

SEPTEMBER – DECEMBER 2016

Craze

Mountlake Terrace & Edmonds

RECREATION PROGRAM GUIDE



Edmonds

Parks, Recreation & Cultural Services

Pages 21-38
 Adult Enrichment 30-32
 Arts 30-31
 Athletics 37
 Winter Camps 24, 27
 Environment: Nature 25, 33
 Gymnastics 27-29
 Happenings 38
 Kids 22-29
 Meadowdale Preschool 22
 Registration Info 39
 Refund Policy 39
 Rentals 21
 Tenants 21
 Wellness 35-36

Information

Info/Registration/Rentals 425.771.0230
 Arts Commission 425.771.0228
 Edmonds Cemetery 425.771.4741
 Meadowdale Preschool 425.745.5055
 Softball Rainout Line 425.275.4627
 Yost Pool – **Open through September 11**
 Daily Schedule 425.775.2645
 Information 425.771.1346

Find us on Facebook



www.reczone.org

Mountlake Terrace

Recreation & Parks

Pages 3-20
 Athletics 13
 Cardio Room 12
 Community Interest & Events 19-20
 Dance 14-17
 Dog Training & Pet Care 18
 Facility Rentals 8-9
 Facility Closures/Modified Schedules . . . 3
 Fitness 14-15
 Hours of Operation 3
 Indoor Playground 10
 Parks & Facilities 4
 Preschool & Kids Krew 11-12
 Safety Classes 5
 Swim Lessons 5
 Swim & Water Fitness Schedule 6-7

Information

Information/Registration 425-776-9173
 Field Rain Out Schedule ext. 4
 Parks Maintenance 425-776-1811
 City Hall 425-776-1161
 Mountlake Terrace
 Senior Center 425-672-2407
 Sno-King Library
 (MLT Branch) 425-776-8722

Find us on Facebook



www.mltrec.com



THE CRAZE IS NOW DIGITAL! Download the free "QR Code Reader" software on your mobile device. Scan the QR code to view the digital edition of the Craze, or go to crazedigital.org.



Craze

A collaborative Parks and Recreation publication by the cities of Edmonds and Mountlake Terrace. Recreation offers opportunities for living, learning and leading full and productive lives. It also provides avenues to experience purpose, pleasure, health and well being. Parks provide open spaces, which enhance the desirability of our communities, as well as contributing to the health and safety of our citizens. We invite you to participate in our recreation programs, enjoy our parks and realize for yourself their positive influences.

CITY OF EDMONDS

PARKS, RECREATION & CULTURAL SERVICES DEPARTMENT



700 Main Street, Edmonds, WA 98020

Phone 425.771.0230 – Fax 425.771.0253

www.edmondswa.gov

HOURS OF OPERATION: The Recreation Office at the Anderson Center is open from 8:30am to 8:30pm, Monday through Friday, and 9am to 2pm, Saturday. The building will be closed September 5, November 11, 24, 25, 26, December 23, 24 and 26.

ARE YOU AN EDMONDS RESIDENT?

Most programs/classes have different fees for residents and nonresidents. Edmonds residents make a significant contribution to the City's financing and operation through property taxes. Therefore, Edmonds residents receive a discount off the regular class fee.

REGISTRATION/REFUNDS: Please refer to page 39 for registration information and refund policies.

CLASS NUMBERS: Please use the class number preceding class detail in our program when registering and calling for class information.

CLASS LOCATION: All classes are held at the Frances Anderson Center unless stated.

SUPPLY FEES: Some classes may list a supply fee. Fees are payable to the instructor at the first class.

COMMUNITY ATHLETICS NON-DISCRIMINATION POLICY:

The City of Edmonds complies with the State of Washington's "Fair Play in Community Sports Act" (Laws of Washington Chapter 467, effective July 26, 2009) that prohibits discrimination against any person in a community athletics program on the basis of sex.

AVAILABLE FOR RENT

[Visit rentals.edmondswa.gov](http://rentals.edmondswa.gov)

ANDERSON CENTER ROOMS AND GYM: Available to rent on an hourly basis. Reservations and advanced payment required. Call for availability. 425.771.0230.

PICNIC SHELTERS and GAZEBO: City Park picnic shelters and gazebo and the Hickman Park picnic shelter can be reserved for the enjoyment of families and organizations.

EDMONDS PLAZA ROOM: A panoramic view of Puget Sound! A beautiful room with kitchen facilities for your wedding receptions, seminars and special events.

MEADOWDALE COMMUNITY CLUBHOUSE: A great North Edmonds location for wedding receptions, community meetings and special events. Located across the street from the Meadowdale Playfields at 6801 North Meadowdale Road.

RESIDENT PROGRAMS

EDMONDS ARTS FESTIVAL FOUNDATION GALLERY, 425.771.1984

Monthly exhibits of NW artists' work. Gallery hours: Monday-Friday, 9am-7pm. Visit www.eaffoundation.org for gallery schedule. Celebrating the Arts in our Community!

EDMONDS MONTESSORI SCHOOL 425.672.4864 www.edmondsmontessori.com

Our classrooms offer a multi-age environment for children ages 3-6. As a small school we strive to know our parents personally and our children as individuals. Classes are in session Monday-Thursday 8:30-11:30am and 12:30-3:30pm. We welcome you to observe, no appointment necessary through our one-way viewing windows in rooms 121 and 126. January start available depending on current enrollment, please call or email for more information.

MAIN STREET KIDS CHILD CARE CENTER & PRESCHOOL, 425.771.4490

Main Street Kids offers full and part-time care for children 6 weeks to 5 years. Open 6am-6pm, Monday through Friday. Snacks and hot lunch provided. Excellent staff, large classrooms, a great indoor play area and age appropriate lesson planning and activities. Visit us today. Call Nelly for more information.

OLYMPIC BALLET SCHOOL 425.774.7570 www.olympicballet.com

Artistic Directors: Mara Sachiko Vinson & Oleg Gorboulev
For 30 years the Olympic Ballet School has been providing training in classical ballet and giving dancers the opportunity to perform beloved ballet productions. With its professional faculty, students learn a full range of dance disciplines: ballet technique, pointe, variations, and contemporary. Besides classical ballet programs that are geared towards developing professional ballet dancers, Olympic Ballet offers classes in Creative movement and Adult/Teen ballet. Please view the website or contact directly for further information on schedule and registration.

SCULPTORS WORKSHOP, 425.774.8282

All levels of instruction in sculpture, beginning through advanced pottery classes, plus studio work time for your projects. Beginning handbuilding class Wednesday evenings. Limited availability. Stop and visit, or call Janet Still or Julie Perrine. Semi-annual sale November 18 and 19, 2016.

SNO-KING YOUTH CLUB, 425.775.2633

Room 111 – Recreational youth leagues for boys and girls. We offer: soccer for ages 3-14 (spring and fall), basketball for ages 3-4, grades K-3 (winter) and grades K-8 (winter and spring), T-Ball for ages 3-6 (spring), and flag football for grades 1-8 (spring). Office hours are 9am-5pm Monday, Tuesday and Friday and 9am-6pm Wednesday and Thursday. Please visit us on the web at www.skyc.net.

EDMONDS SENIOR CENTER 220 RAILROAD AVE, 425.774.5555 www.edmondssc.org

We welcome everyone, especially new visitors, between 8:30am to 4pm, Monday through Friday. Lunches, coffee bar, classes, special events, computer center, presentations, trips, fitness programs, dances, health services, arts and crafts, games, bingo, hiking, thrift shop, employment center, movies, rental facilities, Bastyr Center for Natural Health Clinic on-site, Enhanced Wellness, and much more. Call for further information. Located on the waterfront, facility rentals are available evenings and weekends for weddings and other events; contact the rental manager.



MEADOWDALE PRESCHOOL* PRE-K GREAT N EDMONDS LOCATION

In our fun, caring, secure and positive learning environment, your child will enjoy hands-on curriculum in math, science, art, early literacy, writing, music, and large motor activities. Through open play and structured group times, your child learns social, emotional and academic skills in preparation for their next big step – kindergarten. Classes run M-Th from 9am-Noon. To schedule a tour, please call Michele Parker, Preschool Director, at 425.745.5055 or email mpsabc@frontier.com. Visit meadowdalepreschool.edmondswa.gov to view parent handbook, tuition agreement, and other school forms. \$283/month.



KINDERMUSIK

12 WEEKS! Join us as we dance, sing, listen, learn, play and pretend. Connect with other families through music. Supply fee \$60 includes 3 sets of Kindermusik at home music, books and activities. Sibling rate available. Instructor, Miss Judy. Visit www.joyousnoisestudio.com for class descriptions and themes. No classes November 23. Must register for free demo on September 14.

WOBLERS (AGES NEWBORN-20 MOS W/ADULT)

- ◆ 5011 9/14 W 11:30am-12:15pm FREE
- ◆ 5007 9/21-12/14 W 11:30am-12:15pm *\$187/\$215

TODDLERS (AGES 1.5-3.5 YRS W/ADULT)

- ◆ 5012 9/14 W 9:30-10:15am FREE
- ◆ 5008 9/21-12/14 W 9:30-10:15am *\$187/\$215

FAMILY MUSIC (AGES 1-5 YRS W/ADULT)

- ◆ 5013 9/14 W 10:30-11:15am FREE
- ◆ 5009 9/21-12/14 W 10:30-11:15am *\$187/\$215

INDEPENDENT PRESCHOOLERS (AGES 3-5)

Adult attends last 5 minutes of class.

- ◆ 5014 9/14 W 12:30-1:15pm FREE
- ◆ 5010 9/21-12/14 W 12:30-1:15pm *\$187/\$215



FUN FACTORY (AGES 1-4 W/ADULT)

Paints, doughs, mess, sand, water, noise, art, action, activity, songs, healthy snack, make new friends and work on large motor skills in a loosely structured parent involved class. Registered children only; babies okay. \$6-7 supply fee. Instructor, Karen Knight.

- ◆ 5017 9/19-10/24 M 9:30-11am *\$69/\$79
- ◆ 5018 10/31-12/12 M 9:30-11am *\$80/\$92
- ◆ 5020 9/20-10/25 Tu 9:30-11am *\$69/\$79
- ◆ 5019 11/1-12/13 Tu 9:30-11am *\$80/\$92

LITTLE FISHES PRESCHOOL PREP (AGES 2-3 W/ADULT)

The perfect preparation for your pre-preschooler! Experience classroom routines, circle time, centers, stories, art, music and movement activities. Halfway through the session, parents transition out of the room for 10-15 minutes of class. \$5 supply fee. Registered children only; babies ok. Instructor, Donna Madath. No class November 24.

- ◆ 5015 9/8-10/13 Th 9:30-11am *\$66/\$76
- ◆ 5016 10/20-12/8 Th 9:30-11am *\$75/\$86

FOSSILS ROCK! (AGES 6-12)

New!

Become a junior paleontologist and excavate real fossils from sand. Discover what it takes to become a fossil and find everything from shark teeth to sea urchins, dinosaur bone fragments, mineral bits and more. Identify and clean up your specimens before taking them home. \$8 supply fee. Rock Solid Science instructor, Amy Bergin.

- ◆ 5026 10/15 Sat 10-11am *\$14/\$16

NEW & IMPROVED Registration!

Head's Up! When registering for a program, you'll discover a new registration website.

You'll need to create a new account in order to register.



GINGERBREAD HOUSE (AGES 2 AND UP)

Have loads of fun decorating a winter wonderland gingerbread house. Your treasured candied house will be pre-assembled so all you have to do is decorate it! Make a holiday memory and add a special touch to the season. \$8 supply fee. Instructor, Julie Norr. Dress for mess! Parent participation required for ages 2-8.

- ◆ 5021 12/3 Sat 10-11:30am *\$16/\$18
- ◆ 5022 12/3 Sat Noon-1:30pm *\$16/\$18

**GIANT GINGERBREAD PAL
COOKIE DECORATING (AGES 2 AND UP)**

'Tis the season to decorate the most magnificent giant gingerbread cookie with frosting, candy, sparkly sugar and edible glitter. Give as a gift, leave for Santa or enjoy for yourself! \$8 supply fee. Instructor, Karen Knight. Dress for mess! Parent participation required for ages 2-7; ages 8 and older may attend alone.

- ◆ 5023 12/10 Sat 10-11am *\$12/\$14
- ◆ 5024 12/10 Sat 11:30am-12:30pm *\$12/\$14



CUSTOM ART HOLIDAY CARDS (AGES 7-12)

Create a fun and original holiday themed drawing that will be made into a set of 10 custom holiday cards. Your original 11x16 drawing, 10 custom holiday cards with envelopes and one formatted disc to print more on your own, will be ready for pick up one week after class. Frame your drawing as a gift and mail cards to friends and family! \$5 supply fee. Adventures in Drawing instructor, Jessica Carlson.

- ◆ 5025 11/5 Sat 10am-Noon *\$28/\$32

* Program is not available for online registration.

* Edmonds residents receive a discount.

ADVENTURES IN DRAWING (AGES 6-12)

Landscapes, animals, people and more—new drawing projects each week expose students to a variety of fundamental drawing concepts and mediums in an environment of encouragement and artistic inspiration. Have fun, expand drawing skills, and become more confident in self-expression. Artist quality mediums used. \$6 supply fee. Instructor, Jessica Carlson. No class October 31.

- ◆ 5031 9/12-10/10 M 6-7:30pm *\$70/\$81
- ◆ 5032 10/17-11/21 M 6-7:30pm *\$70/\$81
- ◆ 5033 11/28-12/19 M 6-7:30pm *\$56/\$64



DRAMA KIDS (AGES 6-11)

Join the most popular drama program in the world! Build confidence, creative thinking and language skills through fun, fast paced drama exercises including improvisation, mini-scripts, theater games and more. Drama instructor, Sue Pargman, has been teaching for over 30 years.

- ◆ 5027 9/21-10/12 W 5:30-6:30pm *\$60/\$69
- ◆ 5028 10/19-11/9 W 5:30-6:30pm *\$60/\$69
- ◆ 5029 11/16-12/7 W 5:30-6:30pm *\$60/\$69

For maximum program benefits, we encourage continuous enrollment. Sign up for 12 week session and save 10%.

- ◆ 5030 9/21-12/7 W 5:30-6:30pm *\$162/\$186



CLAY EXPLORATION (AGES 8-14)

Pinch, coil, slab and sculpt your way to fun! Enhance creativity, imagination and self-esteem using hand-building techniques to create fall or holiday themed objects. Projects fired by instructor outside of class and will be available for pick up one week after last class. \$15 supply fee. Instructor, Julie Perrine. No class November 15.

- ◆ 5034 10/4-10/25 Tu 5:30-7pm *\$66/\$76
- ◆ 5035 11/1-11/29 Tu 5:30-7pm *\$66/\$76



NEW & IMPROVED Registration!
Head's Up! When registering for a program, you'll discover a new registration website. You'll need to create a new account in order to register.

ENGINEERING WITH LEGO®

Instructor, Play-Well staff.

FAMILY FUN USING LEGO® WORKSHOP (AGES 5-10 W/ADULT)

New!

Have the whole family work side-by-side on a themed project as you explore engineering concepts and building techniques using LEGO. Work as a team to build awesome engineering machines, or go head-to-head and battle for house chores or to see who makes dinner. Learn about engineering using LEGO while building a stronger bond with your kids. Parents pay for FREE with a registered child.

◆ 5036 9/24 Sat 10am-Noon *\$31/\$36

PRE-ENGINEERING: MINE, CRAFT, BUILD USING LEGO® WORKSHOP (AGES 5-7)

Bring Minecraft to life using tens of thousands of LEGO! Build engineer-designed projects such as a motorized Creeper, a portal to the Nether, and a moving Minecart! Create your favorite Minecraft objects with the guidance of an experienced Play-Well instructor. Whether you are new to Minecraft and LEGO® or a seasoned veteran, you'll be hooked on the endless creative possibilities. New projects for returning students.

◆ 5037 10/29 Sat 10am-1pm *\$39/\$45

INTRO TO PROGRAMMING USING LEGO® EV3 WORKSHOP (AGES 8-12)

Build and program robots using the LEGO® EV3 system! Learn about mechanical and software design, loops, conditional statements, problem solving, and teamwork skills. Work in small groups, program and build your robot, and rise to the challenge. Control the robot to avoid obstacles, pick up and carry objects, and play sounds. Projects are structured so that students work in an open-ended, investigative environment while having fun. New projects for returning students.

◆ 5038 12/3 Sat 10am-1pm *\$39/\$45

LIFT-OFF USING LEGO® CAMP (AGES 5-7)

New!

Do you wish you could fly? Do you dream of breaking the sound barrier, or landing on Mars? Then this camp is for you! Build LEGO models of every kind of flying machine, from wings that flap like a bird's, to P-51 Mustangs, Stealth Bombers, and NASA rockets. Then discover how real-world aircraft and spacecraft actually fly!

◆ 5039 12/28-12/30 W-F 9am-12pm *\$99/\$114

AEROSPACE FUNDAMENTALS USING LEGO® CAMP (AGES 7-12)

New!

Learn the secrets of flight in Aerospace FUNDamentals! Study the work of the masters, then build a LEGO model of the largest rocket in history, and design your own Mars Rover. Explore the history of flight, from Icarus to DaVinci to the Wright Brothers to NASA. Come discover how birds, stealth fighters, blimps, and rockets all use the same FUNDamental concepts to actually fly!

◆ 5040 12/28-12/30 W-F 1-4pm *\$99/\$114

NO SCHOOL? NO PROBLEM! NON-SCHOOL DAY FUN!
 10/21 & 11/23
 Discovery Programs Camps (pg 25)
 12/27-12/30
 Gymnastics Camp (pg 27)
 12/28-12/30
 LEGO Aerospace Camps (above)



Photo by Bill Anderson

DISCOVERY PROGRAMS Edmonds District Non-School Day Camps

Have fun on your day off of school! Meet at the Frances Anderson Center each day and walk to parks in Edmonds. All camps led by our Interpretive Specialist and Ranger Naturalists. Bring a healthy sack lunch and dress for the weather. 10% discount for siblings. Registration required.

FISH AND FRIENDS (AGES 6-12)

Discover how exciting and important salmon are as well as the other animals that depend on them! Examine the different life stages of salmon through games, activities and real specimens. We'll take a walk to a local park to observe natural creek habitats where salmon may return and the dynamic food web they create.

◆ 5002 10/21 F 10am-3pm *\$35/\$39

HAVE AN OWL OF A TIME! (AGES 6-12)

Who-ooo lives in Yost Park? Owls! Get to know owls by learning about their unique adaptations such as binocular vision, silent flight, and asymmetrical ears. Dissect an owl pellet and discover what they've been eating. Take a walk to Yost Park to explore our very own local owl habitat with the possibility to see a Barred Owl!

◆ 5001 11/23 F 10am-3pm *\$35/\$39

ETIQUETTE HOLIDAY MANNERS & MORE (AGES 6-12)

The holidays bring the perfect opportunity to encourage great manners. This class will reinforce introductions and conversation skills, gift giving and gratitude and table manners while eating cake. \$5 supply fee. Final Touch Finishing School instructor, Linda Savage.

◆ 5041 10/15 Sat 9:30am-12:30pm *\$49/\$56

BABYSITTING BASICS (AGES 11-14)

Learn the how to's of babysitting. Infant and toddler care, play ideas, behavior management, age characteristics, emergency procedures, finding a job and working with parents. Receive a class completion card. Instructor, Camp Fire. Bring a pen or pencil, a healthy snack and a smile!

◆ 5042 11/5-11/12 Sat 9:30am-1:30pm *\$52/\$60

*Edmonds residents receive a discount.

KIDZ LOVE SOCCER

Shin guards are required after the first class except for Mommy/Daddy and Me classes. Classes starting in September are at City Park and classes starting in November are at Frances Anderson Center. KLS hotline 1.888.372.5803. No class November 26.

MOMMY/DADDY & ME SOCCER (AGES 2-3.5 W/ADULT)

◆ 5155 9/17-10/15 Sat 9:00-9:30am *\$63/\$72
◆ 5160 11/5-12/10 Sat 9:05-9:35am *\$63/\$72

TOT-SOCCER (AGES 3.5-4)

◆ 5156 9/17-10/15 Sat 9:40-10:10am *\$63/\$72
◆ 5161 11/5-12/10 Sat 9:40-10:10am *\$63/\$72

PRE-SOCCER (AGES 4-5)

◆ 5157 9/17-10/15 Sat 10:10-10:45am *\$63/\$72
◆ 5162 11/5-12/10 Sat 10:10-10:45am *\$63/\$72

SOCCER 1 (AGES 5-6)

◆ 5158 9/17-10/15 Sat 10:45-11:30am *\$63/\$72
◆ 5163 11/5-12/10 Sat 10:45-11:30am *\$63/\$72

SOCCER SKILLS & SCRIMMAGES (AGES 7-10)

◆ 5159 9/17-10/15 Sat 11:30am-12:15pm *\$63/\$72

LEARN TO ICE SKATE

Join us on the ice and learn to march, glide, turn and stop. Includes 30 minute on ice instruction, skate rental and 90 minute practice time in public session following class. Held at Lynnwood Ice Center. Directions, clothing instructions and waiver given at registration. Must be potty trained. No classes November 26.

SNOWPLOW SAM (AGES 3-5)

◆ 5235 9/14-11/2 W 6:20-6:50pm \$85
◆ 5236 10/29-12/10 Sat 10:45-11:15am \$73
◆ 5237 11/9-12/14 W 6:20-6:50pm \$73

BASIC 1-2-3 (AGES 6-12)

First time students start in Basic 1. Returning students progress to Basic 2 then Basic 3.

◆ 5238 9/14-11/2 W 6:20-6:50pm \$85
◆ 5239 10/29-12/10 Sat 10:45-11:15am \$73
◆ 5240 11/9-12/14 W 6:20-6:50pm \$73



BEGINNER HOCKEY 1 (AGES 4-10)

New!

The focus and goal of Hockey 1 is to teach the fundamentals of ice skating. It's important for these players to become comfortable on the ice, learn the basic hockey stance, stride, knee bend, use of edges and how to hold a stick. — Learn to Play. Proper skating techniques are the primary focus of the levels. This is an 8 week program but players can sign up at any time. No class October 8.

◆ 5091 9/10-11/5 Sat 8:45-9:45am \$149



New!

SKYHAWKS HOOPSTER TOTS

GRASSHOPPER (AGES 2.5-3)

This parent participation class uses a variety of props, songs, and games to engage kids. Simple hand-eye, and movement skills are developed using engaging games with appropriate sized, safe equipment.

◆ 5088 9/13-10/11 Tu 10-10:50am \$69

FROGGIES (AGES 3-4)

We use a variety of fun games to develop balance, movement, and basketball skills as well as listening to instructions. Very active and fun.

◆ 5089 9/13-10/11 Tu 10-10:50am \$69

RABBITS (AGES 4-5)

Fun, skill development games are played as well as some introduction to basketball and team concepts. Some small-sided scrimmaging is played.

◆ 5090 9/13-10/11 Tu 11-11:50am \$69



KENDO-SWORDSMANSHIP (AGES 8+)

Build physical and mental strength learning Japanese samurai sword handling. Students must purchase Shinai (bamboo sword \$25) from instructor, Naoaki Tanimura, at first class. Continuing level includes full contact wearing armor. Youth/adult classes combined. Edmonds kendo class is member of Pacific Northwest Kendo Federation/ All United states Kendo Federation Class dates are subject to change. No classes October 22 and November 26.

BEGINNER

◆ 5224 9/17-12/10 Sat Noon-1:30pm *\$78/\$90

CONTINUING

◆ 5225 9/17-12/10 Sat 1-3pm *\$78/\$90

TAEKWON-DO (AGES 4-6)

Improve motor skills learning foot and hand techniques, enhance the ability to follow directions and learn essential character qualities - courtesy, respect and a positive attitude. Prerequisite for the Continuing class: Graduation from Beginner class with instructor approval. Uniform details at class. Bailey's Traditional Taekwon-Do instructor, Shirley Bailey.

BEGINNER

◆ 5076 9/7-9/28 MW 4:30-5pm *\$44/\$51
 ◆ 5077 10/3-10/26 MW 4:30-5pm *\$44/\$51
 ◆ 5082 11/2-11/30 MW 4:30-5pm *\$56/\$65
 ◆ 5083 12/5-12/21 MW 4:30-5pm *\$38/\$44

CONTINUING

◆ 5084 9/7-9/28 MW 5-5:50pm *\$47/\$54
 ◆ 5085 10/3-10/26 MW 5-5:50pm *\$54/\$62
 ◆ 5086 11/2-11/30 MW 5-5:50pm *\$61/\$70
 ◆ 5087 12/5-12/21 MW 5-5:50pm *\$41/\$47



TAEKWON-DO (AGES 7+)

Build strength, flexibility and confidence in a non-contact martial art class that teaches self-control and discipline. Bailey's Traditional Taekwon-Do instructor, Shirley Bailey, is a 5th dan black belt with over 20 years of experience. Open to beginner and continuing students. Family discount rate available. Uniform details at class. Youth/adult class combined. No classes September 5, October 21, November 11 and 25.

◆ 5062 9/2-9/30 MWF 6-7pm *\$75/\$86
 ◆ 5063 10/3-10/28 MWF 6-7pm *\$75/\$86
 ◆ 5064 11/2-11/30 MWF 6-7pm *\$69/\$79
 ◆ 5065 12/2-12/21 MWF 6-7pm *\$56/\$65



GIRLS ON THE RUN (3RD-6TH GRADE GIRLS)

Build confidence and good decision-making skills through group lessons and physical accomplishment after school. Girls gain appreciation of health and fitness, work towards running a 5K and learn the value of teamwork. Learn more about the program, available scholarships, and register directly with Girls on the Run at www.girlsontherunsno.co.org. Full cost \$165. If on reduced lunch cost \$85. If on free lunch cost \$20. No classes October 25, 27 and November 24.

◆ 9/20-12/13 TuTh 4-5:30pm



HALF-DAY GYMNASTICS CAMP (AGES 5-12)

Four 1/2 days of instruction on the Olympic events: bars, beam, vault, and floor exercise, plus experience our popular 20-ft. tumble-trak. Basic body positions used in jumps will be taught along with strength challenges that make this a well-rounded fitness camp. Participants will also enjoy morning crafts, and movement games integrated throughout the camp. All levels of experience are welcome.

◆ 5154 12/27-12/30 Tu-F 9:30am-12:30pm \$95/\$109



FRIDAY AM PLAYZONE* (AGES 2-5)

Reservations are taken one week in advance for Playzone sessions (minimum of 5 signed up to run). Call 425.771.0230 to make your reservation for the following week. A unique drop-in, monitored & structured for safety, gymnastics theme/game oriented experience with lots of climbing, jumping and rolling to give children a good dose of fitness and fun! All children must be accompanied and assisted by an adult or sitter. Punch cards available 10 punches \$65. No Playzone November 11 and 25. Fee includes 9.8% sales tax.

◆ 9/9-12/16 F 10:15-11:15am \$7/visit

GYMNASTICS BIRTHDAY PARTIES (AGES 3-14)*

You'll just flip over our gymnastics birthday parties! Participants enjoy lots of activity and best of all no clean up for mom and dad. We provide 1 hour of gymnastics/game oriented activities (geared toward appropriate age level), which may include obstacle courses, relays, parachute games, trampoline, etc., 30 minutes of party room time, helium balloons for each participant, and a t-shirt for the birthday girl/boy. You provide the food, drink, tableware and party favors. Minimum age: potty trained. Maximum number of children: 14. To schedule a party call 425.771.0230. Parties begin promptly at 1:30pm. No parties available October 1.

FALL (9/17-12/17)

◆ 5132 Sat 1:30pm *\$144/\$165 for 10 children \$9/each additional child



NEW & IMPROVED Registration!
 Head's Up! When registering for a program, you'll discover a new registration website. You'll need to create a new account in order to register.

* Program is not available for online registration.

* Edmonds residents receive a discount.

Supervisor: Patty Steele-Smith

Instructors: Karissa Crawford, Deborah Nelson, Courtney Yano, Savannah Steinman, Maylynn Lee, Reagan Campbell and Mia Pizzuto.

Fall classes: Registration for all students begins August 1. Instructor subject to change.

Our classes provide positive social and physical experiences with emphasis on development of major motor skills. Children progress at their own pace through step-by-step methods in a safe, fun and fit environment. First class of each session includes a brief parent orientation. Students must have parent or legal guardian signed waiver on the first day of class in order to participate.

Parents stay in room for Time for Two classes; for all other classes parents may attend first and last class of each session. No registrations or transfers after the second week of classes.

TIME FOR TWO PARENT PARTICIPATION REQ'D

Emphasis on development of major motor skills through use of obstacle courses to introduce 2 year olds and shy 3 year olds to tumbling, low balance beam work, low bar work, interactive songs and games.

3 & 4 YEAR OLD GYMNASTICS

Emphasis on development of major motor skills through use of tumbling, low balance beam work, low bar work and games. Each student works in relation to his/her ability. Rhythm Moves (RM) adds a twist of rhythm, dance and basic rhythmic concepts to make this class a little more music and movement oriented.

RHYTHMIC PLUS

Designed for students 4-6 years old, this active creative movement class teaches body awareness, movement and rhythm. Creative use of hoops, ribbons, ropes and balls, along with gymnastics and basic dance, makes this a well-rounded class.

CIRCUS ARTS & ACROBATICS

Introduction for 4-6 and 7-10 year olds, to basic juggling and circus skills such as rola-bola, low tight-wire, stilts, rolling globe and aerial equipment: trapeze/fabric/rope/lyra, acrobatic tumbling skills and partner balances will also be introduced. All skills geared toward appropriate age level and ability. **Intermediate Level (focus is more on aerial equipment) ages 9-14, instructor approval required.**

PRIVATE LESSONS

Private lessons are offered for all levels and can be purchased by the hour or half-hour. Contact your coach directly to schedule lessons, or call 425.771.0230, ext. 1344 for more information.

BEGINNER I/II & II/III

Emphasis on developing basic skills on all apparatus: bars, beam, vault, floor; then building on these skills through each level. No experience required for Beginner I/II classes. **Instructor approval required for Beginner II/III classes.** Classes are grouped into three different ages: 4+ (4-6 years), 5+ (5-7 years) and 8+ (8-12 years).

HOT SHOTS I & II – APPROVAL REQUIRED

Designed for young gymnasts, 3¹/₂-7 years old, with a potential for our competitive program. Emphasis is on developing and mastering Beg. II/III skills in a fun and positive environment.

BEGINNER III – INTER/PRE-TEAM

Emphasis on building strength and body control for more difficult skills. Once coordination and body awareness has been established, then we will focus on connecting, combining and perfecting skills and continue working on proper form and technique necessary for our competitive program. Students will work on perfecting Beg. III-intermediate and competitive Level 2 skills and Novice Rec/Op. **Instructor approval required.**

EDMONDS ILLUSIONS – TEAM LEVEL 2 & REC/OP NOVICE/INTERMEDIATE/ADVANCED/ADVANCED PREMIER APPROVAL REQUIRED

Gymnasts will learn USA Gymnastics compulsory skills for their appropriate level. Routines on all four events and progressions will be worked on while perfecting skills required for optional routines and advanced levels.

PLAYZONE, See page 27.

BIRTHDAY PARTIES, See page 27.

FALL GYMNASTICS SCHEDULE, See page 29.

WINTER GYMNASTICS CAMP, See page 27.



CLASS	DAY	TIME	FALL#	FEE	TEACHER
Time for Two	Tu	10:15-11am	5105	*\$126/\$145	TBA
Time for Two	W	9:15-10am	5106	*\$126/\$145	TBA
Time for Two	Th	10:15-11am	5107	*\$126/\$145	TBA
Time for Two	F	9:15-10am	5108	*\$117/\$135	TBA
Time for Two	Sat	9:15-10am	5109	*\$126/\$145	Courtney
3 year old	M	11:15-12pm	5110	*\$133/\$153	TBA
3 year old	W	10:15-11am	5111	*\$143/\$165	TBA
3 year old	Sat	10:15-11am	5112	*\$143/\$165	Courtney
3 & 4 year old (RM)	M	10:15-11am	5113	*\$133/\$153	TBA
3 & 4 year old	Tu	11:15-12pm	5114	*\$143/\$165	TBA
3 & 4 year old (RM)	Th	11:15-12pm	5115	*\$143/\$165	TBA
3 & 4 year old	F	11:30-12:15pm	5116	*\$133/\$153	TBA
3 & 4 year old	Sat	11:15-12pm	5117	*\$143/\$165	Courtney
4 year old	W	11:15-12pm	5118	*\$143/\$165	TBA
4 year old	Sat	10:15-11am	5119	*\$143/\$165	Reagan
Beg. Circus/Acro (4-6)	M	12:15-1pm	5120	*\$133/\$153	TBA
Beg. Circus/Acro (4-6)	Tu	3:45-4:30pm	5121	*\$143/\$165	Courtney
Rhythmic Plus (4-6)	Th	12:15-1:15pm	5123	*\$180/\$207	TBA
Beg. Circus/Acro (7-10)	W	6:30-7:30pm	5122	*\$180/\$207	TBA
Intermediate Circus/Acro (9-14) IAR	Tu	6:30-7:45pm	5124	*\$212/\$244	Patty
Beginner I/II (4+)	Tu	12:15-1:15pm	5125	*\$180/\$207	TBA
Beginner I/II (4+)	F	12:30-1:30pm	5126	*\$168/\$193	TBA
Beginner I/II (5+)	M	4:15-5:15pm	5127	*\$168/\$193	TBA
Beginner I/II (5+)	Th	4:15-5:15pm	5128	*\$180/\$207	Courtney
Beginner I/II (5+)	Sat	12:15-1:15pm	5129	*\$180/\$207	Courtney
Beginner I-III (8+) mixed level	M	6:15-7:15pm	5130	*\$168/\$193	TBA
Beginner I/II (8+)	W	5:15-6:15pm	5131	*\$180/\$207	TBA
Beginner II/III (5+) IAR	M	5:15-6:15pm	5133	*\$168/\$193	TBA
Beginner II/III (5+) IAR	W	4:15-5:15pm	5134	*\$180/\$207	TBA
Beginner II/III (5+) IAR	Sat	11:15-12:15pm	5135	*\$180/\$207	TBA
Beginner II/III (8+) IAR	Th	6:45-7:45pm	5136	*\$180/\$207	Courtney
Beginner I-III (8+) mixed level	Sat	12:15-1:15pm	5137	*\$180/\$207	Reagan
Hot Shots I (3½+) IAR	W	12:15-1:15pm	5138	*\$180/\$207	TBA
Hot Shots II (4½-7) IAR	M	4-5:30pm	5139	*\$215/\$248	Maylynn
Beg. III-Intermediate/Pre-Team IAR	Tu	4:45-6:15pm	5140	*\$232/\$267	Karissa
Beg. III-Intermediate/Pre-Team IAR	Th	5:15-6:45pm	5141	*\$232/\$267	Karissa
Beg. III-Intermediate/Pre-Team IAR	Tu/Th	4:45-6:15/5:15-6:45	5142	*\$353/\$406	Karissa
Team L 2-6 Non-Compete Workout IAR	Tu	6:45-8:15pm	5143	*\$232/\$267	Deborah
Team L 2-6 Non-Compete Workout IAR	Th	6:45-8:15pm	5144	*\$232/\$267	TBA
Team L 2-6 Non-Compete Workout IAR	Tu/Th	6:45-8:15pm	5145	*\$353/\$406	TBA
Level 2-3 Team (6-9) IAR	M/W	4:15-6pm	5146	*\$365/\$420	Karissa
L2-3 Novice/Inter. Rec/Op Team 10+ IAR	M/W	6-8pm	5147	*\$398/\$458	Karissa/Maylynn
Level 3-5 & Rec/Op Team IAR	Tu/F	4:15-6:45pm	5148	*\$482/\$554	Patty/?
Level 3-5 & Rec/Op Team IAR	Tu/Th/F	4:15-6:45pm	5149	*\$641/\$737	Patty/?

Fees based on number of classes per quarter.

Fall quarter runs September 6-December 17. No classes November 11 and 21-26.

Instructor subject to change. IAR: Instructor Approval Required

Adult Enrichment

Classes designed to learn new skills, meet new people or just do an enjoyable activity.

NO FEAR DRAWING

Have you always wanted to draw but don't know how to begin? Learn the fundamentals of drawing in an atmosphere of encouragement and support. Explore line, shape, proportion, shadows, texture, positive and negative space and more. We will work in pencil, pen, pastels, colored pencils and other media. Supply list at registration. Instructor, Ruth Barth. No class November 24.

- ◆ 5046 9/22-10/27 Th 1:30-3:30pm *\$138/\$159
- ◆ 5047 11/3-12/15 Th 1:30-3:30pm *\$138/\$159



ADVENTURES IN DRAWING

Jessica Carlson is now offering her step-by-step drawing classes to adults! Enjoy creating your own unique version of the featured drawing in an atmosphere of both structured guidance and artistic freedom. Tea, cookies and all supplies provided. Artist quality mediums used. New projects each class.

- ◆ 5045 10/8 Sat 11am-1pm *\$36/\$41

NEW & IMPROVED Registration!
Head's Up! When registering for a program, you'll discover a new registration website. You'll need to create a new account in order to register.



NO FEAR WATERCOLOR

Explore the spontaneous qualities of watercolor in this no-fear class. Learn color mixing, value, composition, wet on wet, wet on dry, light, shade and more. Supply list at registration. Instructor, Ruth Barth. No class November 23.

- ◆ 5048 9/21-10/26 W 10am-Noon *\$138/\$159
- ◆ 5049 11/2-12/14 W 10am-Noon *\$138/\$159



ART OF SILK

Silk-painting is beautiful, easy to do and a perfect way to make holiday gifts! Explore this ancient art form and learn the step-by-step techniques to prepare, stretch, draw, and paint on silk. Whether you choose to work small or large, discover how the fabric spreads the paint for you. No painting or drawing experience needed. Supply list at registration. Instructor, Barbara Kalinoski.

- ◆ 5050 10/4-10/25 Tu 10am-Noon *\$135/\$155



CALLIGRAPHY: FABULOUS FOUNDATIONAL

Simply beautiful and very versatile, this classic and legible miniscule alphabet is worth revisiting. Come play with these letters using a variety of tools, inks, colors and paper. Beginners and any scribes welcome. Supply list at registration. Instructor, Brigitte Hefferan.

- ◆ 5043 9/20-10/25 10am-Noon *\$86/\$99
- ◆ 5044 9/20-10/25 6:30-8:30pm *\$86/\$99

*Edmonds residents receive a discount.



WRITE ON THE SOUND WRITERS' CONFERENCE

September 30, October 1 & 2, 2016

Join fellow writers at the 31st annual Edmonds conference on the craft of writing. Write on the Sound welcomes writers of all levels and experience for three days of writing workshops designed to refine your style, find your voice, explore new techniques and revisit fundamentals. Also offered are manuscript critiques, a writing contest, and plenty of time to network and shop the on-site bookstore.

**Go to www.writeonthesound.com
for complete conference information**

Fri 9/30 pre-conference workshops, \$80-\$128; Sat/
Sun Oct 1 & 2 sessions, \$150, or \$90 for one day.
Online registration opens July 18 at 9am. Email
wots@edmondswa.gov or call 425.771.0228.

**Book Signing Reception
Public Invited – Free Admission!
Saturday, October 1, 5:15-6:30pm**

Meet conference presenters and attendees at an informal reception. Edmonds Plaza Room, 650 Main St., Edmonds.

PRECIOUS METAL CLAY

Precious metal clay works like clay but turns into fine silver after firing. Texture it, rubber stamp it, mold and shape it to create professional looking earrings, charms, beads and more. No prior experience required. Each student will make 3-5 pieces. Pieces fired outside of class and ready to be picked up one week after class. \$30 supply fee. Instructor, Meredith Arnold. Small rubber stamps provided for use in class or bring your own.

◆ 5052 10/29 Sat 9:30am-12:30pm *\$40/\$46

WRITE ABOUT YOUR LIFE ONLINE CLASS*

Learn how to access and format your memories and experiences for the purpose of creating articles, books, and souvenir memoirs for cash, friends, and/or family. Receive direct one-on-one guidance and constructive feedback on each lesson. Start anytime! Open to writers of any level or genre. Classes are 10 sessions on an at-your-own-pace schedule. Student work is frequently published in Ariele's columns, books, sites and blogs.

◆ 5051 *\$102/\$117

* Program is not available for online registration.

* Edmonds residents receive a discount.



UKULELE

Bring soprano/standard, concert or tenor ukulele (tuned GCEA). \$10 supply fee. Supply list at registration. Instructor, Rod Higuchi.

UKULELE BOOT CAMP

Designed to start you out the right way! Build a solid foundation of ukulele skills to bring you a lifetime of ukulele enjoyment. This course is being offered twice, both are identical, not sequential.

◆ 5056 9/1-9/29 Th 7-8:30pm *\$78/\$90
◆ 5057 10/6-11/3 Th 7-8:30pm *\$78/\$90

UKULELE BEYOND BASICS

Learn about chorded melodies and beginner finger-picking, transposing and playing chords beyond the 5th fret. Prerequisite Ukulele Boot Camp or equivalent skill level.

◆ 5058 11/10-12/15 Th 7-8:30pm *\$78/\$90

A RAINBOW IN YOUR KITCHEN: EXPLORING NATURAL DYES

New!

Blackberries, turmeric, onion skins and other common fruits and vegetables are the source of rich, beautiful colors to dye natural fibers. We'll explore the magic of red cabbage, experiment with simple additives (vinegar, ammonia and others) to modify colors and dye a silk scarf or wool to knit or crochet. Bring a quart jar and your love of color. Instructor, April Richardson. Class held outside at City Park Picnic Shelter #2.

◆ 5207 9/24 Sat 10am-Noon *\$15/\$17

**Oh, No!
You Canceled It!**

SOMETIMES COURSES ARE CANCELED
BECAUSE PEOPLE WAIT TOO LONG
TO REGISTER. PLEASE REGISTER
EARLY TO AVOID DISAPPOINTMENT!

Adult Enrichment

Classes designed to learn new skills, meet new people or just do an enjoyable activity.

GENEALOGY 101 PLUS

Have you ever wondered who your ancestors are? Learn to search, scrutinize and organize genealogical information. PLUS, we will travel to various local genealogy libraries. Instructor Bruce Gorsuch.

◆ 5059 10/6-11/10 Th 6:30-7:30pm *\$39/\$45



PHOTOGRAPHY CLASSES

WITH KAREN ULVESTAD
PROFESSIONAL PHOTOGRAPHER

DIGITAL PHOTOGRAPHY 101

Are you ready to use your camera to create photographic images? If so, you want to take this class. You will learn how to get the most from your camera equipment. This class covers menu navigation, camera settings, equipment information, and more.

◆ 5066 10/13 Th 6-8pm *\$45/\$52
◆ 5067 12/8 Th 10am-Noon *\$45/\$52

DIGITAL PHOTOGRAPHY 201

Are you ready to take your photography to the next level? Then this is the class for you. You will learn how to: use compositional elements, become aware of light, and use of exposure in creating your photographic vision. Bring your camera, manual and questions.

◆ 5068 11/10 Th 6-8pm *\$45/\$52

Oh, No!
You Canceled It!

SOMETIMES COURSES ARE CANCELED
BECAUSE PEOPLE WAIT TOO LONG
TO REGISTER. PLEASE REGISTER
EARLY TO AVOID DISAPPOINTMENT!



FRIDAY NIGHT DANCE

Join Charles England, Golden State Dance Teachers Association & World Swing Dance Council certified instructor. No classes September 30 and November 25.

WEST COAST SWING

Still the coolest, smoothest & most playful form of swing on the planet. West Coast Swing can be danced to all types of music from big b and swing and blues, rhythm & blues, Top 40 and pop of all eras.

◆ 5231 9/16-10/21 F 6:30-7:30pm *\$60/\$69

BALLROOM

Learn Classic Fox Trot, Waltz, Swing and for those special occasions, the Tango. Emphasis on lead/follow skills, styling and dance etiquette.

◆ 5232 9/16-10/21 F 7:30-8:30pm *\$60/\$69

EAST COAST SWING

Dance to big band swing, rock 'n roll, blues and more. Both single and triple rhythm styles will be taught in this fun and easy class. Sign up today for the time of your life.

◆ 5233 11/4-12/16 F 6:30-7:30pm *\$60/\$69

SALSA

Okay, so you won't look like the dancers in the Ricky Martin video in just five weeks, but you'll have some solid basics and turns in Salsa and Merengue. Emphasis on lead/follow and styling!

◆ 5234 11/4-12/16 F 7:30-8:30pm *\$60/\$69



FIRST AID/CPR (AGES 12+)

The City of Edmonds and Fire District 1 are teaming up to offer the American Heart Association's Heartsaver® First Aid & CPR/AED classes. This classroom, video-based, instructor-led course teaches students critical skills needed to respond to and manage emergencies. Course teaches adult, child and infant CPR and use of an AED. Classes held at Fire District 1 Headquarters, 12425 Meridian Ave S, Everett, WA 98208.

◆ 5060 10/15 Sat 9am-4pm \$30
◆ 5061 12/10 Sat 9am-4pm \$30

* Edmonds residents receive a discount.

NATURE

OWLS AND RAPTORS FOR SENIORS

View amazing photos to explore the traits of common owls, hawks and eagles that live here at different times of the year, or all year long. For ages 60+. Instructor, Candy Brown.

◆ 5006 9/15 Th 10-11am *\$16/18



BACKYARD BIRDS

Enhance your understanding of common birds, and improve your ability to identify them. Includes basics of anatomy, migration, reproduction, foods and foraging. Designed for adult beginning birders, but children ages 12+ are welcome. Instructor, Candy Brown.

◆ 5003 9/27 Tu 6:30-8pm *\$16/\$18

OWLS AND RAPTORS

Here is your chance to learn more about the most common owls, hawks and eagles that live here at different times of the year – or all year long. We'll also discuss the habitats in which to find them. Instructor, Candy Brown.

◆ 5004 10/10 M 6:30-8pm *\$16/\$18

RAISE YOUR OWN MASON BEES

These prolific pollinators are easy to raise, gentle, fun to watch, and will increase your garden's potential. Learn how easy and inexpensive they are to raise and manage. Instructor, Todd Brown.

◆ 5005 10/5 W 6:30-8pm *\$16/\$18

NEW & IMPROVED Registration!
Head's Up! When registering for a program, you'll discover a new registration website. You'll need to create a new account in order to register.

* Program is not available for online registration.

* Edmonds residents receive a discount.



NATURE DISCOVERY IN THE K-6 CLASSROOM

Stimulate your students' curiosity and meet the Next Generation Science Standards with a naturalist visit to your classroom. Learn more about birds, animal senses and adaptations, life cycles, and more.

DISCOVER THE FOREST AT YOST PARK

Bring K-6 classes to Yost Park in the spring or fall for a naturalist-guided exploration of the forest ecosystem. Choose from a menu of programs including Science Inquiry, Everyone Has a Habitat, and Plants & Soil Ecology.

BEACH RANGER PROGRAM

Registration begins in October for spring 2017 beach walks and classroom marine education programs. We fill up fast, so early registration is advised!

Teachers please call 425.771.0227 to learn more or register your class for the above programs.

FREE!

Puget Sound Starts Here.org

RAINWATER WALK

New!

Follow a raindrop as it flows through our watershed in a complex network of above and below ground connections. On this walking tour, we'll explore water transport in an Edmonds neighborhood, including raingardens, storm drains, and other water catchment systems, and end on the trails of Yost Park to learn about the role that the clean flowing waters of Shell Creek played in the history of Edmonds. Dress for the weather – families welcome! Tour led by staff from the Engineering and Parks Departments. This tour is FREE, but please RSVP by calling 425.771.0227.

10/8 Sat 10-11:30am FREE



**A Celebration of Birds & Nature
September 9-11**



**KEYNOTE SPEAKER
WHAT THE TIDE
WASHES IN:
THE NATURAL HISTORY
OF DEAD BIRDS**

Julia K. Parrish is an award-winning research scientist at the University of Washington,

who has achieved international recognition for her leadership of the Coastal Observation and Seabird Survey Team (COASST). Founded by Julia nearly 20 years ago, COASST is a citizen science program that relies on more than 800 participants collecting monthly data on the identity and abundance of beach-cast birds with the goal of creating a baseline – an ‘almanac’ of sorts – that defines normal annual events such as the loss of overwintering migrants caught in Fall’s first big storm. This ‘almanac’ has enabled COASST data to be used to assess the impacts of a changing climate, document harmful algal blooms, measure fishery interactions, monitor for avian influenza, etc. and provide a baseline against which to assess impacts of near-shore catastrophe from an oil spill to an algal bloom. Doors open at 7pm at the Edmonds Plaza Room, 650 Main Street.



9/9 F 7:30-9pm

FIELD PHOTOGRAPHY WORKSHOP **New!**
(AGES 12+)

Join local photographers Bill Anderson and friends at the Edmonds Marsh to learn how to increase your skills taking photos in the field. Topics include composition, camera settings, and field craft. This workshop is designed for serious photographers, regardless of experience or level of expertise, but participants must have the proper equipment and be familiar with their camera and how to adjust its settings. Leave your iPad or point & shoot in the car and cell phone in your pocket – bring your digital single lens reflex (dSLR), “bridge”, or mirrorless camera and telephoto lenses.

◆ 5206 9/10 Sat 8-10am \$8

PUGET SOUND BIRDING CRUISE **New Time!**
(AGES 8+)

Explore the nearshore waters of Puget Sound with a birding guide, looking for Marbled Murrelets, gulls, terns, and other migrating and resident sea birds. Small boats will go out from the Port of Edmonds for 2 hours, courtesy of members of the Edmonds Yacht Club. Children under 18 years of age must be accompanied by a parent or legal guardian.

◆ 5000 9/11 Sun 7:30-10am \$10

ADDITIONAL BOAT CRUISES **New!**

Visit the Puget Sound Bird Fest website for details.

FREE! Saturday Activities

FRANCES ANDERSON CENTER

- Live raptor presentation from the Sarvey Wildlife Center.
- Citizen science mini-symposium featuring regional research by Seattle Audubon Society, COASST, Puget Sound Bird Observatory, Pilchuck Audubon, and more.
- Presentations from local authors, scientists and naturalists.
- Educational exhibits, optics, backyard bird supplies, and bird art for sale.
- Kid’s activities – dissect an owl pellet, or play the migration game!
- Photography and art shows at the Frances Anderson Center and around town.

IN THE FIELD

- Guided birding walks in local parks and wildlife sanctuaries.
- Bird-viewing, optics demonstration, and interpretive activities at the Edmonds Marsh



Sunday Activities

- Guided birding walks in local parks and sanctuaries (FREE).
- Morning and afternoon boat tours, pre-registration required – see our website for fees.
- Tours of the Wildlife Habitat and Native Plant Demonstration Garden at Willow Creek (FREE).

Bring your binoculars and get ready for a weekend full of fun! More details and a complete schedule at www.PugetSoundBirdFest.org.

YOGA FOR YOU

Hatha yoga is the physical branch on the path of yoga. It helps build strength, stamina, flexibility, balance and increased breathing awareness, while genuinely experiencing a sense of well being and calm. In addition to Asana (posture) practice includes meditation and some yoga teachings. Instructor, Joanne Stromme. No class November 11.

◆ 5166	9/6-10/4	Tu	6:30-8pm	*\$65/\$75
◆ 5208	10/18-11/15	Tu	6:30-8pm	*\$65/\$75
◆ 5167	11/29-12/20	Tu	6:30-8pm	*\$52/\$60
◆ 5073	9/8-10/6	Th	9:30-11am	*\$65/\$75
◆ 5164	10/20-11/17	Th	9:30-11am	*\$65/\$75
◆ 5165	12/1-12/22	Th	9:30-11am	*\$52/\$60
◆ 5168	9/9-10/7	F	10-11:30am	*\$65/\$75
◆ 5169	10/21-11/18	F	10-11:30am	*\$52/\$60
◆ 5170	12/2-12/16	F	10-11:30am	*\$39/\$45



HATHA YOGA

Hatha Yoga uses postures (asanas) and stretches in combination with the breath to develop flexibility, strength and relaxation. Detailed instruction, the use of props and the encouragement to modify poses when needed help students develop their understanding of yoga. Kerry's gentle and encouraging approach will leave you feeling renewed and restored. Class is open to all levels and abilities. Instructor, Kerry Brockmann. No classes October 31.

GENTLE (SLOWER MODIFIED POSES)

◆ 5171	9/12-10/10	M	11:45am-12:45pm	*\$48/\$54
◆ 5172	10/17-11/21	M	11:45am-12:45pm	*\$48/\$54
◆ 5173	11/28-12/19	M	11:45am-12:45pm	*\$38/\$43
◆ 5174	9/7-10/12	W	11:45am-12:45pm	*\$58/\$65
◆ 5175	10/19-11/23	W	11:45am-12:45pm	*\$58/\$65
◆ 5176	11/30-12/21	W	11:45am-12:45pm	*\$38/\$43

ALL LEVELS

◆ 5177	9/12-10/10	M	10-11:30am	*\$65/\$75
◆ 5178	10/17-11/21	M	10-11:30am	*\$65/\$75
◆ 5179	11/28-12/19	M	10-11:30am	*\$52/\$60
◆ 5180	9/12-10/10	M	6:45-8:15pm	*\$65/\$75
◆ 5181	10/17-11/21	M	6:45-8:15pm	*\$65/\$75
◆ 5182	11/28-12/19	M	6:45-8:15pm	*\$52/\$60
◆ 5183	9/7-10/12	W	10-11:30am	*\$78/\$90
◆ 5184	10/19-11/23	W	10-11:30am	*\$78/\$90
◆ 5185	11/30-12/21	W	10-11:30am	*\$52/\$60
◆ 5186	9/8-10/13	Th	7-8:30pm	*\$78/\$90
◆ 5187	10/20-11/17	Th	7-8:30pm	*\$65/\$75
◆ 5188	12/1-12/15	Th	7-8:30pm	*\$39/\$45

PILATES YOGA FUSION

Pilates exercises and yoga poses designed to strengthen and stretch the body and calm the mind. Class ends with restorative poses and relaxation. All levels welcome. Instructor, Kerry Brockmann. Drop-in *\$12/\$14 (drop-ins not permitted if class is full).

◆ 5189	9/13-10/11	Tu	7:15-8:15pm	*\$56/\$64
◆ 5190	10/18-11/22	Tu	7:15-8:15pm	*\$67/\$77
◆ 5191	11/29-12/20	Tu	7:15-8:15pm	*\$45/\$51

TAI CHI

Learn balance, grace and patience. Discover the joy of movement while gently increasing strength and flexibility. This ancient Chinese exercise is also a meditation, a healing art and a martial art. Instructor, Barbara Gleisner. No classes November 22 and 24.

LEVEL 1

◆ 5195	9/13-10/25	Tu	10-11:30am	*\$74/\$86
◆ 5194	11/1-12/13	Tu	10-11:30am	*\$63/\$74
◆ 5193	9/8-10/20	Th	7-8:30pm	*\$74/\$86
◆ 5192	11/3-12/15	Th	7-8:30pm	*\$63/\$74

LEVEL 2

◆ 5196	9/13-10/25	Tu	7-8:30pm	*\$74/\$86
◆ 5197	11/1-12/13	Tu	7-8:30pm	*\$63/\$74

LEVEL 3

◆ 5198	9/8-10/20	Th	5:30-7pm	*\$74/\$86
◆ 5199	11/3-12/15	Th	5:30-7pm	*\$63/\$74

QIGONG

The gentle, rhythmic movement of qigong reduces stress, builds stamina, increases vitality, and enhances the immune system. This ancient Chinese health care system integrates physical postures, breathing techniques and focused intention. Instructor, Barbara Gleisner. No classes November 22 and 23.

◆ 5200	9/13-10/25	Tu	5:30-7pm	*\$74/\$86
◆ 5201	11/1-12/13	Tu	5:30-7pm	*\$63/\$74
◆ 5202	9/7-10/26	W	10:30am-Noon	*\$84/\$97
◆ 5203	11/2-12/14	W	10:30am-Noon	*\$63/\$74

MOVING FOR BETTER BALANCE

Improve balance and increase self-confidence in performing daily activities in this research-based fall prevention program using the principles and movements of Tai Chi. Weight-bearing and non-weight bearing stances, postural alignment, coordinated movements and synchronized breathing. This program has been recommended by the Center for Disease Control and Prevention as an effective intervention to prevent falls for older adults. Most effective for participants to take level A and B. Instructor, Barbara Gleisner. No classes November 21 and 24.

LEVEL A

◆ 5205	9/12-10/20	MTh	11am-Noon	*\$84/\$97
--------	------------	-----	-----------	------------

LEVEL B (CONTINUING STUDENTS ONLY)

◆ 5204	10/24-12/8	MTh	11am-Noon	*\$84/\$97
--------	------------	-----	-----------	------------

register  on line

now at www.reczone.org

* Edmonds residents receive a discount.

Register now! Call 425.771.0230 • EDMONDS



**FELDENKRAIS®
MOVEMENT FOR BETTER LIVING**

Reduce pain and stiffness by reconnecting to your body's natural ability to move with ease. These innovative, relaxing exercises improve flexibility, posture, and balance so you can move better, feel better, and live better. Bring a mat and bath towel. Instructor, Laura McMurray.

- ◆ 5226 9/6-9/27 Tu 1:30-2:30pm *\$78/\$90
- ◆ 5227 10/4-10/25 Tu 1:30-2:30pm *\$78/\$90

TAEKWON-DO (AGES 7+)

Build strength, flexibility and confidence in a non-contact martial art class that teaches self-control and discipline. Bailey's Traditional Taekwon-Do instructor, Shirley Bailey, is a 5th dan black belt with over 20 years of experience. Open to beginner and continuing students. Family discount rate available. Uniform details at class. Youth/adult class combined. No classes September 5, October 21, November 11, 25.

- ◆ 5062 9/2-9/30 MWF 6-7pm *\$75/\$86
- ◆ 5063 10/3-10/28 MWF 6-7pm *\$75/\$86
- ◆ 5064 11/2-11/30 MWF 6-7pm *\$69/\$79
- ◆ 5065 12/2-12/21 MWF 6-7pm *\$56/\$65

KENDO-SWORDSMANSHIP

Build physical and mental strength learning Japanese samurai sword handling. Students must purchase Shinai (bamboo sword \$25) from instructor, Naoaki Tanimura, at first class. Continuing level includes full contact wearing armor. Youth/adult classes combined. Edmonds kendo class is member of Pacific Northwest Kendo Federation/ All United States Kendo Federation *Class dates are subject to change.* No classes October 22 and November 26.

BEGINNER

- ◆ 5224 9/17-12/10 Sat Noon-1:30pm *\$78/\$90

CONTINUING

- ◆ 5225 9/17-12/10 Sat 1-3pm *\$78/\$90



**Get a great full body workout
in our fitness room!**

Cardio machines, strength training machines, dumbbells & more! Sign up for a Fitness Room Orientation or set up a tour at 425.771.0229.

Activity Fees	Adult	(60+) Senior	(15 & under) Youth
Fitness Room	\$3/visit	\$2/visit	N/A
Drop-in Gym	\$3/visit	\$2/visit	\$2/visit
10 Punch Pass	\$28	\$18	\$18

Fee includes 9.8% sales tax.

FITNESS ROOM ORIENTATION

Learn how to correctly set yourself up on the weight machines and how to use them. Pre-registration required. Space is limited.

- ◆ 5069 9/2 F 9-10am
- ◆ 5070 10/7 F 9-10am
- ◆ 5071 11/4 F 9-10am
- ◆ 5072 12/2 F 9-10am

Look for outdoor fitness zones coming to parks soon. Check back for orientations and classes.

OPEN GYM DROP-IN

Participants must register prior to participating. No open gym September 5, November 11, 24, 25, December 23, 24 and 26. Hours subject to change.

BASKETBALL Call for schedule. Maximum 15.

PICKLE-BALL M & F 9:30-11:30am. Maximum 18.

VOLLEYBALL Th 6:45-8:30pm. Maximum 18.



* Edmonds residents receive a discount.

SOFTBALL*

Register for Adult Men's, Women's and Coed Leagues. Multiple divisions will be available for each league. Sign up for the night of week you want to play (pending availability) Sunday-Friday. The \$645 league fee includes 10 games with the top 4 team in each division qualifying for a single elimination tournament. USSSA team affiliation fee included. Games officiated by USSSA and played at Meadowdale Playfields weekdays starting at 6:15pm and Sundays at 2:15pm. Registration begins 8:30am August 1. To register call Edmonds 425.771.0230 or Lynnwood 425.670.5732. For more information contact Todd 425.771.0229 or Travis 425.670.5517.

- ◆ Coed Su, Tu, F 9/6-10/24 \$645/team
- ◆ Men's Su-F 9/6-10/24 \$645/team
- ◆ Women's W 9/7-10/22 \$645/team



BASKETBALL 3 ON 3

30-game schedule with a 2 point line. Game times start at 7:30pm. Offense calls the fouls. The top six teams advance to a single elimination tournament.

- ◆ 5080 W 9/28-12/14 7:30-10:30pm \$250/team



**PICKLE-BALL TOURNAMENT
SEPTEMBER 17**

Yost Pool | 9535 Bowdoin Way
 \$25 registration, \$10 additional events
 For more information call 425.771.0229.
 Sponsored by Taki Tiki Bar & Grill and Pickle-ball Inc.



VOLLEYBALL

Games played at Edmonds Community College Gym.

**EDMONDS CO-REC COMPETITIVE
VOLLEYBALL LEAGUES**

Matches consist of 3 games per night. Fee includes a 7-week round robin Tuesday evenings with a season ending tournament for top 4 teams. Maximum of 8 teams per division.

- ◆ 5078 A Division 10/4-11/22 7-11pm \$275/team
- ◆ 5221 B Division 10/4-11/22 7-11pm \$275/team

WOMEN'S 4 ON 4 VOLLEYBALL LEAGUES*

Matches consist of 4 games each night. League consists of 9 weeks and a season ending tournament for all teams. Limited to 6 teams in both upper and lower divisions.

- ◆ 5079 Th 9/15-11/17 7:30-9:30pm \$548/team

PICKLE-BALL LEAGUES

Matches start at 7:15pm on Mondays and 6:30pm on Tuesdays. 6 matches with a single elimination tournament.

SINGLES-MONDAYS

- ◆ 5081 Men's Upper 9/12-10/24 \$35
- ◆ 5209 Men's Lower 9/12-10/24 \$35
- ◆ 5092 Women's 9/12-10/24 \$35
- ◆ 5210 Men's Upper 11/7-12/19 \$35
- ◆ 5211 Men's Lower 11/7-12/19 \$35
- ◆ 5212 Women's 11/7-12/19 \$35

DOUBLES-TUESDAYS

- ◆ 5093 Men's Upper 9/13-10/25 \$70/team
- ◆ 5094 Men's Lower 9/13-10/25 \$70/team
- ◆ 5216 Women's 9/13-10/25 \$70/team
- ◆ 5215 Mixed 9/13-10/25 \$70/team
- ◆ 5213 Men's Upper 11/1-12/13 \$70/team
- ◆ 5214 Men's Lower 11/1-12/13 \$70/team
- ◆ 5217 Women's 11/1-12/13 \$70/team
- ◆ 5095 Mixed 11/1-12/13 \$70/team

* Program is not available for online registration.

* Edmonds residents receive a discount.



**September 9-11
A Celebration of Birds & Nature**

See page 34



**WRITE ON THE SOUND
WRITERS' CONFERENCE**

September 30, October 1 & 2, 2016

See page 31

**Book Signing Reception
Saturday, October 1, 5:15-6:30pm
Public Invited – Free Admission!**

Meet conference presenters and attendees at an informal reception. Edmonds Plaza Room, 650 Main St., Edmonds.

Call for Musicians

The Edmonds Arts Commission is looking for performers to provide 1 to 1.5 hour presentations for summer concerts in Edmonds parks. The established Concerts in City Park series is on Sundays at 3pm in July and August. In addition, there may be opportunities for smaller scale performances in a downtown park plaza venue. *To apply, submit the following by January 3, 2017:*

- ◆ Letter of interest with contact information
- ◆ Promotional material
- ◆ Music samples (CD's should be clearly labeled)

Send to frances.chapin@edmondswa.gov or mail to Edmonds Arts Commission Concerts, 700 Main St, Edmonds, WA 98020.



**Pickle-Ball
Tournament
September 17**

See page 37



Celebration of Lights

In the spirit of giving, light a light, this holiday season for someone you love, something you wish for, or in remembrance of a loved one. Each light you light is a donation to the City of Edmonds Youth Scholarship Fund that enables local children to participate in our recreation programs who wouldn't otherwise have the opportunity. A living fir tree will be strung with lights and paced outside of the entrance to the Frances Anderson Center.

Donate \$5 per Name

Donate \$5 per name and your donation will be noted on a main floor bulletin board inside the FAC. The tree will remain lit from November 23 to January 2. To request a light a light form, call 425.771.0268.

Memorial Fir Trees

Would you like to dedicate one of the living fir trees outside of City Hall or the Frances Anderson Center to a loved one? These trees will be strung with white lights during the holiday season and planted in the interior of Yost Park after the holidays. A laminated sign with your choice of wording will be placed at the base of the tree and a small permanent plate will be placed on the Memorial Plaque inside the Frances Anderson Center. The trees are available to memorialize for a \$115 donation by calling 425.771.0232. Limited quantity.

On-Line



Many programs are available for on-line registration at...

Edmonds

www.reczone.org

Mountlake Terrace

www.mltrec.com

In Person or Mail-In



Edmonds

700 Main St.
Edmonds, WA 98020

Mountlake Terrace

Recreation Pavilion
5303 228th St. SW
Mountlake Terrace, WA 98043

Phone-In



Edmonds

425-771-0230

Mountlake Terrace

425-776-9173

Registration: General Information

- ◆ Advance registration and payment required. Fees include state and local sales tax, where applicable.
- ◆ If paying by check, write check to City of Edmonds or City of Mountlake Terrace.
- ◆ Please register early, classes may be canceled if registration is insufficient.
- ◆ Returned check fee: \$30-Edmonds, \$25-Mountlake Terrace
- ◆ Participation is voluntary and participants agree to assume responsibility for any injury or damage to person or property.
- ◆ Video tapes and photographs may be taken and used for publication.

Refunds

- ◆ *Please note – policies vary slightly between cities (see below for details).*
- ◆ Full refunds will be given if classes are canceled by the Parks and Recreation Department.
- ◆ Participant refund requests are assessed a \$10 administrative fee per registration.

Edmonds Refunds and transfers must be requested 3 business days prior to the first class. Withdrawals from Meadowdale Preschool require one month's notice and payment. Refunds after April 1 require May payment.
Facility Rentals: Refer to your contract for refund information.

Mountlake Terrace Registration for all activities is binding. All participant-based refunds/credits are assessed a \$10 service fee with the exception of Semester/Yearly Dance and Fitness classes, which will be assessed a \$40 fee. Refunds may take up to four weeks for processing. No refund for amounts less than \$5.

Please see website for additional policies.

General Information

ADA Access

The cities of Edmonds and Mountlake Terrace strive to provide access and reasonable accommodation for persons with disabilities. Please contact individual cities for assistance.
Edmonds: 425-771-0232
Mountlake Terrace: 425-776-9173

Anti-Discrimination Policy

The cities of Edmonds and Mountlake Terrace do not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or presence of any sensory, mental or physical handicap.

- ◆ **City of Mountlake Terrace Recreation & Parks**
5303 228th Street S.W., Mountlake Terrace, WA 98043
- ◆ **City of Edmonds Parks, Recreation & Cultural Services**
700 Main Street, Edmonds, WA 98020-3032

Prsrt Std
U.S. POSTAGE
PAID
City of Mountlake Terrace
98043

SAVE THIS BROCHURE!

It contains all the information for classes and events September-December.
Our next guide, the January-April Craze, will be mailed in December.

ECRWSS
RESIDENTIAL CUSTOMER

City of Mountlake Terrace

Dance Academy & Fitness

- Jazz & Tap
- Yoga
- Ballet - Semester & Yearly
- Zumba
- Creative Dance
- Tai Chi
- Hip Hop & Irish Step
- Conditioning

—Try Something *NEW!*—

www.cityofmlt.com 425-776-9173








Edmonds Adult Sports Leagues | Call 425.771.0230 to register your team!

Players Wanted

Dust off your shoes & get in the game!



Volleyball

Co-Rec | Women's 4-on-4



Basketball

3-on-3

See page 37.



Softball

Men's | Women's
Coed