

# Kirkland Outdoor Speaker Series

SPONSORED BY UMPQUA BANK

Kirkland Parks and Community Services along with our sponsor, Umpqua Bank will host a series of adventure speakers made up of outdoor enthusiasts, authors, nature photographers, kayakers, and historians. Each presentation includes a Q & A and/or book sales. You can register in advance by visiting [KirklandParks.net](http://KirklandParks.net) or pay at the door.

\$5 • ALL AGES • LOCATION: HERITAGE HALL

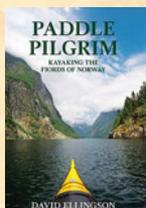
 UMPQUA BANK  
**Together  
for better**



## Tahoma's Biggest Stories

**JEFF ANTONELIS-LAPP** #14506 • THU • 10/6 • 6-8PM

Join Jeff Antonelis-Lapp, author of *Tahoma's Biggest Stories*, as he delves into the natural and environmental history of Mount Rainier National Park. This captivating presentation takes you on a journey of discovery as Jeff discusses the presence of Native Americans at Mount Rainier over the ages and how climate change is affecting the mountain. Viewers will be taken on a virtual field trip to four archaeological sites that people have frequented, dating back over 9,000 years. The story continues as Jeff details the far-ranging effects of climate change that extend beyond the mountain's retreating glaciers.



## Norway Paddle Pilgrim Adventure

**DAVE ELLINGSON** #14549 • TUE • 10/18 • 6-8PM

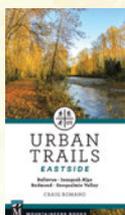
Join Dave Ellingson as he shares through pictures and stories his epic kayak adventure on his ancestral Sogne and Hardanger Fjords in Norway. Dave Ellingson has pursued a life of adventure, learning, and discovery. Known as the "Paddle Pilgrim," Dave's kayak adventures have taken him down the Mississippi River, Erie Canal, and Hudson River to the Statue of Liberty and on the fjords of Norway.



## Wilderness Photography & The Night Skies

**ANDY PORTER** #14550 • TUE • 11/8 • 6-8PM

Wilderness photographer Andy Porter has produced an impressive body of work through his travels, particularly in the Pacific Northwest. In this presentation, Andy details his adventures, capturing incredible night sky images while escaping civilization, and even shares how to get started on your own adventures. This visual delight of a presentation, coupled with Andy's zest for life and experience, is a must-see.



## Eastside Urban Trails

**CRAIG ROMANO** #14568 • THU • 12/8 • 6-8PM

Discover your wild backyard! Come take a slideshow tour of urban trails around Bellevue, Redmond, Kirkland, Mercer Island, the Issaquah Alps, and Snoqualmie Valley with award winning guidebook author Craig Romano. Learn about local trails, parks, and preserves within and around these suburban areas. Craig visually takes you along to explore beaches, old growth forests, lakeshores, wildlife-rich wetlands, rolling hills, scenic vistas, historic sites, and vibrant communities. Trails mentioned are perfect for planning your own short or long runs and refreshing walks in our area.



# Next Steps for Parks & Recreation Plan

## PROS PLAN AND BALLOT MEASURE

The City updated the Parks, Recreation and Open Space (PROS) Plan this year. The PROS Plan is a six-year strategic plan for managing park and recreation services and contains the community's long-term vision for Kirkland's parks, trails, open spaces and recreation system. Thank you to the over 4,700 community members who participated and provided input. Learn more about the plan at [kirklandwa.gov/PlayItForward](http://kirklandwa.gov/PlayItForward).

To accelerate park system improvements the community requested in the PROS Plan, the City is exploring a parks and recreation ballot measure for 2023. A public exploratory committee will meet throughout this fall and winter to make recommendations to City Council early in 2023. Learn more about the process at [kirklandwa.gov/Parks2023Ballot](http://kirklandwa.gov/Parks2023Ballot).

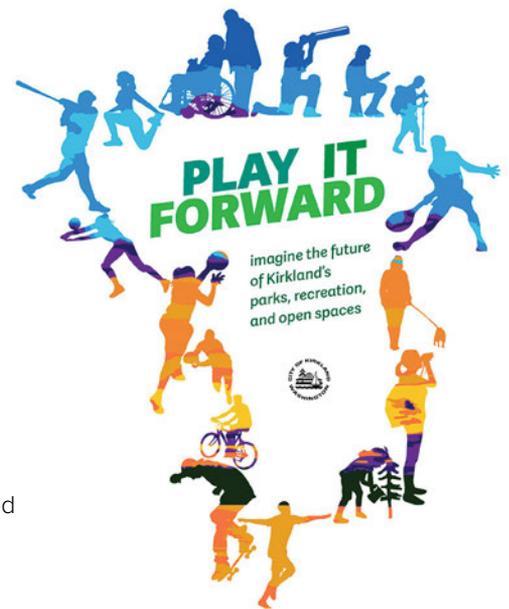
# Kirkland's Park Rangers

## THE UNSUNG HEROES OF KIRKLAND

This summer you may have seen some additional faces around Kirkland's parks as four seasonal park rangers joined our full-time park ranger to provide customer service and ensure a safe, welcoming, and positive experience for all park users in Kirkland's parks and natural areas.

Kirkland's park rangers provide education, enforcement, and safety resources around park rules, environmental hazards, and park services. Rangers are a regular presence at the Marina and waterfront parks, but they rotate throughout all parks as well as green spaces. Park rangers collaborate closely with Kirkland Police Department, Kirkland Animal Control, and King County Marine

Rescue Dive Unit. Whether it's animals in the park, environmental hazards, assisting parkgoers or keeping a watchful eye, the park ranger program is an essential element of our park system. Please say hello when you see them and be sure to reach out if you need their assistance as they are always happy to chat about our parks! Find more information at [www.kirklandwa.gov/ParkRangers](http://www.kirklandwa.gov/ParkRangers).



# Park Renovations

David E. Brink Park renovations were completed this summer. Renovations to the park included a new shoreline with pocket beaches, dock improvements and an accessible pathway through the park.

132nd Square Park will reopen this year with a new synthetic turf field with lighting, new restrooms, a new playground, additional picnic shelters, and a stormwater vault under the field to benefit the waterways that feed into Lake Washington.



More info at [kirklandwa.gov/PlayItForward](http://kirklandwa.gov/PlayItForward)

# ADULTS



## 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.

AGE: 18+

|       |     |             |        |
|-------|-----|-------------|--------|
| 14173 | Tue | 9/6-9/27    | 6-9 pm |
| 14174 | Tue | 10/4-10/25  | 6-9 pm |
| 14175 | Tue | 11/1-11/22  | 6-9 pm |
| 14176 | Tue | 11/29-12/20 | 6-9 pm |
| 14177 | Tue | 1/3-1/24    | 6-9 pm |
| 14178 | Tue | 1/31-2/21   | 6-9 pm |
| 14179 | Tue | 2/28-3/21   | 6-9 pm |

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 classes 11/24 & 12/29)

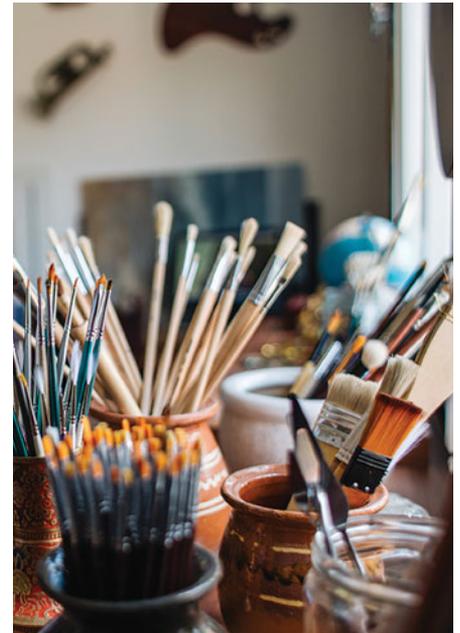
AGE: 18+

|       |     |            |             |
|-------|-----|------------|-------------|
| 14166 | Thu | 9/8-9/29   | 5:30-8:30pm |
| 14167 | Thu | 10/6-10/27 | 5:30-8:30pm |
| 14168 | Thu | 11/3-12/1  | 5:30-8:30pm |
| 14169 | Thu | 12/8-1/5   | 5:30-8:30pm |
| 14170 | Thu | 1/12-2/2   | 5:30-8:30pm |
| 14171 | Thu | 2/9-3/2    | 5:30-8:30pm |
| 14172 | Thu | 3/9-3/30   | 5:30-8:30pm |

R \$65/NR \$78

LOCATION: PKCC

INSTRUCTOR: JEAN PRATT-BEUOY



## THANK YOU

Thank you to Kirkland community members for participating in our Outdoor Movie Series this past summer and to our generous sponsor, ZiPLY Fiber for their support.

The Outdoor Movie Series will be back next summer!

ziPLY fiber



# Dance

## Tap Happy Adults

Learn new skills and increase positive endorphins through the joy of Tap Dancing! This beginner level class offers you a great workout to upbeat music without feeling the effort of a monotonous workout. Learn routines and tap dance techniques, while developing balance, strength, flexibility and rhythm. We will be dancing to everything from Classic Rock, and America's Top 40 to Big Band, Jazz and Broadway Musicals. If it has a beat, and feels good, we will be dancing to it...Tap or Character shoes please. (No class 11/21, 1/16 & 2/20)

**AGE: 16+**

|                  |     |            |             |
|------------------|-----|------------|-------------|
| 14793            | Mon | 9/12-12/12 | 6:30-7:30pm |
| R \$143/NR \$171 |     |            |             |
| 14794            | Mon | 1/9-3/27   | 6:30-7:30pm |
| R \$110/NR \$132 |     |            |             |

LOCATION: NKCC  
INSTRUCTOR: KATIE JARVIS

## Adult Capoeira

**NEW** Fun, healthy fitness, self defense, confidence, music, culture & community. Capoeira is for everyone....any level no experience necessary just come and enjoy. (No class 11/21 & 11/23)

**AGE: 16+**

|                    |          |            |             |
|--------------------|----------|------------|-------------|
| 14869              | Mon, Wed | 9/7-10/3   | 8:15-9:15pm |
| 14870              | Mon, Wed | 10/5-10/31 | 8:15-9:15pm |
| 14871              | Mon, Wed | 11/2-12/5  | 8:15-9:15pm |
| 14872              | Mon, Wed | 12/7-1/11  | 8:15-9:15pm |
| 14873              | Mon, Wed | 1/18-2/13  | 8:15-9:15pm |
| 14874              | Mon, Wed | 2/15-3/15  | 8:15-9:15pm |
| R \$140 / NR \$168 |          |            |             |
| 14875              | Mon, Wed | 3/20-3/29  | 8:15-9:15pm |
| R \$70 / NR \$84   |          |            |             |

LOCATION: PKCC  
INSTRUCTOR: PROFESSOR FABRICIO



## Hip Hop

**NEW** 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 11/21, 12/26, 1/2, 1/16 & 2/20)

**AGE: 14+**

|       |     |             |             |
|-------|-----|-------------|-------------|
| 14218 | Mon | 9/12-10/3   | 7:15-8:15pm |
| 14219 | Mon | 10/10-10/31 | 7:15-8:15pm |
| 14220 | Mon | 11/7-12/5   | 7:15-8:15pm |
| 14221 | Mon | 12/12-1/23  | 7:15-8:15pm |
| 14222 | Mon | 1/30-2/27   | 7:15-8:15pm |
| 14223 | Mon | 3/6-3/27    | 7:15-8:15pm |

R \$70/NR \$84

LOCATION: PKCC  
INSTRUCTOR: COTY VALDEZ

**LINE DANCING CLASSES**  
See page 45



# PARTNER DANCING



## BALLROOM

It's time to learn to dance. Easy basics in Fox Trot, Waltz and Swing with emphasis on lead/follow skills. Everything you need for a night out dancing. Adults & teens, couples only, no singles due to COVID.

**AGE: 16+**

|       |     |            |       |
|-------|-----|------------|-------|
| 14562 | Thu | 9/15-10/13 | 7-8pm |
| 14600 | Thu | 1/12-2/9   | 7-8pm |

R \$65/NR \$78

## WEST COAST SWING

The coolest, smoothest, and most playful form of swing on the planet! West Coast Swing can be danced to all types of music, from Blues, Jazz, and R & B to Top 40 Pop of all eras. Adults & teens, couples only, no singles due to COVID.

**AGE: 16+**

|       |     |            |       |
|-------|-----|------------|-------|
| 14563 | Thu | 9/15-10/13 | 8-9pm |
| 14599 | Thu | 1/12-2/9   | 8-9pm |

R \$65/NR \$78

## EAST COAST SWING

The All-American Swing Dance! Dance to Big Band Swing, Rock 'n Roll and more. Both single and triple rhythm styles will be taught in this fun and easy class. Adults & teens. Due to COVID, couples only please, no singles.

**AGE: 16+**

|       |     |             |       |
|-------|-----|-------------|-------|
| 14564 | Thu | 10/20-11/17 | 7-8pm |
| 14601 | Thu | 2/16-3/16   | 7-8pm |

R \$65/NR \$78

## SALSA

Hot! Hot! Hot! Solid basic turns in Salsa and Merengue. Dance the night away! Adults & teens. Due to COVID, couples only no singles.

**AGE: 16+**

|       |     |             |       |
|-------|-----|-------------|-------|
| 14565 | Thu | 10/20-11/17 | 8-9pm |
| 14602 | Thu | 2/16-3/16   | 8-9pm |

\$65/NR \$78

LOCATION: NKCC

# ADULTS



## Pikaki Beginning and Intermediate Hula

The Pikaki Class teaches the basic steps and hand motions for those new to hula and those who want to improve existing skills. Emphasis is on the basic movements of hula in a comfortable and friendly environment. Hula basics are reviewed consistently, as we continue on to more difficult hulas, both kahiko (ancient) and 'auana (modern). Culture and language are also taught regarding the specific dance learned. Students will progress to 'ilima class at the teacher's discretion. Please wear comfy clothing (shorts or pants and t-shirts) No jeans please.

**AGE: 18+**

|       |     |            |        |
|-------|-----|------------|--------|
| 14919 | Sun | 9/11-11/13 | 12-1pm |
| 14922 | Sun | 1/15-3/19  | 12-1pm |

R \$110/NR \$132

LOCATION: NKCC

INSTRUCTOR: MAKANAOKALANI

## 'Ilima Advanced Hula

The 'Ilima 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. Wear pa'u skirt, no jeans please.

**AGE: 18+**

|       |     |            |           |
|-------|-----|------------|-----------|
| 14922 | Sun | 9/11-11/13 | 11am-12pm |
| 14923 | Sun | 1/15-3/19  | 11am-12pm |

R \$110/NR \$132

LOCATION: NKCC

INSTRUCTOR: MAKANAOKALANI

## Ballet Basics



Have you always wanted to take a ballet class, but something got in the way? Now that you have the time, do you feel like you're too old and it's too late? Here's the good news, it's never too late to learn ballet! No reason to be intimidated! This adult basic ballet class offers something for everyone, from young adults to seniors. Ballet is a fun way to tone and tighten your body while learning 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 dance styles. (No class 11/23, 12/26, 1/2, 1/16, 2/20)

**AGE: 18+**

|       |     |             |       |
|-------|-----|-------------|-------|
| 14290 | Mon | 9/12-10/17  | 7-8pm |
| 14291 | Mon | 10/24-11/28 | 7-8pm |
| 14292 | Mon | 12/5-1/30   | 7-8pm |
| 14293 | Mon | 2/6-3/20    | 7-8pm |
| 14294 | Wed | 9/7-10/12   | 6-7pm |
| 14295 | Wed | 10/19-11/30 | 6-7pm |
| 14296 | Wed | 12/7-1/11   | 6-7pm |
| 14297 | Wed | 1/18-2/22   | 6-7pm |

6 classes R \$54/NR \$54

|       |     |          |       |
|-------|-----|----------|-------|
| 14298 | Wed | 3/1-3/29 | 6-7pm |
|-------|-----|----------|-------|

5 classes R \$45/NR \$45

LOCATION: ZOOM (VIRTUAL)

INSTRUCTOR: MARCO CARRABBA

## Ballet-Open Level



Take your training to the next level. This class is for those who have had some ballet training and is a good additional class for a Basic or Intermediate level class. Emphasis is on improving technical strength and more movement. Students are encouraged to work at their own ability. (No class 11/23)

**AGE: 18+**

|       |     |             |             |
|-------|-----|-------------|-------------|
| 14299 | Wed | 9/7-10/12   | 7:15-8:15pm |
| 14300 | Wed | 10/19-11/30 | 7:15-8:15pm |
| 14301 | Wed | 12/7-1/11   | 7:15-8:15pm |
| 14302 | Wed | 1/18-2/22   | 7:15-8:15pm |

6 classes R \$54/NR \$54

|       |     |          |             |
|-------|-----|----------|-------------|
| 14303 | Wed | 3/1-3/29 | 7:15-8:15pm |
|-------|-----|----------|-------------|

5 classes R \$45/NR \$45

LOCATION: ZOOM (VIRTUAL)

INSTRUCTOR: MARCO CARRABBA



ASK US  
ABOUT OUR  
SCHOLARSHIP  
PROGRAM  
See page 31

# Adult Fitness

## Yoga Fun for Everyone

 You have heard about the benefits of yoga...here's your chance to begin in a relaxed environment. Join this four-week class and increase your flexibility, strength, balance and stamina. Learn to broaden your knowledge of the practice and take yoga seriously while still having fun. End each class with a 10-minute relaxation to soothe your mind and relieve stress. All levels welcome. This class likes to laugh and have fun! Optional equipment to use includes 3-5 lb hand weights (2 unopened soup cans will also work) and a yoga mat. (No class 11/7, 1/16 & 2/6)

**AGE: 18+**

|       |     |             |             |
|-------|-----|-------------|-------------|
| 14360 | Mon | 9/12-10/3   | 5:30-6:30pm |
| 14361 | Mon | 10/17-11/14 | 5:30-6:30pm |
| 14362 | Mon | 11/28-12/19 | 5:30-6:30pm |
| 14363 | Mon | 1/29-2/13   | 5:30-6:30pm |
| 14364 | Mon | 2/27-3/20   | 5:30-6:30pm |

\$32

LOCATION: ZOOM (VIRTUAL)  
INSTRUCTOR: SALLY RODICH



## Yin Yoga

 Finish your day with a beautiful Yin class. During Yin we hold each posture for longer than normal. This class is an excellent way to alleviate pain and tension and stretch away your stress. The class is slow paced and suitable for yogis of all levels. (No class 11/23)

**AGE: 16+**

|                |     |            |       |
|----------------|-----|------------|-------|
| 14706          | Wed | 9/14-10/13 | 6-7pm |
| 14707          | Wed | 11/2-12/14 | 6-7pm |
| R \$60/NR \$72 |     |            |       |
| 14709          | Wed | 1/11-2/8   | 6-7pm |
| 14711          | Wed | 2/22-3/22  | 6-7pm |
| R \$50/NR \$60 |     |            |       |

LOCATION: NKCC  
INSTRUCTOR: GAYNOR MILES

## Vinyasa Morning Flow Yoga

Start your day off right with a beautiful vinyasa slow flow class. Gently charge up your body with morning sun salutations and mindful movements guaranteed to set you up for the day ahead. This class is suitable for all yoga levels. (No class 11/21 & 11/23)

**AGE: 16+**

|       |     |             |       |
|-------|-----|-------------|-------|
| 14694 | Mon | 9/12-10/17  | 8-9am |
| 14695 | Mon | 10/31-12/12 | 8-9am |
| 14696 | Mon | 1/9-2/13    | 8-9am |
| 14698 | Mon | 2/27-3/27   | 8-9am |
| 14700 | Wed | 9/11-10/10  | 8-9am |
| 14701 | Wed | 11/2-12/14  | 8-9am |
| 14702 | Wed | 1/11-2/15   | 8-9am |
| 14703 | Wed | 2/22-3/29   | 8-9am |

R \$60/NR \$72

LOCATION: NKCC  
INSTRUCTOR: GAYNOR MILES

**MORE YOGA CLASSES**  
See page 47



**COMMUNITY BONFIRES**  
at the Park!

Kirkland Parks and Community Services warmly welcomes the community to enjoy bonfires accompanying Argosy Cruises' Christmas Ship Festival.

**SATURDAY • 12/10**

**Marina Park** 2:10pm to 2:30pm  
**Juanita Beach Park** 5:35pm to 5:55pm

**MONDAY • 12/19**

**OO Denny Park** 5:35pm to 5:55pm





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

# ADULTS

## Cardio Boxing

**NEW**

Cardio Boxing provides a great high-intensity workout! Each forty-five-minute class features eight circuit exercises consisting of five rounds of boxing, hitting the bags three minutes per round, and thirty seconds of active rest in between. Round six is three and a half mins of core and lower body, using body, medicine ball, or resistance bands. Round seven is three and a half minutes of upper body with weights; round eight, about three minutes of light cardio. Cool off with some five minutes of workout and stretches.

\*Students need to have their own hand wraps and boxing gloves. Hand wraps are essential for wrist protections

**AGE: 18+**

|                  |     |          |        |
|------------------|-----|----------|--------|
| 14556            | Wed | 9/7-11/9 | 7-8 pm |
| R \$125/NR \$150 |     |          |        |

LOCATION: NKCC  
INSTRUCTOR: SHARON GO-ADAMS

## 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's Disease. Noncontact 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.

**AGE: 18+**

**10 VISIT PASS CARD**

|         |            |             |
|---------|------------|-------------|
| Tu,Th,F | 9/13-12/22 | 10:15am-1pm |
| Tu,Th,F | 1/10-3/31  | 10:15am-1pm |
| \$120   |            |             |

LOCATION: NKCC  
INSTRUCTOR: JOLEEN LESTER

## Cardio and Core

Enjoy the fun of group fitness once again! This basic fitness class is perfect for returning to working out with friends! Neglected muscles and joints will love this energetic warm-up, followed by results-based cardio and strength training. Finally, core conditioning and a soothing cool-down will help restore things to working order. Please bring a mat to class and arrive a few minutes early to set up your personal workout space.

**AGE: 16+**

|       |     |            |        |
|-------|-----|------------|--------|
| 14746 | Mon | 9/12-12/19 | 6-7pm  |
| 14726 | Tue | 9/13-12/20 | 9-10am |
| 14749 | Wed | 9/14-12/21 | 6-7pm  |
| 14744 | Thu | 9/15-12/22 | 9-10am |

R \$90/NR \$108

|       |     |           |        |
|-------|-----|-----------|--------|
| 14747 | Mon | 1/23-3/27 | 6-7pm  |
| 14727 | Tue | 1/17-3/28 | 9-10am |
| 14750 | Wed | 1/18-3/29 | 6-7pm  |
| 14745 | Thu | 1/19-3/30 | 9-10am |

R \$90/NR \$108

LOCATION: NKCC  
INSTRUCTOR: JOLEEN LESTER

ASK US  
ABOUT OUR  
SCHOLARSHIP  
PROGRAM  
See page 31





### Saturday Cardio Classes with Laura – Retro Dance

Get your groove on and dance to your favorite music from the 50s to the 90s! With short, easy-to-learn routines, you'll burn calories, gain muscle tone, increase balance, and improve coordination. No previous dance experience is needed, so get ready to have fun and break a sweat!

AGE: 16+

|       |     |            |        |
|-------|-----|------------|--------|
| 14803 | Sat | 10/1-11/12 | 9-10am |
| 14804 | Sat | 1/14-3/4   | 9-10am |

R \$60/NR \$72

LOCATION: NKCC

INSTRUCTOR: LAURA MILLER

### Strength & Stretch



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 11/25 and 3/17)

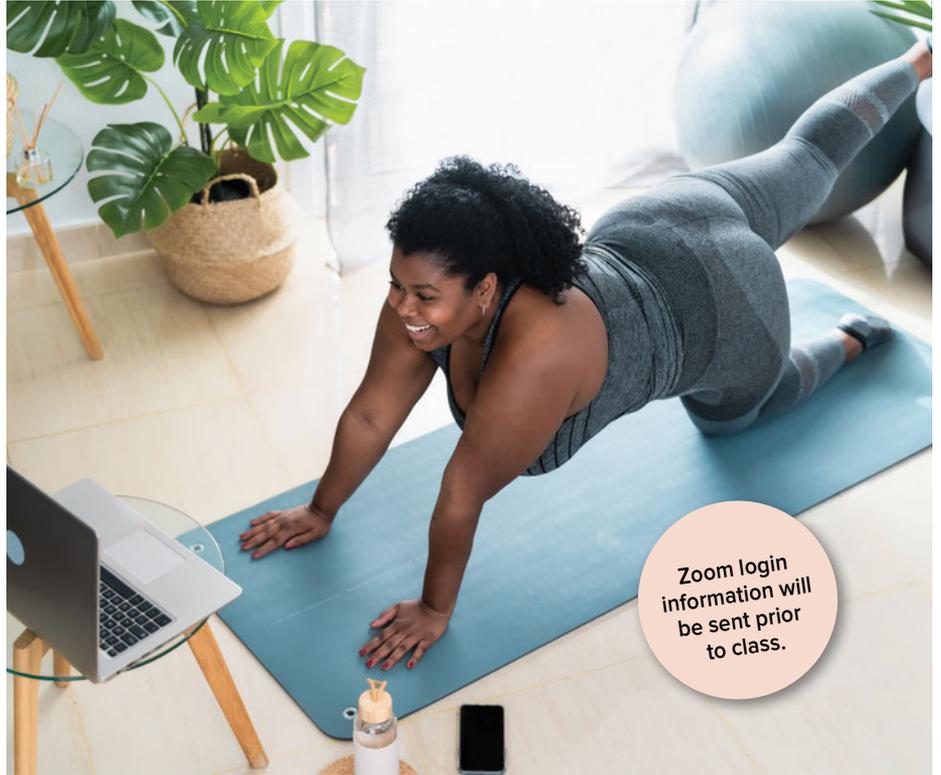
AGE: 18+

|       |     |             |         |
|-------|-----|-------------|---------|
| 14366 | Fri | 9/16-10/14  | 10-11am |
| 14367 | Fri | 10/21-11/18 | 10-11am |
| 14368 | Fri | 12/2-1/13   | 10-11am |
| 14369 | Fri | 1/20-2/17   | 10-11am |
| 14370 | Fri | 2/24-3/24   | 10-11am |

\$32

LOCATION: ZOOM (VIRTUAL)

INSTRUCTOR: SALLY RODICH



Zoom login information will be sent prior to class.

### Tai Chi & Meridian Stretching (Bilingual)

This energy-based class applies meridian stretching techniques and Tai Chi/Ki Gong forms to open blockages and release stagnant energy in the body. This holistic training allows you to detox at a deeper physical, emotional, and mental level to help rejuvenate your wellbeing.

AGE: 18+

|       |     |            |          |
|-------|-----|------------|----------|
| 14322 | Thu | 9/22-10/27 | 3-4:15pm |
|-------|-----|------------|----------|

R \$65/NR \$75

INSTRUCTOR: HELEN HUANG

LOCATION PKCC



### Tai Chi & Meridian Stretching (Bilingual)



6 classes. Zoom login information will be sent prior to class. (No class 1/16 & 2/20)

AGE: 18+

|       |     |             |          |
|-------|-----|-------------|----------|
| 14319 | Mon | 9/19-10/24  | 4:45-6pm |
| 14320 | Mon | 11/14-12/19 | 4:45-6pm |
| 14321 | Mon | 1/9-2/27    | 4:45-6pm |

\$55

LOCATION: ZOOM (VIRTUAL)

INSTRUCTOR: HELEN HUANG

**ZUMBA CLASS**  
See page 46

# ADULTS

## Sports

### Golf Instruction

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

AGE: 18+

|       |     |            |         |
|-------|-----|------------|---------|
| 14283 | Fri | 9/2-9/23   | 10-11am |
| 14284 | Fri | 10/7-10/28 | 10-11am |
| 14285 | Fri | 11/4-11/25 | 10-11am |
| 14286 | Fri | 12/2-12/23 | 10-11am |
| 14287 | Fri | 1/6-1/27   | 10-11am |
| 14288 | Fri | 2/3-2/24   | 10-11am |
| 14289 | Fri | 3/3-3/24   | 10-11am |

R \$120/NR \$144

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

## OPEN GYM

Open Gym is at Kamiakin Middle School on Sunday evenings from 5-8pm. Volleyball and basketball courts are available to use. Participants may drop-in for \$5 or purchase a 10-visit pass card for \$40. Passes must be bought on-site. (No open gym 11/27, 12/18, & 12/25)

**AGE: 18+**

|     |           |        |
|-----|-----------|--------|
| Sun | 9/11-5/21 | 5-8 pm |
|-----|-----------|--------|

\$5 drop-in or \$40 pass

LOCATION: KAMIAKIN MIDDLE SCHOOL

### ICE SKATING

See page 21



# Join a VOLLEYBALL LEAGUE

Volleyball leagues are offered year-round including indoor volleyball during the fall, winter and spring. Several skill divisions are offered.

## FALL 2022 VOLLEYBALL LEAGUE

AGE: 18+

|       |                      |     |           |          |
|-------|----------------------|-----|-----------|----------|
| 14524 | Women's Intermediate | Mon | 9/12-11/7 | 7:20-9pm |
| 14525 | Women's Lower        | Mon | 9/12-11/7 | 7:20-9pm |
| 14523 | Women's Upper        | Mon | 9/12-11/7 | 7:20-9pm |
| 14531 | COED Intermediate    | Tue | 9/13-11/8 | 7:20-9pm |
| 14530 | COED Upper           | Tue | 9/13-11/8 | 7:20-9pm |
| 14533 | COED C Division      | Wed | 9/14-11/9 | 7:20-9pm |
| 14532 | COED Lower           | Wed | 9/14-11/9 | 7:20-9pm |

R \$375/NR \$375

### INDIVIDUAL FREE AGENT TEAM MEMBER

|       |            |     |           |          |
|-------|------------|-----|-----------|----------|
| 14534 | COED C Div | Wed | 9/14-11/9 | 7:20-9pm |
|-------|------------|-----|-----------|----------|

R \$50/NR \$50

LOCATION: TBD

## WINTER 2023 VOLLEYBALL LEAGUE

AGE: 18+

|       |                      |     |          |          |
|-------|----------------------|-----|----------|----------|
| 14535 | Women's Upper        | Mon | 1/9-3/6  | 7:20-9pm |
| 14536 | Women's Intermediate | Mon | 1/9-3/6  | 7:20-9pm |
| 14537 | Women's Lower        | Mon | 1/9-3/6  | 7:20-9pm |
| 14539 | COED Intermediate    | Tue | 1/10-3/7 | 7:20-9pm |
| 14538 | COED Upper           | Tue | 1/10-3/7 | 7:20-9pm |
| 14541 | COED C Division      | Wed | 1/11-3/8 | 7:20-9pm |
| 14540 | COED Lower           | Wed | 1/11-3/8 | 7:20-9pm |

R \$375/NR \$375

### INDIVIDUAL FREE AGENT TEAM MEMBER

|       |            |     |          |          |
|-------|------------|-----|----------|----------|
| 14542 | COED C Div | Wed | 1/11-3/8 | 7:20-9pm |
|-------|------------|-----|----------|----------|

R \$50/NR \$50

LOCATION: TBD

# SMALL GOAL SOCCER KIRKLAND

Age  
18+

COMING  
SOON!

For location &  
date updates, visit  
[KirklandParks.net](http://KirklandParks.net).

Fee: \$695

6V6 OUTDOOR SOCCER  
FOR ALL SKILL LEVELS  
STARTING IN OCTOBER 2022

**Men's & Coed Divisions**  
**8 games guaranteed per team**

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!

## SESSIONS

|       |          |
|-------|----------|
| 14589 | COED     |
| 14552 | Men's D1 |
| 14555 | Men's D2 |



  
Small Goal Soccer  
EST. 2008

# ADULTS

## Adult Special Interest

### Meditation: A Journey to the Present



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+

|       |     |           |             |
|-------|-----|-----------|-------------|
| 14323 | Tue | 9/6-10/25 | 7:30-8:30pm |
| 14324 | Tue | 1/10-2/28 | 7:30-8:30pm |

R \$65/NR \$65

LOCATION: ZOOM (VIRTUAL)  
INSTRUCTOR: HELEN HUANG

### 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. Practice strikes to vulnerable targets, creating an impact, and releases from some common grabs. Bring a lunch or snack and water bottle.

AGE: 18+

|       |     |      |             |
|-------|-----|------|-------------|
| 14560 | Sat | 1/14 | 1:45-4:45pm |
|-------|-----|------|-------------|

R \$89/NR \$107

LOCATION: NKCC  
INSTRUCTOR: STRATEGIC LIVING, LLC

### Voiceovers

You will learn how you can begin using your speaking voice for commercials, films, videos, and more. Most people go about it the wrong way. Learn a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry.

AGE: 18+

|       |     |      |             |
|-------|-----|------|-------------|
| 14807 | Thu | 11/3 | 6:30-8:30pm |
|-------|-----|------|-------------|

R \$40/NR \$48

LOCATION: NKCC  
INSTRUCTOR: LISA FOSTER

## REAL ESTATE

by KIM PRATER

### 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 costs are and how you can save money.

AGE: 18+

|       |     |      |        |
|-------|-----|------|--------|
| 14413 | Tue | 9/13 | 7-9 pm |
| 14414 | Wed | 2/15 | 7-9 pm |

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+

|       |     |      |        |
|-------|-----|------|--------|
| 14415 | Wed | 1/18 | 7-9 pm |
|-------|-----|------|--------|

R \$12/NR \$14

LOCATION: PKCC  
INSTRUCTOR: KIM PRATER



### Federally Insured Reverse Mortgage Programs



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+

|       |     |       |        |
|-------|-----|-------|--------|
| 14416 | Tue | 11/15 | 7-9 pm |
| 14417 | Wed | 3/15  | 7-9 pm |

R \$12/NR \$14

LOCATION: PKCC  
INSTRUCTOR: KIM PRATER

## KENDO CLASSES

See page 24

ASK US  
ABOUT OUR  
SCHOLARSHIP  
PROGRAM  
See page 31

Fall 2022 and Winter 2023  
program registration begins  
**August 24, 7:00 AM**  
online or by phone



## 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, 8/24 phone line opens at 7:00 AM.

### Disclaimer

This schedule of classes 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 students of the changes.

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

### Inclement Weather

The safety of program participants is a primary consideration when determining if programs should be canceled due to inclement weather, poor or icy road conditions, poor air quality, or other events which jeopardize participant and employee safety. Excessively high or low temperatures may also cause program cancellations or alterations. The City of Kirkland follows the lead of the Lake Washington School District when determining cancellations during the school year. Outside of the school year, City staff will evaluate conditions and make the appropriate decision to cancel or delay programs. When air quality levels are deemed unhealthy by The Environmental Protection Agency (EPA) all outdoor classes and programs will be canceled. The Peter Kirk Pool will be closed, and beaches will not be staffed by lifeguards during periods of poor air quality. Classes and programs will be rescheduled if possible. Refunds will be considered on an individual program basis but 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 [titlevicoordinator@kirklandwa.gov](mailto:titlevicoordinator@kirklandwa.gov).

### Covid 19 Safety

The safety of participants and staff is our top priority. The City of Kirkland follows local, state, and federal guidelines for COVID safety. These guidelines can change from time to time – please visit [kirklandwa.gov/PlayItSafe](http://kirklandwa.gov/PlayItSafe) for the most up-to-date requirements for masks, vaccinations, and other safety info.

### Refunds / Cancellations / Transfers

- Refunds are granted if a request is made at least five (5) business days prior to the start of class, less a \$10.00 administrative fee for most programs. Fee applies to each class withdrawn. Please Note: Classes paid for by check or cash will be refunded by check and must be in amounts greater than \$10.
- Online registrants please note: Parks and Recreation staff must process transfers and cancellations. Online enrollments resulting in withdrawals are subject to withdrawal policies listed above. You can print your receipt when prompted to do so at end of registration process.
- 100% Refund if a class canceled by Parks and Recreation.
- Class withdrawal requested less than five (5) business days prior to the start of class will result in a refund of 50% of the registration fee. Fee applies to each class withdrawn.
- No refunds for classes that cost less than \$10.00.
- No refunds will be issued on or after the first day of class. Transfers must be requested five (5) business days prior to the start of class (except swim class notification of new level by swim instructor).
- For Rental Refund permit policies visit [kirklandwa.gov/ParkRentals](http://kirklandwa.gov/ParkRentals).
- Community Center Special Events – unless otherwise noted, special event tickets will be available until 5:00 PM seven working days prior to the event (no tickets will be sold the day of the event). Special event tickets are not refundable or transferable.



**PLAY IT SAFE!**

Visit [kirklandwa.gov/PlayItSafe](http://kirklandwa.gov/PlayItSafe) for our current mask requirements and other COVID-19 safety guidelines.

# Free Events

FOR ALL AGES

## HALLOWEEN BINGO DRIVE-IN & COSTUME PARADE

OCT 28 • 6:00 PM & 8:00 PM  
JUANITA BEACH PARK

Play boo bingo in your vehicle with our giant LED movie screen and wear your costume for the costume parade. Bingo cards are provided, and prize baskets are awarded to winners!

Bring some snacks and a highlighter pen.  
Two sessions to choose from.

Visit [KirklandParks.net](http://KirklandParks.net) to reserve your time and vehicle size or call us at 425-587-3330.



## DÍA DE LOS MUERTOS

OCT 29 • 2:30–4:30 PM  
PETER KIRK COMMUNITY CENTER

Acompáñenos a celebrar el Día de los Muertos para recordar a nuestros familiares antepasados, y disfrutar actividades tradicionales, comida, música, y más.

Para más información, visite [kirklandwa.gov/CommunityEvents](http://kirklandwa.gov/CommunityEvents)

Join us to celebrate Día de los Muertos as we remember our loved ones, enjoy traditional activities, food, music, and more.

## LUNAR NEW YEAR

JAN 22 • 6:30–8:30 PM  
PETER KIRK COMMUNITY CENTER

农历新年

1月22日, 晚上 6:30-8:30

Peter Kirk 社区中心

了解农历新年及其传统庆祝方式!

参与包括手工艺品、

美食、舞蹈和文化展示等内容的活动。

如需了解完整的详细内容, 请访问

[kirklandwa.gov/CommunityEvents](http://kirklandwa.gov/CommunityEvents)网站。

For complete details, visit [kirklandwa.gov/CommunityEvents](http://kirklandwa.gov/CommunityEvents)



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

# A Focus on Teens

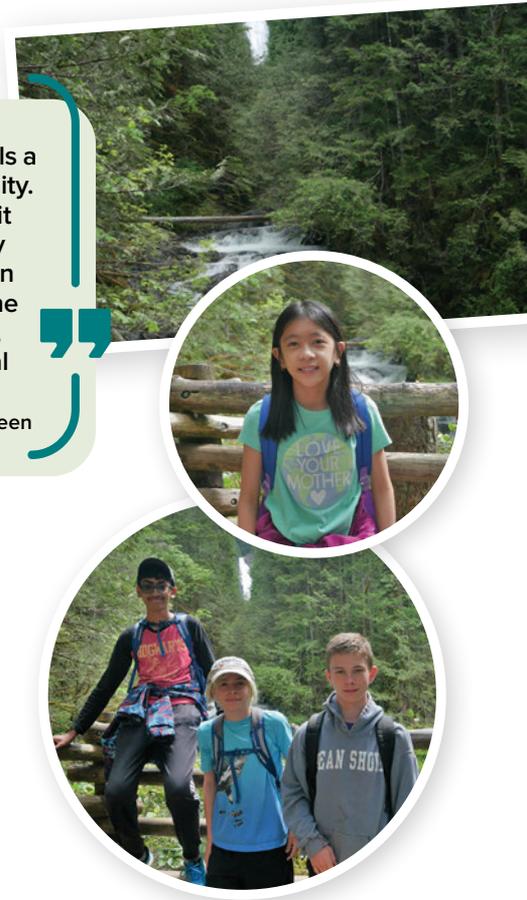
Parks and Community Services was awarded a grant from the Association of Washington Cities' Summer Experiences and Enrichment for Kids (SEEK) fund for a pilot program for teens through outdoor adventure trips. The grant, combined with support from the Kirkland City Council, allowed us to successfully launch several recreation opportunities for teens in Kirkland this past summer.

The program focused on providing safe, welcoming, and free outdoor experiences for youth ages 11-19. Teens participated in 17 guided outdoor activities, including hiking, river floating, kayaking, and outdoor yoga. Transportation was provided, along with daypacks and even hiking boots for those who needed proper footwear. When REI learned about the SEEK program during the early planning

“The Seek Outdoor Adventure fills a huge area of need in our community. The format is also ideal in that it gives the teens an opportunity to be active, meet other teens in the community, participate in the program with siblings/friends, and foster a love for the natural beauty we have around us.”  
– Parent of SEEK Outdoor Adventures teen

stages, they offered a deep discount on the cost of equipment and helped with proper shoe fittings.

Kirkland City Council also supported monthly teen nights. Events included movies and ice cream, hosting music and games in the park, and a video game tournament using our big LED screen. In addition, a variety of cooking, art, and life skills classes for teens are scheduled for the fall.



**GIVE THE GIFT OF**

# RECREATION

KIRKLAND PARKS AND COMMUNITY SERVICES  
RECREATION SCHOLARSHIP FUND

**DID YOU KNOW?**  
A donation of \$44 contributes toward a child's swim lessons or \$27 helps a 50+ adult to enjoy a van trip with friends.

## APPLY FOR A RECREATION SCHOLARSHIP

Kirkland Parks and Community Services offers Kirkland residents of all ages and abilities the opportunity to participate in diverse, rewarding, and high-quality recreation programs that are accessible and affordable. We try to make every opportunity available, regardless of income. Scholarship opportunities are available to those who might not be able to participate because of income.

Scholarship limits have been increased to \$450 per Kirkland resident and may be used throughout the year.

**NEW!**  
Scholarship recipients can register for classes online!

For more details, visit [kirklandwa.gov/RecreationScholarships](http://kirklandwa.gov/RecreationScholarships)

Donations are welcomed to support the Scholarship Program! Additional information can be found at <https://bit.ly/39kwzmJ>