LET’S PLAY!
Storytellers pg 10
Sandlot Cinema pg 14
Junior Counselors pg 16
Creating a healthy community through people, parks, programs and partnerships.

19800 44th Ave. W.  
Lynnwood, WA 98036  
(425) 774-0198

8am - 9pm Every Day!

Local OWNERS. Low PRICES.  
LOTS TO Love.

Stack Up the Savings!

LYNNWOOD GROCERY OUTLET  
Bargain Market

$3 OFF  
$30 minimum purchase  
(excludes alcohol & gift cards)

Valid at Lynnwood Grocery Outlet only.  
One coupon per person. Not valid with any other offer. Duplicated coupons will not be accepted. Valid June 1 - July 31, 2019.

$4 OFF  
$40 minimum purchase  
(excludes alcohol & gift cards)

Valid at Lynnwood Grocery Outlet only.  
One coupon per person. Not valid with any other offer. Duplicated coupons will not be accepted. Valid June 1 - July 31, 2019.

$5 OFF  
$50 minimum purchase  
(excludes alcohol & gift cards)

Valid at Lynnwood Grocery Outlet only.  
One coupon per person. Not valid with any other offer. Duplicated coupons will not be accepted. Valid June 1 - July 31, 2019.
PERFECT MIND IS OUR NEW REGISTRATION AND RESERVATION SYSTEM.
Please create your online account today!

- Go to cityoflynnwood.perfectmind.com and click Create an Account
- Fill in the questionnaire and click Submit.
- You will be sent a temporary password.
RECREATION CENTER

State-of-the-art swimming and fitness facility

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

Holiday Closures
Independence Day: Thursday, July 4
Labor Day: Monday, September 2

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

Swimming Pools
• Over 20,000 square feet of aquatic play
• 25-yard, 6-lane lap pool
• 1 Warm-water wellness pool with ramp now 93 degrees
• 4 Play pools: beach, river, lake, and whirlpool
• 2 Waterslides
• 2 Hot tubs: adult & family
• 1 Sauna

PICK YOUR PASS

<table>
<thead>
<tr>
<th>2019 RATES</th>
<th>SINGLE VISIT</th>
<th>SINGLE FITNESS VISIT</th>
<th>10 VISIT PASS*</th>
<th>ANNUAL (unlimited visits)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Fee</td>
<td>Resident Discount</td>
<td>Fee</td>
<td>Resident Discount</td>
</tr>
<tr>
<td>Children under 2</td>
<td>Free</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>Youth (2-12)</td>
<td>$5.25</td>
<td>n/a</td>
<td>$40.50</td>
<td>$380 ($31.67/mo)</td>
</tr>
<tr>
<td>Teen (13-17)</td>
<td>$5.50</td>
<td>$8.50</td>
<td>$45</td>
<td>$473 ($39.42/mo)</td>
</tr>
<tr>
<td>Adults (18-61)</td>
<td>$5.75</td>
<td>$9</td>
<td>$49.50</td>
<td>$565 ($47.08/mo)</td>
</tr>
<tr>
<td>Adults 62+</td>
<td>$5.25</td>
<td>$8.25</td>
<td>$40.50</td>
<td>$380 ($31.67/mo)</td>
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<tr>
<td>Disabled</td>
<td>$5.25</td>
<td>$8.25</td>
<td>$40.50</td>
<td>$380 ($31.67/mo)</td>
</tr>
<tr>
<td>Family</td>
<td>$20</td>
<td>n/a</td>
<td>n/a</td>
<td>$885 ($73.75/mo)</td>
</tr>
</tbody>
</table>

* Expires 2 years from purchase date.
Look No Further. Summer Fun Is Here!

Join Preschool This Fall - our traditional curriculum includes The Arts, Science and Math Concepts. Uniquely, pick your schedule and pay only when you attend. No additional registration fees. Diapers welcomed. Visit kidspark.com/preschool for details.

Daily Demands?
HAPPY HOURS
Run Errands  Some Me Time  Work
Appointments  Attend School  Clean
Date Night  Volunteer  Exercise

No Plans? Kids Bored?
GIVE THEM A TREAT
There is something fun happening every single day, all day long. Enrichment and socialization are added benefits.

School Vacations?
HAPPY DAYS
Special school-age and preschool activities are planned. Use KidsPark for full-day, back-up care or hourly spot care.

10% off
MINIMUM OF 3-HOUR VISIT, NOT APPLICABLE TO DAY RATE
Expires: 8/31/2019
USE CODE: SUMMER

SAVE NOW
50% off
REGISTRATION
$15 savings. Expires: 8/31/2019

Register at: https://kidspark.com/lynnwood
For 2.5 – 12 year olds
KidsPark Lynnwood
19220 Alderwood Mall Parkway
Suite #130
Lynnwood, WA 98036
(425) 478-2213
SAFETY IS OUR 
#1 PRIORITY
All children under the age of six must be accompanied by an adult in the water at all times. Children aged 6–10 years must be supervised by someone aged 13+ in the building at all times. Riders must be at least 40" tall for the body slide and 48" tall for the innertube slide.

BEACH SWIM Shallow play area with water playground and family hot tub. No large slides. 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* Main pool with deep end, Recreation pool with slides, warm wellness pool, and hot tubs.

OPEN FITNESS Self-directed exercise: 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 adults 18+ years; detailed availability at www.playlynnwood.com.

SWIM LINE–DAILY SCHEDULE

* Swim tickets—Pre-purchase swim tickets up to two weeks in advance to guarantee entrance. To purchase swim tickets please call 425-670-5732.

CHOOSE YOUR SWIM

<table>
<thead>
<tr>
<th>MONDAY-THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>BEACH SWIM 5:30am-1pm 5:30pm-6:45pm</td>
<td>5:30am-1pm</td>
<td>7am-11:15am</td>
<td>9:30am-10:30am</td>
</tr>
<tr>
<td>REC SWIM 3:30pm-5:15pm 7pm-9pm</td>
<td>3:30pm-5:15pm</td>
<td></td>
<td>10:30am-noon</td>
</tr>
<tr>
<td>OPEN SWIM 1:15pm-3pm</td>
<td>1:15pm-3pm 6:30pm-8:15pm</td>
<td>12:45pm-2:30pm 4pm-5:45pm 7:15pm-9pm</td>
<td>1:30pm-3:15pm 4:45pm-6:30pm</td>
</tr>
<tr>
<td>LAP SWIM 5:30am-7am 9:30am-1pm 3:30pm-9:30pm</td>
<td>5:30am-7am 9:30am-1pm 3:30pm-6:15pm</td>
<td>7am-11:15am</td>
<td>9:30am-noon</td>
</tr>
<tr>
<td>OPEN FITNESS 5:30am-11:30am 8pm-9:30pm</td>
<td>5:30am-11:30am</td>
<td>7am-9am</td>
<td>9:30am-10:30am</td>
</tr>
<tr>
<td>LESSONS M-F 9am-1pm M/W 3:30pm-8pm T/Th 3:30pm-9pm</td>
<td>M-F 9am-1pm 3:30pm-6:30pm</td>
<td>9am-11:30am</td>
<td>9:30am-noon</td>
</tr>
</tbody>
</table>

SUMMER POOL SCHEDULE June 24–Sept 1, 2019
Closed: July 4, Sept 2–8 | Special Schedules: July 7, July 28 and August 4 the 4:45pm Open Swim will be converted to a Rec Swim. August 2 the Beach Swim will be cancelled 7–9:30am.
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.

* Resident Discount

---

**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 can be found posted online: http://www.lynnwoodwa.gov/SwimLessonSchedule

<table>
<thead>
<tr>
<th>REGISTER ON THIS DATE</th>
<th>Session Dates</th>
<th>Session Days</th>
<th>Number of classes</th>
<th>Safety School</th>
<th>Stroke Development</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Friday, June 14</strong></td>
<td>Jun 24–Jul 31</td>
<td>M/W (A)</td>
<td>12</td>
<td>$87/$75*</td>
<td>$96/$84*</td>
</tr>
<tr>
<td></td>
<td>Jun 25–Aug 1</td>
<td>T/Th (A)</td>
<td>11</td>
<td>$79.75/$68.75*</td>
<td>$88/$77*</td>
</tr>
<tr>
<td></td>
<td>Jul 1–Jul 19</td>
<td>M/F (A)</td>
<td>14</td>
<td>$101.50/$87.50*</td>
<td>$112/$98*</td>
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<tr>
<td></td>
<td>Jun 21–Aug 23</td>
<td>Fri</td>
<td>10</td>
<td>$72.50/$62.50*</td>
<td>$80/$70*</td>
</tr>
<tr>
<td></td>
<td>Jun 22–Aug 24</td>
<td>Sat</td>
<td>10</td>
<td>$72.50/$62.50*</td>
<td>$80/$70*</td>
</tr>
<tr>
<td></td>
<td>Jun 23–Aug 25</td>
<td>Sun</td>
<td>10</td>
<td>$72.50/$62.50*</td>
<td>$80/$70*</td>
</tr>
<tr>
<td><strong>Friday, July 19</strong></td>
<td>Jul 22–Aug 2</td>
<td>M/F (B)</td>
<td>10</td>
<td>$72.50/$62.50*</td>
<td>$80/$70*</td>
</tr>
<tr>
<td><strong>Friday, August 2</strong></td>
<td>Aug 5–Aug 16</td>
<td>M/F (C)</td>
<td>10</td>
<td>$72.50/$62.50*</td>
<td>$80/$70*</td>
</tr>
<tr>
<td></td>
<td>Aug 5–Aug 28</td>
<td>M/W (B)</td>
<td>8</td>
<td>$58/$50*</td>
<td>$64/$56*</td>
</tr>
<tr>
<td></td>
<td>Aug 6–Aug 29</td>
<td>T/Th (B)</td>
<td>8</td>
<td>$58/$50*</td>
<td>$64/$56*</td>
</tr>
<tr>
<td><strong>Friday, August 16</strong></td>
<td>Aug 19–Aug 30</td>
<td>M/F (D)</td>
<td>10</td>
<td>$72.50/$62.50*</td>
<td>$80/$70*</td>
</tr>
</tbody>
</table>

*No Class: July 4

Registration for FALL 2019 begins Wednesday, September 4.

---

**THROW A PARTY!**

Call 425-670-5732 to reserve your party.

**Pool Rentals**

- Shared Pool Rental: $150 for groups of 25 swimmers. A maximum of six groups per rental time.
- Private Pool Rental: $900 for an hour of exclusive use of all the pools for up to 150 swimmers.
- Rental Times: Five one-hour blocks of time every weekend.
- Pool rentals include lifeguards and use of all pool areas and features.

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

**Room Rentals**

- Rooms seat 25 or 50 people.
- Room Fee: $85 (25 people), $170 (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.

**POOL RENTAL TIMES**

Saturday
11:30am–12:30pm
2:45–3:45pm
6–7pm
Sunday
12:15–1:15pm
3:30–4:30pm
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.

Where in Lynnwood Am I?

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. **2019 park reservations open.** For reservations please call 425-670-5732.

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

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

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

<table>
<thead>
<tr>
<th>Weekday Green Fees*</th>
<th>Weekend &amp; Holiday Green Fees</th>
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</thead>
<tbody>
<tr>
<td>$23 for 9 holes</td>
<td>$23 for 9 holes</td>
</tr>
<tr>
<td>$32 for 18 holes</td>
<td>$36 for 18 holes</td>
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</tbody>
</table>

* Discounts for Juniors, Seniors, and Veterans Mon-Fri excluding holidays

<table>
<thead>
<tr>
<th>Power Carts</th>
</tr>
</thead>
<tbody>
<tr>
<td>$8/rider for 9 holes</td>
</tr>
</tbody>
</table>

Welcome to the Port of Edmonds

Whale Watching • Fishing Charters • Sea Jazz • Boat Launch

Your Homeport Advantage & Choice Destination
Complete Summer Events Schedule at portofedmonds.org

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

Let Us Represent You.

Berkshire Hathaway HomeServices Northwest Real Estate agents are here to guide you through your next real estate transaction so you can relax and enjoy the beauty of life’s most treasured moments.

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Tiny Timbre Music Class
Don't wait for another tempo-tantrum from your musical toddler! Join us for some fun exploration of music. We will be singing from a wide variety of genres through creative dance, using tonal and percussive instruments, and playing cooperative games and more! Birth to four years of age are welcome. Parent participation is required.

UP TO 5 YRS
1881 Jul 5–Aug 30 Fri 11:15am–12pm $98/$84*
1889 Jul 5–Aug 30 Fri 10:15–11am $98/$84*
Location: Lynnwood Recreation Center, Room 102
Instructor: Katherine Erickson
* No Class July 19, Aug 16

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

3–6 YRS
1847 Jul 5–Aug 9 Fri 12:30–1pm $70/$59*
Location: Lynnwood Recreation Center, Fitness Studio
Instructor: Cascade Elite

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

3–5 YRS
1847 Jul 5–Aug 9 Fri 12:30–1pm $70/$59*
Location: Lynnwood Recreation Center, Fitness Studio
Instructor: Cascade Elite

Toddler 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.

18 MOS–3 YRS
1848 Jul 5–Aug 9 Fri 11:45am–12:15pm $70/$59*
Location: Lynnwood Recreation Center, Fitness Studio
Instructor: Cascade Elite

“Marvel–lous Heroes and Incredible Kids”
Let your imagination take center stage during this exciting outdoor acting camp! We will explore story, character, music, and movement to match our weekly theme. Camps are led by professional theatre teaching artists. Your camper will grow in creativity, compassion, and courage as they learn acting techniques. Our final performance will feature costumes and props as we share our play with family and friends. Students must be fully potty trained.

“Marvel–lous Heroes and Incredible Kids”
3–5 YRS
1842 Jul 29–Aug 2 Mon–Fri 9am–12pm $200/$175*

Fantastic Foodies and Grocery Games
3–5 YRS
1564 Aug 12–16 Mon–Fri 9am–12pm $200/$175*
Location: North Lynnwood Neighborhood Park
Instructor: Dandylyon Drama

Register Early!
Avoid Disappointments
*See cancellation policy on page 31.

HOW TO READ A CLASS DESCRIPTION

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DATE(S)</th>
<th>DAY OF WEEK</th>
<th>TIME</th>
<th>CLASS FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>70689</td>
<td>Apr 14–May 12</td>
<td>Sat 3–3:55pm</td>
<td>$55/$47*</td>
<td></td>
</tr>
<tr>
<td>70690</td>
<td>May 19–Jun 16</td>
<td>Sat 3–3:55pm</td>
<td>$55/$47*</td>
<td></td>
</tr>
</tbody>
</table>

Location: Recreation Center, Fitness Studio
Instructor: Derek McClinton

*LYNNWOOD RESIDENT DISCOUNT FEE
i9 Sports

There isn’t a better tool to teach a child the skills necessary to succeed in life than sports. Self-discipline, determination, teamwork and good sportsmanship are only a handful of the many valuable life skills learned through sports participation. Through the i9 Sports Experience, we offer families an experience that focuses on fun, safety and convenience. **To register, visit www.i9sports.com or call 425-224-2701.**

**i9 Sports Flag Football (5-13 yrs)**
1800  Jul 13–Aug 17 Sat 9am–1pm  $135

**i9 Sports Soccer (3–12 yrs)**
1802  Jul 13–Aug 17 Sat 9am–1pm  $135

**i9 Sports T-Ball (3-6 yrs)**
1803  Jul 13–Aug 17 Sat 9am–1pm  $135
Location: Meadowdale Athletic Complex, Multipurpose Field 1

**i9 Sports Basketball (5-12 yrs)**
1804  Jul 20–Aug 24  Sat 10:30am–5pm  $135
Location: Cedar Valley Gym

Petite Allegro Ballet

Play-based ballet education for your budding dancer! Parent participation is required. Work together with your toddler to learn ballet basics and body movement.

**18 MOS–3 YRS**
1880  Jun 27–Aug 29  Thu* 4:30–5pm  $84/$71*
1877  Jul 1–Aug 26  Mon* 12:15–12:45pm  $84/$71*
Location: Lynnwood Recreation Center, Room 102
Instructor: Katherine Erickson
* No Class July 4, 15, 18, Aug 12, 15

Pre Ballet—Tots

FUNdamentals of ballet designed for your young dancer. Kids will learn to point, plie, and turn through a variety of fun ballet-based games.

**3–5 YRS**
1885  Jun 27–Aug 29  Thu* 11:15am–12pm  $84/$71*
1876  Jul 1–Aug 26  Mon* 10:15am–11am  $84/$71*
1883  Jul 5–Aug 30  Fri* 4:15pm–5pm  $84/$71*
Location: Lynnwood Recreation Center, Room 102
Instructor: Katherine Erickson
* No Class July 4, 15, 18–19, Aug 12, 15–16

i9 Sports Basketball (5-12 yrs)
1804  Jul 20–Aug 24 Sat 10:30am–5pm  $135
Location: Meadowdale Athletic Complex, Multipurpose Field 1
Instructor: Katherine Erickson
*No Class July 4, 15, 18, Aug 12, 15

Petite Allegro Ballet

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Location: Lynnwood Recreation Center, Room 102
Instructor: Katherine Erickson
* No Class July 4, 15, 18–19, Aug 12, 15–16

Have you registered your child for swimming lessons?

**FREE at the Lynnwood Pool: 425-670-5732**

**June 20, 2019**

**The World’s Largest**

**Swimming Lesson**

**TV**

**Party Solutions**

12918 Mukilteo Speedway, Lynnwood, WA 98087
Next to Albertsons

For more information, visit WLSL.org or to register visit www.playlynnwood.org

Petite Allegro Ballet

Play-based ballet education for your budding dancer! Parent participation is required. Work together with your toddler to learn ballet basics and body movement.

**18 MOS–3 YRS**
1880  Jun 27–Aug 29 Thu* 4:30–5pm  $84/$71*
1877  Jul 1–Aug 26 Mon* 12:15–12:45pm  $84/$71*
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Location: Lynnwood Recreation Center, Room 102
Instructor: Katherine Erickson
* No Class July 4, 15, 18–19, Aug 12, 15–16
**Playmakers**

Let your imagination take center stage during this exciting outdoor acting camp! We will explore story, character, music, and movement to match our weekly theme. Camps are led by professional theatre teaching artists. Your camper will grow in creativity, compassion, and courage as they learn acting techniques. Our final performance will feature costumes and props as we share our play with family and friends.

**“Fantastic Foodies and Grocery Games”**

- **6–10 YRS**
  - 1843 Aug 12–16 Mon–Fri 9am–3pm $374/$325*

**“Marvel-lous Heroes and Incredible Kids”**

- **6–10 YRS**
  - 1563 Jul 29–Aug 2 Mon–Fri 9am–3pm $374/$325*

*Location: North Lynnwood Neighborhood Park

Instructor: Dandylyon Drama

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**Babysitting 101**

How do you know if your teen/pre-teen is ready to care for children? This Babysitting 101 workshop will assist your 11–15 year old with advice and tips for caring for kids of all ages. Your new babysitter will learn how to secure a job, engage children, and find solutions to common problems every babysitter faces. We recommend taking Safe Kids 101 prior to enrollment and taking Pediatric CPR and First Aid upon workshop completion. Please provide a sack lunch.

**11–15 YRS**

- 1815 Aug 3 Sat 10am–3pm $42/$36*
  - Location: Lynnwood Recreation Center, Conference Room

---

**Safe Kids 101**

How do you know when your pre-teens are ready to accept the challenges of staying home by themselves? And are you ready to let them? This Safe Kids 101 workshop will help your youth take the next step in independence while giving you peace of mind. Please provide a sack lunch.

**9–13 YRS**

- 1814 Jul 13 Sat 10am–2:30pm $42/$36*
  - Location: Lynnwood Recreation Center, Conference Room

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**Ballet 1**

Join Kat Erickson and learn the fundamentals of ballet in a fast paced, dance-filled environment. Plie, Tendu, Pirouette; learn combinations, posture and a love of movement in this beginner level class.

**5–8 YRS**

- 1887 Jun 27–Aug 29 Thu 10:15–11am $98/$84*
  - 1886 Jul 1–Aug 26 Mon 11:15am–12pm $98/$84*
  - 1888 Jul 5–Aug 30 Fri 5:15–6pm $98/$84*
  - Location: Lynnwood Recreation Center, Room 102
  - Instructor: Katherine Erickson

*No Class July 4, 15, 18–19, Aug 12, 15–16

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**Skyhawks Sport Camps**

Our progression of camps and programs, led by our expert staff, are geared toward youth looking for an introduction to a sport or those who want to refine and master their sport-specific skills. Using our progressional curriculum and focusing on the whole player, we teach your child the skills they need both on and off the court/field to be a better athlete. We will be offering Basketball, Baseball, Cheerleading, Flag Football, Mini Hawk, Multi Sport, Soccer and Volleyball. Go to Skyhawks.com to register!

---

**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! Monthly payments available.

**Hip Hop Dance (5–8)**

- **5–8 YRS**
  - 1854 Jun 26–Aug 28 Wed 5:30–6:15pm $100/$85*

**Hip Hop Dance (9–12)**

- **9–12 YRS**
  - 1855 Jun 26–Aug 28 Wed 6:30–7:15pm $100/$85*
  - Location: Lynnwood Recreation Center, Room 101
  - Instructor: Kontagious Performing Company

*Location: Cedar Valley Gym

Instructor: Natalie Burgos

---

**Family Karate/ Tang Soo Do**

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 for all ages. Class is designed for child and adult to participate together.

**6 YRS AND UP**

- 1617 Jul 20–Aug 31 Sat 8–9am $85/$54*
  - Location: Lynnwood Recreation Center, Room 102
  - Instructor: Natalie Burgos

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**Hip Hop Dance (5–8)**

- **5–8 YRS**
  - 1854 Jun 26–Aug 28 Wed 5:30–6:15pm $100/$85*

**Hip Hop Dance (9–12)**

- **9–12 YRS**
  - 1855 Jun 26–Aug 28 Wed 6:30–7:15pm $100/$85*
  - Location: Lynnwood Recreation Center, Room 101
  - Instructor: Kontagious Performing Company
Parents Night Out
Hey Parents! Do you dream of a few hours to yourself, time to catch a movie, or dinner without whining? A true date night? Then Stop, Drop and Roll! STOP by the Recreation Center, DROP off your child and ROLL out to enjoy the evening! Your child will enjoy dinner, games, crafts, swimming or a movie all while supervised by our fantastic summer camp counselors!

6–12 YRS
1710 Jul 12 Fri 6–9:30pm $17/$15*
1711 Aug 2 Fri 6–9:30pm $17/$15*
Location: Lynnwood Recreation Center, Room 101

Creative Art for Kids Series
Explore painting, drawing, collage and STEAM art projects with award-winning artist Christine Lamb. Each class is different as we visit our solar system, nature and different animal species. $8 supply fee included at registration.

5–10 YRS
1849 Jul 20 Sat 10–11:30am $20/$18*
1850 Aug 17 Sat 10–11:30am $20/$18*
Location: Lynnwood Recreation Center, Conference Room
Instructor: Christine Lamb

Mixed Media Mini–Art Camp for Youth
Come create beautiful art experimenting mixed media such as paint, pastels and more. Learn fine art skills using various color, line, texture, and shading. No experience needed. Every participant is an artist! Instructed by the talented Priscilla O’Brien. Dress for mess! $15 supply fee due at registration.

6–12 YRS
1910 Aug 5–9 Mon–Fri 10–11:30am $95/$81*
1911 Aug 12–16 Mon–Fri 10–11:30am $95/$81*
Location: Lynnwood Recreation Center, Conference Room
Instructor: Priscilla O’Brien

Register Early!
Avoid Disappointments
*See cancellation policy on page 31.

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

Guitar for Youth (7–8)
7–8 YRS
1809 Jun 26–Aug 14 Wed 5:30–6:15pm $120/$102*

Guitar for Youth (9–11)
9–11 YRS
1611 Jun 26–Aug 14 Wed 6:20–7:20pm $136/$116*
Location: LSC
Instructor: James Howard

Our camps offer active play, along with creative thinking to build healthy bodies and minds!
Camps are geared for ages 5-12, and are held on Tue - Thu from 9:30 am - 2:30 pm $149 per week, $129 for siblings and additional weeks.
RESERVE YOUR SPOT TODAY!
Kirkland: 11806 NE 118th ST ~ 425.820.2297
Lynnwood: 19027 HWY 99 ~ 425.774.2297

Youth Programs continued on next pages
Los Amiguitos (Spanish for Kids)
Learning Spanish has never been so much fun! We will use interactive games, storytelling and songs to explore this fascinating language. Our curriculum incorporates auditory, visual, and kinesthetic learning styles. Native Spanish Speaker, Reyna Bermudez, teaches with excitement and creativity while bringing her native culture into the classroom. $20 supply fee due at registration.

AGE: 7–12 YRS
2605 Jul 22–Aug 2 M, W, F 10:30am-12pm $140/$119*
Location: Recreation Center, Room 101
Instructor: Reyna Bermudez

Sharks Summer Swim Team
Make friends and have fun with the Lynnwood Sharks and the CRAZE recreation swim league. Strong youth swimmers will experience their first taste of competition during enjoyable, friendly, and low-key meets on weekends. Attendance at meets is not mandatory but they are lots of fun! The Sharks have a blast training together Mon–Fri mornings. Ages 6–8 must be able to swim 25 yards backstroke and front crawl. Ages 9–18 must be able to swim 50 yards backstroke and front crawl. Meet the coaches and learn more on Thursday, June 13, 6:30pm.

6–10 YRS
670 Jun 24–Aug 9 Mon–Fri 8–9:30am $213/$185*
11 + YRS
671 Jun 24–Aug 9 Mon–Fri 7–8:30am $213/$185*
Location: Lynnwood Recreation Center, Swimming Pool

i9 Sports
There isn’t a better tool to teach a child the skills necessary to succeed in life than sports. Self-discipline, determination, teamwork and good sportsmanship are only a handful of the many valuable life skills learned through sports participation. Through the i9 Sports Experience, we offer families an experience that focuses on fun, safety and convenience.

To register, visit www.i9sports.com or call 425-224-2701.

i9 Sports Flag Football (5–13 yrs)
1800 Jul 13–Aug 17 Sat 9am–1pm $135
i9 Sports Soccer (3–12 yrs)
1802 Jul 13–Aug 17 Sat 9am–1pm $135
i9 Sports T–Ball (3–6 yrs)
1803 Jul 13–Aug 17 Sat 9am–1pm $135
Location: Meadowdale Athletic Complex, Multipurpose Field 1

Tae Kwon Do
Tae Kwon Do is an easy-to-learn Korean Martial Art, an outstanding form of physical fitness, and an effective self-defense technique. 6th degree black belt instructor, Derek McClinton, brings the art to your kids in a safe and fun way.

6–12 YRS
1586 Jun 25–Jul 25 Tue/Thu 5–5:55pm $84/$71*
1588 Jul 30–Aug 29 Tue/Thu 5–5:55pm $94/$79*
Location: Lynnwood Recreation Center, Room 101
Instructor: Derek McClinton
No Class July 4

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

7-16 YRS
1616 Jul 20–Aug 31 Sat 9–10am $65/$54*
Location: Cedar Valley Gym
Instructor: Natalie Burgos
KAMP KOOKAMUNGA

ENTERING GRADES: 1–7

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

We’ve Got the Beat
89 Jun 24–28 Mon–Fri 9:30am–3:30pm $175/$150*
R-O-C-K in the USA
91 Jul 1–3* Mon–Wed 9:30am–3:30pm $105/$90*
The Wheels on the Bus
92 Jul 8–12 Mon–Fri 9:30am–3:30pm $175/$150*
Hakuna Matata
94 Jul 15–19 Mon–Fri 9:30am–3:30pm $175/$150*
Rock Paper Scissors
95 Jul 22–26 Mon–Fri 9:30am–3:30pm $175/$150*
Ghostbusters
96 Jul 29–Aug 2 Mon–Fri 9:30am–3:30pm $175/$150*
Born to Be Wild
97 Aug 5–9 Mon–Fri 9:30am–3:30pm $175/$150*
Take Me Out to the Ball Game
99 Aug 12–16 Mon–Fri 9:30am–3:30pm $175/$150*
If I Could Turn Back Time
100 Aug 19–23 Mon–Fri 9:30am–3:30pm $175/$150*
Baby Shark (Do Do...)
102 Aug 26–30 Mon–Fri 9:30am–3:30pm $175/$150*

Location: Lynndale Park, Lynndale Park Amphitheater
*No Camp: Jul 4–5
EXTENDED CARE
7–9:30am M–F $40/ $35*
3:30–6pm M–F $40/ $35*

Kids Fire Camp

Kids ages 11-14 come join the men and women of South Snohomish County Fire & Rescue for a fun-filled week of learning all about the job of a firefighter. Activities include water safety, rescue practices, firefighting, and more.

Cost: $150 per child
Dates: July 30 - August 2nd
Hours: 8:30 am to 4 pm Tuesday-Friday
Location:
South County Fire & Rescue
Main Headquarters
12425 Meridian Ave S, Everett, WA 98208

For more info please visit
www.southsnofire.org/firecamp

Lynnwood Police Youth Camp!
Camps will learn important safety skills, team building and leadership development. They will try their hand at police work such as fingerprinting, working with the K9 unit, SWAT team activities and much more.

Camp Dates
July 15-18, 2019
8:30 am to 4:00 pm
Registration Fee
$125.00 per Child
Contact Connie Galer
(425) 670-5613
cgaler@lynnwoodwa.gov

REGISTER NOW

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www.licespies.com
info@licespies.com
(425) 712-5423

Book Appt Online 24x7

TACO: Teen Adventure Camp Outdoors
Teen Adventure Camp Outdoors (TACO) day trips are action-packed, fun-filled days that provide your teen with a safe and healthy environment to play outside and make new friends while creating lasting memories. Don’t let your teen sit at home when school is out! The main activities are highlighted for each trip however we include many more fun activities and exciting destinations in each day of camp. The cost of admission for all activities is included in the registration fee. Please print and sign all required release forms found with each week’s activities. Campers need to bring a sack lunch and water bottle.

12–15 YRS
Location: Lynndale Park, Lynndale Park Shelter 1
Contact: Recreation Programs, 425-670-5386

#GreatOutdoors
103  Jun 25–Jun 27  Tue–Thu  8am–5pm  $167/$145*  Snoqualmie Falls/Magnuson Park Beach
Kindle Pool and Frisbee Golf
Space Needle and Seattle Center

#Seatown
105  Jul 02–Jul 03*  Tue–Wed  8am–5pm  $111/$97*  Twin Falls Trails Hike
Wildwashes
No Camp 4th of July

#Adventure
106  Jul 09–Jul 11  Tue–Thu  8am–5pm  $167/$145*  Ice Caves Hike / Lynnwood Pool
Seafair and Sub Zero Ice Cream
Indoor Rock Climbing

#Extreme
107  Jul 16–Jul 18  Tue–Thu  8am–5pm  $167/$145*  Little Si Hike / Green Lake
Easy Island, High Trek Adventures
Bowlers, Golden Gardens

#Summer
109  Jul 23–Jul 25  Tue–Thu  8am–5pm  $167/$145*  Franklin Falls Hike / Matthews Beach
Seattle Mariners Game
Birch Bay Water Slides

#Nature
110  Jul 30–Aug 01  Tue–Fri  12am–9am  $167/$145*  Wallace Falls Hike / Lynnwood Pool
Deception Pass & Snow Goose Ice Cream
River Tubing in Leavenworth

#Explore
111  Aug 06–Aug 08  Tue–Thu  8am–5pm  $167/$145*  Rattlesnake Ridge Hike / Madison Park Beach
Discovery Park
Altitude Trampoline Park

#Journey
112  Aug 13–Aug 15  Tue–Thu  8am–5pm  $167/$145*  AquaSox Game, Madison Park Beach
Bridal Veil Falls Hike
Fort Casey

#NorthWestIsBest
113  Aug 20–Aug 22  Tue–Thu  8am–5pm  $167/$145*  River Tubing in Leavenworth
Heybrook Lookout Hike, Lynnwood Pool
Evergreen State Fair

*No Camp: 7/4

Junior Counselor @Kamp Kookamunga
This is an amazing opportunity for teens to gain valuable leadership and work experience! As a JC you assist Camp Staff in providing engaging activities for young campers while enjoying the amenities of a 40-acre wooded park. This includes building forts, playing sports, water activities and field trips with destinations in the greater Seattle area. What better way to spend the summer than in the outdoors with friends! For more information, visit www.lynnwoodwa.gov/Camps

ENTERING GRADES: 8TH–12TH
Jun 24–Aug 30  M–F  9:30am–3:30pm $109/$95*/week
* $63/$57 week of July 1–3
Location: Lynndale Park

High School Open Gym
Calling all High Schoolers! Each Thursday we open the Cedar Valley Gym for those that want an evening of friendly competition with their peers. You will enjoy playing basketball, indoor soccer, dodgeball, etc! We are open to suggestions! Participants must be high school students and provide valid school ID. Snacks will also be provided.

13–18 YRS
1816  Jul 18–Aug 29  Thu  6–9pm
Location: Cedar Valley Gym
FAIR ON 44TH
LYNNWOOD’S HEALTH & SAFETY COMMUNITY BLOCK PARTY
Saturday, Sept 7th • 10am-2pm
on 44th Ave between 188th-194th
www.LynnwoodWA.gov/FairOn44

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NOW HIRING!
Have fun and earn money at a job you will love!
Positively influence your community by keeping people safe and teaching life-long safety skills.

Apply at LynnwoodWA.gov
**Group Active®**  
Group Active® is an innovative one-hour workout that improves cardiovascular fitness, builds total-body strength, and enhances movement health for daily life. Inspiring music and supportive coaching will ensure you succeed with simple, athletic exercises that use dumbbells, body weight and The STEP®. ACTIVATE YOUR LIFE!  
13 YRS AND UP  
Location: Lynnwood Recreation Center, Fitness Studio

**Group Centergy®**  
REDEFINE YOUR SELF with Group Centergy®. Grow longer and stronger in this invigorating 60-minute mind-body workout. Group Centergy incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey. Take the time to CENTER YOUR ENERGY with Group Centergy.  
9 YRS AND UP  
Location: Lynnwood 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!  
9 YRS AND UP  
Location: Lynnwood Recreation Center, Fitness Studio

**Group Power®**  
Group Power® is Your Hour of Power! Blast all your muscles with this 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!  
13 YRS AND UP  
Location: Lynnwood Recreation Center, Fitness Studio

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**CLASS SCHEDULE*  
**Schedule is subject to change.  
Check our website for updates: [http://www.lynnwoodwa.gov/PlayLynnwood/RecCenter/FitnessServices.htm](http://www.lynnwoodwa.gov/PlayLynnwood/RecCenter/FitnessServices.htm)

**Fitness Pass Classes June 24–September 1, 2019**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tr>
<td><strong>POWER</strong> 5:40am</td>
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<td><strong>GROUP POWER</strong> 5:40am</td>
<td><strong>GROUP Fight</strong> 5:40am</td>
<td><strong>GROUP CENTERGY</strong> 5:40am</td>
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<td><strong>GROUP CENTERGY</strong> 11:20am</td>
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**Sunday**

| **GROUP Power** 6:50pm | **GROUP CENTERGY** 6:50pm | **GROUP Power** 6:50pm | **GROUP CENTERGY** 6:50pm | **ZUMBA** 6:50pm | **ZUMBA** 10:50am |
Enhance Fitness found on page 24

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.

9 YRS AND UP
Location: Lynnwood Recreation Center, Fitness Studio

**WATER FITNESS SCHEDULE**

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**Gentle Water Fitness**
In the 93º wellness pool, gentle movements will help you relieve pain and stiffness as well as increase joint flexibility. Low-key workouts are great for those recovering from injury or just trying to relieve aches and pains of everyday life.

Location: Recreation Center, Wellness Pool

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

Location: Recreation Center, Lap Pool

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

Location: Recreation Center, River

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

Location: Recreation Center, Lap Pool

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

Location: Recreation Center, Lap Pool

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

Location: Recreation Center, River

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Looking to advertise? Contact Julie Applegate to discuss how to maximize your exposure to residents of Lynnwood

206-753-7250  julie@philipspublishing.com
SAFETY CLASSES

Basic Water Rescue
This class provides participants with the valued and vital knowledge and skills to prevent, recognize and safely respond to various types of aquatic emergencies. American Red Cross Basic Water Rescue is a national certification, valid for two years and meets WA DOH code for Shallow Water Attendant.

11 YRS AND UP
324 Jul 14 Sun 10:45am–3:30pm $69/$60*
1302 Aug 11 Sun 4:45–9pm $46/$40*
Location: Lynnwood Pool

Home Pool Safety
While home pools create beautiful environments that offer years of fun and activity for families, they can also be a significant threat to children in the home or in the community. This American Red Cross presentation will cover; home pool safety tips, drowning recognition, calling for help, simple rescue techniques and hands only CPR. This summer make pool safety your priority.

11 YRS AND UP
416 Jun 29 Sat 2:30–4pm $34/$30*
Location: Fire Station 15, Training Room

First Aid
Effective first aid training greatly improves a victim’s chance of survival and recovery. Learn to recognize, assess, and respond quickly, confidently and appropriately to common injuries including: cuts, burns, environmental emergencies and more.

11 YRS AND UP
1507 Aug 10 Sat 12:30–5:30pm $52/$45*
Location: Fire Station 15, Training Room

Lifeguard Workshop
Have you been thinking about taking the Lifeguard Course, but need to work on your skills to pass the prerequisite swim test? In this lifeguard workshop we will help you learn and work on the skills needed for the pre-course skills check and in the Lifeguard course.

14 YRS AND UP
2055 Jul 21 Sun 6:30–8:30pm $30/$27*
2056 Aug 18 Sun 6:30–8:30pm $30/$27*
Location: Lynnwood Pool

Lifeguard Training
This American Red Cross program trains students to act with speed and confidence in emergency situations both in and out of the water. Topics include water rescue skills, surveillance and recognition, breathing and cardiac emergencies, first aid, and more. This course is offered in a blended learning format where students complete online lessons outside of class time and hands-on practice in class. Have fun and earn money at a job you will love!! Attendance required in all class sessions. Interested in taking this class free of charge? Ask us how!

15 YRS AND UP
403 Jun 28–30 $105/$97*
Fri 8:15–9:30pm, Sat 3–7:30pm
Sun 2:30–9:30pm
1224 Jul 26–28 $105/$97*
Fri 8:15–9:30pm, Sat 3–7:30pm
Sun 2:30–9:30pm
1225 Aug 30–Sep 1 $105/$97*
Fri 8:15–9:30pm, Sat 3–7:30pm
Sun 2:30–9:30pm
Location: Lynnwood Pool & Fire Station 15

Junior Lifeguard
This City of Lynnwood Jr Lifeguard course will train you to become a volunteer at the pool and in American Red Cross Basic Water Rescue. Learn basic water safety and the skills necessary to prevent, recognize, and to respond to many types of aquatic emergencies. We are looking for volunteers who want to earn service hours, make lasting friendships, are socially compassionate, flexible, and have an eagerness to learn.

12 YRS AND UP
1261 Jul 13–14 $46/$40*
Sat 12:30–3:30pm, Sun 10:45am–3:30pm
Location: Lynnwood Recreation Center, Aquatic 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.

15 YRS AND UP
1508 Aug 25 Sun 6:30–8:45pm $69/$60*
Location: Lynnwood Pool

Lifeguard Training Review
The American Red Cross Lifeguard Training Review course gives individuals the opportunity to review their Lifeguarding skills and re-certify. Participants must have current American Red Cross Lifeguarding certification.

17 YRS AND UP
403 Jun 28–30 $105/$97*
Fri 8:15–9:30pm, Sat 3–7:30pm
Sun 2:30–9:30pm
1224 Jul 26–28 $105/$97*
Fri 8:15–9:30pm, Sat 3–7:30pm
Sun 2:30–9:30pm
1225 Aug 30–Sep 1 $105/$97*
Fri 8:15–9:30pm, Sat 3–7:30pm
Sun 2:30–9:30pm
Location: Lynnwood Pool & Fire Station 15

ALL OF OUR HEALTH & SAFETY COURSES:
- Align with OSHA’s Best Practices for Workplace First Aid Training
- Free online refreshers
- Free digital Participant Manuals
- Digital certification valid for two years after successful completion
Adult and Pediatric First Aid, CPR & AED—Classroom

The Adult and Pediatric First Aid/CPR/AED course teaches students how to recognize a medical emergency, handle breathing and cardiac emergencies, and the use of an AED. Be the one who makes a difference and learn to help victims of any age, in this American Red Cross course.

**14 YRS AND UP**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>351</td>
<td>Jun 24–26</td>
<td>Mon/Wed</td>
<td>5:30–9pm</td>
<td>$113/$98*</td>
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<td>1501</td>
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<tr>
<td>1502</td>
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<td>Mon/Wed</td>
<td>5:30–9pm</td>
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<tr>
<td>1503</td>
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<tr>
<td>1504</td>
<td>Aug 28–28</td>
<td>Mon/Wed</td>
<td>5:30–9pm</td>
<td>$113/$98*</td>
</tr>
</tbody>
</table>

Location: Fire Station 15, Training Room

**Blended Learning—Adult and Pediatric First Aid, CPR & AED**

This course provides participants with the vital knowledge they need to respond to a medical emergency appropriately and efficiently. Through a combination of self-paced eLearning and an instructor-led skill session, you will be able to practice, participate, and demonstrate the same skills and knowledge as our classroom-based courses. The American Red Cross online portion is an interactive experience where participants respond to real-world emergencies in a virtual setting. Information about the eLearning portion of this course will be included on the payment receipt. Online portion must be completed prior to attending the classroom skill session and must be taken on a Flash-enabled computer with high speed internet.

**14 YRS AND UP**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
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<tr>
<td>375</td>
<td>Jun 24</td>
<td>Mon</td>
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<td>$80/$76*</td>
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<td>1667</td>
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<td>Mon</td>
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<td>1674</td>
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<tr>
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<tr>
<td>1677</td>
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<tr>
<td>1679</td>
<td>Aug 19</td>
<td>Mon</td>
<td>5:30–8pm</td>
<td>$80/$76*</td>
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<tr>
<td>1680</td>
<td>Aug 26</td>
<td>Mon</td>
<td>1:30–4pm</td>
<td>$80/$76*</td>
</tr>
</tbody>
</table>

Location: Fire Station 15, Training Room

**Adult CPR & AED—Classroom**

This American Red Cross Course is designed to help participants recognize and respond appropriately to cardiac and breathing 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 adults. Free online refreshers and electronic certification card are included.

**14 YRS AND UP**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
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<tr>
<td>1506</td>
<td>Jul 29</td>
<td>Mon</td>
<td>5:30–8:30pm</td>
<td>$57/$50*</td>
</tr>
</tbody>
</table>

Location: Fire Station 15, Training Room

**Pediatric CPR & AED—Classroom**

CPR for children and infants can save a life! Learn how to respond to cardiac or breathing emergencies and how to help babies and kids until medical personnel arrive and take over. Perfect for babysitters, day care workers, camp staff and parents. Pair this course with one of our First Aid courses or babysitting courses.

**11 YRS AND UP**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
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<tbody>
<tr>
<td>1506</td>
<td>Aug 24</td>
<td>Sat</td>
<td>12:30–5pm</td>
<td>$46/$40*</td>
</tr>
</tbody>
</table>

Location: Fire Station 15, Training Room

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**South County Rides**

*for ages 6+

**Mountlake Terrace Rides**

- **APRIL, MAY & SEPTEMBER** 2nd Saturday, 9–11 am
- **JUNE, JULY & AUGUST** Tuesdays, 5–7 pm

**Lynnwood Rides**

- **APRIL, MAY & SEPTEMBER** 2nd Saturday, 12:30–2:30 pm
- **JUNE, JULY & AUGUST** Wednesdays, 5–7 pm

**Edmonds Rides**

- **APRIL, MAY & SEPTEMBER** 2nd Saturday, 3:30–5:30 pm
- **JUNE, JULY & AUGUST** Thursdays, 5–7 pm

Learn more and register at www.cascade.org/bike2health

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**Ballet: Adult and Teens**

Come learn the fundamentals of ballet in an environment geared towards adults! Focus on techniques, artistry, and balance as we explore movement at the barre and center floor. Summer is seven session long.

**13 YRS AND UP**
1890  Jun 27–Aug 29  Thu  7–8pm  $84/$71*

Location: Lynnwood Recreation Center, Room 102
Instructor: Katherine Erickson
*No Class July 4, 18, Aug 15

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**Belly Dancing**

Embrace your inner goddess, gain confidence and learn to love your body as you transform yourself with the art of Belly Dance. Women of all ages, shapes and sizes are encouraged to learn in a comfortable, supportive environment.

The first half of class will focus on the fundamentals, breaking down the moves and drilling them into muscle memory. You will learn to accent, shimmy, isolate, and undulate. The second half (optional) will focus on Choreography and learning a dance routine. You may participate, stay and observe, or leave for the second half.

**12 YRS AND UP**
1900  Jul 8–Aug 12  Mon  6–7:30pm  $60/$51*

Location: Lynnwood Recreation Center, Room 101
Instructor: Angela Thomson

---

**Digital Music Creation**

This class will help you on your way to creating your own musical art! Learn the basics of beat production, mixing, and recording. We will cover the studio equipment needed for the modern computer recording setup and how to use it properly, while exploring drum programming, mix downs and vocal recording. More advanced techniques will follow such as the creation of fully structured instrumentals, audio editing and applying digital effects.

**9 YRS AND UP**
1853  Jul 10–Aug 14  Wed  7:30–9pm  $240/$204*

Location: Lynnwood Recreation Center, Conference Room
Instructor: Kontagious Performing Company

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**Guitar: Adult and Teens**

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

**12 YRS AND UP**
1612  Jun 26–Aug 14  Wed  4–5:25pm  $160/$136*
1613  Jun 26–Aug 14  Wed  7:30–9pm  $160/$136*

Location: LSC
Instructor: James Howard

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**Hula for Everyone**

Hula is for everyone! Come experience the Hawaiian culture through beautiful music and the ‘Spirit of Aloha.’ Beginners welcome. Every class begins with a warm-up of the basics so that new students can easily merge into the current group of dancers learning great hulas both old and new. Wear comfortable clothes. Monthly payments available. Summer session is 10 classes.

**12 YRS AND UP**
1615  Jun 25–Aug 27  Tue  6:30–7:30pm  $100/$85*

Location: Lynnwood Recreation Center, Room 102
Instructor: Makanaokalani

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**Irish Dance for All**

Join Kat Erickson of Cladach Irish Dance for an all levels Irish Dance class! The first thirty minutes we will warm up with basic techniques, followed by thirty minutes of steps in soft-shoe, and end with thirty minutes of advanced hard-shoe group Ceili dancing. Class is designed for beginning and advanced levels. Stay for the entire class to build upon your skills, or practice the basic techniques and just watch advanced students perform hard-shoe.

**9 YRS AND UP**
1891  Jun 27–Aug 29  Thu  5:15–6:45pm  $84/$71*

Location: Lynnwood Recreation Center, Room 102
Instructor: Katherine Erickson
*No Class July 4, 18, Aug 15

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**Music Theory for Guitar**

Music has a unique language. Some people are not satisfied just playing the guitar, they also want to intellectually understand music. Increase your confidence as a musician by learning the language musicians use to communicate with each other and with the audience. Knowing about music theory is also essential for improvisation and composition. If you want to know how music works, how chords and scales are made, and how it all fits together, this class is for you. Please bring an acoustic guitar.

**12 YRS AND UP**
1918  Jul 27  Sat  10am–1pm  $35/$30*

Location: Lynnwood Recreation Center, Conference Room
Instructor: James Howard

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3 ways to register

- Online: www.PlayLynnwood.com
- By Phone: 425-670-5732
- In Person: 18900 44th Ave W, Lynnwood, WA 98036

**Visa** Mastercard **AmEx** *Discover*
Spanish Conversations
This class is designed for students that have completed Spanish 4 and want to practice structures and dialogs. Students with some prior Spanish that want to practice conversation are welcome.

16 YRS AND UP
1851  Jun 25–Aug 6  Tue 6–7:30pm  $77/$65*
Location: Lynnwood Recreation Center, Conference Room
Instructor: Marianne Schulze
• No Class July 2

Spanish/Hispanic Food Basics
We will study food items, and how to order in a restaurant. Other topics of interest will be chosen. Prior basic Spanish recommended.

16 YRS AND UP
1852  Jun 25–Aug 6  Tue 7:35–9pm  $77/$65*
Location: Lynnwood Recreation Center, Conference Room
Instructor: Marianne Schulze
• No Class July 2

Tae Kwon Do: Adult and Teens
Tae Kwon Do is an easy-to-learn Korean Martial art, an outstanding form of physical fitness, and an effective self-defense technique. 6th degree black belt instructor, Derek McClinton, brings the art to you in a safe and fun way.

13 YRS AND UP
1607  Jun 26–Aug 21  Wed 6:30pm–8pm  $90/$76.50*
Location: Lynnwood Recreation Center, Room 102
Instructor: Virginia Miscione

Tap Dance
Join us for thirty minutes of tap skills followed by sixty minutes of floor movement and dance combinations. No experience necessary. Stay for the entire class to build upon your skills or practice the skills and watch other students perform combinations that you will be doing in no time. Tap shoes required. Summer session is nine classes long. Monthly payments available.

16 YRS AND UP
1614  Jun 26–Aug 21  Wed 6:30pm–8pm  $90/$76.50*
Location: Lynnwood Recreation Center, Room 102
Instructor: Virginia Miscione

Fall Softball
Register for Adult Men’s, Women’s and Co-Ed Softball Leagues. Multiple divisions/skill levels available. Ten league games by double headers. Top four teams in each division will make a single elimination tournament. Teams may request the nights of the week they’d like to play, but placement will depend on team talent. Teams may register in person or by phone after 8am on Monday, July 15. To register call 425-670-5732 or 425-771-0230. For more information, call Travis at 425-670-5517 or Todd at 425-771-0229.

Coed League
18 YRS AND UP
1795  Aug 19–Sept 30  Mon/Tue/Thur  6:10–10pm  $695
Location: Meadowdale Athletic Complex

Women’s League (Wednesday)
18 YRS AND UP
1794  Aug 21–Sept 25  Wed  6:10–10pm  $695

Men’s League (Mon, Tue, Thur)
18 YRS AND UP
1796  Aug 16–Sept 27  Fri  6:10pm–10pm  $695
1797  Aug 18–Sept 29  Sun  5:30–8pm  $695

Buckets & Bricks Basketball
Lynnwood Parks & Recreation is partnering up with Buckets & Bricks Adult Basketball League to offer a Men’s basketball league in the gymnasium of Cedar Valley Community School. Leagues will include seven regular season games, playoffs (based off league standings), All-Star Game, statistics, game referees and much more. Register as a team ($495) or Free Agent ($70). Players will receive numbered dry-fit shirt. To register, contact Buckets & Bricks Basketball at 425-298-5039 or visit them at bucketsandbricks.com.

Free Agent Registration
21 YRS AND UP
1805  Jul 21–Sept 15  Sun  5–10pm  $70

Team Registration
21 YRS AND UP
1806  Jul 21–Sept 15  Sun  5–10pm  $495
Location: Cedar Valley Gym
Instructor: Buckets and Bricks

Register Early!
Avoid Disappointments
*See cancellation policy on page 31.

SAVE YOUR SPOT
Register now!
Summer quarter starts July 1.

EDMONDS COMMUNITY COLLEGE
425.640.1706 | admissions@edcc.edu | edcc.ecu/getstarted
**ADULTS 62+ FITNESS**

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

This community center for adults 62+ offers more than 50 classes, trips and programs per week. People of all ages are welcome. Memberships are $30/year.

**Holiday Closures**
Independence Day: Thursday, July 4 Labor Day: Monday, September 2

**Hours of Operation**
Monday–Friday 8:30am–3pm Saturday 9:30am–1:30pm Tuesday open until 5pm

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

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

- **1987 Aug 1 Thu 2:30–3pm** Free/$5 NM
- **1988 Sep 5 Thu 2:30–3pm** Free/$5 NM

Location: LSC Front Desk
Instructor: Debby Grant

**62+ Pilates: Gentle—an Introduction**
Gentle Pilates is done seated, on the floor, or both (depending on ability.) 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.

- **1978 Jul 3–31 Wed 11:30am–12:20pm** $30/$35 NM
- **1979 Aug 7–28 Wed 11:30am–12:20pm** $30/$35 NM
- **1980 Sep 4–25 Wed 11:30am–12:20pm** $30/$35 NM

Location: LSC 2
Instructor: Angela Dismuke

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**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**
- **1989 Jul 2–30 Tue, Thu 9:40–10:40am**
- **1991 Aug 1–29 Tue, Thu 9:40–10:40am**
- **1990 Sep 3–26 Tue, Thu 9:40–10:40am**

Location: LSC 1 & 2
Instructor: Patricia Bozonier

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**Intermediate Enhance Fitness**
Engage in a moderate workout focused on cardio, flexibility, balance and strength. Instructors are certified. Fitness pass class.

- **1994 Jul 1–31 Mon, Wed, Fri 8:45–9:45am**
- **1993 Aug 2–30 Mon, Wed, Fri 8:45–9:45am**
- **1992 Sep 9–30 Mon, Wed, Fri 8:45–9:45am**

Location: Lynnwood Recreation Center, Fitness Studio
Instructor: Angela Dismuke

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**Advanced Enhance Fitness**
Join this fun and energetic group for a challenging cardio exercise using a variety of fitness equipment. Balance work is included. Fitness pass class.

- **1998 Jul 1–31 Mon, Wed, Fri 10–11am**
- **1997 Aug 2–30 Mon, Wed, Fri 10–11am**
- **1996 Sep 9–26 Mon, Wed, Fri 10–11am**

Location: Lynnwood Recreation Center, Fitness Studio
Instructor: Angela Dismuke

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**SAIL Fitness Class**
Stay Active and Independent for Life—developed by the Washington State Department of Health for older adults. This is an intermediate level class, designed for both seated and standing positions. This class is suitable for all fitness levels.

**$3 DROP–IN OR $24 FOR AN 8–SESSION PASS**
- **1978 Jul 2–31 Tue, Thu 10:50–11:50am**
- **1976 Sep 4–25 Wed 10:50–11:50am**

Location: LSC 1 & 2
Instructor: Patricia Bozonier

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**62+ Pilates: Level 1**
Pilates for Core Strength & Flexibility Level 1 is done entirely on the floor. Level 1 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 are 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.

- **1981 Jul 3–31 Wed 12:30–1:20pm** $30/$35 NM
- **1979 Aug 7–28 Wed 12:30–1:20pm** $30/$35 NM
- **1980 Sep 4–25 Wed 12:30–1:20pm** $30/$35 NM

Location: LSC 2
Instructor: Angela Dismuke

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**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. Prerequisites for this class are Pilates Level 1 and Instructor’s approval. You must be able to get up and down on the floor. Bring a towel and Pilates mat to class.

- **1983 Jul 5–26 Fri 11:30am–12:20pm** $24/$29 NM
- **1984 Aug 2–30 Fri 11:30am–12:20pm** $30/$35 NM
- **1985 Sep 6–27 Fri 11:30am–12:20pm** $24/$29 NM

Location: LSC 2
Instructor: Angela Dismuke

---

**62+ Pilates: Gentle—an Introduction**
Gentle Pilates is done seated, on the floor, or both (depending on ability.) 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.

- **1978 Jul 3–31 Wed 11:30am–12:20pm** $30/$35 NM
- **1977 Aug 7–28 Wed 11:30am–12:20pm** $24/$29 NM
- **1976 Sep 4–25 Wed 11:30am–12:20pm** $24/$29 NM

Location: LSC 2
Instructor: Angela Dismuke

---

**Intermediate Enhance Fitness**
Engage in a moderate workout focused on cardio, flexibility, balance and strength. Instructors are certified. Fitness pass class.

- **1994 Jul 1–31 Mon, Wed, Fri 8:45–9:45am**
- **1993 Aug 2–30 Mon, Wed, Fri 8:45–9:45am**
- **1992 Sep 9–30 Mon, Wed, Fri 8:45–9:45am**

Location: Lynnwood Recreation Center, Fitness Studio
Instructor: Angela Dismuke

---

**Advanced Enhance Fitness**
Join this fun and energetic group for a challenging cardio exercise using a variety of fitness equipment. Balance work is included. Fitness pass class.

- **1998 Jul 1–31 Mon, Wed, Fri 10–11am**
- **1997 Aug 2–30 Mon, Wed, Fri 10–11am**
- **1996 Sep 9–26 Mon, Wed, Fri 10–11am**

Location: Lynnwood Recreation Center, Fitness Studio
Instructor: Angela Dismuke

---

**SAIL Fitness Class**
Stay Active and Independent for Life—developed by the Washington State Department of Health for older adults. This is an intermediate level class, designed for both seated and standing positions. This class is suitable for all fitness levels.

**$3 DROP–IN OR $24 FOR AN 8–SESSION PASS**
- **1978 Jul 2–31 Tue, Thu 10:50–11:50am**
- **1976 Sep 4–25 Wed 10:50–11:50am**

Location: LSC 1 & 2
Instructor: Patricia Bozonier
Intermediate Tap Dance
Dust off your tap shoes and join this fun group of dancers. New people are welcome—there’s lots of support to get you up to speed. Thursday is instruction; Tuesday is practice and rehearsal.
- **1951** Jul 2–30 Tue 12:30–1:30pm $20/$25 NM
- **1952** Aug 6–27 Tue 12:30–1:30pm $16/$21 NM
- **1950** Sep 10–26 Thu, Tue 12:30–1:30pm $23/$28 NM

Location: Lynnwood Recreation Center, Room 102
Instructor: Melissa Olson

Flow Yoga 62+
Your day will start on a peaceful note with a gentle, safe and fun Flow Yoga practice. Improve your strength, flexibility, balance, and mobility through practicing standing and seated yoga poses. A chair may be used for support as needed. This class is designed to meet the needs of older adults of all experience levels.
- **$6 DROP-IN RATE**
  - **1961** Jul 2–30 Tue, Thu 8:40–9:30am $40/$45 NM
  - **1962** Aug 1–29 Tue, Thu 8:40–9:30am $45/$50 NM
  - **1963** Sep 3–26 Tue, Thu 8:40–9:30am $40/$45 NM

Location: LSC 2
Instructor: Lida (Sungyeo) Kim

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**
  - **1959** Jul 2–30 Tue, Thu 12–1pm $40/$45 NM
  - **1960** Aug 1–29 Tue, Thu 12–1pm $45/$50 NM
  - **1966** Sep 3–26 Tue, Thu 12–1pm $40/$45 NM

Location: LSC 2
Instructor: Lida (Sungyeo) Kim

Korean Language
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 class is taught in Korean.
- **$6 DROP-IN RATE**
  - **1967** Jul 2–30 Tue, Fri 1:15–2:05pm $45/$50 NM
  - **1969** Aug 2–30 Tue, Fri 1:15–2:05pm $45/$50 NM
  - **1968** Sep 3–27 Tue, Fri 1:15–2:05pm $40/$45 NM

Location: LSC 2
Instructor: Lida (Sungyeo) Kim

Line Dance for All
Line dance continues and it will be all about moving and having fun. In this easy, upbeat class, you’ll move to a wide variety of music including Rock & Roll, Hip Hop, Salsa, Cha Cha, Country Western, Zydeco, Cumbia, Merengue, Tango and much more. Exercise never felt like such fun! This class is for people of all experience and ability levels.
- **1948** Jul 5–26 Fri 10:15–11:15am $20/$25 NM
- **1949** Aug 2–30 Fri 10:15–11:15am $25/$30 NM
- **1947** Sep 6–27 Fri 10:15–11:15am $20/$25 NM

Location: LSC 2
Instructor: MaryLee Lykes

Tai Chi and Relaxation
Discover the ancient art of health and well-being through gentle, controlled movements focusing on balance. Class is based in traditional Yang Style forms and includes a relaxation practice. Both learning and continuing students are welcome.
- **2002** Jul 11–25 Thu 9–10am $18/$23 NM
- **2000** Aug 1–29 Thu 9–10am $24/$29 NM
- **2001** Sep 12–26 Thu 9–10am $18/$23 NM

Location: Lynnwood Recreation Center, Room 102
Instructor: Barbara Gleisner

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!
- **$6 DROP IN RATE**
  - **1955** Jul 1–29 Mon 9–9:50am $25/$30 NM
  - **1954** Aug 5–26 Mon 9–9:50am $20/$25 NM
  - **1957** Sep 9–30 Mon 9–9:50am $20/$25 NM
  - **1953** Jul 3–31 Wed 10–10:50am $25/$30 NM
  - **1958** Aug 7–28 Wed 10–10:50am $20/$24 NM
  - **1956** Sep 11–25 Wed 10–10:50am $15/$20 NM

Location: Lynnwood Recreation Center, Room 102
Instructor: Joan Harrison

Open Monday - Saturday
No appointment required!
15728 Main Street in Mill Creek
425-921-5743
cityofmillcreek.com/passports
Free Range Health Garden & Plant Sale 😎
Pick up a plant for your patio, deck or garden at Free Range Health’s annual plant sale. You’ll find over 30 varieties. Some attract bees who then pollinate other garden plants. Some are natural bird feeders or are great for you to eat. Some continue to give stunning visual pleasure well into the cooler fall months. Take time to walk the garden path and see plants in their growing habitat. We’ll stop for lunch after time at the garden. Cost of lunch is on your own.
285  Jul 13 Sat 10am–3pm $13/$19 NM
SIGN-UP DATE: JUN 12

Silver Firs Fire Station & Lunch at McMenamins Anderson School 😎
Let’s go talk to the fire fighters in person and learn how they and a station operate. Fire Station 13 at Silver Firs is located in a woodsy part of Snohomish County. You’ll have an up-close look at equipment and opportunity to ask questions. After the fire station tour we’ll head to McMenamins Anderson School in Bothell. There are multiple restaurants at Anderson School, one is sure to please your palate. The grounds are worth taking a short walk. Cost of lunch is on your own.
669  Jul 16 Tue 10:30am–3:30pm $13/$19 NM
SIGN-UP DATE: JUN 12

Mukilteo Garden and Quilt Tour* 😎-😎
Mark your calendars now for this exciting bi-annual tour. Your senses will be delighted by creative quilts on display in distinctive gardens! The show is co-sponsored by Mukilteo Lighthouse Quilters and the Mukilteo Way Garden Club. Both organizations are non-profits that reinvest in their members and communities. Proceeds from the tour fund scholarships, service work, garden support, public education and more. We’ll fit in lunch around mid-day. Registration includes access to gardens with quilts on display. Cost of lunch and other items are on your own.
286  Jul 20 Sat 10am–3pm $27/$33 NM
SIGN-UP DATE: JUN 12

Cruising for Orcas* 😏
Join us for this day-long all-inclusive Whale Watch adventure. You’ll experience a fully narrated whale watching tour by a crew with 30+ years of experience. The vessel departs from Fairhaven and meanders through the San Juan Islands. Part way through the day we’ll have a shore visit at Friday Harbor on San Juan Island with time to relax and enjoy the town. Salmon or chicken lunch is included. Lunch is served on board the vessel in early afternoon after leaving Friday Harbor. Plenty of comfortable indoor seating is available and outdoor viewing areas are large and spacious. Registration includes whale watch and lunch on board the boat.
287  Jul 31 Wed 7:30am–7pm $118/$124 NM
SIGN-UP DATE: JUN 12

Anacortes Arts Festival 😎-😎-😎
You’ll be treated to an annual extravaganza of artisans, fine artists, magical music and abundance of food choices at the annual Anacortes Arts Festival. Recall weekend Sunday drives and join us when we head north for a fun and relaxing day exploring unique and creative wares. Lunch is on your own from a variety of food choices at the festival or venture a little farther and stop in at a nearby restaurant.
1571  Aug 4 Sun 9am–5pm $18/$24 NM
SIGN-UP DATE: JUL 10

The Schooner Zodiac Picnic Sail* 😏
This is your day to sit back and cruise Chuckanut Bay on the Schooner Zodiac. While sailing, the crew will serve a fresh-made picnic lunch in the galley dining room. The Zodiac is a 1924 two-masted, gaff topsail schooner, restored to the glory of her younger days, and a testament to the majesty and beauty of classic wooden yachts. Her decks are spacious and practical, her sails trimmed and powerful. Her main mast towers over twelve stories high and she proudly boasts the largest working mainsail on the western coast. After the cruise we’ll take a leisurely return route and stop for ice cream or local harvest shopping. Sailing cruise and lunch are included. Other purchases are on your own.
1572  Aug 12 Mon 9:15am–5pm $85/$91 NM
SIGN-UP DATE: JUL 10
**Mamma Mia at Kitsap Forest Theatre**

You’ll enjoy this lovely theatre nestled in the forest a short drive from Bremerton. The Mountaineer Players bring to life the music and the dancing that makes *Mamma Mia!* the ultimate feel-good musical. You’ll be humming along and tapping your toes. The day starts with a relaxing ferry ride and time to eat lunch at the theatre before the performance. Bring your own brown bag lunch or buy a hot dog or light snack at the theatre. We won’t be making a dinner stop on this trip, but food is available on the return ferry. Don’t fret about the walk down the forest path; the Mountaineers provide transport for anyone who wants a little assistance. Ferry cost and theatre admission is included in trip registration; food and beverage purchases are on your own.

1904  Aug 17  Sat  9:30am–6:30pm  $44/$50 NM

SIGN-UP DATE: JUL 10

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**Port of Everett Harbor Tour**

Join us on this trip and you’ll have a fun summer evening on the water. The Port of Everett will take us on a waterfront cruise where you’ll learn fun and interesting facts about port history. We’ll stop for dinner on your own before the tour.

1901  Aug 22  Thu  3:45–8:30pm  $13/$18 NM

SIGN-UP DATE: JUL 10

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**Tacoma Art Museum—Benaroya Wing Studio Glass Tour**

The Benaroya Wing is a new Tacoma Art Museum addition and is your tour focus on this trip. We’ll have a docent guided adventure and you’ll have time to take in the views from the light-filled glass encased structure. We’ll also make sure to fit in a walk across the Chihuly Bridge of Glass. After the museum we’ll stop for lunch. Museum tour and admission is included in trip registration; cost of lunch and other purchases is on your own.

1840  Aug 28  Wed  9am–4pm  $31/$37 NM

SIGN-UP DATE: JUL 10

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**Trips by Transit**

Explore fun places using public transit. Most of our trips utilize more than one bus or train. You’ll need an ORCA card with money loaded to pay your way. Senior reduced fares each way (65 and over with an ORCA card) range from $1–$2.50. Fares range from $2.25–$5.50 for those under 65. Ask for more details at the Center.

**Pike Place Market**

You’ll find out how easy it is to get to Pike Place Market on this trip by public bus. And that will give you lots of time to explore the shops, pick your own place for lunch, and enjoy the new plaza. The cost of bus fare, lunch and other purchases are on your own. Remember to bring your ORCA card or cash for bus fare (see Trips by Transit details).

280  Jul 11  Thu  10am–3:30pm  $9/$15 NM

SIGN-UP DATE: JUN 12

**Hawaii General Store**

There’s a store in the U-District that carries genuine island snack food, leis, and aloha wear. We’ll find our way there by public bus and have fun browsing the shelves. Pick up a snack if you want or cast your eyes on travel posters and dream about a lovely Hawaiian getaway. We’ll stop along our way for lunch. The cost of bus fare, lunch and other purchases is on your own. Remember to bring your ORCA card or cash for bus fare (see Trips by Transit details).

1909  Aug 8  Thu  10am–3pm  $9/$15 NM

SIGN-UP DATE: JUL 10

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**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.
**ADULTS 62+ OUTDOOR RECREATION**

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**Port Gamble Forest, Kitsap Peninsula ♥♥♥**

Did you know that Port Gamble was built to resemble a town in Maine? We’ll start our trek from here to the P.G.F. trails to start our trek through the woods. Our adventure leads through a small field and around beaver ponds. In some areas, you will see evidence of logging, but there is still plenty of old growth forest to enjoy. You may spot a deer along the way. Enjoy lunch on your own in town after the hike.

- 4 mile round trip
- 225 foot elevation gain

**Kayak at Bowman Bay, Deception Pass State Park* **

Anacortes Kayak Tours will guide you through one of the most beautiful areas to explore by water. Bowman Bay offers a protected area to view aquatic and land wildlife up close. Before the tour there will be time to enjoy your sack lunch and take a short hike at one of the many area trails.

**Maple Falls Trails, Mt. Baker Hwy ♥♥♥**

Immerse yourself in the forest by trying out two trails in Whatcom County. The first hike travels through trees, babbling brooks and a farmland. The next stop is a county park where there are a lot of trails to explore and a nice picnic area to have your lunch. Afterward, learn about logging history and practices on a self-guided tour of the Black Mountain Forestry Center Interpretive Site located across the street from the park.

- Bay to Baker Trail: 3 mile round trip; 125 foot elevation gain
- Silver Lake Park: 2.5 mile loop; 220 foot elevation gain

**Dugualla State Park, Whidbey Island ♥♥♥**

There are a number of trails at this uncrowded park, including one leading down to a rocky beach with incredible views of Mt. Baker and the Cascades. Other junctions feature wetlands and an extra-large tree. On the way to our destination, we’ll drive over the remarkable Deception Pass Bridge with an option to get out and take some pictures.

- 5 mile elevation gain
- 600 foot elevation gain

**September Hikes**

Please contact the Lynnwood Senior Center at 425-670-5050 for more detailed information.

- Sep 4 Snoqualmie Valley Trail #4
- Sep 10 Whitehorse Trail
- Sep 24 Chehalis Western Trail

**Iron Horse Trail and Week Falls, I-90 ♥♥♥**

Ready for some rock climbing? Well, watching rock climbers that is. As we hike on an old railroad grade that once made its way to Milwaukee, we’ll pass by several rock-climbing areas and hopefully see some climbers. Another highlight is walking on several bridges with nice views of the Snoqualmie Valley below. The next stop is a walk through the woods to view a rocky section of Snoqualmie River named Week Falls. This is a nice spot to pause and enjoy your sack lunch.

- Iron Horse: 2 mile round trip; 180 foot elevation gain
- Week Falls: 1.5 mile round trip; minimal elevation gain

**Tolmie State Park, Olympia ♥♥♥**

Experience entirely different worlds at one stop including a lush forest and a sandy beach. We’ll start out tackling a diverse trail system that wanders up and down through a wooded ravine. At the beach you can search for tidal sea creatures or sit back and appreciate the panoramic view of distant islands. The trail has challenging portions that require steady footing.

- 3 mile round trip
- 300 foot elevation gain

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**HIKE DIFFICULTY KEY**

- ♥ EASY; flat trail paved or unpaved
- ♥♥ MODERATELY EASY; slight elevation gain with some hills
- ♥♥♥ MODERATE; likely to include some difficult terrain and elevation gain; must be steady on your feet
- ♥♥♥♥ CHALLENGING; likely to include steeper elevation gain with switchbacks or steps; rocks, roots and challenging footing
- ♥♥♥♥♥ DIFFICULT; likely to include continual elevation climb, steep switchbacks, distance over eight miles, challenging footing

- HIKING BOOTS ONLY
- ATHLETIC SHOES ALLOWED

**SIGN UP DATE: **

- 608 Jul 3 Wed 8am–3:30pm $34/$40 NM
- 599 Jul 9 Tue 8am–4:45pm $28/$34 NM
- 609 Jul 17 Wed 8am–3:30pm $34/$40 NM
- 610 Jul 23 Tue 8am–3pm $28/$34 NM
- 609 Jul 17 Wed 8am–3:30pm $34/$40 NM
- 663 Jul 29 Mon 10am–6pm $52/$58 NM
- 663 Jul 29 Mon 10am–6pm $52/$58 NM
- 1496 Aug 7 Wed 8am–3:15pm $28/$34 NM
Paradise Inn, Mt Rainier, Overnightrer & Hike** ♥️♥️♥️

Stay in a rustic lodge at the base of Mt Rainier and enjoy hiking and stunning waterfalls in this famous National Park. There will be several stops on the way to hike nature trails near Longmire Lodge and to see waterfalls. In the evening, sit back and relax by the fire in the lodge while you sip on a warm beverage. The next day at Paradise, explore several trails while sampling huckleberries along the way. Meals are on your own at the lodge dining room and cafe or the Visitor’s Center Deli. Bring a sack lunch on the first day.

- Trail of the Shadows: .7 mile loop; minimal elevation gain
- Narada and Carter Falls: 3.5 mile; 300 foot elevation gain
- Nisqually Vista Trail: 2.5 mile; 370 foot elevation gain
- Myrtle Falls: 1 mile; 100 foot elevation gain

1914 Sept 17–18 Tue–Wed 8am–4pm Double occupancy $245/$265 NM Ask about a single supplement
SIGN-UP DATE: JUL 19

Crystal Mt. Gondola & Hike*
♥️♥️♥️

Up, up and away as we make our way to get our head in the clouds. On a clear day, be amazed at the 360-degree view of the Cascade Range and an up-close view of Mt Rainier in all its glory. We’ll enjoy hiking along a ridge filled with late blooming wildflowers before we ride back down to the base.

- 2 mile round trip
- 210 foot elevation gain

1541 Aug 13 Tues 8am–5pm $53/$59 NM
SIGN-UP DATE: JUL 19

Canopy Tree Climbing Adventure*

See what the squirrels and the birds are up to by trying this unique activity for all ages at Deception Pass State Park. After a lesson to learn about the trees, climbing techniques and safety procedures, you’ll climb up a mighty Douglas Fir harnessed with safety ropes and gear. No experience necessary, but you must be able to do squats. There will be time to enjoy your sack lunch at the beach before the climb. Would you like the view without the climb? For an extra fee you can get a rope hoist to the top of the tree. Inquire at the front desk for more details.

1682 Aug 19 Mon 10am–7pm $149/$155 NM
An additional $100 for climb free, rope hoist to the top of a tree.
SIGN-UP DATE: JUL 19

Adults 62+ Outdoor Recreation continued on next page
Cherry Creek, Duvall
Walk beneath large trees draped with vibrant green moss and surrounded by delicate ferns carpeting the forest floor. Our trek follows an old logging road and loops back along Cherry Creek. There may be several stream crossings that require steady feet and waterproof boots. There will be a stop in Duvall to treat yourself with some ice cream or a latte.

- 6 mile loop
- 475 foot elevation gain

1542 Aug 21 Wed 8am–2:15pm $28/$34 NM SIGN-UP DATE: JUL 19

Cedar River Watershed, N. Bend
Where does Seattle’s drinking water come from? Go within closed boundaries of the Municipal Cedar River Watershed on a guided tour to learn more. See visual treats that aren’t open to the public such as the beautiful Cedar Falls. You’ll get special access to the tranquil Chester Morse Lake and the Masonry Pool Dam. There will be some time set aside for a short hike along Rattlesnake Lake.

- 2 mile round trip
- 50 foot elevation gain

1543 Aug 27 Tue 8am–3:15pm $28/$34 NM SIGN-UP DATE: JUL 19

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 most weeks. Routes alternate between trail and on-road. Most rides start at 10am but check individual ride description for differences. Helmets are required on all rides. Lynnwood Senior Center and BIKES Club members ride for free. Non-members pay $5 per ride. Please call the Senior Center for more details at 425-670-5050.

(Ride routes to come)

Teed Off Golfers
Take your best swing with the Teed Off Golfers! Starting in spring, co-ed play is every other week rain or shine unless thunderstorms are imminent. Play is usually at the Nile Shrine Golf Course with additional road trips to other courses throughout the season. The Teed Off Golf Season is April–September, and includes two field days, field trips, a chance to play in the Par 4 Kids Benefit, and volunteer opportunities to support Seafair Fleet Day. $18 green fees are payable at the course. You may rent pull carts, clubs and driving carts for additional cost. Meet at the golf course 30 minutes before your tee time. It’s easy to get started—call the Senior Center at 425-670-5050.

Registration is required to get a tee time with our group. LSC members register for free; non-members pay $5 per month.

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

Regular Play
Jun 13, 27 Jul 11, 25 Aug 8, 22 Sep 5,19

Special Play
Jun 6 Road trip to Camaloch Golf Course
Jul 26 Par for Kids Benefit Tournament
Sep 26 Season Ending Field Day

South County Walks

Thursdays, 6pm
June 27–September 26
Lynnwood Recreation Center

FREE
NO REGISTRATION NEEDED
INFORMATION & POLICIES

General Information

HOLIDAY CLOSURES  We will be closed for business and classes on the following dates:
  Independence Day: Thursday, July 4
  Labor Day: Monday, September 2

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 Steve Hoard, 425-670-5510 or shoard@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 shoard@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 2pm 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: Staff; Editor: Steve Hoard; Design and 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. To purchase swim tickets in advance please call 425-670-5732. All children five years and younger must be accompanied by a paying adult in the water. Print and present your ticket 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 two 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 emailed, mailed or given to you at the time of registration. Returned checks are assessed a $50 fee.

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

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

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

3 Ways to Register for Lessons
Click: Register online
Starting at midnight of the registration dates at cityoflynnwood.perfectmind.com

Come in:
As early as 5:30am on the posted registration dates to the Lynnwood Recreation Center,
18900 44th Ave W, Lynnwood, WA 98036.

Call: 425-670-5732
Starting at 8am on the posted registration dates.
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WE ACCEPT

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