LYNNWOOD
RECREATION GUIDE

MARCH - JUNE 2015

LET'S PLAY!

KIDS KLUB pg 10
KAMP KOOKAMUNGA pg 12
OUTINGS & HIKES pg 28

WWW.PLAYLYNNWOOD.COM
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Creating a healthy community through people, parks, programs and partnerships.

Lynnwood Recreation Center
425–670–5REC (5732)
18900 44th Ave W

Lynnwood Golf Course
425–672–GOLF (4653)
20200 68th Ave W

Cedar Valley Gym
425–670–5517
19200 56th Ave W

Lynnwood Senior Center
425–670–5050
19000 44th Ave W

Meadowdale Playfields
425–670–5585
16700 66th Ave W

Meadowdale Middle Gym
425-670-5517
20420 68th Ave W

The City of Edmonds benefits from your local purchases.

Spring Into a New Honda
0.9% APR up to 60 Months
on select new Honda models

Bring in ANY coupon for service on your Honda and we will MATCH IT!

2014 Accord
2014 CRV

425-775-7575
220th & Hwy 99, Edmonds
www.lynnwoodhonda.com
FROM MAYOR NICOLA SMITH

SPRING IS MY FAVORITE TIME OF YEAR, and one of my favorite hobbies is gardening. I love getting outside in the crisp air to prep my garden with vegetable and herb seedlings. Not only is gardening great exercise, I feel so energized being out in the fresh air. We are so fortunate to live in a part of the county with such a beautiful natural environment. If you are interested in gardening but don’t have space at your residence, consider signing up for a garden box at the Intergenerational Community Garden located at the Lynnwood Senior Center. We have a few garden boxes available right now!

Trees and the natural environment are a vital and important part of the Lynnwood community. In fact, did you know that Lynnwood is a Tree City USA? For the past fifteen years, the City of Lynnwood has met the standards to qualify as a Tree City set by the Arbor Day Foundation. One of these standards is to hold an annual Arbor Day Observance. This year’s event will focus on urban forest restoration at Wilcox Park. On Friday, April 24, City staff and I will be assisted by Cedar Valley Elementary students to plant a couple dozen vine maple and Western Red Cedar trees to create an under story of vegetation that will help reduce erosion at one the City’s most popular urban forests.

Another one of my favorite spring-time activities is taking an evening walk with my husband to our neighborhood park. Our Parks, Recreation and Cultural Arts Department maintains over 350 acres of park land. This includes mini parks, neighborhoods parks, community parks, open spaces and 14 miles of trails. Our parks system provides a wide range of recreation opportunities for all ages and abilities! So when you see me out on my evening stroll, be sure to wave and say hello!

For more info on the Lynnwood Community Garden, contact Marielle Harrington, Healthy Communities Coordinator at 425-670-5532 or mharrington@ci.lynnwood.wa.us.

Junior Rangers at the 2013 Arbor Day planting at Stadler Ridge Park.
State-of-the-art swimming and fitness facility

Hours of Operation
Monday–Friday 5:30am–9:30pm
Saturday 7:00am–9:00pm
Sunday 9:30am–6:30pm

Holiday Closures
Easter: Sunday, April 5

<table>
<thead>
<tr>
<th>2015 RATES</th>
<th>DAILY</th>
<th>DAILY FITNESS PASS</th>
<th>10 VISIT PASS</th>
<th>ANNUAL (unlimited visits)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Fee</td>
<td>Resident Discount</td>
<td>Fee</td>
<td>Resident Discount</td>
</tr>
<tr>
<td>Children under 2</td>
<td>Free</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
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<tr>
<td>Youth (2-12)</td>
<td>$4.25</td>
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<td>$37</td>
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<tr>
<td>Teen (13-17)</td>
<td>$4.75</td>
<td>$4.1</td>
<td>$37</td>
<td>$430 ($35.83/mo)</td>
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<tr>
<td>Adults (18-61)</td>
<td>$5.25</td>
<td>$4.5</td>
<td>$41</td>
<td>$515 ($42.92/mo)</td>
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<tr>
<td>Adults 62+</td>
<td>$4.25</td>
<td>$37</td>
<td>$33</td>
<td>$345 ($28.75/mo)</td>
</tr>
<tr>
<td>Disabled</td>
<td>$4.25</td>
<td>$37</td>
<td>$33</td>
<td>$345 ($28.75/mo)</td>
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<tr>
<td>Family</td>
<td>$16.25</td>
<td>n/a</td>
<td>n/a</td>
<td>$805 ($67.09/mo)</td>
</tr>
</tbody>
</table>

**Pick Your Pass**

**Fitness**
- 3,000 square foot cardio and fitness space with 47 cardio and 18 strength training machines
- 4 Precor Adaptive Motion Trainers
- 50+ Group Fitness Classes weekly
- 2 Expresso Upright Bikes
- 3 ADA adapted cardio machines
- 5 to 100-pound dumbbells
- 1,600 square foot fitness and dance studio
- 2 racquetball/wallyball courts
- 1 World-class reflexology path

**Swimming Pools**
- 25-yard, 6-lane lap pool
- 1 Warm-water wellness pool with ramp
- 4 Play pools: beach, river, lake, and whirlpool
- 2 Waterslides
- 2 Hot Tubs: Adult & Family
- 1 Sauna

**Time4Kids**—Newly opened, drop-in playcare conveniently located across Alderwood Mall. Flexible care in an extremely fun and creative atmosphere. Our kid-tested staff is First Aid/CPR certified and screened for your kids’ safety.

<table>
<thead>
<tr>
<th>HOURS</th>
<th>Mon-Thur 10-am - 9pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>RATES</td>
<td>First child $8.50/hr</td>
</tr>
<tr>
<td></td>
<td>Siblings $5/hr</td>
</tr>
<tr>
<td></td>
<td>4 hour maximum</td>
</tr>
<tr>
<td>AGE: 2.5 - 10 years old</td>
<td></td>
</tr>
</tbody>
</table>

425-761-8448
www.time4kidz.com

Located in the HMart Plaza across from Alderwood Mall
AQUATICS

SAFETY IS OUR #1 PRIORITY
All children under the age of 6 must be accompanied by an adult in the water at all times. Children aged 6–10 years must be supervised by someone aged 13+ in the building at all times. Riders must be at least 40” tall for the body slide and 48” tall for the innertube slide.

BEACH SWIM Shallow play area with water playground and toys. Perfect for families with small children.

REC SWIM Includes the entire recreation pool with the two giant waterslides, river with current and the beach area. Great for all ages!

OPEN SWIM All pool areas are open for play time! Recreation pool with slides and lap pool with diving board and more.

OPEN FITNESS Use any way you like: water walking, stretch, water exercises, relaxation. Spaces available vary. Ideal for adults of all ages.

POOL RENTAL See page 6 for details.

HOT TUBS AND SAUNA Open to public all hours except during pool rentals.


* Swim tickets—Pre-purchase swim tickets to guarantee entrance into an open swim session. Visit www.PlayLynnwood.com and click on the “Open Swim–Advance Ticket Sales” button.

SPRING POOL SCHEDULE

Spring Closure: April 5  Special Schedules: Apr 6-10, May 25

<table>
<thead>
<tr>
<th>CHOOSE YOUR SWIM</th>
<th>Monday–Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>BEACH SWIM</td>
<td>5:30am - 11:30am</td>
<td>5:30am - 11:30am</td>
<td>7:00am - 11:15am</td>
<td>9:30am - 10:30am</td>
</tr>
<tr>
<td></td>
<td>4:00pm - 6:45pm</td>
<td>4:00pm - 6:15pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>REC SWIM</td>
<td>11:45am - 3:30pm</td>
<td>11:45am - 3:30pm</td>
<td>12:45pm - 2:30pm</td>
<td>1:30pm - 3:15pm</td>
</tr>
<tr>
<td></td>
<td>7:00pm - 9:00pm</td>
<td></td>
<td>4:00pm - 5:45pm</td>
<td>4:45pm - 6:30pm</td>
</tr>
<tr>
<td>OPEN SWIM</td>
<td></td>
<td>6:30pm - 8:15pm</td>
<td>10:30am - noon</td>
<td></td>
</tr>
<tr>
<td>LAP SWIM</td>
<td>Mon/Wed 5:30am - 9:30pm</td>
<td>5:30am - 6:15pm</td>
<td>7:00am - 11:15am</td>
<td>9:30am - noon</td>
</tr>
<tr>
<td></td>
<td>Tue/Thur 5:30am - 8:00pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>OPEN FITNESS</td>
<td>5:30am - noon</td>
<td>5:30am - noon</td>
<td>7:00am - 9:00am</td>
<td>9:30am - noon</td>
</tr>
<tr>
<td></td>
<td>Mon/Wed 1-4pm &amp; 8-9:30pm</td>
<td>1:00pm - 4:00pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tue/Thur 1-5pm &amp; 8-9:30pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>LESSONS</td>
<td>9:00am - 10:30am</td>
<td>9:00am - 10:30am</td>
<td>9:00am - 11:30am</td>
<td>9:30am - noon</td>
</tr>
<tr>
<td></td>
<td>1:00pm - 2:30pm</td>
<td>1:00pm - 2:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4:00pm - 9:30pm</td>
<td>4:00pm - 6:30pm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
SWIM LESSONS

We are pleased to offer lessons through our Lynnwood Swim School! We value lifelong aquatic activity and offer instruction for all ages and abilities with a foundation of safety, fun and learning.

• To ensure registration in the proper level, a swim placement test is required before registration. Call today at 425–670–5732.

• Not every level is offered each half hour; detailed offerings posted online on New Student Registration Day.

When can I register?

New students may register on the bold dates listed for each session. A registration code is required and given at placement test. There are three ways to register—see page 34 for details.

<table>
<thead>
<tr>
<th>REGISTER ON THIS DATE</th>
<th>Session Dates/Days</th>
<th>Number of classes</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FRIDAY, APRIL 03</strong></td>
<td>Apr 13-May 13</td>
<td>10</td>
<td>$60</td>
</tr>
<tr>
<td></td>
<td>Apr 14-May 14</td>
<td>10</td>
<td>$60</td>
</tr>
<tr>
<td></td>
<td>Apr 17-Jun 19</td>
<td>10</td>
<td>$60</td>
</tr>
<tr>
<td></td>
<td>Apr 18-Jun 20</td>
<td>10</td>
<td>$60</td>
</tr>
<tr>
<td></td>
<td>Apr 19-Jun 21</td>
<td>10</td>
<td>$60</td>
</tr>
<tr>
<td><strong>FRIDAY, MAY 15</strong></td>
<td>May 18-Jun 17</td>
<td>9</td>
<td>$54</td>
</tr>
<tr>
<td></td>
<td>May 19-Jun 18</td>
<td>10</td>
<td>$60</td>
</tr>
</tbody>
</table>

*No Class: Monday, May 25
Registration for Summer 2015 begins Friday, June 19.

THROW A PARTY!

Call 435–670–5732 to reserve your party.

Pool Rentals

• Shared Pool Rental: $130 for groups of 25 swimmers. A maximum of 6 groups per rental time.
• Private Pool Rental: $780 for an hour of exclusive use of all the pools for up to 150 swimmers.
• Rental Times: Six one-hour blocks of time every weekend.
• Pool rentals include lifeguards and use of all pool areas and features.
For a complete party experience, be sure to reserve a private room before or after your pool time.

Room Rentals

• Rooms seat 25 or 50 people.
• Room Fee: $65 (25 people), $130 (50 people) for 75 minutes.
• Room rental minimum is 1 hour 15 minutes and can be extended in 15 minute increments.
• Fee includes set up/take down of tables and chairs.
• Party Bags: Customized “Clark the Shark” party gift bags come pre-stuffed with crayons, magnet, an activity sheet and stickers. Bags $1/each.

POOL RENTAL TIMES

- **Friday**
  - 8:30pm–9:30pm
- **Saturday**
  - 11:30am–12:30pm
  - 2:45pm–3:45pm
  - 6:00pm–7:00pm
- **Sunday**
  - 12:15pm–1:15pm
  - 3:30pm–4:30pm
PARK RESERVATIONS

Reservations are not necessary for general use of our parks. However, the following outdoor park facilities may be reserved from 8am–9pm for private functions; half day 8am - 2pm or 3 - 9pm. Rental fees are due at the time of reservation. Please call 425-670-5372 for reservations. **2015 Park Reservations Open.**

<table>
<thead>
<tr>
<th>OCCUPANCY</th>
<th>HALF DAY Non-Resident/Resident</th>
<th>FULL DAY Non Resident/Resident</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heritage Park Plaza</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Under 100 people</td>
<td>$75/$50</td>
<td>$112/$75</td>
</tr>
<tr>
<td>Lynndale Park Shelter (covered)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1–50 people</td>
<td>$50/$44</td>
<td>$112/$99</td>
</tr>
<tr>
<td>51–100 people</td>
<td>$93/$81</td>
<td>$135/$118</td>
</tr>
<tr>
<td>101–200 people</td>
<td>$133/$116</td>
<td>$200/$174</td>
</tr>
<tr>
<td>Lynndale Park Shelter 2 (uncovered)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1–50 people</td>
<td>$34/$30</td>
<td>$78/$68</td>
</tr>
<tr>
<td>51–100 people</td>
<td>$49/$43</td>
<td>$112/$98</td>
</tr>
<tr>
<td>North Lynnwood Park Shelters 1 &amp; 2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>25 people</td>
<td>$41/$36</td>
<td>$94/$82</td>
</tr>
<tr>
<td>Wilcox Park Shelters</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shelter-35 people</td>
<td>$50/$44</td>
<td>$112/$99</td>
</tr>
<tr>
<td>Gazebo-25 people</td>
<td>$34/$30</td>
<td>$78/$68</td>
</tr>
</tbody>
</table>

LYNNWOOD’S PARK SYSTEM includes 17 parks, 120 acres of open space, an 18-hole public golf course and 14 miles of trails. Our parks offer a wide range of recreational facilities including sports courts, athletic fields, spray pools, a skate park, playgrounds and large open play areas, as well as nature trails, lakes, streams and forests. For more information, visit www.PlayLynnwood.com or call 425–670–5732.

Anyone can look at a map to find parks. Not everyone can tell you where the hidden dog paths are. You don’t buy a house for the little things, but they sure are good to know. Berkshire Hathaway HomeServices Northwest Real Estate agents have the resources & experience to make sure you know it all, big and small.

Let Us Represent You.

Contact us at (425) 778-2101 or www.lynnwood.bhhsnrealestate.com

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FOR ALDERWOOD MANOR (currently Lynnwood) children “work came first, play came last” according to Donald E. Weber. In his boyhood memories from his family’s farm on Cedar Way South, he admits that “we did manage to sandwich in a time for play.” Play meant swimming in Scriber Lake, riding horses along the abandoned interurban rail corridor or playing baseball in the empty lot next door.

Since then the way we play has changed. We can no longer swim in Scriber Lake or ride horses in town, and there are few vacant lots left for baseball games. Lynnwood’s parks, trails, athletic facilities, recreation center and golf course have become our destinations for play.

Wilcox Park was Lynnwood’s first park, planned and developed in 1962 on 196th Street SW, followed by Lynndale Park on 72nd Avenue West in 1969. These two community parks provide large grassy lawns and children’s play equipment, while preserving natural forested areas.

As the city grew, open space was gradually taken over by development, and the need for recreational space increased. Today, seventeen neighborhood and community parks offer a variety of play opportunities for Lynnwood residents, including sports fields, play equipment, nature and bike trails, tennis, basketball and racquetball courts, a skate park and water spray parks.

In the 1970s, the Lynnwood Recreation Center opened and provided indoor play opportunities including an indoor-outdoor swimming pool, racquetball courts and a fitness/weight room. The recently renovated and expanded Recreation Center today offers a happy and safe environment for seniors, adults, teens and youth to gather and play in a new leisure pool with water slides, therapy pool, sauna, fitness facility and racquetball courts.

Since 1991, local golfers have enjoyed the beautiful Lynnwood Golf Course. The 18-hole course is fun and challenging, and playable year round due to excellent drainage conditions. This is a place an excellent place for youth and adult beginners who want learn to play by PGA-licensed professionals.

Running, walking, hiking and biking opportunities are available on miles of park trails, and on separate connector trails such as the Golf Course Trail, Scriber Creek Trail and Interurban Trail. In 1994, 3.8 miles of the Interurban Trail were developed through Lynnwood in the corridor abandoned by the Interurban trolleys in 1939. The Interurban Trail provides a regional bicycle and pedestrian trail for both recreational users and commuters from Seattle to Everett.

As little Donald Weber discovered, there is always “time for play.” The challenge as Lynnwood grows and becomes more urbanized is to plan for the changing recreational needs of our community, and continue to offer diverse recreational opportunities in order to encourage active healthy life styles.

Originally published in Lynnwood at 50, a book exploring Lynnwood’s history available for sale at the Lynnwood Recreation Center.
LYNNWOOD GOLF COURSE

This year-round, professional 18-hole course offers a full service Pro Shop, equipment rentals, practice areas, and pro instruction. We’re conveniently located at 20200 68th Ave W in the Edmonds Community College Woodway Building.

RESERVATIONS
Book tee times up to 14 days in advance. Visit us online at www.lynnwoodgc.com or call 425-672-4653.

<table>
<thead>
<tr>
<th>Weekday Green Fees*</th>
<th></th>
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<tbody>
<tr>
<td>$19 for 9 holes</td>
<td>$26 for 18 holes</td>
</tr>
<tr>
<td>* Discounts for Juniors and Seniors Mon-Fri excluding holidays</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Weekend &amp; Holiday Green Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>$19 for 9 holes</td>
</tr>
</tbody>
</table>

Power Carts

| $8/rider for 9 holes | $14/rider for 18 holes |

THREE GREAT SERVICES
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425.771.2020
www.west.frontier.com

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www.GlenwoodDental.com
5108 196th Street SW, Ste. 202
Lynnwood, WA (Next to Wights Nursery)

JPickar Wealth Management

4208 198th Street SW, Suite 106
Lynnwood, WA 98036
Phone (cell) 206-909-2400
Phone (Office) 425-678-0053
Office Fax 425-835-0372
Email jerry@jpickar.com
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Glenwood Dental
General & Cosmetic Dentistry

Call us at 425-778-3636
www.GlenwoodDental.com
5108 196th Street SW, Ste. 202
Lynnwood, WA (Next to Wights Nursery)

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Taking care of kids and adults in Lynnwood for 15+ years!
Kids Klub Preschool

Kids Klub is a quality preschool program focused on developing social-emotional skills in young children. Our trained staff promote children’s learning through play and exploration. In our structured learning environment your child will enjoy age appropriate music, art, dramatic play, hands-on math and science as well as field trips based on session themes. Child should be accustomed to parental separation and must have independent toilet skills. Class size is limited; early registration is recommended. Child must turn 4 before August 31 to enroll. For more information please visit, www.ci.lynnwood.wa.us/Preschool

<table>
<thead>
<tr>
<th>AGE</th>
<th>AM Mon, Wed, Fri 9 - 11:30am</th>
<th>PM Mon, Wed, Fri 12:30 - 3pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-5YRS</td>
<td>$230/month</td>
<td>$230/month</td>
</tr>
</tbody>
</table>

Location: Recreation Center, Room 101

To reserve a spot in next year’s Kids Klub Preschool program sign up for Early Bird Registration. Tours are available February through May prior to registration. Please call (425) 670-5386 to schedule a tour. Early Bird Registration begins March 16th. Your child must turn 4 by August 31, 2015 to be eligible. Walk-in registration begins at 5:30am and phone in registration begins at 8am. The Early Bird Registration fee is non-refundable and does NOT apply towards September’s tuition payment. For more Preschool information please visit our website: www.ci.lynnwood.wa.us/Preschool

Kids Klub Preschool parents may pre-order a photo CD. This CD will contain photos from the entire school year. Photo CDs will be class specific. These CDs will be mailed out to parents after preschool has ended. $10

Preschool Playtime

Would you like a little time each week to exercise in the cardio/weight room, enjoy a cup of coffee with a friend or have a little ‘me’ time? Is your child starting Preschool in the fall? Preschool Playtime is a great program to help kids get ready for their transition. Your little one will enjoy playing with friends while supervised by caring adults. All preschoolers must be potty trained. Call ahead to reserve your spot. Drop-ins are welcome. For more information, visit www.ci.lynnwood.wa.us/PlayLynnwood/Activities/PreschoolPlaytime

<table>
<thead>
<tr>
<th>AGE</th>
<th>Apr 14-Jun 2 Tue 9 - 11am or 12 - 2pm</th>
<th>Apr 16-Jun 4 Thu 9 - 11am or 12 - 2pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-6YRS</td>
<td>$10/visit</td>
<td>$10/visit</td>
</tr>
</tbody>
</table>

Super Moms & Sidekicks

Ladies, spend time with your little man for an evening filled with superhero themed crafts and activities! Photo opportunities, refreshments and adventure are all part of this action-packed evening. Costumes are encouraged, but not required. Adult and child register separately. $10/person. Space is limited; advance registration is highly recommended.

<table>
<thead>
<tr>
<th>AGE</th>
<th>3+</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-4YRS</td>
<td>May 6-May 27 Sat 11 - 11:50am</td>
</tr>
<tr>
<td>3-4YRS</td>
<td>May 6-May 27 Mon 11 - 11:50am</td>
</tr>
</tbody>
</table>

Lynnwood Tiger Karate

In this class, children will learn the basic hand and foot techniques of karate. This will improve their motor skills, enhance their ability to follow directions and teach them how to be courteous and respectful to others.

<table>
<thead>
<tr>
<th>AGE</th>
<th>Apr 11-Apr 25 Sat 8:15 - 9am</th>
<th>May 4-May 18 Sat 11 - 11:50am</th>
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</thead>
<tbody>
<tr>
<td>4-6YRS</td>
<td>$20</td>
<td>$45</td>
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</table>

The Medora Ballet

Ballet gives your child good posture and graceful movement. In a structured and also playful way, young dancers gain control of their bodies as they create shapes and lines, jump and leap, to rhythm and music.

<table>
<thead>
<tr>
<th>AGE</th>
<th>Apr 6-Apr 27 Mon 11 - 11:50am</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-4YRS</td>
<td>$45</td>
</tr>
</tbody>
</table>

Location: Recreation Center, Room 102
Instructor: Jessica Shinn

Class Crashers

Want to start working out but can’t seem to find the time? Babysitters getting expensive? Looking for activities for your kids? Become a “Class Crasher!” Sign your child up for any class with this icon ( ⭐️ ) next to it, and you can pay just $3 to attend a fitness pass class, use the cardio/weight room, or go for a swim while they are in class. Simply pay as you go: tell the front desk which class your child is in, pay your $3, and you are on your way! Questions? Contact Customer Service Staff @ 425–670–5732 or Amy Kirk at @ 425–670–5518.
**Toddle Time Gymnastics**
Walking, running, swinging, and exploring concepts such as up, down, in, out and through. This class is designed to promote these activities in a friendly atmosphere. Parent participation required.

**AGE: 18MOS-3YRS**
56251 Apr 14-May 19 Tue 10 - 10:30am $55
56253 Apr 14-May 19 Tue 11:30am - 12pm $55
56252 May 26-Jun 30 Tue 10 - 10:30am $55
56254 May 26-Jun 30 Tue 11:30am - 12pm $55

Location: Recreation Center, Fitness Studio
Instructor: Cascade Elite Gymnastics

**Preschool Gymnastics**
Our specially sized gymnastics equipment, fun music, balloons, games, and more are all used to help teach the gymnastic basics to preschoolers. Emphasis on having fun, learning, and following directions.

**AGE: 3-5YRS**
56247 Apr 14-May 19 Tue 9:15 - 9:45am $55
56248 Apr 14-May 19 Tue 10:45 - 11:15am $55
56249 May 26-Jun 30 Tue 9:15 - 9:45am $55
56250 May 26-Jun 30 Tue 10:45 - 11:15am $55

Location: Recreation Center, Fitness Studio
Instructor: Cascade Elite Gymnastics

**Kidz Love Soccer**
Learn the world's most popular sport from professional Kidz Love Soccer coaches trained in the Kidz Love Soccer method. Players are taught soccer skills, drills, and strategies through a non-competitive, age-appropriate format. KLS Rainout Hotline: 1-888-372-5803.

Participants need closed toe athletic shoes and shin guards. Kidz Love Soccer jersey included for each class participant!

**MOMMY/DADDY & ME SOCCER (2-3YRS)**
56375 Apr 13-Jun 8 Mon 6:25 - 6:55pm $88
56363 Apr 18-Jun 13* Sat 3:30 - 4pm $88

**TOT SOCCER (3.5-4YRS)**
56371 Apr 13-Jun 8 Mon 3:40 - 4:10pm $88
56364 Apr 18-Jun 13* Sat 4:10 - 4:40pm $88

**PRE-SOCCER (4-5YRS)**
56374 Apr 13-Jun 8 Mon 4:10 - 4:45pm $88
56365 Apr 18-Jun 13* Sat 4:40 - 5:15pm $88

Location: Wilcox Park (Mon), Meadowdale Playfields (Sat)
Instructor: Kidz Love Soccer
*No Class 5/25 (MON), *No Class 5/23 (SAT)

**Register Early!**
Avoid Cancellations and Disappointments

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**SUPER MOMS & SIDEKICKS**

Ladies, spend an evening with your little man, filled with superhero themed crafts and activities!

**SATURDAY, APRIL 25  5-7PM  $10**
Recreation Center, Fitness Studio

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“Establishing peace is the work of education”
– Maria Montessori
Come spend a wild and wacky summer at Kamp Kookamunga, a place where you can make new friends and create lasting memories. Kamp is packed with awesome traditions like crazy counselors dressed in costumes and sensational skits performed live each Friday. Your weekly adventures will include theme related arts-and-crafts, silly songs, lake/pool swimming trips, goofy games and field trips to far off places, and let’s not forget nature hikes that totally explore our 40 acre wooded park. For more information, visit www.ci.lynnwood.wa.us/Camps.

REGISTRATION INFORMATION

Early registration is highly recommended since camp enrollment fills quickly. You are encouraged to sign-up on a waitlist - if a spot becomes available, you will be contacted. After registering for 4 weeks, a $25 deposit may be placed on subsequent weeks with full payment due 7/19. Deposits are not transferable to other weeks.

Be sure to download and complete a General Release Form from our webpage. This form needs to be completed and brought on the first day of camp. All registered campers will need to download our weekly informational letters that are activity specific. Each week, campers are grouped by age and assigned to a skilled counselor. Due to the high volume of campers, buddy requests cannot be accommodated. If your child requires any special needs accommodations or medication assistance please notify the Youth Programs Office at 425-670-5386 at least 3 business days prior to attending.

Camp T-shirts are a one-time required $15 purchase for all Kamp Kookamunga participants as well as for Junior Counselors. T-shirts will be provided onsite on the first day your camper attends summer camp.
SKYHAWKS

Are you looking for a place for your kids to try their hand (or foot) at a new sport? Check out these great camps for kids ages 3-12 years. Campers will learn critical lessons in sports and life such as teamwork, respect, and sportsmanship. Your child will be introduced to sports while fostering a lifelong love for an active, healthy lifestyle.

Baseball Camp
Skyhawks Sports baseball is designed to teach and refine the fundamental skills of the game-fielding, catching, throwing, hitting, and base running- in a positive environment. Athletes learn new baseball skills along with vital lifelong lessons such as respect, teamwork and responsibility.

**AGE: 6-12YRS**
56389 Aug 3-Aug 7 M - F 9am - 3pm $155
Location: Meadowdale Playfields, M - 5 Softball

Basketball Camp
Skyhawks Sports basketball breaks down exhilarating sport into fundamental skills that all athletes, no matter their skill level, need to succeed. Coaches will lead the athletes through game-speed drills and exercises, focusing on ball handling, passing, defense, and rebounding. Basketball participants must bring: appropriate clothing (t-shirt, shorts, sweats, socks), lunch, snack, water bottle, and shoes - running shoes are fine; no black soles.

**AGE: 6-12YRS**
56387 Jul 27-Jul 31 M - F 9am - 3pm $155
56388 Aug 10-Aug 14 M - F 9am - 12pm $135
Location: Meadowdale Playfields, M - 5 Softball

Cheerleading Camp
Skyhawks Cheerleading teaches the essential skills to lead crowds and support the home team. Each cheerleader learns proper hand and body movements and jumping techniques. The week concludes with a choreographed performance.

**AGE: 5-10YRS**
56395 Jul 13-Jul 17 M - F 9am - 12pm $135
Location: Meadowdale Playfields, M - 5 Softball

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

**AGE: 4-7YRS**
56376 Jun 29-Jul 2 M - Th 9am - 12pm $109
56378 Aug 17-Aug 21 M - F 9am - 12pm $135
Location: Meadowdale Playfields, M - 4 Softball

Multi-Sport
In the multi-sport camp we combine Soccer, Baseball and Flag Football into one fun-filled week. Athletes will learn the rules and essential skills of each sport along with vital life lessons such as respect and teamwork.

**AGE: 6-12YRS**
56386 Jul 20-Jul 24 M - F 9am - 3pm $155
Location: Meadowdale Playfields, M - 5 Softball

Soccer Camp
The #1 camp for learning the fundamentals of soccer. Using our progression curriculum, campers gain the technical skills and sport knowledge required for that next step into soccer.

**AGE: 6-12YRS**
56379 Jun 29-Jul 2 M - Th 9am - 3pm $125
56380 Jul 13-Jul 17 M - F 9am - 3pm $155
56381 Aug 17-Aug 21 M - F 9am - 3pm $155
Location: Meadowdale Playfields, M - 5 Softball

Volleyball Camp
Skyhawks Volleyball teaches the fundamental skills through fun games and activities to engage the enthusiasm of the novice and experienced player. Skyhawks volleyball focuses on passing, setting, hitting, digging and serving. This program is co-ed and skill based. Volleyball participants must bring: appropriate clothing (knee pads, t-shirt, shorts, sweats, socks), lunch, snack, and water bottle.

**AGE: 7-14YRS**
56391 Aug 3-Aug 7 M - F 9am - 12pm $135
Location: Cedar Valley Gym
**Guitar for Youth**

**AGE: 7-11YRS**

**BEGINNER**

The perfect class for kids interested in learning to play. In this class, you learn how to tune a guitar and how to play melodies and chords. This class uses a tried and true method for learning guitar as a beginner.

56261 Apr 9-May 28 Thu 5:30 - 6:15pm $99

**INTERMEDIATE**

This class picks up where the beginning class ends, introducing elements of music theory, chord, strumming, finger-picking, note reading and song development. Beginning guitar class or equivalent level/experience required. This class is not for those who have never played guitar.

56262 Apr 9-May 28 Thu 6:20 - 7:20pm $129

Location: Recreation Center, Conference Room
Instructor: James Howard

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**Chess Wizards**

Enter into the magical and exciting world of chess with Chess Wizards! As a part of the Chess Wizards program, you will participate in epic chess games, fun and interactive lessons, tournaments, team matches, trivia and more! Our specialized classes are a blast for everyone as young as kindergarten and as old as eighth grade. Whether you have been playing chess for your entire life and want to improve, or are brand new to the game, or you just want to have a fun experience with your friends - Chess Wizards is the place for you!

**AGE: 5-12YRS**

56362 Apr 6-Jun 1* Mon 4 - 5pm $144

*No Class 5/25

Location: Recreation Center, Conference Room
Instructor: Chess Wizards

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**The Medora Ballet**

Ballet gives your child good posture and graceful movement. In a structured and also playful way, young dancers learn basic elements of ballet.

**AGE: 5-6YRS**

| 56334 | Apr 6-Apr 27 | Mon 4 - 4:50pm | $45 |
| 56329 | May 4-May 18 | Mon 4 - 4:50pm | $45 |
| 56330 | Jun 8-Jun 29 | Mon 4 - 4:50pm | $45 |

**AGE: 7+**

| 56331 | Apr 6-Apr 27 | Mon 5 - 5:50pm | $45 |
| 56332 | May 4-May 18 | Mon 5 - 5:50pm | $45 |
| 56333 | Jun 8-Jun 29 | Mon 5 - 5:50pm | $45 |

Location: Recreation Center, Room 102
Instructor: Jessica Shinn

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**Hip Hop Dance**

Learn the basics of Hip Hop in this introductory class as you move and groove to old-school and current beats in a fun-filled, energetic environment. This class provides a structured method of various Hip Hop dance movements and styles that offer a new set of combinations and routines every time. Individual and group participation allow students to build strength, flexibility, and confidence!

**AGE: 5-8YRS**

| 56255 | Apr 8-Apr 29 | Wed 4:15 - 5pm | $55 |
| 56256 | May 6-May 27 | Wed 4:15 - 5pm | $55 |
| 56257 | Jun 3-Jun 24 | Wed 4:15 - 5pm | $55 |

**DROP-IN $15**

| 56258 | Apr 8-Apr 29 | Wed 5:15 - 6pm | $55 |
| 56259 | May 6-May 27 | Wed 5:15 - 6pm | $55 |
| 56260 | Jun 3-Jun 24 | Wed 5:15 - 6pm | $55 |

Location: Recreation Center, Room 102
Instructor: Kontagious Performing Company

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**Karate / Tang Soo Do - Youth**

Tang Soo Do is a traditional Korean style of karate. This Korean Martial Art is an effective means of self-defense that promotes physical fitness, confidence and discipline. Come join the fun and learn the basic techniques. Rank promotion is available to those who train regularly.

**AGE: 6-16YRS**

| 56308 | Apr 11-Apr 25 | Sat 9 - 10am | $25 |
| 56309 | May 2-May 30 | Sat 9 - 10am | $25 |
| 56310 | Jun 6-Jun 27 | Sat 9 - 10am | $25 |

Location: Cedar Valley Gym
Instructor: Natalie Burgos

---

**April Pool’s Day**

Explore boating safety, CPR basics, and FREE play time with the slides and more! Families are encouraged to learn and play together. Enter the Duck Race for a chance to win a free lifejacket or swim passes. Limited to 150 participants.

**AGE: 6+**

Saturday, Apr 11 9 - 11am Free

Location: Rec Center, Swimming Pool

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**April Pool’s Day**

Explore boating safety, CPR basics, and FREE play time with the slides and more! Families are encouraged to learn and play together. Enter the Duck Race for a chance to win a free lifejacket or swim passes. Limited to 150 participants.

**AGE: 6+**

Saturday, Apr 11 9 - 11am Free

Location: Rec Center, Swimming Pool
Kidz Love Soccer
Learn the world’s most popular sport from professional Kidz Love Soccer coaches trained in the Kidz Love Soccer method. Players are taught soccer skills, drills, and strategies through a non-competitive, age-appropriate format. KLS Rainout Hotline: 1-888-372-5803. Participants need closed toe athletic shoes and shin guards. Kidz Love Soccer jersey included for each class participant!

SOCCER 1 (5-6YRS)
56372 Apr 13-Jun 8* Mon 4:45 - 5:30pm $88
56366 Apr 18-Jun 13* Sat 5:15 - 6pm $88

SOCCER 2: SKILLZ & SCRIMMAGES (7-10YRS)
56373 Apr 13-Jun 8* Mon 5:30 - 6:15pm $88
56367 Apr 18-Jun 13* Sat 6 - 6:45pm $88

Location: Wilcox Park (Mon), Meadowdale Playfields (Sat)
Instructor: Kidz Love Soccer
*No Class 5/25 (MON), No Class 5/23 (SAT)

Sharks Summer Swim Team
Make friends and swim against other local teams with an emphasis on fun! Weekend meets! Prerequisite: ages 6-8 must be able to swim 25 yards of backstroke and crawl stroke; ages 9-18 must be able to swim 50 yards of backstroke and crawl stroke. Team t-shirt is included when you register by June 18. Meet the coaches Thursday June 18, 6:30pm.

6 - 11 YRS
56177 Jun 22-Aug 14 M - F 8 - 9:25am $185
12 - 18 YRS
56177 Jun 22-Aug 14 M - F 7 - 8:30am $185
Location: Recreation Center, Swimming Pool

Tae Kwon Do Youth
Tae Kwon Do is an easy-to-learn Korean martial art, an outstanding form of physical fitness, and an effective self-defense technique. 6th degree black belt instructor Derek McClinton brings the art to you in a safe and fun way. A great workout! New students may observe class before registering.

AGE: 6-15YRS

BEGINNING
56267 Apr 2-Apr 30 Tue, Thu 5 - 6pm $45
56268 May 2-May 28 Tue, Thu 5 - 6pm $45
56266 Jun 2-Jun 30 Tue, Thu 5 - 6pm $45

INTERMEDIATE
56269 Apr 2-Apr 30 Tue, Thu 6 - 7pm $45
56270 May 2-May 28 Tue, Thu 6 - 7pm $45
56265 Jun 2-Jun 30 Tue, Thu 6 - 7pm $45

Location: Recreation Center, Room 101
Instructor: Derek McClinton

Youth Tennis
For beginner and advanced beginner players. Emphasis is on fun and sportsmanship with basic instruction, drills, and skills. Tennis balls are provided. Players need to provide their own racquets.

AGE: 6-18YRS

BEGINNER
56243 May 12-May 28 Tue, Thu 6 - 7pm $45
56245 Jun 2-Jun 18 Tue, Thu 6 - 7pm $45

ADVANCED BEGINNER
56244 May 12-May 28 Tue, Thu 7 - 8pm $45
56246 Jun 2-Jun 18 Tue, Thu 7 - 8pm $45

Location: Lynndale Park, Tennis Courts
Instructor: Chris Gonzales

Lynndale Park
Monday - Friday, Full Day,
Grades 1st - 7th

Kamp Kookamunga
Summer Camp Offers:
Quality Supervision
Building Friendships
Outdoor Games • Silly Skits
Destination Field Trips
Thematic Special Events
Costumes • Weekly Awards

Register Today!

Game, set, match your way to a summer of fun!

Register Today!
**Guitar for Teens**
Learn to play melodies, acoustic finger style/fingerpicking, chords, introductory note reading and music theory. You will also learn some of your favorite songs from a variety of styles. Students are required to bring a guitar; acoustic guitar preferred.

**AGE:** 12 - 15 YRS  
**56264** Apr 9 - May 28 Thu 4 - 5:30pm $199  
**Location:** Recreation Center, Conference Room  
**Instructor:** James Howard

**Aquatic Volunteer Training**
Contribute your skills and enthusiasm to the Lynnwood pool. Learn about basic water safety, basic first aid, keeping others safe in and around the water, what it takes to become part of our staff team, and volunteering at a diverse, fun, and exciting aquatic center! We are looking for volunteers who want to earn service hours, make lasting friendships, are socially compassionate, flexible, and have an eagerness to learn.

**AGE:** 13+  
**56160** May 8 - May 11 Fri 5 - 8 pm  
**Location:** Recreation Center

**Nightwaves**
Hey Middle Schoolers! Mark your calendars and tell your friends ’cause this night is just for you! Dance to a DJ, swim in the pool, play games, watch movies, eat tasty snacks, and hang out with friends. Edmonds School District Dress Code will be enforced! Teens must have a current school ID to enter.

**AGE:** 12 - 14 YRS  
**55247** Mar 28 Sat 8 - 11pm $5  
**55639** Jun 13 Sat 8 - 11pm $5  
**Location:** Recreation Center, Fitness Studio

**Junior Counselor @Kamp Kookamunga**
This is an amazing opportunity for teens to gain valuable leadership and work experience! As a JC you assist Camp Staff in providing engaging activities for young campers while enjoying the amenities of a 40-acre wooded park. This includes building forts, playing sports, get-wet activities and field trips with destinations in the greater Seattle area. What better way to spend the summer than in the outdoors with friends? A separate one-time T-shirt fee is a required purchase. T-shirts may be purchased online under the Youth Camps Activity Section. For more information, visit www.ci.lynnwood.wa.us/Camps

**ENTERING GRADES:** 8 - 12  
**65220** Jun 22 - Aug 28 Mon - Fri 9:30am - 3:30pm $95/week  
**Location:** Lynndale Park

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**Celebration of Food Festival 2015**

**11 a.m.-4 p.m. | May 17**  
Lynnwood Convention Center

**A free, family event!**  
Taste, explore, and experience real food.

**Find out more:**  
www.edcc.edu/foodfest

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Register Early!  
Avoid Cancellations and Disappointments

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16 LYNNWOOD RECREATION GUIDE ■ WINTER 2015
Move 60 Teens! is an afterschool program for middle school students that will encourage and empower teens to become more active and adopt healthy behaviors. Through nutrition and fitness activities, along with a fun, teen-friendly environment, participants will learn skills that will promote lifetime physical fitness, regardless of their current ability level. Students will register for 10-week sessions. Transportation will be included for students that attend the 4 middle schools in the Edmonds School district: AMS, BTMS, CPMS, MMS. For more information about the program call (425) 670-5386 or visit www.ci.lynnwood.wa.us/PlayLynnwood/Activities/Move60

### Enter Grades: 7 - 8

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<th>Date</th>
<th>Monday</th>
<th>Tuesday</th>
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<td>Monster</td>
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<td>Rockstar</td>
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<td>No Fear</td>
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<td>Amped Overdrive</td>
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### Teen Adventure Camp Outdoors (TACO)

TACO day trips are action-packed, fun-filled days that provide your teen with a safe and healthy environment to play outside and make new friends while creating lasting memories. Don’t let your teen sit at home when school is out! The main activities are highlighted for each trip however we include many more fun activities and exciting destinations in each day of camp. The cost of admission for all activities is included in the registration fee. Please print and sign all required release forms on TACO webpage http://www.ci.lynnwood.wa.us/Teens

**ENTERING GRADES: 7 - 10**

Location: Lynndale Park
Contact: Teen Programs, 425-670-5386

### Team XTreme and Team XTreme 2

Being healthy and getting active can be very challenging but through intramural and alternative sports, teens will see that being active can be fun! With large group games, intramural sports and swimming, teens will be well on their way to a healthy lifestyle.

#### Team XTreme (AMS, BTMS)

- **FREE**
- **55244** Apr 13 - Jun 10 Mon, Wed 2:30 - 4:30pm
- **55245** Apr 14 - Jun 11 Tue, Thu 2:30 - 4:30pm

Location: Recreation Center, Fitness Studio

#### Snack Attack (AMS, BTMS)

You will learn how to make yummy and healthy snacks, smoothies and treats. You will also learn why nutrition plays an important role in being healthy. The best part is you get to eat the food you make!

**FREE**
- **55246** Apr 17 - Jun 12 Fri 2:30 - 4:30pm

Location: Senior Center, Kitchen
HEALTH & SAFETY

ALL OF OUR HEALTH & SAFETY COURSES:

• Align with OSHA’s Best Practices for Workplace First Aid Training Programs
• Have free online refreshers
• Include free digital Participant Manuals
• Provide students with digital certification valid for 2 years after successful completion

CPR/AED & First aid for Adult, child and infant

Nobody expects an emergency—be prepared and know what to do just in case. The Adult and Pediatric First Aid/CPR/AED course teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, sudden illnesses, head, neck, back injuries, environmental, breathing, and cardiac emergencies. At the end of the course, you’ll have the knowledge, skills and ability to make sound decisions in emergency situations to help victims of any age. This course is offered in a traditional classroom format. Additional certification fee of $27 due at registration.

CPR DAY

Help us celebrate National CPR Day on June 6!
The City of Lynnwood will offer FREE (reservation required) Citizen CPR/AED classes and training to raise awareness of the importance of CPR and AED. In cases where someone collapses and is in need of CPR, it is up to bystanders in the area to help that person until EMS arrive.

With more citizens trained in CPR, the chances of a successful outcome increase significantly. Make a pledge to get educated before the summer begins! The skills you learn could save a life. There is no charge for this course, so reserve your spot today!

Canned food donation for Lynnwood Food Drive welcomed

Basic First Aid

Effective first aid training greatly improves a victim’s chance of survival and recovery. Learn to recognize, assess, and respond confidently to common injuries and effectively including: cuts, burns, environmental emergencies and more. Additional certification fee of $19 due at registration.

Blended Learning

Combines the convenience of online instruction with a hands-on skill session. Participants will build the same knowledge and skills as the classroom training session and participate in the e-learning at their own pace. An additional $27 certification fee paid to the American Red Cross upon completion for the online learning.

CPR/AED for the Professional Rescuer and Healthcare Provider

One of the highest CPR certifications offered to general public. EMTs, Lifeguards, Nurses or anyone with the need to perform CPR will benefit from the skills and knowledge gained with this course. CPR Pro is offered in a convenient blended learning format that combines online learning with hands-on training based on real-life rescue scenarios. Additional certification fee of $27 is due to American Red Cross to access online portion.

<table>
<thead>
<tr>
<th>Location: Lynnwood Civic Campus</th>
<th>AGE: 11+</th>
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<tbody>
<tr>
<td>56166  Jun 6 Sat 10 - 10:45am FREE</td>
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<td>56174  Jun 6 Sat 6 - 6:45pm FREE</td>
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<tr>
<td>56175  Jun 6 Sat 7 - 7:45pm FREE</td>
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| AGE: 14+ |
|---------------------------------|---------|
| 5480  Apr 4 Sat 10am - 5:30pm $70 | AGE: 14+ |
| 56235  Apr 22 & 29 Wed 5:30 - 9pm $70 | AGE: 14+ |
| 56236  May 9 Sat 10am - 5:30pm $70 | AGE: 14+ |
| 56237  May 14 & 21 Thu 5:30 - 9pm $70 | AGE: 14+ |
| 56238  Jun 13 Sat 10am - 5:30pm $70 | AGE: 14+ |
| 56458  Jun 18 & 25 Thu 5:30 - 9pm $70 | AGE: 14+ |

| AGE: 15+ |
|---------------------------------|---------|
| 56176  Jun 20 Sat 10am - 2pm $50 | AGE: 15+ |

| AGE: 14+ |
|---------------------------------|---------|
| 56229  Apr 25 Sat 10am - 12:30pm $40 | AGE: 15+ |
| 56230  Apr 25 Sat 2 - 4:30pm $40 | AGE: 15+ |
| 56231  May 4 Mon 6 - 8:30pm $40 | AGE: 15+ |
| 56232  May 13 Wed 6 - 8:30pm $40 | AGE: 15+ |
| 56233  May 23 Sat 10am - 12:30pm $40 | AGE: 15+ |
| 56234  May 23 Sat 2 - 4:30pm $40 | AGE: 15+ |
| 56397  Jun 3 Wed 6 - 8:30pm $40 | AGE: 15+ |
| 56537  Jun 9 Tue 6 - 8:30pm $40 | AGE: 15+ |
**National Pet First Aid Day!**
Celebrate National Pet First Aid Day by learning how to take care of your furry family member. Dog First Aid is a valuable resource for dog owners and handlers. The skills taught in this course will help you to be calm and effective in an emergency in order to provide care until veterinary attention is available. Dog First Aid may help save your canine companion’s life! There is an additional certification fee of $19 for this course.

**AGE: 9+**
56164 Apr 11 Sat 10am - 1pm $25
56165 Apr 11 Sat 3 - 6pm $25

**Lifeguard Training**
Show the world what you can do! Lifeguarding is a great way to prepare for college and a career by developing leadership and communication skills. American Red Cross Lifeguard Training will teach you essential lifesaving skills, First Aid and CPR for the Professional Rescuer. In this blended learning format students complete online lessons outside of class time and hands-on practice in class. Have fun and earn money at a job you will love!! A swimming pre-test is required before the class begins. There is an additional $35 fee due to the Red Cross to access online material.

**AGE: 15+**
55881 Apr 6 - Apr 11 M - F 10am - 5pm Sat 8am - 2pm $175
Pre-test 3/29, 6:15 - 9 pm
55882 Apr 11 - May 3 Sat 5 - 8 pm Sun 6:15-9:30pm $175
Pre-test 3/29, 6:15 - 9 pm
56158 May 9 - May 31 Sun 2:00 - 9:30pm $175
Pre- Test 5/3, 8:15 - 9 pm

**Lifeguarding/First Aid/CPR/AED**
is offered in a blended learning format, knowledge before testing. This course will prepare you to successfully teach a lifeguarding course and shape the next generation of lifeguards. Includes instructor certifications in Lifeguard Training, First Aid and CPR for the Professional Rescuer. This is a blended learning course with required online pre-course work. There is an additional certification fee due to Red Cross upon registration for the online materials.

**AGE: 18+**
56161 May 31 - Jun 12 Sun 4:45 - 9:30pm $300
Wed 5:30 - 9:30pm Fri 5 - 9pm
Registration Begins: April 6

**Safety Training For Swim Coaches**
Coaches, officials and trainers involved in competitive swimming will benefit from this course. Learn how to prevent accidents, care for injuries on land and in the water, and help create a safe and comfortable environment for swimmers. This course meets USA Swimming requirements and is offered in a convenient blended learning format. Students will complete online eLearing before the class session. An additional $19 fee is due to American Red Cross to access the online portion of the course.

**AGE: 15+**
56145 May 17 Sun 7:30 - 10:30 am $35

**Water Safety Instructor**
Become an American Red Cross Water Safety Instructor! WSI trains you in the skills to instruct others how to swim, dive, refine their strokes, save a life and more. You will learn organizational and presentation skills that will help you in any career and make a difference in people’s lives. The program is offered in a blended learning (online learning with instructor-led skill session) format. There is an additional $35 fee paid to the American Red Cross to access the online material.

**AGE: 16+**
56228 Apr 14 - May 14 Tue, Thu 6 - 8:30pm $200
Registration Begins: March 31

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**3 ways to register**

- [www.PlayLynnwood.com](http://www.PlayLynnwood.com)
- 425-670-5732
- 18900 44th Ave W, Lynnwood, WA 98036
ADULTS

The Medora Ballet: Adult
Enhance your grace and posture and build strength. Introduction to ballet from feet and arm positions to across the floor movements. Appropriate for beginning or returning students.

Age: 15+

<table>
<thead>
<tr>
<th>Course</th>
<th>Start Date</th>
<th>End Date</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>56335</td>
<td>Apr 8 - Apr 29</td>
<td>Wed 12 - 12:50pm</td>
<td>$45</td>
<td></td>
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<tr>
<td>56336</td>
<td>May 6 - May 27 (weekend only)</td>
<td>Wed 1 - 1:50pm</td>
<td>$45</td>
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<td>56337</td>
<td>Jun 3 - Jun 24</td>
<td>Wed 12 - 12:50pm</td>
<td>$45</td>
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</tbody>
</table>

Location: Recreation Center, Room 102
Instructor: Jessica Shinn

Ballroom Dance
Dance steps for popular dances such as Swing, Fox Trot, Rumba, Salsa and Tango. Intermediate class learns fun and more progressive patterns with a faster tempo. Students in intermediate class must have taken beginning class or have prior ballroom dance experience. Partners required for class.

AGE: 15+

BEGINNING

<table>
<thead>
<tr>
<th>Course</th>
<th>Start Date</th>
<th>End Date</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>56277</td>
<td>Apr 10 - May 15</td>
<td>Fri 7 - 8pm</td>
<td>$70</td>
<td></td>
<td></td>
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<tr>
<td>56278</td>
<td>May 22 - Jun 26</td>
<td>Fri 7 - 8pm</td>
<td>$70</td>
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</table>

Location: Recreation Center, Fitness Studio
Instructor: Diana Schore

Hula Class All Ages
This class will concentrate on the basic foot and hand motions as you experience the Hawaiian culture and Spirit of Aloha. Both ancient (hula kahiko) and modern (hula 'auana) will be taught. This is the perfect class to see what Hula is all about. Classes welcome all levels of dancers and fitness levels.

AGE: 6+

<table>
<thead>
<tr>
<th>Course</th>
<th>Start Date</th>
<th>End Date</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
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<tr>
<td>56346</td>
<td>Apr 7 - May 19</td>
<td>Tue 5:30 - 6:30pm</td>
<td>$60</td>
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<td>56347</td>
<td>May 26 - Jun 30</td>
<td>Tue 5:30 - 6:30pm</td>
<td>$60</td>
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</table>

Location: Recreation Center, Room 102
Instructor: Jeanne Porter

Social & Club Dancing
Learn the hot, high energy Latin dance, Salsa! Start with the basic patterns and salsa rhythms. Work on Latin hip movement and leading/following techniques. Then we’ll add some easy turns, spins and wraps.

AGE: 15+

<table>
<thead>
<tr>
<th>Course</th>
<th>Start Date</th>
<th>End Date</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>56349</td>
<td>May 1 - May 29</td>
<td>Fri 6 - 6:45pm</td>
<td>$60</td>
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<tr>
<td>56350</td>
<td>Jun 5 - Jun 26</td>
<td>Fri 6 - 6:50pm</td>
<td>$48</td>
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</table>

Location: Recreation Center, Fitness Studio
Instructor: Christa Quackenbush

Guitar for Adults
Give yourself or a loved one the gift of music. Learn to play melodies and chords. We will explore strumming and finger-picking, introductory note reading and music theory. You can even sing along if you are so inclined. You can also learn to play some of your favorite songs from a variety of styles. Students are required to bring a guitar; acoustic guitar preferred.

AGE: 15+

<table>
<thead>
<tr>
<th>Course</th>
<th>Start Date</th>
<th>End Date</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
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<td>56263</td>
<td>Apr 10 - May 15</td>
<td>Thu 7:30 - 9pm</td>
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<td>56277</td>
<td>May 22 - Jun 26</td>
<td>Thu 6 - 6:50pm</td>
<td>$48</td>
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Location: Recreation Center, Conference Room
Instructor: James Howard

Beginning Bagua Zhang
Bagua Zhang is a Chinese Martial Art and slow Chi Gung practice similar to Tai Chi. Bagua Zhang is a no-impact workout that improves balance while strengthening the muscles, joints, and bones of the legs. Gentle turning hand body motions also sharpen the mind. It is known to improve longevity and is commonly practiced in a park - walking in a circle on flat ground.

AGE: 15+

<table>
<thead>
<tr>
<th>Course</th>
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<th>End Date</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>56276</td>
<td>Apr 2 - Apr 30</td>
<td>Thu 8:15 - 9:15pm</td>
<td>$40</td>
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<tr>
<td>56274</td>
<td>May 7 - May 28</td>
<td>Thu 8:15 - 9:15pm</td>
<td>$40</td>
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<td>56275</td>
<td>Jun 4 - Jun 25</td>
<td>Thu 8:15 - 9:15pm</td>
<td>$40</td>
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</tbody>
</table>

Location: Recreation Center, Room 101
Instructor: Dai Scott
**Karate / Tang Soo Do - Adult**

Tang Soo Do is a traditional Korean style of karate. This Korean Martial Art is an effective means of self-defense that promotes physical fitness, confidence and discipline. Come join the fun and learn the basic techniques. Rank promotion is available to those who train regularly.

_AGE: 13+_  
56281 Mar 30 - Apr 24 Mon, Wed, Fri 6 - 7am $89  
56282 Apr 27 - May 22 Mon, Wed, Fri 6 - 7am $89  
56283 Jun 1 - Jun 26 Mon, Wed, Fri 6 - 7am $89

Location: Recreation Center, Room 101  
Instructor: Natalie Burgos

**Lynnwood Boot Camp**

This early morning class gets you pumped for your day! Whether a cubicle awaits you or you have a busy day planned, this hour will get your heart poundin’ and sweat drippin’! The instructor designates each session to a different area - making sure by the end of the week everything has been worked! When Friday hits we trade the weights in for jump ropes, hula hoops and other cardio-driven routines. This is a class you will be thankful you JUMPED out of bed for! Think you’re just too out of shape? Don’t worry, the instructor will accommodate all fitness levels!

_AGE: 15+_ DROP-IN $10  
56271 May 5 - May 28 Tue, Thu 7 - 8pm $45  
56272 Jun 2 - Jun 29 Tue, Thu 7 - 8pm $45

Location: Recreation Center, Room 101  
Instructor: Derek McClinton

**Tae Kwon Do Adult**

Tae Kwon Do is an easy-to-learn Korean martial art, an outstanding form of physical fitness, and an effective self-defense technique. Instructor Derek McClinton brings the art to you in a safe and fun way. A great workout! New students may observe class before registering.

_AGE: 15+_  
56277 Apr 2 - Apr 30 Tue, Thu 7 - 8pm $45  
56278 May 5 - May 28 Tue, Thu 7 - 8pm $45  
56279 Jun 2 - Jun 29 Tue, Thu 7 - 8pm $45

Location: Recreation Center, Room 101  
Instructor: Derek McClinton

**Adult Tennis Lessons**

Learn the game - or improve your stroke! Beginning class introduces forehand and backhand strokes, serve, volley, and stance, court positioning, and scoring. Advanced beginning class includes drills for improving stroke, strategy and game play. Players provide their own racquets. Tennis balls provided.

_AGE: 16+_  
BEGINNER  
56241 May 11 - May 27* Mon, Wed, Fri 6:30 - 7:30pm $37.50  
56242 Jun 1 - Jun 17 Mon, Wed, Fri 6:30 - 7:30pm $45

ADVANCED BEGINNER  
56243 May 11 - May 27* Mon, Wed, Fri 7:30 - 8:30pm $37.50  
56244 Jun 1 - Jun 17 Mon, Wed, Fri 7:30 - 8:30pm $45

Location: Lynndale Park, Tennis Courts  
Instructor: Chris Gonzales  
*No Class 5/25

**Wing Chun Kung Fu**

A Chinese Martial Art whose principals are in compliance with the laws of nature and whose movements are unique. Wing Chun is a logical and scientific system of Kung Fu, making it one of the quickest and practical forms of self-defense. Wing Chun enhances short inside range hands with moderate kicking techniques. In this class you will have a chance to learn all 3 handsets, chi sau or sensitivity training and drills to increase your confidence in your ability to defend yourself.

_AGE: 13+_ DROP-IN $20  
56286 Apr 6 - Apr 29 Mon, Wed 6 - 8pm $120  
56287 May 4 - May 27* Mon, Wed 6 - 8pm $120  
56288 Jun 1 - Jun 29 Mon, Wed 6 - 8pm $120

Location: Recreation Center, Room 101  
Instructor: Rodney Lam  
*No Class 5/25

**SOFTBALL LEAGUES**

Register for Adult Men’s, Women’s & Co-Ed Award Winning Softball Leagues. Teams are placed into divisions by team talent ability. Teams may register in person after 5:30 p.m. or by phone after 8am. A team is considered to be a ‘returning team’ if they played the previous year and season. For more information call 425-670-5732 or 425-670-5517.

_AGE: 18+_  
WOMEN’S (10 GAMES)  
56352 May 27 - Aug 5 Wed 6:15 - 10:00pm $650  
56353 May 27 - Aug 5 Mon 6:15 - 10:00pm $650  
56354 May 27 - Aug 9 Sun, Wed 6:15 - 10:00pm $650

CO-ED (10 GAMES)  
56356 May 27 - Aug 9 Sun, Wed 2:15 - 6:00pm $650

MEN’S (12 GAMES IN 8 WEEKS)  
56351 Jun 1 - Aug 3 Mon 6:15 - 10:00pm $775

*Monday night league 12 games in 8 weeks  
Location: Meadowdale Softball Fields  
REGISTRATION DATES:  
Returning Teams: April 13  
New Teams: April 15

Register in person after 5:30 a.m. or by phone after 8am. A team is considered to be a ‘returning team’ if they played the previous year and season. For more information call 425-670-5732 or 425-670-5517.
**Yoga Foundations**
This is a perfect opportunity to learn and build a sustainable Yoga practice in a functional, adaptive, and welcoming environment honoring your individual circumstances. In this early Thursday morning 75-minute practice you will experience Yoga incorporating traditional philosophies, movement, and breath work - all taught in a Vinyasa flow style. Instructor Elen Sale, ACE, RYT 500 brings 25 years of teaching experience to this healing practice for you to find peace, balance, and wellness - both on and off the mat.

**Drop-in Pricing:**
- April 2 - April 30 Thu 5:30 - 6:45am $60
- May 7 - May 28 Thu 5:30 - 6:45am $48
- June 4 - June 25 Thu 5:30 - 6:45am $48

**Location:** Recreation Center, Room 101
**Instructor:** Elen Sale, ACE, RYT 500

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**Register Early!**
Avoid Cancellations and Disappointments
Group Power®
This 60–minute barbell program strengthens all your major muscles in an inspiring, motivating group environment, with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!

**AGES**: 12+
**www.ci.lynnwood.wa.us/GroupPower**
**Location: Recreation Center, Fitness Studio**

Group Centergy®
Redefine Your Self with Group Centergy. Grow longer and stronger in this invigorating 60–minute mind–body workout. Group Centergy incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Emotive music drives the experience as you breathe and sweat through this full–body fitness journey. Take the time to Center Your Energy with Group Centergy.

**AGES**: 12+
**www.ci.lynnwood.wa.us/GroupCentergy**
**Location: Recreation Center, Fitness Studio**

Group Kick®
Kick Some . . . with Group Kick®! This gripping hour burns a ton of calories and builds total body strength! Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness. From the boxing ring to the fighting cage, Group Kick combines cutting-edge moves with thrilling music. This electric experience is addictive!

**AGES**: 12+
**www.ci.lynnwood.wa.us/GroupKick**
**Location: Recreation Center, Fitness Studio**

Pump It Up!
Ready to exercise, but don’t know where to start? Time to Pump It Up! A circuit style group workout that utilizes the most effective training techniques to help you achieve better core strength, balance, endurance, and a revved up metabolism. We use a variety of exercises and tools including: bodyweight, TRX, stability balls, Bosu, and more! Adaptable to most fitness levels.

**AGES**: 12+
**www.ci.lynnwood.wa.us/PumpItUp**
**Location: Recreation Center, Fitness Studio**

Zumba®
ZUMBA® has become one of the fastest growing dance-based fitness workouts fusing Latin rhythms with easy to follow moves. Achieve long-term health benefits, burn calories and body fat, and tone and sculpt your body. 'Ditch the workout! Join the Party!' Bring a towel and bottled water.

**AGE**: 12+
**Instructor: Nilda Molina**
**Instructor: Charlotte Smith**
**Instructor: Tammy Goodall**

**DROP-IN**: $8.25

**Reach 60,000 area residents!**
**Advertise in the Lynnwood Recreation Guide.**
**Call Julie Applegate at 206-753-7250.**
**julie@philipspublishing.com**
Enhance Fitness Program
The National Enhance Fitness Program is a series of specially designed and tested exercises developed specifically for older participants. Instructors are trained and certified. Free for registered Group Health insured participants.

**AGE: 62+**

**Lite Enhance Fitness**
Tue, Thur 9:40 - 10:30am
$3 drop-in or $24 (8 session pass)
Location: Senior Center

**Intermediate Enhance Fitness**
Mon, Wed, Fri 8:30 - 9:20am
Location: Recreation Center, Fitness Studio

**Advanced Enhance Fitness**
Mon, Wed, Fri 9:30 - 10:20 am
Location: Recreation Center, Fitness Studio

**Gentle Water Fitness**
Combining the warmth of the wellness pool and gentle movements will help you relieve pain and stiffness as well as increase joint flexibility. Low–key workouts are great for those recovering from injury or just trying to relieve aches and pains of everyday life.

Mon–Fri, Noon
Location: Recreation Center, Swimming Pool

**Shallow Water Fitness**
While training all the major muscle groups against the water’s resistance, you will receive a calorie–burning workout. Classes are held in the shallow end of the lap pool. No swimming experience required.

Mon, Wed 7pm
Tue, Thu 8:30pm
Sun 9:30am
Location: Recreation Center, Swimming Pool

**Fitness in the River**
Use the current of the River for increased resistance. Water depth is 3.5 ft, perfect for those looking for a new kind of challenge. Great for cross training and burning calories. These classes are motivating and powerful workouts with body–energizing results.

Mon - Fri 5:45am
Mon, Wed, Fri 8:00am
Sat 7:45am
Location: Recreation Center, Swimming Pool

**Deep Water Fitness**
Zero joint impact with maximum resistance without touching the bottom of the pool. Exercises are performed with flotation equipment. The focus is on core strength, cardio intensity and full range of motion.

Mon - Fri 9:15am
Mon, Wed 7:00pm
Tue, Thu 8:30pm
Sat 7:45am
Location: Recreation Center, Swimming Pool

**62+ Water Fitness**
Taught in the River, this class is designed especially for those ages 62+. Enjoy the camaraderie and fun these classes offer while receiving a low impact cardio workout. Join this class and walk away feeling energized.

Monday - Friday, 10:30am
Location: Recreation Center, Swimming Pool
SIGN UP FOR THE BIGGEST MOVER CONTEST!
EARN POINTS FOR GROUP FITNESS WORKOUTS
EARN POINTS FOR BRINGING A FRIEND • WIN BIG PRIZES!
**FITNESS**

**SAIL**

Stay Active and Independent for Life is Washington State Department of Health's evidence–based exercise program for adults 62+. It’s proven to improve strength, balance and fitness and is part of the SAIL fall prevention program. Exercises are designed for both seated and standing positions. This class is suitable for all fitness levels.

Tue, Thu 10:45-11:45am $3 drop-in or $24/8–session pass

**Functional Fitness Evaluation**

Are you already in a fitness class or considering joining one? Either way, take three simple physical tests that help determine your functional fitness level. Make a 15-minute appointment.

First Thursday of the Month 12 - 12:45pm Free/$5 NM
Location: Senior Center
Instructor: Debby Grant

**Pilates for Core Strength and Flexibility**

Stabilize your balance and strengthen your body’s core to better prevent falls. Our experienced instructor works with each individual at their level, which can be seated or on the floor. You’ll realize benefits of improved coordination and circulation safety, and without stressing joints. Get started and see how your body changes. Bring a towel and a Pilates/yoga mat.

**Gentle 62+ Pilates: An Introduction**

56059 Apr 1-29 Wed 11:30am - 12:30pm $30/$35 NM
56060 May 6-27 Wed 11:30am - 12:30pm $24/$29 NM
56061 Jun 3-24 Wed 11:30am - 12:30pm $24/$29 NM
Location: Senior Center
Instructor: Angela Dismuke

**62+ Pilates for Core Strength and Flexibility Level 1**

56072 Apr 3-24 Fri 11 - 11:50am $24/$29 NM
56058 May 1-29 Fri 11 - 11:50am $30/$35 NM
56069 Jun 3-24 Fri 11 - 11:50am $24/$29 NM
Location: Senior Center
Instructor: Angela Dismuke

**62+ Pilates for Core Strength and Flexibility Level 2**

56074 Apr 3-24 Fri 12 - 12:50pm $24/$29 NM
56075 May 1-29 Fri 12 - 12:50pm $30/$35 NM
56068 Jun 5-26 Fri 12 - 12:50pm $24/$29 NM
Location: Senior Center
Instructor: Angela Dismuke

**62+ Yoga**

Yoga increases balance and flexibility, and prevents falls. You will use a chair for balance and learn how to move and hold stretches to make you stronger and more supple. Your posture, balance, and alignment will improve through guided sessions. This class is suitable for all fitness levels. Bring a mat to class.

56062 Apr 2-30 Tue, Thu 8:35 - 9:25am $40/$45 NM
56063 May 5-28 Tue, Thu 8:35 - 9:25am $40/$45 NM
56073 Jun 2-30 Tue, Thu 8:35 - 9:25am $45/$50 NM
Location: Senior Center
Instructor: Sherry Herdrick

**Laughter Yoga**

Invite balance, health, and joy into your life with a chair–based gentle yoga practice that emphasizes mindful awareness of body sensations. What’s unique about this yoga style is that it’s combined with fun activities. It is a powerful, life–changing experience because laughter is the best medicine in the world.

56064 Apr 7-28 Tue 12 - 1pm $20/$25 NM
56065 May 5-26 Tue 12 - 1pm $20/$25 NM
56066 Jun 2-30 Tue 12 - 1pm $25/$30 NM
Location: Senior Center
Instructor: Lida Kim

**ZUMBA® Gold**

You’ve heard people rave about ZUMBA— a Latin Movement–based dance class that includes Salsa, Merengue, Cha Cha, Tango and more. Zumba Gold is especially adapted for adults 62+, for adults who are beginning to increase activity to improve wellness, and for people with physical limitations. You can learn the moves on your feet or in a chair. Don’t miss out on this fun way to fitness!

56011 Apr 1-29 Wed 10 - 10:50am $25/$30 NM
56545 Apr 4-26 Mon 10 - 10:50am $20/$25 NM
56546 May 4-18 Mon 10 - 10:50am $15/$20 NM
56012 May 6-27 Wed 10 - 10:50am $20/$25 NM
56547 Jun 1-29 Mon 10 - 10:50am $25/$30 NM
56013 Jun 3-24 Wed 10 - 10:50am $20/$25 NM
Location: Recreation Center, Room 102
Instructor: Co Boehme

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LYNNWOOD SENIOR CENTER
19000 44th Ave W
Located next to the Recreation Center.

This community center for adults 62+ offers more than 50 classes, trips and programs per week. People of all ages are welcome.
• Memberships are $25/year.
• Associate Memberships (61 and under) are $35/year.

Holiday Closure
Memorial Day: Monday, May 25

Hours of Operation
Monday–Friday 8:30am–3:00pm
Tuesday open until 6:00pm

For more information
Call 425-670-5050 or view the Messenger newsletter online at www.PlayLynnwood.com

Register Early!
CLASSES AND TRIPS FILL FAST
Tai Chi: Moving for Better Balance
Looking for a class that will bring a spring into your step and steadiness to your balance, and have fun doing it? Regaining that confidence in your everyday movement is the first step in preventing falls. Staying upright is absolutely key to going where you want, when you want, and living independently on your own. This class is based on eight simple forms from the traditional yan style of tai chi; researched and developed by Dr. Fuzhong Li in conjunction with the CDC at the Oregon Research Institute in Eugene.

55941  Apr 2-30 Thu  9 - 10:30am   $35/$40 NM
55942  May 7-28 Thu  9 - 10:30am   $28/$32 NM
55943  Jun 4-25 Thu  9 - 10:30am   $28/$32 NM
Location: Recreation Center, Room 102
Instructor: Barbara Gleisner

Intermediate Tap Dance
Learn dance routines and practice for performances scheduled at local venues. Tap Dance is excellent exercise and a whole lot of fun. Class instruction is on Thursdays; Tuesdays are practice and rehearsal.

56009  Apr 2-309 Tue, Thu  12:30 - 1:30pm $37/$42 NM
56010  May 5-28 Tue, Thu  12:30 - 1:30pm $30/$35 NM
56008  Jun 2-30 Tue, Thu  12:30 - 1:30pm $30/$35 NM
Location: Recreation Center, Room 102
Instructor: Melissa Olson
Tour the SR99 Tunnel Construction 🌟🌟🌟🌟🌟
Join us to take a close-up look at the Seattle SR 99 tunnel construction. In addition to learning about efforts to replace the viaduct, you will be treated to special views of this massive project from a section of the Alaskan Way Viaduct that is permanently closed to traffic. Even after tunneling began in summer 2013 and Bertha slowly disappeared from view, the work site is full of activity as crews support tunneling operations. The tour is half-mile round-trip and lasts for one hour. You must be able walk over uneven ground and climb up and down 50 stairs. After the tour we’ll stop for lunch on your own. Choose one of two dates for this trip. In the event that WA State DOT cancels or changes the date of our tour we will attempt to reschedule.
54763 Apr 8 Wed 11am - 3pm $16/$22 NM
55728 Apr 23 Thu 11am - 3pm $16/$22 NM
Currently Registering

Vancouver, BC - Three Day, Two Night Tour ⭐️⭐️⭐️⭐️⭐️
Your first stop on this three-day adventure is the Capilano Suspension Bridge Park. A guide will introduce us to the wonders of the bridge and take us on an optional short nature walk. If you like, you may cross the 450’ bridge and walk the winding paths and elevated boardwalks of Treetops Adventures. You may enjoy lunch on your own at a park eatery or bring a sack lunch. You’ll stay both nights at the Best Western Plus Sands Hotel, minutes from English Bay and Stanley Park, where breakfast is included. Wednesday night’s dinner is at The Park Restaurant at the hotel. On your second day, spend the morning at Van Dusen Botanical Gardens or Lynn Canyon Suspension Bridge Park. In the afternoon, enjoy some shopping or stroll through Stanley Park or along the beach at English Bay. On your final day we’ll enjoy a leisurely morning at the hotel before heading to White Rock for wandering the promenade or the beach. White Rock is also our lunch stop before returning home. Trip registration includes transportation, two nights lodging, two breakfasts, one dinner and Capilano entry.
56401 May 27 - 29 Wed - Fri 8am - 6pm Double: $365 / $390 NM
Sign-up Date: Apr 8 Ask about a single supplement

Eat & Shop: Skagit Co-op and Seattle Premium Outlet Mall 🌟🌟🌟🌟
Have you ever found yourself at the Skagit Co-op on one of our trips and run out of time to actually enjoy the food and browse all the wonderful goods on the shelves? Well... this trip is taking a nice long break at the Co-op so you can eat your lunch and still have time to look around. Next, we’ll head to the Premium Outlet Mall for some browsing and shopping before heading home. Cost of lunch and other purchases is on your own.
54764 Apr 9 Thu 10am - 3:30pm $13/$19 NM
Currently Registering

Skagit Tulip Festival 🌟🌟🌟
The Tulip Festival is a favorite annual trek. We’ll drive around the tulip fields and stop at both Roozengaarde and Tulip Town. Both destinations offer opportunities for exploring indoor and outdoor display gardens, and allow you to walk the tulip fields. Around mid-day we’ll take a break at the Kiwanis Salmon Barbeque where you may purchase lunch for $10-$12. After lunch we’ll stop in at the Mt Vernon Street Fair before returning home. Trip registration includes Tulip Town and Roozengaarde entry. Bring cash for salmon BBQ, or pack a sack lunch if you like.
54765 Apr 17 Fri 10am - 4pm $25/$31 NM
Currently Registering
Casino - Swinomish 🌟
Travel north on the Senior Center bus to visit this popular casino. Tuesday is Senior Day and we’ll check in at the Player’s Club for some bennies.
54766 Apr 28 Tue 9am - 5pm $12/$18 NM
Currently Registering

Bingo at Rhodes River Ranch 🌟
Come with us to enjoy the longer days of spring and have some fun playing “Free” bingo at Rhodes River Ranch. The restaurant serves from both dinner and happy hour menus during bingo. If you’re lucky you may even win a prize! In late April and May we’re told that baby horses might be on the ranch grounds. Food and beverage purchases are on your own. Choose to join us in April or May.
54767 Apr 29 Wed 3:30am - 8:30pm $12/$18 NM
Currently Registering
56185 May 13 Wed 3:30 - 8:30pm $12/$18 NM
Sign-up Date: April 8

Whitney Gardens and a Ferry Ride 🌟🌟
Come for the ferry rides, or the garden tours or the beautiful scenic drive along the peninsula — all good reasons to venture out on a spring day. After the gardens we’ll stop for lunch along the route and take time to see the sights. Food and beverage purchases are on your own.
56183 May 5 Tue 8:45am - 6:30pm $33/$39 NM
Sign-up Date: April 8

Maifest - May Festival in Leavenworth 🌟🌟
You’ll celebrate spring as it’s done in Bavaria the way Alpine music is played in the Alps today — with authentic instruments, singing and yodeling. There’s a grand parade, maipole dancing and oompah bands for your enjoyment. Take time for lunch on your own if you can tear yourself away from the festivities.
56184 May 9 Sat 8:30am - 6:30pm $22/$28 NM
Sign-up Date: April 8

Northwest Folklife Festival 🌟🌟🌟🌟
You’ll experience a world of dance and music at this iconic northwest event. It’s held at the Seattle Center each year over Memorial Day weekend and admission is still free. Bring money to buy a button to show your support (around $10) and help make sure Folklike entry stays free. You’ll get hungry so pack a lunch or plan to buy from the many food vendors at the festival.
56186 May 22 Fri 10:30am - 5pm $13/$19 NM
Sign-up Date: April 8

Tacoma Art Museum: Eloquent Objects * 🌟🌟
Eloquent Objects: Georgia O’Keeffe and Still-Life Art in New Mexico is on exhibit at the Tacoma Art Museum. Your docent tour will give you insight into this exciting show featuring more than 60 paintings by O’Keeffe and her contemporaries. Through their modernist approach they record the landscape and objects of the Southwest. Following the tour we’ll take a break for lunch in the museum cafe and then return for more art exploration before heading home. Tour is included in the trip fee; the cost of lunch is on your own.
56188 Jun 2 Tue 9am - 4:30pm $35/$41 NM
Sign-up Date: May 13

Jeeves Intervenes at Taproot Theatre * 🌟
Jeeves the English valet is back on Taproot’s intimate stage just in time to help rescue two blundering nephews as they make their way to the altar. We’ll take time for early dinner at the theatre cafe or you may choose to walk to a nearby restaurant.
56189 Jun 10 Wed 1pm - 6pm $28/$34 NM
Sign-up Date: May 13

Gardeners on the Go! 🌟🌟🌟
Go east with us for a garden tour, greenhouse visits and nursery stop. We’ll have a docent tour at Bellevue Botanical Garden, browse at Squak Mt. Greenhouse and Gray Barn Nursery and ooh over spectacular specimen plants at Wells Medina Nursery. Somewhere along the way we’ll find time for a lunch break. Trip fee includes a donation for the docent tour; cost of lunch is on your own.
56190 Jun 16 Tue 9am - 5:30pm $19/$25 NM
Sign-up Date: May 13

Prison Pet Partnership - Program Tour 🌟🌟🌟🌟
We’re offering this opportunity again for those of you who were interested and missed out. Tour the facility, get a close-up look at the training center and see a demo of the service dogs in training on this visit to Gig Harbor and the Prison Pet Partnership Program. After the tour we’ll stop in Poulsbo for lunch before heading to Kingston for the return ferry. Trip fee includes a donation to the Prison Pet Partnership Program; cost of lunch is on your own.
56191 Jun 24 Wed 9:30am - 4:45pm $29/$35 NM
Sign-up Date: May 13

12th Man Tour 🌟🌟🌟🌟
You heard it right! Add a little post-season zip to your life. You’re going to CenturyLink where the 12th Man Flag Pole sits and where you can stand on the same next-generation Field Turf that the Seahawks and Sounders FC use. This is a tour for all levels of fans so don’t miss it. After the tour we’ll head to a favorite fan spot near the stadium for lunch. Trip fee includes the tour; cost of lunch is on your own. The tour includes one mile of walking and the use of ramps, stairs and elevators. Choose one of two dates for this trip.
56192 Jun 12 Fri 11am - 4pm $21/$27 NM
56193 Jun 19 Fri 11am - 4pm $21/$27 NM
Sign-up Date: May 13
OUTDOOR RECREATION

TEED OFF SENIORS GOLF
Take your best swing with the Teed Off Seniors at the Nile Shrine Golf Course! Co–ed play is every other week rain or shine unless thunderstorms are imminent. Pay $16.00 green fees at the course. You may rent pull carts, clubs and driving carts for additional cost. Meet at the golf course 30 minutes before tee time. For scheduling, contact Bob Hackney at 425–355–9101. Nile Shrine Golf Course–6601 244th St SW, Mountlake Terrace.

PEDAL PUSHERS BICYCLING
Join us on Wednesdays and Thursdays for 15 - 25 mile group bicycle rides. We ride on trails, on-street bike lanes and low-traffic roads to bakeries, parks and community centers. B.I.K.E.S. Club of Snohomish County partners with us and with help from club ride leaders we will ride every week. Thursdays are always trail rides. Helmets are required on all rides.

2015 Season Kickoff
Come to this session to jump-start your biking season. Learn what you need to start off safe and secure. Haven’t ridden in a while? Our group will help you get back on the saddle.

Centennial Trail (North from Snohomish)
Meet at the Centennial Trail at 2nd and Maple in Snohomish and ride north on the trail. RT 5 - 20 miles on level paved trail. This is our first ride of the season. Shorter distance riders may turn around at any time. Snack break along the way. Ride leader Nancy Graham.

Log Boom to Gas Works Park
Meet at Log Boom Park and ride on the Burke Gilman Trail to Gas Works Park. RT approximately 22 miles on level paved path with a food stop on Lake Union. Ride leader Mary Jo Gerst.

Conway to Mt Vernon Loop via Fir Island
Ride from Conway to Mt Vernon via Fir Island along the west side of the Skagit Island. Return on the east side. RT 21 miles with little elevation. Ride leader Nancy Graham.

Sammamish River Trail
Meet at the gravel parking lot “Chicken Park” at Bothell Landing and ride to Redmond on the Sammamish River Trail. RT about 20 miles on level trail. We’ll take a food break along the way. Ride leader Bill Lutterloh.

Echo Lake to Green Lake
Meet at Echo Lake Park and ride to Green Lake on the Interurban trail and low-traffic streets. RT 17 miles, mostly level. Snack break near Green Lake. Ride leader Mary Jo Gerst.

Centennial Trail (North from Snohomish)
Meet at the Centennial Trail at 2nd and Maple in Snohomish and ride north on the trail. RT 20+ miles on level paved trail. Snack break along the way. Ride leader Bette-Ann Shroyer.

Carnation to Fall City - Out and Back
Meet at John MacDonald Tolt River Park in Carnation and ride on quiet roads to Fall City where we’ll take a food and rest break. RT about 20 miles. Ride leader Allyson Welsh.

Sammmamish River Trail
Meet at the gravel parking lot “Chicken Park” at Bothell Landing and ride to Redmond on the Sammamish River Trail. RT about 20 miles on level trail. Food break at Whole Foods in Redmond. Ride leader Linda Hunter.

RexEville Grange to La Conner
Meet at the Rexville Grange and ride to La Conner. RT about 20 miles on quiet paved roads. We’ll take a food break in La Conner: bring money or food. Ride leader Linda Hunter.

SPRING HIKES

Snoqualmie-Preston Trail
Warm Up, I-90 ♥♥♥
Get in shape for the hiking season by walking this trail that traces an old historic railroad route. Located in the Cascade foothills, you will venture through forests and a scenic valley. No April fooling there are options for both the short and long distance hiker. Afterwards, we will head over to Boehms chocolates for your Easter egg shopping. All trails are paved.

Short HikeTrail: 4 mile round trip; 75 foot elevation gain
Long Hike Trail: 7 mile round trip; 100 foot elevation gain

Stimpson Family Natural Preserve, Bellingham ♥♥♥
Hike through 138 acres of biological diversity, ranging from bogs to wetlands. This well maintained trail goes up low ridges, over creeks and around ponds. Hopefully, Mr Beaver will make an appearance. On the way home, we’ll drive through the Skagit Valley tulip fields.

Bring money for ice cream.
• 3.5 mile loop
• 300 foot elevation gain

Alger Alp, Whatcom County ♥♥♥♥
You won’t find any Swiss hikers yodeling at the top, but this little mountain has a nice view of Lake Whatcom, Mt Baker and the Skagit Valley. As you make your way to the top, you will pass some interesting geologic rock uplifts. On the way home, we’ll drive through the tulip fields.

• 4.5 mile round trip
• 1,000 foot elevation gain
Bresemann Forest, Spanaway

This little forest located in the middle of Spanaway has a system of nature trails to enjoy. The trail will follow Morey Creek out of the forest into Spanaway Park. In the park is where you will enjoy your lunch.

- 2 mile round trip
- 175 foot elevation gain

55678 Apr 21 Tue 9am - 4:30pm $26/$32 NM
Sign-up Date: Mar 20

Historical Forts Hike, Whidbey Island

These two forts are surrounded by hiking trails full of wonderful things to see. Fort Ebey offers 28 miles of trails. We will do the Bluff Trail that has grand views of the Olympics and the Strait of Juan de Fuca. Part of the trail has some steep elevation loss and gain so you must be steady on your feet. For lunch break, you can enjoy your sack lunch at the beach or a picnic area. At Fort Casey, the lighthouse is the main attraction. Their trail loops around bunkers and gun batteries. There will be time for ice cream on your own in Coupeville.

Fort Ebey State Park
- 3 mile roundtrip
- 400 foot elevation gain

Fort Casey State Park
- 1 mile roundtrip
- 100 foot elevation gain

55680 May 2 Sat 9am - 6:30pm $36/$42 NM
Sign-up Date: Apr 17

Bainbridge Island Hikes Part 1

Bainbridge has a large assortment of trails to explore. We will try trails that will please adventurous nature lovers. The journey starts at East Grand Forest and ends at Battle Point Park where there is an optional 1.5 mile loop. We will hike through a canopy of firs and maples until you reach an open area called Hilltop. At Hilltop, expect a steep climb. For lunch on your own, there will be a stop at Lynwood Center that has some dining spots to try. The day ends at Gazzam Lake Nature Preserve. This trail leads to a 14-acre lake filled with waterfowl and continues down to a beach.

Grand Forest and Battle Pt Park
- 6 mile round trip
- 500 foot elevation gain

55682 May 12 Tue 8am - 6:30pm $36/$42 NM
Sign-up Date: Apr 17

Gazzam - Lake Nature Preserve

- 3 mile round trip
- 500 foot elevation gain

55681 May 6 Wed 8am - 6:30pm $26/$32 NM
Sign-up Date: Apr 17

Bainbridge Island Hikes Part 2

This trip to Bainbridge offers gentler hikes. The first stop is to get out and stretch your legs at Fay Bainbridge Park. Not a hike, but a chance to kick some sand around and look out on the water. Then a short stop to Ted Olson Nature Preserve to see some large old firs and cedars. For lunch, we’ll head into town for lunch on your own and the option to discover some historical walking trails. After lunch is a stop at Pritchard Park for a walk along the beach and a view of a Japanese Memorial. The last hike of the day is the waterfront trail in historical Fort Ward Park. See a battery and read about the history of this fort as you walk along the trail.

Downtown
- 2 mile round trip loop
- 250 foot elevation gain

Pritchard Park
- 1 mile round trip
- 50 foot elevation gain

Fort Ward Park
- 2 mile round trip
- Mostly level
Little Si, North Bend, I-90 ◆◆◆◆
Don’t miss this popular hike with an outstanding view of North Bend at the summit. At the top, there is a big, flat rock to sit and enjoy your sack lunch while taking in the view. This trail is not as hard as Big Si, but it is a continual elevation gain to the top with some switchbacks.
• 5 mile round trip
• 1,250 foot elevation gain
55683 May 20 Wed 9am - 5pm $26/$32 NM
Sign-up Date: Apr 17

East Lake Sammamish Trail Part 1 ◆
Be a part of the 11-mile challenge. We will be doing portions of this trail throughout the year. For this trip, the starting point will be Marymoor Park that connects to the trail. Enjoy walking along the east side of Lake Sammamish. You will have great views of the cascades and the lake. Portions of the trail will be paved and crushed rock.
• 4.5 mile round trip
• Mostly level
55684 May 26 Tue 9am - 3pm $26/$32 NM
Sign-up Date: Apr 17

Island Center Forest, Vashon Island ◆◆◆
In the middle of Vashon Island are 370 acres of diverse forest filled with hiking trails. The trails are shared by mountain bikers and horses, so you must be alert. In this forest, there are wetlands and meadows to do some bird watching. There will be some time to enjoy lunch on your own and window shopping in town.
• 5 mile round trip
• 250 foot elevation gain
55685 Jun 3 Wed 9am - 6:30pm $36/$42 NM
Sign-up Date: May 15

Horseback Riding, Mt Vernon*
Back by popular demand, we are offering another trip to Lang’s Horse and Pony Farm. This time you will get 1 ½ hours and a new trail to ride on. Trail riding includes a guide and a fantastic view of Skagit Valley Mountains. Before the ride, you will have a comprehensive safety class. Learn the proper Western seat; reining commands to turn, slow down, and stop; and go over trail tips and safety procedures. After the ride, enjoy a trip up to the Little Mountain Park for a panoramic view of Skagit Valley and a place to enjoy your sack lunch. Top off the day with an ice cream - stop at Big Scoop Palace.
Wear long pants and closed toe shoes
55686 Jun 5 Fri 9am - 3:30pm $52/$58 NM
Sign-up Date: May 15

Tacoma Discovery Center and Point Defiance Park ◆◆◆◆
Do you like frogs, flowers and forests? View frogs at the Tacoma Discovery Center wetlands and lake. This 70-acre preserve has a lot of trails and attractions. Enjoy watching ducks splash in the Discovery Pond built for kids. Then smell the flowers at Point Defiance Park as you make your way to the hiking trails located throughout the park.

Discovery Center
• 2 mile loop trail
• mostly level

Point Defiance Park
• Up to 5 miles of loop trails
• 200 foot elevation gain
55687 Jun 9 Tue 9am - 5pm $26/$32 NM
Sign-up Date: May 15

Register Early!
CLASSES AND TRIPS FILL FAST
Raft the Elwha, Port Angeles*
Are you ready for a wet adventure? Raft six miles of scenic whitewater through the Elwha Valley located in the Olympic National Park. Have fun in Class III waves that are guaranteed to get you wet. You must have the ability to swim. As you paddle along, your rafting guide will point out various wildlife and points of interest. Look for Elk, River Otters and possibly Black Bears. Before your trip, you will have time for a quick lunch on your own in Port Angles. Rafting trip included with registration fee.
55688 Jun 15  Mon 8am - 8pm $75/$81 NM
Sign-up Date: May 15

Wallace Falls, Hwy 2 ▼▼▼▼
Renowned for its beauty, Wallace Falls State Park offers majestic waterfalls, lush forest and wild berry picking. There are two ways to arrive at the main attraction, a 250-foot thundering waterfall. You can hike the Woody Trail for 2-1/2 miles or take a longer route and hike the old railroad grade, which is easier but 1 mile longer. You can also do the hike as a loop.
• up to 7 mile round trip
• 1,200 foot elevation gain
55689 Jun 17  Wed 9am - 5:30pm $26/$32 NM
Sign-up Date: May 15

Hug a Tree, Whidbey Island▼▼
Step into a 250-acre forest filled with massive cedars and Douglas firs. You will want to hug these giants, but your arms won’t fit around them. Located in South Whidbey State Park, this trail will take you down to the beach; however, it is a steep descent. The next adventure will be at Earth Sanctuary where you will explore a variety of paths. Each path has a special feature such as a labyrinth, medicine wheels and stone circles. Langley will be the stop for lunch on your own. There will be some time for walking around town. A great day to kick off summer. Trip fee includes admission, ferry fee and transportation.
South Whidbey State Park
• 3 mile round trip
• 250 foot elevation gain
Earth Sanctuary
• 1 mile round trip
• 50 foot elevation gain
55690 Jun 23  Tue 8am - 4pm $43/$49 NM
Sign-up Date: May 15

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Make 5210 Your Goal Every day! The City of Lynnwood is participating in Let’s Go 5-2-1-0! Let’s Go! is helping kids and families eat healthy and be active. We understand it’s important to have a consistent message about healthy habits where you live, learn, work and play. So we’re partnering with teachers, doctors, child care providers, and community organizations to help share the same four healthy habits of “5 2 1 0” everyday.

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Follow the 5210 message to a healthier you.
For more ideas visit www.letsgo.org

For more ideas to support healthy living visit www.letsgo.org

A program of Senior Services
A meal is a family affair—have the family
• Try new fruits and vegetables multiple times.
• Use the stairs.
• Turn on the music and dance.
• Take a family walk.
• Let physical activity be free, easy and fun!

Focus on the 5:
• 5 servings of fruits and vegetables
• 2 hours or less recreational screen time
• 1 hour or more of physical activity
• 0 sugary drinks, more water & low fat milk

Follow the 5210 message to a healthier you.
Follow the 5210 message to a healthier you.
Follow the 5210 message to a healthier you.

To learn more about our seniors programs, visit us online at: www.seniorservices.org
General Information

HOLIDAY CLOSURES We will be closed for business and classes on the following dates: Easter: Sunday, April 5

CHANGES & ERRORS We strive to produce the most accurate guide possible. However, some program information may have changed after this guide has gone to print. We apologize for any errors in the brochure and encourage you to visit www.PlayLynnwood.com for the most up-to-date information as possible. We’re always interested in knowing how we can make this publication better. If you have comments or questions, contact Sarah Olson, 425–670–5503 or solson@ci.lynnwood.wa.us.

PHOTOGRAPHS The City of Lynnwood takes videotape or photographs of people enjoying our parks or facilities. Photographs may be used for promotional purposes and are used at the discretion of and become the property of the City of Lynnwood. Should you not want photographs of your child utilized for publications, please let our staff or your instructor know. Got a good photo? We are looking for photos of recreation programs and participants for future guides. If you have photos that you would like to share with us, please e-mail them to solson@ci.lynnwood.wa.us. A photo credit will be given, so be sure to include your name and/or business.

EMPLOYMENT OPPORTUNITIES Visit www.ci.lynnwood.wa.us for detailed info on available positions to join the City of Lynnwood team. If you are an independent contractor interested in offering a class, call to inquire for a program proposal packet. Visit our website or call 425–670–5732.

INCLEMENT WEATHER The safety of program participants is a prime consideration when determining if programs should be cancelled due to inclement weather. If the Edmonds School District announces a cancellation or delayed start, all morning classes will be cancelled. Please call after 2:00 p.m. to verify status of afternoon, evening or weekend classes at 425–670–5732.

DISABILITY ACCOMMODATION The City of Lynnwood is committed to accommodating citizens with disabilities and special needs. Lynnwood Parks, Recreation & Cultural Arts will make reasonable effort to ensure programs are accessible. If you need assistance participating in our activities, please call us at 425–670–5732.

CREDITS Cover: Jason Becker Creative; Editor: Sarah Olson; Design & Layout: Philips Publishing Group.

ADVERTISING: Community business advertising is provided to offset the publishing costs of this brochure. The City of Lynnwood does not sponsor or endorse the activity and/or information contained in community ads. If your business is interested in placing an ad, please contact Julie Applegate at 206-284-8285 or julie@philipspublishing.com.

Swim Ticket Advance Purchase
Swimmers can pre–purchase swim tickets to guarantee their entrance into an open swim two weeks in advance. Advance ticket sales are available online now for weekend swim sessions for $6/ticket. Visit www.PlayLynnwood.com and click on the “Open Swim Advance Ticket Sales” button to purchase your tickets today. Log–in and use the drop–down box to select the total number of people (excluding children under 2) to the swim date and time you want. All children 5 years and younger must be accompanied by a paying adult in the water. Print and present your receipt on the day of your open swim. Refunds and transfers must be requested 72 hours in advance of your swim through customer service; a refund fee will apply.

Registration Policies
Advance registration and payment is required. Please register early; classes may be canceled if registration is insufficient. Fees include state and local sales tax, where applicable. All activities, dates and fees are subject to change. Participation is voluntary and participants agree to assume responsibility for any injury or damage to person or property.

PAYMENT Class registration is available with cash, check or credit card. Be sure to have the participants’ names, birth dates, phone numbers and credit card information ready prior to calling. A confirmation receipt will be mailed or given to you at the time of registration. Returned checks are assessed a $25 fee.

RESIDENT DISCOUNT The City of Lynnwood recognizes people living within Lynnwood’s City limits support, through their City taxes, the City’s recreation programs. Because of this, the City offers a resident discount fee on pass fees, room, pool, and parks facility rentals—even green fees at the Lynnwood Municipal Golf Course. Provide utility bill or other verification of residency. For more information, call 425–670–5732.

RECREATION BENEFIT FUND A scholarship program for low–income youth, seniors and disabled adults, the Recreation Benefit Fund is supported by the City of Lynnwood, the Parks & Recreation Foundation, and local businesses, organizations and individuals. Applications are available at the Lynnwood Recreation Center. Approval is contingent on residency, financial eligibility and available funds. Donations are gratefully accepted and can be made by check to RBF, PO Box 5008, Lynnwood, WA 98046–5008.

REFUNDS Cancelled Program: If a program is cancelled by the Parks, Recreation & Cultural Arts Department, the registrant will receive a credit on account or a full refund. Refund Requests: Refund requests may be made to the department by phone or in person, stating the reason for the request. Participant refund requests are assessed a $10 administrative fee per registration; there is no administrative fee for credits placed on account. In order to be eligible for a refund requires three (3) business days notice prior to the first class session. Refund requests made after the start of class are subject to program supervisor approval and may be granted on a prorated basis. Some trips and courses include pre–ordered tickets & items that are non–refundable.

 Reach 60,000 area residents! Advertise in the Lynnwood Recreation Guide. Call Julie Applegate at 206-753-7250. julie@philipspublishing.com
Summer Classes & Camps

The classes are for the full 7 weeks
July 6th - August 21st

**SUMMER CAMPS:**
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- Frozen Camp (4-6yrs)
- Hip Hop (4-6yrs & 7-10yrs)
- Cheer (6-9yrs)
- Sampler (6-9 yrs)

**SUMMER CLASSES:**
- Check out our summer intensives for ages 7 and up and our 7 week summer classes for ages 2-6
- Dance/Intensive
- Cheer/Drill
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- Hip Hop
- Musical Theater
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**Clinic Hours:**

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