

RECREATION PROGRAM GUIDE

Craze

Edmonds & Mountlake Terrace

May-
August
2011



Mountlake Terrace Recreation & Parks



Welcome to the Recreation Pavilion!

5303 228th Street SW, Mountlake Terrace, WA 98043
425-776-9173 • www.mltrec.com



At the Recreation Pavilion you can enjoy our:

- ✦ SUMMER CAMPS
- ✦ LEISURE POOL
- ✦ SWIM LESSONS
- ✦ LAZY RIVER
- ✦ ESPRESSO SERVICE
- ✦ LAP LANES
- ✦ DANCE STUDIOS
- ✦ INDOOR PLAYGROUND
- ✦ RACQUETBALL COURTS
- ✦ OUTDOOR PLAYGROUND
- ✦ PRESCHOOL FACILITIES
- ✦ NEWLY UPGRADED CARDIO ROOM



Summer FUN!

Hours of Operation June 30-Sept 3, 2011

Monday & Wednesday 6:00 am-9:00 pm
 Tuesday & Thursday 6:00 am-9:30 pm
 Friday 6:00 am-8:00 pm
 Saturday 7:00 am-8:00 pm
 Sunday 8:30 am-7:00 pm

Resident Priority Registration and Discounts

Mountlake Terrace residents are eligible to register for swim lessons prior to non-residents. Please see the swim lesson registration dates on page 29.

Mountlake Terrace residents also receive a discount on programs offered. The prices listed on each class will have a resident rate depicted by an R and non-resident rate depicted by an N. Please identify yourself as a resident so the appropriate discount can be applied.

SWIM LESSONS
Registration:
 see page 29

Facility Closures & Modified Schedules

May 27-29 – Modified Schedule
 Memorial Day, May 30 – Closed
 June 20-26 – Modified Schedule
 July 1-3 – Modified Schedule
 Independence Day, July 4 – Closed
 September 2-4 – Modified Schedule
 Labor Day, Sept 5 – Closed

How to read your brochure:

Activity Name
Baby Dance (Ages 2 months-pre-walking)
 Dancing with your baby to a wide variety of music...
 ◆0000 T 9/15-11/12 10-10:45am
 R\$75 N\$81
 Computer Barcode Resident discount fee Day of Week Dates Time Non-Resident fee

The fun never ends!



Parks & Facilities

Mountlake Terrace

Ballinger Lake Golf Course

Ballinger Lake GC is new and improved! Professionally managed by Hardy Golf, LLC since 2005. Ballinger is suitable for all levels of play. Remodeled in 1999/2000, Ballinger is a regulation 9-hole course offering Pars 3, 4 and 5. Reasonable rates, outstanding greens and friendly customer service provide the atmosphere for great golf. Annual golf passes available. Lessons by PGA Professional, Tyrone Hardy. Pro Shop – Lakeview Grill – Banquet Room Rental. Online tee-times available.



Visit our website at www.ballingerlakegolf.com
 23000 Lakeview Drive,
 Mountlake Terrace
 425-697-GOLF (4653)

Now offering **Jazzercise!**
 Available M,W,Th,F (9:30-10:30am)
www.jazzercise.com/206-298-5377

jazzercise.

Neighborhood Parks		Amphitheater	Cooking Grill	Disc-Golf	Horseshoes	Natural Area	Picnic Area	Picnic Shelter	Playground	Restrooms	Soccer Field	Softball Field	Trail
Park	Address												
Matt Hirvela Bicentennial Park	4105 222nd St. S.W.		◆	◆	◆	◆	◆	◆	◆	◆			
Forest Crest Playfield	5006 236th St. S.W.										◆	◆	
Jack Long Park	22102 58th Ave. W.		◆		◆	◆			◆				
Fire Fighters Memorial Park	3900 228th St. S.W.		◆				◆		◆				
Lower Terrace Creek Park	23200 48th Ave. W.		◆	◆		◆	◆	◆	◆	◆	◆	◆	◆
Upper Terrace Creek Park	5303 228th St. S.W.	◆		◆		◆							◆
Terrace Ridge Park	4600 242nd St. S.W.		◆				◆		◆				
Veteran's Memorial Park	23500 58th Ave. W.		◆			◆	◆	◆	◆	◆			
Evergreen Playfield	22205 56th Ave. W.		◆			◆	◆		◆	◆	◆	◆	◆
Ballinger Park	23000 Lakeview Drive		◆			◆	◆		◆	◆	◆	◆	◆
Off Leash Dog Park	5303 228th St. S.W.					◆							

Soccer, softball and baseball fields may be reserved by calling 425-776-9173 ext. 0.
 Rain out information 425-776-9173 ext. 4 after 4pm.



Gymnasium

at Terrace Park School

5303 228th St SW, Mountlake Terrace

For more information call 425-640-3101

- Open Gym Basketball – Saturday's 9-11:30am
- Open Gym Senior Volleyball – Tuesday's 5-7pm
- Open Gym Volleyball – Thursday's 8-10pm
- Rent the Gym for large parties



Register online at mltree.com/



— April 11 - June 19, 2011 —

****Please note** Weekend Swim Schedules have changed, check carefully!**

Please check the Pavilion or our website for modified schedules for Easter Sunday (April 24) and Memorial Day Weekend (May 27-30). Schedule subject to change.

Please check www.mltrec.com for the latest schedule updates.

MONDAY/WEDNESDAY	TUESDAY/THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am-3:45pm Lap Lanes	6am-3:45pm Lap Lanes	6am-3:45pm Lap Lanes	7-8:30am 3 Lap Lanes	
6-7am Deep Water Fitness		6-7am Deep Water Fitness	1 Multi Purpose Lane \$2 Happy Hour 7-8am Leisure Pool & River	8:30-11:55am 2 Lap Lanes
6-9:30am River	6-9:30am River	6-8:45am River	7:30-8:30am Deep Water Fitness	8:30-9:15am \$1 Dip Special Leisure Pool Only
7:55-8:55am Water Walk	7:25-8:25am Deep Water Fitness	7:55-8:55am Water Walk	8-9:15am Leisure Pool & River	8:35-9:35am River Fitness
9:20-10:20am Shallow Water Fitness	8:30-9:30am Arthritis Aquatic Program	9:20-10:20am Shallow Water Fitness	9:20-10:35am Leisure Pool & River	9:20-10:35am Leisure Pool Only
9:30am-2:45pm Leisure Pool	9:30am-2:45pm Leisure Pool	9:30am-3:45pm Leisure Pool	10:40-11:55am Leisure Pool & River	10:40-11:55am Leisure Pool Only
10:30-11:30am LIFT Class	10:45-11:45am LIFT Class	10:30-11:30am LIFT Class		11:25-11:55am Drop-In Tots
12-1pm Arthritis Aquatic Program		12-1pm Arthritis Aquatic Program	12-1:30pm Recreation Swim	12-1:30pm Recreation Swim
\$2 Happy Hour 3-4pm Lap & Leisure Pool	\$2 Happy Hour 3-4pm Lap & Leisure Pool	3:50-5:20pm \$3 TGIF Rec Swim <i>(No swim May 6 & June 3)</i>	1:35-3:05pm Recreation Swim Party Time	1:35-3:05pm Recreation Swim Party Time
4:30-7:05pm Leisure Pool	4:30-7:05pm Leisure Pool	5:25-6:25pm Rental Time Available Pool, Spa & Sauna CLOSED to Public	3:15-6:25pm Rental Time Available Pool, Spa & Sauna CLOSED to Public	3:15-5:20pm Rental Time Available Pool, Spay & Sauna CLOSED to Public
5:30-6:30pm Deep Water Fitness	5:30-6:30pm Shallow Water Fitness	6:30-8pm Recreation Swim	6:30-8pm Recreation Swim	5:30-7pm Recreation Swim
7:45-8:45pm River Fitness	7:15-8:30pm \$3 Recreation Swim <i>No Water Walk</i>			
8-8:45pm Drop-In Teen/Adult Intermediate Swimming	8:35-9:35pm Deep Water Fitness			
\$2 Happy Hour 8-9pm 2 Adult Lap Lanes 1 Adult Walking Lane	8:35-9:35pm Masters Swimming & Triathlon Training			
	\$2 Happy Hour 8:35-9:35pm 2 Lap Lanes & Family Lazy River			

Pool Rules: **SAFETY WILL NOT BE COMPROMISED.** Children under 4 years of age **MUST** be accompanied into the pool by an adult; adults should be within arms reach of all young children.

The pool, spa, sauna and locker rooms will be closed for maintenance from June 20-26. Summer swim schedule will begin on Monday, June 27. Summer swim schedules will be available on-line or at the Recreation Pavilion in early May.

Swim Descriptions

RECREATION SWIM

Leisure pool area, Lazy River, and main pool equipped with floatation devices, water toys, lifejackets, and basketball hoops.

RECREATION SWIM PARTY TIME

Groups may reserve spots in advance for this Recreation Swim when combined with a room rental. Public space may be limited.

RIVER

This area has a light current. Inner tubes, floatation devices and lifejackets are available for use. May close periodically for lessons – use is at lifeguards discretion.

LEISURE POOL (shallow area only)

Geysers, toddler island, floatation rings, water toys and noodles. Designed for children 6 and under and their parents. Children under four years old **MUST** be accompanied **IN THE WATER** by a responsible adult within arm's reach.

LAP LANES

Shared lanes open for continuous lap swimming. Kickboards and pull buoys are available for use. Must be 16 years or older to use lanes during times designated as "Adult" lap swim. Please follow posted lap swimming etiquette.



Swim Fees/Water Fitness/Swim Team

Mountlake Terrace

Swim Fees

**Does not include Fitness Classes*

Swim Fees *	Resident	Non-Resident
Infants under 1 year	FREE	FREE
Youth (1-15 years)	\$3.75	\$4.25
Adult (16-59 years)	\$4.75	\$5.25
Disabled and Sr. Citizen (60 & over)	\$3.75	\$4.25
Family Swim Rate	\$13.00	\$15.00
Leisure Pool only	\$3.50	\$4.00
Leisure Pool (11 punch)	\$35.00	\$40.00

11-Punch Pass *

Youth (15 & under)	\$37.50	\$42.50
Adult	\$47.50	\$52.50
Sr. Cit./Disabled	\$37.50	\$42.50

IMPORTANT NOTE: We will no longer be offering a spa/sauna only fee. Use of the spa and sauna is included in our full swim fee.

Swimming Monthly Pass

	Resident	Non-Resident
Youth (15 & under)	\$42.00	\$47.00
Adult	\$62.00	\$67.00
Sr. Cit./Disabled	\$47.00	\$52.00

Annual Pass

Youth (15 & under)	\$462.00	\$517.00
Adult	\$682.00	\$737.00
Sr. Cit./Disabled	\$517.00	\$572.00

Water Fitness Drop-In Class Fees

Adult	\$6.50	\$7.00
11 Punch Pass	\$65.00	\$70.00
Sr. Cit./Disabled	\$4.75	\$5.25
11 Punch Pass	\$47.50	\$52.50

Water Fitness Classes

Improve cardiovascular fitness, tone muscles and increase flexibility. Enjoy the support and warmth of the water. Water workouts reduce stress on joints. All classes are drop-in. Consult with a physician before beginning new activity. Please call the Pavilion or visit our website for class fees.

Shallow Water Fitness

A fast-paced, fitness class designed to improve cardiovascular fitness, tone muscles, and increase flexibility. No swim skills required.

Deep Water Fitness

A dynamic, total-body workout with no impact. Students use equipment for support and resistance. Must be comfortable in Deep Water but no swim skills are required.

River Fitness

Use of river current, water resistance and hand weights for a complete body workout. No swim skills required.

Water Walk

Includes various walking techniques in shallow water. No swim skills required.

LIFT: Low-Impact Fitness Training

A medium paced workout for those looking to start up a fitness routine, seniors, and those with mobility issues. No swim skills required.

Arthritis Aquatics Program

The warm water helps relieve pain and stiffness as well as increase joint flexibility. Led by an Arthritis Foundation trained instructor.

Marlins Summer Swim Team

The Marlins are a recreational swim team for swimmers ages 6-18. We emphasize improvement of strokes, endurance and fun. We will compete in dual meets each week with other local summer swim teams from Edmonds, Lynnwood, Shoreline, Kirkland, Snohomish County and Everett. Practices are held Monday-Thursday beginning June 27. The league championship meet will be held August 13th in Kirkland. You will register for one of the specific practice times listed below, this will be your child's practice time for the summer. Registration begins March 14th.

Pre-requisite: Children who have not completed at least one session in our advanced level program will need to be seen by a coach for a placement evaluation. **NOTE:** If your child has not passed the Porpoise or 75' Distance levels they may not be eligible to participate.

Placement in the *Elite Practice Groups* requires time standard minimums listed below:

- 9-12 year olds: 50 Freestyle: 38.50 or faster AND 100 IM 1:40.00 or faster
- 13-18 year olds: 50 Freestyle: 35.50 or faster AND 100 IM 1:30.00 or faster

Please call 425-776-9173 and ask for an Aquatics Coordinator to set up an appointment for a time trial or placement evaluation.

Elite Levels (Fees: R\$193 N\$210):

7:45-8:45am 8:30-9:30pm

Age Group Levels (Fees: R\$184 N\$193)

8:00-8:45am 8:45-9:30am

9:30-10:15am

3:30-4:15pm 4:15-5:00pm

5:00-5:45pm 5:45-6:30pm





Swim Instruction



Our warm water, multi-depth pool is great for learning. Children will progress with confidence and learn to love the water. Our enthusiastic and well-trained instructors create a positive and fun experience. Classes are offered mornings, afternoons, evenings, Saturdays and Sundays. Schedules are available at the Pavilion office with specific class times the week prior to each session.

Terrace Tots: 9 mos-3 yrs • Pre-School: 3-5 yrs • School Age: 6-12 yrs
Teen/Adult Classes: Ages 13 & over • Adaptive Aquatics • Puddle Jumpers

SPRING Swim Lesson Schedule

Session Dates	Days	Lessons	Fee	MLT Reg	Open Reg
◆ 4/11-5/11	M,W	10	R\$65 N\$70	3/30	3/31
◆ 4/12-5/12	T,Th	10	R\$65 N\$70	3/30	3/31
◆ 4/15-6/17*	F	8	R\$52 N\$56	4/4	4/5
◆ 4/16-6/18*	Sa	8	R\$52 N\$56	4/4	4/5
◆ 4/17-6/19**	Su	7	R\$46 N\$49	4/4	4/5

*No lessons Friday-Saturday, May 27-28

**No lessons Sunday, April 24 or May 29

◆ 5/16-6/15***	M,W	9	R\$59 N\$63	5/11	5/12
◆ 5/17-6/16	T,Th	10	R\$65 N\$70	5/11	5/12

***No lessons Monday, May 30

SUMMER Swim Lesson Schedule

Morning Weekday Classes

◆ 6/27-7/8*	M-F	9	R\$59 N\$63	6/20	6/21
◆ 7/11-7/22	M-F	10	R\$65 N\$70	7/6	7/7
◆ 7/25-8/5	M-F	10	R\$65 N\$70	7/20	7/21
◆ 8/8-8/19	M-F	10	R\$65 N\$70	8/3	8/4
◆ 8/22-9/2	M-F	10	R\$65 N\$70	8/17	8/18

*No lessons Monday, July 4

Afternoon & Evening Classes

◆ 6/27-7/27**	M,W	9	R\$59 N\$63	6/20	6/21
◆ 6/28-7/28	T,Th	10	R\$65 N\$70	6/20	6/21

**No lessons Monday, July 4

◆ 8/1-8/31	M,W	10	R\$65 N\$70	7/27	7/28
◆ 8/2-9/1	T,Th	10	R\$65 N\$70	7/27	7/28

Weekend Classes

◆ 7/9-8/27	Sa	8	R\$52 N\$56	6/20	6/21
◆ 7/10-8/28	Su	8	R\$52 N\$56	6/20	6/21



Swim Registration

Mountlake Terrace Resident Walk-in Registration taken between 4-8pm. Non-Residents register on or after dates listed above. On Open Registration dates, walk-in registration is taken 8am-8pm, phone-in registration is taken from 2-7pm. Internet registration is available all day beginning at midnight on the open registration date.

Visit www.cityofmlt.com and click on the Recreation & Parks page to register on line.

Swim Lessons for Teens & Adults

Beginning and advanced levels are offered. Please see Pavilion schedules or call for more information.

Masters Swim/Triathlon Training

Have you set a goal of participating in a triathlon this summer? Just want to stay in shape through a challenging and fun swim workout? Come indoors to work on your swimming skills, body mechanics and endurance at your own pace. One of our experienced swimming instructors will help you improve and strengthen your strokes. Some dry land workout.

◆ T, Th 8:35-9:35pm Drop In R\$6.50
N\$7.00

Credit/Refund Policy: see page 46

Teen Swim Conditioning (Ages 14-18)

March 7-June 16*

This new drop-in program is designed for current high school swimmers as well as 8th graders who plan on swimming on their high school teams. It's a great way to stay in shape or get in shape for summer swim teams. It is a non-competitive (no meets, competitions or "groups/levels") and friendly environment. Workouts focus on building endurance and speed; some days may include dry land exercises. Attend as many days as you like per week, or skip a week if you need. Unused punches can be redeemed for credit towards summer swim team or any other program we offer. *We will not meet the week of April 4-7.

◆ M-Th 3-4:15pm (can attend as few or as many sessions per week as you wish)

11 Session Punch Card R\$65.00 N\$70.00

NEW!



Indoor Swimming Pool

Our warm water, modern indoor swimming pool is available for year-round fun! All rentals include tubes, mats, basketball hoop, water walk, noodles, water toys and lifejackets. Pool parties are fun for all ages and swimming abilities. Teach Pool, half the pool or full pool may be rented. Add our Lazy River, which winds you around by a light current for additional fun! An adult must accompany children under 4 years old in the water at all rentals.

Times for Half, Full or Teach Pool Rentals:

April 11-June 19

Fridays

5:25-6:25 pm

Saturdays

3:15-4:15 pm
4:20-5:20 pm
5:25-6:25 pm

Sundays

3:15-4:15 pm
4:20-5:20 pm

June 27-Sept 4

4:30-5:30 pm

3:15-4:15 pm

3:15-4:15 pm

5:35-6:35 pm

4:20-5:20 pm

4:20-5:20 pm

5:25-6:25 pm

Rental Fees:

Resident

Non Resident

Half Pool (Max of 40 Swimmers)

1-20 people	\$125	\$135
21-40 people	\$140	\$150

Half pool rentals share use of the leisure pool and deep pool. Additional R\$35, N\$45 for 1/2 hour use of the Lazy River.

Full Pool (Max of 200 Swimmers)

1-50 people	\$220	\$235
51-120 people	\$245	\$260
120-200 people	\$270	\$285

Includes use of Lazy River and Leisure Pool.
(Does not include Teach Pool.)



Teach Pool

(Max of 15 children, ages 6 & under)

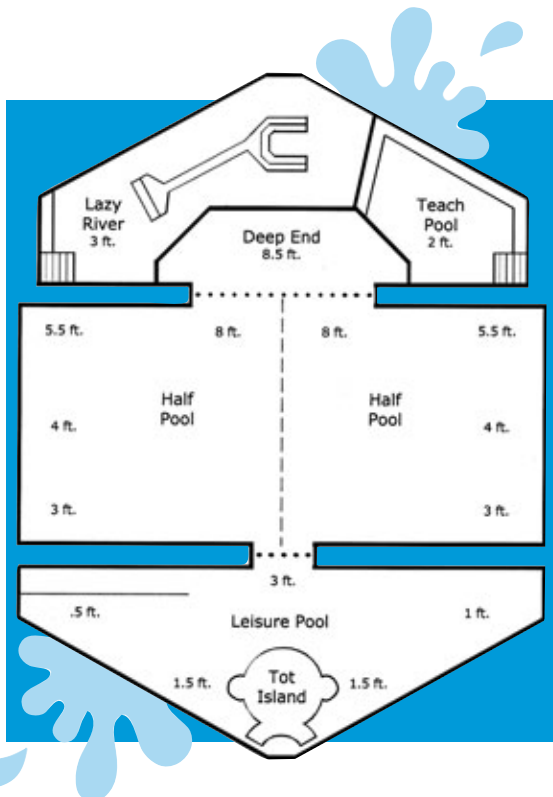
This rental includes our shallow water teaching area only. We provide plenty of fun toys. At least one adult chaperone should plan to be in the water with the children.

	Resident	Non Resident
1-15 children	\$50	\$55

Add 45 minutes of Indoor Playground Rental for an additional R\$45, N\$50. This rental does not include use of the Leisure Pool.

After Hour and Overnight Pool and Room Rentals:

Rent the swimming pool and rooms for your group for an overnight or for a smaller block of time after closing on Fridays or Saturdays. TV/VCR/DVD is available. We can accommodate merit badges or water safety skills practice. A minimum of three weeks advanced booking is required. Please call for more information, 425-776-9173. No overnights in July or August.





Pavilion Room Rentals

Tables and chairs available. Renter is responsible for clean up of room. Please plan for your rental time to include this. **Refrigeration is not available.**

Riverview Room**	50 people	R\$75hr/\$35*	N\$80hr/\$40*
Arctic Room**	25 people	R\$65hr/\$30*	N\$70hr/\$35*
Jungle Room	40 people	R\$70hr	N\$75hr
Center Court	35 people	R\$70hr	N\$75hr

* Non-prime time hourly fee for rentals held Monday-Thursday between 7pm-close.

** Riverview and Arctic Room may be rented together to accommodate up to 75 people.

Parties cannot be held in the Pavilion Lobby.

Pavilion Rental After Hours

Rent the facility on a Friday or Saturday night after facility is closed. Indoor pool, sauna, spa, racquetball courts, and rooms are available. Call 425-776-9173 for information.

Balloon Bouquets!

Purchase a colorful mylar and latex balloon bouquet. You choose colors, patterns, and size. We will have it ready and waiting for your party! Call 425-776-9173 ext. 0 for more information!

Gym Rental

Weekend and Weekday Rentals are available at the full-sized gym at Terrace Park School.

◆ Youth \$45/hr ◆ Adult \$55/hr
For more information call Jeff, 425-640-3101.

Hot Dog Packages

Let us do the work! Order hot dog or Polish sausage packages for your party. Includes hot dog, chips and pop or juice @ \$3.25 a person, or Polish sausage, chips and pop or juice @ \$4.25 a person. *10 or more discounted!* Call for info 425-776-9173 ext. 0.



The Bounceanater!

Our Sport Arena Jump House will entertain your entire group! We set it up and take it down, you just get to play! Combine with a room for cake and ice cream. One hour of play. Limited to four participants at a time. *Hourly rate:*

Jungle Room - R\$120 N\$125
Riverview Room - R\$125 N\$130

Recreation Swim Party Time!

Groups may reserve spots in advance for our 1:35-3:05 pm Recreation Swims on Saturdays and Sundays when combined with a room rental. Regular per person Recreation Swim fees apply. Call our rental specialists for more information.

Indoor Playground

Indoor Playground (Ages crawlers - 5 yrs) A cool place to play with tree house, balls, slides, crawlers corner and toys. Parents provide supervision. Drop-in fees: R\$3.25 N\$3.50 per hour with a maximum of four children per adult.

Does your child take dance classes or swim lessons here at the Pavilion? If so, you can get a **Play Pass** for the indoor playground at a discounted rate. Check with the customer service clerk at the front desk for more information.

SCHEDULE FOR SPRING ENDS JUNE 18

SUN	MON	TUE	WED	THUR	FRI	SAT
9am-12:30pm Open to Public	9:30-11am Open to Public	9:30-11am Open to Public	9:30-11am Open to Public	9:30-11am Open to Public	9:30-11am Open to Public	7:30am-12:30pm Open to Public
1-7:30pm Private Rentals Public availability, please call first.	Noon-1:30pm Open to Public	Noon-1:30pm Open to Public	Noon-1:30pm Open to Public	Noon-1:30pm Open to Public	Noon-1:30pm Open to Public	1-7:30pm Private Rentals Public availability, please call first.
	3-7:30pm Open to Public	3-7:30pm Open to Public	3-7:30pm Open to Public	3-7:30pm Open to Public	3-5pm Closed for cleaning Rentals 5-7pm	

SCHEDULE FOR JUNE 19-AUGUST 31

SUN	MON	TUE	WED	THUR	FRI	SAT
9am-12:30pm Open to Public	9:30am-7:45pm Open to Public	9:30am-7:45pm Open to Public	9:30am-7:45pm Open to Public	9:30am-7:45pm Open to Public	9:30am-4pm Open to Public	8am-12:30pm Open to Public
1-7pm Private Rentals Public availability, please call first.					4-7pm Closed for cleaning	1-8pm Private Rentals Public availability, please call first.



Party Packages

We provide the activity opportunities, tables and chairs. You provide refreshments and all the participants. These parties are a hit!



Indoor Playground

Ages 5 & under

Our Indoor Playground creates an awesome birthday party for busy children! Children enjoy the indoor playground equipment. We provide pre-school tables and chairs with basic set-up for 20 participants. This party is a snap!!

Equipment includes:

Slides, Ball Pit, Playhouses, Tunnels, Climbing Toys, and much more!

Rental Times: Friday after 2pm
Saturday & Sunday after 1pm

Fees: 60 minutes	R\$85	N\$95
90 minutes	R\$100	N\$110
120 minutes	R\$110	N\$120

Dance

Jazz up your child's next party! Schedule their birthday, holiday or celebration and they can groove with the Hip Hop Party Jam, create a glittering fairy princess dance with Fairy Frolic or have a blast at the beach with the Dance Mix Luau! The options are endless, and our staff of fun dance instructors will assist your party by leading dances and art activities. Then enjoy opening presents and being with friends in our dance studio. Call Kristina at 776-9173 ext. 1107 to reserve your party. Saturday or Sunday – you set the time! 2 hour party.

12 Participants	R\$150	N\$160
24 Participants	R\$220	N\$230

Sport-N-Fun Party Package

Have your party in our full sized gym! Play basketball, volleyball, kick ball or wiffle ball. Tables and chairs are available. You can add a pool rental, combine it with a recreation swim, field rental for baseball or soccer. Please call for times and prices.

Gym only - 90 minutes R\$65 N\$70

Gym with 1/2 pool rental
20 people or less R\$160 N\$175

Gym with 1/2 pool rental
21-40 people R\$185 N\$200

Gym with room call for details.

Off the Wall

This is a great celebration for your older youths. Wallyball is a blast on the racquetball court and everyone gets in on the action. Four racquets, one racquetball and four eye guards are available for each court rented. Racquetball play requires adult supervision by renter. Includes wallyball and racquetball equipment, one racquetball court, and Jungle Room for 1 hour. R\$70 N\$75

Indoor Playground is Available for Rent (Ages 5 & under)

Fun Indoor Playground creates an awesome birthday party for busy children!! Children enjoy the indoor playground equipment. We provide pre-school tables and chairs with basic set-up for 20 participants. This party is a snap!!

Equipment includes: Slides, Ball Pit, Tunnels, Play Houses, Climbing Toys, Play Kitchen

Rental Times: Friday after 7:30pm,
Saturday & Sunday after 4pm

Fees: 60 minutes - R\$80 N\$90;
90 minutes - R\$95 N\$105;
120 minutes - R\$105 N\$115

Have fun and celebrate!



Youth Camps

Mountlake Terrace



DEADLINE for registering is 2 weeks prior to start date. \$35 individual, \$55 family registration fee includes camp T-shirt.



JUNIOR KIDS KREW CAMP Ages 3 & 4

CHILDCARE OPTION

Camp activities include songs, games, arts & crafts, recreation swims and walking trips to local parks. Children must be able to dress themselves and have independent toileting skills in order to attend.

Monday-Friday, 6:30am-6:30pm - max 10 hrs/day

- ◆ 17364 July 1-31 M-F R\$760 N\$840
Activities include: *Fun in the Sun, Creepy Crawlies, Mother Goose Olympics, Bubbles and more!*
- ◆ 17364 August 1-31 M-F R\$760 N\$840
Activities include: *Backwards Day, Dinosaurs, Silly Hats, a visit with a local magician and more!*

Options for fewer days or hours per day may be available. Call 425-776-9173 for fees.

TRAILBLAZERS CAMP (entering Kindergarten & 1st grade)



Traditional summer camp program with songs, games, arts and crafts, recreation swims and walking trips to local parks. See descriptions below. Camp hours 9am-4pm. Extended care available before and after camp for an additional fee.

- ◆ 17363 **June 27-July 1 – Fun in the Sun.** Sunshine songs, games, and crafts; we'll have a special "Bouncy House" play day, don't miss it! R\$130 N\$140
- ◆ 17354 **July 5-8 – Go For The Gold!** Olympic fun, games, and events; participate in our very own MLT Summer Camp Olympic games. R\$116 N\$128
- ◆ 17355 **July 11-15 – Out Of This World.** Field Trip to Jump Planet and lunch at Logan Park; enjoy outer space activities and crafts. R\$145 N\$155
- ◆ 17356 **July 18-22 – Adventureland.** The Bubble Man comes to camp this week! Fun with friends, and a walking adventure to a local park. R\$130 N\$140
- ◆ 17357 **July 25-29 – Nature Rangers.** Field trip to St. Edwards Park; climb and play at the largest children's playground in the state! R\$145 N\$155
- ◆ 17358 **August 1-5 – Fun-a-Rama!** A special visit with local magician, Matt Baker; will you be his special assistant? As always, daily swimming, games, and outside play! R\$130 N\$140
- ◆ 17359 **August 8-12 – High Tide & Sea Side.** We'll go on a cool field trip to Edmonds Beach and City Park. Earlier in the week a Park Ranger-Naturalist will come to camp to tell us all about the sand, shells, & animals that live on our beaches and in the water. R\$145 N\$155
- ◆ 17360 **August 15-19 – Crazy Campers.** Backwards day – don't forget to walk in to camp backwards, silly hats, and other crazy activities! R\$130 N\$140
- ◆ 17361 **August 22-26 – Dino Days.** Field trip to Imagine Children's Museum; we'll explore the museum and "hands on" exhibits inside, as well as the roof top playground! Enjoy dinosaur fun, crafts, and activities. R\$145 N\$155
- ◆ 17362 **August 29-31 – Back to School **3 Day Mini-Camp**.** Play outside, sing songs and make the most of our last 3 camp days before heading back to school. Enrollment limited to Kids Krew families registered for the fall. R\$87 N\$96

NAVIGATORS CAMPS

(entering 2nd-4th; and 6th-8th grade)

Join us this summer for exciting adventures as we make new friends, create arts and crafts projects, swim, and visit local parks. Camp hours are from 9am-4pm. Extended care is available from 6:30-9am and 4-6:30pm for an additional fee and will be supervised by day camp staff but in a non-structured format. Registration is by the week. Field trips are subject to change based on availability. Weekly fees are also subject to change based on the cost of the field trip.

- ◆ 17383 **June 27-July 1 – Fun in the Sun** Challenge yourself in an Obstacle Course Bouncy House, swim, play games, enjoy the sun (hopefully) and join us for a walking field trip and BBQ at Terrace Creek Park. R\$145 N\$155
- ◆ 17344 **July 5-8 – Go For The Gold!** Olympic style fun, games, and events; participate in our MLT Summer Camp Olympic games and enjoy an awesome field trip to Kids Day at the Everett AquaSox Stadium. R\$116 N\$128
- ◆ 17345 **July 11-15 – All Ball** All kinds of ball games, activities, sports, and crafts; a fun field trip day includes lunch at Logan Park and bouncing with friends at Jump Planet! R\$145 N\$155
- ◆ 17346 **July 18-22 – Adventureland** Come see the Bubble Man live at the MLT Recreation Pavilion. We'll go on a field trip adventure to St. Edwards Park; home of the largest children's playground in the state! R\$145 N\$155
- ◆ 17347 **July 25-29 – Water Works** This week's field trip is the Seattle Aquarium and Seattle Center Fountain; don't forget to bring extra clothes, just in case you get wet! R\$145 N\$155
- ◆ 17348 **August 1-5 – Fun-a-Rama** Professional Magician, Matt Baker will perform; will you be his special assistant? We also have Games2U bringing Hamster Balls and Booger Wars to our field; don't miss out! R\$145 N\$155
- ◆ 17349 **August 8-12 – High Tide & Sea Side** Field trip to Edmonds Beach and City Park...but first, a Beach Ranger-Naturalist will come to camp to tell us all about the sand, shells, and sea life that live on our beaches and in the water. R\$145 N\$155
- ◆ 17350 **August 15-19 – Nature Rangers** We'll use what we learned from the Beach Ranger last week and go on a field trip to Jetty Island in Everett. Don't forget our daily swimming, crafts, games, and sports. R\$145 N\$155
- ◆ 17351 **August 22-26 – Slip Slide & Splash** We'll enjoy a field trip favorite this week; Henry Moses Aquatic Center. Go tubing in the lazy river, swim in the pool, splash down the water slides, jump waves in the wave pool, or just hang out with friends. It's a ton of fun! R\$145 N\$155
- ◆ 17352 **August 29-31 – Back to School 3 Day Mini-Camp** Bask in the last 3 days of summer; games, crafts, swimming, and more. Enrollment limited to Kids Krew families registered for the fall. Call for details. R\$87 N\$96

BEFORE camp care M-F 6:30-9am R\$50 N\$55
AFTER camp care M-F 4-6:30pm R\$50 N\$55
BEFORE & AFTER camp care M-F R\$70 N\$80
 10 hour daily max includes time at camp.

The fun never ends!





Aqua Kids & Sports Camps

Mountlake Terrace

AQUA KIDS CAMP Ages 4-7 yrs

This aquatics camp is packed with fun activities following a weekly theme. Lots of water time in our Leisure Pool, camp songs, story time, crafts, games, boating safety and outdoor play. Camp meets at Lake Ballinger on Fridays for canoeing and barbecue. No swimming ability is required, but participants must enjoy the water. Please bring a snack. Required, one-time \$5 registration fee includes camp T-shirt. Register early and save! Register for any Aqua Kids week prior to May 8, 2011 and get \$5.00 off per week, per child! **All camps 9am to noon.**



◆ 17724 **Rock Star Camp** 6/27-7/1 M-F R\$96 N\$102
This rockin' camp will make you sing and dance! Make a rockin' guitar, get "air guitar" lessons, make a Tie-dyed shirt, Rock Star face painting, and more!

◆ 17725 **Superheroes** 7/5-8 T-F R\$77 N\$82
Learn how to be a hero, make a cape and mask, and test your powers with the Superhero Training obstacle course!

◆ 17726 **Aargh! Pirates!** 7/11-15 M-F R\$96 N\$102
Ahoy, pirate lads and lasses! Learn pirate lingo, go on a treasure hunt, play Musical Islands.

◆ 17727 **Dig Those Dinosaurs** 7/18-22 M-F R\$96 N\$102
Great fun for girls and boys. Learn all about dinosaurs, make a "fossil", play dinosaur games, and go on a dinosaur egg hunt!

◆ 17728 **Space is the Place** 7/25-29 M-F R\$96 N\$102
Blast off to adventure! Flying Saucers, aliens, robots and more!

◆ 17729 **Bugtastic!** 8/1-5 M-F R\$96 N\$102
For Ladybugs and Spider-men. Learn about butterflies, bees, and other bugs and insects. Go on a bug hunt, and make a bug house.

◆ 17730 **Secret Agent Camp** 8/8-12 M-F R\$96 N\$102
Your mission, should you choose to accept it, is to hunt for clues using secret codes, disguises, invisible ink, spy binoculars, and more.

◆ 17731 **Camp Camp** 8/15-19 M-F R\$96 N\$102
Enjoy the great outdoors with nature hikes, S'mores, camp songs and crafts, and special "campout" barbecue on Friday!

◆ 17732 **What a Zoo!** 8/22-26 M-F R\$96 N\$102
Love lions, tigers, and (koala) bears? Oh my! Learn about animals, make animal masks, animal crafts, and play animal games.

◆ 17733 **Splashy Sports** 8/29-9/2 M-F R\$96 N\$102
An extra active week! Learn about sportsmanship; play soccer, beach ball volleyball, kickball, and more!

Skyhawks Baseball Camp



Learn the fundamentals of fielding, catching, throwing, hitting and base running, all in a fun, positive environment. Athletes learn new baseball skills along with vital life lessons such as respect, teamwork and responsibility.

Ages 7-12 years old (Full Day)

◆ 16916 7/11-7/15 M-F 9-3 pm R\$135 N\$148

Ages 5-7 years old (Half Day)

◆ 16917 7/11-7/15 M-F 9-12pm R\$115 N\$126

Skyhawks Lacrosse

Lacrosse combines the basic skills used in soccer, basketball, and hockey into one fast-paced, high scoring game. Athletes will learn all the fundamentals of stick handling, cradling, passing and shooting in a fun, non-checking environment.

*Limited lacrosse kits available for online rental. Kits include helmet with full mask, lacrosse stick, and protective gloves. Call 800-804-3509 or visit www.skyhawks.com to reserve your kit today.

Ages 7-14 years old

◆ 16920 7/18-7/22 M-F 9am-12pm R\$115 N\$126

Skyhawks Flag Football

Campers learn skills on both sides of the football including the core components of passing, catching, and defense - all in a fun and positive environment. The week ends with the Skyhawks Sports Bowl!

Ages 7-12 years old (Full Day)

◆ 16919 6/27-7/1 M-F 9-3pm R\$135 N\$148

Ages 6-9 years old (Half Day)

◆ 16918 6/27-7/1 M-F 9am-12pm R\$115 N\$126

Skyhawks Beginning Golf

Campers will learn the fundamentals of swinging, putting, and body positioning. Using the SNAG (Starting New At Golf) system, we have simplified instruction so that young players can make an effective transition into the golf course. All equipment provided.

Ages 5-8 years old

◆ 17306 7/25-7/28 M-F 9-12pm R\$115 N\$126

Skyhawks Minihawk

This baseball, basketball, and soccer program gives 4-7 year olds a positive first step into athletics. Through games and activities, campers explore balance, hand/eye coordination and skill development at their own pace.

Ages 4-7 years old

◆ 16921 8/15-8/19 M-F 9-12pm R\$115 N\$126

For ALL Skyhawks Camps:

- Participant-to-coach ratio: 14:1
- Gear to bring: Appropriate clothing, water bottle, shin guards, running shoes, and sunscreen
- Food to bring: Lunch, Snack and Water Bottle (for programs over four hours); two snacks and water bottle (for programs four hours or less)
- Included with purchase: T-shirt and merit award
- Camps located at Evergreen Playfield #3



Kids Sports-All Camps include a t-shirt.



Register online at mltree.com!



Basketball Camp Ages 7-15

(Mountlake Terrace HS and City joint camp!)

Learn the fundamentals of the game from MLT High School boys and girls coaches. The campers will learn about conditioning, nutrition, hear from guest speakers and have fun! Campers will receive prizes, t-shirt, and a basketball. Boys and Girls welcome! Located at Mountlake Terrace High School Gym.

◆ 16907 7/6-7/8 W,Th,F 9-12:30 pm R\$50 N\$55

Golf Camp Ages 8-16

Learn basic strokes, rules, and etiquette. Includes visits to the driving range and 1 round of golf at Ballinger Lake Golf Course. Limited to 8 per session so sign up early. Camp meets first day at the Recreation Pavilion.

◆ 16908 7/25-7/29 M-F 10-11:30am R\$78 N\$86

Kidz Love Soccer Ages 2-10

Kidz Love Soccer run an acclaimed soccer program that lets kids have fun and learn important skills at the same time. This program emphasizes sportsmanship, effort, learning and most of all fun! Eight weeks of classes for both boys and girls, held on Thursdays. KLS Field Hotline: 1-888-372-5803.

SPRING (5/5-6/23) @ Ballinger Playfield

(Spring-8 week session) R\$66 N\$73

◆ 15945	Mom/Dad & Me	2-3.5 years	2:30-3pm
◆ 15946	Tot-Soccer	3.5-4 years	3:10-3:40pm
◆ 15947	Pre-Soccer	4-5 years	3:40-4:15pm
◆ 15948	Soccer 1	5-6 years	4:15-5pm
◆ 15949	Soccer 2	7-8 years	5-5:45pm
◆ 15950	Soccer 3	9-10 years	5-5:45pm

SUMMER (7/7-8/25) @ Forest Crest Playfields

(Summer-8 week session) R\$66 N\$73

◆ 16909	Mom/Dad & Me	2-3.5 years	9:30-10am
◆ 16910	Tot-Soccer	3.5-4 years	10:10-10:40am
◆ 16911	Pre-Soccer	4-5 years	10:40-11:15am
◆ 17307	Mom/Dad & Me	2-3.5 years	3-3:30pm
◆ 17308	Tot-Soccer	3.5-4 years	3:40-4:10pm
◆ 17309	Pre-Soccer	4-5 years	4:10-4:45pm
◆ 16912	Soccer 1	5-6 years	4:45-5:30pm
◆ 16913	Soccer 2	7-8 years	5:30-6:15pm
◆ 16914	Soccer 3	9-10 years	5:30-6:15pm

Kidz Love Soccer Half Day Camp!

Ages 4½-10

Spend a week enjoying the world's most popular sport in a fun, recreational environment. Learn and practice soccer skills including: dribbling, passing, receiving, shooting and defense. Everyone is a winner as the week's fun culminates in an age-appropriate "World Cup" tournament.

All campers will receive a soccer ball and soccer jersey. Campers should bring a full water bottle and a snack. ALL PARTICIPANTS MUST WEAR SHIN GUARDS. Soccer shoes and sunscreen are recommended. Located at Forest Crest Playfields. R\$95 N\$105

◆ 16915	7/18-7/22	Level 1	4.5-6 years	9am-12pm
◆ 17381	7/18-7/22	Level 2	7-8 years	9am-12pm
◆ 17382	7/18-7/22	Level 3	9-10 years	9am-12pm

Tennis Lessons Ages 13 & up

Come join us for a fun filled hour of tennis. Learn the basics & brush up on your own talents. Balls provided. Six lessons total. R\$35 N\$40

◆ 16894	5/31-6/16	T, Th	6:30-7:30 pm	Beg.
◆ 16895	5/31-6/16	T, Th	7:30-8:30 pm	Int.
◆ 16896	6/21-7/7	T, Th	6:30-7:30 pm	Beg.
◆ 16897	6/21-7/7	T, Th	7:30-8:30 pm	Int.
◆ 16898	7/12-7/28	T, Th	6:30-7:30 pm	Beg.
◆ 16899	7/12-7/28	T, Th	7:30-8:30 pm	Int.
◆ 16900	8/2-8/18	T, Th	6:30-7:30 pm	Beg.
◆ 16901	8/2-8/18	T, Th	7:30-8:30 pm	Int.
◆ 16902	8/23-9/8	T, Th	6:30-7:30 pm	Beg.
◆ 16903	8/23-9/8	T, Th	7:30-8:30 pm	Int.

Tennis Camps Ages 7-13

Have fun while you learn the basics about tennis. Instruction includes drills, games, and sportsmanship. Lead Instructor is Gigi Johnson. Maximum 8:1 ratio instructor/participant. Camp meets Mondays for rainouts. R\$29 N\$32

◆ 16922	Ages 7-9	6/28-7/1	9-10:30am	T-F
◆ 16932	Ages 10-13	6/28-7/1	10:30-12pm	T-F
◆ 16923	Ages 7-9	7/5-7/8	9-10:30am	T-F
◆ 16933	Ages 10-13	7/5-7/8	10:30-12pm	T-F
◆ 16924	Ages 7-9	7/12-7/15	9-10:30am	T-F
◆ 16934	Ages 10-13	7/12-7/15	10:30-12pm	T-F
◆ 16925	Ages 7-9	7/19-7/22	9-10:30 am	T-F
◆ 16935	Ages 10-13	7/19-7/22	10:30-12 pm	T-F
◆ 16926	Ages 7-9	7/26-7/29	9-10:30am	T-F
◆ 16936	Ages 10-13	7/26-7/29	10:30-12pm	T-F
◆ 16927	Ages 7-9	8/2-8/5	9-10:30am	T-F
◆ 16937	Ages 10-13	8/2-8/5	10:30-12pm	T-F
◆ 16928	Ages 7-9	8/9-8/12	9-10:30am	T-F
◆ 16938	Ages 10-13	8/9-8/12	10:30-12pm	T-F
◆ 16929	Ages 7-9	8/16-8/19	9-10:30am	T-F
◆ 16939	Ages 10-13	8/16-8/19	10:30-12pm	T-F
◆ 16930	Ages 7-9	8/23-8/26	9-10:30am	T-F
◆ 16940	Ages 10-13	8/23-8/26	10:30-12pm	T-F
◆ 16931	Ages 7-9	8/30-9/2	9-10:30am	T-F
◆ 16941	Ages 10-13	8/30-9/2	10:30-12pm	T-F

USA 123 Jr. Tennis Team Ages 10-18

Join our recreational tennis team and learn new drills, strategy, and advanced strokes while enjoying yourself along the way. Practices are held Tuesday through Thursday from 1-3 pm. Weekly matches are held Fridays at various sites. Tournament played the last week of the program. This is the largest youth tennis league in the North King/South Snohomish County region with 9 different teams participating! Lead Instructor is Gigi Johnson.

Prerequisite: completion of one session of beginner lessons, or demonstrated ability.

◆ 16942 T-F 1-3 pm 6/28-8/12 R\$90 N\$99

USTA Tennis Rally

All Ages activity with instruction, games, food, drinks and prizes!

◆ August 13th 11am to 1pm



**All Tennis Programs hosted at
Evergreen Playfields Tennis Courts.**



Counselor-in-Training & Safety Classes

Mountlake Terrace

CIT – COUNSELOR-IN-TRAINING PROGRAM (ages 16-18)



Have a blast while gaining valuable experience working with children and camp staff this summer. CIT's assist staff in leading games, playing sports, and arts and crafts for campers ages 3 to 12. This includes walking trips to local parks, field trips, swimming, and weekly theme based activities. CIT's need to have a creative upbeat personality and be ready to have fun! Pick up an application at the front desk of the Recreation Pavilion, Application deadline is June 10th. Must be 16 by June 27th, 2011 in order to apply. Call Lori Johnson for details 425-776-9173. Registration is by the month.

◆ 17343 R\$45 N\$50



Safety Classes

Babysitter's Training PLUS

This American Red Cross course is designed for girls and boys ages 11 & up. Topics include responsibilities of babysitting; characteristics of children; games and activities; and babysitter concerns. Participants will be eligible for certification in American Red Cross Infant/Child CPR and Standard First Aid upon successful completion of skills and written exam. All days include optional swim time during camp swim from 1:40-2:40pm, please bring a suit, towel and snack each day. Registration begins March 14. All classes held 10:30am to 1:30pm (2:40 w/swim).



◆ 17406 M-F 7/11-7/15 R\$120 N\$130
◆ 17407 M-F 8/8-8/12 R\$120 N\$130

Adult CPR/AED

While you can't predict when an emergency will occur, you can be prepared. In less time than you think, American Red Cross training can give you the vital knowledge and skills you'll need to respond to a life-threatening situation with confidence. Red Cross CPR/AED training will teach you to: care for conscious and unconscious choking victims, perform CPR, how to use an automated external defibrillator (AED) on a victim of sudden cardiac arrest. This is a **pre-requisite** for *Wilderness and Remote First Aid*.

◆ 17412 Sa 4/23 9am-2:30pm R\$40 N\$45

Wilderness and Remote First Aid

Provides individuals a foundation of first aid principles and skill to be able to respond to emergencies and give care in areas that do not have immediate emergency medical services response, such as wilderness and remote environments, including urban disasters, such as earthquakes and hurricanes. Prerequisites: Participants must be at least 14 years of age and bring a current Adult CPR/AED certification on the first day of class. A supply list of items participants should bring to class each time will be provided at registration. Fees include course books.

◆ 17413 Sa 4/30-5/21 10am-2:30pm R\$120 N\$130

Junior Lifeguarding +

This American Red Cross Course is a fun, action-packed program for youth ages 11-14. Participants will learn about prevention of aquatic accidents, improve swimming stroke mechanics, endurance & strength, basic first aid and CPR skills, how to search and apply for a job and the importance of community service. All days include optional swim time during camp swim, please bring a suit, towel and snack each day. All days include swim time during camp swim from 1:40-2:40. Participant packets are provided. This is not a certification class. Registration begins March 14. All classes held 11:30am to 1:30pm (2:40 w/swim).

◆ 17408 M-F 7/18-7/22 R\$75 N\$83
◆ 17409 M-F 8/15-8/19 R\$75 N\$83

Lifeguard Training Challenge & CPR for Lifeguards Challenge

If you hold a current certification that will expire soon you can challenge one or both courses to be recertified. Bring your certification card on challenge day.

◆ 17411 Wed 6/15 2-6 pm R\$25 N\$30

American Red Cross Lifeguard Training Course +

Participants must be 15 years of age by the last day of the class. Learn to prevent and respond to Aquatic emergencies in a swimming pool; victim recognition, surveillance, equipment-based rescues. Upon successful completion of all written and physical skills tests, participant will be certified in Lifeguarding, First Aid and CPR for the Professional Rescuer.

Swim skills pre-requisite testing will be required at first class. Participant must pass BOTH swim skills pre-requisites to be allowed to continue with class work.

Required skills are:

- Swim 300 yards continuously without stopping using 100 yards of front crawl stroke with rhythmic breathing, 100 yards of breast stroke using the "breathe, kick, pull, glide" technique, and 100 yards of either stroke.
- Swim 20 yards using front crawl or breaststroke, surface dive 8 feet, retrieve a 10-pound object from the bottom of pool, return to surface and swim 20 yards back to starting point, holding the object with both hands and face above the water, then exit the water without using a ladder or steps, within 1 minute, 40 seconds.

◆ 17410 M-Th 6/6-6/16 3-6:30pm R\$196 N\$210



Register online at mltree.com/



SilverSneakers®

FREE to Group Health Members! Increase strength, balance, posture and flexibility with the use of balls, bands and weights. These classes are partially seated and are specifically designed for seniors. Drop-in rate of R\$3 N\$3.50 per class.

- ◆ SilverSneakers® I (Beginners)
T,Th 8:30-9:30am
- ◆ SilverSneakers® II (Advanced)
M,W,F 8:30-9:30am



Parent/Toddler Creative Dance

(ages 18 mos-3 years)

In this fun class, parents and toddlers investigate the elements of dance in a playful environment. Parents dance with their children! Music and singing, rhythm instruments, scarves, and other props enhance this lively experience. Children gain self-confidence and experiential knowledge of dance concepts.

- ◆ 15012 W 3-3:45pm 4/13-6/15 R\$88 N\$99
- ◆ 15016 Sat 10-10:45am 4/16-6/18 R\$80 N\$90
- ◆ 17669 Sat 10-10:45am 7/9-8/27 R\$64 N\$72

Adult/Teen Yoga and Pilates

Streamline your figure, dramatically improve your posture, flexibility, and balance. Drop-in available after minimum registration has been fulfilled.

- ◆ 15028 M 7:35-8:35pm 4/11-6/13 R\$83 N\$92
- ◆ 15032 Th 7:35-8:35pm 4/14-6/16 R\$93 N\$103
- ◆ 17653 M 7:35-8:35pm 6/27-8/22 R\$74 N\$82
- ◆ 17654 Th 7:35-8:35pm 6/30-8/25 R\$83 N\$92

Gentle Yoga

A system of deep breathing, relaxation techniques and a wide range of gentle body stretches that offer wonderful physical and mental benefits to people of all shapes and sizes. Improve balance, mental focus, flexibility and range of motion. Lower blood pressure, increase physical tone and strength.

- ◆ 16336 T 7:30-8:30pm 4/12-6/14 R\$102 N\$113
- ◆ 17666 T 7:30-8:30pm 6/28-8/30 R\$83 N\$92



Nia (pronounced Nee-ah)

A dynamic total-body cardiovascular fitness and lifestyle program that stimulates and integrates your mind-body-spirit. Nia blends dance, yoga, and tai-chi, leaving you feeling recharged rejuvenated and fully alive! Appropriate for any fitness level, wear comfortable loose or stretchy clothing and bare feet. Drop-in available after minimum registration has been fulfilled.

- ◆ 15048 W 7:30-8:30pm 4/12-6/14 R\$102 N\$113
- ◆ 17651 W 7:30-8:30pm 6/29-8/24 R\$83 N\$93

Ballet – Adult/Teen

Focuses on basic ballet vocabulary, emphasizing correct alignment. Barre-work, adagio, and petite and grand allegro build strength and grace in a non-competitive encouraging environment. Drop-in available after minimum registration has been fulfilled.

- ◆ 15055 Th 6-7pm 4/14-6/16 R\$93 N\$103
- ◆ 17647 Th 6-7pm 6/30-8/25 R\$83 N\$92

Hawaiian Hula – Adult/Teen

Experience the enchantment of Hawaii through traditional island dancing. In this class students will learn traditional girl's and women's footwork and hand motions. Together, these fluid movements follow the rhythm of the music and express the lyrics of a song.

- ◆ 16337 M 7-8:15pm 4/11-6/13 R\$102 N\$113
- ◆ 17644 M 7-8:15pm 6/27-8/22 R\$93 N\$103

Egyptian Style Bellydance – Adult/Teen

Learn Egyptian-style bellydance fundamentals: shim-mies, isolations, and zagat (finger cymbals.) Experience music, rhythms, and dance movement from around the Middle East.

- ◆ 15073 T 7:15-8:30pm 4/12-6/14 R\$116 N\$128

Irish Dance – Adult/Teen

Erin Raney and Sara Raney Williams, TCRG are certified through An Coimisiun le Rince Gaelacha in Ireland. Erin and Sara will instruct the students in the correct technique, carriage, steps and timing of Irish stepping while sharing the joy of dance and fostering a love for this beautiful art form.

- ◆ 17634 Th 6:15-7:15pm 6/30-8/25 R\$83 N\$92

Cardio Room

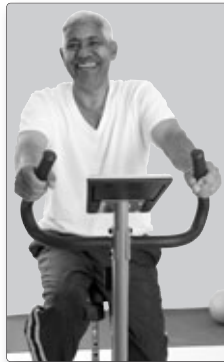
**New! Precor AMT
Precor Elliptical,
Precor Treadmill,
Precor Recumbent
Bike, Dumbbells &
Rowing Ergometer
also available.**

Open during Center's hours. Available at no fee for all drop-in paid customers.

Fees: Adult – R\$2.00
N\$2.25

Senior/Youth – R\$1.75 N\$2.00

Youths 13-15 must be accompanied by an adult.





Dance Classes Summer 2011

Our Summer dance program is a great way to introduce new and continuing students to the joy of movement and fundamental dance skills. Weekly class offerings are listed below. For more information call 425-776-9173.

Parent Toddler Creative Dance

(ages 18 months-3 years)

In this fun class, parents and toddlers investigate the elements of dance in a playful environment. Music and singing, rhythm instruments, scarves, and other props enhance this lively experience.

- ◆ 15012 W 4/13-6/15 3-3:45pm R\$88 N\$99
- ◆ 15016 Sat 4/16-6/18 10-10:45am R\$80 N\$90
- ◆ 17669 Sat 7/9-8/27 10-10:45am R\$64 N\$72

Creative Ballet (ages 3 1/2-5 years)

Dance and play with scarves, instruments and a variety of other props. Develop strength, coordination, and flexibility. Please wear bare feet for this class.

- ◆ 17610 W 6/29-8/24 1-1:45pm R\$72 N\$81
- ◆ 17612 S 7/9-8/27 9-9:45am R\$64 N\$72

Creative Ballet (ages 5-6)

Introduces the basic ballet positions and preparatory steps in an enjoyable manner, allowing the young dancer to explore movement to their fullest potential.

- ◆ 17615 T 6/28-8/23 4:30-5:20pm R\$66 N\$74
- ◆ 17617 S 7/9-8/27 11-11:50am R\$66 N\$74

Pre-Ballet (ages 6-7)

Ballet terminology is incorporated into creative explorations. Musicality and classroom etiquette are emphasized, dancers will begin working at the barre towards the end of the session. 6 year old students should have at least one year of creative ballet before entering pre-ballet.

- ◆ 17618 M 6/27-8/22 4:30-5:30pm R\$74 N\$82
- ◆ 17619 S 7/9-8/27 11am-12pm R\$74 N\$82

Ballet I (ages 8-11)

Focuses on the basics of basics of ballet vocabulary, emphasizing correct alignment. Barre-work, adagio, and petite and grand allegro build strength and grace in a non-competitive, encouraging environment.

- ◆ 17620 M 6/27-8/22 5:30-6:30pm R\$74 N\$82

Tap and Ballet (ages 4-6)

Introduces young dancers to the preliminary steps of ballet and the fundamentals of rhythm through tap techniques. Creative games and fun songs are a great way to introduce the joy of dancing to the inquisitive beginner.

- ◆ 17621 W 6/29-8/24 2-2:50pm R\$74 N\$83
- ◆ 17622 T 6/28-8/23 5:30-6:30pm R\$74 N\$83
- ◆ 17623 S 7/9-8/27 10-10:50am R\$66 N\$74

Beginning Tap (ages 5 and up)

This class covers basic tap skills, coordination, rhythm and the enjoyment of music.

- ◆ 17628 T 6/28-8/23 4:30-5:15pm R\$72 N\$81

Jazz I (ages 7-11)

This class covers basic jazz technique, including warm up, movement across the floor, and ending with a fun combination. Jazz builds strength and coordination, and is accompanied by fun and lively music.

- ◆ 17629 T 6/28-8/23 5:30-6:30pm R\$83 N\$92

Hip Hop

An exhilarating fun class to get you moving to the latest grooves. Enjoy a funky beat while learning this street dance form.

ages 7-10

- ◆ 17631 Th 6/30-8/25 4-5pm R\$83 N\$92

ages 11-14

- ◆ 17632 Th 6/30-8/25 5-6pm R\$83 N\$92

Hawaiian Hula (ages 7-10)

Hula is an ancient art form and fun to learn! It helps develop strength, grace and terrific posture. Music CDs will be provided for you to keep. Traditional Hawaiian sarongs will be provided for students to use in class.

- ◆ 17711 S 7/9-8/27 11am-12pm R\$74 N\$82

Irish Dance (ages 7-11)

Erin Raney & Sara Raney Williams, TCRG, are certified through An Coimisiun le Rince Gaelacha in Ireland. Erin and Sara will instruct the students in the correct technique, carriage, steps, and timing of Irish step-dancing while sharing the joy of dance and fostering a love for this beautiful art form.

- ◆ 17636 Th 6/30-8/25 5-6pm R\$83 N\$92

Adult/Teen Irish Dance

- ◆ 17634 Th 6/30-8/25 6:15-7:15pm R\$83 N\$92

For Adult/Teen Dance Classes see page 37.





Summer Dance Camps



All Dance Camps are 9:30-noon

Themed Dance Camps (ages 4-6)

Children's creative dance camps are centered around a weekly theme explored through storytelling and creative movement. Children will learn fun dancing games, create small costume pieces and craft projects, all will culminate in a performance on the last day.

- ◆ 17310 6/27-7/1 Nutcracker Ballet R\$88 N\$94
- ◆ 17311 6/27-7/1 Flower Fairies R\$88 N\$94
- ◆ 17312 7/5-7/8 Ballerina Princess R\$70 N\$75
- ◆ 17313 7/11-7/15 Angelina Ballerina R\$88 N\$94
- ◆ 17314 7/18-7/22 Flower Fairies R\$88 N\$94
- ◆ 17315 7/25-7/29 Mermaids & Pirates!* R\$88 N\$94
- ◆ 17316 7/25-7/29 Teddy Bear's Picnic* R\$88 N\$94
- ◆ 17317 8/1-8/5 Angelina Ballerina R\$88 N\$94
- ◆ 17318 8/1-8/5 Sleeping Beauty Ballet R\$88 N\$94
- ◆ 17319 8/8-8/12 Flower Fairies R\$88 N\$94
- ◆ 17320 8/8-8/12 Outer Space R\$88 N\$94
- ◆ 17321 8/15-8/19 Mermaid Princess R\$88 N\$94
- ◆ 17322 8/15-8/19 Around the World R\$88 N\$94
- ◆ 17365 8/22-8/26 Angelina Ballerina R\$88 N\$94

Yoga Camp for Kids (ages 7-11)

Stretch, flow, balance, and breathe to wake up your body, heart, and mind! Yoga is both relaxing and invigorating. We will use art, stories, games, and our own yoga practice to explore this ancient art. Come challenge yourself, get centered, and have fun! Yoga is non-competitive, and enhances everything else you do in life!

- ◆ 17371 7/5-7/8 R\$70 N\$75
- ◆ 17372 8/8-8/12 R\$88 N\$94

*Starred camps have the opportunity to march in the Tour de Terrace parade.

Hip Hop/Jazz Camp (ages 7-11 or 12-18)

This camp covers basic dance techniques. Jazz builds strength and coordination, hip hop introduces street dance forms and elements of African Dance, both are accompanied by fun and lively music.

- ◆ 17366 6/27-7/1 ages 7-11 R\$88 N\$94
- ◆ 17367 7/11-7/15 ages 12-18 R\$88 N\$94
- ◆ 17368 7/25-7/29* ages 7-11 R\$88 N\$94
- ◆ 17369 8/22-8/26 ages 7-11 R\$88 N\$94
- ◆ 17370 8/22-8/26 ages 12-18 R\$88 N\$94

Musical Theater Camp (ages 7-11)

Students will learn dances to show-tunes from their favorite musicals and movies. Theatricality and performance techniques will be emphasized, while dancing to enjoyable favorites such as from Grease, West Side Story, Annie, and other favorites.

- ◆ 17374 7/18-7/22 R\$88 N\$94

Spectrum of Dance Camp (ages 7-11)

Enjoy this opportunity to try out many different dance styles, find the one you like best, or decide you like them all! Ballet, Jazz, Tap, Modern, and Hip Hop will all be introduced at this fun camp! Wear ballet or jazz shoes, and bring tap shoes or hard soled dress shoes for the tap day.

- ◆ 17377 7/18-7/22 R\$88 N\$94
- ◆ 17378 8/1-8/5 R\$88 N\$94

Conditioning Dance Camp (ages 10 & up)

A contemporary dance camp where you will explore jazz, modern and hip hop, while focusing on toning muscles, keeping your core strengthened, & getting fit.

- ◆ 17379 8/15-8/19 R\$88 N\$94

All campers should bring lunch/snack and water bottle.



Adult Leagues

Call 425-640-3101 for information.

Softball Leagues

Summer leagues begin June 20
 48 teams/8 divisions,
 10 games/Doubleheaders
 \$640/team
 Registration April 11-June 5
 Sunday-Friday

Fall leagues begin August 28
 48 teams/8 divisions,
 10 games/Doubleheaders
 \$640/team
 Registration July 18-August 14
 Sunday-Friday

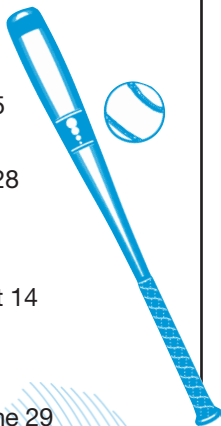
Basketball Leagues

Summer league begins June 29
 10 teams/one division,
 10 games/6 weeks
 \$575/team
 Registration June 1-26
 Monday & Wednesday

Fall leagues begin September 12
 30 teams/3 divisions,
 10 games/10 weeks
 \$575/team
 Registration July 18-August 28
 Monday or Wednesday

Volleyball Leagues

Fall leagues begin September 13
 16 teams/2 divisions,
 10 games/10 weeks
 \$305/team
 Registration July 18-August 28
 Tuesdays



Racquetball

Racquetball Court Reservations

Reservations may be made one week in advance at 7am, 425-776-9173 ext 5. Fees R\$8.50/N\$9 per hour with reservation or walk-in.

Available hours:

Monday, Wednesday, Friday – 6am-9pm
 Tuesday, Thursday – 6am-10pm
 Saturday – 7am-9pm
 Sunday – 9am-8pm



Racquetball Clinics

Get started in a sport that's fun and provides great exercise! This 60-minute clinic will focus on the basics, including stroke mechanics, strategy and rules. Equipment available at the Pavilion. *AmPRO Certified Teaching Pro, Donna Triemstra, has been involved in racquetball for 30 years, with over 20 years teaching experience.*

Wednesday, May 18th R\$20 N\$22

- ◆ 16905 **Kids** (ages 6-12) 6pm
 - ◆ 16906 **Adults** (ages 13+) 7pm
- All clinics – Maximum: 12, Minimum: 4

One-day Racquetball Tournament

First Event \$25, Second Event \$10
 ◆ 15929 **Saturday, May 21st** Deadline May 16

Racquetball Leagues Mondays

Coed Leagues – Sign-up deadline April 18
 ◆ 16904 4/25-6/13 M 6-9pm R\$35 N\$38

Gym Rental

Full-sized gym at Terrace Park School. Reservations are now being taken for rentals.

Youth: \$45/hr Adult: \$55/hr

For more information
call 425-640-3101.

Tennis

Tennis Lessons Ages 13 & Up

Join us for a fun filled hour of tennis. Learn the basics and brush up on your own talents. Balls provided. Six lessons held at Evergreen Playfield Tennis Courts. Fee: R\$35 N\$40

- | | | | | |
|---------|-----------|-------|--------------|------|
| ◆ 16894 | 5/31-6/16 | T, Th | 6:30-7:30 pm | Beg. |
| ◆ 16895 | 5/31-6/16 | T, Th | 7:30-8:30 pm | Int. |
| ◆ 16896 | 6/21-7/7 | T, Th | 6:30-7:30 pm | Beg. |
| ◆ 16897 | 6/21-7/7 | T, Th | 7:30-8:30 pm | Int. |
| ◆ 16898 | 7/12-7/28 | T, Th | 6:30-7:30 pm | Beg. |
| ◆ 16899 | 7/12-7/28 | T, Th | 7:30-8:30 pm | Int. |
| ◆ 16900 | 8/2-8/18 | T, Th | 6:30-7:30 pm | Beg. |
| ◆ 16901 | 8/2-8/18 | T, Th | 7:30-8:30 pm | Int. |
| ◆ 16902 | 8/23-9/8 | T, Th | 6:30-7:30 pm | Beg. |
| ◆ 16903 | 8/23-9/8 | T, Th | 7:30-8:30 pm | Int. |

Open Gym

Basketball Open Gym (18+ years)

Drop-in program. Discount cards available at Pavilion. Maximum 30 participants.

- ◆ Ongoing Sat 9-11:30am R\$3.50 N\$4.00

Volleyball Open Gym (18+ years)

Drop-in program. Discount cards available at Pavilion. Maximum 30 participants.

- ◆ Ongoing Th 8-10pm R\$3.50 N\$4.00

Seniors Volleyball (55+ years)

Drop-in program. Discount cards available at Pavilion. *No Senior Volleyball 8/23 & 8/30.*

- ◆ Ongoing Tue 5-7pm R\$2.25 N\$2.75

NOTE: Time change in summer – 7-9pm 6/28-8/16



Dog Training

Instructor:
Caren Malgesini CPDT



Basic Dog Obedience

For dogs 5 months and older.

This basic obedience course teaches the following commands: walking on leash, sit, down, stand, stay and come. Behavior problems and proper equipment are discussed. Dogs must have current vaccinations. First night bring a rug and treats for dog.

- ◆ 15996 M 5/2-6/20** 7:30-8:30pm R\$85 N\$90
- ◆ 17415 M 7/11-8/22 7:30-8:30pm R\$85 N\$90

**No Class on Monday May 30

Intermediate Dog Obedience

To enroll in Intermediate class the Basic Dog Obedience class must have been completed. This class builds on the foundation started in basic obedience and prepares participants for the American Kennel Club (AKC) Canine Good Citizen test which will be given on the last night of class.

- ◆ 15997 W 5/4-6/1 7:30-8:30pm R\$80 N\$85
- ◆ 17417 W 7/13-8/10 7:30-8:30pm R\$80 N\$85

Puppygarten For puppies 8-16 weeks.

Socialization and basic obedience (sit, down, come, walking on leash) is covered. Housebreaking and other basic behavior problems are discussed. On the last day of class puppies will have the opportunity to take the American Kennel Club (AKC) Puppy STAR Program test. Puppies must have current vaccinations. For first class bring: Proof of shots; puppy with a buckle collar; 6-foot leash and food treats.

- ◆ 15998 F 5/6-6/10 7:30-8:30pm R\$80 N\$85
- ◆ 17419 F 7/15-8/19 7:30-8:30pm R\$80 N\$85




Summer Youth Art Fair

All children and youth ages 3-18 are encouraged to submit their artwork for our 7th annual summer art fair. Categories include Textile Arts, Pottery/Sculptures; Paintings/Drawings; Trash to Treasures; and Photography. Entries will be grouped by age and awards will be given for the Most Colorful; Most Creative; Best Use of Recycled Materials; and Best of Show. Qualifying artwork will be judged and winners displayed at the Mountlake Terrace Library from July 15th to July 31st. **Only one entry per category will be accepted.** Submit your artwork ready to display, along with your full name, age, address and phone number to the front desk of the Recreation Pavilion between July 8th and July 12th. This fair is open to the general public and you do not need to be a resident of Mountlake Terrace to enter.

Parent's Night Out

(ages 5 through 10 years)

An evening packed with fun activities for the kids and an evening off for the parents. While your kids swim, snack on pizza, play games and watch a video, you can go catch a movie, run errands, shop, or just have a quiet evening at home. We offer a safe environment with quality leaders who are certified in First Aid and CPR. All participants must be able to dress themselves and have independent bathroom skills. Pre-registration required; deadline is noon Wednesday prior to the event. Subject to cancellation if not enough participants registered by the deadline date.

- ◆ 15089 F April 15 6:30-10pm R\$16 N\$18
- ◆ 15090 F May 13 6:30-10pm R\$16 N\$18

Kids Krew

Before & After School Care Program

- Certified by Washington State Department of Early Learning.
- Serving Terrace Park, Madrona K-8, Sherwood, Mountlake Terrace Elementary & Maplewood Co-op.
- DSHS subsidies accepted.

See us on page 42!



Registration for Fall Programs Now Underway!



Fall Preschool and Kindergarten Readiness Classes

Ages 3-5 years

Activities include creative expression through art, movement, dramatic play and language opportunities, hands-on math and science experiences, craft projects, and enhancement opportunities that may include community field trips, dance and/or swimming. Participants must be at least 3 years old by August 31st, able to dress themselves and have independent bathroom skills. *Kindergarten Readiness* participants must be at least 4 years old by August 31st and eligible to enter Kindergarten in the fall of 2012.*

Junior Kids Krew Ages 3-5 years

A quality child care program offering a unique combination of recreational and enrichment experiences in a relaxed and caring environment. Curriculum is similar to that listed for our preschool and kindergarten readiness classes. Participants must be at least 3 year olds, able to dress themselves and have independent bathroom skills. Program has been certified by Washington Department of Early Learning and is offered year round. Care available from 6:30am-6:30pm up to a maximum of 10 hours a day. DSHS subsidies are accepted for qualified applicants.*

Kids Krew Ages 5-12 years

A quality before and after school experience for children offering a wide array of engaging activities in a fun, caring & relaxed environment. Programs located at Mountlake Terrace Pavilion, Madrona K-8 and Mountlake Terrace Elementary School have all been certified by Washington Department of Early Learning. Elementary schools served include Maplewood, Madrona, Mountlake Terrace, Sherwood and Terrace Park. Program hours are from 6:30am to start of school and from school release time until 6:30pm. DSHS subsidies are accepted at all sites for qualified applicants. Care on Edmonds School District early release and non-school days can be provided for an additional fee.*

**Registration fee of \$35 for individuals; \$55 for families is required. Fees based on number of days registered. For additional information on any of these programs call 425-776-9173.*

Discover
the
FUN!



**Register early.
Classes fill fast!**



WHAT'S HAPPENING AT THE MOUNTLAKE TERRACE LIBRARY?

Monday, June 27th at 7pm

One World, Many Stories Summer Reading Kick-Off Event

Sign up for summer reading and join the nationally famous *Tales & Trails Storytelling* group as they take us on a world storytelling safari with lively audience participation tales from near, far and further!

**Tuesday afternoons @ 1pm
through July and August**

Join us for fun activities geared to the young reader. Call the library (425) 776-8722 or go to www.Sno-Isle.org to find out more.

Baby Storytimes

Thursday mornings @ 10am

Babies and their favorite adults learn to love reading together with stories, songs, and rhymes. Playtime follows. For ages 3 months through 24 months. Caregiver required.

Family Storytimes

Thursday mornings @ 11am

Join us for silly stories, wacky songs and other fun activities. For families with young children. Caregiver required.

Saturday, August 20th at 1pm

Last Leaf Productions brings us the magic of live theatre with an original adaptation of a familiar story. Please call the library for details.

Book Buddies

Teens and Kids reading together.

The return of our very popular program, teen volunteers help second and third grade reluctant readers gain confidence through games and fun reading activities. Interested teens must apply at the Mountlake Terrace Library before Friday, June 17th. Families of second and third graders are encouraged to sign up early as slots fill quickly.

Teen Summer Reading Program

You Are Here

Come to the library this summer to cool off and have fun! Teens can review books to win prizes, volunteer with our Teen Advisory Board or Book Buddies, and participate in all sorts of fun programs and classes!

Teen Wednesdays

Every Wednesday we have great teen activities.

Drop by and join the fun!

Second and Fourth Wednesdays

3-4pm – Teen Advisory Board

4-6pm – Teen Game Day

Third Wednesday – 4-6pm

Teen Movie Matinee

All these free programs are made possible through the generous support of the Friends of the Mountlake Terrace Library group. For more information about Library Programs, please call 425-776-8722.

Mountlake Terrace Senior Center

5605 235TH St. SW Mountlake Terrace, WA 98043

Phone: 425-672-2407 • Hours of Operation: Monday-Friday 11am-3pm

It's MEMBERSHIP REGISTRATION time at the Mountlake Terrace Senior Center. Are you 55 plus? Would you like to meet more people, go on group day trips, come to delicious, nutritious, inexpensive senior lunches twice a week? Are you looking for some volunteer opportunities (including driving for our trips), AARP Defensive Driving classes, involvement in community activities, foot care? All this and more is available right here in Mountlake Terrace at the Mountlake Terrace Senior Center.

We are a friendly bunch, incorporated in 1997 and we'd love to make your acquaintance! Located very near the corner of 56th & 235th on the grounds of the Bethesda Lutheran Church, our hours of operation are Monday through Friday, 11am to 3pm except holidays. The coffee pot is always on; please stop by for a free cup of coffee or tea and a copy of our newsletter. We have a book lending library where you can take some and leave some. Membership is only \$16 per year singles or \$25



per year couples and that includes a copy of our informative newsletter delivered to your home every other month.

Some of our trips include various casinos, lunches out, museums, plays, visiting other senior centers, entertainment, and various places of interest. Our 15 passenger van takes us to the places we want to go. Hope to see you soon!



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Mountlake Terrace

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Mountlake Terrace **FARMER'S MARKET**

FRIDAYS – 3-7pm

**May 20th thru
October 7th**

23208 56th Avenue W



18th Annual Tour de Terrace

Annual, 3-Day, Seafair-sanctioned summer festival.

Friday, Saturday & Sunday, July 29, 30 & 31

Evergreen Playfield, 22205 56th Ave. W.

Friday, July 29, 12-11pm: Tour de Terrace Parade, 6:45 pm. Starts at 234th and ends at Evergreen Playfield.

Saturday, July 30, 9am-11pm: Pancake Breakfast, 8am-Noon,

Classic Car Show, 10am-3pm, Fireworks Display at 10pm.

Sunday, July 31, 9am-6pm.

All three days: Beer Garden, Carnival, live entertainment, street fair with arts and crafts booths, and food booths.

Tour de Terrace is sponsored by the Nile Shurtah Unit.

For more information, visit www.tourdeterrace.org.

Get out & have fun!



**Over
\$3,000
in Prize
Money!**

Arts of the Terrace Art Show

**September 24 through October 2
at the Mountlake Terrace Library**

Mountlake Terrace Arts Commission is seeking paintings, prints, drawings, miniatures, photographs and 3 Dimensional works for its 33rd Annual Juried Art Show, Arts of the Terrace held Sept 24th through Oct 2nd 2011.

For more information, call (425) 771-7068 or email rjryan@yahoo.com. The prospectus will be posted on the city's website in the future at www.cityofmlt.com/CityHappenings/Events.

Entry deadline is August 30, 2011.

Delivery of art work will be

Friday, September 16th – 1-5pm and
Saturday, September 17th – 11am-4:30pm.



National Night Out Against Crime

Tuesday, August 3, 6-9pm

Evergreen Playfield, 22205 56th Ave. W.

The City of Mountlake Terrace will present their 14th annual gathering of citizens and civic leaders at the civic center parking lot.

The celebration includes games, food, family fun, entertainment, music, contests, prizes, and demonstrations by dozens of city businesses.

The fun never ends!

