

ARTS

Watercolor Painting

Enjoy step-by-step painting instruction, perfect for both beginners and experienced artists. Learn techniques for successful paintings while receiving individual guidance. Using photo references provided by the instructor, you'll explore subjects like still life, florals, landscapes, seascapes, and animals. Grow your skills in a supportive, creative environment. Supply list is available at PKCC.

AGE:18+			
23189	Tue	4/7-4/28	6-9pm
23190	Tue	5/5-5/26	6-9pm
23191	Tue	6/2-6/23	6-9pm
23192	Tue	6/30-7/21	6-9pm
23193	Tue	7/28-8/18	6-9pm

R \$65/NR \$78

LOCATION: PKCC
INSTRUCTOR: JEAN PRATT-BEUJOY



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 is available at PKCC.

AGE:18+			
23307	Thu	4/9-4/30	6-9pm
23308	Thu	5/14-6/4	6-9pm
23309	Thu	6/11-7/2	6-9pm
23310	Thu	7/9-7/30	6-9pm
23311	Thu	8/6-8/27	6-9pm

R \$65/NR \$78

LOCATION: PKCC
INSTRUCTOR: JEAN PRATT-BEUJOY

GENERAL INTEREST

Spanish for Adults with Bilinguitos

Join this engaging and immersive 6-week Spanish course designed for adult learners! Whether you're a complete beginner or looking to build conversational confidence, these interactive classes will help you speak Spanish in real-life situations through role-playing, games, cultural insights, and dynamic discussions. (No class 5/7)

ALL AGES			
23646	Thu	4/9-5/21	6-8pm
23647	Thu	5/28-7/2	6-8pm

R \$240/NR \$288

LOCATION: PKCC
INSTRUCTOR: SOMOS BILINGUITOS

Sound Bath with Ethereal Sound & Wellness

Experience deep relaxation and restoration while participating in a series of Sound Bath classes brought to you by Savannah Powers of Ethereal Sound & Wellness. Immerse yourself in soothing sounds created by singing bowls, gongs, and chimes to reduce stress and promote a sense of balance and well-being.

All are welcome—no prior experience is needed.

AGE:18+			
22723	Tue	4/14	6:30-7:30pm
AGE:15+			
23402	Tue	5/12	6:30-7:30pm
23403	Tue	6/9	6:30-7:30pm
23404	Tue	8/11	6:30-7:30pm
23405	Tue	9/15	6:30-7:30pm

R \$40/NR \$48

LOCATION: HERITAGE HALL
INSTRUCTOR: SAVANNAH POWERS



Discover Voice-Over

Use your natural speaking voice for commercials, films, and more. Learn a unique way to break into the lucrative voice-over industry on your own terms. Concludes with a professional voice evaluation with your instructor.

AGE:18+			
23113	Tue	6/2	6:30-8:30pm
23115	Tue	8/4	6:30-8:30pm

R \$30/NR \$36

LOCATION: NKCC
INSTRUCTOR: LISA FOSTER

SENIOR ART SHOW

See page 85

ASK US
ABOUT OUR
SCHOLARSHIP
PROGRAM
See page 11

MORE ART CLASSES!

See page 72



Self Defense for Women

Learn the four most crucial safety lessons. Recognize when someone means harm, using your voice and body language to thwart an assault, simple yet effective moves to neutralize an attacker, and dealing with emotional stress. Practice strikes and learn about setting boundaries. This class is centered on the experiences of women and all people who have lived experiences of misogyny. EmPOWERment doesn't get more fun.

AGE:18+
23053 Sat 7/18 1:30-4:30pm
R \$104/NR \$125

LOCATION: NKCC
INSTRUCTOR: STRATEGIC LIVING, LLC

Self Defense for Young Adults Off to College

Maximize the positive in your college years! Learn simple yet effective ways to stay safer while still enjoying college life. We will look at 2 ways evildoers try to maximize their success, 3 strategies to evade them, and 4 techniques to neutralize them. Some of this class will be physical, some verbal, and all aimed at increasing your choices. All genders welcome. EmPOWERment doesn't get more fun.

AGE:17-25
23052 Sat 6/27 1:30-4:30pm
R \$104/NR \$125

LOCATION: NKCC
INSTRUCTOR: STRATEGIC LIVING, LLC

REAL ESTATE

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+
23240 Wed 6/3 6:30-8:30pm
R \$12/NR \$14

LOCATION: PKCC
INSTRUCTOR: KIM PRATER



Home Loan Workshop

Get expert guidance on refinancing or purchasing your first (or third) home. A Senior Mortgage Specialist and Real Estate Professional will walk you through the process, covering topics like home inspections, appraisals, title, escrow, and closing costs. Learn how to structure the best loan and save money!

All Ages
23239 Wed 6/24 6:30-8:30pm
R \$12/NR \$14

LOCATION: PKCC
INSTRUCTOR: KIM PRATER

MORE REAL ESTATE CLASSES

See page 74



MUSIC

Beginning Guitar Turbo Charge

This fast-paced course covers all the basics - from tuning and strumming, all the way up to common chord progressions. Learn major, minor and 7th chords, basic rhythms and beginning theory. Good for acoustic styles. Bring your own guitar. If you are bringing an electric guitar no amp is necessary.

AGE:15+
22963 Wed 4/22-6/10 7-8pm
22964 Wed 7/1-8/19 7-8pm
R \$110/NR \$132

LOCATION: NKCC
INSTRUCTOR: SCOTT LAWSON





UKULELE

Aloha! The ukulele is a fun, portable, and affordable instrument, perfect for playing music with friends and a great intro to other stringed instruments. Join friendly group classes, whether you're a beginner or have some experience! We'll learn chords, strumming, and start making music together from day one. All you need is a ukulele and a sense of adventure!

Ukulele Beginning Fun 1.0

This class covers ukulele basics including easy starter chords to build confidence. We'll practice playing together at our first class. A ukulele is required to join in.

AGE:14+			
23205	Mon	6/1-6/29	5:45-6:45pm
R \$50/NR \$60			

LOCATION: MCAULIFFE PARK ATRIUM
INSTRUCTOR: JULIE METTEER

Ukulele Fun 2.0

Intermediate class will review all the chords from beginner class and learn more challenging chords that may require an extra finger or two. We'll learn strum patterns and become more comfortable playing and singing with others. Ukulele is required to join in.

AGE:14+			
23206	Mon	6/1-6/29	7-8pm
R \$50/NR \$60			

LOCATION: MCAULIFFE PARK ATRIUM
INSTRUCTOR: JULIE METTEER

Ukulele Jam Session- Drop-In

Strum, sing, and jam with fellow ukulele players in a relaxed, drop-in setting. Perfect for those ready to level up their skills while playing and singing together. Bring your ukulele and join the groove!

AGE:14+			
23207	Mon	5/4	6:30-8pm
23208	Mon	6/29	6:30-8pm
23209	Mon	7/20	6:30-8pm
23210	Mon	8/31	6:30-8pm

R \$10/NR \$12

LOCATION: MCAULIFFE PARK ATRIUM
INSTRUCTOR: JULIE METTEER

DANCE

Ballet Basics

It's never too late to try ballet! This welcoming adult class is perfect for beginners. Learn fundamental ballet techniques while improving strength, balance, and confidence all while in a fun, supportive environment. No experience needed, just a desire to move with grace and joy! Zoom login information will be sent prior to class. (No class 4/6, 5/25, 6/29)

AGE:18+			
22939	Mon	3/30-5/11	7-8pm
22940	Mon	5/18-7/6	7-8pm

\$54

22941	Mon	7/13-8/10	7-8pm
\$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. Zoom login information will be sent prior to class. (No class 4/8)

BALLET OPEN LEVEL VIRTUAL

AGE:18+			
23186	Wed	4/1-5/13	7-8pm
23187	Wed	5/20-6/24	7-8pm
23188	Wed	7/8-8/12	7-8pm

\$54

LOCATION: ZOOM (VIRTUAL)
INSTRUCTOR: MARCO CARRABBA



Tap 1

Discover the joy of tap dance while boosting your skills and positive energy! This beginner-friendly class offers a great workout to upbeat music. Learn routines and techniques that build balance, strength, flexibility, and rhythm, 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'll be dancing to it. **Please bring tap or character shoes.**

AGE:16+			
23024	Wed	6/17-7/22	6:30-7:30pm
R \$84/NR \$101			

LOCATION: NKCC
INSTRUCTOR: DEBBY SCHAEPERLOETTER

LINE DANCING

See page 72

Tap 2

The tapping journey continues for students with prior tapping experience. Same great workout with new challenging techniques. **Please bring tap shoes or character shoes.**

AGE:16+
 23025 Tue 6/16-7/21 6:30-7:30pm
 R \$84/NR \$101

LOCATION: NKCC
 INSTRUCTOR: DEBBY SCHAEPERLOETTER

ADULT HULA DANCE

Have you always wanted to learn Hula? Now is the time! No experience needed, just a desire to learn and have fun. Taught by Jeanne Makanaokalani, a certified instructor with 15 years' experience and a graduate of Hilo's Uncle George Naope tradition.

Pikaki Beginning and Intermediate Hula

The class teaches the basic steps and hand motions for those who are new to Hula; and, for those who are wanting to improve existing skills. (No class 5/10,5/24,7/5)

AGE:18+
 22979 Sun 4/12-6/14 12-1pm
 R \$96/NR \$115
 22980 Sun 6/28-8/23 12-1pm
 R \$96/NR \$115

LOCATION: NKCC
 INSTRUCTOR: MAKANAOKALANI

'Ilima Advanced Hula

This class is designed for dancers with a more extensive background in Hula Kahiko, 'Auana, use of implements, and some performance experience. (No class 5/10, 5/24,7/5)

AGE:18+
 22981 Sun 4/12-6/14 11am-12pm
 R \$96/NR \$115
 22982 Sun 6/28-8/23 11am-12pm
 R \$96/NR \$115

LOCATION: NKCC
 INSTRUCTOR: MAKANAOKALANI



PARTNER DANCING

Please note: Each participant must be registered individually. The fees listed are per person, not per couple.

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. (No class 6/25)

AGE:16+
 23094 Thu 4/2-4/30 8-9pm
 R \$75/NR \$90
 23095 Thu 6/18-7/23 8-9pm
 R \$75/NR \$90

LOCATION: PKCC
 INSTRUCTOR: CHARLES ENGLAND

East Coast Swing

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

AGE:16+
 23096 Thu 5/14-6/11 8-9pm
 23098 Thu 7/30-8/27 8-9pm
 R \$75/NR \$90

LOCATION: PKCC
 INSTRUCTOR: CHARLES ENGLAND

Salsa

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

AGE:16+
 23099 Thu 5/14-6/11 7-8pm
 23101 Thu 7/30-8/27 7-8pm
 R \$75/NR \$90

LOCATION: PKCC
 INSTRUCTOR: CHARLES ENGLAND

West Coast Swing

The coolest, smoothest and most playful form of swing on the planet! West Coast Swing can be danced to all types of music, from Blues, Jazz and R&B to Top 40 pop of all eras. (No class 6/25)

AGE:16+
 23104 Thu 4/2-4/30 7-8pm
 23108 Thu 6/18-7/23 7-8pm
 R \$75/NR \$90

LOCATION: PKCC
 INSTRUCTOR: CHARLES ENGLAND



FITNESS

Adult Barre

This dance/Pilates/yoga inspired class will use weights, barres, mats, balls, and bands to offer a full body, yet low impact workout in a fun format for all ages and stages. (No class 5/25)

AGE:18+

23502	Mon	4/27-6/22	5:30-6:20pm
23501	Mon	4/27-6/22	6:30-7:20pm

R \$80/NR \$96

LOCATION: NKCC

INSTRUCTOR: STEPHANIE LADUKE

Adult Zumba

This dance-inspired class is great for everyone interested in fitness. Easy-to-follow dance routines encourage aerobic fitness, using a combination of low-intensity and high-intensity moves. Come and enjoy the calorie-burning fitness party. (No class 4/30)

AGE:18+

23487	Thu	4/23-6/18	6-6:45pm
-------	-----	-----------	----------

R \$160/NR \$192

23488	Thu	7/2-8/13	6-6:45pm
-------	-----	----------	----------

R \$140/NR \$168

LOCATION: NKCC

INSTRUCTOR: TANYA DANCE FITNESS

Cardio & Core with Joleen

Get stronger, more agile, and ready for real life—like lifting that carry-on! This fun, full-body workout blends functional training and HIIT(High Intensity Interval Training) and evidence-based methods to keep it fresh and effective. (No class 5/25)

AGE:16+

23494	Mon	4/20-6/15	6-7pm
23496	Thu	4/23-6/18	9-10am
23497	Mon	7/6-8/24	6-7pm
23498	Tue	7/7-8/25	8-9am
23500	Wed	7/8-8/26	6-7pm

R \$88/NR \$106

23493	Tue	4/21-6/16	9-10am
23495	Wed	4/22-6/17	6-7pm

R \$99/NR \$119

23499	Thu	7/9-8/27	8-9am
-------	-----	----------	-------

R \$77/NR \$92

LOCATION: NKCC

INSTRUCTOR: JOLEEN LESTER

CardioBox

Sweat it out in this, full-body boxing and strength workout! Learn strikes, footwork, and defense while spending over half the class on the bags. No sparring, just fun, high-energy fitness. Bring hand wraps (180"), gloves (14–16oz), and water.

AGE:18+

24264	Mon	4/20-5/18	7:15-8pm
24265	Mon	6/1-6/29	7:15-8pm
24266	Mon	7/6-8/3	7:15-8pm

R \$50/NR \$60

LOCATION: NKCC

INSTRUCTOR: SHARON GOH ADAMS

Cardio Rhythm and Drumming (Poundfit)

A fun, fiery workout where “grace meets grit.” In this class you’ll go into rockstar mode using ripstix to drum along with easy-to-learn choreography to get your heart pumping and your energy soaring. Rock out, feel strong, and leave smiling! (No class 5/25)

AGE:18+

23503	Mon	4/27-6/22	7:30-8:15pm
-------	-----	-----------	-------------

R \$88/NR \$106

LOCATION: NKCC

INSTRUCTOR: STEPHANIE LADUKE

Rock Steady Boxing (RSB)

This non-contact, evidence-based fitness class is for people with Parkinson’s. Led by certified coaches, it blends boxing drills, strength, balance, and cardio to boost function, confidence, at any stage of the disease, with a motivating “tough love” approach. Participants must complete an assessment and receive Affiliate Coach approval prior to joining class. Completion of \$40 assessment, MD clearance and purchase of boxing gloves required prior to class. Please call 425-587-3350 for more information and to schedule your assessment. (No class 5/15, 6/19, 6/26, 7/3)

AGE:18+

23489	Tue, Thu, Fri	4/21-6/18	10:15am-1pm
23490	Tue, Thu, Fri	6/23-8/25	9:15am-12pm

10 VISIT PASS CARD \$130

LOCATION: NKCC

HEAD AFFILIATE COACH: JOLEEN LESTER

Sunset Kayak Tour and Lesson

Learn the basic fundamentals of kayaking and enjoy an evening on Juanita Bay! Single or double kayaks and safety equipment provided. Participants must be able to swim. Kayak weight limit is 250 pounds for singles, 500 pounds for doubles. This activity is great for individuals, friends, and families. Open to ages 12 and up with an adult. Registration closes at 9am Monday before the program date.

AGE:12+

SINGLE KAYAKS

24377	Wed	5/13	6-7:30pm
24379	Wed	5/20	6-7:30pm
24381	Wed	5/27	6-7:30pm

R \$75/NR \$90

LOCATION: JUANITA BEACH PARK

INSTRUCTOR: SEATTLE PADDLE

AGE:18+

DOUBLE KAYAKS

24377	Wed	5/13	6-7:30pm
24379	Wed	5/20	6-7:30pm
24381	Wed	5/27	6-7:30pm

R \$100/NR \$120

LOCATION: JUANITA BEACH PARK

INSTRUCTOR: SEATTLE PADDLE

Sunset Stand Up Paddle Board Tour and Lesson

Learn basics of Stand-Up Paddle Boarding and enjoy an evening on Juanita Bay. Participants must be able to swim and comfortable on the water and ready to exercise as this is an endurance activity. Paddleboard and safety equipment provided. This is a great activity for individuals, friends, and families. Registration closes at 9am Monday before the program date.

AGE:12+

24383	Wed	6/10	6-7:30pm
24384	Wed	6/24	6-7:30pm
24385	Wed	8/26	6-7:30pm
24386	Wed	9/2	6-7:30pm

R \$80/NR \$96

LOCATION: JUANITA BEACH PARK

INSTRUCTOR: SEATTLE PADDLE

MORE FITNESS CLASSES

See page 73

SPORTS

Golf Instruction

Learn golf the fun, easy way! Join group lessons with a pro instructor—covering grip, stance, swing, rules, and etiquette. After four sessions, you'll be ready for the course. Bring your own clubs or try the Golf Center's demo clubs.

24388	Wed	4/1-4/22	1-2pm
24389	Wed	5/6-5/27	1-2pm
24390	Wed	6/3-6/24	1-2pm
24391	Wed	7/1-7/22	1-2pm
24392	Wed	8/5-8/26	1-2pm

R \$144/NR \$173

LOCATION: REDWOOD GOLF CENTER
INSTRUCTOR: REDWOOD GOLF CENTER

24393	Thu	4/2-4/23	5-6pm
24394	Thu	5/7-5/28	5-6pm
24395	Thu	6/4-6/25	5-6pm
24396	Thu	7/2-7/23	5-6pm
24397	Thu	8/6-8/27	5-6pm

R \$144/NR \$173

LOCATION: REDWOOD GOLF CENTER
INSTRUCTOR: REDWOOD GOLF CENTER



Intro to Fencing

Fencing is the perfect mix of fitness, fun, and mental strategy. It's beginner-friendly, energizing, and a great way to de-stress while learning something new. Come try it and surprise yourself.

AGE:18+

24285	Wed	3/18-4/29	7-8pm
24286	Wed	5/13-6/24	7-8pm

R \$278/NR \$328

LOCATION: KAIZEN ACADEMY
INSTRUCTOR: KAIZEN ACADEMY

ICE SKATING CLASSES

See page 40

Group Pickleball Clinics

Develop your skills and knowledge of the game through our fun, 90-minute Pickleball clinics, designed for the beginner to the intermediate player. Lender equipment is available.

BEGINNER SKILL LEVEL

AGE:16+

23505	Mon	6/8	5:30-7pm
23507	Mon	6/22	5:30-7pm
23509	Mon	7/6	5:30-7pm
23511	Mon	7/20	5:30-7pm
23513	Mon	8/3	5:30-7pm

R \$60/NR \$72

LOCATION: EVEREST PARK
INSTRUCTOR: ROGER BELAIR

ADVANCED BEGINNER

AGE:16+

23506	Mon	6/15	5:30-7pm
23508	Mon	6/29	5:30-7pm
23510	Mon	7/13	5:30-7pm
23512	Mon	7/27	5:30-7pm

R \$60/NR \$72

LOCATION: EVEREST PARK
INSTRUCTOR: ROGER BELAIR

JOIN A LEAGUE

Small Goal Soccer

Fun, fast-paced, and affordable 6v6 adult soccer. Full teams and free agents who need a team can join us for the action! League winners receive championship shirts and a trophy.

AGE:18+

SPRING LEAGUE

23371	Coed	Thu	4/9-6/4	7-10pm
23370	Men's	Thu	4/9-6/4	7-10pm

\$850/TEAM

23372	Free Agent	Thu	4/9-6/4	7-10pm
-------	------------	-----	---------	--------

\$89.50/PERSON

LOCATION: 132ND SQUARE PARK
INSTRUCTOR: SMALL GOAL SOCCER

SUMMER LEAGUE

23374	Coed	Thu	6/18-8/20	7-10pm
23373	Men's	Thu	6/18-8/20	7-10pm

\$850/TEAM

LOCATION: 132ND SQUARE PARK
INSTRUCTOR: SMALL GOAL SOCCER



Softball League

Step up to the plate and join one of our Men's Softball Leagues this summer! Each season features 12 games over 6 weeks, and two weeks of playoffs. Makeup games will be rescheduled on designated game days when possible. (No games 6/30, 7/2, 9/1, 9/3)

AGE:18+

SUMMER SEASON 1 | MEN'S DIVISION

22920	Tue, Thu	6/2-7/30	6-9pm
-------	----------	----------	-------

\$700/TEAM

LOCATION: CRESTWOODS PARK

SUMMER SEASON 2 | MEN'S DIVISION

22921	Tue, Thu	8/4-10/13	6-11pm
-------	----------	-----------	--------

\$700/TEAM

LOCATION: PETER KIRK PARK

Spring 2026 Volleyball

AGE: 18+

22910	Women's Upper	Mon	4/6-6/15	6:45-9:30pm
22911	Women's Inter	Mon	4/6-6/15	7:20-9pm
22912	Women's Lower	Mon	4/6-6/15	7:20-9pm
22913	COED Upper	Tue	4/7-6/16	6:45-10pm
22914	COED Inter	Tue	4/7-6/16	7:20pm-9pm
22915	COED Lower	Wed	4/8-6/17	7:20-9pm

\$410/team

FREE AGENT

22916	COED Lower	Wed	4/8-6/17	7:20-9pm
-------	------------	-----	----------	----------

\$50/person

LOCATION: KAMIAKIN MIDDLE OR EMERSON HIGH SCHOOL GYM

Beach Volleyball League

Play summer volleyball at Juanita Beach Park in a fun, self-officiated league with divisions for all skill levels. Games begin at 6:15 PM or 7:30 PM, and only one player per team needs to register.

AGE:18+

22917	4v4 Coed	Tue	6/16-8/18	6:15-9pm
22919	4v4 Women's	Thu	6/18-8/20	6:15-9pm

\$300/TEAM

LOCATION: JUANITA BEACH PARK