

# SHORELINE

## FALL 2011 RECREATION GUIDE

September through December 2011

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begins August 29  
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**Halloween &  
Holiday Events  
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Outdoor Programs  
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SHORELINE PARKS, RECREATION & CULTURAL SERVICES  
REGISTER AT [WWW.SHORELINEWA.GOV/PARKS](http://WWW.SHORELINEWA.GOV/PARKS) OR CALL (206) 801-2600

# WELCOME



## Personalizing YOUR Park System

A couple of months ago I was contacted by a Shoreline resident who enjoys the challenge of climbing the stairs at Saltwater Park for exercise. She explained that she gets so focused on the exercise that she loses track of the number of trips up the stairs and asked if we would create a system for counting flights. Parks staff created a simple system for folks to track their trips and placed it at the top of the stairs. The response has been overwhelming with many folks commenting on the improvement. This simple addition at the request of a citizen has had a positive impact on many people.

I decided to check out the stairs myself recently and found that going up 188 stairs can be a great workout. A dedicated group of citizens can be found pounding up and down the steps at Saltwater Park rain or shine any day of the week.

Is there a simple improvement you would like us to make to YOUR park system? I promise that we will look into any and all suggestions and do our best to accommodate your needs.

The parks are here for you to use and enjoy. I'm happy when they become a significant part of your daily habit and discipline. And I welcome your feedback about ways we can make them more accessible and enjoyable. When you have ideas along those lines, I'd like to hear from you. You can email me at pks@shorelinewa.gov.

See you on the stairs,

Dick Deal, Director  
Parks, Recreation and Cultural Services

## Sign up for Parks e-news

**Email Updates**  
Sign up to receive updates.

Enter your email address:

**Sign Up**

Be the first to see the new Rec guide, know about new programs, classes and community events in Shoreline! Get your Parks & Recreation news delivered right to your inbox where you can read it at your leisure. Enter your email in the Email Updates box on the lower right side of [www.shorelinewa.gov](http://www.shorelinewa.gov). Then hit the Sign Up button. It will take you to a page that lists all the topics you can choose from. Select as many as you like!

**Comcast Subscribers:**  
**Watch Shoreline's Cable Channel 21**  
for Parks and Recreation info, City Council meetings and more!

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## Brochure Contents

Every effort is made to insure that the information in this brochure is accurate. Due to possible changes we reserve the right to add, withdraw or revise programs/events as needed. For up to date information please visit our web site at [www.shorelinewa.gov/parks](http://www.shorelinewa.gov/parks).

**Cover photo**  
**Hamlin Haunt**

## Parks, Recreation & Cultural Services Mission

To provide life-enhancing experiences and promote a healthy community.  
To bring our culture to life and transfer it to the next generation.

All programs in this brochure are intended for those with/without disabilities. If you believe you may need reasonable special accommodations, please call (206) 801-2600 and we will be happy to assist you.

## Thank You Shoreline School District

Many of our activities are made possible because of the cooperative use of School District facilities. We extend our thanks to the Shoreline School District, School Board members, school staff and administrative staff for their support of the Shoreline Parks, Recreation and Cultural Services Department.



## CITY COUNCIL

Keith A. McGlashan, Mayor

Will Hall, Deputy Mayor

Chris Eggen

Chris Roberts

Doris McConnell

Shari Winstead

Terry Scott

Julie T. Underwood, City Manager

Dick Deal, Director of Parks, Recreation & Cultural Services

## PARKS, RECREATION and CULTURAL SERVICES BOARD MEMBERS

William Clements, Chair

Jesse Sycuro, Vice Chair

Carolyn Ballo

Boni Biery

Katie Beth

Kevin McAuliffe

Joseph Neiford

Ellen Anderson, Youth Member

## Scholarships Are Available

For youth and specialized recreation programs. Please call the Spartan Recreation Center at (206) 801-2600 or the Shoreline Pool at (206) 801-2650.

## CUSTOMER RESPONSE TEAM (CRT)

24-Hour Phone Line (206) 801-2700

## City of Shoreline Parks, Recreation & Cultural Services Board

Meets the 4th Thursday of every month 7:00-9:00 p.m. at City Hall

## Shoreline Library Board

Meets every other month on the 1st Thursday 6:30-8:00 p.m. Rotates between Shoreline and Richmond Beach Libraries

Contact: pks@shorelinewa.gov  
Or call (206) 801-2630

## How To Find Us

Recreation Program Registration – Spartan Recreation Center .....	(206) 801-2600
Swim Lessons & Aquatics Program Registration - Shoreline Pool .....	(206) 801-2650
Spartan Recreation Center & Picnic Shelter Rentals .....	(206) 801-2600
Spartan Recreation Center Fax Line .....	(206) 393-3380
Pool Fax Line .....	(206) 362-8450
Sports Fields & Facility Reservations .....	(206) 801-2636
The REC Teen Recreation Center .....	(206) 801-2680
City Hall Parks Administrative Office .....	(206) 801-2630
Online .....	www.shorelinewa.gov/parks
TTY .....	(206) 546-0457

## Spartan Recreation Center

202 NE 185 St. Shoreline, WA 98155 (206) 801-2600  
(Between Senior Center & Shoreline Stadium)

**Hours:** Monday - Thursday 8:00 a.m.-9:00 p.m.  
 Friday 8:00 a.m.-5:00 p.m.  
 Saturday 8:00 a.m.-4:00 p.m.



## Shoreline Pool

19030 1<sup>st</sup> Avenue NE  
(206) 801-2650

**Pool Hours:**  
 Monday - Friday 5:30 a.m.-8:45 p.m.  
 Saturday 8:45 a.m.-3:00 p.m.  
 Sunday 11:30 a.m.-3:00 p.m.

## Parks Administration

Shoreline City Hall  
17500 Midvale Avenue N.  
Shoreline, WA 98133-4921  
(206) 801-2630  
TTY: (206) 546-0457

**Office Hours:**  
Monday - Friday 8:00 a.m.-5:00 p.m.

## Holiday Closures:

### Shoreline Pool

September 5 - Labor Day  
 October 31 - early evening closure  
 November 11 - Veterans Day  
 November 23 - early evening closure  
 November 24 & 25 - Thanksgiving Holiday  
 December 24 & 25 - Christmas Holiday  
 December 31 - New Year's Eve  
 January 1 - New Year's Day

### City Hall

September 5 - Labor Day  
 November 11 - Veterans Day  
 November 24 & 25 - Thanksgiving Holiday  
 December 26 - Christmas Holiday  
 January 2 - New Year's Holiday

### Spartan Recreation Center

September 5 - Labor Day  
 November 24 & 25 - Thanksgiving Holiday  
 December 24-26 - Christmas Holiday  
 December 31- January 2 - New Year's Holiday

## Satisfaction Guaranteed

We wish to provide you with the highest-quality recreation programs possible and ensure your satisfaction. If you are dissatisfied with the quality of any program component, please call (206) 801-2600 or for any aquatic program call (206) 801-2650. We will be happy to address your concerns.

## Snow and Inclement Weather Policy

The safety of our program participants is a prime consideration when determining if programs should be cancelled due to inclement weather. Parks, Recreation & Cultural Services Department classes and programs may be cancelled when the Shoreline School District closes due to inclement weather. For information regarding cancellations, please call (206) 801-2650 for any aquatic programs and (206) 801-2600 for all other programs.

# SPECIAL EVENTS

## Richmond Highlands Recreation Center

### Re-Opening Celebration

Mon 9/12 5:15pm

Please join us as we celebrate the re-opening of the Richmond Highlands Recreation Center. In August, new accessible restrooms and an accessible ramp were constructed. Mayor Keith McGlashan will cut the ribbon at 5:15pm followed by refreshments, demonstrations and information about programs that are held at "The Rec".



## Hamlin Halloween Haunt

Join us for the 15<sup>th</sup> annual Hamlin Halloween Haunt. Listen to spooky songs and stories as you toast marshmallows around a campfire, ride the hay wagon, play Halloween games and have your face painted.

Fri 10/21 6:00-8:30pm

Location: Hamlin Park  
16006 15th Ave NE

Fee: FREE

## Halloween Carnival

Pony rides, obstacle course, food, games and a silent auction. Sponsored by Shoreline Cooperative Preschool. This nonprofit organization is affiliated with Shoreline Community College. Info (206) 362-3257 or [www.shorelinecooperativepreschool.org](http://www.shorelinecooperativepreschool.org).

Ages: 1-8 years

Sat 10/22 10:00am-3:00pm

Location: North City Elem. 816 NE 190th Street

Fee: Free entry - Small fee for games.



# SPECIAL HOLIDAY HAPPENINGS

## Holiday Crafts Market

Begin your holiday shopping at our 7<sup>th</sup> annual Holiday Crafts Market where 65 juried artisans will be selling their handmade crafts and wares. There will be two rooms filled with a winter wonderland of beautiful gifts.

Sat 11/19 9:00am-4:00pm

Location: Spartan Recreation Center  
202 NE 185 St.  
in the Shoreline Center Complex

## Breakfast With Santa

**Pre-registration is required.** Bring the whole family for a delicious breakfast with Santa.

There will be games, prizes and activities for the entire family. Have your picture taken with Santa. Start your Holiday season off right with the 5th Annual Breakfast with Santa! We will be offering two breakfast seatings. **Photos and gift bag included.**

Sa 12/10 9:00-10:15am

Sa 12/10 10:45-11:45am

Location: Shoreline/LFP Senior Center,  
Dining Room

Fee: Adults \$8, Child \$5



## Richmond Beach Community Association's 24th Annual Halloween Carnival

Features carnival games, cake walk, prizes, inflatable attractions, haunted house, food and more! Children and parents are encouraged to wear costumes. Info: Sheri Ashleman (206) 542-9147.

Ages: Toddlers to adults

Sat 10/29 3:00-7:00pm

Location: Syre Elementary School,  
19545 12<sup>th</sup> Avenue NW

Fee: Tickets for activities and food are 3 for \$1

## Tree Lighting Ceremony

Everyone will enjoy this annual Tree Lighting Ceremony. Around The Sound Band will provide music and a sing-a-long while Santa hands out candy canes and toys to the children and poses for pictures. Please bring a non-perishable food item to be donated to Hopelink. Sponsored by North City Business Association, Ridgecrest Neighborhood Association, North City Neighborhood Association, Shoreline Water District and the City of Shoreline. For more information call Charlotte Haines at (206) 362-1131.

Sat 12/3 6:30pm

Location: Les Schwab  
180<sup>th</sup> and 15<sup>th</sup> NE

## Christmas Ship™ Visit in Shoreline

It's a tradition on Richmond Beach! Come and listen to local school choirs sing while waiting for the Argosy Christmas Ship to arrive. Enjoy simple refreshments while staying warm near the beach fires. Dress for the weather.

Tues 12/13 7:30-8:50pm

(Ships arrive at 8:20pm)  
Location: Richmond Beach Saltwater Park  
2021 NW 190<sup>th</sup>

Fee: Free

## Halloween Party at Central Market

Don your costume and come trick-or-treat at the Shoreline Central Market on Halloween evening. Hayrides, candy, games and entertainment are available at this free family event. Info: [www.central-market.com](http://www.central-market.com) or (206) 363-9226.

Ages: Toddlers to 12 years, plus an adult

Mon 10/31 5:00-7:30pm

Location: Shoreline Central Market,  
15505 Westminster Way N

Fee: FREE

## Indoor Playground Halloween

Get ready for the cutest show in town! Children 1 - 4 years of age are invited to attend the Halloween Costume Carnival at Indoor Playground. Special games and hands-on art projects will be available in addition to the regular session of fun activities for young ones. Come dressed in costume!

Ages: 1 - 4 years

Mon 10/31 9:30am-12:00pm

Location: Spartan Recreation Center

Fee: \$2.00 per child at the door



# TODDLER/PRESCHOOL

## Indoor Playground

Slides, teeter-totters, climbing toys, mini basketball hoops and multi-sized balls are available to allow your children plenty of room to run and play in a large gymnasium. You are responsible for supervising your own children. This is a great activity for rainy, cold mornings and a fun way to meet other families.

**Age:** 1 - 5 Years

**M thru F** 9/19-12/30 9:30-11:30am

**Location:** Spartan Recreation Center

**Fee:** \$2/child at the door

10-punch Pass: \$16; w/Resident Disc: \$15

20-punch Pass: \$32; w/Resident Disc: \$30

## Shoreline Music Together



Join this innovative music and movement program for children. Each child will participate at his or her own level in singing, moving, chanting, listening and exploring musical instruments. There will be professional music recordings, a parent guide and new songs each week. Join this community of families sharing songs and music in a relaxed and playful environment. For more information check out: [www.musictogether.com](http://www.musictogether.com). \$39 service fee payable to instructor, one per family.

**Age:** Newborn - 5 Years

**#60193** Sa 9/17-11/19 10:15-11:00am

**#60194** W 9/21-11/23 9:30-10:15am

**#60195** W 9/21-11/23 10:30-11:15am

**Location:** Spartan Recreation Center, Gymnastics Room

**#60196** Tu 9/20-11/22 10:30-11:15am

**Location:** Spartan Recreation Center, Olympic Room

**Fee:** \$109; w/Resident Disc: \$91

**Instructor:** Elena DeLisle Perry

### Music Together for Big Kids

Parent attendance is welcome but not required. See page 8 for more information.

**Age:** 5 - 7 Years

**#60197** Sa 9/17-11/19 11:15am-12:15pm

**Location:** Spartan Recreation Center, Gymnastics Room

**Fee:** \$139; w/Resident Disc: \$116

**Instructor:** Elena DeLisle Perry

### Free Demo Class!

For all ages

**Date:** Sa 9/10 10:30am

**Location:** Spartan Recreation Center



## Kids Create



Express yourself and your imagination in this fun workshop. We will create an art project, enjoy a snack, story, circle time and show and tell; all involving the theme for the day. Parents are welcome to participate. All supplies included.

**Age:** 3 - 5 Years

**Let it Snow**

**#60519** F 12/2 10:30am-11:45am

**Instructor:** Melissa Meier, Owner of Dragonfly Art Studio

**Location:** Spartan Recreation Center, Cascade Room

**Fee:** \$14; w/Resident Disc: \$12

## Creative Dance

Little ones will explore the joy of movement using age-appropriate creative dance steps and concepts. Using musical instruments, singing and rhythmic play, this class will enhance their cognitive and motor skills while they express their creativity. Wear comfortable clothing and bare feet.

**Parent/Tot**

**Age:** 18 Months - 2½ Years

**#60189** Tu 9/27-11/15 10:00-10:45am

**#60191** Th 9/29-11/17 10:00-10:45am

**Parent/child**

**Age:** 2½ - 4 Years

**#60190** Tu 9/27-11/15 11:00-11:45am

**Instructor:** Miss Dena

**Location:** Spartan Recreation Center, Gymnastics Room

**Fee:** \$52; w/Resident Disc: \$44

## Preschool Spanish



Studies show young children learn other languages easily. Join us and learn how easily your young child can learn Spanish. Using Spanish songs, stories and engaging games, your child will be motivated to play and learn the Spanish language while having fun. Parent or caregiver must attend with child. All supplies included. For more information: [www.littlespanishcastle.com](http://www.littlespanishcastle.com).

**Age:** 3 - 5 Years

**#60501** F 9/23-11/18 9:45-10:30am

**Instructor:** Samantha Merca, owner of Little Spanish Castle Language School

**Location:** Spartan Recreation Center, Cascade Room

**Fee:** \$80; w/Resident Disc: \$68

## Monday Morning Green Crafts



Art exploration is so important for growth and development. We take everyday household items and teach little ones how to reuse, restyle and repurpose instead of throwing them into the trash. Each week we will create a new project including themed sessions. Parent participation required.

**Age:** 2 - 5 Years

**Sea Life**

**#60728** M 10/3-10/24 10:00-10:45am

**Fall Fun**

**#60729** M 11/7-11/28 10:00-10:45am

**Instructor:** Amanda Howards

**Location:** Spartan Recreation Center, Cascade Room

**Fee:** \$38; w/Resident Disc: \$32

## Hands-on Art

Preschoolers love to create and play. Join us in this hands-on class and have some fun working on different art projects with your little one. Each week will be a new project including drawing and painting. Parent participation required. All supplies provided. Dress to mess.

**Age:** 2 - 4 Years

**#60185** Th 9/29-10/20 10:00-10:45am

**#60186** Th 10/27-11/17 10:00-10:45am

**Instructor:** Jennifer Dodd, preschool arts educator

**Location:** Spartan Recreation Center, Cascade Room

**Fee:** \$38; w/Resident Disc: \$32

**Age:** 3 - 5 Years

**#60187** F 9/30-10/21 11:00am-12:00pm

**#60188** F 10/28-11/18 11:00am-12:00pm

**Instructor:** Melissa Meier, owner of Dragonfly Art Studio

**Location:** Spartan Recreation Center, Cascade Room

**Fee:** \$40; w/Resident Disc: \$36

# TODDLER/PRESCHOOL

## Kidz Love Soccer

Learn the fundamentals of soccer through a noncompetitive, age appropriate format. Students are taught soccer skills, drills and strategies by the professional, licensed staff in the Kidz Love Soccer method. Shin guards are required. KLS Rain-Out Hotline

1(888)372-5803.

### Tot-Soccer

**Age:** 3 - 4 Years

**#60167** Sa 9/17-11/5 3:30-4:00pm

### Pre-Soccer

**Age:** 4 - 5 Years

**#60168** Sa 9/17-11/5 4:00-4:35pm

### Soccer 1

**Age:** 5 - 6 Years

**#60164** Sa 9/17-11/5 2:00-2:45pm

### Soccer 2

**Age:** 7 - 8 Years

**#60165** Sa 9/17-11/5 2:45-3:30pm

### Soccer 3

**Age:** 9 - 10 Years

**#60166** Sa 9/17-11/5 2:45-3:30pm

**Instructor:** Kidz Love Soccer Staff

**Location:** Cromwell Park, North Grass Area

**Fee:** \$80; w/Resident Disc: \$75

## Mom/Dad & Me Soccer

Introduce yourself and your toddler to the "World's Most Popular Game"! As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. A variety of activities designed around the game of soccer will be played each week. The fun happens on the field and you won't have to watch from the sidelines.

**Age:** 2 - 3 Years

**#60169** Sa 9/17-11/5 4:45-5:15pm

**Instructor:** Kidz Love Soccer Staff

**Location:** Cromwell Park, North Grass Area

**Fee:** \$80; w/Resident Disc: \$75

## Preschool Gymnastics

Our child-sized gymnastics equipment, games and more are all used to help teach gymnastics basics to preschoolers. Emphasis is placed on having fun, learning and following directions. Each session will offer new and exciting activities. No class on 10/14 & 11/25.

**Age:** 3 Years

**#60176** F 9/23-11/4 10:15-10:45am

**#60179** F 11/11-12/23 10:15-10:45am

**Age:** 3 - 5 Years

**#60178** Sa 9/24-11/5 2:30-3:00pm

**#60181** Sa 11/12-12/24 2:30-3:00pm

**Age:** 4 - 5 Years

**#60177** F 9/23-11/4 11:00-11:30am

**#60180** F 11/11-12/23 11:00-11:30am

**Instructor:** Cascade Elite Gymnastics Staff

**Location:** Spartan Recreation Center, Gymnastics Room

**Fee:** \$82; w/Resident Disc: \$69

## Toddle Time Tumbling

Walking, running, marching, swinging, moving and exploring concepts such as up, down, in, out, through, etc. are important at this very young age. This class is designed to promote these movements in a friendly atmosphere. No class on 10/14 & 11/25.

**Age:** 18 Months - 3 Years

**#60182** F 9/23-11/4 9:30-10:00am

**#60183** F 11/11-12/23 9:30-10:00am

**Instructor:** Cascade Elite Gymnastics Staff

**Location:** Spartan Recreation Center, Gymnastics Room

**Fee:** \$80; w/Resident Disc: \$69



## Froggy Holler Outdoor Programs



Does your preschooler love the outdoors and crave adventure? Our Froggy Holler Outdoor Preschool gives preschoolers the opportunity to explore nature and have learning experiences intertwined with free play and independent time in the woods. Erin Zackey is a certified teacher with a professional K-8 certification.

## Froggy Holler Tadpoles



Join us for some hopping fun in the woods as we explore, sing, play and learn together at Hamlin and other area parks. Topics this fall will be similar to those covered in the FH preschool class and topics of interest to the parents/caregivers involved.

**Parents must be present and participating.**

**Age:** 12 Months - 3 Years

**#60327** Th 9/15-11/17 10:00-11:30am

**Fee:** \$156; w/Resident Disc: \$130

2nd Child: \$93, under 12 months: Free

**Location:** Hamlin Park, Picnic Shelter

## Froggy Holler Outdoor Preschool

Enrich your child's preschool experience with Froggy Holler Outdoor Preschool class. This fall students will be learning about topics such as deciduous trees of the NW, fall fungi, the water cycle, under a log creatures and more. Teacher Erin will work with students to give them imaginative and cooperative playtime in the woods, as well as nature themed stories, activities, songs and poems. This is a wonderful opportunity for your child to leap right into outdoor learning and fun at local Shoreline parks! This class meets in every type of weather and is for students who are potty confident.

**Age:** 3 - 5 Years

**#60326** Tu 9/13-11/15 9:30-11:30am

**Fee:** \$210; w/Resident Disc: \$190

**Location:** Hamlin Park, Picnic Shelter

## Froggy Holler Outdoor Kindergarten



FH Outdoor Kindergarten allows for an extension of your child's Kindergarten experience in a natural setting. We will cover nature topics of interest to the students and allow for cooperative, imaginative play as we learn in our outdoor classroom.

**Age:** 4 - 6 Years

**#60378** Tu Th 9/13-11/17 1:00-3:00pm

**Fee:** \$330; w/Resident Disc: \$290

**Instructor:** Erin Zackey

**Location:** Hamlin Park, Picnic Shelter

## Froggy Holler Open House



Come meet Teacher Erin and explore our outdoor classroom setting at Hamlin Park. Everyone is welcome. Froggy Holler is an outdoor education program that takes place primarily at Hamlin Park. Each session students explore the outdoors and learn about the wonders of nature. No registration required.

**Date:** September 6, Tuesday

**Time:** 10:00-11:00am

**Location:** Hamlin Park, Picnic Shelter



# SPECIAL EVENTS

## Richmond Highlands Recreation Center

### Re-Opening Celebration

Mon 9/12 5:15pm

Please join us as we celebrate the re-opening of the Richmond Highlands Recreation Center. In August, new accessible restrooms and an accessible ramp were constructed. Mayor Keith McGlashan will cut the ribbon at 5:15pm followed by refreshments, demonstrations and information about programs that are held at "The Rec".



## Hamlin Halloween Haunt

Join us for the 15<sup>th</sup> annual Hamlin Halloween Haunt. Listen to spooky songs and stories as you toast marshmallows around a campfire, ride the hay wagon, play Halloween games and have your face painted.

Fri 10/21 6:00-8:30pm

Location: Hamlin Park  
16006 15th Ave NE

Fee: FREE

## Halloween Carnival

Pony rides, obstacle course, food, games and a silent auction. Sponsored by Shoreline Cooperative Preschool. This nonprofit organization is affiliated with Shoreline Community College. Info (206) 362-3257 or [www.shorelinecooperativepreschool.org](http://www.shorelinecooperativepreschool.org).

Ages: 1-8 years

Sat 10/22 10:00am-3:00pm

Location: North City Elem. 816 NE 190th Street

Fee: Free entry - Small fee for games.



# SPECIAL HOLIDAY HAPPENINGS

## Holiday Crafts Market

Begin your holiday shopping at our 7<sup>th</sup> annual Holiday Crafts Market where 65 juried artisans will be selling their handmade crafts and wares. There will be two rooms filled with a winter wonderland of beautiful gifts.

Sat 11/19 9:00am-4:00pm

Location: Spartan Recreation Center  
202 NE 185 St.  
in the Shoreline Center Complex

## Breakfast With Santa

**Pre-registration is required.** Bring the whole family for a delicious breakfast with Santa.

There will be games, prizes and activities for the entire family. Have your picture taken with Santa. Start your Holiday season off right with the 5th Annual Breakfast with Santa! We will be offering two breakfast seatings. **Photos and gift bag included.**

Sa 12/10 9:00-10:15am

Sa 12/10 10:45-11:45am

Location: Shoreline/LFP Senior Center,  
Dining Room

Fee: Adults \$8, Child \$5



## Richmond Beach Community Association's 24th Annual Halloween Carnival

Features carnival games, cake walk, prizes, inflatable attractions, haunted house, food and more! Children and parents are encouraged to wear costumes. Info: Sheri Ashleman (206) 542-9147.

Ages: Toddlers to adults

Sat 10/29 3:00-7:00pm

Location: Syre Elementary School,  
19545 12<sup>th</sup> Avenue NW

Fee: Tickets for activities and food are 3 for \$1

## Tree Lighting Ceremony

Everyone will enjoy this annual Tree Lighting Ceremony. Around The Sound Band will provide music and a sing-a-long while Santa hands out candy canes and toys to the children and poses for pictures. Please bring a non-perishable food item to be donated to Hopelink. Sponsored by North City Business Association, Ridgecrest Neighborhood Association, North City Neighborhood Association, Shoreline Water District and the City of Shoreline. For more information call Charlotte Haines at (206) 362-1131.

Sat 12/3 6:30pm

Location: Les Schwab  
180<sup>th</sup> and 15<sup>th</sup> NE

## Christmas Ship™ Visit in Shoreline

It's a tradition on Richmond Beach! Come and listen to local school choirs sing while waiting for the Argosy Christmas Ship to arrive. Enjoy simple refreshments while staying warm near the beach fires. Dress for the weather.

Tues 12/13 7:30-8:50pm  
(Ships arrive at 8:20pm)

Location: Richmond Beach Saltwater Park  
2021 NW 190<sup>th</sup>

Fee: Free

## Halloween Party at Central Market

Don your costume and come trick-or-treat at the Shoreline Central Market on Halloween evening. Hayrides, candy, games and entertainment are available at this free family event. Info: [www.central-market.com](http://www.central-market.com) or (206) 363-9226.

Ages: Toddlers to 12 years, plus an adult

Mon 10/31 5:00-7:30pm

Location: Shoreline Central Market,  
15505 Westminster Way N

Fee: FREE

## Indoor Playground Halloween

Get ready for the cutest show in town! Children 1 - 4 years of age are invited to attend the Halloween Costume Carnival at Indoor Playground. Special games and hands-on art projects will be available in addition to the regular session of fun activities for young ones. Come dressed in costume!

Ages: 1 - 4 years

Mon 10/31 9:30am-12:00pm

Location: Spartan Recreation Center

Fee: \$2.00 per child at the door



# YOUTH

## Guitar Lessons

Learn classic and contemporary songs on the guitar by artists like The Beatles, The Chili Peppers, AC/DC and Jimi Hendrix. Gain valuable chord, scale and soloing skills in a supportive environment. The instructor has been playing guitar, bass and drums for over twenty-five years and teaching for seventeen. Bring your own guitar. No class 11/24.

**Age:** 9 - 15 Years  
**#60294** Th 9/22-10/27 5:45-6:45pm  
**#60507** Th 11/3-12/15 5:45-6:45pm  
**Instructor:** David Dunkley Chance  
**Location:** Spartan Recreation Center, Cascade Room  
**Fee:** \$57; w/Resident Disc: \$48

## Cartooning

Have fun learning to draw all new cartoon characters, horses and animals then create your own comic strip. Your imagination is your limit! All supplies provided.

**Age:** 6 - 11 Years  
**#60285** Sa 12/3 10:00am-12:00pm  
**Instructor:** Jeanne Shepard  
**Location:** Spartan Recreation Center, Cascade Room  
**Fee:** \$17; w/Resident Disc: \$15

## Green Crafts Club

Learn to repurpose, restyle and recreate some of the normal things we throw away into beautiful art projects. Explore your passion to help the earth and explore art and your creative side. Create four different art projects using many different supplies and art mediums. All supplies included. Instructor is owner of Recycled Art Workshops and Art Studio.

**Age:** 7 - 11 Years  
**#60730** Tu 10/4-10/25 6:00-7:00pm  
**#60731** Tu 11/1-11/22 6:00-7:00pm  
**Instructor:** Amanda Howards  
**Location:** Spartan Recreation Center, Cascade Room  
**Fee:** \$60; w/Resident Disc: \$50

## Sewing Lessons

Learn basic machine sewing skills while making a variety of projects for yourself or as gifts to give. Skills will include threading the machine, bobbin winding, using a pattern, cutting fabric, straight stitch, zig zag and hand sewing. Sewing machines and patterns provided. No additional supplies needed. No class 10/27.

**Age:** 8 - 14 Years  
**#60287** Th 9/22-11/17 4:00-5:30pm  
**Instructor:** Beckie Stratton, owner of local sewing school  
**Location:** Spartan Recreation Center, Cascade Room  
**Fee:** \$190; w/Resident Disc: \$160

## Kids in the Kitchen

Wow your family and friends with your culinary abilities! Join us and learn basic cooking skills. You will measure, chop, dice, knead dough and stir ingredients while making yummy creations based on different themes. All supplies provided. Robin is a teaching chef and an experienced cook for children.

**Age:** 7 - 12 Years  
**Pizzas**  
**#60296** W 9/21 4:00-5:30pm  
**#60297** Sa 9/24 12:00-1:30pm  
**Holiday cookies and sweets**  
**#60298** W 12/7 4:00-5:30pm  
**#60299** Sa 12/10 12:00-1:30pm  
**Instructor:** Robin Nield  
**Location:** Spartan Recreation Center, Cascade Room-w/Kitchen  
**Fee:** \$18; w/Resident Disc: \$15

## Spanish Speaking for Youth

Is your child interested in learning Spanish and more about the culture of Spanish-speaking countries? Join us in this Spanish immersion and fun learning class where students will gain knowledge through a natural approach to the language. They will participate in songs, games, stories and various play and craft activities that will help them develop an interest and learn the language. All supplies provided. For more information: [www.littlespanishcastle.com](http://www.littlespanishcastle.com)

**Age:** 6 - 10 Years  
**#60502** W 9/21-11/16 4:00-5:30pm  
**Instructor:** Samantha Merca, owner of Little Spanish Castle Language School  
**Location:** Spartan Recreation Center, Olympic Room  
**Fee:** \$160; w/Resident Disc: \$135

## Babysitter's Training Course

This American Red Cross training course will teach you the responsibilities and qualities of being a good babysitter and what to expect from the person who hires you. You'll also learn how to interview for a babysitting job, make responsible decisions, supervise children and handle emergencies or illness. Bring a lunch.

**Age:** 11 - 15 Years  
**#60292** Sa 10/22 9:00am-4:00pm  
**Instructor:** American Red Cross Staff  
**Location:** Spartan Recreation Center, Olympic Room  
**Fee:** \$66; w/Resident Disc: \$55

## Adventures in Art

Join us on an art adventure where we will explore and create four different art projects and learn about four artists from art history, such as Van Gogh and Matisse. Drawing, painting and clay work will be involved in this great hands-on project oriented class. \$7 supply fee payable to instructor. Instructor is owner of Dragonfly Art Studio.

**Age:** 7 - 11 Years  
**#60288** W 9/28-10/19 4:00-5:30pm  
**#60289** W 10/26-11/16 4:00-5:30pm  
**Instructor:** Melissa Meier  
**Location:** Spartan Recreation Center, Cascade Room  
**Fee:** \$56; w/Resident Disc: \$48



## Journals & Sketchbooks for Youth

Make your own mini photo albums and sketchbooks that are fun to share with friends. You can use them for your cartooning or drawing, journaling, for poetry, or anything you like. Come and learn several different techniques in this basic bookbinding workshop including pamphlet binding, stab binding, perfect binding and more. Be creative with the cover. Perfect for the gift-giving season. You'll never need to buy a blank book again! \$10 supply fee payable to instructor.

**Age:** 6 - 9 Years  
**#60529** Sa 10/15 1:00-3:00pm  
**Instructor:** Karin Chickadel  
**Location:** Spartan Recreation Center, Cascade Room  
**Fee:** \$30; w/Resident Disc: \$25

## Music Together for Big Kids

This 60 minute class includes dances, songs, drumming and instrument playing for older youth. Parent attendance is welcome but not required. \$39 service fee payable to instructor, one per family.

**Age:** 5 - 7 Years  
**#60197** Sa 9/17-11/19 11:15am-12:15pm  
**Location:** Spartan Recreation Center, Gymnastics Room  
**Fee:** \$139; w/Resident Disc: \$116  
**Instructor:** Elena DeLisle Perry



## CAMP SHORELINE HOLIDAY CAMP

Looking for something fun to do during the holiday break from school? Join us as we play games, swim, create art, perform, sing karaoke and more. Meet our recreation staff at the Spartan Recreation Center first thing in the morning, then throughout the day we'll play at the Center, in the gymnasium and at the Shoreline Pool (ages 7 years+ at the Pool). Sign up all week and save big!

**Age:** 4 - 12 Years

**#60222** M thru F 12/26-12/30 8:00am-6:00pm

**Fee:** \$168; w/Resident Disc: \$140

**#60214** W 12/21 8:00am-6:00pm

**#60215** Th 12/22 8:00am-6:00pm

**#60216** F 12/23 8:00am-6:00pm

**#60217** M 12/26 8:00am-6:00pm

**#60218** Tu 12/27 8:00am-6:00pm

**#60219** W 12/28 8:00am-6:00pm

**#60220** Th 12/29 8:00am-6:00pm

**#60221** F 12/30 8:00am-6:00pm

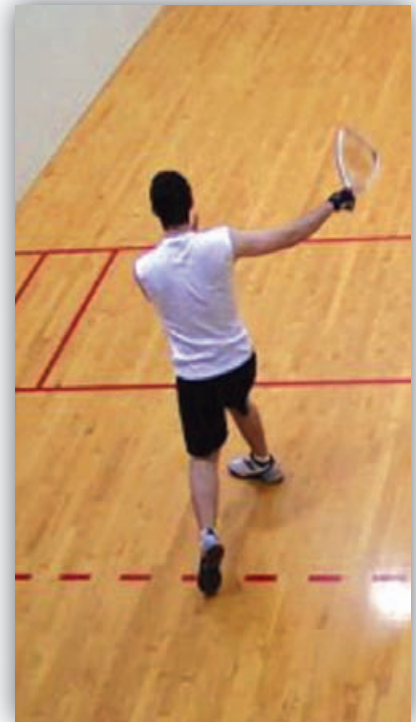
**#60223** M 1/2 8:00am-6:00pm

**#60224** Tu 1/3 8:00am-6:00pm

**Fee:** \$40; w/Resident Disc: \$35

**Instructor:** Recreation Staff

**Location:** Spartan Recreation Center,  
Cascade Room



## Junior Racquetball at Harbor Square



Kids love to play racquetball and this program is ideal for those who would like to get additional physical activity during the week. Kids will burn a ton of calories and enjoy learning a fun sport they can play well into their senior years! This class combines instruction, drills and games. Wear comfortable gym wear and non-marking shoes are required. If you do not own a racquet or eye guards we have complimentary loaners available. Harbor Square is a fantastic facility located in Edmonds. (160 West Dayton)

**Age:** 9 - 17 Years

**#60496** W 10/5-11/2 4:00-5:00pm

**Instructor:** Greg Boland

**Location:** Harbor Square Athletic Club,  
Racquetball Court

**Fee:** \$72; w/Resident Disc: \$60

# YOUTH

## Youth Volleyball Scrimmage/Skills Clinic

Scrimmages and match situations are the focus of this six week course. All skill levels are welcome and will gain valuable experience. Russ Kerwin has over 50 years of coaching and playing experience. Russ coached many years at Bothell High and was WA state Coach of the Year five years during that time frame, three state finishes and developed several players that went on to play in college.

**Age:** 9 - 14 Years  
**#60209** W 10/12-11/16 5:30-6:30pm  
**Instructor:** Russ Kerwin  
**Location:** Spartan Recreation Center, Entire Gymnasium  
**Fee:** \$75; w/Resident Disc: \$20



## Karate for Kids

Tang Soo Do is a traditional Korean style of karate that is effective for self-defense and exercise. This is an ongoing seven week program for children. Join instructor Gordon Nelson from 6:00-7:00 p.m. on Monday evenings to learn the basic techniques of Tang Soo Do in a safe and fun way. Rank promotions are available to continuing students who train regularly. Those meeting age and rank requirements may continue their training in the Family Karate program on Monday and Wednesday evenings.

**Age:** 6 - 12 Years  
**#60205** M 9/19-10/31 6:00-7:00pm  
**#60206** M 11/7-12/12 6:00-7:00pm

**Instructor:** Gordon Nelson  
**Location:** Richmond Highlands Recreation Center, Gymnasium  
**Fee:** \$57; w/Resident Disc: \$48

## Personal Youth Basketball Trainer

Want to know how to play better basketball but don't know how to begin? It may be time for you to work out with a personal basketball trainer. Once you register, instructor Wayne Edwards will contact you to set up an appointment at your convenience. Wayne has over 30 years of coaching experience and 10 years as a personal basketball trainer. Wayne was honored as the 2008-09 WESCO Women's Coach of the Year while coaching at Edmonds-Woodway.

**Age:** 10 - 17 Years  
**#60207** M, Th, Sa 9/1/11-1/11/12  
**Instructor:** Wayne Edwards  
**Location:** Spartan Recreation Center, Gymnasium-South  
**Fee:** \$39; w/Resident Disc: \$36

## Cascade Elite Gymnastics

This program is designed to help develop gymnastics skills and confidence. Step by step progression using curriculum from the Cascade Elite Gymnastics Training Center. No Class 10/15 & 11/26.

**Age:** 5 - 12 Years  
**#60212** Sa 9/24-11/5 1:30-2:20pm  
**#60213** Sa 11/12-12/24 1:30-2:20pm  
**Instructor:** Cascade Elite Gymnastics Staff  
**Location:** Spartan Recreation Center, Gymnastics Room  
**Fee:** \$86; w/Resident Disc: \$72

## Shoreline Youth Sports Organizations

**Shoreline Univac Football**  
 (206) 524-3185

**Richmond Football**  
 (206) 365-7411

**Shoreline Cheer**  
 (206) 365-7411

**Shoreline Univac Basketball**  
 (206) 367-6548

**Shoreline YMCA T-Ball**  
 (206) 363-0446

**Hillwood Soccer Club**  
 (206) 542-3353  
[www.hillwoodsoccerclub.com](http://www.hillwoodsoccerclub.com)

**Shorelake Soccer Club**  
 (206) 362-3594  
[www.shorelake.org](http://www.shorelake.org)

**North King County Little League**  
 Baseball/Softball  
 (206) 362-6316

**Richmond Little League**  
 Baseball/Softball  
 (206) 546-2255  
[www.richmondlittleleague.com](http://www.richmondlittleleague.com)

**Sno-King Youth Club**  
 Soccer/Basketball/Baseball/Softball  
 (425) 775-2633

## TWEEN Fall Hoops Classic

Due to popular demand, we are bringing back the 3 on 3 basketball tournament for 5th and 6th graders. Are you up to the challenge? This time we will have separate brackets for each grade where the first and second place teams will receive prizes. Bring your "A" game and enjoy the night at Shorecrest 's gymnasium in spirited competitions against other teams from around Shoreline. For more information call Waldo at (206) 801-2644.

**Sa** 10/29 7:00-11:00PM  
**Location:** Shorecrest High School, Gymnasium  
**FREE**

# TEEN CENTERS

Free for all Kids Middle School - 18 years of age

## SHORECREST LATE NIGHT

15343 25th Avenue NE  
Gymnasium (206) 801-2644

OPEN Saturday 7:00-10:00 p.m.

### Shorecrest Late Night Open Gym

Join us every Saturday night for open gym where we play games all night long. Participate in monthly tournaments and win prizes on nightly basis. For more information contact Waldo Nambo at 801-2644.

**Age:** 12 - 18 Years  
**Sa** 9/17-12/17 7:00-10:00pm  
**Location:** Shorecrest High School, Gymnasium

Safe, fun place  
to hang on the  
weekends.  
Hoops, food,  
music, movies  
and more.



The Rec will be open for Tweens only on:  
9/17, 10/8, 11/12, & 12/10.

## THE REC

16554 Fremont Avenue N.  
(206) 801-2680  
Mon – CLOSED

Tue - Thur 2:30-7:00 p.m.

Friday 2:30 p.m.-12:00 a.m.

Saturday 7:00 p.m.-12:00 a.m.

Closed 11/11, 11/24, 11/25, 12/24 & 12/31

The Rec re-opens on 9/9

Hang w/friends and de-stress a bit for FREE @ The REC...

- Xbox Kinect
- Art
- Breakin'
- Foosball
- Movies
- Wii
- Hoops
- Ping-pong
- Board games
- Food!

Everyone needs a break, so why not spend it with your friends @ The REC instead of on the basement couch. It's all FREE! Call San for info 801-2643.

## SPECIAL EVENTS

### FreeFall 2011

Do you consider yourself a B-Boy or a B-Girl? Whether you compete or just watch, come join the Shoreline Teen Program for our annual fall classic. Contest and performances to be announced. For more information contact San at 801-2643.

**F** 10/14 6:00-11:00pm  
**Location:** Richmond Highlands Recreation Center  
**FREE**

Bring  
Your  
Friends!

Hey! Make sure you check out our Facebook page!

You'll get Teen Program Info and have a chance to win great prizes!

<http://www.facebook.com/ShorelineTeenProgram>

### TWEEN Fall Hoops Classic

Due to popular demand, we are bringing back the 3 on 3 basketball tournament for 5th and 6th graders. Are you up to the challenge? This time we will have separate brackets for each grade where the first and second place teams will receive prizes. Bring your "A" game and enjoy the night at Shorecrest's gymnasium in spirited competitions against other teams from around Shoreline. For more information call Waldo at 801-2644.

**Ages:** 5th & 6th Graders only  
**Sa** 10/29 7:00-11:00PM  
**Location:** Shorecrest High School, Gymnasium  
**FREE**

### Winter Nights: Going For It '11

Join us for a night of fun and competitive break-dancing and a 3 on 3 basketball tournament as teens from around the area showcase their talent. Show up and sign up with staff and be ready to compete. Winners will receive trophies and be crowned "Winter Night" Champions. For more information call Waldo at 801-2644.

**Sa** 12/17 7:00-11:00pm  
**Location:** Shorecrest High School, Gymnasium  
**FREE**

### REC Lock-In

Winter break just got better! Join us at the REC for wide awake fun! Food, video games, dodgeball, ping pong, karaoke and more! Teens must register and stay for the entire event. For more information contact Christy at 801-2645. Permission slips are required and are available at The Rec.

**#60255** Tu 12/20 10:00pm - drop off  
We 12/21 7:00am - pick up  
**Location:** Richmond Highlands Recreation Center  
**FREE**

## SCHOOL BASED PROGRAMS

### Lunch Time Activities

Get rid of that school stress! Join Shoreline's awesome Teen program staff at your school for weekly fun and games! Play dodgeball, basketball, ping pong or connect four!

**Einstein** - - - - - Tuesdays

**Shorewood** - - - - Tuesdays



**Kellogg** - - - - - Tuesdays

**Shorecrest** - - - - Thursdays

#### Einstein Lunch

Tuesdays are dodge ball days at Einstein! Join the City of Shoreline staff in the gym at lunch for some fun games of dodge ball!

#### Einstein After School Program

The SAC is the place to be Tuesdays & Thursdays after school! Hang out with your friends, play sports & games, air hockey, ping pong, Wii or create cool art! There is always a free snack and chances to win prizes! For more information contact Christy 801-2645.

Tu, Th 9/20-12/15 3:00-4:30pm  
**Location:** Einstein Middle School

#### Einstein Climbing Club

Learn to Rock Climb! Club includes 6 climbs at Vertical World, rental gear & your own Einstein Climbing Club t-shirt to keep! This is one fun extreme sport that anyone can do! New & experienced climbers welcome! For more information contact Christy 801-2645.

W 10/5-11/16 3:00-6:00pm  
**Fee:** \$110; w/Resident Disc: \$92

#### Holidazzle Happenings

Celebrate the season with holiday cheer! Go ice skating, see the lights and drink some cocoa with friends. Trips meet in the Einstein parking lot near the gym at 3:00pm returning at 6:00pm. Permission slips are available in the Einstein main office. For more information call Christy at 801-2645.

**Age:** 12 - 15 Years  
**F** 12/9-12/16 3:00-6:00pm  
**Location:** Einstein Middle School, Parking Lot  
**Fee:** Free

#### Kellogg Lunch Time

Come and join us for recreational activities during lunch on Tuesdays. For information stop by the Hang Time office in the activity center.

#### Kellogg Middle School HANG TIME

Welcome back for another exciting year of Hang Time. We will dive right in with new adventurous clubs and games. The first week of Hang Time will feature great competitions and contests with water games. Kick back and enjoy this great program at Kellogg Middle School. For more information, please stop by the Hang Time office or contact Waldo Nambo at 801-2644.

Tu, W, Th 9/27-12/22 3:00-4:45pm  
**Location:** Kellogg Middle School

#### Shorecrest Lunch Open Gym

Thursdays at lunch hang out in the gym with Waldo. Shoot some hoops and burn off some steam before afternoon classes. Meet up with us during lunch at the Shorecrest's gymnasium on Thursdays.

#### Shorewood Lunch Open Gym

Students of Shorewood and looking for something to do during lunch? We are in the Upper Gym every Tuesday throughout the school year! Come hoop it up with us!

#### Fright Fest

Get ready for a night of fright at Wild Waves Theme Park. Take the trail of terror and scream your way through the rides as we saunter through the haunted attractions. Warning - not for the easily spooked!

**Age:** 12 - 15 Years  
**F** 10/21 4:00-9:00pm  
**Location:** Richmond Highlands Recreation Center  
**Fee:** \$35; w/Resident Disc: \$30



We support youth making successful life choices by offering engaging programs that foster a sense of identity, leadership and community.

## CHANGES Parent Support Group

CHANGES Parent Support Network provides weekly parenting support groups that foster healthy families by equipping parents with the tools to change their behavior. For more information call: 1(888) 468-2620. FREE

**Age:** All Ages

### CHANGES Parent Support Network

**Th** 9/8-12/29 7:15-9:30pm

**Location:** Richmond Highlands Recreation Center, Cafe'/Game Room

### Saturday Seminars

Free Saturday seminars on issues that impact youth and parenting are presented by professionals in the field.

**Location:** Shoreline City Hall

**Cost:** Free

### In Our Own Voice: Living With Mental Illness

**Sa** 9/24 10:00am-12:00pm

Presented by: National Alliance on Mental Illness (NAMI). We will hear from two speakers who have overcome serious mental health issues. They will share their compelling personal stories of living through dark days, acceptance, treatment, coping strategies and successes as well as their hopes and dreams for the future.

### Teen Dating Abuse

**Sa** 10/22/2011 10:00am-12:00pm

This presentation will cover common clues that a teenager may be experiencing dating violence, the warning signs of a potentially abusive relationship and a dating Bill of Rights. Relationship abuse is a pattern of controlling behavior that crosses racial, economic, religious, and social lines. Physical or sexual abuse is easier to identify. Verbal and emotional abuse is much harder to recognize, but no less damaging.

### Cutting as Coping

**Sa** 11/19/2011 10:00am-12:00pm

If you or someone you love is suffering from the impact of self-harming behavior, this informative seminar may help you. Self-harming behavior, sometimes called "cutting" or "SI" is a growing problem and one that is often misunderstood. This seminar covers myths, treatment, and resources around self-injuring behavior. Presented by: Cynthia Jolly

## Tween Night

Yo 5th and 6th Graders! This is your night to kick it with your friends without younger sibs or older kids. Parents, this program offers a safe and fun place for tweens to hang out with friends on a Saturday night. There will be fun games, activities, crafts, music and food! And it's Free! Tween Night is the 2nd Saturday of every month!

**Ages:** Current 5th & 6th grade only

**Dates:** Saturdays 9/17, 10/8, 11/12, 12/10

**Time:** 6:30-10:30pm

**Location:** Richmond Highlands Recreation Center

**Fee:** Free

**"I just want to share how much I appreciate the city sponsoring the monthly tween nights. Our daughter can't wait to attend these and has made friends through this venue. Thank you for offering such a wonderful social service for kids!"**

*Jennifer Phillips*



# TEEN LEADERSHIP

## Shoreline Youth Ambassadors

Join us for the third year of Shoreline Youth Ambassadors as we strive to be the voice for teens in Shoreline. As a member you commit to S.Y.A. for one year and attend at least two meetings a month. Members will be working on a culminating project throughout the year and also participating in volunteer opportunities in Shoreline. You will receive community service hours. To apply for S.Y.A., please download an application at [www.shorelinewa.gov/parks](http://www.shorelinewa.gov/parks) or call Waldo Nambo at 801-2644 for more information.

**Age:** 14 - 18 Years

**Tu** 9/6-12/27 6:00-8:00pm

**Location:** City Hall

## Rec-N-Crew

Looking for a fun way to earn community service hours while giving back to your community? Join the Rec. N Crew to learn life skills, teamwork and leadership while making great memories and lasting friendships! For more information call San at 801-2643. Meetings are 1st & 3rd Monday of every month.

**Age:** 14 - 18 Years

**M** 9/19-12/26 3:00-4:30pm

**Location:** City Hall

**FREE**



**Register online at:**  
[www.shorelinewa.gov/parks](http://www.shorelinewa.gov/parks)

# ADULTS

## Drop-In Basketball - 40+

Full-court basketball at the Spartan Recreation Center. There is a 25 player maximum. All teams play on a rotating basis. This program is on-going throughout the year.

**Age:** 40 Years and up  
**#60208** W 9/14/11-1/11/12 7:00-9:00pm  
**Location:** Spartan Recreation Center  
**Fee:** \$3; w/Resident Disc: \$2

## Early Morning Drop-in Basketball

Full-court basketball at the Spartan Recreation Center Gym. 25 players maximum. All teams play on a rotating basis. This is an ongoing program throughout the year. Drop in or monthly fees available.

**Age:** 18 Years and up  
**#60160** M W F 9/2-9/30 6:00-7:00am  
**#60161** M W F 10/3-10/31 6:00-7:00am  
**#60162** M W F 11/2-11/30 6:00-7:00am  
**#60163** M W F 12/2-12/30 6:00-7:00am  
**Instructor:** Michael Wilson  
**Location:** Spartan Recreation Center  
**Fee:** \$20/\$2

## Drop-in Pickleball

Join us to play pickleball on three indoor courts. Offers fun and exercise in a social environment. Players responsible for set up and take down of courts. Max. 20 players.

**Age:** 18 Years and up  
**#60374** W 9/7-10/26 1:30-3:30pm  
**#60375** W 11/16-12/28 1:00-3:00pm  
**Instructor:** Recreation Staff  
**Location:** Spartan Recreation Center, Gymnasium-South  
**Fee:** \$2; w/Resident Disc: \$1.50

## Drop-in Senior Volleyball

A special opportunity for the senior adult to play afternoon volleyball in a social environment. This is an ongoing program throughout the school year. All skill levels welcome.

**Age:** 50 Years and up  
**#60351** M Th 9/8-11/10 1:30-3:30pm  
**#60352** M Th 11/14-12/29 1:00-3:00pm  
**Instructor:** Recreation Staff  
**Location:** Spartan Recreation Center, Entire Gymnasium  
**Fee:** \$2; w/Resident Disc: \$1.50



## Orientation to the Weight Room

This program offers a great introduction to the fitness equipment in the Spartan Recreation Center Weight Room. In a group setting, you'll meet with a personal trainer and learn how to use the equipment in a safe and efficient manner. Pre-registration is required.

**Age:** 18 Years and up  
**#60302** Sa 11/5 8:30-9:30am  
**Instructor:** Brenda Barkey  
**Location:** Spartan Recreation Center, Weight Room  
**Fee:** \$10; w/Resident Disc: \$8



## Japanese Swordsmanship

Release your inner samurai! Japan's sword arts combine profound spiritual, technical and strategic content in beautiful forms that foster calm, self-confidence, mental agility and character development. Chief instructor Dr. Jonathan Bannister has more than 30 years martial arts experience, holds a 4th-degree blackbelt in Iaido and is a 2009 inductee into the USA Martial Arts Hall of Fame. Instruction is offered in All Japan Kendo Federation Iaido, Muso Shinden Ryu Iaido, Aikiken and Aiki-Jo. All materials included: swords provided!

**Age:** 13 Years and up  
**Beginner Japanese Sword**  
**#60258** Th 9/8-10/20 7:15-8:45pm  
**#60259** Th 10/27-12/15 7:15-8:45pm  
**Fee:** \$72; w/Resident Disc: \$60  
**Advanced Japanese Sword**  
**#60256** Th, Sa 9/8-10/22 7:15-3:00pm  
**#60257** Th, Sa 10/27-12/17 7:15-3:00pm  
**Fee:** \$165; w/Resident Disc: \$150  
**Instructor:** Dr. Jonathan Bannister  
**Location:** Spartan Recreation Center

## Spartan Recreation Center Gymnasium and Weight Room (206) 801-2600



**Drop-in Hours:**  
 Mon-Thu 8:00am-9:00pm  
 Friday 8:00am-5:00pm  
 Saturday 8:00am-4:00pm

**Drop-in Fees:**  
**Adult:** Per visit: \$3; w/Resident Disc: \$2  
 10-Punch: \$29; w/Resident Disc: \$19  
 3-Month: \$63; w/Resident Disc: \$53  
**Youth:** Per visit: \$1 per visit  
 10-Punch: \$9  
 3-Month: \$27; w/Resident Disc: \$23

**Weight Room** - A personal trainer will be on hand from 4:30 to 6:30pm in the weight room to help you with proper equipment use and tips on developing a successful work-out program. He will be available at no extra charge every **Tuesday** evening.

Ongoing  
 Tue 4:30-6:30pm FREE

**Gym:** Children age 10 and under must be accompanied by an adult at all times.

**Weight Room:** Participants must be 16 years or older. Participants aged 16 and 17 must be accompanied by a parent or guardian.

## Personal Trainer

Want to start exercising but don't know how to begin? Are you exercising but not getting the result you want? If so, it's time for you to work out with a personal trainer at the Spartan Recreation Center Weight Room. Once you register, our personal trainer will contact you to set up an appointment at your convenience. We are dedicated to providing you with a safe program that is unique to your fitness goals. **Fee:** \$43/hr; w/Resident Disc: \$36/hr



This internationally recognized dance fitness class is designed to accommodate all fitness levels! Class includes a warm-up, cardiovascular conditioning, muscle-toning and stretching. Here's your chance to get in shape in a friendly, fun environment. Bring an exercise mat for floor work.

### REGISTER FOR JAZZERCISE WITH THE INSTRUCTOR AT THE PROGRAM SITE.

For more information, contact [mad.jazz@lycos.com](mailto:mad.jazz@lycos.com).

**Dates:** On-going, join anytime!

Mon/Fri	9:45-10:45 am
Tue/Thu	9:30-10:30 am
Mon/Tue/Thu	6:00-7:00 pm
Sat	8:00-9:00 am
Sat	9:00-10:00 am

**Fee:**

**Option 1:** Easy Fitness Ticket \$38 (Monthly pass-automated payment)

**Option 2:** Monthly Pass \$55

**Option 3:** Drop-in \$12 per class

**Option 4:** 4-class punch card \$35

**Location:** Spartan Recreation Center

**Instructor:** Madelaine Jensen



## Karate

Self-defense, confidence and physical fitness are just some of the benefits of quality karate training. Join dedicated instructors and a friendly, diverse group of students in the study of traditional Korean Tang Soo Do karate with supplemental self-defense skills from Judo and Aikido. Rank promotions are available for those who train regularly and special monthly classes are available to advanced ranks. Wednesday classes are for intermediate and advanced students. Master instructor Eric Madis has taught this class at this location since 1992.

**Age:** 10 Years and up

**#60170** M 9/12-10/31 7:15-8:30pm

**#60171** W 9/14-11/2 7:15-8:30pm

**Fee:** \$33; w/Resident Disc: \$28

**#60175** M, W 11/7-12/21 7:15-8:30pm

**Fee:** \$60; w/Resident Disc: \$50

**#60172** M W 9/12-11/2 7:15-8:30pm

**Fee:** \$67; w/Resident Disc: \$56

**#60173** M 11/7-12/19 7:15-8:30pm

**#60174** W 11/9-12/21 7:15-8:30pm

**Fee:** \$30; w/Resident Disc: \$25

**Instructor:** Eric Madis & Gail Hammer

**Location:** Richmond Highlands Recreation Center, Gymnasium

## First Steps to Exercise

Are you ready to take the first step to a healthier lifestyle? Join us and see how easy it is to start an exercise program for yourself. In this beginning level class, our personal trainer Tracey, will teach you how to get started with a program that begins with where you are now and will bring you along at your own pace and ability. She will tailor various movement to your individual needs so you will experience success along the way. Feel empowered, energized and motivated to continue on your own! No experience is necessary. No class 11/24.

**#60503** Tu 9/13-10/18 6:30-7:15pm

**#60505** Th 9/15-10/20 6:00-6:45pm

**#60504** Tu 10/25-11/29 6:30-7:15pm

**#60506** Th 10/27-12/8 6:00-6:45pm

**Instructor:** Tracey Batara

**Location:** Spartan Recreation Center, Gymnastics Room

**Fee:** \$43; w/Resident Disc: \$36



Register online at:  
[www.shorelinewa.gov/parks](http://www.shorelinewa.gov/parks)

## Pilates

Pilates is all about strengthening your core muscles. In this class, you will strengthen your abdomen to support your spine and improve your flexibility. Join us for abdominal stretches, legwork and back exercises all designed by Joseph Pilates. This class is perfect for all fitness levels. Bring an exercise mat. No class 11/24.



**#60376** Th 9/15-10/20 7:00-8:00pm

**#60377** Th 10/27-12/8 7:00-8:00pm

**Instructor:** Elizabeth Peck

**Fee:** \$57; w/Resident Disc: \$48  
Drop in: \$10

**#60311** M 9/19-10/24 11:00-11:45am

**#60312** W 9/21-10/26 11:00-11:45am

**#60313** W 9/21-10/26 6:15-7:00pm

**#60314** M 10/31-12/12 11:00-11:45am

**#60315** W 11/2-12/7 11:00-11:45am

**#60316** W 11/2-12/7 6:15-7:00pm

**Instructor:** Vicki Gabrielle

**Location:** Spartan Recreation Center, Dance Room

**Fee:** \$43; w/Resident Disc: \$36  
Drop in: \$8

## Adult Racquetball at Harbor Square



If you are just picking up a racquet or have played a few times this class is for you. You'll get a great workout, (burn up to 700 calories in an hour!) meet new players and learn technique and strategy. Wear comfortable gym wear and non-marking shoes are required. If you do not own a racquet or eye guards we have complimentary loaners available. Harbor Square is a fantastic facility located in Edmonds (160 West Dayton).

**#60494** M, W 10/3-10/26 9:30-10:30am

**#60495** M, W 10/3-10/26 6:30-7:30pm

**Instructor:** Greg Boland

**Location:** Harbor Square Athletic Club, Racquetball Court

**Fee:** \$92; w/Resident Disc: \$80

## Tai Chi

Tai Chi is a non-strenuous traditional Chinese exercise that promotes concentration, balance and coordination. The slow and steady movements develop balance between mind and body to reduce stress. Wear loose clothing and flat-heeled shoes.

**#60317** Tu 10/4-11/22 7:30-8:30pm

**Instructor:** Kevin Wilhelmsen, nurse educator and Tai Chi practitioner

**Location:** Spartan Recreation Center, Dance Room

**Fee:** \$67; w/Resident Disc: \$56

# ADULTS

## Zumba

This is a dynamic and high energy fitness class for all levels. It is one of the hottest and most rewarding fitness classes you'll ever experience! The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body. It is a mixture of body sculpting movements and easy to follow dance steps to high energy Latin and salsa music. Wear comfortable clothing and fitness shoes.

**#60309** W 9/21-10/26 5:30-6:15pm

**#60310** W 11/2-12/7 5:30-6:15pm

**Instructor:** Vicki Gabrielle, AFAA Certified

**Location:** Spartan Recreation Center, Dance Room

**Fee:** \$43; w/Resident Disc: \$36  
Drop in: \$8



## Fitness Boot Camp

Zap your metabolism into high gear! Join this popular fitness boot camp where we'll focus on a great workout that will keep you motivated. Focus on strength training, cardiovascular conditioning, boot camp drills, stretches, toning, kickboxing, squats, running and lunges. You will meet your fitness goals. All equipment provided.

**#60305** M 9/19-10/24 5:00-5:45pm

**#60306** M 10/31-12/5 5:00-5:45pm

**Instructor:** Vicki Gabrielle, AFAA certified

**Location:** Spartan Recreation Center, Dance Room

**Fee:** \$43; w/Resident Disc: \$36  
Drop in: \$8

## Fit and Fifty Weight Training

Finally you've arrived! You're secure with yourself, now you can feel secure with your fitness ability. This class is geared toward a mature women's body. Ward off the aging process through exercise and movement. You will look and feel fabulous at fifty. Group exercise class to great music and camaraderie. Cardio and weight training mix.

**Age:** 50 Years and up

**#60307** W 9/21-10/26 12:00-12:50pm

**#60308** W 11/2-12/7 12:00-12:50pm

**Instructor:** Vicki Gabrielle, AFAA certified

**Location:** Spartan Recreation Center, Dance Room

**Fee:** \$43; w/Resident Disc: \$36  
Drop in: \$8

**"Linda is the best coach ever. She is super enthusiastic and makes running fun."**

## 5K Running Program

Ready to run for fitness or your first 5K race? Or maybe you used to run and want to get back to it? The health benefits of running are great and you will notice a positive change in your spirit as well. Weekly lessons include safety, gear, injury prevention, training tips and weekly workouts. Come dressed ready to run. We'll train for the Richmond Beach Turkey Day Fun Run held Thanksgiving weekend.

**#60303** Sa 9/24-11/19 8:15-9:30am

**Instructor:** Linda Garbo, RRCA certified

**Location:** Spartan Recreation Center, Cascade Room

**Fee:** \$78; w/Resident Disc: \$65

## Half Marathon Training Class

Do you have the Seattle Marathon or Half Marathon as a running goal? Are you now running 15 miles a week and looking for your first or another medal? Join us and get started or continue your training. You'll train with a professional running coach and marathoner who respects the training, not just the mileage and strength and core exercising as well. Let's get started! Come dressed ready to run.

**#60304** Sa 9/24-12/10 9:30-10:45am

**Instructor:** Linda Garbo, RRCA certified

**Location:** Spartan Recreation Center

**Fee:** \$99; w/Resident Disc: \$85

**"Never have I seen myself running a half marathon. Thanks to Linda, I've run three!"**

## W.O.W. - Women on Weights



This is a great total body workout for women of all ages. Push your muscles to the max while you strengthen, tone and tighten. Various weight training exercises to great music.

**#60732** M 9/19-10/24 12:00-12:50pm

**#60733** M 10/31-12/5 12:00-12:50pm

**Instructor:** Vicki Gabrielle, AFAA certified

**Location:** Spartan Recreation Center, Dance Room

**Fee:** \$43; w/Resident Disc: \$36  
Drop in: \$8





## Yoga Spa Therapy

Yoga therapy combines the relaxing benefits of massage and the rejuvenation benefits of stretching and yoga. It will help you stay fit, reduce backache, stress and discomfort. This hands-on class is perfect for two people to take together because you will receive and learn to give a relaxing massage and incorporate customized stretching. Bring a yoga mat and blanket.

**Week 1:** Reflexology - feet and hands

**Week 2:** Relaxing energy lines - legs and arms

**Week 3:** Relaxing energy lines and acupressure for back, shoulders and neck.

**Week 4:** Pressure points - relaxing the face and abdomen.

**#60328** Tu 9/27-10/18 6:15-7:15pm

**#60329** Tu 10/25-11/15 6:15-7:15pm

**Instructor:** Sherry Corsiglia

**Location:** Spartan Recreation Center, Olympic Room

**Fee:** \$100; w/Resident Disc: \$85  
Drop in: \$25

## Gentle Yoga

Learn gentle yoga poses and breathing exercises that will help restore your energy and create better balance, build body strength and improve your flexibility. This beginning level yoga class will introduce you to wonderful relaxation techniques and stretches for overall improved health and well-being. Bring a yoga mat.

**#60318** Th 9/15-10/13 9:30-10:30am

**#60319** Th 10/20-11/17 9:30-10:30am

**Instructor:** Sissel Brunette

**Location:** Spartan Recreation Center, Olympic Room

**Fee:** \$60; w/Resident Disc: \$50  
Drop in: \$12

## Yoga

Elisabetha has been practicing yoga for over twenty years and is certified in Purna Yoga at the 2000 hour level. She offers safe, alignment-based yoga that unfolds from the heart connection and brings a feeling of peace and joy to the whole being. Props are provided but please bring your own yoga mat and wear comfortable clothing.

**Beg./Cont. Students**

**#60320** M 9/12-10/24 5:30-6:55pm

**#60322** Tu 9/13-10/25 12:00-1:15pm

**#60323** M 10/31-12/12 5:30-6:55pm

**#60325** Tu 11/1-12/13 12:00-1:15pm

**Fee:** \$84; w/Resident Disc: \$70

**Continuing Students**

**#60321** M 9/12-10/24 7:00-8:30pm

**#60324** M 10/31-12/12 7:00-8:30pm

**Fee:** \$84; w/Resident Disc: \$70

**Instructor:** Elisabetha Sekine

**Location:** Spartan Recreation Center, Olympic Room  
Drop in: \$12

## Yoga for the Neck and Shoulders

Do you want relief from tension headaches, tight shoulders, stiff neck and pain in your wrists and hands? In this yoga workshop, we will work to free the upper body with gentle exercises and stretches to relieve these common conditions. Learn how to incorporate them into your daily life and feel more alive. No yoga experience necessary. Bring a yoga mat.

**#60332** Sa 11/5 9:30-11:30am

**Instructor:** Elisabetha Sekine

**Location:** Spartan Recreation Center, Olympic Room

**Fee:** \$26; w/Resident Disc: \$22

## Xpress Yoga

Stretch away tension, tone your muscles and learn to relax in this express yoga class for beginning and continuing students. Learn basic yoga poses and stretches that will help you with increased flexibility, strength and muscle tone. Sherry has a combined teaching and practice of 20+ years. She renews her certificates annually and believes that yoga is a synergetic element to an active lifestyle. Bring a yoga mat.

**#60330** Tu 9/27-10/18 5:30-6:00pm

**#60331** Tu 10/25-11/15 5:30-6:00pm

**Instructor:** Sherry Corsiglia

**Location:** Spartan Recreation Center, Olympic Room

**Fee:** \$24; w/Resident Disc: \$20  
Drop in: \$6



## Intro to Purna Yoga Meditation

Learn effective and active meditation techniques in this Purna yoga meditation workshop. You will learn to quiet the mind in order to be more connected to your true inner self. Through discussion and practice, you will learn the basic techniques to increase your intuition, understand the gifts of the mind and how to use them, discover a tangible connection to love and joy and feel at home and secure in your body. Wear comfortable clothing.

**#60492** Sa 12/3 9:30-11:30am

**Instructor:** Elisabetha Sekine

**Location:** Spartan Recreation Center, Olympic Room

**Fee:** \$26; w/Resident Disc: \$22

## Yoga for Back Pain

Do you suffer from aches and pain in the lower back and would like to get relief? Come and get inspired to feel better with gentle, effective stretches and yoga poses to release tension in the lower back, hips and legs and to learn about the nutritional aspect of healing the body. You will receive handouts for an easy home practice routine. No previous yoga experience is necessary. Bring a yoga mat.

**#60333** Sa 10/1 9:30-11:30am

**Instructor:** Elisabetha Sekine

**Location:** Spartan Recreation Center, Olympic Room

**Fee:** \$26; w/Resident Disc: \$22

## Restorative Yoga Workshop

Restore your energy, calm your mind and renew your soul this busy holiday season. Learn breathing techniques and yoga poses designed to re-energize and rejuvenate. Bring a yoga mat.

**#60493** M 12/19 6:00-8:00pm

**Instructor:** Elisabetha Sekine

**Location:** Spartan Recreation Center, Olympic Room

**Fee:** \$25; w/Resident Disc: \$22



## Belly Dance

Have some fun this season learning how to belly dance! This sassy dance form is popular with all ages and body types. Get in shape, tone, stretch and increase flexibility to great music while learning Egyptian-American cabaret style dance. Hip circles, shimmies, shoulder rolls and grapevine moves will be combined into a fun and active choreography. Wear comfortable clothing.

### Beginning Students

**#60340** M 9/26-11/14 6:45-7:45pm

### Cont. Students

**#60341** M 9/26-11/14 7:45-8:45pm

### Advanced Students

**#60342** Tu 9/27-11/15 7:30-8:30pm

**Instructor:** Janice Wing

**Location:** Spartan Recreation Center,  
Gymnastics Room

**Fee:** \$62; w/Resident Disc: \$52

## Swing

Swing is the thing! Single Time Swing, the easiest of the three East Coast Swing Styles, is a great introduction to partner dancing. We will also explore the basics of Swing moves that are guaranteed to make you feel like you've been dancing for years. No experience or partners necessary.

### Single Time Swing

**#60360** M 9/26-10/24 7:45-8:45pm

### Triple Time Swing

**#60361** M 11/7-12/5 6:30-7:30pm

**Instructor:** MaryLee Lykes

**Location:** Spartan Recreation Center,  
Dance Room

**Fee:** \$60; w/Resident Disc: \$50

## Dancing for Novices

Do you feel like you have two left feet when it comes to dancing? Or that you REALLY don't know how to dance? Join this class and learn from a pro that you really can dance. We'll show you how to hear the music, find the beat, how to dance to various music and basic footwork that applies to all dance. We'll learn the Swing, Foxtrot, Waltz and a little Salsa to get you on the dance floor at your next event with confidence and ease. Everyone can dance!

**#60512** M 9/26-10/24 6:30-7:30pm

**#60357** W 9/28-10/26 7:15-8:15pm

**#60358** W 11/2-11/30 7:15-8:15pm

**Instructor:** MaryLee Lykes

**Location:** Spartan Recreation Center,  
Dance Room

**Fee:** \$60; w/Resident Disc: \$50

## Zydeco

This sassy dance born of Louisiana's Creole roots will have you on your feet and moving in no time. Learn the Zydeco Two-step with hot moves and music bound to set your heart and soul on fire. Join the Puget Sound area's strong and lively Zydeco community and experience the passion of dancing.

**#60359** W 11/2-11/30 8:15-9:15pm

**Instructor:** MaryLee Lykes

**Location:** Spartan Recreation Center,  
Dance Room

**Fee:** \$60; w/Resident Disc: \$50

## Line Dance

In this easy, fun dance class, you will learn many Line Dances to a variety of music like Swing, Rock & Roll, Waltz, Zydeco and Western. It's a great class for everyone who loves to move to music. Exercise never felt like so much fun. Benefits include increased flexibility, better balance and posture and stronger muscles. No partners necessary.

**#60510** M 11/7-12/5 7:45-8:45pm

**Instructor:** MaryLee Lykes

**Location:** Spartan Recreation Center,  
Dance Room

**Fee:** \$60; w/Resident Disc: \$50

## Ballroom Dance

Dance like the Stars! Learn the waltz, cha-cha, salsa and swing and you'll be the envy of all the dancers on the dance floor. No experience or partner necessary.

**#60509** W 9/28-10/26 8:15-9:15pm

**Instructor:** MaryLee Lykes

**Location:** Spartan Recreation Center,  
Dance Room

**Fee:** \$60; w/Resident Disc: \$50

## Writing Parenthood



How many times have you said 'My life is a book' or 'I should write this down before I forget it'? This workshop is intended for parents, grandparents or caregivers who are interested in exploring, recording or sharing their experiences through writing. Whether you want to start a personal journal, write blog posts or draft articles for print publications, this workshop will help provide you with ideas and strategies to get your words on the page.

**#60518** Sa 11/12 1:00-4:00pm

**Instructor:** Liz Sheffield

**Location:** Spartan Recreation Center,  
Cascade Room

**Fee:** \$30; w/Resident Disc: \$25

## Journal and Sketchbook Making Workshop



Are you constantly acquiring more and more notebooks to fill up with your thoughts, plans, sketches and ideas? From paper to cyber space? Several different book making techniques, different binding and cover options. Perfect for the holiday season. You'll never need to buy a notebook again! \$15 supply fee payable to instructor.

**#60521** Sa 10/1 12:00-3:00pm

**Instructor:** Karin Chickadel

**Location:** Spartan Recreation Center,  
Cascade Room

**Fee:** \$42; w/Resident Disc: \$35



## Jewelry Basics- Working with Wire

Take your jewelry-making up a notch with basic wire-work including wire-wrapped loops, linking and bead wrapping. Learn core techniques to create secure, professional-looking pieces and follow your imagination to new heights. \$10 supply fee, all tools provided for use. Familiarity with pliers and flush cutters recommended.

**#60356** Sa 10/29 10:00am-1:00pm  
**Instructor:** Sella Rush  
**Location:** Spartan Recreation Center, Cascade Room  
**Fee:** \$30; w/Resident Disc: \$25

## Jewelry Making

Learn simple wire wrapping, bead stringing, attaching a clasp and go home with a beautiful piece of jewelry of your own making. Your imagination is the limit as you coordinate colors, beads and accoutrements. \$10 supply fee, all tools provided. Perfect mother daughter workshop! For more inspiration: [www.shishidesign.com](http://www.shishidesign.com).

**Age:** 10 Years and up  
**#60353** Sa 10/8 10:00am-1:00pm  
**Instructor:** Sella Rush  
**Location:** Spartan Recreation Center, Cascade Room  
**Fee:** \$30; w/Resident Disc: \$25

## Earrings Galore

Learn to create earrings that reflect all the facets of your personality or create gifts for friends and family. In this class, you'll experiment with a variety of dangle earring styles, from small and subtle to big and flashy. Complete up to three pairs of earrings. Tools and materials available in class. \$10 supply fee payable to instructor.

**#60764** Sa 11/5 10:00am-1:00pm  
**Instructor:** Sella Rush  
**Location:** Spartan Recreation Center, Cascade Room  
**Fee:** \$30; w/Resident Disc: \$25



## Watercolor Painting

Explore the world of watercolor painting. Learn basic techniques of watercolor and gain confidence with your work as the class progresses. Open to beginning and continuing students. Supply list will be sent, call for one if registering online.

**#60339** W 10/19-11/23 6:30-9:00pm  
**Instructor:** Mary Anderson  
**Location:** Spartan Recreation Center, Cascade Room  
**Fee:** \$86; w/Resident Disc: \$72

## Expressions in Metal

Express your creativity in metal. Create unique metal charms with your own designs and/or sayings. Learn techniques for decorating metal, including stamping, texturing, pattern transfer and etching using inexpensive and easily available tools. All tools provided for use. \$10 materials fee for practice metal and up to three metal blanks for class projects.

**#60354** Sa 10/22 10:00am-1:00pm  
**Instructor:** Sella Rush  
**Location:** Spartan Recreation Center, Cascade Room  
**Fee:** \$30; w/Resident Disc: \$25



## Kruckeberg Botanical Garden Programs



### Kruckeberg Garden Tour

Join the volunteer docents on a tour through the Kruckeberg Botanic Garden. We have a variety of tours available. The free garden mini tour is an excellent introduction to the garden with information on the garden's history and plant highlights. The two-hour full tour goes into depth about the history and plant collection. The specialty tour focuses on a different topic each month.

**Pre-registration required for all tours.**

**Age:** 12 Years and up

### Garden Mini-tour

**#60514** Sa 9/10 1:00-2:00pm  
**#60516** Sa 10/8 1:00-2:00pm  
**Location:** Kruckeberg, Botanical Garden  
**Fee:** Free

### Full Garden Tour

**#60515** Sa 9/17 1:00-3:00pm  
**#60517** Sa 10/15 11:00am-1:00pm  
**Location:** Kruckeberg, Botanical Garden  
**Adult Fee:** \$12; w/Resident Disc: \$10

### Bog in a Bucket

Enhance your garden by adding a bog! Learn to create a miniature bog garden in a container. Bog gardens are perfect for those unique plants who like to keep their feet wet and add an exotic touch to any landscape. \$10 supply fee payable to instructor.

**#60727** Sa 9/24 1:00-3:00pm  
**Instructor:** Kruckeberg Botanical Garden Foundation Staff  
**Location:** Kruckeberg, Botanical Garden  
**Fee:** \$30; w/Resident Disc: \$25

## Seed Sowing

Learn the basics of harvesting seeds from your own garden or the wild. Class includes hands-on seed collecting, examples of seed cleaning, storage techniques and information about sowing the seeds you collect. \$5 supply fee payable at the garden.

**#60373** Su 10/16 1:00-3:00pm  
**Instructor:** Kruckeberg Botanical Garden Foundation Staff  
**Location:** Kruckeberg, Botanical Garden  
**Fee:** \$40; w/Resident Disc: \$35

## Wreath Workshop

Learn how to make a festive holiday wreath with fresh greenery from the Kruckeberg Botanic Garden. \$10 supply fee payable to the instructor.

**#60365** Su 12/4 1:00-3:00pm  
**Instructor:** Kruckeberg Botanical Garden Foundation Staff  
**Location:** Kruckeberg, Botanical Garden  
**Fee:** \$40; w/Resident Disc: \$35

# ADULTS

## Weight Loss through Hypnosis



It's not what you eat, it's why you eat is often the cause of weight gain. Explore the way you make the food choices you do and learn to change them toward a healthier lifestyle. Hypnosis is a safe way to lose weight and keep it off while you change the way you think about yourself. Watch your attitude change while you watch your body change and get ready to accept success.

**#60533** Th 10/20-11/17 7:00-9:00pm

**Instructor:** Kathie Brodie

**Location:** Spartan Recreation Center, Cascade Room

**Fee:** \$144; w/Resident Disc: \$120

## Canning - Pickling and Fermenting

Learn how to get started preserving pickled and fermented foods from your own garden or local farm. Join this hands-on class as we discuss the basics of home canning, including food safety, equipment and where to find safe canning recipes. Learn the difference between quick packed pickles (or other vegetables) and fermented vegetables as well as the ingredients and equipment required for both methods. Bring an apron. You will take home a can of what we make in class. Instructor is a Master Food Preserver, with training based on USDA safe canning methods. \$5 supply fee payable to instructor.

**#60366** M 11/7 7:00-9:00pm

**Instructor:** Shannon Valderas

**Location:** Spartan Recreation Center, Cascade Room-w/Kitchen

**Fee:** \$25; w/Resident Disc: \$22

## Cooling Inflammation with Food



Research suggests that chronic inflammation may be linked to heart disease, hypertension, diabetes, arthritis, cancer and Alzheimers. The best defense against inflammation is diet. You will learn how to minimize or reverse this condition through simple dietary changes, cooking techniques and lifestyle intervention to help support healing and repair the body. You'll also learn which common foods are anti-inflammatory and which familiar foods can aggravate inflammatory conditions. Sample savory salmon spread, Mediterranean Quinoa salad, edamame basil dip and chocolate nutbutter bites. \$5.00 supply fee payable to instructor.

**#60513** Th 10/13 7:00-9:00pm

**Instructor:** Karen Lamphere, nutritionist

**Location:** Spartan Recreation Center, Cascade Room-w/Kitchen

**Fee:** \$30; w/Resident Disc: \$25

## Stop Smoking the Easy Way - through Hypnosis



If you knew you could stop smoking without using chemicals, would you do it? Try hypnosis, discover what it's really about and how it can help you get to the underlying excuse of why you smoke. Then we'll discuss healthy behaviors and a successful way of looking at your life so you can move on without the crutch of a habit that isn't healthy for you. Learn self-regulation skills from a certified hypnotherapist and experience successful results.

**#60532** M 10/10-10/24 7:00-9:00pm

**Instructor:** Kathie Brodie

**Location:** Spartan Recreation Center, Cascade Room

**Fee:** \$108; w/Resident Disc: \$90



Register online at:  
[www.shorelinewa.gov/parks](http://www.shorelinewa.gov/parks)

# DOG OBEDIENCE

Join our popular dog (and people!) training taught by Joyce's Dogs. Joyce's Dogs staff have over 27 years of experience training dogs and people. You will have at least two instructors in your class. In all levels of this class, the focus is on teaching owners to utilize leadership techniques that the dog can easily understand. Methods are positive, (not permissive!) gentle and take into consideration how people learn! All puppies and dogs must be current on their veterinarian's immunization recommendation for his/her age. **Note: First class for both groups meets from 7:00-9:00pm without the dogs. HANDLERS MUST BE 14 YEARS OF AGE OR OLDER.**

## Puppy Manners

This class is for puppies from 10 weeks to 6 months old at the start of class. Behavior issues such as jumping up, mouthing, excessive barking and getting in your space will be addressed. Topics include socialization, crate and potty training, body handling and grooming. **Puppies do not attend the first day.**

**#60343** Th 9/22-10/27 7:00-8:00pm\*

**#60345** Th 11/3-12/15 7:00-8:00pm\*

**Instructor:** Staff of Joyce's Dog

**Location:** Richmond Highlands Recreation Center, Gymnasium

**Fee:** \$108; w/Resident Disc: \$90

## Beginning Obedience

This class is for dogs older than 6 months at the start of class. Learn how to provide leadership for your dog while teaching your dog to sit, stay down and come. Learn the importance of praise, reinforcement and release words. **Dogs do not attend the first class.**

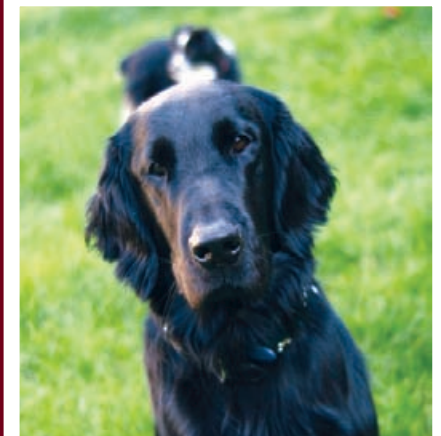
**#60344** Th 9/22-10/27 8:00-9:00pm\*

**#60346** Th 11/3-12/15 8:00-9:00pm\*

**Instructor:** Staff of Joyce's Dog

**Location:** Richmond Highlands Recreation Center, Gymnasium

**Fee:** \$108; w/Resident Disc: \$90



\*First class meets 7:00-9:00pm

## Shoreline Pool

19030 1<sup>st</sup> Avenue NE  
 Shoreline, WA 98155  
 PHONE: (206) 801-2650  
[www.shorelinewa.gov/parks](http://www.shorelinewa.gov/parks)

## Regular Hours:

Monday - Friday 5:30am-8:45pm  
 Saturday 8:45am-3:00pm  
 Sunday 11:30am-3:00pm

## Pool Closures:

September 5 Labor Day  
 October 31 (early evening closure)  
 November 11 Veteran's Day  
 November 23 (early evening closure)  
 November 24 & 25 Thanksgiving Holiday  
 December 24 & 25 Christmas Holiday  
 December 31 New Year's Eve  
 January 1 New Year's Day

## School's Out Open Swims

Time: 1:15-2:45pm  
 October 7  
 December 5  
 December 21-23, 26-30  
 January 2,3

## Pool Party Rentals

Our party days are Saturday & Sunday 3:00-7:00 p.m. Use of all the pool's "fun stuff" and lifeguards are included in rental cost. Upstairs balcony area is also available during your rental time.

1 to 60 people..... \$130/hour  
 w/Resident Disc:..... \$115/hour  
 61 to 150 people..... \$175/hour  
 w/Resident Disc:..... \$150/hour

**Hey Middle Schoolers:  
 Check out the Teens  
 page, see all about  
 Halloween film night at  
 the pool!**

## General Admission Fees

	Fee:	W/Resident Disc:
Children 4 & under .....	Free .....	Free .....
Youth 5-17 years .....	\$3.00 .....	\$2.50 .....
Disabled & Seniors 60+ years .....	\$3.00 .....	\$2.50 .....
Adult .....	\$4.50 .....	\$3.50 .....
Family-parent & their children .....	\$11.50 .....	\$8.75 .....
Shower Only .....	\$1.00 .....	\$1.00 .....

### WATER AEROBICS:

Adult Drop-in.....	\$ 5.50 .....	\$ 4.50 .....
Adult 10 Punch.....	\$45.00 .....	\$37.00 .....
Senior Drop-in.....	\$ 4.00 .....	\$ 3.25 .....
Senior 10 Punch.....	\$32.00 .....	\$26.00 .....
Arthritis Drop-in.....	\$ 4.00 .....	\$ 3.50 .....
Arthritis 10 Punch .....	\$40.00 .....	\$35.00 .....

## Pool Passes Save money while you swim!

*Passes make great gifts!*

	10 Punch	1 Month	3 Month	6 Month	1 Year
<b>Youth</b>	\$24.00	\$ 36.00	\$113.00	\$184.00	\$322.00
<b>w/Resident Disc.</b>	\$20.00	\$ 30.00	\$ 89.00	\$154.00	\$269.00
<b>Senior</b>	\$24.00	\$ 36.00	\$113.00	\$184.00	\$322.00
<b>w/Resident Disc.</b>	\$20.00	\$ 30.00	\$ 89.00	\$154.00	\$269.00
<b>Disabled</b>	\$24.00	\$ 36.00	\$113.00	\$184.00	\$322.00
<b>w/Resident Disc.</b>	\$20.00	\$ 30.00	\$ 89.00	\$154.00	\$269.00
<b>Adult</b>	\$36.00	\$ 61.50	\$165.00	\$265.00	\$477.00
<b>w/Resident Disc.</b>	\$29.00	\$ 47.50	\$134.00	\$216.00	\$377.00
<b>Family</b>	\$100.00	\$140.00	\$320.00	\$517.00	\$904.00
<b>w/Resident Disc.</b>	\$71.00	\$117.00	\$267.00	\$431.00	\$754.00

## Public Swim

Mon/Wed/Fri 7:45-8:45pm  
 Sat & Sun 1:15-3:00pm

Enjoy the pool, the diving board, mats, noodles, inner tubes and the slide with friends and family. Open to all ages. Children under 7 must be accompanied into the water by an adult.

## Gentle Water Exercise

Tue/Thu 9:00-10:00am

This program is to help those who need to slowly get back into exercise due to illness, surgery or medical treatment. This exercise is in the shallow end of the pool and no swimming ability is needed.

## Arthritis Foundation Aquatics Program

Mon/Wed/Fri - 9:00-10:00am

Our popular program is designed for people who are limited by impaired joint motion and/or strength. The program goals include improving or maintaining joint flexibility, maintaining muscle strength or reducing muscle weakness, improving balance and coordination.

## REAL DEAL Swim

Friday 7:45-8:45pm

Same fun as a Public Swim at a fraction of the cost! Our way of saying "Thank you" for swimming at the Shoreline Pool every Friday night. All Youth=\$1.00; Adults=\$2.00; w/Resident Disc: \$1.50

## Sensational Water Aerobics!

### Shallow Water Exercise:

Mon/Wed/Fri 6:30-7:30am  
 Mon-Fri morning 7:45-8:45am  
 Tue/Thu evening 7:45-8:45pm  
 Sat morning 8:45-9:45am


### Deep Water Exercise:

Mon/Wed/Fri morning 10:00-11:00am  
 Tue/Thu evening 7:35-8:35pm  
 Sat morning 10:00-11:00am

Shallow water aerobics and deep water exercise are low to no impact. Great for the joints. Absolutely no swimming skills required, but comfort in the water is recommended. The water environment works your cardiovascular system as hard as other high impact classes.

# SHORELINE POOL

## Shoreline Pool 2011 Fall Schedule: September 1 - December 31

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30-7:00am 5:30-6:30am	Early Riser Lap Swim & Family Swim	Early Riser Lap Swim & Family Swim	Early Riser Lap Swim & Family Swim	Early Riser Lap Swim & Family Swim	Early Riser Lap Swim & Family Swim			
6:30-7:30am 7:00-8:00am	Shallow Water Aerobics Masters Swim Team	Masters Swim Team	Shallow Water Aerobics Masters Swim Team	Masters Swim Team	Shallow Water Aerobics Masters Swim Team			
7:45-8:45am 8:00-9:00am	Shallow Water Aerobics & Lap Swim	Shallow Water Aerobics & Lap Swim	Shallow Water Aerobics & Lap Swim	Shallow Water Aerobics & Lap Swim	Shallow Water Aerobics & Lap Swim		7:00-10:00am High School Swim Team	
9:00-10:00am	Gentle Lap Swim & Arthritis Therapy	Gentle Lap Swim & Gentle Exercise	Gentle Lap Swim & Arthritis Therapy	Gentle Lap Swim & Gentle Exercise	Gentle Lap Swim & Arthritis Therapy		8:45-9:45am Shallow Water Aerobics	
10:00-11:00am 10:00-11:30am	Deep Water Aerobics & Lap/Family Swim	Lap Swim & Swim Lessons	Deep Water Aerobics & Lap/Family Swim	Lap Swim & Swim Lessons	Deep Water Aerobics & Lap/Family Swim		Deep Water Aerobics 10:00am - 12:45pm Swim Lessons	Scheduled
11:30am-1:00pm	Lap Swim & Family Swim	Lap Swim & Family Swim	Lap Swim & Family Swim	Lap Swim & Family Swim	Lap Swim & Family Swim		Lap Swim	Lap Swim & Family Swim
1:00-3:00pm 3:00-6:00pm	Scheduled Programs High School Swim Team	Home School Swim Lessons High School Swim Team	Scheduled Lessons High School Swim Team	Home School Swim Lessons High School Swim Team	Scheduled Programs High School Swim Team	1:15-3:00pm Public Rec Swim	1:15-3:00 p.m. Public Rec Swim	
6:00-7:45 p.m.	Cascade Swim Team & Swim Lessons	Cascade Swim Team & Swim Lessons	Cascade Swim Team & Swim Lessons	Cascade Swim Team & Swim Lessons	Cascade Swim Team & Family Swim	<b>Children under 7 years of age must be accompanied by an adult in the water at all times.</b>  *Family Swim is in the shallow end only.		
7:35-8:35pm	-----	Deep Water Aerobics	-----	Deep Water Aerobics	-----		RENTALS AVAILABLE 3:00-7:00pm	RENTALS AVAILABLE 3:00-7:00pm
7:45-8:45pm	Public Recreation (2 lap lanes)	Lap Swim (3 lanes) & Shallow Water Aerobics	Public Public Rec (2 lap lanes)	Lap Swim (3 lanes) & Shallow Water Aerobics	Real Deal Public Swim (No lap lanes)			

\*Family Swim is an adult/child program; an adult must be in the water with a maximum of three children per adult.

### \*Family Swims

Mon-Fri & Sun 11:30am-1:00pm  
Friday evenings 6:00-7:45pm

A great way to spend quality time with your family. Especially fun for families with little ones who are sure to sleep after active play in the water! Fun in the water promotes confidence to swim. Adult must be present in water with children at all times.

### Lap Swim

Mon - Fri 5:30-7:00am  
8:00am-1:00pm  
Tue & Thur 7:45-8:45pm  
Sat & Sun 11:30am-1:00pm

Everyone needs a good cardiovascular workout whether it's fast, medium or slow. Swim for fun, swim for health. Get every muscle moving.

### Gentle Lap Swim

Mon-Fri 9:00-10:00am

If you want to swim but don't need to win the race or "churn" the water, this is the best relaxing lap swim for you. Recommended for seniors, but open to all adult lap swimmers.

### Lifeguard Training Classes:

Learn to respond to water emergencies and perform lifesaving CPR and First Aid. Must be 15 years by the end of the course. Graduates receive an American Red Cross certification in Lifeguarding, CPR-FPR and Preventing Disease Transmission. **Course material can be purchased at the Pool for \$40.**

**Age:** 15 years and up  
**#60371 Tu thru F 12/21-12/29 9:00am-4:30pm**  
**Fee:** \$160; w/Resident Disc: \$145  
**#60369 Sa, Su 9/17-10/2 9:00am-4:30pm**  
**#60370 Sa, Su 11/5-11/20 9:00am-4:30pm**  
**Fee:** \$175; w/Resident Disc: \$145



## Practice Card

Only at the Shoreline Pool do your children get 6 free swims during the swim session. The more practice each participant gets, the more they become comfortable and confident with the skills required for their level. To receive or to reload your practice pass, just ask when you register for swim lessons.

## Parent-Infant Tot Swim Lessons

Our instructors will assist you in teaching your precious one the basics of floating, kicking, reaching, bubble blowing and underwater exploration. No disposable diapers allowed in the pool. Swim diapers are required and available for purchase at the pool front desk.

## Preschool Swim Lessons

**Age:** 3-5 years

**Pre-Level 1:** Little or no previous water experience.

**Pre-Level 2:** Completed Preschool Level 1 or able to easily experience water adjustment, complete rhythmic breathing for 5 times, front glide for 3 feet and back glide unassisted.

**Pre-Level 3:** Completed Preschool Level 2 or able to front float 10 seconds, swim on the front for 15 feet and fin or scull on the back while kicking for 10 feet.

**Pre-Level 4:** Completed Preschool Level 3 or able to swim 40 feet with side breathing, backstroke 30 feet and deep water introduction.

**Pre-Level 5:** Completed Preschool Level 4 or able to swim 75 feet with side breathing.

## Youth Swim Lessons

**Age:** 6-14 years

**Level 1:** Little or no previous experience.

**Level 2:** Swim 10 yards on front and back, side breathing introduced.

**Level 3:** Swim 15 yards on front and back, treading water introduced, refine side breathing and deep water introduced.

**Level 4:** Swim 25 yards on front and back, breaststroke & butterfly kick, tread water one minute.

**Level 5:** Swim 50 yards on front and back, tread water for two minutes, breaststroke & butterfly 15 yards and sidestroke introduced.

**Level 6:** Swim 100 yards on front and back, breaststroke and butterfly 25 yards.

**Level 7:** Swim 500 yards with a combination of strokes.

## Adult Swim Lessons

**Age:** 13 years & up

**Beginning:** No experience. Learn to float and basic swim stroke. Overcome water anxiety.

**Intermediate/Advanced:** Refine strokes, introduce advanced strokes, improve breathing and swim endurance.

## SWIMMING LESSONS

Morning, Evening and Saturday American Red Cross swim lessons are offered year round for all ages from infants to adults. Small class sizes provide more personalized, high quality instruction. Swim lessons are grouped by age and ability within each age group.

### Swim Lesson Fees

**½ hour Swim Lesson:**

\$5.50; w/Resident Disc: \$5.00

**¾ hour Competitive Skills Classes:**

\$8.25; w/Resident Disc: \$7.50

### How to Register:

Complete a free "pre-lesson" placement test to determine class level if you have not been enrolled in a program for the last six months. Tests are done during FAMILY OR PUBLIC SWIMS.

- Determine class days and desired time
- Register on scheduled registration dates (listed below)
- Payment must be made at time of registration
- Classes not sufficiently filled may be combined, moved or canceled.
- Not all classes are available at all times.

## Preschool/Youth Classes

**All swim Lessons ½ hour**

### Fall

Tues & Thu 10:00-11:30am  
1:15-2:45 pm

### Fall

Mon & Wed 6:00-7:30pm  
Tues & Thu 6:00-7:30pm  
Sat 10:00am-12:35pm

## Adult Classes

### Beginner

Mon & Wed 8:45-9:15pm

### Intermediate & Advanced

Mon & Wed 8:15-8:45pm

**NOW YOU CAN REGISTER FOR SWIMMING LESSONS ONLINE AT:**  
[www.shorelinewa.gov/parks](http://www.shorelinewa.gov/parks)

### Session 1: All registration begins Monday August 22

Mon/Wed Session Fees: \$54 w/Resident Disc: \$47.25 (No lesson Mon Sept 5, Labor Day)

Tue/Thur Session Fees: \$60 w/Resident Disc: \$52.50

Sat Session Fees: \$30 w/Resident Disc: \$26.25

Monday/Wednesday (9 lessons lasting 5 weeks) September 7 - October 5

Tuesday/Thursday (10 lessons lasting 5 weeks) September 6 - October 6

Saturday (5 lessons lasting 5 weeks) September 10 - October 8

### Session 2: All registration begins Monday October 3

Mon/Wed Session Fees: \$60 w/Resident Disc: \$52.50

Tue/Thur Session Fees: \$60 w/Resident Disc: \$52.50

Sat Session Fees: \$30 w/Resident Disc: \$26.50

Monday/Wednesday (10 lessons lasting 5 weeks) October 10 - November 9

Tuesday/Thursday (10 lessons lasting 5 weeks) October 11 - November 10

Saturday (5 lessons lasting 5 weeks) October 15 - November 12

### Session 3: All registration begins Monday November 7

Mon/Wed Session Fees: \$54 w/Resident Disc: \$47.25 (No lesson Wed Nov 23)

Tue/Thur Session Fees: \$54 w/Resident Disc: \$47.25 (No lesson Thur Nov 25)

Sat Session Fees: \$24 w/Resident Disc: \$21 (No lesson Sat Nov 28)

Monday/Wednesday (9 lessons lasting 5 weeks) November 15 - December 15

Tuesday/Thursday (9 lessons lasting 5 weeks) November 16 - December 16

Saturday (4 lessons lasting 5 weeks) November 20 - December 18

# SPECIALIZED RECREATION

## Recreation is for Everyone

If you are interested in any class but hesitate to register because of a developmental or physical limitation, please call the Spartan Recreation Center at (206) 801-2600 for help in getting started. Reasonable accommodations will need a minimum of three weeks notice in advance of the program start date. **Participants needing individual assistance to participate in programs, including toileting, transferring, eating, dressing or behavior intervention, must bring an attendant/companion to programs.**

## Adult Community Choices

Adult Community Choices is a great opportunity to express yourself through cooking, therapeutic recreation, music and art. The daily schedule will also include field trips to exciting places. This program emphasizes community exploration and building relationships. The staff will make everyone feel welcome. Please call (206) 801-2600 for more information. Sign-up for all 4 days and save big. Please bring a sack lunch. Transportation information: Access drop off 10:00 a.m. Access pick up from 1:30-2:00pm. No program on 10/10 & 11/24.

- Age:** 18 Years and up
- #60264** M thru Th 9/6-10/20  
**Fee:** \$270; w/Resident Disc: \$240
- #60260** M 9/12-10/17  
**Fee:** \$60; w/Resident Disc: \$50
- #60261** Tu 9/6-10/18  
**#60262** W 9/7-10/19  
**#60263** Th 9/8-10/20  
**Fee:** \$80; w/Resident Disc: \$70

### Session 2

- #60269** M thru Th 10/31-12/15  
**Fee:** \$270; w/Resident Disc: \$240
- #60265** M 10/31-12/12  
**#60266** Tu 11/1-12/13  
**#60267** W 11/2-12/14  
**Fee:** \$80; w/Resident Disc: \$70
- #60268** Th 11/3-12/15  
**Fee:** \$70; w/Resident Disc: \$60

**Instructor:** Katie Sanford  
**Location:** Richmond Highlands Recreation Center  
**Time:** 10:00am-2:00pm

## Creative Arts for Life Drama

Join instructors Jill and Andy in this program that explores the world of theatrical drama. The class will develop, write, create and perform the 8th annual 'Shoreline Live' dramatic presentation in the Spring of 2012. Priority given to previous students if on the waitlist.

- Age:** 18 Years and up  
**#60237** W 9/21-11/30 6:30-8:00pm  
**Instructor:** Jill Rogers  
**Location:** Spartan Recreation Center, Olympic Room  
**Fee:** \$96; w/Resident Disc: \$80

## Special Olympics Basketball

Join us for a fun season of basketball! Current Special Olympics Participation Application form required in order to participate. Athletes need to be able to follow directions.

- Age:** 13 Years and up  
**#59033** Su 12/18-3/18 3:00-5:00pm  
**Instructor:** Christy Wicklander  
**Location:** Spartan Recreation Center, Entire Gymnasium  
**Fee:** \$90; w/Resident Disc: \$80

## Scholarships Available

Call (206) 801-2600  
for information

## Volunteers Wanted!

Please contact the Spartan Recreation Center if you are interested/available to assist on our Specialized Recreation Trips & Special Events or with the midday/evening programs. As a volunteer, you will have the opportunity to share your compassion for other people while receiving a great deal of friendship in return. Give it a try!

Call (206) 801-2600 for further details.

## Get Fit

Similar to our Walk and Roll program at Choices, you will count your steps and track your progress throughout this course. Each participant will receive their own pedometer to help count their daily steps or miles. Get Fit is on your own and at your own pace. We will meet on three Monday's only throughout the ten-week course. At the first meeting, get motivated and learn helpful information on how to get fit and stay healthy. Check in as a group at the second meeting for more healthy tips and encouragement! And at the final meeting, each participant will be awarded for their progress and success. Weekly phone calls or emails will be sent to participants with helpful hints and motivation! **So what are you waiting for? Let's GET FIT!**

- Age:** 18 Years and up  
**#60734** 9/12-11/14 6:00-8:00pm
- M 9/12 1st Meeting: Fit Club Kick Off Meeting!  
M 10/17 2nd Meeting: Check in & support tips!  
M 11/14 3rd Meeting: Fit Club awards & party!

**Instructor:** Katie Sanford & Jill Rogers  
**Location:** Richmond Highlands Recreation Center, Cafe/Game Room  
**Fee:** \$7; w/Resident Disc: \$5



All programs in this brochure are intended for those with and without disabilities. If you believe you may need reasonable special accommodations, please call (206) 801-2600 and we will be happy to assist you.



## TRIPS AND SPECIAL EVENTS

### Weekend Getaway

Enjoy a 4 o'clock guest reception; swim with friends; relax in the spa or work out in the exercise room. Pizza party and movies or games in the rooms will round out the evening before slumber in luxury accommodations. Finish the festivities with a hot breakfast before an 11:00 a.m. pick-up. Pick-up and drop-off at the Hampton Court Hotel in Lynnwood.

**Age:** 18 Years and up  
**#60241** F-Sa 9/9-9/10  
**Instructor:** Jill Rogers  
**Location:** Hampton Court Hotel  
**Fee:** \$85; w/Resident Disc: \$70



### Monster Mash Dance

Dress up if you dare, you could win a prize. Dance the night away to a live band. Fun games, dance contests and snacks provided. Senior Center is located next door to the Spartan Recreation Center.

**Age:** 15 Years and up  
**#60245** F 10/28 6:00-8:30pm  
**Instructor:** Jill Rogers  
**Location:** Shoreline/LFP Senior Center  
**Fee:** \$5

### Dinner and a Movie

Enjoy a fun evening as we cook a healthy meal together, play group games and watch a latest movie release. Pick-up and drop-off at the Spartan Recreation Center.

**Age:** 18 Years and up  
**Italian Night**  
**#60238** F 9/23 6:00-10:00pm  
**Sub Sandwich Shop**  
**#60239** F 10/14 6:00-10:00pm  
**Soup and Potato Bar**  
**#60240** F 11/11 6:00-10:00pm

**Instructor:** Jill Rogers  
**Location:** Spartan Recreation Center, Cascade Room  
**Fee:** \$24; w/Resident Disc: \$19

### Matinee & Lunch

Fun local outing! We will visit Cinebarre for lunch and a matinee. Then head out to take a walk- either at a park or at the mall. Must be 21 - please bring I.D.

**Age:** 21 Years and up  
**#60246** Sa 10/1 11:00am-4:00pm  
**Instructor:** Jill Rogers  
**Location:** Spartan Recreation Center  
**Fee:** \$42; w/Resident Disc: \$35

### Cosmic Bowling & Dinner

We will meet at Spin Alley for a fun session of Cosmic Bowling with neat-o glow in the dark shoes, balls and fun music. After that we will head next door for an early dinner. Pick up and drop off at Spin Alley.

**Age:** 18 Years and up  
**#60249** Sa 11/19 1:00-5:00pm  
**Location:** Spin Alley Family Bowling Center  
**Fee:** \$42; w/Resident Disc: \$35

### Holiday Party

Celebrate the holidays with your friends. We will make cards and a special gift for a loved one. We will have dinner together and watch a few holiday classic movies. Supplies and dinner covered in fee.

**Age:** 18 and up  
**#60248** F 12/2 5:00-9:00pm  
**Instructor:** Jill Rogers  
**Location:** Spartan Recreation Center, Cascade Room  
**Fee:** \$27; w/Resident Disc: \$22



### Warm Beach Getaway Festival of Lights

Enjoy all the festivities of the 'Lights of Christmas' at Warm Beach and stay in a rustic cabin which is a part of the beautiful display. Please bring pillow and sleeping bag. Meals will be provided. Space is limited. Pick-up and drop-off at the Spartan Recreation Center.

**Age:** 18 and up  
**#60247**  
 Sa 12/10 3:00pm - Drop Off  
 Su 12/11 12:00pm - Pick up  
**Instructor:** Jill Rogers  
**Location:** Spartan Recreation Center  
**Fee:** \$145; w/Resident Disc: \$120

# PARK AMENITIES

## Please note the following:

- Park hours are dawn until dusk.
- Opening and/or consumption of alcoholic beverages in Shoreline parks is prohibited.
- Pets must be on leashes in all Shoreline parks except where posted. Pets are not permitted on turf fields, tennis courts, playgrounds or in any building unless specifically permitted by posting.
- Trails are open to all non-motorized users with the exception of motorized wheelchairs, unless otherwise designated and posted.

Facilities can be reserved by calling (206) 801-2600

Parks and recreation facilities are available for use by the public whenever possible. Special use permits or scheduling the use of facilities is required for any community, special or private event involving more than routine use of a park or facility.

	BASEBALL/SOFTBALL	BASKETBALL	FORMAL GARDEN	HANDBALL	HORSEHOE PIT	OPEN SPACE/NATURAL AREA	PICNIC WATER ACCESS	PLAYGROUND	PUBLIC ART	(X) RESTROOM (✓) SANI-CAN	SKATE PARK	SOCCER	TENNIS	TRAILS
1 Boeing Creek Open Space - 601 NW 175th St														X
2 Boeing Creek Park - 17229 3rd Ave NW					X	X	X							X
3 Brugger's Bog Park - 19533 25th Ave NE							X	X						X
4 Cromwell Park - 18030 Meridian Ave N.	X	X			X		X	X	X	X		X		X
5 Darnell Park - 1125 N 165th St					X									X
6 Echo Lake Park - 1521 N. 200th St						X	X		X	X				X
7 Hamlin Park - 16006 15th Ave NE	X			X	X		X	X	X	X				X
8 Hillwood Park - 19001 3rd Ave NW	X			X				X		X		X	X	
9 Innis Arden Reserve Open Space - 17601 14th Ave NW					X									X
10 Interurban Trail Adjacent Aurora Ave between N. & 45t 205th St								X						X
11 James Keough Park - 2350 N 167th St		X						X			X			
12 Kayu Kayu Ac Park - 19911 Richmond Beach Drive NW							X	X	X	X				X
13 Kruckeberg Botanic Garden - 20312 15th Ave NW			X						X					X
14 Meridian Park Open Space - 16765 Wallingford Ave N					X									X
15 North City Park - 19201 10th Ave NE					X									X
16 Northcrest Park - 827 NE 170th St					X		X							X
17 Paramount Open Space - 946 NE 147th St					X									X
18 Paramount School Park - 15300 8th Ave NE	X						X	X		X	X	X		X
19 Richmond Beach Community Park - 2201 NW 197th St								X	✓				X	
20 Richmond Beach Saltwater Park - 2021 NW 190th St					X	X	X	X	X	X				X
21 RBSP Seasonal Dog Off-Leash Area - 2021 190th St (Open 1/1-3/15)						X			X					
22 Richmond Highlands Park - 16554 Fremont Ave N	X						X	X	X					
23 Richmond Reserve Open Space - 19101 22nd Ave NW					X									
24 Ridgecrest Park - 108 NE 161st St	X		X						✓					
25 Ronald Bog Park - 2301 N 175th St			X		X	X	X	X						X
26 Shoreline Park - 19030 1st Ave NE							X	X	X	X	X	X	X	X
27 Shoreview Park - 700 NW Innis Arden Way	X				X		X	X	X		X	X	X	X
28 Shoreview Dog Off-Leash Area - 320 NW Innis Arden Way									✓					
29 South Woods - 2210 NE 150th St					X									X
30 Strandberg Preserve Open Space - 19101 17th Ave NW					X									X
31 Twin Ponds Park - 15401 1st Ave NE			X		X	X	X	X	X		X	X	X	X

## Athletic Field Scheduling

Call the Spartan Recreation Center at  
(206) 801-2636

### Hourly Field Use Fees:

Field Lights: \$17 per hour (determined by dusk schedule)

### Grass/All-Weather Fields:

**Non-Profit Youth Organizations**

**League/Practice:**

\$6/hr; w/Resident Disc: \$4/hr

**Tournament:**

\$12/hr; w/Resident Disc: \$9/hr

**All Other Organizations and Private Groups**

**Practice:**

\$20/hr; w/Resident Disc: \$16/hr

**League:**

\$36/hr; w/Resident Disc: \$30/hr

**Tournament:**

\$43/hr; w/Resident Disc: \$36/hr

### Synthetic Field Turf Fields:

**Non-Profit Youth Organizations**

**League/Practice/Tournament:**

\$25/hr; w/Resident Disc: \$17/hr

**All Other Organizations and Private Groups**

**League/Practice/Tournament:**

\$75/hr; w/Resident Disc: \$61/hr



## Picnic Shelter & Amphitheater Rentals

Picnic shelter & amphitheater reservations are available year round and may be made up to six months in advance.

### Fees:

Full day: \$90; w/Resident Disc: \$75

Half-day: \$60; w/Resident Disc: \$50

Amphitheater Amplification Fee: Rentals with amplification require a 4-hour minimum reservation and an additional \$18.50 per hour supervision fee.

To reserve a shelter, call (206) 801-2600

## Shoreline Pool

19030 1st Ave. NE  
(206) 801-2650

To book a fun filled pool party on the weekend or a seriously wet rental contact the Pool staff at (206)-801-2650 #4. See page 21 for pricing.

## Cromwell Park Amphitheater

18030 Meridian Avenue N.

This newly renovated park has an amphitheater which is a wonderful spot for performances, weddings and gatherings! The stage structure is 550 square feet with power for sound. A sloped grass lawn area has views to the concrete stage.

## Richmond Highlands Recreation Center Rentals

16554 Fremont Avenue N.  
(206) 801-2600

### Special Features:

Available Saturdays from 1:30-6pm and Sundays 8am-10pm

- Small gym with a stage
- Games room with table tennis and billiard tables
- Meeting/Café room with a kitchen
- Adjacent ball field may be available for an additional fee
- Outdoor play equipment for children
- Great for parties, reunions, receptions, etc.

### Hourly Fees (two-hour minimum):

**Entire Facility:**

\$70/hr; w/Resident Disc: \$58/hr

**Gymnasium only:**

\$55/hr; w/Resident Disc: \$46/hr

**Café/Games Room only:**

\$55/hr; w/Resident Disc: \$46/hr

Damage Deposit (refundable): \$200

## Spartan Recreation Center Rentals

202 NE 185 St. (206) 801-2600  
(South end of Shoreline Center Complex)

### Special Features:

- Competition size gym with bleacher seating and two courts for volleyball or basketball contests (w/divider curtain)
- 2 multi-purpose rooms with vinyl floors, tables and chairs (ideal for parties)
- Dance room with finished wood floors, mirrored wall and natural lighting
- Swimming pool within walking distance
- Locker rooms and shower facilities
- Adjacent grass football sized field may also be available for an additional fee
- Great for families, social gatherings, youth group activities and athletic events

### Fees:

#### Non-Profit Youth Organizations

**Entire Facility:** \$115; w/Res Disc: \$90hr\*

**Entire Gym:** \$44; w/Res Disc: \$34/hr\*

**One Court Only:** \$24; w/Res Disc: \$19hr\*

**Multi-purpose Rm:** \$15 w/Res Disc: \$11hr\*

**Multi-purpose Rm w/Kitchen:** \$24 w/Res Disc: \$19hr\*

#### All Other Organizations & Private Groups

**Entire Facility:** \$140; w/Res Disc: \$120hr\*

**Entire Gym:** \$75; w/Res Disc: \$63hr\*

**One Court Only:** \$40; w/Res Disc: \$33hr\*

**Multi-purpose Rm:** \$28 w/Res Disc: \$23hr\*

**Multi-purpose Rm w/Kitchen:** \$40 w/Res Disc: \$33hr\*

\*Supervisor Fee (required for after hour rentals): \$18.50 per hour (added to fee)

Damage Deposit (refundable): \$200

Spartan Gym Tarp Installation (if required): \$100

Daily Rate:

Fees not to exceed \$800/day

**Celebrate your special occasion in one of Shoreline's beautiful parks or facilities!**

# COMMUNITY PROGRAMS GUIDE

## Shoreline Historical Museum

18501 Linden Ave. North • (206) 542-7111  
[www.shorelinehistoricalmuseum.org](http://www.shorelinehistoricalmuseum.org)  
[shm.shorelinehistoricalmuseum.org](mailto:shm.shorelinehistoricalmuseum.org) - email

The Museum is now located at the corner of 185th and Linden, one block west of Aurora. Tue - Sat: 10am-4pm, Archives open Wed 10am-1pm or by appointment.

### Visit the new museum exhibit:

Connecting the Community through Time, Transportation and Culture and hands-on activity; Passport to History.

### Join us for Hand-On Days!

Fourth Saturday of each month. Free Hands-on activities, drop in 11am-3pm.

**8/23** - Corn Husk Fun

**9/24** - Traditional Book Straps

**10/22** - Halloween Masks

**11/26** - Turkey in the Straw Cornucopias

**12/17** - Visit Santa and Make Traditional Folded Boxes

## Shoreline Children's Center

1900 N 170th • (206) 361-4256  
Ages 2-1/2 to 12 Years - 6:30am-6:30pm

## Shoreline-Lake Forest Park Arts Council

Community Wing of Shoreline Center  
18560 1st Ave NE, Shoreline WA 98155  
(206) 417-4645 - [www.shorelinearts.net](http://www.shorelinearts.net)  
Hours: Mon-Fri, 12-5pm

### Gallery at Towne Center

The Gallery is located on the inside lower level of the Lake Forest Park Towne Centre, 17171 Bothell Way NE, Lake Forest Park, WA 98155. Hours are 12-5 pm Tuesday - Saturday. For information on the Shoreline-Lake Forest Park Arts Council see [www.shorelinearts.net](http://www.shorelinearts.net).

**Open Studio Painters - "Viewpoints":**  
8/30-10/8

**Photography - Betty Udesen and Cut Paper - Alisa Lahti** 10/11-11/19

**Home for the Holidays** - Artwork and gifts under \$100 11/25-12/31

**Annual Shop 'N Nosh Holiday Shopping Event!** Fri 12/2 12-7pm

## Shoreline Fire Dept.

17525 Aurora Avenue N • (206) 533-6500  
[www.shorelinefire.com](http://www.shorelinefire.com)

## Shoreline Library

345 NE 175th Street • (206) 362-7550

[www.kcls.org/shoreline](http://www.kcls.org/shoreline)

Hours: Mon-Thu 10am-9pm,  
Fri 10am-6pm, Sat 10am-5pm, Sun 12-8pm

**Singing & Dancing with Charlie**, 9/16, 11am

**Opera Preview of Carmen with Norm Hollingshead**: Adults, 9/29 7pm

**Concert - We Are the Not-Its!** 10/1, 11am

**Preschool Dance Party!** Ages 3-6, siblings welcome, 10/14, 11/4, and 12/16, 10:30am

**Celebrate Your Story!** Adults, 10/27, 7pm

**Happy Pumpkin Story Time!** Ages 2 and older, 10/31, 10:30am

**Create a Website for Your Small Business:** Adults, 11/19, 11am

**The Zero and Somebuddy Variety Show!** Clown fun for ages 3 and older, 11/12, 11am

**Things to Come: Visions of the Future on Film** Adults, 11/21 7pm

**Ongoing Programs:** Please visit our website or call for dates and times and/or additions.

**Story Times run 9/6-10/4 and 10/25-12/6**

**Baby Story Time:** 0-12 months, Wed noon

**Young Toddler:** 12-24 months, Tue 10:15am

**Toddler Story Time:** 2-3 yrs, Tue 11am

**Pajamarama Family Story Time:** 3-6 yrs and families, Tue 7pm

**Preschool Story Time:** 3-6 yrs, Wed 10:30am

**Chinese Story Time:** 3-6 yrs, Fri 12pm

**Spanish Story Time:** 3-6 yrs, Fri 1:30pm

**Study Zone** - Homework help for grades K-12. Sun-Thur, 5-7pm

**Computer Classes:** call for dates.

**SCORE Counseling** - call for appointment.

**SHIBA Counseling** - call for appointment.

**Talk Time** - Improve English speaking and listening skills Mon 7pm; Wed 10am

**Citizenship Workshop** - Free help. Tue 7pm

**Adult Book Discussion Group** - Call for book titles; 2nd Mon of each month, 7pm

**Game On:** Play Wii, PS2 & Xbox at the library! 1st & 3rd Wed 4-6pm

**Shoreline Teen Advisory Board** - Ages 12-18; contact the library for dates and times.

## Richmond Beach Library

19601 21st Avenue NW • (206) 546-3522

Hours: Mon-Thu 10am-9pm

Fri: 10am-6pm Sat: 10am-5pm

[www.kcls.org/richmondbeach](http://www.kcls.org/richmondbeach)

Please visit our website or call the library for specific dates or additions of programs.

### Create a Website For Your Small Business:

Easy to use design tools that can build your small business website quick, cheap and easy. Tips, do's & don'ts. Mon, 11/21, 6:00pm

**The Future Remembered:** Washington's first World's Fair, 1962. Mon 10/24 7pm

**Around the World Magic Show:** By Jeff Evans, Sat 10/8 2pm

**Happy Pumpkin Stories:** Non-scary stories, wear costume and join parade. Wed 10/26 7pm

**Scary Stories:** Local storytellers will tell their scariest stories - then the audience can take a turn at the Scary Stories Open Mic. Refreshments will be served ... to survivors. This program is not recommended for young listeners. Thu 10/27 7pm

**Holiday Magic Show:** by Jeff Evans. Ages 5 & up, Mon 12/19 3pm

### Ongoing programs, please call for dates:

**Pajamarama Story Time:** Wed, 7pm

**Toddler Story Time:** 2-3 yrs, Thu 10:15am

**Preschool Story Time:** 3-6 yrs, Thu 11am

**Game-on:** Video gaming and manga art for teens! Play video games and create a full wall mural. Wii, DDR, Guitar Hero, Cooking Mama & more at the library! 2nd & 4th Thu 4pm

**Study Zone:** Homework help for K-12. Mon 4pm when school is in session.

**Teen Talk Time:** Improve English speaking and listening skills. Wed, 4-6pm

**Adult Talk Time:** Improve English speaking and listening skills. Tue, 4pm

**Evening Book Discussion:** First Monday at 7pm. Join us for a lively discussion, call library for book title.

**ESL Classes:** We may be offering classes, call for more information and to pre-register.

## Dale Turner Family YMCA

19290 Aurora Avenue N • (206) 363-0446

[www.daeturnerymca.org](http://www.daeturnerymca.org)

## Shoreline Community College

16101 Greenwood Ave N • (206) 546-4606 [www.shoreline.edu](http://www.shoreline.edu)



The Shoreline Community College Small Business Accelerator and the City of Shoreline's Economic Development Office are ready to help the new and emerging businesses of Shoreline with business planning and beyond.

We have workshops, classes, one-on-one counseling and opportunities for community involvement. For more information email [accelerator@shoreline.edu](mailto:accelerator@shoreline.edu) or call Mark McVeety at (206) 533-6647.

# SHORELINE-LAKE FOREST PARK SENIOR CENTER

18560 1<sup>st</sup> AVE NE #1, the southern-most building of the Shoreline Center

(206) 365-1536 • Hours: Mon-Fri 8:30 am-4:30 pm

Web site: [www.shorelinelfpseniorcenter.org](http://www.shorelinelfpseniorcenter.org) • E-mail: [shorelinesc@seniorservices.org](mailto:shorelinesc@seniorservices.org)

## HOLIDAY BAZAAR: A SHORELINE TRADITION

November 4th & 5th  
Time: 10:00am - 4:00pm

The Annual Holiday Bazaar is always a great way to start your holiday shopping and help support the senior center at the same time! Over 24 craft vendors will be there, along with the amazing Senior Center Handcrafters' huge offering of hundreds of specialty items they have made throughout the year. Returning will be the Silent Auction, Bake Sale, Quilt Raffle and Rummage Sale (this year, featuring special "high end" items.) Chef Janice and her volunteer crew will be serving snacks and lunch.

Photo of this year's quilt: Underground Railroad. Blocks are typical of patterns used as a code by quilters to guide the slaves on their journey north. They were hung on fences to "air" or on cabin doors to signal a "safe house" or direction to travel. Tickets are \$2.00 each and sold at the Senior Center; the drawing will be held at the end of the Holiday Bazaar on Saturday, November 5.



## ANNUAL ALOHA LUAU

Saturday, September 17, 5:00-8:30pm

A luau is a gathering of family and friends to enjoy good food, good company and good times, including music and dancing. All of which is part of the Aloha Luau: The Hokulani Studio Dancers, with the Senior Center's own Kupuna Dancers will perform; a traditional luau feast will be served and there will be lots of music!

The event will be held at the Senior Center Dining Room; tickets went on sale on August 29. Call the Senior Center to see if tickets are still available: (206) 365-1536. Tickets are \$20, general admission, \$18 for seniors 60-up and \$8.00 for children under 12. Orders can be taken by phone with credit cards only.

The Center's Hula teacher, Kathy DeAguiar, will be presenting dancers from all of her studios, ages ranging from 2 years old to 92! Kathy and her crew also prepare the luau meal with Huli Huli Chicken, long rice, Kalua Pork, steamed rice, green salad and mac salad.

## POWER OF ONE PROGRAM

Are you ready to go back to school? The Power of One Senior Volunteer program is gearing up for the new school year. This is a great opportunity to get involved in your neighborhood school. Work with teachers, staff and students in meaningful and rewarding ways. Power of One volunteers help in nearly all Shoreline Public Schools. Your time and talents can mean a world of difference to students needing extra academic support. Contact Karen Kessinger at (206) 365-1169 or [karen.kessinger@shorelineschools.org](mailto:karen.kessinger@shorelineschools.org).

## Karaoke/Bingo - Still Strong at the Senior Center!

The 2nd Friday of each month: Sept. 9,  
Oct. 14, Nov. 11 & Dec. 9.  
Doors open at 6:00pm/games 7:00pm

More fun than you can believe! We get rave reviews every month! Join us on the 2nd Friday of each month: September 9, October 14, November 11 and December 9. Only \$10 entrance that comes with an 8 game packet; food and beverages are sold featuring a tasty variety of menu items, wine, beer and soft drinks. For anyone 21 and over; reservations highly recommended!



The Senior Center offers over 65 classes each week and a hot meal everyday. Please go to our website for all current information and menus.

## Classes to help you move with confidence!

**MATTER OF BALANCE:** Learn how to maintain balance, understand why it can become an issue and enjoy some fun exercises that improve balance skills. Classes on **Wed. Sept. 7 - Oct. 26, 12:30-2:30pm**. Classes are free due to a special grant from the Shoreline Fire Department. Class size limited to 15: register by calling (206) 365-1536 or in person at the senior center front desk.

**WiFi BOWLING:** Continue to improve your balance skills and have fun at the same time! Enjoy bowling with your friends using the Nintendo Wii Game system. Our instructor, Toshiko Aramaki will help you. Classes are free due to a special grant from the Shoreline Fire Department.

Check out our Activities Guide posted on our website: [www.shorelinelfpseniorcenter.org](http://www.shorelinelfpseniorcenter.org).

## 2011 Shoreline-Lake Forest Park Senior Center Flu Clinic

The Seattle Visiting Nurse Association will be holding a Flu Immunization Clinic on Fri., Sept. 30, 1:00-4:00pm in the Senior Center Dining Room. SVN will be accepting cash or check payment for \$28 for those who do not have Medicare or Medicare Advantage Plans. A number is given to each individual as they come for their shot and served in order.

## THRESHOLD ENSEMBLE AT THE SENIOR CENTER

September 23 1:00-2:00pm

Do you have a story to share? Please join us for this special event and watch as your stories come alive through the magic of play back theater. Actors from Threshold Ensemble listen to your experiences and then improvise skits to make you smile, laugh, and appreciate how much we all have in common. This is a delightful way to see the world in a new way, whether or not you want to speak up and share a story. Sponsored by Friends of Third Place Commons as part of the City of Lake Forest Park's 50th Anniversary, made possible in part by a grant from Humanities Washington.

<b>Director:</b>	Bob Lohmeyer
<b>Program Coordinators:</b>	Jon Ann Cruver, Judy Parsons
<b>Administrative Secretary:</b>	Marilyn Yeider
<b>Social Worker:</b>	Scott Theisen
<b>Kitchen Manager:</b>	Janice Bellotti-Pace
<b>Power of One Coordinator:</b>	Karen Kessinger
<b>Security:</b>	James Boushey, Kelly Boushey
<b>Custodian:</b>	Carlos Caidas
<b>Meals on Wheels Coord:</b>	Heather Hovey, Lois Ackerman
<b>Thrift Shop Manager:</b>	Judith Enich

# SIGN UP NOW!

## REFUNDS

- A: 100%:** If City of Shoreline cancels a class due to insufficient enrollment.
- B: 100%: Minus a \$5 processing fee** if you request a refund prior to the first class.
- No refunds for program fees less than \$5 unless cancelled by Shoreline Parks, Recreation and Cultural Services.
- C: Credit:** Full credit can be given in lieu of a refund.

## ACCESSIBILITY

The City of Shoreline will provide reasonable accommodations for people with disabilities. Please contact:

Spartan Recreation Center (206) 801-2600  
 Shoreline Pool: (206) 801-2650

## NON-DISCRIMINATION POLICY

The City of Shoreline does not discriminate on the basis of race, color, national origin, creed, religion, sex, sexual orientation, age or ability.

## SCHOLARSHIPS AVAILABLE

Scholarships are available to participants who live in Shoreline for our youth and disabled programs. Contact the Spartan Recreation Center: (206) 801-2600 or the Shoreline Pool: (206) 801-2650.

*Se ofrecen becas para la juventud y personas con desarrollo retrasado. Para informacion llamen a (206) 801-2600.*



Need another registration form? You may make copies of this form to register for multiple courses.



**CITY OF SHORELINE - PARKS, RECREATION & CULTURAL SERVICES: (206) 801-2600**

Last Name	First Name
Address	E-Mail
City/State	Zip

Date
Home Phone # ( )
Work Phone # ( )
Emergency # ( )

How did you hear about us?	CLASS NUMBER	CLASS TITLE	PARTICIPANT NAME	M/F	DATE OF BIRTH	FEE
<input type="checkbox"/> City Website						
<input type="checkbox"/> Rec Guide						
<input type="checkbox"/> School/PTA						
<input type="checkbox"/> Shoreline E-news						
<input type="checkbox"/> Richmond Beach News						
<input type="checkbox"/> Flyer						
<input type="checkbox"/> Friend						

**Please check one:**  Checks payable to: City of Shoreline   Mail to: Spartan Recreation Center, 202 NE 185 St., Shoreline WA 98155

Account # \_\_\_\_\_ Expiration Date \_\_\_\_\_

I am aware of the nature of the recreation activities and I hereby assume all responsibility for myself and/or child as listed above. I will not hold the City of Shoreline and its agents or employees responsible in case of accident or injury as a result of this participation.

X \_\_\_\_\_

## REGISTRATION POLICY

Registration begins:

**August 29: Shoreline residents begin registration**

**Sept. 1: All non-residents begin registration**

- Pre-Registration is required for all classes.
- All fees are due at time of registration.

- Register early to secure your space.
- Payment is accepted by credit card, check, money order or credit on a recreation account.

### YOU CAN REGISTER MANY WAYS:

#### 1. ON-LINE:



Visit [www.shorelinewa.gov/parks](http://www.shorelinewa.gov/parks) to register for most recreation programs. Registration for athletic leagues is not available on-line at

#### 2. BY PHONE OR IN PERSON:

**For aquatics programs, call the Shoreline Pool (206) 801-2650 or visit: 19030 1st Ave. NE in Shoreline**

Mon-Fri 5:30 a.m.- 8:45 p.m.  
 Sat 8:45 a.m.- 3:00 p.m.  
 Sun 11:30 a.m.- 3:00 p.m.

**For all other programs or facility rentals, call the Spartan Recreation Center (206) 801-2600 or visit:**

**202 NE 185 St., in Shoreline**  
 Mon-Thu 8:00 a.m.-9:00 p.m.  
 Fri 8:00 a.m.-5:00 p.m.  
 Sat 8:00 a.m.-4:00 p.m.

#### 3. BY FAX:

Payment by Credit Card only for faxed registrations.  
 Programs fax: (206) 393-3380.

#### 4. MAIL IN: (With the exception of the aquatics programs)

Send form (see below) and payment by check, Visa or MasterCard to:

**City of Shoreline  
 Spartan Recreation Center  
 202 NE 185 St.  
 Shoreline, WA 98155**

수업보조금 청소년과 장애인을 위한 수업 보조금이 준비되어 있습니다.  
 전화 문의와 신청은 (206) 801-2600 으로 전화하십시오.

# Shoreline PRCS Update

## Kids play equipment goes to the dogs!

In July, Parks maintenance staff installed new play equipment at Shoreline Park to replace the old play structure that had reached the end of its life cycle. The new play equipment has a lot of new features and is designed to fit into the wooded park setting of Shoreline Park. It provides a place for Shoreline kids to play for years to come and is a good example of Shoreline's ongoing effort to maintain and enhance our park system.

Although the old play equipment had reached the end of its life cycle as a play structure for kids, park staff reused various parts of it to build a play structure for our canine friends at the Shoreview Dog Off-Leash Area. Staff worked with ShoreDog volunteers to reconfigure the old equipment to give dogs something new to play on. Parks maintenance staff are always looking for ways to extend the life of or recycle old equipment. Moving the old play equipment to the dog park is a great example of Shoreline's sustainability practices.



New play equipment at Shoreline Park



At play in the Shoreview Off-Leash Area



Resident Karen Dean with the lap counter she proposed

## Count your laps at Richmond Beach Saltwater Park

Earlier this year at the request of a park patron, Park staff installed a lap counter at the top of the stairs at Richmond Beach Saltwater Park so exercisers can keep track of their flights.

To staff's surprise, requests to add additional counting bars to the original design started pouring in. Staff added two additional counting bars and it has been a big hit with people using the stairs for exercise. The PRCS Department is always interested in hearing from park users about ways to enhance our parks. Send your suggestions to [pk@shorelinewa.gov](mailto:pk@shorelinewa.gov).

## PROS Plan Update adopted

On July 25, 2011, the City Council adopted the Parks, Recreation and Open Space (PROS) Plan Update 2011-2017. The PROS Plan is a 20-year vision that is required to be updated every six years. The intent of the PROS Plan is to build the framework for the future maintenance and development of Shoreline's parks, recreation and cultural services.

Effective park planning is a dynamic process that needs to be revised regularly to address necessary improvements and changes in population, community need and recreation demands. The most recent update addresses changes to the inventory of resources, inclusion of the City's sustainability and healthy city strategies and analysis of cultural services programs. To learn more about the Plan, visit [shorelinewa.gov/parks](http://shorelinewa.gov/parks).





*The Recreation Guide* is made by the Parks, Recreation & Cultural Services Dept., (206) 801-2630, sharp@shorelinewa.gov  
 Editing, Design & Layout: Sheryle Harp, Lynn Cheeny  
 Photos: Adam Buchanan and Parks, Recreation and Cultural Services staff.



Printed on post-consumer recycled paper with soy-based ink.



**We're on Facebook and YouTube!**



Shoreline City Hall  
 17500 Midvale Avenue N.  
 Shoreline, WA 98133-4905

Time Dated Material  
 Postmaster:  
 Please deliver August 23-25

PRSRT STD  
 U.S. Postage  
 PAID  
 Seattle, WA  
 Permit No. 6651

**Resident registration begins August 29**

ECRWSS  
 Postal Customer  
 or current resident

**SAVE THIS BROCHURE!**  
 It contains all the information for classes and events September through December. Our next guide, the Winter issue, will be mailed the end of December 2011.

To help us correct addresses or eliminate duplicates, please call (206) 801-2600.



## Fall Library Series



### Shoreline Library

#### We Are the Not-Its!

Saturday, October 1, 11:00 a.m.

Meet The Not-Its, Seattle's most rockin' band making music for children. This high-energy concert features up-tempo hits the whole family will love and is guaranteed to get kids jumping with delight! Space is limited; first come, first seated. All ages welcome.

#### The Zero and Somebuddy Variety Show

Saturday, November 12, 11:00 a.m.

Enjoy clown fun for the young and the young at heart, featuring magic, juggling and zany comedy! Space is limited; first come, first seated. All ages welcome.



**"Meet The Not-Its!"**

### Richmond Beach Library

#### Magic Around the World

Saturday, October 8, 2:00 p.m.

Join Jeff Evans on an imaginary journey to unique destinations with magic. Kids learn amazing facts about the people, landmarks and history of countries around the world. Maps and full color posters from each area are featured. Whether baking a pizza in Italy, making water disappear in Egypt or crafting magical origami in Japan, your visit to the Richmond Beach Library will be fun and unforgettable! For ages 5 and older.

#### Holiday Magic

Monday, December 19th, 3:00 p.m.

Back by popular demand! Magician Jeff Evans returns with his special brand of entertainment to the Richmond Beach Library. See Jeff's trained reindeer that does card tricks, a drawing of Santa that comes to life and many more magical surprises! For ages 5 and older.

Sponsored by the City of Shoreline and the Friends of Richmond Beach and Shoreline Libraries.

