

LYNNWOOD RECREATION GUIDE



LET'S PLAY!

**KIDS
KLUB
Preschool** pg 10

**FAIR
on 44th** pg 15

**NEW
Basketball
League** pg 21

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FALL 2016



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

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

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

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

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

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

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

**GROCERY
OUTLET**
bargain market

Save up to 60% (or more) on
Natural, Organic, Specialty and Healthy groceries

We call it N.O.S.H.[®] and you'll say "Oh My Gosh!"
when you find **BIG DISCOUNTS** on brands like
Amy's, Cascadian Farm and Ethnic Gourmet.



\$3 OFF

a \$30 minimum purchase
(excludes alcohol)



Valid at Lynnwood Grocery Outlet only. One coupon per person. No cash value. **Not valid with any other offer.** Duplicated coupons will not be accepted. Coupon must be surrendered at time of purchase.

Valid August 5-December 2, 2016.

\$4 OFF

a \$40 minimum purchase
(excludes alcohol)



Valid at Lynnwood Grocery Outlet only. One coupon per person. No cash value. **Not valid with any other offer.** Duplicated coupons will not be accepted. Coupon must be surrendered at time of purchase.

Valid August 5-December 2, 2016.

\$5 OFF

a \$50 minimum purchase
(excludes alcohol)



Valid at Lynnwood Grocery Outlet only. One coupon per person. No cash value. **Not valid with any other offer.** Duplicated coupons will not be accepted. Coupon must be surrendered at time of purchase.

Valid August 5-December 2, 2016.

19800 44th Avenue W. • Lynnwood, WA 98036

(425) 774-0198 • 8am - 9pm every day

MAYOR'S MESSAGE



*Do you know how to use a Fire Extinguisher?
Firefighters training on the PASS technique:
Pull the Ring, Aim, Squeeze, and Sweep.*

Let's Create a Disaster Ready Community



*Mayor Nicola
Smith*

ARE YOU AND YOUR FAMILY PREPARED FOR A DISASTER? If the answer is no - don't wait - the time to act is now! Disasters may strike at any time, usually with little or no warning. In our region, we could experience extended

power outages, earthquakes, storms, volcanic activity, severe weather, hazardous material releases, and other emergencies. Throughout 2016, the City Council, City Staff and I have been working on preparing so that we can quickly and safely respond to a disaster. We care about your safety so we want you to be prepared too.

During a major disaster, it may be anywhere from 3-7 days before first responders will be able to get to your neighborhood. That's why it is so important for you to be prepared. There are four steps that you can take:

1. Get a kit: Gather up emergency supplies such as food, water, tools, and first aid supplies for you, your family and pets for at least 5-7 days.
2. Make a plan: Develop a family communications plan, create plans in case you need to shelter-in-place or you need to get away, and know emergency plans at school and work.



Above: Disaster Preparedness Workshop hosted in Spanish, Firefighters teaching cribbing and heavy lifting techniques.

3. Be informed: Familiarize yourself with the different types of natural disasters our region could experience.
4. Get involved in preparing your community. After preparing yourself and your family for an emergency, get involved in helping your neighbors, friends, and coworkers. You can sign up for Community Emergency Response Team training (CERT) through the Department of Emergency Management, sign up for a Disaster Preparedness Workshop, and definitely come visit us on September 10th as we host the City's 1st Annual Fair on 44th: Lynnwood's Community Health & Safety Block Party!

Follow us on Twitter to receive updates during an emergency @Lynnwood, @LynnwoodFire, and @LynnwoodPD.

**FRONTIER
COMMUNICATIONS**
PROUDLY SPONSORS

– AND –

**ALDERWOOD MALL &
VIRGINIA MASON**
PROUDLY PRESENT TO YOU
THE 8TH ANNUAL

**CELEBRATE
SCHOOLS!**

**5K
RUN
WALK**

**Saturday
October 1, 2016**

**Loews Theatre – Lynnwood
3000 184th St SW, WA 98037**

**REGISTER ONLINE
FOUNDATIONSD.ORG**

\$25 Adults 19+

\$15 Youth 13-18

\$7 Kids 0-12



Benefiting
**Foundation for
Edmonds
School District**

Official City of Lynnwood Festival

**SHAPING
STUDENTS' FUTURES**





Academy Volleyball League (AVL)
 > Mondays & Wednesdays
 > 8 week session
 > Grades 6th -9th
 > 5:30 - 7:00 pm
 > Cost \$250
COUPON: 20% OFF

Academy Kids
 > Mondays & Wednesdays
 > 6 week session
 > Grades K-6th
 > 4:00 - 5:30pm
 > Cost: \$50 - \$145
COUPON: BUY ONE SESSION GET THE SECOND 50% OFF

Fall Camp
 > Tuesday & Thursday
 > 8 week session
 > Grades K 6th - 9th
 > 6:00 - 8:00pm
 > Cost: \$20 - \$250
COUPON: SPEND \$125 GET \$20 BACK

Camp sessions start SEPTEMBER 12!

REGISTRATION NOW OPEN
AcademySportsCenter.net
 Sign Up Today!

2810 Lincoln Way
 Lynnwood, WA 98087 | (425) 745-0866
 AcademySportsCenter.net





SAVE THE DATES



AUGUST

- 4 National Night Out
- 4 Shakespeare-Cymbeline
- 6 Heritage Park & Trolley Tour
- 6 Afro Latino Festival
- 9 Community Meeting-Public Safety
- 13 Latino Expo
- 20 Ubuntu Expo'

SEPTEMBER

- 3 Heritage Park & Trolley Tour
- 5 Labor Day
- 8 Lynnwood University Begins
- 10 Fair on 44th**
- 16 EdCC 50th Anniversary
- 24 NightWaves
- 31 Community Meeting-Emergency Preparation

OCTOBER

- 1 Celebrate Schools 5K Walk/Run
- 22 Spook & Splash Family Halloween
- 31 Halloween

NOVEMBER

- 11 VFW Veterans Day Memorial Event
- 24 Thanksgiving

DECEMBER

- 3 Lynnwood Christmas Tree Lighting
- 4 Cookies with Santa @ Heritage Park
- 10 NightWaves Teen Night
- 25 Christmas

Home. It's not just where memories are made. It's where Life is Lived.



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 lynwood.bhhsnwrealestate.com



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RECREATION CENTER

State-of-the-art swimming and fitness facility

Hours of Operation

Monday - Friday 5:30am - 9:30pm
 Saturday 7:00am - 9:00pm
 Sunday 9:30am - 6:30pm

Holiday Closures

Labor Day:
 Monday, September 5

Facility Closed:
 September 6 - 11

Thanksgiving:
 Thursday, November 24

Fitness

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

Swimming Pools

- Over 20,000 square feet of aquatic play
- 25 - yard, 6 - lane lap pool
- 1 Warm - water wellness pool with ramp
- 4 Play pools: beach, river, lake, and whirlpool
- 2 Waterslides
- 2 Hot Tubs: Adult & Family
- 1 Sauna



PICK YOUR PASS

| 2016 RATES | DAILY | DAILY FITNESS PASS | 10 VISIT PASS | | ANNUAL (unlimited visits) | |
|-------------------------|---------|--------------------|---------------|-------------------|---------------------------|-----------------------|
| | | | Fee | Resident Discount | Fee | Resident Discount |
| Children under 2 | Free | n/a | n/a | n/a | n/a | n/a |
| Youth (2 - 12) | \$4.25 | n/a | \$37 | \$33 | \$345 (\$28.75/mo) | \$300 (\$25.00/mo) |
| Teen (13 - 17) | \$4.75 | \$7.75 | \$41 | \$37 | \$430 (\$35.83/mo) | \$375 (\$31.25/mo) |
| Adults (18 - 61) | \$5.25 | \$8.25 | \$45 | \$41 | \$515 (\$42.92/mo) | \$450 (\$37.50/mo) |
| Adults 62+ | \$4.25 | \$7.25 | \$37 | \$33 | \$345 (\$28.75/mo) | \$300 (\$25.00/mo) |
| Disabled | \$4.25 | \$7.25 | \$37 | \$33 | \$345 (\$28.75/mo) | \$300 (\$25.00/mo) |
| Family | \$16.25 | n/a | n/a | n/a | \$805 (\$67.09/mo) | \$700 (\$58.33/mo) |

Nick Stack aldercrest.autorebuild@frontier.com

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AQUATICS



SAFETY IS OUR #1 PRIORITY

All children under the age of 6 must be accompanied by an adult in the water at all times. Children aged 6 - 10 years must be supervised by someone aged 13+ in the building at all times. Riders must be at least 40" tall for the body slide and 48" tall for the innertube slide.

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

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

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



OPEN FITNESS Use any way you like: water walking, stretch, water exercises, relaxation. Spaces available vary. Ideal for adults of all ages; under 18, see Aquatics office staff. Some adult - only lap swims available.

POOL RENTAL See page 7 for details.

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

SPECIAL SCHEDULES AND UPDATES Visit www.playlynnwood.com or call 425 - 670 - 5588.

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

FALL POOL SCHEDULE SEP 12 - DEC 18

Closed: Sept 5-11, Nov 24 | **Special Schedules:** Sept 24, Oct 22, Nov 11, Nov 25, Dec 10, Dec 19-31

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

SWIM LESSONS

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

- To ensure registration in the proper level, a swim placement test is required before registration. Call today at 425 - 670 - 5732.
- Not every level is offered each half hour; detailed offerings posted online on New Student Registration Day.

When can I register?

New students may register on the bold dates listed for each session. A registration code is required and given at placement test. There are three ways to register -see page 31 for details.



| REGISTER ON THIS DATE | Session Dates/ Days | | Number of classes | Fee |
|-------------------------|------------------------|----------|-------------------|------|
| Tuesday, Sept 06 | Sep 12 - Oct 05 | M/W (A) | 8 | \$48 |
| | Sep 13 - Oct 06 | T/TH (A) | 8 | \$48 |
| | Sep 16 - Oct 21 | Fri (A) | 6 | \$36 |
| | Sep 17 - Oct 22 | Sat (A) | 6 | \$36 |
| | Sep 18 - Oct 23 | Sun (A) | 6 | \$36 |
| Friday, Oct 07 | Oct 10 - Nov 09 | M/W (B) | 10 | \$60 |
| | Oct 11 - Nov 10 | T/TH (B) | 10 | \$60 |
| Tuesday, Oct 25 | Oct 28 - Dec 16 | Fri (B) | 6 | \$36 |
| | Oct 29 - Dec 17 | Sat (B) | 8 | \$48 |
| | Oct 30 - Dec 18 | Sun (B) | 8 | \$48 |
| Thursday, Nov 10 | Nov 14 - Dec 14 | M/W (C) | 10 | \$60 |
| | Nov 15 - Dec 15 | T/TH (C) | 9 | \$54 |

*No Class: Nov 11, Nov 24, Nov 25

Registration for WINTER 2017 begins Tuesday, December 20.

THROW A PARTY!

Call 435 - 670 - 5732 to reserve your party.

Pool Rentals

- Shared Pool Rental: \$130 for groups of 25 swimmers. A maximum of 6 groups per rental time.
- Private Pool Rental: \$780 for an hour of exclusive use of all the pools for up to 150 swimmers.
- Rental Times: Five one - hour blocks of time every weekend.
- Pool rentals include lifeguards and use of all pool areas and features.

For a complete party experience, be sure to reserve a private room before or after your pool time.

Room Rentals

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



POOL RENTAL TIMES

Saturday

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

Sunday

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

PARKS



Lynndale Park Picnic Shelter



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

PARK RESERVATIONS

Reservations are not necessary for general use of our parks. However, the following outdoor park facilities may be reserved from 8am - 9pm for private functions; half day 8am - 2pm or 3 - 9pm. Rental fees are due at the time of reservation. For reservations please call 425-670-5732. **2016 park reservations open. 2017 park reservations begin Dec 1 for Lynnwood residents. Open registration begins Jan 3, 2017.**

| OCCUPANCY | HALF DAY Non - Resident/Resident | FULL DAY Non Resident/Resident |
|---|-------------------------------------|-----------------------------------|
| Heritage ParkPlaza | | |
| Under 100 people | \$75/\$50 | \$112/\$75 |
| Lynndale Park Shelter (covered) | | |
| 1 - 50 people | \$50/\$44 | \$112/\$99 |
| 51 - 100 people | \$93/\$81 | \$135/\$118 |
| 101 - 200 people | \$133/\$116 | \$200/\$174 |
| Lynndale Park Shelter 2 (uncovered) | | |
| 1 - 50 people | \$34/\$30 | \$78/\$68 |
| 51 - 100 people | \$49/\$43 | \$112/\$98 |
| Lynndale Park Amphitheater (uncovered) | | |
| 1 - 300 people | \$25/\$20 | \$50/\$40 |
| North Lynnwood Park Shelters 1 & 2 | | |
| 25 people | \$41/\$36 | \$94/\$82 |
| Wilcox Park Shelters | | |
| Shelter - 35 people | \$50/\$44 | \$112/\$99 |
| Gazebo - 25 people | \$34/\$30 | \$78/\$68 |

LYNNWOOD GOLF COURSE



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

RESERVATIONS

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

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



curb the congestion
Community Transit

Get \$150 when you choose smarter trips!*
Start earning rewards today!

CurbtheCongestion.org

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

*When eligibility requirements are met

EDMONDS COMMUNITY COLLEGE
50th
anniversary
Est. 1967

Edmonds CC 50th Anniversary Kickoff Celebration

Friday, September 16 | 4-9 p.m. | Triton Field

Edmonds CC is turning 50 and we want to celebrate with you!



Listen to live music through the decades from The Afrodisiacs, The Burg, and more



Enjoy food from local food trucks and drinks from our host beer and wine garden



Celebrate 50 years of student success and being a part of your community

For more information, visit edcc.edu/50 or on Facebook at www.facebook.com/edmondsc.
2610 Lincoln Way
Lynnwood, WA 98087



PRESCHOOL



Kids Klub Preschool

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

AGE: 4 - 5 YRS

| | | | |
|----------|---------------|-----------|-------|
| AM Class | Mon, Wed, Fri | 9-11:30am | \$240 |
| PM Class | Mon, Wed, Fri | 12:30-3pm | \$240 |

\$15 Emergency Kit (one - time)
Location: Recreation Center, Room 101

Preschool Playtime

Would you like a little time each week to exercise in the cardio/weight room, enjoy a cup of coffee with a friend or have a little 'me' time? Is your child starting Preschool in the fall? Preschool Playtime is a great program to help kids get ready for their transition. Your little one will enjoy playing with friends while supervised by caring adults. All preschoolers must be potty trained. Call ahead to reserve your spot. Drop - ins are welcome. Ages: 3 - 6 For more information, visit PlayLynnwood.com

AGE: 3 - 6 YRS

| | | | |
|-----------------|------|----------------------|------------|
| Sep 13 - Dec 13 | Tue | 9 - 11am or 12 - 2pm | \$10/visit |
| Sep 15 - Dec 15 | Thur | 9 - 11am or 12 - 2pm | \$10/visit |

Location: Recreation Center, Room 101
*No Class: Nov 24

The Medora Ballet: 3 - 4

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

AGE: 3 - 4 YRS

| | | | | |
|-------|-----------------|-----|--------------|------|
| 63092 | Sep 12 - Sep 26 | Mon | 11 - 11:50am | \$45 |
| 63093 | Oct 3 - Oct 24 | Mon | 11 - 11:50am | \$45 |
| 63094 | Nov 7 - Nov 28 | Mon | 11 - 11:50am | \$45 |

Location: Recreation Center, Room 102
Instructor: Jessica Eido

Spook & Splash Family Halloween Event

Delight in a night of spooktakular fun! Bring the family in their Halloween costumes to our family - friendly event for goblins big and small who seek a not - so - scary but oh - so - fun activity for Halloween. Activities will include carnival games, crafts, food, trick or treating in the Candyland Forest and a splash in the pool! Swim is scheduled from 8:00 - 10pm.

AGE: 1+

| | | | | |
|-------|--------|-----|----------|------------|
| 62930 | Oct 22 | Sat | 7 - 10pm | \$6/person |
|-------|--------|-----|----------|------------|

Location: Recreation Center

Preschool Gymnastics

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

AGE: 3 - 5 YRS

| | | | | |
|-------|-----------------|-----|-----------------|------|
| 63070 | Sep 13 - Oct 18 | Tue | 9:15 - 9:45am | \$55 |
| 63071 | Sep 13 - Oct 18 | Tue | 10:45 - 11:15am | \$55 |
| 63072 | Nov 1 - Dec 6 | Tue | 9:15 - 9:45am | \$55 |
| 63073 | Nov 1 - Dec 6 | Tue | 10:45 - 11:15am | \$55 |

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

Class Crashers

Want to start working out but can't seem to find the time? Babysitters getting expensive? Looking for activities for your kids?



Become a "Class Crasher!" Sign your child up for any class with this icon () next to it, and pay just \$3 to attend a fitness pass class, use the cardio/weight room, or go for a swim while they are in class. Simply pay as you go: tell the front desk which class your child is in, pay your \$3, and you are on your way! Questions? Contact Customer Service Staff at 425 - 670 - 5732 or Amy Kirk at 425 - 670 - 5518.





Toddle Time Gymnastics

Walking, running, swinging, and exploring concepts such as up, down, in, out and through. This class is designed to promote these activities in a friendly atmosphere. Parent participation required.

AGE: 18 MOS - 3 YRS

| | | | | |
|-------|-----------------|-----|----------------|------|
| 63074 | Sep 13 - Oct 18 | Tue | 10 - 10:30am | \$55 |
| 63076 | Sep 13 - Oct 18 | Tue | 11:30am - 12pm | \$55 |
| 63075 | Nov 1 - Dec 6 | Tue | 10 - 10:30am | \$55 |
| 63077 | Nov 1 - Dec 6 | Tue | 11:30am - 12pm | \$55 |

Location: Recreation Center, Fitness Studio

Instructor: Cascade Elite Gymnastics

Kidz Love Soccer

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

MOMMY/DADDY & ME SOCCER (2 - 3 1/2 YRS)

| | | | | |
|-------|-----------------|-----|---------------|------|
| 62846 | Sep 12 - Oct 17 | Mon | 5:55 - 6:25pm | \$70 |
| 62847 | Sep 17 - Oct 22 | Sat | 2 - 2:30pm | \$70 |
| 62854 | Nov 5 - Dec 17* | Sat | 2 - 2:30pm | \$70 |

TOT/PRE-SOCCER (3 1/2 - 5 YRS)

| | | | | |
|-------|-----------------|-----|---------------|------|
| 62852 | Sep 12 - Oct 17 | Mon | 3:40 - 4:15pm | \$70 |
|-------|-----------------|-----|---------------|------|

TOT/PRE-SOCCER (3-1/2 - 4 YRS)

| | | | | |
|-------|-----------------|-----|---------------|------|
| 62842 | Sep 17 - Oct 22 | Sat | 2:40 - 3:10pm | \$70 |
| 62848 | Nov 5 - Dec 17* | Sat | 2:40 - 3:10pm | \$70 |

PRE - SOCCER (4 - 5 YRS)

| | | | | |
|-------|-----------------|-----|---------------|------|
| 62843 | Sep 17 - Oct 22 | Sat | 3:10 - 3:45pm | \$70 |
| 62849 | Nov 5 - Dec 17 | Sat | 3:10 - 3:45pm | \$70 |

SOCCER 1 (5 - 6 YRS)

| | | | | |
|-------|-----------------|-----|---------------|------|
| 62844 | Sep 12 - Oct 17 | Mon | 4:15 - 5pm | \$70 |
| 62850 | Sep 17 - Oct 22 | Sat | 3:45 - 4:30pm | \$70 |
| 62855 | Nov 5 - Dec 17* | Sat | 3:45 - 4:30pm | \$70 |

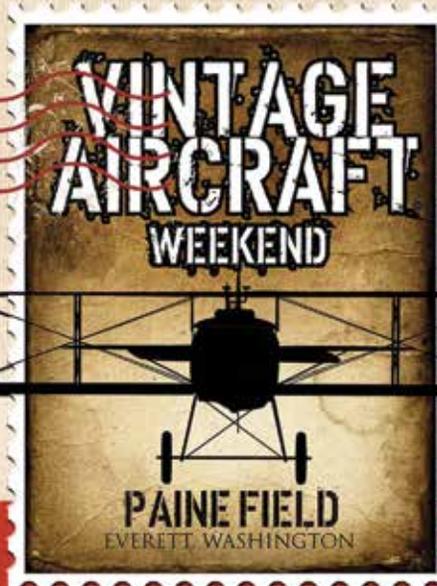
Location: Wilcox Park / Meadowdale Playfields /

Cedar Valley Gym

Instructor: Kidz Love Soccer

*No Class: 11/26

HISTORIC FLIGHT FOUNDATION



SNOHOMISH COUNTY
WASHINGTON
OPEN UP

PAINE FIELD
EVERETT, WASHINGTON

www.VintageAircraftWeekend.org/

Open Tuesday through Sunday, 10-5.

Visit www.historicflight.org for news and events.

10719 Bernie Webber Drive at Paine Field. 425.348.3200.

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2014 and 2015

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YOUTH



Spook & Splash Family Halloween Event

Delight in a night of spooktakular fun! Bring the family in their Halloween costumes to our family - friendly event for goblins big and small who seek a not - so - scary but oh - so - fun activity for Halloween. Activities will include carnival games, crafts, food, trick or treating in the Candyland Forest and a splash in the pool! (Swim is scheduled from 8:00 - 10pm)

AGE: 1+
62930 Oct 22 Sat 7 - 10pm \$6/person
Location: Recreation Center

Chess Wizards

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

AGE: 5 - 12 YRS
63106 Sep 19 - Nov 14 Mon 4 - 5pm \$145
Location: Recreation Center, Conference Room
Instructor: Chess Wizards

Guitar for Youth

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

AGE: 7 - 8 YRS
63090 Sep 15 - Nov 17 Thu 5:30 - 6:15pm \$99
AGE: 9 - 11
63091 Sep 15 - Nov 17 Thu 6:20 - 7:20pm \$119
Location: Recreation Center, Conference Room
Instructor: James Howard

Martial Arts for Skills & Fun

This class will have a mixture of different martial art styles to train with and enjoy experiencing. Dress comfortably.

AGE: 8+
63214 Sep 13-29 Tue,Thu 5pm-6pm \$45
63215 Oct 4-27 Tue,Thu 5pm-6pm \$45
63216 Nov 1-29* Tue,Thu 5pm-6pm \$45
63217 Dec 1-15 Tue,Thu 5pm-6pm \$45

Location: Recreation Center, Room 101
Instructor: Robert Levy
*No Class: Nov 24

Hula Class All Ages

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

AGE: 6+
63085 Sep 13 - Oct 11 Tue 5:30 - 6:30pm \$50
63086 Oct 18 - Nov 8 Tue 5:30 - 6:30pm \$40
63087 Nov 15 - Dec 13 Tue 5:30 - 6:30pm \$40

Location: Recreation Center, Room 102
Instructor: Jeanne Porter

The Medora Ballet

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

AGE: 5 - 12 YRS
63095 Sep 12 - Sep 26 Mon 4 - 4:50pm \$45
63096 Oct 3 - Oct 24 Mon 4 - 4:50pm \$45
63097 Nov 7 - Nov 28 Mon 4 - 4:50pm \$45

Location: Recreation Center, Room 102
Instructor: Jessica Eido

Hip Hop Dance

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

AGE: 5 - 8 YRS **DROP - IN \$15**
63107 Sep 14 - Oct 19 Wed 4:15 - 5pm \$75
63108 Oct 26 - Nov 30 Wed 4:15 - 5pm \$75
AGE: 9 - 12 YRS
63109 Sep 14 - Oct 19 Wed 5:15 - 6pm \$75
63110 Oct 26 - Nov 30 Wed 5:15 - 6pm \$75

Location: Recreation Center, Room 102
Instructor: Albee Abigania

GOT GAME?

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

For more info, call:
425-670-5517

www.PlayLynnwood.com



Karate / Tang Soo Do-Youth

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

AGE: 6 - 16 YRS

| | | | | |
|-------|-----------------|-----|----------|------|
| 63114 | Sep 17 - Oct 8 | Sat | 9 - 10am | \$25 |
| 63115 | Oct 15 - Nov 12 | Sat | 9 - 10am | \$25 |
| 63116 | Nov 19 - Dec 10 | Sat | 9 - 10am | \$25 |

Location: Cedar Valley Gym

Instructor: Natalie Burgos

Tiger Karate/Tang Soo Do

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

AGE: 4 - 6 YRS

| | | | | |
|-------|-----------------|-----|------------|------|
| 63111 | Sep 17 - Oct 8 | Sat | 8:15 - 9am | \$20 |
| 63112 | Oct 15 - Nov 12 | Sat | 8:15 - 9am | \$25 |
| 63113 | Nov 19 - Dec 10 | Sat | 8:15 - 9am | \$20 |

Location: Cedar Valley Gym

Instructor: Natalie Burgos

Kidz Love Soccer

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

SOCCER 1 (5 - 6 YRS)

| | | | | |
|-------|-----------------|-----|---------------|------|
| 62844 | Sep 12 - Oct 17 | Mon | 4:15 - 5pm | \$70 |
| 62850 | Sep 17 - Oct 22 | Sat | 3:45 - 4:30pm | \$70 |
| 62855 | Nov 5 - Dec 17* | Sat | 3:45 - 4:30pm | \$70 |

SOCCER 2: SKILLZ & SCRIMMAGES (7 - 10 YRS)

| | | | | |
|-------|-----------------|-----|---------------|------|
| 62845 | Sep 12 - Oct 17 | Mon | 5 - 5:45pm | \$70 |
| 62851 | Sep 17 - Oct 22 | Sat | 4:30 - 5:15pm | \$70 |
| 62856 | Nov 5 - Dec 17* | Sat | 4:30 - 5:15pm | \$70 |

SOCCER 3: MATCH PLAY (10 - 12 YRS)

| | | | | |
|-------|-----------------|-----|---------------|------|
| 62853 | Sep 17 - Oct 22 | Sat | 5:15 - 6:15pm | \$70 |
| 62857 | Nov 5 - Dec 17* | Sat | 5:15 - 6:15pm | \$70 |

Location: Wilcox Park / Meadowdale Playfields / Cedar Valley Gym

Instructor: Kidz Love Soccer

*No Class 11/26



Youth Tennis Lessons

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

AGE: 6 - 18 YRS

BEGINNER

| | | | | |
|-------|-------------|-------|-----------|------|
| 63138 | Sept 6 - 22 | Tu,Th | 6pm - 7pm | \$45 |
|-------|-------------|-------|-----------|------|

ADVANCED BEGINNER

| | | | | |
|-------|-------------|-------|-----------|------|
| 63139 | Sept 6 - 22 | Tu,Th | 7pm - 8pm | \$45 |
|-------|-------------|-------|-----------|------|

Location: Lynndale Park, Tennis Courts

Instructor: Chris Gonzales

SPOOK & SPLASH

Join us for this
not-so-scary but OH-SO-FUN
Halloween Event!

OCT. 22
7-10pm

- Carnival Games
- Crafts
- Food
- Trick or Treating
- Swimming

\$6/person

425-670-5732

TEENS



NightWaves

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

GRADES: 7-8

| | | | | |
|-------|--------|-----|----------|-----|
| 62871 | Sep 24 | Sat | 8 - 11pm | \$5 |
| 62872 | Dec 10 | Sat | 8 - 11pm | \$5 |

Location: Recreation Center

3 ways to register

online



by phone



in person



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



Vlogging New!

Video + Blogging = Vlogging. Learn the basics of how to get started in the world of vlogging. Through this hands-on workshop with awesome media makers and teaching artists you will learn everything from how to set up easy camera shots, basic editing, finding your voice, and where and how to post your vlogs and amplify your voice!

AGE: 12 - 17 YRS

| | | | | |
|-------|---------|-----|------------|-------|
| 63134 | Sept 17 | Sat | 12pm - 4pm | \$100 |
| 63135 | Sept 24 | Sat | 12pm - 4pm | \$100 |

Location: Recreation Center, Conference Room
Instructor: Reel Grrls

Babysitter's Training Course

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

AGE: 11 - 16 YRS

| | | | | |
|-------|-----------------|--------|---------------|------|
| 63043 | Dec 26 - Dec 29 | M - Th | 1:30 - 4:30pm | \$60 |
|-------|-----------------|--------|---------------|------|

Location: Recreation Center, Conference Room

Guitar for Teens

Learn to play melodies, acoustic fingerstyle/fingerpicking, chords, introductory note reading and music theory. You will also learn some of your favorite songs from a variety of styles. Students are required to bring a guitar, acoustic guitar preferred, along with a tuner and metronome.

AGE: 12 - 17 YRS

| | | | | |
|-------|-----------------|-----|------------|-------|
| 63088 | Sep 15 - Nov 17 | Thu | 4 - 5:20pm | \$169 |
|-------|-----------------|-----|------------|-------|

Location: Recreation Center, Conference Room
Instructor: James Howard

Animation New!

Stop motion animation + smart phones = endless hours of fun. Come get the basics of using your imagination and some simple props and technology to make your stories come to life!

AGE: 12 - 17 YRS

| | | | | |
|-------|--------|-----|------------|-------|
| 63136 | Nov 5 | Sat | 12pm - 4pm | \$100 |
| 63137 | Nov 12 | Sat | 12pm - 4pm | \$100 |

Location: Recreation Center, Conference Room
Instructor: Reel Grrls

Jr Lifeguard 1 (formerly Aquatic Volunteer) New!

Level 1 is the first step in becoming a lifeguard and volunteering at the Lynnwood pool. Learn about basic water safety and the skills necessary to prevent, recognize and respond to many types of aquatic emergencies. The course will train you to become a volunteer at the pool and prepare you to keep yourself and others safe in and around the water. We are looking for volunteers who want to earn service hours, make lasting friendships, are socially compassionate, flexible, and have an eagerness to learn.

AGE: 12+

| | | | | |
|-------|-------------------|-----------|-----------|------|
| 63040 | Sept 23 - Sept 25 | Fri & Sun | 4:45-9pm | |
| | | Sat | 10:45-3pm | \$40 |
| 63041 | Dec 2 - Dec 4 | Fri & Sun | 4:45-9pm | |
| | | Sat | 10:45-3pm | \$40 |

Location: Recreation Center

Lifeguard Prep New!

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

AGES 13+

| | | | | |
|-------|---------------|-----|-----|------|
| 63165 | Sep 12-Oct 12 | M,W | TBA | \$70 |
|-------|---------------|-----|-----|------|

Location: Recreation Center

Lifeguard Training

The American Red Cross Lifeguard Training course is recognized around the world. The City of Lynnwood offers this entry - level professional qualification that can lead to an exciting career in the aquatic and recreation industry. This course provides training in; emergency action plans, victim recognition, various rescue skills, First Aid, and CPR for the Professional Rescuer. In this blended learning class format, students complete online lessons outside of class time and hands - on practice in class at the City of Lynnwood Facility. Have fun and earn money at a job you will love!! A swimming pre - test is required before the class begins. There is an additional \$35 fee due to the Red Cross to access online material.

AGE: 15+

62465 Sep 18 - Oct 9 Sun 2:30-9pm, Fri 6-9:30pm \$175^A
 62467 Oct 30 - Nov 20 Sun 2:30-9pm, Fri 6-9:30pm \$175^B
 62466 Dec 19 - Dec 23 M - Fri 12 - 7pm \$175^C

Location: Recreation Center

^A Pre-test 9/16, 8:15-9:15pm

^B Pre-test 10/21, 8:15-9:15pm

^C Pre- test 12/9, 8:15-9:15pm

MOVE 60 TEENS

Move 60 Teens! is an afterschool program for middle school students that will encourage and empower teens to become more active and adopt healthy behaviors. Through nutrition and fitness activities, along with a fun, teen - friendly environment, participants will learn skills that will promote lifetime physical fitness, regardless of their current ability level. Students will register for 10-week sessions. Transportation will be included for students that attend Alderwood Middle (AMS), Brier Terrace Middle (BTMS), College Place Middle (CPMS) and Meadowdale Middle (MMS). For more information about the program call (425) 670 - 5386 or visit www.PlayLynnwood.com for more details.



GRADES: 7TH & 8TH FREE

Team XTreme (AMS and BTMS)

Oct 10 - Dec 14 Mon, Wed 2:30 - 4:30pm

Team XTreme2 (CPMS and MMS)

Oct 11 - Dec 15 Tue, Thu 2:30 - 4:30pm

Snack Attack

Oct 14 - Dec 16 Fri 2:30 - 4:30pm

FAIR ON 44TH

LYNNWOOD'S HEALTH & SAFETY
COMMUNITY BLOCK PARTY



Saturday, Sept 10th 10am-2pm

on 44th Ave between 188th-194th

>> **EXPLORE** vehicles on-site for tours & pictures—Fire Trucks, Ambulances, Police & SWAT vehicles, Crime Stoppers Camaro, SNOCOM 911, National Guard Striker, Community Transit, Support Seven, Mary's Towing Bubble Tow Truck >> **SCALE** the National Guard's rock climbing wall >> **GET** a free health screening & health info including mammograms, flu shots, glucose testing, blood pressure checks and more >> **ENJOY** lunch or a delicious snack at the Big Dog Food Truck or the Cheese Wizards Food Truck >> **SHRED** your sensitive documents for free at the Access Shred Truck >> **SEE** demonstrations from the LPD K-9 and Motorcycle Units, disaster preparedness tips & skills, LFD grease fire & fire extinguisher demos, HazMat demos, and more >> **TEST** your skill in the kids bicycle rodeo and enter to win a free bike helmet >> **PARTICIPATE** in many family & kids activities >> **BRING** home some free goodies & giveaways

www.LynnwoodWA.gov/FairOn44

Sponsored by



HEALTH & SAFETY



ALL OF OUR HEALTH & SAFETY COURSES:

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

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

ASL: Adult CPR & AED

The Adult CPR and AED course will teach participants what they need to know to manage a cardiac arrest emergency for adults until more advanced medical personnel arrive and take over. Offered in traditional classroom setting, incorporating the ECC updates, and with an instructor interpreting in ASL. Additional certification fee of \$19 due at registration.

Age: 14+
62827 Nov 19 Sat 2 - 5pm \$40
Location: Fire Station #15, Training Room

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

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

AGE: 15+

| | | | | |
|-------|--------|-----|-----------------|------|
| 62830 | Sep 14 | Wed | 2 - 4:30pm | \$67 |
| 62831 | Sep 17 | Sat | 10am - 12:30pm | \$67 |
| 62832 | Sep 17 | Sat | 2 - 4:30pm | \$67 |
| 62833 | Oct 12 | Wed | 2:30 - 5pm | \$67 |
| 62834 | Oct 15 | Sat | 10am - 12:30 pm | \$67 |
| 62835 | Oct 15 | Sat | 3 - 5:30pm | \$67 |
| 62836 | Oct 24 | Mon | 6 - 8:30pm | \$67 |
| 62837 | Nov 9 | Wed | 6 - 8:30pm | \$67 |
| 62838 | Nov 19 | Sat | 10am - 12:30pm | \$67 |
| 62839 | Nov 21 | Mon | 2 - 4:30pm | \$67 |
| 62840 | Dec 14 | Wed | 2 - 4:30pm | \$67 |
| 62841 | Dec 17 | Sat | 10am - 12:30pm | \$67 |
| 63038 | Dec 17 | Sat | 2 - 4:30pm | \$67 |

Location: Fire Station #15, Training Room

CPR, AED, First Aid Training: Adult

This American Red Cross Course with ECC updates is designed to help participants recognize and respond appropriately to cardiac, breathing, and First Aid emergencies in adults. With an emphasis on hands-on learning, students will learn the skills to save a life and knowledge to give immediate care to a suddenly injured or ill adult until more advanced medical personnel arrive. Free online refreshers and electronic certification card are included. Additional certification fee of \$27 due at registration.

AGE: 14+
62826 Sep 12 - Sep 14 Mon, Wed 6 - 9pm \$60
Location: Fire Station #15, Training Room

CPR/AED & First Aid for Adult, Child & Infant (Classroom)

Get Your CPR, First Aid, and AED Certification. Over 9 million people take American Red Cross training courses each year. This Adult and Pediatric First Aid/CPR/AED course incorporates the latest science and teaches students how to recognize a medical emergency, handle breathing and cardiac emergencies, use of an AED, and how to sustain life until professional help arrives. Be the One Who Makes a Difference and learn to help victims of any age. This course provides participants with the vital knowledge they need to respond to a medical emergency appropriately and efficiently. Additional \$27 certification fee due at registration

AGE: 14+

| | | | | |
|-------|-------------|----------|---------------|------|
| 61993 | Sept 3 | Sat | 10a - 5:30 pm | \$97 |
| 62820 | Oct 1 | Sat | 10am - 5:30pm | \$97 |
| 62821 | Oct 10 - 12 | Mon, Wed | 5:30 - 9pm | \$97 |
| 62822 | Nov 5 | Sat | 10am - 5:30pm | \$97 |
| 62823 | Nov 21 - 23 | Mon, Wed | 5:30 - 9pm | \$97 |
| 62824 | Dec 3 | Sat | 10am - 5:30pm | \$97 |
| 62825 | Dec 12 - 14 | Mon, Wed | 5:30 - 9pm | \$97 |

Location: Fire Station #15, Training Room



3 ways to register

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

Lifeguard Training

The American Red Cross Lifeguard Training course is recognized around the world. The City of Lynnwood offers this entry-level professional qualification that can lead to an exciting career in the aquatic and recreation industry. This course provides training in: emergency action plans, victim recognition, various rescue skills, First Aid, and CPR for the Professional Rescuer. In this blended learning class format, students complete online lessons outside of class time and hands-on practice in class at the City of Lynnwood Facility. Have fun and earn money at a job you will love!! A swimming pre-test is required before the class begins. There is an additional \$35 fee due to the Red Cross to access online material.

AGE: 15+

| | | | |
|-------|-----------------|------------------------------|--------------------|
| 62465 | Sep 18 - Oct 9 | Sun 2:30-9pm Fri 6-9:30pm | \$175 ¹ |
| 62467 | Oct 30 - Nov 20 | Sun 2:30-9pm Fri 6-9:30pm | \$175 ² |
| 62466 | Dec 19 - Dec 23 | M-Fri 12 - 7pm | \$175 ³ |

Location: Lynnwood Civic Campus

¹ Pre-test 9/16, 8:15-9:15pm

² Pre-test 10/21, 8:15-9:15pm

³ Pre-test 12/9, 8:15-9:15pm

Lifeguard Training Review

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

AGE: 16+

| | | | |
|-------|-----------------|------------------------------|------|
| 62480 | Oct 14 - Oct 21 | Sun 2:30-9pm Fri 6-9:30pm | \$90 |
| 62481 | Dec 9 - Dec 16 | Sun 2:30-9pm Fri 6-9:30pm | \$90 |

Location: Lynnwood Civic campus

Basic Water Rescue

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

AGE: 11+

| | | | | |
|-------|--------|-----|----------|------|
| 63227 | Sep 25 | Sun | 4:45-9pm | \$40 |
| 63236 | Dec 4 | Sun | 4:45-9pm | \$40 |

Location: Recreation Center

Pediatric CPR & First Aid(Classroom)

Would you know what to do in an emergency for a child or infant? The right answer could help you save a young life. Learn how to respond to cardiac, breathing, or first aid emergencies for infants and children, until more advanced medical personnel arrive and take over. There is an additional certification fee of \$27 due at registration.

AGE: 11+

| | | | | |
|-------|-----------------|----------|---------|------|
| 62828 | Dec 27 - Dec 29 | Tue, Thu | 6 - 9pm | \$50 |
|-------|-----------------|----------|---------|------|

Location: Fire Station #15, Training room

Spanish - Adult & Pediatric First Aid/CPR/AED

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

AGES: 14+

| | | | | |
|-------|--------|-----|--------------|------|
| 63166 | Oct 29 | Sat | 10am-5:30 pm | \$65 |
|-------|--------|-----|--------------|------|

Location: Fire Station #15, Training Room



Safety Training For Swim Coaches

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

Age: 12+

| | | | | |
|-------|--------|-----|------------|------|
| 62829 | Dec 18 | Sun | 6:45 - 9pm | \$35 |
|-------|--------|-----|------------|------|

Location: Recreation Center

Water Safety Instructor

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

AGE: 16+

| | | | | |
|-------|-----------------|----------|------------|-------|
| 63039 | Oct 18 - Nov 17 | Tue, Thu | 6 - 8:30pm | \$200 |
|-------|-----------------|----------|------------|-------|

Location: Recreation Center, Aquatic Training Room
Instructor: Amy Collins & Bill Haugen

FITNESS PASS CLASSES



Group Power®

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

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

Group Centergy®

Group Centergy® will grow you longer and stronger with an invigorating 60 - minute mind - body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Emotive music drives the experience as you breathe and sweat through this full - body fitness journey. **REDEFINE YOUR SELF.**

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

Group Fight®

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

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

Pump It Up!

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

AGE: 12+
 Location: Recreation Center, Fitness Studio

CLASS SCHEDULE*

*Schedule is subject to change. Please visit online schedule for updated class schedule. New schedule begins 9/12

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

Group Blast® NEW!

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

Zumba®

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

AGE: 12+

Location: Recreation Center, Fitness Studio

Enhance Fitness Program

The National Enhance Fitness Program is a series of specially designed and tested exercises developed specifically for older participants. Instructors are trained and certified. Free for registered Group Health insured participants.

AGE: 62+

Lite Enhance Fitness

Tue, Thur 9:40 - 10:40am

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

Location: Senior Center

Intermediate Enhance Fitness

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

Location: Recreation Center, Fitness Studio

Advanced Enhance Fitness

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

Location: Recreation Center, Fitness Studio

Gentle Water Fitness

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

Mon - Fri Noon

Location: Recreation Center, Swimming Pool

Shallow Water Fitness

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

Mon, Wed 7pm

Tue, Thu 8:30pm

Sun 9:30am

Location: Recreation Center, Swimming Pool

Fitness in the River

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

Mon - Fri 5:45am

Mon, Wed, Fri 8:00am

Sat 7:05am **NEW TIME!**

Location: Recreation Center, Swimming Pool

Deep Water Fitness

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

Mon - Fri 9:15am **NEW TIME!**

Mon, Wed 7:00pm

Tue, Thu 8:30pm

Sat 8:10am **NEW TIME!**

Location: Recreation Center, Swimming Pool

62+ Water Fitness

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

Monday - Friday, 10:30am

Location: Recreation Center, Swimming Pool

Adult Swim Club

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

Mon, Wed 8-9:30pm

ADULTS



Ballroom Dance

BEGINNING

Dance steps for popular dances such as Swing, Fox Trot, Rumba, Salsa and Tango. Partners required for class. For additional information visit www.PlayLynnwood.com.

AGE: 15+

BEGINNING

| | | | | |
|-------|-----------------|-----|---------|------|
| 63066 | Sep 16 - Oct 14 | Fri | 7 - 8pm | \$70 |
| 63067 | Oct 21 - Dec 9 | Fri | 7 - 8pm | \$70 |

INTERMEDIATE

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

AGE: 15+

| | | | | |
|-------|-----------------|-----|---------|------|
| 63068 | Sep 16 - Oct 14 | Fri | 8 - 9pm | \$70 |
| 63069 | Oct 21 - Dec 9 | Fri | 8 - 9pm | \$70 |

Location: Recreation Center, Fitness Studio

Instructor: Diana Schore

Beginning Tap for Adults

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

*Tap shoes required.

AGE: 18+

| | | | | |
|-------|-----------------|-----|---------------|------|
| 63104 | Sep 28 - Oct 26 | Wed | 6:30 - 7:30pm | \$75 |
| 63105 | Nov 2 - Nov 30 | Wed | 6:30 - 7:30pm | \$75 |

Location: Recreation Center, Room 102

Instructor: Virginia Miscione

East and West Coast Swing

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

AGE: 15+

BEGINNING

| | | | | |
|-------|-----------------|-----|---------------|------|
| 63064 | Sep 13 - Oct 11 | Tue | 8:15 - 9:15pm | \$70 |
| 63065 | Oct 18 - Nov 22 | Tue | 8:15 - 9:15pm | \$70 |

INTERMEDIATE

| | | | | |
|-------|-----------------|-----|---------------|------|
| 63062 | Sep 14 - Oct 12 | Wed | 8:15 - 9:15pm | \$70 |
| 63063 | Oct 19 - Nov 23 | Wed | 8:15 - 9:15pm | \$70 |

Location: Recreation Center, Room 101

Instructor: Diana Schore

Hula Class All Ages

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

AGE: 6+

| | | | | |
|-------|-----------------|-----|---------------|------|
| 63085 | Sep 13 - Oct 11 | Tue | 5:30 - 6:30pm | \$50 |
| 63086 | Oct 18 - Nov 8 | Tue | 5:30 - 6:30pm | \$40 |
| 63087 | Nov 15 - Dec 13 | Tue | 5:30 - 6:30pm | \$40 |

Location: Recreation Center, Room 102

Instructor: Jeanne Porter

Beginning Watercolor Painting New!

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

AGE: 12+

| | | | | |
|-------|----------------|-----|------------|------|
| 63082 | Sep 15 - Oct 6 | Thu | 6:30 - 8pm | \$90 |
| 63083 | Oct 13 - Nov 3 | Thu | 6:30 - 8pm | \$90 |
| 63084 | Nov 10 - Dec 1 | Thu | 6:30 - 8pm | \$90 |

Location: Recreation Center, Room 102

Instructor: Vickie Davies



Step - by - Step Painting New!

Whether you are new to painting or have attended a painting class before, share a fun evening expressing your inner artistic abilities. Create a beautiful masterpiece on a 16x20 canvas that you would be proud to display on your wall or give as a one of a kind gift!

AGE: 14+

SEAHAWKS

| | | | | |
|-------|--------|-----|---------|------|
| 63044 | Sep 2 | Fri | 7 - 9pm | \$38 |
| 63045 | Sep 16 | Fri | 7 - 9pm | \$38 |

PUMPKINS

| | | | | |
|-------|--------|-----|---------|------|
| 63047 | Oct 7 | Fri | 7 - 9pm | \$38 |
| 63046 | Oct 14 | Fri | 7 - 9pm | \$38 |

Location: Recreation Center, Room 102

Instructor: Sherry Cannal

Everyday Uses for Essential Oils New!

Have you ever wondered how to use or why people rave about their essential oils? If so, then this is the class for you! Come join us for this four-week session and learn how to incorporate essential oils into your everyday life. Each week you will get to make and take a sample; from cleaning products, to jewelry, to play dough!

AGE: 16+

| | | | | |
|-------|-----------------|-----|---------------|------|
| 63060 | Oct 5 - Oct 26 | Wed | 6:45 - 7:45pm | \$50 |
| 63060 | Nov 2 - Nov 30* | Wed | 6:45 - 7:45pm | \$50 |

Location: Recreation Center, Conference Room

Instructor: Jenni Jourdan

*No Class: 11/23

Guitar for Adults

Give yourself or a loved one the gift of music. Learn to play melodies and chords. We will explore strumming and finger - picking and understanding music. Learn to play some of your favorite songs from a variety of styles as instrumentals or to accompany you singing. Students are required to supply a guitar, a tuner, and a metronome. Acoustic guitar preferred.

AGE: 15+

| | | | | |
|-------|-----------------|-----|------------|-------|
| 63089 | Sep 15 - Nov 17 | Thu | 7:30 - 9pm | \$169 |
|-------|-----------------|-----|------------|-------|

Location: Recreation Center, Conference Room

Instructor: James Howard

Bellydance Fitness

Egyptian-Style Bellydance will help you gain an understanding of Middle Eastern music, dance and costuming. Through Bellydance, women of all ages and body styles gain a positive sense of self that is seen not only through dance but also into their personal lives. Body toning through shimmies, undulations and isolations is a plus! Bellydance Fitness is an excellent workout alternative! See your body transform over night.

AGE: 10+

| | | | | |
|-------|----------------|-----|----------|------|
| 63210 | Sept 19-Oct 24 | Mon | 7:15-8pm | \$60 |
| 63211 | Nov 7-Dec 12 | Mon | 7:15-8pm | \$60 |

Location: Recreation Center, Room 102

Instructor: Rishi Brown

Spanish for Beginners New!

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

Fun activities in a relaxed setting.

AGE: 16+

| | | | | |
|-------|---------------|-----|----------|------|
| 63389 | Sept 20-Nov 8 | Tue | 6-7:30pm | \$80 |
|-------|---------------|-----|----------|------|

Location: Recreation Center, Conference Room

Instructor Marianne Ramos

Spanish Conversation New!

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

AGE: 16+

| | | | | |
|-------|---------------|-----|----------|------|
| 63390 | Sept 19-Nov 7 | Mon | 6-7:30pm | \$80 |
|-------|---------------|-----|----------|------|

Location: Recreation Center, Conference Room

Instructor Marianne Ramos

Insurance Basics

AGE: 18+

Auto Insurance

Would you like the opportunity to understand your auto insurance better without feeling pressured to switch companies or buy something? Please join us for a one-hour Auto Insurance Basics course taught by our very own Jenni Jourdan, licensed WA Insurance Agent. You will learn how to protect your family's assets by empowering yourself with first-hand knowledge of auto insurance coverage. This is an informational session only; no selling is involved.

63056 Oct 10 Mon 6:30 - 7:30pm \$10

Location: Recreation Center

Instructor: Jenni Jourdan

Home Insurance

You purchased your home, were told to get insurance, and have probably never looked back. Well, now might be the time to educate yourself on what you bought to protect your most financially viable asset, your home. Please join us for a one-hour Home Insurance Basics course taught by a WA licensed Insurance Agent. This is an informational session only; no selling is involved.

63057 Nov 14 Mon 6:30 - 7:30pm \$10

Location: Recreation Center, Conference Room

Instructor: Jenni Jourdan

Karate / Tang Soo Do-Adult

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

AGE: 13+

63117 Sep 12 - Oct 3 Mon 8:15 - 9:15pm \$28

63118 Oct 10 - Nov 7 Mon 8:15 - 9:15pm \$28

63119 Nov 14 - Dec 12 Mon 8:15 - 9:15pm \$28

Location: Recreation Center, Room 102

Instructor: Natalie Burgos

Wing Chun Kung Fu

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

AGE: 13+

DROP-IN \$20

63078 Sep 12 - Sep 28 Mon, Wed 6 - 8pm \$120

63079 Oct 3 - Oct 26 Mon, Wed 6 - 8pm \$120

63080 Nov 2 - Nov 30 Mon, Wed 6 - 8pm \$120

63081 Dec 5 - Dec 28 Mon, Wed 6 - 8pm \$120

Location: Recreation Center, Room 101

Instructor: Rodney Lam

Qi Gong for All

Qi Gong is an ancient Chinese health and exercise system. Qi Gong combines physical postures with breathing techniques and focused intention; experience movement with ease and presence.

AGE: 8+

63222 Sept 13-29 Tue,Thu 6-7pm \$45

63223 Oct 4-27 Tue,Thu 6-7pm \$45

63224 Nov 1-29* Tue,Thu 6-7pm \$45

63225 Dec 1-15 Tue,Thu 6-7pm \$45

Location: Recreation Center, Room 101

Instructor: Robert Levy

*No Class: 11/24



Buckets & Bricks Adult Basketball League

Lynnwood Parks & Recreation is partnering with Buckets & Bricks Adult Basketball League to offer a new Men's Basketball League. Multiple divisions will be offered based on teams' skill level (when available). League games will be held on Sunday evenings after 3pm. The season will include 7 regular season games, plus playoffs (based on league standings), All-Star Game, statistics, game referees & much more. Register as a team (\$695) or as a Free Agent (\$90) beginning August 1st, and ending September 18th. All players will receive a numbered dry-fit shirt. For more information visit www.BucketsAndBricks.com or contact Buckets & Bricks Basketball @ 425-298-5039 or Lynnwood Recreation Center at 425-670-5732.

TEAM & FREE AGENT REGISTRATION ENDS 9/18.

AGE: 18+

MEN'S TEAM (7 GAMES)

63209 Oct 2 - Dec 11* Sun 4pm - 10pm \$695

MEN'S FREE AGENT (7 GAMES)

63226 Oct 2 - Dec 11* Sun 4pm - 10pm \$90

Location: Cedar Valley Gym / Meadowdale Middle School Gym

Instructor: Buckets & Bricks

*No Games: 11/27

Adult Softball Fall League

Register your team for adult Mens, Womens & Co-Ed Softball Leagues. Teams are placed into divisions by team talent ability. Sign up for the night of week you want to play (pending availability) Sunday-Friday. Registration is ongoing and closes on August 26.

Season includes 10 league games, most of which are by double headers, with a single elimination tournament awarded to top 4 teams in each division. Games officiated by USSSA and begin September 6. To register call 425-670-5732 or 425-771-0230.

AGE: 18+

MEN'S (10 GAMES)

62453 Sept 6 - Oct 16 Sun - Fri \$645

WOMEN'S (10 GAMES)

62454 Sept 7 - Oct 12 Wed \$645

CO-ED (10 GAMES)

62455 Sept 6 - Oct 16 Sun/Tue/Fri \$645

USSSA Team affiliation fee included in registration

Location: Meadowdale Playfields



online



by phone



in person

3 ways to register

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

Adult Tennis Lessons

Learn the game-or improve your stroke! For ages 16 and over, beginner and advanced beginner levels. Beginning class introduces forehand and backhand strokes, serve, volley, stance, court positioning, and scoring. Advanced beginning class includes drills for improving stroke, strategy and game play. Players provide their own racquets. Tennis balls provided: 6 lessons.

AGE: 16+

BEGINNER

63141 Sept 7 - 26 Mon, Wed 6:30 - 7:30pm \$45

ADVANCED BEGINNER

63140 Sept 7 - 26 Mon, Wed 7:30 - 8:30pm \$45

Location: Lynndale Park, Tennis Courts

Instructor: Chris Gonzales

Gentle Yoga for Total Health

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

AGE: 15+

DROP - IN \$13

63101 Sep 15 - Oct 27 Thu 10:45am - 12:15pm \$75

63102 Nov 3 - Dec 15* Thu 10:45am - 12:15pm \$65

Location: Recreation Center, Room 102

Instructor: Marsha Valentine

*No Class: 11/24

Yoga Foundations New!

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

AGE: 12+

DROP - IN \$12

63049 Sep 13 - Oct 4 Tue 7 - 8pm \$40

63050 Oct 11 - Nov 1 Tue 7 - 8pm \$40

63051 Nov 8 - Nov 29 Tue 7 - 8pm \$40

Location: Recreation Center, Room 102

Instructor: Lisa Lamb

Tai Chi for Exercise

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

AGE: 12+

DROP IN \$10

63218 Sept 13-29 Tue,Thu 7-8pm \$45

63219 Oct 4-27 Tue,Thu 7-8pm \$45

63220 Nov 1-29* Tue,Thu 7-8pm \$45

63221 Dec 1-15 Tue,Thu 7-8pm \$45

Location: Recreation Center, Room 101

Instructor: Robert Levy

*No Class: 11/24

ADULTS 62+



LYNNWOOD SENIOR CENTER

19000 44th Ave W

Located next to the Recreation Center.

This community center for adults 62+ offers more than 50 classes, trips and programs per week. People of all ages are welcome.

- Memberships are \$25/year.
- Associate Memberships (61 and under) are \$35/year.

Holiday Closure

Labor Day: Monday, September 5

Veterans Day: Friday, November 11

Thanksgiving: Thursday, November 24

Hours of Operation

Monday - Friday 8:30am-3:00pm

Tuesday open until 6:00pm

For more information

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

Lite Enhance Fitness

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

| | | | |
|-------|----------------|----------|----------------|
| 61761 | Sep 1 - Sep 29 | Tue, Thu | 9:40 - 10:40am |
| 62931 | Oct 4 - Oct 27 | Tue, Thu | 9:40 - 10:40am |
| 62932 | Nov 1 - Nov 29 | Tue, Thu | 9:40 - 10:40am |
| 62933 | Dec 1 - Dec 29 | Tue, Thu | 9:40 - 10:40am |

Location: Senior Center

Instructor: Sherry Herdrick

Intermediate Enhance Fitness

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

Instructors are certified.

| | | | |
|-------|-----------------|---------------|---------------|
| 61764 | Sep 2 - Sep 30 | Mon, Wed, Fri | 8:45 - 9:45am |
| 62934 | Oct 3 - Oct 31 | Mon, Wed, Fri | 8:45 - 9:45am |
| 62935 | Nov 2 - Nov 30* | Mon, Wed, Fri | 8:45 - 9:45am |
| 62936 | Dec 2 - Dec 30* | Mon, Wed, Fri | 8:45 - 8:45am |

Location: Recreation Center, Fitness Studio

Instructor: Angela Dismuke

*No Class: 11/4, 11/24-11/25, 12/26

Advanced Enhance Fitness

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

| | | | |
|-------|-----------------|---------------|-----------|
| 61758 | Sep 2 - Sep 30 | Mon, Wed, Fri | 10 - 11am |
| 62937 | Oct 3 - Oct 31 | Mon, Wed, Fri | 10 - 11am |
| 62938 | Nov 2 - Nov 30* | Mon, Wed, Fri | 10 - 11am |
| 62939 | Dec 2 - Dec 30* | Mon, Wed, Fri | 10 - 11am |

Location: Recreation Center, Fitness Studio

Instructor: Angela Dismuke

*No Class: 11/4, 11/24-11/25, 12/26

Functional Fitness Check

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

| | | | | |
|-------|-------|-----|------------|-------------|
| 61768 | Sep 1 | Thu | 2:30 - 3pm | Free/\$5 NM |
| 62940 | Oct 6 | Thu | 2:30 - 3pm | Free/\$5 NM |
| 62941 | Nov 3 | Thu | 2:30 - 3pm | Free/\$5 NM |
| 62942 | Dec 1 | Thu | 2:30 - 3pm | Free/\$5 NM |

Location: Senior Center, One Fish

Instructor: Debby Grant

SAIL

Exercises are designed for both seated and standing positions. This class is suitable for all fitness levels.

| | | | |
|-------|----------------|----------|-----------------|
| 61801 | Sep 1 - Sep 29 | Tue, Thu | 10:50 - 11:50am |
| 62943 | Oct 4 - Oct 27 | Tue, Thu | 10:50 - 11:50am |
| 62944 | Nov 1 - Nov 29 | Tue, Thu | 10:50 - 11:50am |
| 62945 | Dec 1 - Dec 29 | Tue, Thu | 10:50 - 11:50am |

Location: Senior Center

Instructor: Debby Grant

Gentle 62+ Pilates: an introduction

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

61900 Sep 7 - 28 Wed 11:30am - 12:20pm \$24/\$29 NM
 63019 Oct 5 - 26 Wed 11:30am - 12:20pm \$24/\$29 NM
 63020 Nov 2 - 30 Wed 11:30am - 12:20pm \$30/\$35 NM
 63021 Dec 7 - 28 Wed 11:30am - 12:20pm \$24/\$29 NM

Location: Recreation Center, Two Fish
 Instructor: Angela Dismuke

62+ Pilates: Level 1

Pilates for Core Strength & Flexibility Level 1 is done entirely on the floor. Level I adds to what you learned in Gentle Pilates. You are familiar with and understand the terminology and basic principles and are able to complete the beginning exercises with little assistance from the instructor. Exercises begin to be more complex. This class requires Instructor's approval. You must be able to get up and down on the floor. Bring a towel and Pilates mat to class.

61903 Sep 2 - 30[▼] Fri 11:30am - 12:20pm \$24/\$29 NM
 63023 Oct 7 - 28 Fri 11:30am - 12:20pm \$30/\$35 NM
 63024 Nov 4 - 18[▼] Fri 11:30am - 12:20pm \$12/\$17 NM
 63025 Dec 2 - 30 Fri 11:30am - 12:20pm \$30/\$35 NM

Location: Recreation Center, Room 102
 Instructor: Angela Dismuke
[▼]No class: 9/9, 11/11, 11/25

62+ Pilates: Level 2

Pilates for Core Strength & Flexibility Level 2 is done entirely on the floor. Exercises continue to grow in complexity and students are challenged. This class prerequisite is Pilates Level I and Instructor's approval. You must be able to get up and down on the floor. Bring a towel and Pilates mat to class.

61906 Sep 2 - 30[▼] Fri 12:30 - 1:20pm \$24/\$29 NM
 63026 Oct 7 - 28 Fri 12:30 - 1:20pm \$24/\$29 NM
 63027 Nov 4 - 18[▼] Fri 12:30 - 1:20pm \$18/\$23 NM
 63121 Dec 2 - 30 Fri 12:30 - 1:20pm \$30/\$35 NM

Location: Recreation Center, Room 102
 Instructor: Angela Dismuke
[▼]No class: 9/9, 11/11, 11/25

Laughter Yoga

Invite balance, health, and joy into your life with a chair-based gentle yoga practice that emphasizes mindful awareness of body sensations. What's unique about this yoga style is that it is combined with fun activities. This is a powerful, life-changing experience. Laughter is the best medicine in the world. \$6 drop-in rate.

61804 Sep 1 - 29 Tue, Thu 12 - 1pm \$45/\$50 NM
 62949 Oct 4 - 27 Tue, Thu 12 - 1pm \$40/\$45 NM
 62950 Nov 1 - 29 Tue, Thu 12 - 1pm \$40/\$45 NM
 62951 Dec 6 - 5 Tue, Thu 12 - 1pm \$45/\$50 NM

Location: Senior Center, Two Fish
 Instructor: Lida (Sungyeo) Kim

62+ Yoga

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

61807 Sep 1 - 29 Tue, Thu 8:40 - 9:30am \$45/\$50 NM
 62946 Oct 4 - 27 Tue, Thu 8:40 - 9:30am \$40/\$45 NM
 62947 Nov 1 - 29 Tue, Thu 8:40 - 9:30am \$45/\$50 NM
 62948 Dec 1 - 29 Tue, Thu 8:40 - 9:30am \$45/\$50 NM

Location: Senior Center
 Instructor: Sherry Herdrick

Zumba Gold

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

61912 Sep 12 - 26[▼] Mon 9 - 9:50am \$10/\$15 NM
 63031 Oct 3 - 31 Mon 9 - 9:50am \$25/\$30 NM
 63032 Nov 7 - 28 Mon 9 - 9:50am \$20/\$25 NM
 63033 Dec 5 - 19[▼] Mon 9 - 9:50am \$15/\$20 NM

61915 Sep 14 - 28[▼] Wed 10 - 10:50am \$10/\$15 NM
 63034 Oct 5 - 26 Wed 10 - 10:50am \$20/\$25 NM
 63035 Nov 2 - 30 Wed 10 - 10:50am \$25/\$30 NM
 63036 Dec 7 - 28[▼] Wed 10 - 10:50am \$20/\$25 NM

Location: Recreation Center, Room 102
 Instructor: Joan Harrison
[▼]No class: 9/5-9/7, 9/19, 9/21, 12/26

Intermediate Tap Dance

Thursday is instruction; Tuesday is practice and rehearsal.

61869 Sep 15-29[▼] Tue, Thu 12:30 - 1:30pm \$23/\$28 NM
 63016 Oct 4 - 27 Tue, Thu 12:30 - 1:30pm \$30/\$35 NM
 63017 Nov 1 - 29[▼] Tue, Thu 12:30 - 1:30pm \$23/\$28 NM
 63018 Dec 1 - 29 Tue, Thu 12:30 - 1:30pm \$37/\$42 NM

Location: Recreation Center, Room 102
 Instructor: Melissa Olson
[▼]No class: 9/1-9/8, 11/24

Tai Chi: Moving for Better Balance

Looking for a class that will bring a spring back into your step, confidence into your balance, and is fun to do? Regaining that confidence in your everyday movements is the first step in preventing falls - which plays strongly into going where you want, when you want, and living independently. This class is based on eight simple forms from the traditional yen style of tai chi, researched and developed by Dr. Fuzhong Li in conjunction with the DCD at the Oregon Research Institute in Eugene.

61909 Sep 1 - 20[▼] Thu 9 - 10:30am \$21/\$26 NM
 63028 Oct 6 - 27[▼] Thu 9 - 10:30am \$21/\$26 NM
 63029 Nov 3 - 17[▼] Thu 9 - 10:30am \$21/\$26 NM
 63030 Dec 1 - 15[▼] Thu 9 - 10:30am \$21/\$26 NM

Location: Recreation Center, Room 102
 Instructor: Barbara Gleisner
[▼]No class: 9/8, 10/27, 11/24, 12/22, 12/29



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

TRIPS & EXCURSIONS



Jonathan Leung

Whidbey Island via Deception Pass ☺☺☺

You'll start your day with a morning break at the Skagit Co-op in Mt Vernon. After stretching our legs we'll head to Deception Pass en route to stops in Coupeville for lunch and a scenic route drive to Langley as we finish our trek down Whidbey Island. We'll catch the ferry in Clinton for a late afternoon ride to Mukilteo. The trip fee includes transportation and ferry fare. Food, beverage and other purchases are on your own. Return time is approximate to allow for traffic and ferry travel.

62291 Sep 1 Thu 8:30am - 5:30pm \$21/\$27 NM
Sign-up Date: Aug 10

White Rock for the Day ☺☺

Relax and let the bus transport you to beautiful White Rock, BC to shop, walk the beach or enjoy excellent fish 'n chips. Food and beverage purchases are on your own. A passport or approved travel document is required to enter Canada.

62258 Sep 6 Tue 9am - 6pm \$22/\$28 NM
Sign-up Date: Aug 10

Diablo Lake Boat Tour and Lunch * ☺

On this spectacular cruise you'll learn how Seattle City Light has generated hydroelectric power on the Skagit River since 1918. The steep canyon of the upper Skagit River formed a natural barrier that kept fish from spawning further up-river, while also providing an ideal location for generating power. Join us for a cruise around the lake and an informative talk on the facility. Buffet lunch including desert and beverages will be served before the lake cruise. Wear sturdy walking shoes and dress in layers to prepare for changing weather conditions. Trip fee includes boat cruise and lunch.

62487 Sep 10 Sat 7:30am - 5:45pm \$66/\$72 NM
Sign-up Date: Aug 10

2016 IF YOU LOVE LYNNWOOD, LOVE YOUR BLOCK

IF YOU HAD \$500, WHAT WOULD YOU DO?

Like to work with your neighbors? Have an idea to make your BLOCK better? Want to start a community garden? Plant a tree? Build a bench? Throw a block party? Start a walking group? **Whatever you do, let's do it together!**

More Info: www.LynnwoodWa.gov/Healthy
Apply for a Mini-Grant for up to \$500



TRIP DIFFICULTY KEY

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

Skagit Valley Festival of Family Farms 😊

It's time for our annual farm tour when Skagit Valley farms open their doors, inviting you to visit and partake. The tour stops include creameries, berry farms, family farms and wholesale growers, an organic beef, pork, chicken and egg ranch, and a llama and goat farm. We'll take in as many as we can at a leisurely pace, allowing time to explore. Many of the farms offer demonstrations and taste samples. Many of the farms offer lunch fare so you're free to eat when you're ready. Trip fee includes transportation and farm tour. Food and beverage purchases are on your own.

62601 Oct 1 Sat 9am - 5pm \$18/\$24 NM

Sign-up Date: Sep 14

October in Leavenworth 😊😊😊😊😊

In Leavenworth in October you'll find brats and Bavarian music and maybe some beer if you're so inclined. We'll enjoy the drive over the pass to one of our most beautiful east-of-the-mountains communities. You'll have plenty of time to dip into all the nooks and crannies of Leavenworth and relax and enjoy the entertainment, food and shopping. Food and beverage purchases are on your own.

62809 Oct 14 Fri 9am - 6pm \$22/\$28 NM

Sign-up Date: Sep 14

Tour the Newly Renovated Smith Tower * 😊😊😊😊😊

The brass and copper elevators are still in operation but grand changes have taken place in the historic Smith Tower that was Seattle's first skyscraper. In addition to the tour we'll stop off for lunch and some downtown fun. Trip fee includes the tour. Food and beverage purchases are on your own. We're parking the bus and walking between destinations so please wear comfortable shoes and a coat or jacket suitable for the weather. Choose one of two dates for this trip.

62814 Oct 18 Tue 9am - 3pm \$22/\$28 NM

62815 Oct 27 Thu 9am - 3pm \$22/\$28 NM

Sign-up Date: Sep 14

New Elements Casino & Harness Racing in Surrey, BC* 😊

The buffet is included in this trip so graze a little, watch the harness races, visit the newly designed Elements Casino, then graze at the buffet again - it's a fun filled day so invite a friend. Trip fee includes transportation and buffet.

62755 Oct 30 Sun 8:30am - 6pm \$47/\$53 NM

Sign-up Date: Sep 14

Holiday Craft Bazaar Bonanza 😊😊😊

Last year's bazaar browsing day was such fun that we're doing it again. We'll hit three to five top-notch craft bazaars and take time in Snohomish for lunch and browsing the shops. Cost of lunch and other purchases is on your own.

63131 Nov 12 Sat 9:30am - 4:30pm \$15/\$21 NM

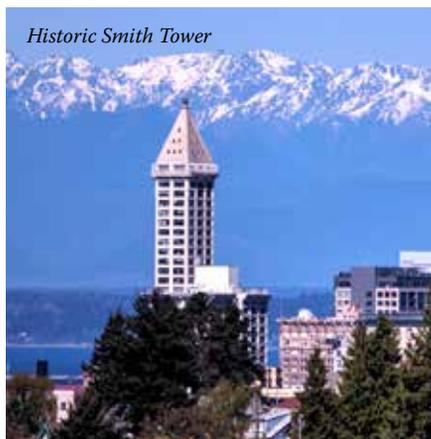
Sign-up Date: Oct 12

Taproot Theatre Holiday Performance * 😊😊

The intimate setting at Taproot Theatre is the perfect venue for song and dance that will ring in the season with heartfelt goodwill. Check with us in late August for more details on this year's performance. You'll have time to have lunch on your own and maybe do a little shopping before the show.

63132 Dec 6 Tue 10:30am - 5pm \$29/\$35 NM

Sign-up Date: Nov 9



Historic Smith Tower

Tiffany Von Arnim

SNOTRAC Escapades

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

Discover Link Light Rail 😊😊😊😊😊

We'll leave from the Senior Center by public bus and travel to downtown Seattle to connect with the new Link Light Rail line that goes to Capitol Hill and UW. Along the way we'll stop for lunch. You'll need money to pay for lunch and other purchases.

62185 Sep 8 Thu 9am - 4pm \$9/\$15 NM

Sign-up Date: Aug 10

Sausage Festival 😊

We're taking the public bus from the Senior Center to the Everett Station where we'll hop on a shuttle to the festival. In addition to sausage the festival offers burgers, roasted corn, a variety of food trucks, craft vendors and much more. Bring money to pay for lunch and other purchases.

62488 Oct 7 Fri 10:30am - 4pm \$9/\$15 NM

Sign-up Date: Sep 14

Lynnwood to Seattle King Street Station 😊😊

We're taking the public bus from the Senior Center to the Amtrak station in Edmonds. We'll board a train and head to Seattle to explore the King Street Station and surrounding area. You'll need to bring money to pay for lunch and other purchases. If we take the commuter train SNOTRAC will pay the fare, otherwise you will need to pay the Amtrak fare.

63130 Nov 7 Mon 8:30am - 4pm \$9/\$15 NM

Sign-up Date: Oct 12

Festival of Trees 😊😊

On this trip we're taking the public bus from the Senior Center to the annual Providence Hospital Festival of Trees, hosted at the Tulalip Casino. Enjoy refreshments and local holiday entertainment. You may also choose to visit the casino and have lunch in one of its restaurants. SNOTRAC provides bus fare, you'll need to bring money to pay for lunch and other purchases. In partnership with Snohomish County Transportation Coalition.

63133 Nov 30 Wed 9am - 4pm \$9/\$15 NM

Sign-up Date: Oct 12

Trip registration is by lottery!

Call 425 - 670 - 5050 for more information

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

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



OUTDOOR RECREATION



Lake Wenatchee by Horseback

Horseback riding is great for those who want to see the mountains, but have a hard time taking an extended hike. So, hop on the saddle and enjoy looking at Lake Wenatchee and the surrounding mountains as you ride along. Before the ride, enjoy eating your sack lunch by the water and exploring some trails by the picnic area. Wear long pants and closed toe shoes. Bring a sack lunch and beverage.

61074 Sep 9 Fri 9:30am - 5:30pm \$40/\$50 NM
Sign-up Date: Aug 19

Learn To Climb, Vertical World Redmond NEW

Try a new adventure, by climbing in the comfort of an indoor gym. Staff will belay and help you as you navigate some easy routes on the climbing wall. You'll have so much fun- it'll be like being a kid again. Before we head to the gym, you will get to have lunch on your own at the Redmond Town Center. Gear and instruction is included.

Please dress comfortable and wear no jewelry.

62526 Date and Time TBA \$38/\$44 NM
Sign-up Date: Oct 21

FALL HIKES

Paradise, Mt Rainier ♥♥♥

There is a reason why they call it Paradise. You feel like you are in heaven, even though you are only at an elevation of 5,400 feet. Usual sightings include a resident fox and marmots wandering about. There will be time to enjoy their café and Visitor's Center. Bring your Golden Age Pass, America the Beautiful or \$10 for park entry fee.

- Myrtle Falls: 1 mile round trip; 100 foot elevation gain
- Nisqually Vista Trail: 1.5 mile loop; 200 foot elevation gain

61097 Sep 3 Sat 8am - 7:30pm \$29/\$35 NM
Sign-up Date: Aug 19

Taylor Mountain, Issaquah

♥♥♥♥

Located just east of Tiger Mountain, this trail system is gentler and less crowded. This working forest offers salmon spawning creeks, wetlands, and a fantastic view of Mt. Rainier. The trails are shared by mountain bikers and horses-you must be aware of their presence and make room on the trail.

- up to 6 miles
- 500 foot elevation gain

61093 Sep 7 Wed 9am - 5:30pm \$26/\$32 NM
Sign-up Date: Aug 19

Sesqualitchew Creek, Dupont

♥♥♥

Hike through the charming little town of Dupont as you make your way down to the beach overlooking the Nisqually Reach. You will journey along a tree lined neighborhood filled with Victorian homes and a ravine carved out by the Sesqualitchew Creek. Before you start, learn about this town's amazing history starting from the Native Americans and Hudson's Bay Company at the local museum.

- 6 miles round trip
- 75 foot elevation gain

61092 Sep 13 Tue 9am - 6:30pm \$26/\$32 NM
Sign-up Date: Aug 19

Mud Mountain Dam, Enumclaw ♥♥♥

Hike down to a bluff overlooking a portion of the magnificent Mud Mountain Dam. Did you know in the 1940s, this was the highest dam in the world? You will get to learn more interesting facts about the dam at an information kiosk. After learning about the dam, we will continue hiking on a trail surrounded by big leaf maple trees appearing in their autumn colors. At the end of the trail, enjoy a view of scenic White River with your lunch. A perfect hike to do on an autumn day.

- 6.5 miles round trip
- 500 foot elevation gain

61090 Sep 21 Wed 9am - 6:30pm \$26/\$32 NM
Sign-up Date: Aug 19

Sammamish Sampler ♥♥

See where the locals go for a welcome respite from city life. Sammamish is well known for their wonderful parks scattered throughout town and we get to sample a few. The day begins at Beaver Lake Preserve. The trail loops through a lush forest and makes its way to Hazel Wolf Wetland for an additional loop. You may get to see wildlife wonders such as beavers, birds and big dragon flies. For lunch, we will head down to Beaver Lake Park where you can sit at the water's edge to enjoy your sack lunch. The last stop will be the city's newest park, Big Rock, named after a big glacial rock located right dab in the middle of the park. After viewing the rock, there are several short loop trails that wind around a wetland and a meadow. End the day with a stop for ice cream on your own.

Beaver Lake and Hazel Wolf Wetland Preserve:

- 2.5 mile loop; 50 foot elevation gain

Big Rock Park:

- .5 mile loop; mostly level

61089 Sep 27 Tue 9am - 3:30pm \$26/\$32 NM
Sign-up Date: Aug 19

HIKE DIFFICULTY KEY

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



National Public Lands Day Work Party

Join the country as we celebrate National Public Lands Day by volunteering. Many of the trails you enjoy would not be there if it wasn't for volunteers. Roll up your selves and help us maintain a local trail located in one of Lynnwood's parks. Snacks, lunch and beverages will be provided. Bring pruning shears and gloves. Call the Lynnwood Senior Center to register 425-670-5050.

61095 Sep 24 Sat 9am - 1:30pm Free
Sign-up Date: Jun 3

Scenic HWY 2 Trails ♥♥

Learn how to take scenic photos from your hike leaders on several short hikes along Highway 2. Autumn foliage and mushrooms are at their best this time of year. We will explore an historical trail, a nature trail and a great view of a waterfall. Make sure you bring your camera and gear.

Stevens Pass Ski Area:

- .75 mile round trip; 150 foot elevation gain

Bygone Byways:

- 1 mile loop; minimal elevation gain

Deception Creek Nature Trail:

- .5 mile loop; 50 foot elevation gain

62510 Oct 11 Tue 9am - 6pm \$26/\$32 NM

Sign-up Date: Sep 16



Kalaloch Beach

Jeff Hutchison

Kalaloch Lodge, Olympic Peninsula Overnight**

Dip your toes in the Pacific Ocean and then snuggle up by the fire. Dine in the lodge with a panoramic view of the ocean. Sleep soundly in your cozy cabin or in the historic Kalaloch Lodge. On this trip, you will get to try a variety of trails as we circle around the Olympic National Park on HWY 101. Day one will be a hike to see migrating waterfowl at Grays Harbor National Wildlife Refuge after having lunch on your own in Aberdeen. Next you will get to try a nature trail in the Lake Quinault area. Day two, you will get a lot of beach hiking in. You will get to see tide pools teeming with ocean life and driftwood and sandstone sculpted by nature. On your journey, you might find treasures on the beach such as sea shells. Day three finishes with a great road trip on the way back with a few surprise side excursions to stretch your legs. Breakfast is included; other meals are on your own. Trip fee includes two breakfasts, two nights lodging, transportation, and ferry fee. Beach hikes may include maneuvering over driftwood. Walking on sand is more challenging than level surfaces.



Ruby Beach

Ralph Arvesen

Grays Harbor National Wildlife Refuge:

- 2 mile round trip; mostly level ♥

Ruby Beach:

- 5 mile round trip; 80 foot elevation gain ♥♥♥

Kalaloch Creek:

- 2 mile round trip; 50 foot elevation gain ♥♥♥

62129 Oct 4 - Oct 6 Tue-Thu 9am - 7:30pm

Double Occupancy \$409/\$419 NM

Sign-up Date: Aug 19

Rattlesnake Ledge, I-90 ♥♥♥♥♥

This trail is a series of gradual switchbacks that continually climb to a spectacular view at the summit. You will see North Bend and the surrounding foothills that follow the I-90 corridor. At the top, you'll find a nice place to eat your lunch and take in the view. After the hike, visit the Cedar River Education Center to learn about the area and what it has to offer.

- 4 miles round trip
- 1,160 foot elevation gain

62511 Oct 19 Wed 9am - 4:30pm \$26/\$32 NM
Sign-up Date: Sep 16

River Meadows County Park, Arlington ♥♥-♥♥♥♥

This former homestead and farm is now a campground and park with many trails to explore. Trails go along the South Fork of the Stillaguamish River, through the meadows and forest. We will take the scenic way home on the Jordan Road.

- 2.5 miles round trip
- 150 foot elevation gain

62512 Oct 25 Tue 9am - 2:30pm \$26/\$32 NM
Sign-up Date: Sep 16

Nisqually National Wildlife Refuge, Lacey ♥♥

If you are a birder, this hike is for you. At the mouth of the Nisqually River is a diverse and rich estuary teeming with birds of all kinds, so make sure to bring your binoculars. Before the hike, enjoy their visitor center which includes interpretive exhibits of the refuge and a gift shop. You will walk along the Nisqually Estuary Boardwalk that goes over the tidal flats of the Nisqually. There is a viewing platform at the end of the boardwalk, which provides a 360-degree view, including McAllister Creek, the Olympics, Mount Rainier and several islands in Puget Sound. Continue on to a pair of old barns where you might find birds of prey hanging out. Please bring your Golden Age Pass if you have one.

- 5 miles round trip
- Minimal elevation gain

62513 Nov 2 Wed 9am - 5:30pm \$26/\$32 NM
Sign-up Date: Oct 21



View from Rattlesnake Ledge

Peter Stevens

End of the Year Outdoor Recreation Potluck

Join us at a gathering for everyone participating in outdoor programs: hiking, biking kayaking, golfing, cross-county skiing, and snowshoeing. Bring a potluck item, and we'll provide dessert. There will be a display table for you to bring and share the photos you have taken throughout the year. You are invited to stay for the Winter Preview following the potluck. Call or stop by the Senior Center to register.

62524 Nov 18 Fri 12 - 1pm Free
Sign-up Date: Aug 5

URBAN HIKES

Narbeck Wetland Sanctuary, Everett ♥♥

See where Boeing workers like to take a break from their office. This wetland located near the Everett Boeing Plant offers two loop trails. The inner loop is a boardwalk that circles a series of ponds. The outer gravel loop winds its way through a forested area that is home to a few mischievous beavers. After our hike, we will scout out a local ice cream parlor for a sweet treat on your own.

- 2 miles round trip
- 380 foot elevation gain

62523 Nov 15 Tue 10am-2:30pm \$14/\$20NM
Sign-up Date: Oct 21

Lord Hill Regional Park, Monroe ♥♥♥

Named after Mitchell Lord who was a homesteader in this area, this is a nature preserve is filled with a lot of trails to explore. Trails lead through a forest filled with ponds and marshes. You will get to hike up to a hill that has views of the Cascades and the Snohomish River Valley. After the hike, treat yourself to ice cream at Snoqualmie Gourmet. The trails are shared by mountain bikers and horses- you must be aware of their presence and make room on the trail.

- 4.5 miles one way
- 200 foot elevation gain

62522 Nov 29 Tue 10am-3:00pm \$14/\$20NM
Sign-up Date: Oct 21

Everett Waterfront ♥-♥♥

Do you wonder where those landslides are that stop the trains in their tracks? Pigeon Creek Trail on the Everett waterfront gives you a great view of Mother Nature's damage at a safe distance. Other great views include the Puget Sound, U.S. Navy Fleet and the Port of Everett. After the first portion of your walk, enjoy some window shopping or lunch on your own in downtown Everett. After lunch, continue your walk along the Everett Marina and waterfront.

- 3.5 miles round trip
- 50 foot elevation gain

62521 Dec 13 Tue 10am-3:30pm \$14/\$20NM
Sign-up Date: Nov 18

Elliott Bay Trail, Seattle ♥

On this special walk you get to start out at Olympic Sculpture Park where you will see fascinating sculptures. After viewing the art, we will continue down to the Elliott Bay Waterfront Trail. On this trail, there will be some more sculptures to view as well as the Puget Sound. The trail finishes at a marina where you will hop on the bus and head for Dick's Drive In for ice cream on your own.

- Minimal elevation gain
- 2.5 miles one-way

62520 Dec 27 Tue 10am-3pm \$14/\$20NM
Sign-up Date: Nov 18

PEDAL PUSHERS BICYCLING

Join us on Wednesdays for 15 - 25 mile group bicycle rides. We ride on trails, on-street bike lanes and low-traffic roads to bakeries, parks and community centers. B.I.K.E.S. Club of Snohomish County partners with us and with help from club ride leaders we ride every week. Routes alternate between trail and on-road. Most rides start at 10am but check the individual ride description for differences. Helmets are required on all rides.

Centennial Trail North

Meet at the Armar Centennial Trail trailhead for a 10am start. Or for less miles, pick up the group in Arlington at the Visitor Center. We'll ride north on the trail and return. RT 25 miles from Armar, about 17 miles RT from Arlington, Social pace, flat paved trail. Bring food for a picnic stop along the route. Ride leader Nancy Graham.

61840 Aug 10 Wed 10am

Lowell River Front to Machias and Return

Meet at Lowell River Front Park in Everett for a 10am start. We'll ride out to Snohomish on River Rd and then on the Centennial Trail to Machias and return. Food break in Snohomish - bring or buy. RT about 25 miles, Social pace, flat terrain on road and trail. Ride leader Mike Dahlstrom.

61844 Aug 17 Wed 10am

McCollum Park on the Interurban to Lake Ballinger and Return

Meet at McCollum Park (parking lot nearest the pool) for a 10am start. We'll ride mostly on Interurban Trail (with short portions on roadway) to Lake Ballinger Park where we will have a short break for lunch/snack. RT 22 miles, mostly flat with a few grades, social pace. Restrooms are available at the park. Bring your lunch/snack and water as there are no food stops on this route. Rain or rain forecast will cancel the ride. Ride leader Cindy Proctor.

61841 Aug 24 Wed 10am

Padilla Bay to Anacortes

Meet near Bay View State Park for a 10am start. We'll pedal the Padilla Bay trail along the water and then on into Anacortes. RT 28 or 18 miles, social pace, A terrain on level road and paved trail. Snack break at Gere-a-Deli in Anacortes. Ride leader Warren Bare.

61842 Aug 31 Wed 10am

Wednesday Trail ride

Check online or call the Senior Center for details.

61845 Sep 7 Wed 10am

Verlot to Big Four Ice Caves

Meet at the Verlot Public Service Center, 10 miles outside Granite Falls, for a 10am start. Barlow Pass is the lowest pass elevation in WA State and is a beautiful choice for an end of summer road ride. RT about 29 miles to Big Four Ice Caves. Add another RT 10 miles to go to the top of the pass. This is a gentle steady grade with ups and downs both directions. Ride leader Allyson Welsh.

61843 Sep 14 Wed 10am

Wednesday Trail ride

Check online or call the Senior Center for details.

62232 Sep 21 Wed 10am

Echo Lake to Green Lake

Meet at Echo Lake Park for a 10am start. We'll ride to Green Lake on the Interurban Trail and low-traffic streets. RT 17 miles, social pace, mostly A terrain. Bring money or food for a snack break near Green Lake. Ride leader Warren Bare.

62236 Sep 28 Wed 10am



Winter Recreation Preview

This meeting is for anyone interested in participating in cross-country ski and snowshoe trips. We'll discuss plans for the upcoming season and how you can join in. If you've never been snowshoeing, don't miss the free lesson and demo after the meeting. Be sure to bring your questions and suggestions.

62525 Nov 18 Fri 1 - 2pm
Free

Sign-up Date: Aug 5

Teed Off Seniors Golf

Take your best swing with the Teed Off Seniors at the Nile Shrine Golf Course! Co-ed play is every other week rain or shine unless thunderstorms are imminent. Pay green fees at the course. You may rent pull carts, clubs and driving carts for additional cost. Meet at the golf course 30 minutes before tee time.

For scheduling, contact - call the Lynnwood Senior Center-425-670-5050.

Location: Nile Shrine Golf Course - 6601 244th St SW, Mountlake Terrace.

Regular Play

Aug 4 & 18, Sep 1 & 15

End of Season Field Day

Don't miss the games and prizes! Come early for coffee and donuts. Tee times start at 10am. Lunch banquet at the course following play. Pay \$8 for lunch when you check in.

61885 Sep 22 Thu 9am - 1pm

Instructor: Bob Hackney

Sign-up Date: on-going

INFORMATION & POLICIES



General Information

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

Labor Day : Monday, Sept. 5

Facility Closed: Sept. 6-11

Thanksgiving: Thursday, Nov. 24

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

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

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

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

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

CREDITS Cover: City of Lynnwood; Editor: Sarah Olson; Design & Layout: Philips Publishing Group. Printing: Journal Graphics.

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

Swim Ticket Advance Purchase

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

Registration Policies

Advance registration and payment is required. Please register early; classes will be canceled 2 days before the start date if registration is insufficient. Fees include state and local sales tax, where applicable. All activities, dates and fees are subject to change. Participation is voluntary and participants agree to assume responsibility for any injury or damage to person or property.

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

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

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

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

3 ways to register



www.PlayLynnwood.com

425 - 670 - 5732

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Dr. dat
Tien-Dat Nguyen DDS
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* Over 1,000 CE hours
* Fellowship status and certified
* ADA & WSDA member



Shumaila Jamali DDS
datdental is pleased to announce the addition of Dr. Jamali to our dental team. She will be working with us on Saturdays!

ACCEPTING NEW PATIENTS!

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