



Dear Shoreline Customers,

Effective January 1, residents of the City of Shoreline will be given a discount on all Parks, Recreation and Cultural Services fees. Shoreline residents pay property taxes that help support City services, and for that reason they will pay a discounted fee when registering for classes, drop-in use at the Shoreline Pool and Spartan Gym, and when renting facilities.

All City of Shoreline residents will receive the discount. Those who are new to our programs will be asked to provide verification of their residence in Shoreline, by way of a driver's license, check, utility bill, or other form of identification. Those residents with a post office box will also be asked to provide verification of their physical address in Shoreline.

The majority of cities in King County provide discounted rates to their citizens and the City of Shoreline is now extending that same opportunity to the people of our community. As in the past, we continue to welcome residents from other communities to participate in our programs and rent Shoreline facilities.

We are continually looking for ways to improve the quality of activities we offer. One big step in that direction is currently underway at the Spartan Gym, with the addition of classrooms, a kitchen, additional restrooms and office space. These improvements will be completed this spring. When completed, we will be able to offer expanded programs at the Spartan Gym. More details on this and other new programs will be available in the coming months.

On behalf of Shoreline Parks, Recreation and Cultural Services staff, we look forward to sharing another great year with you.

Sincerely,

Dick Deal, Director
Shoreline Parks, Recreation and Cultural Services

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Thank You Shoreline School District

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

Meet the Staff ...

Shoreline Parks, Recreation and Cultural Services Pool Staff



Shoreline Pool Senior Staff: Paul, Tyce, James, Kate and Bridget.

Meet our staff! The staff of the Shoreline Pool wishes you well in this new year. The Shoreline Pool staff is led by Pool Manager James McCrackin!

The Shoreline Pool provides a variety of services, including access to safe recreational swimming, swim lessons and safety training for aquatic professionals.

As you visit the Shoreline Pool, you will notice a number of lifeguards and swim instructors, all of who are dedicated to patron safety and a positive experience for our customers.

We hope to see you this winter and spring.

Sincerely,

Shoreline Parks, Recreation
and Cultural Services

Parks, Recreation and Cultural Services Mission

To provide life-enhancing experiences and promote a healthy community.

Information



City Council
Ronald Hansen, Mayor
Scott Jepsen, Deputy Mayor
John Chang
Maggie Fimia
Paul Grace
Rich Gustafson
Robert Ransom
Steven C. Burkett, City Manager
Dick Deal, Director of Parks,
Recreation & Cultural Services

PARKS, RECREATION and
CULTURAL SERVICES
BOARD MEMBERS
Dwight Stevens, Chair
Patricia Hale, Co-Chair
Carolyn Ballo
Larry Blake
Margaret Boyce
Michael Broili
Herb Bryce
William Clements
Londa Jacques
William Martin, Alternate

CUSTOMER RESPONSE TEAM
(CRT)
24-Hour Phone Line
(206) 546-1700

Satisfaction Guaranteed

We wish to provide you with the highest quality recreation programs possible and ensure your satisfaction. If you are dissatisfied with the quality of any program component, please call (206) 418-3383, or for any aquatic program component, call (206) 362-1307, and we will be happy to address your concerns.

Snow and Inclement Weather Policy

The safety of program participants is a prime consideration when determining if programs should be cancelled due to inclement weather. Parks Department classes and programs are cancelled when the Shoreline School District closes due to inclement weather. For information regarding evening or weekend cancellations, please call (206) 362-1307 for aquatics classes, and (206) 418-3383 for all other programs.

How To Find Us

Recreation Program Registration – Spartan Gym (206) 418-3383
Swim Lesson & Aquatics Program Registration - Shoreline Pool .. (206) 362-1307
Spartan Gym & Picnic Shelter Rentals (206) 418-3383
Spartan Gym Fax Line (206) 418-3380
Pool Fax Line (206) 362-8450
Sports Fields & Facility Reservations (206) 418-3383
The REC Teen Recreation Center (206) 542-6511
City Hall Office (206) 546-5041
Online www.cityofshoreline.com/parks
TTY (206) 546-0457

Spartan Gym

18560 1st Avenue NE (Between the Senior Center and Shoreline Stadium)
(206) 418-3383

Spartan Gym Hours:

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

Shoreline Pool

19030 1st Avenue NE
(206) 362-1307

Pool Hours:

Monday – Friday	5:30 a.m. – 8:30 p.m.
Saturday	10:00 a.m. – 3:00 p.m.
Sunday	11:30 a.m. – 3:00 p.m.

City Hall

Shoreline City Hall
17544 Midvale Avenue N
Shoreline, WA 98133-4921
(206) 546-5041
Main Office Hours:
Monday-Friday 8:00 a.m. - 5:00 p.m.

Holiday Closures:

City Hall

Jan. 17 - Martin Luther King Jr. Day
Feb. 21 - President's Day

Spartan Gym

No holiday closures

Shoreline Pool

Jan. 17 - Martin Luther King Jr. Day

All programs in this brochure are intended for those with and without disabilities. If you believe you may need special accommodations, please call (206) 418-3383 and we will be happy to assist you.



Develop better coordination and relieve stress through Tai Chi.

Family Programs



Yes, he is my older brother! We love Parents' Night Out.

Parents' Night Out **NEW!**

Co-sponsored by the City of Shoreline and the Shoreline/South County YMCA. It's your turn to take time for yourself and go out for a Friday evening of fun. Bring your child to the Meridian Park School gymnasium for a night of exciting activities and you are free to go out for a dinner date, a movie, shopping, or all three! Please pre-register by the Wednesday before each Friday you plan to participate.

Age: 4 - 12 Years

#18688		
Fri	1/21	6:30-9:30 p.m.
#18689		
Fri	2/4	6:30-9:30 p.m.
#18690		
Fri	2/18	6:30-9:30 p.m.
#18691		
Fri	3/4	6:30-9:30 p.m.
#18692		
Fri	3/18	6:30-9:30 p.m.
#18693		
Fri	4/8	6:30-9:30 p.m.
#18694		
Fri	4/29	6:30-9:30 p.m.

Fee: \$6 w/Resident Disc: \$5
Location: Meridian Park School Gymnasium
Instructor: Shoreline Recreation Staff

Ceramic Pottery **NEW!** Painting

Looking for a great way to spend time with your family or group of friends? Bring them over to paint a hand-selected piece of pottery. Nothing is more valued than a personalized gift. Each workshop will feature a different theme. Here's how it works: you select the piece, paint it and then the instructor will glaze and fire it in the kiln. You pick it up at the Spartan Gym within five days. It's that easy! Supply fee for pottery pieces payable to instructor; pieces vary in cost \$6-35.

Age: All ages welcome, children under six years must be accompanied by an adult. Fee is per child.

#18649		
Valentine's Day mugs and heart boxes		
Sat	1/29	9:30-11:30 a.m.
#18650		
Infant/toddler hand and foot prints		
Thu	2/10	9:00-11:00 a.m.
#18651		
Infant/toddler hand and foot prints		
Tue	3/15	9:00-11:00 a.m.
#18652		
Easter/springtime baskets and bunnies		
Sat	3/19	9:30-11:30 a.m.
#18653		
Mother's Day frames and vases		
Sat	4/30	9:30-11:30 a.m.

Fee: \$6 w/Resident Disc: \$5
Location: Shoreline Center, Horizon Room
Instructor: Patrece Molina

Indoor Playground

Slides, teeter-totters, climbing toys, mini basketball hoops and multi-sized balls are available to allow young children plenty of room to run and play in a non-confining environment. Adults are responsible for supervising the children they bring. Please no more than five children per adult unless special permission is given by the Recreation Leader. Any preschools or other large groups, please call (206) 418-3383 in advance to let us know you are coming. No program 3/16. Fee is per child.

Age: 1 - 5 Years
Mon-Fri 1/3-4/29 9:30-11:30 a.m.
Fee: \$2 w/Resident Disc: \$2
Location: Spartan Gym

Discount pass now available!

10 visits:

Fee: \$16 w/Resident Disc: \$15

20 visits:

Fee: \$33 w/Resident Disc: \$30



Indoor Playground fun!

Indoor/Outdoor Play

Join us at the Richmond Highlands Recreation Center gymnasium for trikes, balls, parachutes and active toys. Burn some energy inside, then check out the new playground equipment outside geared for young ones. Fee is per child.

Age: 1 - 5 Years
Mon/Wed 4/18-5/25 9:30-11:30 a.m.
Fee: \$1 w/Resident Disc: \$1
Location: Richmond Highlands Recreation Center

Toddler/Preschool

Movin' and Groovin'



An inclusive parent and child play program for children with and without disabilities. You and your child can explore movement through a variety of motor, sensory and perceptual activities. Active parental and sibling participation, along with hands-on teaching by music therapist Wendy Zieve, will encourage skill building in all areas of your child's development.

#18686

Age: 2 - 3 Years
Mon 1/31-3/7 1:00-1:50 p.m.

#18687

Age: 3 - 5 Years
Mon 1/31-3/7 2:00-2:50 p.m.

#19351

Age: 2 - 3 Years
Mon 3/14-4/18 1:00-1:50 p.m.

#19352

Age: 3 - 5 Years
Mon 3/14-4/18 2:00-2:50 p.m.

Fee: \$32 w/Resident Disc: \$29

Location: Spartan Gym, Gymnastics Room

Instructor: Wendy Zieve



The parachute is a favorite part of Toddler Tunes.



Toddler Tunes

Come sing songs, dance, play games, and experiment with different musical instruments in this interactive class for parents and tots. All participants will be given a list of suggested tapes, songs, and activities to enjoy at home as well.

Parent participation required.

Age: 2 - 3 Years

#18351

Wed 2/2-3/23 9:30-10:15 a.m.

#18352

Wed 2/2-3/23 10:20-11:05 a.m.

#18554

Wed 4/20-6/8 9:30-10:15 a.m.

#18555

Wed 4/20-6/8 10:20-11:05 a.m.

Fee: \$52 w/Resident Disc: \$48

Location: Spartan Gym, Gymnastics Room

Instructor: Cindy Rothwell, music educator

Family Music



Music and movement abounds in this family music class geared for infants through preschoolers and their parents. We'll sing, rock, roll, dance and sway to lively music while enjoying quality family play time together. **Parent participation required.**

Age: 2 Months - 4 Years

#18581

Wed 2/2-3/23 11:15 a.m.-12:00 p.m.

#18582

Wed 4/20-6/8 11:15 a.m.-12:00 p.m.

Fee: \$52 w/Resident Disc: \$48

Location: Spartan Gym, Gymnastics Room

Instructor: Cindy Rothwell, music educator

Creative Dance

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

#18304 Parent/Tot

Age: 18 Months - 2 1/2 Years
Tue 1/25-3/15 10:00-10:45 a.m.

#18305 Parent/Child

Age: 2 1/2 - 4 Years
Tue 1/25-3/15 11:00-11:45 a.m.

#18306 Parent/Child

Age: 2 1/2 - 4 Years
Wed 1/26-3/16 6:15-7:00 p.m.

#18307 Parent/Tot

Age: 18 Months - 2 1/2 Years
Thu 1/27-3/17 9:30-10:15 a.m.

#18308 Parent/Child

Age: 2 1/2 - 4 Years
Thu 1/27-3/17 10:30-11:15 a.m.

#18309 Children Only

Age: 4 - 5 Years
Thu 1/27-3/17 11:30 a.m.-12:15 p.m.

#18310 Parent/Tot

Age: 18 Months - 2 1/2 Years
Tue 4/5-5/24 10:00-10:45 a.m.

#18311 Parent/Child

Age: 2 1/2 - 4 Years
Tue 4/5-5/24 11:00-11:45 a.m.

#18312 Parent/Child

Age: 2 1/2 - 4 Years
Wed 4/6-5/25 6:15-7:00 p.m.

#18313 Parent/Tot

Age: 18 Months - 2 1/2 Years
Thu 4/7-5/26 9:30-10:15 a.m.

#18314 Parent/Child

Age: 2 1/2 - 4 Years
Thu 4/7-5/26 10:30-11:15 a.m.

#18315 Children Only

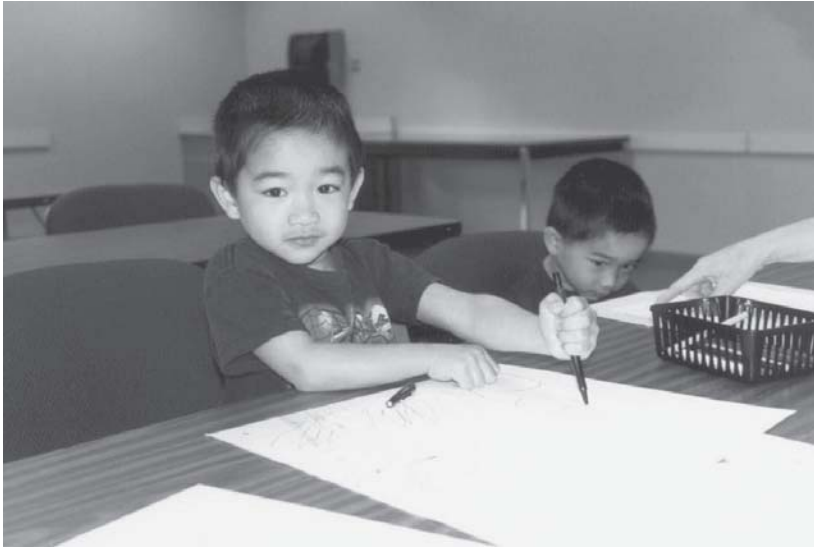
Age: 4 - 5 Years
Thu 4/7-5/26 11:30 a.m.-12:15 p.m.

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

Location: Spartan Gym, Gymnastics Room

Instructor: Miss Dena

Toddler/Preschool



I love to draw in Kidz Art!

Be My Valentine



Spend a special time together by creating your very own Valentine cards and art with your little one. Using colorful paper, glue, glitter, stamps and stickers, we'll make a Valentine you'll treasure for years to come. Dress for a mess. All supplies included. **Parent participation required.**

Age: 2 - 3 Years

#18571
Fri 2/11 10:00-10:45 a.m.

#18572
Fri 2/11 11:00-11:45 a.m.

Fee: \$11 w/Resident Disc: \$10

Location: Richmond Highlands Recreation Center

Instructor: Jennifer Dodd, preschool arts educator

Expressing creativity in a supportive environment helps youth build confidence throughout their lives.

-Search Institute

Toddle Time Tumbling

Walking, running, marching, swinging, moving to music, and the exploration of concepts such as up, down, in, out, through, etc. are important at this very young age. This class is designed to promote these movements in a friendly atmosphere.

Age: 18 Months - 3 Years

#18675
Tue 1/18-2/22 1:15-1:45 p.m.

#18676
Fri 1/21-2/25 9:30-10:00 a.m.

#18677
Tue 3/1-4/5 1:15-1:45 p.m.

#18678
Fri 3/4-4/8 9:30-10:00 a.m.

#18679
Tue 4/19-5/24 1:15-1:45 p.m.

#18680
Fri 4/22-5/27 9:30-10:00 a.m.

Fee: \$71 w/Resident Disc: \$65

Location: Spartan Gym, Gymnastics Room

Instructor: Cascade Elite Gymnastics Staff

Hands-on Art



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

#18573

Age: 2 - 3 Years
Fri 2/18-3/11 10:00-10:45 a.m.

#18574

Age: 3 - 4 Years
Fri 2/18-3/11 11:00-11:45 a.m.

#18575

Age: 2 - 3 Years
Fri 3/18-4/8 10:00-10:45 a.m.

#18576

Age: 3 - 4 Years
Fri 3/18-4/8 11:00-11:45 a.m.

#18577

Age: 2 - 3 Years
Fri 4/22-5/13 10:00-10:45 a.m.

#18578

Age: 3 - 4 Years
Fri 4/22-5/13 11:00-11:45 a.m.

Fee: \$35 w/Resident Disc: \$32

Location: Richmond Highlands Recreation Center

Instructor: Jennifer Dodd, preschool arts educator

Preschool Gymnastics

Our child-sized gymnastics equipment, music, games, and more are all used to help teach gymnastics basics to preschoolers. Emphasis is placed on having fun, learning, and following directions. Each session will offer new and exciting activities.

Age: 3 - 5 Years

#18666
Tue 1/18-2/22 2:00-2:30 p.m.

#18667
Fri 1/21-2/25 10:15-10:45 a.m.

#18668
Sat 1/22-2/26 2:45-3:15 p.m.

#18669
Tue 3/1-4/5 2:00-2:30 p.m.

#18670
Fri 3/4-4/8 10:15-10:45 a.m.

#18671
Sat 3/5-4/9 2:45-3:15 p.m.

#18672
Tue 4/19-5/24 2:00-2:30 p.m.

#18673
Fri 4/22-5/27 10:15-10:45 a.m.

Fee: \$71 w/Resident Disc: \$65

Location: Spartan Gym, Gymnastics Room

Instructor: Cascade Elite Gymnastics Staff

KidzArt

At this young age, learning to draw is as complex as learning to read. KidzArt will guide them in the transition from random scribbling to intentional drawing by helping them see the beautiful world around them with focused eyes. All supplies included.

Age: 4 - 5 Years

#18251
Thu 3/3-3/31 10:00-10:45 a.m.

#18252
Thu 4/21-5/19 10:00-10:45 a.m.

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

Location: Shoreline Center, Ronald Room

Instructor: Susan Martin, arts educator

Ballet & Jazz Combo



Your creative energy is bound to flow in this combination of classical ballet and jazz dance. Increase your balance, coordination, control and flexibility through dancing to some great music. Wear ballet shoes.

#18323

Age: 8 - 11 Years
Thu 1/27-3/31 4:45-5:45 p.m.

Fee: \$62 w/Resident Disc: \$58

Location: Spartan Gym, Dance Room

Instructor: Miss Lorna

Tap and Jazz



Have some fun with high energy music and dance steps in this tap and jazz combination class. We'll learn basic tap steps and jazz routines. Wear black ballet shoes and black tap shoes.

#18326

Age: 6 - 8 Years
Wed 1/26-3/30 4:15-5:00 p.m.

Fee: \$49 w/Resident Disc: \$45

Location: Spartan Gym, Dance Room

Instructor: Miss Lorna

Youth Jazz

Learn the basics of jazz and modern dance to popular top 40 hits. Class includes warm-up exercises, floor work and steps to a routine all to your favorite music. This is a fun class for friends to take together. Wear black leather ballet shoes.

#18354

Age: 9 - 11 Years
Wed 1/26-3/30 5:00-6:00 p.m.

Fee: \$62 w/Resident Disc: \$58

Location: Spartan Gym, Dance Room

Instructor: Miss Lorna

Creative Rhythm and Dance

Did you know that dance can make you a better athlete? Whether you play soccer, basketball, volleyball or just like to be active, dancing will make you stronger, more flexible and more coordinated. Using the concepts of dance, we will explore movement, develop dance skills, strengthen the body and the brain. Have fun interacting with others as we dance to a variety of music using props and instruments. Wear comfortable clothing and bare feet.

Age: 6 - 8 Years

#18327

Wed 1/26-3/16 5:15-6:00 p.m.

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

Location: Spartan Gym, Gymnastics Room

Instructor: Miss Dena

Dance Collective and Performance

Join eNergi, a youth dance collective as we explore the basics of choreography and staging set to music from around the world. Working with improvisation as a catalyst, dancers will develop their own work as solos and/or group pieces. Wear comfortable clothing and bare feet.

Age: 8 - 11 Years

#18330

Thu 1/27-3/24 4:00-5:30 p.m.

Fee: \$62 w/Resident Disc: \$58

Location: Spartan Gym, Gymnastics Room

Instructor: Miss Dena

Irish Dance



Riverdance is still one of the most popular shows - join this class and you'll know why. It's the great music, the high energy dance moves and the great fun that will keep you coming back for more. Learn basic dance steps, jigs and reels to traditional Irish music. Wear comfortable clothing and sport shoes or ballet slippers. No class 4/14.

Age: 6 - 12 Years

#18626

Thu 1/27-3/17 7:00-7:50 p.m.

#18627

Thu 4/7-6/2 7:00-7:50 p.m.

Fee: \$52 w/Resident Disc: \$48

Location: Richmond Highlands Recreation Center

Instructor: Peggy O'Toole Weber, certified Irish dance teacher with the Irish Dance Commission



Balance and focus are great skills for a dance class or a lifetime.

Meet the Instructors

Camille Baldwin-Bonney, dance graduate from the University of Washington with six years of teaching and performance experience.

Lorna Miller, dancer and choreographer, with a degree in dance from the Cornish College of the Arts and 13 years teaching experience.

Dena Lee, dancer and choreographer with 11 years of experience teaching youth dance with focus on creative dance.

Peggy O'Toole-Weber, certified Irish dance teacher with the Irish Dance Commission.



Pre-Ballet

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

#18317 Beginning Students

Age: 4 Years
Mon 1/24-3/28 4:15-5:00 p.m.
Location: Spartan Gym, Dance Room
Instructor: Miss Lorna

#18316 Continuing Students

Age: 4 - 5 Years
Mon 1/24-3/28 5:00-5:45 p.m.
Location: Spartan Gym, Dance Room
Instructor: Miss Lorna

#18318 Beginning/Continuing Students

Age: 5 - 6 Years
Thu 1/27-3/31 4:00-4:45 p.m.
Location: Spartan Gym, Dance Room
Instructor: Miss Lorna

#18319 Beginning/Continuing Students

Age: 3 Years
Fri 1/28-4/1 10:00-10:45 a.m.
Location: Richmond Highlands Recreation Center
Instructor: Miss Lorna

#18320 Beginning/Continuing Students

Age: 4 Years
Fri 1/28-4/1 10:45-11:30 a.m.
Location: Richmond Highlands Recreation Center
Instructor: Miss Lorna

#18321 Beginning/Continuing Students

Age: 4 - 6 Years
Sat 1/22-3/26 10:15-11:00 a.m.
Location: Spartan Gym, Dance Room
Instructor: Miss Camille

#18322 Beginning/Continuing Students

Age: 4 - 6 Years
Sat 1/22-3/26 11:00-11:45 a.m.
Fee: \$49 w/Resident Disc: \$45
Location: Spartan Gym, Dance Room
Instructor: Miss Camille

Beginning Ballet

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

#18324

Age: 6 - 8 Years
Mon 1/24-3/28 5:45-6:30 p.m.
Fee: \$49 w/Resident Disc: \$45
Location: Spartan Gym, Dance Room
Instructor: Miss Lorna

#18325

Age: 6 - 10 Years
Sat 1/22-3/26 12:00-1:00 p.m.
Fee: \$62 w/Resident Disc: \$58
Location: Spartan Gym, Dance Room
Instructor: Miss Camille



Spring Dance Recital

All dance students of the following classes will have the opportunity to participate in our Spring Dance Recital on Saturday, June 4. Participation is optional. If you would like to participate, you will order your recital costume (an additional fee) in February, then sign up for the same dance class later this quarter. Registration for April classes will be distributed during January classes, as classes beginning in April are not open to general registration.

Pre-Ballet

Beginning Ballet

Ballet and Jazz

Creative Rythym and Dance

Tap and Jazz

Youth Jazz

Dance Collective and Performance



Youth

Babysitter's Training Course

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

Age: 11 Years and up

#18361
Sat 1/29 9:00 a.m.-4:00 p.m.

#18362
Sat 2/26 9:00 a.m.-4:00 p.m.

#18363
Sat 3/19 9:00 a.m.-4:00 p.m.

#18364
Sat 4/23 9:00 a.m.-4:00 p.m.

Fee: \$49 w/Resident Disc: \$45

Location: Shoreline Center,
McAleer Room

Instructor: American Red Cross Staff

Family Karate

Self-defense, confidence and physical fitness are some of many benefits that come from quality Karate training. Join dedicated instructors and a friendly, diverse group of students in the study of Tang Soo Do, a traditional Korean style of Karate. Supplemental self-defense training includes techniques from Judo and Aikido. Rank promotion is available to those who train regularly, and special classes are offered to advanced ranks. The Wednesday evening program is designed for intermediate or advanced students with ranks green belt and above. No class on 1/17 and 2/21.

Age: 9 Years and up

#18697
Mon 1/10-3/14 7:15-8:30 p.m.
Fee: \$32 w/Resident Disc: \$29

#18698
Wed 1/12-3/2 7:15-8:30 p.m.
Fee: \$32 w/Resident Disc: \$29

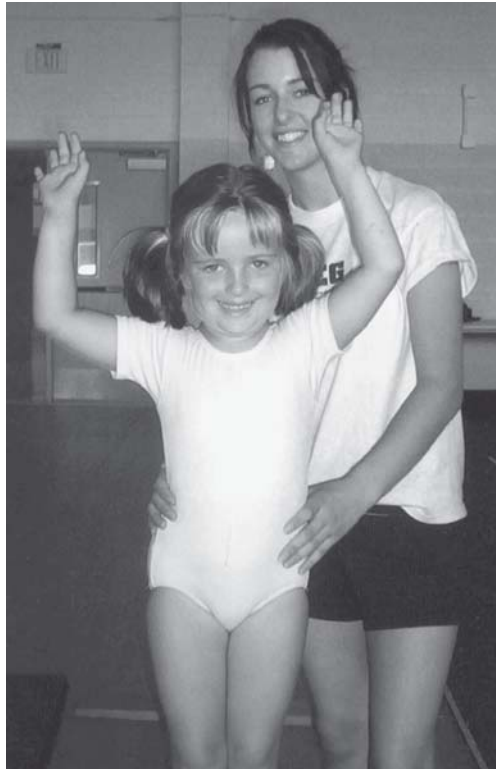
#18699
Mon/Wed 1/10-3/14 7:15-8:30 p.m.
Fee: \$60 w/Resident Disc: \$55

#18700
Mon 3/21-5/9 7:15-8:30 p.m.
Fee: \$32 w/Resident Disc: \$29

#18701
Wed 3/9-4/27 7:15-8:30 p.m.
Fee: \$32 w/Resident Disc: \$29

#18702
Wed/Mon 3/9-5/2 7:15-8:30 p.m.
Fee: \$60 w/Resident Disc: \$55
Location: Richmond Highlands
Recreation Center

Instructor: Gail Hammer & Eric Madis



Gymnastics gives participants a great sense of accomplishment while having fun, too.

Children's Self-Protection and Awareness

Effective and empowering self-protection and safety awareness program designed to educate kids on the importance of personal safety and help them to develop a mature, quiet confidence that comes from true self-defense skills. Come prepared to learn and have fun. Wear loose fitting clothing.

#18695
Age: 5 - 7 Years
Thu 3/3-4/7 5:30-6:15 p.m.

#18696
Age: 8 - 12 Years
Tue 3/1-4/5 5:30-6:30 p.m.

Fee: \$49 w/Resident Disc: \$45
Location: Spartan Gym, Gymnastics Room
Instructor: Keith Seydlitz



Cascade Elite Gymnastics

This program is designed to help develop gymnastics skills and confidence. Step-by-step progression using curriculum from the Cascade Elite Gymnastics Training Center.

#18683

Age: 5 - 12 Years
Sat 1/22-2/26 1:30-2:20 p.m.

#18685

Age: 5 - 12 Years
Sat 3/5-4/9 1:30-2:20 p.m.

Fee: \$93 w/Resident Disc: \$86

Location: Spartan Gym, Gymnastics Room

Instructor: Cascade Elite Gymnastics Staff

Personal Youth Basketball Trainer

Want to learn how to play better basketball but don't know how to begin? It may be time for you to work out with a personal youth basketball trainer at the Spartan Gym. Once you register, instructor Wayne Edwards will contact you to set up an appointment at your convenience. Wayne is the current 5th grade coach at Lakeside School. He has 15+ years of coaching experience in the Shoreline School District, including several summers working as a counselor at the University of Washington camps for kids.

#18802

Age: 8 Years and up
Fee: \$29/hr w/Resident Disc: \$26/hr
Location: Spartan Gym
Instructor: Wayne Edwards

Positive Choices Anti-Bullying Workshop

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

#18403

Age: 7 - 11 Years
Sat 3/26 10:00 a.m.-2:00 p.m.

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

Location: Shoreline Library

Instructor: Paul Figueroa, former King County police officer

Cartooning

Have fun drawing all new cartoon characters and creating your own comic strip. Your imagination is your limit! All supplies provided.

#18476

Age: 6 - 9 Years
Sat 1/29 10:15 a.m.-12:15 p.m.

#18477

Age: 9 - 11 Years
Sat 1/29 1:00-3:00 p.m.

#18478

Age: 6 - 9 Years
Sat 4/16 10:15 a.m.-12:15 p.m.

#18479

Age: 9 - 11 Years
Sat 4/16 1:00-3:00 p.m.

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

Location: Shoreline Library

Instructor: Jeanne Shepard, Northwest Cartoonist

Flower Power

Join us for a fun and interactive art program all focused on flowers. Each week we'll create all new projects for you to take home and keep or give as gifts. We'll make decoupage frames, boxes, floral paintings and more. All supplies included.

#18580

Age: 6 - 9 Years
Tue 4/19-5/10 4:00-5:00 p.m.

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

Location: Shoreline Center, McAleer Room

Instructor: Jennifer Dodd, arts educator

KidzArt

The KidzArt drawing experience allows students to break down a drawing or project that may seem too difficult or too big into smaller components using the language of shapes. Once this concept is fully integrated, your child will begin to "see" like an artist and lose the fear associated with drawing or approaching the unfamiliar. All art supplies included.

Age: 6 - 11 Years

#18357

Wed 3/2-3/30 4:30-5:30 p.m.

#18358

Wed 4/20-5/18 4:30-5:30 p.m.

Fee: \$52 w/Resident Disc: \$48

Location: Shoreline Center, Northridge Room

Instructor: Susan Martin

Kids in the Kitchen

Wow your family and friends with your culinary abilities! Learn to make after school snacks and dishes to supplement your family meal. Homemade applesauce, mini-pies, quick breads and other yummy treats are on the menu. All supplies included.

#18579

Age: 7 - 11 Years
Sat 3/5-3/26 10:00-11:00 a.m.

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

Location: Richmond Highlands Recreation Center

Instructor: Jennifer Dodd

Knitting for Beginners

Scarves, hats, dishcloths and throws are all a craze. Learn to knit your own using favorite yarns and colors. This beginning level class will teach you to cast on, knit and purl to make various patterns and designs. No prior experience is necessary. Bring a pair of size 6 needles and a ball of worsted weight yarn (wool, acrylic or cotton).

Age: 6 - 12 Years

#18617

Tue 1/25-2/15 5:00-6:00 p.m.

#18618

Tue 3/1-3/22 5:00-6:00 p.m.

#18619

Tue 3/29-4/19 5:00-6:00 p.m.

Fee: \$35 w/Resident Disc: \$32

Location: Shoreline Center, Alumni Room

Instructor: Karin Virnig

Youth Guitar Lessons

Have you always wanted to play the guitar? Here's your chance to learn in a group setting. Learn basic chords, chord progressions, finger picking styles, how to read music and music theory. You will also learn to tune and care for your guitar. Bring your own guitar. Students will also need to purchase a music textbook from instructor for an additional \$27.

Age: 10 - 14 Years

#18355 **Beginning Students**

Tue 1/18-3/8 4:30-5:30 p.m.

#18356 **Beginning Students**

Tue 3/15-5/3 4:30-5:30 p.m.

#18583 **Continuing Students**

Tue 1/18-3/8 7:00-8:00 p.m.

#19301 **Continuing Students**

Tue 3/15-5/3 7:00-8:00 p.m.

Fee: \$60 w/Resident Disc: \$55

Location: Shoreline Center, Richmond Room

Instructor: Patty Bailey, music educator

Drop-In Indoor Radio Control Flying

NEW!

Are you a radio control flying enthusiast? Are you looking for a facility to fly your radio control planes and helicopters indoors during the inclement winter months? Join us on Friday nights at the Spartan Gym for your aero enjoyment. Raised seating will be set up on one side of the gym where you are welcome to attempt some new handling maneuvers, test your flying machine capabilities, and much, much more at this drop-in activity. Invite your flying friends. Bring your own flying machines and fellow radio control club members by to check out the 12,000 square foot gymnasium facility. For further details, call (206) 418-3383.

Age: 12 years and up

#19051

Friday 1/21 - 3/25 5:15-7:15 p.m.

Fee: \$3 at the door

Location: Spartan Gym

Instructor: Mike Parker

Try this cool class during your mid-winter or spring break from school...

South Pacific Island Tour

NEW!

Want to escape to the islands of the South Pacific this winter and/or spring break? You can do so right here in Shoreline. Explore the music, dance, songs, language and crafts of Hawaii, New Zealand and Tahiti. Learn how to hula and discover the wisdom and charm of the Polynesian culture. This colorful three-day program will take place at the Aloha Island Treasures studio in Shoreline. All supplies included.

Age: 6 - 12 Years

#18636

Tue-Thu 2/22-2/24 1:00-4:00 p.m.

#18638

Tue-Thu 4/12-4/14 1:00-4:00 p.m.

Fee: \$52 w/Resident Disc: \$48

Location: Aloha Island Treasures, 17034 Aurora Ave. N.

Instructor: Gloria Fujii, Seattle area's foremost teacher of hula and Polynesian dance and culture.

Some great activities during your mid-winter break from school...

Looking Good

Girls: You know the hot new look. How do you make it work for you? Learn about clothing personality, coloring, body types, and shopping on a budget. You will learn what's fact and what's fiction when it comes to great skin, a fresh natural makeup look, and beautiful nails, while pampering yourself with a full facial and manicure. This is a great class for friends to take together! Bring clear nail polish, mascara and a lunch.

#18401

Age: 10 - 14 Years
Wed 2/23 9:00 a.m.-3:00 p.m.
Fee: \$52 w/Resident Disc: \$48
Location: Shoreline Center, Richmond Room
Instructor: Deborah King, owner of Final Touch Finishing School

Young Ladies and Gentlemen

This popular workshop will teach your child telephone etiquette, table manners, how to make introductions, self-esteem, self-reliance and more! Each participant will take home a goodie bag.

#18402

Age: 7 - 10 Years
Tue 2/22 9:30 a.m.-12:30 p.m.
Fee: \$38 w/Resident Disc: \$35
Location: Shoreline Center, Ronald Room
Instructor: Deborah King



Instructor Helen Filion will show you how easy it is to braid hair.

Mom 'n Me Hair Braiding

Moms and daughters will have fun together learning the basics of hair braiding from a professional hair stylist. Learn simple braids, French braiding, up-do's and other styles for long hair. Perfect for a mother/daughter team as long as one has long hair. Bring hairbrush, comb and hand-held mirror.

Age: 5 - 12 Years

#18359

Mon 2/7 6:30-8:00 p.m.

#18360

Mon 4/4 6:30-8:00 p.m.

Fee: \$18 w/Resident Disc: \$16
Location: Shoreline Center, Northridge Room
Instructor: Helen Filion, owner of Aloha Beauty Salon



Shoreline Youth Sports Organizations

Shoreline Univac Football
 (206) 524-3185

Richmond Football
 (206) 365-7411

Shoreline Cheer
 (206) 365-7411

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

Shoreline South County YMCA
 (206) 364-1700

Hillwood Soccer Club
 (206) 542-3353
hillwood@att.net

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

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

Richmond Little League
 Baseball/Softball
 (206) 546-2255

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

Edmonds-Shoreline Snowsports
 (206) 546-2962
www.ESSnowsports.org

Shoreline Univac Basketball
 (206) 367-6548

The REC

16554 Fremont Avenue N. • Shoreline • (206) 542-6511

The REC Hours:

Monday	1:30-7:00 p.m.
Tues-Thurs	2:30-7:00 p.m.
Friday	2:30 p.m. - Midnight
Saturday	7:00 p.m. - Midnight

The REC will be closed: January 1 & February 5

Come kick it with your friends at The REC. You can shoot some pool, play hoops, watch movies, eat free food, listen to some good jams or just hang out. And...it's all FREE!

Hip Hop Mondays

3:00-7:00 p.m.

Come to the REC and experience the culture of Hip-Hop. Breakdance lessons, circles, open mic, black book graf sessions, and listen to the sounds of local DJs.

Express Yourself Tuesdays

3:00-6:00 p.m.

Come and show your artistic ability while creating a masterpiece. Here is what we have planned:

January:	Snowflakes & Stamping
February:	Greeting Cards
March:	Origami
April:	Scratch Art

Movie Matinee Wednesdays

3:30 p.m.

Every Wednesday, come to the REC Theater and enjoy a movie and some popcorn with your friends. We show new releases to old time favorites.

Sports Day Thursdays

3:00-6:00 p.m.

Do you enjoy playing sports? Then the REC is the place to be on Thursdays. We will be playing PE games like badminton, pickleball, basketball, indoor soccer, and others. No skills required!

Pool Tournaments

9:00 p.m.

Come and shoot some stick against other local teens. It's free to enter and you might even win a cool prize.

8 Ball – 1/7, 2/11, 3/11, 4/8
9 Ball – 1/21, 2/25, 3/25, 4/22

Hip Hop Fridays

9:00 p.m.-12:00 a.m.

1/14, 2/18, 3/18, 4/15

Can you flow, spin, or break? Come to the REC to see if you can become B-Boy/B-Girl of the month during a 1-on-1 battle or just come and practice.

Movie Nights

9:00 p.m.

1/8, 2/12, 3/12, 4/9

The REC Theater presents a new release movie. Anyone want popcorn?

Card Competitions

8:00 p.m.

Join us at the REC to see who will be the best card players. This winter we have three card game competitions to compete in.

Jan 22	Rummy
Feb 19	Thirteen
March 19	Speed

3-on-3 Tournaments

8:00 p.m.

1/29, 2/26, 3/26, 4/30

That's right they're back. Join us at the REC for the last Saturday of the month for a 3-on-3 basketball tourney. Come with a team or join one when you arrive and see if you can win a prize.

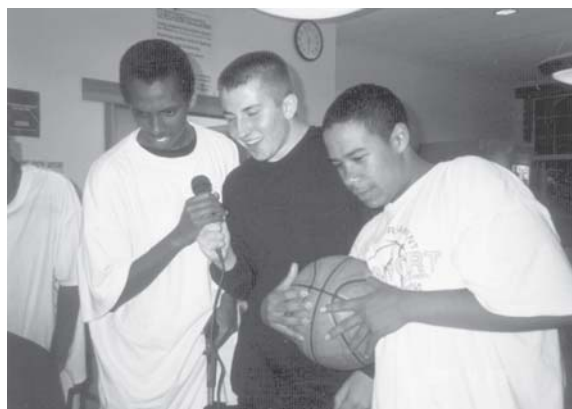
Watch for the Annex Teen Center to reopen on Fridays and Saturdays this winter! Date to be announced.

The Annex

2800 N.E. 200th Street • Shoreline • (206) 546-5123

Going back to Annex, Annex, Annex....yeah, we do think so... here's what will be happening! Hoops, Hip Hop nights, movies, 3-on-3 Tournaments, Pool Tournaments, Ping Pong, Foosball, card nights, volleyball, floor hockey, indoor soccer, arts & crafts, badminton, whiffle ball, and of course **free food!**

Sponsored by:



*Hangin' out with friends at the Shoreline Teen Program.
It's the place to be!*

*Transportation available to and from the Teen Program on Friday and Saturday nights from Lake Forest Park Town Center. For more information, contact Waldo at (206) 546-0662.

Teens

SPECIAL EVENTS AT THE REC

Fat Laces '05

Do you consider yourself a B-Boy or B-Girl? Compete, watch or participate in open circles. This winter's annual event is the place. Competitions and performances to be announced.

Sat 2/5 7:00-11:00 p.m.

Location: Richmond Highlands Recreation Center, 16554 Fremont Ave. N.

Fee: Free!

All EYES on Me (Talent Show)

The Talent Show is here for its second year at the REC on March 19. Join us for a night where teens showcase their abilities and talent. Singing, dancing, step-shows, and other performances will take center stage for fun and excitement.

Sat 3/19 8:00-11:00 p.m.

Location: Richmond Highlands Recreation Center, 16554 Fremont Ave. N.

Fee: Free!

Lock-In

Come spend the night at the REC. Competitions, food, friends, and good times to remember.

Sat/Sun Midnight on 4/16 to 7:00 a.m. on 4/17

Location: Richmond Highlands Recreation Center, 16554 Fremont Ave. N.

Fee: Free!

AFTER SCHOOL PROGRAMS



Einstein After School Program

Every Monday and Thursday come play all kinds of games, take trips to various skateparks, and play sports from Speedball and board games to Ping-Pong. Participate in various tournaments to win cool prizes! Stop by the SAC or main office for more information.

Mon/Thu 1/3-4/21 3:00-5:00 p.m.

Einstein Climbing Club

Join one of the coolest clubs at school. Club includes five climbs at Vertical World indoor gym and one climb at the Pinnacle at REI. You also get your very own "Einstein Climbing Club" t-shirt. Now is your time to be an extreme sports star!

#18058

Age: 12 - 15 Years

Thu 1/13-3/3 3:00-5:45 p.m.

Fee: \$70 w/Resident Disc: \$65

Location: Einstein Middle School

Kellogg Middle School HANG TIME

What better place to hang out than Kellogg Hang Time! All kinds of fun awaits you after school on Tuesdays, Wednesdays, and Thursdays with numerous activities. Come win some cool prizes in the Teen Program tournaments! Stop by the Hang Time office for more information.

Tue-Thu 1/4-4/21 3:00-5:00 p.m.



Jamba Chat Series: 8:00 p.m. each night at the REC

Cigarettes: Life & Death 1/29

Rich and Poor: Equality? 2/26

Marijuana: The consequences 3/26

Violence in Today's World 4/30

Empowering Youth Everywhere (E.Y.E.)

EYE is all about empowering youth through leadership and organizational skills. What does it take to voice in activities in Shoreline. We will attend the Partners in Prevention retreat where we join other Teens from all over King County. Community service hours available. If you would like to participate please contact Waldo at (206) 546-0662.

College Representative Visits:

Seattle University	1/24	3:00-8:00 p.m.
South Seattle Community College	1/31	9:30 a.m.-3:30 p.m.
University of Washington	2/23	9:30 a.m.-3:30 p.m.
Western Washington University	4/14	9:30 a.m.-4:30 p.m.

Special Events:

Festival Sundiata	2/19	11:30 a.m.-4:30 p.m.
Cambodian Celebration	4/23	11:30 a.m.-4:30 p.m.

TEEN TRIPS

All pick ups and drop offs happen at the Richmond Highlands Recreation Center (The REC), 16554 Fremont Ave. N. Please call Alexis at (206) 546-6227 with any questions.

Snowride the Passes

Enjoy our local mountain passes. Everybody loves a good time in the snow! All ability levels are welcome. Don't waste your time off just sitting on your couch!

Age: 12 - 19 Years

#18102 Snoqualmie - Day Trip

Mon 1/17 7:30 a.m.-5:30 p.m.

Fee: \$27 - transportation only
\$48 - lift ticket only
\$69 - lift, lesson, rental

w/Resident Disc:

\$25 - transportation only
\$45 - lift ticket only
\$65 - lift, lesson, rental

#18103 Stevens - Day Trip

Mon 1/31 7:00 a.m.-6:00 p.m.

Fee: \$27 - transportation only
\$54 - lift ticket only
\$75 - lift, lesson, rental

w/Resident Disc:

\$25 - transportation only
\$50 - lift ticket only
\$70 - lift, lesson, rental

#18104 Stevens - Day Trip

Wed 2/23 7:00 a.m.-6:00 p.m.

Fee: \$27 - transportation only
\$54 - lift ticket only
\$75 - lift, lesson, rental

w/Resident Disc:

\$25 - transportation only
\$50 - lift ticket only
\$70 - lift, lesson, rental

#18105 Snoqualmie - Night Trip

Thu 2/24 2:30-11:00 p.m.

Fee: \$27 - transportation only
\$43 - lift ticket only
\$64 - lift, lesson, rental

w/Resident Disc:

\$25 - transportation only
\$40 - lift ticket only
\$60 - lift, lesson, rental

Whistler Overnight

Travel to an exotic foreign country during your break! Enjoy the best snow Canada has to offer. We'll join teens from other cities in taking over the local hostel and the local slopes. Enjoy home cooked meals and good times you'll never forget.

#18101

Age: 12 - 19 Years

Tue-Thu Noon on 4/12 to
6:00 p.m. on 4/14

Fee: \$145 w/Resident Disc: \$135



Girlz Group!

All Girlz Group activities are free. Pre-registration is required. Pick up and drop off for all trips takes place at the Richmond Highlands Recreation Center (The REC), 16554 Fremont Avenue N. Please call Alexis at (206) 546-6227 if you have questions.

Age: 12 - 19 Years

#18051 Seattle Animal Shelter

Wed 1/19 4:00-6:00 p.m.

#18052 Girl Talk: Coffee Talk

Wed 2/2 4:00-6:00 p.m.

#18053 Music and Meal

Wed 2/23 4:00-6:00 p.m.

#18054 Girl Talk: Women and Media

Wed 3/2 4:00-6:00 p.m.

#18055 KISS 106.1 Tour

Mon 3/21 1:30-4:00 p.m.

#18056 Carmona Flemco

Sat 4/9 7:00-9:30 p.m.

#18057 Bowling

Wed 4/20 3:30-5:30 p.m.

Hip Hop Dance

Yeah! Want moves like Usher? Here's your chance! Learn the latest steps from a young and energetic instructor. She'll show you how to groove on the dance floor.

#19152

Date: 1/19-2/16
7:30-8:30 p.m.

Location: Spartan Gym,
Gymnastics Room

Fee: \$50 or \$12/session

w/Resident Disc: \$45 or

\$10/session

Instructor: Francesca Abellera



Shoreline Pool

19030 1st Avenue NE
Shoreline, WA 98155

PHONE: (206) 362-1307

Regular Hours:

Monday - Friday 5:30 a.m.- 8:30 p.m.
Saturday 10:00 a.m.-3:00 p.m.
Sunday 11:30 a.m.-3:00 p.m.

Pool Closures:

January 1 - New Year's Day
January 17- Martin Luther King Jr. Day

"No School" Swim Days:

Special Afternoon Public Swims

1:15-3:00 p.m.

January 31
February 21-25
March 21
April 11-15, April 25
May 16

General Admission Fees

Children 4 & under Free
w/ Resident Disc. Free
Youth 5-17 years \$2.75
w/ Resident Disc. \$2.25
Disabled & Seniors 60+ years ... \$2.75
w/ Resident Disc. \$2.25
Adult \$3.75
w/ Resident Disc. \$3.25
Family-parent & their children . \$9.00
w/ Resident Disc. \$8.00
Shower Only \$1.50
W/ Resident Disc. \$1.00

WATER AEROBICS:

Adult Drop-in \$4.50
w/ Resident Disc. \$4.00
Senior Drop-in \$3.75
w/ Resident Disc. \$3.00

ARTHRITIS CLASSES \$3.75
w/ Resident Disc. \$3.50

Pool Party Rentals

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

Hourly rentals are as follows:

1 to 60 people \$90
w/ Resident Disc. \$80
61 to 150 people \$145
w/ Resident Disc. \$125

LESSON SESSION REGISTRATION DATES

Session I

Registration Date

Current Sat. Students: Dec. 11, 10:00 a.m.-1:00 p.m.
Current Mon./Wed Students: Dec. 13, 5:30-7:30 p.m.
Current Tue/Thu Students: Dec. 14, 6:00-7:30 p.m.
New Students/Open Registration: Dec. 15 – walk-in at 10:00 a.m., phone-in at 1:00 p.m.
*No class on Feb. 5 due to U.S. Swim meet

Lesson Session Dates

Sat, Jan. 8- Feb. 19*
Mon/Wed, Jan. 10-Feb. 16
Tue/Thu, Jan. 11-Feb. 17

Session II

Registration Date

Current Sat. Students: Feb. 12, 10:00 a.m.-1:00 p.m.
Current Mon./Wed. Students: Feb. 14, 5:30-7:30 p.m.
Current Tue/Thu Students: Feb. 15, 6:00-7:30 p.m.
New Students/Open Registration: Feb. 16, walk-in at 10:00 a.m., phone-in at 1:00 p.m.

Lesson Session Dates

Sat, March 5- April 9
Mon/Wed, Feb. 28-April 6
Tue/Thu, March 1-April 7

Session III

Registration Date

Current Sat. Students: April 2, 10:00 a.m. to 1:00 p.m.
Current Mon./Wed. Students: April 4, 5:00-7:30 p.m.
Current Tue/Thu Students: April 5, 5:00-7:30 p.m.
New Students/Open Registration: April 6, walk-in at 10:00 a.m., phone in at 1:00 p.m.
**No lesson May 28 (Memorial Day weekend)

Lesson Session Dates

Sat, April 23-June 18**
Mon/Wed, April 18-May 18
Tue/Thu, April 19-May 19

How to Register:

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

- Determine class days and desired time
- Register on scheduled registration dates (listed in adjacent boxed section on this page.)
- Payment must be made at time of registration
- Classes not sufficiently filled may be combined, moved, or canceled.

Pool Passes

Save money while you swim! Passes make great gifts!

	Youth	Senior	Disabled	Adult	Family
10 Punch	\$22	\$22	\$22	\$30	\$72
w/ Resident Disc.	\$18	\$18	\$18	\$26	\$64
1 Month	\$37.25	\$37.25	\$37.25	\$50.50	\$121.50
w/ Resident Disc.	\$26	\$26	\$26	\$43.75	\$108
3 Month	\$99	\$99	\$99	\$135	\$270
w/ Resident Disc.	\$78	\$78	\$78	\$117	\$234
6 Month	\$148	\$148	\$148	\$202.50	\$405
w/ Resident Disc.	\$135	\$135	\$135	\$189	\$378
1 Year	\$259	\$259	\$259	\$354.35	\$708.70
w/ Resident Disc.	\$236.25	\$236.25	\$236.25	\$330.75	\$661.50

Lifeguard Training and Water Safety Instructor Courses are both being offered this quarter! See page 20 for details or call the Shoreline Pool at (206) 362-1307.

SWIM LESSONS

Learn to swim with our extraordinary instructional staff!



Practice Card

Did you know each participant in our swim lesson program receives a free practice pass? The more practice each participant gets, the more comfortable and confident they become with the skills required for their level.

Practice pass is for six free visits during the dates of current swim lesson session the participant is registered for.

If child is under the age of seven, a parent/guardian can accompany the child in the pool at no charge.

To receive your practice pass, we need to take a picture of the participant and load it onto a scan pass. If you currently have a scan pass – it is reloaded with practices each time you register.

Adult

Ages 13 years & up

Beginning: No experience.

Intermediate/Advanced: Refine strokes, breathing & distance.

Half-Way Day

Half-way through the swim lesson session meet with your child's instructor the last ten minutes of class to learn about your child's progress. The instructor will give you a report card to let you know what your child is doing well and what needs improvement before the end of the session.

Parent-Infant Tot Swim Lessons

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

Preschool

Ages 3-5 years

Level 1: Little or no previous water experience.

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

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

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

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

Youth

Ages 6-14 years

Level 1: Little or no previous experience.

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

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

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

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

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

Level 7: Swim 500 yards combination of strokes.

Competitive Skills: have completed Youth level 6 or 7

LESSON SCHEDULE

Morning, Evening and Saturday

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

Morning Classes

Tuesday/Thursday, 10:00 to 11:30 a.m.
30 minutes each

Evening Classes

Preschool/Youth:

Monday & Wednesday, 5:30-7:30 p.m.

OR

Tuesday & Thursday, 6:00-7:30 p.m.
30 minutes each

*beginning session 2, classes start at 5:00 p.m.

Adult:

Monday & Wednesday
8:30-9:15 p.m. Int./Adv.
8:30-9:00 p.m. Beg. Adult

Saturday Classes

Between 10:00 a.m.-12:35 p.m.
30 minutes each

Swim Lesson Fees

Saturday Classes

(6 lessons, 1x per week)

Parent & Tot,	
6 months-3 years	\$27
w/ Resident Disc.	\$24
Preschool, Youth, Diving	\$27
w/ Resident Disc.	\$24
Competitive Skills	\$40.50
w/ Resident Disc.	\$36

Morning/Afternoon/Evening Classes

(2x per week, 12 lessons)

Parent & Tot,	
6 months-3 years	\$54
w/ Resident Disc.	\$48
Preschool, Youth, Adult Beg.	\$54
w/ Resident Disc.	\$48
Adult/Int/Adv. (45 minutes)	\$54
w/ Resident Disc.	\$48

Morning/Afternoon/Evening Classes for Session 3

(2x per week, 10 lessons)



Parent & Tot,	
6 months-3 years	\$45
w/ Resident Disc.	\$40
Preschool, Youth, Adult	\$45
w/ Resident Disc.	\$40
Adult/Int/Adv. (45 minutes)	\$45
w/ Resident Disc.	\$40

Shoreline Pool

2005 Winter-Spring Schedule ~ January 2-June 26

19030 1st Avenue NE, Shoreline, WA 98155, (206) 362-1307

(Pool Closed January 1 & 17)

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-7:00 a.m. 5:30-6:30 a.m.	Early Riser Lap Swim & Family Swim	Early Riser Lap Swim & Family Swim	Early Riser Lap Swim Family Swim	Early Riser Lap Swim Family Swim	Early Riser Lap Swim Family Swim		
6:30-7:30 a.m. 7:00-8:00 a.m.	Shallow Water Aerobics & Masters Swim Team	Shallow Water Aerobics & Masters Swim Team	Shallow Water Aerobics & Masters Swim Team	Shallow Water Aerobics & Masters Swim Team	Shallow Water Aerobics & Masters Swim Team		
7:45-8:45 a.m. 8:00-9:00 a.m.	Shallow Water Aerobics & Lap Swim	Shallow Water Aerobics & Lap Swim	Shallow Water Aerobics & Lap Swim	Shallow Water Aerobics & Lap Swim	Shallow Water Aerobics & Lap Swim	8:00-10:00 a.m. High School Swim Team	
9:00-10:00 a.m.	Gentle Lap Swim & Arthritis Therapy	Gentle Lap Swim & Gentle Exercise	Gentle Lap Swim & Arthritis Therapy	Gentle Lap Swim & Gentle Exercise	Gentle Lap Swim & Arthritis Therapy	Shallow Water Aerobics 8:45-9:45 a.m.	
10:00-11:00 a.m.	Lap Swim & Arthritis Therapy	Lap Swim & Swim Lessons	Lap Swim & Arthritis Therapy	Lap Swim & Swim Lessons	Lap Swim & Arthritis Therapy	Deep Water Aerobics 10:00-11:00	Scheduled Programs
10:30-11:30 a.m.	Lap Swim & Deep Water Aerobics	Lap Swim & Swim Lessons	Lap Swim & Deep Water Aerobics	Lap Swim & Swim Lessons	Lap Swim & Deep Water Aerobics	Swim Lessons 10:00 a.m.- 12:45 p.m.	
11:30 a.m.- 1:00 p.m.	Lap Swim & Family Swim	Lap Swim & Family Swim	Lap Swim & Family Swim	Lap Swim & Family Swim	Lap Swim & Family Swim	Lap Swim & Swim Lessons	Lap Swim & Family Swim
1:00-3:00 p.m.	Scheduled Programs	Home School Lessons	Scheduled Programs	Home School Lessons	Scheduled Programs	Public Swim 1:00-3:00 p.m.	Public Swim 1:00-3:00 p.m.
3:00-6:00 p.m.	High School Swim Team	High School Swim Team	High School Swim Team	High School Swim Team	High School Swim Team	RENTALS AVAILABLE 3:00-7:00 p.m.	RENTALS AVAILABLE 3:00-7:00 p.m.
6:00-7:45 p.m.	Cascade ST Swim Lessons	Cascade ST Swim Lessons	Cascade ST Swim Lessons	Cascade ST Swim Lessons	Cascade ST Family Swim		
7:45-8:45 p.m. Mon/Wed	Public Swim (2 lap lanes) 7:45-8:45 p.m.	Shallow & Deep Water Aerobics 7:35-8:35 p.m.	Real Deal Public Swim (No lap lanes) 7:45-8:45 p.m.	Shallow & Deep Water Aerobics 7:35-8:35 p.m.	Public Swim (2 lap lanes) 7:30-8:30 p.m.		
7:30-8:30 p.m. Tu/Th/Fri		Lap Swim (3 lanes) 7:45-8:45 p.m.		Lap Swim (3 lanes) 7:45-8:45 p.m.			

- Children under 7 years of age must be accompanied by an adult in the water at all times.
- Family Swims are adult/child programs in the shallow end only, an adult must be in the water with a maximum of three children per adult.

Public Swim

Mon/Wed: 7:45-8:45 p.m.

Fri: 7:30-8:30 p.m.

Sat & Sun: 1:00-3:00 p.m.

Have fun, get wet, do a belly flop. Enjoy the pool, the diving board, mats, noodles, inner tubes, and the slide with friends and family. Open to all ages.

REAL DEAL Swim

Wed: 7:45-8:45 p.m.

Same fun as a Public Swim at a fraction of the cost! Our way of saying "Thank you" for swimming at the Shoreline Pool, every Wednesday night. Youth \$0.75/Adults \$1.50

Family Swims

Mon-Fri & Sun: 11:30 a.m.-1:00 p.m.

Fri: 6:00-7:30 p.m.

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

Lap Swim

Mon-Fri: 5:30-7:00 a.m., 8:00 a.m.-1:00 a.m.

(2 lanes on Mon, 7:45-8:45 & F, 7:30-8:30)

Tue/Thu: 7:45-8:45 p.m.

Sat & Sun: 11:30 a.m.-1:00 p.m.

Everyone needs a good cardiovascular workout whether it's fast, medium or slow.

Arthritis Foundation Aquatics Program

Mon/Wed/Fri: 9:00-10:00 & 10:00-11:00 a.m.

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

Gentle Lap Swim

Mon-Fri: 9:00-10:00 a.m.

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

Sensational Water Aerobics!

Shallow:

Mon-Fri 6:30-7:30 a.m. & 7:45-8:45 a.m.

Tue/Thu 7:35-8:35 p.m.

Sat 8:45-9:45 a.m.

Deep:

Mon/Wed/Fri 10:30-11:30 a.m.

Tue/Thu 7:35-8:35 p.m.

Sat 10:00-11:00 a.m.

Shallow water aerobics and deep-water exercise are low to no impact. Great for the joints. Absolutely no swimming skills required, but comfort in the water is recommended. The water environment works you harder than any high impact class.

Gentle Water Exercise

Tue/Thu 9:00-10:00 a.m.

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

Dog Obedience

Join our popular Dog Obedience classes with instructor Joyce BiethanSeto. Please Note: **Handlers should be at least 12 years old. All puppies and dogs must be current on vaccinations.** DHLP Parvo required. Corona recommended. Rabies vaccination required for dogs over 6 months old.

Puppy Manners

This six-week class will help you learn what you need to know to help your puppy mature into a well-adjusted adult dog. Plenty of time is allowed for problem solving and learning about behavior issues such as potty and crate training. You will learn about and practice how to provide your puppy with safe socialization experiences with other dogs. For puppies up to 6 months of age who have had their first two immunizations by the 2nd week of class. *Puppies do not attend the first week.*

Beginning Dog Obedience

This class is for dogs over 6 months of age. You will learn to teach your dog to come when called, walk on a loose leash beside you, sit and stay, down and stay, stand and stay and go to their rug and remain there. Training techniques are gentle and progressively turn more responsibility for compliance over to the dog. Emphasis is on training in the presence of distractions to assure success for you and your dog. *Dogs do not attend the first week.*

Beyond Beginning Obedience

This class is for dogs and owners who have completed the Beginning course or have permission of the instructor. Improve your dog training and handling abilities while adding to your dog's list of skills. Learn more techniques for getting your dog to come when you call them, lie down at a distance, "leave it" and other skills that require your dog to be more attentive to you. How to prepare for the AKC Canine Good Citizens test will be explored.

Clicks, Tricks, Pre-agility

Learn about clicker training while teaching your dog tricks and other useful skills. Must be a Beginning class graduate or have direct permission from the instructor.



Dog obedience class promotes understanding by owners and pets alike.

JANUARY

- #18407 **Beginning Obedience**
Sat 1/22-2/26 9:00-10:00 a.m.
Fee: \$90 w/Resident Disc: \$85
Location: Richmond Highlands Recreation Center
- #18404 **Puppy Manners**
Thu 1/27-3/3 6:00-7:00 p.m.
Fee: \$90 w/Resident Disc: \$85
Location: Fircrest Gymnasium
- #18405 **Beginning Obedience**
Thu 1/27-3/3 7:00-8:00 p.m.
Fee: \$90 w/Resident Disc: \$85
Location: Fircrest Gymnasium
- #18406 **Clicks, Tricks, Pre-agility**
Thu 1/27-3/3 8:00-9:00 p.m.
Fee: \$90 w/Resident Disc: \$85
Location: Fircrest Gymnasium

FEBRUARY

- #18409 **Beginning Obedience Quick Start**
Tue 2/8-3/1 7:15-9:00 p.m.
Fee: \$90 w/Resident Disc: \$85
Location: Richmond Highlands Recreation Center

MARCH

- #18410 **Puppy Manners**
Thu 3/10-4/14 6:00-7:00 p.m.
Fee: \$90 w/Resident Disc: \$85
Location: Fircrest Gymnasium
- #18411 **Beginning Obedience**
Thu 3/10-4/14 7:00-8:00 p.m.
Fee: \$90 w/Resident Disc: \$85
Location: Fircrest Gymnasium
- #18413 **Beyond Beginning**
Thu 3/10-4/14 8:00-9:00 p.m.
Fee: \$90 w/Resident Disc: \$85
Location: Fircrest Gymnasium
- #18412 **Beginning Obedience Quick Start**
Tue 3/29-4/19 7:15-9:00 p.m.
Fee: \$90 w/Resident Disc: \$85
Location: Richmond Highlands Recreation Center

APRIL

- #18414 **Beginning Obedience**
Sat 4/2-5/7 9:00-10:00 a.m.
Fee: \$90 w/Resident Disc: \$85
Location: Richmond Highlands Recreation Center



Safety Training

Babysitter's Training Course

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

Age: 11 Years and up

#18361
Sat 1/29 9:00 a.m.-4:00 p.m.

#18362
Sat 2/26 9:00 a.m.-4:00 p.m.

#18363
Sat 3/19 9:00 a.m.-4:00 p.m.

#18364
Sat 4/23 9:00 a.m.-4:00 p.m.

Fee: \$49 w/Resident Disc: \$45

Location: Shoreline Center,
Northridge Room

Instructor: American Red Cross Staff

Children's Self-Protection and Awareness

Effective and empowering self-protection and safety awareness program designed to educate kids on the importance of personal safety and help them to develop a mature, quiet confidence that comes from true self-defense skills. Come prepared to learn and have fun. Wear loose fitting clothing.

#18695
Age: 5 - 7 Years
Thu 3/3-4/7 5:30-6:15 p.m.

#18696
Age: 8 - 12 Years
Tue 3/1-4/5 5:30-6:30 p.m.

Fee: \$49 w/Resident Disc: \$45

Location: Spartan Gym, Gymnastics Room

Instructor: Keith Seydlitz

Positive Choices

Anti-Bullying Workshop

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

#18403
Age: 7 - 11 Years
Sat 3/26 10:00 a.m.-2:00 p.m.

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

Location: Shoreline Library

Instructor: Paul Figueroa, former King
County police officer

Family Karate

Self-defense, confidence and physical fitness are some of many benefits that come from quality Karate training. Join dedicated instructors and a friendly, diverse group of students in the study of Tang Soo Do, a traditional Korean style of Karate. Supplemental self-defense training includes techniques from Judo and Aikido. Rank promotion is available to those who train regularly, and special classes are offered to advanced ranks. The Wednesday evening program is designed for intermediate or advanced students with ranks of green belt and above. No class 1/17 and 2/21.

Age: 9 Years and up

#18697
Mon 1/10-3/14 7:15-8:30 p.m.
Fee: \$32 w/Resident Disc: \$29

#18698
Wed 1/12-3/2 7:15-8:30 p.m.
Fee: \$32 w/Resident Disc: \$29

#18699
Mon/Wed 1/10-3/14 7:15-8:30 p.m.
Fee: \$60 w/Resident Disc: \$55

#18700
Mon 3/21-5/9 7:15-8:30 p.m.
Fee: \$32 w/Resident Disc: \$29

#18701
Wed 3/9-4/27 7:15-8:30 p.m.
Fee: \$32 w/Resident Disc: \$29

#18702
Mon, Wed 3/9-5/2 7:15-8:30 p.m.
Fee: \$60 w/Resident Disc: \$55

Location: Richmond Highlands
Recreation Center

Instructor: Gail Hammer & Eric Madis

Lifeguard Training Course

Learn to respond to water emergencies and to perform lifesaving CPR and First Aid. Must be 15 years old by the end of the course. Graduates receive an American Red Cross certification in Lifeguarding, CPR-FPR and Preventing Disease Transmission.

Age: 15 years and up
#18951
Mon-Fri 2/21-2/25 9:00 a.m.-4:00 p.m.

#18952
Mon-Fri 4/11-4/15 9:00 a.m.-4:00 p.m.

Fee: \$160 w/Resident Disc: \$145
Fee includes course, book and pocket mask

Location: Shoreline Pool

Instructor: James McCrackin and
Tyce Murphy

Shoreline Fire Department

17525 Aurora Avenue N
(206) 533-6500
www.shorelinefire.com

American Heart Association CPR Classes

Classes are offered at the Shoreline Fire Department Headquarters, 17525 Aurora Avenue N, the first Saturday of every month, 8:00 a.m. to 12:00 p.m. Fee is \$15. The Heartsaver Card is issued. Class includes Adult, Child and Infant CPR, plus an introduction to the AED (Automated External Defibrillator). Call (206) 533-6500 for more information or to register.

Community Emergency Response Team (CERT) Training

Learn to take care of your neighbors and assist the City of Shoreline in a major disaster. Community Emergency Response Team (CERT) training will be held on seven consecutive Thursday evenings in May/June 2005. Classes include basic medical operations, light search and rescue, multi-hazard emergency preparations and fire safety and prevention. Call (206) 533-6564 for more information and to register.

Water Safety Instructor Course

This Red Cross certification course teaches you how to teach Red Cross swimming lessons. Must be at least 16 years old by the last day of class. Participants must have knowledge and be proficient in: freestyle, backstroke, butterfly, sidestroke and elementary backstroke.

Age: 16 Years and up
#19001
Mon-Fri 2/21-2/25 1:00-9:00 p.m.

#19002
Mon-Fri 4/11-4/15 1:00-9:00 p.m.

Fee: \$226 w/Resident Disc: \$206
Fee includes books

Location: Shoreline Pool & City Hall: class begins in Room 305 at City Hall (1:00-5:00 p.m.) then transitions to Shoreline Pool (5:00-9:00 p.m.)

Instructor: Bridget O'Connell

Yoga

Join one of our most popular classes! Yoga builds flexibility, balance, and endurance through stretching exercises and poses. Learn to release tension, relax, and calm the mind through yoga. Come with bare feet and comfortable clothing. Bring an exercise mat for all sessions.

#18480 Beg./Cont. Students
 Mon 1/24-2/28 5:30-6:45 p.m.
Fee: \$57 w/Resident Disc: \$52 or \$10/drop-in
Location: Spartan Gym, Gymnastics Room
Instructor: Elisabetha Sekine

#18481 Continuing Students
 Mon 1/24-2/28 7:00-8:30 p.m.
Fee: \$65 w/Resident Disc: \$60 or \$12/drop-in
Location: Spartan Gym, Gymnastics Room
Instructor: Elisabetha Sekine

#18551 Richmond Beach Yoga
 Mon 1/24-2/28 7:00-8:30 p.m.
Fee: \$65 w/Resident Disc: \$60
Location: Luminaries Wellness Center
Instructor: Sherry Corsiglia

#18482 Beg./Cont. Students
 Tue 1/25-3/1 12:00-1:00 p.m.
Fee: \$46 w/Resident Disc: \$42 or \$10/drop-in
Location: Spartan Gym, Gymnastics Room
Instructor: Elisabetha Sekine

#18552 Richmond Beach Yoga
 Mon 3/7-4/11 7:00-8:30 p.m.
Fee: \$65 w/Resident Disc: \$60
Location: Luminaries Wellness Center
Instructor: Sherry Corsiglia

#18483 Beg./Cont. Students
 Mon 3/14-4/25 5:30-6:45 p.m.
Fee: \$65 w/Resident Disc: \$60 or \$10/drop-in
Location: Spartan Gym, Gymnastics Room
Instructor: Elisabetha Sekine

#18484 Continuing Students
 Mon 3/14-4/25 7:00-8:30 p.m.
Fee: \$75 w/Resident Disc: \$70 or \$12/drop-in
Location: Spartan Gym, Gymnastics Room
Instructor: Elisabetha Sekine

#18485 Beg./Cont. Students
 Tue 3/15-4/26 12:00-1:00 p.m.
Fee: \$54 w/Resident Disc: \$49 or \$10/drop-in
Location: Spartan Gym, Gymnastics Room
Instructor: Elisabetha Sekine

#18553 Richmond Beach Yoga
 Mon 4/18-5/23 7:00-8:30 p.m.
Fee: \$65 w/Resident Disc: \$60
Location: Luminaries Wellness Center
Instructor: Sherry Corsiglia



Pilates is a great way to increase strength and tone your muscles.

Yoga Workshop

Join us in this workshop that will position you to experience greater well-being and ease in body, mind, and spirit. Learn grounding and centering practices, yoga postures and breathing, stress release principles, guided visualization and relaxation techniques that you can apply to every day living. No previous yoga experience necessary. Bring a sticky mat and wear comfortable clothing.

#18486
 Sat 1/22 10:15 a.m.-12:15 p.m.
#18487
 Sat 3/19 10:15 a.m.-12:15 p.m.
Fee: \$20 w/Resident Disc: \$18
Location: Spartan Gym, Gymnastics Room
Instructor: Elisabetha Sekine

Tai Chi

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

#18462
 Tue 1/25-3/15 7:30-8:30 p.m.
#18463
 Tue 4/5-5/24 7:30-8:30 p.m.
Fee: \$57 w/Resident Disc: \$52
Location: Spartan Gym, Dance Room
Instructor: Kevin Wilhelmsen, nurse educator and Tai Chi practitioner for more than 20 years

Pilates

Pilates is the newest fitness craze, all for good reasons! Tone your muscles, strengthen your abdomen to support your spine and improve your flexibility. Join us for abdominal stretches, legwork, and back exercises all designed by Joseph Pilates. This class is perfect for all fitness levels. Bring an exercise mat.

#18559
 Mon 1/24-2/28 12:00-1:00 p.m.
#18560
 Wed 1/26-3/2 11:00 a.m.-12:00 p.m.
#18561
 Wed 1/26-3/2 12:00-1:00 p.m.
#18562
 Wed 1/26-3/2 6:00-7:00 p.m.
#18563
 Mon 3/7-4/11 12:00-1:00 p.m.
#18564
 Wed 3/9-4/13 11:00 a.m.-12:00 p.m.
#18565
 Wed 3/9-4/13 12:00-1:00 p.m.
#18566
 Wed 3/9-4/13 6:00-7:00 p.m.
#18567
 Mon 4/18-5/23 12:00-1:00 p.m.
#18568
 Wed 4/20-5/25 11:00 a.m.-12:00 p.m.
#18569
 Wed 4/20-5/25 12:00-1:00 p.m.
#18570
 Wed 4/20-5/25 6:00-7:00 p.m.
Fee: \$49 w/Resident Disc: \$45 or \$8/drop-in
Location: Spartan Gym, Dance Room
Instructor: Vicki Gabrielle, certified Pilates and aerobics trainer

Adults

Step & Tone Aerobics

Get your weekend off to an energetic start with this fun aerobics class. We'll start with a step workout then switch to muscle toning and conditioning. Use of hand-held weights, exercubes and bench steps. Bring an exercise mat.

#18488

Sat 1/29-3/5 8:00-8:50 a.m.

#18489

Sat 3/12-4/16 8:00-8:50 a.m.

Fee: \$46 w/Resident Disc: \$42

Location: Spartan Gym, Dance Room

Instructor: Stella Thurkill, fitness trainer and instructor

Personal Trainer

Want to start exercising but don't know how to begin? Are you exercising, but not getting the results you want? If so, it's time for you to work out with a personal trainer at the Spartan Gym! Once you register, Brenda Barkey, a certified instructor by the American Council on Exercise will contact you to set up an appointment at your convenience.

#18801

Fee: \$40/hr w/Resident Disc: \$36/hr

Location: Spartan Gym, Weight Room

Instructor: Brenda Barkey



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

REGISTER FOR JAZZERCISE WITH THE INSTRUCTOR AT THE PROGRAM SITE. For more information, contact mad.jazz@lycos.com.

Dates: On-going, join anytime!

Time:

Mon/Fri 9:45-10:45 a.m.

Tue/Thu 9:30-10:30 a.m.

Mon/Tue/Thu 6:00-7:00 p.m.

Sat 9:00-10:00 a.m.

Fee:

Option 1: Easy Fitness Ticket \$33 (monthly pass-automated payment)

Option 2: Monthly Pass \$45

Option 3: Drop-in \$8 per class

Location: Spartan Gym

Spartan Gym and Weight Room ■ (206) 418-3383

Drop-in Hours:

Mon.-Thurs. 8:00 a.m.-9:00 p.m.

Friday 8:00 a.m.-5:00 p.m.

Saturday 8:00 a.m.-4:00 p.m.

Drop-in Fees:

Adult: \$2.50 per visit

\$2 w/ Resident Disc.

\$22/10-punch card;

\$20 w/ Resident Disc.

\$50/3-month pass;

\$46 w/ Resident Disc.

Youth: \$1 per visit

\$9 per 10-punch pass;

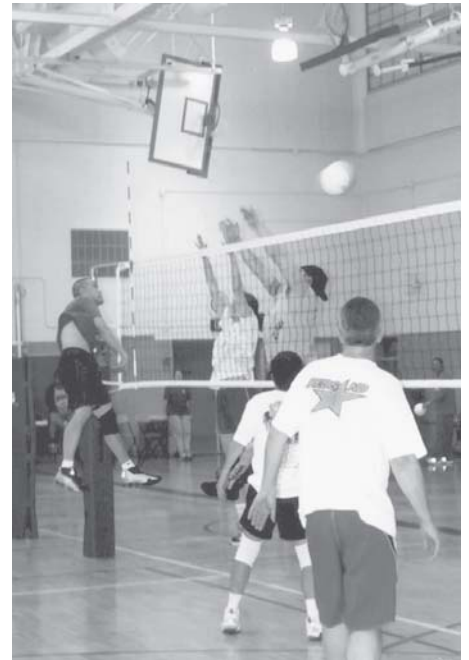
\$8 w/ Resident Disc.

\$22 per 3-month pass;

\$20 w/ Resident Disc.

Drop-in Restrictions:

- Gym: Children age 10 and under must be accompanied by an adult at all times.
- Weight Room: Participants must be 16 years or older to use the weight room. Participants ages 16 & 17 must be accompanied by a parent.
- Personal Trainer available. See page 21 for details.



Drop-in Co-ed Volleyball at Spartan Gym is a great way to get fit and make some friends.

Drop-In Sports at the Spartan Gym

Drop-in Basketball - 16+

40 players maximum. All teams play on a rotating basis. On-going throughout the school year. No program on 3/15.

Age: 16 Years and up

Tue 1/11-4/26 7:15-9:45 p.m.

Fee: \$3 w/Resident Disc: \$2.50

Location: Spartan Gym

Drop-in Basketball - 40+

24 players maximum. All teams play on a rotating basis. On-going throughout the school year.

Age: 40 Years and up

Wed 1/12-4/27 7:15-9:45 p.m.

Fee: \$3 w/Resident Disc: \$2.50

Location: Meridian Park School

Drop-in Co-ed Volleyball

Co-recreational volleyball offers fun and exercise for couples, teams, and individuals. 35 players maximum. This program will be available on Monday, 1/17 and 2/21, but not on Wednesday, 3/2.

Age: 16 Years and up

Mon/Wed 1/10-4/27 7:15-9:45 p.m.

Fee: \$3 w/Resident Disc: \$2.50

Location: Spartan Gym

Drop-in Senior Pickle Ball

A special opportunity for the senior adult to play pickle ball on a weekly basis. No fee. Seniors responsible for set up and take down of courts. No program on Wednesday, 3/2 and 3/16.

Age: 50 Years and up

Wed/Fri 1/12-4/29 1:00-3:00 p.m.

Fee: FREE!

Location: Spartan Gym

Drop-in Senior Volleyball

A special opportunity for the senior adult to play afternoon volleyball in a social environment. Open for play on Monday, 1/17 and 2/21, but closed on Thursday, 3/3.

Age: 50 Years and up

Mon/Thu 1/10-4/28 1:00-3:00 p.m.

Fee: \$1 w/Resident Disc: \$1

Location: Spartan Gym

Family Karate

Self-defense, confidence and physical fitness are some of many benefits that come from quality Karate training. Join dedicated instructors and a friendly, diverse group of students in the study of Tang Soo Do, a traditional Korean style of Karate. Supplemental self-defense training includes techniques from Judo and Aikido. Rank promotion is available to those who train regularly, and special classes are offered to advanced ranks. The Wednesday evening program is designed for intermediate or advanced students with ranks of green belt and above. No class on 1/17 and 2/21.

Age: 9 Years and up

#18697

Mon 1/10-3/14 7:15-8:30 p.m.
Fee: \$32 w/Resident Disc: \$29

#18698

Wed 1/12-3/2 7:15-8:30 p.m.
Fee: \$32 w/Resident Disc: \$29

#18699

Mon/Wed 1/10-3/14 7:15-8:30 p.m.
Fee: \$60 w/Resident Disc: \$55

#18700

Mon 3/21-5/9 7:15-8:30 p.m.
Fee: \$32 w/Resident Disc: \$29

#18701

Wed 3/9-4/27 7:15-8:30 p.m.
Fee: \$32 w/Resident Disc: \$29

#18702

Wed, Mon 3/9-5/2 7:15-8:30 p.m.
Fee: \$60 w/Resident Disc: \$55

Location: Richmond Highlands Recreation Center

Instructor: Gail Hammer & Eric Madis

Drop-In Indoor Radio Control Flying



Are you a radio control flying enthusiast? Are you looking for a facility to fly your radio control planes and helicopters indoors during the inclement winter months? Join us on Friday nights at the Spartan Gym for your aero enjoyment. Raised seating will be set up on one side of the gym where you are welcome to attempt some new handling maneuvers, test your flying machine capabilities, and much, much more at this drop-in activity. Bring your own flying machines and friends.

Age: 12 years and up

#19051

Friday 1/21 - 3/25 5:15-7:15 p.m.
Fee: \$3 at the door

Location: Spartan Gym

Instructor: Mike Parker



Get in the game with a Softball team through Shoreline Parks, Recreation and Cultural Services! Call (206) 418-3383 to request a registration packet.

Winter/Spring Men's Basketball League

Register your team by January 14 for the Winter League and by April 1 for the Spring League. Six-game schedule on Sunday and Thursday evenings, with a post-season tournament. Teams will be formed in three divisions: Competitive, 40+, and Recreational. Call (206) 418-3383 to request a registration packet. Individuals may call to be placed on an interested players list. No games on 3/3, 2/6 and 6/5. Shoreline teams receive a resident discount for a fee of \$397 per team (if 51% of roster lives or pays property tax in Shoreline).

Age: 18 Years and up

#18764

Sun/Thu 1/30-4/17 6:00-10:00 p.m.

#18765

Sun/Thu 4/21-6/19 6:00-10:00 p.m.

Fee: \$436 w/Resident Disc: \$397

Location: Spartan Gym & Shoreline Community College

Men's Spring and Coed Summer Softball

Registration begins March 14 for four dozen men's and co-ed divisions in the 9th annual Shoreline Slowpitch Softball program. Games are double-headers and top teams qualify for post-season tournaments. New teams and interested individuals should call (206) 418-3383 for registration information. Shoreline spring Men's League teams receive a resident discount for a fee of \$891 per team (51% of roster lives, or pays property tax in Shoreline). Shoreline Summer Coed League teams receive a resident discount for a fee of \$624 per team (51% of roster lives, or pays property tax in Shoreline).

Age: 18 Years and up

#18766 Men's Spring League

Mon-Fri 5/23-7/29 6:00-10:00 p.m.

Fee: \$980 w/Resident Disc: \$891

Location: Hamlin Park

#18767 Coed Summer League

Mon/Wed 6/27-8/31 6:00-10:00 p.m.

Fee: \$680 w/Resident Disc: \$624

Location: Various Shoreline Fields

Adults

Irish Dance for Beginners



Riverdance is still one of the most popular shows - join this class and you'll know why. It's the great music, the high energy dance moves and the great fun that will keep you coming back for more. Learn basic dance steps, jigs and reels to traditional Irish music. Wear sport shoes or ballet slippers. No class 4/14.

#18629

Thu 1/27-3/24 8:00-8:50 p.m.

#18630

Thu 4/7-6/2 8:00-8:00 p.m.

Fee: \$52 w/Resident Disc: \$48

Location: Richmond Highlands Recreation Center

Instructor: Peggy O'Toole Weber

Adult Ballet

Ballet is a graceful dance form. Tone, strengthen, and increase flexibility in this beginning level ballet class. Learn basic position and dance moves to classical music while developing your personal grace. No previous dance experience is necessary. Wear exercise clothing and ballet shoes.

#18421 **Beginning Students**

Thu 1/27-3/17 7:15-8:15 p.m.

#18451 **Beginning/Continuing Students**

Thu 1/27-3/17 8:15-9:15 p.m.

#18422 **Beginning Students**

Thu 4/7-5/26 7:15-8:15 p.m.

#18452 **Beginning/Continuing Students**

Thu 4/7-5/26 8:15-9:15 p.m.

Fee: \$52 w/Resident Disc: \$48

Location: Spartan Gym, Dance Room

Instructor: Lorna Miller

Ballroom/Swing Dance

For beginning students as well as the experienced, this class will give you the confidence to dance at an upcoming wedding or next night out. We'll focus on the waltz, fox trot and swing. No experience needed. Partners and singles are welcome. Hard-soled shoes are preferred.

#18453

Mon 1/24-2/21 6:30-7:30 p.m.

#18454

Mon 2/28-3/28 6:30-7:30 p.m.

#18455

Mon 4/4-5/2 6:30-7:30 p.m.

Fee: \$49 w/Resident Disc: \$45

Location: Spartan Gym, Dance Room

Instructor: Diane Conroy, dance competitor and instructor



Dance your cares away with East Coast Swing.

Tango

Tango is a popular and romantic dance - here's a chance to learn the dramatic steps you've seen in so many movies and shows. Starting with basic ballroom Tango, then adding a touch of Argentine style, you'll be able to comfortably dance about the floor and enjoy some of that drama that made Tango so popular.

#18459

Mon 1/24-2/21 8:30-9:30 p.m.

#18460

Mon 2/28-3/28 8:30-9:30 p.m.

#18461

Mon 4/4-5/2 8:30-9:30 p.m.

Fee: \$49 w/Resident Disc: \$45

Location: Spartan Gym, Dance Room

Instructor: Diane Conroy

Zydeco

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

#18418 **Beginning Students**

Wed 1/26-2/23 8:15-9:15 p.m.

#18419 **Beginning Students**

Wed 3/2-3/30 8:15-9:15 p.m.

#18420 **Continuing Students**

Wed 4/6-5/4 8:15-9:15 p.m.

Fee: \$49 w/Resident Disc: \$45

Location: Spartan Gym, Dance Room

Instructor: Mary Lee Lykes and Bridget Weaver

Hip-Hop Dance



Got rhythm? Even if you don't, you can learn. The energetic and very patient dance instructor will show you the latest moves.

#19153

Wed 3/2-3/30 7:30-8:30 p.m.

Fee: \$50/\$11 drop-in

w/Resident Disc: \$45/\$10 drop-in

Location: Spartan Gym, Gymnastics Room

Instructor: Francesca Abellera

East Coast Swing

Swing is easy to learn, fun to do and a great introduction to partner dancing! Learn the basics of single-time and triple-time swing, with moves that will keep you turning and spinning. No experience necessary. Singles and couples welcome, no partners required. Hard-soled shoes preferred.

#18456 **Beginning Students**

Wed 1/26-2/23 7:15-8:15 p.m.

#18457 **Beginning Students**

Wed 3/2-3/30 7:15-8:15 p.m.

#18458 **Continuing Students**

Wed 4/6-5/4 7:15-8:15 p.m.

Fee: \$49 w/Resident Disc: \$45

Location: Spartan Gym, Dance Room

Instructor: Mary Lee Lykes and Bridget Weaver

Salsa

Dance to the Latin beat! Join this dance class where the steps will be fun, the music exciting and with a few tips you'll be comfortable with Salsa, Rumba, Mambo and Merengue. No experience required. Partners and singles welcome.

#18415

Mon 1/24-2/21 7:30-8:30 p.m.

#18416

Mon 2/28-3/28 7:30-8:30 p.m.

#18417

Mon 4/4-5/2 7:30-8:30 p.m.

Fee: \$49 w/Resident Disc: \$45

Location: Spartan Gym, Dance Room

Instructor: Diane Conroy



Feng Shui: Clutter Free Living

Discover how clutter can block the flow of energy in your living spaces and lead to confusion. Feng Shui is based on the premise that people experience healthier and more prosperous lives when their environment is harmonious. Learn to create a home free of clutter and full of harmony.

#18475

Wed 2/23 6:30-9:00 p.m.

Fee: \$30 w/Resident Disc: \$28

Location: Shoreline Library

Instructor: Maxine Norton

Fanciful Copper Garden Markers

Just in time for spring gardening, create six fanciful, unique garden markers of your choosing. You'll fashion these colorful bits of garden art with copper wire, marbles and terra cotta pieces. They're a practical way to identify plants while adding artistic flair and colorful style to gardens or potted plants. These copper markers will help repel slugs too! Supply fee of \$10 payable to instructor.

#18556

Sat 4/23 11:00 a.m.-12:30 p.m.

Fee: \$26 w/Resident Disc: \$24

Location: Shoreline Center, McAleer Room

Instructor: Nancy Hanauer, proprietor of Queen of Arts studio

Watercolor Painting

Explore the world of watercolor painting in this introductory level class. Learn four basic techniques of watercolor and gain confidence with your work as the class progresses. Open to beginning and continuing students. Supply list will be mailed.

#18465

Wed 2/2-3/9 6:30-9:00 p.m.

#18466

Wed 3/16-4/20 6:30-9:00 p.m.

Fee: \$65 w/Resident Disc: \$60

Location: Shoreline Center, Ronald Room

Instructor: Bryan Briscoe, watercolor artist and educator

Did you know that we can provide resources for many of the programs in this brochure at your school or workplace?

For more information, call (206) 418-3383 or send an e-mail to pk@ci.shoreline.wa.us

Watercolor Painting instructor Bryan Briscoe shows techniques to help students gain confidence in their art.



Knitting Lessons **NEW!**

Scarves, hats, dishcloths and throws are all a craze. Learn to knit your own using favorite yarns and colors. This beginning level class will teach you to cast on, knit and purl to make various patterns and designs. No prior experience is necessary. Bring a pair of size 6 needles and a ball of worsted weight yarn (wool, acrylic or cotton).

#18620

Tue 1/25-2/15 6:30-7:30 p.m.

#18621

Tue 3/1-3/22 6:30-7:30 p.m.

#18622

Tue 3/29-4/19 6:30-7:30 p.m.

Fee: \$35 w/Resident Disc: \$32

Location: Shoreline Center, Ronald Room

Instructor: Karin Virnig

Scrapbooking Basics

Scrapbooking is hot! Whether you're new to it or a longtime fan, join in on the creativity that is sure to flow in these workshops. Bring 6-8 photos and other momentos and use our supplies to create pages ready for your photo album. These workshops are appropriate for beginners and intermediate levels. \$3 supply fee payable to instructor.

#18467

Thu 1/27 6:30-9:00 p.m.

#18468

Thu 2/17 6:30-9:00 p.m.

#18469

Thu 3/31 6:30-9:00 p.m.

#18470

Thu 4/21 6:30-9:00 p.m.

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

Location: Shoreline Center, Ronald Room

Instructor: Lorena Simmons

Home with Heart

Does your home reflect who you are and what you want in your life? Are you longing for a nurturing home where you can connect with those you love? Join this workshop and learn to look at your home in a fresh new way. You will gain new perspectives and tools to help you create an energized home with more heart and meaning. We will cover elements of Feng Shui, personal color, design preferences and energetic principles so you can create a home with views, color, textures and art that you love.

#18473

Thu 2/17 6:30-9:00 p.m.

Fee: \$33 w/Resident Disc: \$30

Location: Shoreline Center, Northridge Room

Instructor: Roberta Nelson & Teresa Cayou

Crochet Scarves **NEW!**

You'll design and create a truly unique scarf by using two textured yarns in a simple chain stitch around a ribbon base. Even if you've never crocheted before, you can easily master this stylish project. The same technique can be used to make hair scrunchies, pet collars and more. Perfect gift for friends and family. Supply list will be mailed.

#18632

Sat 2/5 11:00 a.m.-12:30 p.m.

Fee: \$28 w/Resident Disc: \$26

Location: Shoreline Center, Northridge Room

Instructor: Nancy Hanauer

Adults

Guitar Lessons

Have you always wanted to play the guitar? Here's your chance to learn in a group setting. Learn basic chords, chord progressions, finger picking styles, how to read music and music theory. You will also learn to tune and care for your guitar. Bring your own guitar. Students will also need to purchase a music textbook from instructor for an additional \$27.

#18471 Beginning Students
Tue 1/18-3/8 6:00-7:00 p.m.

#18583 Continuing Students
Tue 1/18-3/8 7:00-8:00 p.m.

#18472 Beginning Students
Tue 3/15-5/3 6:00-7:00 p.m.

#19301 Continuing Students
Tue 3/15-5/3 7:00-8:00 p.m.

Fee: \$60 w/Resident Disc: \$55

Location: Shoreline Center, Richmond Room

Instructor: Patty Bailey, music educator

Vegetable Gardening

Design your vegetable garden now with help from a Master Gardener. Learn what to plant when and how to produce a great garden using minimal chemicals. Nothing tastes as great as a meal made from your own garden.

#18557
Thu 2/24 6:30-8:00 p.m.

#18558
Thu 4/7 6:30-8:00 p.m.

Fee: \$6 w/Resident Disc: \$5

Location: Shoreline Library

Instructor: Marlene Falkenbury, master gardener

Auto Mechanics 101

Are you at your mechanic's mercy every time you take your car in for service? This workshop is guaranteed to empower you with the knowledge of how your automobile works. Learn about various engine parts and what they do and how they need to be maintained. Learn how you can save money by doing simple repairs yourself and keep your car running smooth for years. We'll have time for questions and answers specific to your car at the end of this classroom-style workshop.

#18624
Tue 2/8 6:30-8:30 p.m.

Location: Shoreline Library

#18625
Sat 4/2 10:00 a.m.-12:00 p.m.

Fee: \$33 w/Resident Disc: \$30

Location: Shoreline Center, Northridge Room

Instructor: Darrius Bann, personal mechanic



Guitar lessons with Patty Bailey.

The 30 Minute Gourmet

NEW!

Are you too busy to cook, but want to enjoy healthy meals that don't come from a box or a fast food restaurant? This fun class will show you how to prepare healthy meals with a gourmet taste in under 30 minutes. Several delicious recipes will be demonstrated. We will also discuss ways to make healthy eating convenient, how to stock your pantry as well as other timesaving cooking and shopping tips. \$3 supply fee payable to instructor.

#18612
Thu 3/3 7:15-9:15 p.m.

Fee: \$24 w/Resident Disc: \$22

Location: Richmond Highlands Recreation Center

Instructor: Karen Lamphere

POWERCOOK

One Month of Healthy Meals

Spend more time with your family and less time in the kitchen by learning the secrets of powercooking. In this workshop, you will learn to cook ahead and freeze meals for one month at a time. You will save time, money and increase your family's health by using the best foods that the season has to offer. Recipes, shopping lists, helpful tips and food samples included.

#18464
Sat 4/2 9:00 a.m.-12:00 p.m.

Fee: \$33 w/Resident Disc: \$30

Location: Richmond Highlands Recreation Center

Instructor: Pamela Kramer, nutritionist and educator

Kruckeberg Garden Tour

Tucked away in the northwest corner of Shoreline is a world-renowned 4-acre garden with a splendid mix of native and exotic groundcovers, shrubs, trees, and a large variety of unusual plants. Learn to enhance your own landscape with native plants and gain inspiration for your own garden. Dress for the weather. Driving directions will be sent.

#18474
Sat 4/16 10:00 a.m.-12:00 p.m.

Fee:

Adults: \$22 w/Resident Disc: \$20

Youth (12-17): \$11 w/Resident Disc: \$10

Location: Kruckeberg Botanical Garden

Instructor: Kruckeberg Botanical Garden Foundation Staff

One Pot Meals

NEW!

Learn how to create healthy and hearty one-pot meals using whole grain, beans and fresh vegetables that virtually cook themselves. Best of all, one pot means faster cleanup and delicious leftovers for lunches or those hectic evenings when time is limited. All recipes adaptable to vegetarian or non-vegetarian. \$3 supply fee payable to instructor at class.

#18608
Thu 1/27 7:15-9:15 p.m.

Fee: \$24 w/Resident Disc: \$22

Location: Richmond Highlands Recreation Center

Instructor: Karen Lamphere, certified nutritionist

Cooking, Cleansing and Detoxification

NEW!

Get a fresh start this year with a detoxifying cleanse! Learn about diets and supplements that support cleansing and detoxing from a certified nutritionist. Strengthen your immunity, lose that excess winter weight and feel great as you rejuvenate your body with the change in seasons. Sample recipes for delicious juices, smoothies, greens, salads and herbal teas. \$3 supply fee payable to instructor.

#18609
Thu 4/7 7:15-9:15 p.m.

Fee: \$24 w/Resident Disc: \$22

Location: Richmond Highlands Recreation Center

Instructor: Karen Lamphere

Specialized Recreation

Recreation is for Everyone

If you are interested in any class but hesitate to register because of a developmental or physical limitation, please call the Spartan Gym at (206) 418-3383 (TTY available: (206) 546-0457) for help in getting started. Reasonable accommodations will need a minimum of three weeks notice in advance of the program start date. Participants needing individual assistance to participate in programs, including toileting, transferring, eating, dressing, or behavior intervention, must bring an attendant/companion to programs.



TRIPS AND TOURS

Black & White Dance

Let's head to Redmond to dance the night away. See old friends and meet new ones. Snacks provided. Remember to wear a white and/or black outfit and to bring \$10 for dinner.

#18610

Age: 15 Years and up
Sat 1/22 4:30-9:30 p.m.

Fee: \$21 w/Resident Disc: \$19

Location: Pick-up/drop-off at Richmond Highlands Recreation Center

Instructor: Recreation Staff

Tubing with Teens

Let's join the Empower Youth Everywhere teens from Shoreline as we head to the summit at Snoqualmie for some tubing fun. The summit has the largest tubing hill in Washington and includes special tubing lifts. Enjoy the beautiful winter scenery while playing in the snow and sliding down the hill on a giant sized inflatable donut. Please remember to dress for the weather and bring \$10 for lunch on the drive up to the summit.

#18611

Age: 15 Years and up
Sun 1/30 11:00 a.m.-6:00 p.m.

Fee: \$21 w/Resident Disc: \$19

Location: Pick-up/drop-off at Richmond Highlands Recreation Center

Instructor: Recreation Staff

Valentine Dance at the Spartan Gym

Bring your favorite CD and be ready to dance and visit with friends! Plan to be dropped off at the Spartan Gym. Games, dance contests and snacks will be provided.

#18613

Age: 15 Years and up
Sat 2/12 4:00-8:00 p.m.

Fee: \$21 w/Resident Disc: \$19

Location: Spartan Gym, Dance Room

Instructor: Recreation Staff

Goin' to GameWorks

Let's spend Saturday afternoon together playing the latest video games at GameWorks in Seattle. Visit their website at www.gameworks.com to see which of your favorite games you plan to play. Remember to bring \$25 for a midday snack and to play as many video games as possible.

#18614

Age: 15 Years and up
Sat 3/19 10:00 a.m.-3:00 p.m.

Fee: \$21 w/Resident Disc: \$19

Location: Pick-up/drop-off at Richmond Highlands Recreation Center

Instructor: Recreation Staff

Arboretum Walk and Burgermaster

Enjoy the displays of spring as we gather for a guided tour of the Washington Park Arboretum in Seattle. We'll explore as much of the 230 acres of this park as our feet can handle. This dynamic, living museum has a wide collection of oaks, conifers, camellias, maples, hollies, and much, much more. Remember to bring \$12 for the lunch special at Burgermaster.

#18615

Age: 15 Years and up
Sat 4/9 11:00 a.m.-4:00 p.m.

Fee: \$21 w/Resident Disc: \$19

Location: Pick-up/drop-off at Richmond Highlands Recreation Center

Instructor: Recreation Staff

Bobbin' at Red Robin

Don't miss out on our annual trip to Red Robin restaurant and a local area matinee movie. We'll decide which movie to see while we dine. Remember to bring \$15 for lunch and a matinee ticket.

#18616

Age: 15 Years and up
Sat 4/23 12:00-5:00 p.m.

Fee: \$21 w/Resident Disc: \$19

Location: Pick-up/drop-off at Richmond Highlands Recreation Center

Instructor: Recreation Staff

All programs in this brochure are intended for those with and without disabilities. If you believe you may need special accommodations, please call (206) 418-3383 and we will be happy to assist you.

Creative Arts for Life

Join instructor Jill Rogers in this program as we study theater arts. Discover your dramatic talents, and prepare for a live performance. Register now, space is limited.

#18631

Age: 15 Years and up
Tue 2/1-4/5 7:00-8:30 p.m.

Fee: \$49 w/Resident Disc: \$45

Location: Richmond Highlands Recreation Center

Instructor: Jill Rogers

Adult Community Choices

Co-sponsored through King County Discovery Trust funding. This daytime program is for adults with developmental disabilities and people with special needs who have little or no daytime activities. Program emphasizes community exploration and the pairing of participants with volunteers. Trips are typically scheduled to the pool, library, museum, aquarium, zoo, bowling center, shopping mall, local area restaurants and more. No class on Monday, 1/17.

Age: 18 Years and up

#18604

Mon 1/3-2/28 10:00 a.m.-2:00 p.m.

#18605

Wed 1/5-2/23 10:00 a.m.-2:00 p.m.

#18606

Mon 3/7-4/25 10:00 a.m.-2:00 p.m.

#18607

Wed 3/9-4/27 10:00 a.m.-2:00 p.m.

Fee: \$109 w/Resident Disc: \$99

Location: Richmond Highlands Recreation Center

Instructor: Bonny McMahon

Specialized Recreation



Spend time with friends at the Daytime Drop-in program.

Daytime Drop-In

Come join Bonny at this daytime drop-in program. You are invited to drop by the Rec Center and spend time developing your life skills, getting involved in community service projects and building new relationships. Enjoy cooking, arts and crafts, games, musical performers, interesting guest speakers and exercise groups, including weekly yoga with students from Shorewood High School.

#18602

Age: 18 Years and up
Tue, Thu 1/4-4/28 10:00 a.m.-2:00 p.m.

Fee: \$5 w/Resident Disc: \$5

Location: Richmond Highlands Recreation Center

Instructor: Bonny McMahon



Respite Parents' Night Out

Co-sponsored by the City of Shoreline and the Shoreline/South County YMCA. It's your turn to take time for yourself and go out for a Friday evening of fun. Bring your child to the Meridian Park School gymnasium for a night of exciting activities and you are free to go out for a dinner date, a movie, shopping, or all three! Please pre-register by the Wednesday before each Friday you plan to participate.

Age: 4 - 12 Years

#18633
Fri 1/21 6:30-9:30 p.m.

#18634
Fri 2/4 6:30-9:30 p.m.

#18635
Fri 2/18 6:30-9:30 p.m.

#18637
Fri 3/4 6:30-9:30 p.m.

#18639
Fri 3/18 6:30-9:30 p.m.

#18640
Fri 4/8 6:30-9:30 p.m.

#18641
Fri 4/29 6:30-9:30 p.m.

Fee: \$6 w/Resident Disc: \$5

Location: Meridian Park School

Instructor: City of Shoreline and YMCA Recreation Staff

Volunteers Wanted!

Please call (206) 418-3383 if you are interested/available to assist on our Specialized Recreation Trips & Tours or with the midday Adult Community Choices program. As a volunteer, you will have the opportunity to share your compassion for other people while receiving a great deal of friendship in



Preschool Move n' Groove

An inclusive parent and child play program for children with and without disabilities. Explore movement through a variety of motor, sensory, and perceptual activities. Therapeutic music will be incorporated with activities that challenge your child in a fun, preschool-friendly environment. Active parental and sibling participation, along with hands-on teaching, will encourage skill building in all areas of your child's development.

#18656

Age: 2 - 3 Years
Mon 1/31-3/7 1:00-1:50 p.m.

#18657

Age: 3 - 5 Years
Mon 1/31-3/7 2:00-2:50 p.m.

#19353

Age: 2 - 3 Years
Mon 3/14-4/18 1:00-1:50 p.m.

#19354

Age: 3 - 5 Years
Mon 3/14-4/18 2:00-2:50 p.m.

Fee: \$32 w/Resident Disc: \$29

Location: Spartan Gym, Gymnastics Room

Instructor: Wendy Zieve, therapist

Play and Swim

Get fit while having some fun. Group games in the gym include volleyball, soccer, basketball, kickball and more. After working up a sports' sweat, we will walk across campus to the Shoreline Pool and join the open swim. (Open Swim: 7:30-8:30 p.m. at the Shoreline Pool.) Bring a swimsuit, a towel, and a plastic bag for your wet gear. Drop off at the Spartan Gym at 6:00 p.m. and pick up at the Shoreline Pool at 8:30 p.m.

Age: 15 Years and up

#18643
Fri 1/14 6:00-8:30 p.m.

#18644
Fri 2/4 6:00-8:30 p.m.

#18645
Fri 3/11 6:00-8:30 p.m.

#18646
Fri 4/29 6:00-8:30 p.m.

Fee: \$21 w/Resident Disc: \$19

Location: 6:00 p.m. drop-off at Spartan Gym, 8:30 p.m. pick-up at Shoreline Pool

Instructor: Recreation Staff

Scholarships Are Available

Call (206) 418-3383 for information. TTY access is available at (206) 546-0457

Get Fit Weight Training

Join us for this specialized fitness program. Instruction provided for individual programs, adapted specifically for you. Physician's permission required. Wheelchair adaptive equipment available on site.

#18654

Age: 18 Years and up
Wed 2/2-3/23 6:00-7:30 p.m.

Fee: \$49 w/Resident Disc: \$45

Location: Spartan Gym, Weight Room

Instructor: Recreation Staff

Bowling League

Designed for athletes with special needs. Brush up on your bowling skills, make new friends, and plan on having lots of fun. All bowling fees and shoe rental included. No program on 2/21.

#18601

Age: 8 Years and up
Mon 1/24-3/21 6:30-8:00 p.m.

Fee: \$49 w/Resident Disc: \$45

Location: Spin Alley Family Bowling Center

Instructor: Recreation Staff

Special Olympics Basketball

Join coach Linda Wokal for a fun season of basketball! Current Special Olympics medical form required at first practice in order to participate.

#18623

Age: 8 Years and up
Sun 1/2-3/13 3:30-5:00 p.m.

Fee: \$49 w/Resident Disc: \$45

Location: Spartan Gym

Instructor: Linda Wokal & Christy Wicklander

Special Olympics Soccer

The City of Shoreline is sponsoring the ShoreLions Special Olympics Soccer Team. The Regional Soccer Tournament is scheduled for April 23 in Auburn. All athletes must have a current Special Olympics medical form at the first practice.

#18628

Age: 8 Years and up
Tue 3/1-4/19 5:45-7:00 p.m.

Fee: \$49 w/Resident Disc: \$45

Location: Shoreline Park Utility Field

Instructor: Paul King

Shoreline Parks & Amenities





















































































Please note the following:

- Park hours are dawn until dusk.
- Opening and/or consumption of alcoholic beverages in Shoreline parks is prohibited.
- Pets must be on leashes in all Shoreline parks. Pets are not permitted on any designated beach, picnic area, tennis courts, or play area, in any park or in any building unless specifically permitted by posting.
- Trails are open to all non-motorized users with the exception of motorized wheelchairs, unless otherwise designated and posted.
- Parks and recreation facilities are available for use by the public whenever possible. Special use permits or scheduling the use of facilities is required for any community, special or private event involving more than routine use of a park or facility. Facilities can be reserved by calling (206) 418-3383

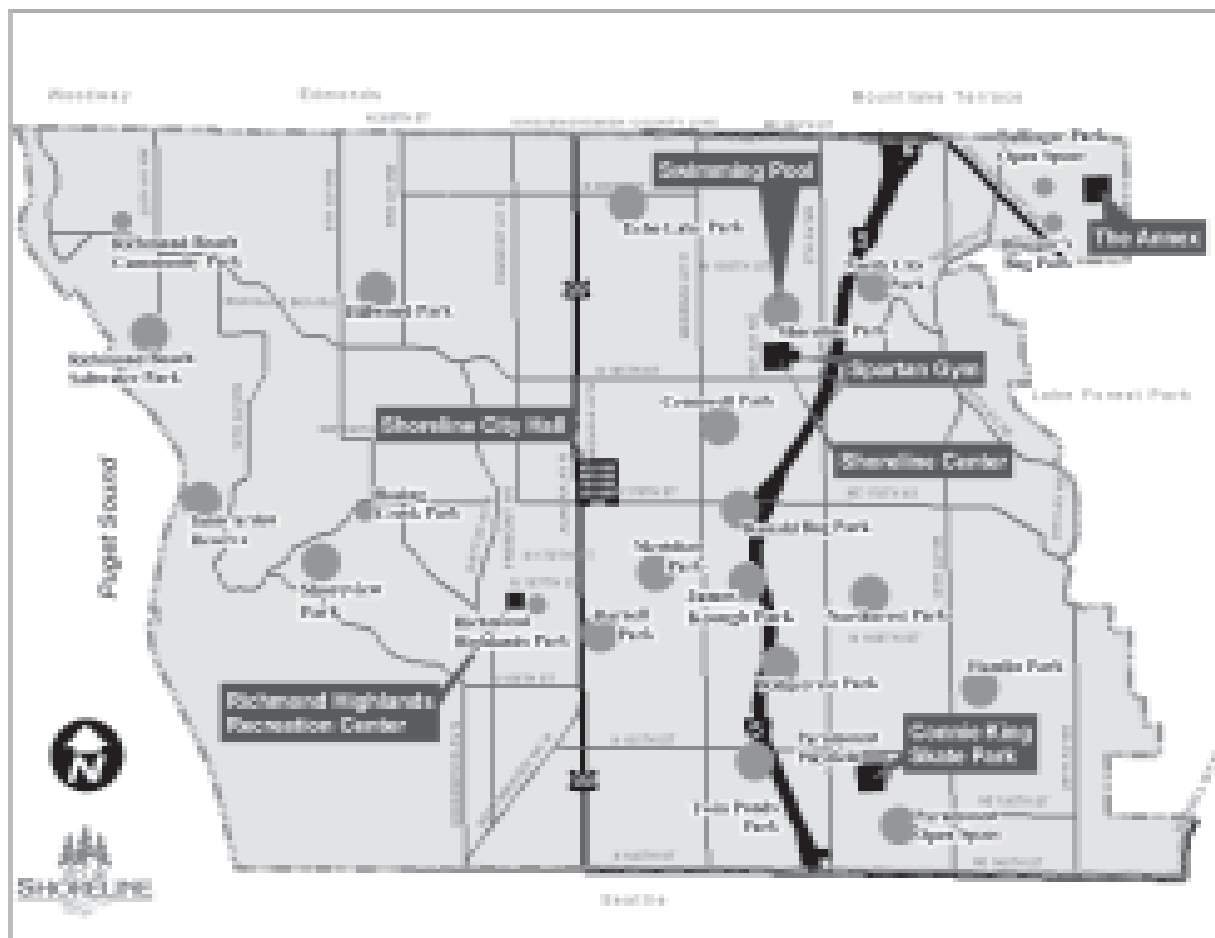
LEGEND

-  REST ROOMS
-  PLAYGROUND
-  BASKETBALL COURTS
-  SOCCER FIELD
-  TENNIS COURTS
-  HANDBALL COURTS
-  BASEBALL FIELDS
-  WALKING TRAIL/PATHS
-  FISHING PERMITTED
-  WATERFRONT
-  PICNIC AREA
-  INDOOR FACILITY
-  SWIMMING

PARKS IN ITALICS ARE ADA ACCESSIBLE

Ballinger Open Space 2300 N.E. 200th Street												
Brugger's Bog Park 19553 25th Avenue N.E.												
Boeing Creek Park 601 N.W. 175th Street												
Cromwell Park 18009 Corliss Avenue N.												
Darnell Park 1125 N. 165th Street												
Echolake Park 1521 N. 200th Street												
Hamlin Park 16006 15th Avenue N.E.												
Hillwood Park 19001 3rd Avenue N.W.												
Innis Arden Reserve 17601 14th Avenue N.W.												
James Keough Park 2301 N. 167th Street												
Meridian Park 16765 Wallingford Avenue N.												
North City Park 19201 10th Avenue N.E.												
Northcrest Park 827 N.E. 170th Street												
Paramount Park Open Space 946 N.E. 147th Street												
Paramount School Park and Connie King Skate Park 15300 8th Avenue N.E.												
Richmond Beach Community Park 2201 N.W. 197th Street												
Richmond Beach Saltwater Park 2021 N.W. 190th Street												
Richmond Highlands Rec. Center 16554 Fremont Avenue N.												
Richmond Reserve 19101 22nd Avenue N.W.												
Ridgecrest Park 108 N.E. 161st Street												
Ronald Bog Park 2301 N. 175th Street												
Shoreline Park 19030 1st Avenue N.E.												
Shoreline Pool 19030 1st Avenue N.E.												
Shoreview Park 700 N.W. Innis Arden Way												
Spartan Gym 18560 1st Avenue N.E.												
Standberg Preserve 19101 17th Avenue N.W.												
Twin Ponds Park 15401 1st Avenue N.E.												

Shoreline Parks & Program Facilities



Aloha Island Treasures
17034 Aurora Avenue N.

Ballinger Open Space
2300 N.E. 200th Street

Brugger's Bog Park
19553 25th Avenue N.E.

Boeing Creek Park
601 N.W. 175th Street

Cromwell Park
18009 Corliss Avenue N.

Darnell Park
1125 N. 165th Street

Echo Lake Park
1521 N. 200th Street

Einstein Middle School
19343 Third Avenue N.W.

Fircrest Gym
15230 15th Avenue N.E.

Hamlin Park
16006 15th Avenue N.E.

Hillwood Park
19001 3rd Avenue N.W.

Innis Arden Reserve
17601 14th Avenue N.W.

James Keough Park
2301 N. 167th Street

Kellogg Middle School
16045 25th Avenue N.E.

Luminaries Wellness Center
2411 N.W. 195th Place

Meridian Park School
17077 Meridian Avenue N.

Meridian Park
16765 Wallingford Avenue N.

North City Park
19201 10th Avenue N.E.

Northcrest Park
827 N.E. 170th Street

Paramount Park Open Space
946 N.E. 147th Street

**Paramount School Park and
Connie King Skate Park**
15300 8th Avenue N.E.

Richmond Beach Community Park
2201 N.W. 197th Street

Richmond Beach Library
19601 21st Avenue N.W.

Richmond Beach Saltwater Park
2021 N.W. 190th Street

Richmond Highlands Rec. Center
16554 Fremont Avenue N.

Richmond Reserve
19101 22nd Avenue N.W.

Ridgecrest Park
108 N.E. 161st Street

Ronald Bog Park
2301 N. 175th Street

Shorecrest High School
15343 25th Avenue N.E.

Shoreline Library
345 N.E. 175th Street

Shoreline Park
19030 1st Avenue N.E.

Shoreline Pool
19030 1st Avenue N.E.

Shoreview Park
700 N.W. Innis Arden Way

Spartan Gym
18560 1st Avenue N.E.

Standberg Preserve
19101 17th Avenue N.W.

Twin Ponds Park
15401 1st Avenue N.E.

Picnic Shelters & Field Rentals

Local charm and natural ambience create a great location for your next event. Choose from one of four picnic shelters, or a first-come-first-served picnic area. Picnic shelter reservations may be made up to six months in advance for use April 1 through September 30. Shelters are available to rent all day or half days (9:00 a.m.-2:00 p.m. or 2:30 p.m.-dusk). Cost for half day rentals is \$44 (\$40 for Shoreline residents). Cost for all day use is \$66 (\$60 for Shoreline residents). To reserve a shelter, call (206) 418-3383.

• Richmond Beach Saltwater Park 2021 N.W. 190th Street

Richmond Beach Saltwater Park features two picnic shelters with sweeping views of Puget Sound and access to the beach, the perfect backdrop to your outdoor event!



Richmond Beach Saltwater Park Upper Shelter

• Hamlin Park Shelter 16006 15th Avenue N.E.

Enjoy an afternoon in Shoreline's treasured Hamlin Park. This site offers a rustic picnic shelter nestled in an enchanting, forested setting with children's play equipment and numerous tree-lined walking trails. The adjacent ball fields may be available for an additional fee.



Hamlin Park's Picnic Shelter

Coming soon ...

• Paramount School Park Picnic Shelter 15300 8th Avenue N.E.

A brand new picnic shelter under construction and scheduled to open by Independence Day, 2005. The shelter will be adjacent to the children's play area, paved walking trail, ball fields and the Connie King Skate Park. Plan to enjoy an afternoon in the celebrated Paramount School Park.

Athletic Field Scheduling

Field Use Fees (tiered fee schedule; cost varies for youth or adult group and resident status).

Please call (206) 418-3383 for details):

Youth:	\$3-\$3.50/hr. for games and practices
Adults:	\$25-\$27.50/hr. for games \$13-\$14.50/hr. for practices
Lights:	\$13-\$14.50/hr.

Baseball & Softball:

Cromwell Park
Hamlin Park
Hillwood Park
Paramount School Park
Richmond Highlands Park
Ridgecrest Park
Shoreview Park

Soccer:

Hillwood Park
Paramount Park
Richmond Highlands
Shoreline Park
Shoreview Park
Twin Ponds Park

Football:

Hamlin Park
Shoreline Park



Schedule a field for your activity today!

Richmond Highlands Recreation Center Rentals

16554 Fremont Avenue N., (206) 418-3383

Special Features:

- Available Saturdays, 1:30-6:00 p.m. and Sundays, 1:30-9:00 p.m.
- Small gym with a stage
- Games room with table tennis and billiard tables
- Meeting/Café room with a kitchen
- Adjacent ball field may be available for an additional fee
- Outdoor play equipment for children
- Great for parties, reunions, receptions, and more

Hourly Fees: (two-hour minimum):

Entire Facility: \$54; w/ Resident Disc. \$49

Gym Only: \$43; w/ Resident Disc. \$39

Café /Game Room Only: \$43;
w/ Resident Disc. \$39

Spartan Gym Rentals

18560 First Avenue N.E., (206) 418-3383

Special Features:

- Competition size gym with bleacher seating and two courts for volleyball or basketball contests (with divider curtain)
- Fitness room with vinyl floor, tables and chairs (ideal for parties)
- Dance room with finished wood floors, mirrored wall and natural lighting
- Locker rooms and shower facilities
- Adjacent grass field may also be available for an additional fee
- Great for families, social gatherings, youth group activities & athletic events

Fees (tiered fee schedule; cost varies for youth or adult group and resident status.

Please call (206) 418-3383 for details):

Entire Facility: \$77-\$115/hr

Entire Gym: \$30-\$60/hr

One Court Only: \$15-\$32/hr

Gymnastics or Dance Room: \$10-\$22/hr

Multipurpose Room: \$10-\$18/hr



Get in the swim of things at the Shoreline Pool.

Pool Party Rentals

19030 First Avenue N.E., (206) 362-1307

Our party days are Saturday and Sunday 3:00-7:00 p.m. Use of all the pool "fun stuff", lifeguards and public balcony is included in rental cost.

Hourly Fees:

1 to 60 people	\$90
w/ Resident Disc.	\$80
61 to 150 people	\$145
w/ Resident Disc.	\$125

Community Programs Guide

For information on additional leisure, recreational, and cultural activities in Shoreline, contact the following organizations:

Shoreline Historical Museum

749 N. 175th Street • (206) 542-7111
www.shorelinehistoricalmuseum.org
The Shoreline Historical Museum opened its doors with three floors of exhibits as a Community Bicentennial Project in 1976. Drawing from an archive of thousands of photos and a collection of more than 6,000 artifacts, the Museum tells the story of the historic Shoreline area through the development of local cities and neighborhoods. The Museum is housed in the historic Ronald School building, constructed in 1912 and named after Judge James T. Ronald.

Regular Museum Hours:

Tuesday – Saturday, 10:00 a.m.- 4:00 p.m.
Research Archive: Wednesdays, 10:00 a.m.- 4:00 p.m.
Admission: FREE
Wheelchair accessible

New Exhibit: *Looking Back 118 Years: The 60th Anniversary of the Shoreline School District.* January through April.

Join us for Hands-on Days!

All Hands-on activities are free, drop-in from 11:00 a.m. to 3:00 p.m. Most activities take approximately 15 minutes to complete, appropriate for ages 4 to 11. Whatever you make you keep! Fourth Saturday of each month: 1/22, 2/26, 3/26, 4/23.

Shoreline-Lake Forest Park Arts Council

In the Community Wing of the Shoreline Center

PO Box 55354, Shoreline WA 98155
(206) 417-4645 • FAX (206) 417-3259
www.shorelinearts.net
info@shorelinearts.net
Hours: Mon-Fri, 12:00-5:00 p.m.

January

Brothers from Different Mothers, Children's Series, 1/22, 2:00 p.m., SCC Campus Theatre, Tickets \$5

Jazz it Up! With Jeff Kashiwa, Arts in Culture Series, 1/22, 7:30 p.m. SC Performing Arts Center, Tickets \$15, \$12, \$10

February

Baseball Saved Us, Children's Series, 2/5, 2:00 p.m. SCC Campus Theatre, Tickets \$5
The Bobs, Arts in Culture Series, 2/5, 7:30 p.m. SC Performing Arts Center, Tickets \$18, \$15

March

Anansi the Spider, Children's Series, 3/19, 2:00 p.m. SCC Campus Theatre, Tickets \$5
Lelavision: Vessels of Vibe, Arts in Culture Series, 3/5, 7:30 p.m. SC Performing Arts Center, Tickets \$15, \$12, \$10

April

Baba Yaga & the Bag of Gold, Children's Series, 4/14, 2:00 p.m. Shoreline Center Auditorium, Tickets \$5
Night Club Gentleman, Arts in Culture Series, 4/23, 7:30 p.m., SC Performing Arts Center, Tickets, \$18, \$15.

Shoreline-Lake Forest Park Senior Center

18560 1st Avenue NE • (206) 365-1536
Shoreline-Lake Forest Park Senior Center offers access to special services such as: our health enhancement program, free blood pressure/diabetes checks, legal consultations, a lunch program Meals on Wheels, purchase Metro bus stickers, senior rights assistance, reduced fee veterinarian services, computer classes and more. Call (206) 365-1536 for a copy of our current newsletter or for more information.

Ongoing: Exercise classes, arts, discussion, special events, senior services, support groups, daily lunches, and foot care. Special lectures on designated Tuesdays. Call (206) 365-1536 for our current Activities Guide.

Family Breakfast, 1/9, 2/13, 3/13, and 4/10, 8:30-11:30 a.m. at the Senior Center, adults \$4, children under 12 years old \$3.

Lifetime Fitness, Mon/Wed/Fri, 9:30 a.m. at the Sr. Center and 2:00 p.m. at the Spartan Gym

Tai Chi, Tues. & Fri., 10:45-11:45 a.m. at the Spartan Gym

Shoreline Fire Department

17525 Aurora Avenue N.
(206) 533-6500
www.shorelinefire.com

American Heart Association CPR classes are offered at the Shoreline Fire Department Headquarters, 17525 Aurora Avenue N, the first Saturday of every month, 8:00 a.m. to 12:00 p.m. Fee is \$15. The Heartsaver Card is issued. Class includes Adult, Child and Infant CPR, plus an introduction to the AED (Automated External Defibrillator). Call (206) 533-6500 to register.

Community Emergency Response Team (CERT) Training

Learn to take care of your neighbors and assist the City of Shoreline in a major disaster. Community Emergency Response Team (CERT) training will be held on seven consecutive Thursday evenings in May/June 2005. Classes include basic medical operations, light search and rescue, multi-hazard emergency preparations and fire safety and prevention. Call (206) 533-6564 for more information and to register.

Shoreline Library

345 NE 175th Street • (206) 362-7550
Hours: Mon - Thurs 10:00 a.m. - 9:00 p.m.
Fri 10:00 a.m.-6:00 p.m.
Sat 10:00 a.m.-5:00 p.m.
Sun 1:00-5:00 p.m.

January

- Toddler Time - ages 2-3 with an adult, Mondays, 1/3 -1/31, 10:15 a.m. **or** 11:00 a.m.
- Young Toddler Time, ages 12-24 months with an adult, Tuesdays, 1/4-1/25, 10:15 **or** 11:00 a.m.
- Preschool Storytime, ages 3-6, Tuesdays, 1/4-1/25, 1:30 p.m., **or** Wednesdays, 1/5-1/26, 10:30 a.m.
- Pajamarama Family Storytime, up to age 7 with an adult, Tuesdays, 1/4-1/25, 7:00 p.m.

February

- Toddler Time, ages 2-3 with an adult, Mondays, 2/7 and 2/28 10:15 a.m. **or** 11:00 a.m.
- Young Toddler Time, ages 12-24 months with an adult, Tuesdays, 2/1 and 2/8, 10:15 a.m. **or** 11:00 a.m.
- Preschool Storytime, ages 3-6, Tuesdays, 2/1 and 2/8, 1:30 p.m. **or** Wednesdays, 2/2 and 2/9, 10:30 a.m.
- Pajamarama Family Storytime, up to age 7 with an adult, Tuesdays, 2/1 and 2/8, 7pm.

March

- Toddler Time, ages 2-3 with an adult, Mondays, 3/7-3/28, 10:15 a.m. **or** 11:00 a.m.
- Young Toddler Time, ages 12-24 months with an adult, Tuesdays, 3/1-3/29, 10:15 a.m. **or** 11:00 a.m.
- Preschool Storytime, ages 3-6, Tuesdays, 3/1-3/29, 1:30 p.m., **or** Wednesdays, 3/2-3/30, 10:30 a.m.
- Pajamarama Family Storytime, up to age 7 with an adult, Tuesdays, 3/1-3/29, 7:00 p.m.

April

- Toddler Time, ages 2-3 with and adult, Monday 4/4, 10:15 a.m. **or** 11:00 a.m.
- Young Toddler Time, ages 12-24 months with an adult, Tuesday, 4/5, 10:15 a.m. **or** 11:00 a.m.
- Preschool Storytime, ages 3-6, Tuesday, 4/5 at 1:30 p.m., **or** Wednesday, 4/6 at 10:30 a.m.
- Pajamarama Family Storytime, up to age 7 with an adult, Tuesday, 4/5, 7:00 p.m.

Seattle Audubon Society

The Seattle Audubon Society is offering free beginning birding classes. For class schedule and more information, please call (206) 523-4483.

Community Programs Guide

For information on additional leisure, recreational, and cultural activities in Shoreline, contact the following organizations:

Richmond Beach Library

19601 21st Avenue NW • (206) 546-3522

Hours: Mon/Tues/Thurs, 1:00 - 9:00 p.m.

Fri & Sat, 12:00-5:00 p.m.

January

- Story Time for ages 2-6, Tues., 1/11, 1/18, 1/25, 11:00 a.m. **and** Thurs., 1/13, 1/20, 1/27, 1:30 p.m.
- Wednesday Evening Story Times for ages 2-6. You can wear your pajamas! 1/19.
- Evening Book Discussion Group, Mon, 1/3, 7:00 p.m. Call for book title.
- Afternoon Book Discussion Group, Thurs, 1/13, 2:30 p.m.

February

- Story Time for ages 2-6, Tues., 2/1, 2/8, 2/15, 11:00 a.m. **and** Thurs., 2/3, 2/10, 2/17, 1:30 p.m.
- Wednesday Evening Story Times for ages 2-6. You can wear your pajamas! 2/16.
- Evening Book Discussion Group, Mon., 2/7, 7:00 p.m. Call for book title.
- Afternoon Book Discussion Group, Thurs., 2/10, 2:30 p.m.

March

- Story Time for ages 2-6, Tues., 3/1, 3/8, 3/15, 3/22, 3/29, 11:00 a.m. **and** Thurs., 3/3, 3/10, 3/17, 3/24, 1:30 p.m.
- Wednesday Evening Story Times for ages 2-6. You can wear your pajamas! 3/16.
- Evening Book Discussion Group, Mon, 3/7, 7:00 p.m. Call for book title.
- Afternoon Book Discussion Group, Thurs, 3/10, 2:30 p.m.

April

- Story Time for ages 2-6, Tues., 4/5, 4/12, 11:00 a.m. **and** Thurs., 4/7, 4/14, 1:30 p.m.
- Wednesday Evening Story Times for ages 2-6. You can wear your pajamas! 4/20.
- Evening Book Discussion Group, Mon, 4/4, 7:00 p.m. Call for book title.
- Afternoon Book Discussion Group, Thurs, 4/14, 2:30 p.m.

Fircrest Swimming Pool

The Fircrest facility in Shoreline offers both a main pool and a therapy pool, (accessible via stairs or a lift). The therapy pool includes water jets and is heated to 95 degrees. Contact the Fircrest facility staff at (206) 361-3655 for further information.

Location: 15230 15th Ave. N.E.
Activity Building
(206) 361-3655

Fees: \$2.00/Youth and Seniors
\$2.50/Adult

Talk Time - Free English Conversation Classes: meet people from around the world; improve your spoken English. Tuesdays, 4:00-6:00 p.m.

Study Zone - Mon. & Wed., 4:00-6:00 p.m. No Study Zone 2/21 & 2/23, 4/11 & 4/13.

Read 3, Get 1 Free!

If you are between the ages of 12 and 18 you can...READ 3 books, WRITE 3 thoughtful reviews, GET a prize book free! Entry forms are available at the Kenmore, Bothell, Shoreline, and Richmond Beach branches and at local schools. This program is currently active at these locations only. Sponsored by the Friends of participating libraries and the King County Library Foundation.

Shoreline Children's Center

(206) 361-4256

Ages 2-1/2 to 12 years

6:30 a.m.-6:30 p.m.

Shoreline Community College

16101 Greenwood Ave. N

Shoreline, WA 98133

(206) 546-4606

www.shoreline.edu

SCC Parent Education/Cooperative Preschool Program

(206) 546-4593

SCC offers a unique parent education program that consists of a child-centered preschool program and adult-centered lectures and discussion groups.

Continuous open enrollment.

Shoreline/South County YMCA

1220 NE 175th Street • (206) 364-1700

The YMCA builds strong kids, families and communities through a variety of programs for the whole family.

Special Saturday Club

Sponsored by Campfire Boys & Girls, the Special Saturday Club offers parents a five-hour period of respite the first Saturday of each month. This program is designed to serve children with disabilities, ages 2 to 12, and children without disabilities, ages 2 to 10. The Special Saturday Club is a Division of Developmental Disabilities "Respite rs. Approved" program. To register, call Camp Fire at (206) 461-8550.

Shoreline Youth Sports Organizations

Shoreline Univac Football
(206) 524-3185

Richmond Football
(206) 365-7411

Shoreline Cheer
(206) 365-7411

Shoreline Univac Basketball
(206) 367-6548

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

Shoreline YMCA T-Ball
(206) 364-1700

Hillwood Soccer Club
(206) 542-3353
hillwood@att.net

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

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

Richmond Little League
Baseball/Softball
(206) 546-2255

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

Edmonds-Shoreline Snowsports
(206) 546-2962
www.ESSnowsports.org

Registration Information

Refunds

- A: 100%:** If City of Shoreline cancels a class due to insufficient enrollment.
- B: 100%: minus a \$5.00 processing fee** if you request a refund prior to the first class.
- No refunds for program fees less than \$5.00 unless canceled by Shoreline Parks, Recreation and Cultural Services.
- C: Credit:** Full credit can be given in lieu of a refund.

Accessibility

The City of Shoreline will provide reasonable accommodations for people with disabilities. Please contact us at (206) 418-3383, or the Shoreline Pool at (206) 362-1307.

Non-Discrimination Policy

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

Scholarships Available

Scholarships available for youth and disabled programs. Call the Spartan Gym at (206) 418-3383, or the Shoreline Pool at (206) 362-1307.

Se ofrecen becas para la juventud y personas con desarrollo retrasado. Para informacion llamen a (206) 418-3383.

Register Now!

- Pre-Registration is required for all classes.
- All fees are due at time of registration.
- Register early to secure your space in class!
- Payment is accepted by credit card, check, money order or credit on a recreation account.

You can register many ways:

1. ONLINE:

Visit www.cityofshoreline.com/parks to register for most recreation programs. Registration for Aquatics programs and Athletic Leagues is not available online at this time.

2. BY PHONE OR IN PERSON:

For *aquatics* programs, call the **Shoreline Pool** (206) 362-1307 or visit 19030 1st Ave. NE in Shoreline

Mon- Fri	5:30 a.m. - 8:30 p.m.
Sat	10:00 a.m. - 3:00 p.m.
Sun	11:30 a.m. - 3:00 p.m.

For *all other* programs, call the **Spartan Gym** (206) 418-3383 or visit 18560 1st Ave. NE in Shoreline

Mon - Thur	8:00 a.m. - 9:00 p.m.
Fri	8:00 a.m. - 5:00 p.m.
Sat	8:00 a.m. - 4:00 p.m.

3. BY FAX:


Payment by Credit Card only for faxed registrations. Aquatics programs fax: (206) 362-8450; all other programs fax: (206) 418-3380.

4. MAIL IN:

Send form (see below) and payment by check, Visa or MasterCard to:
City of Shoreline
Parks, Recreation and Cultural Services
17544 Midvale Ave. N.
Shoreline, WA 98133

수업보조금 청소년과 장애인을 위한 수업 보조금이 준비되어 있습니다.
전화 문의와 신청은 (206) 418-3383 으로 전화하십시오.

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

		CITY OF SHORELINE - PARKS, RECREATION & CULTURAL SERVICES - (206) 418-3383				
Last Name		First Name		Date		
Address		E-Mail		Home Phone # ()		
City/State		Zip		Work Phone ()		
				Emergency # ()		
How did you hear about us? <ul style="list-style-type: none"><input type="checkbox"/> City Website<input type="checkbox"/> Rec Guide<input type="checkbox"/> School/PTA<input type="checkbox"/> Shoreline Enterprise<input type="checkbox"/> Richmond Beach News<input type="checkbox"/> Flyer<input type="checkbox"/> Friend	CLASS NUMBER	CLASS TITLE	PARTICIPANT NAME	M/F	DATE OF BIRTH	FEE
Please check one: <input type="checkbox"/> Checks payable to: <input type="checkbox"/> City of Shoreline <input type="checkbox"/> MasterCard <input type="checkbox"/> VISA <input type="checkbox"/> Mail to: 17544 Midvale Ave. N., Shoreline, WA 98133						
Account # _____ Expiration Date _____						
I am aware of the nature of the recreation activities and I hereby assume all responsibility for myself and/or child as listed above. I will not hold the City of Shoreline and its agents or employees responsible in case of accident or injury as a result of this participation. I hereby authorize the use of photographs and/or videotapes of my child/children/ward of myself as part of the City of Shoreline promotions. If you do not want your photos or videos published, please check box. <input type="checkbox"/>						
X _____				DATE _____		
SIGNATURE - ADULT PARTICIPANT OR GUARDIAN						