A Winning Streak ON EVERY AISLE.

40-70%* Savings on groceries every day!

*Compared to traditional grocery stores.

Valid through November 30, 2019
$3 OFF $30 minimum purchase (excludes alcohol, gift cards, tax & state bottle deposits)

Valid through November 30, 2019
$4 OFF $40 minimum purchase (excludes alcohol, gift cards, tax & state bottle deposits)

Valid through November 30, 2019
$5 OFF $50 minimum purchase (excludes alcohol, gift cards, tax & state bottle deposits)
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
425-670-5596
16700 66th Ave W

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

Meadowdale Middle Gym
425-670-5517
6500 168th St SW
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
Labor Day: Monday, September 2
Facility Closed: September 3–8
Thanksgiving: Thursday, November 28

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</td>
<td>Free</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>under 2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Youth</td>
<td>$5.25</td>
<td>n/a</td>
<td>$40.50</td>
<td>$380 ($31.67/mo)</td>
</tr>
<tr>
<td>(2-12)</td>
<td></td>
<td></td>
<td>$36</td>
<td>$330 ($27.50/mo)</td>
</tr>
<tr>
<td>Teen</td>
<td>$5.50</td>
<td>$8.50</td>
<td>$45</td>
<td>$473 ($39.42/mo)</td>
</tr>
<tr>
<td>(13-17)</td>
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<td></td>
<td>$40.50</td>
<td>$412 ($34.33/mo)</td>
</tr>
<tr>
<td>Adults</td>
<td>$5.75</td>
<td>$9</td>
<td>$49.50</td>
<td>$565 ($47.08/mo)</td>
</tr>
<tr>
<td>(18-61)</td>
<td></td>
<td></td>
<td>$45</td>
<td>$495 ($41.25/mo)</td>
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<tr>
<td>Adults 62+</td>
<td>$5.25</td>
<td>$8.25</td>
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<td>$380 ($31.67/mo)</td>
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<td>$36</td>
<td>$330 ($27.50/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>
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<td></td>
<td></td>
<td></td>
<td>$36</td>
<td>$330 ($27.50/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>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>$770 ($64.17/mo)</td>
</tr>
</tbody>
</table>

* Expires 2 years from purchase date.
Happy Kids. Happy Parents.

Hourly and full-day care • Preschool education • Fun private parties


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.

SAVE NOW
50% OFF REGISTRATION
$15 savings. Exp. 9/30/19

10% OFF
Minimum 3 hour visit. Does not apply to day rate. Exp. 10/31/19

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.

FALL POOL SCHEDULE Sept 9–Dec 22, 2019

<table>
<thead>
<tr>
<th>CHOOSE YOUR SWIM</th>
<th>Monday–Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>BEACH SWIM</td>
<td>5:30am–11:30am</td>
<td>5:30am–11:30am</td>
<td>7am–11:15am</td>
<td>9:30am–10:30am</td>
</tr>
<tr>
<td></td>
<td>4pm–6:45pm</td>
<td>4pm–6:15pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>REC SWIM</td>
<td>11:45am–1:30pm</td>
<td>11:45am–1:30pm</td>
<td></td>
<td>10:30am–noon</td>
</tr>
<tr>
<td></td>
<td>2pm–3:45pm</td>
<td>2pm–3:45pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>7pm–9pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>OPEN SWIM</td>
<td>6:30pm–8:15pm</td>
<td>12:45pm–2:30pm</td>
<td>1:30pm–3:15pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>4pm–5:45pm</td>
<td>4:45pm–6:30pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>7:15pm–9pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>LAP SWIM</td>
<td>5:30am–2:30pm</td>
<td>5:30am–2:30pm</td>
<td>7am–11:15am</td>
<td>9:30am–noon</td>
</tr>
<tr>
<td></td>
<td>M/W 4pm–9:30pm</td>
<td>5–6:15pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>T/Th 5–9:30pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>OPEN FITNESS</td>
<td>5:30am–noon</td>
<td>5:30am–noon</td>
<td>7am–9am</td>
<td>9:30am–noon</td>
</tr>
<tr>
<td></td>
<td>M/W 1pm–4pm &amp; 8pm–9:30pm</td>
<td>1pm–4pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>T/Th 1pm–5pm &amp; 8pm–9:30pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>LESSONS</td>
<td>9am–10:30am</td>
<td>9am–10:30am</td>
<td>9am–11:30am</td>
<td>9:30am–noon</td>
</tr>
<tr>
<td></td>
<td>1pm–2:30pm</td>
<td>1pm–2:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4pm–9pm</td>
<td>4pm–6:30pm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Valued Customers,

We are thrilled to announce our new swimming lesson registration procedure! We have heard your concerns and we are doing our best to make registration for swimming lessons an easy and enjoyable experience. As always, we want to provide lifelong aquatic activity and offer instruction for all ages and abilities!

Here are three major changes:

1. City of Lynnwood Residents will now have a 24-hour window of priority registration ONLINE only.
2. All other registrants, current and new, will register during open enrollment beginning ONLINE Monday at 7pm, Walk-in/Phone-in Tuesday 7am.
3. All swimming lessons will be one day per week. If you are interested in additional practice time for your child, you are welcome to register for more than one day!

Current Students: You must register with the level code provided on the registration card that your student will receive during the second to last week of class.

New Students: A swim placement test and level code will be required of all new students prior to registration. Call 425-670-5732 to schedule your placement assessment!

Level codes given during placement tests and on registration cards are valid for one session. Incorrect placement codes will be subject to student withdrawal.

Please set up your on-line account before registration begins. See page 21 for details.

---

**Fall Session A 2019**

**REGISTRATION DATES:**

<table>
<thead>
<tr>
<th>Lynnwood Residents</th>
<th>Sunday, September 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open Enroll</td>
<td>Monday, September 2</td>
</tr>
<tr>
<td>Walk-in / Phone-in</td>
<td>Tuesday, September 3</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<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>Sep 9–Oct 21</td>
<td>Mon A</td>
<td>7</td>
<td>$50.75/$43.75</td>
<td>$56/$49</td>
</tr>
<tr>
<td>Sep 10–Oct 22</td>
<td>Tues A</td>
<td>7</td>
<td>$50.75/$43.75</td>
<td>$56/$49</td>
</tr>
<tr>
<td>Sep 11–Oct 23</td>
<td>Wed A</td>
<td>7</td>
<td>$50.75/$43.75</td>
<td>$56/$49</td>
</tr>
<tr>
<td>Sep 12–Oct 24</td>
<td>Thurs A</td>
<td>7</td>
<td>$50.75/$43.75</td>
<td>$56/$49</td>
</tr>
<tr>
<td>Sep 13–Oct 25</td>
<td>Fri A</td>
<td>7</td>
<td>$50.75/$43.75</td>
<td>$56/$49</td>
</tr>
<tr>
<td>Sep 14–Oct 26</td>
<td>Sat A</td>
<td>7</td>
<td>$50.75/$43.75</td>
<td>$56/$49</td>
</tr>
<tr>
<td>Sep 15–Oct 27</td>
<td>Sun A</td>
<td>7</td>
<td>$50.75/$43.75</td>
<td>$56/$49</td>
</tr>
</tbody>
</table>

**Fall Session B 2019**

**REGISTRATION DATES:**

<table>
<thead>
<tr>
<th>Lynnwood Residents</th>
<th>Sunday, October 20</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open Enroll</td>
<td>Monday, October 21</td>
</tr>
<tr>
<td>Walk-in / Phone-in</td>
<td>Tuesday, October 22</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<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>Oct 28–Dec 16</td>
<td>Mon B</td>
<td>7</td>
<td>$50.75/$43.75</td>
<td>$56/$49</td>
</tr>
<tr>
<td>Oct 29–Dec 17</td>
<td>Tues B</td>
<td>8</td>
<td>$58/$50</td>
<td>$64/$56</td>
</tr>
<tr>
<td>Oct 30–Dec 18</td>
<td>Wed B</td>
<td>8</td>
<td>$58/$50</td>
<td>$64/$56</td>
</tr>
<tr>
<td>Oct 31–Dec 19</td>
<td>Thurs B</td>
<td>7</td>
<td>$50.75/$43.75</td>
<td>$56/$49</td>
</tr>
<tr>
<td>Nov 1–Dec 20</td>
<td>Fri B</td>
<td>8</td>
<td>$58/$50</td>
<td>$64/$56</td>
</tr>
<tr>
<td>Nov 2–Dec 21</td>
<td>Sat B</td>
<td>8</td>
<td>$58/$50</td>
<td>$64/$56</td>
</tr>
<tr>
<td>Nov 3–Dec 22</td>
<td>Sun B</td>
<td>8</td>
<td>$58/$50</td>
<td>$64/$56</td>
</tr>
</tbody>
</table>

Registration for WINTER 2020 begins Sunday, December 29.

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**POOL RENTALS / ROOM RENTALS**

Throw a Party! Pool Rentals (Shared or Private) and Room Rentals are available on Saturdays and Sundays. Call 425-670-5732 for more information or to make a reservation.
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 Non-Resident/Resident</th>
<th>FULL DAY Non-Resident/Resident</th>
</tr>
</thead>
<tbody>
<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>
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<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>
</tr>
<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’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.
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*

<table>
<thead>
<tr>
<th></th>
<th>9 holes</th>
<th>18 holes</th>
</tr>
</thead>
<tbody>
<tr>
<td>$23</td>
<td>$32</td>
<td></td>
</tr>
</tbody>
</table>

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

Weekend & Holiday Green Fees

<table>
<thead>
<tr>
<th></th>
<th>9 holes</th>
<th>18 holes</th>
</tr>
</thead>
<tbody>
<tr>
<td>$23</td>
<td>$36</td>
<td></td>
</tr>
</tbody>
</table>

Power Carts

<table>
<thead>
<tr>
<th></th>
<th>9 holes</th>
<th>18 holes</th>
</tr>
</thead>
<tbody>
<tr>
<td>$8/rider</td>
<td>$14</td>
<td></td>
</tr>
</tbody>
</table>

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**Preschool**

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

**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 mo to 3 yrs
3265 Sep 30–Oct 28 Mon 12:15–12:45pm $60/$51*
3266 Nov 18–Dec 16 Mon 12:15–12:45pm $60/$51*

Location: Lynnwood Recreation Center, Room 102
Instructor: Katherine Erickson

**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 signing 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
3911 Oct 26 Sat 7–10pm $6/person

Location: Lynnwood Recreation Center

**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 for 3–5 year olds!

3–5 yrs
3255 Sep 30–Oct 28 Fri 10:15–11am $84/$72*
3257 Sep 30–Oct 28 Fri 11:15am–12pm $84/$72*

2nd Session
3256 Nov 8–Dec 20 Fri 10:15–11am $84/$72*
3258 Nov 8–Dec 20 Fri 11:15am–12pm $84/$72*

Location: Lynnwood Recreation Center, Room 102
Instructor: Katherine Erickson

*No Class Nov 29

**Ready, Set, Learn**
The Ready, Set, Learn preschool program is a “PLAY” oriented program for students who are potty trained and turn 3 by August 31, 2019. We will introduce preschool concepts such as circle time, sharing, large and small group times that will help get them ready for Pre-K the following year and set them up for success in Pre-K, Kindergarten and beyond! Ready, Set, Learn! will complement our existing Pre-K programs and run on Tuesday, Wednesday and Thursday afternoons from 12:30–3pm.

3–4 yrs
3254 Sep 10–Oct 3 Tue–Thu 12:30–3pm $245/$210*
3256 Oct 8–Oct 31 Tue–Thu 12:30–3pm $245/$210*
3258 Nov 5–Nov 28 Tue–Thu 12:30–3pm $245/$210*
3259 Dec 3–Dec 19 Tue–Thu 12:30–3pm $245/$210*

Location: Lynnwood Recreation Center, Room 101

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

**Spook and Splash Family Halloween Event**
Delight in a night of spooktacular 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 8–10pm)

All Ages
3912 Oct 26 Sat 7–10pm $6/person

Location: Lynnwood Recreation Center

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

**Kids Klub Preschool Programs**
Looking for a Preschool Program for Fall? Kids Klub is a quality preschool program focused on developing social-emotional skills in young children. Our trained staff promote children’s learning through play and exploration. In our structured learning environment your child will enjoy age appropriate music, art, dramatic play, hands-on math and science as well as field trips based on session themes. Child should be accustomed to parental separation and must have independent toilet skills. Class size is limited, early registration is recommended. For more information please visit:

www.Lynnwoodwa.gov/Preschool

**Kids Klub Pre-K**
This PLAY oriented program is for children who are 4 years old and potty trained. PreK is a great opportunity for your child to make friends and develop the skills needed for Kindergarten the following year. We strive to give all our students a firm foundation that will set them up for success in PreK, Kindergarten and beyond! Class size is limited, early registration is recommended. Child must turn 4 by August 31, 2019 to enroll.

4–5 yrs
Sep 10–Oct 3 Mon–Thu 9–11:30am $325/$275*
Oct 7–Oct 31 Mon–Thu 9–11:30am $325/$275*
Nov 4–Nov 28 Mon–Thu 9–11:30am $325/$275*
Dec 2–Dec 19 Mon–Thu 9–11:30am $325/$275*

Location: Lynnwood Recreation Center, Room 101

**Kids Klub Pre-K**
This PLAY oriented program is for children who are 4 years old and potty trained. PreK is a great opportunity for your child to make friends and develop the skills needed for Kindergarten the following year. We strive to give all our students a firm foundation that will set them up for success in PreK, Kindergarten and beyond! Class size is limited, early registration is recommended. Child must turn 4 by August 31, 2019 to enroll.

4–5 yrs
Sep 10–Oct 3 Mon–Thu 9–11:30am $325/$275*
Oct 7–Oct 31 Mon–Thu 9–11:30am $325/$275*
Nov 4–Nov 28 Mon–Thu 9–11:30am $325/$275*
Dec 2–Dec 19 Mon–Thu 9–11:30am $325/$275*

Location: Lynnwood Recreation Center, Room 101

**Kids Klub Pre-K**
This PLAY oriented program is for children who are 4 years old and potty trained. PreK is a great opportunity for your child to make friends and develop the skills needed for Kindergarten the following year. We strive to give all our students a firm foundation that will set them up for success in PreK, Kindergarten and beyond! Class size is limited, early registration is recommended. Child must turn 4 by August 31, 2019 to enroll.

4–5 yrs
Sep 10–Oct 3 Mon–Thu 9–11:30am $325/$275*
Oct 7–Oct 31 Mon–Thu 9–11:30am $325/$275*
Nov 4–Nov 28 Mon–Thu 9–11:30am $325/$275*
Dec 2–Dec 19 Mon–Thu 9–11:30am $325/$275*

Location: Lynnwood Recreation Center, Room 101

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

**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 for 3–5 year olds!

3–5 yrs
1st Session
3257 Sep 30–Oct 28 Mon 10:15–11am $60/$51*
3259 Sep 30–Oct 28 Mon 11:15am–12pm $60/$51*
3261 Oct 3–Oct 31 Thu 10:15–11am $60/$51*

2nd Session
3262 Nov 7–Dec 12 Thu 10:15–11am $60/$51*
3260 Nov 18–Dec 16 Mon 11:15am–12pm $60/$51*
3258 Nov 18–Dec 16 Mon 11:15am–12pm $60/$51*

Location: Lynnwood Recreation Center, Room 102
Instructor: Katherine Erickson

*No Class Nov 29

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

**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 signing 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
3255 Sep 27–Nov 1 Fri 10:15–11am $84/$72*
3263 Sep 27–Nov 1 Fri 11:15am–12pm $84/$72*

2nd Session
3266 Nov 8–Dec 20 Fri 10:15–11am $84/$72*
3264 Nov 8–Dec 20 Fri 11:15am–12pm $84/$72*

Location: Lynnwood Recreation Center, Room 102
Instructor: Katherine Erickson

*No Class Nov 29

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

**3-5 yrs**

- 3336 Sep 20–Oct 25 Fri 12:30–1pm $70/$59*
- 3337 Nov 1–Dec 13 Fri 12:30–1pm $70/$59*

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

*No Class Nov 29

**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.

**Up to 3 yrs**

- 3338 Sep 20–Oct 25 Fri 11:45am–12:15pm $70/$59*
- 3339 Nov 1–Dec 13 Fri 11:45am–12:15pm $70/$59*

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

*No Class Nov 29

**Preschool Playtime**

Would you like a little time each week to exercise in the 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.

**3-6 yrs**

- Sep 13–Dec 20 Fri 10am–12pm $12/$10

Location: Lynnwood Recreation Center, Room 101

*No Class Oct 25, Nov 29

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**i9 Sports—CoEd Sport Programs**

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. The program is designed to introduce young players to the sport, while enhancing and fine-tuning the skills of more experienced players. Practices are conveniently held on game day, just prior to the game.

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

**i9 Sports Flag Football (4-14 yrs)**

- 3419 Sep 14–Oct 26 Sat 9am–1pm $144

**i9 Sports Soccer (3-12 yrs)**

- 3420 Sep 14–Oct 26 Sat 9am–1pm $144

**i9 Sports T-Ball (3-6 yrs)**

- 3421 Sep 14–Oct 26 Sat 9am–1pm $144

Location: Meadowdale Athletic Complex, Field 1
Instructor: i9 Sports

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**Goblins Big and Small Who Seek a Not-So-Scary But Oh-So-Fun Activity for Halloween!**

- **ONLY $6**

**Saturday, October 26th**

**SPOOK & SPLASH!**

Delight in a Night of Spooktacular Fun!

7-10pm — Ages 1+

Located at the Lynnwood Recreation Center

Camp Holidaze
Are you ready for a winter break full of fun and friends? If so, Camp Holidaze is where you want to be! Come spend your winter break exploring the PNW on field trips every day, making crafts, playing games, meeting new friends and seeing some of your favorite summer camp counselors! You will be in for a week of endless laughter!

GRADES K–7
3114 Dec 30 Mon 9am–5pm $46/$40*
3113 Dec 31 Tue 9am–5pm $46/$40*
3115 Jan 2 Thu 9am–5pm $46/$40*
3116 Jan 3 Fri 9am–5pm $46/$40*
Location: Cedar Valley Gym

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
3270 Sep 27–Nov 1 Fri 4:15–5pm $84/$72*
3268 Sep 27–Nov 1 Fri 5:15–6pm $84/$72*
3271 Nov 8–Dec 20* Fri 4:15–5pm $84/$72*
3269 Nov 8–Dec 20* Fri 5:15–6pm $84/$72*
Location: Lynnwood Recreation Center, Room 102
Instructor: Katherine Erickson
*No Class Nov 29

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. $10 supply fee included at registration.

5-10 YRS
3241 Sep 21 Sat 10am–2pm $42/$36*
3340 Oct 19 Sat 10am–2pm $42/$36*
3341 Nov 16 Sat 10am–2pm $42/$36*
Location: Lynnwood Recreation Center, Conference Room
Instructor: Christine Lamb

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. Student, please bring an acoustic guitar, a tuner, guitar picks and an empty binder to class. Monthly payments available.

7–8 YRS
3246 Sep 18–Nov 13 Wed 5:30–6:15pm $135/$115*
9–11 YRS
3247 Sep 18–Nov 13 Wed 6:20–7:20pm $153/$131*
Location: LSC 1 & 2
Instructor: James Howard

Playmaker Drama
In this play creation class, we will collaborate to create an original play based on a common theme and our imaginations. Young actors will learn about story structure while working as a team to create an original play. We aim to help students grow in creativity, courage and compassion as they explore the performing arts through fun drama. Fall session is ten classes. Monthly payments available.

7–11 YRS
3346 Sep 16–Nov 18 Mon 5–6pm $112/$120*
Location: Lynnwood Recreation Center, Room 101
Instructor: Dandylyon Drama
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, and swimming all while supervised by our fantastic summer camp counselors!

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i9 Sports Basketball (5-12 yrs)
3422 Aug 22-Oct 26 Sat 10:30am-5:30pm $134
Location: Cedar Valley Gym
Instructor: i9 Sports

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

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3422 Aug 22-Oct 26 Sat 10:30am-5:30pm $134
Location: Cedar Valley Gym
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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. Come join the fun and learn the basic techniques. Rank promotion is available to those who train regularly.

7-16 yrs
3243 Sep 21–Dec 7 Sat 9–10am $103/$85
Location: Cedar Valley Gym
Instructor: Natalie Burgos
*No Class Nov 30

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
3252 Sep 17–Oct 31 Tue/Thu 5–5:55pm $132/$111
3253 Nov 5–Dec 19 Tue/Thu 5–5:55pm $123/$104
Location: Lynnwood Recreation Center, Room 101
Instructor: Derek McClinton
*No Class Nov 28

Spook and Splash Family Halloween Event
Delight in a night of spooktacular 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 8–10pm)

All Ages
3911 Oct 26 Sat 7–10pm $6/person
Location: Lynnwood Recreation Center, Room 101

Register Early! Avoid Disappointments
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All Ages
3911 Oct 26 Sat 7–10pm $6/person
Location: Lynnwood Recreation Center, Room 101

Register Early! Avoid Disappointments
*See cancellation policy on page 31.
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 nine-week sessions. Transportation will be included for students that attend Alderwood Middle (AMS), Brier Terrace Middle (BTMS), College Place Middle (CPMS) and Meadowdale Middle (MMS). For more information about the program call 425-670-5386 or visit www.Lynnwoodwa.gov/PlayLynnwood/Activities/Move60.htm

GRADES: 7–8
Sep 7–Dec 13 Mon–Fri 2:45–4:30pm Free
Location: Lynnwood Recreation Center, Fitness Studio

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. Nightwaves is an event for only students who attend Edmonds School District. Edmonds School District Dress Code will be enforced! You must present your current ESD ID to enter.

GRADES: 7–8
83 Sep 28 Sat 8–11pm $5
2886 Nov 16 Sat 8–11pm $5
Location: Lynnwood Recreation Center

High School Open Gym

Calling all High Schoolers! Come join us every Thursday at Cedar Valley! We will be opening the gym for those who want an evening of friendly competition with their peers. You will enjoy playing basketball, indoor soccer, Dodgeball and so much more! We are open to suggestions, so please bring them! Participants must be high school students and provide valid school ID. Snacks will be provided.

GRADES: 9–12
Sep 12–Dec 19* Thu 6-9pm Free
*No Open Gym Sep 19, Oct 17, Nov 14
Location: Cedar Valley Gym

Junior Counselor at Camp Holidaze

Is your teen looking for a fun way to spend their winter break? Are they looking to gain valuable leadership and work experience? As a JC you will assist Camp Staff in providing engaging activities for young campers while also enjoying camp! This will include going on field trips around the PNW, playing games and making friends. What better way to spend your winter break than with friends and having fun. Space is limited so register early.

GRADES: 8–12
3961 Dec 30 Mon 9am–5pm $23/$20*
3962 Dec 31 Tue 9am–5pm $23/$20*
3963 Jan 2 Thu 9am–5pm $23/$20*
3964 Jan 3 Fri 9am–5pm $23/$20*
Location: Cedar Valley Gym

TACO School Year Adventures

Teen Adventure Camp Outdoors (TACO) is coming to you this school year! Is your teen looking for something fun to do on a Saturday night? Want to add in an adventure during the school year? Our new Saturday night TACO Adventures will be action-packed and provide your teen with a safe and healthy environment while still creating lasting memories with friends. The cost for admission for all activities is included in the registration fee. Please print and sign all required release forms. Campers are encouraged to bring a snack and extra spending money for dinner. Space is limited so register early.

GRADES 7-10
3964 Oct 7–Dec 13 Mon–Fri 2:45–4:30pm Free
Location: Lynnwood Recreation Center, Fitness Studio

T.A.C.O.

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
3176 Oct 5 Sat 10am–2pm $42/$36*
Location: Lynnwood Recreation Center, Conference Room

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
3902 Dec 14–15 Sat 12:30–3:30pm, Sun 10:45am–3:30pm $46/$40*
Location: Lynnwood Recreation Center, Aquatic Training Room

Seattle Mariners Game

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<tr>
<td>3965</td>
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Haunted Corn Maze and Pumpkin Patch

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Everett Silvertips Game

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Holiday with Lights at Wildwaves

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<tr>
<td>3968</td>
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FAIR ON 44TH
LYNNWOOD’S HEALTH & SAFETY COMMUNITY BLOCK PARTY
Saturday, Sept 7th • 10am-2pm
on 44th Ave W between 188th–194th

K-9 DEMO
TOUCH-A-TRUCK
SWAT ROBOT
FIRE SAFETY DEMOS
EMERGENCY PREPAREDNESS DEMOS

FAMILY GAMES & ACTIVITIES
FOOD TRUCKS
BICYCLE RODEO
GIVEAWAYS
HEALTH INFORMATION
AND MORE!

www.LynnwoodWA.gov/FairOn44
## Fitness Pass Classes

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

*12 yrs and up*
www.lynnwoodwa.gov/GroupBlast
Location: Recreation Center, Fitness Studio

## Class Schedule*

*Schedule is subject to change.
Check our website for updates: http://www.lynnwoodwa.gov/PlayLynnwood/RecCenter/FitnessServices.htm

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<td><strong>Group Centergy</strong> 5:40am</td>
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<td>Intermediate: 8:45am</td>
<td><strong>Group Active®</strong> 9:40am</td>
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<td><strong>Zumba</strong> 11:20am</td>
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**Sunday**

| **Group Fight** 5:40pm | **Group Active®** 5:40pm | **Group Fight** 5:40pm | **Group Active®** 5:40pm | **Group Power** 5:40pm | **Group Active®** 9:40am |
| **Group Power** 6:30pm | **Group Blast** 6:50pm | **Group Power** 6:50pm | **Group Blast** 6:50pm | **Group Zumba** 6:30pm | **Group Zumba** 10:30am |
**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

**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

**Get Fit**

Are Large Group Fitness Classes not your style? Are you not getting the results you want working out alone in the weight room? Have you always wanted to have a Personal Trainer, but can’t afford one? If the above apply to you, it is time to consider enrolling in GET FIT! Taught by Certified Personal Trainers, each 50-minute class will be limited to ten participants to ensure you get the specialized attention you need. GET FIT is a circuit style training class that utilizes free weights, TRX, Bosu, and battle ropes in our spacious Fitness Studio. Day and evening times available.

*13 YRS AND UP*

1st Session
3278 Sep 16–Oct 30 Mon/Wed 4:30–5:20pm $168/$143*
3279 Sep 17–Oct 31 Tue/Thu 7:30–8:20am $168/$143*

2nd Session
3280 Nov 4–Dec 17 Mon/Wed 4:30–5:20pm $132/$113*
3281 Nov 5–Dec 12 Tue/Thu 7:30–8:20am $132/$113*

Location: Lynnwood Recreation Center, Fitness Studio
Instructor: Conor Flynn and Christin Hennenberg, Certified Personal Trainers
*No Class Nov 11 and Nov 28*

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**WATER FITNESS SCHEDULE**

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<th>Mon &amp; Wed</th>
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<td>10:30am</td>
<td>1:00pm</td>
<td>8:30pm</td>
<td>9:30am</td>
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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

**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

**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

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**Enhance Fitness found on page 22**
SAFETY CLASSES

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
3516 Sep 12 Thu 5:30pm–8pm $80/$76*
3517 Sep 16 Mon 5:30pm–8pm $80/$76*
3518 Sep 21 Sat 10am–12:30pm $80/$76*
3519 Sep 25 Wed 1:30pm–4pm $80/$76*
3520 Oct 9 Wed 6:30pm–9pm $80/$76*
3521 Oct 14 Mon 1:30pm–4pm $80/$76*
3523 Oct 19 Sat 10am–12:30pm $80/$76*
3525 Nov 16 Sat 10am–12:30pm $80/$76*
3529 Nov 18 Sat 2–4:30pm $80/$76*
3530 Dec 1 Mon 1:30pm–4pm $80/$76*
3532 Dec 11 Wed 6:30pm–9pm $80/$76*
3530 Dec 16 Mon 1:30pm–4pm $80/$76*
3531 Dec 16 Mon 5:30pm–8pm $80/$76*
3532 Dec 21 Sat 10am–12:30pm $80/$76*

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 e-learning 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. This 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
3516 Sep 12 Thu 5:30pm–8pm $80/$76*
3517 Sep 16 Mon 5:30pm–8pm $80/$76*
3518 Sep 21 Sat 10am–12:30pm $80/$76*
3519 Sep 25 Wed 1:30pm–4pm $80/$76*
3520 Oct 9 Wed 6:30pm–9pm $80/$76*
3521 Oct 14 Mon 1:30pm–4pm $80/$76*
3523 Oct 19 Sat 10am–12:30pm $80/$76*
3525 Nov 16 Sat 10am–12:30pm $80/$76*
3529 Nov 18 Sat 2–4:30pm $80/$76*
3530 Dec 1 Mon 1:30pm–4pm $80/$76*
3532 Dec 21 Sat 10am–12:30pm $80/$76*

Location: Fire Station 15

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 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
3512 Oct 12 Sat 10am–2:30pm $57/$50*

Location: Fire Station 15, Training Room

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

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.

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.

3883 Nov 9 Sat 1–6pm $52/$45*
**First Aid, CPR & AED Instructor**

Learn to become an instructor in American Red Cross First Aid, CPR & AED and teach others to save lives. This rewarding skill helps our community in having more people certified in quality CPR, First Aid and AED usage. Students must possess current American Red Cross Adult, Child and Infant, CPR, AED and First Aid certification. This is a Blended Learning course consisting of on-line content and classroom segments. On-line material must be completed prior to attending the classroom activities. There will be an additional fee, paid to the Red Cross, to access the online portion of the course.

16 YRS AND UP

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>3914</td>
<td>Dec 1–Dec 15</td>
<td>Sun/Sat</td>
<td>10am–4pm</td>
<td>$210/$176*</td>
<td>Lynnwood Recreation Center</td>
</tr>
</tbody>
</table>

**Lifeguard Instructor**

This American Red Cross instructor course will train instructor candidates to teach the Red Cross Lifeguarding course and aids them in the use course and presentation materials, conduct training sessions and evaluating the progress of students in a professional-level course. Students must have current American Red Cross Lifeguard certification. This is a Blended Learning course consisting of on-line content and classroom segments. On-line material must be completed prior to attending the classroom activities. There will be an additional $35 fee, paid to the Red Cross, to access the online portion of the course.

18 YRS AND UP

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>3937</td>
<td>Nov 1–24</td>
<td>Mon, Thu &amp; Fri</td>
<td>12–6 pm</td>
<td>$210/$176*</td>
<td>Lynnwood Recreation Center, Aquatic Training Room</td>
</tr>
</tbody>
</table>

**Water Safety Instructor (WSI)**

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 fee paid to the American Red Cross to access the online material.

17 YRS AND UP

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>3674</td>
<td>Sep 14–Oct 10</td>
<td>Tue/Thu</td>
<td>4:30–7pm</td>
<td>$240/210*</td>
<td>Lynnwood Recreation Center</td>
</tr>
</tbody>
</table>

**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 work on the skills needed for the pre-course skills check and in the Lifeguard course.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>3904</td>
<td>Dec 15</td>
<td>Sun</td>
<td>10:45am–3:30pm</td>
<td>$46/$40*</td>
<td>Lynnwood Recreation Center, Swimming Pool</td>
</tr>
</tbody>
</table>

**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

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>3903</td>
<td>Dec 15</td>
<td>Sun</td>
<td>6:30–9:30pm &amp; Sun 3:30–9:30pm</td>
<td>$105/$90*</td>
<td>Lynnwood Recreation Center, Aquatic Training Room</td>
</tr>
</tbody>
</table>

**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

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>3937</td>
<td>Sep 27–Oct 20</td>
<td>Fri 6:30pm–9:30pm &amp; Sun 3:30–9:30pm</td>
<td>$210/$176*</td>
<td>Lynnwood Recreation Center, Swimming Pool</td>
<td></td>
</tr>
</tbody>
</table>

**Lifeguard Training Review**

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

17 YRS AND UP

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
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<tbody>
<tr>
<td>3477</td>
<td>Oct 25–27</td>
<td>Fri 8:15–9:30pm, Sat 3–7:30pm, Sun 2:30–9:30pm</td>
<td>$105/$90*</td>
<td>Lynnwood Recreation Center, Swimming Pool</td>
<td></td>
</tr>
</tbody>
</table>

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

206-753-7250
ejulie@philipspublishing.com
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. Fall session is eleven classes. Monthly payments available.

13 YRS AND UP
3272 Sep 26–Dec 12* Thu 7–8pm $120/$102*
Location: Lynnwood Recreation Center, Room 102
Instructor: Katherine Erickson
*No Class Oct 31 and Nov 28

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. Monthly payments available.

12 YRS AND UP
3347 Sep 16–Oct 29 Tue 6:30–7:30pm $70/$59.50*
3249 Nov 5–Dec 17 Tue 6:30–7:30pm $70/$59.50*
Location: Lynnwood Recreation Center, Room 102
Instructor: Jeanne Porter

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. Monthly payments available.

9 YRS AND UP
3267 Sep 26–Dec 12* Thu 5:30–6:50pm $120/$102*
Location: Lynnwood Recreation Center, Room 102
Instructor: Katherine Erickson
*No Class Oct 31 and Nov 28

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. Each session is seven classes.

12 YRS AND UP
3248 Sep 17–Oct 29 Tue 6:30–7:30pm $70/$59.50*
3249 Nov 5–Dec 17 Tue 6:30–7:30pm $70/$59.50*
Location: Lynnwood Recreation Center, Room 102
Instructor: Jeanne Porter

Buckets and 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. Fall Leagues will include seven regular season games, playoffs (based off league standings), All-Star Game, statistics, game referees & much more. Register as a team ($795) or Free Agent ($99). Players will receive numbered dry-fit shirt.

To register, contact Buckets & Bricks Basketball at 425-298-5039 or visit bucketsandbricks.com.

ADULTS
**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. Monthly payments available.

| Class Code | Start Date | End Date | Days | Time | Fee | Fee with Discount
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<tr>
<td>3250</td>
<td>Sep 17 – Oct 31</td>
<td>Tue/Thu</td>
<td>6–6:55pm</td>
<td>$132/$111*</td>
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<tr>
<td>3251</td>
<td>Nov 5 – Dec 19</td>
<td>Tue/Thu</td>
<td>6–6:55pm</td>
<td>$123/$104*</td>
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<tr>
<td><strong>Location</strong>: Lynnwood Recreation Center, Room 101</td>
<td><strong>Instructor</strong>: Derek McClinton</td>
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*No Class Nov 27

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**Spanish for Beginners 1**

For beginning students with focus on basic pronunciation, and the use of simple phrases and expressions. Marianne is a native Spanish speaker and will incorporate cultural aspects of the Spanish speaking world in her class.

| Class Code | Start Date | End Date | Days | Time | Fee | Fee with Discount
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<tbody>
<tr>
<td>3304</td>
<td>Sep 19 – Dec 12</td>
<td>Thu</td>
<td>7:35–9pm</td>
<td>$132/$113*</td>
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<tr>
<td><strong>Location</strong>: Lynnwood Recreation Center, Conference Room</td>
<td><strong>Instructor</strong>: Marianne Schulze</td>
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</table>

*No Class Oct 31 and Nov 28

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**Spanish for Beginners 2**

This class is for students who have completed Spanish for Beginners 1 or for those who know basic Spanish. Marianne is a native Spanish speaker and will incorporate cultural aspects of the Spanish speaking world in her class.

| Class Code | Start Date | End Date | Days | Time | Fee | Fee with Discount
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<tbody>
<tr>
<td>3307</td>
<td>Sep 19 – Dec 12</td>
<td>Thu</td>
<td>6–7:25pm</td>
<td>$132/$113*</td>
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<tr>
<td><strong>Location</strong>: Lynnwood Recreation Center, Conference Room</td>
<td><strong>Instructor</strong>: Marianne Schulze</td>
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*No Class Oct 31 and Nov 28

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**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.

| Class Code | Start Date | End Date | Days | Time | Fee | Fee with Discount
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<tbody>
<tr>
<td>3250</td>
<td>Sep 17 – Oct 31</td>
<td>Tue/Thu</td>
<td>6–6:55pm</td>
<td>$132/$111*</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Location</strong>: Lynnwood Recreation Center, Room 101</td>
<td><strong>Instructor</strong>: Derek McClinton</td>
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</table>

*No Class Nov 28

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**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.

| Class Code | Start Date | End Date | Days | Time | Fee | Fee with Discount
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<tbody>
<tr>
<td>3250</td>
<td>Sep 17 – Oct 31</td>
<td>Tue/Thu</td>
<td>6–6:55pm</td>
<td>$132/$111*</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Location</strong>: Lynnwood Recreation Center, Room 101</td>
<td><strong>Instructor</strong>: Derek McClinton</td>
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</table>

*No Class Nov 28

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**Guitar: Adult and Teens**

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. Student, please bring an acoustic guitar, a tuner, guitar picks and an empty binder to class. Monthly payments available.

| Class Code | Start Date | End Date | Days | Time | Fee | Fee with Discount
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<tr>
<td>3244</td>
<td>Sep 18 – Nov 13</td>
<td>Wed</td>
<td>4–5:25pm</td>
<td>$180/$153*</td>
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<tr>
<td>3245</td>
<td>Sep 18 – Nov 13</td>
<td>Wed</td>
<td>7:30–9pm</td>
<td>$180/$153*</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Location</strong>: LSC 1 &amp; 2</td>
<td><strong>Instructor</strong>: James Howard</td>
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**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. Fall session is 11 classes. Monthly payments available.

| Class Code | Start Date | End Date | Days | Time | Fee | Fee with Discount
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<tr>
<td>4042</td>
<td>Sep 11 – Nov 27</td>
<td>Wed</td>
<td>6:30–8pm</td>
<td>$110/$93.50*</td>
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<tr>
<td><strong>Location</strong>: Lynnwood Recreation Center, Room 102</td>
<td><strong>Instructor</strong>: Virginia Miscione</td>
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</table>

*No Class Oct 9

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Register Early!

Avoid Disappointments

*See cancellation policy on page 31. [Register Early!]

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**Register Early!**

Avoid Disappointments

*See cancellation policy on page 31.
**Enhance Fitness Program**  
The National Enhance Fitness Program is a series of specially designed and tested exercises developed specifically for older participants. Instructors and trained and certified.

**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

- **1990** Sep 3–26 Tue, Thu 9:40–10:40am  
- **3219** Oct 1–31 Tue, Thu 9:40–10:40am  
- **3217** Nov 5–26 Tue, Thu 9:40–10:40am  
- **3218** Dec 3–31 Tue, Thu 9:40–10:40am

Location: LSC 1 & 2  
Instructor: Patricia Bozonier  
*No class Dec 26*

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

- **1992** Sep 9–30 Mon, Wed, Fri 8:45–9:45am  
- **3223** Oct 2–30 Mon, Wed, Fri 8:45–9:45am  
- **3224** Nov 1–27 Mon, Wed, Fri 8:45–9:45am  
- **3225** Dec 2–30 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.

- **1997** Sep 9–30 Mon, Wed, Fri 10–11am  
- **3228** Oct 2–30 Mon, Wed, Fri 10–11am  
- **3226** Nov 1–29 Mon, Wed, Fri 10–11am  
- **3227** Dec 2–30 Mon, Wed, Fri 10–11am

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

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

- **1980** Sep 5 Thu 2:30–3pm $0/$5 NM  
- **3500** Oct 3 Thu 2:30–3pm $0/$5 NM

Location: LSC  
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.

- **1976** Sep 4–25 Wed 11:30am–12:20pm $24/$29 NM  
- **3483** Oct 2–30 Wed 11:30am–12:20pm $30/$35 NM  
- **3482** Nov 6–27 Wed 11:30am–12:20pm $24/$29 NM  
- **3484** Dec 4–18 Wed 11:30am–12:20pm $18/$23 NM

Location: LSC 2  
Instructor: Angela Dismuke

**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.

- **1980** Sep 4–25 Wed 12:30–1:20pm $24/$29 NM  
- **3487** Oct 2–30 Wed 12:30–1:20pm $30/$35 NM  
- **3485** Nov 6–27 Wed 12:30–1:20pm $24/$29 NM  
- **3486** Dec 4–18 Wed 12:30–1:20pm $18/$23 NM

Location: LSC 2  
Instructor: Angela Dismuke

**62+ Pilates: Level 2**  
Pilates for Core Strength & Flexibility  
Level 2 is done entirely on the floor. Exercises continue to grow in complexity and students are challenged. 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.

- **1985** Sep 6–27 Fri 11:30am–12:20pm $24/$29 NM  
- **3489** Oct 4–25 Fri 11:30am–12:20pm $24/$29 NM  
- **3490** Nov 1–22 Fri 11:30am–12:20pm $24/$29 NM  
- **3491** Dec 6–27 Fri 11:30am–12:20pm $24/$29 NM

Location: LSC 2  
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.

S$ DROP-IN OR $24 FOR AN 8-SESSION PASS.

1941 Sep 6–27  Fri  9–10am  $20/$25 NM
2941  Sep 6–27  Tue, Thu 10:50–11:50am  $20/$25 NM
4329 Oct 1–31  Tue, Thu 10:50–11:50am  $20/$25 NM
3231 Nov 5–26  Tue, Thu 10:50–11:50am  $20/$25 NM
3230 Dec 3–31  Tue, Thu 10:50–11:50am  $20/$25 NM

Location: LSC 1 & 2
Instructor: Debby Grant
*No class Dec 26

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.

1950 Sep 10–26  Tue, Thu  12:30–1:30pm  $23/$28 NM
3449  Dec 6–27  Fri  10:15–11:15am  $20/$25 NM
3673  Nov 1–22  Fri  9–10am  $20/$25 NM
3671  Dec 6–27  Fri  9–10am  $20/$25 NM

Location: Lynnwood Recreation Center, Room 102
Instructor: MaryLee Lykes

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 fun! This class is for people of all experience and ability levels.

1947 Sep 6–27  Fri  10:15–11:15am  $20/$25 NM
3447 Nov 1–22  Fri  10:15–11:15am  $20/$25 NM
3449 Dec 6–27  Fri  10:15–11:15am  $20/$25 NM

Location: LSC 1 & 2
Instructor: MaryLee Lykes

Zydeco Movement
Move to Zydeco and Cajun music. No partner required, this is dance moves for exercise. Originating in Louisiana by French Creoles, both Zydeco and Cajun draw from blues and rhythm and blues music styles. Getting fit has never been more fun.

2941  Sep 6–27  Fri  9–10am  $20/$25 NM
3672  Oct 4–25  Fri  9–10am  $20/$25 NM
3673  Nov 1–22  Fri  9–10am  $20/$25 NM
3671  Dec 6–27  Fri  9–10am  $20/$25 NM

Location: LSC 1 & 2
Instructor: MaryLee Lykes

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

1966 Sep 3–26  Tue, Thu  12–1pm  $40/$45 NM
3369 Nov 5–26  Tue, Thu  12–1pm  $35/$40 NM
3367 Dec 3–31  Tue, Thu  12–1pm  $40/$45 NM

Location: LSC 2
Instructor: Lida (Sungyeo) Kim
*No class Oct 15, 17

Korean Language

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. Adults of all ages are welcome.

$6 DROP-IN

1963 Sep 3–26  Tue, Thu  8:40–9:30am  $40/$45 NM
3365 Oct 1–31  Tue, Thu  8:40–9:30am  $40/$45 NM
3366 Nov 5–26  Tue, Thu  8:40–9:00am  $35/$40 NM
3364 Dec 3–31  Tue, Thu  8:40–9:00am  $40/$45 NM

Location: LSC 2
Instructor: Lida (Sungyeo) Kim
*No class Oct 15, 17

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.

1957 Sep 9–30  Mon  9–9:50am  $20/$25 NM
3468 Oct 7–28  Mon  9–9:50am  $20/$25 NM
3466 Nov 4–25  Mon  9–9:50am  $15/$20 NM
3468 Dec 2–30  Mon  9–9:50am  $25/$30 NM

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

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.

2001 Sep 12–26  Thu  9–10am  $18/$32 NM
3478 Oct 3–31  Thu  9–10am  $30/$35 NM
3479 Nov 7–21  Thu  9–10am  $18/$32 NM
3480 Dec 5–12  Thu  9–10am  $24/$29 NM

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

Tai Ji Quan: Moving for Better Balance
This 12-week class is based on traditional Yang Style Tai Chi movements. The practice is proven to improve posture, gait, mobility and balance in older adults. Students attend class twice a week for 12 weeks. The class was researched and developed by Dr. Fu Zhong Li in conjunction with the CDC at the Oregon Research Institute in Eugene.

4112  Oct 15–Feb 7a  Tue, Fri  9–10am  $120/$125 NM

Location: Lynnwood Recreation Center, Room 102
Instructor: Debby Grant
*No class Nov 12–29, Dec 24–Jan 3

www.PlayLynnwood.com
San Juan Island for a Day* ☀️
You’ll ride a ferry thru the Strait of Juan de Fuca, make a visit to Lime Kiln State Park to scout orca whales, and have time to explore the seaside town of Friday Harbor. All this and more are in store for you on our September outing to San Juan Island. Bring money for lunch at the cafe at Roche Harbor or bring a sack lunch. Registration includes transportation and ferry fare. Food, beverage and other purchases are on your own.
2333  Sep 5  Thu  6:30am–7pm  $47/$53 NM
SIGN-UP DATE: AUG 14

Heronswood Garden & Lunch in Poulsbo* ☀️
You’ll start your day with a relaxing ferry ride to Kingston before arriving at Heronswood Garden for a self-guided walking tour. The garden was closed for a number of years and since reopening several years ago many original garden plants have been recovered. Discover those and many new and wonderful additions. We’ll head to Poulsbo after the garden for time on your own to have lunch and enjoy town. Registration includes garden admission and ferry fare. Food, beverage and other purchases are on your own.
2464  Sep 13  Fri  9:00am–5:30pm  $41/$47 NM
SIGN-UP DATE: AUG 14

Downtown Bothell & McMenamins Anderson School ☀️☀️☀️☀️
Join us on this trip and learn how to find your way to Bothell by public bus. We’ll explore the Bothell downtown area and take a short walk to McMenamins Anderson School. We’ll take time to check out the Anderson School campus, including several restaurants, then you get to choose which restaurant you want to stop at for lunch. The cost of bus fare, lunch and other purchases is on your own. Remember to bring your ORCA card, it’s required for this trip. Senior reduced fare 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.
2467  Sep 19  Thu  9:30am–2:30pm  $9/$15 NM
SIGN-UP DATE: AUG 14

Dungeness Crab & Seafood Festival, Port Angeles ☀️
There’s lots for you to do and see at this annual festival in Port Angeles. Catch a crab live at the Grab-a-Crab Derby and pack it live to take home or have it cooked and eat it for lunch. If that’s not for you, head to Crab Central Tent and enjoy your choice of crab or other seafood fare prepared by local restaurants. If you’d rather touch than eat seafood the Feiro Marine Life Center has sea stars, hermit crabs and more. And make sure to save enough time to meander the Arts and Crafts vendors because you might spot something fun and new that you can’t resist. Registration includes transportation and ferry. Food, beverage and other purchases are on your own.
2599  Oct 12  Sat  8:30am–6:30pm  $37/$43 NM
SIGN-UP DATE: SEP 11
Tacoma Holiday Food & Gift Festival* ☓- ☓- ☓- ☓-
You can choose to browse or eat or listen to beautiful music at this unique food and craft holiday show. Find inspiration for your own crafting or take home a beautiful item for yourself or a friend. Check the entertainment and food schedule to make sure you don’t miss a lovely choir or scrumptious food tasting. Admission to the show is included in registration; food, beverage and other purchases are on your own.
2600 Oct 17 Thu 9:30am–5pm $34/$40 NM
SIGN-UP DATE: SEP 11

Holiday Craft Bazaars ☓- ☓-
If you’ve been thinking about browsing a few craft bazaars then come along with us for a stress-free day. We do the driving while you simply have fun. Along the way we’ll take time to stop off for lunch. Cost of lunch and other purchases is on your own.
2823 Nov 9 Sat 9:30am–4:30pm $15/$21 NM
SIGN-UP DATE: OCT 9

Chocolate Tasting and IKEA Shopping* ☓- ☓-
You know what they look like—those brightly colored wrapped pieces of smooth chocolatey goodness. Come along with us for a Seattle Chocolate factory tour where you’ll see chocolate making in action and taste some of the chocolate goodness. We’ll take time to browse the store in case you want to pick up chocolates to take home. After the tour we’re moving on to IKEA for more browsing, shopping and lunch if you like. You might also pick up a few favorite IKEA grocery items for home. Registration includes Seattle Chocolate factory tour; cost of food, beverage and other purchases is on your own.
354 Nov 14 Thu 8:45am–3pm $25/$31 NM
SIGN-UP DATE: OCT 9

A Country Drive ☓-
Spend one of your fall days with us and we’ll head out for a drive in the countryside. Our route will include stops at one or two pumpkin patches and at least one corn maze. We’ll pick up a jug of fresh apple cider to share and you’ll probably find a variety of crisp apples you might want to buy and take home. Lunch will be something fun along the way. Lunch and other purchases are on your own.
261 Oct 24 Thu 10am-4pm $18/$24 NM
SIGN-UP DATE: SEP 11

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

Adults 62+ Trips & Excursions continued on next page

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Artist Opportunities

Gallery at City Hall (apply by Sept 30)
Youth Gallery at Rec Center (Sept 30)
+ other art projects

LynnwoodArts.org

A Maltby Kind of Day 😊😊
We’re going to Flower World to browse or shop and then to Maltby Cafe for breakfast or lunch. The easy drive to Maltby takes us on less-traveled roads to a quiet part of Snohomish County. Flower World is the place to find the perfect Thanksgiving inspired table decor or an early poinsettia to add some cheer to your space at home. You’ll work up an appetite and be ready to share a cinnamon roll with a friend, order a creamy omelet or dig into a delicious burger or salad. Cost of food, beverage and other purchases is on your own.

2824  Nov 20  Wed  10am–4pm  $14/$20 NM
SIGN-UP DATE: OCT 9

Bainbridge Island Studio Tour 😊😊😊
Twice a year, Bainbridge Island artists gather at island studios and host a tour. It’s your opportunity to find a variety of spectacular local arts and crafts under a few roofs. We’ll start at the north end of the island and work our way toward the town of Bainbridge where we’ll have lunch. After lunch we’ll finish the tour and return to Kingston for the ferry to Edmonds. Registration includes transportation and ferry fare. Food, beverage and other purchases are on your own.

3507  Dec 6  Fri  9am–5pm  $32/$38 NM
SIGN-UP DATE: NOV 13

Reindeer, Selfies and Other Holiday Fun 😊
Swansons Nursery in Seattle is your first stop on this fun-filled holiday excursion. The visiting reindeer are a local tradition in December and each sighting feels like your first. Swanson’s has a photo yurt with multiple opportunities for unique selfies or group pictures. It won’t be too late to capture one for your holiday letter or card. After Swansons we’ll drive thru a few lighted neighborhoods before pulling into Kidd Valley for burgers on our return route. Food, beverage and other purchases are on your own.

3528  Dec 10  Tue  1–6pm  $13/$19 NM
SIGN-UP DATE: NOV 13

Taproot Theatre Holiday Performance & Out to Lunch* 😊
Let’s dress up for the holidays and go out to the theatre and lunch. Every seat at Taproot Theatre feels close to the stage and the shows are some of the best in town. We’ll post the name of the show as soon as Taproot announces it. Before the performance we’ll have lunch at Stanford’s Restaurant. Registration includes theatre admission; food, beverages and other purchases are on your own.

3535  Dec 18  Wed  11:15am–4:30pm  $29/$35 NM
SIGN-UP DATE: NOV 13

The Million Lights of Warm Beach* 😊😊
Come along with us to Warm Beach for a spectacular winter holiday experience. More than one million lights transform the Warm Beach grounds into a magical and enchanting space. There’s also Victorian carolers, live music on stage, storytelling, a train ride, ornament and toy making and more. Food options are plentiful and you’ll have time to take your pick. Or bring food with you if you like. Registration includes admission; food, beverages and other purchases are on your own. Admission includes most activities; some options such as toy and ornament making cost $2–$5 extra.

3536  Dec 19  Thu  4–10pm  $29/$35 NM
SIGN-UP DATE: NOV 13

12 Days of Goodness—Seahawks & Pancakes 😊
It’s not a tossup—on this trip you get Seahawks and pancakes! 12 Days of Goodness is a Seahawks holiday tradition. The team takes a few players on the road to various venues in the greater Puget Sound to meet and greet older adults in the community. Northshore Senior Center is hosting the event on the same day as its December pancake breakfast. Pancake breakfast and Seahawks fun is included in trip registration.

3537  Dec 21  Sat  9:30am–2pm  $18/$24 NM
SIGN-UP DATE: NOV 13
### 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.

### Lynnwood Events

#### August
- 1, 7, 8: Shakespeare in the Park
- 6: National Night Out
- 10: History & Heritage Day
- 7, 14, 21, 28: South County Rides
- 15, 22, 29: Sandlot Cinemas
- 24: Ubuntu Exposé
- 1, 8, 15, 22, 29: Lynnwood Walks

#### September
- 7: Fair on 44th
- 14: South County Rides
- 21: NightWaves
- 28: National Public Lands Day Volunteer Event
- 5, 12, 19, 26: Lynnwood Walks

#### October
- 5: Celebrate Schools 5K
- 27: Spook & Splash

#### November
- 11: VFW Veterans Day
- 16: NightWaves

#### December
- 7: Lynnwood Christmas Tree Lighting
- 8: Cookies with Santa at Heritage Park

Visit [www.HealthyLynnwood.com](http://www.HealthyLynnwood.com) for up-to-date event information. Dates subject to change.
Kayaking at Shilshole Bay, Ballard*
Climb into a kayak and explore the Puget Sound on a two-hour guided tour. See wildlife up close and the panoramic Olympic Mountain Range in the distance. There will be some time to eat your lunch and walk along Golden Gardens Beach before the tour. Bring a sack lunch. Pick up a list at the front desk of what you will need to bring.
2396  Sep 6  Fri  11:30am–5:15pm  $54/$60 NM
SIGN-UP DATE: AUG 16

Whitehorse Trail, Darrington ❄️
Wander through the woods on the Whitehorse Trail. At the end of the gravel and dirt path, you’ll come to a bend of the North Fork Stillaguamish River. This is a good spot to take a break and enjoy the peaceful sounds of the river before turning back. Save your appetite for an optional $5 lunch at the Cascade Senior Center in Darrington. Bring cash or check if you are going to have lunch.
• 5 mile round trip
• Minimal elevation gain
2556  Sep 10  Tue  8am–3:45pm  $28/$34 NM
SIGN-UP DATE: AUG 16

Chehalis Western Trail ❄️
Unwind as you stroll through farm country, savoring the quiet. You’ll continue until the trail ends overlooking the Henderson Inlet. There you may see a few herons hanging around at this prized fishing area. Most of this tree lined path is paved and gravel.
• 4.7 mile round trip
• Minimal elevation gain
2557  Oct 2  Wed  8am–2:45pm  $28/$34 NM
SIGN-UP DATE: SEP 20

Snoqualmie Valley Trail #4, Carnation ❄️
Peek out through moss laden trees at a lovely country setting while hiking on an old gravel railroad bed. You will pass over several bridges and skirt around farmlands. This wide and well-maintained trail is popular with mountain bicyclists and walkers alike.
• 6.5 mile round trip
• 210 elevation gain
2554  Sep 4  Wed  8am–1:30pm  $28/$34 NM
SIGN-UP DATE: AUG 16

Heybrook Ridge, Index ❄️❄️❄️❄️
Come and try one of Snohomish County’s newer trails. Attractions include a small waterfall and traveling through a mossy forest. You’ll warm up your legs on the ascent by a series of rocky switchbacks and steps. At the top, your hard work will be paid off with great views greeting you in every direction. At the outset, there will be a small creek crossing by the way of some flat rocks. A very short portion of the trail will be under electric lines.
• 3.5 mile round trip
• 823 foot elevation gain
2558  Oct 8  Tue  8am–1:30pm  $28/$34 NM
SIGN-UP DATE: SEP 20

Snoqualmie Valley Trail #5, Snoqualmie ❄️❄️
Our last leg on this gravel trail system, but this time with an autumn setting. Bird sounds will delight you while strolling over bridges and through secluded woods. This trail is shared with mountain bikers.
• 4.5 mile round trip
• 300 foot elevation gain
2559  Oct 8  Tue  8am–1:30pm  $28/$34 NM
SIGN-UP DATE: SEP 20

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

All trip registrations include a $6 non-refundable deposit
## Nisqually National Wildlife Refuge, DuPont

One of our favorite hikes to repeat because it’s a great spot to be during the bird migration. At the mouth of the Nisqually River is a diverse and rich estuary teeming with birds of all kinds, so make sure you 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.

Then we’ll 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.

- **3 mile round trip**
- **Minimal elevation gain**

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<th>Time</th>
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<td>$28/$34 NM</td>
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SIGN-UP DATE: OCT 18

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## Walk the 520 Bridge

Challenge yourself to burn calories before the holiday season, not after. Get fantastic views of Lake Washington while embarking on the paved 520 Bridge Trail made just for pedestrians and bicyclists. You’ll start from the Fairweather Nature Preserve in Medina and continue to Union Bay Reach and back.

- **5.5 mile round trip**
- **150 elevation gain**

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SIGN-UP DATE: OCT 18

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## North Creek Trail, Bothell

A great way to get in shape before indulging in the Thanksgiving feast a few days later. See birds foraging and looking for fish as you trek beside the scenic North Creek and wetlands. This trail follows river dikes and green belts behind neighborhoods and business parks. Trails are mostly paved.

- **3.5 mile round trip**
- **Minimal elevation gain**

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SIGN-UP DATE: OCT 18

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## Carbon River Road Trail, Mt Rainier

Experience the quieter side of Mt Rainier. Travel on an old forest road converted into a nice, wide trail that follows the roaring Carbon River. This lush basin carved out by a glacier will delight your senses as you pause and take in the view.

- **6 mile round trip**
- **350 elevation gain**

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SIGN-UP DATE: SEP 20

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## Iron Horse Trail, Lake Easton

Smell the crisp autumn air as you travel around a portion of Lake Easton. Cross over several bridges and through some old tunnels on an abandoned railroad grade. You may even hear some trains toot their horn on an operational track nearby.

- **4.5 mile round trip**
- **Minimal elevation gain**

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<td>2561</td>
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SIGN-UP DATE: SEP 20

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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

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**Learn more and register at**

www.cascade.org/bike2health

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**South County Rides for ages 6+**

**Mountlake Terrace Rides**

AUGUST: Tuesdays, 5–7 pm
SEPTEMBER: September 14, 9–11 am

**Lynnwood Rides**

AUGUST: Wednesdays, 5–7 pm
SEPTEMBER: September 14, 12:30–2:30 pm

**Edmonds Rides**

AUGUST: Thursdays, 5–7 pm
SEPTEMBER: September 14, 3:30–5:30 pm

**Adults 62+ Outdoor Recreation continued on next page**
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. You may rent pull carts, clubs and driving carts for additional cost. Meet at the golf course 30 minutes before your tee time.

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.

Walk and Wine, Woodinville
This time we will continue on the Sammamish River Trailhead and head east to the wine tasting hub in Woodinville. As you stroll along, enjoy viewing the Sammamish River on one side of the paved path and agriculture fields on the other. There will be time to enjoy some optional wine tasting or lunch at a cafe on your own before turning back.

FLEE, Redmond*
Escape the doldrums of winter and sharpen your mind as you solve puzzles and navigate themed rooms with your team. Escape Rooms are the rage and you’ll find out why when you see the fabulous rooms that bring fantasies and movie scenarios into real life. Are you game?

Parks and Pies, Bothell
Rove around several parks in Bothell while following the Sammamish River Trail. We’ll start and end our trek at the Northshore Senior Center. Just so happens we will be there for their famous Pie Day. We’ll have a quick tour of their center and you’ll have the option to buy a slice of pie ala mode and a hot cup of coffee. Trails are mostly paved.

Regular Play
Aug 8, 22, Sep 5, 19
Special Play
Sep 26  Season Ending Field Day
General Information

HOLIDAY CLOSURES We will be closed for business and classes on the following dates:
- Labor Day: Monday, September 2
- Thanksgiving: Thursday, November 28

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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