

WINTER 2017

LYNNWOOD RECREATION GUIDE



LET'S
PLAY!

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BRICKS
4Kidz pg 13

FITNESS
in the River pg 19

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WINTER 2017



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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 Senior Center
425 - 670 - 5050
19000 44th Ave W

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

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

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

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

Lynnwood
GROCERY OUTLET
bargain market



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\$3 OFF GROCERY OUTLET Bargain Market
a \$30 minimum purchase (excludes alcohol)

Valid at Lynnwood Grocery Outlet only. One coupon per person. **Not valid with any other offer.** Duplicated coupons will not be accepted. **Expires 2/28/17.**



\$4 OFF GROCERY OUTLET Bargain Market
a \$40 minimum purchase (excludes alcohol)

Valid at Lynnwood Grocery Outlet only. One coupon per person. **Not valid with any other offer.** Duplicated coupons will not be accepted. **Expires 2/28/17.**



\$5 OFF GROCERY OUTLET Bargain Market
a \$50 minimum purchase (excludes alcohol)

Valid at Lynnwood Grocery Outlet only. One coupon per person. **Not valid with any other offer.** Duplicated coupons will not be accepted. **Expires 2/28/17.**



MAYOR'S MESSAGE

HEY KIDS! Did you know that our Community Vision calls for Lynnwood to be a vibrant community with engaged citizens and an accountable government? You might think that sounds like something for adults. Well here in the City of Lynnwood, we want everyone to be engaged and participate! There are lots of ways kids can get involved in our city and give back to the community. Check out what local kids have been up to lately:

A 4th grade class from **Soundview Elementary** visited City Hall and met with me and Councilmembers Shirley Sutton and Ian Cotton. We had a wonderful time answering questions and sharing with them the importance of being engaged residents. Your class can come for a visit too!



Girl Scout Troop 40919 met with Environmental Tech Derek Fada to conduct some experiments on what happens when something goes down a storm drain. The girls learned how to be good stewards of our environment. We have Boy Scout Troops that volunteer with our local Veterans of Foreign War Post 1040 during our Memorial and Veterans Day events. Both Boy Scouts and Girl Scouts recently completed projects at Lynndale park.



I've had several young men and women stop by my office during my Citizen Engagement sessions on Wednesday afternoons. **Lulliana** came to visit me, just because she wanted to meet the Mayor. I've had other young students ask how they can get involved and give back to our community. You can come visit me too! Call 425-670-5001 to set up a time.



We've partnered with students from **Cedar Valley Community School** to plant trees at Wilcox Park on Arbor Day and complete a public art installation covering a traffic signal box on the corner of 196th St and Scriber Lake Rd.



There are so many ways for you – our future leaders – to get involved. Tell your school and tell your parents that you want to be engaged! I'm looking forward to meeting you and helping you leave a positive mark on our community! Thank you from my heart!

~ Mayor Nicola 

DIRECTOR'S MESSAGE



Lynn Sordel

THE GREEK PHILOSOPHER HERACLITUS ONCE SAID, "CHANGE IS THE ONLY CONSTANT IN LIFE." As we close out 2016 and round the corner to a new year, I'd like to share with you about some changes you can expect to see over the next few months.

The Recreation Center is a vibrant, busy center run by a core of professional staff and a cadre of close to 200 part-time staff laborers. With the passage of State Initiative 1433, minimum wage will be rising from the current \$9.47 to \$13.50 by 2020 with the first increase to \$11.00 beginning on January 1st. This immediate increase demands that we adjust our part-time wage scales which will result in additional labor costs of more than \$125,000 in 2017. To help off-set this rising cost, we will be making a two-step increase in our fees. Beginning January 2nd, our facility fees will increase for daily visits, 10-visit passes and annual passes. Then, beginning March 3rd, our program fees will increase for registered classes and programs. With this second increase, we will be bringing back our 15% resident discount pricing off the program fees. We believe this resident discount reflects the investment your property taxes support our operations.

Never satisfied with the status quo, we continue to explore and evaluate ways to improve your customer experience. And we've heard you about PARKING. We are excited to announce that we are in final design stages to reconfigure and expand the parking lot behind the Recreation Center and Fire Station. The new parking lot will include more prominently marked pedestrian walkways and crossings, additional lighting, a new driveway entrance and will add approximately 28 additional parking stalls. Construction on the parking lot is anticipated for late summer/early fall 2017. For more information about this project, visit: <http://www.lynnwoodwa.gov/City-Services/Engineering-Services/Public-Projects-and-Programs/City-Buildings-and-Facilities-Projects/Recreation-Center-Parking-Lot-Expansion.htm>

I am thrilled to announce another change coming to Lynnwood – your first OFF-LEASH DOG AREA. We are under construction to add an off-leash dog area to the northwest



Future Off-Leash Dog Area at Lynndale Park

corner of Lynndale Park near Perrinville (off Olympic View Drive). This off-leash area will have picnic seating, agility features, water fountain, a separated "shy-dog" area, parking area, and an informational kiosk. We are anticipating a grand opening of the off-leash dog area in early February 2017.

With all these changes, I hope you'll consider what changes you want to make in your life. Over the holidays, I hope you'll enjoy bringing your family to an open swim. And, the New Year is a great time to join one of our fitness programs. We offer a wide array of daily options for drop-in fitness classes in our Fitness Studio and in the pools. For more information on these options, I encourage you to check out pages 18-24 of this program guide.

And, thank you for being our neighbors, customers, and friends. I sincerely appreciate your business and feedback and hope you'll continue to enjoy the fun in store for you in our programs.

Many thanks,

Lynn D. Sordel



One of the parking lot design alternatives under consideration.

RECREATION CENTER

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

Christmas: Dec 24 & 25
 New Year's Eve Early Closure:
 3PM Saturday, Dec 31
 New Year's Day: Sunday, Jan 1
 Pool Closure: Jan 2 - 8

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 Espresso 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

- Over 20,000 square feet of aquatic play
- 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



PICK YOUR PASS

2017 RATES	DAILY	DAILY FITNESS PASS	TO VISIT PASS		ANNUAL (unlimited visits)	
			Fee	Resident Discount	Fee	Resident Discount
Children under 2	Free	n/a	n/a	n/a	n/a	n/a
Youth (2 - 12)	\$5.25	n/a	\$40.50	\$36	\$380 (\$31.67/mo)	\$330 (\$27.50/mo)
Teen (13 - 17)	\$5.50	\$8.50	\$45	\$40.50	\$473 (\$39.42/mo)	\$412 (\$34.33/mo)
Adults (18 - 61)	\$5.75	\$9.00	\$49.50	\$45	\$565 (\$47.08/mo)	\$495 (\$41.25/mo)
Adults 62+	\$5.25	\$8.25	\$40.50	\$36	\$380 (\$31.67/mo)	\$330 (\$27.50/mo)
Disabled	\$5.25	\$8.25	\$40.50	\$36	\$380 (\$31.67/mo)	\$330 (\$27.50/mo)
Family	\$20	n/a	\$	\$	\$885 (\$73.75/mo)	\$770 (\$64.17/mo)

AQUATICS



SAFETY IS OUR #1 PRIORITY

All children under the age of six 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 inertube 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; under 18, see Aquatics office staff. Some adult - only lap swims available.

POOL RENTAL See page 7 for details.

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

SWIM LINE - DAILY SCHEDULE

Visit www.playlynnwood.com or call 425 - 670 - 5588.

** 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.*

WINTER POOL SCHEDULE

Closed: Jan 1-8 | Special Schedules: Jan 16, Feb 20, Feb 21

CHOOSE YOUR SWIM	Monday-Thursday	Friday	Saturday	Sunday
BEACH SWIM	5:30am-11:30am 4:00pm-6:45pm	5:30am-11:30am 4:00pm-6:15pm	7:00am-11:15am	9:30am-10:30am
REC SWIM	11:45am-3:30pm 7:00pm-9:00pm	11:45pm-3:30pm		10:30am-noon
OPEN SWIM		6:30pm-8:15pm	12:45pm-2:30pm 4:00pm-5:45pm 7:15pm-9:00pm	1:30pm-3:15pm 4:45pm-6:30pm
LAP SWIM	5:30am-2:30pm M/W 4:00pm-9:30pm T/Th 5:00pm-8:00pm	5:30am-2:30pm 5:00pm-6:15pm	7:00am-11:15am	9:30am-noon
OPEN FITNESS	5:30am-noon M/W 1-4pm & 8-9:30pm T/Th 1-5pm & 8-9:30pm	5:30am-noon 1:00pm-4:00pm	7:00am-9:00am	9:30am-noon
LESSONS	9:00am-10:30am 1:00pm-2:30pm 4:00pm-9:30pm	9:00am-10:30am 1:00pm-2:30pm 4:00pm-6:30pm	9:00am-11:30am	9:30am-noon

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 30 for details.



REGISTER ON THIS DATE	Session Dates	Session Days	Number of classes	Fee
Tuesday, December 20	Jan 9 - Feb 11	M/W (A)	7	\$43.75
	Jan 10 - Feb 2	T/TH (A)	8	\$50.00
	Jan 13 - Mar 31	Fri (A)	12	\$75.00
	Jan 14 - Apr 1	Sat (A)	12	\$75.00
	Jan 15 - Apr 2	Sun (A)	12	\$75.00
Friday, February 3	Feb 6 - Mar 1	M/W (B)	7	\$43.75
	Feb 23 - Mar 30	T/TH (B)	7	\$43.75
Friday, March 3	Mar 6 - Mar 29	M/W (C)	8	\$50.00
	Mar 7 - Mar 30	T/TH (C)	8	\$50.00

*No Class: Jan 16, Feb 20, Feb 21

Registration for SPRING 2017 begins Tuesday, April 4.

THROW A PARTY!

Call 435 - 670 - 5732 to reserve your party.

Pool Rentals

- Shared Pool Rental: \$150 for groups of 25 swimmers. A maximum of 6 groups per rental time.
- Private Pool Rental: \$900 for an hour of exclusive use of all the pools for up to 150 swimmers.
- Rental Times: Five 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: \$75 (25 people), \$150 (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

Saturday

11:30am - 12:30pm
2:45pm - 3:45pm
6:00pm - 7:00pm

Sunday

12:15pm - 1:15pm
3:30pm - 4:30pm

PARKS



Lynndale Park Picnic Shelter #1



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.

OPENING IN FEBRUARY:

**Lynndale Park
Off-Leash
Dog Area**



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. For reservations please call 425-670-5732. 2016 park reservations open. 2017 park reservations begin Dec 1 for Lynnwood residents. Open registration begins Jan 3, 2017.

OCCUPANCY	HALF DAY Non - Resident/Resident	FULL DAY Non Resident/Resident
Heritage Park Plaza		
Under 100 people	\$75/\$50	\$112/\$75
Lynndale Park Shelter 1 (covered)		
1 - 50 people	\$50/\$44	\$112/\$99
51 - 100 people	\$93/\$81	\$135/\$118
101 - 200 people	\$133/\$116	\$200/\$174
Lynndale Park Shelter 2 (uncovered)		
1 - 50 people	\$34/\$30	\$78/\$68
Lynndale Park Amphitheater (uncovered)		
1 - 300 people	\$25/\$20	\$50/\$40
Lynndale Park Shelter 3, North Lynnwood Park Shelters 1 & 2, Meadowdale Neighborhood Park Shelter		
1-25 people	\$41/\$36	\$94/\$82
Wilcox Park Shelters		
Shelter - 35 people	\$50/\$44	\$112/\$99
Gazebo - 25 people	\$34/\$30	\$78/\$68

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.

Weekday Green Fees*	
\$23 for 9 holes	\$32 for 18 holes
* Discounts for Juniors and Seniors Mon - Fri excluding holidays	
Weekend & Holiday Green Fees	
\$23 for 9 holes	\$36 for 18 holes
Power Carts	
\$8/rider for 9 holes	\$14/rider for 18 holes



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Community Transit

Get \$150 when you choose smarter trips!*
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CurbtheCongestion.org

Curb the Congestion is a program to reduce traffic and encourage healthy travel options on congested roadways. Curb the Congestion is funded in partnership with Snohomish County through developer mitigation and federal grants; and with Communities InMotion – I-405 through King County.

* When eligibility requirements are met

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memories are made.
It's where Life is Lived.**



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PRESCHOOL



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 by August 31, 2016 to enroll. For more information, please visit: www.LynnwoodWa.gov/Preschool.

AGE: 4 - 5 YRS
AM CLASS
 Mon, Wed, Fri 9-11:30am \$240
PM CLASS
 Mon, Wed, Fri 12:30-3pm \$240
 \$15 Emergency Kit (one-time)
 Location: Recreation Center, Room 101

Kids Klub Preschool - Early Bird Registration

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 13th; walk-in registration begins at 5:30 am and phone in registration begins at 8am. The Early Bird Registration fee is non-refundable but WILL apply towards September's tuition payment. For more Preschool information, please visit: www.LynnwoodWa.gov/Preschool.

Pre-K*

Our Pre-K program is a play based program that focuses on the skills children need to start Kindergarten the following year.

AGE: 4-5 YRS
 Mon-Thur 9 - 11:30am \$45
 *Child must turn 4 years old before 8/31/17 to enroll.

Preschool*

New this fall! Our Preschool class will focus on learning through play! Intended for those who are still two years away from Kindergarten.

AGE: 3-4 YRS
 Tue-Thur 12:30-3pm \$45
 *Child must turn 3 years old before 8/31/17 to enroll.

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.LynnwoodWa.gov/PreschoolPlaytime.

AGE: 3 - 6 YRS
 Jan 3 - Mar 28 Tue 10am - 12pm \$10/visit
 Jan 5 - Mar 30 Thu 10am - 12pm \$10/visit
 Location: Recreation Center, Room 101



Ties and Tiaras Winter Ball

Dance the night away with your little princess and capture this magic moment for you both. Dancing, refreshments and picture opportunities are all a part of this evening of magic. Advance registration is required for you and your little darling. Guys and girls register separately. Dads, Grandpas, Uncles or other important male figures are welcome to escort.

AGE: 3+
 64597 Feb 25 Sat 3 - 5pm \$12.50
 64598 Feb 25 Sat 6 - 8pm \$12.50

Location: Cedar Valley Gym

The Medora Ballet: 3-4

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.

AGE: 3 - 4 YRS
 64646 Feb 6 - Feb 27 Mon 11 - 11:50am \$45
 64648 Feb 6 - Feb 27 Mon 12 - 12:50pm \$45
 64647 Mar 6 - Mar 27 Mon 11 - 11:50am \$45
 64649 Mar 6 - Mar 27 Mon 12 - 12:50pm \$45

Location: Recreation Center, Room 102
 Instructor: Jessica Shinn



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.

AGE: 18 MO - 3 YRS
 64657 Jan 3 - Feb 7 Tue 10 - 10:30am \$55
 64659 Jan 3 - Feb 7 Tue 11:30am - 12pm \$55
 64658 Feb 14 - Mar 21 Tue 10 - 10:30am \$55
 64660 Feb 14 - Mar 21 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 - 5 YRS

64653	Jan 3 - Feb 7	Tue	9:15 - 9:45am	\$55
64654	Jan 3 - Feb 7	Tue	10:45 - 11:15am	\$55
64655	Feb 14 - Mar 21	Tue	9:15 - 9:45am	\$55
64656	Feb 14 - Mar 21	Tue	10:45 - 11:15am	\$55

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

Tiger Karate/Tang Soo Do

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 they will also learn how to be courteous and respectful to others.

AGE: 4 - 6 YRS

64637	Jan 7 - Jan 28	Sat	8:15 - 9am	\$20
64638	Feb 4 - Feb 25	Sat	8:15 - 9am	\$20
64639	Mar 4 - Apr 1	Sat	8:15 - 9am	\$25

Location: Cedar Valley Gym
Instructor: Natalie Burgos

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 - 3 1/2 YRS)

64533	Feb 4 - Apr 1 [▼]	Sat	2 - 2:30pm	\$90
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TOT-SOCCER (3 1/2 - 4 YRS)

64529	Feb 4 - Apr 1 [▼]	Sat	2:40 - 3:10pm	\$90
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PRE-SOCCER (4 - 5 YRS)

64530	Feb 4 - Apr 1 [▼]	Sat	3:10 - 3:45pm	\$90
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SOCCER 1 (5 - 6 YRS)

64531	Feb 4 - Apr 1 [▼]	Sat	3:45 - 4:30pm	\$90
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Location: Cedar Valley Gym
Instructor: Kidz Love Soccer
[▼]No Class: Feb 25

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 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 at 425 - 670 - 5732 or Amy Kirk at 425 - 670 - 5518.

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YOUTH



Ties and Tiaras Winter Ball

Dance the night away with your little princess and capture this magic moment for you both. Dancing, refreshments and picture opportunities are all a part of this evening of magic. Advance registration is required for you and your little darling. Guys and girls register separately. Dads, Grandpas, Uncles or other important male figures are welcome to escort.

AGE: 3+					
64597	Feb 25	Sat	3 - 5pm		\$12.50
64598	Feb 25	Sat	6 - 8pm		\$12.50

Location: Cedar Valley Gym

Guitar for Youth

Give your child the gift of music with this affordable, easy and fun introduction to the guitar. By the end of the class, you'll be playing well known melodies or strumming along with your favorite songs. Students, please bring a guitar (acoustic guitar preferred), a tuner and guitar picks.

AGE: 7 - 8 YRS					
64629	Jan 12 - Mar 16	Thu	5:30 - 6:15pm		\$99

AGE: 9-11YRS					
64630	Jan 12 - Mar 16	Thu	6:20 - 7:20pm		\$119

Location: Recreation Center, Conference Room
Instructor: James Howard

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 - 12 YRS					
64640	Feb 6 - Feb 27	Mon	4 - 4:50pm		\$45
64641	Mar 6 - Mar 27	Mon	4 - 4:50pm		\$45

Location: Recreation Center, Room 102

Instructor: Jessica Shinn

†No Class: Feb 20

Hip Hop Dance

Learn the basics of Hip Hop in this introductory class as you move and groove to old-school & 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 & routines every time. Individual and group participation allow students to build strength, flexibility, & confidence!

AGE: 5 - 8 YRS				DROP-IN \$15	
64607	Jan 4 - Feb 8	Wed	4:15 - 5pm		\$75
64608	Feb 15 - Mar 22	Wed	4:15 - 5pm		\$75

AGE: 9-12 YRS					
64609	Jan 4 - Feb 8	Wed	5:15 - 6pm		\$75
64610	Feb 15 - Mar 22	Wed	5:15 - 6pm		\$75

Location: Recreation Center, Room 102

Instructor: Kontagious Performing Company

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.

AGE: 6 - 16 YRS					
64631	Jan 7 - Jan 28	Sat	9 - 10am		\$25
64632	Feb 4 - Feb 25	Sat	9 - 10am		\$25
64633	Mar 4 - Apr 1	Sat	9 - 10am		\$30

Location: Cedar Valley Gym

Instructor: Natalie Burgos

See pages
10 or 12
for details



Ties & Tiaras

WINTER BALL

Saturday, Feb 25 • 3 - 5pm or 6 - 8pm

\$12.50/person Ages: 3+

CEDAR VALLEY GYM

3 ways to register



online



by phone



in person

www.PlayLynnwood.com
 425 - 670 - 5732
 18900 44th Ave W, Lynnwood, WA 98036

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 - 6 YRS)
64531 Feb 4 - Apr 1^{*} Sat 3:45 - 4:30pm \$90

SOCCER 2: SKILLZ & SCRIMMAGES (7 - 10 YRS)
64532 Feb 4 - Apr 1^{*} Sat 4:30 - 5:15pm \$90

Location: Cedar Valley Gym
Instructor: Kidz Love Soccer

*No Class: Feb 25

Tai Chi for All New!

This class will include Yang style Tai Chi along with Qi Gong. Yang style develops the framework and timing for fluid movement. Qi Gong is an ancient Chinese health and exercise system that combines physical postures with breathing techniques and focused intention; experience movement with ease and presence.

AGE: 8+
64675 Jan 3 - Jan 31 Tue, Thu 6 - 7pm \$60
64676 Feb 2 - Feb 28 Tue, Thu 6 - 7pm \$60
64677 Mar 2 - Mar 28 Tue, Thu 6 - 7pm \$60

Location: Recreation Center, Room 101
Instructor: Robert Levy



BRICKS 4 KIDZ® New!

CAMPS

Superheros Academy

Join Bricks 4 Kidz for a week building Super Heroes with LEGO® bricks. Explore all the caped crusaders and discover their super powers. Create a fantasy world and protect it against all the evil arch enemies with custom contraptions made with LEGO® bricks. Copyright Bricks 4 Kidz® 2012. This camp is not affiliated with Marvel Comics.

AGE: 6-12 YRS
64683 Dec 19 - 22 Mon - Thurs 9am - 12pm \$120
Location: Recreation Center, Conference Room
Instructor: Bricks 4 Kidz®

Space Adventures & Star Wars™

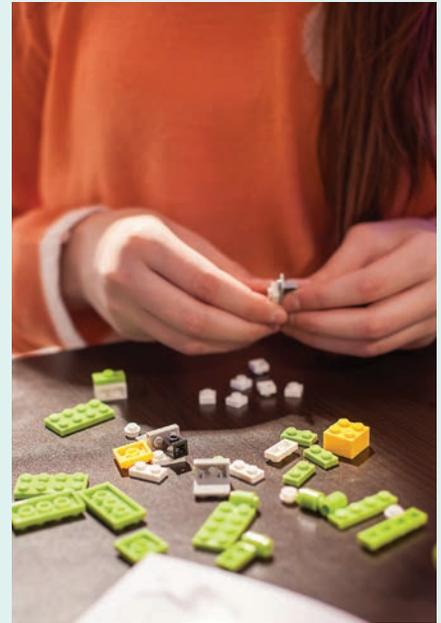
Inspired by NASA and Star Wars™, our Space Adventures Camp is packed full of models that will make your imagination blast off! Each day, campers will learn about real-life space exploration and build models related to the NASA space program. In addition, the day includes LEGO® Star Wars™ themed models, group games, challenges and more. Bricks 4 Kidz® Space Adventure camp provides the spark for imagination and creativity to take off on an adventure that's out of this world!

AGE: 6-12 YRS
64696 Jan 27 Fri 9am - 12pm \$30
Location: Recreation Center, Conference Room
Instructor: Bricks 4 Kidz®

Mining & Crafting

Minecraft is a game about placing blocks to build anything you can imagine. At night monsters come out, make sure to build a shelter before that happens. Experience the world of Minecraft with LEGO® bricks. Kids will start by crafting their shelters and some of the mobs, critters and tools using LEGO® bricks.

AGE: 6-12 YRS
64697 Apr 3 - Apr 7 Mon - Fr 9am-12pm \$150
Location: Recreation Center, Conference Room
Instructor: Lisa Barton, Bricks 4 Kidz®



WORKSHOPS

Winter Fun

This workshop will bring the winter fun indoors with interactive Bricks 4 Kidz models of some popular winter activities from the hair-raising thrill of the luge to more the relaxing pace of the horse and sleigh. We'll build the all-business snowplow as well as the all-fun snow mobile. And our winter theme wouldn't be complete without ice hockey and skiing. No snow? No problem - all you need to create these winter memories are our bricks and your imagination.

AGE: 6-12 YRS
64695 Dec 9 Fri 1-3pm \$20
Location: Recreation Center, Conference Room
Instructor: Bricks 4 Kidz®

Wheels in Motion

These wheels are ready to roll! Students will use LEGO® Bricks, axles, pulleys, gears, motors and more to build a variety of models on wheels. Some are familiar vehicles, such as a fire engine and delivery truck. Other amazing models, such as the Rescue Robot and K-9 Bot, will give students more to learn. Do you have a need for speed? Put your Speed Bot model to the test as you race against others using remote controls! We'll explore concepts of speed and force, and gain non-vehicle knowledge from the unconventional Wheels in Motion models as well. Let's roll!

AGE: 6-12 YRS
64698 Feb 10 Fri 1pm-3pm \$20
Location: Recreation Center, Conference Room
Instructor: Lisa Barton, Bricks 4 Kidz®

TEENS



Move 60 Teens

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 Alderwood Middle (AMS), Brier Terrace Middle (BTMS), College Place Middle (CPMS) and Meadowdale Middle (MMS). For more information about the program call (425) 670-5386 or visit: www.lynnwoodwa.gov/PlayLynnwood/Activities/Move60.htm



GRADES: 7TH & 8TH

64526	Jan 23 - Mar 29	Mon, Wed	2:30 - 4:15pm	FREE
64527	Jan 24 - Mar 30	Tue, Thu	2:30 - 4:30pm	FREE
64528	Feb 10 - Mar 31	Fri	2:30 - 4:30pm	FREE

Location: Lynnwood Recreation Center

Jr Lifeguard New!

Formerly called: Aquatic Volunteer Training Jr. Lifeguard is the first step in becoming a lifeguard and volunteering at the Lynnwood pool. Learn about basic water safety and the skills necessary to prevent, recognize and to respond to many types of aquatic emergencies. The course will train you to become a volunteer at the pool, prepare you to keep yourself and others safe in and around the water. 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: 12+

64086	Feb 24 - 26	Fri, Sat, Sun	4:45 - 12pm	\$40
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Location: Recreation Center, Aquatic Training Room

Guitar for Teens

Give yourself or a loved one the gift of music with this affordable, easy and fun introduction to the guitar. By the end of the class, you'll be playing well known melodies or strumming along with your favorite songs. This class is necessarily interactive to give you a chance to develop along your unique interests and ability level. Please bring a guitar (acoustic guitar preferred), a tuner and guitar picks.

AGE: 12 - 17 YRS

64627	Jan 12 - Mar 16	Thu	4 - 5:20pm	\$169
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Location: Recreation Center, Conference Room

Instructor: James Howard

Basic Water Rescue

Do your part, BE WATER SMART. This American Red Cross Course provides you with the information and skills necessary to prevent, recognize, and respond to aquatic emergencies. Take a few hours out of your busy schedule to learn how you can protect your family and friends. This is a great opportunity for families to learn together. Meets WA DOH code for Shallow Water Attendant. Additional certification fee of \$19 due upon registration.

AGE: 11+

64181	Feb 26	Sun	8am - 12pm	\$40
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Location: Recreation Center Aquatic Training Room

Baby Sitters Training

When parents look for someone to watch their children, they want a babysitter who is dependable and responsible; someone who will take good care of their children. The American Red Cross Babysitting Training course teaches babysitters the qualities parents seek in their child's caregiver. Learn how to help kids have fun, while keeping them safe and following household rules. There is an additional certification fee of \$19 for this course due at registration.

AGE: 11 - 16 YRS

63043	Dec 26-29	M-Th	1:30 - 4pm	\$60
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Location: Recreation Center, Conference Room

GOT GAME?

Cedar Valley & Meadowdale Middle gyms are available for private team rentals, sports camps, clinics or league games.

For more info, call:
425-670-5517

www.PlayLynnwood.com



Nightwaves

Hey Middle Schoolers! Mark your calendars and tell your friends because 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.

GRADES: 7TH & 8TH

Dec 10	Sat	8 - 11pm	\$5
Mar 11	Sat	8 - 11pm	\$5

Location: Lynnwood Recreation Center

Lifeguard Prep New!

Ever wonder what it takes to become a lifeguard? Lifeguard Prep is the first step to prepare for the Lifeguard Training course. Students will work on swim conditioning and strength, as well as learning key skills that will help them to be successful in the full lifeguard course.

AGE: 13 - 16 YRS

64179	Jan 10-Feb 2	Tue, Thu	5:45pm - 7:15pm	\$56
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Location: Recreation Center, Aquatic Training Room

Lifeguard Training - Blended Learning New!

You can take this course FREE OF CHARGE! - Call 425-670-5528 for details! The City of Lynnwood offers this entry-level professional qualification that can lead to an exciting career in the aquatic and recreation industry. This course provides training in; emergency action plans, victim recognition, various rescue skills, first Aid, and CPR for the Professional Rescuer. In this blended learning class format, students complete online lessons outside of class time and hands-on practice at in class, the City of Lynnwood Facility. 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+

64081*	Jan 15 - Feb 5	Sun	2:30-9pm	
		Fri	5:30-9:30pm	\$175

*Mandatory Pretest: Jan 6, 8:30 - 9:15 pm

64083*	Mar 5 - Mar 26	Sun	2:30-9pm	
		Fri	5:30-9:30pm	\$175

*Mandatory Pretest: Feb 24, 8:30 - 9:15 pm

Location: Lynnwood Civic Campus

GRADES 7TH-8TH

NIGHTWAVES

DANCE SWIM PLAY
HANG WATCH EAT

SATURDAY, DEC 10 & MAR 11 8-11 PM



ACADEMY SPORTS CENTER

Academy Volleyball League (AVL)

- > Mondays & Fridays
- > 8 week sessions
- > Grades 6th -9th
- > 5:30 - 7:00 pm
- > Cost \$250

COUPON: 20% OFF

Academy Kids

- > Mondays & Fridays
- > 6 week sessions
- > Grades K-6th
- > 4:30 - 6:00pm
- > Cost: \$50 - \$145

COUPON: BUY ONE SESSION GET THE SECOND 50% OFF

Sessions run continuously
Sept-May



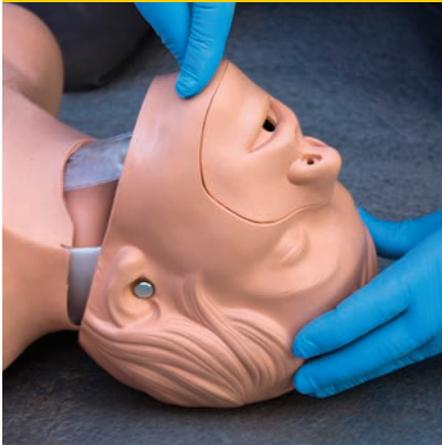
REGISTRATION NOW OPEN
AcademySportsCenter.net
Sign Up Today!

2810 Lincoln Way
Lynnwood, WA 98087

(425) 745-0866
AcademySportsCenter.net



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

Every five years, dozens of international organizations and experts in the field of First Aid, CPR and Emergency Cardiovascular Care (ECC) work together to evaluate ongoing research. The science and practices related to emergency care are reviewed and new recommendations are published. As a result the American Red Cross has revised their training programs to incorporate these new protocols and practices for administering care and applying lifesaving skills. The health and safety courses offered by the City of Lynnwood incorporates these changes.

Blended Learning CPR/AED/ First Aid for Adult, Child & Infant

Through a combination of self-paced on-line learning and instructor-led classroom skill sessions, you will have the opportunity to practice, participate, and demonstrate the same skills and knowledge as our classroom based courses. The award winning online portion is an interactive experience where participants respond to real-world emergencies in a virtual setting. This must be completed prior to attending the classroom skill session, and must be taken on a Flash-enabled computer with high speed internet.

AGE: 15+

64101	Jan 11	Wed	1 - 3:30pm	\$67
64102	Jan 21	Sat	10am - 12:30pm	\$67
64103	Jan 21	Sat	2:30 - 5pm	\$67
64104	Jan 25	Wed	2 - 4:30pm	\$67
64105	Jan 26	Thu	6 - 8:30pm	\$67
64106	Feb 8	Wed	2 - 4:30pm	\$67
64107	Feb 18	Sat	10am - 12:30pm	\$67
64108	Feb 18	Sat	2:30 - 4pm	\$67
64109	Feb 22	Wed	3 - 5:30pm	\$67
64110	Feb 22	Wed	6:30 - 9pm	\$67
64111	Mar 8	Wed	2 - 4:30pm	\$67
64112	Mar 8	Wed	6 - 8:30pm	\$67
64113	Mar 18	Sat	10am - 12:30pm	\$67
64114	Mar 18	Sat	2 - 4:30pm	\$67
64174	Mar 22	Wed	1 - 3:30pm	\$67
64603	Mar 29	Wed	1 - 3:30pm	\$67

Location: Fire Station #15, Training Room

CPR, AED, First Aid Training: Adult - Classroom

This American Red Cross Course with ECC updates is designed to help participants recognize and respond appropriately to cardiac, breathing, and first aid emergencies in Adults. With an emphasis on hands-on learning, students will learn the skills to save a life and knowledge to give immediate care to a suddenly injured or ill adult until more advanced medical personnel arrive. Free online refreshers and electronic certification card are included.

AGE: 14+

64599	Feb 8 - Feb 15	Wed	5:30 - 8:30pm	\$75
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Location: Lynnwood Civic Campus



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

Get Your CPR, First Aid, and AED Certification.-over 9 million people take American Red Cross training courses each year. This Adult and Pediatric First Aid/CPR/AED course incorporates the latest science and teaches students how to recognize a medical emergency, handle breathing and cardiac emergencies, use of an AED, and how to sustain life until professional help arrive. Be the One Who Makes a Difference and learn to help victims of any age. This course provides participants with the vital knowledge they need to respond to a medical emergency appropriately and efficiently.

AGE: 14+

64096	Jan 7	Sat	10am - 5:30pm	\$97
64097	Jan 23 - 25	Mon, Wed	5:30 - 9pm	\$97
64098	Feb 4	Sat	10am - 5:30pm	\$97
64099	Mar 4	Sat	10am - 5:30pm	\$97
64100	Mar 29 - 30	Wed, Thu	5:30 - 9pm	\$97

Location: Fire Station #15, Training Room



3 ways to register

www.PlayLynnwood.com
425 - 670 - 5732
18900 44th Ave W, Lynnwood, WA 98036
VISA, Mastercard, American Express and Discover

Primeros Auxilios/RDP/DEA para Adultos y Niños (Adult and Pediatric First Aid/CPR/AED)

Reanimación cardiopulmonar / DEA y Primeros Auxilios para adultos y pediátrica: Sea el que marca la diferencia -Obtenga su certificación de RCP, Primeros Auxilios y DEA. Más de 9 millones de personas toman el entrenamiento de la Cruz Roja Americana cada año. Este curso de Primeros Auxilios / RCP / DEA para Adultos y Pediátricos incorpora los últimos avances científicos y enseña a los estudiantes a reconocer una emergencia médica, manejar emergencias respiratorias y cardíacas, actuar una de manera adecuada y efectiva, y mantener la vida hasta que llegue la ayuda profesional, usar el DEA, identificar y cuidar sangrado y otras enfermedades y lesiones repentinas con el fin de ayudar a las víctimas de cualquier edad. Estos cursos proporcionan a los participantes los conocimientos vitales que necesitan para responder a una emergencia médica de una manera eficaz y eficiente. La certificación adicional cuesta de \$ 27 debido a inscribirse.

AGE: 14+
64095 Jan 14 Sat 10am - 5:30pm \$60
Location: Fire Station #15, Training Room
Instructor: Rachel Sanchez

Lifeguard Prep ^{New!}

Ever wonder what it takes to become a lifeguard? Lifeguard Prep is the first step to prepare for the Lifeguard Training course. Students will work on swim conditioning and strength, as well as learning key skills that will help them to be successful in the full lifeguard course.

AGE: 13 - 16 YRS
64179 Jan 10 - Feb 2 Tue, Thu 5:45 - 7:15 PM \$56
Location: Recreation Center, Aquatic Training Room



Register Early!
Avoid Disappointments
*See cancellation policy on page 30.

Lifeguard Training - Blended Learning ^{New!}

You can take this course FREE OF CHARGE! - Call 425-670-5528 for details! The City of Lynnwood offers this entry-level professional qualification that can lead to an exciting career in the aquatic and recreation industry. This course provides training in; emergency action plans, victim recognition, various rescue skills, first Aid, and CPR for the Professional Rescuer. In this blended learning class format, students complete online lessons outside of class time and hands-on practice at in class, the City of Lynnwood Facility. 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+
64081* Jan 15 - Feb 5 Sundays 2:30 -9 pm
Fridays 5:30 -9:30 pm \$175
*Mandatory Pretest Jan 6, 8:30 - 915 pm

64083* Mar 5 - Mar 26 Sundays 2:30 -9 pm
Fridays 5:30 -9:30 pm \$175
*Mandatory Pretest Feb 24, 8:30 - 915 pm

Location: Lynnwood Civic Campus

Lifeguard Training Review- Blended Learning

The Lifeguard Review option is for currently certified lifeguards to practice skills including water rescues, CPR for the Professional Rescuer and first aid, before testing and recertifying. The course incorporates a blended learning format with online training sessions, classroom skills and water rescue activities. Current certification in Lifeguarding/First Aid/CPR Pro is required. Attendance in all 3 class sessions is required. Additional \$27 certification fee paid to Red Cross when registering for online portion of the course.

AGE: 16+
64084 Feb 10 - 17 Sundays 2:30 -9 pm
Fridays 5:30 -9:30 pm \$90

Location: Lynnwood Civic Campus

Lifeguarding Instructor Training

Being a Red Cross Lifeguarding Instructor is a fulfilling and rewarding experience. 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 portion of the course. Registration Opens February 1st

AGE: 17+
64126 Mar 19 - Apr 2 Wed & Fri 5-9 pm
Sundays 2 - 9 pm \$310

Location: Lynnwood Civic Campus
Instructor: Andrea Robertson



NOW HIRING!
Stop by or call the Aquatic Office 425-670-5528 to see how you can get your LIFEGUARD TRAINING for FREE!!!

FITNESS PASS CLASSES



Group Power®

Group Power® will blast all your muscles with a high - rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! **POWER UP!!**

AGE: 12+
www.lynnwoodwa.gov/GroupPower
 Location: Recreation Center, Fitness Studio

Group Centergy®

Group Centergy® will grow you longer and stronger with an invigorating 60 - minute mind - body workout. It 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. **REDEFINE YOUR SELF.**

AGES 12+
www.lynnwoodwa.gov/Centergy
 Location: Recreation Center, Fitness Studio

Group Fight®

Group Fight® is a gripping hour that 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 Fight combines cutting - edge moves with thrilling music. This electric experience is addictive! **FIGHT FOR IT!**

AGES 12+
www.lynnwoodwa.gov/GroupFight
 Location: Recreation Center, Fitness Studio

Group Blast®

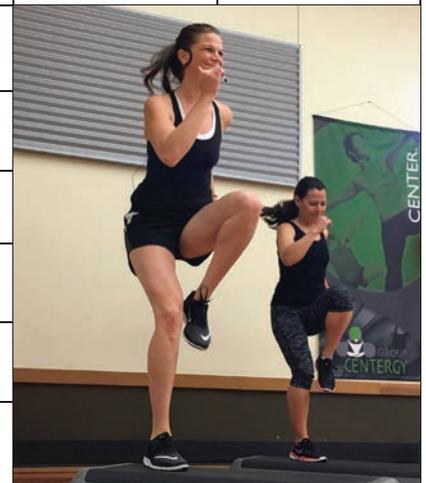
Group Blast® is 60 minutes of cardio training that uses The STEP® in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy. **HAVE A BLAST!**

AGES 12+
www.lynnwoodwa.gov/GroupBlast
 Location: Recreation Center, Fitness Studio

CLASS SCHEDULE*

*Schedule is subject to change. Please visit online schedule for updated class schedule.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GROUP CENTERGY 5:45am	GROUP POWER 5:45am	GROUP BLAST 5:45am	GROUP POWER 5:45am	GROUP CENTERGY 5:45am	GROUP POWER 7:45am	GROUP BLAST 9:30am
ENHANCE FITNESS 62+ Intermediate 8:45am		ENHANCE FITNESS 62+ Intermediate 8:45am		ENHANCE FITNESS 62+ Intermediate 8:45am	GROUP fight 9:00am	GROUP CENTERGY 10:30am
ENHANCE FITNESS 62+Advanced 10:00am		ENHANCE FITNESS 62+Advanced 10:00am		ENHANCE FITNESS 62+Advanced 10:00am	ZUMBA 10:00am	
GROUP POWER 12:15pm	GROUP CENTERGY 12:15pm	GROUP POWER 12:15pm	GROUP BLAST 12:15pm	GROUP POWER 12:15pm		
ZUMBA 1:30pm		ZUMBA 1:30pm	GROUP CENTERGY 1:30pm	GROUP fight 1:30pm		
GROUP BLAST 4:15pm						
PUMP IT UP! 5:30pm	GROUP BLAST 5:30pm	PUMP IT UP! 5:30pm	GROUP fight 5:30pm			
GROUP POWER 6:40pm	ZUMBA 6:40pm	GROUP fight 6:40pm	GROUP POWER 6:40pm			
GROUP CENTERGY 7:50pm	GROUP fight 7:50am	GROUP CENTERGY 7:50pm	ZUMBA 7:50pm			



Pump It Up!

Ready to exercise, but don't know where to start? Time to Pump It Up! This is 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.

AGE: 12+

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+

Location: Recreation Center, Fitness Studio

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 - 10:40am

\$3 drop - in or \$24 (8 session pass)

Location: Senior Center

Intermediate Enhance Fitness

Mon, Wed, Fri 8:45 - 9:45am

Location: Recreation Center, Fitness Studio

Advanced Enhance Fitness

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

Location: Recreation Center, Fitness Studio



Register Early!

Avoid Disappointments
*See cancellation policy
on page 30.

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.

Location: Recreation Center, Wellness 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.

Location: Recreation Center, Lap 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.

Location: Recreation Center, River

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.

Location: Recreation Center, Lap 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.

Location: Recreation Center, River

Adult Swim Club

Coached fitness program designed for swimmers looking for quality workouts, individualized technique instruction, and stroke improvement. For fitness or Masters Competition, each swimmer has the opportunity to improve and work towards personal swimming goals. You will need endurance enough to swim 100 yards of crawlstroke comfortably.

Location: Recreation Center, Lap Pool

WATER FITNESS SCHEDULE

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Gentle Water Fitness	Noon	Noon	Noon	Noon	Noon		
Shallow Water Fitness	7pm	8:00am 8:30pm	7pm	8:00am 8:30pm			9:30am
Fitness in the River	5:45am 8:00am	5:45am	5:45am 8:00am	5:45am	5:45am 8:00am	7:05am	
Deep Water Fitness	9:15am 7pm	9:15am 8:30pm	9:15am 7pm	9:15am 8:30pm	9:15am	8:10am	
62+ Water Fitness	10:30am	10:30am	10:30am	10:30am	10:30am		
Adult Swim Club	8-9:30pm		8-9:30pm				

ADULTS



Beginning Watercolor Painting New!

No art experience necessary to learn the magic of watercolor! This class will cover the basics: paper, brushes, paint, color, and water techniques while encouraging your personal style in a comfortable and fun environment. Let's paint! *Be sure to obtain a supply list (and supplies) before the start of the class.

AGE: 12+					
64661	Jan 5 - Jan 26	Thu	6:30 - 8pm	\$90	
64662	Feb 2 - Feb 23	Thu	6:30 - 8pm	\$90	
64663	Mar 2 - Mar 30	Thu	6:30 - 8pm	\$112	

Location: Recreation Center, Room 102
Instructor: Vickie Davies

Guitar for Adults 18+

Give yourself or a loved one the gift of music with this affordable, easy and fun introduction to the guitar. By the end of the class, you'll be playing well known melodies or strumming along with your favorite songs. This class is necessarily interactive to give you a chance to develop along your unique interests and ability level. Please bring a guitar (acoustic guitar preferred), a tuner and guitar picks.

AGE: 18+					
64628	Jan 12 - Mar 16	Thu	7:30 - 9pm	\$169	

Location: Recreation Center, Conference Room
Instructor: James Howard

Mindful Eating: Cultivating a Healthy Relationship with Food New!

Mindful eating has been scientifically proven to reduce portion sizes, curb emotional eating and improve body image. In this experiential workshop Peggy Farah, LMHCA Psychotherapist and Founder of Deeper Cravings, will teach you the ancient practice of mindfulness and show you how it can be applied to your daily eating to dramatically shift your relationship with food and your body.

AGE: 15+					
64669	Jan 24	Tue	7 - 9pm	\$25	
64670	Feb 21	Tue	7 - 9pm	\$25	

Location: Recreation Center, Room 102
Instructor: Peggy Farah

Spanish Conversation New!

Take this opportunity to practice Spanish with others who also have some knowledge of the Spanish language. For business, travel or for fun, continue the fascinating study of the Spanish language. We read articles of general interest and discuss what we read. Some aspects of the Spanish grammar will be reviewed.

AGE: 16+					
64664	Jan 23 - Mar 20*	Mon	6 - 7:30pm	\$90	

Location: Recreation Center, Conference Room
Instructor: Marianne Ramos

*No class: Feb 20

Spanish for Beginners New!

Spanish 1: This course is recommended for beginners and students who would like to review basic Spanish. The instructor will teach basic pronunciation and the use of simple phrases and expressions. Fun activities and relaxed setting.

Spanish 2: Continue to learn Spanish in a fun environment. We will study more vocabulary, simple grammar and fun, easy dialogs. Familiarize yourself with cultural aspects of the Spanish-speaking world. This class is designed for students that have been in Spanish 1 Beginners and also for any other person that knows basic Spanish.

AGE: 16+					
64665	Jan 23 - Mar 20*	Mon	7:30 - 9pm	\$90	

AGE: 16+					
64666	Jan 24 - Mar 21	Tue	7:30 - 9pm	\$90	

Location: Recreation Center, Conference Room
Instructor: Marianne Ramos

*No class: Feb 20

Ballroom Dance

Beginning

Dance steps for popular dances such as Swing, Fox Trot, Rumba, Salsa and Tango. Partners required for class.

AGE: 15+					
64619	Jan 6 - Feb 3	Fri	7 - 8pm	\$70	
64620	Feb 10 - Mar 10	Fri	7 - 8pm	\$70	

Location: Recreation Center, Fitness Studio
Instructor: Diana Schore

Intermediate

Intermediate class learns fun and more progressive patterns with a faster tempo. Partners required for class. Students in intermediate class must have taken beginning class or have prior ballroom dance experience.

AGE: 15+					
64621	Jan 6 - Feb 3	Fri	8 - 9pm	\$70	
64622	Feb 10 - Mar 31	Fri	8 - 9pm	\$70	

Location: Recreation Center, Fitness Studio
Instructor: Diana Schore

Beginning Tap for Adults

Learn the basics of tap, and apply them to dance combinations, workout and enjoy great music at the same time. Class consists of warm up, across the floor movement and dance combinations. *Tap shoes required.

AGE: 18+					
64667	Jan 11 - Feb 8	Wed	6:30 - 7:30pm	\$75	
64668	Feb 22 - Mar 22	Wed	6:30 - 7:30pm	\$75	

Location: Recreation Center, Room 102
Instructor: Virginia Miscione

East and West Coast Swing

Come learn east and west coast swing in this new class, and how to move back and forth between the dances. Both classes are ideal for new dancers or the experienced couple that wants a new outlook on swing!

AGE: 15+					
64617	Jan 3 - Jan 31	Tue	8:15 - 9:15pm	\$70	
64618	Feb 7 - Mar 7	Tue	8:15 - 9:15pm	\$70	

Intermediate

64615	Jan 4 - Feb 1	Wed	8:15 - 9:15pm	\$70	
64616	Feb 8 - Mar 8	Wed	8:15 - 9:15pm	\$70	

Location: Recreation Center, Room 101
Instructor: Diana Schore

Egyptian-Style Belly Dance New!

Embrace your inner goddess and transform yourself with the art of Egyptian-Style belly dance. Shimmy up a sweat and tone your body while isolating and undulating to the rhythms and beats of Middle Eastern music. Gain confidence and learn to love your body. Women of all ages, shapes, and sizes are encouraged to learn to belly dance in a comfortable and supportive environment. Comfortable dance clothing and a hip scarf is required. You may purchase a hip scarf in class or provide your own. Minimum registration required.

AGE: 10+		DROP-IN \$15	
64611	Jan 9 - Feb 13 [▼]	Mon	7:15 - 8:15pm \$50
64612	Feb 27 - Mar 27	Mon	7:15 - 8:15pm \$50

Location: Recreation Center, Room 102
 Instructor: Angela "Fateen" Thomson
[▼]No Class: Jan 16

Hula Class All Ages

Let's Hula! No experience necessary. This is a great way to stay fit and have fun. Hula works the entire body and also engages the mind. Hula will lift your spirits and give you an energy boost!

AGE: 6+			
64650	Jan 10 - Jan 31	Tue	5:30 - 6:30pm \$40
64651	Feb 7 - Feb 28	Tue	5:30 - 6:30pm \$40
64652	Mar 7 - Mar 28	Tue	5:30 - 6:30pm \$40

Location: Recreation Center, Room 102
 Instructor: Jeanne Porter

Karate / Tang Soo Do - Adult

Tang So 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+			
64634	Jan 9 - Jan 30 [▼]	Mon	8:30 - 9:30pm \$28
64635	Feb 6 - Feb 27 [▼]	Mon	8:30 - 9:30pm \$28
64636	Mar 6 - Mar 27	Mon	8:30 - 9:30pm \$28

Location: Recreation Center, Room 102
 Instructor: Natalie Burgos
[▼]No Class: Jan 16, Feb 20



Register Early!

Avoid Disappointments
 *See cancellation policy on page 30.

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	
64623	Jan 4 - Feb 1 [▼]	Mon, Wed	6 - 8pm \$120
64624	Feb 6 - Mar 1 [▼]	Mon, Wed	6 - 8pm \$120
64625	Mar 6 - Mar 29	Mon, Wed	6 - 8pm \$120

Location: Recreation Center, Room 101
 Instructor: Rodney Lam
[▼]No Class: Jan 16, Feb 20

Martial Arts for Mind and Body New!

This class will include the Yang style form to develop timing and fluid movement along with a mixture of different martial art styles to train with and enjoy experiencing. All ages welcome.

AGE: 8+			
64671	Jan 3 - Jan 31	Tue, Thu	5 - 6pm \$55
64672	Feb 2 - Feb 28	Tue, Thu	5 - 6pm \$55
64673	Mar 2 - Mar 30	Tue, Thu	5 - 6pm \$55

Location: Recreation Center, Room 101
 Instructor: Robert Levy

Tai Chi for Exercise

This class presents Chen style concepts along with your chi qong which helps create supple and fluid movements. The exercises create a synergy within the body to improve health and fitness.

AGE: 12+		DROP-IN \$10	
64679	Jan 3 - Jan 31	Tue, Thu	7 - 8pm \$60
64680	Feb 2 - Feb 28	Tue, Thu	7 - 8pm \$60
64681	Mar 2 - Mar 28	Tue, Thu	7 - 8pm \$60

Location: Recreation Center, Room 101
 Instructor: Robert Levy



Gentle Yoga for Total Health

Easy yoga postures on chairs and floor for stretching, strengthening, balance, relaxation, visualization, and meditation. Plus nutrition tips. Instructor Marsha Valentine has over 50 years of teaching experience.

AGE: 15+ **DROP-IN \$13**
 64604 Jan 5 - Feb 16 Thu 10:45am - 12:15pm \$75
 64605 Feb 23 - Mar 30 Thu 10:45am - 12:15pm \$65
 Location: Recreation Center, Room 102
 Instructor: Marsha Valentine

Yoga Foundations

This is a perfect opportunity to learn the foundations of Yoga practice in a functional, adaptive, and welcoming environment honoring your individual circumstances.

AGE: 12+ **DROP IN \$12**
 64690 Jan 17 - Feb 7 Tue 7 - 9pm \$40
 64691 Feb 21 - Mar 14 Tue 7 - 8pm \$40
 Location: Recreation Center, Room 102
 Instructor: Lisa Lamb

Adult Basketball Leagues by Buckets & Bricks New!

Lynnwood Parks & Recreation is partnering up with Buckets & Bricks Adult Basketball League to offer a Winter Men's Basketball League in the gymnasiums of Cedar Valley Community School and Meadowdale Middle School. There will be multiple divisions based off skill level (when available). Leagues will include 7 regular season games, playoffs (based off league standings), All-Star Game, statistics, game referees & much more. Games will be played on Sunday evenings after 3pm. Players will receive a numbered dry-fit shirt. For more information, visit bucketsandbricks.com or contact Buckets & Bricks @ 425-298-5039 or Lynnwood Recreation Center @ 425-670-5732.

AGE: 18+
 Registration Open - Friday, December 30

TEAM REGISTRATION
 64688 Jan 8 - Mar 19 Sun 4 - 10pm \$695
INDIVIDUAL (FREE AGENT) REGISTRATION
 64689 Jan 8 - Mar 19 Sun 4 - 10pm \$90

Location: Cedar Valley Gym & Meadowdale Middle School Gym



Adult Spring Softball Leagues

Register your team for Adult Men's, Women's & Co-Ed Softball Leagues. Multiple divisions/skill levels available for each league. Request the night of week you want to play Sunday through Friday. Teams are asked to leave their top 3 nights of the week they'd like to play. The \$645.00 league fee includes 10 league games with the top 4 teams in each division qualifying for a single elimination playoff tournament. USSSA team affiliation fee and score book included. Games officiated by USSSA and played at Meadowdale Play fields on weekdays starting at 6:15pm and Sundays beginning at 2:15pm. Teams may register in person or by phone after 8:00am on Wednesday, February 1st. To register call 425-670-5732 or 425-771-0230. For more information, call Travis @ 425-670-5517 or Todd at 425-771-0229.

AGE: 18+

Registration Begins: Wednesday, February 1
 Registration Ends: Friday March 3

MEN'S LEAGUE (10 GAMES)			
64684	Mar 13 - May 21	Sun - Fri	6:15 - 10pm \$645
WOMEN'S LEAGUE (10 GAMES)			
64686	Mar 15 - May 17	Wed	6:15 - 10pm \$645
CO-ED LEAGUES (10 GAMES)			
64687	Mar 12 - May 19	Sun	2:15pm - 7:15pm \$645
		Tue/Fri	6:15pm - 10pm \$645

Location: Meadowdale Playfields



3 ways to register

www.PlayLynnwood.com • 425 - 670 - 5732
 18900 44th Ave W, Lynnwood, WA 98036

ADULTS 62+ FITNESS



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

New Year's Day: January 1
Martin Luther King Day: January 16
President's Day: February 20

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

SAIL

Stay Active and Independent for Life - developed by the Washington State Dept of Health for older adults. Exercises are designed for both seated and standing positions. This class is suitable for all fitness levels.

\$24 OR \$3 DROP-IN

64261	Jan 3 - Jan 31	Tue, Thu	10:50 - 11:50am
64262	Feb 2 - Feb 28	Tue, Thu	10:50 - 11:50am
64263	Mar 2 - Mar 30	Tue, Thu	10:50 - 11:50am

Location: Senior Center
Instructor: Debby Grant

Functional Fitness Check

Take three simple physical tests that measure mobility and strength to help you assess your risk of falling.

64228	Jan 5	Thu	2:30 - 3pm	Free/\$5 NM
64229	Feb 2	Thu	2:30 - 3pm	Free/\$5 NM
64230	Mar 2	Thu	2:30 - 3pm	Free/\$5 NM

Location: Senior Center
Instructor: Debby Grant

62+ Yoga

Using a chair for balance, you will learn how to move and hold stretches to make you stronger and suppler. Foster improved posture, balance, and alignment through guided sessions. This class is suitable for all fitness levels. \$6 drop-in rate.

64264	Jan 3 - 31	Tue, Thu	8:40 - 9:20am	\$45/\$50 NM
64265	Feb 2 - 28	Tue, Thu	8:40 - 9:20am	\$40/\$45 NM
64266	Mar 2 - 30	Tue, Thu	8:40 - 9:20pm	\$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 is combined with fun activities. This is a powerful, life-changing experience. Laughter is the best medicine in the world. \$6 drop-in rate.

64267	Jan 3 - 31*	Tue, Thu	12 - 1pm	\$30/\$35 NM
64268	Feb 2 - 28	Tue, Thu	12 - 1pm	\$40/\$45 NM
64269	Mar 2 - 30	Tue, Thu	12 - 1pm	\$45/\$50 NM

Location: Senior Center
Instructor: Lida (Sungyeo) Kim

*No class: Jan 5, Jan 10, Jan 12

Gentle 62+ Pilates: an introduction

Gentle Pilates is done in the chair and/or on the floor. You will be introduced to Pilates terminology, basic principles and simple beginning exercises. This class is suitable for everyone. Bring a towel and Pilates mat to class.

64363	Jan 4 - 25	Wed	11:30am - 12:20pm	\$24/\$29 NM
64364	Feb 1 - 22	Wed	11:30am - 12:20pm	\$24/\$29 NM
64365	Mar 1 - 29	Wed	11:30am - 12:20pm	\$30/\$35 NM

Location: Senior Center
Instructor: Angela Dismuke

62+ Pilates: Level 1

Pilates for Core Strength & Flexibility Level 1 is done entirely on the floor.

Level I adds to what you learned in Gentle Pilates. You are familiar with and understand the terminology and basic principles and are able to complete the beginning exercises with little assistance from the instructor. Exercises begin to be more complex. This class requires Instructor's approval. You must be able to get up and down on the floor. Bring a towel and Pilates mat to class

64366	Jan 6 - 27	Fri	11:30am - 12:20pm	\$24/\$29 NM
64367	Feb 3 - 24	Fri	11:30am - 12:20pm	\$24/\$29 NM
64368	Mar 3 - 31	Fri	11:30am - 12:20pm	\$30/\$35 NM

Location: Senior Center
Instructor: Angela Dismuke

62+ Pilates: Level 2

Pilates for Core Strength & Flexibility Level 2 is done entirely on the floor.

Exercises continue to grow in complexity and students are challenged. This class prerequisite is Pilates Level I and Instructor's approval. You must be able to get up and down on the floor. Bring a towel and Pilates mat to class.

64369	Jan 6 - 27	Fri	12:30 - 1:20pm	\$24/\$29 NM
64370	Feb 3 - 24	Fri	12:30 - 1:20pm	\$24/\$29 NM
64371	Mar 3 - 31	Fri	12:30 - 1:20pm	\$30/\$35 NM

Location: Recreation Center, Room 102
Instructor: Angela Dismuke



Register Early!
Avoid Disappointments
*See cancellation policy on page 30.

Lite Enhance Fitness

This is a gently-paced cardiovascular workout using resistance for strength. Exercise may be in seated or standing positions. \$3 drop-in or \$24 for an 8-session pass

64219	Jan 3 – Jan 31	Tue, Thu	9:40 – 10:40am
64220	Feb 2 – Feb 28	Tue, Thu	9:40 – 10:40am
64221	Mar 2 – Mar 30	Tue, Thu	9:40 – 10:40am

Location: Senior Center
Instructor: Sherry Herdrick

Intermediate Enhance Fitness

Engage in a moderate workout focused on cardio, flexibility, balance and strength. Instructors are certified.

64222	Jan 4 – Jan 30	Mon, Wed, Fri	8:45 – 9:45am
64223	Feb 1 – Feb 27	Mon, Wed, Fri	8:45 – 9:45am
64224	Mar 1 – Mar 31	Mon, Wed, Fri	8:45 – 9:45am

Location: Recreation Center, Fitness Studio
Instructor: Angela Dismuke

Advanced Enhance Fitness

Join this fun and energetic group for a challenging cardio exercise using a variety of fitness equipment. Balance work is included in this movin' class!

64225	Jan 4 – Jan 30	Mon, Wed, Fri	10 – 11am
64226	Feb 1 – Feb 27	Mon, Wed, Fri	10 – 11am
64227	Mar 1 – Mar 31	Mon, Wed, Fri	10 – 11am

Location: Recreation Center, Fitness Studio
Instructor: Angela Dismuke

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!

64375	Jan 9 - 30	Mon	9 - 9:50am	\$15/\$20 NM
64376	Feb 6 - 27*	Mon	9 - 9:50am	\$15/\$20 NM
64377	Mar 6 - 27	Mon	9 - 9:50am	\$20/\$25 NM
64378	Jan 4 - 25	Wed	10 - 10:50am	\$20/\$25 NM
64379	Feb 1 - 22	Wed	10 - 10:50am	\$20/\$25 NM
64380	Mar 1 - 29	Wed	10 - 10:50am	\$25/\$30 NM

Location: Recreation Center, Room 102
Instructor: Joan Harrison
*No Class: Feb 20

Intermediate Tap Dance

Thursday is instruction; Tuesday is practice and rehearsal.

64343	Jan 3 - 31	Tue, Thu	12:30 - 1:30pm	\$30/\$35 NM
64344	Feb 2 - 28	Tue, Thu	12:30 - 1:30pm	\$30/\$35 NM
64345	Mar 2 - 30	Tue, Thu	12:30 - 1:30pm	\$37/\$42 NM

Location: Recreation Center, Room 102
Instructor: Melissa Olson

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 Yang style of tai chi; researched and developed by Dr. Fuzhong Li in conjunction with the CDC at the Oregon Research Institute in Eugene

64372	Jan 5 - 26	Thu	9 - 10:30am	\$28/\$33 NM
64373	Feb 2 - 23	Thu	9 - 10:30am	\$28/\$33 NM
64374	Mar 9 - 30	Thu	9 - 10:30am	\$28/\$33 NM

Location: Recreation Center, Room 102
Instructor: Barbara Gleisner

Register today

www.PlayLynnwood.com • 425 - 670 - 5732
19000 44th Ave W, Lynnwood, WA 98036

MLK Day of Service | Earth Day | National Public Lands Day

VOLUNTEER for a Greener Lynnwood!

Gather your family and friends to help green Lynnwood parks, streets and trails at one of our 2017 Volunteer Service Days.

Sign-ups for MLK Day of Service will begin January 2nd.



To learn more about projects, sign up for Lynnwood eNews and select the "Volunteer Opportunities" topic at www.LynnwoodWa.gov/eNews



ADULTS 62+ TRIPS & EXCURSIONS



December Trips

Sign-up ongoing for December trips (search on-line for details). Ask about registration availability.

- Dec 6 Taproot Theatre
- Dec 8 KING 5 New Day Northwest
- Dec 11 Leavenworth Tree Lighting
- Dec 12 KING 5 New Day Northwest
- Dec 17 Leavenworth Tree Lighting
- Dec 20 Garden d'Lights at Bellevue Botanical Gardens
- Dec 21 Celebrate Christmas at Old Goat Farm

TRIP DIFFICULTY KEY

- ☺ Minimal walking
- ☺☺ Minimal to Moderate walking and/or some stairs
- ☺☺☺ Moderate walking and/or at least one flight of stairs
- ☺☺☺☺ Moderately difficult; lots of walking and/or many stairs or other challenges

Skagit Valley Eagle Watch ☺

This is feasting time for bald eagles, when salmon migrate upstream in the Skagit River to spawn and die and the eagles swoop in. We'll make viewing stops along the river as we head toward Marblemount and again on our return, also stopping at the Bald Eagle Interpretive Center. We'll stop mid-day for lunch on your own.

64015 Jan 14 Sat 8:30am - 4:30pm \$18/\$24 NM
Sign-up Date: Dec 14

Amazon Seattle Campus Tour ☺☺☺☺

This is your opportunity to tour the various buildings that make up the Amazon campus and learn about this iconic company. Amazon is the newest addition to the downtown Seattle landscape and it has attracted a variety of new restaurants and eateries. We'll arrive early and have lunch before our tour. Cost of lunch is on your own. This tour includes at least one mile of outside walking. Please dress for the weather and wear good walking shoes.

64016 Jan 18 Wed 10:30am - 3pm \$12/\$18 NM
Sign-up Date: Dec 14

SNOTRAC Escapades

SNOTRAC's Ride around the Sound trips are designed to teach you how to plan and take local transit to the places where you want to go. SNOTRAC provides the fare for most public transit. You will be responsible for other costs such as food and admission fees for each trip. Brought to you in partnership with Snohomish County Transportation Coalition.

Bellevue Ramble ☺☺☺☺☺

This trip takes us by public bus from the Senior Center to downtown Bellevue. We'll visit the Bellevue Art Museum; entry is free on first Fridays. Then we'll head over to the mall for lunch and some after holiday sale shopping. Trip fee includes transit fare. Lunch and other purchases are on your own. In partnership with Snohomish County Transportation Coalition.

64014 Jan 6 Fri 9:30am - 3pm \$9/\$15 NM
Sign-up Date: Dec 14

Lunch at Farestart ☺☺☺☺☺

On this trip we're taking the public bus from the Senior Center to downtown Seattle and having lunch at Farestart. After lunch we'll browse the huge Nordstrom Rack store. Trip fee includes transit fare. Lunch and other purchases are on your own. In partnership with Snohomish County Transportation Coalition.

64019 Feb 15 Wed 10am - 3pm \$9/\$16 NM
Sign-up Date: Jan 11

Country Village ☺☺☺☺☺

Our agenda for this trip takes us by public bus from the Senior Center to Country Village in Bothell. You'll have time to shop around and enjoy lunch while you learn how to travel by bus to Bothell. Trip fee includes transit fare. Lunch and other purchases are on your own. In partnership with Snohomish County Transportation Coalition.

64022 Mar 6 Mon 8:45am - 3pm \$9/\$15 NM
Sign-up Date: Feb 8

3 ways to register



www.PlayLynnwood.com

425 - 670 - 5732

18900 44th Ave W, Lynnwood, WA 98036

Trip registration is by lottery!

Call 425 - 670 - 5050 for more information



- * Trips including pre-purchased items are non-refundable.
- ** Overnight trips may be withdrawn for credit up to 30 days prior to departure.

All trip registrations include a \$6 non-refundable deposit



Seattle Public Library



Museum of Flight

Cord Rodfeld

Dixie Swim Club - Jewel Box Theatre in Poulsbo * 😊😊😊

This comedy will touch your heart and recall memories of best friends and all they mean. Five southern women who were on a college swim team together set aside a weekend in August every year to meddle in each other's lives. The play covers four of these weekends over a 33-year period. The characters are full of southern charm and will make you laugh as they pick at each other. But when fate throws a wrench into one of their lives, these friends rally around their own with the strength and love that takes this comedy in a poignant and surprising direction. We'll stop for lunch in Poulsbo before the performance. Trip fee includes theatre admission. Lunch and other purchases are on your own.

64017 Jan 22 Sun 9am - 4pm \$43/\$49 NM
Sign-up Date: Dec 14

IKEA for Lunch and Browsing 😊😊😊😊😊

It's a good idea to pick up a store map before you start browsing because IKEA is a BIG place! It's fun to pick up a new household gadget or maybe some Swedish groceries to stock your pantry. Enjoy lunch in the Restaurant or Bistro. Food and other purchases are on your own.

64018 Feb 8 Wed 10:30am - 4pm \$12/\$18 NM
Sign-up Date: Jan 11

Seattle Central Library Tour 😊😊😊😊😊

On this tour you'll see why the Seattle Central Public Library wins architectural awards and attracts worldwide attention. After our tour you might ride the chateaux escalator and take in panoramic views, gaze at an immense variety of public art, browse the books spiral or sit and sip a warm cup of brew at Choclati coffee cart. Weather permitting, we'll walk nearby for lunch. Poor weather will put us on the bus to seek lunch as we return north. Food and other purchases are on your own.

64021 Feb 9 Thu 10am - 3pm \$13/\$19 NM
Sign-up Date: Jan 11

Museum of Flight * 😊😊😊😊😊

Like so many venues close to home we don't always take time to visit our spectacular local museums. We'll have a docent tour of the main areas of Museum of Flight before you're given your wings to explore on your own. That might include a flight simulator! Enjoy lunch at your choice of two restaurants, one with views of Boeing Field air traffic. Trip fee includes admission. Food and other purchases are on your own.

64020 Feb 16 Thu 9am - 3pm \$29/\$35 NM
Sign-up Date: Jan 11

Little Women at Seattle Musical Theatre * 😊😊

Follow the exhilarating and heartfelt story of sisters Jo, Meg, Beth and Amy March staged and set to beautiful music and dance. Seattle Musical Theatre is presented by Civic Light Opera, known for classic musical productions since 1977. Join us for a fun afternoon. We'll stop at University Village for lunch at your choice of restaurants. Trip fee includes admission. Food, beverage and other purchases are on your own.

64024 Mar 5 Sun 11:30am - 5:30pm \$51/\$57 NM
Sign-up Date: Feb 8

Frye Art Museum & The Garage 😊😊

You'll experience how culturally diverse our larger community is on this trip into Seattle. We'll first explore the fine art collections at Frye Art Museum. We then head out for early dinner at The Garage, an eclectic Eatery that houses billiard tables and bowling lanes. Whether you pick up a ball or a cue stick, or not, you'll have fun wandering around the huge spaces in The Garage and learning how it came about. Food, beverage and other purchases are on your own.

64023 Mar 15 Wed 12:30 - 6pm \$13/\$19 NM
Sign-up Date: Feb 8

ADULTS 62+ OUTDOOR RECREATION



URBAN HIKES

Sign up ongoing. Ask about current registration availability.

Dec 13 Everett Waterfront

Dec 27 Elliott Bay Trail

Jan 4 Pacific Crest Trail Snowshoe

Jan 10 Penny Creek, Mill Creek

Jan 13 Summit Nordic Center Ski and Snowshoe

Jan 24 Smith Island, Everett

Penny Creek, Mill Creek ♥♥♥

There are some wonderful trails hidden in Mill Creek. We will start with a coffee pit stop—on your own. Afterwards, we will leave the city behind as we hike in a wooded ravine that follows a salmon creek. Some of the trails—you will need to be steady on your feet. We end our walk at Mill Creek Town Center where you will have lunch on your own. Trails are paved and gravel.

- 3 mile round trip
- 200 foot elevation gain

64035 Jan 10 Tue 10am - 2pm \$14/\$20 NM

Sign-up Date: Dec 16

Smith Island, Everett ♥♥

Walk a path that follows Snohomish River and loops back following the Union Slough. We will be starting on the paved Langus Riverfront trail and making our way through an estuarine complex filled with birds and other wildlife. After our walk, we will drop by the Carl Gipson Senior Center in Everett for a cup of coffee and a treat. Trails are paved and gravel.

- 4 mile loop
- Mostly level

64036 Jan 24 Tue 10am - 2:45pm \$14/\$20 NM

Sign-up Date: Dec 16

Japanese Gulch, Mukilteo

♥♥♥-♥♥♥♥

This trail, built by volunteers, follows a ravine below the flight path of Paine Field. You will enjoy walking along a babbling brook and watching planes fly above. Portions of the trail descend down steep stairs—you must be steady on your feet. You will continue on to downtown Mukilteo for lunch on your own or you can bring your sack lunch and eat at the Rosehill Center. Trails are both paved and gravel.

- Upper trail: 4 mile round trip; 400 foot elevation gain
- Lower trail: 1 mile round trip; 150 foot elevation loss

64037 Feb 7 Tue 10am - 2:30pm \$14/\$20 NM

Sign-up Date: Jan 20

Silver Lake, Everett ♥♥

The City of Everett built a recreational trail that borders half of Silver Lake. The other half of the trail meanders through neighborhoods. There will be paved, gravel and some dirt trails. We will make a detour to a well-known French Bakery for a treat on your own.

- 2 mile round trip
- 50 foot elevation gain

64038 Feb 21 Tue 10am - 1pm \$14/\$20 NM

Sign-up Date: Jan 20

HIKE DIFFICULTY KEY

- ♥ EASY; flat trail paved or unpaved
- ♥♥ MODERATELY EASY; slight elevation gain with some hills
- ♥♥♥ MODERATE; some difficult terrain and elevation gain; must be steady on your feet
- ♥♥♥♥ MODERATELY DIFFICULT; steeper elevation gain with switch backs or steps; rocks, roots and challenging footing

Carkeek Park, Seattle ♥♥♥

This is a popular park among the Seattleites who come here for the trails and beach. The main trail follows the Piper Creek down to Carkeek beach for a wonderful view of the Puget Sound. There are a lot of paved and gravel side trails to explore. Bring some money for Dick's In or a sack lunch.

- 2.5 mile round trip
- 400 foot elevation gain

64039 Mar 7 Tue 10am - 2:30pm \$14/\$20 NM

Sign-up Date: Feb 17

Kirkland Trails ♥-♥♥

On this trip, you will get to visit four parks in Kirkland. Your trekking adventure begins at Juanita Beach Park. Enjoy walking on a boardwalk that loops around a favorite swimming spot for the locals. You will continue on to Juanita Bay Park where there are a lot of wintering ducks and other birds. There is a bird species list at an information kiosk for you to check off the feathery fowl you see. Then you'll jump on the bus to the artsy district of Kirkland to have lunch on your own and to browse the art galleries. Burn off calories you ate for lunch by continuing our walk to Marine Park and to Heritage Park. All parks offer a fantastic view of Lake Washington.

- Juanita Beach and Bay Park: 1.5 mile round trip; 25 foot elevation gain
- Kirkland Marina and Heritage Park: 1 mile; 50 elevation gain

64040 Mar 21 Tue 10am - 2:30pm \$14/\$20 NM

Sign-up Date: Feb 17

Upcoming trips in April

Whatcom Falls Park, Bellingham

Padilla Bay, Skagit Valley

Dungeness Spit, Sequim

Dungeness Recreation Area, Sequim



Trip registration is by lottery!

Call 425 - 670 - 5050 for more information

* Trips including pre - purchased items are non - refundable.

** Overnight trips may be withdrawn for credit up to 30 days prior to departure.

All trip registrations include a \$6 non - refundable deposit

WINTER RECREATION

Pacific Crest Trail, Stevens Pass Snowshoe ♥♥-♥♥♥

Enjoy snowshoeing on part of the PCT near Stevens Pass Ski Resort. On this quiet, wooded trail, see wildlife tracks and a snowy mountain range across the valley. Afterwards, warm up with hot cocoa on your own in the Stevens Pass Ski Resort Lodge.

- 2 mile round trip
- 75 foot elevation gain

64045 Jan 4 Wed 9am - 5pm \$26/\$32 NM

Snowshoe Rental

64059 \$10/\$15 NM

Sign-up Date: Dec 16

Summit Nordic Center, I-90

The Summit at Snoqualmie Pass offers some great trails for cross-country ski lovers. To access the main trail, there is a climb up to it and a steep decent down-novice skiers are not advised. Snowshoe around the lodge or join us as we go across I-90 to Gold Creek Pond. Bring your skis or rent them at the Summit. Lunch, snacks and hot drinks may be purchased on your own at their cafe. Ski rentals and trail pass fee are not included in the trip fee. Gold Creek snowshoers-you must bring your own lunch.

Snowshoe Gold Creek ♥♥

- 3.5 mile round trip
- 100 foot elevation gain

64046 Jan 13 Fri 9am - 5pm \$26/\$32 NM

Snowshoe Rental

64063 \$10/\$15 NM

Sign-up Date: Dec 16

Stevens Pass Nordic Center

This Nordic Center features a slew of trails with elevation gain for the intermediate and advanced skier. Snowshoe trails wander up and down through the woods and alongside a frozen creek. Novice skiers and novice snowshoers are not advised. Ski rentals, food and hot drinks are available at the lodge. Rentals and trail pass are on your own.

Snowshoe ♥♥♥♥

- 3-5 mile round trip
- 200 foot elevation gain
- Must be steady on your feet

64047 Jan 20 Fri 9am - 5:30pm \$26/\$32 NM

Snowshoe Rental

64054 \$10/\$15 NM

Sign-up Date: Dec 16

HIKE DIFFICULTY KEY

- ♥ EASY: slight elevation gain, short distance
- ♥♥ MODERATE: some elevation gain, distance up to three miles round trip
- ♥♥♥ MODERATE DIFFICULT: some difficult terrain & elevation gain; you must be steady on your feet
- ♥♥♥♥ DIFFICULT: some difficult terrain & steep elevation gain; you must be steady on your feet

Snow conditions can change the difficulty level



WINTER RECREATION ESSENTIALS

- hat & gloves
- whistle
- ski or hiking poles with baskets for snowshoeing
- fanny or day pack
- extra socks
- layered clothes
- sunscreen & sunglasses
- hand warmers
- plenty of water and a sack lunch
- a pad to sit on
- money for bakery stops
- \$10 for park entrance or America the Beautiful Pass
- tissue and/or hand wipes
- plastic bags for garbage and wet boots
- cell phone
- allergy and other personal medications

Mt Rainier National Park

Snowshoe ♥♥-♥♥♥♥

View the mighty Mt Rainier up close while snowshoeing at Paradise or at Longmire. Road conditions will determine the location. After snowshoeing, you'll get a chance to warm up in the lodge with a hot beverage on your own. Bring your Golden Age Pass or \$10 park fee.

- Nisqually Loop: 1.5 mile; up to 200 foot elevation gain
- Myrtle Falls: .5 mile round trip; 100 foot elevation gain
- Longmire Loop: 1 mile; 50 foot elevation gain

64048 Jan 28 Sat 8am - 7pm \$29/\$35 NM

Snowshoe Rental

64069 \$10/\$15 NM

Sign-up Date: Dec 16

Cabin Creek Sno-Park, I-90

This popular and well-groomed sno-park offers trails for all levels of cross-country skiers and snowshoers. Bring a sack lunch and plenty to drink. No lodge or equipment rental facilities at this location. Those who want minimal elevation gain can snowshoe on a road that is shared by cross-country skiers. Just a reminder that snowshoers must stay off cross-county tracks at all times.

Snowshoe - ♥♥-♥♥♥

- Road Trail: 2 mile round trip; 100 foot elevation gain
- South Loop: .75 mile; 150-200 foot elevation gain

64050 Feb 1 Wed 9am - 5pm \$26/\$32 NM

Snowshoe Rental

64065 \$10/\$15 NM

Sign-up Date: Jan 20

Trollhaugen Sno-Park, I-90

Go where the Norwegians like to play in the snow. For a \$10 fee, on your own, you can warm up in the Sons of Norway Lodge. Erling Stordahl Ski Area has a variety of groomed Nordic ski trails for all abilities. There is a 50 foot elevation gain to the lodge.

Snowshoe ♥♥-♥♥♥♥

- Loop one: 4 mile; 200 foot elevation gain
- Loop two: 2 mile; 50 foot elevation gain

64049 Feb 10 Fri 9am - 5pm \$26/\$32 NM

Snowshoe Rental

64068 \$10/\$15 NM

Sign-up Date: Jan 20

Leavenworth Winter Sports Club

The Leavenworth Winter Sports Club grooms up to 8 km of trails that go through the woods, over bridges, across open meadows and along the Icicle River. Snowshoers will enjoy trails that feature art sculptures, a fish hatchery, and a tromp along the river. There will be some time after our winter fun to enjoy browsing the shops in Leavenworth Trail pass on your own..

Snowshoe: ♥-♥♥

- 2 mile round trip
- 50 foot elevation gain

64067 Feb 17 Fri 9am - 7pm \$26/\$32 NM

Snowshoe Rental

64064 \$10/\$15 NM

Sign-up Date: Jan 20



Big Four Ice Caves, Mt Loop Hwy ♥♥-♥♥♥♥

Follow Mt. Loop Hwy for over two miles until you reach the historical area of the Big Four Picnic Area. If the Mt Loop Hwy is open, we'll just snowshoe at Big Four meadow. Large mountains loom over the meadow and popping out of the snow is the remnants of a fireplace that once belonged to the historical Big Four Lodge. There is a picnic shelter to enjoy your lunch. No rental facilities or lodge are available at this location.

- 2-5 mile round trip
- 500 foot elevation gain

64062 Feb 24 Fri 9am - 6pm \$26/\$32 NM

Snowshoe Rental

64061 \$10/\$15 NM

Sign-up Date: Jan 20



Make Up Winter Recreation Trip

This day is set apart to repeat one of our favorite sno-parks or make-up a trip. Sometimes we have to cancel a trip due to Mother Nature and this will be another chance to get to your destination. Details will be announced at sign up.

- Mileage and elevation gain will be announced at sign up

64058 Mar 3 Fri Time TBA \$26/\$32 NM

Snowshoe Rental

64057 \$10/\$15 NM

Sign-up Date: Feb 17

INFORMATION & POLICIES



General Information

HOLIDAY CLOSURES We will be closed for business and classes on the following dates:

Christmas: Dec 24 & 25

NYE Early Closure: 3PM Saturday, Dec 31

New Year's Day: Sunday, Jan 1

Pool Closure: Jan 2 - 8

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@lynnwoodwa.gov.

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@lynnwoodwa.gov. A photo credit will be given, so be sure to include your name and/or business.

EMPLOYMENT OPPORTUNITIES Visit www.lynnwoodwa.gov 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. Printing: Journal Graphics.

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 will be canceled 2 days before the start date 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, registered programs—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.

3 ways to register



www.PlayLynnwood.com

425 - 670 - 5732

18900 44th Ave W, Lynnwood, WA 98036



Save the dates!

2017

JANUARY

16 MLK Day of Service

FEBRUARY

25 Ties & Tiaras Dance

MARCH

11 NightWaves Teen Night

APRIL

5 National Walking Day
22 Earth Day Park Service Event
29 SuperMoms & Sidekicks Party
TBA April Pool's Day Celebration

MAY

13 History & Heritage Day Tours
20 NightWaves Teen Night
29 VFW Memorial Day Celebration

JUNE

3 Cops & Kids
11 History & Heritage Day Tours

JULY

8 History & Heritage Day Tours
12 & 13 Shakespeare in the Park
19 & 20 Shakespeare in the Park
27 Shakespeare in the Park
28 Par4Kids Golf Tournament

AUGUST

1 National Night Out
3 Shakespeare in the Park
5 History & Heritage Day Tours

SEPTEMBER

9 Fair on 44th
11 9/11 Ceremony
30 National Public Lands Day

OCTOBER

7 Celebrate Schools 5K
TBD Spook & Splash Family Halloween

NOVEMBER

11 VFW Veterans Day Event

DECEMBER

3 Holiday Open House @ Heritage Park



The City of Lynnwood thanks all of our businesses, service clubs, and individuals who sponsored, partnered, volunteered and supported our 2016 City events and programs. We recognize and thank these contributors:

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 **GREENSTAGE**
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 **LYNNWOOD**
CONVENTION CENTER

 **the Lynnwood**
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For more information on how to get involved, sponsor or support a 2017 community event, visit www.LynnwoodWa.gov/CommunityEvents or contact, Sarah Olson at solson@lynnwoodwa.gov

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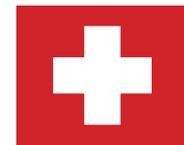
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