

KIRKLAND RECREATION GUIDE

FALL 2023 / WINTER 2024



TEEN PROGRAMS

PAGE 26

ADULTS 50+

PAGE 42

BALLOT MEASURE

PAGE 2

HARVEST FESTIVAL

BACK PAGE



REGISTRATION BEGINS SOON!

NEW! Registration begins August 23 at 7 AM for residents and August 30 at 8 AM for non-residents! Sign up at KirklandParks.net or call 425-587-3336

EXPANDING KIRKLAND AQUATICS, RECREATION, AND PARKS

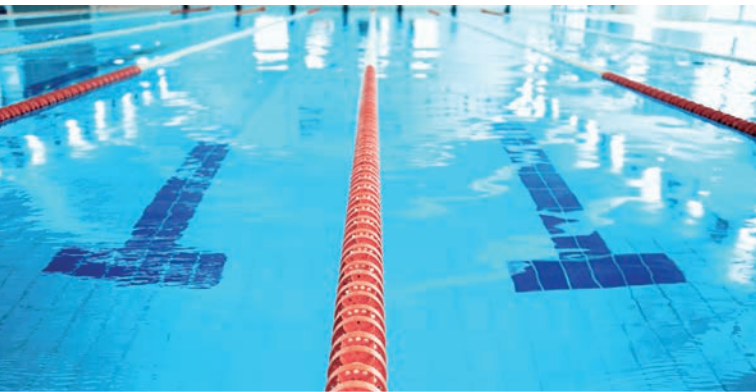


Photo credit: Fort Collins, CO



THE BACKGROUND

Kirkland loves its parks, open spaces, and recreational opportunities. Community feedback during the 2022 Parks, Recreation and Open Space (PROS) Plan update reaffirmed this need and the community's desire for more recreational programs, services, and facilities.

To address this need City Council adopted Ordinance No. O-4857 to create funding for expanded aquatics, recreation and parks facilities, operations, and programs. And as described in O-4857, the City is committed to building an 86,000 square foot aquatic and recreation center at the former Houghton Park and Ride.

To support the operations of this facility and other priority investments, City Council has put a measure for a levy lid lift on the November 7 ballot.

THE DECISION IS YOURS NOVEMBER 7

WHAT WOULD THE MEASURE FUND?

Proposition #1: Levy Lid Lift for Expanded Aquatics, Recreation, and Parks Facilities, Operations, and Programs would fund the following:

- Operations for an 86,000 square foot indoor aquatic and recreation center (to be constructed separately)
- More year-round restrooms
- Enhanced park safety & park rangers
- New sport courts for pickleball and volleyball
- Expanded teen programs and teen center (KTUB) operations
- Increased beach lifeguarding & water safety programs
- Green loop trail networks

LEARN MORE

For more information, visit kirklandwa.gov/Parks2023Ballot



Kirkland Parks and Community Services is where community grows!



We grow the Kirkland community in multiple ways from health and wellness to the natural environment to economic development.

We provide classes, programs, and opportunities for all ages and abilities to grow healthier. Did you know that access to recreation facilities and frequency of park visits correlate with improved health and wellness? Research has demonstrated that one of the single best things you can do for your health is a 30-minute daily walk in the park. With 52 parks in Kirkland, you could visit a new park every week of the year!

We are also proud to be environmental stewards and manage more than 698 acres of parks and green space. Through the Green Kirkland Partnership, we plant thousands of native plants each year to grow wildlife habitats and mitigate the impacts of climate change. This summer we completed the renovation of 132nd Square Park with new environmental sustainability initiatives.

We grow the economy each summer by hiring over 150 employees as lifeguards, swim instructors, camp counselors, groundskeepers, park rangers and more. This year we also hired the City's first homelessness outreach coordinator. We have been a 'first job' for many Kirkland youth and are grateful for all those who spend their summers learning and growing with us.

We are constantly growing and adapting to the needs and interests of the Kirkland community and are happy to announce that starting with the August 2023 registration period, Kirkland residents will be able to register prior to the general community.

Whether you are looking for teen programs, fitness classes, after-school care, senior programs, preschool programs, or facility rentals, we hope this guide helps you find activities to inspire you. I hope to see you out in the parks, at a yoga class, or at Harvest Festival on October 7, 2023!

Lynn Zwaagstra
Director of Parks and Community Services



KIRKLAND RECREATION GUIDE

FALL / WINTER 2023

Facilities Information & Class Locations

Kirkland City Hall
123 Fifth Ave
425-587-3330

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

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

Peter Kirk Pool
340 Kirkland Ave

132nd Square Park
13159 132nd Ave NE

Crestwoods Park
1818 Sixth St

Edith Moulton Park
13634 108th Ave NE

Heritage Hall/Park
203 Market St

Juanita Beach Park
9703 NE Juanita Dr

McAuliffe Park
10824 NE 116th St

North Rose Hill Woodlands Park
9930 124th Ave NE

Spinney Homestead Park
11710 NE 100th St

Emerson K-12 School
10903 NE 53rd St

Finn Hill Middle School
8040 NE 132nd St

Northwest University
5520 108th Ave NE

Peter Kirkland Elementary School
1312 6th St

Kaizen Academy
9620 153rd Ave NE #A5
Redmond

Kamiakin Middle School
14111 132nd Ave NE

Redwood Golf Center
13029 Redmond-Woodinville Rd NE

Redmond Sno King Ice Arena
14326 124th Ave NE

| | |
|----|----------------|
| 06 | PARENT & CHILD |
| 11 | PRESCHOOL |
| 16 | CAMPS |
| 20 | YOUTH |
| 26 | TEEN |
| 31 | ADULTS |
| 42 | 50+ ADULTS |

City Council

Penny Sweet, Mayor
Jay Arnold, Deputy Mayor
Neal Black
Kelli Curtis
Amy Falcone
Toby Nixon
Jon Pascal

Park Board

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

Three Ways to Register

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



ONLINE AT KIRKLANDPARKS.NET

When enrolling online, please sign your electronic waiver and print your receipt when prompted.



WALK-IN (OPEN AT 8:00 AM)

North Kirkland Community Center
12421 103rd Ave NE

Peter Kirk Community Center
352 Kirkland Ave

Kirkland City Hall
123 Fifth Ave



PHONE-IN

425-587-3336
Monday–Friday,
8:00 AM–5:00 PM

Please have 5 digit course number and credit card information ready.
On registration day, 8/23/23 phone line opens at 7 AM or 8/30/23 at 8 AM.

Register for programs

NEW! REGISTRATION BEGINS **August 23 at 7 AM** FOR KIRKLAND RESIDENTS ONLINE AND BY PHONE AND **August 30 at 8 AM** FOR NON-RESIDENTS!

All Are Welcome

The City of Kirkland is committed to offering programs and services that are inclusive and where people from all backgrounds feel a sense of belonging, regardless of race, gender identity, gender expression, sexual orientation, socioeconomic position, or physical/cognitive ability.

Please visit www.kirklandwa.gov/Recreation for our inclusion policies. Kirkland Parks and Community Services is committed to accommodating people with disabilities and will make every reasonable effort to ensure that programs and services are accessible. To request an accommodation, please call us at 425-587-3300. TTY/TTD 425-587-3111

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

Kirkland Parks and Community Services staff are unable to provide personal care (feeding, toileting assistance, giving medications, transfers, etc.). Participants in need of personal assistance are encouraged to participate with a caregiver. Older adults with care needs may be eligible for community-based programs, such as adult day care centers (see page 55). Contact EvergreenHealth Community Health Care Access Team at 425-899-3200 for other options.

Inclement Weather

The safety of program participants and staff is the primary consideration when determining whether programs should be canceled, rescheduled, or modified due to inclement weather, excessively high or low temperatures, poor or icy road conditions, poor air quality, or other events which may jeopardize safety. The City of Kirkland typically follows the lead of the Lake Washington School District when determining cancellations during the school year. 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 according to the Environmental Protection Agency's (EPA) website www.airnow.gov, all outdoor programs will be canceled or rescheduled. Additionally, the Peter Kirk Pool will be closed, and beaches will not be staffed by lifeguards. Refunds will be considered on an individual program basis but are not guaranteed

Our inclement weather hotline is 425-587-3335.

Accommodation of Disabilities

The City of Kirkland is committed to accommodating citizens with disabilities and special needs. Kirkland Parks and Community Services will make every reasonable effort to ensure that programs are accessible. If you need assistance participating in our activities, please call us at 425-587-3300. TTY/TTD 425-587-3111.

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

Title VI

Kirkland's policy is to fully comply with Title VI of the Civil Rights Act by prohibiting discrimination against any person on the basis of race, color, national origin or sex in the provision of benefits and services resulting from its programs and activities. Any person who believes his/her Title VI protection has been violated may file a complaint with the City. To request an alternate format, file a complaint or for questions about Kirkland's Title VI Program, contact the Title VI Coordinator at 425-587-3011 or titlevicordinator@kirklandwa.gov.

Para pedir un formato alternativo, presentar una queja o si tiene preguntas sobre el Programa del Título VI de Kirkland, comuníquese con el coordinador del Título VI llamando al 425-587-3831 o en titlevicordinator@kirklandwa.gov.

Para solicitar um formato alternativo, registrar uma reclamação ou tirar dúvidas sobre o Programa Título VI de Kirkland, entre em contato com o Coordenador do Título VI pelo telefone 425-587-3831 ou em titlevicordinator@kirklandwa.gov.

Чтобы запросить другой формат, подать жалобу или задать вопросы о программе Title VI г. Киркланда, свяжитесь с координатором по номеру 425-587-3831 или по электронной почте titlevicordinator@kirklandwa.gov.

如需获取其他格式、提出投诉或对柯克兰的第六章计划 (Title VI Program) 有疑问, 请致电 425-587-3831 或发送电子邮件至 titlevicordinator@kirklandwa.gov 与第六章协调员联系。

Để yêu cầu một định dạng khác, nộp đơn khiếu nại hoặc nếu có câu hỏi về Chương Trình Tiêu Mục VI của Kirkland, hãy liên hệ với Điều Phối Viên Tiêu Mục VI theo số 425-587-3831 hoặc titlevicordinator@kirklandwa.gov.

다른 형식을 요청하거나, 민원을 제기하거나, 커클랜드의 제VI편 프로그램 (Title VI Program)에 관한 문의 사항이 있는 경우, 전화 425-587-3831번 또는 이메일 titlevicordinator@kirklandwa.gov로 제VI편 코디네이터에게 문의하십시오.

Refunds / Cancellations / Transfers

- To request a transfer or cancellation, please email us at eParks@kirklandwa.gov or call 425-587-3330.
- Refunds are granted if a request is made at least five business days prior to the start of a program, less a \$10.00 administrative fee applied to each program withdrawn.
- A 50% refund of the registration fee will be granted for program withdrawal requests received less than five business days prior to the start of program.
- Please note: Programs paid by check or cash will be refunded by check. No refunds will be given for programs that cost less than \$10.00.
- No refunds will be issued on or after the first day of program.
- Online enrollments resulting in withdrawals are subject to cancellation policies listed above.
- A 100% refund will be given if a program is canceled by Kirkland Recreation.
- Transfers must be requested five business days prior to the start of a program. (exception: progressive level transfers directed by program instructor.
- Visit www.kirklandwa.gov/ParkRentals for facility rental cancellation and change policies.
- Community Center Special Events: Unless otherwise noted, event tickets will be available until 5pm seven business days prior to the event. No tickets will be sold the day of the event. Event tickets are not refundable or transferable.

Disclaimer

This schedule of activities is published for informational purposes only. We strive to produce the most accurate guide possible. However, some program information may have changed after this guide has gone to print. We will make every effort to notify participants of the changes. Our website www.kirklandparks.net will be most up-to-date.

WATCH FOR THESE ICONS



New Program



Virtual Program



Family Program



NOW OPEN

132nd Square Park – A Park For Everyone

The newly renovated 132nd Square Park opened in July 2023 following the completion of a joint project to upgrade the park's athletic fields while also adding a surface water facility to treat and improve the surface water runoff from nearly 50 acres around the park. Improvements to the park include:

- lighted, synthetic turf multi-use field
- year-round restroom facilities
- all-abilities playground with swings, a zip-line, and a play/sledding hill with integrated slide
- two additional picnic shelters for a total of three reservable picnic shelters
- new artwork "Individually We Transform, Together We Soar" by Cobalt Designworks
- new labyrinth donated to honor late Kirkland residents Joan and Scott Reber
- expanded parking lot with drop-off zone

The surface water facility under the synthetic turf field treats 48.25 acres of impervious surface water runoff resulting in cleaner water entering Juanita Creek and the Totem Lake watershed. This portion of the project was funded by grants from the Washington State Department of Ecology and the King County Flood Control District.

Stop by the new 132nd Square Park today - "A Park for Everyone!"

NEW FREE PLAY PROGRAM *in Kirkland Parks*

Free Play is dedicated time to enjoy passive, drop-in, informal play at athletic fields in Kirkland parks. It is perfect for personal, casual, spontaneous use, like a mom and son tossing a ball, friends playing Ultimate Frisbee, or a family enjoying kickball. The Free Play schedule varies by park and changes seasonally.

Visit kirklandwa.gov/FreePlay for all the details and current schedule.



GOT QUESTIONS? EMAIL EPARKS@KIRKLANDWA.GOV OR CALL 425.587.3330.

PARENT & CHILD

Kids in Motion Parent/Child

Up and over, under and through, balls and streamers, tunnels and YOU! Meet friends, build confidence, and have FUN developing large muscle motor skills. This program progresses with your children...they'll be crawling, climbing, balancing, and bouncing their way through each class! Child must be walking! (No class 11/21, 11/22)

PARENT/CHILD MOTION I

AGE: 1½-2½

| | | | |
|-------|-----|------------|--------------|
| 17212 | Tue | 9/12-10/17 | 9:30-10:15am |
| 17213 | Tue | 10/24-12/5 | 9:30-10:15am |
| 17214 | Tue | 1/9-2/13 | 9:30-10:15am |
| 17215 | Tue | 2/20-3/26 | 9:30-10:15am |

R \$57/NR \$68

LOCATION: NKCC

INSTRUCTOR: HEATHER RODGERS

AGE: 1½-2½

| | | | |
|-------|-----|------------|---------------|
| 17225 | Wed | 9/13-10/18 | 10:35-11:20am |
| 17226 | Wed | 10/25-12/6 | 10:35-11:20am |
| 17227 | Wed | 1/10-2/14 | 10:35-11:20am |
| 17229 | Wed | 2/21-3/27 | 10:35-11:20am |

R \$57/NR \$68

LOCATION: NKCC

INSTRUCTOR: JANICE GOEBEL

PARENT/CHILD MOTION II

AGE: 2-3

| | | | |
|-------|-----|------------|---------------|
| 17216 | Tue | 9/12-10/17 | 10:20-11:05am |
| 17217 | Tue | 10/24-12/5 | 10:20-11:05am |
| 17218 | Tue | 1/9-2/13 | 10:20-11:05am |
| 17219 | Tue | 2/20-3/26 | 10:20-11:05am |

R \$57/NR \$68

LOCATION: NKCC

INSTRUCTOR: HEATHER RODGERS

| | | | |
|-------|-----|------------|--------------|
| 17220 | Wed | 9/13-10/18 | 9:45-10:30am |
| 17221 | Wed | 10/25-12/6 | 9:45-10:30am |
| 17222 | Wed | 1/10-2/14 | 9:45-10:30am |
| 17224 | Wed | 2/21-3/27 | 9:45-10:30am |

R \$57/NR \$68

LOCATION: NKCC

INSTRUCTOR: JANICE GOEBEL

ASK US
ABOUT OUR
SCHOLARSHIP
PROGRAM
See page 35

Parent/Child Dance & Movement

Tickle Toes-Babies in Motion

Assist your little one in a playful exploration of movement and song! Tummy time activities and props are fun for both babies and parents! Don't miss out on the fun of this new baby group. (No class 11/20, 1/15)

AGE: 2M-1YR

| | | | |
|-------|-----|-------------|-----------------|
| 17299 | Mon | 9/11-10/16 | 11:30am-12:15pm |
| 17300 | Mon | 10/30-12/11 | 11:30am-12:15pm |

R \$66/NR \$79

| | | | |
|-------|-----|-----------|-----------------|
| 17301 | Mon | 1/8-2/12 | 11:30am-12:15pm |
| 17302 | Mon | 2/26-3/25 | 11:30am-12:15pm |

R \$55/NR \$66

AGE: 1-2½

| | | | |
|-------|-----|-------------|---------------|
| 17295 | Mon | 9/11-10/16 | 10:30-11:15am |
| 17296 | Mon | 10/30-12/11 | 10:30-11:15am |

R \$66/NR \$79

| | | | |
|-------|-----|-----------|---------------|
| 17297 | Mon | 1/8-2/12 | 10:30-11:15am |
| 17298 | Mon | 2/26-3/25 | 10:30-11:15am |

R \$55/NR \$66

LOCATION: NKCC

INSTRUCTOR: JESSICA ANDERSON



NEW

Happy Seed Yoga

YOGA PLAYDATE WITH YOUR TODDLER

Yoga comes to life in these fun and creative classes designed to stimulate your toddler's growing curiosity. In this class, caretakers and littles will partner with yoga poses while pretending and playing, do animated breathing exercises and move with music. Children will spark their inner yogini while learning emotional calming skills, enhancing language development and motor coordination. (No class 11/23, 2/15)

AGE: 1-4

| | | | |
|-------|-----|-------------|------------|
| 17411 | Thu | 9/14-10/19 | 10-10:45am |
| 17510 | Thu | 10/26-12/7 | 10-10:45am |
| 17511 | Thu | 1/11 - 2/22 | 10-10:45am |
| 17512 | Thu | 2/29-4/4 | 10-10:45am |

R \$66 /NR \$80

LOCATION: NKCC

INSTRUCTOR: MAYLEN ARROYO ALVAREZ





Parent/Child Art & Music

Boogie & Books

Join Miss Karen while she shares whimsical engaging stories and music with instruments to sing-along and boogie to! (No class 2/19)

AGE: 2½-4

| | | | |
|-------|-----|------------|------------|
| 16778 | Mon | 9/11-10/2 | 10-10:45am |
| 16780 | Mon | 10/9-10/30 | 10-10:45am |
| 16782 | Mon | 11/6-11/27 | 10-10:45am |
| 16788 | Mon | 3/4-3/25 | 10-10:45am |
| 16786 | Mon | 1/29-2/26 | 10-10:45am |

R \$41/NR \$49

| | | | |
|-------|-----|------------|------------|
| 16784 | Mon | 12/4-12/18 | 10-10:45am |
|-------|-----|------------|------------|

R \$31/NR \$37

AGE: 3-5

| | | | |
|-------|-----|------------|-----------------|
| 16779 | Mon | 9/11-10/2 | 11:15am-12:15pm |
| 16781 | Mon | 10/9-10/30 | 11:15am-12:15pm |
| 16783 | Mon | 11/6-11/27 | 11:15am-12:15pm |
| 16789 | Mon | 3/4-3/25 | 11:15am-12:15pm |
| 16787 | Mon | 1/29-2/26 | 11:15am-12:15pm |

R \$41/NR \$49

| | | | |
|-------|-----|------------|-----------------|
| 16785 | Mon | 12/4-12/18 | 11:15am-12:15pm |
|-------|-----|------------|-----------------|

R \$31/NR \$37

LOCATION: NORTH ROSEHILL WOODLANDS PARK (SEP-OCT), NKCC (NOV-MAR)
INSTRUCTOR: KAREN RENFROE-GIELGENS

Messy Art for Twos with Parent

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

AGE: 2

| | | | |
|-------|-----|-------------|---------------|
| 17280 | Tue | 9/12-9/26 | 10:30-11:15am |
| 17281 | Tue | 10/10-10/24 | 10:30-11:15am |
| 17283 | Tue | 11/7-11/21 | 10:30-11:15am |
| 17466 | Tue | 12/5-12/19 | 10:30-11:15am |
| 17285 | Tue | 1/9-1/23 | 10:30-11:15am |
| 17286 | Tue | 2/6-2/20 | 10:30-11:15am |
| 17287 | Tue | 3/5-3/19 | 10:30-11:15am |

R \$30/NR \$36

LOCATION: NKCC
INSTRUCTOR: MONIQUE BAYNE

PARENT & LITTLE BARRE CLASS

See page 36



NO PRE-REGISTRATION DROP IN PROGRAM

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

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

DATE AND TIME

2023 Wednesdays • 9/13 - 12/13
2024 Wednesdays • 1/10 - 3/27
10am-1pm
No Indoor Play on 11/22

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

LOCATION: NKCC



PARENT & CHILD

Parent/Child Art

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

KNICK KNACK WELCOME BACK!

It's back to school time, so grab a smock and join the fun while we make fall come alive with apples, leaf art and more!

AGE: 2½-3½

17288 Tue 9/12-9/26 9:30-10:15am
R \$30/NR \$36

LOCATION: NKCC
INSTRUCTOR: MONIQUE BAYNE

JACK-O-LANTERN JAMBOREE!

Spiders and pumpkins and ghosts, oh my! Don't be afraid, they're cute, friendly, and fun to make and when you are done, it's a project to take.

AGE: 2½-3½

17289 Tue 10/10-10/24 9:30-10:15am
R \$30/NR \$36

LOCATION: NKCC
INSTRUCTOR: MONIQUE BAYNE



WIBBLE WOBBLE GOBBLE GOBBLE

We are whipping up some pumpkin pie dough, rainbow turkeys, and more in this class that will have you "thankful" you signed up!

AGE: 2½-3½

17294 Tue 11/7-11/21 9:30-10:15am
R \$30/NR \$36

LOCATION: NKCC
INSTRUCTOR: MONIQUE BAYNE

MITTENS AND MISTLETOE

Holiday inspired arts and craft projects are planned...think silver and gold and let the glitter unfold!

AGE: 2½-3½

17290 Tue 12/5-12/19 9:30-10:15am
R \$30/NR \$36

LOCATION: NKCC
INSTRUCTOR: MONIQUE BAYNE

FROSTY AND FRIENDS

What to do when it's cold and frosty outside? Come inside where we'll make indoor snow, snowmen, and more!

AGE: 2½-3½

17291 Tue 1/9-1/23 9:30-10:15am
R \$30/NR \$36

LOCATION: NKCC
INSTRUCTOR: MONIQUE BAYNE

BE MINE...VALENTINE

Roses are red, hearts are too, it's a lovable class for lovable you. We'll bring out the lace, the red, and the pink, we'll make everything as sweet as you can possibly think!

AGE: 2½-3½

17292 Tue 2/6-2/20 9:30-10:15am
R \$30/NR \$36

LOCATION: NKCC
INSTRUCTOR: MONIQUE BAYNE



LUCKY CHARMS AND LEPRECHAUNS

Blarney Stones and rainbows and pots o' gold for taking, lucky charms and shamrocks are crafts you will be making. Lucky you!

AGE: 2½-3½

17293 Tue 3/5-3/19 9:30-10:15am
R \$30/NR \$36

LOCATION: NKCC
INSTRUCTOR: MONIQUE BAYNE

Parent/Child Cooking

Cooking for Preschoolers

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

APPLE OF MY EYE

AGE: 2½-4

16790 Wed 9/13-9/27 10:30-11:30am

R \$54/NR \$65

LOCATION: MCAULIFFE PARK ATRIUM

INSTRUCTOR: KAREN RENFROE-GIELGENS

LITTLE PUMPKIN PIE

AGE: 2½-4

16791 Wed 10/4-10/25 10:30-11:30am

R \$72/NR \$86

LOCATION: MCAULIFFE PARK ATRIUM

INSTRUCTOR: KAREN RENFROE-GIELGENS

OODLES OF NOODLES (NO CLASS 11/22)

AGE: 2½-4

16792 Wed 11/1-11/29 10:30-11:30am

R \$72/NR \$86

LOCATION: MCAULIFFE PARK ATRIUM

INSTRUCTOR: KAREN RENFROE-GIELGENS



GINGERBREAD HOUSE

AGE: 2½-4

16799 Wed 12/6 10:30-11:30am

16801 Wed 12/13 10:30-11:30am

R \$20/NR \$24

LOCATION: MCAULIFFE PARK ATRIUM

INSTRUCTOR: KAREN RENFROE-GIELGENS

HUGS AND CHOCOLATE KISSES

AGE: 2½-4

16795 Wed 2/7-2/28 10:30-11:30am

R \$72/NR \$86

LOCATION: MCAULIFFE PARK ATRIUM

INSTRUCTOR: KAREN RENFROE-GIELGENS

LITTLE SPUDS AND TINY TATORS

AGE: 2½-4

16796 Wed 3/6-3/27 10:30-11:30am

R \$72/NR \$86

LOCATION: MCAULIFFE PARK ATRIUM

INSTRUCTOR: KAREN RENFROE-GIELGENS

Cereal with Santa

SATURDAY, DECEMBER 16 • 9-10AM

Enjoy breakfast with Santa and choose from a variety of his favorite cereals and milks. This event will take place at the North Kirkland Community Center and will feature different breakfast cereals, milks, a Santa around the world craft, and photo opportunities.

Don't forget your camera! Pajamas are encouraged.

Sorry, no refunds for this event.

\$15
CHILD & PARENT
\$6 ADD'L CHILD

NORTH KIRKLAND
COMMUNITY CENTER

Parent/Child General Programs

Tiny Touchés Fencing

Tiny Touchés is an interactive parent/child class which focuses on balance, hand-eye coordination and cognitive growth. This fun introduction to fencing utilizes foam swords during instruction. Class location address is 9620 153rd Ave NE #A5 in Redmond.

(No Class 11/23)

AGE: 3-5

| | | | |
|-------|-----|------------|-----------|
| 16841 | Tue | 9/12-10/17 | 9:30-10am |
| 16842 | Thu | 9/14-10/19 | 9:30-10am |
| 16843 | Tue | 10/31-12/5 | 9:30-10am |
| 16844 | Thu | 11/2-12/14 | 9:30-10am |
| 16845 | Tue | 1/23-2/27 | 9:30-10am |
| 16846 | Thu | 1/25-2/29 | 9:30-10am |

R \$210/NR \$252

| | | | |
|-------|-----|---------|-----------|
| 16847 | Tue | 3/5-4/2 | 9:30-10am |
| 16848 | Thu | 3/7-4/4 | 9:30-10am |

R \$175/NR \$210

LOCATION: KAIZEN ACADEMY
INSTRUCTOR: KEVIN MAR



Self Defense for Children with Parent

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

AGE: 5-8

| | | | |
|-------|-----|------|-----------|
| 16864 | Sat | 10/7 | 12-1:15pm |
| 16867 | Sat | 2/10 | 12-1:15pm |

R \$40/NR \$48

LOCATION: NKCC
INSTRUCTOR: STRATEGIC LIVING, LLC

HALLOWEEN

PEE WEE MONSTER BASH

Wear your Halloween costume and come join the fun at the Monster Bash! We'll have fun carnival style games and activities; the monster mash cookie walk, swamp fishing, batty bowling, and more. Each child will collect small prizes at each booth. It is sure to be a kooky, but not too spooky, good time.

SORRY, NO REFUNDS FOR THIS EVENT. PLEASE LEAVE STROLLERS AT HOME. PRE-REGISTER SINCE THIS EVENT ALWAYS SELLS OUT!

FRI OCT 27 • 10AM-12PM
\$16 per child • Age 1-5 • NKCC



Preschool Dance

Ballet A

This exciting introduction to creative dance emphasizes musical expression, coordination and movement exploration. Mirrors and music create an enchanting dance environment. Parents may join us for the last class to watch and take pictures. Leather-soled ballet slippers required. *(No class 11/11, 11/22, 11/25, 2/17)*

AGE: 3-4½

| | | | |
|-------|-----|------------|---------------|
| 17248 | Wed | 9/13-12/13 | 10:15-11am |
| 17250 | Wed | 9/13-12/13 | 11:10-11:55am |

R \$124/NR \$149

| | | | |
|-------|-----|------------|----------|
| 17252 | Sat | 9/16-12/16 | 9-9:45am |
|-------|-----|------------|----------|

R \$114/NR \$137

| | | | |
|-------|-----|-----------|---------------|
| 17251 | Wed | 1/10-3/27 | 11:10-11:55am |
| 17253 | Sat | 1/13-3/30 | 9-9:45am |

R \$105/NR \$126

LOCATION: NKCC

SATURDAY INSTRUCTOR: ULIANA CLAROS

WEDNESDAY INSTRUCTOR: KATE KINGERY

Ballet B

Older preschoolers and children with previous dance experience will explore musicality, artistic expression and a repertoire of dance steps. Parents may join us for the last class to watch and take pictures. Leather-soled ballet slippers required. *(No class 11/11, 11/22, 11/25, 2/17)*

AGE: 4-6

| | | | |
|-------|-----|------------|--------------|
| 17254 | Wed | 9/13-12/13 | 9:20-10:05am |
|-------|-----|------------|--------------|

R \$124/NR \$149

| | | | |
|-------|-----|------------|--------------|
| 17257 | Sat | 9/16-12/16 | 9:50-10:35am |
| 17259 | Sat | 9/16-12/16 | 12:30-1:15pm |
| 17255 | Wed | 1/10-3/27 | 9:20-10:05am |
| 17249 | Wed | 1/10-3/27 | 10:15-11am |

R \$114/NR \$137

| | | | |
|-------|-----|-----------|--------------|
| 17258 | Sat | 1/13-3/30 | 9:50-10:35am |
| 17260 | Sat | 1/13-3/30 | 12:30-1:15pm |

R \$105/NR \$126

LOCATION: NKCC

SATURDAY INSTRUCTOR: ULIANA CLAROS

WEDNESDAY INSTRUCTOR: KATE KINGERY

DON'T FORGET YOUR DANCE SHOES

Leather soled ballet slippers and tap or hard soled party shoes required.



Ballet/Tap Combo B

Ballet and Tap are explored in this class for the older preschooler and also for children with previous dance experience. Parents may join us for the last class to watch and take pictures. Leather-soled ballet slippers and tap or dress shoes required! *(No class 10/31, 11/21)*

AGE: 4-6

| | | | |
|-------|-----|------------|-------------|
| 17237 | Tue | 9/12-12/12 | 4:40-5:25pm |
|-------|-----|------------|-------------|

R \$114/NR \$137

| | | | |
|-------|-----|----------|-------------|
| 17239 | Tue | 1/9-3/26 | 4:40-5:25pm |
|-------|-----|----------|-------------|

R \$105/NR \$126

LOCATION: NKCC

INSTRUCTOR: KATIE JARVIS

AGE: 5-7

| | | | |
|-------|-----|------------|-------------|
| 17241 | Tue | 9/12-12/12 | 5:30-6:15pm |
|-------|-----|------------|-------------|

R \$114/NR \$137

| | | | |
|-------|-----|----------|-------------|
| 17242 | Tue | 1/9-3/26 | 5:30-6:15pm |
|-------|-----|----------|-------------|

R \$105/NR \$126

LOCATION: NKCC

INSTRUCTOR: KATIE JARVIS

Preschool Class Requirements

- Children must be able to follow directions and participate in small group setting without a parent.
- Please take your child to the bathroom before class.
- No siblings other than infants in carriers; registered participants only.
- Refer to class description for "no class" dates.
- Please be on time for drop-off and pick-up!
- If we cancel an individual class, we will make it up when the schedule allows. If the schedule does not allow for a make-up class, a refund will be issued. No make-ups are available for missed classes.

Most classes held at:
NKCC North Kirkland
Community Center
12421 103rd Ave NE
425-587-3350



CRESCENDO KIDS PIANO CLASSES

by MOVE OVER MOZART

Piano classes designed specifically to meet your child's development and learning styles. Classes include basic music theory, one-on-one piano time, and games or activities all designed to teach and motivate your child to play their best on the piano keyboard. Piano at home is not required but is recommended. New material each session. A one-time materials fee of \$20 due to the teacher on the first day of class. Masks optional. (No class 10/31, 11/23, 2/15, 2/20)

AGE: 3½-4

| | | | |
|-------|-----|------------|-------------|
| 16917 | Tue | 9/19-12/12 | 4:10-4:40pm |
| 16919 | Tue | 9/19-12/12 | 5:20-5:50pm |
| 16923 | Thu | 9/21-12/14 | 4:10-4:40pm |
| 16925 | Thu | 9/21-12/14 | 5:20-5:50pm |

R \$216/NR \$259

| | | | |
|-------|-----|----------|-------------|
| 16943 | Tue | 1/16-4/2 | 4:10-4:40pm |
| 16945 | Tue | 1/16-4/2 | 5:20-5:50pm |
| 16948 | Thu | 1/18-4/4 | 4:10-4:40pm |
| 16950 | Thu | 1/18-4/4 | 5:20-5:50pm |

R \$198/NR \$238

AGE: 5-6

| | | | |
|-------|-----|------------|-------------|
| 16918 | Tue | 9/19-12/12 | 4:45-5:15pm |
| 16920 | Tue | 9/19-12/12 | 5:55-6:25pm |
| 16924 | Thu | 9/21-12/14 | 4:45-5:15pm |
| 16926 | Thu | 9/21-12/14 | 5:55-6:25pm |

R \$216/NR \$259

| | | | |
|-------|-----|----------|-------------|
| 16944 | Tue | 1/16-4/2 | 4:45-5:15pm |
| 16946 | Tue | 1/16-4/2 | 5:55-6:25pm |
| 16949 | Thu | 1/18-4/4 | 4:45-5:15pm |
| 16951 | Thu | 1/18-4/4 | 5:55-6:25pm |

R \$198/NR \$238

LOCATION: NKCC

INSTRUCTOR: PAMELA CORNELL

Preschool Art & Music

Art Lab

Let's investigate the science behind famous art techniques! We'll also experiment with chemical reactions to create original artwork. Prepare your artist to get messy and use their 5 senses! (No class 11/20, 1/15)

AGE: 3½-5

| | | | |
|-------|-----|-------------|--------------|
| 17303 | Mon | 9/11-10/16 | 9:30-10:15am |
| 17304 | Mon | 10/30-12/11 | 9:30-10:15am |

R \$57/NR \$68

| | | | |
|-------|-----|-----------|--------------|
| 17305 | Mon | 1/8-2/12 | 9:30-10:15am |
| 17306 | Mon | 2/26-3/25 | 9:30-10:15am |

R \$48/NR \$58

LOCATION: NKCC

INSTRUCTOR: JESSICA ANDERSON

Preschool Drama Kids

Students will participate in a wide range of creative activities, including speech, dramatic movement, improvisation, snippets, and scene starters. This younger age drama program will include a variety of adventure-based activities. In a fun-filled atmosphere, this program aims to give young people ongoing confidence, self-esteem, and verbal communication skills. (No class 11/22)

AGE: 4-5

| | | | |
|-------|-----|------------|-------------|
| 17418 | Wed | 9/20-12/13 | 2:30-3:30pm |
| 17464 | Wed | 1/10-3/27 | 2:30-3:30pm |

R \$324/NR \$389

LOCATION: NKCC

INSTRUCTOR: DRAMA KIDS

SNOWFLAKE

Ball

*Dance the night away
with your special guest.*

FRIDAY * DECEMBER 8, 2023 * 6:30-8:30PM

Everyone is invited to participate in this enchanting evening that includes music, a thematic craft, and light refreshments. Dress to impress so the photographer can capture what is sure to be a treasured memory!

\$35

AGE: 3-9

NORTH KIRKLAND
COMMUNITY CENTER

Sorry, no refunds for this event. PRE-REGISTER SINCE THIS EVENT ALWAYS SELLS OUT! Limited to one escort per child. All genders and gender identities welcome, come with any adult guardian of your choice.



Preschool Movement & Gymnastics

Little Tumblers 1

FUNdamental tumbling for children on their own. Emphasis is placed on coordination, technique, and FUN! Instruction on floor, beam and bars. Please dress comfortably in shorts, T-shirts or leotards. No clothing with buttons or zippers. *(No class 10/27, 11/10, 11/11, 11/22, 11/24, 11/25)*

AGE: 3-4

| | | | |
|-------|-----|------------|---------------|
| 17307 | Wed | 9/13-10/18 | 2-2:45pm |
| 17319 | Sat | 9/16-10/21 | 9:30-10:15am |
| 17308 | Wed | 10/25-12/6 | 2-2:45pm |
| 17309 | Wed | 1/10-2/14 | 2-2:45pm |
| 17310 | Wed | 2/21-3/27 | 2-2:45pm |
| 17317 | Fri | 2/23-3/29 | 9:30-10:15am |
| 17318 | Fri | 2/23-3/29 | 10:20-11:05am |
| 17322 | Sat | 2/24-3/30 | 9:30-10:15am |

R \$57/NR \$68

| | | | |
|-------|-----|------------|---------------|
| 17311 | Fri | 9/15-10/13 | 9:30-10:15am |
| 17312 | Fri | 9/15-10/13 | 10:20-11:05am |
| 17313 | Fri | 10/20-12/8 | 9:30-10:15am |
| 17314 | Fri | 10/20-12/8 | 10:20-11:05am |
| 17320 | Sat | 10/28-12/9 | 9:30-10:15am |
| 17315 | Fri | 1/12-2/9 | 9:30-10:15am |
| 17316 | Fri | 1/12-2/9 | 10:20-11:05am |
| 17321 | Sat | 1/13-2/10 | 9:30-10:15am |

R \$48/NR \$58

LOCATION: NKCC
INSTRUCTOR: JANICE GOEBEL

Little Tumblers 2

This class is for children on their own and requires previous tumbling experience. Review tumbling skills and advance to the next level with additional work on all apparatus. Please dress comfortably in shorts, T-shirts or leotards. No clothing with buttons or zippers. *(No class 10/27, 11/10, 11/11, 11/22, 11/24, 11/25)*

AGE: 4-6

| | | | |
|-------|-----|------------|---------------|
| 17323 | Wed | 9/13-10/18 | 2:50-3:35pm |
| 17324 | Wed | 9/13-10/18 | 3:45-4:30pm |
| 17335 | Sat | 9/16-10/21 | 10:20-11:05am |
| 17325 | Wed | 10/25-12/6 | 2:50-3:35pm |
| 17326 | Wed | 10/25-12/6 | 3:45-4:30pm |
| 17327 | Wed | 1/10-2/14 | 2:50-3:35pm |
| 17328 | Wed | 1/10-2/14 | 3:45-4:30pm |
| 17329 | Wed | 2/21-3/27 | 2:50-3:35pm |
| 17330 | Wed | 2/21-3/27 | 3:45-4:30pm |
| 17334 | Fri | 2/23-3/29 | 11:15am-12pm |
| 17338 | Sat | 2/24-3/30 | 10:20-11:05am |

R \$57/NR \$68

| | | | |
|-------|-----|------------|---------------|
| 17331 | Fri | 9/15-10/13 | 11:15am-12pm |
| 17332 | Fri | 10/20-12/8 | 11:15am-12pm |
| 17336 | Sat | 10/28-12/9 | 10:20-11:05am |
| 17333 | Fri | 1/12-2/9 | 11:15am-12pm |
| 17337 | Sat | 1/13-2/10 | 10:20-11:05am |

R \$48/NR \$58

LOCATION: NKCC
INSTRUCTOR: JANICE GOEBEL

Kids In Motion

Up and over, under and through, balls and streamers, tunnels and YOU!

Meet friends, build confidence and have FUN developing their large muscle motor skills. These 45-minute classes are for children only. *(No class 11/21, 11/22)*

KIDS IN MOTION A

AGE: 2½-3

| | | | |
|-------|-----|------------|--------------|
| 17201 | Tue | 9/12-10/17 | 11:15am-12pm |
| 17203 | Tue | 10/24-12/5 | 11:15am-12pm |
| 17205 | Tue | 1/9-2/13 | 11:15am-12pm |
| 17206 | Tue | 2/20-3/26 | 11:15am-12pm |

R \$57/NR \$68

LOCATION: NKCC
INSTRUCTOR: HEATHER RODGERS

KIDS IN MOTION B

This program progresses with your child...they'll be crawling, climbing, balancing, and bouncing! These 45-minute classes are for children only.

AGE: 3-4

| | | | |
|-------|-----|------------|-----------------|
| 17207 | Wed | 9/13-10/18 | 11:30am-12:15pm |
| 17208 | Wed | 10/25-12/6 | 11:30am-12:15pm |
| 17210 | Wed | 1/10-2/14 | 11:30am-12:15pm |
| 17211 | Wed | 2/21-3/27 | 11:30am-12:15pm |

R \$57/NR \$68

LOCATION: NKCC
INSTRUCTOR: JANICE GOEBEL



Preschool Special Interest

Playschool Prep

Through science, art, literacy, and sensory activities, we will engage your child's social, cognitive and language skills in this fun play-based class.

We want playschool to be a fun introduction to a classroom setting. We engage in circle times, STEAM activities and beginning literacy appreciation! *(No class 11/22, 2/21)*

PLAYSCHOOL PREP FOR TWO'S

AGE: 2

| | | | | |
|-------|-----|-----------|--------------|------------------|
| 17278 | Wed | 9/13-12/6 | 9:30-10:30am | R \$129/NR \$155 |
| 17279 | Wed | 1/10-3/27 | 9:30-10:30am | R \$118/NR \$142 |

LOCATION: NKCC
INSTRUCTOR: JESSICA ANDERSON

PLAYSCHOOL PREP FOR THREE'S AND FOUR'S

AGE: 3-4

| | | | | |
|-------|-----|-----------|--------------|------------------|
| 17282 | Wed | 9/13-12/6 | 10:45am-12pm | R \$162/NR \$194 |
| 17284 | Wed | 1/10-3/27 | 10:45am-12pm | R \$148/NR \$178 |

LOCATION: NKCC
INSTRUCTOR: JESSICA ANDERSON

AGES 3.5 - 5
YEARS OLD

This school-year, nature-based, 2-day/drop-off program is for active children who love to explore the outdoors. With supervision from teachers and a 1:6 ratio, flora, fauna, bugs, and weather lead the activities of the day.

R \$275/NR \$330 per month.
A \$75 deposit is required per year.

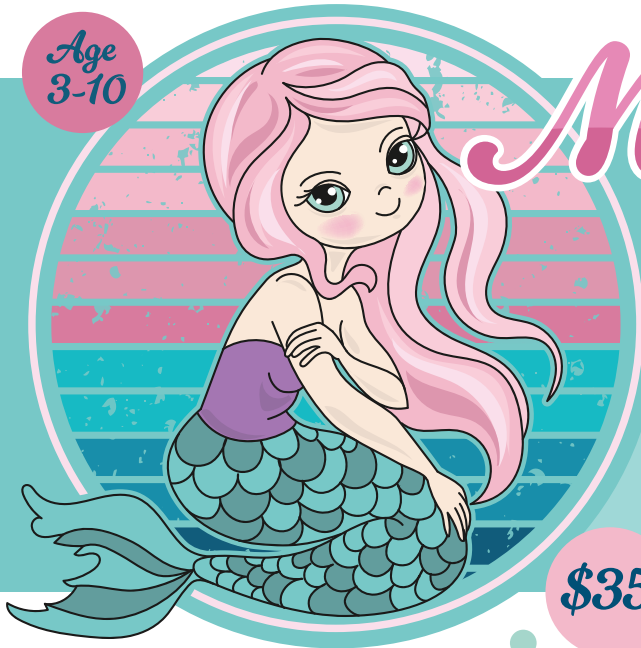
Starts September 12

Tuesdays & Thursdays
9:30 AM - 12:30 PM

Edith Moulton Park
13634 108th Ave NE, Kirkland

Call to register at 425-587-3350.

Age
3-10



Mermaid Ball

• FRIDAY, MARCH 29TH, 6:30-8:30PM

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

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

\$35

NORTH KIRKLAND COMMUNITY CENTER

Preschool Cooking

Creating in the Kitchen

Your child will practice creativity and culinary skills while learning kitchen safety and developing healthy eating habits. Plan, prep, and prepare for a gastronomic good time! *(No class 11/22)*

AGE: 3½-5

| | | | |
|-------|-----|------------|----------------|
| 16803 | Wed | 9/13-9/27 | 2-3pm |
| | | | R \$54/NR \$65 |
| 16804 | Wed | 10/4-10/25 | 2-3pm |
| 16806 | Wed | 11/1-11/29 | 2-3pm |
| 16810 | Wed | 2/7-2/28 | 2-3pm |
| 16812 | Wed | 3/6-3/27 | 2-3pm |
| | | | R \$72/NR \$86 |

LOCATION: MCAULIFFE PARK ATRIUM
INSTRUCTOR: KAREN RENFROE-GIELGENS

Holiday Baking

Have fun baking holiday cookies, scones, and other seasonal goodies.

AGE: 3½-5

| | | | |
|-------|-----|------------|----------------|
| 16808 | Wed | 12/6-12/13 | 2-3pm |
| | | | R \$40/NR \$48 |

LOCATION: MCAULIFFE PARK ATRIUM
INSTRUCTOR: KAREN RENFROE-GIELGENS

Preschool Sports

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

The league is structured in a "team" format meaning your child will be placed on a team of about 10 and assigned a volunteer coach. The program is one hour in duration with the first 30 minutes of the hour devoted to practice. The last 30 minutes are reserved for a friendly, recreational-style basketball game. Game times will vary each week. *(No program on 11/11, 11/25)*

PEE WEE BASKETBALL | 3/4 YEAR OLD

AGE: 3-4

| | | | |
|-------|-----|-------------|-----------------|
| 16996 | Sat | 10/28-12/16 | 9:30-12pm |
| | | | R \$90/NR \$108 |

LOCATION: FINN HILL MIDDLE SCHOOL GYM

PEE WEE BASKETBALL | 5/6 YEAR OLDS

AGE: 5-6

| | | | |
|-------|-----|-------------|-----------------|
| 16997 | Sat | 10/28-12/16 | 12-3pm |
| | | | R \$90/NR \$108 |

LOCATION: FINN HILL MIDDLE SCHOOL GYM



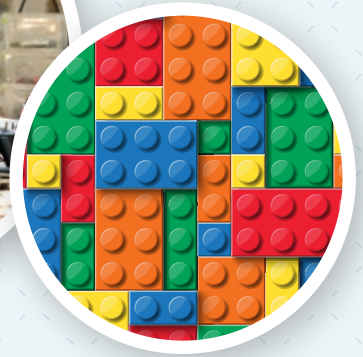
**SPRING LEAGUE
REGISTRATION OPENS
FEBRUARY 7 AT 8 AM**

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



ASK US
ABOUT OUR
SCHOLARSHIP
PROGRAM
See page 35

WINTER BREAK CAMPS



Winter Holiday Activities with Snapology

In this winter holiday program, we'll help get your student in the holiday spirit with exciting activities that will inspire their creative thinking, develop their communication skills, and get them thinking about this special month in ways they never have before!

***Friday class time is 8:30am-11:30am.**

AGE: 6-10

17064 Mon-Fri* 12/18-12/22 9am-12pm
R \$260/NR \$312

LOCATION: NKCC
INSTRUCTOR: SNAPOLOGY

Snapology Junior Creator's Club

Preschoolers participate in creative play activities designed to promote creative, social and expressive skills. You'll be amazed at the improvement in fine motor skills! Academic Enrichment:

- Develop language and verbal skills
- Practice letter and word creation, learn phonics
- Practice early literary skills
- Identify characters, conflicts, plot
- Elaborate on probable character actions and feelings

***Friday class time is 8:30am-11:30am**

AGE: 4-6

17065 Tue-Fri* 12/26-12/29 9am-12pm
R \$210/NR \$252

LOCATION: NKCC
INSTRUCTOR: SNAPOLOGY

Kirkland Kids Holiday Cooking Camp

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

AGE: 6-10

16814 Mon-Wed 12/18-12/20 2-4pm
R \$135/NR \$162

LOCATION: MCAULIFFE PARK ATRIUM
INSTRUCTOR: KAREN RENFROE-GIELGENS



Play-Well TEKologies - Winter Wonderland Camp

Bundle up, we're creating a spectacular Winter Wonderland! Build bobsleds, design snowmobiles, and take a ride on the Polar Express. Explore your snowiest ideas and learn STEM concepts with tens of thousands of LEGO® pieces at your mitten-tips and the guidance of an experienced Play-Well instructor.

AGE: 5-9

16956 Mon-Thu 12/18-12/21 9am-12pm
R \$179/NR \$215

LOCATION: HERITAGE HALL
INSTRUCTOR: PLAY-WELL TEKOLOGIES

Play-Well TEKologies - Bash'em Bots Camp

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

AGE: 7-12

16957 Mon-Thu 12/18-12/21 1-4pm
R \$179/NR \$215

LOCATION: HERITAGE HALL
INSTRUCTOR: PLAY-WELL TEKOLOGIES





Mad Science Camps

Kids will explore the different fields of science in an interesting and entertaining way. You could be inspiring the next Einstein or Madame Marie Curie!

Mad Science Crazy Chemworks

Your Jr Chemist will create surprising concoctions, break molecules with ease and shake up a flask full of fun. They'll use the tools, safety procedures and laboratory techniques of real chemists as they investigate solids, liquids and gases at the atomic level. Exploring the elements has never been so fun. Best for children entering 1st through 6th grade.

*Friday class time is 9-11am

AGE: 6-11

| | | | |
|-------|----------|-------------|------------------|
| 17047 | Mon-Fri* | 12/18-12/22 | 9am-12pm |
| | | | R \$308/NR \$370 |

LOCATION: NKCC
INSTRUCTOR: MAD SCIENCE



Northwest University Holiday Hoop Camp

Northwest University Sports Academies bring NWU athletics to you! Come play on the same court we compete on! Players will need athletic attire, water, snack. Open to youth of all genders. Each camper will receive a basketball and t-shirt.

NORTHWEST UNIVERSITY'S ANNUAL BASKETBALL CAMP

AGE: 7-10 (GRADES 2ND-5TH)

| | | | |
|-------|-----|-------|----------------|
| 17033 | Wed | 12/27 | 9am-12pm |
| | | | R \$60/NR \$72 |

LOCATION: NORTHWEST UNIVERSITY
INSTRUCTOR: NORTHWEST UNIVERSITY

Northwest University Basketball Shooting Camp

2 Day Shooting Camp hosted by Northwest University Men's Basketball players and coaches. Learn how to develop a repeatable shooting motion, generate power, and increase your range. Athletes will work on shooting off the dribble, shooting off the pass, free throws, and more through a combination of shooting drills, games, and game-like scenarios. Open to youth of all genders. Each camper will receive a t-shirt.

AGE: 8-10

| | | | |
|---------------|----------|-------------|----------|
| 17034 | Thu, Fri | 12/28-12/29 | 9am-12pm |
| GRADES: 11-13 | | | |

| | | | |
|-------|----------|-------------|------------------|
| 17035 | Thu, Fri | 12/28-12/29 | 1-4pm |
| | | | R \$130/NR \$156 |

LOCATION: NORTHWEST UNIVERSITY
INSTRUCTOR: NORTHWEST UNIVERSITY

MID WINTER BREAK CAMPS



Play-Well TEKologies with LEGO® Materials

ANIMAL ADVENTURES CAMP WITH LEGO® MATERIALS

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

AGE: 5-9

| | | | |
|-------|----------|-----------|----------|
| 16862 | Thu, Fri | 2/15-2/16 | 9am-12pm |
|-------|----------|-----------|----------|

R \$90/NR \$108

LOCATION: HERITAGE HALL
INSTRUCTOR: PLAY-WELL TEKNOLOGIES

ASK US
ABOUT OUR
SCHOLARSHIP
PROGRAM
See page 35

SPRING BREAK CAMPS



Princess Dance Camp

In this magical camp, ballerina Miss Marika will whisk you away to enchanting lands through stories, music and dance. Try your “wings” and your wands on Princess Fairy day and don’t forget your slippers on the final day of camp, because you will be attending the Princess Ball.

AGE: 5-8
17247 Mon-Fri 4/8-4/12 9:30am-12pm
R \$125/NR \$150

LOCATION: NKCC
INSTRUCTOR: MARIKA JAFFE

Kirkland Kids Spring Break Cooking Camp

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

AGE: 6-10
16815 Mon-Wed 4/8-4/10 2-4pm
R \$135/NR \$162

LOCATION: MCAULIFFE PARK ATRIUM
INSTRUCTOR: KAREN RENFROE-GIELGENS

Spring into STEM with LEGO

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

AGE: 5-9
16959 Mon-Fri 4/8-4/12 9am-12pm
R \$225/NR \$270

LOCATION: HERITAGE HALL
INSTRUCTOR: PLAY-WELL TEKNOLOGIES

Responsive Robotics Spring Break Camp

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

AGE: 6-10
17068 Mon-Fri 4/8-4/12 9am-12pm
R \$260/NR \$312

LOCATION: NKCC
INSTRUCTOR: SNAPOLOGY



Mad Science Creative Contraptions Spring Break Camp

Each day campers are given fun challenges which they overcome using basic materials, simple machines, tips from fabulous inventors and most important of all...Their mind! Construct catapults and forts, fabricate innovative flying machines, and design your own gizmo prototypes. Best for children entering 1st through 6th grade.

AGE: 6-11
17089 Mon-Fri 4/8-4/12 9am-12pm
R \$308/NR \$370

LOCATION: NKCC
INSTRUCTOR: MAD SCIENCE

Mad Science Scene of the Crime Spring Break Camp

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

AGE: 8-12
17098 Mon-Fri 4/8-4/12 1-4pm
R \$308/NR \$370

LOCATION: NKCC
INSTRUCTOR: MAD SCIENCE

Fencing Camp

Experience one of the fastest growing sports in America! This camp will teach fencing skills using interactive games with other students of their own size. This camp includes discounted entry to the end of the summer fencing tournament.

AGE: 8-18
16860 Mon-Fri 4/8-4/12 9am-12pm
16861 Mon-Fri 4/8-4/12 1-4pm
R \$275/NR \$324

LOCATION: KAIZEN ACADEMY
INSTRUCTOR: KEVIN MAR

Peter Kirk After School Camp

M/T/TH/F: 3:30-6PM
W: 2:00-6PM

PETER KIRK COMMUNITY CENTER
GRADES K-5

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

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

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

Transportation is available and must be registered for separately. Currently transportation is only available from Lakeview Elementary (new in 2023-2024) and Peter Kirk Elementary schools.

NEW
for the 2023-2024
School Year –
Transportation
available from
Lakeview
Elementary

REGISTRATION FEES/DEPOSITS

MONTHLY FEE - R \$336/NR \$403
All camp fees include a \$25.00 non-refundable deposit.

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

REFUND POLICY

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

CAMP TRANSPORTATION

The After School Camp program provides transportation for students at Lakeview Elementary and Peter Kirk Elementary. Transportation to the after-school program is available for a limited number of students on a first come, first serve basis.

This service is offered at an additional cost of R \$126/ NR \$151 per month (December 2023 & January 2024 will be pro-rated). You must be registered for the After School Camp in order to register for Transportation.

HEALTH & MEDICATIONS

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

**REGISTER NOW FOR
2023-2024 SCHOOL YEAR!**

Dance, Movement, & Gymnastics

Ballet 1 Youth

Ballet vocabulary, alignment, posture, strength, and fluidity will be the focus through barre exercises, floor and center work. Parents invited to watch day on the last day of class. Leather-soled ballet shoes required. Prerequisite for 5 years: Preschool Dance B or equivalent experience. *(No class 11/11, 11/25)*

AGE: 5-7

| | | | |
|-------|-----|------------|------------------|
| 17261 | Sat | 9/16-12/16 | 10:45-11:30am |
| | | | R \$114/NR \$137 |
| 17263 | Sat | 1/13-3/30 | 10:45-11:30am |
| | | | R \$105/NR \$126 |

LOCATION: NKCC
INSTRUCTOR: ULIANA CLAROS



Hip Hop

Build self-esteem and express yourself using the dynamic style of hip hop, focusing on the culture, attitude, style and funk. Wear comfortable clothing and shoes and bring a water bottle to class. Parents are invited to watch on the last day of class. Hip Hop encourages athleticism, self-expression, and confidence.

HIP HOP KIDS

This class encourages athleticism, self-expression, confidence, and a feeling of accomplishment. *(No class 11/22)*

AGE: 5-7

| | | | |
|-------|-----|------------|----------------|
| 16990 | Wed | 9/13-10/18 | 4:15-5pm |
| 16991 | Wed | 9/13-10/18 | 5:05-5:50pm |
| 16993 | Wed | 11/1-12/13 | 4:15-5pm |
| 16994 | Wed | 11/1-12/13 | 5:05-5:50pm |
| | | | R \$60/NR \$72 |
| 16999 | Wed | 1/10-2/7 | 4:15-5pm |
| 17000 | Wed | 1/10-2/7 | 5:05-5:50pm |
| 17002 | Wed | 2/21-3/27 | 4:15-5pm |
| 17003 | Wed | 2/21-3/27 | 5:05-5:50pm |
| | | | R \$50/NR \$60 |

LOCATION: NKCC
INSTRUCTOR: DUFON SMITH

HIP HOP YOUTH I

(No class 11/22)

AGE: 7-11

| | | | |
|-------|-----|------------|----------------|
| 16992 | Wed | 9/13-10/18 | 6-6:45pm |
| | | | R \$60/NR \$72 |
| 17001 | Wed | 1/10-2/7 | 6-6:45pm |
| | | | R \$50/NR \$60 |

LOCATION: NKCC
INSTRUCTOR: DUFON SMITH

HIP HOP YOUTH II

This class is for the student that is up for more of a challenge and has had previous Youth I (or equivalent) level experiential. *(No class 11/22)*

AGE: 7-11

| | | | |
|-------|-----|------------|----------------|
| 18000 | Wed | 9/13-10/18 | 6-6:45pm |
| 18001 | Wed | 11/1-12/13 | 6-6:45pm |
| | | | R \$60/NR \$72 |
| 17001 | Wed | 1/10-2/7 | 6-6:45pm |
| 17004 | Wed | 2/21-3/27 | 6-6:45pm |
| | | | R \$50/NR \$60 |

LOCATION: NKCC
INSTRUCTOR: DUFON SMITH



**DON'T FORGET
YOUR DANCE
SHOES**

Leather soled ballet slippers required.



Dream Team Cheer Squad

Be a part of the Kirkland Parks cheer squad! Learn dances, cheers, and beginning tumbling.

Opportunities to perform include the Seattle Storm and UW! Previous experience not required. Instructed by Eastside Dream Elite Cheer & Dance, www.east-sidedreamelite.com (extra costs may be incurred for this class). Class continues throughout the school year. (No class 11/23)

AGE: 7-15

| | | | |
|-------|-----|------------|----------|
| 16827 | Thu | 9/21-10/26 | 6-7:30pm |
| 16828 | Thu | 11/2-12/14 | 6-7:30pm |
| 16829 | Thu | 1/4-2/8 | 6-7:30pm |
| 16830 | Thu | 2/29-4/4 | 6-7:30pm |

R \$110/NR \$132

LOCATION: NKCC

Elementary Tumbling

Coordination is the basis for any sport and dance genre, but also for something as simple as running! Work on coordination with Miss Janice's help on the beam, bar, and springboard, but also learn handstands and cartwheels. This class for the older elementary student is perfect for beginners and those with some tumbling experience. (No class 11/11, 11/22, 11/25, 2/17)

AGE: 7-10

| | | | |
|-------|-----|-----------|-------------|
| 17339 | Wed | 9/13-12/6 | 4:40-5:40pm |
| 17340 | Wed | 9/13-12/6 | 5:45-6:45pm |

R \$150/NR \$180

| | | | |
|-------|-----|-----------|-------------|
| 17341 | Wed | 1/10-3/27 | 4:40-5:40pm |
| 17342 | Wed | 1/10-3/27 | 5:45-6:45pm |

R \$150/NR \$180

| | | | |
|-------|-----|-----------|-----------------|
| 17343 | Sat | 9/16-12/9 | 11:15am-12:15pm |
| 17344 | Sat | 1/13-3/30 | 11:15am-12:15pm |

R \$138/NR \$166

LOCATION: NKCC

INSTRUCTOR: JANICE GOEBEL



Art & Music

Crescendo Kids Classes by Move Over Mozart

Piano classes designed specifically to meet your child's development and learning styles. Classes include basic music theory, one-on-one piano time, and games or activities. Piano at home is not required but is recommended. New material each session. One-time materials fee of \$20 due to the teacher on the first day of class. Mask Optional (No class 10/31, 11/23, 2/15, 2/20)

AGE: 7-9

| | | | |
|-------|-----|------------|----------|
| 16922 | Tue | 9/19-12/12 | 6:30-7pm |
| 16927 | Thu | 9/21-12/14 | 6:30-7pm |

R \$216/NR \$259

| | | | |
|-------|-----|----------|----------|
| 16947 | Tue | 1/16-4/2 | 6:30-7pm |
|-------|-----|----------|----------|

R \$198/NR \$238

| | | | |
|-------|-----|----------|----------|
| 16952 | Thu | 1/18-4/4 | 6:30-7pm |
|-------|-----|----------|----------|

R \$216/NR \$256

LOCATION: NKCC

INSTRUCTOR: PAMELA CORNELL

SPECIAL INTEREST

Haunted House Workshop with LEGO®

This Halloween season, join Play-Well TEKologies for a LEGO® Haunted House workshop! Participants will use their imagination to build their own spooky haunted houses and engineering their own traps with the guidance of an experienced Play-Well instructor. Can your LEGO® Minifigure make it through the haunted house without getting scared?

AGE: 5-10

| | | | |
|-------|-----|-------|----------|
| 16850 | Sat | 10/28 | 9am-12pm |
|-------|-----|-------|----------|

R \$45/NR \$54

LOCATION: HERITAGE HALL

INSTRUCTOR: PLAY-WELL TEKOLOGIES

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! (No class 11/22)

AGE: 6-10

| | | | |
|-------|-----|-----------|-------------|
| 16802 | Wed | 9/13-9/27 | 3:30-4:30pm |
|-------|-----|-----------|-------------|

R \$42/NR \$50

| | | | |
|-------|-----|------------|-------------|
| 16805 | Wed | 10/4-10/25 | 3:30-4:30pm |
| 16807 | Wed | 11/1-11/29 | 3:30-4:30pm |
| 16811 | Wed | 2/7-2/28 | 3:30-4:30pm |
| 16813 | Wed | 3/6-3/27 | 3:30-4:30pm |

R \$56/NR \$67

LOCATION: MCAULIFFE PARK ATRIUM

INSTRUCTOR: KAREN RENFROE-GIELGENS

Holiday Baking

Have fun baking holiday cookies, scones, and other seasonal goodies.

AGE: 6-10

| | | | |
|-------|-----|------------|-------------|
| 17468 | Wed | 12/6-12/13 | 3:30-4:30pm |
|-------|-----|------------|-------------|

R \$40/NR \$48

LOCATION: MCAULIFFE PARK ATRIUM

INSTRUCTOR: KAREN RENFROE-GIELGENS

UKULELE CLASS

See page 22

YOUTH



After School Drama Kids

Students will participate in a wide range of creative activities, including speech, dramatic movement, improvisation, snippets, and scene starters. At the end of each session, they will utilize all the skills acquired to perform a short, scripted production for parents and friends. This program aims to give young people ongoing confidence, self-esteem, and verbal communication skills. *(No class 11/22)*

| AGE: 6-10 | | | | |
|-----------|-----|------------|-------------|--|
| 17419 | Wed | 9/20-12/13 | 3:45-4:45pm | |
| 17465 | Wed | 1/10-3/27 | 3:45-4:45pm | |

R \$324/NR \$389

LOCATION: NKCC
INSTRUCTOR: DRAMA KIDS

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 | | | | |
|------------|-----|------|---------|--|
| 16868 | Sat | 9/23 | 9am-2pm | |
| 16869 | Sat | 1/20 | 9am-2pm | |
| 16871 | Sat | 3/23 | 9am-2pm | |

R \$65/NR \$78

LOCATION: NKCC
INSTRUCTOR: SUPER SITTER LLC



Home Alone Safe Kids 101

When is your child ready to stay home alone? What should they know about first aid, choking, fire prevention or aggressive dogs? Wondering how to initiate the discussion on abuse, abduction, or digital safety, like cyberbullying or sexting? We'll teach your child how to be safer at home and in the community! Safe Kids 101 book included. Bring a water bottle and snack.

| AGE: 9-13 | | | | |
|-----------|-----|------|----------|--|
| 16872 | Sat | 9/30 | 9am-12pm | |
| 16873 | Sat | 1/27 | 9am-12pm | |
| 16883 | Sat | 3/30 | 9am-12pm | |

R \$55/NR \$66

LOCATION: NKCC
INSTRUCTOR: SUPER SITTER LLC



Ukulele Fun-O-1 for Youth

Aloha! A ukulele is portable, inexpensive, and great for playing songs with friends! It's also a great primer for learning other stringed instruments. Whether you're a beginner or have a little experience, you're invited to join our friendly group classes. We'll learn chords each week, how to strum, and will play music together at our first class! Requirements: a ukulele, and a willingness to try something new. *(No class 11/15, 11/22)*

| AGE: 11-13 | | | | |
|------------|-----|------------|----------|--|
| 16877 | Wed | 9/13-10/11 | 4:15-5pm | |
| 16881 | Wed | 10/25-12/6 | 4:15-5pm | |
| 17482 | Wed | 2/28-3/27 | 4:15-5pm | |

R \$50/NR \$60

LOCATION: NKCC
INSTRUCTOR: JULIE METTEER

Musical Theater for Kids

Do you love to perform? Then join us for musical theatre class! Just like the triple threats on Broadway, we will learn to tell stories through singing, dancing, and acting. We will work on dance, vocal, and acting techniques while rehearsing for an end of the season musical theatre performance. *(No class 11/23, 2/15)*

MUSICAL THEATER 1

| AGE: 6-8 | | | | |
|------------------|-----|------------|-------------|--|
| 16986 | Thu | 9/14-12/14 | 4:30-5:30pm | |
| R \$130/NR \$156 | | | | |
| 16988 | Thu | 1/11-2/29 | 4:30-5:30pm | |
| R \$70/NR \$84 | | | | |

LOCATION: NKCC
INSTRUCTOR: KATE KINGERY

MUSICAL THEATER 2

| AGE: 9-12 | | | | |
|------------------|-----|------------|-------------|--|
| 16987 | Thu | 9/14-12/14 | 5:45-6:45pm | |
| R \$130/NR \$153 | | | | |
| 16989 | Thu | 1/11-2/29 | 5:45-6:45pm | |
| R \$70/NR \$84 | | | | |

LOCATION: NKCC
INSTRUCTOR: KATE KINGERY

ASK US
ABOUT OUR
SCHOLARSHIP
PROGRAM
See page 35



Lil Hoopers Basketball

Lil Hoopers is an introductory basketball program run in a fun environment! Designed for players to learn the basics of basketball and gain the confidence they need to dribble, shoot, and score! Teams will practice and play games on Saturdays. Game times will vary.* (No games on 2/17) All gender identities and gender expressions welcome.

AGE: 5-6

| | | | |
|-----------------|-----|-----------|---------|
| 16998 | Sat | 1/13-2/24 | 9am-4pm |
| R \$96/NR \$116 | | | |

AGE: 7-8

| | | | |
|-----------------|-----|-----------|---------|
| 17173 | Sat | 1/13-2/24 | 9am-4pm |
| R \$96/NR \$116 | | | |

AGE: 7-8

| | | | |
|-----------------|-----|-----------|---------|
| 17172 | Sat | 1/13-2/24 | 9am-4pm |
| R \$96/NR \$116 | | | |

LOCATION: FINN HILL MIDDLE SCHOOL

Sports/Fitness

Ice Skating

Come experience Ice Skating in a fun and safe learning environment. Classes include rental skates, 30 minutes of Professional instruction, 30 minutes of practice skating time. Skates included. Last day of class is Bring-A-Buddy Day and practice time. Class is held at Sno-King Ice Arena located at 14326 124 Ave NE in Kirkland. Registration deadline is two weeks before the first class. No refunds issued after registration closes. (No classes 10/25, 11/21, 2/21)

AGE: 4+

| | | | |
|-------|-----|-----------|---------------|
| 17182 | Tue | 9/12-12/5 | 10:45-11:45am |
| 17184 | Tue | 1/9-3/26 | 10:45-11:45am |

AGE: 5+

| | | | |
|-------|-----|------------|-------------|
| 17183 | Wed | 9/13-12/13 | 6:05-7:05pm |
| 17186 | Wed | 1/3-3/27 | 6:05-7:05pm |

R \$468/NR \$562

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

Empowering Inner Youth through Running and Goal Setting



This empowerment and running program is designed to impart growth mindset, social emotional skills and transforming youth into "Self-Believers". Kids adapt an attitude that intelligence, abilities, and talents are learnable. Participants will improve running skills and will earn a medal after completing a running challenge. (No classes 11/11, 11/25, 2/17)

AGE: 5-12

| | | | |
|------------------|-----|-----------|----------|
| 17163 | Thu | 9/7-10/26 | 5-5:50pm |
| R \$199/NR \$239 | | | |

| | | | |
|------------------|-----|-------------|------------|
| 17165 | Sat | 10/28-12/16 | 11-11:50am |
| 17166 | Sat | 1/20-3/16 | 11-11:50am |
| R \$175/NR \$210 | | | |

LOCATION: JUANTIA BEACH PARK
INSTRUCTOR: PNW RUN CLUB

Capoeira

This exciting Brazilian martial art incorporates music and dance with a physical and mental discipline so that participants develop self-confidence and coordination. (No classes 11/20, 11/22, 12/25, 12/27, 1/1, 2/19)

AGE: 6-15

8 classes

| | | | |
|-------|----------|------------|-------|
| 17174 | Mon, Wed | 9/6-10/2 | 6-7pm |
| 17175 | Mon, Wed | 10/4-10/30 | 6-7pm |
| 17176 | Mon, Wed | 11/1-12/4 | 6-7pm |
| 17177 | Mon, Wed | 12/6-1/10 | 6-7pm |
| 17179 | Mon, Wed | 1/17-2/12 | 6-7pm |
| 17180 | Mon, Wed | 2/14-3/13 | 6-7pm |

R \$140/NR \$168

4 classes

| | | | |
|----------------|----------|-----------|-------|
| 17181 | Mon, Wed | 3/18-3/27 | 6-7pm |
| R \$70/NR \$84 | | | |

LOCATION: PKCC
INSTRUCTOR: COTY VALDEZ

SKYHAWKS AFTER SCHOOL SKILLS ACADEMIES



Basketball

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

AGE: 6-8

| | | | |
|-----------------|-----|------------|-------------|
| 17420 | Mon | 9/11-10/2 | 4:30-5:20pm |
| 17422 | Mon | 10/16-11/6 | 4:30-5:20pm |
| R \$99/NR \$119 | | | |

LOCATION: PETER KIRK ELEMENTARY
INSTRUCTOR: SKYHAWKS

Basketball

AGE: 9-12

| | | | |
|-----------------|-----|------------|-------------|
| 17421 | Mon | 9/11-10/2 | 5:30-6:20pm |
| 17423 | Mon | 10/16-11/6 | 5:30-6:20pm |
| R \$99/NR \$119 | | | |

LOCATION: PETER KIRK ELEMENTARY
INSTRUCTOR: SKYHAWKS

Soccer

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

AGE: 6-8

| | | | |
|-------|-----|------------|-------------|
| 17424 | Tue | 9/12-10/3 | 4:30-5:20pm |
| 17428 | Thu | 9/14-10/5 | 5:45-6:30pm |
| 17427 | Tue | 10/17-11/7 | 4:30-5:20pm |
| 17431 | Thu | 10/19-11/9 | 5:45-6:30pm |

R \$99/NR \$119

LOCATION: SPINNEY HOMESTEAD PARK
INSTRUCTOR: SKYHAWKS

AGE: 9-12

| | | | |
|-----------------|-----|------------|-------------|
| 17425 | Tue | 9/12-10/3 | 5:30-6:20pm |
| 17426 | Tue | 10/17-11/7 | 5:30-6:20pm |
| R \$99/NR \$119 | | | |

LOCATION: SPINNEY HOMESTEAD PARK
INSTRUCTOR: SKYHAWKS

Youth BASKETBALL LEAGUE

Grades 3rd-6th

Registration Closes:
November 5th

FEE: \$160 R / \$192 NR

To register please visit:
KirklandParks.net or call 425.587.3336

The City of Kirkland's Youth Basketball League's purpose is to allow each child to learn the importance of good sportsmanship and fair play in competition. Our volunteer coaches will strive to teach the basic rules, skills, and techniques involved in basketball so that each child may play and enjoy the game.



AGES 8-12

| BOYS LEAGUE | | GIRLS LEAGUE | |
|-------------|----------------|--------------|-----------------|
| 16962 | 3rd Grade Boys | 16968 | 3rd Grade Girls |
| 16963 | 4th Grade Boys | 16969 | 4th Grade Girls |
| 16964 | 5th Grade Boys | 16970 | 5th Grade Girls |
| 16965 | 6th Grade Boys | 16971 | 6th Grade Girls |

Teams are formed in order of registration with a 10-player limit. Register your child under the school they attend or your nearest LWSD school. We use the first 1-10 registrants at the same school to form the first team, and then the next 11-20 to form the second team, and so on. Some schools will form multiple teams. In some cases, schools of the same grade and gender league preference will be combined to form teams. We do not take coach or teammate requests.

The Season Begins November 27th, your coach will contact you by phone or email the week of November 19. The coach will provide you with information on practice time and location of practice. Practices do not occur during any Lake Washington School District (LWSD) holidays or when LWSD is closed.

Games start, Saturday, January 6, 2024. Each team is scheduled 8 games, with one make-up date available in event of inclement weather.

Games are played on Saturdays between 8am – 5pm. **No games Saturday, February 17th due to LWSD Mid-Winter Break.*

Practices begin the week of November 27. Teams will practice at least once a week. Practice times will very be depending on school availability, gym time is available from 5pm – 9pm on weeknights.

We are hiring. Youth Sports Facility Leads for the 2023-24 season, for more information visit kirklandwa.gov/ParksJobs

Youth Basketball Refund Policy: A 50% refund of the registration fee will be granted after registration closes on November 5th. No refunds will be issued after the first day of practice on November 27th.

All gender identities and gender expressions are welcome. Please register by your child's grade and gender league preference and select the school your child attends. Teams are formed by school, grade, and gender.

We are excited to announce...

that we have partnered with Pacific Northwest Basketball Officials Association (PNBOA) and will have certified referees for all grades in the league this year. With this partnership, our players and coaches will have a better game experience throughout the season and will learn more than just the basics of basketball. Through our basketball league, we hope to provide all players the opportunity to create friendships, learn new skills, understand the rules of the game, and have **FUN!**

VOLUNTEER COACHES NEEDED!

If you would like to be a coach, please visit kirklandwa.gov/Volunteer



Kendo

Come join us to learn the ancient Japanese art of sword fighting! Kendo is a coed martial arts sport based on Samurai traditions requiring both mental and physical discipline.

BEGINNERS KENDO

Beginning classes are taught in a roughly 10 week curriculum, focusing on fundamentals, etiquette, footwork, and sword handling. Please wear comfortable exercise clothes, and please note that kendo is practiced barefoot. Additional equipment fee of \$60 is required for a wooden practice sword (bokken) and a bamboo practice sword (shinai). Optional sword bags will also be available for an additional \$10.

AGE: 8+

| | | | |
|-------|-----|------------|------------------|
| 16870 | Tue | 9/26-12/12 | 6-7:30pm |
| | | | R \$132/NR \$159 |
| 16875 | Tue | 1/9-3/19 | 6-7:30pm |
| | | | R \$121/NR \$145 |

LOCATION: NKCC
INSTRUCTOR: JULIE CHEN

INTERMEDIATE/ADVANCED KENDO

Intermediate / Advanced class is for anybody who has taken the Beginners Kendo class, or are already in armor. Intermediate class students will be asked to purchase a set of uniforms, further details will be discussed in class.

AGE: 8+

| | | | |
|-------|-----|------------|------------------|
| 16874 | Tue | 9/26-12/12 | 7-9pm |
| | | | R \$132/NR \$159 |
| 16876 | Tue | 1/9-3/19 | 7-9pm |
| | | | R \$121/NR \$145 |

LOCATION: NKCC
INSTRUCTOR: JULIE CHEN

Fencing powered by Kaizen Academy

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).

MINI MUSKETEERS FENCING

Mini Musketeers is an extension of the Tiny Touchés class which extends activities promoting balance, movement and decision making. Have fun learning about sportsmanship while enjoying interactive play with other children. Class location address is 9620 153rd Ave NE #A5 in Redmond. (No class 11/10, 11/24)

AGE: 5-8

| | | | |
|-------|-----|-------------|-------------|
| 16849 | Wed | 9/13-10/18 | 3:45-4:30pm |
| 16852 | Fri | 9/15-10/20 | 3:45-4:30pm |
| 16855 | Fri | 10/27-12/15 | 3:45-4:30pm |
| 16853 | Wed | 11/1-12/6 | 3:45-4:30pm |
| 16856 | Wed | 1/24-2/28 | 3:45-4:30pm |
| 16857 | Fri | 1/26-3/1 | 3:45-4:30pm |

R \$210/NR \$252

| | | | |
|-------|-----|---------|-------------|
| 16858 | Wed | 3/6-4/3 | 3:45-4:30pm |
| 16859 | Fri | 3/8-4/5 | 3:45-4:30pm |

R \$175/NR \$210

LOCATION: KAIZEN ACADEMY
INSTRUCTOR: KEVIN MAR

BEGINNING FENCING

Improve your kid's focus and fitness through fencing! Our beginner fencing class covers technique, competition, recreation, and sport. Kids 8 and under need the instructor's permission to join; masks are mandatory. Class location address is Kaizen Academy 88620 153rd Ave NE #A-5 in Redmond. (No class 2/19)

AGE: 8-18

| | | | |
|-------|-----|------------|-------|
| 16837 | Mon | 9/11-10/16 | 4-5pm |
| 16838 | Mon | 10/30-12/4 | 4-5pm |

R \$208/NR \$244

| | | | |
|-------|-----|-----------|-------|
| 16839 | Mon | 1/22-2/26 | 4-5pm |
| 16840 | Mon | 3/4-4/1 | 4-5pm |

R \$173/NR \$209

YOUTH VOLLEYBALL LEAGUE POWERED by USYVL

United States Youth Volleyball League (USYVL) is an instructional league for kids 7 – 15 years old to learn the basics and fundamentals of volleyball in a safe and noncompetitive environment.

League Play

Teams meet on Wednesdays from 5:30PM to 6:30PM and Saturdays 10AM to 11AM

AGE: 7-15

| | | | |
|-------|----------|-----------|------------------|
| 17167 | Wed, Sat | 9/13-11/4 | Times Above |
| | | | R \$195/NR \$234 |

LOCATION: CRESTWOOD PARK

Teen Night Extravanzas



Teen Nights are held at various locations throughout Kirkland fall and winter. Teen Nights offer a safe, inclusive space for ALL teens ages 13-19 to hang out with friends and enjoy activities including but not limited to, movies, ice cream socials, music and games in the park, murder mystery night, escape rooms, and a video game tournament using our big LED screen. Pre-registration is appreciated but not required for all teen nights. If the maximum capacity is reached, drop-ins may be limited.

Please visit kirklandwa.gov/TeenPrograms to learn more about these programs.

Teen Night Extravanzas: Escape Room Edition

Grab your friends and come down to Peter Kirk Community Center (PKCC) for an exhilarating escape room evening. Due to the nature of an "Escape Room" setting, doors will be closed at 6:30pm. Come early and get your pregame clues.

AGE: 12-19
 17363 Fri 10/6 6-9pm
 Free

LOCATION: PKCC

Teen Night Extravanzas: Murder Mystery Edition

Whodunit? Grab your handy-dandy notebook and help us solve a murder mystery, here at Peter Kirk Community Center. This event has main characters as well as "extras." If you register, you will be guaranteed a main character in the murder mystery. Due to the nature of the Murder Mystery storyline, doors will close at 6:30, so come early to learn about your character.

AGE: 12-19
 17364 Fri 10/27 6-9pm
 Free

LOCATION: PKCC

Teen Night Extravanzas: TEENS-GIVING Edition

Thanksgiving dinner three weeks early, with your "FRAMILY," YES PLEASE! Come to Peter Kirk Community Center for a Teens-giving Feast from 6-9pm. Registration is highly encouraged so that we can plan the proper amount of food, however, walk-ins will always be allowed. Bring your appetite, and we'll see you at the table!

AGE: 12-19
 17365 Fri 11/3 6-9pm
 Free

LOCATION: PKCC

Teen Night Extravanzas: Holiday Movie & Hot Cocoa Edition

Picture this: Movie on the big screen, hot chocolate in your hand sitting next to your friends. Sounds awesome Right?! This could be your reality December 1st at Peter Kirk Community Center. Registration is encouraged but walk-ins will always be welcomed.

AGE: 12-19
 17366 Fri 12/1 6-9pm
 Free

LOCATION: PKCC

Teen Night Extravanzas: Nintendo Switch Tournament Edition

Destroy your friends (virtually) in a tournament-style switch night. This Teen night will be held at North Kirkland Community Center from 6-9pm. The beginning of the night will be seed play for the leveled tournaments to follow. This means that the great players compete each other and the beginners will have their own bracket. In other words, all levels of gamers are welcomed.

AGE: 12-19
 17367 Fri 2/2 6-9pm
 Free

LOCATION: NKCC

NO COST EVENTS



TEEN ARTISTIC DESIGNS

with **BOBBY**

Our new art teacher is famous for being fabulous. Join us as we explore creativity in a safe space. As you know, art is ever-changing and fluid, therefore we are offering secret, mystery, crafty conundrum classes.

CREATING CRAFTY CONUNDRUMS: SEPTEMBER

When you sign-up, you will get your 2nd clue. Clue #1: You are your own muse.

AGE: 12-19
 17389 Wed 9/13 6:30-8:30pm
 R \$20/NR \$24

LOCATION: PKCC
 INSTRUCTOR: BOBBY IVES

CREATING CRAFTY CONUNDRUMS: OCTOBER

When you sign-up, you will get your 2nd clue. Clue #1: Pumpkins don't have to be orange.

AGE: 12-19
 17390 Mon 10/16 6:30-8:30pm
 R \$20/NR \$24

LOCATION: PKCC
 INSTRUCTOR: BOBBY IVES

CREATING CRAFTY CONUNDRUMS: NOVEMBER

When you sign-up, you will get your 2nd clue. Clue #1: Re-Use or Recycle my WHAT?

AGE: 12-19
 17391 Wed 11/29 6:30-8:30pm
 R \$20/NR \$24

LOCATION: PKCC
 INSTRUCTOR: BOBBY IVES

TEEN OUTDOOR ADVENTURES FALL AND WINTER

Did you know...the Teen Outdoor Adventures (TOA's) extend throughout the year? Register now and explore the PNW as the seasons change.

Departure location for these trips will be Peter Kirk Community Center (PKCC.) If transportation is an issue, please remember, all youth ride the metro for free and ALL busses come to the transit center next to PKCC.



city

TEEN OUTDOOR ADVENTURE: SUNFLOWER U-PICK FARM

Sunflowers & Mt. Si? Yes Please! This all-women staffed U-pick farm is awesome, and we want to get the best fall photos for our social media platforms.

AGE: 12-19
 17407 Sat 9/2 11am-3pm

\$25

LOCATION: MEET AT PKCC

TEEN OUTDOOR ADVENTURE: HIGH TREK ROPES COURSE

Let's go exploring a high ropes course and climb the largest ropes course with ziplining in the PNW! Our three level ropes course has over 60 elements and 6 zip lines.

AGE: 12-19
 17410 Sat 9/23 11am-3pm

\$55

LOCATION: MEET AT PKCC

TEEN OUTDOOR ADVENTURE: SNOWSHOEING AT THE SUMMIT

Teens of Kirkland, take a winter walk through the snowy Central Cascade Mountains and enjoy the beautiful scenery, wildlife, and silence of the forests. The Summit rents snowshoes (included in your fee) to make your snow-filled travels easy along Snoqualmie Pass. Registration is required and bring some money for lunch.

AGE: 12-19
 17409 Sat 1/20 4-9pm

\$65

LOCATION: MEET AT PKCC



TEENS



TEEN WORLD KINDNESS DAY

Come on down to Peter Kirk Community Center (PKCC) with your peers and get excited about helping Kirkland make kindness the norm! Doing kind things for others makes you live longer so helping people helps us! Registration is encouraged but walk-ins will be welcomed.

AGE: 12-19

17432 Mon 11/13 5:30-7:30pm

Free

LOCATION: PKCC

TEEN RANDOM ACTS OF KINDNESS DAY

TEENS CELEBRATE, “YOU GOT R.A.K.’D” (RANDOM ACTS OF KINDNESS DAY) Did you know that doing kind acts for other helps you live longer? It’s true! Embrace the opportunity to celebrate Random Acts of Kindness Day! Meet at Peter Kirk Community Center and spread kindness like glitter. Registration is encouraged but walk-ins are welcome.

AGE: 12-19

17433 Sat 2/17 12-5pm

Free

LOCATION: PKCC



SIMPLE EATS FOR TEENS: TEENS-GIVING EDITION

Karen, our resident super-chef has some crazy ideas to flip Thanksgiving traditional dishes on their heads. Learn how to prepare for our TEENSGIVING feast. We are hosting a special Teen Night and you will be preparing dishes to share with your peers at our First Annual Teens-Giving celebration. We'll see you at the table!

AGE: 12-19

17361 Sat 11/4 12-2pm

R \$40/NR \$48

LOCATION: MCAULIFFE PARK ATRIUM
INSTRUCTOR: KAREN RENFROE-GIELGENS

SIMPLE EATS FOR TEENS: HOLIDAY BAKE EDITION

Cookies, cakes, and bread... oh my! Come learn how to make these holiday favorites and more, and Karen, our resident super-chef, shares her special recipes and creates memorable treats to take with you and share with your “Family.”

AGE: 12-19

17362 Sat 12/2 12-2pm

R \$40/NR \$48

LOCATION: MCAULIFFE PARK ATRIUM
INSTRUCTOR: KAREN RENFROE-GIELGENS

Teen Simple Eats: Karen’s Kitchen

SIMPLE EATS FOR TEENS: PUMPKIN OVERLOAD EDITION

Karen, our resident super-chef has pumpkins overflowing and needs help making memorable dishes. She has some ideas but would love to see what creative minds like yours can come up.

AGE: 12-19

17360 Sat 10/21 12-2pm

R \$40/NR \$48

LOCATION: MCAULIFFE PARK ATRIUM
INSTRUCTOR: KAREN RENFROE-GIELGENS

Teens Takeover Series

Departure location for these trips will be Peter Kirk Community Center (PKCC.) If transportation is an issue, please remember, all youth ride the metro for free and ALL city busses come to the transit center next to PKCC. Please remember to bring meal and spending money with you.

BRING LUNCH OR DINNER MONEY



TEENS TAKEOVER T-MOBILE (LAA@SEA BASEBALL GAME)

Industry Appreciation Night at T-Mobile Park. Come, help us, cheer on the Mariners as they take on their division rivals the Angels. Game starts at 6:40pm. We will leave (PKCC) at 4:45pm.

AGE: 12-19
17368 Tue 9/12 4:30-9:30pm
R \$40/NR \$48

BRING DINNER \$

TEENS TAKEOVER MARIS' MAIZE MAZE

Maris Farms is like the Disneyland of Farms, with their Corn Maze, Pedal cart track, Candy Cannon, Apple Blasters, Human Foosball, and more! Registration is required so that we can properly plan transportation. Don't forget to bring some lunch money for food, snacks, and/or souvenirs.

AGE: 12-19
17369 Sat 10/14 12-5pm
R \$40/NR \$48

BRING LUNCH \$

TEENS TAKEOVER LUMEN FIELD TOUR

The tour will give you a behind-the-scenes look at one of Seattle's most iconic venues. Seahawks, Sounders, SeaDragons and OL Reign fans will learn something new about Lumen Field. Stops include the field, visiting locker room, flag deck and press conference room. We will stop for lunch so make sure to bring some lunch money.

AGE: 12-19
17370 Sat 11/18 12-5pm
R \$35/NR \$42

BRING LUNCH \$

TEENS TAKEOVER ELEVATED SPORTS INDOOR ADVENTURE COURSE

The City of Kirkland Teenagers are taking over Elevated Sportz in Bothell. Trampoline courts, ninja warrior courses, and a laser maze.

AGE: 12-19
17398 Sat 12/9 1-5pm
R \$40/NR \$52

BRING LUNCH \$

TEENS TAKEOVER LEAVENWORTH

This special Tuesday adventure is during winter break, so we are going to check out the Bavarian town and meet authentic reindeer. Campfires will be warm, but dress for cold weather as your tour will take place outdoors and Leavenworth can get quite chilly. Registration is required and additional "fun money," is encouraged.

AGE: 12-19
17371 Tue 12/19 9am-5pm
R \$55/NR \$66

BRING LUNCH \$

TEENS TAKEOVER FINANCE PARK (BIZTOWN) IN AUBURN

Don't miss this Teens Takeover Finance Park, a visit to a simulated town. Participants will operate banks, manage restaurants, and run city hall. Registration is required and bring a little extra money for an impromptu lunch stop.

AGE: 12-19
17372 Sat 1/6 10am-5pm
R \$40/NR \$48

BRING LUNCH \$

TEENS TAKEOVER UNDERGROUND SEATTLE TOUR

Have ya heard, Seattle has a "whole new world," Underground! Teens Takeover and tour the "Up-side-down," It's the only way to tour the interconnecting tunnels of the world-famous Seattle Underground. Don't forget to bring a little money for snacks or a quick lunch.

AGE: 12-19
17373 Sat 1/27 12-5pm
R \$35/NR \$42

BRING LUNCH \$

TEENS TAKEOVER SANDBOX V.R.

It's the closest thing to the "holodeck" that exists. Sandbox VR combines motion capture with the latest in VR hardware to create the best VR experience on the planet. It's very different from VR experiences you might have tried at home or at other places, this is next-level.

AGE: 12-19
17374 Sat 2/24 2-6pm
R \$60/NR \$72

MEET AT PKCC

SERVICES

TEEN TRAFFIC COURT

Have you or someone you know just been given a traffic ticket by a Kirkland Officer? Do you want it taken off your record? The Kirkland Youth Council, in cooperation with Kirkland Municipal Court, runs the monthly Teen Traffic Court (TTC) program. TTC offers Kirkland teens the opportunity to have moving violations heard in front of a judge and jury of their peers. Teens that have been issued a notice of infraction by jurisdictions served by Kirkland Municipal Court (Clyde Hill, Hunts Point, Yarrow Point, Woodinville, and Kirkland) are eligible for the program. Once the assigned penalty has been completed, the ticket is removed from the person's driving record.

To sign up for TTC, eligible students must file a request in person at the Kirkland Municipal Court (11740 NE 118th Street). Teens must complete a registration form and provide student ID at the Court. For questions, please call the Kirkland Municipal Court, 425-587- 3160 or Kirkland Youth Services, 425-587-3323.

Self Defense for Teen Girls - Moms Optional

Teens will learn about potentially risky situations. Students will learn strikes to vulnerable targets, recognize the "red flags" of grooming, dating violence, and how to safely exit threatening situations. This class is intended for people of marginalized genders, cis and trans women, as well as non-binary folks and trans men. This class centers on the experiences of women and all people who have lived experiences of misogyny. If mothers attend with teen (not required) they must also register and pay for program.

AGE: 14-19

16866 Sat 2/10 1:45-4:45pm

R \$89/NR \$107

LOCATION: NKCC

INSTRUCTOR: STRATEGIC LIVING, LLC

JUANITA
Fresh Local
FRIDAY MARKET
Since 2007
Kirkland, Washington
Fridays, 3PM – 7PM,
June – September
Juanita Beach Park
9703 NE Juanita Drive
kirklandwa.gov/JuanitaFridayMarket

**VOLUNTEER
IN
KIRKLAND PARKS**

Help build healthy forests and strong community
with the Green Kirkland Partnership!

Volunteers needed to remove invasive weeds, plant native trees and nurture natural areas in City of Kirkland parks. Stewardship events occur throughout the year. All ages and experience levels are welcome following the event guidelines. Tools, training, and gloves are provided.

**GREEN
KIRKLAND**
PARTNERSHIP

Learn more at
www.GreenKirkland.org

ADULTS



ADULT ARTS & CRAFTS

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 12/26)

AGE: 18+ 3 CLASSES

| | | | | |
|-------|-----|----------|-------|----------------|
| 17143 | Tue | 9/5-9/19 | 6-9pm | |
| | | | | R \$49/NR \$59 |

AGE: 18+ 4 CLASSES

| | | | | |
|-------|-----|-------------|-------|----------------|
| 17144 | Tue | 10/10-10/31 | 6-9pm | |
| 17145 | Tue | 11/7-11/28 | 6-9pm | |
| 17146 | Tue | 12/5-1/2 | 6-9pm | |
| 17147 | Tue | 1/9-1/30 | 6-9pm | |
| 17148 | Tue | 2/6-2/27 | 6-9pm | |
| | | | | R \$65/NR \$78 |

LOCATION: PKCC
INSTRUCTOR: JEAN PRATT-BEUOY

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. (No class 11/23, 12/28)

AGE: 18+ 3 CLASSES

| | | | | |
|-------|-----|----------|-------------|----------------|
| 17150 | Thu | 9/7-9/21 | 5:30-8:30pm | |
| | | | | R \$49/NR \$59 |

AGE: 18+ 4 CLASSES

| | | | | |
|-------|-----|------------|-------|----------------|
| 17151 | Thu | 10/12-11/2 | 6-9pm | |
| 17152 | Thu | 11/9-12/7 | 6-9pm | |
| 17153 | Thu | 12/14-1/11 | 6-9pm | |
| 17154 | Thu | 1/18-2/8 | 6-9pm | |
| 17155 | Thu | 2/15-3/7 | 6-9pm | |
| 17156 | Thu | 3/14-4/4 | 6-9pm | |
| | | | | R \$65/NR \$78 |

LOCATION: PKCC
INSTRUCTOR: JEAN PRATT-BEUOY

Drawing Botanicals

If you love plants, flowers, or fungi, this is a workshop for you. Learn different mediums and techniques, and hone in on your drawing skills while studying and drawing botanicals. This workshop will cover a wide range of species from tropical plants to succulents. You'll learn all the basics as well as learn how to improve your drawing.

AGE: 16+

| | | | | |
|-------|-----|------------|----------|------------------|
| 16824 | Tue | 9/12-10/17 | 6:30-8pm | |
| | | | | R \$260/NR \$312 |

LOCATION: NKCC
INSTRUCTOR: MAJA SEREDA

ASK US
ABOUT OUR
SCHOLARSHIP
PROGRAM
See page 35

DAYTIME ART CLASSES

See page 44

ADULTS

DANCE

Hip Hop

Join this fun Hip Hop class that offers a great aerobic workout also. Dance, move and sweat to choreography and music that is guaranteed to motivate! All levels are welcome. *(No class 11/20, 12/25, 1/1, 1/15, 2/19)*

AGE: 14+

| | | | |
|-------|-----|------------|-------------|
| 17187 | Mon | 9/11-10/2 | 7:15-8:15pm |
| 17188 | Mon | 10/9-10/30 | 7:15-8:15pm |
| 17189 | Mon | 11/6-12/4 | 7:15-8:15pm |
| 17190 | Mon | 12/11-1/22 | 7:15-8:15pm |
| 17191 | Mon | 1/29-2/26 | 7:15-8:15pm |
| 17192 | Mon | 3/4-3/25 | 7:15-8:15pm |

R \$70/NR \$84

LOCATION: PKCC

INSTRUCTOR: COTY VALDEZ

Ballet Basics - Virtual

Have you always wanted to take a ballet class, but something got in the way? Here's the good news, it's never too late to learn ballet! No reason to be intimidated! This adult basic ballet class offers something for everyone from young adult to seniors and provides a fun way to tone and tighten your body while learning the fundamental techniques in a positive and supportive environment. Ballet develops balance, coordination, strength, stamina, self-confidence, and body-centered awareness. This class is for those with little or no dance training but who want to embrace one of the most beautiful and graceful of all dance styles. *(No class 11/20, 11/22, 12/25, 12/27, 1/1, 1/3, 1/15, 2/19, 3/25)*

Ballet Basics - Virtual Monday

AGE: 18+ 6 CLASSES

| | | | |
|-------|-----|------------|-------|
| 17129 | Mon | 9/11-10/16 | 7-8pm |
| 17130 | Mon | 10/23-12/4 | 7-8pm |
| 17131 | Mon | 12/11-2/5 | 7-8pm |
| 17132 | Mon | 2/12-4/1 | 7-8pm |

\$54

Ballet Basics - Virtual Wednesday

AGE: 18+ 6 CLASSES

| | | | |
|-------|-----|-------------|-------|
| 17133 | Wed | 9/6-10/11 | 6-7pm |
| 17134 | Wed | 10/18-11/29 | 6-7pm |
| 17135 | Wed | 12/6-1/24 | 6-7pm |
| 17136 | Wed | 1/31-3/6 | 6-7pm |

\$54

AGE: 18+ 2 CLASSES

| | | | |
|-------|-----|-----------|-------|
| 17137 | Wed | 3/13-3/20 | 6-7pm |
|-------|-----|-----------|-------|

\$18

LOCATION: ZOOM (VIRTUAL)

INSTRUCTOR: MARCO CARRABBA

Ballet Open Level - Virtual

Take your training to the next level. This class is for those who have had some ballet training and is a good additional class for a Basic or Intermediate level class. Emphasis is on improving technical strength and more movement. Students are encouraged to work at their own ability. *(No class 11/22, 12/27, 1/3)*

AGE: 18+ 6 CLASSES

| | | | |
|-------|-----|-------------|-------------|
| 17138 | Wed | 9/6-10/11 | 7:15-8:15pm |
| 17139 | Wed | 10/18-11/29 | 7:15-8:15pm |
| 17140 | Wed | 12/6-1/24 | 7:15-8:15pm |
| 17141 | Wed | 1/31-3/6 | 7:15-8:15pm |

\$54

AGE: 18+ 2 CLASSES

| | | | |
|-------|-----|-----------|-------------|
| 17142 | Wed | 3/13-3/20 | 7:15-8:15pm |
|-------|-----|-----------|-------------|

\$18

LOCATION: ZOOM (VIRTUAL)

INSTRUCTOR: MARCO CARRABBA



LINE DANCING CLASSES

See page 45



Tap Happy Adults

Learn new skills and increase positive endorphins through Tap Dance! Learn routines and techniques, while developing balance, strength, flexibility, and rhythm. Dance to everything from Classic Rock to America's Top 40, and much more! If it has a beat, and feels good, we will be dancing to it...Tap Shoes or Character shoes please. (No class 10/31, 11/21)

TAP HAPPY ADULTS

AGE: 16+

| | | | |
|-------|-----|------------|-------------|
| 17243 | Tue | 9/12-12/12 | 6:25-7:25pm |
| 17245 | Tue | 1/9-3/26 | 6:25-7:25pm |

R \$132/NR \$158

TAP HAPPY ADULTS 2

This class is specifically for you if you have the beginning skills and want to go further. (No class 10/31, 11/21)

AGE: 16+

| | | | |
|-------|-----|------------|-------------|
| 17244 | Tue | 9/12-12/12 | 7:30-8:30pm |
| 17246 | Tue | 1/9-3/26 | 7:30-8:30pm |

R \$132/NR \$158

LOCATION: NKCC

INSTRUCTOR: KATIE JARVIS

PARTNER DANCING *with* CHARLES ENGLAND

This program has moved to the Peter Kirk Community Center, 352 Kirkland Ave. Adults & teens, couples only.

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.

AGE: 16+

| | | | |
|-------|-----|------------|-------|
| 16817 | Thu | 9/14-10/12 | 7-8pm |
| 16819 | Thu | 1/11-2/8 | 7-8pm |

R \$65/NR \$78

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.

AGE: 16+

| | | | |
|-------|-----|------------|-------|
| 16816 | Thu | 9/14-10/12 | 8-9pm |
| 16818 | Thu | 1/11-2/8 | 8-9pm |

R \$65/NR \$78

Salsa

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

AGE: 16+

| | | | |
|-------|-----|-------------|-------|
| 16821 | Thu | 10/19-11/16 | 7-8pm |
| 16823 | Thu | 2/22-3/21 | 7-8pm |

R \$65/NR \$78

LOCATION: PKCC

East Coast Swing

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

AGE: 16+

| | | | |
|-------|-----|-------------|-------|
| 16820 | Thu | 10/19-11/16 | 8-9pm |
| 16822 | Thu | 2/22-3/21 | 8-9pm |

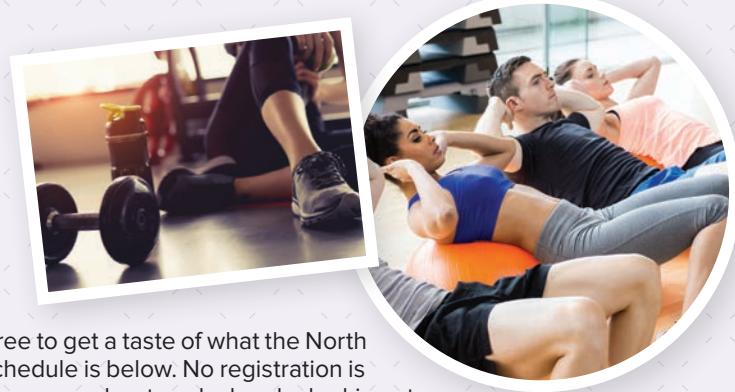
R \$65/NR \$78

LOCATION: PKCC

INSTRUCTOR: CHARLES ENGLAND



ADULTS



FREE FITNESS CLASSES

Want to try one of our fitness classes without committing? Join us for free to get a taste of what the North Kirkland Community Center fitness department has to offer! The full schedule is below. No registration is required; just swing by and check out what classes you would like! Learn more about each class by looking at descriptions on the next few pages or call 425-587-3350 to confirm details. **Offered the week of 9/5 – 9/9 & 1/8- 1/13**

| Tuesday 9/5 | Wednesday 9/6 | Thursday 9/7 | Friday 9/8 | Saturday 9/9 |
|---|---|----------------------|---|--|
| Cardio & Core 9-10am | Gentle Start 7:45-8:30am 70's Show 8:30-9:15am Pound Fit 4:45-5:30pm Cardio & Core 6-7pm Cardiobox 7:15-8pm | Cardio & Core 9-10am | Jam Out Dance 8:45-9:45am Parent & Little Barre 10:30-12pm | Jam Out Dance 8:45-9:45am Parent & Little Barre 10-11am |
| Monday 1/8 | Wednesday 1/10 | Thursday 1/11 | Friday 1/12 | Saturday 1/13 |
| Gentle Start 9-10am Cardiobox 7:15-8pm | 70's Show 8:30-9:15am Pound Fit 4:45-5:30pm Cardio & Core 6-7pm Cardiobox 7:15-8pm | Cardio & Core 9-10am | Jam Out Dance 8:45-9:45am Parent & Little Barre 10:30-12pm | Jam Out Dance 8:45-9:45am Parent & Little Barre 10-11am |



Adult Hula Dance

Walk in - hula out.

PIKAKI BEGNNING AND INTERMEDIATE HULA

The Pikaki Hula class teaches the basic steps and hand motions for those who are new to hula or for those wanting to improve existing skills. Emphasis is on the basic movement of the hula in an easy friendly environment. Hula is a fun class, come and dance with us.

AGE: 18+

| | | | |
|-------|-----|------------|--------|
| 16834 | Sun | 9/10-11/12 | 12-1pm |
| 16836 | Sun | 1/14-3/17 | 12-1pm |

R \$110/NR \$132

LOCATION: NKCC
INSTRUCTOR: MAKAAOKALANAI

'LLIMA ADVANCED HULA

The 'llima class is for the dancer with a more extensive background with kahiko, 'auana, hula implements and some performing experience. This class will continue with review of the basics, continue to learn 'olelo (language) skills pertaining to their hula with focus on general technique, and performance skills. There will be public performances. Wear a pa'u skirt-no jeans please.

AGE: 18+

| | | | |
|-------|-----|------------|-----------|
| 16833 | Sun | 9/10-11/12 | 11am-12pm |
| 16835 | Sun | 1/14-3/17 | 11am-12pm |

R \$110/NR \$132

LOCATION: NKCC
INSTRUCTOR: MAKAAOKALANAI



ADULT FITNESS

Strength & Stretch Virtual

Can't make it to the gym but still want to maintain strength? Don't have gym equipment and don't want to trip over weights? Not a problem. This class will help you to maintain your fitness all in the comfort of your home! Use things you have at home to create strength. Walls, chairs, books, canned soup, and a towel are all you'll need for a complete full body workout. Learn tips and tricks that you can practice on your own. If you have equipment you'd like to use please, feel free. Zoom login information will be sent prior to class. *(No class 11/10, 11/24, 2/23)*

| AGE: 18+ | | | |
|----------|-----|------------|---------|
| 17066 | Fri | 9/8-9/29 | 10-11am |
| 17067 | Fri | 10/6-10/27 | 10-11am |
| 17069 | Fri | 11/3-12/8 | 10-11am |
| 17070 | Fri | 1/12-2/2 | 10-11am |
| 17071 | Fri | 2/9-3/8 | 10-11am |
| 17072 | Fri | 3/15-4/5 | 10-11am |
| | | | \$32 |

LOCATION: ZOOM (VIRTUAL)
INSTRUCTOR: SALLY RODICH

Tai Chi & Meridian Stretching

This energy-based class applies meridian stretching techniques and Tai Chi/Ki Gong forms to open blockages and release stagnant energy in the body. This holistic training allows you to detox at a deeper physical, emotional, and mental level to help rejuvenate your wellbeing. *(No class 11/22, 11/23)*

| AGE: 18+ | | | |
|----------|-----|------------|----------------|
| 16773 | Thu | 11/9-12/21 | 3-4:15pm |
| | | | R \$65/NR \$78 |

Tai Chi and Meridian Stretching-Virtual

| AGE: 18+ | | | |
|---|-----|------------|----------|
| 16774 | Wed | 11/8-12/20 | 4:45-6pm |
| Zoom login information will be sent prior to class. | | | |
| | | | \$55 |

LOCATION: ZOOM (VIRTUAL)
INSTRUCTOR: HELEN HUANG

MORE YOGA CLASSES

See page 47

ZUMBA CLASSES

See page 46



RECREATION SCHOLARSHIP FUND

Apply for a recreation scholarship.
Donate toward a recreation scholarship.

For more details, visit kirklandwa.gov/RecreationScholarships



Sunset Stand Up Paddleboard Tours with Lesson

Learn the basic fundamentals of stand-up paddle boarding and enjoy an evening on Juanita Bay! Land, water skills, safety instruction and tours are provided by Northwest Paddle Surfer guides. Sighting Bay resident wildlife is common, like turtles, otters, eagles, and herons during tours. All equipment is provided. **Participants must be able to swim.** This activity is great for individuals, friends, and families as it's open to ages 12 and up. Stand-Up Paddleboard weight limit of 225 lbs. Registration closes 8:00 AM Tuesday before the program date.

| AGE: 12+ | | | |
|----------|-----|------|----------------|
| 17202 | Wed | 9/6 | 5:30-7pm |
| 17209 | Wed | 9/13 | 5:30-7pm |
| | | | R \$70/NR \$84 |

LOCATION: JUANITA BEACH PARK
INSTRUCTOR: NORTHWEST PADDLE SURFERS

ADULTS

Parent and Little Barre Class

In this barre program, we'll spend half the class working on pre and postnatal safe poses and movements. After that, we'll spend time sharing what's been coming up for you this week, allowing you to get tips & ideas as well as emotional support from fellow parents and build new connections! *(No class 11/10, 11/11, 11/24, 11/25)*

AGE: 18+

| | | | |
|----------------|-----|------------|--------------|
| 16973 | Fri | 9/15-10/20 | 10:30am-12pm |
| 16977 | Fri | 2/23-3/29 | 10:30am-12pm |
| R \$72/NR \$86 | | | |
| 16974 | Fri | 11/3-12/8 | 10:30am-12pm |
| 16976 | Fri | 1/19-2/9 | 10:30am-12pm |
| R \$48/NR \$58 | | | |
| 16978 | Sat | 10/21-12/9 | 10-11am |
| R \$66/NR \$79 | | | |

LOCATION: NKCC

INSTRUCTOR: STEPHANIE LADUKE



PARENT / CHILD CLASSES

See pages 6-10



Gentle Start

Are you looking to be more active? Do you want to ease into a fitness routine? This hour-long class will begin with 20 minutes of stretching followed by 30 minutes of short bursts of cardio walking and strength training and then a cool down. This class is filled with an encouraging instructor, fun music and easy to follow movements.

AGE: 18+

| | | | |
|----------------|-----|-------------|--------|
| 17087 | Mon | 9/11-10/23 | 9-10am |
| 17088 | Mon | 10/30-12/11 | 9-10am |
| R \$77/NR \$92 | | | |
| 17090 | Mon | 1/22-2/12 | 9-10am |
| R \$44/NR \$53 | | | |
| 17094 | Mon | 2/26-4/1 | 9-10am |
| R \$66/NR \$79 | | | |

LOCATION: NKCC

INSTRUCTOR: LAURA MILLER

70's Show

This is a mid to moderate dance fitness class set to beats from the 70's. Calling all groovy adults for this 70's inspired dance fitness class. Dancers will move & groove to 70s style music and will learn the 70s classics.

AGE: 18+

| | | | |
|----------------|-----|------------|-------------|
| 17112 | Wed | 9/13-10/25 | 8:30-9:15am |
| 17113 | Wed | 11/1-12/13 | 8:30-9:15am |
| R \$70/NR \$84 | | | |
| 17114 | Wed | 1/17-2/21 | 8:30-9:15am |
| 17115 | Wed | 2/28-4/3 | 8:30-9:15am |
| R \$60/NR \$72 | | | |

INSTRUCTOR: LAURA MILLER

Cardio & Core with Joleen

Put the "Fun" in functional training with this lively strength and cardio workout! Start with an energetic warm up then mix it up with weights, interval stations, agility games, dance fitness and more! Finish with core strengthening and a relaxing cool down. Modifications will be shown for different fitness levels. *(No class 11/22, 11/23, 2/19, 4/4, 4/8, 4/9, 4/10, 4/11)*

AGE: 18+

| | | | |
|----------------|-----|-------------|--------|
| 17008 | Mon | 9/11-10/23 | 6-7pm |
| 17009 | Tue | 9/12-10/24 | 9-10am |
| 17011 | Wed | 9/13-10/25 | 6-7pm |
| 17012 | Thu | 9/14-10/26 | 9-10am |
| 17018 | Tue | 1/16-2/27 | 9-10am |
| 17019 | Wed | 1/17-2/28 | 6-7pm |
| 17020 | Thu | 1/18-2/29 | 9-10am |
| R \$77/NR \$92 | | | |
| 17013 | Mon | 11/13-12/18 | 6-7pm |
| 17014 | Tue | 11/14-12/19 | 9-10am |
| 17021 | Mon | 3/25-5/6 | 6-7pm |
| 17022 | Tue | 3/26-5/7 | 9-10am |
| 17023 | Wed | 3/27-5/8 | 6-7pm |
| R \$66/NR \$79 | | | |
| 17015 | Wed | 11/15-12/20 | 6-7pm |
| 17016 | Thu | 11/16-12/21 | 9-10am |
| 17017 | Mon | 1/22-2/26 | 6-7pm |
| 17024 | Thu | 3/28-5/9 | 9-10am |
| R \$55/NR \$66 | | | |

LOCATION: NKCC

INSTRUCTOR: JOLEEN LESTER

CardioBox

Learn the different strikes used in boxing, along with footwork, body movement and defense. You will stay active, moving from one round to another, with more than 50% of the time on the bags, you will use other equipment to condition and strengthen your body. There is no sparring involved in this class. All participants are required to bring their own hand wraps for wrist protection, boxing gloves. *(No Class 11/22)*

AGE: 18+

| | | | |
|----------------|-----|-------------|----------|
| 16884 | Mon | 9/11-10/23 | 7:15-8pm |
| 16888 | Wed | 9/13-10/25 | 7:15-8pm |
| 16889 | Wed | 11/1-12/20 | 7:15-8pm |
| R \$70/NR \$84 | | | |
| 16885 | Mon | 10/30-12/18 | 7:15-8pm |
| R \$80/NR \$96 | | | |
| 16890 | Wed | 1/17-2/21 | 7:15-8pm |
| 16887 | Mon | 2/26-4/1 | 7:15-8pm |
| 16891 | Wed | 2/28-4/3 | 7:15-8pm |
| R \$60/NR \$72 | | | |
| 16886 | Mon | 1/22-2/12 | 7:15-8pm |
| R \$40/NR \$48 | | | |

LOCATION: NKCC

INSTRUCTOR: SHARON GOH ADAMS



Pound Fit

POUND unleashes your inner rockstar with a full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums. This class is designed for any age at any stage of fitness. Everybody and every body are welcome. Ripstix are provided and no experience is required. *(No Class 11/22)*

AGE: 18+

| | | | |
|----------------|-----|------------|-------------|
| 16982 | Wed | 9/13-10/18 | 4:45-5:30pm |
| 16985 | Wed | 2/21-3/27 | 4:45-5:30pm |
| R \$60/NR \$72 | | | |
| 16983 | Wed | 11/1-12/6 | 4:45-5:30pm |
| R \$50/NR \$60 | | | |
| 16984 | Wed | 1/17-2/7 | 4:45-5:30pm |
| R \$40/NR \$48 | | | |

LOCATION: NKCC

INSTRUCTOR: STEPHANIE LADUKE

PARKINSON'S SUPPORT GROUP

See page 51

Rock Steady Boxing (RSB)

Taught by certified Affiliate Coaches, Rock Steady Boxing (RSB) is an evidence-based boxing fitness class designed specifically to help fight the effects of Parkinson Disease. Non-contact boxing drills, strength, balance, cardio, and coordination activities are provided with a "tough love" approach and create the basis for functional improvements for people with any level of Parkinson's. In addition to improved strength and function, participants enjoy a new sense of confidence and build supportive relationships with fellow class members. Participants must receive medical clearance, complete a \$40 assessment, and receive Affiliate Coach approval prior to joining class. Classes are offered 10:15am-11:30am or 11:45am-1pm based on different levels. Participants will be given their recommended class time after the assessment. *(No Class on 10/27, 11/10, 11/23, 11/24, 12/8, 3/12, 3/14, 3/15, 3/29, 4/4)*

AGE: 18+

10 Visit Pass Card

| | | | |
|-------|----------|-----------|-------------|
| Tue, | Thu, Fri | 9/7-12/22 | 10:15am-1pm |
| Tue, | Thu, Fri | 1/11-4/5 | 10:15am-1pm |
| \$120 | | | |

LOCATION: NKCC

INSTRUCTOR: JOLEEN LESTER

Jam Out Dance

Our dance instructor brings a mix of funky, adrenaline-based beats from today's hits to yesterday's favorites with easy-to-follow choreography so everyone everywhere can get their JAM on. This highly addictive and fun 60-minute workout will fly by as you get your boogie on! *(No class on 11/10, 11/11, 11/24, 11/25)*

AGE: 18+

| | | | |
|----------------|-----|------------|-------------|
| 17204 | Fri | 9/15-10/20 | 8:45-9:45am |
| 17223 | Fri | 11/3-12/22 | 8:45-9:45am |
| 17228 | Fri | 1/19-2/23 | 8:45-9:45am |
| 17118 | Sat | 1/20-2/24 | 8:45-9:45am |
| 17230 | Fri | 3/1-4/5 | 8:45-9:45am |
| 17120 | Sat | 3/2-4/6 | 8:45-9:45am |
| R \$66/NR \$79 | | | |
| 17116 | Sat | 9/16-10/28 | 8:45-9:45am |
| R \$77/NR \$92 | | | |
| 17117 | Sat | 11/4-12/16 | 8:45-9:45am |
| R \$55/NR \$66 | | | |

LOCATION: NKCC

INSTRUCTOR: LAURA MILLER

JOIN A LEAGUE

Indoor Pickleball League

Games will be played at the indoor pickleball courts at North Kirkland Community Center. Courts are shorter by 7" on each side. This league is self-officiated. 14 matches over 7 weeks of play (double-header each week) with one week of playoffs. League champions will receive a prize. Only one player needs to register per team. *(No games on 2/2/24)*

BEGINNER INDOOR PICKLEBALL LEAGUE

AGE: 18+

| | | | |
|-------|-----|-----------|--------|
| 17159 | Fri | 9/15-11/3 | 5-10pm |
| 17160 | Fri | 1/19-3/15 | 5-10pm |

\$140/team

LOCATION: NKCC



Winter 2024 Volleyball League

INDIVIDUAL FREE AGENT TEAM MEMBER

Players who do not have a team can register as a free agent. The free agent team will play on Wed nights in the Coed C league.

| | | | | | |
|-------|--------|-----|-----|-----------|----------|
| 17477 | Coed C | DIV | Wed | 1/24-3/13 | 7:20-9pm |
|-------|--------|-----|-----|-----------|----------|

\$50/person

LOCATION: KIRKLAND LWSD GYMS



Winter 2024 Volleyball League

REGISTRATION OPENS 11/15 AT 7AM

AGE: 18+

| | | | | | |
|-------|---------|-------|-----|-----------|-----------|
| 17413 | Coed | C Div | Wed | 1/24-3/13 | 7:20-9pm |
| 17414 | Coed | Lower | Wed | 1/24-3/13 | 7:20-9pm |
| 17408 | Coed | Inter | Tue | 1/23-3/12 | 7:20-9pm |
| 17406 | Coed | Upper | Tue | 1/23-3/19 | 6:15-10pm |
| 17403 | Women's | Lower | Mon | 1/22-3/18 | 7:20-9pm |
| 17404 | Women's | Inter | Mon | 1/22-3/18 | 7:20-9pm |
| 17402 | Women's | Upper | Mon | 1/22-3/18 | 6:15-10pm |

\$400/team

LOCATION: KIRKLAND LWSD GYMS

Drop In Pickleball

Drop-in Pickleball is available on Fridays 1:30PM-4PM at the North Kirkland Community Center.

Two modified courts available (7 inches shorter on each side). Doubles format is encouraged. We encourage bringing your own equipment. Loaner equipment is available. *(No class on 10/27, 11/10, 11/24, 12/8, 12/15)*

AGE: 18+

FALL DROP IN PICKLEBALL

| | | |
|-----|------------|-------------|
| Fri | 9/15-12/15 | 1:30-4:30pm |
|-----|------------|-------------|

WINTER DROP IN PICKLEBALL

| | | |
|-----|-----------|-------------|
| Fri | 1/12-3/22 | 1:30-4:30pm |
|-----|-----------|-------------|

\$3 per participant; PAY ON-SITE.

Small Goal Soccer

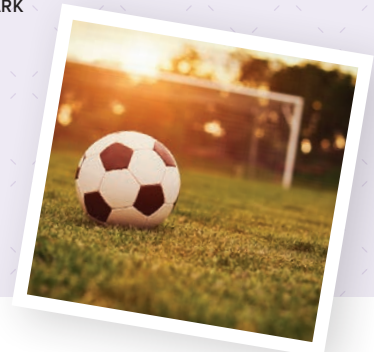
Small Goal Soccer will provide affordable, quality, fun, fast paced soccer for all the men and women in the world. Together we will build a strong soccer community and leave no player behind. Viva!

Team registration or register as a free agent and Small Goal will find you a team!

| | | | | |
|-------|------------|-----|------------|--------|
| 17530 | Men's D1 | Tue | 9/12-11/7 | 7-10pm |
| 17531 | Men's D2 | Tue | 9/12-11/7 | 7-10pm |
| 17532 | CoEd | Tue | 9/12-11/7 | 7-10pm |
| 17537 | Free Agent | Tue | 9/12-11/7 | 7-10pm |
| 17526 | Men's D1 | Thu | 10/26-1/11 | 7-10pm |
| 17527 | Men's D2 | Thu | 10/26-1/11 | 7-10pm |
| 17529 | CoEd | Thu | 10/26-1/11 | 7-10pm |
| 17533 | Men's D1 | Tue | 11/28-2/13 | 7-10pm |
| 17534 | Men's D2 | Tue | 11/28-2/13 | 7-10pm |
| 17535 | CoEd | Tue | 11/28-2/13 | 7-10pm |

\$795/team
\$80/free agent

LOCATION: 132ND SQUARE PARK



ADULT SPECIAL INTEREST

Meditation: A Journey to the Present-Virtual

Explore ways to lay a solid foundation for self-sufficient meditation practice by introducing proper postures, breathing, and body-scanning techniques. Learn to effectively release stress and better manage physical/ emotional pain. Sight, sound, and taste will be incorporated in the meditation practice to set the body and mind free from anxiety, depression, and personal trauma, bringing our awareness to the present moment and enjoy living.

AGE: 18+

16772 Tue 1/9-2/20 7:30-8:30pm

\$65

LOCATION: ZOOM (VIRTUAL)
INSTRUCTOR: HELEN HUANG

Organizer On the Road Show

My tips are practical, doable, and fun. You'll laugh, you'll learn organizing techniques that are applicable to ANYTHING, and be pointed to resources to answer, "But what do I do with ...?"

AGE: 18+

17110 Tue 10/24 6-7:30pm

17111 Tue 1/23 6-7:30pm

R \$35/NR \$42

LOCATION: NKCC
INSTRUCTOR: LAUREN WILLIAMS, CPO®, CVPO®



Retirement Purpose Finder

Are you within a year or two of retirement? Having a defined purpose for this major life transition will help you to create a retirement life that is rewarding, healthy, and full of joy. This 2-hour workshop will help you define your goals and give you a roadmap for this next exciting phase of life.

AGE: 18+

17405 Thu 9/21 6pm-8pm

R \$35/NR \$42

LOCATION: NKCC
INSTRUCTOR: JULIE METTEER – RETIREMENT COACH, READY, RETIRE, GO



Self Defense for Women

Learn the 4 most crucial safety lessons: recognizing when someone means harm, using your body language and voice to interrupt an intended assault, simple yet effective physical skills to neutralize an attacker, and how to deal with the emotional fallout of an assault. Please wear workout-style clothing. We focus on the experiences of women and all people who have lived experiences of misogyny, including cis and trans women, as well as non-binary folks and trans men.

Age: 18+

16865 Sat 10/7 1:45-4:45pm

R \$89/NR \$107

LOCATION: NKCC
INSTRUCTOR: STRATEGIC LIVING, LLC

Light Up KIRKLAND

Light Up Kirkland is a magical event held at Marina Park. Have some "Cocoa and cookies with the Council" and then take a stroll on the grounds of the park to view a winter wonderland of lights, followed by a bonfire on the beach and music from local students. Argosy Cruises will swing by with their Christmas Ship and provide more musical entertainment from the water. This event is free.



SATURDAY
DECEMBER 9, 4-7PM
MARINA PARK

25 LAKESHORE PLAZA



FOR MORE INFORMATION VISIT KIRKLANDWA.GOV/COMMUNITYBUILDINGEVENTS

ADULTS

Ukulele Beginning

Aloha! A ukulele is portable, inexpensive, and great for playing songs with friends! It's also a great primer for learning other stringed instruments. Whether you're a beginner or have a little experience, you're invited to join our friendly group classes. We'll learn chords each week, how to strum, and will play music together at our first class! Requirements: a ukulele, and a willingness to try something new. (No Class 11/15, 11/22)

AGE: 14+

| | | | |
|-------|-----|------------|-------------|
| 16879 | Wed | 9/13-10/11 | 5:30-6:30pm |
| 17443 | Wed | 10/25-12/6 | 5:30-6:30pm |
| 17505 | Wed | 2/28-3/27 | 5:30-6:30pm |

R \$50/NR \$60

LOCATION: NKCC

INSTRUCTOR: JULIE METTEER

Ukulele Intermediate

Ukulele Intermediate will be focused on learning to play and sing songs with the same basic chords, and adding on some new, more challenging chords (No Class 11/15, 11/22)

AGE: 14+

| | | | |
|-------|-----|------------|-------------|
| 16880 | Wed | 9/13-10/11 | 6:45-7:45pm |
| 17444 | Wed | 10/25-12/6 | 6:45-7:45pm |
| 17484 | Wed | 2/28-3/27 | 6:45-7:45pm |

R \$50/NR \$60

LOCATION: NKCC

INSTRUCTOR: JULIE METTEER



NEW

Ukulele Harvest Ho-Down

Howdy partners! It's a community strum, plink, plunk, sing-along to some country classics. All acoustic instruments are welcome to join in! We'll fiddle, pick guitars, banjo and ukulele to Johnny Cash, Willie Nelson, and more. No instrument? Just come and sing along Put on your country duds, grab your acoustic instrument and hurry to the ho-down. YEEHAW!

AGE: 10+

| | | | |
|-------|-----|-------|-------|
| 16953 | Wed | 10/18 | 6-8pm |
|-------|-----|-------|-------|

R \$20/NR \$24

LOCATION: HERITAGE HALL

INSTRUCTOR: JULIE METTEER

NEW

Ukulele Holiday Sing-Along

Join us for an evening of ukulele yuletide festivities and merry-making songs! All acoustic instruments are welcome to join in! Celebrate the season and gather around as we sing and play some classic holiday favorites! Bring a smile, wear an ugly holiday sweater, grab your acoustic instrument and let's make some joyous music

AGE: 10+

| | | | |
|-------|-----|-------|-------|
| 16954 | Wed | 12/13 | 6-8pm |
|-------|-----|-------|-------|

R \$20/NR \$24

LOCATION: HERITAGE HALL

INSTRUCTOR: JULIE METTEER

Wheels and Reels Movie Series

Enjoy a night out under the stars at Juanita Beach Park with our Drive-in Movie Series. The parking lot opens at 6pm and the movie starts at 7pm. Watch each movie on our giant LED screen!

All ages welcome. Event will be held rain or shine - no refunds.
No RVs, limos, buses or alcohol.

Fall Series

SEPTEMBER 23
DUNGEONS & DRAGONS:
HONOR AMONG THIEVES
(PG-13)

SEPTEMBER 30
HOTEL TRANSYLVANIA:
TRANSFORMED (PG)

NOVEMBER 4
AKEELAH AND THE BEE (PG)

Winter Series

FEBRUARY 24
BLACK PANTHER, WAKANDA
FOREVER (PG-13)

MARCH 23
SUPER MARIO BROS (PG)

APRIL 13
THE LITTLE MERMAID (PG)

TO REGISTER VISIT
KIRKLANDPARKS.NET OR
CALL 425-587-3336

\$20

per vehicle

PRE-REGISTRATION REQUIRED

Capoeira - Adult

This class offers it all! Fun, healthy fitness, self-defense, confidence, music, culture & community. Capoeira is for everyone... all levels, no experience necessary. Adult Capoeira lead by Professor Fabricio. (No classes 11/20, 11/22, 12/25, 12/27, 1/1, 2/19)

AGE: 16+

8 CLASSES

| | | | |
|-------|----------|------------|-------------|
| 17193 | Mon, Wed | 9/6-10/2 | 8:15-9:15pm |
| 17194 | Mon, Wed | 10/4-10/30 | 8:15-9:15pm |
| 17195 | Mon, Wed | 11/1-12/4 | 8:15-9:15pm |
| 17196 | Mon, Wed | 12/6-1/10 | 8:15-9:15pm |
| 17197 | Mon, Wed | 1/17-2/12 | 8:15-9:15pm |
| 17198 | Mon, Wed | 2/14-3/13 | 8:15-9:15pm |

R \$100/NR \$120

4 CLASSES

| | | | |
|-------|----------|-----------|-------------|
| 17199 | Mon, Wed | 3/18-3/27 | 8:15-9:15pm |
|-------|----------|-----------|-------------|

R \$50/NR \$60

LOCATION: PKCC

INSTRUCTOR: FABRICIO VALDEZ

Voice Overs - Now is your time!

Learn how you can begin using your speaking voice for commercials, films, videos, and more. With instructor Lisa Foster, you will learn a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your own terms, on your own turf, in your own time, and with minimal overhead! This could be the game changer you've been looking for.

AGE: 18+

| | | | |
|-------|-----|------|-------|
| 16825 | Mon | 10/2 | 6-8pm |
| 16826 | Mon | 1/22 | 6-8pm |

R \$40/NR \$48

LOCATION: NKCC



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+

| | | | |
|-------|-----|-----|-------|
| 17040 | Wed | 9/6 | 7-9pm |
| 17041 | Wed | 3/6 | 7-9pm |

R \$12/NR \$14

LOCATION: PKCC

INSTRUCTOR: KIM PRATER

Home Sellers Workshop

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

AGE: 18+

| | | | |
|-------|-----|------|-------------|
| 17043 | Wed | 10/4 | 6:30-8:30pm |
| 17044 | Wed | 2/28 | 6:30-8:30pm |

R \$12/NR \$14

LOCATION: PKCC

INSTRUCTOR: KIM PRATER

Federally Insured Reverse Mortgage Program NEW

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

AGE: 18+

| | | | |
|-------|-----|------|--------------|
| 17038 | Wed | 10/4 | 10:30am-12pm |
| 17039 | Wed | 1/31 | 10:30am-12pm |

R \$12/NR \$14

LOCATION: PKCC

INSTRUCTOR: KIM PRATER

50+ ADULTS



Peter Kirk Community Center 50+ Programs

352 Kirkland Ave, Kirkland, WA 98033
425-587-3360
Monday–Friday: 8am-5pm

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

OUR MISSION

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

ENDORSEMENTS

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

CENTER CLOSURE DATES

Center Closed at 12pm - 12/22 & 12/29

Center Closed - 9/1, 9/4, 11/10, 11/23, 11/24, 12/25, 1/1, 1/15, 2/19

GAMES

Checkers, Chess, Scrabble, Backgammon and Cribbage

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

Drop in Party Bridge

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

Drop-In Pinochle

Pinochle is open to players of all abilities. Make new friends and find compatible partners.

All are welcome to join Fridays at 11am

Cards

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

Call 425.587.3360 for more information

Drop-In Pool Tables

Three tables are available for drop-in pool.

All are welcome to join the fun in our Pool Room

Special Events at the Peter Kirk Community Center

Afternoon Dances with the Mountaineer's

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

2nd & 4th Mondays of the month 2:30-4:30pm
\$9 at the door



Senior Resource Fair

Join us for this fun, annual community event that gives adults 50+ and their families an opportunity to gather information and get answers to questions they may have. Local area agencies will provide information on services ranging from health and wellness, legal services, transportation, senior living options, and much more.

Thu 9/21 10am-12pm
FREE



Turkey Treats

Buddy Holly will be here to help you celebrate Thanksgiving with all your friends followed by a delicious holiday meal prepared by Koelsch Senior Communities. Advanced registration required by 11/3! **K / Koelsch COMMUNITIES**
17375 Thu 11/16 11am-1pm
\$10

20th Holly-Day Brunch

Sit back and relax while members of the Kirkland Youth Council prepare and serve a delicious brunch. Register early, space is limited! Advance registration required by 12/1!
17481 Sat 12/9 10-11am
Free

Holiday with the Hawks

If you are a huge 12 or a fan of the Seahawk Legends, this is an event you will not want to miss! You will have an opportunity to get photo's, autographs and hear fun stories from some of your past favorites. Special thanks to Answers for Elders for making this special opportunity possible and to MorningStar for sponsoring the lunch. Advanced registration required by 12/1!



17376 Tue 12/12 11am-1pm
\$5

Holiday D'Lights

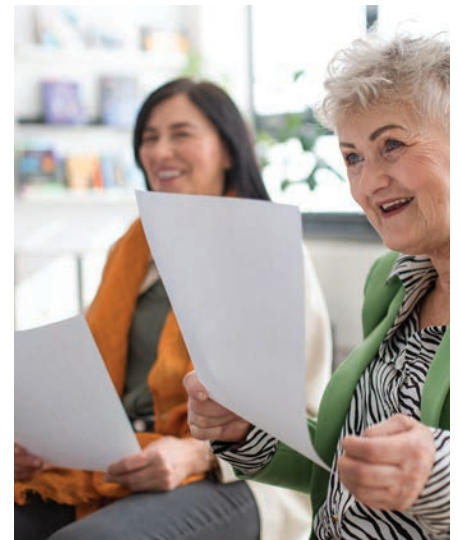
Add some merriment to your holiday season with our annual celebration featuring festive music from Danny Vernon as Elvis with a special guest appearance from Ann-Margaret. A delicious lunch prepared by Aegis will follow. This is one party you won't want to miss; it's guaranteed to get you in to the spirit of the season! Advanced registration required by 12/8! *Sponsored by Aegis Living*

17377 Thu 12/21 11am-1pm
\$10

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, make a reservation at the time of registration. RSVP at 425-587-3360

17378 Tue 10/17 11am
17379 Tue 1/23 11am
Free





50+ Arts & Crafts

Watercolor Painting-Day

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

AGE: 18+

3 classes

| | | | |
|-------|-----|----------|----------------|
| 16758 | Wed | 9/6-9/20 | 1-4pm |
| | | | R \$49/NR \$59 |

4 classes

| | | | |
|-------|-----|------------|-------|
| 16759 | Wed | 10/11-11/1 | 1-4pm |
| 16760 | Wed | 11/8-12/6 | 1-4pm |
| 16761 | Wed | 12/13-1/10 | 1-4pm |
| 16762 | Wed | 1/17-2/7 | 1-4pm |
| 16763 | Wed | 2/14-3/6 | 1-4pm |
| 16764 | Wed | 3/13-4/3 | 1-4pm |

R \$65/NR \$78

LOCATION: PKCC

INSTRUCTOR: JEAN PRATT BEUOY

Open Art Studio

Come paint or draw with other artists. The Peter Kirk Community Center Art Room is available for drop-ins on Tuesday afternoons. Check-in at the front desk. For more information call 425-587-3360. Will not meet 10/31.

Tue 1-3pm

R \$3/NR \$4

Needle Craft Group

Have fun, socialize, and work on your hand work.

Wed 10am-12pm

FREE

EVENING ART CLASSES

See page 31

Mixed Media Art

NEW

Mixed Media can get complex and can use all kinds of items to create layers, texture and increase the size of the original piece of artwork. In this mixed media art course in which you will be using a multitude of art mediums and supplies, maybe get a little messy, create new art, but most of all, you will have fun! So, bring your creativity and imagination to add to the mix and let's get started. Supply list available at PKCC.

4 Classes

| | | | |
|-------|-----|------------|----------------|
| 17506 | Mon | 9/11-10/2 | 9:30am-11:30am |
| 17507 | Mon | 11/13-12/4 | 9:30am-11:30am |

R \$65/NR \$78

INSTRUCTOR: KIMBERLY SMITH

LOCATION: PKCC

Oil Pastels

NEW

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

4 Classes

| | | | |
|-------|-----|-----------|----------------|
| 17508 | Mon | 10/9-11/6 | 9:30am-11:30am |
|-------|-----|-----------|----------------|

R \$65/NR \$78

INSTRUCTOR: KIMBERLY SMITH

LOCATION: PKCC





SPORTS

Golf Instruction

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

AGE: 18+

| | | | |
|-------|-----|------------|---------|
| 17121 | Wed | 9/6-9/27 | 10-11am |
| 17122 | Wed | 10/4-10/25 | 10-11am |
| 17123 | Wed | 2/7-2/28 | 10-11am |
| 17124 | Wed | 3/6-3/27 | 10-11am |

R \$120/NR \$144

LOCATION: REDWOOD GOLF CENTER, 13029 REDMOND-WOODINVILLE RD NE, WOODINVILLE

| | | | |
|-------|-----|------------|-----------------|
| 17125 | Wed | 9/6-9/27 | 11:30am-12:30pm |
| 17126 | Wed | 10/4-10/25 | 11:30am-12:30pm |
| 17127 | Wed | 2/7-2/28 | 11:30am-12:30pm |
| 17128 | Wed | 3/6-3/27 | 11:30am-12:30pm |

R \$120/NR \$144

LOCATION: REDWOOD GOLF CENTER

DANCE

Line Dancing

Line Dancing is a great way to exercise your body and mind while meeting new friends and listening to some great music. This class includes basic line dancing for the beginner along with more challenging dances for the more advanced dancer. A new dance is taught at every class as well as reviewing previously taught dances. All abilities welcome! Join Eloise in this fun and friendly class. No partner needed. This class will not be pro-rated. (No class 11/21)

AGE: 18+

| | | | |
|-------|-----|-------------|---------|
| 16735 | Tue | 9/5-10/10 | 10-11am |
| 16736 | Tue | 10/17-11/28 | 10-11am |
| 16737 | Tue | 1/2-2/6 | 10-11am |
| 16738 | Tue | 2/13-3/19 | 10-11am |

R \$48/NR \$58

Drop-In Rate \$9

LOCATION: PKCC
INSTRUCTOR: ELOISE CHINN

MORE DANCE CLASSES

See pages 32-33



Literary Arts

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, 12:30-2pm



Join your friends at the Peter Kirk Community Center on Mondays for a movie and popcorn. Staff has chosen some of their favorite newer releases to share with you. Everyone is welcome! Registration required.

FREE • 1-3 PM

A Man Named Otto (PG-13) 9/18 17079

Devotion (PG-13) 10/23 17080

Jesus Revolution (PG-13) 11/20 17081

Three Thousand Years of Longing (R) 12/18 17082

Book Club:
The Next Chapter (PG-13) 1/22 17083

Love Again (PG-13) 2/12 17084

Champions (PG-13) 3/18 17085



Fitness & Exercise

Strength & Stretch - Virtual

This class will help you to maintain your fitness all in the comfort of your home!

Use things you have at home to create strength. Walls, chairs, books, canned soup, and a towel are all you'll need for a complete full body workout. Learn tips and tricks that you can practice on your own. If you have equipment you'd like to use please, feel free. Zoom login information will be sent prior to class. *(No class 11/10, 12/22, 12/29, 2/23)*

AGE: 18+
4 CLASSES

| | | | |
|-------|-----|-------------|---------|
| 17066 | Fri | 9/22-10/13 | 10-11am |
| 17067 | Fri | 10/20-11/17 | 10-11am |
| 17069 | Fri | 12/1-1/5 | 10-11am |
| 17070 | Fri | 1/12-2/2 | 10-11am |
| 17071 | Fri | 2/9-3/1 | 10-11am |

\$32

LOCATION: ZOOM (VIRTUAL)
INSTRUCTOR: SALLY RODICH

Zumba Gold

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

Wear athletic shoes. *(No class 11/21, 12/12, 12/26)*

AGE: 18+
4 CLASSES

| | | | |
|-------|-----|-------------|-------|
| 17057 | Tue | 9/5-9/26 | 2-3pm |
| 17058 | Tue | 10/3-10/24 | 2-3pm |
| 17059 | Tue | 10/31-11/28 | 2-3pm |
| 17060 | Tue | 12/5-1/9 | 2-3pm |
| 17061 | Tue | 1/16-2/6 | 2-3pm |
| 17062 | Tue | 2/13-3/5 | 2-3pm |
| 17063 | Tue | 3/12-4/2 | 2-3pm |

R \$35/NR \$42

LOCATION: PKCC
INSTRUCTOR: JOAN WILDE

Zumba® Gold Toning

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

Zumba® Gold-Toning is for active older adults, who want to focus on muscle conditioning and light weight activity.

* Zumba®Toning sticks are available for purchase from the Zumba website, or Amazon. Any light 1-pound weight can be used or fill an empty water bottle with rice, bird seed or pebbles for the maraca feel. Wear athletic shoes. *(No classes 9/21, 11/16, 11/23, 1/25)*

Zumba Gold Toning-Thursdays

AGE: 18+
4 CLASSES

| | | | |
|-------|-----|------------|---------------|
| 17048 | Thu | 9/7-10/5 | 10:30-11:15am |
| 17049 | Thu | 10/12-11/2 | 10:30-11:15am |
| 17050 | Thu | 11/9-12/14 | 10:30-11:15am |
| 17051 | Thu | 1/4-2/1 | 10:30-11:15am |
| 17052 | Thu | 2/8-2/29 | 10:30-11:15am |
| 17053 | Thu | 3/14-4/4 | 10:30-11:15am |

R \$35/NR \$42

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. Wear athletic shoes.

Lifetime is a covered benefit for persons covered by Medicare Parts A and B and enrolled in a Kaiser-Permanente Medicare + Choice (M+C) plan H Class meets 3 times a week: Mon, Wed and Fri, 15 classes per session

Call 425-587-3360 for session dates.

(No class 9/1, 9/4, 10/27, 11/10, 11/24, 12/22, 12/25, 12/27, 12/29, 1/1, 1/15, 2/19.)

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

Resident \$75 / Non-Resident \$90

Yoga for Beginners - Virtual

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! This virtual class will be offered via Zoom, the instructor will email a Zoom invitation link to registered participants before the first day of class. *(No class 11/22, 12/27, 3/13, 3/20)*

\$32

AGE:16+

4 CLASSES

| | | | |
|-------|-----|-------------|---------|
| 17099 | Wed | 9//20-10/11 | 10-11am |
| 17100 | Wed | 10/18-11/8 | 10-11am |
| 17101 | Wed | 11/15-12/13 | 10-11am |
| 17102 | Wed | 12/20-1/17 | 10-11am |
| 17103 | Wed | 1/24-2/14 | 10-11am |
| 17104 | Wed | 2/21-3/27 | 10-11am |

\$32

LOCATION: ZOOM (VIRTUAL)
INSTRUCTOR: SALLY RODICH



Tai Chi & Meridian Stretching

This energy-based class applies meridian stretching techniques and Tai Chi/Ki Gong forms to open blockages and release stagnant energy in the body. This holistic training allows you to detox at a deeper physical, emotional, and mental level to help rejuvenate your wellbeing. *(No class 11/22 and 11/23)*

AGE: 18+

6 CLASSES

| | | | |
|-------|-----|------------|----------|
| 16773 | Thu | 11/9-12/21 | 3-4:15pm |
|-------|-----|------------|----------|

R \$65/NR \$78

LOCATION: PKCC
INSTRUCTOR: HELEN HUANG

Tai Chi & Meridian Stretching

AGE: 18+

6 CLASSES

| | | | |
|-------|-----|------------|----------|
| 16774 | Wed | 11/8-12/20 | 4:45-6pm |
|-------|-----|------------|----------|

R \$55

LOCATION: ZOOM (VIRTUAL)

Meditation: A Journey to the Present - Virtual

Explore ways to lay a solid foundation for self-sufficient meditation practice by introducing proper postures, breathing, and body-scanning techniques. Learn to effectively release stress and better manage physical/ emotional pain. Sight, sound, and taste will be incorporated in the meditation practice to set the body and mind free from anxiety, depression, and personal trauma, bringing our awareness to the present moment and enjoy living.

| | | | |
|-------|------|----------|-------------|
| 16772 | Tues | 1/9-2/20 | 7:30-8:30pm |
|-------|------|----------|-------------|

R/NR \$65

LOCATION: ZOOM (VIRTUAL)
INSTRUCTOR: HELEN HUANG



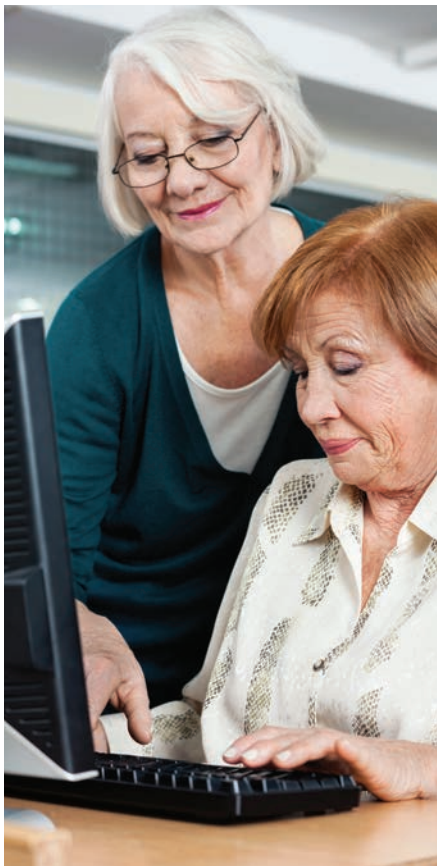
Computers

One on One Tech Assistance

Are you having email issues or struggling to figure out that new phone? Need help navigating a website? Enjoy one-on-one tech support and assistance with Michele! Here is a fabulous opportunity to improve your computer skills and enhance your equipment knowledge. Advanced registration required, call 425-587-3360 to schedule an appointment.

Free

INSTRUCTOR: MICHELLE GIBSON
LOCATION: PKCC



Chinese & Latino Services

Educational & Recreational Programs Accessible to Chinese and Latino Seniors

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

CHINESE SERVICES – TUESDAYS

For more information, call Karia Wong at the Chinese Information & Services Center, 206-957-8538.

Chinese Dance & Music

Join this fun, social activity and meet new friends. Facilitated in Mandarin/Cantonese language.

| | | |
|-----|----------|---------|
| Tue | 9am-12pm | Ongoing |
| | | Free |

E.S.L. for Chinese Seniors

English as a second language is offered for non-English speaking adults. Designed for those with limited, or no English.

| | | |
|-----|----------------|---------|
| Tue | 9:30am-11:30am | Ongoing |
| | | Free |

中文服务 – 周二

如需更多信息, 请致电华人信息与服务中心的

Karia Wong, 206-957-8538

中国舞蹈与音乐

加入这个有趣的社交活动, 结识新朋友。提供普通话/粤语服务。自由的。

周二 - 进行中

中国老年人的

为不会说英语的成年人提供英语作为第二语言。专为英语水平有限或不会说英语的人设计。自由的。

周二 - 进行中

LATINO SERVICES – WEDNESDAYS

For more information call Clemencia Robayo at Sea Mar Community Health Center, 425-373-6587.

Strategy for a Healthy Longevity (in Spanish)

Learn how to improve your health and slow the aging process. Key elements that will enhance quality of life and advance your well-being will be discussed.

| | | |
|---------|------------|---------------|
| Monthly | 10-11:45am | 1st Wednesday |
| | | Free |

E.S.L. for Latino Seniors

English as a second language is offered for non-English speaking adults. Designed for those with limited or no English.

| | | |
|-----|-----------|---------|
| Wed | 12:45-2pm | Ongoing |
| | | Free |

SERVICIOS LATINOS – MIÉRCOLES

Para obtener más información, por favor llame a Clemencia Robayo en Sea Mar Community Health Center, 425-373-6587.

Estrategia para una Longevidad Saludable (en Español)

Aprenda como mejorar su salud y el proceso de envejecimiento. Discutimos los elementos claves que mejorarán la calidad de vida y promoverán su bienestar.

| | | |
|---------|------------|---------------|
| Mensual | 10-11:45am | 1er Miércoles |
| | | Gratis |

ESL para Adultos Mayores Latinos

Inglés como segundo lenguaje para adultos que no hablan inglés. Diseñado para aquellos con inglés limitado o nulo.

| | | |
|-----------|-----------|----------|
| Miércoles | 12:45-2pm | En Curso |
| | | Gratis |



Enhance®Wellness Program

Do you want to take control of your life and improve your health, but aren't sure where to turn? Let the Enhance®Wellness team help you develop a personalized plan to address the areas of your health that are most important to you.

Maybe you have thought of increasing your social circle, working on your feelings, managing your weight, or starting an exercise program, but have had difficulty getting motivated. Maybe you're dealing with a new condition like Pre-diabetes and not sure what to do. We all have a multitude of reasons for not acting on things that could enhance our well-being, but research shows that with a little help we can overcome these barriers.

Enhance®Wellness is a participant-driven, evidence-based health promotion program. You will work one-on-one with a nurse and/or social worker who will provide an assessment, personal guidance to improve your identified health issues, and ongoing support to help you meet your goals.

Program is FREE of charge.

(Fridays, 8am-4pm; by appointment; available in-person, virtual and/or by phone.)

Lydia Barnsley, LPN; 425-286-1029; lydiab@mynorthshore.org

PEARLS COUNSELING

PROGRAMS ENCOURAGING ACTIVE REWARDING LIVES FOR SENIORS (PEARLS)

In the past two weeks ...

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

If you answer "yes" to either of these questions PEARLS may be the program for you. PEARLS is an evidence-based program for individuals with mild depression. It incorporates three components: Problem Solving Treatment, Social/Physical Activity and Pleasant Activity. The works is done in 4-6 sessions. All this is done with a trained PEARLS counselor.

Program is FREE of charge.

(MONDAYS BY APPOINTMENT; AVAILABLE IN-PERSON, VIRTUAL AND/OR BY PHONE.)
 GEORGIA RIGLER, MSW, LICSW; 425-286-1047;
 CGEORGAR@MYNORTHSHORE.ORG

(FRIDAYS BY APPOINTMENT; AVAILABLE IN-PERSON, VIRTUAL AND/OR BY PHONE.)
 LYDIA BARNSELY, LPN; 425-286-1029;
 LYDIAB@MYNORTHSHORE.ORG



50+ ADULTS

Social Work Consultation

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

(Mondays, 8am-4pm; by appointment; available in-person, virtual and/or by phone.)

GEORGIA RIGLER; 425-286-1047; GEORGIA@MYNORTHSHORE.ORG

Family Caregiving Consultation

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

This service is FREE.

(Mondays by appointment.)

JANET ZIELASKO, MS, LSW; 425-286-1035; JANETZ@MYNORTHSHORE.ORG

Community Resource Specialist Consultation

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



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

Program is FREE of charge

(Wednesdays 8am-4pm; by appointment or walk-in; available in-person, virtual and/or by phone.)

CASSIDY STOUT, MSW; 425-286-1072; CASSIDYS@MYNORTHSHORE.ORG



Support Groups

Adult Children of Aging Parent Support Group

Are you in the sandwich generation? As your parents age, are you struggling with legal and healthcare decisions, changing family roles, and finding meaning in this new phase of your life? Learn, share, and gain resources and emotional support from others who are traversing this inevitable transition.

Third Wednesdays, 6:30-8pm

Free

LOCATION: VIRTUAL

FACILITATOR: JANET ZIELASKO, MS, LSW 425-286-1035; JANETZ@MYNORTHSHORE.ORG

Caregivers Support Group

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

First and Third Thursday, 10:30am-12pm

Free

LOCATION: ADVENT LUTHERAN CHURCH (IN-PERSON)

4306 132ND ST., SE, MILL CREEK

FACILITATORS: PAM JONES, MSW, 425-346-9856; PAMJONESGAL@YAHOO.COM

Fourth Wednesdays, 11am-12pm

Free

LOCATION: VIRTUAL

FACILITATOR: JANET ZIELASKO, MS, LSW, 425-286-1035; JANETZ@MYNORTHSHORE.ORG



Conversation Café Groups

Join others in these free weekly virtual or in-person conversation groups.

It's an opportunity to make social connections and to simply have some fun and enjoyable conversation. Come check them out. We would love to have you join in!

Mondays, 1-2pm

FREE

LOCATION: NSC BOTHELL, ROOM 202
FOR MORE DETAILS, CONTACT LYDIA BARNESLEY AT 425-286-1029; LYDIAB@MYNORTHSHORE.ORG

Diabetes/Pre-Diabetes Group

Join this supportive group to learn the latest on diabetes management and to share ideas, strategies for coping, and other helpful tips.

First Friday, 11am-12pm

Free

LOCATION: PETER KIRK COMMUNITY CENTER (IN-PERSON)
FACILITATOR: LYDIA BARNESLEY, LPN, WELLNESS NURSE, 425-286-1029; LYDIAB@MYNORTHSHORE.ORG

From Heartache to an Open Heart

Everyone must deal with loss, whether it's the loss of a loved one or close friend, a treasured relationship, loss of physical functioning or previous status. Learn how one can move through the grief process and grow "from heartache to an open heart."

Third Wednesdays, 10-11am

Free

LOCATION: NSC BOTHELL, ROOM 203
FACILITATOR: GEORGIA RIGLER, MSW, LICSW, 425-286-1047; GEORGIAR@MYNORTHSHORE.ORG

Parkinson's Support Group

Both caregivers and persons with Parkinson's disease can gain from presentations by guest speakers and discussions with other group members.

Third Tuesdays, 10-11am

Free

LOCATION: VIRTUAL
FACILITATOR: JANET ZIELASKO, MS, LSW, 425-286-1035; JANETZ@MYNORTHSHORE.ORG

ROCK STEADY BOXING

See page 37

Sharing and Caring

Confiding in others and building social support are effective ways to promote our health. Join this open-ended support group to share and care.

Wednesdays, 1-2pm

Free

LOCATION: NSC BOTHELL, ROOM 205
FOR MORE DETAILS, CONTACT JANET ZIELASKO, MS, LSW, 425-286-1035; JANETZ@MYNORTHSHORE.ORG

Women's Coffee Hour

Join other women in discussion around healthy aging. Age is a matter of feeling, not of years, and aging is best achieved with other people. Make new connections and move to greater health and wellness.

Mondays, 10-11am

Free

LOCATION: PETER KIRK COMMUNITY CENTER, IN-PERSON
FACILITATOR: GEORGIA RIGLER, MSW, LICSW, 425-286-1047; GEORGIAR@MYNORTHSHORE.ORG

Co-Ed Coffee Hour

Join other people in discussion around healthy aging. Age is a matter of feeling, not of years, and aging is best achieved with other people. Make new connections and move to greater health and wellness. All gender identities and gender expressions welcome.

Wednesdays, 11am-12pm

Free

LOCATION: PETER KIRK COMMUNITY CENTER, IN-PERSON
FACILITATOR: CASSIDY STOUT, MSW 425-286-1072; CASSIDYS@MYNORTHSHORE.ORG



Health & Wellness

Mandala

Creating a mandala is an activity that can reduce stress, bring about peace and produce calmness. When creating a mandala, you work on focusing from the center of the circle to the outer edge. Feel free to bring your own pictures and anything else you may wish to include for your mandala.

17231 Mon 9/11 1-3pm

Free. Registration required.

LOCATION: PKCC

PRESENTER: BERTHA MARSELIS



Understanding the Value and Benefits of Self-Compassion

Self-compassion is not being selfish, it is learning and practicing ways to take care of yourself, which then sustains kindness and compassion for others. Research has shown that individuals who have more self-compassion are happier, more optimistic, less anxious and less depressed. In this session, you will learn new tools and strategies for promoting self-compassion.

17232 Mon 9/18 1-2:30pm

Free. Registration required.

LOCATION: PKCC

PRESENTER: JANET ZIELASKO MS, LSW



A Matter of Balance Program

Aging is often accompanied by a change in balance and/or loss of strength that can lead to an increased risk for falls. In this 8 session FREE workshop, you will learn about fall hazards, strategies to prevent falls, how to get up from a fall, and ways to become more physically active. We will do gentle exercises to improve strength and balance. This workshop is designed for those who have become less active due to experiencing a fall or a fear of falling, or those who use assistive devices to avoid falls.

17234 Mon 10/2-11/20 1:30-3:30pm

Free. Registration required.

LOCATION: PKCC

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

ASK US ABOUT OUR SCHOLARSHIP PROGRAM See page 35

Significant Life Changes: From Loss to Self-Care and Creating New Beginnings

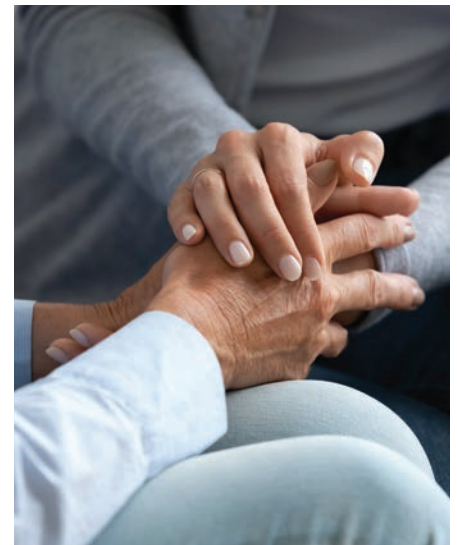
Transitions and changes happen to each of us in life. Transitions may include changes in relationships, living locations, work, retirement, health, and world health. Significant changes can bring feelings of loss. Come learn about grief as a normal human response to loss and explore ways to provide supportive self-care as one adjusts to life changes and discovers new beginnings.

17235 Mon 12/4 1-2:30pm

Free. Registration required.

LOCATION: PKCC

PRESENTER: GEORGIA RIGLER, MSW, LICSW



Listening More Carefully and Expressing More Clearly

We talk and interact with people each and every day. Communication is essential to our health and well-being. Often the words we choose to say... or not say...can have a major impact on our relationships. Learn new tips and strategies to improve communication skills and further enhance your listening skills.

17240 Mon 3/11 1-2:30pm

Free. Registration required.

LOCATION: PKCC

FACILITATORS: JANET ZIELASKO, MS, LSW



Medicare- Getting Started

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

Medicare A, B, and C

Help you to understand your Medicare benefits and options

Help paying for Medicare if you qualify.

17461 Thur 9/14 10-11:30am

Free. Registration required.

LOCATION: PKCC

Medicare-Open Enrollment

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

17463 Thu 10/12 10am-12:15pm

Free. Registration required.

LOCATION: PKCC



Mindfulness Practice: Living a Happier and Healthier Life

Please join us for a ninety-minute presentation with a specialist who will discuss mindfulness and meditation. Mindfulness is the state of active, open awareness of the present. You observe your thoughts and feelings without judgement. Learn how to be mindful and control your focus of attention!

17236 Mon 1/8 1-2:30pm

Free. Registration required.

LOCATION: PKCC

SPEAKER: STEVE WILHELM, CERTIFIED MINDFULNESS TEACHER

Powerful Tools for Caregivers

A six-week educational series designed to provide you, the caregiver, with tools needed to take care of yourself while caring for a loved one. Classes consist of interactive session, discussions and brainstorming to help you take the “tools” you choose and put them into action in your life. Classes are taught by trained and certified class leaders.

17238 Fri 1/26-3/1 1-3pm

Free. Registration required.

LOCATION: PKCC

FACILITATORS: LYDIA BARNESLEY, LPN & JANET ZIELASKO, MS, LSW



50+ ADULTS



TO REGISTER FOR EVERGREENHEALTH CLASSES, CALL 425-899-3000 AND PRESS 1.

Finding Humor

Humor is more than laughs - but there will be some of those, too. Healing is what your body, soul, mind and spirit want to do, and humor can help us remove what gets in the way. It can be fun to explore how to bring humor out in ourselves and others around us. Join us to learn about and explore how to create a sense of healing using humor. We will discuss and perhaps even feel the healing power of humor as we learn to incorporate it - and laughter - into everyday life.

Tue 9/20 12:45-2pm Free

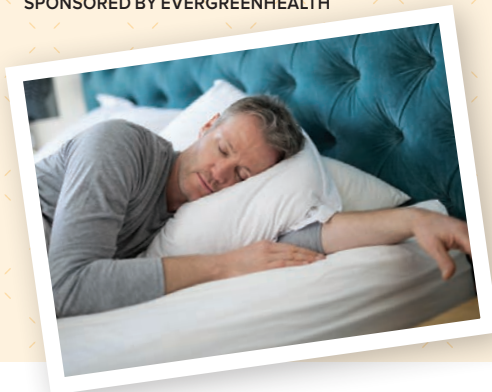
TO REGISTER, CALL 425.899.3000 AND PRESS 1
LOCATION: PKCC
SPONSORED BY EVERGREENHEALTH

Get a Good Night's Sleep

Do you have trouble sleeping? Learn how stress, illness, or medication can affect your sleep patterns, and get tips that may help you sleep through the night. Making small changes to your daily routine can help you get the sleep you need.

Wed 10/18 12:45-2pm Free

TO REGISTER, CALL 425.899.3000 AND PRESS 1
LOCATION: PKCC
SPONSORED BY EVERGREENHEALTH



Holiday Cooking: Quick and Delicious

This class will include recipes and tips to make delicious and nutritious holiday meals. Have fun while learning how the typical diet affects health.

Wed 11/15 12:45-2pm Free

TO REGISTER, CALL 425.899.3000 AND PRESS 1
LOCATION: PKCC
SPONSORED BY EVERGREENHEALTH

Tai Chi for Back Pain

Easy-to-learn movements matched with breathing and visualizations help reduce and relieve back pain, strengthen, and protect the spine, and improve health and well-being.

Tue 12/5 12:45-2pm Free

TO REGISTER, CALL 425.899.3000 AND PRESS 1
LOCATION: PKCC
SPONSORED BY EVERGREENHEALTH

Health Services

Meals on Wheels Program

Nutritional frozen meals are available for the homebound. Liquid supplements available.

For info call 425-403-5255.

Congregate Lunch Nutrition Program

Nutritious meals are available to anyone age 60+ at 12pm on Monday, Tuesday, Wednesday and Fridays to be enjoyed on-site at the Peter Kirk Community Center. Lunches must be pre-ordered, to reserve a lunch call 425-587-3360.



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 Sound Generations 206-448-3110

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. Svcs.)
206-328-5787

Jewish Family Services
206-461-3240



Community Resources

Sound Generations

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

Call 206-448-3110

AARP Area Office

American Association of Retired Persons.

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.

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

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

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

Senior Council Special Presentations

Inflation Reduction Act Changes to Medicare Parts B & D

Learn how the new drug law makes improvements to Medicare Part B and D that will expand benefits, lower drug costs, and stabilize prescription drug premiums. Answer questions on choosing the right Medicare Part D plan for you. Presented by Centers for Medicare & Medicaid Services

17054 Thu 9/21 2-3:30pm

Free; Pre-registration Required

LOCATION: PKCC

Aging in Place

Tom Minty, will be on-site to share his insights on the best way to age in place and to discuss Universal Design. Tom has been a successful real estate broker for almost 20 years, served two-terms on the Seattle-King County Advisory Council for Aging and Disability Services and is a charter member or the Northwest Universal Design Council.

17055 Thu 11/2 2-3:30pm

Free; Pre-registration Required

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. Lunch provided by Aegis.

17056 Thu 1/25 10am-2pm

Free; Pre-registration Required

LOCATION: PKCC

MORE MEDICARE CLASSES

See page 53

Financial, Legal and Health Services



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 attendees 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, Program Coordinator. Advance registration is required for all programs. Call 425-587-3360.

More Than Just Wills...Understanding Estate Planning NEW

Amber Hunt of Woodinville Law will discuss each component of an estate plan including Wills, Trusts, and Power of Attorney documents as well as explain the probate process and what heirs can expect during an estate administration. Join her in September to learn more about protecting those who matter most.

17233 Wed 9/20 1:30-3pm

Free; Pre-registration required

LOCATION: PKCC

PRESENTER: AMBER HUNT, WOODINVILLE LAW

Federally Insured Reverse Mortgage Program

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

17038 Wed 10/4 10:30-12pm
 17039 Wed 1/31 10:30-12pm

R \$12/NR \$14

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 206-448-5720 or visit www.soundgenerations.org/our-programs/senior-rights-assistance

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 Services

Income Tax Assistance

A volunteer Tax Advisor will help you prepare your 2023 tax return.

Appointments are required and available Fridays from 9am-3pm, Feb 2-April 12

Call 425-587-3360 beginning Jan 2, 2024, to schedule appointment.

Free



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 Benefits Program

To receive a property tax exemption, a taxpayer must be age 61+, own and occupy their residence and have an annual income that does not exceed \$35,000.

To see if you qualify, call 206-296-3920

Social Security

Open 7am-7pm weekdays

Call 1-800-772-1213 or go to www.ssa.gov

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 age 55+ seeking an opportunity for employment. Co-sponsored by the Seattle Mayor's Office for Senior Citizens.

For more information, call 206-684-0500 or go to www.seattle.gov/agefriendly/resources





DAILY VAN TRANSPORTATION

The Peter Kirk Community Center van operates Monday – Friday, with reservations taken up to 5 PM, the day before service. The van provides rides to:

- Peter Kirk Community Center,
- Local grocery stores and Hopelink’s Food Bank,
- Medical appointments in Kirkland, Bellevue, Bothell, or Redmond, on a space available basis.

The suggested donation is \$2 for each trip. To use the Kirkland Senior Van, you must be

- A resident of the City of Kirkland, and
- Eligible for, or in the process of applying for King County Metro Access eligibility.

If we have space available, we will provide you with transportation for up to 30 days to the Peter Kirk Community Center while your Access application is being processed.

To schedule a ride or for more information, please call 425-286-1026.

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

*All trips include sales tax

Transportation

Access

Transportation to appointments, grocery shopping and the Community Senior Center. To schedule, call 206-205-5000 or toll free 1-866-205-5001.

Volunteer Transportation for Seniors

Personal transportation to medical and other essential appointments.

For rides or to be a volunteer driver, call 206-448-5740 or toll free 1-800-282-5815 or go to www.soundgenerations.org/ourprograms/transportation

METRO Information

24-Hour Rider Information.

Call 206-553-3000 or toll free, 1-800-542-7876. TTY: 206-684-1739.

HOPELINK

Transportation to medical appointments for individuals with Medicaid coupons.

Call 1-800-923-7433 or go to www.hope-link.org/need-help/transportation

Share a Ride & Meet a New Friend

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

For more information, call 206-448-5740

50+ ADULTS

Out for Lunch Bunch

11am-2pm • R \$14 / NR \$17

BRING LUNCH MONEY



NEW LOCATIONS!



Jimmy Mac's Roadhouse

RENTON
17268 • 9/5

"Texas-style" family friendly restaurant featuring steaks, handcrafted food, cocktails and ice-cold beer.

Carnation Café

CARNATION
17269 • 10/3

A casual approach to fine cuisine located in the heart of downtown Carnation.

Blackbird Café & Bar

SHORELINE
17270 • 11/7

A casual approach to fine cuisine located in the heart of downtown Carnation.

Salty's

ALKI BEACH
17271 • 12/5

Dine on a fabulous lunch at one of the world's great view restaurants.

Briley's BBQ & Grill

LAKE FORREST PARK
17272 • 1/9

Enjoy wood-smoked meats & sides in an American West-themed space.

Arnie's

EDMONDS
17273 • 2/6

Arnie's serves delicious seafood against the backdrop of Edmonds Puget Sound views.

Shawn O'Donnell's

EVERETT
17274 • 3/5

Family owned and operated, this Irish Pub offers the finest in Irish hospitality, food and drink.

SHOPS & SLOTS

Snoqualmie Casino & Premium Outlets

March 5 • 10 am – 4 pm
R \$25/NR \$30 • 17275

Tulalip Casino & Premium Outlets

March 19 • 10 am – 4 pm
R \$25/NR \$30 • 17276



50+ ADULTS



BRING LUNCH MONEY



Trip Difficulty Rating

Mild Walking



Moderate Walking



Extensive Walking



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

PKCC VAN TRIPS

Seattle Tall Ship Sailing Tour



Come aboard for a day sail on a classic schooner! This Harbor Sailing tour is family-friendly for all ages and is an excellent way to see the Seattle skyline, the beauty of the Puget Sound, even mountain views! Must sign up by 8/28 to secure reservations.

17345 Tue 9/12 12:15-6:15pm
R \$83/NR \$90

BRING LUNCH \$

Bloedel Reserve



Back by popular demand! Spend a couple of hours exploring this 150-acre forest garden on Bainbridge Island. Stop for lunch at a local restaurant before heading back to Kirkland. Must register by 9/5 to secure reservations.

17346 Tue 9/19 8:15am-4:30pm
R \$57/NR \$69

BRING LUNCH \$

Fort Nisqually Living Museum



Take a step back in time as you explore Fort Nisqually, established in 1833 by the Hudson Bay Company as a fur trading post.

17347 Tue 9/26 10am-4:30pm
R \$35/NR \$40

BRING LUNCH \$

Mystery Trip



You might say there's no such thing as Santa but after today you may believe.

17348 Mon 10/9 8am-5:30pm
R \$86/NR \$98

BRING LUNCH \$

Pacific Bonsai Museum



PBM features world-class bonsai from the Pacific Rim nations of Canada, China, Japan, Korea, Taiwan and the United States. Learn more about these pieces of art on a guided tour.

17349 Tue 10/17 9:45am-3:30pm
R \$36/NR \$41

BRING LUNCH \$

Climate Pledge Arena Tour



This expertly guided, behind the scenes tour will tell the history and transformation of Climate Pledge Arena, the most sustainable arena in the world.

17350 Tue 10/24 9:30am-3pm
R \$73/NR \$78

BRING LUNCH \$

Flying Heritage & Combat Armor Museum



Closed for more than two years, this museum that showcases vintage aircraft and vehicles from World War II and the Cold War is now reopened under new ownership. After exploring the incredible collection, enjoy lunch at Ivar's.

17351 Wed 11/15 9:30am-3pm
R \$42/NR \$47

BRING LUNCH \$

Governor's Mansion Holiday Tour




Learn a bit of history while viewing the governor's holiday décor on a docent led tour of this magnificent mansion. After the tour enjoy lunch at the top-rated Dockside Bistro. Be prepared to bring photo ID. Must sign up by 11/15 to secure reservations.

17352 Tue 12/12 8:30am-3pm
R \$25/NR \$30


BRING LUNCH \$

Queen Mary Tea Room

 Experience Seattle's premiere destination for afternoon tea for more than 35 years. Price includes afternoon tea. Must sign up by 12/11 to secure reservations.

17353 Thu 1/18 12:15-4:30pm
R \$91/NR \$95



Village Theater- Becoming Dr. Ruth

 Through perseverance, spirit and bravery America's favorite sex therapist carved her own unique place in the world. This hilarious and uplifting afternoon at the theater will touch your heart and soul. Enjoy an early lunch at Coho in Issaquah. Must sign up by 11/27 to secure reservations.

17354 Thu 1/25 11am-5pm
R \$115/NR \$121

BRING LUNCH \$



Silver Reef Casino

  With player friendly rules and the table limits you want; Silver Reef Casino in Ferndale is the place to play. Enjoy a food and gaming coupons.

17355 Tue 2/13 9am-5pm
R \$37/NR \$44

BRING LUNCH \$



Smith Tower Talking Tour

  Experience the world-famous Smith Tower Observatory with its historic Otis elevator and 360-degree views of Seattle on this 40-minute self-guided tour that immerses you in the roaring 20's and beyond. Lunch to follow at the speakeasy-style Temperance Café and Bar on the 35th floor.

17356 Thu 2/22 9:30am-3pm
R \$53/NR \$58

BRING LUNCH \$



Wings Over Washington

  Wings over Washington is the most state-of-the-art theater using five thousand cameras, drones, laser projection and state of the art surround sound. Once you're strapped into your seat you will enjoy breathtaking views over the Olympic National Forrest, Mt. St. Helens, and the San Juan's to name just a few. Guests with known heart conditions, back or neck pains, high blood pressure, or who are prone to motion sickness, dizziness, claustrophobia, or other conditions that could be aggravated by simulated motion or flight, should not ride. Similarly, guests with photosensitive epilepsy or who have conditions aggravated by visual stimuli such as flashing lights should not enter.

17357 Tue 2/27 10:30am-2:30pm
R \$33/NR \$36

BRING LUNCH \$


Northwest Carriage Museum

  Step back in time and visit one of the finest horse-drawn transportation museums in the country. Enjoy an early lunch at the Pitchwood Alehouse in Raymond, WA.

17358 Tue 3/12 8:30am-5pm
R \$66/NR \$77

BRING LUNCH \$

Chuckanut Drive & Oyster Bar

 Take a scenic drive up Highway 9 on the way to Chuckanut Drive, a 24-mile byway that travels along the Chuckanut Mountains, the only place where the cascades meet the sea. Stop for lunch at the Oyster Bar, enjoy a delicious lunch and the stunning views.

17359 Tue 3/26 9:45am-4pm
R \$22/NR \$26

BRING LUNCH \$

Van Trip Registration & Policy

1. Cancellations requested more than one week prior to the Van Trip are subject to a \$10 processing fee. Cancellations requested less than one week prior to the Van Trip receive a 50% credit on the account, less \$10 administrative fee. Cancellations requested Van Trip Day receive no refund.
2. Van trips requiring pre-purchased tickets are non-refundable. This includes all special events. (Theater, movies, cruises, etc.)
3. All van trips depart promptly from the west side of the Peter Kirk Community center. Please arrive 10 minutes prior to scheduled departure, as no refunds will be issued for missed rides.
4. Van trip return times are estimated and may vary depending on traffic, etc.
5. Home pick-up and take-home is available for Kirkland residents who live within the city limits, if requested in advance. A donation of \$2.00 each way is suggested. To request home pick-up, call 425-286-1026 425-587-3363 no more than 2 weeks before the trip and no later than 48 hours in advance. Driver will call one day before the trip with your pick-up time. All others meet the bus at the Center.
6. Trip participants must be independently mobile or accompanied by a caregiver on all van trips. Caregivers must register and pay the same applicable van and admission fees. Wheelchair space is limited. If you require wheelchair or walker accommodations, please specify at time of registration.





Join the Kirkland Senior Council

APPLY TODAY

Recruitment for new members will be October 1-31 and is open to adults that live, work, or serve the City of Kirkland. For more information or to apply, please visit Kirklandwa.gov/seniorcouncil or contact Betsy Maxwell at 425-587-3362.

WHAT IS THE KIRKLAND SENIOR COUNCIL?

The City Council established the Senior Council in 2002 to ensure Kirkland remains a safe, vibrant community for residents ages 50 and older. The members of the Council are a group of concerned citizens like you.

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 PM - Peter Kirk Community Center 352 Kirkland Avenue.



Kirkland Senior Council Special Presentations

Inflation Reduction Act Changes to Medicare Parts B & D

Learn how the new drug law makes improvements to Medicare Part B and D that will expand benefits, lower drug costs, and stabilize prescription drug premiums. Answer questions on choosing the right Medicare Part D plan for you. Presented by Centers for Medicare & Medicaid Services

17054 Thu 9/21 2-3:30pm

Free; Pre-registration Required

LOCATION: PKCC

Aging in Place

Tom Minty, will be on-site to share his insights on the best way to age in place and to discuss Universal Design. Tom has been a successful real estate broker for almost 20 years, served two-terms on the Seattle-King County Advisory Council for Aging and Disability Services and is a charter member of the Northwest Universal Design Council.

17055 Thu 11/2 2-3:30pm

Free; Pre-registration Required

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. Lunch provided by Aegis.

17056 Thu 1/25 10am-2pm

Free; Pre-registration Required

LOCATION: PKCC

COMMUNITY BONFIRES at the Park!

Kirkland Parks and Community Services warmly welcomes the community to enjoy bonfires hosted by City staff that accompany Argosy Cruises' Christmas Ship Festival stops at waterfront parks.

KIRKLAND MARINA PARK

Saturday, December 9
5:10 PM - 5:30 PM

JUANITA BEACH PARK

Saturday, December 16
2:35 PM - 2:55 PM

OO DENNY PARK

Monday, December 18
5:35 PM - 5:55 PM

Bonfires can be canceled due to inclement weather, burn bans, etc. Call the Bonfire Hotline for day of updates 425-587-3345.



Sponsor an Event COME PARTNER WITH US!

The City of Kirkland offers a wide variety of events that reflect the incredible quality of life we enjoy. We invite local businesses, organizations, and corporations to partner with us in collaboration and promotion of your business for a truly unique marketing opportunity. The best part of sponsorship is engaging directly with customers while showing community support.

Visit kirklandwa.gov/CommunityBuildingEvents to view our Sponsorship Package Guide.

See Spot September 9 10AM to 3PM

Splash

Peter Kirk Pool & Park
340 Kirkland Ave
\$10 per dog

Preregistration is highly recommended. KirklandParks.net

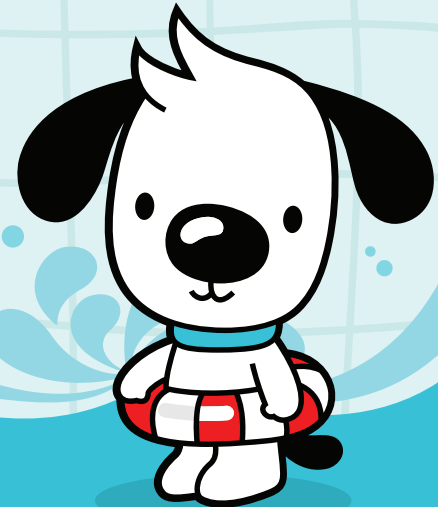
It's a dog day in Kirkland! We invite you to the third annual See Spot Splash event. Bring your dog to splash and play at Peter Kirk Pool, then head over to nearby Lee Johnson Field for some off-leash fun! Event includes vendor booths, music and treats!

For participation details visit Kirklandwa.gov/CommunityBuildingEvents



sponsored by
juanita hills
animal hospital

Participating dogs must be well behaved, on a leash to enter, and show proof of vaccination.



LOOKING FOR A PLACE TO Celebrate?

Plan ahead!
Reserve your
space!

INDOOR AND OUTDOOR SPACES AVAILABLE FOR YOUR EVENT



Graduation



Birthday



Special Occasion



Milestone



Wedding

...and more

Whether you are hosting a wedding, business meeting or having a birthday, Kirkland Parks and Community Services offers several locations for your gathering with three halls and several picnic locations to choose from.

For full site descriptions, pricing, rental policies, and amenities visit kirklandwa.gov/ParkRentals or email us at eparks@kirklandwa.gov.





HERITAGE HALL

HERITAGE HALL

203 MARKET STREET / 425-587-3330

Heritage Hall is a historic Kirkland treasure featuring restored 1920's charm with ornate millwork and a coved ceiling. Open year round, indoor capacity of 70. Increased capacity by 55 during peak weather months by using two patios and enclosed beautiful Centennial Gardens. Amenities include warming kitchen, pull-down screen, 70 cushioned chairs, twelve 6' and three 4' rectangular tables.

CAPACITY: HALL 70, SEASONALLY WITH OUTDOOR PATIO USE 125



NKCC

NORTH KIRKLAND COMMUNITY CENTER

12421103 AVE NE / 425-587-3350

Located in the Juanita area, the center includes a large multi-purpose room and lower level meeting room. Multi-purpose room amenities include a warming kitchen, 175 chairs, eighteen 6' rectangular and twelve 5' round tables.

CAPACITY: MULTI-PURPOSE ROOM 245, MEETING ROOM 35



PKCC

PETER KIRK COMMUNITY CENTER

352 KIRKLAND AVE / 425-587-3360

Located in the heart of downtown, Peter Kirk Community Center offers a large multi-purpose room that includes a stage and kitchen. Several meeting rooms are also available. Multi-purpose room amenities include WIFI, kitchen, stage, podium, pull-down screen, piano, 160 cushioned chairs and twenty 6' rectangular tables.

CAPACITY: MULTI-PURPOSE ROOM 150, MEETING ROOMS 16-32

MEETING ROOMS

Available at both Peter Kirk and North Kirkland Community Centers.

PICNIC AREAS/SHELTERS & ATHLETIC FIELDS

We have several picnic areas, picnic shelters, and athletic fields available for your private event. Great for family gatherings, company picnics, birthdays and more!

- 132nd Square Park Picnic Shelters - New
- Crestwoods Park Picnic Area
- Edith Moulton Park Picnic Shelter
- Everest Park Picnic Shelter
- Houghton Beach Park Picnic Area
- Juanita Beach Park Picnic Shelters
- Marina Park Al Locke Pavilion
- North Rose Hill Woodlands Park Picnic Shelter
- OO Denny Park Picnic Shelter and OO Denny Park Picnic Area
- Rose Hill Meadows Park Picnic Shelter
- Rotary Central Station Picnic Shelter on the Cross Kirkland Corridor
- Waverly Beach Park Picnic Shelter
- 58 Athletic fields



132ND SQUARE PARK PICNIC AREA

Halls and fields require a minimum of 30 days advance booking. Picnic shelters require 7 days advance reservation.



Kirkland Outdoor Speaker Series

SPONSORED BY TRUST FOR PUBLIC LAND

Kirkland Parks and Community Services along with our sponsor, Trust for Public Land will host a series of outdoor recreation presentations featuring local speakers who are dedicated the enjoyment, preservation, and access to the outdoors, especially in our own backyards. You can register in advance by visiting KirklandParks.net or pay at the door.

\$5 • ALL AGES • LOCATION: HERITAGE HALL

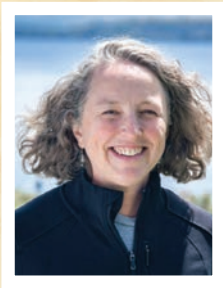


How Does a 10-Minute Walk to Green Space Change a Community?

SPEAKER: MITSU IWASAKI

17513 • THU • 11/9 • 6PM-8PM

Join Trust for Public Land Northwest Director Mitsu Iwasaki for a conversation about the power of parks and green spaces. Having a 10-minute walk to greenspace improves people's physical and mental health and lowers average area temperatures to help neighborhoods mitigate climate change. Learn about the 10-minute walk campaign – a data-driven effort to deliver parks and public lands where they are needed most in Washington. Mitsu Iwasaki leads the TPL's work creating and preserving green spaces so that more people can connect to the joys and benefits of the outdoors. From summits to sound, TPL has helped out the outdoors in reach for 150,000 Washington residents by preserving places like Rattlesnake Ridge, Olympic Sculpture Park, and more. Learn about TPL's vision for a future where every community has safe, equitable access to a high-quality park within a 10-minute walk of home, and the tools they're using to do so.



A Guide to Community Driven Park Revitalization Campaigns

SPEAKER: REBECCA BEAR

17514 • THU • 11/16 • 6PM-8PM

Rebecca Bear, President and CEO of the Seattle Parks Foundation, to discuss how communities in Seattle and King County are turning the traditional model of park development on its head. Rebecca will share insights on local parks that have been upgraded due to community driven campaigns and how neighborhoods can organize to improve green spaces and address inequitable access in their community.

Rebecca Bear is the President and CEO of the Seattle Parks Foundation, an organization dedicated to partnering with community to create equitable parks and public spaces and has been expanding access to outdoor recreation, with over 25 years of advocating for parks and open spaces. She is the former Director of REI Outdoor Programs and Local Community Engagement, and has co-led REI's local community diversity initiatives, including a groundbreaking equity gender program.



Discover the Eastside's Best Kept Secret: Eastrail Trails

SPEAKER: KATHERINE HOLLIS

17515 • WED • 12/6 • 6PM-8PM

Did you know that a 42-mile hiking and biking trail connects Kirkland to the north and south of Lake Washington? Join Katherine Hollis to learn how to explore the Eastrail trail project, a series of hikes that stitches together old railway tracks, and how community members are working to expand access to hiking across the Eastside. Katherine Hollis is the Executive Director of Eastrail Partners, an organization committed to expanding trails on the Eastside and making outdoors safe and accessible for everyone, everyday. Building on a childhood passion for outdoor adventure, Katherine catalyzes authentic connections to create sustainable, impactful solutions for people and the natural world.

Día de los Muertos



Saturday,
October 28
2:00-4:00pm

Peter Kirk Community Center
352 Kirkland Ave

Acompáñenos a celebrar el Día de los Muertos para recordar a nuestros familiares antepasados, y disfrutar actividades tradicionales, comida, música, y más. El evento es gratis y para todas las edades, en el centro comunitario Peter Kirk. Para más información, visite kirklandwa.gov/CommunityBuildingEvents

Join us to celebrate Día de los Muertos as we remember our loved ones, enjoy traditional activities, food, music, and more. Free event for all ages. Located at the Peter Kirk Community Center. For more information, visit kirklandwa.gov/CommunityBuildingEvents or call 425-587-3336.

Lunar New Year

2024 Year of the Dragon

SAT, FEBRUARY 3 2:00-4:00PM

Peter Kirk Community Center, 352 Kirkland Ave

2024农历新年活动

时间: 2月3日下午2:00-4:00

地址: 柯克兰市Peter Kirk 社区中心,
352 Kirkland Ave, Kirkland, WA 98033

内容: 了解农历新年及其传统庆祝方式!
参与包括手工艺品、美食、
舞蹈和文化展示等活动。

如果需要了解完整的详细内容, 请访问
kirklandwa.gov/CommunityBuildingEvents 网页。

祝2024农历新年快乐!

Learn about the Lunar New Year, and how it's traditionally celebrated! Enjoy activities that include crafts, food, dancing and cultural demonstrations.

For complete details, visit
kirklandwa.gov/CommunityBuildingEvents or call 425-587-3336.





Kirkland Parks & Community Services
123 5th Avenue
Kirkland, WA 98033

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Harvest

Festival

OCT 7, 2023
11AM to 4PM

Juanita Beach Park - North Side
9703 NE Juanita DR, Kirkland



Craft & Food Vendors,
Food Trucks, Contests,
Alpacas, Music & More!

Kids Korral
Pony Rides, Cow Milking,
Crafts, Games

NEW! Cornhole Tournament
\$10 per team. PRIZES!
Register on-line at KirklandParks.net



LIMITED PARKING
Bike, Bus or Walk. Shuttle Info at:
[kirklandwa.gov/
CommunityBuildingEvents](http://kirklandwa.gov/CommunityBuildingEvents)



Thank You for your support!