

SHORELINE

SPRING/SUMMER 2012 RECREATION GUIDE

March Through August 2012

Inside This Issue:

*Free Family Summer Concerts
and Events*

Spring Break & Summer Camps

Free Summer Teen Trips

And Much More!



*Congratulations to photo
contest winner Melissa Whitney
for submitting the winning
photograph in our recent
"Choose the Cover" contest!
Watch for details on our next
cover photo competition this fall.*

SHORELINE PARKS, RECREATION & CULTURAL SERVICES
Register at www.shorelinewa.gov/parks or call (206) 801-2600
Registration begins March 22

“Choose the Cover” Contest was a huge success!

Our cover photo and winner is “Celebrate Summer” by Melissa Whitney. Ms. Whitney’s photo features her son, Carter playing in the sand as they celebrated the end of last summer at Richmond Beach Saltwater Park.

Thank you to everyone who submitted images & took the time to vote in our 2012 Spring/Summer Recreation Guide Cover contest and congratulations to all of the finalists whose photos are featured here. We received so many excellent photos and such enthusiastic community-wide response that we will feature this contest again for the Winter 2013 Recreation Guide! So keep your camera handy and poised to capture all of the great things that Shoreline has to offer. Watch for more details this fall.

2nd



3rd



5th



4th



- 2nd place:
“Solar Fun at Solarfest”
by Linda Stein
- 3rd place:
“Joy at the Beach”
by Nicole Barone Richey
- 4th place:
“Roaring Good Time”
by Melissa Whitney
- 5th Place:
“Hanging on a Cloud”
by Marc Weinberg

New Community Garden at Twin Ponds Park

As part of its adopted Healthy City Strategy the City will be installing a new community garden at Twin Ponds Park this spring. Individual garden plots will be available for adoption by residents beginning on Thursday, March 15, between 6:00 and 9:00 p.m. in the City Hall Lobby, on a walk-in, first come first served basis. Mail-in applications will be accepted and processed after the walk-in registration is completed.



No phone registrations accepted. Information and the application are available on the City’s website at shorelinewa.gov/communitygarden, at the Parks Department office in City Hall and the Spartan Recreation Center or by calling (206) 801-2602.





WELCOME



Dear Shoreline Neighbor:

The cover of this Recreation Guide features a photo taken by Melissa Whitney, the winner of our first Recreation Guide Photo Cover Contest. The community response to this contest was so enthusiastic that we will do it again this fall for our next winter Recreation Guide. Look for details in September.

Thank you to everyone who participated in the photo contest. Your photos represented the beauty, diversity and opportunity that Shoreline has to offer with our beaches, cultural events, festivals, stunning scenery and recreational opportunities. As residents of Shoreline you know better than anyone what a wonderful place this is to live, work and play.

Whether you register for a class, adopt a plot in the new community garden, mark your calendar for Celebrate Shoreline or another special event or step into one of our many beautiful parks, our hope is that you continue to experience your community as an increasingly satisfying, safe and healthy place to live. It is our goal to support that experience and we'd love to hear from you about how we're doing. Feel free to call me with feedback (206) 801-2601 or send an email to ddeal@shorelinewa.gov.

See you in the parks,

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. 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

Frontier Subscribers:
Watch Shoreline's Cable Channel 37
for Parks and Recreation info, City Council meetings and much more!

Recreation Guide Cover Contest Winner photo taken at Richmond Beach Saltwater Park

Need help but don't know where to turn?

Dial 2-1-1

to find social services such as ...

- Caregiver & Disability Resources
- Emergency Shelter
- Food & Clothing
- Health Care & Support Groups
- Rent Assistance
- Transportation
- Volunteering

Language interpretation available



Also: 206.461.3200
Toll Free 800.621.4636
www.crisisclinic.org

Table of Contents

PAGE

General Information	3-4
Celebrate Shoreline	5
Community Events	6-8
Toddler/Preschool	9-10
Youth	11-14
Summer Camp Preview	15
Youth Camps	16-21
Teens	22-26
Adults	27-33
Adults/Dog Obedience	33
Gardening	34
Shoreline-Lake Forest Park Senior Center	35
Shoreline Pool	36-39
Specialized Recreation	40-41
Shoreline Parks & Amenities	42-43
Facility Rentals	44-45
Community Programs	46
Registration Information	47
Shoreline Eats4Health	48

Thank You Shoreline School District

Many of our activities are made possible because of 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.

INFORMATION



CITY COUNCIL

Keith A. McGlashan, Mayor
Chris Eggen, Deputy Mayor
Will Hall

Doris McConnell
Chris Roberts
Jesse Salomon
Shari Winstead

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

Kayla Caldwell, Youth Member

Scholarships Are Available

for Shoreline residents for youth and specialized recreation programs.

Please call the Spartan Recreation Center at (206) 801-2600.

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

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: pk@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.

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.

Shoreline Pool

19030 1st 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.

Richmond Highlands Recreation Center

16554 Fremont Avenue N.
(206) 801-2680, for reservations call (206) 801-2600

Holiday Closures:

Shoreline Pool

Sunday, April 8 - Easter
Monday May 28 - Memorial Day
Wednesday July 4 - Independence Day

City Hall

Monday May 28 - Memorial Day
Wednesday July 4 - Independence Day

Spartan Recreation Center

Monday May 28 - Memorial Day
Wednesday July 4 - Independence Day

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.

Parks, Recreation and 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 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.



Enjoy Old-Fashioned Family Fun
at the 17th Anniversary of

CELEBRATE SHORELINE

Tuesday, August 14

North City Jazz Walk
7:00-10:00 pm
in the North City Neighborhood

Friday, August 17

Youth/Teen Skate Competition
12:00-5:00 pm
Paramount Park - 15300 8th Ave NE

Saturday, August 18

Parade starts at 12 pm
From 185th NE - 165th NE on 15th Ave NE
Festival 11:00 am-5:00 pm
Ridgecrest Elementary - 16516 10th Ave NE

Sunday, August 19

Sandcastle Contest at noon
Registration begins at 11:30 am
Richmond Beach Saltwater Park
2021 NW 190th St.



COMMUNITY EVENTS



Shoreline4Health



To kick off Eats4Health month, please join the City and partner organizations at a Healthy Eating Event on Wednesday, March 28, from 7:00 to 8:30 p.m. at City Hall. After a keynote address, residents can sample food, pick up new recipes and get information on making healthy food and lifestyle choices at a vendor fair of local companies and organizations.

Kick-Off event:

Wednesday, March 28, 2012
Shoreline City Hall, 7:00-8:30 p.m.

Eats4Health Awareness Month April 2012

The City Council has acknowledged the month of April as Shoreline Eats4Health Month. Throughout the month of April the City will share opportunities provided by grocery stores and local agencies which promote healthy specials, coupons and activities.



Fire Department Egg Hunt

Saturday, April 7th ~ 1:00 p.m.
Richmond Beach Saltwater Park

The Shoreline Firefighters Association will hold their annual community Egg Hunt at 1:00 p.m. on Saturday, April 7 at Richmond Beach Saltwater Park, on the beach.

Carpool or walking suggested... parking is limited.

There will be separate age group areas and children will be escorted to the search areas. Bring camera and basket for your egg treasures!

Mother's Day Plant Sale & Open House

May 11 - May 13

10:00 a.m.-5:00 p.m.

Location: Kruckeberg Botanic Garden,
20312 15th Ave NW

Explore a diverse selection of unique exotic & native plants. Enjoy free family activities and tours of the Garden For more information, see www.kruckeberg.org. All sale proceeds support the operation & maintenance of the Kruckeberg Botanic Garden. Sponsored by MsK Rare and Native Plant Nursery. Now in our 25th year!



Richmond Beach Celebrations

Arts & Crafts Show

Handcrafted items including jewelry, textiles, ceramics, photography and original art. Come meet local artists on Friday night while quartet music is provided by our own Shorewood High School. All proceeds benefit programs at the Richmond Beach Library. Sponsored by the Friends of the Richmond Beach Library.

Fri 5/11 6:00-9:00 p.m.
Sat 5/12 10:00 a.m.-5:00 p.m.

Location: Richmond Beach Library



13th Annual Strawberry Festival



Enjoy the music of local musicians, food from local restaurants, games and activities for kids and a walking tour of historic Richmond Beach - all while sampling tasty strawberry shortcake! Co-sponsored by the Richmond Beach Community Association and the City of Shoreline; music supported by a Shoreline-Lake Forest Park Arts Council Community Project Award.

Sat 5/12 12:00-5:00 p.m.

Location: Richmond Beach Community Park
(adjacent to library)

Off-site parking & shuttle service on 5/12 from 10 a.m.-5 p.m. For details visit www.richmondbeachwa.org

Car Show

Check out one of the best displays of classic cars while listening to live music. Sponsored by Richmond Beach Rehabilitation and Specialty Care.

Sat 5/12 10:00 a.m.-2:00 p.m.

Location: Richmond Beach Rehab
19235 15th Ave NW





COMMUNITY EVENTS

Low-tide Beach Walks

Explore and investigate the fascinating world of marine beaches at Richmond Beach Saltwater Park during low tides and observe seastars, crabs and others who live in Puget Sound. Join our beach naturalists for these free and informative beach walks. Waterproof footwear is recommended.

May		
Mon	5/7	10:00 a.m.-2:00 p.m.
Tues	5/8	10:30 a.m.-2:30 p.m.
Sun	5/20	10:30 a.m.-1:00 p.m.
June		
Sat	6/2	9:30 a.m.-12:30 p.m.
Sun	6/3	9:30 a.m.-1:00 p.m.
Mon	6/4	10:00 a.m.-1:30 p.m.
Tues	6/5*	10:00 a.m.-2:30 p.m.
Wed	6/6	11:00 a.m.-2:00 p.m.
Sat	6/16	9:30 a.m.-11:30 a.m.
Sun	6/17	10:00 a.m.-12:30 p.m.
Sat	6/23	12:30 p.m.-3:30 p.m.
Sat	6/30	8:30 a.m.-11:00 a.m.
July		
Sun	7/1	9:30 a.m.-12:30 p.m.
Mon	7/2	9:30 a.m.-1:00 p.m.
Tues	7/3**	10:00 a.m.-2:00 p.m.
Wed	7/4	10:30 a.m.-2:30 p.m.
Thur	7/5	11:00 a.m.-2:30 p.m.
Fri	7/6	12:00 p.m.-3:00 p.m.
Sat	7/21	12:00 p.m.-2:30 p.m.
Sun	7/22	12:30 p.m.-2:30 p.m.

*Lowest Spring Tide
**Lowest Summer Tide



Concerts in the Park

Sponsored by the Shoreline Lake Forest Park Arts Council

Various Artists Performing

July 11 Wed 7:00 p.m. FREE
Pan Leggo (Steel Drums)

Animal Acres Park, Lake Forest Park

July 18 Wed 7:00 p.m. FREE
Swingin' Summer Eve - Cromwell Park
All Mixed Up (Songs from 80's & beyond)

July 25 Wed 7:00 p.m. FREE
Shakespeare in the Park - Wooden O

Shakespeare Company presents:
"Twelfth Night"

Richmond Beach Community Park

Aug 1 Wed 7:00 p.m. FREE
Renegade Stringband (Northwest Bluegrass)

Animal Acres Park, Lake Forest Park

Aug 8 Wed 7:00 p.m. FREE
The Gothard Sisters (Celtic Inspired)

Richmond Beach Community Park

Aug 14 Tue 7:00 p.m. FREE
North City Jazz Walk - featuring the

Shoreline Jazz Camp Friends &
Faculty All Star Band

Aug 22 Wed 7:00 p.m. FREE
Kris Orlovski Band (Folk/Pop/Indie Rock)

Cromwell Park



Shoreline Live!

Eighth annual variety show where you can enjoy music, dance, drama and more! Come watch a wonderful performance written and performed by people with and without disabilities. Our Specialized Recreation participants perform for you for FREE for two nights. Don't miss this truly original performance full of art, imagination and ability!

Wed 6/6, 6/13
Time: 7:00-8:30 p.m.
Fee: Free
Location: Shoreline Center Auditorium
18560 1st Ave NE

Shoreline/Lake Forest Park GALA for the Arts



Featuring live and silent auctions, dinner, wine, entertainment and more.

Proceeds will support Arts for Kids and other community art programs throughout the year.

June 22 Fri 5:30-9:00 p.m.

Location: Shoreline Center,
Shoreline Room

Info: (206) 417-4645
www.shorelinearts.net

Tickets: \$75, call or purchase online.



22nd Annual Shoreline Arts Festival



Shoreline Center
18560 1st Ave. NE

June 23 Sat 10:00 a.m.-6:00 p.m.

June 24 Sun 10:00 a.m.-5:00 p.m.

Featuring entertainment on two stages, juried art, music, dance, hands-on art for kids, food, cultural rooms, Artists Marketplace and more. FREE

Info: (206) 417-4645
www.shorelinearts.net



More Shoreline Parks Events!

Lunchtime Music Series

Tuesdays, 12:00-1:00 p.m.

Free Concerts

Take a lunch break in the park each Tuesday
July 10 - August 14

- July 10: Halau Hula O'Napualani
Pacific Island Dance
Richmond Beach Saltwater Park
- July 17: Smilin Scadinavians
Not your average Polka band
Hamlin Park
- July 24: Anzanga Marimba Ensemble
African style mariba
Richmond Beach Saltwater Park
- July 31: Jeff Evans - Magician
Hamlin Park
- August 7: Caspar Babypants
Music to dance to for kids
Richmond Beach Saltwater Park
- August 14: Jimmy Free's Friends - Reggae
Hamlin Park

Richmond Beach Saltwater Park
2021 NW 190th St. Shoreline

Hamlin Park
16006 15th Ave NE



Swingin' Summer Eve

Celebrate the spirit of summer with a community festival, food and live music by 'All Mixed Up'.

Wednesday, July 18 5:30-8:30 p.m.

Admission - FREE*

Cromwell Park, 18030 Meridian Ave N.

- Inflatables, face painting, games with Deano
- Food available for purchase
- Used book sale - Sponsored by the Shoreline Neighborhood Association

(*Small fee for some activities and food)

Sponsored by the City of Shoreline and the Shoreline-Lake Forest Park Arts Council.



Grillin' & Chillin'

NEW

Saturday, July 28 ~ 2:00-6:30 pm
Cromwell Park

18030 Meridian Ave N Shoreline
The Shoreline Community Church and the City of Shoreline are proud to sponsor the 2012 Grillin and Chillin' Family event. The community is invited to attend this free event and enjoy hot dogs, sno-cones and cotton candy while listening to some great music. Inflatables for the children will also be featured.

So come out, meet your neighbors and enjoy an afternoon of food, fun and music. For more information, please contact (206) 293-8088.

9th Annual NW SolarFest

Renewable Energy & Sustainable Living Fair

Saturday, July 28 10:00 am - 6:00 pm

Shoreline Community College
16101 Greenwood Ave N.

*Photo by Linda Stein



TODDLER/PRESCHOOL



Froggy Holler Outdoor Preschool

Enrich your child's preschool experience with Froggy Holler Outdoor Preschool class. This spring we will cover topics such as spring growth, native plants, and beach life. 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. No Class on 4/24 & 4/26.

Age: 3 - 5 Years
#61729 Tu 4/10-6/19 9:30-11:30am
#61732 Th 4/12-6/21 9:30-11:30am

Instructor: Erin Zackey
Location: Hamlin Park, Picnic Shelter
Fee: \$210; w/Resident Disc: \$190



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
#61731 Tu, Th 4/10-6/21 1:00-3:00pm

Instructor: Erin Zackey
Location: Hamlin Park, Picnic Shelter
Fee: \$330; w/Resident Disc: \$290

Froggy Holler Outdoor Preschool Camp

At FH Preschool Summer Camp we'll explore Hamlin together, playing and imagining together. Each day we'll have a different nature themed topic to guide our play. We'll read, sing, craft and enjoy the park together. Please provide snacks for your child.

Age: 3 - 5 Years
#61733 M-F 7/30-8/3 9:00-12:00pm
Instructor: Erin Zackey
Location: Hamlin Park, Shelter
Fee: \$105; w/Resident Disc: \$95

Froggy Holler Pirate Camp

Arrgg matey's! FH Outdoor School is going PIRATE this summer with a whole week of beach exploration, pirate tales, fort fun, and perhaps even a little buried treasure loot! Please provide old clothes to be transformed into pirate garb on Monday and snacks and grub for your pirate!

Age: 5 - 7 Years
#61734 M-F 8/13-8/17 9:00-12:00pm
Instructor: Erin Zackey
Location: Richmond Beach Saltwater Park
Fee: \$115; w/Resident Disc: \$105

Kids Create

Express yourself and your imagination in these fun workshops. We will include an art project and enjoy a snack, story, circle time and show and tell; all involving a theme for the day. Parents are welcome to participate. \$4 supply fee payable to instructor.

Age: 3 - 5 Years
Bees, Bugs and Butterflies
#62012 F 4/20 9:15-10:45am
A Day at the Zoo
#62013 F 5/11 9:15-10:45am
Summer Sunshine Fun
#62017 F 6/8 9:15-10:45am
Instructor: Melissa Meier, owner of Dragonfly Studio
Location: Spartan Recreation Center, Cascade Room
Fee: \$18; w/Resident Disc: \$15



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. \$39 service fee per family payable to instructor, one fee per family.

Age: Newborn - 5 Years
#61780 W 4/4-6/6 9:30-10:15am
#61781 W 4/4-6/6 10:30-11:15am
#61779 Sa 4/7-6/9 10:30-11:15am
Location: Spartan Recreation Center, Gymnastics Room
#61782 Tu 4/3-6/5 10:30-11:15am
Location: Spartan Recreation Center, Olympic Room
Instructor: Elena DeLisle Perry
Fee: \$109; w/Resident Disc: \$91

Free Demo Class
Date: Saturday, March 31, 11:15am
Spartan Recreation Center

TODDLER/PRESCHOOL



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 5/4 or 5/25.

Age: 18 Months - 3 Years
#61630 F 4/6-5/11 9:30-10:00am
#61631 F 5/18-6/22 9:30-10:00am

Instructor: Cascade Elite Gymnastics Staff
Location: Spartan Recreation Center, Gymnastics Room
Fee: \$60; w/Resident Disc: \$50



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 5/4, 5/5, 5/25 & 5/26

Age: 3 Years
#61624 F 4/6-5/11 10:15-10:45am
#61629 F 5/18-6/22 10:15-10:45am

Age: 3 - 5 Years
#61625 Sa 4/7-5/12 2:30-3:00pm
#61626 Sa 5/19-6/23 2:30-3:00pm

Age: 4 - 5 Years
#61627 F 4/6-5/11 11:00-11:30am
#61628 F 5/18-6/22 11:00-11:30am

Instructor: Cascade Elite Gymnastics Staff
Location: Spartan Recreation Center, Gymnastics Room
Fee: \$60; w/Resident Disc: \$50



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 - 3 Years
#62004 Tu 4/3-5/22 10:00-10:45am
#62006 Th 4/5-5/24 10:00-10:45am
Fee: \$52; w/Resident Disc: \$44

#62082 Tu, Th 7/10-7/26 10:00-10:45am
Fee: \$36; w/Resident Disc: \$30

Parent/Child
Age: 2½ - 4 Years
#62005 Tu 4/3-5/22 11:00-11:45am
Fee: \$52; w/Resident Disc: \$44

Instructor: Miss Dena
Location: Spartan Recreation Center, Gymnastics Room



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 and cold mornings and a fun way to meet other families.

Age: 1 - 5 Years
#61778 M-F Ongoing through 6/1 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



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. No class 4/27.

Age: 3 - 5 Years
#61784 F 4/6-6/8 11:00-11:45am

Instructor: Samantha Merca
Location: Spartan Recreation Center, Cascade Room
Fee: \$80; w/Resident Disc: \$68

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. No classes on 5/26 and 7/28.

Mommy/Daddy & Me Soccer

Introduce yourself and your toddler to the "World's Most Popular Game". The fun happens on the field and in Mommy/Daddy & Me Soccer, you won't have to watch from the sidelines. No classes on 5/26 and 7/28.

Age: 2 - 3 Years
#61617 Sa 4/7-6/9 5:00-5:30pm
Fee: \$95; w/Resident Disc: \$85
#61623 Sa 6/30-8/25 5:00-5:30pm
Fee: \$85; w/Resident Disc: \$75



Tot-Soccer

Age: 3 - 4 Years
#61615 Sa 4/7-6/9 3:45-4:15pm
Fee: \$95; w/Resident Disc: \$85
#61621 Sa 6/30-8/25 3:45-4:15pm
Fee: \$85; w/Resident Disc: \$75

Pre-Soccer

Age: 4 - 5 Years
#61616 Sa 4/7-6/9 4:15-4:50pm
Fee: \$95; w/Resident Disc: \$85
#61622 Sa 6/30-8/25 4:15-4:50pm
Fee: \$85; w/Resident Disc: \$75

Soccer 1

Age: 5 - 6 Years
#61612 Sa 4/7-6/9 2:15-3:00pm
Fee: \$95; w/Resident Disc: \$85
#61618 Sa 6/30-8/25 2:15-3:00pm
Fee: \$85; w/Resident Disc: \$75

Soccer 2

Age: 7 - 8 Years
#61613 Sa 4/7-6/9 3:00-3:45pm
Fee: \$95; w/Resident Disc: \$85
#61619 Sa 6/30-8/25 3:00-3:45pm
Fee: \$85; w/Resident Disc: \$75

Soccer 3

Age: 9 - 10 Years
#61614 Sa 4/7-6/9 3:00-3:45pm
Fee: \$95; w/Resident Disc: \$85
#61620 Sa 6/30-8/25 3:00-3:45pm
Fee: \$85; w/Resident Disc: \$75

Instructor: Kidz Love Soccer Staff
Location: Cromwell Park, Basketball Court

2012 Dance Recital

The ninth annual Dance Recital will take place on Saturday, June 2 at the Shoreline Center Auditorium. The Recital will showcase dancers from the winter Pre-Ballet, Ballet, Dance Moves and Irish Dance classes.

Join us at the Shoreline Auditorium for two shows, one at 10:00am and one at 12:00pm.



Pre-Ballet

Does your child dream of being a ballet dancer? Join this light-hearted and fun approach to dance. We will learn basic ballet steps and dance to classical and popular music. Wear leotards, tights and pink leather ballet shoes (girls) and black leather ballet shoes (boys).

Age: 4 - 6 Years

#62002 Th 4/5-5/10 4:00-4:45pm
#62003 Tu, Th 7/10-7/26 11:00 -11:45am

Instructor: Miss Dena

Location: Spartan Recreation Center, Gymnastics Room

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



Ballet

Join this beginning level ballet class to learn basic movements, steps and routines to classical and contemporary music. Young dancers will develop strength and coordination while discovering the joy of dance.

Age: 6 - 10 Years

#62015 W 7/25-8/22 10:00-11:00am

Instructor: Miss Vicki

Location: Spartan Recreation Center, Dance Room

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



Creative Ballet

Join us as we learn ballet vocabulary with the concepts of creative dance. We will dance, move, leap and twirl to great music while incorporating improvisation and choreography. Explore the joy of dance and movement in this fun and creative class. Wear ballet shoes.

Age: 6 - 8 Years

#62001 Th 4/5-5/10 5:00-5:55pm

Instructor: Miss Dena

Location: Spartan Recreation Center, Gymnastics Room

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



Dance Moves

Learn the hottest and most fun dance moves in this high energy class. We'll move to great sounds and explore jazz, modern, hip hop and Zumba. This is a great class for friends to take together. No special clothing or shoes necessary.

Age: 7 - 10 Years

#62014 W 7/25-8/22 4:00-4:55pm

Instructor: Miss Vicki

Location: Spartan Recreation Center, Dance Room

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



Hip Hop

NEW

Hip Hop dance is a fun and energetic class that will get everyone MOVIN' and GROOVIN' to popular music. Come learn some exciting dance movements that will teach you memory, rhythm, and coordination. This is a beginning level dance class and NO hip hop or dance experience is required. Classes are taught by Rex Kinney, who is also the coach and choreographer of the Shorecrest Hip Hop Dance Team. He has also taught and worked for Pacific Northwest Ballet, STG's Paramount and Moore Theaters, Cornish College of Arts, Seattle Seahawks and Sonics/Storm half-time shows, and several other groups and companies around the Northwest.

Age: 6 - 11 Years

#62071 Th 4/12-5/31 5:00-5:45pm

Fee: \$65; w/Resident Disc: \$55

#62190 Tu, Th 7/10-7/26 12:00-12:45pm

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

Instructor: Rex Kinney

Location: Spartan Recreation Center, Dance Room



UPDATED

Breakdance Lessons

NEW

The goal for this class is to give students a chance to experience b-boy/b-girl culture. Students gain an understanding of the foundational movements and creativity which are involved in b-boying/b-girling. This high-energy, rich and developing dance form can inspire students to develop a life-time love of dance. Colleen Ross (b-girl bean) and Pele Washington (b-boy pele) mentor dancers, compete in group and individual competitions, and organize the only b-girl focused competition in the Northwest. This class fills fast, so sign up now to learn some mad skilz. Participants will have the opportunity to perform at the annual Cypha battle in May.

Age: 4 - 6 Years

#62081 Tu 5/1-6/5 4:15-5:00pm

Location: Spartan Recreation Center, Olympic Room

Age: 7 - 12 Years

#61869 Tu 5/1-6/5 5:30-6:15pm

Location: Spartan Recreation Center, Gymnastics Room

Instructor: Colleen Ross & Pele Washington

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



"Healthy City"
classes/programs

YOUTH

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 and stir ingredients while making yummy summer meals. All supplies provided. Robin is a teaching chef and an experienced cook for children.

Age: 7 - 12 Years

#62038 F 7/13-7/27 10:30am-12:00pm

Instructor: Robin Nield

Location: Richmond Highlands Recreation Center

Fee: \$54; w/Resident Disc: \$45

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. No class 4/25.

Age: 6 - 10 Years

#61794 W 4/4-6/6 4:00-5:30pm

Instructor: Samantha Merca

Location: Spartan Recreation Center, Olympic Room

Fee: \$160; w/Resident Disc: \$135

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

#61795 Sa 4/7 10:00am-12:00pm

Instructor: Jeanne Shepard

Location: Spartan Recreation Center, Cascade Room

Fee: \$17; w/Resident Disc: \$15

Art Adventures

Join us on an art adventure where children will explore and create four different art projects using a variety of different mediums to express their creative spark. Ties to art history or current artists will be made along the way. Instructor is owner of Dragonfly Art Studio. \$7 supply fee payable to instructor.

Age: 7 - 11 Years

#61793 W 5/2-5/23 4:00-5:30pm

Instructor: Melissa Meier

Location: Spartan Recreation Center, Cascade Room

Fee: \$56; w/Resident Disc: \$48

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 4/26.

Age: 8 - 14 Years

#61791 Th 4/5-5/24 4:00-5:30pm

Instructor: Beckie Stratton

Location: Spartan Recreation Center, Cascade Room

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

Solar Race Car Models



Build a solar powered racing car that is powered by the sun! Members of the Shoreline Solar Project will teach you how to build your own 6" long x 3" wide x 2" tall race car. Cutting the wood, sanding, gluing and painting are only part of the fun in building the cars. Your creative designs and style will bring out the engineer in you. You will build the car in class, then take it home and add your own decals and details. Race opportunity at the NW Solar Fest in July. Perfect workshop for Dads and kids to take together. \$10 supply fee per kit payable to instructor.

Age: 12 Years and up

#62010 Sa 6/2 10:00am-12:00pm

#62011 Sa 6/9 10:00am-12:00pm

Instructor: Donald LaCourse

Location: Spartan Recreation Center, Cascade Room

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

Note: Extra car kits will be available for sale the day of the class.

Positive Choices

Kids will learn to make positive choices when it comes to bullying, dealing with anger and conflict. For the bullied, we'll teach your child how to effectively stop the bully, be assertive and say, 'NO!' For the child that's bullying, we'll teach them ways to release anger in a positive way to help them make new choices. All of this in a space of fun, games and a lot of positive learning.

Age: 7 - 11 Years

#61796 F 6/29 10:00am-12:00pm

Instructor: Paul Figueroa, former King Co. Police Officer

Location: Spartan Recreation Center, Gymnastics Room

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

Super Sitters



This program is designed to train young people in basic babysitting skills as well as safety and home-alone skills. Students completing the course will be better prepared to provide a safer and more positive infant/child care experience. This class is taught by a hospital-qualified instructor and includes parent expectations, basic first aid, home and fire safety, Heimlich maneuver, telephone tips, toys and activities and infant care. Participants receive a 103 page Kid Sitter Basics handbook and a certification card upon completion of the class. Bring a sack lunch.

Age: 11 - 15 Years

#62072 Sa 6/23 9:00am-2:00pm

#62073 F 7/20 9:00am-2:00pm

Location: Spartan Recreation Center, Gymnastics Room

Instructor: Cindy Tucker

Fee: \$48; w/Resident Disc: \$40





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
#61633 M 6/25-8/27 6:00-7:00pm
Fee: \$57; w/Resident Disc: \$45
#61632 M 4/2-6/18 6:00-7:00pm
Fee: \$62; w/Resident Disc: \$50

Instructor: Gordon Nelson
Location: Richmond Highlands Recreation Center, Gymnasium



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 5/5 & 5/26.

Age: 5 - 12 Years
#61640 Sa 4/7-5/12 1:30-2:20pm
#61641 Sa 5/19-6/23 1:30-2:20pm

Instructor: Cascade Elite Gymnastics Staff
Location: Spartan Recreation Center, Gymnastics Room
Fee: \$70; w/Resident Disc: \$60



Skateboard Classes

Skateboard Classes are here again. Sign up to hone your skills or learn some new tricks. Three skill levels this year, so find your spot and get ready to ride! Pricing includes t-shirt.

Age: 6 - 18 Years

Level I

For those who are just learning to stand on board. This is their first skateboarding experience.

#61963 M-F 7/16-7/20 9:00-10:15am
#61964 M-F 7/23-7/27 9:00-10:15am
#61969 M-F 7/30-8/3 9:00-10:15am

Level II

For those who can roll around a bit on their board.

#61965 M-F 7/16-7/20 10:30-11:45am
#61966 M-F 7/23-7/27 10:30-11:45am
#61970 M-F 7/30-8/3 10:30-11:45am

Level III

This class is for skaters who are comfortable rolling around and can go down ramps.

#61967 M-F 7/16-7/20 12:00-1:15pm
#61968 M-F 7/23-7/27 12:00-1:15pm
#61971 M-F 7/30-8/3 12:00-1:15pm

Instructor: Jon Horrell
Location: Paramount School Park, Connie King Skate Park
Fee: \$48; w/Resident Disc: \$40



Skateboard Lessons-Private

Want to take your riding to the next level? Sign up with a friend for a private lesson with our instructor and learn those new tricks. Maximum of two youth per lesson.

Age: 6 - 14 Years
#62178 Tu 8/7 9:00-10:00am
#62179 Tu 8/7 10:00-11:00am
#62180 Tu 8/14 9:00-10:00am
#62181 Tu 8/14 10:00-11:00am
#62182 Tu 8/21 9:00-10:00am
#62183 Tu 8/21 10:00-11:00am

Instructor: Jon Horrell
Location: Paramount School Park, Connie King Skate Park
Fee: \$36; w/Resident Disc: \$30





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
#61717 M,Tu,Sa 5/1-8/27
Instructor: Wayne Edwards
Location: Spartan Recreation Center, Gymnasium-South
Fee: \$39; w/Resident Disc: \$36



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

Sports Camp Management
 (206) 546-1115
www.scmsports.com

Shoreline YMCA T-Ball
 (206) 363-0446

Hillwood Soccer Club
 (206) 542-3353
hillwoodsoccerclub@excite.com

Shorelake Soccer Club
 (206) 362-3594
www.shorelakesoccer.com

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

Richmond Little League
 Baseball/Softball
 (206) 546-2255
www.richmondlittleleague.com

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

League: Girls HS Summer Basketball

Register your high school basketball team by May 4th. Round-Robin schedule with a single elimination tournament. Teams will be formed in one division. Games scheduled between 5:00-9:00pm on Tu/Th June 2nd-July 14th. Please contact the Recreation office at (206) 801-2635 for more information.

Age: 14 Years and up
#61718 Tu,Th 6/5-7/12 5:00-10:00pm
Location: Spartan Recreation Center, Entire Gymnasium
Fee: \$490; w/Resident Disc: \$450



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: 10 - 14 Years
#62204 W 5/2-6/6 5:45-6:45pm
Instructor: Russ Kerwin
Location: Spartan Recreation Center
Fee: \$75; w/Resident Disc: \$70



CAMP SHORELINE "Spring Fling" Day Camp

Looking for something to do during Spring Break, April 23rd-27th. Join kids your age at Camp Shoreline as we play games, swim, sing, create art and much more. Meet at the Spartan Recreation Center in the morning. Join Recreation staff for daily activities at the Spartan Gym and Shoreline Pool. Bring your swimsuit, towel and a sack lunch. Wear court shoes (no sandals). You may choose to sign up on a daily basis or register for the discounted weekly rate. Children must be 7 years of age or older to go to the swimming pool.

Age: 4 - 12 Years
#61728 M-F 4/23-4/27
Fee: \$190; w/Resident Disc: \$160
#61723 M 4/23
#61724 Tu 4/24
#61725 W 4/25
#61726 Th 4/26
#61727 F 4/27
Fee: \$40; w/Resident Disc: \$35
Time: 8:00am-6:00pm
Instructor: Recreation Staff
Location: Spartan Recreation Center, Cascade Room



SUMMER CAMPS - Mark your calendar

Summer Memories begin with camp...



2012 SUMMER DAY CAMPS - AT A GLANCE

Camp Fun!

Camp "X"=weeks available	Ages	6/26-6/29	7/2-7/6	7/9-7/13	7/16-7/20	7/23-7/27	7/30-8/3	8/6-8/10	8/13-8/17	8/20-8/24	8/27-8/31
Skyhawks Tiny-hawk	3-5			X		X					
Camp Shoreline Little Playground Pals	4-6	X	X	X	X	X	X	X	X	X	X
Skyhawks Mini-Sports	4-7	X			X					X	
Tennis Little Stars	4-7			X	X	X	X	X			
Camp Shoreline 7-9 am Child Care	4-12	X	X	X	X	X	X	X	X	X	X
Camp Shoreline 4-6 pm Child Care	4-12	X	X	X	X	X	X	X	X	X	X
Camp Shoreline 7-9 AM Child Care MP	4-12	X	X	X	X	X	X	X			
Camp Shoreline 4-6 pm Child Care MP	4-12	X	X	X	X	X	X	X			
Camp Shoreline MP Playground	4-12	X	X	X	X	X	X	X			
Cascade Elite Gymnastics Camp	6-12			X		X				X	
Skyhawks Cheerleading	5-10							X			
Chinese Cultural Experience	5-10			X	X						
Skyhawks Baseball	6-12		X								
Skyhawks Flag Football	6-12							X			
Skyhawks Soccer	6-12			X		X			X		
Skyhawks Basketball	6-12		X							X	
Art and Swim	7-11				X		X	X			
Skyhawks Volleyball	7-12						X				
Camp Shoreline Activity & Swim	7-12	X	X	X	X	X	X	X	X	X	X
Camp Shoreline Sport & Swim	7-12	X	X	X	X	X	X	X	X	X	X
Sewing Camp	7-14	X							X	X	
Young Actors (2 week camp)	8-12							X			
Tennis Beginner (2 week camps)	8-16			X		X		X		X	
Tennis Intermediate (2 week camps)	8-16			X		X		X		X	
LOCO Camp	11-14			X	X	X	X	X	X	X	
C.I.T. Summer Camp (2 week camps)	13-15				X		X		X		

Please note: Not all camps meet every day of the week. Please review the specific camp program pages starting on page 16 for complete program information - times, ages, dates and fees.

Camps fill quickly - get your spot reserved today!

CAMP SHORELINE



CAMP SHORELINE Activity & Swim

This camp is a mixture of several different activities and games such as arts & crafts, outdoor recreation, drama and many others. This is a full day program. From 9:00 a.m.-2:15 p.m. our camp staff will guide campers through an array of fun, interactive activities. There is swimming everyday at the Shoreline Pool from 2:15-4:00 p.m. Participants will be picked up at the Spartan Recreation Center at 4:00 p.m. or may join the evening Child Care program until 6:00 p.m. for an additional fee. Limited enrollment - this program will fill quickly! We will meet and be picked up in the Cascade Room. Bring a sack lunch, swimsuit, towel & tennis shoes every day.

Age:	7 - 12 Years	Activity
#61511	Tu-F 6/26-6/29	Artful Antics
#61512	M,Tu,Th,F 7/2-7/6	Ooey Gooye
Fee:	\$95; w/Resident Disc:	\$85
#61513	7/9-7/13	Decades Days
#61514	7/16-7/20	Animal Planet
#61515	7/23-7/27	Top Chef
#61516	7/30-8/3	Challenge Week
#61517	8/6-8/10	Nature Week
#61518	8/13-8/17	Mad Science
#61519	8/20-8/24	Games Galore
#61520	8/27-8/31	?? Mystery Week
Fee:	\$120; w/Resident Disc:	\$105
Time:	9:00am-4:00pm M-F	
Instructor:	Summertime Playground Staff	
Location:	Spartan Recreation Center, Cascade Room	



CAMP SHORELINE 7-9 AM Child Care

Sign up for your choice of morning care (7:00-9:00 a.m.) or afternoon care (4:00-6:00 p.m.). Pick the schedule that best fits your family's needs. Limited enrollment - this program may fill quickly! AM Child Care will be picked up in the Cascade Room.

Age:	4 - 12 Years
#61706	Tu-F 6/26-6/29
#61707	M,Tu,Th,F 7/2-7/6
Fee:	\$29; w/Resident Disc: \$24
#61708	7/9-7/13
#61709	7/16-7/20
#61710	7/23-7/27
#61711	7/30-8/3
#61712	8/6-8/10
#61713	8/13-8/17
#61714	8/20-8/24
#61715	8/27-8/31
Fee:	\$35; w/Resident Disc: \$30
Time:	7:00-9:00am M-F
Instructor:	Recreation Staff
Location:	Spartan Recreation Center, Cascade Room

CAMP SHORELINE "Little" Playground Pals

Our outstanding staff will provide a full day of exciting summer camp experience for your child. Join us as we explore activities in storytelling, arts and crafts, creative movement and fun exercise. Limited enrollment - this program may fill quickly! Little Playgrounds Pals will meet in the Olympic Room. Campers need to bring a snack and a lunch.

Age:	4 - 6 Years	Theme
#61556	Tu-F 6/26-6/29	Dinosaurs
#61557	M,Tu,Th,F 7/2-7/6	Camping
Fee:	\$80; w/Resident Disc:	\$70
#61558	7/9-7/13	Community Helpers
#61559	7/16-7/20	Multi-Cultural
#61560	7/23-7/27	Luau
#61561	7/30-8/3	Ocean
#61562	8/6-8/10	Rainforest
#61563	8/13-8/17	Sea Life
#61564	8/20-8/24	Space
#61565	8/27-8/31	Animals/zoo
Fee:	\$100; w/Resident Disc:	\$90
Time:	9:00am-4:00pm M-F	
Instructor:	Summertime Playground Staff	
Location:	Spartan Recreation Center, Olympic Room	

CAMP SHORELINE 4-6 PM Child Care

Sign up for your choice of morning care (7:00-9:00 a.m.) or afternoon care (4:00-6:00 p.m.). Pick the schedule that best fits your family's needs. Limited enrollment - this program may fill quickly! PM Child Care will be picked up in the Cascade Room.

Age:	4 - 12 Years
#61534	6/26-6/29 Tu-F
#61535	7/2-7/6 M,Tu,Th,F
Fee:	\$29; w/Resident Disc: \$24
#61536	7/9-7/13
#61537	/16-7/20
#61538	7/23-7/27
#61539	7/30-8/3
#61540	8/6-8/10
#61541	8/13-8/17
#61542	8/20-8/24
#61543	8/27-8/31
Fee:	\$35; w/Resident Disc: \$30
Time:	4:00-6:00pm M-F
Instructor:	Recreation Staff
Location:	Spartan Recreation Center, Cascade Room

CAMP SHORELINE Sport & Swim

If your child loves sports and physical activities this is the camp for them. This camp will provide three weeks of basketball, soccer and multi-sports spread throughout nine weeks. This is a full day program. From 9:00 a.m.-2:15 p.m. campers will participate in games, activities and the specific sport planned for that week. There is swimming everyday at the Shoreline Pool from 2:15-4:00 p.m. Participants will be picked up at the Spartan Recreation Center at 4:00 p.m. or may join the evening Child Care program until 6:00 p.m. for an additional fee. This program will fill quickly! Sport & Swim will meet and be picked up in the Gymnasium. Campers need to bring a sack lunch, swimsuit, towel & tennis shoes every day.

Age:	7 - 12 Years	Sport
#61523	Tu-F 6/26-6/29	Basketball
#61524	M,Tu,Th,F 7/2-7/6	Ultimate Frisbee/ Volleyball
Fee:	\$95; w/Resident Disc:	\$85
#61525	7/9-7/13	Track and Field
#61526	7/16-7/20	Soccer
#61527	7/23-7/27	Flag Football
#61528	7/30-8/3	Leisure Sports
#61529	8/6-8/10	Basketball
#61530	8/13-8/17	Olympic Games
#61531	8/20-8/24	Soccer
#61532	8/27-8/31	Racquet Sports
Fee:	\$120; w/Resident Disc:	\$105

Time: 9:00am-4:00pm M-F
Instructor: Summertime Playground Staff
Location: Spartan Recreation Center,
 Gymnasium-South





CAMP SHORELINE MERIDIAN PARK

CAMP SHORELINE MP Playground Program

Register on a weekly basis. Your child will have the opportunity to participate in a variety of fun activities at this summer CAMP SHORELINE program, including visual and performing arts, sports, creative movement, team and individual games, special events and much more. Call (206) 801-2600 for scholarship information. No program on 7/4. Campers need to bring a snack and a lunch.

Age:	4 - 6 Years	Theme
#61566	Tu-F 6/26-6/29	Western Style
#61569	M,Tu,Th,F 7/2-7/6	4th of July Celebrate
Fee:	\$83; w/Resident Disc: \$68	
#61572	7/9-7/13	Pirate Week
#61575	7/16-7/20	Beach Week
#61578	7/23-7/27	Sports Week
#61581	7/30-8/3	Dr. Seuss Week
#61584	8/6-8/10	Aloha Hawaiian
Fee:	\$100; w/Resident Disc: \$85	
Age:	7 - 9 Years	
#61567	Tu-F 6/26-6/29	Spirit Week
#61570	M,Tu,Th,F 7/2-7/6	Best of Hollywood
Fee:	\$83; w/Resident Disc: \$68	
#61573	7/9-7/13	Star Wars
#61576	7/16-7/20	Fun with Food
#61579	7/23-7/27	Holiday Week
#61582	7/30-8/3	Under the Big Top
#61585	8/6-8/10	Disney
Fee:	\$100; w/Resident Disc: \$85	
Age:	10 - 12 Years	
#61568	Tu-F 6/26-6/29	Spirit Week
#61571	M,Tu,Th,F 7/2-7/6	Best of Hollywood
Fee:	\$83; w/Resident Disc: \$68	
#61574	7/9-7/13	Star Wars
#61577	7/16-7/20	Fun with Food
#61580	7/23-7/27	Holiday Week
#61583	7/30-8/3	Under the Big Top
#61586	8/6-8/10	Disney
Fee:	\$100; w/Resident Disc: \$85	
Time:	9:00am-4:00pm M-F	
Instructor:	Summertime Playground Staff	
Location:	Meridian Park Elementary	



CAMP SHORELINE 7-9 AM Child Care MP



Camp Shoreline at Meridian Park is now offering aftercare from 7:00-9:00am. Pick the schedule that works best for your family's needs. Our regular camp hours are still 9:00am-4:00pm. You now have the option to enroll your child in our evening morning care program. Limited enrollment-this program may fill quickly. PM Child Care will be picked up in the band room at Meridian Park.

Age:	4 - 12 Years
#61605	Tu-F 6/26-6/29
#61606	M,Tu,Th,F 7/2-7/6
Fee:	\$29; w/Resident Disc: \$24
#61607	7/9-7/13
#61608	7/16-7/20
#61609	7/23-7/27
#61610	7/30-8/3
#61611	8/6-8/10
Fee:	\$35; w/Resident Disc: \$30
Time:	7:00-9:00am M-F
Instructor:	Summertime Playground Staff
Location:	Meridian Park Elementary

CAMP SHORELINE EXCEL

Camp Shoreline (Excel) provides opportunities for children with disabilities to participate in traditional summer day camp recreation activities. Skilled staff will provide activities and games structured for your child's needs. Please note that you cannot sign up for this program on-line. For registration information please contact Courtney Brown at (206) 801-2635.

Age:	6 - 13 Years
M,Tu,Th,F	7/2-7/6
Fee:	Resident: \$88
M-F	7/23-7/27
M-F	7/9-7/13
M-F	7/16-7/20
Fee:	\$110
Time:	10:00am-3:00pm
Instructor:	Nancy Villano
Location:	Meridian Park Elementary

CAMP SHORELINE 4-6 PM Child Care MP

Camp Shoreline at Meridian Park is now offering aftercare from 4:00-6:00pm. Pick the schedule that works best for your family's needs. Our regular camp hours are still 9:00am-4:00pm. You now have the option to enroll your child in our evening aftercare program. Limited enrollment-this program may fill quickly. PM Child Care will be picked up in the band room at Meridian Park.

Age:	4 - 12 Years
#61590	Tu-F 6/26-6/29
#61591	M,Tu,Th,F 7/2-7/6
Fee:	\$29; w/Resident Disc: \$24
#61592	7/9-7/13
#61593	7/16-7/20
#61594	7/23-7/27
#61595	7/30-8/3
#61596	8/6-8/10
Fee:	\$35; w/Resident Disc: \$30
Time:	4:00-6:00pm M-F
Instructor:	Summertime Playground Staff
Location:	Meridian Park Elementary



LOCOcamp

Too old for the youth camps? Great news, this camp is for you. We will play in the parks and mountains, take a splash in the water, and you get to vote on the final destination each week. This camp will challenge you, are you game? Please bring a lunch each day. For more information contact Waldo at (206) 801-2644.

Age:	Entering 6th-9th grades
#61903	Tu,W,Th 7/10-7/12 12:00-5:00pm
#61904	Tu,W,Th 7/17-7/19 12:00-5:00pm
#61905	Tu,W,Th 7/24-7/26 12:00-5:00pm
#61906	Tu,W,Th 7/31-8/2 12:00-5:00pm
#61907	Tu,W,Th 8/7-8/9 12:00-5:00pm
#61908	Tu,W,Th 8/14-8/16 12:00-5:00pm
#61909	Tu,W,Th 8/21-8/23 12:00-5:00pm
Fee:	\$36; w/Resident Disc: \$30
Location:	Spartan Recreation Center,
Instructor:	Recreation Staff

SPECIALTY CAMPS



Cascade Elite Gymnastics Camp

Learn step by step progression using curriculum from Cascade Elite Gymnastics Training Center. All levels of students welcome. Beginners and advanced participants meet in the same room and are divided into groups according to skill and age level. Bring a snack.

Age: 6 - 12 Years

#61735 M-F 7/9-7/13 1:00-4:00pm

#61736 M-F 7/23-7/27 1:00-4:00pm

#61737 M-F 8/20-8/24 9:00am-12:00pm

Fee: \$95; w/Resident Disc: \$85

Location: Spartan Recreation Center, Gymnasium-North

Instructor: Cascade Elite Gymnastics Staff



Art and Swim

Help us celebrate summer with our fun art and swim camps. Each week is a different theme and each day a new adventure as we explore each theme through drawing, art and craft projects. You will expand your drawing skills and experiment with artist-quality mediums. Be amazed at your own creative ability, develop confidence in self-expression and most of all...have fun. \$10 supply fee payable to instructor.

Age: 7 - 12 Years

Under a Tropical Sun by Alicia

People, culture & sea life of the tropical islands

#61806 M-Th 7/16-7/19

Instructor: Alicia Buck

Northwest Nature by Melissa

Trees, mountains and water of the Pacific NW

#61808 M-Th 7/30-8/2

Instructor: Melissa Meier

Northwest Wonders by Jessica

Scenery, wildlife and NW history

#61807 M-Th 8/6-8/9

Instructor: Jessica Carlson



Time: 12:45-4:00pm

Location: Spartan Recreation Center, Gymnastics Room

Fee: \$96; w/Resident Disc: \$80

Sewing Camp

Learn basic sewing skills while making a variety of crafts for personal use or gifts in this week long camp. Skills will include: threading the sewing machine, bobbin winding, parts of the machine, using a pattern, cutting fabric, straight stitch, zig zag, basic hand sewing and other techniques. Some of the projects may include pillow cases, hot pads, small purses and book covers. Use of sewing machine and patterns provided. Supply list will be mailed.

Age: 7 - 14 Years

#61801 T-F 6/26-6/29 1:30-4:00pm

Fee: \$153; w/Resident Disc: \$128

#61803 M-F 8/13-8/17 9:30am-12:00pm

#61802 M-F 8/20-8/24 1:30-4:00pm

Instructor: Beckie Stratton,

owner of local sewing school

Location: Spartan Recreation Center, Gymnastics Room

Fee: \$175; w/Resident Disc: \$160

Camp Shoreline Sleep Over

Join our staff for a fun night of swimming, movies, games and activities at the Spartan Recreation Center. Dinner and breakfast is included. Campers need to bring a sleeping bag, swimming suit, towel and pillow.

Age: 7 - 12 Years

#61522 F 8/24 5:00pm - Drop off

Sa 8/25 9:00am - Pick up

Instructor: Recreation Staff

Location: Spartan Recreation Center, Gymnasium-North

Fee: \$45; w/Resident Disc: \$40

Young Actors

The world is your stage and your imagination is your limit in this great acting class. Learn theater games, acting skills, voice projection, scene preparation, prop-making and stage crafts from an accomplished actress. Final performance will take place at the end of the program. All supplies included.

Age: 8 - 12 Years

#61809 M-Th 7/30-8/9 9:00am-12:00pm

Instructor: Norah Peters, BFA in Theater Arts

Location: Spartan Recreation Center, Gymnastics Room

Fee: \$150; w/Resident Disc: \$125

Froggy Holler Outdoor Preschool Camp



At FH Preschool Summer Camp we'll explore Hamlin together, playing and imagining together. Each day we'll have a different nature themed topic to guide our play. We'll read, sing, craft and enjoy the park together. Please provide snacks for your child.

Age: 3 - 5 Years

#61733 M-F 7/30-8/3 9:00am-12:00pm

Location: Hamlin Park, Shelter

Fee: \$105; w/Resident Disc: \$95

Froggy Holler Pirate Camp

Arrgg matey's! FH Outdoor School is going PIRATE this summer with a whole week of beach exploration, pirate tales, fort fun, and perhaps even a little buried treasure loot! Please provide old clothes to be transformed into pirate garb on Monday, and snacks and grub for your pirate!

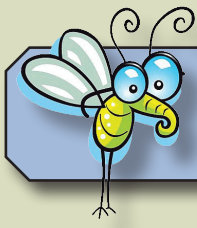
Age: 5 - 7 Years

#61733 M-F 7/30-8/3 9:00am-12:00pm

Instructor: Erin Zackey

Location: Richmond Beach Saltwater Park

Fee: \$115; w/Resident Disc: \$105



TENNIS CAMPS

Tennis - "Little Stars"

Join the fun and learn to play tennis together with kids your same age. Lots of drills, skills and thrills! Who knows, you may be starting to enjoy the game of tennis for the rest of your life. Space is limited. Please bring your own tennis racquet. Rain-out determination will be made one hour before class.

Age: 4 - 7 Years
#61646 7/9-7/12
#61647 7/16-7/19
#61648 7/23-7/26
#61649 7/30-8/2
#61650 8/9-8/15
Time: 11:30am-12:30pm M-Th
Instructor: Recreation Staff
Location: Shoreline Park, Tennis Courts
Fee: \$60; w/Resident Disc: \$50



Tennis-Beginner Lessons

There are no requirements for beginner tennis, just a racquet and a smile! This class is a great and fun introduction to tennis. Tennis fundamentals such as forehand, backhand and serve are taught. In addition, students are introduced to match scoring, play and etiquette. Rain-out calls will be made one hour before the class.

Age: 8 - 16 Years
#61651 M,Tu,Th,F 7/2-7/13
Fee: \$70; w/Resident Disc: \$60
#61652 M-Th 7/16-7/26
#61653 M-Th 7/30-8/9
#61654 M-Th 8/13-8/23
Fee: \$80; w/Resident Disc: \$70
Time: 9:00-10:00am
Instructor: Recreation Staff
Location: Shoreline Park, Tennis Courts



Tennis-Intermediate Lessons

Students in the intermediate level already have a basic knowledge of tennis stroke fundamentals and match play. Students are capable of sustaining a rally and can demonstrate proper stroke form. Further instruction will include tennis net play such as the volley and overhead. Students will become proficient in match and set scoring. Rain-out calls will be made one hour before the class.

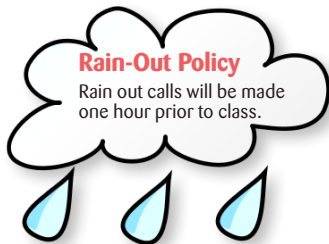
Age: 8 - 16 Years
#61655 M,Tu,Th, F 7/2-7/13
Fee: \$70; w/Resident Disc: \$60
#61656 M-Th 7/16-7/26
#61657 M-Th 7/30-8/9
#61658 M-Th 8/13-8/23
Fee: \$80; w/Resident Disc: \$70
Time: 10:15-11:15am
Instructor: Recreation Staff
Location: Shoreline Park, Tennis Courts



Tennis - Junior Shoreline Team

The Shoreline Tennis Team is a great way to get match play experience! With two practices and a match a week, players on the team see a lot of improvement in their game. We work on all aspects of the game, focusing on consistency and match play strategy. Team is open to all levels, but some level of familiarity with tennis is preferred. Team can be taken at the same time as our classes. Students must provide their own transportation to matches. Rain-out calls will be made one hour before the class.

Age: 10 - 18 Years
#61659 Tu,Th,F 6/26-8/17 1:30-3:30pm
Instructor: Recreation Staff
Location: Shoreline Park, Tennis Courts
Fee: \$115; w/Resident Disc: \$105



Rain-Out Policy

Rain out calls will be made one hour prior to class.



Skyhawks Baseball

At this baseball camp, players have a great time as they refine their hitting, fielding and base running skills. Participants put their newly acquired baseball skills to the test in a scrimmage at the end of the week. Participants are encouraged to bring a snack, water bottle and court shoes.

Age: 6 - 12 Years 

#61760 M,Tu,Th,F 7/2-7/6 9:00am-12:00pm

Instructor: Skyhawks Staff


Location: Hamlin Park, Lower Baseball Field - West

Fee: \$114; w/Resident Disc: \$99



Skyhawks Flag Football

Learn the game of flag football through group training and scrimmages. Flag football is a great alternative option to tackle. You will also learn important ruler's terminology. Campers will need to bring a water bottle and proper athletic attire. Camp T-shirts will be provided.

Age: 6 - 12 Years 

Full-Day Flag Football Camp

#61759 M-F 8/6-8/10 9:00am-3:00pm

Instructor: Skyhawks Staff

Location: Shoreline Park, Soccer Field A Turf

Fee: \$160; w/Resident Disc: \$140



Skyhawks Volleyball

This volleyball camp focuses on serving, hitting, spiking and setting using fun games and activities to engage the enthusiasm of both the novice or experienced player. This program is co-ed and skill based. Each participant will receive a camp T-shirt and is encouraged to bring knee pads, a snack, a water bottle and court shoes.

Age: 7 - 12 Years

#61756 M-F 7/30-8/3 9:00am-12:00pm

Instructor: Skyhawks Staff

Location: Spartan Recreation Center, Gymnasium-North

Fee: \$140; w/Resident Disc: \$120



Skyhawks Basketball

At this basketball camp, players have a great time as they refine their passing, shooting and dribbling skills. Participants put their newly acquired basketball skills to the test at an end of the week tournament. Each participant will receive a T-shirt. Participants are encouraged to bring a snack, water bottle and court shoes.

Age: 6 - 12 Years 

#61747 M,Tu,Th,F 7/2-7/6 9:00am-12:00pm

Fee: \$114; w/Resident Disc: \$99

#61748 M-F 8/20-8/24 1:00-4:00pm

Fee: \$140; w/Resident Disc: \$120

Instructor: Skyhawks Staff

Location: Spartan Recreation Center, Gymnasium-North



Skyhawks Cheerleading

This cheerleading camp offers a week of cheers, chants and fun games! Participants will be taught proper motion and jumping techniques for all aspects of cheering. The week will end with a Friday performance for friends and family. Participants will receive a set of pom-poms and a T-shirt and are encouraged to bring a snack, a water bottle and court shoes to wear.

Age: 5 - 10 Years 

#61757 M-F 8/6-8/10 9:00am-12:00pm

Instructor: Skyhawks Staff

Location: Shoreline Park, Soccer Field A Turf

Fee: \$140; w/Resident Disc: \$120





SKYHAWKS

CAMPS

Skyhawks Mini-Sports

This program helps participants explore soccer, baseball and basketball. There is no pressure, just lots of fun! Young athletes participate in all three sports through unique Skyhawks' games. Coaching staff is trained to meet the special needs of young children while helping them to start off on the right foot as they take their first steps into athletics. Mini-Hawk participants will receive a T-shirt. Participants are encouraged to bring two snacks, a water bottle, sunscreen and running shoes. This program may fill quickly!

- Age:** 4 - 7 Years
- #61744** 6/25-6/29
- #61745** 7/16-7/20
- Location:** Spartan Recreation Center, Gymnasium-North
- #61746** 8/20-8/24
- Location:** Spartan Recreation Center, Center field
- Time:** 9:00am-12:00pm M-F
- Instructor:** Skyhawks Staff
- Fee:** \$140; w/Resident Disc: \$120



Skyhawks Multi-Sports

This multi-sport program is designed for the all-around player interested in several sports, including soccer, baseball and basketball. This fast-paced program is designed to teach the fundamentals of these three sports in a fun and enjoyable atmosphere. Participants are challenged daily in each of the three sports by structured exercises and fun games. Participants will receive a T-shirt and are encouraged to bring shin guards, two snacks, a water bottle, running shoes and sunscreen.

- Age:** 6 - 12 Years
- #61762** M-F 7/16-7/20 9:00am-3:00pm
- Instructor:** Skyhawks Staff
- Location:** Spartan Recreation Center, Grass field
- Fee:** \$160; w/Resident Disc: \$140



Skyhawks Soccer


This soccer academy progressively teaches the fundamental skills and the fun of playing. Skyhawks offer a specific program for each age group and ability. Exercises, games and scrimmages are all utilized to teach passing, dribbling, shooting and the offensive and defensive techniques of the world's most popular sport. Each player will receive a T-shirt. Participants are encouraged to bring shin guards, two snacks, a water bottle, running shoes and sunscreen.

- Soccer-Full Day**
- Age:** 6 - 12 Years
- #61750** 7/23-7/27
- #61749** 7/9-7/13
- #61751** 8/13-8/17
- Time:** 9:00am-3:00pm M-F
- Instructor:** Skyhawks Staff
- Location:** Shoreline Park, Soccer Field A Turf
- Fee:** \$160; w/Resident Disc: \$140



Skyhawks Tiny-hawk

Tiny-hawk introduces soccer in a fun, safe environment with lots of encouragement. Campers must be between three and four years of age and toilet trained in order to participate. Children will learn balance, body movement, hand/eye coordination and skill development through a series of sport specific games.

- Age:** 3 - 5 Years 
- Intro to Soccer**
- #61754** M-F 7/9-7/13 8:00-8:45am
- #61755** M-F 7/23-7/27 8:00-8:45am
- Instructor:** Skyhawks Staff
- Location:** Shoreline Park, Soccer Field A Turf
- Fee:** \$54; w/Resident Disc: \$49



SPRING TEEN CENTERS


Free for all Kids Middle School - 18 years of age

SHORECREST LATE NIGHT

15343 25th Avenue NE
Gymnasium (206) 571-2972
OPEN Saturday 7:00-10:00 p.m.

Shorecrest Late Night Open Gym

Join us every Saturday as we open the gym for basketball, volleyball, and other games. There is free food. We have monthly basketball tournaments and winners receive prizes. There is no Late Night on February 25th. For more information call (206) 801-2644.
Sa 4/7-5/12
Time: 7:00pm-10:00pm
Location: Shorecrest High School, Gymnasium

 Like Us on Facebook

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



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.

The Rec will be open for Tweens only on: 4/7, 5/19, 6/9

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

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

SPRING SPECIAL EVENTS

Youth Jam

YOUTH JAM 2012 is now a Shoreline-wide event. Youth, 18 or younger, with musical aspirations are invited to... third... multiple... through... Beach House Greetings at 626 NW Richmond Beach Road.

CANCELED

F 4/6 6:00-10:00pm
Location: Shoreline Community College
Fee: \$2

Tween Nights@ RHRC

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!

Age: 10 - 12 Years
Sa 4/14, 5/12, 6/9 6:30-10:30pm
Location: Richmond Highlands Recreation Center, Entire Building

Tween Spring Bball Classic

It is a 3 vs 3 double elimination for all 5th and 6th graders. There will be a female open bracket as well. If you are a single and want to sign up, just call to register. You will need to register your team in advance. For more information or to register contact Waldo at (206) 801-2644 or visit us at facebook.com/shorelineteenprogram.

Sa 5/19 6:00-11:00
Location: Spartan Recreation Center

Cypha 12

Callin' all Bboys and BGirls. Come show your stuff around the some of the regions best talent at our annual spring battle.

F 5/18 6:00-11:00pm
Location: Richmond Highlands Recreation Center, Entire Building



SCHOOL-BASED PROGRAMS

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 many chances to win prizes. No registration necessary.

For more information contact Christy at (206) 801-2645.

Tu,Th 4/3-6/14 3:00-4:30pm
Location: Einstein Middle School, Student Activity Center

Einstein 3G

Go Girl Go! This special after school girls group is for girls who like being active, are open to making new friends and want to chat about life with other girls while doing fun things. 3G is modeled after the Women's Sports Foundation: GoGIRLGo! Clubs. This girls group is all about empowering yourself through sports, games, art and fun field trips! This 8 week group is open to any Einstein girl. Permission slips required, available in the Einstein main office or by emailing Christy at cvien@shorelinewa.gov.

W 4/4-5/30 3:00-4:30pm
Location: Einstein Middle School
Fee: FREE

Kellogg Middle School HANG TIME

Do you attend Kellogg? Well, stop by afterschool and join us for fun filled activities. Each day is lined up with many interesting clubs. If you do not like the club options and you want to create your own, then stop by the Hang Time and speak with Hang Time staff. We are always adding new clubs. For more information contact Waldo at (206) 801-2644.

Tu,W,Th 4/3-5/31 2:55-4:45pm

Clubs include, but are not limited to:

Tuesday: Extreme Sports, Cooking Club, Chinese Club, Chess Club, Study Club, Match Club

Wednesday: Extreme Sports, Art, Ping Pong club, Homework club, Social Club

Thursday: Sport Thursdays, Artsy, GSA, PALS, Digital Media Club, Study Club, Japanese Club

Shorecrest Late Night Open Gym

Come on down every Saturday night at Shorecrest's gym for some open gym time. We will have monthly basketball tournaments, dodgeball, volleyball, and any court games. It is no cost to middle and high school students in Shoreline. There is no late night on April 28th and last day is May 12th. For more information contact Waldo at (206) 801-2644.

Age: 12 - 18 Years
Sa 4/7-5/12 7:00-10:00pm
Location: Shorecrest High School, Gymnasium



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 in gym

TWEEN/TEEN CAMPS



Spring Break Adventure Camp

Looking for some adventure this spring break? Join us for three fun filled days of excitement. Monday we will be mountain biking. Tuesday will be paintball and Wednesday we will go hiking and indoor swimming! Make sure to bring a sack lunch, water bottle and a change clothes for the paintball and swimming, we will cover the rest (bikes, helmets, paintball marker, paints, etc). This camp is open to teens in 6th - 9th grade.

Age: 6th - 9th grade
#61870 M-W 4/23-4/25 12:00-5:00pm
Location: Richmond Highlands Recreation Center, Parking Lot
Fee: \$72; w/Resident Disc: \$60

C.I.T. Summer Camp

Be a Counselor In Training (C.I.T.) this summer! Have a blast while gaining valuable experience working with kids. C.I.T.'s are junior counselors for the City of Shoreline summer camps. Learn what it takes to be a great counselor, make new friends and take a weekly adventure trip! You will get to vote where you want to go for Thursday trips be it Wild Waves, paddle boating around green lake or rock climbing! Bring a sack lunch and water bottle each day. C.I.T. meets for two weeks, Mondays through Thursdays.

Age: 13 - 15 Years
#61873 M-Th 7/9-7/19 8:30am-2:30pm
Location: Spartan Recreation Center
#61874 M-Th 7/23-8/2 8:30am-2:30pm
Location: Meridian Park School
#61875 M-Th 8/6-8/16 8:30am-2:30pm
Location: Spartan Recreation Center
Fee: \$155; w/Resident Disc: \$140

C.I.T. Summer Camp Extension

Want to stay longer? Sign up for the extended C.I.T. experience!

Age: 13 - 15 Years
#61876 M-Th 7/9-7/19 2:30-4:00pm
Location: Spartan Recreation Center
#61878 M-Th 7/23-8/2 2:30-4:00pm
Location: Meridian Park School
#61877 M-Th 8/6-8/16 2:30-4:00pm
Location: Spartan Recreation Center
Fee: \$25; w/Resident Disc: \$20

LOCOcamp

Too old for the youth camps? Want something different? Great news, this camp is for you. We will play in the parks and mountains, take a splash in the water, and you get to vote on the final destination each week. This camp will challenge you, are you game? Please bring a lunch each day. For more information contact Waldo at (206) 801-2644.

Age: 11 - 14 Years	#61906 Tu,W,Th 7/31-8/2 12:00-5:00pm	Instructor: Recreation Staff
#61903 Tu,W,Th 7/10-7/12 12:00-5:00pm	#61907 Tu,W,Th 8/7-8/9 12:00-5:00pm	Location: Spartan Recreation Center, Parking Lot
#61904 Tu,W,Th 7/17-7/19 12:00-5:00pm	#61908 Tu,W,Th 8/14-8/16 12:00-5:00pm	Fee: \$36; w/Resident Disc: \$30
#61905 Tu,W,Th 7/24-7/26 12:00-5:00pm	#61909 Tu,W,Th 8/21-8/23 12:00-5:00pm	



Tween Nights

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!

5th and 6th graders only
Saturday 4/14, 5/12, 6/9 6:30-10:30pm
Richmond Highlands Recreation Center



Really great program, the staff are friendly, my daughter is always very happy. It feels appropriate and safe here. Thank you!
 - Tween parent

SUMMER TRIPS & EVENTS

Check out these fun trips for Teens!

All pick-ups and drop-offs are at the Richmond Highlands Recreation Center (The REC) 16554 Fremont Ave. N. unless noted otherwise. Scholarships available! Please call Christy at (206) 801-2645 with any questions or call (206) 801-2600 to register.

Tuesday Treks

Every Tuesday throughout the summer the Teen Program is touring the greater Seattle area. Join us for these free trips as we head to different beaches or parks to hang out, play games and get sun. Must sign-up at Spartan Gym. Pick-up and drop-off at the Richmond Highlands Recreation Center.

Age: 12 - 18 Years



Greenlake

This trip will travel down to Greenlake where we will play games on the field, walk around the lake and visit the community center.

#61893 Tu 7/10 12:00-5:00pm

Seattle Center

Join us as we head to the hub of Seattle, to Seattle Center. The Skate Park and the fountain will highlight this trip.

#61894 Tu 7/17 12:00-5:00pm

Golden Gardens

Come and enjoy the beach volleyball, basketball, ultimate Frisbee or just relax on the sand as the Shoreline Teen Program visits Golden Gardens in Ballard.

#61895 Tu 7/24 12:00-5:00pm

Alki Beach

Located in West Seattle, this site offers a chance to rollerblade, play beach volleyball, BBQ or just walk the beach and look for shells. With all of those choices who wouldn't have fun?

#61896 Tu 7/31 12:00-5:00pm

Carkeek Park

Located in northwest Seattle, this popular park offers extraordinary views of Puget Sound and the Olympic Mountains.

#61898 Tu 8/7 12:00-5:00pm

Juanita Beach

Let's visit the east side and this popular beach. swim, play soccer or throw the old pig's skin.

#61899 Tu 8/14 12:00-5:00pm

Seattle Waterfront

Come and hang out downtown on the waterfront. Have fun at the Bay Pavilion and join in on the scavenger hunt.

#61900 Tu 8/21 12:00-5:00pm

Celebrate Shoreline Youth/Teen Skate Competition

Friday, August 17 Noon - 5:00pm
Paramount Park: 15300 8th Ave NE



Birch Bay Getaway

Spend two nights camping at Birch Bay State Park and a full day splashing around at Birch Bay Waterslides! We will play capture the flag, go for night hikes, make our own meals, eat s'mores and tell campfire stories!

Age: 13 - 17 Years

#61881 Tu,W,Th 8/28-8/30

Location: Richmond Highlands Recreation Center, Parking Lot

Fee: \$83; w/Resident Disc: \$75

Kayaking & Swimming

Get ready for a day of water filled fun! We will start out with a scenic kayak adventure, have a BBQ, then swim the day away! There will also be a chance to get in on some beach volleyball and Frisbee. Lunch is included. Bring a swimming suit, towel and water bottle.

Age: 12 - 18 Years

#61882 F 7/27 10:00am-5:00pm

Location: Richmond Highlands Recreation Center, Parking Lot

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



Wild Waves

What would summer be without a trip or two to Wild Waves? Splash around in the wave pool, race on the speed slides or make yourself dizzy on the disco! Bring a swimming suit, towel & lunch for a day of fun, laughter, and maybe a few ride inspired screams!

#61879 F 7/13 11:00am-7:30pm

#61880 F 8/10 11:00am-7:30pm

Location: Richmond Highlands Recreation Center, Parking Lot

Fee: \$35; w/Resident Disc: \$30



SWIM Around the Lake

Every Wednesday in the summer we'll be taking trips to beaches along Lake Washington. Come and keep track of your swim and see how far you can swim around the lake. Prizes for making the whole way around

Age: 12 - 18 Years

#61902 W 7/11-8/22 1:00-5:00pm

Location: Richmond Highlands Recreation Center, Parking Lot

Fee: Free





THE REC Teen Drop in - Summer FREE

Thursday 3:00 p.m. - 7:00 p.m.
Friday 3:00 p.m. - Midnight
Saturday 7:00 p.m. - Midnight

Get out of the heat and grab some free food while hanging with your friends. XBox, Wii, hoops, movies and no mention of school and it's all FREE!
 Call San for info 801-2643.

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



LEADERSHIP

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 (206) 801-2643. Meetings are 1st & 3rd Monday of every month.

Age: 14 - 18 Years

1st & 3rd Mondays 4/2-6/18 3:00-4:30pm

Location: City Hall, Conference Room - North

Shoreline Youth Ambassadors (SYA)

We are the voice of the teen community. We currently have members at both high schools and at Lakeside. At this time we are not accepting new applications but we are currently looking for volunteers for our events. If you would like to volunteer, for more information contact Waldo at (206) 801-2644. Applications accepted late summer, early fall.

Age: High school

Teens - Changes Support Network

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.

Changes Parent Support network
Th 4/5-8/30 7:15-9:30pm
Location: Richmond Highlands Recreation Center, Cafe/Game Room

Parent Saturday Seminar: Career Education Options Program
 The CEO program at Shoreline Community College offers a great opportunity for youth (16-21) to earn a college certificate or degree, receive free job training, and get assistance finding meaningful employment. Presenter: Mariko Kakiuchi, CEO Program Director
Sa 4/21 10:00am-12:00pm
Location: City Hall, Council Chambers

Parent Saturday Seminar: Fetal Alcohol Spectrum Disorder
 What does a FASD diagnosis mean? What are the symptoms? Is there a treatment? Hear a family's journey through frustration, hurt, humor, embarrassment and acceptance.

Sa 5/19 10:00am-12:00pm
Presenter: Karen Tayler
Location: City Hall, Council Chambers

Parent Saturday Seminar: Step Up Program
 Are you afraid to wake your teen for school? Does his/her behavior frighten you at times? The Step Up program offers free group counseling for youth (13-17 years old) who are violent with family members. Together teens and parents learn to practice skills for respectful communication, problem-solving and safety. Presenter: Step Up counselor
Sa 6/16 10:00am-12:00pm
Location: City Hall, Council Chambers

Parent Saturday Seminar: Dual Diagnosis Depression and Substance Abuse: The unique collision of drugs and depression on the adolescent brain can create chaos for them and their loved ones. Understanding the biological, psychological and social aspects of teen drug use can help kids and their families find effective prevention and intervention strategies. Presenter: Andrea 'Noble' Erickson, Counselor Youth Eastside Services
Sa 7/21 10:00am-12:00pm
Location: City Hall, Council Chambers

Parent Saturday Seminar: Wraparound Team "It Takes A Village"
 King County MIDD Wraparound is a process used to help develop an individualized care plan for a child and family with complex needs. This is done by developing a Wraparound Team comprised of 4-10 members including the child, family, friends, neighbors, counselors, educators, clergy, law enforcement and other community leaders. Presenter: Wraparound Counselor
Sa 8/18 10:00am-12:00pm
Location: City Hall, Council Chambers



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 ongoing throughout the year.

Age: 40 Years and up
W 4/4-6/20 7:00-9:00pm
W 6/27-8/29 7:00-9:00pm
Location: Spartan Recreation Center, Entire Gymnasium
Fee: \$2.50; w/Resident Disc: \$2



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
M,W,F 4/2-4/30 6:00-7:00am
M,W,F 5/4-5/30 6:00-7:00am
M,W,F 6/1-6/29 6:00-7:00am
M,W,F 7/2-7/30 6:00-7:00am
M,W,F 8/1-8/31 6:00-7:00am

Location: Spartan Recreation Center, Entire Gymnasium
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
W Ongoing thru 5/30 1:00-3:00pm
Th Ongoing thru 5/31 7:15-9:00pm

Location: Spartan Recreation Center, Gymnasium
Fee: \$3; w/Resident Disc: \$2



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
M,Th 4/16-6/21 1:30-3:30pm
W 6/27-8/29 5:00-7:00pm

Instructor: Recreation Staff
Location: Spartan Recreation Center, Entire Gymnasium
Fee: \$2; w/Resident Disc: \$1.50



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 site 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

Evening Open Gym

Shoot hoops with your family and friends at the Spartan Recreation Center during this half court open gym time. Ongoing throughout the winter and spring months. No organized team practices allowed at this time.

Th Ongoing thru 5/31 7:15-9:00pm

Location: Spartan Recreation Center, Gymnasium-North

Fee: \$3; w/Resident Disc: \$2



League: Fall Softball

Register by August 15th for one of two divisions in the co-ed Slow-pitch Fall Softball League or Men's League. Each team plays five double headers on weeknights. Contact Courtney Brown at (206) 801-2635 for more information. No postseason playoffs or awards.

Age: 18 Years and up
#61703 M,Tu,Th 9/4-10/29 6:00-10:30pm
Location: League, Softball League
Fee: \$531; w/Resident Disc: \$483



League: Men's Spring/Summer Softball

Register your men's team by April 13th for the Shoreline Spring Softball League. Games are double-headers with top teams scheduled for post-season tournaments. New teams and interested individuals should call the Spartan Recreation Center at (206) 801-2635 for registration information.

Age: 18 Years and up
#61705 M-Th 5/7-7/12 6:00-10:00pm
Location: League, Softball League
Fee: \$980; w/Resident Disc: \$891



League: Co-ed Summer Softball

Register your co-ed team by May 14th for the Shoreline co-ed Summer Slowpitch League. Games are double-headers with each team scheduled for post-season tournaments. New teams and interested individuals should call the Spartan Recreation Center at (206) 801-2635 for registration information.

Age: 18 Years and up
#61704 M,W 6/6-8/22 6:00-11:00pm
Location: League, Softball League
Fee: \$680; w/Resident Disc: \$624



ADULT

2012 NORTHWEST SENIOR GAMES



The Northwest Senior Games gives adults age 50+ the opportunity to participate in social, competitive and recreational athletic events. Events offered: Track and Field; Pickleball; Table Tennis; Dance (Line and Ballroom); Horseshoes; Badminton; Bocce Ball; Shuffleboard; Swimming; 1/2 Marathon Walk; Cycling; Tennis; Golf. Volunteers are welcome! Call Blaine Schultz, (360)826-6703 or go online to schultz314@netzero.com.



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.

#61830 Tu 4/3-5/22 7:30-8:30pm
Fee: \$67; w/Resident Disc: \$56
#61831 Tu 5/29-6/19 7:30-8:30pm
Fee: \$38; w/Resident Disc: \$32

Instructor: Kevin Wilhelmsen, nurse educator and Tai Chi practitioner

Location: Spartan Recreation Center, Dance Room



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. Senior instructor Eric Madis has studied martial arts since 1964 and has taught this class since 1992.



Age: 12 Years and up

#61634 M 4/2-6/18 7:15-8:30pm
#61635 W 4/4-6/20 7:15-8:30pm
Fee: \$53; w/Resident Disc: \$43
#61636 M,W 4/2-6/20 7:15-8:30pm
Fee: \$100; w/Resident Disc: \$90

#61637 M 6/25-8/27 7:15-8:30pm
#61638 W 6/27-8/29 7:15-8:30pm
Fee: \$53; w/Resident Disc: \$43

#61639 M,W 6/25-8/29 7:15-8:30pm
Fee: \$95; w/Resident Disc: \$80

Instructor: Eric Madis/Gail Hammer

Location: Richmond Highlands Recreation Center

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! No class 5/5.

Age: 13 Years and up

#61738 Th 4/5-5/24 7:15-8:45pm
 Sa 4/5-5/24 1:30-3:00pm
#61739 Th 5/31-7/14 7:15-8:45pm
 Sa 5/31-7/14 1:30-3:00pm
#61742 Th 7/19-8/30 7:15-8:45pm
 Sa 7/19-8/30 1:30-3:00pm
Fee: \$140; w/Resident Disc: \$120

Beginner Japanese Sword

#61740 Th 4/5-5/24 7:15-8:45pm
#61741 Th 5/31-7/12 7:15-8:45pm
#61743 Th 7/19-8/30 7:15-8:45pm
Fee: \$70; w/Resident Disc: \$60

Instructor: Dr. Jonathan Bannister
Location: Spartan Recreation Center, Dance Room



Nia

Enliven your body and spirit this winter with Nia, a holistic dance fitness class with a personal twist. Set to a variety of soul stirring music, the Nia class experience blends intuitive dance, martial arts and yoga movements. Adaptable to all athletic levels, this creative workout promises to boost strength, flexibility and peace of mind. You will leave each class beaming and serene!

#61848 Tu 4/10-5/15 12:00-1:00pm
#61849 Tu 5/22-6/26 12:00-1:00pm

Instructor: Gretchen Musgrove
Location: Spartan Recreation Center, Gymnastics Room
Fee: \$58; w/Resident Disc: \$48
 Drop in: \$10





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.

#61813 Tu,Th 5/1-5/17 6:30-7:15pm
#61814 Tu,Th 5/22-6/7 6:30-7:15pm

Instructor: Tracey Batara, NASM Certified
Location: Spartan Recreation Center, Gymnastics 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. No class 5/28.

#62202 M 4/9-5/14 5:00-5:45pm
Fee: \$43; w/Resident Disc: \$36
Drop in: \$8

#62203 M 5/21-6/25 5:00-5:45pm
Fee: \$36; w/Resident Disc: \$30
Drop in: \$8

Instructor: Vicki Gabrielle, AFAA Certified
Location: Spartan Recreation Center, Dance Room



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.

#61838 W 4/4-5/9 5:30-6:15pm
#61839 W 5/16-6/20 5:30-6:15pm
Fee: \$43; w/Resident Disc: \$36

#61840 W 7/25-8/22 5:30-6:15pm
Fee: \$36; w/Resident Disc: \$30

Instructor: Vicki Gabrielle, AFAA Certified
Location: Spartan Recreation Center, Dance Room
Drop in: \$8



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 5/28.

#61824 M 4/9-5/14 11:00-11:45am
#61825 W 4/4-5/9 11:00-11:45am
#61826 W 4/4-5/9 6:15-7:00pm
#61828 W 5/16-6/27 11:00-11:45am
#61829 W 5/16-6/27 6:15-7:00pm
Fee: \$43; w/Resident Disc: \$36

#61827 M 5/21-6/25 11:00-11:45am
#61833 W 7/25-8/22 11:00-11:45am
#61834 W 7/25-8/22 6:15-7:00pm
Fee: \$36; w/Resident Disc: \$30

Instructor: Vicki Gabrielle, AFAA certified
Location: Spartan Recreation Center, Dance Room
Drop in: \$8



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. No class 5/28.

#61850 M 4/9-5/14 12:00-12:50pm
#61995 W 4/4-5/9 12:00-12:50pm
#61996 W 5/16-6/27 12:00-12:50pm
Fee: \$43; w/Resident Disc: \$36

#61851 M 5/21-6/25 12:00-12:50pm
#61997 W 7/25-8/22 12:00-12:50pm
Fee: \$36; w/Resident Disc: \$30

Instructor: Vicki Gabrielle, AFAA Certified
Location: Spartan Recreation Center, Dance Room
Drop in: \$8



jazzercise®

www.jazzercise.com

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 madjazz@live.com.

Dates: Ongoing, 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





Stroller Strides® is a total fitness program that moms can do with their babies. It includes power walking and intervals of strength and body toning exercises using exercise tubing, the stroller and the environment. Taught by certified and specially trained fitness instructors, it is a great workout for any level of exerciser. Stroller Strides instructors weave songs and activities into the routine designed to entertain and engage baby, while moms are led through a series of exercises. This unique program also provides moms with the opportunity to meet other moms, engage in playgroups with their babies and to form lasting friendships.

Dates: Ongoing thru May 16
M,Tu,W 10:00-11:00am

For more information on late spring and summer outdoor locations contact bridgetdwyer@strollerstrides.net.

Register on-site or via email

Instructor: Bridget Dwyer

Location: Spartan Recreation Center

Fee:

Option 1: Monthly Pass: \$50

Option 2: 10-Class Pass: \$110

Option 3: 5-Class Pass: \$65

Option 4: Drop-in: \$15



Swing

Swing is the thing! We will explore the basics of Swing moves that are guaranteed to make you feel like you've been dancing for years. You have some fun with Swing, Waltz and Western 2-step moves. No experience or partners necessary.

#61910 W 4/4-5/2 7:15-8:15pm

Instructor: MaryLee Lykes

Location: Spartan Recreation Center, Dance Room

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



Cajun Dance

Straight from Louisiana! Enjoy the super smooth glide of the Cajun Two Step and the amazingly romantic Cajun Waltz. We'll learn moves in each with a distinctive Louisiana style and flavor. This Louisiana equivalent of Swing is fast, fun and totally original.

#62018 W 4/4-5/2 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.

#61914 M 4/2-4/30 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!

#61912 M 4/2-4/30 7:45-8:45pm

Instructor: MaryLee Lykes

Location: Spartan Recreation Center, Dance Room

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



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

#61866 M 4/2-5/21 6:45-7:45pm

#62007 M 6/4-7/23 6:45-7:45pm

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

Continuing Students

#61867 M 4/2-5/21 7:45-8:45pm

#62008 M 6/4-7/23 7:45-8:45pm

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

Advanced Students

#61868 Tu 4/3-5/22 7:30-8:30pm

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

#62009 Tu 6/5-7/24 7:45-8:45pm

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

Instructor: Janice Wing

Location: Spartan Recreation Center, Gymnastics Room



Defrag Your Brain



Learn proven antidotes for stress and overstimulation and improve your ability to manage day to day challenges using relaxation techniques. Benefits include a sense of calm, well-being, lasting contentment, better sleep and ability to think more clearly. Wear comfortable clothing, bring a mat and a blanket.

#61863 Tu 5/29 6:00-7:45pm
Instructor: Sherry C.
Location: Spartan Recreation Center, Olympic Room
Fee: \$30; w/Resident Disc: \$25



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.

#61858 Tu 4/3-4/24 5:30-6:15pm
#61859 Tu 5/1-5/22 5:30-6:15pm
Instructor: Sherry C.
Location: Spartan Recreation Center, Olympic Room
Fee: \$38; w/Resident Disc: \$32
 Drop in: \$10



Ashtanga Power Yoga



If you desire the need to get invigorated, build more courage yet cultivate a gentleness in spirit and stay grounded all at the same time, this is your class! We will go through a series of flowing, graceful yet vigorous and dynamic movements based on Ashtanga yoga. This class will offer you a challenging practice to build strength, flexibility and confidence. Some yoga experience necessary. Bring a yoga mat.

#62078 Th 4/5-5/10 6:30-7:45pm
#62079 Th 5/17-6/21 6:30-7:45pm
Instructor: Tera McCurdy
Location: Spartan Recreation Center, Olympic Room
Fee: \$72; w/Resident Disc: \$60
 Drop in: \$12



Register online at:
www.shorelinewa.gov/parks

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
#61852 M 4/30-6/11 5:30-6:55pm
#61854 Tu 5/1-6/12 12:00-1:15pm
#61855 M 6/25-7/30 5:30-6:55pm
Continuing Students
#61853 M 4/30-6/11 7:00-8:30pm
#61856 M 6/25-7/30 7:00-8:30pm



Instructor: Elisabetha Sekine
Location: Spartan Recreation Center, Olympic Room
Fee: \$72; w/Resident Disc: \$60
 Drop in: \$12



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.

#61860 Th 4/12-5/10 9:30-10:30am
#61861 Th 5/17-6/14 9:30-10:30am
Instructor: Sissel Brunette
Location: Spartan Recreation Center, Olympic Room
Fee: \$60; w/Resident Disc: \$50
 Drop in: \$12



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.

#61862 Sa 5/19 9:30-11:30am
Instructor: Elisabetha Sekine
Location: Spartan Recreation Center, Olympic Room
Fee: \$26; w/Resident Disc: \$22



Reflexology for Stress Relief



Learn the ancient form of relaxation and reflexology therapy which originated in Thailand. Combining the relaxing benefits of massage and rejuvenating benefits of stretching, this practice will help eliminate muscle aches, stress and other discomforts. Customized to meet individual healing requirements and relax the entire body. Wear light comfortable clothing and bring a mat and blanket.

#61865 Tu 6/5 6:00-7:45pm
Instructor: Sherry C.
Location: Spartan Recreation Center, Olympic Room
Fee: \$30; w/Resident Disc: \$25



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.

#62080 Sa 6/2 9:30-11:30am
Instructor: Elisabetha Sekine
Location: Spartan Recreation Center, Olympic Room
Fee: \$26; w/Resident Disc: \$22



ADULTS

Wedding Plans 101

Are you recently engaged and planning your dream wedding with only limited funds? Kick start the planning process with learning proper etiquette, cost cutting and money saving ideas and tips. Learn from a professional event/wedding coordinator who will share her years of expertise and experience with wedding planning.

#62076 Tu 4/10 6:30-8:30pm
#62077 Tu 6/5 6:30-8:30pm

Instructor: Laura Karas, event planner

Location: Spartan Recreation Center, Cascade Room

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

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.

#61918 W 4/11-5/16 6:30-9:00pm

Instructor: Mary Anderson

Location: Spartan Recreation Center, Cascade Room

Fee: \$86; w/Resident Disc: \$72

Digital Photography - How to Take Better Pictures

Learn to take your snapshots into interesting and beautiful photographs. This class will include lectures, slides and class projects to demonstrate ways to improve composition, shoot portraits and enhance travel photos. Digital cameras of all types are welcome from the simplest to the most complex. Bring your camera and six sample photographs on a flash drive, CD or DVD to the first class. Check out the instructor's work on www.mydigitalphotogallery.com.

#62074 Tu 4/17-5/22 6:30-9:00pm

Instructor: Shirley Sidell

Location: Spartan Recreation Center, Cascade Room

Fee: \$105; w/Resident Disc: \$88

Digital Photography Workshop

Learn all you can do with your camera and how to take photos you'll be proud to share with family and friends. If you are unclear about the various functions and programs, F-stops, shutter speeds, when to use which settings and processing your files, this workshop is for you! Bring your camera, this is a hands-on workshop. Bring a lunch.

#62075 Sa 4/14 10:00am-2:00pm

Instructor: Shirley Sidell

Location: Spartan Recreation Center, Cascade Room

Fee: \$57; w/Resident Disc: \$48

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.

#62192 Sa 4/28 10:00am-1:00pm

Instructor: Sella Rush

Location: Spartan Recreation Center, Cascade Room

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

Blogging Basics

Blogging provides a place to capture your thoughts and potentially publish your words for 'followers' (also known as readers). For those with a business or service, blogging offers a nice way to inform potential customers about what you have to offer. Come learn the basics about blogging; why it might be something you want to try, how to create a blog for free and what to do once it's up and running.

#62044 Sa 5/19 1:00-4:00pm

Instructor: Liz Sheffield

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.

Age: 10 Years and up

#61919 Sa 4/7 10:00am-1:00pm

Instructor: Sella Rush

Location: Spartan Recreation Center, Olympic Room

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

Bead Charm Bracelet

Create a bead charm bracelet for a special occasion or to express your unique style. Learn to design a bracelet, attach charms and bead drops and wear it home. \$10 supply fee, tools provided for use. Feel free to bring charms of your own. Beginners welcome. Perfect for gift-giving or a special holiday occasion. For more inspiration, check out: www.shishidesign.com.

Age: 16 Years and up

#62042 Sa 5/12 10:00am-12:00pm

Instructor: Sella Rush

Location: Spartan Recreation Center, Cascade Room

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

Floating Necklace

Create this gorgeous multi strand floating beaded necklace. Experiment with different colors, textures and sizes of beads to fit your taste. Tools and materials available in class. \$10 supply fee payable to instructor. For samples, check out www.shishidesign.com.

#62043 Sa 5/19 10:00am-12:00pm

Instructor: Sella Rush

Location: Spartan Recreation Center, Cascade Room

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

Jewelry-making Working with Wire

Take your jewelry-making 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.

#62191 Sa 4/21 10:00am-1:00pm

Instructor: Sella Rush

Location: Spartan Recreation Center, Olympic Room

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

Whole Foods Cooking 101



In a world of convenience foods, fad diets and confusing product health claims, it's easy to forget the basics of healthy eating using real foods. Learn the basics of whole foods cooking and how to choose the healthiest fats, proteins and whole grains. We will incorporate them into delicious but easy recipes with an Asian flair, such as edamame miso dip, nutty Asian slaw, red curry coconut salmon and quinoa pudding. All gluten free and without refined sugar. \$5 supply fee payable to instructor.

#62016 Th 4/26 7:00-9:00pm

Instructor: Karen Lamphere, nutritionist

Location: Spartan Recreation Center, Cascade Room

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



Basic Canning - Jams and Jellies

Learn to preserve the summer's bounty and stretch your grocery dollars by making your own preserves. Join this hands-on workshop and learn about canning equipment, safety, resources for recipes and instruction. We will discuss the different types of jams and jellies, including a low/no-sugar option. You will go home with a small sample of what we make in class. Instructor is a Master Food Preserver, with training based on the USDA approved methods of safe food preserving. \$5 supply fee.

#62040 M 5/14 7:00-9:00pm

#61934 M 7/16 7:00-9:00pm

Instructor: Shannon Valderas

Location: Spartan Recreation Center, Cascade Room

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

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.

#62041 M 4/16 7:00-9:00pm

#61935 M 6/11 7:00-9:00pm

Instructor: Shannon Valderas

Location: Spartan Recreation Center, Cascade Room

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

Adult Sewing Lessons



Have you wanted to try sewing but didn't know where to start? Or take a class from a quilt shop but need to brush up on skills first? In this class, we will learn the basic sewing skills to get you started. Skills taught will include machine threading and bobbin winding, stitch functions, feet, following a pattern, button holes and zippers, rotary cutter rulers and cutting mat. Project may include a hot pad, an A-line skirt and/or a make up bag. Machines and notions provided. Supply list mailed, please call for list if registering online.

#62039 Th 5/3-5/24 7:00-8:30pm

Instructor: Beckie Stratton

Location: Spartan Recreation Center, Cascade Room

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



DOG OBEDIENCE

Join our popular dog (and people!) training taught by Joyce's Dog Obedience Services Inc. Joyce and her staff have over 17 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 vaccinations. DHLPP Parvo required. Corona recommended. Rabies vaccination required for dogs over six months. **HANDLERS MUST BE 14 YEARS OF AGE OR OLDER.**

Puppy Manners Foundation

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 should be vaccinated according to your veterinarian and the AVMA guidelines. Puppies do not attend the first day. No class 7/5.

#61928 Th 4/19-5/24 7:00-8:00pm

#61930 Th 6/7-7/19 7:00-8:00pm

Instructor: Joyce's dog Staff

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 should be vaccinated according to your veterinarian and the AVMA guidelines for his age. Dogs do not attend the first class. No class 7/5.

#61929 Th 4/19-5/24 8:00-9:00pm

#61931 Th 6/7-7/19 8:00-9:00pm

Instructor: Joyce's dog Staff

Location: Richmond Highlands Recreation Center, Gymnasium

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





Kruckeberg Botanic Garden Tours

Join the volunteer docents on a tour through the Kruckeberg Botanic Garden. We have a variety of tours available. The free Garden Intro 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 Intro Tour

One hour tour - Free, please register.

#62059	Sa	4/14	1:00-2:00pm
#62070	Sa	4/28	1:00-2:00pm
#62053	Sa	5/12	1:00-2:00pm
#62055	Su	5/13	1:00-2:00pm
#62057	Su	6/3	1:00-2:00pm
#62066	Su	7/1	1:00-2:00pm
#62067	Su	8/5	1:00-2:00pm

Location: Kruckeberg Botanic Garden

Fee: Free

Specialty Intro Tour

One hour tour - Free, please register.

Wetland Plants mini tour

#62058	Su	6/17	1:00-2:00pm
--------	----	------	-------------

Rock Gardens Mini-tour

#62069	Su	8/12	1:00-2:00pm
--------	----	------	-------------

Location: Kruckeberg Botanic Garden

Fee: Free

Full Garden Tour

Two-hour tour

#62054	Sa	6/9	11:00am-1:00pm
#62065	Sa	7/21	11:00am-1:00pm
#62068	Sa	8/25	11:00am-1:00pm

Location: Kruckeberg Botanic Garden

Adult Fee: \$10; w/Resident Disc: \$8

Youth fee: \$6; w/Resident Disc: \$5

Specialty Tours

Native Plants

#62056	Sa	5/5	11:00am-1:00pm
--------	----	-----	----------------

Ethnobotany

#62060	Sa	6/23	11:00am-1:00pm
--------	----	------	----------------

Location: Kruckeberg Botanic Garden

Adult Fee: \$10; w/Resident Disc: \$8

Youth fee: \$6; w/Resident Disc: \$5

Workshops

Learn hands-on gardening skills with the staff.

Propagation

Learn the basics of propagating plants by cuttings. You will take home a propagation tray full of cuttings along with guidelines for making more throughout the year. \$10 supply fee payable to instructor.

#62063	Th	6/7	6:30-8:30pm
--------	----	-----	-------------

Location: Kruckeberg Botanic Garden

Instructor: Kruckeberg Botanic Garden

Foundation Staff

Fee: \$35; w/Resident Disc: \$30

Sand-cast a Leaf Birdbath

Make a concrete bird bath shaped like a giant leaf. You will complete the first steps of the project during the workshop and take home instructions to complete the birdbath once it cures. \$10 supply fee payable to instructor.

#62064	Th	7/19	6:30-8:30pm
--------	----	------	-------------

Location: Kruckeberg Botanic Garden

Instructor: Kruckeberg Botanic Garden

Foundation Staff

Fee: \$35; w/Resident Disc: \$30

Hypertufa Containers

Create a container designed to look like natural stone. These lightweight containers are fast draining and perfect for many plants. You will leave with a small container (approx. 12"x12") and instructions for making more at home. \$10 supply fee to instructor.

#62061	Th	5/17	6:30-8:30pm
--------	----	------	-------------

#62062	Th	8/16	6:30-8:30pm
--------	----	------	-------------

Location: Kruckeberg Botanic Garden

Instructor: Kruckeberg Botanic Garden

Foundation Staff

Fee: \$35; w/Resident Disc: \$30



Gardening Seminars

These free one-hour seminars cover a specific gardening project. If you choose to buy supplies at the Garden after the seminar, staff will provide hands-on support for your project. **Please pre-register.**

Bogs-In-A-Bucket

#62210	Sa	6/16	1:00-2:00pm
--------	----	------	-------------

Rock Garden Containers

#62211	Sa	8/11	1:00-2:00pm
--------	----	------	-------------

Location: Kruckeberg Botanic Garden

Instructor: Kruckeberg Botanic Garden

Foundation Staff

Fee: Free

Don't Miss These Sales!

Mother's Day Sale & Open House

Now in our 25th year!

May 11-13

Wetlands & Rain Gardens Sale

June 15-17

Rock Garden Sale

August 10-12

Location: Kruckeberg Botanic Garden

Kruckeberg Urban Sketching 101



Learn how to use location drawing to tell the story of your surroundings from Seattle Urban Sketcher Gabi Campanario. This introductory class will take place at Shoreline's Kruckeberg Botanic Garden, a location of great natural beauty, ripe with stories to be told.

#62201	Su	7/29	10:00am-1:00pm
--------	----	------	----------------

Location: Kruckeberg Botanic Garden

Instructor: Kruckeberg Botanic Garden

Foundation Staff

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



Register online at:

www.shorelinewa.gov/parks

SHORELINE-LAKE FOREST PARK SENIOR CENTER

18560 1st 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 • E-mail: shorelinesc@seniorservices.org

See Us at the Shoreline Arts Festival!

The Senior Center is proud to be part of the Shoreline Arts Festival again this year. Our annual Arts Festival Breakfast will be served on both days of the festival, June 23 & 24, 8:30am to noon. Our Thrift Shop will be open with volunteers eager to help you find the perfect whatever, 9:30am-4:00pm. The ThimbleBelle Quilters will have beautifully crafted quilts on exhibit in the main hallway in the Conference Center. They will have this year's Holiday Bazaar quilt ready for display and raffle sales will begin. For the second year, Kitchen Corner Catering will be out in the Main Food Court. All proceeds from the Arts Festival Breakfast, Kitchen Corner Catering and the Quilt Raffle will benefit the Senior Center

The Shoreline-Lake Forest Park Senior Singers and the Hokulani Hula Studio will be performing in the Shoreline Room. Times TBA.



Rosemary Bilal and Merlita Sansano, members of the Senior Center's Kupuna Hula Group

HOT, SEASONAL MEALS OFFERED DAILY:

Chef Janice Bellotti-Pace offers an extensive "from scratch" menu for the regular lunch hot meal program. All "from scratch" meals have become very popular. Early arrival to the Senior Center is suggested to make sure you will be able to get a meal ticket!

NORTH SEATTLE SENIORS CAN GET A RIDE TO THE SENIOR CENTER!

Shoreline, Lake Forest park seniors and people with disabilities can be taken to medical appointments at Northwest Hospital, Northgate Group Health, other Northgate medical facilities, the grocery store, hair appointments or even Northgate Mall!

The van is lift equipped and operates Monday to Friday 9am-4pm. Call (206) 727-6262 to schedule a ride.

BASIC SERVICES OFFERED AT THE SENIOR CENTER:

There are several services offered to our community's seniors and their families. Listed are a few that are part of the Senior Center.

NW Hospital Visiting Nurses - Nurses are here on the third Thursday of each month. They can check your blood pressure and/or blood sugar levels; 9:00am to noon. A Senior Center volunteer is available the first Thursday of each month to do blood pressure checks; 10:00am to noon.

SHIBA & SENIOR RIGHTS ASSISTANCE

3rd Friday of each month, a Senior Rights Volunteer comes to the Senior Center who specializes in Social Security and can offer guidance in applying for benefits, Social security overpayments and appeals. Appointments needed: (206)365-1536.

Legal Consultation - Local attorneys come on the 2nd Tuesday of each month to offer free consultations, 8:30-10:40am. Appointments needed: (206) 365-1536.

Medical Equipment - If you are in temporary need of a walker, bath bench or commode, the Senior Center has some items available for loan.

POWER OF ONE PROGRAM

This is a great opportunity to get involved in your neighborhood school. Work with teachers, staff and students in meaningful and rewarding ways. Tutors, mentors and classroom helpers are needed. 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.

Check out our Activities Guide posted on our website: www.shorelinelfpseniorcenter.org for menus and other information.

The Senior Center is now a Wifi secure site!

Helping the Senior Center Through Fundraising

Come to Karaoke/Bingo nights: Reservations HIGHLY recommended; we are filling quickly! Doors open at 6pm, for age 21 and over. \$10 for 8 games. Call (206) 365-1536 to reserve your seat or for a party of 10 (or more!) Spring-summer dates: April 13, May 11, June 8, July 13 and August 10.

Promote or use our new Kitchen Corner Catering for special events; parties, meetings, reunions and more. Find out about our Breakfast, Lunch and Dinner menus from Chef Janice: (206)365-1536.

Local businesses may be interested in our Corporate Advertising and Sponsoring Events. Those interested may contact Judy Parsons at (206) 365-1536 or at judy.parsons@live.com.

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

CLASSES TO HELP YOU MOVE WITH CONFIDENCE!

SOFT EXERCISE: Now two sessions:

Soft Exercise 1: Wed. & Fri., 9:45-10:30am This gentle but invigorating class provides an all-body workout while seated in a chair. Aerobic movements, light weights and resistance equipment help energy levels and muscle tone needed for ease in performing daily activities. **Soft Exercise 2:** Wed & Fri, 10:45-11:30am. This chair exercise class is designed for people with limited mobility. Emphasis is on muscle tone and increasing range of motion. Light weights and resistance equipment are used. Fee: \$2.25 for Center members, \$2.75 for non-members, pay at the Front Desk. You may purchase a Soft Exercise ticket for up to 15 sessions, good for 90 days. Instructor: Nella Raymond, Bridge Room.

MATTER OF BALANCE: Learn how to maintain balance, understand why it can become an issue and enjoy some fun exercises that improve balance skills. Next class: May 4 to June 22, 12:30-2:30pm in the Exercise Room. Classes are free due to a special grant from the Shoreline Fire Department.

SHORELINE POOL



Shoreline Pool

19030 1st Avenue NE
Shoreline, WA 98155
PHONE: (206) 801-2650



www.shorelinewa.gov/parks

Regular 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.

Pool Closures:

April 8 Easter Sunday
May 28 Memorial Day
July 4 Independence Day
September 3 Labor Day

School's Out Open Swims

Time: 1:15-2:45 p.m.
April 23 - April 27 Spring Break

Spring Schedule: 4/1-6/24
Summer Schedule: 6/25-9/8

Special Event: APRIL POOL'S DAY

Sunday, April 1 1:15-3:30 p.m.

Join us for our annual Safety Day. Free Recreation Swim along with water safety activities and demonstrations. There will be prizes and contests. Come and learn about boating safety. There will be CPR demos, diving board and rope swing contests, hands on snorkeling, simple rescues and water activities.

Safety Swim - 1:15-2:15 p.m.

Public Swim - 2:15-3:30 p.m.

Happy 41st Birthday Shoreline Pool!

Come celebrate with us on June 4th for a Happy Birthday Pool Day. We will offer complimentary Lap Swims, Aerobic classes and Recreational/Family Swim ALL DAY.

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

Public Swim

Spring	
Mon/Wed/Fri	7:45-8:45pm
Sat & Sun	1:15-3:00pm
Summer	
Mon - Fri	2:00-3:30pm
Mon/Wed	7:45-8:45pm
Fri	5:15-6:15pm
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.

Arthritis Foundation Aquatics Program

(Spring & Summer)
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.

Gentle Water Exercise

(Spring & Summer)
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.

REAL DEAL Swim

Spring	
Friday -	7:45-8:45pm
Summer	
Friday -	5:15-6:15pm

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: (Spring & Summer)

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

Deep Water Exercise: (Spring & Summer)

Mon/Wed/Fri -	10:00-11:00am
---------------	---------------

Spring Only

Tue/Thu evening -	7:35-8:35pm
-------------------	-------------

Summer Only

Tue/Thu evening -	7:45-8:45pm
-------------------	-------------

Spring & Summer

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



Summer 2012 Schedule – June 25 - Sept. 8

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30-7:00 a.m. 5:30-6:30 a.m.	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			
6:30-7:30 a.m. 7:00-8:00 a.m.	Shallow Water Aerobics Masters Swim Team	Shallow Water Aerobics Masters Swim Team	Shallow Water Aerobics Masters Swim Team	Shallow Water Aerobics Masters Swim Team	Shallow Water Aerobics Masters Swim Team			
7:45-8:45 a.m. 8:00-9:00 a.m.	Shallow Water Aerobics & Lap Swim (1 Lanes)	Shallow Water Aerobics & Lap Swim (1 Lanes)	Shallow Water Aerobics & Lap Swim (1 Lanes)	Shallow Water Aerobics & Lap Swim (1 Lanes)	Shallow Water Aerobics & Lap Swim (6 Lanes)			
8:00-9:00 a.m.	GATORS Swim Team (1 Lanes)	GATORS Swim Team (1 Lanes)	GATORS Swim Team (1 Lanes)	GATORS Swim Team (1 Lanes)				
9:00-10:00 a.m. 9:00-10:00 a.m.	Gentle Lap (1 Lanes) Shallow End Arthritis Therapy	Gentle Lap (1 Lanes) Shallow End Gentle Exercise	Gentle Lap (1 Lanes) Shallow End Arthritis Therapy	Gentle Lap (1 Lanes) Shallow End Gentle Exercise	Gentle Lap (6 Lanes) Shallow End Arthritis Therapy			8:45-9:45 a.m. Shallow Water Aerobics 10:00 a.m.-12:45 p.m. Saturday Swim Lessons
10:00-12:00 p.m.	M-F Swim Lessons	M-F Family Swim	M-F Swim Lessons	M-F Family Swim	M-F Swim Lessons			
10:00-11:00 a.m. Limited Laps Available from 10:00 a.m.-12:00 p.m.	Lap Swim (1 Lane) Deep Water Aerobics	Lap Swim (3 Lanes)	Lap Swim (1 Lane) Deep Water Aerobics	Lap Swim (3 Lanes)	Lap Swim (1 Lane) Deep Water Aerobics	10:00-11:30 a.m. Lap Swim (2 Lanes) Deep Water Aerobics	Scheduled Programs	
11:00 a.m.-12:00 p.m.	Lap Swim (3 Lanes)	Lap Swim (3 Lanes)	Lap Swim (3 Lanes)	Lap Swim (3 Lanes)	Lap Swim (5 Lanes)			
12:00-1:45 p.m.	Lap Swim (6 Lanes) Family Swim	Lap Swim (6 Lanes) Family Swim	Lap Swim (6 Lanes) Family Swim	Lap Swim (6 Lanes) Family Swim	Lap Swim (6 Lanes) Family Swim	11:30-1:00 p.m. Lap Swim 1:15-3:00 p.m. Public Recreation Swim	11:30 a.m.-1:00 p.m. Lap Swim Family Swim 1:15-3:00 p.m. Public Recreation Swim	
2:00-3:30 p.m.	Public Recreation Swim	Public Recreation Swim	Public Recreation Swim	Public Recreation Swim	Public Recreation Swim	Public Recreation Swim	Public Recreation Swim	
3:45-4:45 p.m. 3:45-5:15 p.m.	Family Swim Cascade Swim Team	Family Swim Cascade Swim Team	Family Swim Cascade Swim Team	Family Swim Cascade Swim Team	Family Swim Cascade Swim Team	RENTALS AVAILABLE 3:00-7:00 p.m.	RENTALS AVAILABLE 3:00-7:00 p.m.	
5:00-7:45 p.m. 5:15-7:45 p.m.	Swim Lessons GATORS Swim Team	Swim Lessons GATORS Swim Team	Swim Lessons GATORS Swim Team	Swim Lessons GATORS Swim Team	5:15-6:15 p.m. Real Deal Rec Swim (No Lap Lanes) 6:30-8:30 p.m. RENTALS AVAILABLE	Children under 7 years of age must be accompanied by an adult in the water at all times. *Family Swim is in the shallow end only.		
7:45-8:45 p.m.	Public Recreation Swim (2 Lap Lanes)	Deep Water & Shallow Aerobics Lap Swim (3 Lanes)	Public Recreation Swim (2 Lap Lanes)	Deep Water & Shallow Aerobics Lap Swim (3 Lanes)				

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

Lap Swim



Spring

Mon - Fri - 5:30-7:00am & 8:00am-1:00pm
Sat & Sun - 11:30am-1:00pm
Tue & Thu - 7:45-8:45pm (3 lanes)

Summer

Mon - Fri - 5:30-7:00am & 8:00am-1:45pm (limited lap lanes available from 10am-noon)
Sat & Sun - 11:30am-1:00pm
Tue & Thu - 7:45-8:45pm (3 lanes)

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

*Family Swims



Spring

Mon-Fri, & Sun - 11:30am-1:00pm
Mon-Fri - 5:30-6:30am

Summer

Mon-Fri - 12:00-1:45pm
Sun - 11:30am-1:00pm
Mon-Fri - 3:45-4:45pm

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.

Gentle Lap Swim



Spring & Summer

Mon-Fri - 9:00-10:00am
(Summer time two lanes available Mon-Thu)

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.



Register online at:
www.shorelinewa.gov/parks

SHORELINE POOL



Practice Card

Only at the Shoreline Pool do your children get **6 free swims valid during the swim session only.** 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 water 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 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:

\$6.00; w/Resident Disc: \$5.25

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 on page 37, boxed section).
- 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

Spring only

Tues & Thu 10:00-11:30 a.m.
1:15-2:45 p.m.

Summer only

Mon-Fri 10:30 a.m.-12:00 p.m.

Spring/Summer

Mon & Wed 5:00-7:30 p.m.

Tues & Thu 5:00-7:30 p.m.

Sat 10:00 a.m.-12:35 p.m.

Adult Classes

Beginner

Mon & Wed 8:45-9:15 p.m.

Intermediate & Advanced

Mon & Wed 7:45-8:15 p.m.

NOW YOU CAN REGISTER FOR SWIMMING LESSONS

ONLINE AT:

www.shorelinewa.gov/parks



Lifeguard Training Course:

Learn to respond to water emergencies and perform lifesaving CPR and First Aid. Must be 15 years old 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.

#61972 M-F 4/23-4/27 9:00am-4:30pm

#61973 M-F 6/26-6/30 9:00am-4:30pm

#61975 M-Tu, Th-Sa 7/2- 7/6 9:00am-4:30pm - No class Wed. July 4th

#61974 M-F 8/27-8/31 9:00am-4:30pm

Age: 15 years and up

Fee: \$175; w/Resident Disc: \$145

Location: Shoreline Pool, Training room





SHORELINE POOL

SWIM LESSON SCHEDULE

	Session Title:	Session Date:	Reg. Start Date:	Duration:	Fee:	w/Resident Disc:	
SPRING	I	M/W 4/30-5/23	April 16	8 lessons/4 weeks	\$48.00	\$42.00	
	I	T/TH 5/1-5/24	April 16	8 lessons/4 weeks	\$48.00	\$42.00	
	I***	SAT 5/5-6/16	April 16	6 lessons/7 weeks	\$36.00	\$31.50	
	I*** (Comp Skills)	SAT 5/5-6/16	April 16	6 lessons/7 weeks	\$54.00	\$47.25	
	II*	M/W 5/30-6/20*	May 21	7 lessons/4 weeks	\$42.00*	\$36.75*	
	II	T/TH 5/29- 6/21 (am/eve)	May 21	8 lessons/4 weeks	\$48.00	\$42.00	
	II**	T/TH 5/29-6/14**(afternoon)	May 21	6 lessons/3 weeks	\$36.00**	\$31.50**	
SUMMER	I++	M/W 6/25-7/25++	June 11	9 lessons/5 weeks	\$54.00	\$47.25	
	I	T/TH 6/26-7/26	June 11	10 lessons/5 weeks	\$60.00	\$52.50	
	I	SAT 6/30-8/28	June 11	5 lessons/5 weeks	\$30.00	\$26.25	
	II	M/W 7/30-8/29	July 23	10 lessons/5 weeks	\$60.00++	\$52.50++	
	II	T/TH 7/31-8/30	July 23	10 lesson/5 weeks	\$60.00	\$52.50	
	II	SAT 8/4-9/1	July 23	5 lessons/5 weeks	\$30.00	\$26.25	
	DAILY	A	T-F 6/26-6/29	June 11	4 lessons/1 week	\$25.00	\$21.50
		B++	M-F 7/2-7/6++	June 29	5 lessons/1 week	\$25.00++	\$21.50++
		C	T-F 7/9-7/13	July 6	5 lessons/1 week	\$30.00	\$26.25
		D	M-F 7/16-7/20	July 13	5 lessons/1 week	\$30.00	\$26.25
		E	M-F 7/23-7/27	July 20	5 lessons/1 week	\$30.00	\$26.25
		F	M-F 7/30-8/3	July 27	5 lessons/1 week	\$30.00	\$26.25
		G	M-F 8/6-8/10	August 3	5 lessons/1 week	\$30.00	\$26.25
		H	M-F 8/13-8/17	August 10	5 lessons/1 week	\$30.00	\$26.25
I		M-F 8/20-8/24	August 17	5 lessons/1 week	\$30.00	\$26.25	
J		M-F 8/27-8/31	August 24	5 lessons/1 week	\$30.00	\$26.25	

*No Lesson Monday (May 28 Memorial Day Observed)
 ***Saturday lessons run until June 16. No Lesson May 26th (Memorial Day Weekend)
 **Afternoon lesson ends early on June 14th due to School Afternoon Pool use
 ++No Lesson Wednesday July 4 (Independence Day)

Gators Swim Team

The team is a member of the CRAZE summer swim league and will have dual meets throughout the season and an end-of-season championship meet in mid-August. Workouts are divided by age groups. Ages 5-8, 9-12 and 13-18 years. All must be able to swim 25 yards each of freestyle and backstroke. Ages 13-18 must be able to swim 50 yards each of freestyle and backstroke. Practice times are divided by age groups for both mornings and evenings.



Age: 13 - 18 Years

#62048 M-Th 7/2-8/16 6:45-7:45pm
 #62047 M-Th 7/2-8/16 8:00-9:00am

Age: 5 - 12 Years

#62045 M-Th 7/2-8/16 9:00-9:45am
 #62052 M-Th 7/2-8/16 8:00-8:45am

Age: 5 - 8 Years

#62050 M-Th 7/2-8/16 6:00-6:45pm
 #62051 M-Th 7/2-8/16 5:15-6:00pm

Age: 9 - 12 Years

#62046 M-Th 7/2-8/16 6:00-6:45pm
 #62049 M-Th 7/2-8/16 5:15-6:00pm

Location: Shoreline Pool, Deep End
 Fee: \$135; w/Resident Disc: \$115



Pool Party Rentals

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

An additional Friday Night Rentals available during Summer Sessions from 6:30- 8:30pm

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



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.**

Special Olympics Softball & T-Ball Team

The City of Shoreline is sponsoring the ShoreLions Special Olympics softball team again this season. Practices for Softball and the Development Skills tests begin in June at Hamlin Field. The King County Special Olympics regional softball tournament is scheduled to take place in July. Pre-registration is required for all participants and all participants must provide a current Special Olympics 'med. form', call Courtney at (206) 801-2635 for more info.

Age: 10 Years and up



#61722 Tu, Th 6/19-8/23 6:30-8:00pm

Instructor: Christy Wicklander

Location: Hamlin Park, Lower Baseball Field - East

Fee: \$66; w/Resident Disc: \$60

Scholarships Available

Call (206) 801-2600
for information

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 class on 5/28.

Age: 18 Years and up

Session 1

#61767 M-Th 4/9-5/17

Fee: \$240; w/Resident Disc: \$220

#61763 M 4/9-5/14

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

#61764 Tu 4/10-5/15

#61765 W 4/11-5/16

#61766 Th 4/12-5/17

Fee: \$70; w/Resident Disc: \$60

Session 2

#61772 M-Th 5/21-6/28

Fee: \$230; w/Resident Disc: \$210

#61768 M 5/21-6/25

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

Music Explosion!

Join instructors Jill Rogers and Andy Denney in this six-week program where we will explore music including dance, song writing, making instruments and other fun projects. Space is limited, register early.

Age: 18 Years and up

#61943 W 6/27-8/1 6:00-8:00pm

Instructor: Jill Rogers

Location: Spartan Recreation Center, Olympic Room

Fee: \$50; w/Resident Disc: \$45

Bowling League

Brush up on your bowling skills, make new friends, and plan on having lots of fun participating in the Monday night bowling league at the Spin Alley Bowling Center in Richmond Beach. Cost includes all bowling fees and shoe rental.

Age: 18 Years and up

#62199 Tu 4/3-5/15 6:30-8:30pm

Instructor: Jill Rogers

Location: Spin Alley

Fee: \$107; w/Resident Disc: \$92



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. Call (206) 801-2600 for further details.

Shoreline Live!

Seventh annual variety show where you can enjoy music, dance, drama and more! Come watch a wonderful performance written and performed by people with and without disabilities. Our Specialized Recreation participants perform for you for FREE for two nights. Don't miss this truly original performance full of art, imagination and ability!



Wed 6/6, 6/13

Time: 7:00-8:30 p.m.

Fee: Free

Location: Shoreline Center Auditorium
18560 1st Ave NE

GET FIT!

Let's Get FIT! **This program meets once a month** to encourage and promote health, nutrition and fitness. Participants will be given a calendar to document daily progress and tools to use during the month on their own, and at their own pace. Weekly emails and phone calls provide support and includes helpful tips and motivation. Awards and prizes are given at each meeting to promote their commitment. Let's support each others individual progress as we GET FIT!

Age: 18 Years and up

Spring

#61932 M 4/16, 5/7 6:30-8:00pm

Fee: \$18; w/Resident Disc: \$15

Summer

#61950 M 6/4, 7/16, 8/13 6:30-8:00pm

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

Instructor: Jill Rogers

Location: Richmond Highlands Recreation Center

Fee: \$18; w/Resident Disc: \$15





SPECIALIZED RECREATION

TRIPS AND SPECIAL EVENTS

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

Sub Sandwich Shop
#61920 F 4/13 6:00-10:00pm

Stir-Fry
#61921 F 5/4 6:00-10:00pm

Italian Night
#61946 Sa 8/10 6:00-10:00pm

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



Red Robin & Matinee

Don't miss out on a fun day with friends. We will head out to catch a matinee and then go to Red Robin for an early dinner. Remember to bring extra money if you want a snack at the movie.

Age: 18 Years and up

#61939 Sa 4/21 1:00-6:00pm

Instructor: Jill Rogers
Location: Spartan Recreation Center, Parking Lot
Fee: \$45; w/Resident Disc: \$40

Picnic in the Park

Enjoy the beauty of Hamlin Park. In groups, we will take some hikes on the nature trails, play some games on the fields, and fly kites-you pick! Enjoy some good BBQ on the grill. Bring your ballglove and dress for the weather.

Age: 18 years and up

#61937 Sa 5/12 4:00-8:00pm

Instructor: Jill Rogers
Location: Hamlin Park, Picnic Shelter
Fee: \$24; w/Resident Disc: \$19

Summer BBQ and Luau

Let's Party! Join us for a fun summer celebration. We will play outdoor and indoor games, eat BBQ, and dance to some great Rock and Roll. You must pre-register!

Age: 18 Years and up

#61938 Sa 6/23 12:00-3:00pm

Instructor: Jill Rogers
Location: Richmond Highlands Recreation Center
Fee: \$5

Warm Beach Weekend

Head out for a full weekend! We will play games, take nature walks and relax together. 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 Years and up

#61940 F-Su
 F 6/15 4:00pm - Drop Off
 Su 6/17 12:00pm - Pick up

Instructor: Jill Rogers
Location: Spartan Recreation Center, Spec Rec Overnight Rooms
Fee: \$200; w/Resident Disc: \$180

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

#62195 F-Sa
 F 7/13 4:00pm - Drop off
 Sa 7/14 11:00am - Pick up

Instructor: Jill Rogers
Location: Hampton Court Hotel Lynnwood
Fee: \$85; w/Resident Disc: \$70

Trip to Shoreline SolarFest

Let's check out the 9th annual SolarFest at Shoreline Community College. We will learn about renewable energy and sustainable living through hands-on activities, exhibitors and speakers. We will have lunch from your choice of food vendors at the fair and listen to live musical acts. Please bring \$12 for lunch. Meets at the Richmond Highlands Rec Center.

Age: 18 Years and up

#62200 Sa 7/28 12:00-4:00pm

Instructor: Jill Rogers
Location: Richmond Highlands Recreation Center, Parking Lot
Fee: \$24; w/Resident Disc: \$19

Trip to Celebrate Shoreline Events

Help Shoreline celebrate it's 17th birthday! We will watch the parade and then head over to the musical performance and festival area at Ridgecrest Elementary. Bring \$10 for lunch (drop off to be determined, pick up at the school flag pole at 2:30 p.m.).

Age: 18 Years and up

#61944 Sa 8/18 10:30am-2:30pm

Instructor: Jill Rogers
Fee: \$24; w/Resident Disc: \$19

PARK AMENITIES



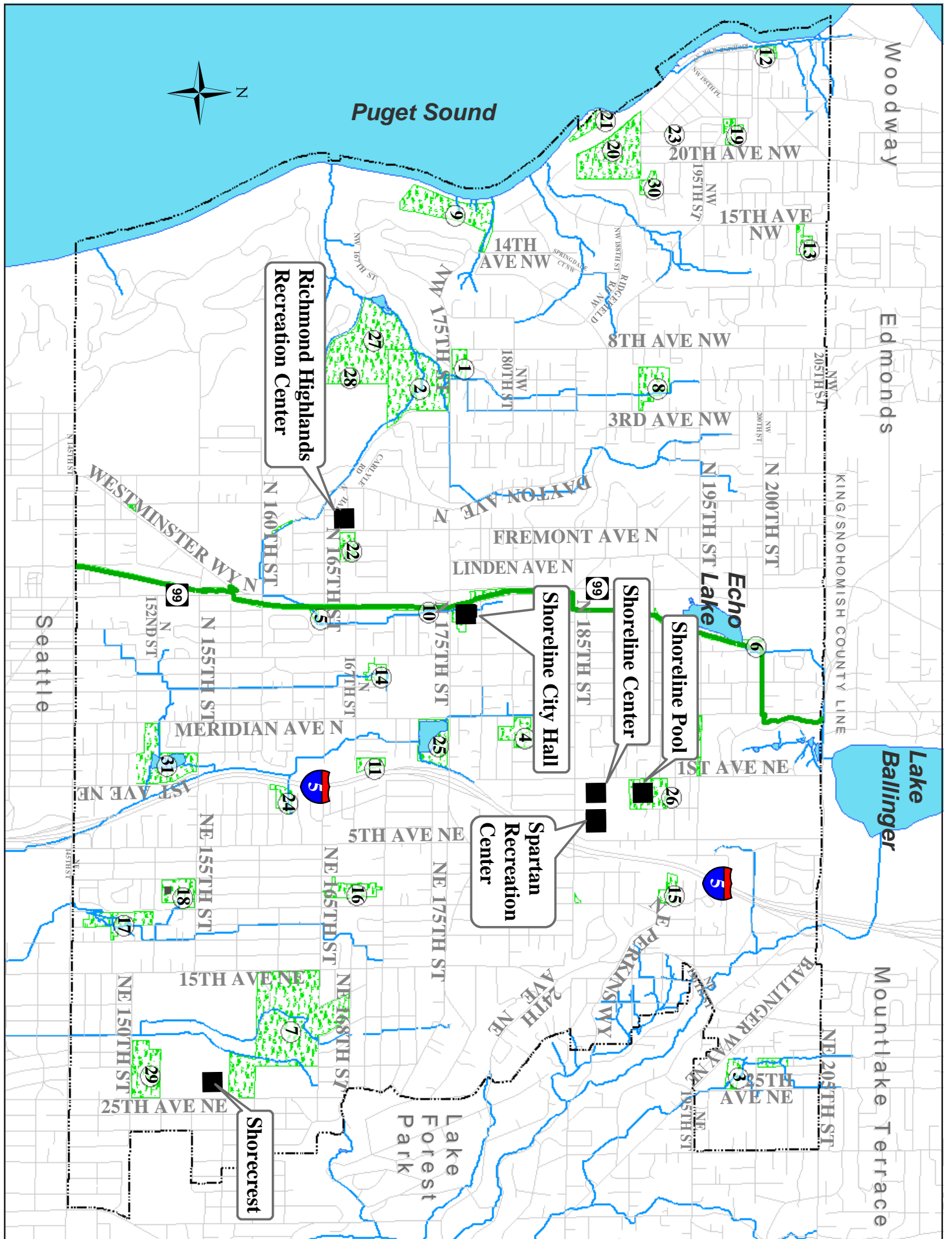
Please note the following:

- 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.

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.

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

	BASEBALL/SOFTBALL	BASKETBALL	FORMAL GARDEN	HANDBALL	HORSEHOE PIT	OPEN SPACE/NATURAL AREA	OPEN WATER ACCESS	PICNIC AREAS	PLAYGROUND	PUBLIC ART	(X) RESTROOM (✓) SANI-CAN	SKATE PARK	SOCCER	TENNIS	TRAILS
1 Boeing Creek Open Space - 601 NW 175th St					X										X
2 Boeing Creek Park - 17229 3rd Ave NW					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			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					X
8 Hillwood Park - 19001 3rd Ave NW	X			X		X	X		X			X	X		
9 Innis Arden Reserve Open Space - 17701 15th Ave. NW					X										X
10 Interurban Trail - Adjacent to Aurora Ave between N. 145th & 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					X
13 Kruckeberg Botanic Garden - 20312 15th Ave NW			X						X						X
14 Meridian Park Open Space - 16765 Wallingford Ave N					X	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 - 835 NE 155th St.	X					X	X		X	X	X	X	X		X
19 Richmond Beach Community Park - 2201 NW 197th St						X	X		✓			X	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 NW 190th St (Open 11/1-3/15)						X				X					
22 Richmond Highlands Park - 16554 Fremont Ave N	X					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
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	
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 New - Community Garden!		X			X	X	X		X			X	X	X	X



FACILITY RENTAL OPPORTUNITIES

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 39 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

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

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



FACILITY RENTAL OPPORTUNITIES

Richmond Beach Saltwater Park

2021 N.W. 190th Street



RBSP The Terrace at Richmond Beach – This area has a beautiful view of Puget Sound, several picnic tables, benches, grass areas and a large trellis that makes The Terrace an ideal spot for small weddings and gatherings. The area has an ADA accessible sani-can, but no power or water on site. In addition to our regular facility rules & regulations the following activities/set-up will not be allowed at The Terrace: amplification, staking/posting, adhesive tape and generators. Canopies may be no larger than 10' x 10' and can only be secured by weights or sandbags. Folding tables and chairs are permitted. Maximum capacity is 75.



RBSP Upper Shelter – A large, plaza-like shelter with a panoramic view of Puget Sound and children's play equipment nearby. The Upper Richmond Beach Shelter has restrooms, water access & one 15-amp outlet for electricity. The shelter features a panoramic view, easy access for equipment and guests, a private setting and a large plaza area. It is a moderate walk to access the beach. The shelter has five fixed tables under the shelter and seven fixed tables in the plaza area. The shelter has two cooking grills under the shelter and six cooking grills in the plaza area. Maximum capacity 100, unless approved by Facility Scheduler.



RBSP Lower Shelter – Right on the beach across the train track footbridge and includes a pit for campfires. The Lower Richmond Beach Shelter has restrooms nearby, with water access & one 15-amp outlet for electricity. The shelter features easy beach access, a beach view, sand volleyball area and a fire pit. It is a moderate walk (with some steep grade) from the parking lot to access the shelter for equipment and guests. No motor vehicle access is allowed. The shelter has four fixed tables under the shelter and one fixed table outside the shelter along with two cooking grills. Maximum capacity is 100, unless approved by Facility Scheduler.

Paramount School Park Shelter

15300 8th Avenue N.E.

The Paramount School Park shelter is adjacent to the children's play area, paved walking trail, ball fields and the Connie King Skate Park. Maximum capacity 100, unless approved by Facility Scheduler.



Hamlin Park Shelter

16006 15th Avenue N.E.

This park is newly renovated. The new shelter is perfect for parties, large gatherings and is located close to restrooms, children's play area and numerous tree-lined walking trails. The adjacent ball fields may be available for an additional fee.



COMMUNITY PROGRAMS



Shoreline Historical Museum

18501 Linden Ave. North • (206) 542-7111
www.shorelinehistoricalmuseum.org
shm@shorelinehistoricalmuseum.org - email
Tue - Sat: 10am-4pm, Archives open Wed 10am-1pm or by appointment.

Visit the new museum exhibits:
"Linking the Community Through time: Connections that Bring Us Together", "Once Upon a Time in Playland" "Where in the World?" and "What in the World?" - Interactive touchscreen exhibits of the community's historic photos and oral histories.
Everyday hands-on activity: "Passport to History". Travel through time as you collect the stamps from each era of our history.

Exhibit Opening: "The Summer of '62 - We Remember Century 21" April 21st:

Join us for Hand-On Days!

Fourth Saturday of each month. Free Hands-on activities, drop in 11am-3pm.
4/28 - Traditional May Baskets
5/26 - Classmate Autograph Books
6/22-6/23 - Two special Hands-on Days at the Shoreline Arts Festival, Shoreline Center.
7/28 - Flower Presses
8/25 - Using harvest materials as toys

Shoreline Fire Dept.

17525 Aurora Avenue N • (206) 533-6500
www.shorelinefire.com
Follow us on Twitter@ShorelineFire
Want a station tour? CPR class? Fire engine visit? Email melanie@shorelinefire.com to ask us anything!

Shoreline-Lake Forest Park Arts Council

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

Auditions (1st-12th grades): Missoula Children's Theater's Beauty Lou and the Country Beast : Shoreline Room, Shoreline Center. 6/18 3:45pm

Performances: Missoula Children's Theater's Beauty Lou and the Country Beast - Shoreline Center Auditorium, part of the Shoreline Arts Festival, 2 performances. Sat 6/23 1pm & 5pm \$7

Summer Arts Camps:
Shoreline Jazz Camp: Jazz Camp for students currently in grades 7-12. M-F, 8/6-8/10, 8/13 & 8/14. 9am-1pm, Shorewood High School- Cost \$315, scholarships are available.

August Arts Camp: Arts Camp located at Shoreline Center for students in grades 3-6. 8/6-8/10, 9am-3:30pm, Shoreline Center. Cost \$210, scholarships are available.

Shoreline Library

345 NE 175th Street • (206) 362-7550
www.kcls.org/shoreline
Hours: Mon-Thu 10am-9pm,
Fri 10am-6pm, Sat 10am-5pm, Sun 12-8pm
Preschool Dance Party! 3-6yrs 4/20, 11am
Work for Yourself: Adults, 4/23, 5/22, 6/25 4pm
Draw, Paint, & Write in a Nature Journal: 8 yrs & up, registration required 4/24, 1:30pm
Opera Preview: Madama Butterfly: Adults, 4/26, 7pm
Anger and Consequence: A STARS Workshop: Adults, registration required, 4/28, 10:30am-12:30pm
Free Comic Book Day: Teens, 5/5 10am; Game on! Special Edition, noon
Words into Music, Dance & Fun with Charlie Hope: Ages 2 & older, 5/19 11am
Cenerentola: The Italian Cinderella: 2 & up 5/25 11am
Scared Silly Storytelling: 3 & up, 6/28, 11am
The Starlight Circus Show: All ages, 7/6, 11am
The Dreaming Tree Play: All ages, 7/10, 1pm
Caspar Baby pants Dream Concert: All ages, 7/17, 7pm
Dream it, Read it, Do it: Magic show, 5 & up, 7/25 3pm
The Gustafer Yellowgold Music Show: All ages, 8/2, 11am
Recess Monkey: All ages, 8/7, 7pm
Create Nocturnal Clay Creatures: Registration required, 8/9, 11am (Pre), 1pm, (Pri)

Ongoing Programs: Please visit our website or call for dates, times and/or additions. Call for April/May story time dates.

Summer Story Times run 6/26-7/17 & 7/31-8/7
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
Korean Story Time: 3-6 yrs, Fri 10:15am call for dates
Chinese Story Time: 3-6 yrs, Fri 12:30pm call for dates
Spanish Story Time: 3-6 yrs, Fri 1:30pm call for dates
Study Zone - Homework help for grades K-12. Sun-Thur, 5-7pm when school is in session.
Talk Time - Improve English speaking and listening skills Mon 7pm; Wed 10am

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

Kids Read! Drop-in reading help for grades K-6, Tue, 4-6pm thru 5/29

Book a Librarian: Free 30-minute appt. to help you with your information needs.

Shoreline Children's Center

1900 N 170th • (206) 361-4256
Ages 2-1/2 to 12 Years - 6:30am-6:30pm
Dale Turner Family YMCA
19290 Aurora Avenue N • (206) 363-0446
www.daleturnerymca.org

Richmond Beach Library

19601 21st Avenue NW • (206) 546-3522
Hours: Mon-Thurs 10am-9pm
Fri: 10am-6pm Sat: 10am-5pm
www.kcls.org/richmondbeach

Please visit our website or call the library to verify dates of the following ongoing programs and additions.

Ongoing programs, please call for dates:

Pajamarama Story Time: Wed, 7pm
All young children welcome with parent or caregiver. Wear your pj's and join us for fun!

Toddler Story Time: Thu, 10:15am
Ages 2-3 with adult, siblings welcome. Join us for books, finger plays, stories & songs!

Preschool Story Time: Thu, 11am Ages 3 to 6 with adult, siblings welcome.

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

Teen Talk Time: ESL conversation group for students. Wed, 4-6pm

Talk Time: ESL conversation group for adults. Tue, 4pm

Evening Book Discussion: First Monday of the month at 7pm.

ESL Classes: Call the library for dates and registration.

Free Tax Help: Call for info (206) 365-1536.

Special programs:
Effective Resumes for new Job Search: 4/9, 7pm

Musical Fun for Everyone: 5/25, 1:30pm

Swingin' With Dean Show: 6/18, 7pm

Stories Under the Tree: 7/2, 7/9, 7/16, 7/23, 7/30, 12pm

Raccoon Tunes & Possum Tales Music Show: 6/29, 10:30am

Nightmare Storytelling: 7/5, 7pm

Your Place in Space Workshop: 7/9, 11am

Where the Wild Things Are Theatre Workshop: 7/18, 1pm

Pajammin' Party Concert: 7/24, 7pm

Night Lanterns Art Workshop: 8/3, 3pm

Plan-It Mars Science Workshop: 8/11, 11am

Shoreline Community College



16101 Greenwood Ave N • (206) 546-4606
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 or call Mark McVeety at (206) 533-6647.



REGISTER NOW!

SHORELINE RESIDENTS:

Registration begins March 22 for Shoreline and Lake Forest Park Residents

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

NON-RESIDENTS:

All Non-Residents begin registration March 26

- Payment is accepted by credit card, check, money order or credit on a recreation account.
- Photographs and videotapes may be taken by staff for future publications.



ONLINE: www.shorelinewa.gov/parks



New to Shoreline's recreation programs? Use the new account set up form available online to obtain a Family PIN and Client ID. You will usually receive access within 2 business days. Returning customers can receive their existing Family Pin and individual barcode by calling (206) 801-2600. Most programs are available to register online. Registration for athletic leagues is not available online at this time.



BY PHONE:

By VISA/MasterCard ONLY!

Call: (206) 801-2600

For all programs and facility rentals (except pool) Spartan Recreation Center

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.

Shoreline Pool: (206) 801-2650

Mon-Fri 7:00 a.m.-8:30 p.m.
 Sat 9:00 a.m.-2:45 p.m.
 Sun 11:30 a.m.-2:45 p.m.



IN PERSON:

Spartan Recreation Center -

202 NE 185th St., Shoreline
 For all programs or facility rentals (except pool)

Shoreline Pool -
19030 1st Ave. NE, Shoreline



BY FAX:

(No fax in for Pool programs)

Programs fax: (206) 393-3380
 24-hour convenience: VISA/MC



MAIL IN:

(No mail in for Pool programs)

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

SPARTAN RECREATION CENTER
202 NE 185TH
Shoreline, WA 98155

REFUNDS

- A:** If City of Shoreline cancels a class, 100% credit on account or full refund.
- B:** Participant refund request prior to the first day of class; \$5 admin. fee per registration for refund or 100% credit on Class account.
- C:** Refund requests made after the start of a class are subject to program supervisor approval and may be granted on a prorated basis.
- D:** Refunds will not be processed after the final class.



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



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

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

CLASS NUMBER	CLASS TITLE	PARTICIPANT NAME	ACTIVITY DAY(S) /TIME(S)	DATE OF BIRTH	FEE

Please check one:

Checks payable to:
City of Shoreline



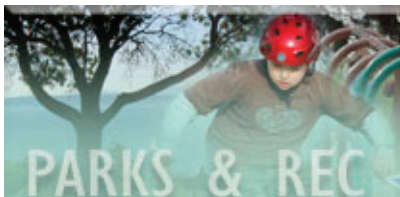
MAIL TO: Spartan Recreation Center

202 NE 185th St., Shoreline, WA 98155

Account # _____ Expiration Date _____

In consideration of being allowed to participate in the recreation programs and community events offered by the Shoreline Parks, Recreation and Cultural Services Department, I assume all risk of injury, damage and harm to myself which may arise from my participation or my child's participation in the activities or use of City facilities. I further agree to release and hold harmless the City of Shoreline, its officials, employees, and agents and agree to waive any right of recovery that I may personally have in the future to bring a claim or lawsuit for damages against them for any personal injury, death, or harmful consequence occurring to me arising out of my participation or the child's or children's participation in the activity, unless the claim is the result of the City's sole negligence.

X _____



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

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

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

Time Dated Material
Postmaster:
Please deliver March 17-20



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



We're on Facebook and YouTube!



ECRWSS
Postal Customer

SAVE THIS BROCHURE!

It contains all the information for classes and events April thru August. Our next guide, the Fall issue, will be mailed the end of August 2012.

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

Resident registration begins March 22



Keen Cuisine
Cents and Sensibility in the Kitchen

FREE Eats4Health month kickoff event
Wednesday, March 28 • 7:00 to 8:30 p.m.
Shoreline City Hall Council Chambers & Lobby

Join us for a free event to kickoff Shoreline Eats4Health month! Tricia Clement, dietitian and certified diabetes educator at Northwest Hospital, will provide the keynote address featuring low cost ways to make your meals healthy while tantalizing your taste buds. Clement has more than 20 years of experience working with both inpatients and outpatients, co-teaches the "Living Well Diabetes" classes at the hospital, and frequently participates in community events to promote wellness.

Vendor FAIR After the keynote, residents can sample food, pick up new recipes and get information on making healthy food and lifestyle choices at a vendor fair of local companies and organizations. Partner organizations include: Northwest Hospital, Dale Turner YMCA, QFC, Tiny's Organic Farm, Shoreline Lake-Forest Park Senior Center, Shoreline School District Food Services, and Diggin' Shoreline.

Celebrate a new start in April!

Are you ready for a change to a healthier way of eating? Looking for inspiration or new ideas as you plan your meals? Need help with healthy meal preparation techniques?

During the entire month of April the City and many community partners will celebrate Eats4Health month by highlighting learning opportunities, specials on nutritious foods at local stores, and lifestyle changes that can help residents lead a healthy life.

Find out more on the web at shorelinewa.gov/Shoreline4Health.



Join the conversation

Join fellow residents of Shoreline who are committed (or newly committing) to living a healthy lifestyle.

- Share your favorite exercise spots and run routes
- Find new recipes
- Recommend a class or resource
- Ask questions from fellow Shoreliners

Become part of the conversation at the City's new healthy living Facebook page:

