AGES

9560	Tue	4/7-4/28	6:30pm-8:30pm
9561	Tue	6/2-6/23	6:30pm-8:30pm
\$64 R / \$72 NR			

LOCATION: PKCC

INSTRUCTOR: DIANE ELLIOTT

Oil Painting the Easy Way

Paint along as Jean demonstrates the entire painting and provides individual assistance. Your own style will emerge as you paint many subjects from still life to landscapes to florals. You will quickly learn composition, color mixing, brush use, establishing depth and more. This class offers something for all levels. Supply list available at PKCC.

AGE 18 & UP

9832	Wed	4/1-4/22	5:30pm-8:30pm
9833	Wed	4/29-5/20	5:30pm-8:30pm
9834	Wed	5/27-6/17	5:30pm-8:30pm
9835	Wed	6/24-7/15	5:30pm-8:30pm
9836	Wed	7/22-8/12	5:30pm-8:30pm
\$65 R / \$78 NR			

LOCATION: PKCC

INSTRUCTOR: JEAN PRATT-BEUOY



**NEW DAYTIME
ART CLASSES**
SEE PAGE 58

Watercolor Painting

Whether you are a beginner or advanced painter, you will enjoy learning techniques for a successful painting. Jean demonstrates every step and provides individual assistance to all. Working from photo references provided by instructor, you will paint still life, florals, landscapes/seascapes, animals and more. Supply list available at PKCC.

No class 5/25

AGE 18 & UP

9827	Mon	4/6-4/27	6:00pm-9:00pm
9828	Mon	5/4-6/1	6:00pm-9:00pm
9829	Mon	6/8-6/29	6:00pm-9:00pm
9830	Mon	7/6-7/27	6:00pm-9:00pm
\$65 R / \$78 NR			
9831	Mon	8/3-8/17	6:00pm-9:00pm
\$49 R / \$60 NR			

LOCATION: PKCC

INSTRUCTOR: JEAN PRATT-BEUOY

Adult Drawing

Develop enhanced observational drawing skills as you investigate line, value, form, perspective, texture, and color while working with a variety of drawing materials. Learn how to see the world around you and how to translate this newly found vision into the two-dimensional world of drawing. A great beginner class!

AGE 18-99

9911	Wed	5/6-5/27	6:30pm-8:00pm
9912	Wed	6/3-6/24	6:30pm-8:00pm
9913	Wed	7/1-7/22	6:30pm-8:00pm
9914	Wed	7/29-8/19	6:30pm-8:00pm
\$89 R / \$107 NR			

LOCATION: NKCC

INSTRUCTOR: ARTLANDER INSTRUCTORS

Voice Overs—Now is your time!

You’ve heard Lisa Foster on TV and radio commercials (Crest, Olay, LA Weight Loss, Advanced Laser Clinics, and Sleep Train). Hear Lisa live as she illustrates how you could use your speaking voice for commercials, films and videos. This could be the game changer that you’ve been looking for!

AGE 18 & UP

9933	Wed	5/14	7:00pm-9:00pm
\$37 R / \$44 NR			

LOCATION: NKCC

INSTRUCTOR: LISA FOSTER



Beginning Guitar Turbo Charge

This fast-paced course covers all the basics, from tuning and strumming all the way up to common chord progressions. Learn major, minor and 7th chords, basic rhythms and beginning theory. Good for acoustic styles. Must be at least 15 years old at the start of class.

AGE 15 & UP

9937	Mon	4/13-6/8	6:30pm-7:30pm
9938	Mon	6/22-8/10	6:30pm-7:30pm
\$98 R / \$118 NR			

LOCATION: NKCC

INSTRUCTOR: SCOTT LAWSON

Guitar Song Workshop

A great sequel for those who have taken the TURBO CHARGED GUITAR class with a focus on songs. Or for intermediate players who know basic major and minor chords, and maybe even starting to get into barre chords. Learn and practice your favorite songs using basic techniques. Acoustic and Electric.

AGE 15 & UP

9935	Mon	4/13-6/8	5:15pm-6:15pm
9936	Mon	6/22-8/10	5:15pm-6:15pm
\$98 R / \$118 NR			

LOCATION: NKCC

INSTRUCTOR: SCOTT LAWSON

FAMILY SAFETY

TopNotch Infant Safety/CPR Class

For expectant and new parents, other family members, childcare providers, babysitters. Infant CPR and choking rescue technique taught. We cover infant safety and injury prevention topics including: Car Seat Safety, Water Safety, Choking, Suffocation and Safe Sleep, Fall, Entrapment and Strangulation, Poison Safety, Screen Time, Baby Wearing, Resources. Call for couple discount: 425-587-3336.

AGE 18 & UP

9927	Sat	5/16	9:00am-12:00pm
9928	Sat	8/1	9:00am-12:00pm
			\$43 R / \$52 NR

LOCATION: NKCC

INSTRUCTOR: SUPER SITTERS, LLC

Women's Self Defense

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.

AGE 18 & UP

9890	Sat	6/20	11:00am-4:00pm
			\$114 R / \$137 NR

LOCATION: NKCC

INSTRUCTOR: STRATEGIC LIVING, LLC



NEW! Savvy Parents Safe Kids

workshops offer parents a variety of parenting topics, including child sexual abuse prevention, consent and healthy boundaries. Owner Christy Keating is a speaker, parent coach/educator and sexual abuse prevention expert. She spent 17 years as a criminal prosecutor with a specialty in handling sexually violent predator cases and is certified as a parent coach and positive discipline educator.

LOCATION: NKCC • INSTRUCTOR: CHRISTY KEATING, SAVVY PARENTS SAFE KIDS

Middle School Mania—What Parents Need to Know

For parents of middle schoolers: Hormones! Eye rolls! Big emotions! Middle school brings higher risks for kids and can leave parents feeling overwhelmed and worried. Learn what you can do to update your safety rules and keep your kids safer as they move through these years.

AGE 18 & UP

10447	Thurs	4/23	7:00pm-8:30pm
			\$65 R / \$78 NR

Summer Safety

For parents of K-5 kids: Summer brings lots of freedom and opportunities, but how do you choose a safe summer camp, screen caregivers, decide if your child is ready to stay home alone, introduce online safety, and ensure safety at a sleepover or playdate? This workshop teaches you how!

AGE 18 & UP

10445	Thurs	5/7	7:00pm-8:30pm
			\$65 R / \$78 NR

Preschool Plus

For parents of children 2-6: Talking to your young children about body safety can seem scary. Come learn what to teach them, how to empower them (and you!), why stranger danger doesn't work, what red flags and warning signs to look for and critical strategies for preventing sexual abuse.

AGE 18 & UP

10444	Sat	5/30	10:00am-11:30am
			\$65 R / \$78 NR

Be Keen on your Tween's Safety

For parents of children ages 8-12: Tweens are changing rapidly and want more independence, but how do you weather those changes safely and confidently as a parent? Come learn about tweens and personal and body safety, cell phone safety (and when to get one), staying home alone, and much more!

AGE 18 & UP

10446	Thurs	6/2	7:00pm-8:30pm
			\$65 R / \$78 NR

REAL ESTATE

Home Loan Workshop

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

AGE 18 & UP

9562	Tue	4/21	7:00pm-9:00pm
9563	Tue	6/9	7:00pm-9:00pm
			\$12 R / \$14 NR

LOCATION: PKCC

INSTRUCTOR: KIM PRATER

Home Sellers Workshop

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

AGE 18 & UP

9624	Mon	5/5	7:00pm-9:00pm
9625	Mon	7/14	7:00pm-9:00pm
			\$12 R / \$14 NR

LOCATION: PKCC

INSTRUCTOR: KIM PRATER

The "New" Reverse Mortgage

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

AGE 18 & UP

9626	Mon	5/19	7:00pm-9:00pm
9627	Mon	8/4	7:00pm-9:00pm
			\$12 R / \$14 NR

LOCATION: PKCC

INSTRUCTOR: KIM PRATER



PETER KIRK COMMUNITY CENTER

352 KIRKLAND AVE • KIRKLAND WA 98033
425.587.3360

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

OUR MISSION

To achieve the goal of promoting wellness of body, mind and spirit, the Community Center offers a wide variety of activities and services. On any given day or evening, you will see people participating in fitness classes, a wide range of art and life-long learning classes, fun special events, intergenerational programs, and van trips. The Community Center also provides a wide range of health, legal and financial services, a nutritional hot lunch four days a week and operates the Meals on Wheels Program, delivering to the homebound in Kirkland.

This drop-in facility offers the opportunity for fun, friendship and socialization in a warm and friendly atmosphere.

EVERYONE IS WELCOME

At this time the Center does not provide respite, adult day care, and/or services that would normally be provided by a trained attendant, nurse or personal caregiver (i.e., incontinence, inability to use the restroom facilities by 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 XX) or contact EvergreenHealth Community Healthcare Access Team at 425.899.3200 for other options.

ENDORSEMENTS

Classes, workshops, services and events offered at the Peter Kirk Community Center are selected for the potential recreational and educational enjoyment of, and benefit to, interested participants. We do not endorse any products or programs that are presented. Individuals are responsible for making their own informed decisions.

CENTER HOURS

Monday – Friday, 8am-5pm, Evening hours vary
Center Closed 5/25, 7/3, 8/24, 8/25, 8/26, 8/27, 8/31

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.

9807	Mon	4/6	11:00am-12:00pm
9808	Fri	7/10	11:00am-12:00pm
FREE R / FREE NR			

LOCATION: PKCC

Fraud Prevention Workshop

Consumer Protection Washington, a group of organizations and government agencies that are dedicated to educating and alerting the public on consumer issues, scams and investigations affecting residents in Washington State will be on-site for this one day event. Don't miss this great resource to learn the latest news on scams, how to protect your identity, consumer tips and more. Advanced registration required by 4/2.

AGE 50 & UP • LOCATION: PKCC

10329	Thu	4/9	1:00pm-3:30pm
FREE R / FREE NR			

Movie and Popcorn

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

JUDY (RATED PG-13)

Mon 4/20 1:00pm-3:00pm

THE HUSTLE (RATED R)

Mon 5/18 1:00pm-3:00pm

YESTERDAY (RATED PG-13)

Mon 6/15 1:00pm-3:00pm

HARRIET (RATED PG)

Mon 7/20 1:00pm-3:00pm

THE GOOD LIAR (RATED R)

Mon 8/17 1:00pm-3:00pm





GET MOVING!

WITH THE **KIRKLAND STEPPERS CLUB!**

TUESDAYS, JUNE 9-SEPT 29

Steppers leave from PKCC Tuesdays at 10:15am except for destination trips.

The Kirkland Steppers are enjoying their 16th year of fun walking opportunities with a plethora of zany, dedicated walkers age 50+. Waste no time lacing up your sneakers for an experience only the Steppers can provide.

Steppers Club participants have the opportunity to participate in five special events during the season. Each event requires pre-registration. Note that transportation to destination walks is limited and participants are encouraged to carpool.

SPECIAL EVENTS		Registration Number
June 9	Kick-Off Celebration 9am Breakfast and Giveaways • 10am Walk Continental breakfast sponsored by Fairwinds Redmond	9810
July 14	Marymoor Park 9:30am Leave PKCC • Return to PKCC by 1:30pm Lunch on your own at Redmond Town Center	9811
Aug 18	Farrel-McWhirter Park 9:30am Leave PKCC • Return to PKCC by 1:30pm Lunch at Fairwinds Redmond	9813
Sept 29	Finish Line Extravaganza 10am Walk • 11am Entertainment • 12pm Lunch Lunch sponsored by Fairwinds Redmond	9812

**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



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



EASTSIDE SENIOR FITNESS GAMES

TUES MAY 26

AT PKCC

OPENING CEREMONIES

LUNCH

WELLNESS FAIR

BRAIN DECATHLON TRIVIA

WED MAY 27

AT PKCC

SWIMMING RELAY

BILLIARDS

THURS MAY 28

AT NORTHSORE SENIOR CENTER

TABLE TENNIS

PICKLEBALL

FRI MAY 29

AT MADISON HOUSE

SHUFFLEBOARD

BEANBAG BASEBALL

SAT MAY 30

AT MADISON HOUSE

CLOSING RECEPTION

AWARDS CEREMONY

**FOR INFORMATION AND TO
REGISTER FOR ALL EVENTS,
VISIT KIRKLANDPARKS.NET
OR CALL 425-587-3360.**

ARTS & CRAFTS

Pastel Drawing **NEW!**

Learn to use the brilliant glowing colors of pastels to draw creatively, while learning techniques of this versatile medium. This class is designed for all students, some drawing skills helpful. Continuing students should bring a project to work on.

No class 4/9, 5/28

10241	Thur	4/2-4/30	1:00pm-3:00pm
10242	Thur	5/7-6/4	1:00pm-3:00pm
10243	Thur	6/11-7/2	1:00pm-3:00pm
10244	Thur	7/9-7/30	1:00pm-3:00pm

\$50 R / \$60 NR

LOCATION: PKCC

INSTRUCTOR: JOAN FREEMAN

Needle Craft Group

Have fun, socialize and work on your hand work

AGE 18 & UP

9756	Wed	4/1-8/19	10:00am-12:00pm
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FREE R / FREE NR

LOCATION: PKCC

**Oil Painting** **NEW!**

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.

No class 5/25, 6/29.

10237	Mon	4/6-4/27	10:00am-12:00pm
10238	Mon	5/4-6/1	10:00am-12:00pm
10239	Mon	6/8-7/6	10:00am-12:00pm
10240	Mon	7/13-8/3	10:00am-12:00pm

\$50 R / \$60 NR

LOCATION: PKCC

INSTRUCTOR: JOAN FREEMAN

Open Art Studio

Bring your art supplies and come paint or draw with other artists. The Peter Kirk Community Center Art Room is available for drop-ins on Tuesday Afternoons from 1-3pm. Check in at the front desk. For more information call 425-587-3360. Fee is \$4.00 per visit.

No class 4/21, 4/28

9755	Tue	4/7-8/18	1:00pm-3:00pm
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\$4 R / \$4 NR

LOCATION: PKCC



**EVENING
ART CLASSES**
SEE PAGE 54

FITNESS

Let's Get Balanced **NEW!**

Everyone from the youngest exerciser to the oldest can benefit from balance training exercises. All functional movements require a working balance system from getting up out of a chair to walking to dancing to sprinting and everything in between. Good balance prevents injury, improves athletic performance and eases activities of daily life as you go about your day.

No class 4/9

10403	Thur	4/2-4/30	9:45am-10:15am
10404	Thur	5/7-5/28	9:45am-10:15am
10405	Thur	6/4-6/25	9:45am-10:15am
10406	Thur	7/2-7/23	9:45am-10:15am
10407	Thur	7/30-8/20	9:45am-10:15am

\$18 R / \$22 NR

LOCATION: PKCC

INSTRUCTOR: JOAN WILDE

Enhance Fitness

This unique, comprehensive program developed by the U of W and Group Health Studies is safe for adults age 50+ with a wide range of physical abilities. Program includes stretching, low-impact aerobics, walking, balance training, strength exercises and motivation.

- Lifetime is a covered benefit for persons covered by Medicare Parts A and B and enrolled in a Group Health Medicare + Choice (M+C) plan
- Class meets Mon, Wed and Fri
- 15 classes per session
- Registration begins 1 week prior to the first class of the session
- **Call 425.587.3360 for session dates/times**

No class 5/15, 5/25, 7/3, 8/24, 8/26, 8/28, 8/31

R \$52 / NR \$62

INSTRUCTOR: GINA CASANOVA

Pilates Plus

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 5/15, 5/25

9656	Mon, Wed, Fri	4/3-4/24	8:00am-8:45am
9662	Mon, Wed, Fri	4/27-5/20	8:00am-8:45am
9663	Mon, Wed, Fri	5/22-6/15	8:00am-8:45am
9664	Mon, Wed, Fri	6/17-7/10	8:00am-8:45am

\$75 R / \$90 NR

9665	Mon, Wed, Fri	7/13-8/3	8:00am-8:45am
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\$60 R / \$72 NR

LOCATION: PKCC

INSTRUCTOR: GINA CASANOVA

FITNESS

Tighten & Tone Aerobics

Join Jane 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 5/21, 5/26, 6/9

9671	Tue, Thur	4/2-4/28	8:30am-9:30am
9672	Tue, Thur	4/30-6/2	8:30am-9:30am
9673	Tue, Thur	6/4-7/2	8:30am-9:30am
9674	Tue, Thur	7/7-7/30	8:30am-9:30am
\$50 R / \$60 NR			
9675	Tue, Thur	8/4-8/20	8:30am-9:30am
\$38 R / \$46 NR			

LOCATION: PKCC

INSTRUCTOR: JANE MILLER

Zumba Gold

Zumba® Gold modifies Zumba® fitness to non-impact moves and pacing suiting the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Zesty Latin music, world rhythms, exhilaratingly easy to follow moves and the invigorating party-like atmosphere are exercise in disguise! Feel the music, forget you are exercising and just move with the joy! You don't have to know how to dance, just know how to have fun! All abilities welcome. Wear athletic shoes.

No class 4/9

9666	Thur	4/2-4/30	10:30am-11:30am
9667	Thur	5/7-5/28	10:30am-11:30am
9668	Thur	6/4-6/25	10:30am-11:30am
9669	Thur	7/2-7/23	10:30am-11:30am
9670	Thur	7/30-8/20	10:30am-11:30am
\$35 R / \$42 NR			

LOCATION: PKCC

INSTRUCTOR: JOAN WILDE

Line Dancing

Line Dancing is a great way to exercise your body and mind while meeting new friends and listening to some great music. This class includes basic line dancing for the beginner along with more challenging dances for the more advanced dancer. A new dance is taught at every class as well as reviewing previously taught dances. All abilities welcome! No partner needed. This class will not be pro-rated.

DROP-IN RATE \$7

9636	Tue	4/7-5/12	10:00am-11:00am
9638	Tue	5/19-6/30	10:00am-11:00am
\$35 R / \$42 NR			

LOCATION: PKCC

INSTRUCTOR: ELOISE CHINN

Yoga for Beginners

With over 20 years' experience teaching Yoga, Sally 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!

No class 5/25, 7/3

MONDAYS

9720	Mon	4/13-5/4	10:00am-11:00am
9721	Mon	5/11-6/8	10:00am-11:00am
\$40 R / \$48 NR			

WEDNESDAYS

9722	Wed	4/15-5/6	10:00am-11:00am
9723	Wed	5/13-6/3	10:00am-11:00am
\$40 R / \$48 NR			

9724	Wed	6/10-6/17	10:00am-11:00am
\$20 R / \$24 NR			

THURSDAYS

9725	Thur	4/16-5/7	9:15am-10:15am
9726	Thur	5/14-6/4	9:15am-10:15am
\$40 R / \$46 NR			

9727	Thur	6/11-6/18	9:15am-10:15am
\$20 R / \$22 NR			

LOCATION: PKCC

INSTRUCTOR: SALLY RODICH

Tai Chi & Meridian Stretching (Bilingual)

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 well-being. This class will be taught in English and Chinese. Bring grabbing socks and mat or rug. Please note the date changes for this session.

No class 7/23

9644	Thur	4/23-5/21	3:00pm-4:15pm
9645	Thur	6/4-7/2	3:00pm-4:15pm
9646	Thur	7/16-8/20	3:00pm-4:15pm
\$50 R / \$60 NR			

LOCATION: PKCC

INSTRUCTOR: HELEN HUANG

SPORTS

Golf Instruction

Learn to play golf in the comfortable atmosphere of the Redwood Golf Center in Woodinville. A PGA instructor teaches group lessons. Learn basic golf, grip stance, swing, rules and etiquette. By the end of this 4-part series you will be able to play on the golf course. Bring your own clubs or try the Golf Center's demo clubs. Location: Redwood Golf Center, 13029 Redmond-Woodinville Rd NE, Woodinville4 classes

9555	Fri	4/3-4/24	10:00am-11:00am
9556	Fri	5/1-5/22	10:00am-11:00am
9557	Fri	6/5-6/26	10:00am-11:00am
9558	Fri	7/3-7/24	10:00am-11:00am
9559	Fri	8/7-8/28	10:00am-11:00am
\$89 R / \$99 NR			

LOCATION: OFF SITE LOCATIONS

INSTRUCTOR: REDWOOD GOLF CENTER

Softball Recruitment is in Full Swing!

If you are age 55+ and have played softball or simply want to play (no experience required), recruitment for the 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 425.827.1109 or Jerry Standal 425.827.1198.



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 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: 425.286.1029 or emails LydiaB@mynorthshore.org.

Family Caregiving Consultation

Family caregivers provide a wide range of unpaid services to their loved ones. You may care for a loved one at home or provide long distance support. The Social 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 Cindy Tang, MS, 425.286.1047 or email CindyT@mynorthshore.org. 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.

Call Cindy Tang, MS, 425.286.1047 or email CindyT@mynorthshore.org to schedule an appointment.

Community Resource Specialist Consultation **NEW!**

Have you ever wondered if you might be eligible for financial assistance programs or other cost-saving services through the county, state or federal government? Do you need assistance accessing public services and programs to help sustain your quality of life? The NEW Community Resource Specialist, Gul Subaykan, is available to help.

Services include:

- Help connecting individuals to public benefits they may be eligible for
- Support completion of application materials to access benefits. (Examples may include accessing VA benefits, DSHS assistance, public utilities, food assistance, property tax relief, etc.)
- Make direct referrals to other resources for assistance
- Serve as an advocate for individuals as needed

This is a FREE service. Please call for an individual appointment.

**Wednesdays by appointment.
Call Gul Subaykan at 425-286-1072 or email guls@mynorthshore.org.**

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, MS, 425.286.1047 or email CindyT@mynorthshore.org. FREE.**

SUPPORT GROUPS

Coffee Hour

2ND & 4TH MONDAY OF THE 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. Will not meet 5/25 & 8/24.

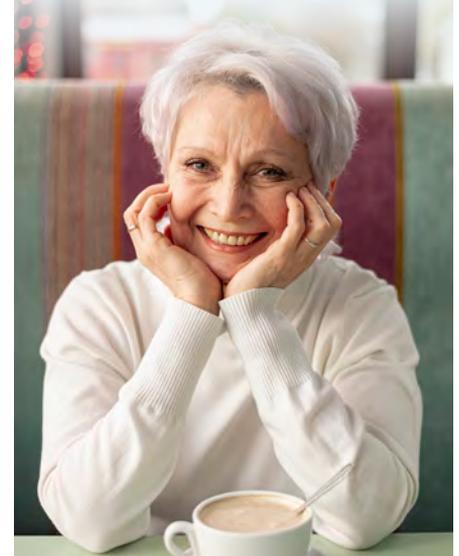
COORDINATED BY CINDY TANG, MSW

Caregiver Support Group

FIRST MONDAY OF THE 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.

FACILITATED BY CINDY TANG, MSW



Veterans Benefits Panel **NEW!**

Are you a veteran and have you ever wondered what benefits are available to veterans? Please join us for an informative panel with representatives from Veterans Affairs & Aging and Disability Services. Stacy Kerns from the Washington Department of Affairs will address VA service and non-service connected benefits including SSI and SSDI. You will receive information on basic qualifications, necessary paperwork and how the process usually works. She will also be available to answer questions on VA benefits and make appointments with you for further assistance. Navy Veteran and PEARLS (Program to Encourage Active, Rewarding Lives) Counselor Suzet Tave will be here to tell you more about the PEARLS program and how she can help you. PEARLS counselors meet individually and help identify and solve problems that are linked to making you feel sad, down, or hopeless. PEARLS offer short-term intervention that supplements services to veterans, veteran spouses and spouse survivors who are 55+ in King County. Pre-registration required.

9728 Daily 4/15 1:00pm-2:30pm
FREE R / FREE NR

LOCATION: PKCC

PRESENTERS: STACY KERNS, VETERAN BENEFITS SPECIALIST/WA DEPT. OF VETERAN AFFAIRS AND SUZET TAVE, NAVY VETERAN & PEARLS COUNSELOR, AGING & DISABILITY SERVICES.

Living Well with Diabetes/Pre-Diabetes

Living with diabetes can mean a constant struggle to lose weight, count carbs, control blood sugar and avoid problems. It can leave you feeling tired and depressed and unable to do the things you love. Update your knowledge with the latest information and strategies in this free 6 session workshop. Make sure you are in charge—not your diabetes. Pre-registration required.

9729 Fri 4/17-5/22 1:00pm-3:30pm
FREE R / FREE NR

LOCATION: PKCC

FACILITATORS: LYDIA BARNSLEY, LPN AND JANET ZIELASKO, MS, LSW

Mandala—Creative Tool for Mindfulness **NEW!**

Mandala- loosely translated means “circle”, but it is more than a simple shape. It represents wholeness and can be seen in all areas of life. Creating a mandala is an activity that can reduce stress, bring about peace and reduce calmness. When drawing a mandala you work on focusing from the center of the circle to the outer edge. Learn how to make a collage mandala using photos, paints, crayons, colored pencils, pastels and whatever you may wish to include in making this creative tool for mindfulness.

9730 Mon 4/20 1:00pm-2:30pm
FREE R / FREE NR

LOCATION: PKCC

Managing Chronic Pain **NEW!**

The Chronic Pain Self-Management Program is a FREE 6-week workshop that teaches practical skills that can help with the day-to-day management of chronic pain, with a focus on increasing a participant’s confidence and motivation needed to manage the daily challenges of living with chronic pain. Minimum of 8 or class cancels. Pre-registration required.

9733 Mon 5/11-6/22 1:00pm-2:30pm
FREE R / FREE NR

LOCATION: PKCC

FACILITATED BY JANET ZIELASKO, MS, LSW AND CINDY TANG, MSW

Legal and Financial Planning for Alzheimer’s Disease **NEW!**

If you or someone you know is affected by Alzheimer’s disease or dementia, the time for legal and financial planning is now. Join us to learn about important legal and financial issues you may face and how to put plans in place. Pre-registration required.

9734 Fri 5/29 1:00pm-2:30pm
FREE R / FREE NR

LOCATION: PKCC

PRESENTER: REPRESENTATIVE FROM THE ALZHEIMER’S ASSOCIATION,

Cannabis Education, Product Information and Medicinal Uses

Join our certified medical consultants to learn about the medicinal & recreational benefits of cannabis. We will focus on how to navigate product quality, dosage and safe use information to determine what’s best suited for you. Cannabis can provide relief for sleep issues, appetite loss, chronic pain, inflammation, anxiety, tremors/spasms and more. With so many products in today’s market we will cover everything from bath salts, soda, tinctures and treats! This educational discussion will be dedicated to answering cannabis questions and concerns.

9735 Mon 7/13 1:00pm-2:30pm
FREE R / FREE NR

LOCATION: PKCC

PRESENTERS: REPRESENTATIVE FROM THE NOVEL TREE, CERTIFIED MEDICAL CONSULTANT

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.

9736 Fri 8/7 1:00pm-2:30pm
FREE R / FREE NR

LOCATION: PKCC

PRESENTER: PUGET SOUND KIDNEY CENTER REPRESENTATIVES

Mindfulness Practice: Living a Healthier & Happier Life

“When you change the way you look at things, the things you look at will change.” Please join us for a ninety-minute presentation with a specialist who will discuss about mindfulness and meditation. Mindfulness is the state of active, open awareness of the present. You observe your thoughts and feelings without judgment. Learn how to be mindful and control your focus of attention!

9737 Mon 8/17 1:00pm-2:30pm
FREE R / FREE NR

LOCATION: PKCC

PRESENTER: SOUND GENERATIONS

EvergreenHealth HEALTH AND NUTRITION CLASSES

FREE

Why am I Dizzy? **NEW!**

Learn the symptoms and causes of balance disorders related to the inner ear. Also, what your doctor will need to know to help you and what can be done to manage your symptoms.

Fri 4/3 12:45pm-2:00pm

The Low-Down on High Blood Pressure

Get the low-down on hypertension, risk factors and the latest treatment options. Explore how diet, exercise and medication can affect your blood pressure.

Fri 4/17 12:45pm-2:00pm

The Art of Positive Thinking **NEW!**

Do you know the words we use and the thoughts we have can actually make us sick? Join this discussion on the power of positive thinking and self-talk.

Fri 5/1 12:45pm-2:00pm

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.

Fri 5/22 8:30am-10:30am

Summer Nutrition

With summer upon us, there will be many parties, barbecues and other gatherings that will offer new challenges in maintaining health lifestyles. Learn healthy eating strategies and discover quick, fun and easy menu choices as well as tips for appropriate water consumption for those warm summer days.

Fri 6/5 12:45pm-2:00pm

You & Your Medication

Take an active role in your healthcare by learning more about the medications you take every day. A pharmacist will discuss common drug interactions and side effects, how aging affects medication and how to effectively communicate with your pharmacist.

Fri 6/19 12:45pm-2:00pm

Preventative Eye Care

Learn steps to help prevent glaucoma, macular degeneration and other eye diseases.

Fri 7/10 12:45pm-2:00pm

Melt Away Tension with Acupressure **NEW!**

Use your fingers to melt away your tension. Join this fun, interactive and effective class. Acupressure your way to better health!

Fri 7/24 12:45pm-2:00pm

Light on Your Feet

Are tired, aching feet slowing you down? Explore common foot ailments, treatment options and the best shoes and products available to keep you light on your feet.

Fri 8/7 12:45pm-2:00pm

The Arthritis & Diet Connection

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 8/21 12:45pm-2:00pm

TO REGISTER FOR EVERGREEN HEALTH CLASSES,
CALL 425.899.3000 AND PRESS 1.



Moving to a Simpler Life

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

9732 Tue 4/21-4/28 1:00pm-3:00pm

FACILITATED BY MINDY GARNER,
ELDER MOVE ALLIANCE

Aging & Options for Care **NEW!**

Join us for an in-depth look at the needs for care while we age. Learn about the different options for care available in our community, the levels of care and the different types of settings of living. Having the knowledge, being aware and being prepared will help you make good decisions for planning ahead.

9731 Tue 4/21 10:00am-11:00am
FREE R / FREE NR

FACILITATED BY TIBI BOTOCAN,
A1 SENIOR CARE ADVISORS



HEALTH SERVICES

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.

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 info@fancyfeet.com.

Meals on Wheels Program

Nutritional frozen meals are available for the homebound. Liquid supplements available. For info call 425.587.3360.

Lunch Nutrition Program

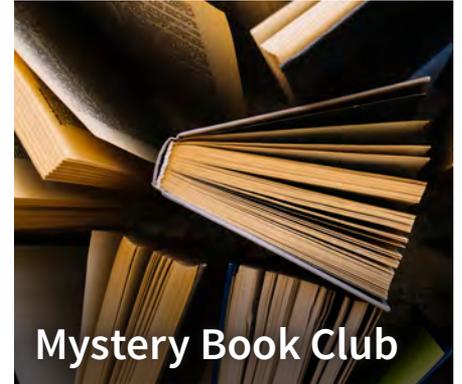
Nutritious meals served at 12pm, Mon, Tues., Wed and Friday. Check-in is first come, first served starting at 11am. Lunch is \$4 donation for persons 60+; all others \$6.

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.



Mystery Book Club

Participants will select a-book-of-the-month and then meet to share their reading experiences. Join us and bring along your favorite mystery. Everyone welcome! Group meets the 1st Wednesday of each month, 1-2pm. Free!

4/1-6/3 12:30pm-2:00pm
7/1-9/9 12:30pm-2:00pm



Games

CHECKERS, CHESS, SCRABBLE, BACKGAMMON AND CRIBBAGE

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

DROP-IN PARTY BRIDGE

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

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!

FINANCIAL SERVICES

Attorney General's Consumer Protection Web Page

Contact the Washington State Attorney General's office regarding privacy protection, online complaint forms, and getting off phone solicitor and junk mail lists. www.atg.wa.gov

Clearpoint Financial Services

Formerly Solutions Consumer Credit Counseling

Provides counseling, money management assistance, advice on debt reduction and the wise use of credit. Call 800.750.2227 or go to www.clearpoint.org.

Property Tax Exemption Program

Did you know that state law provides a tax benefit program for senior citizens and disabled veterans? 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 \$58,423. For more information or to see if you qualify call 206-296-3920 or pick up an exemption guide and application at the Peter Kirk Community Center.

Social Security

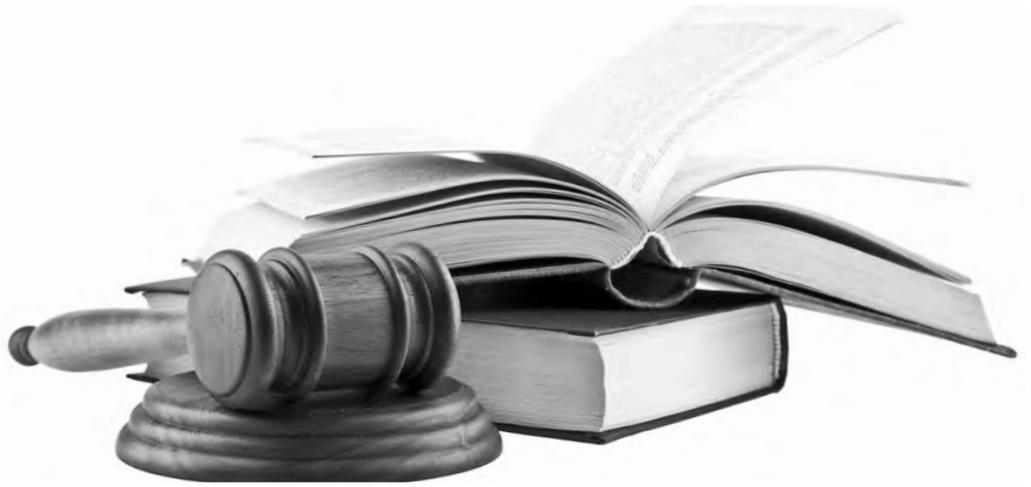
Open 7am-7pm weekdays. Call 1.800.772.1213 or go to www.ssa.gov.

Income Tax Assistance

A trained AARP Tax Aide Volunteer will help you prepare your 2019 tax return. Appointments are available on Fridays from 9am-2pm, February 7-April 10 at the Peter Kirk Community Center. Please call 425-587-3360 as appointments are required.

4841 Fri 2/7-4/10 9:00am-2:00pm
FREE R / FREE NR

LOCATION: PKCC



LEGAL SERVICES

Senior Rights Assistance

A volunteer program that provides free information, referral and support on health insurance, legal and consumer issues. They also sponsor the Elderlaw legal clinic with the Washington Bar Association.

For more information call 1.800.972.9990, email SRA@soundgenerations.org or go to www.soundgenerations.org/get-help/legal-financial/your-rights.

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

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.

CHINESE, LATINO & SOUTH ASIAN SERVICES

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 Meon Yu at the Chinese Information & Services Center, 206.624.5633.

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.

9700	Tue	4/7-6/30	10:00am-12:00pm
9701	Tue	7/7-8/18	12:00pm-2:00pm
FREE R / FREE NR			

LOCATION: PKCC

LATINO SERVICES—WEDNESDAYS

For more information call Clemencia Robayo at Sea Mar Community Health Center, 206.764.8044.

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. Meets the 1st Wednesday of the month.

AGE 50 & UP

9702	Fri	4/1-8/19	10:00am-3:00pm
FREE R / FREE NR			

LOCATION: PKCC

SOUTH ASIAN SERVICES—FRIDAYS

For more information email directorcommunity@iaww.org

Interactive Wellness Program for South Asian Seniors

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.

No class 8/30.

AGE 50 & UP

7995	Fri	4/5-8/23	10:00am-3:00pm
FREE R / FREE NR			

LOCATION: PKCC

COMPUTER CLASSES

Class participant should bring their own laptop or iPad, some PC's are available but no Mac computers are available at PKCC.

One-on-One Computer Assistance

Baffled by your software program? Uncomfortable asking questions in class? Can't figure out that new digital camera? Need to create a customized database or query? Enjoy one-on-one tutoring with Sally Ann Mowrey! Here is a fabulous opportunity to improve your computer skills and enhance your equipment knowledge. Advanced registration required, call 425.587.3360.

Resident \$35 / Non-Resident \$42



Android & More

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.

AGE 18 & UP

9748	Thur	4/9-4/30	1:30pm-3:00pm
\$35 R / \$42 NR			

LOCATION: PKCC

INSTRUCTOR: SALLY ANN MOWREY

Windows & More

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.

AGE 18 & UP

9749	Thur	5/7-5/28	1:30pm-3:00pm
\$35 R / \$42 NR			

LOCATION: PKCC

INSTRUCTOR: SALLY ANN MOWREY

COMMUNITY RESOURCES

Sound Generations

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

Bridge Ministries for Disability Concerns

Services for persons with disabilities. Free used durable medical equipment, guardianship services and consultation. Call 425.885.1006 or go to www.bridgemin.org

Evergreen Community Health Access

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

AARP Area Office

Call 1.888.687.2277 or go to www.aarp.org/states/wa

Benefits Check Online

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

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 (Catholic Comm. Services.)
206.328.5787

Jewish Family Services
206.461.3240

EMPLOYMENT

Employment Service

Low income seniors looking for part-time work. Call Senior Employment Service/AARP, 206.624.6698 or go to www.aarpworksearch.org.

Employment Resource Center

This service 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.

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

For more information call Patrick at 425.587.3012.

TRANSPORTATION OPTIONS

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.

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 space is 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.

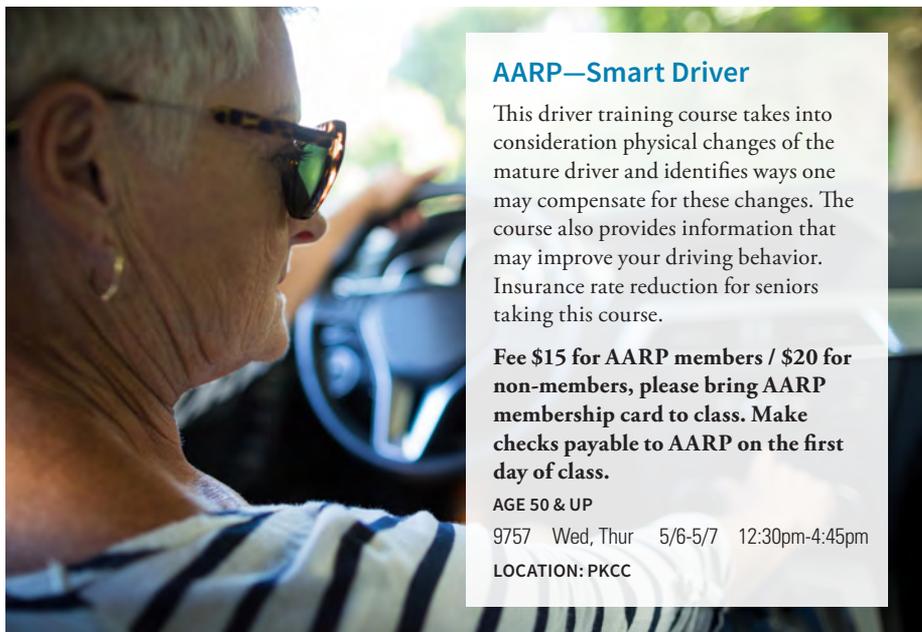
The Kirkland Senior Van is a partnership of the City of Kirkland, King County Metro, and Northshore Senior Center Transportation.

To schedule a ride, please call 425.286.1026 or email nscdispatch@mynorthshore.org.

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.



AARP—Smart Driver

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.

AGE 50 & UP

9757 Wed, Thur 5/6-5/7 12:30pm-4:45pm

LOCATION: PKCC

Access

Transportation to appointments, grocery shopping and the Peter Kirk Community Center. **To schedule, call 206.205.5000 or toll-free 866.205.5001.**

Volunteer Transportation for Seniors

Personal Transportation to medical and other essential appointments. **For rides or to be a volunteer driver, call 206-448-5740 or toll free 1-800-282-5815 or go to www.soundgenerations.org.**

Metro Regional Reduced Fare Permit

Reduced fare passes for ages 65+ and disabled, Fee \$3.

Thur 4/16, 6/18, 8/20 10:00am-11:00am

LOCATION: PKCC

Hopelink Transportation Resources

Transportation to medical appointments for individuals with Medicaid coupons. **Call 1-800-923-7433 or go to www.hope-link.org/need-help/transportation**

Getting Around Puget Sound (GAPS)

Would you like to go the store, library and other destinations without driving? Talk to Hopelink staff and volunteers about where you want to go and get help planning your trip. It's easy and free!

ALL AGES

Thur 4/16, 6/18, 8/20 9:00am-11:00am

FREE R / FREE NR

LOCATION: PKCC

PKCC VAN TRIPS



Van Trip Planning Meeting

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 Fall 2020 & Winter 2021 van trips.

Friday, Apr 17
11am–12pm
PKCC



Shops & Slots AGE 21 & UP

TULALIP CASINO & SEATTLE PREMIUM OUTLETS

9761 Thur 5/7 10:00am-4:00pm
 \$21 R / \$25 NR

SNOQUALMIE CASINO & OUTLET MALL

9762 Thur 7/30 10:00am-4:00pm
 \$21 R / \$25 NR



OUT FOR LUNCH BUNCH

JENO'S (MONROE) **NEW!**

Serving delicious Italian cuisine since 1970.
 9763 Thur 4/9 11:00am-2:00pm
 \$13 R / \$16 NR

THE ATTIC AT SALISH LODGE (SNOQUALMIE FALLS) **NEW!**

Casual and comfortable at its best, featuring a stone hearth pizza oven, furniture to relax in, and a completely updated bar offering specialty cocktails featuring our own Salish Honey, seasonally inspired cocktails, and private label wines. The menu features pizzas and sandwiches hand-crafted and fired in an artisan pizza oven.
 9764 Thur 5/14 11:00am-2:00pm
 \$13 R / \$16 NR

ENDOLYNE JOE'S (ALKI) **NEW!**

Joe's jumps at breakfast, lunch and dinner daily with a tasty menu of updated American classics. They keep things interesting by taking the rest of the menu for a spin through the Americas each quarter.
 9765 Thur 6/11 11:00am-2:00pm
 \$13 R / \$16 NR

CARNATION CAFE (CARNATION)

A casual approach to fine cuisine located in the heart of downtown Carnation.
 9766 Thur 7/9 11:00am-2:00pm
 \$13 R / \$16 NR

BURIEN FISH HOUSE **NEW!**

Delicious fish in a casual environment.
 9767 Thur 8/13 11:00am-2:00pm
 \$13 R / \$16 NR



Pike Place Market

Rhododendron Species Botanical Garden **NEW!**

This 22-acre woodland garden is home to world's largest collection of Rhododendrons. Learn all about the garden on a guided tour with a knowledgeable docent and then take time to explore on your own. Bring lunch money.
 10424 Thur 4/2 8:45am-3:30pm
 \$22 R / \$26 NR

LaConner Tulip Festival Cracked Crab Cruise

This 2 ½ hour cruise features a Dungeness crab lunch, beautiful scenery, fun narrative from your Captain and passage underneath Deception Pass. On your way home visit the Skagit Valley tulip fields. Must sign up by 4/1 to secure reservations.
 10425 Thur 4/16 8:30am-5:00pm
 \$122 R / \$129 NR



Whale Watching

Spring Gray Whale Watching Tour



Each spring, majestic gray whales migrate from the southern waters north to Alaska. In March and April they pass through the Strait of Juan de Fuca and Puget Sound, providing an excellent opportunity to visit and learn about these whales. Enjoy lunch at Arnie's in Edmonds after your fun day at sea. Must sign up by 4/2 to secure reservations.

10426	Thur	4/30	9:15am-3:30pm
			\$123 R / \$129 NR

Vashon Island



Spend the day exploring the "Heart of the Sound" that's just a short ferry ride away. Bring lunch money.

10427	Thur	5/21	8:30am-4:00pm
			\$40 R / \$45 NR

TRIP DIFFICULTY RATING

 MILD WALKING

 MODERATE WALKING

 EXTENSIVE WALKING
TRIP MAY HAVE STAIRS AND
MAY NOT BE ADA ACCESSIBLE

Woodland Park Zoo



Discover the amazing animals and experiences at Woodland Parks Zoo's 92 acres of natural habitats ranging from humid rain forests, coastal deserts and rain forests like the Pacific Northwest. Stop for a late lunch on your way home at Stanford's in Northgate. Bring lunch money.

10428	Thur	5/28	8:30am-3:30pm
			\$37 R / \$42 NR

Little Bit Therapeutic

Riding Tour



Come learn more about this unique riding center that was opened in 1976 to help transform the lives of people with disabilities and how it has grown to be one of the largest nationally accredited therapeutic horsemanship programs in the United States. Bring lunch money.

10429	Thur	6/4	10:00am-3:00pm
			\$20 R / \$24 NR

Pike Place Market



Did you know that one of the country's oldest farmers markets is right here in our own backyard? Enjoy time on your own to explore the stalls, shops and restaurants. Bring lunch money.

10430	Thur	6/18	10:00am-3:00pm
			\$17 R / \$20 NR



Tillicum Village

Ocean Shores Sand & Sawdust Festival



Master carvers from all over the world come to Ocean Shores once a year to compete at this fun and entertaining festival. You will have approximately 4 hours to explore, observe, shop and eat on your own. Bring lunch money.

10431	Fri	6/26	9:00am-7:00pm
			\$35 R / \$42 NR

Tillicum Village



Immerse yourself in history, culture and traditions of the Northwest Native American tribes. Enjoy a fire roasted fish lunch, a story telling show, as well as time to explore the beaches and gift shop. Must sign up by 6/4 to secure reservation. Bring lunch money.

10432	Thur	7/2	10:00am-5:15pm
			\$120 R / \$127 NR

MORE VAN TRIPS
NEXT PAGE



PKCC VAN TRIPS (CONTINUED)



Alderbrook Resort

Snohomish & The Cabbage Patch



Begin the day with lunch at the historical Cabbage Patch restaurant before exploring town on your own. You will have approximately 3 hours to treasure hunt in the charming stores and maybe even grab an ice cream cone. Bring lunch money.

10433 Thur 7/16 10:30am-4:30pm
\$20 R / \$24 NR

Emerald Downs



NEW!

Enjoy an early dinner on your own at the Quick Pix Café before the first race at 6:50pm. Bring lunch money and \$10 admission.

10434 Fri 7/24 3:30pm-10:00pm
\$22 R / \$26 NR

TRIP DIFFICULTY RATING



MILD WALKING



MODERATE WALKING



EXTENSIVE WALKING

TRIP MAY HAVE STAIRS AND
MAY NOT BE ADA ACCESSIBLE

Silver Reef Casino



With player friendly rules and the table limits you want; Silver Reef Casino in Ferndale is the place to play. Bring lunch money.

10435 Thur 8/6 9:00am-5:00pm
\$27 R / \$32 NR

Hood Canal, Elandan Gardens & Alderbrook Resort



NEW!

Enjoy a morning ferry ride to Bremerton before setting off in search of the stunning Elandan Gardens. Be sure to work up your appetite because the next stop is a delicious lunch at Alderbrook Resort, a Northwest tradition since 1913, before returning to the ferry dock to your journey back to Kirkland. Bring lunch money.

10436 Thur 8/20 9:30am-5:00pm
\$44 R / \$49 NR

Chuckanut Drive & The Rhody Cafe



Enjoy a scenic drive along Chuckanut Drive as you make your way to a delicious lunch at the Rhody Café. Bring lunch money.

10437 Thur 8/27 9:30am-5:00pm
\$21 R / \$25 NR

Van Trip Registration & Policy

1. Cancellations requested more than one week prior to the Van Trip are subject to a \$10 processing fee. Cancellations requested less than one week prior to the Van Trip receive a 50% refund minus a \$10 processing fee. Cancellations requested Van Trip day receive no refund.
2. Pre-purchased tickets are non-refundable. This includes all special events. (Theater, movies, cruises, etc.)
3. All van trips depart promptly from the west side of the Peter Kirk Community center. Please arrive 10 minutes prior to scheduled departure, as no refunds will be issued for missed rides.
4. Van trip return times are estimated and may vary depending on traffic, etc.
5. Home pick-up and take-home is available for Kirkland residents who live within the City limits, if requested in advance. A donation of \$2.00 each way is suggested. To request home pick-up, call 425.587.3363 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.

CITY OF 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.

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

Contact for more information please call 425.587.3362.

2019 ACCOMPLISHMENTS

- **Seniors are Artists, Too!** Over 160 pieces of photography, sculptures, paintings and quilts were displayed for the public to view.
- **Viva Volunteer Event:** 25 Non-Profit Organizations were represented and over 200 community members attended.
- **Senior Service Resource Guide:** In partnership with the Human Services team, KSC published the new bi-annual Senior Resource Guide.
- **Neighborhood Association Participation and Other Community Involvement:** Members attend Neighborhood Association meetings on a regular basis. Members also participated in Senior Lobby Day at the State Capitol, "Meet and Greet" sessions with the Eastside State Legislatures, Kirkland's City Hall for All and the Taste of Retirement at the Peter Kirk Community Center.
- **Coming of Age Again:** Published monthly articles in the Kirkland Reporter relating to issues that older adults are facing in the community.



CITY OF KIRKLAND
SENIOR COUNCIL

12th Annual
Senior Art Show
Creativity is Ageless

- Oils and Acrylics
- Watercolor
- Sculpture
- Photography
- Quilts
- Pastel & Drawings
- Other Media

June 12–24, 2020
Reception Friday, June 12
Merrill Gardens / 14 Main Street South

For more information: call Penny Kahn 425.761.5489 or email pkahn55@gmail.com

Juanita Bay Park Events

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

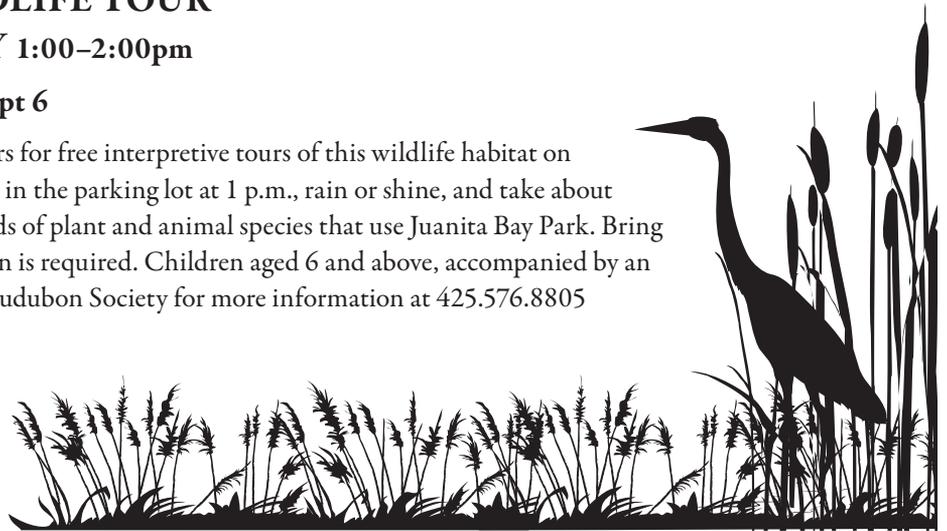
JUANITA BAY PARK WILDLIFE TOUR FIRST SUNDAY MONTHLY 1:00-2:00pm

Apr 5, May 3, Jun 7, Jul 5, Aug 2, Sept 6

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



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



VOLUNTEER IN KIRKLAND PARKS

We need **YOUR** help to build healthy forests and keep Kirkland green! Join the **Green Kirkland Partnership** 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.** One time and ongoing volunteer opportunities are available!

**2020 FEATURED EVENTS IN EARTH MONTH & NEW PARKS
(EVENTS ARE 10 AM - 2 PM)**

Saturday, March 21	Kingsgate Park
Saturday, April 11	McAuliffe Park
Saturday, April 18	North Rose Hill Woodlands Park
Saturday, April 25	South Norway Hill
Friday, June 26	Kingsgate Park
Saturday, June 27	Heronfields / Jaspers Dog Park
3rd Sunday Every Month at Edith Moulton Park	

GREEN KIRKLAND PARTNERSHIP

For full event schedule and to register:
www.greenkirkland.org






OPEN DURING CONSTRUCTION

JUANITA



Fresh Local

FRIDAY MARKET

Since 2007

Kirkland, Washington

Fridays, 3pm to 7pm
June 5 – September 25

Juanita Beach Park · 9703 NE Juanita Drive
www.kirklandwa.gov/JuanitaFridayMarket



NORTH KIRKLAND COMMUNITY CENTER

Kirkland Facility Rentals

HERITAGE HALL | NKCC | PKCC

Heritage Hall, 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.

For more rental information and availability visit kirklandparks.net or email eparks@kirklandwa.gov.

HERITAGE HALL

203 Market Street
425.587.3300

Hall Capacity: 70

Event Capacity: Up to 125 people,
May-September

**NOW AVAILABLE
TO BOOK ONLINE!**

NORTH KIRKLAND COMMUNITY CENTER

12421 103rd Ave NE
425.587.3350

Multi-Purpose Room Capacity: 245

Meeting Room Capacity: 35

PETER KIRK COMMUNITY CENTER

352 Kirkland Ave
425.587.3360

Multi-Purpose Room Capacity: 150

Meeting Room Capacity: 16-32



HERITAGE HALL



PETER KIRK COMMUNITY CENTER



HERITAGE HALL & CENTENNIAL GARDENS



MARINA PARK PAVILION



OO DENNY PARK PICNIC SHELTER

Kirkland Rental Facilities

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.

INDOOR FACILITIES

Heritage Hall & Centennial Gardens

203 Market St / 425.587.3330

**NOW AVAILABLE
TO RENT ONLINE!**

North Kirkland Community Center

12421 103rd Ave NE / 425.587.3350

Peter Kirk Community Center

352 Kirkland Ave / 425.587.3360

ATHLETIC FIELDS GRASS/DIRT

132nd Square Park

13159 132nd Ave NE / 425.587.3330

Crestwoods Park

1818 6th Street / 425.587.3330

Everest Park

500 8th Street S / 425.587.3330

Juanita Beach Park

9703 NE Juanita Dr. / 425.587.3330

Lee Johnson Field at Peter Kirk Park

202 Third Street / 425.587.3330

Various Kirkland Area Lake Washington School District Fields

Multiple locations / 425.587.3330

ATHLETIC FIELDS SYNTHETIC & SYNTHETIC/GRASS

Lakeview Elementary

10400 NE 68th Street / 425.587.3330

Lake Washington High School

12033 NE 80th Street / 425.587.3330

OUTDOOR FACILITIES

132nd Square Park Picnic Shelter/Area

13159 132nd Ave NE / 425.587.3330

Crestwoods Park Picnic Area & Athletic Fields

1818 6th Street / 425.587.3330

Everest Park Picnic Shelter & Athletic Fields

500 8th Street S / 425.587.3330

Houghton Beach Park Picnic Area

5811 Lake Washington Blvd / 425.587.3330

Juanita Beach Park Picnic Areas

9703 NE Juanita Dr / 425.587.3330

**CLOSED FOR
CONSTRUCTION**

Marina Park Pavilion

25 Lakeshore Plaza / 425.587.3330

**NOW AVAILABLE
TO RENT ONLINE!**

OO Denny Park 2 Locations: 1 Picnic Shelter, 1 Picnic Area

12032 Holmes Pt Dr NE / 425.587.3330

Peter Kirk Pool *Available Early June through Labor Day*

340 Kirkland Ave / Reserve online at www.kirklandparks.net or call 425.587.3333

Waverly Beach Park Picnic Shelter

633 Waverly Way / 425.587.3330

Rent Hall, Pavilion, Picnic and Pool Locations Online!

Most locations are now available to rent online for private gatherings. Full site descriptions, a rental site comparison table, rental policies, prices, availability and booking access are available at kirklandparks.net.

Plan Ahead!

Heritage Hall, the Marina Park Pavilion, the Community Centers and Athletic Fields require a minimum of 30 calendar days in advance to book. The picnic shelters and Peter Kirk Pool require a minimum of 7 calendar days. Visit kirklandparks.net for additional information.

For More Information:

Athletic Field Use dimensions, fees, policies, application materials and a detailed list of all fields offered are available at kirklandparks.net.

Discover. Create. Explore.



Summer Camps

Performance & Skills-Based
Camps for ages 4-19 in Kirkland

Register online! www.studio-east.org



Studio East's annual summer teen musical

ANYTHING GOES

Directed by Lani Brockman
Musically Directed by Susan Bardsley
Choreographed by Karen Omahen

Tickets: www.kpcenter.org



All performances at
Kirkland Performance Center
July 25 - August 2, 2020



Kirkland Parks &
Community Services
123 5th Avenue
Kirkland, WA 98033

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PERMIT NO. 268

ECRWSS
Local Postal Customer

JOIN OUR TEAM!



2020 JOB FAIR • MAR 25 • 3:30–6:30PM
PARKS MAINTENANCE BLDG, 12006 120TH PL NE

**FLEXIBLE
HOURS**

**ADDITIONAL
INCOME**

**COMMUNITY
ENGAGEMENT**

**SOMETHING
NEW EVERY
DAY!**

Adult & Youth Tennis Instructors

Game, set, match! Spend time outdoors playing and teaching tennis to kids and adults.

Day Camp Directors/Leaders

Spend time outdoors, playing games, going on walks, doing crafts and just having fun.

Preschool Camp Instructors

We need your colorful, creative personality to foster the imagination and artistic abilities in Preschool Art and Preschool Theater summer camps.

Aquatics (Swim Instructors, Lifeguards)

Join the Peter Kirk Pool staff, teach swim lessons, become lifeguard certified and work outdoors all summer.

After School Camp Leaders/ Director (Creator of Happiness)

Spend time outdoors, playing games, going on walks, doing crafts, helping with homework and just having fun.

www.kirklandwa.gov/ParksJobs

